



Achieving Academic Success: Setting And Focusing On Goals

A goal is like a destination you aim to reach within a set time. It assists you, fuels your drive, and clarifies the purpose behind your efforts.

Setting goals provides individuals with a clear direction, motivation, and purpose. They act as guiding stars, illuminating the path towards desired achievements and helping prioritize tasks effectively. Establishing goals early on is particularly important as it allows individuals to clarify their aspirations and channel their efforts towards meaningful pursuits. By defining clear objectives, students can better understand what they want to achieve and tailor their efforts accordingly. To effectively focus on their goals, students should break them down into smaller, manageable tasks, set deadlines, and create action plans outlining the steps needed to achieve them. Additionally, staying organized, staying committed, seeking support from peers and mentors, and maintaining a positive mindset are essential strategies for maintaining focus and overcoming obstacles on the path to goal attainment. By concentrating your efforts on specific objectives, you can make steady progress and achieve meaningful results. It helps you overcome obstacles, stay committed, and ultimately reach your desired destination.

By: Ms. Peri Aruna, Grade X Ramanujam, Class Teacher



Happiness Is The highest level Of Success-Dean Graziosi

Happiness is a positive and charming emotion. It is the secret that can help us do our best. One doesn't need a problem-free life to be cheerful, but may need to spend time developing joy. Happiness should be taught at school as well as at home.

Students should foster happiness to make their learning joyous. When students are content, they are more likely to develop a love for learning, which extends beyond the classroom and into their personal and professional lives. They become more resilient in the face of challenges, explore new ideas, and are confident in their abilities. As an educator, seeing the smiles on students' faces and witnessing their growth and development, when you know that you have played a part in some way or the other is immensely rewarding. Happiness should be considered the ultimate barometer of true achievement in education, which reflects both in academic progress and also the holistic well-being of students. If being upbeat with what you have and what you accomplished is practiced right from childhood instead of needing as it were victory, it is certainly believed to bring out the best in each individual. 'Success is not the key to bliss. Bliss is the key to victory. If one cherishes what they are doing, they will be successful.'

By: Ms. Soma Biswas, Grade X Aryabhata, Class Teacher

Pirate King Luffy

In the blue seas, he sets his sail
With straw hat bold and spirit-free
Monkey D. Luffy, brave without fail
He seeks adventure across the sea.

With rubber limbs and laughter bright,
Chasing his dreams day and night
Pirate King Luffy, on a quest,
His treasure, the One Piece, awaits.

By: Aryan Mohammad Shaik, X Ramanujam

Book Review: Devotion by Mary Oliver

"Devotion" by Mary Oliver is a captivating collection that explores the depths of human emotion through the art of poetry. Each verse is embedded with raw emotion and great insight, offering readers a glimpse into the complexities of God. In "Devotion", Mary Oliver weaves together a tapestry of poems that takes us into themes of longing, and the pursuit of connection. Each poem in this collection resonates with a deep sense of authenticity and vulnerability. Through lyrical language and evocative imagery, the author invites readers to explore human emotions and experience them.

From the very first poem, I was captivated by the author's ability to convey complex emotions with elegance and precision. Each verse is a work of art in its own right, inviting readers to immerse themselves in the beauty of language and the depths of the human heart. In conclusion, "Devotion" is a breathtaking collection that is sure to leave a lasting impression on anyone who reads it.

By:- Tridhara Koley, X Aryabhata

Book Review: The Phantom Tollbooth

Imagine Milo, just an ordinary kid feeling bored with his everyday life. Then, out of the blue, he gets a strange package - a tollbooth. Turns out, this tollbooth is a ticket to a whole new world. With his friends, Tock the watchdog and the silly Humbug, Milo sets off on an adventure. They explored cities, valleys, and mountains, meeting all kinds of weird and wonderful characters along the way.

The plot twist is just amazing. Saving two princesses named Rhyme and Reason. Along the journey, we learn the importance of friendship, never giving up and how awesome imagination can be. It is full of humorous surprises, and moral values – a journey which is worth it.

By ChelamKuri Jayashree, X Ramanujam

How To Live Life And Not Survive It

In this modern age, people's lives are being controlled by a digital cuboid; they are so into it that they lose touch with reality. These electronic gadgets entertain us and simultaneously drain our minds. Due to this cause, there is an imbalance in the healthy routine of the people which can include disturbance in the sleep cycle, experiencing headaches and back pains, and at the end ruining your day. This sequence of unproductive habits leads us on to 'surviving' life and not living it. Here arises the question "How do we live life?"

First and foremost, we have to understand the fact that we are being manipulated by social media. It just wants us to be glued to it and never realize the worth of time. So, one must try to detach oneself from this.

Second, try to love and appreciate your hobbies; the key to doing so is not to be forced by someone.

Third, make use of time wisely. Replace the daily dose of chatting online with cycling or having an actual conversation with your friends. In short, 'living in the moment'.

These three things can help us start enjoying our life and not be wrapped with sorrow at the end of the day.

