



OUR VOICES

DIFFICULT ROADS LEAD TO BEAUTIFUL DESTINATIONS!

This edition aims to highlight the stress and depression each student goes through at some point or the other. The manifold of content centres around how to cope up with stress and give your best even in a stressful situation.

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THE BUDDING BLOGGERS

Stress of Examination

By: KUNAL SINGH BHAKUNI, IX A

The stress caused by exams is something most students go through. As the school years goes on, the upcoming exams bring out various feelings. Many students feel uneasy, nervous, and worried because they want to do well. This stress happens because they know they'll be tested on what they've learned, and they worry about how they'll do.

This stress from exams doesn't just mess with the mind – it can also affect the body. Some students get headaches, have trouble sleeping, or feel sick because of the stress. What's more, focusing too much on exams might make them forget about other important things in life, like hanging out with friends or keeping up with their daily routines. In some cases, the stress can get so bad that it leads to burn out, making it tough to do well in school.

Dealing with exam stress is something students learn over time. There are tricks to help manage it, like making a study schedule, taking regular breaks, staying healthy, and talking to friends when things feel out of control. It's also important for students to remember that exams are just a part of school, not the whole life. Developing a balanced view of exams and using strategies to handle the stress can make a child feel better and less burdened.

Burst Your Stress and Do The Best

By: AARAV GAUTAM, VIII E

Exam stress is a problem that affects almost the majority of students. It is also said that student who is not stressed has better chance to get high marks and top in his class.

Some educational institutes and parents force their children and students to get good scores in his exam, which leads to exams stress. Due to the extreme pressure, which some students cannot handle. Sometimes they suicide and lose their life just for the exam.

Educational institutes can get special courses and counselling sessions to give relief to the students who are very stressed. Teachers should make sure that a good amount of revision is given to youngsters to make sure that they are fully prepared for the exam.

Students Should understand that relaxation is very important for mental and physical strength. Some cultural activities will help them to do this but these activities students can also learn something new and useful for their life. An hour of relaxation is important in which they can read book watch TV or take rest.

A student can also be involved in games like shooting, skating, etc. which gives them joy. Proper revision and relaxation for the mind is very important for students.



THE BUDDING BLOGGERS

OVERCOMING EXAM STRESS: YOUR PATH TO SUCCESS

In this present era of students' exams can feel like big storms. But guess what? You have the power to conquer them. Imagine you're getting ready to dive into a calm, peaceful lake. Just like that, you can imagine yourself confidently walking into the exam room. See the questions as puzzles waiting to be solved. This kind of imagination can help you do better.

Sometimes, you might feel worried or stressed. It's okay, everyone feels that way sometimes. It's like being on a wavy ocean. Talk to your friends or family if you're feeling low. They can make you feel better. Think of preparing for exams like building a strong lighthouse. You don't need to do everything at once. Just take it one step at a time. Each step you take is like a brick in your lighthouse of strength. Mistakes are okay – they help you learn and grow.

Remember, be kind to yourself. You're not just learning about subjects, you're learning about yourself. With imagination, support, and the power to take things step by step, you're ready to sail through the storm and reach success on the other side.

BY-TANIRIKA SARAF, VIIC

HOW TO OVERCOME YOUR EXAM STRESS?

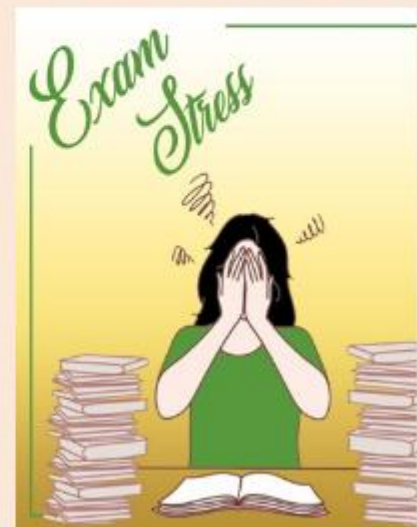
Exam stress is the felling of tension. If any part of the study material is left uncovered, feelings of worry is natural. Children who do not follow a proper studying schedule feel stressed out during their exams.

To overcome the stress of our examination, we have to adopt the following:

- Study hard and diligently.
- Ask your doubts to class teacher or to your tutor.
- Be attentive in your class and corporate your teacher
- Focus on your studies.
- Keep practicing every day.
- Time management.
- Keep your distractions away.
- Do your best in exams.

These are the 8 tips if you follow in your life to overcome or reduce your exam stress.

BY- CHAITANYA NAYAL, VII-D



THE BUDDING BLOGGERS

EXAM STRESS AND HOW IT AFFECTS US BY-AYATI SRIVASTAVA, XI A2

Stress, what is it? Firstly, I would like to emphasize my views on stress. It is any sort of disturbance that hinders our day to day activities. Hence, it is preferred to avoid stress as much as possible.

Stress could be due to various reasons. Stress of telling lies, stress for breaking someone else's toys or stress of breaking someone else's trust. But exam stress? It's not a sort of stress, one must take. In fact, taking stresses for such things will give us nothing other than stress, tension, headache, anxiety and these causes a lot of disorders such as migraine, hypertension and many more.

But, just to put an end to these problems, should we put an end to this process of examination? I don't think that's an appropriate solution. In fact, exam is just like a game. In game, we have several different levels. We need to pass each level to reach the next. These games test our thoughts, and what kinds of steps we take to win it. Similarly, the game of exam deals with our thinking capability, understanding and grip on a particular topic. So, instead of thinking of exam as a source of stress, if we think of it as a source of a challenging game we may instead enjoy it, not feel stressed out of it.

EXAM FEAR

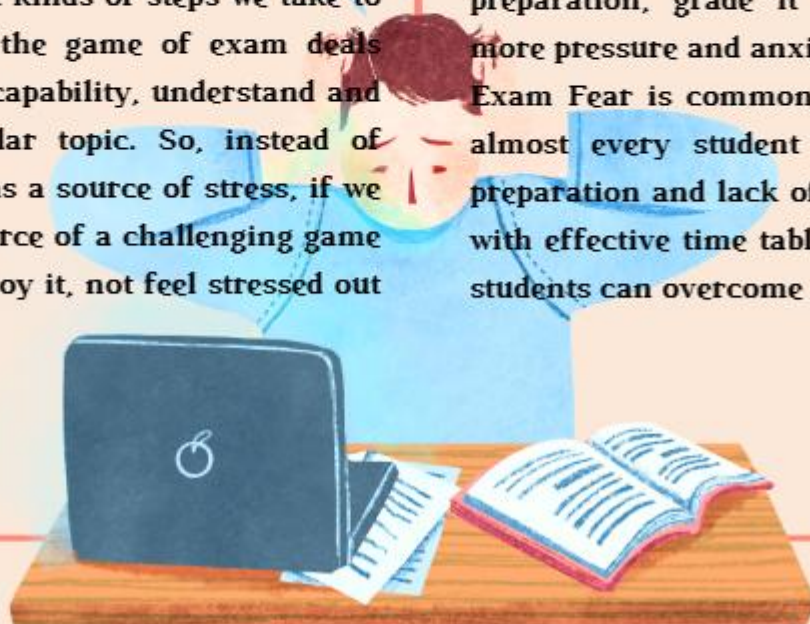
BY- DISHA ANIRUDH, XI A2

Exam Fear is one of the most common fears among students. As the name suggests it is the fear of examination which is faced by almost every age group student.

