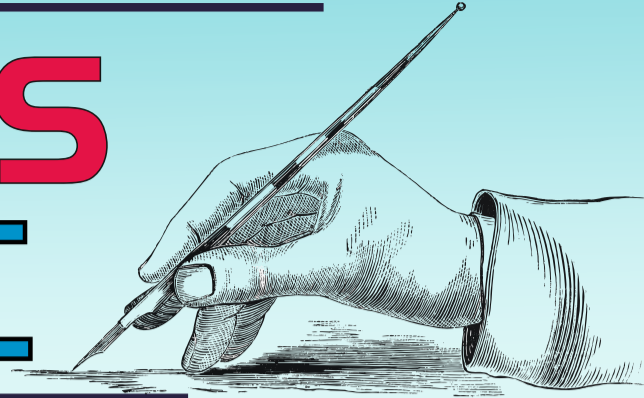


CHRONICLE

IDPS

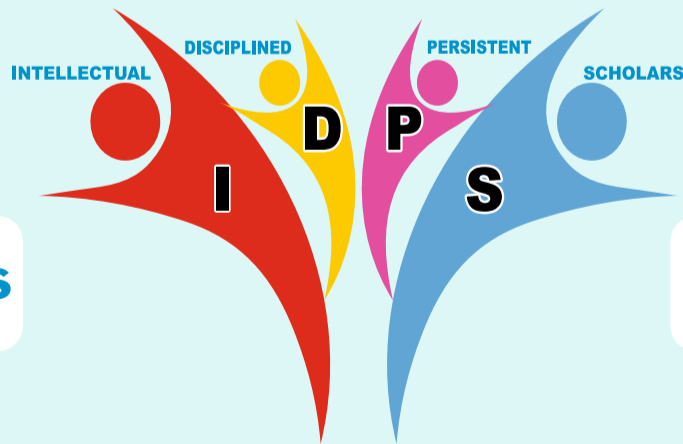


INTERNATIONAL DELHI PUBLIC SCHOOL



CBSE Code: 730102

ISO 9001:2015



GARTEN

JUNIORS

CHAMPS

SCHOLARS

Learn and Succeed



SPARTANS



KNIGHTS



SAMURAI



TROJANS



Ms. MANISHA CHOUDHARY
CHAIRPERSON (IDPS)

The aim of education in recent times is being confined to make engineers, doctors, and administrators. I agree that education prepares a child for his/her future but this aim of education has a narrow aspect. The real aim of education is to develop the dormant skills in the child and make him/her worthy to fight against the odds to be successful. As an educator the task ahead us is to imbibe in the child the noble qualities, moral values and ethics prevalent in the society. There should be a healthy assimilation of mind and heart in the child to bring an all round development of his/her personality. I emphasize on the solid foundation of students on which the superstructure can be built. am happy to say that a very dedicated team of administration and teachers are working in the right direction and we as an institution will touch the new heights. Our school's success is a result of a committed group of staff members and active and supportive parents. The teachers and staff at the school have dedicated themselves to provide a

nurturing, yet challenging learning environment for all children. Parents involve in our school by attending the Parent Teacher meets regularly and by being a part of special events and activities. My goal is that all our students reach their full potential in school each year A strong home- school partnership is crucial to achieve this goal I wish Good luck to IDPS Family for future endeavors.

The institution has grown to mark a height of an enviable reputation in the educational fraternity. Armed with the core values of truth, integrity and compassion, our students shall explore the zenith of creativity. We envisage the continuing growth of our school as a visionary among contemporaries for its unique character of blending tradition with modernity to crystallize the essence of the global Indian. It is in the spirit of meeting the challenge, we invite all of our parents to partner with their teachers and administrators in helping to pave the path to create endless new horizons of student achievement. The student's focus should always be on virtues like care, compassion, truth, honesty and sincerity. We pride ourselves in creating a culture of learning where students are free to express or share their interest in a variety of fields while developing their character as well. Delayed gratification, integrity, civic consciousness and the willingness not to give up, these are the values that we seek to inculcate in our students. With extro- curricular classes, a strong emphasis on communication skills and activities meant to foster cultural understanding, the students of o u r school emerge as elucidated and responsible citizens of the world Parents and all stakeholders are partners in providing quality education, Wishing you a meaningful experience in the school.



