

HISTORY

***“History Is Not A Burden On The Memory, But
An Illumination Of The Soul”- LORD ACTON***

Inca Civilisation and the City of Gold



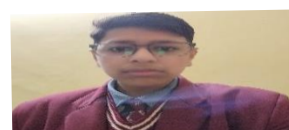
The Inca Empire was a vast and powerful civilisation that stretched across Andes Mountains of South America from the 13th to 16th century. This great empire was home to the Incan people, and their legacy is still visible today in many ruins and artefacts that remain. One of the most mysterious and fascinating aspects of the Incan culture is the legend of El Dorado, the “City of Gold”.

El Dorado was said to be a legendary City Of Gold, full of riches and wealth beyond imagination. The Incas believed that El Dorado was a real place, although its exact location was never determined. Legends claim that the city was located somewhere in the Amazon, and the Incas sent out expeditions in search of it. Unfortunately, none of these expeditions ever found El Dorado, and the city remains a mystery to this day.

While the exact location of El Dorado may never be known, its legacy still lives on in Incan folklore. It is said that the city was inhabited by a race of golden people, and that the walls of their temples and palaces were made up of solid gold. The City was believed to be full of precious jewels and other riches, and the people who lived there enjoyed a life of luxury and abundance.

Although El Dorado was never found, it remains an important part of Incan culture. It is a symbol of hope and prosperity, and a remainder of the power and grandeur of the Incan Empire. The legend of El Dorado continues to capture the imagination of people around the world, and will likely remain an important part of Incan history for many years to come.

Jatin Kaushal, 10 A,



El Dorado: The lost City of Gold

Are you an explorer at heart? Do you love to visit new places and learn new things? If so, you're not alone! Wanderlust has been around since the beginning of human history.

Throughout time, many explorers have set out with a purpose. Beyond seeing what was out there, they were usually searching for something special.

Some explorers wanted to conquer lands for their home countries. Others sought out riches, particularly gold. In fact, the search for gold led many explorers to South America. There, they looked in vain for a lost city supposedly made of gold. What are we talking about? El Dorado, of course!

Over time, the myth of El Dorado came to represent a hidden city. It's said to sit deep within South America. And of course, it's the source of untold riches, mainly in the form of gold. Experts believe, though, that the El Dorado myth evolved over time. They think that El Dorado actually began as a man, not a place.

The ancient Muisca people lived deep in the Andes Mountains. Their civilization sat in what is now Colombia. The Muisca people had a special tradition when a new king rose to power. The king would coat himself in gold dust before diving into Lake Guatavita. As part of the ceremony, gold and other precious jewels would be thrown into the lake. This was thought to please an underwater god.

Spanish explorers who arrived in the early 16th century heard about the Muisca people and their tradition. They even gave the king a name: El Dorado or "the gilded one." In 1545, they found Lake Guatavita and tried to drain it. Although they did find hundreds of pieces of gold, the vast treasure they hoped for was not there.

This led the Spanish to decide that Lake Guatavita was not the place they were looking for. So they continued to search for a city that ultimately did not exist. In this way, the myth of El Dorado grew from a man to a place of great riches.

For the next century, many people looked for El Dorado. Some famous explorers even joined in on the search. This included Gonzalo Pizarro, Francisco de Orellana, and Sir Walter Raleigh. Raleigh even made two separate trips to Guyana looking for El Dorado. In the end, El Dorado, the city of untold riches, never existed. El Dorado, the man, did exist. His homeland near Lake Guatavita was found, but it did not contain the mythical riches that explorers sought. What do you think of the legend of El Dorado? Wouldn't it be amazing to see an entire city made of gold? That may not be possible, but the legend itself still fascinates many people. What other fantastic places would you like to explore?



Aksh Panwar, 10 B,

A Civilised Citizen and the Development of a Country

“Not gold, but only men, can make a nation strong and great; Men who for truth and honour’s sake stand fast and suffer long”. A country can only prosper, grow and develop if the citizens of a country are civilised as they have to make the right choices during elections and participate in different procedures for the development of its country. A civilised citizen is the one who knows about his duties and rights and abides by the rules and regulations that should be followed by every citizen. He /She must also always be there to make their country develop by making the right choices during elections and not merely vote for the sake of voting but with the thoughtfulness of making its country developed by choosing their right leaders who will work for everyone’s comfort and are responsible. They ought to make a conscious effort of abiding by rules and regulations and also help other people to understand their duties well.

They never discriminate a person by their gender, religion, caste or creed. They educate themselves about their rights and others rights too. They always protect their country’s heritage and culture as they always have a feeling of nationalism towards their country. All these qualities make people, responsible and good citizens. This indicates that not only is there a need for a person to be civilised for its country, but also for themselves. So, that is why everyone should remember that-**“Every good citizen makes his country's honour his own, and cherishes it not only as precious but as sacred.”**



Aadhunika Mohan, 9 A

Ancient Egypt -- A Land of Mysteries

No other civilization has so captured the imagination of scholars and laypeople alike. Mystery surrounds its origins, its religion and its monumental architecture: colossal temples, pyramids and the enormous Sphinx. The Egyptian pyramids are the most famous of all the ancient monuments, the only remaining wonder of the seven wonders of the ancient world.

Just as life arose from the waters, the seeds of civilization were first sown along the banks of the Nile. This mighty river, which flows north from the heart of Africa to the Mediterranean Sea, nourished the growth of the pharaonic kingdom. The long, narrow flood plain was a magnet for life, attracting people, animals and plants to its banks. In pre-dynastic times, nomadic hunters settled in the valley and began to grow crops to supplement their food supply. Seen as a gift from the gods, the annual flooding of the river deposited nutrient rich silt over the land, creating ideal conditions for growing wheat, flax and other crops. The first communal project of this fledgling society was the building of irrigation canals for agricultural purposes.

The sun was a principal deity whose passage across the sky represented the eternal cycle of birth, death and rebirth. The pharaohs were seen as Gods, divine representatives on earth who, through rituals, ensured the continuation of life. After death, they became immortal, joining the gods in the afterworld.

The Egyptians also believed that the body and soul were important to human existence, in life and in death. Their funerary practices, such as mummification and burial in tombs, were designed to assist the deceased find their way in the afterworld. The tombs were filled with food, tools, domestic wares, and treasures -- all the necessities of life -- to ensure the soul's return to the body so that the deceased would live happily ever after.

The most imposing tombs are the famous pyramids, shaped like the sacred mound where the Gods first appeared in the creation story. These were incredibly ambitious projects, the largest structures ever built. Their construction was overseen by highly skilled architects and engineers. Paid labourers moved the massive limestone blocks without the use of wheels, horses or iron tools. The conscripts may have been motivated by a deep faith in the divinity of their leaders and a belief in immortality. Perhaps they thought that their contributions would improve their own prospects at the final judgement in the afterworld.

The gigantic pyramids were conspicuous targets for tomb robbers, whose plundering jeopardized the hope for eternal life. Subsequent generations of kings hid their tombs in the Valley of the Kings in an attempt to elude the robbers. In the

desert valley near the ancient capital of Thebes, now called Luxor, they prepared their royal tombs by cutting into the side of the mountain. Despite efforts to hide the entrances, thieves managed to find the tombs, pillaging and emptying them of their treasures.

One tomb was spared, however: Tutankhamun's. Although his resting place was disturbed twice by robbers, the entrance was resealed and remained hidden for over 3,000 years. Its discovery by the British archaeologist Howard Carter in 1922 is considered the greatest archaeological find in history. Carter spent the rest of his life working on the tomb, removing its treasures to Cairo, and documenting and studying its contents, including the pharaoh's gold coffins and mask.

Tutankhamun's mummy remains in his tomb, the only pharaoh to be left in the Valley of the Kings.

Today, Egyptian archaeologists are still making important discoveries, and the scientific study of royal mummies is shedding new light on the genealogy of the pharaohs. The ongoing deciphering of hieroglyphic writings and research on the life of the peasants are also answering many questions related to the evolution of Egyptian culture. The pharaonic religion gives the impression that the Egyptians were preoccupied with death; however, there are ample indications that they were a happy lot who knew how to enjoy life.



Shreyas Katoch, 10 B

UTOPIA

***“...where the rich do not exploit the poor,
Society has no blind faith, and it does not believe in useless wars.”***

-Thomas More

Sounds imaginary, right? In fact, Utopia was a book written by Thomas More, describing an imaginary, perfect island in America during the Renaissance period in Europe. Since then, Utopia has been a term used for a place where people are happy and everything is just perfect. Now, everyone has their own reason to call a place a ‘Utopia’. Some might think of the amazing shopping malls of the USA while others might think of the perfect greenery and beauty of Switzerland or Sweden. But do you think that is all that matters? When I was introduced to this term in my history book, I stopped to think about India and why, even after independence, it is still not a utopia for all.

The first thing to mention here is corruption and greediness. Ranging from top officers and employers to many other workers around you, are corrupt and always ready to grab as much as they can. It is hard to believe that according to a study; more than 62% of the people in India have first-hand experience of paying bribes! These things are so common even in daily life that we see people full of expertise and the highest degrees are rejected jobs, but those who are rich but with a piece of trash are considered as priceless as a Kohinoor.

Next, is Equality. Don’t think it is as easy to have as it is to say. Illiterate people are mostly unaware of their rights and face discrimination in many spheres of life. Right to Education, Employment, Right against Exploitation, and Freedom of Religion are other Fundamental Rights that are often violated. Our Rights, as students, are Right to Information and Freedom of Speech and Expression, which the student writers of this magazine experience directly, but do you ever stop to wonder of the children who are labouring in the fields? Is it even a fault of theirs?

India has once again topped the chart in poverty, with 22.8 crore population sitting hungry and at a huge lack of just enough to survive and ‘stay happy’.

Is there any way India can be called a Utopia? The answer is ‘No’, but it is ‘no’ only as of now.

“People who are crazy enough to think that they can change the world are the ones who really do”.

Humans have progressed so much in the past years. Inventions that we call great today were once a part of the inventors’ wild imagination. Now, Dear Readers, I’ll ask you, if ‘Utopia’ is an ‘invisible’, ‘imaginary’, ‘ideal’ concept, why is it not possible for us to make it real?

What can’t we do together? Where can’t we reach together?



