

*“Nothing is impossible. The word itself says ‘I’m possible!’” – Audrey Hepburn*

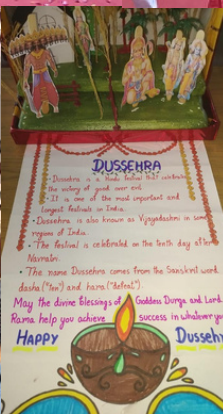
*Experience the Future  
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*Let's immerse in a unique and dynamic interactive  
learning experience*



# Dussehra Celebration



Be inspired to  
seek the path of  
righteousness



# World Post Day



*Celebrating the power of postal services  
world wide*



# Mental Health Day



Supporting and helping each other by understanding mental health issues



# Trip to Mapple Adventure



**Chasing thrills, making memories  
and enjoying every second of life..**



# Kindergarten at glance



"Be the change that you wish to see in the world."



"This Navratri Let's invoke the inner Shakti within us and rise above fear, doubt, and negativity."



"Grandparents hold our hands for just a little while, but our hearts forever."



# Endeavour

## An Enlightening Session on Entrepreneurship in Hospitality and Culinary Arts

The School organized an enriching session for Class XII Commerce and Arts students on October 8, 2024, centered on the role of entrepreneurship in the vibrant fields of hospitality and culinary arts. The session was graced by Dr. (Chef) Zubin D'souza, Dean of Culinary at Ecole Ducasse Campus, and Ms. Riti from the Admissions and Outreach Department. Dr. D'souza captivated the audience with his profound insights, distinguishing hospitality management from hotel management while sharing real-world experiences that brought the concepts to life. The interactive session also addressed students' questions regarding career opportunities in this dynamic industry.



**Dedicated, Passionate and Inspiring:  
Our Teachers of the year—**



**Ms. Shveta Chitkara**



**Ms. Anjan Kalia  
Ms. Vakita Garg**

# Parents' Corner



## Women Entrepreneurs

Women can better prepare themselves for a successful career by being confident in their abilities, transparent with their opinions, and active in encouraging a culture where everyone feels empowered to support gender parity in the workplace.

Entrepreneurs play a key role in any economy. These are the people who have the skills and necessary initiatives to take some new ideas to market or provide a service and make the right decisions to make their ideas profitable. The educated Indian women have to go a long way to achieve equal rights and position because traditions are deeply rooted in Indian society where the sociological and psychological factors set up have been a male dominated one.

Despite all the social hurdles, Indian women have been standing tall from the rest of the crowd and are applauded for their achievements in their respective fields. These women leaders are assertive, persuasive and willing to take risks. They have managed to survive and have succeeded in this cut throat competition with their hard work, diligence and perseverance. The present study has been an attempt to generate awareness and to understand the meaning of what women entrepreneurship is and how important it is or the development of the world rationally, economically and in all spheres. Women entrepreneurs in India face various challenges unique to their gender. Lack of financial support, gender biases, mental barriers, and the need for work-life integration are the most common challenges faced by women entrepreneurs in India.

In conclusion, this outlines a comprehensive plan to promote women's entrepreneurship and economic empowerment. It is evident that empowering women in the business sector is not just a matter of gender equality but also an essential component for overall economic growth and development.

Ms. Naina  
M/o Gurleen Kaur  
XII Comm. B



# Teachers' Corner

## RECIPROCITY OF THE COSMOS: YOU ATTRACT WHAT YOU OFFER

**"The universe operates through dynamic exchange. Give and you shall receive."**

The concept of reciprocity in the cosmos suggests a profound connection between our actions, thoughts, and the energy we emit. This principle, often encapsulated in the phrase "you attract what you offer," emphasizes that the energy we project influences what we draw into our lives. This article delves into this reciprocal relationship, exploring how our contributions to the universe shape our experiences and outcomes.

### **The Law of Attraction**

At the heart of this idea lies the law of attraction, which tells that like attracts like. Our thoughts and emotions emit frequencies that match with similar energies in the universe. When we cultivate positivity, we draw in positive experiences; conversely, negative thoughts can lead to undesirable outcomes. Understanding this principle empowers individuals to consciously shape their realities by aligning their internal states with their desired outcomes.

