

DPSD HERALD



MAY 2025

**"Education is the key to
unlocking the world. It is
the passport to
freedom."**

- Oprah Winfrey





LIBRARIES WHISPER THE SECRETS OF THE UNIVERSE



By Satakshi Mishra

7I, D NO. 15088

The library is more than just books put on shelves. It is a collection of space that cultivates reflective thought and lifelong learning. Libraries provide an escape from the overabundant digital world, a holy ground for learners who need to focus on unadulterated knowledge. They build attributes like punctuality, self-restraint, and willingness to think critically, which are increasingly essential in today's world of advanced technology. Things are growing faster with numerous technologies. Books of this world are helpful because some of them contain plans and awareness for the future. Do you know why libraries are still important today? Well, they help us learn something innovative. They help you to focus, imagine, and build a bright future ahead. Let's see the contrast between the library and the Internet. The library gives you a peaceful and calm environment. It helps you to study without being distracted by vexing sounds, makes you imagine, think deeper about the concept, and builds a reading habit; whereas the Internet is full of distractions, provides no peaceful environment, can't help you think better, and you won't develop reading or study deeply.



Students should love books, not only educational ones but also some entertaining books. The Internet can't always be the source of education and entertainment. It increases the strain on the eyes, which is not good at all. Now let us see the role of books. They help you in completing your homework and clear all your doubts.

Libraries are more than academic spaces; they are vibrant community hubs that unite people. They serve as venues for intellectual and creative exchange. These events encourage students to engage in literature, develop communication skills, and express their ideas confidently. Libraries continue to hold immense value in a fast-paced digital world.

THE GOLDEN AGE OF ARABIC SCIENCE: HOW IT SHAPED THE MODERN WORLD.



By Aadhitya Fedrick
VII A

A long time ago, the Golden Age of Arabic Science began. It is mainly dated from the 8th to the 14th century (quite a while back!) and was, arguably, the greatest era of human intellectual advancement. During this time, a huge amount of knowledge from ancient civilizations was improved and translated into other languages for the world to use, and much of modern scientific methods, science, medicine, mathematics, and philosophy was founded during this period! Amazing, isn't it? The expansion of the Islamic religion in the 7th century led to a massive explosion of the Islamic Caliphates through the MENA (Middle East, North Africa) region, along with certain parts of Europe and Asia. The Caliphate, from 750 to 1258 CE, fueled the intellectual growth, public education, literacy, and science the Caliphate was known for. This further led to the creation of the House of Wisdom in Baghdad.

Al-Khwarizmi is known as the "father of Algebra," because he wrote the first works on *al-jabr*, which we all know and hate as algebra today. He also developed algorithms!

Indian numbers were used, refined, and turned into Arabic numerals, replacing clumsy Roman numbers.

In conclusion, the Golden Age of Arabic Science was not just a historical phase—it laid the foundation for many scientific and mathematical principles we rely on today. From numbers to algorithms, its influence continues to shape the modern world in ways we often take for granted.



THE ROLE OF SOCIAL MEDIA IN SHAPING PUBLIC OPINION



Mishika Mehta

VII A

Social media plays a significant and ever-expanding role in shaping public opinion in today's digital age. Platforms such as Facebook, Twitter, Instagram, and TikTok have transformed how people access, share, and interpret information. Unlike traditional media outlets, social media provides a space where users can instantly express their thoughts, comment on events, and engage with others worldwide.

This immediacy enables users to spread awareness of social, political, and environmental issues rapidly.

Campaigns like #BlackLivesMatter and #MeToo illustrate how social media can unite people, spark global conversations, and influence real-world change. Through likes, shares, and retweets, messages gain momentum and reach audiences far beyond the original post.

However, the same power that enables swift information sharing can also be dangerous. Misinformation, fake news, and manipulated content can easily go viral, misleading the public and distorting facts. Additionally, social media algorithms often promote content based on user preferences, creating echo chambers that reinforce existing beliefs and reduce exposure to differing viewpoints.



Despite these drawbacks, social media remains a crucial platform for dialogue and awareness. When used thoughtfully and critically, it empowers individuals to participate actively in shaping societal narratives and influencing public discourse on a global scale.

MENTAL HEALTH IMPACT OF SOCIAL MEDIA: WHAT WE NEED TO KNOW?



By- Kavyaa Sansare

VII A

In today's life social media is a major part of everyday life. From sharing updates to watching reels, it's hard to imagine a day without scrolling. But this habit can quietly affect our mental health. It's important to understand how and why.



Many people compare their lives to what they see online. Most posts only show the best moments-edited photo, happy events, success stories. This creates unrealistic standards and can lead to a feeling of stress and peer pressure as well as low self-worth. This constant comparison creates a hidden pressure making us question ourselves about our worth and feel like we are not enough.

Not only that but now social media and online posts are the kings of our lives. Each decision and answer is given by social media. Too much time on screen can reduce lifetime interaction and causes addiction. But it's not that bad, social media helps us connect to different people, offer support when used mindfully. Pulling us into a cycle where approval from strangers is more important than living our own dreams.

UNWRITTEN PAGES OF MY MIND



GAYATRI MANOJ (8A)

A dream of mine waiting to be lived

A story untold, gently swived.

Unwritten pages in my mind

Whispers of dreams the world is yet to find

To wear a white coat with humble pride

To heal, to help a heart so wide

Each click, each smile, a voice I raise,

Through videos shared in heartfelt ways.

Thou art a distant star, still yet to be,

A tale of blooming flowers I want to see

My journey made with gentle start

A road so vast, it outgrows any chart

Each line a wish, each word a flame

All my dreams and ideas waiting to be claimed

With every step, I chase my aim

The life I write begins with me!



THE SKY WORE A DIFFERENT SHADE TODAY

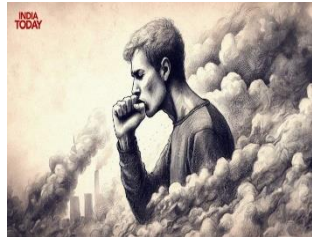
HOW CLIMATE CHANGE QUIETLY ALTERS THE WORLD AROUND US



Aanya Ashwath Chakkur.

VIII A

When I looked up at the endless sky
I could no longer see the stars twinkling by.
All that I saw was smoke and clouds,
And people coughing in every crowd.
Oxygen fades, and so does its worth —
Everything's polluted on our beloved Earth.
What would they think of us, future humankind?
We've robbed them of breath, robbed them blind.
The world may end from climate's wrath —
It can't be saved by science or math.
To those who think it's not too late,
They should look closely at the Earth's fate.
So, we must rise, though hope feels small,
One choice, one change can still mean all.
The future waits for what we do —



The Earth still speaks. Will we listen too?



If I lived on the moon...

If I lived on the moon, I would reach there in a rocket wearing a space suit. Low gravity will help me jump high. Building my dream space house will be fun. Aliens would turn into friends, with whom I can enjoy the beautiful view of our mother earth!



Vaiga 5I D13357



IF I LIVED ON THE MOON...



Name of the student: Ziivaa Raina

Grade: 3A

Hey! I'm Ziivaa , and guess what? I live on the Moon! 🚀 My family zoomed here in a giant sparkly rocket. Our house is like a big bubble: Super cool, and it keeps us safe from space dirt and the toasty Sun. There's no air, so when I go outside, I wear a shiny space suit that makes me look like an astronaut princess!

Walking on the moon is so goofy—I bounce like a kangaroo! The Moon's gravity is very low, so I jump super high, like I'm flying! 🌕 Earth looks like a huge blue marble in the sky! I wave to my besties every day. School's fun, but my teacher's a robot, Ms. Beep. She's sweet but tells the silliest jokes ever.

We eat squishy food from packets that feels like jelly in my mouth. I miss gooey pizza and chocolate bars! After school, I play with my sister, racing and hopping over craters. It's the best! I miss trees, rain, and riding my bike, but the Moon is like a big playground. It's the coolest adventure! Why don't you visit me during summer? I'll save you a sparkly space suit!



Bye-bye from the Moon! 🌕 🚀

A LETTER TO MY MUM: FROM THE HEART OF A CHILD



Saanvika Velmurugan

Grade: IV-B

Dear Mum,

You are the most special person in my life. You are the best mother in the whole world.

Thank you for always taking care of me, helping me with my studies and giving me the warmest hugs ever.

You make everything better when I am sad or scared. I don't always say it, but I notice all the little things you do for me.

I know that it makes you angry when I sometimes don't listen to you. At times, I am a little mischievous or grumpy, but please know that I always love you no matter what.

You are not just my mum, you are my wonder woman, my best friend, my biggest inspiration and cheerleader.

When I grow up, I want to be just like you- kind, caring and full of love. Once again, thank you for everything you do for me. You are my everything.

*I love you to the
moon and back,
and even mor*



A LETTER TO MY MUM: FROM THE HEART OF THE CHILD.



Name of the student: Rikhil Tiwari-V-H

Dear Mum,

From the moment I took my first breath, you were there—guiding, loving, and protecting me. Even before I could speak, your arms were my heaven, your voice my comfort, and your smile my sunshine. Now, as I grow older, I want to tell you what my heart has always known but my words may have failed to express.

You are my first love, my greatest teacher, and my forever hero.

I remember the nights you stayed awake when I was sick, the way you wiped my tears when I was hurt, and the way you celebrated my smallest victories as if they were grand triumphs. You taught me kindness by your actions, strength by your resilience, and love by your endless sacrifices. Even when I didn't say it, I noticed everything: The way you put my needs before yours, the silent prayers you whispered for me, and the dreams you tucked away just to see me happy.