Keshika Verma, 10 B

The Tangible Heritage of Himachal Pradesh

Himachal Pradesh the land of sages and local deities is endowed with beautiful valleys, lush green meadows, and verdant forest, orchards loaded with fruits, gushing rivers, mighty lakes and snow-capped mountains. This beauty is not only restricted to visuals, but also can be noticed in its rich and vibrant culture. The culture of Himachal is reflected by the day to day life of its people. The main occupation of people is agriculture, cattle rearing, sheep rearing. Nowadays tourism, handicraft, food processing and handloom are also giving livelihood to the people. The people who visit Himachal are often inquisitive about the local dressing styles. Locals can be seen wearing ethnic attire on the days of festivals and weddings. Women in places having colder climate are usually wear 'Pattu' which is a hand woven dress draped in different styles in different regions. Gachi and Bumni, a silver ornament is used to tie it up. In Kinnaur, women wear 'Cholo' a woollen jacket with Dohado (pattu). They cover their head using caps, dhathu or thipu. Rejatta, sadri and dhathu adds on to the beauty of Himachali women of district Shimla. Whereas in warmer places Ghagra-Choli, Salwar, Suits with specific embroidery which depicts the art of the particular region are worn. Ornaments of silver and gold are equally popular. Chandrarahar, Toke(silver bangles), Chak, Bale(large earrings), Lounge(A big nose pin), Jhanjar, Trimani are very popular. Himachali Nath has a different charm of its own. Men wear kurta and pyjamas with overcoat made by different material like wool, yak leather and silk. Woollen coats, waist coats have become immensely popular. Kinnauri and Kullvi shawls have a great market in India as well in abroad. Ghass ke pulle(hand-woven straw shoes) are still used.

Tangible heritage is incomplete without the mention of the delicacies. Himachal produces all kinds of fruits vegetables and many local cereals. Kodra, silyara, kathu, bharsa, jattu dhan, siyur dhan, siul, cheena, maize and barley are some of the cereals grown here since ages. Although maize flour, wheat flour and rice are the staple diet of Himachalis. The food habits of people depend upon the altitude and the climate of that region. In upper hilly areas non-vegetarian cuisine is popular. Mutton is cooked in various styles. Khatta meat, Madra, Poti(the stomach and intestines), Chha meat, Rahra meat and in interiors meat is preserved by drying it, so that it can be cooked later in extreme winters. Siddu Ghee, Fevda, babru, marchu, geche, ghue-badi, lote, childe, bhallu(vade) and bhatturu stuffed with poppy seeds and walnuts are prepared occasionally. Fruits grown here are used in day to day meals, like Ambua a sweet and sour dish made using raw mangos, apple pudding or seb ka meetha, kele ka meetha are made seasonally. Since very old times vegetables and fruits are preserved in the form of pickles. Lentils like rajmah, mah ki dal, chhane ki dal are immensely popular. Himachali dham is the star of our cuisine, madra, sepu vadi, khatta, dal, kadhi, raita, meetha, meethe chawal are served in dham. Dham is relished in every local wedding. Guchhi(wild fungi)ka madra, lingdi (wild fern)ka madra are some of the exotic Himachali dishes. Everyone should come forward to preserve our ancestral recipes so that the upcoming generation can also be proud of their roots.



Kartikeshwar Singh, 10 A,

HISTORY OF FEMINISM

The definition of feminism is very elusive maybe because of its ever changing historical meaning. Feminism is a belief that women and men are by birth part of equal worth. The term feminism can be used to describe a political, cultural, or economic movement aimed at establishing equal rights and legal protection for women. Feminism is one of the oldest movements in global history. Feminist and scholars have divided the movement's history into three "waves". The first wave refers mainly to women's suffrage movements of the 19th and early 20th centuries mainly concerned with women's Right to Vote. The second wave refers to the ideas and actions associated with the women's liberation movement beginning in the 1960s. The third wave refers to a continuation of, and a reaction to the perceived failures of the second wave feminism beginning in the 1990s. Feminism involves political and sociological theories and philosophies concerned with issues of gender difference, as well as a movement that advocates gender equality for women and campaigns for women rights and interests. Although the terms "feminism" and "feminist" did not gain widespread use until the 1970's, they were already being used in the public parlances much earlier; for instance, Katherine Hepburn speaks of the "feminist movement" in the 1942 film *Woman of the Year*.



Mythili Rana, 9 A

POLITICAL SCIENCE

“Democracy Is When The Indigent, And Not The Men Of Property, Are The Rulers”-Aristotle

A CALL TO DEFEND DEMOKRATIA

What is a democracy? I am sure everyone must be aware of this and would have many answers like Democracy is a system of government in which laws, policies, leadership, and major undertakings of a state or other polity are directly or indirectly decided by the “people”, but is anyone aware of why we need democracy and what exactly is the importance of this? To explain the importance of democracy some fundamental questions must be answered: What exactly is meant when people say ‘democracy’? Why is it assumed democracy should be the preferred form of government in the world? How does it compare to other models for political organization? And why is there such a widespread perception that democracy is under threat? When talking about the importance of democracy it is important to define it accurately.

Democracy is popular sovereignty – in Abraham Lincoln’s words, ‘government of the people, by the people, for the people’. At its heart is the concept of the population choosing a government through regular, free, and fair elections like India is a Parliamentary Democratic Republic, where the President is head of the state and Prime minister is head of the government. The guiding principles of democracy such as protected rights and freedoms, free and fair elections, accountability and transparency of government officials, citizens have a responsibility to uphold and support their principles. Democracy was first practised in the 6th century BCE, in the city-state of Athens. One basic principle of democracy is that people are the source of all the political power, in a democracy people rule themselves and also respect given to diverse groups of citizens, so democracy is required to select the government of their own interest and make the nation developed by electing good leaders.

But why exactly do we need democracy? We need democracy as this process explains and assists in the upkeep of law and order and gives the opportunity to the people to choose their leaders and it also grants the pupils present in the country equal rights regardless of caste, religion, or gender. Democracy also provides the framework for dealing with disagreements and arguments, as well as the ability to correct our own mistakes, is provided by democratic government so now we are aware why we need democracy but the question again rises is it really a best form of government? In answer of that we can say that yes it is an accountable form of government it gives people a chance to become personally involved with their government more than that The structure of a democracy works to reduce issues with exploitation and countries who use democracy are less likely to enter into armed conflicts, so how can one say that democracy is under threat in today's world? It is most often by those in power (democratically) coming to the conclusion that it is worth sacrificing any fair dealings for the sake of staying in power i.e. manipulating the media, the courts, voting districts and the whole process of voter registration and ease of voting for the opposition to win would be worse than sacrificing due, fair process. Like for example in India democracy is flawed because of some points which are, politics for the sake of money, philosophy of backward looking, lack of scientific temper, erosion of value system and many more, but what will happen if democracy fails? We can see certain people will find their Right to Vote taken away. Elections will become more suspect and partisanship will become the norm. We will assume an us-versus-them mentality and attempt to demonize any and all individuals we see as un-Indian. The world will revert back in time when there were no democracies among the major powers and the form of government will change into dictatorship, monarchy or theocracy. It now becomes clear that Democracy must be sacrificed to maintain the status quo by the old power structure. It is then the responsibility of the new emerging demographic groups to defend and protect the constitutional Democracy that will lead to an orderly transition of power.

AISHNI SHARMA, 10 A



SOCIAL JUSTICE AS AN ATTRIBUTE TO MODERN SOCIETY

Social justice refers to the fair division of resources, opportunities, and privileges in a society. It emphasizes fairness in how society divides its social resources.

One of the most famous examinations of social justice is John Rawls' A Theory of Justice (1971). Gender inequality, racism, and LGBTQ+ discrimination are frequent subjects of social justice advocacy. Some applications of social justice, like critical race theory, have become embattled in the American culture wars.

Understanding Social Justice:-

The phrase “social justice” draws its roots from Christian theology, with the first noted use occurring in the early 1840s in Theoretical Treatise on Natural Law by Luigi Taparelli. Taparelli was an Italian Jesuit priest writing during the rise of Risorgimento, a 19th-century Italian nationalist movement, and debates around the unification of Italy.

Navyam Sharma, 10A

ECONOMIC GROWTH WITH SOCIAL JUSTICE

I never intend to adjust myself to economic conditions that will take necessities from many to give luxuries to a few ~ Martin Luther King

Developing countries all over the world today are facing a dual challenge, they must not only achieve a satisfactory rate of economic growth but they also have to see that such growth is evenly distributed. In other words, they have to find ways to ensure that the benefits of economic growth cure today's population as a whole and not a small percentage only.

Following conventional economic theories most of the countries which won political freedom during the last two decades have been concentrating on increasing their gross national products. By all accounts, they have achieved success in that direction. But they have also discovered that the growth in national income achieved by them at great effort and cost appears to have created more problems than it might have solved. It has increased inequalities, making the rich richer while the poor have not been able to secure even their basic minimum needs.

Here in India, conspicuous consumption is definitely on the increase with luxury buildings shooting high up in the sky and the rich spending large amounts of wealth on their luxuries, thereby creating a grim contrast between the rich and the poor. War on poverty and unemployment can be successfully reached only if all sections of the people particularly the rich and the middle classes and all those who are employed make tremendous sacrifices in the interest of social justice. The prosperity of a country is not to be judged by our export figures alone. It is not a matter of much gratification that our air services are very efficient and factories produce luxury material, which only the rich can buy. Economic growth with Social Justice means that we should seek to achieve full employment, abolish poverty and wipe out all forms of exploitation produce more goods for common consumption which common man can buy with his small earnings and build cheap and durable houses in millions for the poor and establish a network of schools and hospitals to eliminate ignorance and diseases. A country which finds it impossible to meet these conditions may well forget about Economic growth with Social Justice.

Chandermoly Pandit, ICSE BATCH, 2023 B

What If Subhash Chandra Bose was the First Prime Minister of India?

Subash Chandra Bose, popularly known as Netaji, was a prominent leader in India's independence movement against British colonial rule. He played a significant role in inspiring and mobilizing people to fight for freedom, and his leadership qualities and vision continue to inspire people even today. If Subash Chandra Bose had become the Prime Minister of India, it is difficult to predict exactly how things would have unfolded. However, we can consider some possible scenarios based on his ideology and past.

