

Voice Of Mukand

20 pages

"Turning Ideas into Headlines and Students into Changemakers."

3RD EDITION

DECEMBER 2025

WRITER'S FORUM

PAGE - 2

SPOTLIGHT

PAGE - 5

EXPRESSION

PAGE - 13

CASE STUDY

PAGE - 15

DID YOU KNOW

PAGE - 16

MATHS CHRONICLE

PAGE - 17

Youth and Addictions



Youth face a serious threat of addiction due to exposure to inappropriate substance-related material, influenced by peer pressure, curiosity, and lack of supervision. This leads to poor mental health, academic decline, and strained relationships, harming families and communities. To combat this, strategies like moral education, strong family bonds, counselling, and engagement in activities are essential. Open communication among parents, teachers, and students, alongside life skills programs and community support, can help. Positive role models inspire youth to pursue healthy lifestyles. A collective societal effort is needed to equip young people to resist addiction and thrive in their communities. By fostering an environment where young individuals feel supported and understood, we can create a foundation for resilience against the temptations and pressures they face. Encouraging creativity, critical thinking, and self-expression through arts, sports, and community initiatives can provide constructive outlets for their energy and talents. Schools can play a pivotal role by integrating social-emotional learning into the curriculum, helping students develop empathy, self-awareness, and interpersonal skills.

Moreover, celebrating the achievements of youth who exemplify positive behavior and leadership can motivate others to follow suit. Technology, often seen as a double-edged sword, can be harnessed to spread awareness and resources about healthy living and to connect young people with mentors and support networks.

Ultimately, the goal is to build a society where youth feel valued and empowered to make choices that lead to fulfilling and productive lives. By working together, communities can ensure that the next generation grows up in an environment that nurtures their potential and shields them from the pitfalls of addiction.

"Let's Stop Differentiating, Let Humanity Win"

In a world that has reached the moon and dreams of touching the sun and other planets, it is heart-breaking to see that many people still cannot rise above the walls of racism, discrimination, casteism, and gender inequality. These are not just words but they are deep wounds in the heart of humanity. Even today, some people are judged not by their character, but by their skin colour, caste, religion, or gender and yes, this is wrong, completely wrong.

Racism is the belief that one race is superior to another. It divides people based on the colour of their skin. We may read about it in history books, but the sad truth is that it still exists today in schools, workplaces, and even on social media. Every time someone is mocked or treated unfairly because of their appearance or accent, it is an act of racism. It kills the idea of equality and makes the world more cold and greedy.

Similarly, casteism and social discrimination have been strong barriers to unity in our society. Even after years of progress, some people are still treated as "less" just because they belong to a lower caste or a different community. It is not only unfair but also inhuman. There is no any lower caste or community, we all are equal. Every person deserves respect and dignity, regardless of their background and present conditions. The value of a person should never be measured by their surname or social status.

And then comes gender inequality, the belief that one gender is stronger or more capable than the other. For centuries, women have faced restrictions, inequality in salary distributions, and lack of opportunities. Even today, in some places, girls are denied education, freedom, and respect. This mindset is not only wrong but shameful. Men and women are two equal wings of society as a bird cannot fly with one wing broken. It is high time we understand that equality is not a favour, it is a basic human right.

What This Country Needs Is a Good Mental Insecticide



This figure shows how people's mentality gets infected with harmful ideas like racism and prejudice. It reflects that society needs to remove such negative thoughts. Just like insecticide kills insects, education is the only mental insecticide that can drive away these poisonous beliefs and help people think equally.

We must remember that God has created all of us equally. He never made anyone higher or lower, black or white, male or female in value. It is humans who started dividing each other. We have no right to differentiate among people whom God made the same. When we discriminate, we not only hurt others but also insult the creation of God Himself. One must remember the game of karma that God has created.

Discrimination of any kind spreads hatred and destroys peace. No religion, law, or nation teaches us to hate others. We are all born as humans and equal in the eyes of nature and God. True greatness lies in kindness, empathy, and acceptance.

If we truly wish to create a better future, we must learn to see beyond race, caste, gender, or religion. We must respect differences instead of fearing them.

The world does not need more power or wealth it needs only humanity, and even more humanity. Equality is not just a dream, it is something we must practice in our daily lives, in our thoughts, our words, and our actions.

Let us promise to stand against all forms of inequality and make this earth a place where everyone feels proud to belong. Because at the end of the day, the colour of our skin may differ, but the colour of our hearts is the same. One world, one humanity – that is the only way forward.



Written by
Rudra
Class XII

WRITERS' FORUM

Yoga: The Ultimate Path to Physical and Mental Well-being



As the world grapples with stress, anxiety, and lifestyle disorders, yoga has emerged as a beacon of hope for millions seeking a holistic approach to health and wellness. This ancient Indian practice has been a cornerstone of physical, mental, and spiritual well-being for centuries, and its benefits are now being recognized globally. Regular yoga practice has been shown to improve flexibility, balance, and strength, while reducing stress, anxiety, and depression. It enhances cardiovascular health, boosts immune function, and promotes better sleep quality. Yoga also fosters mental clarity, focus, and calmness, making it an excellent tool for managing stress and improving overall well-being. In today's fast-paced world, yoga is no longer a luxury, but a necessity. With its emphasis on mindfulness, breath control, and physical postures, yoga offers a unique approach to managing stress, building resilience, and promoting overall health. Whether you're a student, working professional, or a senior citizen, yoga can be tailored to suit your needs and abilities. If you're new to yoga, don't be intimidated. Start with simple poses, breathing techniques, and meditation practices. Find a qualified instructor or online resource, and begin with short sessions. As you progress, you'll discover the many benefits of yoga and make it an integral part of your daily routine. Incorporate yoga into your daily routine and experience the transformative power of this ancient practice. With regular practice, you'll notice improvements in your physical, mental, and emotional well-being. So, take the first step today, and embark on a journey of self-discovery and wellness through yoga. Join the global community in celebrating International Yoga Day on June 21st. Participate in local yoga events, workshops, and classes, and experience the unity and harmony that yoga brings. Let us come together to promote the benefits of yoga and make it a way of life. By incorporating yoga into our daily lives, we can create a healthier, happier, and more peaceful world. So, let's take a deep breath, roll out our mats, and start our yoga journey today!

Monika Vats
Yoga Instructor

The Role of Physics in Sports

By Mr Abhishek Verma (PGT Phy)



Physics plays a significant role in various sports, influencing the performance and outcome of games. Understanding the principles of physics can help athletes and coaches optimize techniques, improve equipment, and gain a competitive edge. One of the key areas where physics comes into play is projectile motion. In sports like cricket, baseball, and golf, the trajectory of the ball follows a parabolic path, governed by gravity and air resistance. For instance, a cricket bowler needs to understand the angle of release, speed, and spin to deceive the batsman. Similarly, a golfer needs to calculate the distance, wind resistance, and slope to hit the ball accurately.

Force and motion are also crucial in sports like football, rugby, and wrestling. Athletes apply forces to generate speed, power, and agility, while also responding to external forces like friction and air resistance. For example, a football player needs to generate force to accelerate quickly, while a wrestler needs to use leverage and technique to overpower their opponent. In endurance sports like cycling and running, energy management is key. Athletes aim to optimize energy expenditure, converting chemical energy from food into kinetic energy. This involves understanding concepts like work, energy, and power. Angular momentum is another important concept in sports like gymnastics, figure skating, and diving. Athletes manipulate their body position and rotation to control angular momentum and execute complex movements. For instance, a gymnast performing a somersault needs to tuck their body to conserve angular momentum and land safely.



Aerodynamics also plays a significant role in sports like cycling, skiing, and speed skating. Athletes and equipment designers aim to minimize air resistance, reducing drag and increasing speed. This involves understanding concepts like drag, lift, and thrust.

Finally, friction and traction are critical in sports like tennis, basketball, and football. Athletes rely on footwear and surface texture to generate grip, accelerating and decelerating quickly.

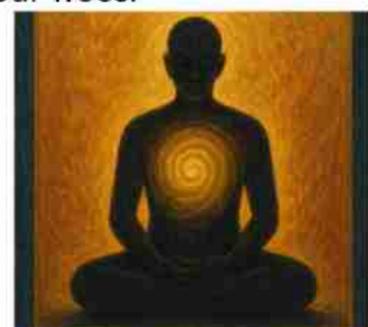
Collected by
Ridhi (XII C)

The Journey Within



Knowing oneself is the first step towards the righteous way of living. The more we explore our inner world, the less burden we carry of others' faults. Life transforms drastically from the moment we dive deep into our hearts and strive to enlighten our souls with noble deeds. Words are not enough to express this profound realisation. The essence of this ideology echoes the famous adage that human beings are the best creation of God. This becomes evident when self-awareness is kindled amid the disturbances that create stressful situations. However, being steadfast and engaging in constant introspection during times of turmoil can create wonders. Although it may seem beyond the natural rhythm of living, it offers exceptional insight and a closeness to the Almighty that is difficult to attain through any other means. The journey of life is ultimately a journey within. It may deceive us through its outward appearance but in reality, this self-knowledge holds the solutions to all our woes.

