

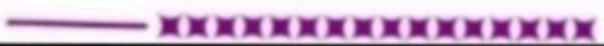


**CLASS XII  
COMMERCE**

**SCHOOL  
E-MAGAZINE**

individual commitment to a group effort- that is what makes a teamwork, just like this magazine , without the kind support of our classmates teacher and school ,  
“it was impossible”

**2024**





# केन्द्रीय विद्यालय गीत

भारत का स्वर्णिम गौरव, केन्द्रीय  
विद्यालय लायेगा, तक्षशिला, नालंदा का,  
इतिहास लौटकर आयेगा ।

शिक्षा उपवन, के नये फूल संस्कृति  
सरिता के नये फूल,

हम ज्योति दीप जागृति प्रभूत,  
हट जाओ तम के धूल शूल  
तमसो मा ज्योतिर्गमय,

यह मन्त्र विश्व में छायेगा । तक्षशिला  
, नालंदा का इतिहास लौटकर आयेगा ॥

तन अनेक पर एक प्राण,  
स्वर अनेक पर एक गान ।

हम कण-कण पर छा छायेंगे,  
बनकर भारत का स्वाभिमान ॥

तत् त्वं पूषन् अपावृणु, त् त्वं पूषन् अपावृणु ।

तत् त्वं पूषन् अपावृणु,  
का छन्द ज्योति बरसायेगा ॥

भारत का स्वर्णिम गौरव,  
केन्द्रीय विद्यालय लाएगा ।





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- 5. Group Activities**
- 6. Thank You**

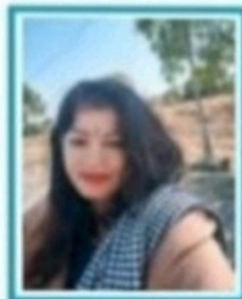
# OUR TEACHERS



Sh. Bhupendra Kumar Swami  
(Principal)



Sh. Raj Kumar  
Subject :- Economics  
(Class Teacher)



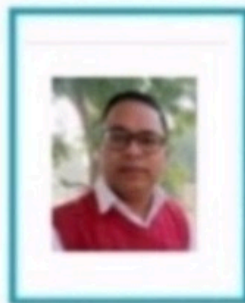
Smt. Anjali Saluja  
Subject :- Accounting  
& Business studies  
(Co - Class Teacher)



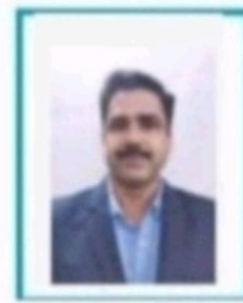
Sh. L.D Gurnani  
Subject :- English



Sh. Manoj Kumar Pareek  
Subject :- Hindi



Sh. Ravinder  
Subject :- IP



Sh. Nagendra Bhushan  
Subject:- Game and Yoga

If you are planning for a year, sow rice;  
if you are planning for a decade, plant trees;  
if you are planning for a lifetime, educate people



# Class Teacher's Message

We stand poised on the threshold of change in the world of education. Hence, it is very important for us to adjust the sails to face the winds of change. The students today need to be equipped with knowledge, confidence and competence to attain a sense of fulfillment and understanding.

I am glad that in this institution we, as educators create a safe, stimulating and learning environment for our children.

Here we have classrooms where there is a positive relationship amongst students and the teacher which makes it a safe and pleasant place for students. This sense of security helps students to be more confident and also leads them to respect each other. We all want to feel cared for and valued by those around us, and students are no different. When students know that their teacher values and cares for them as individuals, they are more willing to comply with instructions.

Thus, I feel fortunate to be a part of Doon International School Riverside Campus family where students find a healthy learning environment and which in turn has adorned my personality, changed my perspective and given me a congenial ambience. I would like to extend my heartfelt thanks to the Management for showing faith in my potential and encouraging and guiding me always. I would also like to thank my mentors, Principal Mr. Dilip George and Vice Principal Ms. Anju Varma for inspiring and motivating me to deliver as per their expectations. My sincere gratitude to my trustworthy team members too. Believe me, dear teachers, without your cooperation it would be like fighting an uphill battle in my fervent attempt as a Coordinator. Last but not the least, I would like to appreciate the constant

support and encouragement of the parents. Thank you again.

I would also like to encourage all the students of Doon International School Riverside Campus to take the canvas of hope and the brush of a glorious vision and paint their own portrait of excellence!

