

Issue 7
September 2023

Gente Periodico.

a lot can happen in three months..



*life is a balancing act
and most fulfilling when
we learn to embrace its
dualities:*

*the ups and downs
good times and bad
joys and challenges.*

Gp.

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THE EDITORIAL DESK

Thanusree A



Designer

Dear esteemed readers, It is with great enthusiasm that I welcome you to the first edition of our magazine 2023-24. As the Editorial Secretary, I am thrilled to have been a part of the creative journey that brought this publication to life. From concept to design, each page is a testament to the dedication and passion of our team. We hope you enjoy the diverse range of articles, stunning visuals, and thought-provoking content that we have curated for your enjoyment. Thank you for joining us on this adventure.

Naman Srivastava



Editor

Dear Readers,
Welcome to the latest edition of our school E- Magazine! As the Editorial Secretary, I'm thrilled to present a collection that reflects our vibrant school community. This magazine showcases the creativity and intellect of our students. Within these pages, you'll discover profiles of outstanding students, insights into our academic achievements, and glimpses into our extracurricular activities. It's a celebration of our collective talents and passions. I hope you find inspiration, information, and enjoyment in these pages. Thank you for being a part of our school's story. I will make sure that this magazine reaches to each and every individual of our school.

Sachithaa P



Content Planner

Dear Readers,
Welcome to the latest edition of our magazine! We're excited to bring you a diverse range of articles, captivating stories, and insightful perspectives. A big shoutout to our dedicated team of writers, photographers, and contributors who have poured their creativity into making this issue truly special. We hope you enjoy reading it as much as we enjoyed putting it together. Happy reading!"

Chandinesswari



Hello Readers,
I am P R Chandinesswari of IX-E, and I am honored to be a part of this year's editorial committee, which is the heart of communication and creativity for a compilation put together by me, my fellow members, and with the assistance of our fellow pupils, teachers, and our principal. With a keen interest in writing and journalism, I hope to capture your interest as a reader in our magazine. I wish that everyone reading this finds it entertaining, enjoyable, and informative.

Content Writer

My name's Pratikhya Satpathy, and i'm one of the 9th grade editorial secretaries. I really love writing and for me to finally get an opportunity to showcase my talent is something really big for me. I find it super fun and interesting, so everything I write comes with its own flow. I write not only for myself, but for other people to relate and agree on past experiences and present opinions. The whole Editorial Team works so hard on each and everything they do, and it's great to be working with these people knowing that they give me my own space to open up and show all that I am capable of. With these people, I am given enough opportunities and support to do what I love, and share it with you all. Hope you all enjoy the magazine.

Pratikhya Satpathy



Content Writer

PRINCIPAL'S DESK




Mrs Chitrakala Ramachandran

Embracing Failure: A Path to Growth

Embracing failure is vital for profound learning, especially in an era where even minor setbacks can feel like major disasters to the younger generation. However, examining the lives of iconic figures reveals that they too endured harsh failures before emerging stronger, much like mythical unicorns.

Consider Michael Jordan, initially rejected by his high school's basketball team. Amitabh Bachchan faced rejection from All India Radio due to his unique voice, and Steve Jobs was fired from the company he co-founded, Apple. These setbacks didn't deter them; they persevered. J.K. Rowling, author of the Harry Potter series, once remarked that it's impossible to live without failing at something. Setbacks are an inevitable part of life, whether in business or personal endeavors. Rather than succumbing to failure, we must use it as a catalyst for growth. Stop viewing failure as a measure of self-worth. Failing may lead to sadness and frustration, but it doesn't define a person. Believe in your resilience and ability to bounce back.



Define self-worth through your capabilities. You may not excel in everything, but focus on your strengths, whether that's being a good listener, handy at fixing things, dependable, or artistic.

Seek guidance from trusted individuals who genuinely care about your well-being. Accept constructive criticism graciously and open up to trustworthy friends who can help you analyze and shed negativity.

Acknowledge your limitations. Some circumstances are beyond control. Recognize what you can and cannot change. View failure as temporary rather than permanent. Every failure, no matter how crushing, offers an opportunity for growth. Anticipate setbacks and use them as motivation to become more organized and resilient.

Failure should be a stepping stone to success. Learn from mistakes, understand how to handle both failure and success, and maintain a positive mindset. Embrace the "GRIT" strategy – courage in facing challenges, resilience, initiative, and tenacity.

In conclusion, Dr. A.P.J. Abdul Kalam aptly stated that "FAIL" stands for the "First Step In Learning." Cultivate optimism, confidence, and creativity. Let us foster resilience and look forward to witnessing more resilient individuals emerge from life's trials.

THE SCHOOL PUPIL LEADERS ASPIRATIONS

Prajyoth Nair



Greetings,
I'm Prajyoth Nair the School Pupil Leader for the academic year 2023-24. I aspire to make this school a safe and better place for each and every student. Together, we'll learn, explore, and grow. Our voices matter, and our actions can make a difference. Let's support one another in our endeavors and create a vibrant school community. From academics to arts, sports to science, let's excel and inspire. Remember, we shape our future. Let's make it remarkable. Here's to an amazing year ahead!

It is a privilege for me to serve as a School Pupil Leader for the 2023–24 academic year. My name is Dhanya Dhanasekar. Together, I have no doubt that we can make this academic year fantastic.

