

**WISTERIA**

Cultural event held by council members, students and teachers took place

**FIFA WORLD CUP**

22nd FIFA world cup took place in Qatar from November to December

**CPS FOOTBALL TEAM**

CPS football team won CSSC Thiruvallur cluster football tournament

**PHYSICAL HEALTH**

Read in depth of how body image, nutrition and sleep affects physical health

# **GENTE** **PERIODICO**

DECEMBER 2022

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# INSIDE



# EDITORIAL COMMITTEE'S MESSAGE



**Keerthana P**  
**The Editor**

Dear readers,  
We are thrilled to announce that we have completed this magazine despite the challenges we faced. We are committed to overcoming any obstacles and to continue providing you with informative and engaging content. Thank you for your feedbacks. We tried our best to incorporate them in this magazine. We hope you enjoy reading it as much as we enjoyed creating it. Please let us know your thoughts and suggestions for our future editions.  
Thank you

w e l c



**Vaishnav Vinod**

Dear Readers,  
The magazine aims at polishing the inborn talents of each student and also at providing ample opportunity for the students to express their creativity. We have made an earnest effort to display a blend of diverse themes, artistic skills, academic achievements and a myriad of happenings in the school. We at the Editorial recognize and appreciate each and every article presented, each article was rich and unique in its own way, but we deeply regret our inability to find space for all the articles in this edition.

# SCHOOL PUPIL LEADER'S MESSAGE



**Elamukil Vijay**

I am Elamukil Vijay, The school Pupil leader for 2022-23. I believe a leader is one who knows the way, goes the way, and shows the way. I am privileged to receive this opportunity and will make good use of it. It is indeed a pleasure for me to carry out the assigned responsibilities in a sincere, systemic, and dedicated manner. I will be happily available for every necessity of my school. "A school isn't just a place where students come to learn, it is a secure environment that plays a key role in moulding us for our future." This year's Student Council worked in collaboration to achieve the best for our school, along with the support from the teachers. I appreciate the efforts of the Council members for their coordinated efforts.

o m e



**Anvee Agarwal**

Leadership comes with great responsibilities and I am honored to take those responsibilities. We the youth of today face several challenges in society. I am determined to bring a change by leading as an example. I also believe that leadership is not only about taking charge but also about teamwork, so I expect to simultaneously learn from my fellow council members along our journey through this year. I, along with my team, am also committed to making this year a significant one. I promise to abide by the school regulations and bring laurels to the school. I will ensure to be approachable to my fellow students and act as a good mediator between the teachers and students, if necessary. "leadership is not a position or title, it is action and example"

# PRINCIPAL'S DESK



**Mrs. Chitrakala Ramachandran**

Today's young people take even the smallest failure as a serious disaster. If you look into the lives of some of the most eminent personalities, you would see that they would have walked on a very rugged path. Most successful people will have a story of their bitter failures from which they would have revived like a UNICORN.

To mention a few:

Michael Jordan, the world-famous football player, was rejected by his high school Varsity Basketball Team"- can you believe it?

Amithabh Bachan was rejected by All India Radio for his unusual bass voice. This is unbelievable, isn't it?

Steve Jobs was fired from the Apple company that he founded. He then joined a couple of other computer companies which were also bankrupt.

Later he rejoined APPLE and led it to make it a profitable company. J.K. Rowling once said, "You might not have failed on the scale I did" ...

What a powerful statement this is! Yes, I think her perseverance and determination was what led her to what she is today.

She also says, "But it is impossible to live without failing at something or sometimes unless you live so cautiously that you may have not lived at all. Everyone will have a setback in life at some point in time, may it be in a business or a company or a profession, or others.

The ability to adapt by improving our skills on decision-making rather than cowering in a passive mode due to the fear of failure engulfing us, is imperative to live a successful life. What can you do that failure does not overrule you?

# SCHOOL COUNCIL MESSAGE

Dear readers,



As members of the student council, we take our responsibilities very seriously. We are committed to taking care of our school and ensuring that it remains a welcoming and safe environment for everyone. We understand the importance of discipline and are dedicated to upholding the school's rules and regulations.

We recognize that there may be issues that arise within the school community, and we are prepared to work together to find solutions. We will listen to your concerns and take action to address them in a timely and effective manner. We encourage you to speak up and share your thoughts and ideas with us, so that we can work together to make our school a better place.

In order to maintain a disciplined and respectful student body, we encourage all students to take responsibility for their actions and to treat others with kindness and respect. We believe that by working together, we can create a positive and supportive school environment that fosters learning, growth, and success.

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Thank you for entrusting us with this important responsibility. We promise to do our best to serve you and make our school a better place for all. Thank you for your attention, and we look forward to working with you to make our school a better place for all.

Sincerely,  
The Student Council

# WISTERIA

Wisteria, the cultural event of Chennai Public School, Thirumazhisai, was a momentous occasion held offline after two years on September 1st and 2nd. The event unfolded in a grand manner, attracting the participation of more than 600 students and 28 schools were the theme was "Atlantis". Each participant showcased their talents and strived to achieve glory for their respective institutions. With a lineup of 13 captivating events and 5 flagged events, Wisteria provided a platform for students to excel in various domains.

The success of Wisteria was a result of the concerted efforts put forth by the dedicated council members, students, and teachers. Countless hours of hard work and meticulous planning went into making the event a reality. The tireless coordination and execution ensured that every aspect of the event was executed flawlessly.

Adding to the prestige of the occasion, the chief guests for Wisteria were the renowned television personalities, the talented twins Arun and Aravind. Their presence elevated the event, inspiring the participants and adding an extra touch of glamour to the proceedings.

The crowning moment of Wisteria came with the award ceremony, where the winners and runners-up were honored. The distinguished presence of our esteemed principal, Mrs. Chitrakala Ramachandran, added gravitas to the proceedings as she personally awarded the deserving individuals.



# THE SCHOOL SCOOP





# COMMERCE FEST



THE  
SCHOOL  
LOOP



On September 6th, 2022, the Commerce Fest took place with the goal of enhancing students' understanding of commerce through active participation in a range of commerce-related activities. The fest revolved around the theme of Sustainable Development Goal (SDG) number 8, focusing on "Decent Work and Economic Growth." It offered various engaging activities such as the Stock Market simulation, Shark Tank, a puppet show illustrating the evolution of money, Fireless Cooking, Best out of Waste, Visual Retailing, and a life-sized game of Monopoly. The teachers and students dedicated themselves to organizing a successful fest, pouring in their efforts and hard work. The fest aimed to provide students with practical learning experiences that would foster their knowledge of commerce and its real-world applications. By participating in these activities, students gained insights into finance, entrepreneurship, sustainable practices, and retailing.

The Commerce Fest served as an excellent platform for students to develop critical thinking, problem-solving, and teamwork skills. It not only broadened their understanding of commerce but also ignited their passion for the subject. The collective efforts of the teachers and students made the fest a memorable and impactful event, empowering students with valuable knowledge and inspiring them to pursue careers in the dynamic world of commerce.

