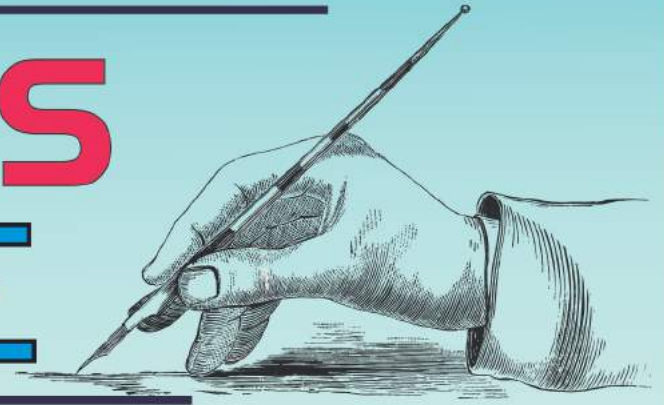


▶ IDPS CHRONICLE



INTERNATIONAL DELHI PUBLIC SCHOOL

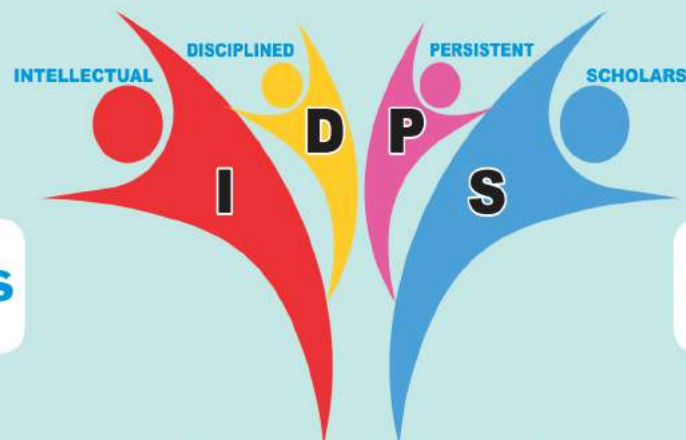


CBSE Code: 730102

ISO 9001:2015

GARTEN

JUNIORS



CHAMPS

SCHOLARS

Learn and Succeed



SPARTANS



KNIGHTS



SAMURAI



TROJANS



Dr CHAND TREHAN

WRITER, DIRECTOR, CARE IN NORTH,
PSYCHOLOGICAL COUNSELOR

CAREER PLANNING IS IMPORTANT. CHOOSE THE RIGHT CAREER...FOR SUCCESS

Planning is the first primary function of management that precedes all other functions. The planning function involves the decision of what to do and how it is to be done?

Choosing a career is a big deal. It's about so much more than deciding what to do to make a living. When you think about the amount of time you will spend at work, it will become clear why this decision is such a big deal. Expect to be on the job approximately 71% of every year. Over your lifetime, this comes out to roughly 31 1/2 years out of the 45 years you will probably spend working, from the beginning of your career until retirement.

As you can see, a substantial portion of your life will be spent pursuing your career so you certainly do not want to underestimate the importance of selecting a career that is a good fit for you. In making this personal decision there are a few key things to consider. To increase your chances of finding a satisfying career, it is suggested that you follow the four commonly used steps below:

Planning Process

The planning function of management is one of the most crucial ones. It involves setting the goals and then managing the resources to achieve such goals. As you can imagine it is a systematic process involving eight well thought out steps.

- | | |
|--|------------------------------|
| 1 Recognizing Need for Action | 2 Setting Objectives |
| 3 Developing Premises | 4 Identifying Alternatives |
| 5 Examining Alternate Course of Action | 6 Selecting the Alternative |
| 7 Formulating Supporting Plan | 8 Implementation of the Plan |

Career Planning

A career is defined as a sequence of jobs in a person's life. Career planning is defined as the process of extensively planning your career goals, your abilities, and assessing your opportunities. For instance, if your career goal is to become a scientist in NASA you will have to map out a plan to get there. Career planning and development is an important part of growing professionally and in a systematic manner. In other words, it can be said that career planning is the process of determining... Career planning is the process of discovering educational, training and professional opportunities that suit your interests, passions and goals. Before searching for jobs, you should set achievable long-term goals that identify what you want to be doing along your career path at five, 10, 15, 20 years and so on. Then, you can set short-term goals between each stage to ensure you have clear, actionable steps you can take to reach your long-term goals. Career planning allows you to outline your goals and reevaluate them as you progress

Career Development

Career development is an ongoing process. Once you have set certain goals for yourself you can start working on career management. Career development can help you keep track of where you see yourself in your career trajectory in order to achieve growth, sustainability, new skills, constant learning in your career, depending on your path, you may complete each step just once, or you may revisit the process to change direction and discover new career options. Here are the chronological stages of the career-planning process

1. Self-exploration and assessment
2. Career research
3. Exploration and experimentation
4. Decision-making and career selection
5. Final planning and action
6. Job search and acceptance

Decision-making and career selection are the most important steps.

Weigh the advantages and disadvantages of all of your options. You will need to consider many factors, including the possible balances between pay and enjoyment, the pros and cons of relocation, and the work-life balance.

Go over all of your previous research as well as any related experiences very carefully, and organize them by preference from highest to lowest. This strategy helps you rank certain factors and roles over others to identify your top choice. Consider also identifying alternative yet similar options should your desires change as you progress or your job search does not lead to that role.