I want to help create a community that is inclusive, empowering, and filled with plenty of positivity this year by working with the student body and my fellow council members. Don't be intimidated by difficulties; instead, see them as opportunities to grow and persevere. The amazing things we can accomplish together are only limited by our combined potential. That brings me to the end of my statement; let us all work together to make this year the best one ever!



Dhanya Dhanasekar

THE SCHOOL COUNCIL MESSAGE

As your School Council, we believe in fostering an environment that cultivates leadership, discipline, and a host of other essential qualities among our students. Our primary mission is to support your growth not only as learners but as responsible and capable individuals.

Leadership: We encourage each of you to recognize the leader within yourselves. Leadership isn't just about holding positions; it's about taking initiative, showing empathy, and inspiring others. Through various programs and opportunities, we aim to nurture your leadership potential, empowering you to make a positive impact within our school and beyond.

Discipline: Discipline is the cornerstone of success. It's about setting goals, managing time effectively, and staying committed to your ambitions. Our school council promotes discipline through workshops, time management seminars, and activities that reinforce the importance of diligence in achieving your aspirations.

Teamwork: In today's interconnected world, teamwork is indispensable. We organize collaborative events and projects to help you develop the vital skill of working harmoniously with diverse groups of people. These experiences will prepare you for the challenges you'll face in your academic and professional life.

Responsibility: Lastly, we emphasize the significance of being responsible members of our community. From keeping our campus clean to showing kindness and respect to one another, every action counts. Together, we can create a school environment where everyone feels valued and supported.

Let's embark on this journey together, where we cultivate leadership, discipline, teamwork, and responsibility. Together, we can shape not just successful students, but also responsible and empathetic citizens of the world.

INVESTITURE CEREMONY



Our school started off July with an amazing Investiture Ceremony. From the start of June, the students had been working on earning their spot in the school council, hoping to impress both the teachers and the students. The junior grades would get selected by their teachers, but the high school students had an advantage. Both the teachers and the students evaluated them, and they won their spots in the school council with a memorable experience of campaigning. The senior high students with the most votes won the election. The elected students all got their own blazers to wear on their special day and on other school events that would take place in the near future.

On the day of the Investiture Ceremony, a welcome speech was given by one of our School Pupil Leaders Dhanya Dhanasekar. Our school had invited Lieutenant Colonel Jaspinder Singh Sekhon to be our Chief Guest and honour the students with their badges and sashes, along with his dear wife and our beloved Principal. Following that, our School Pupil Leader, Prajyoth Nair, gave a vote of thanks. To end our day off pleasantly, our Chief Guest, Mr. Jaspinder Singh Sekhon, gave us a wonderful speech about the importance of leadership and gratitude, forever inspiring us to work hard and achieve great things in life.



YOGA DAY



Yoga Day holds a lot of significance not only for India, but the whole world. Each year, it's celebrated on the 21st of June. Since our school has yoga classes for the students, it was no surprise that we got to celebrate yoga day for one week straight. Each day, two to three grades would sit in rows and perform the asanas taught by our yoga teachers. To highlight the importance of yoga, CPS school group invited Ms. Preethi R, renowned dancer and certified yoga professional at the Anna Nagar Campus as chief guest. All the students of CPS performed various yoga asanas depicting the theme of the year, 'Vasudhaiva Kutumbakam', meaning One Earth, One Family. The students immensely enjoyed this year's event as they do every year, and look forward to experiencing new themes and asanas in the years to come.



FRENCH DAY



The National Day of France, is celebrated to commemorate the storming of the Bastille and the Fête de la Fédération. The students of CPS celebrated this wonderful day with many events to further understand the celebration of this historic day.

The French students of CPS took part in various festivities from the dates of 10th – 12th July, like translating French Haikus, dumb charades on the theme of Tour de France, and displayed placards to spread the benefits of cycling.

Onto the day of the main event itself - La Fête Nationale. The day was celebrated by a series of events that started off with a folkdance of France, followed by a song and other performances by students from different classes. All these events on a ended joyful note with a little conjugation dance by the French students.



CPS PRIME MUN 2.0



The opening ceremony of CPS Prime MUN 2.0 took place on July 21, 2023, at the CPS auditorium. The ceremony included the lighting of the lamp, a prayer song, welcoming speeches by the school pupil leader and the principal. The cultural show featured a welcome dance and a keyboard recital. The chief guest, Ms. Taryn M Riddle, shared her MUN experience and emphasized the importance of confidence, clarity, and cooperation in debates. Sponsors from Mancomp Overseas Education and Jamboree discussed global opportunities for students. The secretary general officially commenced the event.

During the event's social sessions, performances by singers and bands entertained delegates. Aadya and her band Spaghettis, performed popular songs, and soloist Sarah Black showcased her latest single.

On Day 2, South Indian influencer Thajmola engaged the audience with humor and a game involving secret chits. The closing ceremony recognized outstanding delegates and featured speeches by Chairs, Co-Chairs, and CPS alumni.

The day finally came to an end with our Secretary General, Nitin Balaji, bidding us a heartfelt goodbye. And of course, none of this could've been done without our team of students, headed by Alana Raj for Treasury, Dhanya Dhanasekar, Harini Sankar, Dibyansha Mohapatra, and Anna Jain working for the PRO, Janani Aishwarya for organising the event and last but not least, Pranit Anil Kharche for the designing work. We thank each and everyone for attending and working towards making this event a memorable one.



SPONSORS



REPORTS

WHITE BLOSSOM DAY



White colour stands for peace, purity, innocence, and goodness.

