

## MATTER OF CONCERN

### Voices in Cages:

A bird is meant to fly, to soar freely under the open sky, and to sing without fear. Yet when it is locked in a cage, its wings are clipped, and its song loses meaning. The same happens with human beings when their voices are silenced. The phrase "If you speak, you are in a cage" reflects the painful reality that truth often comes with chains.



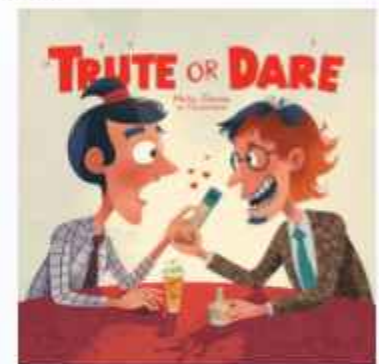
Words are the most powerful weapons we hold. They can inspire revolutions, awaken sleeping minds, and break the walls of ignorance. But history has shown us that those who speak boldly often suffer the most. The world praises freedom, yet it fears free voices. From philosophers in ancient times to freedom fighters in our own land, truth speakers have been mocked, punished, and caged. Their courage to question, challenge, and expose injustice made them targets of power.

Why is speaking truth so dangerous? Because truth shakes comfort. Lies are like soft pillows that let people sleep peacefully, but truth is a loud alarm that forces them to wake up. Many prefer silence over the discomfort of reality. And so, the one who dares to speak becomes the "parrot in the cage"—alive but chained by society's fear and rejection.

This idea is not just about leaders and history. It lives around us every day. A student who speaks against bullying may be laughed at. A citizen who questions corruption may be threatened. Even in families, someone who raises a different opinion may be silenced with anger. In each case, the message is the same: speak, and risk the cage.

But should fear of the cage stop us? No. Because silence, too, is a cage. A bird that refuses to sing to avoid capture still remains unheard. A society that punishes voices may feel peaceful on the surface, but underneath it grows weaker, more unjust, and more broken. Progress is born only when someone dares to speak despite the chains.

It is true that words can cage us, but they can also free us. Every reform, every movement, every step toward justice has begun with a single voice that refused to remain silent. The cage may seem strong, but the power of truth is stronger. History remembers those who spoke, not those who kept quiet.



As students and future citizens, we must remember this lesson. Let us use our words with responsibility, but also with courage. Let us never silence others out of fear and let us never silence ourselves out of doubt. A free society is not built on silent people; it is built on voices that echo even from cages.

So, the choice is ours. Will we be silent birds who accept the cage without question, or will we sing so powerfully that no cage can contain us?

**Rudra**  
class XII

# WRITERS' FORUM

## Chemistry: The science that shapes our everyday life



Chemistry is called the central science because it bridges physics, biology, environmental science, and medicine in one way or another. It describes how matter behaves, changes, and impacts our universe. From the air we breathe to the water we drink, it's chemistry that determines the natural processes at work in our bodies.

At its core, chemistry is about matter: its composition, the kinds of changes it can undergo, and the laws that govern these changes. All matter is composed of atoms, which are the fundamental building blocks of everything in our universe. Ninety percent of what we see in the universe is made up of just hydrogen and helium, two elements widely studied in chemistry. When atoms bond—via ionic, covalent, or metallic bonds—millions of compounds are formed, without which life as we know it would not exist.

Man is steeped in chemistry. The human body itself is a highly complex chemical laboratory where not hundreds, but several thousand reactions occur every split second. Digestion is a chemical process in which enzymes break down food into molecules (microscopic substances) that can be absorbed and used for energy. Hemoglobin in our blood binds oxygen through chemical interactions that enable respiration, while neurotransmitters like dopamine and serotonin help govern mood and emotion.

One of chemistry's greatest achievements is in health and medicine. Aspirin, the world's most popular drug, was discovered through chemical research. Vaccines function by initiating an orchestrated series of chemical reactions in the immune system. Chemistry saves lives. Here's how: chemotherapy medications kill rapidly dividing cancer cells by disrupting their chemical processes.

Chemistry is also concerned with environmental science and sustainability. Ozone in the upper atmosphere protects the living environment by absorbing harmful UV rays. Still, several chemical pollutants like carbon monoxide, sulfur dioxide, and nitrogen oxides are responsible for various forms of air pollution, which impact human health. Using specific chemical reactions, green chemistry creates a framework where processes generate less waste, use less energy, and avoid non-renewable materials.

In food science, chemistry is used to ensure quality, safety, and nutritional value. Preservatives slow down chemical reactions to prevent food from spoiling, while antioxidants inhibit the chain reaction of oxidation. Even our everyday household goods are the result of chemistry. Soaps and detergents clean by breaking the chemical bonds that hold dirt to cloth. Batteries function via redox (reduction-oxidation) reactions, during which chemical energy is converted into electrical power. Plastics, paints, cosmetics, perfumes, and even the artificial fibres that keep us warm are all results of polymer and organic chemistry.

