

# DPSD HERALD MAY 2023



# Mother- A Gift from Above

Sara Shanaishchandra, Grade X-A

Mother, gift from above, so tender and pure,  
A beacon of love, steadfast and secure.  
In your gentle embrace, I find solace and peace,  
A bond that's unbreakable, destined never to cease.

In your nurturing arms, I first felt the warmth,  
A sanctuary of love, where I found my true worth.  
Your selfless devotion, a flame that never dims,  
Guiding me through life's storms, helping me spread my wings.  
You're the wellspring of wisdom and might,  
Guiding me through life's darkest night.  
Your faith in me, a steady flame,  
Fueling my dreams, igniting my aim

With each passing year, your wisdom unfurls,  
Like a blossoming flower, your love softly swirls.  
You teach me the lessons that words cannot convey,  
In your gentle guidance, I find strength every day.

So, on this day, I honour your name,  
With heartfelt gratitude, I proclaim,  
You're an angel in human disguise,  
A blessing beyond all earthly ties.  
Mother, gift from above,  
A treasure that I'll forever love.  
In every beat of my grateful heart,  
You'll forever hold the most sacred part.





# A Cackling Camaraderie

KEHARA HENRIQUES 10B

Trembling and shivering,  
shoulders shaking and mouth quivering,  
at first, a pat on the back and offers of hankies and  
snickerdoodles, but filled with the heat of a million  
little butterflies banging at their cage, squeezing at the  
lungs, and a breath taken away, all standards of grace  
beheld by society's finest lost and the beauty of a face  
so untamed revealed

She looks at me mid-gasp, struggling for a supply of  
oxygen, cut off by Lord Gelos himself, for he would  
forbid anything remotely mortal as he creates endless  
memory and life itself in the sound of her chortles  
The window to her soul hides much behind its damp  
black curtains,  
but lit up like the emergence of dawn in the rugged  
mountains,  
by the gleam of her inner child coming out to play,  
I now struggle to keep my own cackling demons at  
bay.



# The Climate Crisis and Rise of Eco-Anxiety

-Arya Pandya, 9G

The climate crisis has become an alarming issue that has been causing anxiety among people, particularly among young adults and children. Experts say that if action is not taken then soon, we will reach a point of no return, where we will no longer be able to improve our climatic conditions. The constant news of extreme weather events, wildfires, melting glaciers, and rising sea levels have led to an increased awareness of the impact humans have on the environment. As a result, many people are experiencing eco-anxiety or environmental anxiety, a form of psychological distress that stems from concerns about the environment.

Eco-anxiety can manifest in different ways, including feelings of powerlessness, fear, anger, and sadness. The emotional impact of eco-anxiety can be challenging, affecting people's mental health, wellbeing, and social interactions. It is important to recognize the emotional toll of climate change and take action to reduce our carbon footprint and support political action to address the climate crisis.



## UAE'S GREEN EDUCATION STRATEGY FOR SCHOOLS WILL BOOST CLIMATE CHANGE FIGHT



**NISHTA KALRA**

**8 H**

Climate change can be defined as a long-term change in the earth's atmosphere and climate. The extent of future climate change depends on what we do now to reduce the greenhouse gas emissions. The more we emit, the larger future changes will be! Students from different schools in UAE are uniting and changing the future of earth's climate. Schools can educate students about science of climate change, its causes and impacts, and actions that can be taken to mitigate and adapt to its effects. Planting herbs, assigning beach clean-ups, e-drive (electronic waste recycling) could be some of the major contributions to combat climate change.



Schools can implement a range of sustainability practices, such as reducing energy use, promoting recycling, composting, encouraging alternative transportation like biking, walking and bus. These initiatives can help reduce schools' carbon footprint and provide opportunities for students to engage in hands on learning. Schools can integrate climate-change themes into a range of subject, including Science, Social Studies, Languages, Arts and Math. This can help students understand the interconnectedness of climate change with other issues and develop critical thinking and problem – solving skills. Overall, schools can play a critical role in addressing climate change by educating and inspiring the next generation of leaders and activists to take action to protect the planet.

## IS THERE A DIFFERENCE BETWEEN INNOVATION AND CREATIVITY?



**JOSHITA BALAKRISHNAN**

**8 H**



Change is the basic law that governs the entire nature. In this fast-paced world, technology is rapidly changing. So, if one wants to keep up with the world, the only solution is to be creative and innovative. Can there be innovation without creativity? Creativity refers to the ability to come up with original ideas, while innovation involves implementing those ideas to create value. Creativity and innovation are often seen as interchangeable.



Simple curiosity can be the driving force for innovation. Creativity is the ability to conceive something unpredictable, original and unique. It must be expressive, exciting and imaginative. It is the mirror of how beautifully a person can think in any given circumstance whereas innovation is the process of doing something better for the first time, which was not previously done by any entity. It can also be termed as a change which can bring a new edge to the performance and productivity. Creativity helps you find the goal while innovation allows you to reach it. Creativity is related to 'imagination' but innovation is related to 'implementation'. So yes, there is a difference between creativity and innovation.

## THE IMPORTANCE OF SPORTS IN EDUCATION



**KRISHA SHARMA**

**8 J**

*"Sports teaches you character. It teaches you to play by the rules, it teaches you to know what it feels like to win or lose- it teaches you about life."*-Billie Jean King. Like education, sport is also an important part of a student's life. Sports helps in psychological well-being as well as bodily health. Participation in sports and other physical activities also helps a student to develop a variety of skills, experience, and confidence that will help him to develop his character and confidence.



Sports is an excellent tool for building up self-confidence. It improves the thinking ability of individuals. It also sharpens the mind of a student. It helps in keeping one's thinking, learning, and judgment skills sharp. It protects against many chronic diseases and improves heart health. It reduces feelings of depression. Sports also improves the skills of communicating with others. It brings discipline in life. It certainly teaches the values of dedication and patience. It promotes one's thought process about winning strategies.



## THE CLIMATE CRISIS AND THE RISE OF ECO-ANXIETY



The climate crisis is one of the most pressing issues our planet faces today, and its effects are becoming increasingly visible and severe. From rising sea levels and more frequent extreme weather events to species loss and food insecurity, the impacts of climate change are felt around the world. As a result, more and more people are experiencing eco-anxiety, a feeling of distress and helplessness in the face of environmental degradation.

The scale and complexity of the problem can make it difficult to know where to begin, and the lack of progress on a global level can leave people feeling hopeless and powerless. Another factor contributing to eco-anxiety is the sense of loss that comes with the destruction of ecosystems and the extinction of species. As people become more educated about the environmental consequences of their choices, they may feel a sense of guilt or responsibility for their own carbon footprint. This can lead to feelings of helplessness.