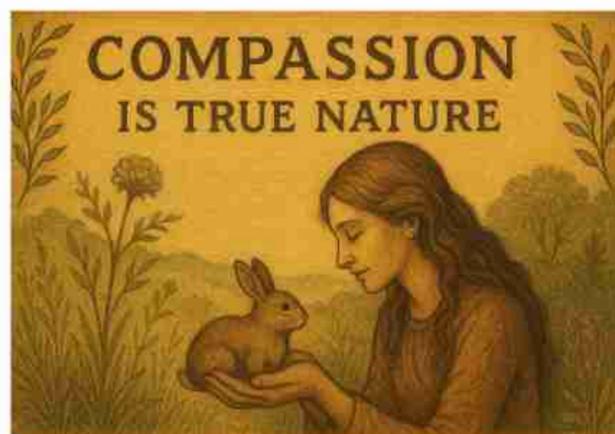
Sapna Sharma
TGT English



DECEMBER IN FOCUS

THEME- *COMPASSION IS OUR TRUE NATURE!

*** EMBRACE THE BUZZ OF ENERGY!**



IMPORTANT DATES

1ST - WORLD AIDS DAY

2ND - WORLD COMPUTER LITERACY DAY

4TH - INDIAN NAVY DAY

9TH - INTERNATIONAL DAY AGAINST CORRUPTION

11TH - UNICEF DAY

14TH - NATIONAL ENERGY CONSERVATION DAY

16TH - VIJAY DIWAS

22ND - NATIONAL MATHEMATICS DAY

23RD - KISAN DIWAS

25TH - CHRISTMAS

26TH - VEER BAL DIWAS / SHAHEED UDHAM SINGH JAYANTI

SINGH JAYANTI

SEMINAR ON STRESS MANAGEMENT FOR CLASSES

X, XI, XII

(16TH - 22ND) - MATHS WEEK

*** WINTER BREAK**



1st December, 2025

World AIDS day

2nd December, 2025

World Computer Literacy day



9th December, 2025

International day against corruption

11th December, 2025

UNICEF Day



4th December, 2025

Emerging echoes-National Energy Conservation Day

III-V - Visit to solar panel and rain water harvester

IX-XII-Idea on sustainable development

16th December, 2025

Vijay Diwas



19th December, 2025

I-II -Inter Mukand Katha

Vachan

III-V -Inter Mukand Kahani

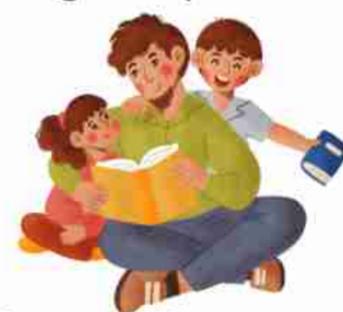
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20th December, 2025

I-II -Inter Mukand English story telling

III-V- Inter Mukand Story Weaving Competition



22nd December, 2025

Mathematics Day



I-II-Number Games

III-Riddle Fair

IV-Maths Escape Room

V-Make human figures through Tangrams

VI-VIII- Maths Mystery Theater

IX-XII- Inter house maths quiz

25th December, 2025

Christmas

Christmas celebration by kindergarten students



26th December, 2025

Veer Bal Diwas

Special Assembly

Documentary to be shown



HEALTH AND FITNESS

Winter Wellness and Skin Care: Simple Ways to Stay Healthy, Warm, and Radiant

Beat the Winter Blues As the writer Albert Camus once said, “In the depth of winter, I finally learned that within me there lay an invincible summer,” and this inner “summer” is what everyone who dreads the cold needs to find.



For someone who dislikes winter for a variety of reasons, the biting chill is often the biggest worry, but with a little thoughtful winter care, we can certainly keep seasonal illnesses and low mood at bay. Infectious diseases in winter mostly include respiratory illnesses like common cold, flu and acute bronchitis, which bring along fever, headache, cough, fatigue and a runny nose. Firstly, prioritize exposure to natural light; even a short spell of morning sunlight can lift the mood and support healthy sleep-wake cycles, as many health experts note that sunlight boosts serotonin and vitamin D levels, improving mood and immunity. Maintain a balanced diet rich in mood-boosting nutrients, emphasizing fruits, vegetables and omega-3 fatty acids, and add vitamin-C-rich foods like amla and carrots; warm vegetable soups or broths are a comforting way to take these in.

Regular exercise is crucial: even a brisk daily walk in the park can enhance energy levels and calm the mind, echoing the idea from many wellness books that “movement is medicine” for

both body and mood. Ensure adequate sleep hygiene by keeping a consistent sleep schedule, as good quality sleep strengthens immunity and resilience to stress. Include traditional millets like bajra and jowar, which are rich in minerals and easy to digest in this season, aligning with the renewed focus on millets in modern nutrition guidelines for winter warmth and energy. Finally, do not overlook hydration; in the words of a popular fitness coach, “Water is the cheapest beauty treatment,” and in winter, this can also mean sipping warm herbal teas or infused water that keep us hydrated while gently supporting immunity and digestion.

Some Skin Care Tips for Winter



The classic line from *The Little Prince* reminds us, “What is essential is invisible to the eye,” and in winter, one of those “invisible essentials” is a careful skin-care routine that quietly protects us every day. Begin with simple hygiene precautions such as washing hands regularly with soap and water, especially before handling food, to reduce the spread of winter infections that can also irritate our skin



Dress in layers of clothing and protect hands, head and ears from low temperatures, avoiding long exposure to cold winds, because cold, dry air strips away the skin’s natural oils and accelerate

Moisturize regularly using thick creams or ointment-based products, as dermatologists recommend heavier, ceramide-rich moisturizers in winter to seal in moisture and prevent dryness and flaking. If possible, use a humidifier indoors to moisten the air and prevent skin from drying out, a tip often highlighted in modern skin-care guides for homes with constant heaters on. Apply lip balm frequently to avoid chapping; even a small dab of desi ghee can work like a traditional “healing salve,” much like the simple home remedies often shared in family wellness books.

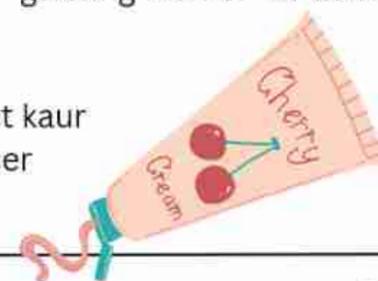


Avoid extremely hot showers because, though they feel relaxing, they strip natural oils from the skin and increase dryness and irritation; experts instead advise short, lukewarm baths or showers in winter.



A five-minute full-body coconut-oil massage before bathing can help greatly by locking in moisture and improving circulation, a practice rooted in classical Ayurvedic texts that describe oil massage as a daily rejuvenation ritual. To complete your routine, maintain a balanced diet with nuts and a moderate amount of desi ghee, as healthy fats from within support soft, supple skin on the outside—just as many beauty and wellness authors say, “glowing skin is an inside job”.

Dr Amanpreet kaur
Medical Officer
MLPS



SPOTLIGHT

Teachers' Day Celebration Report

Teachers' Day was celebrated with great enthusiasm and reverence in the school. A special assembly was conducted to mark the occasion. Students presented their heartfelt thoughts and speeches expressing gratitude towards their mentors. The school community also paid a heartfelt tribute to Late Mrs. Ragini, a devoted and inspiring teacher who left for abode recently. Her contribution and dedication towards her students and the institution were fondly remembered.



Following the assembly, various fun-filled activities and arrangements were organized for the teachers. They participated in a range of games, music sessions, and interactive performances, which added joy and laughter to the celebration. Students also showcased dance performances and role plays, depicting the pivotal role teachers play in shaping young minds.

This precious day was celebrated with deep respect, warmth, and enthusiasm, highlighting the invaluable contribution of teachers in nurturing and guiding the future generation.

