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# AVENOIDR

## THE CHRONICLE COSMOS

MONTHLY ISSUE | FEBRUARY &amp; MARCH 2025

MMXXV/II

Department of English | DPS PATNA EAST

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**Today****The colours of learning:**

Spring teaches us that everything blooms in its own time in our life.

~Ms. Geeta S., Dir, Primary Academics  
| Read on Pg. 02

### When She's Not Around: A Tribute On Women's Day

When she's not around  
It's as if she's taken down  
All tokens of love that surround;  
My universe drowns into  
the sea of wounds.  
When she's not around  
She takes away the soul that's  
homeward bound  
The smiles, the fortunes frown  
at my malady's horehound;  
The agony ceases to turn its back  
on.

When she's not around  
The days bequeath being astound  
upon her presence being unfound  
It's as if the trees lose their  
leaves  
upon the spring ground.

Her voice, I say, the melodies  
hounds,  
My isolation where I crave  
to come by again, by her exis-  
tence browned;

When she's not around,  
It's when my world turns upside  
down!

~Ms. Amaaf Parwez,  
(Dept. of English)

### PULWAMA ATTACK: THE BLACK DAY IN INDIAN HISTORY



On February 14, 2019, India witnessed one of its most tragic events when a suicide bomber attacked a convoy of the Central Reserve Police Force (CRPF) in Pulwama, Jammu and Kashmir. This heinous act resulted in the loss of 40 brave CRPF personnel, marking it as a black day in Indian history. The nation continues to remember and honor the sacrifices of these martyrs. The attack occurred around 3:15 PM on the Jammu-Srinagar National Highway. A suicide bomber from the Pakistan-based terrorist group Jaish-e-Mohammed (JeM) rammed an explosive-laden vehicle into a bus carrying CRPF personnel. The convoy comprised over 2,500 personnel traveling in 78 vehicles. The magnitude of the explosion was such that it led to the immediate death of 40 soldiers and left many others injured.

**Aftermath and National Response**

In response to this grievous act, India condemned the attack and held Pakistan responsible for supporting and harboring terrorist groups like JeM. The Ministry of External Affairs accused Pakistan of providing 'full freedom' to JeM leader Masood Azhar to operate within its territory and demanded that Pakistan dismantle terrorist infrastructure and cease supporting such groups. However, Pakistan denied these allegations.

The Indian government took several measures, including increasing customs duty on Pakistani goods to 200% and revoking Pakistan's Most Favored Nation (MFN) status. Prime Minister Narendra Modi affirmed that security forces had been given full freedom to respond to the attack and warned that terrorists would face severe consequences for their actions.

**Operation Bandar: India's Retaliation**

On February 26, 2019, in a decisive move, the Indian Air Force launched 'Operation Bandar,' conducting airstrikes on JeM camps in Balakot, Pakistan. This marked the first aerial assault by India on Pakistani soil since the 1971 war. The operation targeted what was believed to be a significant training center for JeM and other terrorist organizations.

In the years following the attack, February 14 has been observed as a 'Black Day' in India. The nation pays homage to the brave soldiers who lost their lives, reflecting on their courage and dedication. Various events, including memorial services and tributes, are held across the country to honour their sacrifice. Prime Minister Narendra Modi, in a tribute on the fifth anniversary, stated, "I pay homage to the brave heroes who were martyred in Pulwama. Their service and sacrifice for our nation will always be remembered."

**Saluting the Bravehearts**

I bow my head in honor of the Pulwama martyrs, who laid down their lives for our nation. Their sacrifice is a reminder of courage, duty, and unwavering patriotism. Each heartbeat of our nation echoes their bravery and dedication.

We shall never forget their valor, standing united against all odds.

*Jai Hind! Their legacy lives on in our hearts forever.*

~Shyam Prakash, VII B

## The Pious Bookshelf

Is it sinful to fake a smile when you are broken inside,  
And show your teeth with dried eyes, putting your pain aside?  
You keep musing about the difference between loneliness and peace,  
But you keep waiting for your suffering to cease.

Alas! The concealer failed to conceal the tears, followed by dark circles,  
And I did my makeup to hide my distraught face in the hope of a miracle.  
It's hard to hold the tears in your eyes  
When you see the most painful heart, smiling in disguise.

When you are choking on your food, unable to gulp,  
And you have no one to whom you can consult.  
Nevertheless, you start searching for care to soothe yourself,  
And then your eyes stop at your pious bookshelf.

~Pooja Swaraj, Dept. of English

## The Colours of Learning: *A Child's Springtime Journey into Education*

Spring symbolizes happiness, renewal, and vibrant colors, much like a child's first steps into learning. Just as spring awakens nature, a child's first school day is filled with wonder, curiosity, and possibilities. Education, like spring, is a colorful journey of growth, discovery, and joy.

### *The First Step: A canvas of New Experiences*

A child steps into school, eyes wide with curiosity, heart racing with anticipation. Like a spring morning, the world feels fresh with blooming scents and warmth. Every corner holds something new—colorful books, an alphabet chart, and story-filled walls. Just as flowers bloom at their own pace, each child learns in their own time, adding beauty to the journey.

