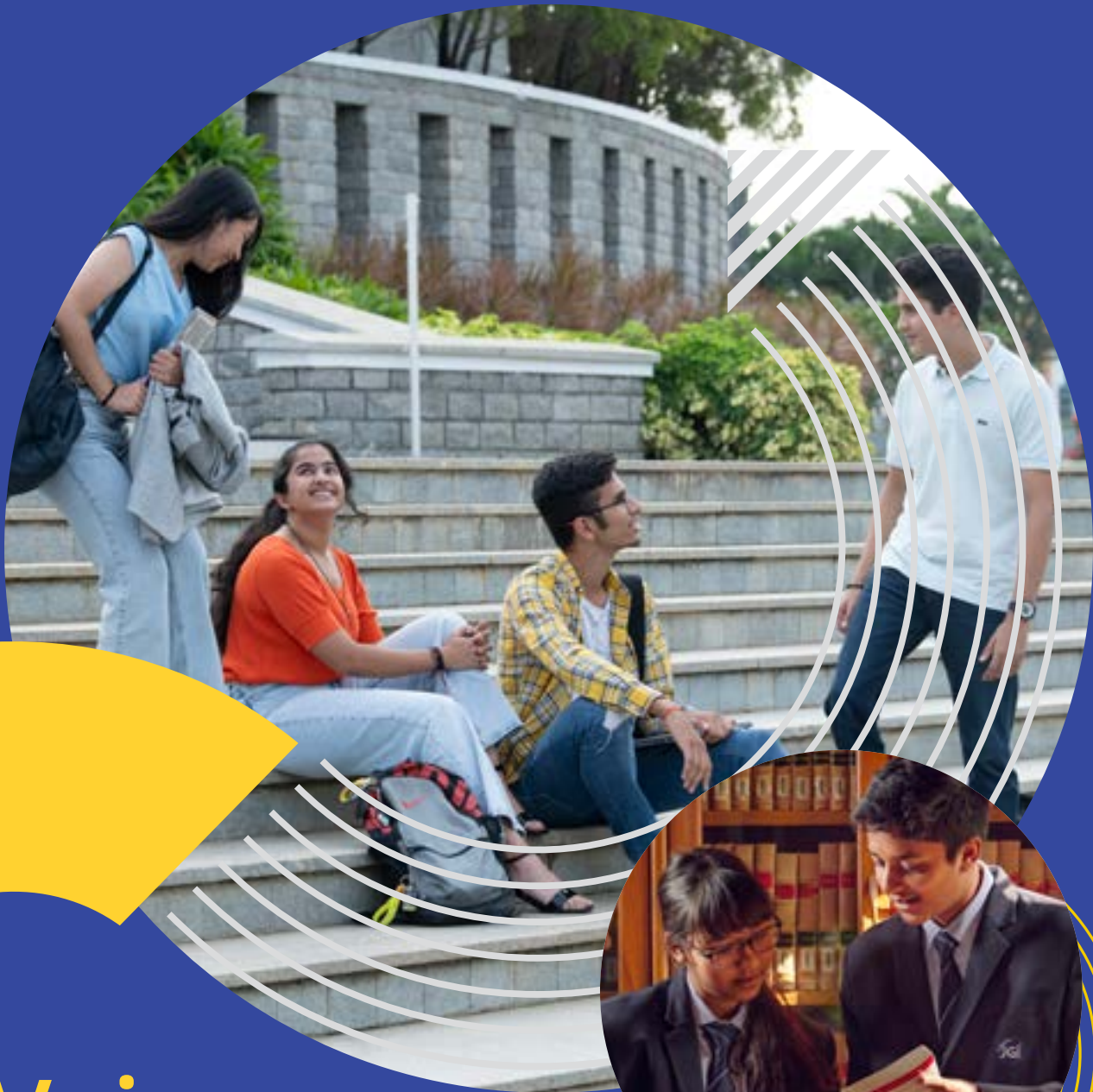




**JAIN INTERNATIONAL  
RESIDENTIAL SCHOOL**  
A TRULY GLOBAL SCHOOL



**Voices** of  
**tomorrow**

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## About JIRS

JIRS, recognized as one of the best residential schools in Bangalore and in India, aspires to live up to its reputation by adapting itself continuously to the dynamic educational scenario. It boasts of a strength exceeding 700 students, enrolled to the CBSE, IBDP and Cambridge International Curriculum. This co-educational residential school serves as a talent pool, harbouring and nurturing students from different parts of the country and the world. The school has a comprehensive sports programme with more than 20 sports disciplines run by professional coaches. The 350+ acres campus seeks to implement a blend of traditional Gurukul system and a modern approach supported by cutting-edge infrastructure and facilities.

The school aspires for holistic development of its students and enable them to discover their existing talents and nurture new ones by infusing their minds with creativity, curiosity and ambition.

## Vision

By 2030, our vision is to be a beacon of international education, inspiring students to become global leaders. We envision a nurturing environment that fosters curiosity, inclusivity, and excellence, preparing our students to thrive in a connected world with confidence and compassion.

## Mission

At our international boarding school, we are dedicated to providing a transformative educational journey. Our mission is to cultivate well-rounded individuals who excel academically, embrace diversity, and embody ethical leadership. Through innovative teaching, immersive experiences, and a supportive community, we empower our students to discover their potential, appreciate different perspectives, and contribute positively to the global community.



# Quality Policy

The “Quality Policy” at JAIN International Residential School sets the standard for excellence in all aspects of education and administration. This emphasizes the school’s commitment to continuous improvement, ensuring that every student receives a high-quality learning experience.

Objective: “Our objective is to provide a nurturing environment that fosters the holistic unfolding of each student’s personality, striving to develop JAIN International Residential School into a truly global campus where students from diverse backgrounds come together to build a strong knowledge base within a healthy socio-cultural atmosphere.

We are dedicated to providing a transformative educational journey, empowering global leaders, and shaping futures through excellence in leadership and life.”

The Quality Policy at JIRS aims to:

- Cultivate students’ inherent talents to facilitate their optimal development.
- Embrace a comprehensive educational approach that emphasizes values throughout teaching methods, curriculum content, and the cultivation of positive personal growth.
- Create an educational environment that is truly enriching and revitalizing.
- Foster a global perspective by promoting the appreciation of diverse cultures worldwide.
- Nurture the development of ethical principles to empower students to contribute positively to society.
- Equip students with the skills and mind-set to achieve their maximum potential and continue learning autonomously throughout their lives.
- Demonstrate a steadfast dedication to meeting societal expectations.
- Provide assistance and mentorship to students facing learning challenges, facilitating their integration into mainstream education.
- Facilitate holistic personality growth through structured sports programs and extracurricular activities.
- Inculcate moral values and nurture future leaders and industry pioneers who will lead with empathy and responsibility.

The educational curriculum at JIRS aims to promote students’ self-reliance and accountability while nurturing their creativity, collaboration, and empathy. By integrating cross-disciplinary elements such as Approaches to Learning, Community and Service, Environment, Health and Social Education, and Human Ingenuity, the school offers a structured framework that inspires students to recognize the interconnectedness of various subjects, apply their knowledge to real-world contexts, and engage in thoughtful reflection and action based on their learning experiences.

REVIEW: This policy will be reviewed by the end of the academic year as it’s deemed appropriate, and any amendments to this policy will be undertaken collectively by the Executive Council.

# Ranking & Recognition



Ranked No.1 International School in India, Karnataka & Bengaluru under the category of Top 10 Boarding Schools (India School Merit Awards-2023-24)

Ranked No.1 Residential School in Bengaluru by Times Education Excellence 2023 Award



Ranked No.1 in india under the category of International Schools Parameter Wise for Individual Attention to Students & Sports Education & Innovative Teaching’ in a survey conducted by Education Today in 2023.

Awarded for “Experiential Learning” in India’s Top Prestigious School Jury Awards 2023



Ranked among India’s Top 5 Co-Educational Boarding Schools by Education World, India School Rankings 2023-24

# A Note from the Chairman



**Dr. Chenraj Roychand**  
*Chancellor, JAIN (Deemed-to-be University)  
and Founder – Chairman, JAIN Group*

**“Set your goals high,  
Achieve beyond!”**

JAIN International Residential School is a place where we aim to foster not just academic excellence, but also the holistic development of every student. Our mission is to nurture young minds, encouraging them to explore their potential and become compassionate, knowledgeable, and responsible global citizens.

Our cutting-edge educational technologies strive to offer positive, catalytic experiences that enable our students to expand their inherent learning capabilities through self-discovery.

In the words of Khalil Gibran, “*Your children are not your children. They are the sons and daughters of Life’s longing for itself. They come through you but not from you, and though they are with you, yet they belong not to you.*” This profound thought reminds us of our role as educators and caregivers.

Twenty-eight years ago, a vision was conceived, of establishing a school dedicated to nurturing tomorrow’s leaders with essential 21st-century

skills and knowledge with a strong emphasis on the holistic development of each child within the right ecosystem. Our curriculum is enhanced by refining existing methodologies, introducing innovative practices, and intensifying our focus on integrating global competencies and experiences. Our world-class sports infrastructure offers students abundant opportunities to channel their energy, understand sports psychology, adopt a healthy lifestyle, and develop critical decision-making skills.

Our educators are here to guide, support, and inspire, allowing each child to grow and flourish in their unique way, helping them identify their strengths and build their identities. JIRS is dedicated to creating an environment that promotes intellectual curiosity, inquisitiveness, ethical leadership, and a lifelong love of learning.

As Swami Vivekananda had said, “*Dare to be free, dare to go as far as your thought leads, and dare to carry that out in your life.*”

# A Note from the Principal's Desk



**Mr. Sanjay Tiwari**  
Principal, JIRS

*"If I could return to youth,  
I would commit all those errors  
again but a bit earlier."*

**T**oday, my emotions hesitate to speak, in particular, as I join this family and sending my very first message across through this Annual Magazine. Being a life-long learner, I won't write as the Principal rather I would prefer to submit my thoughts as a co-learner. The first four paragraphs are for the most important members of the family- our students, especially for those who are passing out from this great institution.

Please understand the fact that the first phase of your lives almost closes itself, unfolding immense opportunities we have generated for ourselves while dealing with challenges of climbing the steep learning curve. Overall, I am trying to convey my feelings to all my students through these words on this sheet of paper.

I would reiterate with all possible emphasis that you are ready to pass out from this school and join another school called "Life". You have graduated

from the current grades but you will never be able to graduate from this new school because you are going to be a "Life-long Learner" on the path of self-discovery.

Whatever we could not teach you or train you, the Life will take care of it. It will give you a distinction, but wait, still you might fail miserably in some aspects of life. There will be times when you will be on cloud nine and at the same time fall onto the abyss with a thud, and that will not be the end. You will also have smoldering scars on the mind, cuts on the soul and bruises on your self-esteem. Only after passing these tests, you will be a real scholar. Unfortunately, there will be no ceremony to award you with batches. You will have to motivate yourself.

At this juncture, based on my personal experiences, let me tell you that criticism, opinions and praises will float about you and these will help you in conducting a brain exercise and arouse your mental faculties to get provoked or retaliate. My humble piece of advice would be to respond, don't react. Otherwise, the passion of anger would have already knocked its judgment on your head. Don't allow the confusion to usurp the place of reason whenever a ratatouille in the form of a coarse stew of circumstances presented to you as the only meal you can have at that given Time in Space. The Cosmic Dust will vibrate with your sub-atomic particles and your ego will evaporate (if you are fortunate enough).

We change and even we don't realize it. It has become so natural to us. Can we really change to be the better version of ourselves? Can we bring real light to our hearts on this very day? Observe yourself. I am observing for the last two days that the practical and preparation for the Board exams are going on to create another reference datum. Hustle bustle everywhere. Students and teachers totally immersed in their tasks. But the beauty of it is, with all the burden and load, we still try to find time to unwind, relax our nerves, humour ourselves and rejuvenate with

complete sense of blissful ecstasy. The glory of light is experienced here at Earth, where one can still enjoy the radiant rays, ready to embrace us in its arms. You will have to undertake missions enabling you to realize the significance of it, once the mission is accomplished with absolute devotion the respite felt within gives a unique delight of fulfillment. Every single day is like a box of gift ready to be opened with excitement. Once opened, at times, does lead to disappointment but later makes one realize its worth without being loquacious.

Nothing goes as a waste. It aids you now or maybe in the near future. Almighty's hand all ready to bless you to seek enlightenment. Now it is up to you to seek advantage out of it. I did...What about you????? To thank you, I won't give flashy messages, downloaded photographs, fancy speeches or pre-designed published cards which travel across the chips of our mobiles and email boxes (but don't reach us), rather I wish to establish a dialogue with your heart and deliver the feelings right at the doorsteps of your soul which is waiting to hear a knock.

*The Time does not always pass by,  
It gets dissolved and stays in the  
Form of some rare moments,  
The Cosmic Fibers weave the fabric of  
My soul in this Universe,  
Which appears in the texture and  
Shape of warmth of a pure and  
Innocent heart...  
That one moment in time,  
It is today...just today.  
It's here, in front of you.*

Scholars...listen to the silence. Life is playing a "Treasure Hunt" with you. Look for it.

Maybe, it's within.

# Reflections from the Head Boy



**Aviral Poddar**

*Head Boy*

**Not all voyages are meant to end.  
Some last forever.**

I came here as a kid with nothing but a thirst for knowledge. Growing up in Varanasi, the world beyond the city limits was a mystery. Joining JIRS changed everything. Reflecting on my journey here, it began in 5th grade when my curious mind found wings. Being the youngest, I was selected for the Australian exchange program. Living with a host family was a life-changing experience. I explored the vibrant Australian culture, from the taste of barbeque (which initially surprised me with its sweetness!) to the rhythm of their slang ("G'day, mate!" became my favorite greeting). It was an adventure that ignited my independence and ability to adapt. Returning to JIRS, I carried those experiences with pride, sharing them with classmates and participating in International Day celebrations with newfound zeal.

JIRS became more than just a classroom; it was a springboard for my growth. The Australian trip

sparked my fascination with different cultures, which fueled my participation in the Model United Nations club. There, I learned to see the world through different lenses and advocate for solutions with a global perspective. The challenges of navigating a new culture in 5th grade paled in comparison to the complexities of international diplomacy I encountered in the Model UN. Negotiating trade agreements as a tiny island nation proved surprisingly stressful. It wasn't always smooth sailing, but overcoming those hurdles built my confidence and honed my communication skills.

As the years progressed, I witnessed the positive impact student leaders had on our school spirit. Their dedication to creating a vibrant and inclusive environment inspired me to contribute more. When the opportunity to become Head Boy arose, I knew I was ready. My experience organizing teacher's day, complete with some truly questionable dance moves and advocating for student concerns during council meetings instilled in me a sense of leadership and responsibility. Being Head Boy has been both challenging and rewarding. From organizing the annual day to mediating a dispute between two students from different backgrounds (finding a solution that respected both their cultural traditions was a delicate task!), I've learned invaluable lessons in communication, empathy, and decision-making.

The opportunities offered here are unmatched. Joining the school orchestra and learning the piano not only nurtured my love for music but also instilled discipline and teamwork. On the tennis court, the countless hours spent practicing for the JASE cup honed my competitive spirit and perseverance. Although the trophy always seemed to elude us, the thrill of the game and the camaraderie of my team remains etched in my memory. Academically, the MUN debates ignited my passion for critical thinking and public speaking.

Mr. Agni's music class always remains a highlight – his infectious enthusiasm for music in general widened my horizons of the musical landscape. His ability to dissect complex themes and bring pieces to life made music come alive. Mr. Agni's dedication to fostering a love of Hindustani classical is something I'll carry with me forever.

The teachers and coaches here played a vital role in shaping who I am. Mr. Pathak, my Tennis coach, never let me settle for mediocrity. His booming voice on the sidelines wasn't just about winning; it was about pushing us to be the best versions of ourselves.

I've had the privilege of collaborating with the school FMD who work tirelessly behind the scenes to ensure every event runs smoothly. Whether it's flawlessly transitioning between presentations or troubleshooting last-minute problems, they ensure everything goes on as planned.

These unsung heroes of JIRS, the people who quietly work behind the scenes, make this school function like a well-oiled machine. Their dedication is what makes JIRS a special place to learn and grow.

To my fellow JIRS students, embrace every opportunity, challenge yourselves, and never stop learning. Remember, the voyage of discovery doesn't end here; it's just the beginning! The world awaits, filled with new cultures to explore, ideas to exchange, and challenges to overcome.

Go forth, JIRS family, and continue to build on the spirit of inclusivity we've fostered here. Let's keep the active JIRS community thriving, sharing the flavors and stories of our diverse backgrounds. Remember, even the toppers can forget the classroom lessons – but the lessons learned from laughter and teamwork are the ones that stay with you forever.

## Reflections from the Head Girl



**Vaishali A**  
*Head Girl*

### From Homesickness to Leadership: A Journey of Growth and Resilience at JIRS

Being at Jirs, my inaugural experience in a residential school, marked the inception of a series of novel experiences, each laden with its own set of challenges and opportunities for growth. From grappling with homesickness to adapting to new schedules, forging friendships, and eventually assuming the mantle of Head Girl, each step was a lesson in growth and resilience.

My first foray into leadership emerged during the annual day drama, where I was entrusted with various

responsibilities. Despite initial apprehensions, I embraced the challenge, buoyed by the encouragement of my teachers, dorm parents, and peers. Their unwavering support bolstered my confidence, propelling me to pursue the role of head girl.

Stepping into this position exposed me to a myriad of experiences. Collaborating with fellow council members, I found myself amidst a cohort of amiable and capable individuals. Together, we orchestrated numerous events, providing me with invaluable insights into event management. Among these occasions, Teacher's Day stands out as a poignant memory—a chance for us to express our gratitude to the educators who tirelessly nurtured us.

Navigating the complexities of organizing events wasn't without its hurdles. Conflicts were inevitable, yet our collective efforts yielded resolutions that garnered consensus. These trials served as crucibles for honing my problem-solving skills and adeptness at handling stress-laden situations.

Guiding and remedying juniors proved to be a delicate task. While some embraced feedback gracefully, others were more resistant. Moreover, it provided insights into the multifaceted impact of disciplinary measures and regulations on peer dynamics.

Undoubtedly, my tenure as head girl was rife with challenges and missteps. Yet, each setback served as a catalyst for growth, instilling within me invaluable lessons in leadership and responsibility. In retrospect, my two-year-sojourn at JIRS was characterized by moments of profound growth and self-discovery, punctuated by the realization that assuming the mantle of Head Girl is synonymous with assuming a mantle of profound responsibility, where one's actions serve as a beacon for others to emulate.

## Reflections from the Deputy Sports Secretary



**Akshaghna Boyapati**  
*Deputy Sports Secretary*

I have spent a splendid 2 years at Jain International Residential School, often indulging in multiple activities in the name of house spirit or school team. Being a footballer of 7+ years, I've always believed that my perseverance could make a meaningful contribution to our school community. This conviction led to my appointment as the Deputy Sports Secretary, a role that further fueled my passion for sports and leadership at JIRS. During my schooling at JIRS, I had the privilege of receiving training from the best coaches here. This includes One of the top coaches in India, an AIFF and FIFA certified coach, Mr. Syed Altaf Uddin Ahmed, he frequently anticipated the players' moves on the field and committed himself to our development by conducting regular check-ins at our dormitories and dining halls.

In September 2022, our school participated in the Independence Cup, and as a team, we traveled by bus, immersing ourselves in music and fully embracing the journey. Once we arrived, we locked into our game mindset, beginning our warm-ups with heart and integrity, eager to match the opponent's skill and emerge victorious. We progressed to the semi-finals of the tournament, where we unfortunately lost to the opposing team on penalties. However, this was not the end of our journey.

Yet again in December, we had another tournament at hand, this time in the astounding city of Dehradun. Our principal tremendously motivated us to win this tournament. We went there and gave it our all, only to lose in the quarterfinals. We were all disheartened. However, upon seeing this, our coach and mentors decided to extend our trip for sightseeing in Dehradun, to which our Principal agreed. This was my first trip to anywhere outside the southern states of India, so it was quite an enthralling experience. Despite facing setbacks in both tournaments, our journey was filled with valuable lessons, unforgettable experiences, and the unwavering support of our school community.

Grade 12 brings along a saga of challenges, growth, and opportunities. However, a notable aspect of this school is the emphasis on fostering leadership and academic excellence among 12th graders. As students transition into their final year, they are encouraged to take on more responsibilities and leadership roles within the school community. While there may be some restrictions on participation in sports tournaments due to academic priorities, as the deputy sports secretary of our school, I can confidently say that our sports department excels in various aspects. It plays a vital role in promoting physical fitness, teamwork, and leadership skills among students, contributing to the holistic development of individuals within our school community.



## Student of the Year Award

### A Voyage of Self-Discovery and Success: My Transformative Journey at JIRS

I have been at Jain International Residential School for 3 years and it's been an adventure filled with twists and turns. During Afflatus, when I was awarded the President's Award for student of the year, a spectrum of emotions attacked me. While feeling extremely happy, proud and blessed, I indulged in a nostalgic trip of my 3 years at Jain International Residential School.

JIRS has allowed me to take on endless endeavours and explore my potential. Blessed with opportunities, I learnt responsibility, accountability and balance. As an athlete, member of the Student Council, content creator of MUN, IB student, and head of numerous clubs and activities, I have accumulated valuable experience that will serve as a compass for navigating the path ahead in my future endeavours. My school has equipped me with an anchor for stability, a ship to traverse the oceans of risks, and a lighthouse to enlighten the paths I choose.



**Naiya Kamleshkumar Shah**

## From the Editor's Desk



**Ms. Arpana Bohra**

*English Faculty, IGCSE*

*Academic Coordinator, CLSP*

As I write this editorial for our 24<sup>th</sup> anniversary celebrations here at our home, Jain International Residential School, I am brimming with a sense of pride, gratitude, and enthusiasm. These sentiments extend across various facets of school life here at JIRS, encompassing teachers, students, and every staff member. What is common here is that these students never settle for anything that is achieved and accomplished (the initial push and little nudge are worth a mention here). These young minds keep gearing up to face challenges head-on, exhibiting progress in various domains. It's the nurturing environment that molds them into their best selves. These budding talents will soon soar higher, contributing to both personal fulfillment and global betterment. Our school magazine serves as a beacon, igniting these sparks that will soon illuminate the world with their sense of responsibility and impactful actions.

In my role as the editor of this magazine, along with my teacher and student members of the committee, I am devoted to showcasing the multifaceted development of our students, covering aspects such as sports, dance, drama, art, craft, poetry, articles, reflections, experiential learning, skill development programs, clubs and societies, communication and leadership development programs and many more.

This magazine provides them with a platform to make a significant and far-reaching impact. The impressions on these pages are bound to have a lasting effect, propelling these young enthusiasts to take pride in their own work and celebrate the accomplishments of those around them.





**STUDENT COUNCIL MEMBERS -2023- 2024**

POSITION	NAME OF STUDENTS
HEAD BOY	AVIRAL PODDAR
ADJUTANT	VENKATA PRANAV
HEAD GIRL	VAISHALI A
ADJUTANT	NAIYA KAMLESH SHAH
CULTURAL SECRETARY BOYS	JUTURU SAI SHIV CHARAN REDDY
CULTURAL SECRETARY GIRLS	MOKSHA JAIN
SPORTS SECRETARY BOYS	PUNIT CHORADIA
DEPUTY SPORTS SECRETARY BOYS	AKSHAGHNA BOYAPATI
SPORTS SECRETARY BOYS PREFECT	VIRAT R GANYA
SPORTS SECRETARY GIRLS	MAAHI JAIN
BUDDHA HOUSE SENIOR CAPTAIN	KARTIK GUPTA
BUDDHA HOUSE SENIOR VICE CAPTAIN	AASHRIT SANJAY
BUDDHA HOUSE JUNIOR CAPTAIN	SAANVI PATIL
BUDDHA HOUSE JUNIOR VICE CAPTAIN	PALASH P VERNEKAR

POSITION	NAME OF STUDENTS
MAHAVEERA HOUSE SENIOR CAPTAIN	NANG NATALIYA NAMCHOOM
MAHAVEERA HOUSE SENIOR VICE CAPTAIN	AVULA LAKSHMI HAMSINI
MAHAVEERA HOUSE JUNIOR CAPTAIN	PARDAVA VEDANSHI MEHULKUMAR
MAHAVEERA HOUSE JUNIOR VICE CAPTAIN	SMRIYTHIK AVINEASH
MEERA HOUSE SENIOR CAPTAIN	AAYUSH MAHAJAN
MEERA HOUSE SENIOR VICE CAPTAIN	HARSHATH J
MEERA HOUSE JUNIOR CAPTAIN	SHIVANSH SINGH
MEERA HOUSE JUNIOR VICE CAPTAIN	ADITI PERIWAL
SHANKARA HOUSE SENIOR CAPTAIN	DAKSH JAIN
SHANKARA HOUSE SENIOR VICE CAPTAIN	AMISHA DAYANAND
SHANKARA HOUSE JUNIOR CAPTAIN	GUNJAN MURARKA
SHANKARA HOUSE JUNIOR VICE CAPTAIN	HARIKA A
BOARDING PREFECT - CHALUKYA	BALA MOHAN KRISHNA RAO GUDURI
BOARDING PREFECT - HOYSALA	ROMIL KORADIYA
BOARDING PREFECT - SUVIDHI	ASHIKA BANSAL



# Accolades and Achievements

## Top performers 2023-2024



**Hitarth Uppal Shah**  
RANK-1 | A\*: 5, A: 1



**Tejasvi Purohit**  
RANK-2 | A\*: 3, A: 3



**Parthiv Reddy Dumpa**  
RANK-3 | A: 4



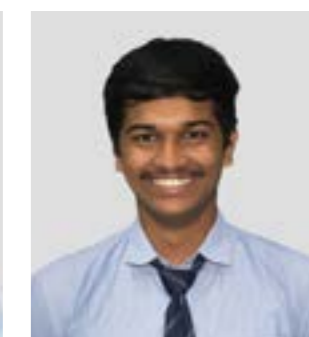
**Mundluru, Sravanthi**  
39/45



**Khandelwal, Samarth**  
38/45



**Kantubuktha,  
Sivanvitha Sharini**  
37/45



**Selarka, Harsh**  
36/45



# School toppers

## 2023-2024



**CBSE : CLASS: X  
SCHOOL TOPPERS**



**Pranamya Adinath**  
94.8%



**Abhay Kumar**  
94.4%



**Tejash Sinha**  
89.4%



**CBSE : CLASS: XII  
SCHOOL TOPPERS**



**Kushal Dugad**  
98.4%



**Yash Wadhvani**  
96.6%



**Jay Khodbhaya**  
96.4%

# Student Achievements





# JIRS in NEWS

Dr. Chenraj Roychand, the Chancellor of JAIN (Deemed-to-be University) and Chairman of Jain International Residential School, received the Rashtriya Khel Protsahan Puruskar 2023 from President Droupadi Murmu on January 9, 2024.



**COVERSTORY**  
Feb 24 - Mar 02, 2024

**OUR BANGALORE 9**

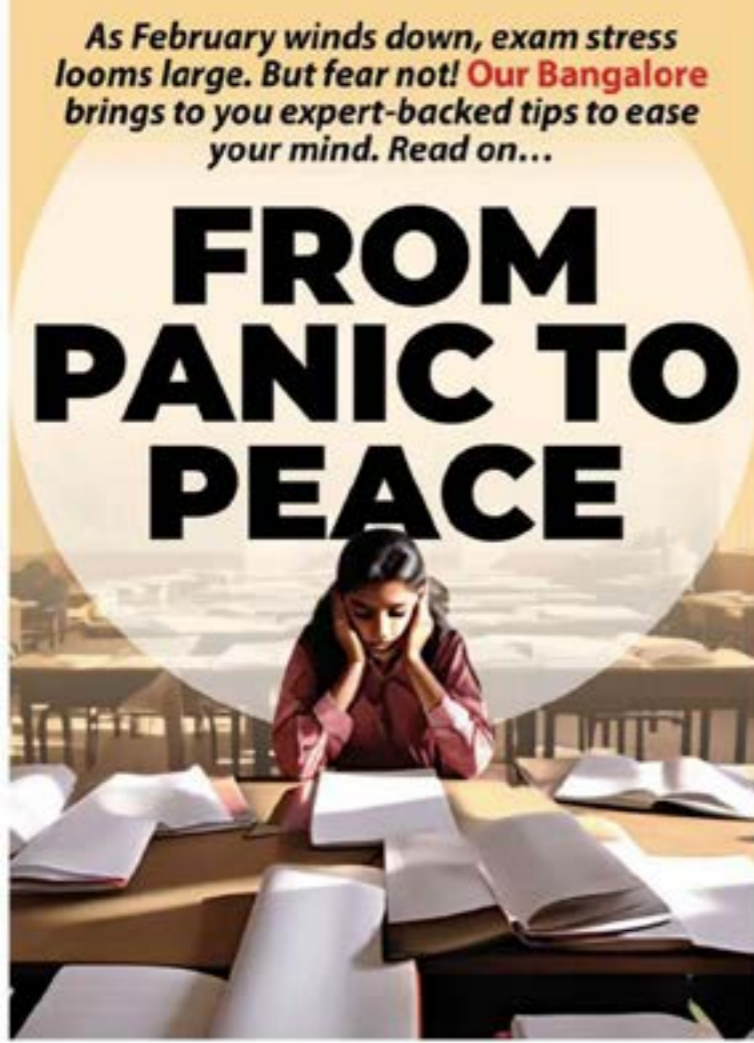
**Binu-Gopal Rao**  
It's 2:00 am and tenth standard student Vishal Koswalk is burning the midnight oil. He has his Mathematics Pre-Board Exam and his nerves are playing havoc. Elsewhere, Nisa Sharma, his friend, is also doing the same at her home, worried that she might miss something if she slept early. Both these students are classic examples of students battling exam stress. So, how does one manage exam stress? Experts weigh in.

**Watch the signs**  
Physical symptoms such as trouble sleeping, feeling sick in the stomach, muscle twitching, headaches, shoulder/back pain, constant fidgeting, nail biting, grinding of teeth, frequent short episodes of laughing out, crying, eating too much or too little, dryness of the eyes are all signs of exam stress.

"Feeling emotionally overwhelmed, not motivated, no drive to study, sudden changes in behaviour which is atypical of the person (overly happy or sad, participative, or secluded); unable to take breaks, not able to enjoy things they usually enjoy, irritability, confusion, excessive mood swings or social withdrawal even when there are no exams or deadlines (socially inappropriate), these are signs to consider," says Binu-Gopal Rao, senior psychotherapist and founder, The Able Mind.

**Do it right**  
To handle exam stress, students must make sure that they prepare a timetable that aligns with their capacity to study. Setting unrealistic goals is only going to contribute to stress. Plan to study one difficult subject and one easy, help handle the stress. For example, if the student is studying Physics, then just break it (she should study a lighter subject which will help students relax and will cause less stress. Basically, not to follow a routine of studying difficult subjects continuously but to interchange tough and lighter subjects.

"Also make sure that you take small breaks in between so that your mind gets a little rest and gets ready for the next round of revision. Furthermore, refrain from comparing yourself to others. Everyone has a different pace of learning and comparing the amount of syllabus you've covered is only going to distract



**As February winds down, exam stress looms large. But fear not! Our Bangalore brings to you expert-backed tips to ease your mind. Read on...**

# FROM PANIC TO PEACE

you and add to your stress. Practicing last year's question papers can significantly help you in giving an idea of what kind of questions come in exams and prepare you well for the final exams," says Dr. Rahul Chandhok, head consultant, Mental Health & Behavioral Science, Arteris Hospitals.

**Learn to destress**  
Getting worked up and worried

before an exam is common to almost all students across age groups, but such behaviors are experienced more by older children who start associating marks with ability and social acceptance (peer/teacher/parents). Archana Singhal, Counselor, family therapist and founder, Mindwell Counsel, says, "Engage in physical activity to release endorphins and reduce stress. Eat nutritious foods that fuel your body and brain. Ensure you get

enough restful sleep to recharge your mind and body. Spend time doing activities you enjoy taking your mind off exams. Talk to friends, family, or a counselor about your feelings and concerns. Your worth isn't defined by your grades. Practice self-compassion and acknowledge your efforts, regardless of the outcome. Take breaks and engage in activities that bring you joy to maintain a healthy balance."

**Help yourself**  
Exam stress might make students feel alone, but they don't have to manage it alone. Sakshi Maheshwari, clinical psychologist (Child & Adolescent Psychology), Niyama Digital Healthcare, says, "Take a paper and write in your strengths, positives and paste it anywhere near the table where you are studying. We often tend to disregard our positives when we

**UNLOCKING SUCCESS**

- Avoid bingeing on junk food or high caffeine products as they would make you feel lethargic.
- Pick foods with a high nutritional value which are light and easy to digest, to help you concentrate better.
- Take small breaks and break your tasks as achievable targets throughout the day.
- Make a small daily checklist which will make you feel more accountable for your work.
- Make a distraction free zone or can listen for yourself when you can study without any interference or noise.
- Good sleep is essential for your mental activity.
- Moving your body will release endorphins which will release the happy hormone.
- Focus on being fully present in the moment and experiencing what is going on around you as that moment unfolds.

Tip by Dr. Binu-Gopal Rao, senior psychotherapist & founder, The Able Mind Bangalore

are under stress. You can use a schedule and keep check-marking the activity that you complete. This will show you how much is completed. If you feel tired, burdened, or unable to concentrate, use some breathing relaxation exercises. Like closing your eyes and inhale and exhale for 5-10 minutes or taking a stroll where there are lots of green plants, or if you have a pet just play with them. Relaxation exercises will take away the tiredness from both your body and brain.

**The right attitude**  
As part of the support system teachers and parents must never compare the children with peers, siblings, or friends. "A comparison instigates negative thoughts in the child and promotes them to take extreme steps. Children get psychologically affected if we pressure them too much. Not only psychological issues, or a physical problem, stress can even lead to cardiac issues as well," cautions Dr. Archana Singhal, Licensed Counsellor and Senior Counselor, JAIN International Residential School (JIRS). Positive affirmations in the mornings and practicing yoga daily helps in reducing stress, improving focus and thereby do well in the exams.



**Make sure that you take small breaks in between so that your mind gets a little rest and gets ready for the next round. Furthermore, refrain from comparing yourself to others - everyone has a different pace of learning. Practicing last year's question papers can significantly help you and prepare you well for the final exams**

**RAHUL CHANDHOK**  
Head Consultant, Mental Health & Behavioral Science, Arteris Hospitals

**JAIN INTERNATIONAL RESIDENTIAL SCHOOL**

**Congratulations**

Selected for Zonal round of Entrepreneurship Competition

**Gaurav Lahoti** of Grade 11 IB selected among the top 8 semifinalists for his entrepreneurial idea and innovation (Will be aired on 16th Dec at 4.30 pm in CNBC TV18)

120,000 Participants, 3000+ Schools



ಸಂಜೆ ಎಕ್ಸ್ ಪ್ರೆಸ್ ಸುದ್ದಿ ಬೆಂಗಳೂರು ಡಿ 29: ಬೆಂಗಳೂರಿನ ಜೈನ್ ಇಂಟರ್ನ್ಯಾಷನಲ್ ರಿಸಿಡೆನ್ಸಿಯಲ್ ಸ್ಕೂಲ್ (JIRS), ಡಿಸೆಂಬರ್ 23 ರಂದು ಶಾಲಾ ಆವರಣದಲ್ಲಿ ಹುಂಚು ಉಲ್ಲಾಸ ಮತ್ತು ಉತ್ಸಾಹಪೂರ್ವಕವಾಗಿ ತನ್ನ 24ನೇ ವಾರ್ಷಿಕ ದಿನವನ್ನು ಆಚರಿಸಿಕೊಂಡಿತು. ಆದ್ಯಂತಿಯಾಗಿ ಜರುಗಿದ JIRS 'ಅಭ್ಯಾಟನ್ 2023' ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು, ಪೋಷಕರು, ಹಳೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಮತ್ತು ಶಾಲಾ ನಿರ್ವಹಣಾ ಮಂಡಳಿ ಭಾಗವಹಿಸಿತ್ತು. JIRS 'ಅಭ್ಯಾಟನ್ 2023' ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿಜಯವಿಜಯ ಹಬ್ಬದ ಕಾರ್ಯಕ್ರಮವು ಜರುಗಿತು.



ಸಮಗ್ರ ಶಿಕ್ಷಣ ಮತ್ತು ನಾವೀನ್ಯತೆಗೆ ಮೀಸಲಾಗಿರುವ ಸಂಸ್ಥೆ ಜೈನ್ ಇಂಟರ್ನ್ಯಾಷನಲ್ ರಿಸಿಡೆನ್ಸಿಯಲ್ ಸ್ಕೂಲ್ (JIRS), OLL'ನ ಸ್ಕಿಲ್ ಟೈಟನ್ಸ್ ಸೀಸನ್ 1 ರ ರೋನಲ್ ರೌಂಡ್ ಅನ್ನು ಹೆಮ್ಮೆಯಿಂದ ಆಯೋಜಿಸಿತು. ಶಾಲಾ ಆವರಣದಲ್ಲಿ ನಡೆದ ಈ ವಿನೂತನ ಕಾರ್ಯಕ್ರಮವು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿನ ವೈವಿಧ್ಯಮಯ ಪ್ರತಿಭೆಗಳು ಮತ್ತು ಅವಿಷ್ಕಾರಗಳನ್ನು ಗುರುತಿಸಲು ಮತ್ತು ಪೋಷಿಸಲು JIRSನ ಬದ್ಧತೆಗೆ ಸಾಕ್ಷಿಯಾಗಿದೆ.

**SKILL TITANS THE NEXT BIG IDEA**

Watch on CNBC TV18!  
16th December 2023 | 4:30 PM



ವಿಜಯವಿಜಯ ಹಬ್ಬದ ಕಾರ್ಯಕ್ರಮವು ಜರುಗಿತು. ಜೈನ್ ಇಂಟರ್ನ್ಯಾಷನಲ್ ರಿಸಿಡೆನ್ಸಿಯಲ್ ಸ್ಕೂಲ್ (JIRS), ಡಿಸೆಂಬರ್ 23 ರಂದು ಶಾಲಾ ಆವರಣದಲ್ಲಿ ಹುಂಚು ಉಲ್ಲಾಸ ಮತ್ತು ಉತ್ಸಾಹಪೂರ್ವಕವಾಗಿ ತನ್ನ 24ನೇ ವಾರ್ಷಿಕ ದಿನವನ್ನು ಆಚರಿಸಿಕೊಂಡಿತು. ಆದ್ಯಂತಿಯಾಗಿ ಜರುಗಿದ JIRS 'ಅಭ್ಯಾಟನ್ 2023' ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು, ಪೋಷಕರು, ಹಳೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಮತ್ತು ಶಾಲಾ ನಿರ್ವಹಣಾ ಮಂಡಳಿ ಭಾಗವಹಿಸಿತ್ತು. JIRS 'ಅಭ್ಯಾಟನ್ 2023' ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿಜಯವಿಜಯ ಹಬ್ಬದ ಕಾರ್ಯಕ್ರಮವು ಜರುಗಿತು.



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## Unrealistic expectations are bogging students down: Experts

**SAGE COUNSEL**

**Be regular in studies. Make notes, do revisions from the beginning. Unwanted pressure from parents should be avoided. Every child is not gifted in the same way, but has different skill sets. Time management is important. Better to be a big fish in a small pond as it boosts confidence.**

**Dr Amit Bhatt** | VICE-CHANCELLOR, DEVAANANDA SAGAR UNIVERSITY

**Create an inclusive environment. Build individualised lesson plans for each student based on their capability. Practice self care. Physical exercise, a healthy diet, sufficient sleep, and healthy living are important to beat stress. Use studying techniques like flash cards, summarizing lessons. Celebrate small victories. Focus on strength of child will increase the self esteem of the child**

**Kakoli Das** | ASSISTANT PROFESSOR, DEPARTMENT OF PSYCHOLOGY, SCHOOL OF LIBERAL STUDIES, CMR UNIVERSITY

**Cut down big topics into smaller ones. Set a timetable. Work more when you are the most fresh. Start each session with something easy. Use study techniques like acronyms, abbreviations and images. Parents need to look out of fear to go to school, struggling with friends, detachment from activities they once liked, emotional outbursts, tantrums, frequent headaches, sleeplessness, bowel and bladder control, and frequent abdominal pain.**

**Deanna Fugle** | LICENSED SCHOOL COUNSELLOR, JAIN UNIVERSITY

**Maintain a certain level of performance academically, but beyond that, choose as per your potential. Use positive language to the child. For instance, "You're good at sports, but academics is also important." Deep, slow breathing at various points. Take small breaks. Stretch, wash your face, jog, go out, focus your eyes on most distant objects and look at it for 45 seconds until everything else blurs out.**

**Dr Ali Khwaja** | FOUNDER CHAIRMAN OF BANJARA

**Be a determinant in the future. But, yes, in the short run, they do. But the pertinent question is whether you're keeping the ladder on a firm roof and climbing up steadily. The fear of exams is because of unhealthy comparison and self-doubt. Students should know their abilities and achievements, and have a supportive environment," said Kakoli Das, assistant professor, department of psychology, school of liberal studies, CMR university.**

Deanna Mary Fugle, licensed school counsellor for Jain University, said that the fear of the unknown—in this case, that of the unknown questions—has been taking a toll. "Parents' expectations are usually high and they create a hassle. Lack of preparation and poor time management worsen it," she said. The panelists were flooded with questions from the audience who sought guidance on tips to relax, concentrate and perform better.



ಜೈನ್ ಇಂಟರ್ನಾಷನಲ್ ರೆಸಿಡೆನ್ಷಿಯಲ್ ಸ್ಕೂಲ್ (JIRS) ದೆವಾನ್ಯಾಂಡಾ ಸಾಗರ್ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಸಹಾಯಕ ಕ್ಯಾಂಪಸ್, ಬೆಂಗಳೂರಿನಲ್ಲಿ 24ನೇ ವಾರ್ಷಿಕ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಭೆಯನ್ನು ಆಯೋಜಿಸಿ. ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿರುವ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಭೆಯು, ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಮತ್ತು ತಾಂತ್ರಿಕ ಅಭಿವೃದ್ಧಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಿ. 24ನೇ ವಾರ್ಷಿಕ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಭೆಯು, ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಮತ್ತು ತಾಂತ್ರಿಕ ಅಭಿವೃದ್ಧಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಿ. 24ನೇ ವಾರ್ಷಿಕ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಭೆಯು, ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಮತ್ತು ತಾಂತ್ರಿಕ ಅಭಿವೃದ್ಧಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಿ.

### CITY READ

#### Students create art to celebrate World Water Day

The students of the Art Club of JAIN International Residential School (JIRS) celebrated World Water Day 2024 by creating a water conservation art piece using recycled materials. The centre piece of the art was an innovative water drop sculpture with a net cradling a single droplet, resonating with the message of water conservation and symbolising people's collective responsibility to slow down the flow and secure a sustainable water future. The artwork aims to spread awareness about the critical need for water conservation and to use each drop of water responsibly.



## JIRS AFFLATUS - 2023

*Re-live the magic of your Childhood again!*

Jain International Residential School (JIRS) celebrated its 24th annual day, 'Afflatus 2023,' on December 23, 2023, with great enthusiasm at its campus. This grand event brought together students, parents, alumni, and school management, offering a vibrant platform for community bonding. Hosted across six venues within the Jain Global Campus, the festivities included a diverse array of activities. The Theory of Knowledge and Vigyaan—the science exhibition—showcased students' critical thinking and innovation. Creativity shone through the craft exhibition, mehendi, 3D art gallery, and Mandala Live.

Theater productions, street plays in Ashmitha, musical performances in Suranjali, and dance showcases in Nrityanjali, along with a student flash mob, added to the spectacle. Dr. Chenraj Roychand, Founder Chairman of the JAIN Group, praised the event for its blend of exhibitions, art, music, drama, and sports, highlighting JIRS's commitment to excellence.

Parents and children engaged in Fun Village games, indigenous sports, Masterchef, and culinary activities. Parvarish, the counseling center, offered parenting and well-being tips, while academic programs like Forum and Global Perspectives emphasized skill development. The event underscored JIRS's dedication to holistic education, independence, and the appreciation of diverse backgrounds.



# AFFLATUS 2023



JIRS Afflatus was a unique event that brought together guests and parents to experience a day in the life of a Jainite. Students showcased their talent through live paintings, singing and musical extravaganza.

-Amisha Dayanand, 11 CBSE



AFFLATUS' was an event of festivities, laughter and memories. The preparation began a couple of weeks ahead. From cultural festivities to dance, skits and plays, mock MUNs, music, bake sale, and even an entire science exhibition.

- Vishwajeet, 12 CBSE



## BAKE SALE SUCCESS

### Sweets for a Cause

At Jain International Residential School, our annual Afflatus Bake Sale, held on December 21 and 23, 2023, is a testament to our commitment to holistic education through practical initiatives. This event, part of the Creativity, Activity, Service (CAS) project for IBDP students, exemplified the effective application of organizational and managerial skills learned in the classroom.

The bake sale was meticulously planned and executed, involving coordinated teamwork across various student-led departments such as purchase, finance, sales, and marketing. The baking department, in collaboration with the school's head chef, curated a thoughtful menu and developed a strategic procurement list, reflecting a detailed and considerate approach to the culinary aspects of the event.

Demonstrating our school's dedication to community service, the proceeds from the bake sale were directed toward a charitable cause.



## Career Counselling International Education Exploration

Career counselling remains a cornerstone at Jain International Residential School, ensuring students receive ongoing guidance throughout the year. Comprehensive sessions covering global university options, study abroad advice, financial considerations, scholarships, visa guidance, and IELTS courses are regular features. These initiatives, complemented by personalized interactions with counselors and brochures available in the library, exemplify our commitment to equipping students with the tools they need to make informed decisions about their academic and career journeys.



## CAS-Creativity, Activity, Service

CAS (Creativity, Activity, Service) forms an integral part of the International Baccalaureate Diploma Programme (IBDP), enriching students' educational experience. It encourages holistic development through creative endeavors, physical activities, and community service initiatives. Engaging in CAS activities allows students to apply classroom learning in practical settings, fostering a deeper understanding of societal issues and personal responsibilities. At Jain International Residential School, we are committed to cultivating essential skills such as collaboration, leadership, and empathy, preparing students to become well-rounded individuals and active contributors to their communities.