. Final planning and action

Gather all the information you have learned and determine an action plan. This plan should include background information, such as your employment history, education, level of training, volunteer and other unpaid experience. It should also include your professional licenses or certifications, the results of the self-evaluations mentioned in the first section, and career counselor advice you have received.

Create detailed lists of short- and long-term goals you will need to achieve before you reach your final career goal. These lists should include all of the occupational, educational and training goals required to pursue your chosen career path. You should also consider the barriers to reaching those goals and how you plan to overcome them. These barriers could be financial, educational, vocational or personal, such as the cost of college, family obligations, or the need for tools and supplies for your chosen career.

Consider writing out each step for your intended career path, including the steps you've already taken to see the progress you've already made. You can also do this for your alternative options to ensure you are prepared to follow them should your ideal option not work out.

Job search and acceptance

Use your career plan to begin your job search. Identify specific roles and companies you're interested in applying to, and compare those preferences and requirements to your career plan. See if there are steps you still need to take or if you're qualified to apply.

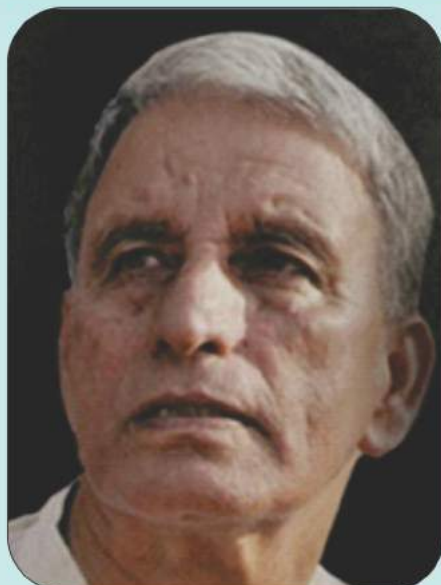
Self-Assessment. Using the tools of self-assessment will help you make an informed career decision. ... - SWOT Analysis. SWOT analysis takes into account your strengths, weaknesses, opportunities and threats.

It is important to note that the career planning process never ends. At various points in your career, you may seek additional training or designations that can help you continue to pursue your goals. In some cases your career may take new turns or you may choose to redefine yourself and your goals. Whatever phase you may be at in your career, taking the time to plan will help to keep you focused and on a goal-oriented path.

You can attempt to go through the career planning process on your own, or you can work with a career development professional who will help facilitate your journey. Working with a mentor or career development professional can be a great way to better understand the work your chosen career involves and also to learn about new opportunities you may not have been aware of within your industry.



MR. KHALID HUSSAIN



Born in 1944 in Ramnagar, a Dogri speaking area of Udhampur, he fled with his mother and father's sister in the communal carnage in which seven male members of the family, including his grandfather, father, uncles two older brothers, were killed. The next seven years were spent in refugee camps in Jammu and Srinagar where his mother made meagre earning tailoring clothes like so many other widows of Partition. Although he knows various languages including Urdu, Hindi, English, Pahari, Gojri, Dogri, Kashmiri & Punjabi but his books are published mostly in Punjabi & Urdu. Near about his 150 books have been published in leading National/International literary magazines. Mr. Hussain has done his Honors in Journalism & worked in various administrative capacities over a period of more than 40 years. Hussain has borne the trial of communal politics on his body and soul.

An author of six collections of short stories, besides an autobiography, a satisfying moment came for him when celebrated poet late Ali Sardar Jafri translated his story "Baide di Lanka", on the theme of the great divide, into Urdu and published it in the magazine "Guftagu".

Famous author Khushwant Singh read it and translated it into English and it was published in the prestigious magazine, The Illustrated Weekly of India.

Starting as a mason and then promoted as a clerk, Hussain studied constantly to upgrade his skills and support his family, retiring as an officer in secretary rank, besides wielding his pen constantly. He has

also penned his autograph and writes in Urdu as well. He is equally popular in India and Pakistan.

Mr. Hussain has been felicitated with various prestigious awards including-

- Recognition comes to Hussain, who survived Partition violence and loss of seven male elders, after 50 years of consistent writing in Punjabi when he received Sahitya Akadami Award in Punjabi language for the year 2021 for short stories collection, Soolan da Saalan.
- Shrimoni Punjabi Sahitkar Award for 2014 by the Punjab Govt. (Bhasha Vibhag)
- Awarded First Prize for two Short Stories Collections- Te Jehlum Wagda Reha and Gori Fasal De Saudagar by J&K Academy of Art Culture and languages
- Visited Pak Administrative Kashmir on 7th April 2005 as Group Leader of 1st Bus (Karwan-e-Aman) Plied from Srinagar to Muzaffarabad and was felicitated by various organisations at Muzaffarabad, Mirpur and Lahore particularly Press club Lahore Mirpur and Citizen Councils of Mirpur and Muzaffarabad.
- On the eve of golden Jubilee celebrations of Punjabi University Patiala, an all India Punjabi writers conference was organized in University auditorium on 30th of April-2012 and 1st of May-2012, the author was felicitated & presented a Robe of Honour (Memento, Citation, Shawl & a Cheque by S. Parkash Singh Badal the Hon'ble Chief Minister Punjab on 30th of April-2012 in recognition of outstanding contribution towards development of Punjabi Language & Literature.
- Felicitated Rob of Honour by Punjabi Sahitya Academy Ludhiana and QALAM in March 2020
- Research work is being done on various Urdu and Punjabi Books by the Urdu & Punjabi Departments of Universities of Jammu, Hyderabad, Delhi, Patiala, Chandigarh, Fatehgarh, Amritsar and Scholar was awarded M.Phil and Ph.D Degrees.
- Bestowed the honour to be a visiting fellow to the Department of Punjabi, Guru Nanak Dev. University Amritsar, Member of Indian Council for Cultural Relations Advisory Committee (ICCR) New Delhi 2012-17

