

# DPSD HERALD

## January 2023





# We Thank You

Ahana Srikrishna, Grade IX-A

We thank you, India

For the cultural principles.

We take pride in you, 'India'

For the medical miracles.

We are grateful, India

For the 7 cardinal notes.

We respect you, India

For the patriotism you evoke.



We thank you, India

For your secular acceptance.

We salute you, warriors

For this precious independence.

We marvel at you, India

For your immense diversity.

We aspire for 'you'

The abundance of prosperity.

Jai Hind!

# New Year, New Me

Kavya Xavier, Grade IX-A

I believe there are great things to achieve  
I must write a book  
on all the things I'll learn to cook  
I'll make a new friend  
or better yet, I'll start a new trend  
where we start caring for the planet  
and not just stand by and watch them kill it  
these resolutions seem a bit bold  
and I'll forget them once it's no longer cold  
but there is nothing I wish for more  
then knowing I'll make it to 2024



# Flag Held High

Haseena Sanji, Grade XI-E



Flag waves,

A celebration of the freedom we crave,

The stars and stripes of our land,

Grateful for the brave soldiers who stand.

The Declaration of Independence was made,

A new nation was born, not to be swayed,

A new way of life for all to share,

A beacon of hope in the air.

A nation of peace and liberty,

We know all the blessings they did see,

On this day, we honour our brave soldiers,

For the freedom we enjoy, we are beholders.





# The Year's First Midnight

Eva Joseph, Grade IX-A

A crowd gathers around as the clock strikes twelve

To watch dazzling fireworks paint the sky.

As we stand in the shadow of the past year,

The whole world heaves a sigh.



As my 2022 calendar finally comes to an end,

The excitement of all those around me is at its peak.

Youngsters and grown-ups alike jot down

Resolutions that they will probably fail to keep.

Students brace for the impact of the winter term,

And struggle to catch up on holiday homework long neglected.

Those who suffered in the face of last year

Pray that 2023 has a more promising life in store for them.

I should be striving to be a better version of myself;

Stepping out of my comfort zone and taking great big leaps.

But really, nothing seems to have changed

Because amid all this excitement, I was fast asleep.



# New Year's Resolution

Neelam Korlekar, Grade XI-C



A promise to start doing something new

An oath to stop doing something bad

On the first day of the year

And perpetuate the same for the entire year

There is no compulsion

to make a New Year's resolution

But can be tried for a 'self-evolution'

And help in achieving the long-term vision

Having failed to keep a New Year's resolution

Pretty much every this year I resolve to

Play it safe

The trick is to know 'Your limits'

Keep it simple





# The Most Inspiring Books that I've Read in 2022

Shaunak Chakraborty, Grade XI-C



Throughout 2022, I've gone through a plethora of books to expand my perspective on the world and its people. However, nothing has truly moved me like the books "Sapiens - A Brief History of Humankind" by Yuval Noah Harari and "The Alchemist" by Paulo Coelho.

## Sapiens - Yuval Noah Harari

- Firstly, "Sapiens" was a comprehensive and engaging story of the first humans on the planet, all scientifically accurate, however simple enough for a child to grasp. He has crafted his book in such an intelligent and entertaining manner, that it truly makes you want to keep reading. His use of anecdotes and personal reflections on the topics he writes about helps the reader connect with the content.
- After reading the book a few times, I understood his unique perspective on human history. He challenges many of the traditional narratives that have been told about our species, and he presents several unconventional ideas that challenge our assumptions about the world. His knack for making complex ideas accessible to a general audience is like none other.

## The Alchemist – Paulo Coelho

- Secondly, "The Alchemist" by Paulo Coelho tells a beautiful story of the importance of pursuing one's dreams and finding one's true purpose in life, through the journey of a shepherd boy who yearns to travel in search of a personal legend, or a dream that he is convinced will come true.
- The book is a parable about the importance of pursuing one's dreams and finding one's true purpose in life. It is a tale of self-discovery and the power of positive thinking. Santiago's journey is filled with challenges and setbacks, but he remains determined and learns to trust in the guidance of the universe. The Alchemist is a heartwarming and inspiring story that has touched the lives of millions of readers around the world.



# A Visit to the Land Down Under!

Ahana Srikrishna, Grade IX-A

This year for my winter break, we visited Australia. It was double the fun as I was meeting some of my extended family after a long time. There were so many breathtaking landscapes to see around this beautiful island continent filled with natural beauty, biodiversity & amazing coastline.

In Victoria, we visited cities like Melbourne, Warrnambool and Geelong. We drove down the Great Ocean Road which led us to the popular tourist attraction The Twelve Apostles, a collection of limestone stacks off the shore of Port Campbell National Park. The visit to Australia would be incomplete without seeing the kangaroos and we luckily got a chance to feed them. We took a ferry around the Yarra River, also covering other key city landmarks such as Federation Square and Flinders Street. In addition to that, while in Melbourne, don't forget to visit Melbourne Cricket Ground! On 'Boxing Day', which is celebrated on 26th December annually, we watched the test match between Australia & South Africa, which was dedicated in memory of the legendary Shane Warne. I must admit the atmosphere on the ground was electric. Besides, in Warrnambool, we witnessed the beautiful sunset at Lake Pertobe. Moreover, the experience of watching the Little Penguins coming out in multitude, from the Southern Ocean was ecstatic and ineffable.

Our next voyage was to the most awaited visit to Cairns in Queensland, to soak in the Great Barrier Reef, which is a UNESCO World Heritage area. It was my dream to go snorkelling and see the corals and marine animals up close. It was a surreal experience. The Aussies take pride in their biodiversity and protect it well. Additionally, The Skyrail took us into a Rainforest and a village called Kuranda. This village was inhabited by the native aboriginals and had many pieces of authentic Aboriginal artwork depicting their rich traditions and vista points.





# A Visit to the Land Down Under!

Ahana Srikrishna, Grade IX-A

In South Australia, we visited Mount Gambier, Naracoota and Tantanoola caves, which were home to astonishing and scintillating stalactites and stalagmites. This involved going underground and viewing these natural caves from close and some had innumerable fossils. The Blue Lake here was serene. In November, the lake is sombre blue, but during the winter months, it mysteriously changes to an intense deep turquoise blue almost overnight. This lake occupies one of the craters of the extinct volcano after which the city has been named. Our next stop was the capital city Canberra where we visited the Parliament house, Australia Mint Factory etc which gave us an insight into the country's evolution. From there on we headed to Sydney, to marvel at the Sydney Opera House, Darling Harbour, Bondi beach and more. The amazing trip culminated with the New Year's Eve stunning Sydney Opera House Fireworks! There is no better place to experience this.

Australia is home to people from diverse cultures. These people impart a distinct and unique cultural influence. Furthermore, this Island continent renders a unique nature-based tourism experience and, undoubtedly our trip was filled with many new encounters, exploration and adventures. The Aussie land is an alluring country with fabulous landscapes, exquisiteness, stupendous corals, ferocious wildlife and endearing people. In the end, Australia truly has their land down under in its heart!





# My Experience of Travelling to a Foreign Country During the Vacation

Gaurang Jindal, Grade IX-D

During this winter break, my parents, brother and I visited Europe. I was very excited about the trip. We went to Europe for around 2 weeks. During this time of the year, it was freezing there so it made the trip even more fun and exciting! I went to the Netherlands, Austria, and Germany. They were all serene and enjoyable locations. Everybody in every country was so distinctive and unique.

In the Netherlands, I visited Amsterdam. The generosity and friendliness of the Dutch people made my time there fantastic. I visited a cheese factory where everything was manufactured by hand. They made all kinds of flavours of cheese and it could be aged for up to 2 years also. They had many old and historic places which told us how the city of Amsterdam came to be and how it was named. There were many old windmills which were used for generating power in the old cities, we could even go in them! There was also a place where the whole of Amsterdam was a miniature city with accurate detailing along with working trains and windmills.



In Austria, I visited Salzburg and Innsbruck. In Salzburg, we went to explore the city with excitement. It was a hilly area which housed several universities. I visited the Swarovski Crystal World in Innsbruck, which depicted the history of the well-known diamond manufacturer Swarovski. It included a hand-carved 310,000-karat diamond.

In Germany, we went to Munich. We could see the bird's eye view of the city when we went to Zugspitze, the popular viewing point. The entire region had been blanketed in snow, and a blizzard was in the works. It was truly breathtaking! In Munich, we also discovered the urban side of the city. A lot of shops were there, and many markets were open, and because of the celebrations, everyone was in a jolly mood.

Many Christmas celebrations were going on at this time of year. Christmas markets were set up on the majority of the streets and corners. The Christmas markets sold a variety of items, ranging from traditional foods to souvenirs and clothing are worn by locals. During my time there, I visited numerous sites, and these were just a few of them; the people there were really helpful and polite, and it was a beautiful experience altogether.

We greatly enjoyed our time in Europe and were disappointed as our vacations came to an end. Europe was a beautiful experience and I look forward to many such trips and enriching memories in the future.



# Mindful Meditation

Aayushi Shukla, 9B

Mindfulness is a type of meditation technique which focuses on being intensely aware of the present moment, without judging or interpreting what you're experiencing. Practising mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. A lot of time spent planning, problem-solving, daydreaming or thinking negatively can be draining. It can also increase the likelihood of experiencing stress, anxiety or depression.

There are many simple ways to practice mindfulness. Some examples include:

- Pay attention. It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favourite food, take the time to smell, taste and truly enjoy it.
- Live in the moment. Try to intentionally bring open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- Accept yourself. Treat yourself the way you would treat a good friend.
- Focus on your breathing. When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

You can also try more structured mindfulness exercises, such as:

- Body scan meditation. Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.
- Sitting meditation. Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
- Walking meditation. Find a quiet place, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

Mindfulness can help us stay centred to more effectively manage people or deal with external challenges. All in all, mindfulness is an important practice for us to cultivate to lead happy and meaningful lives.



# The Best of a Year Gone By

Kehara Henriques, Grade IX-B

If I were to be asked the nature of my accomplishments the past year, and how I've made the best of it, I won't have any words, because there's simply no start nor an end to that question. The same can be said about the memories I've made. Throughout the year, with my loved ones by my side, I've created coves of reminiscence. These places in my heart grow every minute of every day.

Yet this year I've found myself digging yet again, a space dedicated to my baby cousin.

The prettiest and brightest little girl, upon first glance you could stare forever into her eyes, like sinking into the night sky. The warmth I felt was indescribable as I held her tender and petite hands. From inside me the joy would continue growing, this was the premier of her life in mine. I loved listening to her energetic and playful voice trying to call my name, watching her make her imaginary dishes with the pulses she found, and jumping around the house to see her bright smile. Most of all, I cherish the touch of her soft skin on mine and her adorably confused look as we played hide and seek.

Though I am yet to understand how a child thinks and grows, I am excited about the challenge to decipher it. The pride and cheer I feel knowing I will watch her blossom into the beautiful and talented young lady I know she will become, is unlike any other. Meeting her for the first time, playing and passing time together, was one of my happiest memories of 2022.





# How to cope with stress during exams

Ria Malhotra- Assistant Wellbeing Ambassador, Grade XI-G

It is inevitable to feel the pressure of exams as a student. Not only are you expected to score well in the assessments but you're also expected to perfect the balance between physical activity, studying and social interaction.

This can cause extra stress and lead to feelings of overwhelming anxiety, and depression. Although common, these emotions should not be normalised. Here are a few ways to cope with these feelings in a healthy manner!

Firstly, prepare and plan in advance. One of the reasons most students feel anxious about examinations is due to lack of preparation. Remember, there are 24 hours in a day, it is up to you how you spend it.



