



The Springer



★
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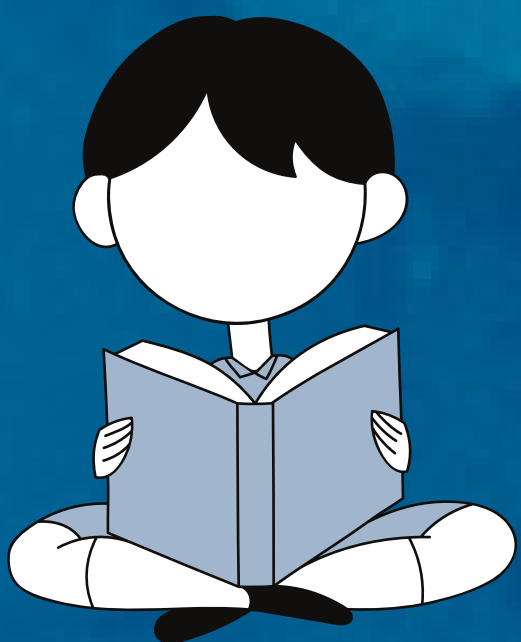
★
" Education is not the filling of a pail, but the lighting of a fire."

- WB. Yeats

★ " All that you touch and all that you see is all your life will ever be. "



- PINK FLOYD



SPRINGDALES SCHOOL

For more details, visit www.springdales.org



PRINCIPAL'S LETTER

"GRATITUDE"

“Gratitude is the fairest blossom which springs from the soul.” – Henry Ward Beecher.

This year kicks off the season with high expectations for a cozy and trauma free time of year. However, for many this time of year was tinged with sadness, anxiety, or depression. Certainly, major depression or a severe anxiety disorder benefits most from professional help. But what about those who just feel lost or overwhelmed or down at this time of year? Research (and common sense) suggests that one aspect that can actually lift the spirits, and it's built right by expressing gratitude.

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power. Notice good things, look for them, appreciate them. Savor, absorb and really pay attention to those good things.

Anytime is a good time to practice gratitude and I recommend making it a part of your daily practice. It can help you accept change, relieve stress and boost your mental health. When we are trying to manifest more abundance in our life, gratitude is one of the essential steps to stay open to receive all the goodness coming your way. Saying Thank you or giving credit to an employee teammate or anyone who is associated to you can go a long way as well. People work harder and are more motivated when they feel appreciated. Start your day with gratitude. Keep a journal by your bedside and upon waking up, jot down a few things you're grateful for. Do this consistently for at least a month and notice any differences in your mood or in how your day progresses.

Write a note or letter of thanks to someone. This might be a letter you send or decide to keep to yourself. You may decide to write a note of gratitude to someone who has hurt you in the past. This can serve as a deep healing exercise to help let go of any feelings of resentment and allow you to see the gifts in the situation. Accept each day as a gift.

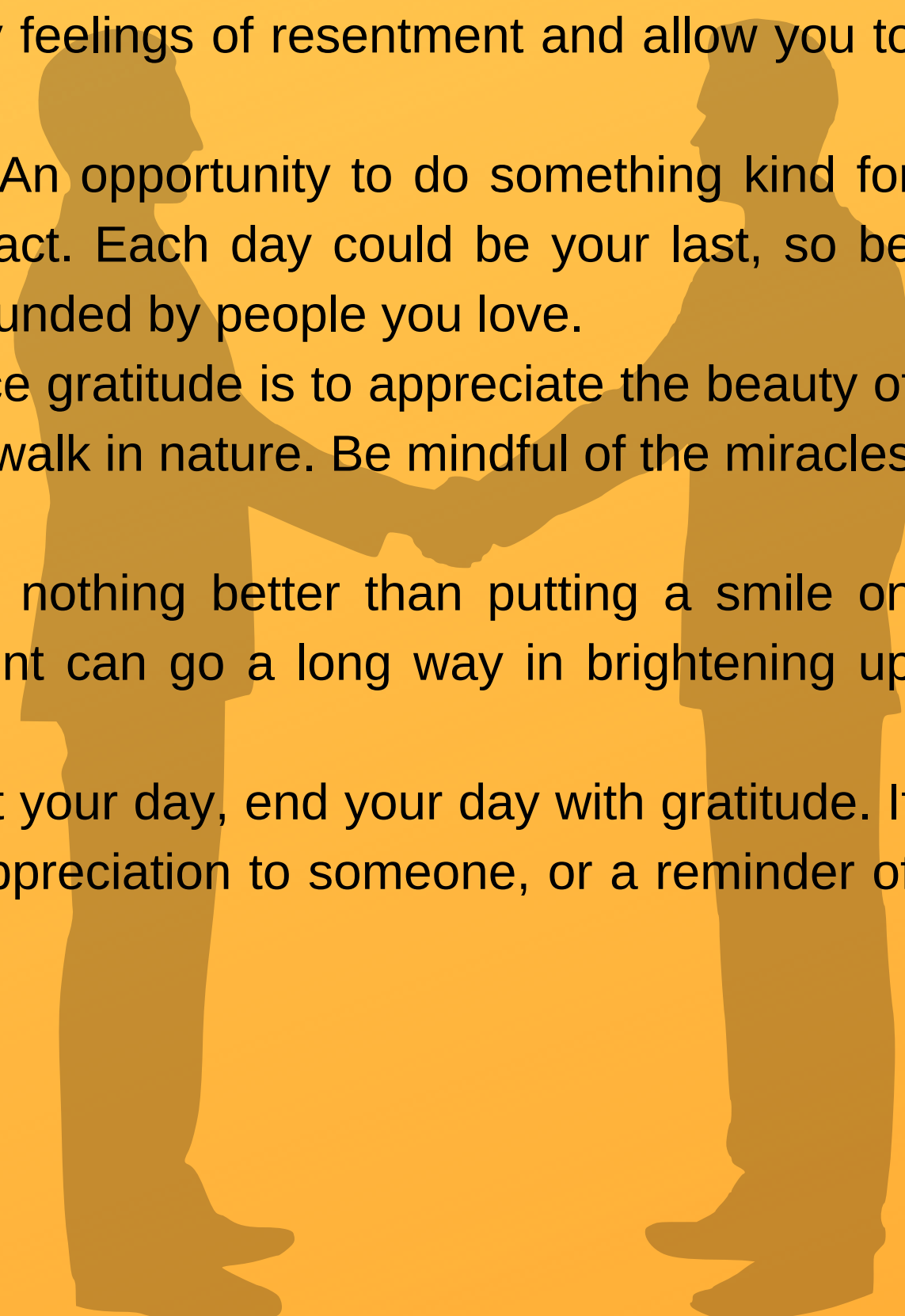
Remind yourself that each day is a new opportunity. An opportunity to do something kind for someone, to improve yourself, or to make a positive impact. Each day could be your last, so be grateful for the chance to live on this beautiful planet, surrounded by people you love.