Subash Chandra Bose was an instrumental in creating the Indian National Army (INA), which aimed to fight against the British and liberate India. If he had become Prime Minister, he would have likely focused on strengthening the INA and using it as a tool to gain independence. He was a proponent of social justice and believed in empowering the marginalized sections of society. As Prime Minister, he may have implemented policies to promote equality and inclusiveness, and worked towards reducing poverty and addressing the needs of farmers, labourers, and other disadvantaged groups.

Bose was known for his nationalist and anti-imperialist views. As Prime Minister, he would have likely pursued a more assertive foreign policy to establish India's position as a leading nation in Asia and the world. He may have also sought closer ties with other countries in the region and worked towards creating a united front against colonialism. Bose recognized the importance of industrialization for India's development and believed in promoting indigenous industries. As Prime Minister, he may have implemented policies to encourage domestic entrepreneurship and promote economic growth.

It is worth noting that Bose was a strong-willed leader who believed in taking decisive action. His leadership style may have been different from other Prime Ministers and he may have taken unconventional approaches to tackle various issues. However, it is impossible to predict how things would have unfolded had he become the Prime Minister of India.

Suryansh Singh Pal, 10A

Discipline Club Vice-President



IMPORTANCE OF G20 FOR INDIA

G-20 or Global 20 represents the countries with world's largest economic powers.

G-20 has become one of the most significant international body that accounts for 85% of the global GDP, 75% of the world trade and about two-third of the world population. G20 gives India an excellent opportunity to form world opinion when there is escalation of geopolitical rigidities. India will work tirelessly to advance peace, stability and shared prosperity in a fragmented world. The G20 is a membership of 19 countries, i.e. US, Argentina, Brazil, Australia, Canada, Mexico, Turkey, Indonesia, South Korea, Japan, China, Germany, Britain, India, Saudi Arabia, South Africa, Italy, France, Russia. The establishment of the G20 is an outcome of the dissatisfaction of the international community over the failure of the G7 countries to find solutions to the global economy's problems. The spirit of India's G20 chairmanship is manifested in the theme of 'One Earth, One Family, One Future' enshrined in the ancient Sanskrit ethos as 'Vasudhaiva Kutumbakam.' India considers its G20 presidency a medium of change and world transformation in this era of multi-dimensional crises like food and energy security. India will harness its G20 presidency to reach constructive solutions to various challenges, like reviving global growth, more decisive climate actions and robust global health architecture. With its core strength in information technology, India focuses on making digital architecture inclusive of becoming an agent of socio-economic evolution. Promoting inclusive growth and financial inclusion will be the key priorities. As we move forward, the G20 will also be a chance to showcase India, the largest Democracy in the world, its glory and diversity. It will also have an opportunity to show the member nations its new heights of excellence in areas ranging from economic progress to science and technology, space, innovation, and start-ups. India will host 200-plus G20-related meetings in 56 different places in India, bringing delegates from different countries to visit this vibrant and diverse country. For many visitors, a G20 event will be their first taste and experience of India; hence, all Indians need to put their best foot forward to welcome the world and treat them as part of one family. This platform would help India to showcase its development and propose its models to the world as potential solutions.

Challenges for India: India has assumed the presidency when the world is confronting various problems. With geopolitics at its highest point, it seems like an enormous task for India to sail through these rocky waters. India acknowledged the impending consequences of economic decline, growing global poverty, and the delay in achieving Sustainable Development Goals. The G20 was an alienated house, with several leaders abdicating their responsibility to find a peaceful solution in Ukraine. Political leaders must address the root cause of the food, fuel, and fertiliser crises, the Ukraine conflict, and related sanctions. India, at the G20 summit, has very evidently expressed its vision by asserting that without peace and security, our next generations will not be able to benefit from economic growth and technological innovation. India is recognised as a world leader now. The promise Indian PM Mr Narendra Modi emphasised for an action-oriented and determined presidency will be closely watched, not only by the members of the G20 but also by the international organisations such as the UNO, think tanks, diplomats across the world, and more importantly, by the countries of the Indian Ocean Region (IOR). India has already taken the lead in some aspects, particularly in technology with digital public goods and its governance, self-reliance or Aatma Nirbhar, vaccine diplomacy, and asserting its firmness on various geopolitical issues. Consequently, the stage is set for India to strive towards global peace, rules-based governance, and growth for all in this world.



Aadit Thakur, 10 B,

How Can You Positively Contribute To the Society as a Student?

How would you feel doing something in the larger picture? For the bigger cause: our society? For even the country, may be?

That feels good already, doesn't it? So, here I am with a few suggestions for you, as to how you can make a contribution to society. Now, you will say there is a problem that you are still a student. But you know age is just a number. If you have drive and desire to contribute, there is nothing much that can stop you. All one needs to do is make a decision and look for ways you can do your bit. These suggestions are based on the fact that you all are students and still can make a difference to how things happen around you.

BE AWARE: Contribution does not have to mean to act, always. At times, keeping yourself with what is happening around you also means a lot. Keeping yourself updated about important things can help you act as a responsible citizen.

SPREAD AWARENESS: There are so many things people around you complain about like unclean roads, traffic jams, pollution etc. But do they realize that they could be contributing to these problems too? Make an effort in that direction.

PROMOTE HEALTHY ENVIRONMENT: Living a healthy life feels good, does it not? You could help improve your living environment by acting against agents that disrupt it. You can create an event where your friends and you can discuss the common issues at large.

TAKE PART OR START SMALL ACTIVITIES OR EVENTS THAT HELP OTHERS: Even while you are a student, you may help others by starting various kinds of small activities like plantation of trees, cleaning drives and community service for aged people near your localities. You can volunteer to devote sometime to places like old age homes, orphanages, blind schools because here **YOUR ASSISTANCE IS NEEDED**.

And that is how by doing a little; we can make the world a better place to live in.



Devanshi Moudgil, 10B

A New Era of Conflict & Violence

*"War Doesn't Determine Who Is Right- Only Who Is Left" -
Bertrand Russell*

Is RELIGION Really A Cause Of WAR???

Religion has been a fundamental aspect of human existence for centuries, providing individuals with a moral compass and a sense of purpose. However, throughout history, religion has also been implicated in numerous conflicts and wars. This has led many to question whether religion is indeed a cause of war, or whether other factors are at play.

There is a belief among people that religion as the main cause of wars worldwide and that it has been the main cause of violence throughout the history of humanity. While we cannot deny that some battles and civil wars were based on religious faith, it is totally illogical to consider religion as the main cause of wars. In fact all religions believe that violence is morally wrong and wars should be avoided by resolving the conflict by peaceful means. Many see wars as the result of a failure to live by God's standards.

Furthermore, religion can also be a source of peace and reconciliation. Many religious traditions promote values such as compassion, forgiveness, and respect for human dignity, which can help to bridge divides and build solidarity between different groups. Religious leaders and organizations have played important roles in promoting dialogue, mediation, and conflict resolution in many parts of the world.

To summarize the above stated points I would like to conclude by claiming that
"No wars are more bitter than those undertaken in the name of religion"



Shireen Chaba, 10B

Russia-Ukraine Conflict Continues.....

The ongoing conflict between Russia and Ukraine has been a topic of intense debate and concern for several years now. The origins of the conflict can be traced back to Ukraine's decision to move towards greater integration with the West, which was met with disapproval by Russia. The situation escalated in 2014, when Russia annexed Crimea from Ukraine, triggering a chain of events that led to the ongoing conflict.

The conflict has had a significant impact on both countries, as well as the wider international community. Ukraine has suffered the brunt of the conflict, with thousands of people losing their lives and millions being displaced from their homes. The conflict has also had economic consequences, with Ukraine's economy being severely impacted by the loss of Crimea and the ongoing conflict in the Donbas region. Russia's involvement in the conflict has been a source of controversy and concern for many countries. Many have accused Russia of supporting separatist rebels in the Donbas region, providing them with weapons, funds, and training. Russia has denied these accusations, but the evidence suggests otherwise. The conflict has also led to tensions between Russia and the West, with many countries imposing sanctions on Russia in response to its actions.

The ongoing conflict is a complex issue, with no easy solutions. It is clear that a peaceful resolution to the conflict is urgently needed, but achieving this will require a concerted effort from all parties involved. This will require a willingness to engage in dialogue and compromise, as well as a commitment to finding a solution that is acceptable to all sides.

The international community also has a crucial role to play in resolving the conflict. The United Nations has called for an end to the fighting and the restoration of Ukraine's territorial integrity, but this will require more than just words. The international community must also take concrete steps to pressure Russia to end its support for the separatist rebels and to engage in meaningful negotiations with Ukraine. Ultimately, the ongoing conflict between Russia and Ukraine is a tragedy for both countries and the wider international community. It is a reminder of the dangers of geopolitical tensions and the need for diplomacy and cooperation in resolving conflicts. Only by working together can we hope to find a peaceful resolution to this ongoing crisis.



Aarav Bhargav, 10B

TERRORISM

Terrorism knows no religion. Often this remark is heard in popular media. It means that no hard and fast rule can signify the reason behind terrorism. For India, the case has nevertheless been the same. However, the insurgencies in Kashmir and the North East are examples of not just terrorism but also political conflicts. The situation in Kashmir has persisted since Independence. It has been the reason for wars between India and Pakistan.

Kashmiris were granted status as a special state by the Indian Constitution. The ordinary people over there have suffered more than any other state in this country. The constant infiltration from the borders, the abject poverty of most of the people, and an unfulfilled desire of separatists—together these three factors have to lead to the rampant propagation of terrorist activities. In the case of the North eastern states, mainly Arunachal Pradesh, which shares its borders with



China, there have been insurgencies and counter-insurgency operations. This has mostly happened due to the Chinese intervention into the political and social lives of the people living in that region. The most grotesque terrorist attacks to have taken place in India were the Parliament attacks of 2001 and the Mumbai Attacks of 2011. There was a new mode of terrorism in these cases, which included terrorists coming into the countries surpassing security checks. The parliament attacks, however, were controlled and did not cause many casualties. The attacks of 26/11, however, were far more significant in size and extent. Many people lost their lives, including guests of these hotels, police officers, and a major of the national security guard. When the situation seemed uncontrollable, India's NSG was deployed to tackle the terrorists in what they termed as Operation Black Tornado. The NSG was successful in neutralizing the terrorists at all locations apart from one who tried to escape and was arrested. There have been instances of terrorism in India even to this day. The Pulwama incident is one such example. However, strong retaliation measures on the part of India in the form of airstrikes and surgical strikes have sent secure messages of India's commitment towards dismantling terrorism.