# ARTICLE SECTION







# POSITIVE THINKING

**The Power of positive Thinking: A Key to Personal Growth and Well-Being"**  
Positive thinking is not just a fleeting attitude; it's a powerful force that can significantly impact our lives. Embracing a positive mindset goes beyond simply looking on the bright side – it's about cultivating an optimistic outlook on life that can lead to numerous benefits.

Research suggests that individuals who practice positive thinking tend to experience lower levels of stress and anxiety. By focusing on the positive aspects of a situation, people can better cope with challenges and setbacks. This mental resilience not only enhances emotional well-being but also contributes to improved physical health.

Furthermore, positive thinking can foster better relationships. Optimistic individuals are often more approachable and open, creating an environment that encourages positive communication and connection. This can lead to stronger social support networks and a greater sense of belonging.

In professional settings, a positive mindset can be a catalyst for success. Those who approach their work with optimism are more likely to be motivated, persistent, and adaptable. This resilience in the face of obstacles can be a key factor in achieving long-term goals and overcoming career challenges.

It's important to note that positive thinking doesn't mean ignoring reality or denying problems. Instead, it involves reframing situations in a constructive light, focusing on solutions rather than dwelling on difficulties.

This proactive approach can lead to more effective problem-solving and decision-making.

Incorporating positive affirmations and gratitude practices into daily life can be powerful tools for cultivating optimism. By consciously acknowledging and appreciating the positive aspects of life, individuals can gradually shift their mindset towards a more positive and empowering perspective.

In conclusion, the impact of positive thinking extends far beyond mere optimism. It can influence our mental and physical well-being, enhance relationships, and contribute to professional success. Embracing a positive mindset is not just a fleeting trend; it's a valuable and transformative approach to life that has the potential to unlock a myriad of benefits.

By-Ashutosh Jagga  
Class- 12th commerce





# SELF GROWTH

## **\*\*Self-Growth: A Journey Toward Personal Excellence\*\***

Self-growth, often synonymous with personal development, is the ongoing process of improving oneself to achieve personal and professional excellence. This journey is both transformative and empowering, involving a commitment to developing skills, expanding knowledge, and enhancing one's quality of life. Here's a comprehensive look at the multifaceted nature of self-growth:

Self-awareness is the cornerstone of self-growth. It involves an honest evaluation of one's strengths, weaknesses, values, and beliefs. By understanding your core attributes, you can make informed decisions, set realistic goals, and align your actions with your true self. This introspective process often involves reflecting on past experiences, seeking feedback from others, and engaging in practices like journaling or meditation.

## **\*\*2. Setting and Achieving Goals\*\***

Effective goal-setting is crucial for personal development. Goals provide direction and motivation, and they help in measuring progress. It's important to set SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound. Breaking larger goals into smaller, manageable tasks can also help maintain focus and momentum. Regularly reviewing and adjusting these goals ensures they remain relevant and attainable.

## **\*\*3. Embracing Lifelong Learning\*\***

Continuous learning is a fundamental aspect of self-growth. This can include formal education, professional development, or informal learning experiences. Embracing curiosity and staying open to new knowledge enhances cognitive abilities and keeps the mind engaged. Activities such as reading, attending workshops, or exploring new hobbies contribute to intellectual and personal enrichment.

## **\*\*4. Developing Emotional Intelligence\*\***

Emotional intelligence (EQ) is the ability to understand and manage your own emotions and to empathize with others. High EQ is associated with better interpersonal relationships, effective communication, and conflict resolution. Cultivating emotional intelligence involves practicing self-regulation, empathy, and active listening, which contribute to healthier and more productive interactions.

**VISHWAS**  
**12th Commerce**





# SELF BELIEF

Self-belief is a fundamental ingredient for success and personal fulfillment. It refers to the confidence in one's own abilities and judgment, and it plays a crucial role in determining how we approach challenges and opportunities in life. Cultivating self-belief can significantly impact various aspects of your life, from career achievements to personal relationships. This article explores the importance of self-belief, how it can be developed, and its impact on achieving your goals

Self-belief is more than just a fleeting feeling of confidence; it is a deep-seated trust in your capacity to handle situations and achieve your goals. It influences how you perceive and respond to challenges, failures, and successes. Those with strong self-belief are more likely to take initiative, persist in the face of adversity, and bounce back from setbacks with renewed vigor.

1. **\*\*Overcoming Obstacles\*\***: When you believe in yourself, you're better equipped to face challenges head-on. Self-belief helps you navigate difficulties with resilience, making it easier to find solutions and persevere.

