



The SPRINGER



"Your pride for your country should not come after your country becomes great; your country becomes great because of your pride in it."

- Idowu Koyenikan

Years of Independence

January 2023
ISSUE- 2

"Don't judge each day by the harvest you reap but by the seeds that you plant."

- Robert Louis Stevenson

75
**Azadi Ka
Amrit Mahotsav**

SPRINGDALES SCHOOL JAMMU

For more details, visit www.springdales.org





PRINCIPAL'S LETTER

“The whole purpose of education is to turn mirrors into windows.”

- Sydney J. Harris

School plays a crucial role in shaping a child's future. Not only does this include the provision of education and ensuring learning, but moulding the character, morals, and value system of the child as well. A school provides the foundation needed to view the world as a limitless space, providing innumerable opportunities to shine.

Effective teaching is about involving students in their learning journey alongside talking to them about their well-being, encouraging them and helping them develop their skills simultaneously. We at Springdales continue to work in this direction by building strong relationships with our students and parents. The holistic growth of our confident students can be witnessed as one goes through the pages of this magazine. There is something for everyone here. The variety and creativity of the articles in magazine pages represent the talent of Springdales faculty. I congratulate the entire Editorial team for their hard work and sustained efforts put in the magazine. I am sure, the positive attitude and ideas expressed by our students will stir the minds of the readers.

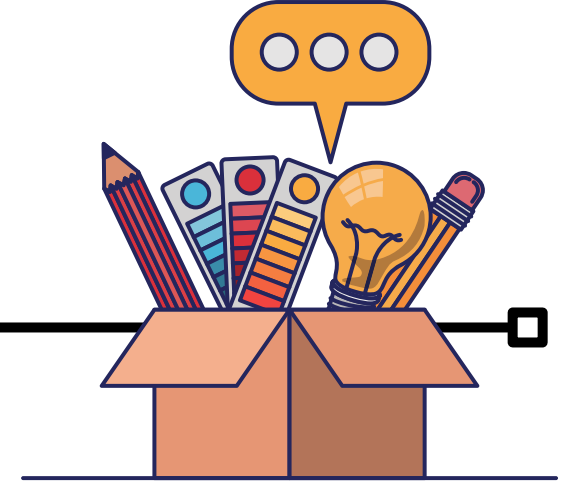
I am also certain that our students will carry forward the School's motto of '**Our Best Always**' and hope that they will keep up the high values they have learnt at their alma mater.

MS. ARCHNA MANHAS
PRINCIPAL





MENTOR SPEAK



"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." - Buddha

Setting goals is an old age practice that can take different forms. Recalibrating expectations is one type of goal setting which can prove good for an individual. The idea is to help you to see that a lot of tasks can actually be quite simple if you just learn how to break them down and work step by step.

Here are few steps to recalibrate your goals and life:

The tools to achieve our purpose don't only exist in the classroom. They exist everywhere; it's upto you to identify and adopt them in order to live a more fulfilling life.

The magic formula for success is often quite simple: How you do anything is how you do everything. Shakespeare once said, "There are only two tragedies in life: One is not getting what one wants, and the other is getting it." If a person never tries to improve their understanding of self and beliefs, they will continue to fall short of their potential and not accomplish their goals.

Understanding one's needs - both psychological and physical - is a key component to holistic improvement as it allows individuals to prioritize their needs.

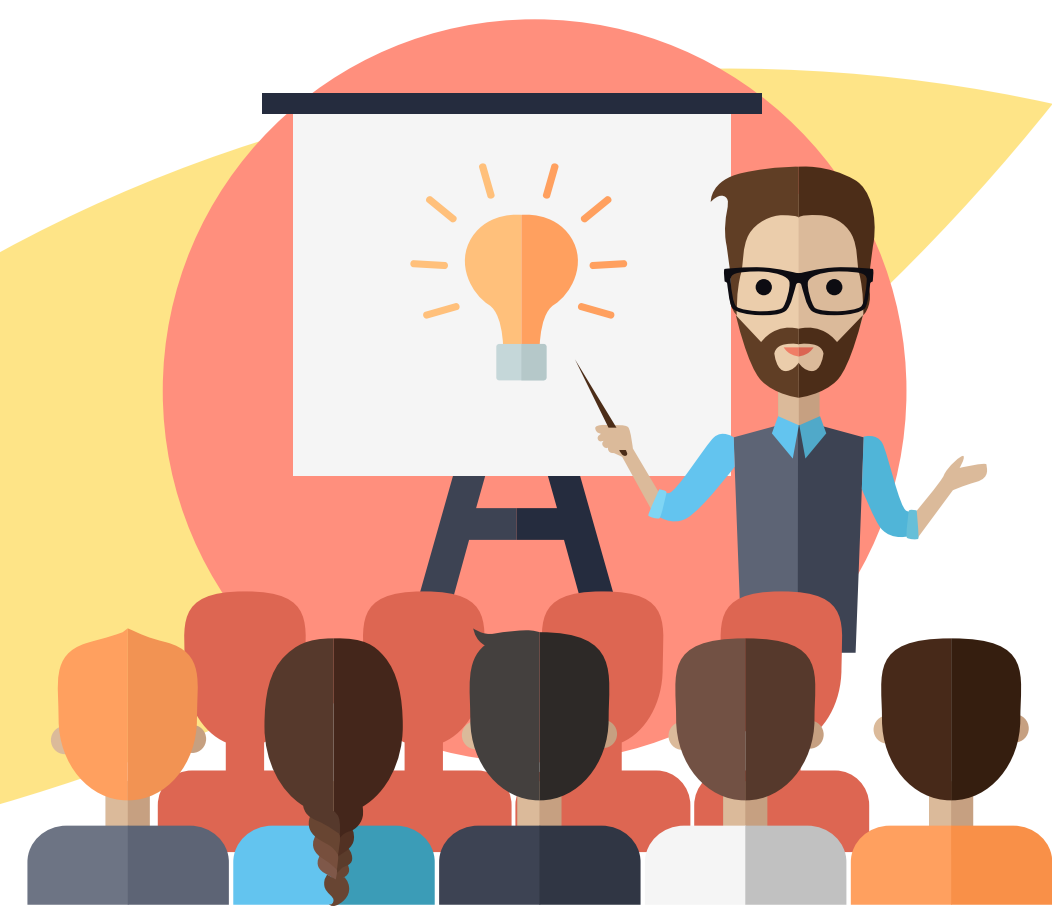
In today's fast paced world, many have developed unhealthy habits of mind that perpetuate negative thinking patterns. Avoid them.

You're likely too hard on yourself. Don't be surprised if it takes you longer than you'd like to get something right. The secret to learning is to never expect perfection but rather progress.

At last, recalibrating expectations is a guide that takes you through the way you see yourself now and the possibilities around changing your thoughts, feelings and behaviours into reflections of the person you wish to be.

Happy Reading!

MS. KHUSHBOO SONDHI
TEACHER EDITOR





PROCRASTINATION

Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline. Some researchers define procrastination as a "form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences." In the words of Charles Dickens, "Procrastination is the thief of time." Let's first talk about how it affects students in particular.

Student procrastination is a common problem which occurs when students unnecessarily postpone tasks like studying or doing homework and assignments. It affects them at all levels, and can cause serious issues, like worse grades and lower wellbeing. It's also a complicated problem, since different students procrastinate for different reasons. To overcome their procrastination, they look for variety of solutions which may or may not benefit them. Here's see an example to understand this better. A student, who has to complete his homework or prepare for a test, puts off everything and waste several hours on browsing social media instead. This problem is so common among students that the tendency to procrastinate on tasks until right before they're due is sometimes called the 'student syndrome.'

But the question is how can they overcome it? Well, there are a lot of ways to overcome this issue. It is important to first set a concrete goal for oneself which is supposed to be followed diligently. Secondly, time management. It's vital to management time before working on different tasks as that will increase the efficiency and effectiveness of the targets to be achieved. Thirdly, break the task into small and manageable steps. This will decrease the overwhelming feeling of completing a tedious work and also help a person to know about the shortcomings before moving forward to the next step. Next, it is advisable to set intermediate milestones and deadlines as it will help to plan further and feel motivated for the continuous progress. Apart from these, it is important to understand your productivity cycle as some people work best during day time and some feel more focused during night. Taken this into consideration, one must plan his schedule accordingly.