There were times I may have taken you for granted—when I was too busy, too stubborn, or too proud to say, *"Thank you."* But in every argument, every silent moment, and every time I pushed you away, I never stopped needing you. Because no matter how old I get, your voice still reassures me, your hugs still heal me, and your love still anchors me. Mum, I may not always say the right words or show it the way I should, but please know this: You are the heartbeat of my life. Every good thing in me exists because of you. I hope to make you proud, not just in my achievements, but in the person who I become—a reflection of your love, patience, and wisdom. Thank you for loving me when I was unlovable, for believing in me when I doubted myself, and for being my constant in a changing world. No matter where life takes me, I will always be that little child who looks up to you with awe and gratitude.

With all my love,

Your Child

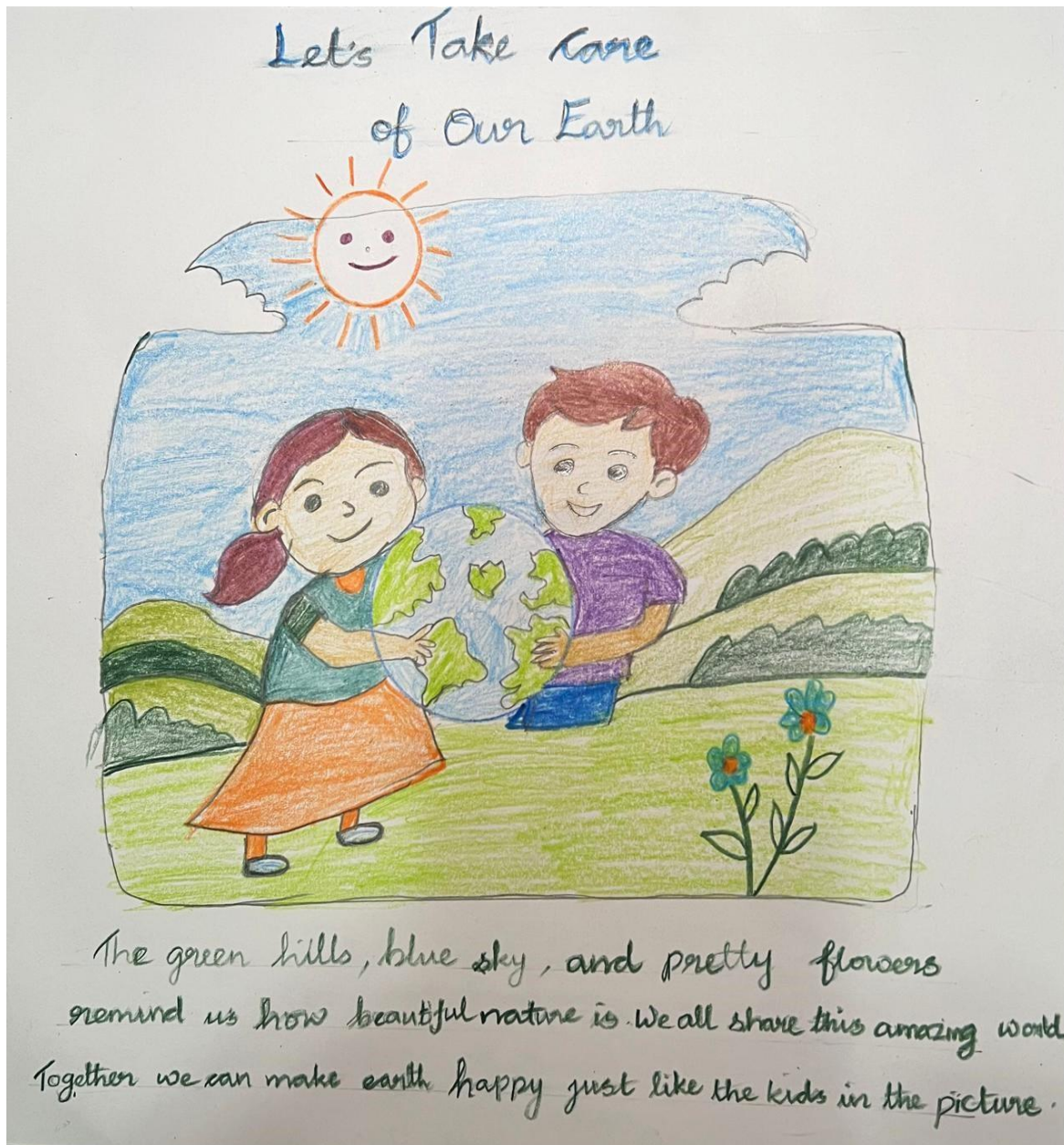
MY SUPERMOM: A HERO IN DISGUISE



A VISION OF HOPE FOR OUR PLANET



Christan Aadan George
Grade :III-B



WHEN THE ROBOT DREAMS



Jonathan Bhattarai

Grade : III A

When the robot dreams at night,
He glows softly with a silver light.
He doesn't snore or toss in bed,
But blinking stars dance around his head.

He dreams he's flying in the sky,
With rocket shoes, zooming high.
He talks to stars and counts the moons,
And hums a metal robot tune.

He builds a castle made of gear,
And fills it up with robot cheers!
He has a teddy made of tin,
That hums a lullaby within.

And when the morning light appears,
He wipes his shiny dreaming tears.
Though robots don't sleep quite like you,
They dream like all the children do.



✿ A LETTER TO MY MUM – FROM MY HEART ✿



ZEIRA NAZEEM
GRADE – 3 F

Dear Mum,

I love you so, so much. You are the best mum in the whole wide world! Thank you for everything you do for me every day.

You help me get ready for school, you pack my lunch, and you always give me the biggest hugs. I feel safe and happy when you are near. When I am sad, you make me smile. When I am sick, you take care of me like magic.

Thank you for reading me bedtime stories and for helping me with my homework. You are smart, kind, and beautiful. I love your laugh and the way you sing in the kitchen.

I want to grow up and be just like you- loving, strong, and always full of joy.

You are my Hero, my Sunshine, and my best friend.



HEALTHY HABITS AND WELLNESS WORD SEARCH



Ashlin James, 4B

(Find the health and wellness word in the puzzle below)

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

• Selfcare	• Mind	• Relax	• Emotional	• Soul
• Nutrition	• Habits	• Health	• Strength	• Play
• Hygiene	• Body	• Energy	• Cleanliness	• Meditation
• Hydration	• Joy			
• Active	• Holistic	• Calorie	• Yoga	• Sleep

PARENTING IN THE AGE OF AI: WHAT SHOULD WE TEACH OUR CHILDREN?



Rahila Anjum

Parent of: Mohammed Talha

Grade: 5E

We are living in an era where artificial intelligence (AI) is rapidly transforming every aspect of our lives—education, healthcare, communication, and even employment opportunities. In this evolving landscape, parenting is no longer just about teaching manners or academic excellence. It's about preparing children for a future where machines and humans will work hand in hand. To thrive in an AI-driven world, children need more than just digital skills. Parents must nurture digital literacy, helping kids understand how AI works, how algorithms influence their choices, and how data is collected and used.

Teaching children to question technology, identify misinformation, and protect their online privacy is now essential. Equally important are soft skills that machines cannot replicate. Empathy, ethics, resilience, communication, and creativity. These traits will be key in workplaces and communities where emotional intelligence matters as much as technical abilities. Parents should encourage curiosity and lifelong learning, as the careers of today might not exist tomorrow. Setting screen-time boundaries, promoting real-world experiences, and having open conversations about AI's impact on society can shape children into responsible digital citizens.

Ultimately, parenting in the age of AI means raising children who are not just smart users of technology but compassionate, curious, and conscious creators of the future. In conclusion, parenting in the age of AI is not about shielding children from technology, it is about guiding them to understand, question, and use it with intention and responsibility. We must raise a generation that is not just tech-savvy, but ethically grounded and emotionally intelligent. These children will not only adapt to the future—they will shape it. As AI continues to evolve, our greatest hope lies in empowering our children to lead with wisdom, empathy, and vision. The future belongs to those who can balance innovation with integrity—and that journey begins at home.



BALANCING DIGITAL AND MENTAL WELL-BEING



Winee Surabhi Lall

Parent of : Aashishit Joshua Paul

Grade 5C

Healthy Tech Habits for Families

In today's digital world, screens are part of our daily lives — from online classes to games and social media. While technology offers many advantages, excessive screen time can affect our mental well-being, leading to stress, sleep problems, and less family interaction.

To stay healthy and connected, families can build smart tech habits together:

Create Tech-Free Zones

Keep devices away from the dining table and bedrooms to encourage conversations and better sleep.

Set Screen Time Limits

Balance gadget uses with physical activities, hobbies, and reading time.

Practice Digital Detox

Schedule regular no-screen hours where the whole family disconnects and spends quality time together.

Use Tech Mindfully

Choose activities that bring families together, like video calling loved ones or watching educational content.

By making small changes, families can enjoy the benefits of technology without harming their mental health. Remember -Balance is the key to well-being in the digital age.





BRAINS OVER BOTS: PREPARING KIDS FOR THE AI REVOLUTION



Prem Nair

Parent of: Karthik Nair

Grade 5H

In the age of AI, parenting must evolve to prepare children not just to use technology, but to thrive alongside it. Here's a framework for what we should teach our children:

1. Critical Thinking Over Memorization

- Why? AI can provide information instantly, but discerning truth from misinformation is vital.
- Teach them: To ask good questions, evaluate sources, and think independently.

2. Digital Literacy

- Why? Kids are growing up with AI tools like chatbots, recommendation algorithms, and smart assistants.
- Teach them: Functions of AI at a basic level, how data is used, its limitations and biases.