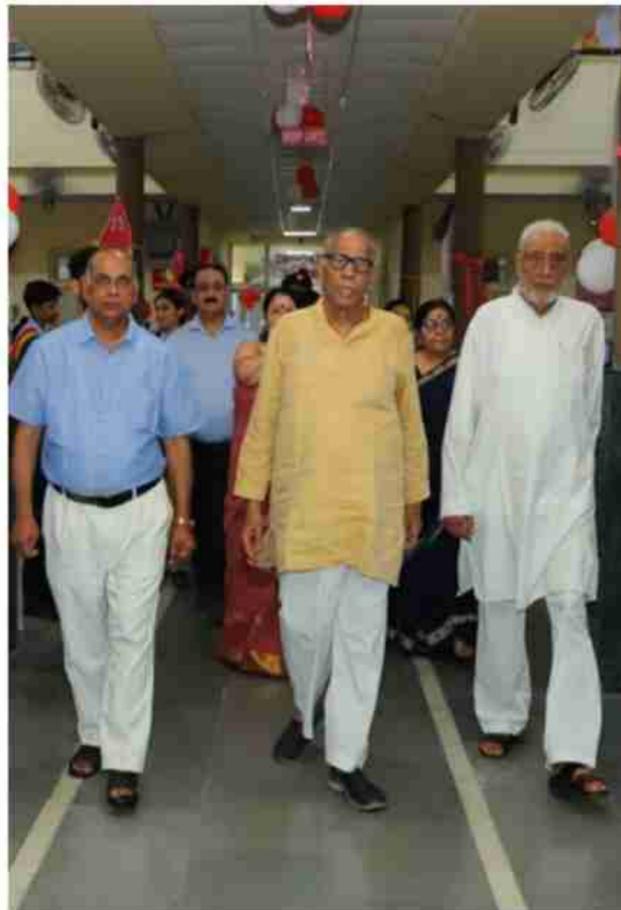
Reported by
Shagun Singh
XI-E



Blood Donation Mela



The school organized the Eleventh Blood Donation Mela to commemorate the birth anniversary of Seth Jai Prakash Ji. A large number of donors participated enthusiastically, and 242 units of blood were collected by the team of doctors from PGI.



The ceremony was presided over by the Chairman of Mukand Institutes, Seth Ashok Kumar Ji, who appreciated the commendable efforts of the institution and emphasized the importance of nurturing the spirit of service to humanity. He further mentioned that Mukand Institutes have been carrying forward this noble legacy since 1972, pioneering numerous humanitarian endeavours.



The students added vibrancy to the occasion with their colourful and entertaining performances. Manager Mrs. Shashi Bathla highlighted that blood donation is one of the greatest offerings, as it saves countless lives, reminding everyone that there is no substitute for human blood.

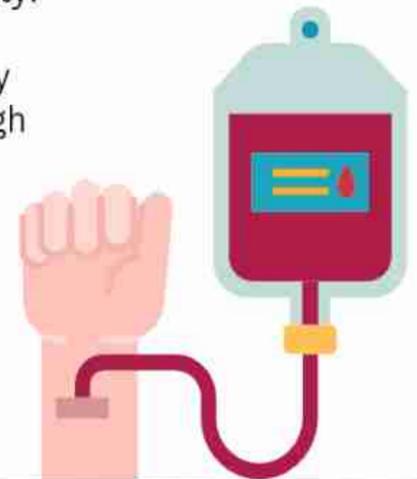


Principal Mrs. Seema Katatia remarked that every blood donor is an invaluable asset to society and the nation. She expressed heartfelt gratitude to the medical teams, dignitaries, and all the donors for their generous and noble contribution towards this life-saving cause.



The event not only promoted the spirit of service and humanity but also encouraged many first-time donors to come forward. It was indeed a proud moment for the school to contribute towards this noble cause and uphold the values of compassion and social responsibility.

Reported by
Shagun Singh
XI-E



SPOTLIGHT

Alumni Meet – A Nostalgic Reunion at Mukand Lal Public School

Mukand Lal Public School recently hosted a heart-warming Alumni Meet that brought together former students from various batches for a memorable and nostalgic reunion. The school campus came alive with smiles, laughter, and countless memories as alumni returned to the place that shaped their early years and laid the foundation for their successful journeys.

The event began with a warm welcome and the lighting of the ceremonial lamp, symbolizing knowledge and togetherness. Our respected Principal Ma'am, Manager Ma'am, and beloved teachers graced the occasion with their presence and showered their blessings to the alumni. Their encouraging words reminded everyone of the strong teacher-student bond that has always been a hallmark of the school.



Throughout the day, the atmosphere was filled with joy and nostalgia. Alumni greeted each other with enthusiasm, sharing stories of school days, classroom fun, and unforgettable moments spent together.



Walking through the familiar corridors and classrooms brought back a wave of cherished memories for many.



To add excitement to the event, the school organized a variety of games and interactive activities. Alumni participated with great enthusiasm, proving that the spirit of their school days still lives on within them. The games not only brought fun and laughter but also rekindled the camaraderie and friendships that time has never diminished.

A special highlight of the meet was the acknowledgment of the remarkable achievements of our alumni in diverse fields. Many have proudly served the nation as Captains in the Indian Army and participated in major national operations. The medical field also shines with our alumni who work as medical officers in government hospitals and as doctors in esteemed institutions like AIIMS and Medanta. Others are contributing significantly to public health missions.



In the field of law, several alumni are practicing as advocates in the Punjab and Haryana High Court and other judicial platforms. The corporate world too reflects the excellence of our former students, with many working as cyber security analysts, audit managers, engineers, educators, and brand executives in leading companies including Google, Amazon, Wipro, and Asian Paints.



Their achievements stand as a proud testament to the values and education imparted by Mukand Lal Public School. They serve as an inspiration for the current students, motivating them to dream big and strive for excellence.



The Alumni Meet concluded with a group photograph and heartfelt farewells. The event truly strengthened the bond between the school and its former students, reminding everyone that no matter where life takes them, Mukand Lal Public School will always remain their second home.

Reported by:
Kairavi Shekhar
XI-C



SPOTLIGHT

BRAHMANSHEEL VIGYAN KARYASHALA AND SCIENCE PROGRAMME

Under the Science Outreach Programme of the National Council of Science Museums (NCSM), Ministry of Culture, a “Brahmansheel Vigyan Karyashala and Science

Programme” was conducted on 30 October 2025 at Mukand Lal Public School, Yamunanagar. Organized in collaboration with the District Education Department, Yamunanagar, and the Kurukshetra Panorama and Science Centre, Kurukshetra, the event aimed to inspire scientific curiosity among students.

A dedicated team from the Science Centre, Kurukshetra, led the programme and brought a range of scientific instruments and experimental setups, enabling students to engage in live, hands-on

demonstrations that made complex scientific concepts easy to understand and exciting to explore.



The programme included an array of interactive scientific activities such as a liquid nitrogen show, human reaction time assessments, innovative chemistry experiments, astronomy lectures, telescope-assembling sessions, and night sky observations. These activities provided students with meaningful exposure to scientific processes and experiential learning.

Programme Director Mr. Vishnu Subhar highlighted that the primary aim of the initiative was to cultivate scientific temper among students and encourage them to integrate classroom knowledge with practical understanding, thereby ensuring that science is not limited to theoretical learning alone.



Reported by Divya
XII F

JOYFUL MATHEMATICS

Mukand Lal Public School, Sarojini Colony, Yamunanagar, successfully organized a two-day workshop titled “Joyful Mathematics” under the aegis of the Central Board of Secondary

Education (CBSE). The workshop was conducted from November 1 to November 2, 2025, and witnessed the enthusiastic participation of 60 teachers from Yamunanagar, Paonta Sahib, and Jhajjar.

The sessions were led by esteemed resource persons Ms. Veenita, PGT Mathematics, and Ms.

Ishu Sharma, M.Sc., M.Ed., both renowned for their innovative pedagogical practices and inspiring classroom methodologies.



The primary objective of the workshop was to equip teachers with strategies to make

Mathematics an engaging and enjoyable subject. The programme emphasized activity-based learning, puzzles, games, and real-life applications to foster interest and reduce anxiety

associated with the subject. Participants explored effective techniques to promote problem-solving skills, logical reasoning, and mathematical confidence among students.

Interactive sessions, collaborative group activities, and hands-on joyful learning exercises ensured active involvement and meaningful learning throughout the two days.



Reported by Divya
XII F

SPOTLIGHT

District-Level Science Drama Competition Blends Creativity and Scientific Temperament

In a remarkable celebration of innovation and learning, the District Level Science Drama Competition was held on October 1, 2025, at our school. The event brought together young scientific minds from ten schools across the district, transforming the stage into a vibrant platform where science met creativity. The initiative aimed to inspire students to think beyond textbooks and express scientific concepts through engaging theatrical performances.



Chief Guest D.E.O Yamunanagar, Ms. Prem Lata, graced the occasion and applauded the efforts of the participants. The competition revolved around the theme “Science and Technology for the Benefit of Mankind,” encouraging students to explore how scientific advancements positively impact society.



Participants presented thought-provoking dramas showcasing their understanding of science, complemented by strong acting, scripting, and stage coordination.



A distinguished panel of judges—Ms. Anamika (PGT English), Mr. Mukesh Kumar (District Cultural Coordinator), and Mr. Sanjeev Kumar (PGT Physics)—evaluated the performances. The judges appreciated the innovative approach and the ability of students to make science both entertaining and informative.



Mukand Lal Public School, Yamunanagar, secured the First Prize, followed by Swaraj Public School, Damla, and GSSS Malikpur, Bangar.

