

Principal's Letter

***“Reach high, for the stars lie hidden in your soul.
Dream deep, for every dream precedes the goal.”***

Evolving 21st century with its digital technology has converted the world into a supercomputer. Its dynamics have blurred the boundaries of linguistics, cultures and nations making the world a global village. By making use of this revolution, students have been able to interact, learn and explore through multicultural exchange programmes to broaden their horizons.

Very proudly, I want to say that recently Springdales has been awarded with the British Council ISA award which proves that our school is empowering its students with modern education, nourished with internationalism and life skills which surely will make them successful professional leaders, good human beings and lifelong learners ahead.

Another area to which I would like our students to contribute is the climate emergency, the impact of which is being felt world over. Keeping this in view, to

sensitize our students about the fast approaching climate catastrophe and to train them as ambassadors of social and environmental change, Springdales has chosen climate change as the theme of the current academic session 2019-20. This is in line with the global movement especially spearheaded by more than three million students from 150 countries wherein Global Climate Strike is observed on Fridays to sensitize world leaders and policy makers to take effective steps to save the environment for posterity. We all should contribute to this global effort by conserving environment, water, energy and all other natural resources.

I am pleased to place before you the second issue of The Springer with contributions mainly by our students.

I wish you all an enjoyable reading.



Mrs. Shashi Kiran Bedi

Mentor Speak

“She is a strong cup of coffee in a world that is drunk on the cheap wine of shallow love.”

The woman of this century perhaps is trapped today in traditional conservatism and modern thought.

We face the dilemma of choosing between the traditions of yesterday and the modernity of today. Though we may question the usefulness of many traditions today, we must not forget that future cannot be disintegrated from the past. We do exist in a patriarchal society and cannot escape the societal pressures yet a modern woman should be tough and fight for who she is.

Draupadi is a remarkable example from the past, who while doing all her duties, took a bold stand for herself. A modern woman must remember her 'own

self' before she embraces others”.

Modernity is not at all about wearing bold outfits or trying to gulp some good amount of that tasteless liquor or smoke or copy someone else's dressing style etc. It is about juxtaposing the rich legacy of the past and the modern thought of the future. The woman of today's times must awaken to the vast treasure of the past and limitless potential of the future. With these she must herald an era of new sensibilities!

I heartily wish to also thank the members of the editorial board for the unalloyed hard work and unstinting support towards the publication of the second edition of our magazine.



Roopali Rajput

THINK ABOUT IT

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart”. – Helen Keller

Editorial

The School is an incarnation of self-respect, love, affection, sensibility, and compassion which puts the students into a “state of flow” and makes them genuinely want to learn. Our school attains its eminence in the first place through the achievements of children. It is rightly said that the world is moved along not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

Welcome to the second edition of our School Magazine – The Springer. Every edition of the magazine is a window to the children's creative urges setting the realm of imagination free, and, capturing it beautifully in words. The reflection of the students' creativity and achievements is the epitome of the magazine. It inspires students to overcome their fears and put forth their ideas and thoughts that are too deep to be expressed and too strong to be suppressed.

The magazine contains the following sections:

1. **Springer Update** – If you are looking for information on happenings and achievements of the school, this section contains it all.
2. **Literati Bytes** - contains pieces of creative writing of the students and teachers.
3. **Through the Wormhole** – Nerd alert! This section is for those who are filled with the wonderment of science. The science in these articles may take your mind to other universes.
4. **Oneness** – We are all connected and are one. The articles of this section dealing with social issues will prove to you just that.
5. **Nature's Diary** – Not heard the Koel sing for a long time? This section will sway you to the serenity of the natural environment.
6. **Sense and Sensibility** – This section contains articles on Music and Arts.

7. **Dribble Dabble** - Physical Education and sports at Springdales, Journalized through the writings of this section.
8. **Those Loony Ones** - If being silly is your thing, you have to check out this section for jokes, anecdotes etc.

Mythologically speaking, just like the gods and the assuras churned the ocean of milk to extract the nectar, we have tried to achieve the four basic fundamentals of Education i.e from Learning to Creation and from Creation to the Application of Science followed by the innovation in between. This magazine is the result of the combined efforts of the editorial board, the students and the school management, with everyone doing their bit sincerely. Any publication's success depends upon our power to perceive, the power to observe and the power to explore. I hope you will have as much fun reading it as we had while putting it together.