# HALLOWEEN DAY

The preprimary wing of Chennai Public School, Thirumazhisai, underwent a captivating transformation, with its halls adorned with intriguing decorations. Ominous demons cast an eerie spell in a pumpkin realm, while whimsical witches and enchanting fairies brought a sense of enchantment to the dimly lit space. Chennai Public School (CPS) takes pride in crafting educational experiences intertwined with entertainment, ensuring that every activity serves as a valuable learning journey for students. Among the myriad occasions that CPS offers to broaden students' understanding of diverse cultures and traditions is Halloween Day. This special event holds the potential to unlock a world of knowledge as pupils explore various holidays celebrated around the globe. Halloween, with its rich history and unique customs, provides an exceptional opportunity for young learners to delve into the origins and significance of this global festivity. As the spooky season approaches, Chennai Public School extends warm wishes for a happy and thrilling Halloween. May this festive occasion be filled with joy, wonder, and delightful frights as students embark on a journey of discovery, unraveling the mysteries and traditions that make Halloween a cherished celebration worldwide. With each step taken through the decorated corridors of CPS, children not only engage in playful exploration but also gain insights into the cultural tapestry of the world, fostering a spirit of curiosity and understanding.



# SPECTRA



Chennai Public School recently celebrated its highly anticipated Annual Day, Spectra '22, with esteemed guests Shri N. Devarajan, Mr. Balaji Dagupati, Mr. Suman Babu, Mr. Parama Dayalan, General Manager, and Ms. Aishwarya, Trustee of CPS Schools Group gracing the event. The occasion was elevated by the presence of Ms. Chitrakala Ramachandran, the Principal, who presented the annual report and acknowledged the exceptional achievements of both students and teachers. The success of Spectra '22 was a testament to the dedication and hard work of the management, teachers, and students. Their relentless efforts resulted in an extraordinary event that left a lasting impression. The enchanting melodies, the captivating performance of "Ponniyin Selvan II," the mesmerizing dance routines, the resplendent costumes, and the pulsating rhythms created an electric atmosphere, exceeding all expectations and captivating the audience. Chennai Public School truly showcased its commitment to fostering excellence in education and nurturing students' talents. The resounding success of Spectra '22 serves as a testament to the school's unwavering dedication to providing a platform for students to showcase their skills and creativity, leaving the audience enthralled and inspired. Their collective efforts brought vibrancy, energy, and a sense of accomplishment to the evening, leaving a lasting impact on all who attended.



# PARENTS INVOLVEMENT PROGRAM

Chennai Public School, Thirumazhisai, organized a highly successful Parent Involvement Programme (PIP) that provided a platform for creative parents from CPS to actively participate and share their expertise with the students. The PIP encompassed a diverse range of themes, including cycling, yoga, agricultural equipment, and craft, allowing students to explore various subjects beyond their regular curriculum.

Recognizing the importance of parental involvement in a child's school life, CPS initiated the PIP to address the concerns of parents who yearned to be actively engaged in their children's educational journey. By inviting parents to contribute their skills and knowledge, the program fostered a sense of collaboration between the school and families, creating a supportive and inclusive learning environment.

The success of the PIP can be attributed to both the enthusiastic participation of the parents and the genuine interest exhibited by the students. Their contributions played a pivotal role in fostering enthusiasm and expanding the students' knowledge base. Through this initiative, CPS not only strengthened the bond between parents and the school but also empowered students to explore new horizons with the guidance and support of their families.





# DANCING SUPER STARS



The Pre-Primary Department of Chennai Public School, Thirumazhisai, recently organized an enthralling interclass dance competition centered around the theme "Life Below Water." The event aimed to enhance the students' dancing abilities while raising awareness about the importance of marine life and conservation. With their vibrant performances, the students of each class brought the theme to life, showcasing their energy, passion, and commitment on stage. Their choreography, rhythm, teamwork, and presentation were truly impressive. The dedication and enthusiasm displayed by the students during the competition were truly commendable. Their performances not only captivated the audience but also highlighted their exceptional talent and creativity. Witnessing their skills and abilities was truly mind-blowing, leaving everyone in awe. The competition provided a platform for the students to showcase their dancing prowess and fostered a spirit of healthy competition among them. It was a testament to the nurturing environment at Chennai Public School, where students are encouraged to explore their talents and express themselves freely. The outstanding performances of the students made it a challenging task for the judges to determine the winner. However, the best performance was recognized and awarded accordingly. The interclass dance competition not only showcased the students' remarkable skills but also instilled in them a sense of pride and accomplishment.

# FOR A BETTER FUTURE

Recently, the idea of having the ideal body and weight has been linked to being healthy. But this brief definition only scratches the surface of what physical health really entails. Physical fitness has much more significance than just how you look.

**P** It is crucial to overall well-being. Maintaining a healthy body can ensure that we can continue to be independent, self-sufficient, and lead fulfilling lives.

**H**  
**Y**  
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**L** For the sake of both our physical and mental well-being, taking care of our physical health should be a top priority in our lives. Incorporating healthy habits into our daily lives, such as getting enough sleep, managing our stress levels, and participating in hobbies and activities that we enjoy, is just as important as adhering to a strict diet and exercise regimen.

**H**  
**E**  
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**H** And overcoming your insecurities is one of the greatest advantages of maintaining good physical health. When our bodies are in a state of balance, we become more confident and comfortable with ourselves. This improved confidence can lead to improved relationships, higher performance at work and school, and a greater sense of self-worth



When you finish a physical activity, you feel a sense of accomplishment and pride in knowing that you put in the effort to care for your body. It can also help to reduce stress and anxiety since physical activity releases endorphins, which trigger positive feelings



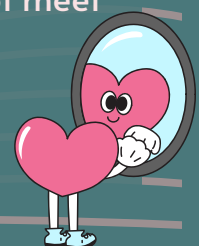
Some realistic ways to keep fit for teenagers include making small changes such as taking the stairs instead of the elevator, going for a walk or jog every day, and setting aside time to do an at-home workout. All of these small steps taken together can have a big impact on a teenager's physical and mental health

## BODY IMAGE

Let me ask you a question.  
Are you happy with  
yourself?

The answer for most teenagers would be a solid no. A recent survey conducted among teenagers found that 95% of them were unsatisfied with their body image. With so many gaps to fill in society, teenagers face so much pressure to look a certain way that they lose track of what "perfect" looks like.

The importance of self-confidence and happiness needs to be stressed more, rather than having society focus on beauty standards. Having the society focus on the importance of self-confidence and happiness over beauty standards could lead to better body image among teenagers, as it would provide a positive framework in which they can see themselves rather than focusing on how they do not meet certain standards.



The common belief among many of us is that "I'll like my body when I'm in better shape." But it's best to begin in the opposite direction. Accept your body as it is first. Find out what's good about it. You might like your hair, your face, or even your smile. If you ever get stuck, think of your positives. It's simpler to take care of your body properly if you like it.



## DAILY AFFIRMATIONS

**I** am beautiful  
love my body  
love myself  
am strong  
am wise  
am enough



## NUTRITION

As we all know, nutrition plays an important role in every individual's life. Good nutrition is essential for maintaining a healthy body and mind, allowing us to lead a healthy and active life. Eating the right foods not only keeps us energized and in good health but also helps to protect us from illness and disease.



