

**SPORTS DAY'23**

Four houses competing in diverse sports for ultimate points.

**WRESTLER'S PROTEST**

The female wrestlers of India are protesting against Wrestling Federation of India

**CPS BASKETBALL TEAM**

CPS Basketball team won the Shri Isari Velan Inter-school Tournament

**RACISM**

Racism in the Modern Era: A Persistent Challenge to Social Progress

# GENTE PERIODICO

MARCH 2023

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# EDITORIAL COMMITTEE'S MESSAGE



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

Dear readers,  
Assuming the role of editorial secretary has been truly invigorating. Since my 9th-grade days, I've nurtured a desire to be part of this team. Embracing this role unveiled a journey of self-discovery and creative exploration. Over the past 7 months, I've gained invaluable insights into design, team dynamics, and personal growth. Despite team challenges, we triumphed with each publication. Crafting magazines brought immense joy, helping me define my design style. This solidified my aspiration for a lifelong design pursuit. I proudly stand by the outcome, hoping you find the same enjoyment in perusing these creations as I did crafting them.

w e l c

Dear Readers,  
Being on the editorialist committee was an incredible experience. Collaborating with talented individuals, shaping content, and contributing to meaningful discussions brought immense satisfaction. Together, we honed our skills, fostered creativity, and made a positive impact. It was a privilege to be part of such a dynamic and rewarding team.



**Vaishnav Vinod**  
**Contentent Creator**



**Shruthika P**  
Content planner

Dear readers,  
Being a member of this editorial team has been a wonderful experience for me. I've discovered a great deal about writing for a publication and collaborating with others. I will take this invaluable experience with me into my future endeavours. Through this experience, I have gained a deeper understanding of the importance of communication and feedback. It has given me the opportunity to improve my writing and explore new aspects of my creativity. It has also given me the chance to work with and collaborate with other talented individuals. I appreciate you taking the time to read this edition, and I hope you enjoy it.

# o m e

Embarking on this journey to create our online magazine has been an exhilarating experience. As a part of the editorial team, witnessing the fusion of creativity, talent, and dedication from our contributors fills me with immense pride. Each page reflects the spirit of our school, and I hope you feel the same excitement while exploring its contents.



**Nithen Aswanth**  
Content creator



**Abishek Emmanuel**  
Content creator

It was such an amazing experience to work with the team, we had explored various classes to identify unique talents and achievements, Working with the team was such a great experience.

# SCHOOL PUPIL LEADER'S MESSAGE



**Elamukil Vijay**

I am Elamukil Vijay, The school Pupil leader for 2022-23. Being the School Pupil Leader is an important role . So far this year I have had a lot of great experiences as School Pupil Leader. It helped to me learn things like established leadership skills, overcome stage fear, teamwork and successfully organising events within a particular deadline. It is an unforgettable episode of my life. Further much the council had work managing and planning events etc. it's fun to mingle with students who have supported me throughout the year. On the whole it was just parfait



**Anvee Agarwal**

Being a spl is a once in a life time experience. The pleasure I received while I held on to this title was immense. The different things I learnt from this experience included team work, working under pressure and surely meeting deadlines. Being a Spl is not a one man job, it is a title that comes with extreme hardship, you can only be called a successful spl if the people around you genuinely enjoy your company and respect your work, for which I am very much thankful to the council team as they made me a successful spl. In totality the experience was fun, channelling and filled with every possible humanly emotions.



# PRINCIPAL'S DESK



**Mr.s 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?

# THE SCOOP

## Definition-

A glimpse into the vibrant events of January, February, and March at Chennai Public School, Thirumazhisai.

## ◆ SECRET SANTA



Pre-primary and primary students joyfully celebrated "My Secret Santa." Festively adorned classrooms featured Christmas-themed decorations like Santa Claus, gifts, and trees. Subjects took on a merry twist with integrated worksheets, enhancing their festive learning experience. The day's highlights included a heartwarming nativity play, spirited carols, and delightful



Christmas dances. Students showcased their creativity through activities such as sketching their Christmas trees and crafting paper Santa Clauses. Warm wishes exchanged added to the joyful atmosphere, creating lasting memories of the celebration.





# OL SCOOP

## ◆ DIGIFEST



In an era where technology seamlessly intertwines with our daily existence, the significance of its role cannot be overstated. In a bid to harness and showcase the creative, communicative, logical, and programming talents of its students, the Department of Computer Science at Chennai Public School, Thirumazhisai, orchestrated a splendid event - DIGIFEST '23. This extraordinary event spanned across a spectrum of classes.

welcoming participants from grade I to 8. These young minds embarked on a journey of digital exploration, delving into diverse realms including presentations, E-Drawings, Web Designing, and even ventured into the realm of movie-making, utilizing an array of software such as Scratch, HTML, Python, and more. Their creative pursuits were ingeniously aligned with the overarching theme of Sustainable Development Goal II, imbuing their projects with a sense of purpose and societal relevance. The atmosphere was electric with enthusiasm as students poured their innovative ideas and hard work into each endeavor, setting the stage for DIGIFEST to emerge as a potent platform for nurturing the next generation of tech-savvy individuals.

# ◆ ANNUAL SPORTS DAY

Chennai Public School, Thirumazhisai celebrated its 10th Annual Sports Day with Indian Para Swimmer and National Awardee Shri. Punith Nandakumar as chief guest. Principal Ms. Chitrakala Ramachandran, Correspondent Mr. Balaji Dagupati, and Mr. Suman Babu Yerlagadda, Director IT graced the event. Special Guest Mr. Krishnadeep Menon, COO of Chennaiyin FC, inaugurated the school's association with the club. The day featured diverse activities including Fifa Fever, ProKabaddi, Gymnastics, and more. The occasion was adorned with trophies, medals, and awards, fostering the spirit of budding sports stars.