He has participated in various world Punjabi conferences at Lahore, Patiala, Delhi & Chandigarh. He has been at various administrative positions- Block Dev. Officer, Public Relation officer Jalandhar, Project Officer DRDA Poonch/Doda/Kathua/Udhampur/Jammu, Asstt. Com. Dev. Doda/Rajouri/Poonch, Dy. Director Estates Deptt. Jammu, Addl. Registrar Coop. Societies Jammu, Addl. Dy. Commissioner Jammu, Deputy Commission Poonch, Registrar Agri. University Jammu, Director Employment J&K, MD. SC/ST/OBC Corporation. He has held various literary functions & positions. He has been Vice-President at Kendriya Lekhak Sabha in 1980-1981 & 1983-1984 of which he is a life member. He has also been the president for Punjab Sahitya Sabha, Srinagar 1974-1975 & 1970-1980. He has been the member of the advisory board in Sahitya Academy, New Delhi, 2002-2007. He organised two days All India Punjabi writers conference at Srinagar on 7th and 8th July 1975. More than 250 eminent writers, Scholars and Professors from various Universities & other places of the Country Participated.

With the team work of Mohd. Aslam Qureshi, Liaqat Jaffery, Masud Chaudhary and Sohail Kazmi organized two days "Jashn-e-Faiz" Program on 10th and 11th December 2011. at Jammu. Eminent poets and writers from India and Pakistan Participated. Mrs. Saleema Hashmi daughter of Faiz Ahmed Faiz also attended the conference, which was inaugurated by the Chief Minister of J&K. Living legendry singer Ustad Hamid Ali Khan of Patiala Gharana enthralled the audience. In consultation with Dr. Amitabh Matoo Vice-Chancellor of Jammu University (who sponsored the Drama) invited Ajoka Theatre Lahore to Jammu who stage "Bulleh" in Abhinav theatre Culture Academy Jammu on 29th of January 2005. He also organized All India Poetic Symposiums in Poonch, Rajouri and Doda Distts. Particularly "Aik Sham Bashir Badar & Nida Fazli Ke Naam" at Poonch.

Mr. Husaain is a rare writer who can travel with ease from the realistic to the surrealist. His understanding of the undivided Punjab before partition is unparalleled. Each story in this book is a work of art. Mr. Hussain has been translating the travails of the people of Jammu and Kashmir into Punjabi language with great finesse making the realistic literature available to the people of Jammu & Kashmir.



TIME MANAGEMENT



Ms. ROMY SHARMA
PRT - IDPS

‘Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning and focused effort’. *Paul J. Meyer*

Time management is the process of organizing and planning how to divide your time between different activities. Get it right, and you'll end up working smarter, not harder, to get more done in less time – even when time is tight and pressures are

high. The highest achievers manage their time exceptionally well. Time management may be aided by a range of skills, tools, and techniques used to manage time when accomplishing specific tasks, projects, and goals complying with a due date. Initially, time management referred to just business or work activities, but eventually, the term broadened to include personal activities as well. A time management system is a designed combination of processes, tools, techniques, and methods. Time management is usually a necessity in any project management as it determines the project completion time and scope.

The major themes arising from the literature on time management include the following:

- Creating an environment conducive to effectiveness (in terms of cost-benefit, quality of results, and time to complete tasks or project)
- Setting of priorities
- The related process of reduction of time spent on non-priorities
- Implementation of goals

Time management for students (and everyone else) is about being purposeful with your day. It's about taking control of what time you do have and optimizing it for productivity, focus, and above all, balance.

How to master time management for students:

1. Use a daily schedule template to plan your day
2. Understand how you're currently spending your time (and where you're losing it)
3. Set proper goals to measure your progress
4. Break large projects into small, actionable tasks
5. Beware the Planning Fallacy (i.e. you probably need more time than you think)
6. Follow your body's natural energy highs and lows
7. Take breaks at the right time
8. Beat procrastination with the 5-minute rule

9. Optimize your study time for Flow

10. Build better habits and routines for long-term success

Like our energy and money, time is a finite resource and as such, it needs to be effectively managed. Time management is about planning and controlling the amount of time you spend on specific tasks.

Some of the important skills students need to manage time effectively include:

1. Goal-setting : It's almost impossible to use time well if you don't know what to do with it. Students can benefit from having short- and long-term goals. For example, a short-term goal might include completing their homework early each day, so they have ample time to practice music. Their long-term goal could be to play in the school or church band, or the Australian Youth Orchestra!

2. Prioritization : By assessing what needs to be achieved within a given timeframe, tasks can be rated according to their importance. Setting priorities for each day, week, month and year can help students accomplish their goals. It also helps to ensure activities that are vitally important but not urgent – such as personal devotions, adequate sleep and exercise – are given precedence. Some people like to prioritize easy tasks for early in the day and use the boost to move forward. Others prefer to tackle bigger jobs first.

3. Organization : Once priorities are set, it's important to have a plan for getting them done. Some people are naturally well-organized, and others need some help. Strategies like maintaining an up-to-date calendar and keeping a tidy study environment help. There are many useful software programs and apps to aid organization.

