



**National Public
School**

rajajinagar

GRADE-12

THIRD EDITION

2024 - 25

Volume-III

Editorials

Welcome back, readers!

With the dawn of a new semester, we're thrilled to bring you the latest edition of our school newsletter. After a well-deserved break, we hope everyone has regained the rhythm of growth, learning, and shared experiences. This issue is full of tales that bring out the accomplishments and spirit that make our school remarkable. As editors, it is our joy to document and share the pulse of our school community.

In this edition, you will find inspiring stories of students who have excelled in academics and extracurricular activities. From creative projects and athletic feats to community initiatives and artistic showcases, our students' dedication to their passion is remarkable. You'll also find insightful recaps of recent events and assemblies that brought our school together in the spirit of curiosity, collaboration, and fun. Our popular Whimsical Writings and Sunny Side Up segments return with fresh perspectives, and our much anticipated- nature log, for students of grade 6-9 has in store exciting surprises for you! These segments, as always, are driven by students, highlighting their impressive creativity and initiative.

As we embark on this semester, we encourage everyone in our community to stay engaged, be curious, and lend their voice to the ongoing story of our school. The newsletter is a testament to the hard work and enthusiasm of countless contributors-teachers, staff, the editorial team, student writers, and our supportive principals, whose encouragement keeps us striving for excellence.

Thank you all for being part of this journey with us. Here's to a semester filled with discovery, achievement, and memorable moments for everyone!

Editors in chief

Aarnavi M K 11A

Medha Biswajit 11A

Timeline

- *Magical Children's day (NOV 14)*
- *Jr R-NPSMUN 24 (NOV 25 & 26)*
- *SAPA workshop (Nov 26)*
- *A Journey to Janapada Loka*
- *A day of fun and frolic*
- *Online Safety*
- *Mangrove restoration – An insightful session*
- *National Human Rights Day and Armed Forces Flag Day (Dec 10)*
- *Christmas Cheer (Dec 20)*

A Magical Children's Day Celebration

This Children's Day, the environment transformed into a whimsical wonderland bursting with giggles, joy, and jaw-dropping talent as teachers morphed into showbiz superstars, dazzling the students with electrifying performances! The morning assembly began with the teachers' choir singing the prayer, followed by speeches on the significance of Children's Day and how special students are to us. They also enjoyed an entertainment programme where teachers became singers, dancers, and actors on stage. Each child was sent home with a memento to mark this year's special day.

Jr R- NPSMUN

On November 25 and 26, our school held its first Junior R-NPSMUN, which included committees such as UNHRC, DISEC, HUNSC, FJCC, and IPC. Over 200 delegates showcased their oratory and diplomacy skills during this two-day conference. Participants tackled diverse agendas, addressing modern challenges and historical crises while enhancing their critical thinking and problem-solving abilities. The event provided a dynamic environment for new delegates, preparing them for the world of diplomacy and negotiations. Overall, it was a successful gathering of young diplomats eager to make a difference.

Workshop on online safety

As part of the Adolescent Education Programme, students of Grade 9 attended a workshop conducted by Ms Anjana Palamand, alumnus and founder of the NGO Maya. She addressed the issue of online harassment and bullying and provided ways to safeguard or counter them. A few tips included restricting social media use, being aware of online predators, how to spot fake profiles, and filing a cyber complaint. Students then worked in groups on case studies with follow-up questions that they answered to enhance their level of understanding of the topic.

A Journey to Janapada Loka

Students of Grades 6 to 8 explored Janapada Loka, a museum showcasing Karnataka's folk art and traditions. They engaged in hands-on activities like carpentry, pottery, and games such as Kabaddi, Tug-of-War, and Laggori while also enjoying traditional dances and a wholesome meal.

A Day of Fun and Frolic

Meanwhile, the students of Grades 9 to 12 enjoyed a well-deserved day of relaxation and recreation at the Signature Club Resort. From running across the lush green lawns to engaging in various indoor and outdoor games, it was a day filled with energy and excitement. The students relished a hearty breakfast, fresh fruit juices, and a delicious lunch, topped off with tasty fried snacks in the evening. This picnic was a perfect blend of fun, friendship, and laughter.

SAPA Workshop on Morsing

On 26th November 2024, a workshop was held on the classical instrument Morsing, conducted by Vidwan Ghantasala Satyasai and organised by SaPa. He showcased the instrument's role in Carnatic music, performed captivating solos, and engaged students in interactive activities. A lively Q & A session explored its history and pioneers.

Mangrove Restoration - an insightful session

Students attended an insightful session on mangrove forest restoration by Ms. Anupama Appukuttan, a seasoned social development professional with 15+ years of experience. She highlighted mangroves' role in restoring degraded lands, supporting biodiversity, and sustaining livelihoods. The talk emphasised the interconnectedness of ecosystems and the urgency of conservation. Engaged participation from students made the session impactful, serving as a strong reminder of our collective responsibility to protect nature.

National Human Rights Day and Armed Forces Flag Day

National Human Rights Day and Armed Forces Flag Day were observed with a well-organized assembly that celebrated human rights and honored the dedication of the armed forces. The event began with a welcome speech, setting the tone for the day. This was followed by an insightful address on the significance of human rights in fostering justice and equality. It also acknowledged the invaluable role of the armed forces in maintaining peace and security across the nation.