**EkamDoDa**  
**12th Commerce**



# SELF AWARENESS

Awareness is a crucial aspect of human experience that influences our ability to understand, interact with, and navigate the world around us. It encompasses a wide range of cognitive processes, including perception, attention, and mindfulness. This article explores the concept of awareness, its significance, and ways to cultivate it for personal and societal benefit.

Awareness refers to the state of being conscious of something within oneself or in the external environment. It involves the ability to recognize and respond to stimuli, emotions, thoughts, and surroundings. Awareness can be divided into several types:

**\*\*Self-Awareness\*\***: This involves recognizing one's own emotions, strengths, weaknesses, and values. It helps in understanding personal motivations and behaviors.

**\*\*Social Awareness\*\***: This refers to the ability to perceive and understand the emotions and perspectives of others. It is essential for effective communication and empathy.

**\*\*Environmental Awareness\*\***: This involves being conscious of the physical and ecological aspects of the surroundings, including issues related to sustainability and environmental impact.

**PRINCE RATHORE**  
**12th COMMERCE**





# SOCIAL DEVELOPMENT

Social development is a broad field that focuses on improving the well-being of individuals and communities by addressing various aspects of social life. It encompasses efforts to enhance quality of life, reduce inequality, and foster inclusive communities. Key areas include:

**Education**: Improving access to quality education and vocational training to empower individuals and provide opportunities for personal and professional growth.

**Healthcare**: Expanding access to healthcare services to ensure that all individuals can achieve good health and well-being.

**Economic Development**: Promoting economic opportunities and reducing poverty through job creation, entrepreneurship, and fair wages.

**Social Equity**: Addressing issues of discrimination and inequality to ensure that all individuals have equal opportunities regardless of their background.

**Community Building**: Strengthening community ties and encouraging active civic participation to create supportive and resilient communities.

1. **Sustainability**: Ensuring that social development efforts are sustainable and consider the long-term impact on the environment and future generations.

Social development initiatives often involve collaboration between governments, non-governmental organizations, and the private sector to create effective solutions tailored to specific community needs.

**SHUBH KHASPURIA**  
**12th Commerce**



# ***Health and fitness***

Health is one of the keys to our success in whatsoever field we are in. Imagine doing any task or work with a severe back pain will you be able to do it????

I dont think so so its always better that you keep your body in a optimal shape before acting/doing the things out there which makes you successful.

According to me I firmly believe health is the main key/foundation in your life to achieve the greater things,greater things be it anything from buying your first ferrari,

getting a luxury apartment of your choice.

BELOW ARE SOME ARTICLES WHICH HELP YOUR HEALTH GET IN SHAPE I RECOMMEND YOU ON READING AS WELL THERE ARE SOME PRODUCTS TOO YOU CAN TRY:-

EXERCISING IS THE ULTIMATE MEDICINE FOR REASONS YOU WILL FIND WHY:-

We all know the benefits of exercise. Why, then, do we resist doing it?

***Himanshu***  
***12th commerce***





# Importance OF planning

**\*\*The Importance of Planning: Building a Path to Success\*\***

Planning is a fundamental process that significantly impacts personal and professional success. By outlining a strategy, setting goals, and identifying steps to achieve them, planning provides a roadmap for navigating challenges and opportunities. Here's why planning is crucial:

**\*\*Clarifies Objectives\*\***: Effective planning begins with defining clear, specific goals. This clarity helps focus efforts and resources on what truly matters, preventing distractions and ensuring that energy is directed towards achieving desired outcomes.

**\*\*Improves Efficiency\*\***: A well-thought-out plan outlines tasks, deadlines, and responsibilities. This structured approach reduces the likelihood of missing important steps and helps manage time more efficiently, leading to increased productivity.

**\*\*Anticipates Challenges\*\***: By considering potential obstacles and risks during the planning phase, individuals and organizations can develop strategies to address or mitigate these issues. This foresight minimizes surprises and enhances resilience.

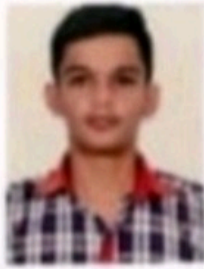
**\*\*Enhances Decision-Making\*\***: Planning involves gathering and analyzing information, which aids in making informed decisions. With a clear plan, decision-making becomes more systematic, reducing impulsiveness and improving outcomes.

**\*\*Facilitates Resource Allocation\*\***: Effective planning helps in identifying and allocating resources—whether time, money, or personnel—more efficiently. This ensures that resources are used optimally and reduces waste.

