

# DPSD HERALD JANUARY 2024



# Great Times, Great Wellbeing

Narendra Menon, Grade XI-B



Our grocery shopping endeavours resemble an adventure. Choosing the coolest, freshest leafy foods. It resembles a game, however for nutritious treats.

Currently, our kitchen is fundamentally a foodie jungle gym. We're not simply cooking; Together, we are making memories. From trying out new recipes to sorting out which veggies are the best, it's a puzzle us as a family can never solve.

One comical occurrence was the point at which we endeavored a "veggie challenge" - attempting another vegetable every week. Let's just say Brussels sprouts weren't our #1!

We talk about why eating the rainbow is cool, and the way in which food is like fuel for our bodies. It's not just about remaining healthy; it's tied in with partaking in the entire food venture as a family. So, turning our attention to healthy eating? It's anything but a rule; it's our recipe for good times and great wellbeing!



# New Year's Resolutions: Powerful or Pointless

Akshita Bansal, 11-H

As the clock strikes 12 and the calendar turns over to a new year, many of us embark on a journey of self improvement, armed with a long list of new year's resolutions. These challenges that we set for ourselves, provide us with the hope for a clean slate to finally work towards the life that we have always envisioned. However, are these resolutions powerful catalysts for change, or are they yet another vain attempt towards self-betterment?

There's a certain allure behind the concept of a new beginning. A chance to leave behind the hardships and losses of the past and step into a new chapter of our lives. This idea often provides people with the motivation to work towards their goals and take control of their life.

The problem begins when individuals dive headfirst into the year, with a long list of goals, without a solid plan to back them. Gym memberships, diets, and work ethic, all peak in January, only to see a crippling decline in the following months. This pattern of enthusiasm followed by a rapid decline in commitment raises a fundamental question about the efficacy of New Year's resolutions. Perhaps the tradition of setting ambitious goals at the start of the year has become more of a social norm than a genuine commitment to personal growth. The pressure to conform to the expectation of reinventing oneself in the new year may lead to unrealistic expectations and ultimately set individuals up for disappointment. Which inevitably leads us to question the very basis of new year's resolutions and deems them to be yet another source of false hope.



# New Year's Resolutions: Powerful or Pointless

Akshita Bansal, 11-H

Tackling this issue may seem hard, but undertaking a few effective steps can allow us to harness the true power of these resolutions. The key to this is effective goal setting. Instead of setting unattainable goals, that at the end of the day will only be a harbinger of disappointment, we should indulge in SMART planning. Ensure that you set goals that are specific, measurable, attainable, realistic and time bound. Create a roadmap for success, breaking down larger objectives into smaller more manageable steps. It is essential to capitalise on this initial burst of motivation and channel it into a sustained effort throughout the year. Regular check ins, progress tracking, and celebrating small victories can help maintain momentum and keep the flame of determination burning bright.

Consistency is key when it comes to achieving your goals. Establishing a routine that aligns with your objectives can significantly contribute to your success. Whether it's dedicating specific time slots each day to work towards your goals or setting milestones to mark your progress, maintaining a structured approach is crucial. Embrace challenges as opportunities for growth, and be adaptable in refining your strategies as needed. Surround yourself with a supportive network or seek guidance when faced with obstacles.

New Year's resolutions become powerful when coupled with a growth mindset. Embrace challenges as opportunities for learning and growth, and view setbacks as stepping stones toward success. The journey of self-improvement is not about perfection but about the continuous pursuit of becoming the best version of yourself. At the end of the day, it is important to realise that these resolutions can be both a powerful catalyst for change, or maybe even seemingly mindless endeavours. The difference lies in your approach. Whether you maintain momentum throughout the year, or let go of our ambitions with time, the choice is yours.



# New Year, New Journey

Rayna Shah, Grade XI-J

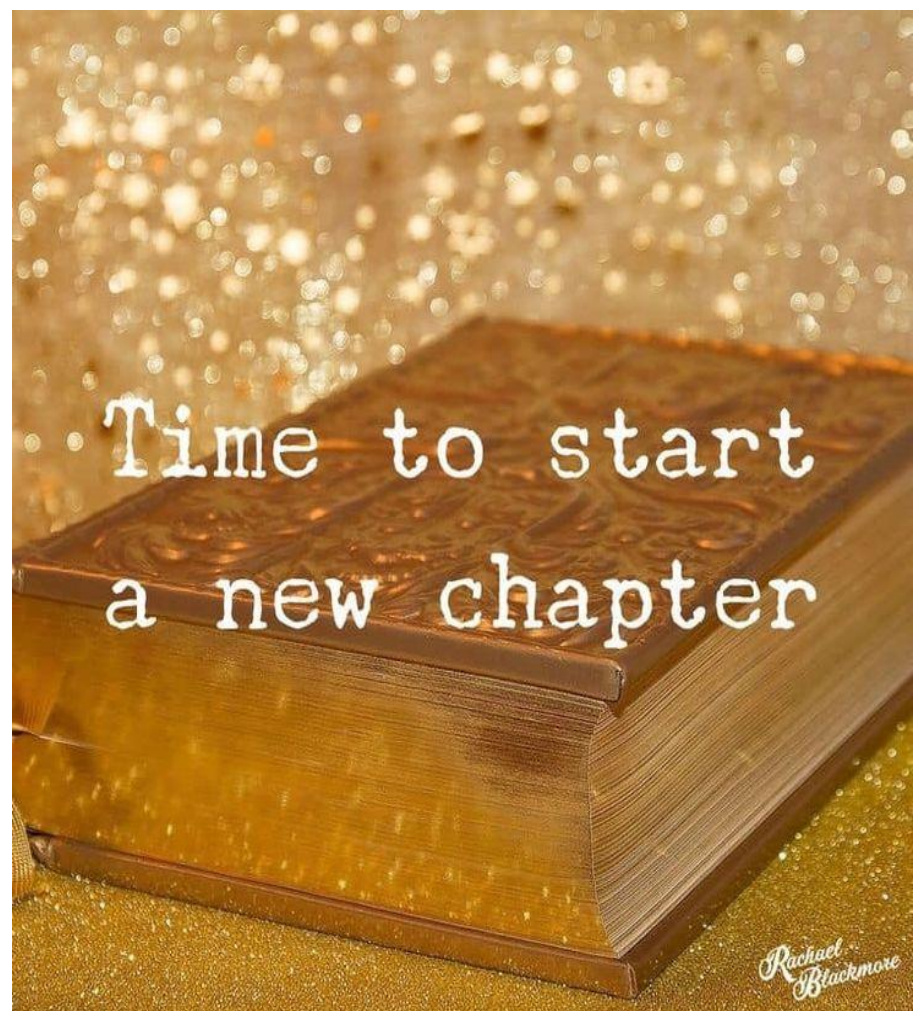


As the new year of 2024 unfolds,  
Students, let your aspirations be heard and told,  
Dreams of knowledge, wisdom, and skill,  
A brighter future, your heart and will.

With every step, a new path opens a brand new door.,  
Opportunities await, don't be still,  
Seize the day, let your spirit soar,  
Achieve your goals, and reach for more.

The world is yours, to shape and mold,  
Use your talents, and let your light shine brighter than gold,  
In the new year of 2024, be bold,  
And make your dreams, a reality to hold.

So let us embrace this fresh start,  
And make the most, of heaven's art,  
For in the new year, we'll find,  
A brighter future, for all humankind.



# Republic Day

Vedant Sangle

Beneath the azure sky, on Republic Day,  
The tricolor unfurls, in proud display.  
Unity in diversity, a nation's creed,  
A symphony of freedom, a sacred seed.

Soldiers march with steadfast grace,  
Honoring the land, in every space.  
Through the annals of history, a pledge we make,  
To cherish the values, for freedom's sake.

Diverse cultures merge, a vibrant blend,  
In the mosaic of time, our stories extend.  
In the heart of the tricolor, hope takes flight,  
A republic's promise, shining bright.