Despite the challenges posed by eco-anxiety, there are steps that can be taken to address this issue. Education and awareness can empower people to take action in their own lives. This can include reducing energy consumption, eating a plant-based diet, and reducing waste. By working together and taking action at all levels, we can mitigate the impacts of the climate crisis and build a safer, healthier, and more resilient world for future generations.





## LAUGHTER



### AHANA MONTANA

8 G

Laughter is the water between the rocks,  
The wind beneath the leaves.  
It is the force that pushes all things forward,  
The heartbeat of the world.

Laughter is the soul of everything.  
Children laugh almost five hundred times a day;  
Adults may be a few.  
My struggle is harsh and I return with eyes tired,  
Having seen that the earth hasn't changed.

But when laughter enters,  
It rises to the sky seeking me,  
And it opens for me all the doors of life.  
We are the happy bearers of God's message of love.  
Let us laugh and believe that life is a celebration.



## MOTHER- A GIFT FROM ABOVE



SAURABHI PANDEY

8 G

All as lovely as can be,  
He made something special,  
~~and~~ saved her just for me  
It's my mother you see!

Could find among the burning terms of love?  
None as devotional as that of a mother!  
Her love is like the moonlight  
Turning harsh things into beauty  
To me she is a special ruby!

Since I last listened her lullaby song:  
Sing, then, and unto my soul it shall seem,  
Womanhood's years have been only a dream.  
Never saw such a hard working person  
Who never took a ~~break~~,  
Would stay awake for her child's sake!

The world may not be perfect  
But with her, we would always be protected  
There are no words to describe her perhaps,  
Since not all heroes wear caps.



# Importance Of Sports in Education

Arya Pandya , 9G

Sports play a crucial role in the holistic development of students. They not only provide physical fitness, but also help in building character, mental strength and strategic thinking. Sports teach valuable life skills such as teamwork, communication, leadership, and resilience, they also allow students to learn more about their skills and interests, Today students play a variety of sports including Chess ,Cricket, Basketball, Badminton and many more sports. Students who participate in sports are more likely to have good academics and a higher level of self-esteem.

Incorporating sports in education can be a powerful tool to improve student engagement, and make learning more interactive and fun. They can help students develop a positive attitude towards a healthy lifestyle and encourage them to take up physical activities as a part of their routine. Moreover, sports competitions provide a platform for students to showcase their skills and bring pride to their schools.

In conclusion, sports should be an integral part of the education system. They can help in developing well-rounded individuals who are not just academically proficient but also physically fit, emotionally stable, and socially responsible. Therefore, schools and colleges should provide opportunities for students to participate in sports and encourage them to explore their potential



# Importance of Sports

Shloka Rajshekar 11E



Our society depends heavily on sports, which are used for more than just amusement and relaxation.

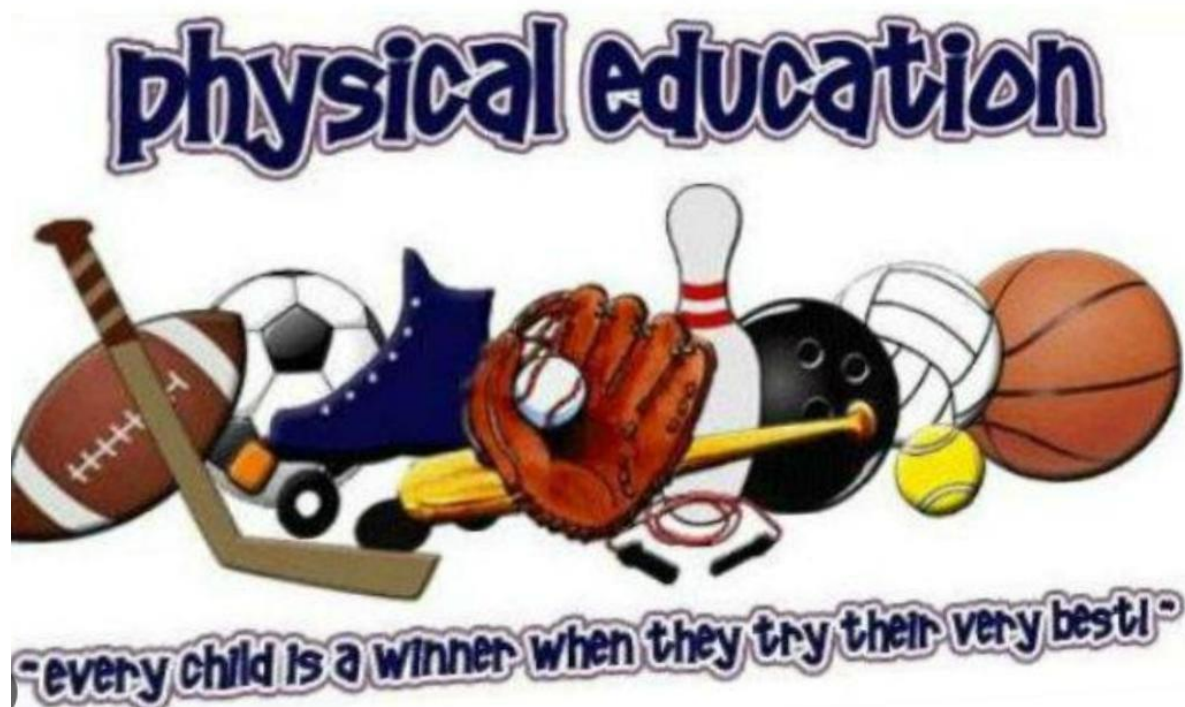
In today's era of excessive competition and changing environment, people barely care about our health and have to face its consequences in the later stages of their life. They easily become prey to many life-threatening health issues.

Sports encourage physical fitness and good health in general. Regular exercise improves cardiovascular endurance, fortifies bones and muscles, and increases coordination and agility. Young children who play sports develop healthy habits and a lifelong dedication to physical fitness. It assists in fighting inactive lifestyles and lowers the risk of obesity, diabetes, and other disorders linked to a sedentary lifestyle.

Additionally, sports promote mental and emotional health. By encouraging the release of endorphins, the "feel-good" hormones, they act as a stress release mechanism and contribute to mood improvement. Sports participation fosters self-control, tenacity, and perseverance while strengthening a mindset that extends beyond the playing field. It fosters character development and personal growth by imparting important life values like leadership, sportsmanship, and collaboration.

Sports also have a significant social impact. They bring people from various backgrounds together and build a sense of community. Through athletics, people can come to respect and value others' differences while achieving a common objective.

In conclusion, sports go beyond simple diversions or leisure pursuits to become a vital aspect of daily life with numerous advantages. Given their tremendous worth and the benefits they have on our lives, we should therefore embrace and encourage sports in all of their forms.