Design your environment to be free from any kind of distractions to avoid procrastination. One must be focused towards the goals rather than tasks as that will make a person work effectively even on boring assignments. The most important thing to change your mind set. The fear of failure or not being able to present a perfect work leads a person to procrastinate. One must accept the fears and work accordingly. Develop self-compassion and self-efficacy as it can help you reduce your procrastination, as well as associated issues, such as anxiety.

You'll probably need to use multiple techniques in order to reduce your procrastination, but even just a few should help. Start with just a few techniques initially, to avoid getting overwhelmed, and then you can add more techniques over time, based on your progress. Also, rather than jumping directly on the task, its better to take tiny steps and move forward.

What does it take to beat the desire to procrastinate? Well, these influential people have some great advice for you: it's all about action! As the American author Augustine "Og" Mandino said, "Action will destroy your procrastination."

AYUSH SHARMA
STUDENT EDITOR (CLASS 10TH)



SPRINGER UPDATE



ACHIEVEMENTS

WINNERS OF CIVILITY COMPETITION (KINDERGARTEN)

NURSERY

- Ruhaan Koul stood 1st.
- Dakshita Sharma stood 2nd.
- Thakur Adhavik and Samrat Manhas stood 3rd.

L.K.G

- Kridhayveer stood 1st.
- Shivika stood 2nd.
- Samaira stood 3rd.

U.K.G

- Shetu Dogra stood 1st.
- Radhika Ganjoo stood 2nd.
- Aarish Mahajan stood 3rd.

WINNERS OF STORY TELLING COMPETITION (KINDERGARTEN)

NURSERY

- Dakshita Sharma stood 1st.
- Advik Suman stood 2nd.

L.K.G

- Kridhayveer stood 1st.
- Garvit stood 2nd.

U.K.G

- Radhika Ganjoo and Shetu Dogra stood 1st.
- Aarish Mahajan stood 2nd.



WINNERS OF INTRA CLASS DANCE COMPETITION (CLASS 1ST TO 10TH)

FIRST GROUP (1st To 4th)

- Class 3rd stood 1st.

FIRST GROUP (5th To 7th)

- Class 6th stood 1st.

FIRST GROUP (8th To 10th)

- Class 8th stood 1st.



WINNERS OF INTER HOUSE STEAM QUIZ COMPETITION

- Jhelum House secured 1st position.
- Chenab House secured 2nd position.
- Tawi and Indus House secured 3rd position.

WINNERS OF INTER HOUSE ENGLISH DEBATE COMPETITION (GROUP – B)

- Hitakshi Bhat from Indus House secured 1st position.
- Rashi Sharma from Indus House secured 2nd position.
- Shreyas Bhat from Jhelum House secured 3rd position.

WINNERS OF INTER HOUSE ENGLISH DEBATE COMPETITION (GROUP – C)

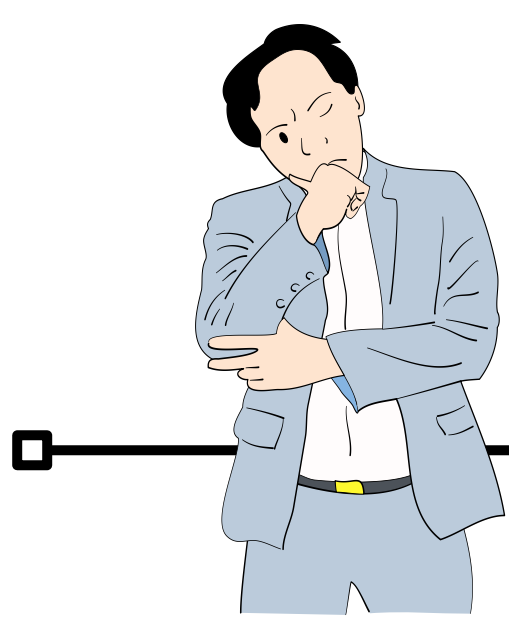
- Radhika Devi from Indus House secured 1st position.
- Aarav Mahajan from Chenab House secured 2nd position.
- Amanat Bhat from Jhelum House secured 3rd position.

WINNERS OF INTER HOUSE KHO-KHO COMPETITION

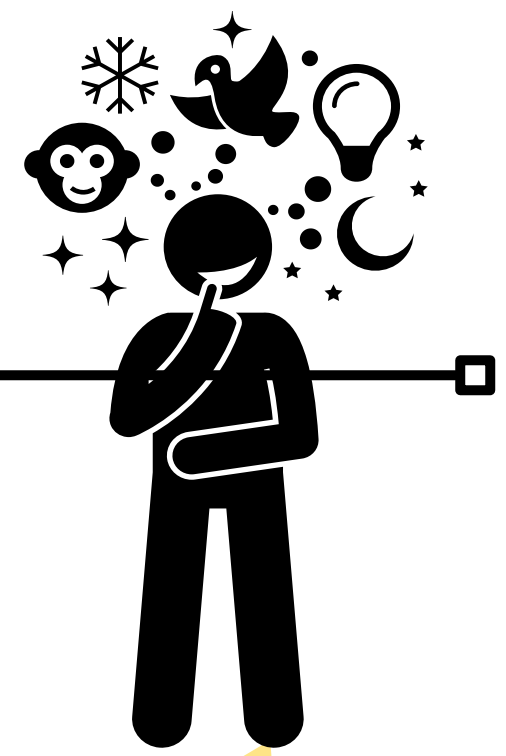
- Winner – Jhelum House.
- Runner-up – Chenab House.

PRANJAL GUPTA
CLASS 10TH





LITERATI BYTES



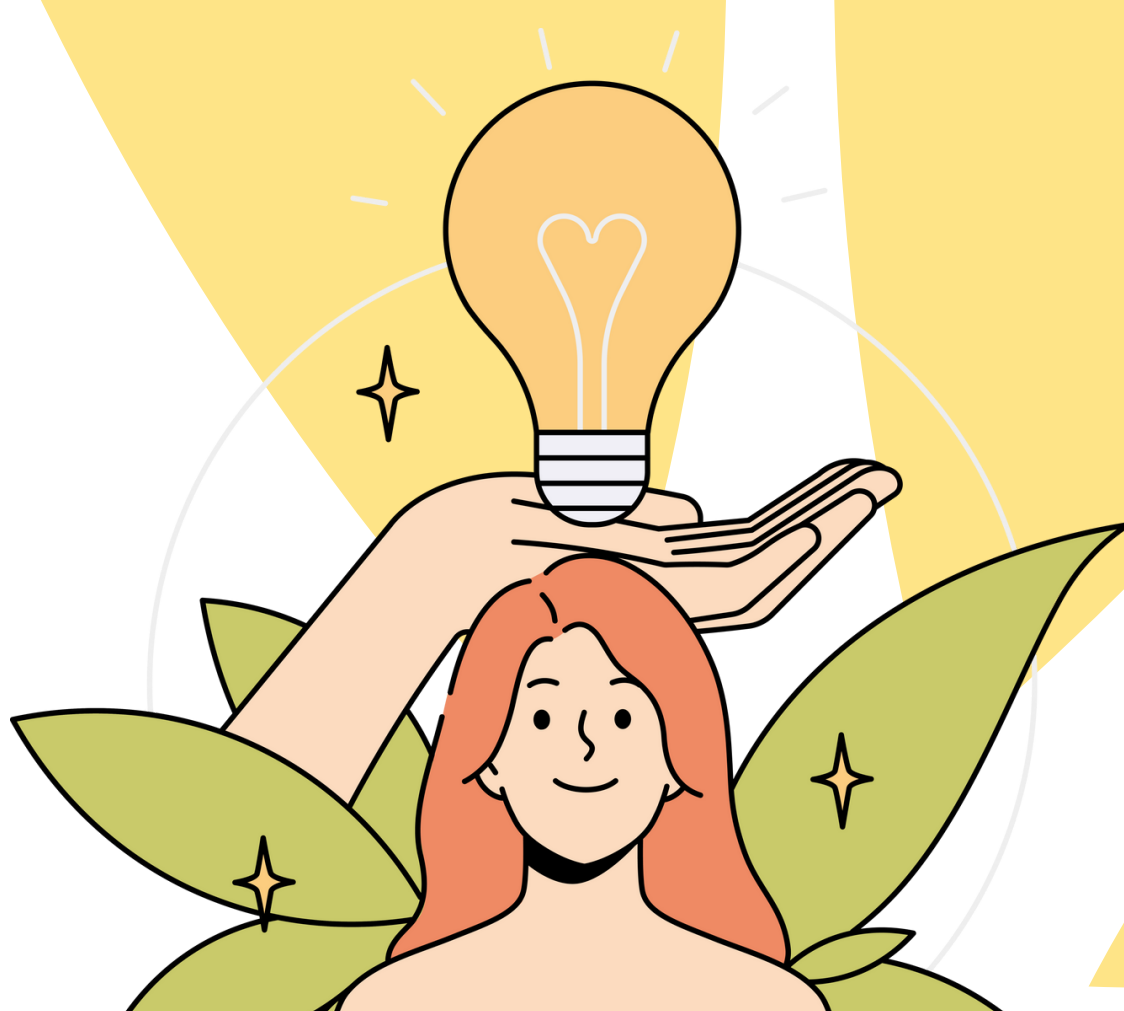
IMAGINATION

Our existence is pervaded by our capability to imagine things. It greatly influences everything we do, think about and create. It can lead to elaborated theories and great inventions in any profession from the realms of academia to engineering and the arts. Ultimately, everything we do regardless of our occupation is somewhat influenced by our imagination. So think of a moment and reflect on how you could use your imagination more effectively.

