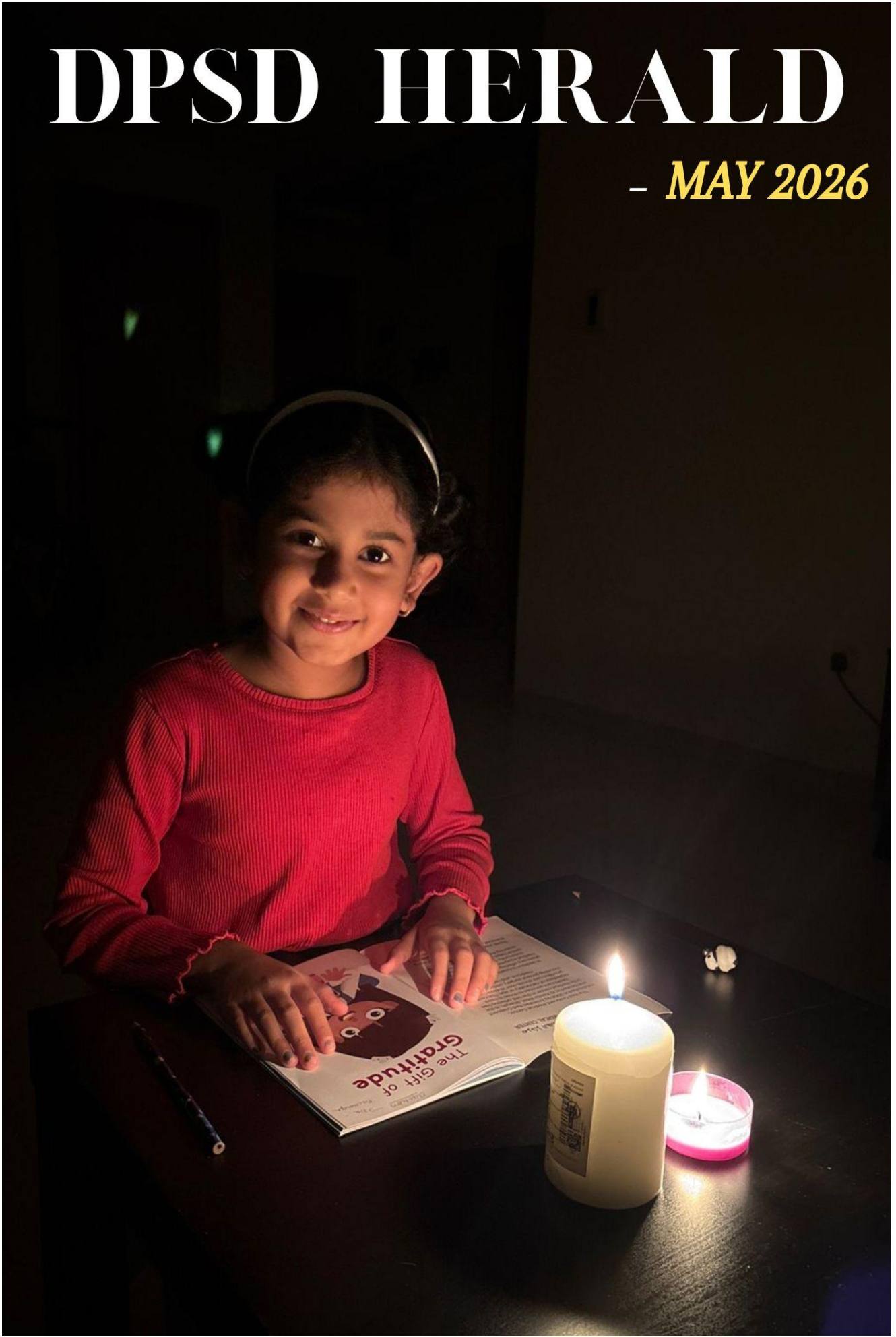


DPSD HERALD

- *MAY 2026*



IF I COULD CHANGE ONE THING IN THE WORLD

If I could change one thing in the world, I would change negative minds into positive ones. A positive mindset can make people kinder, more understanding, and more hopeful. Many problems, such as bullying, hatred, and arguments, happen because of negative thinking. If people learned to think positively, they would encourage others instead of bringing them down. Communities would become more peaceful, friendships would grow stronger, and people would feel happier in their daily lives. Positive thinking also helps people believe in themselves and work harder to achieve their dreams. People with positive minds are more likely to help others, spread happiness, and solve problems calmly. Schools and workplaces would become better environments where everyone feels respected and supported. Even during difficult times, positive people can inspire others to stay strong and never give up. Changing the way people think could create a brighter, safer, and more caring world for everyone. In addition, changing negative minds into positive ones could help people become more open to learning and personal growth. Instead of giving up after failures, people would see mistakes as chances to improve and become stronger. Students would feel more confident trying new things, and adults would be more willing to support creative ideas and innovations. Positive thinking can also encourage people to care for the environment. One solution to creating a more positive world is teaching people healthy ways to manage their thoughts and emotions. Activities such as meditation, deep breathing, and yoga can help people feel calm and reduce stress. Spending time with supportive friends and family can also encourage happier thinking. Reading inspiring books, listening to motivational talks, and practicing gratitude every day can help people focus on the good things in life. Schools can teach students about kindness, respect, and emotional well-being so they learn positive habits from a young age. Exercising regularly, enjoying hobbies, and helping others in the community can also improve a person's mood and mindset. By practicing these habits daily, people can slowly replace negative Thoughts with positive ones and create a peaceful world.



Name of the student: Hasini Sririam
Grade :5F

SNIPPETS

Name of the student: Aarjav Engachalil

Grade /Sec- IV -E

If My Pet Could Talk



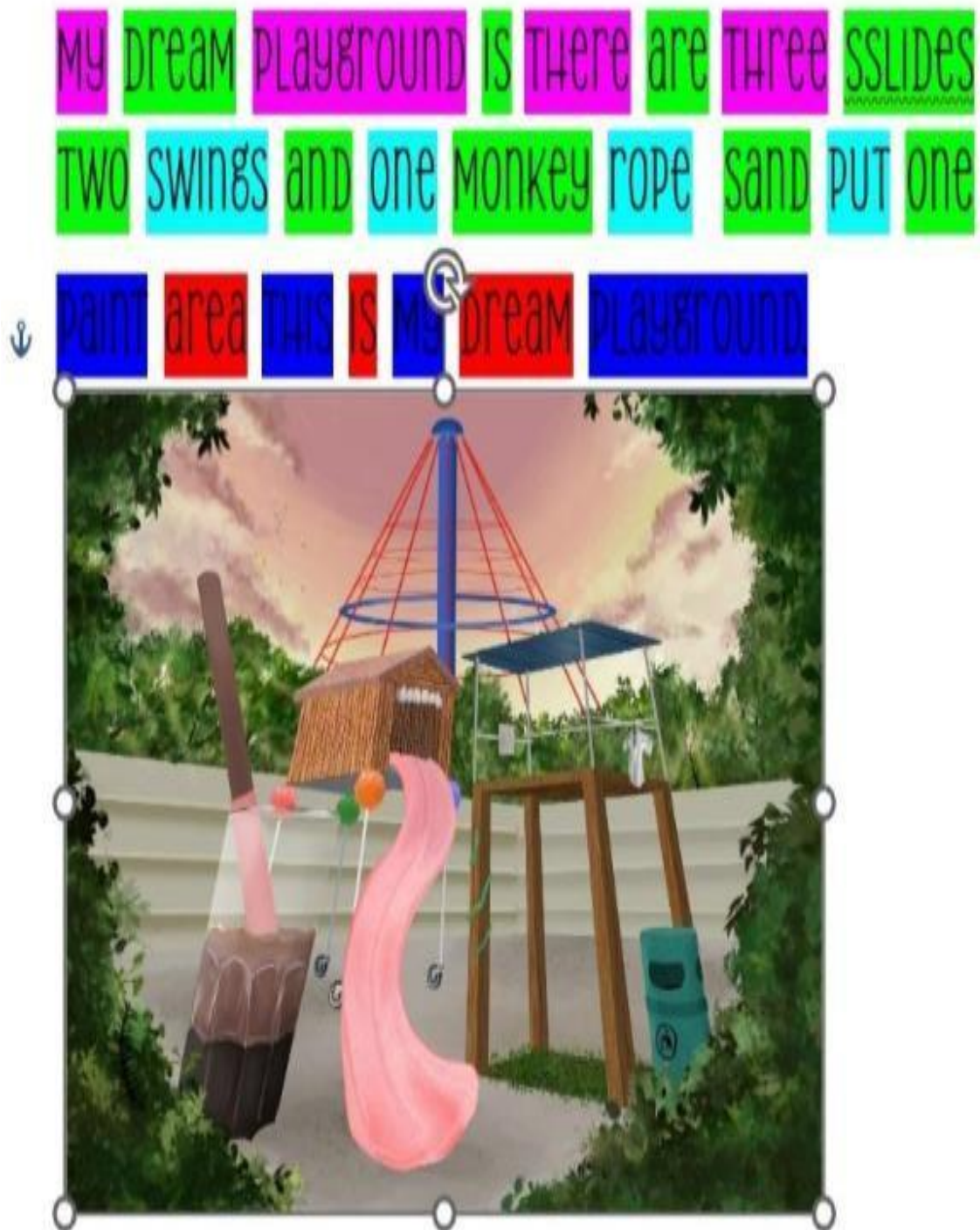
If my pet could talk, it would likely greet me every morning with a cheerful "Good morning! Did you sleep well?" During mealtime, it might excitedly say, "Oh, I've been waiting for this delicious meal all day!" When we go for a walk, my pet could express its joy with, "I love the fresh air and all the interesting smells!" If it noticed I was upset, it might offer comfort by saying, "I'm here for you; let's cuddle until you feel better." While watching TV together, it could comment, "This show is interesting, but I prefer nature documentaries." When it's time for bed, my pet might yawn and say, "I'm ready to snuggle up and dream." If I started packing for a trip, it could ask, "Are you going somewhere fun? Can I come too?" Lastly, when I return home from work, it would probably exclaim, "You're back! I missed you so much!"



