

MARCH 2024

GENTE PERIODICO



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Editorial's MESSAGE



designer

Thanusree A

Esteemed readers,
It is with bittersweet emotions that I welcome you to the last edition of our magazine this academic year. As the editorial secretary, I am thrilled to have been a part of the creative journey that brought this publication to life. While this marks the end of one chapter, we eagerly look forward to the new stories our students will create. Enjoy the final edition, and thank you for being a part of our remarkable journey. Thank you for joining us on this adventure.

Dear readers,
Discover the essence of our school year in the pages ahead! From achievements to creativity, let this magazine be a snapshot of our collective journey. Enjoy the stories of resilience, talent, and growth that define our vibrant school community. Happy reading!



chief editor

Naman Srivastava



planner content

Sachithaa P

Dear readers,
As we bring another issue to a close, we want to extend our heartfelt gratitude for your continued support and engagement with our magazine. As we navigate through these ever-changing times, we recognize the importance of staying informed and connected. Thank you for being a part of our community. We look forward to the upcoming year's editorial committee bringing you more exciting content in the future.

Editorial's MESSAGE



Pratikhya Satpathy

This is Pratikhya Satpathy, one of the 9th grade editorial secretaries. I really love writing and this magazine was a great opportunity to showcase my talent. I find it super fun and interesting. I write not only for myself, but for other people to relate and agree on past experiences and present opinions. The whole Editorial Team has worked hard in compiling the magazine. Hope you all enjoy the latest edition.

Hello Readers,
I am honoured to have been a part of this year's editorial committee, which is the heart of communication and creativity. With a keen interest in writing and journalism, I hoped to capture your interest as a reader in our magazine. It was a daunting yet rewarding task of compiling reports on events in our school. I hope that everyone reading this magazine, gets glimpses of vignettes of our school life.



P R Chandinesswari

Editorial's MESSAGE



Hi, everyone!!

I am one of 8th grade editorial secretaries. I am overwhelmed to be a part of this year's team. I, with my fellow members, have contributed in preparing this magazine to showcase the expressiveness of the young minds of our school. I hope this magazine is delightful, fascinating and makes you come across new things.

Vivek Vijaya Shekar

Greetings!!!

I am happy to be a part of the editorial committee of my school. I've always had a passion for writing stories and articles which enabled me to assist in the compiling of the school magazine. The Editorial group has relied on each other for behind – the – scenes work done, and I believe that it's been a great experience being on the editorial team. we hope you enjoy reading the latest edition of this year's magazine. Enjoy reading!



Vikrant V Nair



Dear readers,

My name is Anukriti Bhowmik, and I welcome you to the latest edition of our school magazine. I am extremely grateful to have this opportunity to help in creating this magazine along with my senior members, fellow pupils and esteemed teachers. I deeply enjoy writing and I sincerely hope that every reader enjoys the magazine wholeheartedly.

Anukriti Bhowmik

Principal's MESSAGE



Mrs Chitrakala Ramachandran

Dear Students,

“Work while you work and play while you play”, –an old saying which clearly speaks about a balanced life style for children in particular.

In the rat race of getting high grades and seats in reputed colleges, students, parents and schools have snatched the childhood from the child. Holistic development of a child takes place only when the day is planned in a balanced manner. Ambitious parents may ask, ‘Why play? It is only important to score well’. Depriving playtime creates an adverse impact on the overall development of a child.

Through play, the child learns the world by himself. It helps to improve survival skills, confidence, self-esteem, social silks and to cope up with challenges. Play improves cognitive, social and emotional aspects of a child.

So, to ensure that the young learners take ownership for their own learning, allow them to be an independent learners where he/she learns to manage time and becomes responsible for his/her own progress.

SPL's ASPIRATIONS

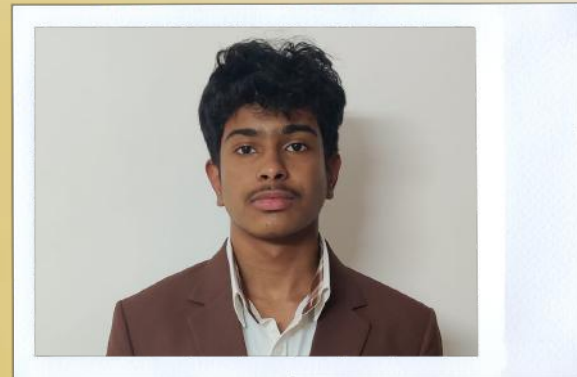


Dhanya Dhanasekar

The past year as the School Pupil Leader of CPS Thirumazhisai has taught me a lot of things that I will carry on to my future, and I hope that my fellow students can say the same about their experiences and endeavors in this academic year. I feel as though I have developed as an individual, and I'd like to thank our entire student body for making my vow in the first edition of the 2023–2024 CPS School Magazine come true—the vow to make this the best year yet. Thank you, and enjoy your summer break!

Dear Fellow Students,

I'm honored to serve and represent each one of you during my time as the school pupil leader. My aim was to make months filled with unity, progress, and fun. I wanted to ensure that everyone's voice was heard and considered. Together, we embarked on a journey of positive change and growth within our school community. I was dedicated to advocating for what matters to us all, organizing events that promote inclusivity, and fostering an environment where everyone feels valued and heard. I hope these months were memorable and impactful. Together, we'll make a difference.



Prajyoth Nair

House Captains' aspirations



Kavin Kumaran

As the alphard house captain, my aspirations were to inspire teamwork, discipline, and sportsmanship among my peers. I aimed to lead by example, fostering a culture of dedication and perseverance. I certainly feel that we strived for excellence, celebrated achievements, and created lasting memories on and off the field.