A balanced diet is key to achieving good nutrition. Consuming a wide variety of fruits, vegetables, whole grains, and healthy fats, as well as adequate amounts of water, is essential for good nutrition. Additionally, it is important to make sure that we limit our intake of unhealthy fats, sugars, and processed foods, which can have a negative impact on our health.

Recent studies have proved that sugar can make you depressed and anxious, so it is important to keep track of how much sugar we consume in our diets. Eating a balanced diet and limiting our intake of unhealthy foods can help us not only stay physically healthy, but also mentally healthy. With this in mind, it is important to be mindful of what we are putting into our bodies and how that affects us. These calories which we

consume should consist of a variety of fruits, vegetables, and proteins to ensure we are getting the correct amount of essential vitamins and minerals.

However, it is not just about calorie intake; it is also important to pay attention to how often and how much we are eating. So let us remember the saying "Health is Wealth" and work towards maintaining a balanced diet and a healthy lifestyle.

## VEGETARIAN PROTEIN SOURCES

Paneer  
Tofu  
Chia seeds  
Lentils  
beans  
Green peas





Imagine this. You're exhausted and heading to bed, confident that you'll fall asleep the moment you lay down. The bedsheets are so soft, and the pillow is so comfy. You lay your head down and close your eyes. You imagine all the wonderful things you will dream of, but then you realize it won't happen you don't even remember when the last time you had a good night's sleep

So what really needs to change? The answer may seem simple, but it can be complicated to implement. Getting better sleep involves more than just laying down in bed at night and hoping for the best. To improve your sleep quality, try to develop a regular sleep schedule, limit caffeine and electronics in the evenings, reduce exposure to light when it's time to sleep, and limit naps during the day.

# SLEEP

You toss and turn, trying your best to get comfortable but feeling more and more agitated as time passes. The bedsheets don't feel soft anymore, and the pillow feels rough and lumpy. After what feels like a lifetime, you close your eyes and finally drift off to sleep, until the alarm rings. You wake up feeling groggy and exhausted, longing for a good sleep. You know something needs to change, but you just don't know what.

As teenagers, every time we drift off to sleep and have a good feeling that we're going to sleep well today, our minds just remind us that it's not going to happen. It's an unfortunate truth, but we have to acknowledge that our bodies need rest in order to perform at their best. You haven't done your math homework. You still need to study for your upcoming test, and you need to finish that big project you've been putting off. All of that just floods your mind and keeps you from getting a good night's rest.





## WAYS TO GET THE GOOD SLEEP YOU DESERVE:

- Create and follow a sleep schedule.
- Avoid eating too much at night.
- Avoid consuming caffeine in the evening.
- Engage in an activity that gets you working yourself up
- Put your phone away for the evening.



Sleep is something that can be very elusive, but with a few simple lifestyle changes, it can be achieved. You can finally drift off to your wonderland and wake up feeling energized and ready to take on the day



# ACHIEVEMENTS

## BASKET BALL RUNNER UP TITLE BAGGED BY THE GIRLS

Heartfelt congratulations to the girls of CPS Thirumazhisai for their outstanding performance in the Thiruvallur district basketball tournament 2022. Led by Captain Harshitha, the team demonstrated exceptional talent, determination, and teamwork, securing the runner-up title. This achievement is a testament to their hard work and dedication. Well done, Team! Your success is well-deserved.



## CPS THIRUMAZHISAI WINS CSSC THIRUVALLUR CLUSTER FOOTBALL TOURNAMENT

Congratulations to CPS Thirumazhisai for hosting the CSSC Thiruvallur Cluster Tournament on December 3, 2022. The team's relentless training paid off as they emerged victorious in both the Under 14 and Under 17 categories, with impressive scores of 3-0 and 4-2 (with tie breaker). Well done to all the team members! Your success continues to make us proud. Keep up the great work!





## SIGMA RACING PARTICIPATED IN THE F1 IN SCHOOLS COMPETITION

Sigma Racing, participating in the F1 in Schools competition for the first time, achieved a significant milestone by reaching the National Finals held at Amity University, Noida. The team, comprising 6 members including Team Manager Farhan Khan, Strategy Manager Atheeb Hussain, Lead Engineer Arati D., Graphic Designer Nitin Josh, and Resource Manager Siddhartha Vedagiri, showcased their skills and dedication. Despite not qualifying for the world finals, Sigma Racing made history as the first team from South India to secure a position among the top 4 out of 180 teams in this esteemed competition. Their flawless cars, zero violations, and qualification among the top 32 teams in the national finals reflect their remarkable achievements.



## IPN AWARDS

Chennai Public School, Thirumazhisai participates in honouring the teachers who have received IPN Inspire Awards 2022 from Indian Principal's Network, a renowned organisation of school administrators. Ms. Nehashree, a primary mathematics teacher, placed fifth in the category of "Teacher Innovator of the Year" out of 113 teacher finalists, and Ms. Hema Rajakumari, the primary section coordinator, took first place in the category of "Forerunner of the Year" out of more than a thousand nominations from 208 schools across the nation.





## AIIMS Ransome Attack

The All India Institute of Medical Sciences (AIIMS), Delhi announced IT outage on November 23 because of a major ransomware attack. The AIIMS servers have been down for more than six consecutive days.

## Global Innovation Index 2022

The Global Innovation Index 2022 was released recently by World Intellectual Property Organization (WIPO). Key findings Switzerland topped the Global Innovation Index for the 12th consecutive year. It leads the world in innovation outputs and specifically in patents by origin,

## Virat Kohli named the ICC Men's player of the month for October 2022:

Virat Kohli named the ICC Men's Player of the month for October 2022 after some outstanding performances in the shortest format of the game: International Cricket Council (ICC)

## Russian Dispute Over Drones Threaten to Escalate World Food Crisis:

A war of words between Russia on the one hand, and the US, Britain, France and Germany on the other- specifically on the deployment of drones in Ukraine- has triggered an unintended consequence: a new world food crisis.



## Security Council debates Russian withdrawal from crucial Ukraine grain deal:

The landmark agreement to export grain and related foodstuffs from Ukraine must be kept alive amid the ongoing war and the global cost of living crisis, two senior UN officials told the Security Council on Monday.

## Legal Recognition of East African Sign Languages Key Towards inclusion:

Since the onset of the Covid 19 pandemic, at least two deaf people were shot and killed in Uganda by state law enforcement officers. Their 'crime' was being deaf and uneducated. Their inability to hear or comprehend Covid 19 containment measures communicated in English led to their death.



## FIFA World Cup 2022

The 2022 FIFA World Cup was an international football tournament contested by the men's national teams of FIFA's member associations and 22nd edition of the FIFA World cup that was won by the Argentina national football team. It took place in Qatar from 20 November to 18 December 2022, making it the first World Cup held in the Arab world and Muslim world, and the second held entirely in Asia after the 2002 tournament in South Korea and Japan.

Best player- Lionel Messi

Best young player- Enzo Fernandez





## U.S. imposes sanction against Indian petrochemical company for 'clandestine' Iran oil purchases

India has officially refused to endorse the US's "unilateral sanctions", the Modi government agreed to end all oil imports from



Iran in 2019, that made up about 11% of India's intake, rather than face the sanctions.