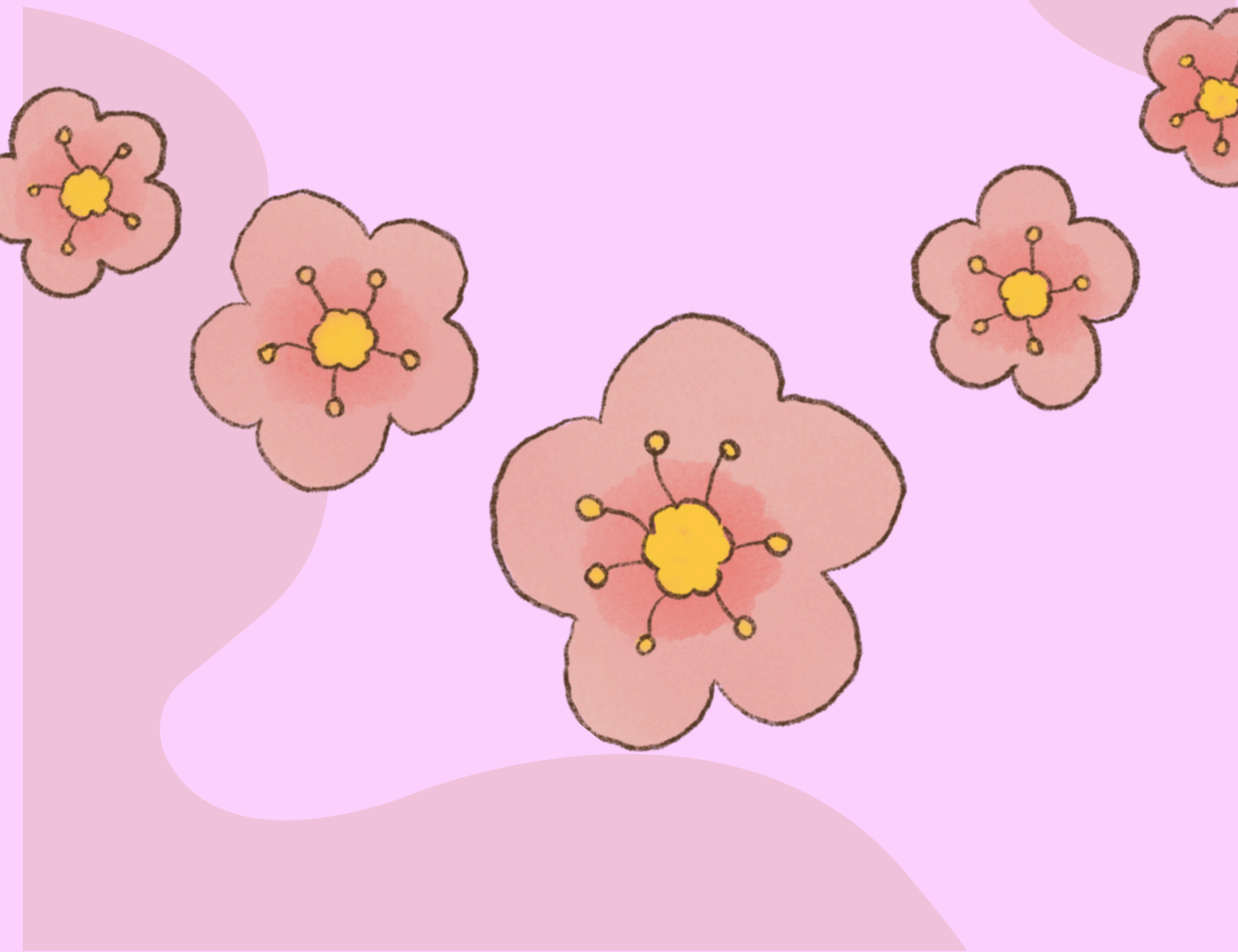
The highlight of the assembly was a moving rendition of the patriotic classic Jhanda Ucha Rahe Hamara, which evoked pride and respect. A dramatized panel discussion brought the concept of human rights to life. Students portrayed NGO heads, teachers, and media personnel, discussing fundamental rights such as education, equality, freedom from exploitation, and freedom of speech, showcasing their relevance in today's world.

The event concluded with a speech emphasizing the importance of constitutional rights and saluting the armed forces' commitment to safeguarding the nation.

Christmas Cheer

The Christmas celebrations came alive with a vibrant special assembly organised by Grade 11 students. The event radiated the festive spirit and filled the school with holiday cheer. The assembly showcased students dressed as iconic characters from beloved Christmas movies. Energetic dance performances set to lively Christmas music mesmerised the audience, while a meaningful story underscored the true essence of Christmas. The choir enriched the atmosphere with heartfelt renditions of timeless carols, spreading joy and warmth throughout the event. Adding an extra touch of magic, students in their festive costumes engaged with the younger audience, creating moments of excitement and laughter.

Their interactions brought an uplifting sense of camaraderie and joy to the celebration. The captivating performances received thunderous applause, ensuring a delightful experience for everyone involved. Teachers also embraced the holiday spirit, complementing the festivities by dressing in cheerful hues of red, white, green, and silver. In conclusion, the Christmas celebration at National Public School, Rajajinagar, was a heartwarming and meticulously organised event that perfectly embodied the spirit of the season, spreading the joy and warmth of Christmas far and wide.



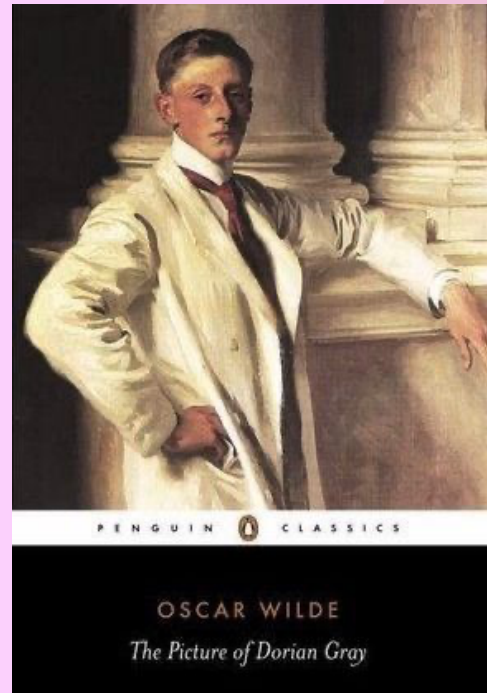
The Review Shelf

Medha Sathish - 11B

Arunima Yadav -10D

Welcome to The Review Shelf, a space for students who want to dive into the world of books but aren't sure where to start. Whether you're a beginner or just love reading, this section will help you discover your next favourite read. Join us as we explore stories, genres, and everything in between.

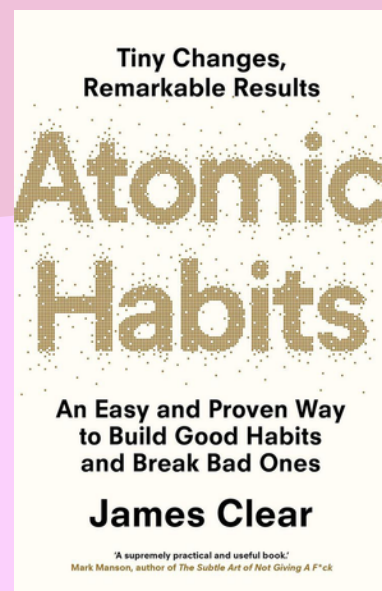
The Picture of Dorian Gray by Oscar Wilde



Genre - Gothic fiction

The Picture of Dorian Gray is a dark tale about vanity, obsession, and what happens when you live only for yourself. Dorian Gray is a handsome young man whose portrait ages and gets uglier while he stays flawless. Thanks to the influence of the cynical, pleasure-seeking Lord Henry, Dorian dives headfirst into a life of excess—chasing thrills, beauty, and indulgence, all while ignoring the moral fallout. His portrait, hidden away, becomes a reflection of the bad decisions and darkness growing inside him. Wilde's novel is like a warning about what happens when you prioritise looks, fame, and instant gratification above everything else. It explores the tension between your public image and the messiness of your true self. Dorian's downfall is a commentary on how chasing beauty and pleasure without caring about the consequences can destroy you from the inside out. With sharp writing and timeless themes, The Picture of Dorian Gray is a cautionary tale on how running away from reality—whether through looks or fun—eventually catches up with you.

