

**Chennai Public School**  
**2024-25**

**GENTE**  
**PERIODICO**

**Brand new  
edition!!!!**

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# EDITORIAL'S INSIGHTS

**SHARON SUSAN JACOB**



Welcome to the first edition of our school magazine! This issue proclaims our collective creativity, talent, and spirit. Inside, you'll find inspiring stories, captivating art, and innovative ideas from our talented students. Here's to the start of an exciting journey and to the vibrant voices that make our school exceptional. As your Editorial secretaries this year, we are extremely excited to share our work with you. HappyReading!

**NAKSHATRA KUNDU**

Dear Students,  
Welcome to this year's edition of our school magazine! It's a true privilege to share this space with all of you, where creativity and individuality come together.  
In this issue, you'll find not only articles and artwork that reflect our unique experiences but also highlights of our recent school events. From the vibrant and gloriously conducted PRIME MUN to the insightful Eduquest conclave, these events bring us together and create lasting memories.  
Thank you for being a part of this journey. Let's make this magazine a true celebration of our school spirit!





## SWAATHIKA P



Dear Readers,  
Welcome! I'm Swaathika of IX-B. As a member of the editorial team, I warmly extend my hands and welcome you to the first edition of our magazine. Our aim is not just to put down words on paper but to ensure that each page is filled with something exciting and engaging for all of you to read. Words hold a lot of power—and we'd like to use that power to inspire, entertain, and inform our readers. We have worked hard to bring you a diverse range of works, and I hope that with each page you flip, you will find something that resonates with you. Take a look around. I hope you enjoy what we have put together for you. Thank you for your support, and have fun while reading!

## VIDHULAA

Dear Readers,  
Welcome to this edition of Gente Periodico !  
As we flip through these pages, we're diving into a world of innovation, creativity, and stories that inspire.

In this issue, we're exploring new horizons—whether it's groundbreaking ideas in technology, emerging trends in fashion, or narratives that capture the essence of human experience. Our aim is to provide you with fresh perspectives and ignite your curiosity.





## **KAPISH**



Hello everyone,  
I am Kapish from Class 8D. On behalf of the editorial team, I am thrilled to present to you our latest magazine edition! We hope this publication will inspire and enlighten your thoughts, while providing a platform for our talented CPS students to showcase their incredible work. Inside these pages, you'll discover stunning drawings, thought-provoking articles, poignant poems and more.

## **SANJANA**

Hello fair readers,  
Welcome to the first edition of this year's school magazine! Here, you'll discover the essence of our school through a rich collection of student achievements, faculty highlights, creative works, and exciting school events—all put together by the students and teachers of CPS. I, along with the editorial team of CPS, hope this fresh edition ignites your imagination and inspires your creative spirit. You can add your input too! Who knows? Maybe your ingenuity will appear in future issues and become the next big highlight!



## **KALKRITA SHANMUGAM**



My greetings to the readers of this magazine!  
I am Kalkrita Shanmugam of class 8A, and I am very pleased to be a part of this exciting process of making this magazine.  
Dear friends,  
This is your chance to keep yourself updated on a bunch of our school news, fun filled fables of knowledge and inspiration, ground-breaking accomplishments of fellow students and much more about our prestigious school.  
So, what are you waiting for ?  
Go ahead and flip the page!



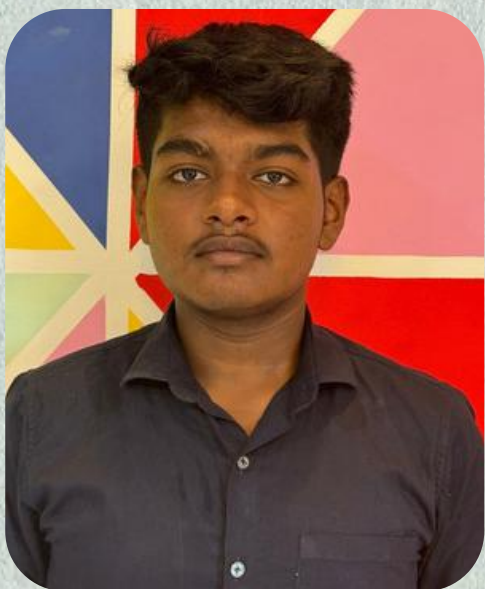
# SPL's Aspirations

## Shruthika P

Dear readers,  
With nothing but the greatest delight, I welcome the wonderful set of readers for the inaugural issue of our publication, prepared by our very own editorial team. As a newly elected SPL, I would like to introduce you to our just-elected and driven council for this academic year and invite you to flip through the achievements made by our talented students. Our goal this year is not just to showcase the skills and accomplishments of our student body but also to foster a sense of community and school spirit. This magazine isn't just a few pages put together; it's a reflection of the hard work and dedication that our council, teachers, staff, and students have put in to make our school a better place. Thank you for your support, and stay tuned for more exciting editions to come. Let's endeavour to make CPS a place where all students can succeed and grow!



## M Abishek Emmanuel Thomas



Hello, School Community!  
I'm Abishek, your School Pupil Leader for the year. My role is to collaborate with students and staff to bring exciting projects and events to life. With a passion for acting and singing, I believe in the power of teamwork and creativity to make a real impact. As the famous actor, Rajinikanth says, "Naaan oru thadava sonna, nooru thadava sonna madhiri" (When I say something once, it's like saying it a hundred times). I'm here to ensure that your ideas and our collective efforts lead to an exceptional year. Let's make great things happen together!



# ***From the Principal's Desk***

**MS. RENUKA BALAJI NALAMAR**



**Dear Students, Parents, and Staff,**

**As we turn the pages of another vibrant chapter in our school's history, it is with immense pride and joy that I address you through our first school magazine of this academic year. Our school is more than just a place of learning; it is a dynamic community where ideas are exchanged, talents are nurtured, and lifelong friendships are forged.**

**While we take pride in celebrating the achievements of our students and staff, let us also look forward with enthusiasm to the opportunities and challenges that lie ahead. We are embarking on exciting new projects and initiatives that will further enhance our educational experience. Together, we will continue to build a community where every student feels valued, challenged, and motivated to reach their fullest potential.**

**I encourage you all to read through this magazine and celebrate the stories and achievements. Here's to another year of success, growth, and discovery. Thank you for your unwavering support and commitment to our shared vision.**

**Ms. Renuka Balaji Nallamar  
Principal**





# SCHOOL SCOOP

*Dive into exciting events*





# INVESTITURE CEREMONY 2024-25





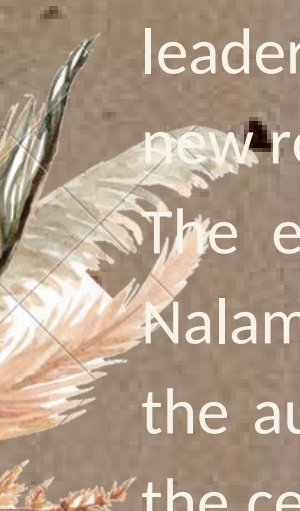


# Investiture Ceremony


With the start of another academic year comes a new set of students elected and eager to take on respective roles within the school community. On 29th June, the investiture ceremony was held to appoint these students to their positions of responsibility officially.

The day truly served as a remarkable event—one that will always be etched in the memories of the elected students, for it was the day they took on the role they had earned themselves through speeches and campaigns. It was a reflection of the work and dedication that led them to this moment.

It's more than just wearing silky sashes and eye-catching badges with your name emblazoned on them; it's about living up to the leadership, accountability, and devotion that comes with their new roles.



The event began with a formal welcome, Ms. Renuka Balaji Nalamar, our esteemed Principal, took to the stage to address the audience. It then moved on to the most important part of the ceremony. Students marched forward in their brown blazers to receive their badges and sashes from our beloved Principals, vice Principals, and honorable chief guest, symbolizing their new roles and duties within the school. Abishek, one of the newly appointed pupil leaders, addressed the audience with a heartfelt welcome speech. The chief guest, Col. J. Kumar, thrilled the students with a truly inspiring speech filled with experiences of his own. Shruthika, the other school pupil leader, presented her resolution to the council for the year 2024–25. The event ended with Sajan Jamal giving a closing speech thanking everyone for their presence and support.