At last, I wish you all a very happy reading and please do not forget to give your valuable feedback to the Editorial Board, because we hold your opinions and views in high esteem.

With you, Dear Readers,
 The writer in me grew up again,
 Watching you read,
 Yearning again was what I gained.
 With you, I re-cherished the joys of reading.....
WITH YOU, I LEARNT TO LEARN !!!!



Tammanna Shekhawat
 Class-10th

SPRINGER UPDATE

Nearly twenty centuries ago Julius Caesar had uttered the immortal line “VENI VIDI VICI” which in English is “I came, I saw, I conquered.” This is symbolic of the laurels and results of our students who have won in academics, sports and co-curriculum activities.

- Springers were invested with the duties of Council members. It was a day imbued with a sense of pride, humility and leadership. It was a solemn ceremony in which Mrs. Shashi Kiran Bedi, Principal invested the newly appointed leaders with their position of authority.
- Springers (Janvi Sharma, Sujal Kumar and Preet Kumar of class 10th) participated in **Jodhamal Youth Conclave (JYC)**. It was a knowledge gaining session as it gave an insight to them on how UN works.
- Springdales won accolades for the school by winning 44 Medals in Mauy Thai championship at District level. In all we won 13 Gold, 14 silver and 17 Bronze medals.
- Springers participated in SOLAR WORKSHOP 2019 at Indian Institute of Technology (IIT), Jammu.
- Varun Kumar won Silver medal in 11th National Taiboxing Championship organised by Telangana Reddy Indoor Stadium, Yosufguda, Hyderabad. Gokul of class 5th has been selected for the grand finale of India Singing Superstar Competition, 2019.
- Springers added one more feather to a cap. Chahat Jamwal of class 7th won Gold medal, Danish of class 6th won Silver medal and Aakarsh of class 7th won Bronze medal in the Tanisha - Do Championship.
- The school hosted an Inter-House English Debate competition in which Nisha of Tawi House emerged victorious.
- Nikita (class 7th), Janvi (class 10th), Tammana (class 10th), Sanjan (class 7th), Nisha (class 9th), Sohail (class 9th) and Gayatri (class 9th) participated in Art and Craft competition held at APS Udhampur. The School hosted an Inter House Science competition in which

INDUS HOUSE stood first, CHENAB HOUSE stood second and TAWI HOUSE stood third. Tawi House has been the overall winner so far on account of Inter House activities.

- In today's world it is imperative that parents are fully involved in their wards schooling. For this we have started a School App which will give the parents daily information about their ward.

Message of the Head Girl

Humans, I believe, are strings. Life tethers us to each other. Life is but a map of strings, a map so complex, so confusing yet utterly eclectic! One such string tethered to me-my School, which has woven me into what I am today. Being a part of the Council as the Head Girl has empowered me to empower others. Responsibility, sincerity and intellect, I have learnt can solve any predicament.



Tammanna Shekhawat
Class-10th

Message of the Head Boy

As a Head Boy, my message for the students is “Never ever let anyone stop you from achieving your dream, follow your heart and don't let anyone tell you what you can do”. 'The world is your Oyster.' Be the Shining Pearl. 'Go forth with your candles and light the world.



Sujal Kumar
Class 10th

**“Our parents gave us our names,
Springdales gave us an identity.”**

Sparks of Change Through ISA *(INTERNATIONAL SCHOOL AWARD)*

Springdales School has always strived for its best with a tailor-made curriculum developed to expose the children to a wide range of cultures and activities. Our Springers qualify as confident global citizens, who are prepared with an education for a lifetime. In keeping with the changing times, the international aspect of the school life is emphasized through challenges that give students a foundation to become better thinkers and communicators.

The ISA team worked tirelessly and designed an Action Plan which included global themes in the curriculum with an intention of enabling the students to understand and appreciate different cultures and facilitating their integration as global citizens. The plan was put into action involving students and teachers of all grades from Kindergarten to Class 10th. The activities were “National Symbols – Our Pride and Prestige”, “The Toon World”, “Waste in Haste”, “Dance Unites All”, “Ticket to Togetherness”, “Yummy Tummy” and “The Art of Poetry”. Apart from these, Springers performed some special assemblies and events like

“World Heritage Day”, “Let's Know French” and “Effect of Waste on our Environment”. The students and teachers worked in unison to achieve the objective of giving a globally conscious ethos to the school.