Mr. SUMINDER SINGH
MD (OPERATIONS) IDPS



Mr. SWARN CHOUDHARY
MD (FINANCE)

Education plays an important role in enabling a person to face a real-life situation with adequate knowledge. School is a temple of learning and International Delhi Public School is putting in a lot of effort to give quality education to the students. The school commits itself to create a harmonious and stimulating environment in which each and every child will be encouraged to develop his or her intellectual ability and academic performance. We aim for retaining the innocence of a child, yet kindle curiosity in young minds. The school community works collaboratively to ensure that our core values are upheld and maintained to a high standard. Our vision is to offer cohesive teaching techniques clubbed with innovative and theme-based technologies to ensure the holistic growth of the child. At IDPS, we believe that the true strength of our classroom lies in the collaboration of learners, not in the knowledge of one Expert. Even as we impart education to match the advancement in technology and processes, we guide our children towards the right principles,

ethics and moral values. We offer our students a stress-free learning environment that encourages creativity and critical thinking. Our unique teaching and learning process with a proper blend of theory and practice crosses the boundaries of nation towards global excellence.

It is rightly said that "Steady efforts develop our potential and open the way to a bright future". In an effort to bring out the best in every child, our team at IDPS nurtures all the IDPIAN's with lots of love and care. We aim to provide them ample opportunities to learn and imbibe knowledge, values and skills for life that further help them to grow into responsible and independent individuals. At IDPS, every child is empowered with responsibilities and regularly encouraged to participate in various activities, programs and presentations. We at IDPS are completely focused on enveloping the four C's of Education namely Critical Thinking, Communication, Collaboration & Creativity. The rising expectations of all the students, teachers and other stakeholders inspire us assiduously to pursue our vision and strong will to achieve our goal. IDPS is an incredible place for students from diverse



Ms. RANDEEP WAZIR
PRINCIPAL (IDPS)

backgrounds to grow educationally, get involved and have a meaningful. school experience. Our mission is to create a niche where learning will not be just a series of instructions but a passion, going beyond books, beyond instructions and learning horizons. I am certain that IDPIANS will have a bright future and they will be the experts of dedicated effort! Heartiest wishes to the IDPIANS for their future endeavors.

VINAYAK NARAHARI BHAVE



Vinayak Narahari Bhave was born on 11 September 1895 in a small village called Gagoji (present-day Gagode Budruk) in Kolaba in the Konkan region of what is now Maharashtra. Vinayaka was the eldest son of Narahari Shambhu Rao and Rukmani Devi. The couple had five children; four sons named Vinayaka (affectionately called Vinya), Balakrishna, Shivaji and Dattatreya, and one daughter. His father was a trained weaver with a modern rationalist outlook and worked in Baroda. Vinayaka was brought up by his grandfather, Shamburao Bhave and was greatly influenced by his mother Rukmini Devi, a religious woman from Karnataka. Vinayaka was highly inspired after reading the Bhagavad Gita, at a very young age.

A report in the newspapers about Gandhi's speech at the newly founded Benaras Hindu University attracted Bhave's attention. In 1916, on his way to Bombay to appear for the intermediate examination, Bhave threw his school and college certificates into a fire. Bhave decided after reading the piece of writing in the newspaper written by Mahatma Gandhi. He wrote a letter to Gandhi and after an exchange of letters, Gandhi advised Bhave to come for a personal meeting at Kochrab Ashram in

Ahmedabad. Bhave met Gandhi on 7 June 1916 and subsequently abandoned his studies. Bhave participated with a keen interest in the activities at Gandhi's ashram, like teaching, studying, spinning and improving the lives of the community. His involvement with Gandhi's constructive programmes related to Khadi, village industries, new education (Nai Talim), sanitation and hygiene also kept on increasing. Bhave went to Wardha on 8 April 1921 to take charge of the Ashram as desired by Gandhi. In 1923, he brought out Maharashtra Dharma, a Marathi monthly which had his essays on the Upanishads. Later on, this monthly became a weekly and continued for three years. In 1925, Gandhi sent him to Vaikom, Kerala to supervise the entry of the Harijans to the temple.

