



MENTAL HEALTH: A PRIORITY

- by Airah Maddan



Some struggles are invisible. A person may smile while carrying fear, sadness, or pressure inside. That is why mental health matters: unseen feelings can deeply affect someone's life. Mental health shapes how we think, speak to ourselves, face failure, make decisions, and recover from difficult moments. A healthy mind does not mean a problem-free life. It means having support and courage to face challenges.

"Asking for help is not weakness; it is courage. Speaking to a trusted adult, friend, counsellor, or therapist can turn loneliness into support."

We care for our bodies through sleep, food, and exercise. Our minds need care too.

We can pause, share our feelings, enjoy peaceful activities, and treat ourselves kindly. A simple "Are you okay?" can open a door. This World Mental Health Day, let us listen, support one another, and remember: no one should face an invisible battle alone. World Mental Health Day is celebrated on 10 October, established by the World Federation for Mental Health to raise awareness, fight social stigma and mobilise support for mental health care.

ERADICATION OF POVERTY

- by Kushagra Gaurav Deb



What is poverty? Imagine having no money, an empty lunch box and no safe bed to sleep in. To us it sounds like a nightmare but for nearly 700 million people worldwide today, it is a harsh reality! They are deprived of basic needs like health, education and access to water and sanitation, to name a few. However, every human being has the right to live with dignity. The first Sustainable Development Goal by the United Nations also aims to 'End poverty in all its forms everywhere'. To remind everyone to help, the International Day for the Eradication of Poverty is observed annually on 17th October. In 2026, the theme focuses on 'Safe Homes for All'. It highlights simple solutions like providing safe and affordable housing, basic education to every child, safe drinking water etc. You don't need to be a billionaire to help out. We can all make a difference by doing our bit by helping at food drives and spreading the word. We should aim to live in a world where every single person's fundamental human rights and dignity are respected and protected.

Caught on Camera

- Keemaya Makhija



Friendship served with a side of lunch!

Beyond the Garba Beats: The Hidden Navratri Rituals of Pune's Wadas and Living Rooms

- by Karan Nambisan



Navratri celebrates the divine feminine spirit and Goddess Durga's triumph over evil. The festival turns Pune into a brilliant kaleidoscope of diverse regional cultures. While massive crowds swarm the historic, hilltop Chaturshringi Temple or whirl to high-energy Garba beats on commercial lawns, the city's quieter neighbourhoods harbour fascinating, lesser-known traditions that bridge generations. Deep within the ancient, narrow Peths, women gather in historic Wadas for Bhondla, a centuries-old Maharashtrian ritual. They circle an elephant motif, singing folk songs and playing a lively guessing game to identify the secret ingredients of the Khirapat sweet offering. Meanwhile, South Indian homes in Rasta Peth display Golu, arranging sacred family heirloom dolls on dramatic nine-step staircases. In the northern suburbs, the Malayali community marks the festival's end with Vidyardambham, where elders gently guide toddlers to trace their very first letters in trays of raw rice. Together, these unique local customs weave a rich, hidden tapestry of faith across Pune. As the midnight drums fade, Pune stands revealed not just as a city celebrating a festival, but as a living canvas where ancient, secret rhythms of faith still quietly breathe.



The Brainy Bit



1. Thousands of plant species have been cultivated for food throughout history. According to the FAO, approximately how many plant species account for 66% of total crop production worldwide?

A) 9 species B) 90 species C) 900 species D) 6,000 species



2. World Food Day is observed on 16 October. Why was this date chosen?

A) It marks the day the first international food bank opened.

B) It marks the founding of the Food and Agriculture Organisation (FAO) of the United Nations in 1945.

C) It marks the day the UN officially declared hunger eliminated worldwide.

D) It marks the anniversary of the first global agricultural harvest festival.

• Answers for the previous edition: 1-C, 2-B.

- submitted by Mishika Mehra

STUDENTS SPEAK: INTERVIEWING THE NEW HEAD BOY AND HEAD GIRL.

- Interviewed by Nishi Oswal

As Head Boy / Head Girl, if you could introduce one new initiative in school, what would it be?

As the Head Boy, I have already introduced the Student Council Mentorship Programme, where former Student Council Members mentor newly appointed members by guiding them through responsibilities such as IU checking, maintaining discipline, and managing inter-house events. The initiative aims to ensure that new SCMs do not feel overwhelmed, stressed, or alone while adjusting to their roles. Through this programme, I hope to create a supportive environment where experienced leaders share their knowledge, build confidence in new members, and encourage teamwork and responsible leadership.



Prabhjot Singh Nanda (Head Boy)

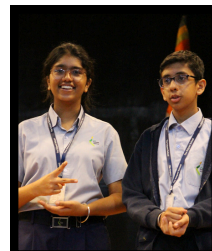


Pragya Agarwal (Head Girl)

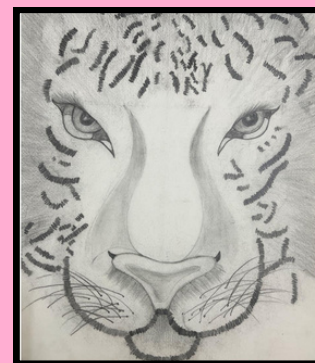
The initiative I would like to explore is establishing a more structured communication system for the monthly club activities held on the last Monday of every month. While the school offers a variety of clubs, including Entrepreneurship, MUN, Debate, Filmmaking and Yuva Tourism, there is currently a lack of clear communication regarding students' participation and attendance. This can sometimes lead to uncertainty about whether students are expected to stay back for the activities, particularly since the dispersal timings for junior and senior grades differ on Mondays. I would like to discuss this with the concerned coordinator and explore the possibility of introducing a confirmed attendance list or a formal communication system in advance. This would help students plan their day better, ensure smoother coordination and encourage more organised participation in club activities.

BEHIND THE SCENES OF THE INVESTITURE CEREMONY

- Clicked By Keemaya Makhija



palette of Potential



- Tashvi Goyal VI C

FACTS ABOUT DISASTER RISK REDUCTION DAY

- by Advika Negi



1. The UN General Assembly originally designated the second Wednesday of October as the International Day for Natural Disaster Reduction, to promote global awareness of prevention and mitigation.
2. In December 2009, the UN formally fixed the date as October 13 and updated the official title to International Day for Disaster Risk Reduction.
3. The UN explicitly removed the word "Natural" from the official title in 2009 as modern risk science stresses that while hazards (like extreme weather or seismic activity) are natural, many other disasters are human made!!
4. The 2026 theme is 'Resilience Starts at Home'. It reminds us that disaster safety begins with our homes, from safer construction to knowing what our families should do in an emergency.
5. The total global cost of disasters can exceed \$2.3 trillion a year, when indirect and environmental impacts are included. That's why prevention matters so much!
6. The UN has set a global mandate ensuring that every person on Earth is protected by an Early Warning System (EWS). A 24-hour advance warning of an incoming storm or heatwave can reduce the resulting damage by up to 30%.



Diction Digest

Hippopotomonstrosesquippedaliophobia

Pronunciation: hip-oh-pot-oh-mon-stro-ses-kwi-h-pee-dal-ee-oh-foh-bee-uh

Meaning: The fear of long words.

Antonym: confidence, word-nerd bravery

Sentence: Reading the word for the fear of long words gave him hippopotomonstrosesquippedaliophobia.

- Submitted by Indira Banerjee

Weekly Wisdom

"Overcoming poverty is not a gesture of charity. It is an act of justice."

- Nelson Mandela

- Submitted by Shreeya Zundray

Meet The Editorial Squad

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