

DPSD HERALD

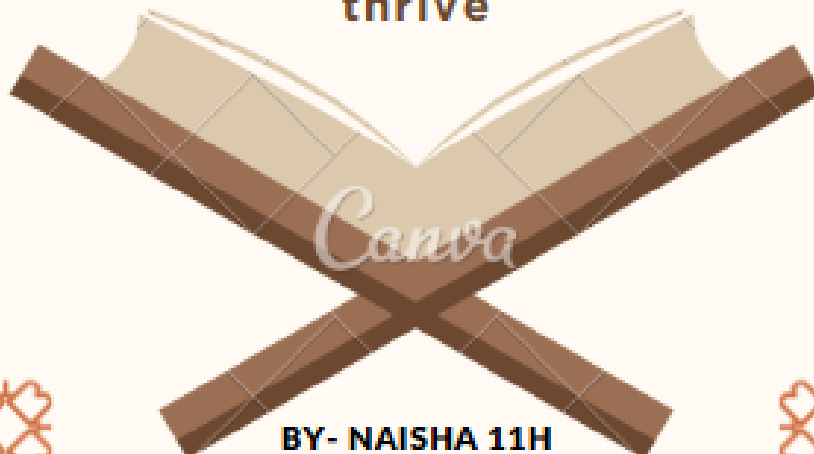


APRIL 2025

The revival of arabic art

From the sands, we rise
The arabic literature, it reaches the highs,
From paper and pen, the words shine
as they echo through ages, bold and
divine,
From each generation, the art has been
passed

A skill that one cannot mask,
A language reborn in color and line,
✦ Reviving the soul in every design. ✦
In every word, the spirit still lives
The ancient innovation that will always
thrive



BY- NAISHA 11H

AI IN DAILY LIFE: FROM CHATBOTS TO SELF DRIVING CARS



Tanmay Handa XI E

Artificial Intelligence (AI) is no longer just a buzzword or a futuristic concept, it's something we interact with almost daily, often without realizing it. Whether you're chatting with a virtual assistant like Siri, asking Alexa to play music, or getting help from a chatbot on a shopping site, AI is quietly working behind the scenes. A report by PwC suggests that AI could add a staggering \$15.7 trillion to the global economy by 2030. It's already integrated into about 77% of our devices, making them smarter, more responsive, and more helpful in our day-to-day routines. One of the most exciting and visible uses of AI is in transportation. Self-driving cars are no longer science fiction—they're being tested and improved every day. Companies like Tesla and Waymo are leading the way, and even traditional automakers are joining the race. Today, over 80% of new cars come with AI-driven features like lane assistance, adaptive cruise control, and automatic braking. These systems don't just make driving easier, they make it safer. Apps like Google Maps also use AI to analyze traffic patterns and suggest the fastest routes, saving us time and stress during daily commutes.



Beyond transportation, AI is making waves in areas like shopping, learning, and healthcare. When Netflix recommends your next binge-worthy show or Amazon suggests what to buy next, that's AI at work. In schools, AI tools help students learn at their own pace, offering support where it's needed most. In hospitals, AI helps doctors to read scans faster and more accurately. Rather than replacing us, AI is becoming a trusted partner, helping us live smarter, safer, and more efficient lives

AI IN EVERYDAY LIFE: HOW TECHNOLOGY IS CHANGING WELL-BEING AND WORK



Dhanya Haridas
PGT- Sociology

Artificial Intelligence (AI) has become an integral part of our daily lives, transforming work, health, and personal well-being. Its integration into modern life has led to enhanced productivity, streamlining communication, and contributing to mental and physical health in subtle but powerful ways. AI has revolutionized recruitment and talent management, with advanced algorithms scrutinizing resumes, assessing competencies, and even predicting candidate success within a company's culture. Remote work has become more seamless, with real-time transcription services, AI-enhanced video conferencing, and intelligent scheduling tools promoting inclusivity and cross-border collaboration.

AI is also contributing significantly to personal well-being, with wearable health devices monitoring physiological parameters like heart rate variability, sleep cycles, and oxygen saturation. In mental health, AI-driven applications offer cognitive behavioral therapy (CBT), mindfulness training, and mood tracking. AI-integrated fitness trainers use motion sensing and biomechanics to correct posture and tailor workout regimens, making fitness more effective and less injury prone.

AI is fostering digital resilience by offering predictive stress assessments and burnout indicators, enabling employers and health practitioners to create preventive and restorative interventions. However, as AI becomes more embedded in our lives, it brings forth ethical considerations. The automation of work raises existential questions about job displacement and the socio-economic implications of a skill-biased labor market. The commodification of health data raises concerns about surveillance, consent, and data privacy. A regulatory framework is needed to ensure that these technologies serve human interests without compromising autonomy. A human-centered AI approach is essential, emphasizing transparency, inclusivity, and

fairness while fostering innovation. When wielded with foresight and responsibility, AI offers the promise of a more balanced, efficient, and health-conscious society. However, it's integration must be guided by ethical principles and societal dialogue to ensure it enhances rather than encumbers the human experience.



ARABIC LITERATURE: A BRIDGE BETWEEN THE PAST AND THE PRESENT



Lakshitha Boddepalli 12 J

Arabic literature is a treasure trove of timeless wisdom, rich imagination, and intellectual brilliance. For centuries, it has been a medium through which Arab scholars, poets, and writers have expressed ideas about life, philosophy, faith, and the universe. During the Islamic Golden Age, cities became vibrant centers of learning, where literature wasn't just about storytelling — it was a way to understand and shape the world.

Thinkers like Al-Jahiz wrote on topics as diverse as zoology, theology, and society, showed how language could stretch across disciplines, connecting science with satire and logic with literature. Another remarkable voice was **Ibn Khaldun**, a historian and sociologist whose groundbreaking work *Muqaddimah* combined historical analysis with literary elegance. His writings laid the foundation for modern historiography, and his use of Arabic as a precise yet artistic language proved how literature could be both beautiful and deeply analytical. What makes Arabic literature extraordinary is its ability to evolve while remaining rooted in tradition. Classical poetry, once recited in tents and courts, continues to echo in modern Arab novels, plays, and films. Today's Arab writers build on the legacy of their ancestors while addressing contemporary issues like identity, conflict, and migration. Writers such as Nizar Qabbani and Mahmoud Darwish have used poetry to express love, resistance, and the longing for home.

Arabic literature is not just the story of a language; it is the story of a civilization. From the philosophical musings of Ibn Sina to the sociological insights of Ibn Khaldun, from the vivid storytelling of Al-Jahiz to the passionate poetry of the modern era, it reflects a deep commitment to knowledge, beauty, and truth. Arabic literature allows us to walk alongside some of history's greatest minds and to witness how words can shape not only culture but also the course of human thought.

AI IN DAILY LIFE: FROM CHATBOTS TO SELF DRIVING CARS



Arnav Kumar (12h)

Artificial Intelligence (AI) has become one of the strongest technologies of the 21st century. No longer science fiction and university research only, AI is now all around us, often without us even realizing it. From virtual personal assistants to self driving cars, AI is changing the way we live, work, learn and interact with the world. Among the most familiar and widespread applications of AI are virtual assistants and chatbots. When we ask Siri or Google Assistant for the weather or talk to a customer support robot on a website, we're using AI. These software bits run on natural language processing (NLP) that allows them to get and respond to human language in real time. They reduce wait times, answer simple questions and free up human resources to do more complex tasks.



At home, AI controls smart devices like thermostats, lights, speakers and even refrigerators. Smart devices learn our habits over time and automatically dim the lights in the evening or recommend a playlist during dinner. These are not just nice but also optimize energy consumption for your comfort. AI is also heavily invested in entertainment and learning. Video streaming websites like YouTube, Netflix and Spotify use machine learning

algorithms to suggest what to watch or listen to next based on our past viewing or listening history. AI based software in schools can customize lessons for students based on their learning pace, strengths and weaknesses.

In the health industry, AI is changing patient diagnosis and treatment. AI can scan X-rays, recognize patterns in data that can escape the human eye and even predict disease development. This allows doctors to diagnose more accurately and develop better treatment protocols. Virtual health assistants can also send reminders for medications and monitor symptoms from afar. One of the most exciting and rapidly developing use of AI is self driving cars. Tesla, Waymo and others are building self driving cars that use AI to read road conditions, follow traffic rules, detect obstacles and make decisions in real time. Not yet fully developed, self driving can reduce accidents, improve traffic flow and provide mobility to those who cannot drive. Even in business and finance, processes are being simplified by AI. Banks use AI to predict fraud, issue loans and help customers. Companies use AI powered tools to look at customer information, improve marketing and foresee sales trends.

In short, AI is no longer the future it's here and everywhere, making life easier, smarter, and more. The more it gets, the better. From apps to self driving cars, AI is changing the way we live and think.



THE RISE OF DIGITAL DETOX: IS DISCONNECTING THE NEW SELF-CARE?



Bhuvi Joneja (12j)

We scroll past posts telling us to log off. Watch 60-second videos on the importance of slowing down. Repost graphics about reclaiming our peace. All from the very screens we're being told to escape.

It's ironic, really—how we search for silence in the noise, craving stillness while clinging to the glow of our notifications. But eventually, something snaps. Eyes strained, minds wired, hearts tired. And so, we reach for the antidote: the digital detox.

At first, it feels like panic. What if someone needs me? What if I'm missing out? The silence is deafening. Your fingers hover, out of habit, over a phone that isn't there. You don't know what to do with the quiet.

But then—there's peace. The real kind. Not filtered, not curated. Just... stillness. You notice how much time you've been borrowing from yourself. How many thoughts have been paused mid-scroll. How being constantly "connected" has kept you from actually connecting—with yourself.



Maybe that's what this whole movement is about. Not running away from tech, but running back to ourselves. Not performance, not aesthetics, but a quiet refusal to be available to everyone *except* you.

Because if self-care means anything, it's learning to sit with your own mind and not be afraid of what it says., and maybe, just maybe, that starts when the screen goes dark.

THE RISE OF DIGITAL DETOX: IS DISCONNECTING THE NEW SELF-CARE?



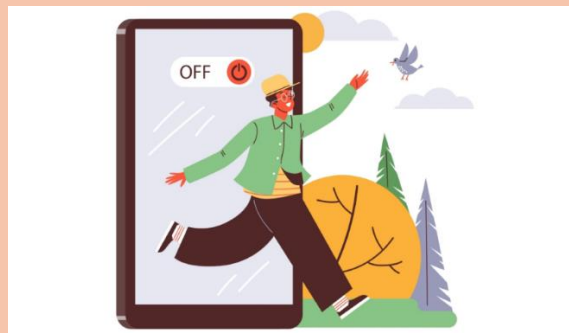
Tarz Dadyalla 12I

In an era where screens dominate our waking hours, the sunny concept of a digital detox has dawned as a powerful form of modern self-care. With constant notifications that could vibrate a phone off the table, mind-numbing scrolling, or even a reckless case of FOMO, many are feeling mentally drained, anxious, and disconnected from real life, even if they seem hyper-connected digitally.

“Digital detoxing” as a contemporary concept, involves taking a conscious break from digital devices like smartphones, laptops, and social media platforms to simply take a reality breather. It's a deliberate effort to unplug from the virtual world and reconnect with one's own mental state of being, alongside interpersonal relationships. This movement has gained good momentum as people finally begin to recognize the impact of excessive screen time on their overall cognitive functioning, sleep, productivity, and especially attention span.

Psychologists are increasingly promoting digital detoxes, offering tech-free environments at retreats and wellness programs. Workplaces are too promoting conscious use of technology and proper screen breaks. Thus, achieving the ideal balance rather than a complete boycott is crucial. Similar advantages can be obtained without completely detoxing by practicing digital minimalism, which involves limiting consumption to socially enriching knowledge.

In a world that rarely hits pause, choosing to disconnect can be a profound act of self-care. It's not about rejecting technology but about using it mindfully and restoring control over our time and attention.



THE RISE OF DIGITAL DETOX: IS DISCONNECTING THE NEW SELF-CARE?



Hafsa Anseena 12G

In an era where screens dominate our daily lives, the constant buzz of notifications, social media updates, and endless scrolling has become the new normal. Where we learn our daily life updates like news through our digital screens.



While technology helps us stay informed and entertained, it can also become overwhelming. That's where the idea of a digital detox comes in. a digital detox is simply taking a break from screens—phones, laptops, or tablets—to focus on real-life connections and personal well-being. It doesn't have to be extreme. Even a few hours away from notifications can make a big difference. Many students and adults are now realizing how refreshing it feels to unplug, even briefly. Spending too much time online can lead to stress, poor sleep, and low concentration. When we disconnect, we often find more time for hobbies, conversations, rest, and self-reflection. It allows us to be truly present—with ourselves and with others. Starting a digital detox is easy: set screen-free times during the day, avoid using your phone before bed, or try a social media break for a weekend. You might be surprised at how peaceful and focused you feel. In a world that never stops buzzing, sometimes the best way to recharge is to simply switch off.

SUSTAINABLE PARENTING: RAISING KIDS WITH CLIMATE CONSCIOUSNESS



Sherin Mathew

Mother of Liana Ajish, 8 B

In the twenty-first century, parents are tasked with raising not only children but also future caretakers of the planet. With growing environmental concerns, sustainable parenting has become a crucial practice for ensuring a healthier world for future generations. This involves integrating eco-friendly habits into everyday family life, promoting sustainability, and instilling values that encourage responsibility toward the environment.



Sustainable parenting can be approached in many ways, with small changes having a significant impact. One of the biggest challenges is dealing with children's rapid growth, particularly when it comes to clothes and shoes. Kids outgrow their clothes so quickly that it often leads to unnecessary consumption. A sustainable solution

is to buy second-hand clothing or swap items with friends and family. This not only reduces waste but also teaches children the value of reusing and recycling,

helping them develop eco-conscious habits for life.

Toys also pose a significant environmental concern. Many children's toys are made from plastic, which can break down into harmful microplastics when exposed to wear and tear, especially when chewed on by infants. These microplastics can accumulate in the body and cause a range of health issues, including growth problems, weakened immunity, and inflammation. To avoid these risks, parents can choose safer, eco-friendly alternatives, such as toys made from wood, bamboo, wool, or cotton.

Parents can teach sustainability in managing resources like water and electricity. These resources are easy to take for granted, especially for young children, who may play with the tap or light switches without fully understanding the consequences. Rather than simply scolding them, parents can use these moments as teaching opportunities, explaining how excessive use impacts the environment and increases costs. This approach fosters empathy and encourages children to make more mindful decisions about resource consumption, helping them understand the broader environmental, economic, and moral implications of their actions.

Travel is another area where sustainable practices can make a difference. In today's world, many families rely on cars for even short trips, contributing to increased carbon emissions. While driving may be necessary for longer trips, parents can encourage children to walk or cycle for shorter distances, such as trips to the park or local store. Reducing car trips not only reduces the family's carbon footprint but also teaches children the importance of physical activity and sustainable transportation.

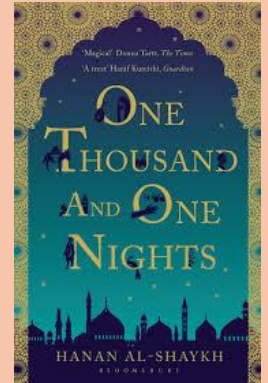
Ultimately, the foundation of sustainable parenting lies in leading by example. Children learn best through observation, and they are more likely to adopt sustainable behaviors if they see their parents practicing them. By modeling eco-friendly actions, parents can instill strong moral values in their children. Through these practices, parents can raise children who are both environmentally conscious and responsible, and help create a healthier world for the generations to come.



THE ROLE OF ARABIC STORY TELLING IN SHAPING IDENTITY AND VALUES



Shruti Mehta
Mother of Mishika Mehta, 7 A



As a parent raising a child in Dubai—a vibrant melting pot of cultures—I have come to deeply appreciate the role of Arabic storytelling in shaping my child’s identity and values. In a city where tradition meets modernity, Arabic tales offer a grounding sense of heritage that connects my child to the rich history of the region.

