



INDIAN SCHOOL SUR

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STUDENT

SL.NO	TITLE	PAGE NO
1	<i>If I were a Butterfly</i>	1
2	<i>The Highway</i>	2
3	<i>The Sky</i>	3
4	<i>From Setbacks to Comebacks</i>	4
5	<i>The Little Dolphin</i>	5
6	<i>Best Friends</i>	6
7	<i>The Older I get</i>	7
8	<i>Travelogue</i>	8
9	<i>Forgiveness</i>	9
10	<i>Wonderland</i>	10
11	<i>Friendship</i>	11
12	<i>The Land of Magic</i>	12
13	<i>Linguistic Diversity in India</i>	13
14	<i>Comparison of Current Parliament and New Parliament</i>	14
15	<i>Maths Riddles</i>	15
16	चाय एक चाहत	16
17	माँ	17
18	बेटी	18
19	कोशिश	19
20	प्रदूषण	20
21	ചിരി	21
22	മാനസിക ആരോഗ്യം	22
23	ആർഭാടത്തിലമരുന്ന കേരളീയ ജനത	23
24	التسامح و العفو	24
25	صندوق الصداقة	25



IF I WERE A BUTTERFLY



Wish I were a butterfly, wandering around the flower bed,

No one would be there to scold me nor fly over my head.

I could be flying far and wide to see the foreign lands,

And children would run behind me with their bare little hands.

At night I would fly over the deep blue ocean with sparkling glittering water,

And when my mom looks out for me, she would ask about me, her daughter.

How beautiful my wings would look, blue and black and green,

I would be the most beautiful butterfly that anyone would have ever seen.

I would sit on the beautiful flowers, that would gently sway in the breeze,

Oh! Such a beautiful sight, you surely want to seize.



ASMA NOOR CHOWDHURY
CLASS - V A

THE HIGHWAY



Endless lines of headlights gleam,
Threads of silver in a midnight stream.

A quiet pulse, a city's breath,
Moving forward, life and death.

Streetlights burn like watchful eyes,
Casting gold on blackened skies.
Each car a story, sealed in glass,
Speeding by, too quick to grasp.

In the dark, the world feels vast,
Roads like rivers flowing fast.
Silent journeys, lives unknown,
Together yet forever alone.

ASWATH SREEDHAR
CLASS - XII A

THE SKY



*A wide, blue space above us all,
Where dreams can rise and shadows fall.
Fluffy clouds drift gently by,
As sunsets fill the evening sky.*

*At night, the stars begin to shine,
A spark of magic, calm and fine.
In every colour, our mother's say,
The sky is ours, both night and day.*

*It wraps us in its soft embrace,
A timeless gift, a sacred space.
With every breath, we feel its grace,
A world of wonder, our shared place.*

RIDA JAWAID
CLASS - XII A

FROM SETBACKS TO COMEBACKS

The ACL is a crucial ligament in the knee, playing a vital role in stabilizing the joint and controlling its movements. Injuries to this ligament often occur during activities that involve sudden stops, jumps, or quick changes in direction—think basketball, soccer, football, and skiing. When the ACL is overstretched or twisted awkwardly, it can tear, leading to a painful injury that can require extensive recovery time, possibly involving surgery and physical therapy. The following is an account of my experience with an ACL tear twice.

The first sting

I've faced the challenge of ACL injuries twice in my life, each experience teaching me something new about resilience and the mental toll of injury. The first time was when I was just 15 years old. I was playing a friendly football match with friends, but it quickly turned competitive. In my eagerness to regain the ball, I turned too sharply and heard a sickening pop in my left knee. I had torn multiple ligaments, and the pain was excruciating.

Pablo Martín Páez Gavira, Spanish footballer who plays for the La Liga club Barcelona had gotten an ACL injury in Spain's clash with Georgia in November of 2022. In those first moments, I was terrified. After a quick trip to the hospital and a few days of rest, I returned to school, thinking I was okay—little did I know the extent of my injury. After some instability and nagging pain, my parents finally agreed to an MRI, which revealed the full extent of the damage. I was advised to undergo surgery, and after a successful operation in Coimbatore, Tamil Nadu, I faced a long road of rehabilitation. It took ten months before I was cleared to play again, and when I finally stepped back onto the pitch, I was overwhelmed with joy—but also fear. Memories of my injury haunted me.