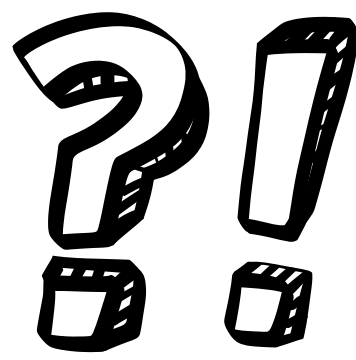
How your life would be personally and professionally improved if you were to activate your brain in ways you have not done before? If you could bring this capability to your daily life, how would it be? Just imagine how much it can change your life. Imagination is not for kids and it doesn't make you look childish if you inculcate your imaginative ideas and dreams into your leadership capabilities. The more it is used, the stronger it will become. It will open gateways to a whole new perspective and infinite possibilities. Whatever knowledge or skills gained aren't enough if one can't open the great horizons of mind. For a leader, it is utmost important to imagine as he has not only have to lead people but also have to foresee any challenges which are yet to be known.

Imagination is not a childish attribute but a key to innovation which can leads to endless possibilities.

DEEPANTI SHARMA
TGT COMPUTER



PUNCTUATION, why is it important?



Have you ever thought what is the importance of punctuation marks while writing? Let me tell you, punctuation plays an important role in giving a proper meaning to our language which we are writing. It helps to emphasize pauses, thoughts, ideas, and even the tone and emotion of the text.

And do you know, the wrong use of punctuation marks can completely change the meaning of the sentence and sometimes it changes to a sentence which has no meaning!

The most commonly used punctuation marks in the English language are the period, question mark, exclamation point, comma, colon, semicolon, dash, hyphen, brackets, braces, parentheses, apostrophe, quotation mark, and ellipsis.

All these 14 marks are very important. One is used for intense emotions, one is used for asking questions while writing, one is used for simple sentences, etc.

If you do not put these marks while writing, the one who is reading can't understand what you have written.

For instance

1. Let's eat, sister
2. Let's eat sister

Correct punctuation helps readers to perceive the message correctly.
Punctuation matters a lot!

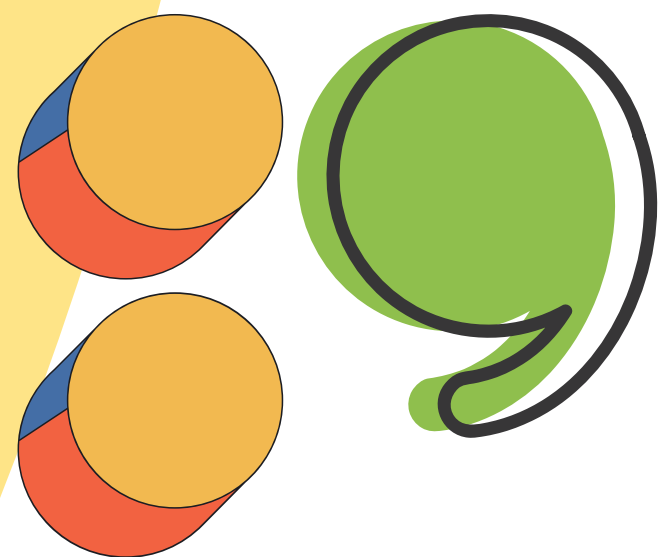
DIYA SHARMA
CLASS 9th

MOON

In the night sky,
The moon shines brightly
Across the endless tenebrosity.
Peeping through the clouds
It looks so enthralling,
Makes my heart exhilarating.
It shines like a colossal pearl,
In the sky so high,
And stars are like tiny diamonds to the eye.

Oh Moon! Why are you so far?
I want to touch you,
But how I can reach afar?
I just watch it from my window,
With a smile every night,
And it looks at me with the same delight!

PALAK AHUJA
CLASS 10th



A COLD WINTER NIGHT

What a fright,
Was that cold winter night.
The wind was blowing crazily,
Making my heart beat hastily.
It was making a loud ghastly uproar,
As if it was the onset of a war.
Trees were looking like giant creatures,
Creepy shadows were their prime features.
Everything around was so appalling,
Made me truly harrowing.
I crawled under the sheets with fear,
Wanting all this to just disappear.
Praying for the end of this horrific cold night,
With a day so vibrant and bright.

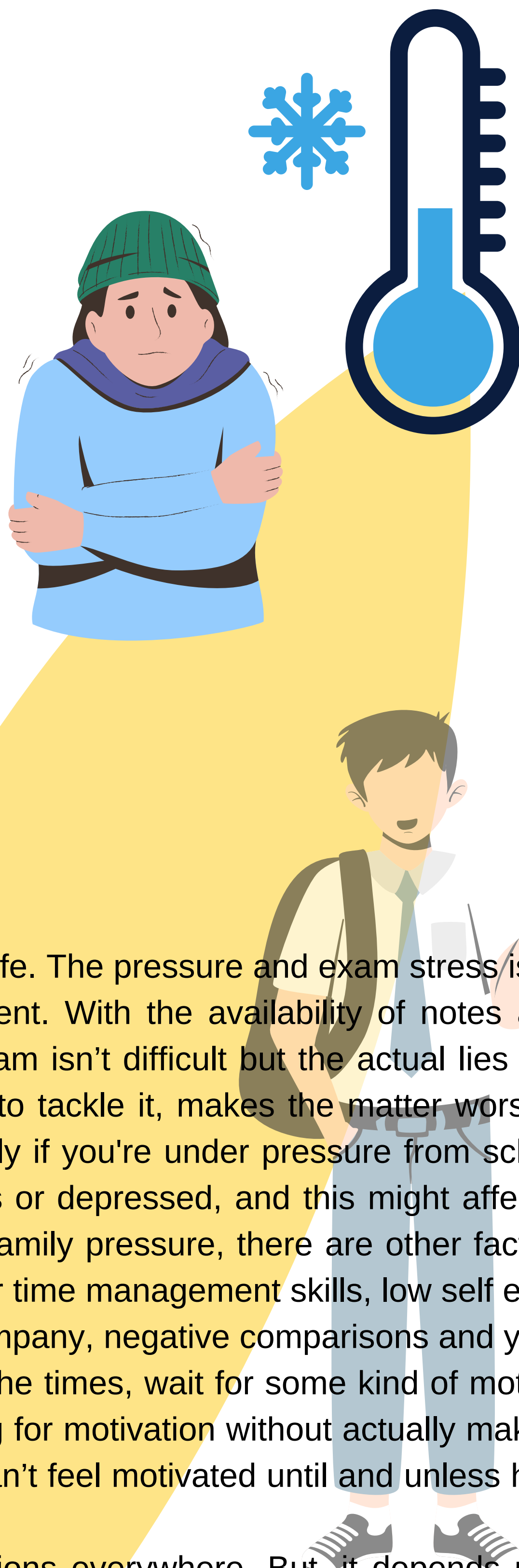
ANIKET SONI
CLASS 7th

LIFE OF A 10TH GRADER

Exams, the utmost important part of any student's life. The pressure and exam stress is really high especially when you are a board class student. With the availability of notes and all subject related resource material, cracking any exam isn't difficult but the actual lies hidden sometimes. Yes, its exam stress and the inability to tackle it, makes the matter worse. It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits. Other than this peer or family pressure, there are other factors as well which contributes in magnifying the issue. Poor time management skills, low self esteem, spending time on the phone unnecessarily, bad company, negative comparisons and yes, the most important procrastination. Students, most of the times, wait for some kind of motivation to start working or studying. But, the truth is waiting for motivation without actually making an effort to achieve your goals is truly useless. One can't feel motivated until and unless he tries to work for his goals.

