



**ACADEMIC WORLD SCHOOL™**

BEMETARA

CBSE Affiliation No. 3330168



# *Scribbles*

Tanmay Sinha, XII

# Table of Contents

Particulars	Page No.
• Message from the Chairperson	03
• Message from the Principal's Desk	04
• Articles & Poems by Students	05
• Articles & Poems by Teachers	11
• Hindi Section	19

## Message from the Chairperson



**MRS. BHAWNA BOHRA**  
Chairperson

Education today extends far beyond the boundaries of classrooms and textbooks. It is about nurturing curiosity, shaping character, and instilling responsibility towards society.

It fills me with great joy to present this edition of our e-magazine Scribbles, a vibrant showcase of the creativity, intellect, and imagination of our school community. More than a compilation of writings, this magazine reflects the spirit of exploration and expression that defines Academic World School. It offers both students and teachers a platform to share their thoughts, ideas, and literary talents, weaving together diverse voices into a collective narrative of growth and inspiration.

Education today extends far beyond the boundaries of classrooms and textbooks. It is about nurturing curiosity, shaping character, and instilling responsibility towards society. I am delighted to see our learners embodying these values through their contributions in academics, arts, sports, and co-curricular pursuits. The pages of Scribbles highlight their originality, innovation, and dedication—qualities that will guide them toward purposeful futures.

I extend my heartfelt appreciation to our Principal, teachers, and editorial team for their tireless efforts in bringing this edition to life. Their commitment ensures that Scribbles continues to be a source of motivation and pride for our school. May this magazine inspire our students to dream without limits, think with creativity, and strive for excellence in every endeavour.

With warm regards,

**Bhawna Bohra**  
Chairperson

## Message from the Principal's Desk



When I hold an edition of Scribbles, I am reminded of Virginia Woolf's words: "Books are the mirrors of the soul." This publication, too, mirrors the soul of our community.

Dear Scribbles Family,

Every school has its own rhythm, and for Academic World School, Scribbles is that rhythm - alive, evolving, and deeply human. It is not just a magazine but a living memoir of the imagination of our students and faculty, a space where ideas take shape, emotions find voice, and creativity becomes a shared language.

When I hold an edition of Scribbles, I am reminded of Virginia Woolf's words: "Books are the mirrors of the soul." This publication, too, mirrors the soul of our community. Each poem, sketch, and essay is a reflection of courage - the courage to be seen, to be heard, and to create.

What makes Scribbles remarkable is the diversity of voices it carries. A child's tentative verse stands beside a teacher's thoughtful reflection; a playful doodle finds its place next to a carefully researched article. Together, they remind us that creativity is not confined to age or hierarchy - it belongs to all who dare to imagine.

In an age where education is often reduced to examinations and outcomes, Scribbles insists on celebrating what cannot be measured: curiosity, empathy, and the spark of originality. It teaches lessons no textbook can capture - the joy of collaboration, the humility of sharing, and the thrill of seeing one's work in print.

Behind every edition lies the dedication of mentors who nurture talent, editors who polish submissions with care, and readers whose encouragement fuels confidence. To each of them, I extend my gratitude. Their efforts ensure that Scribbles remains not just a magazine but a sanctuary for creative expressions.

To our young writers and artists, I say this: your words and images matter. They carry meaning, they inspire, and they endure. Do not hesitate to write, even when the words feel fragile. Do not fear to draw, even when the lines seem uncertain. For it is in these beginnings that greatness often resides. As Tagore reminds us, "The highest education is that which does not merely give us information but makes our life in harmony with all existence." Through your art and writing, you are already practicing this harmony.

As Principal, I see Scribbles as a legacy—a bridge between generations, a dialogue between disciplines, and a celebration of the human spirit. Each edition is proof that our school is not only a place of learning but a place of living, where creativity and compassion walk hand in hand.

May Scribbles continue to be the heartbeat of our community, a beacon of imagination, and a reminder that every student has the freedom to scribble their truth.

With admiration and anticipation,

**Girish Kumar**  
Principal

## Articles & Poems by Students

### WHISPERS OF THE FOREST

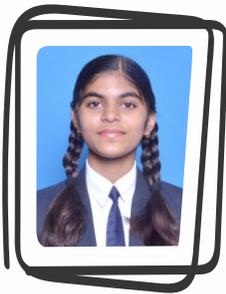
Trees grow tall, so wise and free,  
Stretching slowly to the sky's vast  
sea.  
The forest whispers cool and deep,  
Where both men and beasts find  
peaceful sleep.  
Rivers flow, both calm and wide,  
Sometimes rising with the tide.  
So beautiful is nature's face,

So wise its presence, full of grace.  
Let's save our nature, let forests  
stay,  
For it enlightens us every day.

**PRIYAL AWADHIYA**  
VIII-E



### A DANCE OF EARTH AND SKY



High above, the sunshine gleams,  
Turning grass to vibrant greens.  
Flowers rest, asleep in soil,  
While old buildings bear the toil.  
The trees stand tall, so firm and strong,  
Facing storms that come along.  
The mountains, having seen it all,  
Hold secrets in their ancient call.  
The night sky sparkles with stars so bright,  
While oceans whisper tales in the night.  
The moon lights up the darkened sky,  
A peaceful glow as night drifts by.  
The peacock dances with grace untold,  
The birds sing stories of days of old.

The creatures of the earth, so grand,  
Make the world a perfect land.  
Let's not compare them to anything,  
For they were created by the divine king.  
Let's love and cherish what we see,  
For nature's heart is pure and free.  
In return, it gives us peace,  
A promise that will never cease.

**HARSHITA BANCHHOR**  
VIII-E

### THE FLOW OF LIFE

Water flows, gentle and bright,  
A home to creatures, big and light.  
Sometimes it rushes with mighty force,  
Other times, calm in its course.  
The weather changes, sun to rain,  
Yet, it heals and soothes our pain.  
With smiles of warmth or clouds of gray,

Together, we change the world each day.  
Strong as friends, we stand as one,  
Until the storm and darkness are gone.

**PARTH JAISWAL**  
VIII-E



## TRUE LOVE

The chirping of birds  
Perched on the trees  
In the morning  
With the flowing cold breeze

The beauty of nature  
With its life- longevity  
And the grass with no identity

The jubilant and calm  
Moving of the nature  
Is one of its best gestures



Flowers are the music  
Of the ground  
From the earth's lips  
Spoken without a sound

Can we get this love  
From any other creature  
Which we get from Our Mother  
Nature?