3. Emotional Intelligence and Empathy

- Why? These are human traits AI lacks, and they will remain uniquely valuable.
- Teach them: Effective communication, kindness, and how to collaborate to resolve conflicts with others.

4. Creativity and Adaptability

- Why? AI excels at routine, predictable tasks while humans shine at creativity, imagination and invention.
- Teach them: To explore art, music, storytelling, designing, and problem-solving.

5. Ethical Awareness

- Why? AI raises real-world issues: surveillance, bias, deepfakes, job automation.

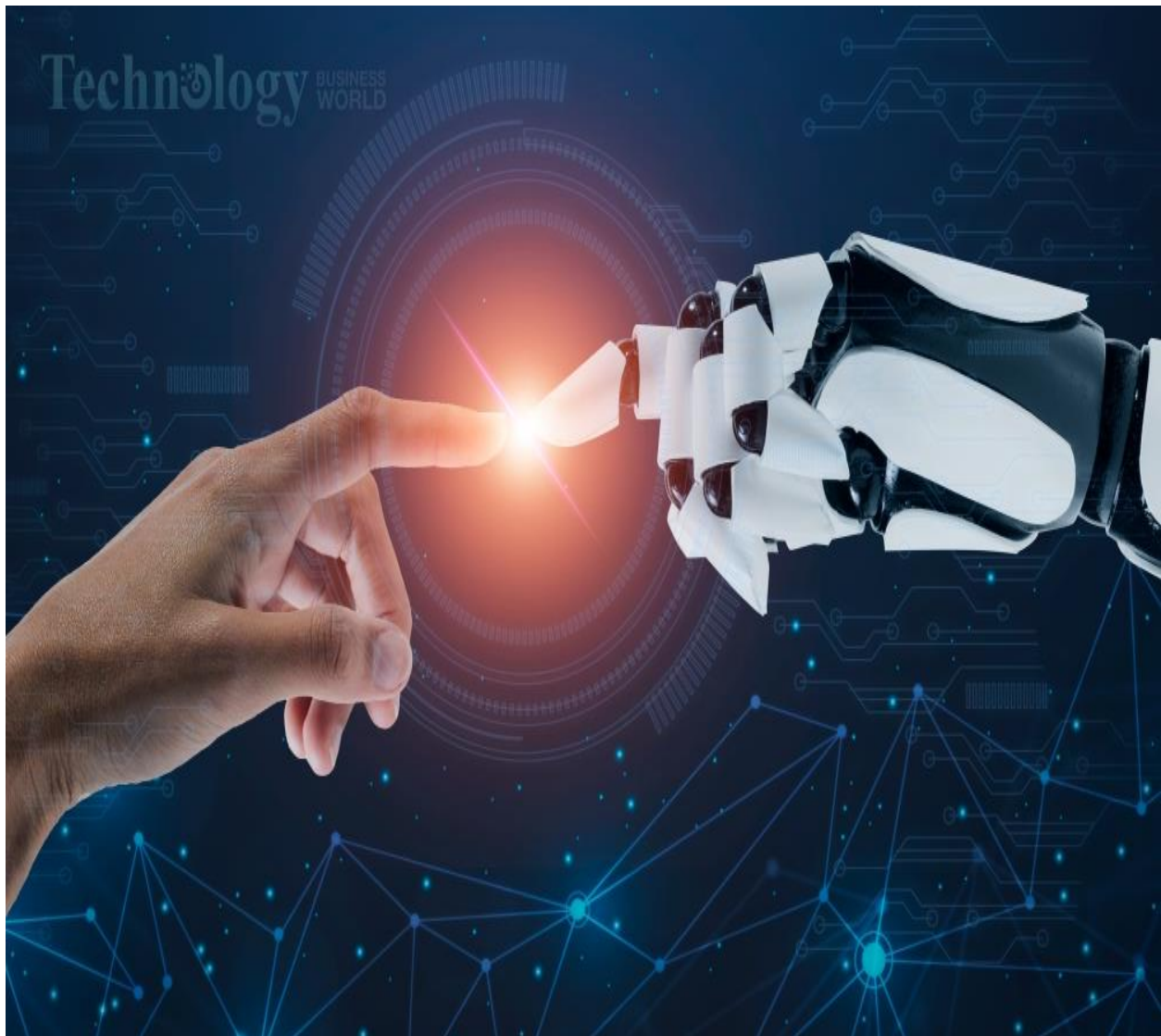
- Teach them: The importance of using AI responsibly and the consequences of adverse use of technology.

6. Healthy Tech Boundaries

- Why? AI-powered apps are designed to capture attention and shape behaviours.
- Teach them: Self-regulation and balanced use of tech-tools and gadgets.

7. Lifelong Learning

- Why? AI and automation will constantly reshape the job market.
- Teach them: How to learn new skills, adapt to change, and stay constantly updated.



REVIVING LOST TRADITIONS: WHY ANCIENT STORIES, RECIPES, AND CRAFTS MATTER TODAY



Prepared By: Shobita Sineesh
Primary School: Librarian (3-5)

In the fast-moving modern world, there is immense value in breathing new life into forgotten traditions—be it ancient tales, generational recipes, or traditional crafts. These elements of cultural heritage serve as bridges to our past, grounding us with a sense of identity and continuity.

Albert Einstein once said, *“If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales.”* This sentiment highlights the enduring power of ancient stories. These narratives carry timeless wisdom and moral guidance, teaching virtues like courage, honesty, and kindness. They also explore universal themes—love, conflict, heroism—that resonate across cultures and generations. Classics like Aesop’s Fables, Grimm’s Fairy Tales, Arabian Nights, and Panchatantra continue to inspire, nurturing imagination and creativity in young minds.

Traditional recipes, too, are more than just food. They’re a flavorful link to our ancestors. They preserve culinary techniques and ingredients that define cultural identity. Preparing and sharing these dishes can strengthen family ties and foster a sense of belonging. Many of these recipes also emphasize natural, wholesome ingredients and sustainable practices, encouraging healthier living.

Likewise, traditional crafts reflect the resourcefulness and artistry of earlier generations. They offer a glimpse into the values and daily lives of our ancestors. Practicing these crafts today can be both meditative and rewarding, helping us slow down and appreciate the beauty of handmade work in a world dominated by mass production.

By reviving and cherishing these lost traditions, we not only pay tribute to those who came before us but also enrich our own lives with deeper meaning, creativity, and connection.

A WORLD WITHOUT GRAVITY

By Kiara Marlette Martins , 11-I



PARENTING IN THE AGE OF AI

Written By Praveen Kumar

M/o Arnav Garg (Grade XI-H)

(What Should we teach our Children?)



Technology is truly a beautiful tool, when utilized to its fullest. Parenting in the age of AI is a challenge escalating day by day. Balancing life with the arrival of technology is very important to achieve a healthy lifestyle.

Technology is not a means to an end by itself – We need to appreciate this fact and identify our needs to match with requirement of technology. We must educate our children to appreciate this fact.

Human intellect has invented technology, and we should always hone our skills of estimation, visualization, judgement, reactivity, sensitivity to name a few alive while using AI in our day-to-day life.

There must be off-screen hours which can be in the form of physical activities, appreciating nature. I believe that we as parents must promote engaging in real life scenarios and soft skills to make them better learners and future leaders.

MY MOM; MY COMFORT PLACE

By Ahana Srikrishna 12 C

She was the first one to hold me,
To show me the world through her eyes.

To always be kind, free
And to reach for the skies.

She taught me what sacrifice means,
The selfless art of letting go,
And to chase my dreams,
To slowly learn and grow.

She is my forever safe place,
The one who truly understands
I find peace only in her embrace
And her warm gentle hands.

I might not talk to her much or chat,
And I might not need saving anymore from harm,
But what I know, in my heart, for sure is that
I will always find comfort in my mom's loving arms.

REACHING FOR THE STARS: SPACE TOURISM

"The dream of space travel is not just for scientists and astronauts. It's a human dream."

- Willem-Jan Koekkoek, Space Perspective



Aarav Upreti 12-B

Imagine a vacation that goes beyond Earth's boundaries. Space tourism that was once a science fiction concept has become a tangible reality. Companies like Virgin Galactic and Blue Origin have already dived in this new era with successful suborbital flights, granting their passengers breathtaking views of the Earth's curvature and a dreamlike experience of weightlessness. These trailblazers set the scene for a new age of human tourism.

The foundation of this emerging industry is the groundbreaking advancements in aerospace technology. Innovations in reusable rocket systems, powerful engines, increased fuel efficiency and advanced spacecraft designs contribute to making space tourism feasible. These innovations not only drive the growth of the space tourism sector but also play a role in advancing growth of other space related sectors.

But before you start packing your space bag, keep in mind that the price tags for these trips are as breathtaking as the view they provide, placing space tourism only in the world of high net-worth individuals. These early participants not just receive a unique thrill, but their involvement also fuels the innovation and has potential to push down future costs.

As space tourism takes its first steps. It brings doubts and questions surrounding it. Environmental impact, safety regulations and sustainability of space travel are some of the questions asked by the public. Despite these challenges the profound allure of space and vision of greater inclusivity continue to drive this sector. Its journey has just begun, and possibilities are as vast as space itself.



