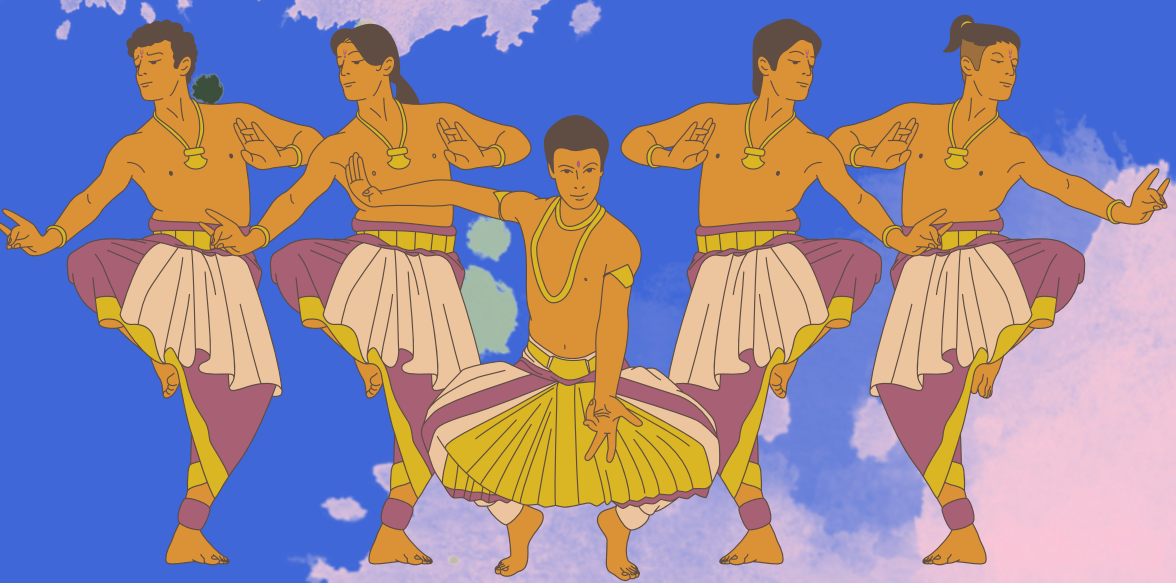




SPRINGDALES
• Our Best Always •

The SPRINGER



The future belongs to those who believe in the beauty of their dreams. -Eleanor Roosevelt

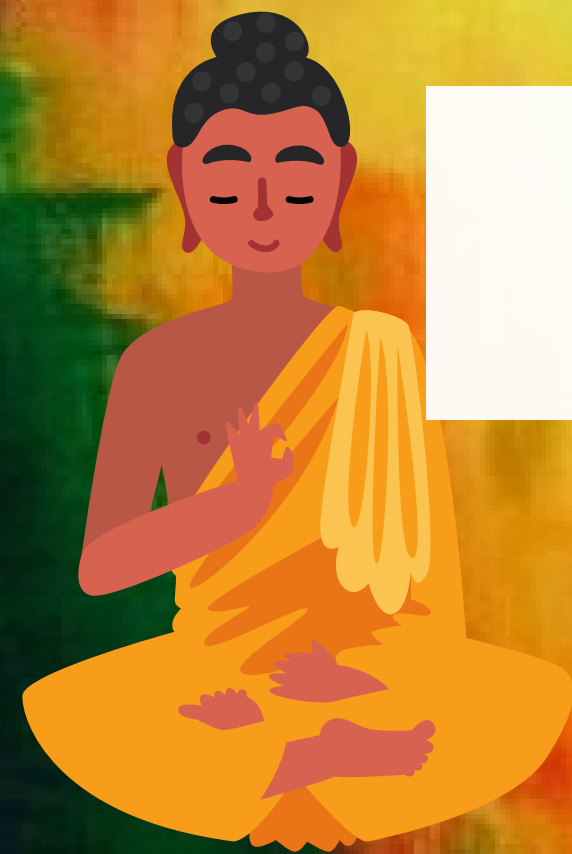


COLOURS OF LIFE



Don't give up what you want most for what you want now. -Mark Twain

August 2023
Issue - 1



SPRINGDALES SCHOOL JAMMU

For more details, visit
www.springdales.org



PRINCIPAL'S LETTER

In every child, there is a world waiting to be explored. We are committed in our mission to inculcate a state of happiness in every child to ensure a peace-loving and harmonious world.

Since its inception, Springdales School has endeavoured to transcend learning beyond boundaries. We are devoted to set benchmarks in nurturing children to grow into strong, matured, kind and intelligent adults, who are original in their ideas and decisive in their actions. "Springer" gives an insight of their talent.

The very competent team at Springdales School which is quite professional and possesses expertise in individual fields strive hard to concentrate on each and every child, monitor and mentor them, appreciate their achievement and encourage them to overcome their shortcomings. All the teachers are given equal opportunities to evolve new ways of teaching, keeping in mind the modules of Bloom's Taxonomy and National Education Policy 2020. We firmly believe in the dictum of the

Quote :

"Where a Team Works, Dream Works"

For Springdales School believes that it is only a team with proper vision in mind that can achieve the pinnacles of success, which every institution reckons and aspires for.

Happy Reading!

**MS. ARCHNA MANHAS
PRINCIPAL**



ARE DOUBTS BENEFICIAL?

When we have second thoughts about something, our first thoughts don't seem like thoughts at all, just feelings,

Sydney J Ha Chris.

Second thoughts! What are they? They are the reconsideration or a revised opinion of a previous, often hurried decision. These are second thoughts or doubts that can sometimes be beneficial while also ruining. Firstly, how can second thoughts prove to be ruining? They can cause one to rethink and turn down a golden opportunity that could have changed one's life. Moreover, exploring the unknown, i.e trying new things, is a must as it helps break the monotony of routine and stimulates us intellectually, mentally, and physically. But most of the time, we let the fear of the unknown restrict us from broadening our horizons. But pushing ourselves out of our comfort zones is good for us; it helps us vanquish our fears and allows us to learn both about new things and about ourselves. Indecisiveness puts you into a negative space. A time arrives when you can no longer trust your first instinct, and this can be very 'dangerous' at those times when you are required to make rational decisions.

In my opinion, my first thoughts are never my best ones; they are always someone else's, formed by what I must have heard, the conventional wisdom. Now, let us talk about the merits of second thoughts. One can use them to get themselves out of a bad situation or simply review the first thought. You walk around the problem again, this time in a three dimensional way, follow your head this time, let all the parts of your mind participate, have a better idea of the nuances, and then arrive at a conclusion that is an original one, not influenced by someone else's.

To your pleasant surprise, the result may be better than the one which came after the first instinct or maybe not. But don't get disheartened! Your brain is getting some exercise, and you are practising to look at issues from different angles. First-order thinking is clearly fast and easy; we look for a solution without considering the consequences. For example, you can think of this as 'I'm hungry, so let's eat a burger'. Second-order thinking is more deliberate: it includes first-order thinking just with the addition of questions like "and then what?" This means thinking about the consequences of eating the burger. If you do this, you are more likely to eat something healthy. But sometimes listening to your head may lead to more tangible success, but not following your heart will make one regretful, the person will never be 'satisfied.' It is more sensible to follow the first thought that came to your mind that was, 'I am hungry, so I'll eat the burger.' Doing so will at least leave you content. To conclude, second thoughts need to be followed and avoided; it all depends on the situation and one's perspective.

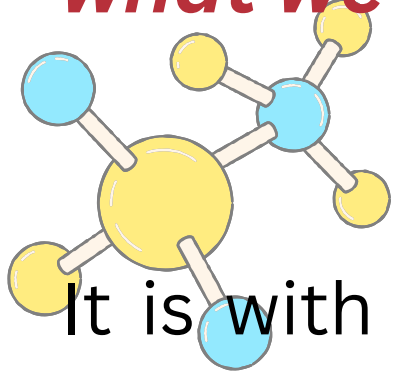
MS. ROOPALI RAJPUT JAMWAL
TEACHER EDITOR



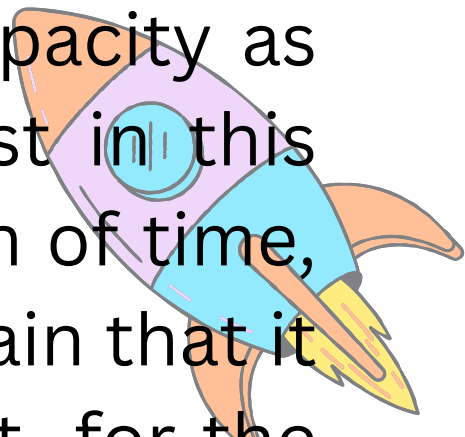
THINK ABOUT IT

We speak not only to tell other people what we think but to tell ourselves what we think. Speech is a part of thought.

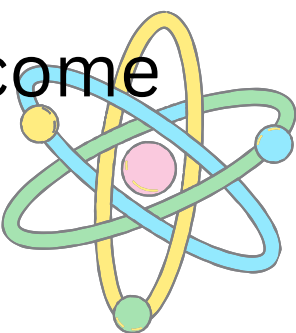
— OLIVER SACKS



It is with great pleasure that I present to you for the first time in my capacity as Student editor of The Springer. I am glad to see the increasing interest in this publication that the students of our school have shown. In this short span of time, this publication has become an important part of our school and I am certain that it will keep getting better as time passes. Writing about any issue is difficult for the beginners. Students would read about something in newspapers and then rewrite similar content in their own language for the school publications. When I was given the responsibility to head this magazine, I observed the content in most of the articles being polarized due to the influence of mass media. I advised my editorial team that their writing should reflect their originality of opinions on any particular agenda. I am pleased to see students presenting unique thoughts and ideas and improvising on their thinking skills.