Through stories passed down by Hakawatis and beloved classics like *One Thousand and One Nights*, my child is learning more than just language or folklore. These stories speak of courage, honour, wisdom, and justice—values I hold dear and wish to pass on. They are not just tales; they are life lessons wrapped in wonder.

What I find most comforting is how these stories offer moral guidance subtly yet powerfully. They teach my child to respect elders, embrace generosity, and reflect on right and wrong. In a world full of fleeting distractions, Arabic storytelling gives my child a sense of rootedness and pride in the culture that surrounds us.

As a parent, I see storytelling not merely as a form of entertainment, but as a vital thread in the fabric of my child’s character and sense of belonging in this beautifully diverse city.



ARABIC LITERATURE: A BRIDGE BETWEEN THE PAST AND THE PRESENT

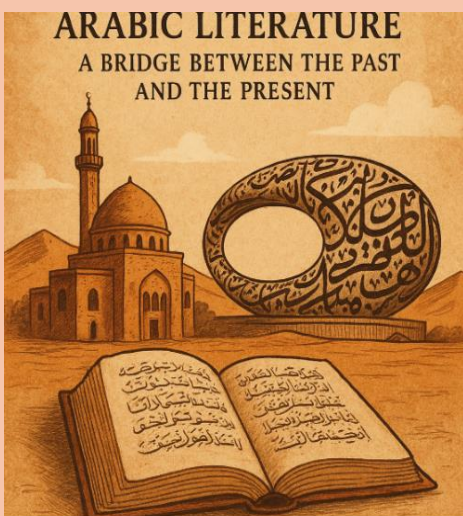


Afrah Imtiaz, 8 B

In Arabic literature, the past breathes in every verse, folds itself into every metaphor, and revives each time a page turns. Every sentence is a glimpse into a unique and beautifully woven story. With its rich and velvety history, it has proven to have one of the deepest and most insightful impacts, fostering unity through the elegance of its language.

Arabic literature takes its origin from the Jahaliyyah or pre-Islamic era, in which the revelation of the Holy Quran played a major role in influencing its structure and rhythm. The golden age of Islamic literature led to its further flourishing through expressive works in poetry, philosophy, science, and storytelling. Some famous works include the Mu'allaqat, The Cairo trilogy and The book of one thousand and one nights, which features famous tales like Aladdin and Ali Baba.

Arabic bridges the past and present through formation of cultural links and dialects. Calligraphy and modernized Arabic poetry are still seen inscribed in monuments around the world such as the Museum of the future, serving as a reminder of rich Arabic roots. Being the fifth most spoken language in the world and being spoken in around 25 countries, it can be said that Arabic culture gracefully connects the echoes of the past with the rhythm of the present



FROM CHATBOTS TO SELF-DRIVING CARS: THE PRACTICAL APPLICATIONS OF AI IN DAILY LIFE



Shaurya Shukla, 8 B



Back in 2014, Amazon began using AI to help with hiring by building programs to find the best talent faster. But just a few years later, the project was quietly shut down when it was found to be biased against women. Amazon's case was not unique—other tech giants like Google and Microsoft also faced major issues with AI during that time.

Despite early failures, AI has quickly become a big part of our lives. Today, we have AI-powered chatbots that can solve complex problems, generate images, and even help doctors diagnose brain tumours during surgery. The technology is more powerful and more trusted than ever before.

In everyday life, AI is working behind the scenes in ways we often don't notice. Google Maps and Waze use it to help us avoid traffic. Spotify creates personalized playlists. Gmail filters out spam. ChatGPT helps write and brainstorm ideas.

AI has come a long way—learning from past mistakes and growing more useful in our lives each day. The key now is to use it wisely and responsibly.



ECHOES OF SILENCE – HOW SILENCE AND SOLITUDE CAN HEAL THE MIND



Manuela Siona Lewis, 7 I

The silence of solitude, a never-ending sea,
Where thoughts can roam wild and free.

Solitude is like an empty space,
I'm left with thoughts to appraise
But I know it will lead to grace.

In the silence of solitude we find ;
A chance to dive into our inner core,
A brand-new world to explore.
The silence that echoes
From my own chaos.

I try to embrace the silence;
I immerse myself in it whole,
It helps enrich my soul.
I'll never forget the word outside,
For in its hugs, our hearts open wide.

In this solitude, we'll wander the land,
We'll find truths beyond and grand.
In solitude's hugs, we'll learn,
To seek and yearn
The life we are set to earn.



In this new solitude, I found my
song,
One which I lost so long.
My mind once tangled like the
sea,
Silence unwinds the knots and
sets me free,
Soon I shall return to glee.

No need to speak, no need to
prove,
Just feel the silence move.
For silence taught my soul
That solitude sets us free



FROM THE SANDS, WE RISE – THE REVIVAL OF ARABIC ART, LITERATURE, AND INNOVATION



Shail Pari, 6 B

In golden lands where deserts gleam,
The Arab world began to dream.
With pen and brush and brilliant mind,
They left a legacy behind.
Of art and thought so deep, so wide,
That time itself could not outslide.

In quiet halls and open skies,
They watched the stars with searching eyes.
They named the heavens, mapped the sea,
And planted seeds of mystery.
From numbers born to healing hands,
Their knowledge traveled many lands.

Their stories shimmer, rich and grand,
Like hidden gems beneath the sand.
From Sinbad's ship to Ali's cave,
Their words were bold, their hearts were brave.
They wrote of love, of fate, of war,
And opened every secret door.



Their art spoke soft in silent ways,
through patterns set in careful praise.
No need for faces, loud or clear—
The beauty whispered, drawing near.
In tiles and stone and light's embrace,
they built a calm, enchanted place.

Calligraphy, their noble thread,
where every stroke was softly said.
A single line could lift and soar—
A poem hidden in its core.
It danced across the parchment's face,
A quiet song of strength and grace.
So let us praise the minds and hands

That shaped the stars and stitched the
sands.


In every page, in every chart,
They shared the soul of human art.
Their spirit lives in what we know—
A light that still begins to glow.


WORD SEARCH – WONDERS OF THE WORLD




Abhinav Pandey, 6 B

Instructions:

 **Words can be hidden in any direction** – horizontally, vertically, diagonally, and even backwards.

 **Circle or highlight the entire word** once you find it in the grid.

 **No skipping letters** – each word must follow a continuous, unbroken line of letters.



Wonders of the World

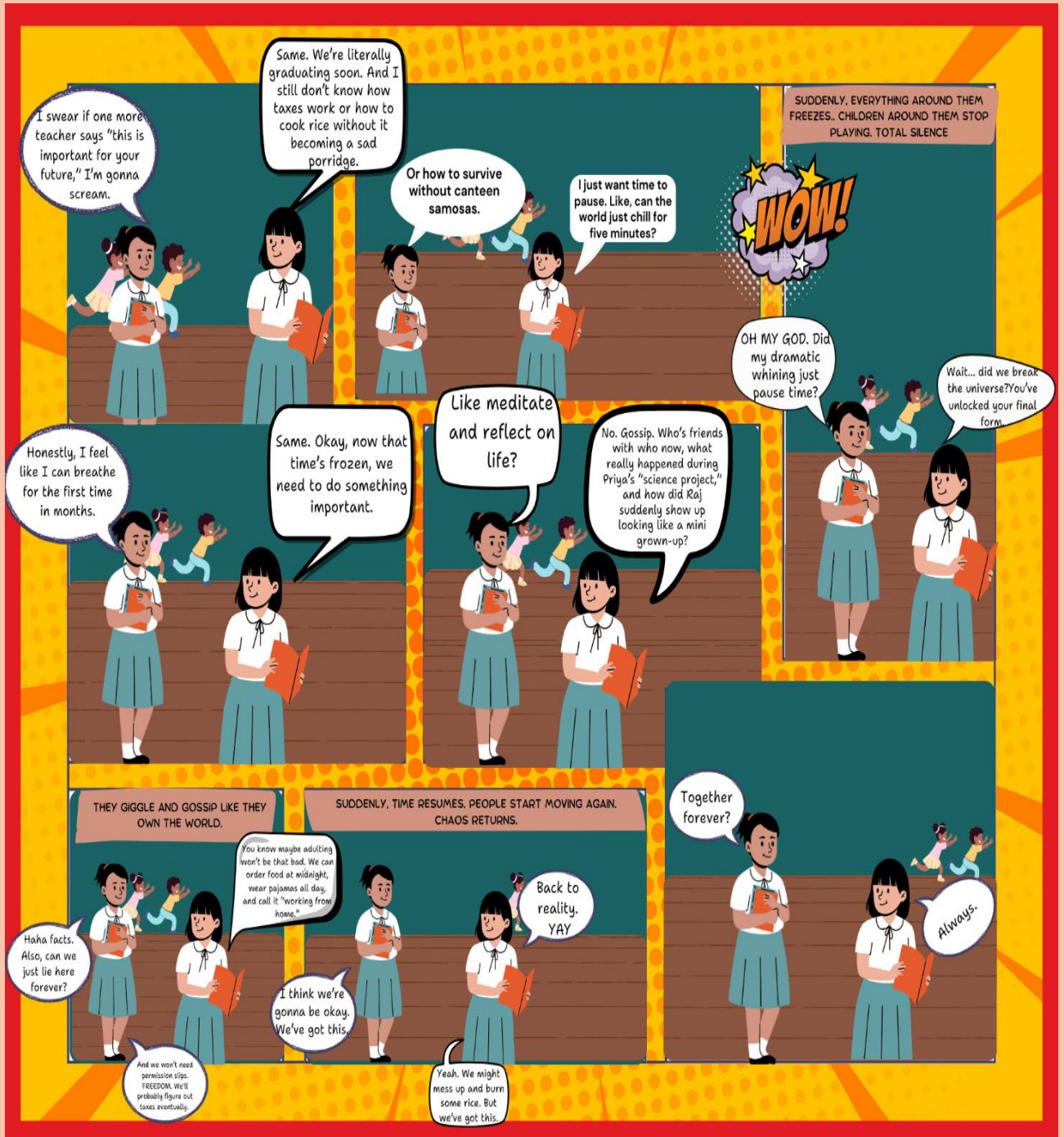
M	A	N	U	K	F	E	J	I	A	N	R	N	R
P	R	S	R	S	H	O	A	W	F	I	E	E	O
I	T	T	F	D	C	L	L	R	I	A	W	B	M
F	E	O	S	I	U	L	C	P	L	T	O	G	A
F	P	N	L	M	H	M	H	A	A	M	T	I	N
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EIFFEL TOWER
 MACHU PICCHU
 STONEHENGE
 PETRA
 BURJ KHALIFA
 ROMAN COLOSSEUM
 PYRAMIDS
 CHICHEN ITZA
 BIG BEN

COMICS - WHEN TIME STOOD STILL



Aishwarya Rathore, 8 I

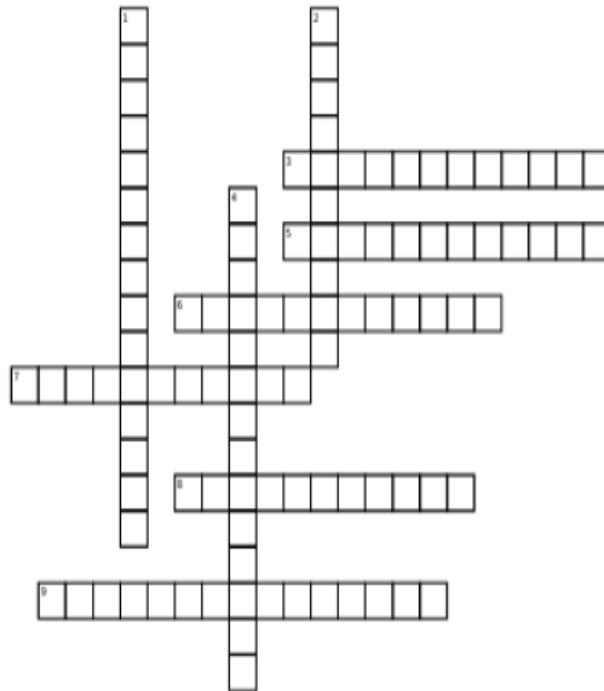


CROSSWORD PUZZLE - FAMOUS ARTISTS AND THEIR WORKS



Diya Dubey, 8 G

Identify the Famous artists based on their works of art given in the clues.

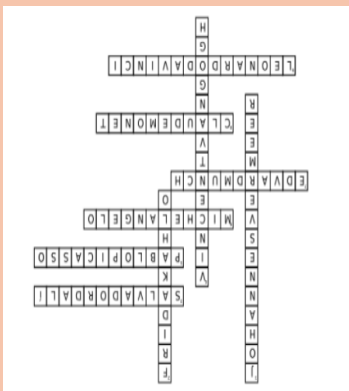


Down:

1. Girl with a Pearl Earring
2. Self-Portrait with Thorn Necklace
4. Starry Night

Across:

3. The Persistence of Memory
5. Guernica
6. The Creation of Adam
7. The Scream
8. Water Lilies
9. Mona Lisa



Everyday AI: From Chatbots to Self- Driving Cars



*-Vaishnav
11A*

Artificial Intelligence (AI) is becoming more embedded in our way of life. Chatbots answering customer service-related questions on websites and apps by responding quickly and solving the issues is probably the most common application. Virtual personal assistants Siri, Alexa, and Google Assistant also use AI to help users get things done, browse the web, and adjust smart home settings with ease.

AI is also transforming the way we watch media and live in our houses. The likes of Netflix and YouTube use AI to recommend TV programs and videos based on viewer viewing habits. AI operates lighting, heating, and security systems in smart homes to optimize convenience and efficiency, saving time and power.

One of the most advanced applications is autonomous vehicles. These vehicles rely on AI to navigate the roads, read traffic signs, and avoid accidents. In short, AI is no longer a fantasy idea—it is a beneficial device making our daily lives better in many different and practical ways.

THE VOICE OF THE DESERT, EBORN

Harrshan, 11A

Beside the tranquil dunes and the arid desert air,
A unique voice returns, bringing warmth to the once silent landscape.
Through inking and songwriting, illustrating and scorching,
We artistically inscribe the Arab name.
Every single extraordinary line still utters speech,
Of the greatest emblem of the stars and poets.
The Arab mind now ignites from modern fire,
On the screens, in the labs, aspiring boldly.
As roots are kept deep set and eyes are positioned forward,
In what was said, new life is breathed.
With light and thought art lives within us.
We with pride rise beside the sands.



ARABIC LITERATURE BRIDGE BETWEEN THE PAST AND THE **PRESENT**



Sameeha Jan

Arabic literature is like a time machine that connects the past to our present. When we read old poems or stories like One Thousand and One Nights, it feels like we're getting a glimpse into how people lived, thought, and felt centuries ago. Writers like Al-Jahiz and Al-Mutanabbi used words to express deep ideas, and even today, their messages still make sense.

At the same time, modern Arabic authors like Naguib Mahfouz and Hanan Al-Shaykh are writing about today's world—things like identity, change, and what it means to be Arab now. It's cool how the same language can tell both ancient tales and modern stories that we can relate to.

For me, Arabic literature shows how culture and stories can last through time. It helps us learn from the past while also understanding our present. It's not just history—it's still alive and meaningful today.





ECHOES OF SILENCE

**A quiet mist upon the hill.
No voices rise, no footsteps fall,
Just silent peace that wraps it all.**

**The leaves are still, the skies are wide,
The hush of nature at my side.
No need for words to fill the air,
The silence speaks with gentle care.**

**In quiet hours, I find my rest,
No rush, no noise, just time to nest.
The world is soft, the moment kind,
And silence clears the thoughtful mind**



THE JOURNEY OF ARABIC LITERATURE THROUGH THE SANDS OF TIME

Aarav Sudeep, 11-H

Somewhere, deep within the golden Arabic sands of time lies a plethora of voices: some whispering tales of rich culture and religious activities, others echoing cries of rebellion. Arabic literature is more than art; it's a bridge between past and present. In the pre-Islamic Gulf, poets like Imru al Qais were not only historians, but heroes to preserving Arabic Literature. Their verses capture nomadic life with such flair and exquisite detail that anyone reading such literature decades later can still visualize their lives, down to every detail. Then came the Qur'an, a divine revelation to the religion of Islam, shaping not only faith but the very soul of the language, being the main religious scripture of Islam, now read and memorized by Muslims worldwide.

