



**Our Lady of Fatima Convent
Sec. School, Patiala**



THE FATIMA PULSE



VOLUME-II

***July- September
2025***



**A Day with
Venerable Mother Seraphina**

**“God’s love flows
constantly, unbroken
by time or place or
circumstances. It
always grows and
expands.”**

- MOTHER SERAPHINA

Prayer Service



***Renovated Office
blessed by
Rev. Fr. Dominic Bosco***



♥ HAPPY ♥ GRANDPARENTS ♥ DAY ♥



Grandparents' Day was a heartfelt celebration of the timeless bond between generations. Our tiny tots expressed their love through songs, dances, games and handmade cards, honoring the wisdom, warmth, and unconditional affection that grandparents bring into our lives. The occasion was graced by our esteemed Chief Guest, Mrs. Kamlesh Loomba (our ex-faculty) whose inspiring presence made the event even more special. It was a day filled with joy, memories, and cherished moments.



A Legacy of Love





TEEJ CELEBRATION

Teej celebration is not just a festival; it is a symbol of bliss, devotion, and the strength of womanhood. This joyous festival marks the arrival of the monsoon season. The Guests of Honor for the occasion were Rev. Sisters. Teej was celebrated at school, where the girls came dressed in traditional Punjabi attire. The celebrations included folk dance and giddha. A special highlight was the swings, where both the girls and teachers took turns riding. Delicious Punjabi delicacies, including kheer and jalebi were served. Special gifts were given to the girls.



Rakhi ***Making***

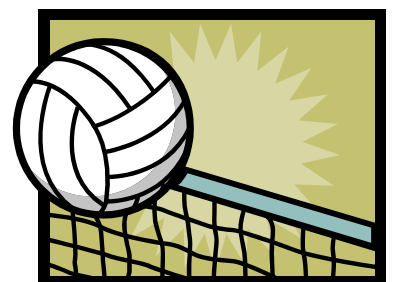
Students from Primary classes enthusiastically participated in Rakhi Making Activity, beautifully displaying their creativity through colourful and unique rakhis to celebrate the spirit of Raksha Bandhan.



The Intra Mural Games were conducted successfully in the school premises. The event was organized to promote healthy competition, strategic thinking, and sportsmanship among students. Games included Table Tennis for boys and Chess for girls were conducted. Participants from all houses took part with great enthusiasm and dedication.



INTER HOUSE INTRA MURAL GAMES





ECO- FRIENDLY

A competition on Eco Art using recycled material was held in the Junior Wing. Students beautifully showcased their creativity through thoughtful and innovative presentations. Each display was eye-catching and conveyed a strong message, effectively aligning with the given theme of **SUSTAINABILITY AND ENVIRONMENTAL AWARENESS**.



Hindi Poem Recitation Competition (Pre-Primary)

Language is the soul of culture, and poetry is its heart. To celebrate the richness of our national language, Hindi Recitation Competition was held in Pre-Primary classes. Our tiny tots recited rhymes in Hindi with confidence and clarity. It was delightful celebration of language and learning.



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Dress Up Delight *Competition*

Primary Wing organized a vibrant ‘Dress Up Delight Competition’ with exciting themes. Participants of Classes II-V creatively portrayed messages on environmental awareness and promoting care for nature.



St Clare of Assisi

ST. CLARE'S DAY

**WAS CELEBRATED BY
INVOKING GOD'S BLESSING FOLLOWED
BY A PLAY ON THE LIFE HISTORY OF
ST. CLARE.**





Rev. Principal, teachers and students visited Civil Line and Model Town Police Station to tie Rakhi for their selfless service.



A day dedicated to St. Clare
DENTAL AND EYE CHECKUP CAMP
was organized in the school.

You are brave!



Fancy Dress Competition

With sparkling eyes and hearts full of pride, our tiny tots brought alive the spirit of patriotism through a vibrant Fancy Dress Competition. From freedom fighters to national symbols, each child was a proud little ambassador of India.