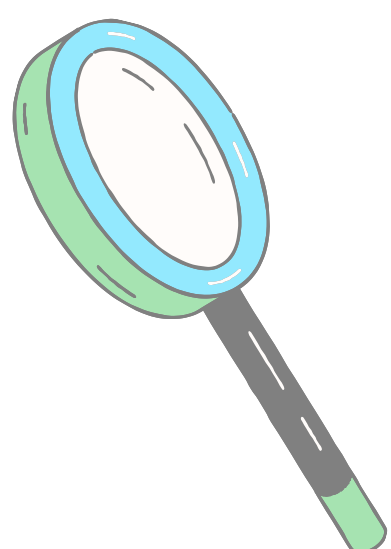
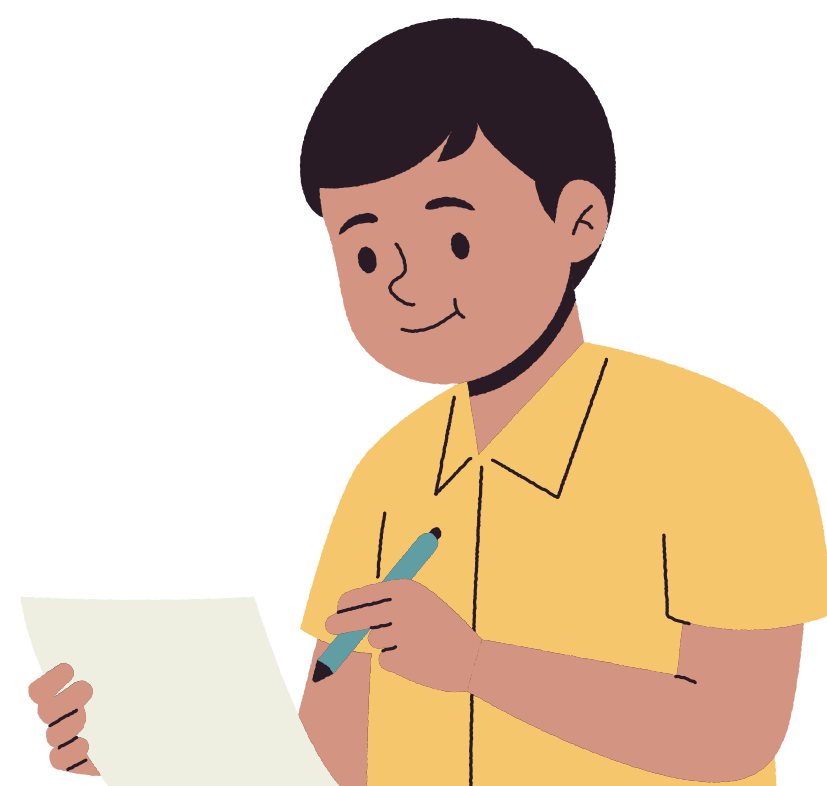
To encourage students to immerse themselves in a good story, We started 'The Springer'. This magazine was born out of a love for books and a desire to share that passion with others. As avid readers, we have always been drawn to the power of the written word to transport us to new worlds, challenge our assumption, and expand our understanding of the world around us. We believe that books have the ability to inspire, educate and entertain is a platform where readers can come together to share their love of literature.



I would like to conclude by saying that reading allows us to escape into new worlds, to experience different perspectives and to broaden our horizons. It is a deeply personal and enriching experience that can bring joy and fulfilment to our lives. So, if you haven't already, pick up a book that interests you and start your own journey of discovery. You won't regret it.



SAHAS NAYYAR
STUDENT EDITOR (CLASS 9TH)



SPRINGER UPDATE



ACHIEVEMENTS



Springdales team with the Principal had participated in the National Edu Summit on implementation strategies on NEP 2020 & NC, wherein Principal "Mrs. Archana Jandev Manhas" was awarded with the "The Most Popular School Leader Award" & "Mrs. Meenakshi Soni" TGT Maths was awarded with "Innovative School Educator Award".



Aaina Ratra of class 10th brought laurels to school by clinching Gold medal in Inter district and Divisional level Tennis tournament organised by Youth services & Sports Moreover, she got selected for National level as well. The School Principal Mrs. Archana Manhas appreciated the efforts of the students and motivated them for the competition.

GLIMPSES OF KINDERGARTEN





STUDENT COUNCIL



HEAD BOY

Amanat Bhat

HEAD GIRL

Diya Sharma

House Captains

Abdul Muheet (Tawi House)

Gokul Sharma(Jhelum House)

Samragyi Ashok (Chenab House)

Radhika Devi(Indus House)

Cultural Captains

Sahas Nayyar

Simrati Raina

Sports Captains

Perdhum Parihar

Akshara Raina

Senior Prefect

Harshit Mahajan (Tawi House)

Sumukhi Koul (Jhelum House)

Sujit Koul (Chenab House)

Rashi Sharma (Indus House)

Junior Prefect

Veer Singh Manhas (Indus House)

Mokshi Sharma (Jhelum House)

Avni Mandhotra (Chenab House)

Janvi Pandita (Tawi House)



SPRINGER UPDATE



ACHIEVEMENTS

WINNERS OF INTRA CLASS ENGLISH WRITING COMPETITION

WINNERS OF CLASS 1

- Radhika Ganjoo stood first 1st
- Samaira Choudhary stood 2nd.
- Lavanya Bhagat stood 3rd.

WINNERS OF CLASS 3

- Chitraksh Kumar stood 1st
- Kamini Bhat stood 2nd
- Priyal Manhas stood 3rd

WINNERS OF CLASS 2

- Bhawik Koul stood 1st
- Anshul Abrol stood 2nd
- Nitish Bhat stood 3rd

WINNERS OF INTRA CLASS POSTER MAKING COMPETITION

WINNERS OF CLASS 6

- Janvi Pandita stood 1st
- Mokshi Sharma stood 2nd
- Avni Mandotra stood 3rd

WINNERS OF CLASS 9

- Samragyi Ashok stood 1st
- Akshara Raina stood 2nd
- Diya Mehra stood 3rd

WINNERS OF CLASS 7

- Sanskriti Manhas stood 1st
- Rijul Banotra stood 2nd
- Dia Arora stood 3rd

WINNERS OF CLASS 10

- Vanshika Sharma stood 1st
- Bhumika Manhas stood 2nd
- Aaina Ratra stood 3rd

WINNERS OF CLASS 8

- Avishi Raina stood 1st
- Sumukhi Koul stood 2nd
- Saneha Manhas stood 3rd
-

WINNERS OF INTRA CLASS HINDI CREATIVE WRITING COMPETITION

WINNERS OF CLASS 6

- Ansh Sharma stood 1st
- Janvi Pandita stood 2nd
- Lysha Mehra stood 3rd

WINNERS OF CLASS 7

- Rupal Singh Jasrotia stood 1st
- Jeevika Bhajju stood 2nd
- Hitakshi Bhat stood 3rd

WINNERS OF CLASS 8

- Avishi Raina stood 1st
- Rashi Sharma stood 2nd
- Vyan Sharma stood 3rd

WINNERS OF CLASS 9

- Samragyi Ashok stood 1st
- Gokul Sharma stood 2nd
- Vardan Manhas stood 3rd

WINNERS OF CLASS 10

- Aaina Ratra stood 1st
- Diya Sharma stood 2nd
- Amanat Bhat stood 3rd



WINNERS OF INTER HOUSE BADMINTON COMPETITION

Indus House stood first (Boys)

- Amanat Bhat
- Arav Sharma
- Arnab Chhada

Jhelum House stood first (Girls)

- Sumukhi Koul
- Diya Mehra
- Deepanshi



WINNERS OF INTER HOUSE HINDI DEBATE COMPETITION

- Abdul Mohid stood first (Tawi House)
- Gokul Sharma stood second (Jhelum House)
- Samragi Ashok stood third (Chenab House)

WINNERS OF ENGLISH EXTEMPORE COMPETITION

- Janvi Pandita stood first (Tawi House)
- Ayush stood second (Tawi House)
- Hitakshi Bhat stood third (Jhelum House)

RASHI SHARMA
CLASS 8TH



LITERATI BYTES



I WISH I WERE A BIRD I WISH, I COULD CHANGE,

Change what? Myself, and my circumstances,
I wish, I could make others forget and forgive,
To change reality, and suit myself.
I look outside the window, I see regret,
They ask, you get sad too much,
I say, it's not my sadness, it's my eulogy.
They beg for clarity,
I say, 'it's to live to hear my own eulogy'
It's about what you could have been,
And, the day, your fate dies. I wish, it was all different,
Sometimes, I wonder,
Maybe, I'm a poem about flowers,
How flowers glow to shred one day, maybe, that's me.
It will all end one day, This cage will break one day,
How would it end?
Suffering ends with more suffering, we've learnt this.
I wish, I could fly
I see myself too far from this barren land of pretence,
Join me, maybe I wish I were a bird.