Enjoy nature's beauty. One of the easiest ways to practice gratitude is to appreciate the beauty of the natural world. Gaze the sun, smell the fresh air, take a walk in nature. Be mindful of the miracles all around you.

See beauty in others and pay compliments. There is nothing better than putting a smile on someone's face. Giving a kind (and respectful) compliment can go a long way in brightening up their day. It can also make you feel good to do so.

Start and end your day with gratitude. Just like you start your day, end your day with gratitude. It can be in the form of a quick prayer of thanks, a text of appreciation to someone, or a reminder of what went right in your day.

Ms.Pratiba Sopori



MENTOR SPEAK



Trending Towards Value Education

'To educate a man in mind and not morals is to educate a menace to society.'

- Theodore Roosevelt

Trending now? Happened earlier? Or proposed for future?

It is for all the students that I address this issue of 'Value Education' today. I firmly believe and so do we all, that it is the ethics that keep the society intact. In this competitive era of marks and grades, the demand and supply groove, do you think we are forgetting the most important aspect of education? The value system! Yes, this is the need of the hour.

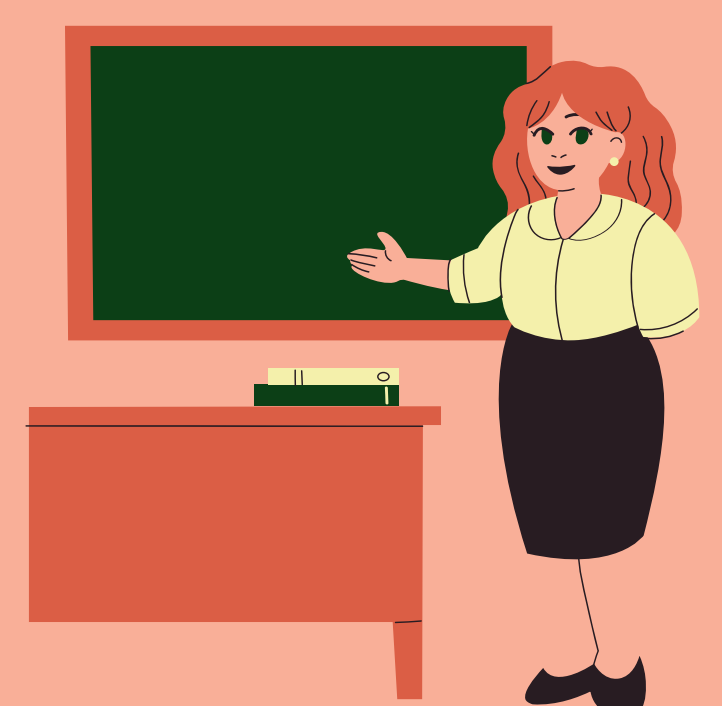
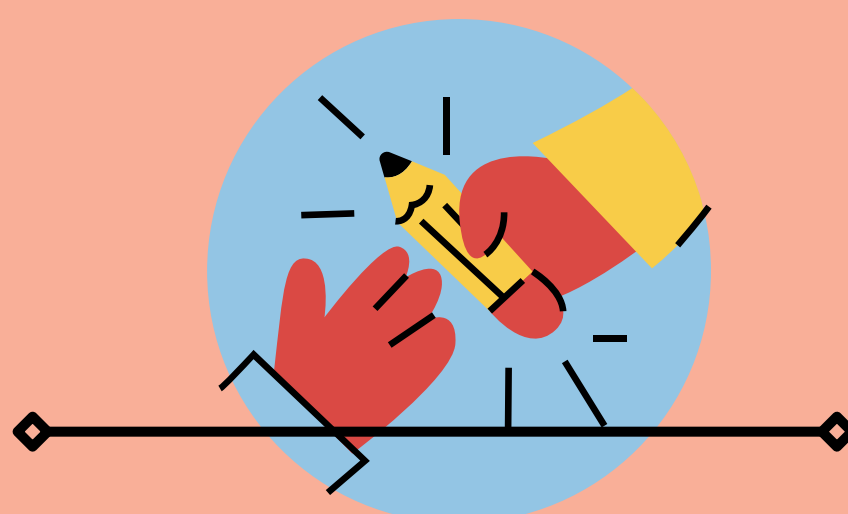
It is an awakening call, to steer education into the runway for students to take off for their smooth flight to the future. The need of the students, upgradation of educators and demand of present and future jobs have to bring synchronized. This starts at the pre-primary level when we start preparing the children for the big world. For example, stories from the Panchatantra which have moral messages could be extended for enactment in the form of an activity which demands application, analysis, reasoning and critical thinking before arriving at a decision. By this approach, we allow the children to think, support them in their efforts and escort them by facilitating the process of imbibing values.