### **The Power of Intentionality**

Intentionality is crucial in this cosmic reciprocity. When we act with purpose—whether through kindness, compassion, or creativity—we initiate a cycle of positive energy. For example, small acts of kindness often lead to waves of gratitude and generosity, creating a supportive network. This supports the notion that our actions can significantly influence our circumstances and the world around us.

### **Practical Applications**

- 1. Self-Reflection:** Regularly assess your thoughts and behaviours. Identify patterns that may attract negativity and consciously work toward transforming them.
- 2. Gratitude Practices:** Cultivating gratitude shifts your perspective, allowing you to focus on abundance rather than scarcity. This mindset attracts more positive experiences.
- 3. Mindful Actions:** Engage in practices that encourage compassion and empathy. Small acts of kindness can have profound effects on both your life and the lives of others.
- 4. Vision Boards:** Create a vision board that visually represents your goals and aspirations. This practice strengthens your intentions and attracts energies aligned with your desires.

### **Conclusion**

**"What you give is what you get. The universe mirrors back your intentions."**

In nutshell, "Reciprocity of the Cosmos: You Attract What You Offer" clarifies the interconnectedness of our actions and experiences. By consciously choosing to offer positivity, kindness, and intention, we not only enrich our own lives but also contribute to a more harmonious world. Understanding this, reminds us that what we give to the universe ultimately shapes what we receive in return.

**Ms. Jaskiran Kaur**  
**PGT-Economics**



# Students' Corner

## Reality vs Dreams

"Dream is an enchanting lie but Reality is a monotonous truth."

What do you think a dream world is? Maybe a transient escape from the reality or a beautiful motivation to make our life better. Dreams are the alluring part of our life where all the borders of reality are crossed. A perfect world but not the reality, an imperfect world but the reality.

Dreams can make our lives seem perfect, but eventually, we need to strive hard to actually achieve them. Waking up to reality might not be pleasant, but it is essential to make a difference in our real lives. Reality might be harsh but we need to understand the fact that beautiful things don't last longer. A sanskrit shlok goes like "acceptance is happiness". Just like this, twist of dreaming with the plot twist of accepting the reality makes a perfect combination.

But remember nightmares are also dreams.

Though they are not the reality but sometimes it can affect a person's life brutally. There are many cases where we hear about traumas from nightmares.

In a nutshell, I want to say that a balance needs to be maintained between the real life and the dream life as if the dreams can be inspiring, they can also be a source of escapism. We can not just live our life relying on our seductive dreams overlooking the pieces of actuality.

"Dreaming is good till its a hobby and not a passion."

Kiran Jindal  
XII Comm. B

## ਹੈਰਾਨੀਜਨਕ ਤੱਥ

1. ਤੁਹਾਡਾ ਖੂਨ ਤੁਹਾਡੇ ਸਰੀਰ ਦੇ ਭਾਰ ਦਾ ਲਗਭਗ 8 ਪ੍ਰਤੀਸ਼ਤ ਬਣਦਾ ਹੈ।
2. ਖਾਰੇ ਪਾਣੀ ਨਾਲੋਂ ਤਾਜ਼ੇ ਪਾਣੀ ਵਿੱਚ ਜ਼ਿਆਦਾ ਲੋਕ ਡੁੱਬਦੇ ਹਨ।
3. ਜਦੋਂ ਇੱਕ ਦੋਹਰੀ ਸਤਰੰਗੀ ਪੀਂਘ ਹੁੰਦੀ ਹੈ, ਤਾਂ ਦੂਜੀ ਸਤਰੰਗੀ ਪੀਂਘ ਮੁੱਢਲੀ ਸਤਰੰਗੀ ਨੂੰ ਦਰਸਾਉਂਦੀ ਹੈ।
4. ਟਾਇਲਟ ਪੇਪਰ ਬਣਾਉਣ ਲਈ ਹਰ ਰੋਜ਼ ਲਗਭਗ 27,000 ਦਰੱਖਤ ਕੱਟੇ ਜਾਂਦੇ ਹਨ।
5. ਹਮਿੰਗਬਰਡ ਇੱਕੋ -ਇੱਕ ਪੰਛੀ ਹੈ, ਜੋ ਪਿੱਛੇ ਵੱਲ ਉੱਡ ਸਕਦਾ ਹੈ।



# Students' Achievements



**"The only person you are destined to become is the person you decide to be."**



Dilnawazpreet Singh of XII Arts got *third position* in Team Fight and Individual Fight U-21 in Kheda Vatan Punjab Diyaan 2024 held at Gobind National College Narangwal.

