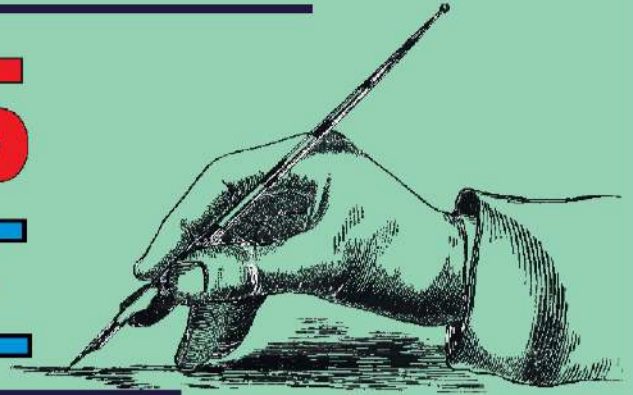


# ▶ IDPS CHRONICLE

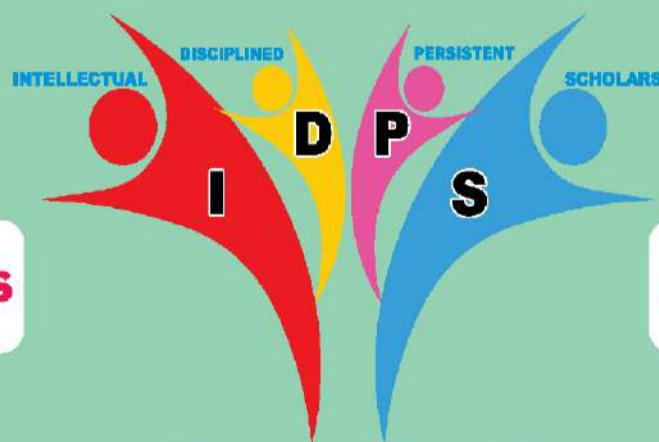


## INTERNATIONAL DELHI PUBLIC SCHOOL



CBSE Code: 730102

ISO 9001:2015



**GARTEN**

**JUNIORS**

**CHAMPS**

**SCHOLARS**

*Learn and Succeed*



**SPARTANS**



**KNIGHTS**



**SAMURAI**



**TROJANS**

# PADMA SACHDEV JI

Popularly known as the 'Mother of Modern Dogri'

INDIAN POET AND NOVELIST

*Padma Sachdev— also known as 'mother of modern Dogri' who fought Mr. Vajpayee for recognition of her Dogri Language.*

*When Dogri was introduced in Schedule VIII of the Constitution, it was 'the happiest day' for Sachdev. The language has now its own identity and not just taken for a dialect'.*

*The first modern woman poet of the Dogri language, primarily spoken in Jammu, Sachdev battled misogyny, a conservative society, chronic illness, and an unhappy marriage to emerge as one of the strongest regional literary voices in the country.*

Sachdev was born on 17 April 1940 in the Purmandal area of Jammu. Her father, Jai Dev Badu, was killed during Partition. She was 16 when she recited her first poem at a mushaira in Jammu. The audience, including the CM, was extremely impressed that another Dogri poet and editor, Ved Pal Deep, the then CM published Sachdev's poem in his local newspaper the following day. Sachdev's writing prowess grew, and so did her relationship with Deep. The two got married in 1956 when they were 16 and 27, respectively. It led to the conservative Dogra community shunning the married couple. And thereafter followed a series of tragedies.

A few days into the marriage, Sachdev was diagnosed with tuberculosis and sent to a sanatorium for treatment. She recovered from her illness but returned home to an unhappy marriage — the couple soon filed for divorce and once again drew the ire of the conservative society.

Sachdev went on to work in All India Radio, Jammu, in 1961 as a public announcer, where she met Surinder Singh, the Hindustani vocalist of the Singh Bandhu musical duo, who was a duty officer at the time. The two got married five years later. Sachdev went on to win the Sahitya Akademi Award in 1971 for her collection of poems titled Meri Kavita Mere Geet. In the preface, Hindi poet Ramdhari Singh Dinkar wrote that Sachdeva's poetry made him want to stop writing altogether. "After reading Padma's poems, I felt I should throw my pen away – for what Padma writes is true poetry," he wrote in the book's preface.

