

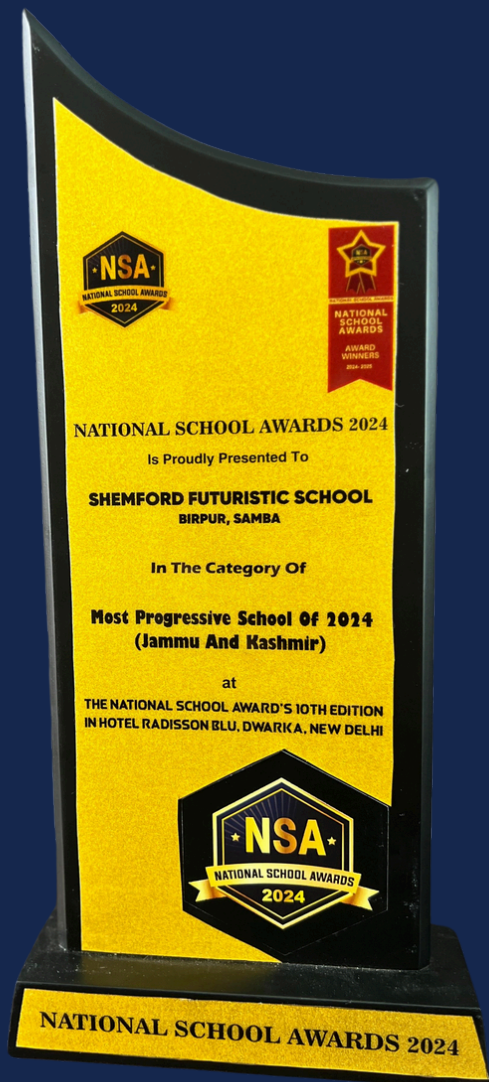


NEWSLETTER OF SHEMFORD FUTURISTIC SCHOOL, BIRPUR JAMMU

SHEMFORD HAPPENINGS



MOST PROGRESSIVE SCHOOL OF 2024



We are honored to announce that Shemford Futuristic School, Birpur Jammu, has been recognized by the NATIONAL SCHOOL AWARD as the "MOST PROGRESSIVE SCHOOL of 2024." This prestigious accolade is a testament to the unwavering commitment of our remarkable educators and the entire school community.

Our dedication to excellence in education, innovative teaching methods, and passion for nurturing young minds has truly paid off. This award acknowledges the countless hours we spend inspiring and empowering our students, fostering a love for learning, and instilling values that extend beyond the classroom.

It reflects the collective effort of a team that strives to ensure the success and well-being of every student. Our commitment to creating a supportive and enriching learning environment sets a shining example for educators everywhere.

We take immense pride in this honor and are motivated to continue our pursuit of greatness.

MESSAGE FROM PRINCIPAL



Nurturing Tomorrow's Leaders: A Journey of Growth and Discovery

Education is often described as the foundation upon which we build our future. As principal, I have the privilege of witnessing this foundation take shape every day in the classrooms and hallways of our school. From the wide-eyed curiosity of our youngest learners in Shemford Vriksha to the growing independence of our students in Shemford Futuristic school, I am constantly reminded of the transformative power of education and the profound impact it has on shaping young minds.

At the heart of our school's philosophy is the belief that every child is unique and possesses a natural curiosity about the world around them. It is our responsibility as educators to nurture that curiosity and provide opportunities for exploration and discovery. Whether it's through hands-on experiments in science, creative expression in the arts, or lively discussions in social studies, we aim to cultivate a learning environment where students feel empowered to ask questions, challenge ideas, and think critically.

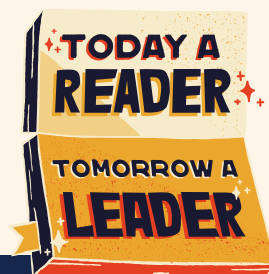
Our classrooms are not just places where knowledge is imparted; they are spaces where students learn to collaborate, communicate, and develop the essential skills they will need to thrive in a rapidly changing world. In Shemford, we see the seeds of this growth as children take their first steps toward understanding the world around them. As they progress through that sense of wonder continues to grow, and their confidence in their own abilities begins to flourish.

Parents play a crucial role in this journey as well. Your involvement in your child's education—whether through participating in school activities, supporting homework routines, or encouraging a love for reading at home—makes all the difference. Together, we form a team that is committed to the holistic development of each child, both academically and co-scholastically.

As I look ahead to the future, I am filled with optimism and excitement. The world our students will inherit is full of possibilities, and I am confident that they are being equipped with the tools and values they need to succeed. They are not just learners; they are leaders, creators, and innovators who will shape the future in ways we can only begin to imagine.

Our responsibility, as educators and parents, is to continue fostering a culture of learning, resilience, and empathy. Together, we are laying the groundwork for a future where our students are not only successful but also kind, thoughtful, and engaged citizens of the world.

Warm Regards,
Sahrish Ismaily
Principal



MESSAGE FROM HEADMISTRESS



Nurturing Success:

Effective Parenting Strategies for Raising Confident Children

Parenting is a journey filled with joy, challenges, and opportunities for growth. As parents, we strive to provide our children with the best possible foundation for success. I would like to share effective parenting strategies to foster confidence, resilience, and academic excellence in our children.

Building Self-Esteem:-

1. **Positive Reinforcement:** Praise effort, progress, and achievements.
2. **Encourage Independence:** Gradually increase responsibility.
3. **Practice Active Listening:** Validate feelings and concerns.

Fostering Resilience:-

1. **Embrace Failure:** Teach coping skills and perseverance.
2. **Model Healthy Habits:** Demonstrate self-care and stress management.
3. **Cultivate Problem-Solving:** Encourage critical thinking.