"A flower does not think of competing with the flower next to it. It just blooms." – Zen Shin

### *The Palette of Learning: Every Shade Has a Meaning*

In a child's educational journey, colors play a crucial role, not just in what they see, but in what they feel and experience.

• **YELLOW** – The Sunshine of Curiosity: Like the spring sun, curiosity illuminates a child's mind. Every question, concept, and "Why?" is a ray of light in their learning journey.

• **GREEN** – The Growth of Knowledge: Spring brings fresh leaves to trees, just as children absorb new ideas. Their minds grow with every book, story, and lesson.

• **RED** – The Passion for Discovery: The joy of a puzzle, the thrill of an experiment, or painting outside the lines—red reflects the energy and enthusiasm of learning.

• **BLUE** – The Calm of Understanding: Like the endless sky, education encourages deep thinking, patience, and lifelong learning.

• **PINK** – The Warmth of Friendship: School is more than books; it's about friendships that bloom like spring's pink blossoms, enriching the learning experience.

### *Spring's Message: Bloom at Your Own Pace*

Spring teaches us that everything blooms in its own time, just as children learn at their own pace. Some explore eagerly, while others absorb the world slowly. A child's first school experience should be warm, safe, and inspiring, allowing them to grow uniquely. When learning is filled with joy, curiosity, and inclusivity, school becomes a garden where dreams take root.

"Spring will come and so will happiness. Hold on. Life will get warmer."  
– Anita Krizzan

### *A Question to Reflect On:*

How can educators and parents ensure that every child's learning journey is as joyful and colorful as spring itself? Spring teaches us that every flower, every leaf, and every sunrise has a place in the world. In the same way, every child, no matter how they learn, is meant to bloom in their own beautiful way.

"Let's nurture DPS Patna East into a vibrant hub of joyful and enriching learning."

~Ms. Geeta S., Director, Primary Academics

## To Spring



So many springs have come and gone  
and have been put to rest.

Yet my longing for the next one  
is always where I find the best fun.

My eyes are older,  
the colours of springtime bolder,  
and the newness of all that flows  
is a stark reminder that appears once  
as the springtime breeze blows.

Never too old to enjoy this scene  
and discover what it does mean.

Three seasons to go through  
the summer's heat,  
the autumn's hue,  
the winter of discontent.

Too cold to view and  
once again spring finally arrives  
and I don't feel as old  
for I wrap myself in the feeling of it  
and allow its softness to unfold.

~Pakhi Agarwal, V B

## Mindfulness Matters- Unlock Your Potential!

As students, you often find yourselves stressed, distracted, or struggling to focus. But you're not alone! Mindfulness is a powerful tool that can help you improve your focus, reduce stress, and achieve your goals.

So, what is mindfulness? Simply put, mindfulness is being present in the moment, paying attention to your thoughts, feelings, and sensations without judgement. By practising mindfulness, you'll become more focused and productive, less stressed and anxious, and more self-aware and confident.

**Here are some simple tips to make mindfulness a daily habit:**

- Take five deep breaths before each class
  - Practice meditation during lunch
  - Pay attention to your thoughts and emotions
  - Take short breaks to stretch and refocus
- Together, let's unlock our potential and achieve greater success, happiness, and fulfilment! Wishing you a happy mindfulness journey!

~Ms. Sonal Sinha, Dept. of English

## Nature's Renewal



Spring is a season of renewal, where the earth awakens from its winter slumber. The air is filled with the sweet scent of blossoms and vibrant flowers, filling the air with joyful songs of nature. It's the time for fresh starts and for embracing the beauty of nature's transformation. It reminds us that even after the harshest of seasons, life finds a way to bloom again with each passing day, the world becomes greener a little brighter and full of promises. Spring is nature's celebration of life, of growth, and of the endless possibilities that come with new beginnings.

~Piyush Pratyush, IX A

# Unveil with Manaswini: An Exclusive Interview



*Manaswini(M) with Md.Ashfaque Iqbal(A) (Deputy Head of Academics), DPS Patna East*

**M. 1. What inspired you to become an administrator (deputy head of a school), and how has your journey been so far?**  
 A-My inspiration to become a school administrator (Deputy Head) comes from my school principal, Miss A. Joseph, under whom I completed my schooling. Seeing her as the most respected personality among students, teachers, parents, and even the entire locality deeply inspired me to join the education sector and strive for a leadership position in a school. Over the past 18 years, I have had the privilege of working under various experienced heads, each of whom has contributed to my learning and growth. Every school, every team, and every student interaction has shaped my leadership approach. From being a teacher to stepping into administrative roles, my journey has been filled with challenges, learning, and a strong sense of purpose. Being the Deputy Head at DPS Patna East has been an immensely rewarding experience, allowing me to guide students, mentor teachers, and contribute to the school's development. I believe that leadership in education is not just about managing—it's about inspiring and making a lasting impact on young minds.

