

# NATIONAL PUBLIC SCHOOL RAJAJINAGAR



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F I R S T  
E D I T I O N

NEWSLETTER

Volume- L V



# EDITORIAL

Welcome back dear readers!

A fresh school year stretches out before us like the first page of a brand-new notebook, waiting to be filled with ideas, creativity and memories. After a long summer break with minds rested and energy recharged, we are truly excited to bring you the very first edition of our school newsletter for this term.

There is something special about the start of a new year. You can feel the quiet excitement of everything that's yet to come—the promise of fresh challenges, new friendships and little moments that will slowly turn into memories we'll carry with us. The hallways are filled with familiar smiles and fresh faces. Classrooms are buzzing with curiosity and even the library feels alive again with pages turning and quiet thinking in the corners.

As we step into this new journey together, we encourage all our students, teachers and parents to embrace the unexpected, welcome new opportunities, take on challenges and celebrate every small and big victory along the way. Growth is not only about marks or medals. It is also about showing up, giving your best, being kind and open to learning something new every day.

This edition captures the excitement and spirit of a year that is only just beginning to unfold. Inside, you'll find stories of students doing wonderful things—achievements that go far beyond the classroom, creative work that sparks the imagination and thoughtful writing that offers fresh ways of looking at the world. Whether it's the energy of new clubs forming, the fun of recent assemblies or the quiet beauty of a student's art or poem, it reflects the heartbeat of our school community.

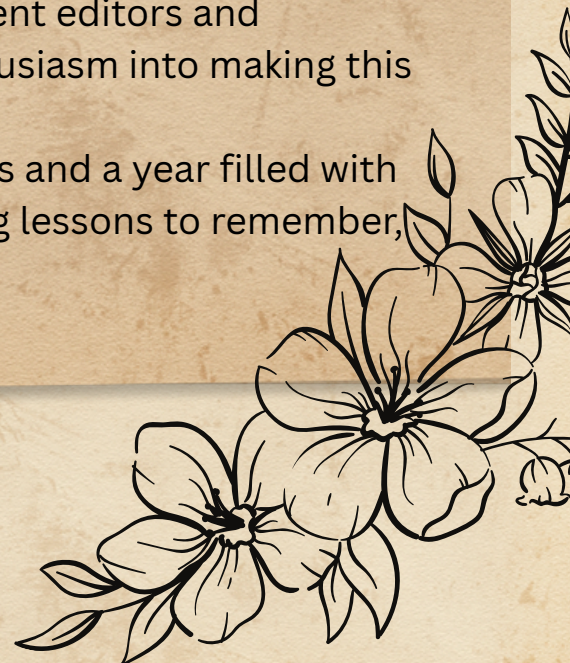
Of course, none of this would have been possible without the effort of many. Behind every page is our team of hardworking student editors and contributors who poured their time, ideas and enthusiasm into making this newsletter come alive.

So here's to fresh beginnings, bold ideas, kind hearts and a year filled with learning, laughter and surprises. May this term bring lessons to remember, friendships to treasure and moments to hold on to.

Welcome to a brand-new chapter! Happy Reading!

**Editors-in-Chief**

**Medha Sathish  
Tisya Chikodi**



# TIMELINE



WORLD GLACIER DAY

INTERNATIONAL DAY  
OF FORESTS

INTERNATIONAL DAY  
OF BIODIVERSITY

PARENT  
ORIENTATION

EARTH DAY

WORLD  
ENVIRONMENT  
DAY

INVESTITURE  
CEREMONY

INTERNATIONAL DAY  
OF YOGA

MEGA QUIZ  
2025-26

WORLD MUSIC  
DAY

SPORTS DAY

R-NPS MUN



# EVENTS



## ***World Glacier Day***

Class 12A put together a heartfelt and engaging programme for Glacier Day. With a song, a short play, and a fun quiz, they shed light on the importance of glaciers and the urgent need to protect them. The event was a powerful reminder of how climate change affects even the coldest parts of our planet.

## ***International Day of Forests***


Class 10A marked the International Day of Forests with a creative and meaningful programme highlighting the importance of forests and the need to protect trees and preserving green spaces.

## ***International Day of Biodiversity***

Class 10D put together an engaging session on biodiversity and sustainability. With a fun quiz and other interactive activities, the programme was a great reminder of how staying aware and making mindful choices can help build a more balanced and sustainable world.

## ***Parent Orientation***

The school hosted a refreshing take on the usual parent orientation, focusing on real conversations and connection. Parents took part in open discussions about the everyday challenges students face, and were introduced to the faculty, curriculum, and assessment patterns. One of the most touching moments was when parents wrote heartfelt notes for their children, later displayed on the 'Wow Wall' as a surprise adding a warm, personal touch to the day..