Sports Day transforms into a vibrant arena as spirited houses—Canopus, Diadem, Alphard, and Plasm—ignite a spirited contest across diverse sports and extracurricular activities. The pursuit of victory unfolds as each house competes for supremacy, striving for the highest points. The echoes of 2022-23 resound with Alphard's triumphant feat, led by Captain Sandhya D, Vice Captain Priyal, and the indomitable spirit of house miss Ms. Revathi. Their one-point victory attests to dedication and teamwork. Congratulations to all house captains and participants, etching the 10th Sports Day into an unforgettable memory.



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Being a house captain was a remarkable journey, demanding leadership, team motivation, and unity. We conquered challenges, celebrated victories, and embraced perseverance, culminating in the ultimate championship win.

- Sandhya D

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The sports day was a triumph, brimming with exciting contests, camaraderie, and cheers. Athletes displayed prowess, cheered by enthusiastic spectators. It left indelible memories and pride in their achievements.

- Aadhitya Krishnan

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My role as house captain during sports day involved coordinating, motivating, and ensuring seamless organization. It was a fulfilling challenge where leadership fueled our house's success, heightened by team spirit and camaraderie.

- Melanie Veera

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As Plasma House sports captain at Chennai Public School, I embraced leadership, fostering teamwork and healthy competition. Achieving victories and forging bonds created an unforgettable, skill-enriching journey.

- Druva Sivakumar

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## ◆ WATERLOO



CPSites enjoyed an invigorating math session by Prof. Surya Banerjee, of University of Waterloo. Prof. Banerjee illuminated Game Theory's practical use in economics and business through interactive games, leaving grades 11 and 12 students exhilarated. They embraced math's power, solving intricate problems step by step. Prof. Banerjee's guidance led students to explore and solve challenging questions, fostering a deeper grasp of Game Theory. The session sparked a fresh enthusiasm for math and its real-world application, empowering students with invaluable knowledge



## ◆ FRUITION

Join us as we immerse ourselves in the enchanting IPP Graduation and Annual Day festivities at Chennai Public School, Thirumazhisai. The radiant presence of Ms. Ambujavalli N graced the occasion, bestowing accolades upon our budding graduates, while the captivating performances of our young talents cast a spell of wonder.



# THRO UGH TH E

## PRISM

Racism, as an age-old social issue, continues to cast its long shadow over the modern era. While strides have been made to combat overt expressions of racism, it remains deeply entrenched in various aspects of society. The modern age presents new challenges and complexities, with racism evolving into subtler forms and adapting to digital spaces. This essay explores the manifestations, causes, and consequences of racism in the contemporary world, as well as the steps needed to build a more inclusive and equitable society.

## Racism in the Modern Era: A Persistent Challenge to Social Progress

### The Persistence of Individual Prejudice

Despite progress in promoting diversity and inclusivity, individual prejudice based on race or ethnicity persists in the modern age. Deep-seated stereotypes and biases often influence perceptions and interactions between people from different racial backgrounds. These prejudices can manifest in everyday situations, leading to discriminatory attitudes, microaggressions, and social alienation. Confronting individual prejudice requires promoting empathy, cultural awareness, and fostering a greater understanding of diverse perspectives.

### Institutional Racism: The Silent Oppressor

One of the most insidious forms of racism in the modern era is institutional racism. Deeply rooted in the structures and policies of institutions, it perpetuates disparities and inequalities among racial or ethnic groups. From education and healthcare to criminal justice and employment, institutional racism can significantly impact the life chances of marginalized communities.

## The Challenge of Systemic Racism

Systemic racism, closely related to institutional racism, encompasses the broader network of interconnected structures that perpetuate racial disparities. Socioeconomic inequities, limited access to resources, and geographic segregation can all contribute to this deep-rooted problem. Addressing systemic racism requires a comprehensive approach that involves redistributive policies, equitable opportunities, and breaking down barriers to social mobility.

## Racism in the Digital Age

The advent of the internet and social media has introduced new dimensions to racism. In the digital age, racist ideologies and hate speech can spread rapidly, amplifying the voices of those who promote intolerance. Online platforms can become breeding grounds for cyberbullying and the dissemination of harmful stereotypes. To combat digital racism, online communities and tech companies must foster inclusive spaces, while users must engage responsibly in promoting positive dialogue.

## Cultural Appropriation and Colorism

Cultural appropriation and colorism remain pervasive issues in the modern era. The commodification of elements from other cultures without understanding or respecting their significance perpetuates power imbalances and fosters cultural insensitivity. Similarly, colorism within racial or ethnic groups reinforces harmful beauty standards and perpetuates discrimination based on skin color. Recognising and actively challenging these practices are vital in promoting cultural appreciation and celebrating diversity.







## Racial Profiling and Its Consequences

Racial profiling continues to plague law enforcement practices and security measures in the modern age. Certain racial or ethnic groups often face disproportionate scrutiny, leading to feelings of distrust and alienation. Racial profiling not only perpetuates stereotypes but also erodes the fabric of trust necessary for a cohesive society. Implementing community policing, unbiased training, and accountability mechanisms are critical steps to address this issue.

**R**acism remains a formidable challenge in the modern era, but combatting it starts with recognizing its presence and understanding its various forms. Creating a more inclusive society requires collective efforts

from individuals, communities, institutions, and governments. Education, open dialogue, policy reforms, and promoting diversity and inclusion are vital components in the fight against racism. By taking proactive measures and fostering a sense of unity, we can build a world that celebrates diversity and offers equal opportunities for all. Embracing these principles will lead us towards a just and equitable society in the modern era, where every individual is treated with dignity and respect, irrespective of their race or ethnicity.