# CPS PRIME MUN

2024-25

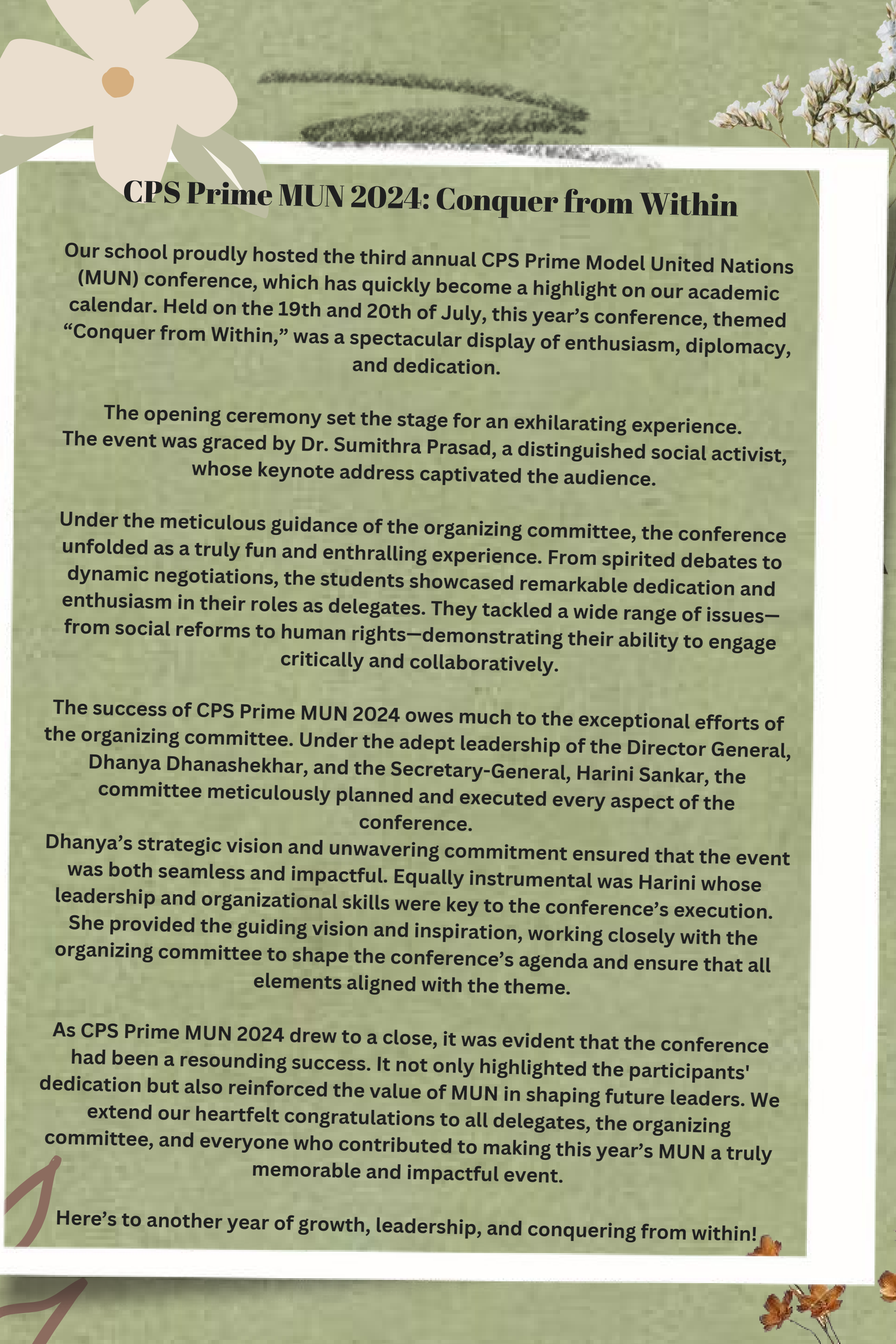


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## **CPS Prime MUN 2024: Conquer from Within**

Our school proudly hosted the third annual CPS Prime Model United Nations (MUN) conference, which has quickly become a highlight on our academic calendar. Held on the 19th and 20th of July, this year's conference, themed "Conquer from Within," was a spectacular display of enthusiasm, diplomacy, and dedication.

The opening ceremony set the stage for an exhilarating experience. The event was graced by Dr. Sumithra Prasad, a distinguished social activist, whose keynote address captivated the audience.

Under the meticulous guidance of the organizing committee, the conference unfolded as a truly fun and enthralling experience. From spirited debates to dynamic negotiations, the students showcased remarkable dedication and enthusiasm in their roles as delegates. They tackled a wide range of issues—from social reforms to human rights—demonstrating their ability to engage critically and collaboratively.

The success of CPS Prime MUN 2024 owes much to the exceptional efforts of the organizing committee. Under the adept leadership of the Director General, Dhanya Dhanashekhar, and the Secretary-General, Harini Sankar, the committee meticulously planned and executed every aspect of the conference.

Dhanya's strategic vision and unwavering commitment ensured that the event was both seamless and impactful. Equally instrumental was Harini whose leadership and organizational skills were key to the conference's execution.

She provided the guiding vision and inspiration, working closely with the organizing committee to shape the conference's agenda and ensure that all elements aligned with the theme.

As CPS Prime MUN 2024 drew to a close, it was evident that the conference had been a resounding success. It not only highlighted the participants' dedication but also reinforced the value of MUN in shaping future leaders. We extend our heartfelt congratulations to all delegates, the organizing committee, and everyone who contributed to making this year's MUN a truly memorable and impactful event.

Here's to another year of growth, leadership, and conquering from within!



# EDUQUEST CONCLAVE





## **EduQuest Conclave 2024: A Global Gateway to Higher Education**

**Our school recently hosted the highly anticipated EduQuest Conclave 2024, a remarkable event that provided an unparalleled opportunity for students to explore higher education options from some of the world's most prestigious universities. Held on the 2nd and 3rd of August, the conclave brought together representatives from renowned institutions, including the University of Arizona, Trinity College, the University of Debrecen, Wayne State University, and more.**

**The heart of the conclave featured a series of informative sessions and interactive discussions with representatives from each participating university. Each institution brought its unique perspective, offering insights into their admission processes, academic programs, and the benefits of studying at their respective campuses.**

**The workshops and Q&A sessions allowed students to delve deeper into each university's offerings. Attendees engaged in lively discussions about scholarship opportunities, campus life, and academic programs, gaining valuable insights directly from the source.**

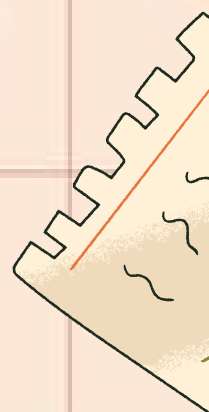
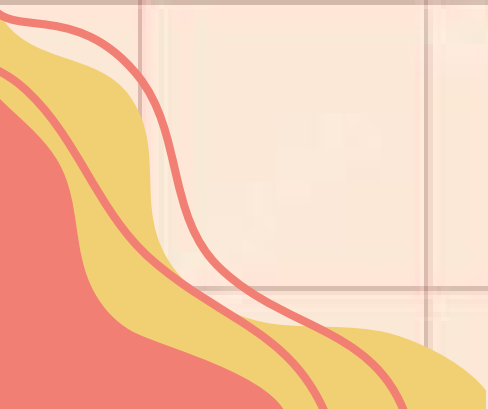
**The conclave also featured a networking session where students had the chance to interact one-on-one with university representatives. This provided an invaluable opportunity for personalized advice and guidance, helping students to better understand their options and make informed decisions about their higher education journeys.**

**Feedback from students and parents alike was overwhelmingly positive. Attendees praised the event for its organization, the diversity of institutions represented, and the quality of information provided. Many students left feeling more confident and informed about their next steps, thanks to the comprehensive and engaging presentations.**

**A heartfelt thank you goes out to all participating universities for their contributions and to everyone who made this event possible. We look forward to future EduQuest Conclaves and the continued opportunity to connect our students with global educational opportunities.**