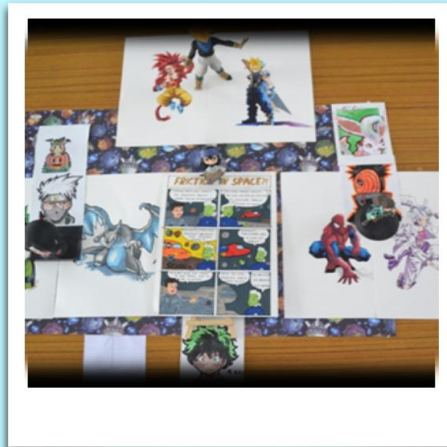


INTER HOUSE RADIO JOCKEY AND COMIC STRIP COMPETITION



Participants from all four houses lifted the spirit of the audience when they enacted as radio jockey. Their scripts were added with zestful humour and amazing wit.

Inter House Comic Strip Competition was conducted in which participants from all four houses created their own storyboard on the topic 'Science Fiction'. It was so beautifully conjured up that it took judges and readers on an imaginative journey, exploring the diverse themes, landscapes and wonderful world of science and technology.



Welcoming of Sr. Nidhi



Badge Making

Independence Day was celebrated with pride and happiness in our pre-primary classes, featuring vibrant dances and the prize distribution ceremony for the Tri-colour Badge Making Competition.



*Sr. Mamatha along with teachers and students of **Jagriti Club** visited Gynecology ward in Rajindra Hospital, Patiala and distributed **Seraphina Food**.*



PATRIOTIC SONG COMPETITION (PRIMARY)



Students from Classes II to V wholeheartedly participated in the Patriotic Song Competition, singing in praise of our country's freedom with great zeal and vigour, filling the atmosphere with pride and love for the nation.



79TH INDEPENDENCE DAY CELEBRATION

With utmost reverence and immense pride, Independence Day was celebrated in the school. The event commenced with soul stirring prayer dance and cordial welcome of the eminent Chief Guest Flight Lieutenant Gursimran Singh (Ex Fatiman Batch 2011-12) with a lush green sapling. Flag hoisting ceremony was performed by the Chief Guest and a spectacle of unity and precision was witnessed during March Past. Patriotic songs sung by the school choir and choreography reminded us of its rich history, unwavering spirit and relentless pursuit for freedom. The synchronized swing of arms and the thudding feet was beautifully depicted through drill performance. The Chief Guest addressed the audience and encouraged students to work hard and appreciated the synchronized movements of students during March Past. He congratulated all for demonstrating exceptional discipline and teamwork.



INTER HOUSE HINDI DEBATE AND BOOK COVER MAKING COMPETITION

The great show of intriguing thoughts when expressed eloquently leaves the audience spellbound. Participants from all the four houses delivered the well scripted speeches. Their performance in the Rebuttal Round made this event more interesting.

Participants from all the four houses depicted fascinating themes and drawings in this competition. The theme 'Science Fiction' was well presented through book cover making.



VAN MAHOTSAV DAY

To spread awareness about the importance of trees and inspire everyone to contribute towards a greener and healthier planet, Van Mahotsav Day ,the “Festival of Trees,” was celebrated with great enthusiasm by the students of Sanrakshak Club. The event included various items like dance , melodious choir, speech, thought-provoking street play highlighted the ill effects of deforestation and emphasized the need for conservation. The celebration concluded with a tree plantation drive, where teachers and students enthusiastically planted saplings, pledged to nurture them with care. The day served as a reminder of our duty to protect and preserve Mother Earth.



Bulletin Boards

Inter House Bulletin Board Competition Topic- 'Legends of the Blessed Sacrament'



Inter Club Bulletin Board Competition Topic- Teachers Paves the Way to Wisdom and Success



Inter House Science & Math Quiz

Inter house Science and Mathematics quiz was held in which 5 students from each house participated and showcased their talent.

Result:- St. Joseph's House bagged First position, St. Mary's House stood Second and St. Clare's House secured Third position.



Inter House Origami Competition was conducted on the topic 'Marine Life'



HASYARAS KAVITA SAMMELAN PRATIYOGITA

The Junior Wing (From Classes II to V) of our school conducted a Hasyaras Kavita Sammelan Pratiyogita in which children enthusiastically participated and exhibited their talent. Their confidence and creativity not only impressed everyone but also made all laugh and enjoy the event.



