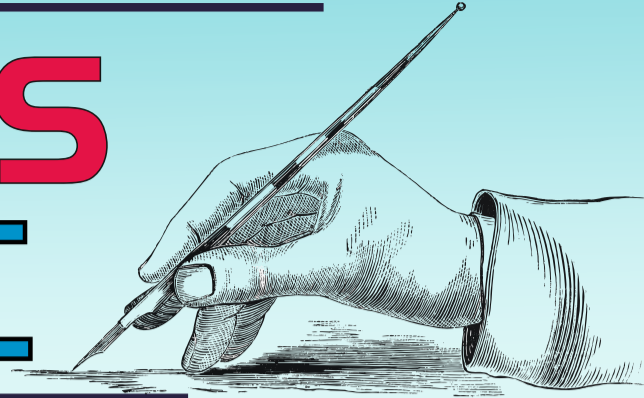


CHRONICLE

IDPS

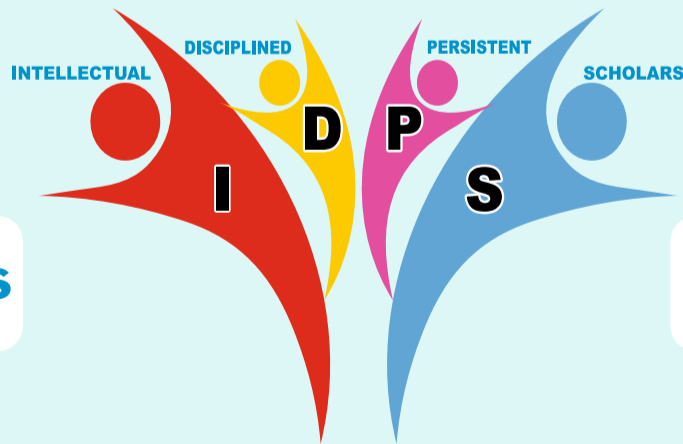


INTERNATIONAL DELHI PUBLIC SCHOOL



CBSE Code: 730102

ISO 9001:2015



GARTEN

JUNIORS

CHAMPS

SCHOLARS

Learn and Succeed



SPARTANS



KNIGHTS



SAMURAI



TROJANS

MR. NARESH SHARMA



Mr. Naresh Sharma, Renowned musician, guitarist & instrumentalist was born and brought up in a small town named Chennani, with very limited resources, but held within him a great passion for music. Music that was never taught to him, but was born within him. He started playing flute at a very young age where he found writing 1000 notes of music than a single alphabet from the letters. He used to play "pahari duna" on traditional flutes which he till date loves playing thus taking him back to his childhood days and refreshes the memories of mountains, trees, rivers, fog, the innocent people walking, the birds, the animals and the fresh air.

In his teen days he started developing interest towards guitar and started playing guitar with full dedication. Throughout his college days, he held up shows across India. He played because he enjoyed it but moreover the cheer and the joy it would spread in the crowd was an overwhelming feeling for him. He enjoyed how everyone from all walks of life would sit and enjoy music and calmed their thoughts down and lived in that moment. His interest got deeper into musical instruments

and he started to explore other musical instruments as he went further.

He opened his first Music Institute back in '90's with an urge to help kids and people of all ages to learn the great art that music is. He passed on his learnings as he went on where in he bonded with a lot of students and formed connections and got attached to them emotionally. He always played for the joy and happiness, the music spread among the masses and he passed it to the students who thought they couldn't do it or couldn't afford it as Music flows in people in one or another, you just have to acknowledge it.

Going forward, he had a chance to display out Dogri culture internationally as he was invited for a show in Chicago and Michigan in USA a couple of years ago. Prior to that he had the privilege of performing at Dubai. It truly gave him a great honor and privilege to take forward his culture and values with him along with the music he grew up with. He looks forward in sharing the music skills and the perspective that he holds within him. Nothing gives him more happiness than sharing the art of living through music.