Supporting Academic Success:-

1. **Create a Study-Friendly Environment:** Establish routines and minimize distractions.
2. **Monitor Progress:** Regularly review assignments and communicate with teachers.
3. **Encourage Curiosity:** Engage in discussions and explore interests.

Balancing Parenting Styles:-

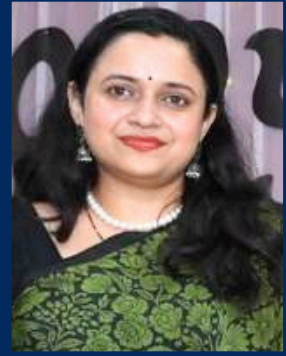
1. **Authoritative Parenting:** Balance structure and flexibility.
2. **Avoid Overindulgence:** Set clear boundaries and expectations.
3. **Practice Mindful Parenting:** Stay present and focused.

Effective parenting requires patience, understanding, and adaptability. By implementing these strategies, you'll empower your child to develop confidence, resilience, and a lifelong love of learning.

Warm Regards
Sushma Choudhary
Headmistress



MESSAGE FROM ADMINISTRATIVE OFFICER



The Importance of Mental Health: Supporting Our Students

Dear Students, Parents, and Staff,

As we navigate the challenges of the school year, it's essential to prioritize mental health and well-being. Mental health significantly impacts our daily lives, affecting how we think, feel, and interact with others. A healthy mind is crucial for academic success, emotional stability, and overall happiness.

Understanding Mental Health

Mental health encompasses our emotional, psychological, and social well-being. It influences our ability to handle stress, relate to others, and make decisions. Just like physical health, mental health requires attention and care.

Recognizing Signs of Stress

Students may experience various stressors, from academic pressures to social dynamics. Recognizing signs of mental distress—such as changes in mood, withdrawal from activities, or declining academic performance—is vital. Early intervention can make a significant difference.

Resources and Support

Our school is committed to providing resources to support mental health. We encourage students to utilize the counseling services available, attend workshops, and participate in mental health awareness events. Parents are also encouraged to foster open conversations at home, helping to destigmatize mental health discussions.

Promoting Well-Being

To promote mental well-being, we suggest:

Practice Self-Care: Encourage students to engage in activities they enjoy, such as sports, art, or reading.

Stay Connected: Building and maintaining friendships can provide emotional support.

Mindfulness and Relaxation: Techniques like meditation and deep breathing can help reduce stress.

Seek Help When Needed: Remind students that asking for help is a sign of strength, not weakness.

Prioritizing mental health is crucial for our school community. By fostering a supportive environment, we can help our students navigate challenges and thrive both academically and personally. Let's work together to ensure every student feels valued, heard, and supported.

Warm Regards
Ankita Choudhary
Administrative Officer/ Chief Editor



Activities



&

Celebrations



GANESH CHATURTHI



TEACHER'S DAY



TEACHER'S DAY

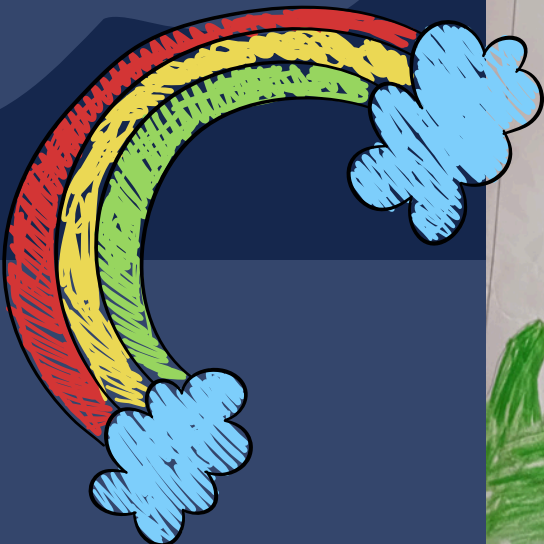




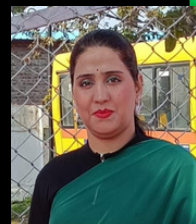
ASSOCIATIONS OF NATIONAL AWARDS/HONOURS

Awards / Honours	Associated With
Bharat Ratna	Highest Civilian Award of India
Param Vir Chakra	Highest award for the most conspicuous bravery
Arjuna Award	Given to Sportsmen of the year
Jyoti Basu (Jyoti Basu) Award	Highest Indian Award in Literature
Bhatnagar Award	Given in any field of Science
Homi Bhabha Award	Given in the field of Nuclear Science
Borlaug Award	Given to Agriculture Scientist
Nehru Literacy Award	To the promotion of adult literacy
B.C. Roy Award	For outstanding Medical Personnel
Dadasaheb Phalke Award	In the field of Cinema
Kalidas Samman	In the field of Classical Dance
Anuvrat Award	In the field of Public Character Building
Chameli Devi Jain Award	To the Women Journalists
Birla Award	Contribution to research in Tropical Diseases

KINDERGARTEN ART WORK



Creating a Joyful Learning Environment for Toddlers



Teaching toddlers is a unique adventure, full of laughter, surprises, and, yes, a little chaos. As a toddler teacher, you have the special task of laying the foundation for a lifetime of learning. Your days are packed with play, exploration, and the magical "aha!" moments when little ones make new discoveries. In this article, we'll explore some key strategies to make your classroom a joyful and effective learning environment.

1. The Power of Play-Based Learning

At this age, play is the primary way toddlers learn about their world. Play-based learning goes beyond entertainment—it's how toddlers develop essential skills. Here are a few ways to make the most of playtime:

Use Open-Ended Toys: Blocks, dress-up clothes, and play dough encourage creativity and problem-solving. These simple tools invite toddlers to use their imagination.