MY DREAM PLAYGROUND: WHAT MAKES IT SPECIAL

Name of the student: Annriya Pothaparambil Sabu

Grade /Sec- III-G



MY DREAM PLAYGROUND: WHAT MAKES IT SPECIAL

Name of the student: Harsitha Boopathi

Grade /Sec- III-G



The kindest thing I ever did

On a lovely Tuesday morning, Me and my best friend were riding the bus, after a few minutes we reached the school. We had reached the school a bit late, but it was ok, so we sat through all the periods till the break, and in break we went to wash our hands after that when I started to eat I noticed that my friend was not eating. So I went to her and asked "Why she was not eating she told "I forgot my tiffin and I have no money to get from canteen either" after hearing this I went directly to my bag and got my emergency money I kept to get myself something if I forgot my food so I gave my money and told her to get anything she wants and to return it if she can. So she thanked me a lot and I felt really happy.

By- Nainika

VA





“

**Education is the
passport to the future,
for tomorrow belongs
to those who prepare
for it today.**

Malcolm X



“

**Anyone who has
never made a
mistake has never
tried anything new.**

Albert Einstein



The Transformative Power of Kindness

Exploring the Impact of Small Gestures and Grand Acts

As a kid, I invited a shy boy named Tommy to join our cricket game at the park. He was new to the building and seemed lonely. Once he joined, he was all smiles, and we became friends. This taught me the power of kindness and inclusion.

Name of the student: Reyansh Agarwal

Grade /Sec-5A



The Brave Little Bird

A little bird sat in a tree,
As happy as a bird could be.
The wind blew hard, the sky turned gray,
But the brave bird flew away.

It flapped its wings so fast and high,
And sailed across the stormy sky.
“I am small, but I am strong,
And I can bravely fly along!”

Soon the sun began to shine,
The little bird felt safe and fine.
It chirped a happy song with cheer,
Because it faced and beat its fear.

Name of the student: Sharanya Rayavaram

Grade /Sec-5A



Name of the student: *Heeshwatha Rajkumar*

Grade /Sec-5I

MY DREAM PLAYGROUND.

I would like my dream playground to be pink.

I would like it to have monkey bars, slides, swings. I would like it to be with fluffy clouds and dolls.

And finally, I would like it to be indoors with coolers.



Name of the Student: ANNRIYA

SABU Grade: 3G

MY DREAM PLAYGROUND

I would like my dream playground to be pink.

I would like it to have monkey bars, slides, swings. I would like it to be with fluffy clouds and dolls.

And finally, I would like it to be indoors with coolers.



Name of the Student: ANNRIYA POTHAPARAMBIL SABU

Grade: 3G

CELEBRATING SMALL WINS TO BUILD A GROWTH MINDSET AT HOME

A child's mindset is shaped largely at home. Parents decide, often without realizing it, whether that mindset stays fixed or becomes flexible. One of the simplest ways to build a growth mindset is by celebrating small wins.

Why Small Wins Matter

Big achievements are rare, but small ones happen daily. When parents notice them—solving a tricky math problem, finishing a book, practicing an instrument consistently—they shift attention from the outcome to the process. Saying “I saw how hard you worked on that” sends a stronger message than “You’re so smart.” It tells children that effort and persistence matter more than natural talent.

Creating a Safe Space for Learning

When small wins are celebrated, learning feels safe. Mistakes stop being reasons to quit and start being part of progress. Over time, children become more willing to take on challenges, try again after failure, and treat feedback as useful rather than discouraging.

Keep It Simple

You don't need big gestures. A quick word of appreciation at dinner, a short note in a lunchbox, or just listening with real interest reinforces the idea that growth comes from trying.



The Long-Term Impact

Through this daily habit, parents teach children that abilities aren't fixed. They learn to value effort, embrace challenges, and believe that with time and practice, they can improve. Those lessons carry far beyond school and into adulthood.



Pooja Mandar Sawant

Parent of: Hrihan Mandar Sawant Grade 5F

LEARNING WITH PURPOSE: CONNECTING EDUCATION TO REAL-LIFE IMPACT

For many of us, education begins with neatly packed school bags and ends with report cards neatly signed by parents. But its true purpose unfolds far beyond the classroom walls. The real measure of learning is not what we remember for an exam, but what we carry into life when challenges arise. Education is reflected in how we respond to failure, how we treat others, and how we make decisions when no one is watching.

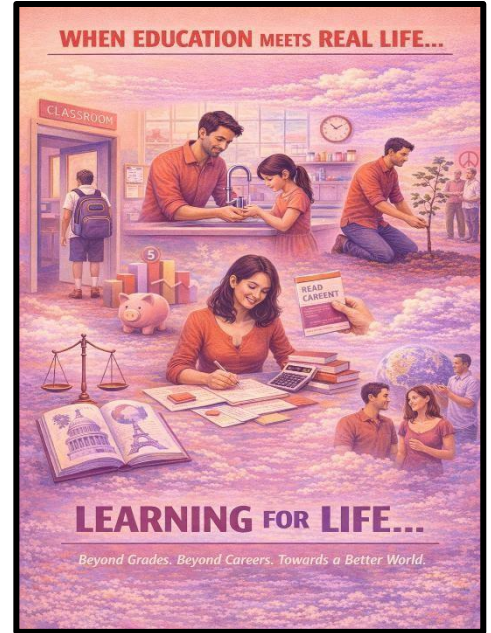
Learning gains meaning when it steps out of textbooks and into daily life. Scientific concepts matter when they help us solve real problems—like fixing a simple household issue.

Mathematics becomes powerful when it helps us manage expenses or make informed financial choices. History comes alive when it helps us understand diverse perspectives and respect differences. When knowledge is applied, it transforms from mere information into a tool for living wisely and responsibly. Too often, education is narrowly associated with career success or financial stability. While these are important, the deeper impact of education lies in improving the quality of life. It empowers individuals to think critically, question

misinformation, and make informed decisions. It teaches essential life skills—reading a medicine label correctly, conserving resources, or understanding the consequences of our actions. Education shapes not just what we know, but how we live.

At its heart, education builds understanding. It allows us to see beyond our own experiences and recognize the struggles and perspectives of others. It helps us understand global challenges like climate change, social inequality, and cultural diversity. This understanding replaces judgment with empathy and ignorance with awareness. When people understand, they act with purpose—they support, create, and contribute rather than criticize or ignore. Ultimately, learning with purpose means using education as a guide for meaningful action. It is not confined to certificates or grades but is visible in everyday choices—how we communicate, how we solve problems, and how we contribute to society. Education, when truly embraced, becomes a lifelong journey that shapes individuals into thoughtful, responsible, and compassionate human beings.

When education connects to real life, it stops being a subject we study and becomes a life we lead.



Prepared by Arly Arun

Primary School: Science Department: Grade 3-5



Student Article- Yamina Mohammed- KG II B
Topic- A World Made of Candy

COMMUNITY TEACHING: TEACHING CHILDREN THE JOY OF GIVING



Parent Article - Anna Mary Antony

Student Name - Joseph Vinod Kavalakkat -KG I B

“Giving is not just about making a donation. It is about making a difference.”

-Kathy Calvin

The “act of giving” is not just limited to adults, we can inculcate this noble act of kindness in our children. Learning as always said begins at home. Teaching our little ones to contribute, even their tiniest bit which includes their time, food, toys or even a pair of listening ears are first step towards creating better humans for tomorrow.

Why is it important to encourage our children to give back to the community?

It helps:

- Building meaningful relationship & social bonds: Each act of giving creates a better bond with people, improving their self-esteem and the satisfaction of making the world a better place.

Giving Back to Your Community

Everybody falls on hard times, and it's important for us to be there for them to help get back on their feet. The following are just a few of the benefits that come with giving back to your community:



Positive Impact -
When you help someone that is struggling with self-sufficiency, you will have a positive impact on their lives and help them get one step closer to a better life.



Personal Well-Being -
When you volunteer, those you help will not be the only ones that benefit. Volunteering will give you a sense of fulfillment as well as gratitude.



Strengthen Your Community -
A community is only as strong as its weakest link, which is why when one of our neighbors needs help, we need to lend them a hand.



Meet New People -
Volunteering at our non-profit community center is a great way to meet like-minded people and expand your network.



Ripple Effect -
Giving back to your community will have an effect on more people than you know. When you help one person, it's likely that they will do the same.