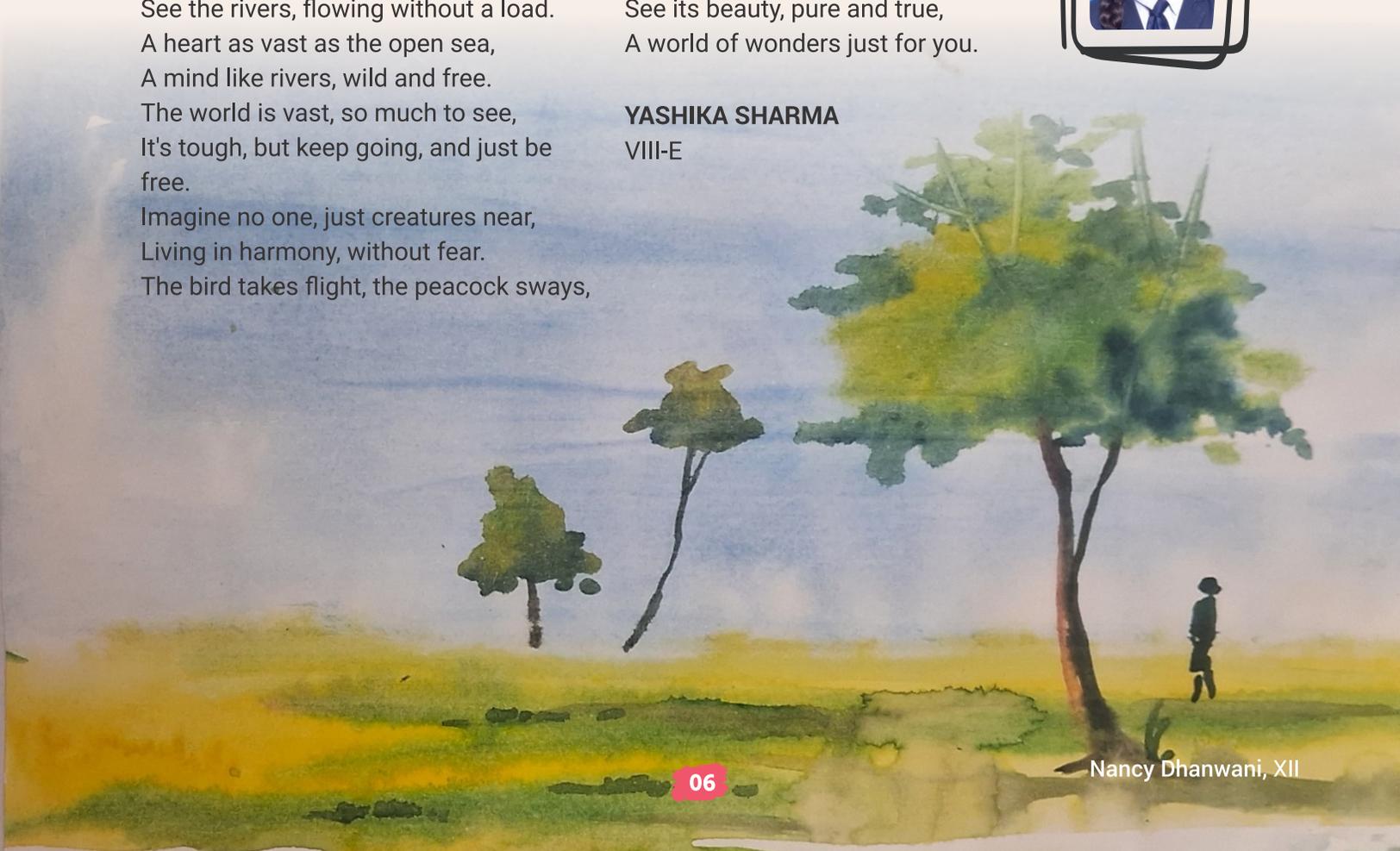
**BHAVI TANDON**  
VIII-E

## YOUR TRUE DUTY

Jump so high, reach the sky,  
Touch the stars, let your spirit fly.  
Don't judge yourself, just be who you are,  
Imagine yourself a shining star.  
Observe the creatures, made by God,  
See the rivers, flowing without a load.  
A heart as vast as the open sea,  
A mind like rivers, wild and free.  
The world is vast, so much to see,  
It's tough, but keep going, and just be  
free.  
Imagine no one, just creatures near,  
Living in harmony, without fear.  
The bird takes flight, the peacock sways,

The butterfly dances in sunlit rays.  
Sheep sing softly, a gentle tune,  
Nature's rhythm beneath the moon.  
Observe the creatures, it's your task,  
Open your eyes and let nature bask.  
See its beauty, pure and true,  
A world of wonders just for you.

**YASHIKA SHARMA**  
VIII-E



## THE PARADISE AND THE HELL WITHIN YOU

A world of fantasy, filled with monsters, devils, dreams, and unicorns—everything ethereal, unreal, majestic, and magical. Nothing in this world resembled the real one. Here, love and hatred coexisted, like the union of the moon and the sun. The angels were always on a mission of kindness, protecting people from bad intentions, while the devils sought to hurt and bring others down.

The realm where angels and unicorns lived was beautiful and wholesome. The air radiated positive energy, with trees adorned in white and pink blossoms. It looked like a paradise—floral and serene. The angels were always happy, full of life and light.

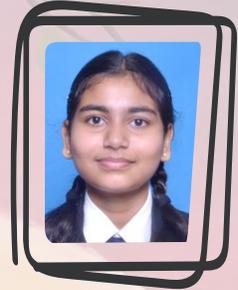
On the other hand, the land of the devils and monsters was dark and eerie, filled with bad energies. The ground was tainted with rotting flesh, and the air was heavy with despair. Dead plants and lost souls wandered aimlessly, and the place was avoided by all who dared to venture near. It was no less than hell itself.

The angels and devils fought often. The angels worked tirelessly to rid the world of the bad energies, and over time, their efforts finally prevailed. The monsters and devils perished, and the paradise was restored to its vibrant, peaceful state. There was no trace of darkness left, only light and life.

Isn't this just like us? We, too, have both good and bad sides within us. Just as in the story, we must strive to overcome the darkness inside us and let the light shine through.

**SAANVEE JAISWAL**

VII-A



## A BETTER VERSION OF ME

The wind was cool and silent, the birds were chirping, and the sound of the waterfall made everything feel even more peaceful. It was a calm summer holiday morning. I was filled with motivation and determined to become a better version of myself. In the summer of 2025, I decided to focus on being healthy, motivated, and driven.