Mr. Naresh Sharma is the man behind STRINGS, the musical institute in Jammu. He is the musician-owner of STRINGS. S.T.R.I.N.G.S is all about music...as he quotes-

Music's in our soul., We can hear it, Everyday and every night, It's the one thing on our minds,, Music's got control, And we're never letting go, We just want to play our music.... He formed the musical band in 1985 in his school days and the legacy continued. He is a music lover ,a wonderful composer, a cheerful person, a teacher for young talents, a musical maestro yet a down to earth person. He's a genius who knows his art...

A painter paints pictures on canvas. But musicians paint their pictures on silence....Mr. Sharma charms everyone with his beautiful symphonies.....He leaves others spellbound as he creates magic with his strings.. He lets others open their minds and lets their souls travel to a world where instruments come to life when the maestro holds them. He belongs to a world where MUSIC is worshiped, a world where MUSIC is the only language understood both by the heart and mind and the young and old alike. Music is his passion, It's what he loves to do and what he has always been doing.

For Mr. Sharma Music is the art of producing pleasing or expressive combinations of tones especially with melody, rhythm, and usually harmony. These are the characters of varying degree that are found in music and can affect one's mood. Music can raise someone's mood, get them excited, or make them calm and relaxed. Music also allows us to feel nearly or possibly all emotions that we experience in our lives. The possibilities are endless. Listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory. Music is the art concerned with combining vocal or instrumental sounds for beauty of form or emotional expressions. He states that we all know that being exposed to music's beauty, rhythm, and harmony significantly influences how we feel. We also know that music emotionally impacts us, reaching into forgotten memories and connecting us to ourselves. Music therapy is often used to improve attention and memory, and can have a positive effect on those suffering from dementia or Alzheimers. Music has the potential to be a powerful healing tool in a variety of ways and pervades every aspect of our existence.

Songs have the power to change the world in unexpected ways, challenging preconceived notions and shedding light on issues that have historically been ignored. Learning how music and social bonding are tied is especially crucial in times of conflict when other lines of communication prove to be challenging. Music, as a cultural right, may aid in the promotion and protection of other human rights. Around the world, music is being used as a vehicle for social change and bringing communities together. HAIL! to the man who is giving wonderful music to the people around the world and contributing by connecting them via his mesmerizing music.