Seminar on Harassment

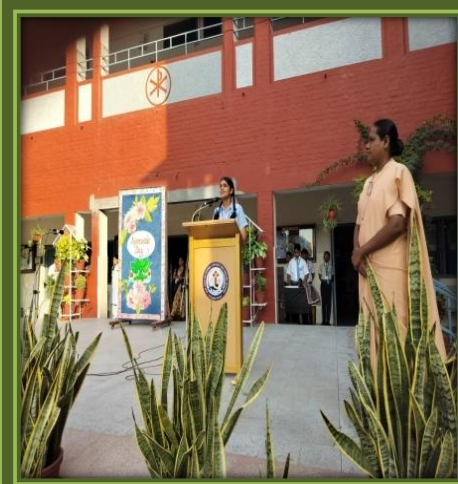


ENGLISH RECITATION COMPETITION (PRE-PRIMARY)

The Pre-Primary students enthusiastically participated in English Recitation Competition. With clear pronunciation, expressive actions, and confidence, the little ones showcased their talent and joy of learning.



AYURVEDA DAY



Fatimans observed Ayurveda Day with zeal and awareness. Student delivered a thought provoking speech on the significance of Ayurveda in promoting health. To commemorate the occasion, medicinal saplings were planted in the campus symbolizing the bond between nature & well being. The event inspired all to value our ancient heritage & adopt a healthier lifestyle.

International Peace Day



Today our school celebrated the spirit of International Peace Day, with hearts brimming with hope and harmony. Our Rev. Principal Sr. Immaculate, joined by the Head Boy and Head Girl, released balloons into the boundless sky - a tender symbol of freedom, unity, and everlasting peace. Madhav's thoughtful words reminded us of the quiet strength that blossoms from kindness, while the Peace Club students, in graceful togetherness, formed the Peace Logo, a radiant emblem of our shared dream. As this day draws to a close, may its essence remain - let peace be the compass of our thoughts, the rhythm of our actions, and the light that guides us towards a brighter future.

Achievements

Interschool Painting and Mehndi Competition was held at Guru Gobind Singh School, Nabha.

- ❖ Amreen (VIII) got first position in Mandala Art Competition.
- ❖ Enakshi (X) secured second position in Mehndi Competition.
- AdabKaur (VIII) stood third in Pot Painting Competition.



Ms. Anuradha received Excellence in Teaching Award under Sahodaya School Complex



AmbreenKaur (VII) secured the Champion Award in the Xtra Genius International Level Abacus Olympiad



Mannat (X) received certificate of Best Position Paper in MUN Conference India 2025 held at Chitkara University.



Ritvan Ritesh Pratap Singh (Class-X) presented a research paper on 'Early Detection of Parkinson's Using Voice Analysis with Machine Learning'.



Harshaan Singh of II C in Punjab's largest Bhangra & Gidha Cup- 2025 and won 3rd position



SPORTS ACHIEVEMENTS

Akshaj Singla (X) got second position in Chess Competition was held at Modern Senior School, Patiala



Bhavraj Singh (X) and Vainika (VII) got third position in Chess Competition was held at Modern Senior School, Patiala



BhavishyaVerma (IX) and Anant Raj (IX) bagged Man of the Match Award in a cricket tournament held at Karan Kharod



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SPORTS ACHIEVEMENTS



Tanveer Batish (X) got Bronze medal in State Swimming Championship held at Ludhiana.

Handball U-14 Boys got 3rd position in Zonal Level Competitions

- Hatripat Singh- VII
- Gurbakshish Singh- VII
- Gurwinder Singh- VII
- Devansh- VII
- AgamjotSingh- VII
- Devansh Singh- VIII
- Hargunpreet Singh- VIII
- Sukhmanpreet Singh- VI
- ArmanJanuha- VI
- Manharpreet Singh- VI
- Sahibraj Singh- VI
- John Charan- VI



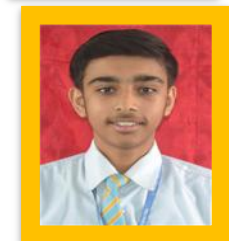
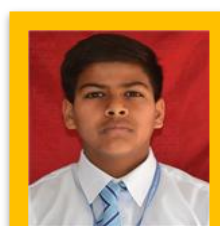
Adesh Kapoor of Class-IX got 1st position in Taekwando U-17 boys in Zonal Level Competitions



SPORTS ACHIEVEMENTS

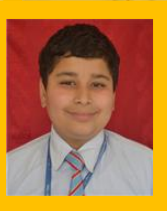
Badminton U-17 Boys bagged 2nd position in Zonal Level Competitions

- Taranveer Singh- VIII
- Harshit Rai- IX
- Naman Bhatia- IX
- Atharv Garg- IX
- Jivik- VIII