## Constitution Day

Constitution Day at JIRS is a momentous occasion where students reflect on the significance of our nation's founding principles. Through special programs and discussions, we honor and understand the importance of our Constitution in shaping our democracy.



## Disaster Management Workshop

The disaster management workshop conducted at JIRS provided essential knowledge and skills to students, empowering them to respond effectively in emergencies. Through interactive sessions and practical simulations, students learned about disaster preparedness, evacuation procedures, and first aid techniques.



## Children's Day

Children's Day at JIRS is a festive occasion dedicated to celebrating the joy and innocence of childhood. It includes a variety of activities such as fun games, creative workshops, and cultural performances, all designed to bring laughter and happiness to the students.



## Easing into Residential Life at JIRS

At JIRS, the journey from being a new arrival to becoming a part of the community is made enjoyable through a variety of engaging activities designed to foster lasting friendships. New students participate in team-building exercises, social events, and group projects that not only ease their settling-in period but also help them forge strong bonds with their peers. These early experiences at JIRS create a supportive community, allowing students to feel at home and thrive both academically and socially.



## Enriching Education Through Theater

At JIRS, theater and plays for children play a crucial role in nurturing creativity and cultural appreciation. These performances are curated to not only entertain but also educate students, integrating themes that resonate with their age group and educational curriculum.



## FESTIVALS AND CELEBRATION

The celebration of cultural, national, and religious festivals plays a pivotal role in fostering inclusivity and cultural understanding among students. These celebrations span diverse traditions and beliefs, allowing students to actively participate in and learn about various cultural practices. Whether observing Diwali, Christmas, Eid, Rakshabandhan, Ganeshotsava, or national events like Independence Day, these festivities promote unity, respect, and appreciation for diversity within the school community.



## Cultural Immersion and Fun-filled Adventure Trips

### TRIP TO ANDAMAN

The students of Grade 5-8 from our school enjoyed an educational trip to the Andaman Islands. They explored historic sites like the Cellular Jail and experienced snorkeling at Elephant Island, observing diverse marine life. Accommodation at Samudra Symphony and Silver Sand Resort ensured comfort and safety throughout their stay. The trip emphasized environmental awareness and cultural appreciation, with students engaging in discussions on local governance and infrastructure development.



### TRIP TO GOA

The Grade IX students experienced an exhilarating journey to Goa, filled with cultural immersion and thrilling adventures. Starting with a flight from Bangalore, they enjoyed a scenic cruise along Mondavi, witnessing a mesmerizing sunset while dancing and participating in fun activities. The following days were spent exploring Goa's rich heritage through visits to churches, beach outings, and lively market experiences. Highlights included an adventurous day at Keri Island with activities like scuba diving and jet skiing, fostering teamwork and enthusiasm among the students. Evenings were filled with entertainment and shared dinners, creating lasting memories of companionship and cultural discovery.



### TRIP TO PHUKET AND THAILAND

Students of JIRS embarked on an exciting trip to Phuket, Thailand, exploring its cultural and natural wonders. They began with a city tour of Phuket, followed by a visit to the picturesque Phi Phi Island. The adventure continued with thrilling visits to Andaman Water Park and Carnival Magic Water Park, where students enjoyed water rides and activities. They experienced Thailand's rich cultural heritage through the Siam Niramit show and Thai Village, gaining insights into traditional performances and customs. An encounter at Tiger Kingdom provided an educational experience on wildlife conservation. This trip enriched students' understanding of global diversity and conservation efforts.



### VISIT TO IISC

Students visited the IISc Open House exhibition, where they engaged with a variety of interactive displays and demonstrations showcasing cutting-edge research in science and technology. They explored exhibits ranging from robotics and artificial intelligence to renewable energy and biotechnology, gaining insights into innovative scientific advancements.



### EDUCATIONAL TRIPS AND FIELD VISITS

Educational and field trips offer students insights into the functioning and distribution processes of industries and institutions, providing practical knowledge that complements theoretical learning. Visits to places like the Britannia Factory, Icecream Factory, Channapatna Toy Factory, and ID Fresh Foods Factory expose students to various production methods and business operations.

Additionally, a visit to the Karnataka State Bar Council enriches students' understanding of legal governance and professional ethics within the legal profession. Meanwhile, at CADABAMS Psychosocial Rehabilitation Center, students gain valuable insights into mental illness, treatment procedures, and patient rehabilitation through interactions with case counselors and psychologists, fostering a deeper appreciation for mental health care practices.



## Royal Bon Voyage: *Farewell Party for the Class of 2024*



The farewell party for Grade 12 CBSE and IBDP students was a grand affair held on January 27 at the school's hockey ground, beginning at 5:30 in the evening. The venue was transformed with extravagant decorations and meticulous arrangements, providing a memorable experience for the school community, especially for the graduating students. The hockey ground became a festive setting for an evening filled with heartfelt speeches, emotional moments, and a strong sense of companionship. The students enjoyed a splendid dinner, adding to the occasion's special significance. The farewell party was a fitting tribute to the graduating class, leaving them with cherished memories as they embark on the next chapter of their lives.

On 22nd January 2024, our school celebrated the graduation of its remarkable Class of XII. The ceremony was a culmination of years of hard work, dedication, and perseverance by the graduating students, teachers, staff, and families

The farewell party for Grade 12 CBSE and IBDP students was a grand affair adorned with extravagant decorations and meticulous arrangements to create a memorable experience for the graduating students.

The 2023-24 Graduation Day was a profoundly poignant and eventful occasion for the graduating batch, as the atmosphere resonated with a mix of emotions. Tears flowed freely as our seniors bid their final farewells and fondly recalled the days gone by.

*-Oorja Jain, Grade 11 (CBSE)*

Graduation day- A day filled with emotions, excitement and stories untold. This day holds a precious place in the hearts of all. On this particular day, we were reminded of the myriad experiences and incidents that filled the past year, leaving us with memories that will endure forever. A rollercoaster of emotions all in just a short period of time which showed how there's always an end to every start but this day wasn't the end rather it was a start of a journey ahead.

*-Laxmi Narayan, Grade 11 (CBSE)*



## LINGLITZ

JIRS proudly hosted a series of events during LingLitz, organized by the Department of English. Spanning from January 25 to January 30, 2024, the event featured six thrilling competitions. These ranged from the dramatic performances of Character Enactment to the artistic expression of Story Strokes (Artistic Comic Strips), showcasing writing finesse in Poetry Writing, demonstrating harmonious teamwork in Group Singing, and testing sharp intellect in the Quiz competition and Spell Bee. Together, these diverse contests played a vital role in nurturing a love for reading, creativity, and contributing to the growth of a literary-minded community.



### Wizarding Wonders

The literature fest, Ling Litz, themed around Harry Potter, provided an immersive experience through various competitions for students, allowing them to delve into the enchanting world of magic and wizardry created by J.K. Rowling. I am only one of the many magnificent participants in the Story Strokes art competition!

For those of you who are wondering, what even is Story Strokes? Well, Story Strokes is an art competition in which we were tested on our ability to make long dialogues concise, understand the characters as well as the scene and its atmosphere. We were given the famous and unforgettable 'Sorting Hat scene'!

It was a truly magical experience, seeing students pouring their talent into the illustrations of the comic strip with zeal and brilliance was truly enchanting! The literature fest sparked creativity, and ignited a passion for reading among the students, fostering a vibrant literary community within the school.

I, personally, enjoyed the event thoroughly. It was a truly spectacular competition, which will forever be etched in my heart. I am indeed looking forward to more events such as this one.

Shouryaa Shakya- Grade 6 (Cambridge)



## Math Model Making

The fusion of aesthetics and mathematics, typically seen as opposites in academia, was vividly demonstrated during the Interhouse Math Model Making competition at JIRS. Students from Grades 5-8 representing the houses—Meera, Buddha, Mahaveera, and Shankara—displayed a unique blend of creativity as they participated in the event.



## Maths Inter-House Quiz Celebrates Academic Excellence

Our school hosted an exhilarating Maths Inter-House Quiz for grades 9 and 11. Four spirited houses, each represented by six participants, competed in six intense rounds, showcasing their mathematical prowess and problem-solving skills. The competition was charged with excitement, fostering camaraderie and healthy rivalry. This event celebrated academic excellence and instilled a love for mathematics and unity within the school community, making it a memorable experience for all involved.





## Math Treasure Hunt

Our school hosted the Inter-house Maths Treasure Hunt competition on January 19, 2024, bringing together students from Grades 5 to 8. Each of the four houses—Mahaveera, Meera, Buddha, and Shankara—participated with nine students, competing across five levels of challenging mathematical tasks. This event highlighted students' mathematical abilities and fostered collaborative problem-solving skills.



## VIGYAAN: Igniting Scientific Curiosity at JIRS

Science Exploration at JIRS was exemplified through VIGYAAN, a dynamic science exhibition featuring 108 models created by enthusiastic participants from both CBSE and International curricula. These models spanned various scientific disciplines such as Biology, Chemistry, Physics, and Environmental Science. The exhibition showcased innovative concepts including sustainable development, holograms, bioplastics, moon phases, DNA extraction, and water distillation, among others. Winners were recognized with awards and certificates, and the event sparked a renewed curiosity and scientific temperament among all participants.



## Science Quiz

The science quiz at JIRS was an array of intriguing topics designed to challenge and educate participants. Beyond environmental sustainability and space science, students also explored themes such as chemical reactions, delving into the intricacies of different reaction types and chemical equations. Electricity and magnetism, geological processes, plate tectonics, and the Earth's layers, ecosystems, biodiversity, and the delicate balance between organisms and their environment. Human anatomy and physiology rounded out the quiz fostering a comprehensive understanding of biological processes. These diverse topics aimed to enrich students' scientific knowledge, cultivate critical thinking skills, and inspire curiosity about the natural world and its phenomena.



## An Evening of Memories and Culinary Delights - SOIRÉE

The Grade 10 CBSE and IGCSE dinner party, SOIRÉE, was a joyful event filled with laughter and lively conversation. As the evening progressed, students shared their experiences, sparking nostalgia and smiles. These shared memories strengthened their bonds, fostering a sense of companionship. The celebration provided a lasting impression on the young attendees, offering a chance to connect deeply with their school, teachers, coaches, administrative staff, and support team. The dinner was not just a feast but a moment for the students to forge meaningful connections. May they be blessed with a bright future!



## TREKKING ADVENTURES

Trekking trips at JIRS offer students exhilarating opportunities to explore the natural surroundings and build resilience. These adventures instill a sense of adventure and appreciation for the environment. Led by experienced guides, students navigate trails, learn outdoor survival skills, and engage in team-building activities amidst scenic landscapes. Trekking experiences at JIRS not only promote physical fitness but also encourage personal growth through challenges and overcoming obstacles, fostering a spirit of exploration and camaraderie among participants.



## CLUBS AND SOCIETIES AT JIRS

At Jain International Residential School (JIRS), clubs and societies form the backbone of our vibrant extracurricular landscape. They offer students a platform to explore their passions, develop new skills, and connect with like-minded peers. From the arts to sports, and culinary skills to chess strategies, each club is a universe of opportunities waiting to be explored.

### The Essence of Each Club

**Kierte - The Art and Creativity Club** - A canvas for creativity, Kierte encourages artistic expression and innovation.

**Gourmet - The Culinary Club** : A haven for culinary enthusiasts, this club spices up life with cooking mastery.

**The Pedal Wizards - Cycling Club** : Pedal power in action, this club explores the thrill of cycling and adventure.

**Capturra - The Photography Club** : Through the lens, Capturra captures moments, teaching the art of photography.

**Pinnacle - The Business and Entrepreneur Club** : The future of business begins here, fostering young entrepreneurs and leaders.

**Matrix - The Chess Club** : A battleground of minds, Matrix hones strategic thinking through chess.

**The Uncharted - Indigenous Sports Club** : Diving into indigenous sports, this club revives and celebrates traditional games.

**Amity - The Community Service Club** : Rooted in service, Amity embodies compassion and community support.

**The Laureate - Leadership and Personality Development Club** : Crafting leaders for tomorrow, focusing on personality development and leadership skills through events like Toastmasters, Vortex, inter-house debates, elocution contests, Model United Nations (MUN), and more.



## Tech-Fest

At JIRS, the Tech-Fest featured a unique product launch focused on social sustainability and future innovation. Students showcased inventive solutions aimed at addressing societal challenges through technological advancements. Following the product launch, a technical quiz tested participants' knowledge and problem-solving abilities in diverse fields of technology.



## CAPTURRA - PHOTOGRAPHY CLUB

"Capturra has taught me to see the world through a different lens, capturing stories untold." - *Vihaan, Grade 11*



"Photography is not just about clicking pictures; it's about freezing moments that last a lifetime. Capturra made me realize this." - *Chahat, Grade 11*

"Every session is a new adventure, exploring lights, shadows, and everything in between." - *Arjun, Grade 12*





## KIERTE - THE ART AND CREATIVITY CLUB



"Joining Kierthe has been a journey of self-discovery for me. Art is now more than a hobby; it's a way of life." - *Hasini, Grade 9*

"The club not only enhanced my painting skills but also gave me a platform to express my inner thoughts creatively." - *Kinjal, Grade 10*

"Kierthe has introduced me to a community where creativity knows no bounds. It's inspiring!" - *Shree, Grade 11*



## GOURMET - THE CULINARY CLUB

"Gourmet has transformed cooking from a chore into a passion. Every dish tells a story." - *Rucha, Grade 11*

"The excitement of experimenting with recipes and the joy of sharing them is what Gourmet means to me." - *Anvi, Grade 12*

"This club not only taught me how to cook but also about the importance of nutrition and healthy eating." - *Dharm, Grade 9*



## THE PEDAL WIZARDS - CYCLING CLUB

"Cycling through serene landscapes with The Pedal Wizards has made me appreciate the beauty of nature like never before." - *Arya, Grade 11*

"It's more than cycling; it's about endurance, teamwork, and exploring uncharted territories." - *Bala Krishna, Grade 10*



"This club has helped me push my limits and achieve feats I thought were impossible." - *Abhay, Grade 9*



## PINNACLE - BUSINESS AND ENTREPRENEURSHIP CLUB



"Pinnacle has ignited a fire within me to innovate, lead, and make a difference in the business world." - *Bhavya, Grade 12*

"This club has been instrumental in developing my entrepreneurial mindset and understanding real-world business scenarios." - *Pranshu, Grade 11*

"From ideation to execution, Pinnacle has guided me through every step of starting my own venture." - *Suhani, Grade 9*





## THE UNCHARTED - INDIGENOUS SPORTS CLUB



“The Uncharted has introduced me to a world of sports that I never knew existed. It’s exhilarating!” - Dayakar, Grade 12

“This club has not only kept me physically active but also connected me to my cultural roots through sports.” - Kharoon, Grade 11

“Participating in indigenous sports has been a unique and enriching experience, thanks to The Uncharted.” - Ridhi, Grade 9



## THE LAUREATE - LEADERSHIP AND PERSONALITY DEVELOPMENT CLUB

“The Laureate has been instrumental in shaping my leadership skills and boosting my confidence.” - Vihaan, Grade 11

“This club has offered me numerous opportunities to develop my personality and public speaking skills.” - Naman, Grade 9

“Joining The Laureate was a turning point in my life; it helped me emerge as a more assertive and influential leader.” - Kedar, Grade 12



## MATRIX - THE CHESS CLUB

“The Matrix has sharpened my strategic thinking and helped me appreciate the intellectual depth of chess.” - Dhruva, Grade 11

“Each game is a new challenge, a new puzzle to solve. Matrix has truly expanded my mental horizons.” - Tirth, Grade 10

“This club is not just about chess; it’s about building a community of thinkers and strategists.” - Aauysh, Grade 12



## AMITY - COMMUNITY SERVICE CLUB

“Amity has taught me the value of giving back to the community and the joy of making a difference.” - Jayant, Grade 11

“Through Amity, I’ve learned that even the smallest acts of kindness can have a huge impact.” - Naiya, Grade 12



## Management-The Game: Equipping Future Leaders

The unique program titled 'Management-The Game' was inaugurated with a gathering of Grade 11 and 12 students at Jain International Residential School. Dr. Dinesh Nilkant, the Dean of Management and Director of CMS Business School at JAIN (Deemed-to-be-University). It is an innovative course, designed to provide them with essential knowledge in Marketing, Finance, Human Resources, and Entrepreneurship.

This practical and interactive program aims to develop an entrepreneurial mindset and equip them with the skills to create effective business plans, devise strategic marketing initiatives, secure funding, and manage employees efficiently. Through engaging and hands-on learning experiences, 'Management-The Game' prepares students to become successful future leaders in the business world.



Painted by- Abhirami, 11th,  
Medium-Acrylic on Canvas, Theme-Me And My Friend

## Hobby Hours and Leisure Sunday

At JIRS weekends are filled with a variety of activities, including movie screenings, outings to the mall, and adventurous pursuits such as trekking and microlight flying. Students utilise their free time in fostering creativity and learning skills like embroidery, pottery making, digital painting, tattoo art, canvas painting, and henna designing, Western drums, Bollywood songs, flute melodies and theatre activities - all guided by our expert faculty.

However, the highlight is undoubtedly the eagerly anticipated 'Leisure Sunday' held every third Sunday of the month.



“Sundays are the days to relax and free our minds combined with skill enhancement and a fun learning experiences through HOBBY CLASSES.  
*Gouri Girish, 12 CBSE*”



“Everyone, irrespective of their gender, age or curricula comes together to improve in various fields The shared drive among them is their enthusiasm for learning and fostering creativity.  
*Aruna Grade 11 CBSE*”

“I feel extremely enthusiastic particularly on Sundays as there is a long list of exciting talent development programs like art, music, photography, dance, poetry, drama, culinary etc.  
*Aarushi Agarwal, Grade 6 (Cambridge)*”



“Leisure Sunday: An exquisite array of delicious and appetizing food is displayed on a lazy Sunday. The food is amazing and refreshing, the brunch is extremely rejuvenating and the makes the experience rich and boundless.  
*Pranav Chedella, Grade 10 IGCSE*”

## I Spy Hope

I Spy Hope is a weekend personality development and emotional literacy activity at our school designed for Grades 5-8. Throughout the year, students engage in various activities culminating in the annual event.

During 'Afflatus,' students presented immersive performances that delved into and explored a range of emotions through their learning experiences.

Grade 5 and Grade 6 students organized engaging games that fostered cooperation, teamwork, and communication skills. Grade 7 students conducted interviews across different age groups, managing tasks from planning to video editing, enhancing their creativity and problem-solving abilities.

Grade 8 students designed signature board games, developing perseverance and critical thinking in group settings. During the event, students managed stalls, interacted with visitors, and successfully marketed their gameboxes, showcasing their entrepreneurial skills and teamwork. These activities emphasized transformative learning experiences and holistic development at our school.

“ *Empowering Minds,  
Nurturing Hearts* ”



## Self E – Self Strength and Capacity Building Program



## Non-Fungible Token: Stock Byte Program

At JIRS, Stock Byte sessions are integral to our weekly experiential and capacity-building activities for students. The Stock Byte program, tailored for Class 11 students with a total of 16 sessions, has equipped students with invaluable skills and insights for their future endeavors.

Throughout the year, these sessions have covered diverse topics such as fintech, cryptocurrency, block-chain technology, credit and debit cards, non-fungible tokens (NFTs), foreign exchange, and more. Experts from various fields have led sessions that included focused discussions on NFTs, providing insights into their background, concepts of fungibility and non-fungibility, the process of creating NFTs, and discussions on Ethereum as a digital currency essential for NFT transactions. These sessions have left students enthusiastic for future engagements.





“  
*Shaping  
Future:  
Hands-On  
Mastery*”

## Kaushalya Skills that Inspire

As part of our skill development programs, students from Grade VIII and IX participated in the Kaushalya Level 1 & Level 2 workshops. These sessions offered hands-on experiences across various modules including CNC, Foundry, Renewable Energy, LASER, 3D Printing, and Automobiles. This immersive approach extends beyond traditional classroom methods, embodying the principles of experiential learning that are integral to our curriculum.

## Toastmasters

Toastmasters club was an amazing experience which helped me overcome my stage fear and made me confident it also helped me improve my communication skills and the body language it was a great experience I am very grateful to the school to provide us with such good opportunity.

*Harman Jhala Grade 10 IGCSE*





**SPORTS**

**Gujarat Open Badminton  
Championship 2024**

Congratulations to Aryan Kotak, a talented IBDP Year 1 student, for his outstanding performance at the Gujarat Open Badminton Championship 2024, organized by the Jamnagar District Badminton Association. Aryan achieved remarkable success, winning four gold medals in U-17 Boys singles, doubles, mixed doubles, and U-19 Boys doubles categories. Additionally, he secured two silver medals in U-19 Boys singles and mixed doubles, highlighting his exceptional skills and dedication. Aryan's achievements underscore his prowess and potential in badminton, making him a rising star in the sport.



**SIXTEEN FEATHER  
Badminton Tournament**

At the SIXTEEN FEATHER Badminton Tournament, held from June 19 to 21, 2023, at DPS East Bangalore, Madhumitha of Grade 11 clinched the Singles Championship, bringing laurels to our school. Her victory not only showcases her talent and dedication but also reflects the excellence and sportsmanship fostered at JIRS.



Madhumitha of Grade 11 won the Singles Championship (Third from left)

**CBSE South Zone Badminton  
Championship 2023-24**

The CBSE South Zone Badminton Championship 2023-24, hosted at The Oxford School in Trivandrum, Kerala from October 27 to 30, saw our JIRS U-19 Girls Badminton team clinch an impressive third place among 295 schools. We applaud the students for their outstanding achievement.



(Guest) Olympic Badminton Player; Mr. Harish – Coach at JIRS; JIRS Students - Salina Sabnam, Madhumitha, Jiya; Ms. Palpasha G – Coach at JIRS, Principal – Oxford School

**CBSE Cluster VIII  
Basketball Championship**

The CBSE Cluster VIII Basketball Championship 2023-24, held at DPS South Bangalore from October 28 to 31, showcased a unique display of grit and determination. Our talented basketball players had the opportunity to enhance their skills by playing with experienced opponents and interacting with seasoned players and coaches.



FROM LEFT TO RIGHT – Anushka Mohanty, Tanvi Bhargav, Nayonika, Aditi Pariwal, Coach Ms. Pavithra N, Priyanka, Amisha Dayanand, Hiya, Jheel, Anupama Nair.



Standing – From Left To Right : Aryan, Hardhik Agarwal, Venkat Pranav, Virat R Ganya, Jaineel Shah, Tejas Parmanand KA, Vishwajeet  
Sitting – From Left To Right: Tej, Mr. Abhishek, Dhruv Bhandari, Surya

**Congratulations!**

Shivansh Singh of Grade 8 (Cambridge) for being selected to the Stanmore Cricket Club, England



## Stellar innings - Victorious Pursuits

Our school's U-14 cricket team showcased a commendable performance in the KSCA BTR Shield - Division II-2023-24. Out of the three matches played, the team secured victories against Baldwin Boys High School (U-14) and Presidency School Nandini Layout (U-14), securing the second position in the table and qualifying for the next round. Top performers during the league stage included Shivansh Singh who scored a whopping 100 runs and claimed a wicket. An impressive performance with over 65 runs and 4 wickets was exhibited by Swarup Jain. Naitik Kasundra Scored over 40 runs and took 4 wickets, including a remarkable Hat-trick. Rahil Bhalodiya scored over 90 runs and excelled behind the stumps. Three wickets were taken by Chinmai Sai while Veer Bhalodiya got a furious 40 runs and secured 5 wickets.



In a significant performance, Shivansh Singh and Rahil Bhalodiya's impressive 139-run partnership led Jain International Residential Schools to their first victory in the KSCA BTR Shield against The Presidency School. Opting to bat first after winning the toss, JIRS scored 259 runs in 50 overs, with Shivansh Singh contributing 79 runs off 139 balls and Rahil Bhalodiya scoring 62 runs off 73 balls. Veer Bhalodiya added 36 runs off 27 balls. On the bowling front, Swarup Jain excelled, taking 3 wickets in 5 overs while conceding 17 runs. Chinmay Sai and Veer Bhalodiya also made significant contributions, each taking 2 wickets. The well-rounded team effort secured a successful outcome for JIRS in this match.

In a nail-biting finish, Jirs secured their place in the quarterfinals. After losing the toss, Jirs' bowling unit restricted Baldwin to 182 runs. Special mention to Naitik Kasundra for taking 4 wickets, including a hat-trick. In batting, Rahil Balodia scored 37, and Swarup Jain's 68 helped JIRS to win by 4 wickets.

*“ more you practice, the better you get at it. It's the same with everything... cricket, studies, arts, etc.*

- M.S. Dhoni

## CIS 9<sup>th</sup> Annual Inter-School Golf Tournament

The CIS 9th Annual Inter-School Golf Tournament took place on February 7, 2024, at the prestigious Prestige Augusta Golf Club in Bangalore. The event provided a platform for school students to participate in competitive golfing alongside top players from the South Zone and national rankings.



LEFT TO RIGHT : Manav Doshi, Rajveer Bafna, Yagnesha, Mr. Prakash - Coach, Jas Goliya, Prasun Modi

## FOOTBALL CBSE CLUSTERS UNDER 19 BOYS

In the CBSE Cluster tournament held in Belagavi, with participation from 79 teams, our squad made a remarkable impact. The JIRS team strong, clinching a commanding 8-1 victory over JSS School Dharwad in the first match. The second match saw our team advancing with a walkover. In a thrilling third match, we edged out Angadi International School with a 4-3 win in penalties. The team, with their commendable spirit, made it to the quarter finals played against Lovedale School.



BACK ROW (LEFT TO RIGHT):- Mr. Vikram Mane - Coach, Rohit PD, Soumya Jungi, Dev Krishna, Goutham Jhanwar, Aditya Raj Bhaghat, Harsh Gami, Heet Jain, Tilling Pengo, Aagam Mehta,

FRONT ROW (LEFT TO RIGHT): Aryan Chouhan, Ayush Sacheti, Digamber Meda, Surya Dev Sanjeev, Sayyam Shah, Kulveer Sakla, Vamsi Nanda, Mihir Khodbhaya, Aayan Ayatu, Isaiyah Ryntathiang

## The JGKFI National Karate Championship

At MAHAL RAJWADA RESORT, JAIPUR, RAJASTHAN

A victorious cheer for our outstanding students who excelled at the 5th JGKFI National Karate Championship in Jaipur, Rajasthan, in 2023! In the solo Kata competitions, our Grade 11 and 12 pupils made an impression by displaying superlative talent and spirit.



Front Row (Left To Right) - Arman, Akshath, Goutham  
Behind - Mr. Rachu - Coach

## The SWYNG Squash Ranking Tournament



Rudra Gajera, Lavish Goyal, Varun Aditya, Bhavya Katri,  
Arindum Gupta, Guest, Vishnu Gami, Mr. Prince Thakur- Coach,  
Dharmesh Agarwal, Manan Jain, Vansh Jain

Nine students from JIRS participated in the SWYNG Squash Ranking Tournament held on September 3, 2023, in the senior category. Vishnu Gami emerged as the runner-up, while Arindam Gupta reached the semifinals, and Lavish Goyal made it to the quarterfinals. Other participants included Dharnish Agarwal, Manan Jain, Bhavya Khatri, Varun Aditya, Vansh Jain, and Rudra Gajera, who competed in the second and third matches. Additionally, JIRS alumni Captain Saurabh Singh of the Indian Army, who was trained under our school's current squash coach Mr. Prince Thakur, joined the tournament. He interacted with the squash students and provided inspiration about the importance of the game and sportsmanship.

## DSI Head Karnataka State Closed Squash Championship

Our squash champions made a significant impact at the DSI Head Karnataka State Closed Squash Championship held at Dayananda Sagar Institutions, Bangalore from January 6th to 9th, 2024. A total of twelve boys and four girls participated across various categories, showcasing their exceptional skills and sportsmanship. In the GU-13 category, Jaanvi Singh demonstrated prowess, reaching the quarterfinals. Notably, participants in BU-15 and BU-17, including Bhavya Khatri, Lakshya Sipani, Jainav Jain, Divit Jain, Moulik Golchha, Sri Sai Vishnu, and Shiven Raj Jain, excelled, reaching the prequarterfinals. Round 1 witnessed commendable performances from participants in boys under 11, 13, 15, 17, and girls 13 and 19 categories. Standout names included Shreyansh Khatri, Bhavya Gupta, Nishit Bhoot, Amba Bhavani, Oorja Jain, Amishi Goyal, Sujith Kurukuri, and Manan V Jain



## CBSE South Zone Table Tennis Championship

The JIRS U-19 Boys Table Tennis Team has achieved remarkable success in the Karnataka Region South Zone CBSE Cluster VIII Tournament, securing the second-place trophy. The tournament took place from October 16 to 18, 2023 at Bangalore. Their outstanding performance earned them well-deserved silver medals, reflecting their dedication and enthusiasm. The achievement underscores JIRS U-19 Boys' dedication to excellence in table tennis, setting a high standard for future tournaments.



## Sports-A-Thon Table Tennis competition

Rudra Shah, a talented Grade 10 student at JIRS, secured third place in the competitive Sports-A-Thon Table Tennis competition held on July 6, 2023, at DPS Whitefield School in Bangalore. The event showcased Rudra's exceptional skills and determination in table tennis, earning him recognition among his peers and competitors.

## The CBSE Zone II Tennis Tournament

The CBSE Zone II Tennis Tournament held at The White School, Kozhikode, Kerala from October 21st to 24th, 2023, saw commendable performances from JIRS players. In the Boys U-19 category, Meet, Dhyey, and Tejas advanced to the quarterfinals, displaying skill and determination throughout their matches. Meanwhile, Aarav and Shasan represented well in the Boys U-17 category, reaching the pre-quarterfinals with competitive play.



## AITA

Between July 29 and August 4, 2023, Jain International Residential School was a proud host of the impressive AITA Series Tennis Tournament. The All India Tennis Association (AITA) is responsible for managing India's national tennis teams including the Davis Cup and Billie Jean King Cup teams, hosting tennis tournaments within India and scheduling the home

## CBSE South Zonal Clusters For Yoga 2023

More than 10 students from JIRS enthusiastically participated in the CBSE South Zonal Clusters for yoga, where they competed alongside representatives from over 90 schools. It marked their debut in the tournament, and our students performed admirably, contributing to a positive and enriching experience.



From Left To Right : Lakshmi Narayan, Mudit Agarwal, Yagnesh, Ved Gupta, Vaishnav, Advay Singania, Coach Ms. Prajane Ravi, Vedanshi, Veerti, Sudhiksha, Preksha

## A Journey to Wellness: How School Facilities Transformed My Life

As I reminisce on my journey towards physical fitness, I find myself immensely grateful for the role that my school's facilities played in shaping my transformation. From being a 98-kilogram teenager struggling with self-image to embracing a healthier lifestyle and shedding excess weight, my journey has been one of determination, resilience, and the invaluable support of my school's resources.

As a teenager struggling with excess weight and low self-esteem, I found solace and inspiration within the walls of our school. Armed with determination and a desire for change, I turned to the resources available to me, eager to embark on a journey towards wellness. Central to my transformation was the utilization of our school's gym—a haven teeming with state-of-the-art equipment and knowledgeable instructors. With their guidance, I embarked on a structured fitness regimen, combining strength training, cardiovascular exercise, and flexibility work to achieve my goals. From lifting weights to mastering bodyweight exercises, each session brought me one step closer to reclaiming control of my health and well-being.

The school's expansive outdoor spaces also played a pivotal role in my journey to fitness. The beautiful huge campus made it simple and fun to go for runs around the campus these facilities provided endless opportunities for physical activity and personal growth. Surrounded by supportive peers and dedicated instructors, I found motivation and encouragement to push past my limits and strive for excellence.

Over several months, as I continued to weigh myself, I noticed a positive change in my body. Not only was I losing excess weight, but I was also improving my self-confidence, physical strength, and overall enthusiasm for life. The journey to this point was not always easy, as there were moments of uncertainty, setbacks, and barriers that needed to be overcome. Nonetheless, with each obstacle, I became more resilient, more determined, and more prepared to succeed.

Today, weighing 72 kilograms, I serve as proof of the transformative impact of our school's facilities and the unwavering support from our community. My wellness journey is a testament to the boundless potential that lies within our reach, when we are surrounded by encouragement, resources, and opportunities for growth.

Looking back on my journey, I am grateful for the role our school played in shaping me into the person I am today. I feel fit, healthy, and happy, and my story serves as a reminder to all students that with dedication, perseverance, and the support of our school community, anything is possible. Let's continue striving for success together!

Ashrit Sanjay  
IBDP Year 1



## The Unexpected Rise of Badminton

Out of 176 countries, I am proud to tell you that India is placed in the 7th rank of the top badminton countries.

Forget the gentle afternoon tea and picture-perfect gardens of its namesake estate. Today's badminton is a heart-pounding spectacle. Badminton's roots are as surprising as its modern intensity. Traces of similar games can be found in ancient Greece, India, and even mediaeval Europe! However, its modern form emerged in the unlikeliest of places—colonial India.

From its aristocratic beginnings, badminton quickly transcended social boundaries. The simple yet demanding nature of the sport—all you need is a racket and a shuttlecock—made it accessible to everyone. Backyard courts sprouted, and countries like China, Indonesia, and Denmark emerged as powerhouses, pushing the boundaries of athleticism and strategy.

The beauty of badminton lies in its inclusivity. Whether you're a seasoned athlete or a casual player, the sport caters to all skill levels. It's a fantastic way to improve cardiovascular health, hone reflexes, and build coordination, all while engaging in a thrilling mental battle with your opponent.

So, the next time you hear the name badminton, don't picture a leisurely afternoon. Instead, imagine the electrifying rallies, the dazzling footwork, and the sheer determination of athletes battling for Olympic glory. Badminton, the modest sport with a surprisingly rich history, is a true testament to the power of passion and athleticism. Think of the exciting matches, the amazing moves, and the hard work of the players. Badminton has a rich history and shows the power of passion.

*Elaya Narayanan  
IBDP Year 1*

## SQUASH

When I came to JIRS we all were told to pick one main sport from all the sports I liked squash the most at the beginning it took me a little longer time to learn the basics than the others but I practiced harder and now I am one of the best players of JIRS there is a saying - 'slow and steady wins the race'.

The credit goes to my coach, Prince Thakur, with whose help I have strengthened myself physically and mentally. I bagged third position in the inter-school team event. Following that, I reached the quarterfinals of the Karnataka State squash championship and then came first in the inter-house competition JIRS.

My all over India monthly ranking is 279 and I have played in lots of other tournaments too.

Squash, being a high-speed game, has improved my agility and helped me lose some extra weight. Squash is good for our body and it's so much fun to play. So, let's all get active and discover the joy of sports!

*Bhavya Khatri  
Grade 8 (CBSE)*

## CRICKET: A FINE GENTLEMEN'S GAME

A sport only for the brave-hearted. This small spark ignited a fire of love towards this game. From learning the stance of batting to hitting fours, from learning to release points while balling to taking crucial wickets; from learning fielding positions to taking dive catches. Allow me to unravel my magnificent journey of cricket throughout my time in this spectacular school.

As my feet lay on the ground, sensations of contentedness and happiness with adrenaline rushed through my body. I was flabbergasted at such a grand and magnificent ground. As I was a small and young adolescent at the time, everything frightened me. Arirtri Ma'am, the coach, standing a few yards away, greeted me. She sent me to the nets to bat and from there, cricket was true love.

Soon enough my first ever match had arrived. Unfortunately, I had gotten out on a big zero. Luckily, I was able to redeem myself by bowling fantastic overs. Ever since I had gotten out during that match, I questioned myself: Do I ever want to repeat this day again? This kept me motivated and active to play the sport for all the hours of my life. My biggest inspiration is not any international player but my loving brother. He is exceptionally talented and skilled in not just cricket but in many other things too. My role model is him as I have seen him hit sixes and fours. Becoming a stronger and better player than him will be a challenge but it keeps me motivated hence there are no objections from my side.

Comparing my gameplay from the beginning of the school and currently, my skills have drastically improved. Of course, I was not a great player but when I was admitted into the school, my basics were as bad as torn paper. Arirtri Ma'am has put umpteen amount of work into me for my good, my future and my betterment. I am very grateful to have a lovely coach who is always open and passionate about her students.

Within school, I have looked up to many people but a person, a senior, has awed me. He has helped me, knocked on me and even played with me. His shots are elegant and unique. I have always tried to play like him. His name is Swaroop Jain. He has scored 6 half-centuries and even a century. We always learn from each other and give feedback to each other. It's a blessing to be able to be friends with him. Another person who I have played a lot with is a boy filled with talent and skill. We have bowled to each other batted against each other and never backed down from extra practice with each other. His name is Harshit Jain. I am grateful to have a friend like him throughout my journey.

Learning the sport of cricket is a challenge but is also a true form of happiness. Never will I stop or give up until I have reached my destination. A wise woman had once told me, "If there is a will, there is a way."

*Shivansh Singh  
Grade 8 (Cambridge)*



## MY JOURNEY WITHIN THE 22 YARDS

When I joined this school, the first thing I thought was about cricket. As I went to the ground, I felt a sensation of joy. I was not good at that time, so from there, my journey into cricket began.

**ON MY FIRST DAY IN CRICKET GROUND:** I was extremely excited to take my first step on the cricket field and to meet my new coach. When I went to the ground, I met my coach, Aritri Ma'am, and I introduced myself to everyone. She checked how I was playing and what I had to improve. I went to the Nets where 5 to 7 bowlers were bowling. I started playing first. I was too scared after the first over. I played one cover drive and cut on pace bowler, and in spinner, I stepped out and smacked. I was playing well, and after a few days, I got selected for my first match, which was with the seniors.

**MY FIRST MATCH IN JIRS:** Our team won the toss and elected to bowl first. They scored 129 runs in 120 balls. When I stepped onto the field, my hand shook from the pressure as it was my first match. I took the guard, and I tapped my bat to face what I had been training for. Siddharth Mishra was running and released his second ball of the over, which I defended.

My score was 13 runs in 12 balls, and I soon realized that I had to work harder.

**HOW HAVE I BEEN IMPROVING:** I expressed to my coach, "I'm struggling with these shots," and noticed that my bowling lacked spin. Ma'am then provided me with drills and demonstrated how to execute the shot effectively. Initially, I struggled with playing the drive, square cut, and pull shots, but now I've become much more proficient at them.

**MY FIRST TOURNAMENT, KSCA BTR:** I was thrilled to participate in my debut match. After winning the toss, we chose to bat first and managed to score 258 runs for the loss of 7 wickets in 50 overs. During my batting innings, I contributed 19 runs from 15 balls. In bowling, I successfully claimed 2 wickets. Our team emerged victorious in our inaugural match, securing a win by a margin of 80 runs.

I am committed and aspire to become one of the top cricketers in the future.

*Naitik Kasundra  
Grade 8 ( Cambridge)*



## The Equestrian Triathlon

### EVENTING

Eventing for horse riding is an equestrian event that combines three disciplines: dressage, cross-country, show jumping and dressage. It originated as a cavalry test and is often described as an equestrian triathlon.

### CROSS-COUNTRY

The cross-country phase challenges bravery, fitness, and determination as pairs navigate solid obstacles and varied terrain. Cross-country is part of the three-day event conducted along with dressage and showjumping where all competitors accumulate penalties in each event to determine the winner. The cross-country course is traditionally 2.75 to 4 miles long with almost 24 to 36 fixed jumps or obstacles which simulate natural elements like water, banks, trees, logs and ditches.

### SHOW-JUMPING

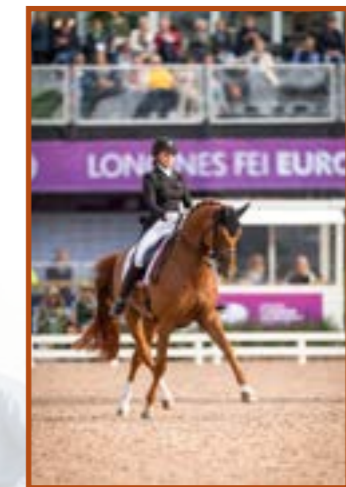
In show jumping, precision is key as pairs clear a course of fences expressing their precision and skill. The course includes a series of jumps, with the height and width of the jump increasing as the course progresses.

Pairs are charged with penalty points for any jumping errors or exceeding the time allowed. The pair with the lowest penalty points and time is crowned the winner.

### DRESSAGE

In dressage, the partnership between horse and rider is showcased through a sequence of movements on the flat ground. The main concept of dressage is to present the rigorous training and time spent by the horse and rider which is then showcased in front of the judges and audience. The test consists of certain patterns of movements performed in front of the judges in which each particular movement is tested which then scores the rider and the horse points which are then converted into penalty points carried forward into the next phases.

*Tanmay.V and Arjun Shah  
Grade 9 (IGCSE)*



## My Favourite Sport

When I first entered JIRS, I had the opportunity to choose a sport to pursue. I explored various options such as tennis, horse riding, and swimming. Among these, karate stood out as particularly enjoyable and interesting. As I delved deeper into the sport, what began as a source of fun soon transformed into a source of inspiration. I gradually honed my skills in kumite and kata, among other aspects of karate.

My dedication and hard work paid off as I achieved success in inter-house competitions, securing gold and silver medals. Encouraged by these victories, I participated in national tournaments in Shivamogga and Bangalore, where I earned further accolades with gold and silver medals. Today, I proudly hold the rank of black belt, a testament to my commitment and perseverance in karate.

The support and pride of my parents and teachers fuel my determination to excel further in karate. With their encouragement, I aim to represent my school and country at national and international levels. I am committed to upholding the honour of my family and school through my achievements in karate the credit of which is majorly attributed to coaches at JIRS Master Shihan Rachu and Grandmaster Dr. Praveen Ranka

*B.Gana Sai  
Grade 9 (CBSE)*



## A SPORT BEYOND THE GREENS

Golf, which originated in the 15th century in Scotland, has transitioned from a leisurely pastime to a globally recognised sport with rich traditions and legendary players.

I had never tried golf before joining JIRS. The charm of the sport, combined with the opportunities provided by JIRS, including access to a 6-hole course, sparked my interest. As I sunk my first shot into the hole, the triumph fuelled my determination to pursue my dream. Golf demands precision, control, patience, and calculating power and distance. Getting a perfect shot requires a balance between power and mental toughness.

Golf is a great exercise that can help burn up to 2000 calories walking an 18-hole course that is 9 to 10 kilometres long. Playing golf can also help improve your vision. It also helps you relieve your stress, improve your social anxiety, and improve your patience.

While the PGA (Professional Golf Association) is the most renowned tournament, other events like the Open Championship and the US Open also draw significant attention from top players and global audiences. Golf, with its rich history and demanding yet rewarding skill set, remains a timeless pursuit. It is a blend of physical and mental challenges that attracts players of all ages.

*Jas Goliya  
Grade 8 (Cambridge)*

## HORSE RIDING

Saddle up for success: the advantages of being an equestrian

Horse riding, often known as the “sport of kings” is more than just a physical exercise. Rather it is an experience that benefits the body and soul. Horseback riding has plenty of advantages that go beyond the confines of the arena which include not only the soothing sound of hooves pounding on the ground to the strong attachments formed between horses and their riders.

### Physical fitness

Horse riding is a full-body workout that demands strength, balance and coordination. It also improves one’s core and tones their muscles as one guides their horse through different manoeuvres. One’s posture and flexibility improve considerably as one learns to sync with their horse. Plus, trotting and cantering a great ways to improve your cardiovascular health.

### Boosting brain power

Riding is not all just about physical fitness and challenges, it is also a mental challenge. One needs to think quickly while solving problems with a sharp laser-like focus as one communicates with one horse. According to various studies, riding helps to improve cognitive function, memory and decision-making skills. These are skills that will serve you well outside the arena as well

### Mental wellbeing and reduced stress levels

Riding is a sanctuary for mental rejuvenation. Furthermore, horses are incredibly social creatures and forming bonds with your mount is incredibly rewarding. Playing and interacting with them is incredibly therapeutic as it helps in reducing stress as well as anxiety. Horse riding teaches valuable lessons such as responsibility, patience and empathy just to name a few.

In conclusion, from the physical aspects to the mental aspects, horse riding has something to offer for everyone. With two adept and stellar coaches and 15 friendly horses in our school, learning horse riding in our school is an opportunity that should not be lost!

*Khushi Parikh  
IBDP Year 1*



## My 30 kg Weight Loss Journey at JIRS Gym

Embarking on a weight loss journey is never easy, but my experience at JIRS Gym, under the guidance of my dedicated gym coach, has been nothing short of transformative. When I first stepped into JIRS Gym, I was sceptical, weighed down not just by excess pounds but also by a lack of self-belief. However, the welcoming environment and the supportive community immediately put me at ease.

My gym coach, a true mentor, tailored a comprehensive fitness plan that suited my abilities and goals. He emphasized the importance of a balanced diet alongside regular exercise, teaching me that weight loss is a lifestyle change, not just a series of workouts. Each session was a mix of cardio, strength training, and flexibility exercises, designed to keep me engaged and motivated.

What set JIRS Gym apart was the personalized attention I received. My coach monitored my progress, celebrated my milestones, and pushed me beyond my perceived limits. He was not just a trainer but a constant source of encouragement, ensuring I stayed on track even on my toughest days.

It was a challenging journey, but the outcome is remarkable. Losing 30 kilograms has transformed my life. I've gained not only physical strength but also a new level of confidence and enthusiasm for life. I owe a significant part of this achievement to JIRS Gym and my coach, who supported me throughout the process.

In conclusion, my experience at JIRS Gym has taught me that with the right support, determination, and mindset, anyone can overcome obstacles. I have not just lost weight; I have discovered a new version of myself

*Sai Vishwak  
IBDP Year 2*

## Reflection on Yoga

I often hear my mother say, "Yoga means Union, the union of the individual soul with the super soul". It was only after I started to practise yoga, I understood what it meant. The origin of yoga can be traced back to the most ancient text Rigveda where yoga was mentioned for the first time, which makes this practice also very ancient.

Swami Vivekananda said, "Yoga teaches that there is a soul and inside the soul is all power", and yoga helps in controlling senses, will and mind and thereby helps in realising the power within.

It is in the calm that our mind functions to its fullest and yoga relieves our stress to calm our minds which in turn helps in giving our best in our day-to-day activities. In today's fast-paced world, it's very common to get stressed which affects our physical and mental health leading to anxiety and depression.