**M. What are the biggest challenges of being a deputy head, and how do you handle them?**

A-As the Deputy Head at DPS Patna East, I face several challenges, but each one is an opportunity for growth and improvement. Some of the biggest challenges and how I handle them include:

**•Balancing Academics & Administration**

Challenge: Managing both leadership responsibilities and my role as a Maths teacher without compromising on either.

Solution: I prioritize my classes, ensuring no clashes with meetings or administrative tasks. Teaching is my passion, and I make sure those 40 minutes in the classroom remain undisturbed and fulfilling.

**•Managing Time Effectively**

Challenge: Juggling multiple responsibilities—faculty management, curriculum planning, student affairs, and events—all within limited hours.

Solution: I follow a structured schedule, delegate tasks wisely, and focus on efficiency, ensuring that each aspect of my role gets the attention it deserves.

**•Ensuring Smooth Communication & Coordination**

Challenge: Bridging communication gaps between teachers, students, parents, and the school administration.

Solution: I maintain an open-door policy, encourage feedback, and use structured meetings and digital tools to streamline communication and collaboration.

**•Motivating Teachers & Students**

Challenge: Keeping teachers motivated and students engaged while maintaining discipline and academic excellence.

Solution: I believe in leading by example, recognizing efforts, and promoting an innovative and interactive learning environment that keeps both students and teachers inspired.

**•Handling Unexpected Challenges & Crisis Management**

Challenge: From academic concerns to student well-being, every day brings unexpected situations that need quick thinking and effective decision-making.

Solution: I stay calm under pressure, rely on teamwork, and ensure that every decision is student-centric, keeping the school's vision and values in mind.

Despite these challenges, being the Deputy Head at DPS Patna East is a deeply fulfilling role, and I take great pride in contributing to the growth of our students, teachers, and the school as a whole.

**M. How do you balance your responsibilities as both a deputy head and a maths teacher?**

A-Balancing my responsibilities as both a Deputy Head and a Math teacher is a challenge, but I manage it by prioritizing my classes and ensuring that there is no clash between teaching and administrative work. Teaching is my passion, and I make sure that the 40 minutes that I get in the classroom is fully dedicated to my students. Those moments of teaching give me immense satisfaction and joy, something that cannot be described in words. It is a time when I disconnect from administrative duties and immerse myself completely in the subject and the learning process. While my leadership role involves decision-making, planning, and overseeing various school activities, I firmly believe that staying connected to the classroom keeps me grounded and enhances my leadership. It helps me understand the challenges faced by students and teachers, making my approach to administration more effective and student-centered.

**M. What leadership qualities do you think are the most important in a school leader?**

A-A school leader plays a crucial role in shaping the future of students and the institution. The most important leadership qualities for a school leader include:

**1. Vision & Inspiration** – A great leader must have a clear vision for the school's growth and inspire teachers, students, and staff to work towards it.

**2. Effective Communication** – The ability to listen, understand, and convey ideas clearly is essential for building strong relationships with students, parents, and teachers.

**3. Empathy & Approachability** – A leader must be understanding and approachable, making sure that students and teachers feel heard and supported.

**4. Decision-Making & Problem-Solving** – Schools face challenges daily, and a strong leader should be able to make quick, effective decisions.

**5. Adaptability & Innovation** – Education is constantly evolving, so a leader should be open to new ideas and changes, ensuring that teaching methods and administration keep improving.

**6. Integrity & Fairness** – Setting an example of honesty, fairness, and ethical behavior is the key to gaining trust and respect.

**7. Passion for Education** – A true leader must have a genuine love for learning and teaching, inspiring both students and teachers to excel.

A great school leader doesn't just manage a school—they motivate, inspire, and create an environment where everyone thrives!

#### M. If you could bring one major change to our school, what would it be and why?

A- If I could bring one major change to DPS Patna East, it would be to introduce an Experiential Learning Hub—a dedicated space for hands-on, real-world learning across all subjects.

**1. Making Learning More Practical** – Instead of just reading concepts from textbooks, students would engage in experiments, simulations, and real-life projects, making learning more exciting and impactful.

**2. Encouraging Innovation & Critical Thinking** – A space where students can work on STEM projects, robotics, AI, financial literacy, and entrepreneurship, preparing them for future careers.

**3. Strengthening Interdisciplinary Learning** – Bringing subjects together through theme-based projects (e.g., linking Math, Science, and Art in Architecture or integrating History with Technology).

**DPS Patna East** is already shaping future leaders, and with an Experiential Learning Hub, we can further redefine education, ensuring our students are not just academically strong but also future-ready!

#### M. Why did you choose to teach maths, and what do you love most about it?

A-The answer to why I chose to teach math is not a simple one. I often find myself wondering—was it my father's initial guidance and his lectures on the importance of math? Was it my teachers whose unique ways of teaching made the subject challenging and exciting, sparking a sense of competition in the classroom? Or was it simply the concepts themselves which gave me an unexplainable thrill?

There are so many reasons, but ultimately, I chose to teach math because it gives me a rush like no other—a challenge, a new discovery every day, and the constant surprise of what I can accomplish. What I love most about it is the magic behind the subject—its universal nature, where there's no confusion, no variation across borders. Math speaks one language that everyone understands, something truly unique among all subjects.