We as educators have the liability to prepare 'citizens' who will be the pride of the country. For that it is not important to fight a war at the border but to tenderly, intelligently groom young children to be compassionate and have good demeanor, tolerance and belief in universal brotherhood.

Gautam Buddha said-The past is already gone, the future is not yet here. There's only one moment for you to live, and that is the present moment. Let us today inculcate education with values, like a solute and solvent to form a mixture and in the process, formulate a HUMANE BEING, and not just a human being. The new generation needs to grow as they are full of exuberance. It is our task to redirect this powerhouse to generate electricity in the right direction so that it reaches the pinnacle comprising a combination of a thinker, a skilled worker and a person of utmost integrity.

So all the best to my fellow teachers for the future lies in your hands.

Ms.Roopali Rajput



EDITORIAL

- **THINK ABOUT IT**

"We live in an age when unnecessary things are our only necessities"

- Oscar Wilde. "

Strive for mastery, hoping for victory. Keeping our aims and ends in view. Never deterred by the troubles we meet, brave in the hour of sour defeat.

There is no limitation for what we can achieve. The ingredients we need are our **Dreams, Determination and Dedication**. Your dreams push you to try new things. However, that might mean that you may succeed at first. Yet with determination, hard work, dedication and an undying spirit ; you eventually will.

From my Initial days in school, I have learnt many lessons and gained much experience about the workforce. It has given me some actual good perks like upscaling my organisational skills, working with a team and getting recognition from peers as well as teachers. My School has proved to be a great working ground to build my leadership Skills, which lay latent in me and to which i was completely oblivious. However, various opportunities thrown open in front of me ignited the deep seated dreams and qualities and brought them to the forefront.

It is indeed an honour and privilege for me to be a part of this fascinating magazine. Springdales has always excelled in ensuring that its student excel in curricular as well as co-curricular and extra curricular activities resulting in their allround development.

This magazine is a fruitful result of the diligence of Springers. Springdales enlightened my mind with a crucial lesson that I would like to share with you all - 'Sometimes in the race of life, there will be moments when your legs will tremble and you'll hit hard on the ground. People will stamp over you and will try to trip over to win the race. But it would be that very moment when you'll have to use your will-power and mental strength to show them your mettle and make them understand that hard work and determination are the keys that will help you to win the amazing race. **PATIENCE, PERSEVERANCE AND PRIDE** is what I have taken from this School.

DR. A. P. J. ABDUL KALAM very aptly quotes -"**For all your days be prepared, and meet them ever alike. When you are the anvil, when you are the hammer , strike**".

I have so much to acknowledge for what my school has given to me. Words fall short, but emotions overflow. I am so proud of all that my school has given me the opportunity to introduce the **II - Edition of The Springers**. Be it sports or studies or any other field, this magazine is the anthology which will take you on the ride of numerous experiences of the students of my school. It has many highlights. The Undaunting Spirit of our Springers during these tough times of the covid pandemic is just one such examples. You will find Articles after articles which sail you through different emotions that you may Cherish. I hope you have a wonderful reading ahead.

Gayatri Sambyal

Class 10th

DREAM BIG



SPRINGER UPDATE



ACHIEVEMENTS



Dia Arora of class 4th clinched second position in Inter School **Spell Bee competition** held at **G. D Goenka school**.



Mayank Salaria of class 9th added one more feather to a cap by clinching **Best Speaker Award** in 'Be a Newsie' Young correspondent **Competition** organized by **IDPS school, Jammu**.

WINNERS OF BRICSMATH COMPETITION



Arjun Gandral
Class 2nd



Anurag Brar
Class 9th



Aniket Soni
Class 5th



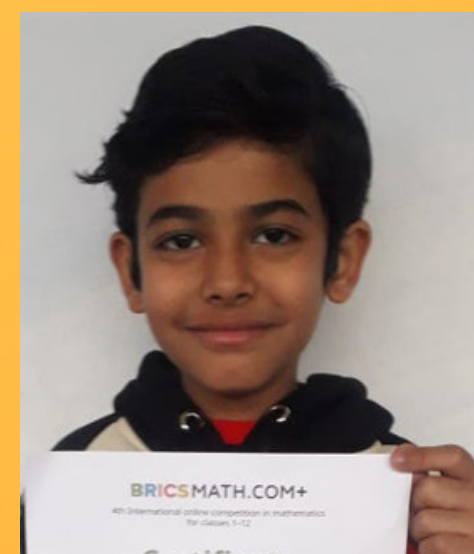
Janvi Thakur
Class 9th



Lavanya Pandit
Class 1st



Ransh Raina
Class 1st



Dhairya Goel
Class 2nd





WINNERS OF INTER/INTRA CLASS COMPETITIONS

- Mavleen Kour of UKG class bagged first position, Erin Nagri of UKG and Mishti Wali of Nursery class bagged second position and Kayan Chowdhary of LKG class bagged 3rd position in Intra class English Poem recitation competition.
- Suranya and Kamini Bhat of kindergarten bagged first position, Ashmeeta bagged second position and Aayra Manhas and Mavleen Kour bagged third position in Intra-Class Hindi story telling competition.
- Samragyi Ashok of class 6th from Jhelum House bagged first position, Abdul Majeed of class 6th from Tawi House bagged second position and Radhika Devi of class 6th from Chenab House bagged third position in Inter House English Debate Competition.
- Nisha chib of class 10th bagged first position, Gayatri Sambyal of class 10th bagged second position and Kannav Gupta of class 9th bagged third position in Hindi Essay writing Competition.