READING: AN UNEXPECTED AID FOR YOUR MENTAL HEALTH

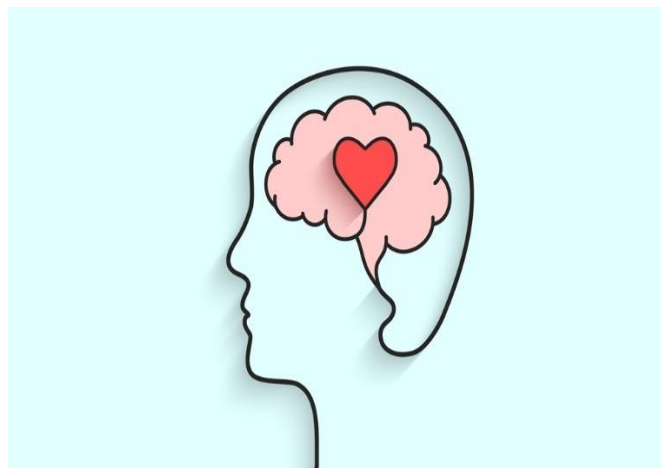


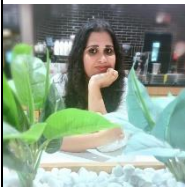
By Hridhya Rajesh

12B

Reading can be a wonderful thing for mental health. The experience of being immersed or engaged while reading a story (called narrative absorption) serves as more than an innately pleasurable experience, as it can also enhance our sense of well-being. Researchers believe that mentally transporting ourselves away from our physical surroundings can provide an escape or opportunity for meaningful contemplation.

A good story tends to stick with you. The health impacts of reading last long after we put down the book, with some research showing reductions in depression symptoms persisting months or even years later in adults. And reading can not only help make life more worth living but is associated with living longer: One study found that older adults who regularly read books had a 20 percent reduction in mortality compared to those who did not read. Reading serves as a way to escape reality temporarily and relax when done in moderation. Perhaps the simple act of picking up a book and reading it could be the key to freedom from your worries and sadness.





THE TIMELESS MAGIC OF READING

Tina Mohan

In today's world, where technology constantly vies for our attention, the simple act of picking up a book still holds a magic that no screen can replicate. It shapes our minds, stirs our hearts, and transforms the way we see ourselves and the world around us.

Each book we open becomes a portal to another universe. Through its pages, we can journey across continents, sail through history, or dive into imagined worlds, all without leaving our chairs. By stepping into the shoes of characters who may be very different from us, we open our hearts to new cultures, ideas, and ways of life. This beautiful journey of imagination teaches us empathy, broadens our horizons, and helps us embrace the incredible diversity of human experience.

Books are more than just stories; they are the foundation of knowledge. Whether we're exploring scientific breakthroughs, uncovering the mysteries of history, or pondering deep philosophical questions, books offer us endless opportunities to learn and grow. Reading is a lifelong adventure, a constant companion on our quest to understand the world and ourselves a little better each day.

Beyond knowledge, books speak to our emotions. They make us laugh out loud, wipe away tears, reflect quietly, or dream boldly. In characters' struggles and triumphs, we often find echoes of our own lives. The emotional connection we forge with stories reminds us that, at our core, we all share common hopes, fears, and dreams.

Some books do more than entertain or educate, they inspire. They fill us with hope, resilience, and courage. Whether through the true stories of real-life heroes or the stirring journeys of fictional characters, books remind us that challenges can be overcome, that growth often comes from adversity, and that every ending can lead to a new beginning.

Reading also sharpens the mind. It strengthens our focus, fuels our critical thinking, and hones our ability to analyze and understand complex ideas. In a world that often demands quick answers and fleeting attention, reading invites us to slow down, reflect and think deeply.

Even as the world races forward with new technologies and distractions, the power of reading remains constant, timeless and transformative. Books continue to shape who we are, nurture our dreams, and light the way

forward. They remind us that while trends may come and go, the written word will always be a source of wisdom, inspiration, and profound human connection.

As we turn each page, let's celebrate the enduring magic of reading, a gift that continues to enrich lives, one story at a time.



UNPLUG AND UNWIND: HOW READING CONTRIBUTES TO A HEALTHIER MIND

-By Aayushi Shukla 12C

As high school students, we often find ourselves juggling academics, extracurriculars, relationships, and the constant pressure to succeed. It's easy to feel stressed, anxious, or even burnt out. Yet, amidst these pressures, one often-underestimated activity can offer a valuable source of comfort and support for our mental well-being: reading.

One key advantage of reading is its ability to provide a focused escape. When we immerse ourselves in a book or an article, our attention shifts away from stressors and distractions. This concentrated engagement allows our minds to relax and recharge, offering valuable respite from the demands of our routines.

Furthermore, reading plays a crucial role in developing empathy and understanding. By encountering diverse characters, perspectives, and experiences through written narratives, we cultivate a greater capacity to recognize and share the feelings of others. This enhanced empathy strengthens our social connections and contributes to a greater sense of belonging, which is vital for positive mental health. Beyond emotional benefits, reading also stimulates cognitive function. Following complex storylines, absorbing new information, and expanding our vocabulary all contribute to mental agility and can improve focus and concentration.

In conclusion, making time for reading, in its various forms, offers a valuable pathway to improved mental well-being. By providing a focused escape, fostering empathy, and stimulating cognitive activity, reading serves as a practical and enriching habit that can contribute to a more balanced and resilient mental state.



THE MAGIC DOOR IN MY SCHOOL



Aadriti Manoj- KG2 B

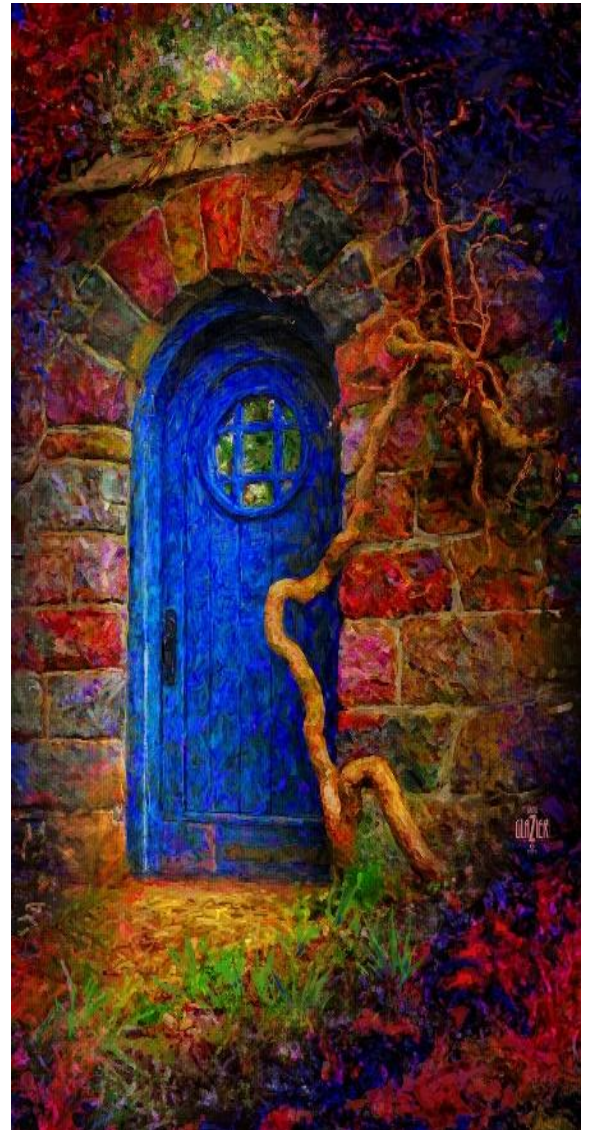
Shhhhh.... I want to tell you all a secret! In my school, I think there is a 'MAGIC DOOR'! I don't know where it is, but I am sure it's there.

It must be the place where our teachers get all their "MAGIC"!! Whenever we feel sad, our teachers know just how to make us smile. When we feel tired, they tell us the funniest stories or sing happy songs. They always know how to make the class fun and bright!

I think the magic door gives them extra hugs, big smiles and lots of energy. Maybe it gives them a bag of tricks to make every child feel happy; feel at home.

One day, I really want to find that magic door. But until then, I'm just so happy that it is there. And I hope it never runs out of magic – so our teachers can keep filling our days with happiness and laughter!

"Teachers are the magic that help us glow... in their love, we learn and grow!"



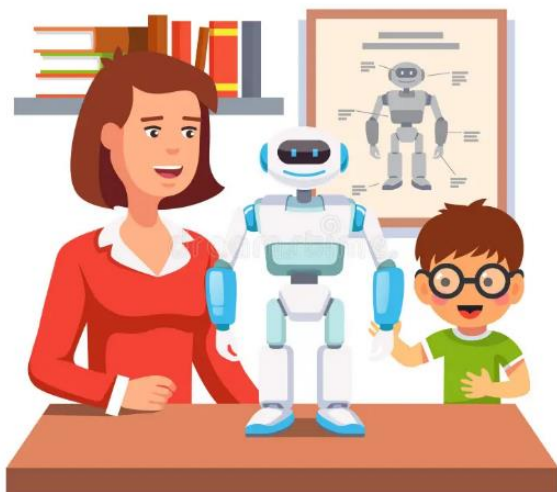
PARENTING IN THE AGE OF AI: WHAT WE SHOULD TEACH OUR CHILDREN



Parent Article – Khushbu Dayme

Vedansh Dayme, KG1 B

As artificial intelligence (AI) continues to shape our world, parenting in this digital age presents unique challenges and opportunities. To prepare children for the future, parents must emphasize not only technical skills but also essential human qualities.