# Solving Climate While Combatting Eco-Anxiety



Atiyah Sajith, 11B

Climate change has been this generation's most pressing concern and the buzz around these two words are most definitely necessary. It's impossible for a child to grow up today without pondering about what their future will look like and to ask themselves how much the environment around them is going to change within the next two decades.

With the easy spread of information and widely accessible media, it's impossible to ignore pressings news nowadays and climate change is a topic that has never left the highlights. The IPCC declared that unless fossil fuel emissions are drastically reduced within the next 10 years, we mace face irreversible and catastrophic damage.

"Eco-anxiety" refers to the distress caused by climate change where people are anxious about their futures. It has become an increasingly common phenomenon due to the frustration felt by citizens at the lack of action to combat climate change. However, even those that actively engage in attempting to reduce the effects of climate change can't prevent themselves from feeling this ever-impending doom.

So, how do we combat climate change without letting fear take ahold of us? The important thing is to actively try to combat climate change, one step at a time, by creating awareness so that you don't feel as though you are single handedly trying to solve a huge problem. Actively participating in your community and reaching out to others that feel like you is the most important part in creating conversation and feeling less alone.

With a small step in the right direction, we can all strive to make the world a better place to live in. Climate change may seem like a daunting problem to solve, but with the right collaboration and commitment, we can all contribute to solving it.



# Creativity Vs. Innovation

Poorva Narkhede - 9A

When it comes to creativity and innovation, one thing is certain; they rely on each other, but they are not the same. To be creative, a person, group or business must be able to come up with new ideas. To be innovative, they need to act on these ideas.

Basically, creativity is thinking up the idea of flying into space. While innovation is building the rocket. The difference between creativity and innovation lies in their definitions and applications. Creativity refers to the ability to come up with original ideas, while innovation involves implementing those ideas to create value.

Understanding these distinctions is crucial for businesses and individuals looking to stay competitive in a constantly evolving market. By leveraging both, organizations can generate unique and valuable solutions that set them apart from competitors. As such, cultivating a culture of creativity and innovation is essential for success in today's business landscape. It is the ability to conceive something unpredictable, original and unique. It must be expressive, exciting and imaginative. It is the mirror of how beautifully a person can think in any given circumstance.



- ❑ Creativity is an imaginative process as opposed to innovation is a productive process.
- ❑ Creativity can never be measured, but Innovation can be measured.
- ❑ Creativity is related to the generation of ideas which are new and unique. Conversely, Innovation is related to introduce something better into the market.
- ❑ Creativity does not require money. On the other hand, innovation requires money.
- ❑ There is no risk involved in creativity, whereas the risk is always attached to innovation.

There is always a dispute between creativity and innovation as both are important for an organization to last longer. For being innovative, a person must have the ability to take risks, experimenting, asking questions and observing things.

# International Family Day

Mourish Kalal, Grade II-A



International Family Day is a special day to celebrate our families. Families are important because they love and support us. They are there for us when we are happy or sad. We learn from our families and they teach us good values. On this day, we can do something nice for our families, like helping with duties or spending time together. Let's remember to love and appreciate our families every day, not just on International Family Day!

Arihan Roy, II-I



International Family Day is celebrated on 15th May. On this day we spend time with our family by going to different places, having traditional feasts, playing games that everyone enjoys and much more. I love spending time with my family and they love me back. I think I am very lucky because we take care of each other, support each other and keep everyone safe. Family is a very important part of society. I love my family which is made up of my parents, my two sets of grandparents, uncles, aunts, brothers, sisters and cousins. We meet during vacations and on special occasions.



# The Medicine No one Has Time to Take

Shreya, Grade IX-H

Oh, how beautiful it is;  
The vibrant glow of laughter,  
The resounding echoes of innocent joy  
And the merriness that follows after

Times when men used to gather  
And share amusing tales,  
When they weren't embarrassed to wear  
Their excitement on their face,

Sure, it sounded so unimportant a use  
For all your valuable time,  
For would you not be better off studying  
Or working for a dime?

Nowadays, no one is patient;  
Everyone is too pre-occupied  
They no longer remember the days  
When they laughed until they cried,



# The Medicine No one Has Time to Take

Shreya, Grade IX-H

Have you forgotten the beauty  
Of the giggles and the howls?  
The thunderous laughter of an old man,  
The hearty cackle of a crowd,

For even the stoic elder man,  
Needs to laugh his heart out  
To let his mind loose,  
To burst in a sudden bout

Laughter is a blessing,  
The applause many ignore  
But being human, you and I  
We're made to love joyous uproar!

# My Mother, My Best Friend

Saanvika Velmurugan



My mother is as beautiful as can be.

She is always there for me.

And yes, she is my best friend too,

Without her,

I do not know what I will do.

She has been there when I cried,

And always know when I have lied.

She supports me in every situation,

And shows me the path in the right direction

She is there to guide me in this world.

She is my success

She is my motivation.



Without her I do not know where I would be.

She is not only my mother,

But my best friend forever.

## Mother- A Gift from Above

Kind and caring,  
Fierce and daring.  
Afraid of nothing that stands in her way,  
My mother always saves the day.

From helping me with homework,  
To waking me up.  
I'm thankful for her,  
And I hope she knows how much.

On days that are low and weary,  
She always finds a way to make me cheery.  
It's really hard to be sad,  
When someone like my mother is around.

A charming and charismatic soul,  
Always unafraid to be bold.  
She handles situations with ease,  
No job is ever too hard for her, you see.

When I'm down and have no one to turn to,  
She's always there, at the ready.  
Of all the people I've met in my life.  
She's the most fearless and devoted person I know,  
And I'm glad I call her mother.



Natania Minthami Jones  
10-E

## *UAE's Green Education Strategy for Schools: Boosting the Fight Against Climate Change*

The United Arab Emirates has long been recognized as a global leader in innovation and sustainable development. In recent years, the UAE has intensified its efforts to combat climate change and promote environmental sustainability. A crucial aspect of this endeavour is the implementation of a green education strategy in schools across the nation.

Few of the primary objectives of the UAE's green education strategies are:

- **Awareness and Understanding:** By incorporating climate-related topics into the curriculum, students will develop an early appreciation for the impact of human activities on the planet. Through lessons, discussions, and projects, students will be exposed to concepts such as greenhouse gas emissions, renewable energy, waste management, and sustainable practices. This enhanced awareness will instil a sense of responsibility and urgency to take action against climate change.
- **Knowledge and Skill Development:** By integrating subjects like science, technology, engineering, and mathematics (STEM) with environmental education, students will gain a comprehensive understanding of the scientific principles behind climate change. They will learn about clean energy technologies, water conservation, biodiversity preservation, and sustainable urban development. This multidisciplinary approach will nurture critical thinking, problem-solving, and innovation among students, enabling them to become future leaders in sustainability.
- **Practical Application:** By implementing sustainable practices within their premises, such as energy-efficient infrastructure, waste reduction and recycling programs, and water conservation measures, these hands-on experiences will allow students to witness the benefits of sustainable living and inspire them to adopt similar practices in their daily lives. Moreover, schools can collaborate with local communities and environmental organizations to undertake environmental restoration projects or participate in community initiatives, fostering a sense of collective responsibility and citizenship.