During the Islamic Golden Age, Arabic became the language of science, philosophy, and storytelling. Works like *One Thousand and One Nights* brought together cultures and centuries in tales of wonder, wit, and wisdom. In the 20th century, literature transformed into a vehicle of change. Naguib Mahfouz captured the soul of the Gulf and won a Nobel Prize with his moving themes and emotions in his books, while writers like Nawal El Saadawi challenged social norms through fiction.

Today, Arabic literature lives on in the form of films, theatre, in slam poetry, and global bestsellers. Authors like Jokha Alharthi and Hoda Barakat shed light on ancient themes in new literary works. Though the form evolves, the essence remains. Arabic literature continues to connect generations, proving that stories, no matter how old, still have something important to say.



A DAY WITHOUT TECHNOLOGY

If the world did not have Internet, AI and devices then,

- people will grow better because ever since AI came people have been more dependent on AI.
- If AI was not there then people would get smarter
- and if there is no devices then we will ask our parents and teachers more often for questions,
- also we can develop new hobbies in our free time



**Mohammad
Zaid Malek**

4-A



A DAY WITHOUT TECHNOLOGY



Jonathan Bhattarai Grade: Iii-A

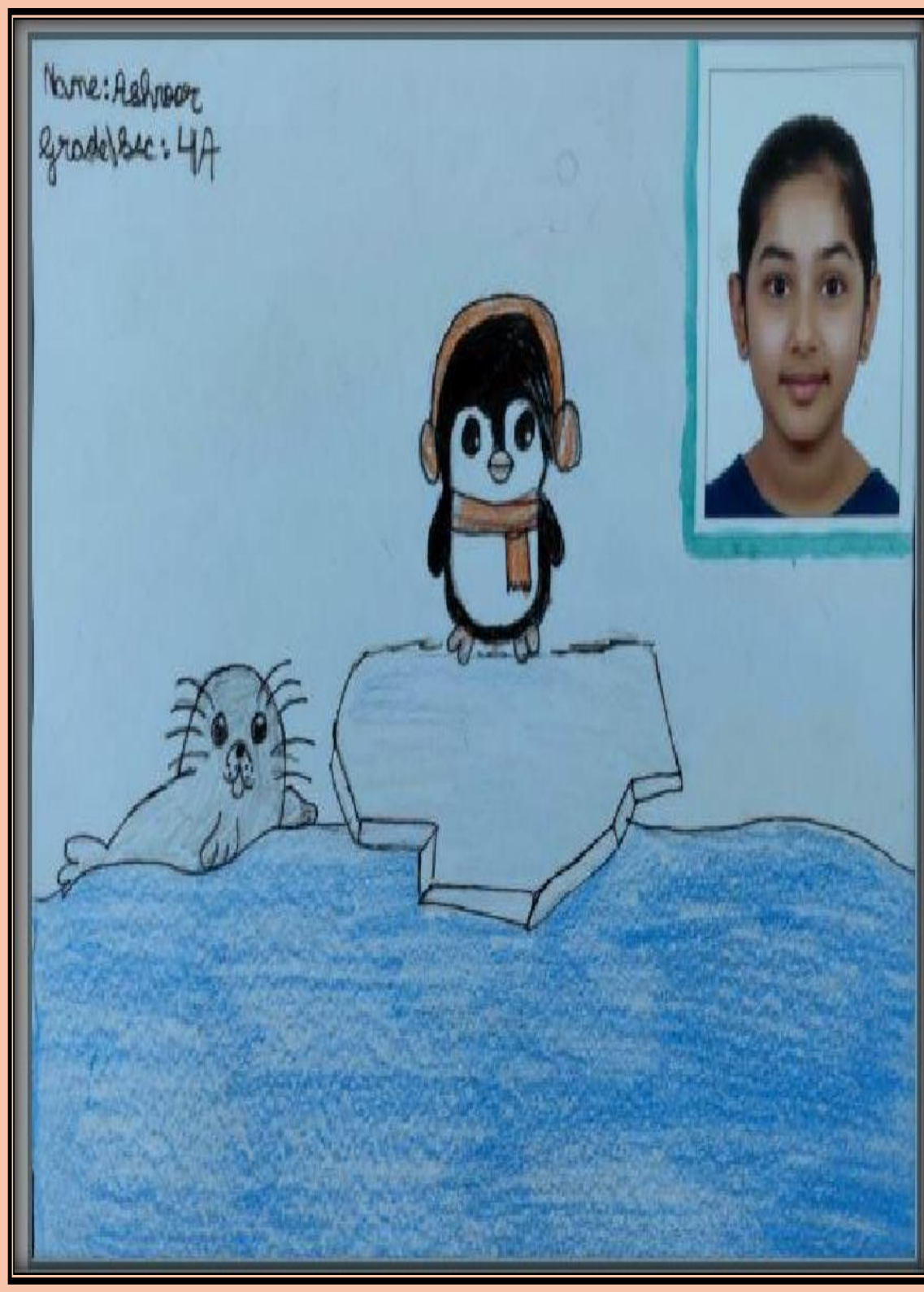
Spending a day without AI, phone, or internet is fun and refreshing. I play with my brother, and we laugh a lot. I love going outside to play football or ride my bicycle. The fresh air makes me happy, and I help my mom by watering the plants and cleaning my room. I enjoy reading storybooks too, as they take me to magical places and teach me new things. Without technology, I feel free, and it's easy to find joy in simple activities. Happiness doesn't always need a screen.



The best
preparation
for tomorrow
is doing your
best today.



ART CORNER



WOMEN IN SPACE: BREAKING BARRIERS AND MAKING HISTORY

Daksha Anand Grade: IV-A

The story of space exploration is super exciting, and it's filled with amazing women who have pushed past limits and made incredible contributions to humanity's adventures beyond Earth.

Take Valentina Tereshkova, for example—she was the first woman to orbit Earth back in 1963. Then there's Sally Ride, who became the first American woman in space in 1983, inspiring so many to dive into STEM. Svetlana Savitskaya also made history as the first woman to do a spacewalk, showing incredible strength and determination.

Kalpana Chawla is another standout; she was the first woman of Indian descent to journey into space, participating in two Space Shuttle missions, including STS-87. Her skills and dedication really stood out in the journey of exploration.

Many women have made significant marks in this field, like Mae Jemison, the first African American woman in space, and Eileen Collins, who was the first female pilot and commander of a Space Shuttle. Peggy Whitson holds the record for the most time spent in space by a U.S. astronaut, and let's not forget about the first all-female spacewalk led by Jessica Meir and Christina Koch in 2019, which really showcased the vital role women play in space missions.

These trailblazing women faced their share of challenges and doubts, but their intelligence, grit, and dedication helped them achieve their dreams. They've shown that anyone with a passion for science and exploration can become an astronaut.

Nowadays, more and more women are stepping up as astronauts, scientists, engineers, and leaders in the space industry. They're deepening our understanding of the universe, creating innovative tech, and setting the stage for future missions to the Moon and Mars.

So, when you look up at the stars, think about these incredible women who reached for them. They've broken down barriers, written history, and continue to inspire all of us to dream big and believe that anything is possible—even traveling to space. Who knows, maybe one day it'll be you taking that giant leap for humankind

WOMEN IN SPACE: BREAKING BARRIERS AND MAKING HISTORY



Inaya Taslim Grade: IV-B

Women have made their mark in all fields of life, be it arts, science, medicine, technology or any other place. So, it is not surprising that space has also been conquered by females. Women have worked as astronauts, mathematicians, engineers and researchers. And their contribution towards the advancement of space-travel and technology is beyond compare.

Valentina Tereshkova from Soviet Union was the first women in space. Sally Ride from America and Kalpana Chawla from India and others also followed her footsteps. Women have also been station commanders, performed space walks, and have flown space crafts. Apart from astronauts, there have been famous engineers like Kitty O'Brien and remarkable mathematicians such as Katherine Johnson who was known as a human computer in NASA. Recently, Sunita Williams' forced stay in the ISS and her safe return made headlines. These inspiring women have set an example for many generations of girls.



POEM



Jonathan Bhattarai Grade: III-A

The Last Tree Stood Tall

In a quiet land, where few things grew, One last tree
stood, proud and true.

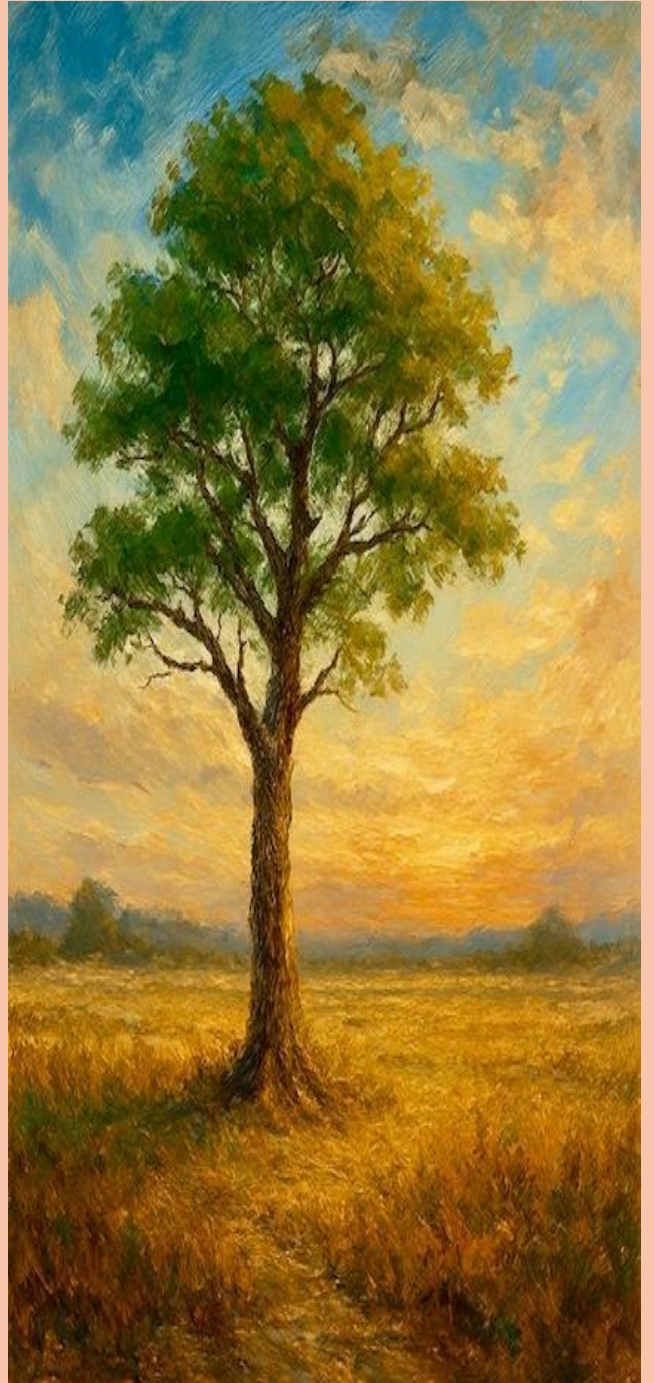
The winds blew hard, the Sun burned bright, Still the little tree
held on tight.

Birds would come and sing a song,

The tree would whisper and stay strong. It dreamed of
friends of shade and rain, And never gave up through
joy and Pain.

One small seed fell to the ground, And soon, new
green began around.

The tree had shown the world, you see
, How hope can grow from just one tree



A MESSAGE TO ALIENS – WHAT WOULD WE SAY TO LIFE BEYOND EARTH?



ZEIRA NAZEEM GRADE: 3 F



Hello from Planet Earth!

We are people, animals and plants living on a beautiful blue and green planet.

We have tall mountains, big oceans and bright sunshine. We love to play, laugh and learn new things every day!

If you are out there in space, we want to say Hello and send you a smile 😊 We are curious about your world too. Do you have friends and games? What do you eat? Do you love music like we do?

We dream of peace, kindness, and friendship across the universe. Maybe one day we can wave at each other across the star! ★

With Love

Children from Planet Earth





**"Life itself is the most
wonderful fairy tale."**

- Hans Christian Andersen

LittleYellowStar

THE LAST TREE STOOD TALL

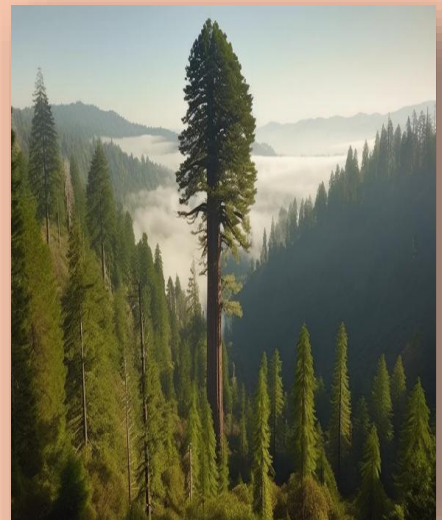


Rishika S. Joshi Grade: 5A

Once there was a forest, full of green and beauty,
Birds chirped their songs, and the trees spread their green light.
Then, the humans arrived, ruining everything in sight,
Killing the forest, using all their might.
The only noise heard now, was the noise of the saw,
Gone were all the thudding of the paw

Nature, now furious, set upon a riot, Massive
wildfires, ghastly winds.
Humans ran and no more came. Once a
green forest, was now barren. Thankfully,
Nature had spared a tree.
He was sad, alas, now his children were dead, He
pleaded and pleaded, for more to come,
But the tall tree did not realise, Nature made everything come back to life.

As soon as he saw the blossom, he rejoiced, Soon
enough, the forest was alive again.
He believed he would arise from this downfall, All
thanks to the last tree who stood tall.



BY EVA SIBIN, 4A

Women In Space Barriers And Making History



Sally Ride and Mae Jemison were two of the first women to break barriers in the Space Program at the National Aeronautics and Space Administration (NASA). Today, women play a critical role in space exploration and are involved in every aspect of space science and engineering.

Female astronauts have flown on countless missions, conducted spacewalks, and contributed to critical research that has advanced our understanding of the universe.

In 2019, Christina Koch and Jessica Meir became the first all-female spacewalk team, marking a significant milestone in the journey of women in space. Their historic mission inspired women around the world and helped to shatter stereotypes and gender barriers in the space industry. As we look to the future of space exploration, it is essential to ensure that women are given equal opportunities to participate in high-profile missions and leadership positions.

The journey of women in space exploration has been long and challenging, but their impact on science and society has been immeasurable. From the first female astronaut to the all-female spacewalk team, women have shattered stereotypes and defied expectations, inspiring future generations of women to pursue their dreams of exploring the final frontier.

WOMEN IN SPACE: BREAKING BARRIERS AND MAKING HISTORY



ARYAMAN BANSAL Grade 3B

Have you ever dreamt of flying high above the clouds, floating in space, or walking on the Moon? In this world, many amazing women have made those dreams come true!

Women have flown and worked in outer space since almost the beginning of human spaceflight.

Sunita Williams and Kalpana Chawla are not just names in space exploration; they are symbols of hope, courage, resilience, and inspiration. Their contribution reminds us that talent and ambition know no gender or nationality - anyone can reach for the stars.

Let's know more about some of the incredible women who went to space and made the world proud.

First Woman in Space - Valentina Tereshkova: In 1963, Valentina Tereshkova from Russia became the first woman ever to go to space! She flew in a spaceship called Vostok 6 and saw Earth from far, far away. She showed the world that women could be astronauts too.



First American Woman in Space - Sally Ride: In 1983, Sally Ride became the first American woman in space. She was a scientist and loved exploring. She flew on a space shuttle called Challenger and helped do cool science experiments in space.

First Woman to Walk in Space - Svetlana Savitskaya: In 1984, Svetlana Savitskaya, another astronaut from Russia, became the first woman to walk in space. She floated outside her spaceship in a special suit.

