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Principal's Desk

Lessons from Lord Ganesha's Body

WEEK

Dear Students,

As we celebrate Ganesh Chaturthi, let's reflect on what we can learn from Lord Ganesha's unique form. Every aspect of His body carries a powerful lesson that can inspire us in our daily lives.

Ganesha's large head reminds us to think big and broaden our horizons by constantly learning and growing. His large ears symbolize the importance of listening carefully—not only to others but also to ourselves, fostering empathy and understanding. The small eyes teach us to focus and concentrate, essential for achieving our goals, both in academics and life.

Ganesha's long trunk signifies adaptability and the ability to handle both big and small challenges with grace. His large belly represents contentment and patience, reminding us to accept and digest life's experiences, whether good or bad.

The broken tusk is a symbol of sacrifice and resilience, encouraging us to let go of our ego and embrace challenges for greater growth. Lastly, the mouse at Ganesha's feet teaches humility and control over desires, reminding us that even the smallest can accomplish great feats.

By embodying these qualities, we can become wiser, more focused, and better individuals.



FROM THE HEAD OF CAMPUS' DESK



THE ETHICS OF SPORTS- THE TRUE ESSENCE OF SPORTSMANSHIP!

Dear TIPSIANS,

Sportsmanship is a dynamic principle that reinforces the values of Fair Play, Respect and Ethical Behaviour in Sports. It embraces the outlooks and performances that promote a positive and supportive atmosphere in Athletic Competitions, whether at the amateur or professional level.

At its core, Sportsmanship is about more than just adhering to the Rules of the Game; it's about cultivating a 'Spirit of Respect and Integrity'. This means treating opponents, teammates, coaches, other representatives and officials with dignity, regardless of the outcome of the Competition. It involves playing with Honesty - being honest with oneself and others, avoiding cheating and upholding the Spirit of Fair Competition, celebrating Victories with humility and accepting Failures with Grace.

The Essence of Sportsmanship lies in recognising that it's not only about winning or losing, but also about the experiences, lessons and character development that come from participating in Sports. It encourages individuals to strive for Excellence while maintaining a sense of Fairness and Mutual Respect and cordially acknowledging the effort of others regardless of the outcome.

In Essence, Sportsmanship enriches the experience of Sports for everyone involved, fostering a Culture where Competition is enjoyed, Relationships are built and Personal Growth is achieved. It's about building each other up rather than tearing each other down. It's about a genuine love for the Sport and a desire to grow within it, understanding and appreciating the tradition, culture and history of the Sport and playing the Game with passion and respect for its values.

Sportsmanship is about more than just the Competition; it's about fostering a positive environment where everyone can enjoy and grow through the Sport. Let's strive to be not merely "Champions in Sports" but "Champions of Sportsmanship".



Editorial



Engaging Mindfully: The Art of Being Present

"The mind is everything. What you think, you become." – Buddha

In a fast-paced world where distractions are endless, learning to engage mindfully is a skill that can lead to greater peace and productivity. Mindfulness is the practice of being fully present in the moment, paying attention to your thoughts, emotions, and surroundings without judgment. It encourages a sense of clarity, reduces stress, and enhances focus.

For students, practicing mindfulness can improve concentration and help manage academic pressure. Instead of letting your mind wander during study sessions, try focusing on each task with intention. This allows you to absorb information more effectively and reduces procrastination.

Mindful engagement extends beyond academics. Whether it's interacting with friends, participating in sports, or enjoying hobbies, being fully present enriches the experience. It helps you respond thoughtfully instead of reacting impulsively.

To engage mindfully, begin with small steps—practice deep breathing, take breaks to reflect on your day, and limit distractions such as excessive screen time. As you develop this habit, you'll find it easier to navigate the complexities of life with a calm and composed mindset.

By staying mindful, you gain the ability to lead a more balanced, thoughtful, and fulfilling life.



Integrated Insights

Daily Study Plan for the integrated students.