The anthem echoes, a timeless sound,  
In democracy's dance, joy is found.  
On this day of pride, let freedom soar,  
A celebration of a nation, forevermore.



# India's Constitution: A Symphony of Justice

By Gurneet Kaur, XI-G

A nation emerged from the turbulent seas of colonisation. India in 1947, a land brimming with potential, yearned for unity's embrace, justice's symphony, and freedom's soaring melody. Its guiding star is the Constitution, a fabric of old wisdom, modern liberty, and ardent independence dreams.

More than just legalese, it's a lively fresco of India's soul. Three pillars raise fundamental rights, an uncompromising bulwark against tyranny, defending each citizen's dignity, and burning with brightness. Directive ideals, not binding shackles, but a bright map guiding the nation towards a more just and equal dawn in which education and healthcare are birthrights rather than gifts. The government is a symphony of checks and balances, with a parliament, president, and judiciary, guaranteeing that power is never a lone dancer.

This is not a static scroll, but a living tribute to its framers' foresight. It bends to accept new realities, demonstrating the forethought woven into each thread. As India approaches a century, the Constitution's chant remains true. It points to a future in which liberty's hymn rings out in every heart, equality is heard in every corner, and fraternity's embrace unites disparate strands into a vibrant whole. For in the hearts of its people, the Preamble's commitment remains unwavering.



# New Year Traditions Around the World

Vihaan Rasiwasia , Grade XI

The arrival of new year is widely celebrated around the world with great pomp and show but people across the globe welcome it in their own unique way. The most common traditions include a fancy dinner, a meetup with friends and family and not to forget the countless amount of fireworks in the sky on that particular night. But elsewhere on this very planet the tradition could be anything from wearing white and jumping into the ocean to throwing a bucket of water out your front door. So let us embark on this mesmerizing journey to explore unique new year traditions from different corners of the world.

The people of Spain believe in welcoming the new year by eating 12 grapes at the stroke of midnight. This tradition is known as "Las Doce Uvas de la Suerte" because each grape represents a month and it ensures good luck and prosperity for the forthcoming year.

In the Philippines there are not one but countless traditions that are widely celebrated like wearing polka dot dresses which epitomize money and fortune, another one common amongst children is jumping as high as they can when the clock strikes 12 to help them grow taller. The people there consider that the round shape symbolizes prosperity and fortune, so it is common to eat fruits such as oranges, watermelons, grapes on new year's eve.

In Russia a 12 seconds of silence before midnight is observed to say thank you to the past year by remembering its most important events during the hours leading up to midnight, and they use 12 seconds of silence before the stroke of midnight to make wishes.

The Cubans gather the negative energy and bad spirits and toss them right out their door, literally. You don't need to be surprised if you are taking a stroll in Cuba on new year's and buckets of dirty water come flying at you.

In Japan people follow a very serene and pious tradition of visiting a shrine to reflect upon their actions in the past year and after that all the family members get together to enjoy a special meal called Osechi Ryori which consist of various traditional dishes.





# New Year Traditions Around the World

Vihaan Rasiwasia. Grade XI

Jumping seven waves is one of the most popular new year traditions in the country of Brazil. According to the Brazilians our energy gets renewed when we enter the sea as it has immense power and represents spirituality. Whoever fulfills the tradition of jumping over seven waves will receive spiritual purification and strength to face the upcoming difficulties in the coming year. This tradition involves paying homage to Yemanjá, the goddess of the sea.

As we bid farewell to the previous year to embrace the new year full of new beginnings and opportunities to excel in. As we enter into the new year we take all of our invaluable and iconic memories and moments created with our loved ones with us to cherish them for many years to come. So it doesn't really matter whether you eat 12 grapes at midnight or wear dresses with polka dots. These are just different ways to enjoy and create new memories but all that matters is you are happy and together as a family and will stay like that for every new year to come.



# My New Year Resolution-2024



Advay Sengupta, Grade II-E

My New Year's resolutions are to learn new skills and to be fit and healthy. This year I would like to learn cricket and badminton. In swimming, I would like to learn advanced strokes. I aim to read 30 new books and learn a new foreign language and a musical instrument. I would eat less junk food, eat more home-cooked food, play more outdoor games and limit my screen time to 30 minutes a day. I would continue to be disciplined at home and school.

## New Year's Resolutions

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# Historical Facts in January

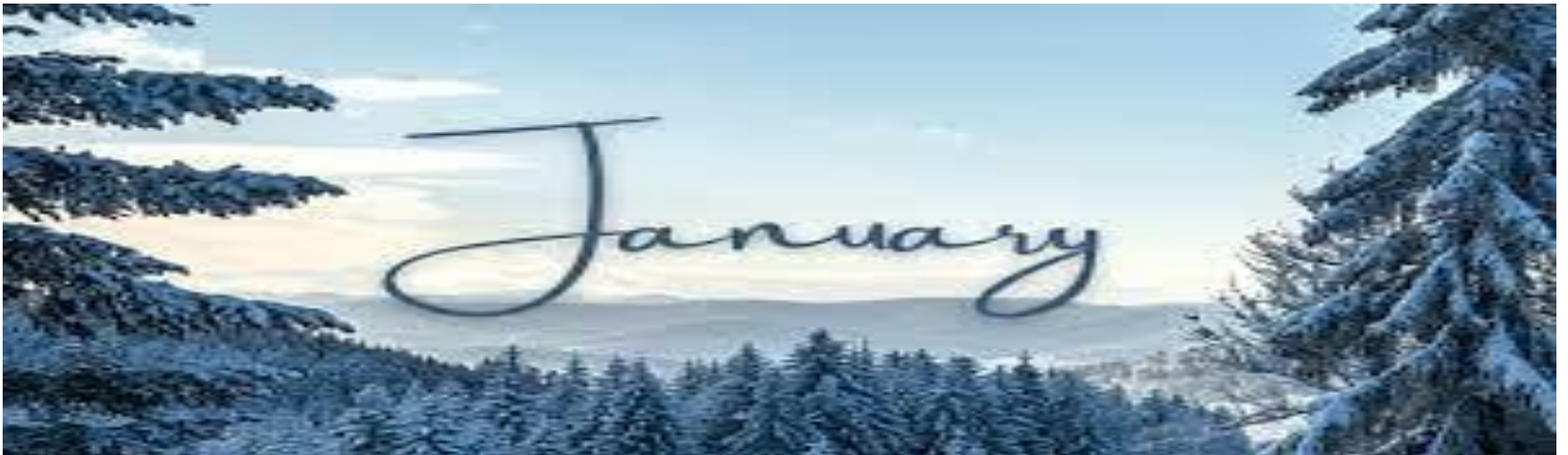
Nithara Jyothyshanker, Grade II-E

1st January

The Euro first entered circulation on 1st January 2002. Euro banknotes and coins were introduced in 12 different countries. This was the world's largest monetary changeover ever. Some of the currencies replaced by the euro included the Austrian schilling, French franc, Greek drachma, and Italian lira.

3rd January

English explorer Howard Carter discovered the tomb of Tutankhamun in the Valley of the Kings, near Luxor in Egypt on 3rd January 1922. Tutankhamun ruled Egypt as Pharaoh for ten years until his death at age 19, around 1324 BC.



4th January

Sir Isaac Newton was born on 3rd January 1642. Isaac Newton was considered one of the most important scientists in history. During his lifetime Newton developed the theory of gravity and the laws of motion.

8th January

Elvis Presley was born on 8th January 1935. Elvis Aaron Presley, also known as Elvis, was an American singer and actor. Known as the “King of Rock and Roll”. He is regarded as one of the most significant cultural figures of the 20th century.

13th January

The inaugural Mickey Mouse comic strip debuted on January 13, 1930. Mickey Mouse, an American cartoon character, was co-created in 1928 by Walt Disney and Ub Iwerks.