It also plays an important role in modern technology. Chemically doping semiconductors, found in mobile phones and computers, is achieved through precise chemical processes. The batteries that power electric vehicles and smartphones, known as lithium-ion batteries, are engineered through electrochemistry. There would be no future for nanotechnology, space science, or renewable energy without chemistry. For students, the study of chemistry develops a range of logical reasoning, analytical, and experimental skills.

It fosters curiosity about the molecular mechanisms of life and provides an excellent foundation for careers in medicine, engineering, and research, as well as industrial applications in the pharmaceutical, environmental, and biotechnology industries.

In a world focused on new ideas and sustainable futures, chemistry provides solutions to global challenges. When we understand and value chemistry, we learn what drives the science that fuels our natural and social world. Chemistry is not just a subject: it is the science of transformation, progress, and life.

**Shivani Dawer**  
PGT, Chemistry

# JANUARY IN FOCUS

## JANUARY 2026

### SCHOOL ACTIVITY CALENDAR

January 5, 2026 (Monday)

**A Tribute to Seth Mukand Lal Ji**

January 11, 2026 (Sunday)

**Death Anniversary of Lal Bahadur Shastri Ji**

Tribute on Social Media

January 13, 2026 (Tuesday)

### LOHRI CELEBRATION

- Impression Painting (I-II)
- Stone Painting (III-V)
- Til Ka Swad, Sehat Ke Sath (VI-VIII)
- Doodle Art - Road Safety (IX-X)

January 17, 2026 (Saturday)

**Pre-Activities for Republic Day Celebrations**

Preparations and rehearsals begin

January 24, 2026 (Saturday)

**Special Assembly on National Girl Child Day**

- Sanskar Shala (I-III) • Kite Flying Competition (VI-VIII)

January 26, 2026 (Monday)

### REPUBLIC DAY CELEBRATIONS

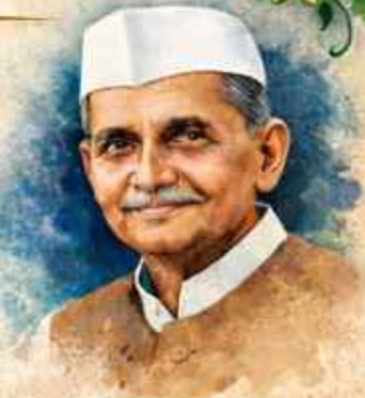
Flag hoisting, cultural programs, and patriotic performances

January 30, 2026 (Friday)

**Mahatma Gandhi Ji's Death Anniversary**

Special Assembly

Let's Make January a Month of Learning & Celebration!



# HEALTH AND FITNESS

## The Ghost in the Machine: Why Your Body is Paying the Price for "Cherry-Flavored" Air

By: Dr. Bhupinder Kaur Reen

HOD Science



Walking through a park or school hallway today, you're likely to encounter a cloud that smells like a candy shop. While it looks harmless and almost ethereal, from a biological perspective, it isn't a trend—it is a high-tech "Trojan Horse". Beneath the neon plastic casing of a vape lies a sophisticated chemical delivery system currently conducting a massive, unplanned experiment on the human body.

To understand why this matters, we must look past the flavor and dive into the microscopic battleground of your cells.

### 1. The "Water Vapor" Lie

The most successful marketing trick of the century was naming e-cigarette output "vapor". In science, vapor is a gas (like steam from a kettle), but vapes actually produce an aerosol—a suspension of liquid particles and heavy metals.

When the liquid hits the red-hot metal coil, it creates a chemical cocktail that includes:

\*Formaldehyde: A chemical usually reserved for preserving specimens in biology labs.

● Acrolein: A powerful weed-killer.

● Nickel and Lead: Microscopic shards of metal scraped off the heating element.

### 2. The Lung's "Popcorn" Problem

Our lungs contain roughly 480 million alveoli—tiny, stretchy balloons only one cell thick that trade oxygen for life. Vaping sends oily aerosols directly into these delicate structures. Imagine trying to breathe through a sponge soaked in vegetable oil.

Your immune system panics, sending "clean-up" cells called macrophages to eat the oil. These cells eventually become "foamy cells," bloated and unable to function. Furthermore, flavorings containing diacetyl can cause "Popcorn Lung," a permanent scarring of the tiniest airways.

### 3. Brain Hijacking: The Dopamine Debt

For anyone under 25, the brain is still "under construction". Nicotine is a master manipulator that mimics the natural neurotransmitter acetylcholine

● The Trap: It triggers a massive flood of dopamine—the "reward" chemical.

● The Rewiring: Because the adolescent brain is "plastic," it changes shape based on use. When flooded with nicotine, it stops producing its own "feel-good" chemicals and grows more receptors to handle the drug, creating a physical "hunger".

\*The Result: A person often finds it impossible to focus on a math problem or enjoy a sunset without a "hit" because their brain has been rewired to prioritize the device over natural joy.

