



# *The First Forum*



ISSUE 12

# FIRST FORUM



## FROM THE EDITOR'S DESK

Greetings Readers!

We, the students of grade 7, are delighted to present to you the 12th edition of our school newsletter - The First Forum.

We will highlight all the notable school events that took place in the month of January, in this newsletter. Beyond the events, we have a lot of creative concepts, astounding artworks showcasing the students' true talent, and plenty of photos snapped by the photographers among us.

We have enthusiastically designed this edition, hope you enjoy paging through it similarly.

Cheerios!

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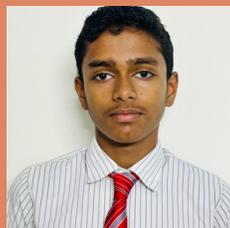
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# From the Principal's desk,



## PROCESS IS MORE IMPORTANT THAN RESULT

At the precipice of exam season, the emotions swirling within us are nothing short of a collective whirlwind. Exam season, is a period that tests our knowledge, skills, and mental fortitude, has arrived with all its might. It may feel like an overwhelming tidal wave crashing upon us, threatening to consume our every waking moment. The pressure to perform, to excel, to meet the expectations, is often stressful.

In the days leading up to exams, we grapple with a mix of emotions that seem to tug at our hearts and souls. A medley of excitement, fear, and uncertainty dances within us, sometimes harmoniously, but often, creating cacophonous melodies of worry. It is a challenge to navigate this emotional labyrinth, for we are human.

Exam stress is a common reaction when faced with academic assessments and can manifest in various ways, including physical, emotional, and psychological symptoms. The primary reasons for this stress lie in the high expectations placed on students, fear of failure, pressure for academic success, and the sense of uncertainty about their future. It is vital to recognize these causes and understand that exam stress is a natural response.

Biochemical changes occur in the body when experiencing stress. The release of stress hormones, such as cortisol and adrenaline, triggers physiological changes that prepare us for a fight-or-flight response. While short-term stress can enhance cognitive performance, prolonged or intense stress can have detrimental effects on concentration, memory, and overall well-being.

To combat exam stress effectively, several strategies can be adopted. Firstly, time management and planning are crucial to allocate sufficient study time while also ensuring adequate breaks and moments of relaxation. Establishing a realistic study routine and setting achievable goals can help build a sense of control and reduce anxiety. Secondly, maintaining a healthy lifestyle, including regular exercise, balanced nutrition, and sufficient sleep, can significantly alleviate stress levels and optimize cognitive functioning.

# From the Principal's desk,

Additionally, practicing relaxation techniques such as deep breathing exercises, meditation, or taking part in activities that bring joy and allow for self-expression can prove beneficial. Lastly, seeking support from peers, mentors, or professional counselors can provide a necessary outlet for expressing concerns and receiving guidance.

The school environment plays a pivotal role in supporting students during the exam period. To minimize stress levels, schools should foster an atmosphere of open communication, ensuring students feel comfortable discussing their worries with teachers or counselors. Providing workshops or seminars on stress management techniques and study skills can equip students with effective strategies. Schools also need to encourage a healthy competition and a growth mindset, emphasizing the importance of personal growth and resilience rather than solely focusing on grades.

Equally important is the support of parents during this critical phase. Parents should maintain open lines of communication with their children, expressing unconditional love, and providing reassurance that their worth is not solely determined by exam outcomes.

Encouraging a balanced lifestyle, promoting healthy eating, and sleeping habits, and allowing breaks for leisure activities can contribute significantly to their child's well-being. Furthermore, parents should avoid excessive pressure or unrealistic expectations, instead fostering a positive and supportive environment that promotes effort rather than solely focusing on results.

The weight of the unknown, the countless hours of preparation, and the inevitable self-doubt can engulf us in a whirlpool of stress. Moments of panic may wash over us, leaving us gasping for air as the fear of failure grips us tightly. It is in these moments that we must remind ourselves of our strength, resilience, and the unwavering purpose that brought us to this point.