A Second Setback

With time, I grew more comfortable and even expanded my athletic pursuits, signing up for handball—an exciting challenge I had long wanted to tackle. Unfortunately, during a match against a much larger team, I felt that all-too-familiar twist again. I couldn't help but scream, not just from the physical pain, but from the mental anguish of facing this battle once more. The doctors confirmed a partial ACL tear this time and suggested that I could recover with rehabilitation—though the odds were slim. Yet, amid the uncertainty, I clung to hope. Hope is what drives us to push through tough times, and I refuse to let this setback define me.

Preventing ACL and Other Sports Injuries

Here are some valuable tips to help keep athletes safe:

1. Warm-Up Properly. 2. Strengthen Your Leg Muscles. 3. Focus on Proper Technique.
4. Wear Appropriate Gear 5. Avoid Playing Through Pain. 6. Practise Balance and Agility Drill

The Importance of Safe Play Injuries are an unavoidable part of sports, but with the right mindset and a focus on prevention, athletes can significantly reduce their risks. Understanding the danger associated with injuries like ACL tears can help prioritize safety over mere performance. Many ACL injuries stem from inadequate preparation or overexertion, so it's essential for athletes to pace themselves and prioritize recovery to remain healthy and engaged in sports for the long haul.

SHRIHARI KANNAN
CLASS - XII A

THE LITTLE DOLPHIN



Once there was a beautiful land which was surrounded by an ocean. In that ocean there lived a clever little dolphin. In that same ocean there also lived a cruel shark. Tia, a young girl liked that dolphin very much. One day when the dolphin was swimming near the coast the shark came. “Ha ha ha! The last island! This island will also become a prey in my hands, ha ha ha! Hey men and women listen to me I want to rule this island, do you agree? If you agree I’ll leave you or else grrrrrrr.....”

The people said “We do not agree with you, what will you do?

“I will kill you”, said the shark. Saying this, the shark started killing the people.

The Dolphins said, “Hey Shark don’t kill the people, they are innocent”.

The shark did not listen and it kept harming the innocent people. One day he got caught in a big trailer’s net. He was about to be pulled up when he started calling for help. The Dolphin reached out to help him. This made the shark realize his mistake and he made a promise to the dolphin that he would never attack the innocent people anymore.

Moral: Always do good and with your goodness try to win over the evil.

AADIL KURIAN VARGHESE
CLASS - V A

BEST FRIENDS



I have some best friends
 Our friendship never ends
 We help each other in needs
 And we always do good deeds
 We share our food, which is always good
 We hold our hands
 And travel through wonderlands
 We shout and scream, that we have a dream
 We'll go to wonderland and meet Alice.
 Then we'll go to a magnificent palace.



THERESE SUSAN BINU
CLASS - V B

THE OLDER I GET



*It was like yesterday
 When I felt like a little one
 But it doesn't feel the same today.*

*It was like yesterday
 That I was four,
 But I'm fourteen today.*

*The older I get
 The more that I felt
 The everything I got
 Is the everything I lost.*

*But it's ok, I'd say,
 Even though the world is gray*

I can make the colours come true again.

FATHIMA ZARAH
CLASS - VIII B

TRAVELOGUE



Salalah, the capital of Dhofar Governorate in Oman, is a hidden gem that enchants visitors with its unique blend of natural beauty, rich culture, and historical significance. Nestled along the southern coast of the Arabian Peninsula, this city is renowned for its lush landscapes, stunning beaches, and the annual Khareef season, which transforms the region into a verdant paradise. I travelled in July. When I landed in Salalah after a 12-hour road trip the first thing that captured my attention was the stunning natural beauty of Salalah. The Khareef season, from June to September, brings monsoon rains that rejuvenate the landscape, creating lush green hills and cascading waterfalls. I directly went to my best friend who is in Salalah.

I explored the Salalah Mountains, hiking through the misty trails and witnessing breathtaking views of the surrounding valleys with my friend. A visit to Wadi Darbat is a must. Standing beside its tranquil lagoons, I hear the gentle sound of flowing water and see palm trees swaying in the breeze. This oasis, dotted with picnic spots and wildlife, invites relaxation and reflection. Salalah is not just about natural beauty; it is steeped in history and culture. The Al Baleed Archaeological Park, a UNESCO World Heritage site, offers a glimpse into the region's ancient past as a thriving trading port. Walking through the ruins of the old city, I can almost hear the echoes of traders discussing their goods—frankincense, myrrh, and spices. The Sultan Qaboos Mosque, with its stunning architecture and intricate design, reflects the Islamic heritage of Oman. I participated in a guided tour, where I learned about the significance of the mosque and admired its majestic minarets.

