



UNICENT SCHOOL

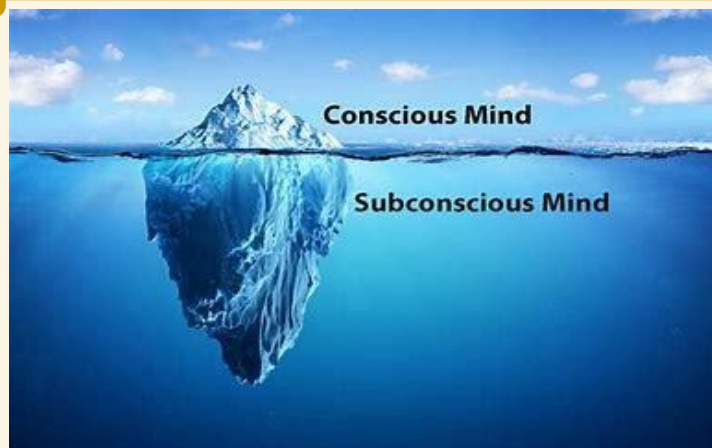


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Success Mantra



“All power is within you; you can do anything and everything. Believe in that. Do not believe that you are weak; do not believe that you are half-crazy lunatics, as most of us do nowadays. You can do anything and everything, without even the guidance of anyone. Stand up and express the divinity within you.”

The above quote by Swami Vivekananda always inspires us whenever we are down. Everyone of us wants to be successful in life. It does not matter in which field you are in. Whether you are a teacher, student, house wife or whatever is the nature of your job. **SUCCESS** is what everyone wants. So how to achieve this success.....

Recently I read a book “The Power of Your Subconscious Mind” written by Joseph Murthy which emphasized on three steps to success: They are as follows:

Step 1: Success is to find out the thing you love to do, then do it. Success is loving your work.

Step 2: The second step to success is to specialize in some branch of work and know more about it than anyone else.

Step 3: The third step is the most important one. You must be sure that the thing you want to do, does not rebound to your success only. Your desire must not be selfish; it must benefit humanity.

Reflect on these three steps and work sincerely to become successful!!

By: Jyoti, Class Teacher of X-B (Math Faculty)

Importance of Moral Values

Moral values are the ideals and ethics that guide us towards living a good life. We live a virtuous life when we have strong moral values. Our values inform our thoughts, words and actions. They are important because they help us to grow and develop and create the future we want to experience. ... The decisions we make are a reflection of our values and beliefs, and they are always directed towards a specific purpose.

However, the moral values in the society are diminishing with time..The importance of teaching moral values to students should begin right at home and from the very beginning. Every individual must take charge in shaping the kids' life at early stages.



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*By: Kunde Sudha,
Class Teacher of X-A (Math Faculty)*



Impact of Social Apps on Mental Health

A recent study from Facebook found Instagram to have harmful effects among a portion of its millions of young users, particularly teenagers and especially girls. Findings indicated that Instagram makes body image issues worse for one in three teenage girls.

We all know how the algorithm works—the more you look at your phone, the more it will send compelling content to keep your eyes from looking away. It's hard to break habits of checking TikTok or Instagram and constantly refreshing to see more, but it's important to take time away for our mental and physical health.

What is happening..... Check out the following

- **Missing out on critical social skills.** In a way, texting and online communicating—it creates a nonverbal learning disability, where body language, facial expression, and even the smallest kinds of vocal reactions are rendered invisible.
- **Not knowing how to make friends:** Friendship is conducted online and through texts, it's easier to keep your guard up when you're texting, so less is at stake. You aren't hearing or seeing the effect that your words are having on the other person.
- **Content can be filtered, edited, and manipulated:** This can lead to unattainable standards being broadcast to the entire world for anyone to see. Users are obsessed with instant gratification.

TIPS FOR HEALTHY SOCIAL MEDIA USE

- Delete the social media apps from your phone.
- Leave devices at home.
- Disable your notifications.
- Limit time
- Don't post when emotions are high.
- Understand that all social media is advertisement.



By Lakshmi, Student Counsellor

Self Worth/Self Love

You look into a mirror, start wondering whether you're good enough? Whether you're doing good at your job? Are you even worth it? Are you attractive enough? Do I have to change myself? Like this, there are many thoughts roaming in your brain everytime you look down on yourself, which keeps on taunting us. Making you feel low on yourself, sad, depressed and many negative emotions taking over you. But is all that necessary? Is that what you deserve? Ask yourself.

If you're lost in determining yourself outside, then you're certainly picking up the wrong path. Look inside you, your value is within you. Deep down you know what you are, you know your worth, you know your capabilities, you know your talents. They are yours, not anyone else's, but only yours. So, trust yourself, know your worth and love yourself for what you are.

Look at all your flaws, but don't be depressed by that—instead, be thankful because that makes you unique and one of a kind. Don't change yourself for others' opinions and just remove those negative thoughts from your mind and believe in yourself. You are 'Powerful'.

Think once again, go through all your positive memories, which lighten up your mood. Now, go back and look into the same mirror. Now say, "I'm what I've been looking for, I'm already enough of what I am, I'm worth it, I'm imperfectly perfect in every way possible, I don't have to change myself for anyone, or anything."

Love Yourself! Know your worth!

By: G.VibhaVarini, X-A

A Thousand Memories

A thousand memories of the blissful days of school,
With balmy summers and the winter's cool .
Always looking forward to meet our friends,
Joining the internet's silly new trends.