**" RACISM IS MAN'S GRAVEST THREAT TO MAN - THE MAXIMUM OF HATRED FOR A MINIMUM OF REASON. "**

- Abraham Joshua Heschel





# How to stop racism

## Acknowledging Racism's Presence

Recognizing that racism still exists in the modern era is crucial, even though it may not always be as overt as historical forms of racism. By acknowledging its presence, individuals and societies can avoid being complacent and become more receptive to finding solutions.

## Education as a Key Pillar

By integrating anti-racist curricula and promoting cultural awareness in schools and educational institutions, we can instill empathy and understanding from an early age. Education empowers individuals to challenge their biases and encourages critical thinking about social issues.

## Policy Reforms for Equity

Addressing institutional and systemic racism requires policy reforms that promote equity and inclusivity. Governments and institutions must critically examine existing policies to identify and eliminate discriminatory practices. Implementing affirmative action, and diversity programs .

## Promoting Diversity and Inclusion

Embracing diversity and inclusion is fundamental to combating racism. It involves actively promoting representation and participation of individuals from all racial and ethnic backgrounds in various spheres of society, such as workplaces, media, and politics.

## Fostering Unity and Empathy

Encouraging a sense of unity among diverse communities helps create a strong foundation for combating racism. Promoting empathy and understanding between individuals from different racial backgrounds can break down barriers and promote positive interactions.





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## NATIONAL NEWS

### **Byju's to stop selling tuition to lower-income families**

India's NCPCR summoned Byju's CEO over alleged malpractices in sales. In response to a Context expose on working culture and customer treatment, the education technology firm will halt selling to economically disadvantaged families. This marks a significant action against an Indian edtech company's sales practices.

### **Indian Army will not let China change status quo along LAC 'unilaterally'**

Indian Army won't let China alter LAC status unilaterally, says External Affairs Minister S. Jaishankar. He refutes Rahul Gandhi's criticism, emphasizing Army's deployment under PM Modi's orders, not at Gandhi's request.

### **Dr Hasmukh Adhia appointed as Chief Advisor to Gujarat CM Bhupendra Patel**

Gujarat Former Finance Secretary of Government of India Dr Hasmukh Adhia appointed as Chief Advisor to Gujarat Chief Minister Bhupendra Patel.

Former Secretary, Roads and Buildings Department, Gujarat Govt, SS Rathore has been appointed as the Advisor to the chief minister.

### **China accuses India of illegally crossing LAC**

China alleges India breached the Line of Actual Control (LAC), sparking tensions. India denies the claim, highlighting the ongoing border dispute's volatility and the need for diplomatic resolution.



## **Odisha Minister Naba Kishore Das shot**

On January 29, 2023, former Health and Family Welfare Minister Naba Kishore Das was shot dead by the accused at Gandhi Chhak in Brajarajnagar. The murder of the influential minister had then evoked huge public uproar.

## **Wrestlers protest against Wrestling Federation of India at Jantar Mantar**

Wrestlers gather at Jantar Mantar to protest against the Wrestling Federation of India, advocating for reforms and addressing sexual harassment by chief Brij Bhushan Sharan Singh

## **Fire breaks out at house in Delhi**

A fire erupts in a Ghonda, North East Delhi house, prompting a swift response from two fire tenders on the scene. Efforts are underway to control the blaze and ensure the safety of the affected area.

## **Karnataka plans country's first marina at Byndoor**

Karnataka plans India's first marina at Byndoor for coastal tourism, pursuing CRZ relaxation for beach and pilgrim tourism. Historical insight from dynasties like Ganga, Kadamba, etc., will enrich tourism and deepen understanding of the state's heritage and culture.

## **Madhya Pradesh wins senior women's national hockey championship**

Hockey Madhya Pradesh was named the winner of the 13th Hockey India Senior Women National Championship in 2023 after defeating Hockey Maharashtra 5-1 in the championship game in Kakinada, Andhra Pradesh. In the meantime, Hockey Jharkhand finished third after winning the third-place game against Hockey Haryana.



# WHAT IS



# HAPPENING

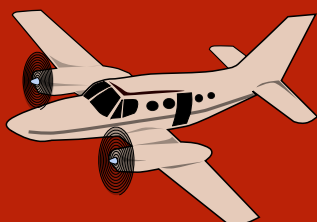
## INTERNATIONAL NEWS

### Israeli-Palestinian conflict

The longstanding Israeli-Palestinian conflict, rooted in mid-20th century tensions over a Jewish homeland, has seen wars and occupations. The two-state solution, including Oslo Accords, faces waning support amid ongoing violence and political complexities. Negotiations involve Israeli government, PLO, and international mediators like Quartet and Arab League.

### 2023 Gold Coast mid-air collision

Four people are killed and eight others are injured when two helicopters collide near the Sea World theme park in Gold Coast, Queensland, Australia.



### Syrian civil war

The Syrian civil war is a prolonged conflict in Syria between President Bashar al-Assad's government, backed by various allies, and opposing domestic and foreign forces. Starting as part of the Arab Spring protests in 2011, it escalated into an armed struggle. Factions include the Syrian Armed Forces, Syrian Interim Government, Syrian Salvation Government, and others. Foreign involvement by Iran, Russia, Turkey, and the US intensified the crisis. The war caused a massive death toll, refugee crisis, and human rights abuses. Despite peace efforts, fighting persisted. By 2023, the situation had calmed, with sporadic clashes and ISIS decline.