With enthusiastic participation and remarkable performances, the competition successfully highlighted the power of creativity in promoting scientific awareness among young learners. Events like these continue to nurture the generation that is not only curious but also capable of thinking critically and innovatively.

Reported by:
Kairavi Shekhar
XI-C



NDRF Conducts Disaster Safety Programme at Mukand Lal Public School

Mukand Lal Public School hosted an insightful School Safety and Disaster Awareness Programme led by the dedicated officers of Team 7, NDRF (National Disaster Response Force). The session aimed to equip students with vital life-saving skills and the confidence to respond calmly during emergencies.



NDRF officers began with an interactive talk on the importance of disaster preparedness and explained various emergencies such as earthquakes, floods, fires, and other sudden hazards. This was followed by engaging live demonstrations, including:

First Aid Training: Basic help for injuries, bleeding, fractures, and burns.

CPR Practice: Demonstration of correct CPR technique.

Earthquake Safety: Drop, Cover & Hold steps.

Flood & Water Rescue Awareness: Introduction to life buoys, ropes, and rescue equipment.

Fire Safety Tips: Handling basic extinguishers and safe evacuation methods.



The clarity and discipline of the NDRF team made the programme highly impactful. Students left with stronger awareness, practical knowledge, and deep respect for the brave officers who safeguard the nation.

Reported by
Kairavi Shekhar
XI-C



SPOTLIGHT SPECTACLES

Annual Day Celebration – 18th November 2025



In an era where young minds are shaping the future with courage, creativity, and character, our school stood glowing with pride as it celebrated its Annual Day 2025—a day that reminded everyone that when children are given wings of opportunities, they rise higher than anyone can imagine. The event, themed “Sanskaram”, beautifully reflected the school’s commitment to culture, values, and holistic development.

The celebration commenced on an auspicious and spiritual note with Durga Stuti (Classes V–VIII). The powerful invocation filled the atmosphere with devotion, symbolising strength, purity, and divine blessings for the young performers and the entire school community.

A deeply thoughtful and visually captivating presentation, “The Call of Five Elements” (Classes III–X), took the audience on a journey through nature’s essential forces—Earth, Water, Fire, Air, and Space. The performance showcased harmony between humanity and nature, leaving the audience mesmerised with its thematic depth and creative expression.



This was followed by the Formal Welcome and School Report (Classes IV–VIII), where students confidently presented the school’s academic achievements, cultural milestones, and year-round accomplishments. Their articulate presentation reflected discipline, dedication, and the vibrant growth of the institution.



The highlight of the event was the dramatic and emotionally stirring presentation, “Raja Harishchandra – Truth Triumphs” (Classes VIII–XII). The performance brought to life the timeless message of truth, sacrifice, and righteousness. The audience sat spellbound as the young actors portrayed the legendary king’s unwavering commitment to honesty, leaving a profound impact on hearts and minds.



To conclude the grand celebration, the students of Classes IX–XII set the stage ablaze with an energetic and electrifying Bhangra performance. The rhythmic beats and vibrant moves filled the auditorium with joy, applause, and an atmosphere of festivity.



As the last beat of the dhol faded, one truth shone brightly—Mukand Lal Public School is not just educating children; it is shaping responsible, confident, and value-driven individuals. The Annual Day 2025 was more than a cultural event; it was a celebration of potential, passion, and the power of truth and tradition. With every performance, the students reminded everyone present that a child nurtured with values becomes an adult who changes the world.

Reported by: Kairavi Shekhar
XI-C



SPOTLIGHT SPECTACLES

Mukand Lal Public School, Sarojini Colony, Yamunanagar, hosted its vibrant 21st Annual Athletic Meet

The school hosted its vibrant 21st Annual Athletic Meet from November 26 to 28, 2025, transforming the campus into a celebration of athleticism and unity. The event was presided over by Ms. Shashi Bathla, Manager of Mukand Institutes, who inspired over 1,000 participants and spectators with her message of youth empowerment through sports. Quoting Michael Jordan—“Champions keep playing until they get it right”—the meet began with powerful energy and determination.



The opening ceremony featured the torch lighting and oath-taking, setting the tone for fair play. Students from Nursery to Class II charmed everyone through fun races, sack relays, and obstacle activities. The cultural performances added life to the event with Bhangra, Yoga, Aerobics, and Zumba, beautifully blending tradition with modern enthusiasm.



Over 100 events were conducted across age groups, including sprints, relays, long jump, high jump, and various throws that tested the athletes' speed, precision, and endurance. The Inter-house competitions saw Shradha, Shakti, Shanti, and Satya Houses battling in football, volleyball, kho-kho, badminton, and basketball. The disciplined Mass PT and impressive March Past were standout highlights.



In a thrilling finish, Shanti House clinched the overall championship with 666 points, proving Vince Lombardi's words true: “Individual commitment to a group effort—that is what makes a team work...”. Their teamwork and determination earned them the prestigious top position.



The closing ceremony honored exceptional performers—Raghav, Ashmi, Lakshay, Navneet, Akshat, Keerat, Bhviam, and Avni—for their outstanding achievements. A special recognition was awarded to national-level sports stars including Raghav, Lakshay, Ansh, Vinay, Dev Sain, Aditya, Keshav, Ayush, Ashmi, Harshita, Aradhya, Navneet, Ayush Arya, Priyansh, Ujjawal, Devansh, Agam, and Garvit, whose remarkable achievements inspire their peers. Cultural programs brought grace and charm to the closing event, creating lasting memories.



Echoing Muhammad Ali—“Don't quit. Suffer now and live the rest of your life as a champion”—the meet concluded as a celebration not just of winners but of resilience, discipline, and leadership that will shape tomorrow's champions.

REPORTED
BY DIVYA, XII-F



CHAMPIONS' CORNER

YOGASANA TOURNAMENT (2025-26)

Students of Mukand Lal Public School (MLPS), Yamunanagar brought pride to the institution with their commendable performance in the CBSE North Zone-II Yoga National Competition 2025-26, held from 13th to 16th September 2025 at Shri Ram Global School, Karnal. Under the expert guidance of Yoga Coach Mrs. Monika Vas, the young participants showcased discipline, grace and exceptional yogic ability throughout the tournament.



In the Under-17 Boys Team Event, the MLPS team secured an impressive 7th position, standing out among several talented teams. The participating students—Ujjwal, Agam, Ayush Arya, Priyansh, and Devansh Kamboj—displayed remarkable coordination and strength, earning appreciation from judges and spectators alike. Adding to the pride, Ujjwal achieved 5th position in the Individual Under-17 category, demonstrating his dedication and outstanding individual talent in yogasana.

A significant highlight of the event was the qualification of all five team members for the CBSE National Yoga Competition, a testament to their hard work, perseverance and the guidance of their mentor. Furthermore, the school team has also qualified to participate at the International level in Khelo India, marking a prestigious milestone for MLPS. The school congratulates all the achievers and extends best wishes for their future endeavors in the field of yoga.



BY DIVYA, XII-F

CBSE Cluster & National Athletics

Our school added yet another proud chapter to its sporting legacy with an extraordinary performance at the *CBSE Cluster Athletic Competition*, winning second overall trophy for the fourth consecutive year. The event witnessed stellar achievements as our athletes showcased exceptional grit and



Raghav emerged as a star performer, securing Silver in Long Jump and Triple Jump, while also clinching Gold in the 4x100 m Relay alongside Vinay, Lakshay and Ansh. Lakshay also bagged Silver in Long Jump and Triple Jump, while Lakshay and Keshav earned Bronze in High Jump. Ayush secured Bronze in 1500 m, Aaradhya won Silver in Discus Throw, and Ashmi and Harshita added to the glory with Silver



Raghav Prajapati claimed Gold in the 4x100 m Relay and secured 3rd position at State Level competition. At the CBSE Nationals in Varanasi, our relay team stood 5th, with 11 students representing the school with honour. Students also attended the Talent Assessment India Camp at SAI, Patiala. This remarkable journey stands as a testament to dedication, teamwork,



Reported by:
Kairavi Shekhar
XI-C



Mukand Lal Public School Students Shine at International Climate Conference

Our school was selected to participate in the International Level Physical Climate Conference held in Gurgaon on 22nd November 2025, organized by The Climate Reality Project India. Representing the school was an honour for , Kairavi Shekhar, and Head Boy, Keshav Manga.



Their project video on stubble burning and groundwater depletion was screened before an expert panel, followed by a focused question-answer session that assessed their understanding and the practicality of solutions. The interaction boosted their confidence and broadened outlook on climate action.



They received a consolation prize and appreciation for their clarity and originality. The conference was a valuable learning experience.

Reported by:
Kairavi Shekhar
XI-C



Our Students brought pride to the school as they were honoured by the Deputy Commissioner of Yamunanagar at Bal Bhawan, Yamunanagar.