White blossom day event was celebrated by the students and teachers of Pre-Primary Department of Chennai Public School, Thirumazhisai on Tuesday 8th August 2023.

Students were dressed up in white attire. The story room was decorated with white coloured objects. Students brought white coloured healthy snacks like banana, cashew. For lunch, curd rice and coconut rice were brought. The tiny tots of IPP1 and IPP2 engaged in hitting the paper cup activity. IPP3 students involved themselves in the paper cup stacking activity. The day was great fun for all and children participated in the event with great enthusiasm. The take-home activity done by the students included finger painting of a tree in winter and panda craft. It was an amazing learning for each student. All the students were overjoyed to the fullest.



INDEPENDENCE DAY



Fancy dress events are not just fun but also a learning experience for students. On the occasion of Fancy Dress Event on Friday the 11th of August 2023, students of the Pre-Primary department of CPS celebrated the event with complete involvement and excitement.

The Theme was Leaders of Tomorrow. The day began with loads of enthusiasm as all the students dressed up as their favourite national leaders or their favourite characters with great gusto. It was an activity that saw full participation from all students. When the student dons the look of a national leader in fancy dress, he or she not only learns about the ideals the great individual stands for, but also imbibes some of the leader's inspiring qualities. It also opens up an opportunity to gain knowledge; to get a peek into our country's rich history and culture, and to learn important values.

A fancy dress event not only blends learning with fun but also develops confidence in students by giving them an opportunity to speak about the leaders they represent. This event proved to be great learning experience for the students and gave them a platform to explore their hidden talents.



QUADRATIC QUESTERS



"The fundamental principle of Mathematics is not to complicate the simple, but to simplify the complicated".

On August 4th, 2023, the exhibition room was transformed into a celebration of the diverse applications of Mathematics in life and technology. The event focused on showcasing the practical uses of Mathematics in various fields.

Students presented various charts and models on the applications of math in real life, Warli Art, SDG-11, Sierpinski triangle, futuristic robots and other creative ideas, 2D and 3D models relating to symmetry, depicted fractions with fruits and vegetables and also organised various brain-puzzling games.

Enthusiastic participants not only flaunted their creative prowess but also demonstrated how these marvels amplified mathematical feats. A synergy of innovation, numerical flair, and eco-consciousness, the event left an indelible mark as these budding talents illuminated the stage with their brilliance.

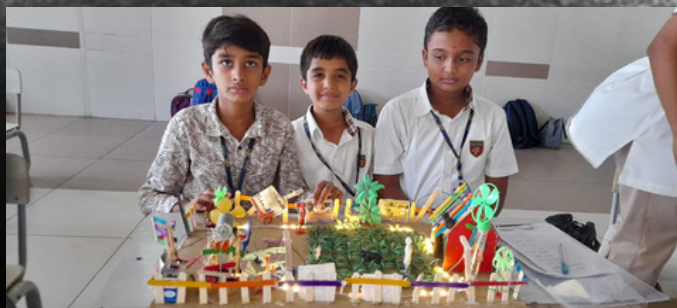


CIENCIA



Science is inexplicably linked with our lives and helps us to understand the world around much better. In order to generate curiosity and develop scientific attitude amongst learners and to encourage learners to create, innovate and also to become more responsible, CPS, Thirumazhisai had organized a Science Expo – CIENCIA on 27th and 28th of June, 2023. This activity aims at providing a platform to students to demonstrate the construction of knowledge by connecting new ideas to existing concepts. A total of 550 students across grade 3 to grade 12 participated in the expo. There were around 280 exhibits presented on various topics.

A science exhibition is a platform where students can showcase how much they have understood the different scientific theories through their projects/models. It also helps to build the ability for teamwork and cooperation among students. All students were very much engrossed in their works. Students were proud of what they did and shared what they did. Experiential learning and peer learning were observed. Overall this year's science Expo was a grand success.



EUPHORIA



Chennai Public Thirumazhisai conducted social event "Euphoria" for the academic year 2023-24 on 14th August 2023. Each Grade was allotted different continents on which students prepared charts, posters, models, digital projects based on SDG-9 Infrastructure and industries, corresponding to the countries indicated for each section.

The classrooms were decorated with digital presentations of the country allotted. Posters were made on the industrial development of the country represented. Models were made pertaining to the theme. Students from different classes visited the class rooms and observed the depictions of Infrastructural development in the form of posters, charts and models. They identified the country 's flag and marveled at the inventions that the country made in a particular field. The topics were extolled in a creative and innovative manner and coalesced through a chart. Students learnt about foreign nations in a fun way.



LITERARY MELANGE



Literary Melange 2023-2024 was conducted on 19 and 20 April, to commemorate the birth anniversary of the Bard of Avon, William Shakespeare. It heralds the start of cultural events in Chennai Public School, Thirumazhisai and adds a dash of spice to the campus. Competitions for classes I – XII, included Shakespeare's Arena, Tiny Jotter, Treatise Sheath, Ringlet Rhyme, Mashy Marionettes, Tableau Vivant, Whacky Resume, Mime on Poetry, Through the Looking Glass and Distorted Legend. Students had an opportunity to research, employ their skills in language and employ their creativity to win the appreciation of the judges and their peers. The judges were left mesmerised and applauded the painstaking efforts of the students in displaying incredible works of art. Literary Melange proved to be a great learning experience for the students and gave them a platform to explore their hidden flair and polish their innate talents.