No travelogue is complete without mentioning the local cuisine. Salalah's culinary scene is a delightful fusion of flavours. I savoured traditional Omani dishes, such as Shuwa—a slow-cooked lamb marinated with spices and wrapped in banana leaves. The aromatic spices and fresh ingredients showcase the region's rich agricultural heritage. As my journey through Salalah came to an end, I reflected on the unique experiences this city offers. I was sad to leave my friend. From its breathtaking landscapes to its rich cultural tapestry, Salalah is a destination that promises to leave a lasting impression on every traveller. The allure of this hidden paradise continues to inspire my wanderlust.

FATHIMA DHIYA
CLASS - XI B

FORGIVENESS



Free yourself from the pain of past,
 Open doors to peace that will last.
 Release the anger, let it go,
 Generosity in the healing flow.
 In peace, healing begins,
 Voice the words, let go of sins.
 Ease the burden, lighten the soul,
 Nourishing forgiveness making us whole
 Embrace the past, move ahead,
 Sow love where anger once bled.
 Slowly, kindness is spread.

SUSMITA MOHAJAN
CLASS - XI A

WONDERLAND



*I am the Mad Hatter with no hat
 I disappear like Cheshire, but I'm no cat,
 Just like Alice I stumble and fall.
 And like White Rabbit, I have no time at all!
 Wonderland has no right nor wrong
 So, why not sit back,
 And sing a song?
 And enjoy the wonder of the wonderland!!!*

MAISHA
CLASS - V B

FRIENDSHIP

*I wanted to thank you
 But was unable to explain
 What it means to have a friend
 To share life's joy and life's pain
 It's good to know our friendship
 Is one of endless devotion
 Forged out of respect
 And every kind of emotion*



*It's patient and forgiving
 Never failing or forsaking
 When a hand is outstretched
 Or one's heart is breaking
 It's ever faithful
 Even when the world condemns
 And sparkles in the darkness
 Like fireworks and gems
 It does my heart good*

*That at the end of the day
 Knowing that you will never
 Be more than an email away*

**AAYRA ANUM
 CLASS - VIII B**

THE LAND OF MAGIC



Tom had just retired for the day. He was in his bed reading a book titled "The Land of Magic". Even though he did not believe in magic he found the book enthralling and could not refuse buying it. Just as he had completed 5 chapters of thrilling magic, he heard a rattling sound from his closet, thinking he had just imagined he went back to reading and soon he heard the strange noise again. This time being sure he heard it; he deliberately moved closer to his closet and inspected it. He emptied the closet and upon a closer look found a loose piece of wood, as he tugged the piece it fell on the floor revealing a surreptitious door with just a keyhole.

Defeated as he did not have a key he went back to bed. Next morning as he got ready for the day, he noticed that there was a cardboard key next to his book. He realised that the key exactly fitted the shape behind the book cover. He fixed the key and with a flash of light the book transformed into an old rusty key. He went back to the door and opened it with the key. The door opened revealing a beautiful place. He took a hesitant step towards it and stepped into an unfamiliar land. He saw creatures like pixies, Unicorns, fairies and cats flying in colours of purple and pink. It wasn't soon he realised he was in "The land of magic" like the one he read in his book.

Tom then explored and discovered many magic tricks. Being in the magic land had changed him a lot, He started valuing the creatures around him whether big or small. The thought of leaving never occurred to him until he one day came across the heart of the magic which gave him two choices: to stay and rule the magic land or to go back to his own world with all his powers he gained.

Tom after a lot of dilemmas, decided to go back to his world and within a flash, he was in his room with the door gone along with the key leaving the book. Tom took the book and placed it on his bookshelf with a satisfied smile on his face knowing his experience was a unique one.

NANDINIBA VALA
CLASS - IX A

LINGUISTIC DIVERSITY IN INDIA

A NATION OF MULTILINGUALISM



India is a land of extraordinary linguistic diversity, with over 120 major languages and more than 1,600 dialects spoken across the country. This multilingualism is a defining characteristic of Indian society. While Hindi, the most widely spoken language, serves as the official language of the central government, English is also extensively used in business, education, and administration.

Each region of India boasts its own unique set of languages, with many states having multiple languages spoken within them. For instance, in Maharashtra, Tamil Nadu, and West Bengal, the dominant languages are Marathi, Tamil, and Bengali, respectively. However, many residents are also fluent in other languages such as Hindi, English, or regional dialects, reflecting the country's rich linguistic tapestry.