Bhave was arrested several times during the 1920s and 1930s and served a five-year jail sentence in the 1940s for leading non-violent resistance to British rule. The jails for Bhave had become the places of reading and writing. He wrote Ishavasyavritti and Sthitaprajna Darshan in jail. He also learnt four South Indian languages and created the script of Lok Nagari at Vellore jail. In the jails, he gave a series of talks on the Bhagavad Gita in Marathi, to his fellow prisoners. Bhave participated in the nationwide civil disobedience periodically conducted against the British and was imprisoned with other nationalists. Despite these many activities, he was not well known to the public. He gained national prominence when Gandhi chose him as the first participant in a new nonviolent campaign in 1940. All were calling him by his short name, Vinoba. Bhave's younger brother Balkrishna was also a Gandhian. Gandhi entrusted him and Manibhai Desai to set up a nature therapy ashram at Urali Kanchan where Balkrishna spent all his life.

In 1958 Bhave was the first recipient of the international Ramon Magsaysay Award for Community Leadership. He was awarded the Bharat Ratna posthumously in 1983.

Vinoba Bhave, The Man, a documentary film on the social-reformer directed by Vishram Bedekar was released in 1963. It was produced by the Government of India's Films Division. Indian film director Sarvottam Badami had earlier made another documentary on him, Vinoba Bhave, in 1951

MOUNTAINS OF INDIA

Mountain Peak	Height (in meters)	Main Points
K2 (Godwin-Austen)	8611	<ul style="list-style-type: none"> The highest peak in Indian subcontinent lies between Baltistan and Xinjiang and the second highest summit in the World.
Kangchenjunga	858	<ul style="list-style-type: none"> The highest peak in India & the third highest summit in the World. Also known as the 'five treasures of snow'
Nanda Devi	7816	<ul style="list-style-type: none"> It is the second-highest peak in India and is ranked the 23rd highest peak across the world. The Nanda Devi National Park, located in vicinity to the peak, consists of the best high altitude flora and fauna. This is the highest peak located entirely in India
Kamet	7756	<ul style="list-style-type: none"> The third highest peak in the country but not as accessible as others due to its location. It is located near the Tibetan Plateau
Santoro Kangri	7742	<ul style="list-style-type: none"> It is located near the Siachen Glacier, one of the longest glaciers in the world. The Santoro Kangri is ranked the 31st highest independent peak in the world.
Saser Kangri	7672	<ul style="list-style-type: none"> Located in Jammu and Kashmir, it is a group of five majestic mountain peaks. This mountain peak is the 35th highest mountain peak in the world.
Mamostrong Kangri	7516	<ul style="list-style-type: none"> It is located near a remote area of Siachen Glacier. It is the 48th independent peak in India.
Rimo	7385	<ul style="list-style-type: none"> The Rimo is a part of the Great Karakoram ranges It is the 71st highest peak in the world.
Hardeol	7151	<ul style="list-style-type: none"> This peak is also known as the 'Temple of God' It is one of the oldest summits in the Kumaon Himalaya
Chaukamba	7138	<ul style="list-style-type: none"> It is located in the Garhwal district of Uttarakhand. It is a part of the Gangotri Group of ranges which includes a total of four peaks.
Trisul	7120	<ul style="list-style-type: none"> The name of this mountain peak is taken from the weapon of Lord Shiva. It is one of three mountain peaks located in the Kumaon Himalaya in Uttarakhand.

WELCOME BACK TO SCHOOL 2023-24

A time for new hopes and renewed dreams!! The heartwarming welcome brought alive the unexpected delights and amazing experience to the students of IDPS as the session commenced today. The students showed great enthusiasm to meet their teachers and enter into their new classrooms. The Special Assembly was organised today prepared by the faculty of IDPS and a lot of welcome activities were conducted to have a fun filled and ecstatic day for the students. We endeavor to carry forward the same spirit and strength all year long and we will pave the path of success for a better tomorrow for our student.



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WELCOME BACK TO SCHOOL
Here comes another session to learn, to practice, and to enhance your knowledge and skills for the future!
SESSION 2023-24