### 4. The Behavioral Ripple Effect

Biological changes eventually bleed into a person's personality and daily life:

● The Anxiety Loop: Many vape to relieve stress, but the biology of withdrawal actually causes the stress, irritability, and "brain fog". You aren't vaping to relax; you're vaping to stop the stress that the last vape caused.

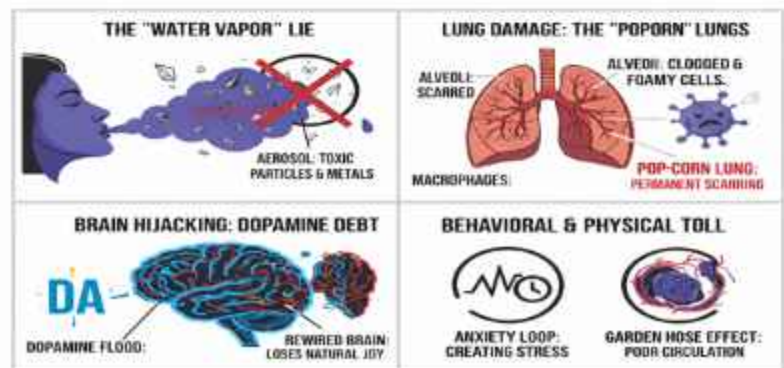
● Physical Performance: Nicotine constricts blood vessels, acting like a pinch in a garden hose. Your heart has to work twice as hard to move half as much oxygen.

### 5. The "One-Pod" Reality Check

A single modern vape pod can contain as much nicotine as an entire pack of 20 cigarettes. Because a vape never "burns down," users often consume three or four cigarettes' worth of nicotine in a single sitting without realizing it.

Your DNA is a code 3 billion letters long, and your brain contains more connections than there are stars in the galaxy. Vaping is a "glitch" in that incredible machine—a shortcut that leads to a dead end. The "cherry" scent might disappear in a second, but your biology remembers every puff. Don't let a "flavor" trade away your future.

## VAPING: THE UNSEEN COST A BIOLOGICAL EXPERIMENT ON YOUR BODY



**ONE POD = 20 CIGARETTES.  
DON'T TRADE YOUR FUTURE FOR A FLAVOR.**

# SPOTLIGHT

## Veer Baal Diwas

On the occasion of Veer Baal Diwas, our school paid a heartfelt tribute to the unmatched courage, sacrifice, and supreme martyrdom of the Sahibzaadas, the brave sons of Guru Gobind Singh Ji.



A special assembly was organised to honour their inspiring lives and to instil the timeless values of bravery, faith, righteousness, and devotion among students.

The programme included a live telecast and the screening of an inspiring documentary, which helped students understand the historical significance and extraordinary sacrifices made by the Sahibzaadas for the protection of truth and religion.



Teachers addressed the students, emphasising the importance of standing up for truth, justice, and moral values in life. The school campus resonated with a sense of pride, reverence, and reflection throughout the programme.



The observance of Veer Baal Diwas proved to be a deeply enriching experience, reminding students of the supreme sacrifices made by the Sahibzaadas and inspiring them to follow the path of courage, integrity, and righteousness in their own lives.

**Reported by:**  
**Kairavi Shekhar**

**XI-C**



## International Anti-Corruption Day

International Anti-Corruption Day was observed in our school to promote the values of honesty, integrity, and transparency among students. A special assembly was organized in which students spoke about the harmful effects of corruption on society. Teachers encouraged everyone to adopt ethical behavior in daily life. The programme inspired students to take a pledge against corruption and work towards building a fair and responsible future.



# SPOTLIGHT

## Christmas Celebrations

Our school celebrated Christmas with great joy and festive spirit by organising a special morning assembly.



The celebration aimed to spread the message of love, kindness, peace, and togetherness among students and staff.



The assembly began with the singing of melodious Christmas carols, which filled the atmosphere with warmth and happiness.



The most delightful part of the celebration was the participation of the tiny tots, who were adorably dressed in red and brought smiles to everyone's faces. They enthusiastically performed various activities, including dances, recitations, and festive actions, adding charm and innocence to the occasion.

To help students experience the festival in a more meaningful way, a visit to a nearby church was also organised. This visit allowed students to feel the true essence of Christmas, understand its religious and cultural significance, and witness the festive atmosphere in an authentic setting.



The programme beautifully reflected the true spirit of Christmas, reminding everyone of the values of sharing, compassion, and gratitude. The celebration concluded on a joyful note, leaving behind sweet memories and a sense of unity among all present. The Christmas celebrations proved to be a memorable experience, spreading festive cheer and happiness throughout the school campus and beyond.

**Reported by:**  
**Kairavi Shekhar**  
**Class XI-C**



# SPOTLIGHT

## World Red Cross Day

World Red Cross Day was celebrated at our school to raise awareness about humanitarian values and the importance of helping those in need.



The event aimed to educate students on the role of the Red Cross Society in providing relief and support during emergencies and disasters. On this occasion, students enthusiastically participated in various activities.