As the canopus captain, my aspiration was to inspire my teammates to strive for excellence both on and off the field. My only aim was to be supportive and make everyone feel valued in my house and the other houses. Additionally, I hoped to lead by example, demonstrating integrity, dedication, and sportsmanship in all aspects of athletic endeavors.



Shreyansh Singh

As the captain of the winning sports team, my aspiration was to lead my teammates to even greater success. I aspired to foster a strong sense of unity among the team, as I believe that our collective strength and determination are what ultimately led to victory. I also aimed to set a positive example both on and off the field, demonstrating sportsmanship and dedication to our shared goals. Ultimately, my aspiration was to lift trophies, break records, and leave a lasting legacy of excellence for this team.

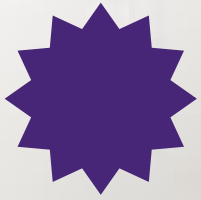


Krithik Sunil Kumar

As diadem house captain, my aspirations were to cultivate a spirit of unity and resilience within the team. I aimed to foster a supportive environment where every member feels valued and empowered to reach their full potential. Together, we embraced challenges, learnt from setbacks, and triumphed as one.



Muhammad Thazim



There's Schools Scoop

SPECIAL ASSEMBLY



"In the long run, the best way to reduce inequalities with respect to labor as well as to increase the average productivity of the labor force, and the overall growth of the economy is surely to invest in education."-Thomas Piketty

On February 8, 2024, the students of grade 8 hosted their special assembly on the topic "Reduced Inequalities" in the Assembly Hall.

The program commenced with melodious voices singing the prayer song. The dazzling dancers exhibited their dance moves to music from different languages. The Tamil skit, Hindi skit, and mime revolved around the various inequalities seen in society and possible ways to overcome them. The vivacious vocalists rendered their songs in unity in Tamil and English. Students recited quotes not just in regional and national languages but also in international languages. They exhibited their talents by doing gymnastics, weightlifting, martial arts, solving the cube by holding it in one hand, and playing the drums blindfolded. Students had made a documentary video from the activities held in school depicting cultural, religious, social, and gender equality. They were rewarded for their work not just in academics but also in attendance, discipline, etc. All good things must come to an end. The program concluded with the vice principal addressing and congratulating the students on their wonderful performances.





PINK BLOSSOM DAY

“In the presence of pink flowers, time slows down, and the world becomes a place of tranquility.”

The pre-primary department of Chennai Public School, TMZ, celebrated Pink Blossom Day on December 12, 2023. Pink Blossom Day paid homage to the beauty of nature and the fleeting yet mesmerizing charm of pink blossoms. This event was a harmonious blend of art, culture, and the outdoors, designed to immerse participants in a sensory experience like no other.

Pink Blossom Day began with a leisurely stroll through winding paths adorned with cherry blossoms, taking in the delicate fragrance and marveling at the rosy hues; connecting with nature. Creativity was unleashed at the Art in Bloom station, where students tried crafting their interpretation of pink blossoms. This interactive activity encouraged self-expression.



CHRISTMAS



"We are better throughout the year for having, in spirit, become children again at Christmas time."

The pre-primary department of Chennai Public School, TMZ, celebrated Christmas with entertaining and spirited activities for the students. Each classroom was decorated with different themes of gifts: chimneys, socks, snow, Santa Claus, etc., bringing in the holiday spirit to the school. The students indulged in a proficient and fun activity of baking cakes. They put their chef hats on and cooked up delicious desserts with the ingredients and guidance of the staff. In the evening, they were taken on a joyful stroll in the school, singing carols, spreading warmth, joy, and a festive spirit. Their lovely voices brightened up the corridors, and the students were elated to hear such melodies that weaved a tapestry of tradition and nostalgia.

This was a magical event for the students, who came together to embrace the spirit of the season and create lasting memories. It was a time to reflect on the values of kindness, generosity, and togetherness that are central to the holiday season.



ANNUAL SPORTS DAY

The 11th Annual Sports Day of Chennai Public School, Thirumazhisai, was conducted spectacularly with the Chief Guest, Mr. Vishal Sharma, Business Development and Quality Operations, Crickindom, and Special Guest, Mr. Parag Dahiwal, Vice President, Global Expansions and Strategic Partnerships, Crickindom, and our honourable management members gracing the occasion.

Ten outstanding athletes from the school who excelled across various sports like wrestling, archery, and silambam lit the torch, symbolizing sport's immortal progress. CPS Synergy 2023-'24, highlighting students' sports achievements, was unveiled by the guests.

Our students from IPP to senior secondary demonstrated their impressive skills in various cultural and athletic events, showcasing strength and endurance. Winners of both individual and team events received their awards, and the overall trophy for the best house was won by the team Plasma, making the event a grand success.



PONGALS



"The pre-primary department of Chennai Public School, TMZ, celebrated Pongal, infusing traditional customs with educational and creative elements to engage the students. Students dressed up as Tamil pandits and poets for the 'Maruveda Potti', adding a touch of authenticity and allowing the students to immerse themselves in the cultural significance of Pongal. The classes were decorated to reflect the festive spirit of Pongal, which further enhanced the atmosphere and helped to create a vibrant and celebratory environment for the students. Craft activities were also incorporated into the celebration, providing the children with opportunities to express themselves creatively and develop their skills in an engaging way. Celebrating festivals like Pongal help students connect with their cultural heritage and embrace it.



FIELD TRIP



The educational field trips organized by Chennai Public School Thirumazhisai provided students with immersive learning experiences that went beyond the confines of the classroom, enriching their understanding of various subjects while fostering a sense of curiosity and exploration.

In Grade 3's visit to the Chennai Rail Museum, students were transported into the fascinating world of Indian railways, the lifeline of the nation's transportation system for over a century. As they explored the museum's extensive collection of exhibits, including historic locomotives, railway artifacts, and interactive displays, students gained a deeper appreciation for the evolution of transportation technologies. The hands-on activities and guided tours helped them connect theoretical knowledge with real-world applications, enhancing their understanding of concepts related to modes of transport.