Keshav Manga and Shreeya of Class 12 secured the 2nd Prize in the District level Quiz Competition, showcasing exceptional knowledge and teamwork. Aarohi of Class 5 added to the celebration by winning a Consolation Prize in the District level Solo Dance Competition, impressing everyone with her graceful performance.

STEPS TOWARDS AWARENESS

Seed Sowing Activity

On 22 November, our students participated in a hands-on *seed sowing activity* in the school garden. Guided by "Ms Sakshi Sikka and the school gardener". Students learned the proper method of preparing the soil, creating rows, and sowing seeds.



The activity aimed to promote environmental awareness, practical learning, and responsibility towards nature. Students eagerly took part—some levelled the soil while others carefully placed the seeds into the furrows, following the gardener's instructions.



This meaningful experience helped students understand the effort behind plant growth and strengthened their connection with nature. Through such initiatives, Mukand Lal Public School continues to encourage teamwork, eco-friendly habits, and a green mindset among its learners.

Reported by:
Purvi Bhambri
XI-D



Awareness rally

The school organised an awareness rally encouraging people to reduce the use of Diwali crackers. A group of 40 students took part in the initiative, carrying informative banners and spreading messages of environmental responsibility.



As part of the campaign, the students also presented a street play, highlighting the impact of excessive firecracker's use on health and the environment. Their performance drew the attention of many local residents and helped communicate the message effectively.



The rally aimed to promote a cleaner, safer, and more mindful way of celebrating the festival, reflecting the school's commitment to mass awareness and environmental care.



Submitted by:
Purvi Bhambri
XI-D



Swachh Bharat Awareness

In the month of October, our school organized a Swachh Bharat Awareness Campaign with the aim of promoting cleanliness and responsible civic behaviour among students and the community. As part of this initiative, a cleanliness rally was conducted in Sarojini Colony, Chopra Garden, and the surrounding areas of the school.



Students from various classes participated enthusiastically, carrying posters and placards with messages on cleanliness, hygiene, waste segregation, and the importance of maintaining a clean environment. Teachers guided the students throughout the rally, encouraging them to raise slogans and interact with local residents to spread awareness. During the rally, students also helped in cleaning public spaces, picking up litter, and demonstrating the correct methods of waste disposal. The residents of the colony appreciated the efforts and joined hands in supporting the campaign. The event successfully instilled a sense of responsibility and social awareness among students.



It also helped reinforce the ideals of the Swachh Bharat Mission, motivating the community to work collectively towards a cleaner and healthier environment. Overall, the campaign was an enlightening and impactful experience for everyone involved.

BY DIVYA, XII-F

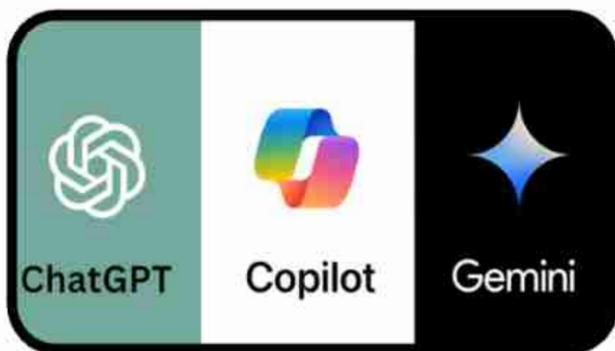


EXPRESSIONS

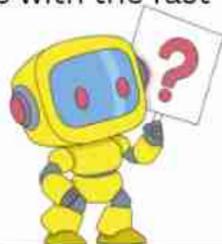
Staying Updated With the Fast-Changing World of AI



Artificial intelligence is evolving rapidly, and staying updated has become essential for students who want to understand the future of technology. Reliable tech news platforms such as MIT Technology Review, Wired, and The Verge provide regular updates on new AI models, breakthroughs, and practical applications. Beginner-friendly videos and podcasts—like Two Minute Papers and The AI Breakdown—help simplify complex ideas, while weekly newsletters from OpenAI, Google DeepMind, and leading educators deliver key developments directly. Hands-on exploration through free AI tools, online workshops, and school tech clubs further strengthens understanding and builds practical skills.



Short online courses on platforms like Coursera and YouTube can also offer clear introductions to important concepts. At the same time, it is important to stay critical and verify information, as AI-related news spreads quickly and can sometimes be inaccurate. By staying curious, using trusted sources, and making learning a daily habit, students can easily keep pace with the fast-moving world of AI.



Naman Kamboj
XII B

The Psychology of Overthinking in Teenagers

In today's fast-paced and competitive world, teenagers often find themselves caught in a web of thoughts—an endless cycle of “what ifs” and “maybes.” This habit, known as overthinking, affects countless young minds and can have a serious impact on mental health, confidence, and decision-making.

Overthinking happens when the brain replays past events or worries excessively about the future. For teenagers, this can be triggered by academic pressure, social expectations, or the desire to fit in. Many young people tend to analyze every detail of a conversation or action, wondering if they said or did the right thing. While reflection can be healthy, too much of it turns into self-doubt and anxiety.

Psychologically, overthinking is linked to heightened activity in the prefrontal cortex—the part of the brain responsible for reasoning and decision-making. When this area is overactive, it can lead to rumination, where thoughts loop repeatedly without resolution. This can make simple decisions feel overwhelming and drain emotional energy. Studies show that chronic overthinking is associated with anxiety, depression, and low self-esteem, all of which are common struggles during adolescence. Social media plays a major role in amplifying overthinking among teenagers. Constant comparison with peers, fear of missing out (FOMO), and the pressure to present a “perfect” life online can make teens question their self-worth. They may spend hours thinking about how they appear to others instead of focusing on personal growth and real connections.



The good news is that overthinking can be managed. Mindfulness techniques—such as journaling, meditation, or spending time away from screens—can help calm the mind and bring thoughts into perspective. Talking openly with parents, teachers, or friends also provides relief and reassurance. Learning to accept that mistakes are part of growth helps teenagers shift from overthinking to understanding.

Conclusion

Overthinking is a common yet overlooked challenge faced by teenagers today. It reflects the complex emotions and pressures they experience during a crucial stage of growth. By fostering emotional awareness, building supportive environments, and encouraging healthy coping mechanisms, we can help teenagers break free from excessive thinking and embrace clarity, confidence, and peace of mind. The journey from overthinking to understanding is not easy, but with the right support, every teenager can learn to take control of their thoughts—and their future.

Babita Makan
XII-F

Pollution..

Pollution rising every day,
Turning bright blue skies to grey.
Smoke from cars and factories too
Spoils the air that we breathe through.

Plastic drifting in the stream,
Killing life that once looked green.
Trash that gathers on the ground
Spreads its poison all around.

Animals suffer, plants feel weak,
Nature's voice is sad and meek.
Rivers dull and forests thin,
All because of human sin.

But if together we take a stand,
We can heal our precious land.
Planting trees and keeping clean
Brings back life, fresh and green.

Saving earth is in our hands—
Let's protect our sky and sands.
A cleaner world is ours to make,
Do your part for the planet's sake.

Jivika
V C

EXPRESSIONS

BREATHING AWAY THE STRESS

Stress has become a common part of our daily lives. Students, especially those in classes 9 onwards, often feel stressed because of studies, exams, homework, and even personal problems. Stress is a natural reaction of our body, but too much stress can affect our health and mind. That is why learning how to relieve stress is very important.

One of the best ways to reduce stress is time management. When we plan our day properly and finish our work on time, we feel more relaxed. Making a timetable helps us stay organised and avoid last-minute pressure.

Another helpful method is exercise. Physical activities like walking, running, cycling, or playing a sport release happy hormones in our body. These make us feel fresh and reduce tension. Even simple stretching for a few minutes can calm our mind.

Talking to someone we trust is also a great stress reliever. Sharing our feelings with parents, friends, or teachers can make us feel lighter. Sometimes, we just need someone to listen to us.



Healthy habits like proper sleep, eating nutritious food, and staying away from too much screen time also help in managing stress. A well-rested mind can handle challenges better. Finally, relaxation techniques such as deep breathing, meditation, or listening to soft music can bring peace to the mind. Spending time with hobbies like drawing, reading, or dancing also reduces stress.