India's education system actively supports this multilingualism, encouraging children to learn several languages from an early age. In urban centres, it is common to find individuals fluent in three or more languages, underscoring India's status as one of the most linguistically diverse and multilingual nations globally.

This linguistic variety is not only a testament to India's cultural heritage but also plays a crucial role in facilitating communication and fostering connections between communities, bridging vast geographical and cultural divides.

NANDINIBA VALA
CLASS - IX A

CURRENT PARLIAMENT

NEW PARLIAMENT

FULL COMPARISON



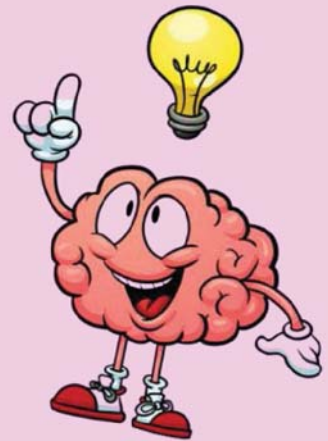
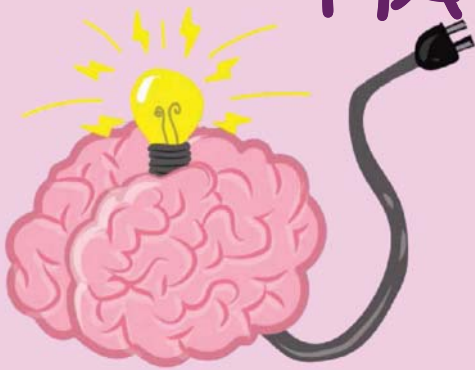
The new Parliament building in Delhi, set to be inaugurated by Prime Minister Narendra Modi on May 28, represents the spirit of a self-reliant India (Aatmanirbhar Bharat). Replacing the old Parliament building, which was completed almost a century ago in 1927, the new structure is a significant addition to the Central Vista project in the national capital.

Key features that distinguish the old and new Parliament buildings:

- **Increased Seating Capacity:** The new Parliament building will feature increased seating capacity, with 888 MPs in the Lok Sabha and 384 seats in the Rajya Sabha, addressing future needs. Unlike the old building, it will not have a Central Hall; instead, the Lok Sabha Hall will be designed to accommodate joint sessions, eliminating the need for additional seating.
- **Earthquake-Proof Construction:** Considering Delhi's increased seismic activity, the new Parliament building is being constructed to withstand earthquakes.
- **Peacock and Lotus Flower Theme:** The Lok Sabha and Rajya Sabha in the new Parliament House will showcase distinct themes. The Lok Sabha will incorporate the national bird, the Peacock, while the Rajya Sabha will feature the national flower, the Lotus, in their respective structures.
- **Modern Technological Facilities:** To enhance the technological capabilities of the House, each MP's seat in the new Parliament House will have a multimedia display in front of it.
- **Eco-Friendly Initiatives:** The new Parliament building focuses on sustainability, using green construction materials and energy-efficient devices to reduce electricity consumption by 30%. It will feature rainwater harvesting and solar power generation systems to promote renewable energy sources.
- **Media Facilities:** Special facilities for the media will be provided in the new Parliament House. A total of 530 seats will be arranged for media personnel.
- **Public-Friendly Design:** The new Parliament House aims to be more accessible to the public.
- **Architectural Design and Construction:** The construction of the new Parliament building is being undertaken by Tata Projects Limited, with the design by HCP Design Planning and Management Private Limited. The total area for construction is 64,500 sqm, creating a modern architectural marvel in the heart of Delhi.

MANHA ASEEB
CLASS - VIII B

MATHS RIDDLES



- 1) How can you take 2 from 5 and still have 4?
- 2) I add five to nine and get two. The answer is correct. But how?
- 3) If a father has 8 sons, and each son has a sister, how many children does he have?
- 4) Bees love Geometry. What's their favorite figure?
- 5) How many eggs can you put in an empty basket?
- 6) If there are 4 apples and you take away 3, how many do "you" have?
- 7) I have two equal opposite parallel sides, but I am not always a rectangle? What shape am I?
- 8) What do math teachers like to eat?

ANSWERS

1. Remove the 2 letters F and E from "FIVE" and you are left with IV.
2. When it is 9am, add 5hrs to it, then you will get 2pm.
3. 9 children
4. It is Hexagon.
5. Only one egg because after that the basket doesn't empty.
6. 3 apples
7. Parallelogram
8. Pie(e).