A TAPESTRY  
OF OUR  
SCHOOL LIFE





**LET'S TAKE A  
NOSTALGIC STROLL  
DOWN MEMORY  
LANE!**







**IPP EVENTS**

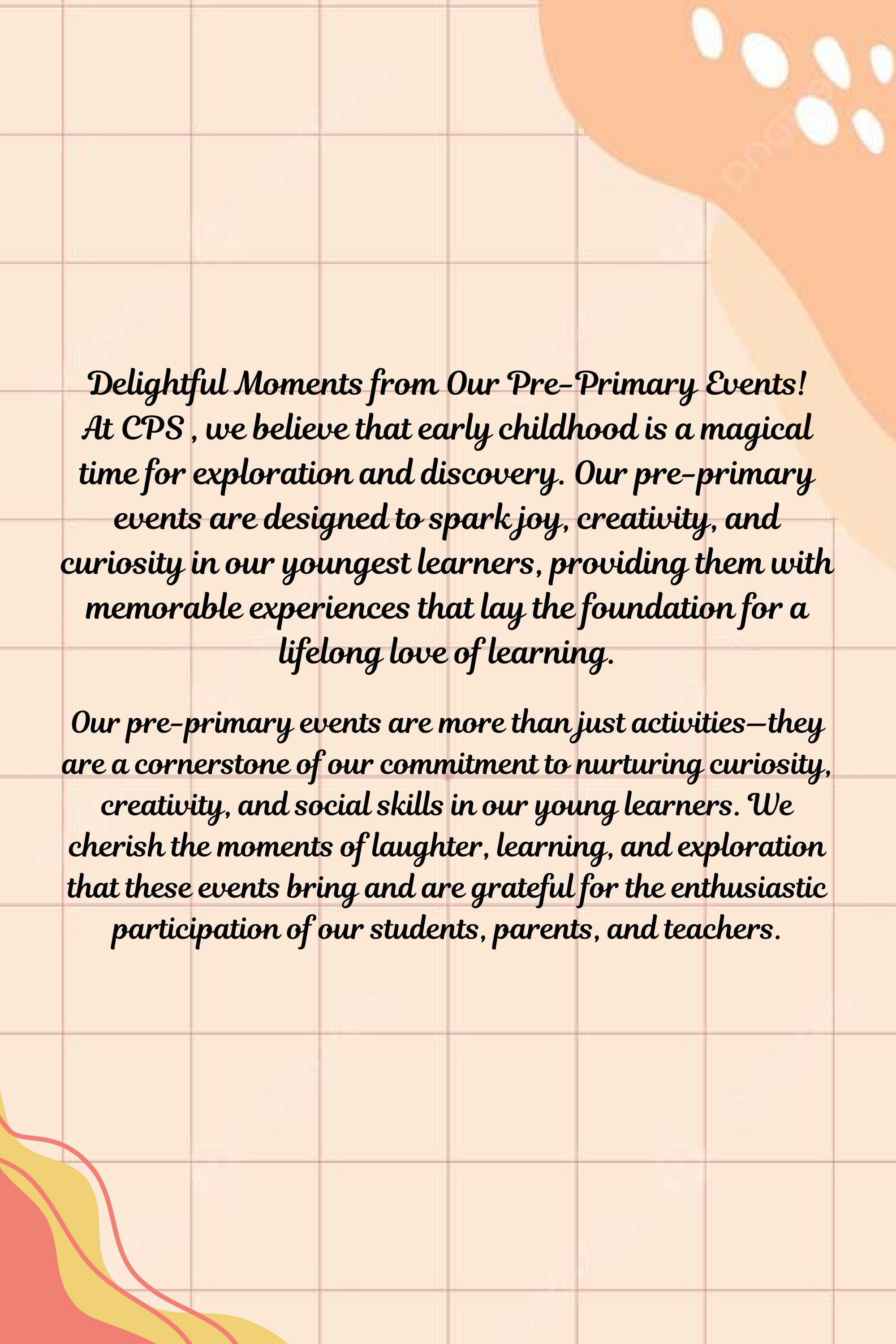
IPP EVENTS

**IPP EVENTS**

IPP EVENTS







*Delightful Moments from Our Pre-Primary Events!*  
*At CPS , we believe that early childhood is a magical time for exploration and discovery. Our pre-primary events are designed to spark joy, creativity, and curiosity in our youngest learners, providing them with memorable experiences that lay the foundation for a lifelong love of learning.*

*Our pre-primary events are more than just activities—they are a cornerstone of our commitment to nurturing curiosity, creativity, and social skills in our young learners. We cherish the moments of laughter, learning, and exploration that these events bring and are grateful for the enthusiastic participation of our students, parents, and teachers.*



## Back To school



EXCITEMENT PERMEATED THE AIR AS CHENNAI PUBLIC SCHOOL, THIRUMAZHISAI OPENED ITS GATES, HERALDING A NEW ACADEMIC YEAR FILLED WITH ANTICIPATION. AMIDST CHATTER-FILLED CORRIDORS AND BUSTLING PLAYGROUNDS, THE ICE-BREAKING SESSIONS FOSTERED FRIENDSHIPS AND ENTHUSIASM FOR LEARNING.

## Calculus heroes

MEET OUR CALCULUS HEROES IN THE MAKING! OUR PREPRIMARY STUDENTS OF CHENNAI PUBLIC SCHOOL THIRUMAZHISAI ARE BLOSSOMING INTO MATH WHIZZES THROUGH THE CALCULUS HERO'S EVENT CONDUCTED CONDUCTED RECENTLY.



## Fruition'24



GRADUATION MARKS A PIVOTAL MOMENT, A CONVERGENCE OF CHERISHED MEMORIES AND BOUNDLESS DREAMS. CHENNAI PUBLIC SCHOOL, THIRUMAZHISAI CELEBRATED FRUITION '24, THE INTERNATIONAL PRE-PRIMARY GRADUATION AND ANNUAL DAY.



## Fruit Salad Activity

THE FRUIT SALAD ACTIVITY, CONDUCTED FOR IPP, WAS A VIBRANT AND ENGAGING EXPERIENCE THAT BROUGHT EVERYONE TOGETHER IN A DELIGHTFUL MIX OF COLORS, FLAVORS, AND CREATIVITY. THE ACTIVITY NOT ONLY ENCOURAGED HEALTHY EATING HABITS BUT ALSO SPARKED CONVERSATIONS ABOUT NUTRITION AND THE IMPORTANCE



## Gopashtami

STUDENTS OF OUR SCHOOL CELEBRATED GOPASHTAMI, A FESTIVAL DEDICATED TO LORD KRISHNA. WATCH AS THEY PRESENT THEMSELVES IN THEIR FANTASTIC ETHNIC OUTFITS. THIS EVENT TAKES THE OPPORTUNITY TO TEACH THEM ABOUT CULTURE AND TRADITION.

## Independence Day

THE STUDENTS OF CPS CELEBRATED INDEPENDENCE DAY WITH BRIGHT SPIRITS AND HONOUR TOWARDS THE NATION. THIS CELEBRATION TAUGHT THEM TO RESPECT THEIR PAST, THE REASON WHY THIS IS OUR PRESENT .





# GRADES 1 TO 5



**Scientific Jour**  
This is a science expo done by Grade 1 and 2 of Chennai Public School, Thirumazhsai, centering on "Science, Society, and Environment," offered a platform for young minds to explore and present their understanding of the interconnectedness between science, society, and the environment.



## Beyond the plate

The 'Culinary sculpting' turned everyday veggies into stunning works of art. In Raw Delight, families teamed up to whip up delicious, no-heat recipes.



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# Grades

# 6 to 12





## Literary Melange

Our school hosted Literary Melange, an event where students performed plays and created artwork inspired by various theatrical themes. It showcased creativity, talent, and passion for literature and the arts.

## EBSB activity of grade-6

The EBSB (Ek Bharat Shreshtha Bharat) event at our school featured presentations on various states, highlighting their unique cultures, traditions, and landmarks. Students celebrated India's rich diversity through engaging talks and vibrant displays.





# Yoga day

On Yoga Day, our school celebrated the importance of physical and mental well-being through guided yoga sessions. Students participated in various asanas, promoting health, mindfulness, and the holistic benefits of yoga.



# French Day

For French Day, our school celebrated French culture with activities like language workshops, cultural presentations, and cuisine sampling. Students explored French traditions, enhancing their understanding and appreciation of the rich Francophone heritage.







*EXPRESS  
YOURSELF*



# Photography



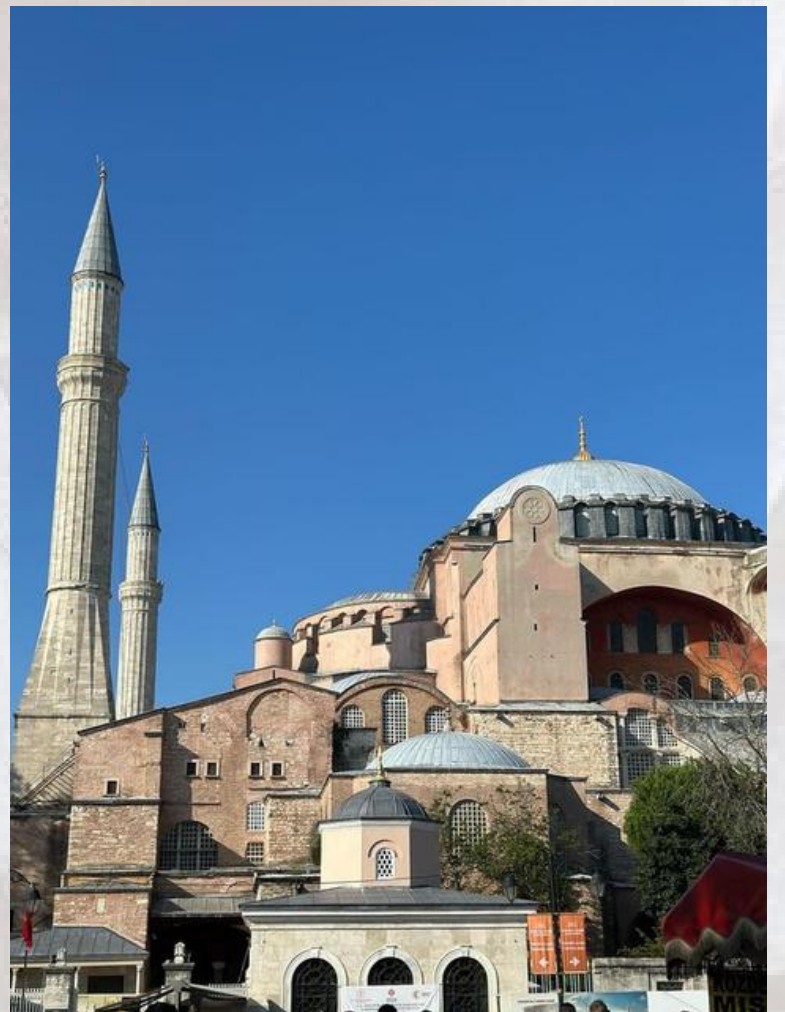
**Harish Chandar – 11 C1**



**Akash – 11 C1**



**Tanya James – 12 C1**



**Mohammed Farhan – 12 C1**



# Poems

## TO THE MOON

To the moon,  
Living in solitude  
Amidst the starry night  
Drifting like a souvenir.  
Elegant and magnificent  
Beneath your radiant aura,  
Weighing an eternal misery.  
Longing for something lost,  
Perceiving it escapes mortal grasp.  
Your moonlit veil gleams,  
As everything fades.  
That celestial glow caresses  
those glistening eyes,  
Being the solitary hope,  
Enlivening the darkest nights