Exam Fear can have positive as well as negative impacts. The positive impact is that it puts a pressure on students and motivates them to study in order to score good. Its negative impact is that it could cause students to go through anxiety and depression. This anxiety can lead to poor performance in exams due to which students might get the easy questions wrong.

To cope up with exam fear, student should start preparing for exams in advance rather than preparing a night before. Students should take a good sleep before exam. They should learn how to manage time and should come with an effective timetable. They should not compare themselves with other students in study progress, level of preparation, grade it could result in more pressure and anxiety.

Exam Fear is common and is faced by almost every student due to lack of preparation and lack of confidence. But with effective time table and study plan students can overcome their exam fear.



THE BUDDING BLOGGERS

The Integral Role of Exams

BY- VIBHOR JAIN, VIII E

Exams play an integral role in shaping the careers of students. While some may view them negatively because they induce stress among many individuals, this testing method has proven time-tested benefits that should not be overlooked nor underestimated by any means whatsoever.

Exams have been an integral part of the education system for centuries. However, they are often seen as just a means to attain grades and nothing more. In reality, exams serve many other purposes besides grading students.

Exams provide an opportunity for students to showcase their knowledge and skills in a competitive environment. This can help them build confidence and develop better study habits that will benefit them throughout their lives. Moreover, taking exams helps students learn how to handle pressure and work efficiently under tight deadlines. These skills are valuable not only in academics but also in professional settings.

Furthermore, the feedback received from exam results allow the students to identify areas where further improvement is required.

Exams serve multiple roles beyond just assigning grades. They aid in developing essential life skills such as time management, stress management and critical thinking ability.

Tips To Help While Studying

BY- AARJAV JAIN, VIII E

Try these tips and tricks:

- Stick to a routine by eating and sleeping at around the same time each day
- Get a good night's sleep. This gives your brain time to recharge and remember what you've learnt.
- Give yourself mini rewards once you achieve your study goals – watch a TV show or go for a run
- Keep focused on your study – don't let other stuff like friendship worries distract you.
 - Avoid junk food – it will bring a sudden burst of energy and then fall away quickly leaving you feeling worn-out.
 - Eat a well-balanced diet – lots of fresh fruit, vegetables, cereals, grains, nuts and protein are all good for the brain and energy levels.
- Allow yourself time to rest – try out some relaxation activities like deep breathing, meditation or listening to music.
 - Cut back on energy drinks they can increase nerves. Drink lots of water instead!

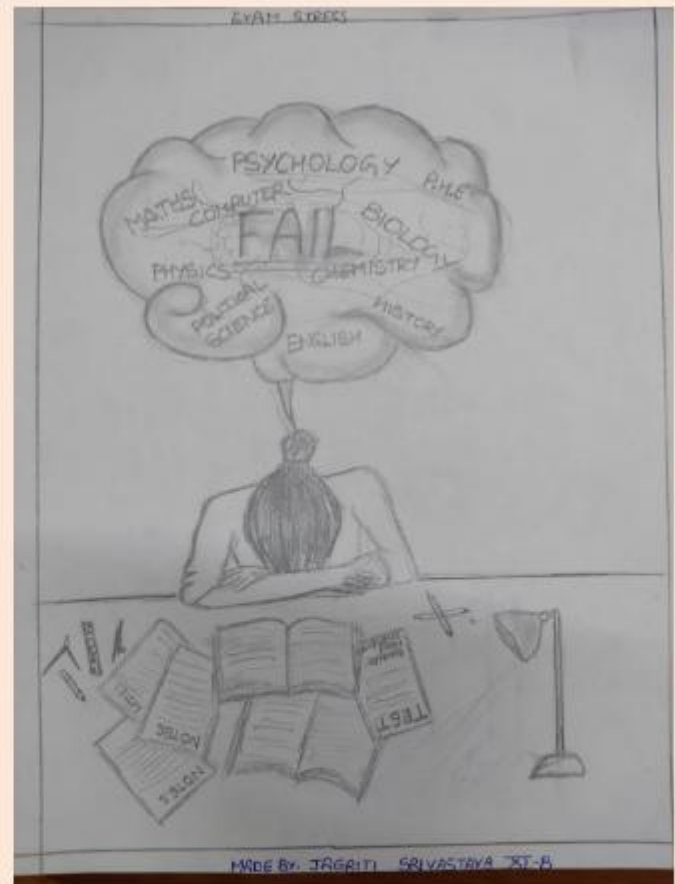
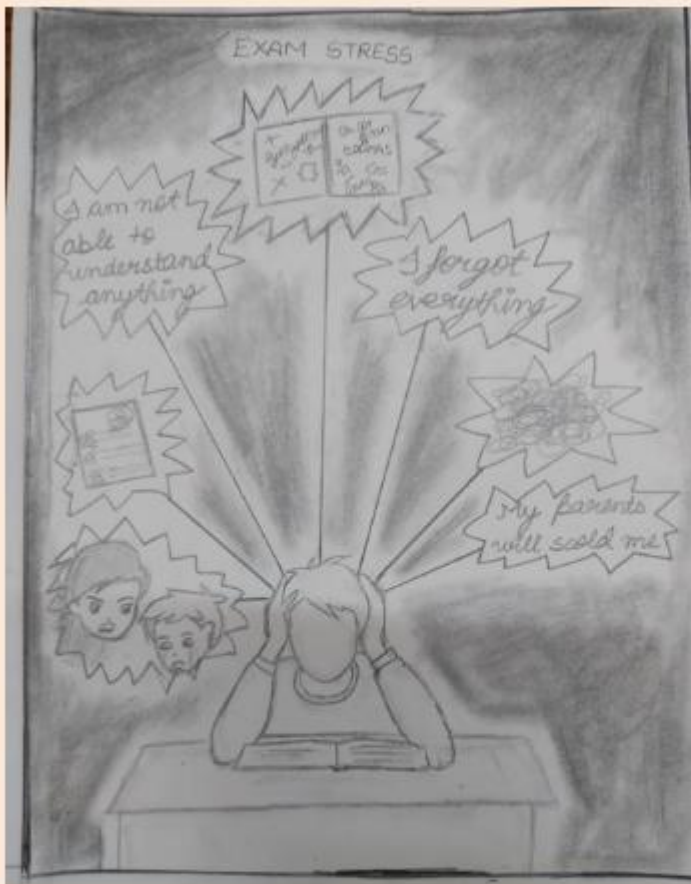


THE BUDDING BLOGGERS

EXAM STRESS

While making this drawing, somewhere I was thinking of my mental state during examinations. During examinations, students are under high pressure to get good grades to fulfill their parent's expectations. Students tend to compare themselves with their peers which ultimately leads them to feel insecure. Students often overthink about their grades and stress about it which makes it difficult for them to focus on their studies. We as students are stressed about getting scolded by our elders, we always want to make them feel proud.