# Global New Year Traditions: A Tapestry of Reflection, Renewal, and Community Celebrations

Nitya Nair Malapil – XI I

New Year traditions, a cultural and religious significance, symbolize reflection, renewal, and community bonding. They foster a sense of continuity, ward off negativity, and provide opportunities for personal growth, encouraging people to celebrate the passage of time with optimism and connection. Some traditions followed around the world by different countries are:

## 1. India: Traditional Customs

People of India decorate their homes with colorful rangolis and light lamps. It is usual to wear new clothes and give gifts to loved ones. Special dishes are made, and families assemble to share a joyous dinner.

## 2. United Arab Emirates (UAE): Respectful Celebrations

Celebrations in the UAE often involve fireworks, concerts, and festive events and create resolutions like diversifying the economy, advancing sustainability, embracing innovation, promoting social development, and prioritizing health and wellbeing.

## 3. United Kingdom: Varied Customs

Encourage healthier lives, strengthen communal relationships, and prioritize well-being. Encourage sustainability, kindness, and personal development for a better, more connected future.

## 4. United States: Diverse Celebrations

In the United States, common New Year's objectives include health goals, career aspirations, and personal development. Many commit to live healthier lifestyles, advance their careers, and establish beneficial habits.

## 5. Japan: Cultural Respect

In Japan, New Year's resolutions are centered on self-improvement, such as adopting healthier habits, progressing in personal and professional efforts, and cultivating spiritual growth for the following year.

## 6. France: Réveillon Traditions

In France, New Year's resolutions are frequently focused on personal development, health, and well-being. Individuals create goals for the following year, hoping to make positive changes and find fulfillment in many aspects of their lives.

In conclusion, New Year traditions worldwide, from India's vibrant customs to the UAE's respectful celebrations, the UK's focus on well-being, the US's diverse resolutions, Japan's cultural respect, to France's Réveillon traditions, collectively emphasize reflection, renewal, and fostering connections for a positive and fulfilling year ahead.

# What I Look Forward to in 2024



Parth Vighnesh Pandya, IX-A

As the year draws to a close, we bid farewell to the past and embrace the future with new hopes and aspirations. For many people across the globe, the new year is an ideal opportunity to set new objectives and pursue them with renewed enthusiasm and determination, leaving behind the successes and failures of the previous year and carrying forward only the valuable lessons.



In 2024, I have a myriad of goals that will shape how I spend my time. Above all, I will apply the knowledge I acquired in 2023 to study more effectively and efficiently to achieve the best possible results in my forthcoming exams. A healthy body is essential for any endeavor, so I will allocate a sufficient portion of my day to physical activities such as exercising and cycling, and mental relaxation techniques such as meditating and journaling. This year I aspire to devote more time to my hobbies such as playing chess, sketching, and programming. As long as I adhere to my plans with discipline and sheer desire to accomplish them, I am confident that I will improve myself and grow this year, which is ultimately the main purpose of any goal.

To sum up, the new year has begun and, like any other, is passing swiftly like a breeze. Therefore, stay focused on your ambitions and work hard to achieve them. At the end of the day, all that matters is that you enjoy the journey and learn something new every day to become a better person.

# “Freedom is not given, it is taken”

Daksh Sharma, IX C

Freedom is not a passive gift bestowed upon individuals; rather, it is an active pursuit, a relentless journey that demands courage and resilience. History is a testament to the fact that real freedom isn't handed out graciously by the authorities, instead it is fought for by challengers who dare to oppose oppression. The quote “Freedom is not given, it is taken” resonates deeply with the life and ideology of Subhas Chandra Bose.

Subhas Chandra Bose was a prominent Indian freedom fighter in the early to mid-20th century. His life exemplifies the spirit of seizing freedom rather than waiting for it to be granted. His most famous quote “Give me blood, and I shall give you freedom” captures his conviction that sacrifices, and active resistance are essential for the attainment of true liberty. His legacy serves as a powerful reminder that the struggle for freedom is not a passive endeavor but requires bold initiative and determined action.

From civil rights movements to revolutions, the pages of history are adorned with stories of individuals and communities who refused to accept the chains of subjugation. The essence of freedom lies in the assertion of one's rights, the refusal to bow down to unjust authority. It is a constant struggle, a fight for autonomy and equality. In essence, freedom is not a benevolent gift; it is a hard-fought prize claimed by those who dare to defy the status quo.



# The Best Movies of 2023

Anushkha Jain, IX A



There is no doubt that ever since the film industry began, movies have captured the hearts of billions around the world. Whether it is the Hollywood film industry or Bollywood, these industries have given us masterpieces repeatedly. In the year 2023, I got the opportunity to watch many of them.

I watched movies of a multitude of genres, which included supernatural fiction, romance and thriller. For me, the best movies that I watched in 2023 were Avengers Age of Ultron, Fast Five, KGF, Spiderman: Across the Spider-Verse, Leo, Mission Impossible, Qala, Friday Night Plan, Barbie, and A Thursday. These movies were amazing and satisfied my need to watch something good. Each movie offered me a taste of something different. For example, comedy movies made me laugh, action and thriller movies kept me on edge and didactic movies taught me something moral. Spiderman: Across The Spider-Verse is the one I liked the most not only because it showed something that could not ever happen but also because of the animation. It was a different version of spiderman. He was an anomaly, something that should not have happened and when people continuously told him who he was supposed to be, he snapped. The end left this movie in suspense and I cannot wait to watch the next part.

I hope to watch many amazing movies this year too including those I could not watch last year, like Oppenheimer, Interstellar, Evil Dead and Animal. I would also like to watch the last movies of many movie series including Fast and Furious and Mission Impossible



# Gap of Opportunity: Exploring the Pros and Cons of a Gap Year

Vishnu Prasad AR, XI E



The day of graduation is regarded as one of the significant moments in our lives. Such defining periods often create new dilemmas to tackle. The decision of taking a gap year is one that requires great scrutiny, accounting for its merits and demerits.

A gap year is taken for a multitude of reasons. Typically, a student takes a gap year to fulfil a non-academic activity like that of travel, volunteering, internships, etc. A student can now take the well needed break from the academic realm to emotionally and physically recharge themselves. Using this time to travel and experience the intricacies of the world in their prime can leave a profound and lasting impact, often one that molds and shapes the young and inexperienced mind. Engaging in volunteering and other humanitarian services builds character and gives a real perspective of the world, one not clouded by rose tinted glasses. Gaining tangible work experience during the year not only builds the qualifications of the student, but also delves into the daily work environment that goes beyond the surface level that are often misguided.



Yet time is precious and mishandling it can often lead to a path that is crooked and unstable. A gap year taken with no clear goal can lead to a period of unproductivity in all avenues of life. The academic mind-set accrued over the years can also degrade and fade with time. This can then culminate into a variety of problems that ultimately ends up creating a perpetual cycle of regret and self-destruction. A year spent poorly can affect your self-confidence, and makes one feel they are falling behind their peers. The transition from the rest and relaxation to the hustle and bustle of college life can be jarring for the unprepared student.

Taking a gap year is a double-edged sword, and to wield it, a chore. With seemingly all the time you could ever ask for in your grasp, it calls for great fortitude and determination to utilise the time wisely and hold yourself accountable to achieve your goals. It's not for everyone, but for those who make the most of it, the rewards can be extraordinary.



# New Year, New \_\_\_\_?

Edna Abu Abraham, XII G



Three

Two

One

The clock strikes twelve,

And out the window,

The sky lights up— not by the moon,

And the cheers commence.

Yet, I sit here,

Staring blankly into the lights,

‘Tis a new day,

And a year—

But what has really changed?

The sun still rises from the east,

And sets west,

The moon still shines at night,

And I still hold the same dirt as I did a minute ago.

So what has changed?



# Tricolored Dream

Edna Abu Abraham, XII G



Harshni Ramakrishnan

A canvas of saffron, sunshine so bright, A story of bravery, burning with light. It speaks of the heroes, bold and strong, who fought for freedom, where we belong.

White in the center, like a dove taking flight, A symbol of peace, a promise of light. For everyone, fairness, hand in hand, United we stand, in this glorious land.

Green at the bottom, fields so green, A promise of hope, a future serene. Where dreams take root and ambitions grow, for every citizen, prosperity shall flow.