J. Bernish  
11 JEE

Kapish Suresh  
8-D

### "Moonlit Dreams"

Silver light, a glowing stream  
Dances on the midnight dream  
Stars up high, a twinkling sea  
Reflections of what's yet to be

In this quiet hour, I find my peace  
A sense of calm, my worries release  
The world is hushed, a gentle sleep  
As moonbeams whisper secrets deep

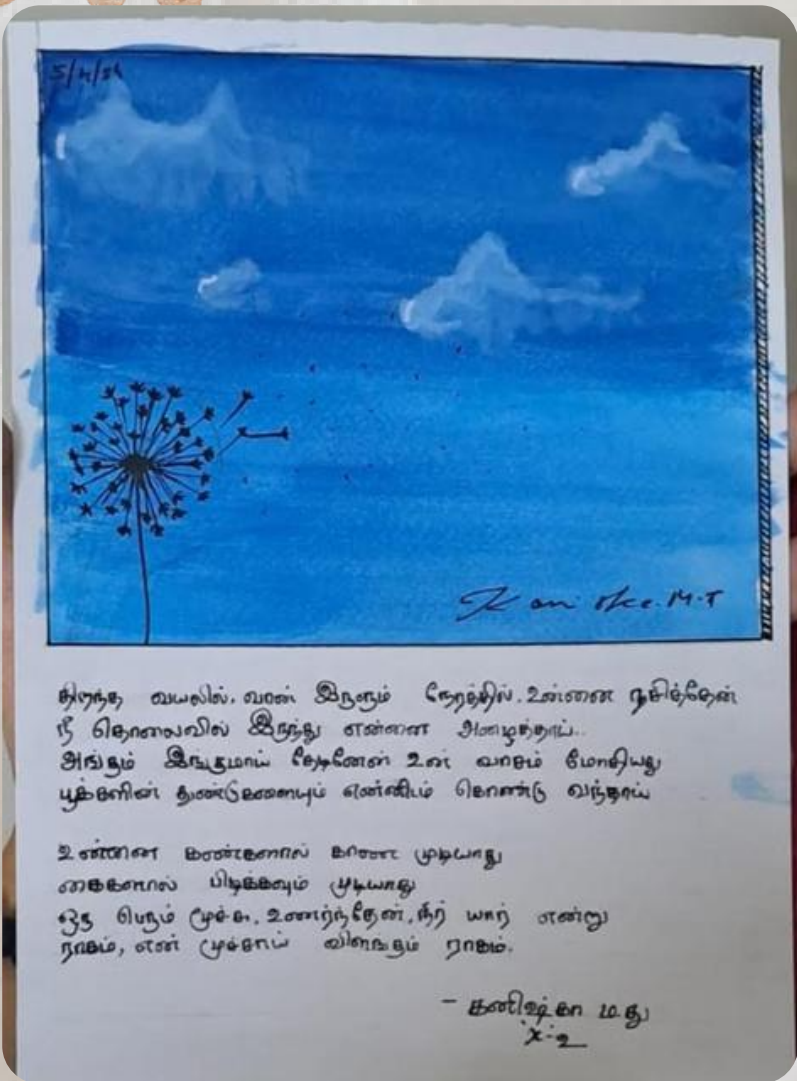
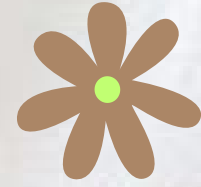
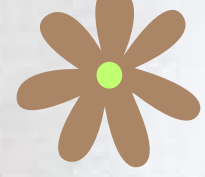
In lunar rays, my heart takes flight  
Through shadows dark, into the light  
Where dreams and hope, entwined, unfold  
A tapestry of tales yet untold

In this nocturnal embrace, I find  
A sense of belonging, a peace of mind  
A connection to the universe's rhyme  
A symphony of wonder, all the time

So let the moon's soft light descend  
And guide me through life's journey's end  
For in its glow, my spirit takes flight  
In moonlit dreams, I find my delight.



# Poems



**Kaniska MT**

**10 E**

## FRIENDSHIPS FORGOTTEN

There we were together,  
Buzzing and laughing because  
we thought we had forever.  
Dimly-lit, lights hanging low,  
The room which we thought  
had so much to show.

There I stood in the very room now,  
Life then was so joyful somehow  
I think so deeply about it, today.  
About the laughter forgotten,  
The minds and humour rotten

Oh, those lovely moments that I yearn for so much,  
Forever in my heart, I will tightly clutch.

I should have realized it when I had the chance,  
The beauty of that small, yet memorable nuance.

I know I will never get them back  
Because in my heart, that pureness I lack

**Kavinaya. S**

**9 B**





# **KILL THE DEVIL TO RESURRECT THE ANGEL**

## **THE DEVIL**

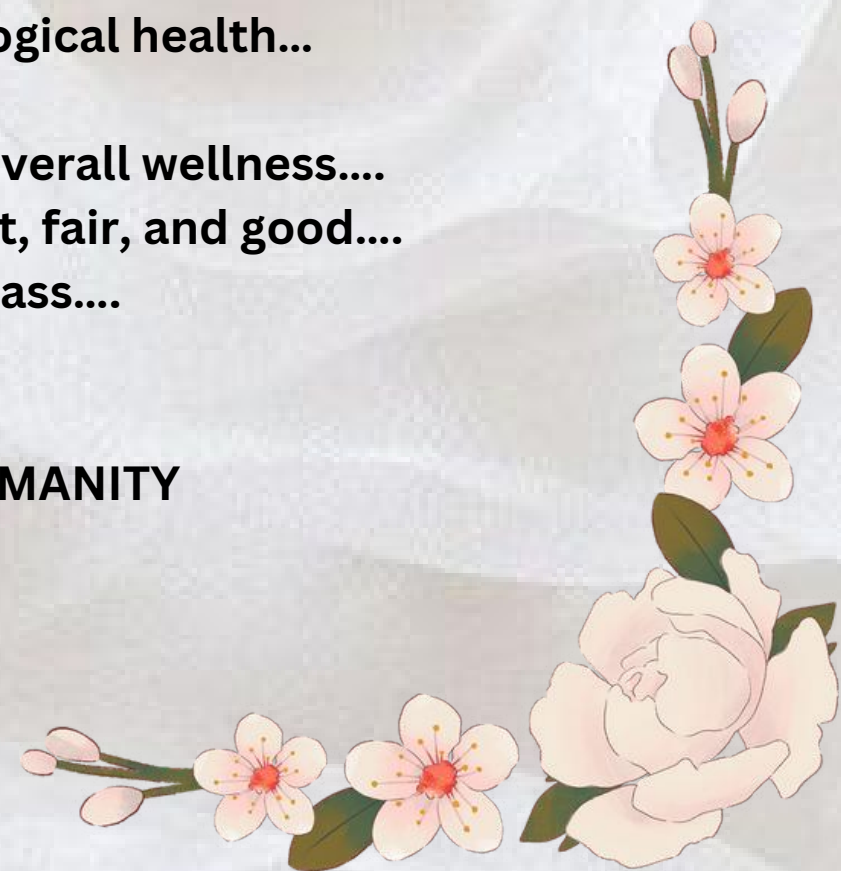
- The DEVIL distorts the perception of reality...**
- The DEVIL leads to biased judgments and decisions....**
- The DEVIL prevents the acknowledging of faults and mistakes....**
- The DEVIL resists and hinders learning....**
- The DEVIL leads conflicts in relationships...**
- The DEVIL isolates one from all associations....**
- The DEVIL induces constant fear and insecurity....**
- The DEVIL causes stress and anxiety...**
- The DEVIL drives one to seek external validation and material success...**
- The DEVIL prevents true inner peace....**
- The DEVIL creates the illusion of separateness from others....**
- The DEVIL destroys the path of enlightenment and unity....**

## **THE ANGEL**

- The ANGEL fosters relationships....**
- The ANGEL for others....**
- The ANGEL builds more cohesive community....**
- The ANGEL develops empathy....**
- The ANGEL leads to emotional and psychological well being...**
- The ANGEL promotes peaceful conflict resolution and reduces violence...**
- The ANGEL contributes to global peace....**
- The ANGEL ensures cooperation among different cultures and nations....**
- The ANGEL motivates acts of kindness and generosity....**
- The ANGEL helps to volunteer for others and live for others....**
- The ANGEL improves mental and psychological health...**
  
- The ANGEL reduces stress by promoting overall wellness....**
- The ANGEL guides to live lives that are just, fair, and good....**
- The ANGEL develops a strong moral compass....**

**KILL THE PREVALENT DEVIL – THE EGO**  
**RESURRECT THE KILLED ANGEL – THE HUMANITY**

**Mrs.Brintha S**  
**PGT – Maths**





# Artwork



**Kalkrita Shanmugam - 8A**

**Divija k - 9 B**



**Thivya - 11 NEET**



# What if we rewrite the script?

**“Oh, Lady Justice. Has your blindfold come off?”**

In the grand theater of human civilization, the stage is set, the lights are blinding, and the spotlight is bright. Yet, for all the spectacle and fanfare, an injustice lurks behind the curtains: gender inequality, an age-old problem that persists. This isn't just a social issue; it's a structural flaw in the very architecture of human societies—a fracture that distorts humanity and creates a crippling inequity.