Successful collaboration with partner schools from different countries like Turkey, Afghanistan, Nigeria and Nepal helped our students to share knowledge and views on different global issues through e-mails, Skype sessions, etc. Under the mentorship and guidance of our visionary Director, Mr. Gaurav Malhotra and Principal Mrs. Shashi Kiran Bedi and with zeal and zest of one and all involved, we accomplished our mission and successfully submitted our ISA Dossier.

The Accreditation has opened windows to other countries and cultures, giving teachers and pupils a new outlook of the world. It has prepared one and all with skills of life. Recently our school has been bestowed with the ISA Award.



Principal Mrs. Shashi Kiran Bedi, Vice-Principal Mrs. Niti Dhama along with the ISA co-ordinators Ms. Khushboo Sondhi and Mrs. Roopali Rajput.



**BRITISH
COUNCIL**

**INTERNATIONAL
SCHOOL AWARD
WINNER 2019–22**

Celebrating **20 years**
of international education

Springers Outshine at Inter-school Sahodaya Painting Competition

“Art is the natural means of communication and learning for children”

Springdales school organised an Inter School Painting Competition under the aegis of Sahodaya Chapter on the **theme- Save Environment** in which 80 students from different CBSE schools participated. A team of renowned artists **Mr. Sohail Koul and Mrs. Shivani Sharma** judged the paintings. **Krishi of class II bagged Second position** (Junior group) **and Mannat of class V bagged first position** (Senior group) from Springdales School. Eminent Guest of Honour, **Mrs. Nirmala Mahanna (President of Sahodaya School Complex, Jammu)** in her address appreciated the participation of various schools while providing an insight into the successful dimensions of art.

Masterpieces of the Springers on the theme 'Climate Change'



(1st Position)
Junior



Krishi
(2nd Position)
Junior



(3rd Position)
Junior



(1st Position)
Senior



(2nd Position)
Senior



(3rd Position)
Senior

Learning from the People of Old Age Home

Springdales School organized a visit to old age home at Amphalla, Jammu for the students of class 3rd and 4th to inculcate in them the values of empathy and compassion. According to Shakespeare, old age is the age when the person behaves like a child and we witnessed the same by visiting the old age home. All students spent quality time with the elderly people. It was a highly emotional moment as the students gave away gifts and hugged elderly members with affection. The visit gave a deep insight to the students into some of the bitter and disillusioned realities of life, which turned out to be an eye-opener for all. It was a truly soul satisfying experience that left everyone with memories and important life skills and lessons were learnt for lifetime.



Visit to Balgraan



Springers got an opportunity to visit Balgraan at Chhanni Ramma. They spent a little over two hours with the children of Balgraan.

LITERATI BYTES

Memory Skills

In today's world, we want to remember an amazing array of subject content matter, all information, numbers, purchase lists, dates, faces, names etc.

Sometimes we can recall these things instantaneously, however, we tend to forget most of these at many times. Since my school times I always wanted a miracle to happen to help me remember most of my school subjects. It was only later when I learnt new techniques to remember things. I want to share some of those with you through this article.

Memory is the power to recall past information. There are many ways to improve our memory in general by following some simple ways.

Through this article I want to explain one of the memory skills- MNEMONICS which can be practiced to improve learning.

Mnemonics are word tricks in the form of Rhymes (composing poems) and Acronyms (forming abbreviations/ words/ sentences using first letters) which are easy to remember and difficult to dislodge from mind.

Rhymes and Acronyms help trigger the specific memory & help to retrieve the needed information at the right time.