Sachdev, also a Padma Shri awardee, has written 60 books in Hindi and Dogri language. Her autobiography, titled Chitt-Chete, was awarded the prestigious Saraswati Samman in 2015, and the KK Birla Foundation, which instituted the award, had only high praise for her. In an official statement, the foundation said that "the idioms and phrases used in the over 600-page work carry the fragrance of Duggar Pradesh (J&K) and offer glimpses into the history, art, and culture of the state. The vitality of her language is a living dictionary of Dogri language".

*In her short stories, Sachdev comments on inequality, the role of women in society, and domestic burdens. Her poem Mother Tongue explores the importance of holding onto one's roots and the language. "No, I don't work for a Shah, I said, but for a Shahni, very kind. That Shahni is my mother tongue Dogri," reads the poem. In her memoir titled The Nightingale of Dogri, author Anita Kanwal Slathia talks about how preserving Dogri culture was important to Sachdeva. "The people of Jammu should keep the legacy of the Dogri language and culture intact and safe in the hands of their future generations," she wrote, quoting the poet.*



#### Born :

17 April 1940 · Purmandal  
Jammu, Jammu and Kashmir,  
British Raj

#### Died :

4 August 2021 (aged 81) ·  
Mumbai, Maharashtra, India

#### Spouse :

Vedpal Deep and later Surinder  
Singh (1966–2021)

#### Occupation :

Poet, writer  
Language  
Dogri language

#### Notable Awards :

Sahitya Akademi; Padma Shri;  
Kabir Samman

#### Nationality :

Indian

# MADHUBAN Workshop

## WORKSHOP ON LESSON PLANNING

The workshop served as a model for effective lesson planning, focusing on formulating measurable learning objectives and aligning teaching strategies to them. Teachers learnt to break down the process of creating effective lesson plans into manageable steps and tailor these steps to the needs of the students.

A lot of interactive activities were conducted for the teachers to gain the practical insights on the topic.



Resource Person - Ms. Anjali Gupta, an educationist and enthusiastic seasoned professional, also a passionate trainer with twelve years of successful teaching and leadership experience in empowering school educators. She worked as a part of team member of SCERT Chandigarh in all Training Interventions with other team members for Director of SCERT.



# JAADUI PITARA

**CONSULTATIVE WORKSHOP/MEETING ON JAADUI PITARA & BALVATIKA organised at IDPS JAMMU in collaboration with Centre of Excellence Chandigarh.**

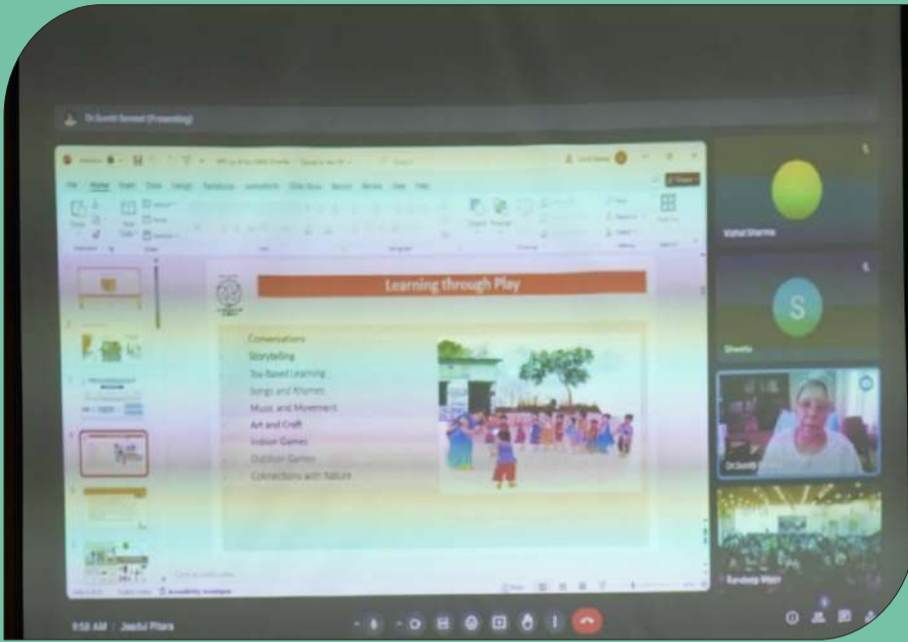
A one day consultative meeting on Balvatika and Jadui Pitara was conducted for CBSE Schools across the state at International Delhi Public School Jammu on 24th of June 2024. A total of 225 participants from more than 37 CBSE schools across the state attended the programme.