Dear Students

As you prepare for your upcoming CBSE board exams alongside your NEET/JEE preparation, it is important to stay organized and maximize the limited time you have each day. Balancing Physics, Chemistry, and Maths/Biology requires a focused and efficient study plan that helps you stay on track while revising key concepts and practicing problem-solving.

Over the next six weeks, we will be sharing weekly schedules designed to help you effectively manage your time and ensure that you cover all the important topics before your exams. This week, we begin with a generalized schedule for all three subjects, providing daily guidance to help you prepare efficiently.

Please follow this plan diligently and adapt it as needed. Remember, consistency is key to success!

General Study Plan for the Week

Daily Schedule (Monday to Saturday)

- Morning (5 AM 7 AM): Focus on reviewing theory and concepts for one subject.
- Evening (6 PM 11 PM): Spend time solving problems and working on two subjects.

Day 1: Monday

Morning (5 AM - 7 AM):

Physics (Topic 1) - Revise key concepts and make notes.

Evening (6 PM - 8 PM):

Chemistry (Topic 1) - Solve problems and practice questions.

Evening (8 PM - 11 PM):

Biology/Maths (Topic 1) - Practice numerical problems or diagrams, and solve past papers.



INTEGRATED FLASH EXAM SERIES

THE TIPSIAN WEEKLY TIPS CASE ERODE

Day 2: Tuesday

Morning (5 AM - 7 AM):

Chemistry (Topic 2) - Review important concepts and summaries.

Evening (6 PM - 8 PM):

Physics (Topic 2) - Practice solving numerical problems.

Evening (8 PM - 11 PM):

Biology/Maths (Topic 2) - Focus on problem-solving and test yourself on key areas.

Day 3: Wednesday

Morning (5 AM - 7 AM):

Maths/Biology (Topic 3) - Focus on understanding complex concepts.

Evening (6 PM - 8 PM):

Physics (Topic 3) - Practice solving problems and past papers.

Evening (8 PM - 11 PM):

Chemistry (Topic 3) - Work on solving chemical equations or reactions.

(Continue the plan for the rest of the week (Thursday, Friday, Saturday) in the same structure, as mentioned earlier)

Sunday: Weekly Review

Morning (5 AM - 7 AM):

Mixed Revision - Review difficult topics from the week.

Evening (6 PM - 11 PM):

Mock Tests - Take mock tests for all subjects and practice time management.

. Day time (7 am - 6 pm) plan and customize learning / Test by yourself

Stay consistent, and if you have any doubts or need additional support, feel free to reach out to your teachers. Let's work together to make these six weeks as productive as possible. Good luck!

Warm Regards

Mrs. Latha Raja Academic Director, Integrated Program





Sports Day is crucial as it promotes physical fitness, teamwork, and discipline among students while fostering a spirit of healthy competition. It encourages students to lead active lifestyles, develop social skills, and boost their self-esteem through achievement and recognition. By integrating sports into the school environment, Sports Day not only enhances physical health but also builds character, teamwork, and a sense of community, contributing to the overall growth and well-being of students. The Indian Public School celebrated its annual Sports Day with enthusiasm and energy. The event highlighted students' athletic abilities and promoted physical fitness.

The day began with an opening ceremony, featuring the ceremonial march past by students from various houses.

The day concluded with an awards ceremony where winners of various events were recognized. Trophies and medals were awarded to top performers, and the overall winning house was celebrated with great enthusiasm.

The Sports Day was a great success, fostering a spirit of healthy competition and physical fitness among students.

















































Teacher's Day is celebrated on September 5th every year in India to honour and appreciate the hard work, dedication, and contributions of teachers. The date marks the birth anniversary of Dr. Sarvepalli Radhakrishnan, a great scholar, philosopher, and the second President of India. He believed that "teachers should be the best minds in the country," and to honor his legacy, Teacher's Day was established in 1962. Teacher's Day Celebrations at The Indian Public School

At The Indian Public School, Teacher's Day is a special occasion celebrated with much enthusiasm and joy. Every year on September 5th, the school comes alive with various activities to honour and appreciate the efforts of teachers, marking the birth anniversary of Dr. Sarvepalli Radhakrishnan.