Atomic Habits - James Clear



Genre - self-help

‘Atomic Habits’ by James Clear is an engaging guide to mastering the power of small changes. Rather than focusing on radical transformations, Clear emphasises the value of tiny, consistent habits that, over time, lead to significant improvements. He uses practical examples and compelling stories to explain the science behind habit formation, making complex ideas feel accessible. The book is packed with actionable tips for building good habits and breaking bad ones, all with a clear, motivational tone that keeps readers inspired. Clear's writing style is straightforward, making it easy to apply these strategies to everyday life. Overall, ‘Atomic Habits’ is a practical read for anyone looking to make lasting changes in their life without feeling overwhelmed.

Sunnyside up
‘The Art of Not Yet’

By: Tisya Chikodi – 10C

Chief Columnist at Sunny Side Up

I rolled down the windows and peered out. The stars seemed brighter at the midnight hour, the deafening silence of the empty roads contrasting the music blasting through my headphones. The breeze poured in, the chill numbing the tip of my nose and my cheeks, but I couldn't tear myself away. This day marked the end of the first term and the beginning of our first vacation—the midpoint of the year. With exams behind us and my mind free to wander, I began thinking about the impending events of my life on my way to the airport. The music softened, muffled by my overflowing thoughts. We've now reached that awkward stage of the year: the point where we're way beyond the beginning but still not close to the end. Our first term flew by, undeniably filled with countless memories and experiences, and now, we're back to square one.

Only this term, a new factor gets introduced: preparation. It starts as usual, proceeding with new chapters and new notebooks but with an irrefutable change in atmosphere. We start asking teachers whether next year is harder than the current one. We start getting serious about exams. We start thinking about our future.

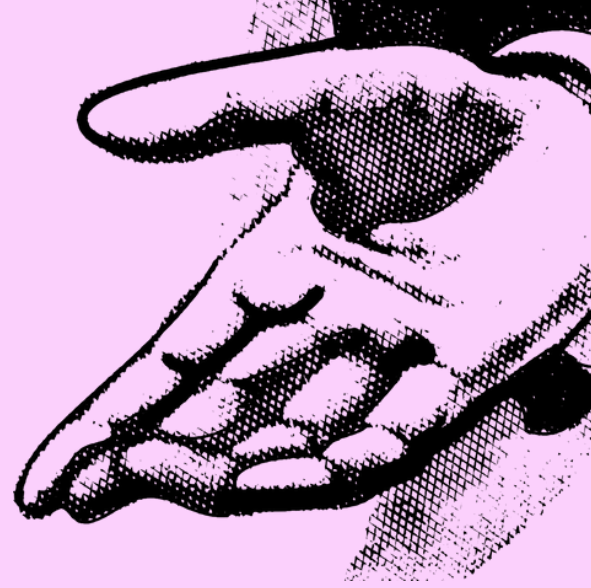
Even though we're starting fresh with a new term, deep down, we're preparing for the end. Preparation is an element we often overlook until it becomes unavoidable, lingering in the background like an afterthought. But as we delve deeper into the term, it shifts to center stage, setting the tone for everything we do. We've all experienced those moments of hastily catching up, only to realise that a little foresight could have prevented the stress. Being prepared serves as our compass, assisting us in overcoming obstacles and approaching every project, test, and new assignment with direction and clarity.

It's not just a matter of staying ahead; it's the groundwork that turns uncertainty into confidence. It becomes a tool, a security blanket for your future self. Because, in the end, what we prepare for is not the test or the project. It's the future—the unknowns that lie ahead. And with every bit of preparation, we lay a little more of that uncertainty to rest, making the world feel less intimidating and chaotic.

The weight of the future becomes lighter and manageable as long as we're ready to meet it, to face it, with everything we've carefully set into motion. When the inevitable challenges come, preparation turns into resilience. It's the calm confidence we carry with us because we know we've done everything we could to get here. And that, perhaps, is the real power of preparation: not in avoiding failure, but in ensuring we can meet it head-on, whatever shape it takes.

As we continue on this path, preparation starts to feel less like a chore and more like a strategy. It gives us room to breathe, to adapt, to think beyond the next deadline and to focus on long-term goals. With every step taken in advance, we're building pliability, laying down the pieces of our success one plan at a time. Because, in truth, it's not just about getting to the finish line but about how well we handle the journey there. After all, reaching the end is only half the story—the other half is the way we prepared to meet it!

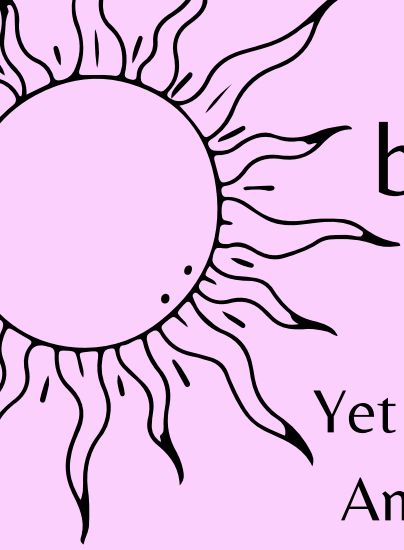
Remedy



A soft whisper in the storm's embrace.
Black kajal adorning a bride's grace.
Binding wounds when hearts are torn,
An unseen thread when grief is born.
An innocent tear, an agonising plea,
All soothed by a simple remedy.
A beacon of hope in shadows of despair,
Offer kindness and hands, a pair.



Mansi Hiremath, 12B



breeze, birds and blue skies

I don't know why I even go on
Yet there's a beautiful blue sky every dawn
And the symphony of a thousand leaves.
Teased by the most playful breeze.
It sets me ablaze, like a timid flame.
My neatly brushed hair grows untame.

I don't know what rekindles my fire.
Yet there's a bird that flies - higher and higher.
There's ecstasy in a silent street.
Hushes my heart with a tweet tweet tweet
Despite my flightlessness, I could be a bird
To my friends, my chirps, never go unheard.

For all these reasons I love the world,
And If I were to feel any pain.
I remember how much I love the world again
Always through my glistening eyes,
There's breeze, birds and blue skies.





"Tricolor's Fire"

Beneath the sky, on lands so wide,
Our soldiers stand with pride,
Saffron flames and as white so pure,
Green of the earth, their hearts endure.

Through storms they march, through fire they fight,
With courage burning through the night,
The Tricolor waves, their guiding light,
In every battle, fierce and bright.