Similarly, Grade 8 embarked on a journey to British Agro-farms, where they delved into the intricacies of mushroom cultivation. Led by Mr. Senthil, an expert in fungiculture, students witnessed firsthand the entire process of mushroom cultivation, from planting to harvesting and packaging. Through engaging discussions and demonstrations, they learned about the economic significance of mushroom farming and its role in sustainable agriculture. The experience not only broadened their understanding of agricultural practices but also instilled in them a deeper appreciation for the complexities of food production and distribution systems.

For students of the 11th and 12th humanities, the trip to Kanchipuram offered a captivating exploration of history, culture, and craftsmanship. Visiting iconic landmarks such as the Ekambareswar temple, renowned for its architectural grandeur and spiritual significance, students were immersed in the rich cultural heritage of the region. They also had the opportunity to witness the intricate art of silk weaving at a local weaving unit, gaining insights into traditional craftsmanship and economic livelihoods. Additionally, the visit to the Rajiv Gandhi memorial provided a poignant reminder of the political legacy and societal impact of influential leaders.



ASTRONOMY @SRB



“Astronomy compels the soul to look upwards and leads us from this world to another”

‘SPACE TECHNOLOGY AND EDUCATIONAL PRIVATE LIMITED’ is the pioneer organization working towards the development of science and astronomy in India. Before classes started, students received an itinerary. Upon arrival at school, they were greeted and given a room to refresh themselves and unwind. Following a recap session on the night sky, the students participated in a deep-sky object observation. They were intrigued and delighted to see the night sky, where they noticed clusters of stars and other objects. Following a sumptuous dinner, students participated in a campfire session where they showcased their dancing skills. They recapitulated what they learned and gained an understanding of deep-sky objects. Later, they took part in night sky photography and took pictures of celestial objects. Following the period where hunger was stilled, the students hit the bed and proceeded with their enthusiastic games and storytelling. After a little nap, they woke up at 5:30 and prepared to observe the planet. After breakfast, they posed for a group photo and bid adieu!!!! The pupils left the workshop eager to learn more about astronomy and with a strong sense of enthusiasm.



SOCIAL BONDS:

socialising in our teenhood

Teenhood means puberty, and puberty means mood swings, development of the thought process (maturity), and sometimes personality change. These changes are often tough to deal with, and each teen copes with them in his/her own way.

Some people find socializing extremely easy to do, and others not so much. They often get stressed, and this makes them fumble with words, talk to people less, and do many other things that make it hard for them to make friends. To deal with situations like these, you need to focus on your self-confidence and your friendliness towards others, all the while setting your boundaries and making sure no one gives you the ick.



If you need some ways to start socializing, you can:

1. Join the after-school study sessions, participate in programs and competitions, etc.
2. Be more outspoken in class and other settings.
3. Find people with similar interests.
4. Help others and be friendly.
5. Be open to new things and experiences, etc.

These are some ways that can help you socialize more and find the right kind of people to hang out with. Sometimes, socializing drains our social battery, so it's better to spend some time with yourself and freshen up before starting with it again. All in all, the most important thing to keep in mind is being yourself. open to your surroundings in the right way so as to attract good company.





EMBRACING GROWTH

:menstrual health



Periods are a general occurrence in a girl's body when it is going through changes due to puberty. Estrogen and progesterone hormones in a girl's body create a lining around the uterus and wait for a fertilized egg to get attached to it so they can start developing. If there is no fertilized egg, the lining of the uterus breaks down and we bleed it out, thus causing periods. It's the normal process of the female human body and is nothing to be embarrassed about, yet every time we ask for pads, we get them wrapped in a bundle of newspaper, like it's something to hide and be scared about.

Every girl goes through it in her life until it stops for a certain period due to pregnancy or stops permanently due to menopause. It is nothing to be scared of or embarrassed about. We should spread more awareness of it and treat it like a normal biological process, just as it was deemed to be.

CERTAIN WAYS IN WHICH WE CAN MAINTAIN OUR MENSTRUAL HEALTH, AND THESE ARE BY:

1. Wear lightweight and breathable clothing
2. Change your pads/tampons regularly to avoid infection
3. Stay clean, drink plenty of water
4. Though chocolate and coffee may feel like they help you with cramps, they actually affect you more. It is better to practice yoga poses to avoid pain.
5. Make sure your periods are regular and bleeding does not exceed for more than a week.

These are some ways in which you can make sure your menstrual health is intact and you're doing well. Any other situations might require a doctor's views, but other than that, these are some general and basic ways in which you can keep yourself healthy.

EMBRACING GROWTH

:puberty



Puberty is a complex and transformative stage in life marked by a series of physiological, hormonal, and emotional changes. During this time, adolescents undergo a gradual transition from childhood to adulthood, characterized by the development of secondary sexual characteristics and reproductive capabilities.

Let's delve deeper into some of the specific changes that occur during puberty and how they impact individuals:

Let's delve deeper into some of the specific changes that occur during puberty and how they impact individuals:

1. PHYSICAL CHANGES: Puberty heralds a cascade of physical transformations, including the development of secondary sexual characteristics. In females, this may involve the growth of breast tissue, widening of the hips, and the onset of menstruation. Meanwhile, males experience the enlargement of the testes, growth of facial and body hair, and deepening of the voice. These changes can vary in timing and intensity among individuals, leading to a diverse array of appearances and physical traits.

2. HORMONAL FLUCTUATIONS: Hormonal fluctuations play a central role in driving the physiological changes of puberty. The surge in sex hormones, such as estrogen and testosterone, not only triggers the development of secondary sexual characteristics but also influences mood, behavior, and cognition. Adolescents may experience mood swings, heightened emotions, and increased sexual desire as their hormone levels fluctuate throughout puberty.