I knew that a student mind is never at ease. There is always something or the other going on in their minds. We as students have to study many subjects & focus on each one of them that is why our mind gets confused. So, we as students should make an efficient time-table with short breaks in between & we should prioritize our schedule to give sufficient time to each subject.



BY-JAGRITI SAXENA, XI B

THE BUDDING BLOGGERS

HOW TO COPE UP EXAM STRESS

By: VATSALA SHARMA, XII A2



With exam season right around the corner, we see mainly three types of students-

1. Those who are loved by all teachers, study diligently and are confident that they will get good grades.
2. The second group forms the majority, those who aren't essentially at the top but they make sure they study properly when necessary.
3. The third group comprises of those who just never manage to find the time to study and are least liked by the teachers.

I'm sure we all are categorising ourselves and our friends into these groups but a common problem we all face, no matter from which of the top three groups we belong to is 'exam stress'. It is one thing inevitable in every student's life.

As someone who has spent 12yrs experiencing exam stress over and over, here are a few tips to manage exam stress, even though they may seem a little cliché, but still they work:

- Study with conditions similar to your classroom- It's called context-dependant memory. It states how we are best able to remember things in environments similar to when it was encoded or learned.

Thus, when you sit for a study session, make sure the environment is like of what would be in the examination hall. It prompts your mind to remember the situation and along with it the things you learned.

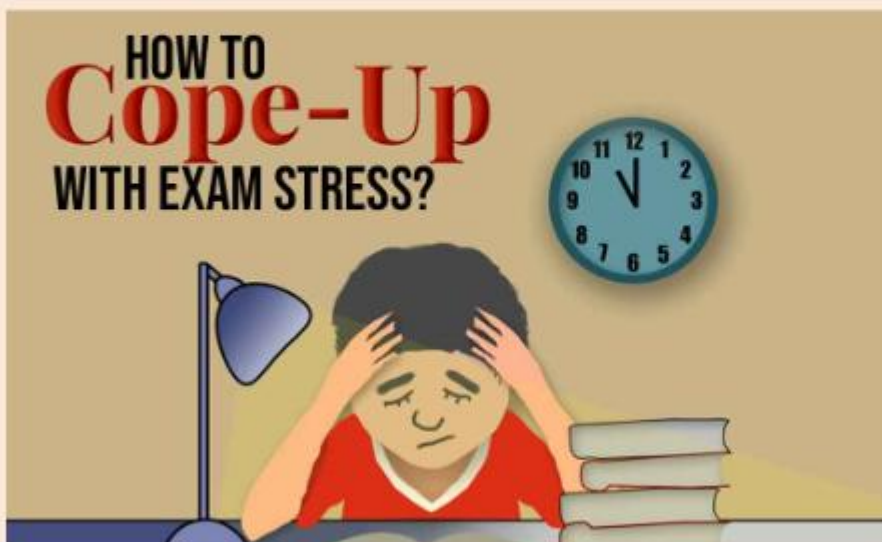
- Adopt learning techniques- One such technique is the 'Feynmann technique'. It's based on the idea, "If you want to understand something well, try to explain it simply."

THE BUDDING BLOGGERS

How it works:

- Write the subject/concept you are studying at the top of a sheet of paper.
- Then, explain it in your own words as if you were teaching someone else.
- Review what you have written and identify the areas where you go might wrong. Once you have identified them, go back to your notes or reading material and figure out the correct answer.
- Lastly, if there are specific domains in your writing where you used technical terms or complex language, go back and rewrite those sections in simpler terms for someone who doesn't have the educational background.
- Studying before you sleep- Whether it is reviewing flashcards or notes, it can help improve recall. When you're asleep, the brain organizes your memories. Instead of pulling an all-nighter, study a few hours before bed and then review the information in the morning.
- Accept support and ask for support- feeling overwhelmed is unavoidable, thus asking for a hand of help while you are struggling with something does not make you look weak. That help can be your parents, friends or even teachers.

It is very normal to feel like the world is going to end under the stress and anxiety of your exams. Sometimes it's good to feel that as it prepares your body for even more stressful situations in the future. At the end of the day, your efforts towards yourself is what that matters.



THE BUDDING BLOGGERS

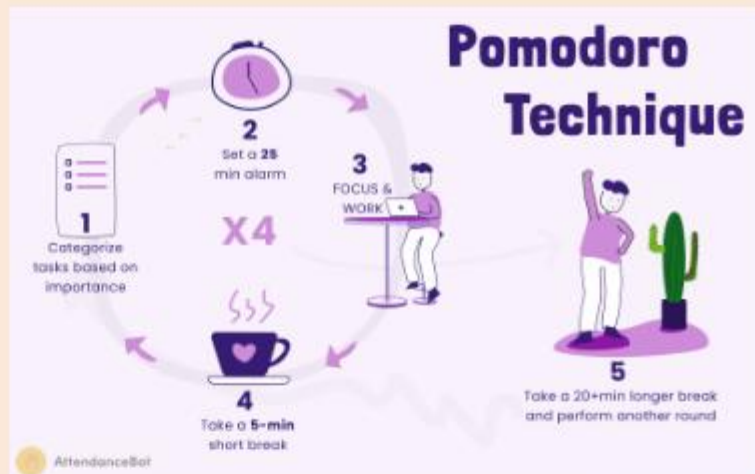
DON'T STRESS, DO YOUR BEST, FORGET THE REST

By: JIYA SURI, VIII-C

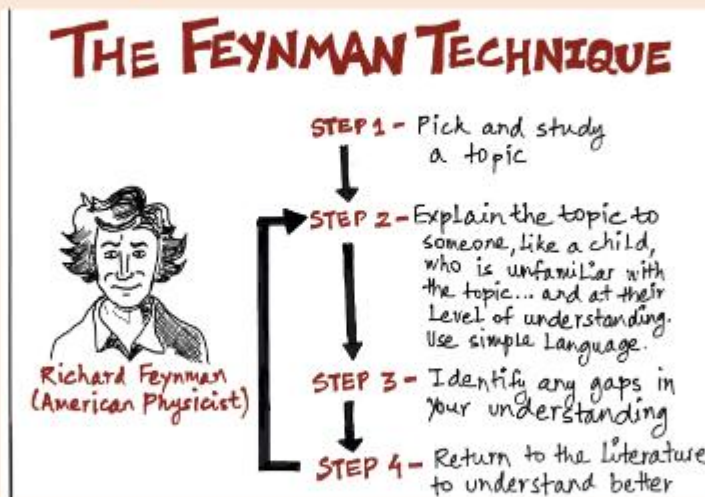
Exam stress is a problem which is faced by a majority of students nowadays. This can also affect the student's mental health and physical health problems such as headache and sleep disorders. Some students study at the last day of examination and for their last day study sessions, they do not sleep the whole day by which they are confused, nervous as well as sleepy while doing their exams which affect their academics negatively. There are many strategies to navigate through these types of problems. The best way is to manage your time and plan your work a day prior which will help reduce stress and energy levels throughout. We should not work simultaneously as our mind cannot focus on multiple things at a same time. One of the effective ways is to study at certain time intervals which will help recapitulate our memory faster.