The one day meet was conducted as a part of CBSE's initiative to create awareness on various facets of the National Curriculum Framework's Foundational Stage (NCF-FS) which is one of the most important elements as enshrined under the New Education Policy for the foundational stage (3-6 years of age).



Principal, IDPS and Venue Director - Ms Randeep Wazir, presented the Vote of thanks and expressed her sincere gratitude to everyone for making this Workshop a resounding success. The event would not have been possible without the support of Management of IDPS- Ms Manisha Choudhary- Chairperson, Ms.Arunima Choudhary- Chairperson IDPS JUNIOR, Mr Suminder Singh - Managing Director IDPS and Vice - Chairman IDPS JUNIOR, Mr. Swarn Choudhary - Managing Director IDPS.



Precious memories during school trips often become cherished moments that students remember fondly throughout their lives. School trips play a crucial role in the educational experience by providing students with opportunities to learn beyond the classroom. A two days trip to McLeodganj was organized for the students of IDPS to encourage teamwork and cooperation, helping students develop stronger relationships with their peers and teachers.



Trip to McLeodganj



# DAY II TRIP TO PALAMPUR



## RENEWAL RETREAT SPORTS MANIA



IDPS organized a Renewal Retreat Sports Mania for teachers, providing a perfect blend of relaxation and rejuvenation before the upcoming vacations. The event aimed to foster camaraderie and promote physical wellness among our dedicated faculty.

# Renewal Retreat

*For staff members*

As part of the Renewal Retreat, an aerobics session was organized for the teachers at IDPS. The session aimed to promote physical fitness, enhance well-being, and provide a lively start to the day.



The teachers participated with great enthusiasm, demonstrating high energy and engagement throughout the session.





# EAT HEALTHY : STRONG IMMUNE SYSTEM



We all want our kids to get the right nutrition for their growth and development and to have a strong immune system. It is essential to monitor what they eat and make sure that we feed them nourishing food. However, kids are mostly

attracted to junk food that can do more harm to their health than any good. One way to limit their junk food intake is to build healthy food practices from early on, so that the kids appreciate and enjoy the natural, nutritious foods which will help to keep all disease and infections at bay. In his book 'How To Bring Up Happy Children', Saamdu Chetri shares an interesting recipe to boost your kid's immune system. He says to make a practice of preparing a "honey-turmeric-ginger- garlic-lemon juice paste" and storing it in the fridge. Give half a teaspoon or less of this paste to your child every morning, depending on the child's age. This paste will keep their immunity strong.

**Food Revolution expert Dr. Joel Fuhrman came up with the acronym "G-BOMBS", which refers to plant-based foods we should eat for health and happiness. These are anti-cancer, anti-diabetic, health-promoting foods which are effective at preventing chronic diseases and promoting longevity.**

## WHAT ARE G-BOMBS ?

### G = GREEN

Raw leafy greens are packed with nutrients. Green veggies contain substances that protect our blood vessels and are associated with reduced risk of diabetes. Leafy greens are also the most nutrient-dense foods. While cooking green vegetables, do not overcook them as they lose much of their properties due to the high heat.



**BEANS**

Beans are a powerhouse of nutrition and the most nutrient-dense carbohydrate source. Beans are anti-diabetes and weight-loss food and have a stabilizing effect on blood sugar. They contain soluble fiber which lowers cholesterol levels. Eating beans, peas or lentils at least twice a week provides protection against cancer.



**ONIONS**

Onions, along with leeks, garlic, etc. are a part of the Allium family of vegetables, which have beneficial effects on the cardiovascular and immune systems. They have anti-diabetic and anti-cancer effects on the body. Studies have found that increased consumption of Allium vegetables is associated with lower risk of gastric and prostate cancers.



**MUSHROOMS**

Consuming mushrooms regularly is associated with decreased risk of breast, stomach, and colorectal cancers. A Chinese study found that women who ate at least 10 grams of fresh mushrooms each day had a 64% decreased risk of breast cancer. Keep in mind that mushrooms should only be eaten cooked. Do not eat wild mushrooms as they can be poisonous.