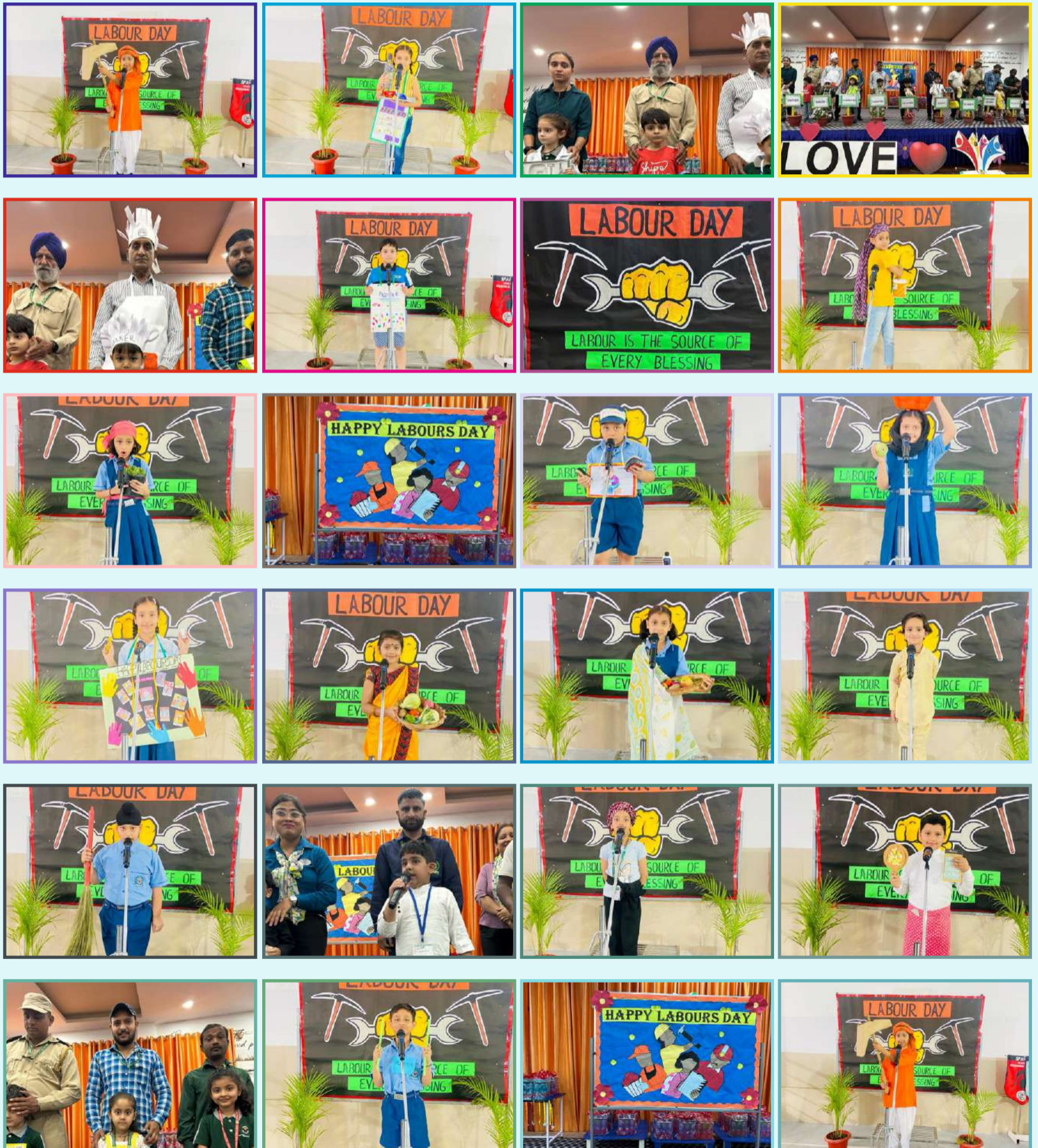
INTER HOUSE SLOGAN WRITING COMPETITION

INTER HOUSE SLOGAN WRITING COMPETITION WAS ORGANISED FOR GRADE:VI-VIII CHAMPS THEME FOR THE SLOGAN WRITING COMPETITION WAS UNIVERSAL PROTECTION TO END CHILD LABOUR AND JOURNALISM UNDER DIGITAL SIEGE.