3. EMOTIONAL AND PSYCHOLOGICAL IMPACTS: Puberty is a time of intense emotional and psychological growth, as adolescents navigate the complexities of identity formation, peer relationships, and self-esteem.

It's common for individuals to grapple with feelings of insecurity, self-consciousness, and social anxiety as they adjust to their changing bodies and navigate societal expectations. Supportive relationships, open communication, and positive self-image are crucial in fostering resilience and emotional well-being during this period.

4. SOCIAL DYNAMICS: Puberty also reshapes social dynamics, as adolescents seek to establish their independence, assert their identity, and forge meaningful connections with peers. Friendships become increasingly important as teenagers navigate new social norms, peer pressure, and romantic relationships. However, this period can also be marked by conflicts, cliques, and peer rivalry as individuals vie for social status and acceptance.

5. COGNITIVE DEVELOPMENT: Alongside the physical and emotional changes of puberty, there are also notable advancements in cognitive development. Adolescents experience improvements in abstract thinking, problem-solving skills, and self-reflection, laying the groundwork for greater autonomy and decision-making abilities. However, this cognitive maturation may also bring about heightened self-awareness and introspection, leading individuals to question their beliefs, values, and identity.

In essence, puberty is a multifaceted journey characterized by a complex interplay of physical, emotional, and social changes. By fostering understanding, empathy, and support, we can help adolescents navigate this transformative period with resilience, confidence, and a sense of self-acceptance.

BEYOND THE SCREEN

:impact of social media on teenagers

Social media has become a significant part of teenagers' lives, influencing them in both positive and negative ways.

COMMUNICATION SKILLS

Do you know that many teenagers actually communicate in better words and improve their creative writing skills whilst communicating with their friends in social media apps like Instagram and snapchat?

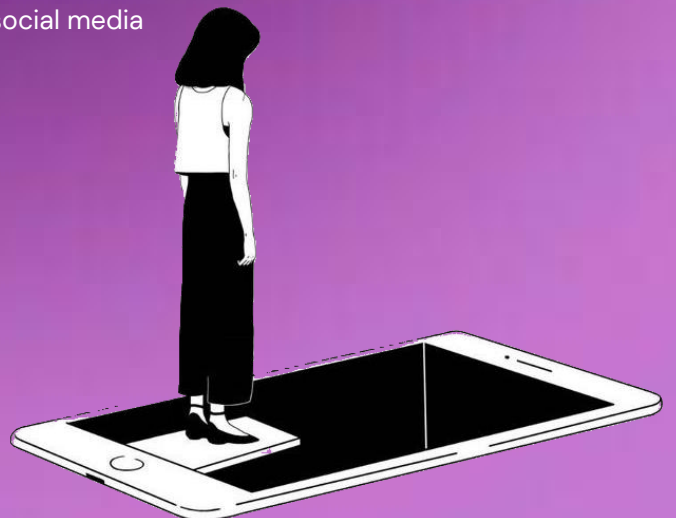
However, excessive use can also lead to decreased face-to-face interaction and hinder their ability to communicate effectively in real-life situations.

SELF-IMAGE

Social media also plays a role in shaping teenagers' self-esteem and body image. Seeing carefully curated images of others online can create unrealistic standards of beauty, leading to feelings of inadequacy and low self-esteem among teenagers who compare themselves to these images. But social media is slowly changing and many influencers share that their body is similar to ours and that the "skinny" and "porcelain skin" isn't always the only thing that is beautiful. Everyone are. Many insecure teens look at people on social media and get comforted that there is nothing wrong with them.

Moreover, cyberbullying is a prevalent issue on social media platforms, causing emotional stress and even leads to mental health issues such as depression and anxiety.

While social media offers many benefits to teenagers, it is essential for them to use it for being on par with the current world but have to use it responsibly and in moderation to avoid negative impacts on their mental health and well-being. Parents and educators play a crucial role in guiding teenagers in navigating the digital world safely and responsibly. No parent should force their child to distance themselves from social media entirely as it offers so many places to learn and instead focus on the use of social media by their child.





CHOOSING YOUR PATH

: choosing the right career path

Career paths have been a major stressful decision for many people. Most go with their parents' choice and lose their passion while trying to fulfill their parents' dream. This leads to a loss of interest and hope for a fun filled, joyful experience for people.

Choosing a career path can be stressful, but it's important to remember that there are many options out there. It's normal to feel pressure to make the right choice, but it's also important to take the time to explore different opportunities and find what truly interests you. One way to reduce stress when it comes to choosing a career path is to do some research. Talk to people who are already working in fields that interest you, take classes or workshops to learn more about different industries, and consider your own strengths and interests. Talking to people in the field that interest you, gives you a deep insight on the field and the extended research helps you decide if the career is actually what you want. Remember that your career path doesn't have to be set in stone. It's okay to change direction or try new things as you grow and learn. Life is all about learning and it's absolutely alright to pursue a doctorate and do art on the side! The most important thing is to find a path that brings you fulfillment and joy.

Here are some additional insights and information on choosing a career path:

1. Consider Your Values and Priorities:

Understanding your values and priorities can help you narrow down your career options and make decisions that align with your goals.

2. Assess Your Skills and Strengths: Take inventory of your skills, strengths, and areas of expertise. Identifying your strengths can help you choose a career path where you can excel and feel fulfilled.

3. Explore Your Interests: Don't limit yourself to conventional career paths or what others expect of you. Explore a wide range of interests and passions, even if they seem unconventional or unrelated to your academic or professional background.

4. Seek Mentorship and Guidance: Reach out to professionals in fields that interest you and ask for informational interviews or mentorship opportunities.

5. Embrace Lifelong Learning: The world is constantly evolving, and so are career opportunities. Stay curious and open-minded, and be willing to adapt and learn new skills throughout your career.

