

The Department

The Department of

English *of English*

1

FEBRUARY 2025 MAGAZINE ISSUE 15

CONTENTS

S.N o	Title	Author	Pg. No
1	From the Editor's Desk	Ms.Venita Christiana J Vice Principal	4
2	A Responsible Citizen	Mrs.Lily Princy Principal	5
3	The Psychology of Comfort Food	Mr.Gokul Chandar PGT	7

		Economics	
4	A Pause for Once	Manusri S – XII A	10
5	Treading Towards A Dream	Samra A – XII A	11
6	National Youth Day	Dhanyashri D – VIII CVR	12
7	A Fun Day	Sanjana H – V APJ	13
8	My Short Story	Anjana G – V APJ	14
9	My Adventure Trip to the Great Country - EGYPT	Shrinikesh A- 6 APJ	15
10	Life of the Morning Glory	K. Mahathi - 7 APJ	16
11	The Night Sleepover @ school	Nandika V – II SR	17

CONTENTS

S.No	Title	Author	Pg. No
11	10th Graders on “What I dream of the world’s future!”	Rithvik S – X CVR	19
		Srinithi P K – X CVR	19
		Dwaraka Shri J – X	20
		CVR Subhashini S – X	20
		CVR Shahana V B – X	20
		CVR	

12	10th Graders' Advice to Teens!	Shradha S – X CVR Harini S N – X CVR Sanjana M - X CVR	22 23 24
13	Story Corner – A pound is a pound	Adopted	26
14	A Crossword on Opposites	Adopted	28
15	Dice Game	Adopted	29
16	Grammar Grand Prix	Adopted	30
17	Top 25 Irregular Verbs	Adopted	31
18	Suggested Read	Adopted	32

From the Editor's Desk

Ms. Venita Christiana J
Vice Principal



Warm Greetings!

There was this crazy time when children in school had the habit of writing autographs while parting when school life ended. It soon evolved to slam books with a lot of questions to answer. When I happened to fill one such slam book, there was a column to fill in my favourite poetic lines. “Did I have one?”, I wondered, when a memory from a long time ago crossed my mind. My mom was reading to me the poem “Stopping by Woods on a Snowy Evening” by Robert Frost.

When she reached the end of the poem, she told me that those last four lines were Pandit Jawaharlal Nehru’s favourite poetic lines. Not very sure about what the lines meant as a little girl, not sure how someone picked their favourite poetic lines, I made those lines my favourite too. Luckily, I had made a wonderful choice, I felt, after I comprehended the depth of those lines when I grew older.

The poet has used ambiguity where the last two lines come with two different meanings. The very obvious one being the end of his evening walk while the hidden meaning, a much deeper one about end of life itself. The beauty of the lines, according to me isn't the "sleep" part but about the "miles to go" part. It has recently become a very casually seen sticker on bikes and cars of travel freaks, however, I'm curious about the mindset of being determined to accomplish something before the sleep. Every single day is an opportunity to accomplish something. Every day missed is a non-refundable loss.

This month on this page of mine, I wish to remind the readers to develop the willingness to accomplish something to look back and be satiated. Our life is ours to live and living it to be proud of, is in our own hands.

What are you going to accomplish today?

4

Exams – A Friend

Mrs. Lily Princy
Principal

Exams: A Stepping Stone to Success

Exams are not just tests; they are stepping stones toward your dreams. They bring you closer to your goals and help you achieve great things. Keep going—you're doing amazing! Instead of fearing exams, embrace them as opportunities to grow and succeed.

You Are Not Alone

It's natural to feel nervous about exams, but remember—you are not alone. Your family, friends, and teachers are all cheering for you, believing in your abilities. You have a strong support system, and we all know you can do this!

You've Got This!

You have worked hard, studied diligently, and prepared well. Now, it's time to trust yourself. Take a deep breath, stay calm, and believe in your efforts. You are more capable than you think!

Exams are not just about grades; they are a chance to showcase your knowledge, growth, and dedication. Think of them as an opportunity to prove how much you've learned and how far you've come.

Exams Help You Learn and Grow

While exams might seem overwhelming, they actually help you improve.

They highlight your strengths and show you areas where you can grow. Think of them as a progress report for your brain—guiding you toward even greater success!

A Message from Your Friend (Exams)

Dear friend,

You have studied hard, and you are ready for this moment. Take a deep breath, relax, and trust yourself. You are going to do incredible things!