Together they wave, the colors of three, A dream of freedom, for all to see. On Republic Day, let our spirits soar, This tricolored dream, forevermore!



# Historical Facts in January

Nithara Jyothyshanker, Grade II-E

15th January

Army Day is celebrated on 15th January every year in India, in recognition of Lieutenant General Kodandera M. Cariappa's (later who became Field Marshal) taking over as the first Commander-in-Chief of the Indian Army from General Francis Roy Bucher, the last British Commander-in-Chief of India, on 15 January 1949.

21st January

Edward Jenner's smallpox vaccine was introduced on 21st January 1799.

25th January

Alexander Graham Bell makes first transcontinental phone call on 25th January 1915.

26th January

Republic Day has been celebrated every year in India on January 26, since 1950 to honour the date on which the Constitution of India came into effect.

30th January

Martyrs' Day is nationally recognized in India on January 30th to commemorate the assassination of Mahatma Gandhi in 1948 by Nathuram Godse.



# My New Year Resolutions

Kirthik Manikandan, Grade I-E



My resolution for the magical year 2024 is to read more books, learn a new skill like playing a musical instrument, develop healthy eating habits, practice kindness like helping a friend and sharing a toy or saying something nice to someone, to engage in more outdoor play like riding bikes or going for nature walks, to maintain a journal to express my feelings and to record the place I'm traveling throughout this year and finally I would like to take responsibility around the house and in my classroom.



# New Year 2024

Arihan Roy, Grade II-I



Bells are ringing,  
People are singing,  
New Year's here, New Year's here!  
Happy, happy New Year, Happy, happy New Year,  
Let's all cheer, New Year's here!  
Welcome back to school today,  
So glad you're here,  
We'll start the New Year right away,  
With a little cheer!  
New adventures, friends to meet,  
Songs to sing and books to read,  
So much to see, do and know,  
The New Year's here, ready, set, go!  
Happy, happy New Year, Happy, happy New Year,  
Let's all cheer, New Year's here!



# New Year 2024

Siyoni Mendigiri, Grade II-E



As we count down the new year,  
With the people who are so dear  
Everyone shines like stars in the sky,  
Firecrackers fly up so high.  
Clock ticking counting moments so dear,  
A fresh start awaits so let's bring in a cheer.  
3,2,1 and a new start,  
With the people we love from our heart  
With the new year comes a new date,  
We hope 2024 goes great.



# My resolutions 2024



1. To eat healthy food.



2. To drink More Water.



3 To Watch less t.v.



4 To help My mom



SHEVANSH

KG 1 G

# My Kindergarten

Red and blue, draw and play,

Sunshine fun, a happy day,

Kids and art, laugh and cheer,

Big smiles here, we are all near.



Dhvansh

KG 1 G

# Emotional Resilience Is Key, But How Do We Cultivate It?

Reshma Nisa

Life is a constant wave of curve balls thrown at us without prior notice. Only the strongest of us can keep a brave face as we endure these unexpected hardships. Yet, within the unpredictability lies the essence of resilience. It's the ability to stand firm when the winds of adversity blow, to find strength in the face of challenges.

Each curveball carries a message about courage and adaptability. Resilience isn't about suppressing emotions; it's about acknowledging them and choosing to respond with determination. Through these experiences we discover our inner fortitude and the power to turn setbacks into stepping stones. So how do we cultivate emotional resilience in ourselves?

It's definitely not simple as resilience is firmly based in the ideas of flexibility, self-awareness, and optimism. These traits aren't natural to everyone, rather an outcome of conditioning and growth.

## SMART GOALS

- Begin by knowing what you are working towards and form principles that frames how you want to live life. Defining these aspects makes it easier when you need to make critical decisions in tough situations.

## SUPPORT SYSTEM

- Nobody can weather a storm alone. We all need support systems whether it be our family or friends. It is important to make meaningful connections with people you trust.

## COPING SYSTEM

- Create a routine of things you love so you can find some familiarity even with some changes. Exercise, cooking, art etc. are constructive activities to add to deal with negative emotions.

## ACCEPTANCE

- Accept that everyone faces challenges and realize that life is never always the same. View change as an opportunity to emerge as a better person.

Remember, resilience is not a fleeting moment but a continuous process that we navigate for our entire lives.



# Role of High School in Preparing Students for College

School serves as a crucial foundation for students, not only in terms of academic knowledge but also in shaping their future career paths. This article explores how the high school experience plays a significant role in preparing students for their chosen college majors.

## Broad Educational Foundation:

High schools provide a comprehensive education that includes a variety of subjects. This broad foundation allows students to explore different fields and discover their interests before committing to a specific college major.

## Core Skills Development:

High school curriculum emphasizes essential skills such as critical thinking, problem-solving, and communication. These skills are transferable across various disciplines and are essential for success in college and beyond.



# Role of High School in Preparing Students for College

## Career Guidance and Counseling:

High schools often offer career guidance and counseling services to help students make informed decisions about their future. Counselors assist in identifying strengths, interests, and potential majors aligning with individual goals.

## Advanced Placement (AP) and Honors Courses:

Many high schools offer advanced courses that mirror college-level work. Participating in AP or honors classes allows students to experience the rigor of college coursework and helps them gauge their readiness for more challenging academic pursuits.

## Extracurricular Activities:

Extracurricular activities contribute to a student's holistic development. Participation in clubs, sports, or other activities can help students hone leadership skills, develop teamwork, and explore areas of interest that may influence their choice of college major.



# Neurodiversity and Why it Matters

Yadavi Bhagat

You might have heard the saying “We are all unique in our own ways.”. That couldn't be far from the truth. Each person is their own individual with their own way of thinking, understanding, perceiving and feelings, and that is Neurodiversity. We as individuals go through a plethora of situations throughout our lives so it's quite a possibility when I say that some of the situations may be the same for 2 individuals but the path that both the individuals decided to take may not be the same. You see each person views the world with their own unique lens, experiencing and interacting with the world in their own special manner. When it comes to thinking, learning, experiencing, etc. there is no “right way”.

When we talk about neurodiversity, we include both the neurodivergent as well as the neurotypical people. When I say neurotypical you might perceive it to be a normal person whereas in the case of neurodivergent you may perceive it as an abnormal person. Now it must be known that a neurodivergent person is simply a person whose brain functions and understands the world in a slightly different way as all the others.

We need to be able to welcome people with all types of neurodiversity and try to understand their point of view when it comes to experiencing the world. We need to be more understanding of disabilities such as autism, ADHD, intellectual disability, etc. Many neurodivergent people are often set on a path to success with their out of the ordinary way of thinking and that is something we must appreciate in the world. In conclusion, neurodiversity matters because it creates a world with an array of possibilities in learning, thinking and experiencing and that uniqueness is the best part of an individual.

# Navigating The Unwritten: What Awaits In The New Year

Hanishka, 8-D

December 31st, 11:59:50 pm, my countdown to a new year began. I knew that this year would be the best of all my 13 years, because there was an extra day to work and challenge myself. Yes! 2024, is a leap year, a year with an extra day, which makes me believe that this year, will be extra special.

A new year means new resolutions. There's nothing like New Year to seek new things.

There are a couple of things to look forward this year. Few include:

**Technological Advancements:** Born in the “smart era”, technology has always caught my eye. As this is advancing day by day and year by year, 2024 surely will be the peak of advanced technology. We all must expect further developments in technology, including innovations in artificial intelligence, virtual reality, and advancements in communication and transportation technologies.

**Space Exploration:** Being a true space lover, space exploration has always been on top of my bucket list. As a person with an ambition to enter the space field, 2024 is the year whispering that there might be exciting developments in space exploration. NASA is taking us one step closer to the moon as it launches its new space rover, VIPER (Volatiles Investigating Polar Exploration Rover). SpaceX launched Axiom Mission 3 aboard a Crew Dragon spacecraft on a Falcon 9 rocket to the International Space Station (ISS) on 18 January 2024. SpaceX also plans to launch Axiom Mission 4 to the ISS later in the year 2024.