Badminton U-14 Boys got 3rd position in Zonal Level Competitions

- Harsewak Singh- VIII
- Saatvik Sharma- VIII
- Kartik Belwal- VIII
- Kunwarveer- VIII
- Divyansh Gupta- VIII



Tushant Tuli of
Class-IX got 1st
position in Table
Tennis U-17 Boys
in Zonal Level
Competitions



SPORTS ACHIEVEMENTS

Vainika- VII & Khushanshi- VII got 1st position in Zonal Level Competitions



Badminton Girls U-14 got 3rd position in Zonal Level Competitions

- ❖ Vanika- VII
- ❖ Jaireet- VII
- ❖ Netanya- VI
- ❖ Dhariti- VII
- ❖ Gurleen- VII



Siaan Shekhar of Class IV C won Gold Medal in Badminton Open HBA Tournament U- 11



SPORTS ACHIEVEMENTS (DISTRICT LEVEL)

**Alisha of Class- VII got
Gold Medal in
Basket Ball U-14 Girls**



**Manvi and
Nivedita got Silver
medal in Basket
Ball U-17 Girls**

- Harsewak of Class-VIII got Gold medal in Badminton U-14.
- Taranveer of Class-VIII got Bronze medal in Badminton U-17.
- Akshaj of Class-X got Bronze medal in Chess U-17.
- Amitoj of Class-IX got Bronze medal in Chess U-19.



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SPORTS ACHIEVEMENTS

- Bhavraj of Class-X got Gold Medal in Chess U-17.
- Anhad and Harsewak participated in Chess U-14.
- Mansirat Kaur of Class-IX got Gold Medal in swimming U-17
- Gurcharan Kaur got 2 Silver Medal in Swimming U-17.
- Gurdev Kaur got 1 Silver Medal in Swimming U-17.



Kulangad Singh of Class
IVC participated in

4th Fatehgarh Sahib
Football League 2025
U-11 & was Awarded as

Man of the Match

SPORTS ACHIEVEMENTS

- Tanveer Batish got Gold Medal in Swimming District Level.



- Digivijay got Silver Medal in Swimming U-14 District Level.



- Gurbakshish Singh got Silver medal in U-14 Fencing District Level.





SPORTS ACHIEVEMENTS

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SPORTS ACHIEVEMENTS

**Adesh Kapoor of Class-IX
Got Gold medal in
Taekwondo.**



**Reyansh of Class- VIII got
Bronze Medal in Lawn
Tennis.**



**Devansh of Class- VIII got
Bronze medal in Handball
U-14.**



**Tushant Tuli of Class-IX got
Bronze Medal in Table
Tennis U-17.**



SPORTS ACHIEVEMENTS



1. Kirtika Belwal participated in U 14 & u 17 Dist district Fencing championship was held at milestone, Public School Patiala on 10 August 2025 and won Silver in U 14 and Bronze medal in U 17.

2. She was participated in U 14 state fencing championships was held at Ram ashram Patiala from 22 - 24 August 2025 and won Gold medal in Individual and Team event. She also participated in U 17 foil event and won Bronze medal

3. Kirtika Belwal participated in U 17 Cadet National championship held at Haldwani Uttarakhand from 8 to 13 September 2025 and got 20 Rank

4. Asian Cadet Cup 2025 Fencing international Competition was held at Haldwani Uttarakhand from 19th to 22nd September 2025 and got 23 rank

5. Kritika Belwal participated in District school fencing championships was held at Veer Haqikat Rai school Patiala on 17 September 2025, won silver medal and selected for school state fencing championships which will be scheduled at Fatehgarh Sahib from 7 October 2025