## Blast at education institute in Afghanistan's Kabul kills at least 19

Many of those living in the western area where the blast occurred are Hazara, an ethnic mostly Shia minority targeted in past attacks launched by the ultra-radical Islamic State and others. Kabul police spokesperson Khalid Zadran said the official toll was 19 people dead and 27 wounded. He said the attack took place at an education institute where an entrance exam was taking place. Schools are usually closed in Afghanistan on Fridays.

## Google to pay Indiana \$20 million to resolve privacy suit

Google will pay Indiana USD 20 million to resolve the state's lawsuit against the technology giant over allegedly deceptive location tracking practices, state Attorney General Todd Rokita announced. Those states agreed to a USD 391.5 million settlement with the company in November.



## UNESCO ‘deeply saddened’ over death of football legend, Pelé

Pelé, the Brazilian football legend, who many regard as the greatest player of all time, has died in hospital in Sao Paulo at the age of 82. He had been undergoing treatment for colon cancer since last year.



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## Toyota Vice Chairman Vikram S Kirloskar



Toyota Kirloskar Motor Vice Chairman Vikram S Kirloskar has died due to a heart attack, the automaker says. He was 64.

## Tiangong space station’s final module launched

“Mengtian” module was launched aboard a Long March-5B Y4 carrier rocket from Wenchang launch centre in China.

It is the third and final module Tiangong space station

It is an important component of the Chinese space station, equipped with numerous cutting-edge scientific equipment.

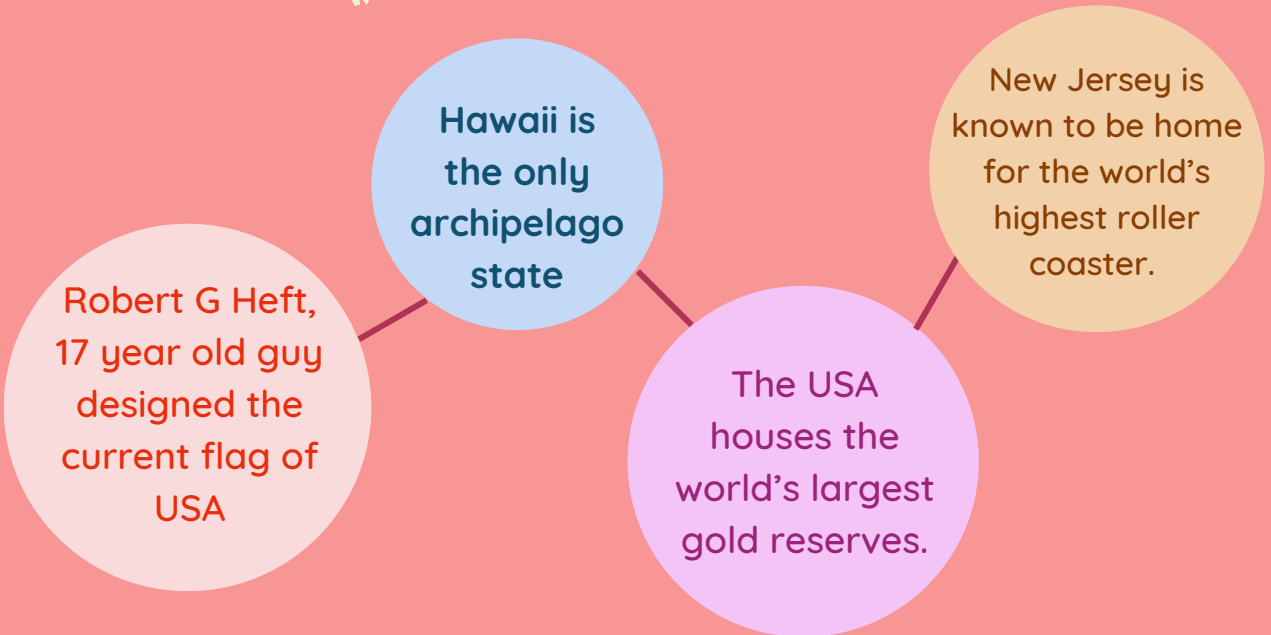
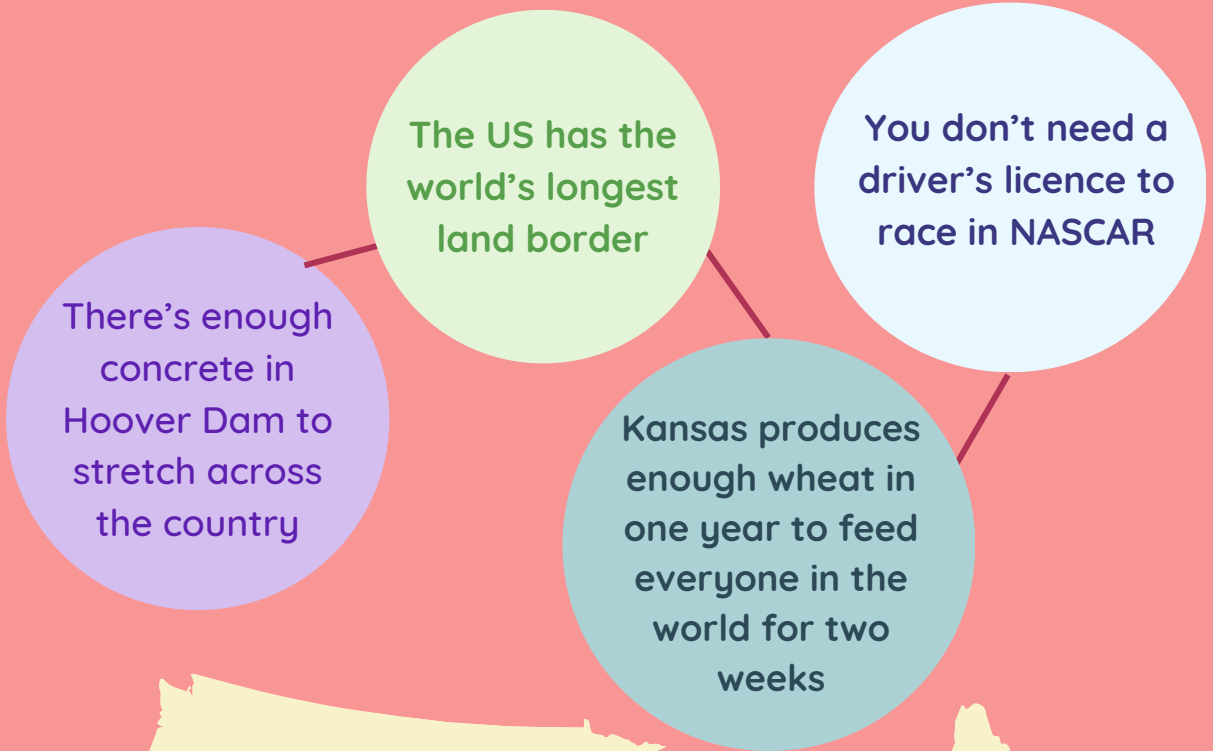
The module is expected to be operational for 10 years or more.

This module, once docked on the core module Tianhe, will complete the T-shaped structure of the space station along with the other module Wentian, which was launched in July 2022.



