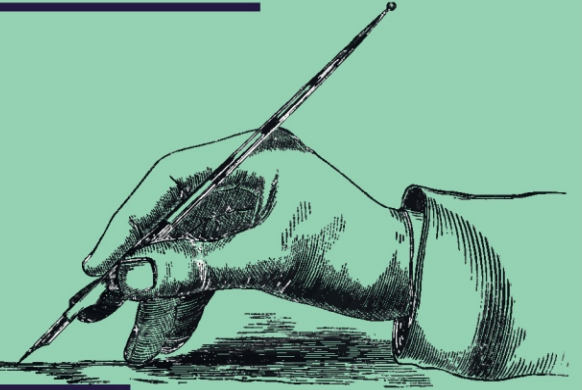


# ▶ IDPS CHRONICLE

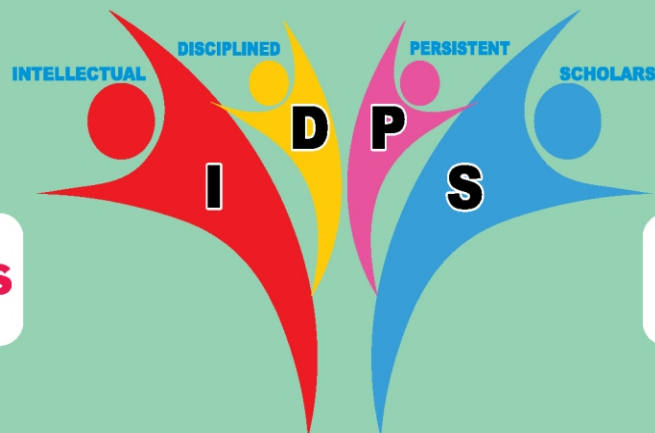


## INTERNATIONAL DELHI PUBLIC SCHOOL



CBSE Code: 730102

ISO 9001:2015



GARTEN

JUNIORS

CHAMPS

SCHOLARS

*Learn and Succeed*



SPARTANS



KNIGHTS



SAMURAI



TROJANS



## Ms. MANISHA CHOUDHARY

### Chairperson

**Dear Students !**

As we reach the close of another academic session, the Board of Directors joins me in extending heartfelt congratulations. This year has been a testament to the unwavering dedication of our entire school community.

We are incredibly proud of our students' achievements. Through hard work and perseverance, you tackled academic challenges, creative avenues, and nurtured your talents. Your achievements inspire us, and we know you will continue to excel in the years to come. The dedication of our faculty and staff is truly remarkable. You have fostered a vibrant learning environment that encourages growth, both inside and outside the classroom. Your passion for education is the driving force behind our school's success. We also acknowledge the invaluable role of our parents and guardians. Your continuous support and partnership are essential in creating a nurturing environment where students can thrive. As we enter a well-deserved break, let's celebrate the bonds we've forged and the knowledge we've gained together. Summer break offers a time to recharge and explore new interests. However, we encourage you to continue fostering a love of learning throughout the break. We at the Board are excited for the possibilities that await us next session. With your continued dedication, we look forward to a year filled with growth, discovery, and achievement.



## DR. SUMINDER SINGH

### Managing Director - Operations

As another academic session draws to a close, I find myself filled with immense pride as I reflect on the remarkable journey we've shared at International Delhi Public School (IDPS). This year has been a testament to the unwavering dedication of our students, faculty, and staff. Our students have blossomed, not just academically, but also in their personal growth. Their thirst for knowledge, their resilience in the face of challenges, and their unwavering spirit of collaboration have been truly inspiring. Witnessing their achievements in academics, sports, arts, and community service fills me with immense optimism for the future they will shape. A heartfelt thank you goes to our exceptional faculties who have nurtured young minds with passion and expertise.