- Caters Empathy & Personal growth: Volunteering helps develop leadership, teamwork and problem-solving skills while fostering a sense of responsibility and reduced stress, develops empathy and provides hope and care for people in need.
- Better mental health: Giving can increase positivity, self-satisfaction and reduced stress.
- Networking opportunities: Community activities give them an opportunity to meet new people, which help

them to develop their communication and problem-solving skills.

How can we nurture the joy of giving back to the community in children

- Being a role model for generosity: Children look up to and observe the adults.
- Demonstrating act of kindness like volunteering, donating or helping a neighbour, can inspire our young learners to follow.
- Make giving a part of everyday life: Encourage children to donate toys that they no longer use or to participate in food drives.
- Teach sharing is caring: Motivate children to share even in between siblings. Reinforce the idea that giving brings happiness to both the giver and the receiver.
- Encourage empathy through storytelling: Foster empathy through storytelling by sharing stories that carry meaningful lessons and values. If grandparents are part of the household, encourage children to spend time with them and listen to their experiences. Their stories can pass on wisdom and deepen understanding, while attentive listening also helps older family members feel appreciated, connected, and actively involved.



Conclusion: Encouraging our children to actively participate in the act of giving can help them develop compassion, become responsible citizens and most importantly let them have a positive and happy outlook with reduced stress towards life.

CELEBRATING SMALL WINS: ENCOURAGING GROWTH MINDSET AT HOMES

Parent Article- Maria Dsouza

Student Name- Ian Luke Gonsalves-KG II F



Success does not come overnight and neither does it come without failure. Success is neither to achieve nor impossible to scale. But success is not a destination. It is a journey. It is always in progress. Hence as a parent, it is vital that small wins are celebrated.

Small wins help children understand that with hard work and perseverance they can achieve feats. If we overlook the small wins but rather focus on huge awards, we fail to instill growth mindset in our children. By celebrating small wins, children learn to celebrate growth and progress over perfection. After all, the world does not need perfectionists but people who can grow and ensure progress. Small wins are the perfect learning moment for students to know that they need not be perfect. They just need to grow and

learn with every failure and challenge.

Celebrating small wins can be as simple as appreciating a child in kindergarten for eating their meal or even an attempt to read above average reading material. After all, every effort deserves acknowledgement and every small step counts. So let us remember that we do not need big breakthroughs to celebrate but rather every small step



towards a big breakthrough must be celebrated and appreciated. By doing so, we mould future citizens who grow with challenges and failure. They will be citizens who will set goals and persevere through the highs and the lows to ensure growth is a journey rather than a final point.

LEARNING WITH PURPOSE: CONNECTING EDUCATION TO REAL-LIFE IMPACT

Teacher Article – Ms. Shilpi Sharma – KG 2 C

Phase 1-Kindergarten



Introduction

Education becomes truly transformative when students recognize its relevance to real-life experiences. Purpose-driven learning extends beyond textbooks and traditional classroom instruction, inspiring students to apply their knowledge, skills, and understanding in meaningful contexts. This approach fosters deeper engagement, enhances curiosity, and cultivates lifelong learners who can confidently navigate the complexities of the modern world.

Real-Life Application of Learning

Learning acquires greater significance when students can relate academic concepts to everyday life. Mathematics, for instance, equips individuals with essential analytical and problem-solving skills used in financial planning, budgeting, time management, and measurement. When learners observe the practical application of mathematical concepts in authentic situations, their understanding becomes more concrete and purposeful.

Likewise, science nurtures awareness and understanding of the world around us. It encourages students to think critically about environmental sustainability, resource conservation, health, and technological advancement. By connecting scientific knowledge to daily experiences, students develop a sense of responsibility and become more conscious global citizens.

Importance of Communication Skills

Effective communication is a fundamental skill that shapes both personal and professional success. Strong language skills empower students to articulate their thoughts with clarity, confidence, and creativity. Through discussions, presentations, collaborative activities, and storytelling, learners enhance their ability to express ideas, listen actively, and interact respectfully with others. These competencies prepare students to thrive in diverse social and professional environments.





Building Essential Life Skills

Purposeful education also nurtures the development of essential life competencies such as critical thinking, collaboration, leadership, adaptability, and decision-making. Engaging students in group projects, inquiry-based activities, and real-world problem-solving opportunities enables them to become independent thinkers and responsible individuals. Such experiences cultivate resilience, accountability, and the ability to contribute constructively within a team.

Conclusion

As educators, our responsibility extends beyond academic achievement. We aim to prepare students for life by connecting learning to meaningful experiences. When education has purpose and relevance, students become reflective, compassionate, and future-ready individuals capable of contributing positively to society and creating lasting impression.

THE POWER OF SMALL IDEAS: HOW BIG CHANGES BEGIN

by Raahil Sheik XI-F

Big changes don't start with just grand ideas; they begin with small and seemingly meaningful ideas. A simple observation or a different way of thinking can trigger outcomes far greater than expected. It all begins with a single question: What if things could be different?

Small ideas are often overlooked. Most of the time, we get too



focused on celebrating the grand milestones and forget that everything great once began as just a modest idea. Take Apple for example. This billion-dollar corporation began as nothing more than a project started in Steve Job's garage. What makes ideas powerful are not their size but rather the potential that they carry. With the right tools, a good idea can spread far beyond its origin, and that tool is action. Small ideas only grow when someone chooses to pursue them rather than dismiss them.



This matters for everyday life too. You don't need some huge ideas to create an impact. A small habit or random thought has the power to turn into big milestones we once thought we could never achieve.

The greatest mistake anyone can make is waiting for a big idea before you begin. Start small and start now. You never know if what you do today can end up being the seeds for your future breakthrough.



WHY LEARNING NEVER STOPS

Lavishkka Dogra XI-B

Learning is a constant in life that can naturally be equated with growth. It is essential to adapt a learning and nurturing mindset towards change, especially in a world so fast-paced and evolving like ours. Think of it as an outcome of every experience, whether failure or victory, or something as simple as growing a plant with trial and error. The person learns involuntarily of the plant's needs.

Furthermore, research has proven that this concept is a cognitive and biological truth. In this way, learning is not defined by formal education, but also by personalized experiences and skill acquisition that help build the frontal lobe.



Features of the brain that enable this include, neuroplasticity, that shows that the brain grows even after childhood, forming new neural pathways based on new experiences. Secondly, studies show that cognitive adaptability remains at an all time high throughout life. Lastly, the “learning loop” and forgetting curve, which show that people forget 90% of information they read, hence having to repeatedly reinforce it into the mind for retainment.

Learning is not just tied to school or work; it is all around us in every spectrum of life. Curiosity can thrive even amongst mundane things if one looks for it, proving that one can learn, irrespective of one's age.

WHY LEARNING NEVER STOPS

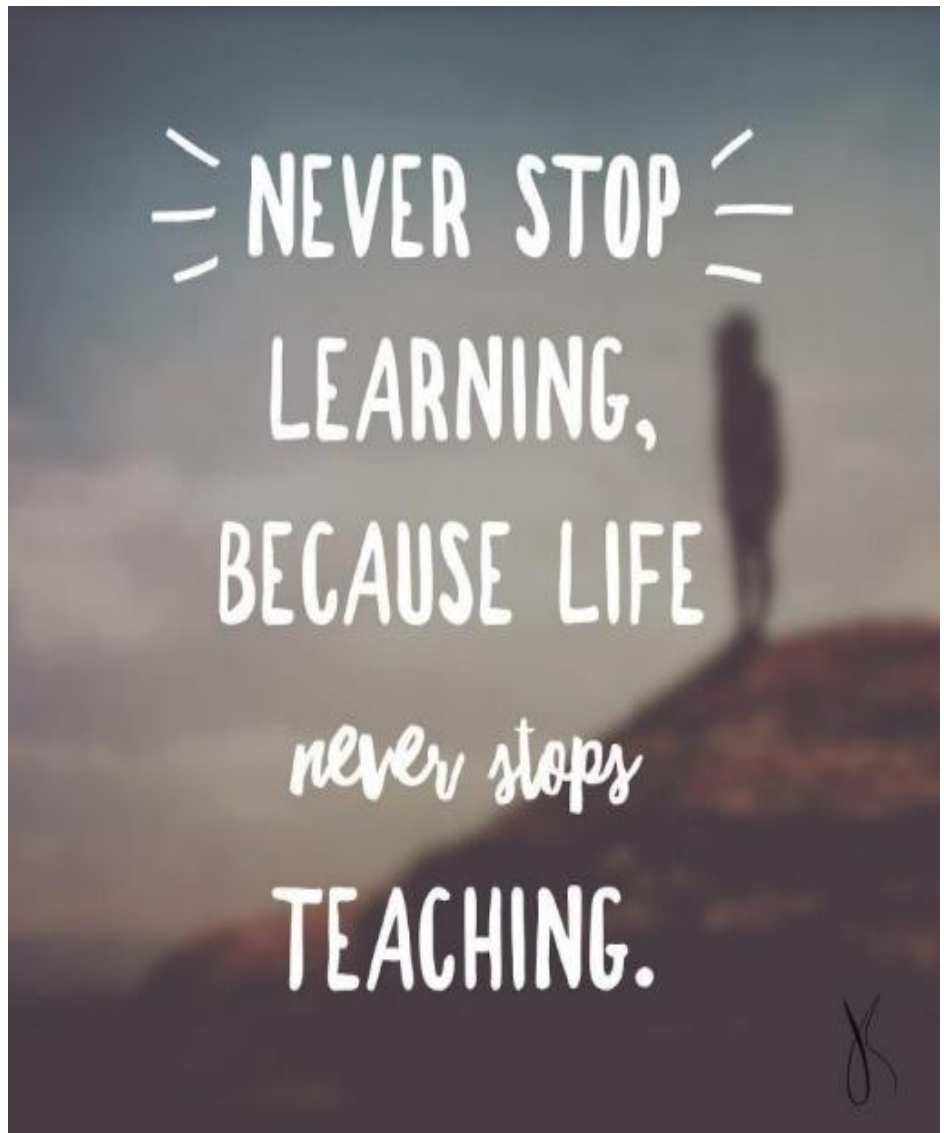
Name: Anshi Bajaj

Grade/Section: XI-B

Learning does not stop when school is over or exams are finished. It carries on through experiences, conversations, mistakes and curiosity. Every stage of life has something to teach us, whether that is a new skill, a new perspective, or a better understanding of ourselves and others.