They stand on borders, iron and steel,
No threat too strong, no fear too real,
Their blood, their sweat, for freedom's cost,
In their courage, India's never lost.

With every step, with every breath,
They conquer fear, they challenge death,
For the Tricolor, they rise and stand,
The bravest hearts in this proud land.

Jai Hind!

Navneet Sai Murali, 12B



Game On

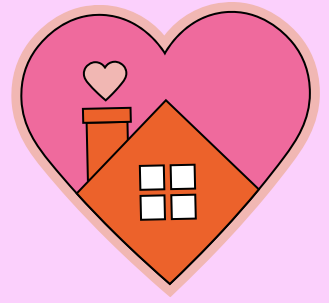


Game on, game strong,
in fields where heroes rise and fall, a
heartbeat echoes, strong and tall.
Sweat and spirit blend as one,
battles fought, victories spun,
through teamwork, strength and
endless cheer,
the team unites beneath the sky,
chasing stars in the boundless high.
Victory's sweet, defeat's a guide,
through sports, our souls are unified.
Game on, game strong.

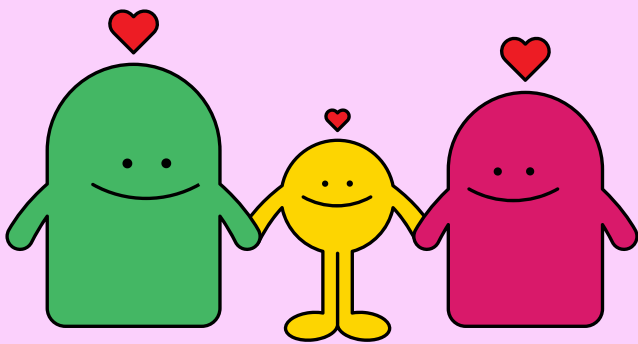


Aadya Merathia, 12C

WHAT IS HOME?



"Home is where the heart lies...", one the most overused and cliché quotes ever, but if you actually think about it, it does make some sense after all. I've always had difficulty answering the question, "Where are you from?". Am I from Mysore? The city I was born in, the first place I had ever known. Or Bangalore? The city I was most familiar with in the world. Or is it Mumbai? My most favorite place to visit. Then, I realized why it was these places that I particularly considered. Mysore was where my grandparents and most of my extended family lived. It was where some of the fondest memories of my childhood existed. Bangalore has been my roots. My parents and friends here have been my home, my safe place. Lastly, it is in Mumbai that I first saw my cousin sister or had my first workout session with my aunt. Home is not where you lived the most, but it is where you feel the most seen and comfortable. In all these cities there are people I am the most attached to, the people who have helped shape me. As Odin once said, "Asgard is not a place, it's the people", my home isn't any of these places whereas, it is all the people there that have always loved me and helped me grow. They are my home, the place I go back to in my happiest and saddest of times. Therefore, I'm not from a single place. Mysore, Bangalore and Mumbai have all been my home in different points in time, they are the cities that make me who I am today.



- By Nydhile Praveen, 12C



Why..... Commerce Quest?

Choosing commerce as my field of study and future career wasn't a decision I took lightly. It's been a journey influenced by a myriad of factors, each contributing to my fascination with the intricate workings of the business world.

Commerce isn't just about numbers and transactions; it's a dynamic fusion of economics, management, and entrepreneurship that has always intrigued me. From understanding market forces to analyzing financial data, every aspect of commerce offers a puzzle waiting to be solved, a challenge waiting to be conquered.

What drew me even more towards commerce was its versatility. It's like a vast landscape with different paths to explore—whether it's diving deep into the world of finance, unleashing creativity in marketing, or mastering the art of strategic management. The diversity of career options within commerce means there's always something new to learn and a niche to carve out for oneself.

But perhaps what truly captivated me was the spirit of entrepreneurship that permeates the world of commerce. Entrepreneurs like Anand Mahindra embody innovation, resilience, and a relentless drive to create positive change. Their stories of success inspire me, showing me that with vision and determination, anything is possible in the realm of commerce.

“ Knowledge is like money: to be of value it must circulate.”

Prithviraj J Shah, 12C



How to manage stress



Stress management is a topic we hear about regularly; however, we know that it is easier said than done to manage stress. The truth is, stress can never be eliminated from our lives. As humans, it is our tendency to worry about situations that may threaten our wellbeing. However, it is possible to learn to tolerate this stress and not let it get the better of us. The first step to managing stress is to anticipate it before it sets in. For example, being prepared earlier on for an exam can prevent stress on the last day. For this to happen, an efficient daily routine must be chalked out - a routine that caters to both, your needs and wants. Set time out for hobbies or anything that you look forward to in a day. Finally, stress management is not an overnight miracle, it takes practice and the will power to choose discipline over procrastination.



Anagha Subhash, 12C

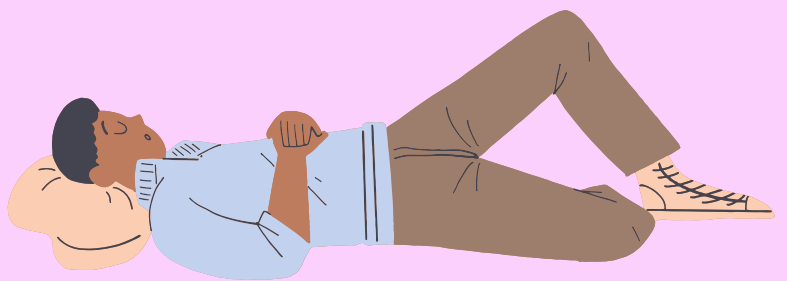
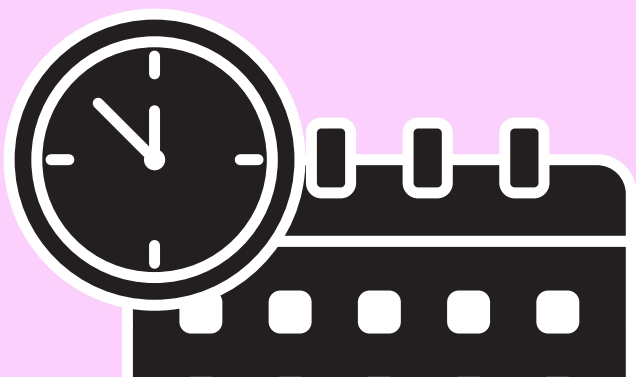
TIPS TO MANAGE ANXIETY

Stress management refers to a set of techniques and strategies aimed at controlling and reducing the level of stress experienced by an individual. Stress is a natural response to challenging situations, but chronic or excessive stress can have negative effects on physical and mental well-being. Effective stress management involves recognizing stressors, developing coping mechanisms, and adopting a healthy lifestyle. Here are some key principles and strategies for stress management:

Identify Stressors: Recognize and understand the sources of stress in your life. This may include work pressures, relationship issues, financial concerns, or health problems. Keep a stress journal to track when and why you feel stressed. This can help identify patterns and specific triggers.