# EVENTS

## ***Earth Day***

Class 10C led a thoughtful assembly to celebrate Earth Day. It featured the powerful ways we can help the environment, reminding us that small changes in our daily lives can make a big difference.

## ***World Environment Day***

Class 12C marked World Environment Day with a vibrant and thoughtful programme. They performed a creative mime, a short play, a song, and a quiz—all centered around the theme of protecting our planet. The performances were engaging and left a lasting impression, encouraging everyone to be more mindful of their impact on the environment.

## ***Investiture Ceremony***

The school's Investiture Ceremony was a proud and memorable occasion. After a thoughtful voting process, the newly elected leaders took their oaths, ready to take on their responsibilities. The school prefects and vice prefects, sports captains, leaders of all four houses and club leaders were officially inducted into their roles by our Principal. It was a moment of celebration, pride, and a reminder of the values of leadership and service.

## ***International Day of Yoga***

The school marked Yoga Day with a peaceful and energising session. Students performed a range of asanas, from basic stretches to more advanced poses, explaining the benefits of each. The calm atmosphere and mindful movements made it a refreshing start to the day, reminding everyone of the importance of taking care of both body and mind.



# EVENTS

## ***Mega Quiz 2025-26***

The Mega Quiz 2025-26 was held for grades 9-12, where students, chosen through a preliminary round, showcased their knowledge, teamwork, and analytical abilities in an exciting final round. There were multiple rounds covering diverse subjects, also encouraging the audience to test their intelligence. It was an enthusiastic experience, filling the audience with new and interesting information.

## ***World Music Day***

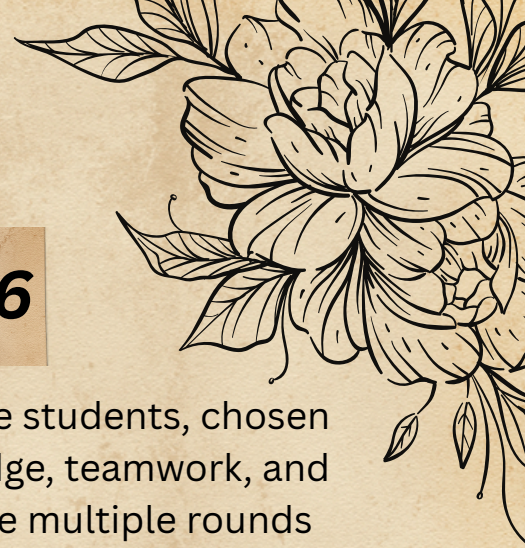
The school celebrated World Music Day with a beautiful blend of Indian and Western music. Students performed songs from different genres and generations, filling the space with energy and nostalgia. It was a joyful reminder of how music connects us all, no matter the style or era.

## ***Sports Day***

Our school's Senior Sports Day was full of excitement and team spirit. Many races were held, and students from all four houses competed with great energy and determination. The cheers, the competition, and the fun made it a day to remember.

## ***R-NPS MUN***

R-NPS MUN was an exciting two-day event where students from many schools came together to discuss and debate real-world issues across different committees. The atmosphere was filled with energy, ideas, and new friendships.



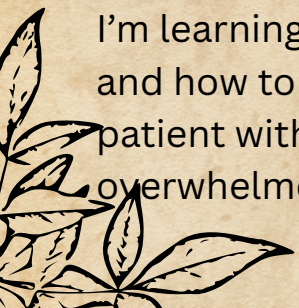
# SUNNY SIDE UP

## *A Child at Heart, A Teen in Battle*



They say growing up is like walking through a storm — a little wild, kind of confusing, and definitely not something you can fully prepare for. As a teenager, I'm starting to see what they mean. Some days feel bright and exciting, and others feel like everything's going too fast and I can't keep up. But even with all these, there's something very special and magical about this phase. Being a teenager comes with a variety of intense emotions. One minute you're laughing at a silly meme with your friends, and the next you're overthinking a conversation you had three days ago. It's exhausting. There are days when I feel like I'm not good enough, not smart enough, not confident enough. The pressure to fit in, do well in school, make my parents proud, and somehow still figure out who I am — it can feel like too much. But, don't forget to take a pause and restart .