Let us know about some techniques to escape from the exam stress:

Pomodoro technique:



Feynman technique:



So, now do not fear for the examinations by following my tips as examinations increase your focus and concentration, boost your brain power and knowledge by tricky questions. You can also follow that can naturally heal your exam stress as well as mental stress like meditation and yoga.

THE BUDDING BLOGGERS

THE EXAM FEVER

As we all know that nowadays all the students have to study hard in their life to reach their goals and become a better person who is capable to live on his/her own wealth. Sometimes the children start feeling a mental load on themselves which can lead to exam stress. Exam stress can be caused due to two reasons. One can be that students get themselves in exam stress because of their fault, as by not completing their work on time and then micromanaging it with the exam. The second reason being that the long syllabus makes them so anxious that they are not able to start anything in the very first place and they internalize that, "Oh! I won't be able to do it." According to me, during exam stress we should not panic and focus on the main topic and we should not get distracted by mobile phones and television set. This will prevent you from getting sad and will help you stick around the subject and chapters with greater ease. These are some few tips which can prevent you getting stuck in exam stress:



- Wake up early, start your routine and finish all your chores in time.
- Create a to-do list so that you can focus on the topics written on the list.
- Stay Organized, keep your study space and materials organized. Clutter can add to your stress. Hence, clear your mess.
- Practice regularly, revise the concepts which you have been through, so that you can easily memorize the topic.
- Take help, if you have a confusions and doubts about some topics, don't hesitate, take help of your sibling(s), parents or call your friend for help.
- Limit Distractions, avoid spending your time on social media platforms like Instagram, YouTube, Facebook etc. Put your phone on focus or silent mode.
- By eating healthy food, you can get energy to do your work efficiently, always listen to your mom and eat the vegetables and fruits accordingly.
- Taking good sleep, not only to prevent under eye bags but also so that your brain can get some time to store the information.

BY: NAKSH GOYAL VI-B

THE BUDDING BLOGGERS

EXAM STRESS: A PHOBIA



Phobias are irrational and intense fears triggered by specific situations, objects, or scenarios. Similarly, exam stress can be seen as a type of phobia, where the fear centers on the process of giving exams. This fear can stem from concerns about performance, consequences of failure, and the pressure to meet expectations.

Exam stress can manifest physically, emotionally, and cognitively. Physically, it may lead to symptoms such as headaches, nausea, increased heart rate, and insomnia. Emotionally, students might experience heightened anxiety, irritability, and a sense of dread.



TIPS TO OVERCOME EXAM STRESS



1. **Recognize and Accept:** Acknowledge that exam stress is a common phenomenon. Understand that feeling stressed before exams is natural, but it doesn't have to control your performance.
2. **Time Management:** Effective time management is a potent tool against exam stress. Create a study schedule that allocates time for revision, breaks, and leisure activities. Avoid cramming, as it intensifies stress.
3. **Healthy Lifestyle Choices:** Regular exercise, balanced nutrition, and adequate sleep play a crucial role in reducing stress. Physical well-being positively impacts mental well-being.
4. **Mindfulness and Relaxation Techniques:** Practicing mindfulness, deep breathing, and meditation can help calm the mind, reduce anxiety, and enhance focus.
5. **Effective Study Techniques:** Utilize active learning methods like summarizing, self-testing, and teaching the material to others. These techniques not only enhance understanding but also boost confidence.
6. **Seek Support:** Talk to friends, family, teachers, or a counsellor about your feelings. Sharing your concerns can provide a sense of relief and different perspectives on managing stress.
7. **Set Realistic Goals:** Avoid setting overly high expectations. Instead, focus on achievable goals that are within your control.
8. **Positive Self-Talk:** Challenge negative self-talk and replace it with positive affirmations. Remind yourself of your past successes and capabilities.
9. **Visualization:** Imagine yourself successfully tackling the exam. Visualization can instill confidence and reduce anxiety.
10. **Practice Past Papers:** Familiarize yourself with the exam format and types of questions by practicing past papers. This helps reduce the element of surprise and boosts confidence.

BY- KUSHAGRA YADAV, IX B

THE BUDDING BLOGGERS

Exam Stress

Examination stress could be defined as a type of heightened anxiety caused by extreme pressure of exams affecting a student before, during and after an examination. It is a serious issue dealt with by students throughout their academic.

EFFECTS

When students are under pressure to perform well on exams, their mental and physical health may suffer. Here are four ways in which exam stress can affect students:

- Exam stress can lead to fatigue and an inability to focus.
- It can cause anxiety, which can lead to panic attacks and other forms of psychological distress.
- It can cause a decrease in cognitive performance, including memory recall and problem solving skills.
- It can worsen sleep patterns, leading to increased anxiety and fatigue the next day.

CAUSES

There are many potential causes of exam stress, but here are a few of the most common:

- Poor study habits – Inconsistent study and irregular revision.
- Lack of preparation – Appropriate understanding of the study material.

TIPS TO AVOID STRESS

It is easy to feel overwhelmed when preparing for an examination. This can have a negative effect on students' mental and physical health.

Here are some tips to help a student to get through examinations stress free:

- Make a list of what needs to be done, and then start working on the hardest tasks first.
- Set realistic goals for yourself and don't overdo it.
- Avoid trying to cram too much information at once.
- Take regular breaks, even if you don't feel like it.
- Talk to your parents or friends about how you're feeling, and ask for their support.

CONCLUSION

Many students feel the pressure to perform well in their exams. Unfortunately, this type of pressure can lead to negative psychological effects such as anxiety and stress. 'Exam stress is constant in every student's life. However, by not considering it as a stress, but a part of academic life, students can achieve success on it.

BY-AARVI PANDEY, VII-D

THE BUDDING BLOGGERS

HAVING EXAM STRESSES?

RECEIVED YOUR HALFYEARLY DATESHEET?

DON'T THINK TO CONFINE YOURSELF TO YOUR STUDIES FOR THE NEXT FEW WEEKS.

Well! Sometimes the pressure you feel can help keep you focused, other times it can cause stress. Check out some tips to help you cope with stress during exam time. But first

WHAT DOES EXAM STRESS LOOK LIKE?

Some signs of stress include:

- Feeling confused
- Losing touch with friends
- Feeling moody and low
- Having trouble making decisions
- Feeling overwhelmed
- Lack of motivation to do anything
- Trouble in sleeping
- Having an upset stomach or feeling sick
- Fidgeting, nail biting, teeth grinding



WHY DO PEOPLE EXPERIENCE EXAM STRESS?

- Worry they might fail
- Don't feel prepared
- Want to do really well
- Don't have much time to study
- Need to get a certain result
- Don't think they will do well.