A short, meaningful skit was presented by students to highlight the importance of first aid, kindness, and social responsibility. The performance effectively conveyed messages of compassion, service, and humanity.



Teachers and students appreciated the effort and recognized the significance of this important day. The celebration helped develop a sense of empathy and social awareness among the students.

## Vijay Diwas Celebrated with Patriotic Fervour at School

To honour the historic victory of India in the 1971 war, Vijay Diwas was commemorated in our school with great respect and patriotic spirit.



The day is observed to remember the courage, sacrifice, and unmatched bravery of the Indian Armed Forces, who changed the course of the nation's history through their determination and valour.

A special assembly was organised in which students highlighted the significance of Vijay Diwas and paid heartfelt tributes to the brave soldiers who fought selflessly for the freedom and dignity of millions. Patriotic speeches and inspirational presentations reminded everyone of the heroic deeds of our armed forces.

The programme concluded with a message to uphold national unity and serve the country with pride. Students and teachers bowed their heads in gratitude to the real heroes of the nation. The celebration filled everyone with deep respect and pride for the sacrifices made by our soldiers.

**Reported by  
Kairavi Shekhar- XI C**

# SPOTLIGHT

## Inter-School Cultural Fest

An Inter-School Cultural Fest was organized by Inner Wheel club at Swami Vivekanand Public School, Huda, featuring a Nukkad Natak competition on the topic "Save Girl Child."



A total of 10 schools participated in the event, presenting powerful and meaningful street plays to spread awareness about issues such as gender discrimination, female foeticide, and the importance of educating and empowering girls.

Our school team participated with great enthusiasm and delivered an impressive performance that was highly appreciated by the judges and audience.

We are proud to announce that our school secured 3rd position in the competition. The event proved to be an excellent platform for students to showcase their talent while promoting a strong social message.

## National Energy Conservation Day

Our school observed National Energy Conservation Day with great enthusiasm and a strong sense of responsibility towards the environment.



Students actively participated in a drawing competition, where they creatively expressed powerful ideas and messages on energy conservation, renewable resources, and a greener future.

Elegance is the  
the only beauty  
that never fades.

— Audrey Hepburn



A special highlight of the day was an educational visit to the school's solar power system. Students were introduced to the working and benefits of solar energy, which helped them understand the significance of renewable energy sources in reducing dependence on conventional fuels and conserving natural resources.



The observance of National Energy Conservation Day proved to be an enriching experience, inspiring students to adopt energy-saving habits and contribute towards a sustainable and eco-friendly future.

**Reported by:**  
**Kairavi Shekhar**  
**Class XI-C**

# SPOTLIGHT SPECTACLES

An online **Stone Painting Activity** on the theme “**Lohri**” was organized during the holidays to engage students creatively and help them connect with Indian traditions.

The activity set an excellent opportunity for students to explore their imagination, develop artistic skills, and utilize their free time productively.



The event was set to promote creativity and help students understand the cultural importance of the festival in an enjoyable and interactive manner.

Children were encouraged to paint small stones using bright colours and designs related to Lohri, such as bonfires, harvest crops, sugarcane, kites, dhol, and other festive symbols.

Despite being conducted online, the participants showed great enthusiasm and creativity, sharing their beautifully painted stones with teachers and classmates.



# SPOTLIGHT SPECTACLES

## Lohri And New Year Celebration

Our school celebrated Lohri and New Year with great joy and enthusiasm for students from Kindergarten to Class XII.



The celebration began with the traditional Lohri ritual as Principal Mrs. Seema Kataria offered peanuts and rewaris to the bonfire, followed by the distribution of prasad.



The occasion also marked the birthday of Chairman Shri Ashok Kumar Ji, making the celebration even more special.



The event was thoughtfully organised at three venues – Kindergarten Block, Inner Lawn (Classes VI–VIII) and Ground (Classes IX–XII).



Attractive food stalls served Rajma Chawal, Chole Bhature, Pav Bhaji, Tikki Chaat, Mix Pakoras, Jalebi, French Fries and Ice Cream.



Fun games like Hoopla, Bowling, “Put the Coin in the Bucket” and “Light the Candle with One Matchstick” added excitement, while music and dance filled the atmosphere with cheer.



The presence of respected dignitaries and the active involvement of teachers and student volunteers made the celebration memorable.



The event promoted togetherness, cultural values and the joy of celebrating festivals as one family.



# CHAMPIONS' CORNER

## Speaking Up, Standing Tall: A Journey of Learning and Leadership

Yatish, Rudram, and Anushka of Class 11, and Mannat of Class 9, participated in International Adolescent Leadership Summit 2026, guided by their mentor Ms. Sakshi Sikka. It was more than just a three-day event; it was a transformative journey of preparation, participation, and personal development. The moment students reached at National Bal Bhawan in New Delhi with their mentor Ms. Sakshi Sikka, they began preparing for a variety of competitions, including Yuva Sansad (Youth Parliament), Nukkad Natak, Exhibitions, Eloquence, Solo Dance, Eutopia (on-the-spot painting), and other creative challenges.