4. Managing stress : Nobody performs at their peak under excessive stress. Students need healthy ways to manage the pressures of study while maintaining productivity. Getting enough sleep and exercising are all great ways to keep stress at bay, and actually make learning more efficient.

Effective time management allows students to complete more in less time, because their attention is focused and they're not wasting time on distractions (such as social media, for example). Efficient use of time also reduces stress, as students tick off items from their to-do list.

PATIENCE



Ms. SWATI JAMWAL
PRT - IDPS

Patience is considered to be highly crucial for every individual in the world. Besides, it is also stated that the people who can wait long achieve better things than those with no patience since it is impossible to acquire success in a single day.

Through Patience, an individual learns about the importance of effort and hard work and not only success. It is false to believe that everything, including happiness, can be obtained only through accomplishments. It is very crucial to have the ability to wait and trust.

One of the significant advantages of staying Patience is that it helps an individual to make accurate decisions. Besides, it is also considered a vital factor in attaining success in one's life. Patience is quite essential across the globe. Again, Patience is supposed to help any individual in achieving their objectives in life.

Unforgettable life lessons Tom and Jerry taught us



Ms. JYOTI SHARMA
PRT - IDPS

Sometimes small things teach you the lessons of life. In the same way Tom & Jerry being the best cartoon show (at least for me) taught me the great lessons and I learned few things while watching its series since my childhood. Few of the great lessons are listed below:

"One should not underestimate their enemy."

Jerry always proves by winning over Tom that "Size does not really always matter."

"We fight with our nearest and dearest ones because we feel it is our right."

"Be confident and face the challenge, You will definitely get through."

"A little home, sufficient food and a true friend are enough to be happy."

"Some people don't learn from their failures and they keep on repeating the same mistakes."

"Always be ready to face the difficulties. Life is full of challenges."

A MOMENTARY VIEW OF ACTIVITIES

OPENING CEREMONY - ALL J&K INTER SCHOOL ROPE SKIPPING CHAMPIONSHIP 2022

All J&K Inter School Rope Skipping Championship 2022 organised by INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU in collaboration with ROPE SKIPPING ASSOCIATION OF JAMMU AND KASHMIR. The Event Witnessed the presence of revered cheif Guest Ms Yasha Mudgal- IAS, Secretary Cooperatives, Guest of honour- Mr Randhir Singh- SSP J & K police, as well as the esteemed judges for the event. It was our ardent pleasure and honor to have galaxy of intellectuals.



IDPS has always taken initiative to blend both sports and academics. The school has always been keen to encourage the best talent in sports and other co scholastic aspects. Since the inception of our school, we have been putting our sincere efforts to make it a place of holistic learning for our dear students.



A MOMENTARY VIEW OF ACTIVITIES

CLOSING CEREMONY OF ALL J&K INTER SCHOOL ROPE SKIPPING CHAMPIONSHIP 2022

All J&K Inter School Rope Skipping Championship 2022 organized by INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU in collaboration with ROPE SKIPPING ASSOCIATION OF JAMMU AND KASHMIR. Mr. Sunil Kesar (KAS) was the chief Guest of the Event. ROLLING TROPHY was bagged by Carmel Convent and runner up trophy was bagged by K C Gurukul. The participant schools were Jodhamal Public School, International Delhi Public School, Shemford futuristic school birpur jammu, RM Public School, Heaven Kingdom School, KC Gurukul School, Shangrilla Public School, Doon International School, Jammu Sanskriti School, Stephens International School, SSM Jammu Public School, GD Goenka School, Kc International School, Delhi Public School, Oriental Academy, Vishwa Bharti School, Army Public School - Rathnuchak, BSF School, APS Damana.



A MOMENTARY VIEW OF ACTIVITIES

CELEBRATING INTERNATIONAL MUSEUM DAY

IDPS Celebrating International Museum Day - Grade XII students(Stream - Humanities)of IDPS Jammu visited the Special Exhibition on Folk Art organised by Department of Archives, Archeology and Museums.



POETRY COMPETITION



FLAXSEED

Flaxseed is a plant-based food that provides healthful fat, antioxidants, and fiber. Some people call it a “functional food,” which means that a person can eat it to boost their health. People grew flax as a crop in ancient Egypt and China. In Asia, it has had a role in Ayurvedic medicine for thousands of years.

Today, flaxseed is available in the form of seeds, oils, powder, tablets, capsules, and flour. People use it as a dietary supplement to prevent constipation, diabetes, high cholesterol, heart disease, cancer, and several other conditions.

The nutrients Trusted Source in flaxseed include lignans, antioxidants, fiber, protein, and polyunsaturated fatty acids such as alpha-linolenic acid (ALA), or omega-3. Consuming these nutrients may help lower the risk of various conditions.

Possible health benefits
The omega-3 in flaxseed may help prevent certain types of cancer cell from developing.

Flaxseed contains some nutrients that may have various health benefits.

Like other plant-based foods, flaxseed is rich in antioxidants. These can help prevent Trusted Source disease by removing molecules called free radicals from the body.

Free radicals occur as a result of natural processes and environmental pressures. If there are too many free radicals in the body, oxidative stress can develop, leading to cell damage and disease. Antioxidants help remove free radicals from the body. Flaxseed is a good source of lignans, which appear to have antioxidant

properties.

Reducing the risk of cancer

Flaxseed contains omega-3 fatty acids. Researchers suggest that these may help prevent different types of cancer cells from growing. Flaxseed also contains lignans, which are antioxidants that may slow tumor growth by preventing them from forming new blood vessels.