SHIVANEE SENTHILKUMAR
CLASS - X B



चाय एक चाहत

कभी बारिश में, कभी धूप में,
चाय का कप, हर मूड में।
गर्म-गर्म चाय, और मीठी बातें,
सपनों की दुनिया में, ले जाती रातें।



चाय के बिना, अधूरी है शाम,
हर घूंट में मिलती, एक नई पहचान।
चाय की चुस्की, परिवार के संग,
महफ़िल और गपशप, हर पल में रंग।

चाय की महक, मन को भाए,
हर कप में छिपी, यादें जो लाए।
चाय की चाहत, हमेशा रहे,
हर सुबह, हर शाम, चाय की महफ़िल सजे।

शबनम बशीर
कक्षा 11 बी

माँ



दुनिया में कुछ चीज़ों का महत्व बहुत होता है,
 उसमें से एक माँ है।
 उनकी लोरी आज भी याद आती है,
 कैसे वह कहानी सुनाती
 आजकल तो अपनी ज़िंदगी की कहानी को
 सुलझाने
 में उलझ गए हैं हम।
 अब तो उनकी डाँट भी लगती है अच्छी थी,
 कम से कम कोई तो हमारा भला चाहता था।
 उनका प्यार बहुत कीमती था,
 सोने और हीरे भी उसके आगे कुछ नहीं।
 अभी भी वक्त है मेरे यार,
 उनको सारा प्यार दे दो।
 अपनी माँ को रूलाना मत,
 वरना फिर तुम उससे ज़्यादा रोगे।

इंजीला अहमदी
 कक्षा 6 बी

बेटी



जब-जब जन्म लेती है बेटी,
 खुशियाँ साथ लाती है बेटी।
 ईश्वर की सौगात है बेटी,
 सुबह की पहली किरण है बेटी।
 तारों की शीतल छाया है बेटी,
 आँगन की चिड़िया है बेटी।
 त्याग और सम्पूर्ण सिखाती है,
 नए-नए रिश्ते बनाती है बेटी।
 जिस घर जाए, उजाला लाती है बेटी,
 बार-बार याद आती है बेटी
 बेटी की कीमत उनसे पूछो,
 जिनके पास नहीं है बेटी।

लावण्या सिंह
 कक्षा 6 बी

कोशिश

हर कोशिश की थी
अपने अल्फाजों से लेकर मिनतों तक,
बस इसी उम्मीद में कि कुछ काम कर जाए,
कुछ तो तुम्हें मेरे साथ अटका दे।
हर कोशिश की थी
तुम्हारे हर मुफद के बारे में जाना था,
बस इसी उम्मीद में कि शायद,
शायद कुछ तो मुश्तरका निकल जाएगा,
शायद इसी बहाने तुमसे पाँच मिनट और बात हो जाएगी।

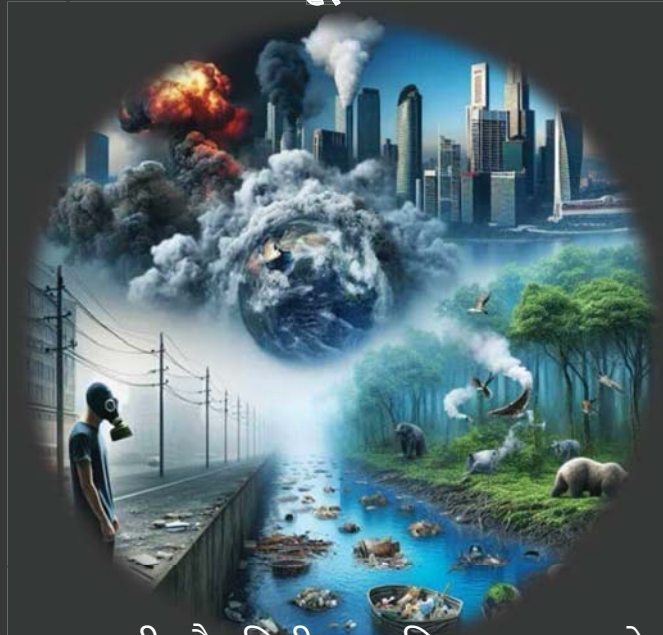


हर चीज़ आजमा ली,
जो हो सकता था कर लिया
लेकिन जब हमारा अक्स तुम्हारे नज़रों में बदलना नहीं
जब हमारा अक्स तुम्हारी नज़रों में बदलना नहीं
तो फिर क्या फायदा इन कोशिशों का ?
हर कोशिश की थी,
तुम्हारे हर झूठ को,
आँखें बंद कर मान लिया था,
बस इसी उम्मीद में कि किसी पल ,
तुम भी मान जाओगे,
लेकिन न तुम माने और हम मनाने में नाकामयाब हुए।