Yoga is a natural and effective way to restore emotional and mental balance and promotes flexibility and strength in our physical body as well. In this way, yoga comes as a blessing by bringing harmony between body and mind. It gives us a whole new perspective on life which enables us to accept the universe with utmost positivity.

Students at JIRS, under the guidance of our expert instructor Ms. Prajñe Ravi take pride in practising yoga. Both young and adult, students as well as professionals in the corporate world, have equally benefited from yoga practice. In summary, acknowledging yoga's origins in India and considering the global benefits of its practice, it is time for us to embrace it as well.

*Vipanchi Naik  
IBDP Year 1*

## SQUASH

When I came to JIRS, I knew that I had to learn something new, as my brother was playing squash I was truly inspired by him to play squash. I went for many game trials, but I found interest in Squash.

I tried 1 to 2 matches of squash with my coach and his knockouts as well. At first I thought that squash is really hard and I can't play this game but after practicing harder day by day I improved a lot.

I practiced my footwork, hand movements, where to look when, and where to hit, serving practice. Observing other players who participated in various tournaments, I tried to play like them.

My coach, Mr. Price Thakur, has provided me with numerous opportunities throughout my learning journey, instilling confidence in me. Thanks to him, I've seen significant improvement and have even earned certificates. Watching him play squash is truly marvelous and inspiring. In addition to training with my coach, I've also been playing matches with other players on the squash court.

He's not just a coach; he's become a trusted companion and mentor, creating a comfortable environment for me to learn and grow. Since my very first step into squash, he's been there, motivating me to push myself further. He constantly reassures me that I can enhance my game, tirelessly working on refining aspects like my direct shot, leg movement, and hand coordination through various drills.

Moreover, he has trained my brother, showcasing the same dedication and encouragement. With immense gratitude, I express my heartfelt thanks to Prince sir and eagerly look forward to play better in the future.

Thank you, Sir!

*Aradhya Gupta  
Grade 5 (CBSE)*





### H3 IN SPORTS HEALTHY INTAKE, HYDRATION, HYGIENE

As a Coach and Mentor, it is essential to recognize that physical fitness, technique and strengthening are not only the crucial aspects of training. Coaching involves a holistic approach that goes beyond just physical condition. Athletes also need guidance on HEALTHY INTAKE, HYDRATION, and HYGIENE. By addressing these various aspects coaches can support athletes in achieving their full potential both on and off the field.

Athletes rely on HEALTHY INTAKES to power their performance. Consuming a well-balanced diet rich in complex carbohydrates, lean proteins, healthy fats, vitamins and minerals provides the energy and nutrients necessary for enhancing their performance. Carbohydrates provide the body with glucose that is converted to energy which in turn supports physical activity. Protein supports muscle repair and growth, while fats provide sustained energy. Foods such as fruits, vegetables whole grains, pulses and lean protein contain anti-oxidants and anti-inflammatory compounds that support recovery and reduce the risk of injury. **SAY NO TO JUNK FOOD AND YES TO HEALTHY EATING!!**

It's a well-known fact that 70% of our body contains water. Staying HYDRATED is crucial for athletes as water helps regulate body temperature, lubricate joints and deliver nutrients to muscles, boosting endurance and performance. Choosing water over sugary beverages reduces overall calorie consumption and supports healthy hydration habits and promotes overall detoxification. **#HYDRATION IS KEY!!**

On or off the field, gym, track or court athletes must prioritize HYGIENE to stay at the top of their game. In team sports where athletes are near one another, practicing good hygiene helps to minimize the spread of diseases. Maintaining clean gear, uniforms, equipment, and personal items can significantly reduce the risk of infections. Adequate hygiene practices, such as regular baths, brushing teeth, and maintaining clean nails, contribute to an athlete's overall well-being and confidence. **BE HYGENIC BE CONFIDENT!!**

**STAY HEALTHY, STAY HYDRATED, STAY HYGIENIC!!**

*Ms. Aritri Mitra  
Cricket Coach, Level-2 (Cricket Australia)*



### Unleashing the Power of Sports Psychology

Sports psychology, a discipline at the intersection of psychology and athletics, delves into the mental aspects of sports performance. It explores how athletes' thoughts, emotions, and behaviours impact their ability to excel in their chosen sport.

Beyond physical prowess, sports psychology delves into the realms of focus, confidence, resilience, and motivation, unlocking the potential of athletes to achieve peak performance. At its core, sports psychology acknowledges the intricate connection between the mind and body. It recognizes that an athlete's mental state significantly influences their physical performance. Whether it's maintaining focus during competition, managing pre-game nerves, or bouncing back from defeat, the mind plays a pivotal role in shaping athletic outcomes.

Competitive sports can create a high-pressure environment that may result in stress and anxiety for athletes. Sports psychology provides athletes with strategies to manage these pressures effectively. Techniques like deep breathing, progressive muscle relaxation, and mindfulness meditation can help athletes stay calm and focused when under pressure. Additionally, viewing stress as a natural part of the competitive experience can assist athletes in embracing challenges rather than being overwhelmed by them. By learning how to ignore unnecessary stimuli and staying focused in the present moment, athletes can maximize their performance, and make quick decisions with clarity and precision.

Motivation is the key driving force behind athletic success. To help athletes reach their full potential, sports psychologists work with them to develop intrinsic motivation - the desire to perform for the love of the sport rather than for external rewards. As the field of sports psychology evolves, incorporating the latest research and innovative techniques, its impact on athletic success will only continue to grow.

*Mr. Vikram and Mr. Swapnil  
Football Coaches*

## THE LESSON LEARNT

Once upon a time, there lived a boy named Bob in Italy. He enjoyed his time there, riding roller coasters and exploring monuments. After staying many years in Italy, his family had to shift to Belgium. In Belgium, they stayed in Brussels. In this new city, Bob encountered something extraordinary – people performing magic tricks. One day, Bob met a neighbour named Mehul who possessed magical abilities. Mehul asked Bob what he desired. Bob, a simple and humble lad from the neighbourhood, was overcome by such possibilities. He requested a play station. To his astonishment, Mehul granted his wishes readily.

Over time, Bob grew used to asking Mehul for various things, and each time, Mehul fulfilled his desires. However, after a few weeks Mehul eventually approached Bob with a plan – he would help Bob if Bob agreed to help him in return. Bob agreed but insisted that Mehul fulfill his request first. Seeing Bob's confidence, Mehul accepted. Bob challenged Mehul to count the stars in the sky, threatening him with a lifetime of servitude if he failed. Mehul accepted as he wanted to get out of his commitment of granting wishes to Bob. Mehul attempted to count the stars but soon realized it was an impossible task. However, Mehul put his intelligence to use. He said, "Tonight I see 29,087,989 stars in the cloudy sky." Bob was caught off-guard. They had a hearty laugh. In the end, Mehul and Bob both learnt that blindly accepting anything can land anyone into difficult situation. Their friendship grew stronger as they both learnt a valuable lesson.

*Shreyansh Khatri, Grade 5th (CBSE)*

## THE MAGICAL ISLAND

Once upon a time, there was a boy named Shreak who was on a ship with his friends. While they were diving into the water, one naughty kid named Steffy removed the ladder from the ship. Unaware, they continued having fun. Then they noticed the ship had drifted away. Panicked, they swam to a nearby island. On the island, they found coconut trees without coconuts and met scary animals like three-headed giraffes and squirrels with big teeth. They came across a village but found it deserted. Inside a house, they discovered a magical pot. This magical pot had a guinea inside. Shreak touched the pot, causing it to move, and the guinea appeared, saying, "I will grant you one wish if you climb the mountain ahead." Despite their fear, they climbed the volcano and met the guinea at the top, who said, "You have completed the challenge. Now, I will grant you one wish." They replied, "Take us home, please." The guinea sent them home, and they were very happy. When they arrived home, Shreak's mom asked, "Did you have fun?" They said it was a very risky trip and they had fun. So, she asked, "Do you guys want to go on a trip again?" They said "No please no. Not again"



*Ved Gupta  
Grade 5 (CBSE)*

## SCIENCE FACTS

**There is No Flavor in Food Without Saliva:** One of the most amazing facts in science is that we need saliva to taste our food. For food to taste, the chemicals from the food must dissolve in saliva. Once the chemicals in the food are dissolved, they can be detected by receptors in our taste buds.



**Babies have more bones than adults:** Babies have around 300 bones at birth. With age, many of the bones fuse. Most adults have 206 bones in their skeleton.

**The Eiffel Tower grows in summer:** As substances are heated up, particles move more and take up a larger volume. This effect is most dramatic in gases, but it also affects liquids and solids too. It is the reason to see bridges built with expansion points.



*Shreyansh Khatri  
Grade 5 (CBSE)*

## NATURE

Nature's brimming with joy,  
Please don't treat it as a toy,  
Don't play recklessly  
Let's cherish and save it  
It provides nourishment  
Shelter and shade  
But why can't we reciprocate?

Give them a little space.  
If we prioritize and nurture,  
Joy and happiness will radiate  
Let us pledge  
To care



*Jaanvi Singh  
Grade 6 (CBSE)*

## EMOTIONS

Emotions flowing through the air,  
Joy, anger and despair  
Feelings surfing through the sea,  
Expressing them will set you free.

Feel it all, feel it clear.  
Tread these bands devoid of fear.  
All is well, all is fine.

Like a star you may shine  
No matter age, nor care wealth.  
What matters is your mental  
health.



*Shouryaa Shakya  
Grade 6 (Cambridge)*

## AI IN SPORTS

Application of artificial intelligence in the sports industry is exciting and a promising ride. Artificial Intelligence is an umbrella term covering a variety of what we refer to as “smart” technologies. One aspect of AI in sports analytics is umpire assistance, which involves using technology to aid umpires in making accurate decisions during matches. One of the best examples of this is ball tracking systems which monitor the movement and trajectory of the ball in real-time.

Moreover, AI in sports is used to boost performance and health. With AI, teams will gain enhanced player insights, allowing for more informed decision-making and strategic planning. AI can play a crucial role in injury prevention, helping athletes stay in optimal condition. AI can also track players’ health level. From heart rate tracking to calculating the running miles and calories. AI is impacting the fitness industry and bringing revolution to it. To sum-up, the arrival of Artificial Intelligence in the sports industry has created an all-new definition of sports. Technology has helped sports to reduce the manual working load and provide accurate predictions for future outcomes.



*Kanishk Sairam P, Grade 6 (CBSE)*

## GUESS

I melt under the sun's warm embrace,  
Freeze in the chilly fridge's space;  
Can you guess who I might be?  
People savour my delightful taste,  
Crafting me with skill and haste.  
Can you guess what I am to see?  
In a rainbow of colours, I'm found,  
In flavours varied, I abound;  
Can you guess who I might be?  
Bringing a refreshing, icy thrill,  
Can you guess who I am still?  
Yes, I'm the sweet treat,  
so supreme,  
Known to all  
As the beloved ice cream!

*Mudit Agarwal  
Grade 6 (CBSE)*



## CINQUAINS

### Snow

Bright White  
Freezing Descending Blanketing  
Winter Wonderland Outside  
Cold



### Basketball

Lay Ups Shots  
Running, Dribbling, Defending  
Dribbles, Teamwork Fuels Game  
Spirit Enjoyment



*Pushpalatha  
Grade 6 (Cambridge)*

## MYSTERIOUS MOUNTAINS

Frosty in the winter, humid in the summer,  
The mountains are lovely, far and deep.  
Hard to climb, easy to see.  
Everyone can climb, but reaching the top's a feat.  
Filled with animals and snow,  
Blown by storms and breeze,  
Yet staying still in one place,  
A legend for years and years.  
No matter what, staying tough and rough,  
Filled with dangers and fun.  
The mountains are lovely, far and deep.

*Bhuvan Gandham  
Grade 6 (CBSE)*



## HAIKU

A Haiku is a traditional form of Japanese poetry consisting of three lines. Haikus typically capture a moment or scene from nature and evoke a sense of reflection or thought.

### EXAMS

In exams' stillness Thoughts dance  
on the white paper Knowledge  
takes its flight

### BEACH

The day at the beach Frisbee  
flies, summer's embrace  
Laughter fills the air.

### SUMMER

Sun-kissed sands call us  
Warm breeze whispers secrets  
Summer heat surrounds

*Kavisha Bhandari  
Grade 6 ( Cambridge )*



## EXAM STRESS

EXAMS! The most dreadful time of the year, where a mountain of books, notes, worksheets, and stress emerges over you. The 10th and 12th board exams lead to many sleepless nights. This is very common in some parts of the world where the curriculum is extremely challenging. School days are around 8 hours, and in the evening, additional study time or co-curricular activities.

To quote an example from my own experience: the day before the computing exam, I studied the whole night. This reminded me of my teacher and dorm parents to be regular in learning as it would relieve me of last-minute stress.

But that mountain of stress will not disappear permanently; it will come back and take over, becoming the ruler until you find ways to conquer it. I just hope that the students can overcome the stress, or the curriculum gets easier (or I become more punctual)

*Pushpalatha  
Grade 6 ( Cambridge )*



### If you were a character from Percy Jackson, who would you be?

Personally, if anyone asked me this question, I would say Nico di Angelo.

Nico's character is quite the complex one, to say the least. Nico di Angelo is the child of Maria di Angelo and Hades, the god of the underworld and riches.

Though I have to admit Nico may not be the kindest demi-god in existence, he is enticingly relatable. There's just something about him, maybe it's his snarky comments, or his tough-love demeanor. Perhaps even his semi-constant grumpiness and passionate hatred for physical touch from people he doesn't know that well or trust- which is almost everybody. (another relatable trait)

Nico's also had many moments where found himself lost in a spiraling thunderstorm of rage and grief. For example, when his sister, Bianca di Angelo had died. Nico was truly devastated, and rightly too. Nico had also said some things to those who tried to console him while he was sulking. Of course, he hadn't meant any of it, but he was much too blinded by the mist of fury and sadness to care, which I think we can all relate to. Right? Nico also thinks that it's much easier to be mad than upset, and you've got to give it to the guy, he's right.

Truth is, under all that rough-and-tough façade is just a young, fragile boy who likes McDonalds and Mythomagic (a card and figurine game based off Greek mythology). Nico is just another soul that sought to be seen for who he truly is and loved for it.

Also, did I mention that Nico is a sucker for dark humor? What's more relatable than that? As a fellow dark humor enjoyer, I'm truly overjoyed that at least SOME fictional character finds the most heart-breaking and soul-crushing mishaps hilarious! Especially with the puns on the side of the comical references? Ha! Now that's a good joke.

*Shouryaa Shakya  
Grade 6 (Cambridge)*

### We never know the worth of water till the well is dry

March 22nd observed as World Water Day, highlights the importance of freshwater and advocates for the sustainable management of freshwater resources. We are all aware that 70% of the Earth is covered with water, but not all of it is consumable. Only a mere 0.006% of the water available on Earth is fit for human consumption.

Hence, my dear friends, with these statistics in mind, we can all realize the importance of water and, more importantly, its conservation. While we may wonder what we can do to conserve water as individuals on a vast planet, it's essential to remember that small drops of water make a mighty ocean.

Now, let's consider a few actions we can take from our side to conserve water:

- ◆ Opt for shorter showers.
- ◆ Turn off the water while brushing or shaving.
- ◆ Regularly checking for leakages in our taps can help save water.
- ◆ Avoiding the use of toilet flush for unnecessary purposes is crucial.
- ◆ Running washing machines with more clothes instead of fewer ones can also contribute to water conservation.

So let's all take an oath to preserve water and sustain life.

Spare water today to thrive tomorrow.



*Manvitha.k  
Class 6 (CBSE)*

### SUMMER

As the sun sets low  
I make my way alone  
The leaves swaying slow  
Look at my right.  
There's more in sight.  
I pick up my pace.  
As the warm wind hits my face.

Whispering softly  
The sky painted crimson  
As the colours blend  
With a beauty that never ends

*Alanna Caitlin Massar  
Grade 7 (Cambridge)*



## If I had the chance to be a superhero for just one day...

Being a superhero for a day would be an incredible experience for me. Creating a difference in the lives of others would fill me with determination and a new sense of duty. I would decide to choose the power of speed and roam the streets while hearing the cries of those in need.

My goal is to ensure that my surroundings are safe and secure, whether it's saving a kitten from a tree or preventing minor crimes. To show hope and support for the people, I would wear a costume that is colourful and symbolic. To enhance my superhero persona, I would opt for a mask to hide my identity.

I would dedicate moment to unselfish acts, from helping elderly with their daily chores to delighting children with simple acts of joy. And at dusk, I would think about the significance of my superhero day. Despite the short-term nature of the powers, the impact of kindness and compassion would leave a lasting impact on the hearts of those I touched. The chance to be a superhero for a day would not only be an adventure but also a chance to remind everyone that we are all capable of making a difference.



Aryan Shah  
Grade 7 (CBSE)

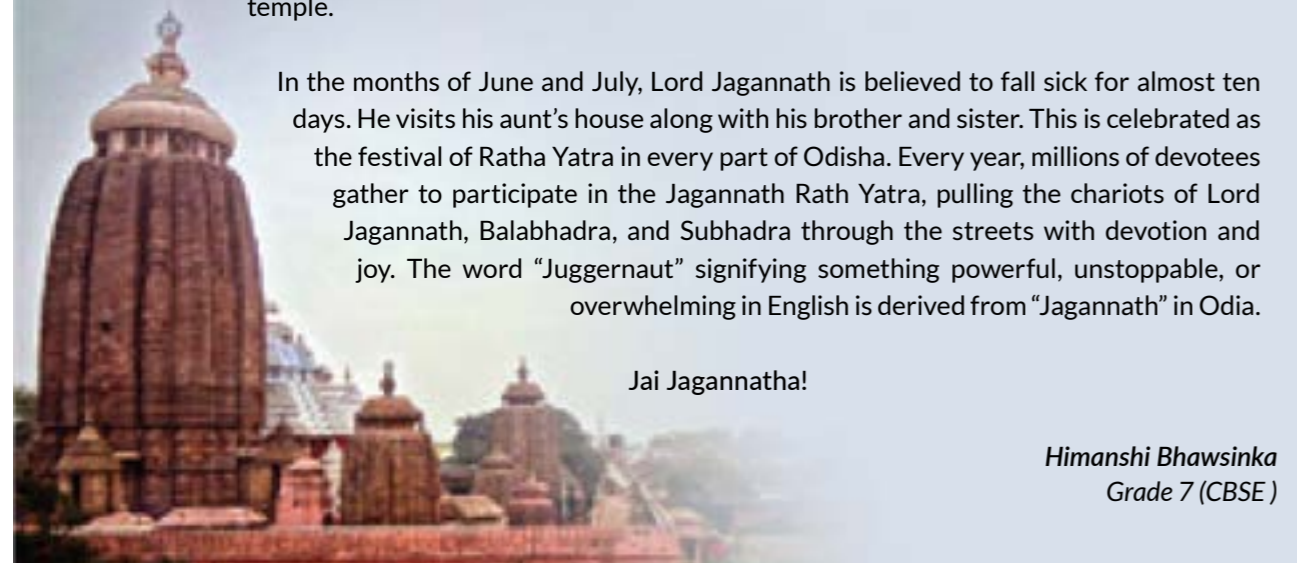
## The Most Mysterious Temple of India - Jagannath, Puri, Odisha

Odisha, located in the eastern seacoast of India, is a very prosperous state. One of the temples there is the Jagannath temple, which is near the Puri beach. In this temple, there are idols of Lord Jagannath, his brother Balabhadra, and his sister Subhadra. There are some widely accepted facts about the temple that are truly astounding. It is believed that the food cooked in the temple as an offering to the Lord is never wasted and is also always enough for the devotees who visit the temple. The food is cooked in several pots, with one on top of the other. But the interesting thing is that the bottom-most pot, which is supposed to get cooked first, gets cooked last. The one on the top gets cooked first. One of the most mysterious things in the temple is that till date, no bird has ever flown over the temple.

In the months of June and July, Lord Jagannath is believed to fall sick for almost ten days. He visits his aunt's house along with his brother and sister. This is celebrated as the festival of Ratha Yatra in every part of Odisha. Every year, millions of devotees gather to participate in the Jagannath Rath Yatra, pulling the chariots of Lord Jagannath, Balabhadra, and Subhadra through the streets with devotion and joy. The word "Juggernaut" signifying something powerful, unstoppable, or overwhelming in English is derived from "Jagannath" in Odia.

Jai Jagannatha!

Himanshi Bhawsinka  
Grade 7 (CBSE)



## MY SCIENCE PROJECT



My science teacher informed me about an upcoming Science Exhibition and asked if I wanted to participate. I immediately accepted the offer. Having read about Science Fairs in books and seen them in movies, I was excited to have the chance to participate in one myself. I spent some time thinking about my topic choice.

While reading an article about soap making one day, I found it interesting. I decided to ask my teacher about it, and she provided me with some basic information and encouraged me to pursue it further. During my vacation, I consulted my father, who told me about a company that made handmade soaps. I approached them and learned the method of soap making, which I found to be simple. I then proceeded to order the necessary resources.

As the exhibition approached, I realized I faced a challenge: I needed to melt Shea Butter, but I didn't have the means to do so. Eventually, I found a solution: my dorm parent melted the butter for me using her stove. Although it became chunky by the time I reached the school, I had to make do with it due to the lack of a better option. Despite this setback, I managed to complete my project.

On the day of the exhibition, everyone was amazed by my project. I also had the responsibility of preventing people from touching the Sodium Hydroxide, which could be toxic upon skin contact. By the end of the day, I was exhausted, my leg was sore, and my throat was sore from explaining my project repeatedly to visitors. However, I had a lot of fun and enjoyed the experience.

A couple of days later, my science teacher approached me again, this time to inform me that my project had been selected for display during our school's Annual Day.

A few days later, we had a school assembly where my name was called out for first place in the Science Exhibition. I was bursting with excitement and happiness.

Aarush Nemani  
Grade 7 (CBSE)

## LIFE IN BOARDING SCHOOL



Boarding school is indeed an obvious choice for many parents, offering academic excellence, a safe environment, diverse co-curricular opportunities, and preparation for college. However, for others, sending their kids away can be a difficult decision. Yet, they recognize that boarding school fosters independence and helps groom individuals into well-rounded people. Here's my experience as a hostel boarder:

My hostel life is filled with fun moments, and I've made many good friends. However, hostel life also comes with its share of ups and downs. We laugh, we cry, and we study together. Engaging activities happen both in the dorm and the classroom. In boarding school, we form close connections with our peers, who become our second family. They are the ones we eat, stay, and spend our academic year with, offering support in both

happy and sad times. While hostel life can be enjoyable for some, others may feel lonely and miss their parents and family. Many, including myself, have experienced homesickness. However, as we adapt to hostel life, it becomes more manageable and fun.

Boarding school is where we learn about life and its trials. Initially challenging, it teaches us independence and provides an excellent environment for education and forming friendships.

*Lalrinhlui Dutta Roy  
Grade 7 (Cambridge)*

## A Memorable Children's Day Celebration

One of the most memorable experiences I had during my hostel life was on Children's Day at Jain International Residential School in Bangalore. Although Children's Day is typically celebrated on November 14th, our school chose to hold a grand event on November 4th due to the Diwali vacation. It turned out to be an unforgettable day filled with joy.

The day began leisurely as we were allowed to sleep in until late morning. Around 10 or 11 am, we groggily got out of bed and freshened up for the day ahead. Our dorm parents surprised us with thoughtful gifts, setting a cheerful tone for the festivities. Soon after, we experienced the thrill of a "Red Carpet Walk," where each of us was greeted with cards and bouquets, making us feel truly special. Following the Red-Carpet Walk, we indulged in some delicious snacks and enjoyed a brief DJ session. Despite our inquiries, our teachers kept the evening's activities under wraps, heightening our excitement even more. After a hearty brunch with some of our teachers, we were granted an hour with our laptops before taking a well-deserved rest. As the evening approached, we began preparing for the main event, buzzing with excitement. Once ready, we made our way to the venue, where lively music welcomed us. To our surprise, our music teachers took to the stage, performing a captivating mashup of songs in various languages. We were enthralled by the talent displayed by our teachers, coaches, and school staff, who treated us to captivating dance performances and a hilarious play. The play, centered around the filming of a movie, had us in stitches with its witty humour.

Following the performances, was an open floor dance session, allowing us to let loose and dance alongside our beloved teachers. The evening concluded with a scrumptious dinner that satisfied our appetites and capped off the day's festivities perfectly. Reflecting on that special Children's Day celebration fills me with nostalgia and gratitude for the unforgettable memories created with my school community.

*Sanvi Samkit Shah  
Grade 7 (Cambridge)*

## SUSTAINABLE LIVING

Sustainability, or sustainable development, has become one of the most talked-about topics in our generation due to the impending extinction of our natural resources. Inspired by the sustainable practices implemented in my dad's tea factory, Ahmad Tea, I decided to write on the subject. I showcased a miniature model of our tea factory at my school's Science Exhibition, focusing on sustainability, and thoroughly enjoyed the experience.

Kindness forms the foundation of their business philosophy, ensuring that every cup of tea produced contributes to making the world a better place through sustainable practices.

One of their proudest achievements in sustainability is the global factory in Ras Al Khaimah, UAE. Here, reducing carbon emissions and minimizing reliance on plastics, with packaging being environmentally friendly, either biodegradable or recyclable is emphasized. Notably, all the tea bags are 100% biodegradable, and solar panels, energy-efficient air conditioners, and LED bulbs to monitor greenhouse gas emissions are used to minimize the impact.

Innovative solutions such as Styrofoam-insulated building blocks and heat-insulating K glass help minimize reliance on air conditioning, while the installation of 250 kilowatt solar-powered panels further reduces carbon footprint.

When customers choose such products, they not only use them but also contribute positively to the environment. The thumb rule of sustainability: to align with natural forces or, at the very least, not to defy them. Sustainable practices for BETTER TOMORROW is every individual's responsibility because we share our abode- EARTH.

*Palash . V  
Grade 7 (CBSE)*





## BODY SHAMING

Why does the world care about my body size or weight? This question has been lingering in my mind for quite some time now, bringing back memories of those hurtful moments when relatives or neighbours would taunt me about my appearance. Let's delve into the basics.

Body shaming is the act of making inappropriate and negative remarks about a person's body size, shape, weight, or appearance. It involves criticism, mockery, or judgmental comments that can deeply affect one's self-esteem, mental health, and overall well-being.


Eating disorders, discouragement, uneasiness, and low self-esteem are all common mental well-being issues that can be caused by body shame. Body-shaming in public or on social media, might induce the person stay away from school or other situations where they might be seen and noticed. To overcome body shaming, focus on inner qualities rather than appearance, build confidence through positive activities, and surround yourself with supportive friends and family. Remember to speak up against body shaming, educate others about its harmful effects, and seek support from trusted adults if needed.

However, overcoming the negative impacts of body shaming requires embracing self-acceptance and confidence in one's own body. Many individuals in this situation do not have any reaction to the individuals who offended them. But my preferred statement is: I appreciate you the way you are, and I like my body. I am truly happy with the way I see myself.

*Aditi Periwal*  
Grade 7 (CBSE)

## Messi : The Journey of a Football Legend

Messi. The name echoes far and wide. He has achieved numerous milestones in his life, including 8 Ballon d'Or awards, a feat deemed impossible by many players. His early life was marked by hardships. His parents weren't very supportive, but his grandmother played a pivotal role in his upbringing. One day, she took him to a match as a spectator, where a team was short of players. Recognizing Messi's talent, she persuaded the coach to give him a chance. That moment changed his life forever. From that point on, his dream life began. He joined Barcelona as his first club, scoring his first goal alongside Ronaldinho in 2008 or 2009. His first Ballon d'Or came in 2009. Today, he is celebrated as the greatest of all time (GOAT) and a World Cup winner. As a footballer at school, Messi's journey from adversity to greatness inspires me profoundly. Despite facing challenges and doubts, he persevered and proved his worth through sheer talent and dedication. His story teaches me the importance of determination, and believing in oneself, even when others may not. Messi's journey reminds me that with hard work and passion, anything is possible in football and in life.



*Kalpan Mehta*  
Grade 8 (Cambridge)

## LIFE IS EASY

How many times have you heard someone say, "Life is Easy"? Is life truly simple, or do we tend to complicate it ourselves? Friends act as the sturdy support in the winding path through life's unpredictable and mysterious forest.

Having good friends is a universal desire. They serve as an extra helping hand, offering different perspectives and guiding us in the right direction. You might be wondering how to make good friends.

Often, certain people unexpectedly become incredibly close to us during challenging times. But how does that happen? When you meet someone who shares your interests, conversations flow more easily, bringing you closer together. It's crucial to put in equal effort to nurture friendships, respecting each other's boundaries and sharing problems openly. Additionally, it's important never to make each other uncomfortable by pointing out their insecurities.

In life, we come across countless individuals, but distinguishing between friends and good friends can be challenging. Scientists say that we adopt qualities from those we spend the most time with, so it's wise to surround ourselves with people whose qualities we admire.

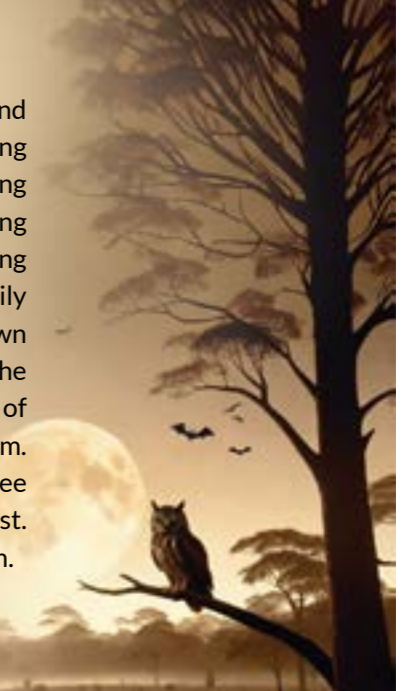
Good friends offer invaluable support, providing confidence and timely advice when needed. They are trustworthy and keep our secrets safe, unlike news channels breaching privacy. While friends are important, they're not oxygen to us. We can live without them, too. In fact, people without friends often possess deep self-awareness and creativity, as they spend more time exploring their own imagination.

So, if you don't have many friends, don't be disheartened. Remember, As Samuel Taylor Coleridge aptly said, Friendship is a sheltering tree. Friends play a crucial role in preventing isolation, reducing stress, boosting self-confidence, helping us navigate difficult times, and inspiring us to be the best version of ourselves.

*Agampreet Gandhi*  
Grade 8 (Cambridge)

## NIGHTFALL

The hoots of the owls were carried away by the wind ,as the wind tried and failed at trying to shine some of its light through the thick and foreboding canopy of the forest. The jungle seemed to come alive at night with bats flying everywhere, casting eerie shadows on the unruly vines of the forest; glowing insects of all colours known to mankind zipped across the place, almost making up for the lack of lustre from the moon. The sight of snakes slithering spookily across the thick vegetation of the forest floor enough to make a chill run down anyone's spine. The eternal combination of the Melodies being made by the swishing trees being pushed back and forth by the wind and the faint sound of crickets chirping created a music as sweet and calm as the sky after a storm. But that's the thing about nature, isn't it? It puts you through the worst to see if you can withstand it and are worthy enough to stay to see it at its very best. After all , the most enchanting rainbows appear only after a voracious storm.



*Saanvi Rajalingari Reddy*  
Grade 8 (Cambridge)

## MS DHONI – Inspiring the Impossible

A well-known cricket player worldwide, M.S Dhoni is credited with leading India to World Cup victory, the ICC Champions Trophy, and other honours. I was inspired to become a wicket keeper by his world record for the fastest stumping, which stands at a shocking speed of 0.08 seconds. Most people find it hard to believe that his presence helped CSK win five IPL titles. Even though most people would find it unattainable, MS Dhoni is an inspiration to me because he makes the seemingly impossible achievable. He holds the record of 4876 runs in Test matches although this may seem impossible to most, MS Dhoni removes (IM) from the 'impossible' which is why he inspires me.

**Career in Cricket:** After making his debut in 2004, Dhoni soon became well-known for his potent batting and superb wicketkeeping. Under his leadership, India won the 2011 World Cup and the ICC World Twenty20 in 2007.

**Unique Playing Style:** Known for his renowned "Helicopter Shot," Dhoni's unusual yet successful batting approach and ability to finish under duress distinguish him in limited-overs cricket.

**Leadership Legacy:** Dhoni was named captain in 2007, and his cool nature won him the nickname "Captain Cool." His leadership skills have been recognized, and he has left a legacy of developing young people and creating a focused team atmosphere.

**Retirement and Beyond:** Dhoni still has an influence on cricket even after saying goodbye to the national team in August 2020. Still a major player in the cricket world, Dhoni pursues commercial events, philanthropy, and leadership roles with the Chennai Super Kings in the IPL.

As I reflect upon the journey of MS Dhoni, I find myself deeply inspired by the indomitable spirit and leadership qualities that define his remarkable career as one of the best records. His attitude and exceptional leadership inspire me to make a better cricketer of myself. I admire MS Dhoni's adaptiveness in managing challenging situations with composure and a peaceful conduct.

BY TANAY JAIN  
Grade 8 (Cambridge)



## A DREAM VACATION

Going to the Maldives had long been a desire for our family. Finally, the day arrived, and with our bags packed, we found ourselves on the fascinating "sunny side of life." The journey to our destination was nothing short of magic after we boarded a plane. We landed on a place that resembled a fairyland. The Fairmont Hotel greeted us with a scenery as vibrant as the ocean with mesmerizing views of the horizon.

The villas, nestled in a secluded location were beyond our expectations. These spacious and luxurious cottages provided a panoramic view of the entire resort. Descending the steps from our villa's deck, we immersed ourselves in the radiant blue waters, swimming alongside aquatic creatures.

A numerous of activities awaited us, promising to fill our days with adventure and excitement, yet leaving us yearning for more. Among my personal favourites were Sea bob and parasailing. Sea bob, a miniature version of a jet ski, provided a thrilling ride. Parasailing, suspended from a parachute tethered to a speedboat, offered an unreal experience.

The culinary offerings at the Fairmont were simply divine. The island had umpteen restaurants, each serving delicious cuisines from around the globe. My top pick was the Japanese restaurant, where I indulged in mouthwatering sushi and dim sum.

As my father and I celebrated our birthdays during our sojourn. Fairmont had a delightful surprise in store for us. The aesthetically rich accommodation with a fragrant rosy mist accompanied by a heartfelt message inscribed on a traditional banana leaf made us feel special. Additionally, we were treated to a unique breakfast served in our private pool, overlooking the beach—a woven basket brimming with delectable delights. The effort to ensure our birthday celebration was truly memorable.

Jas Goliya  
Grade 8 (Cambridge)



## Exploring the World: Worth the Time and Money Spent

Do you find yourself with abundance of both time and money? Have you worked hard all your life and are now craving for some enjoyment? Why not travel to different countries?

While traveling to different countries may initially seem like a hassle and could put a dent in your wallet, it's completely worth it. It's not only extremely fun and life-changing but also comes with a plethora of benefits.

### Reasons to Travel to Countries:

To start with, traveling to a different country allows you to immerse yourself in its culture, history, cuisine, heritage, and the challenges and advantages of living there. The world is incredibly diverse, and every country you visit offers something new and different. Even neighbouring nations like France and Italy boast of distinct characteristics despite their geographical proximity.

### Benefits of Traveling to Countries:

Moreover, traveling to countries enables you to connect with people and learn about their ideas and perspectives. Friends can come from all corners of the globe, not just from your neighbourhood or school. In my own experience, I befriended John in Singapore, and despite living three thousand kilometres apart, we regularly connect online, discussing current affairs and geopolitics.

### Conclusion:

If you have deep pockets and a passion for exploration, traveling to other countries should undoubtedly be at the top of your bucket list.

*Hridaaan Chedda*  
Grade 8 (Cambridge)



## SACRIFICE

The word 'sacrifice' means giving up something for the benefit of an other person. Sacrifices can be categorized based on what is given up to benefit someone else. Sacrifice entails being willing to give up something good for something better.

Life is full of boundless possibilities, but to turn a possibility into a reality, we have to choose – sacrificing the many to attain the one. Nothing is gained without relinquishing something.

Sacrifice holds meaning only if we are focussed on a goal, dream, or mission. In pursuing these, we often encounter obstacles that necessitate giving up physical or emotional comfort for something that matters more. Often, the greater the dream or vision, the greater sacrifice required to attain it. Sacrifice is easier when we stay focused on what we are choosing rather than what we are giving up.

*Daksh Kedia*  
Grade 8 (CBSE)



## I'd pick you all over again

"Parents love is whole no matter how many times divided" for child parents are not just people you go to when you need something or mess up, they are your safe place; while that sounds very cliché. It's true. When you need to cry where do you go? When you feel scared where do you go? When I was a kid, I remember running from the bus into my mother's arms. And now I imagine running from the dorm into my mother's arms. So many things changed but the emotion never did. I wonder what little me who was terrified of sleeping without the comfort of my mother's arms would say now? But then it hit me with startling clarity that it wouldn't matter how many things changed, how much distance was between us; I would constantly fall in love with them. So I guess if you'd ask me whether I would go through the year again, I would say yes; because I know my people would be there for me ;I would pick them EVERY.SINGLE. TIME.

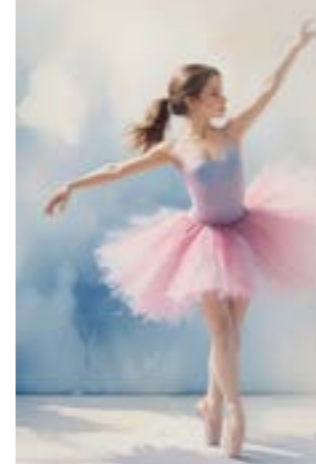
*Saanvi Rajalingari Reddy*  
Grade 8 ( Cambridge)



## Dancers don't need wings to fly....

I began learning dance when I was four and a half years old, and it has always been my passion. My goal in life is to become the world's topmost choreographer. Dancing brings me immense joy and makes me feel valued and important, even during my lowest moments. I have never missed an opportunity to dance, and my dedication has rewarded me with numerous first-place wins.

Dance has blessed me with two precious gifts: my best friend, whom I met during a competition, and the resilience and determination not to give up, even in the face of failure.



As I delved deeper into the world of dance, I became fascinated by the science behind it. Biologically, dance explores the human body's response to movement in space and time, which are fundamental aspects of any dance form. It emphasizes fitness and personal development by studying anatomy and movement patterns.

Physics also plays a crucial role in dance, providing insight into a dancer's motion. Forces such as friction and gravity impact a dancer's movements, and understanding these principles can enhance performance.

Furthermore, chemistry is vital in dance performances, particularly the chemistry between dancing partners. This understanding adds depth and emotion to the performance. Dancers who comprehend the physiological and biochemical aspects of their bodies can perform more effectively.

I take pride in being a dancer and look forward to exploring deeper into the intricacies of dance in the future. I am determined to achieve my dreams, and I encourage each of you to pursue yours fervently.

*Vedanshi.M. Pardava*  
Grade 8 (CBSE)

## Social Media: Sliding into an Unreal World

### The Social Media Landscape

In today's world, social media has become a universal presence, with millions of users across all age groups. In America, more than 500,000 individuals are currently facing vision issues, partly due to the impact of the COVID-19 pandemic, as this period increased screen time and social media usage. The widespread stay-at-home measure worsened the problem.



### Pitfalls of Social media

While social media offers numerous benefits, such as providing a convenient way to stay connected with loved ones and stay updated on global events, it also comes with its drawbacks. One significant risk is the potential to shorten our attention span. Medical experts warn that excessive social media usage can lead to irritability and food cravings, contributing to obesity. According to the World Food Program (WFP), 38% of people in America are at risk of obesity. Additionally, prolonged use of social media can lead to the release of fake dopamine in the brain, which can adversely affect one's health.

### Safeguarding Our Digital Well-Being

It is imperative for parents to establish strict rules and remain vigilant about their children's social media activities to safeguard their well-being.

As a student, disciplining oneself for screen time usage can involve setting strict limits and adhering to a schedule which will yield more productive hours. It also includes following a proper sleeping regime and consuming nutritious diet.

*Your determination determines your destiny. - Ralph Waldo Emerson*

*Luvya Tiwari  
Grade 8 (Cambridge)*

## A Trip To Nainital And Jim Corbett

### Exploring Nainital and Jim Corbett

Nainital and Jim Corbett hold a special place in my heart as two of my favourite destinations in India. Nainital's breathtaking beauty, especially its serene lake and delightful boating experiences, along with the bustling Mall Road, never fail to captivate tourists. Meanwhile, Jim Corbett National Park offers thrilling wildlife encounters, particularly the frightening search for the elusive tiger.

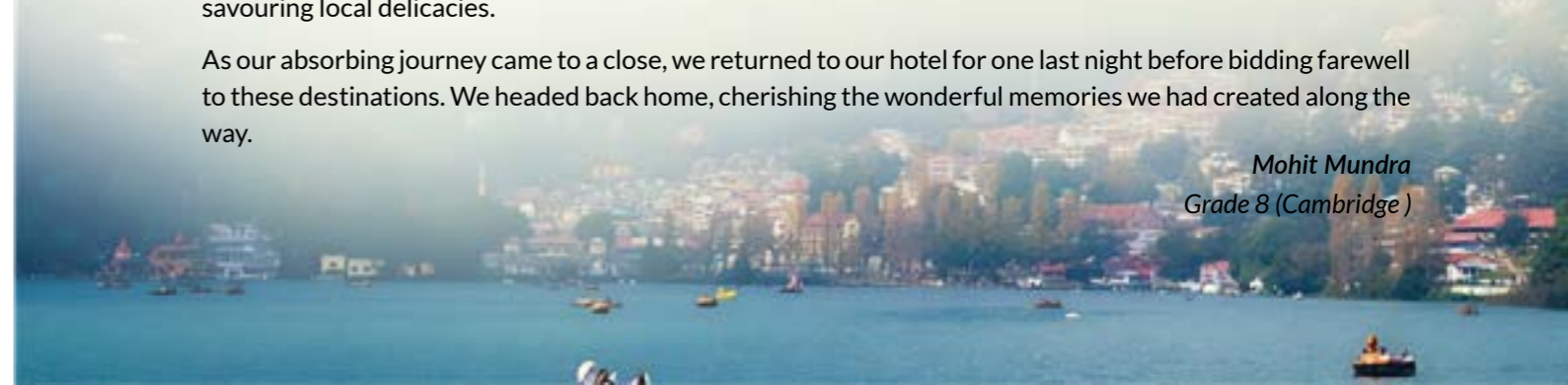
In April 2023, my family and I went on a memorable trip to Nainital and Jim Corbett, located in the vibrant and beautiful state of Uttarakhand. Beginning our journey, we first arrived at Jim Corbett, where we spent two nights. Upon reaching our hotel, we took some time to unwind and rejuvenate.

The following day, we eagerly set out for Jim Corbett National Park for a wild safari adventure. Equipped with binoculars, we embarked on the thrilling quest to spot the majestic tiger amidst the dense foliage. The experience of searching for the elusive predator was unforgettable.

After our thrilling safari, we proceeded to Nainital, where we spent three delightful days. On our first day in Nainital, we headed straight to the iconic Naini Lake for a mesmerizing boating experience, which filled us with excitement and joy. Later, we explored the bustling Mall Road, indulging in some leisurely shopping and savouring local delicacies.

As our absorbing journey came to a close, we returned to our hotel for one last night before bidding farewell to these destinations. We headed back home, cherishing the wonderful memories we had created along the way.

*Mohit Mundra  
Grade 8 (Cambridge)*



## A JOURNEY TO PARADISE



As the birds sang their morning songs, I woke up to the gentle touch of sunlight on my curtains. Hurriedly, I got ready and joined my family at the bus stop. Boarding the bus bound for Rudraprayag, I felt the cool mountain breeze hug me, signalling the start of my adventure to Kedarnath. The transition from the desert to the Himalayas was simply awe-inspiring.

Our journey took us along the roaring waves of the Alaknanda River, winding through narrow mountain passes. Finally, we arrived at Gaurikund, the verdant starting point of our pilgrimage. This lush green haven is a sacred site for Hindus, who came here to bathe in its holy waters. From Gaurikund, we faced a series of challenges:

treacherous treks, swinging bridges, and rocky pathways. The trek to Kedarnath revealed wonders at every turn: dense forests, cascading waterfalls, and glimpses of wildlife. Upon reaching Kedarnath Temple, we were greeted by breathtaking views of snow-capped peaks, and the ancient stone structure dedicated to Lord Shiva stood majestically before us. Devotees, dressed in traditional attire, assembled with their fervent prayers and the sound of temple bells filled the air. As I sat on the temple premises, watching the Himalayas, I was filled with a sense of peace and tranquillity. The spiritual energy surrounding Kedarnath Temple was intense, filling me with a deep sense of devotion. Though the journey to Kedarnath was physically and emotionally challenging, every step was worth it. As I bid farewell, I carried with me not only the blessings of Lord Shiva but also a profound appreciation for the harmony between humanity and nature in this heavenly corner of the world.

*Nishit Chandrakant Bhoot  
Grade 8 (Cambridge)*

## How Do Chemicals In Our Brains Create Different Moods?

What is known to us is that our brains have six important chemicals. They are Serotonin, Dopamine, Gamma-aminobutyric acid, Acetylcholine, Glutamate and Norepinephrine.

**Serotonin** – regulates our mood. When it is at the normal level we feel positive, happy, focused, stable emotionally happier and calmer.

**Dopamine** – acts on areas of the brain to give us feelings of pleasure, satisfaction and motivation. It controls memory, mood, sleep, learning concentration, movement and other body functions.

**Gamma-Aminobutyric-** Slows down the brain by blocking specific signals in your central nervous system. It also controls the nerve cells' hyperactivity associated with anxiety, stress, and fear.

**Acetylcholine** plays a role in memory, learning, and involuntary muscle movement.

**Glutamate** is the most abundant free amino acid in the brain and it is at the crossroads between multiple pathways. It controls the learning and memory.

**Norepinephrine** is a chemical made by some nerve cells and in adrenal glands it controls the regulation of attention, cognitive function, and stress reaction.

The brain communicates with itself by transmitting chemicals from one neuron or nerve to the other. Our brain can adjust how we respond to things and can effectively alter our mood by layering signals.