ORIENTATION CUM COUNSELLING

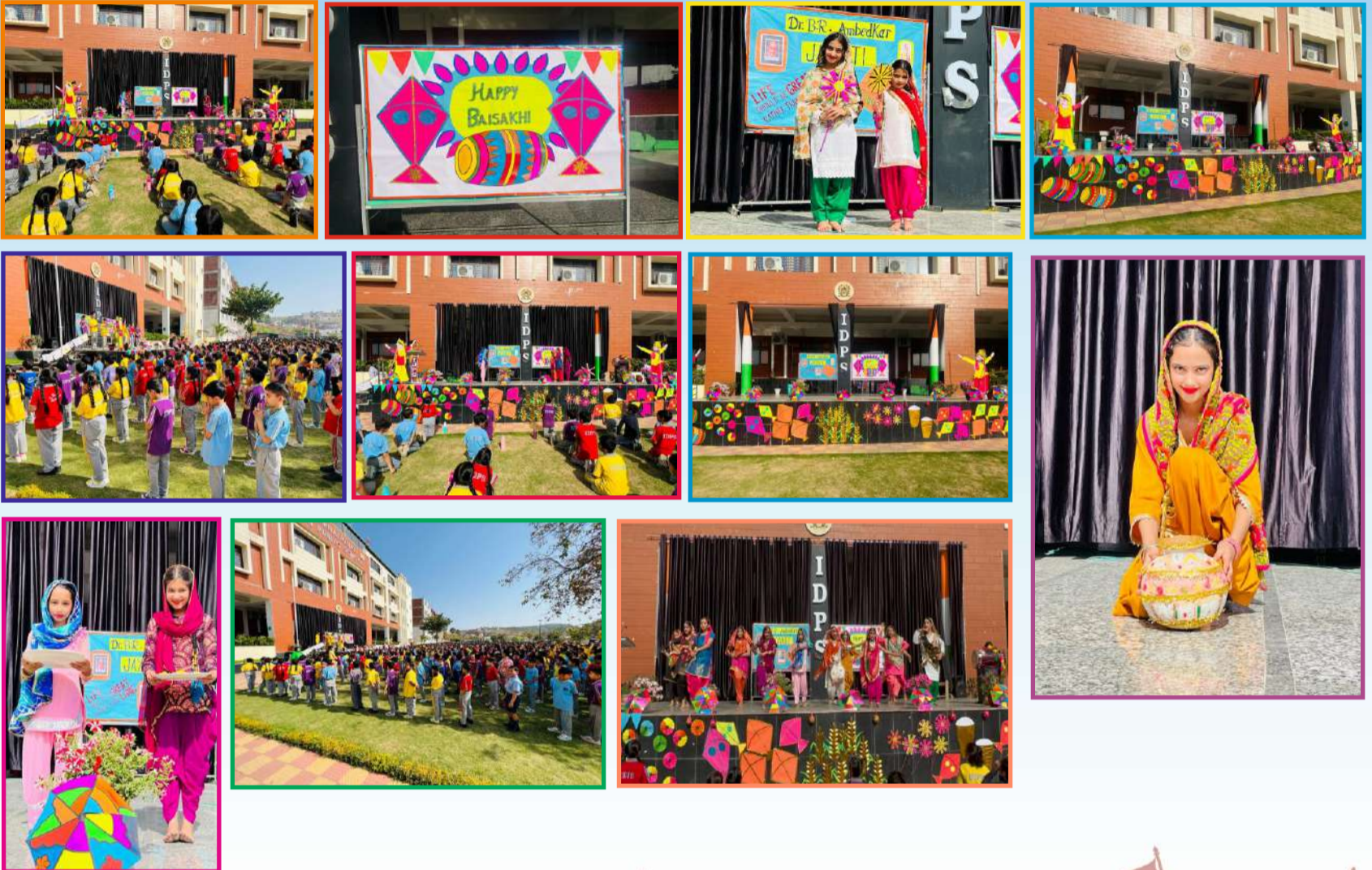
SESSION 2023 - 24

Choosing a correct stream and a right career path is a major aspect and a decision to be taken by the students after Grade X as it gives them a clear direction and steers them to stay focussed while achieving the goal they set up. An Orientation cum counselling session was organised for the students who appeared in Grade X Board Examination to give them a clear understanding of how they can leverage their skills and capabilities and choose the right stream for their future career aspects. They were apprised about various undergraduate programmes and career options aligned to different streams.



BAISAKHI SPECIAL ASSEMBLY

We, at IDPS, believe that learning is not restricted to books and instructions. We aim to imbibe in our children the values and ethos of very culture and community. To make our children aware of the spring harvest festival in all its essence, a special musical assembly was arranged for the children wherein they danced to the beats of Dhol and understood the significance of Festival - Baisakh



HAPPY Baisakhi

FOUNDER'S DAY CELEBRATION

A day significant in the history of IDPS JAMMU to reminisce about its humble beginning in the year 2018. This day was celebrated with great zeal and enthusiasm as the students of IDPS presented musical performance and the founder members of the school were felicitated for their relentless support and dedication for completing this wonderful journey of 05 years. Principal - Ms Randeep Wazir, in her address expressed her sincere gratitude to the Management, the students, faculty of IDPS for their unrelenting support throughout these 05 years to make this epitome of education mark its presence by providing quality education and nurturing children holistically, morally, ethically and globally.