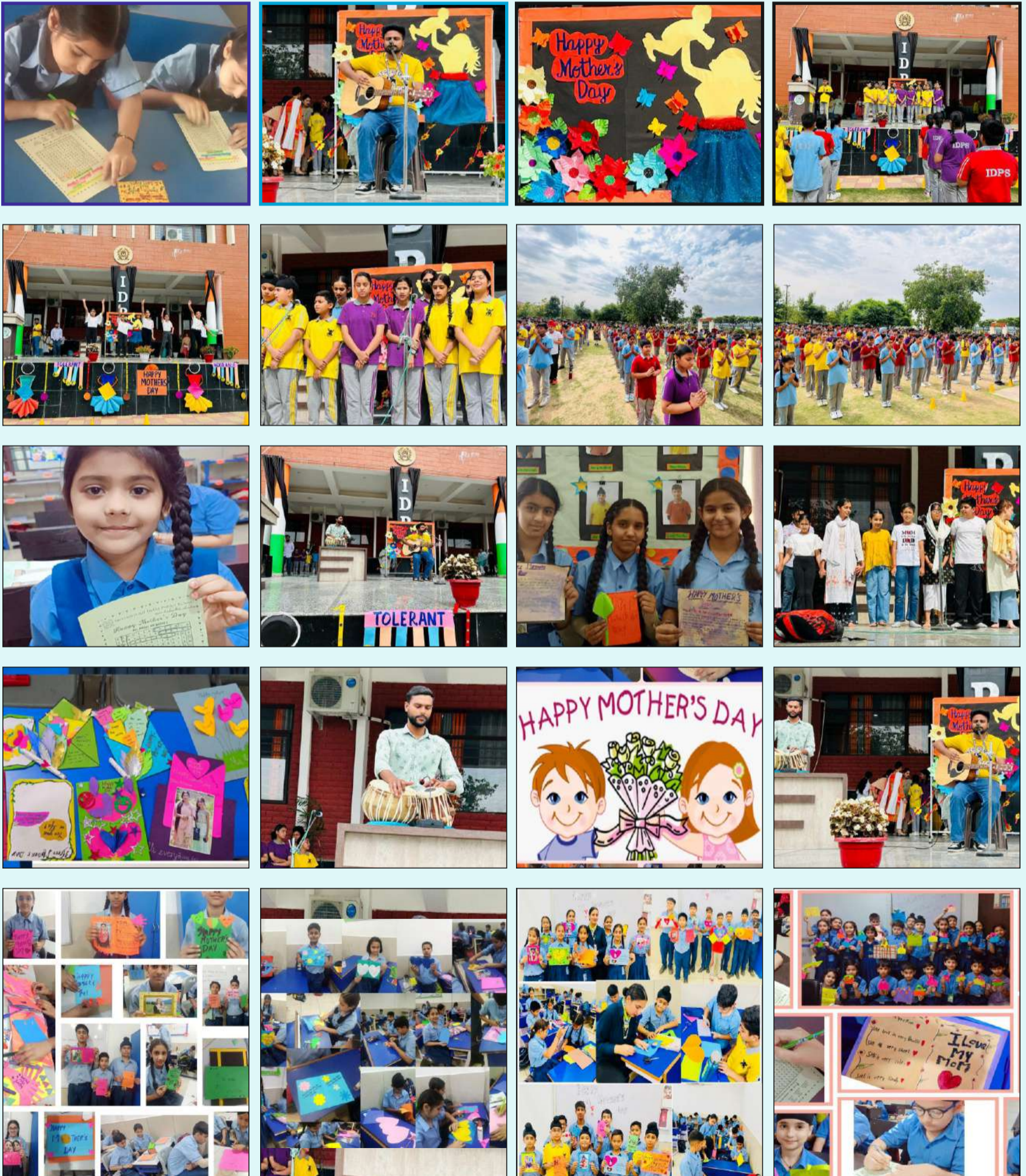
INTERNATIONAL LABOUR DAY

INTERNATIONAL LABOUR DAY The school celebrated International Labour Day. A special assembly was organised and students were enlightened about how the contribution of labourers to our society and how they are the key components of the growing economy. Chairperson Ms Manisha Choudhary, Managing Director - Mr. Suminder Singh, Mr. Swarn Singh and Principal Ms. Randeep Wazir appreciated the efforts of the support staff and their importance in our day to day lives. The Special Assembly was designed to forge a better understanding of the labour community it was indeed a general reminder our students who must learn to respect and appreciate their efforts.



“A mother’s love for her child is like nothing else in the world.”

MOTHER’S DAY CELEBRATION AT IDPS



INVESTITURE CEREMONY 2023-24

INVESTITURE CEREMONY 2023-24: As rightly quoted by Bill Owens – Leadership is all about making others better as a result of your presence and making sure that the impact lasts in your absence as well. Leadership is not a position or a title, it is an action and example. With utmost delight and great exaltation, it was a proud privilege to welcome our revered Chief Guest – Major General RS Jamwal (AVSM). Our Guest of honour – Dr. Meenakshi Kilam, Rector Kathua Campus, University of Jammu. Special Guest Ms. Nirmal Mahana, an eminent educationist, our revered management who has always supported us and been a guiding force in all our endeavors. It was a delight to extend the heartiest welcome to our dear parents and students who have been elected as the prime members of the cabinet of IDPS for this momentous occasion.



SASH & BADGE CEREMONY IDPS bestows upon the students, the ability to be future leaders as we don the mantle of leadership and make them in charge of the responsibilities entrusted to them. IDPS aims for the spirit of unity and collaboration in the school and community for greater dynamism and effectiveness. On the special occasion of the Investiture Ceremony of the INTERNATIONAL DELHI PUBLIC SCHOOL JAMMU, we convey our heartiest congratulations to the Senate to take up the challenge of being leaders. The Investiture Ceremony signifies the belief and poise that the school consigns in newly invested office bearers, and it is another milestone reached as it reminds us of the trust and confidence that we repose in our newly elected cabinet. Donning the mantle of responsibility, the IDPS cabinet will pledge to dispense their duties to the best of their abilities and abide by the rules and regulations of the school.