Life-long learning has become increasingly important in today's rapidly changing world. Things are always changing. Technology changes. Careers change. Global issues change. People have to change to keep up, to be informed and capable. The more you learn the more confident, creative and open-minded you get. Learning also promotes problem-solving and helps people to take better decisions in their day-to-day life.

Moreover, learning is not just limited to textbooks. Reading, traveling, watching nature, listening to others and trying new things all help us to evolve. Even failures are lessons that build character and resilience.



And last but not the least, learning never ends as life itself is a classroom. The desire to learn keeps the mind occupied, stimulates progress, and helps people develop into thoughtful and capable individuals. People who keep learning their whole lives often get more chances, make better connections, and gain a greater understanding of the world around them.

ENCOURAGING A GROWTH MINDSET AT HOME

Mona Modi

Parent of Ria Modi (11B) & Shaurya Modi (5B)

In today's fast-moving world, children often feel pressured to achieve perfect results in academics, sports, and other activities. As parents, we believe it is equally important to celebrate small achievements because they play a major role in building confidence, motivation, and emotional strength. A child who is appreciated for effort learns to value progress rather than fear failure.

At home, we encourage our children to recognize every improvement, whether it is completing homework on time, learning a new skill, helping with household responsibilities, or showing kindness to others. Simple gestures like words of encouragement, appreciation notes, or spending quality family time after an achievement help children feel proud of themselves. These moments teach them that success is not only about winning but also about trying, learning, and growing every day.

Celebrating small wins also develops a growth mindset. Children become more resilient, positive, and willing to face challenges without giving up easily. When parents focus on effort and consistency instead of only results, children learn that mistakes are part of learning. In this way, families can create a supportive environment where children feel motivated, valued, and confident about their future.



**GROWTH
MINDSET**

EMPOWERING EVERY VOICE: SUPPORTING DIVERSE LEARNERS THROUGH FLEXIBLE TEACHING

Sana Mariam 11C

Every classroom is made up of learners of all different types who think, understand and express themselves in different ways. Some students grasp ideas quickly through visuals while others learn best through listening or even hands on practice. Based on this, it is important to remember that students come in all different shapes and sizes and no brain is unholdable just require different tools. These differences can hinder understanding, particularly in specific subjects, and impede educational progress (Akram et al., 2023)

To address these challenges, flexible and differentiated learning strategies are needed. Flexible teaching is about recognizing these differences and adapting to methods that can help each and every learner.

One important aspect of flexible teaching is the ability of a teacher to present the same topic in multiple ways. This can be through diagrams, 3D models, group activities, notes, simple explanations or even real life analogies and examples.

Another key approach that teachers could use is giving students a choice. By allowing students different ways to do the same task, they can choose what they are best and most comfortable in. The task can be done via an article, presentation, poster or even an essay. This approach allows students to be more confident and engaged with what they are working on. No child has to be bored of what they are studying or doing, by allowing this, the student can allow their strengths to build their own understanding.

The integration of AI and technology can also prove to be an insightful domain of flexible learning. Videos, Interactive quizzes, flashcards and digital models allow students to learn at their own pace.

Ultimately, teaching should not be done just to finish the portion and learning should not be done simply to gain marks, it is about removing barriers, building understanding and nurturing people who love to learn. When learning becomes fun and not a difficult task, success is secondary.

Hence, when teachers adapt their methods and inculcate diversity in learning, every voice in the classroom is heard and valued.

FROM PASSION TO PROFESSION: TURNING YOUR HOBBIES INTO FUTURE CAREERS

By: Adarsh Ravindran (Asst. MHEA Club Outreach Officer) 11-A

We have all heard that saying: "Choose a job you love and you will never have to work a day in your life." It sounds really great. Can you really turn your gaming sessions drawing or baking into a real job that pays the bills?

These days people are showing us that it is possible to turn something you love into a full-time job. If you like coding games drawing on the computer, writing, sports or making videos your favorite thing to do on the weekends might just be the start of your career... How do you make the switch from just doing it for fun to making a living from it?

From Hobby to Career

To turn your hobby into a job you need to change the way you think about it.

When you are just doing something for fun you only do it when you feel like it. You are doing it for yourself. The goal is just to have fun or relax after school.

When you are doing it as a job you have to show up and do your best every day even when you do not feel like it. You start thinking about how you can make something that other people will like not something you like.

Why Your Hobbies Can Help You Get Ahead

When you turn your hobby into a career you have a big advantage:

1. You have a head start because you have been doing this thing you love for a long time. You have been practicing for months or years. You have gotten really good at it without even realizing it.
2. You are also more likely to keep going even when things get tough. When you love what you do you do not get as discouraged when you run into problems.
3. When you are really passionate about something people can tell. You stand out from others because you are so excited about what you do.

When Fun Becomes Work

It is also important to be realistic. Sometimes when you start getting paid for something you love it can start to feel like a chore. This is called the "over justification effect."

To keep loving what you do you have to accept that there will be parts of the job that're not as much fun. A designer has to edit things over and over and a game maker has to fix bugs in the code. Doing the not-fun parts of the job is what makes someone a professional.

A Simple Plan for Students

If you want to start turning your hobby into a career here is what you can do:

Share what you do with others. Do not keep your talent hidden. Put your work online start a blog show

your work at school join a club or enter a contest. Get used to people seeing what you can do. Then, make a portfolio of your work. Put all your projects in one place, like a folder or a website. This is like a resume that shows how you have grown. You can keep learning things. When you are just doing something for fun you tend to stick to what's easy.. If you want to make a career out of it you have to challenge yourself to learn the hard parts. Do not overdo it. Keep some of your hobby for fun so you can always relax and not feel like you have to make something perfect.

At the end of the day turning your hobby into a career is, about taking control of your future. It means you get to do something you love every day. That is a great feeling. With a discipline and planning, you can turn your favorite hobby into your dream job.



FROM
PASSION TO
PROFESSION

GROWING STRONGER TOGETHER: NURTURING

Emotional Wellbeing in School Life School is more than just a place for studying. It is a place where students grow

Pastoral care plays a pivotal role in helping students feel safe, valued, and supported. It focuses on the overall wellbeing of every student. A caring school environment allows students to build qualities such as confidence, resilience, and positive relationships that help them succeed both inside and outside the classroom.

One of the most important aspects of nurturing emotional wellbeing is creating an environment focused on kindness and respect. Teachers, counsellors, and support staff all contribute to building trusting relationships with students. Even a simple conversation or word of encouragement can make a meaningful difference in a student's life. Friendships and peer support are equally important in promoting emotional health. Schools can encourage teamwork, inclusion, and empathy through group activities, mentoring programs, and awareness campaigns. When students learn to support one another, they develop stronger communication skills and a deeper understanding of different perspectives. Mental health awareness is another key part of pastoral care. Schools should provide opportunities for students to learn about stress management, self-care, and emotional resilience. Activities such as mindfulness, sports, creative arts, and open discussions can help students manage anxiety and maintain a healthy balance in their daily lives. Parents and guardians also play a significant role in supporting emotional wellbeing. Strengthening communication between home and school creates consistency and reassurance for students.



By working together, families and educators can identify challenges and provide the guidance needed for students to thrive. Nurturing emotional wellbeing is not the responsibility of one person alone; it is a shared effort. When schools prioritize pastoral care, they create an environment where every student feels empowered to grow, learn, and achieve their potential. By growing stronger together, school communities can inspire more confident young people for the Future.

DIGITAL WELLBEING IN STUDENTS: CREATING HEALTHY TECH HABITS

Today, we eat while watching TV, scroll endlessly before sleeping, sacrifice study time for phone time, and spend free time gaming. Slowly, without even realising it, these devices stop helping us and start controlling us. But devices were never the problem, they were made to make life easier by storing files, saving contacts, using words, dictionaries, maps, and free information online. The problem does not lie in the devices themselves, but in the way we use them.



Students often spend 6 to 8 hours a day on screens outside school, which can seriously affect sleep, focus, and mental sharpness. But the good news is, it's fixable. Starting with the 20-20-20 rule. Every 20 minutes, look 20 feet away for 20 seconds. Set strict app limits, keep phones away at least 30 to 60 minutes before bed. And swap mindless screen time with real-life activities like sports, reading, or hobbies. These small switches and controlled screen time slowly build up and contribute towards a healthier, focused and self-regulated version of you, where technology supports your life rather than dominates it.

