



# *NATIONAL PUBLIC SCHOOL, RAJAJINAGAR*



**First Edition**

**2024-25**

**Volume LI**

***GRADE 7***



# Editorial

With new beginnings come new hope, new possibilities and new life. As the bright summer transitions into the monsoons, nature showcases its miraculous renewal cycle. The parched earth eagerly drinks in the first drops of rain, and the once-dormant seeds burst forth with vibrant greenery. This seasonal transformation mirrors our own journey of growth and change. Just as the rain breathes life into the landscape, we too are inspired to embrace new opportunities, nurture our dreams and cultivate a future filled with promise.

Here we are at the start of yet another year, each with our aspirations, goals and commitments and our dreams. And to help you realise your dreams, why not take a little inspiration from others on their paths?

Crafted by our fellow students with creativity and dedication, the first edition of our school newsletter for the academic year 2024-25 celebrates the vibrant energies that come with new

beginnings. Marvel at the talents of your classmates with various articles, poems and artwork, each an expression of their creator's individuality. Look at life through a brighter lens with Sunny Side Up, and read about inspiring individuals with Insights.

We thank our amazingly talented newsletter crew comprising tasteful editors, keen journalists, and the teachers who made all this possible.

As we turn the pages of this issue, we find the motivation to pursue our dreams with renewed vigour and support one another through our collective journey of growth and discovery. Let's start this year with optimism and a commitment to making the most of every moment.

Looking forward to a wonderful year

Shuktij M Balaraja, 12A

Disha Solomon, 12B

Editors-in-Chief

# Timeline

Investiture  
June - 4

Class Assemblies

Career counselling  
(Commerce)  
June 6

Orientation (6-12)





# Investiture

## June 4, 2024

The investiture ceremony at National Public School, Rajajinagar, on June 4th, 2024, marked the start of the academic year by bestowing authority on student leaders. After a rigorous nomination and election process, the theme "Lumiere and Veritas" was chosen, symbolizing the quest for truth and enlightenment. The event began with an invocation song and a welcome address by the Principal, acknowledging the newsletter committee. Student council members were introduced and sworn in, followed by a disciplined March Past. Prefects, Vice-Prefects, House Captains, Sports captains, Club Presidents, and Secretaries were inducted, emphasizing their roles in fostering community and competition. This ceremony highlighted the school's dedication to developing future leaders and role models.



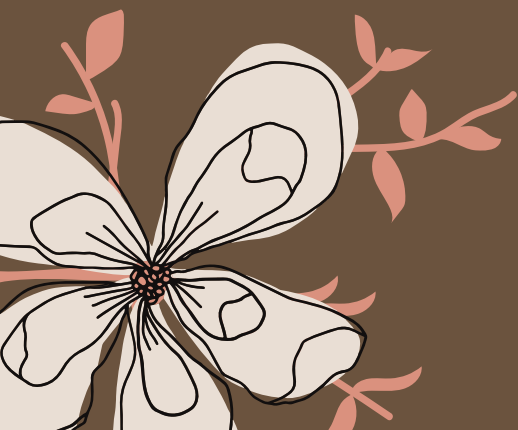


# Class Assemblies



CBSE's environmental awareness initiative spawned several creative and unique assemblies, promoting awareness of a host of the world's problems, and celebrating our planet.

On World Water Day 2024, Grade 12 C students of National Public School, Rajajinagar, held an assembly advocating for water conservation and addressing global and local water scarcity. The event included an introductory address, an informative talk, a poetry recital, and a mime performance depicting everyday water wastage, concluding with the class singing the Mission Paani anthem, and promoting the message of responsible water use.



Grade 10C students of National Public School, Rajajinagar, organized a special assembly for World Forest Day. Beginning with a welcome speech followed by a poem celebrating Earth's greenery, the assembly included representations of forest-dwelling tribes, a presentation on forest facts, and concluded with the class singing Michael Jackson's "Heal the World," symbolizing their commitment to sustainability.

Students of Grade 10D organized an Earth Day assembly on April 22, promoting global environmental preservation. The assembly began with a welcome address and the song "Teri Mitti," followed by a skit highlighting environmental challenges and a collective pledge. It concluded with a performance of the Earth Day anthem and a closing speech, urging shared responsibility for the planet.

Students of Grade 10B hosted an assembly on the International Day of Biodiversity, starting with a dance performance on the importance of trees, followed by an art exhibition. A skit highlighted the harmful effects of human activities, particularly deforestation. A student then gave a speech with practical suggestions for safeguarding biodiversity. The assembly concluded with a vote of thanks, emphasizing the day's theme.