One of most emotionally wrenching thing is the constant comparison be it from parents, relatives or even friends . Whether it's on social media or in real life, it feels like everyone else has it all figured out. Some people know exactly what they want to be, which subjects they love, which dream college they're working toward. Meanwhile, I'm still unsure, still figuring things out. It can feel lonely, even when you're surrounded by people. This is the stage of life where we're expected to act mature, to make big life decisions, to behave like adults. But deep down, there's still a part of me that misses being an innocent kid who came back home just to watch cartoons while having lunch and went out to play with friends for hours till our mothers screamed our names for the 10th time. I miss being the carefree child that could sleep without worrying about homework or exams or the future. Growing up feels like being pulled in two different directions — one towards responsibility and one towards simplicity. But amidst this chaos, I've started to notice the good and be optimistic. Every hardship, every confusing moment teaches me something. I'm learning how to deal with disappointment, how to talk about my feelings, and how to get back up when things go wrong. I'm slowly becoming more patient with myself, more understanding of others and how to control my overwhelmed emotions.



# SUNNY SIDE UP



Growing up is about becoming emotionally stronger. It's about realizing that failure isn't the end, but just a lesson. It's about understanding that it's okay not to have everything figured out. We're still learning and that it is a phase of life that everyone has to go through but the way you deal with it makes the difference and makes you stand out.

There's a beauty in the struggle. Friendships grow deeper as we go through similar experiences. We learn to support each other, to open up, to be kinder. And on the days when everything feels too heavy, I try to remind myself that storms don't last forever. Teenage years are messy and beautiful all at once. They're filled with awkward moments, deep thoughts, silly laughter, hidden tears, and powerful lessons. And this storm didn't break us – it made a foundation of who we are and revealed what we are capable of.

Mrudhubhashini Muttappa Tiparaddi - 11A  
Chief editorialist -Sunny Side Up





# INSIGHTS

Colonel Dr. Suresh Bhat is an ex-military doctor who has served in the Indian Army for 35 noble years. He has a degree in Bachelor of Laws (LLB) while being Bachelor of Medicine, Bachelor of Surgery (MBBS).

Diya Kiran (10C) and Prakruti Bhat (10D) got a chance to catch up with him while he answered some insightful questions. A simple, warm and humble human being, he encourages children to foster a love for their Motherland within themselves.

**Q1. A military doctor is an inspiring and rare career. Could you describe your journey to reaching one of the highest ranks of Colonel Doctor in the Indian Army?**

Immediately after I completed my MBBS from Trivandrum Medical College, there was a call for application. I did the interview and received the joining letter, not knowing what was in store for me. But then, you know the moment you hear that it's the army, something special is awaiting you and so it was. As a young doctor, you have field posting in high altitudes and jungle terrain etc. What I learnt was this profession was the practice of good medicine in bad places, considering the inhospitable terrain and unreachable facilities. But eventually I learnt how to treat patients anywhere and everywhere, be it the freezing cold or the deserts of Rajasthan.

**Q2. Having been in a profession that unveiled both pain and patriotism, could you tell us a bit about how you dealt with the emotional stress that comes with it?**

To be very honest, I wouldn't consider it to be stressful. Especially when you're in the thick of things you don't realise the stress. Everyone goes through tragedies. We as army doctors would feel low every time a soldier sacrificed his life for the country. We would consider it to be a personal strategy. I'm not saying we're stoic, but to a certain extent we realise that it is a part of the job. It also comes from training. We are trained and groomed in a way to handle and accept these things.





# INSIGHTS

**Q3. It is definitely the highest honour to aid our soldiers who sacrifice their lives protecting our borders. Can you share a memorable experience where your medical skills made a critical difference in the military setting?**

Oh yes! This was about 25 years ago in J&K. In those days the bullets were of a different kind and would be extremely devastating at even the point of exit. The bullet had just gone through the patient's skin and thankfully it came out from between the eyebrows, having ruptured only the plate of the skull and not much damage to the brain. Though it sounds gory, such bullets used to be fatal and we were grateful that comparatively there wasn't much damage. The patient had lost most of the front portion of his face but I was determined to ensure that he would survive. There was a big blood clot blocking his airways and he was becoming blue. I had to put my finger in and take out a huge chunk of blood clot. And the way he gasped in was a wonderful sight! It motivated me to ensure he returns home alive. But soon the clot again welled in his throat. I realised that the only solution now was to take him to the nearest army hospital, but it was nearly 90 kms away. So I inserted a needle below the clot in his windpipe. He would then gasp in and gasp out and the needle was ready to shoot out like an arrow. That's been one of my memorable experiences and I congratulate myself on saving his life, although a lot of surgeries had to be performed on his face later.