SPORTS ACHIEVEMENTS

Students selected for State Level Competitions

Chess

1. Akshaj Singla
2. Vainika
3. Bhavraj Singh

Table Tennis

1. Tushant

Swimming

1. Saina
2. Digvijay Dutta
3. Gucharan Kaur Sagoo
4. Gurdev Kaur Sagoo
5. Mansirat Kaur
6. Tanver Batish

Water Polo

1. Digvijay Dutta
2. Tanver Batish

Fencing

1. Parth Sachdeva
2. Kirtika Belwal
3. Gubakshish Singh
4. Aarav Malhotra

Taekwondo

1. Aadesh Kapoor

Lawn Tennis

1. Khushanshi Kohli
2. Harmit Kaur



ART ARCADE



Shatakshi, VIII-A



Nivedita, VIII-A



Adab Kaur, VIII-A



Nivedita, VIII-A



Shatakshi, VIII-A



Daksh, II



Gurpreet Kaur, II-B



Harseerat Kaur, II-B



Kaira II-B



Naunidh Singh, II-B



Saasha Bansal, II-B



Aryan Batra, L.K.G- Green

ART ARCADE



Aarvi, VI-A



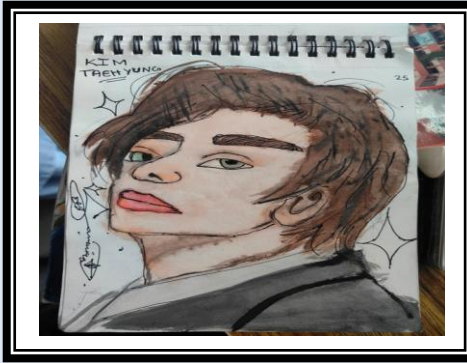
Kriti Goyal, L.K.G-Red



Aarvi, VI-A



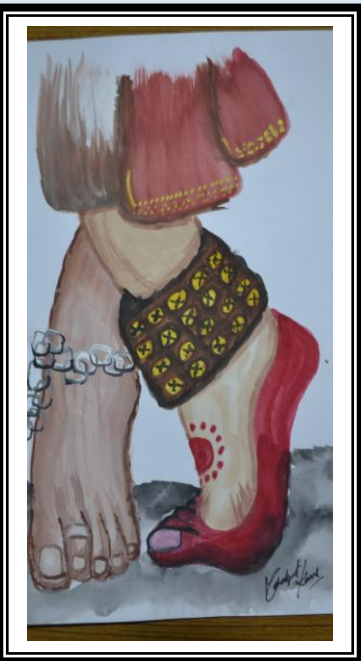
RIHANA, VI



Samaira Singh, VI- B



Diva Gupta, VII- B



Mehakpreet, IX-A



Era, VII-A



Nimrit, VII-A



Devdaksh, VII-B

LITEROPEDIA

Technology: A Friend or Foe?

Technology is one of the greatest gifts to humanity. It has changed the way we live, learn, and connect with each other. With just one click, we can talk to people across the world, search for information, or even order our favourite food. It helps doctors save lives, teachers share knowledge, and scientists explore the universe. Truly, technology is like a loyal friend who is always there to make life easier.

However, every coin has two sides. Technology can also become a foe if we misuse it. Spending hours on mobile phones or video games affects our health, studies, and relationships. Social media, though useful, sometimes spreads negativity, fake news, and even leads to cyberbullying. Machines have replaced many jobs, leaving some people unemployed. Too much dependence on technology also makes us lazy and less creative.

The real question is not whether technology is good or bad—it is how we choose to use it. If we use technology wisely, it can help us solve global problems like climate change, health crises, and poverty. But if we let it control us, it may slowly destroy the values of human connection and hard work.

In the end, technology is like fire—it can cook our food, or it can burn our house. The choice is in our hands. Let us use it wisely, so that it always remains our strongest friend, not a foe.

Anika Gupta, VI A

Voices of the Homeless

A child once dreamed of flying high,
Beneath the bridge where shadows creep,
Now on cold pavements tries to sleep,
While city lights just pass him by.

The winter wind bites through his skin,
Yet hope still flickers in his eyes,
He hums a tune through all the dim,
And whispers prayers to silent skies.

“I had a home, I had a name,
I laughed, I learned, I used to play,
But storms of life don’t pick who’s blamed,
They wash our dreams and hopes away.”

If only streets could tell the tale,
Of hands that reach yet go unseen,
Of hearts that break, of spirits frail,
Still holding on to what has been.

So hear the voice beneath the rain,
A soul that longs for warmth and care,
No heart should face such endless pain,
No life should fade in cold despair.

Vanshika Puri, IX A

The Magic of Everyday Sounds

Every day, our surroundings are filled with countless sounds, but we rarely pay attention to them. From the soft patter of rain to the distant hum of traffic, each sound has its own story. These everyday sounds are not just ordinary noises; they carry a special magic that can influence our mood, thoughts, and even creativity.

