

BREAKING BARRIERS : A STORY RELATED AT THE NUKKAD !



Nukkad Natak or “Path Natya” as popularly known in Marathi is a **drama performed on streets to create social awareness**. I first got the opportunity to participate in Nukkad Natak when I was in class 10. Every year, since then, I was chosen to participate in the same. We strived every year to bring out our best performance and this year our hard work paid off.

The rules of the competition were quite challenging: a team of 10–15 participants (including an accompanist), a time limit of 5–6 minutes and a topic on social issues. We were not allowed to use props or electronic instruments and the only instruments we could use were the dholak, tabla, and tambura.

Our team knew that we had to choose a truly impactful topic for our performance. Thanks to the guidance of our beloved Teacher, Bulbul Ma’am, we decided to tackle a sensitive and often overlooked issue, ‘transgender rights’. Ma’am emphasized that this topic was not easy to perform and many would shy away from it. However, we were determined to use this opportunity to raise awareness and promote understanding.

The competition was originally scheduled for August 31st, but due to unforeseen circumstances it was brought forward to August 21st. This sudden change of schedule once again led us to a more challenging situation, as it meant that we had even less time

to prepare. To make matters worse, many of our teammates were unable to participate due to other commitments, leaving us with a small and dedicated team. With just one week to prepare, the pressure was immense. Even though it was hard, our passion and determination kept us going. We quickly realized that we would need to portray transgender women, a task that required sensitivity, empathy and a deep understanding of their experiences.

Even though we faced challenges we kept going with the strong support of Bulbul ma'am and our Principal. We decided to have all four seniors take on the roles of transgender women. We practiced tirelessly, spending long hours perfecting our performances. Ma'am's guidance and encouragement were invaluable, and we

were determined to make our performance unforgettable.

On the day of the competition, we were filled with both excitement and anxiety. As we watched other schools perform, we couldn't help but feel nervous. However, as soon as we stepped on to the stage, all our fears vanished. We focused on delivering a powerful message about transgender rights and equality. Each of us gave our best and we were thrilled with the results.

We were awarded the second position in the Zonal Nukkad Natak competition! This achievement showed our team's talent, strength and strong commitment to social justice.

Naysha Singh, XII-B

THE LONG AND SHORT OF IT

Shorter school days are better for students and will positively influence the students' daily routine. There are several advantages of reducing the school hours. One of the main reasons lie in the students' attention time span. Psychologists state that the ideal attention span of the students is much lower than we think. For instance, for first graders it is no more than 15 to 18 minutes at most. Also, research suggests that full time studying is not very effective and there is not much difference in the academic results.

prioritize essential content and utilize more engaging teaching methods.

Enhanced Mental Health - a critical concern for today's youth, with increasing number of students experiencing stress, anxiety and depression. Shorter school days allow students more time to pursue hobbies, spend time with family and engage in physical activities, all of which are crucial for maintaining mental well-being. Additionally, with less academic pressure, students can approach their studies with a healthier mindset.



Opportunities for Extracurricular Activities- If school days are shorter then the students will be able to participate in extracurricular activities such as sports, arts and clubs. These activities not only enrich student's lives but teach them life skills such as time management, leadership etc. In conclusion, shorter days are better for students as they offer numerous benefits that can help students enhance their overall well-being.

Shorter school days will help to -

Improve Academic Performance - Contrary to the assumption that more hours in School equate to better learning, studies have shown that the quality of education is more important than the quantity. Shorter school days can lead to more focused and effective teaching, as educators are encouraged to

We should focus on quality over quantity, providing ample time for mental health and encouraging extracurricular activities. Educators can create a supportive environment. It is essential to reconsider and adapt the structure of school days to better meet the needs of students.

Pehar Sadh, IX-A

ARE YOU FINANCIALLY LITERATE??

From our childhood we have a habit of saving. Whether it is our piggy banks, pocket money or money which we get from our relatives.

On the other hand when we see western countries they are the opposite to us. They believe in spending and their power of spending comes from Credit Cards. In spite of their spending behavior, they are much ahead of us when we talk about Financial Literacy.

India is home to almost 20% of the world's population. However, 76% of its adult population is



not even aware of the basic financial concepts. As per survey reports Financial Literacy in India has been significantly poor, compared to the rest of the world.

A survey suggests that only 27% of Indians are financially literate, the rest are still far from the concept of financial literacy. The major reason behind the lack of financial literacy is the lack of financial education given to people at schools.

It's simple;

1) We never discuss money in our homes, money is off the discussion during dinners or in general.

2) Very few parents have the idea about investment, because they think stock market, real estate and other investment vehicles are risky.

3) The education system in India as well as in the world hasn't incorporated personal finance into their curriculum.

From the very beginning, people should be taught

how to manage their money in a better way. We should learn how investments help in making our money work for us.

At a later stage too, people are not aware of the fact that making investments can help them in achieving their financial goals, which they have dreamt of!