Digital well-being is not about rejecting technology but using it in a balanced way. Managed well, screen time improves focus, sleep, and productivity. Technology should support learning and growth, not dominate attention and routine.



-Swara Dhabe, XI D



COMMUNICATION SKILLS IN THE 21ST CENTURY: BEYOND SPEAKING AND WRITING

In today's world, we communicate in many ways, far more complex than the traditional acts of talking and writing. Ever since technology and globalization have gained tremendous popularity, modern communication now requires active listening, deep understanding, and the effective utilization of modern digital tools. Communication is the fundamental cornerstone and foundation for success in school, at work, and in our daily lives.

In the 21st century, digital communication is more than a tool, it is a survival skill as social media has transformed how we build our identity and community. The speed of online culture and "viral" slang have created a new world where staying "in the loop" is the main way to belong. These digital changes have made communication instant and informal, often merging our personal and professional lives. While this allows creativity, it also forces us to constantly manage our digital selves to fit into a changing culture.



This fast-paced development of technology comes with its own set of problems. When individuals engage with people who come from different backgrounds, there is a need for morals such as empathy and respect for each other in order to establish effective and long-lasting relations without any miscommunication. Otherwise, there would be issues like online harassment, stereotyping of culture, and loneliness. This could result in digital burnout and loss of trust among people.

In conclusion, communication now is a mix of many skills. By acquiring and developing these skills, students will be in a position to perform well both academically and personally.



Hatim Palasiya, XI H

THE ROLE OF EMOTIONAL INTELLIGENCE IN STUDENT SUCCESS

"Grades may open doors, but the emotional intelligence of a student will show how resilient he or she is." In today's highly competitive academic environment, success is often initiated with high marks or a student's intellectual ability. Nonetheless, an equally important factor that shapes a student's journey is emotional intelligence; The ability to understand, manage and respond to one's own self as well as others. It plays a crucial role for students to navigate during moments of adversity, to maintain meaningful relationships and to have a balanced approach to learning.

Beyond academics, emotional intelligence plays a decisive role in shaping a student's mindset and tenacity. Students who possess strong emotional awareness are better equipped to regulate stress, remain composed in the face of angst and persevere despite setbacks. Rather than succumbing to frustration, they're likely to adopt a reflective approach, analyzing their shortcomings and striving for continuous improvement. This ability to remain mentally unflustered significantly enhances both performance and self-satisfaction.

Furthermore, emotional intelligence fosters effective interpersonal relationships within the academic environment. In collaborative events, such as group discussion and projects, emotionally intelligent students demonstrate empathy, active listening, shared responsibility and respect for diverse perspectives. Through which an inclusive atmosphere is generated, not only improving teamwork, where ideas can be exchanged freely and constructively.

To conclude, emotional intelligence is not merely a supplementary skill but a fundamental pillar for a student's emotional growth. While intellectual ability may drive academic achievement, it is emotional intelligence that sustains it by fostering resilience, empathy and discipline. Students who cultivate this quality are better prepared to navigate challenges.



Mohammad Zayan, XI-I

THE IMPORTANCE OF ADAPTABILITY IN A CHANGING WORLD

Humanity is progressing faster than ever before, and the need for one skill stands out: adaptability. Adaptability has been a core principle of our existence since the beginning of time. When the world becomes unpredictable, do we try to break the waves or move along with them?

“Empty your mind. Be formless. Shapeless. Like water. You put water into a cup; it becomes the cup. You put it in a teapot; it becomes the teapot. Water can flow, or it can crash. Be water, my friend.” This timeless Taoist principle, made famous by Bruce Lee, is commonly associated with the concept of



adaptability. This philosophy describes the formlessness of water. Water takes the shape of the container it is poured into. It adapts. In a world that constantly shifts, being like water means moving around obstacles with fluidity. Change is inevitable. Developing the ability to cope with constant changes in our environment is crucial for our well-being. Adaptability fosters resilience, as it shifts our perspective from “what was lost” to “what can be done now.” Beyond personal well-being, it instils in us the ability to unlearn and relearn, and enhances problem-solving skills, allowing one to thrive even amidst

uncertainty.

Ultimately, the future belongs to the agile: those who face the tides with grace rather than fearing the unknown. Adaptability is the highest form of optimism.

It is the quiet confidence that we possess the internal tools to thrive, even when the world shifts. Embrace the bend, and you will never break.



- Saniksha Singh, X D



THE SHADOW WHO LEARNED TO FLY

It found me in the quiet.
A shadow stitched beneath my skin.
Breathing beneath each heartbeat.
An echo of the war I held within.
Watching when I closed my eyes.

From nights that would not let me rest,
They spoke in whispers laced with slow descent.
Of tired bones that longed to fade,
They pulled me downward, patient and intent,
Till falling felt far kinder than to wrest.

It pulled me downward, inch by inch, convinced
And so I slipped through the cracks,
Through skies that could not hold my weight,
Through air that thickened, heavy as regret,
And somewhere in the fall, it began to rain.

Every breath felt heavier than the last,
As if the sky itself remembered my past.

The rain kept falling, cold against my skin,
Harder and harder, echoing my fall.
A thousand quiet voices in it all.
As if the storm had learned my name by heart.

It became the language of my pain,
Each drop returns what I hid again.
Each drop a story I had never told,
Each depth a truth I tried hard to forget.

The ground never came, just endless night,
A void vast enough to make me small,
Where even stars had long abandoned light,
And hope felt like the faintest lie of all.

I walk among the shadows.
They greet me like old friends.
They are standing there.
Almost as if they are calling me
Waiting for me to embrace them.
They did not chase me, only held their place,
They held no chains, no force to make me stay,
Just open arms beneath the endless sky,
As if surrender were a gentler way,

And I almost let the darkness take me whole,
Nearly became the silence in the deep,
And I almost did let it name me, keep me.
Because it promised quiet.
Because it promised an end.
But somewhere in the fall.
In that endless, weightless drop.
I realised something that it never told me.
The shadow was not something chasing me.
I reached for them, not out of need to fall,
But desperate now to finally understand,
And when I looked at what I had become,
I knew them then, not strangers, nor unknown,

But every fear I buried out of sight,
The grief, the doubt, the pain I called my own,
The parts of me I hid away from light.

And in that letting go, something shifted within me,
Like a breath I never knew I was holding, breaking free.
The weight that once pulled me downward began to loosen,
Not gone, but transformed into something I could finally stand within.
I did not escape the shadow. I moved through it.
Not as something left behind, but something understood.
And in that understanding, the fall did not end me.
It shaped the way I learned to rise.
I am not free of the dark.

But it no longer decides where I go.
It no longer defines the sky I walk through.
And for the first time,
I am no longer falling.
The dark still moves beside me.
No longer a weight,
No longer a pull toward the endless.
And in learning it,
I'm finally facing it.
Somewhere between the weight and the sky,
I found something softer than surrender,
The quiet, steady shape of flight.



-Tara Subramanian, IX I



THE DOOR THAT OPENED TOMORROW

In a world of screens that glow so bright,
And endless scrolling day and night,
There stands a door both strong and wise,
A path where endless knowledge lies.
Books become the keys we hold,

More precious than gems or gold.
Each page we turn, each word we see,
Unlocks a world of possibility.
Reading sharpens thought and mind,
Leaving ignorance far behind.

It teaches students how to grow,
To question deeply and to know.
Through science, history, tales, and art,
Books awaken every heart.
The dreams of leaders, old and new,
Inspire us all in what we do.

Reading also brings calm and peace,
Making stress and worries cease.
It builds imagination's light,
And fills young minds with vision bright.
The student who reads begins to see
A future shaped by curiosity.
For every book and every morrow
Becomes the door that opens tomorrow.



-Aanya Siddamsetty, IX H

LEARNING WITH PURPOSE-CONNECTING EDUCATION TO REAL LIFE IMPACT

In the United Arab Emirates, education is rapidly evolving to prepare students for a future shaped by innovation and sustainability. As a biology teacher, I believe learning becomes truly meaningful when students connect classroom concepts to real-life challenges within their own communities.

The UAE provides rich examples for purposeful learning. When students study ecology, they can explore local environments such as mangroves in Abu Dhabi or desert ecosystems, understanding how these habitats support biodiversity and protect coastlines. Topics like water conservation become more relevant when linked to the country's efforts in desalination and sustainable resource management.



National initiatives such as the UAE Green Agenda and Net Zero 2050 strategy further highlight the importance of environmental responsibility. By discussing these programs in class, students see how scientific knowledge contributes to national development and global sustainability goals.

The CBSE's new *Kaushal Vikas* initiative, particularly in areas like precision farming, is a significant step forward. It equips students with practical skills such as using data, sensors, and modern techniques to improve agricultural productivity. In a region like the UAE, where food security is a priority, such knowledge becomes highly relevant. Students begin to see how science can support sustainable farming even in challenging environments.

Ultimately, learning with purpose empowers students to apply biology beyond the classroom, inspiring them to protect their environment and support a sustainable future.