FIND IT HARD TO

UNDERSTAND WHAT THEY'RE STUDYING?

Feel pressure from family to get good marks?

Feel they need to compete with others?

Have other things happening in their life?



GETTING READY TO STUDY

- It's never too late to set up good study habits. Here are some helpful ideas:
- Find a quiet place to study without distractions.
- Set-up your study space. Make sure it's not too cluttered and has
- Everything you might need.
- Find out as much as you can about the exam so you can prepare.
- Ask your teacher if you have any doubts or if you're unsure of what will be tested.
- Learn to make 'mind maps' and use them to collect ideas and thoughts, use bright colours to help remember important links.
- • Make a plan of what you want to work on in each study session. Break it down into small tasks and work on one task at a time.

THE BUDDING BLOGGERS

Try these tips and tricks:

- Stick to a routine by eating and sleeping at around the same time each day.
- Get a good sleep. This gives your brain time to recharge and remember what you've learnt.
- Give yourself mini rewards once you achieve your study goals – watch a TV show or go for a run.
- Keep focused on your study – don't let other stuff like friendship worries distract you.
- Avoid junk food - it will bring a sudden burst of energy and then fall away quickly leaving you feeling worn-out.
- Eat a well-balanced diet - lots of fresh fruit, vegetables, cereals, grains, nuts and protein that are all good for the brain and for energy.
- Allow yourself time to rest – try out some relaxation activities like deep breathing, meditation or listening to music.
- Drink lots of water.

IDEAS FOR EXAM DAY

Here are some tips to help exam day go smoothly:

- Work out what you need to take with you on exam day and organize this the night before.
- Eat a good, light breakfast – this will help with energy and concentration.
- Go to the toilet before the exam starts.
- If you feel yourself getting worried before your exam - spend some time focusing on your breathing.
- When you sit down to do your exam, take time to slow your breathing and relax.
- Read through the exam paper carefully. Underline key words and instructions.
- Work out how long you have for each question or section.
- Aim to have time to re-read answers through and to make any changes.
- Work on the questions that you find easiest first.

BY-ADITYARAJ JENA, VI B



THE BUDDING BLOGGERS

TIPS TO REDUCE STRESS DURING EXAMS

“Focus on What You Can Do in The Here And Now.”

There are thousands of students who suffer from depression due to exam stress. One of the main reasons for this is the lack of proper advice on dealing with stress.

So, the tips to overcome your examination stress are :

1) SET REALISTIC GOALS

If you don't set a realistic goal, then it would become difficult for you to achieve that goal and if you don't achieve that goal then it becomes one of the reasons for stress among students. Students set unrealistic goals especially when exams are near, they decide to study many chapters and when they are not able to do so, they get stressed. So always set realistic goals.



2) TALK TO SOMEONE, IF YOU FEEL STRESSED

There are times when you feel stressed due to the burden of studies. So when you feel stressed talk to your friends, family members or anyone you feel talking to someone helps you relieve your stress and thus you will feel good. Also make sure you reach out only to supportive people, since there are many people who will demotivate you and as a result you will get more stressed so don't be alone and talk more and more with your known.



3) EAT, SLEEP AND EXERCISE WELL

Good food, proper rest and regular exercise are some of the most important things that will help you live a happy and healthy life. You must have heard the saying that 'you are what you eat' which highlights the importance of eating good. Sleep also plays a very important role in the growth of the human mind and body. When you exercise regularly, the body releases a chemical called Endorphins.



4) DON'T MULTITASK

Just before the exams many students try studying multiple subjects or multiple concepts or complete their assignments and study simultaneously. But this is not a wise thing to do since multitasking results in multiple negative effects like excessive stress, mental issues and sleeping issues. It may also reduce the overall performance of a person. So focus on one task at a time and once you complete it then, start other one.



BY- PARIDHI ADHIKARI, VI B

THE BUDDING BLOGGERS



परीक्षा का तनाव



परीक्षा का तनाव एक ऐसी समस्या है जो ज्यादातर विद्यार्थियों को प्रभावित करती है। परीक्षा का समय स्वाभाविक रूप से तनावपूर्ण होता है। वैसे तो परीक्षा का हमारे जीवन में बहुत बड़ा महत्व है अभी के समय पर अगर बच्चे परीक्षा में न बैठे तो उन्हें नौकरी नहीं मिलती। किसी भी चीज में महारत हासिल करने के बाद उसकी परीक्षा ली जाती है इससे सिद्ध हो जाता है की वह वाकई में हुनरमंद है या नहीं। परीक्षा में सब कुछ याद रखने के आलावा अच्छे अंक लाने का तनाव विद्यार्थियों के तनाव को और बढ़ा देता है। परीक्षा का यह तनाव किसी भी विद्यार्थी के सीखने की प्रक्रिया पर बुरा असर डाल सकता है और उसके लिए पढ़ना एक कठिन कार्य हो सकता है, इसका असर यह होता है कि यह आपकी ग्रेड्स को प्रभावित कर सकता है। पर इस तनाव से बहार निकलने के लिए भी बहुत रास्ते हैं, जैसे लगातार पढ़ाई नहीं करनी चाहिए, बल्कि पढ़ाई के बीच में थोड़ा ब्रेक लेना चाहिए। परीक्षा के समय योगा, व्यायाम जैसी फिजिकल एक्टिविटी भी करनी चाहिए इससे भी छात्रों को तनाव दूर करने में मदद मिलेगी। लगातार पढ़ने से आपकी याद करने और समझने की प्रक्रिया धीमी हो जाती है। परीक्षा के दौरान डर लगना आम बात है। ऐसे अगर छात्र परीक्षा के दौरान पैनिक हो जाते हैं तो कुछ देर रुक कर गहरी सांस लें। फिर उसके बाद पानी पिएं और खुद को नॉर्मल करने की कोशिश करें। उसके बाद शांत होकर एग्जाम देने में जुट जाएं। पैनिक होने से परीक्षा पर सीधा असर होगा इससे आप आते हुए सवालियों के जवाब भी भूल जाएंगे, इसलिए यह बेहद जरूरी है कि आप परीक्षा के समय पैनिक न हो। रिवीजन परीक्षा के समय करना बेहद जरूरी है।