BENEFITS OF SPORTS

In comparison to outdoor games, we consider Indoor games as inferior when it comes to health benefits. But you know this belief is not the actual truth. Indoor games not only provide cherished family time on Sunday afternoons but they have a lot more to offer.

In today's time due to lack of time, lack of open areas and dependence on technology we see quite often kids running around the local street playing hide and seek, hopscotch, cricket etc. Also due to the increase in kidnapping cases and high crime rates, parents have also embraced their kid's stay at home. For all people, it is so important to relax and have some fun. Most people don't know that they have a plethora of benefits. So let's dive deep into the benefits of indoor games.

1. Keep the stress away: In Today's life stress, laziness and boredom have become inevitable companions and indoor games come as a saviour for us from these. Indoor games help to stay fit mentally and physically. Involving in activities and spending time playing indoor games helps the kids to be away from stress and anxiety. It is very important for the mental well-being of a person. During playing Indoor games there are lots of laughter and laughing keeps the stress level down and keeps the mood happy. Board games like snakes and ladder, ludo, chess etc are great fun to play with family after a long hour in the office or school.

2. An opportunity to spend time with family: Our generation is stuck in work and social media, we speak rarely with our family and sometimes we even spend days without talking to them. We sometimes forget that as we are growing our parents are also getting older. Spending your time with family is not important but spending quality time is most important, there is a big difference between the two. Indoor games play a very important role in this, they bring the family closer and also bring moments of laughter and joy. This quality time is a priceless gift for our loved ones.

3. Develop and nurture your cognitive skills: Cognitive skills play a very important role in our performance as employees and in a better understanding of the world. Due to our busy lifestyles, we get little or no time to brush our skills. But board games like ludo, carom, chess etc which are highly focus-driven help to improve our cognitive skills and improve our brain part which is responsible for thought and memory formation. These board games work better than outdoor sports in developing cognitive skills.

4. Increase your productivity: As said above indoor games help to develop one cognitive skill at a faster rate. You know that better cognitive skills translate to higher productivity. It is said that there is a direct relationship between work performance and mental state. Many indoor games like chess, ludo, carrom, cards, table tennis, etc help to improve our awareness and consciousness. They also keep the brain active and also maintain body coordination and train the mind to work faster and smarter.

5. Enhances Fitness: Physical fitness is important for our body as they lower the risk of diseases such as cardiovascular, liver illness, obesity, diabetes etc. Indoor games and activities are a very good option to improve physical fitness because these activities incorporate a myriad of body movements. It also helps to get the right posture as well. Expert research shows that people who engage in indoor games and activities develop fast-twitch muscles, which at last improve people's reflexes.

6. Encourages Creativity: While playing indoor physical activities, many people face different problems and get stuck in different situations, these all help to develop critical skills. For example, meeting with other children improves their imagination. These types of activities teach us how to be expressive and curious. Kids also learn a lot of new things, these things allow kids to explore their creativity in a secure environment.

7. Improves Hand-Eye Coordination: Indoor Games like ping pong need a lot of coordination between hands and eyes. Motivating children to play such games helps them to improve their coordination and enhance the development of fine motor skills. Young ones use these motor skills to complete their different tasks every day.

8. Lowers blood pressure: When we play indoor games there is a lot of laughter which helps in producing endorphins (a chemical for happiness), this chemical helps the muscles and body relax and helps to blood to circulate, these all evidently lower blood pressure.

9. Brings new experience: Any new game or action welcomes openness for youngsters to have extraordinary encounters which stay with them all through their life. During indoor proactive tasks, kids obtain new encounters that can't be tracked down in outside play. Whenever they take part in any game they gain some new useful knowledge. A few exercises, for example, pretending and imagining play, assist them with securing different abilities, for example, critical thinking, compromise, and interactive abilities that they can involve to manage different circumstances throughout everyday life. The encounters kids gain through indoor proactive tasks can make them more positive about their existence and assist them with building solid social connections over the long haul.

10. No Physical Hurt: There is a very low or no chance of physical injury while playing indoor games. It is also safe for kids and for adults.