FELICITATION CEREMONY



FELICITATION CEREMONY - STELLAR PERFORMERS OF GRADE X & XII (session 2023-24) & the faculty of IDPS. It was a momentous occasion to proudly welcome the session 2023-24 Grade X and Grade XII students as they brought laurels to the institution with their exemplary and commendable achievements in their CBSE Board results. A special mention to the faculty members of IDPS who worked relentlessly with dedication and commitment to shine through and achieve benchmarks. With the outstanding results achieved by IDPIANs in the Board exams, we are immensely proud of our students who have scored stupendous results. The amount of hard work they have put in is indeed praiseworthy. We wish they achieve many more such milestones and make their parents proud too. It is the undying belief of teachers in their students that has inspired them to shape their young minds and transform it into dreamers, achievers and performers.



KABADDI



Kabaddi is a contact team sport. Played between two teams of seven players. The objective of the game is for a single player on offense, referred to as a "raider", to run into the opposing team's half of the court, touch out as many of their players and return to their own half of the court, all without being tackled by the defenders in 30 seconds. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are touched or tackled, but are brought back in for each point scored by their team from a tag or a tackle.

It is popular in the Indian subcontinent and other surrounding Asian countries. Although accounts of kabaddi appear in the histories of ancient India, the game was popularised as a competitive sport in the 20th century. It is the national sport of Bangladesh. It is the state game of the Indian states of Andhra Pradesh, Bihar, Chhattisgarh, Haryana, Karnataka, Kerala, Maharashtra, Odisha, Punjab, Tamil Nadu, Telangana, and Uttar Pradesh.

There are two major disciplines of kabaddi: "Punjabi kabaddi", also referred to as "circle styles", comprises traditional forms of the sport that are played on a circular field outdoors, while the "standard style", played on a rectangular court indoors, is the discipline played in major professional leagues and international competitions such as the Asian Games. This game is known by numerous names in different parts of the Indian subcontinent, such as: kabaddi or chedugudu in Andhra Pradesh and Telangana; kabaddi in Maharashtra, Karnataka and Kerala; kabaddi, komonti or ha-du-du in West Bengal and Bangladesh; baibalaa in Maldives, kauddi or kabaddi in the Punjab region; hu-tu-tu in Western India, ha-do-do in Eastern India; chadakudu in South India; kapardi in Nepal; kabadi or sadugudu in Tamil Nadu; and chakgudu in Sri Lanka.

Kabaddi World Cup: The Kabaddi World Cup is an outdoor international standard style kabaddi competition conducted by the International Kabaddi Federation (IKF), contested by men's and women's national teams. The competition has been previously contested in 2004, 2007 and 2016. All the tournaments have been won by India. India defeated Iran by 38–29 in the final of the championship game to clinch the title of 2016.

After the establishment of a new kabaddi organization named World Kabaddi Federation, a 2019 Kabaddi World Cup was held in April 2019 at Malacca, Malaysia. It was the largest world cup in kabaddi history, consisting of 32 men's teams and 24 women's teams.

Asian Games : Kabaddi was played as a demonstration event at the First Asian Games in 1951, and again in 1982, before becoming a medal event for the first time in 1990. The Indian national team won every men's and women's kabaddi competition in the Asian Games from 2002 through 2014. At the 2018 Asian Games, Iran became the first country other than India to win gold medals in kabaddi, with India's men's team winning bronze, and India's women's team being beaten by Iran to win silver.

Pro Kabaddi League: The Pro Kabaddi League was established in 2014 The league modeled its business upon that of the Indian Premier League of Twenty20 cricket, with a large focus on marketing, the backing of local broadcaster Star Sports, and changes to the sport's rules and its presentation to make it more suitable for a television audience. The Pro Kabaddi League quickly became a ratings success on Indian television; the 2014 season was watched by at least 435 million viewers over the course of the season, and the inaugural championship match was seen by 98.6 million viewers.