Dhaniya Upadhyay, 10B



WAR and VIOLENT EXTREMISM

War in a popular sense, is a conflict between political groups involving hostilities of considerable duration and magnitude. In the usage of social science, certain qualifications were added. Sociologists usually apply the term to such conflicts only if they are initiated and conducted in accordance with socially recognized forms. They treat war as an institution recognized in custom or law. Military writers usually the term to hostilities in which the contending groups are sufficiently equal in power to render the outcome uncertain for a time. Armed conflicts of powerful states with isolated and powerless peoples are usually called pacifications, military expeditions, or explorations; with small states, they are called interventions or reprisals; and with internal groups, rebellions or insurrections. Such incidents, if the resistance is sufficiently strong or protracted, may achieve a magnitude that entitles them to the name “War”.

Hard this is to believe it, we live in one of the most peaceful periods of human history. Homicides have been falling in most parts of the world for centuries. Despite the horrors beamed across the internet, violent deaths from wars between states are at historic lows. Civil war deaths have risen in recent years owing to the conflicts principally in Afghanistan, South Sudan, Syria, and Yemen, but they had fallen so far since the end of the Cold War that they still a fraction of what they were at any time before. After rising for a decade and a half, even violent extremist- related fatalities are on the decline.

Wars are fought to control natural resources, for religious or cultural reasons and over political balances the power. They have fought over legitimacy of laws. They have been fought to settle arguments about land, money and many other issues



Yashika Gupta, 10B

SOCIAL PSYCHOLOGY

**"BEING ENTIRELY HONEST WITH ONESELF IS A GOOD EXERCISE"- SIGMUND
FREUD**

DARE TO SPEAK YOUR MIND.....

Importance of Mental Health

"Not until we are lost, we begin to understand ourselves."- Henry David Thoreau

If you're fighting a chronic cough, you're likely to tell everyone about it. However, you wouldn't even dare to tell the depression symptoms you've been experiencing from the last few months. Mental illness just as frequent as common cold, are rarely discussed.

Mental illness refers to one's behaviour, cognitive and emotional well-being.

Many people ignore mental illness or depression symptoms just because to lack of education about it and because they are afraid to be disprage. Nearly 60% of the population neglect their mental health on daily basis. In India too mental health is not regarded of much importance. Teenagers often have mood swings, but it doesn't mean they cannot suffer from mental disorders. Suicide is the fourth leading cause of deaths between 14-19 year olds. Everyone is at risk of a mental disorder regardless of their age and sex.

Stress, childhood trauma, loneliness, poverty or debt, bereavement are some of the reasons of mental illness. Some early signs of mental illness include- sleeping too much or too little, eating too much or too little, being confused, feeling low all the time, being hopeless, not able to do their daily tasks such as going to school and causing harm to self or others, etc. Mental illness can often lead to depression, anxiety, panic attacks, different phobias, OCD and many other health related problems.

One should surely take a mental health assessment if suffering from any of the symptoms mentioned above. Most effective way to overcome any mental disorder is by going to a therapy. It can help the person to see the world through different colours. We should always believe in ourselves even in the darkest of times.

By being mentally healthy we enjoy our life and surroundings. We must maintain a healthy lifestyle and surely talk to someone if experiencing any of these symptoms.



Tanysha Sood, 9A

HEALING POWER OF MUSIC

A very famous saying “where words fail music speaks”, in our daily life we experience many types of problems and stress in our life and to overcome them most of the people do the things which they cherish. In a survey it was said that 60% of people listen to music and relax themselves. Music has some melodious power which helps us to forget all our problems and puts us in a joyful state.

Now moving on to me I am a music addict and I am also a musician from the past 5 years. I have seen people struggling to learn music, all those breakdowns and the hard work which pays off at last. When I started to learn my first musical instrument, I also faced many challenges but I always used to be confident of my hard work and I knew one day I’ll be good at it . When I used to feel discouraged that time too I used to listen to my favourite artist *Bon Jovi* and his songs made me feel energized and more joyful to do my work.

At last I would like to conclude that all of us should listen to music as it not only takes us out of a complete state, but also helps us to focus in whatever work we do, as a student of the senior most class in my school I always recommend my juniors to listen to good music which keeps them on track and helps in concentration and also refreshes one’s mind.

MUSIC ONCE ADMITTED TO THE SOUL BECOMES A SORT OF SPIRIT AND NEVER DIES...



Adil Sharma, 10 B

Growth Mindset

“Live as if you were to die tomorrow and learn as if you were to live forever.”

Now, for the ones with no growth mindset, it doesn't mean to live crying today or that particular day because you'll be dying tomorrow but contrary to this the ones with growth mindset would think to live their last day doing things, they love to not regret having to get a golden opportunity to be human and live it to the fullest.

Those who hold a growth mindset believe that they can get better at something by their dedication and commitment. Working on one's flaws and the process; not the outcome, are the most important components. To start with ourselves, we all have had a drastic transformation since the past five to eight years. The only thing advised to us, if we want to have perfection as our first priority, is practice. The more you crave for knowledge, the more you yearn for excellence in perfection, the more your mind works to its full potential.

The environment has a big role, A BIG role to play in the development of your mind and bring out the most out of you. You must contribute yourself to an environment for that fortress of yours to build and go through the most difficult situations possible since the most things are learnt best under the most pressure. And finally if you pass the most hurting and the most tormenting type of agony with hope in your heart and vision in your eyes, just know that you have passed another level of your life and succeeded with YOUR OWN potential, YOUR OWN way and YOUR OWN thinking, simply referring to how you are not worthless and you have a very paramount existence.

Not to rely on others and being the one to be the author of your life is another skill and talent. Not being afraid of change and having the flexibility to adapt yourself to any environment is the foremost requirement and the first step to be successful in whatever field. Remember to always know that a journey of thousand steps begins with a single step, and by now you must know what to step into and think as a visionary for the best and to acquire the pre-eminent results. THAT SINGLE step is what you have to take by yourself and be determined to acquire the most and the deepest knowledge besides experience in that particular field, wisely motivated by Dr. A.P.J. Abdul Kalam.

Nothing is impossible in the world, the only condition being that you need to have that zeal, determination and the power to take the risk and accept the change.

And remember:

“Everybody dies, but not everyone lives.”



Bharvi Kaundal, 10A

LIBERTY WITHOUT DISCIPLINE

Liberty without discipline is a concept that suggests that freedom without rules and regulations can lead to chaos and anarchy. While liberty is a fundamental human right, discipline is necessary to ensure that it is exercised responsibly and does not infringe on the rights of others. Without discipline, the exercise of liberty can lead to harm, disorder, and the breakdown of social norms.

In a society where there is liberty without discipline, individuals are free to act in any way they choose, without any consequences. This can lead to a lack of respect for the law, as people are not held accountable for their actions. In such a society, there would be no standards or norms, and people would be free to act on their impulses and desires, even if they harm others.

The absence of discipline can also lead to a lack of personal responsibility. If individuals are not held accountable for their actions, they may not take responsibility for their choices or behaviour. This can lead to a lack of motivation and a sense of entitlement, where individuals expect to receive benefits without contributing to society.

Moreover, without discipline, there would be no order in society. Rules and regulations are necessary to ensure that people are safe and secure, and that their rights are protected. Without these rules, there would be chaos and anarchy, and people would not be able to live peacefully with one another.

Furthermore, liberty without discipline can lead to the abuse of power. In a society where individuals are free to do as they please, those with more power and resources would be able to exert their influence over others, leading to exploitation and inequality.

In conclusion, liberty without discipline is a dangerous concept that can lead to harm, disorder, and the breakdown of social norms. While liberty is a fundamental human right, it is essential to exercise it responsibly, with consideration for the rights and well-being of others. Discipline is necessary to ensure that liberty is exercised responsibly and to protect the safety and security of



Bhavyashree Jamwal, 10A

Parents – Child Relationship or Aggressiveness

Raising a child is quite a tricky task; it involves a lot of hard work, patience and understanding. It's no secret that being a parent is one of the most challenging roles in the world. A majority of parents today say parenting is harder today than two decades ago with many citing technology as a reason by.

Parents are among the most important people in the lives of young children. From birth, children are learning and rely on mothers and fathers as well as other caregivers acting in the parenting role to protect and care for them and to chart a trajectory that promotes their overall well-being. While parents generally are filled with anticipation about their children unfolding personalities many also lack knowledge about how best to provide for them.

Becoming a parent is usually a welcomed event, but in some cases, parents' lives are fraught with problems and uncertainty regarding their ability to ensure their child's physical, emotional or economic well-being. Children are beautiful and sensitive creatures of God. The relationship between a parent and their child is a unique bond that nurtures the holistic growth and development of a child. The parent-child relationship sets the foundation for all other relationships that a person will have later in life and can help a child to grow into a healthy and happy adult.

Nowadays, children don't have patience. Young kids are becoming aggressive day by day. Sometime they take wrong steps, which makes them and their families suffer. This is a serious problem. Children spend their maximum time in school with their teachers and classmates. School is like a second family to them and the main focus of school must be on educating students about moral values and good behaviour. Both parents and school share the responsibilities to teach children ethical values. The future of the nation depends upon children. The right upbringing and good education can make children as responsible citizens. We live in a society that has a demanding and judgmental attitude towards parents and children. The child-rearing tradition that has been handed down to us places us against our children, when their behaviour is not convenient for others. Parents should know the situation in which children become aggressive with their mother, who is under stress due to less help available to her in daily house chores. At that time, when child bursts out her/his anger then she slows down the action and listens, being patient and calm with the child. Parents should be there to bridge any communication gap between them and their children. Teenagers don't always like to talk about how life is going on. Only a positive parenting can help in children to shun aggressive behaviours.