# RACK YOUR BRAIN~RACK YOU

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# OUR BRAIN~RACK YOUR BRAI

## Do you know him/her ?

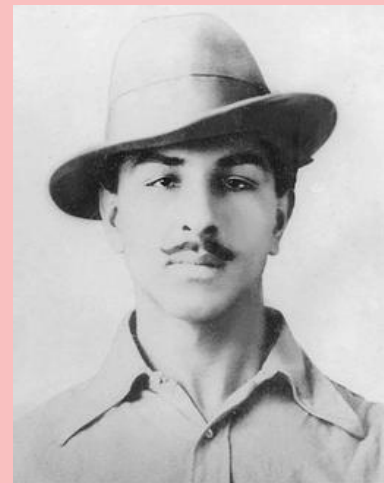
**JACK MA YUN**

Jack Ma Yun (born 10 September 1964) is a Chinese billionaire business magnate, investor and philanthropist. He is the co-founder of Alibaba Group, a multinational technology conglomerate. In addition, Ma is also the co-founder of Yunfeng Capital, a Chinese private equity firm. As of May 2023, with a net worth of \$33.3 billion, Ma is the fifth-wealthiest person in China (after Zhong

Shanshan, Zhang Yiming, Ma Huateng and Robin Zeng), as well as the 34th wealthiest person in the world, ranked by Bloomberg Billionaires Index.

Bhagat Singh (27 September 1907 — 23 March 1931) was a charismatic Indian revolutionary who participated in the mistaken murder of a junior British police officer in what was to be retaliation for the death of an Indian nationalist. He later took part in a largely symbolic bombing of the Central Legislative Assembly in Delhi and a hunger strike in jail, which—on the back of sympathetic coverage in Indian-owned

newspapers—turned him into a household name in the Punjab region, and after his execution at age 23 into a martyr and folk hero in Northern India. Borrowing ideas from Bolshevism and anarchism, he electrified a growing militancy in India in the 1930s, and prompted urgent introspection within the Indian National Congress's nonviolent but eventually successful campaign for India's independence.

**BHAGAT SINGH**

# RACK YOUR BRAIN~RACK YOU

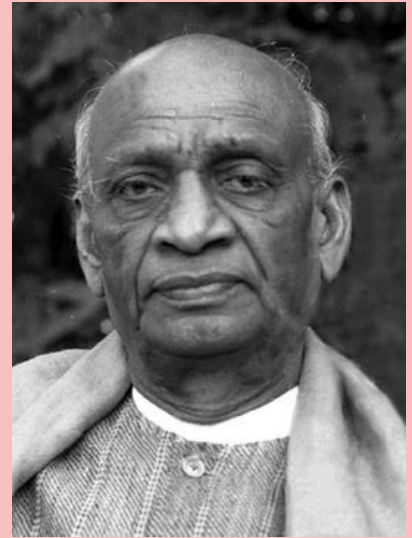
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**BHIKAIJI RUSTOM  
CAMA**

Bhikaiji Rustom Cama (24 September 1861–13 August 1936) or simply as, Madam Cama, was one of the prominent figures in the Indian independence movement. Bhikaiji Cama was born in Mumbai in a large, affluent Parsi Zoroastrian family. Her parents, Sorabji Framiji Patel and Jaijibai Sorabji Patel, were well known in the city. She unfurled the first version of flag of independent India on August 21, 1907, when an International Socialist Conference was being held at Stuttgart, a city in Germany.

Vallabhbhai Jhaverbhai Patel ( 31 October 1875—15 December 1950), commonly known as Sardar Patel, was an Indian independence nationalist, influential lawyer, barrister and statesman who served as the first Deputy Prime Minister and Home Minister of India from 1947 to 1950. He was a barrister and a senior leader of the Indian National Congress, who played a leading role in the country's struggle for independence, guiding its integration into a united, independent nation. In India and elsewhere, he was often called Sardar, meaning "chief" in Hindi, Urdu, Bengali and Persian. He acted as the Home Minister during the political integration of India and the Indo-Pakistani War of 1947.

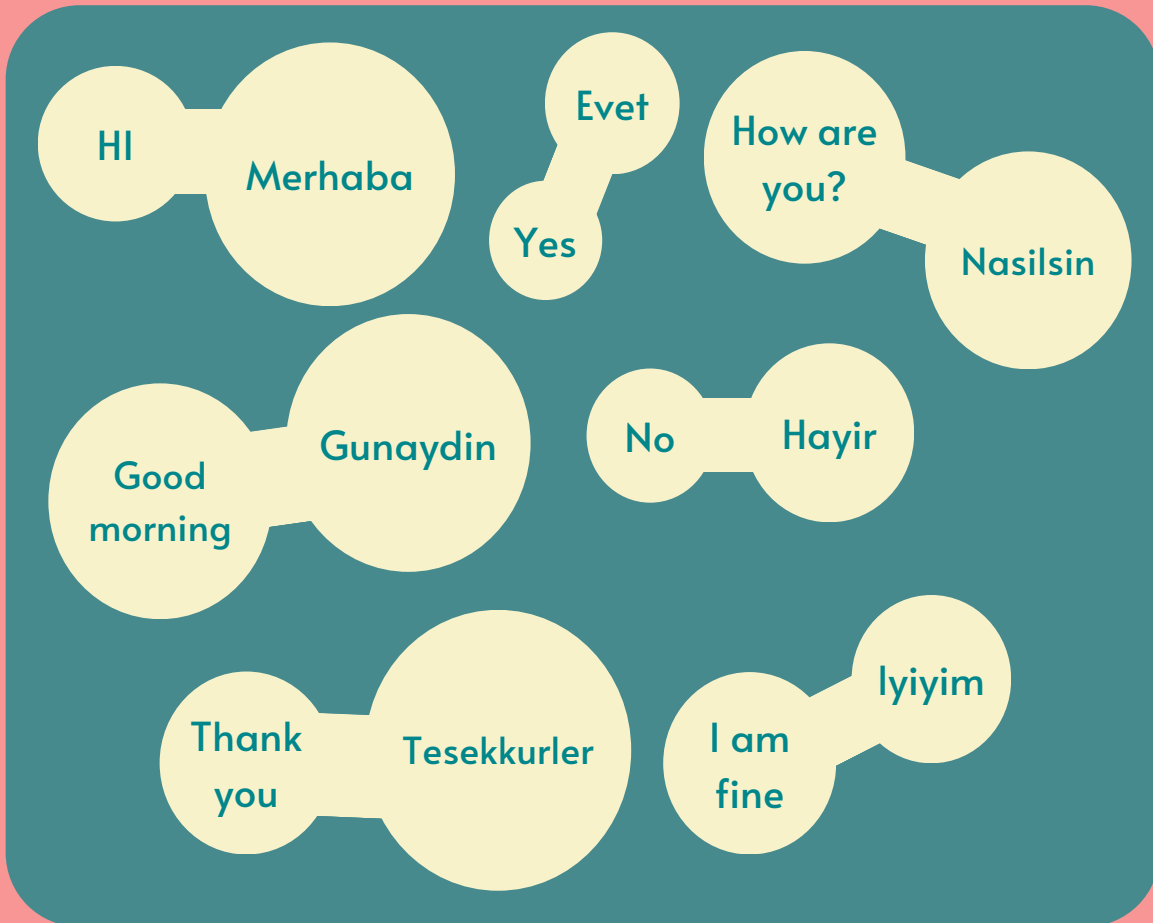


**VALLABHBHAI  
JHAVERBHAI PATEL**

# OUR BRAIN~RACK YOUR BRAI



## Learn a \_\_\_\_\_ LANGUAGE TURKISH



The Turkish language has a unique grammar and vocabulary that is distinct from other languages, making it an interesting subject of study for linguists and language enthusiasts. It is the official language of Turkey, and is also spoken in parts of Europe and Asia. The Turkish language has a rich literary tradition. Studying the Turkish language can provide insight into the history and culture of Turkey, and can help foster cultural exchange and understanding.