In conclusion, stress is something everyone experiences, but we can control it with simple steps. By staying organised, active, and positive, we can keep stress away and live a happier life

**Avni
IX- B**



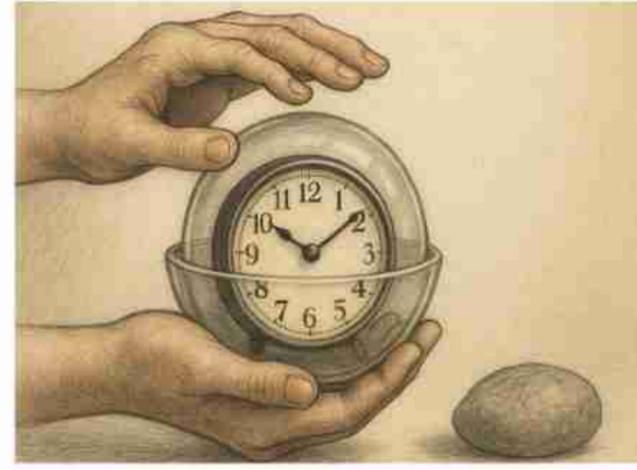
There is Nothing Good or Bad but Thinking Makes it So

Man is the only thinking animal. He is supposed to live by his own ideals, and whatever good they may be, are pre-determined by the results of our acts. However, the same is true of a man who acts. It is possible only if he has learnt the art of mastering his thoughts, often with the help of some mysterious power. On the contrary, men of action face life with indomitable spirit. Their purity determines their fortitude. Life is a challenge to them. They would never give in willingly. So, life is a blend of both good and evil. It depends on us how we look at it. Our thought process, conditioned by external impressions, determines our behaviour. Nothing is either good or bad; both are two sides of the same coin. It is just to say that an optimist sees the rose, while a pessimist sees the thorn. In summary, one should develop a healthy attitude towards life and others in order to lead life better.

**Raghav Goel
VIII F**



The Heavy Weight of Minutes



It is common to hear people say, "I have no time." They rush through their days with tense faces and clenched fists. But, I believe this statement is mistaken. Everyone has the same twenty-four hours in a day—the real problem is the weight we place on each minute. When we hold a beautiful glass bowl, we move carefully, cautious not to drop it. But when we hold a common stone, we might toss it aside and forget about it. Our minutes are like this too. If a minute is important—like for a meeting with the boss or watching the start of a good film—we treat it carefully and give it our full attention. Most of the time, though, we treat our minutes like ordinary stones. We let them pass by unnoticed, often spending them worrying about the future or planning so far ahead that we forget the present. I am trying a new method: to treat every minute like a delicate glass bowl. I try to truly observe what is happening—the sound of the coffee machine, the particular smell before rain, the way my pen glides across the page. These details may seem small or unimportant, but they are real moments that make up our lives.

***Lakshay Gupta
IX B***



"Time is the only wealth that grows in value when used wisely, and disappears when taken for granted."



CASE STUDY

FIELDS OF INNOVATION: OUR INTERACTION WITH FARMER-INVENTOR

National Award winner :

Dharambir Kamboj is an Indian farmer, innovator, and entrepreneur from Haryana, widely known for creating a patented Multipurpose food processing machine that can handle various fruits, herbs, and seeds. Rising from humble beginnings as a cycle rickshaw puller in Delhi, he transformed his life through determination and innovation. His invention, which is cost-effective, portable, and efficient, can perform multiple operations such as pulverizing, mixing, steaming, pressure-cooking, and extracting juices, oils, and gels. For his remarkable contribution, he received the National Award from the President of India in 2013 and has also been honored with the Haryana State Award by the National Innovation Foundation. Today, his machines and products are exported to several countries, including the USA, Italy, and Australia.

Valuable Insights gained from our interaction :

We, Keshav Manga (XII-B) and Kairavi Shekhar (XI-C), had the wonderful opportunity to visit and interview Mr. Dharambir Kamboj regarding his farm life and innovations. During our visit, we witnessed the working of his multipurpose processing machines and explored a variety of his unique products - from black garlic to dehydrated powders of curd and palak paneer. He also shared deep insights into pressing climate change issues such as groundwater depletion and stubble burning, and how innovations like his can help reduce environmental impact.



DHARAMBIR KAMBOJ



He told us about his school life and despite not being someone with engineering background he was able to develop multiple machines for farms. The entire interaction was enriching and thought-provoking, giving us a broader perspective on how technology and creativity can go hand in hand with sustainability. Meeting him was truly inspirational, and we gained valuable knowledge about how one's determination can transform challenges into opportunities.

Opportunities in Agriculture for Youth :

When we asked him to address and guide today's youth - who are steadily moving away from agriculture - he emphasized that farming is essential for human existence. He stated that young people must be encouraged to engage in this field. According to him, many believe that farming is purely a labour-intensive occupation, but that is no longer true.

Quoting his own example he suggested the more innovations and technological advancements we bring into agriculture, the more interesting, efficient, and income-generating it will become.

He further remarked that we should aspire to become practitioners of modern, progressive farming, as this will not only strengthen our nation but also enhance India's global image. He also highlighted that rural life and agricultural practices still face several challenges, many of which present opportunities for the youth to create meaningful solutions. For example, he mentioned issues such as cattle-shed cleanliness and several other problems that need attention and innovation. He motivated the youth like us to think beyond limits, innovate fearlessly, and utilize the various government and institutional initiatives, including those by IITs and other innovation programs, to bring about meaningful change in society.

Conclusion:

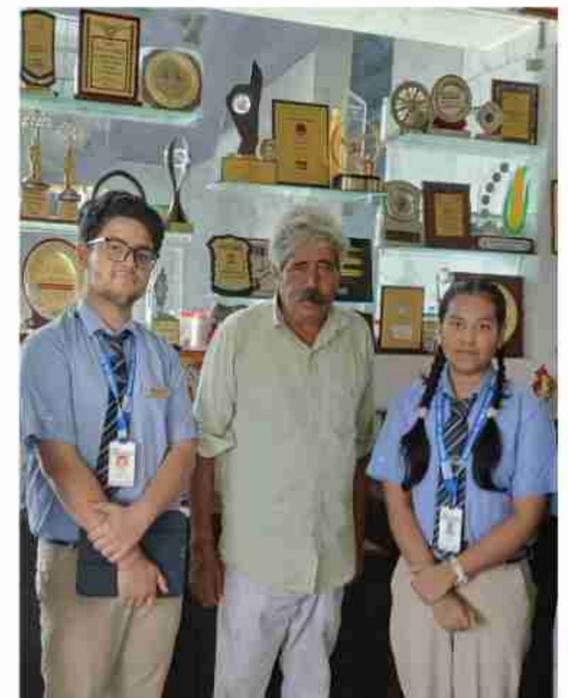
In the end, it was our pleasure to hear his appreciation for our initiative of interviewing farmers and bringing their problems into the spotlight for meaningful action. Throughout the conversation, he shared valuable insights with moments of humour and sincere thoughtfulness. This reflected his remarkable personality and his genuine commitment to the farming community.

Interviewed by :

Keshav Manga (Head Boy)

Kairavi Shekhar (XI - C)

For The Climate Reality project (India and South Asia)



"Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals & happiness."



DID YOU KNOW ?

ALLIGATORS VS CROCODILE- -TWO ANCIENT TITANS THAT TOOK DIFFERENT PATHS

Long before humans learned to walk upright or even dreamt of inventing newspapers, planet Earth already had two superstar predators carving out their place in muddy waters. Yep—crocodiles and alligators have been around since the age of dinosaurs. But here's the twist: although they look like cousins at a family barbecue, these animals actually went their separate evolutionary ways around 85 million years ago.

Back then, giant reptiles ruled the rivers. As continents shifted and climate patterns changed, one branch of the crocodylian family split into Alligatoridae (alligators and caimans), another formed Crocodylidae (true crocodiles), and a third became Gavialidae—home of the long-snouted gharials.

Think of it as three siblings who each decided to specialize in their own career: Alligators became the freshwater bruise-busters, Crocodiles became the worldwide conquerors, Gharials became the elegant fish-sniping specialist



HOW TO TELL THEM APART (EVEN FROM FAR AWAY)

👉 SNOUT SHAPE — THE DEAD GIVEAWAY

Alligators: Broad, rounded, U-shaped snout. Perfect for crushing turtles and tough shellfish.

Crocodiles: Long, narrow V-shaped snout. More streamlined, like a natural spear.

Just one glance at the face, and you already know the family.

👉 Teeth — The Smile Test

Alligator: When it closes its mouth, the lower teeth hide inside neatly like they've been told to behave.

Crocodile: Teeth everywhere. Upper and lower teeth stick out, especially the big fourth tooth on the

🌍 HABITAT — FRESH VS SALT

Alligators prefer calm freshwater: swamps, lakes, and slow rivers. They stick mostly to the USA and China.

Crocodiles are more adventurous. Some species tolerate saltwater thanks to special salt glands, allowing them to roam from Africa to Australia to the Americas.

This is why crocodiles show up in way more ecosystems—they're basically the globe-trotters of the reptile world.



Alligator



Crocodile



Indian Gharial



Fake Gharial



Caiman

🔥 BEHAVIOR — WHO'S THE HOTHEAD?

Let's keep it simple:

Alligators: More chill. They avoid humans unless someone gets too close or behaves like a snack.

Crocodiles: Much less chill. Many species are aggressive, territorial, and absolutely willing to defend their turf.

If you ever see one in the wild, you want it to be an alligator.