#### M. Many students find math difficult. What is your best advice for them?

A-Many students don't actually find math difficult—it's more about math phobia, a fear that has been created and reinforced by society. This starts with parents, who unknowingly pass down their own fears and struggles with math. Teachers and the education system also contribute, making it seem more complex than it is.

The key is to keep it simple and focus on understanding the basics. If you are struggling with math in your current grade, it's likely because your foundation isn't strong. The best approach is to go back, clear those fundamental concepts, master them, and then tackle new topics—you'll see a huge difference!

In my teaching career, I have made math a fun subject, linking it to jokes, stories, and real-life examples so that students enjoy learning rather than fearing it. Once you make math exciting and engaging, the fear disappears, and 90% of the battle is already won!

#### M. What is the most common mistake students make in maths, and how can they avoid it?

A-The most common mistake students make in maths is not focusing on the basics and rushing through problems without understanding the concepts. Many students memorize formulas and steps instead of understanding why they work. This leads to confusion when they face slightly different problems.

Another frequent mistake is careless errors, such as misplacing decimal points, missing negative signs, or making simple calculation mistakes. This often happens because students don't double-check their work or they skip steps in an attempt to solve problems quickly.

#### How to Avoid These Mistakes:

1. **Build a strong foundation** – Master basic concepts before moving to advanced topics.

2. **Understand, don't memorize** – Try to grasp the logic behind formulae instead of just learning them by heart.

3. **Show all steps** – Writing out each step helps in avoiding silly mistakes and makes it easier to find errors.

4. **Double-check your work** – Go through the solution carefully to catch small mistakes before submitting.

5. **Practice regularly** – Maths is all about practice. The more you solve, the more confident you become!

#### M. Do you think maths is important for all careers? Why or why not?

A-Yes, math is very important for all careers because it is not just about learning formulae; it is about developing logic and reasoning. Mathematics enhances our ability to analyze problems, think critically, and find step-by-step solutions that are realistic, practical, and feasible.

In every profession, whether it's engineering, medicine, business, technology, or even arts, math plays a crucial role. It helps in decision-making, financial planning, data analysis, and problem-solving. Without math, no career can truly be successful, as it allows us to visualize numbers like story characters coming to life, guiding us to make better choices and navigate challenges effectively.

#### M. What was your favourite subject when you were a student, and why?

A-Mathematics has been my favourite subject since childhood. However, as I grew, I developed an equal interest in the mesmerising world of life sciences, which provided me with a different perspective on life. At a certain point, I also found great fascination in Hindi literature, particularly drama. I enjoyed reading plays and short stories, which broadened my thought process and enhanced my visualization skills. Ultimately, all these interests shaped my outlook and contributed to my personal and professional journey.

#### M. If you weren't a teacher, what another career would you have chosen?

A-If I weren't a teacher, I would have chosen a career in Life Sciences or Public Administration, as I have always believed in bringing a positive change in people's lives, especially the common masses. Small changes can make the world a better place to live.

Now, as a teacher for the past 22 years, I have been fulfilling this purpose in my own way—shaping young minds and making a difference in their lives. Had I pursued Life Sciences or Public Administration, my goal would have remained the same. However, destiny shapes our journey, and I am truly happy to be in this noblest profession, impacting the lives of children around me. Their unique voices.

**M. Who has been your biggest inspiration as a teacher and leader?**

A- My biggest inspiration as a teacher and leader has been my father. He was the one who taught me the very basics of life, instilling in me the values of hard work, discipline, and perseverance. His guidance not only helped me academically but also shaped the way I approach challenges and responsibilities.

As a teacher, I try to carry forward his lessons—making learning simple, engaging, and meaningful for my students. As a leader, I strive to inspire, support, and uplift those around me, just as he did for me. His influence continues to guide me in everything I do. And yes, my other greatest inspiration has been my late Miss A. Joseph, the Principal of my school, where I completed my schooling. She was a dynamic and heavenly personality who inspired us to be unique individuals and to always strive for excellence. Her influence is deeply embedded in my teaching, personality, and working style. The values she instilled—discipline, dedication, and a passion for learning—continue to shape the way I teach and lead. She taught me that education is not just about academics but about building character, confidence, and resilience, and I carry her legacy forward in everything I do.

**M. If you could meet any famous mathematician, who would it be and why?**

A-If I could meet any famous mathematician, it would undoubtedly be Srinivasa Ramanujan, my favorite and most inspiring mathematician. He was a born genius, a self-taught mathematician who, despite having no formal education in the subject, made groundbreaking contributions to the field.

What fascinates me the most about Ramanujan is not just his brilliance but his unique approach to Mathematics, deeply rooted in intuition and creativity. He often said, "An equation means nothing to me unless it expresses a thought of God." This profound connection between mathematics and divinity makes his work even more intriguing. Meeting him would be an opportunity to understand his thought process, his struggles, and how he saw patterns in numbers that others couldn't even imagine.

**M. How do you relax after a long day of teaching and administrative work?**

A- After a long week of teaching and administrative work, Sundays are my ultimate relaxation days! I make sure to sleep longer, allowing my mind and body to fully recharge.