By:- Tarini Kulkarni, X AryaBhatta

Robotics: A Career Path

Robotics engineering is a field of engineering which focuses on building machines (robots) that replicate human and non human activities. Robots are widely used in industrial manufacturing, construction, agriculture and so on. Robotic engineers are like modern day magicians bringing inanimate objects to life. To be one of those magicians and give life to machines we need to follow a roadmap. The first and the crucial step is having a Bachelor's degree in computer science or electrical or mechanical engineering. The duration for a Bachelor's degree is usually four years. Top institutes offering robotic courses are Indian Institute of Technology , BITS Pilani, MIT (Cambridge), Stanford University. Apart from educational qualifications, young aspirants also need problem solving skills, attention to detail, and effective communication skills to pursue a job in this field. Robotics is a good field to do in India. The average salary for a robotic engineer in our country is 4 Lakhs per annum. Germany, Japan, South Korea, Sweden are the best options for overseas education in Robotics. *By:- Lakshitha, X Ramanujam*

Life

Oh life, a journey fraught with twists and turns,
A winding road where lessons must be learnt.
The highs and lows that shape our very soul,
Each moment counts towards the final goal.
Through joy and pain, we navigate the way,
Embracing change and facing fears each day.
With courage strong and hearts that beat as one,
We find our purpose underneath the sun.
So let us cherish every breath we take,
And never let our dreams be left to break.
For life is fleeting, moments quickly fly,
But in our hearts, the memories will lie.
In this grand dance of joy and strife,
We find the beauty that defines our life.

By:- Sai Hasini, X AryaBhatta

How I Felt When ...

My elder brother left for college when I was 11 years old. I was really upset. He went for his higher studies to study in IIT(ISM)DHANBAD. I was used to having him around, and suddenly, he went off. The adjustment of not having him around was difficult. I used to feel so lonely that I felt like doing nothing. Even now, I feel lonely. When he was there, I used to happily celebrate festivals with him, but now I don't do it anymore. I think of him everyday. Usually siblings fight a lot but when siblings get to know the feeling of separation, they know the value of their sibling. I feel very bad during the rakhi festival when my brother is not present with me to celebrate rakhi. I really have the greatest bond with my elder brother.

By- M.N Rukmitha, X Ramanujam

Youth: The Scope To Develop

Youth is a crucial phase of life that impacts every human being. It is during this time that we face the real world and experience the challenges of living in a highly competitive environment. The changes that occur during this phase are not just physical but also mental, and minor changes can cause significant consequences. Research has shown that addiction and vulnerable memories can lead young people away from the 5Cs- competence, confidence, connection, character, and care. The Bhagavad Gita, one of the holy epics, is believed to talk about youth and duties one has to follow. "Karmanye vadhikaraste ma phaleshu kadachana; ma karma-phala-hetur bhur mate sango stvakarmani." This shloka emphasizes that one should focus on working and not on the fruits of one's labor. It is important to work without expectations and work with determination and dedication, free from the attachment to outcomes. Youth are inspired to be great people with a lot of factors. For eg:- getting to know famous personalities of the same age group. Researchers have begun to report that young people can possess a diverse set of protective factors if they experience more positive outcomes. Life makes us believe that Positive Experiences + Positive Relationships + Positive Environments = Positive Youth Development.

By:- Abhilasha Mettu, X AryaBhatta

Volleyball: A Comprehensive Sport To Learn

Volleyball is an interesting team game sport. There are 6 players on the field and 6 other substitutes. First, when basketball was invented it was played with volleyball. Volleyball is a sport in which a person requires skill and determination to play. In this game there are two types of serves-

- 1) Underarm serve
- 2) Tennis serve.

After service, we can play three passes and send the ball back to the opponents. The measurements of the court are 18m in length and 9m in breadth. Within the 6 players, one is a libero who receives the ball and passes the ball to the setter who sets the ball to either the spikers who stand toward the right or left side of the setter. The coordination between these players can only help them win the game. This sport helps to improve teamwork and coordination. It improves our mood while playing with our friends.

By:- Vishal Medhandrao, X AryaBhatta

Problems Faced By Teenagers

Teenagers, who range between the ages 13 to 19, deal with serious issues quotidianly because this is the most challenging period of their development. They face incredible difficulties and come across both internal and external battles during this period. They experience hormonal changes, puberty, academic pressure, and family demands. They perceive misunderstood feelings and parents should talk with them. It is essential to validate their thoughts and feelings. Teenagers do have issues with body image and struggle to accept their bodies as they transition from childhood to adulthood and as their bodies change into different forms and sizes. They have social pressure and parents frequently expect their children to accomplish what they want. Social media also affects teenagers because they communicate with one another through Facebook, Instagram, etc. However, social media can be troublesome for several reasons. They can have a negative effect on friendships. It can have an impact on their mental health. The National Institute of Mental Health (NIMH) estimates that in 2020, there were at least 4.1 million teenagers in the United States who experienced a major depressive episode. This indicates that 17% of American kids will likely experience depression before they turn 18.