## Meta Platforms is fined €390 million

The European Union imposes a significant fine of €390 million on Meta Platforms, citing breaches of EU privacy regulations. The company's data gathering practices from Facebook and Instagram accounts for personalized advertising are alleged to have violated privacy laws. The penalty underscores growing concerns about data protection and digital privacy.

## Funeral for Pope emeritus Benedict XVI

On December 31, 2022, at 95, Pope Benedict XVI passed away in Vatican City's Mater Ecclesiae Monastery. Resigning as Catholic Church leader in 2013 due to health issues, he remained pope emeritus. His death marked a unique period with two popes residing in the Vatican.

Thousands mourned during his funeral proceedings, presided over by Pope Francis on January 5, 2023.



## Turkey-Syria earthquake

On February 6, 2023, a powerful Mw 7.8 earthquake struck Turkey and Syria, leaving widespread destruction. Over 59,000 people perished, making it Turkey's deadliest quake and one of the 21st century's deadliest disasters. Damages exceeded \$100 billion, prompting international aid efforts.

## OpenAI launches GPT-4

Generative Pre-trained Transformer 4 (GPT-4), the latest in OpenAI's GPT series, is a multimodal language model. Released on March 14, 2023, it's accessible through ChatGPT Plus and OpenAI's API waitlist. Pretrained to predict tokens and fine-tuned with reinforcement learning, GPT-4 shows improvements over GPT-3.5 in ChatGPT, handling images and text inputs. Technical details, like its size, remain undisclosed.

WHAT IS  
HAPPENING



## ARCHERS OF CPS BRING LAURELS

Congratulations to the students. Archery sparks a journey ignited by bow and arrow, witnessed in Chennai Public School, Thirumazhisai. In the 1st Archery State League, 13 talented participants shone, with 6 emerging champions. Congratulations to Gold Medallists Naveen A P, Jayanth Varshen S K, and Abeer Kadian; Silver Medallists S Koushik and Shanvikaa M S; and Bronze Medallist Rakshaya R. Their dedication and skill bring pride to our community.



## CPS IN SCHOOL QUIZ LEAGUE

From Chennai Public School, Thirumazhisai, eight talented students stood out among a hundred participants. In the esteemed School Quiz League Season 8 'Pratibha Ki Khoj,' hosted by EduAce and guided by renowned Quiz Master Mr. Gaurava Yadav, these remarkable individuals earned their place in the Regional level. Notably, Melanie Veera Saldanha and Sujeet S of Class XI achieved an impressive 3rd place in the Regional Finale and secured a commendable 4th position in the National Round.





## BASKETBALL TEAM WON SHRI ISARI VELAN TOURNAMENT

The triumph of the basketball girls' team from Chennai Public School, Thirumazhisai, stands as a testament to their unwavering dedication and remarkable skill. Competing among 16 formidable teams in Chennai, they demonstrated unparalleled teamwork, resilience, and sportsmanship, culminating in a resounding victory in the prestigious 9th Shri Isari Velan Inter-school Tournament, a highly esteemed event hosted by Vales International School. This achievement not only reflects their exceptional athletic prowess but also exemplifies their commitment to excellence both on and off the court. .



## WORLD SCHOLARS CUP (REGIONALS)

Both the junior and senior teams from Chennai Public School, Thirumazhisai, showcased exceptional prowess, securing numerous gold and silver medals in the regional competition. Their exceptional performance earned them a well-deserved spot in the global round, a testament to their dedication and skill.



# ements

# WELLNES

When we think of health, we often limit our perspective to mental and physical health. However, social health is equally important and should not be overlooked. Social health refers to the quality of our relationships and interactions with others, and it plays a crucial role in our overall well-being. Neglecting social health can lead to feelings of loneliness, isolation, and depression. A strong social network can provide emotional support, reduce stress levels, and increase feelings of happiness and fulfillment. On the other hand, social isolation can lead to negative consequences such as depression and anxiety. Therefore, it is crucial to prioritize our social health by building healthy relationships with family, friends, colleagues, and community members.



This can be achieved through regular communication, participating in group activities or hobbies that interest us, volunteering, or joining clubs or organizations that align with our values. By focusing on all dimensions of health, including social health, we can achieve a well-rounded and fulfilling life. Having a pleasant conversation with a stranger can lift our moods for the entire day. Just like how we have medicines for physical and sometimes mental health. People are the medicines for social health. They share their experiences, offer support, and help us feel connected to the world around us. Therefore, it is important to prioritize social health as much as physical and mental health for a holistic approach to overall well-being

## SOCIAL HEALTH

# SS NEXUS

## Mental health **VS** Physical health

Mental health and social health are distinct yet interconnected aspects of an individual's well-being. While mental health revolves around one's inner world of thoughts, feelings, and emotions, social health focuses on interpersonal relationships and interactions with others.

Mental health encompasses a wide range of emotions, including positive ones like joy and contentment, as well as negative ones like stress, anxiety, and anger. It reflects an individual's overall psychological well-being and their ability to cope with the challenges and stresses that life presents. A mentally healthy person possesses resilience, emotional intelligence, and effective coping mechanisms to navigate life's ups and downs. On the other hand, social health is concerned with how individuals interact with their social environment. It involves the capacity to form meaningful connections and maintain healthy relationships with family, friends, colleagues, and acquaintances.

Socially healthy individuals display empathy, compassion, and effective communication skills, which are essential for fostering positive connections with others. They are also capable of seeking and providing support when needed, creating a supportive and nurturing social network. Both mental health and social health play crucial roles in an individual's overall well-being. A person with sound mental health is better equipped to handle social interactions positively, while strong social connections can act as a buffer during times of emotional distress. A harmonious balance between mental and social health contributes to a more fulfilling and satisfying life.