आपने साल भर जो भी पढ़ाई की है एग्जाम के समय दोहराते रहें। इससे उस विषय के प्रति आपका अत्मविश्वास बना रहेगा। परीक्षा के समय नया टॉपिक पढ़ने से बचें। एग्जाम के समय सिर्फ पढ़े हुए विषय को दोहराने से आपका कॉन्फिडेंस बना रहेगा। साथ ही, छात्र अपनी परीक्षा खुद भी लेंगे तो अच्छा रहेगा। सेल्फ टेस्ट लेने से भी परीक्षा का डर खत्म हो जाएगा। छात्रों को परीक्षा के समय में अच्छी नींद लेना भी बेहद जरूरी है। कम सोने से अपनी एकाग्रता पर इसका प्रभाव पड़ेगा। लेकिन रात में 7 से 8 घंटे की नींद से आपकी ऊर्जा बनी रहेगी और तनाव भी कम होगा। इसके साथ ही छात्रों को परीक्षा के समय अपने खाने-पीने का ध्यान रखना चाहिए। ऐसा खाना नहीं खाना चाहिए जिससे आपकी तबीयत खराब हो। ऐसा खाना खाएं जिससे आपको ऊर्जा मिले। पानी भी पूरी मात्रा में पिएं ताकि आपका शरीर हाइड्रेटेड रहे। जिससे आपका शरीर ऊर्जावान रहेगा और पढ़ाई करने में थकान महसूस नहीं होगी। परीक्षा के दौरान छात्रों को अपने टीचर के संपर्क में रहना चाहिए ताकि विषय संबंधी समस्या के लिए वह उनसे बात कर सके। साथ ही, अगर छात्रों को एग्जाम के कारण कोई समस्या महसूस हो रही हो तो उन्हें बिना डरे उनसे बात करनी चाहिए। परीक्षा के समय माता-पिता को भी बच्चों पर नंबर लाने का दबाव नहीं डालना चाहिए। पैरेंट्स को बच्चों का साथ देना चाहिए और इस बात का ध्यान रखना चाहिए की उनको परीक्षा का तनाव न हो।

-धृति मेहता, VII E

THE BUDDING BLOGGERS



परीक्षा की चुनौती



परीक्षा, जो एक विद्यार्थी के जीवन की एक बड़ी चुनौती है। लेकिन, यह परीक्षाएँ और तनाव का कारण बन जाती है। इससे मानसिक गतिविधियों पर बहुत असर पड़ता है। तनाव के कारण ज़्यादा पाठ्यक्रम और माता - पिता के उम्मीदे होती है। जब हमारे अंक काम होते हैं, तब हमारे कुछ दोस्त हमारा मनोबल गिराकर हम पर मानसिक दबाव डालते हैं।

तनाव की वजह से हमें मानसिक बीमारियां, दुःख, वजन घटना, भूख की कमी आदि परेशानियां हो सकती है। कुछ विद्यार्थी ज्यादा तनाव लेते है और आशा करते है कि वह अच्छे अंक लाएंगे। परन्तु, उसका उल्टा उन्हें मिलता है। कुछ विद्यार्थी कम तनाव लेकर सफल होते हैं।

हमें तनाव को अपने जीवन से निकल देना चाहिए। तनाव को हटाने के लिए हमें योग करना चाहिए , अच्छा भोजन खाना चाहिए, समय पर पढ़ना चाहिए आदि। तनाव को दूर कर हम विद्यार्थी जीवन के मुश्किल सफर कई चुनौतियाँ को आसानी से पार कर हम अपने देश का भविष्य उज्ज्वल कर सकते हैं। इसलिए, हमें परीक्षाओं के समय तनाव नहीं लेना चाहिए।

-पी श्री वेदा कृति
 सात ई



परीक्षा का तनाव

परीक्षा एक छात्र के लिए उसके जीवन में सबसे बड़ा बोझ होता है। इस समय पर बच्चे के माता-पिता, उसके घरवाले एवं उसके रिश्तेदार उस पर पढाई के लिए दबाव बनाते हैं। क्योंकि उनको अपने बच्चे का भविष्य चमकता हुआ चाहिए। बच्चा बहुत ज्यादा परेशान हो जाता है। उसे इस बात का तनाव रहता है कि अगर वह एक भी पन्ना पढ़ना भूल गया तो परीक्षा में फेल हो जाएगा। इस समय पर छात्रों को लगता है कि समय थम क्यों नहीं जाता। एक के बाद एक परीक्षा होने के कारण बच्चे पर स्ट्रेस और ज्यादा बढ़ जाता है। जब भी दस मिनट के लिए सांस लेने के लिए रुकते हैं उसी क्षण पता नहीं मम्मी कहाँ से प्रकट हो जाती है। पढ़-पढ़ कर हालत पतली हो जाती है। सोने के समय भी अजीब-अजीब से सपने आते हैं, जैसे मैं परीक्षा में दो अंक से फेल हो गयी हूँ। परन्तु जैसे ही परीक्षा समाप्त होती है तो मैं या फिर कोई भी छात्र उस विषय की पुस्तक को देखता भी नहीं। यह तनाव खत्म होते ही समय जन्नत सा लगता है।

वानी तोमर
 आठवीं -डी



THE BUDDING BLOGGERS



BY- SAANVI SINGH, IX D

FROM THE BARDS

THE D-DAY

In halls of books and quiet hush,
 Exam stress, a tempest's rush.
 With every page, my heart does pound,
 Lost in notes, a mind unwound.
 The clock's cruel hands, they tick away,
 Anxious thoughts, like birds in fray.
 Memories fade, replaced by doubt,
 In this battle, I'm caught without.
 But deep within, a fire burns,
 For knowledge sought, the heart yearns.
 With strength anew, I face the test,
 Determined heart, I do my best.
 When shadows fade and daylight gleams,
 I'll rise above these daunting streams.
 For in this storm of doubt and fear,
 I'll find my way, my purpose clear.

BY- GITANJALI MISHRA, XII B



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EXAMINATION STRESS

Exams
 Oh, the student,
 Know how it fully feels;
 You may ask any one,
 They'll tell you how they deal.
 Oh, the teacher,
 Know what it truly teaches;
 You may ask any one,
 They'll tell you how deep it reaches.
 Oh, the parent,
 Know what it;
 You may ask any one,
 They'll tell you how much at stake are their dreams.
 Oh, the students,
 Know how it fully feels;
 You may ask any one,
 They'll tell you how they deal.

BY- RUDRANSH NEGI, IX A

FROM THE BARDS

A JOURNEY OF STRESS

In the realm of exams, where stress resides
 A roller coaster journey, where pressure collides
 Books and notes scatter, d like leaves in the breeze
 Anxieties whispers a swarm of unease.

Clocks tickling loudly, as time slips away,
 Words turning blurry, in a disarray
 But deep within, a fire burns bright
 A will to conquer, to reach the light.

Minds racing swiftly, like a river's flow,
 Through valleys of knowledge, we aim to grow
 The weight on shoulders, a heavy load,
 Yet we strive forward, down the knowledge road.

Embrace the challenge, let the warriors subside,
 With diligence and faith, let your dreams be your guide,
 For within each struggle, a lesson to learn,
 In the crucible of stress, it's knowledge we earn.

BY- PARTH PANDEY, VII B



EXAM STRESS- DEAL IT

We set many alarms during exams,
 When they ring our ears get jammed.

Our parents shake us up early in the morning,
 We then read books with numerous yawning.

Three hours seem long during exams
 We try to copy by asking, 'May I go to toilet ma'am?'

One by one exams approach their end,
 But we have no option left but you regret.

It is a situation everyone has been in,
 Only way to overcome this stress...is to face it.