हर कोशिश की थी,
कितनी रातों दुआँ माँगी थी,
लेकिन हमें कौन बताता,
हमारी दुआँ किसी और को लग रही थी।
हर कोशिश की थी

सिदरा मिराज
कक्षा 11 ए

प्रदूषण



प्रदूषण से हमारा तात्पर्य है हवा, पानी और मिट्टी का दूषित या खराब हो जाना।

प्रदूषण पर्यावरण में दूषक पदार्थों के प्रवेश के कारण प्राकृतिक संतुलन में उत्पन्न होने वाले दोष कहते हैं। प्रदूषण आज संपूर्ण विश्व की एक ज्वलंत समस्या है। यह एक ऐसा अभिशाप है जो हवा, पानी और मिट्टी के माध्यम से न केवल मनुष्य बल्कि जीव-जंतु, पशु-पक्षी, पेड़-पौधों और वनस्पतियों को भी नष्ट कर देता है। आज प्रदूषण के कारण ही जीवों का अस्तित्व खतरे में पड़ गया है। इसी के कारण बहुत से जीव-जंतु, पशु-पक्षी और वन्य जीव लुप्त हो गए हैं।

प्रदूषण मुख्यतः चार प्रकार के होते हैं – वायु प्रदूषण, जल प्रदूषण, भू प्रदूषण और ध्वनि प्रदूषण। वाहनों की बढ़ती संख्या के कारण जहरीली और हानिकारक गैसों का स्तर निरंतर बढ़ रहा है। वहीं, कारखानों से निकलने वाला धुआँ और खुले में कचरा जलाना वायु प्रदूषण के मुख्य कारण हैं। कारखाने निर्माण प्रक्रिया के दौरान गैस, गर्मी और ऊर्जा उत्पन्न करते हैं, जिससे इंसानों और जानवरों में फेफड़ों के कैंसर और अन्य साँस संबंधी बीमारियाँ बढ़ रही हैं। कारखानों, उद्योगों, सीवेज और खेतों आदि के हानिकारक कचरे की सीधे तौर पर नदियों, झीलों और महासागरों के

पानी के मुख्य स्तोक में मिलना जल प्रदूषण का मुख्य कारण है। उर्वरकों, कीटनाशकों और अन्य कार्बनिक यौगिकों के उपयोग के कारण भू प्रदूषण होता है।

प्रदूषण पर नियंत्रण पाने के लिए संयुक्त प्रयासों की आवश्यकता है। मनुष्य होने के नाते हमें प्राकृतिक संसाधनों जैसे वायु, जल, पेड़-पौधों आदि की रक्षा करना हमारा प्रथम कर्तव्य है। जैसा कहा गया है, "जैसा व्यवहार हम प्रकृति के साथ करेंगे, वैसा ही बदले में हमें मिलेगा।" वृक्षारोपण सभी प्रकार के प्रदूषण को कम करने में सहायक सिद्ध हो सकता है।

जैसा कहा गया है, "वृक्ष धरा का भूषण हैं। करते दूर प्रदूषण है।"

परिणिता शुक्ला
कक्षा 11 बी

തൂലിക



ചിരി



മറ്റുള്ള ജീവികളിൽ നിന്നും മനുഷ്യനെ വ്യത്യസ്തനാക്കുന്ന ഏറ്റവും വലിയ സവിശേഷതയാണ് ചിരിക്കാനുള്ള കഴിവ് . പക്ഷേ ഇന്നത്തെ ലോകത്ത് പലരും ഒന്ന് ചിരിക്കാൻ മറന്നു പോകുന്നു.

ചിരി ആരോഗ്യത്തിന് ഏറെ പ്രയോജനപ്രദമാണ് . പലയിടത്തും ചിരി ക്ലബുകൾ പ്രവർത്തിക്കുന്നുണ്ട്. ചിരിക്കുമ്പോൾ ശരീരത്തിലെ രക്തപ്രവാഹം കൂട്ടുന്നു. ഇത് ആരോഗ്യം വർദ്ധിപ്പിക്കുന്നു.

ചിരി ചെലവില്ലാത്ത കാര്യമാണ് . സന്തോഷം നിറഞ്ഞ ഒരു ചിരിയെക്കാൾ എന്താണ് മറ്റുള്ളവർക്ക് കൊടുക്കാനുള്ള ഏറ്റവും നല്ല സമ്മാനം. അതുകൊണ്ട് ചിരിക്കൂ .. രസിക്കൂ .. ആസ്വദിക്കൂ ...