I woke up early, ready for an energetic, peaceful walk. With my headphones on, a tumbler of chilled water in hand, and my running shoes laced up, I made my way downstairs. Without hesitation, I headed straight toward the garden for a refreshing walk. As I ran, I started thinking about how I could improve myself. My plan was simple: to be kinder, control my anger, and maintain a peaceful mind free of distractions. I also wanted to focus more on myself and Bhakti.

Later that evening, I visited the Iskcon Temple, wearing a traditional Gopi poshak, with a Gopi Tilak on my forehead, malas around my neck, and Prashad in my hands for my beloved Kanhaiya. The atmosphere there was incredibly peaceful, and I felt deeply connected to everything. I enjoyed watching the kirtan, with some people dancing like Gopis, and I joined in their joy.

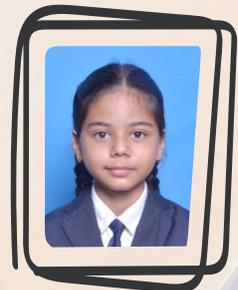
Then, I participated in the Aarti. It was a magical experience. I could truly feel the presence of Kanha and Radha Rani. I had the honour of offering a lotus mala and handmade makhan mishri to Lalla and Lalli. The temple prasad I received afterward was so delicious, and I felt blessed.

When I returned home, I changed my clothes and began researching higher education opportunities for my career. I've always had an interest in interior designing, and through my research, I discovered some of the best programs available. That moment filled me with even more motivation to give my best.

This experience taught me that motivation doesn't always stay constant. It's not about always being motivated, but about knowing that when you feel lost, the best thing you can do is go to the places and people where you are valued, heard, and appreciated. In those moments, you will find the best version of yourself.

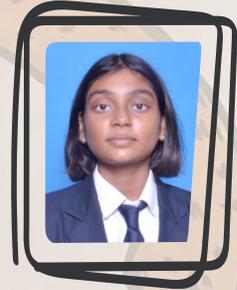
**ARYA SUYANT SAHU**

VII-C



## THE UNKNOWN CORPSE

I glanced at my watch—exactly 12 midnight. I had missed the last bus home, so I had walked nearly a kilometer already. Suddenly, I stumbled. Looking down at my feet, I saw that my heels were broken. I hissed in pain and quickly took both heels off, shoving them into my bag. The road was cold, and my feet were already starting to blister. My last psychotic client had stayed two hours longer than scheduled. I regretted becoming a psychiatrist. I never knew—Thud. I jumped, startled by the sound. I looked around, searching for the source of the horrifying bang that echoed from the direction of the trees. There were no houses for at least three kilometers, so who could be out here at this hour? My hands were starting to from develop calluses from the cold, and I could no longer feel my legs.



God, I swear I just heard shuffling in the branches. I couldn't bring myself to look, afraid I'd see some monster lurking in the darkness, waiting to feast on me. The shuffling grew louder, closer now. Was someone following me? Out of all the people who lived on the outskirts of Ramnagar, why would anyone choose to hunt a young psychiatrist in the middle of nowhere? It made no sense. But why would anyone follow me? Oh great, now I can hear the furious pounding of footsteps right behind me. I was too scared to look back.

With all the courage I could muster, I turned around. There he was—a man wearing a black mask. I absolutely loathe surprises.

"Hello, doc."

Did he say something? Was I going deaf, or was he just that close? "Hello, doc?" he repeated, his voice too familiar.

"Hi...?" I said, unsure where my courage was coming from, but somehow, I managed to speak in front of this stranger.

"Can you not recognize my voice?" he said, sounding amused.

Haha, of course not. Sometimes, I wonder if I have Alzheimer's. "Sorry... no?" I said, making a confused face.

Now, he was looking at me with irritation. Great, this was it. I was about to die. He started to laugh, the sound unsettling. I found nothing funny, but somehow, I began to laugh along nervously, until he suddenly stopped.

He sighed, then removed his mask.

Ugh. It was Tom. This was the psychotic client I had been talking about. He had a severe case of narcissistic personality disorder, and honestly, I was terrified of him.

"Doc," he grinned, "I wanted to show you something I recently discovered."

What was he grinning about? What could he have found so disturbing that he was so pleased?

"You took your time, and it's already past my counseling hours," I said irritably. "I'm afraid I can't help you right now."

He had discovered something about me? That couldn't be what I was thinking, could it? I was curious now, despite my fear.

"Alright, let's have a look," I said, trying to hide the unease creeping up my spine. "I hope it's not... a mutilated body?"

"You have to follow me."

I hesitated, panic rising in my chest. But I followed him, my heart pounding louder with each step. He led me into a narrow path through the woods, and I came to a halt when I saw it.

A body, lying near a tree, its form horrifyingly mutilated. I could barely breathe, the smell of decaying flesh overwhelming my senses.

"Why are you showing me this?" I managed to say, trying to block out the sickening stench.

"The day I buried him here," Tom said with a strange calmness, "he was fresh out of the shower. He wasn't like this then."

My mind raced. "Do you know whose body this is?"

"Well, I don't usually keep records on dead people, do I?" I snapped, trying to keep my composure.

"How weren't you able to recognize your own husband?" he asked, his grin widening.

My heart sank. "Oh God... Sorry, but this body is mutilated. How am I supposed to recognize him?" I said, my voice shaking. "Well, let him rest in peace."

"You buried him here," Tom said, his voice cold.

I felt the blood drain from my face. "Don't talk recklessly, Tom. Why would I kill my husband?"

“Because you're a psycho, and you're the one who needs therapy,” he replied, his tone mocking. I know you killed him, his words echoed in my mind.  
 “I did not ki—well, alright, maybe I did kill him,” I said, swallowing hard. “But what does that have to do with you?” His grin widened, more unsettling now. “Because you're the one who buried him. You're the one who killed him. And I'm the one who knows.”  
 I was frozen, a mix of fear and guilt flooding my veins. How did he know?  
 My mother always told me that if two people know a secret, it's hidden only as long as one of them stays silent. I had buried my husband's body here, alongside mine.  
 And now, I had made the mistake of letting him know.  
 “Well, now you know my secret,” I said, my voice low and trembling. “Make sure you keep it hidden, or else... you know what will happen.”