By focusing on these aspects of well-being, individuals can lead healthier and more fulfilling lives, building stronger connections with others and fostering a supportive and compassionate society.



As teenagers, we often feel alone, or, in better words, lonely. We feel distant from others because we are still trying to figure out who we are and where we fit in the world. It can be hard to find people who truly understand and accept us for who we are. The good news is that there are ways to combat loneliness by improving your social health. Research has found high levels of psychological distress during the long social distancing period. It is scientifically proven that those who are socially well often live longer and enjoy better health.

**Alone:** Solitude can improve your overall health as it boosts creativity and gives you time to learn and discover new things about yourself. The time you spend alone is truly yours and no one else's.

**Loneliness:** Loneliness is when an individual feels disconnected from others and lacks meaningful social connections.

Understanding the distinction between being alone and feeling lonely is crucial. Solitude can be a source of contentment, even for those with vibrant social lives. Striking a balance between alone time and social interaction has been linked to increased happiness and improved well-being according

to studies.

Prioritizing social connections is undoubtedly important for fostering meaningful relationships and a sense of belonging. Embracing solitude can take various forms, such as reading a book, journaling, meditating, or spending time in nature. Engaging in these activities during alone time can reduce stress, enhance mental clarity, and provide an opportunity for relaxation and rejuvenation. In essence, finding a healthy balance between social interactions and alone time is key to a fulfilling life.

## Alone VS Lonely



**" Alone is a state of physical solitude; loneliness is a state of emotional longing. "**

# OLD & NEW RELATIONSHIP

When it comes to friendships, size doesn't always matter. It's easy to get caught up in the number of friends we have, but the truth is that having a larger social circle doesn't necessarily mean we have better relationships.

In fact, sometimes having too many friends can be overwhelming and lead to shallow connections. Instead, it's important to focus on quality over quantity. Cultivating deep and meaningful friendships takes time and effort, but the rewards are immeasurable. These are the people who will be there for us through thick and thin, who will support us when we need it most, and who will celebrate our successes with us. So rather than trying to amass as many friends as possible, let's focus on nurturing the relationships that truly matter.

Let's invest in those friendships that bring us joy and fulfillment, and let go of those that don't serve us well. By doing so, we'll create a network of trusted confidants who will enrich our lives in countless ways.

to studies.

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Embracing solitude can take various forms, such as reading a book, journaling, meditating, or spending time in nature. Engaging in these activities during alone time can reduce stress, enhance mental clarity, and provide an opportunity for relaxation and rejuvenation. In essence, finding a healthy balance between social interactions and alone time is key to a fulfilling life.

## How to retain broken friendship

1. Reflect on the Situation
2. Reach Out with Empathy
3. Be Honest and Open
4. Apologize and Forgive
5. Communicate Constructively
6. Rebuild Trust Gradually
7. Focus on Positive Memories
8. Plan Activities Together
9. Set Boundaries and Respect Differences
10. Be Patient

# SIGNS YOU ARE SOCIALLY HEALTHY

## **Balancing alone time and social time**

Socially healthy individuals recognize the importance of both solitude and social interaction.

They can enjoy spending time alone, engaging in activities that bring them joy and personal growth. At the same time, they also value and seek out social connections, understanding the benefits of meaningful interactions with others.

## **Adapting to fit social circumstances**

Socially healthy individuals are flexible and can adapt their communication and behavior to different social situations. They are comfortable in various settings, whether it's a professional environment, a social gathering, or a casual hangout, and know how to navigate these situations with ease.

## **Being engaged in your community**

Socially healthy individuals actively participate in their communities and contribute positively to society.

This involvement can take various forms, such as volunteering, participating in local events, supporting causes they care about, or simply being a good neighbor.

## **Being able to develop and maintain friendships**

Building and sustaining genuine friendships is a sign of social health. Socially healthy individuals are approachable, empathetic, and understanding, which makes it easier for them to form meaningful connections with others. They invest time and effort in their friendships and are there for their friends when needed.

## **Having a supportive network of family and friends**

Socially healthy individuals have a strong support system in the form of family and friends. They can rely on these relationships during challenging times, and reciprocate support when their loved ones are going through difficult moments.





## PRACTICING SELF CARE

While it's true that self-care can involve indulging in activities like skincare, it's important to remember that it encompasses much more than just aesthetics. One way to prioritize social health through self-care is by engaging in activities that bring joy and fulfillment, which can boost overall well-being and lead to stronger social connections. This could mean volunteering for a cause you're passionate about or joining a club or group centered around a shared interest.



## IMPROVE YOUR COMMUNICATION SKILLS.

Effective communication involves listening actively, expressing yourself clearly, and understanding others' perspectives. You can enhance your communication skills by practicing active listening, asking open-ended questions, and being empathetic towards others. Developing these skills can help you connect with others on a deeper level and build meaningful relationships.

## INITIATING RELATIONSHIPS

Making the first move in a new relationship can be daunting, but it's an important step in building strong social connections. Building new relationships can also be a great opportunity to explore new interests and hobbies. Engaging in activities that bring joy and fulfillment not only boosts your overall well-being, but it can also lead to meeting new people who share similar interests.

# HOW TO IMPROVE SOCIAL HEALTH?




## PRACTICE GRATITUDE

Practicing gratitude towards others creates a positive and respectful environment. Remember that effective communication is a two-way street - be open to feedback and willing to make adjustments as needed. By continuously working on these skills, you can become a more effective communicator, both personally and professionally.

# ARTICLES

## WHY ARE BANANAS BERRY RATHER THAN FRUIT?

The classification of fruits can sometimes defy our culinary  intuition. One such example is the banana, often mistaken for a fruit, but in botanical terms, it's a berry.