Next, you must not skimp on sleep for a few extra hours of studying. Sleep deprivation can cause issues with concentrating, worsen your mental health and lead to physical ailments as well. Additionally, if you plan your time properly, there will be no need for this.

Another important tip would be getting rid of all distractions. This seemingly obvious action is the solution to your short attention span and inability to concentrate.

Lastly, reciting positive affirmations is just as important as anything. You must provide yourself with words of comfort and confidence in times you don't feel that way.

In a nutshell, exams come and go, so we must learn how to cope with our fears in a healthy way. It is vital to not forget that no single exam can decide your future and there is always a second chance to redeem yourself!

# My New Year Resolutions 2023

Midhat Fatima, Grade II-I



My resolution for this year will be to enhance my reading skills. I want to read books, it is so enjoyable and interesting. I love reading books. Books are our best friends in the world and we can find them everywhere. Even if you misplace it, they do not scold you. The more you read them the more they like you, as you gain knowledge and it enhances creativity. Books give us knowledge and can be our best friend even if we are alone.

My second resolution will be to exercise and become a good athlete so that nobody can defeat me and I can give my best.

I will always obey my elders and be eco-friendly with nature so that I can stay healthy and safe.





# Republic Day

Urooj Fatima, Grade II-H

On January 26, India celebrates Republic Day, the date on which the constitution of India came into effect. India became truly independent and incorporated democracy after getting freedom from British rule. On this day we became a sovereign, secular, democratic republic country.

On August 15, 1947, Indians took their freedom back from the British but had no official Constitution for India.

Dr. Ambedkar who is known as the Father of our Constitution headed the constitution-drafting committee. After deeply studying the various constitutions of other countries, our founding fathers framed Indian Constitution. It is the lengthiest constitution in the world. It took two years, eleven months, and eighteen days to complete the Constitution. Though it was enacted and adopted by the constituent assembly on 26th November 1949, it came into force on 26th January 1950.

We Indians celebrate Republic Day with great enthusiasm and joy all over the country. The President of India hoists the national flag at India Gate in New Delhi. Schools and colleges hoist the national flag on Republic Day. The students pledge to live as good citizens and help make their country a happier and more peaceful one.

Our school DPS Dubai also celebrates Republic Day with full patriotism and passion. We, students, will do the March Past and our Principal ma'am hoist the Indian Flag and release Dove birds as a symbol of peace and love.



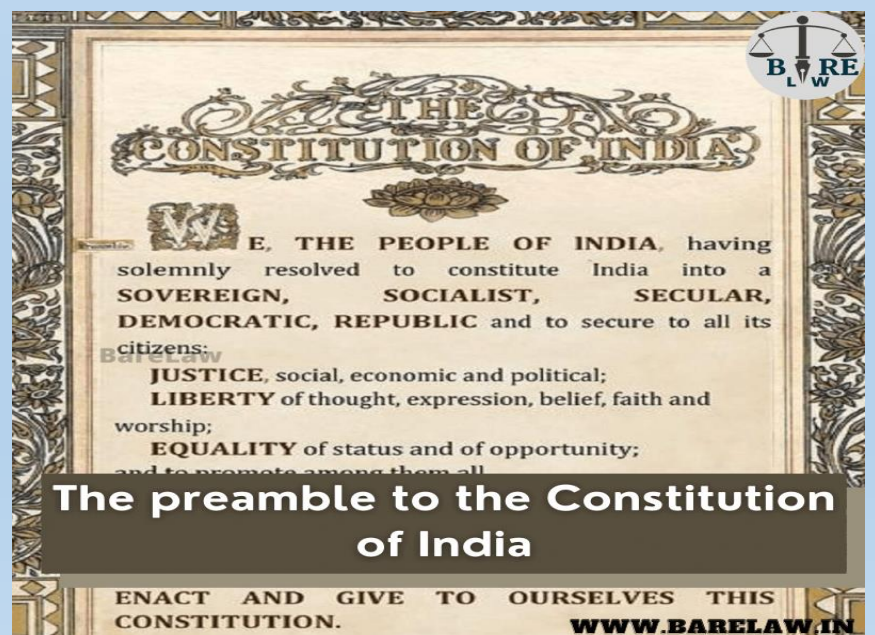
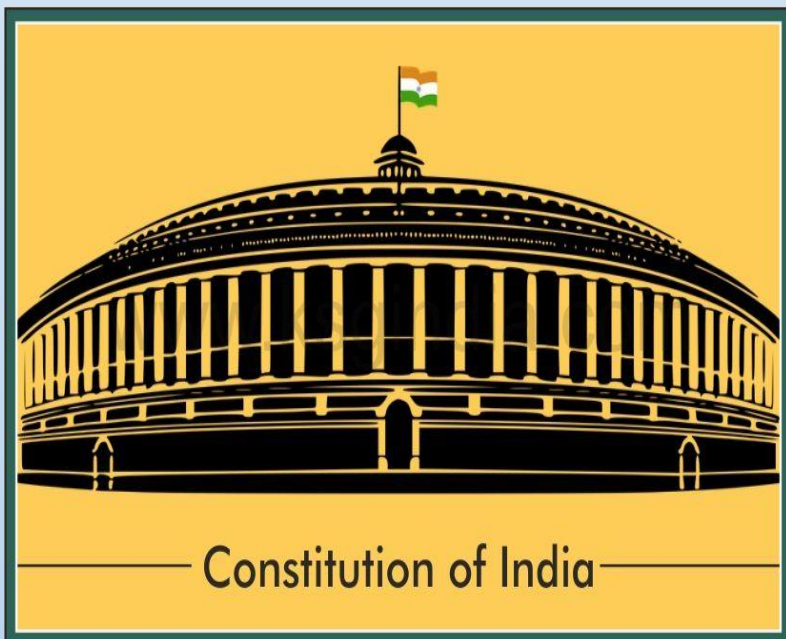
# The Indian Constitution and its Significance

Vanshika Ranade, Grade II-F



India's Constitution is the supreme law of India. It defines the Government's fundamental political values, policies, processes, powers, rights, and duties. India's Constitution was adopted in the year 1949 on November 26. It came into effect on January 26, 1950. January 26 is celebrated as Republic Day of India. The Chairman of the drafting committee, Dr B. R. Ambedkar, is generally regarded as the architect of the Indian Constitution. Indian Constitution gives six fundamental rights to its people. Such rights are the right to freedom, the right to equality, the right to cultural and educational freedoms, the right to constitutional remedies, the right against exploitation. The right to data privacy has also recently been applied to fundamental rights.

I would like to end my article by saying "The Constitution is not a mere lawyer's document, it is a vehicle of Life, and its spirit is always the spirit of Age.





# My New Year Resolutions

Shivaan Jhaver, Grade I-J



New Year was about to start and I was getting ready for spectacular fireworks of 2023. I saw many resolution papers scattered on the bed. I thought of making my list of resolutions to achieve my dreams and goals. As Lionel Messi says, “If you have a dream to chase, nothing can stop you”. My resolutions are to become Scholar and Head Boy for the next year, to be the Star Swimmer of the school team, have more listening ears and care for everyone. Then I happily left for New Year party.

From the first day of 2023, I started working on my resolutions with dedication and honesty. This will help me to hone up my skills. At the end of year, I am sure my commitment will make a better version of myself.



# Historical facts of the month of January

Arihan Roy, Grade I-I



The month of January is a very interesting month. January was named after the Roman God Janus, which means door or gate and he had the power to look backwards at the past year and forwards into the coming year!

Here are 10 quick trivia facts:

1. 1st Jan 1953: President Harry Truman of US announced that they have developed the first Hydrogen bomb
2. 19th Jan 1966: Indira Gandhi became head of the Congress party and Prime Minister of India
3. 21st Jan 1954: US launched the world's first atomic submarine, Nautilus
4. 22nd Jan 1901: Queen Victoria passed away at the Osborne house in London
5. 23rd Jan 1922: Insulin, a medicine used against diabetes was first used
6. 25th Jan 1924: First Winter Olympics games take place in French Alps
7. 25th Jan 1995: The History Channel was launched in 1995
8. 26th Jan 1950: India formally becomes a Republic with its own constitution
9. 29th Jan 1959: Disney releases the animated film Sleeping Beauty at theatres
10. 30th Jan 1948: Mahatma Gandhi, Father of the Nation, was assassinated in New Delhi







**NIKITH GOGANA**

**S/O SUMA CHAPPIDI**

**DELHI PRIVATE SCHOOL-THE GARDENS**

**KG2-C SECTION**

## **REPUBLIC DAY**



Republic day is the national festival of India. It is celebrated on 26<sup>th</sup> January every year, It is a very proud day for our country. It has been celebrated since 1950. On this day the constitution of our country came into effect. Indian flag is hoisted every year on this day .A big parade is held at India Gate in New Delhi. It fills the Feeling of nationalism in every Indian, I'm proud to be an Indian, JAI HIND.

# Historical Facts of the Month

By Vaigha Renjith, Grade IV-C

January 1, 1801 - The United Kingdom (UK) is created.

January 3, 1959 - Alaska becomes the 49th US State

January 4, 2010 - Burj Khalifa opens.

January 15, 1929 - Martin Luther King, Jr. is born in Atlanta.

January 15, 2001 - Wikipedia goes online

January 22, 1968 - Apollo 5 lifts off, with the first lunar module.

January 25, 1919 - The League of Nations is founded

January 26, 1950 - India is a Republic.

## Republic Day

By Druvin Vaja, Grade IV-C

Indians celebrate Republic Day with great jubilation and joy all over the country. The day honors India's constitution as an independent nation. Schools and colleges hoist the national flag on Republic Day. Cultural events celebrating India's struggle for independence are organized across the country. Republic Day is a public holiday in India where the country marks and celebrates the date on which the Constitution of India came into effect on 26 January 1950. This replaced the Government of India Act 1935 as the governing document of India, thus turning the nation into a republic separate from British Raj.





# My New Year Resolutions

By Amy Roby, Grade IV-C

With a new year most of us want a fresh start or some changes from the previous year. These changes or goals are RESOLUTIONS. One important resolution of mine is to change my wrong attitude, attitude as being lazy, irresponsible, and childish. This year I want to start studying and to be excellent in my work and tasks and I want to be responsible with all my actions, words, and my decisions. I want to be able to admit when I am wrong, be more confident rather than shy, and participate in more activities whether sports or quizzes.

I would want to also finish my work on time and improve or learn a new skill this year as well, a skill I plan on improving on is playing the piano. I shall not waste any time this year and start fresh with new good habits so this year I will make sure to be more active, become more productive and helpful, be more physical and finally stop being lazy and study and work hard.



# My Happiest Memory of 2022

Medha Mahendra Chingoran Keloth, Grade VII-F



After the tiresome year of 2020 under lockdown, people were hopeful for 2021 to have a better fortune but it was in vain. In 2022, the travel restrictions which were in place to avoid the spread of the pandemic, were reduced, and thus my grandmother came to visit me. Meeting my grandmother after two years was my happiest moment in 2022 so far.

The COVID-19 left us socially inactive and distant from our family and friends. During a visit from a guest we introduce them to our surroundings and things we find interesting, this is precisely what we did during her visit here. After a short but exhilarating visit, she returned home, and I accompanied her to India. This was the first time in three years I went to India. It was a beautiful, special moment. I was soon going to meet my relatives there. Preparing to face someone, be it someone close to you or not, it is always intimidating. I felt nervous and ecstatic at the same time. We celebrated my grandmother's 60th birthday in all pomp during my visit there. Birthdays are terrifying and exciting at the same time. We become more experienced in life but become closer to the end.