Each student approached their preparation in their own unique way. Some focused on perfecting dance movements and expressions, while others prioritized stage presence, appearance, and presentation skills. Many dedicated time to research, public speaking, and building their confidence. Students also equipped themselves to respond swiftly to situations requiring quick thinking and spontaneous expression, understanding that some events would call for instant responses.

Taking place from December 17th to 19th, 2025, the summit gathered students from diverse schools and backgrounds, fostering an environment brimming with energy, ideas, and creativity. Certain events pushed students to think on their feet, tackling topics that were both straightforward and unexpectedly challenging. In activities like Eloquence and Eutopia, participants needed to organize their thoughts, emotions, and creativity within tight time constraints. These experiences taught them how to articulate ideas clearly and perform confidently under pressure.



One of the most enriching experiences was Yuva Sansad, where students assumed the roles of ministers, spokespersons, and journalists. They engaged in discussions about pressing issues such as media responsibility, fake news, health awareness, education reforms, artificial intelligence, and social wellbeing. Through questioning, debating, and defending their viewpoints, students gained first hand experience of how democracy operates through dialogue and collaboration.

The summit also served as a powerful platform for creative expression. Through Nukkad Natak, students delivered compelling social messages; exhibitions transformed learning into visual experiences; eloquence events honed communication skills; and solo dance performances provided an outlet for expressing emotions and thoughts that words alone could not capture. Each activity encouraged students to step outside their comfort zones and uncover new strengths.

The diligence and commitment of the students were celebrated with numerous honours:

- **\*\*Exemplary\*\*** in Nukkad Natak, Yuva Sansad, and Exhibition
- **\*\*Meritorious\*\*** in Eloquence
- **\*\*Outstanding\*\*** in Solo Dance and Eutopia

However, the most significant achievement was not the awards but the confidence, courage, teamwork, and life skills that students took home. They discovered that preparation leads to performance, participation fosters growth, and experience builds confidence.



## A Message from Ms Sakshi Sikka to Every Student:

Co-curricular activities extend beyond winning prizes—they are about self-discovery. They empower students to build confidence, cultivate creativity, and acquire skills that textbooks alone cannot provide.

To every student from Class 6 to 12: step forward, engage, and express yourself.

Because when you prepare, you perform;  
when you participate, you grow;  
and when you speak up, you truly stand tall.



# STEPS TOWARDS AWARENESS

## Anti-Tobacco Awareness Rally

An awareness rally on the theme “Say No to Tobacco and No Smoking” was organized by the Scouts and Guides team under the guidance of their mentor, Ms. Ruchika, to educate students and the community about the harmful effects of tobacco consumption.



The rally was formally flagged off by Principal Ms Seema Kataria who motivated the students to spread the message of a healthy and tobacco-free life.



Students carried banners and placards and raised slogans while marching through the areas adjoining the school, creating awareness among the public. Along with the rally, a poster-making activity was also organized, in which students expressed their views creatively on the dangers of tobacco and smoking.



The event witnessed active participation and enthusiasm from students and teachers alike. The program proved to be highly informative and successful in promoting the message of good health and responsible living.



## JOMO vs FOMO

In today's fast-paced digital world, people are constantly surrounded by notifications, updates, and online activities. This environment has given rise to two powerful mindsets that influence how we live our daily lives: FOMO, the Fear of Missing Out, and JOMO, the Joy of Missing Out. These ideas represent two very different responses to modern social pressure and technology.

FOMO is the uneasy feeling that others are enjoying better experiences or achieving more success than we are. It often begins while scrolling through social media, where people usually share only the highlights of their lives—parties, trips, achievements, and celebrations. Seeing these moments can create feelings of insecurity and comparison. People affected by FOMO feel pressured to stay online constantly, reply immediately to messages, and attend every event, even when they are tired or uninterested. This constant fear of missing out can negatively affect mental health. Many students and adults sacrifice sleep to stay connected, which leads to poor concentration, stress, and anxiety.

Instead of enjoying the present moment, they worry about what others might be doing. Over time, FOMO can reduce self-confidence and make life feel like a competition rather than a journey. On the other hand, JOMO focuses on peace, self-awareness, and intentional living. The Joy of Missing Out is about choosing what truly matters and letting go of unnecessary pressure. People who practice JOMO are comfortable saying “no” without guilt. They enjoy quiet moments, spend quality time with family and friends, and take breaks from social media without feeling left behind. JOMO has a positive impact on mental well-being. It encourages mindfulness, better focus, and emotional balance. For students, it means concentrating on studies, maintaining healthy routines, and understanding that self-worth is not determined by online presence or popularity. JOMO helps people appreciate real-life experiences instead of chasing virtual approval. Social media plays a major role in increasing FOMO, as it often presents an unrealistic image of life. JOMO challenges this culture by reminding us that missing out on some things is not a loss but a choice for mental peace. It teaches that happiness does not come from doing everything, but from enjoying what we choose to do. In conclusion, both JOMO and FOMO are part of modern life, but the mindset we choose shapes our happiness. While FOMO creates stress and pressure, JOMO offers calmness and contentment. By embracing JOMO, individuals can lead more balanced, meaningful, and peaceful lives in an increasingly connected world.