**BERRIES**

Berries including blueberries, strawberries, and blackberries are superfoods. They are delicious to eat and are low in sugar and high in nutrients. They come in vibrant colors and are full of antioxidants, including flavonoids and antioxidant vitamins. Berries are an excellent food for the brain as they improve our motor coordination and memory.



**SEEDS**

Seeds and nuts contain healthy fats and are rich in micronutrients, including minerals and antioxidants. Seeds are abundant in trace minerals, higher in protein than nuts, and each kind of seed has its unique nutritional value. Flax, chia, and hemp seeds are rich sources of healthy omega-3 fats.

AMAZING FACTS



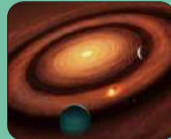
Asia is the largest continent on earth. This also means it has the largest population with over 4.46 billion people!



The Andes in South America are the longest mountain range in the world.



A shark don't contain any bones in its body like the majority of other fish.



The Solar System was formed about 4.6 billion years ago.



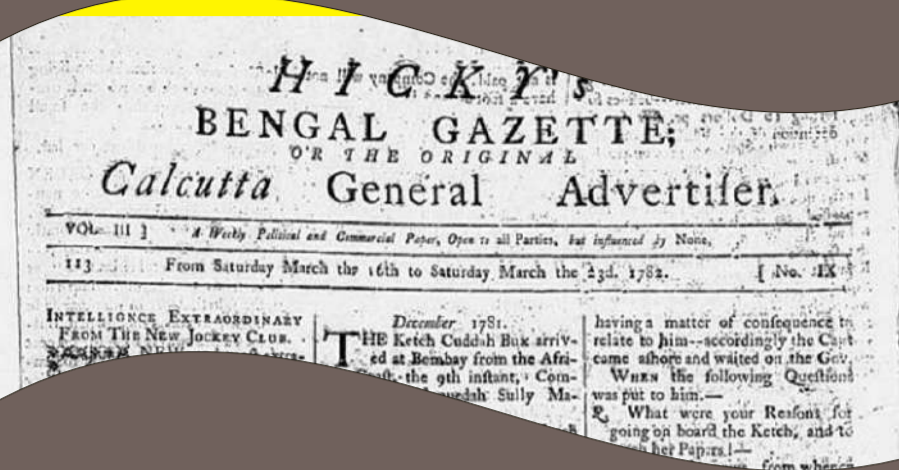
About 75% of your brain is made of water.



Termite queens live longer than any other insect. Some scientists estimate that they can live as long as 100 years.

FABLED FIRST

FIRST NEWSPAPER: BENGAL GAZETTE (JAMES HICKY)



The first newspaper in India was published on January 29, 1780, by James Augustus Hicky under the British Raj and its name was 'The Bengal Gazette.' It was also called as 'Calcutta General Advertiser' and people remember it as 'Hicky's Gazette.'



INVENTION BY TEENAGERS



DEEPIKA KURUP

As teenagers, most of us care more about say, a humiliating acne outbreak or which classmate we'd ask to homecoming, rather than the difficulties of developing countries. When she watched some Indian children drinking from a pool of stagnant water, Deepika Kurup, a 14-year-old living in Nashua, New Hampshire made it her goal to help "find a solution to the global water crisis".

After thorough research, she finally invented a purification system powered by solar energy in her own backyard that resulted in her winning The Discovery Education 3M Young Scientist Challenge when she was a 7th grader, thus earning her \$25,000. Just how does her brilliant invention work though?

After studying PhD papers over her three-month vacation, consulting with her 3M mentor and trying out her prototypes with samples from the contaminated water of the Nashua waste water treatment facility, she devised an inexpensive and easy way to purify water contaminated by harmful bacteria.

This happens when zinc oxide and titanium oxide are exposed to

sunlight to start a chemical reaction leading to the formation of superoxides and hydroxyl radicals which oxidize organic compounds into carbon dioxide and water.

When she used her system of 3M Petrifilms to purify the water, she saw that the amount of coliform bacteria reduced from 8,000 to about 50 whereas E.coli bacteria reduced to zero from about 1000 in under 8 hours. Also, she could degrade methane blue in an hour, which is faster than most present oxidizing processes.

Kurup's composite which is also made up of 3M Glass Bubbles and cement has a low price of half a cent whereas majority of current processes are more expensive, such as electricity-consuming UV lamps, harmful chemicals and other costly filtration systems. Using a reflector film and a photocatalytic rod, she consistently and efficiently achieved these surprising results.

