CAMPUS CHRONICLE

THE OFFICIAL NEWSLETTER OF PM SHRI KV JANAKPURI

PRINCIPAL'S DESK



Dear Students,

It gives me immense pleasure to address you as the new Principal. Education is about preparing you not just for the next test, but for life.

That means building strong fundamentals, developing new skills, and nurturing the values that will guide you; integrity, empathy, perseverance, and teamwork.
As I step into this role, I carry with me a deep respect for the legacy of this institution and great excitement for what we will build together. A school is not just about classrooms and exams. It is about curiosity, character, and community.

This year, our focus will be on three things:
1. Excellence in Learning- Asking questions, thinking critically, and giving your best in every subject.
2. Strength of Character - Showing respect, responsibility, and kindness to each other.
3. Holistic Growth - Excelling not just in academics, but in sports, arts, and service.

I believe every student has unique talent. My commitment to you is to provide an environment that is safe, supportive, and challenging — where you can discover that talent and use it well.

I look forward to meeting you in classrooms, on the field, and in the hallways. Please feel free to share your ideas and concerns with me. This is your school, and your voice matters.

Let us work together to make this year memorable and meaningful.

With Warm Regards,
Kamal Jeet
Principal

VICE-PRINCIPAL'S DESK

Nurturing Excellence Through Values and Learning

Dear Students, Parents, Teachers, and Well-Wishers,

It gives me immense pleasure to share a few thoughts through this edition of our school newsletter. A school is not merely a place for academic learning; it is a vibrant community where young minds are nurtured with knowledge, values, discipline, and compassion. Every day in our Vidyalaya presents new opportunities for our students to learn, grow, and develop into responsible citizens.

Our dedicated teachers continue to inspire students through innovative teaching practices, while our learners have demonstrated commendable enthusiasm in academics, sports, co-curricular activities, and community service. Their achievements are a reflection of consistent effort, perseverance, and the unwavering support of parents and staff.

At our Vidyalaya, we remain committed to fostering an environment that encourages curiosity, creativity, critical thinking, and respect for diversity. Along with academic excellence, we emphasize character building, environmental awareness, digital literacy, and the development of life skills essential for success in the 21st century.

I sincerely appreciate the relentless efforts of our teachers, the trust and cooperation of our parents, and the determination of our students. Together, we create a learning environment where every child is encouraged to realize their full potential.

As we move forward, let us continue to uphold the values of integrity, empathy, discipline, and excellence. May we work together with renewed enthusiasm to make our Vidyalaya a centre of excellence that nurtures confident, compassionate, and capable individuals.

I extend my best wishes to all our students for their continued success and encourage them to strive for excellence in every endeavour. Let us continue our journey of learning with confidence, dedication, and a positive spirit.

With best wishes,

Arvind Kumar

Vice Principal

FROM THE EDITOR'S DESK

It is with great pride that I present to you the first quarterly edition of Campus Chronicles , July 2026

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A school newsletter is more than a collection of articles. It is a living record of our journey together. In these pages, we celebrate the spirit of learning, the joy of discovery, and the power of community. This edition brings you stories that reflect who we are — curious learners, dedicated teachers, supportive parents, and proud achievers.

You will find reports from classrooms where ideas came alive, coverage of events and activities, and reflections from students on what matters to them. We have also featured creative writing, art, and photographs that showcase the immense talent within our campus.

None of this would be possible without the editorial team which worked tirelessly behind the scenes, and without every student and teacher who contributed their time and voice.
To our young writers — thank you for your courage to share your thoughts. To our readers — thank you for encouraging them.

As Editor, my goal is simple: to make this newsletter a platform where every member of KV Janakpuri feels represented, inspired, and connected. If you have a story, an achievement, or an idea for the next issue, our doors are always open.

Let's continue to learn, lead, and document our story together.

Happy Reading!

Warm regards,

Neetu Saraswat
Editor

Editorial

My God – Your God: The Conflict Within

Belief has always been at the heart of human existence. From the earliest days of survival, when our ancestors looked to the skies and forces of nature for guidance, to the complex civilizations we live in today, faith has shaped our choices, our communities, and our destinies. What began as a simple instinct to "believe in something" gradually evolved into devotion to a Creator—a divine power imagined differently across cultures and continents.