I totally agree with the fact that there are distractions everywhere. But, it depends upon a person's grit and determination as how he tries to overcome these hindrances. There are various ways to get oneself back on track. Few of them are meditation, preparing a well planned timetable, exercise, control over body and mind to boost concentration and practicing affirmations. If a person keeps himself under the umbrella of negative thoughts, then it will be impossible for him to work for what he wishes to achieve. Scoring good or high grades won't be a tough task if one masters the skill of managing stress.

AARAB CHADHA
CLASS 10th



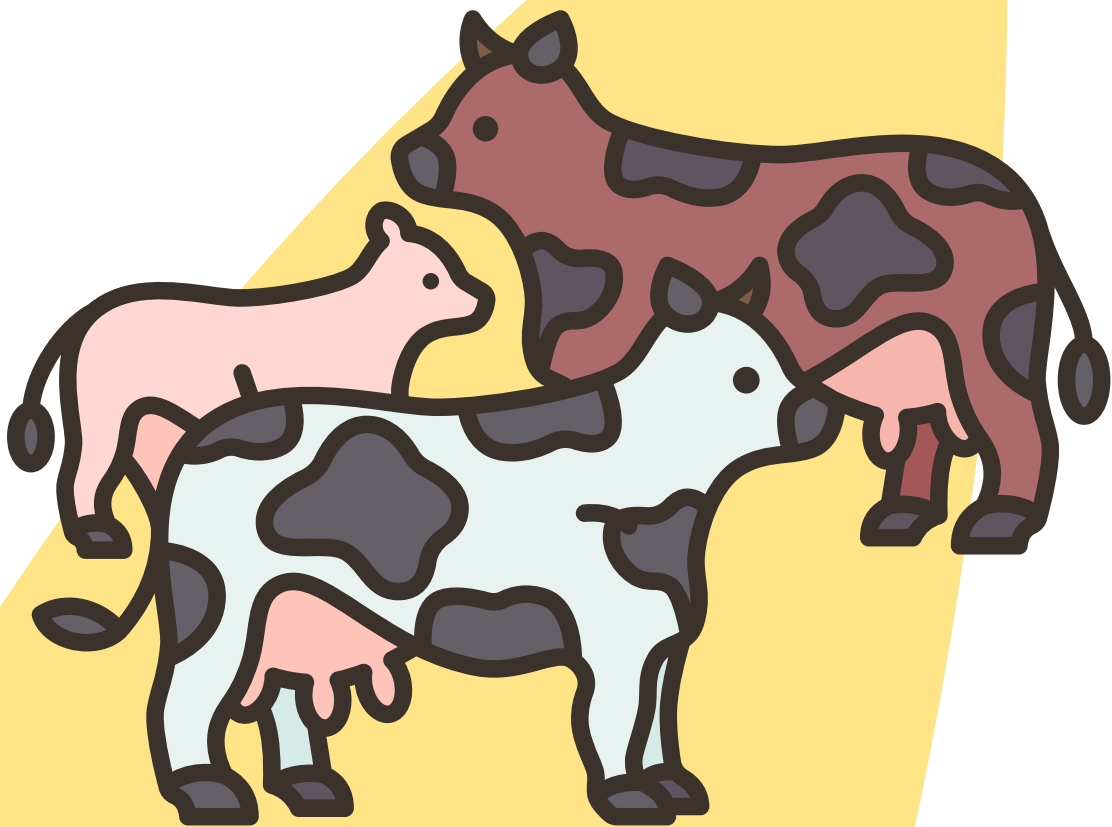
THINGS I LIKE

I like dove,
It's a symbol of peace and love.
I like the birds,
And animals moving in herds.
I like the elements of sky,
But don't like the deserts so dry.
I like books,
With amazing stories and pictures.
I like the rainbow,
Up in the sky with an amazing glow.
I like to dream,
And the sun's yellow beam.
I like the hope to try,
And flying high in the sky.
I like to chase after my dreams,
And want to clinch them by all means.

RASHI SHARMA
CLASS 7th

A TO Z QUINTESSENTIAL OF LIFE

- A – Aspire to achieve your goals
- B – Believe in yourself
- C – Cease the opportunity
- D – Dream to become what you wish for
- E – Erase all the negativity
- F – Forgive the humble mistakes
- G – Gain as much knowledge as you want
- H – Honour yourself and others
- I – Illuminate yourself with the fruit of knowledge
- J – Joyfully live each day
- K – Kindness is the best virtue
- L – Learn from your mistakes
- M – Meditate everyday
- N – Nurture the environment
- O – Organize everything and yourself
- P – Praise others
- Q – Question and clarify the doubts
- R – Responsibly handle everything



S – Smile often
T – Think rationally
U – Upgrade yourself
V – Value life and everything around you
W – Work hard
X – X-ray your problems and then act
Y – Yearn to improve
Z – Zestfully pursue happiness



SAMRAGYI ASHOK

CLASS 8th

SHERSHAH – THE REAL HERO

In order to serve our nation
They risked their lives
Vikram Batra is one among the many
gallantry
Who laid down his life for the country.

Rejecting a job in Merchant navy,
By a firm of Hing Kong,
The 'Shershab' of the Tiger Hills
Preferred to save the nation life long.

On the fateful night of ninth July
While making the enemy retreat
The cop of Jessore company
Got a heavy firing in chest as a treat.

The Param Vir Chakra award
Kept his promise to comeback,
After raising the Indian Flag in victory
His body in it being wrapped.

He instills in me patriotism
He inspires me to join Indian Army
So that I can protect my country
From the enemy.

His words 'Dil Mange More' has
Fired up my imagination
He was a true gem
For the whole nation.

JANVI PANDITA
CLASS 5th



GROWING UP WITH GRANDPARENTS

Grandparents are true blessings from God who are irreplaceable. They are angels in disguise who are always looking over their kids and grandkids. In today's changing times, where both parents are usually working, they need someone who they can trust wholeheartedly to look after their child. Growing up with grandparents is a valuable asset. A cordial relationship between grandparents and their grand children gives them emotional support as well as comfort. It helps in imbibing skills of empathy, trust, respect and understand among children.

They are the ones who have made our parents the way they are. It is because of their upbringing that our parents love us immensely and care for us the same way our grandparents did when they were children. A study reveals that kids who grow up to have greater emotional closeness with their grandparents are less likely to be depressed as adults! My grandparents are my ultimate support and encourage me to work hard to achieve my goals.

ARUSHI VERMA
CLASS 7th



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संपादकीय

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नन्हीं कोपलों को पल्लवित-पुष्पित प्रसून बनाने वाला स्प्रिंगडेलज़ विद्यालय केवल एक विद्यालय नहीं, बल्कि ऐसी आधारशिला है - जहाँ कच्ची मिट्टी को आकार दिया जाता है, सपनों को साकार किया जाता है, वर्तमान का सदुपयोग कर भविष्य को सँवारने की कला सिखाई जाती है और विविध कलाओं में विद्यार्थियों को पारंगत कर उन्हें समाज में सम्मानपूर्वक जीने के लिए नई दिशा प्रदान की जाती है। पढ़ाई, खेल, कला, आखिर ऐसा क्या है जो यहाँ नहीं हैं? इसकी नींव की ईंट से लेकर कंगूरे तक की ईंट इस तथ्य को प्रमाणित करती है कि सफलता का महल एक दिन में खड़ा नहीं होता बल्कि सतत् व निरंतर प्रयास ही इसे मज़बूती प्रदान करता है। कितने ही विद्यार्थी इसके गर्भ से कुंदन बनकर निकले और विद्यालय के नाम में चार चाँद लगा गए। आने वाले समय में भी यह विद्यालय और इसके विद्यार्थी कैसी-कैसी बुलंदियों को छुएँगे- ऐसा ख्याल ही मन को गुदगुदाने के लिए पर्याप्त है। हमारा यह विद्यालय और इसके विद्यार्थी सदैव प्रगति-पथ पर अग्रसर रहे और इससे संबंधित हर शख्स सुखी-स्वस्थ-सम्मानित रहे ऐसी मेरी अभिलाषा है।