6. Don't Fear Failure or Change: It's natural to feel uncertain or afraid of making the wrong choice when it comes to your career. Remember that failure and setbacks are opportunities for growth and learning. Don't be afraid to take risks or change course if a career path no longer brings you fulfillment or joy.

7. Prioritize Work-Life Balance: While pursuing your career goals, don't forget to prioritize your overall well-being and happiness.

Strive to maintain a healthy work-life balance that allows you to pursue your passions, spend time with loved ones, and take care of your physical and mental health.

By considering these factors and insights, you can make more informed decisions about your career path and embark on a journey that brings you fulfillment, joy, and success.

: pressure of the future

The future can feel scary sometimes, especially when we think about all the things we have to do and achieve. This feeling is called "pressure." It's like when someone expects a lot from you, and you feel like you have to meet those expectations.

The pressure of the future is something we all feel. It's like a heavy weight on our shoulders, making us worry about what's to come. One big pressure of the future is climate change. We worry about how it will affect our planet and our lives. We hear about things like rising sea levels and extreme weather, and it scares us. The pressure of climate change in the future weighs heavily on our minds, as rising temperatures, extreme weather, and rising sea levels threaten our planet and way of life. Another pressure is technology. We're excited about all the cool things it can do, but we also worry about losing our jobs to robots and artificial intelligence.

As technology advances, we face pressure to adapt quickly, fearing job displacement and privacy concerns. Embracing change while ensuring ethical use is key for a balanced future. Then there's the pressure to succeed. We see other people doing amazing things, and we feel like we have to do the same. We're always comparing ourselves to others and worrying about falling behind.

The pressure to succeed in the future weighs heavily, as we strive to meet expectations, achieve goals, and fulfill aspirations amid uncertainty and competition. But the thing to remember is that we're not alone. We're all in this together, facing the pressure of the future as a team. And together, we can find ways to overcome it and build a better tomorrow.

OVERCOMING EXAM STRESS: STRATEGIES FOR SUCCESS

BY ANVEE AGARWAL

Class 12 C

Exams are an inevitable part of every student's academic journey, but for many, they bring about a whirlwind of stress and anxiety. This can significantly hinder students' performance and overall well-being. However, with the right tools and mindset, it's possible to navigate through exam stress and emerge victorious. In this article, we'll explore what exam stress is, its impacts, and most importantly, effective strategies to control and conquer it.

UNDERSTANDING EXAM STRESS:

Exam stress is a common reaction triggered by the anticipation of upcoming exams or assessments. It manifests in various forms, including heightened anxiety, lack of concentration, and physical symptoms such as headaches or nausea. While a certain level of stress can be motivating, excessive stress can impair cognitive function and hinder academic performance.

IMPACTS OF EXAM STRESS:

The effects of exam stress extend beyond the confines of the exam hall. Students experiencing high levels of stress may struggle with concentration, memory retention, and problem-solving abilities. Physical symptoms such as fatigue, insomnia, and changes in appetite are also prevalent. Moreover, prolonged exposure to exam stress can lead to feelings of burnout, decreased motivation, and even mental health issues like depression or anxiety disorders.

STRATEGIES TO CONTROL EXAM STRESS :

1. PREPARATION IS KEY:

Adequate preparation is one of the most effective ways to combat exam stress. Create a study schedule well in advance, breaking down study materials into manageable chunks. Make your notes in a manner that helps you revise through them in the last minute, highlight the key words, use different color pens to differentiate between topics. Start studying early to avoid last-minute cramming, which can exacerbate stress levels.

2. PRACTICE MINDFULNESS:

Incorporate mindfulness techniques into your daily routine to manage stress and improve focus. Practice deep breathing exercises, meditation, or yoga to promote relaxation and alleviate anxiety.



3. MAINTAIN A HEALTHY LIFESTYLE:

Prioritize your physical well-being by eating nutritious meals, staying hydrated, and engaging in regular exercise. Physical activity helps reduce stress hormones and promotes the release of endorphins, which are natural mood lifters.

4. GET ADEQUATE REST:

Ensure you're getting enough sleep, especially during exam periods. Aim for 7–9 hours of quality sleep each night to support cognitive function and emotional resilience.

5. UTILIZE STRESS-RELIEF STRATEGIES:

Find activities that help you unwind and relax, whether it's listening to music, spending time in nature, or engaging in hobbies you enjoy. Taking breaks from studying is crucial for maintaining balance and preventing burnout.

6. PRACTICE POSITIVE SELF-TALK:

Challenge negative thoughts and replace them with positive affirmations. Remind yourself of your abilities and past successes, building confidence in your capacity to overcome challenges.

7. SEEK SUPPORT:

Don't hesitate to reach out to friends, family, teachers, or counselors for support and encouragement. Sharing your feelings with others can provide perspective and alleviate feelings of isolation.

8. VISUALIZE SUCCESS:

Visualize yourself succeeding in your exams. Imagine yourself confidently answering questions and achieving your academic goals. Positive visualization can help reduce anxiety and increase self-assurance.



WILDFIRES SCORCH CHILE, TOLLS TOPS 110

The South American nation's leader says that this is the worst disaster since the 2010 tsunami. The South American country of Chile suffered the worst wildfire in history with flames ravaging the central part of the country killing more than 112 people and 190 still missing.



ARAB NATIONS ARE PUTTING TO A VOTE A U.N RESOLUTION

Demanding an immediate humanitarian cease-fire in Gaza, knowing it will be vetoed by the United States but hoping to show broad global support for ending the Israel-Hamas war.



SCIENTISTS FIND THE WORLD'S BIGGEST SNAKE YET, A NEW SPECIES OF GREEN ANACONDA

Green anacondas are the world's heaviest snakes, and among the longest. Predominantly found in rivers and wetlands in South America, they are renowned for their lightning speed and ability to asphyxiate huge prey then swallow them whole.