Conclusion: Indoor games are very important for everyone and especially for your child. If you think that indoor games are not that you should encourage your child then you should properly read the benefits of indoor games given above and how much they are important for our life. Just find out a safe and secure and weatherproof environment for playing for your kid. Spending Quality time is most important for everyone in today's time because the only thing matter at the last of the day is how happy you spend your day.

IDPS ACHIEVEMENTS



Avannya Puri of Grade III F brought laurels to the school by winning Gold Medal in J & K UT Gymnastics Championship 2022-23

Congratulations!! ASIM BAHAR for securing Silver Medal in Ju-Jitsu Championship 2023 held from 27th to 31st of March 2023 at Dewas city, Madhya Pradesh.

We are proud of you ! Congratulations AZEEN IQBAL secured GOLD & BRONZ Medal. NATIONAL JU JITSU CHAMPIONSHIP 2023 held at Dewas, Madhya Pradesh.



INTER SCHOOL CHESS COMPETITION



INTER SCHOOL BADMINTON COMPETITION

IDPS always seeks to cultivate and nurture a climate of excellence be it in academics or sports for the holistic development of the children. Badminton tournament was organised for the Champs of Grade VI to VIII. Enthused with flamboyant spirit of sportsmanship, they performed really well in the competition.



TIPS TO IMPROVE YOUR MEMORY



1. Be physically active every day

Physical activity raises blood flow to the whole body, including the brain. This might help keep your memory sharp. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity, such as brisk walking, or 75 minutes a week of vigorous aerobic activity, such as jogging. It's best if this activity is spread throughout the week. If you don't have time for a full workout, try a few 10-minute walks throughout the day.

2. Stay mentally active

Just as physical activity keeps your body in shape, activities that engage your mind help keep your brain in shape. And those activities might help prevent some memory loss. Do crossword puzzles. Read. Play games. Learn to play a musical instrument. Try a new hobby. Volunteer at a local school or with a community group.

3. Spend time with others

Social interaction helps ward off depression and stress. Both of those can contribute to memory loss. Look for opportunities to get together with loved ones, friends and other people, especially if you live alone.

4. Stay organized

You're more likely to forget things if your home is cluttered or your notes are in disarray. Keep track of tasks, appointments and other events in a notebook, calendar or electronic planner. You might even repeat each entry out loud as you write it down to help keep it in your memory. Keep to-do lists up to date. Check off items you've finished. Keep your wallet, keys, glasses and other essential items in a set place in your home so they are easy to find.

Limit distractions. Don't do too many things at once. If you focus on the information that you're trying to remember, you're more likely to recall it later. It also might help to connect what you're trying to remember to a favorite song or a familiar saying or idea.

5. Sleep well

Not getting enough sleep has been linked to memory loss. So has restless sleep and sleep that gets disturbed often. Make getting enough healthy sleep a priority. Adults should sleep 7 to 9 hours a night on a regular basis. If snoring disrupts sleep, make an appointment to see your health care provider. Snoring could be a sign of a sleep disorder, such as sleep apnea.

6. Eat a healthy diet

A healthy diet is good for your brain. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, beans and skinless poultry. What you drink also counts. Too much alcohol can lead to confusion and memory loss.

7. Manage chronic health problems

Follow your health care provider's advice for dealing with medical conditions, such as high blood pressure, diabetes, depression, hearing loss and obesity. The better you take care of yourself, the better your memory is likely to be. Regularly review the medicines you take with your health care provider. Some medicines can affect memory.

AMAZING FACTS

CAMEL



Camels have three eyelids to protect themselves from the blowing desert sand.

Honey



Honey is the only food that doesn't spoil.

Butterfly



Butterflies taste with their feet.

MOSQUITOES



Mosquitoes are the deadliest animal in the world

HUMAN TEETH



Human teeth are the only part of the body that cannot heal themselves.

BABY RABBIT



Baby rabbits are called kits.



You are never too old to set another goal or to dream a new dream.

— Malala Yousafzai

SCRABBLE

O	M	A	I	B	E
E	L	J	G	I	G
E	M	I	O	B	L
R	E	E	P	P	P
A	R	L	B	Z	E



RAYMOND WANG

Raymond Wang – invented a cheap way to stop airborne pathogens from spreading on airplanes.