One of my biggest joys is watching movies—it instantly makes me happy! These days, I enjoy a lot of OTT content, exploring different genres and stories. But my ultimate stress buster is watching Shah Rukh Khan's movies! No matter how exhausting the week has been, the happiness of watching his films—again and again—cannot be described. It's pure joy in a blink!

**M. If you could give one piece of advice to students about success, what would it be?**

A- If I could give one piece of advice to students about success, it would be the same advice I once received from my Principal, who personally wrote remarks in my report card: "Hard labour is the key to success."

Success is not a one-time achievement—it is a journey, not a destination. My experience tells me that those who work hard and continue to do so with dedication and perseverance, always find success. There are no shortcuts; only consistent effort, learning from failures, and the determination to keep going will lead you to your goals. Keep striving and keep growing, and success will follow!

## H a r m o n y   I n   E v e r y   P r a y e r



I walk through streets where voices rise  
in different prayers, beneath the skies.

A temple bell, a call to pray,  
A whispered hymn at the break of day.

I see a cross, a crescent moon,  
a sacred flame, a mantra's tune.

Yet through it all, the truth is clear—  
Love is what has brought me here.

Not books, nor names, nor rules divide,  
but hearts that fear and stand aside.

If faith means peace, then why this fight?  
If God is love, then where's the light?

So here I stand, with hands held high,  
No walls of hate, no need for why.

Different paths, but one embrace—  
One world, one love, one human race.

~Ms.Nilofer Newaz, Dept.of English

**Mahakumbh Mela :**

Die Mahakumbh Mela ist ein religiöses und auch ein kulturelles Ereignis.

Seite:06

**Lass uns neue Wörter lernen:**

Jetzt haben wir ein Glossar in unserer Zeitung, um Sätze zu verbessern.

Seite:06

**Lass uns Icey treffen:**

Eine Hündin wie Icey ist eine treue Freundin fürs Leben.

Seite:07

# DAS KOPFKINO

## TOWARDS YOUR IMAGINATION

MONTHLY ISSUE | FEBRUARY &amp; MARCH 2025

MMXXV/II Department of German | DPS PATNA EAST

### Heute

**Exklusives Interview mit "Manaswini"**

Ein Interview mit Deputy Head Academics, *Md. Ashfaque Iqbal*, über ihre Karriere, ihre Träume usw.

Fortz. auf Seite 08



### OSHO

Wenn du eine Blume liebst,  
pflücke sie nicht.

Denn wenn du sie pflückst,  
stirbt sie,

und sie hört auf,  
das zu sein, was du liebst.

Also, wenn du eine Blume liebst,  
lass sie sein.

Liebe bedeutet nicht Besitz,  
Liebe bedeutet Wertschätzung.

~Asad Zubair, VA

### Das Zitat

„Der erste Eindruck zählt.“  
- "The first impression counts"

~Abhinav Kr. Sharma, VII B

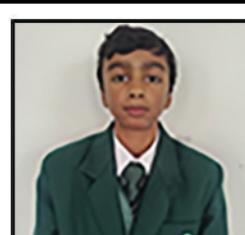
### Das Lexikon

**1. Die Zusammenarbeit-**

Togetherness

**2. Der Vorteil- Advantage****3. Der Nachteil-Diadvantage****4. verbessern- to improve****5. Die Experten- Experts****6. Die Auswirkungen- Effects****7. Die Ablenkung- Distraction****8. Die Schüler- Students**

### Die Mahakumbh



Die Mahakumbh Mela ist eines der größten religiösen Feste der Welt. Sie findet alle zwölf Jahre in Indien statt. Vier Städte feiern die Mahakumbh: Prayagraj, Haridwar, Ujjain und Nashik. Die Mahakumbh Mela ist sehr wichtig für Hindus. Millionen von Pilgern, Heiligen und Touristen kommen, um im heiligen Fluss zu baden. Sie glauben, dass das Bad ihre Sünden reinigt und ihnen Moksha (Erlösung) bringt. Eine Legende erzählt von einem Kampf zwischen Göttern und Dämonen um Amrit (Nektar der Unsterblichkeit). Vier Tropfen des Nektars fielen auf die Erde – an die Orte, wo heute die Mahakumbh gefeiert wird.

**Wichtige Rituale:** Heiliges Bad (Shahi Snan): Die Menschen baden im Fluss.

**Satsang und Kirtan:** Gläubige hören religiöse Reden und singen Lieder.

**Versammlung der Sadhus:** Viele Heilige kommen zusammen und teilen ihr Wissen.

Die Mahakumbh Mela ist nicht nur ein religiöses Fest, sondern auch ein kulturelles Ereignis. Es zeigt die Vielfalt und Spiritualität Indiens. Millionen von Menschen nehmen daran teil, um Frieden und Segen zu finden.