So, my fellow warriors, as you embark upon this tumultuous journey called exam season, remember to be gentle with yourselves. Nurture our minds, bodies, and souls, for self-care is not a luxury but a necessity.

Together, we shall conquer the storms of exam season, emerging stronger, wiser, and ready to face whatever lies beyond. Let us embark on this journey with resilience, determination, and a deep understanding that beyond the stress and emotional turmoil, we are capable of greatness.

# Prakriti



## Young Entrepreneurship Program

“A satisfied customer is the best business strategy of all.”

Thinking from an economic perspective, youth entrepreneurs are the future of the economy. A young entrepreneur is a child or young adult who assumes risks to start and operate a business or finds new ways to do business better.

Prakriti, the Young Entrepreneurship Program (YEP) provided a platform for students to showcase their entrepreneurs' skills and talents. It was inspiring to see them step up and take on new challenges with confidence. From candles to pouches, accessories to paintings, and even essential oils, their creations showcased not only their artistic flair but also their business acumen.

It was a day of big dreams and even bigger achievements, showing that when we come together, there's no limit to what we can accomplish. The profits were donated to Vidya Vikasa Kendra a unit of Jayanagara Sthree Samaja Trust on 14 February 2024.



# Novelty

On January 27th, our school was buzzing with excitement as students of grade 4 showcased their talents and passions. It was a day filled with unforgettable moments, where creativity and community spirit took center stage.

The fourth-grade students stole the show with their play, "Novelty." This wasn't just any performance—it was a chance for these young writers and actors to shine. Their imaginative storytelling and stage presence left a lasting impression on everyone who watched.



# Meraki



## Art Exhibition

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.” - George Bernard Shaw

Art is not just an expression of emotion but also a medium for communicating ideas. The entire school was transformed into a vibrant art gallery for the “Meraki” exhibition. Every corner was adorned with stunning paintings and sketches, each one a testament to the creativity and individuality of our students. The models of temples like the Ram Mandir, Badrinath Temple, and Kedharth Temple served as a poignant reminder of our heritage and traditions.





# Ram Mandir Pran-Pratishtha

The consecration of the Ram Mandir (Ram Mandir Prāna Pratishtha) was held at Ayodhya on 22 January 2024. Pran Pratishtha is considered an important ritual at any temple. It is believed that before the process of Pran Pratishtha every idol is like any other decorative piece of a figurine. Through Pran Pratishtha, special powers are infused into them, and they are transformed into deities.

Ram Mandir is being built to commemorate the birth of Rama at his Janmasthan. Therefore, the presiding deity of the temple is supposed to be the infant form of Rama, an avatar of Vishnu. Rama, in that infant form was referred as Ram Lalla. The event was organized by Shri Ram Janmabhoomi Teerth Kshetra. Line relay of Pran- pratishtha was witnessed by students of all grades, teachers and staff in the quadrangle of our school.



# Makar Sankranti



Makar Sankranti holds historical and religious significance. It marks the transition of the Sun into Capricorn and is associated with the winter solstice. Legends say that Lord Surya visits his son Shani on this day, and it grants immediate salvation to those who die. As per legends, it is considered that Sankranti – after whom the celebration is named – was a divinity, who executed an evil called Sankarasur. The day next to Makar Sankranti is called Karidin or Kinkrant. On this day, Devi killed the villain Kinkarasur. Feeding grass to a cow on this day yields a huge amount of punyas, and any good deed carried out on this day is said to multiply its value by thousands, in the amount of punyas yielded. A ritualistic obeisance of the holy cow was conducted inside the campus led by Mrs. Usha Mahesh Reddy, Director-Principal and Mrs. Nirmala Mohan, Vice Principal. Prasadam was distributed to all present.