# Navigating The Unwritten: What Awaits In The New Year

Hanishka, 8-D

Climate Change: Our earth is heating up, so is the topic of climate change. Climate change is accelerating at an alarming rate. This year, there are many initiatives taken by the countries together, to combat this disaster. The global transition to clean energy sources will continue to accelerate in 2024 and beyond. The IEA expects global investments in clean energy technologies, including solar, wind, hydropower, geothermal, and nuclear.

As the calendar turns, we have the opportunity to set intentions for tomorrow. Let the conclusion of this year mark the beginning of a journey filled with purpose, passion, and the pursuit of our deepest aspirations.



# The Indian Constitution

Mansi Dhongade- 7C

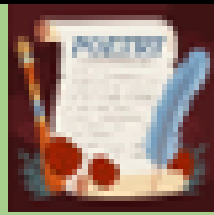


"The Indian Constitution is the heartbeat of our democracy, breathing life into the values of freedom, justice, and unity for every citizen."

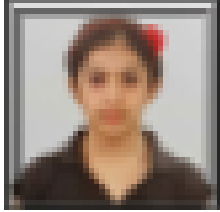
The Indian Constitution is like a rulebook that guides how India is run. It was made in 1950 by Dr. B. R. Ambedkar. It is vital because it gives rights to all citizens, ensuring equality and justice. It is the foundation and a guiding light to set up the Indian government structure, with a President, Prime Minister, and Parliament. The Constitution also protects diverse cultures and religions, promoting unity. It emphasizes democracy, where people choose their leaders through voting. Most importantly, it safeguards fundamental rights like freedom of speech and equality before the law. Overall, the Indian Constitution is the backbone of the country, ensuring fairness, freedom, and unity among its people.

To conclude, Indian Constitution upholds unity, justice, and freedom for each and every citizen of India.





# *New Year 2024*



*Swarnika Sudhakar 6F*



*"Stepping forward into a new rainbow,  
With vibrant colors, into a magical world we go.  
And when the morning sun brings light here,  
To commence a fresh, bright, and blossoming year!*

*Time to thank God with a polite prayer too,  
To launch into a triumphant 2024!*

*Beneath the moonlit canvas, dreams take flight,  
Whispers of stardust weave through the night.  
A symphony of hope in each heartbeat's score,  
Chasing tomorrows we've never explored before.*

*In the winds of time, our dreams align,  
As 2024 dawns, in hope, comets of bliss shine."*



Samaira Tyagi SD

Republic Day, we see flags high,  
Colors red, white, green paint the sky.  
India celebrates, happy and bold,  
Stories to share, so the tales unfold.

On Republic Day, we stand so tall,  
With tricolor waving, proud and all.  
Saffron, white, and green so bright  
Colors of freedom, soaring high in flight.

On Republic Day we cheer,  
For freedom fighters we hold dear.  
They were brave, strong, and true,  
Fighting for me and for you.



On Republic Day, hearts sway  
As we sing the freedom anthem, hooray!  
A song so strong, a melody grand,  
Echoing across our glorious land.

With joy and pride, we come together,  
In any kind of lovely weather.

On Republic day, we pray,  
In India's heart, we'll always stay

Jai Hind





# New Year Traditions around the World

Anandhini, 8D



New Year's Eve is a time when people all over the world come together to celebrate new beginnings in their own unique ways. Each country has its special traditions, making the transition from one year to the next colorful and diverse. In Japan, joyous bells ring 108 times, symbolizing the 108 human sins, to purify and welcome a fresh start. Meanwhile, in Spain, it's all about the grapes – people eat twelve grapes at midnight, each grape representing good luck for each month ahead.

In Scotland, Hogmanay celebrations are legendary. First-footing is a popular tradition, where the first person entering a home after midnight brings gifts, ensuring prosperity. In Brazil, people believe that wearing white on New Year's Eve brings peace and luck for the upcoming year.

Over in the United States, the iconic ball drop in Times Square marks the beginning of the New Year. It's a moment filled with excitement and anticipation as the crowd counts down together.

In Denmark, folks smash old plates against friends' doors to symbolize friendship and ward off evil spirits. Russian New Year celebrations involve writing down wishes on paper, burning them, and then drinking the ashes with champagne. It's believed to make dreams come true.

No matter where you are in the world, the arrival of the New Year is a time for hope, joy, and the promise of a fresh start. These diverse traditions showcase the beauty of global celebrations, connecting people across borders in the shared excitement for what lies ahead.



# My New Year's Resolution

Aritri Dey, Grade IV-K

Everyone has a New Year's resolution, right? Well, that is exactly what today's article is about! So, what would your New Year's resolution be? Mine would be to improve my grades in the next grade. Well, what is a New Year's resolution? Today, I will explain it.

A New Year's resolution is a promise people make towards the next year, and sometimes, we can't be too promising to fulfil it! So far, I have almost finished my resolution for 2023, but, I still haven't read the last book of Harry Potter! Have you fulfilled your goals and resolutions for 2023? I'm not sure! I have planned a lot for this year. Did you plan your goals and expectations for this year? Commonly, people would ignore their resolutions and continue with life. But, some people are dedicated and determined towards their resolutions, so, they do manage to fill it! Sometimes New Year's resolutions can be fun, they are just plain boring!



# Historical facts of the month

## January

There are twelve months in a year. All of the months are unique with a secret story behind. Today we are going to look through the historical facts of one month. I am Maanya, your ultimate guide to look through the historical facts of January. January is first month of the year. Like I said, let's look through the historical facts.

### The facts are:

1. **Numa revised the Roman republican calendar so that January replaced March as the first month. It was a fitting choice, since January was named after Janus, the Roman god of all beginnings; March celebrated Mars, the god of war. Some sources claim that Numa also created the month of January.**
2. **Janus was associated with doors, gates, and all beginnings. Because of that, when the Romans changed their calendar and added two months to the beginning of the year, they named the first one Januarius to honor Janus. The English January comes from Latin Janua**
3. **January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolize beginnings and endings.**
4. **Julius Caesar added a 31st day to the month.**
5. **It was named after Janus, the Roman god of all beginnings.**

Maanya Kannan

4K



# Republic Day

Zaina Tyagi, Grade III-C

India is our beloved nation  
The Republic Day calls for grand celebrations.  
We unite and stand tall with hand in hand,  
Proudly singing the anthem, our voices are so grand.  
We remember our martyrs, brave and true,  
Who fought for our country, through and through.  
Their sacrifices we never forget,  
Every day our respect and tribute we express.  
The Tricolor unfurls so bright and bold,  
Symbolizes our freedom tales, left untold.  
With colours of saffron, white, and green,  
What a beautiful sight, it can be seen.  
On this special day, together we celebrate,  
India's Republic is a country so great.  
With great happiness and pride, we gather near,  
To honour the nation, loud and clear.  
We learn about our Constitution,  
It guides our nation's evolution.  
Different rights and duties, we understand,  
The importance of a democratic land.  
We sing the national anthem with great pride,  
Together, we stand side by side.  
Respecting each other, we embrace,  
The diversity of our Indian race.



# New Year 2024

Aladdin Bazil, Grade III-C

Happy New Year to everyone

Forget all fear and bad

Think about what is happening now

It is the time to shine May every great new day,

Bring you sweet surprises New is the Year

New are our hopes

New is our spirits

The newest dreams of mine

Happy New Year to everyone

It is time to be our best

It is our time to shine.



# WHAT I LOOK FORWARD TO IN 2024

Viraj Pranav Ropalekar, VII-B



“Every year you make a resolution to change yourself. This year, make a resolution to be yourself.” – Gail Saltz. As suggested by this stimulating thought, being yourself in all circumstances is always beneficial for you. It is important to focus more on yourself to build your social and mental wellbeing. Due to this, your life will be much easier. It will reduce your stress and offer you better health. This brings me to what I plan to do in 2024. I have made my own ‘New Year Resolutions’ and have decided to include four exemplary things.