BY- AGREEMA BISHT, VIII D

FROM THE BARDS

EXAM STRESS

In halls of learning, desks in rows,
 Students gather, the knowledge grows.
 But along the way, a stress can creep,
 As exams approach, causing hearts to leap.

Math equations, history's tale,
 Science mysteries to unveil,
 Subjects weave a web of challenge true,
 But fear not, for you'll pull through.

Study hard, manage your time,
 Let not anxiety climb and climb.
 Remember, mistakes that help you to learn,
 In every twist and turn.

Take a breath, stay calm and cool,
 Don't let stress become a rule.
 A journey's path is a stepping stone,
 To future heights yet unknown.

With determination, you'll soar high,
 Let your potential touch the sky.
 Embrace each test as a chance to grow,
 Students, let your knowledge flow!

BY-JAHNAVI DUGAR, VIII A



EXAM CHILLS

The books nibble, I scribble
 Releasing stress to make them a little
 clear

Turning the page in anger,
 Then thinking to become the sage in
 fear.

All subjects rolling down my mind
 And can be noted in my drowsy eyes,
 Exam stress can be seen
 Eyes swollen, face full of wrinkles and
 marks with a crease.

Screaming, working hard to get success,
 But failure is the thing people knows the
 best

Exam stress becomes wild all over
 places,
 Gardens lest and graves remain with
 traces....

BY- ARPIT SHARMA, XI AI

THE DAYS OF TENSION

The days of tension
 Where fun is over
 Only the work, Only the studies to be done
 From those days, I just feel
 I just go stunned to run.

Facing the exam is a big dare
 Nothing hardens than the nightmares
 Worried about the time of result;
 exam for me is an adventure, of
 climbing the mountains
 like drizzling fountains.

Subjects like the social studies
 Don't even feel to face these
 Now comes the English examination, to be faced.
 No time for fun.
 for this no grace.

BY- SHREE MITTAL, IX D

CORNER OF

WISDOM



Everything has a beginning. The exam system also has a history which we all should know.

There is a question that you all must have once thought of in your life. “Who in the world invented this system called examination?” The guy who invented exams is a French philosopher named Henry Fischel, who has taught this in various countries like the United States, Great Britain, etc. Henry Fischel’s philosophy of exams was first established in China under the name of the Imperial examination. The Sui dynasty approved and implemented this system in 605 AD. According to Henry, the purpose of an examination is, to understand the ability and learning of a student, to make students determine a whole lot of things in one night and to have an average of students’ abilities. He devised tests to assess student’s general topic knowledge as well as their competency to apply that information. This system was later abolished in the Qing dynasty after 1300 years in the year 1905. But Great Britain already adopted this system in 1806 for Majesty’s civil service.

There are various examinations in India which are toughest to crack. These competitive exams never fail to give nightmares to its aspirants. The toughest exam in India is UPSC-civil service examination (Union Public Service Commission). Afterwards, it is IIT-JEE, National Défense Academy (NDA), IES, CLAT, CA etc.

You may be wondering about the toughest exam in the world. So here it is, the Master Sommelier Diploma Exam, which is an exam conducted for expert winemakers. It was established in 1977 in the United Kingdom. You will be surprised to know that barely 299 people managed to pass it in the last 40 years, which is 4 decades.



BY-AYURDA SINHA, IX D

Creative Corner

BY- ANUSHREE SINHA, X B



1. Materials required:
 Scissors, Tape and Paper cup.



2. Cut the upper edge of the paper cup and keep it aside.



3. Cut the body of the cup into 16 strips. (Make sure the strips are attached to the base.)



4. Repeat the process until you get this amazing pattern.



5. Now tape its previously separated edges in the inside.



6. Now tape the previously separated upper edge of the cup in the inside.



7. And your mini basket is ready.



8. Time to decorate it and display.



A SPACE TO LAY BACK



BY- AYAN GARG, VII E

1. Chocolate is supposed to be the first flavor of ice-cream
2. Snakes and ladder originated in India.
3. Hot water will turn into ice faster than cold water.
4. Snakes can predict earthquakes .
5. Human teeth are as strong as shark's teeth.
6. Your nose gets warmer when you lie.
7. A Kumbh Mela is a pilgrimage site which is visible from the space.
8. India has the lowest population of using internet.
9. There are more trees on earth than stars in the milky way.
10. There are metals that can burn in water.



Career Prospect: Video Game Designer



Video game designers create the defining features of video games, including characters, objectives, obstacles, levels and settings, and narratives. They interact with many other professionals and teams, including technical and creative personnel.

Video game design careers have exploded in popularity. Entry to the field has become competitive, but expanding game markets and eye-popping sales numbers have created unprecedented opportunities. Dedicated candidates with the right skills and knowledge have the tools to build their careers.

There are three ways to become a Video game Designer in India.

- 1) Student can do 12-Any stream. Then complete B.Des. in Game designing. Further you can Proceed with M.Des. in game designing.
- 2) Student can do 12-Science. Then complete B.Tech. in Computer Science. Further you can Proceed with Post Graduate Diploma in Game design.
- 3) Student can do 12-Science. Then complete B.Sc./BCA in game design.

Salary levels are High for Video Game Designing. For fresher average salary is more than 5 Lacs. Fees levels of the course is Medium. To pursue this course student need to spend 3 to 4 Lakhs. Level of preparation for Video Game Designing is Medium. Students spend 1 Year. to prepare for entrance test of Video Game Designing.

BY-Bhumika Chatterjee, XI A2

HUSTLE YARD- EVERYTHING SPORTS

MALLAKHAMB: THE LOST SPORT OF INDIA AWAITS ITS RENAISSANCE

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Mallakhamb, a traditional Indian sport dating back centuries, is at risk of fading into obscurity. This captivating discipline, which combines elements of gymnastics, yoga, and strength training, has been a cultural gem in India for generations. However, the sport is now struggling to find its place in a modernizing world.

Mallakhamb involves performing remarkable feats on a vertical wooden pole or rope, displaying incredible strength, agility, and balance. Athletes execute gravity-defying poses, flips, and holds, leaving spectators in awe of their physical prowess.

Once a staple in Indian villages and towns, Mallakhamb has lost ground to modern sports and digital distractions. The decline in popularity is also due to the lack of infrastructure and organized training programs, making it challenging for the younger generation to take up the sport.

Efforts are underway to revive Mallakhamb's glory. Cultural enthusiasts, coaches, and local communities are working together to reintroduce this art form to schools and communities. It's hoped that Mallakhamb can once again flourish as a celebrated sport, representing India's rich heritage and promoting physical fitness and discipline.

In a world where ancient traditions are increasingly at risk of being forgotten, Mallakhamb's revival serves as a reminder of the need to preserve India's diverse cultural heritage, one gravity-defying pose at a time.

In the face of dwindling popularity, Mallakhamb is finding renewed hope for the future. Recent efforts to revive this traditional Indian sport are yielding promising results. With the establishment of dedicated training centers, increased awareness, and support from enthusiasts, Mallakhamb is on the brink of a resurgence. This remarkable sport not only showcases India's cultural heritage but also promotes physical fitness and discipline. As younger generations rediscover its allure, Mallakhamb may soon regain its rightful place in India's sporting landscape, ensuring that this captivating art form continues to thrive and inspire for generations to come.