By - Divya XII F

# EXPRESSIONS

## The Quiet Beginning of Greatness

By Tanya VII-B

Every lunch break has a hero,  
In every school, somewhere,  
A child runs a little faster,  
Aims a little truer,  
And keeps going long after the  
bell rings.  
That is where greatness  
Quietly begins.  
Across campuses everywhere,  
small sparks of talent  
Are taking shape.  
These stories deserve  
To be seen,  
To be told,  
To be celebrated.  
Because sometimes,  
All it takes to create a champion  
Is a teacher who smiles  
And simply says,  
"Go play."

## The Story of Success

By Ansh Bhatia, VII-B

If you want to be smart,  
If you want to be cool,  
Then you should need  
A creative mind.  
At least one skill—  
It may seem boring today,  
But in the future  
It will be very effective.  
So, we should develop a skill  
Until time flies.  
So I say,  
Creation is the passion,  
It is the future.

## Are Exams the Best Way to Measure Intelligence?

(Poem by Divya, XII F)

Marks and ranks may rule the day,  
Yet minds can shine in many a way.  
Exams test memory, speed, and pen,  
But miss the gifts of thoughtful men.  
In art, in sport, in ideas bright,  
In teamwork, care, and insight,  
True intelligence finds its place—  
Beyond the paper, time, and space.  
Exams have value, this is true,  
But they're not all that students do.  
Let schools see more, let talents grow,  
Beyond the marks that merely show.  
Let projects, talks, and actions speak,  
For strengths the written tests don't seek.  
When learning blooms in every part,  
It shapes the mind, the skill, the heart.

# LIBRARY

LIBRARY IS A PRECIOUS LEGACY OF OUR SCHOOL. IT IS A PEACEFUL PLACE WHERE STUDENTS, FRIENDS, AND TEACHERS COME TOGETHER TO EXPLORE THE WORLD OF BOOKS.

THE LIBRARY CONTAINS THOUSANDS OF BOOKS THAT HELP INCREASE OUR KNOWLEDGE AND UNDERSTANDING. IT IS A QUIET AND COMFORTABLE PLACE WHERE WE CAN CONCENTRATE AND DEVELOP AN INTEREST IN READING. BOOKS INSPIRE US, MOTIVATE US, AND OPEN DOORS TO NEW IDEAS. READING NOT ONLY IMPROVES VOCABULARY BUT ALSO HELPS US LEARN NEW THINGS AND THINK CREATIVELY. THE LIBRARY TRULY PLAYS AN IMPORTANT ROLE IN SHAPING OUR MINDS AND PERSONALITIES.

Simmer VII-C

A LIBRARY IS MORE THAN JUST A ROOM FULL OF BOOKS; IT IS A CENTER OF LEARNING AND MOTIVATION. IN OUR SCHOOL LIBRARY, THERE ARE MANY BOOKS ON DIFFERENT SUBJECTS THAT HELP US GAIN KNOWLEDGE AND WISDOM. IT IS A PLACE WHERE WE FIND PEACE AND INSPIRATION. WHENEVER WE FEEL BORED OR TIRED, BOOKS REFRESH OUR MINDS AND ENCOURAGE US TO THINK IN NEW WAYS. READING HELPS US DISCOVER NEW IDEAS AND BROADENS OUR IMAGINATION. THE LIBRARY GIVES STUDENTS AN OPPORTUNITY TO EXPLORE, LEARN AND GROW IN A CALM AND POSITIVE ENVIRONMENT.

Pankhuri VII-C

LIBRARY IS MY FAVORITE PLACE IN SCHOOL. I ENJOY READING DIFFERENT KINDS OF BOOKS SUCH AS FAIRY TALES, MOTIVATIONAL STORIES, AND FUNNY BOOKS. I HAVE BORROWED AND READ MANY BOOKS FROM THE LIBRARY, AND I LOVE SPENDING TIME THERE. MY FAVORITE TEACHER IN THE LIBRARY IS NEERU MA'AM, WHO IS VERY KIND AND POLITE TO EVERYONE. I VISIT THE LIBRARY REGULARLY AND FEEL HAPPY AND RELAXED WHILE READING. I EVEN DREAM OF BECOMING A LIBRARIAN ONE DAY AND HAVING MY OWN LIBRARY. THE LIBRARY IS A PEACEFUL AND JOYFUL PLACE WHERE I LEARN MANY GOOD THINGS, AND IT WILL ALWAYS REMAIN VERY SPECIAL TO ME.