VANSHIKA CLASS -10TH

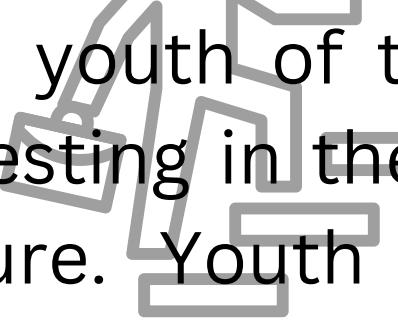


OUR MOTHER EARTH

Our earth is special. It is just one,
It gives us water, soil and sun.
People and animals share the land.
Let's all lend a helping hand!
The earth has gravity of its own,
Which hugs all thing down.
We can save water and planet and trees,
Make better home for you and me.
Recycle things don't throw away,
Make every day as Earth Day!

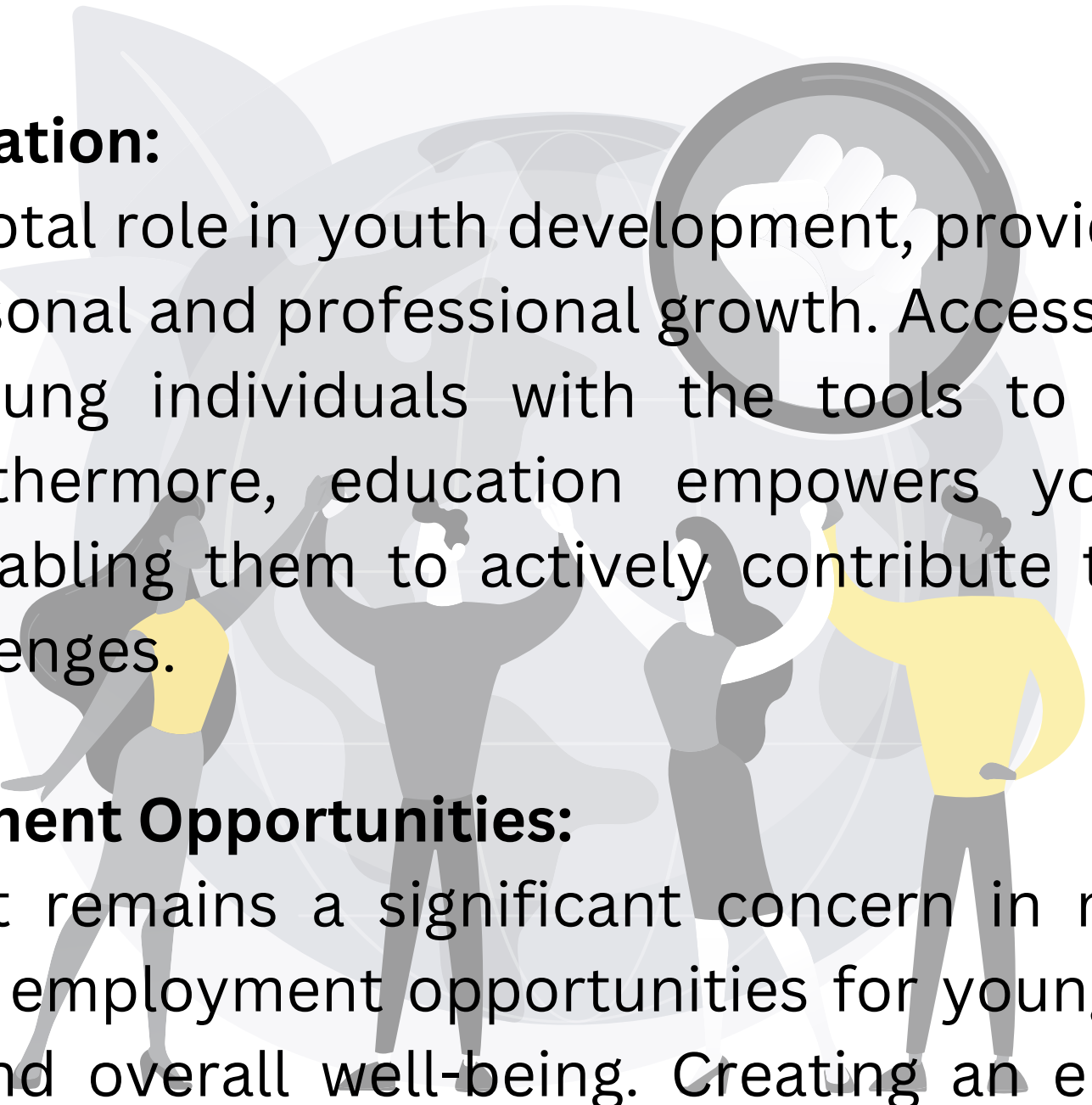
DEEPANTI BAIGRA
(COMPUTER INSTRUCTOR)

UNLEASHING THE POWER OF YOUTH DEVELOPMENT: SHAPING A BRIGHTER FUTURE



The youth of today are the leaders, innovators, and change-makers of tomorrow. Investing in their development is crucial for building a prosperous and sustainable future. Youth development encompasses various aspects, including education, employment, health, social engagement, and personal growth. By empowering young individuals, we can unlock their potential, nurture their talents, and foster their active participation in shaping a better world. In this article, we delve into the importance of youth development and explore the key elements that contribute to their growth and success.

Education as a Foundation:

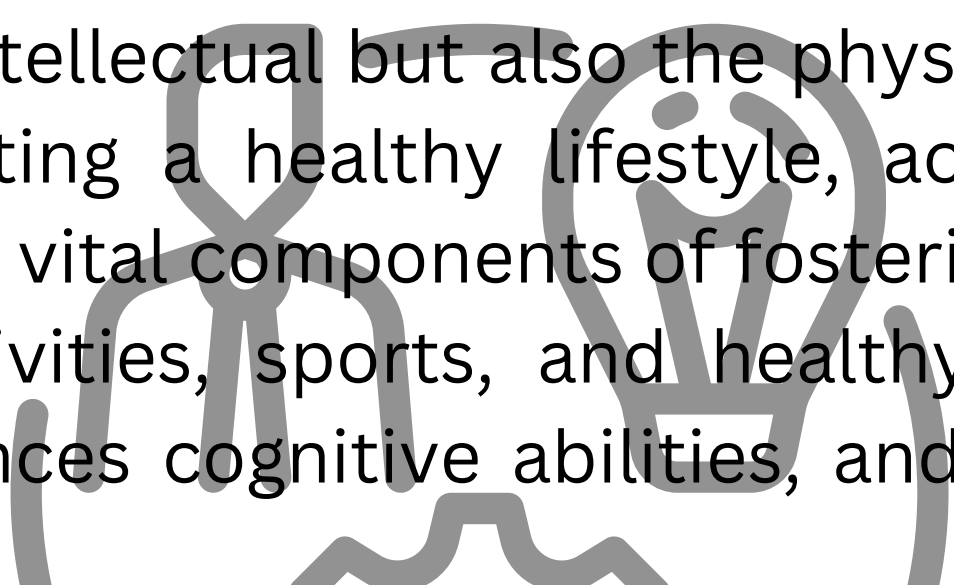


Education plays a pivotal role in youth development, providing knowledge, skills, and opportunities for personal and professional growth. Accessible, inclusive, and quality education equips young individuals with the tools to navigate an increasingly complex world. Furthermore, education empowers young people to become informed citizens, enabling them to actively contribute to their communities and address societal challenges.

Empowering Employment Opportunities:

Youth unemployment remains a significant concern in many parts of the world. Providing meaningful employment opportunities for young individuals is crucial for their development and overall well-being. Creating an enabling environment that promotes entrepreneurship, skill development, vocational training, and job placement initiatives can empower youth to build sustainable livelihoods.

Nurturing Physical and Mental Health:



Youth development encompasses not only the intellectual but also the physical and mental well-being of young individuals. Promoting a healthy lifestyle, access to quality healthcare, and mental health support are vital components of fostering their overall development. Encouraging physical activities, sports, and healthy habits helps reduce the risk of chronic diseases, enhances cognitive abilities, and boosts self-confidence.

Encouraging Civic Engagement and Participation:

Active civic engagement and participation are instrumental in shaping responsible, socially conscious, and empowered young individuals. Youth should be encouraged to actively participate in decision-making processes, express their opinions, and engage in community development initiatives.

Building Resilience and Life Skills:

Life skills are essential for young people to navigate the challenges they face in their personal and professional lives. These skills include critical thinking, communication, teamwork, adaptability, problem-solving, and emotional intelligence. Integrating life skills education into formal and non-formal settings equips youth with the necessary tools to make informed decisions, overcome obstacles, and thrive in an ever-changing world. Moreover, fostering resilience helps young individuals bounce back from setbacks, develop a positive mindset, and persevere in the face of challenges.

Conclusion:

Investing in youth development is a strategic imperative for creating a brighter future. By providing quality education, empowering employment opportunities, nurturing physical and mental health, encouraging civic engagement, and fostering life skills, we can unleash the potential of young individuals. Together, let us empower the youth of today to become the leaders and change-makers of tomorrow, shaping a better world for all.

ANIRUDH SHARMA
IT INCHARGE

FOCUS AND VICTORY

Focus on your studies
Sharpen your mind.
Learning is a lifelong experience
Be gentle and kind.
Keep those books open
Gain as much knowledge as possible.
Thrive on opportunity
This leads to the thrill
of victory.