DEVELOPMENT AND GROWTH OF THE SCHOOL

SPRINGER ADOPT SOLAR ENERGY



In a step to make the school green and carbon neutral, a 6kW solar photovoltaic (PV) system has been installed on the roof of the school building by a company called Solize. With the solar PV system the school will now generate its own electricity using the sun's rays! Therefore, the school is now being powered by a clean and renewable source of energy.

To put things in perspective, a 6k W solar PV system can provide electricity to illuminate hundred 6W LED bulbs for 10 hours each day. Springdales will now contribute to make the environment clean by avoiding emission of 10,700 kgs of carbon dioxide each year which would have been emitted if we were using conventional electricity.



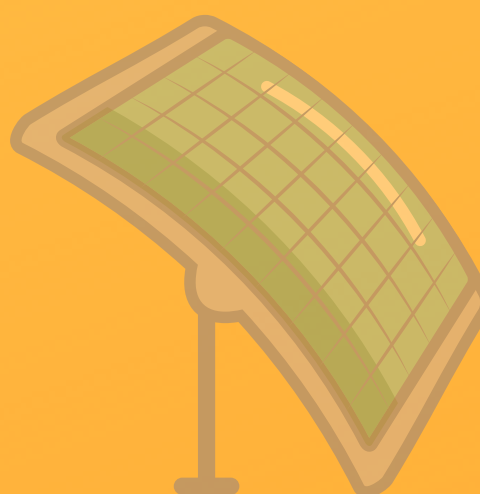
NEWLY CONSTRUCTED ROSTRUM FOR THE SPRINGERS

A Platform to Exhibit Young and Creative Talent.

Student Incharge

Nisha Chib

Class 10th





LITERATI BYTES



Music is Solace

Falling into the depths of the
beats of Music
I like this kind of feeling for it
gives me peace.

And no matter how much I
love living in this
reckless world .

I'd love to be on my own
with my inner self
And you fall in my solace
produced by my own rhythm.



- Abdul
Class 6th

In My Dream World

In my dream world,
I see a cattle heard
I see a grassland,
And hear a soft band.

In my dream world,
I saw many people dying,
Because of the holes in the ozone,
Everything was so frightening so i woke
up.

It is time to take action
And stop people going in the wrong
direction
of misusing their freedom
Save Nature, Save Future!



- Samragyi
Class 6th

Sunny Morning

Sunny Morning
Wet grass

Sunshines and flowers smile
There is love, there is affection everywhere.

Swirling trees, blooming buds
Joy is everywhere.

Blessings of Nature showering on my way
There are bees, there are swans,
there are buffaloes, bathing in the bay.

Sunny Mornings
Wet grass.

Flowing river, blowing winds
And croaking frogs bouncing on the lotus
flowers.



- Aarav
Class 8th

Mom Always Know

Everybody has a mother
That is simple and true
but often we forget our moms
and all the things they do!

So take some time
to thank her for all she's done
Food and clothes and rides to school
And driving to places where you have fun!

Zoos and parks and playground
And to the dentist's office, too
It might not be fun all the time
But mom always know what's good for
you!



- Samreen
Class 6th



मेहनत करो

अपने आकांक्षाओं को आसमान छूने दो
अपने सपनों को पूरा होने दो
लक्ष्य से न हटो, बस आगे ही बढ़ो
जीवन में खूब मेहनत करो
मेहनत से ही होती है उन्नति
परोपकार से ही होती है प्रगति
मनुष्य तुम फल की चिंता न करो
जीवन में खूब मेहनत करो
रास्ते की कठिनाइयों से तुम न घबराओ
रख खुद पर भरोसा तुम सँभल जाओ
सपने संजोना, न तुम छोड़ो
जीवन में खूब मेहनत करो



- संजना
कक्षा- आठवीं

वक्त के साथ

अपनी पुस्तक पकड़ो हाथ,
चलो हमेशा वक्त के साथ ।
पढ़-लिख कर तुम ज्ञान बढ़ाओ,
पुस्तक को अपनी दोस्त बनाओ ।
ज्ञान सागर है तुम्हारे पास,
मारो डूबकी बुजा लो प्यास ।
चुन लो सारे हीरे-मोती,
आभा इनकी कम न होती ।
सूरज बनकर चमको तुम,
चंदा बनकर दमको तुम ।
चमक-दमक देख तुम्हारी,
दंग रह जाए दुनिया सारी



- दीया शर्मा
कक्षा- सातवीं

भारतीय किसान

दिन-रात कमर तोड़ मेहनत करके अनाज पैदाकर भारतीय किसान सभी वर्गों की सेवा कर रहा है । देश की सीमाओं पर खड़ी सेना के लिए भी अन्न उगाने वाला किसान ही है । बड़े-बड़े कारखानों में काम करने वालों का पेट भरने वाला भी किसान ही है । सच ही कहा गया है कि किसान समाज की रीढ़ की हड्डी है । भारतीय किसान को विश्व में सबसे अधिक मेहनती माना जाता है । वह छल-कपट, भेद-भाव से कोसों दूर सीधा-साधा जीवन बिताने वाला है और पूरी लगन और मेहनत से अपने काम में लगा रहता है । उसके तन को ढकने के लिए कपड़ा भी पूरा नहीं होता । उसके पास पक्के घर नहीं हैं । कच्चे मकानों में वे अपने जानवरों के साथ रहते हैं । उनकी हालत बहुत ही दयनीय है । उसका पूरा जीवन अभाव में ही बीत जाता है । परंतु फिर भी वह विपरीत परिस्थितियों में भी मुस्कुराता रहता है । भारतीय किसान हमें परिश्रम करना सिखाते हैं और हमारे पास जितना हो उसी में खुश रहना सिखाते हैं ।