Aashi Yadav VII-C



# CASE STUDY

## Why Schools Can't Be Replaced: A Head Boy's POV

By Keshav Manga, Head Boy

In today's world of dummy schools and online setups, many question whether physical schools are still necessary. My journey convinces me otherwise—schools are irreplaceable. They don't just teach subjects; they shape discipline, personality, leadership, and emotional strength.



### Academic Discipline

True discipline is not about studying longer, but about consistency and accountability. Regular schools instill this through timetables, deadlines, and daily routines. This structure teaches time management, balance, and responsibility—skills vital beyond exams.

Dummy schools may give more time for competitive preparation, but they often leave students struggling with irregular patterns. A school's framework gradually transforms into self-discipline, preparing us for professional and personal challenges. Education, after all, is not just about clearing exams—it's about building character.

### Personality & Leadership

Leadership is learned through experience, not textbooks. My 12 years in school gave me countless opportunities—anchoring events, leading teams, representing the school in competitions, and collaborating with peers. These experiences built confidence, adaptability, and communication skills.



Such growth is nearly impossible in isolated academic setups. Schools provide a stage where students learn to lead, listen, and grow through both success and failure. They shape individuals who are not only knowledgeable but also expressive, responsible, and ready for real-world challenges.

### Social & Emotional Learning

School life teaches patience, empathy, and resilience. Friendships, conflicts, competitions, and teamwork help students grow emotionally and socially. Daily interactions with peers and teachers nurture emotional maturity and self-awareness.



Research by CASEL and OECD shows that students who actively participate in school activities develop stronger emotional control and healthier reactions to mistakes. Schools prepare us to face pressure, failure, and success in a guided environment—something online or dummy systems cannot replicate.

### Beyond Academics

Schools are more than classrooms. They are communities where ideas are tested, skills are practiced, and lifelong bonds are formed. Many friendships born in school projects later turn into collaborations, partnerships, and even life-long companionships.

History proves that schools build not just careers, but connections that last a lifetime. They prepare future leaders, innovators, and citizens who carry forward values of collaboration and resilience.

### Conclusion

Schools cannot be replaced. They are platforms of growth, responsibility, and discovery. They prepare us not just for exams, but for life. In essence, schools shape leaders, nurture friendships, and create memories that stay forever—and that is why schools will always remain irreplaceable.

## WHY SCHOOLS CAN'T BE REPLACED



# DID YOU KNOW ?

## **Did You Know? Species That Returned from the Brink of Extinction**

Extinction is often described as permanent. Once a species disappears, there is no second chance. Yet, across the world, a few birds, plants, and animals have defied that finality—surviving against overwhelming odds and slowly reclaiming their place in nature.

### **The Kakapo (New Zealand) – A Parrot on the Edge**

The kakapo is the world's heaviest parrot and one of the rarest birds on Earth. Flightless and nocturnal, it was especially vulnerable to predators introduced by humans. By the mid-1990s, only 51 kakapos remained. Intensive conservation efforts—including predator-free islands, constant monitoring, and controlled breeding—helped prevent its disappearance. Today, the population has increased to over 250 individuals, making the kakapo a symbol of what focused conservation can achieve.

### **The Grey Wolf (North America & Europe) – A Predator's Return**

Once hunted nearly to extinction, grey wolves vanished from large parts of their historical range during the early 20th century. Their reintroduction into protected areas, most notably Yellowstone National Park, had unexpected benefits. Wolves helped regulate prey populations, allowing vegetation to recover and restoring balance to the ecosystem. This phenomenon, known as a trophic cascade, demonstrated that saving one species can transform an entire environment.



### **The Wollemi Pine (Australia) – A Tree Thought Lost to Time**

The Wollemi Pine was believed to have gone extinct two million years ago—known only through fossil records. In 1994, a small population was discovered in a remote Australian canyon. The finding was considered one of the most significant botanical discoveries of the 20th century. Today, the species is carefully protected and cultivated, ensuring its survival far beyond its hidden refuge.

### **The Bald Eagle (United States) – Recovery of a National Symbol**

The bald eagle suffered severe population decline due to habitat loss and the widespread use of the pesticide DDT, which weakened eggshells. In 1963, the United States recorded just 417 nesting pairs. Following the ban of DDT and strong legal protections, the population rebounded dramatically. Today, there are more than 70,000 nesting pairs, marking one of the most successful wildlife recoveries in modern history.

### **The Giant Panda (China) – A Conservation Success Story**

Loss of bamboo forests once pushed the giant panda dangerously close to extinction. In response, China established large protected reserves and invested heavily in breeding programs. As a result, panda numbers steadily increased. In 2016, the species was reclassified from Endangered to Vulnerable. While still threatened, the panda's recovery stands as a global example of effective long-term conservation.



### **Why These Comebacks Matter**

These recoveries did not happen by chance. They are the result of scientific research, environmental policy, and sustained human effort. Each species brought back from the edge serves as a reminder that conservation works—and that protecting biodiversity is not only possible but essential for the health of our planet.