First of all, I plan to have an ameliorate health lifestyle as this helps your mind to be more productive. It helps you achieve the goals and assists you in spending time on relevant matters. However, one must remember that only being mentally active won't do. One must also be physically active, stay hydrated, meditate, exercise, and get enough sleep to discover the most superlative versions of themselves. Moreover, results show that only about 19% of the people are active and engaged in physical activities. The other 81% of people are at risk of diseases which could potentially be harmful for their body. Second, I plan on possessing good physical health. This can help boost your confidence and self-esteem, pushing you towards the objectives you wish to accomplish. Furthermore, these aspects can assist you to become better in studies.

Third, I plan on having a good mental attitude which opens the door to a variety of opportunities. Fourth, I decided to practice sports. Sports help making you stronger, facilitate virtuous emotions and avoids you from being vituperative. It is important to lead a physically active lifestyle to surge your brain health and increase your ability to do everyday activities. One day or later you will need to change. “Where there is a will, there is a way.”

# FREEDOM IS NOT GIVEN, IT IS TAKEN

Smrithi Prasad, 8 A



The idea behind the quote, “Freedom is not given, it is taken” by Subhash Chandra Bose resonates deeply across cultures. This concept of attaining freedom only when efforts are taken has been the driving force that has fuelled innumerable revolutions over the course of history, including our own freedom struggle against the British Raj.

While the pursuit of freedom seems essential, the reality is that only few take action. India's fight for independence against the British is a testament to this very belief. Throughout this period, the attitude of earning freedom, not having it granted was embodied by leaders like Mahatma Gandhi, Jawaharlal Nehru, and countless others. They believed that the destiny of a nation should be determined by its own people, not dictated by foreign powers. Nationalists and revolutionaries who persuaded people with their words and worked tirelessly against the British knew that freedom, wouldn't be simply granted without hard work and valour. This poignant call for action creates a realisation that the shackles of colonialism can only be broken with sacrifices, resilience and determination.

Our freedom fighters, who lost their lives and toiled day and night to create the country we know of today, truly personified the essence of freedom. Furthermore, the quote suggests that liberty is not an act of benevolence from those in power, but rather the collective will and actions of individuals. "Freedom is not given, it is taken" is more than just a slogan; it is a reminder of the blood shed and lives lost that came with our freedom. It is truly relevant in every aspect of life and shows how nothing is reaped without adequate efforts. By understanding the complexities of this statement, we can continue to build a world on the very principles that lay the foundation of a strong nation.

# THE BEST MOVIES I WATCHED IN 2023

Lavishkka Dogra



2023 has offered a plethora of thrilling movies from numerous genres. Some movies worth mentioning are:

## BIRD BOX: BARCELONA-

It is a post-apocalyptic thriller film where people must wear blindfolds to protect themselves from an unknown entity. The protagonist along with his daughter seeks refuge while lying about a haven and betraying survivors. This story explores themes such as trust, desperation, and sacrifice.

## 12TH FAIL-

It is the story of a poor boy who fails in Class 12th but manages to become an IPS Officer with his sheer grit and determination. This movie has won several Filmfare awards. It is a must-watch for kids and adults alike.



## KATHAL-

It is a political satire. The movie depicts how a selfish bureaucrat tries to manipulate the entire political machinery for his personal agenda. It is a perfect blend of comedy and drama.



# PROS AND CONS OF TAKING A GAP YEAR

Isam Aamir, Grade VII-A



Embarking on a gap year, a deliberate break from traditional education or employment, has become an increasingly popular choice for individuals seeking personal growth and exploration. The primary advantage is the opportunity for profound personal development. During a gap year, people often engage in activities such as travel, volunteering, or pursuing hobbies that allow them to gain a deeper understanding of themselves. This period of self-discovery results in independence and a broader perspective on life.

Moreover, the significant advantage is the exposure to diverse experiences and cultures. Many people choose travelling internationally or engaging in volunteer work, giving them new ideas and ways of life. This experience can lead to increased cultural awareness, open-mindedness, and adaptability—qualities that are highly valued in an interconnected world. Also, the broadened perspectives gained during a gap year can positively influence academic or career choices, contributing to more accurate decision making.

However, taking a gap year has its own cons. One of the primary concerns is the potential financial strain. Travel, living expenses, and participation in certain programs can incur cost. Additionally, there's the risk of academic disruption. Returning to formal education after a gap year may require readjustment and people might find it difficult to get back into an academic environment. In conclusion, the decision to take a gap year should be carefully weighed, considering individual goals, financial readiness, and personal preference. Ultimately, a well-planned gap year can be a transformative journey, providing valuable insights and skills that contribute to long-term personal and professional success.

# NEW YEAR- 2024

Raahil Sheik, VIII-A



A new year dawns, a fresh start unfolds  
Hopes and aspirations, dreams of gold  
The past year's regrets, let them fade away  
As we step into the light of a new day.

Resolutions are made under the New Year's glow  
Promises to define are all galore  
Aspirations bloom like flowers in the spring,  
The New Year begins like a hopeful wing.

With hope-filled hearts and dreams so bright,  
We bid farewell to the past,  
And look ahead to the future's light,  
With visions of joy that will last.

Bold ambitions shine so bright,  
Paving our paths like a beacon of light.  
Hope is with us, through a year unknown  
Helping us feel not so alone.

As days unfold, like petals bloom,  
Let joy arise, to ease the gloom.  
New friendships created, like treasures rare,  
In a year full of life, a joy to share

# NEW YEAR- 2024

Raahil Sheik, VIII-A



So let us embrace this new beginning  
With open hearts and minds, let our spirits take wing  
For the year ahead, may it be bright  
Filled with joy, love, and endless delight.



# REPUBLIC DAY

Anwasha Sahoo, 7-B



The ink etched the words on the paper  
And the pages flipped one atop the other, flapping in the fresh air  
The tears well-spent fall down cheeks and rise to be vapor  
The constitution of India seals shut to create a country beautiful, just, and fair.

As she stood at the border, tethering between two worlds apart  
She swore she would forever love the ground she stood on.  
One last time she glanced at the green flag and moon, ached her heart  
As she delved her hands into the pockets of her olive green soldiers' uniform

The wind blew and with it memories came  
The fight for pride, for what's theirs to be returned  
And now formed a new government, a new name  
Deep down she knew, the tables were about to be turned

She turned the way around and exhaled a long breath she didn't realise she held  
And awoke to a country that transformed in the span of a fateful night  
Now she is 92 and lives in a world that has excelled,  
A country that grows and prospers and works towards the good and right.

# REPUBLIC DAY

Anwasha Sahoo, 7-B



The planes soar through the sky, marking them with the national hues  
Painted with the sunsets and sunrises that mark the light of our days and nights  
Future minds standing on the grasses so green and blues  
That mark the ocean and pearly white so serene and bright.

Years pass by and her loved ones grieve  
But she went with honour and a smile on her face  
The soldier died on 26th January at eve  
Wrapped around in her flag that mirrors her bravery and grace.