# Republic Day



Republic Day marks the adoption of India's constitution and the country's transition to a republic on January 26, 1950. Babasaheb Bhimrao Ambedkar, referred to as the father of the Constitution of India, drafted the Constitution, which is the supreme law of India. Every year, the celebrations marking the day feature spectacular military and cultural pageantry. On this occasion, special assembly and various competitions were organized in our school to foster a sense of patriotism in students and spread awareness about our freedom struggle, the constitution, and its values. Students performed patriotic songs and traditional dances to represent the diversity of the country.



# Art Expo



Aditya Kumar Mishra 7A



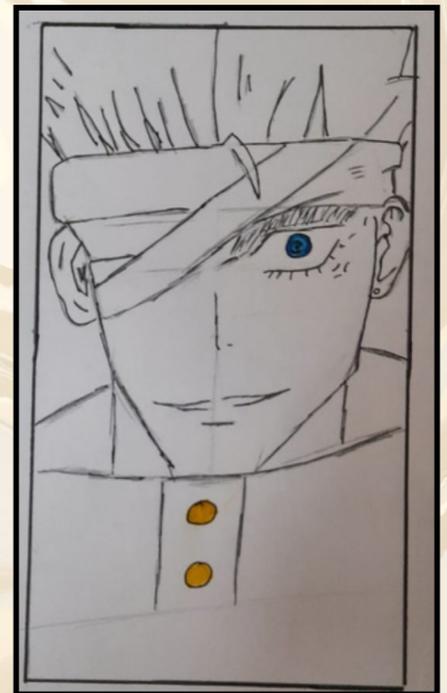
Talluri Siddarth 7C



Gadin Rajkumar 7C



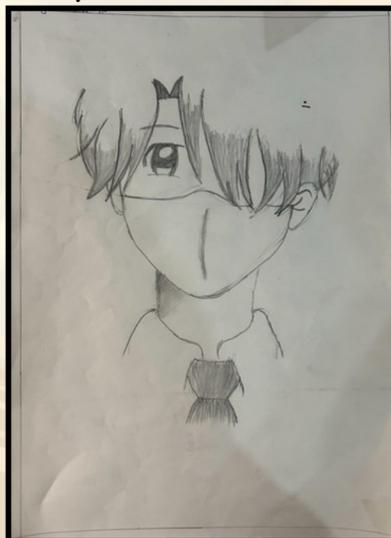
Tejas R Mathad 7C



Darren Immanuel Dennis 7C



Sujan S 7A



Aayushi Rathi 7A



# Art Expo



Tisha Viju Issac 7C



Avikshith R 7B



Aditya Panda 7B



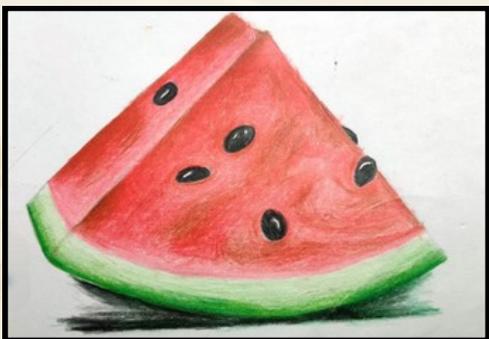
Avni Bagla 7C



Ridhima Malti Ranjan 7C



Avikshith R 7B



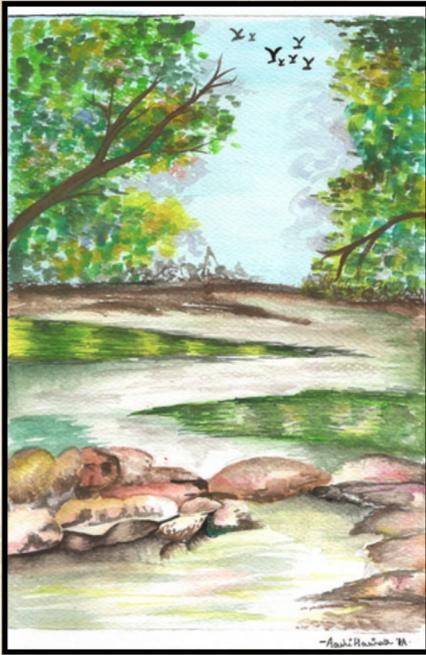
Kashwi Kiran 7C



Shravan S 7B



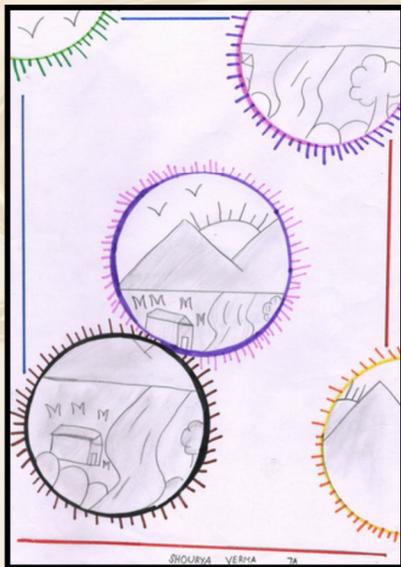
# Art Expo



Aashi Harinath Sale 7A



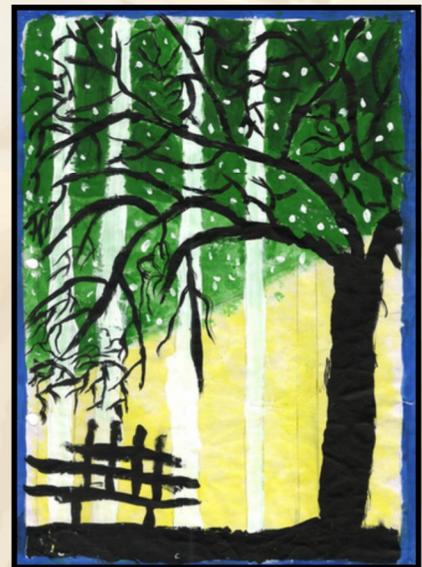
Harinitha 7B



Shourya Verma 7A



Rithu Renesh 7A



Srikar 7C





# Creative Compositions

On January 20th Akira, a high school student from Osaka in Japan, was running as fast as possible as he found a potion which almost burnt his friend. A boy named Hayami was stalking him because he thought that was the potion of the darkest sorcerer Kurayami. Hayami was a sorcerer from sorcery high, a high school in Osaka. He thought that if anyone drinks one of the 10 potions he will turn into Kurayami until the person regains his consciousness. He stopped Akira and confirmed it, "No way, this is actually it, the potion".