- **Empowering Student Activism:** By providing platforms for student engagement, such as environmental clubs, competitions, and events, schools can encourage students to take initiatives and develop innovative solutions to address climate-related issues. These opportunities will nurture leadership skills, teamwork, and creativity, empowering young individuals to become advocates for sustainable development. By amplifying student voices and ideas, the green education strategy can generate a ripple effect, inspiring others to join the climate change movement.

The UAE's green education strategy for schools represents a significant step forward in the battle against climate change. By integrating climate-related topics into the curriculum, fostering awareness, knowledge, and practical application, the strategy equips students with the tools to tackle environmental challenges head-on. As these educated and empowered students grow into future leaders, their understanding and commitment to sustainability will shape a more environmentally conscious society. Through their actions, UAE's schools are not only contributing to the fight against climate change but also building a greener and more sustainable future for generations to come.



**Yashika Paryani X-E**

# Is there a difference between innovation and creativity?

By Aayushi Shukla 10B



Innovation and creativity are often used interchangeably, with their overlapping characteristics contributing to the confusion surrounding their definitions.

Yes, there is a difference between innovation and creativity. Creativity refers to the ability to come up with new and original ideas, while innovation involves turning those ideas into practical solutions or products that can be used in the real world. Innovation requires not only creativity but also the ability to execute and implement those ideas effectively.

The process of coming up with new ideas, concepts, or solutions is known as creativity. It entails thinking differently, cultivating imagination, and venturing into uncharted territory. Creativity fuels inspiration and ignites the flame of innovation. It promotes originality and the ability to connect seemingly unrelated ideas, laying the groundwork for game-changing advances.



While creativity lays the groundwork, innovation expands on it by incorporating the application and realization of creative ideas in the form of practical solutions. Innovation is driven by a desire to improve existing systems, processes, products, or services, and to create something that is new, useful, and impactful. It requires a combination of creativity, strategic thinking, collaboration, and the willingness to take calculated risks. Without creativity, innovation lacks the foundation for transformative change, and without innovation, creativity remains theoretical.



Recognizing the difference between creativity and innovation is essential for individuals, organizations, and societies to harness the power of both and unlock their full potential. Encouraging and nurturing creativity allows for the generation of fresh perspectives and original ideas, laying the groundwork for innovation. Simultaneously, fostering a culture of innovation provides the necessary structure and support for creative ideas to be translated into practical solutions.

In conclusion, creativity sparks the initial ingenuity, while innovation fuels its practical application, resulting in tangible outcomes. They are complementary forces that drive progress and bring about positive change. By embracing and nurturing both creativity and innovation, we can unlock new horizons, solve complex problems, and shape a brighter future for all.

## My Mother Influences me

My mom is my best friend. Her name is Neelam. She takes care of me, my sister, and my papa in home. My mom makes yummy food, and she loves gardening. She helps me in studies. She teaches me many things like to be polite, help poor people, enjoy with family, and never lie to anyone. She is my super women. I want to be like her. My mom is best in the world. I love my mom.

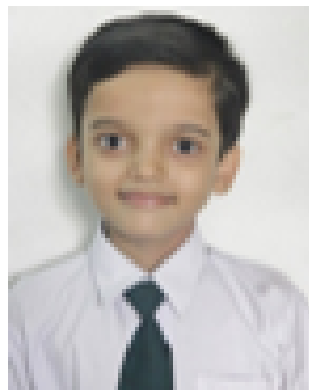


Aarvi Negi

DPS Dubai

KG II - D

## THE YEAR OF SUSTAINABILITY: HOW UAE IS WALKING THE TALK



**Vyom Jha, 6 B**



We all are blessed to be in UAE as this is one of the most rapidly developing countries in the world. UAE is often entitled for the amazing fact that it is one of the major global power houses for the renewables, even though it has the seventh largest oil reserves. We are proud that UAE has already committed to so many long term plans like the Mohammed Bin Rashid Al Maktoum Solar Park, The UAE Energy Strategy 2050 etc.

This country has always been in forefront to encourage sustainability goals. UAE focuses on achieving sustainable development goals that would enable access to clean energy, adequate and affordable food, quality education, health care, sustainable economic growth, healthy ecosystems and increased resource efficiency etc. All these issues resonate strongly in the country too.

We already, under the Energy Strategy 2050, dedicated ourselves to get the renewables quota up to a full 44 percentage in the next thirty years. UAE is also the official country hosting the COP28, one of the major events going to be held in Dubai from November 30 to December 12, 2023. This will boost the contribution of UAE in the climate actions as this a major event in the Middle East. UAE always goes for and shows the motto, 'Nothing is impossible'. It is one of the axioms of the UAE, and it never breaks its axioms. Let's look forward for a better future with UAE's Year of Sustainability.



## A LETTER TO MY MOTHER ON MOTHER'S DAY



**Areeba Manal, 6 I**



Dear Mom,

On this special day dedicated to mothers, I wanted to take a moment to write this letter and express my deep love and gratitude towards you. Your tireless support, endless patience, and measureless affection have shaped me into the person I am today.

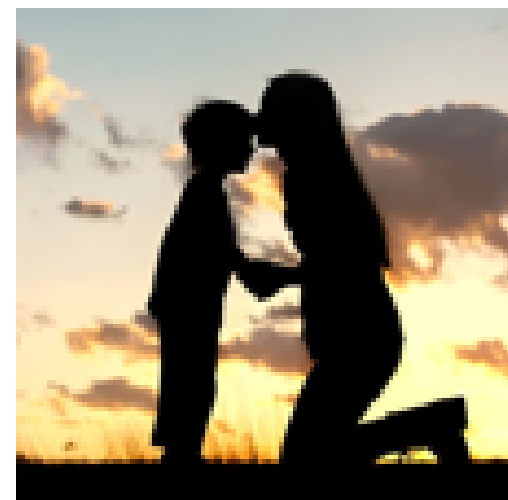
You are my pillar of strength, my guiding torch, and my dearest companion. Through the ups and downs, you have always been with me, offering me comfort, encouragement and love. Your selfless and loving personality inspires me every day.