HAPPY  
Republic Day

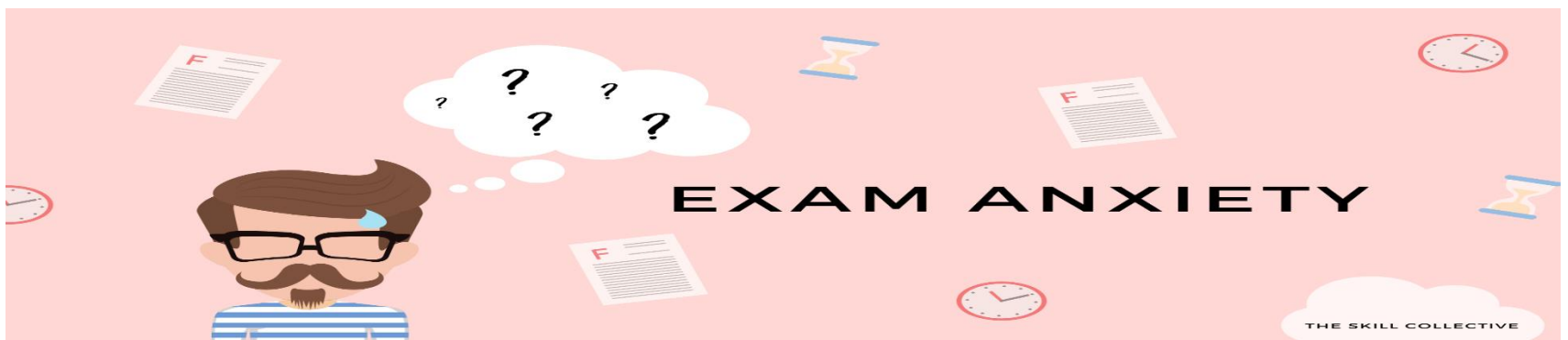
# 5 Tips to Manage Exam Anxiety

Diya Girish Israni, Phase I- KG



Exam season looms, and with it comes the familiar flutter of anxiety. But fear not, young scholar! Applying these five simple tips can transform those nervous butterflies into confident eagles, soaring toward exam success.

1. **Conquer the Chaos:** Preparation is your anxiety antidote. Craft a study schedule that breaks down the mountain of material into manageable chunks. Prioritize effectively, focusing on your weaknesses. Reward yourself for completing tasks and building momentum and motivation. Remember, a clear head starts with a well-organized plan.
2. **Fuel Your Focus:** Your mind is a marathon runner, and it needs the right fuel to perform. Ditch the junk food and sugary treats, and embrace brain-boosting foods like berries, fatty fish, and leafy greens. Stay hydrated with water, ditching the caffeine rollercoaster. Regular exercise also releases endorphins, natural anxiety fighters, so get your body moving!



3. **Tame the Inner Critic:** Negative self-talk is anxiety's best friend. Instead, flip the script! Replace "I'm going to fail" with "I've prepared well, and I can do this." Visualize yourself calmly acing the exam, feeling the confidence wash over you. Positive affirmations are your secret weapon; use them with power!
4. **Breathe Through the Pressure:** When anxiety strikes, take a deep breath. Inhale slowly through your nose, filling your belly with air. Hold for a moment, then exhale slowly and completely through your mouth. Repeat this a few times. Deep breathing activates your body's relaxation response, calming your nerves and boosting focus.
5. **Seek Support System:** You're not alone in this! Talk to a trusted friend, family member, or teacher about your anxieties. Sharing your concerns lightens the burden, and their encouragement can be a powerful motivator. Don't hesitate to seek professional help if needed; counselors can equip you with valuable coping mechanisms.

Remember, exam anxiety is a natural response, but it doesn't have to control you. By following these tips, you can transform it into a fuel for focus and motivation, propelling you towards exam victory. So, take a deep breath, believe in yourself, and conquer those exams!

# Winning over Reluctant Readers

Samira Sultana, Phase II



Captivating the imagination of reluctant readers goes beyond simply handing them a book. As a lover of literature, I have uncovered some enchanting techniques to awaken the dormant curiosity in even the most hesitant readers. The key is to connect with their interests. Just as each person has a preferred flavour of ice cream, they also have a specific taste in genres. Dive into conversation and discover their passions, aspirations, or even beloved films. By customizing reading recommendations to their unique likes, you are not just providing a mere book; you are introducing them to a world they are already fond of.

To enhance the reading experience, consider involving others by starting a mini book club with friends and family. This allows hesitant readers to feel more at ease while sharing their perspectives and ideas in a welcoming environment. Beyond creating a sense of camaraderie, this also adds a social aspect to reading, turning it into a fun group activity. Modern technology can also revolutionize reading. Introduce audiobooks or e-books as alternative means of delving into stories. Sometimes, a format change can alleviate the daunting aspect of reading, particularly for individuals who face challenges with traditional books.

To successfully ignite a love for reading, it is crucial to cultivate both patience and determination. After all, Rome wasn't erected in one day, and neither will a passion for literature bloom instantaneously. A powerful approach is to share your reading journey, highlighting the richness and evolution it has infused into your life. By embodying the remarkable impact of literature, you may very well kindle the desire of hesitant readers to embark on their literary quest. Keep in mind, that the key lies not in simply handing them a book, but in guiding them to unearth the enchantment within its pages.

# Making Healthy Eating a Family Affair for Children

Shereen Bano, Parent of Fauzia Jan (III-E)

Forget battling bedtime broccoli; raising healthy eaters can be a blast! Make it a family adventure, and your tiny taste buds will be begging for more. Here's your guide to transforming mealtimes into a magical mission:

1. Assemble the Sprout Squad! Turn grocery shopping into a treasure hunt for colourful fruits and veggies. Let mini-me help pick out crunchy carrots and giggle at wobbly pears. Bonus points for silly vegetable faces at dinner!
2. Master Chef Junior Academy: Ditch the "eat it or else" mantra. Instead, equip your little sous-chefs with tiny whisks and let them mix in their imaginations (and maybe some healthy ingredients!) Cooking together creates memories and makes even Brussels sprouts seem super cool.
3. Plant Power, Activate! Get green thumbs with a family garden. Even a sunny windowsill can sprout basil or cherry tomatoes. Watching their plants grow sparks curiosity and makes them extra eager to try their tiny homegrown treats.
4. Food is Fun, Not a Fuss: Ditch the pressure and embrace the mess. Let them dip, dunk, and even build forts out of mashed potatoes (okay, maybe clean up the fort part later). Playful exploration takes the sting out of unfamiliar flavours.
5. Dessert Detectives: Don't fear sweets, embrace them! Whip up healthy smoothies with hidden spinach or bake banana bread bursting with nuts. Make healthy treats a reward for trying new things, not a forbidden fruit.

Celebrate small victories like trying a new veggie, and don't sweat the occasional sugar spree. Soon, those mini health heroes will be munching on carrots while you chase after them!





# Nurturing Empathy in Children

Subhathra Balasubramanian Kalaimathy,  
(Parent of Arudharra, Grade I-A)



Cultivating empathy in children is pivotal for their holistic development. Empathy, the ability to understand and share others' feelings, fosters positive social interactions and contributes to a harmonious society. By modeling empathetic behavior, caregivers play a crucial role in shaping children's attitudes. Encouraging perspective-taking through storytelling and role-playing helps children see the world differently.

Open communication is key in nurturing empathy; creating an environment where children feel heard and understood enables them to develop strong interpersonal skills. Engaging in acts of kindness, such as community service, teaches children the value of compassion and social responsibility. Moreover, emphasizing diversity and inclusion instills an appreciation for differences.

Empathy in children is not only beneficial for their individual growth but also crucial for building a compassionate and interconnected society. Through intentional efforts, we can instill empathy as a core value, equipping children with the tools to navigate relationships with understanding and kindness.