Meet Kalpana Chawla - A Star from India: Kalpana Chawla was born in India and loved airplanes and stars. She became an astronaut and flew into space twice! She showed everyone that with hard work and big dreams, anything is possible.

Sunita Williams - A Space Superhero: Sunita Williams is an American astronaut with Indian roots. She is like a space superhero! She has spent over 600 days in space and even ran a marathon on a

treadmill while orbiting Earth! She also walked in space many times and helped fix parts of the International Space Station. Sunita is super smart and strong, and she says kids should work hard, stay curious, and believe in themselves. Sunita's story shows that you can be brave, kind, and strong—and still float among the stars!

Why This Matters: These amazing women teach us that everyone can do anything - fly rockets, fix spaceships, and explore the universe! They show us that science, courage, and kindness can take you far.

You Can Be a Star Too! Do you love the stars, rockets, or science? Do you ask lots of questions? Then you can be an astronaut one day too! Keep dreaming big. Work hard. Be curious. One day, you could be the first person to land on Mars!

Remember: Space isn't just for few people—it's for everyone



BALANCING DIGITAL & MENTAL WELL-BEING



Name of Parent: Parijat Naha Name of Student: Parnosree Naha Section: 4H

Digital technology has taken quantum leaps during the period when we, the parents of today, transitioned from being schoolkids to what we are today. Over roughly two decades, what used to be aspirational luxury items have become indispensable everyday accessories. Additionally, children today have almost unfettered access to a host of digital applications, a big part of which is necessary for enabling their learning process. This has meant that today's parents have to continuously recalibrate what constitutes a healthy digital exposure of a child. Netflix's Adolescence would have been a thunderbolt for many a parent regarding the present challenges of the parent-child dynamic.

Given the above, we as parents are actively trying to move in- sync with the times to ensure our ward's well-being. One way of doing this is to actively accompany the child to traditional wellbeing enablers like outdoor games, paper book reading, learning music & dance and the like. Another way is to spend family time chitchatting rather than watching the trending Netflix series. The bottomline is to present the child with equally attractive and wholesome alternatives to screen time while not compromising on his/her learning curve.



BALANCING DIGITAL AND MENTAL WELL-BEING: HEALTHY TECH HABITS FOR FAMILIES



Parent Name: Anand Tiwari

Parent of: Rikhil Tiwari

In the modern world, technology plays a significant role in our daily lives. Both adults and children rely on digital devices for work, study, and entertainment. However, excessive screen time can have negative effects on mental health, sleep patterns, and family relationships.

To maintain a healthy balance, families should develop positive technology habits. One effective strategy is to establish screen-free times, such as during meals or before bedtime. This encourages meaningful conversations and improves sleep quality. Parents should also set a good example by limiting their own screen use, as children often imitate adult behavior.

Furthermore, it is helpful to use technology mindfully. Families can select educational apps or creative programs and engage with them together. In addition, setting aside time for outdoor activities, hobbies, and face-to-face interactions can strengthen family bonds and support mental well-being.

In conclusion, technology is a valuable tool, but it must be used wisely. By creating simple rules and encouraging offline activities, families can enjoy the benefits of digital life without harming their mental health. Developing these habits will lead to a more balanced and connected family environment.

SUSTAINABLE PARENTING: RAISING KIDS WITH CLIMATE CONSCIOUSNESS



Kavita Nagarkoti

Parent of: Varshit Singh Nagarkoti

Grade: 5B

As parents, we are not just raising children; we are raising the next generation of caretakers for our planet. With increasing environmental concerns, it's necessary to imbue sustainability principles in our children's upbringing, a concept often termed 'Eco-Parenting'.

Here are some meaningful ways to practice eco-parenting:

Embrace Natural and Recycled Toys:

Instead of buying plastic toys which are harmful to the environment and your child's health, choose toys made of natural, sustainable materials like wood, bamboo, and recycled materials. They are just as fun and allow for open-ended play.

Cultivate a Love for Nature:

Spend time with your children outdoors. Let them feel the grass, hear the birds, look at the colorful flowers. Teach them about different plants, their benefits, and the importance of preserving them. This will instill a love for nature in them from a young age.

Teach Waste Reduction:

Introduce your kids to low-carbon ways of traveling. Walk, cycle, or use public transport whenever possible. You can also use these opportunities to explain to your kids how these actions help to reduce pollution.

Sustainable parenting not only helps protect the environment, but it also equips children with a strong ecological consciousness and healthier lifestyle habits. With these simple steps, we can raise children who are aware and responsible, ensuring a healthier planet for generations to come.

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Teach children about the three R's: Reduce, Reuse, and Recycle. Show them how to minimize waste, reuse items, and the right way to recycle. Make it a fun learning experience by crafting DIY projects using recyc



SUSTAINABLE SCHOOLS: HOW EDUCATIONAL INSTITUTIONS CAN LEAD CLIMATE ACTION



Arly Arun

General Science Teacher

In the face of the escalating climate crisis, educational institutions hold a unique and powerful position to influence future generations and take direct action.

Schools are not just centers of learning; they are microcosms of society. By embracing sustainable practices, they can significantly contribute to climate action while fostering a culture of environmental stewardship.



By adopting eco-friendly practices, schools can significantly reduce their environmental footprint. Installing solar panels, improving energy efficiency, reducing water use, and encouraging sustainable transportation—such as biking or electric buses—are practical steps that also lower operating costs. Water conservation systems, such as rainwater harvesting and low-flow fixtures, also play a crucial role in sustainability. Waste reduction programs, like composting and recycling, help create a culture of environmental responsibility among students and staff.

Curriculum transformation is another pivotal aspect. Incorporating climate education into the school syllabus empowers students with knowledge about environmental challenges and solutions. Hands-on projects like tree planting, waste segregation, and composting can further instill practical sustainability skills.

Sustainable schools can also become community leaders by partnering with local organizations, hosting environmental events, and advocating for climate-friendly policies. Partnerships with local communities promote awareness and green initiatives amplify their impact beyond the campus.

With the right policies, funding, and leadership, schools can become models of sustainability. By combining education with action, they can equip the next generation to face climate challenges with creativity, resilience, and a sense of responsibility.

In the movement toward climate action, schools have the unique power to lead by example—shaping both minds and a more sustainable future.



The Rise of Digital Detox

IS DISCONNECTING THE NEW SELF-CARE?

In an era where smartphones are practically extensions of our hands and social media never sleeps, the idea of stepping away from screens might seem unimaginable. Yet, the concept of a digital detox—intentionally taking a break from technology—has emerged as a powerful form of self-care in today's hyper-connected world reclaiming time and peace.



A digital detox refers to a period of time when a person refrains from using digital devices such as smartphones, computers, and tablets, particularly to reduce stress, improve well-being, and restore balance in life.



Neuroscience supports the benefits of unplugging. Digital overstimulation can trigger the brain's stress response, releasing cortisol and other hormones that disrupt emotional regulation. Taking a digital break has been shown to help lower stress levels, improve sleep quality, and enhance focus. Even a short detox—such as turning off notifications for a day or avoiding screens an hour before bedtime—can make a noticeable difference.

The reasons behind this growing trend are both personal and psychological. Studies have linked excessive screen time to a variety of mental health concerns, including anxiety, depression, sleep disorders, and decreased attention spans. Constant notifications, endless scrolling, and the pressure to stay "online" contribute to a culture of distraction and burnout. For many, digital detoxing offers an opportunity to reset. It allows individuals to reconnect with themselves, their environment, and those around them without the interference of screens.

Digital detoxing is also about cultivating digital wellness—using technology mindfully and intentionally. It's not about rejecting the digital world but learning how to coexist with it healthily. Schools, workplaces, and even tech companies are beginning to recognize this need by encouraging screen-free zones, promoting mental health awareness, and developing tools to monitor screen time.



TECH HABITS IN FAMILIES

Satyavani Kanduru [Mother of Likitha Kanduru, XI C]

As technology develops in leaps and bounds, questioning the habits it has formed within families is a necessity. Any mother or father can tell you that raising a child while working and managing the household takes tremendous effort. Add in gadgets like tablets, laptops, PS4s, and Xboxes, and voila! You've got the recipe for uncontrollable chaos. So how do we, as parents, conduct this discord-filled symphony? How do we pull our children away from these screens that draw them in like bees to nectar?

Ever since the lockdown filled days of COVID, our dependence on gadgets has increased drastically — for all members of the family. Online classes, work from home, and other such activities have made the internet a valued commodity we can't imagine our lives without. It's true that technology makes our lives much easier. However, there's a fine line between using technology as a tool, and an incorrigible addiction to it.

Finding this balance takes time, effort, and a lot of patience.

Step One is to establish a tech-curfew for the entire family, not just the kids. Setting a time limit using tools like FamilyLink and iCloud Families does the job well.

Step Two is being good role models. Children learn from what they see. If we stay on our phones all the time, we're silently sending a message that it's okay to disconnect from others.

And finally, Step Three: spending time together. Read a book, cook, play a board game. This strengthens the familial bonds of love, affection, and trust, which erode when everyone spends time with their own devices individually.

All in all, enforcing healthy tech habits in families is vital for a happy life. The real connection kids need isn't 5G —it's us.



THE RISE OF DIGITAL DETOX: IS DISCONNECTING THE NEW SELF CARE?

Likitha Kanduru, XI C

In our current world, we've all become isolated. Together online, sure—but is that really a suitable replacement for real, physical contact?

Do you often spend your free time scrolling through your phone on apps like Instagram or TikTok? Well, so do 61% of the population, research says. Our days are wasted on these digital gadgets, depriving us of much needed communication with others. This perpetual addiction to our devices makes itself known through constant lack of energy, work ethic problems, depression, anxiety, and more. This is why distancing ourselves from the digital world, also called a digital detox, is much needed.

A digital detox is when you limit your time with devices or even cut them off from your schedule completely. This helps more than people normally realize. Endless surfing the internet gobbles up time that could be spent on completing tasks. A benefit of digital detox is higher productivity and organization, bringing you back up from that daze the internet drags you into. It improves your sleep schedule, helps you manage physical fitness, and lowers stress levels.

But how exactly can we start digital detoxing? How can we stay away from that alluring glow of the screen at the ungodly hour of 3 AM in the morning? For starters, turning off notifications helps. Instead of responding to every single ping you hear, focus on using it only when needed. Second, establish a proper bedtime. Spending hours thinking, 'Just one more minute!' will not help anyone.

Following these steps is your starting guide to becoming an enlightened person, free from the clutches of your gadgets, unplugged and awake



THE VOICE OF THE DESERT, REBORN

-By harrshan, 11a

Beside the tranquil dunes and the arid desert air,

A unique voice returns, bringing warmth to the once silent landscape.

Through inking and songwriting, illustrating and scorching,

We artistically inscribe the Arab name.

Every single extraordinary line still utters speech,

Of the greatest emblem of the stars and poets.

The Arab mind now ignites from modern fire,

On the screens, in the labs, aspiring boldly.

As roots are kept deep set and eyes are positioned forward,

In what was said, new life is breathed.

With light and thought art lives within us.

We with pride rise beside the sands.



THE RISE OF DIGITAL DETOX: IS DISCONNECTING THE NEW SELF-CARE?



Harshni Ramakrishnan Class: 11D D-

In today's screen-heavy world, the concept of a digital detox—taking intentional breaks from technology—is gaining popularity as a form of modern self-care. With constant notifications and endless scrolling, many people experience anxiety, poor sleep, and reduced focus due to digital overload.

A digital detox helps reduce stress, improve well-being, and restore balance. It's not about abandoning technology, but using it more mindfully. Even small steps like limiting screen time before bed, taking breaks from social media, or setting “phone-free” hours can boost mental clarity and peace of mind.

Experts say unplugging, even briefly, can lower cortisol levels, improve attention, and enhance real-life connections. As society becomes more aware of the impact of excessive screen time, digital detoxing is emerging as a practical wellness strategy.

As we continue to embrace technology in all aspects of life, the digital detox trend reminds us that balance is key. Disconnecting is no longer seen as avoidance—it is becoming a deliberate, empowering choice for those seeking mental clarity, emotional wellness, and a healthier relationship with the digital world. In many ways, unplugging has become the new self-care.

In a connected world, sometimes the greatest act of care is simply logging off.



SUSTAINABLE PARENTING

RAISING KIDS WITH CLIMATE CONSCIOUSNESS



Joseph Abraham Puthussery

Student's Class - XI F

Buy Less , Choose Well , Make it Last” , this has been the mantra I’ve lived by for most of my life. It was instilled in me ever since I revisited my hometown which was a place that once bloomed with greenery, life, and laughter. I was appalled to see how drastically things had changed. The town that had once been vibrant now stood eerily silent, drained of its resources and spirit. It had become a wasteland, a constant reminder of what happens when sustainability is ignored. This is when it struck me , some change had to be made. I was determined to raise my own kids with climate consiousness and to make them strong pillars who could lead future generations toward a greener, more mindful world.

Caring for nature and loving it should be instilled in children at a very young age. It is therefore crucial that all kids should be brought up with climate consciousness. Parents must lead by example. It can start very small like with the simple act of switching off the light when not in use , turning the tap off when brushing , recycling at home , etc. Parents must follow this in order for their kids to follow it as well.

Moreover parents can also adopt some simple habits to embrace sustainable parenting. As a parent of 3 kids , I took no shame in dressing my kids in second hand clothes which were in perfect condition. Unlike many families, we chose not to flood our home with new toys. The toy industry, after all, is one of the most plastic intensive industries in the world. Instead, we made our own toys together using household items and recyclables. It sparked creativity, brought us closer, and aligned us with our values.

Sustainability doesnt have to be complex or expensive , it is more about being intentional. By choosing less , but making the best choices , we can shape a future that is mindful about their consumption. By raising our children with these values, we not only protect the planet but also shape a generation that will care enough to continue the change.



THE JOURNEY OF ARABIC LITERATURE THROUGH THE SANDS OF TIME

-By Aarav Sudeep, 11-H

Somewhere, deep within the golden Arabic sands of time lies a plethora of voices: some whispering tales of rich culture and religious activities, others echoing cries of rebellion. Arabic literature is more than art; it's a bridge between past and present. In the pre-Islamic Gulf, poets like Imru al Qais were not only historians, but heroes to preserving Arabic Literature. Their verses capture nomadic life with such flair and exquisite detail that anyone reading such literature decades later can still visualize their lives, down to every detail. Then came the Qur'an, a divine revelation to the religion of Islam, shaping not only faith but the very soul of the language, being the main religious scripture of Islam, now read and memorized by Muslims worldwide.

During the Islamic Golden Age, Arabic became the language of science, philosophy, and storytelling. Works like One Thousand and One Nights brought together cultures and centuries in tales of wonder, wit, and wisdom. In the 20th century, literature transformed into a vehicle of change. Naguib Mahfouz captured the soul of the Gulf and won a Nobel Prize with his moving themes and emotions in his books, while writers like Nawal El Saadawi challenged social norms through fiction.

Today, Arabic literature lives on in the form of films, theatre, in slam poetry, and global bestsellers. Authors like Jokha Alharthi and Hoda Barakat shed light on ancient themes in new literary works. Though the form evolves, the essence remains. Arabic literature continues to connect generations, proving that stories, no matter how old, still have something important to say.



ECHOES: SILENCE & SOLITUDE HEAL THE MIND SARTHAK

Kohli 11-B

In the hustle and bustle of the big-city;

The mind often grows tired;

So it only seems fair, that the pair;

Of peace and quiet should be desired.

In hushed retreats, like countrysides;

The heart finds solace in solitude;

Finding a place where;

whispers and prayers—

And the wonders of nature uplift the mood.

So seek the still, the quiet keep

, Where healing waits, and secrets sleep.

Let silence reign, and worries cease,

And find your calm, and inner peac



FROM CHATBOTS TO SELF-DRIVING CARS: THE PRACTICAL APPLICATIONS OF AI IN DAILY LIFE AI

Adhyaan Jattu Class XI – B

Artificial intelligence will have a more profound impact on humanity than fire, electricity and the internet." are some famous words by the CEO of Alphabet Inc, Sundar Pichai. Artificial Intelligence, or AI, is most likely the most exciting and most rapidly changing technology that we have right now. It's not science fiction anymore—it's part of our daily existence today, serving us in ways we may not even notice.