First and foremost, teaching digital literacy is crucial. Children should understand how AI works and its impact on society. This knowledge will help them make informed decisions and use technology responsibly. Introducing basic coding concepts can also spark curiosity and creativity. However, as AI grows more integrated into daily life, fostering critical thinking becomes equally important. Encourage children to question online information, distinguish between human and AI-generated content, and understand the ethical implications of AI use. Equipping children with strong emotional intelligence is vital too. As automation takes over repetitive

tasks, human-centered skills like empathy, creativity, and teamwork will remain invaluable. Teaching them to balance screen time with face-to-face interactions nurture social skills. Lastly, instilling a sense of digital ethics helps children navigate the online world responsibly. Emphasizing respect for privacy, data protection, and responsible online behavior will empower them to be conscientious digital citizens.

By nurturing these skills, parents can prepare their children to thrive in an AI-driven future while preserving their humanity.

PARENTING IN THE AGE OF AI: WHAT SHOULD WE TEACH OUR CHILDREN?



Parent Article- Ridham Varma

Student Name – Arheyya Varma, KG 2F

In this new era of artificial intelligence, parenting has evolved in unprecedented ways. With AI increasingly woven into our everyday routines, we must ensure that children aren't just the users of technology but thoughtful and responsible participants in a digital world. Parents need to instill critical thinking and digital literacy in children by questioning claims, recognizing misinformation and verifying facts. Grasping the fundamentals of AI, including but not limited to its algorithmic processes and data privacy, is a core component of literacy.

While modern skills are essential, the significance of values such as empathy, creativity and moral reasoning i.e. ethics remain fundamentally important, deserve equal emphasis and their magnitude cannot be overstated. Despite AI's growing abilities to perform tasks and process data, its exponential progress will never allow it to emulate the unique essence of human compassion. Fostering curiosity and emotional intelligence will empower children to navigate their interactions and manage their relationship with both humans and technology with confidence. It's essential for parents to lead by example, modeling healthy tech habits and emphasizing the importance of balancing screen time with meaningful real-world experiences. The objective in today's evolving landscape is not to create tech experts, but to nurture adaptable and mindful individuals who can flourish alongside technology while using it wisely, ethically and creatively.



THE FUTURE OF CITIES: HOW URBAN LIFE WILL LOOK IN 2050



Ms. Deepti Chaturvedi – KG II J

Phase 1-Kindergarten

Imagine waking up in a city where cars fly, buildings talk, and green gardens float in the sky.

By 2050, our cities will be full of amazing technology, new ways of living, and fresh ideas to protect the Earth.

The cities of the future will not just be bigger — they will be smarter, greener, and even more magical than today. By the year 2050, cities will look very different from today. Life will be smarter, faster, and greener.

Tall buildings will have gardens on their roofs and walls. These plants will clean the air and keep cities cool. People will grow their own food on small farms inside buildings. Cars will mostly drive themselves. They will be electric and clean, so the air will be fresher. Many people might not own cars at all. Instead, they will call a car when they need one, just like using a taxi.

Robots and AI helpers will be everywhere. They will clean streets, deliver packages, and even help doctors in hospitals. Some schools will have robots to help children learn in fun new ways.

Cities will use smart technology to save energy. Lights, water, and heating will turn on only when needed. This will help save the planet. People will walk and bike more because streets will be safer, and parks will be everywhere. Special trains and flying taxis may connect cities quickly.

Even though technology will be very strong, humans will still need to make smart choices. Cities will be built for happiness, not just for machines. There will be more spaces for art, music, and friendships.

In 2050, cities will be places where nature, technology, and people live together in balance.

The goal will be to make life better for everyone while taking good care of the Earth.

Conclusion- Technology will help us, but kindness, imagination, and caring for each other will keep our cities alive.

The future belongs to those who dream big — and work together to build a better world.



WHY LIBRARIES STILL MATTER IN THE DIGITAL AGE



Sreerama, X J

In a world dominated by digital technology, some question whether libraries are still relevant. With instant access to information online, it may seem like libraries are no longer necessary. However, libraries continue to play an essential role in modern society.



First, libraries ensure equal access to information. Not everyone has reliable internet or can afford digital subscriptions. Libraries provide free access to computers, Wi-Fi, books, and online resources, helping bridge the digital divide for students, job seekers, and low-income individuals.

Second, libraries have evolved into community hubs. Beyond lending books, they offer workshops, literacy programs, career services, and creative spaces with technology like 3D printers. People of all ages use libraries to learn, create, and collaborate.

Libraries also provide safe and inclusive spaces. They welcome everyone, offering a place for children to discover reading, seniors to socialize, and marginalized groups to find representation and support.

In today's world of misinformation, librarians are valuable guides. They help people find credible sources, navigate research, and develop information literacy—skills that are more important than ever.

Finally, libraries help preserve culture and history. They safeguard archives, historical records, and rare materials, ensuring that knowledge is passed to future generations.

In the digital age, libraries remain vital. They adapt to new technologies while staying true to their mission: providing access to knowledge, fostering community, and promoting lifelong learning.

THE GOLDEN AGE OF ARABIC SCIENCE: HOW IT SHAPED THE MODERN WORLD



- Mohammed Yusuf, IX C

Red, Black, Blue.



Rivers of blood, ink, and mind flowed during the 1258 Mongol siege of Baghdad. In that invasion, thousands of books—irreplaceable knowledge in medicine, astronomy, mathematics, and philosophy—were cast into the Tigris River, marking the end of the Islamic Golden Age.

From the 8th to 14th centuries, Islamic civilization flourished from Spain to Central Asia. Under the Abbasid Caliphate—especially during the reigns of Harun al-Rashid and his son al-Ma'mun—Baghdad became a beacon of scholarship. At its heart stood the House of Wisdom (Bayt al-Hikma), a library and research center where scholars translated and expanded upon Greek, Persian, Indian, and Syriac texts. Works by Aristotle, Hippocrates, Galen, Euclid, and Ptolemy were preserved and built upon, ensuring their survival and influence.

Key Fields of Advancement:

Mathematics

Al-Khwarizmi pioneered algebra (from al-jabr) in the 9th century and introduced the decimal positional system and algorithms—cornerstones of modern computing. Omar Khayyam solved cubic equations and advanced number theory.

Medicine

Ibn Sina's Canon of Medicine became a European standard. Al-Zahrawi developed surgical tools. Al-Razi distinguished smallpox from measles and promoted evidence-based diagnosis.

Philosophy and Logic

Thinkers like Al-Farabi, Al-Ghazali, and Averroes merged Islamic theology with Greek philosophy, influencing Europe.

Cultural and Religious Context

Islam emphasized knowledge (ilm) as a divine pursuit, fostering diverse scholarly communities.

Decline and Legacy

By the 14th century, political fragmentation and invasions, notably the 1258 sack, ended the Golden Age—but its legacy fueled the Renaissance and Scientific Revolution.



THE ROLE OF MEDIA IN SHAPING PUBLIC OPINION



Anushkha Jain, XI C

Jim Morrison once said, “Whoever controls the media, controls the mind.” This statement emphasizes the undeniable influence the media has had in shaping public perception. Whether it's posts on social media, articles in newspapers or radio broadcasts, all these platforms become powerful channels of information that are



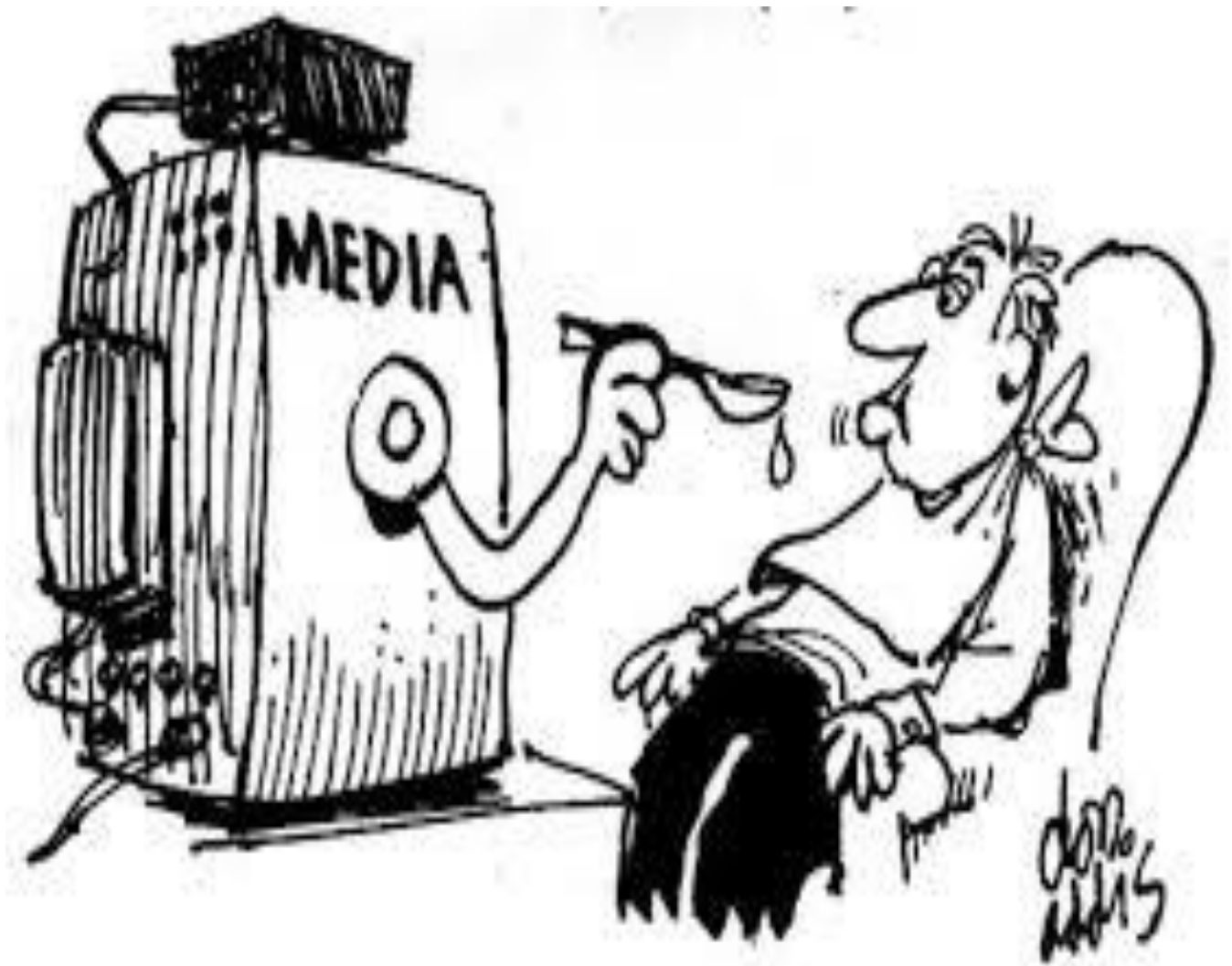
rejected or accepted by people based on their preferences.