Some of the common examples of Rhymes Acronyms as a tool of learning are:

a) Some details about the discovery of America can easily be recalled by the rhyme - In fourteen ninety two, Columbus sailed the ocean blue.

b) An interesting bilingual rhyme - "Pigeon-Kabooter, Urhan-fly, Look-Dekho, Aasman-Sky, Silver-chandi, Sona-Gold, Bold-Bahadur, Kehgaye-Told" is an excellent example to remember word meanings for kindergarten kids.

c) 'l' comes before 'E' except after 'C' or when sounding like 'A' as in neighbour & weigh. This clears the concept of spellings of lie, pie, belief, deceive and ceiling etc.

d) If the face is red, raise his head; if the face is pale, raise his tail. This rhyme guides about the first aid to the patient under shock.

e) Seven colours in Rainbow- VIBGYOR (violet, indigo, blue, green, yellow, orange red)

f) To remember eight planets (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus & Neptune) in solar system – My Very Educated Mother Just Served Us Noodles.

g) Metric system units (Mega, Kilo, Hecto, Deka, Deci, Centi, Milli) can easily be memorized by "Many Kids Have Dropped Dead Converting Metric"

h) "Never eat sour watermelon" helps young kids to remember all four directions namely, North, East, South and West.

i) OILRIG: Oxidation it loses (electrons); Reduction it gains, helps to remove all doubts regarding mechanism of oxidation reduction reactions.

j) It is tough to remember the value of Pi = 3.1415927. However, it can be made simple by counting the letters in the words of the following question
May I have a large container of coffee?

Note that - May (3) I (1) have (4) a (1) large (5) container (9) of (2) coffee(7).

k) FANBOYS to remember seven co-ordinating conjunctions- For, And, Nor, But, Or, Yet, So.

l) If you sprain your ankle or any other body part use - RICE

- Rest the injured area
- Ice the sprain
- Compress with a wrap or bandage
- Elevate the injured part

m) Geological eras namely, Paleocene, Eocene, Oligocene, Miocene, Pliocene, Pleistocene, Recent are depicted in: "Practically Every Old Man Plays Poker Regularly".

n) You can make your own mnemonics to learn spellings of difficult words:

- Arithmetic – A rat in the house may eat an ice cream
- Because – Big elephant can always understand small elephants.
- Friend – Father rushed in eating nine dosas.

- Laugh- Laughing aunts under green hats
- Rhythm – Rhythm helps your two hips move
- Said – Snakes and insects dance

o) Instant help to Heart attack patient till he reaches hospital. "ONAM"- Oxygen (open area), Nitroglycerine (sorbitrate), Aspirin (Disprin), Morphine (Pain killer).

These are just few examples, however, you can yourself create your own mnemonics as per your interests. Funny, crazy and stupid mnemonics are easy to memorise and can be recalled over long period of times.

Wish you all happy and easy learning.

Shashi Kiran Bedi
Principal

Who is Responsible?

The city is dirty!
Was their remark.
People ease themselves,
On roadsides and a public park.
There is garbage everywhere
We throw it without a second thought
Drink fruity, munch the chips
Throw the wrappers on the ground.
Why alone, I should bother
When there is so much garbage all around.
Who throws this garbage?
Not me, not me and not me
Is it difficult to make it Paris or so?
If we have a will to do so



Radhika
Class 7th

Radhika Choudhary

ONE CHANGE I WANT TO BRING IN INDIA

Sujal - is to give job opportunity to youth so that they don't go out for work abroad.

Lucky - is that crime against females must be stopped.

Preet - is to upgrade the status of the women in India.

Sanampreet - is to implement laws strictly against Child labour in India.

Tamanna - is that all the corrupt elements should be put behind bars so as to lead a happy future.

Rajnesh - is to be seen as a country in which everyone lives with harmony and works together to make it a bright nation.

Monika
Class 9th



Soldier

If I die in a war zone
Box me up and send me home
Put my gun on my chest,
And tell my mom I did my best,
Tell my family not to cry
Because I am a soldier born to die.

Harsh
Class 7th

Be Natural

When television came to my house,
I forget how to read a book!
When a car came at my doorstep,
I forget how to walk!
When I got a mobile in my hand,
I forgot how to write letters!
When a computer came to my house,
I forgot spellings!
When I stayed in the city,
I forgot the smell of mud!
By dealing with banks and cards,
I forgot the value of money!
With the smell of the perfume,
I forgot the fragrance of fresh flowers!
When I got access to social media,
I forgot how to talk!

Sumriti
Class 8th

Thank you my Teacher

I came to your class,
To learn and to grow
But the most what I liked,
Is the love you have shown.
You teach me manners; You
make me a learner,
You treat me with love, teacher
You are my second mother!