Chatbots are employed most frequently as an application of AI. Chatbots are an intelligent computer program that can talk to and answer the query of human beings. Chatbots are put to use in banking and e-commerce websites, which allows the customers to inquire about a topic and benefit from the knowledge. Compared to waiting for the response of human beings, the chatbot responds instantly. It saves time and increases the efficiency of customer service. Voice assistants such as Alexa, Google Assistant, and Siri are also based on AI. They enable us to hear songs, inform us about the weather, remind us, or even turn smart home appliances on/off with the help of our voice. This has made day-to-day living way more comfortable and enjoyable. In transport, the autonomous car stands second. They use cameras and sensors to decide how to identify roads, traffic lights, turns and other road dangers. They are able to work without a human operator inside, thus reducing accidents from human mistakes. Already in the testing phase, they will set the benchmark for the not-too-distant future. AI is also helping hospitals and schools.

For schools, AI is giving personalized learning with apps that identify the speed of each student, allowing students to learn at their own pace and maximize knowledge gained. For hospitals, AI helps doctors identify the disease in its initial stage and give improved medication and precautions. In short, we are all enveloped by AI—from the devices we possess to the cars we drive. It is making life easier, smarter, and safer and we cannot imagine our future without it

ARABIC LITERATURE: THE BRIDGE BETWEEN PAST AND PRESENT

By Daksh Sharma

Arabic Literature is a testament to a rich and forever cultural heritage, one with roots in ancient traditions of oral poetry and storytelling. From pre-Islamic qasidas to the Islamic golden age in science and philosophy, early Arabic texts have converged into preserving the ideas and passions and observations of time. Poets like Imru' al-Qais and intellectuals like Al-Jahiz delimited the literary and intellectual contours of the Arab world, leaving behind endless versions of true human experiences realized within love, self, and society.

Over time, Arabic literature has evolved to match changing realities. By the 20th century, new forms of Arabic novels and plays emerged. Writers used these to discuss important issues such as colonialism, nationalism, and identity. Authors like Nizar Qabbani and Ghassan Kanafani explored these topics through poetry. They stretched the boundaries of traditional styles to deliver strong social and political messages. Their work provided bold critiques of their times, using creative language to engage and challenge readers. The vitality of the Arabic literary tradition as well as its very flexibility stand evidenced by such a development.

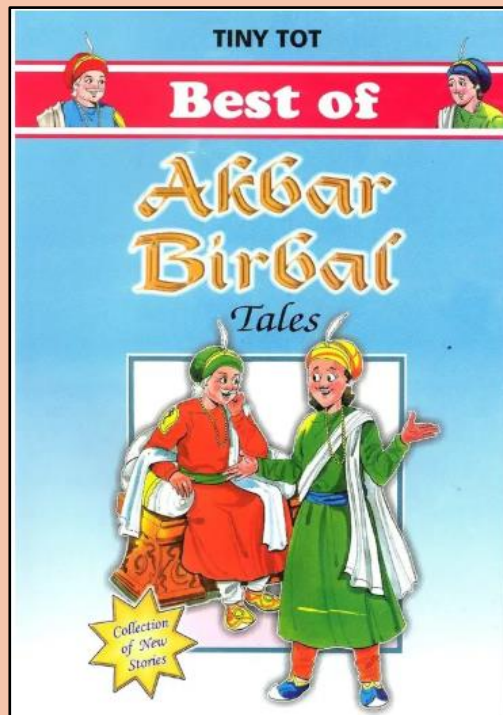
Arabic literature at an elementary level bridge the generations. Contemporary writers will often rest upon early prototypes and motifs, reinterpreting them for even modern readers. Such continuity not only ensures the conservation of cultural heritage but also ensures spaces where innovation and new vision can take root. Therefore, Arabic literature as today becomes a major contributor to international dialogue. Arabic literature is, now more than ever, a significant part of international dialogue. As the translations flow into the countries and awards are offered to works from the Arab world, the voices that tell from this part of the world will surely and quickly be heard across broader audiences. It enhances world literature and builds cross-cultural understanding, thus proving that Arabic literature is becoming yet another bridge between the past and present.

A BOOK THAT CHANGED MY LIFE!



Aaradhya Rahul from Grade II B

The book that changed my life is Akbar Birbal Tales. My grandfather recently introduced it to me, and I love reading this book. Birbal was an intelligent Diwan in the court of Emperor Akbar. The emperor gives Birbal many riddles to test Birbal's intelligence. This book urges me to act intelligently and be a quick thinker like Birbal. I also liked Birbal's smartness in finding solutions for every problem. I am amazed by Birbal's wisdom, wittiness and compassion and I will try to bring this to my life.



A DAY WITHOUT TECHNOLOGY – COULD YOU SURVIVE WITHOUT AI, PHONES, OR THE INTERNET?



Thrishika P Tegginakerimatada , 1-I

Can you all imagine a day without technology? My life would be so difficult. I cannot even imagine it. I need a phone to set my alarm to know the time I have to wake up, get ready on time and go to school on time. Without a phone, I may get up late and if the alarm doesn't ring, I may miss my school bus. I need Promethean in my school so that my teacher can explain the concepts my friends and I need to learn using a PowerPoint presentation. If there were no smart classes in my school, my teacher should have drawn and written the topic, keywords and important points on the whiteboard using a marker. By this, her time is wasted.

Without the internet, we have to carry our doubts for the next day and clarify them with our teacher when she explains. Sometimes, if the teacher also doesn't know, we have to wait till she finds the answer and explains us. If we have internet, we can come home and ask Google and clarify our doubts immediately. It's easy for us to finish our school homework. Without the internet, we have to read many books at home to search for the answers. If we don't get an answer, we have to go to the library and read books there. If we still don't get an answer, our homework may remain incomplete too. We get a limited amount of knowledge without the internet.

By having internet at home, we can learn many skills like dance, music, drawing, tuitions and others from the comfort of our home itself through online classes. By doing this, we can save on travelling time, travelling expenses. We can use this money and time in learning many skills.

However, it is helpful for us if we use technology correctly. But there are also negative effects of using it. Many kids are always on smartphones for playing games, watching cartoons. Even to eat the food, some kids use cartoons to watch. Nowadays, young kids are introduced to phones and tablets so that their parents can do their work peacefully. But in reality, there is a negative effect on the growth the development of kids. The kids' speech is delayed, they are more stubborn, they are addicted to gadgets, without which

they may refuse to eat food. Also, the brain development of kids will be affected. The kids lack physical exercise and outdoor activities, too. Kids and adults are also lacking social circles.

Before, if we wanted to buy something, we used to go to the shop and get it. But now, as it is digitised, we do everything that comes to our place and we pay online. Many kids use their parents' phones and have made online transactions without noticing the message in order to purchase the games, though initially it was free. Many people have lost lot of money online through this. So, kids should always ask parents or teachers when they are online.

So we need technology, but we have to set a time limit for its use. We can also have some family time and dinner time during which we socialise with our family members. We can have get-together, play time outside for physical exercise/ activities. We can have shopping time so that we can learn transactions.



THE POWER OF JOURNALING

Mikhael Latheef Grade 1 D



Do you ever feel like your head is full of thoughts, like popcorn popping everywhere?

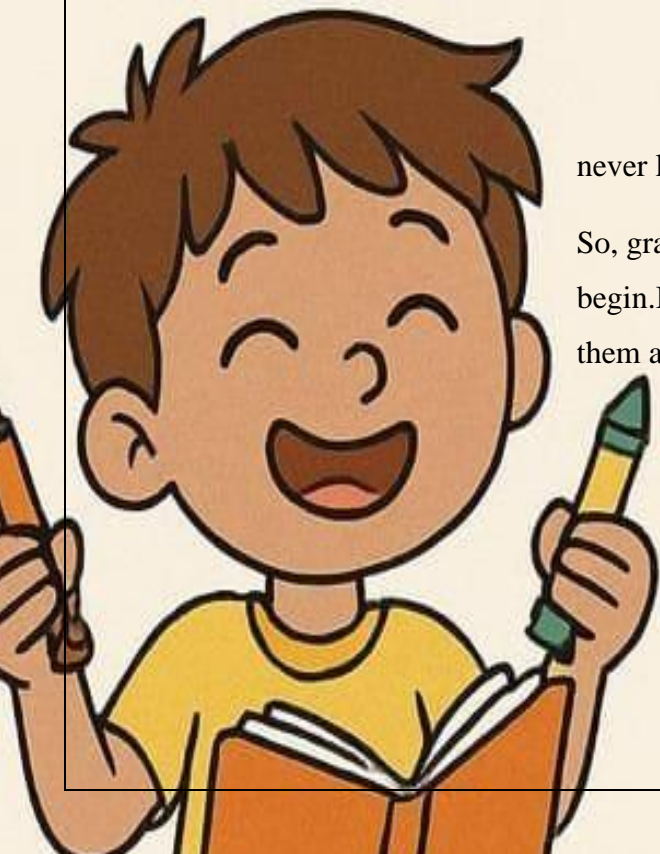
That's when a journal can help!

A journal is like a special notebook just for you. You can write about your day, draw how you feel, or even make up silly stories. There are no rules, just fun!

When you write or draw in your journal, your heart feels a little happier and your mind feels a little lighter. It's like giving your feelings a cozy hug.

You can tell your journal anything. It always listens and never laughs (unless you write a funny joke!).

So, grab some crayons or a pencil, open your journal, and let the magic begin. Big feelings, tiny thoughts, dreams or doodles—your journal loves them all



THE LAST TREE STOOD TALL



Rannvijay Rangarajan, I C

A hopeful tale of resilience in a changing world

The last tree stood, so brave and true,
As winds blew strongly and skies turned blue.

Through every storm and rainy day,

It stood up tall and showed the way.

Its branches reached, its roots ran deep,

A promise that the earth would keep.

And soon, from seeds, new trees would grow,

A world of green would start to glow.

So when times are tough and winds are strong,

Remember the tree and carry on!



A MESSAGE TO AN ALIEN – WHAT WOULD WE SAY TO LIFE BEYOND EARTH?



Dhruv Mishra ,I B

Hello Buddy up there in the sky so wide,
Do you have stars where you like to hide?
We've got trees and oceans blue,
Do you have pets and playgrounds too?
We eat ice cream and laugh out loud,
Do you ride rainbows or sleep on clouds?
If you hear this, don't be shy—
Wave hello from your spaceship in the sky!