Teacher's Day is not just about celebration; it's a day of reflection, gratitude, and learning. Through speeches, performances, and fun activities, the school community comes together to show appreciation for the teachers who guide, inspire, and shape the future. It's a joyful reminder of the crucial role that educators play in society, and for both teachers and students, the day is filled with memorable moments.





















School Assembly: Building Character and Community

Class 10A organized a heartwarming and engaging assembly to celebrate Teacher's Day at The Indian Public School. The event was marked by thoughtful tributes, insightful speeches, and interactive activities, honoring the profound impact teachers have on students' lives. Nishanth spoke about how knowledge empowers and opens new opportunities, setting a reflective tone for the assembly. Sarvesh and Ritesh delivered updates on current events, keeping the assembly relevant and engaging. Darshan highlighted key historical events from this day, adding valuable context. Krithik Ram eloquently discussed the significance of Teacher's Day, emphasizing teachers' role in inspiring and guiding students. Mr. Gerald shared his insights on the joy and impact of teaching, providing a deeper appreciation for the profession. The assembly successfully combined gratitude and celebration, honoring the dedicated efforts of teachers.

































School Assembly: Building Character and Community

On the occasion of National Literacy Day, an assembly was organized by Class 10B to raise awareness about the importance of literacy and education in society. The program started with a warm welcome to the teachers, students, and the school principal. Overall, the assembly was a successful and impactful event, leaving a lasting impression on both the students and teachers about the significance of literacy. Class 10B's thoughtful presentations and performances were well-received and appreciated by the school community.













Digital Detox



Unplugging and Embracing a Digital Detox

"Disconnecting from our technology to reconnect with ourselves is absolutely essential for wisdom."

Arianna Huffington

In today's world, technology is a big part of our lives. Whether we are working, studying, or relaxing, we often find ourselves using phones, computers, or watching TV. While technology helps us in many ways, spending too much time on screens can affect our health and well-being. That's where digital detox comes in.

What is a Digital Detox?

A digital detox means taking a break from electronic devices like smartphones, tablets, computers, and even TV. It's about reducing screen time and reconnecting with the world around us, allowing our minds and bodies to rest a feel peace- physical, emotional.

Why Do We Need a Digital Detox?

Here are a few reasons why everyone, including students and staff, can benefit from a digital detox:

- 1. Better Focus and Concentration: Spending too much time online can make it hard to focus on important tasks. By taking a break from screens, we can improve our attention span and productivity, both in school and at work.
- 2. Improved Sleep: Screens, especially before bedtime, can disturb our sleep patterns. The blue light from devices can make it harder to fall asleep. A digital detox, especially in the evening, helps us sleep better and wake up refreshed.
- 3. Reduced Stress: Constant notifications and social media can increase anxiety and stress. Taking a break from these distractions can help us feel calmer and more relaxed.
- 4. Stronger Relationships: When we are less focused on our phones, we can spend more quality time with our family, friends, and classmates. Face-to-face conversations and shared activities strengthen our connections with others.
- 5. Better Physical Health: Sitting for long hours in front of screens can lead to eye strain, headaches, and a lack of physical activity. Taking time away from screens encourages us to move more, stretch, and engage in healthier activities.

In essence, a digital detox can provide students with a clearer mind, improved focus, and better overall mental health. By incorporating regular breaks from screens into their routines, students can enhance their academic performance and lead a more balanced, fulfilling life.