Incorporate Sensory Play: Sensory experiences like water play, sand, or tactile bins filled with rice or beans are not only fun but help toddlers explore textures and develop fine motor skills.

Encourage Social Interaction: Group activities, even simple ones like playing "Ring Around the Rosie," build social skills like sharing, taking turns, and empathy.

Tip: Remember to follow the child's lead during play. When they are deeply engaged, observe and join in, rather than directing them. This builds trust and boosts their sense of independence.

2. Create a Routine but Keep it Flexible

Toddlers thrive on routine—it gives them a sense of security and predictability. However, it's essential to balance structure with flexibility to meet the needs of each day.

Daily Visual Schedules: Use pictures or simple icons to show the daily routine. This visual aid helps toddlers understand what comes next and reduces anxiety.

Break Time into Short Chunks: Keep circle time and teacher-led activities brief, around 5-10 minutes, to match toddlers' attention spans. Make transitions smooth with fun songs or rhymes.

Expect the Unexpected: Sometimes toddlers have their own agenda—teething, tiredness, or emotions can change the flow of the day. Stay adaptable and embrace those unplanned teaching moments.

Tip: Having a backup plan (like a favorite storybook or a quick dance break) can save the day when a routine needs a little shift.

3. Embrace Language Development in Everyday Moments

Language development is a major focus during the toddler years. Here are some strategies to nurture language skills in daily interactions:

Narrate Activities: Describe what you and the toddlers are doing throughout the day. Simple phrases like, "Now we're putting on our coats," or "Look at the blue truck," build vocabulary.

Ask Open-Ended Questions: Use prompts like, "What do you think will happen next?" or "How does that feel?" to encourage toddlers to express their thoughts, even if it's just a few words.

Sing, Read, and Repeat: Incorporate songs, nursery rhymes, and repetitive books. These not only reinforce language but also enhance memory and listening skills.

Tip: Don't rush to correct grammar or pronunciation—focus on encouraging speech and communication at this stage. Responding positively builds confidence.

4. Cultivating Emotional and Social Growth

Toddlers are learning to identify their emotions and understand others'. This stage can be both delightful and challenging as children navigate big feelings in little bodies.

Model Emotional Expression: Use phrases like, "I see you're feeling sad. It's okay to feel that way," to validate emotions. Acknowledging feelings is the first step to emotional regulation.

Teach Problem-Solving Skills: Guide toddlers in resolving conflicts with phrases like, "Let's find a solution together," or "How can we share the toy?" Simple choices (e.g., "Red or blue crayon?") also build decision-making skills.

Praise Effort, Not Just Results: Celebrate small achievements, like sharing or trying a new task, to encourage persistence and a love of learning.

Tip: Use a "calm-down corner" with pillows, soft toys, and books where children can go when they need a break. It's a great way to teach self-soothing.

5. Engage with Parents and Caregivers

Building a strong connection with families is crucial to a toddler's development. Parents are partners in education, and consistent communication benefits everyone involved.

Regular Updates: Send home brief notes or photos highlighting the day's activities, or use a shared app if available. Parents love seeing their child's progress.

Workshops and Open Houses: Host occasional parent workshops or events to share insights about toddler development, play-based learning, and how they can support at home.

Create a Welcoming Atmosphere: Greet parents warmly during drop-off and pick-up. Encourage questions and be open to feedback. Strong parent-teacher relationships foster a supportive environment for the child.

Conclusion

Teaching toddlers is a rewarding journey filled with joy, curiosity, and growth. By embracing a playful, flexible, and nurturing approach, you can create a space where toddlers feel safe to explore and learn. Every day brings new challenges, but with patience and creativity, you'll find that those small steps lead to big strides in their development.

Remember: The days might feel long, but the years are short. Every smile, hug, and moment of discovery makes it all worthwhile!

By Poojanpreet Singh
Kindergarten Teacher



Nurturing the Future: The Vital Role of Early Childhood Education



As a nursery teacher, I often find myself reflecting on the importance of early childhood education. These formative years, from ages two to five, are critical in shaping not only the future academic success of children but also their social, emotional, and cognitive development. It's a responsibility I approach with immense pride and joy, as I know that the foundation laid during these years will support children throughout their lives.

At this young age, children are curious explorers of the world around them. Everything is new and exciting, and their natural curiosity drives them to ask questions, try new things, and learn through play. In the nursery classroom, our goal is to create a stimulating, nurturing environment that encourages this exploration. We provide diverse learning experiences that allow children to engage with a variety of materials and activities. Whether they are building with blocks, painting, or playing with sand, every interaction is an opportunity to learn.

Learning Through Play

One of the core philosophies of early childhood education is the belief in learning through play. Play is often misunderstood as being "just for fun," but in reality, it is a child's primary way of making sense of the world. When children engage in imaginative play, for example, they are practicing problem-solving, developing language skills, and learning how to interact with others. Through role-playing as doctors, chefs, or shopkeepers, they are trying on different roles in society and learning valuable life skills. This type of play fosters both cognitive and social development, helping children become confident in their abilities to navigate the world.

Additionally, structured play activities like puzzles and sorting games introduce basic concepts of math and logic, while storytelling and singing promote language development. During these activities, we observe how children approach problems, collaborate with their peers, and express their thoughts. As educators, it is our role to guide their play in ways that encourage creativity, critical thinking, and resilience. By giving children the freedom to experiment, we help them build the foundational skills they will use for the rest of their lives.