*Fun Fact: Our brain is not fully formed until you are at the age of 25. The brain storage capacity is virtually considered unlimited.*

Mridula R.M.  
Grade 8 (CBSE)



## Is it really time to leave already?

Waking up from my deep slumber in a comfy bed, with comfy and warm embraces around me, suddenly reality hit me hard and fast like a truck, I'm leaving today. I reminded myself, of all the fights and friends, fun and frolic, disagreements and companions, joy and jubilation. I was going to leave for the hostel the thought still seemed foreign to me. The aroma of freshly wrapped tortillas filled the air, while unshed tears begged to leave my eyes as I looked at my comfort place for the last time in a few months. The walls suddenly started whispering the warmth of our laughter, the hugs, the late-night movies, the gossiping and just spending time with each other. With a heavy heart we left for the airport. My eyes started welling up with warm tears, but I swallowed them back down. But, when I finally reached the airport, my tears betrayed me and began cascading down my face like a continuous waterfall from my eyes and I took warmth in my parents embrace, for it provided me with a sense of security and comfort that I know no one else could give me. As I left, I cherished all our memories with a whole heart for I knew we were going to make many more.

Samanvi Rajalingari Reddy  
Grade 8(Cambridge)

## ANTIMATTER The Flip Side of the Universe



The discovery of antimatter alongside matter at CERN's Large Hadron Collider presents a significant challenge to our understanding of the cosmos, prompting questions about the apparent dominance of matter in the observable universe despite the theoretical expectation of equal generation of antimatter and matter after the Big Bang. Moreover, this discovery opens avenues for the development of advanced diagnostic imaging methods and innovative energy sources.

### What is Antimatter?

According to the Big Bang theory, which elucidates the formation of the universe, equal quantities of matter and antimatter were generated. However, while matter is pervasive, antimatter remains elusive, leading to the inquiry: where is all the antimatter? Although this question remains unanswered, scientists at CERN have managed to artificially create antimatter using the Large Hadron Collider (LHC), the world's largest particle collider. When particles collide within the LHC, they fragment, producing both antimatter and matter, which are subsequently separated using an electromagnet. In antimatter, the counterpart of electrons in matter, positrons, carry the opposite charge (+).

### Real Life Applications:

While the extensive applications of this newfound technology are yet to be explored fully, several potential uses have been envisioned. Primarily, it could revolutionize medical practices, such as Positron Emission Tomography (PET) scans, allowing for detailed imaging of the human body and earlier detection of medical conditions. Additionally, it holds promise for enhancing our understanding of the universe and facilitating the experimental validation of various theories. Furthermore, its ability to instantaneously annihilate upon contact with matter suggests potential applications in energy production. However, the formidable challenge lies in its management due to the immense power it possesses; for instance, a mere half gram of antimatter could devastate an area the size of the Vatican City.

### Risks and Limitations:

Despite its promising prospects, antimatter faces significant hurdles for practical utilization. Its production is financially burdensome and yields minuscule quantities, while storage poses substantial challenges due to the risk of annihilation upon contact with matter. Efficient conversion of its energy remains a technical challenge, compounded by safety concerns and ethical considerations. Overcoming these barriers necessitates sustained interdisciplinary research efforts and collaboration.

### Conclusion:

In summary, the discovery of antimatter at CERN's Large Hadron Collider marks a watershed moment in scientific inquiry, inviting profound questions about the universe's fundamental nature. Although it promises ground-breaking advancements in various fields, substantial barriers impede its practical application. Addressing these challenges requires concerted efforts, but the pursuit of understanding and harnessing antimatter holds immense promise for humanity's scientific and technological endeavours.

Kunal Kapoor - Grade 8 (Cambridge)

## WAR WITHIN ME

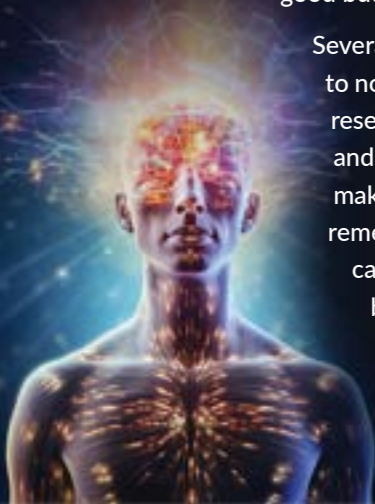
Do you think that the Ukraine-Russia war was huge?

Well, you should look at yourself. Come explore the war between the body and mind. Our heart says food, the head says eat healthy, the heart says entertainment, the head says go study. I can safely say that most of us give in to our hearts. We tend to stay in our comfort zone. So let's see how to win this war. To understand procrastination we must look at the science behind it. When you choose to watch television, doing the laundry or washing the dishes, you just start a battle in your brain. On one side you have the prefrontal cortex, which is the part of the brain that sets long-term goals and tells you too that the dishes aren't going to clean themselves. On the other side, we have the limbic system which deals with pleasure and reward. Procrastination temporarily puts our brains in happy mode. It feels good but that doesn't mean it's good for you.

Several studies have found that undergraduate students who procrastinated had a lower GPA compared to non-procrastinators. Procrastinators reported high levels of guilt and anxiety and if you keep it up researchers have found that extreme procrastination can lead to low self-confidence, low energy and depression. Procrastination is unhealthy but not all hope is lost. How you think about tasks can make a big difference in your life. Researchers have found that people who have an idea of their retirement are more likely to save more money. But if you think that retirement is yet to come and you can always save later this mentality is what leads to procrastination. Instead, plan your tasks and be prepared.

Try journaling and make TO-DO LISTS these simple things can change the way you think and eliminate procrastination. Now that you have found the blueprint to win this war. Good luck!

*Shalom Jemmimah, Grade 8 (CBSE)*



## TAJ MAHAL – THE SEVENTH WONDER OF THE WORLD NOW AND BEFORE

Last summer when I visited the Taj Mahal in Agra, I was struck by its majestic beauty. It is truly one of the Seven Wonders of the World. However, I was saddened to learn about the threats facing this iconic monument. Experts have warned that air pollution is causing significant damage to the Taj Mahal's white marble. It's disheartening to realize that even non-living structures like buildings and monuments can be affected by polluted air.

The industries surrounding Agra, including rubber processing units and automobile factories, are major contributors to air pollution. Gases like Nitrogen dioxide and Sulphur dioxide emitted by these industries react with water vapor to form acids, leading to acid rain. This corrosive rain is causing a phenomenon known as "Marble Cancer," which is deteriorating the marble of the Taj Mahal. Additionally, suspended particulate matter from sources like the Mathura Oil Refinery is contributing to the yellowing of the marble.

To address this issue, the Supreme Court has implemented measures to protect the Taj Mahal's beauty. Industries have been ordered to transition to cleaner fuels like CNG and LPG, while automobiles in the Taj Zone must switch to unleaded petrol. As visitors and admirers of the Taj Mahal, it's our responsibility to support efforts to preserve its beauty and heritage. Let's hope and pray that our collective efforts will ensure the Taj Mahal stands with pride for generations to come. Let's save the Taj.

*Aarav Lathiya  
Grade 8 (CBSE)*

## MESSAGE

"Ring! Ring!" bellowed my phone. The sound could travel a million miles from here. The call's vibration stopped the instant I examined my phone. Curiosity compelled me to see which number had been trying to reach me.

I tried the number again without hesitation. I cut the call back since I had a suspicious feeling about this number.

The radiant scorching fireball baked the Earth's surface, as the birds sang along. The intense heat absorbed energy from my sweaty body. Home was my priority.

The second I was about to open the door of my house, a strange-shaped looking note fell like a leaf in front of me. 'Meet me at the centre hall library at 6.00 p.m.' was inscribed on the note. I felt disoriented. WHAT IS THIS EVEN MEANT TO BE! There was a similar looking unknown number written at the back of the paper.

I was confused, at the same time scared and worried. A random call appeared out of nowhere, I saw a mysterious looking note...how would you react?

Thoughts raced through my mind. 'Should I do what the message says?' Looking at the time made me feel that there was insufficient time left to think.

5:56 p.m. was the time and I was deciding on going. My brain seemed to force me to leave my heart was forcing me to remain in my house.

We were losing sunlight as the surrounding atmosphere got darker. The answer to the note was only metres away from finding it. The brown old noisy door growled open giving a scary entrance to the library. This library looked like a secret base for ghosts to live in. The library looked haunted. My heart was pounding so fiercely that it seemed capable of shaking loose the countless spiderwebs clinging to the corners of the walls. Dusty, cracked shelves were surrounded by peculiar-looking insects, peeking through the crevices. The only source of light entering the library was from the lamp positioned outside. It looked like this library hadn't been opened in centuries. The cracking opening noise of the door gave me a nightmare.

I heard footsteps surrounding me. "DOOM!" Slammed the door behind me. I was out of my wits. I could see moving shadows. "TRICK!" a light bulb splattered into pieces. My heart was about to explode. Without wanting to witness

these, I ran to the entrance door. "Don't run boy," an unexpected voice echoed through the library. I stopped, having millions of breaths at a time. I didn't want to look back. A shadow slowly appeared in front of me. He had a hoodie and a knife on his right hand, while his other hand's fist looked closed like a shooting ball. I felt like fainting flat. I wished the earth had swallowed me.

My sweaty body was trembling like the vibration of my noisy phone. I had never been more horrified like that in my life. I turned around slowly like a ticking clock. I couldn't even capture the image of his face due to the darkness. "Don't move." He muttered. "Please... Let m-meh go..." I uttered. The unidentified individual grabbed a stick from the ground in frustration. With immense force, he hurled it so swiftly that it resembled the launch of a rocket. As I somehow managed to dodge the stick with a huge "Boom" he charged at me at the speed of light with the waiting knife. I might have just experienced a heart attack.

I lunged away, seeking to find a route to escape from this madness. The killer tried to block the entrance gate while he was running behind my tail. I felt like the old floor was about to get demolished by our legs. I spotted an exit in the corner of my eye. I sprinted towards that direction, while the killer trailed me. I shut the exit door to give myself a head start from escaping. Out of the blue, I could finally see some light ahead of me. Safety is in front!

I couldn't look back "HELP!!HELP!!" I screamed to the top of my lungs. People started coming to my direction out of curiosity. I finally felt secure. As I looked back, the hoodie guy slowly faded away. I felt like he would be coming for revenge another day.

"What happened?" people questioned me. "There is a murderer in there!!" I claimed. My heart ceased to function like a faulty engine. People seemed confused and couldn't process what was coming out of my mouth. "Leave it" I mentioned. Solving this weird matter. I was in a huge relief as the moon replaced the sun.

I vowed, even on that fateful, terrifying day, never to answer an unfamiliar mail or phone number. AS it is rightly said, 'CURIOSITY KILLS THE CAT'.

*Jeet Polaki  
Grade 8 (Cambridge)*

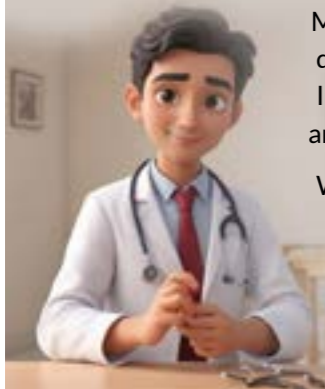
## MY AIM IN LIFE

Having ambition is essential for everyone. It's crucial to have a clear goal and a desired career path to follow as one grows older. For me, since childhood, my ambition has always been to become a doctor. Seeing my friends and family members sick worried me, and hence I feel a strong urge to take care of them.

Fortunately, my parents fully support my decision. They wish me all the success in achieving my ambition. Once I obtain my medical degree, I plan to establish a clinic in my village where there is a severe lack of good doctors. Many lives are lost due to the absence of adequate medical facilities.

My primary goal is to provide medical aid to these underprivileged villagers. Money is not my motivation for pursuing medicine; rather, I am driven by the desire to ensure that those who cannot afford treatment are not deprived of it. I am committed to being compassionate and understanding with my patients, and I aim to educate people about the importance of hygiene and cleanliness.

With dedication, determination, and devotion, I am confident that I will fulfill my ambition and make a positive impact on the lives of those in need.



*N.S. Varun Sai  
Grade 8 (CBSE)*

## The Dark Side of Social Media

In today's world, many young people use social media like Instagram, Snapchat, and TikTok. They like it because they can chat with friends and see cool stuff. But sometimes, it's not all fun. Some kids get bullied online with mean comments or embarrassing pictures. Right now, lots of kids and even adults are facing cyber bullying.

Cyber bullying is a major problem on social media. People can be mean to others by saying hurtful things or spreading rumours. This is a big issue because it makes people feel bad about themselves. In fact, over 60% of kids and 40% of adults have been bullied online.

Social media can also affect our mental health. Seeing perfect lives online can make us feel like we're not good enough, and spending too much time online can make it hard to sleep and feel lonely.

So, while social media can be fun, we have to be careful. We need to know it can hurt our feelings and make us feel bad. It's important to use it the right way and not let it take over our lives. We should aim for a good balance between online and real life.

*Yash Jain  
Grade 8 (Cambridge)*

## THE BLUE CHAIN

It was a lonely night. The moon shone brightly and peeped through the gloomy clouds. It hinted a mystery waiting to unfold; good or bad only time could tell. Noah was walking down a lonely part of the street. He was in a deep thought about his past day at the marine corps. Just then he heard a frail old voice call his name. He turned back and saw no one.

So Noah just dismissed it as a hallucination but when he looked at his feet, he saw mist rolling down his feet and covering everything around him. "Noah" someone called out. He looked in the direction that the voice came from. He saw a huge old manor and a frail old man that had a blue aura. "Come, Noah, come". Noah's feet acted on their own and he walked towards him and the man put his hand on Noah's shoulder and said in a kingly voice "Don't be afraid boy, you have been chosen by the Blue Chain, protector of the galaxies." Finally Noah mustered up his courage and said but stuttered "Wh... what do... do you mean?"

The man said "Let me explain. My name is Knull and the Leader of the Blue Chain".

"The Blue what?"

Knull explains, "The Blue Chain consists of the bravest men and women. They are selected to maintain peace and stop intergalactic wars. When you become a member you can create any type of object from the help of your magical chain and your willpower."

Right then Knull coughed up blood. "Boy I do not have enough time. I need you to take the mantle of the Blue Chain. You may not be the bravest, but you are purest of the heart and that's what make you different from the others." Noah shed tears of pride. Noah said in absolute pride, "I accept my destiny to be a member of the Blue Chain."

Then Knull said, "Then farewell, boy". Knull's body dissolved in blue glitz and a blue chain came around his neck. And then around his body a suit, and on his face a domino mask. Noah could feel the power radiating from him.

After that day Noah swore to protect all the civilians of every planet and rose up the ranks of the Blue Chain to be the leader of the Blue Chain.

*Vivaan  
Grade 8 (Cambridge)*



## MY BELOVED PET

Life with a pet is a beautiful experience. Having a furry companion adds interest and joy to everyday life. The bond between a human and a pet is unbreakable, providing comfort and companionship in times of loneliness. Playing with your pet, taking them for walks, and spending quality time together can uplift your mood and bring happiness.

My beloved pet is Snoopy, a German Shepherd. He is incredibly adorable, and I cherish the time we spend together. Every evening after school, I walk him, and we enjoy each other's company. We even share meals together at the end of the day.

However, one day Snoopy went missing. Despite searching everywhere, we couldn't find him. It was a distressing time, and I felt lost without him. After days of searching, we received news that Snoopy had been kidnapped. Thankfully, we located him in a factory and brought him back home. Our family was relieved to have him back, and life returned to normal.

This experience reinforced my belief that pets bring immense joy and companionship into our lives. I believe everyone should have a pet, as it adds beauty and happiness to life.



*Bhumi Jain*  
Grade 9 (CBSE)

## A JOURNEY OF PERSEVERANCE

The monotonous life of Pratham compelled him to seek adventure in the mighty Himalayas, and he convinced his friends to join him on this thrilling journey.

The next day, Pratham diligently prepared for the adventure, gathering essential equipment for survival and exploration. Despite the hefty cost of booking a helicopter, Pratham's determination and encouragement motivated his friends to proceed with the plan. A week later, fully equipped, and ready, they boarded the helicopter to the nearest airport to the Himalayas. The journey was arduous, but they finally arrived.

Their true adventure began as they set out on foot towards their goal. Despite initial enthusiasm, they encountered challenges, including one friend falling into an icefall near the base camp. Prompt action saved their friend, reinforcing their resolve to continue. Reaching the second base camp posed new challenges, with reduced oxygen levels at high altitude requiring the use of oxygen tanks from their equipment.

Despite the difficulties, they persevered and eventually conquered the Himalayas, learning the valuable lesson never to give up, regardless of the circumstances.

*Jainam Mehta*  
Grade 9 (IGCSE)

## SUCCESS

Success depends on both dedication and determination. Achieving success is far from easy. Failure serves as the pathway to success. Each setback offers valuable lessons, highlighting areas for improvement and ensuring that future endeavors are approached with greater insight and determination. Failures can make a man strong and be prepared for the worst, making him face all kinds of challenges in life.

Success also depends on hard work and time management. You can get everything back in life but you can't get back the time wasted. "TIME AND TIDE WAITS FOR NONE". So, use your time efficiently and sufficiently.

You cry, and you break down if you fail, but if you achieve success you heal. However, success is the outcome of hard work. Hence, we can never do away with dedication and determination. To sum up, 'SUCCESS IS NOT A DESTINATION, IT IS A JOURNEY'

*Aakruthi .L*  
Grade 9 (CBSE)



## AMAZING FACTS ABOUT MATHEMATICS

- » 81 is the only two-digit number that is the square of the sum of its digits  
 $81 = (8+1)^2 = 9^2$
- » The most prestigious award in Mathematics is the Fields Medal, established in 1936 and awarded every four years (except around World War II) to up to four individuals. It is considered the Mathematical equivalent of the Nobel Prize
- » If we consider the shadow of any object, the length of the shadow is equal to the height of the object when the angle of elevation is 45°
- » 282589933 - 1 is the largest prime number with 24862048 digits known until October 2023

*Sai Sri Vishnu*  
Grade 9 (CBSE)



## ASTRONOMY

Astronomy is the branch of science that deals with celestial objects, space, and the physical universe. It is the study of the universe beyond earth's atmosphere. That includes objects we can see with our eyes, like the sun, the moon, the stars, and the planets. A scientist, who studies these planets and celestial bodies is known as an astronomer. Also objects that we can see only using telescopes or other instruments, like faraway galaxies and tiny particles. Astronomy also offers practical applications, such as predicting celestial events, studying space weather, and exploring the potential for space exploration and colonization.

The first documented records of systematic astronomical observations date back to the Assyro-Babylonians around 1000 BCE. From this cradle of civilization in Mesopotamia- in the southern part of present-day Iraq astronomers had built up knowledge of the celestial bodies and recorded their periodic motions. Nicolaus Copernicus is known as the father of astronomy. He completed his first great work titled, 'The Revolutions of the Heavenly Spheres' in 1530.

The foremost astronomer of India is Aryabhata, recognized as one of the earliest Indian mathematicians whose work is accessible to modern scholars. In the past century or so, astronomy has been broadly split into two camps- observational astronomy (using telescopes and cameras to collect data about the night sky) and theoretical astronomy (using that data to analyze, model and theorize about how objects and phenomena work).

Astronomers aim to answer fundamental questions about our universe through theory and observation. As one of the oldest sciences, astronomy is part of every culture's history and roots. It inspires us with beautiful images and promises answers to the big questions.

*Ameya Shabu*  
Grade 9 (IGCSE)

## Is anyone out there?

*"Somewhere, something incredible is waiting to be known." - Carl Sagan*

Can we ever settle on Mars? Any chance of discovering life on other planets? There are so many questions that have no present answers. In the enormous, still-unknown universe, the Earth is but a speck of dust. Who is to say what kind of life exists beyond. There must be life on some planet in some galaxy. Since the beginning of our existence, humans have been developing and finding new technology. We might develop to a point where we unlock the universe's mysteries in the future. There are other plans for large structures that we could build in the future. Dyson spheres, asteroid mining, and a host of other ideas we just considered could all aid in moving up the Kardashev scale. The Kardashev scale is a method of measuring a civilization's level of technological advancement based on the amount of energy it is able to use. The Kardashev scale now places the Earth at level 0.72, which alone allows us to imagine civilizations with greater levels. We will never be able to fully comprehend the size of other worlds. The only option we have now is to sit back and take in the majesty of the cosmos, of which we humans are a part.

*Sai Samarth Srinivas Sunkam*  
Grade 9 (IGCSE)

## NATIONAL SCIENCE DAY AND THE STORY BEHIND IT

"28th February. A crucial day in the history of physics, not just for India, but for the entire world, as 96 years ago, a crucial discovery changed the course of material science forever. This was because of the waves on the sea and the great Indian genius Chandrashekhar Venkata Raman.

In 1922, on a ship to Europe, the 34-year-old C. V. Raman was mesmerised by the deep blue of the sea, and the play of light and optics that caused this. Light, and the way it moved, fascinated Raman; in fact, he has written dozens of scientific papers about refraction, and other properties of light.

But this attraction that he felt towards refraction and colours was different. It led to Raman publishing a very important scientific paper, titled, "Molecular Diffraction of Light".

This paper set Raman on a 6-year journey that would immortalise him and his study. In 1928 he discovered the phenomena, now called, the Raman Effect. Raman had discovered that, while passing through glass, or other crystals, it not only changes the direction, but a minuscule change in the colour is observed as well.

This observation is crucial, in the mind of every Indian; it led Raman, to become the first Indian, to receive the Nobel Prize in Physics, in 1930 (to date, only 2 Indian physicists, Raman, and Subrahmanyam Chandrasekhar, have received this award).

National Science Day, 28th February, celebrates this discovery. Today, the Raman effect is used worldwide by scientists, to identify molecules, and study intermolecular bonds. The fields of Chemistry, Biology, and Material Sciences make heavy use of this principle.

Raman's legacy isn't limited to his academic brilliance. He was also a great teacher, and established many important scientific institutions in India, the greatest of them being the Indian Association of Sciences and the Raman Research Institute in Bangalore, creating the base for scientific research that thrives to this day. Vikram Sarabhai, the Father of the Indian Space Program, and the man who created ISRO, was one of his students, and Dr Homi J Bhabha, the man who started the program that led to India developing the nuclear weapon, was also highly influenced by C V Raman.

Today, he is considered to be the greatest Indian scientist of the modern era. Not only did he bring glory to all Indian physicists, but he also created the institutions that would keep creating great minds for decades to come."

This was the man, Chandrashekhar Venkata Raman.

*Naman Jain*  
Grade 9 (IGCSE)



## MAKES OR BREAKS!

Peer Pressure plays a large role in teens' social and emotional development, since teens are in their development stage. This pressure in the long term can lead to decreased self-confidence, and self-worth, which can increase the distance from family members and friends. In the long run, it can lead to depression, which is the major cause of suicides nowadays.

Peer pressure can affect both, negatively and positively. Peer pressure can help teens get better, like picking up healthy eating habits as a result of fat shaming, or working harder in academics as a result of 'I will not talk with you till you get better grades'. As they say "Humans see what they want to see". Just like this, teens may consider such comments as hurtful while a handful of teens take it as a chance to prove the comment wrong.

However, the negative aspects of peer pressure can't be ignored. When a potentially good student under peer pressure takes on bad habits such as smoking, it can affect the student's physical and mental health. Later on, due to these habits and build up of fear and stress, the innocent teen becomes a hostage to peer pressure which may result in further complications.

They say "One with five good billionaires will be the sixth, and one with five beggars will be the sixth". The friendship that one creates in their teenage years is very important and impactful. Thus, choosing wisely will shape the person you become. Therefore, peer pressure on teens can either be good or bad; it is all dependent on how one perceives it and the choices they make.

-A human body is the most advanced piece of technology on earth, be careful how you train it and use it-

*Srivas Majety*  
Grade 9 (IGCSE)



## Becoming the Prime Minister for a Day: An Opportunity for Great Leadership

Imagine waking up one morning to find yourself thrust into the role of Prime Minister. The weight of responsibility of a nation is on your shoulders. Such a scenario offers a fascinating thought experiment, allowing us to explore the potential for transformative action within a limited timeframe. In the scenario, a personality would be able to know the impact he could make in a day. The way he could revolutionize the working system of a country.

Would you focus on expanding the financial resources for long-term goals or you would rather focus on implementing it for immediate results? Using the power selflessly or for your own sake?

Every person in the world would like to have this type of opportunity once in a lifetime. It is likely a fantasy in which the possibilities are endless, and the choices we make would reflect one's values and priorities.

Such a responsibility encourages us to dream big, to envision a better future, and to take action to make that vision a reality.

*Nishit Madhyani, Grade 9 (CBSE)*

## THE DRAGON'S BREATH



Shining bright light was fighting to enter the room, but the curtains had stopped it. An alarm went off which started Rio's day. Rio was a 17-year-old boy with high dreams placed in the dragon world. He always wanted a dragon but was never able to have one. He used to live alone in a huge city called Sydophalia. He continued his day by going for work which helped him fulfil his dreams.

His workplace was located out of the main town, but unfortunately, he didn't have any vehicle so he walked miles every day. While walking the place he found a dragon egg beside the road. The discovery filled him with joy, and he danced his way back home.

After several months had passed, a new addition joined Rio's family. Rio affectionately named him Kai, inspired by the legendary 1225 master dragon. Kai quickly became a cherished companion. He started breathing fire in his first month which was amazing as it showcased his fire breathing ability was powerful, soon he even learned how to fly. After years of training, Kai had grown up with all the tactics and was ready to face other dragons.

Confident in Kai's training and their strong bond, Rio decided to enrol him into the dragon's competition, despite almost exhausting his savings on the entry fees. In their first fight, they faced a stunning dragon with ice abilities. Kai, feeling nervous as it was his debut, struggled to grasp the opponent's tactics. Despite his efforts, the opponent scored many points, resulting in a closely contested match.

His next fight was after two days so Rio focused on getting over Kai's fear. He was ready for the next match, Kai started by attacking the opponent using his fire ability, but the opponent had water ability to resist it. They both were neutralizing each other's attacks, but at the end Kai used his wings to defend himself and found a golden moment to attack him which finally helped him to win.

His consecutive victories against dragons of rocks, thorns, wind, and clouds restored Kai's confidence, impressing his master, and securing his spot in the finals. However, facing the ice dragon again on the final day sparked those deeply entrenched fears in Kai's mind. The last match which would decide everything had started. The ice dragon froze Kai's legs which made him immobile and he started attacking Kai which earned him many points, but Kai melted the ice and became free. This time the anger was seen in his eyes, and then he blasted a big flame of fire

which was bright as the sun. The flame threw the dragon away, fully injured, although Kai had won but felt bad for the ice dragon and ran to him, after days he had recovered and both became best friends. Rio had become the dragon master and went back home with trophy filled with money.

*Vrukshal Detroja*  
Grade 9 (IGCSE)



## Think Like A Scientist

Have you ever wondered? How do the people in white lab coats surrounded by vials and chemicals solve a problem? How do they unravel the secrets of the universe? No! Well, I'm going to tell you how they do it.



### Step 1: Question:

Everything starts with a question, like what came first the chicken or the egg? (I think it is the chicken) or what fuels the sun. In this stage, scientist observe their surroundings and find a problem to solve.

### Step 2: Predictions:

Before diving into their experiments (which are cool), scientists make a hypothesis (That's a big word). A hypothesis is a possible answer to a question. It is based on their observations, theories, and information they gather from other sources. Scientists use their hypothesis to make a statement that describes what they think the outcome of an investigation will be.

### Step 3: Data Gathering:

Before diving into their experiments, scientists must go on an expedition to the vast land of books and papers. Evidence is needed to test the prediction. Scientists can gather their data by observing the natural world, performing an experiment in a laboratory, or by running a model.

### Step 4: Analysing:

The duration of this phase varies from experiment to experiment (but I think it's long and boring). Scientists organize their data in tables, graphs, or diagrams. If possible, they include relevant data from other sources. They look for patterns that show connections between important variables in the hypothesis they are testing (can't an AI program just do the work for them).

### Step 5: Conclusion:

Based on whether their prediction came true, scientists decide whether the evidence supports or does not support the hypothesis. If the results are not clear, they must redo their procedure (Arghh!!). The conclusions they draw usually lead to new questions to pursue.

Who said science couldn't be an epic adventure? Now, go out there and start your scientific quest!

*Prince John*  
Grade 9 (CBSE)

## Unraveling the Threads of Superstition: Understanding the Fascination and Impact

Superstitions have woven themselves into the fabric of human culture since time immemorial. From avoiding black cats to tossing spilled salt over our shoulders, these beliefs often defy logic yet hold significant sway over many individuals. But what exactly are superstitions, and why do they persist in modern society?

At their core, superstitions are irrational beliefs or practices often attributed to supernatural forces, luck, or fate. They vary widely across cultures and can encompass everything from lucky charms and rituals to omens and taboos. Despite advancements in science and technology, superstitions influence people's behavior and decision-making processes.

One reason for the enduring appeal of superstitions is their ability to provide a sense of control and comfort in an unpredictable world. By adhering to certain rituals or beliefs, individuals may feel that they have some influence over their destiny, even in situations beyond their control. For example, athletes may engage in pre-game rituals to boost their confidence and performance, while others may avoid certain actions or numbers believed to bring bad luck.

In an increasingly interconnected and diverse world, understanding superstitions and their cultural significance is more important than ever. Rather than dismissing them outright, it is essential to approach superstitions with curiosity and sympathy, recognizing the complex interplay of history, psychology, and culture that underlies these beliefs.

By examining superstitions through a lens of culture and sociology, we can gain insights into the human condition and how people navigate uncertainty and seek meaning in their lives.

In conclusion, superstitions continue to captivate and intrigue us, offering glimpses into the rich people of human experience. While they may sometimes withstand rational explanation, superstitions remain an enduring aspect of human culture, reminding us of our shared humanity and the quest for meaning in an uncertain world.

*Thanmay S.H.*  
Grade 9 (CBSE)

## THE BEAUTY LIES WITHIN HER

*I like her!*  
*I like the curve of her jaw and the crinkles around her eyes*  
*Yet, I hide mine from hers, knowing they don't shine that bright.*

*I like her!*  
*I like the sound of her laughter and the way it resonates here*  
*Yet, I always stay away, for, I fear I'd turn her laughs into cries of despair.*

*I like her!*  
*I like the beauty of her soul, the way she easily strings words as if beads of pearl.*

*I hide behind pillars and watch her from far and near*  
*Not knowing, she cries in solitude and despair,*  
*It's time she learns to love herself.*  
*For she's hurt and scorned by those who know her the best.*

*Arnav Singh*  
Grade 9 (CBSE)



Exploring Formula 1:

## A Beginner's Introduction to the Thrill of Speed, Strategy, and Teamwork

Formula 1, or F1 for short, is like the Olympics of racing, but with super-fast cars zooming around tracks instead of athletes running laps. If you're new to F1, you might wonder what all the fuss is about. Well, let me break it down for you in simpler terms.

First off, why do I love F1? Well, it's like a high-speed chess game mixed with a blockbuster action movie. There's so much strategy involved. Teams spend ages planning every move – from when to pit for new tires to how to outsmart their rivals on the track. It's like watching a thrilling game of strategy unfold right before your eyes.

And it's not just about the drivers. Behind every F1 superstar, there's a whole team of experts – engineers, mechanics, and strategists – working together like a well-oiled machine. It's all about teamwork and seeing everyone come together to achieve victory is pretty awesome.

But let's not forget the main event – the racing itself. Imagine cars zooming around corners at crazy speeds, with drivers pulling off jaw-dropping overtakes and battling it out for that top spot on the podium. It's pure adrenaline from start to finish.

So, if you're thinking about diving into the world of F1, don't be intimidated. Sure, there's a lot to learn, but that's part of the fun. So buckle up, and get ready for a wild ride. Welcome to the thrilling world of Formula 1!

*Sandhath Parankusham*  
Grade 10 (IGCSE)



## THAT PERSON

How lucky someone is to have a friend, a senior, a mentor who motivates you on every single step of your journey to have a successful career. But, should someone have that person in their lives? Is a friend a better mentor than a teacher or an experienced person? In my case that is a humongous NO. Sailing through the wavy blue tensions shattering them like water clashing with the drenched wood of a port. Surfing on the white crests – joy involving and matching my vibe like a trained monkey. Her wavy and dark hair, artistic eyes- small yet sharp catching every single detail of her surroundings- never fail to catch attention. The tremendous, free spirit, tailoring the threads of triumph and thrill through the fabric of my life. Humble, hard yet smart working, being optimistic through every problem and finding a practical solution are just glimpses of her fantabulous personality which imbued me to be a facsimile of her. Unknowingly mentoring me through every drawback I face, just shows a fragment of her human nature. Being a guiding light, acting as a catalyst for my chemical reaction – showing alternate path is something she is just too good at. Person who attained numerous A stars and conquered hearts of people, my mentor, my friend, my fire brigade. - Naiya Shah.

*Vivaansh Taya*  
Grade 10 (IGCSE)



*Ananya Bahety*  
Grade (IGCSE)

## Judgements

*Ahh! The girl cried*  
*Ahh! The girl sighed*  
*Those tears in her eyes*  
*Showed the grief of her life.*

*She hid a lie*  
*She kept secrets*  
*You want to know why?*  
*Cause she's a scared pie*

*Those big black eyes*  
*A fair hand, coming towards her*  
*That black-loud voice*  
*Ahh! She moved back slight...*

*The girl was lost*  
*Couldn't figure out anything*  
*She felt like she had no place to go*  
*No place to call a home...*

*She kept it all in her heart*  
*Could'nt share even with the close ones*  
*The cuts were too deep*  
*Deep enough to call as scars.*

*Sometimes even the close ones,*  
*Would hurt her, was it fine?*  
*To demean a lost girl*  
*And make her emotionally blind.*

*But the girl kept it all inside,*  
*Like a treasure,*  
*But who knew that,*  
*The treasure was no pleasure.*

*She just wants love,*  
*She just wants peace,*  
*She just wants to be happy,*  
*But will the judgements ever let her be?*

## SOLITUDE

*In solitude's embrace, amidst the pandemic's hush,*  
*My silent soul found solace, in the quiet JIRS rush.*  
*Isolated walls echoed, with unspoken fears,*  
*Until they appeared, drying silent tears.*

*In the realm of pixels, our connections sprouted free,*  
*Transforming silence into laughter, a jubilant decree.*  
*From a cocoon of silence, emerged a social butterfly,*  
*JIRS, the catalyst, where wings began to fly.*

*A metamorphosis unfolded, shedding the cocoon's shroud,*  
*Confidence blossomed, in the warmth of friendships vowed.*  
*No longer a spectator, in life's vibrant parade,*  
*Boldly stepping forward, memories gently laid.*

*From the pandemic's shadows, a resilient light,*  
*JIRS forged friendships, strong and bright.*  
*In the tapestry of life, a chapter rewritten,*  
*A once-silent soul, by friendship, smitten.*

*Hasini Pradeep*  
Grade 10 (IGCSE)



## A Journey of Power and Precision

As the sun began to cast its golden glow over the majestic peaks of the French Alps, I found myself ensconced within the cockpit of the Gordon Murray T.50, a symphony of engineering excellence poised to conquer the sinuous mountain roads ahead. With a mere touch of the ignition button, the 3.9-liter V12 engine roared to life, its thunderous growl echoing off the sheer cliffs that flanked the road, a harbinger of the awe-inspiring power that lay beneath the hood.

As I navigated the winding mountain pass, the T.50's carbon fibre chassis responded to my every command with the precision of a finely-tuned instrument. The suspension, meticulously calibrated by Gordon Murray himself, effortlessly absorbed every undulation of the road, providing a ride that was both supple and exhilarating. With each twist of the throttle, the V12 engine unleashed its fury, propelling the car forward with a relentless surge of power that bordered on the divine.

But it wasn't just brute force that defined the T.50 – it was the grace with which it wielded its power, like a ballet dancer performing an intricate pas de deux. The steering, feather-light yet telepathically responsive, allowed me to thread the needle through each hairpin turn with surgical precision. The brakes, carbon ceramic discs clamped by six-piston callipers, brought the car to a stop with a confidence-inspiring bite, allowing me to dance on the edge of adhesion without fear.

As I ascended higher into the mountains, the scenery transformed into a breathtaking tapestry of snow-capped peaks and verdant alpine meadows. With the panoramic glass roof overhead, I felt as though I were flying through a living painting, the vibrant colours of the landscape swirling around me in a kaleidoscope of beauty. And through it all, the T.50 remained a paragon of composure and control, its aerodynamic design slicing through the thin mountain air with the grace of a bird in flight.

Descending down the other side of the mountain pass, the T.50 came into its own, carving through each curve with the precision of a scalpel. The aerodynamic fan, a marvel of engineering ingenuity, activated with a whoosh of air, generating a downforce that pinned the car to the road like a magnet. With the wind in my hair and the engine's roar reverberating off the sheer rock walls, I couldn't help but feel a sense of exhilaration unlike anything I had ever experienced before.

As the day drew to a close and the sun dipped below the horizon, casting a warm glow over the mountains, I reluctantly brought the T.50 to a stop. Climbing out of the cockpit, I couldn't help but feel a sense of reverence for the machine that had carried me through this unforgettable journey.

*Shreezenn Samal  
Grade 10 (IGCSE)*

## A Letter To My Younger Self

Hey,

So, you're about to dive headfirst into the wild world of a residential school during a global pandemic. Bet you didn't see that one coming, huh? Well, strap in because it's going to be one heck of a ride – part comedy, part drama, and a whole lot of heart.

First things first, let's talk about living in a residential school. Picture this: late- night study sessions turning into impromptu dance-offs, dorm room shenanigans that would make even the most seasoned prankster blush, and friendships so tight you'll wonder how you ever lived without them. Sure, there will be moments when you miss home like crazy (especially mom's cooking), but trust me, you'll find a second family in the chaos of the dorms.

Now, let's talk about the academic side of things. Yeah, yeah, I know – studying isn't exactly your idea of a good time. But hear me out – there's something strangely satisfying about acing that math test you've been dreading or delivering a killer presentation in front of the whole class. Embrace the challenge, my friend. You might surprise yourself.

And then there's the extracurriculars. Whether you're belting out your building skills in hobby projects or scoring goals on the soccer field (Being the Goalkeeper), there's no shortage of ways to let your inner superstar shine. Don't be afraid to try new things – you never know what hidden talents you might uncover (spoiler alert: you will shift to cricket).

But let's not forget about the elephant in the room. There will be moments when it feels like the whole world is falling apart, but here's the thing – you're tougher than you think. You'll adapt, you'll overcome, and you'll come out the other side stronger than ever. And hey, if all else fails, there's always Netflix and ice cream.

From ridiculous stares from Mohana ma'am while walking with a female classmate, to sitting with her till 11:30 exchanging life lessons, your dorm parent shall guide you through thick and thins, will support you through fights and arguments.

So, here's to you, my younger self. Embrace the chaos, cherish the memories, and never forget to laugh – even when things get tough. You're about to embark on the adventure of a lifetime, and I wouldn't have it any other way.

*P.S don't give your cupboard keys to Pranav.  
With love, laughter, and a whole lot of couriers,  
Shreezenn (Yes you still use that name)*

*Shreezenn Samal  
Grade 10 (IGCSE)*



## The Boy Who Lived

The boy who lived.  
The chosen one.  
Heir of Slytherin.  
Just some of the names I am called.  
They think it's glamorous to be me.

They think it's all just about fame and glory.  
No one knows the pain, the loneliness, the struggle,  
Which is like a dementors kiss,  
Sucking and draining the happiness and hope out.

From dragons to death eaters,  
I have battled them all.  
I have stood eye to eye with death  
And lived to tell the tales.

The final hour is here.  
I hear the song of the phoenix beaoning me.  
The lion and servant clash once more,  
For neither can live while the other survives.  
And I know that I shall emerge victorious  
Or die valiantly.

For I am Harry James Potter,  
The Boy Who Lived.

Khushi Parikh  
IBDP Year 1

## MISUNDERSTOOD

On the outside, grumpy and grim;  
On the inside,  
the man that needed a hug;  
So much sacrificed,  
Severus Snape needs a break;  
One hated most for what he had done.

Only if they knew how misunderstood he was...  
The man to lose his interest to a bully;  
The man to lose his interest to a villain;  
To care for a child that was left behind;  
To do it all so that the child can't be murdered,  
the only thing she left behind;  
Tears shed for none to listen,  
Killed by the same villain;  
Severus Snape was still hated by most for they  
don't know.  
Only if they knew how misunderstood he was...

Parthiv Dumpa, IBDP Year 1



## WORDS

From the words that flow like a river,  
To the sentences you speak  
Your voice is soft like a summertime drizzle  
Yet bold like a roaring rumble  
Though your words carry the grace of God,  
The words you speak, make me feel good and strong  
I can conquer the world  
And fulfil the ambitions I had  
Grateful to your graceful words  
of advice and guidance  
I see a new light in me,  
That carves the path,  
Of the dreams I had  
Yet as my days pass by  
I feel so free  
thanks to the words you spoke,  
That gave my heart a change of mood  
That changed my life the day,  
I met you

Jeevesh Jai G, Grade XI (CBSE)

## A Wizard's Odyssey: The Tale of Harry

In Hogwarts' halls, where magic thrives,  
A tale of Harry, his scar survives.  
With friends so true, in peril's dance,  
He faced the Dark Lord's grim advance.

Through Quidditch skies and potions' art,  
Courage stirred in a wizard's heart.  
From Gryffindor's tower to Hogsmeade's street,  
The magic of friendship, oh, so sweet!

A scarlet train on tracks of steam,  
Bound for adventures, the stuff of dream.  
Wands raised high in a spellbound choir,  
In the wizarding world, the Phoenix fire.

Chamber of secrets, a Goblet's call,  
Triwizard trials, brave hearts enthrall.  
With Hedwig's wings and Dobby's plea,  
The magic lives in you and me.

So let this verse in ink unfold,  
A tribute to the tales untold.  
In Harry's world, where wonders gleam,  
A timeless spell, a poet's dream.

Ananya Agarwal  
IBDP Year 1



## A Broken Man

Passions that were lost in childhood  
Love that couldn't find the day of light  
'Tis enough to make a man of might  
Fill his heart with bad

A man brought to his knees  
Stripped off his morals  
Forced to work for the very person  
that stripped his childhood love

Oh! who could do such a thing!  
A person so heartless you may think  
If all you were, an instrument  
For a prophecy to come true

Who in the world would fill their veins  
With venom instead of blood  
Who could tell?  
A person so characteristic of evil

Had a heart as soft as that of a playful child

Deekshit Gouda,  
Grade 11 (CBSE)



## ONE DROP

One drop of water  
But how does it matter?  
What can one drop of water do?  
Filing the tranquil ocean blue.

One drop  
To fill the well?  
But it all starts, rainy harvests  
that ring the bell.  
Ask the harvester  
How much he waits  
for one drop of water  
He prays.

Ask the deserted leaves  
for one drop of water  
They plead.  
Ask the drained, fatigue child  
for one drop of water  
The nature drives wild.

From the steamy ponds, lakes and rivers;  
To ocean, seas and clouds that wither.  
From faucets, sinks and filters;  
To water in puddles among litter.  
From the hail, rain and storm;  
To canals and hot springs warm.  
From full heavy sparkling rain;  
To scarcity and rest in pain.  
From a full glittery lake;  
To unhinged droughts  
That suddenly break.

Start from one drop  
to flourish the nature  
Water wastage needs to stop.  
Now, you may ask  
What can one drop of water do?  
It can save the world  
and each one of you.

Avula Hamsini  
IBDP Year 1



## I Am

The day I met you,  
I stopped confronting the world  
I stopped hating  
the atomies of it  
I stopped cursing the universe  
for all my mishaps  
I stopped seeing the rain as gloomy  
and lifeless, perhaps,  
I stopped thinking of the sun  
as just a heated argument.

Because the day I met you, I forgave myself.  
I looked at myself, perhaps for the first time,  
with love in my eyes  
I started to embrace my flaws,  
Because yours would wrap perfectly around them,  
I started to see kindness,  
A floating hope at your advent...  
The day I met you,  
I no longer felt hopeless or blue.  
Perhaps because I am you.....

Leanna Massar,  
IBDP Year 1



## Echoes in the Clouds

In the vast expanse  
Where the sky and ocean met,  
A flight was bound  
For a destination unknown.  
Fate's cruel hand  
Guided it where mysteries have grown,  
Between waves, whispered tales  
Pieces found but truth unknown.  
Beneath the abyss it silently glides,  
With 200 souls,  
Families wait as the flames of hope never die.  
Countries unite as  
The search begins once again,  
Let there be a trace found  
In the endless blue.  
Time passes and questions remain  
Yet memories never fade  
While some things are unknowable.  
Hope still lingers  
And questions still hang,  
About the greatest mystery in aviation.  
Here's to all the souls who are lost,  
Remain in our hearts you forever will,  
May you rest in peace,  
Knowing that you will never be forgotten.

Khushi Parikh  
IBDP Year 1

## What is Possible?

God's belief is not commonly what most think it is  
Never a belief but a thread of holding,  
For the human mind is fragile  
Beyond comprehension.

In a world where everything can be taken,  
In a world where greed trumps love,  
In a world where children become thieves,  
Only because they were thieved of what was rightfully  
theirs.

In a world where minds break through reality,  
Not to find truth but to be disillusioned.

In a world where we know nothing but our existence,  
Wouldn't one assume that the existence of God  
Of an entity larger than the dimensions of existence.

An existence of hope?  
A shield from fear,  
Or rather larger than fear;  
To the point where fear takes insult  
Yet covers under hope's shadow  
But exists within the subconscious

Waiting until the world takes more  
And more,  
More than we can give  
Until the final presence of God  
The presence of truth,  
Presence of possibility  
Disappear

For hope to lose its place  
And fear taking more to burn away  
At the end.