**ATULYA SONI**  
 VIII-C

**Dreams**

Dreams are vast and bright,  
 And sacrifices must be made,  
 Believing that something waits for me  
 On the other side of the darkened cave.  
 I wish to place money in my father's hand,  
 I wish to gift my mother something sparkling,  
 A charming jewel upon her arm.  
 Looking back now, I believe  
 I have come a long way,  
 Yet my journey still feels incomplete.  
 My feelings lie scattered and torn,  
 Afraid to love, as it feels like a battle,  
 Fearing it may become an obstacle  
 Between my dreams and my goal.  
 I am waiting to become whole,  
 My dreams are mine, not for others to control,  
 Until the day even my faith bows low.



**ANGEL GUPTA, IX-E**

**Whispers from a Hostel Window**

In the quiet hum of midnight air,  
 Where dreams collide with soft despair,  
 On a bed that's not my own, far from home,  
 I find new worlds I've never known.  
 These walls keep secrets, hearts like mine,  
 Longing for warmth, for love to shine.  
 We share our laughs, so light, so brief,  
 Yet hide beneath them silent grief.  
 I pack my dreams in suitcases small,  
 With fading notes and photos on the wall.  
 The door swings wide, I step outside,  
 With homesick tears I try to hide.  
 Hostel life—so strange, so bold,  
 A tale of growth as we unfold.  
 The pain grows light, the courage shows,  
 In each goodbye, a new path grows.



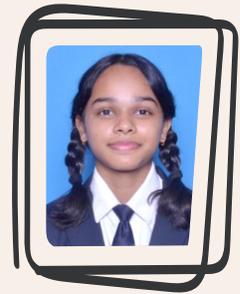
**JANVI RATNANI, IX-G**



## True Beauty

Once, a girl who was a little fat was told,  
 "You are pretty, but you should burn some  
 calories."  
 Deep inside, she knew it was only pity,  
 The way they turned their backs  
 As soon as they were done.  
 They always judged her,  
 And left her sad and broken.  
 Then, a thin girl was told,  
 "You are beautiful, but you should gain some  
 weight.  
 You look unhealthy, so pale and weak."  
 She wore oversized clothes to hide herself.  
 Deep in her heart, she cried in silence.  
 She forced herself to eat without appetite,  
 So that she, too, could be admired.  
 A girl with a "perfect" body  
 Was judged to be fake,  
 Or suspected and envied.

She pushed herself to  
 maintain it,  
 Carrying pain carved deep  
 inside.  
 She feared what society  
 would say  
 If she ever grew tired or lost  
 her shape.  
 At last, she accepted her so-  
 called fate. But there is no such thing  
 As perfect fat or thin.  
 Everyone has their own beauty,  
 Shining brightly from within.  
 There's no need to believe  
 That your body is a sin.  
 Live your life with courage and truth,  
 Just the way you wish to begin.



**SHAIVI SONI, IX-F**

## It's Alright

It's alright,  
 Even if you're not by my side.  
 I won't fall, I won't collide,  
 I'll rewrite the rules of my life.  
 I'll rise higher, touch new heights.  
 Will you believe in me tonight,  
 Even if you're not by my side?  
 I'll move ahead with all my might,



Turn my wrongs into what is right.  
 I promise I will shine so bright,  
 And never let myself fall behind.  
 Yes, it's alright,  
 Even if you're not by my side.

**SHIREEN SAMIYA, IX-D**

## Articles & Poems by Teachers

### Moments That Make My Heart Smile

Being a pre-primary teacher is not just a profession for me; it is a journey filled with love, laughter and countless little miracles. Every day in the classroom brings moments that make my heart smile and remind me why I chose this beautiful path.



I still remember a shy little child who would hide behind his mother on the first day of school. He hardly spoke and would hold his bag tightly, afraid to let go. With patience, stories, songs and gentle encouragement, we slowly built his confidence. One fine morning, he walked into the classroom with a bright smile and said, "Good morning, ma'am!" That simple greeting felt like a medal of honour.

Another moment that touched my heart was when a child shared his tiffin with a friend who had forgotten hers. Without being asked, he said, "Ma'am, sharing is caring." In that moment, I knew our lessons were going beyond books and into their hearts.

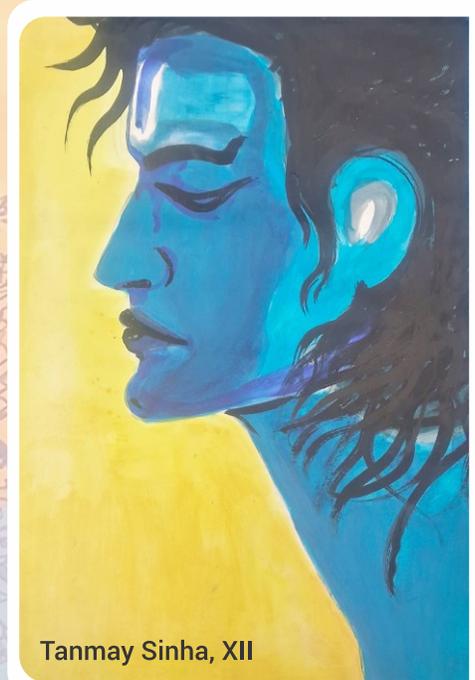
The handmade cards, tiny hugs and innocent words like "Ma'am, you are my best friend" are priceless treasures for a teacher. These little gestures may seem small, but they carry the biggest emotions.

From tears on the first day to laughter in the playground, from scribbles to meaningful drawings, every child's journey is a story of growth and courage. Being a part of these moments is the greatest reward of my teaching life.

These are the moments that make my heart smile – today, tomorrow and always.

**RIMJHIM SHARMA**

Activity Coordinator – Pre-Primary Wing



Tanmay Sinha, XII



Tanmay Sinha, XII

## The Art of Self-Discipline

What is Self-Discipline? Self-discipline is about controlling your thoughts, emotions, and actions to achieve your goals. It's the ability to stay focused, motivated, and committed to what you want to accomplish.

How to be a self motivated person:-

1. Goal-setting: Define clear, achievable goals
2. Self-awareness: Understand your strengths and weaknesses
3. Habits: Build positive habits, break negative ones
4. Mindset: Cultivate a growth mindset and resilience
5. Accountability: Track progress and stay accountable



A perfect self motivated person does:-

1. Start small and build momentum
2. Create a routine and stick to it
3. Eliminate distractions and prioritize
4. Reward yourself for small wins
5. Stay consistent and patient

**TWINKLE SINGHANI**

PRT Maths

## Life for me

Life is a blank book,  
Where you fill your dreams and  
Pour out all the pains.  
Let not anyone rule your life  
Because it's your life.  
Live every moment of life,  
Full of hopes and happiness.  
No matter at the time of low,  
Rise again, through all the tears.  
Life is a precious gift.  
So, let's explore and make it our own.  
Because every day, we have the chance to write a  
new Page and create new memories.  
So, friends " Life is not about perfections.  
It's about living with purpose, kindness and  
gratitude."