~Aditya Yuvraj, VI C



Bild: shutterstock/Prostock-Studio



In der heutigen digitalen Welt sind soziale Medien ein wichtiger Teil des täglichen Lebens, besonders für Schüler. Plattformen wie Instagram, Snapchat, Twitter und Facebook haben sich von einfachen Netzwerken zu mächtigen Werkzeugen entwickelt, die beeinflussen, wie Schüler kommunizieren, lernen und ihre Identität formen. Ein großer Vorteil sozialer Medien ist, dass sie Schüler miteinander verbinden. Trotz dieser Vorteile gibt es auch negative Auswirkungen, insbesondere auf die mentale Gesundheit. Die Nutzung sozialer Medien kann die mentale Gesundheit von Schülern beeinflussen. Einerseits können soziale Medien Unterstützung und Gemeinschaft bieten. Andererseits kann übermäßige Nutzung zu Problemen wie Angst, Depression oder geringem Selbstwertgefühl führen. Schüler fühlen sich oft unter Druck gesetzt, sich mit anderen zu vergleichen oder sind von Cybermobbing betroffen. Soziale Medien ermöglichen es Schülern, mit Freunden, Lehrern und Experten weltweit in Kontakt zu treten. Sie fördern die Zusammenarbeit bei Schulprojekten und sozialen Themen. Allerdings können sie auch eine Ablenkung sein und die Konzentration auf das Lernen beeinträchtigen. Soziale Medien haben einen großen Einfluss auf die Bildung: Sie bieten wertvolle Lernressourcen, verbessern die Kommunikation und helfen, digitale Fähigkeiten zu entwickeln. Gleichzeitig bringen sie Herausforderungen mit sich, wie Ablenkung, mentale Belastung und Zeitmanagement-Probleme. Für Schüler ist es wichtig, ein Gleichgewicht zwischen den Vorteilen und Nachteilen sozialer Medien zu finden. Durch bewusste Nutzung können sie ihr Lernen verbessern und die negativen Auswirkungen minimieren.

~Raghavi Ranjan, VI C



# Der Wett von Zeit

Ich möchte mit euch über etwas sprechen, das wir alle haben – und doch nie genug davon zu haben scheinen: Zeit. Zeit ist so ein seltsames Konzept, oder? Sie ist unsichtbar, flüchtig, manchmal unser bester Freund und manchmal unser größter Feind. Hast du schon mal darüber nachgedacht, wie wertvoll Zeit eigentlich ist? Ich meine, wirklich wertvoll? Nicht nur im Sinne von „Oh, ich habe heute keine Zeit“, sondern im Sinne von: „Was mache ich eigentlich mit den Stunden, die ich habe?“

Als ich ein Kind war, hatte ich das Gefühl, dass ein einziger Tag unendlich lang war. Die Sommerferien fühlten sich an wie eine Ewigkeit, und die fünf Minuten bis zur Schulglocke waren eine gefühlte Stunde. Zeit war damals einfach da – wie Luft oder Sonnenlicht. Ich habe sie nicht bewusst wahrgenommen, weil sie selbstverständlich schien. Aber irgendwann verändert sich das, oder? Plötzlich scheint die Zeit zu rennen. Plötzlich zählen wir die Tage, die Stunden, die Minuten. Und manchmal frage ich mich: Wann genau hat das angefangen? Wann haben wir aufgehört

Zeit einfach zu erleben, und angefangen, sie zu messen, zu planen und ständig darauf zu achten, wie viel davon uns bleibt?

Neulich habe ich einen Satz gelesen, der mich nicht mehr loslässt: „Die Art, wie du deine Zeit verbringst, ist die Art, wie du dein Leben verbringst.“ Ich musste diesen Satz zweimal lesen, um ihn wirklich zu verstehen. Denn Zeit ist das, worauf all unsere Erlebnisse und Erinnerungen aufbauen. Sie gibt uns den Raum, Dinge zu tun, Entscheidungen zu treffen und unser Leben zu gestalten.

Doch das Besondere an der Zeit ist: Sie ist begrenzt und unwiederbringlich. Alles andere – Geld, Dinge, sogar Beziehungen – kann man zurückgewinnen. Aber Zeit? Sie vergeht und kommt nie zurück. Genau das macht sie so wertvoll.

Das hat mich zum Nachdenken gebracht: Wie oft verschwenden wir Zeit mit Dingen, die uns eigentlich nicht viel bedeuten? Wie oft sagen wir „Ich habe keine Zeit“, wenn wir eigentlich meinen: „Das ist mir nicht wichtig genug.“

Als ich darüber nachdachte, wie oft wir unsere Zeit verschwenden, wurde mir etwas klar: Es sind nicht immer die großen Entscheidungen, die darüber bestimmen, wie wir unsere Zeit nutzen. Oft sind es die kleinen Dinge – unbemerkt, scheinbar harmlos –, die uns Stunden stehlen.

Ein Beispiel? Social Media. Ich habe einmal versucht, ehrlich zu zählen, wie viele Minuten oder sogar Stunden ich täglich mit Scrollen verbringe. Es war erschreckend. Nicht, weil ich es nicht mag – manchmal genieße ich es wirklich –, sondern weil ich mich gefragt habe: „Ist das die Art, wie ich meine begrenzte Zeit verbringen will?“ Und das betrifft nicht nur Social Media. Wir alle kennen diese Momente: den endlosen Netflix-Marathon, das sinnlose Googeln nach Kleinigkeiten oder das Verschieben von Aufgaben, die uns eigentlich wichtig sind. Diese kleinen Diebe summieren sich. Und wenn wir nicht aufpassen, nehmen sie uns mehr Zeit, als wir denken.