**By  
Arshpreet  
XII- B**

# MATHS CHRONICLE

Mathematics is often viewed as the universal language, impacting many life areas, from personal finance to space exploration. This quiet force underpins our world, supporting both practical and creative pursuits.

- **Daily Life:** Math is essential in daily tasks like budgeting, cooking, and decision-making. From checking the time to calculating travel distances, mathematical concepts are ever-present. Shopkeepers, families, and farmers all rely on math for profit calculations, expense planning, and crop yield estimations.



- **Science and Technology:** Math is the backbone of science and technology, crucial in physics, chemistry, and computing. It's vital for technologies like computers and the internet, which depend on complex mathematical models. Fields like AI and data science thrive on advanced math.



- **Education:** Math develops logical thinking and problem-solving skills, useful beyond academics. It teaches students to analyze situations and find solutions, instilling patience and confidence.



- **Economy:** Economic growth hinges on mathematical planning. Budgeting, taxation, and market analysis all rely on math. Economists use models to predict growth and plan projects, while businesses depend on math for cost control and risk management.



- **Architecture and Engineering:** Math guides architectural design and safety, using geometry and calculations. Engineers rely on arithmetic to ensure safety and efficiency in structures.



- **Creativity:** Math reveals beauty in nature and art, showcasing creativity in problem-solving. Patterns in nature and the arts reflect mathematical principles.



- **Mindset:** Connecting math to real-life applications can change the fear of math. Engaging teaching methods and real-life examples can promote a positive attitude.



- **Future:** With automation and data-driven decisions on the rise, mathematical skills are crucial for future careers. Promoting mathematical literacy is essential for responsible citizenship.



In conclusion, math is a vital tool that shapes our lives, aiding in problem-solving and connecting knowledge fields. Embracing math can unlock opportunities and facilitate meaningful contributions to the world.

by  
**Pankaj Khanna**  
HOD Mathematics



# TALK TITBITS

Speaking English is not only about grammar and vocabulary, but also about how we express ourselves in different situations. The way we speak changes with our purpose, mood, and the people around us. Using the right expressions at the right time makes our communication polite, confident, and effective. Learning to say the same idea in different ways helps us sound more natural and fluent in everyday conversations.

## “I am Hopeful”

I am hopeful.  
I am optimistic.  
I am positive.  
I am looking forward to it.  
I believe things will improve.  
I am confident about the future.  
I am encouraged.  
I am expectant.  
I am full of hope.  
I am reassured.

## I am tired.

I am exhausted.  
I am sleepy.  
I am worn out.  
I am drained.  
I am fatigued.  
I am drowsy.  
I am weary.  
I am burnt out.  
I am lethargic.

## When you want to interrupt politely

May I add something?  
Sorry to interrupt.  
Could I say a word here?  
May I come in for a moment?  
If I may, I'd like to say something.  
Pardon me for interrupting.  
Can I jump in here?  
Let me quickly add this.  
Excuse me, may I speak?  
I'd like to interrupt briefly.

## “I am Grateful”

I am grateful.  
I am thankful.  
I am appreciative.  
I am obliged.  
I am indebted.  
I am blessed.  
I am touched.  
I am thankful from the bottom of my heart.  
I am full of gratitude.  
I am thankful to you.



## “I am Determined”

I am determined.  
I am resolute.  
I am firm.  
I am focused.  
I am committed.  
I am persistent.  
I am driven.  
I am dedicated.  
I am strong-willed.  
I am unwavering.



## When you want to apologise

I am sorry.  
I sincerely apologise.  
My apologies.  
I didn't mean to do that.  
Please forgive me.  
I regret the mistake.  
I owe you an apology.  
That was my fault.  
I beg your pardon.  
I'm really sorry for this.

## “I am Nervous”

I am nervous.  
I am jittery.  
I am uneasy.  
I am tense.  
I am restless.  
I am anxious about this.  
I am worried inside.  
I feel butterflies in my stomach.  
I am on edge.  
I am troubled.



## “I am Stressed”

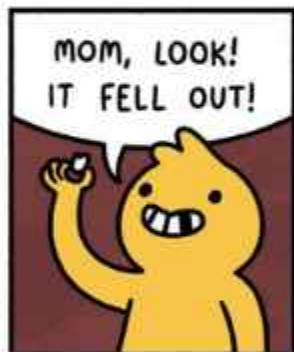
I am stressed.  
I am under pressure.  
I am overwhelmed.  
I am tense.  
I am mentally drained.  
I am anxious about it.  
I am struggling.  
I am burdened.  
I am stretched thin.  
I am uneasy.

## When you disagree politely

I don't think so.  
I'm not sure I agree.  
I see it differently.  
I beg to differ.  
That may not be correct.  
I have another opinion.  
I don't share the same view.  
I think otherwise.  
I'm afraid I disagree.  
Let's look at it from another angle.

# FUN ZONE

Spot 5 differences



			5		
7		9			4
	9		7	8	3
	1		9		5
	6				1
9			3		6
8	3	6	5		7
1				2	8
		1			

# ART ZONE