By Susan Jabi

Department of Science

BUILDING RESPONSIBILITY: PREPARING CHILDREN FOR AN INDEPENDENT FUTURE

In today's rapidly changing world, one of the greatest gifts adults can give children is the ability to become independent, confident, and responsible individuals. Independence does not mean leaving children to figure everything out on their own; rather, it involves gradually equipping them with the skills, values, and mindset needed to navigate life successfully. Preparing children for an independent future is a long-term process that begins at home and continues through education, social experiences, and everyday responsibilities.

As a parent, one of the biggest struggles is to strike the balance between protection and freedom. While it is natural parental instinct to shield children from difficulties, overprotecting them can limit their ability to grow independently. Gradually increasing responsibilities and allowing children to experience consequences helps them develop maturity and accountability.



Elucidating on the previous point, I believe independence begins with small responsibilities at home. From an early age, I encourage my children to complete simple tasks on their own, such as organizing their belongings, helping with household chores, and managing their schoolwork. These daily responsibilities may seem minor, but they teach discipline, accountability, and self-confidence. I want my children to understand that being capable and responsible is an important part of growing up. What I see around is that many parents feel pressured to do everything for their children in order to save time or protect them from difficulties. However, I believe that overprotecting children can prevent them from developing independence and confidence. As a parent, I also believe that allowing children to make choices is an important part of building responsibility. Whether it is deciding how to spend their free time or managing their homework schedule, giving children opportunities to make decisions teaches accountability. Of course, mistakes are sometimes unavoidable, but those moments often become the best learning experiences. Instead of immediately stepping in to fix every problem, I try to guide my children toward understanding the consequences of their actions and learning from them. I want my children to understand that responsibility is not only about personal tasks but also about being kind, dependable, and considerate toward family members, friends, and the community. One very important thing that I want my kids to learn is emotional independence. They should be able to handle stress, disappointment, and conflict in a healthy way. They should be comfortable expressing their thoughts and emotions. Ultimately, my greatest hope as a parent is to raise kids who are kind, responsible, and capable of creating fulfilling lives for themselves. Preparing them for an independent future is not about pushing them away; it is about giving them the confidence to move forward knowing they are capable of handling life's challenges. Academic success is a small part of the overall personality of a child. If I can raise children who believe in themselves, make wise decisions, and contribute positively to society, then I will feel that I have succeeded as a parent.



Rani Jha (Parent of Vyom Jha, IX B)

CELEBRATING SMALL WINS: ENCOURAGING A GROWTH MINDSET AT HOME

A growth mindset, in a simple term, is a positive and thoughtful perception toward the outcome of an action. Failure and success are both essential in life. Children often lose confidence on unsuccessful attempt! Failure is not a defeat but a lesson. Success is an outcome directed efforts that eliminate possibilities of failure and that knowledge comes through the learning from failures. A growth begins when children understand that effort matters more than perfection. With a growth mindset, they learn that abilities improve through practice, persistence, and learning.

A child's growth mindset starts developing at home, where parents quietly shape a his/her confidence and attitude. Children learn by watching how parents respond to challenge and setbacks. They often feel what their parents do is right and mimic their actions and behaviour. When parents value efforts over results and encourage trying without fear of failure, they nurture resilience, confidence, and a genuine love for learning. This teaches their kids, rather than focusing on the outcome, the hard work and dedication they put is what matters more. This encourages them to always value the effort they put rather than the results. The home is a child's first school, and parents are their first teachers. That's why it matters so much for parents to model a growth mindset themselves. When children see adults staying calm during setbacks, and learning from mistakes, and trying again with a better approach, they naturally learn to face challenges with the same determination and resilience. By encouraging them to take on challenges instead of running away from them, the kids learn how to face difficulties in life bravely and strongly.



In the end, nurturing a growth mindset is one of the most important parenting skills, offering children a positive way to see life is one of the greatest gifts a parent can give. With steady and humble encouragement and patience, children learn to trust themselves and keep going even when things feel difficult. This quiet confidence supports them in school and shapes how they face life, building resilience, hope, and a strong foundation for a brighter future.



By Ms. Payal Shah (Parent of Aayush Shah, IX B)

THE POWER OF SMALL IDEAS: HOW BIG CHANGES BEGIN

The underlying assumption here is that only important decisions or actions can bring about changes. Nevertheless, that assumption does not have to be true. Indeed, continuous small modifications sometimes bring about great results. The regular studying of students for a few hours every day will lead to great results in their school performance. Likewise, the regular physical activities of people result in good outcomes concerning their health.

Moreover, environmental changes resulting from people's small activities are essential too. Such behaviors as using environmentally friendly shopping bags, recycling, saving electricity and water can seem to be insignificant on an individual level. But when all of those activities are combined together and performed by a lot of people, who number millions, they create great results. On a personal level, some constructive small things like helping others or remaining positive can influence oneself and make people feel more positive about themselves.



Many great results of the past were achieved because of insignificant things that happened to people. Small things do matter, despite their size. The small continuous modifications are very powerful and can help bring about positive changes to the planet.

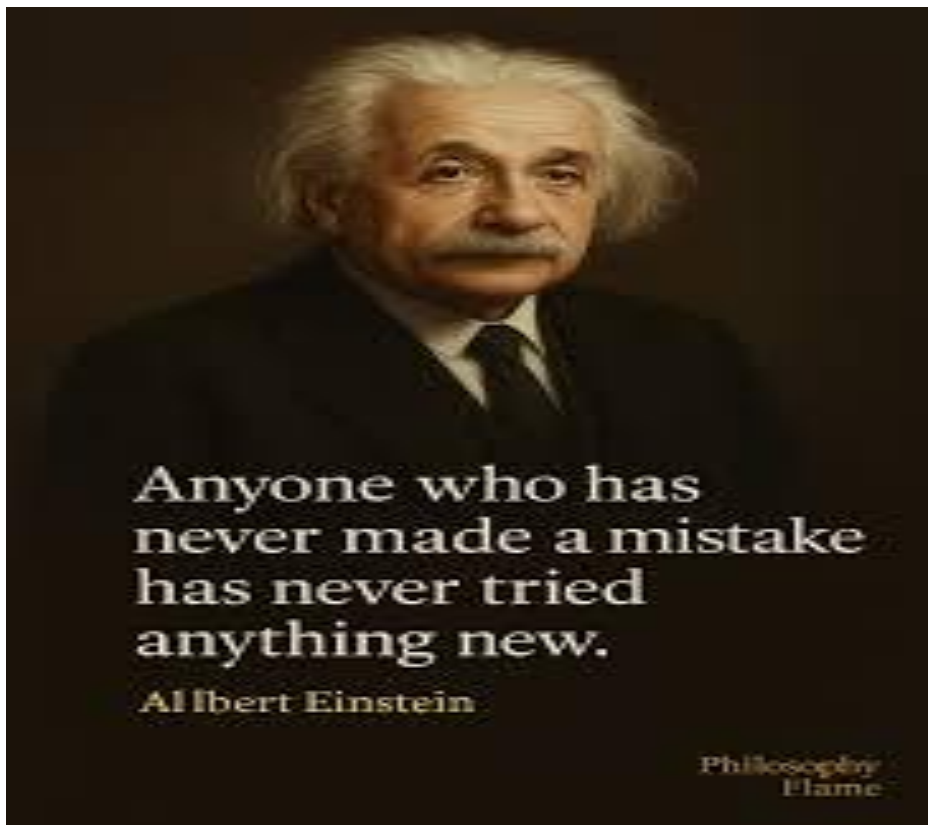


-By Namah Bhatiya ,9I

LEARNING FROM FAILURE: MY GREATEST TEACHER

Failure is something we all go through, but it doesn't feel good when it happens. I remember the first time I failed an important test. I had thought I was prepared, but deep down, I knew I hadn't really studied properly. When I saw my marks, I felt sad, embarrassed, and even a little scared.

For a while, I kept thinking about what went wrong. Then I realized that I spent too much time on distractions and didn't revise regularly. Instead of feeling bad for too long, I decided to change. I asked my teacher for help, made a simple study plan, and started focusing more during my study time.



It wasn't easy at first, but slowly things improved. In my next test, I did much better, and that feeling made all the effort worth it. More than the marks, I felt proud that I didn't give up.

This experience taught me that failure is not the end. It is actually a lesson in disguise. It shows us where we need to improve and helps us grow stronger.

Now, I don't fear failure as much. I see it as a guide that pushes me to do better and become more confident.



Ram Kishore Thirumalai Murugan, IX B

WHY LEARNING NEVER STOPS



By Shaurya Shukla, IX B

Many people think learning only happens in school, but that is not true. Learning never really stops because every day teaches us something new. We learn from our mistakes, our experiences, and even from the people around us. A person can be out of school for years and still continue learning through work, travel, hobbies, and daily life.

Technology has also made learning easier than ever before. Students can watch educational videos, read articles, or learn new skills online within minutes. Someone can learn how to play an instrument, cook food, or even speak another language from home. This shows that education is not limited to classrooms or textbooks.

**NEVER STOP
LEARNING
BECAUSE LIFE
NEVER STOPS
TEACHING**

Learning is important because the world keeps changing. New inventions, ideas, and discoveries appear all the time. If people stop learning, they may struggle to keep up with modern life. Continuous learning also helps people grow as individuals and become more confident.

