



# IDPS

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# CHRONICLE

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**INTERNATIONAL DELHI PUBLIC SCHOOL** AFFILIATED TO CBSE  
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## INTERNATIONAL WOMEN'S DAY CELEBRATIONS



**International Delhi Public School Jammu celebrated International Women's Day with The 'Women' who have made their presence felt in their respective fields and emerged as women who lead and inspire. Principal Mrs Randeep Wazir welcomed Ms Priya Sethi, Ex Education Minister and Politician, Ms Purnima Sharma, Deputy Mayor, Ms Monica, Advocate, Ms Sunita Datta, Entrepreneur, Dr Karishma, Dentist for panel discussion , From celebrating women's achievement to challenging gender stereotypes and bias, a discussion between our eminent guests and school faculty championed Women in aspects. It was also an opportunity for everyone to pause and reflect, to appreciate how much has been done and what more needs to be done in the perspective of empowering women.**



# C V RAMAN



"I am the master of my failure... If I never fail how will I ever learn."

— CV Raman

Sir Chandrasekhara Venkata Raman (or C.V. Raman), was born on 7th November 1888 in Thiruvanaikaval, Trichinopoly, present-day Tiruchirapalli. The innovative work of this legend from India, in the field of scattering of light earned him Nobel Prize for Physics in 1930.

**Education**

C.V. Raman studied in St. Aloysius Anglo-Indian High School in Vishakhapatnam. He completed his metric education at the age of 11 years and intermediate at the age of 13 years. In 1902, Raman joined Presidency College in Madras to do his further studies. And in 1904, he passed his B.A. (Bachelor of Arts) as

He started his career by working in government sector, but in 1917 he left that work after he got chance to be the first Palit Professor of Physics at the University of Calcutta. At the same time he continued his research at the Indian Association for the Cultivation of Science (IACS), Calcutta, there he became the Honorary Secretary. This was the time when he did all the innovations related to light in physics. During this period he did Noble Prize winning work. He discovered that, when light traverses a transparent material, some of the deflected light changes in wavelength. This phenomenon is now called Raman

gold medalist in Physics. Later, in 1907 he completed his M.A. (Master of Arts) degree with the highest distinctions.

**Career**

scattering and is the result of the Raman Effect. In 1954, he was honored with the highest civilian award in India, the Bharat Ratna.

**At the End**

CV Raman experienced a major heart attack during the last of October in 1970, while working in his laboratory. After the attack he was referred to hospital where after living some days, he refused to stay there and said that he wanted to die in the garden of his Institute called Raman Research Institute. And there he took his last breath on 21st November 1970.

**Awards and Honors**

- He was elected as a Fellow of the Royal Society early in his career (1924) and knighted in 1929.
- In 1930 he won the Nobel Prize in Physics.
- In 1941 he

was awarded the Franklin Medal.

- In 1954 he was awarded the Bharat Ratna, highest civilian award in India
- He was awarded the Lenin Peace Prize in 1957.
- In 1998, the American Chemical Society and Indian Association for the Cultivation of Science recognised Raman's discovery as an International Historic Chemical Landmark.
- India celebrates National Science Day on 28 February of every year to commemorate the discovery of the Raman effect in 1928 in his honour.



C V Raman was the first Asian and first non-white to receive any Nobel Prize in the Sciences.





# *A Momentary view of Activities*





**TRY TRY TRY.....TILL YOU SUCCEED**



**VERCHASY**

“Nothing succeeds like success” is the old saying. Everybody likes and adores the successful person irrespective of the field he is from. But achieving success is not easy. It requires a lot of hard work, planning and proper execution of the plans. Success may be evasive sometimes. Despite meticulous planning and almost proper execution, something may go wrong at eleventh hour. Sometimes, it could be due to the factors out of our control like situation now because of COVID-19. Even if we make mistakes then there is no need to feel embarrassed or get disheartened

because of it and start degrading self. Man howsoever creative and intelligent is bound to make mistakes. Someone rightly said, “Those who say they have not done anything wrong ever, in fact are those who have not done anything ever”. Man has been endowed with great bouncing back power. See how the rubber ball bounces back to you depending on the force you use to throw it. Take this analogy to plan your actions. Every time your resolve to achieve success should be stronger than the demotivation due to failure and adversity. Turn your failures a part of learning process and building blocks to success. Success comes to a man who never gives up eventually. We know the very story of King Bruce and spider, undeterred by failures; he eventually won back his kingdom inspired by tenacity of a spider.