A berry is a fleshy fruit produced from a single ovary, typically containing multiple seeds. Bananas fit this description perfectly. While they lack the tartness usually associated with berries, their structure aligns with the botanical definition.

A key factor in this classification is the presence of seeds. Despite their small size and often being underdeveloped, bananas do contain seeds. However, these seeds are reduced and vestigial, which contributes to the misconception. The cultivated varieties we consume today have been selectively bred for their seedlessness, making them even more fruit-like.

In contrast, fruits like strawberries, which we commonly categorize as berries, don't meet the botanical criteria due to their seeds being on the exterior. In this case, the succulent part we eat is derived from the plant's receptacle.

The botanical distinction underscores the complexity of plant classification and the intriguing world of botany. So, the next time you peel a banana, remember – you're indulging in a berry, not just a fruit, showcasing nature's fascinating diversity.

-KEERTHANAA P T I A I

## FEMINISM VS EQUALITY?



Feminism and equality, though distinct, converge in their pursuit of a just and inclusive society. While feminism focuses primarily on rectifying historical and systemic gender-based injustices, equality casts a wider net, encompassing all dimensions of identity.

Feminism, as a movement, strives to dismantle gender-based biases and empower marginalized genders, particularly women. It challenges traditional norms, advocates for policy changes, and promotes cultural shifts to eradicate discrimination. By addressing gender-specific barriers, feminism lays the groundwork for a more equitable society.

Equality, on the other hand, is a broader principle that transcends gender, encompassing race, ethnicity, socioeconomic status, and more. It asserts that every individual deserves impartial treatment, opportunities, and access to resources, irrespective of their identity.

While feminism zeroes in on gender, its aims converge with the broader pursuit of equality. A gender-equal society is a cornerstone of overall equality. By eradicating gender disparities, feminism contributes to the overarching goal of equal treatment for all.

In essence, feminism and equality are interconnected. Feminism acts as a catalyst within the pursuit of equality, addressing specific areas of bias that collectively contribute to an equal society. By recognizing this synergy, we acknowledge that achieving one necessitates progress in the other. As we work toward a future marked by justice and parity, the collaboration between feminism and equality remains essential for building a world where every individual's inherent worth is honored and respected.

-LAKSHAYA R 11A2

# PHOTOGRAPHS



Shot on Nikon 7100 by Vaishnavi II B



Shot on Iphone 6 by Dhurgesh MJ II A2

Photos capture fleeting moments, sparking joy through cherished memories. Reflecting on them cultivates gratitude, nostalgia, and happiness, promoting well-being and mindfulness.

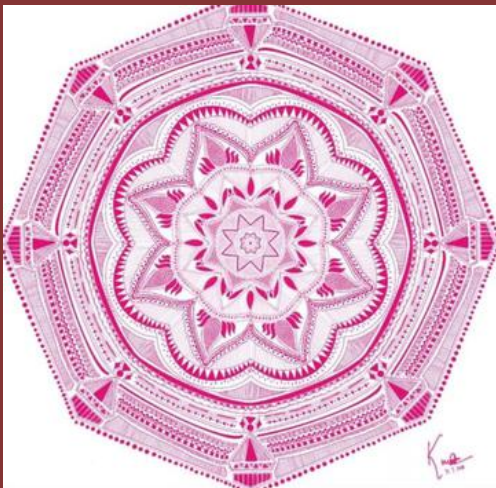


Shot on Iphone X by Elamukil Vijay II A1

# DRAWINGS



Pencil Shading done by  
Praveena II B



Digital mandala sketched  
by Keerthana P II A1



Mandala sketched by  
Lakshaya SJ II C



# RACK YOUR BRAIN

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The capital of Spain is Madrid, which is also its largest city. Spanish, also known as Castilian, is the official language of Spain. The currency used is the Euro (€). Spain has a constitutional monarchy. King Felipe VI is the reigning monarch. There is a famous festival called La Tomatina, where they have tomato fight. Another well-known event is the Running of the Bulls during the San Fermín festival in Pamplona.

## HISTORY OF SPAIN

Spain's history spans millennia. Phoenicians, Greeks, and Carthaginians inhabited it before the Roman Empire's conquest in 218 BC. The Visigoths later ruled until the Islamic Moors arrived in 711 AD, initiating an 800-year Muslim presence. The Reconquista began in 722 AD, uniting Christian kingdoms to retake the Iberian Peninsula. In 1492, the Catholic Monarchs Ferdinand and Isabella completed the Reconquista, expelled Jews and Muslims, and sponsored Christopher Columbus' expedition, leading to the colonization of the Americas. Spain became a global empire, but its decline started in the 17th century. The Napoleonic Wars and civil conflicts followed, leading to the establishment of a constitutional monarchy in 1978, marking the country's modern era.



# CASTILIAN

SPANISH



Hello

Ciao

Si

Yes

Thank  
you

Gracias

Please

Prego

How are  
you?

Come  
stai?

Good  
morning

Buongiorno

I'm fine

Estoy  
bien

Excuse  
me

Perdón

Good  
bye

Arrivederc

I'm  
sorry

Lo  
siento

K  
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RACK YOUR BRAIN

# RACK YOUR BRAIN

DO  
YOU  
KNOW  
HIM  
OR  
HER



SIR EDMUND HILLARY

He was a New Zealand mountaineer, explorer, and philanthropist. On 29 May 1953, Hillary and Sherpa mountaineer Tenzing Norgay became the first climbers confirmed to have reached the summit of Mount Everest. They were part of the ninth British expedition to Everest, led by John Hunt. From 1985 to 1988 he served as New Zealand's High Commissioner to India and Bangladesh and concurrently as Ambassador to Nepal.