In my opinion, learning is a lifelong process. No matter how old someone is, there is always something new to understand or improve. A curious mind will always find ways to learn and grow.

THE LITTLE KEY TO A BIG DREAM

It wasn't something spectacular from the very beginning, Nothing extraordinary nor a perfect morning,
It was just me being more involved in learning,
Putting a bit of extra time in something of my choosing.

Spending more time every day to study, Making some efforts each evening,
Even if on some days nothing special happened, Still I managed to make those efforts.
People usually do not pay attention to small things, All those attempts, failures and humble beginnings,
Only the successful end of the process makes an impression, making people notice all those efforts
finally.

There was a distant goal which seemed to be unreachable, but moving slowly and steadily toward it, step
by step,

I started to notice how close to achieving my aim I actually am.

No magical key, just my efforts,

Habitual actions carried out each day, Actions, which often remain unseen by others, but build up
gradually my success.



And there came a moment when all efforts Which seemed insignificant before,
Proved to me that I've been progressing in achieving my goal.



By Ashish Chavva, IX B

MY INVISIBLE FRIEND



-By Aryashree Padmakumar, IX I

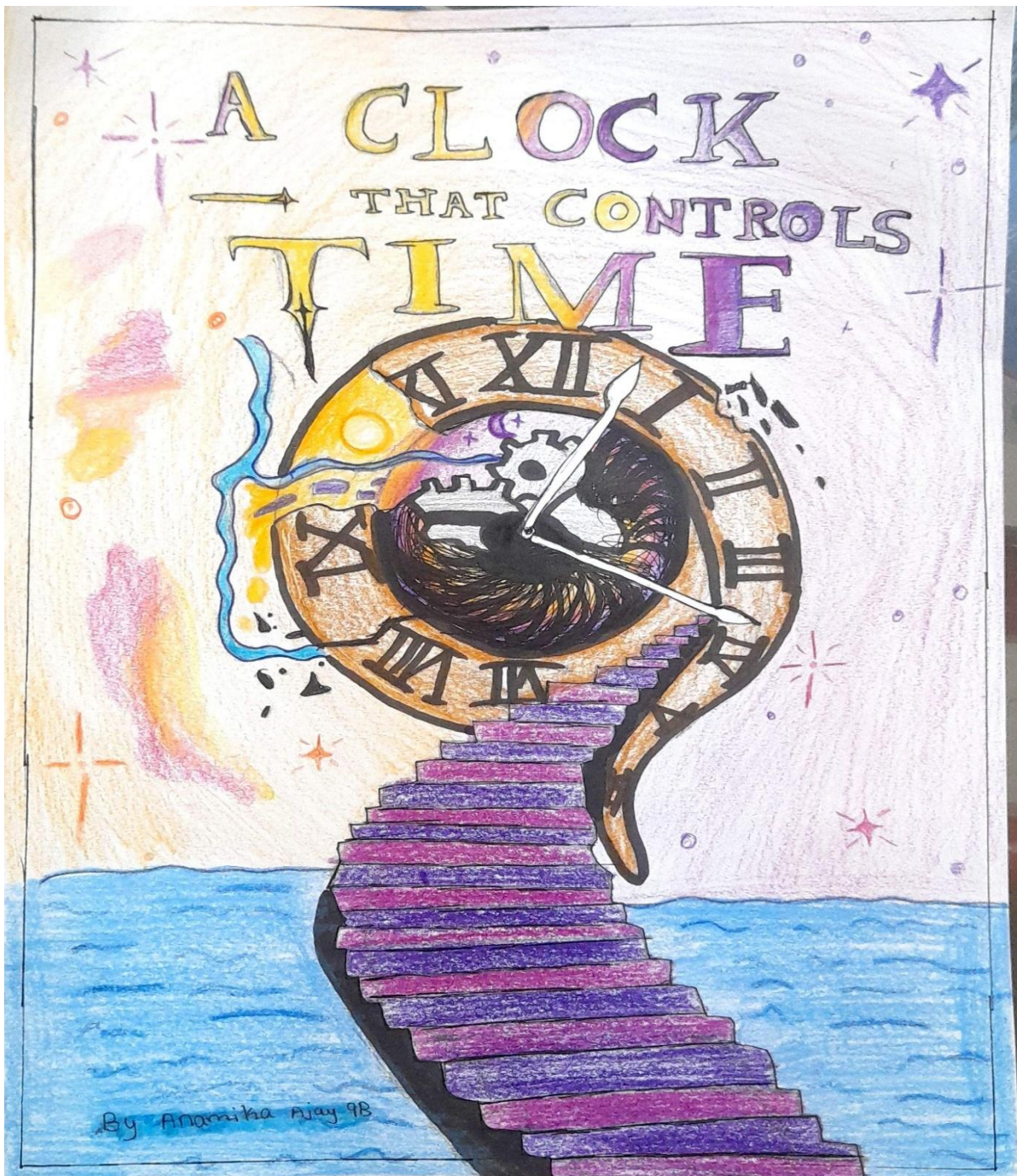
The wind was the only one pushing the swing,
But tucked at my side was an invisible wing.
The world grew bitter and the people unfond,
Unincarnated, yet great was our bond.

The fear in my chest grew as tall as the trees,
But her hush was a lullaby carried on breeze.
Where empty, dark hollows once lived in my mind,
She weathered the loathing and stayed ever kind.

I am the setting sun, she is the moon,
A love I've been promised, but not quite so soon.
Though I am a vessel for things that depart,
I keep her securely, a world-map at heart.

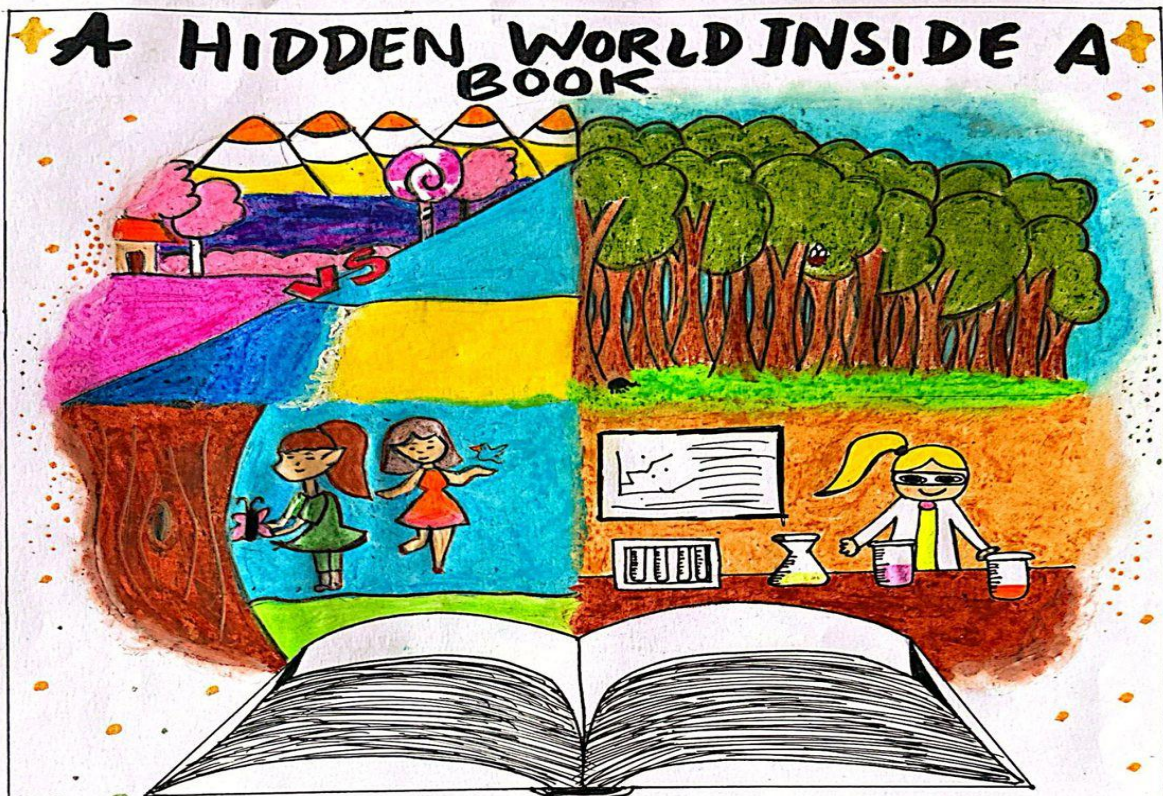
She is my future, the one I now own,
The greatest affection I've ever been shown.
So I'll walk the long road, no longer alone,
With an invisible friend on a path of our own.

A CLOCK THAT CONTROLS TIME



By Anamika Ajay, IX B

A HIDDEN WORLD INSIDE A BOOK



“Books and doors are the same thing. You open them, and you go through into another world.”