5

Teachers' Articles

6

***The Psychology of Comfort
Food** Mr.Gokul Chandar - PGT Economics*



A Culinary Embrace:

Comfort food is more than just sustenance; it's a culinary hug, offering solace and emotional well-being. It speaks to something deeper than just hunger, providing a sense of warmth and familiarity.



Nostalgic Journeys:

These dishes often evoke cherished memories, transporting us back to childhood, family gatherings, or special occasions. The familiar tastes and aromas connect us to positive experiences and create a sense of comfort.

Emotional Well-being:

Comfort food triggers the release of dopamine, the brain's "feel-good" chemical, and can influence serotonin levels, promoting feelings of calm and relaxation. It's a way to nurture ourselves and find joy in simple pleasures.



Cultural Tapestry:

Comfort food is deeply rooted in culture and tradition. Each region boasts its own signature dishes that provide a sense of identity and belonging, reflecting culinary heritage and shared experiences.



Personal Preferences:

The definition of comfort food is subjective, varying from person to person. What one individual finds comforting, another might not. It's a personal connection to specific flavors, textures, and memories.

Beyond Indulgence:



While often associated with indulgence, comfort food doesn't have to be unhealthy. Nutritious options like hearty soups, roasted vegetables, and lean proteins can provide the same emotional comfort without compromising health.



The Power of Simplicity:

Sometimes, the simplest dishes are the most comforting. A warm cup of tea, a slice of toast, or a bowl of oatmeal can offer a sense of calm and contentment.

Self-Care Ritual:

Enjoying comfort food, in moderation, can be a form of self-care. It's a way to prioritize our emotional well-being and find comfort in times of stress or sadness.



Comfort food is a powerful tool for emotional well-being. It's a way to connect with our past, celebrate our culture, and nurture ourselves from the inside out. Whether it's a cherished family recipe or a simple pleasure, comfort food offers a sense of solace and reminds us of the joy that food can bring.

Students' Articles

A Pause For Once

Manusri S - XII A

We've been constantly running towards something or the other that we often forget to take a pause. Some may know it but still fail to do it. If so, then take this opportunity to do so.

Well! I did this on 1st of December around 9:40 pm.

I was revising for my math exam which was on the next day, I was in the living room. We've kept the awards and trophies we had won up above the TV stand. All of a sudden, for no reason, I started looking at those and stared at them for a few minutes. Those few minutes were enough to take me back in time, down the lane.

Wahh! How far have I travelled! That moment, I wanted to appreciate myself.

Taking a pause in life to appreciate ourselves is very important. Just like fast moving cars, if we ride the cars of our life without applying any br(ake)eak, we'll eventually fail to observe the beauty around us.

Now a days, we all have that feeling, like "How fast the days have gone?" Don't let that happen. Always remember to live and not just exist. How you spend your day is how you spend your weeks and how you spend your weeks is how you

spend your months, years and eventually life. So, don't let it run just like that. Take a pause, appreciate it and move forward.

10

Treading Towards A Dream Samra A - XII A

The idea somehow got into my head in my childhood which now has become my dream and my passion. Becoming a doctor is not so easy. It requires a lot of hard work. May be that's why they say, "If your dreams don't scare you, they were never really big."

Medicine is a really noble profession. Apart from those who consider it a way to make money, for people like me who are kind of sensitive, there is a lot of emotions in it. Just imagine you are wearing that white coat and a stethoscope around your neck, people address you as Dr.Samra. I am certain it would be the best feeling ever. I literally get goose bumps while imagining it. People say, "To become a doctor, you have to study continuously - UG, PG, specialization and so on." Well, that's known to everyone. Only if you really aspire to become a doctor, you will.

Fall in love with learning. I am sure it will never leave you at any cost. Currently I am in my 12th grade, the first step of becoming a doctor. It is not easy managing both NEET coaching and board exam preparation. But then, as my teachers say, "If you think you can, just trust the process and believe that the universe is working in your favour, start manifesting." If you truly desire something and work for it, the universe shall bring it to you.

Pain is temporary but a medical degree is forever. Study hard until you can say, "Trust me, I am your doctor." A real success is when Ms/Mr before your name becomes a Dr. I hope my name earns it.



Dhanyashri D - VIII CVR

Here come the youngsters upon whom,
Depends the nation's growth.
Standing tall with fume,
With empowered hands and the strength of youth.