**Q4. Our borders can pose life-threatening situations anytime. What's the role of a military doctor during combat?**

His primary role is saving life and saving limbs if possible. So we have a SOP (Standard Operation Procedure) as to how to go about it. The first thing is your readiness. Now what do we mean by readiness? As we have no time to lose time in attending these casualties, we are always armed with the required things, for example, the uniform people wear in these combat settings is called a combat dress. The cargo pants with pockets can be stuffed with the most essential medicines and having a key as to which pocket contains what is most important. These drills are practiced day in and day out, and as the situation arises you take out what is needed and do the needful.





# INSIGHTS

**Q5. To work in a field that requires calm and precision, what additional leadership skills or training do military doctors receive apart from medical education?**

Apart from medical education, we are specially trained for man-management because there is a level of discipline required in the army. Military etiquettes are drilled into us during our training sessions. Even medical officers have to undergo a military course. It's a short one compared to our combatants, but the basic military skills are taught there.

**Q6. Not many people are aware of the struggles of the doctors who are there for our brave-hearts when they need them the most. From missing your loved ones to coping up with casualties, what kept you going during the most difficult moments?**

Once a patient comes to you, there is no time to think. After you have attended the casualty, the thankfulness in his eyes keeps you going and that's the biggest reward for any doctor in that matter. I think that gives you the rush of adrenaline and other hormones, which calms you down and make you feel great.

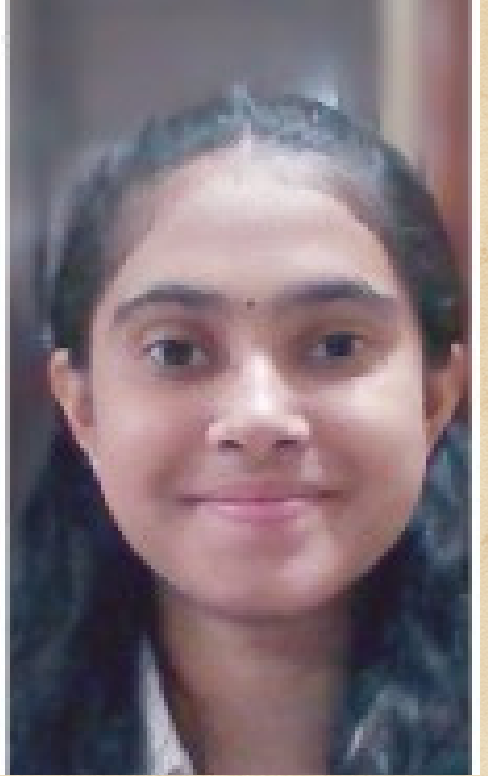
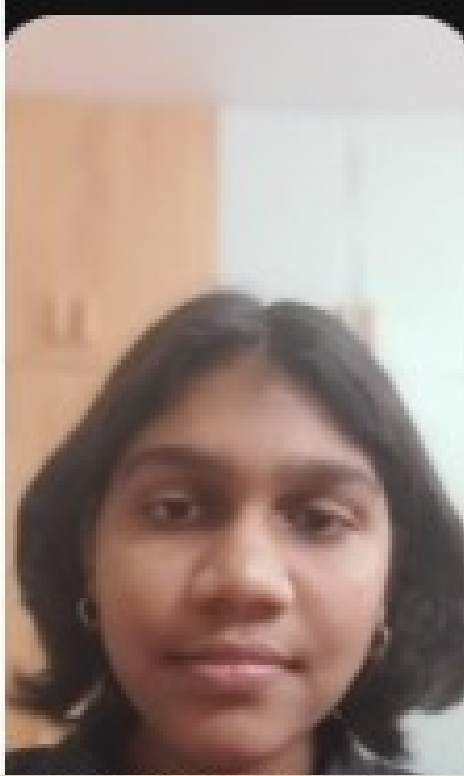
**Q7. What would be that one piece of advice you would like to give to young aspirants who feel deeply passionate about serving our Motherland in the armed forces as doctors?**

The advice I would give young aspirants, is to join the NDA after you finish 12<sup>th</sup>. But whatever courses you take up, do it to the best of your level.





# INSIGHTS



**Diya Kiran, 10C**  
**Prakruti Bhat, 10D**





# REVIEW SHELF

## ***Restart***

Section - Fiction

Bully. Pesterer. Menace. These are just some of the words kids used to describe thirteen-year old Chase Ambrose, who savoured the act of belittling those around him. Along with his friends Aaron and Bear, Chase frequently made all his classmates feel anxious and distressed. But all of that was about to change.

Blank! That's how Chase's mind was when he woke up. It was as if he had been wiped clean. His system reset. Chase Ambrose just woke up from a near-death experience...