**ANITA TIWARI**

PRT English



Nancy Dhanwani, XII

## The Jolly Sounds Parade

Sounds, sounds—what do we do?  
Learn and play—yes, we do!  
Clap the sounds, tap the beat,  
Letters dance to happy feet!

Blend them fast, blend them slow,  
Watch our reading power grow!  
Break the words, one by one,  
Spelling time is so much fun!  
Magic sounds are all around,  
Listen close, hear every sound!



Little voices, big and strong,  
Learning phonics all day long!

Sing it, move it, say it loud,  
Jolly Phonics makes us proud!  
Read! Spell! Shout—HOORAY!  
We love learning the Jolly way !

**UPASANA RAJORIA**  
Phonics In-charge

## Little Steps Toward a Bright Tomorrow

In my little classroom, bright and small,  
Tiny footsteps line the hall.  
With crayons, songs, and stories new,  
I watch young dreams begin to grow.

We learn through play, we laugh, we share,  
Little hands show love and care.  
Each smile teaches, each tear too—  
Guiding hearts as teachers do.  
Here they learn to think and try,  
Ask questions, wonder why.

They work together, speak their mind,  
Build creativity, curious and kind.  
In these early years, soft and true,  
Skills for tomorrow start to brew—  
Confident voices, teamwork strong,

In growing minds  
where futures belong.  
With coding blocks and  
global views,  
They innovate,  
collaborate, too.



Digital skills blend with  
play,  
Preparing hearts for a changing day.  
Critical thinkers, problem-solvers true,  
Leaders of tomorrow, breaking through.  
Embracing change with hearts so bright,  
Shaping the world with skill and light

**REENA I A**  
Mother Teacher  
Pre-Primary Wing

## English: A Skill for Life

English is more than a subject—it's a life skill. Reading builds understanding, writing shapes ideas, listening opens minds, and speaking expresses them. Together, these four skills form the heart of effective communication. In today's world, being confident in English unlocks academic, professional, and personal opportunities. Students should not fear the language but embrace it step by step. Read widely, speak often, write regularly, and listen actively.



Mistakes are part of learning; progress comes with practice. English isn't about perfect grammar—it's about expressing yourself with clarity and confidence. Nurture it, and it will serve you for a lifetime.

**SUNITA GUPTA**  
TGT English

## The Power of Persistence: How Small Efforts Lead to Big Achievements



Success is not always about talent or luck; it's about persistence and determination. As students, it's easy to get discouraged by challenges, but every obstacle can be overcome with a little more effort. Take the example of an ordinary student who consistently works hard. This student may not be the smartest in the class, but they show up every day with a positive attitude, ready to put in the work. They study even when it feels tough, ask questions when they don't understand, and never give up after a setback. Over time, these small, consistent efforts

lead to remarkable results.

Remember, success doesn't come overnight. It's the accumulation of little wins, the growth that happens with every challenge you face. As the famous quote says, "Success is the sum of small efforts, repeated day in and day out."

As a teacher, I've seen many students who struggled at first, but with persistence, they turned their weaknesses into strengths. So, keep pushing, stay focused, and most importantly, believe in yourself. Your hard work will pay off, one step at a time.

**SADAF KHAN**  
PRT English

## Why English Is So Useful for Personal Growth Today

In today's fast-changing and interconnected world, English has become one of the most important tools for personal growth. It is not just a subject studied in schools but a powerful medium that helps people improve their confidence, knowledge, and opportunities in life.

First, English is a global language. It is spoken and understood in many countries across the world. By learning English, a person can communicate with people from different cultures and backgrounds. This helps in developing social skills, broad-mindedness, and a better understanding of the world.

Second, English plays a key role in education and career development. Most higher education courses, competitive exams, research materials, and online learning platforms use English. A good command of the language enables students to access quality resources and perform better academically. In the professional field, English improves job prospects, helps in interviews, and allows individuals to work in national and international organizations.

Moreover, English boosts self-confidence and personality. When a person can express thoughts clearly in English, he or she feels more confident in public speaking, group discussions, and presentations. This confidence positively affects overall personality development.

English also opens the door to knowledge and entertainment. Books, newspapers, documentaries, movies, and digital content in English provide valuable information and inspiration. Through these sources, learners gain new ideas, improve vocabulary, and develop critical thinking skills.

In conclusion, English is a powerful tool for personal growth in the modern world. It helps individuals communicate effectively, succeed academically and professionally, build confidence, and expand their horizons. Therefore, learning English is not just useful—it is essential for a successful and meaningful life.

**KUMARJEET SARKAR**

PGT English



## Parents- Teacher Relationships

Having completed twelve enriching years at Academic World School, I wish to share reflections on the vital relationship between parents and teachers. Teaching is never limited to mastering the curriculum; it often involves managing the concerns of parents, many of whom are deeply protective of their children. At times, educators must deal with difficult or unreasonable guardians, and it is essential to remain professional, patient, and composed in such situations.



One of the most effective ways to prevent conflict is by setting clear expectations from the very beginning. When boundaries and responsibilities are defined early, parents are better prepared to engage constructively. Equally important is the ability to remain calm when confronted with grievances. Raising voices or reacting defensively never resolves issues; instead, teachers should listen carefully, understand the reasons behind frustration, and respond with maturity.

Trust is the cornerstone of parent-teacher relationships. Educators should share positive updates about students, not only reach out when problems arise. Balanced communication reassures parents that teachers value both strengths and weaknesses, fostering confidence and goodwill. Involving parents genuinely in discussions about their child's progress also helps them feel respected and engaged.

Demonstrating care is another crucial element. Parents are more cooperative when they sense that teachers truly care for their children's well-being. Regular meetings and open communication create a fear-free environment where parents feel comfortable approaching teachers. Speaking softly, even when provoked, allows tensions to ease and ensures issues are addressed without escalation.

Transparency is vital - teachers should keep parents informed about important matters throughout the year rather than waiting for annual meetings. Surprises or delayed disclosures often damage trust. Finally, being a good listener and showing empathy can resolve many conflicts. Sometimes parents simply need reassurance or a compassionate response. By offering understanding and comfort, teachers strengthen bonds and create a supportive atmosphere.