The cheerful chirping of birds in the morning can make us feel lively and energetic. The gentle rustle of leaves in the wind can calm our minds, while the soothing sound of flowing water can help us concentrate better. Even sounds that we often consider irritating, like the ticking of a clock or the buzz of a fan, can make us more aware of our environment.

Scientists explain that sounds have a strong impact on human emotions. Pleasant and natural sounds can reduce stress and bring happiness, whereas loud and harsh noises may create tension and restlessness. This proves that the sounds around us are more powerful than we usually realize.

By simply paying attention to these everyday sounds, we can discover their hidden charm. Listening carefully to the world around us can make life more interesting and help us feel more connected to nature and our surroundings. The next time you hear a sound, stop for a moment, and listen—you might be surprised by the magic it holds.

Tejas Kapoor, X C

The Weight of the Water

The news shows fields under water,
houses drowned till only the roofs remain.
Farmers watch their crops vanish,
dreams washed away in muddy waves.

Mothers carry what little is left,
fathers try to stay strong,
but even their eyes are tired.

Floods don’t just take land,
they take homes, memories, and peace.

We may forget the headlines in a week,
but in Punjab,
the water will stay,
and the pain in their hearts will never fade away.

Sifat Kaur, IX A

The Tapestry of Providence: How Every Thread of Life is Woven by God

Life, ah!! life! Is not a haphazard scattering of days, but a sacred sonnet, composed by a divine hand whose artistry outshines the stars. Each heartbeat is a loom's gentle whisper; each tear, a pearl sewn onto the fabric of eternity.

As Shakespeare wrote, "All the world's a stage, and all the men and women merely players," yet behind the stage, the eternal playwright scripts even the forgotten scenes with purpose. Providence, unseen yet unceasing, spins from our laughter and lament a robe of immortal beauty.

As Wordsworth proclaimed, "The music in my heart I bore, long after it was heard no more." Such is the music of our lives, echoing silently, stitched into the celestial tapestry. John Keats whispered, "I almost wish we were butterflies and lived but three summer days..." Yet even fleeting lives, like ours, flutter against the loom of God, and leave marks that eternity will not erase. Life, dear readers, is not a chaos of accidents but a symphony, each note meticulously composed by the unseen hand of Providence. We are threads in a cosmic tapestry, spun from the breath of the Divine, each strand shimmering with purpose, each knot tied with infinite wisdom. As Shakespeare profoundly penned, "There's a special providence in the fall of a sparrow," reminding us that not even the smallest motion escapes the vigilant gaze of the Almighty. John Keats, with his luminous sensitivity wrote, "A thing of beauty is a joy forever." Is not the unfolding of our lives, with all its convolutions, a ceaseless joy to behold, when viewed through the prism of faith? We are each chosen strands, woven not by mere chance, but by an omnipotent Weaver who knows the ending from the beginning.

So let us be affirmative, even through the shadows, knowing that no thread will ever be lost, no sorrow ever wasted. Providence is bending closer, weaving us into the endless masterpiece of His love. Thank you!!!!

Abdul Wahab Khan, X C

Social Media and Its Psychological Effects

In today's world, social media is not just a platform, it is a lifestyle. From the moment we wake up to the time we go to sleep, scrolling through feeds, liking posts, and sharing updates has become second nature. Yet behind the likes, comments, and endless scrolling lies a deeper psychological impact on how we think, feel, and live.

One of the strongest effects of social media is on self-esteem. Platforms are filled with carefully curated pictures of success, beauty, and luxury, which often create a cycle of comparison. People begin to measure their own worth against the highlight reels of others and this can lead to feelings of inadequacy, anxiety, and low confidence. At the same time, social media can also provide a sense of validation and belonging when users receive encouragement, compliments, or support from online communities.

Social media has also transformed the way relationships function. It makes it possible to stay in touch with loved ones across continents and allows strangers to build communities around shared interests. However, digital closeness sometimes creates emotional distance in real life. Couples, friends, and even families may find themselves physically present but mentally elsewhere, absorbed in their screens. This shows the paradox of social media—it can both strengthen and weaken bonds.

Another significant impact is on productivity. Constant notifications, endless scrolling, and the addictive pull of updates often reduce focus and efficiency. Students may lose precious study hours and professionals may find their work slowed down by distractions. The phenomenon of "doomscrolling," where people spend excessive time consuming negative or trivial content, only adds to the problem. Yet, when approached mindfully, social media can become a source of knowledge, learning, and opportunity.