SARMENIA SAYS 'FROZE' PARTICIPATION IN MOSCOW-LED SECURITY BLOC

Armenia has suspended its participation in a Russia-led security bloc, Prime Minister Nikol Pashinyan said in an interview published on Friday, Yerevan's latest step to distance itself from Moscow. Russia and Armenia have traditionally been allies but relations soured last year when Russian peacekeepers did not intervene to stop Azerbaijan taking control of Nagorno-Karabakh from the Armenian separatists who ran the enclave.



NATIONAL NEWS

PANEL APPROVES RS. 19,000 CRORE FOR BRAHMOS MISSILES

The BrahMos is the main weapon for anti-ship and attack operations for the Indian navy warships. The Cabinet Committee on Security has cleared acquisition over 200 BrahMos extended range super sonic cruise missiles for deployment on its warship.



LOSS OF LIVES IN RAFAH HEARTBREAKING, SAYS INDIA

The bombing of the tents that housed displaced Gazans heightened the global outrage against the ongoing Israeli campaign in the Gaza Strip that has so far killed more than 36,000 people. This incident coincided with [Spain, Ireland and Norway granting recognition to the Palestinian state](#). In response to a question, Mr. Jaiswal reiterated [India's support for a "two-state solution"](#) to the Israel-Palestinian crisis.



SLUGFEST OVER KARNATAKA TEMPLE TAX

The Congress government in the state has passed the Karnataka Hindu Religious Institutions and Charitable Endowments Bill 2024, which says temples that have revenues exceeding Rs 1 crore have to pay 10% tax. The law also says temples with revenues ranging between Rs 10 lakh and Rs 1 crore have to pay 5% tax. The move has sparked a controversy, with the Opposition BJP accusing the state government of being 'anti-Hindu'.



INDIA BEAT ENGLAND BY 106 RUNS IN SECOND TEST TO LEVEL SERIES 1-1

Jasprit Bumrah and Ravichandran Ashwin claimed three wickets apiece and bowled India to series-levelling victory by 106 runs.



At the Australian Open 2024, Bopanna became the oldest man (43 years of age) in Open Era tennis to win a Grand Slam title, after clinching the men's doubles crown with Ebden. He also became the oldest player to reach the world No. 1 in doubles rankings.



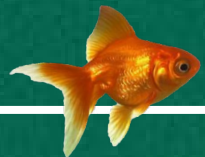
SPORTS NEWS

FUN FACTS

Our mind needs some relaxation too, so let's look at these 9 fun facts about our mind.

1. Your brain is mostly water: The brain is 75% filled with water.
2. An average person has 70,000 thoughts a day.
3. Your brain does better creative work when tired.
4. The brain doesn't stop developing until the age of 25 years.
5. The brain's storage capacity is unlimited; there's no limit to the information it can store.
6. Your brain can produce enough energy to light up a small bulb.
7. Your brain works much better with more sleep, despite not actually sleeping.
8. The brain can grow smaller if it gets too stressed.
9. Your brain is always changing in shape and size.

RIDDLES



1. I'm found in socks, scarves, and mittens. I'm found in the paws of playful kittens. What am I?
2. What did one math book say to the other math book?
3. When does a British potato change its nationality?
4. Who always enjoys poor health?
5. What happened to the broken-down frog?
6. You can see me in water, but I never get wet. What am I?
7. What is faster hot or cold?

1. A Yarn
2. Do you want to hear my problems?
3. When it becomes a French fries
4. A doctor
5. It got toad (towed) away
6. A reflection
7. Hot, you can easily catch a cold

DO YOU KNOW HIM?



RAJAT DALAL

An international Influential Powerlifter

Rajat Dalal's journey in powerlifting exemplifies the pinnacle of Indian sportsmanship. Having represented India in international championships, he has secured many medals that resonate far beyond the podium. His triumphs stand as a testament to his unwavering dedication and relentless pursuit of excellence. With each competition, he showcases not only his physical prowess but also his mental fortitude, inspiring a generation of aspiring athletes. Rajat Dalal's achievements symbolize the power of perseverance and passion, reminding us all that with determination, there are no limits to what can be accomplished on the global stage.

WORD SEARCH

Ball Sports

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

BASKETBALL
BOWLS
SOFTBALL
TENNIS
BASEBALL
BOWLING
SNOOKER
VOLLEYBALL
DODGEBALL
GOLF
FOOTBALL
WIFFLEBALL
CRICKET
LACROSSE
SQUASH
POOL
NETBALL
POLO

UK Football Teams

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

EVERTON
FULHAM
WEST HAM
BLACKBURN
QPR
BURNLEY
HULL CITY
STOKE CITY
NEWCASTLE
ASTON VILLA
WEST BROM
LIVERPOOL
NORWICH
CHELSEA
BOLTON
MAN CITY

SODUKU

7	1		9	5			3	2
4	2	9			3		5	1
	3	5	8	1			9	4
	6	3		8		9	2	
2		7		3		1		
	9			2				5
			1	4		5	6	3
		6	2			4	1	8
	8			6			7	9

	7			2			4	6	
	6						8	9	
2			8				7	1	5
	8	4		9	7				
7	1							5	9
				1	3		4	8	
6	9	7			2				8
	5	8						6	
4	3			8				7	

3			8		1			2
2		1		3		6		4
			2		4			
8		9				1		6
	6						5	
7		2				4		9
			5		9			
9		4		8		7		5
6			1		7			3

		3	2				1	
	8	4					7	
	2	6			7			4
6		8	9					
	9	1						5
		7	5				6	9
4	1	2	7	6	3		8	9
7	3		1	5	8	4	6	
	6						3	

PHOTOGRAPHY



DAKSHITH ACHA OF CLASS 11 C1



SACHITHAA P OF CLASS 11 C1



KASHVI OF CLASS 11 C



PRATIKHYA SATPATHY OF CLASS 9 C

POEMS

BEYOND BLACK AND WHITE

(A poem based on Racism)

Black or white,
Clouds are still clouds.
What do these colours symbolize,
For they all still rain silver drops of
joy?