Fostering Emotional and Social Growth

Beyond cognitive development, early childhood education is also about fostering emotional and social growth. In the nursery, children are learning how to interact with others, how to share, and how to express their emotions in appropriate ways. Group activities and collaborative play are excellent ways to teach these skills. For example, when children work together on a project, they learn how to take turns, listen to one another, and compromise. These early lessons in empathy, cooperation, and conflict resolution will benefit them far beyond the classroom.

As a nursery teacher, one of the most rewarding experiences is watching children develop socially. Many children enter the nursery shy and uncertain, unsure of how to express their feelings or interact with others. Over time, with gentle guidance and support, they begin to come out of their shells. They learn to form friendships, share their thoughts, and navigate the ups and downs of social interactions. These experiences are just as important as learning the alphabet or counting because they lay the groundwork for healthy relationships in the future.

A Partnership with Families

Of course, early childhood education is not something that happens in isolation. It is a partnership between teachers, children, and their families. As educators, we work closely with parents to ensure that their child's developmental needs are being met both at home and in the classroom. Communication is key, whether it's through daily updates, parent-teacher conferences, or special events that invite families into the classroom.

Parents play a crucial role in their children's education, and we encourage them to be active participants in the learning process. By building strong relationships with families, we create a supportive network that helps children feel secure and valued. When children see that their parents and teachers are working together, it reinforces the idea that learning is important and that they are supported every step of the way.

The Joy of Watching Growth

One of the greatest joys of being a nursery teacher is witnessing the rapid growth that occurs during these early years. Children at this age are like sponges, absorbing information and skills at an incredible rate. It's an awe-inspiring process to watch a child go from speaking in short sentences to telling full stories, or from struggling to hold a pencil to drawing detailed pictures. These "lightbulb moments" when a child finally grasps a new concept or achieves a milestone are what make teaching such a fulfilling profession.

But it's not just about the academic or developmental milestones. It's also about watching a child develop confidence in themselves, make their first friend, or overcome a challenge. These moments remind me of the power of early education and the impact we can have as teachers. We are not just preparing children for school; we are preparing them for life.

The Foundation for a Bright Future

In conclusion, early childhood education is about far more than just preparing children for the academic challenges of primary school. It is about laying the foundation for lifelong learning, emotional well-being, and social success. As a nursery teacher, I am privileged to be a part of this critical stage in a child's development. Every day brings new opportunities to inspire, support, and guide these young learners as they embark on their educational journey.

By creating a warm, supportive, and enriching environment, we help children develop the confidence, skills, and love for learning that will serve them throughout their lives. And as I watch them grow, I am reminded of the incredible potential that lies within every child, waiting to be nurtured and encouraged. It's a responsibility I cherish and a role I am proud to play in their lives.

By Monika Slathia
Nursery Teacher

PARENT'S TESTIMONIALS

When it came time to select the first school for our daughter, the decision felt overwhelming. As parents, the environment and the quality of the staff were our top concerns. We wanted a school where our daughter would feel safe, nurtured, and given the best possible start to her educational journey. After much deliberation, we chose Shemford Vriksha, Jammu, and it has exceeded all of our expectations.

From the moment we stepped into the school, we were greeted by an atmosphere of warmth and professionalism. The staff was not only welcoming but also highly dedicated to creating a positive and encouraging environment for the students. They quickly formed a bond with our daughter, making her feel comfortable and eager to learn. This strong teacher-student relationship has been a cornerstone of her development, instilling trust and fostering a love for learning.

One of the aspects we truly appreciate is the school's commitment to cultural awareness. Through various cultural activities, our daughter has been exposed to the diverse heritage of our country. These experiences have enriched her understanding of different cultures, something we value deeply.

The cleanliness and hygiene standards at Shemford Vriksha are also commendable. As parents, we are reassured knowing that our daughter spends her days in a clean and safe environment. This attention to detail further enhances our confidence in the school.

What has impressed us the most is how our daughter has gradually blossomed under the guidance of her teachers. From academics to extracurricular activities, she is learning new things every day and developing essential skills for her future. The teachers' dedication to her growth and their personalized approach to education have made all the difference.

Additionally, the school provides a range of online facilities that help streamline communication between parents and the administration. We are kept up-to-date with all school activities and developments, which gives us peace of mind and ensures we are fully involved in our daughter's education.

In short, we are extremely satisfied with our decision to choose Shemford Vriksha, Jammu for our daughter. It has been nearly a year of positive growth and learning, and we are grateful to the school for their continued efforts. We highly recommend Shemford Vriksha to any parent looking for a nurturing and academically enriching environment for their child.

Regards
Pooja Laskotra
M/o Neerja Bhardwaj
Nursery



My daughter attends SHEMFORD VRIKSHA Jammu, it's been two years and she is loving it. The atmosphere is very kid friendly and learning new activities is their every day thing. The guidance and support provided by vriksha team is commendable. The teaching staff are passionate and working tirelessly for the holistic development of kids. Talking about the atmosphere of school, classes are well organised, Clean and safe. Vriksha team is putting lots of efforts to enhance it academically specially when we look into their curriculum. I absolutely recommend VRIKSHA Jammu to everyone around me as they are providing quality development to our kids future.