- जानवी ठाकुर
कक्षा - नवमी



सुशांत सिंह राजपूत



क्या काबिलियत थी, क्या जज़्बा था,
वो भी एक महत्वाकांक्षी युवा था।
सितारों को छूना था सपना जिसका,
चाँद पर भी था एक आशियाना उसका ।
बड़े-बड़े सपनों को मुकाम तक था पहुँचना,
पर वक्त का तो कुछ और ही था मानना।
घर का वो था इकलौता चिराग,
पिता को देनी पड़ी जिसकी चिता को आग।
चार बहनों का था जो इकलौता भाई,
राखी पर उनकी भी आँखें भर आई।
पचास चीजों की इच्छा सूची उसकी आकांक्षाओं का था एक प्रमाण,
भविष्य में अभी और ऊँची उसने भरनी थी उड़ान।
जीते जी जिसके साहस को कठिन था तोड़ना,
आज उसी के खून से उनका दामन था सना।
ज़िंदादिली की मिसाल दे जिसने दूसरों को जीना सिखाया,
डिप्रेशन का नाम लेकर उसकी मौत को आत्महत्या बताया।
भोलेनाथ का था हमेशा जिसके सिर पर हाथ,
आज पूरा देश है उसकी न्याय की लड़ाई में एक साथ।
एक सितारा जो वक्त से पहले ही टूट गया,
ना जाने कैसे जिंदगी से उसका हाथ छूट गया।
सुशांत एक ऐसा फसाना था,
जिसका हर कोई दीवाना था ।
उसकी चाहतों की भी कोई दीवानगी कम न थी,
तभी तो उसके कातिलों की सत्ता हिलने लगी ।
सी० बी० आई० खंगालेगी अब सारा केस,
तब उतरेगा सबका बनावटी भेष ।
मर कर भी जो रहेगा सबके दिलों में ज़िंदा,
गुनाहगारों को मिलेगा बहुत ही जल्दी फाँसी का फंदा ।



-खुशबू सोंधी
(अध्यापिका)

THROUGH THE WORMHOLE

Was Einstein destined for greatness?

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." -

Albert Einstein

The world has seen many brilliant minds rise to fame, but we rarely witness a genius like Albert Einstein, whose name till this day is synonymous with genius. He was the man who changed the understanding of the universe, by his unique way of perceiving his surroundings. There have been several speculations about the brain of this excellent physicist, since the 1920s, due to his ability to envision and understand the universe in a peculiar way.

The belief that his brain was bigger or better than others got popularised after he was awarded the Nobel Prize in Physics, for his description of the photoelectric effect, in 1921. People have often claimed that Einstein used his intellectual gift to be able to use more than 10 per cent of his brain (but that could never be proved).

The Standard International Law till this day states that the legal value of a corpse is zero and that all of its organs belong to the government or the deceased person's family. Einstein had refused permission for the study of his brain or his body after his death. However, after Einstein's death on April 18, 1955, because of an abdominal aortic aneurysm rupture, pathologist Thomas Stoltz Harvey removed his brain within seven and a half hours.

After Einstein's death, Harvey (neither a legal officer nor a close relative to Einstein) took the brain out without consent from Albert's family. After measuring and photographing the brain, he took it to the University of Pennsylvania where he then dissected the brain into many small parts. The fate of the brain was now sealed, and Einstein's wish of being cremated as a whole was burnt to ashes. Dr Harvey kept some of the parts to himself while giving the rest to leading Pathologists for research. He hoped that Cytoarchitectonics (the study of brain cells) would reveal useful information. He then dissected the brain into about 240 parts (each about 1 cm³). Harvey's successors transferred all of Harvey's possessions comprising the remains of Einstein's brain to the National Museum of Health and Medicine, including 14 photographs of the whole brain (which was now present in fragments), that were never revealed to the public before, in 2010. Newly uncovered photographs suggest that Einstein's brain had peculiar folding patterns in many regions, which may help explain his genius. Over the years, more and more pieces of evidence have proven that Einstein's brain was different from a normal one in many aspects.

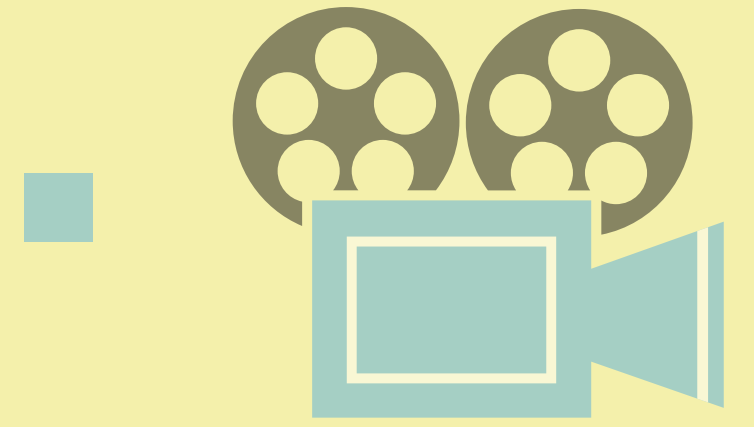
Research is still being conducted based on the newly recovered photographs. There has also been a lot of criticism towards the research of Einstein's brain since the late 1950s. Selection bias may have influenced published results, resulting in frequent publishing of results highlighting differences between Einstein's brain and other brains; while the results were showing Einstein's brain being similar to other brains, in many respects, being neglected. Researchers already knew which brain was Einstein's, before-hand, allowing possible conscious or unconscious bias and preventing impartial research. All this makes us wonder whether Einstein's brain was exceptional, or was he just an 'ordinary' human whose curiosity made him do extraordinary things. The universe keeps perplexing us humans with its complexity and to understand it. We need to invest more time and resources into research. However, I believe that even this would not be sufficient. What we also need is a society that encourages young minds to be curious and innovative. We still need to go a long way to formulate the entire Theory of Everything, and for this, the human race will need many more Einsteins.