As another academic session draws to a close, I find myself filled with immense pride as I reflect on the remarkable journey we've shared at International Delhi Public School (IDPS). This year has been a testament to the unwavering dedication of our students, faculty, and staff. Our students have blossomed, not just academically, but also in their personal growth. Their thirst for knowledge, their resilience in the face of challenges, and their unwavering spirit of collaboration have been truly inspiring. Witnessing their achievements in academics, sports, arts, and community service fills me with immense optimism for the future they will shape. A heartfelt thank you goes to our exceptional faculties who have nurtured young minds with passion and expertise.

**This closing marks a new beginning. With a sense of accomplishment and a spirit of optimism, we look forward to welcoming everyone back for another enriching academic session.**



## Ms. RANDEEP WAZIR

### Principal

**Dear Students, Staff, and Families !**

As we close the curtain on another school year, I can't help but feel a surge of immense pride. This year has been a whirlwind of challenges and accomplishments. We navigated unexpected hurdles, celebrated incredible milestones, and witnessed the magic of learning unfold within these very walls.

First and foremost, a heartfelt thanks you to our dedicated staff. Your unwavering commitment, creativity, and resilience are the cornerstones of our success. You fostered a nurturing environment where students could explore, grow, and thrive. To our students, your energy and enthusiasm light up our halls. You embraced every challenge with a spirit of curiosity and perseverance. Whether in the classroom, on the stage, or on the playing field, you showcased your talents and left a lasting impression. We also saw the unwavering support from our families. Your partnership throughout the year was invaluable. Together, we created a strong foundation for our students' academic and personal growth. As we turn the page, let's take a moment to celebrate our achievements. We witnessed academic excellence, artistic brilliance, and moments of true sportsmanship. But more importantly, we witnessed the growth of young minds and hearts.

**However, the end of one chapter marks the beginning of another. I eagerly wait welcoming you back for another year of learning, laughter, and growth.**

# Medha Patkar

**Vidushi Medha Patkar** is a politician and activist working on certain political and social issues raised by tribals, dalits, farmers, labourers and women facing injustice in India. She is an alumna of TISS, a premier institute of social science research in India.



Patkar is the founder member of the movement called **Narmada Bachao Andolan (NBA)** in three states: Madhya Pradesh, Maharashtra and Gujarat. NBA has been engaged in a struggle for justice for the people affected by the dam projects related to the Sardar Sarovar Dam project, especially those whose homes will be submerged but have not yet been rehabilitated. She is also one of the founders of the National Alliance of



**People's Movements (NAPM)**, an alliance of hundreds of progressive people's organizations. In addition to the above, Patkar was a commissioner of the World Commission on Dams, which did thorough research on the environmental, social, political and economic aspects and impacts of the development of large dams globally and their alternatives. She was the national co-ordinator and then convenor of National Alliance of People's Movements for many years and now continues to be an advisor to NAPM. Under the banner of NAPM, she has participated in and supported various mass struggles across India against inequity, non-sustainability, displacement, and injustice in the name of development. Her work challenges Casteism, Communalism, and all forms of discrimination. She has been a part of numerous teams and panels that work on initiating and formulating various national policies and enactments including those related to land acquisition, unorganized sector workers, hawkers, slum-dwellers and forest-dweller Adivasis. NAPM filed several public interest litigations including those against Adarsh society, Lavasa Megacity, Hiranandani(Powai) and as well as other builders.

In 2000, Medha Patkar was included in the 100 heroes of the 20th century by Time. However, noted Economist Swaminathan has criticized Medha Patkar in hindsight, saying she was wrong on the Narmada project. Prime Minister Modi said that Medha Patkar and her "urban Naxal" friends had opposed and delayed the Narmada project that had greatly benefitted Gujarat." Expansion of the project in subsequent years has brought further benefits from the dam, with irrigation water now available throughout the year to farmers across the states of Madhya Pradesh, Gujarat, Maharashtra, and Rajasthan.