The children today are becoming restless and stubborn owing to excessive pampering by the parents. They are overly dependent on technology, mainly cell phones and in this lack physical activity. It hinders their growth by not letting out extra energy, which is present in their age. Moreover, parents are using materialistic things as a substitute for their love and affection, but forgetting that their love and affection is necessary for proper emotional and mental growth of children. Sometimes, parents are over protective. They do not let themselves or teachers correct the aggressive behaviour, which may obstruct child's overall growth. The mind of a child is like clay and we can mould it to make her/him a good, happy and law abiding citizen in the years to come.

Folly is bound up in the heart of a child, But the rod of discipline drives it far from him.

At last, no matter what kind of style of parenting they choose to raise happy and successful children, but at the end of the day, it still boils down to the kind of relationship every parent has with their children. The stronger the parent-child relationship, the better the upbringing



Jenisha Malhan, 9A

Psychology behind Generation Conflicts

What is a home?

Made up of four walls? Is that what it is? Or when the feeling of fervour and warmth is felt in each molecule of the atmosphere inside those four walls, when the emotion of eternal joy and infatuation is felt for your parents/children/family that you know will last till the end of time, when all your love is channelized towards your family, YES. That is when a home becomes a **Home**. Your family makes a pile of bricks a place where for your inner self to feel loved.

However, today I'll be drawing your attention to what are the factors that actually demolish the perfect aroma of a sweet home. *"The first step in solving a problem is to recognize that it does exist"*

To overcome a problem, we must know our weaknesses and the innumerable loopholes within us. The most general factor that makes the molecules of tenderness and adoration break into fragments is generational conflict, referring to generation gap. Reading this phrase might have caused you a little heart ache since, you all have experienced this but by the time you realised you were wrong to the very minute detail, it must have been too late for a "sorry".

Man is born free – unfettered by any prejudices. Socialization is the process through which we form opinions. We always have the power of choice – to observe process and decide for ourselves what action we can take. We often build a communication gap ourselves assuming the parent/ the child won't understand the meaning behind the statements advised. Imagine for yourself, when two people have different motives, how could the result be the same?

That is when the barrier starts forming between people with different ages, since our parents have not experienced watching anime, K-culture, western culture etc. when they were our age, that is why their mindset says that it is just a waste of time and it fills us with futility, however according to us we do learn a lot from other countries' culture may it be in the field of studies, movies or series. It's the fact that our parents tell us to read books and we focus on manga, IT ISN'T BAD. We get to learn a lot from reading Light novels or manga. The thing is that our parents are products of a generation where there was nothing as meme, playlists, phones, Instagram or anything else, that is why it takes time for them to fit with our habits. The teenagers are way too impatient to give their parents some time to mingle in with us, and eventually they become very highly high headed when they ask us too many questions relating to what we are doing, why we are doing, and what is the motive. The children are fully at fault here, because instead of explaining to the deepest they just answer with "Why does it bother you?" WHY SHOULDN'T IT BOTHER THEM?? WHO ELSE do you think will care for you the way they do??? They have the right to know what is going in the lives of their child.

And the result is starting of a war.

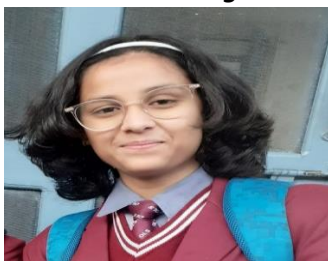
It shouldn't be this way, to both the generations, I would just say, be gentle. Think from each other's perspectives, the responsibilities, stress and the pressure that totally drains the energy of the parents must be understood by the children, and they must help in reducing the work pressure instead of just being rude.

To the parents, they should know how a child feels when they enter the teenage, the peer pressure, the urge to know more, the comparison done with their friends is very toxic, make them feel of yourself as a magic shop, where they can get all the answers relating to their insecurities.

There is a lot of mental exhaustion at both these stages, take care of each other because once you lose each other; it is going to be regretful until you die.

And remember:

"Misunderstandings are inversely proportional to the trust created among both the generations."



Bharvi Kaundal, 10A

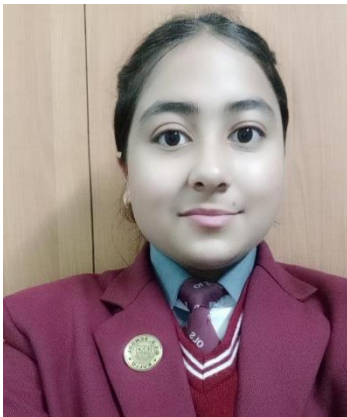
Psychology behind Generation Conflicts

The main reason behind psychology of generation conflict is gap which is commonly perceived to refer as the differences between the generations that cause conflict.

The change of time -age, the culture, technology, everything is influenced.

It's so difficult sometimes to co-relate things and have some common interests when there is a generation gap between the young people and the adults. Most of the adults experience conflict with their children at some point which is known as parent adolescent strained relationships. Conflict intensity tends to change during adolescence and is thought to be an indicator of how parent -adolescent relationship transfers. Both the generations have different mind-set and each generation feels that they are right in their way. Conflict situation between teenagers and adults or a more abstract conflict between two generations is which often involves all the inclusive prejudices against each other.

I suppose every generation has a conceit of itself which elevates it, in its own opinion, above that which comes after it. —Margaret Wilson Oliphant



Shriya Verma, 10A

ETHNICITY AND FAMILY DYNAMICS

Ethnicity refers to a common group identity based on language, culture, religion or other social characteristic and Family ethnicity is the sum of total ancestry and cultural dimensions. It provides a sense of uniqueness from other societies as every society has a different cultural heritage, ancestry, myth, origin, religion, dressing style etc.

In India there are many negative effects of ethnicity like autonomy movements, secessionist movements, violence conflicts on basis of caste, religion etc., but on the other hand we get to learn new ideas, new languages new type of foods or can even inspire creativity and drive innovation.

Family Dynamics refers to the patterns of interactions among relatives, their roles, relationships and various factors that shape their interactions. In families there are a lot of problems. Families are not designed to be fair. Every member of the family has different personality and all families have their own traumas to deal with. No family is shaped to be perfect.

In our day to day life we know there are those people who are filthy rich and the other are who can barely afford a living.

The Rich and poor families have both different lifestyles, struggles, achievements like in Rich families money is never an issue all they care about is how to make more because it's just never enough, but on the other hand the poor families barely have money to but according to me the rich family issue is that in which stock to invest money or how to attend all those important business meetings, but the poor doesn't even know what is an asset and liability. It is said the one who run after money leaves behind every bit of happiness of his life, but the poor is the most happiest because he has someone to love and someone to give what he earned, his house is just not a house it is a home. In the end it doesn't matter what kind of family you belong to, **love is the wealth** which makes a man the richest person in the world

Therefore the family dynamics are the most essential part of our life, which help us to improve relationships, increase self-awareness, confidence, resolve conflicts in a healthy manner and provide a sense of security.

Tavleen Kaur, 10 A

Body Shaming

May I ask you a question- have you ever heard about save the 'Girl Child Movement'? Yes, of course, I know u must have heard about : respect the girls, don't compare girls with boys etc.. Although this may be true that people have stopped such discrimination **against the girls, conversely there is** a new thing which has come up in this world that is body shaming which is probably done for girls. I myself have heard such stuff outside, people talking about how skinny or pudgy a girl is.

But wait do you know the real meaning of shame?

Shaming is a powerful and destructive emotion. It is a beast. It is an illness. It takes roots and **grows weeds** that are seemingly impossible to dig up. It comes from rejection, from arguments, from disappointments, from pain, from abuse, from quips and comments, from **comparison. It comes from others.** Shame for many people, is attached to their physical appearance. Just take a break and think about it: how many times have you wished for a flatter stomach or more toned thighs, to have a clearer skin or a smaller nose?

We live in a society where we strive for the best, to be better, for the next achievement- and that is not just with careers or possessions, but in how we look, and it is something that I have even struggled.

What is body shaming?

Body shaming involves humiliating someone by making inappropriate or negative comments about their body, size or shape. You may also hear comments if you're underweight or in **reference to a specific body part.** You may feel unhappy with your weight or how your body looks and judge yourself harshly.

Body shaming in teens:

If you are a teenager or an adolescent then you are particularly vulnerable to body shaming, weight shaming, and appearance based shaming. In the teen years, your attitudes and beliefs about body image and self-esteem are largely influenced by your family members, peers, and greatly through social media.

As you develop during adolescence, it's normal to be highly sensitive to comments about body shape, weight, and appearance. Weight related bullying during adolescence contributes to negative body perceptions and preoccupations with specific body parts.

Ok, we might think that only girls are the victims of body shaming, but boys can also be affected. They may be particularly concerned about not being muscular enough in a relationship to the popular concept of masculinity. But have you ever thought about it that taking stress and being unhappy by your own body is dangerous for one's health. Body shaming can trigger or worsen existing symptoms of anxiety and depression. It will make you feel lonely and can lead to unhealthy behaviours and even mental health problems. Some people might do excessive diet or exercise, which will definitely cause several diseases and will harm your own body.

Therefore at the end, I would like to say to everyone either to the people who are suffering from such problems or to the people who are body shaming anyone that no one is perfect in their life either it's about their looks or lifestyle. Everyone has a unique personality.

Be a GOOD ROLE MODEL for others and STAND UP for YOURSELF.....



Nainika Gupta, 10 B

MAKE READING BOOKS YOUR DAILY HABIT

In today's world when we talk about reading, the only thing that comes to our mind is reading our course books or some post on Instagram or Facebook. But, what about reading books which are out of our course?

It is rightly said that reading books is not just good for your mental health, but can also help you develop your personality, increase your knowledge and contribute to your career. You are transported to a world that you have never seen, introduced to people you have never met and fill you with emotions that you may have never felt.

Thus, one should begin reading in early childhood and continue through the senior years. Good books can inform you, enlighten you and lead you in the right direction. There is no better companion than good books. Once you gain the habit of reading just 10 pages every day, these will become your best friend. You can rely on them when you are bored, upset, depressed, lonely, or annoyed. These will accompany you anytime you want and enhance your mood.

Let us talk about some benefits of making reading a daily habit:

Gain Knowledge: First of all books are the gateway to the immense knowledge this world has. From stars to oceans, to forests and even ancient begin anything you want to know about, there is a book for everything. When you read something with an open heart, your head is filled with new bits of information that will stay forever.

