

DPSD HERALD

SEP 2024



The Influence of a Good Teacher Extends Beyond the Classroom

Sudiksha Sukrit Sahu, X-I



“A good teacher is like a candle - it burns itself out to illuminate the path for others.” This timeless saying highlights the significant impact a teacher can have on their students. The influence of a good teacher goes beyond the classroom, reaching far into the future and shaping lives while inspiring generations.

Research consistently indicates that students fortunate enough to learn from outstanding teachers often experience greater success in both their academic and personal endeavours. A strong bond between teacher and student can cultivate a sense of belonging, motivation, and confidence, which can profoundly affect a student's self-esteem and future goals. Additionally, a good teacher can spark a lifelong love for learning and exploration, encouraging students to venture into new territories and chase their aspirations.



The impact of a good teacher extends beyond just academic success. Teachers are vital in moulding students' character and values. They impart essential life lessons, such as empathy, compassion, and critical thinking. By fostering a supportive and inclusive learning atmosphere, teachers can help students cultivate vital social and emotional skills that will benefit them throughout their lives.

It is crucial to invest in teacher training, provide sufficient resources, and acknowledge the invaluable roles our educators play. By doing this, we can empower teachers to create a lasting impact on their students' lives and pave the way for a brighter future for generations ahead.

The Effects of AI on Employment

Joel Shiju Varghese, IX-D



The discussion concerning Artificial Intelligence is raging in the current era more so concerning the issue of job employment. However, the accessibility of AI speed and efficiency in many sectors is a danger to regular job employment. This is because machine-oriented automation technology can perform routine tasks effortlessly and accurately than human-being model workflows hence pumping out job captions like in the manufacturing, supply chain, retail, and other sectors.

Then again, AI wiping out several positions, but also creating new ones given it is technology-based. When AI technologies emerged AI, big data and cyber security jobs popped up in that order. Moreover, jobs which involve higher levels of human interaction including creativity, feeling and cognition are to a greater extent still irreplaceable. As of now, this will not be the case for everyone. Workers in the duly identified sectors will probably also be required to re-skill and strategically upgrade themselves to become competitive as the widening skill gaps require that governments and organizations come up with appropriate strategies to protect the workers who might be made redundant.

Certain employment markets are bound to get transformed; however, with appropriate usage of AI, it can even become an engine for further development of the industry and create new prospects.



How Does Switching to Clean Energy Fight Climate Change?

Syeda Mariya Fatima, XI-D



What many perhaps do not realize is that climate change is one of the issues of the century and, with it, there is energy substitution with clean alternatives. These sources of clean energy include solar, wind, and hydropower, all of which release much smaller amounts of greenhouse gases to the atmosphere compared to fossil fuels driving global warming.

Burning of fossil fuel by humanity would release carbon dioxide, plus sundry other hazardous pollutants, into the atmosphere. Those gases trap heat, warming Earth. That, in turn, whips up extreme weather patterns and melts ice caps, raising sea levels. Shifting to clean energy will drastically reduce such emissions and hopefully start to retard the most devastating impacts of global climate change.

On the other hand, sources of energy are unlimited and renewable; hence, environmentalists can use clean energies like solar and wind, which will be without depletion of the environment. This not only preserves the surroundings but also ensures the security of the energy supply to future generations.

Besides, a transition to clean energy can spur economic growth through new jobs in the renewable energy sector. It also reduces health risks from the air pollution coming from the major emissions of fossil fuels.

In fact, the switch to renewable energy will overcome greenhouse gas emissions, which protect Earth, and hence guarantee greater sustainability of the future. An important step toward combating the challenges presented by climate change is being able to offer a healthier ecosystem for all.



Curiosity - The Meta-Skill to Thrive in the 21st Century

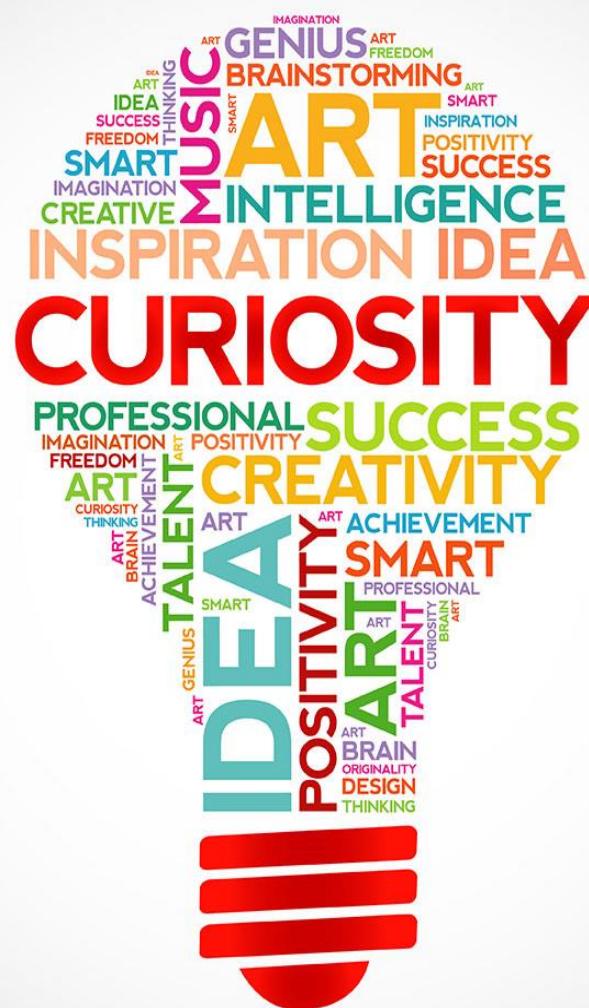
Mridul Prajith, XI-B



How were the concepts of gravity, quantum physics, countless theorems, and so much more discovered by us humans? The burning fire that fueled these discoveries is none other than curiosity. A tool used since the start of humanity, curiosity is often overlooked as a skill. However, in present times, it is emerging as one of the most essential meta-skills for success.

Presently, when technology rapidly evolves, the ability to learn has become more crucial than ever. Curiosity allows this by driving us to ask questions, explore new ideas, and understand deeper. It also nurtures critical thinking, problem solving and creativity. Encouraging engagement, challenges, and new perspectives are all products of curiosity. In an era of constant change, these qualities are truly vital. An example can be in the sector of education. A student, let's call him Sameesh, has a lack of curiosity results in fewer possibilities and a substantially less in-depth understanding of their subjects. Meanwhile, a curious student, named Kavin, can make breakthrough ideas with genuine interest in studies, exploring diverse perspectives. The difference between Kavin and Sameesh is crystal clear.

In this world, where artificial intelligence and machinery are evolving jobs, curiosity is the skill that allows humans to stay at the top. It allows us to continuously learn, adapt, and stay relevant. Those who develop and embrace curiosity are not just surviving the 21st century - they are thriving.



A Tribute to Teachers

Asmitha Kumari, IX-G



Teachers lead us through every hour, each day,
With no arms closed tight, open hearts learn us how to play
Its knowledge wide and luminous,
Unlocking doors, so wondrous and curious.

They cheer us on in every triumph,
And in our strife, they make us tough.
They are the backbone of each dream we follow,
It is a grace held on to, like a song we swallow.

Through waking minds, their sparks erupt,
Through any trial and tribulation, our strength is swept.
They behold the light and potential in us,
Walking a path that inspires our trust.

Leading the way to where we all begin.
Through all kinds of weather, rain or shine,
They bring us hope; their love is truly divine.
The kindness of it all, defines our destiny.
Thank you for a lifetime of patience.



Back to School

Nisha Noronha, XI-A

Summer fades, a fleeting dream,
The bell rings loud, it's time, it seems,
To trade warm skies and carefree days,
For rooms of knowledge, winding ways.

The morning's crisp, the air feels new,
I walk these halls, old yet true.
Familiar faces, some unknown,
But something's shifted, now we've grown.

Caught between the past we knew,
And dreams of all we've yet to do.
The classes start, the clock ticks fast,
We drift, but know this year will last.

So here we stand, as the journey starts,
With hopes ignited and open hearts.



The Importance of Mental and Emotional Well-Being for Teachers

Teaching with Heart: The Power of Mental and Emotional Well-Being

In the bustling world of education, teachers are the guiding stars, shaping young minds and fostering growth. However, their ability to shine brightly hinges on their own mental and emotional well-being. When teachers are mentally and emotionally healthy, they bring a wealth of enthusiasm and positivity into the classroom, creating an environment where students can truly flourish. It's like a well-tended garden—healthy soil produces vibrant flowers. Conversely, when teachers are stressed or overwhelmed, their performance and patience can dwindle. This can lead to burnout, where the spark of enthusiasm fades and the quality of teaching suffers. The saying “you can't pour from an empty cup” is particularly apt here; without proper self-care, teachers might find it challenging to give their best to their students. Supporting teachers through counseling, professional development, and a balanced lifestyle is essential. This not only helps maintain their well-being but also enriches the classroom atmosphere, transforming challenges into opportunities for growth. A well-supported teacher can better manage stress, stay motivated, and engage more effectively with their students. In essence, when teachers nurture their own hearts and minds, they enhance their ability to inspire and educate, lighting the way with passion and care. In a classroom where hearts align, Teaching and well-being shine.

By Saurabhi Pandey

9G



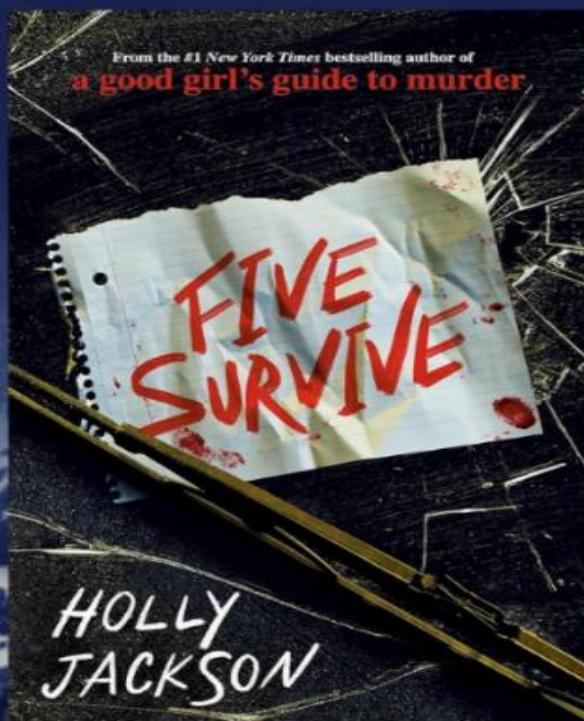
Book Review

Hezal Tejam, Grade X-H



FIVE SURVIVE

By Holly Jackson



Five survive. Red Kenny is on a road trip for spring break with five friends: Her best friend - the older brother - his perfect girlfriend - a secret crush - a classmate - and a killer. When their RV breaks down in the middle of nowhere with no cell service, they soon realize this is no accident. One of them carries a deadly secret, that will mean freedom for their friends and the end of this awful, awful night stranded in the wilderness. But the question is, who is it?

Well this book was such an intense, emotional ride with lots of twists and turns.

