



After the break !!



The school resumed on 1st July after a long and relaxing summer vacation. Every one joined with full rigour and with the resolve to put their best foot forward. The zonal, inter and intra school activities kept the students and the teachers busy through the months of July and August. The school was brimming with energy as the students practiced for the upcoming competitions. It was an action packed time



for everyone, with exams and activities in full swing. The students however dazzled us with their efforts as they balanced extracurricular activities as also with their academics.

Having said that, I think it's important to recognize the hard work put in and not just the results that they yield. Like they say "it is important to run the race, not win it". Calling it impressive would be an understatement about how we feel about all the students who rose up to the occasion.

Be it yoga, sports, judo, martial arts, declamations, dances, art competitions, MUNs, drama or music, our students have made their presence felt in every arena.

Another feather in our cap was the special assemblies conducted by our students. Teacher's Day assembly deserves a special mention since the students so painstakingly and with so much love put up a special show to honour their teachers.

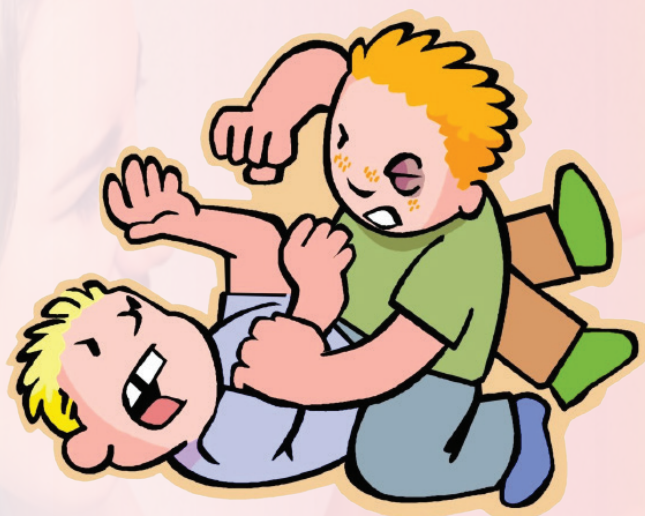
There wasn't a dull moment in these three months and I say it with pride that all of Pinnacle put everything they had in it. .



THE RISING TIDE OF AGGRESSION AMONG TODAY'S GENERATION

In recent years, there has been a growing concern about the increasing levels of aggression among today's generation. From schoolyards to online platforms, aggression seems to be permeating various aspects of modern life. This article aims to shed light on the factors contributing to this trend and explore potential solutions to address the issue. The advent of the digital age and the widespread use of social media have undoubtedly altered the way people interact and communicate. While these platforms have opened up new avenues for connectivity and information-sharing, they have also created an environment where aggression can flourish. Social media has also given rise to a culture of comparison and validation-seeking, contributing to feelings of inadequacy and frustration among young people. As a result,

they may resort to aggressive behavior to assert dominance or seek attention in a highly competitive virtual world. The prevalence of violent media, including video games, movies and television shows, has also raised concerns about its potential impact on shaping aggressive tendencies among the



youth. While research on the direct link between violent media consumption and real-life aggression remains inconclusive, there is evidence suggesting that exposure to violent content can desensitize individuals to aggression, making it seem more acceptable or normal.

The family environment plays a crucial role in shaping a child's behavior and emotional development. Busy schedules, limited parental involvement, and the absence of open communication can leave children feeling neglected, leading to frustration and aggression. Additionally, children who witness aggression within their families are more likely to replicate those patterns in their own lives, perpetuating a cycle of violence. The modern generation faces mounting

pressure to excel academically, professionally and socially. This pressure can lead to high levels of stress and anxiety, which may manifest as aggression. Moreover, a hyper-competitive society may foster a "survival of the fittest" mentality, encouraging individuals to adopt aggressive behavior to achieve their goals at any cost. Mental health issues, such as depression, anxiety, and unresolved trauma, can also contribute to aggression.

For some individuals, aggression may serve as a coping mechanism to deal with pent-up emotions or to assert control when they feel overwhelmed by life's challenges. Addressing the growing aggression among today's generation requires a multi-faceted approach involving parents, educators, policymakers, and the broader community. Here are some potential solutions and interventions:

- 1. Education and Awareness**
- 2. Parental Involvement.**
- 3. Responsible Media Consumption**
- 4. Mental Health Support**
- 5. Conflict Resolution Training**
- 6. Online Safety Measures**

The growing aggression among today's generation is a complex issue stemming from various societal, cultural, and individual factors. Addressing this problem requires a collective effort to promote empathy, emotional intelligence and healthier coping mechanisms. By taking proactive steps and investing in the well-being of our youth, we can pave the way for a more harmonious and empathetic society.

Sara Shah, -XII





LEARNING TO RIDE A BICYCLE

On my sixth birthday my parents gave me the best birthday gift, my bicycle. It was a very special day as I always wanted to have a bicycle. It was a very beautiful pink colored bicycle.