Furthermore, the utility of media stretches far beyond providing information. It is also a tool for persuasion and sometimes manipulation. These platforms can be used by people around the world to influence and shape how their target audience responds to different situations. From political disputes to celebrity controversies, media platforms help amplify perceptions to resonate with the vast majority, reinforcing biases and moulding opinions.

However, it is important to recognize that the media is not inherently harmful. When used responsibly, these platforms play a crucial role in providing reliable and authentic information to society. They can spotlight

hidden talents, mobilize support for a genuine cause and raise awareness about current events, aiding in community development and safety. For instance, research conducted in Flanders, Belgium, during the early stages of the COVID-19 pandemic revealed that individuals exposed to public broadcasting were more likely to engage in preventive behaviours.

The media is a powerful and necessary tool in an ever-evolving world. Yet, with its immense influence comes responsibility. When misused, it holds the potential to create the wrong influences and cause major societal issues. Sometimes, the innocent are painted to be guilty before a proper verdict can be reached, victimizing not only them but all those that are close to them, while the guilty walk free. Therefore, the ethical use of media platforms is paramount to generate opinions based on facts.



THE MENTAL HEALTH IMPACT OF SOCIAL MEDIA: WHAT WE NEED TO KNOW

THE SOCIAL MEDIA SPIRAL

By Swara Dhabe

One well known tool for bringing people together who live far apart is social media. Despite its many advantages, teens today use apps like YouTube, Instagram, and TikTok for an average of 4.8 hours every day. Concerns regarding mental and physical health are being raised by this increase in screen time.

Teens are frequently exposed to “ideal lifestyles” and filtered pictures which can cause anxiety, low self esteem and even depression. Social media has also been linked to eye strain, poor sleep and the widespread of false information. Many teenagers still feel alone and are subjected to cyberbullying even though they are connected online.



This spiral is not irreversible, though. By reducing the release of dopamine, the pleasure hormone, turning off notifications can help us stay focused and less distracted. A common misconception is: “The idea that social media is always bad” is also not accurate. It enables people to support businesses, communicate with loved ones, and express ideas. Even though social media has its advantages, the use of it should be balanced. This can be done by setting screen timers, following uplifting pages instead of pages that make you feel bad, keeping your phone out of reach before going to bed and using social media to connect, not compare.

When used properly, social media need not have negative effects. We can maintain our equilibrium by using it with mindfulness and maintaining good habits. Teens can benefit from social media without allowing it to control them if the proper strategy is used.

-Swara Dhabe, X D



THE SKY WORE A DIFFERENT SHADE TODAY — HOW CLIMATE CHANGE QUIETLY ALTERS THE WORLD AROUND US



Mansi Dhongade, IX C

The sky wore a different shade today—less blue, more bruise.
I remember the scent of winters past,
crisp and honest,
but this one came late and left in silence.

I sincerely wish for rain to come,
for nature to cry—
but have we hurt her so deeply
that she's left us parched and dry?

The smile she once wore, radiant with joy,
now twists to something wry, alloyed.
As she gazes upon herself in shame,
we, the ones to blame, remain unnamed.

How long must she bear this fate?
And yet, when I lock eyes with her,
I don't find a single ounce of hate.
The guilt of this mistake
should weigh on our hearts like dead weight—
for we don't deserve forgiveness
for ruining something so ornate.

-

UNWRITTEN PAGES OF MY MIND — DREAMS AND IDEAS WAITING TO BE LIVED



Dhvani Bhandari, X D

In the quiet corners of my restless mind,
Lie dreams unwritten, the daring kind.
They flicker like stars in a sky not yet night,
Whispers of futures not yet in sight.

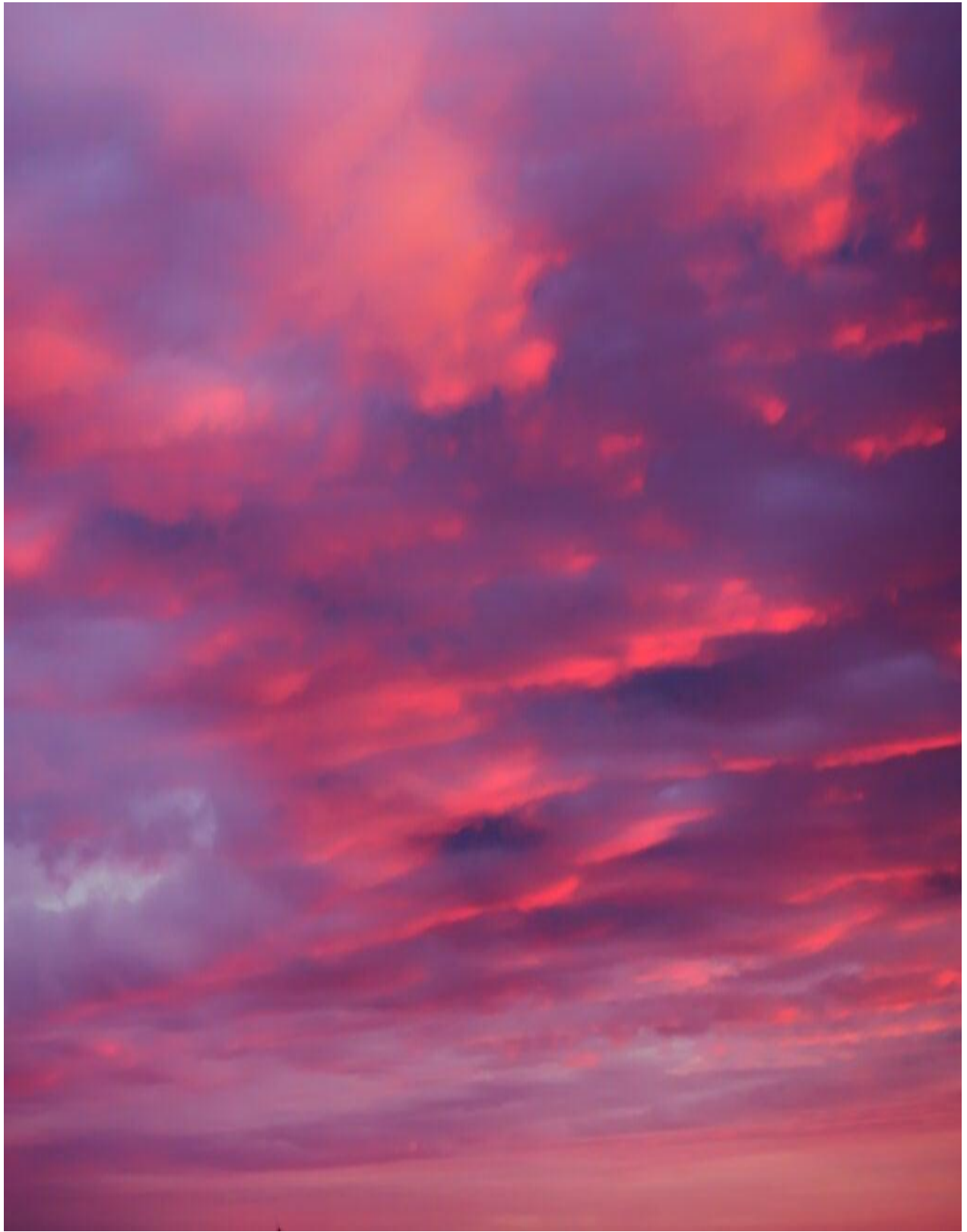
The painter's strokes left uncoloured,
The mountain peaks undiscovered,
The songs words left unsung
Ideas whole but left to hung.

It calls to me through the silent air,
Those fragile hopes I barely dare,
A book unopened on the shelf,
Each page a version of myself.

What if I dared to live them all
To rise with each fall,
To dance with chapters unheard
And build the life that I blurred?

For dreams aren't meant to sleep or fade,
Yet bloom for life in its wake,
So let these pages turn with grace,
And let me meet them, face to face.

In the quiet corners of my restless mind,
Lie dreams unwritten, the daring kind.



A MAGIC DOOR IN MY SCHOOL...