- Jeanette Winterson

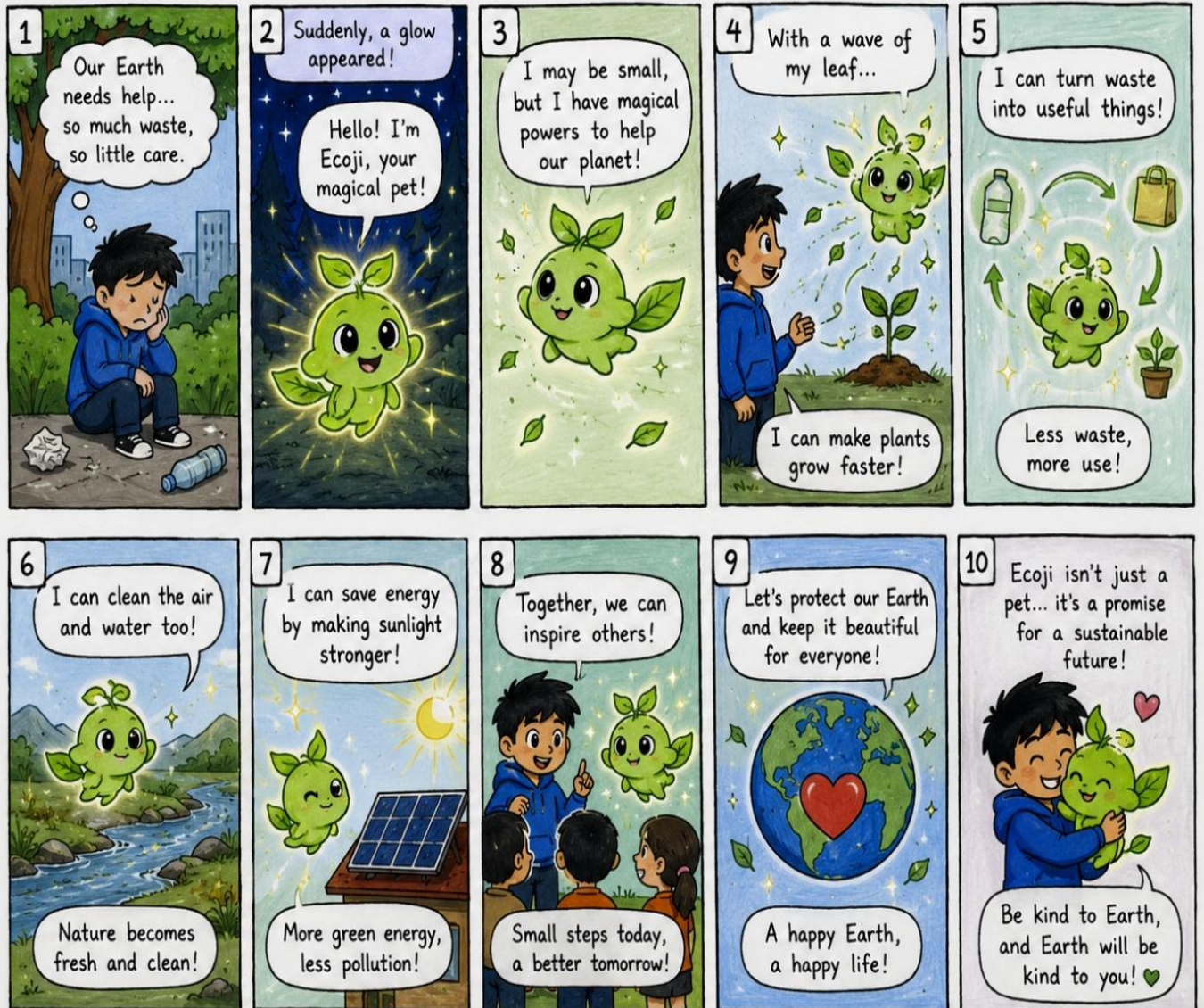
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Saanvi Ray 9B



By Saanvi Ray, IX B

COMIC- INVENT A MAGICAL PET



Senthil Balaji

9I



By Senthil Balaji, IX I

IF I COULD FLY, I WOULD...



By Tara Subramanian, IX I

If I could fly, I would...

Race the clouds before the rain,

Wave at birds like they're my best friends,

And dive through sunsets made of gold

Just to see where the sky ends.

I would borrow helium from a balloon,

Glide past satellites and stars,

Test gravity just for fun,

And map the sky as astronauts do.

Maybe I'd ride jet streams like invisible highways,

Study birds to master aerodynamics,

And float past storm clouds crackling with static electricity.

I'd count the stars without city lights in the way

And turn the entire sky into my own science lab.

Now it's your turn!

If you could fly for a day, where would you go first:

The clouds, space, or somewhere completely unexpected?

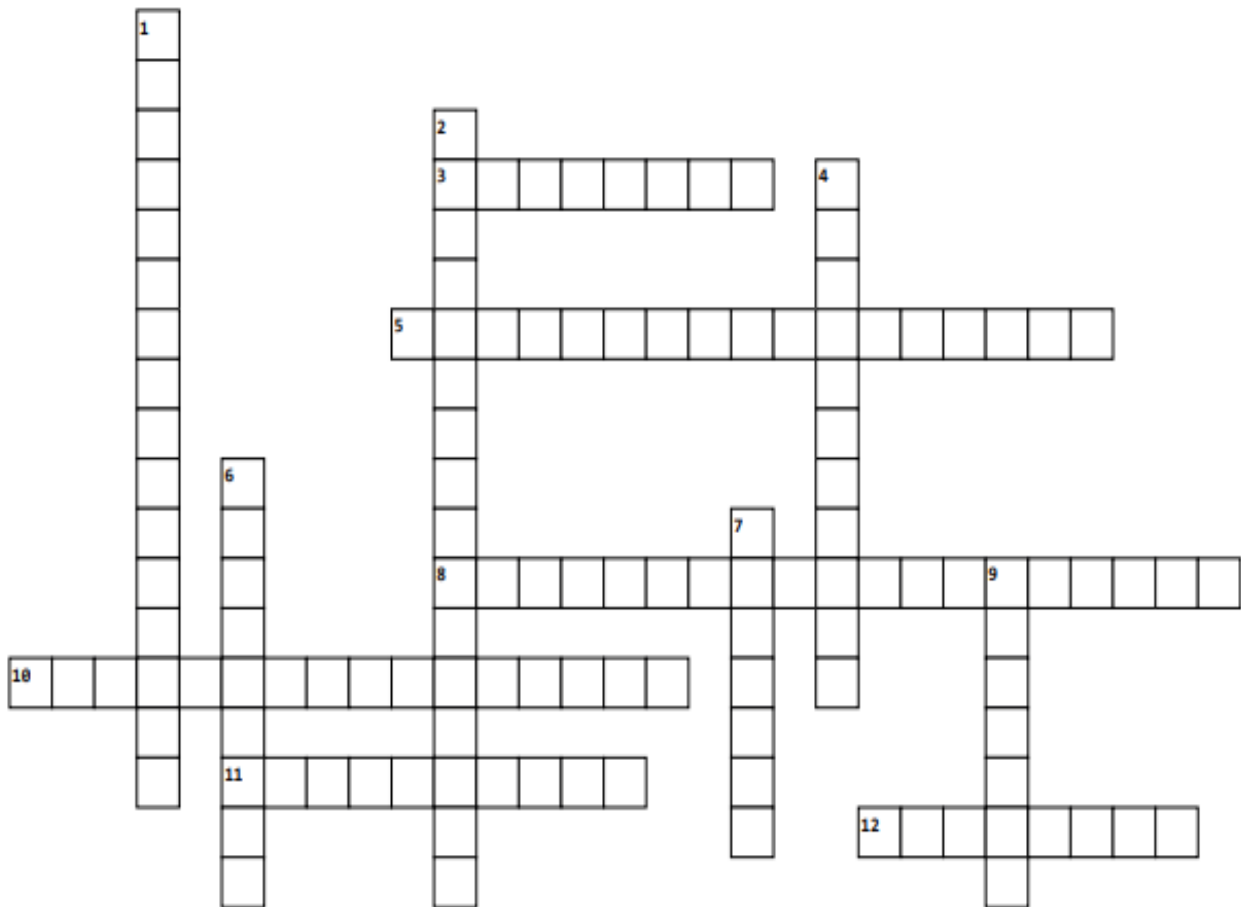
Create your own flight route:

Where would you start, what would you see along the way?

What do you think will be your craziest stop?

Finally, what's the most impossible place you would try to reach if the sky had no limits?

CROSSWORD PUZZLE: EMOTIONS & EXPRESSIONS



Across

- 3.** Emotional center of the brain and part of the limbic system.
- 5.** Body language, facial expressions, tone of voice and the way you use your words (not the words themselves).
- 8.** An observable sign of an emotional state.
- 10.** Emotions that people are trying to hide that last under ½ a second.
- 11.** The structure, form, and looks of facial expressions.
- 12.** Testing your ability to perform clearly for others.

Down

- 1.** Smoothness in expressing emotions.
- 2.** Emotions aren't trying to be concealed or hidden that last over a second.
- 4.** When 2 or more emotions are present in the face.
- 6.** Scientist and psychologist who is known for his work in micro facial expressions, found that emotions are universal.
- 7.** Whether an emotional communication is positive, negative or neutral.
- 9.** A psychological state involving subjective experience, physiological response, and behavioral or expressive response.

ANSWERS

ACROSS

3. Amygdala
5. Paralanguage
8. Expression
10. Microexpressions
11. Facial Configuration
12. Performance Testing

DOWN

1. Fluidity
2. Macroexpressions
4. Blended Expressions
6. Paul Ekman
7. Valence
9. Emotion



by Rohan Agarwal IX B

THANK

YOU!