Meeting my grandmother, and relatives and all the events that took place stirred up a pot of emotions but the time spent with my grandmother in my hometown was nostalgic and rewarding. The quote 'Money can't buy happiness', which was studied by Adam Smith, holds true for me, as spending time with something or someone you appreciate is much more rewarding than anything from a shop.

I believe that this year was not spent as productively since all social life was gradually getting restored after COVID-19 but I hope that 2023 will have more such special memories.





# My experience of travelling to a foreign country during the vacation

By Shlok Siddh Bishi, 8D



Egypt is one of the earliest civilizations in the ancient kingdom dating back to 5000-3100 B.C. The country of Egypt is filled with rich history stored in it and the same can be envisioned through the remains of ancient times as preserved in the Grand Egyptian Museum which is world's largest museum dedicated to a single civilization. It is fascinating to learn how humans as well the cultures have evolved over the years till current civilization.

I, visited Egypt with my family over the holidays. It was an educating and exciting journey for me since I had heard about the glamorous beauty of Egypt. I ended up learning a lot about Egypt and its rich heritage. The Egyptian Antiquities Museum and the Grand Egyptian Museum educated me about the ancient civilization. They were filled with interesting archaeological findings coupled with stories about the rulers of the ancient civilization and their achievements. The World-famous mummies were also present there. This whole Experience was enhanced by our tour guide who made it feel lively through descriptive narration of each artifact

But my favorite part of the journey was visiting the Pyramids. After all, the Great Pyramid of Giza is one of the Seven Wonders of the World. It did not disappoint me since it is truly spectacular how such a mammoth structure of this magnitude could be built manually with the help of no machines in just about a decade and is still sturdy centuries later. There is one thing that could have been further improved which is the unregulated traffic system and road infrastructure. Most of our time was wasted in being stuck in traffic and the rules were followed by very few and made it even more difficult to travel. This could have been improved to make someone else's experience even better and tourist friendly

I would still recommend travelling to Egypt especially during winter season since the advantages outweigh the disadvantages by a lot and I assure one can learn something new about the ancient civilizations with rich in culture. Enjoy your stay.



# The Best Books I read in 2022

Suhani Devgan, Grade VIII-F



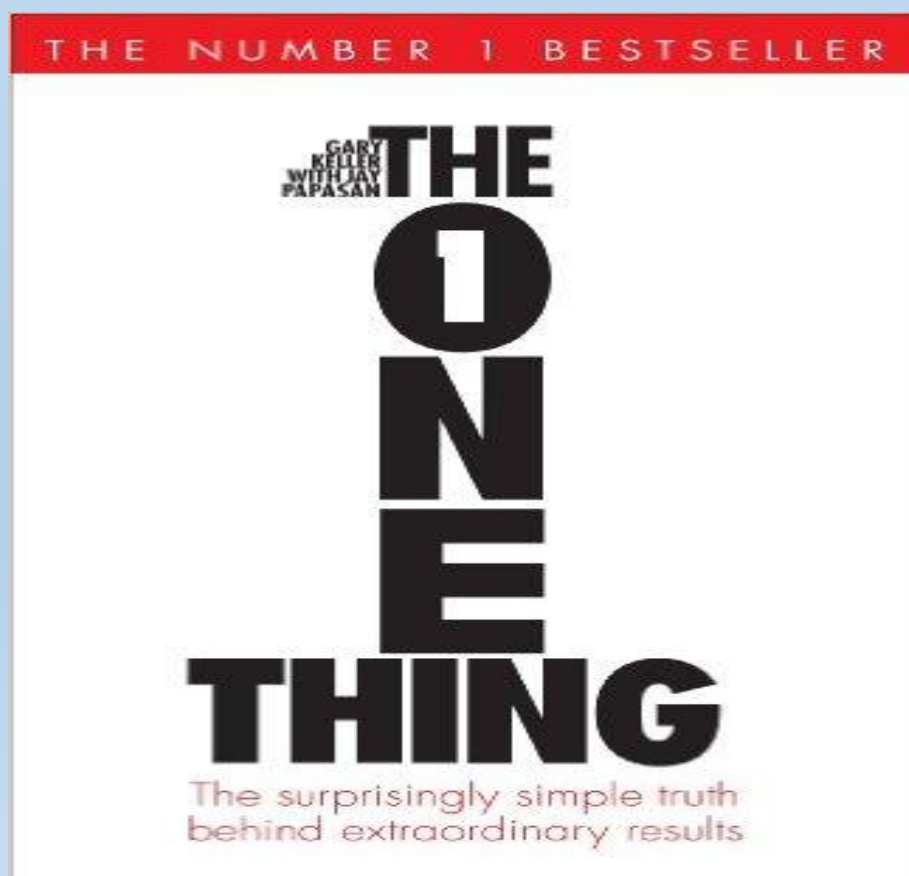
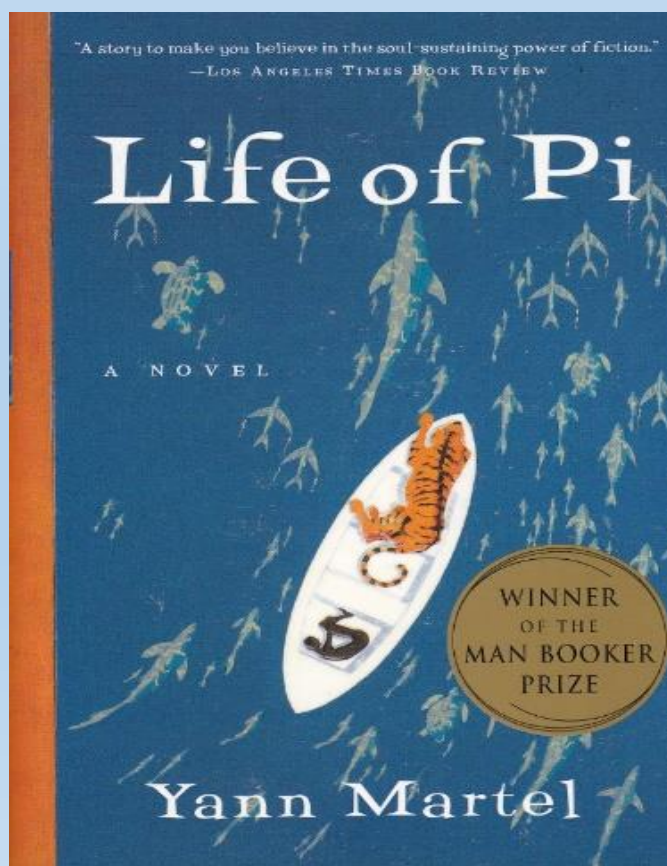
Books have always fascinated me. I always find a place to curl myself up with a book that is of my interest. Last year, I read many books, but to list a few of my best reads- *Life Of Pi*, written by Yann Martel and *The One Thing*, written by Gary W. Keller, Jay Papasan.

The best thing about *Life of Pi* is about finding oneself and understanding one's purpose in life and showing how maintaining strong convictions even in life's most challenging moments can help one survive. This magical story motivated me to find myself just like the man in the story who's shipwrecked and was lost at sea in a large lifeboat. His companions were four wild animals: an orangutan, a zebra, a hyena, and, most notably, Richard Parker, a tiger. Pi's morality and spirituality were continuously tested, much like people experience in the real world.

On the other hand, *The One Thing* book taught me the value of simplifying one's workload by focusing on the one most important task in any given project or task. The key idea in the book is to focus on this question: What's the ONE Thing you can do, such that by doing it, everything else will be easier or unnecessary?

Being naturally smart and talented are great, but to truly do well and thrive, we need the ability to persevere. Without grit, talent may be nothing more than unmet potential.

Reading good motivational books have always enhanced my personality and made me see the world through positive lens. We all must keep reading to live a happy yet content life.





# 5 Reasons Why One Should Practice Mindfulness

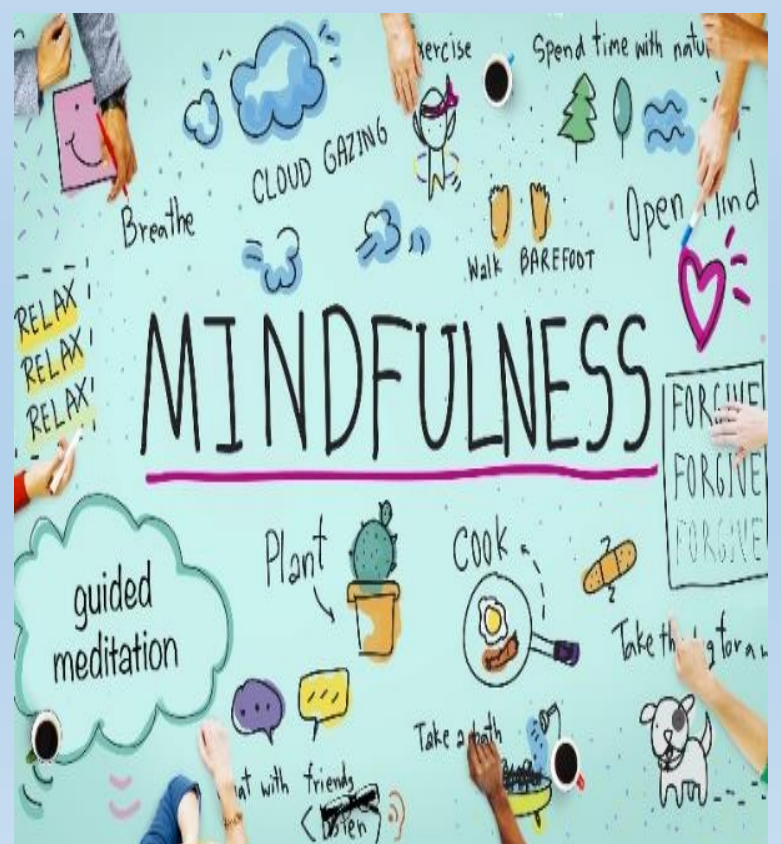
Kokila Pande, Grade VIII-J

The date of the winter solstice in the Roman Calendar marks the birth of Jesus. It is commonly celebrated on December 25 all across the globe. The festival encourages us to make merry and be happy. Its sole aim is to teach us that the light of the lord always guards us and that we must never lose hope. Jesus was born as a ray of hope to the oppressed masses. The birth of Jesus saw the end of the suffering of plenty of people. It is the time when people leave all other work and get together to celebrate the festival with joy.

Practicing mindfulness can be effective at improving focus, lessening pain, improving sleep, mitigating stress and easing feelings of anxiety and depression, studies have found in recent years. Those are five great reasons to try a mindfulness practice.

Mindfulness improves well-being. When we are mindful, we savour pleasures in life as well as deal with adverse events effectively. We are less likely to worry about the future or dwell on the past. Secondly, it improves physical and mental health by assisting in treating heart diseases, reducing blood pressure and chronic pain and improving sleep. Mentally, it helps people accept experiences rather than react to them with aversion and it has become increasingly common for meditation to be combined with therapy.

Mindfulness meditation is an activity that all can benefit from as it brings about improvements in both physical and psychological behavior and health. Tied together with the usual benefits of alleviating anxiety, stress and depression, it is one of the most preferable practices to undergo.



# New Year Resolutions

Sanika Bannerjee, Grade VI-A



Farewell 2022, I bid you adieu,  
Some goals I have achieved, some I couldn't pursue.  
So, here's a chance to start anew,  
To do the things I couldn't, in 2022.

Welcome 2023, it's Happy New Year.  
Let us celebrate with joy, hope, and cheer.  
Now is the time to make new resolutions,  
Sort out our problems, and find innovative solutions.  
Say goodbye to junk food, eat a healthy diet every day,  
Exercise daily, and keep obesity at bay.  
Listen to my parents, never disobey,  
Always help and support them every step of the way,

Thirty minutes of reading every day,  
I will be a knowledge hub and increase my vocabulary tray.  
I promise to learn a new skill,  
Take up a new sports activity, full of fun and thrill.  
Make myself better and more confident at whatever I do.  
With hard work and sincerity, accolades will ensue.  
Write more poems, like the one I'm writing,  
As I find this extremely creative and exciting.