Thank you for your unconditional love, for always believing in me and prioritizing the well-being of our family above anything else. I am blessed to have you as my mother, I cherish every moment I share with you.

Happy mother's day mom! I hope this day is filled you with happiness, joy, laughter and love like every other day.

With undying love,

Areeba Manal



## THE DANGERS POSED BY AI



Rithin Susheer, SE

28 // FRIDAY // E240-243

# TECH TIMES

## DANGERS POSED BY AI RITHIN SUSHEER(VIII-E)



AI WORLD

### What is AI?

Artificial Intelligence (AI) is rapidly advancing, offering incredible opportunities for innovation, and is revolutionizing our current world.

However, there are also significant dangers associated with its development and usage. The emergence of artificial intelligence has led to feelings of uncertainty, fear, and hatred toward a technology that most people do not fully understand. AI can automate tasks that previously only humans could complete, such as writing an essay, organizing an event, making decisions without human intervention, and learning another language. However, experts worry that the use of unregulated AI systems may create environmental, cyber-security threats, job loss, and political bias.



SOCIAL MEDIA

### IS ARTIFICIAL INTELLIGENCE DANGEROUS?

Artificial intelligence poses many advantages to humans, including streamlining simple and complex everyday tasks, and can act as a ready-to-go 24/7 assistant; however, AI does have the potential to get out of control. The impact generative AI is having on social media is subtle, but wide-reaching. It's already being used to create new content, such as images, videos, and text, as well as to curate existing content.

#### Deep Fakes and Fake Profiles

Today, generative AI tools are already being used to create deep fake videos for malicious purposes. Deep fakes could be used to create fake profiles on social media platforms, making it easier for malicious actors to thrive on social media. Fake profiles are a significant risk, as they could open the door to cybercrime and fraud, including impersonation, and theft.

#### Discrimination and Inequalities

Another danger is the potential for AI to keep going and amplify existing biases and inequalities. AI systems are trained on vast amounts of data, which can reflect societal biases. If these biases are not proactively addressed, AI can unintentionally discriminate against certain groups or reinforce discriminatory practices.

#### Less Novel Content Being Created

Since generative AI allows people to create content with little effort, some might opt for this route instead of creating something unique. This could lead to a lot of less novel content being created and shared on social media platforms.

#### Impact of AI

AI has the potential to bring about numerous positive changes in society, including enhanced productivity, improved healthcare, and increased access to education. AI-powered technologies can also help solve complex problems and make our daily lives easier and more convenient. While the benefits of AI are clear, there are also important ethical and societal implications that must be considered.

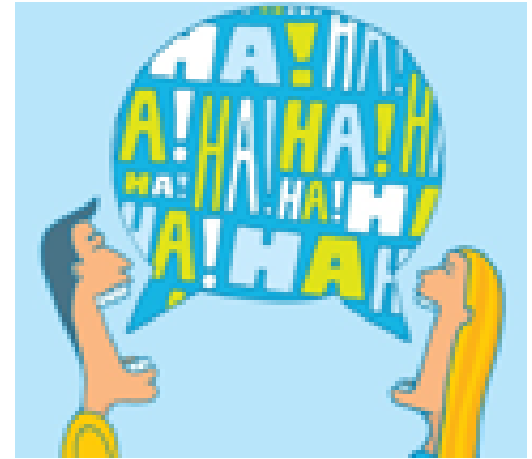
Issues such as privacy, security, and job displacement are just a few of the challenges that come with the increasing use of AI.

While AI offers great potential, its dangers must be addressed. AI surpassing human intelligence, biases in systems, privacy concerns, and job displacement are key issues. Robust regulations, ethics, and ongoing research are crucial to responsibly harnessing AI's benefits and mitigating its risks.

## SHORT STORY: LAUGHTER IS THE BEST MEDICINE.



Sharanya Mulik, SE



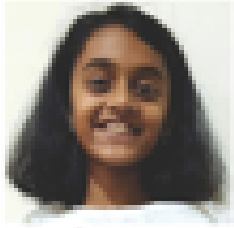
### Mr. Thomas's headaches

In the old town of Somerset, there lived a lonely man. His name was Mr. Thomas. He was a retired headmaster whose countenance only those closest to him could decipher. He spent his retirement days on lonely walks through the village and in his garden. The passerbys always acknowledged him though he kept to himself. 'Oh! Hello! Mr. Thomas, good day to you sir,' said the baker. Mr. Thomas turned towards the voice and just nodded. He kept his hand firmly on his head. His face grumpy. Off he headed yet again to Dr. Edward, his GP, who had a practice at the Square. Ms. Sue, Dr. Edward's secretary enquired, 'Hello Mr. Thomas! Fine weather isn't it?' Mr. Thomas only nodded, his hand across his forehead. The headaches again?' Ms. Sue looked genuinely concerned. Mr. Thomas sat in silence with a stern look.

In Dr. Edward's chambers, the doctor greeted his patient with a smile. He and Mr. Thomas argued about the headaches and tiredness Mr. Thomas had been facing for the last two years. 'How is there, not a cure? Give me the world's most powerful medicine. I'm ready to pay any price for it.' said Mr. Thomas. 'It has been right with you all along.' the doctor replied. Upon seeing the confusion on his patient's face, Dr. Edward took out a comic from his bag and asked Mr. Thomas to read it. The comic was a story of boy who kept getting into one problem or another and his antics in solving it.

A few minutes into the comic, Mr. Thomas burst out laughing, forgetting about his quest for a cure; a cure to a problem that didn't exist. The doctor reminded him of all the headaches and tiredness he had been facing. Except, Mr. Thomas couldn't feel it anymore! The doctor explained. 'Laughter is the best medicine.' It can uplift spirits, and chase away darkness. It reminds everyone that no matter the troubles, a hearty laugh can light the path of life filled with happiness. Mr. Thomas took the comic and asked the doctor if this is part of a series. Dr. Edward happily told him, 'Mr. Thomas, I shall gladly get you a library card and ask Mr. Rob to recommend only comics for you.' Nodding his head, his headache forgotten, holding his comic, Mr. Thomas smiled.

## HEALTH IS WEALTH



**Diya Venkatraman, SA**



Health is wealth,  
As it builds your strength,  
Money's no good,  
To break a disease's mood.

The day I'll be bed ridden,  
I might be saddened,  
Regretting my previous decisions,  
Of ignoring my visions.

I may be too vulnerable,  
When travelling may not be agreeable,  
I need to be sure,  
If I'll be able to endure.

So health is my priority,  
Though it's now a rarity.  
There are sick people everywhere,  
Who are all in despair.

I value my health,  
As health is wealth!  
I don't want it to disappear,  
And make me shed another tear.