Aiden Arun Kalayathinal (II F)

Once upon a time in our school, named DPS, there was a magical door. When I opened the door, I was surprised to see my favourite cartoon characters like Master Wu, The Green Ninja, Nya Kai, Cole, Jay and Zane. Along with them, I saw Tom chasing Jerry in the room. Then I looked up and I saw the Ninja's Dragons. I felt so marvellous, but after a very long time, the ninja came close to me. I felt so stressed, but once they started talking to me nicely and then I felt relieved. They asked me, "*Do you want to join the Ninjago?*". I was filled with joy, and I said "Yes". So, they took me to Ninjago City, and they taught me a "Ninja Kick". It took me a very long time to learn it. Then they taught me a "Ninja Punch," and it was so easy. I learned it on my second try. Then they taught me "Spinjitzu" also. It was so hard, but I learned it in my third attempt.

After learning the martial arts, they gave me a superpower for my character in Ninjago. They gave me a code name - "***Master Ade***" and my superpower was "**metal**". It means I can control any metals with my superpower. I was so happy, and I hugged them all and suddenly the bell rang at the school. I said thank you to all of them. They waved at me, and I left the magic door and went to my classroom. I am so thankful, and I ran to my class to share my magic door experiences with my friends and teachers.



A LETTER TO MY MUM: FROM THE HEART OF A CHILD

To my mom

To Make Her Feel

Special



SHRIMANTH GEDDA SUBAHSH
Grade 1 - B

Dear **Mommy**,

I want to tell you how much **I Love You...!!!**

When I'm sad, you make me feel better...

When I'm scared, you protect me...

You are my mentor...

You are my friend...

You are my guide...

You are always there to listen and help me...

You show me everyday how to be kind & loving...

You give me the best hugs, the warmest smile & the best advice...

You teach me how to love myself and others too...

Thank you for being such a wonderful Mom...

With all my love ----- **Shrimanth**

MY SUPERMOM: A HERO IN DISGUISE!

By Mukund Vaibhav Maddula from Grade II H

Mom – My CEO

My dad and I were having a conversation, and my dad asked me, Mukund, “What do you want to become when you grow up? I said, Dad, I want to start a company which allows people to go in a spaceship and have a vacation on other planets – same as Dubai.

Dad said, ok, so you want to become the CEO of the company. I asked, what is the CEO. My dad said he is a role model for many people. I asked, “What is a role model? Then my dad said:

A CEO is the one who works 14 to 16 hours a day, 7 days a week, without breaks. No Thanksgiving / Christmas / New Year holidays as the work is more. He is there all the time, taking care of people, doesn't sleep at night due to work, and he makes sure everyone is doing their job. They think about the future of the company and how to save money.

Then Dad asked me, Mukund, “Who is your favorite CEO?

Then, I thought of all those qualities that my dad mentioned, and only one person came to my mind.



That person wakes up at 4:30 am, prepares my meal for breaks 1 and 2 and gets me ready before the bus comes to pick me up. She sleeps at last, after all my family sleeps. She works all day, standing and doing different things at home without a break. She doesn't take leave on Sundays as she has more work, as the family relaxes at home. She always has sleepless nights, either because of my sister or me when we are sick. Most of the time, my dad takes advice from my mom on how to save money for the future, and she does all these things without getting a salary. That person is my mom, and she is my CEO.

Thank you, Mom, for everything you do. I love you very much. My Mom is just awesome

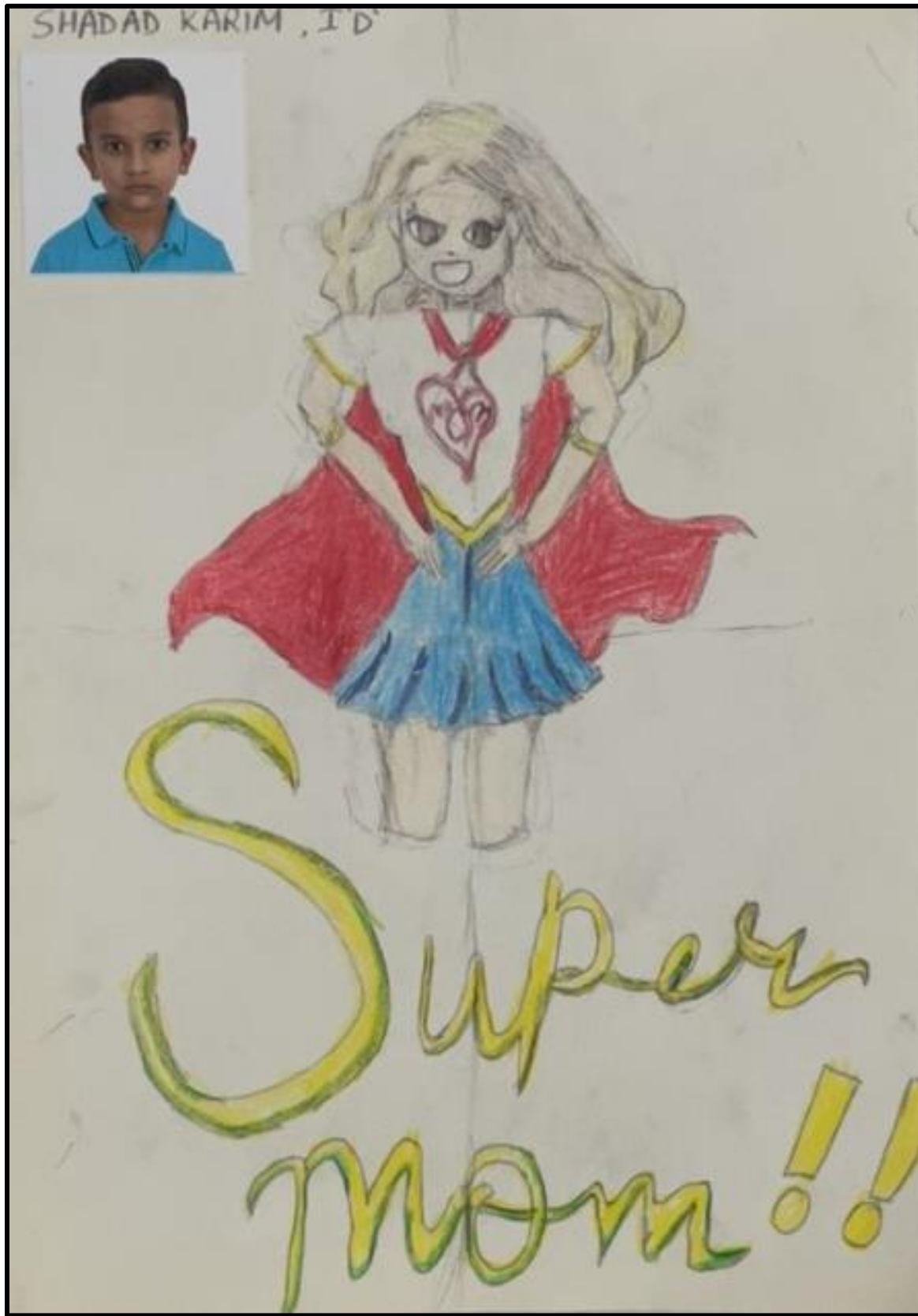
MY SUPERMOM - A HERO IN DISGUISE



Aishani Senapati from Grade II E

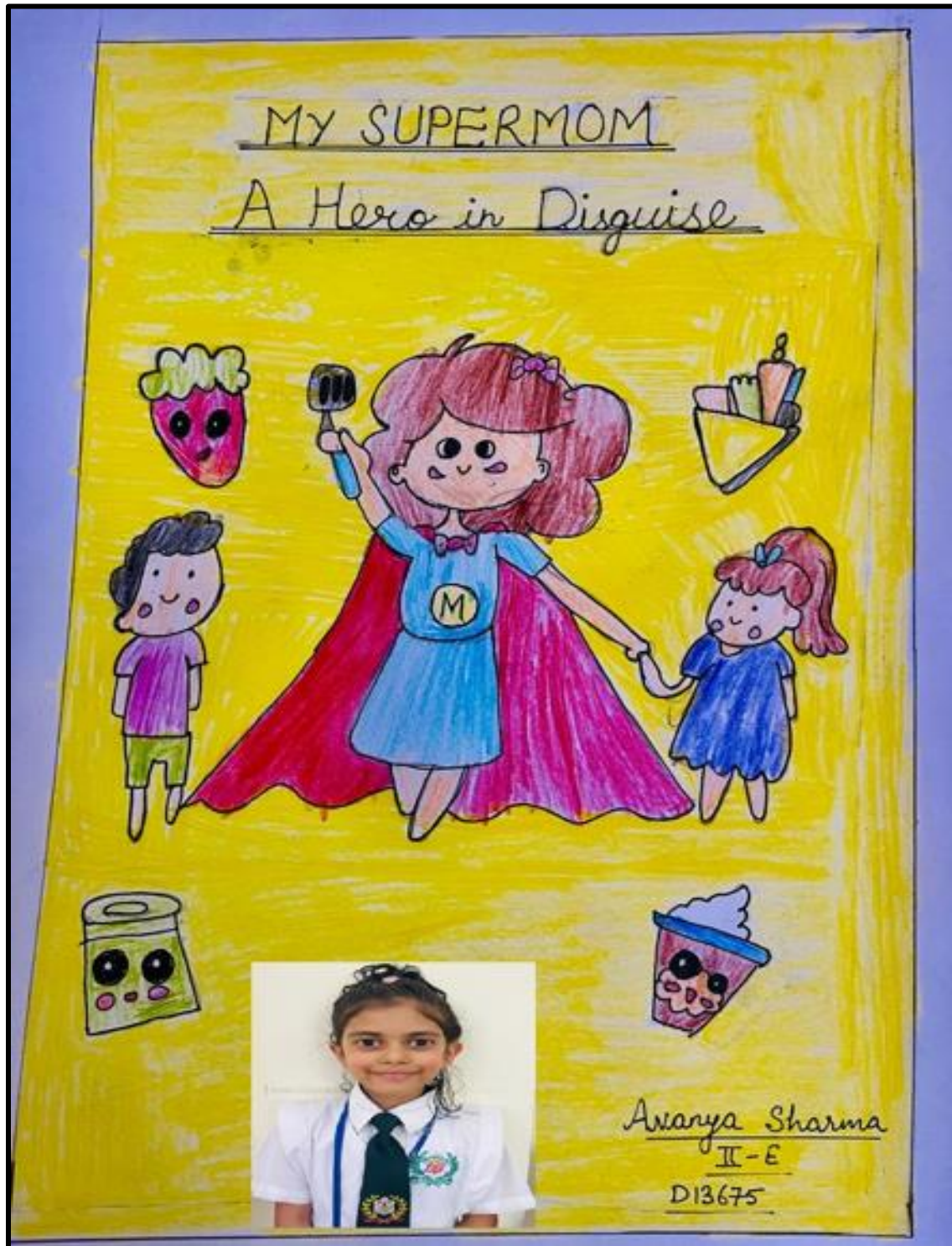


MY SUPERMOM - A HERO IN DISGUISE!