These are my resolutions for 2023,  
I look forward to fulfilling them and becoming a Queen Bee!  
May you too fulfill your desires, without any fear,  
I wish you all a very Happy New Year.



# Republic Day

Vedant Patel, Grade VI-A



It happens every 26th January,  
In Delhi annually,  
A big celebration,  
For this amazing nation!

We needed a solution,  
So, we came up with a constitution.  
From Rajendra Prasad to BR Ambedkar, and all the others,  
A sincere note of gratitude, dear brothers.

Let us pay tribute to them-  
Who created this Gem.  
And made our Nation a better place,  
By keeping safe, our motherland, our space.

Let us show the World who we are,  
From nothing to a superstar.  
We shall be grateful to the Thee,  
Because of whom we are free.

We shall rise,  
And shall surpass our size.  
Thank you to the Constitution,  
For bringing our evolution.



## MY GOALS AND ASPIRATIONS FOR 2023



**Puja Rupesh Chaudhari**

**8 A**

Each year, we all should take some time to reflect on our performance in the past year. This is what helps us to determine what we need to perfect in order to becoming successful and a better person. From the past year I have been deciding to read at least one book each month to improve my vocabulary but due to unexpected hurdles it always gets pushed to the next day. Days turn to weeks and then just in the blink of the eye the year has passed by.



One thing which I have recently added to my list of goals is to avoid procrastination. This is the main cause to most of the problems, be it any assignment or studying for the exams procrastination has always resulted in late submissions or mental breakdowns because of the overwhelming syllabus. Another thing that I wish to improve is my physical health. I wish to play more sports and be very active rather than just lazing around the couch for most of the day.

One more thing I wish to achieve in 2023 is getting better at art. Art is like therapy when you are feeling stressed. Art acts as a way to express your emotions in a beautiful way which obviously gets praised but it's about the improving focus and concentration. These resolutions often help me to figure out my life goals and what kind of a person I want to be in the future. What are your Goals and Aspirations?





## SALUTING OUR INDIAN HEROES THIS REPUBLIC DAY



**Vedika Dalkare**

**8 A**

Republic Day, in India, is celebrated annually to commemorate the adoption of the constitution of India on January 26, 1950. It is a day for all Indians to celebrate the essence of liberty and help India accomplish its freedom fighters' dreams. 26 January is the day to salute our Indian heroes, to remember their sacrifices and hardships.

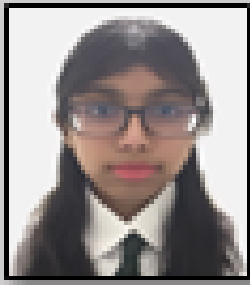
The heroes of India are the dedicated and brave hearted Indian soldiers, who surrender their lives to protect ours. The Armed forces stationed at inhospitable climates and terrains braving sub Zero temperatures deserve our reverence for their commitment to keep us safe from the ogling eyes of the enemies. We sleep deep because they are wide awake and alert on the borders.

Recently Indian doctors became the saviors of the world by providing the life-saving COVID vaccines across the globe. The front-line workers of India, the police, doctors, nurses and sweepers were out fulfilling their duty during the critical crisis. Despite the hardships and health risks, millions of essential frontline workers continued to do their jobs during the pandemic. These hardworking heroes were, providing life-saving medicine, picking up trash, delivering groceries and packages, preparing food, cleaning the hospitals, caring for those who are most vulnerable, and keeping us safe—often while earning low wages and few benefits.

As we march toward a bright future with the mighty powers of the world recognizing our prowess in all spheres, let's salute the freedom fighters and pledge to bring to the fore several unsung Heroes whose valiant efforts have not been celebrated as much as it should have.



## HOW I WELCOMED THE NEW YEAR, 2023



**Jaza Zaman**

**7C**

*2023- 'A new year filled with great prospects and opportunities'*

January 1, the first page to a 365 paged book. Another year passes by with eventful moments, some fun and some slightly not. The way I see it, 2022 felt like it passed by within just a short span of time. In spite of the fact that it was evanescent, there were splendid and sterling memories. Welcoming the New Year is like leaving past memories behind and taking a huge step forward with the intention of doing better than I did last year.



As a new year begins, most of us tend to set 2023 resolutions on the first week of January. "New Year, New me" is the wide-spread phrase. We tend to feel more motivated and productive to reach our goal because of the feeling we get as a new year begins. I welcomed my 2023 year by writing few goals that I wish to achieve in 2023. Out of which, one was to build a budget and save money and other one was commit to reading more books.

In conclusion, I obligate to finish, once I start something and I'll overcome against the challenges I face. I, certainly, wish for this year to go smoothly and well in order. I hope 2023 brings more opportunities for all of us.





## THE BEST MOVIES I WATCHED IN 2022

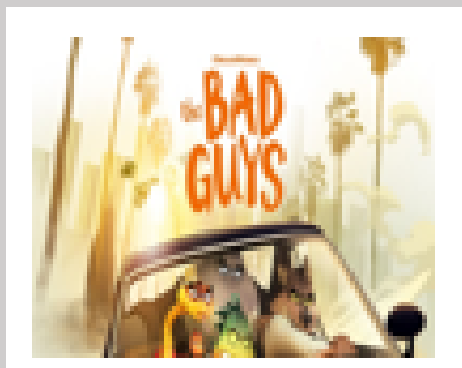
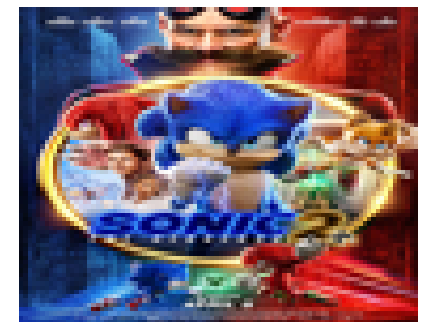


**Pranav Doddihal**

**6 C**

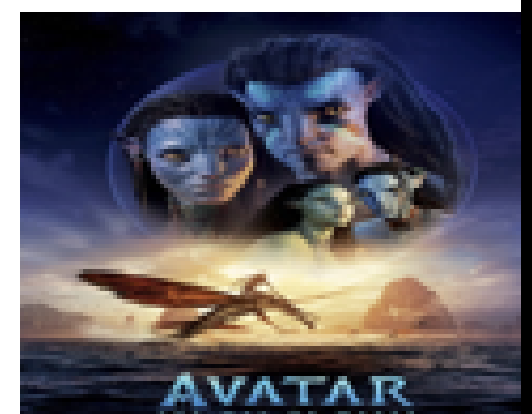
Movies are always a good way to entertain ourselves. For me it has always been a way to relate the characters to my classroom learning. I am listing my three best movies I have watched in 2022.

**Sonic the Hedgehog** - This two hours movie is filled with action and adventure that put you on the edge of your seat. The main storyline is based on Sonic saving the world from Doctor Egg-Man. The protagonist, is an anthropomorphic blue hedgehog who can run at supersonic speeds and curl into a ball, primarily to attack enemies. Many a times Sonic's super speed leads me to both big laughs and exciting action sequences.

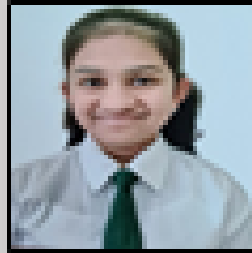


**The Bad Guys**- This remarkable movie is about a group of thieves who get bored of their theft and start to become good when another bad person comes to steal the most expensive crown in the world. "The Bad Guys" shows the story of five notorious robbers who have realized the fact that humans will never accept their good side, no matter how hard they try because of their intimidating physical appearances.

**Avatar – The Way of Water**- This was a much-awaited film and is a sequel to the first movie Avatar. After 13 years it was worth the wait. The movie is lengthy yet nit boring. It showcases how human beings are destroying other planets to save their race. Director James Cameron acknowledged that people with more military or technological might tend to destroy people who are weaker, usually for their resources. The movie was a technological hit. The movie will have one more sequel and I cannot wait to watch.



## WELCOME 2023



Vaishnavi Nair

7 G

Welcome 2023! A new year is coming!  
A year full of joy and glee!  
A new year, looking cheerful and promising,  
With songs, dance and cheer!

We will all be mask free and have a blast!  
COVID protocols have decreased as well.  
Let's follow these rules while they last,  
To COVID let's say "Farewell"!

Let's try doing everything we can,  
To make the world a better place for us.  
Reduce global crisis with a plan,  
With compassion, charity, and being generous!

To help mother earth, let's be keen  
A new year can also be a new you!  
Reduce, reuse, recycle, and go green,  
Let's start this initiative, so others can  
follow too!

So let's make these our new year's  
resolution,  
To make ours and others' lives happier.  
With charity, initiatives and compassion,  
In peace and harmony, let's all unite  
together!

So, a happy new year to you,  
And when this New Year is done,  
Let's make the next year even better,  
Full of amusement, joy and fun!



## FREEDOM IS NOT GIVEN, IT IS TAKEN



Aahana Amitkumar Patel

7G

Ours is a land of sages,  
Known for bravery for ages.  
None can with it compete,  
Its culture none can beat.  
Whatever caste or religion,  
All live here in unison.

With rivers, sweet fountains,  
it's a land of high mountains.  
Its green forests are pretty,  
And are sources of prosperity.  
Let's for it work hard,  
For its safety, be on guard.

When the foreign invaders came,  
Prosperity and gold were their aim.  
The wars were deadly  
But my heroes fought bravely.

They got martyrdom death  
They fought till the end.  
Some chose to stop  
Without a chop.

On Republic day  
Our constitution array  
Now I take an oath  
To help my country's growth.





# My Experience Visiting Georgia

By Anushka, Grade VIII-I



After almost a year of constantly juggling homework, and studying for the endless tests, I finally got a break during the winter vacation. It wasn't long after when my parents surprised me by telling me exactly what my ears wanted to hear. We were going to Georgia. I was very excited to see life in a foreign country, and get to experience a brand new culture and lifestyle. Fresh of the airport, as soon as I stepped out, I felt the intense cold breeze gush through my face and pierce my lungs. I was shivering within seconds, as I was still in my previous attire which was more suited to the sunny climate of the UAE.

The beautiful city of Tbilisi felt like such an amazing breath of fresh air. Everything seemed so different from the mountain ranges, and the awe striking cliffside architecture. The city was bustling with people yet had a calm and chill atmosphere.

One could spend hours just roaming the beautiful and culture-rich streets of the city, and could simply never be done fully appreciating it. Whether it may be enjoying the street food, or taking the winch to new Tbilisi to visit the botanical gardens or going shopping at the Tbilisi Mall, or taking it slow, in a boat across the bridge of peace and gazing at the impressively built cathedrals and the statue of the Kartlis Deda, The city just kept on giving, and was one of a kind.





# My Experience Visiting Georgia

By Anushka, Grade VIII-I



While the city had lots to offer, the outskirts of the city is unparalleled in its beauty. Skiing in the mountains of Gudauri in the sub zero temperatures, is truly a breathtaking experience. Walking across the Datebashi canyon on the Diamond bridge was such a terrifying task yet soo thrilling and exhilarating. However, it doesn't even come close to cycling across a rope tied across the canyon range. Hiking across to the bottom of the canyon was tiring, but the beautiful river at the bottom and the radiant frozen waterfall was well worth it. Hiking back was especially tough, with each step getting harder than the previous one, and the air getting colder and colder. Reaching back to the top filled me with such a sense of impeccable accomplishment. Going then to the top mountain ranges was such an indescribable sight. It was a sight that was simply impossible to fully take in. If that magnificent wasn't enough, the wonderful cuisine was simply the icing on the cake. Every dish was special, whether it may be the Khachapuri bursting with the delicious flavor of Georgian cheese in your mouth with every bite, or the juicy pepper-flaked khinkali(A Georgian dumpling), melting in your mouth.