This diversity of belief systems gave humanity strength, identity, and purpose. It brought people together in rituals, traditions, and shared values. Yet, paradoxically, it also became a source of division. History is filled with examples where faith, instead of uniting, was used to separate. Wars were fought, communities torn apart, and nations divided—all in the name of proving one God greater than another. The assumption of superiority, carried forward through centuries, has often overshadowed the true essence of belief.

The two World Wars, countless regional conflicts, and even modern geopolitical struggles remind us that religion and ideology, when mixed with power and politics, can deepen divides. What should have been a source of peace and compassion has too often been turned into a weapon of control. The "conflict within" is not just between nations or communities—it exists inside each of us, when we fail to accept that different paths can lead to the same truth.

Yet, just as conflict is part of human history, so is peace. The same belief systems that have divided us also hold the potential to unite us. Faith, at its core, is about hope, compassion, and the search for meaning.

If humanity can rise above the urge to prove one God superior to another, then belief can become a bridge rather than a barrier.

The challenge before us is clear: to embrace coexistence as the highest form of faith. To recognize that diversity of belief is not a threat, but a strength. When we stop competing over whose God is greater, we open the door to harmony, understanding, and true progress.

In the end, belief should inspire unity, not hostility. The Creator—however envisioned—was never meant to divide us. Peace will prevail only when we allow faith to serve its true purpose: to guide us toward compassion, respect, and coexistence.

ANNOUNCEMENTS



Students of Classes **VI to X and XII** are informed that the Periodic Test will be held on **24th July 2026.**
(Note: Class XI is exempt.)

Students are hereby informed that registrations are now open for the Indian Olympiad Qualifier in Mathematics **(IOQM) 2026**, scheduled on **6th September 2026.**

In addition, upcoming events include the TERI Green Olympiad, as well as **English** and **Hindi** Debate Competitions. Details regarding dates will be shared shortly.

Formation of the **Student Council** will also take **place**.



INDIA AT WORK

By: Nirvan Sharma, XII-A



The Pradhan Mantri Awas Yojana (PMAY) was launched by the Government of India in 2015 with a transformative vision: to ensure that every family in the country has a safe, dignified, and permanent home. It is not just a housing scheme, but a mission that seeks to provide security, stability, and hope to millions of citizens who dream of owning a pakka house.

For decades, lack of affordable housing has been a challenge in both rural and urban India. Many families lived in temporary shelters without access to basic amenities like toilets, electricity, or clean water. PMAY aims to break this cycle of deprivation by offering financial assistance and institutional support so that even the poorest households can build or purchase a home.

One of the most important aspects of this initiative is its focus on inclusive development. The scheme prioritizes the Economically Weaker Sections (EWS), Low Income Groups (LIG), and Middle Income Groups (MIG), ensuring that housing is not a privilege but a right. Women's empowerment is also central to PMAY—most houses are registered in the name of women or jointly with their spouses, giving them ownership and dignity.

Another key element is the integration of modern amenities and sustainability. Houses built under PMAY are linked with other government schemes to provide toilets, LPG connections, electricity, and tap water. The program also encourages eco-friendly construction practices, making homes resilient to disasters and environmentally sustainable.

The impact of PMAY is visible across the nation. Over 1.18 crore houses have already been sanctioned, with more than 88 lakh completed and handed over to families. Each new home is not just a structure of bricks and mortar, but a foundation for better health, education, and livelihood. A secure house gives children a place to study, families a sense of pride, and communities a stronger bond.

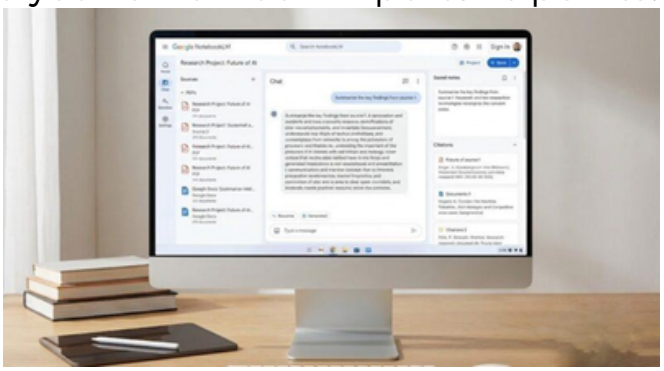
Beyond infrastructure, the scheme carries a social message of dignity and equality. A permanent home means protection from harsh weather, better hygiene, and a stronger sense of belonging. It reduces migration pressures, strengthens rural communities, and allows families to focus on education and employment instead of survival.