AAINA RATRA
CLASS-10



TAKE A PAUSE

In this fast moving world where every individual is in the race of being better and one of a kind, man has somewhere forgotten to connect with himself and has disregarded his own mental health! Negative thoughts, stress and depression are a threat to today's youth and people. Everybody tends to be suffering from the problems which can make them feel low such as peer pressure and maybe the environment around you too. These problems have been proven to be vicious and can change the mindset of the person into a destructive one.

Although, the question still remains: Is there a solution to all this?

Mindfulness is one way by which one can introspect and create insight upon his own character and deeds. This method has been proven to be very efficient. It helps us to cope up with the unwanted and negative thoughts and helps to focus and creates a sense of control of conscious thoughts. It slows down the rate of thought process, hence making you feel relaxed and calms you down and allows you to think over your actions once again (which can be very crucial at times).

According to Buddhism, meditation helps to cultivate a relaxed alertness and hence balances emotions of hyper arousal and perturbation as well as being disturbed. Buddhists pursue meditation as a path and use techniques which aim to develop mindfulness and concentration. No matter where you are or in whatever condition meditation offers you something you require to rest your mind.

ANJALI KOTWAL
(COORDINATOR)

WHO ARE YOU

Who are you - backbencher or topper?
When we all are worried about exams,
Backbenchers are hoping just to pass.

Toppers have started studying
Three months early, Whereas backbenchers have not written their work clearly.

For toppers, classroom is a place where they study
For backbenchers it's a place where they play with their buddy.

Students are crying that they do not top the class.
Backbenchers are having difficulty that they just pass.

What do you think who are the best?
The one who studies or the one who always takes rest.

JANVI PANDITA
CLASS-6TH

FRIENDSHIP

Friendship is one of the greatest bonds anyone can ever wish for. Lucky are those who have friends they can trust. Friendship is a devoted relationship between two individuals. They both feel immense care and love for each other. Usually, a friendship is shared by two people who have similar interests and feelings.

You meet many along the way of life but only some stay with you forever. Those are your real friends who stay by your side through thick and thin. Friendship is the most beautiful gift you can present to anyone. It is one which stays with a person forever.

There are essentially two types of friends, one is good friends and the other is true friends or best friends. They're the ones with whom we have a special bond of love and affection. In other words, having a true friend makes our lives easier and full of happiness.

Most importantly, true friendship stands for a relationship free of any judgments. In a true friendship, a person can be themselves completely without the fear of being judged. It makes you feel loved and accepted. This kind of freedom is what every human strives to have in their lives.

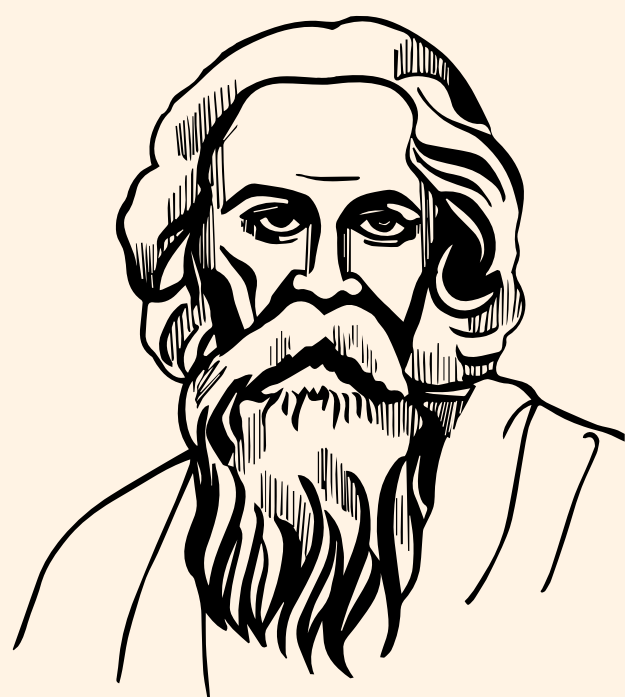
In short, true friendship is what gives us reason to stay strong in life. Having a loving family and all is okay but you also need true friendship to be completely happy. Some people don't even have families but they have friends who're like their family only.

RASHI SHARMA
CLASS - 8TH

WHEN DAY IS DONE

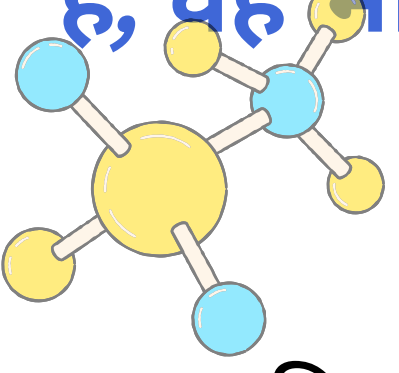
If the day is done,
if birds sing no more,
if the wind has flagged tired,
then draw the veil of darkness thick upon me,
even as thou hast wrapt the earth with the coverlet of sleep
and tenderly closed the petals of the drooping lotus at dusk.

RABINDRANATH TAGORE



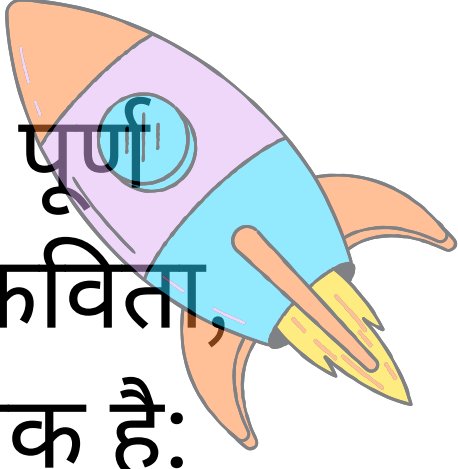
संपादकीय

"जिसमें दया नहीं, धर्म नहीं, निज भाषा से प्रेम नहीं, चरित्र नहीं, आत्मबल नहीं है, वह भी कोई व्यक्ति नहीं है।"

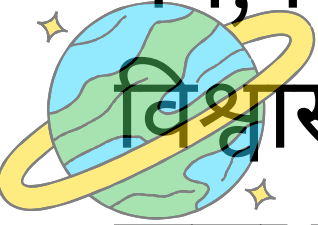


- मुंशी प्रेमचंद

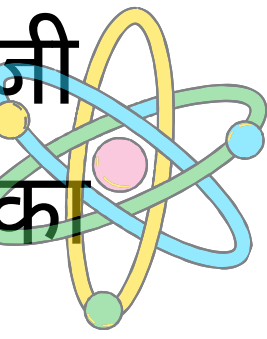
पत्र-पत्रिकाएँ किसी भी लेखक के व्यक्तित्व की दर्पण होती हैं, जिनमें उसका पूर्ण व्यक्तित्व झलकता है। विशेष तौर पर छात्रों द्वारा लिखित, रचित, संकलित कविता, कहानी, लेख या अन्य सृजित सामग्री उनमें अंतर्निहित सृजन क्षमता की द्योतक है: जिसका स्पष्ट प्रमाण विद्यालय-पत्रिका है।



मेरी कामना है कि हमारे विद्यार्थी मानवीय मूल्यों के प्रति आस्थावान व साहित्यानुरागी बनें, जिससे उनके अंतर्मन में विश्व-कल्याण की विराट-चेतना समाहित हो सके। मेरा विश्वास है कि यह विद्यालय -पत्रिका विद्यालय की शैक्षिक, साहित्यिक, सांस्कृतिक, कला एवं खेलकूद संबंधी सभी गतिविधियों की चहुंमुखी प्रगति का प्रतिबिंब प्रस्तुत करने के साथ-साथ सभी के ज्ञान में वृद्धि करेगी।

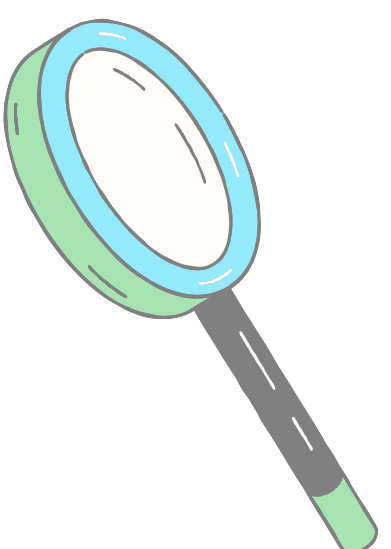


यह पत्रिका पूर्णरूपेण बच्चों द्वारा रचित व संकलित होने के कारण त्रुटियाँ स्वाभाविक हैं, जिन्हें बच्चों के उत्साहवर्धन हेतु सहजता से लिया जा सकता है। प्रधानाचार्या जी के कुशल निर्देशन एवं संपादकमंडल के सहयोग से इस वर्ष की विद्यालय-पत्रिका का पहला अंक आपके समक्ष प्रस्तुत है।



शुभकामनाओं सहित ।

सुषमा देवी
(हिंदी अध्यापिका)



धरा

यह धरा हमारी जननी है,
हम इसकी संतान।
इस पर रहकर, खा-पीकर,
हम बनते इनसान।
कर्ज बहुत हैं हम पर इसके,
इसलिए यह है बहुत महान।
आओ, इस पर पेड़ लगाकर,
इसको हरा-भरा बना दें,
अपने भविष्य को भी थोड़ा प्रदूषण से बचा लें,
ताकि लगे यह और भी सुंदर, मनमोहक और बन जाए स्वर्ग-समान।