The doctors say it's acute retrograde amnesia. But Chase has something else to worry about- Who even is he? When he gets back to school, some students make no secret of their disdain for him and his actions, whereas some actually enjoy his company. Aaron and Bear are at a loss, completely disoriented from their friend's odd behaviour. Chase is in a quandary, completely baffled about his options. While he has been given an opportunity to experience things through the eyes of others, the choices he makes are in his control, and his control only. He has been presented with two main choices now- will he stick to his old ways, or will he change?

Gordon Korman's 'Restart' delivers a powerful message- Human capacity for growth and self-improvement never stops, even in the face of a challenging past. It encourages readers to consider how their actions shape who they are and how they are perceived, and that true identity is built on present choices, not just past deeds. No matter what happens, there is always more room for change.

**Ninaad Kishan, 9B**





# REVIEW SHELF

## ***Ikigai For Teens - Finding YOUR Purpose in Life***

Section - Self Help

Imagine a jar, containing a bunch of stones, big enough that the jar can only hold a select few. Then, the same jar is filled with pebbles, smaller than the stones. Now, the jar has very little space for anything more. We add some sand into it, which takes up any space which was unoccupied before.

The jar represents life. The stones are the things in life that matter to us the most, like our family, friends and health. The pebbles may represent other smaller important things, like a person's job and house. The sand, however, are all the other things in one's life, like hobbies and other activities that the person engages in. It is important to realise that the pebbles had space to freely settle wherever they wanted to, because the bigger stones had already settled in. If we were to pour in the pebbles or the sand, before the stones, we wouldn't have had space for the most important things in our life.

In modern society, teenagers face a lot of issues, whether it is peer pressure and social media's impact, or bullying and academic stress. 'IKIGAI FOR TEENS', written by Héctor García and Francesc Miralles acts as a guide for teenagers to find their purpose in life.

It's not necessarily about finding one single, huge thing, but rather a combination of what you love, what the world needs, what you can choose as a job, and what you are good at. These are key factors upon which influence your reason for being. The journey has no definite destination, nor does it have a map. When the explorer is ready, their path appears. The things that overlap between these four factors will help you find your ikigai, and can help you navigate the challenges of growing up and make choices that truly align with who you are. So it is time for you to find a reason to get up in the morning, by picking up 'Ikigai For Teens', by Hector Garcia and Francesc Miralles

**Ninaad Kishan, 9B**





# REVIEW SHELF

## **The Hazel Wood by Melissa Albert**

Section - Fiction

We all wish for stories to stop being stories and turn into reality. Alice Proserpine was told by her mother that bad luck would find them. Even if they hid in the darkest, most hidden abyss in the world. There probably was an age when Alice believed this, but as she grew older, she just thought of that statement as an excuse given to her by her mother to let them continuously shift to other places.

Alice Proserpine's grandmother was never much around her or her mother. Alice knew many things about her grandmother, but one fact stood out from the rest. That she was an authoress. She wrote stories that had words so masterfully woven into each other that it stopped feeling like a story. Maybe some stories are real.

Far away, in Hinterland, Gothic fairy tales are coming to life. Twice-Killed Katherine, The Door That Wasn't There, and the Sea Cellar caught Alice's attention, but not as much as Alice-three-times. Once her mother received a letter stating that Althea Proserpine, a renowned authoress known for her famous Tales of Hinterland, was dead. What happens next is very similar to what has happened many times in Alice's life. Shifting. Packing everything and moving away from her current location to goodness knows where.

Alice begins to feel that Althea's death would bring an end to their bad luck. But is it truly so? Alice soon starts to feel the emptiness of her Grandmother's absence once she figures out that her mother was abducted. Teaming up with her school friend, Ellery Finch, Alice is now determined to find out where her mother was and what chain reaction was triggered by Althea's death.

The Hazel Wood is the perfect blend of adventure and horror. This book had all its readers scared and amazed by its arcane nature. Through this story, Melissa Albert brings in an amazing contribution to modern literature.

**Shreya B Rao, 9D**





# REVIEW SHELF

## ***The Secret by Rhonda Byrne***

Section - Self Help

Rhonda Byrne's 'The Secret' is a hugely popular book that introduced many people to the Law of Attraction. This idea suggests that what you think and feel directly affects what happens in your life. The main point is that if you focus on positive thoughts and clearly imagine what you want, you can attract those things into your life—like money, good health, or happiness.