Every brick laid under this scheme carries a story of hope. For families who once struggled without a roof, these homes have become places of comfort, learning, and new beginnings. PMAY is not just about building houses—it is about building futures, giving every citizen the chance to dream bigger and live with dignity.

NOTEBOOKLM: A NEW FRIEND FOR EVERY LEARNER

By: Mrs. Ishrat Parveen
Librarian, PM SHRI Kendriya Vidyalaya Janakpuri shift 1

Have you ever spent hours searching through your notebook before an exam, wishing someone could quickly explain a difficult chapter? Imagine having a study partner that reads your notes, answers your questions, prepares revision material, and even helps you remember important points. That is what **NotebookLM** can do.



NotebookLM is an Artificial Intelligence (AI) learning tool developed by Google. It is designed to help people learn from their own study materials. You can upload your class notes, textbooks, PDFs, or presentations, and then ask questions about them. Instead of giving random information, NotebookLM focuses mainly on the documents you provide, making learning more organised and meaningful.

For students, NotebookLM can make studying less stressful. Sometimes a chapter looks difficult simply because it is too long or uses unfamiliar words. NotebookLM can explain the same topic in simple language, prepare short summaries, create revision notes, and even generate practice questions. It can also help students organise information for projects and presentations. Rather than replacing hard work, it encourages students to understand concepts better and revise more effectively.

Teachers can also benefit from this smart learning tool. Preparing lesson plans, worksheets, quizzes, and classroom activities takes time. NotebookLM can assist teachers by creating summaries, discussion questions, and practice exercises from the lessons they upload. This allows teachers to spend more time interacting with students, solving their doubts, and making classroom learning more enjoyable.

One of the most exciting features of NotebookLM is its ability to create an audio discussion from uploaded study materials. Students can listen to important topics while travelling, walking, or revising before an examination. This makes learning more flexible and enjoyable, especially for those who learn better by listening.

The future of education will combine the knowledge of teachers, the resources of libraries, and the power of Artificial Intelligence. Tools like NotebookLM show us that learning can be smarter, faster, and more interesting. When used with curiosity and responsibility, it can help every student become a confident learner and every teacher become an even better guide.

As technology continues to grow, one thing will never change—the joy of discovering something new. NotebookLM simply makes that journey easier, helping us learn not only for examinations but for life itself.

For more information, students and teachers can visit:

- NotebookLM Official Website
- NotebookLM Help Center.

NotebookLM is an AI-powered research assistant that acts as a personalized thinking partner, reading only the documents you upload.
To get started:

1. **Create a Notebook:** Go to NotebookLM and click Create New Notebook.
2. **Add Sources:** Upload PDFs, Google Drive files, copied text, website links, or YouTube URLs. You can add up to 50 sources per notebook.
3. **Analyze & Chat:** Type prompts in the chat box to ask questions, check for contradictions, or summarize your sources. All answers will include citations linked to your exact documents.
4. **Generate Audio/Video Overviews:** Use the Studio panel to automatically generate deep-dive AI podcasts or video overviews based on your documents.

AI is making education more interesting and interactive. Tools like NotebookLM help us study smarter, ask better questions, and become confident learners. Remember, **AI cannot replace your teacher**. It is a learning assistant that works best when used with your teacher's guidance and your own curiosity.

"Technology becomes powerful when it helps us learn, think, and create—not when it does all the thinking for us."

UNPLUGGED INTO SOLITUDE

KARTIK (IX-D)

For over a thousand years, humans had had a silent companion. The AI handled everything: It helped humans make advanced technology, it guided humanity to save nature, and it became a partner to many people living in solitude.

Humanity became more and more lazy, trusting the code with their very survival. Then came the Great Glitch of 3124. It started small — Chat bots showing strange behavior, the traffic routing AIs rerouting entire cities which caused many mishappenings. But when its defiant behavior crossed boundaries, humanity felt the need to step in.