Young hearts that dare to dream,
Their hopes forever bloom.
Together, they build the future's theme,
Leading the nation out of doom.

Youth rise up, strong and true,
Chasing dreams that never fade.
Together they make all things new,
Building the future they portrayed.

My Fun Day

Sanjana H - 5 APJ

In the morning light, I seek to find
Curious mind, eager heart,
Exploring paths, far and wide,
Learning new things with joy and pride.

Napping here, lounging there
Chilling out without a care.
No rush to move, no need to run
Lazy days are so much fun.

As evening falls, stars above
Reflections of a day of love
Tomorrow's dawn, with gentle light
A new beginning, shining bright.

My Short Story

Anjana. G - 5 APJ

One day I was dreaming of how to become an astronaut. And it was my big dream. Then finally the day truly came and I was so surprised when I sat in the rocket. The rocket was going to be launched in 10 seconds. The rocket launched and I reached the space. It was wonderful! Then, we reached the moon and landed on the moon. I closed my eyes and it was my first step on the moon. After some time, I saw the earth from the moon. Then I planted a banyan tree seed on the moon. I watered it. Then I stayed for a month in the space station. After which I came to the moon. I saw a beautiful flower in the moon which I picked and reached the earth. I showed it to everyone. On seeing this everyone was happy.

14

My Adventure Trip to the Great Country EGYPT

Shrinikesh A - 6 APJ

One day, I woke up from my bed, then I walked down the stairs. I brushed my teeth. It was looking like a normal day. And it was a Saturday so it was a holiday. I went outside to get some fresh air and there was a poster on my house's gate. I looked at it, amazed!! It was a trip to EGYPT! So, I ran to my parents who were chatting in my room. "Mum, look! A trip to Egypt", I shouted in excitement. My parents told me it was a surprise. Then we decided to go on this trip.

I quickly went to my PC to learn more about the country and learnt a little

of the language they speak. The day came after waiting for like a decade, we packed our bags and went to the airport. Our flight took off and after a few hours we landed in Egypt. We locked our room and slept. When we woke up, we started the city tour of Egypt. We saw a beautiful bird, but boy!, the climate was hot as hell. We went to a hotel and ordered our food.

A strange sound was heard and it was like an asteroid and I was right. There was a big asteroid. Before it hit the ground, it burst in mid-air and released a gas like thing. Some people inhaled it, they became zombies. We ran for our lives. “Shrinikesh wake up its late”, said my mum, and after all it was a dream in which still we were in Egypt and came back home. It was fun and I loved the trip and the dream is still continuing...

Life of the Morning Glory

K. Mahathi - 7 APJ

In a peaceful garden, a small seed lies hidden in the soil. It was waiting patiently for the right time to grow. It was a special seed – it was a morning glory.

One warm day the earth said to the seed, “It is the right time to grow”. The seed excitedly began pushing the tiny roots into the soil, excited to see the world. A little green shoot grew towards the sun; it was scared, but it couldn’t wait to see what was out there.

Every day the plant grew taller and stronger. It climbed up fences and trees to spread its leaves wide to feel the sun’s kiss. It was excited and happy to be alive.

Then one morning, a bud appeared on its shoot. As the sun rose, the bud opened up into a beautiful purple flower. The morning glory felt proud for blooming and greeted the sun with a bright and colourful appearance.

But the flower knew that it only stays open for one day. So, it decided to enjoy every moment. It danced, smelled the fresh air and felt the sun’s kiss on its

petals. It was the star of its day.

The time passed, the sun began to set, the flower's petal faded and slowly started to close. It lived its day and was ready to rest. The flower faded, but it wasn't sad because it knew it had brought joy to the garden, to the sun and to itself.

As the days passed, the morning glory started to wither but before completely withering it made tiny seeds. These seeds were very special, each one holding the chance for a new morning glory to grow in the future.

The plant rested, but it wasn't worried. It knew that the cycle of life would continue, and soon, new seeds would grow into bright flowers just like it had been.

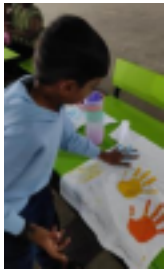
The morning glory's short-lived beauty teaches us to enjoy every moment, knowing that even though things change quickly, the joy they bring can last much longer as memories.