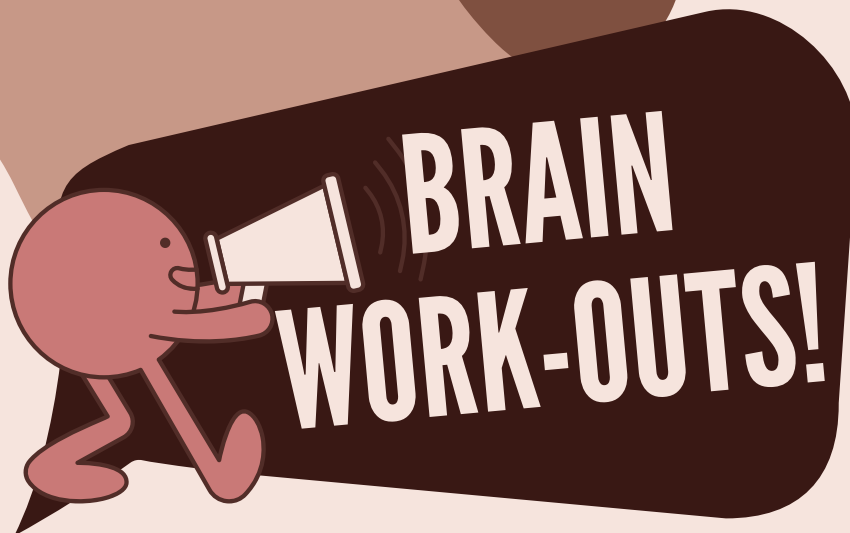
One of the best things about the book is how easy it is to understand and get into. Byrne takes big, complicated ideas and explains them simply, making the Law of Attraction clear for everyone. She uses stories and examples to inspire and motivate readers, pushing them to think more positively and imagine their goals. A lot of people say the book helped them feel more in control of their lives and gave them a brighter outlook. Its focus on gratitude and positive affirmations is especially helpful for building a good inner mindset.

However, there are some downsides. The way 'The Secret' explains the Law of Attraction can sometimes feel too simple. This might lead some readers to have unrealistic expectations, thinking that just imagining something is enough, without needing hard work, smart planning, or bouncing back from tough times.

To sum up, 'The Secret' is a strong starting point for learning about mindset, manifestation, and the power of positive thinking. It's great for encouraging optimism and setting intentions. But it's important to remember that practical effort, being flexible, and understanding life's challenges are still key to reaching your goals.

**Shreya B Rao, 9D**





## WORDSEARCH CRAZE!

THEME- MOVIES/SERIES

HINTS:-

- 1.JENNA ORTEGA ACTED AS THE MAIN CHARACTER.
- 2.CHRIS HEMSWORTH ACTED IN THIS MOVIE SERIES.
- 3.MILLIE BOBBY BROWN ACTED IN THIS SERIES.
- 4.A MAGICAL BOARD GAME UNLEASHES A WORLD OF ADVENTURE ON SIBLINGS.
- 5.EVERY CITIZEN MUST WATCH AS THE YOUTHS FIGHT FOR SURVIVAL.
- 6.ROYAL MINT OF SPAIN ROBBERY.

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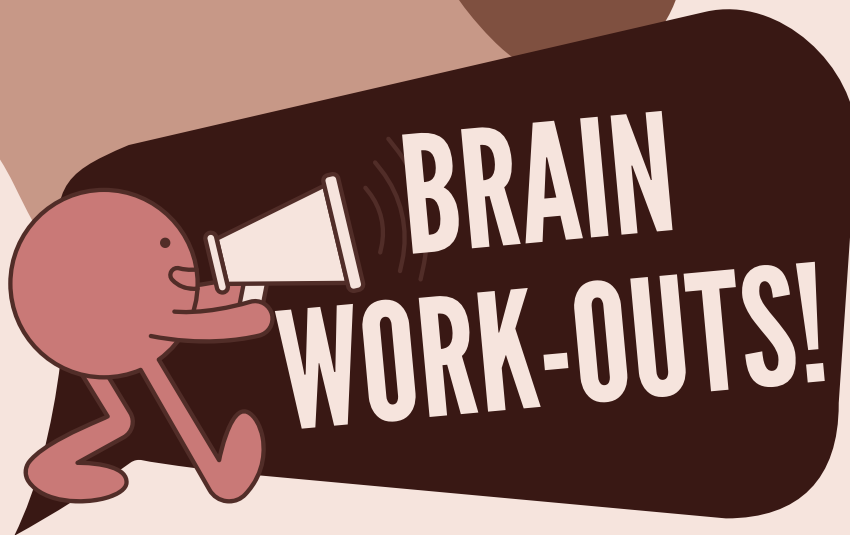
## RIDDLE OF THE DAY

I SPEAK WITHOUT A MOUTH,  
HEAR WITHOUT EARS, AND  
REPEAT EVERYTHING YOU  
SAY, BUT I NEVER EXIST ON  
MY OWN. WHAT AM I?