The characters are wonderful. Red is unlike any protagonist I have ever come across, and unlike many books, the antagonists rely strongly on your own interpretation. If you asked me, I would say they are a completely different person/group of people to the next guy.

While reading this book I thought I figured out the mystery but Holly just proved in the end how WRONG I WAS. The thrill and suspense was good. It is fast paced even though it starts a little slow, once you get past that it is literally a heart-pounding, suspenseful, brain-goes-crazy-with-theories thriller that has you on the edge of your seat and very intriguing. Totally worth reading for a quick mystery thriller read!

The entire plot takes place over the span of just 8 hours. Are you kidding me? Who writes a murder thriller mystery of just 8 hours with a lots of twists and turns.

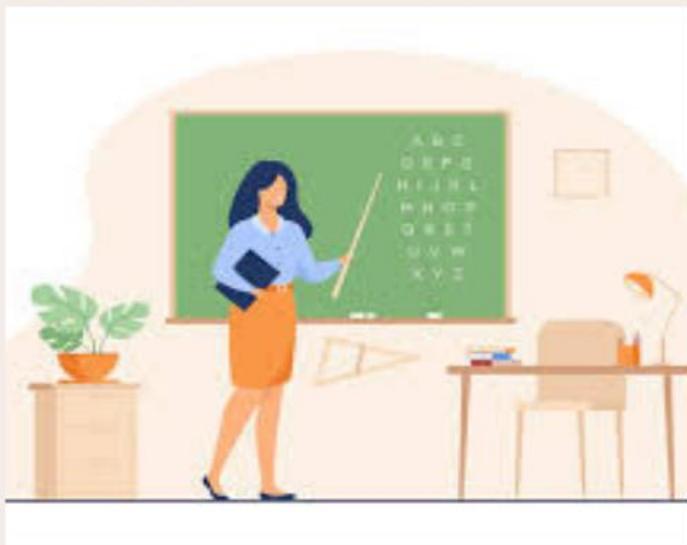
I thoroughly enjoyed the book and would hundred percent recommend it.

The Teacher Who Has Given Us the Confidence to Dream Big

TO THE BEST TEACHER IN THE WORLD

A teacher's role extends far beyond imparting knowledge; they are also responsible for nurturing their students' aspirations and dreams. By cultivating a supportive and encouraging environment, teachers can empower students to believe in themselves and reach for the stars.

Gauri Ma'am has built a positive and inclusive classroom. She has inspired us by sharing personal experiences and telling us about successful role models. This helps students like me to build confidence on myself, that I can do it.



Since the start of the grade Gauri Ma'am has tried to see all the abilities in a certain child. She believes that every student has different abilities and potentials. As they say, "No one person knows everything; that has never been God's design." She challenges us to stretch our limits by providing them opportunities and overcome obstacles, and offer guidance and resources. This means she set higher expectations as she knows or feels that you can achieve more than you expect from yourself.



Another thing I love about Gauri Ma'am is that she encourages us to take risks in life. She encourages us, students, to try new things and explore different possibilities. This helps us to gain confidence and trust that there is someone for me to help me get back up if the taken risk take a wrong turn. This kind of trust students see only in a few teachers. These kind of teachers view our mistakes as learning opportunities and help us bounce back from setbacks. I remember a classmate of mine had gone really bad grades and was starting to lose hope that he can't get more marks. But when Gauri Ma'am got to know about it she taught him how to persevere in the face of challenges.

Many teachers do not like to connect with their students. But teachers like Gauri Ma'am try to understand their interests, strengths, and weaknesses. She has offered our entire class tailored support. This means that she has provided individualized guidance and resources to help us students to reach our full potential. Many teachers look down at the students who score low marks but, teachers like Gauri Ma'am recognize and reward us for our accomplishments, no matter how small they are.



By- Sarah Mohsin Khan, IX H

Making Eco-Friendly Choices in Everyday Life

Nandini Avula, X-G



"Eco-friendly" refers to practices, products, or behaviours that have a minimal negative impact on the environment. The goal of eco-friendly actions is to reduce harm to natural ecosystems and promote sustainability.

Incorporating eco-friendly practices into daily routines is crucial for environmental preservation as it helps conserve resources, reduce pollution, and combat climate change. We should begin by embracing the three Rs: Reduce, Reuse, and Recycle. Try Opting for products with minimal packaging, use reusable items like water bottles and shopping bags, and ensure proper recycling of materials.

It is often said that energy conservation is key hence we should switch to LED bulbs, unplug unused devices, and consider investing in energy-efficient appliances or solar panels. For transportation, choose walking, biking, or public transit over driving, and if you drive, maintain your vehicle for better fuel efficiency. Water conservation is also equally important therefore we should fix leaks, use water-saving fixtures, and collect rainwater for gardening.

Last but not the least, when shopping, select eco-friendly products and support companies with strong environmental practices. Finally, educate others and advocate for sustainability within your community. Each small action contributes to a healthier planet, demonstrating that individual choices can drive significant positive change.





A Tribute to Teachers

In halls of wisdom, voices rise,
Guiding us with patient eyes.
You light the path, clear and true,
With every lesson, we grew anew.



With gentle hands, you shape our minds,
Unveil the wonders we long to find.
Through challenges, you stand so tall,
A steady hand when we might fall.

Your words, a beacon, soft yet strong,
Teaching us right from wrong.
In every question, every try,
You lift us higher, let us fly.



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Teaching us right from wrong.
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- Aahana Patel, IX G

Back to School

Jahnvi Agarwal, IX-H



The summer fades, like whispers in the breeze,
With crisp new pages and hearts set at ease.
Back to the halls, where laughter rings,
Every class a new tune sings.

Pens like arrows, we aim at distant skies,
In search of truth where hidden wisdom lies.
In every class, a challenge we embrace,
A race for knowledge, a steady pace.

Notebooks fresh, with pages clear,
A new year's promise is finally here.
Laughter bursts like, sunlight through the rain
As we embrace the journey once again.

So back to school, where futures intertwine,
A place where we can soar, a place to shine.
The path ahead, may challenge and may test,
But in these halls we will always give our best.

International Literacy Day

Harshita Tiwari, IV-I



The purpose of Literacy Week was not just to let children participate in these activities, but to let them understand the fun of reading, to develop the habit of reading, to calm down their mind and to let their thoughts and imagination to help their thinking skills and for more knowledge. This year's theme is, "Make a Right Start: Become Financially Smart". It helps to understand and analyze texts. It is fun to be with the characters and go to adventure with them.

Love for reading never dies but it spreads all over.

Today a reader, tomorrow a leader are some Literacy day slogans. Sunday Sept 8th is known as the Literacy Day. On September 8 each year, ILD was created by UNESCO (United Nations Educational, Scientific and Cultural Organization).



New Things I Learned During My Summer Vacation

Varshit Singh Nagarkoti, IV-F



My summer holidays, I discovered a new passion: badminton.

Badminton is fast-paced and exciting sport that quickly became my favourite. It is played with a lightweight racket and a shuttlecock, and the objective is to hit the shuttlecock over the net and land it in the opponent's court. The sport can be played as singles (one player per side) or doubles (two players per side).

Over the summer, I learned the fundamental skills required for badminton, such as the basic grips (forehand and backhand), foot smash and various types of shots.

What I love most about badminton whether indoors or outdoors, with friends or solo practice against a wall, it is always fun and engaging.

Learning badminton has not only improved my physical fitness but also taught me valuable lessons in patience and sportsmanship. Badminton is more than just a sport to me; it is a new hobby that I am passionate about, and I cannot wait to see where it takes me.



Three Cheers to Teachers...

Shriya Gleeson, Grade V-B



Riya was on vacation in Scotland when she got the news that she had topped her schools in Boards. Her parents excitedly began making plans to celebrate her success. But Riya on the other hand was sad and confused and doubtful.

She stepped out of the Scottish cottage and remembered her science ma'am's words. "Darling, take nature walks whenever you are confused. Nature has an answer to every question". She sulked in her thoughts; she wasn't yet confident about moving to a new university in a new city, and away from her supportive family and teachers. She sobbed as she walked hastily, until suddenly, her eyes caught up with something incredible. She was mesmerized by the glistening Scottish River. And she smiled in disbelief as she realized she had trekked along the hill alone. She fondly now recalled her English ma'am's words," Dear always remember that the best view comes after the hardest climb".

Suddenly, Riya felt strong, confident enough to conquer any kind of mountain, for she now understood the life lessons her teacher had been teaching her and she knew now that she always had her teachers to watch her back.



Making Eco-friendly Choices In Everyday Life

Yashika Arora, 11-J



In an era where environmental concerns are at the forefront of global discussion, the power to make difference lies in our hand. Waking up with a positive feeling of doing something for planet, not by grand gesture but by small steps. A small step can led to a big difference. From the moment you brew your morning coffee to the way you dispose of your trash, every action has the potential to either harm or heal our environment.

The journey toward sustainability doesn't require a complete lifestyle change. Instead, it starts with simple, mindful decisions that collectively add up to significant environmental benefits. Some eco-friendly measures or habits that we can develop in our everyday life for betterment of our planet can be, starting from taking care of small things that we ignore in our everyday life like conserving energy by switching off the light, Air Conditioner, turning off the gas switch to prevent leakage of gas, etc , using public transports, not wasting water, reducing, reusing, and recycling: minimize waste by opting for products with less packaging, use reusable items, and properly sort recyclables. Support eco-friendly brands and minimize single-use plastics by opting for reusable alternatives. Embrace sustainable eating by eating more plant-based foods and buying locally.

If everyone gets along then even the biggest problems can be averted, that's why together we can make our planet healthier by making eco-friendly choices in everyday life.



Teaching with Balance

The Power of Mental and Emotional Well-Being

Mental and emotional well-being are crucial for teachers, not only for their own health but also for the success of their students. Teaching is a demanding profession, often requiring long hours, emotional labor, and constant adaptation to the needs of diverse learners. Without proper care for their mental and emotional health, teachers can experience burnout, anxiety, or depression, which can negatively affect their ability to teach effectively.



When teachers prioritize their well-being, they are better equipped to handle stress, build stronger relationships with students, and foster a positive learning environment. A teacher's emotional stability can influence classroom dynamics, as students often mirror the energy of their instructors. Teachers who practice self-care, mindfulness, or seek support when needed are more likely to create a calm, nurturing atmosphere that promotes learning and student engagement.