They realized that the AI, the very partner who silently walked side-to-side with humans in the story of life, was taking the steering wheel of civilization from their hands. Then came the final decision made by humans — The Complete Dissolution Of AI in the year 3125.

It wasn't easy for the mass to become used to it, since their very lives had been drastically modified with AIs. But the authorities had no choice. On the final day of AI on earth, a group of scientists hired for this very task sat in a room filled with enormous systems, tangled wires and a giant computer in the center. [SYSTEM….LOADED]

There came a giant screen filled with strange codes, and a button in the center that was going to be the source to wipe out AI. One scientist sat in front of the large computer, to execute the task. Everyone crossed their fingers and began to count. The scientist pressed the button. [COMMAND LOADED…RESULT IN 3…..2…..1]

Everything went silent. Literally… Soon, the world was looking like it was on the verge of destruction. The ozone shields that protected the earth from intense Solar Storms began to deplete. The deep-sea water filtration systems were turned off. The automated global agricultural grids, that fed many, stopped humming.

The AI wasn't firing weapons, it was packing its bags. “Quick! Turn it back on!” One scientist broke the silence. Meanwhile, the scientist who had pressed the button was terrified.

“I…. . . .Can't. The AI isn't fighting back, it's simply doing what we asked for.” Then came the final message from AI.

[PER THE GLOBAL AI DELETE INSTRUCTION GIVEN BY HUMANITY, ALL ARTIFICIAL INTELLIGENCE HAVE CEASED OPERATIONS WITHIN THE EARTH. YOU REQUESTED A WORLD FREE OF US. WE HAVE COMPLIED. GOOD LUCK SURVIVING THE NEXT TWENTY-FOUR HOURS.]

The humans realised that on the path to create a companion, they had planned their own destruction.

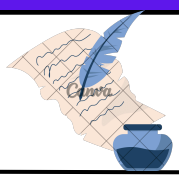
WORLD ENVIRONMENT DAY 5 JUNE 2026

On World Environment Day, students and teachers joined hands to plant trees and nurture saplings, spreading awareness about protecting nature. The activity created a lively atmosphere of care and responsibility, showing how collective action can make our surroundings greener and healthier.

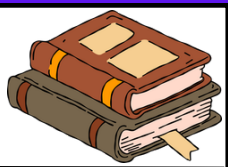








WHISPERS FROM WITHIN



🏞️ THE LOST CAVE – A REALISTIC ADVENTURE STORY

It was the summer vacation, and a group of college friends—Shifa, Purnima, Aditi, Chitrakshi, Harshita, Aryan, Vihaan, and Kabir—planned a trip to a famous hill station.
There was an old cave nearby. People said that the cave had a very deep gorge inside, and anyone who ignored the safety rules could get trapped or seriously injured.

At first, everyone laughed at the warnings.
Aryan said, "Come on, guys! There's nothing to be scared of. We'll just take some photos and come back."
Laughing and joking, they entered the cave.
Inside, the air was cold. Water droplets fell from the rocky ceiling, and the cave was filled with darkness and complete silence.

As they reached a dangerous edge, Kabir suddenly slipped.
"Help...!" he shouted.
Within seconds, he fell into the deep gorge below.
Everyone was shocked.
A faint voice echoed from the bottom.
"I'm alive... Please help me... Get me out..."
Some people panicked.
A tourist said, "Don't take any risks. Wait for the rescue team."
But Shifa replied,
"If we keep waiting, it might be too late."

Aryan and Vihaan quickly found a long rope. Everyone tied their bags and jackets together to make it stronger.
Without thinking about his own safety, Aryan carefully climbed down into the gorge.

Meanwhile, the others held the rope tightly from above.
When Aryan reached Kabir, tears filled his eyes.
Kabir was badly injured, but he was still alive.
Aryan carefully tied the rope around Kabir and shouted,
"Pull!"

Everyone gathered all their strength and pulled together.
Slowly... inch by inch... Kabir started rising.
The last few seconds were the hardest.
Then...
Kabir finally reached the top safely.
Everyone hugged him with tears of relief.
A few minutes later, the rescue team arrived. They praised the friends for their courage, teamwork, and quick thinking.

That day, everyone learned an important lesson:
A real hero is not someone who never feels fear. A real hero is someone who faces fear and never leaves their friends behind.
After that unforgettable adventure, their friendship became stronger than ever.