## SUDOKU TIME!

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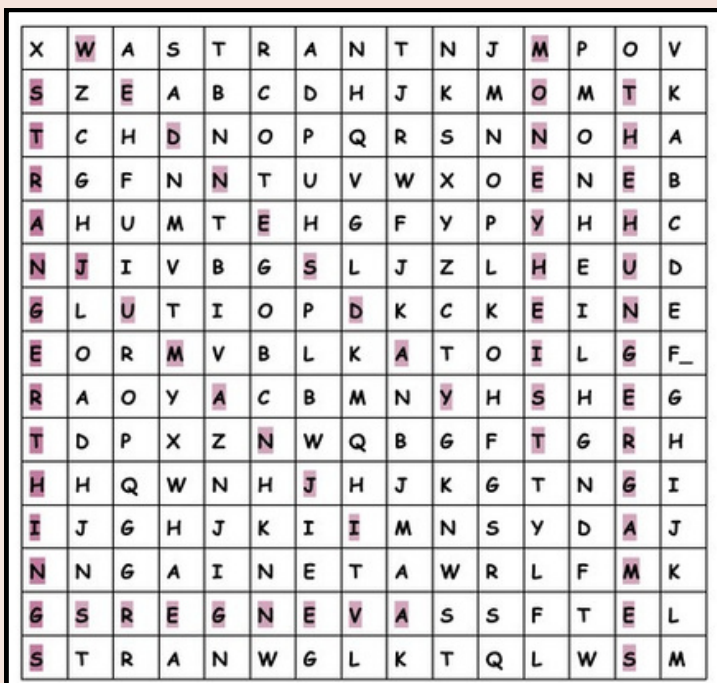


## WORDSEARCH CRAZE!

THEME- MOVIES/SERIES

HINTS:-

- 1.JENNA ORTEGA ACTED AS THE MAIN CHARACTER.-WEDNESDAY
- 2.CHRIS HEMSWORTH ACTED IN THIS MOVIE SERIES.-AVENGERS
- 3.MILLIE BOBBY BROWN ACTED IN THIS SERIES.-STRANGER THINGS
- 4.A MAGICAL BOARD GAME UNLEASHES A WORLD OF ADVENTURE ON SIBLINGS.-JUMANJI
- 5.EVERY CITIZEN MUST WATCH AS THE YOUTHS FIGHT FOR SURVIVAL.-THE HUNGER GAMES
- 6.ROYAL MINT OF SPAIN ROBBERY.- MONEY HEIST



## RIDDLE OF THE DAY

I SPEAK WITHOUT A MOUTH,  
HEAR WITHOUT EARS, AND  
REPEAT EVERYTHING YOU  
SAY, BUT I NEVER EXIST ON  
MY OWN. WHAT AM I?  
ANSWER: ECHO



## SUDOKU TIME!

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# Grade 11



## Tranquil Haven



Aditya Shrikara Pradeep, 11B



## Moment of Peace

I woke to find the morning still,  
The light lay soft upon the hill,  
A bird sang a sweet and gentle tune,  
The world felt calm beneath the moon,  
A moment's peace as time went by,  
No rush, no noise, just breath and sky.



Atharva Hansal Shah, 11 C

## Feathered Friends



Pragya S Ganna, 11c

## The Wonder Remains

A free bird soars the skies,  
Longing to know the sighs  
Of a bird in chains.

A caged bird beats its wings,  
Yearning to know the springs  
That set the free bird's heart singing.

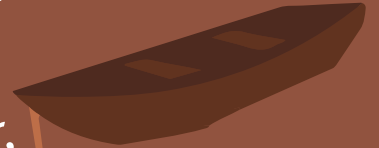
Free or caged, wonder stays  
Through past, present, and future's sway  
A timeless, endless gaze.

In truth or illusion's haze,  
Wonder's flame still burns its way  
Illuminating life's maze.

Riya D Shah, 11C

# Perfection

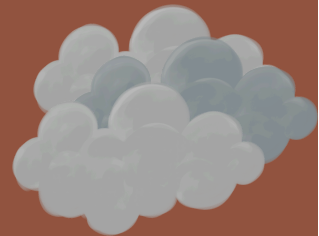
I sail my boat half-heartedly,  
Only vaguely aware of my destination,  
As I stare out onto the vast ocean,  
Engulfing me in all its abundance.