I never knew how to ride a bicycle but my father taught me very well. I was very scared to ride it at first. I was unable to ride at first, whenever I paddled I would lose balance. But with the help of side stands I slowly learned to ride a bicycle. It was a tough journey as I got hurt so many times by falling down, but I never gave up. Now I ride so well and I also help my cousin to ride it. We both have fun riding in muddy paddles. My father has promised me that he will buy me a big bicycle very soon.

Syeda Khansa Fatima, IV-A

WHICH IS THE HARDEST PART OF CLASS 4?

Fourth class is a very challenging year for kids. There are a lot of changes like different teachers for different subjects, having SUPW activities and even going down for the break. Every year, we make new friends.



The students work hard and they're asked to do more things independently than class three.

We learn how to complete work in a given period. We have to do a lot of writing work neatly. The hardest part for me was the first test as I was very nervous. The teachers had done revision also but I was scared. But slowly I have become more comfortable now.

Aayat Choudhary, IV-B



WHAT DOES INDEPENDENCE MEAN TO ME?



Independence is all about making your way in the world. Independence is important for achieving mental well being and good self esteem. Depending on others can sometimes be perceived as a weakness.

When people are self reliant, they are independent and autonomous or they take care of themselves. There are different ways you feel independence, for example :- one may feel good about oneself when one stands out and experiences oneself as unique, as unique and different; alternatively, one may feel good about being able to take one's own decisions.

To me, freedom is filled with opportunities. The opportunity to say what's on our mind, to make mistakes, to dream, the opportunity to translate our dreams to reality. Freedom isn't something we wait for somebody to give us; we earn it and then defend it passionately. It's about being self-reliant and having the resources to lead a life of dignity. And at last I would say everyone has the right to get a taste of independence.

Mysha Khan, VIII-B



THE LAST BELL FOR THE DAY IN SCHOOL

As the sun dips below the horizon and the day's lessons come to a close, the sweet sound of the last bell in school comes through the hallways, signalling the end of a day filled with learning, friendship, and growth. The day's last bell blends emotions, from relief and satisfaction to anticipation and a hint of nostalgia. Let us delve into the significance of this moment and how it impacts students, teachers and the entire school community. For students, the last bell of the day brings a much-needed sense of



relief and satisfaction. After hours of focusing on lessons, completing assignments and participating in extracurricular activities, the sound of the bell represents a moment of freedom. Backpacks are slung over shoulders, lockers are closed, and a collective sigh of relief fills the air as students eagerly step out of their classrooms, ready to enjoy the rest of the day. This brief respite from academic responsibilities allows students to relax, pursue their passion and spend quality time with friends and family. Whether engaging in sports, creative pursuits or simply spending time outdoors, the last bell opens up a world of possibilities beyond the confines of

the school walls.

As the last bell rings, it also provides a moment for reflection. Students pause to think of the knowledge they have gained, the challenges they have overcome and the trust they have built throughout the day. It gives a sense of gratitude for the opportunities afforded by education and the growth they experience both academically and personally. The last bell offers teachers a chance to prepare for the day ahead.

They use this time to organize material, plan lessons and strategize ways to enrich the learning experience for their students. The last bell for the day is not just a signal for individuals to depart; it is a symbol of unity and community. As students and teachers come together, they form bonds that strengthen the fabric of the school community. Conversations flow freely, laughter abounds and experiences are shared.

The last bell for the day in school is more than just a sound; it is a poignant moment that encapsulates relief, reflection, and anticipation. It marks the end of a productive day of learning and the beginning of personal growth and relaxation. As students and teachers embrace this daily ritual, they cultivate academic knowledge and essential values of gratitude, unity and enthusiasm for learning. With the sound of the last bell, the school reverberates with a sense of farewell, leaving a promise of tomorrow's opportunities and discoveries.

Gauri Dixit, VIII-A

MY GREATEST TALENT

There are countless talents that people have around the world. Each person is different from the other. Due to differences in taste every person has a different kind of talent. Singing is one of the greatest talents in the world along with others like dancing, painting etc. Singing is my greatest talent. In fact I am very passionate about it. It is one of the greatest talents that keeps me happy and refreshed all the time. It provides a way through which I can express what I feel about anything.



I started taking interest in singing right from my childhood. I used to listen to songs of different genre. By and by, I developed a taste for singing. Due to my good voice, I was encouraged by my peers at school and later by my family to take up singing. I always take an active part in functions organized in school. I really love to sing for my friends. When I sing, I am lost in a world far away from here and I feel that I am in a world of my dreams. No one can be dedicated to something without an inspiration. I really want to be an amazing singer like Lata Mangeskar. I really love her soft voice. To me singing is a sacred art and it gives me utmost happiness.

Bhavya Kumar, VII-B