Hayami immediately contacted his master Isamu Gojo, who was the most powerful sorcerer of the time. Gojo was about to snatch the potion from Akira's hand but then a cursed spirit suddenly appeared. Gojo exorcised the spirit in minutes but then a hand out of nowhere held onto Akira, it started strangling Akira. Akira had no choice, he drank the potion and suddenly marks appeared on his face- after a long time Kurayami came back, he exorcised the hand cursed spirit in seconds and then escaped from the scene. Hayami was too scared to react, Isamu returned after exorcising the spirits and asked, "Where did that boy go?". Hayami frightenedly replied, "He drank the potion". Gojo panicked after hearing the reply but remained calm.

"Ok we have to scan Osaka completely and find him". At sorcery high he assembled a group of special sorcerers including Hayami.

On January 28th a civilian spotted a weird creature with eight arms and complained about it to the police. This news was then heard by the sorcerers; they were ready to fight the strongest sorcerer in history. They went to the spotted place and found a black hemisphere-like structure covering a portion of land. They entered it and found Kurayami holding all of the civilians as hostage and then Kurayami said, "Get me all the 9 potions or else you know what will happen" and then he cackled. Isamu had a plan. He said they needed a distraction, so he decided to use simple word slashes to cut Kurayami's limbs and then take the hostages safely out of the area. Then he concluded, he would regain his limbs but then we will attack.