MIND MATTERS

As students of a new day and age, we have tremendous amounts of opportunities, and along with those opportunities comes massive competition and most importantly, **pressure**. The constant need to "fit in" to what the society feels is right never leaves our mind. Especially for teens. Comparing ourselves to other peoples' physique, their social circles, grades, achievements etc. highly affect our emotional, physical and mental state, leading us to overthink and consider possible self-harm. Surveys show that most teens between the ages of 14-19 have been diagnosed with mental health issues such as anxiety, major depression and behaviour disorders.

ITTERS



As the rates of mental health issues in teens grow day by day, the tension within teachers, guardians and students grows even more.

Until now, mental pressure was a topic mainly associated with adults and often considered remotely connected with students. But now that society is more woke and accepting, it is time we come out and address our fears. It is finally time that we seek help and let people around us know that we need assistance in order to lead a better life.

PEER

Peer pressure can be looked at in two ways. The positive effect builds a person while the other can destroy his psyche.

For example, if your friends force you to join a singing competition because you're good at it, or they convince you to stop doing something that's harming you, that's considered as positive peer pressure. On the other hand, ganging together to instigate someone to use foul language or get hooked to a bad habit, are examples of negative peer pressure.

Our learning space and home environment influence how we behave as a person. So it's natural that sometimes, we might end up taking incorrect routes because of wrong influence without even realising that our vulnerability is being taken advantage of.



PRESSURE

What's important is that we become more aware and understand the world around us better. At this age, choosing the right people to mingle with and associating with people who are positive minded are some of the smartest things you can do. Getting inspired by other people and implementing their good ways in your daily life style will lead you far in life and keep you happy. So absorb all that positive peer pressure and let it change you for the better.



SKINCARE

WHAT IS SKINCARE?

Skincare refers to the practice of taking care of one's skin to maintain its health, appearance, and overall well-being. This can involve various routines, products, and habits aimed at cleansing, moisturizing, protecting, and treating the skin. Skincare routines can vary based on skin type (oily, dry, combination, sensitive) and individual preferences. Common skincare steps include cleansing, exfoliating, applying serums or treatments, moisturizing, and using sunscreen to protect the skin from the harmful effects of the sun.

SKIN FACT

■ Skin cells turnover every 28 days. As we age this rate decreases, therefore, exfoliation becomes a beneficial part of your skincare routine to rejuvenate the skin.

Skincare is important, it plays a vital role in protecting and maintaining the health of your skin and not just in aesthetics. Good skincare helps you procure healthy, radiant skin. Skin damage is caused by excessive exposure of the sun

RITUALS

SUNSCREEN

Wearing sunscreen blocks out some UV rays from entering our skin. It does not completely block the UV rays but it is used as a filter to protect our skin. sunscreen should not be thought of as your first line of defense as it helps prevent sunburn, skin cancer and premature aging. Consider sunscreen as one part of your skin protection.

SKINCARE AND MENTAL IMAGE

Skincare is not just about physical appearances and aesthetics, good skincare practices is said to have a profound impact on our confidence, mood, and reduction in anxiety and acts as a form of self-expression.

By taking care of our skin, we can feel more confident, relaxed, and content with ourselves, leading to improved mental health and a more positive outlook on life.



NOURISHING

WHAT IS NUTRITION?

Nutrition is the process of obtaining, consuming, and utilizing nutrients from the foods and beverages we consume to support growth, development, and overall health. Nutrition plays a crucial role in the healthy growth of our body, eating the right foods has a profound impact on overall health and well-being. Mindful eating and heart-felt meals are just what the doctor ordered. Mindful eating is a practice that involves paying full attention to the cooking and eating experience without prejudice. Mindful eating is essential because it promotes a healthier and more balanced relationship with food. it makes one enjoy food more, manage weight, improve digestion etc.

BALANCED DIET

The most common method to follow a balanced diet is the "Plate Method". The plate method is one of the most efficient balanced diet methods.



RADIANCE



THE PLATE METHOD

The method includes:

1. Fill half your plate with vegetables
2. A quarter of your plate for lean proteins like chicken and fish
3. Use the remaining quarter for whole grains
4. Add a small serving of healthy fats on the side.
5. Enjoy a piece of fresh fruit or a serving of low-sugar dairy for dessert.

WHY BALANCED DIET EXACTLY?

A balanced diet supplies the nutrients your body needs to work effectively. Without balanced nutrition, your body is more prone to disease, infection, fatigue, and low performance. In growing children, a balanced diet is vital for proper growth and development

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted." So love your body and give what it needs to flourish.



DREAM

SLEEP is a basic requirement of life.

It is important for good brain performance, mood and most importantly, health. It helps us get sick less often, stay at a healthy body weight, reduce stress and fatigue, restore our energy levels etc. A child needs about 6-8 hours of sleep based on the age of the child. Our body releases hormones during sleep which help repair the cells and maintain proper usage of energy in our body. Not sleeping enough will lead us to being sleep deprived and we won't be able to function properly.

SCAPE

HOW CAN TEENAGERS MAINTAIN A HEALTHY SLEEP SCHEDULE?

Teens find it hard to fall asleep before 11 p.m. because our bodies usually release melatonin later than it is released in kids and adults. To fall asleep without much difficulty, try to:

1. Tire yourself out by performing lots of physical activity throughout the day,
2. Relax your body,
3. Make sure your room temperature is good enough for you, and
4. Try focusing on one particular thing until you fall asleep.