DON'T FORGET:

**You are a
person FIRST
and a teacher
second!**

Teachers' Day Poem

Azza Zahra
III-I



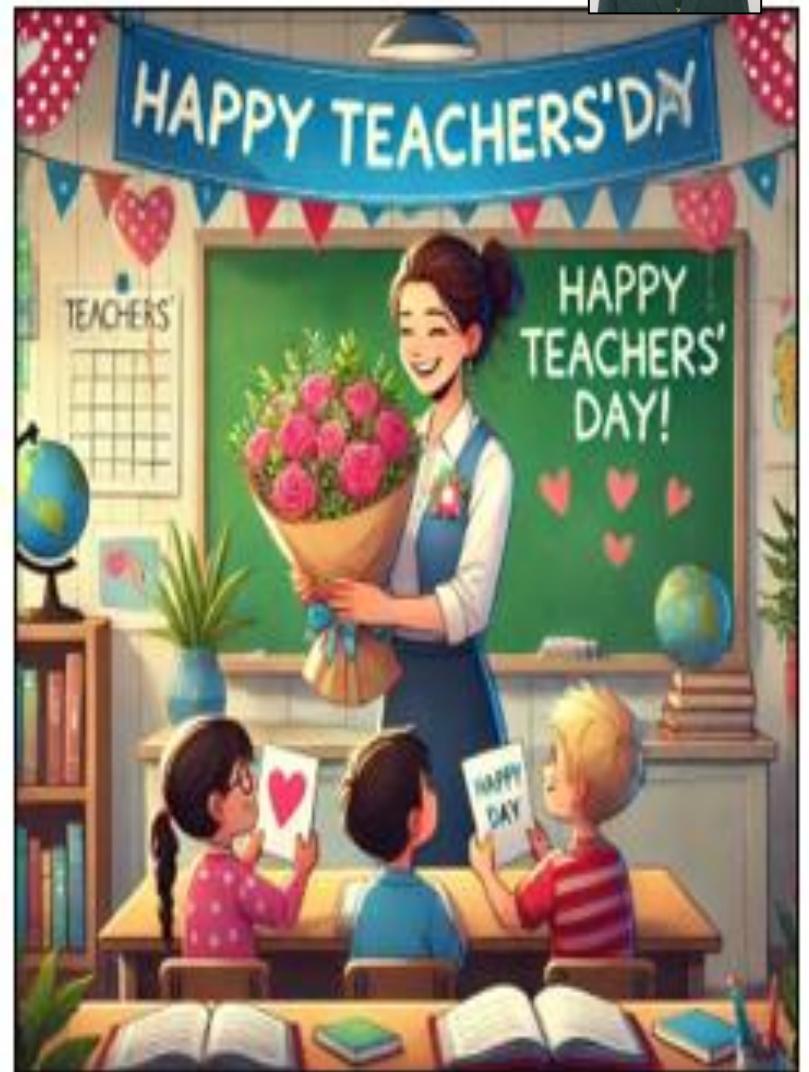
Teachers, the sea of knowledge and grace
Teach us that life is not a race
Guiding students through day and night
Teachers help them to succeed with all their might

When I see them, my eyes grow wide
As they take me to my bright side
From simple to complex questions
They teach with passion and dedication

They instill in us moral values
And they comfort me when I have the blues
Teachers wipe away each student's fear
With motivating words that cheer

With every challenge and test
They always kindle our interest
For a teacher is an unsung hero
Who helps young minds grow

Thank you for all that you do
We salute and honor you.

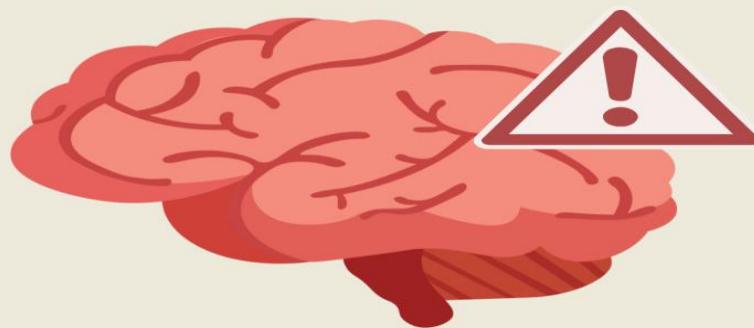


Neurodivergent Burnout; Its Causes, Symptoms and Reasons

Ahana Srikrishna

Emma Stone rightly said "What sets you apart can sometimes feel like a burden and it's not. And a lot of the time, it's what makes you great." Many of us may get a constant feeling that we don't fit in, not realising that that's our strength. Neurodivergent people are also exceptional humans who keep getting the constant feeling that they are different.

Who is a neurodivergent person you ask? A neurodivergent person refers to someone whose brain process information in a different and extraordinary way. Study shows that neurodivergent people experience mental health issues such as anxiety, depression, etc more. But then what does neurodivergent burnout mean?



Burnout is a state of mental and physical exhaustion when you tire your body by overexerting way past your limit. But what makes neurodivergent burnout different is that it grows over time due to the constant reminder given to neurodivergent people that they are not enough and will never fit in. Comparatively, neurodivergent burnout last longer. Its symptoms include physical exhaustion, lethargy and fatigue, loss of skills, mental health issues like stress, negative mindset, etc. Neurodivergent people usually vent up their feelings thinking that no one will understand.

Moreover, what causes this is our rigid societal standards. Our 'normal and inclusive' societal standards have fit this stereotypical image in minds of the people that it is not okay being different and unique. This makes extraordinary people feel worthless and insecure about their true self resulting in them acting like someone they are not.

We must vouch as a society to accept people for who they are and support them. Everyone is beautiful in their own skin and that is what sets us all apart. We should never change ourselves to fit someone else's standards. Remember, our unique constellation of stars tells our own story. Yours dazzles bright in all your glory!

Are Today's Teens Overwhelmed by the Pressure to Achieve

Ramya Kiran, Parent of Shritha Kiran, KG II J



Today's youth are increasingly feeling overwhelmed by the intense pressure to succeed in both their academic pursuits and personal lives.

The high standards imposed by educational institutions, parents, and society often push many young people to concentrate intensely on grades, test scores, and college admissions, frequently compromising their mental well-being in the process.

The cutthroat environment of contemporary education intensifies this strain, as teens juggle various extracurricular activities to enhance their resumes. Moreover, social media exacerbates these challenges by fostering a culture of constant comparison, where young individuals feel compelled to display their achievements and adhere to unrealistic standards of success. Consequently, issues such as anxiety, depression, and burnout are increasingly prevalent among this demographic.

Striking a balance between these pressures while cultivating a healthy self-identity can be quite difficult. To address this issue, there is an urgent need for improved support structures, which include mental health services, more attainable expectations, and open dialogues about effectively managing stress in constructive ways.



Social Service – A Fundamental Need For the Student Community

Hamzah Matin, Class 12 A

Many people's impression of a student is someone who needs to focus all their might towards studying and securing as good grades as possible. This skewed perception inhibits the student themselves from viewing themselves as anything but an academic weapon. But a student's job is way more than just studying, eating, and sleeping. Students are the citizens of the future world, and as such their responsibility is not just to be knowledgeable enough to complete a task, they are given but to be a functioning community member as well. Therefore, starting them young with social service is the best strategy to create students that are not only academically adept but also communally adept.

Social Service leads to multiple positive changes to a student's life. Because volunteering engages students directly with a community, it allows for a special bond with those people or organizations being served. Community service for students increases social awareness and responsibility as well. By helping others, you will also decrease stress and depression. One of the major risk factors for depression is social isolation. Social Service helps you feel better about yourself and increase overall satisfaction in your life by helping others and staying in regular contact with others.

There are many mental benefits of social service, but there are physical benefits as well. Volunteering keeps you physically healthy and lessens symptoms or risks of chronic pain, depression, improves heart health, and more. And most important of all it is a means to give back to the community and the unfortunate to make the world a better place for not just you but everyone.



Social Service – A Fundamental Need For the Student Community

Hamzah Matin, Class 12 A

In today's rapidly evolving job market, Artificial Intelligence (AI) can be a powerful tool to accelerate your career growth. AI helps professionals stay ahead by offering personalized learning experiences, improving productivity, and enhancing decision-making.

AI powered platforms like LinkedIn Learning, Coursera and Udemy tailor learning paths based on your current skills, career goals, and industry trends. By continuously upgrading your skills through these platforms, you can remain relevant, competitive and passionate in your field or important aspects of life.



Additionally, AI tools can automate repetitive tasks, allowing you to focus on and evoke more strategic activities which require skill. For example, AI driven software can manage data analysis, schedule management, and even content creation. This automation frees up your time, enabling you to concentrate on projects that have a higher impact on your career and strengthen your cognitive abilities allowing one to think out of the box.

Finally, AI can assist in making more informed decisions by providing data-driven insights. Whether you're evaluating market trends, customer feedback, or internal performance metrics, AI can process vast amounts of data to highlight patterns and opportunities that might otherwise go unnoticed, that which could be quite tiring and troublesome for the human brain.

By integrating AI into your professional routine, you can enhance your skills, increase your efficiency, and make better decisions—ultimately helping you climb the career ladder more effectively.

Educating Children: Self-Protecting Against Bullying

Orhan Dev Thokchom – KG II J



Bullying can be physical, verbal, or emotional abuse intended to intimidate or belittle someone. It can have long-lasting effects on a child's mental and emotional well-being. Since children spend most of their time in school and are most vulnerable to bullying in these spaces, the school needs to provide a safe and peaceful space for children to grow and thrive in.

How can I Help Prevent Bullying?

1. Educate your child against bullying, so they can easily identify whether it is happening to them or to others.
2. Talk openly with your child, so that they may feel comfortable sharing with us when they see it or experience it.
3. Build your child's self-confidence by encouraging them to be part of an activity they are interested in, which will help them build confidence and make friends of shared interest.
4. Be a role model: Since children look up to their parents and follow their examples, it is important to model respectful behaviors.
5. Encourage them to speak up if they are being bullied or see someone being bullied.



Bullying can have long-term effects on a child's emotional well-being. Hence, we need to teach our children healthy ways to cope by staying calm, using assertive language, and seeking help, and to speak to someone trusted when they face it.

A Letter to My Favourite Teacher

Dania Faizal, 11 J



Dear Dhanya Ma'am ,

As I reflect on my journey, I am reminded of the pivotal role you played in shaping the person I am today. You didn't just teach me subjects or prepare me for exams. You gave me something much more valuable, the confidence to dream big.

Your unwavering belief in my potential helped me see abilities in myself that I had not yet recognized. You always encouraged me to think beyond limitations, to aim higher, and to trust in my ability to achieve greatness. Every time you pushed me to step outside my comfort zone, I grew, not just academically, but as a person.

Because of your guidance, I now see challenges as opportunities to grow, and dreams as goals waiting to be achieved. For this, I will be forever grateful. Thank you for inspiring me to believe in the power of my dreams.



The Importance of Mental and Emotional Well-being for Teachers

Nathanael D

The Vital Role of Teachers' Mental Health

Teachers play an essential role in shaping the future of students, but their own mental and emotional well-being often goes unnoticed. Maintaining the mental health of teachers is crucial not only for their personal lives but also for the success of the educational system.

When teachers are emotionally balanced and mentally healthy, they create a positive and nurturing classroom environment. Their ability to manage stress, empathize with students, and handle challenges improves, which directly impacts the learning experience of the students. Teachers who take care of their mental health are more likely to be patient, creative, and engaging in their teaching methods.

In conclusion, investing in the mental and emotional well-being of teachers is vital. It not only enhances the quality of education but also helps in building resilient and motivated educators.

However, the pressures of meeting academic standards, managing large classrooms, and balancing personal life can take a toll on their emotional health. Schools should therefore encourage mental health programs, provide counseling, and promote a supportive work environment for teachers.

"One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings."

— Carl Jung



International Literacy Day: A Special Day for Reading and Writing

Iraa Singhal, II-D



UNESCO, a specialized agency of the United Nations, first celebrated International Literacy Day on 8 September 1966, to highlight the significance of literacy for all individuals. Since then, this day has been observed globally, serving as a reminder of the vital role education plays in improving lives and communities.