Black or white,
Flowers are still flowers.
So what do these colours symbolize,
For they all still blossom?

Black or white,
The pawns on the checkerboard are
still pawns.
So what do these colours symbolize,
For all of them depend on a hand to
play in a game?

Black or White,
The keys of a piano are still keys,
So what do these colors symbolize,
For they all depend on fingers to
create beautiful melodies?

Black or white,
People are still people,
So what do these colors symbolize?
For they all still have hopes and
dreams?

Black or white,
the essence of a person remains the
same.
So what do these colors symbolize?
For they bleed the same color?

SWAATHIKA
CLASS 8E

GLIMPSE OF CHILDHOOD

it's all a blur
the laughter, running after each other
endlessly, scribbling on walls
actively curious about everything around
you
like the world was at your feet
and anything was possible.

THANUSREE A
CLASS 11 H

WHAT IS HAPPINESS?

Smiling at everyone as a daily routine,
Or just celebrating becoming a teen.
Get whatever you always want,
For other things just say can't.
Happiness is the state ,
of emotional well-being,
Not just for the sake of seeing.
Share with everyone as well,
Open up pure souls and yell.

KISHAMANI MURUGUPANDIAN
CLASS 8B

ARTWORKS



DIVIJA K OF CLASS 8B



PARTTHIV N OF CLASS 8A



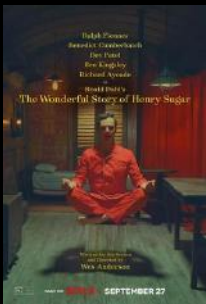
HUNAR V OF CLASS 7E



VARSHITHA OF CLASS 11 H



MOVIE COUNSEL



Roald Dahl's "The Wonderful Story of Henry Sugar" unfolds as a captivating journey with Henry, an initially self-centered man whose life takes a transformative turn upon discovering a mysterious manuscript. Through Dahl's expert storytelling, the narrative explores magic, morality, and personal growth, highlighting the profound impact of empathy and altruism. The tale encourages readers to reflect on their values, emphasizing the potential for positive change when one embraces a more meaningful existence.



"Awakenings," starring Robin Williams and Robert De Niro, is a captivating film based on Oliver Sacks' life. Directed by Penny Marshall, it explores the impact of a new medicinal drug on comatose patients, bringing them to life. The film's touching narrative and impressive performances make it a film that gives hope and humanity to people.

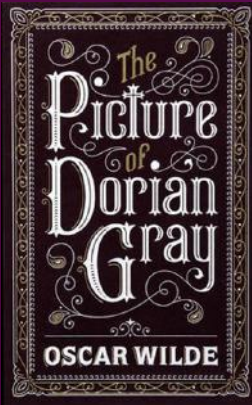


"Prisoners," directed by Denis Villeneuve, is a thriller film that keeps you on the edge till the very end. Hugh Jackman and Jake Gyllenhaal provide an outstanding performance in this intense story of a child abduction. Villeneuve's direction increases the suspense, and the plot twists are unexpected. It's a dark and intense ride that's not for the faint-hearted but it is totally worth the suspense.



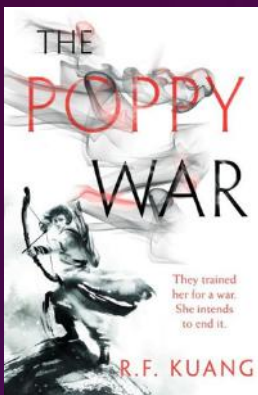
"Se7en" is a wild ride into crime and chaos, directed by David Fincher. Brad Pitt and Morgan Freeman hunt a twisted serial killer who's on a killing rampage. The suspense is always high and the plot twists are unpredictable. It's a dark and utterly mind-blowing thriller film that sticks with you long after it ends.





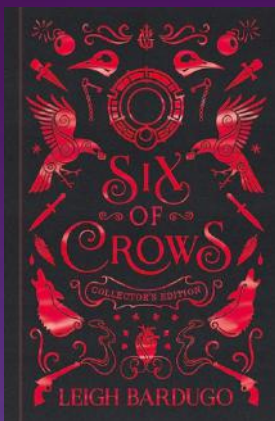
THE PICTURE OF DORIAN GRAY by OSCAR WILDE

The Picture of Dorian Gray is a mesmerizing novel that delves into the dark undercurrents of human nature. Oscar Wilde's exquisite prose explores the destructive power of vanity and the pursuit of eternal youth. As Dorian Gray's portrait ages while he remains untouched by time, a haunting tale of moral decay unfolds.