Leaving this marvelous place almost left a tear in my eye, but I feel a great sense of happiness that I got to experience a once in a lifetime experience in the gorgeous Georgia that would forever be in my memories.

# The Best Book I Read in 2022

By Tanisha Handa, Grade XI-E

*Projekt 1065* is a young adult historical novel by Alan Gratz, first published in 2016. The novel, which centers on the son of the Irish ambassador to Germany during World War II, received starred reviews in *Kirkus* and the *School Library Journal*. The novel's [protagonist](#), 13-year-old [Michael O'Shaunessey](#), his ambassador father, and Irish Intelligence member mother all work to spy on the Nazis and secretly aid the Allied forces, despite Ireland's officially neutral stance in the war.

## Summary

This book is about the main character Michael O'Shaunessey who was trying to fight for his freedom. He was a part of the Hitler youth and was part of the Hitler youth as a spy with his parents. His goal was to find out things that no one knew, and tell Ireland about it. They were from Ireland. In the end of the book he survives and tells Ireland all of the things that they had found out

## Theme & Genre

The theme of this book is to never give up and good things will happen, because in this book there were a lot of times where he just could of given up but he never did. This is a historical fiction book, because it is talking about something in the history that could have happened.

## What Were The Important Characters?

Ma, Pa, Michael O'Shaunessey

## What Did I Enjoy?

The part that I enjoyed about this book is that it never gets boring. The book never has a part that isn't interesting.



# My Favorite Book

By Shreeja Sharma, Grade XI-E

The journey of reading a book takes you into a different world where you can identify with the characters. Books have the ability to move around the globe without leaving our homes.

I have read many books but my favorite book of 2022 was verity.

This book shows the development of the character like how a cocoon protects the caterpillar until metamorphosis. The word verity means truth and that is what the book revolves around

Verity focuses on the life of Lowen Ashleigh, a young writer living in New York City struggling for money and not really living the life she envisioned. One day she bumps into a man who will change her life forever in more ways than one. who's offered the opportunity to complete the last three novels of a bestselling book series because the author, Verity Crawford, is unable to do so for medical reasons. This book definitely nails the thriller atmosphere and the page-turner pacing. During the reading of Verity's autobiography, Lowen begins to feel intrigued by it.

She found the darkest secrets about her and slowly started to feel unsafe and insecure in the house eventually she was found telling verity's husband about her concerns. Until one day they took action about the situation. But a year later she found a letter from verity confessing the manuscript was false and was just a style of writing suggested by her editor for her new books. And now Lowen had the murder of an innocent person to live with for the rest of her life.

After all, has been said and done. It remains a mystery why verity was held accountable for actions she did not commit. There was just the right level of mystery, thriller, and suspense in this book, making it an excellent read.



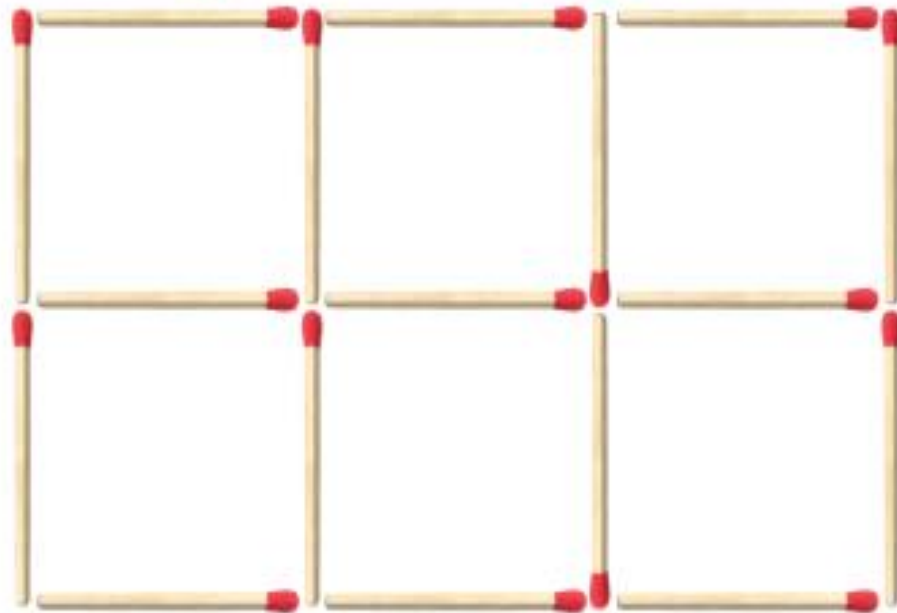
# Fun Corner

## Puzzles

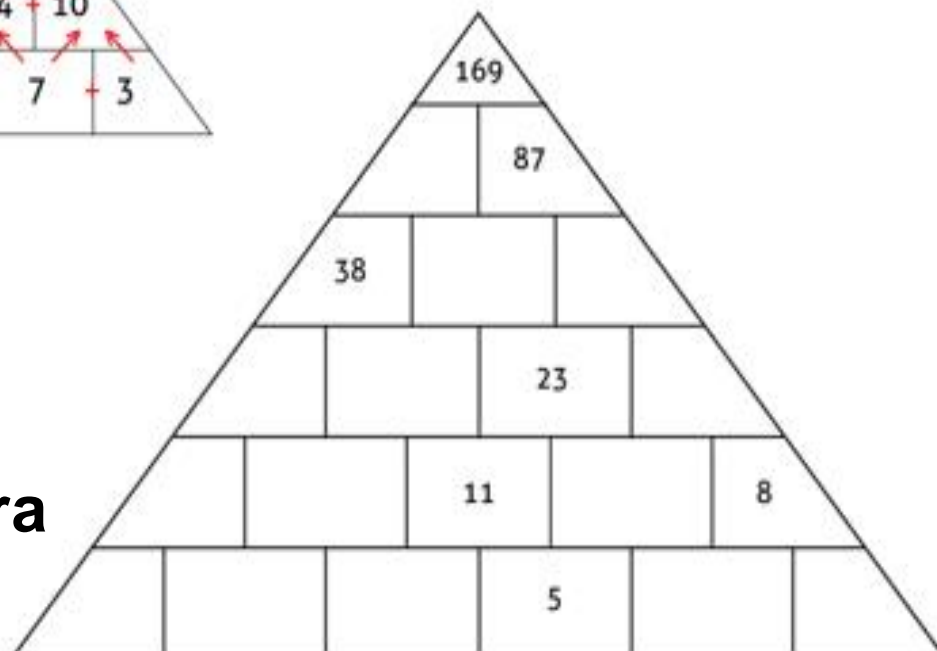
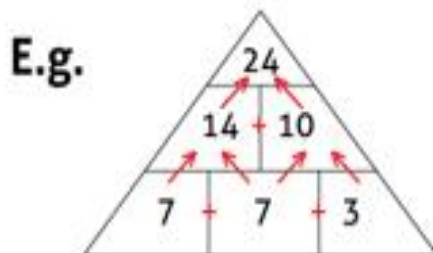
Strike out 2 matchsticks and place them elsewhere to make 4 triangles



Make 8 squares by replacing 2 matchsticks



Fill in the missing numbers in the pyramid as per the example below.



Roshan Bushra  
Parent of Azza Zahra  
Grade 11



# Fun Corner

## COMIC STRIP



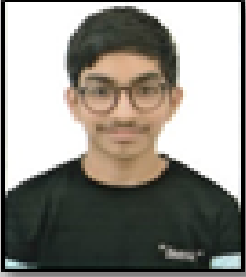
Isam Amir

7A



# Fun Corner

## PUZZLE



Pratham Jigneshkumar

81

**Top 10 Best Selling English Books**

Y	S	R	Y	B	S	S	B	A	Y	N	M	E	L	F	H	O	H	J	M	F	Y	M	O	H
U	O	E	C	L	N	N	Y	M	W	I	N	O	B	I	R	E	J	K	O	S	E	T	G	W
Q	N	K	N	G	U	I	B	I	L	H	S	J	O	F	P	B	M	F	T	C	I	A	G	V
R	A	R	S	V	S	Q	U	C	G	T	Z	G	T	T	X	H	T	B	R	L	W	A	K	X
P	R	A	L	N	K	M	P	B	S	B	K	R	H	Y	Q	O	H	R	J	R	M	J	S	H
C	G	O	Y	U	O	M	O	Y	H	Y	J	R	W	S	W	R	H	A	K	J	V	O	H	X
A	U	S	X	V	Z	M	R	W	R	T	K	A	H	C	V	E	F	O	C	S	A	C	T	
P	N	E	C	N	U	B	E	Q	E	H	N	H	E	A	V	X	V	T	G	T	R	P	Z	Q
W	R	O	D	B	O	Z	N	D	G	Y	R	M	J	D	M	C	X	X	N	R	C	D	N	J
Y	N	A	A	L	P	H	C	I	D	Z	W	R	O	E	J	Y	L	I	Y	V	S	Y	Z	O
X	M	H	V	Z	Z	G	L	E	D	N	X	N	S	S	V	P	A	P	F	Q	Y	J	H	U
I	F	S	I	C	E	I	M	V	E	U	A	N	T	F	K	I	O	V	Y	W	E	O	Q	N
G	O	Y	N	M	W	W	Z	T	L	Y	F	S	F	R	O	T	P	W	J	E	J	T	W	U
B	X	T	C	T	N	C	P	B	J	T	E	D	L	E	T	L	T	R	Y	X	J	T	O	B
C	H	F	I	Q	I	W	Y	E	R	G	F	O	S	E	B	A	H	S	Y	T	F	I	F	D
Y	P	E	C	O	C	S	G	Y	N	R	M	N	R	D	G	C	S	H	Y	Q	B	C	W	X
G	J	F	O	D	L	X	S	I	G	D	U	L	H	K	C	N	M	V	R	I	P	V	L	B
S	L	H	D	S	H	Q	O	S	M	Y	U	B	I	G	C	X	A	E	R	A	Y	M	L	Y
W	U	R	E	B	S	O	S	U	U	Z	Q	I	C	R	V	C	O	N	P	Q	S	G	D	W
G	I	R	L	W	I	T	H	T	H	E	D	R	A	G	O	N	T	A	T	T	O	O	M	J
N	O	O	M	W	E	N	F	U	O	B	P	X	T	R	T	W	Q	H	G	V	E	A	O	H
B	J	G	C	A	L	R	F	L	P	A	I	T	S	J	X	P	B	J	Y	E	D	T	A	D
I	O	O	B	F	T	N	E	N	Z	B	I	K	R	H	G	K	F	R	C	R	U	Y	V	X
M	R	H	J	J	N	K	G	A	T	V	P	Z	D	R	C	F	H	B	A	U	J	X	A	N
V	O	T	I	L	V	U	Y	I	Y	F	Y	B	K	S	Z	H	Y	F	D	Q	E	Z	V	Y

ANGELS AND DEMONS  
FIFTY SHADES FREED  
HARRY POTTER

DA VINCI CODE  
FIFTY SHADES OF GREY  
LOST SYMBOL

FIFTY SHADES DARKER  
NEW MOON

GIRL WITH THE DRAGON TATTOO  
TWILIGHT



# Fun Corner

## FUNNY DIALOGUES



Sudiksha Sukrit Sahu

8 I

Me: Hey Alexa

Alexa: Hello, Sudiksha?