Any other distraction will make it harder for you to sleep and will decrease the amount of sleep you get. Be comfortable and try to shut out any type of unnecessary



MELATONIN is a hormone that your pineal gland makes naturally. It helps you fall asleep by calming your body before bed.

National news



CHANDRAYAAN

India became the first country ever to land on the south pole of the Moon. It was launched on 14 July 2023 and landed on Moon on 23 August 2023. One of the major goals of Chandrayaan-3 was to hunt for water, as scientists believe that the huge craters in the south polar region, which are permanently in shadow, hold ice that could support human habitation on the Moon in the future.



THE SAFF CHAMPIONSHIP

The 2023 SAFF Championship was the 14th edition of the SAFF Championship, international men's football championship of South Asia organised by South Asian Football Federation (SAFF). The event was held at Bangalore, India, from 21 June to 4 July 2023.

India won their ninth championship by defeating Kuwait in the final.

**WHAT'S
HAPPENING**

International News



The Overseas Pakistani Christian Alliance (OPCA) issued a strong condemnation of [unspecified issue]. The organization, representing the Pakistani Christian diaspora, expressed its firm disapproval of the situation or event in question. While specific details regarding the issue are not provided in the text, the OPCA's denouncement underscores the importance of the matter at hand.

This condemnation likely reflects the OPCA's commitment to advocating for the rights and well-being of Pakistani Christians both within Pakistan and abroad. It could be related to issues such as religious freedom, discrimination, or violence against religious minorities, which have been ongoing concerns in Pakistan. The OPCA's statement emphasizes its dedication to raising awareness about and addressing these issues, seeking justice and equal rights for the Christian community in Pakistan.

**WHAT'S
HAPPENING**



NEERAJ CHOPRA

Neeraj Chopra makes history by winning India's first-ever gold medal at World Athletics Championships. Neeraj Chopra, in a historic moment for Indian athletics, clinched the gold medal in the men's javelin throw event at the World Athletics Championships held in Budapest, Hungary on 27th August 2023.



CARLOS ALCARAZ

Carlos Alcaraz defeated the four-time defending champion Novak Djokovic in the final to win the gentlemen's singles tennis title at the 2023 Wimbledon Championships. It was his first Wimbledon title and second major singles title overall.

achievements

BASKETBALL MATCH AT RMK SENIOR SECONDARY SCHOOL

In a thrilling display of talent and teamwork, our girls Reem, Ishani, Charvi, Haritha, Madhumitha, Jithysaai, Anisha, Diya, Nandhana, Nitya, Kavya and Sujitha from Chennai Public School, Thirumazhisai recently achieved a remarkable victory by securing 2nd place in a highly anticipated basketball match held in RMK Senior Secondary School. Through skill, determination, and sportsmanship, these young athletes have not only won on the court but also imparted valuable life lessons to all who witnessed their journey. As they continue to shine as beacons of inspiration, it is clear that their success reaches far beyond the basketball court, leaving an impeccable mark on their educational journey and beyond.



WORLD'S SCHOLARS CUP

In an inspiring show of dedication, a group of exceptional students of grade 10 & 12, from Chennai Public School, Thirumazhisai left their mark on the prestigious World's Scholars Cup competition in Doha by winning several medals. The event, which brought together some of the brightest minds from various schools, showcased the incredible achievements of these young scholars and their commitment to learning. As they continue on their academic journeys, there's no doubt that our students will continue to illuminate the world with their ideas and unwavering commitment to excellence.

BQUEST AT PUPIL ECO SCHOOL:

Students of Chennai Public School, Thirumazhisai took part in the Chennai BQuest, a business event held in The Pupil Saveetha Eco School, and our students Alana, Harini, Pranavi and Shrija of grade 11 took the first place in the ADZAP competition. Their innovative advertisements along with team coordination won the hearts of the jury. These budding business minds are poised to make a significant impact on the world of commerce, armed with creativity, communication skills, and a passion for innovation. As they move forward in their journeys, it's clear that these students are well on their way to shaping the business landscape of tomorrow.



CV LEGIS FESTIS:

In the recent CV Legis Festis, Chennai Public School, Thirumazhisai students, Harini, Alana and Pranavi of grade 11 participated and won the 2nd place in the Senior Symposium. Harini and Alana took away the best speaker awards. The students displayed not just erudition but also a genuine passion for justice. They successfully managed to put their strong opinions forward without any hesitation.

With no doubt in mind, they are bound to achieve greater things in the future with their unique ideas and work ethic.

achievements

SKILL MASTERY

PUBLIC SPEAKING

Public speaking skills are soft skills that showcase how well you can speak and engage your listeners. Influential public speakers have the power to persuade, inform and educate others. It helps you sway opinions, motivate others and become a natural leader.

Mastery of this skill can help you advance your career, increase confidence, improve leadership skills and many more.

COMMUNICATION:

Being able to communicate an idea or thought clearly is an essential skill for public speaking. Another critical element of communication is the ability to control your voice and speed of talking.

CLEAR ARTICULATION:

Good public speakers pronounce words clearly and use proper grammar while avoiding verbal crutches like "um" and "ah". Verbal crutches can distract the audience from what the speaker is actually trying to say.

TERY 101

CONFIDENCE:

Another essential skill of a public speaker is confidence. Often, even good communicators who feel comfortable addressing a small audience may lose confidence when talking to a large audience. Problems like nervousness and stage fright may disappear when you are confident about your skills.