One 2013 survey found a lower incidence of breast cancer among females who consumed flaxseed regularly.

Improving cholesterol and heart health

Eating more fiber and omega-3s helps to boost heart health. Flaxseed contains all of these nutrients. Flaxseed also contains phytosterols. Phytosterols have a similar structure to cholesterol, but they help prevent the absorption of cholesterol in the intestines. Consuming phytosterols may therefore help reduce levels of low-density lipoprotein (LDL), or “bad,” cholesterol in the body.

Some scientists have also linked omega-3 oils, which are usually present in oily fish, to reductions in cardiovascular risk. Researchers have suggested that flaxseed

could offer an alternative to marine sources of omega 3. This could make it a useful resource for people who follow a plant-based diet.

Easing the symptoms of arthritis

According to the Arthritis Foundation, flaxseed may help reduce joint pain and stiffness. Some people take it for rheumatoid arthritis, lupus, and Raynaud’s phenomenon.

Improving blood sugar
Lignans and other phytoestrogens may help reduce the risk of chronic conditions such as diabetes. Scientists suggested that the compounds in flaxseed may help reduce the incidence of type 1 diabetes and delay the onset of type 2 diabetes. These results may not be applicable to humans, however.

Preventing constipation

Flaxseed is a good source of insoluble fiber, which does not dissolve in water, instead remaining in the digestive tract after eating. There, it absorbs water and adds bulk, which may help promote regularity.

Reducing the impact of radiation

Dietary lignans from flaxseed helped mice recover from radiation exposure.

Uses of flaxseed in Ayurvedic medicine:-

- promoting overall health
- restoring the skin’s pH balance
- preventing chronic conditions, such as diabetes, atherosclerosis, and arthritis
- providing protection from cancer

Nutrition

According to the United States Department of Agriculture, a tablespoon of ground flaxseed weighing 7 g Trusted Source contains:

- energy: 37.4 calories
- protein: 1.28 g
- fat: 2.95 g
- carbohydrate: 2.02 g
- fiber: 1.91 g
- calcium: 17.8 mg
- magnesium: 27.4 mg
- phosphorus: 44.9 mg
- potassium: 56.9 mg
- folate: 6.09 micrograms (mcg)
- lutein and zeaxanthin: 45.6 mcg

A teaspoon of flaxseed also contains traces of various vitamins and minerals, but not in significant quantities. It also provides lignans, tryptophan, lysine, tyrosine, and valine, as well as healthful fats, which are mostly unsaturated.

People should try to avoid whole flaxseed and eat it ground, as the intestines may not absorb the nutrients in whole flaxseeds.

Chia seeds may be another healthful addition to the diet. Learn about them.

- breakfast cereals
- smoothies
- soups and stews
- salads and sandwiches
- yogurts

People can also add a spoonful of flaxseeds to a muffin mix or use it to coat chicken, instead of breadcrumbs.

YOGA ACTIVITIES



The worldwide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage. The Ministry of AYUSH, Government of India proposed to observe IDY at an Iconic Site across the country for India. Aligned to this objective, a Yoga session for IDPIANs was conducted at Hari Niwas - Heritage and an iconic site of Jammu.



AMAZING FACTS

INTESTINE



Your small intestine is the largest internal organ in your body.

CATS



Cats are not able to taste anything that is sweet.

SNAILS



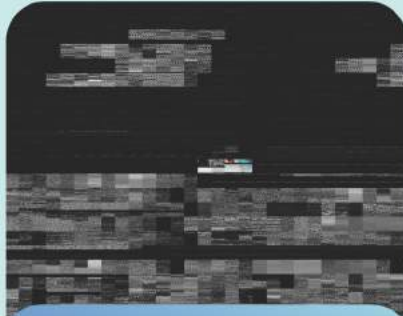
Snails take the longest naps with some lasting as long as three years.

BIRDS



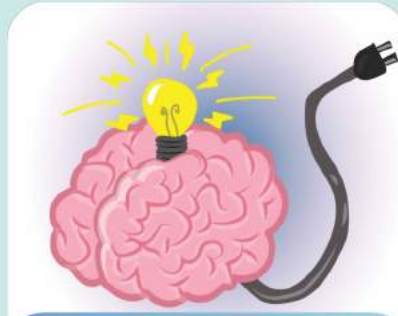
Birds cannot live in space – they need gravity to be able to swallow.

GOATS



Goats have rectangular pupils in their eyes.

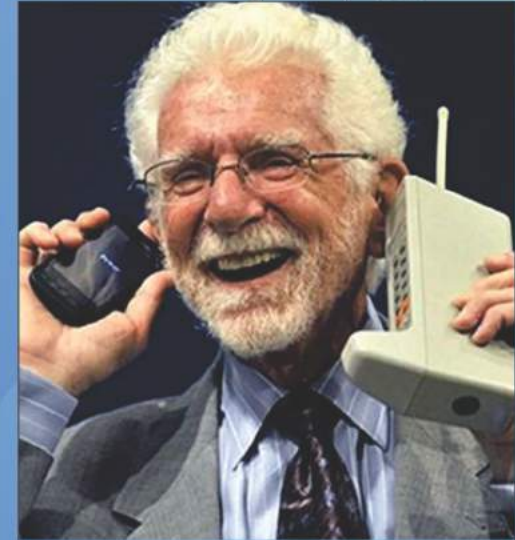
HUMAN BRAIN



Human brain uses the energy of a 10 watt bulb to think

FABLED FIRST

First cell phone, 1973



Motorola Byna TAC 8000X was the first hand held cellular phone it was invented by Martin Cooper in the year 1973. This device weighed more than 1 kg, held a charge for only half an hour