Career Compass



Save the Date

S.No. Entrance Exam Accepting Universities Deadline Entrance Exam			
1	CLAT 2025 (Law) Primarily, 22 National Law Universities (NLUs) Other self-financed, private universities use this score for law majors	15th October 2024	1st December 2024
		Apply Here https://consortiumofnlus.ac.in/clat-2025/	
2	NID 2025 (Design) National Institute of Design – 5 campuses	3rd December 2024	5th January 2025
		Apply Here	2025 / Pagistration assur
3	AILET 2025 (Law) National Law University - Delhi	https://admissions.nid.edu/NIDA	2025/ Registration.aspx
		On-going	8th December 2024
		Apply Here https://nationallawuniversitydelhi.in/register.html	

Education Newsbytes

First global top 100 university set to enter India, UK's Southampton University to set up campus in Delhi, NCR

- The University of Southampton, now ranked 81st globally, is making strides in international education by becoming the third foreign university to open a campus in India.
- As the university strengthens its global footprint, Indian students will soon have the opportunity to pursue prestigious degrees from one of the world's leading institutions without leaving the country.
- It will begin its academic programmes in July 2025, offering both undergraduate and postgraduate courses, making it the third foreign university to set up a campus in India.

Programmes:

In its first year of functioning, it will offer:

- BSc (computer science), BSc (business management), BSc (accounting and finance), BSc (economics), MSc (international management), and MSc (finance).
- While BSc (software engineering), BSc (creative computing), and MSc (economics) will be offered in the second year,
- . LLB and B Eng (mechanical engineering) will be offered in the third year.

A Glimpse into the Past: NEP 2020's Role in Shaping Global Academic Presence

• In keeping with the NEP 2020 recommendations that foreign universities be facilitated to set up operations in India and Indian universities be encouraged to set up campuses in other countries, two Australian universities – Deakin University and the University of Wollongong – have already set up their campuses at GIFT City in Gujarat, and IIT Delhi has set up a campus in Abu Dhabi, while IIT Madras has its campus in Zanzibar.

Colours and Shades

Shrithik Sai-10E





Teacher's Corner

THE CELLULAR JAIL - ANDAMAN



The Cellular Jail, located in Port Blair on the Andaman and Nicobar Islands, is a colonial-era prison that holds a significant place in India's struggle for independence. Built by the British between 1896 and 1906, the jail was used to exile political prisoners, including prominent freedom fighters, far away from the mainland. It was notorious for its inhumane treatment and harsh conditions.

The prison's structure is unique, with its solitary cells designed to prevent prisoners from communicating with one another, leading to its name "Cellular Jail." It originally had seven wings radiating from a central watchtower, but now only three wings remain.

Many famous freedom fighters, such as Vinayak Damodar Savarkar and Batukeshwar Dutt, were imprisoned here. The jail has now been converted into a national memorial and stands as a symbol of the sacrifices made by Indian freedom fighters. Visitors can explore the cells, watch a light and sound show that recounts the history of the jail, and learn more about India's struggle for freedom.

Mrs. Isabella K J Department of English





















The Reading Nook



"Such a Fun Age" by Kiley Reid is a sharp and engaging contemporary novel that delves into issues of race, privilege, and social dynamics. It follows the story of Emira Tucker, a young Black woman who works as a babysitter for Alix Chamberlain, a successful and wealthy white woman. The novel opens with a racially charged incident in which Emira is accused of kidnapping the child she babysits while out at a grocery store.

As the story unfolds, the perspectives of Emira and Alix alternate, offering insights into their vastly different lives and experiences. Alix becomes obsessed with proving that she is a "good" person and not racially biased, while Emira navigates her early twenties, grappling with her career aspirations and identity.