-सुषमा देवी
(शिक्षक संपादक)



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तू अपनी अलग पहचान रख

शेरशाह कहलाता था,
वो मन से बड़ा मौजी था।
विक्रम बत्रा नाम था उसका,
भारत का वो एक फ़ौजी था ।

बहुत वक्त के बाद जब उसने,
माँ का दामन पाया था ।
पलंग बिछाए बैठा था कि
चिट्ठी ले कोई आया था ।

सरहद का बुलावा था और
सैनिक को बुलाया था ।
या तो तिरंगा लहराएगा,
या फिर तिरंगे में लिपटकर आऊँगा ।
दे दिलासा निकल पड़ा,
फौलादी अपने इरादों को ।
कारगिल की जंग थी,
यारों वतन अपना बचाना था ।

बहादुरी से लड़कर उसने,
एक उदाहरण बनाया था ।
गवाँकर अपनी जान इस
देश को बचाया था ।

लिपटकर तिरंगे में वो,
लौट कर घर आया था ।
इस देश को अपना घर मानकर 7 जुलाई, 1999 को,
भारत माँ की गोद में सोया था ।
मैं इस शख्स को सलाम करती हूँ जिसने न सिर्फ़ मुझे,
बल्कि और भी कई लोगों को प्रेरित किया ।
वह सच में एक महानायक था,
जिसने देश को शर्मसार न होने दिया ।

लेती हूँ शपथ मैं – इस वीर पुरुष का सदा सम्मान
करूँगी ।

उसकी वीरगाथा सुना-सुनाकर,
अपने कई और साथियों को भी प्रोत्साहित करूँगी ।
अपने देश भारत की आन-मान-शान पर,
कभी आँच ना आने दूँगी ।

**-साम्राज्ञी अशोक
कक्षा-आठवीं**





जीवन में समय का सबसे अधिक महत्त्व होता है । जो इनसान समय का अच्छे से उपयोग करता है, वह जीवन में ज़रूर सफल होता है । समय की बर्बादी यानी अपने भविष्य की बर्बादी । यह समय ही है जो हमें धन, समृद्धि और खुशी प्रदान करता है । समय धन से भी ज़्यादा कीमती है; क्योंकि यदि धन को खर्च कर दिया जाए तो हम उसे दुबारा प्राप्त कर सकते हैं परंतु समय को एक बार गवाँकर हम उसे पुनः प्राप्त नहीं कर सकते इसलिए हमें समय का सही उपयोग करना चाहिए ।

- जानवी पंडिता कक्षा- पाँचवीं

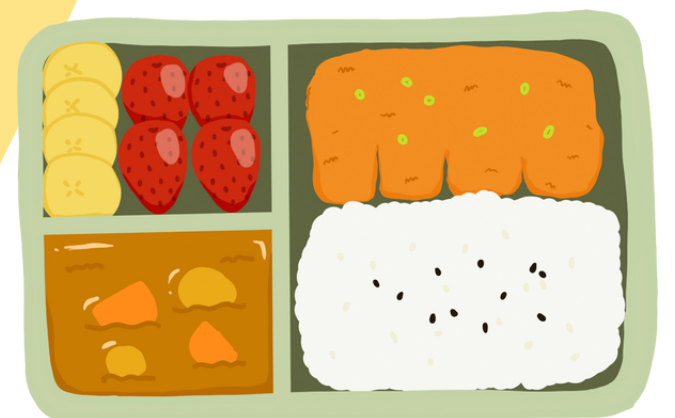


पहेलियाँ

1. ऐसा एक अजब खजाना,
जिसका मालिक बड़ा सयाना ।
दोनों हाथ उसे लुटाए,
फिर भी दौलत बड़ी आए।
2. प्रो॰ ब्लू नीले घर में रहते हैं,
मिस्टर पिंग, पिंग घर में,
और डॉ॰ बाउन, ब्राउन घर में,
तो बताओ, व्हाइट हाउस में कौन रहता है?
3. ऐसी क्या दो चीज़ें हैं,
जिन्हें हम ब्रेकफ़ास्ट में नहीं खा सकते ?
4. तुझमें है,
उसमें नहीं,
झंडे में है,
डंडे में नहीं ।
5. ऐसा कौन-सा फल है जिसके पेट में दाँत होते हैं ?

6. गोल है पर गेंद नहीं,
काँच है पर दर्पण नहीं,
रोशनी देता है पर सूरज नहीं,
बताओ, कौन हूँ मैं ?

उत्तर- 1. विद्या 2. अमेरिका का
राष्ट्रपति 3. लंच और डिनर 4. झ 5.
अनार 6. ट्यूब लाइट



आज का महत्त्व

कल कभी न आया है,
कल कभी न आएगा,
जो इस पर निर्भर रहेगा,
जीवनभर पछताएगा ।
कल को छोड़ो, आज को देखो,
आज बहुत कुछ दिखलाएगा ।
कभी न इसको छोटा समझो,
आज करो बस अभी करो ।

देखो फिर मंजिल तुम पाओगे,
थोड़ी-सी हिम्मत करके,
देखो तुम कितना ऊपर उठ जाओगे,
आज का महत्त्व भी जान पाओगे ।
भूतकाल अब चला गया है,
भविष्यकाल का क्या भरोसा ?
वर्तमान में करें तरक्की,
वर्तमान ही सच्चा साथी ।

- दीया शर्मा
कक्षा-नवमी

Keep on
TRYING

KEEP UP
• the good •
WORK

मेहनत

परिश्रम करोगे तो सफलता पाओगे,
नहीं तो जीवनभर पछताओगे ।
परिश्रम करते हुए जीवन में आगे बढ़ते जाओ,
पर कभी भी शॉर्टकट नहीं अपनाओ ।

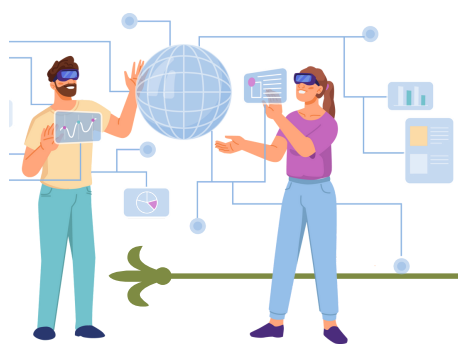
हार का कभी नहीं करना पड़ेगा सामना,
आलस्य का कभी भी हाथ न थामना ।
जीवन में तब तक न करो आराम,
जब तक खत्म न हो जाए तुम्हारा काम ।

मेहनत के मूल्य का जब तुम्हें ज्ञान हो जाएगा,
कोई भी कार्य तुम्हारे लिए मुश्किल नहीं रह जाएगा ।
परिश्रम से करो कार्य सम्पन्न,

सफलता पाने के लिए करो अपना तन- मन- अर्पण ।
सफलता कदम चूमने तुम्हारे खुद आएगी,
जिस दिन तुम्हारी मेहनत रंग लाएगी ।

-अमानत भट्ट
कक्षा- नवमी





THROUGH THE WORMHOLE



Innovations in science and technology are the main driving tools for the advancement of the world. Scientists are in a constant surge to improve the standard of living of the people via various scientific experiments and ideas. It is based on the ever-changing nature of this phenomenon that has enabled humanity to adapt to the ever-demanding nature of society. Through science and technology, many issues have been solved and researches are constantly going on to solve the prevailing issues as well. Science and technology is the cockpit of world development; it undergirds economic advances, education, infrastructure and improvements in health systems.

Recently, an Indian scientist has developed a security ink which can help tackle the counterfeiting of bank notes, certificates and other important documents. The Union Ministry said in a statement that this ink is highly stable and non-toxic security ink which is developed from nano materials. The study was recently published in the 'Crystal Growth and Design' and 'Materials Today Communications' journals.

Dr Sanyasinaidu Boddu, along with his team of researchers from the Institute of Nano Science and Technology, Mohali, has developed the security ink that has excitation-dependent luminescent properties that are highly stable under practical conditions such as temperature, humidity, and light. Counterfeiting of bank notes, certificates, braded goods, medicines and other important documents has become a very common and an alarming issue in the world. These fraudulent practices need to be stopped; hence the discovery of the ink is made.