Me: Please finish my degree.

Teacher: What inspired you to do the homework?

Me: The due date.

Shreya: How are you feeling today?

Me: I like to pretend I am emotionless but, I have at least 200 mood swings a day.

Teacher: Why don't you like Math?

Me: God knew I would be too powerful if I could do Math.

# Art Corner



Adhira Bhanudas Morajkar

Grade 2 D



# Art Corner



By

Azza Zahra

Grade 1I



# Art Corner





# Events and Activities

## Grades I-III Annual Sports Day





# Events and Activities

## India's 74<sup>th</sup> Republic Day





# Events and Activities

## CBSE UAE Clusters at DPSSD





# Airport adventures in COVID times

## **Our Principal and Director, Ms. Rashmi Nandkeolyar's article on her airport experiences and adventures**



Everyone I know is travelling again, and the easing of travel restrictions has caused much relief. I have also performed an exuberant cartwheel symbolically, thinking of my imminent plans.

Travel is my thing: the planning, the dreaming, the pre-travel scrimping, the researching, the packing; are all an intrinsic part of the excitement and anticipation of the actual trip. My footloose self, therefore, has trodden in many far-off lands with equanimity and joy.

Sandwiched between the heady lead up and the exhilarating destination, one must navigate airports.

No matter what the time of departure, I always manage to look bleary eyed and tired — the excitement of packing and getting ready takes its toll. Weary or not, many an airport adventure has fallen to my lot.

But first the good: Dubai's T3 International Airport is, unequivocally, my favourite. The sheer convenience of the e-gates, (if you are a resident), the courteous security check, the smooth elevators, the discounts at the glittering duty free shops, the luxurious lounges, (if one gets extravagant or lucky); are all designed to stimulate the pleasurable anticipation of one's vacation. One can be sure that if you happen to leave your valuables in the tray at security, they will be returned. Happy moments to remember are my brand-new Mac handed back to me at the security once I confirmed it was mine by typing in the correct password and the gold bangles my friend retrieved several weeks later from the Lost and Found.





# Airport adventures in COVID times

The big bonus is the unexpected reward of getting upgraded, especially on a long-haul flight; I have had to restrain myself from giving the person at the desk a hug! It's the difference between heaven and hell. You are suddenly elevated to the well-heeled traveller who can snuggle into a fluffy blanket and sip a glass of bubbly, far away from the madding crowd. Oh, sweet privilege! The joy dims considerably when you have to actually pay for it.

What's the worst that can happen to you at airports? Missing the flight because the queue for security was too long, the luggage carousel does not spit out your beloved bag, forgetting your bag or favourite pen on the plane, realising that your visa has lapsed at the passport counter, sleeping through the last call for boarding, the flight is overbooked and you are not on the passenger list, your PCR test turns positive for COVID. Yes, my family, friends or I have experienced all the above.

My nightmare? The memory is painful, even today. Cut back to about 5 years, bound on an internal flight in a foreign land, we were inexplicably pulled out of the boarding queue by a tight-lipped officer who looked triumphant at having pounced on us! The security checked everything twice. This included powering up our electronics, sifting through individual notes in our wallets, (besides wielding a chemical sniffer machine), sorting through our clothes in fine detail, making us pass through the X-ray machine twice. The final humiliation was when the security officer (female) frisked us, including running her gloved fingers through my hair and patting the soles of my feet. As the humiliation grew, I became furious; my friend warned me with her eyes to comply or else worse would follow!

We were just 2 ladies, respectably dressed, and yet!

“Please, can I ask you, what did we do wrong?”, I asked the officer, ultra-humbly. “You may not!”, he snapped. He looked very unhappy that we had passed muster.

## **Nightmare of profiling**

Friends tell me it's about profiling: and somehow, we fitted into the wrong one! Though I have travelled extensively, all over the world, we always managed the cut before. This time my friend was wearing a brace for her injured wrist — I accusingly told her, “That must be it! They thought you were concealing something!”

I tell myself that the officer was only doing his duty diligently, and yet it does not take away the sting. I remind myself of horrors far worse. A colleague accompanying two dozen students, arrived at their destination after an arduous long-haul flight. Instead of sailing through the passport counter, they were whisked into a poky room, adults separate, grilled for several hours, with nary any refreshment, and then told that they would have to return as their papers were not in order. The end of this experience was, to quote my colleague, “We were marched along, in single file, amid stares from bystanders, to a waiting plane; the only dignity that was accorded to us was that they did not shackle us!”

# Airport adventures in COVID times

Such experiences have not blunted my travel lust — though, admittedly, COVID has temporarily dimmed it. Fortified with several doses of the Pfizer vaccine, masks, and sanitisers in tow, I am looking forward to donning my most comfortable airport shoes again and flying off to new adventures.

I will attempt to look as inconsequential as possible and the paragon of a law-abiding citizen!

To read the article online, visit <https://gulfnews.com/opinion/off-the-cuff/airport-adventures-in-covid-times-1.88864301>





## Top ways to avoid Procrastination

Smiridhi Bhaskar, Phase I



As it's said, "If it weren't at the last minute nothing would never get done". For most people procrastination, irrespective of what they say, is NOT about being lazy. In fact, when we procrastinate, we often work intensely for long stretches just before our deadlines. There are numerous reasons why we procrastinate which are lack of awareness, fear of failure, fear of criticism, trouble focusing, avoidance etc. There are many ways by which you can stop procrastination:

### Awareness: The First Step

First, to overcome procrastination you need to understand the reason WHY you procrastinate, and the function procrastination serves in your life. Awareness and self – knowledge are the keys to figure out how to stop procrastinating. Moreover, being a goalkeeper and having a purpose in life, keeping a checklist is all what will help you to keep procrastination at bay.



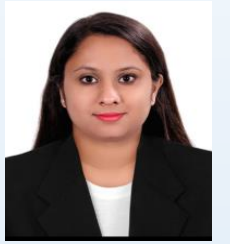
### Time Management

As William Penn states that "Time is what we want the most, but what we use worst". There are some time management techniques like Setting Goals, Making Note of Deadlines, Starting with Small Tasks / Breaking up Large Tasks, creating a schedule, Using Breaks Wisely which can help you to avoid procrastination. Making a huge list of "things to do" or scheduling every minute of your day may INCREASE your stress and thus procrastination. Instead, you should set reasonable goals (e.g., a manageable list of things to do), break big tasks down, and give yourself flexibility and allot time to things you need to do and thereby allot time for the things you enjoy as reward.

# TEACHER-SPEAK

## Top ways to avoid Procrastination

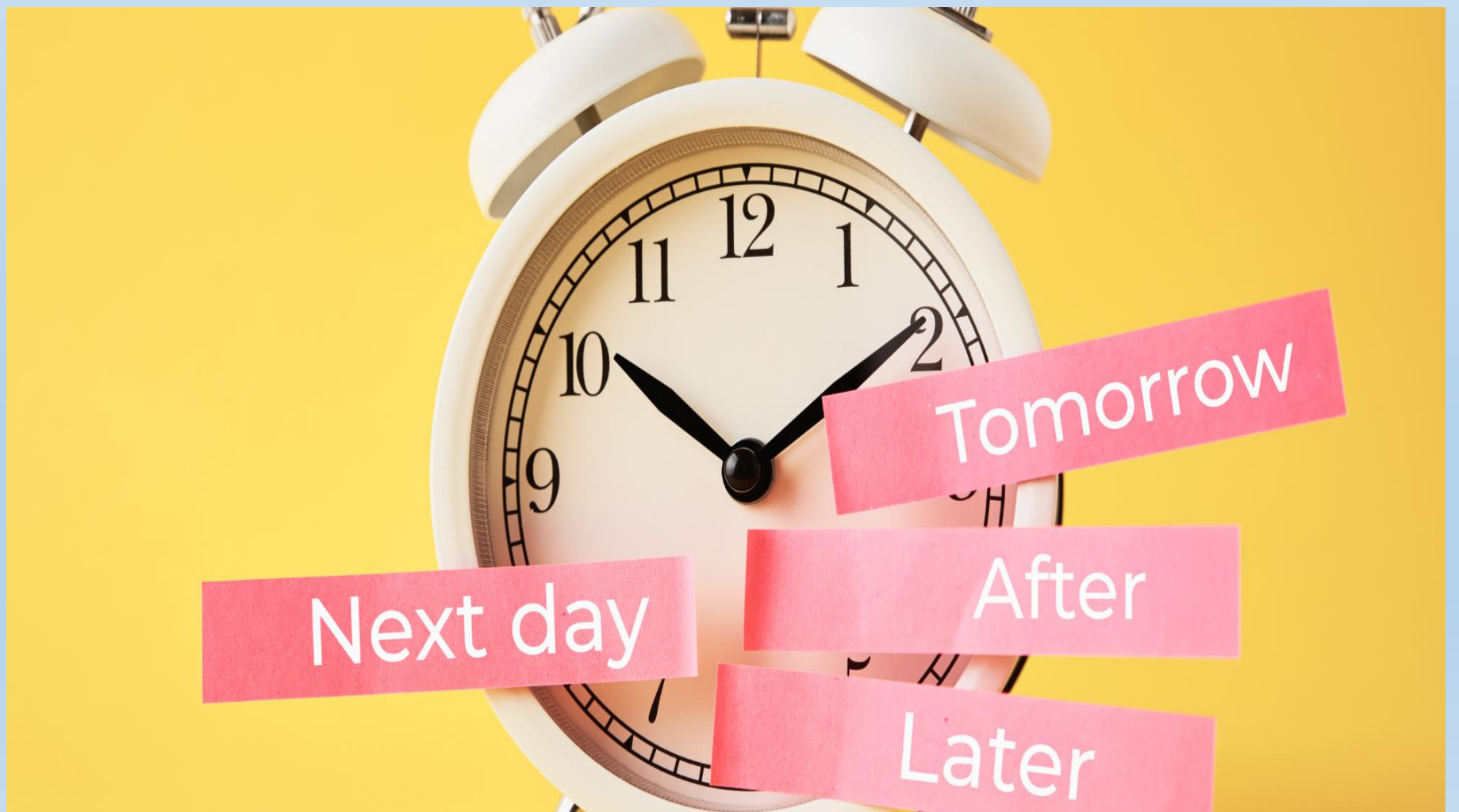
Smiridhi Bhaskar, Phase I



### Staying Motivated

Another key to overcoming procrastination is to stay actively engaged in your classes. Lack of Motivation is a part of procrastination. You are in avoidance mode, rather than drive mode! Motivation is what drives you to achieve what needs to be done. Determining what motivates you can help you overcome procrastination. If you are passive in class you're probably not "getting into" the course and its topics, and that weakens your motivation thus leading to procrastination.

While procrastinating is a very natural fault, we all share, if it gets out of hand it can get quite troublesome. Excessive procrastination can disrupt your life and cause you to lose control of your schedules and deadlines. So, let's, take these small steps to manage our life effectively.





# TEACHER-SPEAK

## Top ways to avoid procrastination and manage time wisely

Indu Krishna, Primary Phase

Procrastination can take some interesting forms. According to Psychology Today, students who procrastinated were shown to generally have lower grades and reduced well-being. Whether your procrastination technique is “Netflixing” you should work on strategies to overcome it and manage your time wisely.

### 1. ADMIT THAT YOU'RE PROCRASTINATING

The first step to overcoming procrastination is to admit that you are avoiding the tasks that you are supposed to be doing. Some students procrastinate because they have a fear of failure, but the simple truth is that unless you acknowledge that you aren't being as productive as you need to be, you may not see any improvements in your time management skills.