ലക്ഷ്മിനായർ

9 എ

17

മാനസിക ആരോഗ്യം



തിരക്കേറിയ ജീവിതത്തിൽ മാനസിക ആരോഗ്യത്തെ കുറിച്ചുള്ള ചർച്ച അനിവാര്യമാണ്. ജീവിതത്തിലെ പല കാര്യങ്ങളും മാനസിക ആരോഗ്യത്തെ ആശ്രയിച്ചിരിക്കുന്നു .

കുടുംബജീവിതത്തിലും ഔദ്യോഗിക രംഗത്തുമെല്ലാം മാനസിക ആരോഗ്യം വളരെ അധികം പ്രധാനമാണ്. മികച്ച വ്യക്തിയാകുന്നതിനും നല്ല ബന്ധങ്ങൾ സ്ഥാപിക്കുന്നതിനും മാനസികാരോഗ്യം ആവശ്യമാണ്. നിരാശയും സമ്മർദ്ദവുമെല്ലാം മാനസികാരോഗ്യം കുറവുമൂലം ഉണ്ടാകുന്നതാണ്. മാനസികാരോഗ്യം ശാരീരികാരോഗ്യത്തെയും ബാധിക്കും .

നമ്മുടെ ജീവിത ശൈലിയിലുള്ള മാറ്റം, ശരിയായ ഭക്ഷണം, വ്യായാമം എന്നിവയിലൂടെ മാനസികാരോഗ്യം വീണ്ടെടുക്കാം .മാതാപിതാക്കളുമായി തുറന്ന സംഭാഷണം നടത്തുക, കൂട്ടുകാരുമായും, അധ്യാപകരുമായും ജീവിതത്തിലെ പ്രശ്നങ്ങൾ പങ്കുവയ്ക്കുക ഇവയിലൂടെ ജീവിതത്തിൽ അനുഭവിക്കുന്ന സമ്മർദ്ദങ്ങൾ കുറയ്ക്കാൻ കഴിയും .

മനസ്സിനെ മറ്റ് പല മേഖലകളിലേക്ക് തിരിച്ചുവിടുന്നതിലൂടെ മാനസികാരോഗ്യം നേടാൻ കഴിയും.അതിൽ ഏറെ പ്രധാനമാണ് വായന. വായന നമ്മളെ വേറൊരു ലോകത്തേക്ക് കൂട്ടിക്കൊണ്ടു പോകുന്നു. ഇത് മാനസികസംഘർഷം ലഘൂകരിക്കുന്നതിന് സഹായിക്കുന്നു . ആരോഗ്യമുള്ള മനസ്സും ആരോഗ്യമുള്ള ശരീരവുമുണ്ടെങ്കിൽ ഒരു നല്ല വ്യക്തിയായി സമൂഹത്തെ സേവിക്കാൻ കഴിയും .

ശ്രേയ കലേഷ്
ക്ലാസ്സ് 9 ബി

ആർഭാടത്തിലമരുന്ന കേരളീയ ജനത



ആർഭാടം കേരളീയ ജനതയ്ക്ക് ഒരു ഹരമായി മാറിയിരിക്കുന്നു. ആർഭാടത്തിനായി ലക്ഷങ്ങളും കോടികളും ചിലവാക്കുന്നു. പലപ്പോഴും മലയാളിയുടെ ആർഭാടജീവിതം അവരെ കടക്കണിയിൽ കൊണ്ടെത്തിക്കുന്നു. സമ്പന്നർ ആർഭാടം കാണിക്കുന്നത് അവരുടെ സമ്പത്ത് മറ്റുള്ളവരുടെ മുന്നിൽ പ്രകടിപ്പിക്കാനാണ്. എന്നാൽ ഇതിനെ അനുകരിക്കുന്ന പാവങ്ങൾ കടത്തിലകപ്പെടുന്നു. അവസാനം അത് അവരെ ആത്മഹത്യയിലേക്ക് കൊണ്ടെത്തിക്കുന്നു.