## MOTHER'S DAY



**Hitasha Singla, 8A**

Mother's Day is special,  
To show love in our way,  
We thank you for all that you do,  
For being there when we're feeling blue.

You cook and clean and do laundry too,  
Always making sure we have enough to chew,  
You listen when we need to talk,  
Helping us get through each little block.

You teach us to be kind and strong,  
To never give up and to carry on,  
You guide us through life's ups and downs,  
And pick us up when we're feeling down.

We know that we can count on you,  
No matter what we're going through  
You work so hard both night and day,  
To make sure we have a better way,  
You sacrifice so much for us,  
And always put up with all the fuss.



You give us hugs when we feel sad,  
And celebrate with us when we're glad,  
You are our rock, our shining star,  
And we love you more than words can  
say, by far.

So, on this Mother's Day, we vow,  
To cherish you forever, here and now,  
We'll hold you close and never let go,  
And always let our love for you show.

Thank you, Mom, for all that you do,  
We appreciate and love you,  
We hope this day is just the start,  
Of showing you what's in our hearts.

# Events at School

## Scholar Badge Ceremony



# Mufti Day



## EXPLAINING CLIMATE CHANGE TO YOUNG CHILDREN WITHOUT SPARKING FEAR



1. **Focus on solutions:** Emphasize that there are actions we can take to address climate change, such as recycling, saving energy, and planting trees, to empower children with a sense of hope and agency.
2. **Highlight positive impacts:** Share examples of how people worldwide work together to protect the environment and make a difference, showcasing inspiring stories of conservation and sustainability.
3. **Use age-appropriate language:** Explain climate change using simple and age-appropriate language, avoiding complex scientific terms.

By Silja Pillai





## **The Super Power of Reading: Today a Reader, Tomorrow a Leader**

Geeta Jaggi, Coordinator –Secondary Phase



Reading is the gateway to exploring the depths of human knowledge, unraveling the mysteries of the universe, and understanding all things big and small.

Reading is a superpower that has the remarkable ability to transform a reader into a leader. The journey begins when one delves into the pages of a book, where words come alive and ideas take flight. As the mind absorbs knowledge, imagination flourishes, and the world expands.

Through reading, one gains access to a vast treasury of information, wisdom, and perspectives. Every book becomes a portal to new realms, allowing readers to explore different cultures, eras, and ideas. It opens doors to possibilities, sparking curiosity and nurturing a hunger for knowledge that knows no bounds.

The power of reading lies not only in acquiring knowledge but also in cultivating empathy and understanding. Stories unfold, characters breathe, and emotions resonate deeply within. Reading grants us the opportunity to walk in the shoes of others, to see the world through their eyes, and to embrace diverse experiences.

One example of the transformative power of reading lies in the character of Santiago from 'The Alchemist' by Paulo Coelho. The protagonist embarks on a personal and spiritual journey. Through his encounters with various characters and the wisdom he gains from the pages of an old book, Santiago learns to listen to his heart and pursue his dreams. This story encourages readers to reflect on their own aspirations and take the leap of faith necessary to become leaders of their own lives.

Equipped with the insights gained from books, readers possess the ability to think critically, to question prevailing notions, and to form their own informed opinions. The power of reading empowers individuals to engage in meaningful conversations, challenge conventions, and drive positive change.

Leadership emerges naturally from the wellspring of knowledge and inspiration acquired through reading. It instills confidence, encourages innovation, and nurtures a lifelong love of learning. By sharing ideas, inspiring others, and leading by example, readers-turned-leaders have the potential to shape the world and make a lasting impact.

In a world where information is readily available, the power of reading remains unparalleled. Today's reader can become tomorrow's leader, armed with the transformative abilities that spring forth from the pages of books. Let us embrace this superpower, for it holds the key to unlocking our full potential and shaping a brighter future for all.

## **Importance of outdoor learning and nature activities for students.**

Activities that involve being outdoors and in nature are crucial for fostering overall growth and wellbeing. These encounters offer priceless chances for people, particularly kids, to interact meaningfully and fully with their surroundings.

Experiential learning is one of the main advantages of outdoor education. Students can actively engage in practical learning experiences by leaving the typical classroom environment. Outdoor learning enables a greater grasp of ideas through the observation of plants and animals, ecosystem exploration, and experimentation in practical settings. This hands-on method encourages critical thinking, problem-solving abilities and curiosity for the natural world.



Outdoor pursuits also benefit physical health and wellbeing. Being outside promotes movement and fitness in a period when sedentary habits are prevalent. Activities like hiking, cycling, gardening, and team sports can all be done in nature. By participating in these activities, you can improve your physical development overall and motor skills, coordination, and balance. Additionally, exposure to sunshine promotes the synthesis of vitamin D, which is essential for strong bones and a healthy immune system.

Activities involving nature and outdoor learning have considerable psychological and emotional advantages. According to studies, being outdoors helps people feel less stressed, anxious, and depressed. The calming influence of nature aids people in unwinding, recharging, and improving their general state of mind. Outdoor pursuits can build a sense of connection to nature. The ability to connect with nature has been linked to higher levels of resilience, creativity, and happiness.

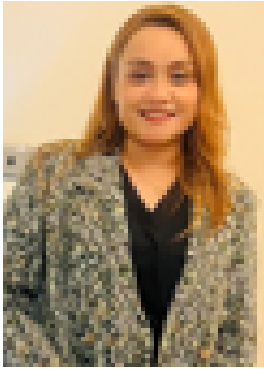


In conclusion, outdoor education and nature-based activities have several advantages. They offer chances for experiential learning, improve mental and emotional health as well as physical health and well-being. We develop a profound understanding and appreciation for the environment around us, as well as a sense of harmony and sustainability, by immersing ourselves in nature and enjoying the outdoor.