Quote

Education is the movement from darkness to light

Allan Bloom

SCRABBLE

B	I	A	B	R	T
O	H	C	O	L	S
R	I	D	E	O	T
S	E	I	G	U	N
T	O	A	R	R	C

Quiz

- Under Akbar, the Mir Bakshi was required to look after
- Tripitakas are sacred books of
- The theory of economic drain of India during British imperialism was propounded by
- Todar Mal was associated with
- Tipu sultan was the ruler of

- Military Affairs.
- Buddhism
- Noruzji
- Finance
- Mysore



19-year-old invents Ocean Cleanup Array

For several years now, Inhabitat has been covering the efforts of The Ocean Cleanup CEO Boyan Slat of the Netherlands, who at 19 years old invented an Ocean Cleanup Array, and we're continually impressed by his persistence. The Ocean Cleanup recently completed their first aerial reconnaissance mission of the Great Pacific Garbage Patch. The results weren't pretty – 1,000 large plastic pieces spotted in two hours – but there's still hope to clean up the mess we've made. The Ocean Cleanup won the Katerva Award in 2016, and feasibility studies indicate one 63-mile array could "remove 42 percent of the Great Pacific garbage patch in only 10 years."

WORD MEANING

ACCRETION

Word: Accretion

Meaning: an increase by natural growth or addition.

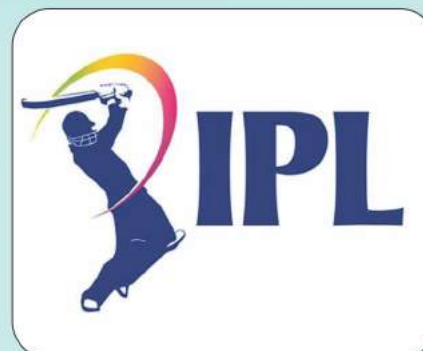
Sentence: The accretion of sediments in coastal mangroves.

COLOURING PICTURE



CURRENT AFFAIRS

1. The Indian Premier League (IPL) 2022 ended with Gujarat Titans (GT) lifting the trophy by defeating inaugural champions Rajasthan Royals (RR) at the Narendra Modi Stadium, Ahmedabad on May 29. The Indian Premier League (IPL) 2022 was the 15th edition of the professional Twenty20 cricket league established by the Board of Control for Cricket in India (BCCI).
2. The 12th edition of the 2022 International Boxing Association (IBA) Women's World Boxing Championship (WWBC) was held at Başakşehir Youth and Sports Facility, Istanbul, Turkey. The event saw the participation of 310 Boxers from 73 nations. India for the first time in the past four years, had won a total medal tally of 3, which includes one Gold and two Bronze. The India Boxer Nikhat Zareen(from Nizamabad, Telangana) won the gold in the flyweight (52kg) division with 5-0 points against Thailand's Jitpong Jutamas. With this win, she became the fifth Indian women boxer to win the World Championship. The other two Indian women boxers Manisha Moun (from Haryana) and Parveen Hooda(from Haryana) had won the bronze medals in the 57kg and 63kg categories respectively.
3. Goods and services tax (GST) collections hit an all-time high of Rs 1.68 lakh crore in April, indicating strong economic activity despite multiple headwinds and better tax compliance. The April number is up 20% from the year-earlier and Rs 25,000 crore more than the previous highest of Rs 1.42 lakh crore in March this year.
4. Adani Wilmar Limited became the largest Fast Moving Consumer Goods Company (FMCG) in India beating Hindustan Unilever Limited (HUL), after the announcement of its Quarter Four results for the financial year 2022 (Q4FY2022). AWL has reported total operating revenue of Rs 54,214 crore in the Financial Year 2022 whereas HUL reported a revenue of Rs 51,468 crore in the Financial Year (FY) 2021-22.
5. Reliance Industries become the first Indian company to record annual revenue of more than a whopping \$100 billion. The company has recorded a 22.5% rise in net profit for the quarter ended March 2022. Reliance has recorded strong growth in retail, digital services, and the oil & gas business. The company has also reported the highest-ever quarterly EBITDA (earnings before interest, taxes, depreciation and amortisation) of Rs 33,968 crores (28% up) year-on-year.
6. South Korea became the first Asian country join in North Atlantic Treaty Organization Cooperative Cyber Defence Centre of Excellence. South Korea's National Intelligence Service (NIS) is joined as a contributing participant in the NATO Cooperative Cyber Defence Centre of Excellence.