**\*\*Tracks Progress\*\***: A plan provides benchmarks and milestones to measure progress. Regularly reviewing these benchmarks helps assess whether objectives are being met and allows for adjustments if necessary.

**\*\*Boosts Motivation\*\***: Having a plan in place can be motivating. It provides a sense of direction and purpose, helping to maintain focus and drive through challenging phases.

**PRABHJOT KAUR**  
**12th Commerce**



# **Travel-An Important Source Of Education**

To travel is to discover. If not necessary, travel is a very important aspect of education, an experience to learn on personal levels with hands-on experience. Travel to a new place they absorb and remember information faster and retain it longer just by experiencing it themselves. Travelling to other parts of the country provides the opportunity to see different cultures practicing their everyday lives. It also enables a person to learn the manners, customs, languages and history of different people and places and widens the circle of one's acquaintances. While travelling to each new place gives us a different experience, all of these travels will add up to a worldly view that instils a feeling of connection with people, places and events from all over the globe.

In the past few years it has become a norm for people from one country to travel to another country as a part of their education program. As wonderful as it is to read about places and people who interest us, to experience a personal visit to these places and interact personally with these people allows us to understand and even appreciate their world in a more lasting and meaningful way. Our minds open up to new things, people, places and experiences Very few ways allow for greater learning than travel. It is one of the and most entertaining ways to get an education. Whiles(classes, books and internet sites are great ways to learn a build your knowledge base, travel takes what you have already learnt and expands upon it.

**SHIVA**  
**12th Commerce**



# SPORTS



## **\*\*The Impact of Sports: A Comprehensive Overview\*\***

Sports play a profound role in society, influencing individuals and communities on multiple levels. From fostering physical fitness to building social connections, the impact of sports extends far beyond the playing field. This article explores the multifaceted benefits of sports, including their effects on health, personal development, and societal cohesion.

### **\*\*1. Physical Health and Wellness\*\***

One of the most immediate benefits of sports is the enhancement of physical health. Regular participation in sports helps improve cardiovascular fitness, muscular strength, flexibility, and overall physical endurance. Engaging in sports activities can reduce the risk of chronic diseases such as obesity, diabetes, and hypertension.

Sports also promote a healthy lifestyle by encouraging regular exercise and physical activity. The structured nature of sports often includes training routines, drills, and competitions that contribute to maintaining a fit and active lifestyle.

### **\*\*2. Mental Health and Cognitive Benefits\*\***

Sports are not only beneficial for physical health but also for mental well-being. Regular physical activity has been linked to improved mood, reduced stress levels, and enhanced mental clarity. The endorphins released during exercise can lead to a more positive outlook on life.

Moreover, sports can improve cognitive functions such as concentration, memory, and problem-solving skills. The strategic and tactical aspects of many sports require players to make quick decisions and think critically, which can enhance cognitive abilities.

### **\*\*3. Personal Development and Life Skills\*\***

Participation in sports fosters important life skills and personal development. These include:

**\*\*Discipline and Work Ethic\*\*:** The dedication required for training and competition helps individuals develop discipline and a strong work ethic.

**\*\*Teamwork and Communication\*\*:** Team sports, in particular, teach valuable lessons in teamwork, collaboration, and effective communication. Learning to work with others towards a common goal is a critical skill both on and off the field.

**UDITA JAIN**  
**12th Commerce**



# SELF RESPECT

**\*\*Self-Respect: The Cornerstone of Personal Integrity\*\***

Self-respect is a fundamental aspect of personal well-being and integrity. It is the regard one holds for oneself and is integral to leading a fulfilling and authentic life. This article explores the essence of self-respect, its importance, and how to cultivate it.

**What is Self-Respect?**

Self-respect involves valuing oneself and holding oneself in high esteem. It encompasses recognizing one's worth and upholding personal values and boundaries. It's about treating oneself with dignity and making choices that align with one's principles and self-worth.

**The Importance of Self-Respect**

**\*\*Mental Well-being\*\*:** Self-respect contributes to mental health by fostering a positive self-image and reducing feelings of inadequacy. When individuals respect themselves, they are more resilient to criticism and less likely to engage in negative self-talk.

**\*\*Healthy Relationships\*\*:** It forms the basis of healthy interpersonal relationships. People with self-respect are more likely to establish and maintain boundaries, leading to mutual respect and more balanced relationships.

**\*\*Authenticity\*\*:** Self-respect encourages individuals to live authentically. It enables people to act in ways that are true to their values and beliefs, rather than conforming to external pressures.