### 2. PICK A GOOD STUDY LOCATION

Curling up with a blanket on your bed is not the best place for doing your schoolwork. Your study spot should be somewhere with good lighting and a clear surface with plenty of room to spread out your materials and laptop. These locations should be a place where you don't do any other activities, like napping or watching TV. Your brain will catch on when you go to this particular location where you are going to focus on your school work.

### 3. ELIMINATE DISTRACTIONS

Have you ever tried to study but found yourself getting distracted by people coming to talk to you or by every social media notification that shows up on your phone? You need to eliminate distractions, such as turning off or silencing your phone.

### 4. SET GOALS YOU CAN REACH

People procrastinate because the task at hand seems too large for them to tackle or they don't know which task to start with. Dividing your homework into small tasks can make an assignment seem less daunting, like constructing an outline for a term paper or studying for a test in chunks. You can also set a timer for a specific period of time to help you stay focused.

### 5. WORK WITH A STUDY GROUP

If you lack the willpower to regularly study alone, knowing that you have to pull your weight in a study group can be a great way to dive in and face procrastination head-on. The study group's peer pressure and your sense of responsibility toward the group will help ensure that you complete your assigned tasks on time.

## Top ways to avoid procrastination and manage time wisely

Indu Krishna, Primary Phase

### 6. REWARD YOURSELF

It takes a series of good behaviors to overcome procrastination, like working ahead in your classes and finishing your homework in a reasonable time frame, to form a habit. It also requires some discipline and self-control. When you finish an important task before the due date, you shouldn't be afraid to reward yourself for doing a job well done.

### 7. TAKE A BREAK

Taking a break can actually boost your productivity. Isn't procrastinating the same as taking a break? The answer is no. The reason you're able to take a break and not be considered procrastinating is intent. If you are intentional about your break by setting a certain amount of time to be away from your important task, it is different from putting off the task until the last possible minute.

### 8. HOLD YOURSELF ACCOUNTABLE

Holding yourself accountable for completing your assignments on time, studying for tests, and getting good grades is not only an important survival skill for college, but it's also another tip to avoid procrastination. It's important to note that long-term procrastination could potentially have a negative effect on your health and body.





## **BUILDING DEEPER RELATIONSHIPS WITH STUDENTS THROUGH ACADEMIC CONTENT**



**Ms. Archana Jayakumar**

**Department of Science**

We need to promote a culture of trust in our classrooms that goes beyond the obvious. We should ensure that the students are aware of our confidence in them as people and as learners. As educators, we make an effort to integrate our interpersonal dynamics (with students) and our academic content. I believe a student's intellectual development is greatly influenced by the academic relationships they develop with their teachers.



It's important for students to develop a sense of ownership over their education. This will serve as a prelude to developing a strong bond with their mentor or teacher. A fantastic way to involve students is through brainstorming. It provides them with a platform to express and share their honest ideas and opinions. It helps establish a deep relationship with each other and the teacher. Instead of microteaching, it would be a good idea to present them with the larger topic in the form of an image, reading passage, or problem. Then let them brainstorm ways to connect it to the current topic. By not categorizing any idea as incorrect, we open up more possibilities for critical thought and helps to build rapport with the child.

Our progress towards establishing trust with our students is ensured by self-reflection or honest, non-anonymous student feedback. As a final thought, it's important for students to know that the teacher has faith in their ability to learn.

## Embedding sustainable practices in children from a young age

Arpita Parker, Parent of Ashvik Nair, KG I-A



Children of today will be the change leaders of tomorrow. Introducing children to the sustainability concept enables them to appreciate and be responsible towards our natural environment. Sustainability practice should start in-house and embedding the “3R – Reduce, Reuse and Recycle” principle in our basic regular activities highlighted below can help the children to better understand this:

- Reduce – To use less of something and helps conserve things.
  - Switch off the lights and fan in rooms when not in use.
  - Turn off the water while brushing your teeth.
  - Use a bicycle or walk instead of driving for shorter distances.
- Reuse – Use items multiple times and reduce wastage.
  - Do your shopping in reusable cloth bags.
  - Use refillable water bottles,
  - Use discarded plastic/glass containers being used as planters or for storage.



# PARENT SPEAK

## Embedding sustainable practices in children from a young age

Arpita Parker, Parent of Ashvik Nair, KG I-A



Recycle – Using old and waste items by transforming them into something new.

- Separate your food waste which can be used for soil as compost.
- Dispose of used paper, plastic, glass etc. items in separate recycle bins.
- Upscale and repurpose old stuff for craft or art activities.

“The best way to predict the future is to create it” has been quoted by many noble leaders. Every small step counts in this process of creating a sustainable future. Let us all pledge to make this planet a better place to live in.



# Embedding Sustainable practices in children from a young age



Deepti Matthew, Parent of Steven Matthew, Grade I-H

Sustainability is “environment education”. Learning about the environment and how natural systems function. It’s everything that we need for our survival and wellbeing relating directly to our natural environment. We all know sustainability matters. Saving the planet matters. Protecting our wildlife matters.

We need to create a sustainable environment around our children and make them understand how a small act impacts the overall sustainability for the planet and every small initiative is important. We need to make them understand that every single person has a role to play so that they can influence people around them.

Below are the few examples how we can educate children on Sustainability-

- Encourage children to participate in a recycling program (recycling bins for cardboard, plastic, and paper) or involve them in developing new strategies for recycling materials (using donated materials for art n craft
- Make them “Energy Savers” – responsible for noticing lights, fans and other appliances left on when not in use. Likewise, choose ‘Water Savers” – responsible for noticing taps left on and other wasted water.
- Make them recycle and donate all books
- Reuse Paper and use Paper Bags instead of Plastic Bag
- Purchase equipment that is eco-friendly and reduce amount of plastic used.
- Switch to Environment friendly and recycle Products- clothes, shoes etc.
- Get them engaged with nature- organic farming, indoor plantation etc.

Children growing up with such sustainable habits will make a larger impact on the environment and will force the government and companies around the world to provide products and services which are sustainable and environment friendly.



## **Embedding sustainable practices in children from a young age**

Khushi Shah, Parent of Hridaan Shah, Grade IV-C

Sustainability in early childhood education influences every corner of a service's practice.

Becoming environmentally responsible can be a complex and confusing topic. It's recommended that the first step towards a sustainable culture is to discover where you are with your understanding of sustainability in early childhood education and care.

Sustainability in early childhood education means educating children, families, and communities whilst embedding sustainable practices into our practices, inclusions, and educational programs to ensure a holistic and embedded approach to change.

How to embed sustainable practice into your early years

- Potted plants inside and outside
- Flowers planted in the outdoor area for children to cut and use in their play if you garden
- Access to natural materials such as pebbles, rocks, sand, dirt, gardens, branches etc
- Mulch your gardens and vegie patch
- Install a small worm farm
- Make a small (or large) vegetable garden or flower garden for the kids to help you with if you like to garden

## Embedding sustainable practices in children from a young age

Khushi Shah, Parent of Hridaan Shah, Grade IV-C

- Install a water tank for use when watering gardens or during water play
- Ensure toilet used for the children has a half flush button and provide education around this
- Display pictures of taps being turned off
- Recycle paper for craft and drawing
- Cut cardboard boxes up when you purchase new resources and add to your stash of cardboard for the kids
- Provide a tub or bin for children to add recycled materials and paper for craft. Encourage use from this bin.
- Use child sized bins for scrap containers – waste, organic, recycle
- Set up a routine of children helping to empty organic scraps into the compost
- Use washing line for children's bedding and soft toys – provide small air hanger for children to hang small things up themselves.
- Use energy efficient globes and turn off lights when not needed – ask children their opinion on when to turn off and on
- Use non toxic and environmentally friendly cleaning products with reusable cloths.
- Include stories and games with environmental content regularly on the shelves
- Send home flower cuttings, vegies and seeds with the children to share with their family.









## Sustainability

It's the one concept our world is revolving around, the constant reminder to meet the unrealistic standards we are encouraged to implement. This ability can be generated within our kids to help bring this world back to its original composition. We can introduce small steps to the younger generations by making these unrealistic tasks into smaller subparts. Instead of swallowing the entire container of solutions let's do one pill at a time.

Introduction of new habits and practices is hard irrespective of whether you are 40 or 14. I try to bring small changes in the lives of my kids to make them more environmentally and socially aware. I try to implement these 4 realistic changes in the lives of my kids:

- Think twice before shopping.

Trust me when I say thinking twice before purchasing a certain good is a life saver. You will realise how many things you are purchasing for the ritual of it rather than its spot in your daily routine.

- Reuse paper and plastic bags for shopping.

This can save you so much money. Saving your grocery bags or completely replacing the little polytene devils and replacing them with paper or jute bags saves you 25 FILS per plastic bag.

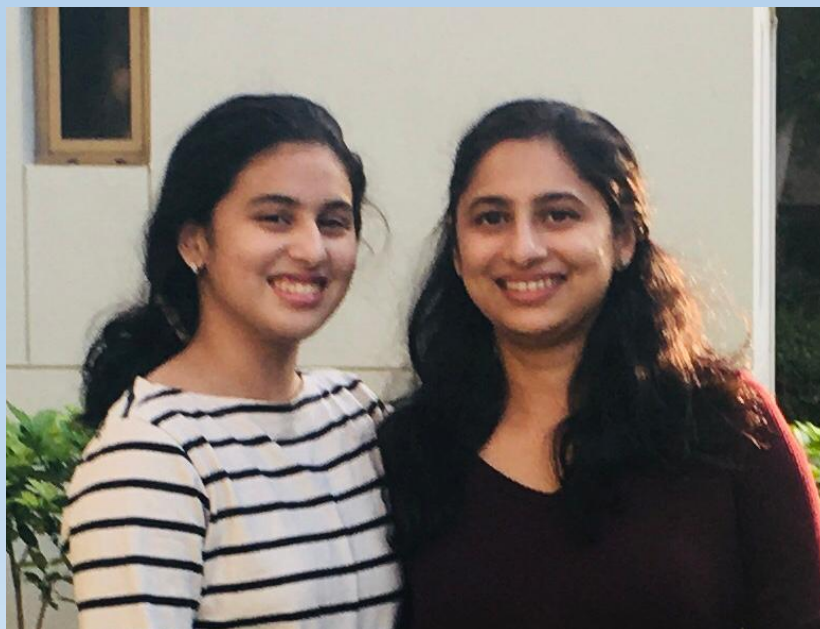
- Avoid disposable items.

Invest in good quality tableware. Believe me it saves the planet and your wallet.

- Reduce your food waste

It's a luxurious feeling to see a table full of food but the amount of food wasted or unconsumed at the end of the day is humongous. It is better to make only the necessary amount of food rather than a feast.

I hope these few tips helped you and your family become more environmentally and socially responsible.





## TOP WAYS TO AVOID PROCRASTINATION AND MANAGE TIME WISELY

Ms. Poornima Ghosla, P.G.T. Economics

When it comes to productivity, most of us suffer from procrastination more often than we'd like to admit. And the thing is, it can get difficult to stop procrastinating and get stuff done once we get used to putting things off.

If you're not familiar with this concept, procrastination is the art of postponing and delaying tasks. Procrastination is a real productivity killer and can add a lot of stress to your life. But I've found that certain habits help in stop procrastinating and get stuff done. They've made a huge difference in one's life if one start applying them daily. Here are 10 ways to stop procrastinating and get stuff done!

Nine ways to stop procrastinating and get things done

1 – Understand why you are procrastinating

There can be many reasons why a person is procrastinating. It's crucial to know and understand the situation before tackling it well. Actually, the main reason people procrastinate, is because of fear. They may be afraid of not succeeding in what they want to do.