Ultimately, social media is neither entirely good nor bad—it is a mirror reflecting how we choose to engage with it. It has the power to uplift or discourage, connect or isolate, distract or inspire. The key lies in mindful usage. By setting boundaries, practicing occasional digital detoxes, and focusing on authentic connections rather than comparisons, we can ensure that social media remains a tool for growth rather than a source of harm.

Aasmin, IX A

My HINDUSTAN

From sriyantra's art of geometry
To ghats of Varanasi's symmetry
From titanic contributions in maths
To glories in ayurveda that forever paths

This is my opulent HINDUSTAN

Full of Mysteries yet unfolded
Princesses to real queens, in this way molded
Bittersweet history of bird of gold
Where old-cold stories still hold

This is my timeless HINDUSTAN

Distinct languages but same words
"Indians we are" as one say the cords
From Rani Lakshmibai to Indira Gandhi
Oh kumari, Veera Lakshmi, not sandy

This is my glorious HINDUSTAN

Beauty lies in every grain of sand
Charm in depths of sea, so grand
In full moon shines Taj mahal
Shining bright is India of all

This is my vibrant HINDUSTAN

Sehaj Bassi, IX B

Peace is a Unique Treasure of Life

Never do any work in a hurry,
If you have peace, you will never be in worry.

Inner peace is essential,
If it is there, then nothing is inconsequential.

Have peace in your life,
It is essential for you not to strive.

Peace is always beautiful,
If we have it, everything looks colourful.

Peace begins with a smile,
Never judge others by their clothing style.

Only judge them by seeing,
Their inner smile.

Divyansh Gupta, VIII B

Escapism: The Art of Escaping Reality

In today's fast pacing world escapism has become a part of our daily routine where one seeks refuge from reality. Whether it's losing oneself in a novel, binge-watching a series, gaming for hours, scrolling through social media, or daydreaming about an alternate life. It offers a quiet break from the reality we don't want to face yet. It might appear as avoidance to a task, not ready to face challenges or even as denial but it's a coping mechanism that allows us to wander in the secret gardens of our mind. It can be both healing or harmful depending on how it's used.

Escapism refers to the tendency to seek distraction and relief from unpleasant realities, especially by engaging in entertainment or fantasy. It is the mental or emotional detour we take when reality becomes too much to bear. In psychology it is often seen as coping, a way to manage emotions, anxiety and stress. It is often seen in the youth of this generation and the teenagers facing this harsh world but when seen through the eyes of some adults it can be negligence to their studies or being lazy but what if a person had a really bad day and he just wants to enjoy their evening coffee paired with their favourite show or a girl who studied really hard just to get a perfect score missed by 2 points now wants to focus on her creativity for at least 15 minutes. No matter how we perceive them or judge them, it gives them happiness to be away even if it is for a brief moment. Humans have a propensity to naturally seek pleasure and avoid pain when life feels too overwhelming or underwhelming our brain gradually seeks towards the experience that soothes or softens the pain life throws at us. It's not necessary that every escape is for a good cause sometimes while escaping we drift away from the reality that when we are faced with a problem, we don't know how to solve it we avoid it but escapism should never turn into procrastination as we are then just simply avoiding it by not doing a certain task or solving a problem. It has its own benefits and drawbacks. One should seek assistance from escaping not avoidance.

The irony is that when we try to escape life, we often find ourselves understanding it more deeply and it results in character development. A good novel can shed light on human nature and behaviour pattern. A game can help in problem solving skills. In this sense, escapism isn't necessarily about fleeing from life. It can also be a way to engage with it differently, to find meaning where we didn't see it before. At its core escapism is about finding a delicate balance between life and drifting to a world where we find peace and strength to keep going.

"We tell ourselves stories in order to live," Joan Didion once wrote. Perhaps we escape not to abandon life, but to understand it more deeply, and to find the strength to keep going.

Hitaanshee, X C

One World, Many Morals

We humans are strange creatures indeed. For thousands of years, we have searched for the “right way” to live. Religions, cultures, and philosophies across the world have all tried to give us an answer. Yet, every time we look closely, we find something puzzling: what is moral in one part of the world may be immoral in another.

Consider a few examples. In Japan, it is polite to slurp noodles loudly; while in many Western countries, the same act is considered bad manners. In India, touching the feet of elders is a sign of respect; in most of Europe, it would be unusual, even awkward. Some cultures believe in arranged marriages as an honorable tradition, while others see personal choice in love as the only moral path. These differences remind us that morality is not fixed—it bends, stretches, and adapts depending on where we are and how we are raised.