*„Zeit ist wie ein frisches Blatt Papier, das uns jeden Morgen geschenkt wird.“*

~Aditya Sinha, VII B

## Ein Gespräch zwischen Aradhaya und Arjit



Aradhaya: Hallo!

Arjit: Hey!

Aradhaya: Hallo! Ich heiße Aradhaya Singh. Wie heißt du?

Arjit: Hallo! Ich heiße Arjit Kumar. Woher kommst du?

Aradhaya: Ich komme aus Indien. Und du?

Arjit: Ich komme aus Delhi. Wohnst du dort?

Aradhaya: Nein, ich wohne in Patna. Wo wohnst du?

Arjit: Ich wohne im Boarding House der DPS Patna East.

Aradhaya: Oh, interessant! Magst du das Leben im Boarding House?

Arjit: Ja! Es macht Spaß. Ich spiele Cricket und Fußball jeden Abend mit meinen Freunden.

Aradhaya: Das klingt toll! Welche Sprachen sprichst du?

Arjit: Ich spreche Englisch, Tamil und ein wenig Deutsch.

Aradhaya: Kannst du Tamil fließend sprechen?

Arjit: Ja! Ich spreche Tamil perfekt.

Aradhaya: Super! Was ist dein Lieblingstier?

Arjit: Mein Lieblingstier ist der Hund, weil er treu und freundlich ist. Und deins?

Aradhaya: Ich mag Katzen, weil sie niedlich und ruhig sind. Hast du ein Haustier?

Arjit: Ja, ich habe einen Hund. Er heißt Bruno. Und du?

Aradhaya: Nein, aber ich hätte gern eine Katze.

Arjit: Das wäre schön! Übrigens, was ist deine Lieblingsfarbe?

Aradhaya: Ich mag Rot, weil es eine kraftvolle Farbe ist. Und deine?

Arjit: Meine Lieblingsfarbe ist Blau, weil sie mich an den Himmel und das Meer erinnert.

Aradhaya: Schön! Welches ist dein Lieblingsmonument?

Arjit: Mein Lieblingsmonument ist das Taj Mahal, weil es wunderschön und ein Symbol der Liebe ist. Und dein?

Aradhaya: Ich mag das India Gate, weil es an die Soldaten erinnert, die für unser Land gekämpft haben.

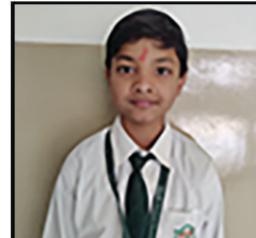
Arjit: Das ist eine gute Wahl! Wie ist deine Adresse und Postleitzahl?

Aradhaya: Meine Adresse ist AG Colony, Saguna More, und meine Postleitzahl ist 800025.

Arjit: Danke! Es war schön, mit dir zu sprechen.

Aradhaya: Danke schön! Auf Wiedersehen!

Arjit: Auf Wiedersehen!



## Mein Haustier



Ich heiße Gargi Narayan und bin 12 Jahre alt. Ich habe ein Haustier, eine kleine Hündin der Rasse Pomeranian. Sie heißt Icey und ist erst vier Monate alt. Sie hat weiches, weißes Fell und sieht aus wie eine kleine Schneeflocke. Ihre Augen sind dunkel und glänzend, und ihr buschiger Schwanz wackelt immer vor Freude.

Icey ist sehr aktiv und verspielt. Jeden Tag rennt sie im Garten herum und erkundet neugierig ihre Umgebung. Am liebsten spielt sie mit ihrem kleinen Ball oder mit meinem Schuh, den sie oft im Haus herumträgt. Manchmal versteckt sie sich unter dem Sofa und wartet darauf, dass ich sie suche.

Ihr Lieblingsessen ist Milch, aber sie frisst auch gerne Fleisch. Wenn ich esse, schaut sie mich mit großen, erwartungsvollen Augen an, als wollte sie sagen: „Gib mir auch etwas!“ Ich kann ihr nie widerstehen und gebe ihr manchmal kleine Leckerlis.

Icey ist nicht nur ein Haustier, sondern ein Teil meiner Familie. Ich liebe sie sehr und verbringe viel Zeit mit ihr. Sie freut sich immer, wenn ich nach Hause komme, und springt voller Freude an mir hoch. Wenn ich traurig bin, kommt sie zu mir und kuschelt sich an mich. Sie bringt mich zum Lächeln, selbst an einem schlechten Tag.