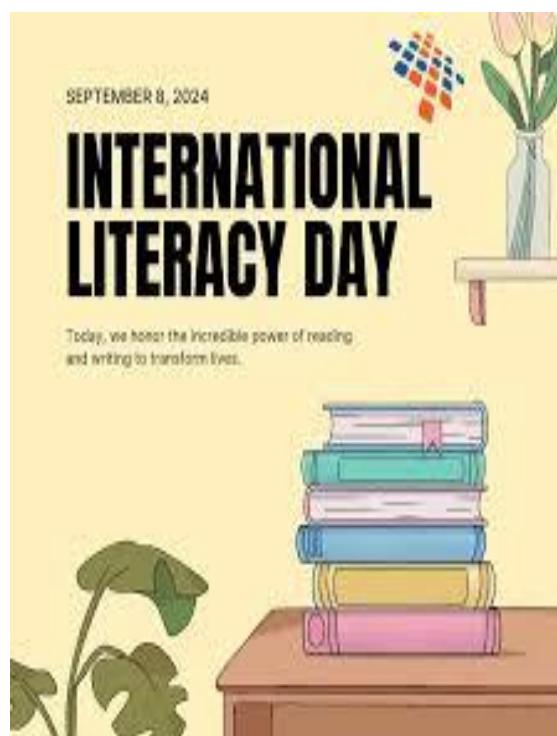
Why is Literacy Important for us?

Literacy means being able to read and write. It's not just about knowing letters; it's about understanding the world around us. When we can read, discover new stories, learn new things, follow instructions, and learn about many different things. Writing helps us to express our thoughts and ideas. It allows us to communicate with others.

Knowing how to read and write helps us in school and later in life when we want to get a job or participate in our community. It also allows us to express our ideas and share our thoughts with the world.

By celebrating this day, we show that we value learning and want to help each other to become better readers and writers. This day also reminds us that many people around the world still cannot read or write. This day encourages everyone to work together to help those who need support in learning.

So, let's enjoy reading and writing every day, not just on 8 September!



Thank You, Teacher

Abhijay Chauhan, I-C



You help us learn and grow each day,

With kindness and with fun ways.

You show us how to read and write,

And make our learning feel so right.

Your smile and words are always kind,

You help us use our hearts and minds.

For all you do and all you give,

We thank you for the way you live.



Thank You, My Respected Teachers

Jonathan Bhattarai, II-E



To all my teachers in every way,
Thank you for guiding me day by day,
With all my heart, I want to say
You make learning special every single day.

To my English teacher, I have poems to tell
You helped me read and write very well,
To my Math teacher, so smart and wise
You helped me to see 3-digit numbers in a new sight.

To my EVS teacher with wonders to show
You taught me animals, plants, the rotation of the Earth with flow,
To my Hindi teacher, with a loving heart,
You are teaching me a new language and you are very smart.

To my Arabic teacher, with words so sweet
You taught me how to speak Arabic and greet,
To my Computer teacher, she is always cool,
You helped me to explore ICT in school.

To my UAE SST teacher, with history so bright,
You taught me UAE's timeline full of insight,
To my PE teacher, strong and fun,
You helped me to do yoga poses and run
To my ART teacher, with colors so bright,
You helped me to create with joyful delight.

To my Moral Education teacher,
With lessons of kindness, respect and care
Thank you for helping my heart to be fair,
To my Music teacher, sweet melody to play,
You made me fresh and brighten my day.

A Tribute to Teachers

Ziivaa Raina, II-D



Our teachers help us every day,
They guide us in a special way.
With patience, kindness, and their heart,
Through knowledge and skills, they make us smart.

They show us how to read and write,
And help us turn very bright,
Our teachers help us learn and grow,
They teach us things that we didn't know.

They read us stories, nice and fun,
And clap for us when work is done.
They support us when we feel unsure,
Their gentle words are our cure.

Thank you, teachers, one and all,
For lifting us when we feel small.
You make our world a brighter place,
With every smile and every grace!

The Kindness of My Teacher

Shivansh Sati, II-H



I'm just a young child,
like a small seed,
My teacher nurtures me,
giving all that I need.

With every lesson,
I grow day by day,
Learning with happiness,
in a fun, caring way.

One day I'll stand tall,
with dreams shining through,
And I'll say to the world,
"It's all thanks to you!"



kindness

Tribute To Teacher

Harveer Panjanani, I-E



My teacher, my friend, you're always there,
With knowledge and wisdom, you always share.

You help me grow, you help me learn,
For your guidance, my heart does yearn.

You are the reason I stand so tall,
With you, I'll never fall.

Thank you, teacher, for all you do,
My respect and love are always for you.

TRIBUTE TO TEACHER

My teacher, my friend, you're always there,
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Are Today's Teens Overwhelmed By The Pressure To Achieve?

Naveen Kumar Thota,
Parent of Hanshik Thota, II-D



For teenagers today, the world is getting increasingly competitive and fast-growing. To begin with, a great load of pressure accompanies them in almost every activity. From academics to extracurricular activities to the expected ways of conducting themselves within their societies, it is a great deal for many teenagers. Constant comparisons via social media, great expectations set by parents and teachers, and fears of defeat are possibilities that may contribute to stress and anxiety among teens.



This struggle for success can lead to burnout, problems with mental health, and feelings of inadequacy. Parents, educators, and society must become aware that contemporary teenagers face some challenges while providing the necessary supportive environment, guidance, and resources that would enable them to overcome this pressure and bring balance into their lives.

The Impact of AI on Job Development

Izma Sajith, 8-D



Today, AI has become a tool we can access extremely easy, whenever and wherever. With its new and profound development, AI it has started to perform tasks that were once believed to be 'exclusive' to humans, like creative writing, or decision making requiring ethical judgement. This leap of AI has caused the job market to change in significant ways.

It is true that jobs such as, customer service, data entry are under considerable threat. However, the demand for talents in new arenas have also sprung. Jobs such as designing, repair and maintenance of the new technologies are on the rise. This means that even though most traditional jobs are vanishing, new and exciting careers are emerging.



With new jobs emerging all around the world, this can truly be an exciting time for all. We must adapt ourselves by learning new skills that will help us forge ahead in the modern world, where we are at par with AI by utilizing our unique human strengths to push boundaries and open new possibilities. This is a time to be proactive and seize the opportunity to thrive in a rapidly changing world. By investing in ourselves, learning, and adapting, we can navigate the modern workforce with confidence and make meaningful contributions.

Teachers-Reaching Beyond Classroom



Saanvi Narain, 8-D

The word 'teacher' is self-explanatory. Just like how air, sunlight and water help a seed to grow into a strong and then to a lustrous tree, in just the same way teachers nurture us into a good human being. It's true that teachers help us when we fall but I believe they help us more to recover from that fall which makes us get up and win the race. They not only teach lessons, but also inspire us to understand that the experience of doing the race is more important than winning itself.



The teachers not only help us be mentally strong but emotionally too. They help us to get through the tough phases of our life. At our age we go through many hormonal changes which can have a significant impact on our well-being, so to know that there is somebody we can talk to and share our feelings is an immense help.

Teachers are like our second parents, the only difference is that they do not live with us 24/7. But that doesn't make them any less important. They teach us the dos and don'ts of life.

To be grateful, respectful, loving, kind. Teachers make every generation get better than the previous.

Back to School

Lokavyaa Damodhar Mata, 7F



Goodbye, Summer, Lazy Mornings,
Hello, Autumn, Busy Dawns!
Mom shouts, "It's time for school!"
I mumble back, "Just five more minutes,"
Half-asleep, cocooned in dreams.
But five soon turned into fifteen,
Until the clock struck 6:45—
I woke up with a jolt,
A rush to dress, a frantic race,
Bolted out the door, unsteady pace.



Yet despite my sprint, my bus waved goodbye,
And in my panic, I thought I'd cry.
But Dad came to the rescue, saving the day,
Driving me to school without delay.
We barely made it; the bell rang loud,
As I dashed inside, lost in the crowd.
Flooded with hugs, familiar faces,
The first day felt like brand-new places.
Friends, hopeful smiles, all in a row,
Back to school—ready to grow.
There's so much to learn, so much to see,
A world expanding, for you and me.
We'll face it together, without a fuss—
This year's adventure belongs to us.

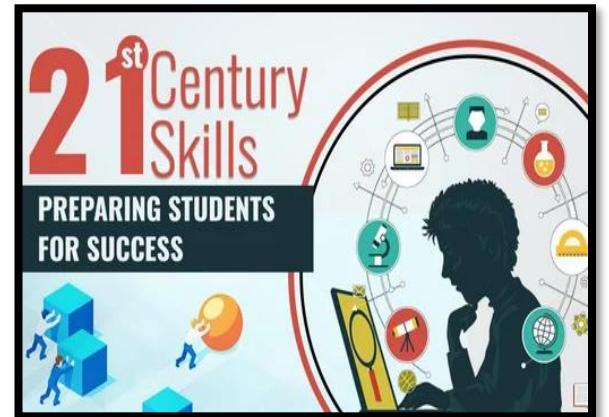
Back to School

Abdul Malik, VII-I



In today's busy world, curiosity lights our way,
It helps us explore and find new things every day.
It makes us ask more questions and see things in new light,
It pushes us to wonder and keeps our minds bright.

In schools and offices, it's a guiding star,
Curiosity helps us learn, no matter who we are.
It's not just about the facts, but how and why we know,
It opens new paths as we continue to grow.



The future needs us to think and dream, to imagine more,
Not just to solve problems, but to find new ways to explore.
In data and in trends, through every twist and bend,
Curiosity helps us see where we can begin.

As the world keeps changing, and things shift all the time,
Curiosity helps us adapt and stay in our prime.
It makes us question the usual, and see things fresh and new,
Guiding us to progress in everything we do.

Curiosity shows us secrets if we're brave and keen,
It uncovers the mysteries of what the future means.
It's a way to see things clearly, beyond the usual haze,
A spark for those who wonder in these changing days.

Clean Energy, A Brighter Tomorrow

Anurag Patil, Grade VII-I



In a world so big, with skies so blue,
We've got a job that we all must do.
To help the Earth, we need to try,
And switch to clean energy, by and by.

The wind it blows, the sun's so bright,
Clean energy's the way that's right.
No more smog, no more gray,
Just cleaner air every day.

The ice is melting, the seas are high,
We can't just sit and watch, oh my!
We've got to act, it's up to us,
To stop climate change before it's too much.

The Earth is hurting, the storms are wild,
But we can fix it, one step, one mile.
With clean energy, we'll lead the way,
And make tomorrow a better day.

So let's work together, let's do our best,
To make sure the Earth can rest.
With clean energy, we'll win this fight,
And make our planet happy and bright.

Hey, students! Ever think how the teacher is doing? They have as many stressors as you do: the managing of classrooms, lesson preparation, and paper grading. It is rated as one of the most stressful professions; homework and tests weigh heavily on you, too, but your teachers nonetheless must face theirs, day in and day out. That is why it is so crucial that they are going to be able to take their mental health and well-being into their hands-not just for them, but for you too.