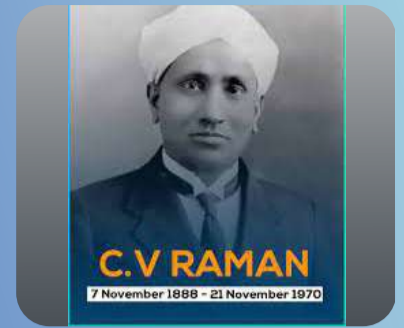
According to the Centers for Disease Control and Prevention, a person infected with the flu virus could spread the disease to up to 17 other people on an airplane, mostly through coughing and sneezing.

When Raymond Wang learned that fact in 2014, the high school junior got to work on a device that could minimize the virus' spread.

He's the inventor of the \$10 Global Inlet Director – a curved piece of plastic that can redirect the flow of air inside an airplane cabin. When multiple units are installed, they can reduce disease transmission by up to 55 times.

The invention earned Wang the top prize at this year's Intel Science and Engineering Fair, the Gordon E. Moore Award

FABLED FIRST



C.V RAMAN

Sir Chandrasekhara Venkata Raman FRS was an Indian physicist known for his work in the field of light scattering. Using a spectrograph that he developed, he and his student K. S. Krishnan discovered that when light traverses a transparent material, the deflected light changes its wavelength and frequency.

WORD MEANING

pursuant

Word: pursuant

Meaning: In accordance with (a law or a legal document or resolution).

Sentence: "The local authority applied for care orders pursuant to section 31 of the Children Act 1989."

COLOURING PICTURE



Quiz

- Which ports of India is also known as "child of partition"?
- The Chamera Dam is located in which state/UT?
- Port Blair is located on which Islands?
- Where are the headquarters of Indian Boxing Federation located?
- Largest cricket ground in the world, by capacity is located in which country?

- KANDLA
- HIMACHAL PRADESH
- SOUTH ANDAMAN
- NEW DELHI
- INDIA

THE MONKEY AND THE DOLPHIN



One day long ago, some sailors set out to sea in their sailing ship. One of them brought his pet monkey along for the long journey. When they were far out at sea, a terrible storm overturned their ship.

Everyone fell into the sea, and the monkey was sure that he would drown. Suddenly a dolphin appeared and picked him up. They soon reached the island and the monkey came down from the dolphin's back.

The dolphin asked the monkey, "Do you know this place?"

The monkey replied, "Yes, I do. In fact, the king of the island is my best friend. Do you know that I am actually a prince?"

Knowing that no one lived on the island, the dolphin said, "Well, well, so you are a prince! Now you can be a king!"

The monkey asked, "How can I be a king?"

As the dolphin started swimming away, he answered, "That is easy. As you are the only creatures on

This island, you will naturally be the king!"

Those who lie and boast may end up in trouble.



MANRIDH

And one day the thoughts in the books, became an existence beyond worldly limits." It is a 'victory in the world of words' for the IDPS family, that our students brought home exuberant trophies from the global platform of 'bribooks.com'. The visual treat will be telecasted and announced on the magnificent social platform of Disney International HD, for the National best-selling authors of the NATIONAL YOUNG AUTHOR'S FAIR (India). One of our students 'MANRIDH KANDHARI', stood out with all glimmers and shine, with an outstanding number of her 1st book, 'The unfolded truth', to be sold at the national level. All our achievers have added another feather to the cap of IDPS with their bewitching work under the guidance of Ms.Taruneet Kaur.

INTERNATIONAL DELHI PUBLIC SCHOOL JAMMU
CBSE AFFILIATION CODE: 730102



TARUNEET KAUR

Congratulations!!
for securing
2ND position
in
INTER SCHOOL BILINGUAL TURNCOAT DEBATE COMPETITION
organised under the banner of
Jammu Sahodaya Schools Complex
by
IDPS AKHNOOR



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

Many of us grow up not knowing what we want to do with our lives. It can take years to figure it out and some never do. Many of us change jobs, careers, move to a different location, country and even different relationships, searching for their purpose and destination. To achieve success in finding your way, soul-searching is a necessity. You need to ask yourself "what do I want in life?" "Think about your strengths, your weaknesses and most importantly your passions. It may take a day, a week, a month or even longer, but when you answer your questions, your destination becomes clear. Your direction will not fall in your lap, so don't waste another moment, create an inner compass and find it yourself. When we talk about choosing the right path, we need to first understand that one of the greatest things of modern societies is the freedom to choose which paths in life we want to take. Before we can start analyzing the various paths, we need to firstly know ourselves and recognize the values that we have as individuals. In my personal opinion the right path leaves you with no regrets and no doubts, eventually leading you to a purpose in your life.
HAPPY READING