PASSION:

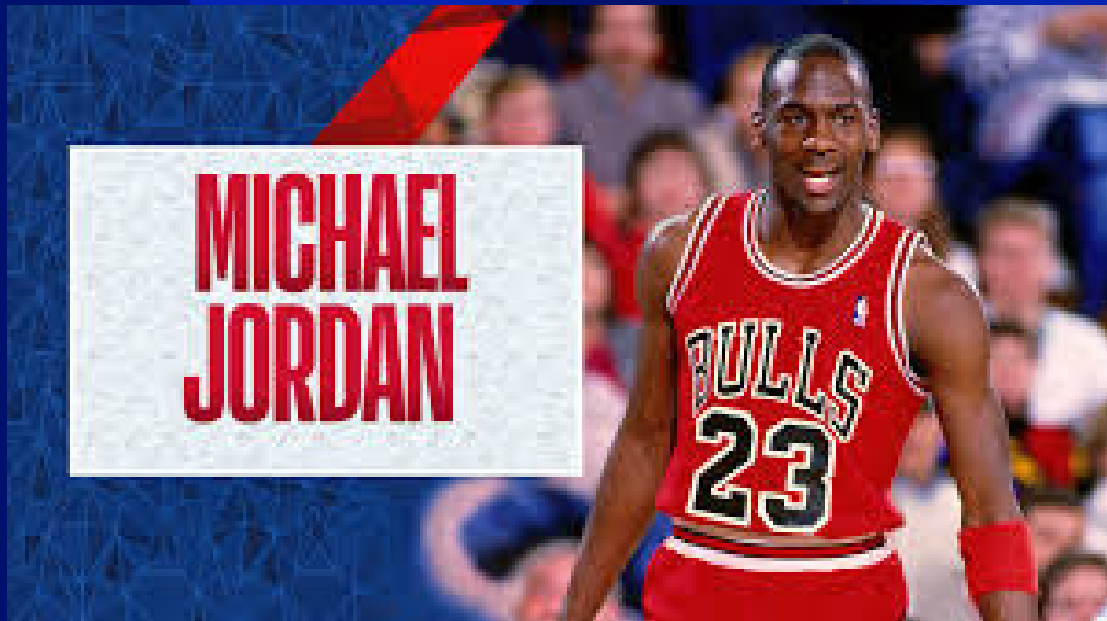
Communication becomes easier when you are passionate about the topic of your speech. Without passion, your communication can fail to educate and inform others. When delivering a speech on a topic that does not excite you, dig deep into the topic and try to find things that might interest you

FACTS ABOUT SPACE

- 1) One million Earths could fit inside the Sun – and the Sun is considered an average-size star.
- 2) For years it was believed that Earth was the only planet in our solar system with liquid water. More recently, NASA revealed its strongest evidence yet that there is intermittent running water on Mars, too
- 3) Comets are leftovers from the creation of our solar system about 4.5 billion years ago – they consist of sand, ice and carbon dioxide.
- 4) You wouldn't be able to walk on Jupiter, Saturn, Uranus or Neptune because they have no solid surface!
- 5) If you could fly a plane to Pluto, the trip would take more than 800 years!



DO YOU KNOW HIM?



Michael Jordan is an iconic figure in the world of sports, particularly known for his unparalleled basketball career. Born on February 17, 1963, in Brooklyn, New York, Jordan quickly rose to fame as one of the greatest basketball players of all time. His impact on the game and popular culture is immeasurable.

Jordan's journey to greatness began at the University of North Carolina, where he won the NCAA championship in 1982. He then entered the NBA, where he played the majority of his career with the Chicago Bulls. Jordan's career highlights include six NBA championships, five MVP awards, and ten scoring titles. He was known for his scoring prowess, incredible work ethic, and clutch performances, earning him the nickname "Air Jordan."

Beyond his on-court achievements, Jordan transcended sports to become a global icon. His partnership with Nike led to the creation of the legendary Air Jordan sneaker line, still popular today. Jordan's competitive spirit and leadership qualities inspired countless athletes and fans worldwide.

Retiring from basketball multiple times, Jordan later became a successful owner of the Charlotte Hornets in the NBA. His impact on the game extends far beyond his playing days, solidifying his status as a sporting legend and a cultural icon.



photo

MOHAMMED FARHAN
11-C1



A. AAKKASH MUTHU
12 B1

graphy

ANNA JAIN
11B



MADHUVARSHA G.P
8-B



Poems

JOY OF TRAVEL

Lets travel to the north,
All across India, where we want.
From mountain to ocean,
Which would be a special occasion.
Oo-aa-oo-aa with the Kohima tribes,
Hey there to the Goan vibes.
Dipping into Indian culture
Crunch, it would be amazing.

Travelling with a happy mood,
Along with family brood.
Taking pictures simple,
Posing with a dimple.
Flora , fauna and foods,
Going along with our goods.
Happy enjoyable rides,
And simple memorable slides.

~KISHAMANI MURUGUPANDIAN

8B

Poems

THE JOURNEY WITHIN

In the corridors of knowledge, we stride,
A journey within, where hearts and minds
collide.

With books as our compass, we explore,
The boundless realms of learning,
forevermore.

In classrooms, a tapestry of thoughts takes
flight,

Ideas bloom and perspectives ignite.

Teachers, the guides, like stars above,
Illuminate our path with wisdom and love.

Through trials and triumphs, we grow and
learn,

Resilience and courage, in us they churn.

The canvas of education, a masterpiece so
rare,

Painted with dedication, a story we all share.

As we pen these lines in the pages of time,

Let gratitude and inspiration forever chime.