Kurup, now in high school, plans to patent her system and then begin a non-profit organization to distribute her invention. Her passion in science is pushing her towards her goal of becoming a neurologist.



WORD MEANING

LOFTY

MEANING:- of imposing height.

SENTENCE:- "the elegant square was shaded by lofty palms."



QUOTE

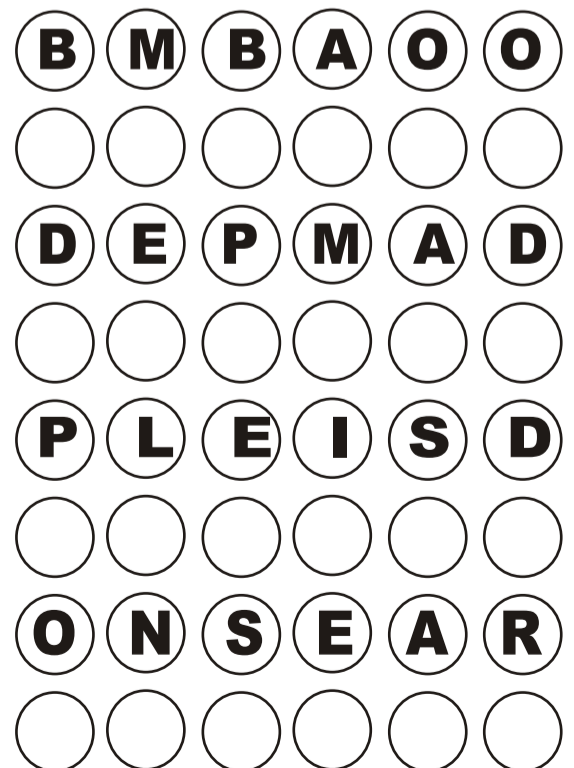
“ NEVER LET SUCCESS GET TO YOUR HEAD AND NEVER LET FAILURE GET TO YOUR HEART. - Drake

....QUIZ....

1. Who discovered that the earth revolves around the sun?
2. What company was initially known as "Blue Ribbon Sports"?
3. What country has won the most FIFA World Cups?
4. What is the largest Spanish-speaking city in the world?
5. Which planet has the most moons?
6. What is the world's fastest bird?

1. Nicolaus Copernicus 2. Nike 3. Brazil 4. Mexico City 5. Saturn 6. The Peregrine Falcon

SCRABBLE



1. India Becomes First Nation To Prepare Full List of Fauna. The Fauna of India Checklist Portal is the first comprehensive document on the faunal species reported from India. India has become the first country in the world to prepare a checklist of its entire fauna, covering 104,561 species. The 'Fauna of India Checklist Portal' was launched on the occasion of the 109th Foundation Day of the Zoological Survey of India (ZSI) in Kolkata on Sunday by Union environment minister Bhupender Yadav.



2. Japan Introduces Holographic Technology in New Banknotes. On July 3, Japan will introduce new banknotes featuring what it claims to be the world's pioneering use of advanced holography. This technology creates the illusion of historic figures' portraits rotating in 3D on the bills, serving as a key anti-counterfeit measure. This marks the first redesign of the banknotes in 20 years.



3. Viswanathan Anand Wins 10th Leon Masters Chess Championship. Viswanathan Anand, the former world chess champion from India, achieved a remarkable feat. He won the Leon Masters chess championship for the 10th time, defeating Jaime Santos Latasa of Spain in the final with a score of 3-1. This victory adds another jewel to Anand's crown of achievements in the world of chess.



4. IGNOU Launches MA Programme in Bhagavad Gita Studies. Indira Gandhi National Open University (IGNOU) has announced the launch of a new MA programme in Bhagavad Gita Studies for the academic session 2024-2025. The course will begin in July 2024 and will be offered through open and distance learning (ODL).



5. Jasprit Bumrah and Mandhana Clinch ICC Player of the Month Awards. Jasprit Bumrah, the hero of India's victorious T20 World Cup campaign, has added another accolade to his illustrious career. He was named the 'ICC Men's Player of the Month for June', cementing his status as one of cricket's premier fast bowlers. Smriti Mandhana, the vice-captain of the Indian women's cricket team, secured her first ICC Women's Player of the Month award. Her stellar performance was instrumental in India's clean sweep over South Africa in the recent ODI series.