Time Management: Prioritize tasks and focus on what needs to be done first. Break down large tasks into smaller, more manageable steps. Learn to say "no" to additional responsibilities when your plate is full.

Relaxation Techniques: Practice deep breathing exercises to calm the nervous system. Incorporate meditation or mindfulness practices into your daily routine. Progressive muscle relaxation and guided imagery can also help alleviate stress.



Physical Activity: Engage in regular physical exercise, such as walking, jogging, swimming, or yoga. Exercise is known to reduce stress hormones and trigger the release of endorphins, which are natural mood enhancers. Aim for at least 30 minutes of moderate exercise most days of the week.

Healthy Lifestyle: Maintain a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins. Limit caffeine and sugar intake, as they can contribute to increased stress and anxiety. Ensure you get enough quality sleep each night.

Social Support: Share your feelings with friends, family, or a trusted colleague. Cultivate a strong support network. Sometimes, talking about stressors can provide a fresh perspective and emotional relief.

Time for Hobbies and Relaxation: Set aside time for activities you enjoy, whether it's reading, listening to music, gardening, or any other hobby. Make sure to take breaks during the day to recharge and relax.

Mindset and Perspective: Develop a positive outlook and try to reframe negative thoughts. Accept that some things are beyond your control and focus on what you can change.