WHEN TIME STOOD STILL



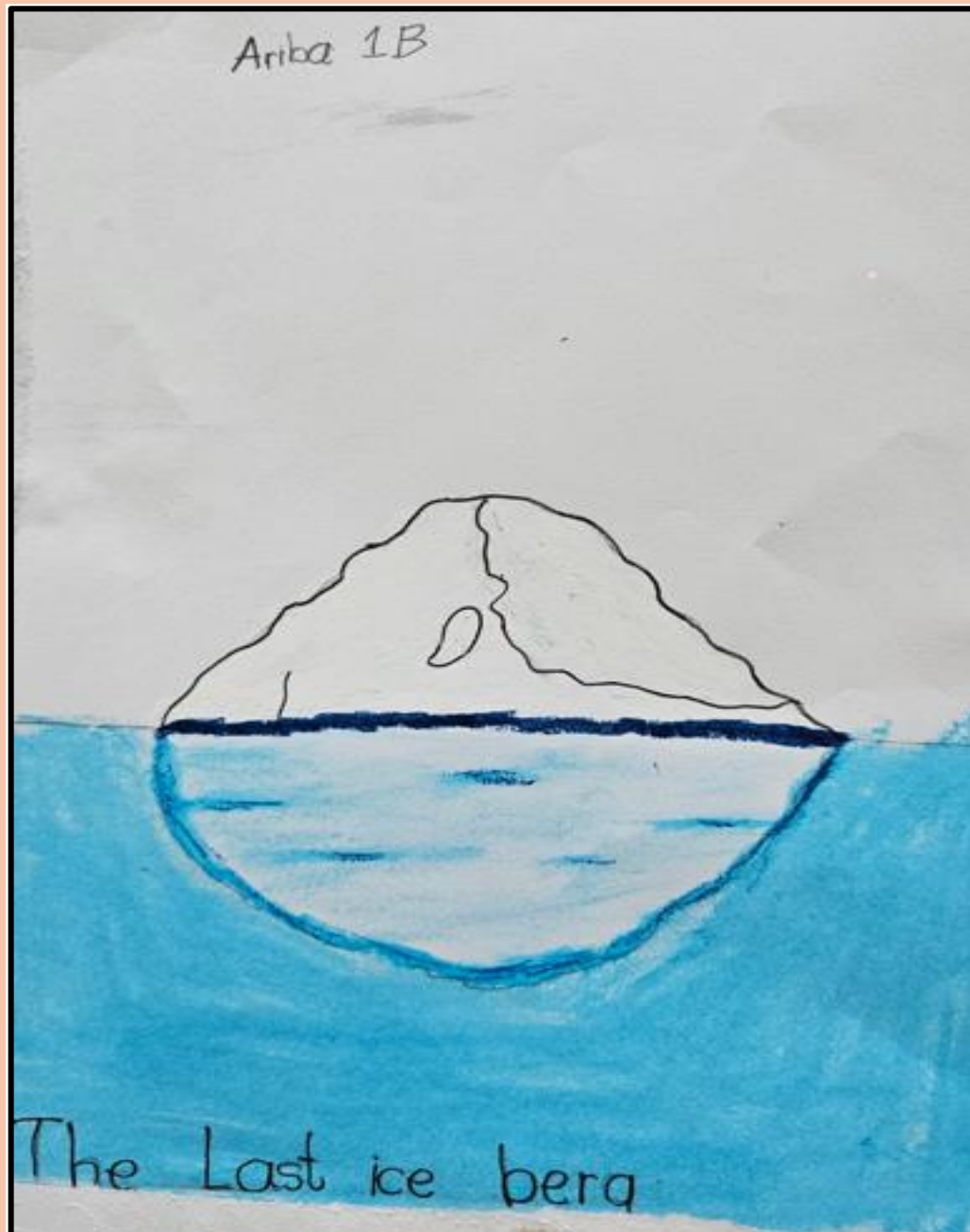
Siddharth Seenivasan . I C



THE LAST ICEBERG: A CLIMATE CHANGE PERSPECTIVE



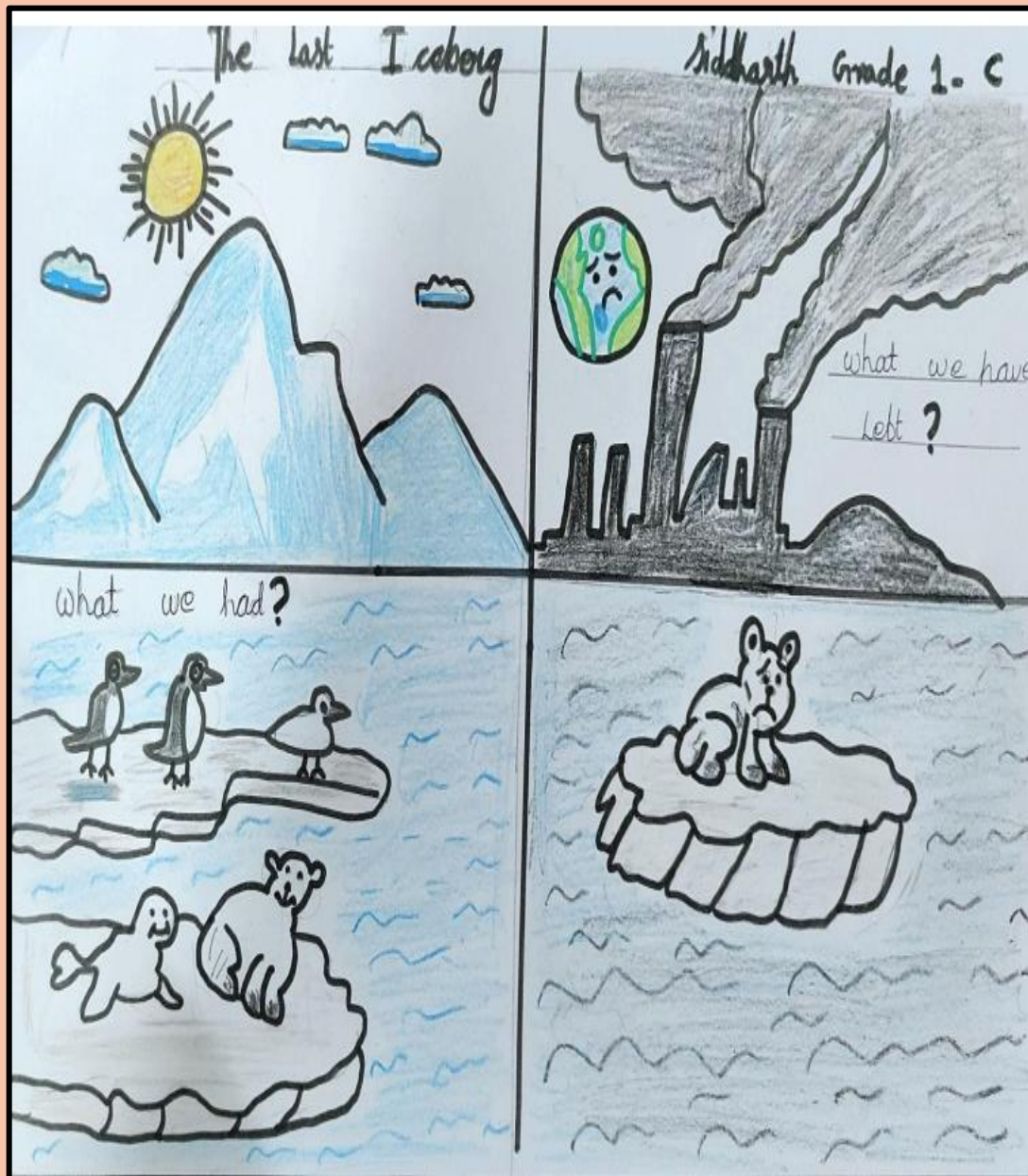
Ariba Gilani, IB



THE LAST ICEBERG: A CLIMATE CHANGE PERSPECTIVE



Siddharth Seenivasan ,Gr IC



THE LAST ICEBERG

Jeevika Maniramka ,Grade Ii B



SUSTAINABLE PARENTING: RAISING KIDS WITH CLIMATE CONSCIOUSNESS

By Ms.Manaswini Mishra, parent of Dhruv Mishra from Grade IB



In a world facing growing environmental challenges, sustainable parenting has become more essential than ever. Many parents are seeking ways to instill eco-friendly values in their families. Sustainable parenting is not just a trend; it's a commitment to raising children who understand the importance of caring for our planet. Raising children with climate consciousness involves teaching them the value of environmental stewardship from an early age. It starts with modeling eco-friendly habits at home—reducing waste, conserving water, recycling, and making thoughtful consumption choices.

1. Educating Kids About the Environment

Incorporating lessons about recycling, conservation, and climate change in everyday discussions with kids. Books, documentaries, and nature walks can spark their interest and foster a sense of responsibility toward the environment.

2. Choose Eco-Friendly Products

From baby gear to household items, opting for sustainable products can significantly reduce a family's carbon footprint. Additionally, consider second-hand shopping for clothes and toys to minimize waste.

3. Practice Minimalism

Adopting a minimalist lifestyle can help our family focus on quality over quantity. Encourage children to organize regular decluttering sessions to donate or recycle items no longer in use.

4. Create a Green Home

Make your living space more environmentally friendly by incorporating energy-efficient appliances, LED lighting, and water-saving fixtures. Consider starting a compost bin for food scraps and using natural

cleaning products. Small changes can lead to significant savings and a healthier home environment.

5. Engaging Children in Outdoor Activities

Fostering a connection with nature is essential. Planning family outings that involve hiking, camping, or visiting local parks and gardening and teaching biodiversity.

6. Sustainable Food Choices

Involving children in meal planning and preparation makes it a fun and educational experience. Discussing the benefits of eating organic and seasonal produce and the impact of food choices on the environment.

7. Model Sustainable Behavior

Children learn by example, so embody the values you wish to instill. Practice what you preach by consistently making sustainable choices in your daily life, e.g., reducing plastic use, supporting local businesses.

8. Get Involved in Community Initiatives

Involving your children in activities like tree planting, clean-up drives, which teach them about teamwork and civic responsibility, but also strengthen their connection to the community and the planet.

9. Foster a Culture of Gratitude

Encouraging our children to appreciate the natural world and the resources it provides. Cultivating gratitude in children can lead to more mindful consumption and a deeper respect for nature.

10. Lead by Example in Advocacy

Involve children in discussions with children about local and global environmental issues and encourage them to express their views, participate in campaigns, or support policies that promote sustainability.

Sustainable parenting is about making conscious choices that benefit both your family and the environment. By embedding eco-friendly practices into your family's daily routine, we are not only reducing our ecological footprint but also empowering the next generation to become stewards of the earth. Together, we can create a brighter, more sustainable future for all.

Climate-conscious kids today can become the climate leaders of tomorrow.

SUSTAINABLE PARENTING: RAISING CLIMATE-CONSCIOUS CHILDREN

By Ms.Sobia Parveen, Parents of Ariba Gilani from Grade IB



Dear Parents,

Together, let's raise children who care for our planet. Sustainable parenting is about making small, day-to-day choices that teach our kids to show respect for nature.

We can start by showing them simple things like saving water and electricity at home. Get them to recycle properly and use reusable items rather than single-use plastics. Wherever it is possible, walk, cycle, or use public transport as a group.

Talk to them about where their food comes from and get them to plant some herbs or vegetables. Teach them how to appreciate nature and why they need to save it.

By leading by example and having open conversations, we can empower our children to become responsible, climate-conscious adults who will help create a healthier tomorrow for all of us.

Every little thing counts!



BALANCING DIGITAL AND MENTAL WELL-BEING: HEALTHY TECH HABITS FOR FAMILIES

Mr.Tarun and Ms.Monica Gulati, parents of Eshana Gulati, Grade IB

In today's digital age, technology is everywhere. It helps us learn, connect, and relax. However, too much screen time can affect our mental well-being, leading to stress, distraction, and poor sleep.

So, how do we enjoy tech without letting it take over?

Why It Matters

Long hours spent on screens can leave us feeling drained or anxious. But balancing tech use with other activities can keep us healthy and focused.

Healthy Tech Habits for Families

1. **Create Tech-Free Zones:** Make spaces like the dining table or bedrooms tech-free for quality family time and better sleep.
2. **Set Screen Time Limits:** Use apps or phone settings to control screen time and make room for hobbies or outdoor play.
3. **Unplug Together:** Designate one hour a day for the family to unplug, whether it's for a walk, board games, or just talking.
4. **Lead by Example:** Parents and older siblings can model healthy tech habits.
5. **Mindful Media Use:** Choose content that helps you grow, relax, or connect, rather than just passing time.

Conclusion

Technology is a great tool when used wisely. By practicing these habits, families can balance screen time and protect their mental well-being.

BALANCING DIGITAL AND MENTAL WELL-BEING: HEALTHY TECH HABITS FOR FAMILIES

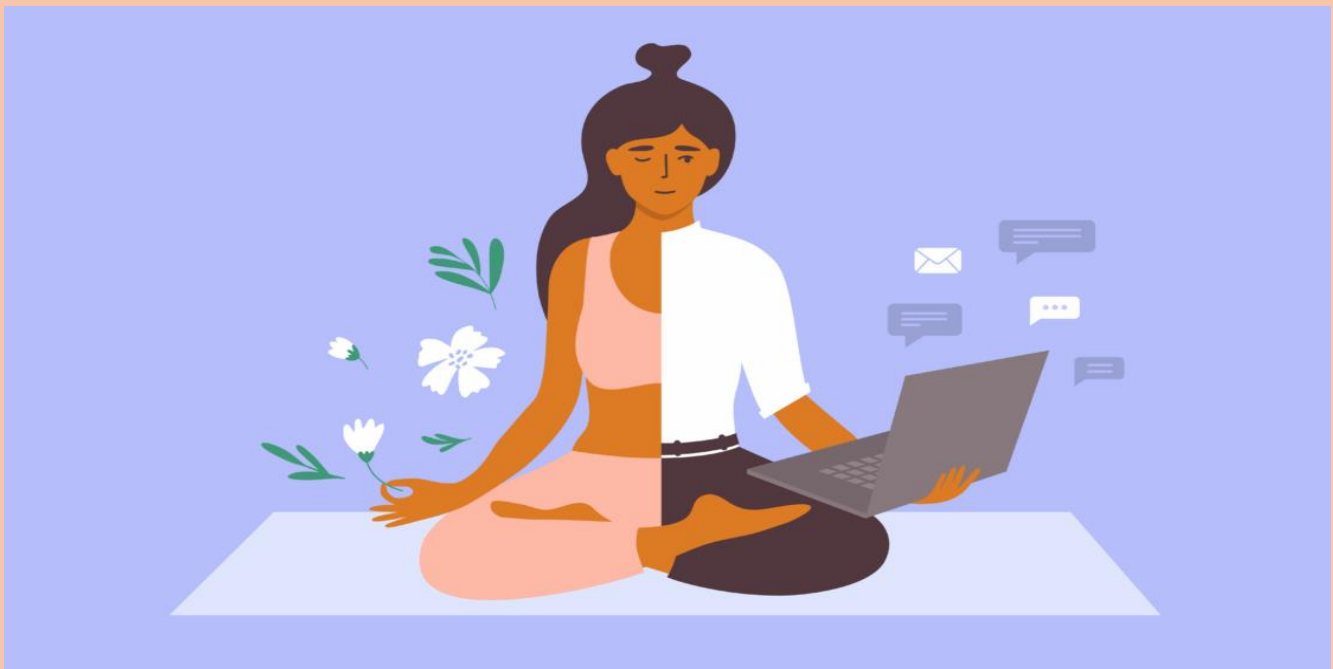
By Ms.Vinothini Seenivasan, Parent of Siddharth, Grade I C

As a parent of a young child, I've learned how important it is to balance screen time with real-time connection. In our home, we follow a simple but powerful rule: family first, screens second. We keep mealtimes and bedtime completely gadget-free, which gives us time to talk, laugh, and stay close.

We choose educational shows and fun learning apps, but only for a limited time. After that, it's time for puzzles, drawing, or outdoor play. These small steps have helped my child stay calm, curious, and connected to the real world.

I also remind myself to be a role model—putting my phone away when my child needs me. When we parents show healthy habits, children naturally follow.

Technology is useful, but love, stories, and play build a happier home. A little balance goes a long way in raising joyful, mindful kids.



THE ROLE OF ARABIC STORYTELLING IN SHAPING IDENTITY AND VALUES

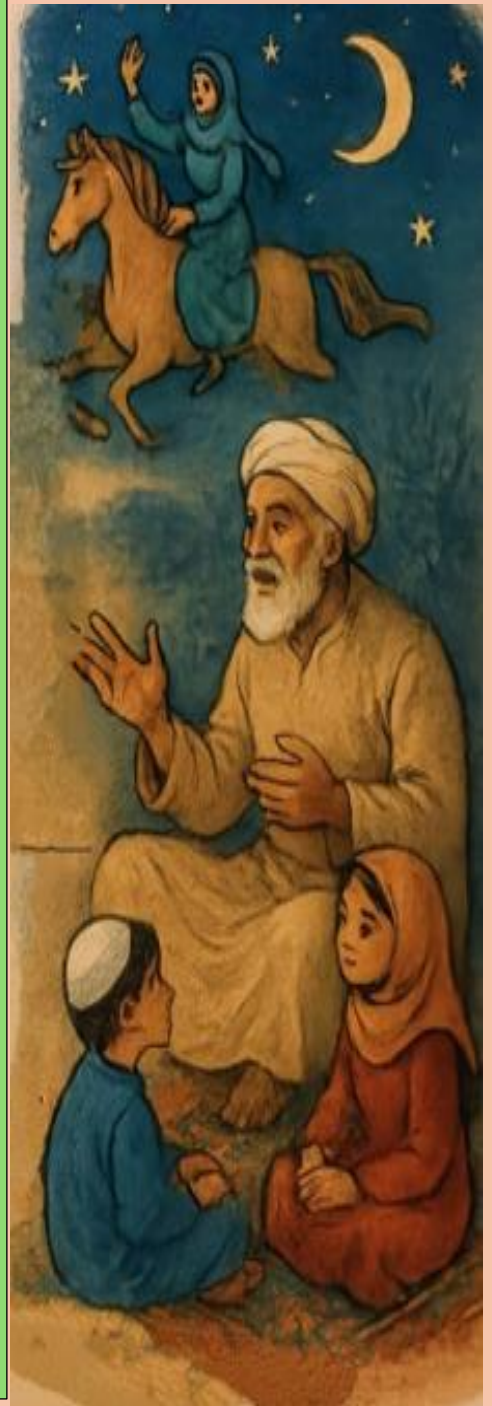
By Ms. Mubeena Latheef, parent of Mikhael Latheef, Grade ID

In the golden quiet of desert evenings, Arabic stories rise like whisper-timeless, tender, and rich with meaning. From One Thousand and One Nights to folktales told beneath the stars, storytelling in the Arab world has long been more than entertainment. It is a vessel of identity, a teacher of values, and a thread that binds generations.

Each tale, woven with poetry and wisdom, carries lessons of courage, kindness, patience, and respect. Through heroes both humble and brave, children learn not just how to dream, but how to live with dignity. These stories do more than amuse—they shape character and inspire.

Arabic storytelling also preserves cultural roots. With every narrative comes a sense of belonging, a deeper connection to language, land, and tradition. In a fast-changing world, these stories anchor young hearts in heritage.

Whether passed down by grandparents or retold in modern forms, storytelling remains a sacred flame. As long as there are voices to tell and ears to listen, this light will continue to shine, guiding, teaching, and reminding us who we truly are.



ARABIC CALLIGRAPHY, POETRY, AND ART: A RENAISSANCE IN THE MODERN ERA



Ms. Rasitha, Teacher, Phase IV

Arabic calligraphy, poetry, and art have experienced a resurgence in the modern era, blending traditional techniques with contemporary styles. This fusion is evident in various forms of artistic expression, from intricate calligraphy to vibrant poetry and stunning visual art. Once confined to sacred texts and classical forms, Arabic calligraphy now finds its way into modern galleries, digital art, and even street murals, showcasing its timeless elegance and spiritual depth.

Artists today are reviving the ancient art of calligraphy, experimenting with abstract forms, mixed media, and new technologies while still respecting classical scripts like Thuluth, Naskh, and Diwani. This fusion has turned calligraphy into a dynamic symbol of cultural identity and artistic innovation.

Arabic poetry, known for its rich metaphor and emotional depth, is also undergoing a transformation. While classical poets like Al-Mutanabbi and Rumi continue to inspire, modern Arab poets are addressing contemporary themes such as identity, displacement, and resistance. These works resonate deeply with today's generation, giving voice to their struggles and aspirations.

Visual art in the Arab world is likewise flourishing. From digital illustrations to performance art, creators are exploring new ways to reflect on history, politics, and social change. Exhibitions across the Middle East and North Africa are celebrating Arab heritage while pushing creative boundaries.

This revival of Arabic artistic traditions reflects a deepening appreciation for cultural heritage in a globalized world. It is not merely a return to the past, but a powerful movement toward shaping a modern identity grounded in rich, expressive roots.

BALANCING DIGITAL AND MENTAL WELL-BEING: HEALTHY TECH HABITS FOR FAMILIES



-. Mahesh Dhongade (Parent of Mansi Dhongade, IX C)

In today's world, digital devices are a huge part of our lives. From work to entertainment, we spend hours on screens every day. But too much screen time—especially on social media—can lead to poor sleep, anxiety, depression, and feelings of isolation and we as parents should do our avoid these issues as these issues can affect our children's mental stability and wellbeing.