RAKESH SHARMA

Rakesh Sharma is India's first astronaut, a space exploration pioneer, and a national hero. Rakesh Sharma, a Wing Commander and astronaut, made history and brought pride to India when he embarked on a remarkable mission to space. He flew aboard Soyuz T-11 on 3 April 1984 as part of the Soviet Interkosmos Programme. He was Born on 13 January 1949 in Patiala of present-day Punjab, India into a Punjabi Hindu Brahmin family. Sharma attended St. George's Grammar School, Hyderabad. He joined the National Defence Academy as an air force plebe in July 1966 and was commissioned into the Indian Air Force as a pilot in 1970.

Indra Nooyi, born in Chennai, India, on October 28, 1955, is an Indian-American business executive who was the chairman and chief executive officer (CEO) of PepsiCo. She has consistently ranked among the world's 100 most powerful women. In 2014, she was ranked at number 13 on the Forbes list of The World's 100 Most Powerful Women and was ranked the second most powerful woman on the Fortune list in 2015 and 2017.



INDRA NOOYI

Neha Narkhede, youngest Indian female self made billionaire. She is an Indian American technology entrepreneur and the co-founder and former CTO of Confluent, a streaming data technology company. She co-created the open source software platform Apache Kafka. Narkhede now serves as a board member of Confluent. Narkhede was raised in Pune, Maharashtra and went to the Pune Institute of Computer Technology (PICT).



NEHA NARKHEDE

**RACK YOUR BRAIN**

# MOVIES



**INTERSTELLAR**

"Interstellar" is an epic sci-fi masterpiece directed by Christopher Nolan, exploring space travel, time dilation, and the power of love

"Mary Kom" is a compelling biographical drama depicting the extraordinary rise of Indian boxer Mary Kom, her struggles, and triumphs.



**MARY KOM**

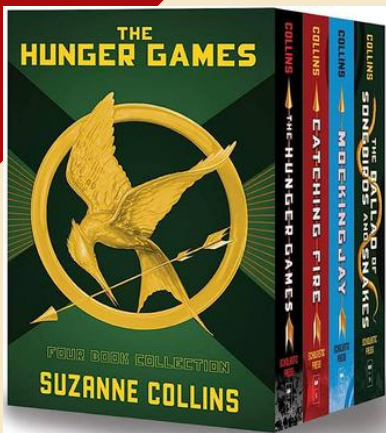


**SMILE**

"Smile" is a bone-chilling horror film centered around a sinister and malevolent force lurking behind the eerie smiles of its victims.



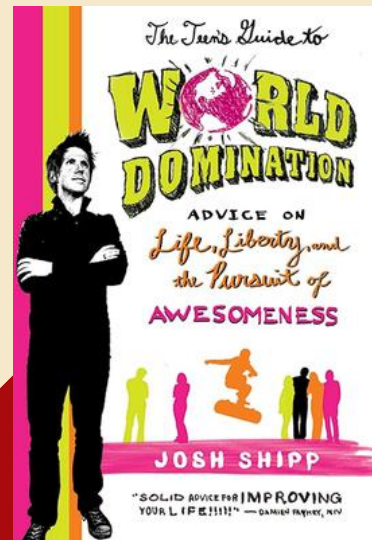
# BOOKS



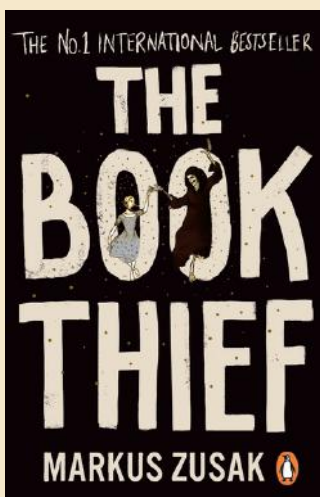
**THE HUNGER GAMES**

"The Hunger Games" by Suzanne Collins is a gripping dystopian novel, following Katniss Everdeen's fight for survival and rebellion against a tyrannical regime.

"The Teen's Guide to World Domination: Advice on Life, Liberty, and the Pursuit of Awesomeness" by Josh Shipp: A fun and engaging read, offering life advice and practical tips to help teens overcome obstacles and succeed.



**THE TEEN'S GUIDE TO WORLD DOMINATION**



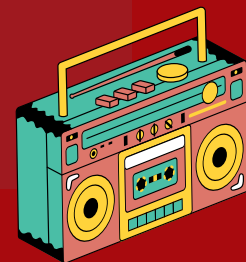
**THE BOOK THIEF**

"The Book Thief" by Markus Zusak is a poignant tale set during World War II, narrated by Death, exploring love, courage, and humanity amidst darkness.

# SONGS

## TOP 20 SONGS IN 2023

1. "Bohemian Rhapsody" by Queen
2. "Like a Rolling Stone" by Bob Dylan
3. "Imagine" by John Lennon
4. "Billie Jean" by Michael Jackson
5. "Stairway to Heaven" by Led Zeppelin
6. "Hotel California" by Eagles
7. "Smells Like Teen Spirit" by Nirvana
8. "What's Going On" by Marvin Gaye
9. "Hey Jude" by The Beatles
10. "Like a Prayer" by Madonna
11. "Let It Be" by The Beatles
12. "Piano Man" by Billy Joel
13. "Boogie Wonderland" by Earth, Wind & Fire
14. "Hallelujah" by Leonard Cohen (Various Artists' Covers)
15. "Shape of You" by Ed Sheeran
16. "Dancing Queen" by ABBA
17. "Purple Haze" by Jimi Hendrix
18. "Don't Stop Believin'" by Journey
19. "Rolling in the Deep" by Adele
20. "American Pie" by Don McLean





# ENTERTAINMENT

## Why entertainment is considered important?

**Stress Relief:** Entertainment, whether through movies, music, games, or other forms, provides a temporary escape from the pressures and stresses of everyday life. Engaging in enjoyable activities can help reduce stress and promote relaxation.