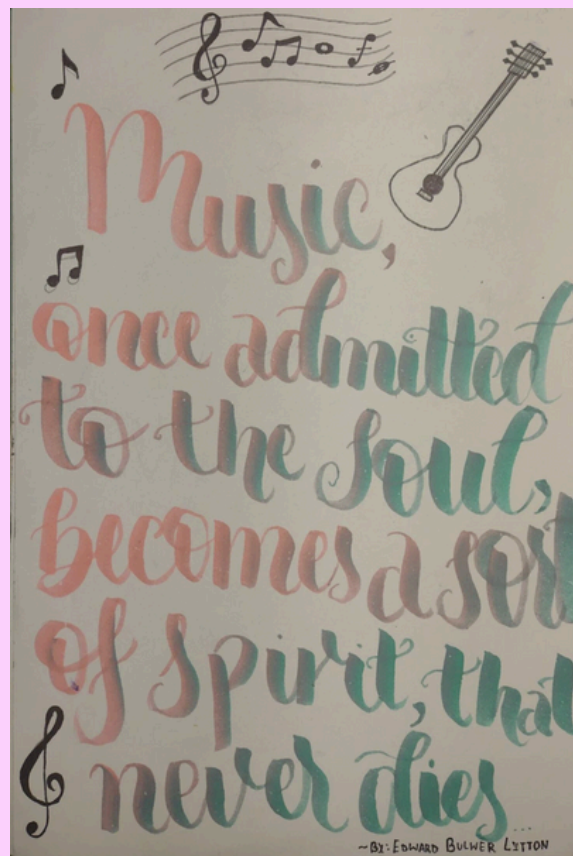
Mohammed Rayan Jameel, 12C

Unfurling your wings



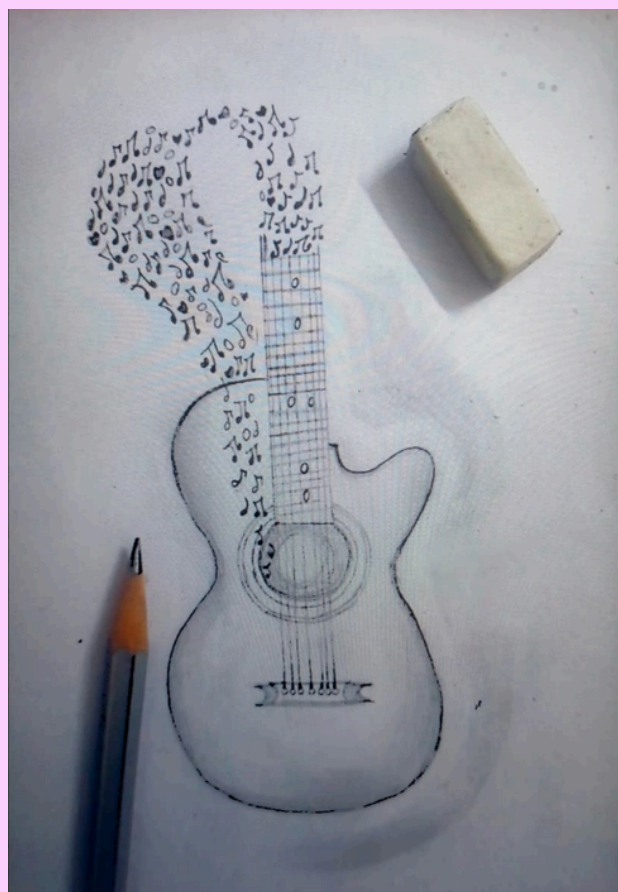
Arushi V , 12B

Symphony



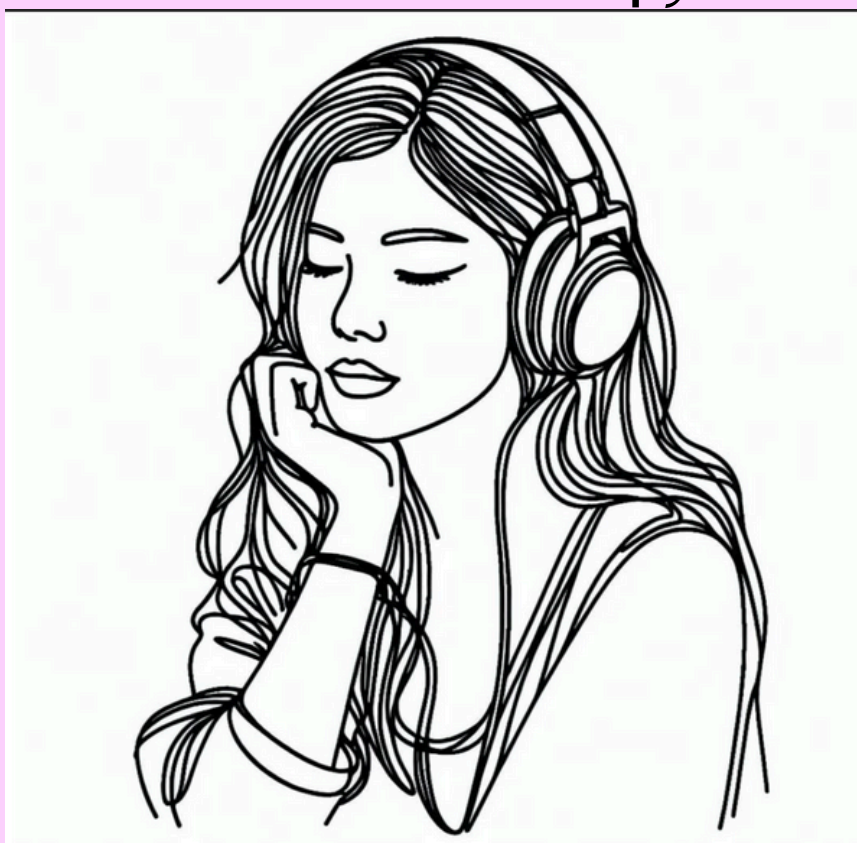
Aadyaa Mehrotra. 12A

Riffs and records



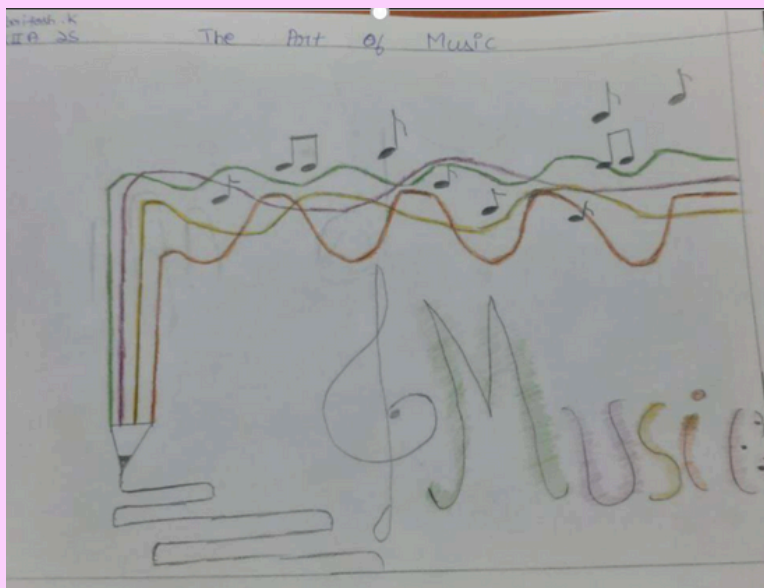
Thoshith S Reddy, 12A

Music therapy



Samhitha Srivatsa Gorur, 12A

Creativity unleashed



Paritosh Kailas, 12A

Music Mojo



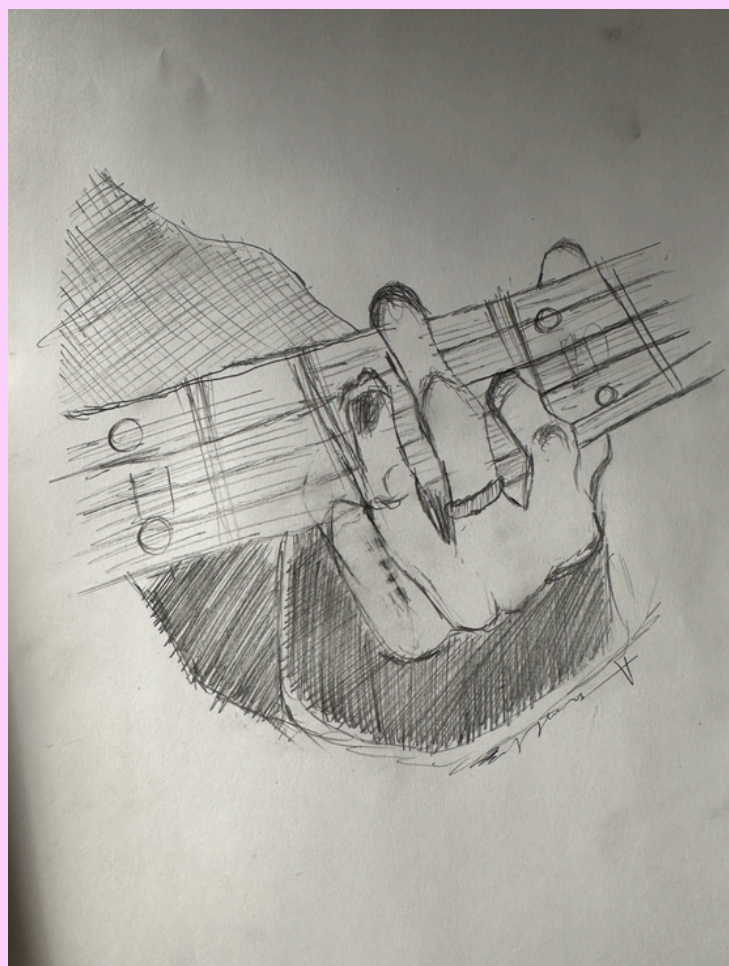
Akshayasree S, 12A

Lyrical love



Edwin Robi, 12A

The world is your stage



Anushka Venkatesh, 12A

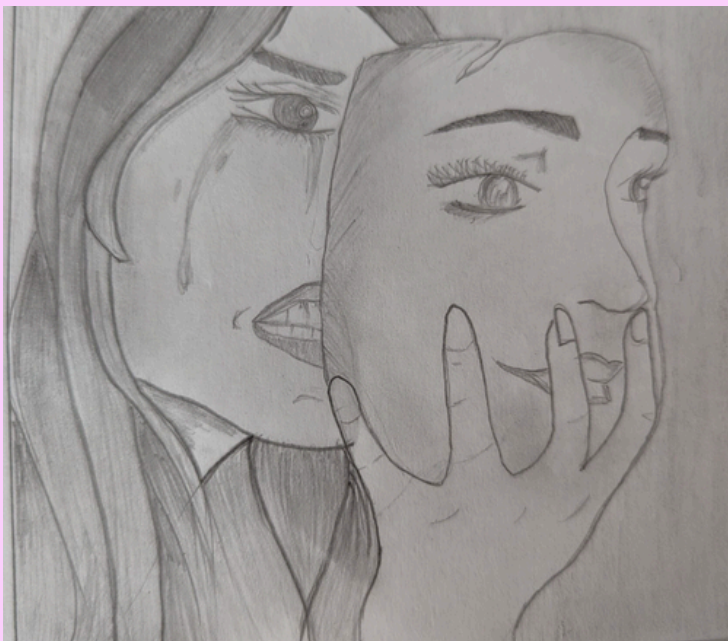
Galaxy of notes



Celine Elizabeth Devasia,
12A

Colourful harmonies

Behind the mask



Kesshav Jhaveri, 12C

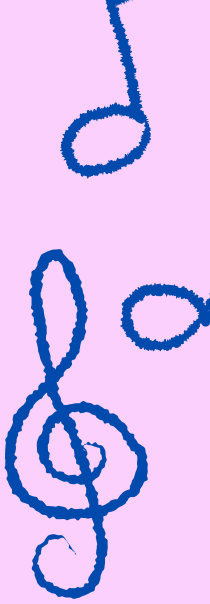


Hanzita Jane Crasta, 12A



A POEM ON MUSIC

In whispers soft, anticipating sways
Each note unfolding in tranquil
ways.