At first, this can feel confusing, even unsettling. How can something as important as morality have no single definition? If honesty, kindness, or respect mean different things in different places, is there any hope of finding a universal code of ethics? This is where philosophy offers us a unique perspective.

The French thinker Albert Camus, known for his philosophy of the Absurd, argued that human beings constantly search for meaning in a universe that offers none. This clash between our hunger for answers and the silence of the world is what he called the Absurd. Yet, instead of falling into despair, Camus suggested we embrace life as it is. He gave us the image of Sisyphus—the mythological figure condemned to roll a boulder up a hill for eternity. Though his task is meaningless, Camus tells us we must imagine Sisyphus happy, *finding purpose in the struggle itself*.

Perhaps morality works the same way. If there is no single, universal rulebook of right and wrong, that does not mean life is empty. It means we are free—free to create values, free to live by principles that give our lives dignity and joy. The differences between cultures need not divide us; instead, they can remind us of the richness of human imagination in defining how to live.

In the end, “one world, many morals” is not just a statement of fact but also an invitation. It invites us to accept the absurd variety of human beliefs without losing our own sense of responsibility. It challenges us to live honestly, to act with kindness, and to respect others—even if their morals look different from ours.

We may never find a final, universal definition of morality. But perhaps that is the beauty of it. Just as Sisyphus finds meaning in his endless task, we too can find meaning in shaping our own values, in living them out courageously, and in respecting the many ways others do the same. The world may have many morals, but together they form one human story:

A story of our shared struggle to live with purpose in the face of uncertainty.

Sharanjot, X A

Turning Failures into Stepping Stones

Perseverance means never giving up, even when things are difficult. It is the habit of trying again and again until we succeed. People who have perseverance are strong and brave. Sometimes, we fail at something, like getting low marks in a test or not winning a race. But that does not mean we should stop trying. If we keep working hard and learning from our mistakes, we can do better next time. In our own lives, we can show perseverance by practicing daily, listening to our teachers, and not being afraid of failure. Every time we fall, we must get up and try again. When we never give up, we grow stronger, smarter, and more confident. So always remember ‘if you try and try, you will surely fly!’

Manvir Singh Oberoi, VB

A Silent Teacher : "Nature"

The tall green trees whisper to me,
"Stand strong and kind, like a mighty
tree."

The flowing river hums its song,
"Keep moving forward, just rush along."

The birds above with wings so wide,
Say, "Spread your joy, let your spirit
glide."

The flowers bloom, both red and gold,
"Share your beauty, let love unfold."

The shining sun warms every face,
"Give light and hope in every place."

So every day, I stop and see,
How nature teaches silently.

Nandish Chopra, III-A

Rohan, a 10-year-old mobile addict, was stuck in a virtual world. His parents imposed a strict limit: only 30 minutes of screen time daily.

The Quest Begins

Rohan reluctantly accepted the challenge. He discovered hidden talents like painting, gardening, and playing football.

Unexpected Friends

Rohan befriended Rohini, a bookworm, and together they explored the neighborhood, sharing stories and laughter.

The Transformation

Rohan's grades soared, and he became more confident. He realized that life's adventures awaited beyond screens.

The Victory

Rohan's parents beamed with pride. He learned that balance was key and that real-life experiences were more valuable than virtual likes.

The New Rohan

Rohan became known as the "Artist of Joy," spreading happiness through his paintings and stories. He proved that with determination, anyone can overcome mobile addiction and discover a more fulfilling life.

Chavik, IV-C

THE WINDOWS OF DREAM

*I sit by the window quiet and still
Watching the clouds drift over the hill
The world outside whisper stories untold
Of morning so gentle, of sets in gold
A sparrow takes flight with a song in the breeze,
Leaves start to dance on the arms of trees.
Each moment feels new yet familiar, the same,
A canvas of life with no need of fame.*

*I wonder how far my own steps will go.
Through pathways of sunlight, through shadows that grow,
For life is a journey, uncertain, yet bright,
Guided by hope and the stars in the night .*

So I keep on dreaming, both silent and free for the world holds a place that is waiting for me

Harnoor Kaur, III B



**Stay blessed,
Receive grace & Be filled with peace**