MY SUPERMOM - A HERO IN DISGUISE!

By Avanya Sharma From Grade II E



PARENTING IN THE AGE OF AI: WHAT SHOULD WE TEACH OUR CHILDREN?



Ms. Subhathra, parent of Athhira from Grade IC

"Technology is a useful servant but a dangerous master." – Christian Lous Lange

Parenting in the age of AI presents new challenges and opportunities. As AI becomes more integrated into daily life, it's essential to teach children how to navigate this technology responsibly. Here are some key areas to focus on:

1. **Digital Literacy** – Help children understand how AI works, including its benefits and limitations. Encourage them to question online content and verify sources.
2. **Privacy Awareness** – Teach kids about data protection, including how AI collects personal information and ways to safeguard their privacy.
3. **Critical Thinking** – AI can provide instant answers, but children should learn to think independently and not rely solely on AI-generated responses.
4. **Ethical Use of AI** – Discuss the importance of using AI responsibly, avoiding misinformation, and understanding its impact on society.
5. **Balancing Technology and Human Interaction** – Encourage offline activities and face-to-face communication to maintain emotional intelligence and social skills.

Teach digital literacy to kids

Teaching digital literacy to kids is essential in today's tech-driven world. Here are some effective strategies:

1. **Start Early & Make It Fun** – Introduce digital literacy through interactive games and activities. Kids learn best when they're engaged and having fun.
2. **Teach Online Safety & Privacy** – Help children understand the importance of protecting personal information and recognizing online threats.

3. **Encourage Critical Thinking** – Teach kids how to evaluate online information, spot misinformation, and verify sources.
4. **Promote Responsible Digital Citizenship** – Discuss ethical online behavior, including respectful communication and avoiding cyberbullying.
5. **Use Real-World Examples** – Show kids how digital literacy applies to everyday life, such as identifying credible news sources or understanding online advertisements.
6. **Balance Screen Time** – Encourage healthy tech habits by setting boundaries and promoting offline activities.

Resources we can use for online safety education:

There are several great resources available to help with online safety education:

- [Internet Matters](#)—Offers free lesson plans, interactive activities, and expert advice tailored to different age groups.
- [Be Internet Awesome](#)—A Google initiative that provides educators with tools to teach digital safety fundamentals, including an interactive online game.
- [eSafety Commissioner](#)—Provides classroom resources, video lessons, and activities to help students understand privacy, security, and respectful online behavior.

Focus on online safety:

Online safety covers a broad range of topics, but here are some key areas to focus on:

1. **Privacy & Personal Information** – Teach children how to protect their personal data, including passwords, location settings, and social media privacy controls.
2. **Cyberbullying Awareness** – Help kids recognize, prevent, and respond to cyberbullying, whether they experience it or witness it.
3. **Social Media Safety** – Discuss responsible social media use, including avoiding oversharing and understanding digital footprints.
4. **Recognizing Online Risks** – Educate children about content risks (inappropriate material), contact risks (strangers online), and conduct risks (harmful online behavior).

5. **Screen Time Management** – Encourage healthy digital habits by setting boundaries for device use and promoting offline activities.
6. **Critical Thinking & Misinformation** – Teach kids how to evaluate online information, spot fake news, and verify sources.
7. **Safe Online Communication** – Guide children on how to interact safely online, including recognizing scams and phishing attempts.

"It's not about how much screen time you give your child; it's about how you use it."

Finally, maintaining a balance between technology and real-world experiences is key. Encouraging face-to-face communication, outdoor activities, and creative exploration helps preserve emotional intelligence and social skills.

In the age of AI, parenting must evolve to provide children with tools to harness technology for good while remaining critical, ethical, and emotionally connected.



THE VALUE OF REFLECTION: TEACHING STUDENTS TO PAUSE AND CHECK IN WITH THEMSELVES

By Sreekanth Dew, 11-A

Assignments, extracurricular activities, and deadlines can cause students to scramble from one task to another without stopping to think. However, setting aside time for introspection can have a profound impact.

Reflection is a purposeful pause to ask: What went well? It's more than just thinking. What might be made better? What emotions did I experience during this? These experiences promote emotional health, resilience, and deeper learning.

When students take time to reflect, they not only reinforce what they've learned but also become more aware of how they think, feel, and respond. This self-awareness helps reduce stress, improve focus, and promote more intentional, meaningful growth over time.

Teachers play a crucial role in fostering reflective habits by incorporating strategies such as journaling, silent thinking time, guided prompts, and short class discussions. Making reflection a regular part of the school day empowers students to develop lifelong traits like confidence, thoughtfulness, and emotional intelligence.



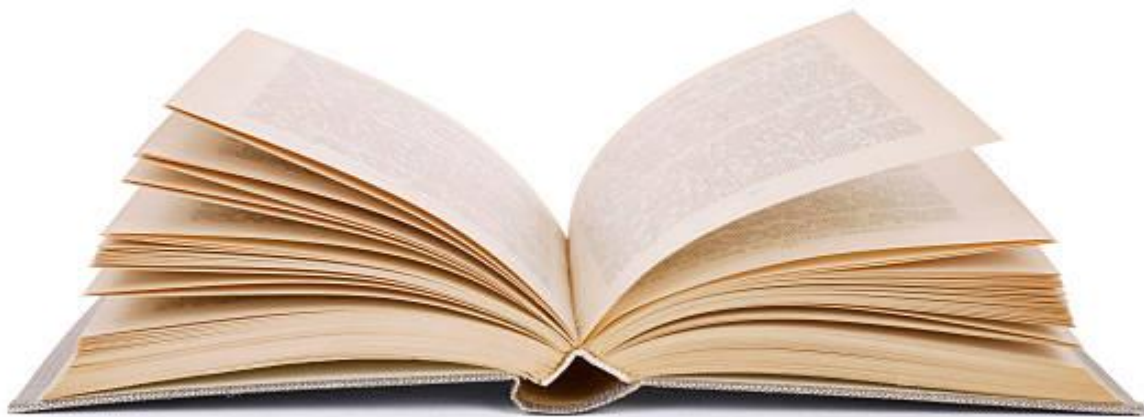
How Reading can Improve our Mental-Wellbeing

By Sameeha Shakil

We live online. From the moment we wake up, we're checking messages, scrolling through reels, and liking posts. But somewhere in between all of that, we forget to check in with ourselves. In a world thriving on the internet, and everyone stressing over whatever concerns them, reading becomes a gentle yet powerful tool for improving mental health.

A study conducted by the neuro-psychologist Dr. David Lewis proved that reading for just 6 minutes a day can reduce stress levels by up to 68%, which is comparatively far more effective than listening to music or taking a walk. Diving into the world of books means we allow our minds to finally shift focus from our everyday worries to new worlds, characters, and possibilities. We can live and empathize through the characters in the books. Reading non-fiction books can also offer clarity, comfort, and even motivation. It reminds us that we're never truly alone.

So, the next time life feels overwhelming, or your mind needs a break from the digital buzz, reach for a book. Whether it's a novel that transports you to another universe or a memoir that speaks directly to your heart, reading offers a quiet refuge. It's not just about escaping — it's about reconnecting with yourself, gaining perspective, and finding peace in pages. Let reading be your daily pause, your reset button — because sometimes, the best way to care for your mind is to simply turn a page.



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

Sajan Joy Thomas (Father of Stervyn Joy Sajan – 11C & Serene Annie Sajan – 8A)

In today's digital age, screens are everywhere whether at work, in schools, and at our homes. While technology brings undeniable benefits, excessive screen time can take a toll on our mental health, especially for children and teens. Striking a balance between digital life and emotional well-being is not just important but it is essential for a healthy family dynamic.

Creating **healthy tech habits** begins with **setting clear boundaries**. Designate screen-free zones, such as the dinner table or bedrooms, to encourage meaningful conversations and better sleep. Encourage tech-free family activities like board games, outdoor walks, or cooking together.

Modeling balanced behavior is key and when parents demonstrate mindful tech use, children are more likely to follow. Prioritize **quality over quantity** in digital consumption, opting for educational content and limiting passive scrolling or mindless bingeing.

Lastly, **open communication** about online experiences helps build trust and emotional safety. Ask children how they feel after being online and guide them in recognizing when digital habits impact their mood or focus.

In a connected world, it's not about avoiding technology but learning to live with it **mindfully**. A balanced approach fosters both digital literacy and emotional resilience in families.





A little
progress
each day
adds up to
big results.

SATYA NANI

margaret**bourne.com**



**THANK
YOU**