A technique known as downshifting, controls the work of the safety ink. In this technique, the luminescent material absorbs a high-energy photon and emits a low-energy photon. Secret tags are not seen under visible light, but are visible under ultraviolet light. But, such single emission-based tags can be duplicated, meaning that duplicate security inks can be created. The possibility of decoding and repeating security ink decreases as the number of parameters required to decode a secret tag increases. The drawback of luminescent materials currently used to design secret tags is that they are less stable and highly toxic, being made of fluoride.

To develop the security ink, Boddu doped the $Gd_{1-x}BixPO_4$ nano-material with lanthanide ions. According to the ministry statement, the ink exhibited very strong downshifting and up-conversion luminescence properties. The simple co-precipitation method was used to synthesize the luminescent nano-materials. Commercially available PVC gold medium inks and nano-materials were used to fabricate the composite. The researchers printed the patterns and letters on black paper using mixed inks. They observed the stability of the ink by studying it under different excitation wavelengths and under various conditions that arise during practical applications. The ink was found to be stable at different wavelengths under different conditions.

The developed ink has huge potential to overcome counterfeiting as even a layman can easily find out whether a product is genuine or fake. The scientist said that they decided to apply lanthanide ions for anti-counterfeiting because they are known for their excellent downshifting and up-conversion luminescent properties, and can improve the protection capability.

SUMUKHI KOUL
CLASS 7TH





ONENESS



MANDALA ART

Art and culture are highly valuable for the society as they illuminate our inner lives and enrich our emotional world. This is what we cherish. Life without these would be static and sterile – no creative arguments about the past, no diverse and stimulating present and no dreams of the future. Let's talk about one of the famous art forms – Mandala Art.

A mandala, which is Sanskrit for “circle” or “discoid object,” is a geometric design that holds a great deal of symbolism in Hindu and Buddhist cultures. Mandalas are believed to represent different aspects of the universe and are used as instruments of meditation and symbols of prayer most notably in China, Japan, and Tibet. A mandala is a spiritual and ritual symbol in Asian cultures. In Hinduism and Buddhism, the belief is that by entering the mandala and proceeding towards its centre, you are guided through the cosmic process of transforming the universe from one of suffering into one of joy and happiness.

There are different types of mandala art found in different cultures with both spiritual and artistic purposes.

- **Teaching Mandala:** These are symbolic, and each shape, line, and color represents a different aspect of a philosophical or religious system. Teaching mandalas serve as colorful, mental maps for their creators.

- **Healing Mandala:** They are made for the purpose of meditation. Healing mandalas are intended to deliver sagacity, stimulate calmness, and channel focus and concentration.

- **Sand Mandala:** Buddhist monks have long used sand mandalas as a traditional, religious element. These intricate designs use a variety of symbols made from colored sand that represent the volatility of human life.

Mandala involves different types of symbol including wheel, sun, triangle, lotus flower, being most commonly used. These are used for variety of religious traditions, meditation and modern contexts.

The habit of creating and collecting mandalas is a transformative practice that is intended to restore inner peace and wisdom within. I find this art form very interesting as well as healing.

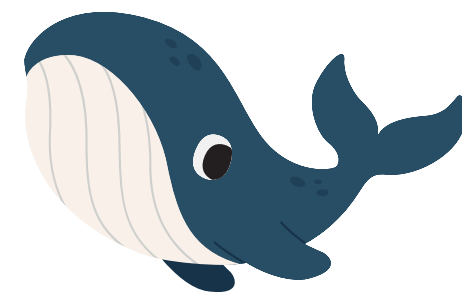
Each step from creating a base to making designs, from filling up the colours to giving it a final touch involves a sense of mediation and calmness.

CHAAHAT JAMWAL CLASS 10TH





NATURE'S DIARY



" Climate change does not respect border; it does not respect who you are – rich and poor, small and big. Therefore, this is what we call 'global challenges,' which require global solidarity. "

– Ban Ki-Moo, Former Secretary-General of the United Nations

Climate change is an alarming issue, impacts of which are intensifying locally and globally, crucially affecting marine life and ecosystems. Various environmental changes can already be seen including warming oceans, rising seas, ocean acidification, and an increase in the frequency and intensity of extreme weather events. These changes are life threatening to marine species specifically whales. Living in the depths of the ocean water and singing an eerie song of their own, whales are the gentle giants of the deepest depths.

Climate change is expected to be the main cause of mass extinctions in the 21st century and whales. The rapid warming of the planet is leading to a loss of habitat for whales. It is affecting the timing and ranges of their migration, their distribution and even their ability to reproduce.

Following are some of the species of whale which are badly affected due to the drastic climate changes.

North Pacific Right Whales: These are one of the rarest large whale species with an estimated 30 individuals in the eastern population. Climate change is considered one of the most notable threats facing their northernmost habitat in the Pacific. These whales feed on zooplankton, and location of timing of these can be determined by sea ice coverage. Due to the warming ocean temperatures, sea ice coverage is changing which impacts zooplankton distribution and availability. This leads to nutritional stress and diminished reproduction.

Beluga Whales: Prodigious changes are happening to seasonal ice coverage and its thickness due to warming ocean temperatures. Unpredictable ice patterns are affecting the ability of beluga whales to migrate using their typical routes and increase the potential for becoming trapped in the ice. When this happens, belugas can suffer from a lack of prey and be more vulnerable to predators. In severe cases, they can run out of areas where they can come to the surface to breathe.

In spite of these threats, whales can be one of our biggest allies in combating climate change. They play a vital role in the health of the oceans where they help provide up to 50% of our oxygen and can help sustain fish stocks. They also help in circulation of nutrients within water. After death, a whale's carcass becomes food for other organisms. As per the research published in Trends in Ecology and Evolution, "Whale recovery has the potential for long-term self-sustained enhancement of the ocean carbon sink. The full carbon dioxide reduction role of great whales (and other organisms) will only be realized through robust conservation and management interventions that directly promote population increases."

Climate change isn't an 'issue' to add to the list of things to worry about, next to health care and taxes. It is a civilizational wake-up call. A powerful message — spoken in the language of fires, floods, droughts, and extinctions — telling us that we need an entirely new economic model and a new way of sharing this planet. Telling us we need to evolve.

– Naomi Klein

**ABDUL MUHEET TAYUBI
CLASS 8TH**





SENSE AND SENSIBILITY



"Music, once admitted to the soul, becomes a sort of spirit, and never dies."

- Edward Bulwer Lytton

The world witness changes in various aspects. Be it technological advances, education, IT, music or anything, changes are happening pretty often. Every day, a new trend emerges, catapulting the popularity from the masses. One such trend emerged from the realms of the music world which got popularized specifically during lockdown. Yes, I'm talking about 'slow and reverb music.'

The slowed and reverb effect is used by slowing down the song of your choice and adding the reverb effect, which lowers the pitch of the singer. Mostly listened to by Gen-Zers, like myself, slowed and reverb songs make you feel some sort of calmness that also has a nostalgic feel. These slowed-down songs fall into lo-fi, but not entirely, just the aesthetic part. Anyone who has browsed for music on YouTube has surely run into this trend before.

Since 2020, slowed and reverb songs have been a common sight on social media. You can see influencers making short videos or reels or any anime clip or edits using these songs. This was actually originated in Houston from the late DJ Screw in the 1980s and is called chopped and screwed. The chopped and screwed effect is used by slowing down a rap song mix in beat switch-ups, similar to slowed and reverb effects.

In many ways, slowed and reverb is almost a modern take on the chopped and screwed genre. However, the big difference between the two is that while chopped and screwed music requires a unique form of production and editing, slowed and reverb music can be whittled down to simply lowering a track's beats per minute and dripping it in reverb. There are even websites where one can just upload a song and get a slow & reverb version of the same.

Music can be an escape for some and for some it can be driving force. This new form of music creates a sense of calmness and relaxing atmosphere for the listeners along with highlighting the production elements of the song. These songs can help the listeners not only to rediscover their favourite songs in a whole brand new way but the effects make a song appealing and worth listening to.