They then started by using simple sword slashes, Kurayami got alerted but could not do anything. Then the hostages ran all around trying to escape. The sorcerers were successful in rescuing the hostages. Now it was time they fought Kurayami. Isamu gave his strongest attack saying, "LIGHTNING SLASH!". Kurayami dodged it and then gave his attack almost knocking Isamu. They needed a plan; they needed a leader! Hayami then comes forward and explains that they all should attack one by one so he would not have time to dodge. The sorcerers followed him, they all attacked. At last, Hayami gave Kurayami his final blow and Kurayami fell on the ground and the marks disappeared slowly. All of them were exhausted.

At last, the incident stopped, all the hostages were safe, Isamu was fatally injured but he did not die.

Akira was also alive, and all sorcerers were known to the world as heroes.

# Creative Compositions

## NOAH'S FLOOD

“Was there really a flood?”

For those who are unfamiliar with the flood, it is a story told in the Book of Genesis, the first book of the Bible. It tells the story of the god's decision to return the universe to its pre-creation state of watery havoc and remake it with Noah and his ark.

God saw that his creation was corrupt and full of violence ten generations after he created the world, so he decided to destroy it. Among all of this, he discovered one righteous man, Noah.

The god later revealed his intentions to Noah and instructed him to build an ark to save him, his family, and all the animals. Noah and his family committed their lives to constructing the ark.

When Noah was six hundred years old, “the fountains of the Great Deep burst apart and the floodgates of heaven broke open,” and rain fell for forty days and forty nights straight, covering the highest mountains on the planet. Until all living things perished except Noah and those on the ark. After 150 days, the waters receded and the ark touched down on Ararat, a mountain in present-day Turkey's extreme east.

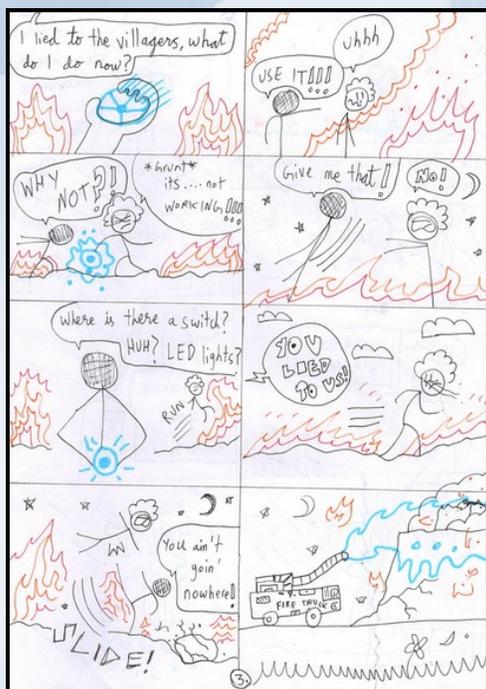
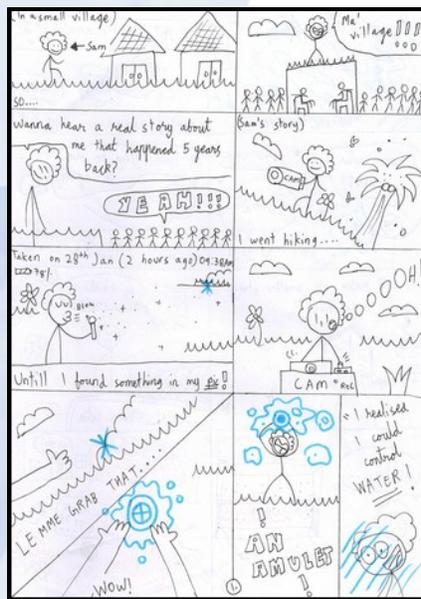
We can dismiss the flood as being entirely accurate because it cannot rain for forty days and nights and cover the world's highest mountains. Nor can we even hope for a massive ship buried several layers beneath the Earth.