In music's gentle, captivating spell,
We find serenity hard to quell.

In a gentle hum, strings softly sway,
Drawing us into a reverie.

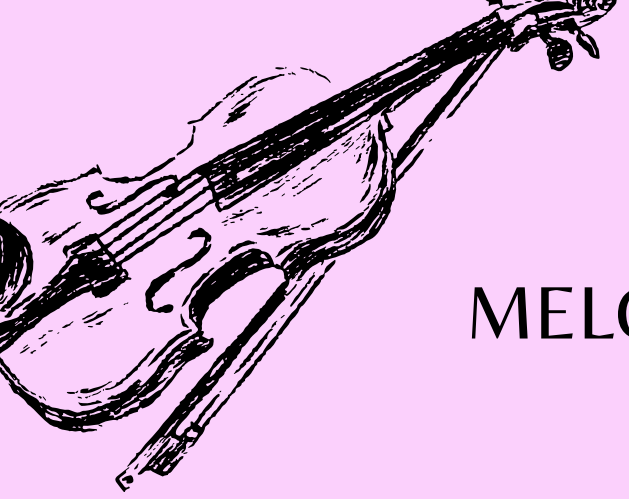
In melodies that secrets keep,
We find our hearts yearn to leap.

In the calm embrace of the nights
serene,

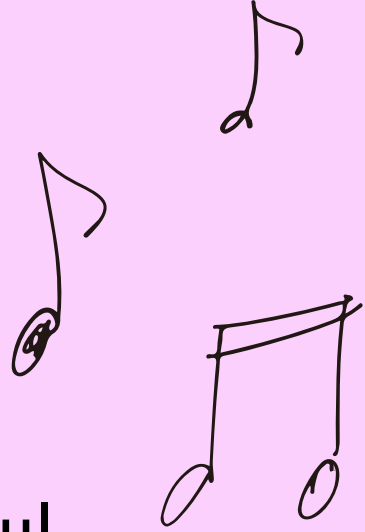
The melody invites us to dream.
In the harmony of quiet delight,
We feel ourselves flying away.



-Mithun Ganesh S, 12A



MELODIC ECHOES



In melodies, whispers of the soul,
Notes cascade, a symphony's role,
Through rhythm's dance, hearts console,
In the embrace of music, we find our whole.

Harmonies weave tales untold,
Strings sing stories, both young and old,
In every chord, emotions unfold,
A timeless journey, in music's hold.

From soft lullabies to anthems bold,
In every beat, a world to behold,
Through every measure, we're extolled,
In the language of music, our spirits enfold.



Imagine Dragons: A Band That Rocks the Music World

Imagine Dragons is an American pop rock band that has taken the music scene by storm. Formed in Las Vegas in 2008, this talented group has captured the hearts of millions with their powerful and energetic sound. With their catchy tunes and heartfelt lyrics, Imagine Dragons has become a household name in the music industry.

The band consists of lead vocalist Dan Reynolds, guitarist Wayne Sermon, bassist Ben McKee, and drummer Daniel Platzman. Each member brings their unique style and talent to the table, creating a harmonious blend of rock, pop, and alternative sounds. Their music often tackles themes of self-discovery, resilience, and the human experience, resonating with listeners of all ages.

One of Imagine Dragons' most popular songs is "Radioactive." Released in 2012, this anthem became an instant hit, topping the charts and earning the band widespread recognition. Its powerful and infectious chorus, coupled with the band's signature sound, made it an instant classic. "Radioactive" showcased Imagine Dragons' ability to create music that is both catchy and meaningful.

In 2017, Imagine Dragons released "Believer," a song that further solidified their place in the music industry. With its hard-hitting beats and empowering lyrics, "Believer" became an anthem for resilience and strength. The song's raw energy and emotional depth resonated with fans around the world, propelling it to the top of the charts.



Beyond their individual hits, Imagine Dragons has consistently delivered albums that showcase their growth and evolution as artists. Their debut studio album, "Night Visions," released in 2012, received critical acclaim and established them as a force to be reckoned with. Subsequent albums like "Smoke + Mirrors" and "Evolve" further solidified their place in the music industry, earning them numerous awards and accolades.

Imagine Dragons' success extends beyond the studio. Their live performances are renowned for their high-energy and electrifying atmosphere. The band's dynamic stage presence and ability to engage with their audience create an unforgettable concert experience. Fans flock to their shows to witness the band's electrifying performances and sing along to their favorite hits.

Imagine Dragons has undoubtedly made a significant impact on the music industry, earning them a dedicated fan base and critical acclaim. Their unique blend of genres, heartfelt lyrics, and captivating performances have solidified their place as one of the most influential bands of their generation.

As fans eagerly anticipate new music and performances from Imagine Dragons, it's clear that this talented group will continue to rock the music world for years to come. Their ability to connect with listeners on a deep and emotional level, combined with their infectious energy, sets them apart from their peers.



Adit Madhav Madgula, 12A



Music

Music is often referred to as the universal language, transcending barriers of culture, language, and geography. It has the power to evoke emotions, tell stories, and bring people together in ways that words alone cannot.

One of the most intriguing aspects of music is its incredible diversity. There are countless genres, each with its own unique characteristics and appeal. For example there is rock, classical music, folk music, jazz etc. Most of the time music is accompanied by dancing which helps to enjoy it even more..

Beyond entertainment, music has a profound impact on our lives. Studies have shown that listening to music can reduce stress, help relax our mind and enhance mood. For many, music is a source of inspiration, motivation, and solace.

In conclusion, music is a treasure trove of creativity, emotion, and cultural expression.

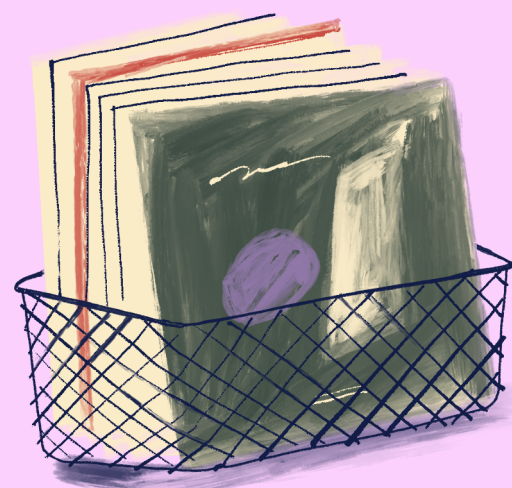
Shriya Sreenivas,12A





MELODY - A RESPITE

To me music is not just a sound, it is an emotion. It is an intricate language that speaks to the deepest corners of our soul. Music is a companion, accompanying us through our life's highs and lows. In the midst of academic pressures, extracurricular activities, and the whirlwind of teenage life, music offers a sanctuary where one can find peace and respite. I myself play the piano and it serves as a form of stress relief. The focus required to learn and perform pieces can help divert attention away from worries and anxieties, providing a sense of relaxation and calm. It also encourages creativity and self expression but most importantly, playing the instrument brings joy and a sense of fulfillment.