At first glance, gender inequality might seem like a problem confined to distant corners of the world, but it affects every aspect of our lives. In the workplace, women often find themselves entangled in a web of bias, where equal work is met with unequal pay. The gender pay gap is not merely a statistic but a notable example of the devaluation of women's labor. On the other hand, in households, the day-to-day chores performed by women are not considered work but rather expected duties, leading to a disproportionate burden on women's time and energy.

In education, the disparity continues. Despite progress, girls in many parts of the world are still denied the same educational opportunities as boys. They are pulled from schools to tend to household chores or marry young, their wings clipped before they have a chance to unfurl.

The media fuels these inequalities, often reducing women to mere stereotypes. It reinforces the idea that a woman's value is tied to her appearance rather than her abilities and intellect. This leads to young women falling victim to low self esteem due to insecurities fostered by unrealistic beauty standards.

But the problem isn't limited to economic and social realms; it also arises in the subtle nuances of everyday interactions. It's the patronising tone used when a woman speaks up in a meeting, the unsolicited advice given based on gender stereotypes, pretending to be on the phone while going alone in a taxicab, and the visible but unnoticed differences in the opportunities, treatment, and respect given to men and women in various settings.

On August 9, 2024, the echoes of the tragic event at Kolkata's RG Kar Medical College and Hospital were heard across the nation. The assault and murder of a helpless doctor, disguised as a suicide, sparked outrage. A situation where you lost your life in the same walls where you had saved countless other lives.


"What was she wearing?"

"What was she doing out at that time?"

"She brought it on herself."







In a world where women are viewed as 'attention seekers' for speaking out the violence that occurs against them, these phrases are heard quite often. The dignity of victims is often stripped away, and the blame is shifted onto them instead of the true perpetrators. According to a 2019 survey, a rape case is reported every 16 minutes. However, the majority of cases go unreported, so even this number is inaccurate

After the incident in Kolkata, many medical colleges released notices with new and controversial instructions for female students taking basic femininity away. Women were asked not to keep flowers or offer a feeling as if they were women, putting a cage on them while the real animals roam freely. A bear would be ashamed to be compared to these so-called humans.

A bear or a man in the woods? You choose.

Oh, of course, "Restrict what they wear, not their eyes. Not all the places they lie." Instead of teaching society to change their mindset, we ask our women to change themselves. Preventive measures are not wrong, but enforcing restrictions that strip women of their identity and freedom is oppressive. Laws are there, but are they implemented? It takes years to get justice in the judicial system of India. In some cases, true culprits will walk free due to a lack of evidence or loopholes in the legal system. Justice delayed is justice denied, leaving victims and their families without closure or peace. Even if justice is served, the perception of the victim by society does not change, leaving her scarred for life

But what happens at the end? The fire dies down, and people move on until there's a new case with a fresh spark. Later, even that spark will be put out by criminals trying to hide their crimes or even washed down by the tears of those who have lost hope


Policy change alone will not suffice. True change requires a cultural revolution—a reimagining of gender roles and a redefinition of a woman's value. It means creating spaces where all voices are heard and where contributions are valued irrespective of gender. It means fostering environments where girls can dream without limitations and women can achieve without barriers.

Men and women are different, but that doesn't mean they need different salaries, treatment, or opportunities. It's time to cast off the shackles of outdated norms and embrace a future where gender equality is not just an ideal but a lived reality. The journey is long, and the obstacles are many, but the stakes are too high to ignore. We need to challenge stereotypes and dismantle the patriarchal structures that uphold inequality. Will we continue to be spectators in the grand theater of gender inequality, or will we rise to the occasion and rewrite the script?

The choice is yours.

SHRUTHIKA P

11 C1





# EMPIRES OF THE UNDERGROWTH

## Atta Cephalates

### WHAT ARE ANTS?

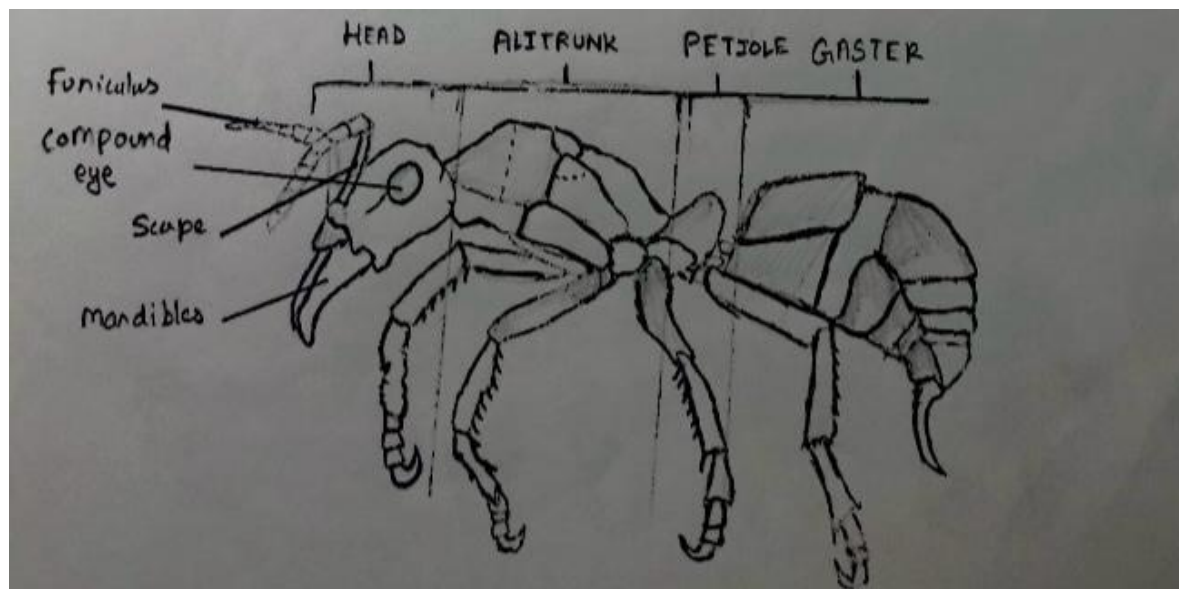
Ants are substantially a large group of Arthropoda with a wide range of varying morphology and mode of nutrition.

Fancy words aside..other than humans, ants are the second most organized group of living organisms that live in medium to large colonies which can range from 200-1,000 individuals.

Similar to early human civilizations, ants are classified as castes however unlike human's superstitious classifications the ones for ants are based on the size of their heads:

- The Smallest caste of ants is called minor ergates .
- The medium sized caste of ants is called median ergates .
- The largest caste of ants (excluding the queen) is called major ergates

The brief difference between larger and smaller caste members of ants are grouped as micrergates (smaller variants) and macrergates (larger variants). But like human beings each caste in the ant colony has its own specific role which can vary from foraging, feeding the brood, defending the colony and the supply lines and other roles specific to certain species





**Atta-cephalotes also known as leaf cutter ants is a form of ant species which come under the genus Ata and its species are very similar to the genus Acromyrnex.**

**These ants consume food through an interesting way of symbiotic relationship with a fungi which can be compared to the agriculture of plants done by human beings.**

**They have a 4-caste system division which are:**

- 1) minims (the garden ants)**
- 2) minors(smaller-workers)**
- 3) media(workers)**
- 4) majors(soldiers)**

**Minims:**

**Also known as garden ants of the colony, they are the smallest caste in terms of size and their main role is to maintain the fungus farm which is cultured in the colony, and taking care of the brood in the nest.**



**Minors:**

**The second smallest caste group of the colony whose main role includes foraging and nest maintenance. They can be considered as support class for both the minims and the media.**

**Media:**

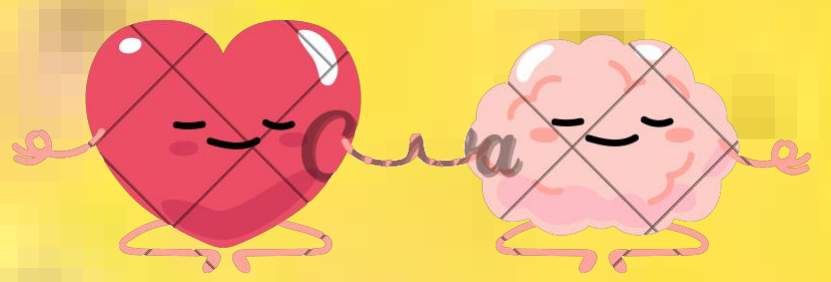
**Are relatively large-sized caste group whose main role is foraging. This caste group usually makes up the bulk of the colony's population and it is these ants that are usually seen forming large convoys carrying picces of leaves to the colony.**