You are not defeated until you decide not to try. Difference between a successful man and eventual loser is that defeat and failure bring out the fighting spirit and will to bounce even harder in the future in the former. Now the execution part, a good start always pays. Well begun is half done. Three Ps make maximum contribution towards success - preparedness, promptness and punctuality. Also, as earlier pointed out success cannot be achieved in frenzy or in haphazard way. It takes a lot of preparation and sacrifice too. Someone has rightly said, “The harder you work the luckier you are”. Fortune favours the brave. Excellence by no means is luck. It is result of hard work and patience. What makes Sachin Tendulkar, a champion, his hard work which honed his natural talent to near perfection. His

friend Vinod Kamblis was equally talented but not half as hard working. You ask anyone about Kamblis today; people will ask you, who? Great talents without will power and hard work go in vain. On the long and arduous journey to success, never fear shadows because they tell that there is light somewhere nearby. Success is not only measure of position that a person has achieved but the obstacles he overcame trying to succeed. Promise yourself to be strong, be optimistic, and never stop dreaming. Never for a moment let your belief in yourself slip. Success does not come at the very first step, future will be yours regardless of the pitfalls, drubbing and of course disappointments. There is no reason that your dreams would not be realized if you do not stop chasing them.

**"CLIMATE CHANGE IS THE GREATEST THREAT FACED BY HUMANITY"**



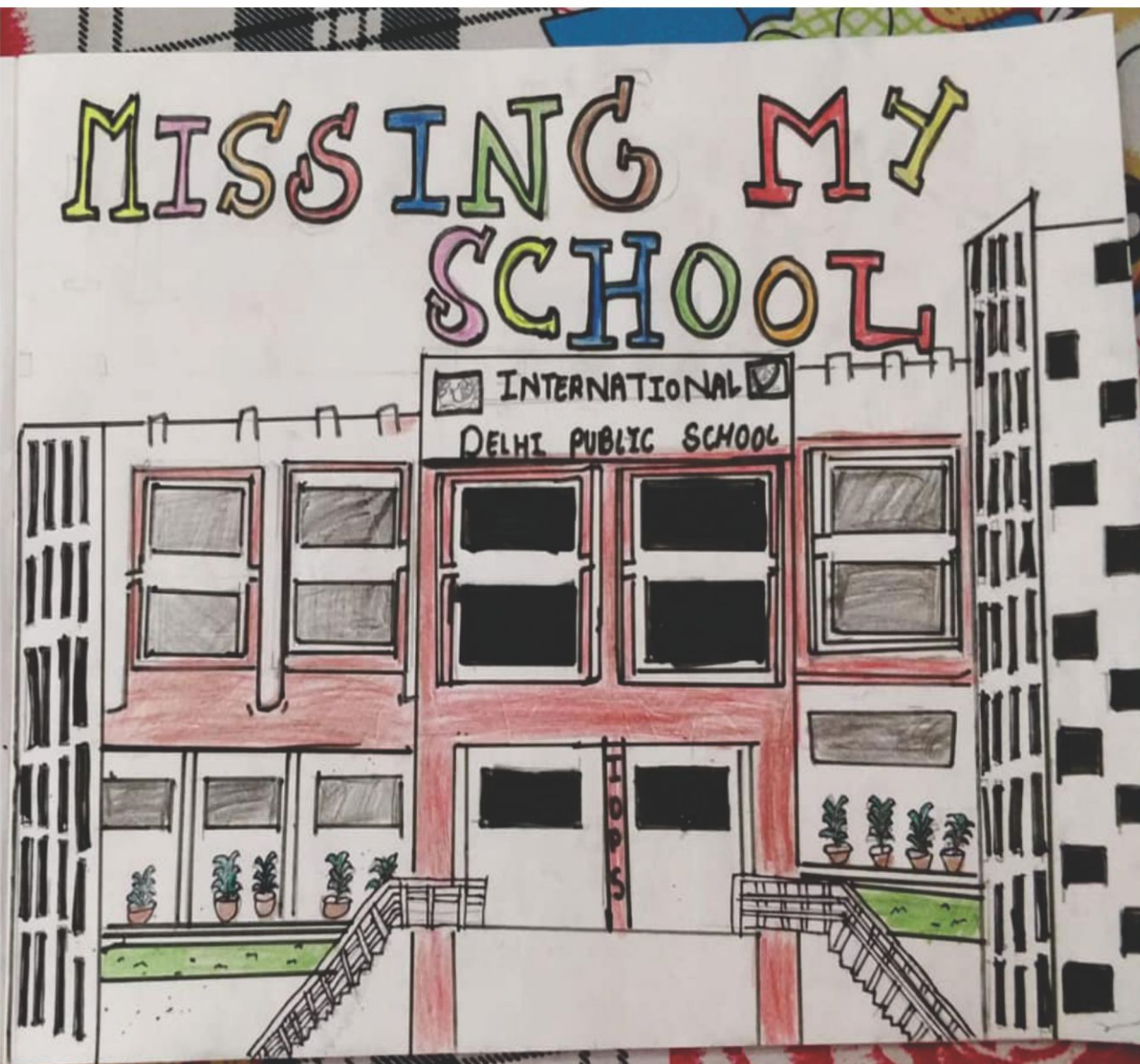
**SYED HADEEQA FAYAZ  
CLASS- X**

As Former president of America Barack Obama said, "No Challenge poses a greater threat to future generations than climate change" and the climate nowadays is proving the future generations will be suffering because of our wrong doings to change the climate and we people don't have to wait for future generations to suffer from climate change there are many people already who are suffering because of climate change especially poor people; those who don't have money and resources to fight with diseases occurring because of the climate change. The atmosphere acts as a protective blanket for the living organisms to exist on the earth. The ozone shield of