- Harsh
Class 8th

$$E=mc^2$$



ONENESS



THE NEW FACE OF MEDIA

"Breaking news... Breaking news... Breaking news..."

"The results are out..."

"And the winner is..."

Media, a way to get ourselves equipped with the happenings not only around the nation but the whole world!! Right from the minute we wake up till we go to bed at night, we are surrounded in a world built just for us by the Media. Media is what makes our lives moving in the modern technological, times. With the advent of advanced technology, there has been a drastic shift from the telegraph, to the radio, then newspapers, magazines and now to the most widely used—the Internet. In today's bustling life, it become sometimes difficult to sit, relax and read a newspaper or watch news channel. There comes to our rescue that is, internet and various news apps. Nowadays, getting real time information about any new gadget, a political agenda, new schemes by the government is just a click away !

The elders are not always so keen and comfortable about using technology but the youth of today are very tech-savy. The youngsters live in an environment saturated with media. They enjoy this increased access to television, movies, music, games, websites, and advertising—often on pocket-size smart devices. The influence of the media on the psycho-social development of children is profound. But don't you think that today's media is not actually about delivering real case scenario but just a sort of some profit making and increasing TRP mediums using vague and unethical shows meant to mislead a huge lot ?

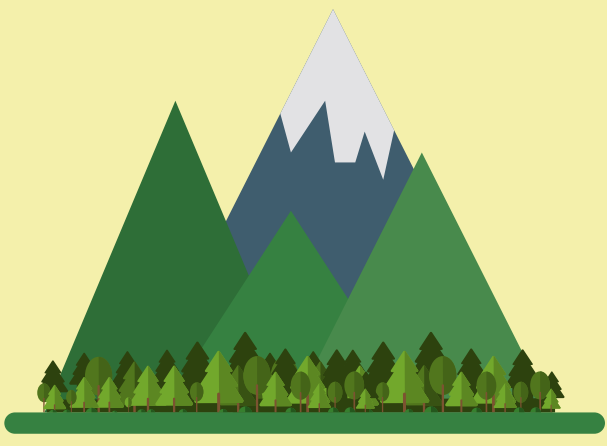
News channels now, if truth be told, have turned into entertainment channels. There is an old quote, 'Quality is Better Than Quantity.' This is something which Indian news channels of the present era need to understand. As there's a cut-throat competition in media sector, the news channels will do anything in order to fetch high TRPs. Now, in spite of the things happening around the world which requires real media coverage, these media houses are more concerned with lavish lifestyles of celebrities, a politician's property, upcoming twists of daily soaps and reality shows, etc. This is a total opposite of what these news channels used to focus on in the past.

Till sometime ago, the real agenda was to maintain media ethics, news content, unbiased and impartial telecasts and last but not the least editorial standards. But now, these just have become a method of profit earning. Now is the time to deal with the defects of media in a corrected and systematic manner. Such irresponsible and unscrupulous journalism should be discarded. It is the duty of the media to portray the real truth rather than involving into some not so important information. Nothing should be compromised with anything to reveal the real truth!!

Mehak Magotra

Class 10th





NATURE'S DAIRY



The Climate is Changing, So Should You.....

The world often holds the opinion that climate change is a mere environmental problem, forgetting the fact that climate Change can have wide implications, taking with it, under its umbrella, an evasive humanitarian facet. We tend to overlook the disastrous long-term effects climate change can have just because people don't feel much of a difference in the climate from one day?

This is a flaw that finds its root in common public fickleness, wherein people only believe in what they see, but the only regret is they don't seem to act on the hints left by nature. A renowned philosopher once said, "Impending disaster casts its shadow beforehand". There could not be a time that could relate to this line more than now – at a global scale. The good thing is that all of this has ushered in the Era of Responsibility, a generation where there is awareness, a generation which realizes its moral obligation towards this Earth and the future generations.

The public is inclined to argue, saying that there are no hints dropped by nature in this regard, but the public is also absent minded, as they are not aware of what is happening around them. Another flaw in us humans – we do not act on a problem until and unless it becomes extremely necessary, or until it directly concerns us. Nevertheless, salinity intrusion in Bangladesh is making it difficult for farmers to continue cultivating rice. Flooding in Kenya is killing livestock and destroying crops. In tons of other cases, it is climate stressors that have been threatening people's livelihoods. Punitive living conditions and natural disasters have led to floods, droughts and desertification of areas due to lack or exploitation of resources. This in turn promotes violence amongst farmers and other poverty struck people, which leads to another major global problem – 'Climate Migration'. There is absolutely no head and tail to this vicious cycle of climate change, but there will be a time, when the cycle will end. Conditions would change – but for the worse, and would only be inclined to the demise of this forever lasting Earth.