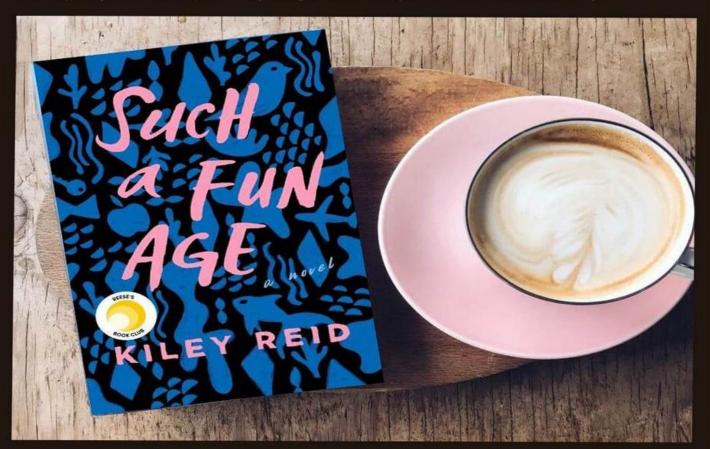
The novel touches on themes like:

Racial tension and privilege: The book examines how race plays into everyday interactions and relationships, often in subtle and unconscious ways.

Class differences: There's a contrast between Emira's financial struggles and Alix's comfortable lifestyle, highlighting the inequalities between them.

Performativity and virtue signaling: Alix's desire to be seen as progressive and "woke" raises questions about sincerity and the performative aspects of allyship.

Reid's writing is witty and incisive, and the book has been praised for its humor and deep social commentary. It's accessible and thought-provoking, making it an excellent read for those interested in contemporary discussions about race, privilege, and the complexities of modern relationships.



Know your English



Redundancy in English occurs when unnecessary words are used in a sentence, often repeating the same meaning. Here are some common redundancy mistakes and how to avoid them:

1. "Return back"

Incorrect: Please return back the book.

Correct: Please return the book.

Explanation: "Return" already means to go back or give back, so adding "back" is redundant.

2. "Free gift"

Incorrect: She gave me a free gift.

Correct: She gave me a gift.

Explanation: A gift is inherently free, so adding

"free" is unnecessary.

3. "Advance warning"

Incorrect: They gave us an advance warning about the storm.

Correct: They gave us a warning about the storm. Explanation: A warning is always given in advance, so "advance" is redundant.

4. "End result"

Incorrect: The end result was a complete success. Correct: The result was a complete success.

Explanation: A result is the outcome, so "end" is superfluous.

5. "Past history"

Incorrect: His past history of illness concerns me.

Correct: His history of illness concerns me.

Explanation: History refers to past events, so "past" is repetitive.

6. "New innovation"

Incorrect: The company introduced innovation.

Correct: The company introduced an innovation. Explanation: An innovation is something new, so the word "new" is redundant.

7. "Revert back"

Incorrect: Please revert back to me by tomorrow.

Correct: Please revert to me by tomorrow.

Explanation: "Revert" means to go back, so "back" is

not needed.

8. "Close proximity"

Incorrect: The store is in close proximity to my house.

Correct: The store is in proximity to my house.

Explanation: "Proximity" already means nearness,

so "close" is redundant.

9. "Each and every"

Incorrect: I checked each and every item.

Correct: I checked each item (or every item).

Explanation: "Each" and "every" convey similar

meanings, so both aren't needed.

10. "Repeat again"

Incorrect: Could you repeat again what you just said? Correct: Could you repeat what you just said? Explanation: "Repeat" means to say or do something again, so "again" is redundant.



Vocab voyage



Brusque: Abrupt or offhand in speech or manner.

Parts of Speech: Adjective

Example in a sentence: His brusque reply made it clear that he was in no mood for a conversation.

Etymology of the word: The word "brusque" comes from the French word brusque, meaning "lively or fierce," which in turn traces its origins to the Italian word brusco, meaning "sharp" or "rough." The Italian term is derived from the Latin word bruscum, meaning "butcher's-broom," a type of plant known for its rough texture. Over time, the term evolved to describe abruptness in speech or manner in English.

Spellbee International

Word Of The Day

brusque

adjective [bruhsk]

abrupt in manner; blunt; rough.