## Tourism - Do's & Don'ts

We all require a break from the repetitive and exhausting daily grind. What better course of action than booking a trip to a far-off location when tiredness stains our exhausted souls?

Wait, though! You need to be aware of some of the restrictions that some countries have enforced before you pack your bags and go on a world tour. Every nation has its own set of laws, customs, and cultural traditions. Nonetheless, certain places uphold peculiar laws that will undoubtedly cause you to pause.

- 1) In Singapore, chewing gum has been illegal since 1992. The ban was put in place to keep public spaces clean and prevent gum from being stuck on sidewalks and other surfaces. However, some exceptions were made for medical purposes and dental hygiene.
- 2) If you are planning to visit Greece and explore some of its ancient monuments, make sure to leave your high heels at home. According to a law passed in 2009, it is illegal to wear high heels to certain archaeological sites in Greece. The law was put in place to protect the monuments from damage caused by the sharp heels.
- 3) In Switzerland, flushing the toilet after 10 pm is considered a disturbance of the peace and can result in a fine. The law was put in place to prevent noise pollution and ensure that people can sleep peacefully at night.
- 4) If you ever find yourself in Milan and feeling upset, make sure to avoid frowning at a police officer. In the city, it is illegal to make an "offensive gesture" towards a police officer, which includes frowning, and can result in a fine.
- 5) Do not take a selfie with Buddha statues while in Sri Lanka. Apparently, facing one's back to the idol and taking a picture is a serious offense in Sri Lanka.
- 6) Don't show your love for pigeons while you are visiting Italy's Venice. The population of pigeons in major tourist attractions pose a major difficulty as these birds might cause health problems and also damage the monuments. So, if people are found feeding the pigeons they would be charged up to 700 euros, as per the Italian government.

- LAKSHAYA R 11 A2

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## Global warming



Activity

Global warming is the long-term warming of the planet's overall temperature. A rise in global warming happens due to rise in carbon dioxide levels. Though this warming trend has been going on for a long time, its pace has significantly increased in the last hundred years due to the burning of fossil fuels. As human population has increased, so more amount of fossil fuel is burned to fulfil human needs. Many vehicles use diesel and petrol in order to drive the vehicles but because of the smoke released it significantly increases carbon dioxide levels. The situation is further worsened by humans as we cut down trees to make furniture and other stuff, without realising maybe that it's the plants that have the power to change carbon dioxide into oxygen.

Humans require a lot of substances like food, wood etc. and with our population growing leaps and bounces the amount of substances we use has been increasing alarmingly, and this further expected to increase only, unless drastic corrective measures are not taken.

Global warming can result in many serious alterations to the environment, eventually impacting human health. It can also cause a rise in sea level, leading to the loss of coastal land, a change in precipitation patterns and threats of biodiversity. few laws implemented by government to combat climate changes-

- 1) Carbon taxes - It is an attempt to minimise those emissions by requiring the largest greenhouse gas producers to pay for the damage they cause.
- 2) Cap and trade - It refers to a government program to limit(cap) private sector greenhouse gas emissions. In cap-and-trade system the government allots a set number of permits to sell the gases.
- 3) International agreements - United Nation has announced that the world needs to reach net-zero greenhouse gas emission by 2050 in order to limit global warming. In fact, over the past few decades countries have worked together to supports this United Nation led initiative.

AASHISH KATHPAL 7 E

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## Behind the Curtain

The destination never reveals-  
The path that led there

The lives you healed  
The pain you endured

The fights you fought  
The love you sought

Your Inner demons vanquished  
Sweet victory relished

-NITHEN ASWATH 9 D

## While We live

Can we live with happiness,  
When a world around us is mysterious

We live for the best,  
That we are so obsessed

We are creatures,  
That seek the future

“Save Nature” should be our sensation,  
For future generations to be in perfection

-SUNETRA 11 A2

crea

cor



ativity

ner



## Its War & Peace

It's a war without ammunition  
A gun without a trigger  
It's chaos inside and outside

A slow lingering death without a weapon or a  
visible cut

It's a bitter understatement,  
but it still gives moments that don't feel like  
dying for a few days or a while

It was the moment when I sat near an unturned  
stone in the sea watching the orange sky lighting  
up my heart with more chaos and surprise

It's a mystery what holds up in the next moment  
But it's the peace I get that there's another  
moment for me to catch up with what this drama  
is all about

It's war and peace inside  
and outside.

-A. ANBUDAYANAMBI 11B

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*"When learning is purposeful, creativity blossoms.  
When creativity blossoms, thinking emanates.  
When thinking emanates, knowledge is fully lit.  
When knowledge is fully lit, economy flourishes."*