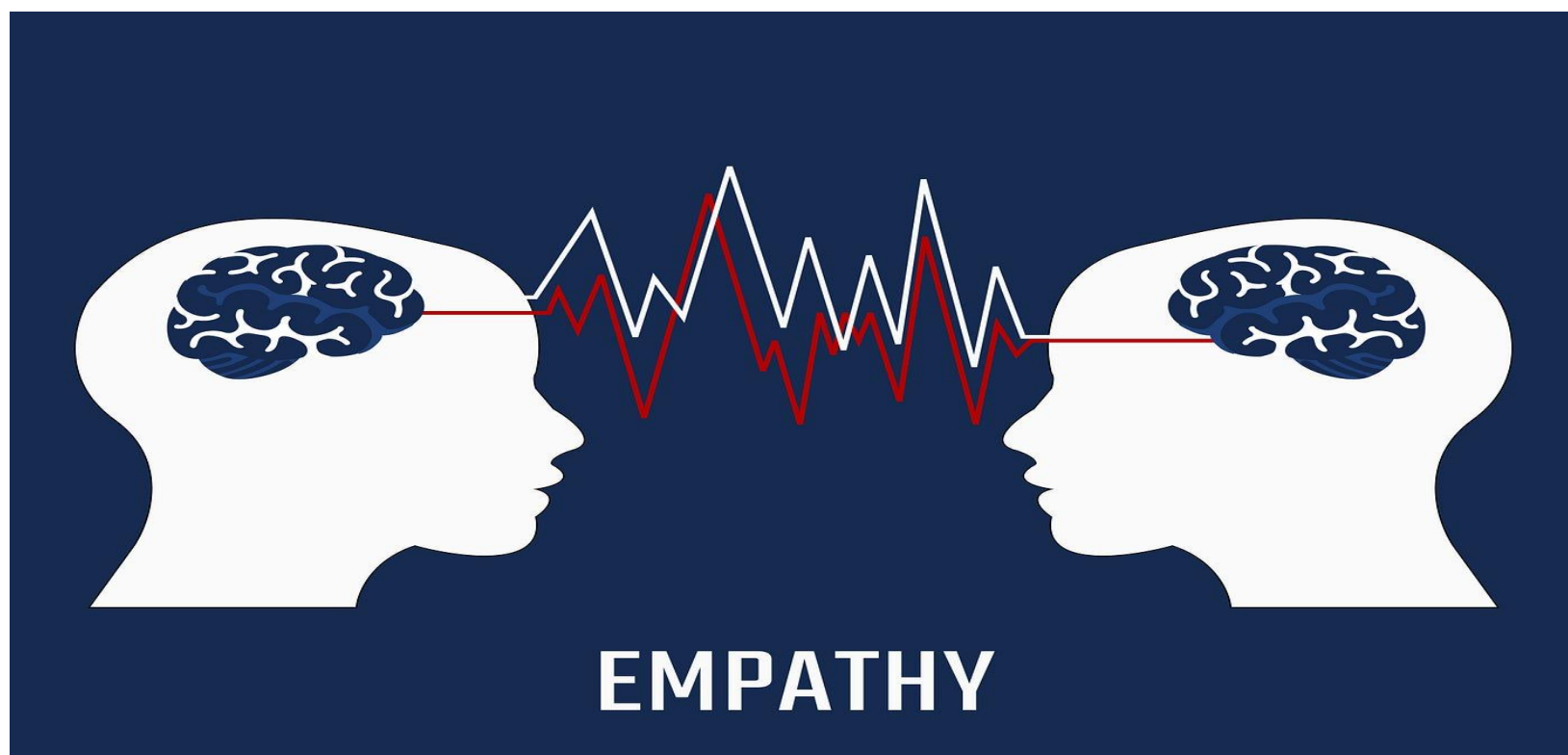
# Nurturing Empathy in Children

Rajesh Kolakkal



Empathy is a vital quality to instill in children, shaping them into compassionate and understanding individuals. Parents play a pivotal role in fostering empathy by modeling empathetic behaviour in their own interactions. Children observe and absorb these actions, learning to express concern and kindness towards others.

Encouraging perspective-taking is another effective strategy. Engaging children in conversations that prompt them to consider how others might feel in various situations helps develop their empathetic understanding. This could involve discussing characters' emotions in books or reflecting on real-life scenarios.



Diversifying children's exposure to different cultures, backgrounds, and experiences is essential. Reading books that showcase diverse characters and experiences broadens their worldview, enabling them to relate to people with varied perspectives. These stories offer valuable lessons about empathy, highlighting the importance of understanding others' feelings and experiences.

Participating in cooperative activities and group games reinforces the significance of teamwork and cooperation. These experiences teach children to navigate relationships, collaborate effectively, and consider the feelings of their peers. Through such activities, children learn that empathy is integral to building positive connections with others.

Volunteer work and community service provide tangible experiences for children to witness and understand the challenges faced by different communities. Engaging in activities that contribute to the well-being of others fosters a sense of responsibility and compassion. This exposure helps children develop empathy by connecting with the broader human experience.

# Nurturing Empathy in Children

Rajesh Kolakkal



Consistent communication about emotions is fundamental. Creating an open environment where children feel comfortable expressing their feelings and thoughts allows them to develop emotional intelligence. Understanding their own emotions better equips them to comprehend and empathize with the emotions of those around them.

In essence, nurturing empathy in children involves a multifaceted approach. By combining modeling, perspective-taking, diverse exposure, cooperative activities, community engagement, and open communication, parents can effectively cultivate empathy in their children, laying the groundwork for emotionally intelligent and compassionate individuals.



# Embracing Healthy Eating as a Family Journey

Parent of Hridhan Devadiga, KG I I



Encouraging healthy eating habits in children isn't just about what's on their plate; it's a holistic journey that involves the entire family. When kids witness their parents or guardians enjoying nutritious meals and making mindful food choices, they're more likely to adopt these behaviours themselves. One effective way to make healthy eating a family affair is by involving children in meal planning and preparation. This engagement not only instils a sense of responsibility and autonomy but also educates them about various food groups and their nutritional benefits.

Moreover, transforming mealtime into a shared experience fosters positive associations with healthy foods. Create a supportive environment by incorporating a variety of colourful fruits, vegetables, whole grains, and lean proteins into meals. Implementing themed nights or challenges, such as "Try a New Vegetable Week," can make exploring nutritious options exciting. Emphasizing balance rather than strict restrictions helps children understand that occasional treats are okay while prioritizing overall health. Celebrate successes together, whether it's trying a new vegetable or choosing a healthier snack, reinforcing positive behaviours. Engage in open conversations about the benefits of healthy eating, emphasizing how it fuels our bodies and minds.



Lastly, leading by example remains pivotal. Children observe and mimic their caregivers, so showcasing enthusiasm and enjoyment for nutritious foods can significantly impact their attitudes. Encourage mindful eating practices like savouring each bite and listening to hunger cues. By making healthy eating a collaborative and enjoyable family venture, parents not only nourish their children's bodies but also cultivate lifelong habits for their overall well-being.

# Nurturing Empathy in Children

Parent of Mohammed Aidan Ajeeb



Nurturing empathy in children is a crucial aspect of their emotional development. Empathy, the ability to understand and share the feelings of others, forms the foundation for positive social interactions. Parents and educators play a pivotal role in fostering this quality.

Encourage perspective-taking by discussing diverse situations and emotions. Reading books that highlight characters' feelings or engaging in role-playing activities can aid in building empathy. Teach children the value of active listening, validating others' emotions, and expressing kindness.

Model empathetic behaviour in daily life, demonstrating compassion towards family members, friends, and even strangers. Acknowledge and discuss feelings openly, creating a safe space for children to express themselves.

Incorporate empathy into learning experiences, emphasizing cooperation and teamwork. By fostering a sense of community, children learn to appreciate diverse perspectives and develop a genuine concern for others.

In conclusion, nurturing empathy in children involves a combination of modelling, active engagement, and creating an environment that promotes emotional understanding. By instilling these values early on, we contribute to raising compassionate individuals who positively impact the world around them.



# Nurturing Empathy in Children

Asra Usmani, Parent of Yahya, Grade IV-H

Empathy is a crucial social-emotional skill that equips children to understand and respond to the feelings of others. It fosters kindness, compassion, and builds positive relationships.

Building a strong, loving bond between children and parents sets the foundation for empathy. Children who feel safe and accepted are more likely to extend that compassion to others as they learn by observing. When they see their elders showing empathy in their interactions with others, including acknowledging their feelings, offering support, and understanding different perspectives, they also adapt empathy in their everyday life.

Reading and discussions on characters and situations also provide opportunities to explore emotions and perspectives. Children should be encouraged to be good listeners and understand the speaker's feelings.

Parents and caregivers also need to create a safe space for children to express their emotions freely. Validate their feelings and encourage them to identify and understand the emotions of others. Expose children to different cultures, backgrounds, and abilities. This fosters understanding and appreciation for individual differences, contributing to emotional intelligence and empathy.

Empathy development is a gradual process that can be strengthened by being patient and consistent. Make a nurturing environment that encourages your child to develop empathy, leading to stronger social connections, better emotional regulation, and overall well-being.