Additional rules are used in the Pro Kabaddi League to encourage scoring: when a defensive side has three or fewer players remaining, tackles are worth two points instead of one. Furthermore, if a team performs two empty raids in a row, the next raider must score a point, or else they will be declared out and the opposing team will score a point.



Jammu & Kashmir (UT) Open Roller skating Championship
from 26 May to 29 May 2023 at MA Stadium

International Delhi Public school
Won 3 Gold
Won 2 silver
Won 4 Bronze

Zayra Fatima Grade 2A
Gold 200mt Race
Gold 500mt Race
Gold 1000mt Race

Mohd. Milhaan wani Grade 4A
Silver 200mt Race
Silver 500mt Race

INTERNATIONAL DELHI PUBLIC SCHOOL JAMMU

Congratulations!!

(U16) **INDIA TALENT HUNT 2023**

MIR AHMAD ZAEIM
JAMMU AND KASHMIR

83,000 Points

SOLD TO:
ROYAL CLUB FOR YOUNGSTERS BANGLORE

ROYAL CLUB FOR YOUNGSTERS BANGALORE

WE ARE PROUD OF YOU !

SCOUTS & GUIDES



Scouts and Guides Learn the important life-skills, team building, outdoor adventure, education and fun. Pratham Interaction with the registered girl students of grade VI to IX was organised by the school. Students gained basic knowledge about the history of Scouts and Guides. Resource Persons; Ms Usha Chunni & Ms Manjeet Kour

FABULOUS FOOD TO BOOST EYE HEALTH



Brussels sprouts: Brussels sprouts are another cruciferous vegetable high in nutrients such as vitamins A, C, and K, in addition to lutein and zeaxanthin. Due to these nutrients, Brussels sprouts constitute one of the excellent vegetables to help with healthy eyesight. Vitamin A is necessary for the maintenance of the eye's surface, whereas vitamin C is required for the formation of collagen. Vitamin K is necessary for good blood clotting and can help avoid eye hemorrhage.

Carrots: Carrots are high in beta-carotene, a kind of vitamin A essential for good vision. The body transforms beta-carotene into retinol, which is required for good vision. Carrots also include lutein and zeaxanthin, which are antioxidants that safeguard the eyes from damage caused by free radicals. They also aid in the prevention of age-related macular degeneration (AMD), a disorder that can result in vision loss.

Kale: Kale is a dark green leafy vegetable high in lutein and zeaxanthin. These antioxidants assist in shielding the eyes from damage caused by free radicals and lower the chance of acquiring cataracts and AMD. Kale is also high in vitamins C and A, both of which are essential for keeping excellent vision.

Spinach: Another vegetable high in lutein and zeaxanthin is spinach. These antioxidants assist in safeguarding the eyes from UV radiation and free radical damage. Spinach additionally includes vitamin C, which is beneficial to the condition of blood vessels in the eyes. Spinach contains vitamin A, which helps avoid eye irritation and blindness at night.

Broccoli: Broccoli is a type of cruciferous vegetable high in vitamin C, beta-carotene, and lutein. These nutrients assist to protect the eyes from free radical damage and lower the chance of developing cataracts and AMD. Broccoli also includes sulforaphane, an anti-inflammatory chemical that may aid in the prevention or reduction of some eye problems.

Sweet potatoes: Sweet potatoes contain beta-carotene, which the human body converts to vitamin A. Vitamin A is necessary for good eye health and the prevention of night blindness. The potatoes also include vitamin C and the mineral potassium, both of which are essential for the well-being of bloodstream vessels in the eyes.

Bell peppers: Bell peppers are high in vitamin C, helping safeguard the eyes from free radical damage. They also include beta-carotene, lutein, and zeaxanthin, all of which aid in the prevention of cataracts and AMD. Bell peppers come in an array of colors, including green, yellow, orange, and red, and each has a unique nutritional profile. bell peppers are one the best vegetables to eat to improve eyesight.

Takeaway To summarise, a diet rich in veggies is necessary for keeping excellent eyesight. Six of the finest veggies to help your vision are carrots, spinach, broccoli, sweet potatoes, bell peppers, and kale. These veggies are high in nutrients that help safeguard the eyes from harm done by free radicals and lower the chance of developing eye disorders including cataracts and AMD <https://toppiks.com/7-best-vegetables-for-healthy-eyesight>.