## General Awareness

- Jaipur is popularly known as the 'Pink city of Rajasthan,' because of its pink coloured buildings. It was built in the 18th century by **Raja Sawai Jai Singh** and was the first planned city of India.
- Chennai, formerly known as Madras Patnam, is 380 years old. From a stretch of no man's land in 1639, it has grown to become a major industrial, business and cultural centre. Chennai Corporation initially called as Madras municipal corporation is the oldest Municipal Corporation in India established in 1688.
- The percentage of literacy in Agartala, according to 2011 census, was 93.88, higher than the national literacy rate.
- Lucknow is popularly known as 'The City of Nawabs'. It is also known as the Golden City of the East, Shiraz-i-Hind and the Constantinople of India. **Lucknow** was the epicenter of the 1857 War of Independence.
- Dehradun is mentioned in the Ramayana and Mahabharata in the ancient puranic stories making it one of the oldest cities of India.
- Dehradun is also called as the Abode of Guru Drona.
- The Central Braille Press in Dehradun is the largest producer of Braille textbooks in India.



# TEACHER'S RUN FOR FUN

**Chance for our amazing faculty to get active, have some fun and show off their school spirit.**

This event was not only an opportunity for us to show our gratitude, but also a chance for us to come together as a community, have some fun and celebrate the incredible journey we've shared this year. The celebration featured a lively fun run, along with a variety of exciting games, uplifting music, and joyful dancing. A chance for us to unwind, let loose, and bask in the camaraderie that makes our school community so special.

With immense pleasure and honour we extended a warm welcome to our esteemed **Chief Guest DySP- Crime Branch Ms. Anubhuti Sharda**. We are equally delighted to extend a heartiest welcome to our **Special Guests Mr. Chandeeep Singh, a national level skater whose achievements have inspired many and Ms. Kritika Khanna - India's first Para Rower** whose determination and courage serve as a beacon of hope and resilience.

We are grateful and humbled to our revered Management : **Ms. Manisha Choudhary - Chairperson-IDPS** , **Ms. Arunima Choudhary- Chairperson-IDPS Juniors** , **Dr. Suminder Singh- Managing Director-IDPS** and Vice Chairman-IDPS Junior, **Mr. Swarn Choudhary- Managing Director- Finance** and **Ms. Randeep Wazir - Principal IDPS** for making the day wonderful and cheerful for all the faculty and staff members of IDPS.





It was indeed a fun filled and healthy start to the event when teachers walked to the culmination point - **IDPS JUNIORS** and were received by the members of Cult & Gold Gym (co-sponsors). They had a cool down session and an invigorating Aerobics session conducted by the Faculty of Dance which was thoroughly enjoyed by all the staff members. The excitement and enthusiasm could be seen clearly on those cheerful faces as they took out time for themselves and took a step towards their health and well being. We had a lineup of fun games to help the staff members unwind, reconnect with colleagues, and unleash their inner game show champion as they participated in a lot of fun games.



# TEACHER'S RUN FUN

## FELICITATION OF THE FACULTY & STAFF MEMBERS

*A little appreciation goes a long way...*

We took a moment to acknowledge the incredible work our faculty and staff members do every single day. They wear so many hats - educator, cheerleader, confidant, problem-solver, and the list goes on! Their dedication towards their students goes above and beyond the curriculum, and it has a profound impact on their lives. Co-sponsors - Vidyalankar and Vidyamandir Classes.





## Activity- Yoga and Meditation

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, Yoga session was organised for the teachers of IDPS.

The yoga instructor, Ms. Pooja Bagal took yoga session with great Dedication. The teachers participated with full interest, enthusiasm and eagerness. The session was very refreshing, reviving and relaxing.



## REFRESH & REJUVENATE FIESTA

IDPS organized a friendly cricket match of teachers to rejuvenate them. The teams were named as Black Panther and the Pink Panther. The teams prepared their strategy before the match began. The teachers were engrossed and dedicated towards this match. Their effort, discipline and their zeal for the match made it worthy to watch. The spectators cheered enthusiastically. The commentary made the cricket match more lively!