Zahin Amrin Abidi,  
IBDP Year 1



## PIECES OF THE PUZZLE

*This poem delves into the journey of seeking the right companions in life. Often, individuals find themselves amidst the wrong company, realizing this fact only when it's too late. Despite the desire to break away, the ties have grown too strong, making departure seemingly impossible. The poem illustrates the struggles of finding a sense of belonging and the challenges of disentangling oneself from misplaced connections.*

*Like pieces of a puzzle,  
We search for where we belong.  
At times, convinced we've found the right fit,  
We force ourselves into place,  
Only to shatter, fracture, and rend.  
In time, we realize our misfit,  
Struggling to break free,  
Bound so tightly, leaving seems inconceivable.  
Eventually, we liberate ourselves,  
Bruised, bewildered, seeking our rightful place,  
Embarking on the quest anew.*

*Sometimes, we mistake proximity for compatibility,  
Whether with family or friends.  
Recognizing the mismatch after prolonged association is agonizing.  
Despite the closeness, departure becomes inevitable.  
Though begrudgingly accepted, the bonds must be severed.  
With courage, we bid farewell,  
And in due course, encounter our true companions in life.*

Shubkarman Singh  
Grade 11 (CBSE)



## THE LONELY BOY

*Dark and cold in a winter night,  
A lonely boy with a scar on his right,  
Received a key to a mystery path,  
To solve, on his eleventh birthday.*

*Curious and intrigued he was,  
To learn and to solve,  
To figure and to understand,  
His mystical past.*

*Abusive and tired he decides,  
Its time to say goodbye,  
Two and more tired to stop.  
Determination got the best of all.*

*Here comes the lonely boy.  
Far Far away from his home.  
Right into the loving arms of,  
Sweet sweet quirell.*

*Quirell? Who you may ask,  
Professor? Care taker? Destroyer.....  
A missing piece into a puzzle,  
The key to open the next door.*

Leanna Massar  
IBDP Year1



## TOGETHER

*In the hallow hallways of Hogwarts,  
the magical journey starts.  
The serenade song sung,  
in every tranquil heart.  
Brings them together,  
to the future they uphold.  
To chase various mysteries  
and story that are untold.*

*Matching the rhythm and pace, they stroll.  
Catching the hidden clues and mystical scrolls.*

*Dashing and daring,  
during the night.  
Demolishing the darkness  
And seeking the light.*

*Quidditch skies ,  
Golden baffled snitch.  
Can they all withhold together.  
Against a wizard or a witch?*

*The full up moon as it dazed,  
Forever Harry , Hermione and Ron,  
Will always be graced.*

Hamsini Avula  
IBDP Year 1



## Economic implications of the water shortage in Bangalore and how it may affect our school life.

### Introduction

Bangalore, a city which was once renowned for its vibrant lakes and ample water resources grapples with a severe water shortage crisis. This article will delve deeper into the economic underpinnings of this crisis and will further analyze the effect it will have on our school life, here at Jain International Residential School (JIRS).

### The genesis of this issue

This water shortage started due to the poor monsoon in 2023 and the resurfacing of the water dispute with Tamil Nadu. The Cauvery basin is one of the most prominent rivers in Karnataka, responsible for irrigating agricultural lands, generating electricity and providing water across south India. With the depletion of this river, Bangalore in specific loses a major source of their water.

### Economic implications

"Residents of apartments around Kanakapura Road highlighted the lack of regular supply of Kaveri water and poor quality of water supplied on some days. "Kaveri water that has reached 105 villages hasn't reached our layout yet, despite the proximity of the supply network to Kanakapura main road," said by M.G Nayak, a resident of the Sri Sankara Regency layout. The situation of the water scarcity is highlighted by the fact that several residents lack access to water despite the supply network being in close proximity. It also suggests that the water scarcity is the cause of the issue rather than the supply network's fault. The Cauvery Basin provides Kanakapura with all of its drinking water, however the residents of Ramanagara District may suffer as a result of the current water scarcity. Kanakapura is responsible for sustainable production of horticultural crops which not only provides means of

subsistence for the local population but also serves as an example of the value of sustainable agriculture.

Here in JIRS, we get our electricity from BESCO (Bangalore Electricity Supply Company Limited) and they generate electricity using hydro generators and wind generators. The water they use for the hydro generators comes from the Cauvery reservoir. So what does this all mean? It means once they start to face water scarcity issues, which they have, there will be a shortage of electricity on campus. Economically, BESCO would increase the prices of their services causing a higher price to be paid on their services which over the long run would have a large opportunity cost for the development of the school. As we all know, Jain international is a school that is known to have a very high quality and standard for food and water, providing professional chefs and a high quality water filtration system. This crisis could significantly compromise hygiene standards within the school, as water is essential for basic hygiene practices such as washing hands, showering, and cleaning facilities. Water scarcity can affect the preparation of meals, potentially compromising the nutritional quality of food served to students. It may lead to reliance on dry, pre-packaged, or less nutritious food options that do not require water for preparation. Lastly, we may need to incur additional expenses to mitigate the impact of water shortage, such as purchasing water from external suppliers, investing in water storage or conservation technologies, and addressing health issues arising from poor hygiene and sanitation.

### Microeconomic Considerations

With the direct costs (like higher electricity bills and the need to buy water) and indirect costs (such as potential health issues due to compromised hygiene), the school should find ways to economize and ensure the well-being of its students and staff. Even though

price increases for electricity and water may be unavoidable, the school can control consumption by implementing non-price rationing techniques. These could include:

- Implementing water-saving measures like rainwater harvesting and low-flow fixtures.
- Educating the school community on the importance of conserving water and electricity.
- Exploring alternative sources of water and energy to reduce dependence on the strained Cauvery supply and BESCO.
- A watershed, also known as a drainage basin, is an area of land that captures rainfall and other precipitation, which then flows into a single point such as a river, lake, wetland, or the ocean.

To sum it all up, the water shortage crisis can have a detrimental impact on our school life and Bangalore as a whole. As a student of JIRS, I understand my responsibility and have taken the initiative to organize a water conservation drive. If you are interested in joining this initiative, please fill out the form provided in the following link:

<https://m81zpzq4qjy.typeform.com/to/gxxRtBtv>.

Your participation and support are highly appreciated.

**PLEASE READ THIS AND JOIN THE MOVEMENT**

*Dhurva Naik*  
*IBDP Year 1*

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## Failing Without Trying

Failing and never trying are two contrasting aspects of life, each carrying its own set of consequences, of which the question of which is worse depends on one's perspectives and values.

On the one hand, failure, often seen as a setback, is an intrinsic part of the journey towards success. It's a harsh but honest teacher providing invaluable lessons, resilience, and the chance to recalibrate our approach. The scars of failure can be badges of honour, marking a path of growth and self-discovery.

On the other hand, the prospect of never trying carries a different weight. It represents a life constrained by fear, with comfort zones left unchallenged and untapped potential remaining dormant. Regret, born from the absence of any failure, casts a shadow darker than the one created by failure itself.

In essence, failing signifies a bold attempt at something, a step into the unknown, while never trying reflects a hesitancy that holds us back. In order to navigate life's choices, let us consider not just the fear of failure but also the haunting prospect of wondering what could have been. Because in the pursuit of our aspirations, it is often the willingness to try that propels us forward and defines the richness of our journey.

*Aadi Jain*  
*Grade XI (CBSE)*



## THE TIME THIEF

Delaying becomes the silent enemy of efficiency. Procrastination is a self-destructive behavioural pattern marked by immediate benefits and long-term expense. It is a common obstacle faced by individuals of all ages, and it is almost inevitable. Putting away your task and relaxing is much more appealing than working on all those due assignments. How do we stop this silent enemy of ours?

Well, first things first. To overcome procrastination, we must learn why we engage in it. Once we know the root cause, we can take a step back and work on that, resulting in more efficiency and a better grip on our lives overall.

Temporal discounting is where procrastination stems from. Here an individual tends to prioritize short-term and immediate pleasure over long-term benefits because it's just easier and it takes barely any energy.

Failure is something almost everyone fears, which may be one of the root causes of procrastination. Surprisingly, procrastination is also deep-rooted in the fear of success. Having perfectionistic tendencies also adds to the fear of failure where one is scared to not be perfect.

However, there are methods and techniques that can be used to address and overcome procrastination. We can simply start by breaking the tasks into smaller sections. Completing these smaller and simpler tasks gives us a morale boost which will encourage us to do more. Breaking the task down into smaller parts is a more efficient way to handle it.

Chunking the big task also helps in setting small yet realistic goals which are easier to accomplish than one huge unrealistic goal. We say it's easier because small victories can build momentum and increase motivation. Recognising our negative and positive thoughts lightens our burden.

Another way to motivate ourselves would be by 'rewarding'. Your environment can also play a huge role in how efficiently you work. An organised workspace will increase your efficiency.

In a nutshell, adopting helpful and healthy practices and practising them regularly will ultimately enhance efficiency and management skills. I, for one, still struggle to manage all my tasks but following the aforementioned is helping me gradually achieve my goals.

*Sree T M*  
IBDP Year 1



## Academic Validation is More Satisfying than you Would Think

We all have seen the class topper with the highest mark on their paper and still complaining about the 2 marks they lost to get full marks. Then we look at our papers with barely 60% and wonder where the rest of our marks are! Were they still scrolling on Instagram like we were the night before instead of studying!

The thought of 'I wish I could score 98/100 too!' has occurred to an unhealthy majority of us. It is completely understandable, that satisfaction of studying, the exam being conducted and all your worries disappearing because you know all the answers due to your effort, bears the fruit of achievement.

The answer isn't always just 'study' or sudden motivation; the solution is consistency. No one is asking you to study 10 hours a day like your parents have said at least once to you. If this has ever been brought up in conversations, leave that. Study at least 2 hours a day, be it something complex or even basic revision in your studies, trust me, it's effective. Your satisfying 2 AM conversations won't seem as great when you fail to excel on the math test for which you had more than a week to prepare. Your friends will be there to talk to you the next night when the exam is over. It's your test paper: we should not stop having fun. Balance the fun with studies-excess of anything can be futile.

P.S. Glasses don't make you smarter though they have some healthy motivation attached to them. I promise you will bask in the glory of triumph with the extremely gratifying feeling from studying and getting results that lead you to excel or maybe even make you the teacher's 'favourite'; something even an ice cream cannot beat.

*Zahin Amrin*  
IBDP Year 1

## Self-Help, Motivation, Self-Care

Confidence stands as the foundation of self. Often, individuals underestimate themselves, believing others surpass them. This self-doubt erodes confidence, hindering personal growth. Rather than succumbing to doubt, recognizing one's potential and leveraging it can lead to significant accomplishments.

Motivation proves indispensable on the journey to success. There comes a time when one may feel isolated, lacking support. In such moments, resilience is key; viewing challenges as opportunities to grow can surmount any obstacle.

Ultimately, the most valuable advice is this: nobody comprehends you better than yourself. Maintain confidence and self-belief, cherishing your worth amidst the barrage of negativity life may present. Your task is to love yourself, overcoming fears and setbacks.

Moreover, setting realistic goals and celebrating even small achievements along the way can help maintain momentum and drive towards success.

Lastly, remember that setbacks and failures are not indicators of your worth, but rather opportunities for learning and growth. Accept them with resilience and determination, knowing that they are integral parts of the journey towards self-improvement.

*Pragati Dhannur*  
Grade 11 (CBSE)



## Roots and Branches: Nurturing the Parent-Child Relationship

Parenting is the most fulfilling job one can have, but it comes with its challenges. In the stressful life of the average family, taking care of a child can come with uncertainties, which can be overcome by a strong parent-child relationship.

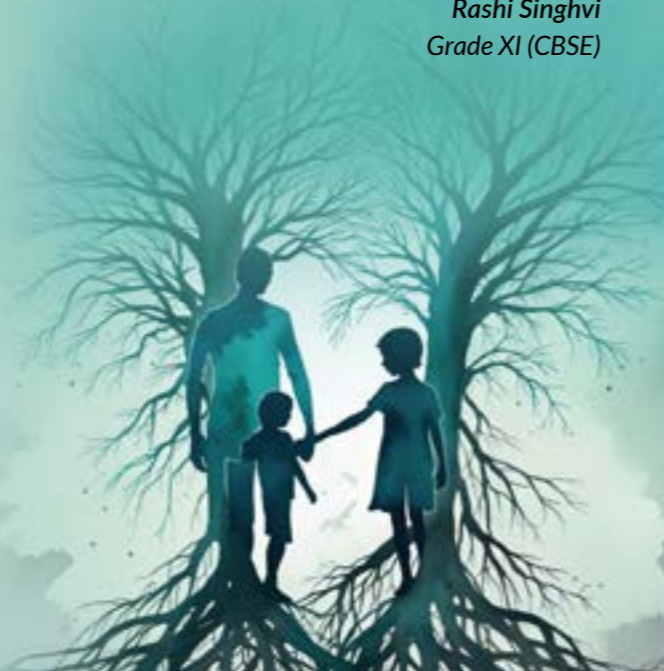
The bond between a child and their parent is one that mediates the physical, emotional, and social development of a child. This relationship shapes the child's personality, life choices, and overall behaviour. Through studies, it has been proved that young children who grow with secure attachment to their parents have more chances of developing a happy life. Children learn to express their emotions when they bond with their parents. A positive relationship between a child and their parent can promote the child's mental and social development.

In this pure relationship between a child and their parent, the parent's way of handling the child plays an important role. Parents should adapt as their child grows. Some simple parenting ways can have a great impact on the parent-child relationship. Forming a connection with your child is crucial for developing a strong bond. The more love you show to your child, the more respect you will receive from them. This can be achieved

through words of appreciation, such as telling our children that we love them and that they are important to us.

To bring about a positive change in the parent-child relationship, spending time with them, talking, sharing feelings, and building a friendly relationship are essential. Children should also express their love and respect towards their parents and try to understand situations from their point of view. Through small efforts, significant improvements can be made in the parent-child relationship.

*Rashi Singhvi  
Grade XI (CBSE)*



### Sunshine Blend

My favorite beverage is easy  
Mix sunshine with silly clouds  
Two shots of sunset and moonrise  
stargazin' and sunrise.

Throw some wildflowers  
Make it breezy  
Drinking my day, smiling  
My favourite beverage is easy.

*Naiya Shah IBDP Year 2*



## Une interview avec mon ami-Arham

Aarav : Salut !  
Arham : Salut ! ça va ?  
Aarav : Très bien. Est-ce que tu as un animal a la maison ?  
Arham : Oui, J'ai un chien.  
Aarav : Comment s'appelle-t-il ?  
Arham : Comment ça s'écrit ?  
Aarav : ça écrit B-R-O-W-N-Y.  
Arham : Quel âge a-t-il ?  
Aarav : Il a un an.

*Écrit par  
Aarav Bhargava  
Grade 7 (Cambridge)*



## Qu'est-ce que c'est dans ma trousse ?

*Qu'est-ce que c'est dans ma trousse ?  
C'est un crayon...  
Je dessine une voiture  
Après ça,  
C'est un stylo  
J'aime écrire une histoire  
Maintenant c'est une gomme  
Ça va effacer mes erreurs  
Finalement un taille crayon  
Que m'aide recommencer  
Merci pour tous.*

*Écrit par  
Avi Raj  
Grade 6 (Cambridge)*

## Je vous présente ma famille

J'ai une grande famille. Nous sommes six dans ma famille. Mes parents, Mon frère, deux sœurs et moi. Je m'appelle Khushbu Golchha. J'ai douze ans. Je suis petite.

Mon père s'appelle Mukesh Golchha. Il a quarante-quatre ans. Il est entrepreneur. Il est beau et gentil. Ma mère s'appelle Neeta Golchha. Elle a quarante-deux ans. Elle est femme au foyer. Elle est belle et gentille.

Mon frère s'appelle Naman, a neuf ans. Il est petit et mignon. Ma sœur, Khushi est jolie et mince. Elle a douze ans. Ma deuxième sœur s'appelle Mehak qu'est grande et gentille. Elle a dix-sept ans. J'aime ma famille.

*Écrit par  
Khushbu Golchha  
Grade 6 (Cambridge)*



## Le Cinquième Montagne

Ce récit unique de l'histoire du prophète Élie(Elijah), écrit par l'écrivain brésilienne Paulo Coelho, qui est célèbre pour ses livres de morale. C'est un trait commun à tous de ses livres, qu'il adresse une question philosophique très importante, mais il le fait très divertissant tout le même.

Pour "Le Cinquième Montagne", la question est, "Est-ce mal de lutter contre Dieu lui-même? Doit-on toujours Lui obéir?"

L'écrivain nous montre la vie d'Élie, sa naissance, sa jeunesse, et puis, sa rencontre avec le méchant Roi Ahab et Reine Jézabel, et puis la sécheresse et le massacre des prophètes.

Quand nous pensons de l'histoire d'Élie, la prochaine partie serait le miracle qu'il fait sur le Mont Carmel, faire tomber le feu du ciel et brûler un taureau trempé dans l'eau.

Mais Monsieur Coelho ne nous le dit pas de cette partie.

Il nous parle de la fuite d'Élie à la ville de Zarephath, et les inconvénients là-bas, où il tombe amoureux, avec la ville, et une femme dans la ville. Il nous dit du pillage de Zarephath par les Assyriens, quand la femme qu'il aimait meurt. Coelho nous dit, que, Élie a pris les survivants, et reconstruit la ville, et tous qu'il a appris pendant ce, et aussi, tous ce qu'il enseigne aux résidents. Tout cela a duré longtemps avant qu'il soit rentré en Israël.

Le Cinquième Montagne n'est pas un texte philosophique, c'est un livre d'aventure, d'amour, de défaite, de désespoir et de riposte. Mais entre tout ça, on doit demander: "Quelle est ma relation avec Dieu? Quel est mon but sur cette terre?"

Aussi, c'est un texte semi-historique, qui nous donne un aperçu de la culture de l'ancien Levant, il nous aide à comprendre le flux du commerce qui gouvernait la politique de la région, du développement de l'écriture dans ce qu'elle est aujourd'hui.

Il y a une raison simple pour tout ça- c'est l'histoire d'Élie, qui n'était pas seulement mais quelqu'un qui a été, un homme ordinaire, un criminel, un juge, un amant, un père, un dirigeant, et tout au long de sa vie, il est resté, un guerrier. Un guerrier de lumière, comme Paulo Coelho voudrait le dire.

*Naman Jain  
Grade 9(IGCSE)*



## LES FETES FRANÇAISE

Le patrimoine culturel de la France se reflète dans ses festivals, comme Mardi gras, le 14 juillet et Pâques. Le Mardi gras marque la fin de la saison du carnaval avec des défilés extravagants et des chars élaborés. Le 14 juillet commémore l'assaut de la prison de la Bastille pendant la Révolution française, symbolisant le triomphe de la liberté, de l'égalité et de la fraternité.

La journée comprend de grands défilés militaires, des fêtes de rue et des concerts, favorisant l'unité et le patriotisme. Pâques, fête religieuse, marque la résurrection de Jésus-Christ et l'arrivée du printemps. Il implique la chasse aux œufs, l'artisanat et les friandises de saison. Ces festivals sont l'expression vivante du patrimoine culturel de la France, rassemblant les gens dans la célébration, la camaraderie et la réflexion.



*Kunal Kapoor Grade 8 (Cambridge)*

## J'aime Chennai .....

Chennai est un endroit dynamique situé dans le sud de l'Inde. C'est le capital de la province du Tamil Nadu, Il est connu pour sa culture traditionnelle et son accueil. Cette ville est célèbre pour ses belles plages, comme Marina Beach, où les gens aiment se promener le long du rivage et admirer le coucher du soleil.

Il y a beaucoup de monuments historiques comme l'ancien temple Kapaleeshwarar et la

forteresse St. George. Chennai est un centre dynamique de commerce et d'industrie, avec des marchés florissants et des rues animées où les vendeurs proposent de tout, des épices aux textiles. Chennai est connue pour sa cuisine délicieuse, ses festivals et son atmosphère accueillante qui offre aux visiteurs une expérience vraiment mémorable.

*Ecrit par  
Maximus Palladius  
Grade 7 (CBSE)*





## MES LOISIRS

Je m'appelle Vivaan. Mon loisir préféré est jouer au tennis. J'aime jouer au tennis. Je aussi joue du piano. Normalement, je joue dans le parc. Je joue avec mes amis et ma famille. J'aime passer le temps libre avec ma sœur. Je préfère dehors c'est relaxant et amusant. A l'avenir, je voudrais devenir un célèbre joueur de tennis.

*Vivaan Kumar  
Grade 8, (Cambridge)*



## J'habite à .....

Je suis Smriythik et j'habite à Tiruppūr, Tamil Nadu. Nous sommes quatre dans ma famille. Mes parents, ma soeur Spoorthy et moi. Il y a six chambres dans ma maison. Elle a deux salons, la chambre de mes parents, ma chambre, une cuisine, une salle à manger. Dans la maison, il y a aussi un escalier. J'aime ma chambre, c'est très confortable et belle.

Ma chambre a un lit, une chaise, un pupitre, des armoires et les jeux vidéo etc. je mets mon sac, mon livre, ma trousse sur la table. J'ai une portable aussi et je fais mes devoirs dans la portable. J'aime écouter la musique et la chanson comme « Shinunoga E-wa, I wanna be yours, et me gus tas tu ». J'ai une joueur MP3 et l'écoute. J'aime aussi

Quand j'entre ma maison, on voit un grand salon avec un canapé et une télévision. À côté, il y a une cuisine où ma maman prépare de délicieux repas. À l'étage, il y a trois chambres où je dors avec ma famille. Ma chambre est décorée avec des posters de mes dessins animés préférés.

Dehors, il y a un jardin avec des fleurs et une place de jeux où je joue avec mes amis. J'aime ma maison parce qu'elle est confortable et belle.

*Ecrit par  
Smriythik Avineash Y  
Grade 7 (IGCSE)*

## Il y a quelqu'un?

Quelque part, quelque chose d'incroyable attend d'être connu. - Carl Sagan

Ne pouvons-nous jamais nous installer sur Mars? Une chance de découvrir la vie sur d'autres planètes? Il y a tant de questions qui n'ont pas de réponses présentes. Dans l'énorme univers encore inconnu, la Terre n'est qu'un grain de poussière. Qui peut dire quel genre de vie existe au-delà. Il doit y avoir de la vie sur une planète

Depuis le début de notre existence, les humains se sont développés et ont découvert de nouvelles technologies. Nous pourrions développer à un point où nous débloquerons les mystères de l'univers dans le futur.

Il y a d'autres plans pour de grandes structures que nous pourrions construire à l'avenir. Sphères de Dyson, astéroïde l'exploitation minière et une foule d'autres idées que nous venons d'examiner pourraient toutes aider à gravir l'échelle de Kardashev.

L'échelle de Kardashev est une méthode quelque mesure du niveau d'avancement technologique d'une civilisation basé sur la quantité d'énergie qu'il est capable d'utiliser. L'échelle de Kardashev place maintenant la Terre au niveau 0,72, ce qui à lui seul nous permet d'imaginer des civilisations avec des niveaux plus élevés. Nous ne serons jamais en mesure de comprendre la taille des autres mondes.

La seule option que nous avons maintenant est de nous asseoir et de contempler la majesté du cosmos, dont nous, humains, faisons partie.

*Samarth Srinivas S Grade 9 (IGCSE)*

## Je viens de Pondichéry...

Pondichéry, qui est maintenant connue sous le nom de Puducherry, est une ville située sur le sud-ouest de l'Inde. Elle est célèbre pour son mélange de cultures indienne et française, que l'on retrouve dans ses bâtiments colorés et sa délicieuse cuisine. La ville a de belles plages où l'on s'amuse et profite du soleil. L'ashram de Sri Aurobindo est un lieu particulier de Pondichéry, où les gens se rendent pour trouver la paix et la spiritualité.

On se trouve Auroville, une communauté unique où l'objectif est de vivre ensemble de manière pacifique et durable. Pondichéry est un endroit charmant à visiter si vous souhaitez faire l'expérience d'un mélange d'histoire, de culture et de beauté naturelle.

*Ecrit par  
Thamizhniyan  
Grade7 (CBSE)*

## Une symphonie d'habileté et de stratégie dans « Jeu du Gentleman »

Connu sous le nom de « jeu du gentleman », le cricket est un sport populaire qui a conquis des millions de fans dans le monde entier. Le cricket est plus qu'un simple jeu ; Avec ses règles complexes, sa stratégie stratégique et sa riche histoire, c'est un phénomène culturel mondial qui unit les gens.

Depuis sa création au 16ème siècle en Angleterre, le cricket est devenu un sport populaire apprécié par des millions de personnes dans le monde. Il y a deux équipes dans le jeu, chacune avec onze joueurs. Courir entre deux ensembles de guichets et frapper une balle avec une batte est la façon dont vous marquez plus de points que l'autre équipe.

L'une des caractéristiques les plus exquises du cricket est sa capacité à unir les individus. Le cricket rassemble des gens de tous horizons, qu'il s'agisse d'un match local dans un petit village ou d'une compétition internationale vue par des millions de personnes. La série historique des « Ashes » entre l'Australie et l'Angleterre n'est qu'un exemple de la riche histoire et des traditions du jeu qui ont contribué à son attrait mondial.

Un autre sport qui exige un haut degré d'habileté et de stratégie est le cricket. Afin de déjouer les batteurs, les lanceurs doivent être capables de changer de rythme et d'effet, tandis que les batteurs doivent avoir une coordination œil-main exceptionnelle et la capacité d'interpréter le lancer du lanceur. Les joueurs de champ doivent être agiles et rapides pour pouvoir attraper rapidement le ballon.

En résumé, des millions de personnes dans le monde ont développé une profonde affection pour le jeu de cricket. C'est un très beau jeu en raison de ses règles complexes, de son histoire profonde et de son jeu de jeu stratégique. Le cricket a le pouvoir d'unir les gens et de générer des souvenirs inoubliables, que vous soyez un joueur ou un fan.

*Swarup Jayanthilal Jain  
Grade 9 (IGCSE)*



## Descubriendo el Mundo: La Alegría de Viajar

Hola mis amigos...

Voy a hablar de mis experiencias de viajar

Me encanta viajar. Explorar nuevos lugares y experimentar diferentes culturas es algo que disfruto hacer. Cada excursión es una experiencia emocionante llena de momentos divertidos e interesantes.

¿Por qué me gusta viajar?

Viajar me permite comprender las culturas y tradiciones de otros países, disfrutar celebrando los festivales de esos países y aprender cosas nuevas e interesantes sobre ellos.

¿Cuáles son los mejores países para viajar?

Aunque cada país es mejor a su manera, en mi opinión, los mejores países son aquellos que tienen una rica cultura y tradición porque te permiten aprender cosas nuevas y tener una perspectiva diferente sobre el mundo. En su mayoría, recomiendo viajar a países europeos y asiáticos como España, Francia, Alemania, Grecia, Bélgica e India.

¿Cómo me ha ayudado viajar?

Viajar a otros países me ha ayudado de muchas maneras; he aprendido muchos idiomas del mundo, como el español, solo gracias a viajar allí y comprender la cultura de ese país. Además, viajar ha cambiado mi perspectiva.

Conclusión

Mi actividad favorita, con diferencia, es viajar a países; no solo me ayudó de muchas maneras, sino que también me ayudó a pasar el tiempo. La experiencia de viajar no solo es agradable y memorable, sino que también cambia la vida. Te recomiendo que intentes viajar todos los años y disfrutarlo con tus familiares y amigos

*Adiós  
Hridhdhan  
Grade 8 (Cambridge)*





## ¡Mi primer año en JIRS!

¡Hola a todos! Soy Jas, y estoy emocionado de compartir mi experiencia en mi primer año en JIRS. Como estudiante de catorce años, entrar en un nuevo entorno escolar puede ser un poco intimidante, pero desde el primer día, supe que este sería un viaje increíble.

El primer día en JIRS fue un torbellino de emociones. Me sentía abrumado por la nueva atmósfera, pero rápidamente me di cuenta de que estaba rodeado de personas increíbles. Hice muchos amigos en poco tiempo, y la facultad hizo todo lo posible para que nos sintiéramos como en casa. Los profesores no solo eran expertos en sus campos, sino que también eran increíblemente amigables y accesibles.

Uno de los aspectos más destacados de mi primer año en JIRS fue la cantidad de recuerdos que creé con mis amigos. Desde quedarnos despiertos hasta altas horas de la noche jugando a las cartas hasta gastar bromas a nuestros compañeros de dormitorio, cada día estaba lleno de risas y diversión. ¡Incluso organizamos peleas de agua en los dormitorios, lo cual fue absolutamente épico!

Además de las actividades dentro del campus, la escuela nos llevó a increíbles viajes al campo. Visitamos lugares como Wonderla, la fábrica de juguetes y el centro comercial, donde nos sumergimos en aventuras emocionantes y creábamos recuerdos duraderos.

Un momento especialmente memorable fue cuando recibí un premio por mi desempeño académico. Fue un honor ser reconocido junto con mis compañeros de clase y me dio aún más motivación para seguir esforzándome.

En resumen, mi primer año en JIRS ha sido simplemente increíble. Me encanta esta escuela y estoy ansioso por crear aún más recuerdos en los años venideros. ¡Estoy seguro de que mi tiempo aquí seguirá siendo una experiencia inolvidable llena de aprendizaje, amistad y diversión! ¡Hasta la próxima aventura en JIRS!

*Jas Goliya  
Grade 8 (Cambridge)*

## MI PLAYA FAVORITA

¡Saludos!

Soy Zahin y soy originario de los Emiratos Árabes Unidos e India. Mi tema de discusión será la playa, mi lugar preferido. Me gustan las playas, pero Dubai es la que más me gusta. Jumeirah Beach es el nombre de mi playa favorita. Me encantan los lugares tranquilos porque me encanta la sensación, es muy bueno. Calicut es mi lugar en Kerala, India. También amo la playa de bebé. La playa tiene muchos restaurantes y la comida es muy buena. Para mí, las playas son muy cómodas y es muy divertido y agradable. Estás ideal para lugares donde hace sol o quieres relajarte. Y es por eso que la playa es mi lugar preferido del mundo.

¡Muchas gracias!



*Zahin, IBDP Year1*

## Un día en la vida de JIRS

Durante todo el día, mi escuela está llena de actividad y vitalidad. Cada día comienza con una gran pasión por los deportes. Después,

Las clases comienzan después del desayuno. Estudiamos varias materias, desde español hasta matemáticas, que son muy fascinantes pero bastante difíciles de comprender. El almuerzo es uno de los momentos más esperados del día. Antes de regresar a clase, nos reunimos en la cafetería para disfrutar de una comida juntos y discutir diferentes temas.

En resumen, un día en mi escuela es emocionante y lleno de experiencias memorables preciosas que siempre recordaré. Aprendemos, nos divertimos y establecemos amistades sólidas.

¡Gracias!

*Swayam Agrawal, IBDP Year1*

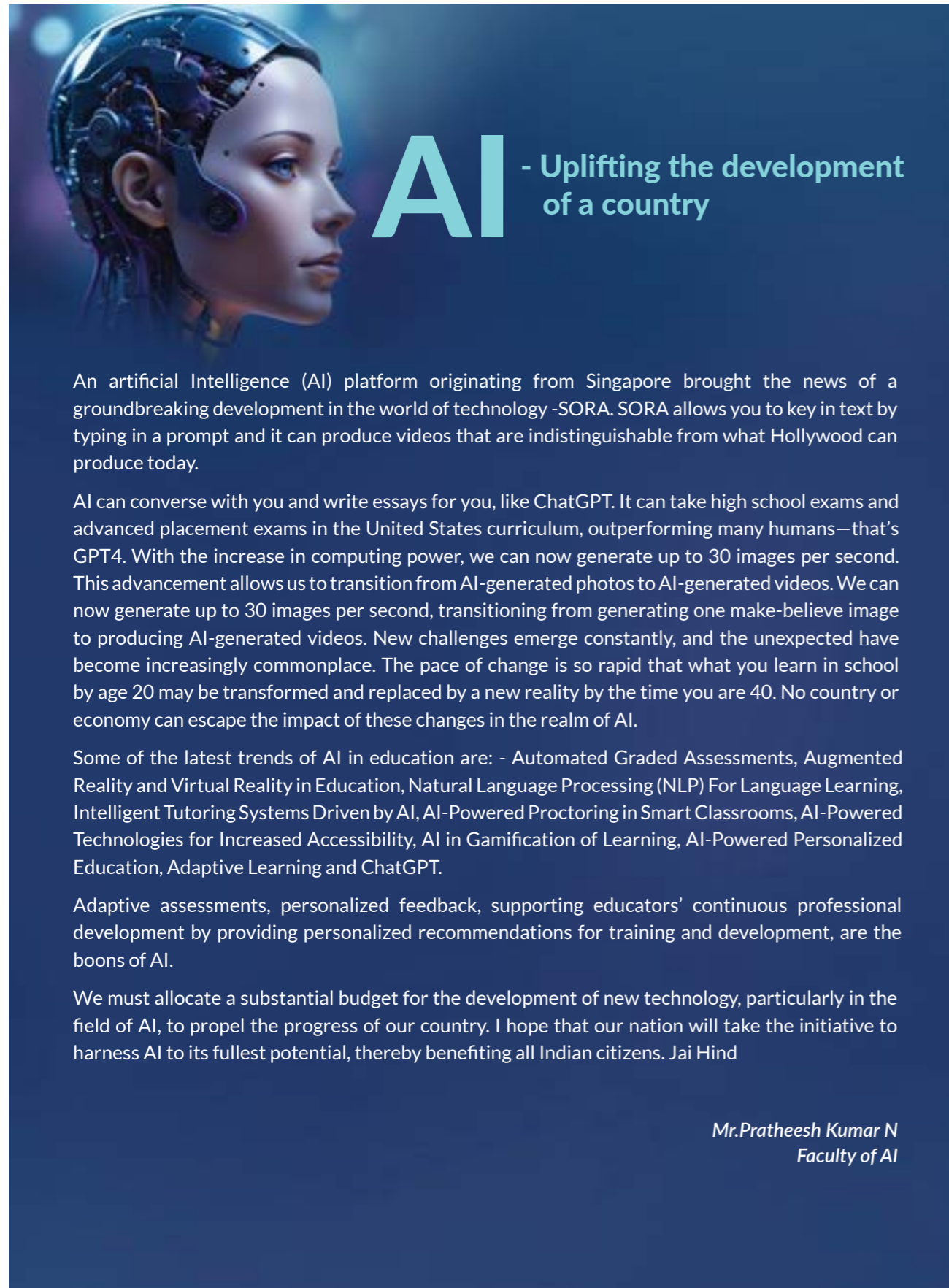


## El Legado de un Genio del Fútbol

La carrera de Lionel Messi es una epopeya deportiva que trasciende generaciones. Su destreza inigualable y su capacidad para cambiar el curso de un juego lo han elevado a la categoría de leyenda viva del fútbol. Más allá de sus impresionantes logros en el terreno de juego, Messi personifica valores como la humildad y la perseverancia. Su tránsito del FC Barcelona al París Saint-Germain marca un nuevo capítulo en su historia, pero su legado perdurará mucho más allá de los equipos para los que juegue. Es un faro de inspiración para los jóvenes aspirantes a futbolistas y un símbolo de la grandeza alcanzada a través del trabajo arduo y la pasión desenfrenada por el juego. Lionel Messi seguirá siendo una referencia, un modelo a seguir y un ícono global que trasciende fronteras y generaciones. ¡Te amo Messi!

*Achintya Muchhala, Grade 9 (Cambridge)*





**AI** - Uplifting the development of a country

An artificial Intelligence (AI) platform originating from Singapore brought the news of a groundbreaking development in the world of technology -SORA. SORA allows you to key in text by typing in a prompt and it can produce videos that are indistinguishable from what Hollywood can produce today.

AI can converse with you and write essays for you, like ChatGPT. It can take high school exams and advanced placement exams in the United States curriculum, outperforming many humans—that's GPT4. With the increase in computing power, we can now generate up to 30 images per second. This advancement allows us to transition from AI-generated photos to AI-generated videos. We can now generate up to 30 images per second, transitioning from generating one make-believe image to producing AI-generated videos. New challenges emerge constantly, and the unexpected have become increasingly commonplace. The pace of change is so rapid that what you learn in school by age 20 may be transformed and replaced by a new reality by the time you are 40. No country or economy can escape the impact of these changes in the realm of AI.

Some of the latest trends of AI in education are: - Automated Graded Assessments, Augmented Reality and Virtual Reality in Education, Natural Language Processing (NLP) For Language Learning, Intelligent Tutoring Systems Driven by AI, AI-Powered Proctoring in Smart Classrooms, AI-Powered Technologies for Increased Accessibility, AI in Gamification of Learning, AI-Powered Personalized Education, Adaptive Learning and ChatGPT.

Adaptive assessments, personalized feedback, supporting educators' continuous professional development by providing personalized recommendations for training and development, are the boons of AI.

We must allocate a substantial budget for the development of new technology, particularly in the field of AI, to propel the progress of our country. I hope that our nation will take the initiative to harness AI to its fullest potential, thereby benefiting all Indian citizens. Jai Hind

*Mr.Pratheesh Kumar N  
Faculty of AI*



**AUTHORITY VERSUS SUBMISSION**

An important aspect of authority versus submission; problems is when and how parents exercise discipline and administer punishment. Scolding appears to be the most frequent form of punishment, and comparing their children with others or with their peers is harassment and damage to the growth of children both physically as well as mentally.

Parents must distinguish carefully between what is firm but fair and what is harsh and perhaps unfair.

Some degree of strictness strengthens the growing child's personality. When strictness approaches rigidity, the boundaries and standards become so sharply defined as to confine rather than guide.

The child's resultant feelings of hostility, resentment, and fear may generalize toward all authority.

The children's attitude towards authority is based upon the reaction he had learned towards his parents in this childhood, whether passively accepting under stress, conditionally accepting, overtly rebellious, or resentful will have their overtones in subsequent stages throughout an individual's life.

Parents are also important as comrades to their children. Another role is that of the mother or guide. When the parents do not fulfill their rolls, the adolescents may feel let down and fall prey to unhealthy influences outside home.

Each child pursue his parent's role according to his own needs. Parents need to modify the roles according to the children's needs. The overt expressions of conflicts serve as catharsis which, if repressed takes the form of anxiety in growing children.

Prescriptions for a specific parent-child relationship cannot be laid down. Parents who lack insight or are deeply involved in their difficulties may meet troubles later on in life with their children. So parents are to take in charge of their children in acting as a good role model and a guide.

*Ms.Deanna Mary Fugle  
School Counselor*

# THE POWER OF POSITIVITY

*"Keep your face towards the sunshine and shadows will fall behind you"*

Our life is a reflection of our attitude. If we are positive in mind, all positive things will happen to us. Negative attitude not only prevents us from fully enjoying our life, it also has a significant impact on our environment. The energy a person brings with them is contagious. One of the best things we can offer our family, organization or community is our positive attitude.

In the wise words of Michael Jackson,

*"If you want to make the world a better place, take a look at yourself and make a change."*

As human beings are creatures of habit, by making small adjustments to our daily life and our mindset, positive habits can be formed to make ourselves and everyone happier. Let's now take a look at our habits that can turn a gloomy outlook of us into an effortlessly optimistic attitude.

## 1. Keep a Gratitude List

*"Gratitude is the best of attitude"*

Try writing down 5 things that you feel grateful for every day and see how your attitude changes. Gratitude can significantly increase your happiness, and protect you from stress, negativity, anxiety and depression.

## 2. Reframe your challenges

*"Sometimes you win and sometimes you learn."*

There are no dead ends, only re-directions. Have fun with challenges, embrace them as adventures instead of attempting to resist an experience for growth.

## 3. Feel good at being rejected.

*"Never expect things to happen; It's better to feel surprised than to feel disappointed."*

Rejection is a skill because no one gets to slide through life without being rejected. When there are cracks in your heart, they let the sun in. So, do not feel disappointed.

## 4. Use positive words to describe your life.

*"Words are free. It's how you use them that may cost you."*

The words that we use have a lot more power than we think. How we talk about our life is how our life will be. Our mind hears what we say. If we describe our life as boring, busy, mundane, chaotic, that is how we will perceive it and we will feel the effects in our body and mind. If we use the words simple, involved, familiar or lively, we will see our life in a whole different light and find more enjoyment in the way we chose to shape our life.

## 5. Don't let yourself get dragged into other people's complaints.

*"He who avoids complaints will invite happiness"*

Complaining leads to lower moods and negative emotions, decreased life satisfaction and optimism, and emotional and motivational deficits. Stop complaining as it does not give a solution to any of the problem but instead aggravate it.

## 6. Breathe.

*"Breath is the link between mind and body"*

Our breath is directly connected to our emotions. We can also change how we feel using our breath. So, just relax and take a deep breath when anything negative disturbs your mind.

## 7. Have solutions when pointing out problems.

Being positive doesn't mean that you have to be oblivious to problems. Positive people have constructive criticisms to improve conditions.

## 8. Make someone else smile.

Set a goal for each day to make someone else smile. Think about someone else's happiness and it will help us to realize our immense impact that our attitude and expression has on the people around us.

With a positive attitude, we experience pleasant and happy feelings. This brings brightness to the eyes more energy and happiness. Try to follow this pyramid of positive attitude.

*Think positive...Stay positive ...Spread positivity  
And all good things will happen at the right time.*

Ms. Padmapriya. S  
Academic Coordinator - Junior School (CBSE)

## Journey...

A few years ago, I was on a train from Bengaluru to Hubli. It was crowded as usual. In Tumkur, a man and two ladies got on the train. The man sat across from me, and the ladies sat next to me. The man was tall, not very handsome, but he had a strong body. What caught my eye was the ring he wore. It had a big green sapphire, which must have been expensive. Even though I tried not to stare, I couldn't help but look at it. It was beautiful.

The two ladies, who were his cousins, got off at Beeruru. I gathered my courage to ask the man about his ring and the stone. He said it was a Green Sapphire and even told me how much it cost. He mentioned he had noticed me admiring the ring and knew I would ask about it. He was very kind and explained the significance of the stone and how it had helped him. My stop came soon after, and I got off the train.

That was the first and last time I ever saw him. In life, we meet many people. Some leave a positive impact, while others are forgotten. Even though this man didn't have a big impact on me, I won't forget him and his ring.

Each person we meet is like a chapter in the book of our lives, contributing their unique perspectives, experiences, and wisdom to our story. Some come into our lives like shooting stars, illuminating our path with their brilliance for a brief moment before fading into the night. Others walk beside us, sharing the ups and downs of the road, their presence a constant source of comfort and support.

From every encounter, we learn something valuable. It may be a lesson in resilience from the friend who battled adversity with unwavering strength, or a lesson in compassion from the stranger who showed

us unexpected kindness. Every interaction, no matter how fleeting, has the power to shape who we are and who we become.

The people we meet on our journey serve as mirrors, reflecting back to us aspects of ourselves that we may not have recognized otherwise. They challenge us to grow, to evolve, to become the best versions of ourselves. In their presence, we discover hidden strengths, confront our fears, and unearth dormant passions.

But perhaps the most profound lessons come from those whose paths diverge drastically from our own. It is in encountering difference—in culture, belief, background—that we are forced to confront our own biases and expand our understanding of the world. Through these encounters, we learn empathy, humility, and the importance of embracing diversity.

Yet, as much as we learn from others, our journey is ultimately our own. We must chart our own course, make our own decisions, and forge our own path. Along the way, we may stumble and fall, face obstacles and setbacks, but it is in these moments of struggle that we discover our true strength and resilience.

And so, as we journey through life, let us cherish the people we meet along the way—the friends who lift us up, the strangers who show us kindness, the mentors who guide us with wisdom. For it is through these connections that we find meaning, purpose, and fulfillment in the beautiful tapestry of human experience. And in the end, it is not the destination that matters, but the journey itself, and the people we meet along the way.

*Ms. Vijayalaxmi P Bhandi*  
Vice Principal - International Curriculum

## LIFE LESSONS

Learning is supposed to occur from conception to death. Many things happen to us that teach us things, and those who are either directly or indirectly engaged in the process serve as our instructors. Permit me to share a few stories and the individuals that have influenced my life.

Mothers are a child's first teachers, and their homes are their first schools, so the saying goes. Despite not having a lot of education, my mother is strict. For her, among many other ideals, simplicity is virtue, helping others comes first, cleanliness is godliness, and the tide waits for none. I've carried these values throughout my life, having been instilled in me since the day I was born.

My high school science and math instructor is the second individual who has influenced me. She was a meticulous individual with educational abilities that were accessible to all students. Her instruction transformed mathematics from a hard, drenched almond into a tender one. Throughout my 25 years as a teacher, I have emulated her in a lot of ways.

My father comes in third. At home, he has been my guru, my hero. He had spent five years as a college botanist. I have much appreciated his board representation and have taken note of his impeccable board work. In order to teach the difficult subjects, he would take about a variety of coloured chalks and create diagrams. His instruction made morphology, anatomy, physiology, genetics, and other subjects very simple. Taxonomy was formerly 'Tax On Me', but he simplified it greatly and I could learn all the 36 families. He was really firm. He had not satisfied with the Volvox diagram I had drawn in my practical notebook, so he had thrown it out of the window. Honestly (according to all my classmates), out of all the diagrams in the class of 24, mine was the best.

My B Ed College Principal is up next. For him, 10 am was 9:59 am. He saw my ability and helped shape me into the teacher I am today. He had requested to buy the science and math textbooks for grades 5 through 10 and to complete every problem or number on the first day. Why he told me that had always puzzled me. I quickly saw that this had given me a solid foundation and had taught me about vertical articulation in the syllabus's structure.

During my time as a teacher, I encountered one vibrant, visionary, and charismatic principal. He imparted administrative skills to me in addition to the finer points of instruction. I gained knowledge on creating schedules for the whole school, administering tests, creating blueprints, creating question papers and mark schemes, and more. He is very much owed in my life.

Next, there is a relative of mine who was determined to put roadblocks in my way. The individual was successful to some level, but it was horrific for me.

However, the critical occasions and the barriers that the individual had placed in my way encouraged me to persevere and choose a different course.

Not to be overlooked are my students, who have imparted invaluable knowledge to me. They have instilled in me the values of love, compassion, empathy, and careful trust in others.

I'm sure I'll have a lot of experiences and teachers to teach me valuable life lessons in the future.

*Ms. Vijayalaxmi P Bhandi*  
Vice Principal,  
International Curriculum





## LA GRANDEUR DE L'AMOUR MATERNEL

Ma mère est une personne très importante et une source d'inspiration dans ma vie. Elle est le monde pour moi. Elle est ma première enseignante. Toutes les bonnes habitudes que j'ai découlent de ses enseignements. Ma mère est ma source constante de motivation. Chaque fois que je ne joue pas, elle est seule pour m'encourager.

Chaque fois que je suis perdu, ma mère est la seule à m'amener sur le bon chemin. Il y a des situations où elle n'est pas physiquement présente pour guider, mais ses enseignements agissent toujours comme une lumière directrice. Il est bien dit que "la vie ne vient pas avec un manuel; elle vient avec une mère." Je me demande à quel point cette ligne est appropriée! Lorsqu'un enfant naît, c'est la mère qui comprend le mieux ce qu'il faut enseigner à son enfant.