In essence, successful parent-teacher relationships depend on patience, empathy, trust, and consistent communication. When educators demonstrate care, maintain professionalism, and involve parents meaningfully, challenges can be transformed into opportunities for collaboration, ultimately benefiting the child's learning journey

**DHARMENDRA DINGRA**  
Front Office Manager

## Manifestation: A Positive Approach to Student Growth

As teachers, we often encourage students to dream big, believe in themselves, and work sincerely towards their goals. One simple yet powerful concept that supports this idea is manifestation. Manifestation is not about magic or dreaming; it is about developing the right mindset and taking purposeful action to achieve success.

Manifestation begins with clarity. When students clearly understand what they want to achieve whether it is improving their grades, gaining confidence in speaking or excelling in sports they become more focused.

Clear goals give direction to effort and help students stay motivated even when challenges arise.

Another important aspect of manifestation is positive thinking. Our thoughts strongly influence our behaviour. When students believe that they are capable of learning and improving, they naturally put in more effort. Visualising success such as performing well in an exam or confidently participating in class helps reduce fear and builds self-confidence. Along with this, positive affirmations like "I can do better with practice" or "I am learning every day" encourage a growth mindset.

However, belief alone is not enough. True growth happens when positive thinking is combined with consistent action. Students must be guided to study regularly, practise their skills, ask questions, and learn from their mistakes. Every small step taken with sincerity brings them closer to their goals. Patience is equally important, as improvement takes time and effort.

Gratitude also plays a vital role in personal growth. When students learn to appreciate their abilities, opportunities, teachers, and peers, they develop a positive outlook towards life. Gratitude helps them remain motivated and emotionally balanced, even during difficult times.

In conclusion, manifestation teaches students an important life lesson: success is created through positive thoughts, strong belief, and honest effort. By nurturing confidence, discipline, and gratitude, students can shape their own growth and move towards a brighter and more meaningful future. As educators, guiding students to develop such a mindset is one of the most valuable lessons we can offer.

THANK YOU

**ATHIRA A**  
TGT English



## Vizhinjam Port: Shaping India's Maritime Tomorrow

The Vizhinjam International Transshipment Deepwater Multipurpose Seaport is a landmark project of the Government of Kerala, developed under the landlord port model through a Public-Private Partnership with Adani Vizhinjam Port Private Limited. Construction began in December 2015, and the ₹8,800-crore port was inaugurated on May 2, 2025, by the Hon'ble Prime Minister of India.



Strategically located just 10 nautical miles from the busy east-west international shipping corridor, Vizhinjam offers direct access to routes connecting Europe, the Persian Gulf, Southeast Asia, and the Far East. With a natural depth of nearly 24 metres, the port requires minimal dredging and can accommodate Ultra Large Container Ships exceeding 24,000 TEU. In addition to trade, the port enhances Kerala's tourism potential with proximity to Kovalam, Varkala, Thiruvananthapuram, and the Padmanabhaswamy Temple, alongside plans for a 600-metre cruise terminal.

The port brings multiple benefits. It has generated employment, reduced unemployment in Kerala, and boosted regional development. By enhancing India's cargo-handling capacity, it strengthens the nation's competitiveness in global maritime trade while reducing dependence on foreign transshipment hubs. Vizhinjam also promotes sustainable development through eco-friendly practices, such as minimal dredging and integrated transport solutions. The 'One Nation One Port Process (ONOP)' further streamlines documentation, cutting paperwork by nearly 25% and lowering logistics costs.

The project's impact extends beyond Kerala. Vizhinjam positions India as a major force in international maritime trade, aligning with national initiatives such as Sagarmala, PM Gati Shakti, and Maritime Amrit Kaal Vision 2047. Its strategic location and advanced infrastructure make it a key driver of economic growth, global connectivity, and competitiveness.

The Vizhinjam Seaport marks a milestone in India's maritime journey. As part of integrated transport corridors like the India-Middle East-Europe Economic Corridor, it symbolizes progress, sustainability, and strategic vision. By combining economic growth, employment generation, and eco-friendly practices, Vizhinjam is set to transform India's port infrastructure and establish Kerala as a global shipping and logistics hub.

**AMAN THAKKAR**

PGT - Commerce

## हिंदी खण्ड

## पिता की वाणी



बेटी, जीवन वीणा है प्यारी,  
हर तार में संघर्ष बसा।  
जो साध सके इस सुर-लय को,  
उसका पथ हो जाए उजला।  
कभी धूप कड़ी परीक्षा लेगी,  
कभी छाया भी रुठेगी।  
पर साहस की चादर ओढ़े जो,  
विपदा उससे टूटेगी।  
मत झुकना तू झूठे भय से,  
मत थामना हार की रेखा।  
जो गिरकर फिर उठ चलता है,  
वही रचता उजली लेखा। अपने स्वप्नों को दीप बना ले,  
आँधी से जो न घबराएँ।  
तू स्वयं बने अपनी मंज़िल,  
क्यों औरों की राह अपनाएँ?  
जब जग तेरी शक्ति न माने,  
शब्दों से मत उत्तर देना।  
तेरे कर्म स्वयं बोलेंगे,  
बस सत्य-पथ पर दृढ़ रहना।  
तेरे आत्मसम्मान की ऊँचाई,  
मेरे गौरव का मान बने।  
तू बेटी नहीं, मेरी शक्ति है,  
जिससे मेरा नाम सजे।  
जहाँ भी तू हो, जैसी भी हो,  
मानवता संग चलती रहना।  
मेरी दुआ, मेरा आशीष सदा,  
तेरे संग-संग पलती रहना।

कोमल शुक्ला

प्राथमिक अध्यापिका (पर्यावरण अध्ययन)

## मेरी माँ



माँ की ममता अनमोल है,  
उसके बिना जीवन सूना-सा मोल है।  
हर सुबह उसकी मुस्कान,  
जैसे साक्षात् भगवान।  
डॉट में भी प्यार छिपा,  
उसके बिन सब कुछ फीका।  
उसकी मूरत दिल में बसी,  
माँ से सुंदर कोई नहीं।  
खुशी सिन्हा  
9वीं, 'ए'

## पुस्तकें



पुस्तकों में होता बहुत सारा ज्ञान है, उन्हें पढ़कर हम  
नहीं रहते अज्ञान हैं। पुस्तकों में मिलता हमें हर सवाल  
का जवाब है, ये पुस्तकें सच में होती कमाल हैं। इन्हें  
पढ़कर हम प्रगति पा सकते हैं, और इन्हीं के द्वारा  
दुनिया में अपना नाम बना सकते हैं। यह जीवन का  
आधार है, इनके बिना जीवन बेकार है। किताबों में  
हर समस्या का समाधान है, इसलिए जीवन में इनका  
करते सब बखान हैं।