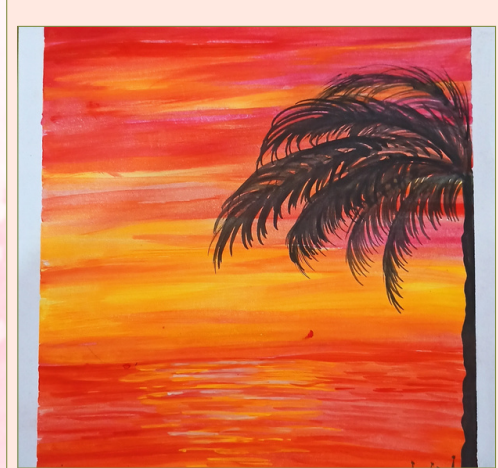


AMMANAT BHAT
CLASS 9TH

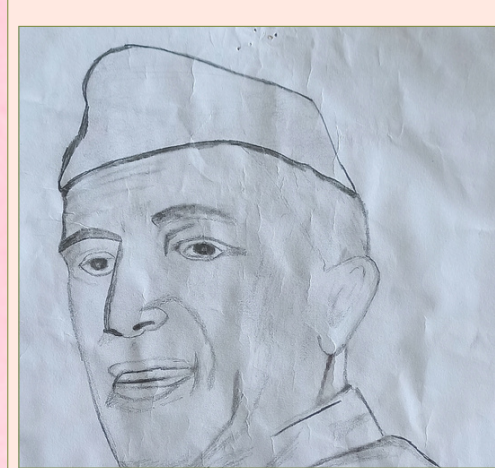
Painting is Self-Discovery.
"Every good artist paints what he is."



TANVI SHARMA
TGT ART N CRAFT



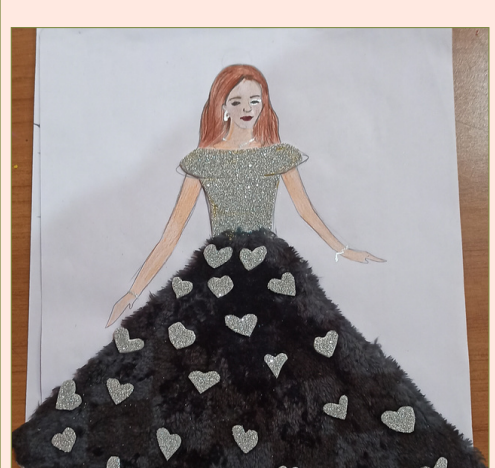
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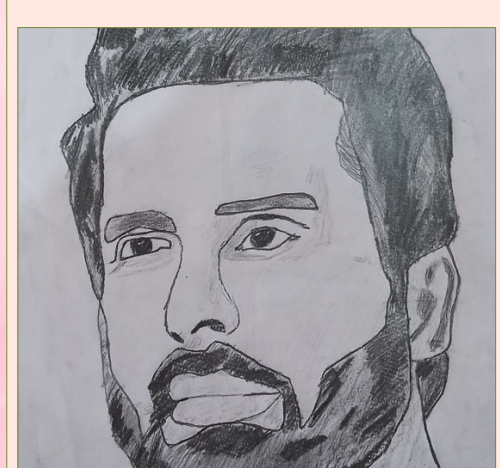
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BHUMIKA MANHAS
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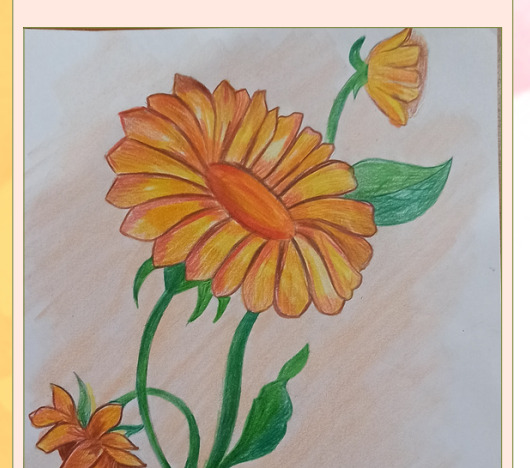
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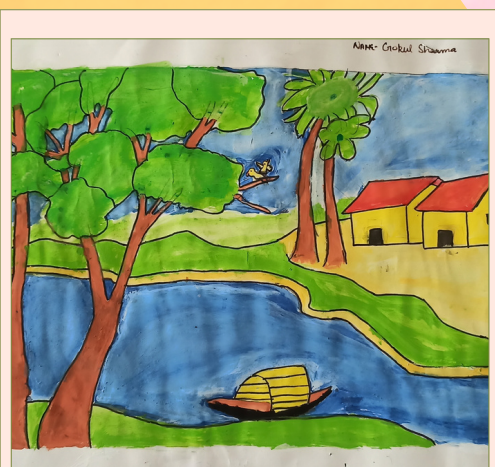
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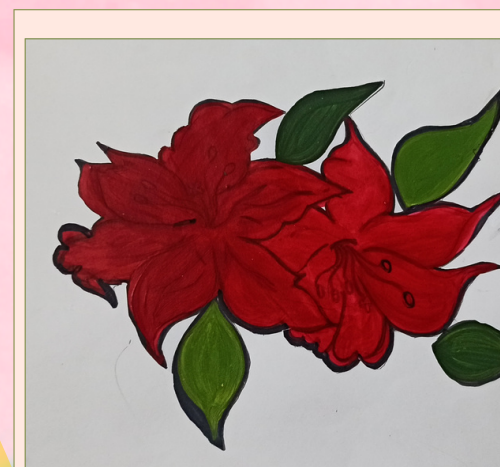
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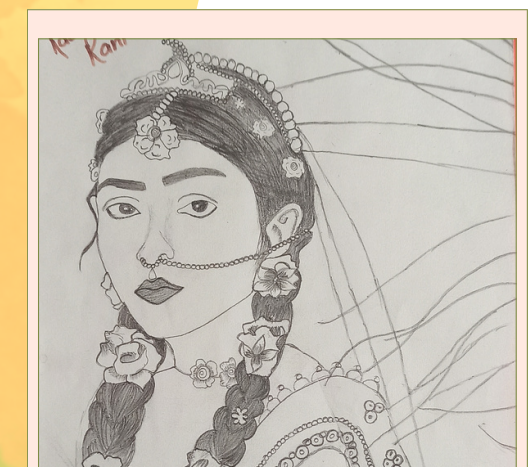
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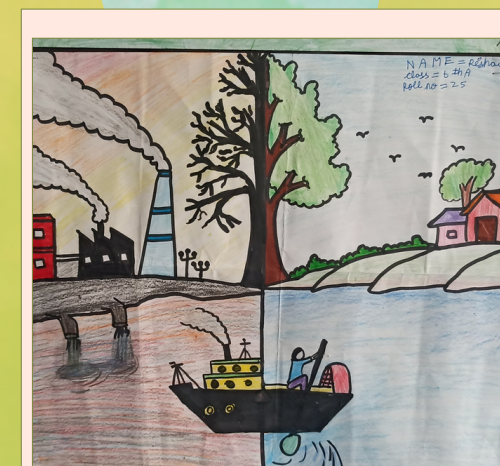
MOKSHI
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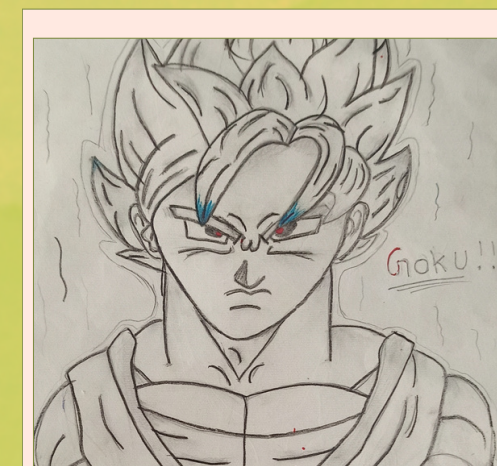
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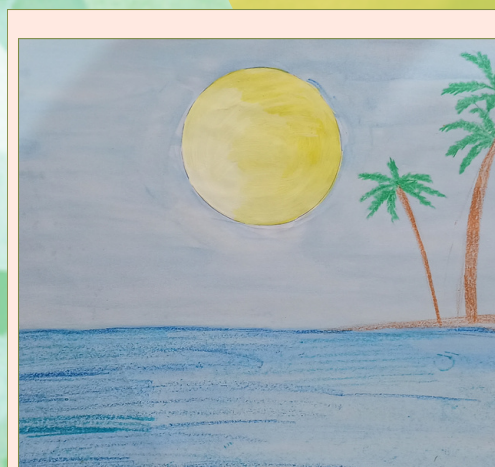
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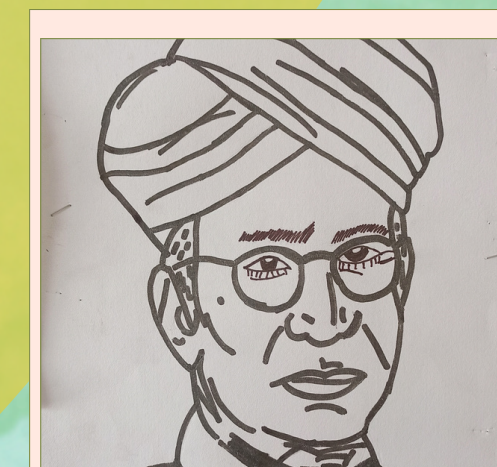
SUMUKHI KOUL
CLASS 7TH