~Gargi Narayan, VI B

~Aradhaya Singh & Arjit Kumar, V C

# Kaffee mit Manaswini : Ein eXklusives Interview



*Manaswini(M) with Md.Ashfaque Iqbal(A) (Deputy Head of Academics), DPS Patna East*

**M. Was hat Sie dazu inspiriert, stellvertretender Schulleiter zu werden?**

A-Meine Inspiration, Schulleiter zu werden, stammt von meiner Schulleiterin, Frau A. Joseph, unter der ich meine Schulzeit abgeschlossen habe. Sie war die respektierteste Person für Schüler, Lehrer, Eltern und die ganze Gemeinschaft. Ihr Vorbild hat mich motiviert, in den Bildungsbereich zu gehen und eine Führungsposition in einer Schule anzustreben.

**M. Was sind die größten Herausforderungen als stellvertretender Schulleiter?**

A-Balance zwischen Lehre & Verwaltung, Zeitmanagement, Kommunikation & Koordination, Motivation von Lehrern & Schülern und Unerwartete Herausforderungen & Krisenmanagement.

**M. Wie balancieren Sie Ihre Aufgaben als stellvertretender Schulleiter und Mathematiklehrer?**

A-Es ist eine Herausforderung, aber ich stelle sicher, dass mein Unterricht nicht unter meinen Verwaltungsaufgaben leidet. Mathematik zu unterrichten ist meine Leidenschaft, und ich genieße jede Minute im Klassenzimmer. Diese Zeit gibt mir Energie und hilft mir, mich mit den Schülern zu verbinden.

Als Schulleiter ist es wichtig, mit der Lehrpraxis verbunden zu bleiben. So verstehe ich die Herausforderungen von Schülern und Lehrern besser und kann meine administrativen Entscheidungen sinnvoller treffen.

**M. Welche Führungsqualitäten sind für einen Schulleiter am wichtigsten?**

A-Vision & Inspiration – Eine klare Vision haben und andere motivieren.

Effektive Kommunikation – Zuhören, verstehen und klar sprechen können.

Empathie & Offenheit – Schüler und Lehrer sollen sich gehört und unterstützt fühlen.

Entscheidungsfreude & Problemlösung – Schnelle, faire und effektive Entscheidungen treffen.

Anpassungsfähigkeit & Innovation – Offen für neue Ideen und Bildungsentwicklungen sein.

Integrität & Fairness – Ehrlichkeit und Gerechtigkeit als Vorbild leben.

Leidenschaft für Bildung – Eine echte Begeisterung für Lernen und Lehren haben.

**M. Wer ist Ihr größtes Vorbild?**

A- Mein Vater, der mich Disziplin und Durchhaltevermögen gelehrt hat.

Und meine Schulleiterin, Frau A. Joseph, die mich inspirierte, stets nach Exzellenz zu streben.

**M. Wenn Sie einen berühmten Mathematiker treffen könnten, wer wäre es?**

A-Srinivasa Ramanujan! Ein Genie, das ohne formale Ausbildung bahnbrechende Theorien entwickelte. Seine Arbeit war nicht nur logisch, sondern auch voller Intuition und Kreativität.

**M. Wie entspannen Sie sich nach der Arbeit?**

A-Ich liebe Filme, besonders Shah Rukh Khan-Filme – sie sind mein bester Stressabbau!

**M. Ein Rat für Schüler zum Erfolg?**

A- "Harte Arbeit ist der Schlüssel zum Erfolg."

**Es gibt keine Abkürzungen –**

**wer fleißig bleibt und aus Fehlern lernt, wird Erfolg haben!**

**Meine  
Kreativität**



*Das ist ein umweltfreundliches Bild.  
Der Titel lautet „Mein Lieblingshaus“.*

*~Waslah Sultana, II C*

# VOLTMAN

## EPISODE 3

*Created By*



Snithik  
Grover.VII A



Shreyansh  
Kumar.VII A

*Will Voltman track down and defeat HYDROPLASM, or HYDROPLASM emerge victorious?  
Find out in the next issue!*



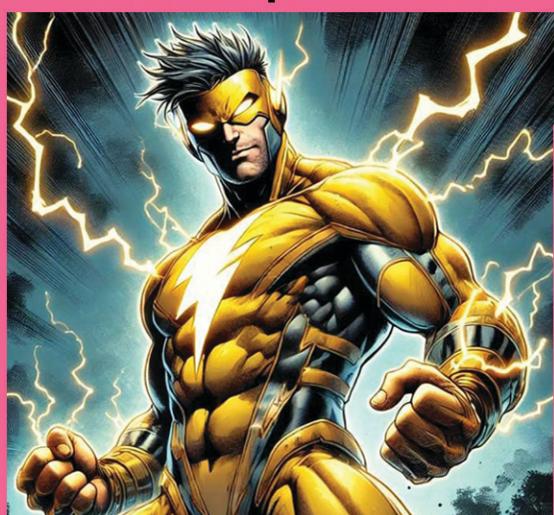
One day, Voltman was flying at a really high speed.



Suddenly, a powerful punch hit him, but his safety helmet prevented major injury.



Hydroplasm appeared with a suit to control his powers.



Voltman was ready to fight with Hydroplasm.



Immediately Hydroplasm created a Water monster to defeat Voltman.



After a brutal fight Voltman was busted open but when he defeated it Hydroplasm disappeared