Improves Vocabulary: Reading improves your vocabulary and develops your communication skills. It helps you learn how to use your language creatively. While reading, you learn new words and how to use them in your day-to-day lives.

Increases concentration and Focus: When you read a book, all your attention is focused on just one story and this makes your concentration level go up. Reading helps you practice concentrating on just one thing at a time.

Develops your character: By active reading, you explore several aspects of life. It involves questioning what you read. It helps you develop your thoughts and express your opinions. Reading develops your mind and gives you excessive knowledge and lessons of life. It helps you understand the world around you better. It keeps your mind active and enhances your creative ability.

Reduces stress: Reading a good book takes you into a new world and helps you relieve your day-to-day stress. A well-written book has the power to distract you from all your workload and takes you to a wonderland.

The famous author Roald Dahl said, "If you are going to get anywhere in life, you have to read a lot of books." Thus, we should develop good reading habits. We must all read daily for at least 30 minutes to enjoy the sweet fruits of reading. Reading improves your focus, memory, and communication skills. It can reduce stress, improve your mental health, and help you live longer. Reading also allows you to learn new things to help you succeed in your work and relationships. But in the end, reading takes you to the world unknown, the one with castles, dense forests, fire-breathing dragons, or talking animals. All you have to do is sit on the magic carpet or maybe your Hogwarts broom and fly away.



Rajnandini Singh, 10 B

SPORTS & FITNESS

“Fitness is not a Destination, it’s a Way of Life”

YOGA BENEFITS

1. Yoga helps to improve posture.
2. It increases flexibility.
3. It increases blood flow.
4. Yoga can help you bring happiness into your life and can give you a joyful life.
5. It creates a peaceful mind and gives you mental relaxation,
6. It increases strength.
7. It helps to lose strength.
8. It supports immune system.
9. It reduces stress and anxiety.
10. So yoga is a process of creating a life, mentally and physically healthy and happy.



Kanan Dutt, 6A

Sports and physical fitness

Physical education provides students with an opportunity to develop their body and mind and gain skills that will guide them towards the success in both physical as well as academic aspects. It gives better understanding to make positive choices in their lives, and maintain a proper physical fitness. We can make our body stronger and healthier through physical activities. The lack of physical activities makes us tired even after small amount of physical work. It is correctly said that a healthy mind resides in a healthy body. Strong and healthy body can boost strength and increases self-confidence. A person with self-confidence can lead his/her life with full happiness and peace of mind. Physical education develops self-discipline, and this self-discipline comes while concentrating on and following different rules of the games, and due to different activities and arts and thereby creates interest in life.

Most of the people waste time in playing card games, gossips or in doing other useless activities in life. Physical education provides new option in this way as it becomes the best means of entertainment or leisure time activity. In physical education, team spirit is very important. Team is like a family, in this way a person develops faith in the feelings of oneness.

Sports training is the perfect way to remain physically fit, therefore being both physically and mentally fit is necessary combination of physical and mental training, hence sports plays a very essential role for every human life which keeps them fit, and fine. Sports keep our all organs alert and our heart becomes stronger by regularly playing some kind of sports. If you play some outdoor games you always feel fresh, energetic and fit. So, both physical and mental education should get equal role in one's life.



Pragati Upadhyay, 9A

Importance of Sports in our daily life

Today in this vast world of technology people have forgotten the importance of physical activities. Every now and then we see people scrolling online websites and social media apps in their free time, but they never think of utilizing their precious time by spending some best moments of their life in playing some of the outdoor games. The best outdoor sport to energize back your body is Badminton.

Badminton is one of the best sports which helps in refreshing the mind and helps in the overall development of the body. It helps in the physical growth of the body mainly the wrists and the arms. Many youngsters now days have started to learn this sport after seeing many well-known players winning tournaments in different parts of the world. Being always stuck in the digital world can affect both your mental and physical life. An early realization of this can save tons of your hours of the day. Think to try it once and you will love the sport forever!

Vasav Tandon, 10B



IMPORTANCE OF GAMES AND SPORTS

Games and sports are an important part of education. They help in development of physique and mind of the students. A sound body possesses a sound mind. If we are weak and sick, we cannot have a fertile brain. Games keep us active and make us smart. The importance of health in humans' life could be very understood from the following Arabian proverb:

"He who has the health has hope, and he who has hope has everything."

Gandhiji said, "*Physical training should have as much place in the curriculum as mental training*". Bookish knowledge would not lead to the proper development of a personality. A person should not only develop the mind but also the body. Both are essential for a wholesome personality. Games and sports have a great value in the student's life. If at an early age a student develops the taste for studies and sports in proper way. The sports arena teaches many things to the students. It gives them discipline.

Games and sports do not merely keep us healthy and physically fit; they also inculcate in young people the duty of loyalty. These qualities can be summed up in the word '**sportsmanship**'. The first and the foremost thing that games teach us is to take the victory and defeat alike in every game. There are usually two parties; one wins and the other loses. The winners need not be over-zealous and the loser ones should not get desperate.

It develops their Sportsman spirit, mental outlook, cheerful nature, sense of humour and strong physique-all these are important trails of a successful life. If a student studies seriously and diligently and still takes part in sports and games he would make an ideal personality.



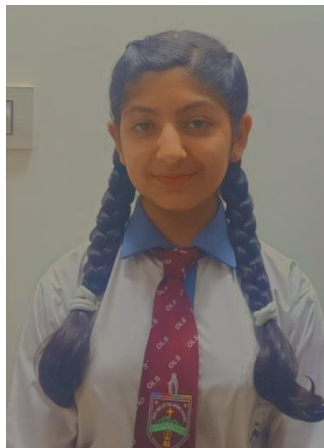
Raj Vishvesh Singh, 10B

Importance Of Sports

The secret to have a healthy and a positive lifestyle is to have a positive mind and body. Sports occupy a vital role in our life. It keeps us fit, healthy and makes us active. Sport is one such activity which helps us in maintaining a proper physique and a positive mentality.

Apart from keeping a healthy body and mind, it also keeps us alert in all our senses and keeps us aware about our surroundings. It is such an activity that can be taken up by anyone; at any age and any point in our life. Many regard sports as an extra-curricular activity. However, in reality, sports play an equally important role as education does. To achieve overall and all-round development in life, one should be well-versed in both sports and culture. While training sharpens the mind, sports sharpen the body. Thus, both are essential. A lot of people take up a lot of different kind of sporting activity.

There are many outdoor sports which include Cricket, Football, Hockey, Volleyball etc. Indoor sports such as Table Tennis, Chess and other various Board Games are also popular. Sports make us competitive, however in a healthy manner. It also helps us to deal with failure and enables us to work hard in achieving our respective goals. It instils discipline in us and makes us mentally and physically active.



Alish Kundra, 9A

Health Benefits of Sports

Sports have numerous positive effects on our health, both physical and mental. Engaging in regular physical activity through sports can help us maintain a healthy weight, improve cardiovascular function, and reduce the risk of chronic diseases such as diabetes and heart disease. Additionally, sports can improve our mental health by reducing stress, anxiety, and depression. In this article, we will explore the positive effects of sports on our health in greater detail.

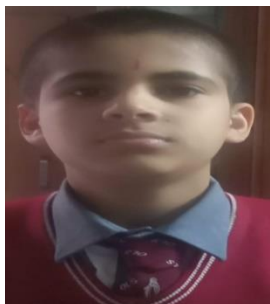
Firstly, sports help us maintain a healthy weight. Regular physical activity burns calories and helps us maintain a healthy balance between the calories we consume and the calories we burn. This is important because obesity is a major risk factor for chronic diseases such as diabetes, heart disease, and certain types of cancer. By engaging in regular sports, we can reduce our risk of developing these diseases and improve our overall health.

Secondly, sports improve cardiovascular function. Physical activity through sports helps to strengthen our heart, lungs, and blood vessels. This leads to better cardiovascular function and a reduced risk of heart disease. Additionally, sports can help to lower blood pressure and reduce the risk of stroke.

Thirdly, sports can help to reduce the risk of chronic diseases. Regular physical activity through sports can help to reduce the risk of chronic diseases such as diabetes, heart disease, and certain types of cancer. Physical activity helps to reduce inflammation, improve insulin sensitivity, and improve overall metabolic function, all of which contribute to a reduced risk of chronic diseases.

Fourthly, sports can improve mental health. Engaging in sports releases endorphins, which are feel-good hormones that can help to reduce stress, anxiety, and depression. Additionally, sports can provide a sense of achievement and self-esteem, which can improve our overall mental well-being.

Fifthly, sports can promote social interaction. Participating in sports allows us to interact with others and form social bonds. This can lead to increased social support, which has been linked to improved mental and physical health. Additionally, sports can provide opportunities for teamwork, cooperation, and leadership, which can help to improve our overall social skills.



Shivansh Kumar, 10 B

THE DARK REALITY ABOUT DRUG ABUSE AND DRUG ADDICTION

The topic drug abuse or drug addiction is a really common topic but it certainly is not commonly talked about. We get to know a lot of people who are serious drug users, and people who even lose their life at a really young age. According to a study conducted by the MINISTRY OF SOCIAL JUSTICE AND EMPOWERMENT 2019 report shows that about 14.6 % of the population consumes alcohol in India. It is used higher among men than women. The highest usage of hard drugs is in Uttar Pradesh, Punjab, Delhi, and Chhattisgarh. The usage of drugs is much more among the teenagers as the most important cause among the adolescents is peer pressure. First they use drugs for trying it for fun, then as a hobby and then it becomes a necessity. Drug addiction also is really bad for the health as it gives rise to many deadly diseases like change in heart rate & blood pressure, heart attack, stroke, psychosis, change in appetite, heart disease, lung disease, cancer, AIDS. To take the person out of this addiction consulting them about the effect of drugs, how it is ruining their life, sending them to rehab centres and letting them know that there is world without word and how much they are loved by their dear ones.