Climate change isn't a snag that can be postponed. It is to be accepted, here and now. I agree that it is not a single handed job that can be achieved with hair-shirt self abnegation, but it is also not something that can abruptly happen altogether like a mass movement. Everything starts from oneself, after all, someone has to take initiative. 'One starts and others follow' – this is the ideology that I have always believed in. If 16 year old girls like Greta Thunberg can shake the world, only with realization and self-determination – just one Greta Thunberg; just imagine what thousands of Greta's could do. We could be the masters of our own house, the boss of our own family, but everything is useless if we cut the branch we are sitting on. It is time to take charge, to bring a change in mentality.

Mayank Salaria
Class 9th



SENSE AND SENSIBILITY



MUSIC REVIEW

"Rasode me kaun tha?... "

"Kya karu mae mar jaun... Meri koi feeling nae hai?... "

Have you ever wondered when you listen to a song and went on humming it every now and then, as if it has got into your brain?! Well that's what is music is!! Music has the power to calm you down and put you at ease.

Covid 19 has been a drastic setback for all of us and lockdown led to stress and anxiety. It became difficult for us to deal with such situation. Then, there came a man "Yashraj Mukhate" who truly was a saviour for us in this boring and stressful lockdown. He used his amazing talent and the power of music in order to make this lockdown a happening one!! Trust me, I have never ever expected that some simple dialogues can be turned into a whole new song with a dash of some peppy beats.

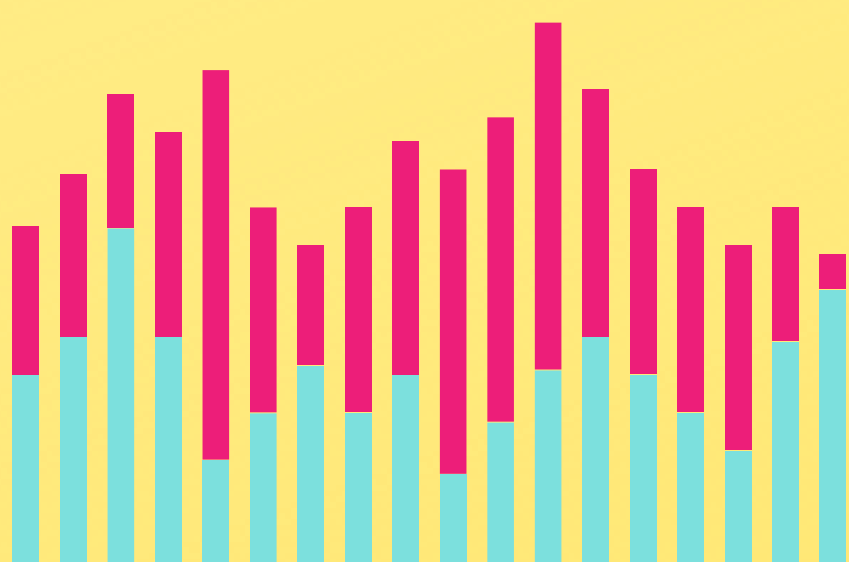
Yashraj is an Indian engineer turned music composer, producer and social media personality. He is well known for his viral parodical videos which helped him to gain millions of views on YouTube and followers on Instagram. His music truly stands out as it has some general and plain dialogues which he mixes up with rap, beats and funky music.

Content creators are nowadays struggling to get recognised and acquire fame for their work and talent. And, they are working really hard for the same. Yashraj's videos are not just a musical spoof but a genuine and hard work of putting beats with words and making them synchronize to produce a melodious work of art.

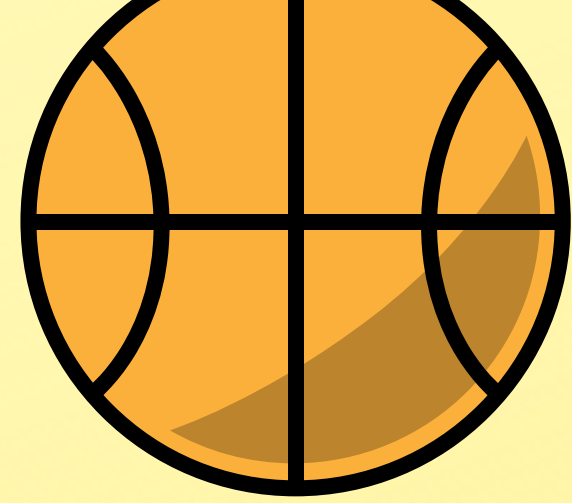
It's something new that I have ever come across. In the era, where music industry is proliferating with young, amazing and promising singers, Yashraj's music emerged as a surprise element. He has made it possible that anything can be turned into a viral music video if one has dedication and talent.

Tanish Mahajan

Class 10th



DRIBBLE DABBLE



"Sporting my way towards tranquility"

Talk about mental health have always been a taboo. For several decades, people who tried to reach out for help to deal with their degrading mental health were criticized. Though the scenario has changed for the better, there is still a long way to go before the stigma concerning mental health is broken, once and for all. There are several reasons that can spur a mental health disorder in an individual. And contrary to popular belief, anyone and at any point in time can fall prey to mental health disorders.

Raising awareness regarding the causes of mental health disorders and the right treatment of the same becomes mandatory. Another fact about mental health is that it is closely related to an individual's physical health. That is why it is essential that we take care of our physical health too. A best alternative for a better physical fitness is Sports! Let's look at the various mental health benefits of indulging in sports. Playing a sport does not only help us stay healthy but also caters to our mental health.

As a class 6th student, I feel that sports are must as it keeps us proactive in various activities. Being in the era of competitions, where scoring good grades is pivotal, stress and anxiety are common!! The pressure of board exams is hard to deal with. There, the only thing which can keep students like me energetic and at ease is involvement in any kind of physical activity. This is not less than a saviour and a huge stress buster!! It is vital to keep your mind relieved and relaxed if one wishes to achieve the desired goals in life.