ROBAN SINGH
CLASS 9TH



SANSKRITI MANHAS
CLASS 6TH



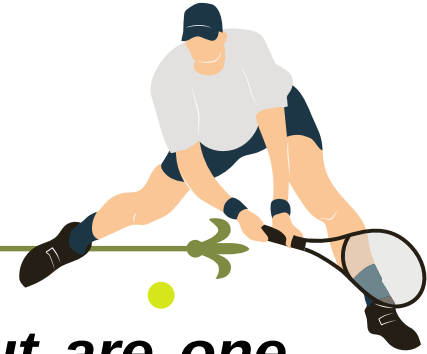
SAMRAGYI ASHOK
CLASS 8TH



VANSHIKA SHARMA
CLASS 9TH



DRIBBLE DABBLE



"In the case of archery, the hitter and the hit are no longer two opposing objects, but are one reality."

. – Eugen Herrigel

Games and sports are vital as they play an essential role in the development of the human resources of a nation. The energy and potential of youth could be channelized for productive and meaningful purposes through games and sports. There are numerous games and sports being played by many but today, I'm going to talk about my favourite 'archery'.

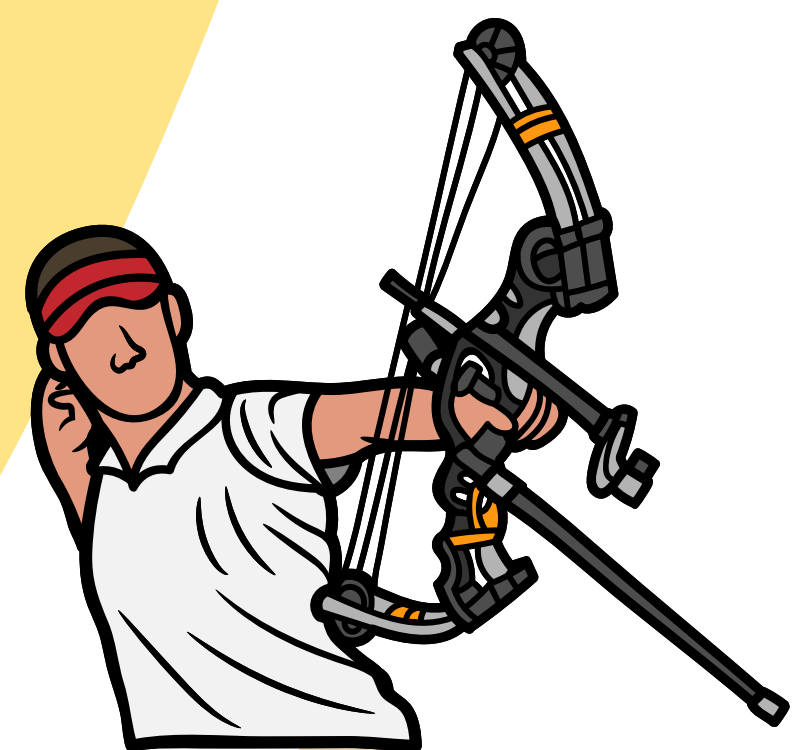
Archery is the practice of using a bow to shoot arrows. It is not just a sport but has historically been used in hunting and combat. A person practicing archery is called an archer, and one who enjoys or is an expert at archery is sometimes called a toxophilite.

As it is said by Fred Bear, "The history of the bow and arrow is the history of mankind" which is indeed true. Earlier used for hunting purpose, it was gradually adopted as a tool of warfare. It has a number of health and fitness benefits, as well as being an enjoyable and social sport. Over the period of time, there have been numerous changes in the equipment but the sport remains unchanged. It is classified into two types – target and field.

In target archery, an archer has to shoot specific number of arrows at set targets whereas field archery includes an open-field target range where archers shoot different arrows at different targets or different distances around a course. This simulates the type of shooting experienced while hunting.

Being a competitive sport, it requires a lot of stamina along with upper body and core strength as well as calmness to keep the bow steady while shooting an arrow. Apart from these, there are certain health and fitness benefits of it.

- Developing arm muscles and upper body strength
- Boosting hand-eye coordination skills
- Improving mental strength and concentration
- Honing the flexibility of the hands and fingers
- Freeing the mind from everyday distractions, by focusing it
- Boosts self-confidence
- Improves focus and teaches goal setting



Anyone can practice this sport by joining a club and with diligent practice, good results can be achieved. It can be enjoyed by disabled and able bodied people. Even children with the most severe disabilities can enjoy the sport.

AAINA RATRA
CLASS 9TH



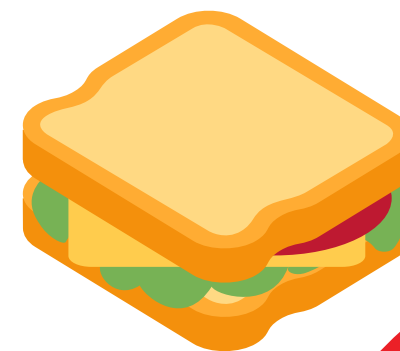
THOSE LOONEY ONES



RIDDLES

Q: What do you get when a witch goes to the beach?

A: Sandwich



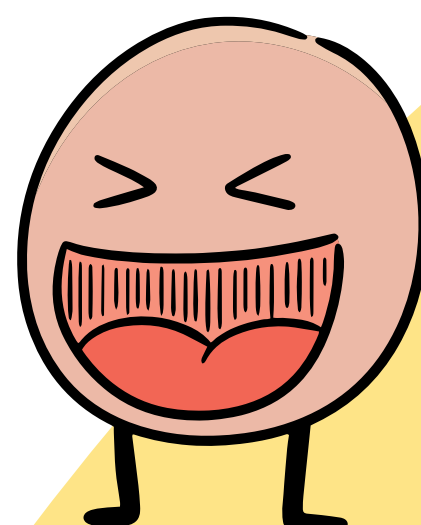
Q: Which bow can't be tied?

A: Rainbow



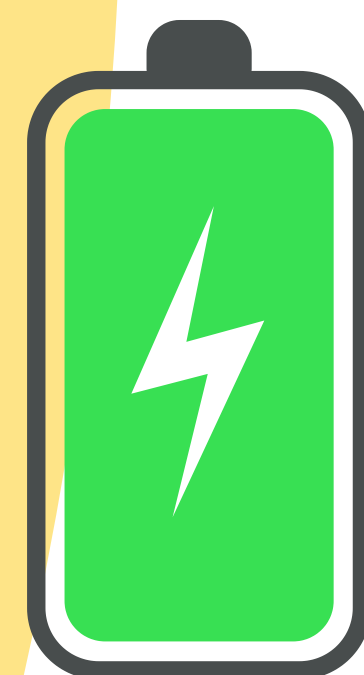
Q: What happens when an egg laughs?

A: It cracks up!



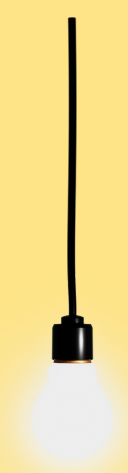
Q: I don't have a life, but I can die. What am I?

A: A battery



Q: What's blue but does not weigh much?

A: Light Blue



Q: What can fill a room but takes up no space?

A: Light



Q: What has legs but cannot walk?

A: A chair



Q: What has hands but cannot clap?

A: A clock

Q: What goes down but never goes up?

A: Rain



Q: You own it but others use it more than you do. What is it?

A: Your name





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- **SENSE AND SENSIBILITY: AMANAT BHAT**
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