"Dieu ne pouvait pas être partout, alors il a créé des mères." Une mère est une personne que l'enfant connaît de l'utérus lui-même. Personne sur cette Terre ne connaît un enfant mieux que sa mère. Tout le monde sur cette Terre peut nuire à un enfant sauf la mère. Elle sait quoi, quand, pourquoi, comment et tout sur son enfant. Une mère peut jouer tous les rôles d'un enfant, d'être nourricière à être un super-héros. Rien n'est difficile pour elle. La maison n'est jamais une maison où il n'y a pas de mère.

"L'amour de la mère est le carburant qui stimule votre volonté."

Je t'aime, maman



Mr. Prabhu Bheeman  
Faculty of French

## PENCIL STROKES

As a dedicated hostel warden, my role revolves around fostering a nurturing environment for students to thrive. Engaging with their needs and ensuring their well-being are at the forefront of my responsibilities. Despite the demands of my role, I cherish the moments when I can indulge in my lifelong passion for drawing. Since childhood, sketching has been more than just a hobby—it's been a profound source of joy and artistic expression. Even amidst my duties as a Deputy Chief Warden, I always make time to explore the creative depths of every pencil stroke, whether it's capturing a landscape, a portrait, or an abstract design. In every sketch I create, I find a piece of myself reflected—a moment of peace, a spark of creativity. Regardless of the demands of my role as a Deputy Chief Warden, I cherish the moments spent with my pencil in hand, allowing my imagination to wander freely on the blank canvas.

Ms. Nanda Kumari TR  
Deputy Chief Warden and Art Enthusiast



## ENRICHING EXPERIENCES

Teaching Mehendi classes in hobby classes on Sundays has been a wonderful experience. Sharing my knowledge and passion for this art form with students who had zero knowledge initially was truly amazing. Witnessing their growth and progress in the field of Mehendi has been immensely rewarding. I am thankful to the management at JIRS for providing a dedicated room for Mehendi in the hobby class, allowing us to create a comfortable and conducive environment for learning. From teaching the basics to exploring various patterns and techniques, every Sunday the class was filled with eager faces ready to learn and explore. The students' dedication and enthusiasm made the teaching experience even more enjoyable. Their progress in skills and confidence was commendable, and our holistic approach also involved educating them about the cultural and historical aspects of Mehendi. At JIRS we believe in inculcating creativity and nurturing talent. This experience has not only allowed me to share this art form with my students but has also enriched my own understanding and appreciation for this skill.



Ms. Asiya Alvi  
Kannada Faculty

## J'aime les merveilleux nuages!

- L'étranger de Baudelaire m'ont ouvert une nouvelle porte de connaissance,
- Ces lignes ont trouvé ma reconnaissance de flamme,
- Fait chauffer les nuages,
- Trouvé le sens d'inconnu mots,
- Aimé d'écouter le nouveau gazouillis,
- Passé à apprendre une nouvelle langue,
- Étendu un nouvel esprit linguistique,
- Rencontré une protagoniste dans mon conte de fées,
- J'ai trouvé une âme que moi,
- Ce n'est que ma deuxième langue comme ma langue maternelle.
- Elle a changé ma façon de voir en vie et
- Chaque jour, elle souhaite ne jamais me décevoir pour m'apprendre du nouveau.
- Ça est la langue Française et
- Elle est devenue ces merveilleux nuages.

Écrite par  
Ms. Uma Pauline  
Enseignante Française



## योगस्य माहात्म्यम्-

### योगस्य परिचयः

महर्षिपतञ्जलिना प्रणीतं “पातञ्जलयोगसूत्रम्” इति ग्रन्थः समाधिसाधनविभूतिकैवल्यमिति चतुर्षु पादेषु विभक्तोऽस्ति। तत्र समाधिपादे अथ योगानुशासनमित्यारभ्य तस्यापि निरोधे सर्वनिरोदान्निर्बीजः समाधिरिति सूत्रपर्यन्तं प्रथमे पादे उक्तमस्ति। पुनः साधनपादे तपःस्वाध्यायेस्वरप्रणिधानानि क्रियायोगः इति सूत्रादारभ्य ततः परमावश्यतोन्द्रियाणाम् इति सूत्रपर्यन्तं साधनपादे चर्चितं वर्तते। विभूतिपादे तु देशबन्धचित्तस्य धारणा इति सूत्रादारभ्य सत्त्वपुरुषयोः शुद्धिसाम्ये कैवल्यमितिसूत्रपर्यन्तं चर्चितं वर्तते। अन्ते कैवल्य पादे जन्मौषधिमन्त्रतपः समाधिजाः सिद्धयः इति सूत्रादारभ्य पुरुषार्थशून्यानां प्रतिप्रसवः कैवल्यं स्वरूपप्रतिष्ठा वा चितिशक्तिरिति सूत्रपर्यन्तं चर्चा कृता वर्तते। एवं पतञ्जलिः अस्य शास्त्रस्य आदि-प्रवक्ता इति वक्तुं शक्यते। अयं शेषावताररूपेण स्थित्वा इमानि सर्वाणि कार्याणि अकरोदिति प्रसिद्धिर्जाता।

समाधिपादे योगस्य स्वरूपम् उद्देश्यं लक्षणं चित्तवृत्तिनिरोधस्योपायाः विभिन्नयोगानाञ्च विषये चर्चा विद्यते। साधनपादे तु क्रियायोगः, क्लेशाः, कर्मफलं, दुःखं, स्वभावः, हेयः, हेयहेतुः, हानं, हानोपायः, इत्यादीनां विषयाणां विषये चर्चा विद्यते। विभूतिपादे योगस्य अन्तरङ्गावस्था योगाभ्यासेनजनिताः सिद्धयश्च उल्लिखितास्सन्ति। कैवल्यपादे तु मुक्तेः स्वरूपं सम्यगरूपेण विस्तरेण च समुपवर्णितमस्ति।

Dr. GIRIDHAR B  
Faculty of Sanskrit



## सम्मान बनाम उपहार

यह तन विष की बेलरी, गुरु अमृत की खान।

शीश दियो जो गुरु मिले, तो भी सस्ता जान।।

कबीरदास की उपर्युक्त पंक्तियाँ मानव जीवन में शिक्षक के महत्त्व एवं महानता को प्रतिपादित करने हेतु पर्याप्त है। भारतीय संस्कृति में गुरु-शिष्य परंपरा को पवित्र स्थान दिया गया है। शिक्षक ही शिक्षार्थी में विद्या, आदर्श एवं संस्कार जैसे महान मूल्यों का आरोपण करता है। शिक्षक न केवल विद्या के प्रदाता होते हैं बल्कि उनका योगदान विद्यार्थियों के चरित्र निर्माण और समाज के विकास में भी महत्वपूर्ण होता है। वास्तव में किसी भी प्रतिदान से शिक्षक के उपकारों का मूल्य नहीं चुकाया जा सकता।

आधुनिक युग में शिक्षा प्रणाली के बदलते ढांचे के कारण गुरु-शिष्य परंपरा में बदलाव आया है। आज का सामाजिक और आर्थिक वातावरण शिक्षा के महत्त्व को केवल एक उत्पादक की दृष्टि से देखता है। विद्यार्थी अक्सर उपहारों के माध्यम से शिक्षक के द्वारा दिए गए ज्ञान, संस्कार एवं मार्गदर्शन का मूल्यांकन करने की कोशिश करते हैं। इस कृत्य से न केवल शिक्षकों का अपमान होता है बल्कि यह समाज में नैतिकता की कमी को भी दर्शाता है।

आज हम विद्यार्थियों में शिक्षकों के प्रति बढ़ती अश्रद्धा के भाव को देख सकते हैं। भारत की इस भावी पीढ़ी को अनुशासित, विनम्र तथा योग्य बनाने के लिए ज़रूरी है कि उनके मन में शिक्षकों के प्रति आदर एवं श्रद्धा का भाव जगाया जाए। इस अश्रद्धा के जहाँ अनेक कारण हैं वहाँ कुछ अभिभावकों की शिक्षकों के प्रति उदासीनता भी है। यदि वे चाहें और प्रयत्न करें तो छात्रों को इस दोष दूर किया जा सकता है। हालांकि व्यावसायिकता से प्रभावित कुछ शिक्षक भी इस कृत्य को प्रोत्साहन देते पाए जाते हैं। शिक्षकों को चाहिये कि वे अपने शिक्षा कौशल और समर्पण के माध्यम से छात्रों को संवेदनशील और सशक्त नागरिकों के रूप में तैयार करें।

किसी भी सच्चे शिक्षक को सबसे अधिक प्रसन्नता अपने विद्यार्थी की सफलता पर होती है। शिक्षार्थी जीवन में सफल होकर शिक्षकों को अपनी सफलता का श्रेय दें और उन्हें आजीवन आदर एवं सम्मान दें, यही शिक्षक के लिए श्रेष्ठ उपहार होता है। इस बात ध्यान रखें कि शिक्षक भी मनुष्य ही हैं, उनसे भी गलतियाँ हो सकती हैं। शिक्षक अपनी ओर से अपना सर्वोत्तम देने का प्रयास करते हैं इसलिए उनकी गलतियों का विश्लेषण न करते हुए उनके लिए अपार कृतज्ञता एवं श्रद्धा का भाव रखें, यही शिक्षक के लिए सच्चा उपहार होगा।

शिक्षक और छात्र दोनों ही एक अनुभवी और संवेदनशील शिक्षा साथी के रूप में एक दूसरे की सहायता कर सकें इसलिए मेरी अपील है कि शिक्षकों के योगदान का सम्मान उन्हें उपहार देकर नहीं बल्कि आदर और सम्मान के साथ उनके कार्य की सराहना कर करें। ऐसा करने से शिक्षा प्रणाली तो प्रभावी बनेगी ही साथ ही हमारे समाज के नैतिक मूल्यों में भी मज़बूती आएगी।

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## ಶೀರ್ಷಿಕೆ: ಕನ್ನಡ ಕಲಿಸುವ ಶಿಕ್ಷಕರ ಪಯಣ

ಕನ್ನಡ ಭಾಷೆಯ ಬಗ್ಗೆ ಒಲವು ಹೊಂದಿರುವ ವೃತ್ತಿಪರ ವಿಜ್ಞಾನ ಶಿಕ್ಷಕರಾಗಿ, ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಕನ್ನಡವನ್ನು ಕಲಿಸಲು ನನಗೆ ಅದ್ಭುತ ಅವಕಾಶ ಸಿಕ್ಕಿತು, ಇದರ ಪರಿಣಾಮವಾಗಿ ಶ್ರೀಮಂತ ಅನುಭವವಾಯಿತು.

ಭಾಷಾ ಕಲಿಕೆಯ ಅನುಭವವನ್ನು ಮಾಡಲು ಇತರ ವಿಷಯದ ಪಾಠಗಳೊಂದಿಗೆ ಕನ್ನಡವನ್ನು ಸಂಯೋಜಿಸುವುದು. ಸಕ್ರಿಯ ಕಲಿಕೆ ಮತ್ತು ನಿಶ್ಚಿತಾರ್ಥವನ್ನು ಹೆಚ್ಚಿಸಲು ಗುಂಪು ಚರ್ಚೆಗಳು, ಪಾತ್ರಾಭಿನಯ ಮತ್ತು ಕಲೆ-ಆಧಾರಿತ ಚಟುವಟಿಕೆಗಳನ್ನು ಬಳಸಿಕೊಳ್ಳುವುದು. ಕವಿತೆ ವಾಚನಗಳಲ್ಲಿ ಭಾಗವಹಿಸಲು, ಕವಿತೆಗಳನ್ನು ರಚಿಸಲು ಮತ್ತು ಪ್ರಬಂಧಗಳನ್ನು ಬರೆಯಲು ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಪ್ರೋತ್ಸಾಹಿಸುವುದು, ಏಕಕಾಲದಲ್ಲಿ ಭಾಷಾ ಕೌಶಲ್ಯಗಳನ್ನು ಸುಧಾರಿಸುವುದು. ಸಾಂಸ್ಕೃತಿಕ ಇಮ್ಮರ್ಶನ್: ಕರ್ನಾಟಕದ ಶ್ರೀಮಂತ ಪರಂಪರೆಯನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತೆರೆದಿಡಲು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳ ಮೂಲಕ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು (ಕರ್ನಾಟಕ ರಚನೆಯ ದಿನ) ಆಚರಿಸುವುದು. ಕನ್ನಡ ಸಂಸ್ಕೃತಿಯ ಬಗ್ಗೆ ಮೆಚ್ಚುಗೆಯನ್ನು ಬೆಳೆಸಲು ಸಾಂಪ್ರದಾಯಿಕ ಸಂಗೀತ, ನೃತ್ಯ ಮತ್ತು ನಾಟಕಗಳನ್ನು ನೀಡುತ್ತಿದೆ. ವಿದ್ಯಾರ್ಥಿಗಳ ಭಾಷಾ ಬೆಳವಣಿಗೆ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಅರಿವಿನ ಮೇಲೆ ಮಹತ್ವದ ಪ್ರಭಾವ. ಅನುಮಾನಗೊಂಡ ವಿದ್ಯಾರ್ಥಿಗಳು ಕನ್ನಡ ಮಾತನಾಡುವ ಪ್ರೀತಿ ಮತ್ತು ವಿಶ್ವಾಸವನ್ನು ಬೆಳೆಸಿಕೊಂಡರು. ಪ್ರಾದೇಶಿಕ ಭಾಷೆಗಳನ್ನು ಉಳಿಸುವಲ್ಲಿ ಶಿಕ್ಷಣದ ಶಕ್ತಿಯನ್ನು ಎತ್ತಿ ತೋರಿಸುತ್ತದೆ. ವಿಜ್ಞಾನ ಶಿಕ್ಷಕರಾಗಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಕನ್ನಡ ಕಲಿಸುವುದು ಸಾಂಸ್ಕೃತಿಕ ಮತ್ತು ಭಾಷಿಕ ಪರಂಪರೆಯನ್ನು ಉಳಿಸಿಕೊಂಡು ಬಂದಿದೆ. ಪ್ರಾದೇಶಿಕ ಭಾಷೆಗಳ ಮೇಲಿನ ಪ್ರೀತಿಯನ್ನು ಬೆಳೆಸುವುದು ಸಮಾಜದಲ್ಲಿ ಒಳಗೊಳ್ಳುವಿಕೆ ಮತ್ತು ವೈವಿಧ್ಯತೆಯನ್ನು ಉತ್ತೇಜಿಸುತ್ತದೆ.

Ms. Asiya Alvi  
Kannada Faculty

## THE EXTRA MILE

*"If you want something you never had, you have to do something you've never done." - Thomas Jefferson*

In the bustling hub of our routine lives and between the outbreak of responsibilities and obligations we have, there exists a quiet yet potent force- the readiness to go that extra mile! As they say, there's no traffic jams along the extra mile, this readiness is a force that transcends boundaries, inspiring people to push beyond the ordinary in order to leave a lasting impression on people around them.

This is a tale of our students and a group of SODEXO members at school who belong to different states and speak their native language. Despite this diversity, they all faced the common challenge of not being proficient in English. Though initially, the assignment of conducting spoken English classes was taken up by students as a CAS activity, the dedication and efforts they put into it and the bond they could build with the SODEXO staff in a short span of time are truly incredible. From controlling the frustration during repeated mistakes while teaching the basics and addressing them as "Anna- please ...." with that politeness and respect, to understanding and explaining the concepts, I could see the spark in their eyes awaiting that outcome!

We usually take for granted the ability to communicate effortlessly with one another. But for those having trouble speaking English, the barriers can be insurmountable, closing doors of opportunity and limiting their potential. They often yearn to improve English but do not have the means to do so.

Here come our students, packed with compassion and a desire to make a difference! With the resources and a passion for teaching, they spent a few hours after school patiently guiding them through the nuances of grammar, pronunciation, and idioms.

And it was all not in vain. After months of diligent study and practice, the staff could do the basic English communication, so their confidence and self-esteem soared.

The staff demonstrated their willpower by coming out of their comfort zone, doing what they had never done before! While they gave brief speeches in English, we could watch our students with fear of possible disappointment and curiosity to show their teaching outcome!

I believe by now, our students realize what their teachers expect from them is what they expect from the learners here. The determination, patience, and perseverance that were consistent throughout the 11 weeks of this course were seen in those happy, sparkling eyes of the students!

Let's take a moment to recognize and celebrate people who go the extra mile in our lives. Whether it's the students waking up at 4 am to rush to the busy flower market in the city to buy fresh flowers for the hand made bouquets to give to their teachers on Teacher's Day, or whether it's the teachers who never shook their legs on stage but come out of their comfort zone collaborating with colleagues to dance on stage on a children's day to make their students feel special, or whether it's our facilities and management staff who work tirelessly above and beyond the profession, every student or an employee giving that extra mile, their dedication serves as a beacon of hope and inspiration for all of us.

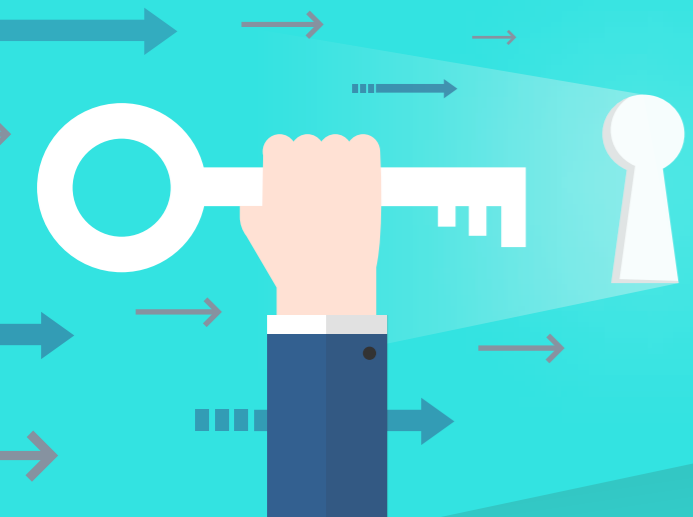
As we live in a world that often feels chaotic and uncertain, it is this kind of dedication that reminds us of the power we each hold to make a difference, one small act of kindness at a time.

Ms.Ramya Hegde  
Executive- Corporate Communications

### ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ಮೌಲ್ಯಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುವುದು ಯಶಸ್ಸನ್ನು ಸಾಧಿಸುವ ಕೀಲಿಯಾಗಿದೆ.

ಒಬ್ಬ ವ್ಯಕ್ತಿಯು ತನ್ನ ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ಉತ್ತಮ ಮೌಲ್ಯಗಳನ್ನು ಅಳವಡಿಸಿಕೊಂಡರೆ, ಅದು ಯಶಸ್ಸಿಗೆ ಕಾರಣವಾಗಬಹುದು. ಪ್ರಾಮಾಣಿಕತೆ, ಸಮಗ್ರತೆ ಮತ್ತು ಸಹಾನುಭೂತಿಯಿಂದ ಬದುಕುವ ಮೂಲಕ ವ್ಯಕ್ತಿಯ ಪಾತ್ರವು ಧನಾತ್ಮಕವಾಗಿ ರೂಪುಗೊಳ್ಳುತ್ತದೆ. ಶ್ರೇಷ್ಠತೆಯನ್ನು ಸಾಧಿಸಲು ಕಠಿಣ ಪರಿಶ್ರಮ, ಶಿಸ್ತು ಮತ್ತು ಪರಿಶ್ರಮದಂತಹ ಮೌಲ್ಯಗಳು ಅತ್ಯಗತ್ಯ. ಈ ಮೌಲ್ಯಗಳು ವ್ಯಕ್ತಿಯ ದಿನಚರಿಯ ಭಾಗವಾದಾಗ, ಅವು ವೈಯಕ್ತಿಕ ಬೆಳವಣಿಗೆ, ಉತ್ತಮ ಸಂಬಂಧಗಳು ಮತ್ತು ವೃತ್ತಿಪರ ಸಾಧನೆಗಳಿಗೆ ಕೊಡುಗೆ ನೀಡುತ್ತವೆ. ಬಲವಾದ ಮೌಲ್ಯಗಳ ಪ್ರಕಾರ ಬದುಕುವುದು ಅಂತಿಮವಾಗಿ ಯಶಸ್ವಿ ಮತ್ತು ಸಾರ್ಥಕ ಜೀವನಕ್ಕೆ ಕಾರಣವಾಗುತ್ತದೆ.

**Vijiyashree**  
**Grade 5 (CBSE)**



### ಮನೆಯೇ ಮೊದಲ ಪಾಠಶಾಲೆ ಮತ್ತು ತಾಯಿಯೇ ಮೊದಲ ಗುರು .

ತಾಯಿಯನ್ನು ಸಾಮಾನ್ಯವಾಗಿ ಕಲಿಕೆಯ ಮೊದಲ ಶಾಲೆ ಎಂದು ಪರಿಗಣಿಸಲಾಗುತ್ತದೆ. ಮಗು ಹುಟ್ಟಿದ ಕ್ಷಣದಿಂದ ಅವರ ತಾಯಿ ಅವರ ಮೊದಲ ಗುರು ಮತ್ತು ಮಾರ್ಗದರ್ಶಿಯಾಗುತ್ತಾರೆ. ಮಗುವಿನ ಆರಂಭಿಕ ಬೆಳವಣಿಗೆಯಲ್ಲಿ ತಾಯಂದಿರು ನಿರ್ಣಾಯಕ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತಾರೆ, ಅವರನ್ನು ದೈಹಿಕವಾಗಿ, ಭಾವನಾತ್ಮಕವಾಗಿ ಮತ್ತು ಬೌದ್ಧಿಕವಾಗಿ ಪ್ರೋತ್ಸಾಹಿಸುತ್ತಾರೆ.

ತಾಯಂದಿರು ಮಕ್ಕಳಿಗೆ ಮೊದಲ ಗುರುಗಳು, ಹುಟ್ಟಿನಿಂದಲೇ ಅವರನ್ನು ಪ್ರೋತ್ಸಾಹಿಸುವುದು ಮತ್ತು ಮಾರ್ಗದರ್ಶನ ಮಾಡುವುದು. ಅವರು ಪ್ರಮುಖ ಮೌಲ್ಯಗಳು, ಭಾಷೆಯನ್ನು ಕಲಿಸುತ್ತಾರೆ ಮತ್ತು ಕಲಿಕೆಗೆ ಸುರಕ್ಷಿತ ವಾತಾವರಣವನ್ನು ಒದಗಿಸುತ್ತಾರೆ. ಆರಂಭಿಕ ಬೆಳವಣಿಗೆಯ ಸಮಯದಲ್ಲಿ ತಾಯಂದಿರಿಂದ ಪಾಠಗಳು ಮತ್ತು ಬೆಂಬಲವು ಮಗುವಿನ ಶಿಕ್ಷಣ ಮತ್ತು ಒಟ್ಟಾರೆ ಬೆಳವಣಿಗೆಯ ಮೇಲೆ ಶಾಶ್ವತವಾದ ಪರಿಣಾಮವನ್ನು ಬೀರುತ್ತದೆ. ಮಕ್ಕಳ ಭಾಷೆಯ ಬೆಳವಣಿಗೆಯ ಪ್ರಾಥಮಿಕ ಮೂಲವೂ ತಾಯಂದಿರು. ಅವರು ತಮ್ಮ ಮೊದಲ ಪದಗಳನ್ನು ಅವರಿಗೆ ಕಲಿಸುತ್ತಾರೆ, ಸಂಭಾಷಣೆಗಳಲ್ಲಿ ತೊಡಗುತ್ತಾರೆ ಮತ್ತು ವಿವಿಧ ಶಬ್ದಗಳು ಮತ್ತು ಪರಿಕಲ್ಪನೆಗಳನ್ನು ಅವರಿಗೆ ಪರಿಚಯಿಸುತ್ತಾರೆ.

ತಾಯಂದಿರು ತಮ್ಮ ಮಕ್ಕಳಿಗೆ ಅನ್ವೇಷಿಸಲು ಮತ್ತು ಕಲಿಯಲು ಸುರಕ್ಷಿತ ಮತ್ತು ಬೆಂಬಲ ವಾತಾವರಣವನ್ನು ಒದಗಿಸುತ್ತಾರೆ. ಅವರು ಕುತೂಹಲವನ್ನು ಪ್ರೋತ್ಸಾಹಿಸುತ್ತಾರೆ ಮತ್ತು ಅವರ ಸಾಮರ್ಥ್ಯಗಳಲ್ಲಿ ಮಗುವಿನ ವಿಶ್ವಾಸವನ್ನು ನಿರ್ಮಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತಾರೆ.

**Manvitha**  
**Grade 6 CBSE**



## ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಆರೋಗ್ಯಕರ ಮತ್ತು ಸಂತೋಷವಾಗಿರಲು

### ಸಲಹೆಗಳು

ವಿದ್ಯಾರ್ಥಿಗಳು ಸೇರಿದಂತೆ ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಆರೋಗ್ಯಕರ ಮತ್ತು ಸಂತೋಷವಾಗಿರುವುದು ಮುಖ್ಯವಾಗಿದೆ. ನಿಮ್ಮ ದೈಹಿಕ ಮತ್ತು ಭಾವನಾತ್ಮಕ ಯೋಗಕ್ಷೇಮವನ್ನು ನೋಡಿಕೊಳ್ಳುವುದು ನಿಮಗೆ ಉತ್ತಮ ಶಾಲಾ ವರ್ಷವನ್ನು ಹೊಂದಲು ಮತ್ತು ಜೀವನವನ್ನು ಪೂರ್ಣವಾಗಿ ಆನಂದಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಆರೋಗ್ಯಕರ ಮತ್ತು ಸಂತೋಷವಾಗಿರಲು ನಿಮಗೆ ಸಹಾಯ ಮಾಡುವ ಕೆಲವು ಸರಳ ಸಲಹೆಗಳು ಇಲ್ಲಿವೆ.

ದೇಹ:

#### 1. ಚೆನ್ನಾಗಿ ತಿನ್ನಿರಿ:

ಸಾಕಷ್ಟು ಹಣ್ಣುಗಳು, ತರಕಾರಿಗಳು, ಧಾನ್ಯಗಳು ಮತ್ತು ಪ್ರೋಟೀನ್‌ಗಳೊಂದಿಗೆ ಸಮತೋಲಿತ ಆಹಾರವನ್ನು ಸೇವಿಸುವುದನ್ನು ಖಚಿತಪಡಿಸಿಕೊಳ್ಳಿ.

#### 2. ಚಲಿಸುವಂತೆ ಮಾಡಿ:

ಕ್ರೀಡೆಗಳನ್ನು ಆಡುವುದು, ನಿಮ್ಮ ಬೈಕು ಸವಾರಿ ಮಾಡುವುದು ಅಥವಾ ನೃತ್ಯ ಮಾಡುವಂತಹ ನೀವು ಆನಂದಿಸುವ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳುವ ಮೂಲಕ ಸಕ್ರಿಯರಾಗಿರಿ. ನಿಮ್ಮ ದೇಹವನ್ನು ಸದೃಢವಾಗಿ ಮತ್ತು ಸದೃಢವಾಗಿಡಲು ಪ್ರತಿದಿನ ಕನಿಷ್ಠ 60 ನಿಮಿಷಗಳ ವ್ಯಾಯಾಮವನ್ನು ಗುರಿಯಾಗಿರಿಸಿ.

#### 3. ಸಾಕಷ್ಟು ನಿದ್ರೆ ಪಡೆಯಿರಿ:

ಪ್ರತಿ ರಾತ್ರಿ ಸಾಕಷ್ಟು ನಿದ್ರೆ ಮಾಡುವುದು ಮುಖ್ಯ. ಮಲಗುವ ಸಮಯವನ್ನು ನಿಗದಿಪಡಿಸಲು ಪ್ರಯತ್ನಿಸಿ ಮತ್ತು ಮಲಗುವ ಮುನ್ನ ಶಾಂತಗೊಳಿಸುವ ದಿನಚರಿಯನ್ನು ರಚಿಸಿ. ಮಲಗುವ ಮುನ್ನ ಪರದೆಯ ಸಮಯವನ್ನು ಮಿತಿಗೊಳಿಸಿ ಏಕೆಂದರೆ ಅದು ನಿಮ್ಮ ನಿದ್ರೆಯ ಗುಣಮಟ್ಟದ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರಬಹುದು.

#### 4. ವಿರಾಮಗಳನ್ನು ತೆಗೆದುಕೊಳ್ಳಿ ಮತ್ತು ವಿಶ್ರಾಂತಿ ಪಡೆಯಿರಿ:

ನಿಮ್ಮ ಮನಸ್ಸನ್ನು ವಿಶ್ರಾಂತಿ ಮಾಡಲು ಅಧ್ಯಯನ ಮಾಡುವಾಗ ಅಥವಾ ಹೋಮ್‌ವರ್ಕ್ ಮಾಡುವಾಗ ಸಣ್ಣ ವಿರಾಮಗಳನ್ನು ತೆಗೆದುಕೊಳ್ಳಿ. ಓದುವುದು, ಚಿತ್ರಿಸುವುದು ಅಥವಾ ಕುಟುಂಬ ಮತ್ತು ಸ್ನೇಹಿತರೊಂದಿಗೆ ಸಮಯ ಕಳೆಯುವಂತಹ ನೀವು ಆನಂದಿಸುವ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳಿ. ವಿಶ್ರಾಂತಿ ಪಡೆಯಲು ಮತ್ತು ಆನಂದಿಸಲು ಸಮಯ ತೆಗೆದುಕೊಳ್ಳುವುದು ನಿಮ್ಮ ಯೋಗಕ್ಷೇಮಕ್ಕೆ ಅತ್ಯಗತ್ಯ.

#### 5. ನಿಮ್ಮ ಭಾವನೆಗಳ ಬಗ್ಗೆ ಮಾತನಾಡಿ:

ಏರಿಳಿತಗಳು ಸಹಜ. ನೀವು ದುಃಖ, ಕೋಪ ಅಥವಾ ಒತ್ತಡವನ್ನು ಅನುಭವಿಸುತ್ತಿದ್ದರೆ, ವಿಶ್ವಾಸಾರ್ಹ ವಯಸ್ಕ ಅಥವಾ ಸ್ನೇಹಿತನೊಂದಿಗೆ ಮಾತನಾಡಿ. ನಿಮ್ಮ ಭಾವನೆಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳುವುದು ನಿಮಗೆ ಉತ್ತಮವಾಗಲು ಮತ್ತು ನಿಮ್ಮ ಸಮಸ್ಯೆಗಳಿಗೆ ಪರಿಹಾರಗಳನ್ನು ಕಂಡುಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

#### 6. ಉತ್ತಮ ನೈರ್ಮಲ್ಯವನ್ನು ಅಭ್ಯಾಸ ಮಾಡಿ:

ನಿಯಮಿತವಾಗಿ ನಿಮ್ಮ ಕೈಗಳನ್ನು ತೊಳೆಯಿರಿ, ವಿಶೇಷವಾಗಿ ತಿನ್ನುವ ಮೊದಲು ಮತ್ತು ವಿಶ್ರಾಂತಿ ಕೊಠಡಿಯನ್ನು ಬಳಸಿದ ನಂತರ. ದಿನಕ್ಕೆ ಎರಡು ಬಾರಿ ಹಲ್ಲುಜ್ಜುವುದು, ನಿಯಮಿತವಾಗಿ ಸ್ನಾನ ಮಾಡುವುದು ಮತ್ತು ಸ್ವಚ್ಛವಾದ ಬಟ್ಟೆಗಳನ್ನು ಧರಿಸುವುದರ ಮೂಲಕ ನಿಮ್ಮ ವೈಯಕ್ತಿಕ ನೈರ್ಮಲ್ಯವನ್ನು ಪರಿಶೀಲಿಸಿ.

#### 7. ದಯೆ ಮತ್ತು ಗೌರವಾನ್ವಿತರಾಗಿರಿ:

ಇತರರನ್ನು ದಯೆ ಮತ್ತು ಗೌರವದಿಂದ ನಡೆಸಿಕೊಳ್ಳಿ. ಸ್ನೇಹಪರ ಮತ್ತು ಅಂತರ್ಗತವಾಗಿರುವುದು ಎಲ್ಲರಿಗೂ ಧನಾತ್ಮಕ ಮತ್ತು ಬೆಂಬಲ ವಾತಾವರಣವನ್ನು ಸೃಷ್ಟಿಸುತ್ತದೆ. ಬೆದರಿಸುವ ವಿರುದ್ಧ ನಿಲ್ಲಲು ಮತ್ತು ಅಗತ್ಯವಿರುವವರಿಗೆ ಸಹಾಯ ಮಾಡಲು ಮರೆಯದಿರಿ.

#### 8. ಧನಾತ್ಮಕವಾಗಿರಿ:

ಸಕಾರಾತ್ಮಕ ಮನೋಭಾವವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಿ ಮತ್ತು ಜೀವನದಲ್ಲಿ ಒಳ್ಳೆಯ ವಿಷಯಗಳ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸಿ. ನಿಮ್ಮನ್ನು ಪ್ರೇರೇಪಿಸುವ ಮತ್ತು ಪ್ರೋತ್ಸಾಹಿಸುವ ಜನರೊಂದಿಗೆ ನಿಮ್ಮನ್ನು ಸುತ್ತಿವರೆದಿರಿ. ನಿಮ್ಮ ಸಾಧನೆಗಳನ್ನು ಆಚರಿಸಿ, ದೊಡ್ಡದಾಗಿರಲಿ ಅಥವಾ ಚಿಕ್ಕದಾಗಿರಲಿ, ಮತ್ತು ವಿಷಯಗಳು ಯೋಚಿಸಿದಂತೆ ನಡೆಯದಿದ್ದಾಗ ನಿಮ್ಮ ಬಗ್ಗೆ ಹೆಚ್ಚು ಕಷ್ಟಪಡಬೇಡಿ.

ಈ ಸರಳ ಸಲಹೆಗಳನ್ನು ಅನುಸರಿಸುವ ಮೂಲಕ, ವಿದ್ಯಾರ್ಥಿಗಳು ಆರೋಗ್ಯಕರ ಮತ್ತು ಸಂತೋಷದಿಂದ ಇರುತ್ತಾರೆ. ಚೆನ್ನಾಗಿ ತಿನ್ನಲು ಮರೆಯದಿರಿ, ಸಕ್ರಿಯರಾಗಿರಿ, ಸಾಕಷ್ಟು ನಿದ್ರೆ ಪಡೆಯಿರಿ, ವಿರಾಮಗಳನ್ನು ತೆಗೆದುಕೊಳ್ಳಿ, ನಿಮ್ಮ ಭಾವನೆಗಳ ಬಗ್ಗೆ ಮಾತನಾಡಿ, ಉತ್ತಮ ನೈರ್ಮಲ್ಯವನ್ನು ಅಭ್ಯಾಸ ಮಾಡಿ, ಇತರರೊಂದಿಗೆ ದಯೆಯಿಂದಿರಿ ಮತ್ತು ಸಕಾರಾತ್ಮಕ ಮನಸ್ಥಿತಿಯನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಿ. ನಿಮ್ಮ ಯೋಗಕ್ಷೇಮವನ್ನು ನೋಡಿಕೊಳ್ಳುವುದು ನಿಮಗೆ ಶೈಕ್ಷಣಿಕವಾಗಿ ಅಭಿವೃದ್ಧಿ ಹೊಂದಲು ಮತ್ತು ತೃಪ್ತಿಕರ ಜೀವನವನ್ನು ಆನಂದಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

**Aryan Shah**

**Grade 7B CBSE**





## ಶೀರ್ಷಿಕೆ: ತಾಯಿಯ ಪ್ರೀತಿಯ ಶಕ್ತಿ ಮತ್ತು ಮಹತ್ವ

ತಾಯಂದಿರು ನಮ್ಮ ಹೃದಯದಲ್ಲಿ ವಿಶೇಷ ಸ್ಥಾನವನ್ನು ಹೊಂದಿದ್ದಾರೆ. ಅವರು ನಮ್ಮ ಮೊದಲ ಶಿಕ್ಷಕರು, ನಮ್ಮ ನಿರಂತರ ಆರೈಕೆದಾರರು ಮತ್ತು ನಮ್ಮ ದೊಡ್ಡ ಬೆಂಬಲಿಗರು. ನಾವು ಹುಟ್ಟಿದ ಕ್ಷಣದಿಂದ, ಅವರು ನಮ್ಮ ಮಾರ್ಗದರ್ಶಿ ಬೆಳಕು, ಪ್ರೀತಿ, ಕಾಳಜಿ ಮತ್ತು ಭಾವನಾತ್ಮಕ ಸ್ಥಿರತೆಯನ್ನು ಒದಗಿಸುತ್ತಾರೆ. ಈ ಲೇಖನದಲ್ಲಿ ನಾವು ತಾಯಿಯ ಪ್ರೀತಿಯ ಅಳೆಯಲಾಗದ ಶಕ್ತಿ ಮತ್ತು ಮಹತ್ವವನ್ನು ಚರ್ಚಿಸುತ್ತೇವೆ.

### 1. ತಾಯಿ ಮತ್ತು ಮಗುವಿನ ನಡುವಿನ ಬಂಧ:

ತಾಯಿ ಮತ್ತು ಮಗುವಿನ ನಡುವೆ ಹಂಚಿಕೊಂಡಿರುವಷ್ಟು ಶುದ್ಧ ಮತ್ತು ಬೇಷರತ್ತಾದ ಯಾವುದೇ ಬಂಧವಿಲ್ಲ. ಈ ಸಂಪರ್ಕವು ಜನನದ ಮುಂಚೆಯೇ ಪ್ರಾರಂಭವಾಗುತ್ತದೆ, ತಾಯಿಯು ತನ್ನ ಮಗುವನ್ನು ತನ್ನ ಸ್ವಂತ ದೇಹದೊಳಗೆ ಪೋಷಿಸುತ್ತಾಳೆ. ಈ ಬಂಧವು ಜನನದ ನಂತರವೂ ಬೆಳವಣಿಗೆಯಾಗುತ್ತಲೇ ಇರುತ್ತದೆ, ಏಕೆಂದರೆ ತಾಯಿಯು ತನ್ನ ಮಗುವನ್ನು ಅವರ ಜೀವನದುದ್ದಕ್ಕೂ ಪೋಷಿಸುತ್ತಾಳೆ, ರಕ್ಷಿಸುತ್ತಾಳೆ ಮತ್ತು ಮಾರ್ಗದರ್ಶನ ನೀಡುತ್ತಾಳೆ.

### 2. ಬೇಷರತ್ತಾದ ಪ್ರೀತಿ:

ತಾಯಿಯ ಪ್ರೀತಿಯು ಬೇಷರತ್ತಾಗಿರುತ್ತದೆ, ಸಾಧನೆಗಳು, ನೋಟ ಅಥವಾ ಯಾವುದೇ ಬಾಹ್ಯ ಅಂಶಗಳ ಮೇಲೆ ಆಧಾರಿತವಾಗಿಲ್ಲ. ತಾಯಿಯು ತನ್ನ ಮಗುವನ್ನು ಅವರು ಮಾಡುವ ನ್ಯೂನತೆಗಳು ಅಥವಾ ತಪ್ಪುಗಳ ಹೊರತಾಗಿಯೂ ಅವರು ಯಾರೆಂದು ಒಪ್ಪಿಕೊಳ್ಳುತ್ತಾರೆ. ಈ ಅಚಲ ಪ್ರೀತಿಯು ಮಗುವಿನ ಸ್ವಾಭಿಮಾನ ಮತ್ತು ಭಾವನಾತ್ಮಕ ಯೋಗಕ್ಷೇಮಕ್ಕೆ ಅಮೂಲ್ಯವಾದ ಅಡಿಪಾಯವನ್ನು ಒದಗಿಸುತ್ತದೆ, ಇದು ಆತ್ಮವಿಶ್ವಾಸದ ವ್ಯಕ್ತಿಗಳಾಗಿ ಬೆಳೆಯಲು ಅನುವು ಮಾಡಿಕೊಡುತ್ತದೆ.

### 3. ತ್ಯಾಗಗಳು ಮತ್ತು ನಿಸ್ವಾರ್ಥತೆ:

ತಾಯಂದಿರು ತಮ್ಮ ಮಕ್ಕಳಿಗಾಗಿ ಲೆಕ್ಕವಿಲ್ಲದಷ್ಟು ತ್ಯಾಗಗಳನ್ನು ಮಾಡುತ್ತಾರೆ, ತಮ್ಮ ಅಗತ್ಯಗಳನ್ನು ತಮ್ಮ ಅಗತ್ಯಕ್ಕಿಂತ ಹೆಚ್ಚಾಗಿ ಇರಿಸುತ್ತಾರೆ. ಅಳುತ್ತಿರುವ ಮಗುವನ್ನು ನೋಡಿಕೊಳ್ಳಲು ಮಧ್ಯರಾತ್ರಿಯಲ್ಲಿ ಎಚ್ಚರಗೊಳ್ಳುತ್ತಿರಲಿ ಅಥವಾ ಅಗತ್ಯ ಆರೈಕೆಯನ್ನು ಒದಗಿಸಲು ವೃತ್ತಿಜೀವನದ ವಿರಾಮವನ್ನು ತೆಗೆದುಕೊಳ್ಳುತ್ತಿರಲಿ, ತಾಯಿಯ ನಿಸ್ವಾರ್ಥತೆಗೆ ಯಾವುದೇ ಮಿತಿಯಿಲ್ಲ. ಈ ತ್ಯಾಗಗಳನ್ನು ಸ್ವಇಚ್ಛೆಯಿಂದ ಮಾಡಲಾಗುತ್ತದೆ, ಮತ್ತು ಅವರನ್ನು ಪ್ರೇರೇಪಿಸುವ ಪ್ರೀತಿಯು ಅಪ್ರತಿಮವಾಗಿದೆ.

### 4. ಶಕ್ತಿ ಮತ್ತು ಸ್ಪೂರ್ತಿಯ ಮೂಲ:

ತಾಯಂದಿರು ತಮ್ಮ ಮಕ್ಕಳಿಗೆ ಶಕ್ತಿ ಮತ್ತು ಸ್ಪೂರ್ತಿಯ ದಾರಿದೀಪಗಳಾಗಿ ಸೇವೆ ಸಲ್ಲಿಸುತ್ತಾರೆ. ಅವರು ಕಷ್ಟದ ಸಮಯದಲ್ಲಿ ಬೆಂಬಲವನ್ನು ನೀಡುತ್ತಾರೆ, ಮಾರ್ಗದರ್ಶನವನ್ನು ನೀಡುತ್ತಾರೆ ಮತ್ತು ಸ್ಥಿತಿಸ್ಥಾಪಕತ್ವದ ಅರ್ಥವನ್ನು ತುಂಬುತ್ತಾರೆ. ತನ್ನ ಮಗುವಿನ ಸಾಮರ್ಥ್ಯಗಳಲ್ಲಿ ತಾಯಿಯ ಅಚಲವಾದ ನಂಬಿಕೆಯು ಸವಾಲುಗಳನ್ನು ಜಯಿಸಲು ಮತ್ತು ಅವರ ಕನಸುಗಳನ್ನು ಮುಂದುವರಿಸಲು ಅವರನ್ನು ಪ್ರೇರೇಪಿಸುತ್ತದೆ.

### 5. ಮೌಲ್ಯಗಳು ಮತ್ತು ನೈತಿಕತೆಯನ್ನು ರೂಪಿಸುವುದು:

ತಾಯಂದಿರು ತಮ್ಮ ಮಕ್ಕಳಿಗೆ ಮೌಲ್ಯಗಳು ಮತ್ತು ನೈತಿಕತೆಯನ್ನು ನೀಡುವಲ್ಲಿ ನಿರ್ಣಾಯಕ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತಾರೆ. ಅವರು ಪ್ರಾಮಾಣಿಕತೆ, ಸಹಾನುಭೂತಿ ಮತ್ತು ಗೌರವದ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಕಲಿಸುತ್ತಾರೆ. ತಾಯಿಯ ಮಾರ್ಗದರ್ಶನವು ಬಲವಾದ ನೈತಿಕ ದಿಕ್ಕೊಚ್ಚಿಯನ್ನು ಸ್ಥಾಪಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ, ಮಗುವಿನ ಪಾತ್ರವನ್ನು ರೂಪಿಸುತ್ತದೆ ಮತ್ತು ಜೀವನದುದ್ದಕ್ಕೂ ಅವರ ನಿರ್ಧಾರಗಳ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ.

ತೀರ್ಮಾನ:

ತಾಯಿಯ ಪ್ರೀತಿಯು ನಮ್ಮ ಜೀವನವನ್ನು ಲೆಕ್ಕವಿಲ್ಲದಷ್ಟು ರೀತಿಯಲ್ಲಿ ರೂಪಿಸುವ ಪ್ರಬಲ ಶಕ್ತಿಯಾಗಿದೆ. ಮುರಿಯಲಾಗದ ಬಂಧವನ್ನು ಬೆಳೆಸುವುದರಿಂದ ಹಿಡಿದು ಬೇಷರತ್ತಾದ ಬೆಂಬಲ ನೀಡುವವರೆಗೆ, ತಾಯಿಯ ಪ್ರಭಾವವನ್ನು ಅತಿಯಾಗಿ ಹೇಳಲಾಗುವುದಿಲ್ಲ. ಕೇವಲ ತಾಯಂದಿರ ದಿನದಂದು ಮಾತ್ರವಲ್ಲದೆ ಪ್ರತಿದಿನವೂ ನಮ್ಮ ತಾಯಂದಿರು ಮಾಡಿದ ಪ್ರೀತಿ ಮತ್ತು ತ್ಯಾಗವನ್ನು ಗೌರವಿಸುವುದು ಮತ್ತು ಪ್ರಶಂಸಿಸುವುದು ಮುಖ್ಯವಾಗಿದೆ.

*Aparanji S*

*Grade 7 A CBSE*

## Environment - पर्यावरणम्

प्रकृतिः समेषां प्राणिनां संरक्षणाय यतते। इतं सर्वान् पुष्पाति विविधैः प्रकारैः सुखसाधनैः च तर्पयति। पृथिवी, जलम्, तेजः, वायुः, आकाशः च अस्याः प्रमुखानि तत्त्वानि। तान्येव मिलित्वा पृथक्त्वा वाऽस्माकं पर्यावरणं रचयन्ति। आत्रियते परितः समन्तात् लोकः अनेन इति पर्यावरणम्। यथा अजातशिशुः मातृगर्भे सुरक्षितः तिष्ठति तथैव मानवः पर्यावरणकुक्षौ। परिष्कृतं च पर्यावरणम् अस्मभ्यं सांसारिकं जीवनसुखं, सद्दिचारं, सत्यसङ्कल्पं माङ्गलिकसामग्रीश्च प्रददाति। प्रकृतिकोपैः आतङ्कितो किं कर्तुं प्रभवति? जलप्लावनैः अग्निभयैः, भूकम्पैः, वात्याचक्रैः, उल्कापातादिभिश्च सन्तप्तस्य मानवस्य क्व मङ्गलम्?