उमेश शर्मा
कक्षा-आठवीं



प्रकृति

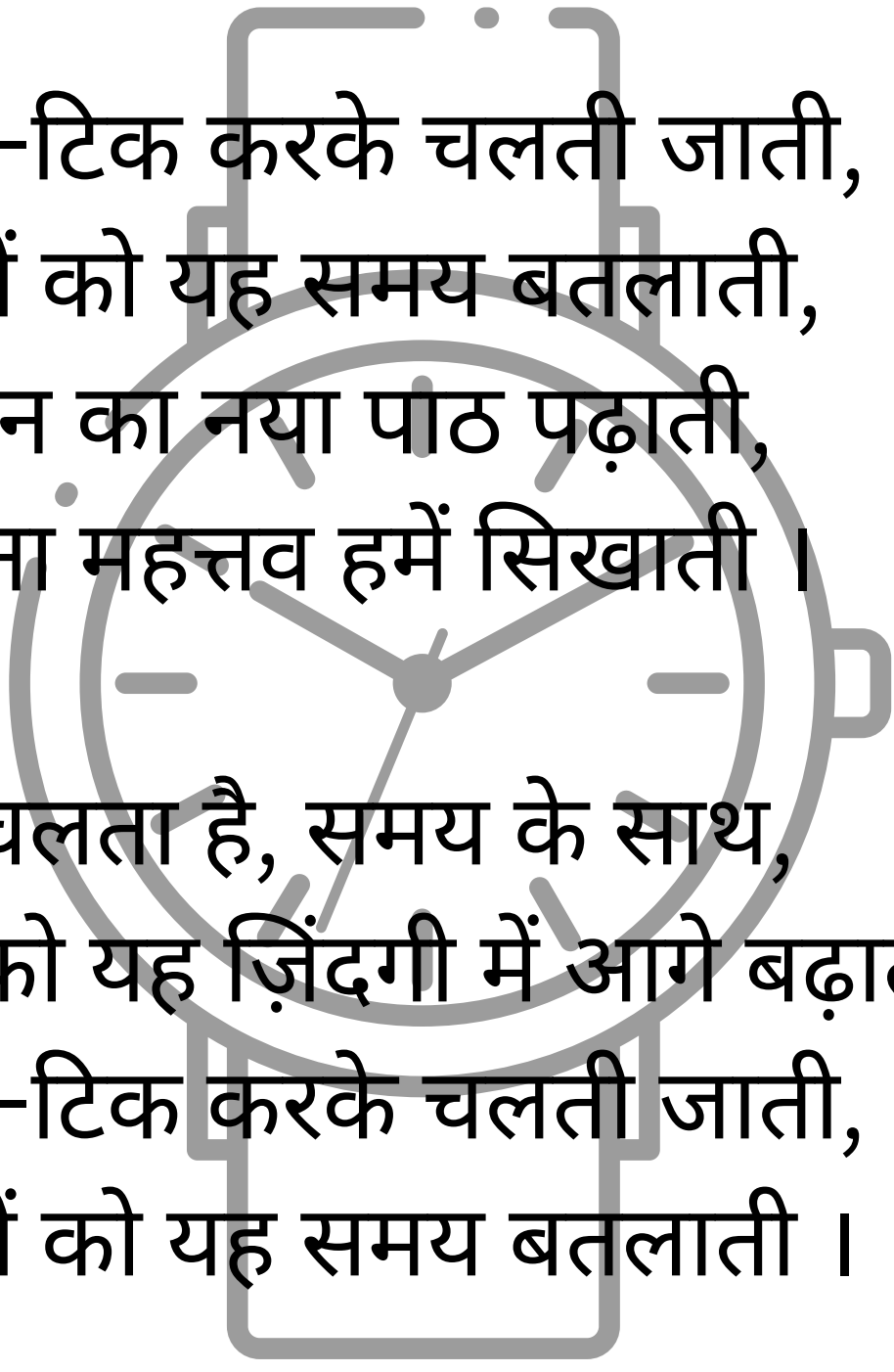
प्रभु ने क्या यह प्रकृति बनाई,
जो सबके जीवन के लिए है लाभदायी,
फल-फूल हो या हो स्वच्छ हवा,
सब सुख- सुविधाएँ हमने पाई।
सुंदरता को हमने इससे पाया,
इससे मिला प्यार, हम सबको भाया,
कड़ी धूप में छाया पाई,
प्रभु ने क्या यह प्रकृति बनाई।
मनुष्य लगा हुआ खत्म करने पर इसे,
कितने सितम किए इस पर,
> तब भी न प्रकृति ने अपनी काया बदलाई,
प्रभु ने क्या प्रकृति बनाई।

अमानत भट्ट
कक्षा- दसवीं

टिक-टिक करके चलती जाती

टिक-टिक करके चलती जाती,
लोगों को यह समय बतलाती,
जीवन का नया पाठ पढ़ाती,
अपना महत्त्व हमें सिखाती ।

जो चलता है, समय के साथ,
उसको यह ज़िंदगी में आगे बढ़ाती,
टिक-टिक करके चलती जाती,
लोगों को यह समय बतलाती ।



मेहिका राजदान कक्षा- छठी



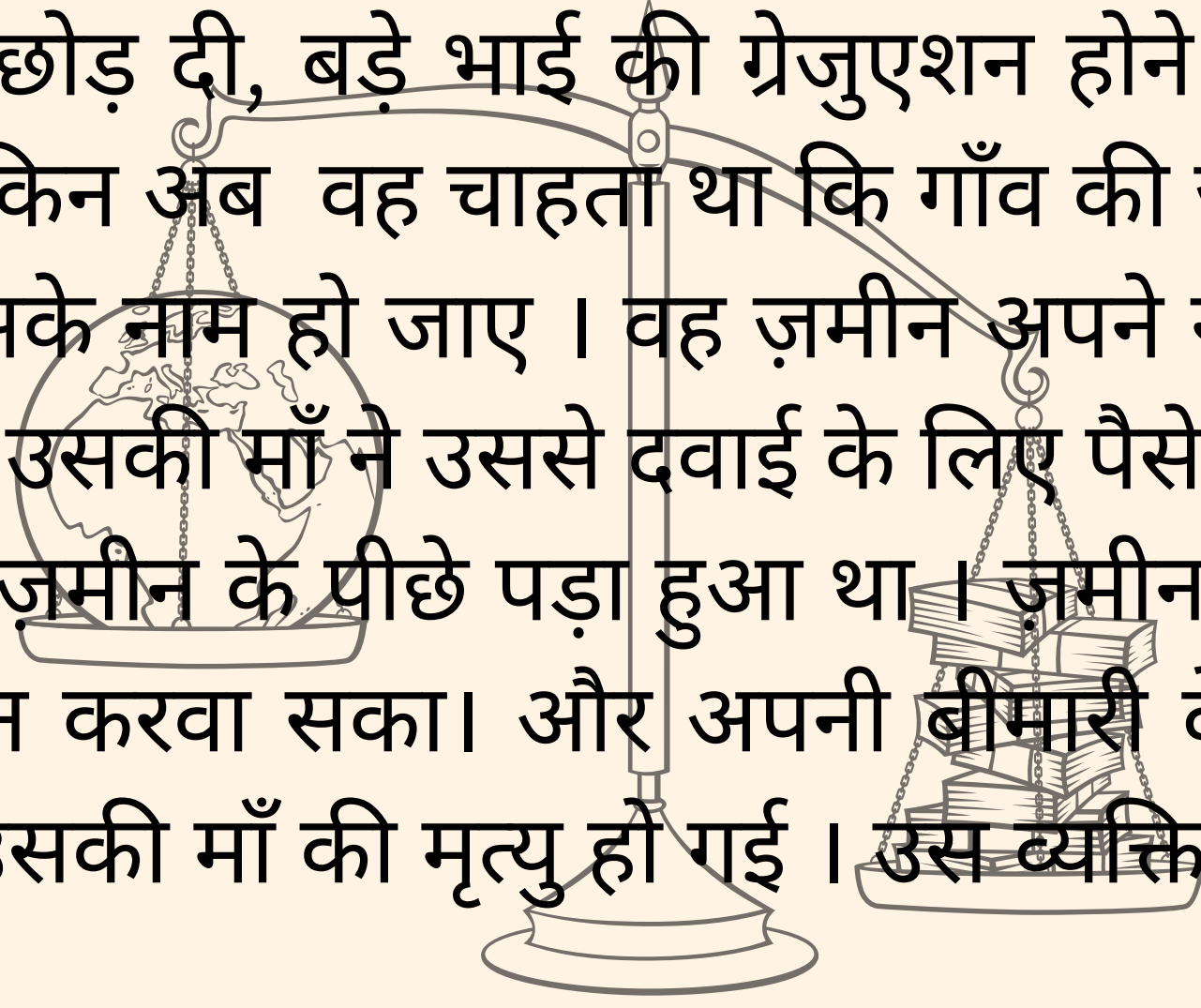
प्रकृति की पुकार

सुनो प्रकृति की पुकार,
कहती है वृक्ष मत काटो,
वृक्ष प्रकृति का है आधार,
वृक्ष धरती का है शृंगार ।
जीव-जंतु, पशु-पक्षी, पेड़-पौधे,
प्रकृति के अमूल्य उपहार,
वृक्ष को काटकर मत करो इनका घर बर्बाद ।
हे प्रकृति! कैसे बताऊँ? तू कितनी प्यारी है,
कभी शीत तो कभी बसंत,
कभी गर्मी तो कभी बरसात,
हर ऋतु तू हमें दिखलाती है ।
इतना मिलता है प्रकृति से,
तब भी मनुष्य करता है इसे बर्बाद,
नहीं आती उसकी समझ में यह छोटी- सी बात।