*The Black Panther  
won the match by 4 wickets.*



## Understanding Hypertension: Causes and Management

Hypertension, also known as high blood pressure, is a common condition where the force of blood pushing against your artery walls is consistently too high. This can damage your heart and blood vessels, increasing the risk of heart attack, stroke, kidney failure, and other health problems.

The causes of hypertension can be broadly categorized as:

### Primary Hypertension:

This accounts for about 90% of cases. The exact cause remains unknown, but it's likely a combination of genetic predisposition and lifestyle factors. Factors like high sodium intake, excess weight, lack of physical activity, smoking, and excessive alcohol consumption contribute significantly.



### Secondary Hypertension:

This is caused by an underlying medical condition, such as kidney disease, narrowed arteries, or hormonal imbalances. Unfortunately, there's no single "cure" for primary hypertension.

### How to manage stress ?

However, excellent management strategies can effectively control blood pressure and significantly reduce health risks.

- ➔ Lifestyle modifications: These are often the first line of defense.
- ➔ Reducing sodium intake, maintaining a healthy weight, engaging in regular physical activity (aim for at least 150 minutes of moderate-intensity exercise per week),
- ➔ Quitting smoking, and limiting alcohol are crucial.

### Here are some key approaches:

**D**ietary changes: The DASH (Dietary Approaches to Stop Hypertension) diet emphasizes fruits, vegetables, whole grains, and low-fat dairy products, while limiting saturated and trans fats, red meat, and added sugar.



**M**edications: Medications like diuretics, ACE inhibitors, ARBs, calcium channel blockers, and beta-blockers may be prescribed depending on individual needs and severity.

### Here are some additional points to remember

Blood pressure should be checked regularly, even if you feel well. This helps ensure your management plan is effective. Stress management: Chronic stress can contribute to high blood pressure. Finding healthy ways to manage stress, such as relaxation techniques or meditation, can be beneficial. Aim for 7-8 hours of quality sleep each night. Poor sleep can affect blood pressure regulation.

Early detection and effective management of hypertension are crucial. By adopting healthy lifestyle habits and following your doctor's recommendations, you can significantly reduce your risk of associated health problems and live a longer, healthier life.

#### DASH Diet

##### Per Day:

- 4-5 servings of fruit
- 4-5 servings of vegetables
- 6-8 servings of whole grains
- 2-3 servings of low-fat or fat-free dairy per day
- 6 or less servings of meat, chicken, or fish
- 2-3 servings of heart-healthy fats and oils



# AMAZING FACTS

## MOON



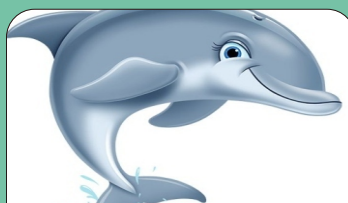
The **moon** is very hot (224 degrees Fahrenheit, average) during the day but very cold (-243 degrees average) at night.

## STAR



A **neutron star** can **spin 600 times** in one second.

## DOLPHIN



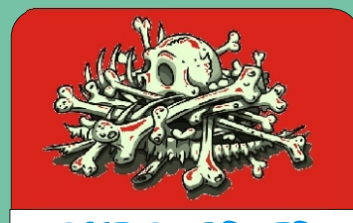
Only half of the **DOLPHIN'S BRAIN** goes to sleep when asleep and the other half stays

## SLOTHS



**SLOTHS** are strong swimmers, especially good at the backstroke.

## BONES



**ONE QUARTER** of your **bones** are in your **feet**.

## BRAIN



The average **BRAIN** weighs about three pounds. A newborn brain weight about 3/4 of a pound.

## FABLED FIRST

### MOTHER TERESA



She became the **First Indian woman to win a Nobel Peace Prize** in 1979. Mother Teresa founded the Missionaries of Charity, a Roman Catholic religious congregation, giving her life to social work.