Regards
Dr Priyanka
M/o Hazel Mohan
Nursery



KNOW YOUR STATE JAMMU & KASHMIR

Prime Ministers of Jammu and Kashmir

#	Photographs	Council of Ministers under the Prime Ministership	Tenure
1		Ghulam Mohammed Sadiq	29 th Feb 1964 to 30 th March 1965
2		Khwaja Shamsuddin	12 th Oct 1963 to 29 th Feb 1964
3		Bakshi Ghulam Mohammad	09 th Aug 1953 to 12 th Oct 1963
4		Sheikh Mohammad Abdullah	05 th March 1948 to 09 th Aug 1953
5		Mehr Chand Mahajan	15 th Oct 1947 to 05 th March 1948

IDENTITY SYMBOLS

ANIMAL



HANGUL

BIRD



BLACK-NECKED CRANE

FLOWER



LOTUS

TREE



CHINAR

HINDI DIWAS



HINDI DIWAS

हिन्दी सुलेख
प्रतियोगिता



कक्षा-पाँचवी



GRANDPARENT'S DAY



GRANDPARENT'S DAY



CURRENT AFFAIRS



1. Who has been appointed by the Ministry of Shipping as its brand ambassador recently?

Ans. Manu Bhaker, who won two Olympic medals in Paris, has been appointed as the brand ambassador of the Ministry of Ports, Shipping and Waterways. Union Minister Sarbananda Sonowal announced his appointment as the brand ambassador of the Ministry of Ports, Shipping and Waterways.

2. How many crores of rupees has been allocated by the Union Cabinet for Chandrayaan-4 mission?

Ans. 2,104.06 crore

After the success of Chandrayaan-3, ISRO is now preparing for Chandrayaan-4 mission. The central government has recently approved the Chandrayaan-4 mission. The total budget of the mission is ₹2,104.06 crore, which includes spacecraft development, two LVM3 launches, Deep Space Network support and special tests. The Cabinet also approved the Venus Orbiter Mission, Indian Space Station and Next-Generation Launch Vehicle Development Plan.

3. How much money has been allocated by the Centre for relief and rehabilitation of people affected by natural disasters?

Ans. 12,554 crore

4. Who was recently appointed as the new Director General of Narcotics Control Bureau?

Ans. Anurag Garg

The Central Government has appointed IPS officer Anurag Garg as the new Director General of Narcotics Control Bureau (NCB). He is a 1993 batch Indian Police Service officer of Himachal Pradesh cadre. Anurag Garg is currently serving as Additional Director General at the headquarters of Border Security Force (BSF).

5. In which state did PM Modi launch the Subhadra Yojana?

Ans. Odisha

Prime Minister Narendra Modi on September 17 launched the Subhadra Yojana of the Odisha government on the occasion of his 74th birthday. Around one crore women across the state will benefit from the Subhadra scheme. Under this, women will be given Rs 10,000 annually in two installments. This financial assistance will be given for 5 years.

6. Who has become the new Chief Minister of Delhi?

Ans. Ms. Atishi Marlena Singh

Aam Aadmi Party (AAP) has announced the name of Atishi as the new Chief Minister of Delhi. In the meeting of the party's legislative party, Arvind Kejriwal himself proposed his name, which was accepted unanimously. Atishi will become the third woman Chief Minister of Delhi and the 17th woman Chief Minister of any state or union territory of India after independence.

7. Which Indian won the gold medal in the men's 10m air pistol event at the Topgun Cup?

Ans. Anmol Jain

Indian shooter Anmol Jain performed brilliantly and won the gold medal in the men's 10 meter air pistol event at the Topgun Cup. American shooter Jeff Browning won the gold medal in the men's 10 meter air rifle event. This two-day competition is being organized at Topgun Shooting Academy.

8. Who was recently appointed as the Director General of Border Security Force?

Ans. Amrit Mohan Prasad

Senior IPS officer Amrit Mohan Prasad was recently appointed Director General of the Sashastra Seema Bal (SSB). Mohan Prasad is a 1989 batch Indian Police Service (IPS) officer of Odisha cadre. He is currently serving as Special Director General of Central Reserve Police Force (CRPF).

9. Who won the Miss India Worldwide 2024 title?

Ans. Dhruvi Patel

Dhruvi Patel, an Indian-origin student from the United States, has won the title of Miss India Worldwide 2024. It is the longest running Indian competition outside India. Speaking after her crowning in New Jersey, Dhruvi said, "Winning Miss India Worldwide is an incredible honour."

10. Where will the Commonwealth Games 2026 be held?

Ans. Glasgow

The Commonwealth Games 2026 will be held in Glasgow, Scotland. Earlier, the Australian city of Victoria suddenly withdrew from hosting the 2026 Games in July 2023, blaming rising costs. Glasgow hosted the Commonwealth Games 10 years ago.





SWACHH BHARAT RALLY



ENGLISH

The Best **SENTENCE STARTERS**

Words for additional ideas

- Also
- Plus
- In addition to
- Additionally
- Along with
- Coupled with
- In addition
- Indeed
- In fact
- Likewise
- Again
- Whereas
- Moreover
- Furthermore
- As well as
- Another reason

Words that show cause

- Accordingly
- As a result
- Because
- Consequently
- As you can see
- For this reason
- For this purpose
- Hence
- Otherwise
- Since
- So
- Subsequently
- Therefore
- Thereupon
- This is why
- Thus

Words that show contrast

- Comparatively
- Even though
- However
- Although
- Instead
- In comparison
- Nevertheless
- In contrast
- Whereas
- Yet
- On one hand
- On the other hand
- That being said
- Rather
- On the contrary
- Otherwise

Words that add emphasis

- Admittedly
- Above all
- As a rule
- As usual
- Usually
- Certainly
- Of course
- Especially
- Granted
- Generally speaking
- For the most part
- In this situation
- No doubt
- Undoubtedly
- Obviously
- Particularly

Words to show time and order

- Firstly, secondly, thirdly...
- In the first instance
- Next
- Afterward
- Finally
- To begin with
- After this

Words to show examples

- For instance
- For example
- As an example
- Similarly
- Markedly
- Identically



Other Ways to Say **"I think..."**

- In my opinion...
- From my perspective...
- As far as I'm concerned...
- If you ask me...
- My understanding is that...
- I believe...
- I suppose...
- I guess...
- From my point of view...
- As I see it...
- To me...
- In my view...
- It appears to me...
- As far as I can see...
- To my way of thinking...
- I'm of the opinion that...
- My belief is...
- I hold the view that...
- I'm convinced that...
- My understanding is...
- Based on what I know...
- In my estimation...
- To my understanding...
- From what I gather...
- I would say...
- I would argue that...
- My take is...
- I see it as...
- It stands to reason that...
- I think it's likely...
- I'm inclined to think...
- I'm guessing...
- I'm assuming...
- My hunch is...
- I would hazard a guess that...
- I suspect...
- My impression is...
- I imagine...