अविशी रैना
कक्षा-आठवीं

कहानी – लोभ का फल

कुछ सालों पहले की बात है, कानपुर के छोटे से गाँव में एक छोटी-सी कुटिया में एक माँ और उसके दो बेटे रहते थे। जिनका नाम रोहन और मोहन था। पास के शहर में बड़ा बेटा ग्रेजुएशन कर रहा था। छोटे बेटे ने पैसे की कमी के कारण दसवीं में ही पढ़ाई छोड़ दी, बड़े भाई की ग्रेजुएशन होने के बाद उसकी सरकारी नौकरी लग गई। लेकिन अब वह चाहता था कि गाँव की ज़मीन भी उसे मिल जाए। वह ज़मीन भी उसके नाम हो जाए। वह ज़मीन अपने नाम करवाने गाँव वापिस गया। गाँव जाते ही उसकी माँ ने उससे दवाई के लिए पैसे माँगे। परंतु अधिक पाने की लालसा में वह ज़मीन के पीछे पड़ा हुआ था। ज़मीन के चक्कर में वह अपनी माँ का इलाज भी न करवा सका। और अपनी बीमारी के चलते और इलाज न करवाने के कारण उसकी माँ की मृत्यु हो गई। उस व्यक्ति ने हमेशा के लिए अपनी माँ को खो दिया।



शिक्षा – लालच बुरी बला है।

सन्देश: लालच एक इच्छा है जो सभी लोगों में होता है। आवश्यकता से अधिक पाने की इच्छा ही लालच है। लालच से ही अपराध का जन्म होता है। लालच आपको बड़े परेशानियों में ला सकता है। लालच में ज़रूरत से अधिक खा लेते हैं तो आपका पेट खराब हो जाता है। लालच से हमेशा ही नुकसान होता है। तो हमेशा इससे दूर रहे।

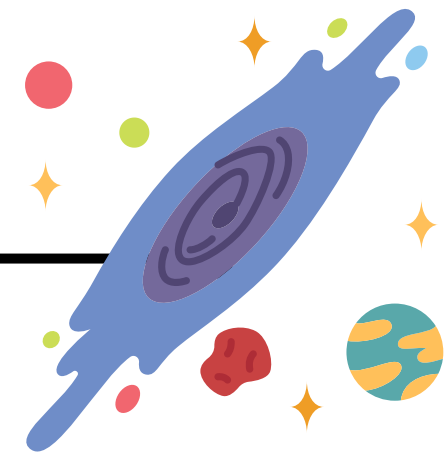
भूमिका मनहास
कक्षा-दसवीं



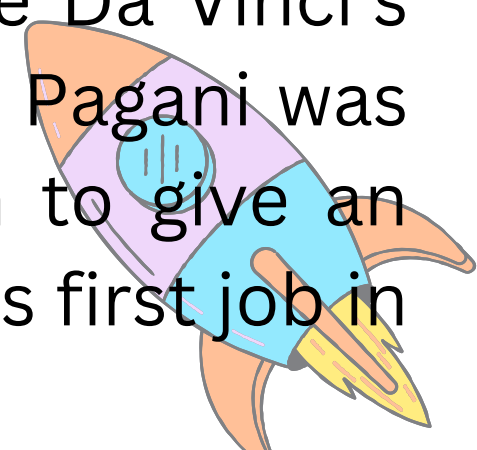


THROUGH THE WORMHOLE

A DREAM CALLED PAGANI



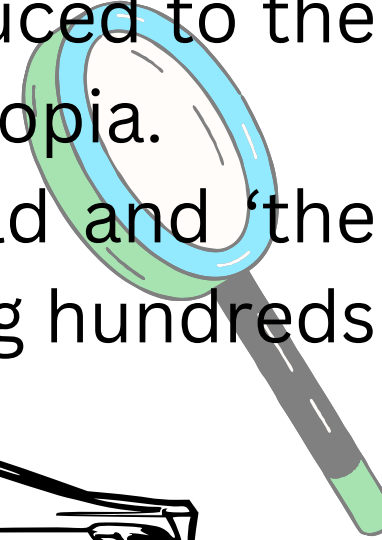
Being a car enthusiast for as long as I can remember, the mere thought of sports cars made me feel like I was on top of the world. Pagani Horacio Pagani, being the founder of Pagani Automotive himself, has never made a boring car in his life. Born in 1955 in Argentina, Horacio Pagani had only early European car magazines for influence as a young boy. The man also idolized Leonardo da Vinci and tried to replicate da Vinci's idea that art and science can be married into one practice. At a young age, Pagani was already designing cars that had futuristic looks, and eventually went on to give an interview with Ferrari but unfortunately was not hired and went on to get his first job in the industry at Lamborghini.



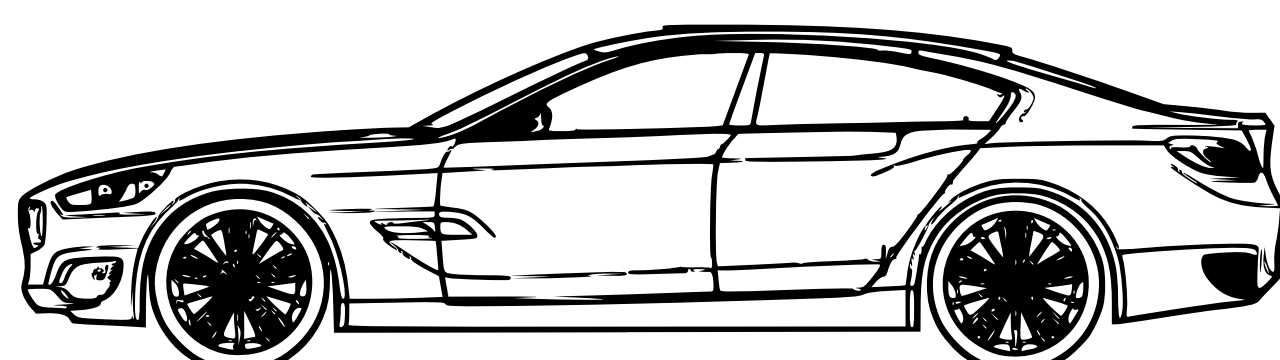
In the early 90's when supercars were taking a new form and being created from a lightweight material called fiberglass, he created and gave form to the design of one of the most respected cars in the industry, The Lamborghini. But the model never came into production as it would be very expensive to maintain and would not be reliable. In the early 2000's a new product known as Carbon Fibre was launched in the supercar industry which was lighter and more reliable as compared to fiberglass. Pagani suggested Lamborghini to start the usage of Carbon Fibre in the mass production line and the newer models that are going to take form in the production line, but unfortunately Lamborghini declined Pagani's idea as Carbon Fibre was more expensive to buy in large quantity and would take time to gain customer's trust. A Dream Called PAGANI.

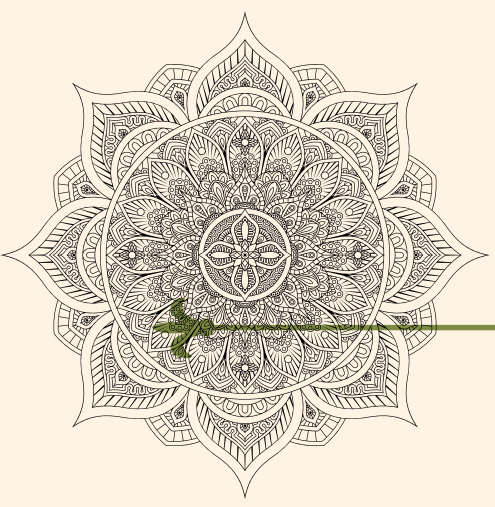
Pagani was devastated by Lamborghini's decision and decided to leave Lamborghini and start a car manufacturing brand of his own. He took out a loan of \$500,000 from the bank and made his first car in an autocell. Pagani's first car was named "Zonda" meaning a hot enervating north wind. It was powered by a 7.3 litre AMG driven NA (naturally aspirated) V12 producing 750 bhp (break horse power) and 780 nm torque. The whole car was made out of a special material known as Carbon titanium. The car was hit. Pagani was invited to multimedia interviews and had become a star in the world of car magazines.

Many other editions of the Zonda were introduced such as Zonda BC Roadster, Zonda Tricolore and Zonda R. After the Zonda, many other series were also introduced to the Pagani line of models such as the Pagani Imola, the Huayra and the Pagani Utopia. Now we know Pagani as one of the most beautiful car makers in the world and 'the Picasso on wheels' lives on. And a very successful one of that too, generating hundreds of millions in their annual revenues.



DIA SHARMA
CLASS 10TH





ONENESS



ROLE OF MENTAL HEALTH AWARENESS.