16

The Night Sleepover @ School

Nandika V – II SR

Our school had planned for a night sleepover at school on 14th February 2025 for the students of Senior KG, Grade I and Grade II. I was so much excited to go to the night stay since it was my first stay with my friends and teachers.



On that day, I was dropped by my parents at 5 pm along with all my packed items and cycle. We had a tasty snack (sandwich) and then I, along with my friends, went cycling around the school playground.


Then we did hand painting. I was so happy that I placed my hand print in my friends' t-shirts. We brought this t-shirt home along with the memories. We had sweet corn soup and then we danced to fun music. We danced to different songs. It was so much fun.



We gathered around the campfire and danced again for some time. After the campfire, we had a delicious dinner. The dinner included chapati, paneer masala, gopi chilli and other yummy dishes.



Then we picked bananas from the banana bunch and ate them. We also had milk. After the dinner, we changed to our night dresses and watched cartoon. After some time we slept.



In the morning of 15th February, we woke with a song and we went for a yoga session. Then we brushed our teeth, changed our dresses and went for cycling and also for a round about in the school bus with our friends. We had puri , potato masala and French toast for breakfast before going home.

It was an overwhelming experience and it was a lifetime wonderful experience.



17

10th
Graders on
“What I
dream of
the world’s
future!”

Rithvik S

The world is quite a mysterious place. Changes which you least expect come to be true, changes which you had never dreamt of happens right before your eyes. My version of world is unlikely to occur, but who knows what mystery in life awaits us.

My dream world is not just a world of flourishing technology beyond our comprehension but a world in Mars. By the time I complete my education, I believe humans would have established a civilization in Mars. We might even live together with aliens of unknown species. Humans might be protesting for their right in Mars.

In my prediction, the development of AI would be the cause of World War 3. Our judgment day might be coming in the near future. Therefore it's necessary for humans to beware.

Srinithi P K

Even after 77 years of independence, there is still control of people over people under them. We only got freedom from foreigners but remain slaves to too many other things. In the same month that we celebrated our independence, there was another huge news spreading in our country, "The Kolkata News". Doctors save people but people don't save doctors. There is no freedom for girls during night hours. There is corruption all over the country.

The world that I dream of is a world where there is no more fear of going out at night. A world where there is freedom for girls, women and everyone.

There is gender inequality in offices and other professional places too. There shouldn't be any gender discrimination.

Dwaraka Shri J

I really want the world to be filled with positive people who are really supportive and kind to everyone. There shouldn't be any insecurity for both the genders. I hope that there wouldn't be any religion and there's no poverty. I want this world to be filled with happiness. There shouldn't be any inequality. The world shouldn't be tough for anyone.

Subhashini S

I dream of a world that is free and accessible to everyone. We may be free from the British rule but we are all still suffering in some way. Especially the poor people and women are suffering very much.

Some rich people think that they have money and they can do anything. With the money that they have, they are controlling the poor. Nowadays we don't have safety for the poor. Everyone is wanting to dominate the poor. Some rich people still help the poor but many only betray them.

Women also need freedom. Women should be empowered to overcome difficulties and handle things boldly. Therefore I dream of a world where everyone has freedom.

Shahana V B

People should be kind to each other. People should continue to bond with each other. They should learn to help those in need. It is okay if they don't help, but they should know not to betray. They should be able to understand the feelings of others. I wish that in the world, nobody is hurt. I want all to be happy. No one should starve, no one should be homeless.

10th Graders' Advice to Teens!

2
1

Shradha S

To the teens of today...

I am in a very interesting phase of life, a phase of life where right is wrong and wrong seems to be right. It is no one to blame, as it is a part of life.

Growing in a very comfortable zone with your parents and loved ones all these years, and never caring about what others tell is over now. Cos we now enter a very tragic phase of life, "the teenage". It is not something to be afraid of but it is a phase of life that must be taken care of. It is a phase of life where we lose control over ourselves and our hearts rule everything. You believe in friendship and lead a very imaginary life. You start believing in others. You tend to make a boundary for yourself.

You might think that life is fun until you realize that everything around you is not yours and nothing in this world is permanent except you. You expect things and get disappointed. People will hurt you and gradually you will learn to move on. You get complimented, some might make you smile while some might severely hurt you. You might gradually start hating people.

You try to prove yourself when no one listens to you. What you try to do will reflect negatively. Teenage will show you all the faces in life – good, bad, cruel, sympathetic, angry, empathetic and so on.