Recent Scientific Discoveries: A Glimpse into the Future

Science is a dynamic field, constantly evolving with new discoveries that reshape our understanding of the world.

1. *The* *Human* *Microbiome* and *Health*:

Studies on the human microbiome continue to uncover its crucial role in health and disease. Recent research highlights how gut bacteria influence everything from digestion to mental health. For example, certain microbial profiles have been linked to conditions like obesity and anxiety, suggesting that personalized microbiome-based therapies could be on the horizon.

2. Quantum Computing Breakthroughs:

In the realm of technology, quantum computing is making headlines. Recent advancements have demonstrated increased stability and efficiency in qubits, the building blocks of quantum computers. This progress could pave the way for solving complex problems in cryptography, drug discovery, and material science much faster than classical computers.

3. Vaccine Development Innovations:

The rapid development of mRNA vaccines during the COVID-19 pandemic has revolutionized vaccine technology. Recent studies are exploring mRNA vaccines for other diseases, including influenza and cancer, demonstrating their potential to trigger robust immune responses and provide quicker responses to emerging pathogens.

Conclusion :

These discoveries not only enhance our scientific knowledge but also have practical implications that could transform our lives. As research continues to evolve, the potential for new breakthroughs remains vast, offering exciting possibilities for the future. Keeping abreast of these developments is essential for students and enthusiasts alike, as they inspire innovation and progress in the scientific community.

NAME - JANVI
GRADE -11TH
[MEDICAL]

Environmental Issues: Challenges and Solutions

The environment faces numerous challenges today, driven by human activity and natural changes. Understanding these issues is crucial for fostering awareness and promoting sustainable practices.

1. Climate Change

Climate change is arguably the most pressing environmental issue. Caused by the increase of greenhouse gases in the atmosphere, primarily from fossil fuel consumption, deforestation, and industrial activities, it leads to rising global temperatures. This results in severe weather events, melting ice caps, and rising sea levels, threatening ecosystems and human settlements.

2. Water Scarcity

Water scarcity is becoming increasingly common due to over-extraction, pollution, and climate change. Nearly 2 billion people live in countries experiencing high water stress. Sustainable water management practices, such as rainwater harvesting and improved irrigation techniques, are essential to address this crisis.

3. Pollution

Pollution affects air, water, and soil quality, posing health risks to humans and wildlife. Industrial emissions, plastic waste, and agricultural runoff contaminate the environment. Air pollution, for instance, is linked to respiratory diseases and premature deaths, while plastic pollution harms marine life and disrupts aquatic ecosystems.

Solutions and Actions

While these environmental issues are daunting, there are actionable solutions that can make a difference:

- Adopting Renewable Energy: Transitioning to solar, wind, and other renewable sources can reduce greenhouse gas emissions and combat climate change.

- Promoting Sustainable Practices: Encouraging recycling, reducing waste, and supporting sustainable agriculture can help mitigate pollution and biodiversity loss.

- Water Management: Implementing efficient water use practices and technologies can help alleviate water scarcity and protect freshwater ecosystems.

Name - Aliya chowdhary
Grade - 11th [medical]



Climate Change

Climate change refers to significant changes in global temperatures and weather patterns over time. While climate change is a natural phenomenon, human activities have accelerated this process, primarily through the release of greenhouse gases such as carbon dioxide and methane. These gases are produced by burning fossil fuels, industrial processes, and deforestation. They trap heat in the atmosphere, leading to the greenhouse effect, which warms the planet.

The consequences of climate change are widespread and concerning. Rising global temperatures contribute to the melting of ice caps and glaciers, resulting in higher sea levels that threaten coastal communities. Additionally, climate change leads to more frequent and severe weather events, including hurricanes, droughts, and wildfires. These changes can disrupt ecosystems, endanger wildlife, and impact food and water supplies.

Scientists use various tools and models to study climate change, analyzing data from satellites, weather stations, and ocean buoys. This research helps us understand past climate patterns and predict future changes. To combat climate change, it is essential to reduce greenhouse gas emissions by transitioning to renewable energy sources, improving energy efficiency, and promoting sustainable practices.

Individuals can also play a role by reducing their carbon footprint through actions like using public transport, conserving energy, and supporting policies that protect the environment. Understanding the science of climate change is crucial for taking action to mitigate its effects and ensure a healthier planet for future generations.

NAME - ABHI KHAN

Emile Durkheim (1858–1917) : A Sociological Thinker

Emile Durkheim was a French sociologist who rose to prominence in the late 19th and early 20th centuries. Along with Karl Marx and Max Weber, he is credited as being one of the principal founders of modern sociology. Chief among his claims is that society is a sui generis reality, or a reality unique to itself and irreducible to its composing parts. It is created when individual consciences interact and fuse together to create a synthetic reality that is completely new and greater than the sum of its parts. This reality can only be understood in sociological terms, and cannot be reduced to biological or psychological explanations. The fact that social life has this quality would form the foundation of another of Durkheim's claims, that human societies could be studied scientifically. For this purpose he developed a new methodology, which focuses on what Durkheim calls "social facts," or elements of collective life that exist independently of and are able to exert an influence on the individual. Using this method, he published influential works on a number of topics. He is most well known as the author of *On the Division of Social Labor*, *The Rules of Sociological Method*, *Suicide*, and *The Elementary Forms of Religious Life*. However, Durkheim also published a voluminous number of articles and reviews, and has had several of his lecture courses published posthumously.