6. Rajat Sharma Elected as NBDA President. In a significant development for the Indian media landscape, Rajat Sharma, the esteemed Chairman and Editor-in-Chief of India TV, has been unanimously elected as the President of the News Broadcasters & Digital Association (NBDA). This landmark decision was made during the NBDA's board meeting held on July 9, 2024, marking a new chapter in the organization's history.



7. Amit Shah Inaugurates 'PM College Of Excellence'. Union Home Minister and Minister of Cooperation, Shri Amit Shah on July 14, inaugurated the Pradhan Mantri Colleges of Excellence in all 55 districts of the state from Indore and Madhya Pradesh. Many dignitaries, including the Chief Minister of Madhya Pradesh, Dr. Mohan Yadav and Union Minister Smt. Savitri Thakur were present on the occasion.



8. India Launches First National Toll-Free Anti-Narcotics Helpline. India is set to launch its first national toll-free anti-narcotics helpline, '1933', alongside an email service under the name MANAS (Madak Padarth Nisedh Asuchna Kendra). Scheduled for launch by Union Home Minister Amit Shah during the seventh Narco-Coordination Centre meeting on July 18, the helpline aims to provide a user-friendly platform for citizens to report drug-related crimes and seek assistance 24x7.



9. ISRO's Aditya-L1 Completes First Halo Orbit. The Indian Space Research Organisation (ISRO) on June 2, announced that India's inaugural solar mission has completed its halo orbit around the Sun-Earth L1 point on July 2. This significant breakthrough was achieved after a station keeper's manoeuvre made its transition into the second halo orbit.



# WALKING ON WATER

A young man lived on a farm with his family. The family had a fantastic dog that would go down to the pond for hours every day in the spring and summer and practice retrieving various objects.

The boy wanted to trained the dog for the duck season and prepared for the various scenario that may come up. He wanted his dog to be the greatest hunting dog in the county, so he planned. So, the boy and the dog trained vigorously every day for months.



As fall and winter arrived and the duck season rolled in, the youngster and his dog were eager to return to their usual place near their home at the pond. Shortly after they reached the pond, they were able to strike a duck that fell right in the middle of the pond.

The boy signaled to retrieve the hunt, and the dog charged toward the duck. However, instead of swimming as it had practiced, the dog walked on the water's surface and retrieved the duck before returning to the youngster. The boy was astounded. His dog's extraordinary ability to walk on water was like magic. However, the boy knew that no one would believe what he had just seen, so he needed someone else to come down and see it for themselves. The youngster went to a local farmer's property and inquired if he would hunt with him the next day. The neighbor



agreed, and they met up The following morning at his usual spot by the pond, the boy and his friend waited for a flock of ducks to fly overhead, and, as soon as they heard them approaching, the boy advised the neighbor to go ahead and take a shot. The neighbor was able to strike a duck. The boy signaled the dog to fetch the duck. Once again, the dog miraculously walked on water and retrieved the duck.

The boy could hardly contain his joy and asked the neighbor, "Did you see that? Wasn't that amazing? What do you think?" The neighbor took a deep breath and responded, "I didn't want to mention it, but your dog has no idea how to swim." The kid was in disbelief as his neighbor pointed at a possible fault of the dog rather than recognizing that what he'd just done was a miracle.

**Moral: People can be hesitant to credit others for their talents or achievements because they don't feel they can not accomplish and reach similar heights of success. Don't be discouraged by this. Simply move on and keep working on developing yourself. Being successful entails keeping a good attitude.**

FROM THE



EDITORS

**Ms. SUMAN KOUR**  
CHIEF MEDIA EDITOR



## Dear students!

IDPS Chronicle is for you & by you. We're always looking for fresh ideas, creative submissions, and interesting perspectives to fill our pages. Whether you're a whiz at writing, a photography enthusiast, or have a unique story to tell, we want to hear from you!

Don't be shy! This is a platform to showcase your talents, share your passions, and even spark important conversations on campus. We all have something valuable to contribute, and your voice matters. So, browse through our latest issue, and if you are inspired, pick up a pen, grab your camera, or fire up your laptop and get creating! We can't wait to see what you come up with.

Happy reading and even happier creating!

*Best Wishes*



**PANKAJ HANDOO**  
GRAPHICS DESIGNER