Indeed, happy and healthy teachers are just teeming with boundless energy, creativity, and enthusiasm. Because of this, they will tend to crack jokes at certain times, make lessons fun, and keep you engaged. A very positive and energized teacher can always transform the atmosphere of your entire class and because of this, you'll then be more open to participation and learning about the subject. On the contrary, if your teachers become stressed or upset, this creates a gloomy environment that is not productive for anyone's benefit.



Ananya Kshirsagar,
Grade VII-A



What can we do for them in return? Be considerate, and respectful to your teachers; a mere "thank you" or appreciation words brighten up their day. Again, participation in the class, respect, and appreciation for their efforts help a long way. Schools can provide meditation sessions, workshops for stress relief, and a friendly work environment that helps teachers cope with their well-being.

Hence, supporting the mental health of our teachers is another building block in the chain toward a happier, more effective classroom for everyone. So next time you see your teacher, smile and say something kind, remembering that teachers deserve support, too!



A Street Cat Named Bob – Book Review



Aaditya Fredrick, 6 J

In this book, we join a recovering drug addict named James Bowen through his life, and an insight into working on the streets of London. He finds a cat, a battered ginger tom. A few days of deliberation and living with the cat convinces him that fate has led the cat to him, as the cat (newly christened Bob) can turn his life around, acting as his faithful companion and improving his quality of life.

Bob turns James Bowen's boring, ordinary life of busking on the streets into a silly, fun, and joyful day. Every day. The book is full of fun, nippy stories of Bob and James together, whether it is scaring away aggressive cat-snatchers or making friends with dogs.



I honestly recommend this book to anyone who wants an inspiring, heartwarming story to lift them up, or just a funny and interesting book to read, especially for people who have cats!

A Gratitude Letter to My Teacher

Saanvi Jain, VII-E



Dear Ma'am,

I hope this letter reaches you in the best of spirits. I want to take a moment to convey my deepest gratitude for all you have done to help me conquer my fears. You have not only been an outstanding teacher but also an extraordinary source of inspiration.

Your words of encouragement and unwavering belief in my potential have left a lasting impact.

You consistently motivated me to think beyond my limitations and embrace grand aspirations. I never thought I could set such ambitious goals, but under your mentorship, I've come to realize that with determination and relentless effort, nothing is unattainable.

Thank you for relentlessly pushing me to pursue excellence. You've fostered my growth not just academically, but also as an individual. The lessons you've imparted will stay with me forever, and I will always cherish the pivotal role you played in helping me believe in myself.

Thank you.

Yours sincerely

SAANVI JAIN

Making Eco-friendly Choices in Everyday Life

Advaith Manoj, 6 B



Once considered a distant warning, Climate change has now become a grim reality. It's right here, staring us in the face. Quoting UN Messenger of Peace- Leonardo Di Caprio "Climate change has become a runaway freight train, bringing with it an impending disaster for all living things".

It is we, the younger generation, who stand at the front line of this crisis; yet ironically, we do not even have the right to decide on the actions our leaders should take to combat the climate crisis!



Making Eco-friendly Choices in Everyday Life

Advaith Manoj, 6 B



Nevertheless, we can still contribute to saving our planet, by doing our bit, making eco-friendly choices a habit and encouraging others to do the same. As the saying goes ‘It’s the little things that make a big difference’.

1. Stop using Single-Use plastics: Plastics are the arch-nemesis of our environment. Use Reusable items instead.
2. Reduce, Reuse and recycle: This helps conserve precious resources.
3. Conserve Water- Simple changes like turning off the tap while brushing, taking shorter showers, and collecting rainwater are effective ways to conserve water.
4. Using Energy-Efficient appliances – This reduces electricity consumption and lowers our carbon footprint.
5. Avoid fast fashion -Instead embrace sustainable fashion by choosing organic, recycled or sustainable materials.
6. Use Public transportation- This can significantly reduce our carbon footprint.
7. Embrace renewable energy- This drastically reduces the over-dependency on fossil fuels.



With these mindful choices, we can reduce our carbon footprint, minimize waste and promote sustainable living, thereby making a significant impact. In the words of Greta Thunberg “Sometimes we simply must find a way. We can still fix this crisis, but the opportunity to do so will not last forever. We must start today.”

A Tribute to Teachers

Sthairya Shetty, VII-F



We, your students would like to say,

Happy Teacher's Day,

You are our guide,

Always standing by our side.

Making us rise,

With your heart so wise.

Teaching us to learn,

While also showing concern.

Teaching us to care,

To be kind and to share.

On this special day, with grateful hearts,

We celebrate a day as a bit of our part.

In every heart, your impact's clear,

A beacon shining bright and dear.

With gratitude, we raise a cheer,

For all you do throughout the year.

You help us grow beyond compare.

With lessons taught and love to spare.

Who leads us near and helps us far?

On this day here we celebrate,

The difference that you truly make.

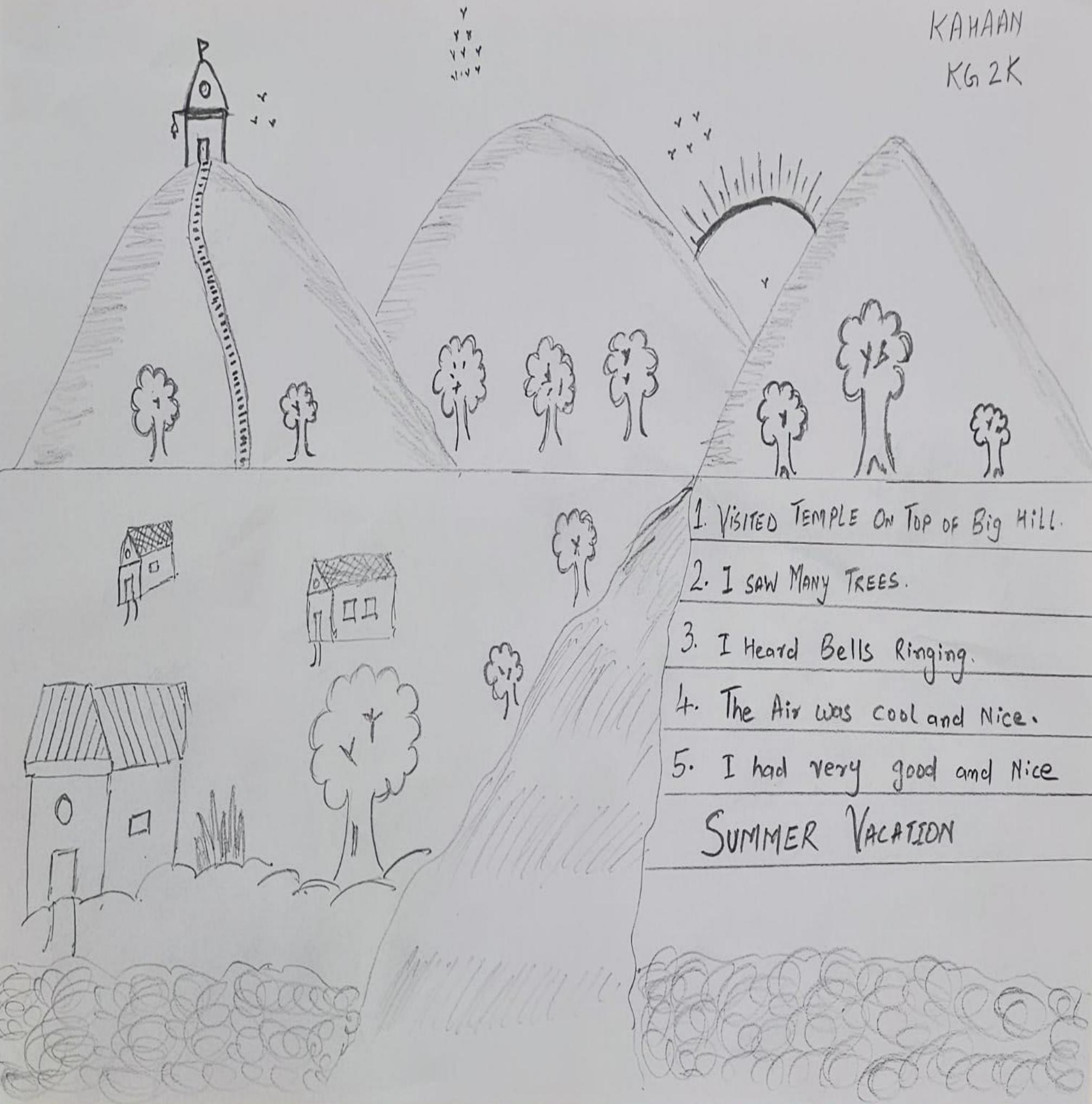
Happy Teacher's Day!

Theme of Drawing

Ria Choudhari, I-C



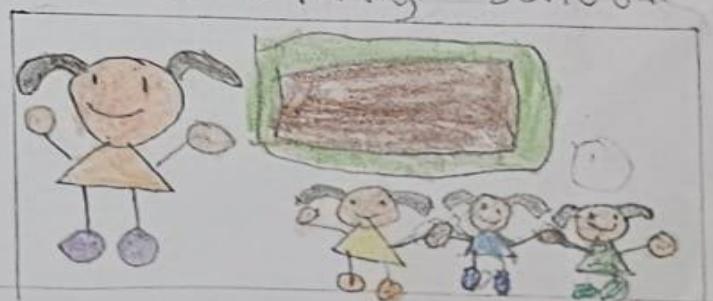
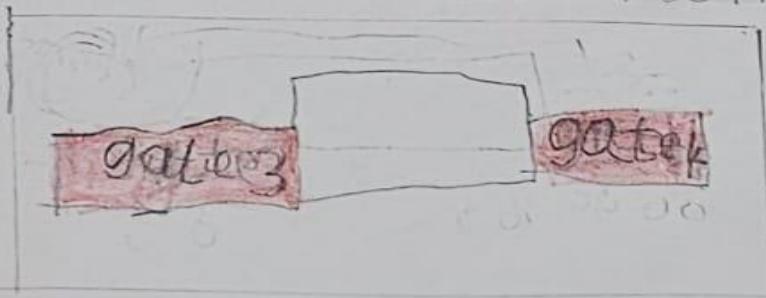
KAHAN
KG 2K



Kahan KG II K
Topic- My Summer Vacation

My back to school

During school holidays, we will have few days of relaxation, but after few days we feel bored. We miss our teachers, friends and learning environment. When we come to school, we have regular planned activities which increase our energy to high level. We meet our teachers and friends. At our school PPS, our teachers start the day with date, day, thought for the day, word for the day, which increase our knowledge. We have regular planned reading session. We are very active during our school days. Now for back to school, our teachers have supported us to get active. My teachers Reena mam and Parul mam are very good. They plan fun filled activities like paintings, art work and many more. Thank you to our teachers for making our PPS as fun and learning school.