# Career Counselling (Commerce)


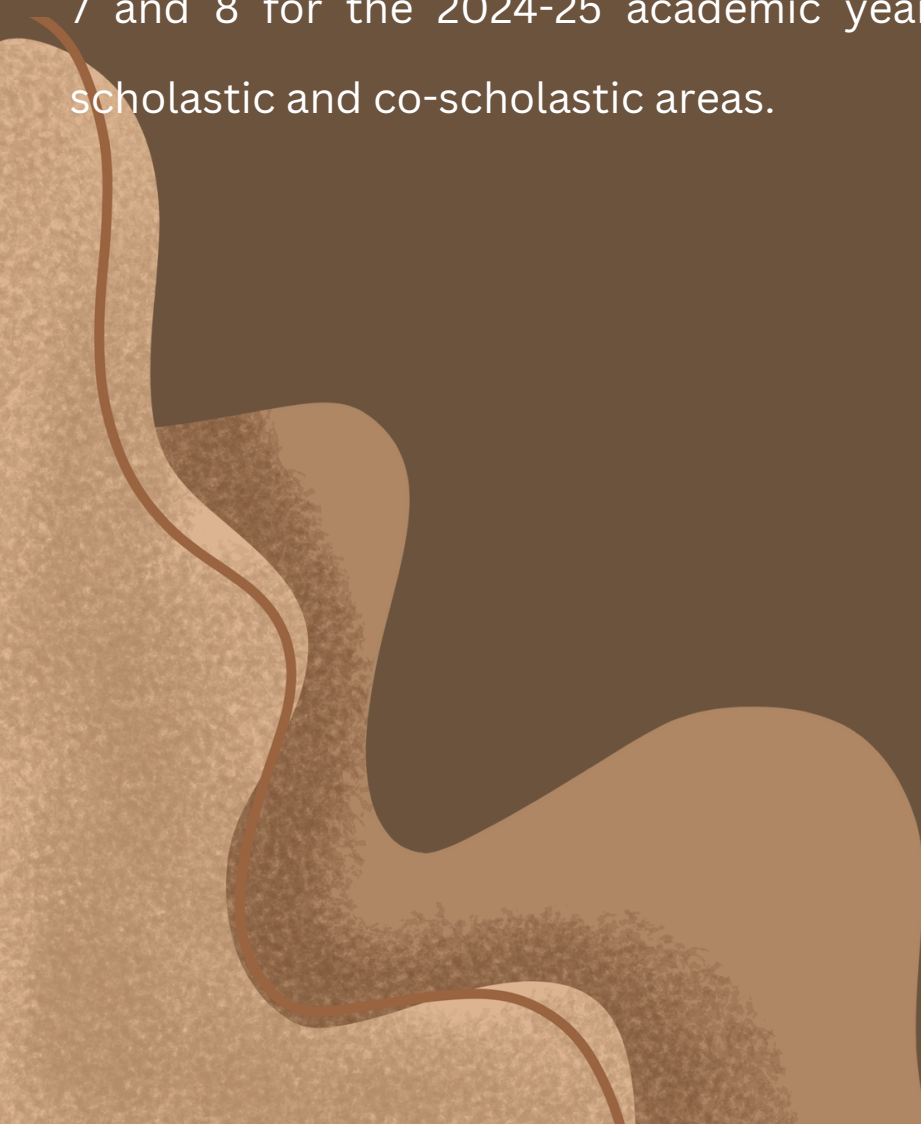


On June 6, 2024, Mr. Abhijeet S. Jain, regional head of The Institute of Cost Accountants of India and a distinguished alumnus of NPS Rajajinagar (2002), held a conference on cost accounting and post-12th career opportunities. Key topics included the importance of early goal-setting, starting courses in advance, and maximizing time by pursuing additional degrees like CS alongside main degrees (LLB, CA, etc.). Mr. Jain detailed the procedures, costs, and timelines for various career paths. An engaging Q&A session provided further insights into degree aspects, starting salaries, and supplementary courses. The conference broadened perspectives and introduced new possibilities, concluding with Mr. Abhijeet presenting a commemorative memento.



# Orientation (Grades 6-12)

Orientation sessions were held for parents of students in Grades 6, 9, 11, and 12, as well as for parents of newly admitted students in Grades 7 and 8 for the 2024-25 academic year, to familiarize them about scholastic and co-scholastic areas.



# Sunnyside up Blowing Raspberries



It was just a few words.  
But yet, it was enough to crush me.