Gayatri
Class 9th



Mother

Mom is such a lovely person. My mom is the best in the world. I Love you Mom. My mom is sweet, cute, helping, loving, kind, caring. She makes delicious food for all of us in the family. She helps me in every situation. She helps me in doing my homework. Last but not the least, thank you God for giving me such a lovely mom!

Radhika
Class 5th

Education

Today, education is the basic need of life, but in some areas, girls are not educated. We need to fight for it.

Education is all about good mannerism, general etiquettes, being aware of the happenings in the world, and of course a good, in fact the best behaviour.

So dear friends, let's try to make a change as it's our India and our people.

Mehak
Class 9th



कोशिश करो

मंजिल मिल ही जाएगी एक दिन.....
भटकते-भटकते ही सही
गुमराह तो वो हैं, जो घर से निकलते ही नहीं।
खुशियाँ मिल ही जाएँगी एक दिन.....
रोते-रोते ही सही
कमज़ोर दिल तो वो हैं, जो हंसने की सोचते ही नहीं।
पूरे होंगे हर वो ख्वाब, जो देखे हैं अँधेरी रातों में
नासमझ हैं वो, जो डर के पूरी रात सोते ही नहीं।

लकड़ी
(कक्षा-दसवी)



पुस्तकालय – पुस्तकों का घर

पुस्तकालय शब्द – 'पुस्तक' और 'आलय' दो शब्दों के संयोग से बना है। पुस्तकालय अर्थात् पुस्तकों का घर।

हमारे विद्यालय में भी एक पुस्तकालय है जिस के एक भाग में पुस्तकें हैं तथा दूसरे भाग में अलग भाषाओं के समाचार-पत्र और पत्रिकाएँ उपलब्ध हैं। जहाँ सभी कक्षाओं के विद्यार्थी अपनी इच्छानुसार किताब पढ़ते हैं।

विद्यालय में पुस्तकालय के कई लाभ हैं, इससे हमारे पठन और वाचन कौशल में भी सुधार आता है, हमें समाज और दुनिया में हो रही घटनाओं का पता चलता है और हमारी एकग्रता शक्ति भी अच्छी होती है। हमारे विद्यालय के पुस्तकालय में साप्ताहिक, पाक्षिक, मासिक, अर्ध वार्षिक और वार्षिक पत्रिकाएँ भी आती हैं जो हमें तात्कालिक ज्ञान की प्राप्ति कराती हैं। यहाँ पर विद्यार्थियों की अपनी रुचिनुसार किताबें उपलब्ध हैं। मुझे उपन्यास पढ़ना बहुत पसंद है और हमारे विद्यालय के पुस्तकालय में उपलब्ध सभी उपन्यास बहुत अच्छे हैं।

यहाँ प्रसिद्ध उपन्यासकारों के उपन्यास उपलब्ध हैं। इन सभी से हमें मनोरंजन के साथ-साथ ज्ञान की भी प्राप्ति होती है।



जानवी शर्मा
(कक्षा-दसवी)

O N E N E S S

Welcome the Girl Child!

Being aware of something is utmost important nowadays as it gives you an impetus in your mental as well as social growth and development. Initiatives to raise awareness were taken in our school to provide a hands-on-approach to the learners to be competent in this rapid changing world. Through few of such initiatives we have been witnessing the condition of the girl child and women in the society and how it affects them.

To make students aware regarding the issue, a "Nukkad Natak" was organised wherein students were shown the life of a girl child even before her birth. It depicted how people indulge in acts of foeticide and infanticide as they consider a girl as a burden. This practice is most prevalent in Bihar, Haryana, etc. Even if a girl child is born, then, she's not allowed to study or work outside her home.

Nukkad Natak exhibited the scenario of how the world will be without girls after 500 years from now. Then, people would be amazed to see a single hair strand of a girl. Moreover, sculptures and statues of girls and women would be kept at the museum for the on-lookers and visitors to recall the days when the girls ever existed.

Although the twenty-first century India is highly educated and developing at a fast pace, there is still high preference for a male child. So how can we

change this scenario, which doesn't favour the female child? Since charity begins at home, parents are the best agents of change. Just as we say that the youth of today are the citizens of tomorrow, so is the same with our girls. They are the women of tomorrow. If we want to empower them, we must reduce inequality and gender gaps and create strong women leaders. We must let them live today and raise them to be those leaders of equality and development.