A thousand memories of thousand sounds
Of laughing and screaming in PT classes,
Falling and rising on the green grasses.
With not many assignments to complete,
Oh! Those are the days I want to go through again.

Now standing here with burdens on my shoulder,
Fighting to fit in the world like a soldier.
Now I can't go back to those nonchalant days
But, all I can do is cherish those memories always.

By: N.Sanjana, Class X-A

When Music Sang Through Nature

In melodies and nature's embrace,
Healing whispers find their place.
Music's rhythm, a soothing balm,
Nature's solace, a tranquil psalm.

Notes caress wounds deep and wide,
Harmony's embrace, a gentle guide.
Birdsongs carry burdens away,
Nature's symphony brings a brighter day.

Within melodies, souls find release,
Healing melodies, granting inner peace.
Nature's canvas paints serenity's hue,
Whispering, "Rejoice, life renews."

Music and nature, intertwined,
Healing echoes, where hearts find
Restoration, amid life's demand,
In melodies and nature's gentle hand.

Sudoku

6	3	2	1	4	5	8	7	9
4	7	8	2	9	6	3	5	1
5	1	9	8	3	7	2	6	4
2	4	3	5	7	9	6	1	8
9	5	1	6	2	8	4	3	7
8	6	7	3	1	4	9	2	5
7	2	5	4	8	3	1	9	6
1	8	6	9	5	2	7	4	3
3	9	4	7	6	1	5	8	2

By: Vishwajeeth, Class X-A

MOTIVATION:- IT'S HARD TO PREDICT

Motivation is something that does not necessarily need to be given by others to us, it comes from within an individual, it helps you and me to overcome any type of difficulties in our life. Not everyone is always motivated. We all have our own days where we fall apart, where we lose our own motivation. When you're feeling unmotivated, try to follow the 10 step change:

1. Put your goal on the calendar.
2. In case of mistakes don't blame yourself, find a way to fix it instead.
3. Set small goals to build momentum.
4. Track your progress from time to time, it will keep you going.
5. Reward yourself for the little wins as well as the big one.
6. Take support from your peers and family and find out your backlogs.
7. Practice gratitude (including for yourself) , thank yourself and people who helped you.
8. Do make some time for yourself and lift your mood.
9. Make working toward your goal a habit.

By: Nityasree Mamidibathula, Class X-B

Can you Solve ?

The Missing Dollar Puzzle: Three friends decide to split the bill for their dinner equally, so that they contribute \$10 each. However, the waiter realizes there was a mistake and the actual bill was only \$25. The waiter returned \$5 to the friends, but as they couldn't split it equally, they decided to keep \$1 and give \$2 back to the waiter. Now, if each friend contributed \$9 (\$10 - \$1), and they each kept \$1, that adds up to \$27. The remaining \$2 given to the waiter makes a total of \$29. But the initial bill was only \$25. Where did the missing dollar go?

Solution: The trick is that the total shouldn't be calculated by adding up what each person contributed (\$27). Instead, you should subtract the \$2 given back to the waiter from the \$27 total, which leaves \$25—the original bill amount.

By: Varshith Reddy, Class X-B

	3			4		8		
4		8					5	
	1					2	6	4
				7	9		1	
9								7
	6		3					
7	2	5						
	8					7		3
		4		6			8	



Anxiety
is a lot like a toddler
it never stops talking.
Tells you you're wrong
about everything.
And wakes you up
at 3am.

— UNKNOWN | TheMindJournal

THE MIND JOURNAL

A disabled person was suffering from a deadly disease called alexithymia. This person fakes his smiles and laughter all day long and breaks down in darkness and heals in silence. A true eccentricsiaist shares his joy around and suffers alone. This soft spoken soul seems like an open book but is never truly understood by society.

After a series of wistoragic seasons, he blossoms with strong, fierce attributes and discipline.

“Not everyone is born with a golden spoon in their mouths.”

Some have to work hard to achieve the greater heights of success. By fueling our dreams and aiming to follow our passion, we have to mentally prepare our mindsets to mould them from the early stages of our childhood to achieve a better path in life. There isn't a justification that everyone should understand you. But on the contrary, not everyone hates you or misunderstands you. This pain turns to soothe and heal when you deeply understand your worth.

Your mind is the best querencia to escape all the ills of the dark society.

“Worry often gives a small thing a big shadow.”
Once you start realizing your precious talent, start investing time in it and try to develop and expand yourself as a human being. Don't try to fit yourself in the delusional image that society has created. Try to set an example for the upcoming generation and lead as an inspiration by giving a new definition to life in your own way.

By: K.Gayathri Devi, Class :- X-B

Around the clock, a few people cherish their time in school and have a wish to go back in time. Ironically, some students who are in school want to complete their schooling as soon as possible and be out of misery. They tend to complete their work having a thought in mind—“It is just a matter of some years and then I will be done with school once and for all”. They think that life later will be in their hands. But little do they realize that “Once the time is gone, then it is gone forever”. The nostalgic moments will be in front of our eyes, like gossiping in the bus, playing indoor cricket in the classroom and times when you get into trouble. Efforts made by the house team members to win the competitions and that proud feeling when a particular house group gets the trophy of ‘Best House’ is unforgettable. The pride we all have shown in saying that, “We are the senior most students in the school”, but with a deep feeling in our hearts lies the truth about the sorrow of giving the best. Time never repeats itself, so you will not get your school-life back. So, everyone should be making memories out of the experiences instead of complaining.

“No matter how much you think you hate school, you will always miss it when you leave”

By :- L.Aasritha, Class:-X-A



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