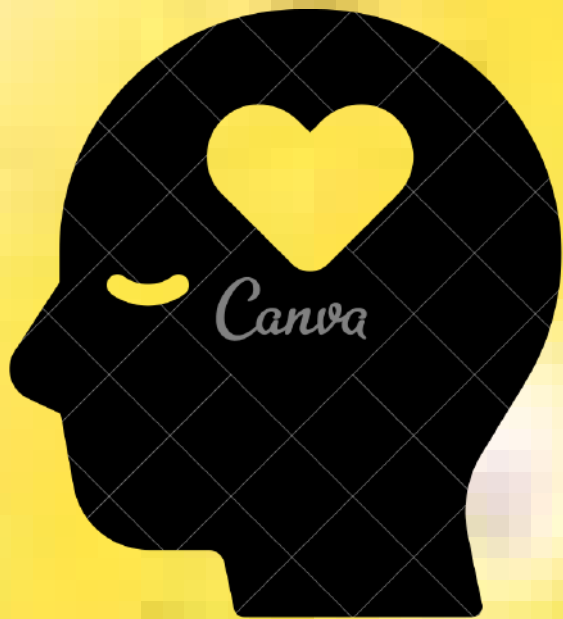
**Majors:**

**The largest caste group of the colony with comparatively giant heads and large mandibles. They are best for carrying large pieces of leaves. They are also seen protecting the convoy lines and act as soldiers of the colony in both defensive and offensive stances.**





# Understanding Mental Health:



*Mental health is a crucial part of our overall well-being, yet it often doesn't receive the attention it deserves. Just like physical health, mental health affects how we think, feel, and act. It influences our ability to handle stress, relate to others, and make decisions. By raising awareness and understanding mental health better, we can support ourselves and others in leading healthier, more fulfilling lives.*

## *Why Awareness Matters ?*

*Raising awareness about mental health is essential for several reasons. First, it helps reduce stigma and misconceptions. Many people still view mental health issues with prejudice or fear, which can prevent individuals from seeking help. By talking openly about mental health, we can challenge these misconceptions and promote a more understanding and supportive environment.*

*Second, awareness encourages people to seek help early. Just as we would see a doctor for a physical ailment, it's important to consult mental health professionals when struggling with emotional or psychological issues. Early intervention can lead to better outcomes and can prevent problems from worsening.*

## *Signs of Mental Health Issues*

*Recognizing the signs of mental health issues is the first step in seeking help. Some common signs include:*

*Persistent Sadness or Anxiety: Feeling sad or anxious most of the time, especially if these feelings don't seem to go away.*

*Changes in Sleep Patterns: Experiencing insomnia or sleeping too much.*

*Withdrawal from Social Activities: Losing interest in activities you once enjoyed and withdrawing from friends and family.*

*Changes in Appetite: Significant weight loss or gain without a clear reason.*

*Difficulty Concentrating: Struggling to focus on tasks or make decisions.*

*If you or someone you know is experiencing these symptoms, it's important to reach out to a mental health professional. They can provide support, resources, and treatment options.*





# A Path to Awareness and Well-being



## How to Support Mental Health ?

Supporting mental health is a shared responsibility. Here are some ways we can all contribute:

**Educate Yourself:** Learn about mental health issues and how they affect people. Understanding the facts helps dispel myths and reduces stigma.

**Practice Self-Care:** Taking care of your mental health is as important as physical health. Engage in activities that reduce stress and promote well-being, such as exercise, meditation, and hobbies you enjoy.

**Listen and Support:** If someone you know is struggling, offer a listening ear. Sometimes, just being there and showing empathy can make a significant difference.

**Encourage Professional Help:** If you or someone you know is struggling with mental health issues, encourage seeking help from a mental health professional. Therapy and counseling can provide valuable support and guidance.

**Promote Open Conversations:** Encourage open discussions about mental health in your community, workplace, or school. The more we talk about mental health, the more we normalize it and make it easier for people to seek help.

## Conclusion

Mental health is a vital part of our overall well-being, and understanding it better helps create a more supportive and empathetic society. By raising awareness, recognizing the signs of mental health issues, and offering support, we can contribute to a healthier and more connected community. Remember, it's okay to seek help, and reaching out is a sign of strength not weakness. Together, we can foster a world where mental health is prioritized and everyone feels valued and supported.







**I READ,  
I TRAVEL  
I BECOME.**

**DEREK WALCOTT**





# Experience the Timeless Majesty of Madurai

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**In the heart of Tamil Nadu lies Madurai, a city steeped in history and renowned for its vibrant cultural tapestry. Often referred to as the "Athens of the East," Madurai is home to the magnificent Meenakshi Amman Temple, a sprawling complex adorned with intricately carved gopurams (gateway towers) and vibrant sculptures that tell stories of ancient mythology. The temple's grandeur, with its awe-inspiring halls and sacred tanks, stands as a testament to the city's profound religious and architectural legacy. The bustling streets surrounding the temple are alive with the colors and sounds of local markets, where traditional crafts and delectable South Indian cuisine create a sensory feast.**

**Madurai's charm extends beyond its temples, offering visitors a glimpse into its rich history and dynamic culture. The city is famous for its historic landmarks like the Thirumalai Nayak Palace, a stunning example of Indo-Saracenic architecture that reflects the opulence of the Nayak dynasty. The vibrant festivals and lively local traditions further enrich the experience, making Madurai a place where ancient heritage and contemporary life blend harmoniously. From its sacred temples to its lively streets, Madurai invites travelers to explore its deep-rooted history and immerse themselves in the timeless beauty of Tamil Nadu.**



dream a little  
dream of me

all the little stars of



MARCH 19

Keep Galaxy City Clean

STREET

ES CAME

cause i'm a

EVERYTHING FOR THE LAW

# NEWS NEWS NEWS

my love to help my country  
change, but before she died  
of a heart attack in 1982  
in the Chicago Tribune. She

The Village Times

CARRIAGE CASTLE RESTORATION

udontknowme

Idon't know

No

GROCE

BAKERY

EDITION

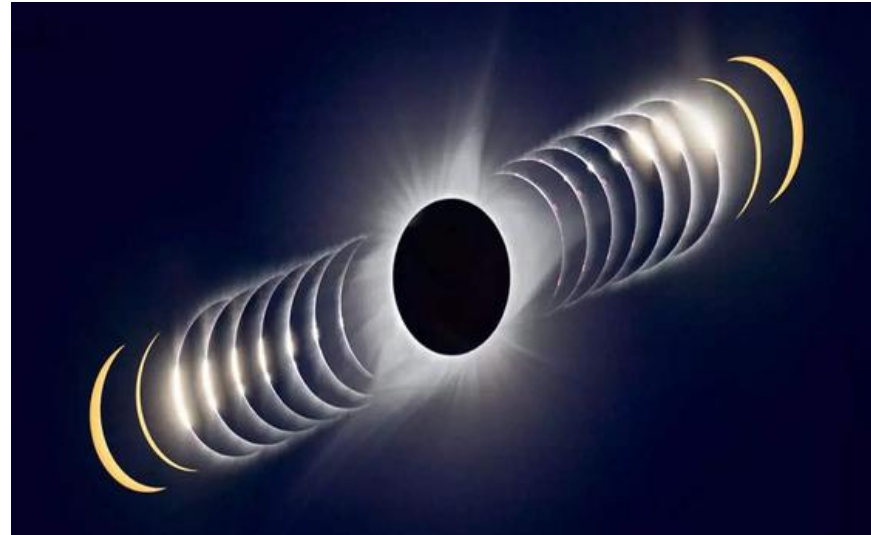
VOGUE  
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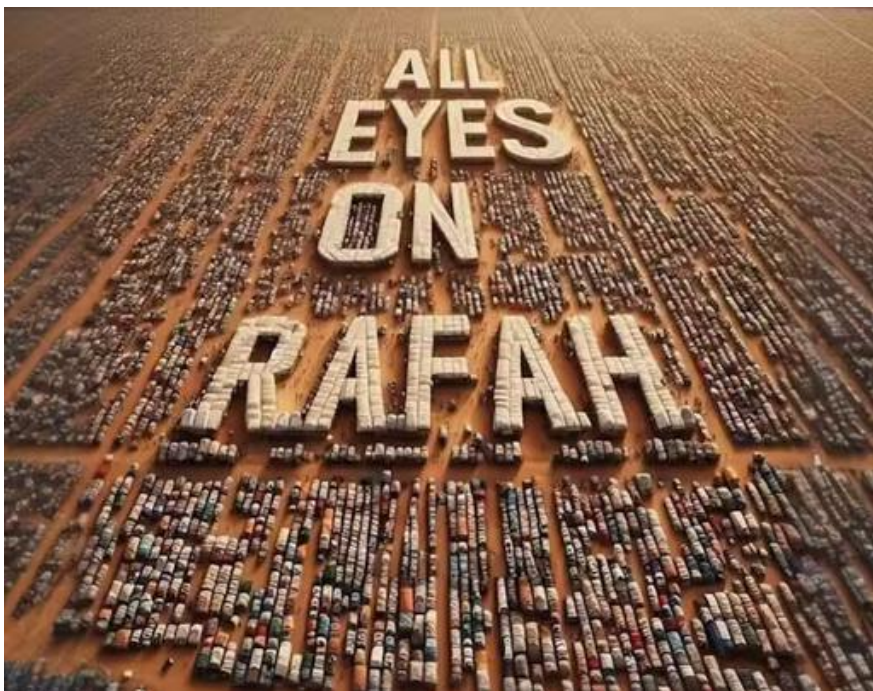