सरितो गिरिनिर्झराश्च अमृतस्वादु निर्मलं जलं प्रयच्छन्ति। वृक्षा लताश्च फलानि पुष्पाणि इन्धनकाष्ठानि च बाहुल्येन समुपहरन्ति। शीतलमन्दसुगन्धिवनपवना औषधकल्पं प्राणवायुं वितरन्ति।

परन्तु स्वार्थान्धो मानवः तदेव पर्यावरणम् अद्यनाशयति। स्वल्पलाभाय जना बहुमूल्यानि वस्तूनि नाशयन्ति। जनाः यन्त्रागाराणां विषाक्तं जलं नद्यां निपातयन्ति। तेन मत्स्यादीनां जलचराणां च क्षणेनैव नाशो भवति। नदीजलमपि तत्सर्वथाऽपेयं जायते। मानवाः व्यापारवर्धनाय वनवृक्षान् निर्विवेकं छिन्दन्ति। तस्मात् अवृष्टिः प्रवर्धते। वनपशवश्च शरणरहिता ग्रामेषु उपद्रवं विदधति। शुद्धवायुरपि वृक्षकर्तनात् सङ्कटापन्नो जायते। एवं हि स्वार्थान्धमानवैः विकृतिम् उपगता प्रकृतिः एवं सर्वेषां विनाशकर्त्री भवति। विकृतिमुपगते पर्यावरणे विवधाः रोगाः भीषणसमस्याश्च सम्भवन्ति। सत्सर्वमिदानीं चिन्तनीयं प्रतिभाति। धर्मो रक्षति रक्षितः इत्यार्षवचनम्। पर्यावरणरक्षणमपि धर्मस्यैवाङ्गमिति ऋषयः प्रतिपादितवन्तः। अत एव वापीकूपतडागादिनिर्मणं देवायतन-विश्रामगृहादिस्थापनञ्च धर्मसिद्धेः स्रोतो रूपेण अङ्गीकृतम्। कुक्कुर-सूकर-सर्प-नकुलादि-स्थलचारः-मत्स्य-कच्छप-मकरप्रभृतयः जलचराश्च अपि रक्षणीयाः, यतः ते स्थलमलानाम् अपनोदिनः जलमलानाम् अपहारिणश्च। प्रकृतिरक्षया एव लोकरक्षा सम्भवति इत्यत्र नास्ति संशयः।

कक्ष्या- नवमीछात्राः।।

Jaswanth .Y  
Class-9



## जटायोः शौर्यम्। (Bravery of Jatayu)

- 1) सा तदा करुणा वाचो विलपन्ती सुदुःखिता।  
वनस्पतिगतं गृध्रं ददर्शयितलोचना।।
- 2) जटायो पश्य मामार्यं ह्यिमाणामनाथवत्।  
अनेन राक्षसेन्द्रेण करुणं पापकर्मणा।
- 3) ततोऽस्य सशरं चापं मुक्तामणिविभूषितम्।  
चरणाभ्यां महातेजा बभञ्जास्य महद्भनुः।
- 4) ततः पर्वतश्रृङ्गाभः तीक्ष्णतुण्डः खगोत्तमः।  
वनस्पतिगतः श्रीमान् व्याजहार शुभां गिरम्।
- 5) निवर्तय मतिं नीचां परदाराभिमर्शनात्।  
न तत्समाचरेद्धीरो यत्परोऽस्य विगर्हयेत्।।
- 6) वृद्धोऽहं त्व युवा धन्वी सरथः कवची शरी।  
न चाप्यादाय कुसली वैदेहीं मे गमिष्यसि।
- 7) तस्य तीक्ष्णखाभ्यां तु चरणाभ्यां मबाबलः।  
चकार बहुधा गात्रे व्रणान् पतगसत्तमः।।
- 8) ततोऽस्य सशरं चापं मुक्तामणिविभूषितम्।  
चरणाभ्यां महातेजा बभञ्जास्य महद्भनुः।।
- 9) स भग्नधन्वा विरथो हताश्वो हतसारथिः।  
तलेनाभिजघानाशु जटायुं कोरधमूर्च्छितः।।
- 10) जटायुस्तमतिक्रम्य तुण्डेनास्य खगाधिपः।  
वामबाहून्दश तदा व्यपाहरदरिन्दमः।।

## संस्कृते विद्यमानाः लोकोक्तयः

१. संघे शक्तिः युगे युगे – एकता में हर युग में बल हो ता है। है
२. अविवेकः परमापदां पदम् – अज्ञानता विपत्ति का कारण हो ता है।
३. कालस्य कुटिला गतिः – विपत्ति अकेले नहीं आती।
४. अल्पविद्या भयंकरी – नीम हकीम खतरे जान।
५. बहवारम्भे लघुक्रिया – छोदा पहाड़ निकली चुहिया।
६. वरमद्य कपोतः श्वो मयूरात् – नौ नगद न तेरह उधारा।
७. वीरभोग्या वसुन्धसुरा – ये धरती वीरभोग्या है।
८. शठे शाठ्यं समाचरेत् – जैसे को तैसा।
९. दूरस्थाः पर्वताः रम्याः – दूर के ढोल मुहावने लगते हैं।
१०. बली बलं वेत्ति न तु निर्बलः – जौ हर की गति जौहर जाने।
११. अतिदर्पे हता लंका – घमंडी का सिर नीचा।
१२. अर्धो घटो घोषमुपैति नूनम् – थोथा चना बाजे घना।
१३. कष्टं खलु पराश्रयः – पराधीन सपनेहुँ सुख नहीं।
१४. क्षते क्षारप्रक्षेपः – जले पर नमक छिड़कना।
१५. विषकुम्भं पयो मुखम् – तन के उजले मन के काले।
१६. जलबिन्दुनिपातेन क्रमशः पूर्यते घटः – बूँदबूँद घडा भरता है।
१७. गतः कालो न आयाति – गया वक्त हाथ नहीं आता।
१८. पयः पानं भुजङ्गानां केवलं विषवर्धनम् – साँपों को दूध पिलाना उनके विष को बढ़ाना है।
१९. सर्वनाशे समुत्पन्ने अर्धं त्यजति पण्डितः – भागते चोर की लंगोटी सही।
२०. यत्रं विना रत्रं न लभ्यते – सेवा विन मेवा नहीं।



Sai Swadeepa  
Grade 8 (CBSE)

## भगवान – शब्द का रहस्य

भगवान = भ + ग + व + आ + न

भ – भूमि (Earth)

ग – गगन (Space)

व – वायु (Air)

आ – आग (Fire)

न – नीर (जल) (Water)

यह सम्पूर्ण सृष्टि, पूरी प्रकृति इन पाँच तत्वों (भूमि, गगन, वायु, अग्नि, जल) से बनी हुई है। पूरी प्रकृति ही भगवान का स्वरूप है।

शायद यही कारण है कि हमारी संस्कृति में प्रकृति की पूजा करने की परंपरा रही है। हमें अपनी संस्कृति पर गर्व होना चाहिए।

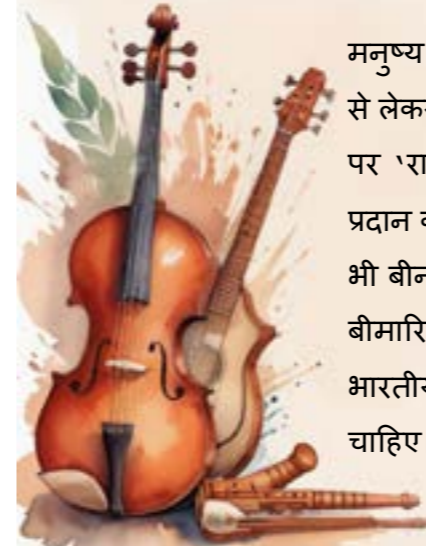
आरुषि

कक्षा 6 (कैम्ब्रिज)

## संगीत का जादू

संगीत है शक्ति ईश्वर की, हर स्वर में बसे हैं राम।

रागी जो सुनाए रागिनी, रोगी को मिले आराम।।



मनुष्य के जीवन में संगीत का महत्व वैसा ही है जैसे जीवित रहने के लिए साँसों का। मनुष्य के जन्म से लेकर मृत्यु तक संगीत उसके साथ होता है। जैसे जन्म लेने पर लोग बधाई गीत गाते हैं और मृत्यु पर 'राम नाम सत्य है' की धुन गाते हैं। अच्छा संगीत मनुष्य के तनाव को दूर करता है और खुशियाँ प्रदान करता है। संसार के हर जीव को संगीत अच्छा लगता है। साँप एक जहरीला प्राणी है लेकिन वह भी बीन की मधुर धुन पर नाचने लगता है। भारतीय संगीत में इस तरह के राग हैं जिनसे लोगों की बीमारियों का इलाज भी किया जा रहा है जिसे संगीतोपचार (Music therapy) का नाम गया है। हमें भारतीय संगीत को अपना कर जीवन में खुशियों के साथ-साथ निरोगी तन-मन का आनंद लेना चाहिए।

अश्वनी जी

कक्षा 7 (CBSE)



## एक अपील

हम सभी जानते हैं कि कचरा बुरी चीज़ है, लेकिन क्या हमने सोचा है कि कचरा हमारे पर्यावरण पर कितना बुरा प्रभाव डालता है? आइए इसे समझें।

जिस चीज़ को हम घर से बाहर फेंक देते हैं वह कचरा कहलाता जैसे घर की गंदगी, प्लास्टिक, कागज़, काँच, बचा-खुचा खाना, इत्यादि। कचरा हमारी लापरवाही और अज्ञानता के कारण फैलता है। कचरे के कारण ही पानी, हवा और मिट्टी खराब हो जाती है जो हमारी सेहत और पर्यावरण को नुकसान पहुँचाती है।

आम तौर पर कचरे को तीन भागों में बाँटा जा सकता है-

1. पुनर्चक्रण योग्य कचरा – इसमें कागज़, प्लास्टिक, काँच और धातु जैसी चीज़ें शामिल होती हैं जिनसे दोबारा नई चीज़ें बनाई जा सकती हैं।
2. जैविक कचरा – इसमें ज़्यादातर खाद्य कचरा होता है जिसे प्राकृतिक खाद में बदला जा सकता है।
3. खतरनाक कचरा - इसमें बैटरी, रसायन और पुराने इलेक्ट्रॉनिक्स शामिल होते हैं जिसके निपटान के लिए विशेष प्रबंध की ज़रूरत होती है।

अतः कचरे के सही निपटान के लिए हमें उसे गीले और सूखे अलग-अलग कचरे के डिब्बों में डालना चाहिए। हमें ध्यान रखना चाहिए कि पर्यावरण को बचाना हमारी जिम्मेदारी है और हमें ही उसका सही से ध्यान रखना होगा। तो चलिए, हम सभी मिलकर कचरे के खिलाफ लड़ाई लड़ें और पर्यावरण को स्वच्छ रखें।

कुंज गोयल  
कक्षा 8 (कैम्ब्रिज)



## घर की महत्ता

दुनिया में कितने भी सुंदर होटल हों, कितने भी खूबसूरत समुद्र तट हों पर किसी घर से उनकी तुलना नहीं की जा सकती। घर में एक ऐसा जादू होता है जो हमें उससे बाँधे रखता है। बंगला हो या झोपड़ी, सभी को अपने घर से गहरा लगाव होता है। हम पत्थर, ईंट, मिट्टी, आदि से मकान तो बना सकते हैं परंतु घर नहीं बना सकते। घर हमेशा प्रेम, स्नेह, शांति और समझदारी से बनता है। घर का आधार एक परिवार होता है। और घर ही वह स्थान होता है जहाँ इंसान को सच्चा सुख तथा सुकून मिलता है। घर चाहे छोटा हो या बड़ा, कच्चा हो या पक्का उसमें अपनेपन का भाव होता है। अगर घर के सभी सदस्यों के बीच प्यार, स्नेह और आपसी जुड़ाव नहीं है तो वह घर कहलाने योग्य नहीं है। घर में दादा-दादी, माता-पिता, भाई-बहन, चाची-चाचा सब मिलजुल कर प्रेम और शांति से रहते हैं। सभी एक-दूसरे का सम्मान करते हैं। घर पर ही सब एक दूसरे के साथ मिलकर अपने दुख-सुख साझा करते हैं। घर में बड़ों के अनुभव और शिक्षा से छोटे आपसी समझदारी, धार्मिकता, और नैतिकता सीखते हैं। बड़े हमें प्रेम से रहने की सीख देते हैं।

अतः घर को ईंट-पत्थर से बने मकान के रूप में नहीं देखना चाहिए। सही मायनों में घर सदस्यों के बीच एक अनुभव है, एक भावना है और आपसी संबंध है। इसलिए हमें अपने घर की महत्ता को समझना चाहिए और इसे प्रेम और समर्पण के साथ सुरक्षित रखना चाहिए।

सान्वी लिंगराजन  
कक्षा 8 (कैम्ब्रिज)



## दोस्तों का महत्व

मनुष्य कभी अकेला नहीं रह सकता है उसे अपनी भावनाओं को साझा करने के लिए किसी न किसी की ज़रूरत होती है। ऐसे में एक सच्चा दोस्त होना बहुत ही ज़रूरी है। दोस्ती उम्र, धर्म, जाति और लिंग का भेद नहीं करती। दोस्त एक-दूसरे की सच्चाई और हालात को जानते हैं और एक-दूसरे की मदद करना अपना धर्म समझते हैं। सच्चे दोस्त एक-दूसरे के लिए वफादार होते हैं और बुरे दिनों में बिना किसी स्वार्थ के साथ देते हैं। दोस्ती सबसे कीमती खज़ाना और ईश्वर का अनमोल उपहार होती है जिसे हमें कभी खोना नहीं चाहिए। सच्चे दोस्त पर हम हमेशा भरोसा कर सकते हैं। वे हमें बुराई से हटाकर अच्छाई का मार्ग दिखाते हैं और हमें सकारात्मक बनाते हैं। सच्चे दोस्त एक दूसरे का हौसला बढ़ाते हैं और आलोचना से नहीं डरते। कुछ लोग अपने स्वार्थ को पूरा करने के लिए दोस्ती करते हैं और अपने लालच के कारण दोस्ती नहीं निभा पाते। लोगों की बड़ी भीड़ में एक सच्चे दोस्त की खोज करना उतना ही कठिन है जितना कोयले की खदान में हीरे की खोज करना, इसलिए हमें अपना दोस्त चुनते समय हमेशा सावधान रहना चाहिए। जिसे सच्चा दोस्त मिल जाता है उसे भगवान की कृपा मानना चाहिए।

समन्वी लिंगराजन  
कक्षा 8 (कैम्ब्रिज)

## गोवा का सफर साथियों के संग

हमारी गोवा यात्रा का अनुभव बहुत ही अच्छा रहा। मैंने और मेरे दोस्तों ने गोवा में खूब मज़े किए। पहले दिन हमने गोवा के तीन प्रमुख समुद्र तटों में से एक 'बागा बीच' की सैर की जहाँ हमने बरसात में नाचते-गाते पूरा दिन बिताया। साफ नीले आसमान के नीचे यह स्थान बहुत ही सुंदर लग रहा था। दूसरे दिन हम सुबह बोर्ड सफारी के लिए निकले। गोवा की नदियों की सुंदरता को देखकर हम स्तब्ध रह गए। गोवा में होने वाले विभिन्न त्योहारों में हमने शामिल होकर स्थानीय सांस्कृतिक धरोहर का अनुभव किया। हमने स्थानीय लोगों के साथ नृत्य एवं गायन का आनंद लिया और उनके परंपरागत वस्त्र पहनकर स्वयं को गोवा का हिस्सा महसूस किया। यात्रा के चौथे दिन हमने गोवा के पारंपरिक बाजारों का भ्रमण किया जहाँ हमने वहाँ की स्थानीय कला, संस्कृति से संबंधित वस्तुएँ खरीदीं और गोवा के रंग-बिरंगे बाज़ार का आनंद लिया। गोवा यात्रा मेरे जीवन का एक अद्वितीय अनुभव रहा। इस यात्रा के दौरान दोस्तों के साथ हँसी मज़ाक के साथ-साथ वहाँ की स्थानीय संस्कृति को जानने और उसमें भाग लेने का मौका मिला। इस यात्रा से हमारी दोस्ती की नींव में मज़बूती आई। गोवा की यात्रा मेरे लिए एक यादगार यात्रा है जिसे मैं कभी नहीं भूल सकता।

ध्रुव भंडारी  
कक्षा 10 (CBSE)

## पुस्तकें ज्ञान का खज़ाना

पुस्तकें हमारे लिए बहुत महत्वपूर्ण हैं क्योंकि ये ज्ञान का खज़ाना होती हैं। पुस्तकें न केवल नई-नई जानकारी प्रदान करती हैं बल्कि सोचने-समझने की क्षमता को भी बढ़ाती हैं इसलिए हमें पुस्तकों का अध्ययन करते रहना चाहिए।

आजकल समय की कमी और नई-नई तकनीकों के कारण लोगों को पुस्तकें पढ़ने की आदत नहीं रही। लोग ज़्यादातर कंप्यूटर और इंटरनेट से जानकारी लेने में रुचि लेते हैं। हालांकि पुस्तकें पढ़ने के अनेक लाभ हैं जैसे ये हमारे ज्ञान को बढ़ाती हैं, हमारी आँखों और सेहत को नुकसान नहीं पहुँचाती, आदि। पुस्तकें हमारी ज्ञान और ध्यान दोनों को बढ़ाती हैं और हमारी जिज्ञासा को शांत करती हैं।

आज भी स्कूलों और परीक्षा बोर्डों में पुस्तकों से ही पढ़ाई होती है, जिसका मतलब है कि पुस्तकें शिक्षा का महत्वपूर्ण साधन हैं। ज़माना चाहे जो भी हो पुस्तकें सदैव ज़रूरी रही हैं और रहेंगी इसलिए पुस्तकों को पढ़ने की आदत डालें। इससे कभी निराशा नहीं मिलेगी। ये हमारा आत्मविश्वास बढ़ाएँगी और सदैव कुछ नया सिखाएँगी। तो पढ़ते रहें और लोगों को पढ़ने के लिये प्रेरित करते रहें।

मोहित मूंदड़ा  
कक्षा 8 (कैम्ब्रिज)

## वाणी की शक्ति

वाणी में बड़ी शक्ति होती है। वाणी का प्रभाव जीवन के हर क्षेत्र में होता है। रिश्ते, घर, परिवार, शिक्षा, संस्कार हर जगह वाणी का महत्व है। हमें बात करने की कला में हरदम महारथ हासिल करनी चाहिए। कब बोलना है? क्या बोलना है? कितना बोलना है? इस कला को हमें बचपन से ही सीखना चाहिए। हमारी मधुर वाणी हमें स्नेह, सम्मान एवं सफलता दिलाने में बहुत ही सहायक होती है। हमें अपनी वाणी में सदैव सकारात्मक शब्दों का ही प्रयोग करना चाहिए। हमें कर्कश शब्दों के प्रयोग से सदैव बचना चाहिए। गाली-गलौज तो हमारी जुबान पर कभी आनी भी नहीं चाहिए। संत कबीरदास ने क्या खूब कहा था-

ऐसी वाणी बोलिए मन का आपा खोय ।  
औरन को सीतल करे आपहुँ सीतल होय ॥

परदवा वेदांशी  
कक्षा 8 (CBSE)

## बचपन

वो दिन भी क्या दिन थे  
सारा दिन मौज-मस्ती  
ना किसी की रोका-टोकी  
जो करना दिल से करना  
पूरे दिन भागा-दौड़ी

वो दिन भी क्या दिन थे  
दोस्तों का संग  
बीच क्लास में आना-जाना  
शिक्षक की डांट-डपट  
पर हम अपनी मस्ती में मस्त

वो दिन भी क्या दिन थे  
गले में हाथ डाल दोस्तों के  
रूठना और मनाना  
तंग करना, परेशान करना  
पड़े मुसीबत तो काम आना

वो दिन भी क्या दिन थे,  
छुट्टी होते ही घर दौड़ लगाना  
माता-पिता से ज़िद करना  
साइकिल चालाना खेलने जाना  
खाना-पीना और सो जाना

वो दिन भी क्या दिन थे.....  
वो दिन भी क्या दिन थे.....

निशित भूत  
कक्षा 8 (कैम्ब्रिज)



## राष्ट्रपिता महात्मा गाँधी के अनमोल विचार

- व्यक्ति अपने विचारों के सिवाय कुछ नहीं है, वह जो सोचता है, वह बन जाता है।
- कमज़ोर कभी क्षमाशील नहीं हो सकता, क्षमाशीलता ताकतवर की निशानी है।
- ताकत शारीरिक शक्ति से नहीं आती है, यह अदम्य इच्छाशक्ति से आती है।
- कोई कायर प्यार नहीं कर सकता, यह तो बहादुर की निशानी है।
- स्वास्थ्य ही असली संपत्ति है, न कि सोना और चाँदी।
- पृथ्वी सभी मनुष्यों की ज़रूरत पूरी करने के लिए पर्याप्त संसाधन प्रदान करती है, लेकिन लालच पूरा करने के लिए नहीं।
- जब तक गलती करने की स्वतंत्रता न हो तब तक स्वतंत्रता का कोई अर्थ नहीं है।
- आप मानवता में विश्वास मत खोड़िए, मानवता सागर की तरह है। अगर सागर की कुछ बूँदे गंदी है, तो सागर गंदा नहीं हो सकता।
- मेरी अनुमति के बिना कोई भी मुझे ठेस नहीं पहुँचा सकता।
- जब मैं निराश होता हूँ, मैं याद कर लेता हूँ कि समस्त इतिहास के दौरान सत्य और प्रेम के मार्ग की ही हमेशा विजय होती है। कितने ही तानाशाह और हत्यारे हुए हैं और कुछ समय के लिए वो अजेय लग सकते हैं, लेकिन अंत में उनका पतन होता है।

दर्शील आर्यन(संकलन कर्ता)

कक्षा 8 (CBSE)

## समय बड़ा बलवान

जीवन का उद्देश्य लगातार आगे बढ़ना होता है, इसी में सुख और आनंद है। समय किसी पर भी निर्भर नहीं होता, वह अपनी गति से चलता रहता है। जो व्यक्ति समय के महत्त्व को नहीं समझ पाता है वह अपने जीवन में सफल नहीं हो पाता। बीता समय कभी वापस लौटकर नहीं आता इसलिए समय का सही उपयोग करना चाहिए। समय का सही उपयोग ही व्यक्ति को सफलता की ऊँचाइयों तक पहुँचाता है और जीवन को सार्थक बनाता है। कहा भी गया है -

“पुरुष बली नहीं होत है, समय होत बलवान।”

अर्थात् व्यक्ति बलवान नहीं होता बल्कि समय बलवान होता है। समय दुनिया की सबसे मूल्यवान और कीमती चीज़ होती है। जो व्यक्ति समय की अहमियत नहीं समझता समय भी उसकी कद्र नहीं करता इसलिए समय को बेकार नहीं गंवाना चाहिए। इस विषय में कवि रहीम ने अच्छी बात कही है -

“समय लाभ सम लाभ नहीं, समय चूक सम चूक।  
चतुरन चित रहि मन लगी समय चूक की हूक॥”

लक्ष्य सिपानी  
कक्षा 8(CBSE)

## देश प्रेम - मेरे विचार

देश प्रेम हमारे दिल से जुड़ा है। हमारे देश हमारे प्राण में बसता है। हमें अपने देश को पहली प्राथमिकता देनी चाहिए। देश प्रेम का मतलब झंडे को गर्व से फहराना ही नहीं है बल्कि यह वह भावना है जो हमें अपने देशवासियों के साथ सहयोग करने और देश की बदलती तस्वीर में योगदान देने के लिए प्रेरित करती है। देशभक्ति हमें एक साथ समृद्धि और खुशहाली की ओर बढ़ाती है। हमें हर तरह से अपने देश के सहयोग और विकास में बढ़ावा देना चाहिए। देश प्रेम किसी देश के सभी नागरिकों के लिए महत्वपूर्ण है। एक देश बनने के लिए जो विशेषताएँ होनी चाहिए वह सब आज हमारे पास मौजूद हैं। हमें अपने देश की संस्कृति और धरोहर की रक्षा करने और इसका नाम विश्व पटल पर प्रसिद्ध करने के लिए अपना सर्वश्रेष्ठ प्रयास करना चाहिए। देश प्रेम की इस भावना को बनाए रखना हम सभी की जिम्मेदारी है ताकि हमारा देश हमेशा प्रगति की ऊँचाइयों को छूता रहे। हमें सभी देशवासियों के साथ मिलकर एक मजबूत और समृद्ध भविष्य की ओर कदम बढ़ाना चाहिए ताकि हम अपने देश को ऊँचाइयों की बुलंदी पर पहुँचा सकें।

जी वी प्रतीक्षा  
कक्षा 9 (CBSE)



## ग्लोबल वॉर्मिंग

जब धरती का तापमान बढ़ जाता है और धरती गर्म होने लगती है तो उसे ग्लोबल वॉर्मिंग कहते हैं। मानव गतिविधियाँ और ज्वालामुखी विस्फोट ग्लोबल वॉर्मिंग के मुख्य कारण हैं। बढ़ता तापमान मानव, पशु-पक्षियों और पेड़ों को नुकसान पहुँचाता है।

ग्रीनहाउस, गाड़ियाँ और कारखाने ये सब कार्बन डाइऑक्साइड, मीथेन, क्लोरोफ्लोरोकार्बन, नाइट्रस ऑक्साइड्स जैसी गैसों छोड़ते हैं। इसके अलावा ठोस कचरा, जीवाश्म ईंधन, लकड़ी, और पराली जलाने से भी धरती का ताप बढ़ता है।

वैज्ञानिकों के अनुसार 2050 तक धरती का तापमान 4°C - 5°C तक बढ़ जाएगा। इससे समुद्र का स्तर बढ़ेगा, जलवायु में तेज़ी से परिवर्तन होगा, और नई-नई बीमारियाँ फैलेंगी।

ग्लोबल वॉर्मिंग के असर को कम करने के लिए राष्ट्रीय और अंतर्राष्ट्रीय स्तर पर कोशिशें हो रही हैं, जैसे शहरीकरण और औद्योगिकीकरण को नियंत्रित करना और प्राकृतिक संसाधनों का उपयोग कम करके उन्हें संरक्षित करना।

इस समस्या का मुख्य कारण मानव हैं, जिनकी अत्यधिक गतिविधियों और महत्वाकांक्षाओं ने पृथ्वी को गर्म से गर्मतर बना दिया है। हमें प्रकृति की रक्षा करनी होगी वरना हमारा जीवन खतरे में पड़ जाएगा।

देवम काकड़िया  
कक्षा 9 (IGCSE)

## मन का हाल

माँ कहतीं डाक्टर बनना  
पापा कहते इंजीनियर  
भैया कहते इससे अच्छा, सीखो तुम कंप्यूटर  
दीदी कहतीं चाहे कुछ हो, बनना तुम्हें कलेक्टर  
चाचा कहते बनो प्रोफेसर  
चाची कहतीं अफसर  
दादा कहते फ़ौज में जाकर, देश का मान बढ़ाओ  
दादी कहतीं घर में रहकर, उद्योग कोई लगाओ  
सबकी अपनी अलग-अलग अभिलाषा  
सबका अलग-अलग मुझसे नाता  
लेकिन मेरे मन का हाल  
कोई समझ नहीं पाता।



अर्जुन शाह  
कक्षा 9 (IGCSE)

## डायरी का एक पन्ना गाँव की सैर

दिनांक – 20/12/2023

समय- रात्रि 10 बजे

प्रिय डायरी

आज का दिन बहुत ही रोमांच से भरा हुआ था। आज मैं अपने दोस्त के साथ उसके गाँव घूमने गया। गाँव की हरियाली, शुद्ध हवा, पानी और लोगों के साधारण जीवन ने मेरा मन मोह लिया। जब मैं उसके घर गया तो उसकी माँ ने हम दोनों के लिए साधारण पारंपरिक खाना बनाया। खाना खाने के बाद हम उसके खेत में घूमने के लिए गए। वहाँ मैंने हल चलाया। मुझे काफी अच्छा लगा। मुझे बहुत मज़ा आया। यह सब मेरे लिए एकदम नया था। शाम को मैं अपने मित्र के दोस्तों के साथ गाँव की सैर पर निकल गया। गाँव के पोखर पर पानी भरती हुई महिलाएँ और गली में खेलते-कूदते बच्चों को देखकर मुझे अपार हर्ष हो रहा था। 2 घंटे घूमने के बाद हम लोग वापस घर आ गए। उसकी माताजी ने बहुत ही स्वादिष्ट खाना बनाया था- दाल, बाटी, चूरमा और साथ में हरे धनिया की चटनी। यह राजस्थान का पारंपरिक खाना है। मुझे खाना बहुत ही स्वादिष्ट लगा। खाना खाने के बाद हम वापस अपने हॉस्टल में आ गए। आज का दिन मेरे लिए सच में बहुत ही विशेष दिन था और मैं इस दिन को कभी भी भूल नहीं पाऊँगा। अपने दोस्त की वजह से आज का दिन मेरे लिए बहुत ही खास बन गया। बहुत थक गया हूँ। बस आज के लिए इतना ही।

राधे कसुंधरा  
कक्षा 9 (CBSE)



## बूँद-बूँद से बड़ी बचत

आजकल स्वार्थ की अंधी दौड़ में लोग प्रकृति के प्रति उदासीन हो गए हैं इसलिए उससे मिले संसाधनों का थोड़ा भी सम्मान नहीं करते। उन्हीं संसाधनों में से एक संसाधन जल भी है जिसकी बर्बादी रोकने के लिए समाज को जागरूक करना बहुत आवश्यक है। पानी की एक बूँद की मात्रा देखने में तो बहुत कम लगती है परंतु यदि इसको बेकार में बहने से न रोका जाए तो पानी की भारी बर्बादी होती है। इस लेख के माध्यम से आपको जानकारी मिलेगी जिससे आप जल संरक्षण की दिशा में एक कदम आगे बढ़ा पाएँगे।

ध्यान रखें-

1. एक टपकते नल से प्रति सेकंड एक बूँद पानी बर्बाद होने से एक माह में 760 लीटर पानी व्यर्थ हो जाता है।
2. सीधे नल से नहाने पर 90 लीटर पानी खर्च होता है।
3. हाथ धोते समय पानी चलते रहने से एक मिनट में 30 बूँद पानी तथा वर्ष में 46 हजार लीटर पानी व्यर्थ हो जाता है।
4. पाइप से बगीचे की सिंचाई पर पानी की भारी बर्बादी होती है।
5. प्रेशर से कार धोने, जल की धार से सब्जियाँ धोने में पानी बर्बादी होता है।
6. खेतों में नहर या पाइप से सिंचाई करने में अधिक पानी लगता है।
7. टॉयलेट में लोग काफी पानी बर्बादी करते हैं।
8. सार्वजनिक नलों से बहता हुआ पानी पर्याप्त मात्रा में बर्बादी होता है।

क्या करें-

1. ड्रिप सिंचाई प्रणाली का प्रयोग करें। इससे लगभग आधा पानी बच जाता है।
2. छोटे गिलासों में पानी पियें या उतना ही पानी लें जितना पी सकते हैं।
3. कम रिसाव वाले मटकों का उपयोग करें।
4. लॉन, पौधों, आदि में शाम को ही पानी दें।
5. पर्याप्त कपड़े होने पर ही वाशिंग मशीन का उपयोग करें।
6. सब्जियाँ किसी टब या बर्तन में धोएँ।
7. फ्लश टैंक में उपचरित पानी का उपयोग करें।
8. वाहनों को बाल्टी में पानी लेकर धोएँ।
9. शॉवर के बजाए बाल्टी का उपयोग करें।
10. शेव, ब्रश, मुँह, आदि धोते समय लगातार नल न चलाएँ।
11. मेहमानों को आधा गिलास पानी दें बाद में माँगने पर ही और दें।

इस प्रकार छोटे-छोटे उपायों से जल की बचत हो सकती है। बस आवश्यकता है इन पर अमल करने की। यदि इन पर या अन्य तरीकों का उपयोग किया जाए तो जल की यही बचत संग्रहण होगी।

सुहानी जैन  
कक्षा 9 (IGCSE)

## भोजन बनाम दिखावा

भोजन हमारे जीवन में एक महत्वपूर्ण भूमिका निभाता है। भोजन के बिना हम जीवित नहीं रह सकते। रोज़ के कार्य करने के लिए भोजन हमारे शरीर को सभी ज़रूरी पोषक तत्व प्रदान करता है।

हमारे आस-पास अनेक पेड़-पौधे मौजूद हैं। कुछ का हम दवाइयों की तरह इस्तेमाल करते हैं जो हमें अनेक बीमारियों से बचाती हैं। हमारे शरीर के विकास के लिए प्रोटीन, विटामिन, खनिज, आदि निश्चित मात्रा में चाहिए जो हमें संतुलित आहार से मिल जाता है। संतुलित आहार हमें रोगों से लड़ने की क्षमता देता है और हमें स्वस्थ, बलशाली और बुद्धिमान बनाता है।

आजकल हम भोजन को पेट भरने और स्वाद का साधन मानने लगे हैं इसलिए हमें आत्मिक शांति व आनंद प्राप्त नहीं होता। असल में भोजन के हर कण में छिपी ऊर्जा और आनंद को हमें महसूस करना चाहिए। अन्न के हर निवाले को शांतिपूर्वक और प्रेम से ग्रहण करने से हमें असीम सुख और बेहतर स्वास्थ्य प्राप्त होता है।

पहले जहाँ हम अपने घर का पोषक भोजन खाना पसंद करते थे वहीं अब हम बाहर रेस्टोरेंट, मैक डी या केएफसी आदि का खाना पसंद करते हैं। आज दिखावे का जीवन जीने के कारण हम भोजन का फोटो फेसबुक, इंस्टाग्राम, आदि पर अपलोड करने की होड़ में लगे रहते हैं और भोजन को ठंडा कर देते हैं। आज हम बिना किसी पोषक तत्व वाले खाने को खाना ज्यादा पसंद करने लगे हैं।

अतः कहा जा सकता है कि हमारा भोजन भी हमारे फैशन की तरह बदल रहा है और अब हम खाने से ज्यादा दिखावे पर ध्यान देने लगे हैं।

शिवम सोमानी  
कक्षा 9 (IGCSE)

## “मेरे अध्यापक, मेरा अभिमान”

‘गुरु से ज्ञान पाता संसार है, गुरु के मार्गदर्शन से होता मनुष्य का उद्धार है।’

शिक्षक-शिक्षार्थी का संबंध अत्यंत पवित्र माना जाता है। गुरु को ईश्वर से भी बड़ा स्थान दिया गया है। गुरु अपने अनुभव, ज्ञान और आचरण से हमें शिक्षा देते हैं। अध्यापक हमें सही-गलत का ज्ञान कराते हैं। अध्यापक रात-दिन हम बच्चों के लिए बेहद मेहनत करते हैं। वे न केवल व्यवहारिक ज्ञान बल्कि ईश्वरीय ज्ञान भी देते हैं। हर विद्यार्थी का अपने अध्यापक से गहरा और भावनात्मक संबंध होता है। अध्यापक न केवल पढ़ाने का काम करते हैं बल्कि वह हमारे लिए दोस्त, प्रशिक्षक, भगवान, माता-पिता सभी के समान होते हैं। जीवन में गुरु का मार्गदर्शन मिलना वरदान के समान है। गुरु की उपस्थिति ही सारी समस्याओं का समाधान है।

“ऊँची शान तले झूठ और फरेब का पनपना सही नहीं, गुरु प्रकाश का वह पर्याय है जिससे पाता मानव सम्मान है।” शिक्षक, शिक्षार्थी के जीवन को सँवारते हैं। वे परमात्मा के समान पूज्य हैं उन्हीं के लिए कबीर ने कहा था – “गुरु गोविंद दोउ खड़े, काके लागू पाय, बलिहारी गुरु आपने, गोविंद दियो बताए।”

‘JIRS’ के मेरे सारे गुरुओं ने मेरा जो मनोबल बढ़ाया और मुझे कदम-कदम पर मार्गदर्शन दिया जिसके लिए मैं सदा उनकी आभारी रहूँगी।

नित्या अग्रवाल  
कक्षा 10 (CBSE)



## युवा शक्ति

युवा किसी भी देश अथवा समाज के भविष्य के दर्पण होते हैं। प्राचीन काल से ही युवाओं का महत्व सर्वमान्य रहा है। भारत के स्वतंत्रता संग्राम में उनके योगदान को भुलाया नहीं जा सकता। विडंबना यह है कि हमारा युवा वर्ग भ्रमित हो रहा है। जहाँ एक तरफ उनके साथ एक गौरवशाली परंपरा जुड़ी हुई है वहीं दूसरी ओर विध्वंस और हिंसा के काले कारनामे अब उनके नाम के साथ जुड़ते चले जा रहे हैं। बेरोज़गारी से त्रस्त युवकों के लिए मौका मिलते ही उनका हिंसा, आगज़नी और लूटपाट से प्रेरित हो जाना बहुत आसान होता है। आए दिन शहरों में हो रही हिंसा के तात्कालिक कारण जो भी हो, युवकों को दिशाहीन और अनुशासनहीन बनाने में वर्तमान शिक्षा प्रणाली और हिंदी फिल्मों का भी कम दोष नहीं है। आज आवश्यकता है युवाओं के लिए उचित निर्देश की जिसके लिए हमें अधिक से अधिक प्रयास करने होंगे।

सान्वी सिंह  
कक्षा 10 (CBSE)

## विद्यार्थी जीवन

विद्यार्थी वह है जो विद्या चाहता है। जैसे मधुमक्खी एक-एक फूल से पराग लेकर छत्ते में इकठ्ठा करती है वैसे ही विद्यार्थी को चाहिए कि जहाँ से भी ज्ञान मिले उसे ग्रहण कर ले। विद्यार्थी को मानसिक और शारीरिक विकास के लिए नियमित खेल-कूद और व्यायाम करना चाहिए। एक अच्छा विद्यार्थी वह है जो समय रहते मन लगाकर सावधानीपूर्वक कार्य करे ताकि बाद में उसे पछताना न पड़े। विद्यार्थियों को पत्र-पत्रिकाओं, पुस्तकों, रडियो, सिनेमा, टी.वी आदि से न केवल आचरण, नैतिकता, कला, कौशल, इत्यादि सीखना चाहिए बल्कि उन्हें अपने व्यवहार में भी लाना चाहिए। अगर विद्यार्थी में ये गुण नहीं होंगे तो उसके जीवन का विकास रुक जाएगा। वह अनजाने में ही समाज और देश का दुश्मन बन जाएगा। अतः कह सकते हैं कि विद्यार्थी जीवन बहुमूल्य होता है क्योंकि इसी समय उसके चरित्र का निर्माण होता है।

हरमन झाला  
कक्षा 10 (IGCSE)

## वन और पर्यावरण

वन मनुष्यों के लिए प्रकृति का अमूल्य उपहार है। मनुष्य जीवनभर पेड़-पौधों पर निर्भर रहते हैं। वृक्ष हमारे वातावरण को शुद्ध रखते हैं और पर्यावरण को संतुलित रखते हैं। वन किसी देश के सौन्दर्य में वृद्धि तो करते ही हैं साथ ही उसकी अर्थव्यवस्था को भी मज़बूत करते हैं। ये वन हमें ईंधन, लकड़ी तथा कच्चा माल उपलब्ध कराते हैं। ये वन ही भूमिगत जल का प्रमुख स्रोत हैं।

भारत देश में पेड़ों को पूजने की परंपरा प्राचीन काल से ही रही है। हमारी संस्कृति में पेड़ लगाने को पुण्य तथा हरे-भरे वृक्षों को काटना पाप माना जाता है। यह बड़े दुख की बात है कि हम बढ़ती हुई जनसंख्या के लिए भूमि तथा उद्योग धंधे स्थापित करने के लिए पेड़ों की अंधाधुंध कटाई कर रहे हैं जिसका सीधा असर पर्यावरण पर पड़ रहा है। हम भूल रहे हैं कि ऐसा करके हम अपने ही पैरों पर कुल्हाड़ी मार रहे हैं। वनों के कटने, उद्योग-धंधों की चिमनियों और वाहनों से निकलने वाले धुएँ से पर्यावरण इतना प्रदूषित हो गया है कि साँस लेना मुश्किल हो रहा है।

भूमि को बंजर होने, पर्वत स्खलन रोकने तथा पर्यावरण को प्रदूषण से बचाने के लिए वनों का होना अत्यंत आवश्यक है। इसलिए प्रकृति की इस अमूल्य संपदा को बनाए रखने के लिए वनों की अंधाधुंध कटाई को रोकना होगा। संसार के अन्य औद्योगिक देशों की तरह हमें भी इस समस्या को हल करने की कोशिश करनी होगी।

श्रीज़न सामल  
कक्षा 10 (IGCSE)

## शोले, मस्ती, धमाका और जिंदगी के अहम सबक

1975 में आई फिल्म शोले आज भी धमाल मचा रही है। यह फिल्म सिर्फ एक फिल्म ही नहीं, बल्कि हमारी जिंदगी में हम सबके मनोरंजन का खजाना है। आइए जानते हैं कि कैसे हम दसवीं के विद्यार्थियों के लिए शोले फिल्म देखना और इससे सीख लेना जरूरी है।

शोले की कहानी है दो गोलमाल वीरू और जय की है, जो एक डाकू गब्बर सिंह से गाँव को बचाने के लिए आते हैं। इस फिल्म में न सिर्फ जबरदस्त एक्शन है बल्कि कॉमेडी तो पेट पकड़कर हँसने वाली और ड्रामा आँखों में पानी लाने वाला है। पूरी फिल्म एक रोमांचक सफर है जो कभी हँसाती है तो कभी रोमांटिक करती है और कभी दिल को छू लेती है।

इस फिल्म का हर एक किरदार अपने आप में खास है। शोले के किरदार इतने जिंदादिल हैं कि परदे से निकल कर हमारे दिलों में बस जाते हैं। शरारती वीरू की मजाकिया हरकतें, गब्बर सिंह का खौफ भरा अंदाज और डायलॉग, बसंती की चुलबुली अदाएँ। ये सब जिंदगी के अलग-अलग रूप दिखाते हैं जिन्हें देखकर हम खुद को और दुनिया को बेहतर समझ सकते हैं।

सिर्फ मनोरंजन ही नहीं बल्कि जिंदगी के सबक सिखाने में भी शोले का बहुत बड़ा योगदान रहा है। शोले सिर्फ हमें हँसाने और रोमांचित करने के लिए ही नहीं बल्कि हमें जिंदगी के कई अहम सबक भी देती है। यह हमें अच्छे और बुरे का फर्क दिखाती है, दोस्ती की ताकत बताती है और हार न मानकर लगातार संघर्ष करते रहने की सीख देती है। गब्बर सिंह के जुल्मों के खिलाफ लड़ते वीरू और जय हमें सिखाते हैं कि कैसे हमें अपने हक के लिए लड़ना चाहिए।

फिल्म हमें दुनिया के अलग-अलग कोनों की सैर कराती है। बिना पैसे खर्च किए शोले हमें भारत के अतीत की झलक दिखाती है। जहाँ डाकूओं का काफिला और गाँव वालों का संघर्ष जिंदगी का हिस्सा था। इससे हम अलग-अलग संस्कृतियों को समझ सकते हैं और दुनिया के बारे में अपनी सोच को बढ़ा सकते हैं। शोले सिर्फ एक पुरानी फिल्म नहीं बल्कि जिंदगी का आईना है। इसमें हम हँसते हैं, रोते हैं, सोचते हैं और सीखते हैं। दसवीं की परीक्षा के बाद थोड़ा सा ब्रेक लेकर शोले जरूर देखें, मजा भी आएगा और कुछ अनमोल सबक भी मिलेंगे। याद रखना जिंदगी सिर्फ किताबों में नहीं फिल्मों में भी छिपी होती है।

धर्निश अग्रवाल  
कक्षा 10 (CBSE)

## अनुभूति घुड़सवारी की

चिड़ियाँ गाती हैं

उगता सूरज है

जैसे ही मैदान में उतरते आप

खड़े रहते शांति से वे

करते प्रतीक्षा धैर्य से

जैसे ही चढ़ते उनपर आप

कभी बातें सुनते हैं वे

कभी करते शरारत हैं

जैसे ही सवारी करते उनकी आप

धूल उड़ती है

चलती हवा है

जैसे ही दुलकी चाल चलें वो

सारी चिंताएँ घुल जाती हैं

सब-कुछ पीछे जाता छूट

जैसे ही रफ्तार बढ़े उसकी

अंततः सब खत्म हो जाता.....