നമ്മുടെ നാട്ടിൽ നടക്കുന്ന പല മോഷണങ്ങൾക്കും കൊലകൾക്കും പിന്നിൽ ആർഭാടഭ്രമമാണ്. കൂടുതൽ സ്ത്രീധനം കൊടുക്കുന്നതും മലയാളിയുടെ ആർഭാടം കാണിക്കൽ തന്നെയാണ്. സ്ത്രീധനകുറവിന്റെ പേരിൽ എത്ര പെൺ കുട്ടികളാണ് മരണത്തിരയായത്. എത്രസാധുക്കളാണ് പീഡനങ്ങൾക്ക് ഇരയാകുന്നത്. ഇതിനെല്ലാം കാരണം ആർഭാടം തന്നെയാണ്.

നാട്ടിലെ കല്യാണങ്ങൾക്കും മറ്റ് ചടങ്ങുകൾക്കും എത്ര പൈസയാണ് പാഴാക്കികളയുന്നത്. സമ്പന്നർ കാണിക്കുന്നതുപോലെ പാവങ്ങളും ചെയ്യാൻ നിർബന്ധിതരാകുന്നു. കച്ചിൽ പൈസ ഇല്ലാതെ വരുമ്പോൾ കടം വാങ്ങി ആർഭാടമായി ചടങ്ങുകൾ നടത്തുന്നു. പിന്നീട് അത് തിരികെ കൊടുക്കാൻ ആകാതെ വരുമ്പോൾ കുടുംബം മുഴുവൻ ആത്മഹത്യ ചെയ്യുന്നു. ഇതാണ് ഇന്ന് നമ്മുടെ സമൂഹത്തിൽ കണ്ടുവരുന്നത്.

നിങ്ങൾ ഒന്ന് ചിന്തിക്കൂ നമുക്ക് ആർഭാടം ഇല്ലാതാക്കിയാൽ ഈ ആത്മഹത്യകൾ കുറയ്ക്കാൻ കഴിയില്ലേ. ലളിതമായ ചടങ്ങുകൾ നടത്തി സമാധാനമായി ജീവിക്കുന്നതല്ലേ നമുക്ക് നല്ലത്. ചിന്തിച്ച് തീരുമാനമെടുക്കൂ. ജീവിതം ആസ്വദിക്കൂ.

ഐഷ സ്വാലിഹ
ക്ലാസ്സ് - 9

الطلوع



التسامح و العفو



قت ذات يوم نعتان
غليظتان عنيدتان
الآخرى بعين الامتهال
لي اخلي الطريق بلا تواني
لست ابرح عن مكاني
فهاجتا تدفعان
اليم الخضم الاثنتان
في الشراسة و التفاني
في التسامح و الليان

في وسط قنطرة تلا
بالكبرياء شهيرتان
احداهما نظرت الى
و دنت تصيح الان
فأجابت الاخرى بكبر
و اشتد بينهما اللجاج
حتى هوت في لجة
ويلاه من عقبى التناهي
ان السلامة و الكرامة

MARIA ROMANY
XA

صندوق الصداقة



في قرية بعيدة محاطة بالجبال، كان هناك طفل يُدعى سامي. كان سامي محبًا للاستكشاف ويقضي معظم وقته في الغابة القريبة من قريته. كان لديه صديقٌ مُقربٌ يُدعى عادل، وكان الاثنان لا يفترقان أبدًا.

ذات يوم، وبينما كان سامي يستكشف الغابة، وجد صندوقًا خشبيًا صغيرًا مدفونًا تحت شجرة قديمة. عندما فتحه، وجد داخله رسالة تقول: "هذا الصندوق يحفظ كل عملٍ صالحٍ تقوم به وسيعود إليك بالخير يومًا ما".

عاد سامي إلى القرية وأخبر عادل عن الصندوق. ومنذ ذلك الحين، قرر الصديقان أن يفعلوا الخير قدر استطاعتهما. كانا يساعدان الجيران، يُطعمان الطيور، ويزرعان الأشجار.

لكن بعد فترة، مرض سامي بشدة ولم يستطع الخروج من المنزل. شعر بالحزن لأنه لم يعد قادرًا على مساعدة الآخرين. في تلك اللحظة، حدث شيءٌ مدهش. جاء أهل القرية، واحدًا تلو الآخر، ليقفوا بجانب سامي، ويقدموا له الطعام والأدوية.

عندما تعافى سامي، قال لعادل: "أعتقد أن الصندوق كان يعمل حتى وأنا مريض". فأجابه عادل بابتسامة: "الصندوق ليس في الغابة، إنه في قلوبنا. كل عمل طيب نفعله يبقى معنا ويعود إلينا في الوقت المناسب".

SIMRA FATHIMA
VIII B



“Education is the manifestation
of the perfection already in man”

SWAMI VIVEKANANDA