योगेश गुर्जर  
10वीं, 'ए'

## मुसाफ़िर

मुसाफ़िराना जिंदगी में अक्सर ख़ौफ़-ए-जवाल होते है |  
जिंदगी के हर अश्क पर नए मुलाकातें होती हैं|

चलते जाते हैं हम, इसी उम्मीद में,  
दिन गुजरते हसीन, बीते कई रात होते हैं |

मुश्किलों से मुलाकात तो अक्सर मुकद्दर की आजमाइश  
सुबह का मंजर, तो अक्सर तक्रदीर की नुमाइश  
यूँ बैठा अक्सर मैं सोचता फ़लक देखकर यूँ - ही  
आशियाना बनाने की तमन्ना-ए-दिली होते हैं

फिर निकलता हूँ अपने नए सफ़र पर दुआ करते हुए  
खैरियत-ए-सफ़र पहुँचे अपनी मंजिल की बाँहों में पनाह करते हुए



गम-ए-रुखसत मंजूर करना ऐ खुदा  
मेरी ये दुआ कबूल करना ऐ खुदा

मिल जाऊँगा एक दिन आसमान में जाकर कहीं  
खो जाऊँगा इस सारे जहान से दूर कहीं

मुसाफ़िराना जिंदगी में अक्सर ख़ौफ़-ए-ज़वाल होते हैं |  
जिंदगी के हर नए मोड़ पर नए शौक-ए-कमाल होते हैं |

रोशन कुमार डिबिया

12वी 'कला'

## मार्गदर्शक प्रकाश

मम्मी का प्यार एक गुलाब की तरह हैं,  
नरम और नाजुक, यह हमेशा बढ़ता है |  
पापा की देखभाल एक मार्गदर्शक या प्रेरणा स्रोत हैं,  
दिन और रात, चमकते रहते हैं |

मम्मी को गले लगाना, एक सुरक्षित आगोश है,  
मुझे सुरक्षित महसूस कराती है, एक खुशियों भरे स्थान पर |  
पापा के शब्द, एक सच्ची बुद्धिमत्ता है,  
मुझे सच्चे मन से बढ़ने में मदद करते है |

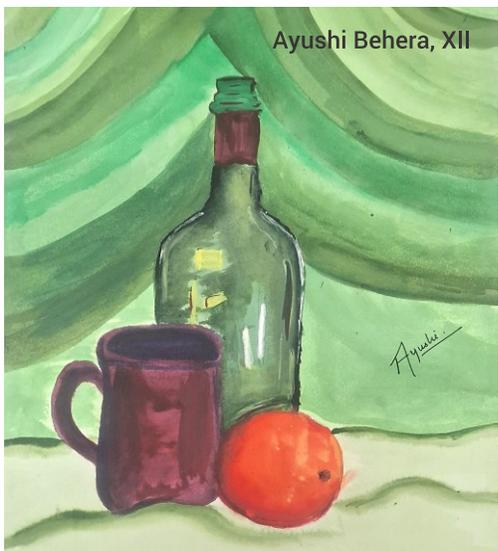
हर कदम पर, हर गिरने पर,  
मम्मी और पापा, मेरे साथ खड़े है |

वे मेरा मार्गदर्शन करते है, वे मुझे सहारा देते है,  
मुझे नए दिल से सिखने में मदद करते हैं |

मम्मी की मुस्कान, एक धूप का दिन है,  
चारों ओर रोशनी फैलाती है |  
पापा का हँसना, एक खुशी की आवाज़ हैं,  
मेरे दिल को प्यार से भर देता है |

छवि जोशी

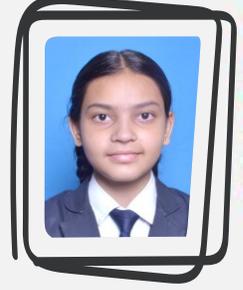
9वी 'एफ'



Ayushi Behera, XII

## आज का युवा - ऑनलाइन जुड़ा से अंदर से अकेला

आज के युवा दुनिया से जुड़े हैं लेकिन दिलों से दूर होते जा रहे हैं। आज हम एक ऐसे युग में जी रहे हैं जहां मोबाइल फोन और इंटरनेट हमारे जीवन का अहम हिस्सा बना चुके हैं। सोशल मीडिया के माध्यम से हमें किसी से भी कभी भी और कहीं भी जुड़ सकते हैं। देखने में लगता है कि आज का युवा पहले से कहीं ज्यादा जुड़ा हुआ है लेकिन सच्चाई यह है कि वह पहले से ज्यादा अकेला होता जा रहा है।



सोशल मीडिया जैसे इंस्टाग्राम स्नेपचैट और व्हाट्सएप ने संवाद को आसान बना दिया है। इनके द्वारा हम अपने विचार साझा कर सकते हैं। तस्वीर डालते हैं और नए लोगों से जुड़ते हैं। लेकिन जब इनका उपयोग जरूर से ज्यादा होने लगता है तो यही साधन हमारे अकेलेपन का कारण बन जाते हैं। आज के युवा सोशल मीडिया पर खुद को हमेशा खुश और सफल दिखाने की कोशिश करते हैं। लोग अपनी जिंदगी के केवल अच्छे पल ही पोस्ट करते हैं जब युवा लगातार इन चमकदार और फिल्टर की हुई जिंदगी में अपनी तुलना करते हैं तो उनके मन में हीन भावना और आत्मा संदेह पैदा होता है उन्हें लगता है कि वह दूसरों से कम है जबकि सच्चाई इससे बिल्कुल अलग होती है।

एक और गंभीर समस्या है वास्तविक संवाद की कमी आज युवा आमने-सामने बात करने मोबाइल पर चैट करना ज्यादा पसंद करते हैं। परिवार के साथ बैठकर भी फोन में व्यस्त रहते हैं। इससे भावनात्मक जुड़ाव कम होता है। और रिश्तों में दूरी बढ़ने लगती है। सोशल मीडिया का अत्यधिक प्रयोग हमारे मानसिक स्वास्थ्य को भी प्रभावित करता है। लगातार नोटिफिकेशन लाइक और कॉमेंट्स की चिंता युवाओं को बेचैन कर देती है। कई बार युवा अकेलापन तनाव और उदासी महसूस करते हैं लेकिन इसे किसी को नहीं बता पाए।