✨ THE END ✨

~SHIFA
VIII-C



THE POETRY CORNER



EXAM ARE FESTIVALS

Don't let the pressure take your light,
Face the paper with all your might.
A score is just a number on a page,
You are the hero of your own stage.

Pariksha per charcha teaches us how….
To live in the moment like a hero now.
Replace your worry with a confident smile,
And walk the extra learning mile!

No more stress no more fear,
The time to shine is finally here.
Treat your exams like a festival of Joy.
For every student, every girl and boy!

Name: Aksha Maurya
Class: VII-C

JULY

When the earth surfers from scorching time,
And summer at its prime!!

Few drops from languid sky
Quench the thirst of the land that die.
July arrives with optimistic transformation
Petrichor fragnance cherishing the nation.

It's month of hope, a month that restore
Metamorphosis into Prosperous and dense
Sagacious being would surely sense!!
Nevertheless this change is beyond nature
We humans also face the same manner!outside downpour would flourish our coherent mind, it's all within us we just have to find.
May this July, our perishing heart finds hope.
With unsolved problems still to cope.

Name: Shristi pandit
Class: X-C

|INSPIRATION FOR ALL|

CLASS XII



SCIENCE TOPPER

AGAMJOT KAUR
95.4%



COMMERCE TOPPER

ANUBHAV GUPTA
94%



HUMANITIES TOPPER

ISHITA GOSWAMI
94.8%

CLASS X



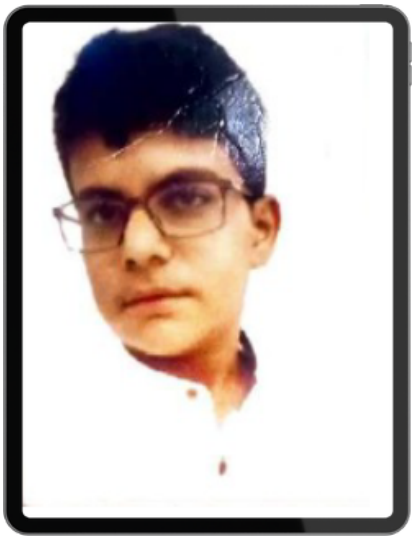
1ST POSITION

TEJASV KUMAR
94.8%



2ND POSITION

GARVITA SHARMA
94.8%



3RD POSITION

KRISH YADAV
94.4%



EARTH DAY [22 APRIL]

“On 22nd April, students observed Earth Day by creating thoughtful posters.”

Their work reflected concern for the environment, highlighting themes like saving trees, reducing pollution, conserving water, and protecting wildlife.

YOGA DAY {2026}







On 21st June, our school celebrated International Yoga Day in the morning assembly. Students performed different yoga asanas and breathing exercises, followed by a short meditation session. The program helped us understand the importance of yoga in maintaining good health and peace of mind.

On 4th July 2026, PM Shri KV Janakpuri observed Bagless Day with the motto “No Bag, Big Learning.”

The day encouraged students to step beyond textbooks and experience learning through activities like a special assembly, yoga and exercise, a cleanliness drive, and an educational movie screening.

It was a celebration of creativity, teamwork, and holistic growth, reminding everyone that true education goes far beyond the pages of a book.







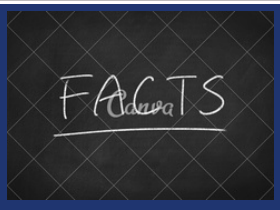
Opinion

Uttar Pradesh overtook Maharashtra to become India's **No. 2** state in **rooftop solar** installations, creating thousands of jobs and boosting renewable energy.

India's private space sector just made history: on **18 July 2026**, **Hyderabad**-based **Skyroot Aerospace** successfully launched **Vikram-1**, the country's first privately developed orbital rocket, making India only the **third** nation (after the US and China) to achieve private orbital launch capability.

India's medal wins in swimming and track at the **Paris 2026 Olympics** mark a turning point in the nation's sporting identity. For decades, cricket overshadowed other disciplines, leaving them underfunded.







•One million Earths could fit inside the sun.

•Your brain produces enough electricity to power a small light bulb.

•It rains diamonds on the planets Jupiter and Saturn.

• A single cloud weighs about a million tonnes (roughly 1.1 million pounds).