BY-ADITYA KESARWANI, XI A1

REVIEWS AT A GLANCE

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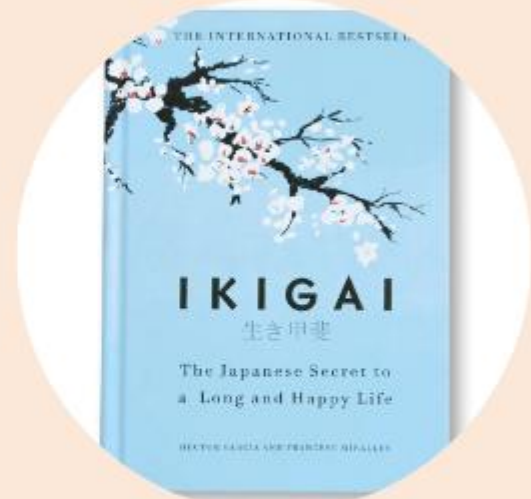
ANIME REVIEW

Hunter x Hunter, written by Yoshihiro Togashi, is an anime that first aired on October 16, 1999. The story is set in a world where Hunters are elite individuals with special skills and licenses granted by the Hunter Association. Admired for their abilities, Hunters are given access to various privileges, such as exploration and investigation.

The narrative follows the young protagonist, Gon Freecss, who lives with his aunt Mito. Throughout his childhood, he was told that his parents had died in an accident. However, as he grows up, Gon discovers that his father, Ging Freecss, is not only alive but also a legendary Hunter. This revelation fuels his desire to meet his father and become a Hunter himself. To achieve his goal, Gon embarks on a challenging journey to pass the rigorous Hunter Examination.

Along the way, he forms new friendships with others who share the ambition to become Hunters, each driven by their unique motivations and dreams.

BY-RAJDEEP SAIN, XI A2



BOOK REVIEW

This book is an international bestseller, which includes the Japanese Secret to a long and happy life, written by Hector Garcia and Francesc Miralles. It was translated to English by Heather Cleary. Hector Garcia and Francesc Miralles took their friends and siblings words which motivated them to write this book. This book also highlights Japanese's famous proverb, i.e., only staying active will make you want to live a hundred years.

The term IKIGAI is made up of two words, 'life' and 'to be worthwhile'. 'To be worthwhile' characters can further be broken down into terms 'armor', 'number one', 'to be the first', and 'beautiful' or 'elegant'. Their anti-aging secrets were mainly 80 % eating.

The people of Japan believe that everyone has an IKIGAI- a reason to jump out of bed each morning. Inspiring and comforting, this will give you life-changing tools to discover your personal IKIGAI. It will show you how to leave urgency behind, find your purpose, nurture friendships and throw yourself into your passions. Bring meaning and joy to everyday with IKIGAI.

BY-AYATI SRIVASTAVA, XI A2



Movie Review

Barbie," director and co-writer Greta Gerwig's summer splash, is a dazzling achievement, both technically and in tone. It's a visual feast that succeeds as both a gleeful escape and a battle cry. So crammed with impeccable attention to detail is "Barbie" that you couldn't possibly catch it all in a single sitting; you'd have to devote an entire viewing just to the accessories, for example. The costume design (led by two-time Oscar winner Jacqueline Durran) and production design (led by six-time Oscar nominee Sarah Greenwood) are constantly clever and colorful, befitting the ever-evolving icon, and cinematographer Rodrigo Prieto (a three-time Oscar nominee) gives everything a glossy gleam. It's not just that Gerwig & Co. have recreated a bunch of Barbies from throughout her decades-long history, outfitted them with a variety of clothing and hairstyles, and placed them in pristine dream houses. It's that they've brought these figures to life with infectious energy and a knowing wink.

This is a movie that acknowledges Barbie's unrealistic physical proportions—and the kinds of very real body issues they can cause in young girls—while also celebrating her role as a feminist icon.

BY-AYATI SRIVASTAVA, XI A2



Cafe Review

You know what's the best thing about living in a beautiful city like Delhi? You get to explore historic places, meet interesting people, and most importantly - eat some of the best food in the world! From decades-old eateries to new cafes, the city has them all and as always we're here to keep your foodie self updated on all the new and happening news on the food front of the city! We recently came across this new cafe in Delhi and it's all things adorable! Read on as we spill more tea on this new place in the city.

Bean & The Bear recently opened doors in one of the most hip places in the city - GK 3 and it's one place you don't want to miss! Decked up with teddies - yes, you read that right - this cafe has an endearing charm and vibe around it. So, while you hog their delicious food and chug some good coffee, you can enjoy the company of hundreds of teddies around you. Besides the teddy theme, the cafe is decorated in a pink hue and has a charming European-esque appeal to it.

Once you are able to take your eyes off their decor, we suggest you order some crisp coffee and sample their delicious food! You can try out their Avocado Toast, Omelette Bar, Korean Cream Cheese Bun, Falafel Shawarma, Grilled Cottage Cheese Quesadilla, and Almond Chicken Fingers. Pair them up with some Tiramisu Latte, Cortado, Raspberry Rose Bellini, Passionfruit Palome, or their famous 24K Cappuccino.

The best bit is that it opens early at 7 am, so you can head here for some delicious morning breakfast as well.

BY-AYATI SRIVASTAVA, XI A2



JIGYASA RAY (BATCH 2018-19)

A student of MBBS from National Capital Region Institute of Medical Science, Meerut

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- Interviewer** Jigyasa Ray **What motivated you for this achievement in your career?**
 First of all, I firmly believed that 'One important key to success is self-confidence'. It was actually the main key step for my motivation to do what I'm preceding to. I'm glad to have had teachers at Ralli International School to make me such a beautiful person with lots of confidence and have clarity about my life perspectives.
- Interviewer** **Can you describe an ideal school environment? which helped you focus on your future goal?**
 Jigyasa Ray I guess an ideal school environment is one where children feel comfortable and confident around. They don't hesitate or are afraid of anything. Also, most importantly the number of students should be limited in a class as the teacher could focus on everyone. My school environment at RIS was exactly the same. It helped me develop my personality soo well and provided a secure environment which was best for my holistic development.
- Interviewer** **How would your peers describe you?**
 Jigyasa Ray My coworkers would say "I am always willing to take on responsibility and also a good problem-solver and one who comes up with creative solutions to difficult challenges." All thanks to my teachers who taught me how to deal with it.
- Interviewer** **What do you enjoy the most about your education?**
 Jigyasa Ray The most I like about my education is that it has given me great knowledge, and the profession I chose, gives me information about the human body and exposes me to new experiences and ideas.
- Interviewer** **Where do you see yourself in next five years?**
 Jigyasa Ray I would see myself continuing to work hard and progressing in my current role and becoming a successful Paediatrician.

MEET THE TEAM



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