When Durkheim began writing, sociology was not recognized as an independent field of study. As part of the campaign to change this he went to great lengths to separate sociology from all other disciplines, especially philosophy. In consequence, while Durkheim's influence in the social sciences has been extensive, his relationship with philosophy remains ambiguous. Nevertheless, Durkheim maintained that sociology and philosophy are in many ways complementary, going so far as to say that sociology has an advantage over philosophy, since his sociological method provides the means to study philosophical questions empirically, rather than metaphysically or theoretically. As a result, Durkheim often used sociology to approach topics that have traditionally been reserved for philosophical investigation.

For the purposes of this article, Durkheim's strictly sociological thought will be set aside to allow his contributions to philosophy to take prominence. These fall largely in the realms of the philosophy of religion, social theory, the philosophy of social science, hermeneutics, the philosophy of language, morality, metaethics, political theory, and epistemology. Durkheim's deconstruction of the self, as well as his analysis of the crisis brought on by modernity and his projections about the future of Western civilization, also deserve significant consideration.

Mohd. Nasir
Grade : XI Humanities



*GRAVITATIONAL FORCE

Gravitational force is a fundamental force in nature that plays a critical role in shaping and maintaining the universe. Here are some key reasons why gravitational force is important:

1. **Formation of the Universe:** Gravity is the force responsible for the formation of galaxies, stars, and planets. After the Big Bang, gravity pulled matter together, leading to the formation of massive structures like galaxies and the solar system.
2. **Stability of Planetary Orbits:** Gravity keeps planets in orbit around stars, like Earth's orbit around the Sun. This stable orbit allows conditions necessary for life, such as consistent temperatures and the presence of liquid water on Earth.
3. **Tides on Earth:** The gravitational pull of the Moon and the Sun causes tides on Earth. These tides influence marine life, coastal ecosystems, and human activities like fishing and navigation. Tides also play a role in stabilizing Earth's rotation.
4. **Atmospheric Retention:** Gravity keeps Earth's atmosphere from drifting into space. This atmosphere is essential for life, providing oxygen, protecting us from harmful solar radiation, and regulating temperature.

by Kartik kumar Grade-11 (medical)

The Science of Climate Change

Climate change is one of the most pressing issues of our time, with far-reaching consequences for our planet and its inhabitants. But what exactly is climate change, and what's driving it?

What is Climate Change?

Climate change refers to the long-term warming of the planet due to an increase in average global temperatures. This warming is primarily caused by human activities that release greenhouse gases, such as carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O), into the atmosphere.

The Greenhouse Effect

The greenhouse effect is a natural process that occurs when certain gases in the atmosphere, like CO₂, trap heat from the sun, keeping the Earth warm enough to support life. However, human activities have increased CO₂ concentrations by 40% since the Industrial Revolution, amplifying the greenhouse effect and leading to global warming.

Causes of Climate Change

1. Burning fossil fuels (coal, oil, gas)
2. Deforestation and land-use changes
3. Agriculture and livestock production
4. Industrial processes and transportation

Effects of Climate Change

1. Rising sea levels and coastal flooding
2. Increased frequency and severity of extreme weather events (heatwaves, droughts, storms)
3. Changes in precipitation patterns and water scarcity
4. Loss of biodiversity and ecosystem disruption
5. Negative impacts on human health, economy, and food security.

Solutions to Climate Change

1. Transition to renewable energy sources (solar, wind, hydro)
2. Energy efficiency and conservation
3. Electrify transportation and industry
4. Carbon capture and storage
5. Sustainable
6. land-use practices

What Can You Do?

1. Reduce energy consumption
2. Use public transport or electric vehicles
3. Eat a plant-based diet
4. Conserve water
5. Support climate policies and research

Conclusion

Climate change is a pressing global issue, driven by human activities and requiring immediate attention. Understanding the science behind climate change empowers us to take action and work towards a sustainable future.

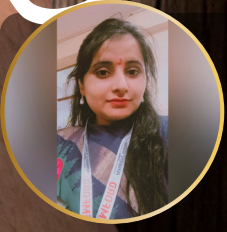
SIMRAN

11TH MEDICAL....

हिंदी भाषा

प्रकृति की पहली ध्वनि ॐ है
मेरी हिंदी भाषा भी, इसी ॐ की देन है ।
देवनागरी लिपि है इसकी, देवी की कलम से उपजी
बांग्ला, गुजराती, भोजपुरी, डोगरी ,पंजाबी और कई
हिंदी ही है सब की जननी ।
प्रकृति की हर एक चीज अपने में संपूर्ण है ।
मेरी हिंदी भाषा भी अपने में संपूर्ण है ।
जो बोलते हैं वही लिखते हैं,
मन के भाव सही उभरते हैं ।
हिंदी भाषा ही तुम्हें, प्रकृति के समीप ले जाएगी,
मन की शुद्धि, तन की शुद्धि सहायक यह बन जाएगी ।
कुछ हवा चली है ऐसी यहाँ
कहते हैं इस मातृ भाषा को बदल डालो ।
बदल सको क्या तुम अपनी माता को ?
मातृभाषा का क्यों बदलाव करो ?
देवों की भाषा का क्यों तुम तिरस्कार करो ।
बदल सको तो तुम अपनी सोच को बदल डालो ।
हर एक भाषा का तुम दिल से सम्मान करो ।
हिंदी की जड़ों पर आओ हम गर्व करें
हिंदी भाषा पर आओ हम गर्व करें