**By Meenakshi Sangwan**



## DIGITAL WELLNESS IN CLASSROOM: TECHNOLOGY HABITS TO SUPPORT MENTAL HEALTH



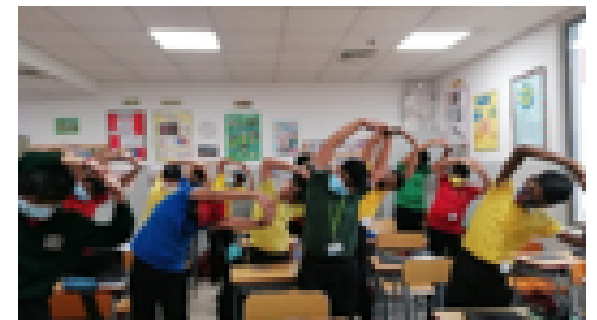
**Deepika Bhasin**  
Moral Education Teacher, CT 7 C  
(Middle School)



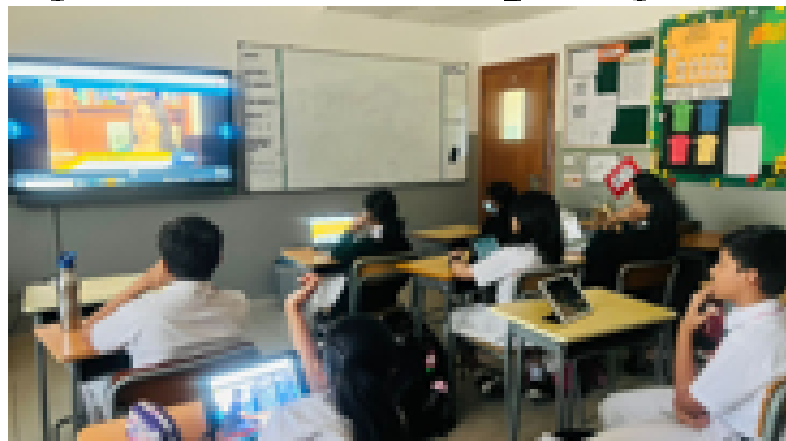
**“Digital wellness in the classroom involves cultivating healthy technology habits that prioritize students' mental health.”**

The importance of promoting digital wellness in classrooms cannot be overstated since it contributes to students' overall well-being. To achieve this goal successfully requires setting clear boundaries such as encouraging breaks from screens or outdoor activities – this helps reduce the stress caused by constant connectivity.

It is also essential to promote digital citizenship – an initiative that emphasizes responsible technology use; privacy; and a positive online presence - all aimed at helping students develop healthy relationships with the internet world.



Notably too is integrating mindfulness practices like short meditation exercises into daily routines since it improves focus while reducing anxiety levels such that one can enhance self-awareness optimally.



It is also important to have an open conversation about how technology impacts our mental health thus creating a safe space for addressing concerns collaboratively with psychologists or counselors while providing essential resources needed for making informed decisions.

In conclusion when educators prioritize the promotion of digital wellness they cultivate a supportive and conducive learning environment where students can thrive academically and mentally. This is achieved via setting boundaries promoting digital citizenship integrating mindfulness practices and having an open communication channel.

# Education is the key to addressing climate change.

(Teacher Article)

## Education is crucial to promote climate action:

It helps people understand and address the impacts of the climate crisis, empowering them with the knowledge, skills, values and attitudes needed to act as agents of change.

**Education helps people understand the root causes and impact of climate change, shifting their behavior and attitudes towards more sustainable lifestyles. Education builds the knowledge, competencies, and skills necessary to adapt and innovate to save our planet.**

Learning about climate change is our first step and in educating our children in playing an important role in environmental conservation. We can do it formally by enrolling in courses or more casually through reading climate change books, taking part in protests or following and contributing to social media conversations.

We need to educate children and people we meet to adopt a culture of caring for the environment. It needs to be an important fixture of school and education. We need to adopt environmental literacy. If we do not know what the problem is it will never be impossible to solve it.

As young and old people, we have the biggest stake in the future. We are the ones directly affected by it. We need to learn right now and to have that imbedded in our school curriculum. It's the little things that will make the difference. Our youth can make those changes very easily.

We are dependent upon it for our very survival. Education can address the threat of climate change by helping people understand the root causes and impact of climate change, as well as shifting their behavior and attitudes towards more sustainable lifestyles.

*Report By Deborah D  
Jordan*



## Smoothie recipes to beat the heat – Mint Mango Smoothie

Radhika Dhoot, Mother of Rhythm Dhoot, Grade I-I



- First take out some raw mango and boil them properly and take out their syrup and mash them properly.
- Make a separate bowl for sugar syrup and put some salt/black pepper and a lot of dry mints to have a taste.
- Now mix the raw mango syrup and sugar syrup and let it be cold for some time. Keep it in the fridge, now it is ready to be served with mango syrup along with cold water.

### Berry Smoothie to Beat the Heat

2 cups of Low-fat cold milk

1 cup frozen or fresh berries: strawberry, blueberry or any other berry

1 Banana

1/2 Apple

2 Dates or 1 tbsp Honey

Vanilla essence: a few drops

Add water as per the required consistency

Method of preparation:

1. Put all the berries with 1/2 cup milk in a grinder and grind them for 30 secs
2. Put remaining ingredients and grind them all for 1-2 mins

Can serve 2-3 glasses.

Healthy habits to improve your child's physical health –

- Let's give 1 hour for walking and outdoor activities every day.
- Let's avoid screening time and have quality time with outdoor activities.
- Have a proper schedule for your kid to help them be healthy.



**Name: Syeda Zehra**  
**Mother of Maryam Fatima**  
**Grade I-I**

## SMOOTHIE RECIPES TO BEAT THE HEAT

This summer, when the sun and humidity have seemed to have gone all guns out, let's take a look at 3 refreshing and nutritious smoothies that'll keep us alive and kicking for the next couple of months..



### 1) DESI MANGO SMOOTHIE;

Ingredients:

- 1) 1-2 ripe mangoes
- 2) 320ml Milk of your choice
- 3) Ice Cubes
- 4) Few Strands Saffron
- 5) 2 pods of Cardamom

Blend all the ingredients into a smoothie.

YOUR PARAGRAPH TEXT



### 2) CHOCOLATE, PEANUT BUTTER SMOOTHIE ;

Ingredients:

- 1) 1 ripe Banana
- 2) 320ml Milk of your choice
- 3) 1 Tbsp Natural Peanut Butter
- 4) 1 Tbsp Unsweetened Cocoa Powder
- 5) 1 Tbsp Honey
- 6) Ice Cubes

Blend all the ingredients into a smoothie.



### 3) VERY BERRY SMOOTHIE ;

Ingredients:

- 1) 1 handful Blueberries
- 2) 1 handful Strawberries
- 3) 320ml Water
- 4) Ice Cubes
- 5) Few strands on Mint leaves
- 6) 1 pinch of black salt

Blend all the ingredients into a smoothie.



Name : Babita Sharma  
Child's Name : Palak Sharma  
Grade & Section : 11 J

## Healthy Habits to improve your child's Physical Health

In today's fast-moving world with an advancement of digital technology, excessive screen time has become a grave concern for children. They spend most of their time with their gadgets and have less of physical activities and social interactions. We as parents need to develop some healthy habits and a routine to set them on the path to a healthy future. Here are some of the ways which can be followed daily:



- Children follow their parents, so begin by setting up a healthy routine at home for them to follow.
- Keep some time for physical activities with your children as this will make exercise routine fun for them.