👉 THE GREAT EVOLUTIONARY DRIFT

Around 85 million years ago, shifting environments created different pressures on early crocodylians. Some adapted to swampy freshwater life—that line became the alligators. Others developed sharper snouts, stronger salt tolerance, and wider hunting ranges—that created the crocodiles.

Meanwhile, another group took a totally different route: they evolved thin, super-streamlined jaws made for lightning-fast fish strikes. These became the gharials, the most specialized crocodylians alive today.

This three-way split gave our planet the crocodylian diversity we see now.

👉 CROCODILE SPOTLIGHT

1) Saltwater Crocodile (*Crocodylus porosus*)

The undisputed heavyweight of all reptiles—some individuals exceed 20 feet and nearly 1,000 kg.

Known to swim across open ocean using currents like nature's own ferry service.

Has the strongest bite force ever measured in the animal kingdom—around 3,700 psi.

2) Nile Crocodile (*Crocodylus niloticus*)

Africa's most iconic aquatic predator.

Works surprisingly well in groups: some block off escape routes while others launch the attack.

Ancient Egyptians respected them so much they gave some temples entirely dedicated to crocodile gods.

👉 ALLIGATOR SPOTLIGHT

1) American Alligator (*Alligator mississippiensis*)

A fantastic environmental engineer. Their famous gator holes become shelters and water sources for fish, birds, frogs, and even deer during dry seasons.

Nearly extinct in the mid-1900s due to hunting, but strict protection brought them roaring back.

2) Chinese Alligator (*Alligator sinensis*)

Much smaller—usually maxing out around 5 feet.

Endangered due to habitat loss, yet incredibly gentle compared to most crocodylians.

Unique for having bony armor on both stomach and back.

★ DID YOU KNOW? — GHARIAL FUN FACTS

👉 Gharial (*Gavialis gangeticus*)

Not an alligator. Not a crocodile. It belongs to its own family, Gavialidae.

Its ultra-thin snout reduces water drag, letting it snap up fast fish with surgical precision.

Males grow a round bulb on their snout called a ghara, which helps amplify their buzzing calls during mating season.

Despite their size, gharials almost never attack humans—their jaws are designed for fish, not large animals.

The False Gharial (*Tomistoma*) looks similar but is genetically closer to crocodiles—one of evolution's weirdest tricks.



Tamanpreet Kaur
10th F

MATHS CHRONICLE

The Endless World of Mathematics

Mathematics is often described as the language of the universe, and for good reason. From the smallest particles to the grandest galaxies, maths helps us understand patterns, measure changes, and solve problems that shape our world. Far from being just numbers and equations in a textbook, mathematics is a beautiful blend of logic, creativity, and discovery.

1. What Is Mathematics?

At its core, mathematics is the study of patterns, relationships, and logical structures. It deals with quantities, shapes, spaces, and change. Maths teaches us not just how to calculate, but how to think – clearly, logically, and creatively.

Mathematics is divided into many branches:

Arithmetic – basic calculations and numbers

Algebra – symbols, equations, and variables

Geometry – shapes, sizes, and spatial understanding

Trigonometry – angles and relationships in triangles

Calculus – change, motion, and growth

Statistics & Probability – data, predictions, and chances

Each branch has its own beauty and purpose, and together they build a complete system of understanding the world.

2. The Importance of Mathematics in Daily Life

Many people wonder why mathematics is important. The truth is: maths is everywhere, even in places we don't notice.

Everyday examples include:

Counting money or checking your balance

Reading time, dates, and schedules

Cooking with measurements

Shopping discounts and GST

Navigating maps and distances

Understanding sports scores

Using mobile apps that rely on algorithms

Even nature follows mathematical patterns – the shape of shells, the petals on flowers, and the spiral of galaxies all follow mathematical rules like the Fibonacci sequence.

3. Mathematics in Science and Technology

Without mathematics, modern civilization would not exist. Every scientific breakthrough relies on mathematical principles.

In Science:

Physics uses maths to describe motion and energy

Chemistry uses maths to measure reactions

Biology uses statistics to study populations and genes

In Technology:

Computers work entirely on binary mathematics

Mobile phones use algorithms for signals and data

GPS systems use geometry and calculus

Artificial Intelligence and Machine Learning depend on advanced maths

Whenever you use YouTube, Instagram, or any app, maths is silently working behind the screen.



4. The Beauty of Mathematics

Mathematics is not just useful – it is beautiful. Many mathematicians describe maths as an art form because of its symmetry, elegance, and creativity.

Examples of mathematical beauty:

Perfect shapes like circles and triangles

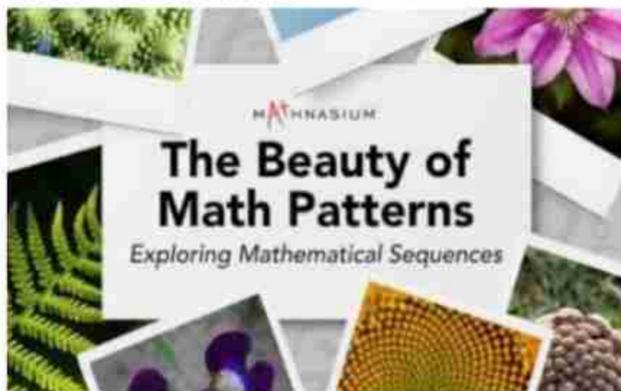
Patterns in Islamic art and architecture

Fractals that repeat endlessly

Puzzles and riddles that challenge the mind

The golden ratio seen in monuments like the Parthenon

Maths encourages imagination and problem-solving, allowing us to explore ideas without limit.



5. Learning Mathematics: A Journey, Not a Race

Many students fear maths because they think it is too hard or complicated. But mathematics is just like a language – it becomes easier with practice and understanding.

Tips for learning maths:

Understand the concept instead of memorizing

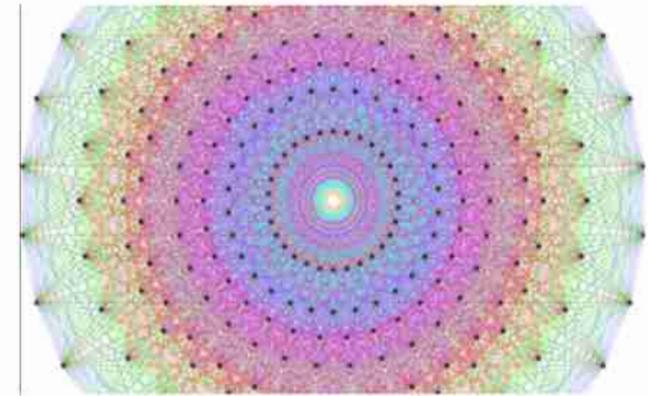
Practice regularly

Break problems into smaller steps

Ask questions when confused

Relate maths to real-life examples

The more you practice, the more confident you become.



6. Mathematics and the Future

The future belongs to those who understand and use mathematics. New fields that rely heavily on maths are emerging every day.

Future careers powered by mathematics:

Data Science

Artificial Intelligence

Robotics

Aerospace and Space Science

Cybersecurity

Architecture

Finance and Economics

Mathematics is the foundation of innovation, discovery, and development.

Mathematics is much more than a school subject – it is a powerful tool that shapes our society, drives technology, and explains the mysteries of the universe. Whether you wish to be a scientist, engineer, artist, or writer, maths gives you the skills to think, reason, and solve problems.

In the end, mathematics teaches us one vital lesson:

Every problem has a solution – we just have to find the right approach.

Shatakshi Sharma
TGT Maths



TALK TITBITS

Enhance your vocabulary

Enhancing vocabulary begins with replacing everyday words with more expressive alternatives. Using sharper, more engaging language strengthens communication and encourages creative thinking. When students adopt richer terminology, they elevate their writing, improve clarity, and develop confidence in expressing ideas. Building strong vocabulary habits benefits learning across every subject. By integrating diverse and vivid words into their lexicon, individuals can transform mundane conversations into captivating exchanges. For instance, instead of saying “happy,” one might use “elated” or “ecstatic,” which evokes a stronger sense of joy. This not only enriches dialogue but also paints more vibrant pictures in the minds of listeners or readers. Furthermore, an expansive vocabulary allows individuals to articulate emotions and concepts with precision, reducing misunderstandings and fostering deeper connections. In an academic setting, students who harness the power of language often find themselves more engaged and capable of tackling complex topics with ease. Over time, this linguistic agility translates into an invaluable skill set, empowering them both personally and professionally.

“I’M AFRAID!”

1. I’m scared.
2. I’m terrified.
3. I’m petrified.
4. I’m panicking.
5. I’m nervous.
6. I’m frightened.
7. I’m spooked.
8. I’m anxious.
9. I’m worried sick
10. I’m shaking in my boots.



“I’M ANGRY!”