7. India has been unanimously elected as the new Chair of the Association of Asian Election Authorities (AAEA) for 2022-2024 at the meeting of the Executive Board and General Assembly in Manila, Philippines. Commission on Elections, Manila was the current chair of AAEA. The new member of the Executive Board now includes Russia, Uzbekistan, Sri Lanka, Maldives, Taiwan and the Philippines.
8. Lok Sabha (LS) Speaker, Om Birla has launched the one-of-its-kind literary initiative Kalam website of the Prabha Khaitan Foundation (PKF) to support and encourage vernacular literature. The aim of Kalam is to popularize Hindi literature and provide a platform for veteran and young authors and poets to talk about their writings and love for vernacular literature.
9. The Union Government has announced the formation of the Cotton Council of India under the Chairmanship of renowned veteran cotton man Suresh Bhai Kotak. The Council will have representation from Textiles, Agriculture, Commerce, and Finance Ministries along with Cotton Corporation of India and Cotton Research Institute. Mr Goyal also appealed to the spinning and trading community to ensure a hassle-free supply of cotton and yarn first to the domestic industry.
10. Jammu and Kashmir (J&K) Lieutenant Governor, Manoj Sinha and Union minister Jitendra Singh inaugurated the north India's first Industrial Biotech Park constructed at Ghatti near Kathua. The Industrial Biotech Park at Kathua will transform the economy and enable scientists to tackle the challenges of climate change. The enabling infrastructure will fuel a new wave of innovation and impact various sectors, from health and agriculture to cosmetics and materials.
11. A loan scheme named Jivhala has been launched by the Maharashtra Department of Prisons for the inmates who are serving sentences in various jails across Maharashtra. The scheme, implemented by the Department of Prisons and Maharashtra State Cooperative Bank, has been started in Pune's Yerawada Central Jail. Bank and prison officials believe the credit scheme could be the first of its kind in India for inmates who are still serving their sentences.
12. The Indian Army's Director General of Military Operations, Lieutenant General Baggavalli Somashekar Raju has been appointed as the Vice Chief of the Army Staff from May 1.
13. Doordarshan has won ENBA Award 2021 for the best in-depth Hindi series for its TV series based on pet care 'Best Friend Forever' at the 14th edition of the Exchange4media News Broadcasting Awards (ENBA). The show is aired every Sunday at 7 pm and is also available on the YouTube channel of DD National.
14. Bollywood actor, Nawazuddin Siddiqui has been honoured with an international award for his contribution to cinema. At the prestigious French Riviera Film Festival, Emmy award-winning American actor Vincent De Paul bestowed the honour to Siddiqui. This is not the first time that Nawazuddin has brought accolades back home. Previously, the actor was chosen as one of the delegates to receive awards on behalf of the nation at the Cannes Film Festival.
15. Radio Jockey Umar Nisar (RJ Umar) from South Kashmir, has been awarded the '01 Best Content Award' and the Immunization Champion award by United Nations International Children's Emergency Fund (UNICEF) at the annual Radio4Child 2022 Awards in Mumbai, Maharashtra.
16. Air Marshal Sanjeev Kapoor has assumed the appointment of Director General (Inspection and Safety) of Indian Air Force at Air HQ New Delhi. The Air Marshal is a graduate of the National Defence Academy and was commissioned in the Flying branch of IAF in December 1985 as a Transport Pilot.
17. A little 10-year-old champion skater from Worli, Rhythm Mamania, has become one of the youngest Indian mountaineers to summit the Everest Base Camp (EBC) in the Himalayan ranges in Nepal. She has joined young Indian climbers to climb the base camp. Rhythm has achieved a rare feat by completing the climb to the base camp at an altitude of 5,364 meters in 11 days.