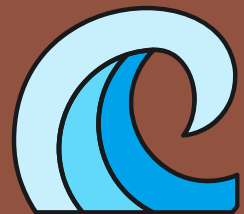
A cool breeze runs though my hair,  
Just as I see the golden dome of the sun,  
Rising up and above in all its shimmering glory.



And suddenly, there is a moment of peace,  
A sense of calm and satisfaction,  
Like the calm before a storm,  
As though to symbolise the hardships to come...



There comes the storm.  
The waves rise like monsters,  
And the world is instantly consumed in darkness,  
As I blink in fear, not knowing what to do.



But time heals,  
And the storm dies down,  
Though the heart knows - there are many yet to come...

Perfection is a journey, they say.  
Although I wonder if I'll survive it,  
A part of me still believes,  
That come what may, I can reach the island of perfection one day,  
And so, I brace myself,  
And sail onto this faraway island,  
Hoping that someday,  
I will wash up on that glorious land.  
Having overcome all the storms,  
My heart, stronger than ever before.

Gowri Nanjunda Prasad, 11C

### *Olde Worlde Charm*



Vaishnavi Patil, 11B

## GRATITUDE

The morning light unfolds with golden grace,  
A gentle whisper dancing on the air,  
Its warmth embraced without a claimed embrace.  
The river sings, its journey free and fair,  
No voice demands, yet still it carves its way,  
A quiet gift for all who linger there.  
A loving hand, a word that lights the gray,  
The steady ground beneath each eager stride,  
A bond unspoken, carried day by day.  
Through stars above and hearts left open wide,  
Each gift bestowed, unseen yet ever true,  
And gratitude remains, in us, inside.  
Be grateful to what we have,  
And wish for those who don't have.  
Don't greed for more than we need,  
Be content, let gratitude lead.

Sriram Ganesh, 11 A

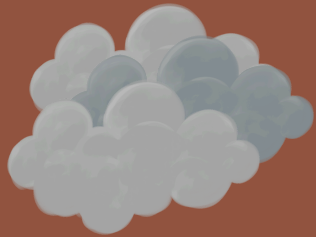
*Hearty Purrs*



Swara Krishna Roa, 11 A

# Comfort Confines

The cave makes me feel uneasy  
My eyes hazy In the darkness  
Moist mold and cascades of fern invade my lungs  
And tighten my heart in the pits of my chest.



The life yearned for, awaits in the light  
But thunder and storm rules the sky.  
The fog renders the lost blind  
And into the cave, a little more kind  
Shelters man 'til he finds his way out  
courageous, but until then, in damp cold doubt.

Comfort lies in the dark little space  
For he who cannot bear the weight of hail rocks  
Needles of rain, to reign free of daze  
Towards the glory of sun on skin ablaze.



But the eyes that have succumbed to the darkness  
Now find the blinding light, awaiting  
Too sharp, burning hot, discomforting and passionate  
Too much for the man who does not satiate  
The desire for freedom and finds home  
In the dreary dark, easier, alone



The birds have flown off far to the west  
Mayflowers bloom and paint their nests  
The clouds tucked in the edges of the sky  
Bright white, blue, pink and then night.

I'm afraid for the man who does not climb  
Out the comfort, left behind  
Afraid for the man who's content to survive  
And not bear the wings of life  
Afraid for him, who from laze, does not break free  
And afraid that, that man is no one else but me

Soha Maryam, 11B



# Solitude

Solitude, it whispers secrets

A language only the soul understands

It's a slow unravelling of the threads that bind me to the world,

A shedding of the masks

I wear, a quiet surrender to the depths within

Where the embodiment of my true self resides

A place where the din of the world is merely a bad dream  
and silence is now tangible

Solitude is a canvas where thoughts become art.

In loneliness the colours bleed away

Solitude is a slow excavation of the soul

Loneliness is a bottomless void

Solitude is my dimension, where I confront my deepest fears

A place, where i find the true me

A place, where i find the freedom to be

While loneliness is a prison of isolation



I choose solitude to listen to the whispers  
Of my own heart, to unravel the threads  
Of my existence to find the stillness  
That lies beneath the chaos  
In this quiet I find a truth  
That is both fierce yet fragile  
That is calming yet disturbing  
That is soothing yet provocative.

Here I find the contours of my soul  
The depths of my own consciousness  
The silence is a mirror  
Reflecting the beauty and the pain  
What lies at the core  
Of my existence.



Rutvuh Vijay Naidu, 11B

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