## WORD MEANING

### SUBTLETY

Subtlety is the quality of being understated, delicate, or nuanced. You can really appreciate the subtlety of your gothic friend's art if you can distinguish among many different shades of black.

#### Noun

The quality of being difficult to detect or analyze



"you had to admire the subtlety of the distinctions he drew"

Synonyms : niceness

**You will Face many defeats in life, but never let yourself be Defeated.**

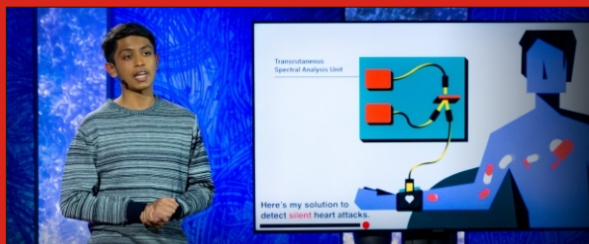
~Maya Angelou

### INVENTION BY

## TEENAGERS

### AKASH MANOJ

15-year-old Akash Manoj invented a device that detects 'silent' heart attacks.



He spent one and a half year perfecting his machine with the help from AIIMS, Delhi. After Akash lost his grandfather to a silent heart attack, he decided to put his scientific mind to solve this problem. Silent heart attacks do not manifest as real ones and are hence difficult to diagnose. But even then, silent heart attacks are very common and because of their nature, very deadly too. Akash made a device that can detect even the silent heart attacks. He got a research grant from Rashtrapati Bhavan and technical help from Department of Biotechnology's BIRAC and AIIMS Delhi.

## SCRABBLE

S	L	O	O	H	C
W	L	R	O	E	F
W	L	T	H	E	A
C	H	U	A	N	L
C	O	S	E	N	D

## QUIZ

- Which country has the most islands in the world?
- Which is the smallest country in the world?
- What's the capital of Canada?
- Name the largest (not highest) mountain range in the world.
- Where is the lowest Natural place on planet Earth?
- Name the longest river in the world .

1. Sweden, over 220,000 | 2. The Vatican | 3. Ottawa | 4. The Andes 7000kms long: 6962m high | 5. The Mariana Trench, 11, 034m deep | 6. The Nile, 6650kms

# CURRENT AFFAIRS

1. **US Surgeons Perform First Pig-to-Human Kidney Transplant.**

In a groundbreaking medical achievement, surgeons from Massachusetts General Hospital in Boston have performed the first pig-to-human kidney transplant. A 62-year-old man with end-stage renal disease received a new kidney from a genetically modified pig. Experts are keenly interested in the long-term results of this pioneering animal-to-human transplant. Dr. Jim Kim, director of kidney and pancreas transplantation at the USC Transplant Institute in Los Angeles, highlighted the importance of this milestone.



2. **Bina Agarwal and James Boyce awarded the first "Global Inequality Research Award."**

Bina Agarwal and James Boyce have been awarded the first "Global Inequality Research Award" for their significant contributions to understanding global inequalities, specifically in the areas of social and environmental inequalities. The laureates will be invited to receive their awards and present an overview of their work at conferences in Paris in the fall and spring of 2024. These conferences will be organized in conjunction with Sciences Po's Social-Ecological Transitions (SET) initiative.



3. **Ace table tennis player Sharath Kamal will be the Indian team's flag bearer for the upcoming Paris 2024 Olympics.**

The announcement was made by the Indian Olympic Association (IOA). Ranked World No. 88, Kamal has won the national table tennis championship a record 10 times. He has also claimed 13 medals at the Commonwealth Games (CWG), including seven golds, and has earned two medals at the Asian Games. The legendary player is a three-time bronze medalist at the World Championships.