That's the beauty of words. You don't need many to get a point across. We've all experienced hearing people's whispers and judgy remarks. We've felt that intense rush of fear and restlessness before posting a story, checking it again and again to make sure it was just as good as the first time, and contemplating whether it was even worth posting in the first place. We've experienced that feeling when you think the entire world has something to say about you. That feeling when you think millions of eyes are on you for all the wrong reasons, or when you feel a wave of mortification wash over you, and all you want to do is hide and never come back. The worst part? We can't control what people think. But we can control how we respond.

In a world filled with such a diverse range of people, we can only expect them to have a diverse range of opinions. These opinions may not necessarily be something optimistic. It is natural to feel a sense of dislike and judgement towards certain things. The only difference is the way we perceive the views around us, and whether or not we let it get the best of us.



Opinions are put forth for growth. Receiving various viewpoints on different scenarios help us get a better understanding of the situation, and allows us to utilize it to the best of our abilities. The only dilemma that arises is the intensity of the opinions.

Insults and disapproval are bound to come our way. Experiencing loss and defeat is a path everyone goes down once, and it is reasonable to feel disheartened and demotivated. But it is vital to remember your inherent worth and strength. People may try to bring you down with their words, but their negativity does not define you. Embrace your uniqueness by staying true to yourself and surrounding yourself with positive influences.

Shifting our concerns from external validation to personal growth can help make a significant change. We must also embrace emotional resilience, and build our self-confidence to become less susceptible to external negativity.

Judgement mostly arises from the insecurities and biases of others, rather than an actual, well-intentioned perspective. Recognizing this makes us understand how trivial the remark we once viewed as "demeaning and subduing" truly was.

Fumble that speech. Get that question wrong. Post that story. Because, at the end of the day, others' opinions don't matter.

They never mattered in the first place.

**By: Tisya Mahesh Chikodi, 10C**  
**Chief Columnist - Sunnyside Up**



# Insights



Vijay Prakash is an Indian Playback singer and also a Music Director from Karnataka. He has given his voice for predominantly Kannada, Tamil, and Telugu films, in addition to Hindi, Malayalam and Marathi films.

Prakash won the Karnataka Government's 'Best Playback Singer' award for the year 2016 for the song "Nammooralli Chaligaladalli" from the film Beautiful Manasugalu. He is also one of the artists credited for the song "Jai Ho", which won the 2008 Academy Award for Best Original Song. The song also won a Grammy Award in the category "Best Song Written for Motion Picture, Television Or Other Visual Media." He has won the Filmfare Award for Best Male Playback Artist – Kannada twice for the songs Gatiya Ilidu from the Kannada film Ulidavaru Kandante and Belageddu from Kirik Party.

**A lot of people are afraid in choosing an unconventional path. You have a degree in engineering; yet chose to pursue your passion. When or what incident stirred your inner voice to pursue singing?**

I'm not very proud to say but I couldn't finish my engineering. My dream to become a singer was so powerful that I had to choose it midway. That's not something I would ever advice or suggest anyone because in today's time and in fact much later in my life I realized education is very important, no matter how strong your dreams are to pursue something that is outside academics. Not only as plan B but education is very important as it gives you a broader understanding of life itself and helps you in the application of your skills in the right way and approach. In my case, I joined engineering but somewhere my mind was full of music. I couldn't focus on anything else but singing and when you are young you dream a lot, which is good and is important in any age. Specially in your teens, you look forward to life right? There is so much imagination of what life could be and what you would want it to be, that was my fuel. A certain imagination of me being a singer, me being on stage performing and learning more about music. Today you want to know more about my journey, it means there is something that you see in my journey and that something comes with self-belief and a focus that never gets shaken by the outcome of what you decide. Once you decide you want to become something, you should just keep chasing it no matter what, whether you win or lose, there's hope or no hope, just keep chasing your dream. That's what I did and I'm glad I did it!

**You grew up in Mysore, the historical, cultural city. How did the city inspire and ignite your love for music? How did you feel moving to Bombay to pursue music professionally, from the peace and comfort of your home to the hustle and bustle of Bombay?**

Mysore being an organic, historical and cultural city influenced me to a great extent. The people of Mysore are very kind, relaxed and receptive to art and artisans. As a child, Mysuru Dasara and the performances of legends like Yesudas and Balamuralikrishna inspired me. Organically and subconsciously my body and mind absorbed music naturally as my grandparents and parents were musicians too. Hence in a way I would dedicate my musicianship to my hometown.