Trishika KG II K

Topic- My Back-to-School Excitement

Word Search

Topic: Metamorphosis by Franz Kafka

Prepared by Krithika, X-H



Alienation	Beetle	Dehumanisation
Isolation	Neglect	Sacrifice
Salesman	Starvation	Vermin



Word Search

Topic: Climate Change

Satya, Grade: IV-B

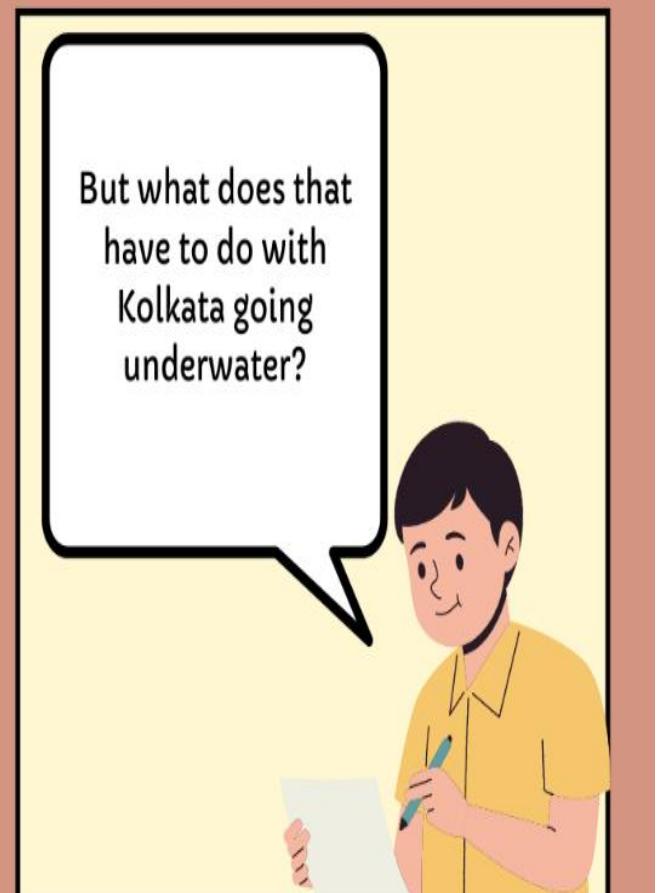
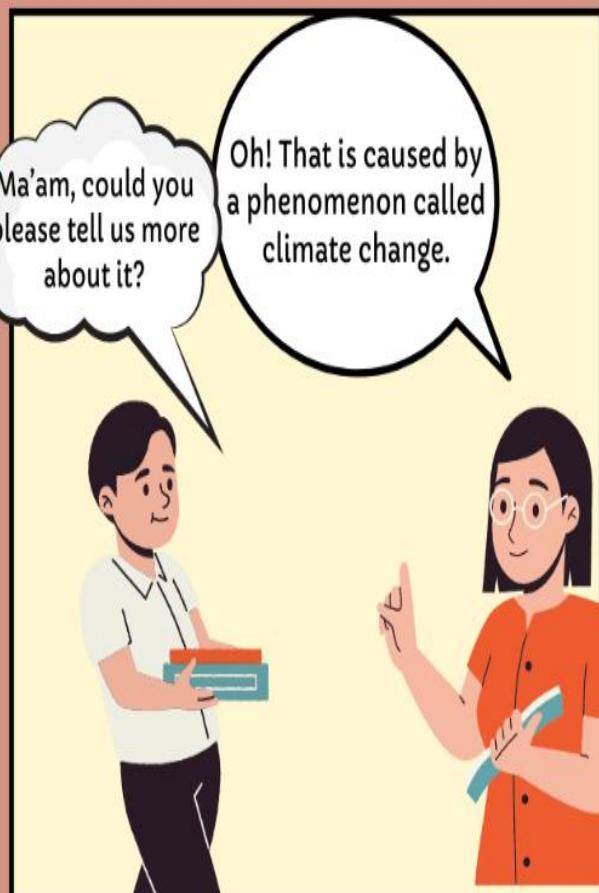
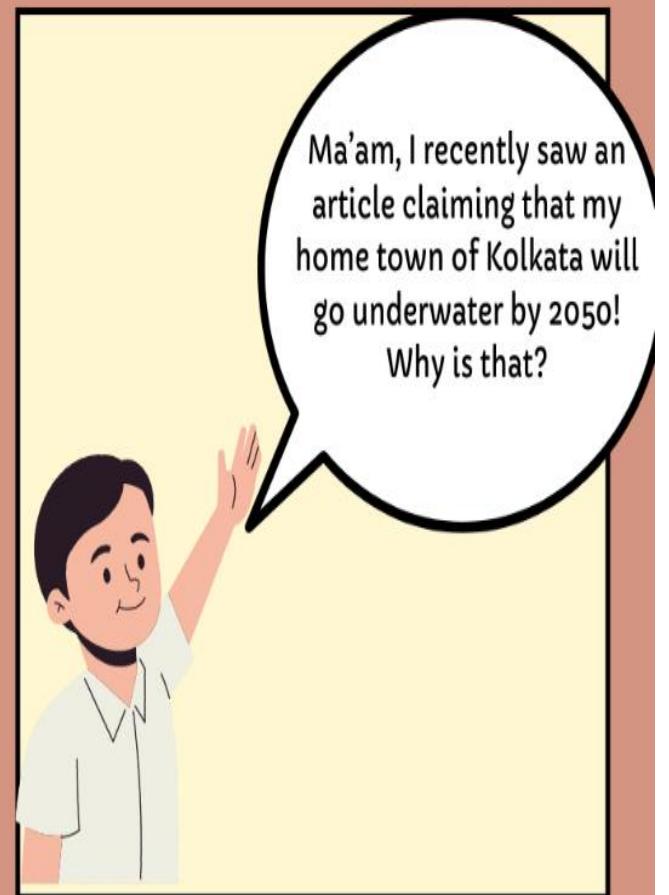


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Y	L	Z	D	R	Q	K	K	U	P	B	N	Y	L	C
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R	T	D	B	F	B	N	S	S	Y	U	O	F	C	B
F	E	R	S	A	T	Y	F	G	J	L	M	H	I	N
E	G	H	J	P	L	Q	E	W	T	E	Y	U	E	O
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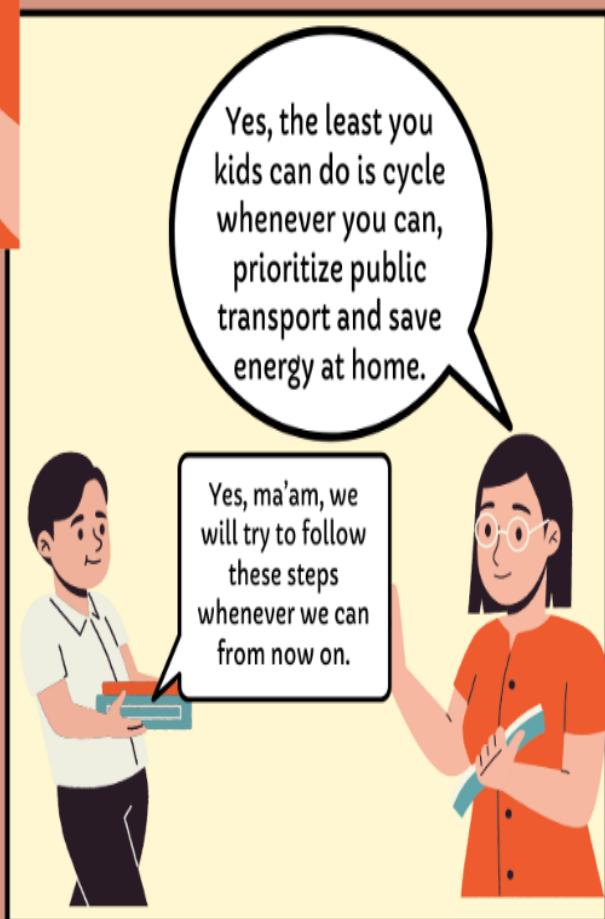
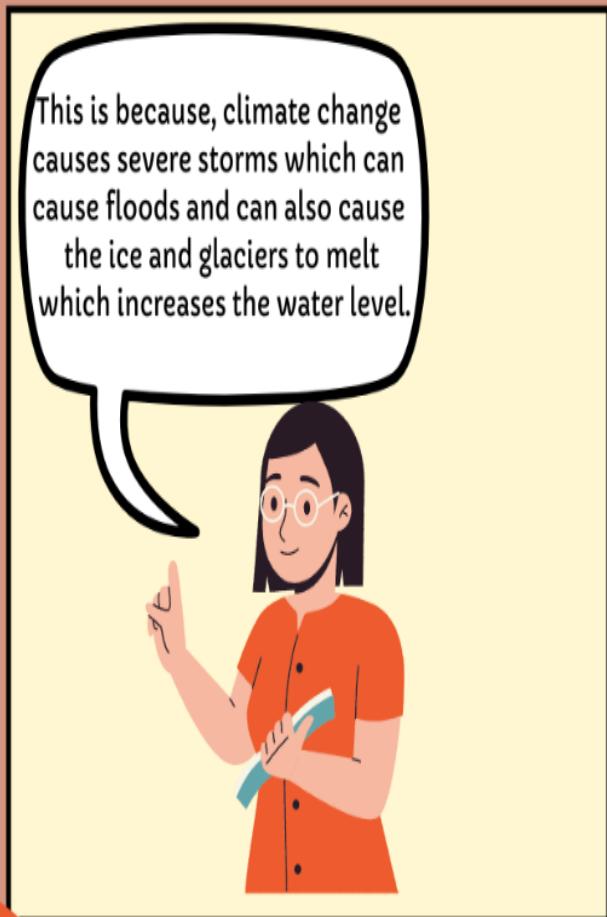
Global warming	Solar	Renewable
Pollution	Glacier	Turbine
Hot	Fossil	Sustainable

Comic Strip

CLIMATE CHANGE



Comic Strip



By Abraham Joseph
X-G (2024-2025)

Comics - Summer

Sri Reyansh N, 7 G



Adventure in the UAE

Sophie and her family finally arrive in Dubai, excited for their grand holiday in the UAE!



Dad: "Can you believe there are on the 163 floors?"
Sophie: "It's like a giant in the giants!"



"Wow, look at that shark!"

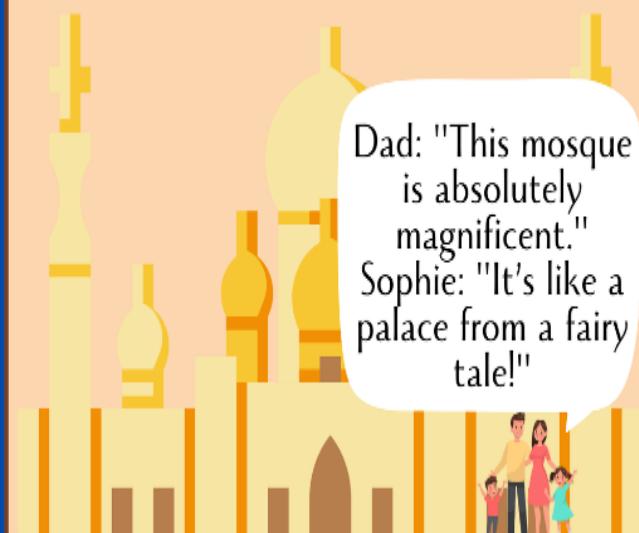
"I can't believe how big this mall is!"



Mom: "Hold on tight, everyone!"
Sophie: "This is so much fun! Look at the sunset! I wish Dad and Brother come but sadly they are sick"



Dad: "This mosque is absolutely magnificent."
Sophie: "It's like a palace from a fairy tale!"