It still isn't late . We can still acquire financial literacy.

One of the ways to have financial knowledge is "FINFLUENCERS " -

it comes from the words 'finance and influencer'.

Finfluencers are basically individuals who have gained influence and a following on social media platforms by sharing content related to personal finance, investing, budgeting and other financial topics.

The best way to do it would be to take a course in personal finance from coursera or udemy or any MOOCS platform. This will give you a perfect start. Then you can keep learning further.

Raksha Jha,XII-A

SPOT LIGHT 2024-2025

TEAM YOGA

BOYS:-

UNDER 14 SUB JUNIOR THIRD
UNDER 17 JUNIOR FIRST
UNDER 19 SENIOR SECOND

ARTISTIC YOGA

GIRLS:-

UNDER 14 DIKSHA SECOND CLASS 6
UNDER 17 TRISHI THIRD CLASS 9

BOYS:-

UNDER 14 DEPANSHU SECOND CLASS 8
UNDER 19 PRANEET THIRD CLASS 9

RHYTHMIC YOGA

GIRLS:-

UNDER 19 ANSHIKHA THIRD CLASS 10

BOYS:-

UNDER 14 KANISHK THIRD CLASS 8

RESULTS OF JUDO GIRLS AND KHURAS

| S.NO | NAME | JUDO POSITION | KHURAS POSITION |
|------|------------|---------------|-----------------|
| 1 | Anshika | III | - |
| 2 | Khushi | III | III |
| 3 | Yashika | III | III |
| 4 | Ziya Saifi | II | I |
| 5 | Livanshi | II | I |
| 6 | Yashna | III | - |
| 7 | Mehar | I | II |
| 8 | Aarna | II | III |
| 9 | Ariba | I | I |
| 10 | Payal | III | - |
| 11 | Naba | I | II |
| 12 | Ritu | I | I |
| 13 | Maira | - | III |

SPORTS RESULT

(Zone -23 Basketball Tournament 2024-25)

Sub-Junior Basketball Boys
team second runner-up
Zone-23 ATHLETIC MEET
2024-25

ANSHIKA BERRY

from class 12th won Gold in
Senior girls 100meter sprint.



| | | | |
|--------------------------|-------------------|-------------|----------------|
| English Extempore | Haajra Fatima | Class - X | Position - III |
| Hindi Extempore | Omkar Kumar Singh | Class - VI | Position - I |
| Mono Acting | Raksha Jha | Class - XII | Position - II |
| Hindi slogan writing | Abhimanyu Wadhwa | Class - VII | Position - II |
| English slogan writing | Mysha Khan | Class - IX | Position - III |
| Nukkad Natak Mixed Group | | | Position - II |



MY FAVOURITE MOVIE

My favourite movie is “Ella Enchanted “. There was a girl named Ella. After Ella was born, her fairy godmother gave her the gift of obedience. This meant that the girl needed to obey everything anyone asked her to do. When she turned six years old, she had already started going to school. She saw a girl making fun of another girl. She went and asked the girl why she was making fun of the other girl.



The girl said nothing and left. Later Ella found out that the girl’s name was Sofia. From then on they became very good friends. But things took a very sad turn when Ella’s mother passed away because of her illness. Ella was very sad. Seeing Ella’s grief, her father decided to marry a woman who had two daughters. Their names were Annie and Charlotte. After Ella turned twenty years old, she went to the palace because she was the queen’s new helper. But then one day Ella saw one of the helper whisper something to a soldier. Later that day she found that the helper was actually an enemy from a different kingdom who wanted to kill the queen and become the queen. The next day Ella asked the queen if she could come for dinner to the banquet hall. At dinner, she told the queen everything. The queen was very furious and ordered the girl to be sent to a faraway island and kept isolated from everyone. This way Ella saved the queen’s life.

Myrra Jane Singha, V-C

ANIMATED WISDOM

Today, I would like to talk about an unexpected yet powerful source of wisdom - cartoons. People often stop the young ones from watching cartoons as they believe that it promotes misconduct and ferocity among children. However, we shouldn’t forget that every coin has two sides and so does this one. These colourful animated shows that we grew up watching have actually shaped our values in a subtle yet profound way.



The Lion King for example has taught us about the circle of life and how every decision that we take has consequences. Meanwhile, Tom and Jerry reminds us how conflicts are a part of life, but so is resilience. Cartoons like SpongeBob taught us to embrace positivity and find joy in the simplest things.

In fact, a UPSC aspirant in his interview claimed that his hobby was watching the cartoon - Motu Patlu. When questioned, he replied that the two protagonists Motu and Patlu being best friends reinforced body positivity within the young minds.

In a world full of complexities, these simple stories often remind us of the fundamental truths of life. So the next time you revisit your favourite cartoon, remember- there’s more wisdom hidden in those frames than what meets the eye.

Aadhya Sandurea, 10-B

LEARNING, DISCOVERING & ENJOYING