I was 19 when I moved to Bombay with dreams. Dreams give you strength. There was cultural shock, but I moved out of my comfort zone to handle myself emotionally and physically and that's life. That's how Bombay helped me to explore myself and to be a better person.

**What has been the most challenging piece you have worked on so far in your career? How did you overcome it and handle the pressure and expectation?**

Honestly, even today when I go for a recording it is still a challenge. The challenge never ends, every thing that you do in life is a challenge and it is so because you want to excel in it. There is a certain preparation, either you can call it preparation or a challenge, it's just the terminology. Right now, I'm judging three reality shows, Sa Re Ga Ma Pa in Kannada, Tamil and Telugu, for which most of the days I have to take a flight at 5am, even now after being in the industry for so many years, it is challenging but you want to do it because you want to give the best out of yourself.

Coming back to your question, what was the most challenging piece of music, is something which I really don't have an answer to because every song was a challenge for me. You are born with a certain indigenous quality, in the sense if I say it in a musical way, I can sing in a certain style and range, I have more of a mid and baritone voice. So, if I have to sing in a high pitch, maybe it's out of my comfort zone, if I have to hit higher notes, I have to push myself. Pushing is not stressing yourself, it is finding techniques to reach those difficult spots in life without stressing yourself. You should think how to achieve it without taking stress, then you will just find a secret path within your mind. So, when you take anything as a challenge it drains you out, but when you take it as something you need to decode and find an answer to it without stressing, then it is a joyful experience. That's what I try to do.

**In a career like music, where the future isn't foreseeable, did you ever think of doing something else? Has there ever been a phase in your life where you felt your career was overwhelming? What kept you going?**

No matter what, belief in life is important. I always believed that life is fair to me and in the end we will love our journey against all odds. The universe supports this belief and hard work and the uncertainty of life slowly disappears. Believe in yourself and your talent and be optimistic about your life's journey.

**You were one of the finalists in the popular singing show Sa Re Ga Ma Pa in 1999. Now you are one of the judges in the Kannada, Tamil and Telugu versions of the show. This is a milestone of an achievement. From being inspired to an inspiration yourself. How does that make you feel?**

It's a very natural experience and I can proudly say it is my hard work, there is no other secret to it. I have worked for 18 hours a day for so many years and I'm still working for 17-18 hours a day. Because I get joy out of working, it's not like I'm working because I have to work. From being a contestant in Sa Re Ga Ma Pa to being a judge of the same show in three languages is a journey and a very full filling one. Also, its about sharing with people what you have understood, what you think you have learnt from other people in terms of knowledge and experience. Time is very precious, we often fail realising it, every day, every moment is a treasure which we are spending and this is something you can't earn again. But if you are using it in a right way, it rewards you. I was a contestant, and after the contest it's not like I took life easy, I kept working on my music, there's a body of work that kept building. When you achieve something, don't look back and just be satisfied about what you have, of course you have to keep celebrating yourself everyday but keep looking forward and how much more you can accomplish.

**What was that one piece of advice you received that made you stand strong during difficult times? Who were the idols you looked up to in your growing days and still do look up to even today?**

A friend of mine said that I have a good voice. He also said that having a great voice is not life, but what you do with that voice is life. In 2010 while touring the US with AR Rahman sir, I received huge appreciation for my performance in couple of concerts, but that didn't last in few other concerts, which upset me. At that moment, when I went backstage, the advice that I received from AR Rahman sir has stuck with me till date. He said "When things are going your way that's great, but when things don't go your way, how you react shows your character and integrity." That experience taught me that life is always in between the threshold of happiness and sadness. It keeps throwing success and failure at you. How you face it is what really matters. That is our true test of character.

**For a musician like you, music is a part of your soul. You take your music everywhere with you. Where do you envision yourself in the next few years? What barriers do you want to break to take music forward?**

I just want to be an honest musician all my life, as you travel, unknowingly we all become complacent at a point of time, we start taking things easier and I don't want to get into that space where I'm too complacent about my career. I never want to lose my focus, that's what I want to be. After 25 years, I still want to be excited about what I want to do. If I have to go on stage, I want to have the same excitement and enthusiasm I had when I was 20. Also, as a musician and a responsible citizen, I want to do whatever charity, philanthropy work, in the field of music specially, for talent who cannot afford music education. That is something I have been doing in a small scale, I really want to scale it up and help a lot of budding musicians and find a path that can help them achieve their success.