What's more fascinating is that flood stories exist in almost every culture in the world. However, these are believed to be small local disasters rather than worldwide catastrophe.

These floods must have kept happening and survivors would have passed on their experiences which with time became a legend.

Avanthika Namboothiri 7A

# Creative Compositions



# Creative Compositions

19th November's Night

## Chapter 1

The mystery begins

That day I didn't know what was going to happen. It was 9 pm. I was at my home, with my family. As usual watching T.V., nearly it was 10. Everyone went to sleep but I felt something unusual. I became restless and then I heard a scream. Suddenly everybody woke up. Someone shouted "Save me, save me!" We all ran out of the house. But there was nothing. Then suddenly we heard it again. I saw something was going on down.

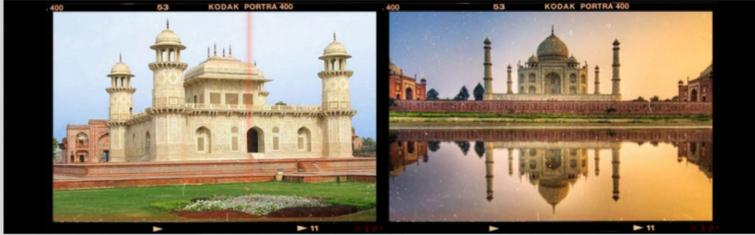
## Chapter 2

Unfolding the mystery

I shouted, "Everyone goes inside". Everybody thought I was joking but even my brother said: "Go inside". My mother said, "What is there?". I said "A blank black face with nothing on it". She asked again "What do you mean by nothing on it?". "with no eyes, no nose, and no mouth." I said. Suddenly there was silence. I was scared, but still, some words mumbled out of my mouth. My father said, "What happened?, speak out!". I pointed my finger behind him and said "Look back". He did turn back but couldn't see anything. I said, "it is there". It was coming towards me I got scared. My brother held me tight and said "Don't turn or blink if you do, we all will be dead".