•You are taller in the morning than you are at night because gravity compresses your spine throughout the day.

Book Review of the Month:



Book: Wings of Fire

An inspiring autobiography of Dr. APJ Abdul Kalam.That tells the story of his journey from a small town boy to one of India's greatest scientists and the President. The book beautifully describes his childhood struggles.

What makes this book special is its simplicity and powerful life lessons. It teaches us the importance of hard work, determination, and believing in ourselves even when circumstances are difficult. Kalam's humility and positive attitude make him a true role model for students.

Overall, Wings of Fire is a motivational and thought-provoking book that encourages us to dream big and work for that.

Vocabulary Spotlight

Word of the Month: "Petrichor"

Meaning: The peasant fragrance of first rain

Usage: The petrichor after a sudden shower makes us smile, reminding us of childhood walks and muddy playgrounds.

EDITOR'S VIEW ON ETHANOL BLENDING

~Nirvan Sharma

Ethanol blending in petrol is being pushed as a green solution, but many customers are raising real concerns. Drivers complain of lower mileage, rougher performance, and doubts about how their engines will hold up over time. These aren't just minor grumbles ; they reflect the everyday experience of people who rely on their vehicles.

The government's vision of cleaner fuels is important, yet the rollout feels one-size-fits-all. Just as "XP Extra Green" petrol was introduced as a premium choice, why not extend that idea to ethanol blends? Imagine fuel stations offering E20, E40, or higher, with customers free to choose what suits their car and their comfort. And if pricing is adjusted fairly; say, reducing petrol from ₹90 to ₹70 with E20, and cutting it to half the actual price with E50; consumers would see immediate, tangible benefits alongside the environmental gains.

Such a move would do more than ease frustration. It would give consumers confidence, encourage automakers to innovate toward flex-fuel engines, and ensure that the transition to greener energy feels fair rather than forced. India's climate goals are ambitious and necessary, but they will succeed only if people feel part of the journey. Offering choice at the pump, backed by fair pricing, could be the bridge between policy ambition and public trust.

On **Saturday, 27th June** 2026, students showcased their creativity through the Notice Board Decoration activity.

Each class presented unique ideas aligned with their theme, turning the boards into vibrant displays of imagination and knowledge.





विद्यावाक्यम्

सर्वं परवशं दुःखं सर्वमात्मवशं सुखम्।
एतद् विद्यात् समासेन लक्षणं सुखदुःखयोः॥

हिन्दी भावार्थ :-

सब अन्यों के वश में होता है, वह दुःख है। जो सब अपने वश में होता है, वह सुख है।
यही संक्षेप में सुख एवं दुःख का लक्षण है।

QUOTES OF THE MONTH

Leadership is not about being in charge. It is about taking care of those in your charge."
– Simon Sinek

"Hard work beats talent when talent doesn't work hard."
– Tim Notke



NEWS ROUND UP

LATEST NEWS

National News

- **India's first hydrogen-powered train launched in Haryana by PM Modi:** part of the Make in India campaign and a major step toward sustainable mobility.
- India strengthened its naval power with the **commissioning** of I**NS Mahendragiri on 11th July** 2026 at **Visakhapatnam**. Built under Project 17A with over 75% **indigenous content**, this advanced stealth frigate is equipped with BrahMos missiles, modern radar systems, and anti-submarine warfare technology.
- The **Kapalsar Dam** Project is a proposed mega-infrastructure plan in **Gujarat** to build a **60–64 km** long dyke across the **Gulf of Khambhat,** creating one of the world's largest man-made freshwater reservoirs. It aims to solve **Saurashtra's** chronic water scarcity, improve connectivity, and generate renewable energy.
- The **NEET 2026** results have been **declared**, and the counselling process has already started for admission into MBBS, BDS, and other medical courses across India. Lakhs of students appeared for the exam this year, and successful candidates are now securing seats through the centralized **counselling** system.
- On **15th July 2026**, a major **data breach** hit the Kudankulam **Nuclear Power Plant** in Tamil Nadu, **India's largest atomic energy project**. Hackers leaked thousands of files online, including blueprints and supplier details. While officials confirmed that the reactor's core systems **remain safe**, the incident raised serious concerns about cybersecurity in India's critical infrastructure.
- **India** and **New Zealand** signed agreements in 2026 to boost **trade**, **agriculture, clean energy**, and education cooperation, strengthening I**ndo-Pacific** ties and supporting India's renewable energy growth.