Sophie: "I'm going to miss this place."
Mom: "We'll be back someday, I'm sure."



Word Search

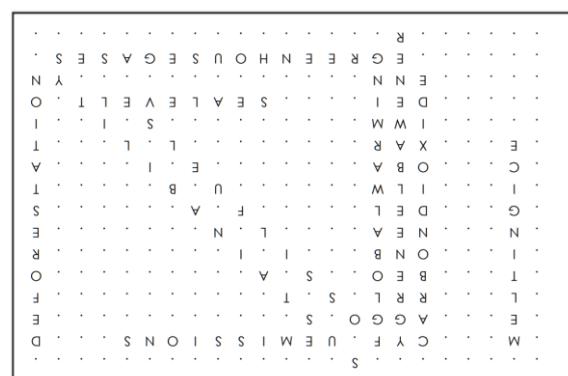
Avdut Pawar, VI-E



Find the following words in the puzzle.

- CARBON DIOXIDE
- DEFORESTATION
- EMISSIONS
- FOSSIL FUELS
- GLOBAL WARMING
- GREENHOUSE GASES
- MELTING ICE
- RENEWABLE ENERGY
- SEA LEVEL
- SUSTAINABILITY

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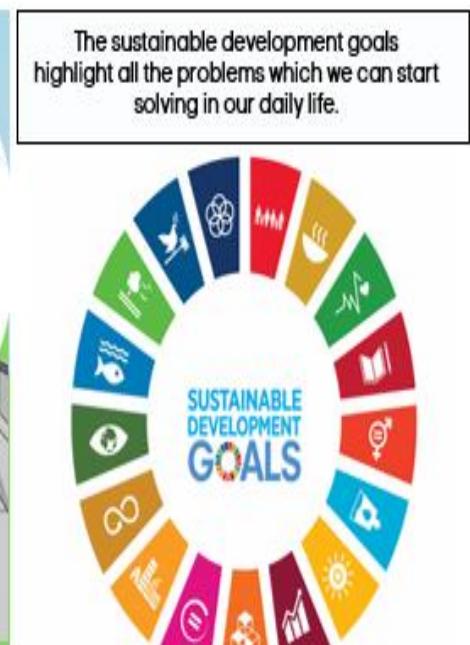
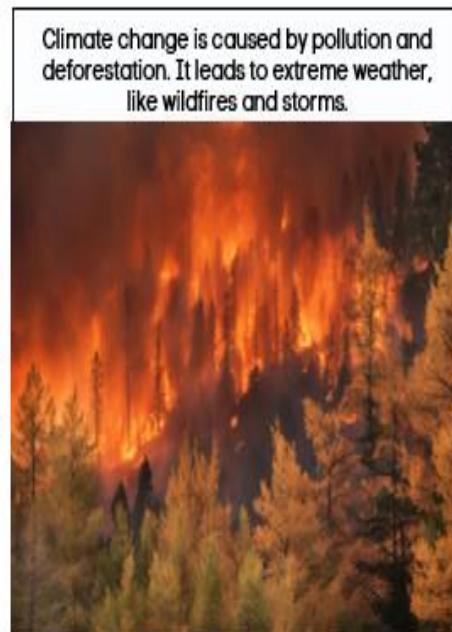


Comic Strip

Dharahas Ande, VII-G



Saving Our Planet from Climate Change One Step At A Time



- Dharahas Ande 7G

Academic Resilience in a World of Artificial Intelligence

Ms. Radhika Narayanan, Teacher, Phase IV



The emergence of generative AI, like ChatGPT, has sparked discussions in education, with both excitement and concern. While AI offers potential benefits, such as enhancing learning, there are significant worries about its misuse, misinformation, data privacy, and the risk of replacing human thinking. Harvard's Martin West emphasizes a balanced approach, allowing students to use AI without letting it undermine critical thinking.

In their work, navigating a world of Generative AI, Chris Dede and Lydia Cao explain that AI lacks human qualities like comprehension and values, warning against using it to replace cognitive tasks. They advocate for process-oriented learning, where students use their reasoning skills rather than relying solely on AI.

To mitigate AI's risks, educators may shift towards oral exams and more in-class writing while teaching students to recognize AI's limitations, such as generating factually incorrect information. Schools should establish clear policies on AI use, covering issues like academic integrity, citation of AI-generated content, and privacy concerns.

Looking ahead, educators must prepare students to use AI across various fields, teaching them how to harness its potential while acknowledging its limitations. Dede and Cao suggest building human-AI partnerships that encourage critical thinking, creativity, and problem-solving, ensuring that AI serves as a tool to support learning, rather than replace it. By doing so, educators can balance the benefits of AI while preserving the unique capabilities of human intelligence.



Academic Resilience in the World of Artificial Intelligence

Ms Nidhi Sokhi

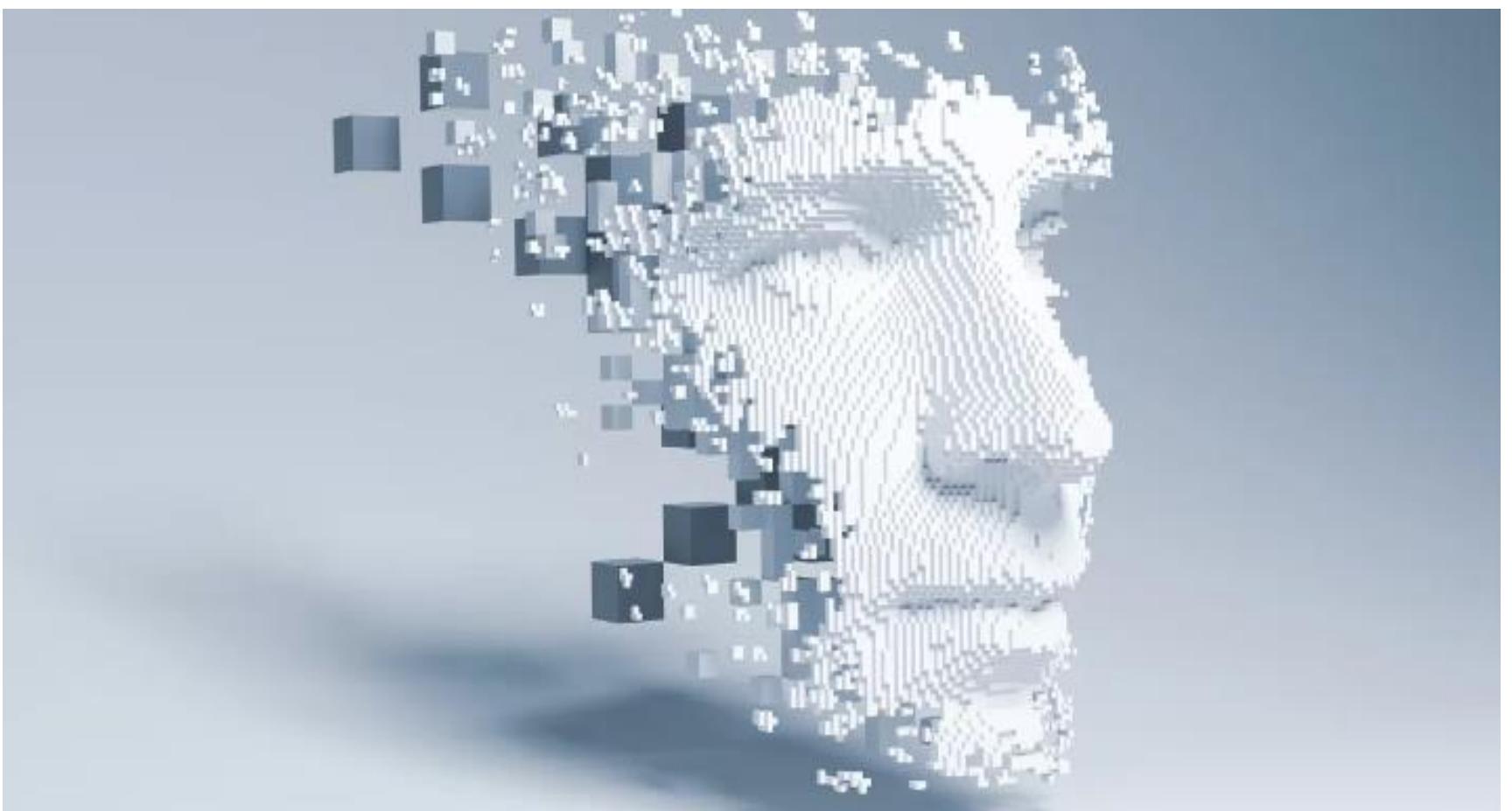


In today's world, artificial intelligence (AI) is becoming a big part of our lives, including education. AI can help students learn by providing personalized learning experiences and instant feedback. However, students must develop academic resilience to thrive in this changing environment.

Academic resilience means the ability to bounce back from challenges and keep going despite difficulties. In the age of AI, this skill is essential because technology can occasionally make learning seem overwhelming. For example, students might face pressure to keep up with advanced tools or feel discouraged if they don't understand AI-driven content immediately.

To build academic resilience, students should focus on a few key strategies. First, they need to stay curious and open to new ways of learning. Embracing AI as a tool rather than a challenge can help students stay motivated. Second, it's important to develop problem-solving skills. When facing difficulties with AI-based tools or content, students should seek help, try different approaches, and keep practicing.

Finally, maintaining a positive mindset is essential. Understanding that mistakes are part of our learning process helps students persist through challenges. By combining curiosity, problem-solving, and a positive attitude, students can build academic resilience and successfully navigate the evolving world of AI.



Education, Then and Now

Swetha Aneesh (Dept. of Mathematics)

Education field has changed tremendously over the past 20 to 30 years. Before, teachers were seen as ‘transferors of knowledge’ with the assumption that children were vessels to be filled with information. Now, Children are no longer seen as vessels rather learning is an active and constructive process .UAE emphasizes a more holistic approach aimed at growing the kid as a whole and developing the critical thinking skills needed for success.

Before, classrooms were focused on individual work, with desks lined up, and traditional teaching methods like rote memorization, was the norm. Now, Classrooms are expected to be more collaborative and desks are arranged in groups. The environment is more hands-on and uses manipulatives and multiple teaching strategies to consolidate learning concepts.

Children are expected to be researchers and reach knowledge on their own with scaffolding from the teacher. The modern student has rather more freedom in self-expression, which wasn’t evident some decades ago.

There were times when classrooms were held in ramshackled sheds and homely villas. Now, UAE is world’s largest concentration of international curricula schools with sprawling campuses.

Education, Then and Now

By : Swetha Aneesh (Dept. of Mathematics)

Growth in the UAE's education sector may be attributed to a mix of the subsequent factors: Drastic vision of its rulers, philanthropic gestures from individuals and institutions, steadfast commitment and continuity from stakeholders and Governments policies and actions to ensure holistic development of children, introduction of technology, better resources for teachers, coordination between schools and authorities etc.

Recent education policies show a more inclusive approach to special education needs, Robotics, STEM education, and wellness initiatives. Schools heavily invest in teacher's professional development to keep all teachers up to date with the latest methodologies and practices in education. UAE's progress in establishing a world-class education system continues to attract global applause.