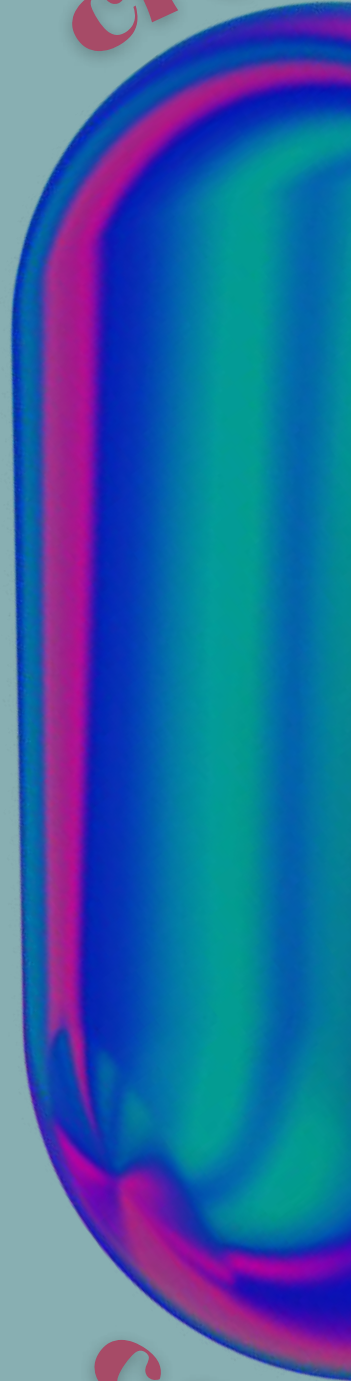
-A P J Abdul Kalam



Both of these  
anime drawing is  
done by  
Nithen Aswath



crea

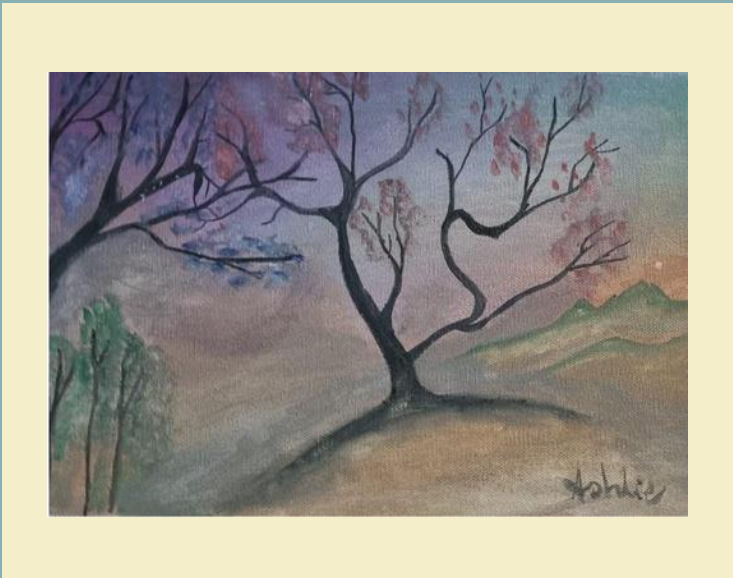


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Activity



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Beautiful painting using acrylic medium done by Ashlie Mariam Binesh of 8D



Mandala dot painting done by Karunya IIB

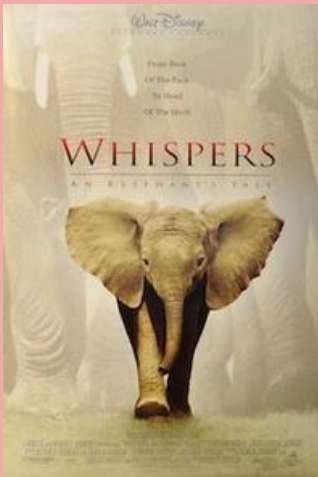
To get featured here send your artworks, articles, poems and photographs to [genteperiodico2022@gmail.com](mailto:genteperiodico2022@gmail.com)

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# RECOMMENDATIONS

## MOVIES



THE ELEPHANT WHISPERS

Watch the oscar winning movie 'The Elephant Whispers' which beautifully shows the feelings of elephants



want to see the best fantasy movie? then 'The Green Knight' is your go.



THE GREEN KNIGHT



BOOKSMART

Home alone? want to take rest from studying? Watch 'Booksmart' to laugh and get to know about teenagers wild nights and adventures

Want a movie to watch with friends? Then Watch 'Hereditary' which masterfully combines psychological terror and supernatural elements and unsettling experience for the audience.

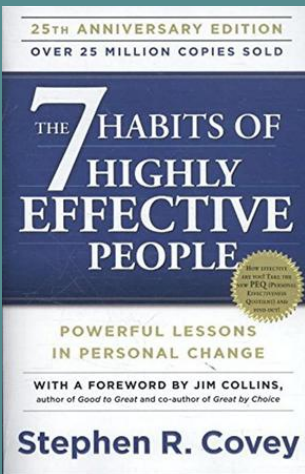


HEREDITARY



# RECOMMENDATIONS

## BOOKS



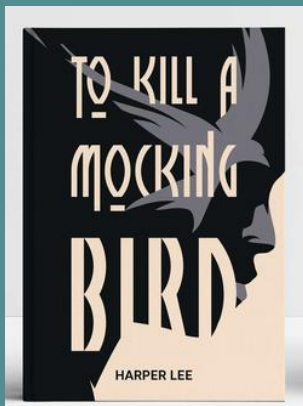
THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

Want to be the best version of yourself?  
Read "The 7 Habits of Highly Effective People" the best self-help book.

Read Percy Jackson series to get indulged in the world with greek gods



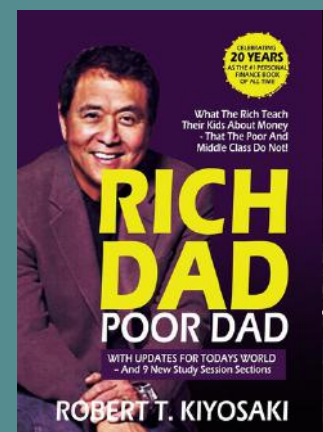
PERCY JACKSON SERIES



TO KILL A MOCKING BIRD

Read "To Kill a Mockingbird" novel that explores themes of racial injustice, compassion, and the loss of innocence.

Read "Rich Dad Poor Dad" which presents valuable lessons on financial literacy, financial independence and the mindset required for wealth creation.



RICH DAD POOR DAD

# RECOMMENDATIONS

## BOARD GAMES



Want to have quality time with friends or family? Don't know what to do? Sick of electronics taking over fun? Play board games

Many board games lead to bouts of laughter that stimulate endorphins. The simple act of having fun can help boost serotonin, relieve symptoms of anxiety, and increase enthusiasm in other areas of your life.

Here are few games you can play next time.



SNAKE AND LADDER



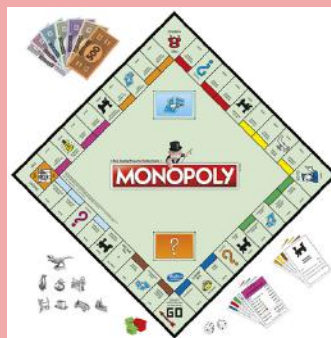
CARROM BOARD



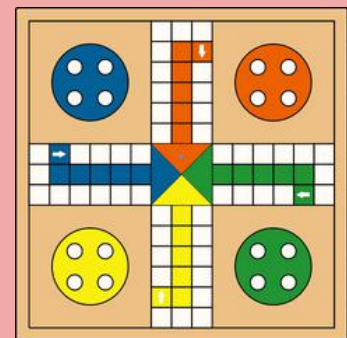
CONNECT 4



JENGA TOWER



MONOPOLY



LUDO

# RECOMMENDATIONS

## MEMES

As exam season is coming here are few memes to light you up.