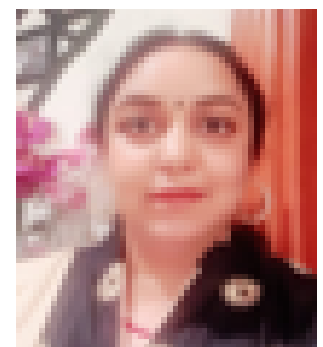
- Plan a nutritious and balanced diet for the whole week. Try to have a variety in food every day making the plate look colorful for the children to relish it.
- Have meals together as family since they have powerful influence on growth, development, social behaviour, and eating habits of children.
- Communicate with your children and listen to them everyday without judging to build a trust. This will help them to share all their fears with you and improve their emotional well being.
- A good sleep is very important for a healthy lifestyle. Teach them to be early riser as this gives them enough time for meditation, exercise and plan their day in advance.
- Last but not the least, encourage them to spend time with friends and stay positive in life.



These are a few ways to improve the physical health of children. Hope this proves helpful to all.

By: ~~Souika~~ Nanda

Aarush Nanda 11J



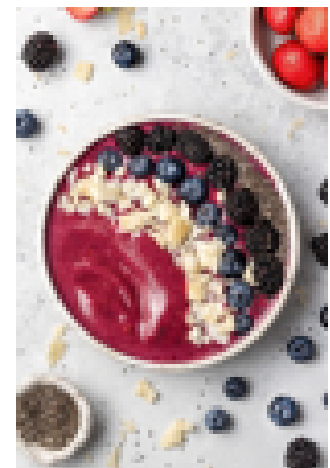
# Smoothie recipes to beat the heat- Berry Berry Bowl

## Ingredients:

- ❖ frozen banana
- ❖ 1 cup frozen berries (such as strawberries, blueberries, or raspberries)
- ❖ 1 1/2 cup yogurt
- ❖ 1/4 cup almond milk (or any other milk of your choice)
- ❖ Toppings of your choice (such as granola, sliced fruits, coconut flakes, chia seeds)

## Instructions:

- 1) Place the frozen banana, frozen berries, yogurt, and almond milk in a blender.
- 2) Blend until smooth and creamy. If the mixture is too thick, you can add a little more almond milk.
- 3) Pour the smoothie into a bowl.
- 4) Add your desired toppings on top of the smoothie.
- 5) Serve immediately and enjoy your refreshing summer smoothie bowl.



## Health benefits:

- ❖ Berries keep you hydrated as they have high water content. They are rich in antioxidants.
- ❖ Yogurt has cooling and soothing effect on body. It is a natural probiotic that supports healthy digestion.
- ❖ Bananas are superfood. They provide instant source of energy.
- ❖ Almond milk is rich in nutrients like vitamin D, vitamin E, calcium and vitamin B12.

By- MOTHER OF HARDIK ARORA (KG2 – F)





## SMOOTHIE RECIPES TO BEAT THE HEAT



**Poornima Balaji**

**Mother of Vidyuth Balaji, 7 B**



### Refreshing Blueberry Smoothie

It's summer and all I want to do is drink water and juice. Here is a smoothie recipe that is tasty, light on the stomach and keeps you energetic.

**Ingredients:**

Blueberries – 100gms Banana – 1 piece Oats – 2 tablespoons Almonds – 5 nos Walnuts – 5 nos

Chia Seeds – 1 teaspoon Milk – 250ml

Maple Syrup or Honey – 1 teaspoon Ice cubes – 2 to 3 (if required)

**Preparation:**

Add the blueberries, banana, oats, nuts, milk, maple syrup & ice cubes in the blender. Grind them well for a minute. Smoothie ready! Just sit back and enjoy your drink!

This smoothie is easy to prepare and very rich in nutrients. Instead of blueberries, it can be prepared using any of the other berries – strawberries, raspberries.

### Benefits:

1. Rich in antioxidants.
2. Helps regulate blood sugar & improves insulin response.
3. High in soluble fibre.
4. Rich in calcium.
5. Good source of potassium.



## HEALTHY HABITS TO IMPROVE YOUR CHILD'S PHYSICAL HEALTH



### Vasudha Mehra

#### Father of Myrah Mehra, 8 C

Promoting good physical health in children is essential for their overall well-being and development. Habits are hard to break. That's why the sooner in life we build good, healthy habits, the easier it is to keep them and stay as healthy as possible.

Here are some healthy habits that can help improve your child's physical health:

- **Regular exercise:** Physical activity is crucial for a child's physical development and overall health. Encourage your child to engage in age-appropriate activities such as playing outside, participating in sports, or simply going for a walk.
- **A balanced diet:** Provide your child with a nutritious and balanced diet. Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats in their meals and snacks. Limit sugary foods and drinks, processed snacks, and fast food. Encourage regular family meals and involve your child in meal planning and preparation.
- **Ensure adequate sleep:** Sufficient sleep is vital for a child's growth, development, and overall physical health. Establish a consistent bedtime routine and make sure your child gets the recommended amount of sleep for their age.
- **Limit screen time:** Set limits on screen time and encourage alternative activities for them.
- **Good hygiene habits:** Help your child develop good hygiene habits to prevent the spread of illnesses and maintain their physical well-being.
- **Adequate hydration:** Teach your child the importance of staying hydrated by drinking water throughout the day. Encourage them to carry a water bottle and make water the default beverage choice over sugary drinks.

Remember, every child is unique, so it's important to adapt these habits to suit their individual needs and preferences.

## Habits to improve your child's physical health

The old adage 'healthy body, healthy mind' has been proven by research to be true, and hence, when we want our children to learn and absorb as much as possible when in school, we need to make sure that they are also physically fit.

So, how can we ensure that they stay healthy? Here are some basic habits to apply (which most of us know, but a reminder doesn't hurt!)

- **Exercise:** We are aware about how energetic children are, and having them exercise, either by playing games, running or simple stretching movements will help them expend that energy in a positive manner. The important (and tough) part is to ensure continuity. One option is to enroll them in classes such as gymnastics, swimming or karate, depending on their interest.
- **Eat healthy food:** This is another obvious one, but not easy to stick to. A key point is moderation. That way the child does not feel deprived, but understands limits.
- **Maintaining hygiene:** Covid-19 made hand-washing and sanitising mainstream, but it is a key practice to reinforce for children to make sure they stay healthy and avoid illnesses.
- **Practice deep breathing:** One for us, as much as for the children. This calms them down and enables better oxygen flow in the system.
- **Stick to routine:** Making sure that sleep times, in particular, are regular ensures that children receive adequate rest and are fresh for the morning.
- **Spending time with them (a key one for us):** Giving them hugs, playing and spending time with the children greatly boosts their growth, both mentally and physically.

By- Mother of Athira KG II F