The World is progressing with each passing day, but at the same time, the burden of mental illness is on the rise. Though it primarily started with increasing 'Anger issues' in youngsters in the modern world, the graph of the number of people reporting mental health concerns is also gradually increasing. It has become difficult to ignore the impact that mental illness can have in our day-to-day lives. Close to 60 to 70 million people in our country suffer from common and severe mental disorders. India is the world's suicide capital with over 2.6 lakh cases of suicide in a year. We need to raise awareness about mental health concerns and reduce the stigma associated with mental illness.

AWARENESS

GLOBAL : Mental Healthcare Act, 2017 provides mental healthcare services for persons with mental illness and to protect, promote and fulfil the rights of such persons during delivery of mental healthcare and services and for matters connected.

INDIVIDUAL: Every citizen of the the country should consider 'Spreading awareness' and showing empathy as their moral duty. May it be at your workplace or at schools, we together can uplift the esteem of people in need.

* Conducting Speech on 'Mental awareness' in our school has been a small attempt from the students to stand together against this unseen demon.

* Workshops for faculty of school to identify behavioural issues and low self esteem among teenagers one another step towards progress.

* Making everybody comfortable to open up their feelings freely is another major step to identify and deal with this issue.

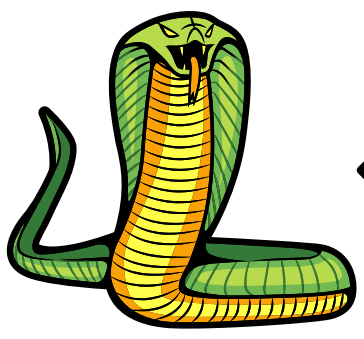
* Enlightening people that 'Mental illness is not contagious' can make the surrounding harmonious.

* Visiting a Psychologist should not be looked as getting admitted in Mental Asylum. Any person dealing with insomnia or sudden behavioral changes can take a visit as a part of self-care.

* Don't de-zone or over-look any change occurring in your close acquaintance. Remember that Emotions and positivity makes the healing process faster.

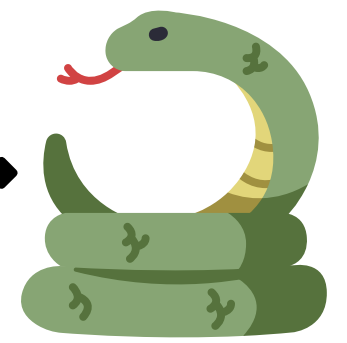
Remember, that the world will get better....When it's people will be educated and aware.

**SAMRAGYI ASHOK
CLASS 9TH**



NATURE'S DIARY

ROLE OF SNAKE VENOM IN CANCER



Snakes belong to Reptilia phylum of the animal kingdom. They produce a special kind of substance which is mostly poisonous but not all snakes are poisonous. This special kind of substance is called venom. Snake bite causes number of deaths or in some cases physical or physiological abnormalities. Venom is composed of many types of protein, which differ from species to species. Venoms contain more than 20 different compounds, mostly proteins and polypeptides. A complex mixture of proteins, enzymes, and various other substances with toxic and lethal properties serves to immobilize the prey animal, enzymes play an important role in the digestion of prey, and various other substances are responsible for important but non-lethal biological effects. Different snake species are found all over the world distributed according to their habitat.

CURRENT STATUS

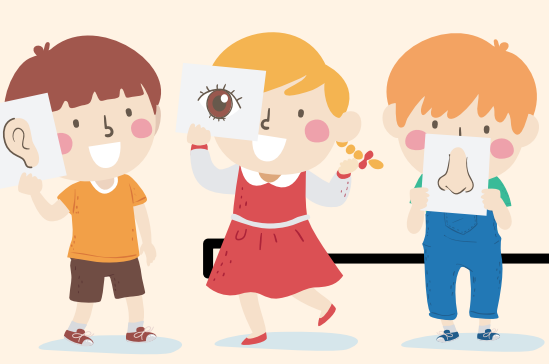
Snake bite causes number of deaths and physical disabilities and physiological disabilities like renal pathological changes. Out of the 2950 known snake species in the world only 450 are venomous, making it just about 15.25 percent from their entire population. Only about 250 are capable of killing humans. Snake venom is one kind of special liquid, which is produced by the poison gland of the poisonous snake. The main ingredient is the toxic protein some of which have biological activity or have a certain relationship with the biological activity. After purified, the toxic ingredient will be bigger than the original venom 5-20 times.

ROLE OF SNAKE VENOM IN CANCER

It is suggested that from previous findings it is becoming clear that snake venom would be the best choice to treat different types of tumors and cancer. There are many therapeutic regimes, which cause more side effects than treatment hence a different approach must be adopted for the treatment of cancer. A number of combinations of drugs are being encouraged and dramatic good results are reported, most of these are alkylating and antibiotic together. Snake venom is one of natural cytotoxic compounds. Hence it is being encouraged to treat different types of tumors especially its positive effect on breast cancer is being reported during last few decades. Breast (cancerous & unaffected normal) tissues were received from different hospitals. Cobra snakes were supplied by Laghari Snakes Association and from the Jogi Colony of Thatta, Thur and Jamshoro. Fresh Snake Venom was collected by compressing the glands of the snakes in the laboratory and venom of snakes was collected in appropriate quantities. Results showed that in vitro combined effect of snake venom and drugs was studied on cellular nucleic acids. A significant reduction has evidently been noted specifically at our proposed non-toxic and survival dose of venom. Recently it is reported that the snake venom component shows promising anticancer effects may be better than available drugs do. However, more comparative studies are being carried out with new effective drugs to further strengthen the present findings.

ABDUL MUHEET TAYUBI

CLASS 9TH



SENSE AND SENSIBILITY



MUSIC - THE PUREST FORM OF ART

Music is the divine way to tell beautiful, poetic things to the heart.

"Pablo Casals"

Music is the soul of any culture, and India has a long history of musical inventiveness. It is said that the art of music was introduced to Earth by Narada Muni (sage). He also taught the inhabitants about Naada brahma, the sound that pervades the entire universe. In my opinion music is a combination of notes that is pleasant to our ears - this is the simple definition that we have in our minds when we think about music but it's something that can take you in the past and in the future. It has the power which can make you feel something that you have never felt. It has the power to uplift one's mood instantly. It is one of the purest form of art gifted to us by the universe. They say that music is a universal language, meaning that you don't necessarily need to understand the words in a song to enjoy the music this way, music connects people all over the world with its universal language.

I love listening to music especially because of this reason. Music has the power to unite people, make us feel at peace, make us feel understood; it is something to dance to, bond over, and even listen to when alone. Music is not just sound, it has its own language and it communicates so much; it is a beautiful thing. It has already been proven that music can do much more than just lifting the spirits. There are different genres of music used for calming and relaxing our mind and senses. Music has become a major part of self healing.

Doctors around the world have started including music therapy as a part of various medical treatments as it helps in faster recovery. As a part of this therapy, patients listen to music. They also compose music, play various musical instruments, and write songs, dances, and chants. Music is indeed a great way to enhance the quality of people in society. Studies show that when slow and melodious music is played, it lowers the blood pressure thus slowing down the heartbeat allowing us to breathe normally.

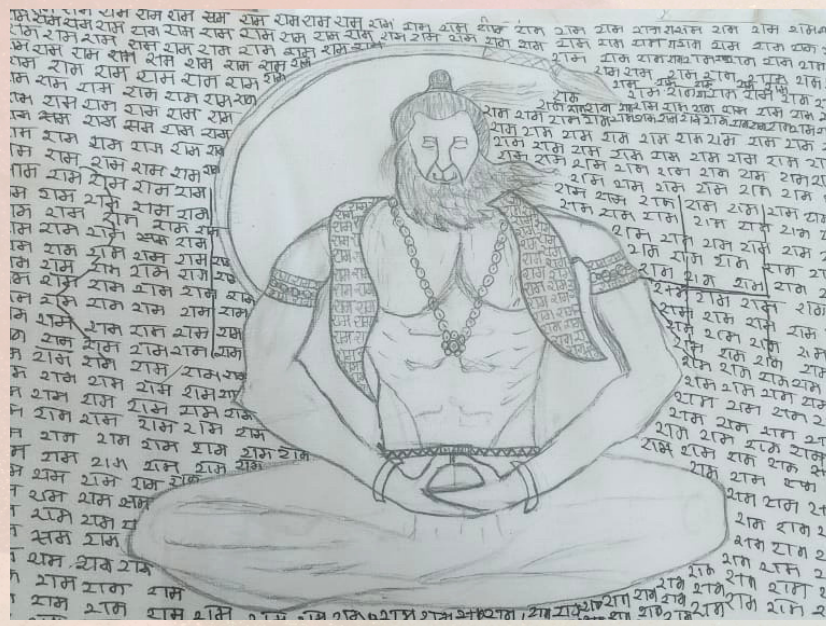
Hence, I would like to conclude my words by saying that Music should not only be considered a medium of entertainment, but also a way to healthy life.