BENEFITS OF BEETROOT

Beets

- ✓ Cholesterol-Free
- ✓ Gluten-Free
- ✓ Low-Sodium
- ✓ Fat-Free
- ✓ Good Source of Fiber

Contains phytonutrients and antioxidants which may help to reduce inflammation in the body

58
CALORIES

3.8g
FIBER

2.2g
PROTEIN

13g
CARBS

0.2g
FAT

(per cup slices, raw)

Health Benefits Of Beetroot

Helps reduce blood pressure

Increases your stamina

Keeps your heart in good shape

Helps to reduce birth defects

Helps prevent cancer

Helps to prevent dementia

Helps to prevent respiratory problems

Aids in purification of blood and liver

Takes care of your eyes

Takes care of your liver

A LESSON FROM A FROG TALE



A group of frogs were hopping contentedly through the woods, going about their froggy business, when two of them fell into a deep pit. All of the other frogs gathered around the pit to see what could be done to help their companions. When they saw how deep the pit was, the rest of the dismayed group agreed that it was hopeless and told the two frogs in the pit that they should prepare themselves for their fate, because they were as good as dead. Unwilling to accept this terrible fate, the two frogs began to jump with all of their might. Some of the frogs shouted into the pit that it

was hopeless, and that the two frogs wouldn't be in that situation if they had been more careful, more obedient to the froggy rules, and more responsible. The other frogs continued sorrowfully shouting that they should save their energy and give up, since they were already as good as dead. The two frogs continued jumping as hard as they could, and after several hours of desperate effort were quite weary. Finally, one of the frogs took heed to the calls of his fellows. Spent and disheartened, he quietly resolved himself to his fate, lay down at the bottom of the pit, and died as the others looked on in helpless grief. The other frog continued to jump with every ounce of energy he had, although his body was wracked with pain and he was completely exhausted. His companions began a new, yelling for him to accept his fate, stop the pain and just die. The weary frog jumped harder and harder and - wonder of wonders! Finally leapt so high that he sprang from the pit. Amazed, the other frogs celebrated his miraculous freedom and then gathering around him asked, "Why did you continue jumping when we told you it was impossible?" Reading their lips, the astonished frog explained to them that he was deaf, and that when he saw their gestures and shouting, he thought they were cheering him on. What he had perceived as encouragement inspired him to try harder and to succeed against all odds.

ACHIEVEMENTS

INTERNATIONAL DELHI PUBLIC SCHOOL JAMMU
CBSE AFFILIATION CODE: 730102

Congratulations



Syed Shiyan
Grade VIII


FOR SECURING CONSOLATION POSITION

INTER SCHOOL THIRD LANGUAGE COMPETITION (Urdu Nazm)

Organised by
Jammu Sanskriti School Jammu

INTERNATIONAL DELHI PUBLIC SCHOOL JAMMU
CBSE AFFILIATION CODE: 730102

Congratulations



Brahmjot Singh Gurasees Kour Simarpreet Singh
Grade VII

FOR SECURING 2ND POSITION

INTER SCHOOL THIRD LANGUAGE COMPETITION (PUNJABI)

Organised by
Jammu Sanskriti School Jammu

AMAZING FACTS

Anglo-Zanzibar War



The Anglo-Zanzibar War (1896) was the shortest war ever – lasting just 38 minutes

Owl



Owls don't have eyeballs

Russia



Russia is the most forested country in the world, with 815 million hectares

Egypt



Egypt is classified as the oldest country in the world, dating back to 3100 BCE

Pineapples



Pineapples take two years to grow

Lake Baikal



The deepest freshwater lake in the world is Lake Baikal, located in Siberia

Quote

"The greatest glory in living lies in never falling, but in rising every time we fall."