Playing a Sport improves your mood significantly:

Indulging in any kind of sporting activity helps you to feel lighter, happier, and more satisfied. It visibly improves your mood and offers you a chance to unwind after a long and tiring day.

Sports helps in building concentration:

Sports also help in keeping your essential cognitive skills sharp. You need to not only use the proficiency of your body while playing a sport but also need to make quick decisions and judgments. Games like chess demand you to think and make smart decisions, which build your concentration and focus and thus, helps you to make intelligent moves.

Sports reduces symptoms of Depression, Stress, and Anxiety:

Playing a sport helps reduce the symptoms of depression and anxiety. It helps you to divert your attention from your problems and rejuvenates you. It breaks the mundane of your life and reduces the symptoms of anxiety and stress. That is why many experts suggest people suffering from mental health issues to indulge in some sort of physical activity.

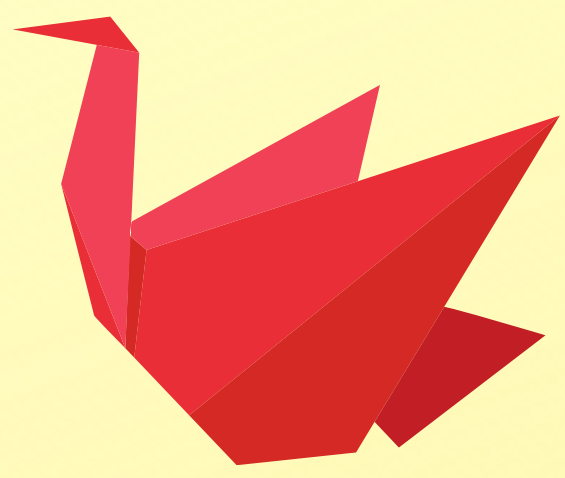
Sports improves your sleep cycle:

Sports not only helps you to feel elated and rejuvenated but also helps in improving your sleep cycle and the quality of your sleep. The more you indulge in any sort of physical activity, the better shall you be able to sleep.

- Abdul

Class 6th

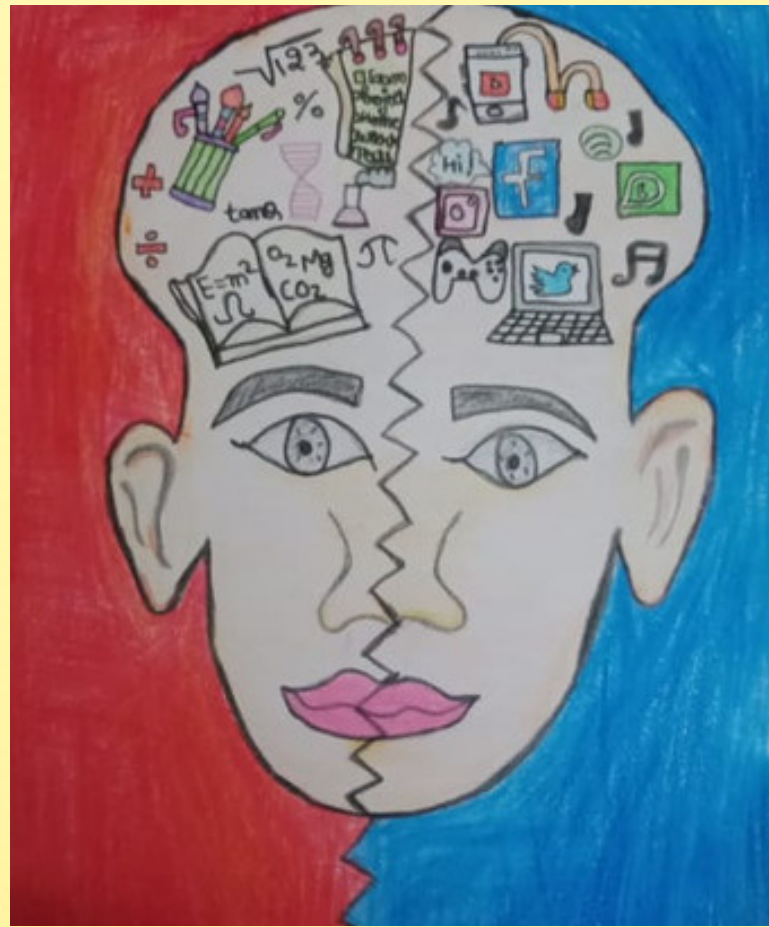




ARTISTIC CANVAS



Gayatri Sambyal
Class 10th



Nikita
Class 8th



Ammanat Bhat
Class 7th



Sumriti
Class 9th



Kannav Mahajan
Class 9th



Samragyi
Class 6th



Samriti
Class 6th

THOOSE LOONEY ONES

- In classroom Meenakshi mam asks a student to count from 0 to 10 : 0,1, 2 , 3, 4, 6, 7, 8, 9,10

Teacher: Where is 5?

Student: Yesterday I heard in the news that 5 died in a car accident.

- Did you hear the one about the little mountain?

It's hill-arious!

- What's a banana peel's favorite type of shoe?

Slippers

- What did the big flower say to the little flower?

Hi, bud!

- How do vampires start their letters?

"Tomb it may concern..."

- How does the Man in the Moon cut his hair?

Eclipse it !

- Where do polar bears keep their money?

In a snow bank !

- **Khushboo Mam to Sohail:** Your Essay on 'My dog' is exactly the same as your brother's..

Did you copy from him?

No teacher , it's about the same dog



-Perdhum Parihar

Class 6th



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