आप उतरकर थपथपाते उन्हें

जानते हुए कि

नहीं होती एक जैसी कभी सवारी

खुशी पारिख  
IBDP YEAR 1





## दोस्ती की मिठास

दोस्ती का रंग, फैला हर जगह,  
एक दूसरे के संग, आसान बनी राह।  
हँसी की सदाएँ, छू गई मन के ये तार,  
मिस्री की मिठास से, सच्चे साथी ये यार।  
मुश्किलें आएँ, तो खड़े साथ रहें,  
दोस्ती का अंदाज़ यही, हर पल बना रहे।  
भले बदले मौसमों की बहार,  
बनी रहे दोस्ती मजबूत अपार।  
छोटी-छोटी बातों में छुपा है असली मज़ा,  
दोस्ती का सागर हर पल है सजा।  
जीवन का सफर, बने तब खास,  
जब दोस्ती की दौलत हो पास।

गौरव लाहोटी  
IBDP YEAR 1



## पढ़ाई और खेल: जिंदगी का सुपर बैलेंस!

पढ़ाई का पहाड़ और स्पोर्ट्स का जोश। कभी लगता है कि इन सबको एक साथ चलाना तो कमाल का करतब है। किताबों में खोये रहें या मैदान में दौड़ लगाएँ, दोनों ही ज़रूरी लगते हैं। सोचो तो ज़रा, सुबह के व्यायाम से मिली ताज़गी हमें क्लास में ज़्यादा फोकस करने में कितनी मदद करती है और मैदान की हार-जीत हमारे हौसले कितने बुलंद कर देती है। गए वो ज़माने जब कहते थे कि पढ़ोगे-लिखोगे तो बनोगे नवाब, खेलोगे-कूदोगे तो होंगे खराब। अब समय बदल गया है और साबित हो गया कि खेल हमारे विकास में रुकावट नहीं बल्कि सहायक बन रहे हैं। अब खिलाड़ियों के लिए अनेक विकल्प मौजूद हैं जो उन्हें बेहतर मंच व अवसर प्रदान करते हैं। इसे देखते हुए कहा जा रहा है कि खेलोगे-कूदोगे तो होंगे नवाब। खेल हमें अनुशासित करते हैं, तय समय पर उठना, अभ्यास करना और जिम्मेदार बनना सिखाते हैं। ये आदतें पढ़ाई में भी काम आती हैं जिससे हम समय प्रबंधन करना सीख जाते हैं। जब कभी दिमाग पढ़ाई-लिखाई से थक जाता है तो दोस्तों के साथ ज़ोरदार मैच का मज़ा जिंदगी में हँसी भर देता है। दोस्तों! कभी ये बैलेंस बिगड़ जाए तो घबराने की ज़रूरत नहीं, बस ज़रूरत है थोड़े से एडजस्टमेंट की।

जयंत राठी  
IBDP YEAR 1



## बनारस: इतिहास और आस्था का संगम

वाराणसी की यात्रा मेरे लिए सिर्फ पर्यटन नहीं बल्कि एक अनुभूति थी। हथियार चौक की संकरी गलियों से होते हुए गंगा तट पर पहुँचते ही ऐसा लगा मानों सदियों का इतिहास सामने खड़ा हो गया हो। घाटों पर विराजमान सैकड़ों दीपों की जगमगाहट अलौकिक छटा बिखेर रही थी। गंगा आरती देखना एक अविस्मरणीय अनुभव था। मंत्रोच्चार और घंटियों की ध्वनि से पूरा वातावरण गुंजायमान था। आरती के बाद पुजारियों से बातचीत से मालूम हुआ कि उनकी पीढ़ियाँ सदियों से यही परंपरा निभा रही हैं। उनकी आँखों में श्रद्धा और गर्व का भाव देखते ही बनता था।

सूर्योदय से पहले ही मैं घाट पर पहुँच गया। नदी की शांत धारा, कोहरे में डूबा शहर और क्षितिज पर उभरता सूरज, यह दृश्य किसी चित्र से कम मनमोहक नहीं था।

काशी विश्वनाथ मंदिर का दर्शन करना मेरे लिए सौभाग्य की बात थी। मंदिर के गर्भगृह में पहुँचने तक घंटों की गूँज और भक्तों के जयकारों से वातावरण भक्तिमय हो रहा था। हालांकि मंदिर परिसर की अव्यवस्था से मन थोड़ा खिन्न हो रहा था।

मेरी यात्रा की शुरुआत अस्सी घाट से हुई जहाँ सुबह की आरती ने मुझे मंत्रमुग्ध कर दिया। सूर्योदय के समय घाट पर बैठकर आरती की गूँजती ध्वनियाँ और चारों ओर फैली हुई शांति ने मेरे अंतर्मन को एक सुखद अहसास से भर दिया। इसके बाद मैंने काशी विश्वनाथ मंदिर की यात्रा की। यहाँ की भव्यता और आध्यात्मिक वातावरण ने मुझे गहराई से प्रभावित किया। मंदिर की दीवारों पर उकेरी गई कलाकृतियाँ और शिवलिंग के दर्शन ने मेरे भीतर एक अद्वितीय आध्यात्मिक ऊर्जा का संचार किया।

वाराणसी की गलियों में घूमना एक अलग ही अनुभव था। हर गली में एक नई कहानी और इतिहास छिपा हुआ था। यहाँ के बाजारों खासकर बनारसी साड़ियों और मिठाइयों की दुकानों में घूमना मेरे लिए बेहद रोचक था। बनारसी पान का स्वाद तो जैसे मेरी यात्रा का एक अविस्मरणीय हिस्सा बन गया। संध्या की गंगा आरती ने मेरे वाराणसी प्रवास को एक अविस्मरणीय पल में बदल दिया।

वाराणसी की यात्रा ने मुझे इतिहास, आस्था और संस्कृति के संगम का गवाह बनाया। यह यात्रा सिर्फ एक शहर घूमने का अनुभव नहीं था बल्कि भारत की आत्मा को छूने का सफर था।

प्रांशु अग्रवाल  
IBDP YEAR 1



## रैगिंग: एक अभिशाप

रैगिंग एक ऐसी प्रक्रिया से है जिसमें कॉलेज के वरिष्ठ छात्र-छात्राएँ नए छात्र-छात्राओं को विभिन्न तरह के अपमानजनक और अभद्र कार्य करने के लिए विवश करते हैं और उनका मज़ाक उड़ाते हैं जिससे नए छात्र-छात्राओं को शिक्षण संस्थान में आते ही मानसिक और शारीरिक यातनाओं का सामना करना पड़ता है। प्राचीन काल में रैगिंग की शुरुआत नए विद्यार्थियों से केवल उनका परिचय लेने के लिए की गई थी परंतु समय के साथ-साथ यह मनोरंजन का साधन बन गई और देखते ही देखते अपराध का रूप ले लिया है। प्रत्येक विद्यार्थी के लिए यह जानना आवश्यक है कि रैगिंग के अंतर्गत क्या-क्या आता है।

1. छात्र को उसके पहनावे या रूप-रंग के बारे में ऐसी टिप्पणी करना जिससे उसके स्वाभिमान को ठेस पहुँचे।
2. विद्यार्थी को असली नाम के अलावा किसी अन्य अजीब नाम से पुकारा जाना या किसी तरह से प्रताड़ित किया जाना।
3. छात्र को उसके क्षेत्र या धर्म से संबंधित आपत्तिजनक टिप्पणी करना।
4. छात्र से उसकी भाषा या जाति के बारे में अपमानजनक टिप्पणी करना।
5. छात्र की आर्थिक स्थिति या उसके परिवार पर अभद्र टिप्पणी करना।
6. छात्र को अश्लील कार्य करने के लिए बाध्य करना।
7. छात्र से उसकी मर्जी के खिलाफ जबरदस्ती कोई काम करवाना जैसे लड़का लड़की को प्रपोज़ करवाना, थप्पड़ मरवाना, गाली गलोच करना, आदि।

रैगिंग से संबन्धित जानकारी के प्रति हम सभी को व्यक्तिगत स्तर पर ध्यान देना चाहिए ताकि हमारे आस-पास कोई बच्चा रैगिंग से पीड़ित न हो। नए छात्रों को भी चुपचाप खुद को रैगिंग का शिकार नहीं होने देना चाहिए बल्कि ऐसी अमानवीय घटना की सूचना तुरंत शिक्षक को देनी चाहिए। पढ़ने वाले छात्र-छात्राओं के लिए रैगिंग एक अभिशाप की तरह है जो उनके जीवन पर नकारात्मक प्रभाव डालती है। अतः छात्रों के उज्ज्वल भविष्य के निर्माण के लिए इसका जड़ से खत्म होना ही बेहतर है।

मयंक बैद  
IBDP YEAR 1



## संगीत

संगीत वो कला है जिससे हमारा मन और तन दोनों ही शांत होते हैं। यह न केवल हमें अपने आप से जुड़ने में मदद करता है बल्कि आत्माभिव्यक्ति के माध्यम के रूप में भी कार्य करता है। इस संसार में संगीत की कोई सही परिभाषा नहीं है क्योंकि जो भी संगीत हमारे मन को भाता है हम उसी को सुनने एवं गुनगुनाने लगते हैं। संगीत हमारी समझ में आए या न आए उसकी धुन अच्छी लगनी चाहिए। संगीत हमेशा से ही लोगों का मनोरंजन करता आया है।

संगीत का इतिहास उतना ही पुराना है जितनी मानव सभ्यता। भारत में संगीत सुनने-सुनाने की रीत वैदिक काल, जैन-बौद्ध काल, प्राचीन व मध्यकालीन राजवंशों से होती हुई आधुनिक काल तक लगातार चली आ रही है। यह हमारे पूर्वजों की सांस्कृतिक धरोहर है जिसे कवि, गीतकार और ऋषि मुनियों ने रचा है।

आज स्वास्थ्य के क्षेत्र में 'संगीत थेरेपी' का प्रचलन बहुत बढ़ गया है। संगीत के अनोखे गुणों के कारण ही मनोवैज्ञानिक इसे राम बाण कहते हैं। संगीत मनोबल को बढ़ाने में मदद करता है। यह चिंता और अवसाद को कम करके मानसिक स्वास्थ्य को सुधारने में सहायक होता है।

आधुनिक मनोरंजन के साधनों से पहले, लोग खुद को ऊब से बचाने के लिए संगीत का प्रयोग करते थे। वे नाच-गाकर अपनी दिनभर की थकान और तनाव मिटाते थे और तरोताजा अनुभव करते थे। आज गायक-गायिकाएँ, चलचित्र, टी वी रियलिटी शो, आदि संगीत के माध्यम से लोगों का मनोरंजन कर रहे हैं।

हमें अपने फुर्सत के समय संगीत जरूर सुनना चाहिए। खाना खाते समय आक्रामक संगीत सुनने से बचना चाहिए क्योंकि इससे नकारात्मक ऊर्जा का संचरण होता है जो हमारे पाचनतंत्र पर बुरा असर डालती है। हमें अपने संगीत का चयन समय, स्थान और परिस्थिति के अनुसार करना चाहिए।

अंश अग्रवाल  
IBDP YEAR 1



## मेरा अनुभव

जैन इंटरनेशनल रेजिडेंशियल स्कूल, जहाँ मैं पाँच साल से रह रहा हूँ। यहाँ आकर पहले तो मुझे अपने घर की बहुत याद आई। यहाँ अजनबी लोगों के बीच मुझे माहौल बहुत अलग महसूस हो रहा था। जैसे-जैसे समय बीतता गया मेरे दोस्त बनते गए। फिर आई महामारी COVID जिसकी वजह से मुझे घर जाना पड़ा। मुझे यह सोचकर हैरानी हो रही थी कि घर में रहकर भी मुझे स्कूल की याद आ रही थी और मैं बस जल्दी से स्कूल वापस आ जाना चाहता था।

मुझे याद है जब मैं 11वीं कक्षा में पहुँचा तो मैंने स्कूल छात्र परिषद चुनाव के लिए अपना नाम पंजीकृत करवाया। ये मेरे जीवन का पहला चुनाव था और इसमें मैं चुन भी लिया गया। स्कूल की सलाहकार सुश्री विजयलक्ष्मी भंडी के पूर्ण समर्थन से मेरा आत्मविश्वास बढ़ा। मैंने विद्यालय में होने वाली प्रत्येक गतिविधि में पूरी जिम्मेदारी के साथ सक्रिय भूमिका निभाई।

विद्यालय में छात्र नेता बनकर मैंने अपनी नेतृत्व क्षमता को पहचाना। मुझे नई सोच का अनुभव कराने में मेरी मेहनत और स्कूल का समर्थन दोनों मददगार रहे। मैंने कभी नहीं सोचा था कि मैं एक नेता बन सकता हूँ। मेरे विद्यालय ने मुझमें साहस और विश्वास की वो भावना भर दी जिसे मैंने कभी महसूस नहीं किया था। शिक्षकों के समर्थन ने मुझे एक नया दृष्टिकोण दिया। मेरे व्यक्तित्व में एक नया आयाम जुड़ गया और अपने अच्छे-बुरे अनुभवों से मैंने बहुत कुछ सीखा। इन अनुभवों ने मेरे जीवन को एक नया मोड़ दिया और नये स्वरूप में खुद को खोजने में मेरी मदद की।

यहाँ के सकारात्मक माहौल ने मुझे नए सपनों और उम्मीदों की राह दिखाई है। अब मैं जानता हूँ कि नेतृत्व मेरी एक विशेष क्षमता है और मैं इसे और भी निखारना चाहूँगा।

हंशिल सोलंकी  
IBDP YEAR 2



## मेरी माँ

माँ की थाह कोई ले न सका  
उनकी तरह  
हमें कोई और समझ न सका  
आँच हम पर आए तो  
दुनिया से लड़ जाए वो  
चोट हमें लगती तो  
दर्द से वो कराहे  
पेट हमारा भर जाए  
भूखी वो सो जाए  
सारा दर्द ले जाती वो  
भगवान से भी लड़ जाती वो  
हर वक्त माँ की याद सताती  
अबकी कब आओगी माँ  
तुम्हारा आना खुशियों से भर देता है  
बहुत याद आती है माँ  
बहुत याद आती है.....

कृतिका मांगलिक  
कक्षा 12 (CBSE)



## मेरी लद्दाख यात्रा

लद्दाख, भारत के उत्तरी हिस्से में स्थित एक केंद्र शासित प्रदेश है। यह अपनी सुंदर पृष्ठभूमि, पर्यावरण और प्रकृति के लिए प्रसिद्ध है। इसे "ऊँचे दरों की भूमि" के नाम से भी जाना जाता है। लद्दाख की राजधानी लेह है। लद्दाख, हिमालय की काराकोरम पर्वतमाला में, प्राकृतिक रूप से सुंदर एक स्थल है।

लद्दाख की यात्रा मेरे लिए अद्भुत और मनोरम यात्रा का अनुभव रही। यह यात्रा मेरे जीवन का एक अविस्मरणीय पल बन गई। इस यात्रा ने एक नई दुनिया की ओर मेरा ध्यान आकर्षित किया। लद्दाख पर्यटन के लिए हमेशा से मशहूर रहा है, लेकिन आमिर खान की फिल्म 3 इडियट्स ने इसे युवा पीढ़ी में लोकप्रिय बना दिया है।

हमने अपनी इस रोमांचक यात्रा की शुरुआत श्रीनगर से की। यात्रा के लिए हमने सड़क मार्ग को चुना क्योंकि हमारी यात्रा का मुख्य उद्देश्य लद्दाख की खूबसूरती और उसके प्राकृतिक सौंदर्य को देखना था। मैंने देखा कि वहाँ का मौसम, पर्यावरण और प्रकृति मदहोश कर देने वाली थी। यात्रा के हर मोड़ पर हिमालय का मनमोहक दृश्य हमें नई ऊँचाइयों की ओर बढ़ने का हौसला देता रहा। मैं लद्दाख पहुँचा तो मैंने देखा कि मौसम आश्चर्यजनक रूप से बहुत साफ और उज्ज्वल था, और आसमान चमकीला नीला था। वहाँ पहुँचकर मैंने महसूस किया कि मैं एक अलग दुनिया में पहुँच गया हूँ। हालांकि ऑक्सीजन का स्तर कम था जिससे मुझे साँस लेने में मुश्किल हो रही थी किंतु वहाँ के प्राकृतिक सौंदर्य ने मुझे मंत्रमुग्ध कर दिया, ऐसा लगा जैसे मैं सचमुच साँस लेना भूल गया हूँ। हमारी यह यात्रा दो हफ्ते की थी। हमने जम्मू कश्मीर और हिमाचल प्रदेश को सड़क मार्ग द्वारा पार किया। रास्ते में मैंने विभिन्न स्थानों के वन्य जीव और वहाँ की जीवनशैली देखने का आनंद लिया। वहाँ के रास्ते खतरनाक तौर पर घुमावदार थे। हमारा ड्राइवर पूरी यात्रा के दौरान लद्दाख की प्रकृति, भौगोलिक स्थिति और जनजीवन के बारे में बताता रहा। जैसे-जैसे हम हिमालय के नज़दीक पहुँच रहे थे हिमालय विशाल होता चला जा रहा था। यहाँ की घाटियाँ बहुत गहरी थीं। चारों ओर बर्फ ही बर्फ नज़र आ रही थी।

यहाँ मेरा सामना साक्षात् यमराज से हुआ और मैंने मृत्यु को निकट से देखा। हमारी आँखों के ठीक सामने विंडस्क्रीन पर एक बड़ा पत्थर गिरा लेकिन हम बाल-बाल बच गए। यहाँ मैंने अपने जीवन में पहली बार स्कीइंग का आनंद लिया। मैं और मेरा भाई बहुत देर तक बर्फ से खेलते रहे। कुल मिलाकर, मेरे और मेरे परिवार के लिए यह यात्रा बहुत रोमांचक और नए अनुभव वाली रही।

मैं भारत की सुंदरता को उसके शीर्ष पर से देखने के लिए सभी को लेह लद्दाख घूमने की सलाह देना चाहूँगा साथ ही कहना चाहूँगा कि यदि कहीं यात्रा पर जाएँ तो सड़क मार्ग से ही जाएँ क्योंकि यह एक ऐसा अनुभव है जिसे आप जीवन भर याद रखेंगे।

अक्षय बोयापती  
IBDP YEAR 2

## सप्रेम मेरे विद्यालय के नाम

बात 5 मई 2016 की है जब मैंने कक्षा 5 के छात्र के रूप में जैन इंटरनैशनल रेजिडेंशियल स्कूल में प्रवेश किया था। यह मेरे जीवन का एक रोमांचक क्षण था। मुझे अभी भी अपनी पहली प्रातः कालीन सभा याद है जो विद्या ब्लॉक में आयोजित की गई थी। यह स्कूल मेरा मातृ संस्थान रहा है। इसने न केवल मेरे व्यक्तित्व को आकार दिया है बल्कि मुझमें वे मूल्य भी स्थापित किए हैं जिनके अनुसार किसी सभ्य व्यक्ति को जीना चाहिए।

यहाँ के शांत माहौल, शिक्षकों के सहयोगपूर्ण व्यवहार और सहपाठियों के मित्रतापूर्ण रवैये ने मुझे विद्यालय के माहौल में अनुकूलित होने में मदद की। 8 वर्षों के लंबे समय के दौरान मैंने जो असंख्य खट्टे-मीठे पलों का अनुभव किया उन्हें समझाने के लिए यह पृष्ठ वास्तव में बहुत छोटा है।

आज भी जब मैं पीछे मुड़कर अपने स्कूल के दिनों के बारे में सोचता हूँ तो मुझे लगता है कि वह सचमुच भगवान द्वारा रचा गया एक अद्भुत सपना था। आज भी जब मैं अपनी विदाई के बारे में सोचता हूँ तो मेरी आँखें भर आती हैं। यह मेरे स्कूली जीवन के सबसे उज्ज्वल और खुशहाल पलों का अंत था। JIRS मेरे लिए अनगिनत अध्यायों वाली एक किताब की तरह रहा। मैंने सीनियर बुद्धा हाउस के उप-कप्तान से लेकर स्कूल हेडबॉय तक इस अद्भुत संस्थान की सेवा पूरी निष्ठा से की। मुझ पर इतना विश्वास रखने के लिए मैं अपने सभी शिक्षकों और साथियों का आभारी हूँ।



भी हूँ उसका श्रेय मैं उन्हें देता हूँ। उनके समर्थन से मुझे जो ज्ञान मिला है उसका बदला मैं कभी भी नहीं चुका सकता। संगीत के क्षेत्र में सप्रेम मेरा मार्गदर्शन करने के लिए मैं अपने संगीत शिक्षकों श्री अग्नि मोहंती और श्री दिवाकर चक्रवर्ती आभार प्रकट करता हूँ। यदि मैंने अपनी वर्तमान उपप्रधानाचार्या सुश्री विजयलक्ष्मी भंडी का धन्यवाद नहीं किया तो मैं स्वयं को कृतघ्न समझूँगा। वे हमेशा एक शिक्षक से कहीं अधिक रहीं और मेरी शैक्षणिक यात्रा के दौरान हमेशा मेरा मार्गदर्शन करती रहीं। इस लेख को लिखते समय मैं भावनाओं से अभिभूत हो रहा हूँ। मेरे दिल में दोस्तों की खूबसूरत स्मृतियाँ बनी रहेंगी कि कैसे कि कैसे उन्होंने स्कूल के दिनों में मेरे आनंद और उल्लास को बढ़ाया।

JIRS, मेरे लिए एक खट्टा-मीठा अनुभव रहा क्योंकि यहाँ की हर सुबह मेरे लिए असंख्य यादों से भरी है। मैं प्रातःकालीन सभाओं, खेल दिवस, शिक्षक दिवस, स्कूल कैंटीन और अपने दोस्तों के साथ में मनाए गए उत्सवों को नहीं भूल सकता। निश्चित ही मेरे स्कूल के दिन मेरे जीवन के स्वर्णिम क्षण रहेंगे। मैं नहीं जानता कि भविष्य में क्या होगा लेकिन मैं गर्व से कह सकता हूँ कि मेरे स्कूल ने मुझे इस चुनौतियों से भरी हुई प्रतिस्पर्धी दुनिया का सामना करने के लिए तैयार कर दिया है।

इस संस्थान में 8 वर्षों की यादें, मेरे शिक्षकों और दोस्तों के चेहरे हमेशा मेरे दिल में रहेंगे। मैं इस अवसर पर उन सभी शिक्षकों के प्रति अपनी हार्दिक कृतज्ञता और सम्मान प्रकट करता हूँ जिन्होंने मुझे पढ़ाया और उन लोगों के प्रति भी जिन्होंने मुझे किसी न किसी रूप में मदद की। आज मैं जो कुछ भी हूँ उनके आशीर्वाद और प्रयासों के कारण हूँ।

अविरल पोद्दार  
(हेड बॉय)  
IBDP YEAR 2

# Crafty Endeavors

## CREATIVE TIME

Craft classes at school I enjoy,  
 fun I have with lots of joy.  
 Reuse, recycle lets create,  
 "Come on" says Ms. Sherryl at the gate.  
 I cut; I fold till my hands ache  
 I still don't care, knowing very well without pain no gain.  
 As I admire my craft when done  
 I wonder what I should call this splendor.

Arranging my belongings in a paper roll basket,  
 Promising to shun plastic,  
 a pledge I don't forget.  
 I care for the earth I adore,  
 For I'll always reuse, recycle, and explore.



AARUSH  
 Grade 7 (CBSE)



## OUR FEELINGS

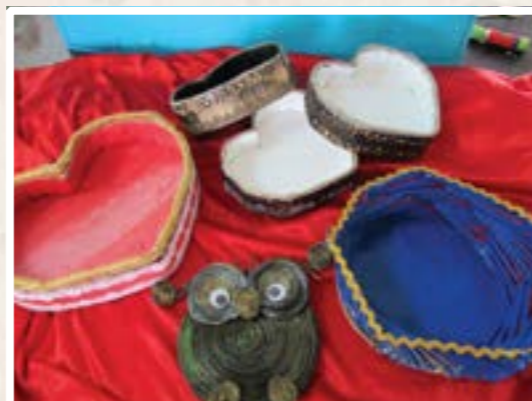
Creating beautiful things gives me immense pleasure. I let my mind go wild with ideas on how to reuse, recreate, and repurpose old bottles and newspapers into beautiful crafts. I have created pen stands, baskets, vases, jewelry boxes, etc. I take pride in decorating my house and making beautiful gifts for my family and friends. Craft has taught me patience. It makes me feel relaxed, and calm. I take pride in showcasing my masterpieces.

Bhavya Tarun Gupta  
 Grade 6 (CBSE)



On my first day at school. At first glance, the lab seemed messy; I looked closely it was packed with old bottles, news papers, old used cello tape rolls etc not to miss the beautiful dried Tulsi plant that sits on the table as a beautiful decorative piece. Ms. Sherryl told me that it was more than 10 yrs old. I learnt craft is about having that creative eye where we see beauty in the most common things around us. I saw a table full of beautiful craft done from waste material; All that looked so beautiful! That was the day I fell in love with the craft room and craft eventually.

Sambhrama  
 Grade 6 (CBSE)



### Craft ... A Soothing Place To Go

Creating useful items from old and waste things that I would have otherwise discarded, has made me value things around me and has taught me a priceless lesson that nothing is a waste it is just that we do not know how to use it. Ms. Sherryl taught me how to make paper rolls out of newspaper and soon I did my first craft -a wall hanging which I am so proud of till this day. I feel proud when my relatives appreciate my craftwork which I have proudly displayed at my home. Craft has taught me patience and improved concentration with which I'm able to do other things better.

Vishnave  
Grade 5 (CBSE)



## 🎵 Afflatus 2023: Musical Echoes 🎵

One of the main highlights of the recent Annual Day event was the performance by the musical department, known as 'The Symphony'. The performance consisted of a variety of music from all over the world, ranging from the more popular Western pop songs to the more underrated and upbringing Indian devotional music. To play such diverse music at such a high level is a feat in itself. Let's delve into what made this performance captivating.

Personally, working with the music department was nothing but an absolute delight. This performance wouldn't have been the way it was without the blood, sweat, and tears from the likes of Agni sir, Diwakar sir, Abhijeet sir, and many more. They always kept the crew upbeat and motivated, making us give our all while enjoying ourselves nevertheless. From day one, we practised day and night to make sure the final performance turned out well, but in the end, it exceeded everyone's expectations.

But what makes music so profound in today's world? How has it managed to stay relevant for millennia? It's the fact that music gives people a sense of fulfilment and satisfaction. Did you know that blood flows more easily when playing a musical instrument? Physical health aside, it reduces anxiety as well as improves memory. Music is beneficial for one's well-being and health, which was evident in my case at least. It relieves the difficulties one may be experiencing in life and transports you to a dimension of peace and tranquillity. In my case, playing music boosted my confidence when performing on stage, as this was one of my first performances in front of a large audience. Instead of feeling nervous or agitated, I now feel thrilled and elevated when playing on stage. Furthermore, it has been noticed that people who play a musical instrument tend to fare better when it comes to academics. This is due to numerous factors, like how music improves memory and makes one's creativity excel. Even outside of academics, it can also affect one's approach to certain situations in everyday life.

In short, music is something that everyone should indulge in, no matter their background, as music is indirectly a part of life itself. As Plato once said,

*"Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything."*

Aniruddh Mishra  
Grade 9 (IGCSE)

### Music and Art Exams

Conducted by Pracheen Kala Kendra, Chandigarh

Once again, our students have impressed us with their exceptional creativity and proficiency in fine arts and music. Their keen interest and enthusiasm for the arts were evident as they put in tremendous effort and hard work to prepare for the annual exam held on 25th March 2023 by Pracheen Kala Kendra in Chandigarh.

Seventy students from various disciplines, all trained by our skilled instructors, appeared for the exams, which were evaluated by Ms. Shuba Gayatri from Pracheen Kala Kendra and Mr. Supriyo Manna from Chitrakala Parishad.



## Musical Evolution

Annual Day 2023 was one of the most exhilarating experiences I have had this year. I had never really showcased my musical skills in quite this manner before, performing on a stage in front of an audience. My musical journey has 'evolved' since I joined JIRS.

I am currently doing the 7th grade Trinity College London Musical Course for the piano, which I started 5 years ago. When I started Initial grade (the first level of the course), I was very eager and enthusiastic to learn something new, and I felt like the piano was something that I could actually enjoy playing for years to come. That was the case for the first few years, but I realized that the course slowly got more repetitive and monotonous. To give some exposition, I completed most of the piano course during the Covid-19 pandemic, so to move on to the next level course, one has to undertake an exam. Under normal circumstances, I would have had many components of the exam, like sight-reading (where a piece of sheet music is given and one has to play it on the spot) or the aural exam (where one listens to an audio sample and will have to answer questions related to the rhythm and pitch of the sample), and of course, playing the pieces themselves. Unfortunately, due to the pandemic, most of these components were stripped away as now the candidate would have to send a video of their performance to Trinity, so it removed some of the more challenging components of the examination. This slowly led to a decline in my interest in playing, which became evident when my later examination's results were released. The spark of passion inside me was slowly fading, as my intrigue to learn new pieces and songs other than what was actually given in the examination started to diminish. Along with my passion, my confidence took an effect, gradually but surely plummeting. I was rigid, adhering to only a particular style of playing, where I could have been expanding my horizons but exploring beyond my comfort zone.

All of this changed when I arrived at JIRS. When I was introduced to the music department here, I learned how to step outside of my comfort zone, and how to enjoy playing the piano once again. No longer did I feel fear or shame, but a rejuvenated sense of pride and satisfaction. My efforts came to fruition when the Annual Day arrived; my fear and shame were truly stripped away. My scope of understanding was extended, increasing my curiosity to try new things on the piano. The key takeaway is to broaden your understanding and to experiment with new things.

*Aniruddh Mishra  
Grade 9 (IGCSE)*

## MUSIC: A MULTI-FACETED MARVEL

Imagine this: you are in your room, cosily sitting, with headphones on; you play your favourite song. You get so involved in it that it makes you feel like you are part of another dimension!

Have you ever thought about how those sound waves create such euphoria, and what splendid consequences they can have?

Research and experiments by neuroscientists provide not just bewildering but also meticulous insights regarding music's impact on the human brain.

One such experiment: the Mozart Effect points out the intricate relationship between music and cognitive function. After listening to Mozart's compositions, a boost in spatial-temporal reasoning was observed. Neuro-imaging studies have unveiled that music engages multiple regions of the brain. That's why you feel that you can perform daily tasks better with music in the background.

Another instance of music helping the human body: A study by the University of Maryland Medical Centre, researchers discovered that listening to upbeat music can dilate blood vessels, promoting better blood flow and reducing the risk of cardiovascular diseases!

Music's therapeutic abilities have been documented by ancient civilisations recognising its power to soothe and rejuvenate the mind, the body and the soul. A modern study by Dr Oliver Sacks, a renowned neurologist, showed music therapy had caused improvements in mood and motor function in patients with Alzheimer's disease and Parkinson's disease. Research has also shown that listening to music can trigger the release of neurotransmitters like dopamine and serotonin, commonly associated with feelings of pleasure and relaxation.

Whether you're studying for an exam, or engaging in creative pursuits, the right background music can create an immersive environment that fuels your productivity and creativity. From classical compositions to instrumental beats like Lo-Fi Jazz, the options are endless for curating your ideal productivity playlist.

Consider the evolution of language, where the foundation of all global communication networks is the manipulation of sound patterns and rhythms. The ability of sound to communicate meaning, cuts beyond linguistic boundaries, enabling the transference of intricate ideas and feelings in a variety of languages and cultural contexts. Now, add some tunes and beats to it, music is formed; a universal medium which unites people of different traditions, transcending the language and cultural barrier. From ancient rituals to modern-day celebrations, music acts as the binding force in social gatherings - a common rhythmic language.

In essence, music is the essence of our daily lives, transforming mundane moments to memorable experiences, moulding our emotions, forming bonds with others. So, the next time you listen to your favourite song or play a musical instrument, give it some thought to realise how much of an influence it has on your daily path and how its melodic splendour becomes woven into your very essence!

*Samarth Srinivas S  
Grade 9 (IGCSE)*

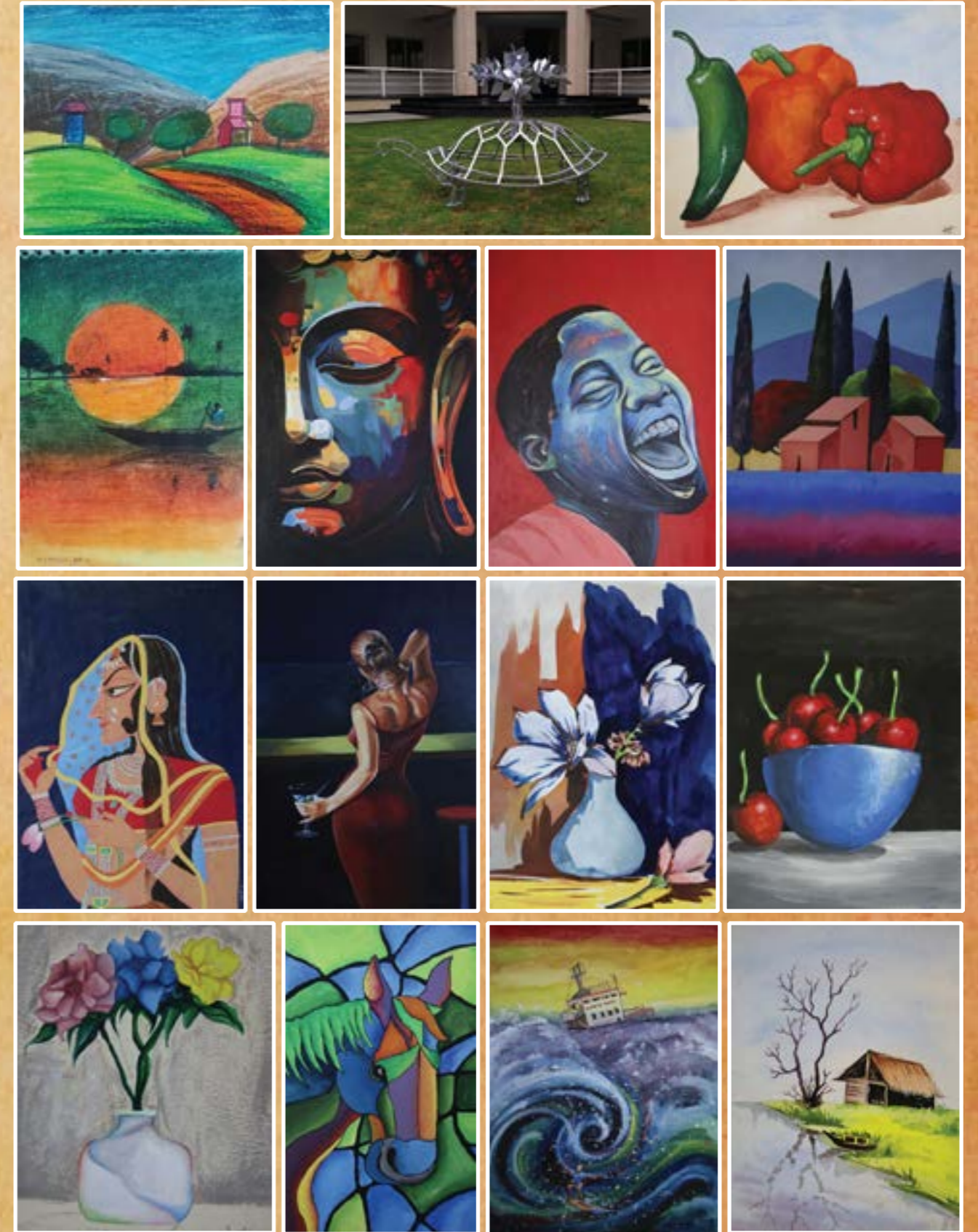
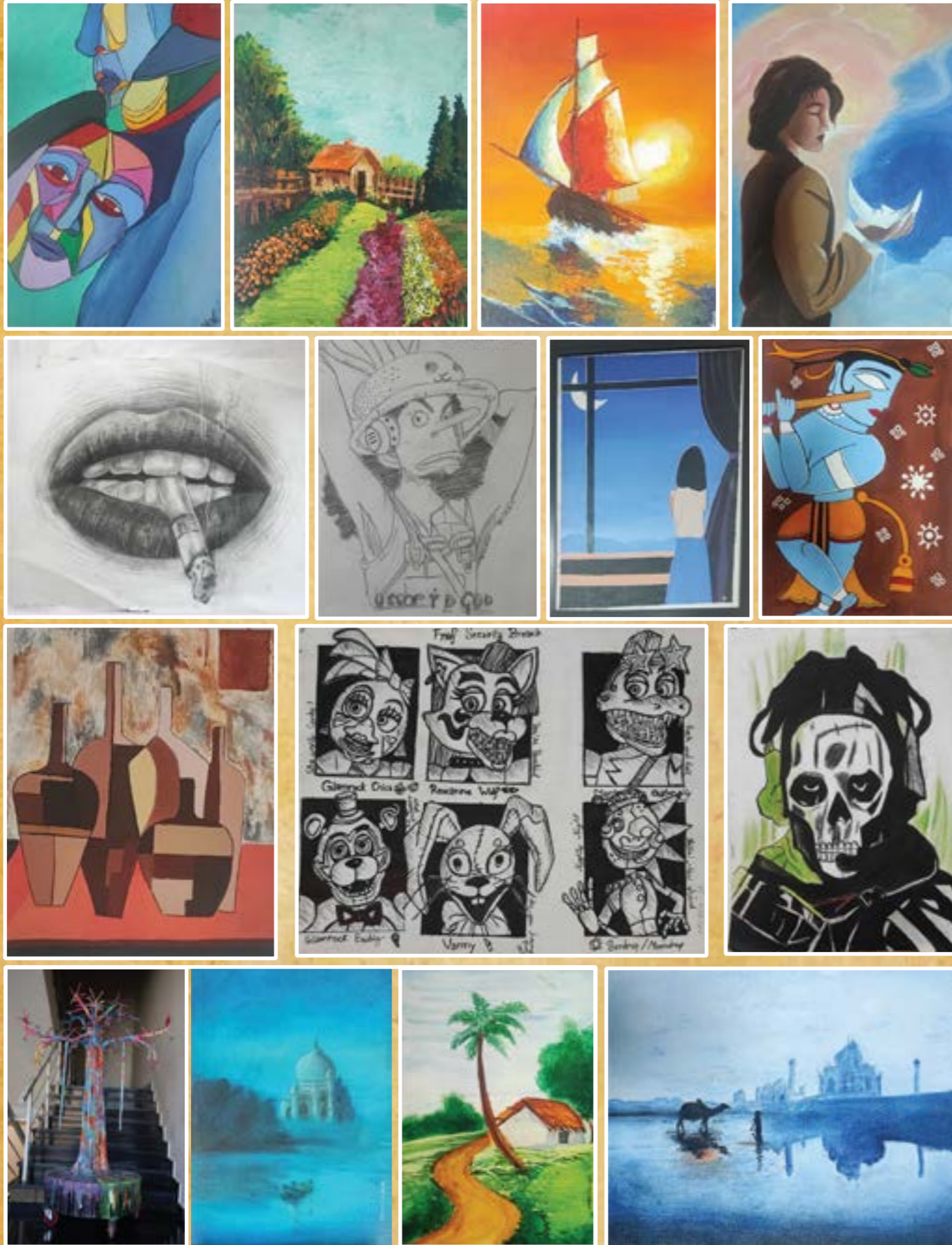


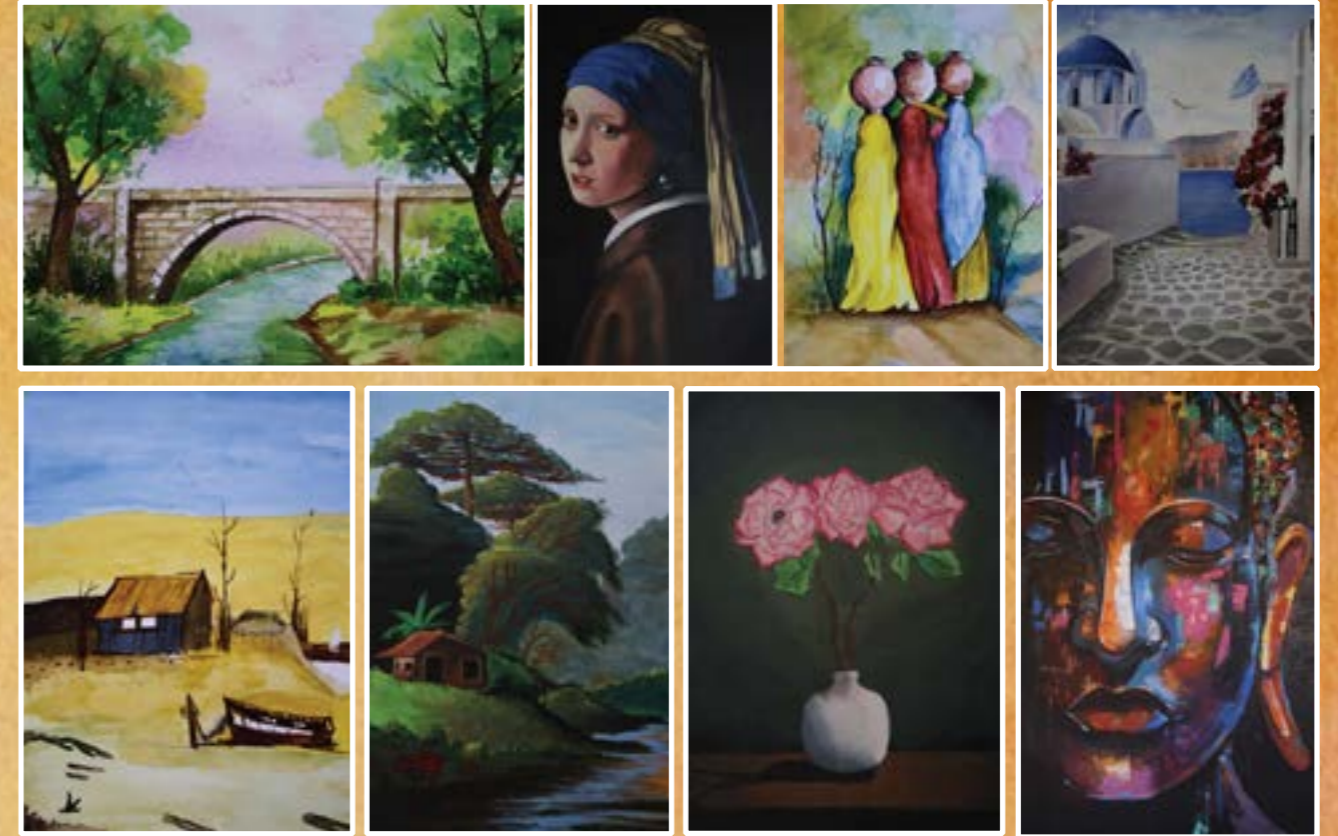
## Trinity Music exam

Trinity College London offers graded musical qualifications for musical theory and for performance in a range of string instruments, singing, piano, electronic keyboards, brass, woodwind instruments and percussions, starting with the Initial Grade, then numbered from Grade 1 to Grade 8 with increasing difficulty. JIRS has been preparing a number of students every year for these examinations, which has not only instilled a musical craving but has also opened various career opportunities.









## EFFECTS AND EMOTIONS

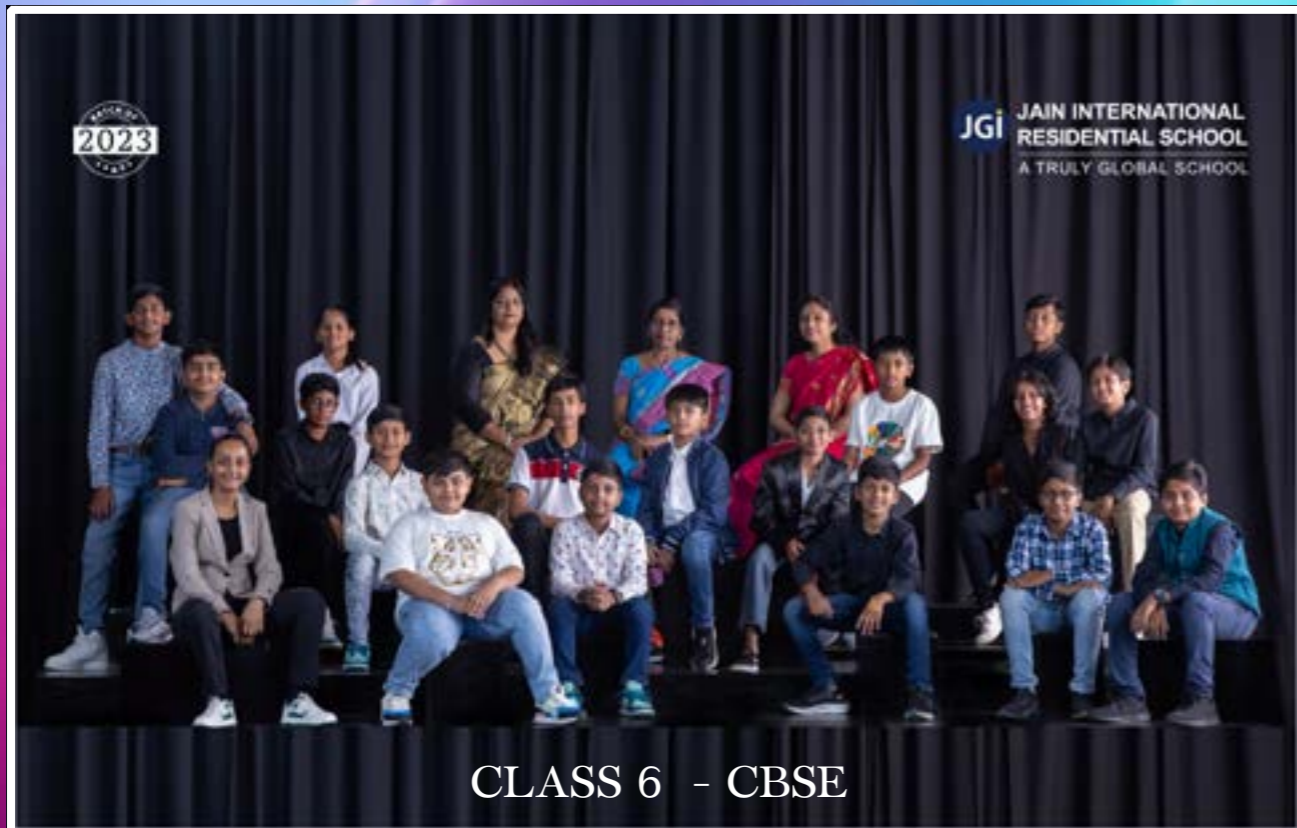
Have you ever thought that lines create a variety of visual effects and emotions? By understanding the significance of lines, we can use them to express different feelings, whether in drawing, calligraphy, or any design work, to enhance the creativity and aesthetic value of the artwork.

- ☞ Thin line has sharpness and finesse.
- ☞ Bold line shows emphasis and draws attention towards itself.
- ☞ Vertical line shows height, aspiration, dignity, and strength.
- ☞ Horizontal line expresses repose, calmness, peace, balance, and stability.
- ☞ Diagonal line gives a sense of movement and restlessness.
- ☞ Conical lines look clashing, agitated, and stiff.
- ☞ Radial lines have grace and centrality.
- ☞ Spiral lines have an engaging motion, mystery, and psychedelic effect.

( Ref: Panoramic Indian Painting)

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Grade 11(CBSE)























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