Anvesha Negi

9A



SPORTS

Sports are very essential for every human life which keeps them fit and fine and physically strong. It has great importance in each stage of life. It also improves the personality of people. Sports keep our all organs alert and our heart becomes stronger by regularly playing some kinds of sports. Sports and games play a major role in keeping a person fit and fine. Further, it increases the blood flow in the entire body. So, this helps in keeping the heart in the best condition. It makes the appearance of the body better and makes a person feel confident. There are some games like chess and card games which increases the mental health of a person. This helps in increasing the IQ of a person and its presence of mind. Outdoor sports like Football, Basketball, Cricket, Swimming builds the stamina of a person. In sports, the most important thing is “Teamwork”. There should be coordination and spirit of teamwork in every individual which is essential in every fieldwork. Sports can bring a change to your day to day routine. It can release stress from your body and you will experience a great change. It gives your mind a boost of enthusiasm and happiness. Sports allow you to challenge yourself and set goals. Sports can help us to fight against depression and anxiety.

Rightly quoted by Cristaino Ronaldo:

“We don’t want to tell our dreams;

But we want to show them”.

Engaging in sports and games means a positive recreation. It reduces stress and increases metabolism. Every day playing for at least half an hour can bring a great change in your life. Sports require energy and it is very important to have a proper and a healthy meal. We should have a proper sleep of maximum 6 to 8 hours. Whenever we are playing some sports like Football or cricket there are chances of injury so for that we should always wear proper safety gear before playing. It is very harmful for an individual if he/she is playing when they are sick or are not well.

Rightly quoted by Marv Levy:

“Persistence can change failure,

Into Extraordinary achievement”



Ananya Gupta, 10 B

GEOGRAPHY

**"GEOGRAPHY IS THE TAPESTRY THAT WEAVES THE WORLD TOGETHER"-
GIL GROSVENOR**

Conserve What Our Children Deserve

ENVIRONMENT & GEOGRAPHY

Environment is one of the most important aspects in our life. Nature, environment and geography are all interrelated. Environment is basically a branch of geography that describes the spatial aspects of interaction between the humans and the natural world. Geography bridges the gap between the human society and the physical environment and uses modern technology to find solutions to some of the world's most pressing problems such as population dynamics, environmental changes and global inequalities. Environment is very important for our survival but due to carelessness of humans and illiterate behaviour of polluting the environment. The amount of pollution in our world is increasing which is not a great sign for us as if there will be no environment, humans will not be able to survive; as environment is everything around us from the smallest plant or vegetation to each and every force acting around us.

Physical geography and environmental studies analyse the interactions among the natural forms and processes on the earth surface, the impact and implications of the global climate change, and human connections with those natural phenomena. Geography is about understanding how we impact the environment and how the environment impacts us. We are dependent on environment for food, social and economic development, health, water and other natural resources and geography helps us to understand the planet which we call home. Hence, we should respect and be thankful to God for giving us environment and we should also do our best to protect the environment which is a selfless render for us, it gives us many things but never asks for anything except just to protect that to for the benefit for us and the upcoming generations.



Mridul Bhalla, 10A

Mother Earth Needs You

The environment gives us countless benefits that we can't repay in our entire life. The human mind however takes more than what is needed and damages the environment. The environment is nothing but everything that surrounds us. It is an essential requirement for humans and other species to survive on this planet. Without the environment, life on earth would be very difficult. Ancient humans lived close to the environment and therefore lived healthier and stronger lives. A clean environment is very necessary to live a peaceful and healthy life. Every year on 5th of June, environment day is celebrated. But what is the use of this? It is true that we plant millions and millions of trees that day. But, why do we damage our environment every other day? Shouldn't every day be an environment day? We are all aware of the benefits that our environment gives us. It provides us oxygen, fruits, flowers, shade, medicines, paper and even livelihood. Now you might be thinking that how does it give us livelihood? Many times the crops fail. When the crops fail, farmers turn to the woods for their livelihood. Now, I will tell you about a boy who would not stop throwing rubbish – Once there was a boy named Ram who was 8 years old. He loved two things in the world the most – his pet Bruno and candies. But there was a problem. Whenever Ram eats a candy, he throws it on the ground. All of his neighbours and friends were now tired of this. So, they decided to teach him a lesson. They collected all the rubbish Ram had thrown. Then they dumped the rubbish in front of Ram's house and ran away. But Oh No! What is this? Bruno eats one of the wrappers! He will choke! Help! Somebody Help! Just then Ram's father came and saw the situation. He immediately took Bruno to the vet. The doctor managed to save Bruno. After this incident Ram had also learnt a valuable lesson. He promised himself that he would throw the wrappers in the dustbin – Many of us are like Ram. We don't understand that it is important to save our planet unless something happens to our very own. In fact, we should try to save our environment. We should not pollute water and valuable resources. We should use them in proper usage. We should also thank God for providing us with these. So, let us together save our planet, MOTHER EARTH by causing less pollution, less deforestation and by more afforestation and more cleanliness. This is a noble work that can be done by any one of us.



Jamyang Singye, 8B

Endangered Species Due To Pollution

Endangered means to be under threat or near extinction; when a species/animal is endangered it means that they are disappearing fast or have a very small population - not large enough to survive. Where humans have planted crops for food, unless they are organic, poisonous chemicals have been sprayed on them; **insecticides** are used to kill insect pests and **herbicides** are used to kill weeds. **Fungicides** fight off fungal diseases. **Artificial fertilizers** are added to the soil to increase the yield of the crops. If these chemicals are used in excess, some of them dissolve in rainwater and drain into rivers, streams and ponds, polluting the water and killing the wildlife.

The "weeds" competing with the farmers' crops include wild flowers and many of these have become endangered through the use of herbicides. Insects rely on plants for food and breeding sites so the numbers of these are affected by a reduction in the number of plants. Many birds depend on insects for food so the numbers of birds may be affected by the use of both insecticides and herbicides. One of the reasons why the Barn Owl is endangered is due to a shortage of insects and it may also be poisoned by eating insects affected by chemical sprays.

The case of **DDT** and other chemicals known as **organo-chlorines** is well known. These were first used extensively in the 1950s, sprayed onto crops to kill insect pests. Unfortunately, after a few years it was noticed that birds of prey were rapidly declining in numbers and thousands of seed-eating birds were dying. By the 1960s the once common sparrow hawk was a rare bird in Britain. The sparrow hawk's preys were the seed-eating birds which were carrying the poisonous insecticides in their bodies. Consequently many sparrow hawks and other birds of prey were being indirectly poisoned by the chemical sprays. The organo-chlorines also caused many birds to lay thin shelled eggs, which cracked easily.

Research showed that the chemicals were entering the **food chains** and being stored in the fat of the animals' bodies. For example, a thrush may eat snails which have eaten a sprayed cabbage plant. The thrush may not have eaten enough poison to be actually killed but a sparrow hawk eating several thrushes accumulates so much of the poison that it is killed. The chemicals become more concentrated as they travel up the food chain. Even most humans still have small amounts of organo-chlorines in their fatty tissues although these chemicals had been withdrawn from use by 1976. They are still used, however, in some Third World countries. By the 1980s the sparrow hawk population had recovered dramatically and it is once again a common bird.

This above example shows just how dangerous the use of chemicals in the environment can be. As mentioned earlier, some plants are endangered through collectors such as the Venus fly-trap and some tropical orchids, but most threatened plants have become so through the destruction of their habitat. Once very common plants have almost disappeared because of the way humans

have changed the land. For example, the Egyptian Papyrus, a type of reed, had been used for thousands of years for all sorts of things such as paper, medicine, boats, baskets, food etc. Then, when changes in the irrigation methods on the river Nile were introduced, this valuable plant almost completely disappeared. It was thought to be extinct until 1968 when a few plants were found in an undisturbed waterway.

Orchids have been also collected from rainforests to become household favourites, causing many species to become endangered.

Our planet now faces a global extinction crisis never witnessed by humankind. Scientists predict that more than 1 million species are on track for extinction in the coming decades .Hence let's make a serious effort to save the precious treasure of our planet as it is quite rightly quoted that Environmental pollution is an incurable disease. It can only be prevented.

Prisha Katyayan, 10B



Why does Environmental Rights and Governance Matter?

In our globalized world, environmental threats require effective responses that promote peace, justice, development and the fulfilment of environmental and human rights. UN Environment promotes sound environmental governance – the rules, policies and institutions that shape how humans interact with the environment. By building robust governance systems, we can safeguard the environment and human rights and work toward all 17 UN Sustainable Development .The UN helps governments lay the foundations for smart environmental laws and policies that help protect the environment from degradation and fulfil environmental and human rights obligations.

Their partnerships – with national governments, judges, parliamentarians, enforcement officers and other policymakers – are one of our greatest assets. Through these partnerships, they help people working in sectors such as agriculture, fisheries, forestry and tourism to incorporate environmental concerns into their work. The UN work includes assisting governments in obtaining environmental information for decision-making, and providing citizens with greater access to information pertaining to their environmental rights; enhancing environmental cooperation at the global and regional ;developing and applying national and international environmental law; promoting, protecting and respecting environmental rights; and encouraging links between civil society and governments in the development and implementation of environmental policies.

UNEP, through the environmental subprograms, together with a wide range of partners, addresses the most essential factors to achieve progress towards these objectives, i.e.:

- *Coherent international decision-making processes
- *Adequate capacities for agreed objectives and national environmental priorities through adequate legal and institutional measures
- *Integration of environmental sustainability in development at regional, sub-regional and national levels.



Ridhi Sharma, 10B

THINK GREEN, BE GREEN

The environment plays a pivotal role in the existence and development of all living things on earth and, above all, in the daily life of mankind. For the quality of life that people lead, the condition of the environment is very significant.

Environmental abuse has recently been a hot topic for discussion. The most important factors causing harmful environmental effects are various human activities and the high growth of population groups. The best way to protect and save the environment is to make people aware of the fact that what the environment provides us with and the impact on us that will be caused by environmental degradation. The warming of the earth by human activities is a major cause for concern. If nothing is done, illness, hunger and flooding will be a major problem this century as the earth gets hotter, ice melts and water levels rise. Large chunks of agricultural land will be flooded. I hope that if each one of us has decided to make the environment good, then for the next generation, we will be able to pass on a green environment.