For the barriers I want to break, there will always be some inner struggles with you right, like something in you which you want to change, it could be anything like you want to eat a cake but you want to hold back for your health, if you consider these simple things as barriers then there will be many. So many things in me that I want to change with time, some I have managed to, some I may take little time, some I may never, but it's okay, it's a beautiful journey. One good thing about me is I celebrate myself and I know my limits and strengths. That's one thing I want to keep intact other little barriers I'll try to overcome with time.

Nishka Prashanth 10C  
Tia Salian 10B



## EXPLORING THE DIVINE IN THE EASTERN GHATS

Summer is always fun, and it was the same this year. We went on many road trips this year. The longest and most unique one was to Ahobala in eastern Andhra Pradesh. I had been to the Western Ghats several times, but this was the first time I had been to the Eastern Ghats. Ahobala is well-known for its nine Narasimha temples, each illustrating a different form of the deity. The main temple dates back almost 1,500 years and was built during the Chalukya dynasty. We started with the Prahlada Varada Narasimha temple in Lower Ahobala, which has beautiful carvings and glorious pillars. Venturing to Upper Ahobala involved a challenging yet rewarding trek through dense forests and rocky paths, where we explored Ugra Narasimha and Jwala Narasimha temples. The natural beauty along the way left me in awe. As we trekked through the mountains, we saw how the ranges of the eastern ghats formed an eagle shape. Our journey through Ahobala was a spiritual adventure that taught us about the natural beauty and rich heritage of the Eastern Ghats.

**-HITHA DIVAKAR, 7A**



**THE FELINE AND THE FISH**  
**-MICHELLE MARIAM, 7A**

### **PAINTS**

*The colours on a page,  
Can paint pictures in your brain.  
Paints truly do help imagine  
And not just that they help create.  
The bright hues burgundy, sienna  
turquoise and scarlet  
Remind me of sea and rain forests  
The stroke of paint on a page  
Can give you a strike of far far away  
Or a stride on memory lane  
From a damsel in a dress  
Paint can bring to life anything that you  
dare to dream.*

**AMRITHAAA, 7A**





**WE ALL HAVE THAT ONE FRIEND**  
**-SANVITTI SAIROOPESH, 7A**

**THE BEST JOURNEY I'VE BEEN ON**

The rows of stubby hills  
 Laden with tea leaves  
 The scent of the rain  
 The colours brown and green

Like a chocolate heaven on Earth  
 The gardens of roses provide  
 everyone with mirth  
 Brimming with people  
 Happiness here is in no dearth.

The winding of the roads  
 The forests of pine  
 The spirits of the rain  
 Guess the place of this vacation of  
 mine!!

**-DEV AJAY, 7B**

**CHESS**

*A game of kings, queens and  
 knights,  
 full of suspense and fright.  
 A magical journey of defending  
 your kingdom,  
 while using powerful wisdom.  
 And at the same time getting  
 the glory,  
 it's truly an interesting story.*



**-ADITI SHIVANANDA PRABHU, 7B**

**THE SHINING STAR**

*The skies are changing colors,  
 Throughout the dawn hours.*

*The sea waves are coming to rest,  
 And the Sun is doing his best.*

*Slowly rising, the shining star,  
 Gives light to the whole world.*

*High above with his radiant glow,  
 Teaches us to keep going even if we feel  
 low.*

*So rise and shine the opportunities are  
 not far,  
 You have to keep going like a shining  
 star!!*

**-SAMANVI DEV, 7B**

## MICROPLASTICS

Microplastics are minute pieces of plastic less than 5mm. They are formed when bigger pieces of plastic break into smaller shards like beads, small cutting of milk packets etc. They are greater risks to the environment than regular plastic pieces. As they are small in size, their bioavailability increases, they influence more than larger objects. These microplastics end up in water bodies causing a major pollution problem. They also absorb chemicals which make them more hazardous to the environment.

Microplastics are of two types: primary and secondary

**Primary Plastics:** They are plastics which are made to be small from start. Eg. glitter, pellets, microfibres from clothes etc

**Secondary Plastics:** They are formed by the degradation of bigger plastic bits by natural enduring processes like sunlight, wind. Eg: fishing nets, plastic bags, tea bags and tyres.

Here are a few ways that microplastics affect our ecosystem:

1) **Marine Life:** Marine animals often eat microplastics thinking it is their food, and this leads to indigestion or affects their reproduction and results in death too.

2) **Bacteria Vehicles:** Microplastics easily absorb chemicals. They carry pathogens and other bacteria, sometimes they get attached to microorganisms which travel long distances spreading diseases.

3) **Soil Pollution:** Microplastics pollute the soil directly -by throwing plastic waste or indirectly -sewage waste containing synthetic microplastics.