Compiled By:- Siri Purni, X AryaBhatta



How To Overcome Peer Pressure

Peer pressure is a common phenomenon experienced by individuals across various stages of life, particularly during adolescence and young adulthood. Overcoming peer pressure is a significant challenge for many individuals, as it requires the development of strong personal values, self-confidence, and assertiveness.

Strategies to resist peer pressure and make independent Choices:

By knowing who you are and what you stand for, you can better resist the temptation to meet the expectations of others. Additionally, surrounding yourself with like-minded individuals who support your values and beliefs can provide a strong foundation for making independent choices. Another strategy is to practice assertiveness and communication skills. By being able to express your thoughts and feelings effectively, you can build your own opinions and boundaries in social situations. This can help prevent others from influencing you into making decisions that go against your values.

Compiled By: Hemavarun, X Ramanujam

Healthy Lifestyle

Our elders tell us that "Health is Wealth". This stands correct all the time and particularly in today's world. Having a healthy lifestyle is a boon to every individual. It includes having a healthy diet, proper sleep, good habits, active routine and being fit. In the 21st century, where all the young minds do not look after the aspects of a healthy lifestyle, people must understand that our health plays the utmost importance. One must have regular exercise, and have control on himself/herself in not taking any kind of stress or tension. We must avoid junk foods, alcohol, smoking etc. Getting exposed to sunlight is also very important. A robust person has a clear and calm perception of everything without prejudice. His/her actions and decisions are more practical and logical and hence lead to success in life.

By- Nikitha Piler, X Ramanujam

Cherishing The Tiny Treasures: Finding Joy In Life's Small Delights.

It's crucial to appreciate the blessings we have in our lives. Being grateful for what we have can shift our perspective and bring a sense of contentment and joy. Whether it's the support of our loved ones, the little joys of everyday life, or the opportunities that come our way. Expressing gratitude can fill our hearts with warmth and positivity. Living in the moment and treasuring the time we share with our loved ones is truly a gift that we often overlook. The laughter shared, the stories told, and the simple moments of connection are what make life truly beautiful. Let's not let the busyness of life steal these precious moments away. Embrace the now, hold onto those you love, and create memories that will warm your heart for years to come. Instead of dwelling on the past or worrying about the future, being in the present enables us to create lasting memories and meaningful connections. Let's treasure each moment, share laughter, and show gratitude for the people who make our lives special. Let's take a moment to count our blessings and be thankful for the abundance that surrounds us.

By:- Krithi Reddy, X AryaBhatta

Anger Issues & Management

Anger issues are a factor that stays in the human mind, it is present in the mind with no age limit. Nowadays, even children are having anger issues. Teenagers lose their patience to the silliest things ever. Parents try to cope with their children's anger issues but always get talked back to by their children. Parents keep a sense of composure and patience to cope with them but whatever they do it never seems to work. Instead of giving parents a hard time, there are many ways where we can reduce our anger issues. They are :

- Breathe in and out slowly
- Draw something
- Talk to yourself in the mirror
- Write poetry
- Vent out your feelings by doing something fun
- Get creative
- Talk to someone about it

By:- K Hasini, X AryaBhatta

Social Media For Today's Youth

Social media has become one of the most essential platforms for today's generation. It has become so addictive that teenagers are unwilling to part with it in their daily lives. We are aware of the negative impact social media has on young people. Rather than using it inappropriately, here are a few tips on beneficially leveraging social media. Teenagers can utilize social media to raise awareness about significant causes. Teens have the opportunity to display their talents, hobbies, and interests on social media platforms. Social media offers an abundance of information on a wide range of subjects. It exposes individuals to significant global issues, cultivating empathy and understanding. Connecting with other teens, whether nearby or far away, is a great way to share experiences and support each other.

By:- B Dhriti, X AryaBhatta

Music - Notes Of Comfort

Music is healing. Music is peaceful. Music is always with us. Music has the power to put emotions we can't express into words. It is something so magical and dreamy yet so realistic and descriptive. It has the power to shift our moods and make our lives way better. Listening to music always helps a person regulate their emotions. When they feel like no one understands them, music understands them. Once people start listening to music, they establish a deep bond with tunes and rhythms because those notes tell stories that are buried deep in one's heart. Each song they hear resonates with a part of their soul that longs for solace. For some people, music is just sound, for others it is comfort, love, a shining star in the darkness.

By:- Chanda Santhoshi, X AryaBhatta

No Solution!

There is a lot of pollution,
But people don't make any solutions.
People do weird conversation
Instead of doing any conservation.
There is lot of global warming,]
But it is a last warning
It is a green revolution
But there is no solution
It is passing from generation to generation
People should take only one resolution
People should have saved earth
From its birth.

By:- Vaibhavi Landge, X Ramanujam

Art Gallery



G. Naga Saranya, X Ramanujam



M.Homaja, X Ramanujam



P. Keerthana, X Ramanujam



Nikhil Choudhary, X AryaBhatta



M. Sri Abhitha, X Ramanujam



B. Dhanvitha Reddy, X Ramanujam