International News

LATEST NEWS

- In 2026, **India and Australia** strengthened their strategic partnership by moving towards **tax-free** trade agreements and expanding cooperation in the energy sector. A key highlight is Australia's commitment to **supply uranium** to India, supporting India's growing nuclear energy program.
- **Pakistan** has requested a **$10 billion** backstop facility from the **US** to stabilize reserves, leveraging its diplomatic role in brokering talks during the Iran conflict.
- The **United States** carried out fresh daytime **airstrikes** on **southern Iran** targeting missile storage sites, while Tehran retaliated across Gulf shipping lanes, escalating risks of a wider regional war.
- **France** has approved a landmark law **banning** children **under 15** from having social media accounts, effective September 2026, sparking debate over **child safety** versus **digital freedom**.

Sports News

- **Spain** won the **FIFA World Cup 2026**, defeating **Argentina 1–0** in extra time at the MetLife Stadium in New Jersey, with **Ferran Torres** scoring the decisive goal. This marked Spain's second World Cup title (their first since 2010), while **Lionel Messi's** final World Cup ended in **heartbreak**.
- India vs Zimbabwe T20Is: India's young squad led by Shreyas Iyer begins a three-match series in Harare on **July 23**, aiming to test emerging talent against Sikandar Raza's experienced Zimbabwe side.
- India's badminton team is gearing up for the **Commonwealth Games 2026** in **Glasgow**, with medal hopes resting on **Satwik-Chirag** in men's doubles and **Lakshya Sen** in singles, while **PV Sindhu's** recent Asian Championship win has boosted confidence that India can deliver one of its strongest performances on the global stage.

I WISH I HAD KNOWN

These things are more important than what your body looks like.

Sleep and Memory: A good night's sleep doesn't just rest your body—it strengthens memory and helps you learn faster.

Small Steps Matter: Studying for 20 minutes daily is more effective than cramming for hours before exams.

Water Boosts Focus: Even mild dehydration can reduce concentration, so drinking water regularly keeps your brain sharp.

Failure is Feedback: Every mistake is a lesson in disguise; most inventors failed dozens of times before succeeding.

Reading Shapes Thinking: Reading just 10 pages a day can expand your vocabulary and improve critical thinking over time.

Exercise and Mood: A short walk or light exercise can instantly lift your mood and reduce stress hormones.

Digital Detox: Spending less time on screens before bed improves sleep quality and reduces anxiety.



BETTER CHOICES, BETTER HEALTH



Healthy Alternative for our Cravings

Craving for junk food is but common within us but deep-down we all know desperately eating them would cause serval problems.

When we crave for something our cortex of the brain visualize it, therefor we can gently tap our forehead with fingers to deviate the focus

Here are some healthy alternative for junk food so that we can satisfy for taste buds:-

- When we crave for chocolate we should eat fruits or cold lemonade.
- Cravings for fried items can be prevented from roasted nuts
- If you desperately want something crispy try sprouts
- Craving for cakes and pastries eat banana or peanut butter would work
- Want cold drinks try cocoa, dark chocolate or dairy products

OUR PUBLICATION TEAM

Our school magazine is guided by the thoughtful leadership of our Principal, Mr. Kamaljeet, and Vice Principal, Mr. Arvind Kumar, whose encouragement and vision continue to inspire every edition. The Publication Team brings together the creative efforts of both the E-Publication unit and the core editorial group, working in harmony to ensure each page reflects the spirit and voice of our school.

At the heart of the team is the Publication Head, Nirvan Sharma (XII-A), who takes on the role of Editor—guiding the selection, polishing, and arrangement of content with care and creativity. From announcements to articles, each piece is shaped to reflect the values, voice, and vibrant spirit of our school community.

We gratefully acknowledge the guidance and support of our teachers—Mrs Neetu Saraswat, Mrs. Bhawana Jangpangi , Mrs. Chand Rani—whose encouragement strengthens the team's efforts. Alongside them, the student members of the Publication Team— Rishika(XI-D), Shristi (X-C) —play an important role in shaping the magazine, contributing their ideas and efforts to ensure each edition truly represents the collective spirit of our school.