atmosphere which absorbs most of the harmful UV radiations coming from the sun. The excessive heat of sun rays are reflected back to space by ozone layer. So in result the earth receives only the right amount of heat sun rays. It helps in climate control and helps living organisms to survive without any harm. But in 1985 depletion of ozone layer was first discovered. The depletion of ozone layer allows more UV radiations to strike the earth and in result it causes harm to plants, animals, human beings & all living species on earth. Many diseases are born because of this like; Skin cancer, damage to eyes, increased embryonic mortality in animals and humans and many more life consuming diseases. Human activities which resulted in production of high levels of ozone depleting substances particularly chlorofluorocarbons. Some of chemicals reach the stratosphere and starts reacting with ozone layer. There are so many threats that are

caused only by human being activities like; Global warming issue and Green House Effect which is the cause of Acid Rain and the main reason of destruction of crops and in result many farmers starve whole year and this also causes many death because of starvation. Children under the age of 5 are getting malnourished. We human beings are so cruel that due to our needs and greed we have done so many activities that not only harm the environment but ourselves too. Human deforestation using fossil fuel, industrial waste a different type of pollution and many more. All these things damage our climate & eco-system which results in extinction of animals and birds. The effects include ocean currents altering ice sheets melting, Sea levels rising by 3mm a year and more severe weather, such as cyclons and floods becoming more common. But its not too much late now to start again and try to heal that we have

damaged in our environment and if every human being will contribute in healing the environment there will be bright future of human beings otherwise the things that human beings have extinct from the environment will be replaced by themselves in future. Human beings will be the one getting extinct in future. There will be only few human beings left on earth, if we will continue harming environment. So, for a better future we should start working with iron hands because "Alone we can do so little; together we can do so much" We should realize that climate change not only threat us but also our future generations. we should be our own leader and not a simple one but ideal one who works for betterment of humanity not for his own self only. So, start working from now and overcome this big climatic issue with iron hands. "SO, DO IT NOW SOMETIMES 'LATER' BECOMES 'NEVER'"