All of these eventually find a way into human consumption and enter our body, blood streams and organs and cause us a great deal of harm .

So, here are a few ways to tackle Microplastics

1. **Avoid products with microbeads:** Skip products like cosmetics and skincare that contain microbeads.
2. **Non-Synthetic Clothing:** Opt for these type of clothing as they are made from natural materials which do not harm the environment.
3. **Glitter awareness:** Avoid glitter products which are made from microplastics

We should also reduce overall plastics whether big or small.

So, remember “Each one of us can make a difference. Together we can make a change”

**-ADITI SHIVANANDA PRABHU, 7B**



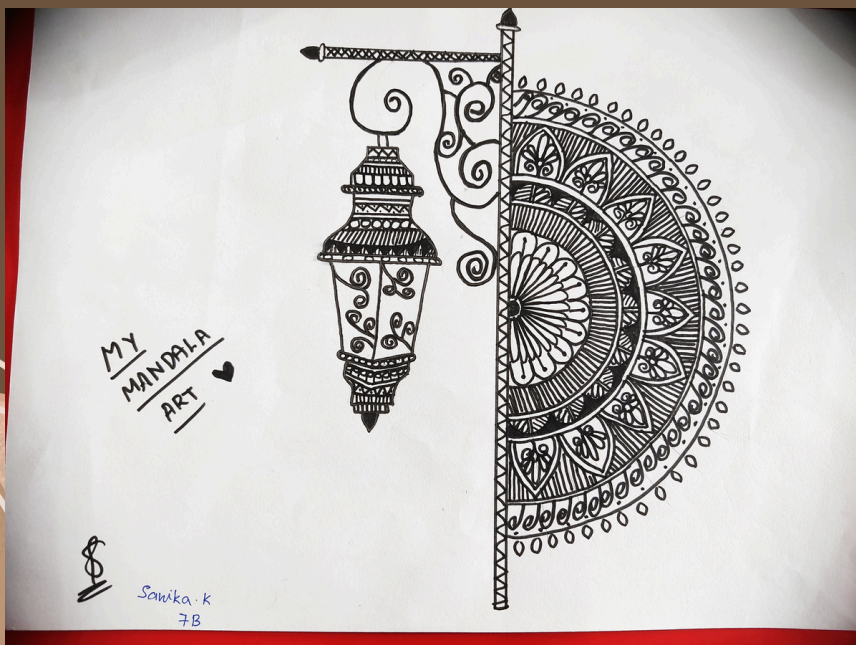




A KING AMONGST THE FISHERS  
-SAMRIDH SINGH, 7B



A WHISPER FROM THE  
ARTIST'S SOUL  
-SANIKA KARTHIK, 7B



WHERE HEAVEN AND EARTH  
CONVERGE  
-SNEHA BASU, 7B





A QUIET WALK TO WATCH THE  
IRIDESCENT SKY  
-ADITIN Y, 7C



ALLURING BEACH  
-AARNA MAHESH, 7C



CALM IN THE CHAOS  
-HIYA GAUTHAM LOKANDE, 7C

# MELODY

Music is the arrangement of sound to create some combination of form, harmony, melody, rhythm or otherwise expressive content. It is a cultural gift universally present in all human societies. Music is a highly versatile medium for expressing human creativity. Diverse activities involved in creating music are often divided into categories of composition, improvisation and performance. Music may be performed using a wide variety of musical instruments, including the human voice. It plays a key role in social events and religious ceremonies and is used in the production of other media. Listening to music is a common means of entertainment, and the culture surrounding music extends into areas of academic study, journalism, philosophy, psychology and therapy. The music industry includes various professionals and technology used for recording and reproduction. Various genres of music exist, including pop, country, rock and alternative. Several talented artists, including Taylor Swift, Ariana Grande, Sabrina Carpenter, Gracie Abrams, Conan Gray, Ed Sheeran and Harry Styles are known for their contributions to the music industry. Music is a universal cultural expression with the power to evoke emotions and create connections across societies, enriching lives and leaving a lasting impact on individuals and communities.