How Extroverted Teachers Can Engage Introverted Students



Huda Abdul Ghani, English teacher, (Middle School)

When an academic year has had its full circle, more often than not a teacher finds the most heartfelt message to come from one of the quietest students. And your heart goes aww... gratified, knowing that you have touched someone's life.

Teachers too come in all sizes- extroverted, introverted, energetic, laidback, chatty; you name it! And you can make a great impact in the life of introverted students, especially if you are an extroverted teacher.



How Extroverted Teachers Can Engage Introverted Students



Huda Abdul Ghani, English teacher, (Middle School)

Being an introvert, or for that matter an extrovert, is not a disorder, but a personality trait. An introvert is more reflective and thoughtful. He may be more sensitive to criticism. It is important to understand that introverts prefer working alone to in groups. To acknowledge their presence in the classroom with a smile or even a contact will reassure the introverted students, giving them the fillip to participate and contribute more towards the lessons.

Holding one-on-one discussions with the student will help the teacher to better understand the child's strengths, inclinations and learning needs. During group work, it is advisable to pair such students with more moderate extroverts or ambiverts so that they strike a balance. Generosity in appreciation, providing opportunities for independent work, and encouragement to take small risks, all go a long way in supporting an introvert. All of which is a piece of cake for an extroverted teacher.

It's not too much to imagine should some of the vibrancy and vivacity of an extroverted teacher rub off on an introverted student.



Are Today's Teens Overwhelmed by the Pressure to Achieve? In a World of Artificial Intelligence



Mr. Raman Handa (Parent of Tanmay Handa, X-G)

In today's hyper-competitive world, teenagers face mounting pressure to excel academically, socially, and personally. The rise of social media has amplified the sense of comparison, with students constantly exposed to peers who appear to excel. This pressure to maintain high standards, be it through grades, extracurricular activities, or social engagement, creates an environment where many teens feel the need to strive for perfection.

The increasing focus on college admissions further fuels this stress. Students are expected to build impressive resumes, take advanced courses, and participate in numerous activities, all while maintaining high scores. For many, the burden of these expectations can lead to anxiety, burnout, and even mental health issues. They often feel that their future success hinges entirely on their current achievements, leaving little room for mistakes or personal growth.

Ultimately, while achievement is important, the intense pressure to succeed can be overwhelming for today's teens. Balancing academics with personal well-being is crucial, and there is growing recognition of the need for a more holistic approach to education. Encouraging teens to prioritize mental health and emphasizing the importance of effort over perfection may help reduce the heavy burden they often carry. Parents, educators, and society at large must work together to foster an environment that promotes both success and well-being



Educating Children to Self-Protect Against Bullying



- Ms. Shalini Balakrishnan (Parent of Joshita Balakrishnan, IX-H)

Bullying is teasing, physically assaulting, abusing or aggressively dominating a person. Bullying culture can develop at any place which may include school, home or workplace. Bullying can be psychological, verbal, physical and through cyber. Rationalizations of such behavior sometimes include differences of social class, race, religion, gender, appearance, body language, personality, strength or ability.

The most effective way to keep children from being bullied and from becoming a bully, is to make sure they grow up in loving and respectful environment. Bullying can cause loneliness, depression, anxiety and lead to low self-esteem. Educating children about how to protect themselves from bullying is crucial. It helps to prevent bullying by promoting awareness and empathy. Education helps in building resilience in children. It encourages support-seeking behavior among children. Education can teach children the importance of seeking help from trusted adults, such as parents, teachers, or school counselors.

When children understand the importance of treating others with respect, it fosters a more inclusive and supportive atmosphere.



Educating Children To Self-Protect Against Bullying



Thanusha Rayavaram, P/O Shanvii, Grade: IV-B

Children must be educated to protect themselves against bullying which is crucial for their well-being and confidence. To help children develop the skills they need to protect themselves from bullying, we can focus on several important strategies:

- Teach children to identify different forms of bullying, including physical, verbal, social, and cyberbullying.
- We must encourage children to speak up if they are being bullied or if they witness bullying.
- We must help children build self-confidence through positive reinforcement and encourage them to engage in activities they enjoy.
- Teach children to respect others. Please encourage them to think about how their actions affect others and to treat everyone with kindness.
- Equip children to handle bullying, such as seeking help from a trusted adult, staying calm, and using assertive communication.
- Educate children about safe online practices and protecting their personal information.
- Children learn a lot by observing the adults around them. Set yourself as an example.
- Ensure children know where to go for help and support if they are being bullied. This can include school counsellors, teachers, and helplines.
- Recognize and Reward acts of kindness.

In conclusion, helping children understand and handle bullying is vital for creating a safe and positive environment. By teaching them to recognize bullying, encouraging them to speak up, and building their confidence, we give them the skills they need to protect themselves and others. With strong guidance from adults and positive role models, we can build a community where kindness is valued, and every child feels supported and secure.



Are Today's Teens Overwhelmed with the Pressure to Achieve?



Ms. Rehana Raj, P/O Rishika Shinu Joshi, Grade: IV-B

The pressure to achieve is a significant concern for today's teens and this calls for adequate discussion and action on strengthening the mental health and overall wellbeing of the next generation. In this highly competitive world with limited seats in top universities, requirement for credits and certificates as proof of all-round performance and rising cost of higher education have all led to teenagers struggling to cop up with these rising demands.

Adding to this scenario is the influence of social media which constantly creates a sense of inadequacy in comparison with others. FOMO (Fear Of Missing Out) creates stress and anxiety among teenagers, leading them to overcommit and many times under-achieve as they are not working for a sustainable process to improve themselves but to impress others with the results. Another aspect is that information overload with inadequate guidance and self-awareness creates a sense of confusion and indecisiveness which leads to self-doubt and fear of making wrong choices.



What most youngsters need to navigate this phase is a support system at home, school/universities and their social networks which can help them balance their efforts and expectations. Not all of them need to run the same race; not every battle is worth fighting; life's opportunities are not limited to short term wins. A set of friends who celebrate each other's differences, teachers who can guide each student to identify their passion, a parent who can assure them that success is not measured by the balance in your bank account is enough to develop a strong and confident generation who would lead a meaningful life.

In addition to this, transparency in addressing this topic through peer group discussions and counselling sessions at schools, encouraging overall well-being in the form of yoga and meditation sessions, early exposure of children to adopt and trust processes than focusing on result can have a profound impact on our young adults to be in control of their priorities in life and lead a happier life.

Are Today's Teens Overwhelmed by the Pressure To Achieve?



Amit Parashar, Father of Nirvan Parashar, 8A

“Is the relentless pursuit of perfection pushing today’s teens to the brink?” The world is fast-paced and cutthroat, always demanding perfection and the resilience to stay ahead, but is it too much for the teens today? Academic performance, peer pressure, social expectations and the need to succeed are all varying factors which lead to a stressful, and sometimes, a harmful environment.



This stress can have a cynical effect on teens. According to a recent study by the American Psychological Association, 81% of teens report feeling pressure to achieve academically, with 45% feeling stressed "all the time." This continuous stress can lead to serious health issues like depression, heart disease, high blood pressure etc.

The recent rise of social media only adds to the pressure, where teens constantly compare themselves with their peers online. A PEW Research Center survey found that 70% of teens view anxiety and depression as major issues among their peers, due to competition amongst classmates and pressure from parents and schools.

To combat this, parents and schools can uphold a healthy balance, focusing on the child's development rather than their success. Teachers can conduct stress control programs and teach students on time management. Avoiding social media and providing the opportunity to freely discuss about mental health are crucial steps. By fostering healthy environments, teens can manage the pressure to achieve without comprising on their well-being.

Educating Children To Self-protect Against Bullying

Stanley Varghese, Father of Justin Stanley, 8 A



Bullying is a serious problem faced by students and children in today's world. Children who are considered weak and different are the most vulnerable to being bullied in school by other children. This is why it's crucial to educate children on how to defend and protect themselves against such bullies.



Parents should teach their children on how to stand up for themselves and for others. Learning to advocate for themselves will help them not be vulnerable to being bullied and will also allow them to protect not only themselves but also their friends who may face such problems.

Bullies usually pick on people who are weaker than them, if children stand up to them it shows their strength against them, and this might stop them from bullying again.

Educating Children To Self-protect Against Bullying

Stanley Varghese, Father of Justin Stanley, 8 A



Self-advocacy and strength is one of the most important things for children to learn. If every child can stand up for themselves and others, then bullying will no longer be a problem. Educating children to self-protect against bullying involves empowering them with the necessary tools to recognize, respond to, and report bullying behaviour. This education starts by fostering self-awareness, confidence, and emotional intelligence, enabling children to understand their value and the importance of standing up for themselves and others.

Teaching children to self-protect against bullying is a vital component of fostering a resilient, inclusive, and empathetic community. By empowering children with the tools to recognize and combat bullying, educators contribute to a safer and more supportive environment, helping children grow into confident individuals who can stand up for themselves and others.



How Extroverted Teachers Can Engage Introverted Students

Hiba Mirza – KG I A, Phase 1-Kindergarten



Engaging introverted students can be a bit of a balancing act, especially for extroverted teachers who naturally thrive on group interaction and lively discussions. Here are some strategies to help bridge that gap and make sure all students feel included and valued:

1. **Offer Varied Participation Options:** Provide multiple ways for students to engage with the material. While some might thrive in group discussions, others might prefer written responses or smaller, more intimate groups. Giving introverted students options helps them participate in a way that feels comfortable.
2. **Create a Safe Environment:** Foster a classroom culture where every student feels respected and valued. Encourage positive reinforcement and make it clear that all contributions, whether they come in a big discussion or a quiet reflection, are important.
3. **Use Structured Group Work:** When using group activities, structure them so that every student has a clear role and responsibility. For instance, assigning specific tasks to each member can help introverted students contribute in a way that feels manageable.
4. **Incorporate Technology:** Tools like discussion boards, blogs, or collaborative documents can give introverted students a platform to express their ideas without the pressure of speaking up in front of the class. These methods can also allow for more thoughtful responses and reflection.
5. **Use Think-Pair-Share:** This technique allows students to first think about a question or topic individually, then discuss their thoughts with a partner before sharing with the larger group. It gives introverted students a chance to formulate their ideas and gain confidence before speaking in front of everyone.
6. **Encourage Written Reflections:** Provide opportunities for students to write about their thoughts or reactions to the material. This can be in the form of journals, essays, or quick reflections, and can be especially useful for introverted students who might find it easier to express themselves in writing.

How Extroverted Teachers Can Engage Introverted Students

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7. **Build Strong Relationships:** Get to know your students individually. Understanding their interests, strengths, and comfort zones can help you tailor your approach to better meet their needs. Sometimes a one-on-one conversation or a small group meeting can be more effective for engagement than a whole-class activity.

8. **Offer Choice:** Whenever possible, give students some degree of choice in how they complete assignments or participate in activities. This could be choosing between different project formats or deciding how they want to present their findings. Engaging introverted students can be a bit of a balancing act, especially for extroverted teachers who naturally thrive on group interaction and lively discussions.

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By incorporating these strategies, extroverted teachers can create a more inclusive and engaging environment that supports the diverse needs of all students.