**\*\*Empowerment\*\*:** It empowers individuals to take control of their lives and make decisions that are in their best interest. Self-respect fosters confidence and a sense of agency.

**ANUJ PIPIL**  
**12th Commerce**



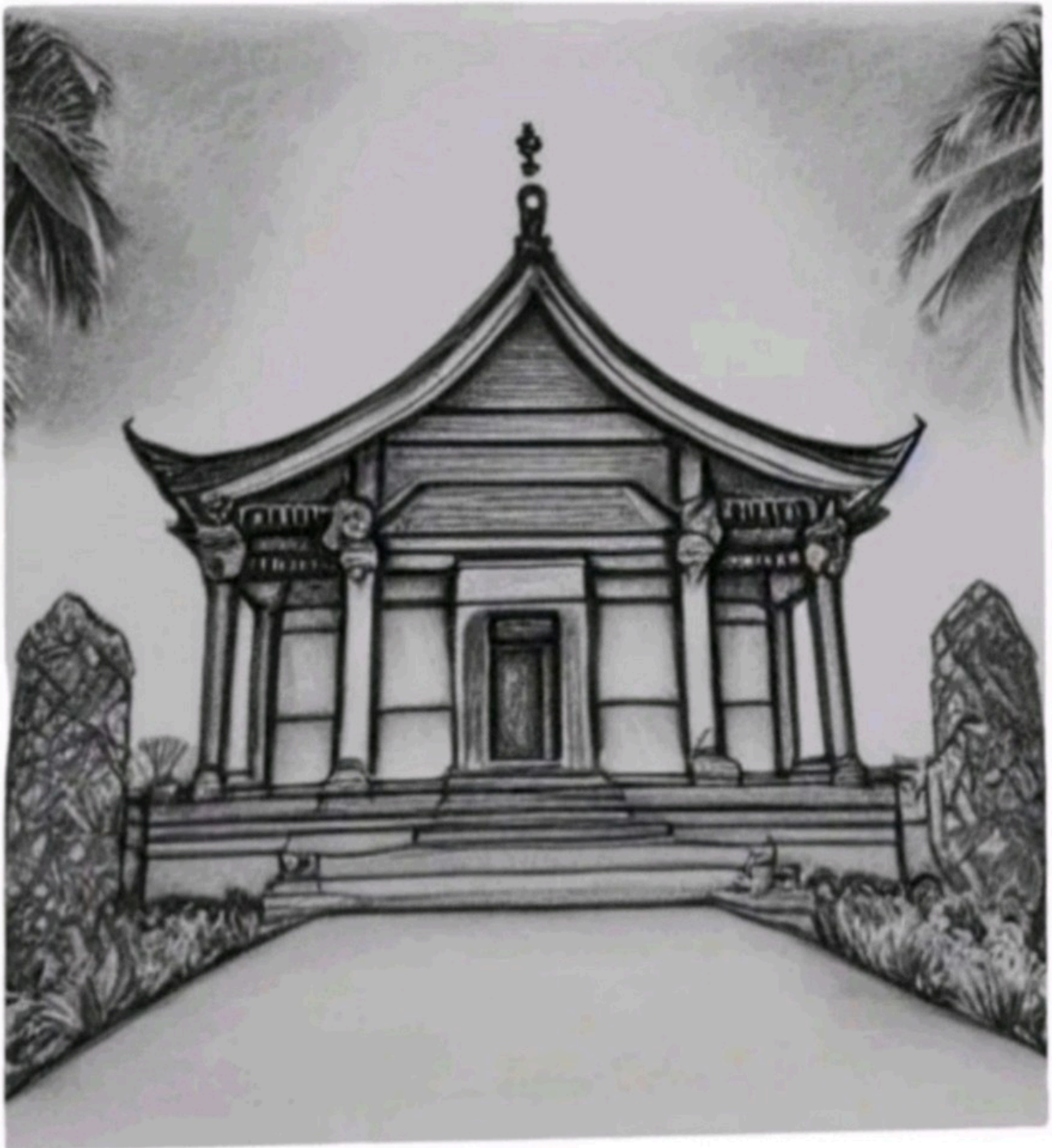