**VAISHNAVI SINGH  
CLASS V**



## BEAT THE HEAT OF EXAMS

### BEAT THE HEAT OF EXAMS-- WITH HOMOEOPATHY

Examinations are the most crucial time in one's life and more especially for those students who are preparing to make their dreams come true..A time of tremendous anxiety, anticipation, fear, restlessness, sleeplessness which adversely affects the capabilities of the student.

To achieve the dreams one need to have a strong positive determination, pertinacity and active concentration of mind...however to due to many unavoidable circumstances some students are not able to cope up with their anxieties & gets depressed easily which in turn affects their results. Proper planning & enthusiasm can lead to success in exams.

#### Some DO'S to prepare for Exams:-

PREPARE A STUDY PLAN & FIX TIME FOR THAT.

COMBINE FAVOURITE & NOT SO FAVOURITE SUBJECTS IN THE STUDY PLAN.

FIX THE TIME FOR SLEEP & RELAXATION(INCLUDE TV SPORTS TIME TOO).

TRY TO MEDITATE & AUTO

SUGGEST EVERYDAY -TO BE CALM IN EXAMINATION.

DISCUSS WITH PARENTS/ SIBLINGS / FRIENDS REGARDING PROGRESS IN EXAM PREPARATIONS TIME TO TIME.

#### Some DON'TS Few days before exams:-

Collecting new notes & material and spending much of time on them till the last minute without time for revision.

Trying to learn new things on one's own at the last moment.

Sitting for hours continuously to read .Not taking breaks for bath, food & relaxation & sleep. It makes one feeling more tired, reduces concentration & makes studying boring & anxiety producing.

Keeping awake whole night & reading only few days before the exams.

Excessive use of coffee or tea to keep awake whole night.

Giving up studies totally as the student feels that his/her mind is totally blank & seems to have forgotten everything that you had read; hence giving up.

#### SOME DO'S ON THE DAY OF EXAM;-

Having a good night sleep the

previous night.

Having a light but adequate breakfast.

Leaving for examination hall well in advance.

#### STEPS TO BE FOLLOWED WHEN STUDENT GETS QUESTION PAPER IN HAND:-

Reading all the instructions carefully if there are any doubts clarify them with the supervisor. Budgeting the time & planning the answers.

Choosing the best known question if choices are available.

Write carefully, if mistakes do not overwrite, but cross it out.

Highlighting important points .

Answer to the point, do not write unnecessary just to make it appear longer.

Try to finish 10 min earlier.

Do not discuss the answers with the friends after the examination.

#### SOME COMMON PROBLEMS WHICH OCCURS BEFORE THE EXAMS AND AFFECTS THE STUDENTS PERFORMANCE:-

\*ANXIETY/ANTICIPATION/NERVOUSNESS sometimes leading to ailments like diarrhoea, fainting, early menstruation, sleeplessness, he

adache.

\* M E M O R Y WEAKNESS, DIFFICULTY IN CONCENTRATING, VANISHING OF THOUGHTS,

\* MEMORY WEAKNESS FOR THINGS JUST READ.

\* MEMORY WEAKNESS FOR WHAT ONE WAS ABOUT TO WRITE.

\* SPACED OUT FEELINGS / ABSTRACTION OF MIND.

\* FEAR FAILURE IN EXAMS / LACK OF CONFIDENCE.