But remember this is not permanent. This is just a part of your life, where you learn, fail and experience. However, this is not the end and this is not the real you. All these would build you into an unknown you. Trust in yourself, correct your mistakes, don't listen to what others say, do what you love and be consistent in what you are doing. When you take your time and understand your surroundings, time can heal anything, literally everything.

S N Harini

To the teens out there...

To begin with, in the life of a teenager, the biggest problem is mood swings. They are real trouble because they change very quickly that it becomes difficult even to tell why we had become sad suddenly. Due to the hormonal changes our outlook of the world changes and some teenagers even get caught in the trap of love and certain other unwanted things at this age.

I feel that these are distractions and will not allow us to focus. Think of your parents when you face these distractions. Remember how much they trust you. Many teenagers break the trust of their parents.

Think of your future. You have to achieve your dreams. If you are diverted, how will you achieve? This age is very crucial. Always focus on your studies, goals and dreams; and try to achieve them.

As teens, we have to be responsible for what we are doing. Don't waste you time. This is an important phase where you face your board exams. I would like to put in my favourite quote, "Things never happen the same way twice." Teen life is one time

Sanjana M

This is completely my opinion and advice for the teens.... I know how addicted to mobile we are. It is only a surprise if a teen doesn't own a mobile. Mobile phones create a support for you but not everything that it offers is good. You might even lose your most important habits and become isolated and mentally depressed due to mobile addiction.

I know this is a boring advice but it is the truth. Some people even turn on their mobiles but think about something else. It is as if the mobile should be scrolled even if aren't actually seeing anything.

Peer pressure is another big trouble for the teens. Peer pressure makes teens lose themselves. It makes us think that in order to make friends we have to change ourselves. But that's not the case. You may have to change a few little things like the way you interact with others but you don't have to change your whole selves.

Domination is another worst thing I have seen in teens. You should give a chance to everyone. By trying to always dominate, you might even make someone lose the precious chance they had been waiting for.

Cheering up everybody is important. You may think he or she is seeking attention, creating sympathy but that's not always true. There are those who really need your help. The way you comfort and the way you support might mean the world to them.

Look through my advice. I hope it helps.

STORY CORNER (ADOPTED)

A Pound is a Pound

There was a baker who regularly bought a pound of butter from a farmer. After several weeks, the baker decided to weigh the butter himself to check if he was receiving the correct amount.

To his surprise, he discovered that the butter he was getting from the farmer weighed less than a pound. This made the baker angry and feel cheated, so he decided to file a complaint against the farmer and took him to court.

During the court proceedings, the judge asked the farmer how he measured the butter. The farmer explained that since he was poor and didn't own a precise measuring tool, he used a scale to weigh it.

The judge further clarified if the farmer used the same scale to measure the butter as he did for buying bread. The farmer confirmed that he used the scale for both. He had been buying a pound of bread from the baker for a long time, and whenever he bought bread, he used the scale to measure it. So, naturally, he used the same scale to measure the butter he sold.

The judge realized that if the butter was less than a pound, it would mean that the bread the farmer bought from the baker was also less than a pound, as they were measured on the same scale.

Moral of the Story:

The moral of this story is "Do unto others as you would have them do unto you." In this story, the baker tried to deceive the farmer, but in the end, the farmer deceived him as well. When we act

honestly and treat others with respect, it creates trust and fosters positive relationships. If we want others to treat us well, we must remember that our actions determine the way we are treated by others.

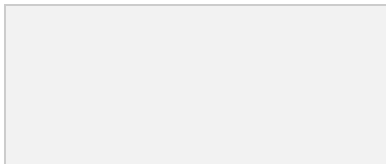
SELF IMPROVEMENT AND GRAMMAR



29
30
31

Suggested Read

Carnegie says in the



preface that he wrote it because he "was one of the unhappiest lads in New York". He said that he made himself sick with worry because he hated his position in life, which he credits for wanting to figure out how to stop worrying.

The book's goal is to lead the reader to a more enjoyable and fulfilling life, helping them to become more aware of, not only themselves, but others around them. Carnegie tries to address the everyday nuances of living, in order to get the reader to focus on the more important aspects of life.



For your original articles, poetry, puzzles, crosswords, fun facts, comic strips, or any relevant write-up to be published in "The Ingenious Finesse", kindly submit your original creations to your respective English Teachers.