Women possess qualities like perseverance, a nurturing spirit, empathy, sensitivity which when combined with complementary traits like planning and organising, are conducive to creating more inclusive spaces for people.

With such strengths that women possess, why should they continue to be side-lined? So, go ahead and welcome the girl child with a warm embrace!



Sujal Kumar
Class 10th

THROUGH THE WORMHOLE

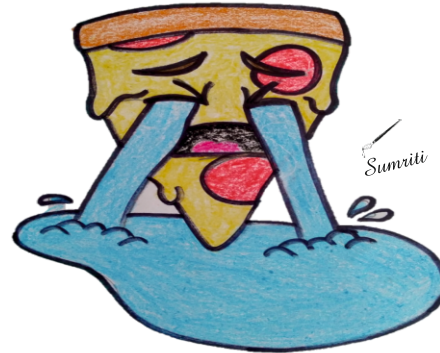
Shed Tears – Feel Good

Have you ever seen any animal cry?

No, its only humans who cry. Human cry in response of different emotions, including helplessness, sadness, joy and even frustration. Tears are a natural secretion in eyes to keep the eyes moist. Tears liquid is rich in proteins & is antibacterial to protect our eyes against any infections. Tears come to our eyes not only with emotions but also to remove any irritant if it enters our eyes with smoke, wind or even onions. Tears flush off the irritants and protect the eyes.

Males are shy of shedding tears and see it as a sign of weakness, however science suggests that shedding of tears help us to regulate our emotions, reduce distress & also calms the person.

Tear shedding also results in release of oxytocin & endorphins which help us to bear physical & mental pain.



But a word of caution — if you are crying very often & without any reason, you may need to speak to a doctor.



Chahat Jamwal
Class-7th

NATURE'S DIARY

Everything that surrounds us is referred to as our environment. Ancient humans lived closer to the natural environment and therefore they lived healthier and longer. But, today we are surrounded by the artificial environment that we have created for ourselves-buildings, air conditioned rooms, vehicles emitting poisonous gases etc.

It would hardly require a second thought to conclude that this self-made artificial environment of ours could be a harmful creation if the natural balance is not maintained. In our expedition to grow materialistically, not only are we breathing pollution but also doing considerable damage to nature and further aggravating the situation. So, to maintain the originality of our environment and to continue the

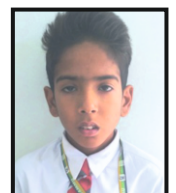
life on earth Springers took an initiative to maintain the ecological balance of the earth by starting a "Plantation Drive" in the campus in the month of July. The plantations are more successful if made in the month of July and August(rainy season) and February and March(the onset of Spring season)because the humidity levels are high which helps the seeds to sprout and temperature is conducive for the root growth too.

Considering the manifold benefits of trees along with maintaining ecological balance and most especially in lessening the effects of global warming, prefect council of SPRINGDALES planted various saplings in the school's garden area.

'Trees are the Earth's Endless Effort to Speak to the Listening Heaven'



A plantation drive was also organized in which the Springers planted saplings in the school campus. All the students have planted herbs, shrubs and tree saplings.



Anurag
Class-8th

SENSE AND SENSIBILITY

Basohli Paintings : The Unique Fascination of Colours

Every child is born with artistic sensibilities. According to me, art plays an important role in moulding the minds of the children, to develop a positive nature and to appreciate natural beauty. A creatively inclined student has a positive bent of mind and aesthetic approach in every work he/she does.

Spanish painter Pablo Picasso had said "To draw you must close your eyes and sing".

Basohli paintings is a fusion of Hindu mythology, Mughal miniature techniques and folk art of the local hills. These paintings are known for its vivid, evocative colors, bold lines and deep set facial patterns. Basohli painters use red and yellow colors in abundance. Symbolism is a keynote of basohli paintings. Nevertheless, work accomplished by these painters will forever remain an oasis of exultant joy.

I discussed all this with my art teacher, so he took me to an art exhibition to explore more about Basohli paintings. In the exhibition, all the walls of the hall were covered with the Basohli paintings. Some of the paintings exhibited were realistic while others were impressionistic. Inspired by what I saw, when I came back, I held a brush and then started painting on a white canvas. The paintings that have been displayed here have been painted by me after being inspired by the exhibition. It portrays Lord Krishna dancing with the Gopis and in another Lord Ram is hunting.