For in this haven of knowledge, hand in hand,

We shape our destinies, a united band.

~ **SHREYANSH SINGH**

11-H

“

**CREATIVITY IS
CONTAGIOUS,
PASS IT ON**

”



Articles

Making Money as a Teen with No Investment: A Quick Guide

Being a teenager doesn't mean you can't earn money without investing heavily. Here's a concise guide on how to do just that.

Step 1: Identify Your Skills and Interests

Start by recognizing your strengths and passions. What are you good at, and what do you enjoy doing? These insights will help you determine how to make money effectively.

Step 2: Utilize Online Platforms

Online platforms offer numerous opportunities:

Fiverr: Offer services like graphic design or writing.

Upwork: Find freelance work in various fields.

TaskRabbit: Provide assistance with tasks in your community.

Etsy: Sell handmade crafts and goods.

eBay: Sell items you no longer need.

Amazon Mechanical Turk: Complete small online tasks for cash.

Step 3: Offer Services Locally

Consider offering services in your community, such as babysitting, dog walking, lawn care, cleaning, or tutoring. Websites like Care.com and Rover.com can also help you find gigs.

Step 4: Participate in Online Surveys and Focus Groups

Join websites like Swagbucks, Survey Junkie, Pinecone Research, and UserTesting to earn money for sharing your opinions.

Step 5: Sell Unwanted Items

Sell items you no longer need or want on platforms like eBay, Facebook Marketplace, or Craigslist. Remember to take clear photos, write detailed descriptions, price competitively, respond promptly, and meet in safe locations.

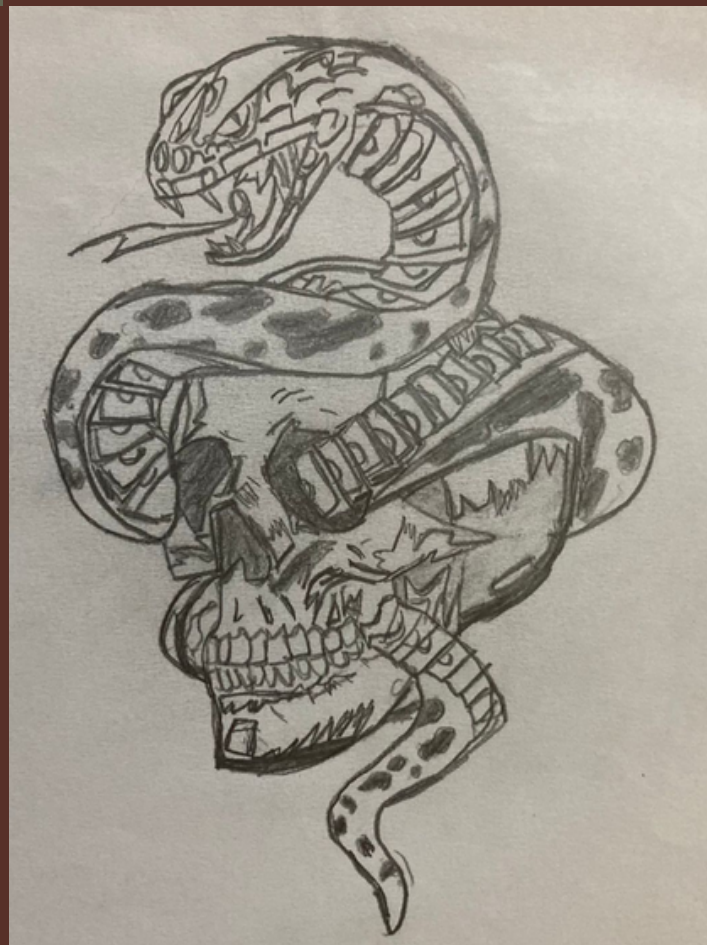
With these steps, you can start making money as a teen without any significant investment. Discover your strengths, explore online opportunities, offer local services, participate in surveys, and sell items you no longer require. With determination and persistence, you can turn your skills and interests into a profitable venture.

Artwork



**KANISKA MT
9E**

**SHIVA PRASAD
9A**





ISHANWAR. S. A
12 H

JOTHIKA M
11 H



ANIME RECOMMENDATIONS

JOJO'S BIZARRE ADVENTURE

Being one of the longest running anime of all time, JJBA is one of the most popular anime of all time. It is a wildly imaginative anime spanning generations of the Joestar family, each facing off against supernatural foes using unique abilities known as Stands. This captivating series combines intense battles, creative powers, and a mix of horror, adventure, and humor, delivering a one-of-a-kind anime experience that has garnered a dedicated fanbase worldwide.



VIOLET EVERGARDEN

"Violet Evergarden" is a visually captivating anime that revolves around a former child soldier as she adapts to civilian life by becoming a ghostwriter, writing heartfelt letters for others. Through her interactions with various clients, the series delves into themes of love, loss, and the power of words, all while unraveling Violet's own emotional journey and quest for understanding human emotions.