-ADVIKA RISHI, 7C





## **THE MOUNTAIN'S SILENT VIGIL**

Majestic and proud, towering over the land with an air of superiority, the mountain stands as a testament to the passage of time, with its rugged peaks weathered by the elements and carved by the forces of nature. It stands firm, a silent sentinel watching the world below. At sunrise, the mountain is bathed in a golden light, its slopes glowing in the early rays. The cool, crisp air whispers through the valleys and rustles the trees that cling to their sides. Birds soar above, their cries echoing through the cliffs. As the day progresses, the mountain shifts and changes, casting long shadows that stretch across the landscape. Clouds gather and drift lazily around the summit, sometimes obscuring its grandeur, but still, it remains a stoic guardian of the wilderness. The mountain at night is a realm of enchantment, where the veil between reality and dreams seems to be thin. As the sun dips below the horizon, casting its last fiery hues across the sky, the mountain mirrors the spectacle, and becomes a canvas of shimmering orange that gradually fades into a velvety darkness. The mountain takes on a mysterious quality at night. The moon bathes everything in ethereal silver light, casting long, ghostly shadows. The mountains feel alive, breathing entities, full of secrets and stories waiting to be discovered. It stands as a testament to the Earth's beauty and resilience, a silent behemoth watching over the land. The mountain is a place where the imagination can roam free, worries fade, and the magic of the universe is tangibly close.


**-ANANTH VAIDYANATHA SHARMA, 7C**



## ***MY TRIP TO THAILAND AND SINGAPORE***

It was the last day of my final exam, I eagerly waited for my exams to be over so that I could have fun during the summer break. We packed our bags the next day and headed to the Kempegowda International Airport, for it was going to be an exciting and joyful trip to the countries of Thailand and Singapore. The new Terminal 2 at the airport was breathtaking to see. We flew by Thai Airways and arrived at Bangkok, the capital city of Thailand. After we freshened up at the hotel, we went to see the Grand Palace, where the Thai royal family resides. The next day we went to Safari World, which had a lot of animals like Chimpanzees, Elephants and Dolphins performing various stunts and shows, which were pretty fun to watch. On the third day, we went to the floating market, where we explored the market on a boat. We then took a short flight to Phuket, Thailand which is a beach destination. I couldn't believe there was so much greenery around this area. While in Phuket, we took a day long tour to the islands where in between, we went snorkeling in the Andaman Sea, which was totally cool and amazing. After having a good time in Phuket, we then traveled to Singapore. While in Singapore, we visited the Universal Studios, where the roller coasters were scary but fun at the same time. The next couple of days, we explored a lot of areas like China Town, Little India, Buddhist temples, Marina Bay Sands and etc. As does everything good or bad comes to an end, it was time already to conclude this spectacular trip. We returned back to Bangalore and am now waiting in anticipation for my next holidays and vacation.

## ***FUN FACTS!***

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1. The fear of long words is called Hippopotomonstrosesquippedaliophobia
  2. Comets smell like rotten eggs.
  3. The Moon looks upside down in the Southern Hemisphere.
  4. LEGO bricks withstand compression better than concrete.
  5. The biggest butterfly in the world has a 31cm wingspan.
  6. A lightning bolt is five times hotter than the surface of the Sun.
  7. Your brain burns 400-500 calories a day.
  8. The colour orange was actually named after oranges.
  9. Snakes can predict earthquakes.
  10. Chero phobia is the irrational fear of fun or happiness.

***-PRANAV PRABHU, 7D***





WITH STRENGTH AND RESILIENCE, I  
STAND TALL!  
-TANIRIKA M, 7D



WINGS EXIST, ALL YOU HAVE TO  
DO IS FLY!  
-SAMIKSHA M, 7D



DIVINITY  
-VIR BERERA, 7D



# **IMPORTANCE OF MENTAL HEALTH**

Did you know that 39% of the world's population is more concerned about mental health issues than other areas?

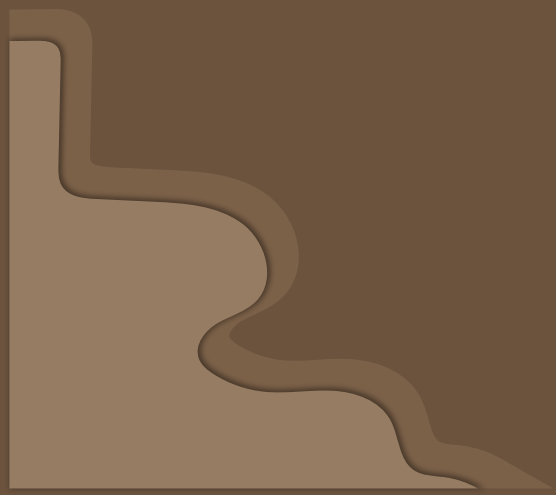
In today's fast-paced world, the spotlight on mental health has grown brighter than ever before. Yet, for many, navigating the complexities of mental well-being remains a daunting challenge. From anxiety and depression to the broader spectrum of conditions affecting millions worldwide, understanding mental health is not just about recognizing symptoms but fostering a culture of empathy and proactive support.