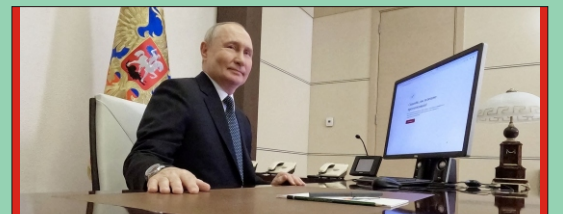
4. **The European Space Agency's Gaia space telescope has made a groundbreaking discovery, uncovering two ancient streams of stars named Shiva and Shakti.**

Led by Khyati Malhan of the Max Planck Institute for Astronomy (MPIA) in Germany, this revelation significantly enhances our understanding of the Milky Way's origins.



5. **Russian President Vladimir Putin clinched victory in the recent election with a commanding lead of 76.1% of the vote, as per preliminary results.**

This win marks Putin's continued dominance in Russian politics, now extending his tenure to a total of 24 years in power.



6. **Kashmir Hosts First Formula-4 Car Racing event Along Dal Lake.**

The beautiful Dal Lake in Kashmir witnessed an exciting event on March 18. Formula-4 car racing was held for the first time in the region. The sleek racing cars raced along the Boulevard road near the lake, creating a thrilling atmosphere. The Zabarwan Hills provided a stunning backdrop for the event.



7. **Paul Alexander, The Man In The Iron Lung, Passes Away At 78.**

Paul Alexander, who spent much of his life in an iron lung after contracting polio as a child, has passed away at the age of 78. Paralyzed from the neck down by the disease, he spent over 70 years confined to an iron lung, a mechanical respirator that sustained his breathing. Despite his condition, Alexander pursued education, earned a law degree, and thrived as a writer and artist. His memoir, 'Three Minutes for a Dog: My Life inside an Iron Lung' describes his journey.



# THREE WISE MEN

One day some wise men, which were going about the country trying to find answers to some of the great questions of their time, came to Nasreddin's district and asked to see the wisest man in the place. Nasreddin was brought forward, and a big crowd gathered to listen. The first wise man began by asking, "Where is the exact center of the world?" "It is under my right heel," answered Nasreddin. "How can you prove that?" asked the first wise man. "If you don't believe me," answered Nasreddin, "measure and see."

The first wise man had nothing to answer to that, so the second wise man asked his question. "How many stars are there in the sky?" he said. "As many as there are hair on my donkey," answered Nasreddin.



"What proof have you got of that?" asked the second wise man.

"If you don't believe me," answered Nasreddin, "count the hair on my donkey and you will see."

"That's foolish talk," said the other. "How can one count the hair on a donkey?" "Well," answered Nasreddin, "How can one count the stars in the sky? If one is foolish talk, so is the other." The second wise man was silent then.

The third wise man was getting annoyed with Nasreddin and his answers, so he said, "You seem to know a lot about your donkey, so can you tell me how many hair there are in its tail?" "Yes," answered Nasreddin. "There are exactly as many hair in its tail as there are in your beard." "How can you prove that?" said the other.

"I can prove it very easily," answered Nasreddin. "You can pull one strand of hair out of my donkey's tail and I pull out one from your beard. If the hair on my donkey's tail do not come to an end at exactly the same time as the hair in your beard, I will admit that I was wrong." Of course, the third wise man was not willing to do this, so the crowd declared Nasreddin the winner of the day's arguments.

FROM THE


**EDITOR'S  
DESK**

**Ms. Suman Kour**  
Chief Media Editor



### Fellow students and staff,

As we approach the end of this term, so too does the current session of our beloved school newspaper (IDPS CHRONICLE). This issue promises to be another fantastic showcase of our vibrant school community, filled with insightful articles, creative stories, and captivating artwork.

I want to express my sincere gratitude to everyone who contributed in it.

Your talents are what make IDPS CHRONICLE so special. Whether you submitted a piece, helped with editing, or simply shared your enthusiasm, you played a vital role.

*Keep an eye out for the upcoming issue, and get ready to be impressed!*

*In the meantime, enjoy the well-deserved break, and keep that creative spark alive for the next session.*