ANIME RECOMMENDATIONS

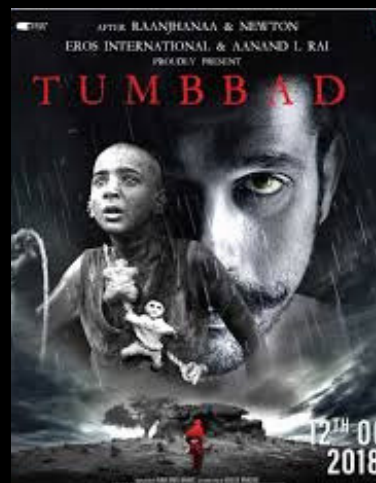
"Monster" is a suspenseful anime that follows a skilled surgeon's pursuit of a young patient he saved, who has grown into a serial killer. Set in a chilling atmosphere, the series delves into psychological complexities, moral dilemmas, and the thin line between good and evil, offering a engulfing narrative that challenges perceptions and explores the darkest corners of the human psyche. With its intricate plot and intense character dynamics, "Monster" delivers a thought-provoking and moral bending thriller.



Bocchi the Rock!
Yearning to make friends and perform live with a band, lonely and socially anxious Hitori "Bocchi" Gotou devotes her time to playing the guitar. It is an anime ideal for people dealing with social anxiety and have a fear of embarrassment. At release, it became an instant fan favorite across the Internet. It portrays serious topics like fear of being judged, in a humorous and sarcastic way.

MOVIE RECOMMENDATIONS

"Tumbbad" is an Indian fantasy horror film (2018) set in a 19th-century village. The story follows Vinayak's obsession with wealth and a cursed deity-guarded treasure. Exploring greed, consequences, and karma, the film boasts striking visuals, delving into human desires and their supernatural repercussions. It received acclaim for its unique narrative and cinematography.



"Jai Bhim" is a 2021 Tamil legal drama produced by Jyothika and Suriya. It highlights police bias and state violence against a marginalized community. The film follows the story of Sengeni, seeking justice for her missing husband, based on a true 1993 incident. Released on Amazon Prime Video, it received critical acclaim for its story, performances, and social message. A sequel is planned.

MOVIE RECOMMENDATIONS



"Everything Everywhere All at Once" is a mind-bending, visually captivating film that seamlessly weaves together multiple dimensions, emotions, and realities. With impressive performances and imaginative storytelling, it's a cinematic journey that leaves audiences awestruck. The film explores intricate concepts of existence while delivering a mesmerizing and thought-provoking experience.

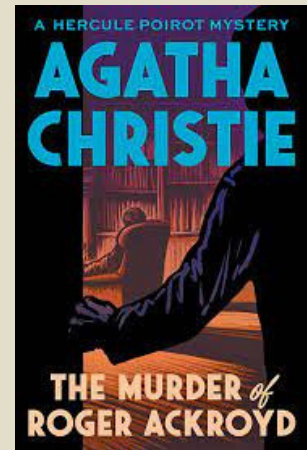
A guilt-ridden loner grapples with being named legal guardian of his 16-year-old nephew and returning to his hometown, which holds haunting memories. Watch all you want. This drama won two Academy Awards including best original screenplay (Kenneth Lonergan) and best actor (Casey Affleck).



BOOK RECOMMENDATIONS

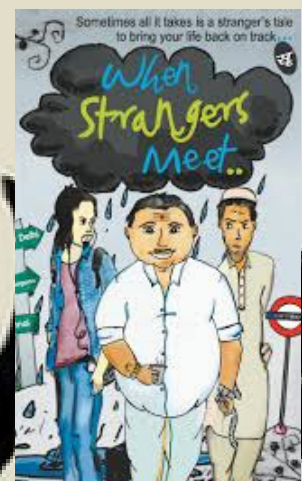
MURDER OF ROGER ACKROYD - AGATHA CHRISTIE

In this intriguing murder mystery, Agatha Christie skillfully employs her signature style, guiding readers through a slow-burning investigation masterfully unraveled by the venerable Hercule Poirot. With her characteristic simplicity, Christie artfully leads us on a journey where the solution appears deceptively evident, yet she artfully constructs a narrative that keeps us engaged and guessing until the final revelation.



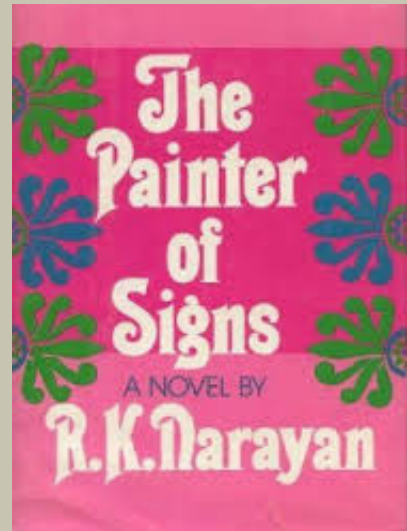
WHEN STRANGERS MEET - HARI KUMAR

celebrates the significance of chance encounters, revealing the hidden stories that unfold when unfamiliar paths intersect. With poignant anecdotes, the book beautifully captures the essence of human connection, inspiring readers to appreciate the serendipitous moments that shape our lives.



"THE PAINTER OF SIGNS" -R.K. NARAYAN

is a thought-provoking novella that explores the collision of tradition and modernity through the lives of its characters. With Narayan's signature storytelling, the book delves into societal changes and personal aspirations, making it a compelling read that reflects the human experience in a changing world."



LOVE, HOPE, AND MAGIC - ASHISH BAGRECHA

is a heartfelt collection of poems that resonate with raw emotions. Through his words, Bagrecha captures the essence of love and the power of hope, weaving a tapestry of feelings that connect deeply with readers, leaving a lasting impression of positivity and inspiration.



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magazine till the end.
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the first
magazine from this
committee.

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om](mailto:genteperiodico23@gmail.com)



genteperiodico23@gmail.com