On the positive side, technology also provides support. Mental health apps, virtual therapy, and ways to stay connected with our children can improve well-being.

The key is balance. Curate your children's and your social media to avoid negative content, set time limits on overused apps, and stay aware of how tech use affects your and your child's mood. Try offline activities like reading, walking, quality time or listening to music to reduce screen time.

Create tech-free zones in your day—such as during meals or before bed—to boost sleep, and strengthen bonds with your family and mental clarity.

By setting healthy boundaries, we can enjoy the benefits of technology while protecting our and our children's mental health. Technology is a powerful tool, but our well-being depends on knowing when to put it down.

THE ROLE OF ARABIC STORYTELLING IN SHAPING IDENTITY AND VALUES

Stories that Shape the Arabic World

The Role of Arabic Storytelling in Shaping Identity and Values

Arabic storytelling has always been an important part of the culture, blending history, religion, and imagination to shape both personal and shared identity. From old oral traditions like *hakawati* (storyteller performances) to famous stories such as *One Thousand and One Nights*, these tales show the values, struggles, and dreams of Arab societies.



By Madhusudan
Rayavaram

Shreya Rayavaram - 9B

In the Arab world, storytelling is more than just entertainment—it is a way to pass down important values like honor, kindness to guests, fairness, and bravery. Through fables, legends, and folktales, people learn how to face life's challenges, tell right from wrong, and feel proud of their culture.



Conclusion

Today, Arabic storytelling is still strong in books, movies, and online content, even as it changes with the times. It helps people understand who they are and lets others learn about Arab culture. In the end, these stories keep traditions alive while helping to shape the beliefs and values of today's society.

THE RISE OF DIGITAL DETOX: IS DISCONNECTING THE NEW SELF-CARE?



Prahalya PK, IX A



In recent days, being online 24/7 is the norm. Every day, we check messages, scroll through social media and watch videos for hours. Whis this seems fun, it can also be tiring. Just as how a coin always has two sides, sometimes, things can get overwhelming, especially in today's digital age.

To manage this issue the people have turned to “Digital Detox”. It is nothing but a period of time, where we don't use any devices and disconnect from the never – ending scrolling. A study mentions in gwi.com tells that 1 in 5 consumers do a digital detox every moth. The best part is that this trend helps people clean up the cutter in their mind and live in the moment.

Real self-care is more than just physical relaxation. Its about protecting our mental and emotional health too. A report published by the New York Times newspaper shows that having a digital detox day every week is a dire need to maintain a healthy relation with technology. This time can be used effectively by doing exercise, reading books and going out with family and friends.

In conclusion, digital detox is an escape from this exhausting world, and way to revive and replenish us. This trend helps people to spend time for self – improvement and self- reinvention. In the end unplugging and unwinding is the way to recharge our batteries.



ARABIC LITERATURE: A BRIDGE BETWEEN THE PAST AND THE PRESENT



Bhuvanasree Praveen, IX F

Arabic literature is a river that flows from ancient oral traditions to today's digital age. Imagine the rhythmic verses of pre-Islamic poets recited around desert campfires, now echoed in the Instagram poetry of Rupi Kaur-inspired Arab writers. From the Mu'allaqat (hanging odes) of the 6th century to the experimental novels of today, Arabic stories defy time, connecting generations through shared dreams and struggles.



THE GOLDEN AGE: INK, WISDOM, AND REVOLUTION

During the Islamic Golden Age, Baghdad's House of Wisdom was the epicenter of global knowledge. Scholars like Al-Jahiz, the 'father of Arabic prose,' wrote about everything from social justice to zoology. The One Thousand and One Nights wasn't just entertainment—it was a subversive act, blending Persian, Indian, and Arab folklore. Fast-forward to 2023: Saudi author Raja Alem wins the International Prize for Arabic Fiction, proving that the region's storytelling magic is alive and well.



MODERN VOICES: PENS AS WEAPONS

The 20th century saw Arabic literature explode with rebellion. Palestinian poet Mahmoud Darwish turned exile into art, while Egyptian feminist Nawal El Saadawi exposed societal taboos. Today, authors like Kuwaiti novelist Saud Alsanousi tackle migration and identity in *The Bamboo Stalk*, and Emirati poet Amina Al-Thuwaini writes viral verses about love and loss. Arabic literature isn't just preserved—it's punk, challenging norms and sparking debates.



THE FUTURE: FROM PAPYRUS TO PIXELS

Young Arab writers are bridging eras with tech. Apps like Kotobi.com digitize rare manuscripts, while platforms like Neelwafurat democratize access to books. Dubai's Literature Festival hosts hologram readings of classic poets, and Syrian writers document war trauma in blogs. The past isn't forgotten; it's retold through podcasts, TikTok snippets, and AI-translated e-books.

WHY THIS BRIDGE MATTERS

Arabic literature isn't just for academics—it's a lifeline. Whether you're reading 14th-century Andalusian love poems or binge-reading Saudi thrillers like *Riyadh Noir*, these stories remind us that humanity's joys and sorrows transcend borders. So, grab a book (or a tablet), cross the bridge, and let Arabic letters guide you.

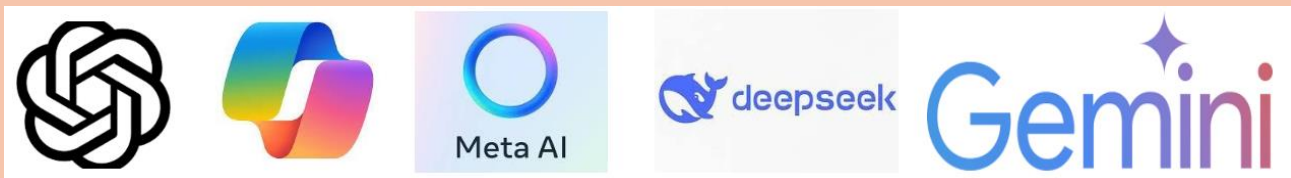


FROM CHATBOTS TO SELF-DRIVING CARS: THE PRACTICAL APPLICATIONS OF AI IN DAILY LIFE



- Aditya Sagar, IX C

No longer a futuristic concept Artificial Intelligence (AI) is already in use shaping our daily lives in powerful and practical ways. From chatbots to self-driving cars, AI is changing the way we move, find information, or work.



AI is put to work in many different ways these days, but one of the most common applications is in chatbots and virtual assistants. Whether you're asking questions on a website or telling Alexa to play music, AI can make everyday tasks faster, easier, or more convenient. These smart tools aren't just capable of understanding the language we use, they can respond in an instant and can even learn from our behavior.

AI leads the way in the transportation world with self-driving cars. Camera's sensors, and machine learning help them recognize objects, traffic rules. Avoid accidents. Although it is in the testing stage, it promises a future of safer, more efficient travel.

AI is also in smart homes, suggesting the next show to watch on Netflix and helping doctors detect diseases much earlier and more accurately. AI (artificial intelligence) today is a transforming power in the world. AI is involved in many aspects of human life, activities and facilitates the management of human affairs. It helps to increase the speed of completion of routine tasks such as hacking one's duty to complete it. AI helps to solve difficult problems in different areas of human life, for example, in the field of science and education, healthcare, transport, and many more fields.



The Quiet Was the Remedy

Beneath the noise, a softer thread, Where
tangled thoughts began to shed.
Not lost, but found in stillness deep, A
hush where waking dreams may sleep.
The mind, once bruised by daily strain,
Now breathes in peace, exhales the pain.
In silent halls where shadows lie,
A quiet echo floats a sigh.
The world retreats in shades of gray, As
silence clears the crowded day.
And there, alone but finally free
The quiet was the remedy.



-JOSHITHA SELVAN, IX-A

FROM THE SANDS, WE RISE – THE REVIVAL OF ARABIC ART, LITERATURE, AND INNOVATION



- Nirvan Parashar, IX A

In deserts wide and skies so clear,
A language rose, both rich and dear.
With every verse and line it grew,
In hearts of old, in minds so new.

It danced in poetry, bold and wise,
In ancient books and star-filled skies.
It shaped the law, it sang of peace,
Its power and beauty will never cease.

From poet's tongue and scholar's pen,
It told the tales of tribes and men.
In calligraphy so deeply drawn,
It carried the soul of every dawn.

It flowed through lands both far and near,
A voice of hope, a voice so clear.
In markets, mosques, and desert tunes,
It echoed under crescent moons.

Through time it crossed both sea and sand,
A bridge of thought from land to land.
In science, math, and healing art,
Arabic played a vital part. Still strong today, with a voice so bright,
It shines with knowledge, truth, and light.
From roots so deep to stars above,
Arabic grows through pride and love.



WORD SEARCH: THE WONDERS OF THE WORLD



- Ruhul Amin, IX C

[illegible]

WORD SEARCH - ANSWER KEY

The Wonders of the world

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

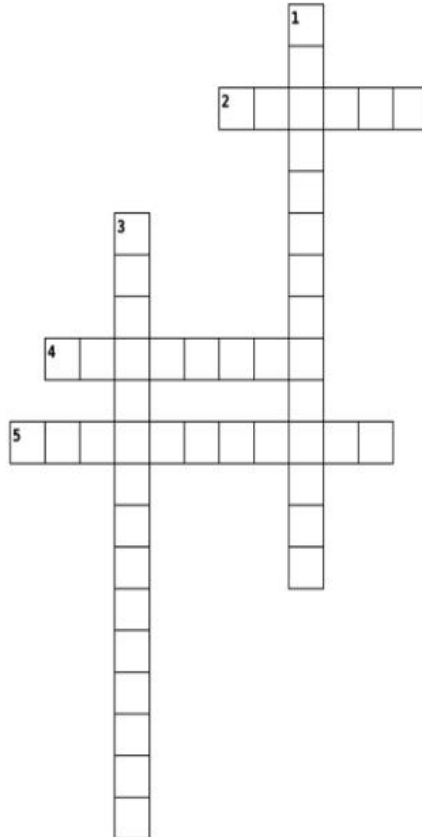
PETRA
COLOSSEUM

MACHUPICCHU
CHRISTREDEEMER

CROSSWORD PUZZLE



-Parii Tavares, IX C



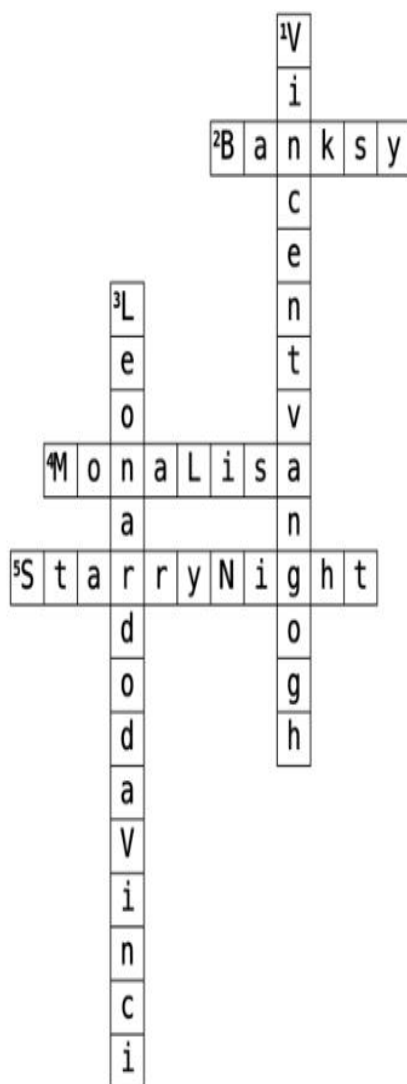
Across

2. This artist is a famous street artist who often uses stencils to create political or social commentary.
4. This painting features a woman sitting in front of a landscape, with a mysterious smile.
5. This famous painting shows a swirling sky with stars above a quiet town at night, and is known for its bright blues and yellows.

Down

1. This artist, who cut off part of his ear, created some of the most expressive and emotional paintings in the world.
3. He painted one of the most famous portraits of all time, which is located in the Louvre museum.

ANSWER KEY



Across

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When Time Stood *Still*.....

By. Aditya Narang, IX-A

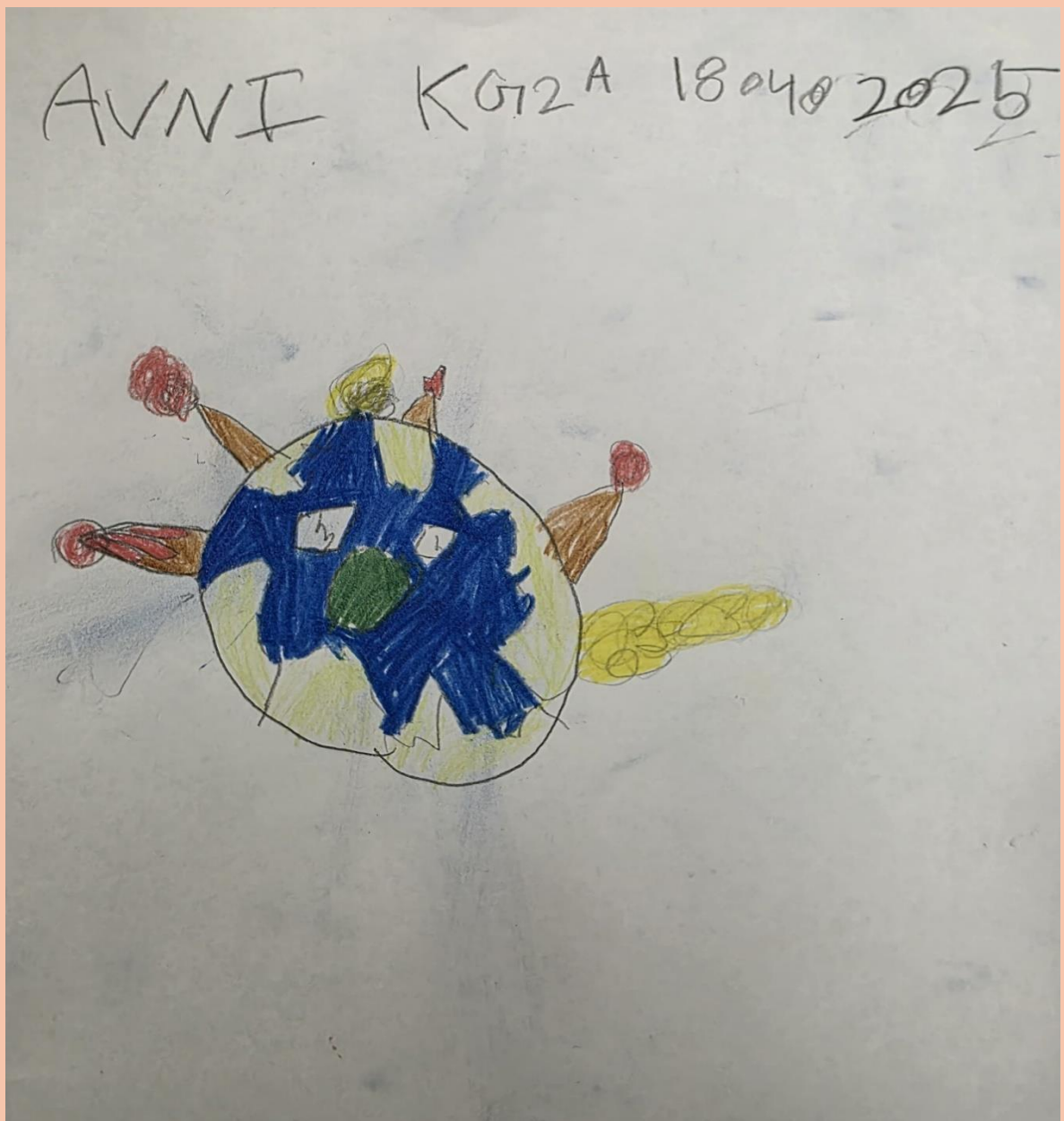


Aarav and Zara experience a magical moment when time freezes. As they explore the still world, they discover the beauty of silence, reflection, and living in the present.