موبائل فون کے نقصانات

طلباء میں اسمارٹ فون کی لت آج کے ڈیجیٹل دور میں ایک بڑھتی ہوئی تشویش بن گئی ہے۔ اسمارٹ فونز کی وسیع پیمانے پر دستیابی کے ساتھ، طلباء تیزی سے اپنے آلات پر ضرورت سے زیادہ وقت گزار رہے ہیں، جس کے نتیجے میں ان کی تعلیمی کارکردگی اور مجموعی صحت پر نقصان دہ اثرات مرتب ہو رہے ہیں۔ تحقیق سے پتہ چلتا ہے کہ اوسطاً طالب علم اپنے اسمارٹ فونز پر روزانہ سات گھنٹے سے زیادہ وقت گزارتا ہے، اکثر سوشل میڈیا، گیمنگ اور انٹرنیٹ براؤزنگ میں مشغول رہتا ہے۔

یہ لت کئی منفی نتائج کا باعث بن سکتی ہے۔ سب سے پہلے، طلباء اپنی پڑھائی پر توجہ مرکوز کرنے کے لیے جدوجہد کر سکتے ہیں، کیونکہ ان کے فون سے مسلسل اطلاعات اور خلفشار ان کے ارتکاز میں خلل ڈال سکتا ہے۔ یہ کم درجات اور تناؤ کی سطح میں اضافہ کا باعث بن سکتا ہے۔ مزید برآں، اسمارٹ فون کا زیادہ استعمال نیند کے انداز میں خلل ڈال سکتا ہے، بہت سے طلباء سوشل میڈیا کے ذریعے اسکرول کرنے یا گیمز کھیلنے کے لیے دیر تک جاگتے ہیں، جس کے نتیجے میں دن میں تھکاوٹ اور پیداواری صلاحیت میں کمی واقع ہوتی ہے۔

مزید یہ کہ اسمارٹ فون کی لت سماجی تعاملات کو متاثر کر سکتی ہے۔ اگرچہ یہ آلات مواصلات کا ایک ذریعہ پیش کرتے ہیں، وہ تنہائی کا باعث بھی بن سکتے ہیں، کیونکہ طالب علم آمنے سامنے بات چیت کے بجائے ٹیکسٹنگ یا پیغام رسانی کو ترجیح دے سکتے ہیں۔ یہ تبدیلی ضروری سماجی مہارتوں اور تعلقات کی نشوونما میں رکاوٹ بن سکتی ہے۔

اسمارٹ فون کی لت سے نمٹنے کے لیے، طلباء کو اپنے آلات کے ساتھ صحت مند حدود قائم کرنے کی ضرورت ہے۔ اسمارٹ فون کے استعمال کے لیے مخصوص اوقات کا تعین، جسمانی سرگرمیوں میں مشغول ہونا، اور آمنے سامنے بات چیت کو ترجیح دینا اس لت کے منفی اثرات کو کم کرنے میں مدد کر سکتا ہے۔ ٹکنالوجی کے لیے متوازن نقطہ نظر کو فروغ دے کر، طلباء اپنی تعلیمی کارکردگی کو بڑھا سکتے ہیں اور اپنے مجموعی معیار زندگی کو بہتر بنا سکتے ہیں۔

تہمینہ چودھری*

*اردو ٹیچر



Cour De Récréation De L'école

1. Le Terrain de Jeu à l'École

Le terrain de jeu d'une école est un espace essentiel pour le développement physique, social et émotionnel des enfants. C'est un lieu où les élèves peuvent se détendre, jouer, se défouler et interagir avec leurs camarades dans un environnement moins formel que la salle de classe.

2. Un Espace de Socialisation

Le terrain de jeu permet aux enfants de tisser des liens d'amitié et de renforcer leur capacité à interagir avec les autres. Ils apprennent à respecter les règles du jeu, à attendre leur tour, et à coopérer avec leurs pairs. Les jeux de groupe, comme le football, le basketball ou les jeux de poursuite, encouragent le travail d'équipe et la communication.

3. Un Lieu de Développement Physique

L'activité physique est primordiale pour les enfants, et le terrain de jeu est l'endroit idéal pour cela. Les structures de jeux comme les balançoires, les toboggans ou les barres d'escalade permettent aux enfants de développer leur motricité globale, leur équilibre et leur coordination. Courir, sauter, grimper sont autant d'activités qui contribuent à leur croissance physique.

4. La Créativité en Plein Air

Le terrain de jeu stimule également l'imagination et la créativité. Les enfants inventent souvent des jeux, des histoires ou des rôles qu'ils jouent avec leurs amis. Un simple bac à sable peut devenir une plage ou un désert dans leur esprit, et un ballon de football peut se transformer en objet magique dans un jeu imaginé.

5. Sécurité et Inclusion

Il est important que le terrain de jeu soit conçu de manière sécuritaire, avec des matériaux adaptés et un personnel de surveillance attentif.

En conclusion, le terrain de jeu à l'école est bien plus qu'un simple espace de jeu. C'est un lieu d'apprentissage informel, de socialisation et de développement personnel. Il contribue à l'épanouissement global des élèves et leur offre des moments précieux de.

REGARDS
TANIKA ANGRAL

संस्कृत



समानी व आकूतिः समाना हृदयानि वः ।
समानमस्तु वो मनो यथा वः सुसहासति ॥

United be your purpose, harmonious be your feelings, collected be your mind,
in the same way as all the aspects of this universe exist in togetherness.

एक हमारा उद्देश्य हो, सुसंगत हमारी भावना हो ।
एकत्रित हमारे विचार हो, जैसे सब कुछ इस विश्व में एकता में है ॥