Nelson Mandela

SCRABBLE

O	P	L	P	E	E
E	L	N	S	I	E
T	O	A	P	R	R
H	Q	S	S	A	H
A	G	R	N	I	C

ABDEL HAMID FAIAD



Sixteen-year-old Azza Abdel Hamid Faiad has found that an inexpensive catalyst could be used to create \$78 million worth of biofuel each year. Egypt's plastic consumption is estimated to total **one million tons per year**, so Azza's proposal could transform the country's economy, allowing it to make money from recycled plastic. What Azza proposes is to break down the plastic polymers found in drinks bottles and general waste and turn them into biofuel feedstock. (This is the bulk raw material that generally used for producing biofuel.) It should be noted that this is not a particularly new idea, but what makes Azza stand out from the crowd is the catalyst that she is proposing. She says that she has found a high-yield catalyst called aluminosilicate, that will break down plastic waste and also produce gaseous products like methane, propane and ethane, which can then be converted into ethanol.

Speaking about the breakthrough, Azza said that the technology could "provide an economically efficient method for production of hydrocarbon fuel" including 40,000 tons per year of cracked naphtha and 138,000 tons of hydrocarbon gasses – the equivalent of \$78 million in biofuel.

FABLED FIRST



GUGLIELMO MARCONI

Radio waves were first identified and studied by German physicist Heinrich Hertz in 1886. The first practical radio transmitters and receivers were developed around 1895–1896 by Italian Guglielmo Marconi, and radio began to be used commercially around 1900.

WORD MEANING

archives

Word: archives

Meaning: A collection of records especially about an institution.

Sentence: "The historical society keeps an archive of documents from the early 1800s."

COLOURING PICTURE



Quiz

1. What Is The Capital Of Chile?
2. Where Would You Find River Thames?
3. Which Is The Largest Country In The World?
4. Which Is The Hottest Continent On Earth?
5. Which Is The Longest River On Earth?
6. How Many Countries Still Have The Shilling As Currency?

1. SANTIAGO
2. LONDON(UK)
3. RUSSIA
4. AFRICA
5. RIVER NILE
6. FOUR(KENYA, UGANDA, TANZANIA, & SOMALIA)

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

— Winston S. Churchill

**We proudly announce our toppers of GRADE X & XII.
 Congratulations to the faculty and the entire team of IDPS Jammu.**

INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU
 CBSE AFFILIATION CODE: 730102
IDPS JAMMU CONGRATULATES IT'S STELLAR PERFORMERS!
 Session 2022-2023

We proudly announce our toppers
Congratulations

 NAZESH YASIN PERCENTAGE: 94%	 ADEEBA NAZ PERCENTAGE: 94%
 AASINA MANSOOR PERCENTAGE: 91%	 SAJIDA JANAID PERCENTAGE: 91%

Commendable performance in the Grade X CBSE Board Results.

GRADE X
Stellar Performers

 HAMAD NASIR PERCENTAGE: 90%	 MOUHD UMAR SHEIKH PERCENTAGE: 90%
 DIVIJ SINGH SUDAN PERCENTAGE: 90%	 MEGHA SHARMA PERCENTAGE: 90%

SCORED 90% AND ABOVE
100% RESULT






INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU
 CBSE AFFILIATION CODE: 730102
IDPS JAMMU CONGRATULATES IT'S STELLAR PERFORMERS!
 Session 2022-2023

We proudly announce our toppers
Congratulations

 AARUSHI GUPTA PERCENTAGE: 96% (MEDICAL)	 AFREEN IQBAL BHAT PERCENTAGE: 96% (HUMANITIES)
 AQIB KHAN PERCENTAGE: 95% (NON-MEDICAL)	 SUMBDIYA MALIK PERCENTAGE: 95% (HUMANITIES)

Commendable performance in the Grade XII CBSE Board Results.

9 STUDENTS OUT OF 29 STUDENTS SCORED 90% AND ABOVE
(FIRST BATCH)

 SEHAR UL NISA SHEIKH PERCENTAGE: 94% (HUMANITIES)	 ATIKA JABEEN PERCENTAGE: 93% (HUMANITIES)
 PARIEL RASPUT PERCENTAGE: 93% (HUMANITIES)	 AMIR FAROOQ PERCENTAGE: 93% (HUMANITIES)
 AISGANI KOHLI PERCENTAGE: 91% (MEDICAL)	

100% RESULT

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