## **Breaking Down the Basics**

At its core, mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act in daily life, influencing everything from our relationships to our ability to handle stress. Contrary to outdated perceptions, mental health isn't simply the absence of mental illness but rather a continuum where each of us moves along a spectrum, impacted by life's myriad experiences.

## **The Struggle Within**

For those grappling with mental health challenges, the journey can be isolating and overwhelming. Conditions like depression, anxiety, and trauma can prove to be a fatal blow on one's mental health. Acknowledging these struggles is crucial, as is recognizing that seeking help is not a sign of weakness but of strength and resilience.







## Destigmatizing Mental Health

One of the greatest barriers to seeking help remains the stigma surrounding mental health. Misconceptions and fear of judgment often prevent individuals from reaching out for support. However, open dialogue and education are powerful tools in breaking down these barriers. By fostering an environment where discussions about mental health are welcomed and embraced, we create space for healing and understanding.

## The Role of Support Systems

Support systems, both professional and personal, play a major role in the journey towards mental well-being. Therapists, counselors, and psychiatrists provide valuable expertise and guidance, offering strategies tailored to individual needs. Equally important are friends, family, and peers who offer empathy and encouragement, reminding us that we are not alone in our struggles.

## Embracing Self-Care

Central to maintaining good mental health is the practice of self-care. This goes beyond bubble baths and spa days to encompass habits and routines that nurture our emotional and psychological well-being. From mindfulness and meditation to physical activity and hobbies, self-care empowers us to prioritize our mental health amidst life's demands.

## Looking Ahead

By supporting initiatives that promote awareness and accessibility to mental health resources, we can create inclusive communities where everyone feels supported and valued. Together, we can rewrite the narrative surrounding mental health, turning struggles into stories of resilience and recovery.

In conclusion, mental health is a journey—one that requires compassion, understanding, and a commitment to self-care. By fostering an environment where conversations about mental health are open and stigma-free, we empower individuals to seek help and embrace the support they deserve. Let us continue to strive towards a world where mental well-being is a priority, and where every individual has the opportunity to thrive.

So, now, thank you everyone, this is me, Shriya Kulkarni signing off! Have a good day and may your health in all aspects become better!

**-SHRIYA KULKARNI, 7D**



## ***A HEAVEN ON EARTH: BHUTAN***

Can you ever imagine to be it a place where one hears only the melody of birds, sounds of gushing waters, ringing of prayer bells....and no honking of vehicles? It would be wonderful, isn't it? Bhutan, rightly called the 'Land of Happiness' is one such heaven on earth. I had been lucky to visit it during my summer vacation.

This lovely kingdom is very small with an area of 38,394 sq km and a population of approximately seven lakhs. The place is blessed with very rich flora and fauna. The Bhutanese people are very humane, friendly and helpful in nature. They respect the environment and that is why one can find endangered animals (Takins) and birds. I got an opportunity to visit lot of monasteries too which made me understand the real meaning of peace and calmness. I hold lots of pleasant memories from the place, and the place never fails to bring a smile on my lips, whenever I think of it.

***-AVANIR, 7E***



***SEA LA VIE,  
-KSHIPRA PRASAD, 7E***



## ***FROM FLOOR TO CANVAS: THE PENCIL'S REDEMPTION***

The acclaimed writing tool teetered about its woody, gouged surface along the weathered table and fell with a clunk onto the floor. The artist sat up with a mither and inspected the damage. The pencil lay wasted away. Its wooden casing seemed to be in its dotage; the lead displanted with a cavernous hole. The artist picked up the ruined pencil fervently, his hand smeared with the silvery graphite. Slowly, he began to cut away at its lead, relentlessly tuning its structure, as a speared figure began to rise from what was simply a secluded bit of chaff. Finally, a resilient point emerged: a point which could uphold fathomless possibilities; a point which could pierce the heart of creativity and peruse the eloquent delights of art. His nose twitched as the tingling scent of newly sharpened pencil wafted up his nose. He bit the end of his pencil, ignorant of the fact that his mouth was filled with the taste of machine cut wood, and began to envisage his next masterpiece. He began to fill his canvas with tumultuous shapes, queer lines, vivid hues and finally, his life's dream was fulfilled: a painting depicting the scene of an artist who had sat up with a mither to pick up a pencil which had dropped to the floor.



***-MADHAV PADMANABHA SHARMA, 7E***

***MY WISH TREE***

***-M TANVI, 7E***



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