**TREATMENT:-** All these symptoms which are not even considered in many systems of treatment affects students too much and its only HOMOEOPATHIC SYSTEM OF MEDICINE which consider these symptoms to understand the patient in disease/problem. Expert classical homoeopathic treatment based on individual need & behavioural disposition, along with a good counselling and supportive attitude of the parents can help a lot to all these problems so that a person in good health can work tirelessly to achieve success.

**Dr. Satish Kumar Attri**  
B.H.M.S.(PB) MSc (PSYCH)

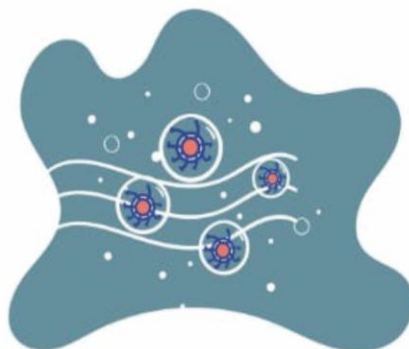
## COVID-19 CORONA VIRUS



## INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU



VIRUS SPREAD FROM CLOSE PERSON TO PERSON CONTACT THROUGH DROPLETS



VIRUS MAY SPREAD THROUGH AIRBORNE WHEN TINY DROPLETS REMAIN IN THE AIR



SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE TO THE ILLNESS



ONLY DESIGNATED LAB TEST CAN DIAGNOSE THE VIRUS

## SYMPTOMS



COUGH



FEVER



SHORT OF BREATH

## PROTECT YOURSELF



FREQUENTLY WASH YOUR HANDS



AVOID TOUCHING FACE WITH UNWASHED HANDS



WEAR MASK IF YOU CARING FOR SOMEONE WITH SYMPTOMS



# SPORTS CLUB



# SURFING

Surfing is a surface water pastime in which the wave rider, referred to as a surfer, rides on the forward part, or face, of a moving wave, which usually carries the surfer towards the shore. Waves suitable for surfing are primarily found in the ocean, but can also be found in lakes or rivers in the form of a standing wave or tidal bore. However, surfers can also utilize artificial waves such as those from boat wakes and the waves created in artificial wave pools.

The term surfing refers to the act of riding a wave with a board, regardless of the stance used. There are several types of boards. The native peoples of the Pacific, for instance, surfed waves on alaia, paipo, and other such craft, and did so on their belly and knees. The modern-day definition of

surfing, however, most often refers to a surfer riding a wave standing on a surfboard; this is also referred to as stand-up surfing.

Another prominent form of surfing is body boarding, when a surfer rides the wave on a bodyboard, either lying on their belly, drop knee

(one foot and one knee on the board), or sometimes even standing up on a body board. Other types of surfing include knee boarding, surf matting (riding inflatable mats), and using foils. Body surfing, where

the wave is surfed without a board, using the surfer's own body to catch and ride the wave, is very common and is considered by some to be the purest form of surfing. The

closest form of body surfing using a board is a handboard which normally has one strap over it to fit one hand in.

Three major subdivisions within stand-up paddling, long boarding and short boarding with several major differences including the board design and length, the riding style, and the kind of wave that is ridden.

In tow-in surfing (most often, but

not exclusively, associated with big wave surfing), a motorized water vehicle such as a personal watercraft, tows the surfer into the wave front helping the surfer match a large wave's speed, which is generally a higher speed than a self-propelled surfer can produce. Surfing-related sports such as paddle boarding and sea kayaking do not require waves, and other derivative sports such as kite surfing and windsurfing rely primarily on wind for power, yet all of these platforms may also be used to ride waves. Recently with the use of V-drive boats, Wakesurfing, in which one surfs on the wake of a boat, has emerged. The Guinness Book of World Records recognized a 23.8 m (78 ft) wave ride by Garrett McNamara at Nazaré, Portugal as the largest wave ever surfed





AMAZING FACTS

COCA-COLA



North Korea and Cuba are the only places you can't buy coca-cola.