1. I’m mad.
2. I’m furious.
3. I’m pissed off.
4. I’m annoyed.
5. I’m irritated.
6. I’m fuming.
7. I’m upset.
8. I’m livid.
9. I’m enraged.
10. I’m ticked off.



I’M EXCITED!”

1. I’m thrilled.
2. I’m so pumped.
3. I’m over the moon.
4. I’m ecstatic.
5. I’m buzzing with excitement.
6. I can’t wait!
7. I’m stoked.
8. I’m delighted.
9. I’m on cloud nine.
10. I’m super hyped.



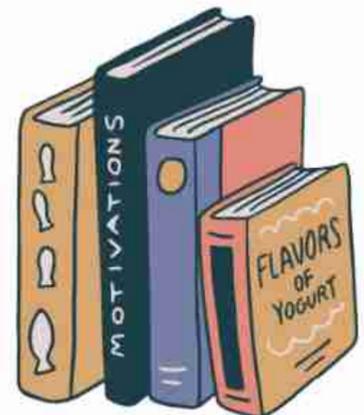
“I’M SAD!”

1. I feel down
2. I’m Feeling blue.
3. I’m upset.
4. I’m heartbroken
5. I’m feeling low.
6. I’m devastated.
7. I’m miserable.
8. I’m in a bad mood.
9. I’m gloomy
10. I’m feeling down in the dumps



“I’M HAPPY!”

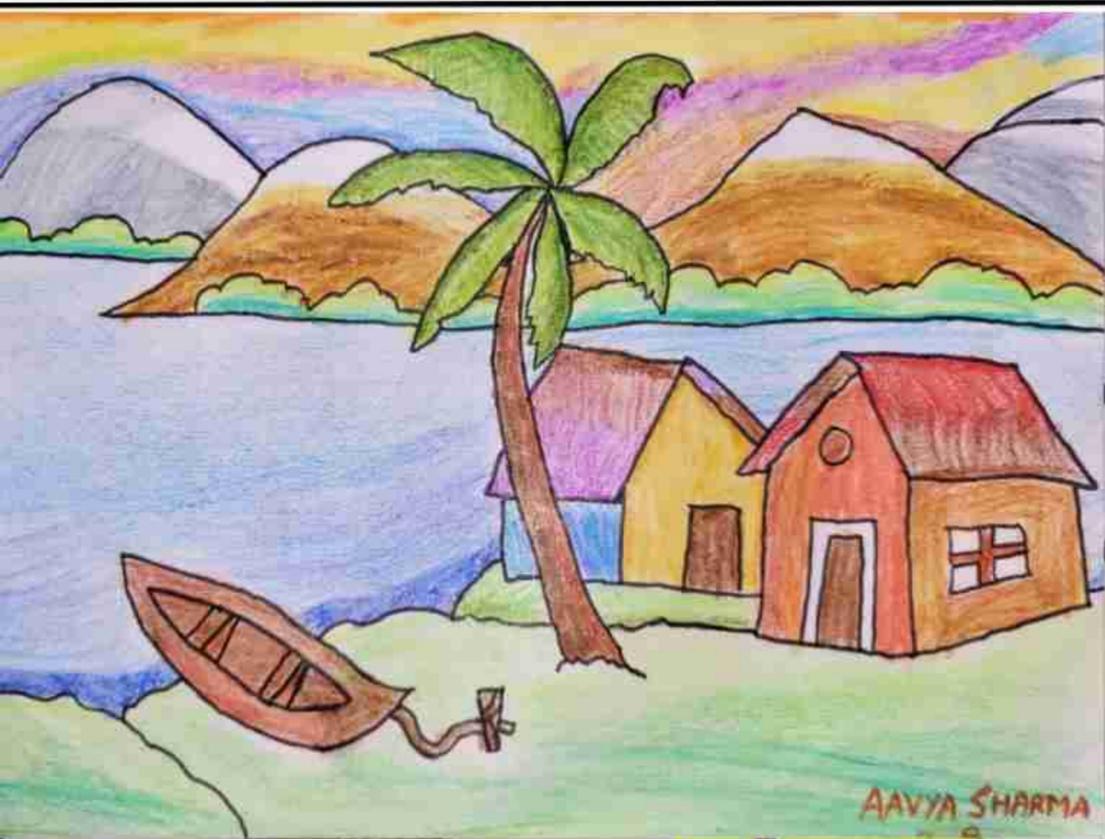
1. I’m thrilled!
2. I’m over the moon!
3. I’m on cloud nine!
4. I’m ecstatic!
5. I’m in high spirits!
6. I’m overjoyed!
7. I’m jubilant!
8. I’m feeling great!



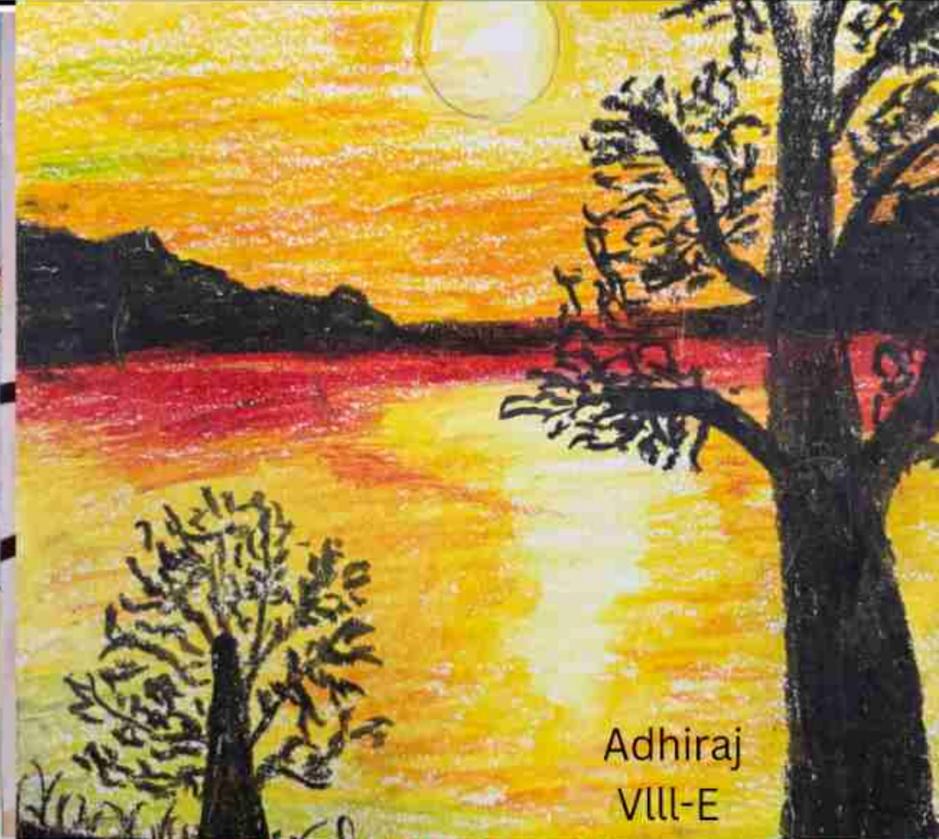
Saloni Verma
English Communication
Coordinator

“Grammar is the architecture of thought; master it, and your words gain the power to build anything your mind imagines.”

ART ZONE



AAVYA SHARMA



Adhiraj
VIII-E



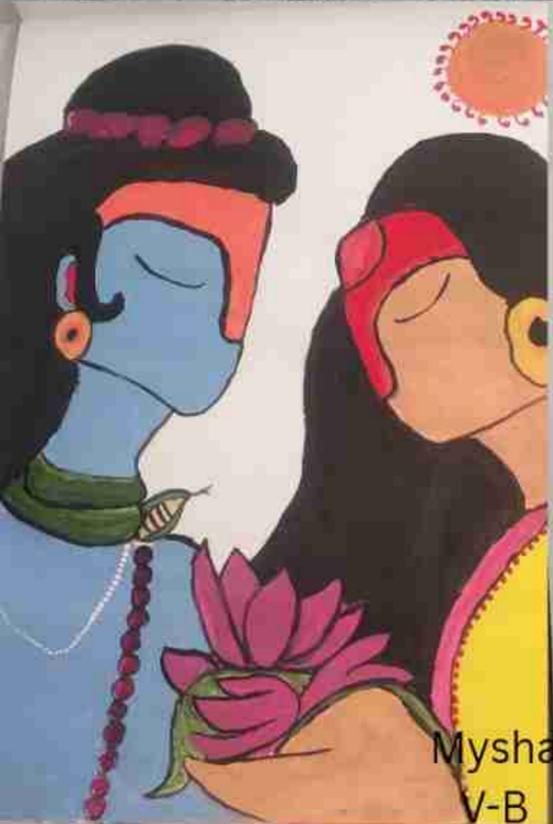
Drishti
X-E



Aavya Sh



Saisha
X-E



Mysha
V-B



Drishti
X-E



Vaibhav