**THE LAST ICEBERG – THE REALITY OF CLIMATE CHANGE THROUGH AN
ARTISTIC LENS.**



Avni Sondhi- KG 2 A



BALANCING DIGITAL AND MENTAL WELL-BEING: HEALTHY TECH HABITS FOR FAMILIES.



Fathima Maple, KG1 A

Balancing Digital and Mental Well-Being: Healthy Tech Habits for Families

1. **Set Specific Restrictions:** Set up designated “no-phone” areas like the dining area or bedrooms to promote interactions without screens. Encourage better sleep by enforcing a no-device rule an hour prior to bedtime.
2. **Formulate A Family Technology Agreement:** Sit together as a family to create a shared document that outlines permissible screen time as well as any associated activities, so everyone agrees.
3. **Foster Active Usage:** Equip children with tools to think critically about their screen time, encouraging focus on productive activities. Strengthen critical thinking skills by discussing their online activities.
4. **Foster Outdoor and Offline Activities:** Foster non-digital pastimes like hobbies and outdoor play to promote strong family connections.
5. **Maintain Tech Balance:** Implement personal screen time limits during family time to encourage being present when interacting with loved ones.

With these techniques, families can thoughtfully approach technology while safeguarding their well-being in an increasingly digitized world.

BALANCING DIGITAL AND MENTAL WELL-BEING: HEALTHY TECH HABITS FOR FAMILIES



Esther Quinn Rajesh, KG 2E

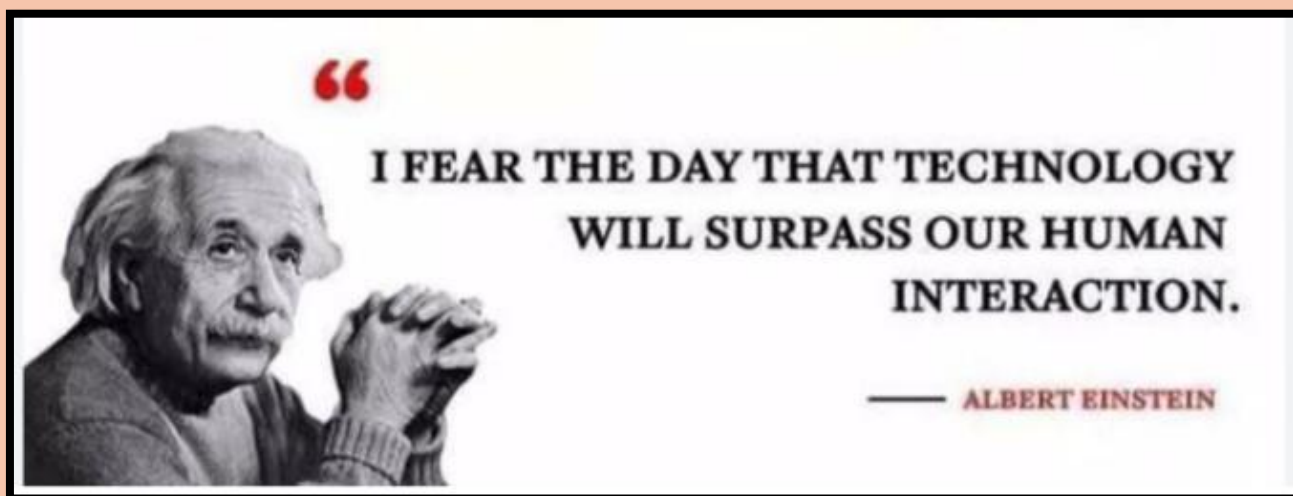
In today's digital age, technology is a big part of daily life, even for young children. While screens can offer educational and entertainment value, it's important for families to develop healthy tech habits to ensure balanced use and positive development.

1. Set Clear Screen Time Limits

The American Academy of Pediatrics recommends that children aged 2 to 5 should have no more than one hour of high-quality programming per day, while children younger than 2 should avoid screens altogether. Families can create a daily schedule that includes specific times for using devices and encourages screen-free activities like reading, playing outside, or doing crafts. This helps children learn time management and avoid overuse.

2. Create Tech-Free Zones

Designate certain areas in the home—like the dining table or bedrooms—as tech-free zones. This encourages more face-to-face interaction and better sleep hygiene, especially at night when screen light can disrupt sleep.



2. Use Technology Together

Watching videos, playing games, or exploring apps as family gives parents the chance to guide kids

3. towards positive content and talk about what they see and learn. It also builds trust and shared experiences.

Encourage children to engage in video games that require physical movement or apps that promote learning and creativity.

4. Be a Role Model

Children often copy adult behavior, so it's important for parents to model balanced tech use. Taking regular breaks from screens and engaging in offline activities sets a healthy example for kids to follow.

5. Discuss Online Safety: Educate children about the importance of online safety, including privacy settings and the potential risks of sharing personal information. Encourage open discussions about their online experiences to build trust and ensure they feel comfortable approaching you with any concerns.



AI IN EVERYDAY LIFE: HOW TECHNOLOGY IS CHANGING

WELLBEING AND WORK

Ms.Parul Gautham

AI makes life easier in so many ways. AI is changing how we work—not by automating jobs, but by helping people do their job better. AI can search through vast amounts of information in a matter of seconds, so researchers, reporters, and engineers can find useful information in seconds.

May be the most significant impact of AI has been on personal well-being.

Smart gadgets like wearables track sleep, heart rate, and exercise and give individuals instant feedback to improve their health. Applications like Fitbit, Apple Health, and WHOOP use AI algorithms to suggest better habits and alert individuals to possible health problems before they become a threat.

Mental health has also been revolutionized. They are not replacements for human therapists, but they offer a convenient, non-judgmental entry point for many people. In medicine, AI is assisting physicians to diagnose illnesses sooner and more precisely. From spotting cancer and

forecasting potential epidemics of illness, the analytical capability of AI is emerging as a fundamental aspect of contemporary medicine.

In creative fields, AI has turned into a machine to write music, compose, and even paint. It does nothing on its own but acts as an aid. And in the workplace, AI-powered apps schedule calendars, draft emails, and even suggest ways to streamline work processes

As more of our lives are automated, it's important that students learn about how it

works and how to use it responsibly. That means being curious, asking questions, and learning skills like coding, critical thinking, and digital safety.

Technology is advancing very fast, and AI is leading the pack. If we use it in a right manner, it can make us live healthy, work more wisely, and create a good world for everyone. Artificial intelligence isn't just changing how students learn—it's changing how teachers teach, plan, and connect with their classrooms too. From lesson planning to tailored learning, AI is helping educators to work smarter, not harder.

For Educators, AI tools help in developing lesson plans, suggesting activities, and even aligning content to curriculum standards. This saves

teachers' time so they can teach more creatively and less administratively. With

AI-driven platforms, instructors can see how students are progressing in real time and receive signals about who might need extra help or is ready for higher-level work.

This enables every student to learn at their own pace and instructors to be more one-on-one,



AYE TO AI: HOW ARTIFICIAL INTELLIGENCE IS RESHAPING OUR WORLD



Ayesha Shahber, XII F

In just a few years, artificial intelligence has moved from science fiction into the mainstream, touching nearly every aspect of our daily lives. From voice assistants like Siri and Alexa to Netflix recommendations and online shopping, AI is now a part of everyday life. It helps doctors diagnose illnesses, supports teachers in classrooms, and even helps farmers grow crops more efficiently.

At work, AI is transforming jobs. It handles repetitive tasks, giving people more time to focus on creative and strategic work. New jobs are also emerging in AI development and safety. However, there are concerns about job losses and the need for people to learn new skills to keep up. Recent studies have shown that 35% of writers and artists are being paid lesser now because people are illegally stealing copyrighted art to feed into AI.

AI is also making cities smarter. It helps manage traffic, improve energy use, and support emergency services. But as AI spreads, so do questions about privacy, fairness, and bias. It's important to make sure AI is used responsibly and doesn't harm people or communities.

In conclusion, AI only works when it helps, not replaces humans. It's a tool that can make life better if used wisely. Saying "Aye to AI" means welcoming its benefits while staying careful and thoughtful about how we use it.

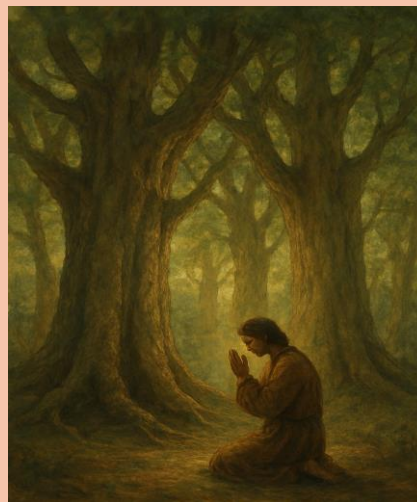


CLIMATE AND CULTURE: THE ROLE OF TRADITIONAL KNOWLEDGE IN SUSTAINABILITY



- Bhakti Lokesh, X H

Traditional knowledge encompasses the wisdom, and practices of indigenous communities, developed from centuries of direct interaction with the environment. This is often specific to a location and includes an understanding of local ecosystems, species and their behaviours, and the relationships between different elements of the environment. The Earth's land and the ocean serve as natural carbon sinks, absorbing large amounts of greenhouse gas emissions. Conserving and restoring natural spaces, and the biodiversity they contain is essential for limiting emissions and adapting to climate impacts.



One of the key ways in which traditional knowledge areas contribute to biodiversity conservation is through its emphasis on the sustainable use of resources. For instance, some indigenous communities have traditional laws or customs that prohibit the killing of certain species, or the cutting down of certain types of trees. Others have established sacred natural sites, which are off-limits for hunting or harvesting and serve as refuges for biodiversity. Moreover, traditional knowledge can provide valuable insights for modern science and conservation efforts. It can help identify species or habitats that are particularly important for conservation or provide early warning signs of environmental change.

Hence along with modern science we as humanity should put all our efforts to preserve and practice traditional knowledge to ensure the climate is not going out of its natural rhythm and thereby causing serious damage to the universe.

BILINGUAL BRILLIANCE: THE BENEFITS OF LEARNING MULTIPLE LANGUAGES



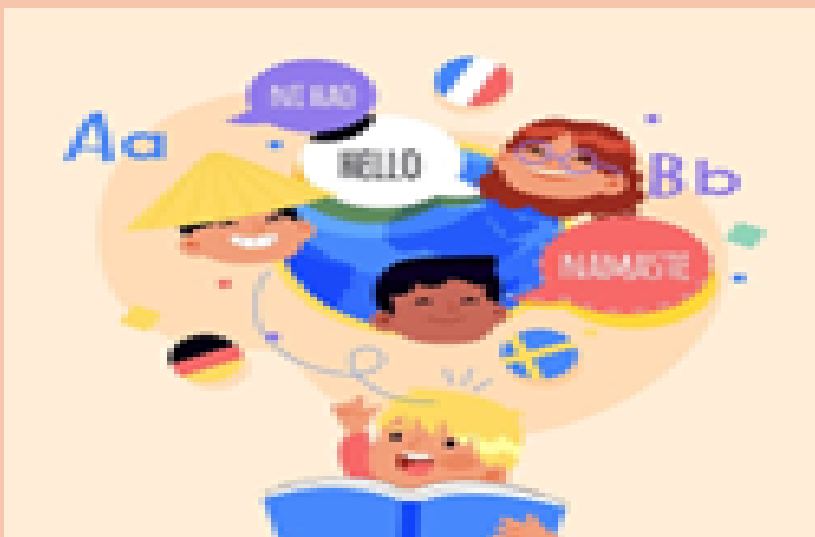
Daksh Sharma, XI G

Learning a second language may be like owning a key to another world. Its everyday use will help you not just learn vocabulary or study for tests — it will transform how you think. Studies show that multilingualists have superior problem-solving skills, multitasking prowess, and memory. And it keeps the mind sharp with age, a wonderful bonus.

In addition to this brain benefit, languages also enable you to connect. Speaking and understanding another person's language means there are cultural exchanges, stories, and emotions, and not mere words. It makes travel fun, helps in finding friends all over the world, and gives us an opportunity to see things from a different viewpoint; it is just a course in listening, understanding, and seeing through the eyes of another.

Clearly, there are career benefits. The globalized world in which we live today brings communities and businesses closer than at any time in the past. Speaking another language makes all the difference. It opens doors for job opportunities, helps one nurture stronger relationships within the workplace, and demonstrates that one is willing to learn and open-minded. Learning a new language grows not just your mind, but your

whole self. Each word and every conversation takes you one step closer to new adventures.



LIFE ON MARS: HOW CLOSE ARE WE TO COLONIZING ANOTHER PLANET?



Priyanshi Dholakia, IX G

Scientists together with space agencies have maintained their continuous interest in Mars for decades as the red planet exists near Earth. Nevertheless, Mars ranks as the main target for potential human settlement through its shared patterns with Earth which include seasonal cycles, 24.6-hour days and polar ice formations. NASA alongside other space agencies achieved important exploration results about Mars surface characteristics through discovering surface water reserves beneath the Martian crust.

Modern technological progress creates the best possible conditions for transforming Mars into an inhabitable planet. Through its CEO Elon Musk SpaceX develops reusable rockets together with spacecrafts such as Starship to transport humans to Mars in the near future. NASA will perform Moon-based astronaut missions within the Artemis project as part of its Mars exploration roadmap. Youths opposing Mars' habitability face important barriers that include developing enduring life support technologies defensive radiation measures and independent habitat constructs.

The path toward colonizing Mars is still evolving although we are not prepared for the mission at this time. The first human footsteps on Mars are predicted to happen within the upcoming two decades. Every advance we achieve in space exploration moves humanity toward transforming futuristic space visions into actual accomplishments even if complete colonization remains distant.



ONE DEGREE WARMER – THE IMPACT OF RISING GLOBAL TEMPERATURES



Kaushik Thatikonda, XII G

An azure pearl, lost in
the midst of the firmament,
where life first made its descent.
That life now sighing, wearing thin.

The burning world is a fact
all but known by its people,
all pining for upheaval,
yet progress plods; none to act.

Poseidon's abode rising,
threatening to flood the land,
The death of worldly cycles
so delicately crafted,

The sky's craft, once regular,
now a toddler's tantrum,
Should the tipping scales not stop,
fields shall fallow, water?
liquid gold. The stopwatch ticks on,
every second a degree.

Hope hasn't yet faded; light
remains. But We Must Unite.

A LETTER TO MYSELF – A REMINDER OF SELF-LOVE AND MENTAL WELL- BEING



- Asmitha Kumari, X G

If I could leave a whisper for the child I once was,
It would not be advice,
But a flicker of language carved into the air
You must learn to see, even when everything breaks.
That soft, untamed creature of meadow and mass,
I'd tell her, "You were never too much to hold,"
Just poetry penned in a world grown cold.
You've come farther than you realize,
Not in miles,
But in the quiet distance
Between who you were
And who you chose to become.
She stares at me from somewhere a long time ago,
Beaming with pure, unadulterated joy.
You've walked through fire and called it warmth.
You are no longer unfinished
You are unfolding,
Like an ancient script finally read aloud
By someone who understands the language.

You're like a radio tuned to a unique station,
Playing a melody that resonates deeply with who you are.
But not everyone is tuned to the same frequency.
Stay true to your station;
The right listeners will find you.

Because love does not come to those who seek it.
It comes to those who already embody it.
“You’re scripting like a queen,
But receiving like a wounded child.”
I do not just admire you for surviving,
I revere you for becoming —
For daring to live with a mind
That questions everything,
And a heart that, despite it all,
Still insists on opening.

Every day you hold on,
You delay meeting the person you are meant to become.
Your past is comfortable.
But your future is calling.
Picture yourself a year from now
Lighter. Wiser. Free.



A soft, pink watercolor splash or blotch serves as the background for the text. It has a textured, painterly appearance with various shades of pink and some darker, more saturated areas. The splash is centered on a white background, which is itself framed by a thin black border.

Thank
You



"The future belongs
to those who
believe in the beauty
of their dreams."

—ELEANOR ROOSEVELT

RS