PLACE



The longest place name on the planet is 85 letters long.

TEMPERATURE



The coldest temperature ever recorded was -144 degrees Fahrenheit.

EARTHQUAKE



Japan is the world's most earthquake-prone country.

ROCKET



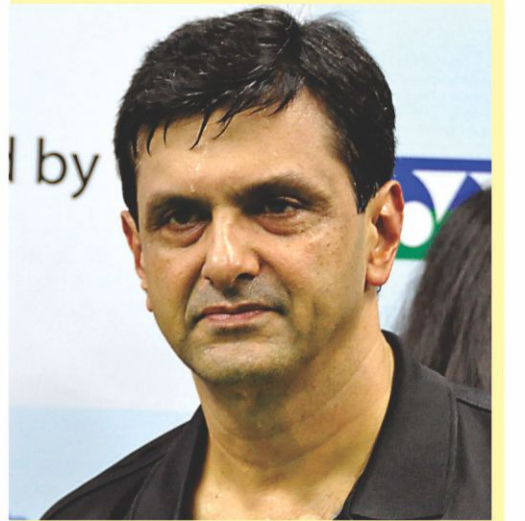
The first rocket in India was transported on a cycle.

WATER



Water on the moon was discovered by India.

Fabled First  
Prakash Padukone



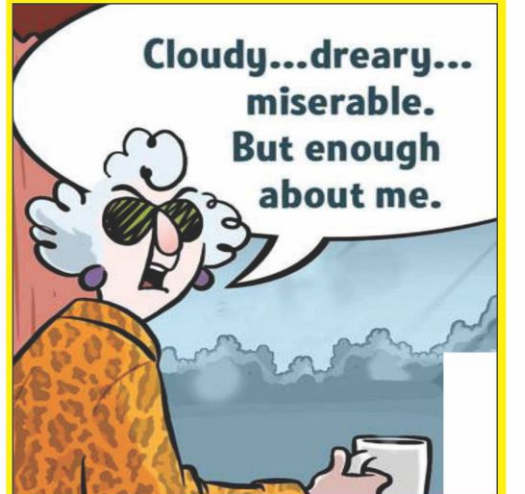
Prakash Padukone is a former Indian badminton player. He was ranked world No. 1 in 1980. In 1980 he became the first Indian to win the All England Open Badminton Championships. He was awarded the Arjuna award in 1972 and the Padma Shri in 1982 by the government of India.

16-Year-Old Irish Girls Win Google Science Fair 2014  
With World-Changing Crop Yield.



Garden-loving teenagers Ciara Judge, Émer Hickey, and Sophie Healy-Thow of Ireland won the Google Science Fair 2014 with their Combating the Global Food Crisis project. The 16-year-olds paired a bacteria often found in symbiotic relationships with legumes with crops it doesn't typically associate with, namely oats and barley. Crops that tested their unique pairing were wildly successful, germinating in about half the time and producing a 74 percent greater dry mass yield. Increasing crop yields is vital as the global population grows, and discoveries like this one could greatly impact the way we combat food poverty.

WORD MEANING



**Word- Dreary**  
**Meaning:** Boring and making you feel unhappy.  
**Example:** She had spent another dreary day in the office.



QUOTE

NELSON MANDELA

Education is the most powerful weapon which you can use to change the world.

SCRABBLE

Grid of letters for a Scrabble game: H N C E U Q, W Y E A J T, E M I B Z O, Y K E C H E, X L M A I C

QUIZ

- 1. Why do coins make your hand smell funny?
2. What is the name of the space between your thumb and other fingers?
3. The largest coffee producing state of India.
4. What does NATO stand for?
5. Smallest country in the world.
6. Dead sea is located between two countries.