The Indian Premier League (IPL) 2022 ended with Gujarat Titans (GT) lifting the trophy



Goods and services tax (GST) collections hit an all-time high of Rs 1.68 lakh crore in April



Reliance Industries become the first Indian company to record annual revenue of more than a whopping \$100 billion.



The Indian Army's Director General of Military Operations, Lieutenant General Baggavalli Somashekar Raju has been appointed as the Vice Chief of the Army Staff from May 1.



Bollywood actor, Nawazuddin Siddiqui has been honoured with an international award for his contribution to cinema.



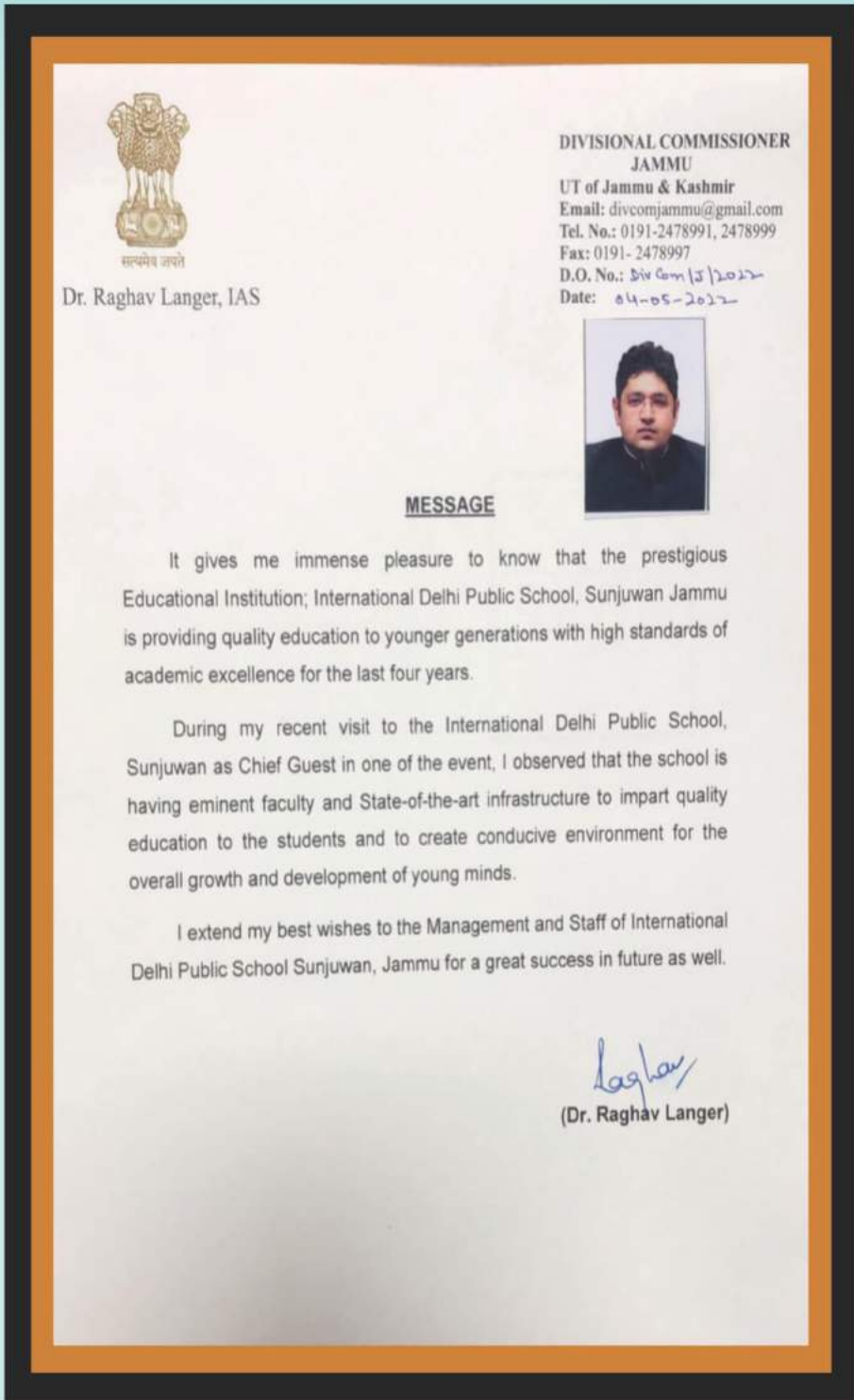
Radio Jockey Umar Nisar (RJ Umar) from South Kashmir, has been awarded the '01 Best Content Award'

THE STOLEN BICYCLE



Luke was proud of his new bicycle he had gotten for his birthday. It was black with the coldest stripe on the side. He rode it to school everyday for the past three days. When Luke rode his bike home, he parked it in front of the garage and went inside to drop off his books. He wanted to tell his mom he was going to go to Justin's house. "Okay," said mom. "Just be home by 6:00." Luke said okay and went outside to get on his

bike. However, there was a problem. His bike was gone. Oh no, thought Luke. Someone stole my bike. "Mom!" yelled Luke. "My bike is gone!" "Where did you park it?" asked mom. "I left it in front of the garage," Luke said. Luke ran outside to see if he could spot anyone on the street that may have seen someone ride off with his bike. There was no one around, except for Mrs. Patterson. She was weeding her garden two houses down. Luke went to Mrs. Patterson and asked, "Did you happen to see anyone riding a black bicycle in the last few minutes?" "As a matter-of-fact, I did see a boy going down our street, but I thought it was you because he pulled out of your driveway." "Which way did he go?" asked Luke. "When he passed my house, he turned onto Connor Drive." said Mrs. Patterson. Luke went back to his house and told his mom what he found out. Luke's mom said she called the police, and they would be over in a short while to get all the information. When Luke's dad got home from work, he told Luke that someone on Connor Drive has the same bike as Luke's. "How do you know?" asked Luke. "I saw a boy outside cleaning a bike that looked just like your bike." Luke's mom told Luke's dad about the bike being taken from the driveway. When the police arrived, Luke and his mom gave the officers all the details about the bicycle and told them about the boy on Connor Drive. "We'll go check it out," said Officer Thompson. It was about thirty minutes later when the officers returned to Luke's house with a bike. "It's my bike!", yelled Luke. "The Weston boy confessed to taking the bicycle." "He said he wanted a bike, but his parents couldn't afford one." "I guess he made the wrong choice and decided to take your bike," said officer Winters. "Do you want to press charges?" "No," said Luke and his parents. "It sounds like they have enough problems without adding stealing to the list." The next day Bill Weston came to Luke's house to apologize and thank him for not pressing charges against him. "It was a bad mistake and I'll never do it again".



We are grateful to Dr Raghav Langer(IAS) , Divisional Commissioner Jammu who spared his valuable time and paid a visit to IDPS Jammu and gave his revered presence for the Inaugural Ceremony of our new block for Juniors.

We are delighted and elated as he endowed us with his best wishes and extended his words of appreciation towards the infrastructure and faculty of the school.

We will definitely keep on thriving for the academic excellence and give quality education to the children.



FROM THE
**EDITOR'S
DESK**
Ms. Suman Kour
Chief Media Editor

*Dear Students,
Every day we see and meet people who look happy from the outside but deep down they are broken and are sad from the inside. For many people, money is the main cause of happiness or grief. But this is not right. Money can buy you food, luxurious house, healthy lifestyle servants, and many more facilities but money can't buy you happiness.
And if money can buy happiness then the rich would be the happiest person on the earth. But, we see a contrary image of the rich as they are sad, fearful, anxious, stressed, and suffering from various problems.
As we now know that we can't buy happiness with money and there is no other shortcut to happiness. It is something that you feel from within.
In addition, true happiness comes from within you. Happiness is basically a state of mind. Moreover, it can only be achieved by being positive and avoiding any negative thought in mind. And if we look at the bright side of ourselves only then we can be happy.*

Happy Reading