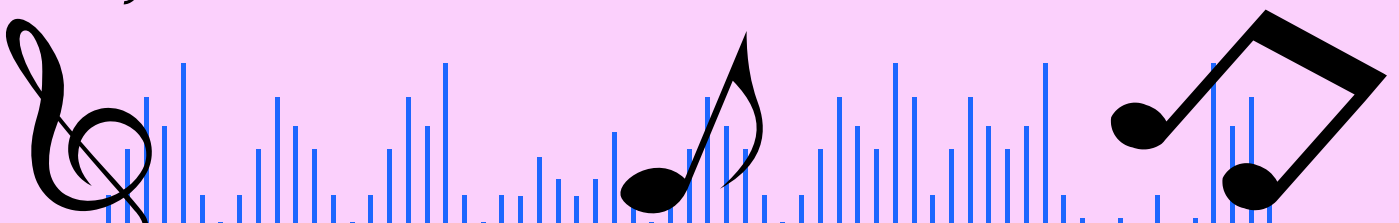


Harmonious Healing: An exploration of Music Therapy

In the symphony of life, each person's existence has a unique melody and rhythm, defining their journey. Amid daily struggles and stress, music therapy has the profound ability to harmonize the soul's dissonant chords and foster healing and growth.

Music therapy is an art form that goes beyond words and connects with our deepest emotions. It involves actively engaging with rhythmic patterns and harmonies to create beauty from personal struggles. This therapy uses music to provide comfort and peace, making it a powerful tool for emotional expression and healing.

The therapeutic setting is like a garden where the music therapist cultivates the emotional landscape, nurturing everyone's growth and helping them blossom through the healing power of music. Just as a gardener tends to the soil, the music therapist tends to the soul, creating an environment where clients can flourish and find inner harmony.



Music therapy is not confined to the hushed rooms of clinics and hospitals. Its power extends to community centres, schools, and even the open skies of public parks. It is in these spaces that music therapy reveals its true beauty, uniting people from all walks of life in a shared experience of healing. The drum circles, the choirs, the impromptu dance sessions—all are manifestations of music therapy's ability to create community and foster a sense of belonging.

The appeal of music therapy also lies in its versatility. It is a modality that embraces all genres, from the classical sonatas that speak to the intellect to the pulsating beats that move the body. It is in this diversity that music therapy finds its strength, offering a palette of sounds for every individual, catering to the young and the old, the joyful and the sorrowful.

In conclusion, music therapy is an art form that heals not just through its scientific principles but through its inherent beauty. It is a reminder that within the rhythms of life, there is always a chance for harmony, a possibility for a melody that uplifts and transforms. As we navigate the complexities of existence, let us not forget the power of music, for it holds the key to a more harmonious world.



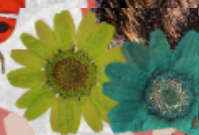
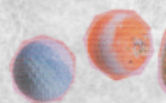
Akansha Krishnan, 12A

Striking a chord



Pratham G Bhat,12B

Nature Log





Nurturing Nature

Let's be team green
For, the past can't be unseen

Our enchanted forests filled with greens
And those breathtaking scenes

Like how Ralph Waldo Emerson once said
"Nature always wears the colours of the spirit"
Let nature be in the top merit

So save the Earth
Or we will lose more like the mammoth

Keep in mind that we don't inherit the earth from our
ancestors

we borrow it from the upcoming generations
To stop pollution, let's start our preparations



Nature Study



Nestled in the lush greenery of Singapore lies the Mandai Zoo, a sanctuary for animals from around the world. My experience with nature and animals at the Mandai Zoo was nothing short of magical and awe-inspiring! As I entered the zoo, I was greeted by the chirping of birds and the rustling of leaves. The air was filled with the sweet scent of blooming flowers, giving me a sense of peace and tranquility. I felt like I had stepped into a different world, away from the hustle and bustle of the polluted city life. One of the first exhibits I visited was the Rainforest Walk, where I was surrounded by towering trees and exotic plants. The vibrant colours of the flowers and the melodious sounds of the birds created a symphony of nature that left me in awe. I could feel the energy of the rainforest all around me, and I was overcome with a sense of appreciation for the beauty of the natural world. Then I made my way to the animal enclosures, where I had the opportunity to see a wide variety of animals up close. From majestic lions to playful chimpanzees, each animal had its own unique beauty and charm. I watched in fascination as the animals interacted with each other, showcasing their natural behaviours and instincts. The highlight of my visit was the chance to feed the rhinoceros! As I stood face to face with these gentle giants, I was struck by their grace and beauty. As you approach them, you might feel its immense size and power. The zookeeper gave us the appropriate food. As I extended the food towards the rhino, and with its rather huge upper lip, it delicately grasped and pulled the food into its mouth. The sensation of its rough skin and gentle yet powerful movements was amazing! Throughout my time at the Mandai Zoo, I was constantly reminded of the importance of conservation and protecting our planet's precious creatures. The zoo's dedication to preserving endangered species and creating sustainable habitats was evident in every exhibit and interaction. I left the zoo feeling inspired to do my part in caring for our world and all its inhabitants. In conclusion, my experience with nature and animals at the Mandai Zoo was truly unforgettable. The sights, sounds, and smells of the natural world immersed me in a sense of wonder and appreciation. I left the zoo with a renewed sense of respect for the beauty and diversity of the animal kingdom, and a desire to continue exploring and learning about the wonders of nature. OBSERVE, LEARN, CARE

- Sayukta Girish 6E





Whispers of Nature



Can't afford to miss this moment
The one that's quite sparce,
Nor can I stop staring at that beauty
Something that doesn't last.

Are those just the mesmerizing Eyes of Nature,
Or something that thy fail to perceive,
Is this thou decent individual's stature,
Or is it just me?

Smog filling my ears and nose,
Thou polluting with glee,
Poison in our sources of survival,
Or is it just me?

Fragility in this charm,
Though not one seems to see,
A fading whisper of harmony,
Or is it just me?

One end trying to reinstate,
A world with tranquillity,
But the other wipes the efforts,
Or is it just me?



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