THE POPPY WAR by R.F. KUANG

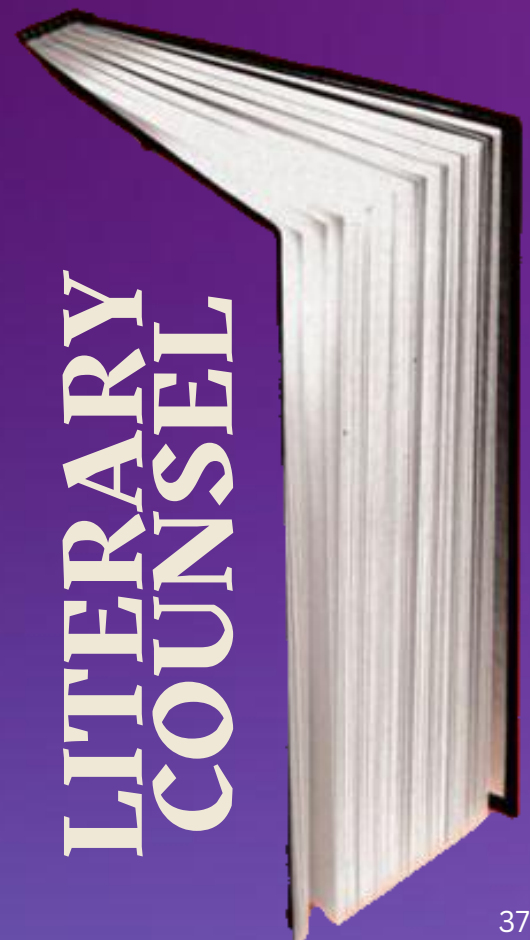
As the first book of a trilogy the book is known for exploring themes of power, vengeance, and sacrifice, "The Poppy War" follows the journey of Rin, a war orphan with a thirst for knowledge and a determination to rise above her circumstances. When she gains admittance to a prestigious military academy, Rin discovers she possesses a forbidden power that could change the course of history. But as war looms on the horizon, Rin must choose between the path of vengeance or the path of a hero.

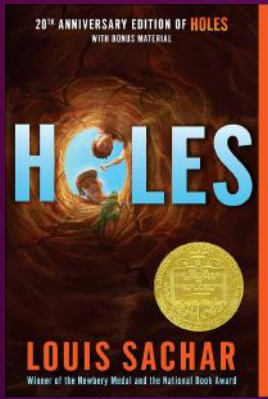


SIX OF CROWS by LEIGH BARDUGO

Six of Crows, the first of a duology by Leigh Bardugo, follows a crew of talented and cunning criminals as they embark on a dangerous heist that could change their lives forever. Set in a gritty and immersive world, this fast-paced and thrilling story is filled with betrayal, secrets, and unexpected twists that will keep readers on the edge of their seats until the very end.

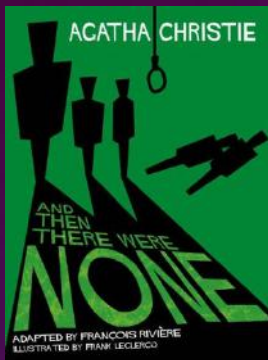
Anna Jain 11 B





HOLES by LOUIS SACHAR

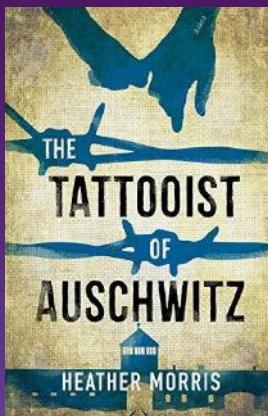
"Holes" is a novel centering on Stanley Yelnats, who is wrongly sent to a juvenile detention center, Camp Green Lake in the desert. The camp involves digging holes as a form of punishment and to 'build character' but Stanley suspects there is a darker reason behind the hole digging. The adults are punitive and secretive at the camp. As Stanley and his fellow inmates unearth secrets and historical connections, the narrative weaves an intricate story of friendship, justice, and family curses. This book raises questions about the roles of crime and punishment in shaping one's character.



AND THEN THERE WERE NONE by AGATHA CRISTIE

"And Then There Were None" is a classic mystery novel where ten strangers with dark secrets are invited to an isolated island. As they gather, a recorded voice accuses each of murder. Stranded, they realize they are being hunted. One by one, they meet their demise according to a chilling nursery rhyme. The suspenseful plot unravels the characters' guilt and exposes the true nature of justice in a riveting tale of deception and retribution.

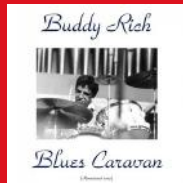
Pranavi 11 C1



THE TATTOOIST OF AUSCHWITZ by HEATHER MORRIS

The Tattooist of Auschwitz is a haunting real life narrative that unveils the distressing and disturbing realities of the holocaust. Through the eyes of Lale Sokolov, it vividly portrays the atrocities inflicted by the Nazis in Auschwitz Birkenau. Amidst the pervaded fear and brutality Lales love story with Gita Furman bcomes a beacon of hope. Morris's evocative prose captures the relentless horrors endured by the prisoners, highlighting the resilience and humanity that remained with them despite the unimaginable cruelty. this gripping tale is an impactful reminder of the invincible human spirit in the face of pure evil. "The Tattooist of Auschwitz" is an underrated and unforgettable read.

Vimudha 9 C



Buddy Rich's "Blues Caravan" is a masterpiece, showcasing his immense talent in drumming. Released in 1961, the album remains influential, defining the jazz era. Rich's rhythms and precision take the genre to the next level, leaving a permanent mark on jazz drumming. The album is a timeless evidence of Rich's long-lasting impact on the genre of jazz



Mitski's "Lush" is an emotional journey, where her vocals and honest lyrics forge a personal connection. The album's detailed theme create a vulnerable setting, sending the listeners into a state of contemplation and reflection. Mitski's genuineness and musical skill converge, making it an album worth listening to

Iron Maiden's "Somewhere in Time" is a stellar album blending powerful guitar work and Bruce Dickinson's impressive vocals. The futuristic theme and intricate solos display the band's musical expertise. It's a metal classic that seamlessly blends melody with metal, creating an immersive and memorable listening experience



"Hit the Road Jack" by Ray Charles is a rhythm and blues classic, featuring lively tempo, bluesy melodies, and dynamic vocals. The lyrics express themes of defiance and independence in a parting scenario. With a catchy chorus and emotive delivery, the song stands as a timeless piece in classic rhythm and blues.





Thank you for reading the magazine till the end. Hope you have enjoyed the third magazine from this committee. Feedbacks can be sent to genteperiodico23@gmail.com