Kanav Gupta
Class-8th



***Lord Rama hunting
the
Golden Deer***

***Krishna dancing
with Gopis***



Music Can Change The World

I have loved music so much since childhood. I still remember that in my family weekends were fixed as music days. All through the day, slow music would play in the centre of the house while every family member would do his/her work. It was my dad who inspired all family members to listen to music.

Music is like a meditation and benefits us a lot when we listen to music on a daily basis. Music has inspiring and promoting nature and increases the concentration power of the human being by removing all the negative thoughts.

When we listen to music, it brings amazing feeling in the heart and mind which connects our spirit to the supernatural power of God by removing all the negative thoughts.

Now-a-days, there is a trend of playing slow music in the offices of big companies while employees are working in order to keep the mind fresh, peaceful. It also brings positive thoughts as well as increases the performance of the employees.

There is a very true saying about the music that “music imitates life and life imitates music”. Being inspired, I also started learning guitar and hope that I would be a good guitar player one day.



Aarav
Class-7th

DRIBBLE DABBLE

Should Sports be a part of Education?

“The five S's of sports are: stamina, speed, strength, skill and spirit; but the greatest of these is spirit.”

Hon'ble Prime Minister of India has launched the Fit India Movement on 29th Aug 2019 with a view to make Physical Fitness a way of life. 'How to Live' ought to be the first pillar of formal education. This involves teaching and practicing the art of taking care of one's body and health daily. Schools have to be the first formal institution after home where physical fitness is taught and practiced.

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit,

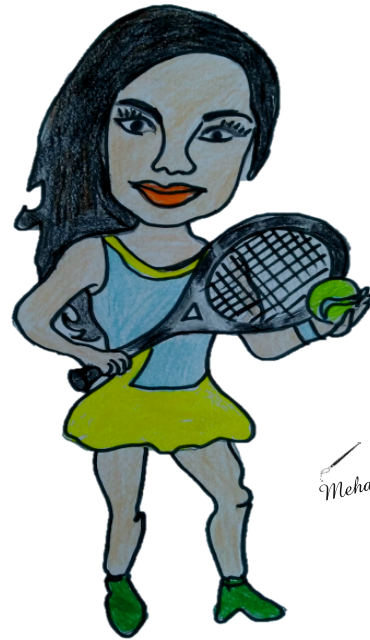
develops strategic and analytical thinking, leadership skills, goal setting and risk taking. Fit and healthy individual lead to an equally healthy society and strong nation.

In my opinion, Sports should be a part of education. Not only does it keep us physically fit but also makes us work as a team. It also develops a quality of comradeship and leadership which is good for our future. Constructive use of time and discipline is a major characteristic of sportsmen. If a student plays a sport, he/she needs to show the commitment of time to be in a particular place at a particular time every day as a part of their routine.

At our school, sports are an important part of the curriculum. The school is well equipped with multi-sporting facilities like cricket, volleyball, handball and indoor games. The school not only aims to improve a student's physical abilities but also instils a sense of good sportsmanship in them. It teaches us endurance and presence of mind. Sports and Games are an integral part of the education system and must be incorporated in every school.



Sanampreet
Class-10th



THOSE LOONY ONES

Funny Jokes

What's a teacher's favourite nation?

Explanation.

Why is a math book always unhappy?
Because it always has lots of problems.

Teacher: Rishi, why are you doing your maths sums on the floor?

Rishi: You told me to do it without using tables!

Riddles

- 1) What do you call somebody with no body and no nose?
Ans. Nobody knows
- 2) I can be written, I can be spoken, I can be exposed, I can be broken. What am I?
Ans. News
- 3) You bury me when I'm alive and dig me out when I'm dead. What am I?
Ans. A plant

Humour in Maths

This took place in our maths class when we were being taught probability.

Sir: Children can anyone give me an example of impossible event. We all started giving random examples when a sound came from behind.

Sir 2000 k note pr Gandhiji ki photo ki jagah apki photo a jaye yeh ek impossible event hai.

And no one could control his/her laughter.



Gokul
Class-5th