# International News

**On April 8, 2024, a total solar eclipse moved across North America, passing over Mexico, the United States, and Canada. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk.**



**Armed conflicts and attacks  
Russian invasion of Ukraine  
2024 Kharkiv offensive  
Seven people are killed and at least 28 others are injured in Russian missile strikes in Liubotyn and Kharkiv, Ukraine.**



**After the beginning of Israel's war on Gaza, Israel began bombing it from the north and moved down, displacing Palestinians from their homes as they fled south to seek shelter. By February, about half of Gaza's 2.3 million population had been pushed into Rafah when Israel said it planned to launch a ground operation on Rafah, claiming Hamas four brigades, the Palestinian group that governs the Strip, were there.**



# National News

The NEET UG 2024 results were unexpectedly announced by the National Testing Agency (NTA) on June 4, 2024, ten days ahead of schedule, coinciding with the general election results. This move sparked criticism due to the unprecedented declaration of 67 all-India rank 1 holders and concerns regarding transparency in the allocation of grace marks.



It may be recalled that two IT engineers, Aneesh Awadhiya and his friend Ashwini Koshta, both 24 and from Madhya Pradesh, were killed after a speeding Porsche car driven by a 17-and-a-half-year-old boy in an inebriated state hit their motorcycle at Pune's Kalyani Nagar junction around 2.30 am on May 19.

**Rainfall and Water Accumulation:** Heavy and prolonged rainfall can saturate the soil and increase water pressure within rock fractures. In the case of the Wayanad landslide, excessive rain led to rapid water accumulation, causing soil and rocks to slide.





# Sports News

**April 22nd 2024:**

**In chess, at 17, D Gukesh is now just a win away from being the youngest player ever to win the event conducted to decide the challenger to the reigning World Champion next year. In a press conference after the Round 13 triumph, on Sunday, April 21st, that made him the odds-on favourite to be the designated No.1 Candidate to take on defending champion Ding Liren of China next year, Gukesh said, "I've been eager and excited in the same way from the start. My mental state has been the same."**



**July 1st 2024:**

**India's T20 World Cup**

**India squashed a major victory to secure their second ICC T20 World Cup title by beating South Africa by seven runs in Barbados on Saturday.**

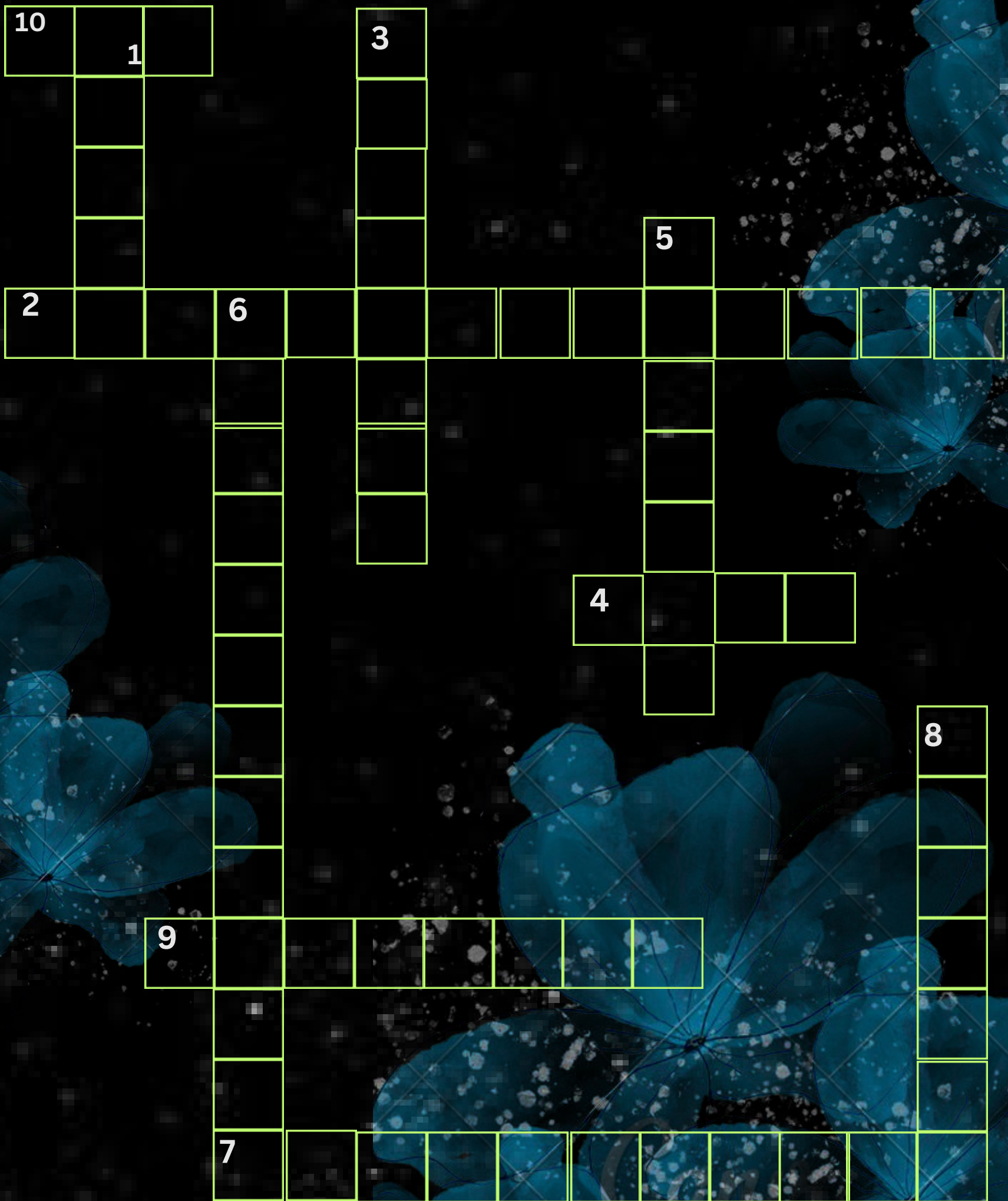


**One**

**VOGUE**  
style



# CROSS WORD





# ACROSS

2. CPS Magazine Name (psst, the one you're reading right now )

4. CPS has partnered with \_\_\_\_ Student Youth to give talks in front of the audience

7. Student Council is officially recognised in this event.

9. CPS's Cultural Event

10. Acronym of our school

# DOWN

1. CPS's own Model United Nations

3. Brand new sports event, putting all 4 CPS campus against each other

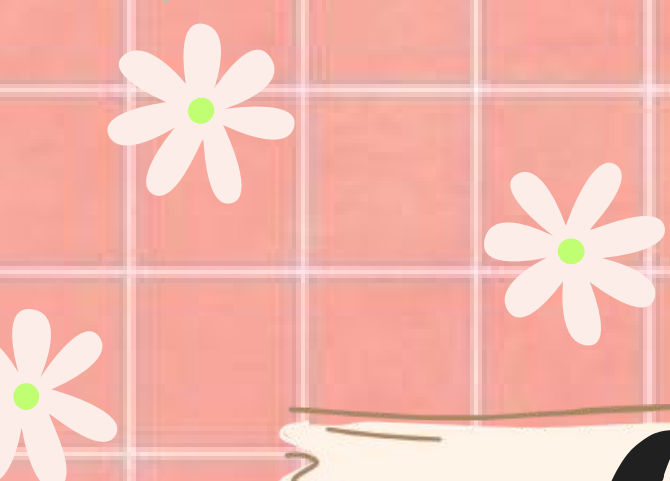
5. CPS MUN has the tagline " \_\_\_\_\_ from within "

6. Best CPS campus

8. CPS's Cultural Theme this year

**By Nithen Aswath**





Counsel



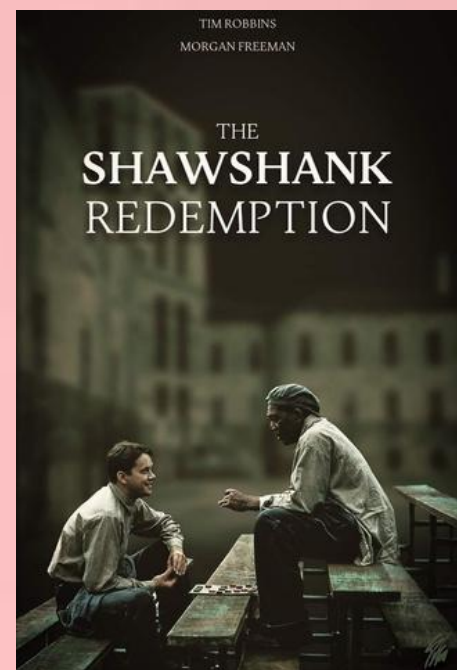


# MOVIES

## 🔓 Escape into Hope with The Shawshank Redemption 🔓

Trapped within the cold walls of Shawshank Penitentiary, Andy Dufresne, a banker with a hidden agenda, forms an unlikely friendship with fellow inmate Red. Witness a gripping tale of courage and perseverance as Andy defies the darkness of prison life to forge an extraordinary plan for redemption.