Vivanshi Awasthi, 8B

Global Warming

Global Warming is a term almost everyone is familiar with but its meaning is still not clear to most of us. So, global warming refers to the gradual rise in the overall temperature of the atmosphere of the Earth. There are various activities taking place which have been increasing the temperature gradually. Global warming is melting our ice glaciers rapidly. This is extremely harmful to the earth as well as humans. It is quite challenging to control global warming; however, it is not unmanageable. The first step in solving any problem is identifying the root cause of the problem. Therefore, we need to first understand the causes of global warming that will help us proceed further in solving it.

Global Warming has become a grave problem which needs undivided attention. It is not happening because of a single cause, but several causes. These causes are both natural as well as manmade. The natural causes include the release of greenhouse gases which are not able to escape from earth causing the temperature to increase. Further, volcanic eruptions are also responsible for global warming. That is to say, these eruptions release tons of carbon dioxide which contribute to global warming. Similarly methane is also one big issue responsible for global warming.

After that, the excessive use of automobiles and fossil fuels result in increasing levels of carbon dioxide. In addition, activities like mining and cattle rearing are very harmful to the environment. One of the most common issues that are taking place rapidly is deforestation. So, when one of the biggest sources of absorption of carbon dioxide will only disappear, there will be nothing left to regulate the gas and will result in global warming. Steps must be taken immediately to stop global warming and make the earth better again. As stated earlier, it might be challenging but it is not entirely impossible. Global warming can be stopped when combined efforts are put in. For that, individuals and government both have to take steps towards achieving it.

We must begin with the reduction of greenhouse gas. Furthermore, they need to monitor the consumption of gasoline. Switch to a hybrid car and reduce the release of carbon dioxide. Moreover, citizens can choose public transport or carpool together. Subsequently, recycling must also be encouraged. For instance, when you go shopping, carry your own bag. Another step you can take is to limit the use of electricity which will prevent the release of carbon dioxide. On the government's part, they must regulate industrial waste and ban them from emitting harmful gases in the air. Deforestation must be stopped immediately and planting of trees must be encouraged.

In short, all of us must realize the fact that our earth is not well. It needs treatment and we can help it heal. The present generation must take up the responsibility of stopping global warming on order to prevent the suffering of future generations. Therefore, every little step, no matter how small carries a lot of weight and is quite significant in stopping global warming.



Yashvi, 10 B

MARINE ECOSYSTEMS

Marine ecosystems are aquatic environments with high levels of dissolved salt. These include the open ocean, the deep-sea ocean and etc. Marine water is a vital resource of life and covers over 70% of the earth's surface and makes up more than 97% of Earth's water. They are an essential component of the Earth's ecosystem -- a source of biodiversity, food, and life and still oceans are facing the threat of marine pollution, resource depletion and climate change. All of these are caused primarily by human actions.

Due to coastal development, population growth, pollution and other human activities, many marine plants and creatures are on the brink of extinction. Overfishing has been a persistent and growing problem in marine environments. We need clean and healthy oceans to support our own health and survival, even if we don't live anywhere near them. Each and every one of us can make a difference even if it is a little contribution.



Naisha Singh, 7B

BIODIVERSITY

Biodiversity or biological diversity denotes the variety and variability of life on earth. Terrestrial biodiversity tends to be greater near the equator, because of the warm, humid climate and high primary productivity. Biodiversity is not even present extensively on different areas of the Earth. Among other factors, the diversity of all living things depends on temperature, precipitation, altitude, soils, geography, and the presence of other species. The period since the emergence of humans on the earth has displayed an ongoing biodiversity reduction and an accompanying loss of genetic diversity. This reduction is caused primarily by human impacts, particularly habitat destruction and is called the Holocene extinction. On the other hand, biodiversity positively impacts human health in many ways.

A biodiversity hotspot is a region with a high level of endemic species but has experienced habitat loss. Hotspots are spread all over the world, but the majority is forest areas and most are located in the tropics. The control of associated biodiversity is one of the great agricultural challenges that farmers face. Biodiversity has great importance for humans. About 80 percent of our food supply comes just 20 kinds of plants but we use at least 40,000 species. Earth's surviving biodiversity provides resources for increasing the range of food and other products suitable for human use. Any adverse change in the biodiversity is likely to have serious consequences.



Shambhavi Thakur, 8B

FOR MOBILE PHONE FANS.....

PHONE & SOCIAL MEDIA

Why there has been a concern that Cell Phones may cause **Cancer**?

There are two main reasons why people are concerned that cell (or mobile) phones might have the potential to cause certain types of cancer or other health problems: Cell phones emit radiation (in the form of radiofrequency radiation, or radio waves), and cell phone use is widespread. Even a small increase in cancer risk from cell phones would be of concern given how many people use them.

Brain and central nervous system cancers have been of particular concern because hand-held phones are used close to the head and because ionizing radiation—a higher energy form of radiation than what cell phones emit—has been found to cause some brain cancers. Many different kinds of studies have been carried out to try to investigate whether cell phone use is dangerous to human health.

The human body does absorb energy from devices that emit radiofrequency radiation. The only consistently recognized biological effect of radiofrequency radiation absorption in humans that the general public might encounter is heating to the area of the body where a cell phone is held (e.g., the ear and head). However, that heating is not sufficient to measurably increase core body temperature. There are no other clearly established dangerous health effects on the human body from radiofrequency radiation.

Mahima Thakur, 9A



RIGHT KNOWLEDGE OF SOCIAL MEDIA

“Although the new generation is always active on all the social media platforms but when it comes to reality they’re always mute at social gatherings”

Man is known as a social animal since human existence and neurobiology claims that humans are inherently social and hence like to be socially connected. Lot of scientific data reveals that people with good social contacts and networking are less vulnerable to psychological issues compared to those who are not socially connected. Earlier people communicated via letters, visiting each other and in time through telephone. But with advances in technology world today has become a global village with access to Internet and social media.

Nowadays social media can be used for a wide range of viable activities by students for information seeking, attending online conferences and workshops, enhancing bond between students and teachers, understanding abstract concepts by 3D animations and many more. The number of students using social media is surprisingly in millions. The students using social media applications especially Facebook, Instagram, WhatsApp, Tiktok and Pubg spent increasing amount of their quality time which is turn negatively affects the students’ academic performance and social behaviour.

Generation today may have friends and followers in their social network but when it comes to reality they don’t show up. Why?

Because the convenience of contacting people online made us prefer it on meeting them outside. A few people now have social anxiety due to not having enough face to face interactions, when we avoid talking to people for a long time automatically we develop a fear to involve in small talk.

Trolling in social media is a big menace. It is affecting the self-esteem of people and is also making them avoid forming social connections. People in present time are addicted to smartphones and social media which leave them with no time to interact with people in real life. When youngsters meet or go out together mostly they are either taking pictures or recording videos, this affects their ability to maintain social connection.

It completely depends on how we use social media, if we use it properly we can join close knit communities people based on shared interests. There is a need to guide adolescents about the effect of social media on our social lives. If we think we are getting addicted to social media and preferring it on real life interactions we can go for digital talks to learn to use social media properly.



Arshiya Verma, 9B

If Instagram or Facebook were Physical Reality.....

If Instagram and Facebook were not virtual, but were instead a physical reality, it would certainly be a very different experience. Here are a few things that might be different:

1. Instead of scrolling through a feed on your phone or computer, you might have to physically walk through a space filled with images and posts.
2. Your physical appearance might be more important, as you would be seen in person by others, rather than just in pictures.
3. You might have to physically visit each friend's profile or page, rather than just clicking on it online.
4. Instead of liking a post or leaving a comment, you might have to physically interact with it in some way, such as writing on a wall or leaving a note.
5. Privacy would be much harder to maintain, as your profile or page would be physically visible to anyone who walked by.
6. It might be easier to form real-life connections with people, as you would be able to interact with them in person, rather than just online.
7. You might have to physically attend events and parties, rather than just RSVP'ing or checking in online.
8. There might be more pressure to present a perfect, curated version of your life, as it would be physically visible to others.
9. It would be more difficult to control the narrative of your life, as others would be able to physically see and experience things about you that you might not want them to.
10. The physical world of Instagram and Facebook would likely be a very different, and perhaps more chaotic, place than the virtual world we are used to.



Shaurya Thakur, 10A

People and Their Perfect Lives on Social Media

There is a good chance that you have an Instagram or Facebook account. Moreover, I'm sure you've seen several Instagram pages about people living their lives to the fullest. In addition, I agree with you that people these days seem to have a perfect life or perhaps a perfect life on social media. It's especially prevalent on Instagram and Facebook. Social media nowadays has a new trend where people flaunt what they wear, where they stay, and what they eat to let others know they belong to a certain class and are respected. I believe this is often caused by our egoistic human nature prioritising self-benefit over helping others. The truth is that social media is a place where people can fake anything. It is people themselves who decide what you see, and so they portray the life they want you to believe they have that life. Instagram and Facebook are just photo-sharing platforms. Photographs never tell the full story. They are carefully curated snapshots of a scene. Someone can be trying to take a "perfect" picture in their garden more than a hundred times. In the end, you just see the perfect results. Like for example, the other day, I had a big argument with my sister just 5 minutes before taking and posting a "#best sister" picture. Well, thinking practically, who would want to share one's life that is miserable and tough, right? One of the worst things about social media is that it gives you the space to make you compare yourself to others which is also not right. Here I want to point out that it is impossible for anyone to have a perfect life, and that we should focus mostly on ourselves rather than comparing our lives to others.



Harshita Mahant, 10 A

Ohhhhhh...Super Weird...Hahaha...

So, have you all ever thought about the ways by which you can be –KICKED OUT OF YOUR OWN HOUSE!? I know it sounds super weird, like why would anyone think about the ways to be kicked out of their house, but what if we just the ways think about so here's my point of view on the ways:

1. Just disobey a ton of their rules, the rules set by your parents. If you disobey a ton of rules surely, you'll be kicked out of the house.
2. Mind your own business and don't help out around the house, and disagree with your parents. That's another way to be kicked out of the house.
3. Go on trips with your friends without permission. This is the best way to be kicked out. And once you go, you won't be allowed back in the house for sure.



4. Whatever they say, don't listen to them, if you want to be kicked out of the house.

5. Spend maximum time on mobile phones and social media; Instagram & Facebook etc.....

Dear Friends, kindly, just be careful ***NOT TO DO THESE THINGS***, unless you want to be kicked out of your house by your own Dear Parents.

Pranjal Makkar, 10 A