इसका समाधान सोशल मीडिया को पूरी तरह छोड़ना नहीं बल्कि सही और सीमित उपयोग करना है। युवाओं को चाहिए कि वे वास्तविक जीवन के रिश्तों को महत्व दें परिवार और दोस्तों के साथ समय बिताए और खुलकर संवाद करें। अंत में यही कहा जा सकता है कि तकनीक हमें जोड़ सकती है लेकिन सच्चा अपनापन केवल मानवीय संबंधों से ही मिलता है।

स्क्रीन से नहीं इंसान से जुड़े तभी जीवन के सच्चे रंग भरें।

अदिति वर्मा

8वीं 'अ'

## शहीद का लहू

सीमा पर खड़ा जवान हिमालय सा अटल देश का प्रहरी और बल। धुप वर्षा बर्फ या आंधी का प्रहार हर कठिनाई में रहते वह तैयार। अनुशासन जिसकी पहचान बन गया। देशप्रेम उसका धर्म अभिमान बन गया। परमवीर महावीर वीर चक्र से सम्मानित उनके बलिदान है देश में अगणित। शौर्य चक्र की चमक है उनकी कहानी हर सैनिक है वीरता की निशानी मां के आंचल का आंसू गर्व बन गया जब बेटे ने वतन पर जीवन अर्पण किया। उनके जज़्बे से महक ये धरती महान। जय हिंद की गूंज है उनका सम्मान। मानवता का प्रहरी भी है, जवानजहां पीड़ा हो वहां पहुंचता उसका अभियान। तुर्की के भूकंप में बढ़ाया मदद का हाथ अफगान में शांति लाई उसकी सौगात। कारगिल की घाटी में इतिहास बना महान जहां लहराया तिरंगा हर ऊंचे शिखर पर आन। कैप्टन विक्रम और योगेंद्र ने दिखाया साहस अपारमरकर भी रखा देश का मान। संयुक्त राष्ट्र में भी निभाई अपनी शपथ। शांति स्थापना में बढ़ाया देश का मत। जो लड़ता भी है तो शांति के लिए वो वीर नहीं - मानवता का संदेश लिए।



मोक्ष शर्मा

8वी 'स'

## साहस की राह



साहस वही जो डर से लड़े  
अंधेरी रात में दीप जड़े।  
जो ठोकर खाकर भी उठ जाए  
मुश्किल में भी मुस्काए।  
विक्रम बत्रा बोले "दिल मांगे मोर"  
लड़ते गए वह पर्वत की ओर।  
मेजर सोमनाथ शर्मा थे वीर  
देश की खातिर है झुका था सिर।  
साहस मतलब सच्चाई साथ  
न झुके कभी चाहे हो आघात।  
जो सच बोले ना झूठ में ढले  
हर मुश्किल में कदम न टले।  
जीवन की कुर्बानी देकर  
लोगों को जीवन दान दिया।  
देश की खातिर मरकर भी  
हमारे देश का नाम किया।

रोमिल जैन

6वी 'अ'



## छोटी कोशिश - बड़ा बदलाव

हमारे जीवन में हम अक्सर यह सोचते हैं कि जब तक हम कोई बहुत बड़ा काम ना करें तब तक सफलता या बदलाव संभव नहीं है लेकिन वास्तविकता यह है कि छोटी-छोटी कोशिका से भी बड़े बदलाव की नींव रखनी है इतिहास और हमारे आसपास के उदाहरण इस बात को साफ साबित करते है ।

छोटी कोशिका का मतलब है हर दिन थोड़ा बेहतर करने की आदत जैसे हम समय पर पढ़ाई करते हैं अपने काम खुद करते हैं, दूसरों की मदद करते हैं -सच बोलना और अनुशासन में रहते हैं। यह सब बातें छोटी लगती है लेकिन इनका प्रभाव बहुत गहरा होता है आज की तेज रफ्तार जिंदगी में लोग जल्दी परिणाम चाहते हैं अगर तुरंत सफलता न मिले तो वह कोशिश करना छोड़ देते हैं।

यही सबसे बड़ी गलती होती है सफलता एक दिन में नहीं मिलती बल्कि रोज की गई छोटी मेहनत से मिलती है जैसे एक-एक बूंद मिलकर समुद्र बनता है वैसे ही छोटी कोशिशें मिलकर बड़ा बदलाव लाती हैं।

समाज में भी बदलाव छोटे कदमों से आता है अगर हर व्यक्ति अपने आसपास सफाई रखें, पेड़ लगाएँ, पानी बचाएं और दूसरों के प्रति अच्छा व्यवहार करें तो समाज अपने आप बेहतर हो सकता है ।किसी एक व्यक्ति की छोटी पहल भी दूसरों को प्रेरित कर सकती है।

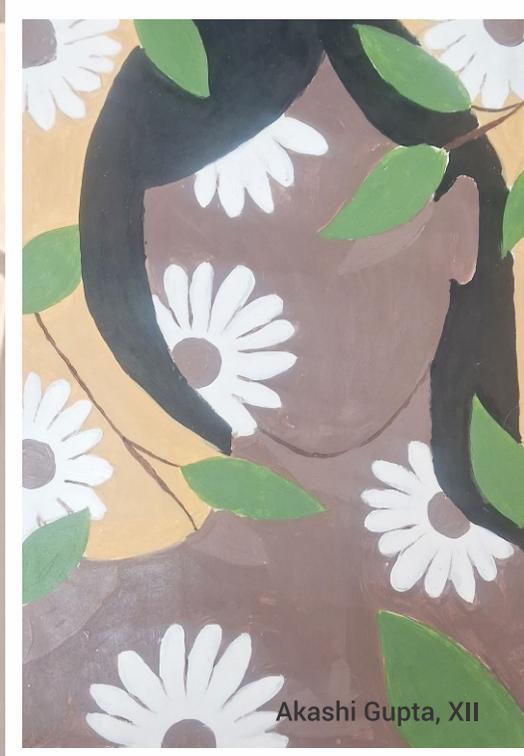
अंत में यही कहा जा सकता है कि हमें अपनी कोशिशों को कभी छोटा नहीं समझना चाहिए ।आत्मविश्वास धैर्य और निरंतर प्रयास से असंभव भी संभव बन सकता है। छोटी कोशिश ही बड़े बदलाव की शुरुआत होती है।

**अदिति पटेल**

8वीं 'अ'



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