AMMANAT BHAT
CLASS 10TH

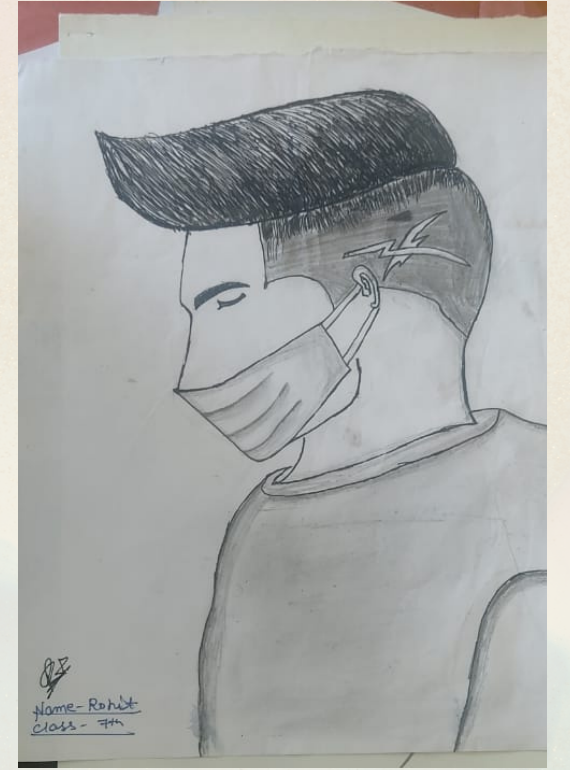
Where Imagination and Innovation Come to Life.



**MANJEET SINGH
CLASS 6TH**



**MANJEET SINGH
CLASS 6TH**



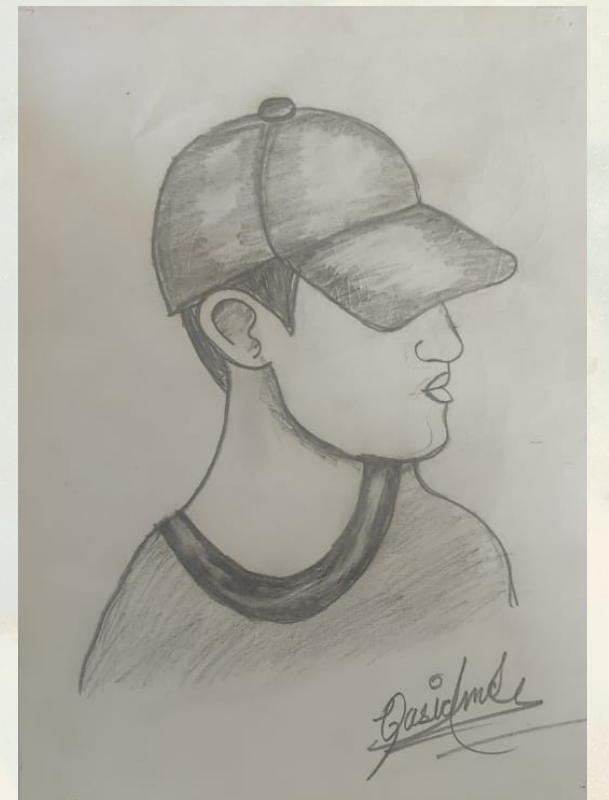
**ROHIT
CLASS 7TH**



**BHUMIIKA MANHAS
CLASS -10th**



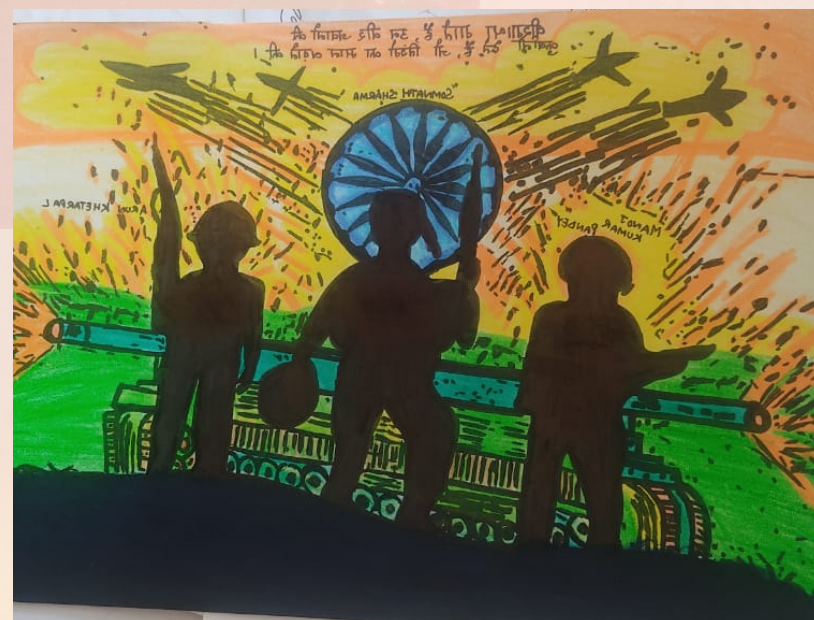
**RUPAL JASROTHIA
CLASS 7TH**



**QASID MOHAMMED SHAH
Class- 8th**



**MOKSHI SHARMA
CLASS 6TH**



**AKSHARA RAINA
CLASS 6TH**



**GOKUL SHARMA
CLASS 6TH**



DRIBBLE DABBLE



ATTACHMENT FACTOR IN FOOTBALL

As far as sporting events go, the FIFA World Cup is unparalleled. The amount of emotion, loyalty, and tribalism among supporters is unparalleled even during the Olympic Games. Television cameras at the 2022 World Cup in UAE have shown spectators biting their nails, crying tears of sorrow followed by tears of joy, and yelling their hearts out in support of their countries. Studies conducted by psychologist Susan Whitbourne show that watching a game in a public place may increase a person's stress levels, and this effect is exacerbated by the intensity with which they support their team. If you're a fan and your team needs a victory, watching the game on TV is much more excruciating. Most of you can see and hear what's happening on screen, making you feel like you're right in the middle of the action. You'll feel like you're really playing the game. But if you were a spectator in the stadium, you wouldn't go that near," she emailed CNBC. As a consequence, the intensity of the experience rises, enhancing your emotional reactions (both good and negative).

Another source of anxiety when things aren't going your way is wishing you could do something to change the situation. According to research, "mirror neurons" may be activated in a spectator's brain only by singing the national song before the game. Because of this chemical response, even a spectator might feel the same gut reactions to the game as the players on the field. "During those moments of glory," Whitbourne said, "the brain is flooded with the chemicals responsible for excitement and joy, leading to waves of pleasure." When the brain chemicals that facilitate empathy and social connection are produced, sports fans experience a shared sense of camaraderie. When this neurotransmitter is activated, it sets off a chain reaction that releases feel good chemicals all across your body.

However, spectators must use caution. Increased amounts of adrenaline and cortisol are often produced by the human body during football matches, especially the once-every-four-years World Cup. This causes the heart to beat more rapidly, the muscles to contract, and the blood pressure to rise. Even if you're not a huge football fan, you have to admit this is true. People who aren't very interested in the sport itself may decide to attend a big game because of the parties and other social activities that take place before, during, and after the big game. Additionally, there is a kinship that develops when people are in close proximity to one another. People who appreciate sports but aren't familiar with football might benefit from knowing more about it. Even if you're not a sports fan or have no background knowledge, learning about the rules, the players, and the teams could be entertaining.

THOSE LOONEY ONES

The half yearly exam was over and my science teacher was distributing the answer sheet. The distribution of papers was over and mam read out the names of those who scored less marks in the exams. Me and my friend's name were read out as we both scored less. We used to sit together during the class hours.

Mam was scolding the students who scored less marks and mam particularly pointed out me and said this as I cooked some stories on chemistry. Mam said if you don't know anything, just leave the paper blank, at least you can save the paper for the next exam, instead of writing some rubbish. I said to my friend even now, my paper won't be wasted. It will be useful to squeeze the extra oil from the vegetable in my tiffin.

ROBAN
CLASS 10TH

When I used to be a Mother-Teacher. In the same scorching heat, I once took mint flavoured water in my bottle and I saw a child looking at that colored water desperately. So I offered him some. Within a minute all the children thronged over me like small chicken waiting for their mother to feed. Their wide open mouth like baby birds were both funny and lovely at the same time.

PRIYANKA MATTOO
(TGT ENGLISH)

I had gone to my native town. I had made many friends there with whom I liked to play. All around the houses were trees and shrubs-spectacular greenery. Also, there were numerous green fields. One fine day, when I was walking through one of the green fields alone, I could see a green coloured object lying curled at a distance. I walked a bit closer and had a look at it. I realized that it was a dangerous and poisonous snake. I was really afraid of it and turned pale. Immediately I ran back home and started screaming! My grandfather calmed me down and went to that spot with some of the elders and my friends. I was really shocked to see that the snake lay in the same position and had not moved at all. My grandfather then lifted the 'snake' and gave it to me. At that very moment, I could hear peals of laughter from my friends. Once the object was in my hand, I realized that it was a stupid and silly rubber toy resembling a snake. I cried and laughed at the same time. Later, I came to know from my friends that this was done to make me an "April Fool" as it was the 1st of April, 2023.

SARANG
CLASS-10TH

ANIKET SONI
CLASS 8TH



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- **TEACHER EDITOR (HINDI) - Ms. SUSHMA MAGOTRA**
- **STUDENT EDITOR - SAHAS NAYYAR**

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 - **LITERATI BYTES:**
 - **HINDI SECTION:**
 - **ENGLISH SECTION:**
 - **THROUGH THE WORMHOLE:**
 - **ONENESS:**
 - **NATURE'S DIARY:**
 - **SENSE AND SENSIBILITY:**
 - **DRIBBLE DABBLE:**
 - **THOSE LOONEY ONES:**
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