For instance, one may want to start a business but keep putting it off because he/she is too afraid of failure or mistakes.

Another common reason of procrastinating is that people are afraid of experiencing discomfort. Discomfort is not an enjoyable place to be. Why anyone would like to be out of their comfort zone, right?

Fear can prevent us from doing things and achieving our goals.

2 – Don't seek perfectionism

Sometimes, when we need to do something, we put it off because we fear that we'll do it imperfectly. The perfectionist in us can take over and prevent us from actually taking action. It can make the whole task overwhelming to start and to do. As a result, we tend to procrastinate, or worse, we might even never get to it. So, we need to embrace our imperfections!

Accept that you are human and that if you make a mistake, it's okay. Everybody makes mistakes and no one is perfect. Accepting that you're allowed to do things imperfectly will take a lot of pressure off of you. This will help you get to work more easily. I love the saying: Done is better than perfect. It is SO true!

It is more important to quickly accomplish the things we need to do than to do them perfectly someday.

## TOP WAYS TO AVOID PROCRASTINATION AND MANAGE TIME WISELY

### 3 – Stay away from short-term distractions

When you aren't motivated to do a given task, having distractions around you is the best way for you to procrastinate. If you have your phone around, you'll easily find excuses to check social media or your emails. Or you'll suddenly want to watch a video or you'll start a conversation with a friend. Every excuse works. But, if you want to stop procrastinating and get stuff done, you have to force yourself to stay away from distractions. Put your phone on airplane mode or let it in another room. Switch off your notifications. Turn off the TV or the music in the background.

Having no distractions will force you to start working on your tasks because you won't be able to find excuses to put things off.

### 4 – The 5-second rule

When we feel pulled to do something, our brain often finds excuses for us not to do it. So we need to act before our brain tells us not to.

The author of the '5- Second Rule', Mel Robbins, explains it as follows.

“When you feel yourself hesitate before doing something that you know you should do, count 5-4-3-2-1-GO and move towards action. If you have an instinct to act on a goal, you must physically move within 5 seconds or your brain will kill it”.

When you count 5-4-3-2-1, you don't allow your brain to create excuses that prevent you from taking action. It just doesn't have the time and the focus to. And once you start the action, you easily gain momentum and keep working on the task.

### 5 – Create short to-do lists

Writing down our tasks for the day is a necessary step for us to start doing things and to stop putting them off. If we only rely on our memory to remember what needs to get done, we may forget about certain tasks. This situation easily results in procrastination. Writing down what you need to do is a tangible way to help you decide what you need to accomplish.

You're not wasting time thinking too much about them and you'll have a clearer vision. And there's less chance for you to find excuses for not doing them.



## TOP WAYS TO AVOID PROCRASTINATION AND MANAGE TIME WISELY

6 – Commit to working for only 10 minutes on a task

When you're not motivated to do anything, allow yourself to work on the task for only 5 or 10 minutes. That's all. It's nothing, right? No matter how hard the task is, knowing that you only need to work on it for 10 minutes will make it seem doable. This will motivate you to start the task and stop procrastinating on it. The great thing is that once you start a task, chances are you'll want to continue working on it after 5 or 10 minutes. And you might as well finish it since you started it.

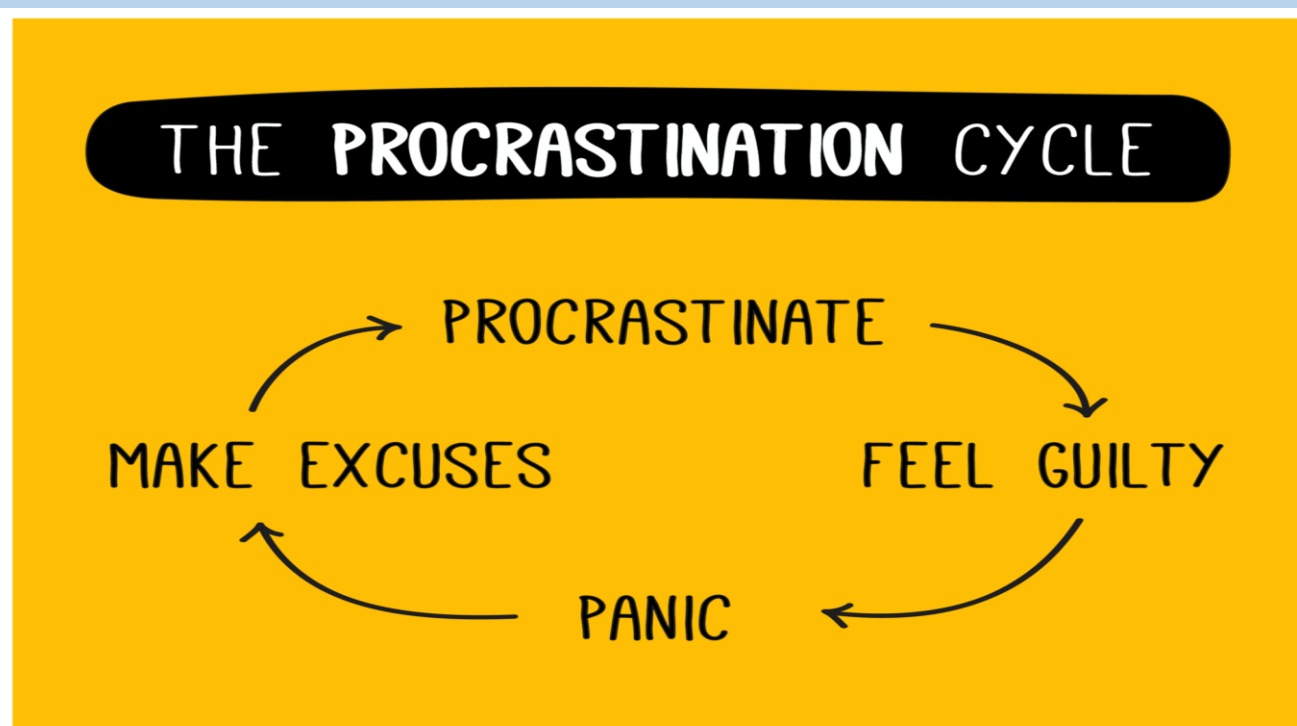
7 – Break down long and hard tasks into smaller and easier ones

If you have a project that will take several hours or days to achieve, break it down into smaller tasks. Knowing that you need to do long and hard tasks can discourage you from taking action on them. It's very daunting to know that you need to work for hours, if not days, to start observing the results of your work. Therefore, you are very likely to procrastinate on the task. On the other hand, breaking it down into smaller tasks is way more motivating. You'll quickly realize that you are getting things done and you'll have the impression that you are productive. This will motivate you, and these tasks are way easier to start doing.

8 – Celebrate each major task that you accomplish

When you want to do an important task, I think that it is important to plan to reward yourself once it is complete. For instance, if you need to clean your whole house but you're dreading it, plan a reward that you'll love at the end. Allow yourself to eat your favorite dessert or watch your favorite TV show.

Knowing that you'll have a reward at the end of your task will make you look forward to the moment you'll get the task completed. So you'll be more likely and more motivated to start the task and work on it. Having a reward at the end of a task will make you work faster as well, which saves you time in the process.



# PARENT SPEAK

## TOP WAYS TO AVOID PROCRASTINATION AND MANAGE TIME WISELY

### 9 – Set yourself non-negotiable deadlines

To stop putting things off indefinitely, set yourself a deadline for when you want to have a given task done. And try to be realistic about how long it takes to finish it. For instance, if you've been procrastinating on writing an essay, choose a date by which you absolutely must have finished it. You need to impose deadlines on yourself and force yourself to do the task before that date. You can set a rule that if the task isn't complete by this given date, you won't be able to do something you like.

For instance, if you want to see your friends this weekend, you need to finish writing this essay by Friday night.

Planning self-imposed punishments if you don't achieve a given task is an efficient way to prevent you from procrastinating. You're actually more likely to get to the task!

Those were nine ways to stop procrastinating and get stuff done and according to me these are very effective ways to overcome it.

On a final note, I'd like to finish this article with a quote about procrastination.

Roy T. Bennett once said: "Your life is happening right now: Don't let procrastination take over your life. Be brave and take risks. Your life is happening right now."





## EMBEDDING SUSTAINABLE PRACTISES IN CHILDREN FROM A YOUNG AGE



**Satyavani K V V**

**Mother of Likitha Kanduru, 8 G**

Sustainability educates people about the environment, how systems operate and what we need to do from our side for our survival and saving it for future generations. It's not just the elders who need to practice sustainability in all walks of life, instead the children are also to be taught how to contribute for their better future, right from a young age. One of the best ways to teach the concepts of sustainability is to allow children to experience practical activities that reinforce the core principles of sustainability.



- Educate importance of natural ventilation over artificial lights. Save electricity.
- Importance of using public transport despite having private vehicles.
- Introduce the concept of recycling. Recycling can start by having designated bins for recyclable materials, trash and food scraps.
- Use recyclable items for craft activities.
- Teach kids how not to waste food. Share the extra food ordered at home parties with poor people around.
- Make age appropriate books about the earth available and read them aloud at story time.
- Encourage rubbish collection while camping and or while having parties.
- Encourage kids to plant trees.



## BOOKS THAT WILL HELP YOU BECOME A BETTER PARENT

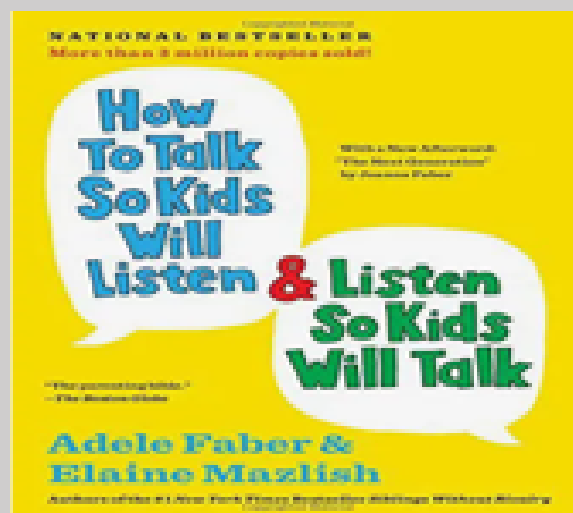


**Swathi Gandla**

**Mother of Meghana Pasupuleti, 7 B**

Becoming a better parent is not an easy task. It takes time and effort to raise a child well, but it also takes time and effort to be a good parent. There are many books that can help you become a better parent, but which one should you read? This article will provide some of the best parenting books that can help you become a better parent.

Some of the most highly recommended books include 'How to Talk So Kids Will Listen & Listen So Kids Will Talk' by Adele Faber and Elaine Mazlish, 'The Whole-Brain Child' by Daniel J. Siegel and Tina Payne Bryson, and 'Parenting with Love and Logic' by Charles Fay and Foster Cline.



'How to Talk So Kids Will Listen & Listen So Kids Will Talk' offers practical strategies for effective communication with children. It teaches parents how to express themselves in a way that children will understand and respond to, and how to listen actively to children's thoughts and feelings. "The Whole-Brain Child" provides a neuroscience-based approach to parenting, explaining how the development of the brain affects children's behaviour and emotions. It offers practical strategies for helping children regulate their emotions, build resilience, and develop a sense of self. "Parenting with Love and Logic" is a classic parenting book that provides a balance of love and discipline. It teaches parents how to set limits and teach responsibility in a way that helps children develop self-control and self-esteem.

All of these books provide valuable insights and practical strategies that can help parents become more effective in their role. They offer a deeper understanding of child development, and provide guidance on how to navigate the challenges of parenting. Reading these books can provide parents with the tools they need to raise confident, responsible, and happy children.