- 1. Iron
2. Purpise
3. North Atlantic Treaty Organization
4. Vatican city
5. Jordan and Israel



# PAHALGAM



**PAHALGAM - A place for all, A path to peace.**

Ninety five km east of Srinagar at an altitude of 2,130 metres, Pahalgam is unspoiled by the ravages of progress. Away from the grind of daily life, Pahalgam is situated among the soaring mountains, glistening glaciers, gushing silvery streams of ice water and dense pine and cedar forests with soft whistling winds and revitalising air.

Pahalgam is an ideal place for an adventure sports enthusiast. It offers wonderful treks, skiing, mountaineering and camping sites.

En route to Pahalgam one comes across the beautiful Lidder Valley with tourist spots at Mattan, famed for its springs and the hillside cave shrine of Aishmuqam. The river Lidder is an angler's delight and even an amateur can catch a rainbow trout from the rushing streams. The large brown bear is a natural inhabitant of the thick forests. Pahalgam is in Anantnag district which is famous for Kashmir

handmade "gabbas" and exquisitely designed wooden toys.

Pahalgam is located in the western part of the state of Jammu and Kashmir, India. It is located at an altitude of 2130 m above sea level amidst the great Himalayan range. It is positioned beside the Lidder River, in the Lidder valley. Pahalgam is 95 km east of Srinagar. The weather in Pahalgam is alpine. Summers (April-June) are mild while winters (November-February) are cold. It experiences rains between July and September. It experiences heavy snowfall from December to February.

The origin of Pahalgam is obscure. Mughal rulers ruled this region in the medieval period. It was later a part of the Kingdom of Kashmir, which was ruled by local Hindu rulers. This princely state remained independent even during the British period and later on merged into independent India.

area holds a rich cover of vegetation, the dominant forest

consisting of conifers which account for over 90%. The principal species are Cedrus deodara, Pinus griffithii, Abies pindrow, Aesculus indica etc. The major shrubs are Indigofera heterantha, Viburnum spp., Sorbaria tomentosa etc. the ground cover is very rich and dicotyledonous herbs dominate: Rumex patientia, Primula spp., anemone spp., etc.

There are many species of rare, endangered and protected species. The main species are hangul, musk deer, serow, brown bear, Leopard, rhesus macaque, grey langur, Himalayan mouse hare, etc. Wild bears still roam much of the area, and local villagers are on constant alert for their presence. Due to the constant threat of illegal border crossings, the Indian army is



always patrolling the area and is on constant high alert. As the local population cannot carry firearms, this has saved the bears from being hunted to extinction. With the abundance of fresh trout in the rivers and local farm animals, they have plenty to eat. Monkeys also populate the area. The area houses a good population of pheasants and upland birds apart from other species, both resident and migratory. The common birds are griffon vulture, monal, snow cock, koklas, blue rock pigeon, Kashmir roller, European hoopoe, jungle crow etc. **WHEN YOU LEAVE PAHALGAM, YOU CARRY IT WITH YOU WHEREVER YOU GO.**

## From Editor's Desk



**SUMAN KOUR**  
Chief Media Editor  
idpschronicle@gmail.com

*"Success doesn't come from what you do occasionally. It comes from what you do consistently"*

*We are pleased to inform that we have successfully completed the academic year 2019-2020 with volume II issue 7 of IDPS CHRONICLE. It happened after combined effort of IDPS Management, Principal, Staff, Teachers, students, parents and our well wishers. We heartily thank you all. IDPS CHRONICLE captures the momentous moments of IDPIAN'S journey. Chronicle is intended to feature insightful, enriching articles that bring out talent among students and staff. We believe that each child is unique and creative in his/her own way and Chronicle brings out that creativity and motivate them to do the best. Be a part of the Chronicle by sending articles and other writings. Originality and creativity is highly appreciated.*

*Happy Reading*



**INTERNATIONAL DELHI PUBLIC SCHOOL**  
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**ADMISSION OPEN FOR SESSION 2020-2021**



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idpsjammu

www.idpsjammu.com  
adm.idpsjmu@gmail.com

Near Matador Stand  
Sunjwan, Jammu.

Mob. 9419197283  
Mob. 9796413400