Experience the power of hope and the strength of the human spirit. Don't miss the timeless classic that has captivated hearts worldwide.

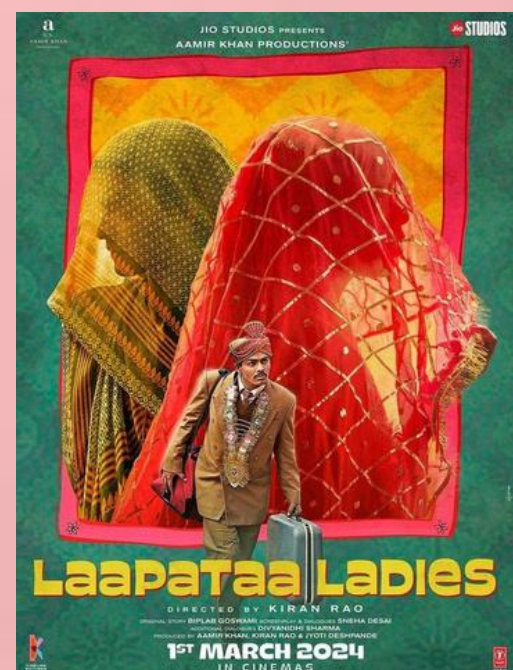


A barber seeks vengeance after his home is burglarized, cryptically telling police his "Lakshmi" has been taken, leaving them uncertain if it's a person or object. His quest to recover the elusive "Lakshmi" unfolds. Actor Vijay Sethupathi-starrer 'Maharaja' directed Nithilan Swaminathan, which hit the screens on June 14 turned out to be a huge hit getting positive response from the audience and critics.

Laapata Ladies follows the comedic escapades of two mismatched women from a small town who are determined to transform their mundane lives.

Each with her own unique set of quirks and dreams, they band together to tackle societal norms and personal challenges in their pursuit of independence and self-discovery.

The film blends humor, heart, and a touch of romance as the ladies navigate their way to empowerment and unexpected adventures.

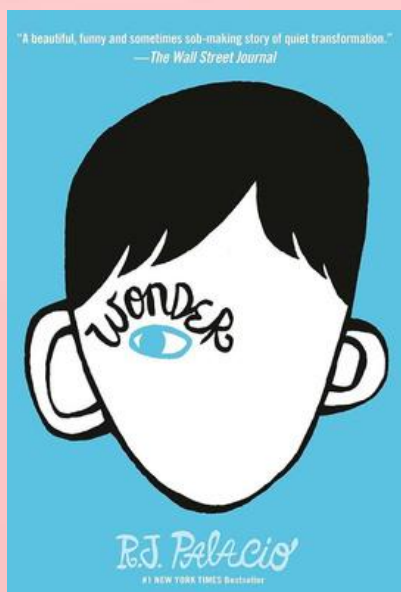




# NOVELS

The narrative is structured around a mystical café in Tokyo, Funiculi Funicula, offering customers the chance to travel back in time. However, this time-traveling experience is subject to specific rules, the most crucial being that the individual can only stay in the past until their coffee gets cold.

By Toshikazu Kawaguchi



The book Wonder centers around August, born with facial differences and a genetic condition that required him to have twenty-seven surgeries. Because his health was unstable, his mother home-schooled him through fourth grade. During August's first year at Beecher Prep, he has many new positive and negative experiences.

By R.J. Palacio

Becoming is a biography of Michelle Obama. The main themes in Michelle Obama's Becoming are dedication to personal growth and aspirations and persistence despite setbacks. Dedication to personal growth and aspirations: Michelle traces her process of "becoming" herself.

By Michelle Obama





# MUSIC

## Official F1 Theme



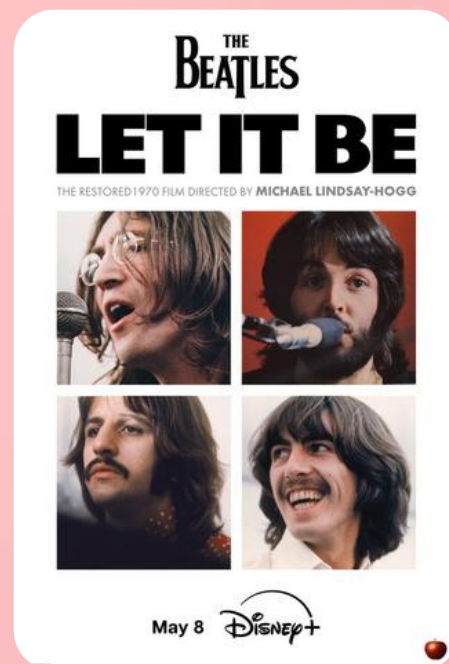
“Official F1 Theme”, composed by renowned Hollywood composer Brian Tyler. It was recorded with the London Philharmonic Orchestra at Air Studios in London three weeks ago, with the final mix at Tyler’s Los Angeles studio.

“When I started writing the music for the Formula 1 theme I thought there needed to be some character of the cars. Musically, these engines make a beautiful noise when they fly by you.” - Brian Tyler

## The Beatles – Let it Be

This one is packed with simple words of wisdom for when things go beyond your control. Paul McCartney, who wrote and sang the song, said he got the idea for Let it Be after he had a dream about his mother during a tense period when the band was recording The White Album in 1968. His mother had died of cancer when he was just 14 years old. She is the “Mother Mary” referred to in the lyrics.

This inspiring song has continually ranked among the most popular Beatles’ tracks, and on lists of The Greatest Songs of All Time.



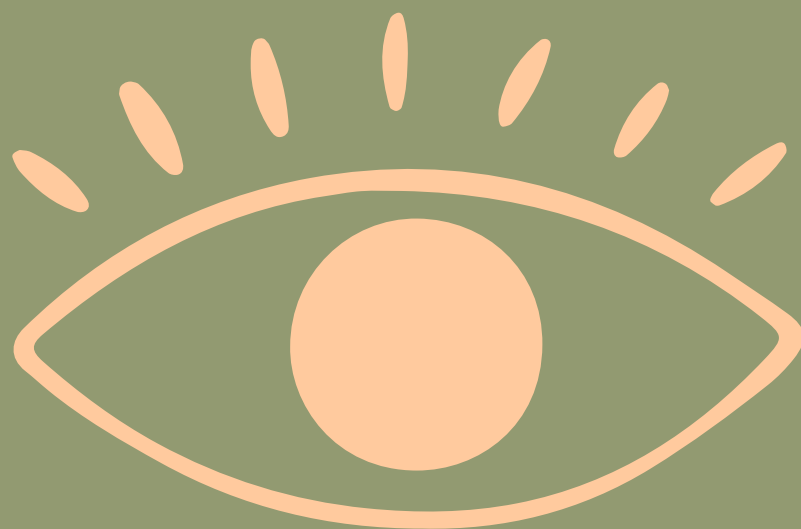
## Switchfoot – Hello Hurricane



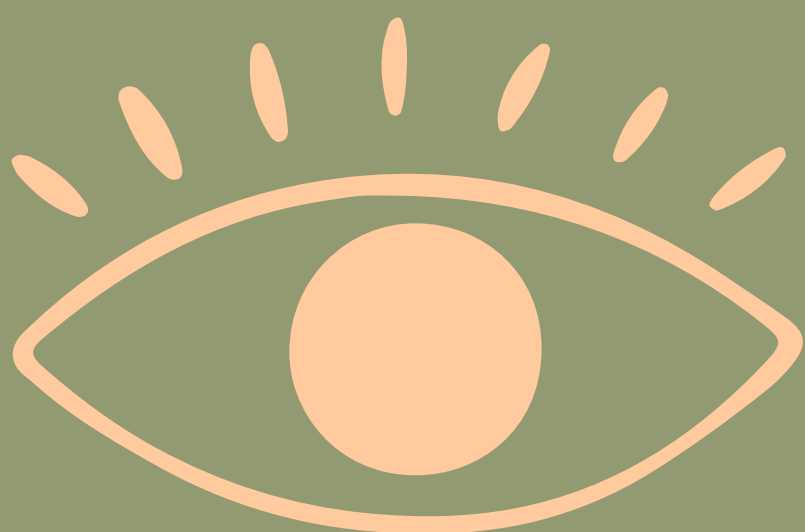
If you’re looking for an upbeat, motivational tune guaranteed to get you hyped up and ready to face that hurricane that life is throwing your way, you’ve just found your song! Switchfoot are an American rock group from San Diego California, who started out on the Christian rock scene. Hello Hurricane was the title track from their 2009 album, and its an essentially a song about singing into – or facing – a storm head on.



**To get featured in  
our next Gente  
Periodico you can  
send us your  
artwork, poems,  
articles,  
photography etc; to  
our official gmail Id.**



**Thank you for  
reading our first  
edition of Gente  
Periodico. Our next  
issue to be out on  
December 1st.**



**genteperiodico24@gmail.com**