When the teacher says to turn  
in your homework



that you didn't remember to do

When your parents named you with "Aa" as  
initial letters & now you're always the first  
one to attend viva in class



My face when I open an exam  
paper



"If I give up and go sleep now, I can wake  
up early tomorrow to revise"



WHEN YOU REMEMBER AN ANSWER  
AFTER YOU'VE ALREADY TURNED IN  
YOUR TEST



When the teacher uses your name  
as a good example





# COUNCIL MEMBERS OF 2022-23

## PUPIL LEADERS



Pupil Leader  
Elamukil Vijay  
II AI



Pupil Leader  
Anvee Agarwal  
II C



Jr. Pupil Leader  
Chirapa  
Devanshik



Jr. Pupil Leader  
Sashika S D



Deputy Pupil Leader  
Nitin Balaji S  
9 C



Deputy Pupil  
Leader  
Yashika Sehgal  
9 C



Deputy Pupil Leader  
Hitika A



Deputy Pupil  
Leader  
Srineesh K

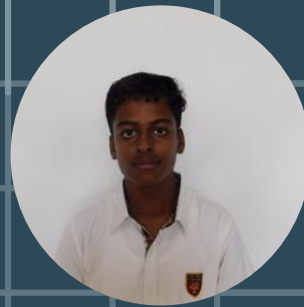


# COUNCIL MEMBERS OF 2022-23

## SPORTS SECRETARY



Sports Secretary  
Rishi Kumar  
II A2

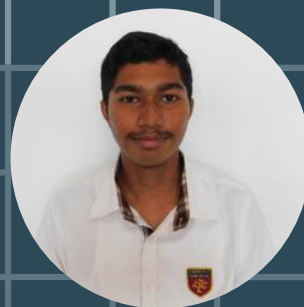


Sports Secretary  
Sujeet S  
II H

## HOUSE CAPTAINS



Alphard Captain  
Sandhya D  
II A1



Canopus Captain  
Aadithya  
Krishnan  
II C



Diadem Captain  
Melanie Veera  
Saldanha  
II C



Plasma Captain  
Druva Sivakumar  
II A1

# COUNCIL MEMBERS OF 2022-23

## JUNIOR. HOUSE CAPTAINS



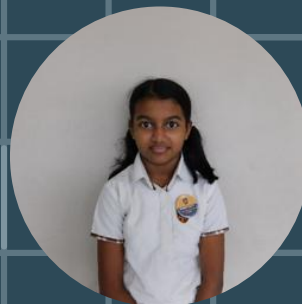
Jr. Alphard  
Captain  
R Moshika



Jr. Canopus  
Captain  
Adarsh



Jr. Diadem  
Captain  
T. Thulasimaraya



Jr. Plasma  
Captain  
Aaradhana T L

## VICE HOUSE CAPTAINS



Vice Captian  
Alphard  
D. Priyal  
9 D



Vice Captian  
Canopus  
K Bala Sri Krishna  
9 D



Vice Captian  
Diadem  
Deepshika S  
9 D



Vice Captian  
Plasma  
Krishnaganth B  
9 B

# COUNCIL MEMBERS OF 2022-23

## JUNIOR. VICE HOUSE CAPTAINS



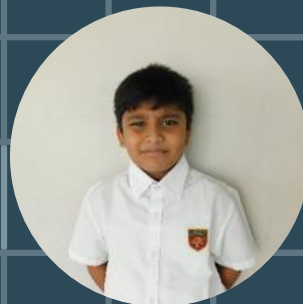
Jr. Vice Alphard  
Captain  
R Moshika



Jr. Vice Canopus  
Captain  
Joshini Anand



Jr. Vice Diadem  
Captain  
Besilda S Nion



Jr. Vice Plasma  
Captain  
Shourya Singam

## CULTURAL SECRETARY



Cultural  
Secretary  
Pari Gaurav  
II A2



Vice Cultural  
Secretary  
Shanvi Singham  
9 D

# COUNCIL MEMBERS OF 2022-23

## EDITORIAL SECRETARY



Editorial  
Secretary  
Keerthanaa P  
II AI



Editorial  
Secretary  
Vaishnav Vinod  
II C



Vice Editorial  
Secretary  
Shruthika P  
9 B



Vice Editorial  
Secretary  
Abishek  
Emmanuel  
9 B



Vice Editorial  
Secretary  
Nithen Aswanth  
9 D



Vice Editorial  
Secretary  
Annet Anna Anto  
8 E



Vice Editorial  
Secretary  
Rachel Rally  
8 D



Vice Editorial  
Secretary  
Michael Mathew  
7 D



# COUNCIL MEMBERS OF 2022-23

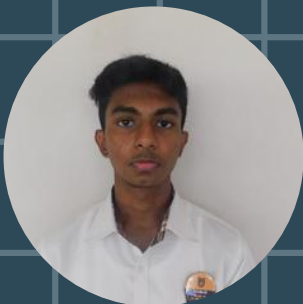
## DISCIPLINE COORDINATORS



Discipline  
coordinator  
Mark Thomas  
Melvin  
II B



Discipline  
coordinator  
G. Tejaswini  
II A2



Discipline  
coordinator  
Pranai  
Bojanapati  
II C



Discipline  
coordinator  
Abinav Anand

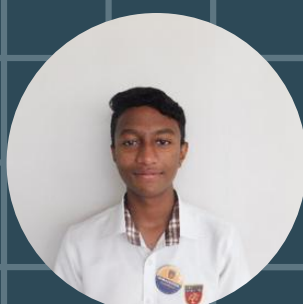


Discipline  
coordinator  
Sowjanya S

## CLASS PREFECT



Class Prefect  
Thejas Arun  
II B



Class Prefect  
Ryan  
Augustine

# COUNCIL MEMBERS OF 2022-23

## CLASS PREFECT

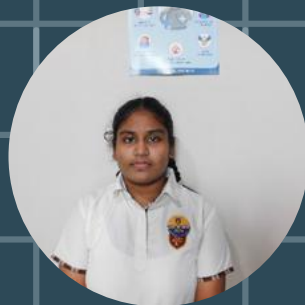


Class Prefect  
Tanushri V

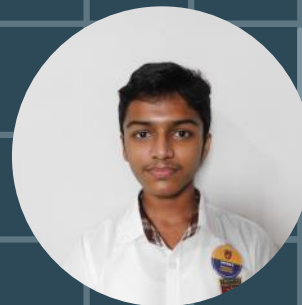


Class Prefect  
Srinidhi R P

## REDRESSAL COMMITTEE



Redressal  
Committee  
Dhakshantana  
II B



Redressal  
Committee  
Shyam  
Karthikayan  
II B



Redressal  
Committee  
Rishika T



Redressal  
Committee  
B Jaswanth



Redressal  
Committee  
Netra K M



Jr.Redressal  
Committee  
Parneel P.K



## WHAT IS REDRESSAL COMMITTEE ?

Chennai Public School, TMZ has taken a step to improve their student's mental health by introducing a new committee called redressal committee. The committee consists of members from different grades. They are Dhakshantana IIB, Shyam Karthikayan IIB, Jashwanth B 9E, Rishika T 9, Nethra KM 8A, and Praneel 5D. The committee members with the teachers have a mission to improve the mindset of the students and make them better versions of themselves. The main problem faced by students is that nobody is here to listen to their problems. The committee members will listen to the problems of students and help them to overcome the problem. They have taken an oath to secure the information shared by students and will not judge or comment on you.

## HOW CAN YOU REACH THEM ?

You can approach them during lunch or a short break if not you can drop your queries in the redressal committee box kept before principal office. This committee also consists of 24 teachers. You can feel free to talk to them about your problems.



In order to get featured in Gente Periodico. You can send us your artworks, articles, poems, photographs and achievements to [genteperiodico2022@gmail.com](mailto:genteperiodico2022@gmail.com)

**NEXT ISSUE  
ON 25TH  
APRIL 2023**

Thank you for reading the magazine till end. Hope you have enjoyed the second magazine from this committee. Any feedbacks can be sent to [genteperiodico2022@gmail.com](mailto:genteperiodico2022@gmail.com)



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