Yahvi Bhende 7B

# Pictorialism



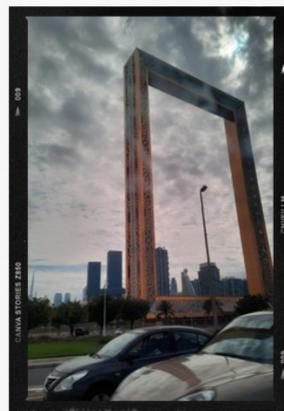
Siddharth 7C



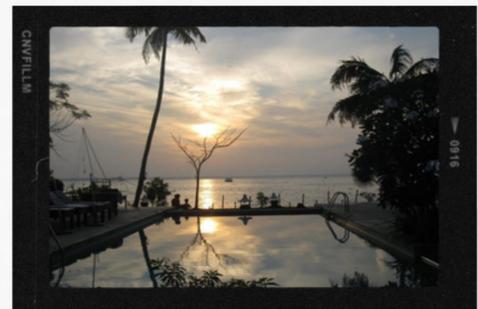
Chiru Nivedhan 7C



Tisha Viju Issac 7C



Chiru Nivedhan 7C



Avni Bagla 7C



Vikram Gopinath 7C



Tisha Viju Issac 7C



Veeksha 7C

# Pictorialism



Avanthika Namboothiri 7A



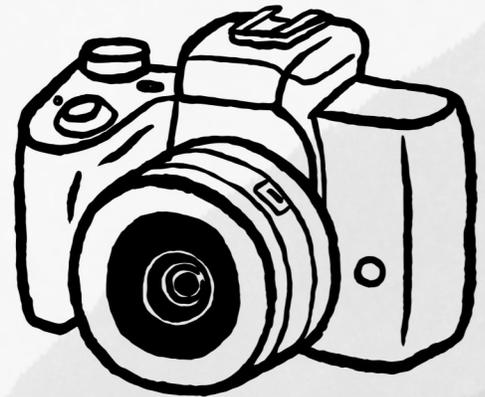
Ahana Charatkumar 7C



Kashwi Kiran 7C



Ahana Charatkumar 7C



Avikshith R 7B



# SCIENCE CORNER



## Revealing the Sun's Enigma: The Aditya L1 Mission

In the vast expanse of space, where the Sun holds dominion, India's space agency, the Indian Space Research Organisation (ISRO), is pioneering a course with the Aditya L1 mission. Bearing the Sanskrit name for the Sun, "Aditya," this endeavour aims to delve into the mysteries of our closest celestial body like never before. Central to the Aditya L1 mission is an insatiable quest for understanding the Sun's elusive atmosphere. Positioned at the Lagrangian point L1, roughly 1.5 million kilometres away from Earth in direct alignment with the Sun, the mission enjoys an unparalleled view of our stellar neighbour. This distinctive vantage point holds the promise of revolutionising our comprehension of solar phenomena, shedding light on aspects that impact our everyday lives, from space weather dynamics to satellite communications.



Armed with a sophisticated array of instruments, Aditya L1 is poised to decipher the secrets of the Sun's atmospheric layers, from its scorching surface to the far reaches of the corona. Among its arsenal are the Visible Emission Line Coronagraph (VELC), designed

to scrutinise the outermost layer of the solar atmosphere, the Solar Ultraviolet Imaging Telescope (SUIT), facilitating observations of the chromosphere and corona, and the Solar Low Energy X-ray Spectrometer (SoLEXS), tasked with monitoring solar flares and their repercussions.

The Aditya L1 mission not only marks India's ascent in space exploration but also underscores a collaborative endeavour to expand humanity's cosmic knowledge.

Through synergistic partnerships with international counterparts and the harnessing of cutting-edge technology, ISRO endeavours to contribute to a global comprehension of the Sun and its sway over our solar system.

Avni Bagla 7C

# CONQUERING EXAM STRESS

A full go-through about exam stress, how people's minds work, and how to prevent it.

## What is it?

It is a feeling or a worry in some people when test-taking situations occur

## What do people think?

People when facing exam stress often go to depression, and it is difficult to come out of that, instead following these 5 precautions can improve your academics.

## How to prevent it?

- Whenever you start practising for your exams, remember to **BREATH**.
  - Always set **REALISTIC** goals which are practical.
  - Always be **ACTIVE**, exercise and take breaks it will help you not to lose interest.
  - **TALK** to someone if you feel like you are struggling.
- And the most important thing is 'BELIEVE IN YOURSELF'

## What happens?

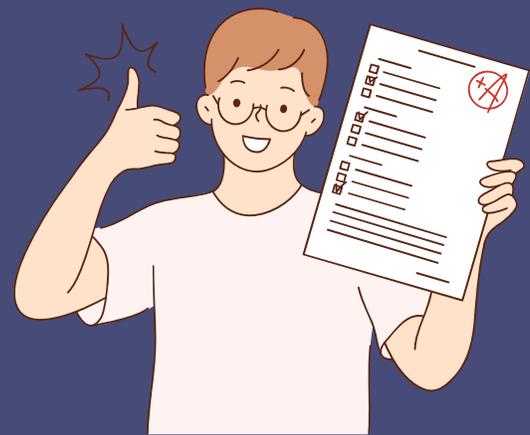
It can lead to anxiety, stress, mental and emotional problems. It can also cause physical symptoms like headache stomach ache and fatigue. Which can impact in academic performance.

## How can I reduce the fear of exams?

- Practice **VISUALIZING** your success
- Make a proper **PLANNER**, it helps.

## Conclusion

In conclusion, you have to remember, that you are not alone, and with the right mindset and attitude you can conquer exam stress. Good luck with your journey!!





*Thank  
you*