## Career Insight



### Unlock Your Creative Potential in Fashion Technology

Are you passionate about transforming raw materials into stunning garments? Do you dream of making a name for yourself in the fashion industry? Fashion Technology courses can turn your vision into reality. These programs combine theoretical knowledge with hands-on industrial experience, empowering you to succeed in the dynamic world of textiles and fashion. You'll delve into: - Raw materials and their potential - Retail and marketing strategies - Aesthetic value and design principles - Garments technology and production - Apparel management and entrepreneurship . To embark on this creative journey, you'll need: -

- 12th standard with science stream
- B.Tech diploma in Fashion Technology

By pursuing Fashion Technology, you'll unlock doors to exciting career opportunities, becoming:

- A renowned fashion designer (like Sabyasachi or Ralph Lauren)
- A fashion entrepreneur - A textile innovator
- A style influencer

Start your fashion journey today!



# Exploration



## पीपल का महत्व

पीपल का पेड़ सबसे ज्यादा ऑक्सीजन देने वाला पेड़ है। इसमें प्रोटीन, फैट, कैल्शियम, आयरन और मैंगनीज जैसे कई जरूरी पोषक तत्व मौजूद होते हैं। आयुर्वेद के मुताबिक पीपल के पेड़ से कई बीमारियों का इलाज किया जा सकता है। पीपल एक सदाबहार पेड़ है। पीपल का वैज्ञानिक नाम Ficus Religiosa है। पीपल का पेड़ बड़ा और विशाल होता है। इसकी डालियाँ खूब फैलती हैं। इसके पत्ते तिकोने-गोल होते हैं। इस वृक्ष को हिन्दू सभ्यता की शुरुआत से ही पूजा जाता है। इस पवित्र पेड़ में औषधीय मूल्य का भरपूर धन शामिल है और इसका उपयोग कई बीमारियों के इलाज में सहायक है, जिसमें साँप काटने से, अस्थमा, त्वचा रोग, गुर्दे की बीमारियाँ, कब्ज, खसरा और विभिन्न रक्त संबंधी समस्याएँ आदि शामिल हैं। पीपल के पेड़ के पत्तों में ग्लूकोज और मेननो, फेनोलिक होते हैं जबकि इसकी छाल में विटामिन के, टैनन और फाइटोस्टेरोलिन पाया जाता है। इन सभी सामग्रियों ने मिलकर पीपल के पेड़ को एक विशेष औषधीय पेड़ बना दिया है। आयुर्वेद के विज्ञान के अनुसार, पीपल के पेड़ के हर हिस्से - पत्ती, छाल, बीज और उसके फल में कई औषधीय लाभ होते हैं और इसका उपयोग प्राचीन काल से कई बीमारियों को ठीक करने के लिए किया जा रहा है। पीपल की पत्तियों का पाउडर से अस्थमा जैसी सांस से जुड़ी कई बीमारियों से हमारी रक्षा करने में मदद करता है। पीपल की पत्तियों के दूध से आँखों के दर्द में राहत मिलती है। पीपल की दातून करने से दाँतों का दर्द दूर होता है और दाँतों से जुड़ी कई परेशानियाँ दूर होती हैं। पीपल की पत्तियों से नाक से बहने वाले रक्त से राहत मिलती है। पीपल के पत्ते बुखार और सर्दी में राहत प्रदान करते हैं। पीपल एकमात्र ऐसा वृक्ष है, जो चौबीस घंटे ऑक्सीजन प्रदान करता है। इसके नीचे बैठकर कई विद्वानों ने ध्यान किया और ज्ञान की प्राप्ति की। पीपल के वृक्ष की उम्र कई सालों तक होती है। पीपल का वृक्ष पूजनीय है।

## Mind Boggler



## Ans. key of vol. 53

### RIDDLES

1. Most people think of me as money. But when they find me in the water, they won't get any money out of me. What am I ?
2. What can be cracked, made, told and played ?
3. I sleep during the day and fly at night, but I have no feathers to aid my flight. What am I ?
4. I hide my treasure in the ground, my tail is big and fluffy. If you spot me in a tree, please don't call me scruffy. What am I ?
5. Which letter of the alphabet has the most water ?
6. I fall but I never get hurt.

1. Footsteps
2. An egg
3. bank
4. Darkness
5. Fire
6. A battery
7. A telephone