# CREATIVE ARTICLES





**CHANCHAL**  
**12th Commerce**

CLASS : XIIth COMMERCE





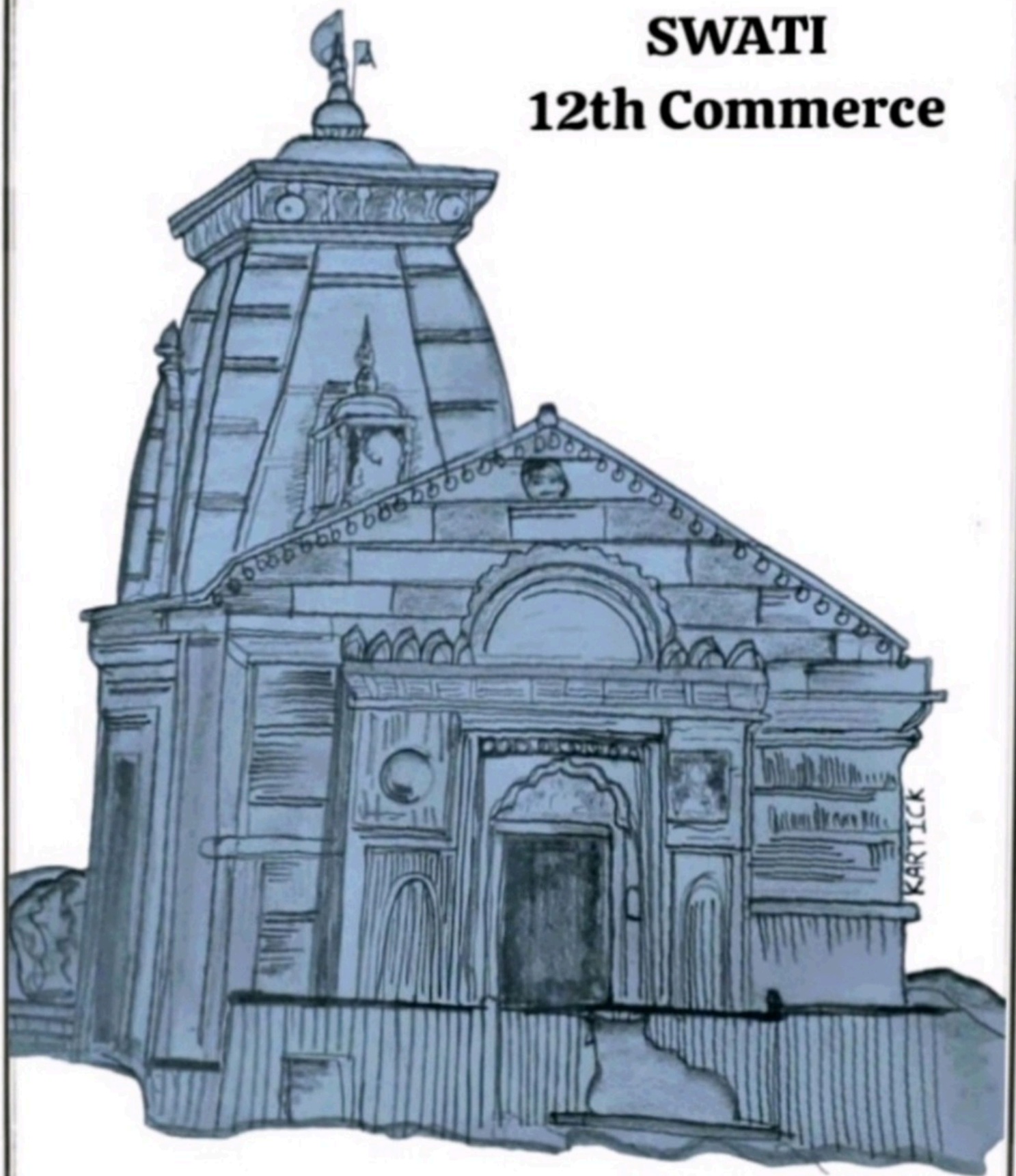


# **SPIDER MAN**

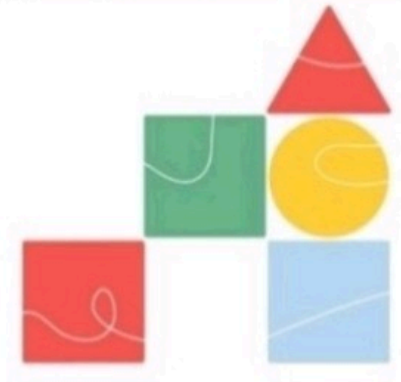


**UDAY JAIN**  
**12th Commerce**

**SWATI**  
**12th Commerce**







# Group Activities















*Thank you*

For Reading This