**Emotional Well-being:** Entertainment has the power to evoke a wide range of emotions, from joy and laughter to empathy and catharsis. These emotional experiences can help individuals process their feelings and connect with their own emotions.

**Social Bonding:** Shared entertainment experiences can bring people together, fostering social connections and bonding. Whether it's discussing a movie with friends or attending a live performance, entertainment often acts as a catalyst for social interactions.

**Creativity and Inspiration:** Exposure to different forms of entertainment can stimulate creativity and inspire individuals to think outside the box.

**Mental Stimulation:** Engaging entertainment, such as solving puzzles or playing strategy games, can challenge the mind and improve cognitive skills. This mental stimulation can contribute to cognitive health and prevent boredom.

**Educational Value:** Entertainment is not only for leisure but can also be educational. Documentaries, informative podcasts, and historical fiction, for example, can expand knowledge and encourage learning.

**Quality of Life:** A well-rounded life includes moments of enjoyment and relaxation. Incorporating entertainment into one's routine contributes to a balanced and fulfilling lifestyle.

**Economic Impact:** The entertainment industry plays a significant role in the economy, providing jobs, generating revenue, and contributing to cultural and creative growth.



# 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



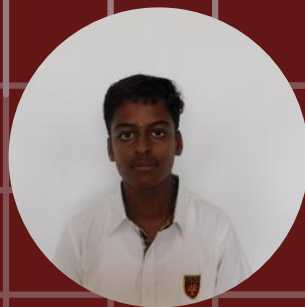
Deputy Pupil  
Leader  
Srineesh K

# COUNCIL MEMBERS OF 2022-23

## SPORTS SECRETARY



Sports Secretary  
Rishi Kumar  
II A2

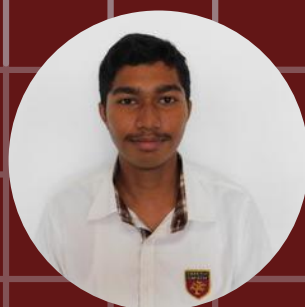


Sports Secretary  
Sujeet S  
II H

## HOUSE CAPTAINS



Alphard Captain  
Sandhya D  
II A1



Canopus Captain  
Aadithya  
Krishnan  
II C



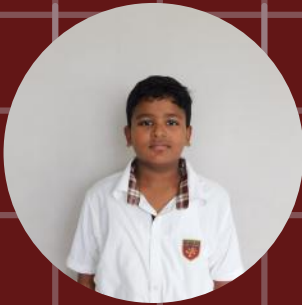
Diadem Captain  
Melanie Veera  
Saldanha  
II C



Plasma Captain  
Druva Sivakumar  
II A1

# COUNCIL MEMBERS OF 2022-23

## JUNIOR. HOUSE CAPTAINS



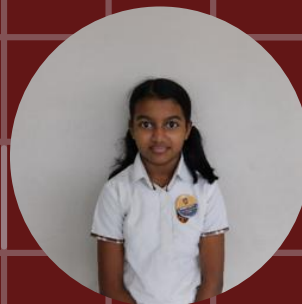
Jr. Alphard  
Captain  
R Moshika



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



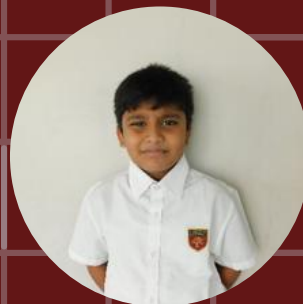
Jr. Vice Alphard  
Captain  
R Moshika



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



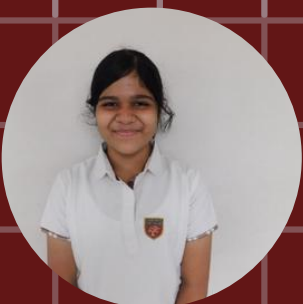
Vice Editorial  
Secretary  
Abishek  
Emmanuel  
9 B



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

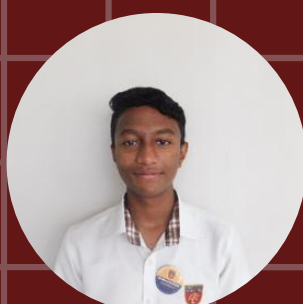


Discipline  
coordinator  
Sowjanya S

## CLASS PREFECT



Class Prefect  
Thejas Arun  
II B



Class Prefect  
Ryan  
Augustine

# COUNCIL MEMBERS OF 2022-23

## CLASS PREFECT

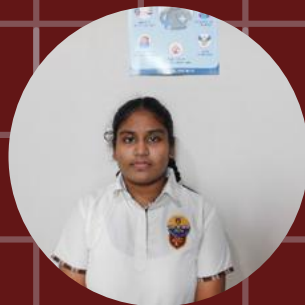


Class Prefect  
Tanushri V

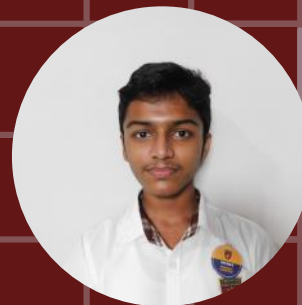


Class Prefect  
Srinidhi R P

## 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.

**FINAL ISSUE**

See you in next  
academic year!

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



[genteperiodico2022@gmail.com](mailto:genteperiodico2022@gmail.com)