

WORLD REFUGEE DAY - 75TH ANNIVERSARY

- Parnika Rane

Every 20th June, the world celebrates World Refugee Day, to remember and honour the 117 million people displaced worldwide.

The UN Convention relating to the Status of Refugees is established this day in 1951, so that people forced to flee should not be returned to danger, and should be able to live in dignity while displaced.

We often speak about refugees in terms of human rights and protection. However, World Refugee Day also honours the courage of people who sacrifice everything familiar, simply to survive.

Today, millions of refugees continue to live in camps and harsh conditions, searching for safety, dignity, and hope for a better future. Yet, many, whom society underestimates, go on to become extraordinary individuals. Albert Einstein, who fled Nazi persecution, became one of the greatest scientific minds in history. Jan Koum, founder of WhatsApp, escaped poverty after fleeing Ukraine to the U.S., later building one of the world's most influential communication platforms.

Even today, ongoing crises such as the Rohingya refugee crisis continue to displace millions, forcing families to flee violence, discrimination, and persecution in search of refuge. Refugees are not defined only by hardship — they are survivors, innovators, leaders, and powerful symbols of resilience and perseverance.

Caught on Camera

Clicked by Keemaya Makhija



Students actively participating in the Sports Entrepreneurship presentation

palette of Potential

- curated by Rahi Joshi



Artwork by Ananya Komath, XII B



Pooja Veer, Sports Teacher and Yoga Instructor

Many young people today view yoga as just a series of physical postures, and find it uninteresting. In truth, yoga offers far more. It aligns the body's energy centers, calms the nervous system, balances hormones, and cultivates a resilient mind - benefits that modern science is now validating. We may not change the world, but we can learn to regulate ourselves and respond to it with clarity and positivity. For students, I highly recommend starting with Pranayama - the practice of breath control.



YOGA AND US: TEACHERS SPEAK

- Interviewed by Ananya Komath

When I was in Grade X, I took PE as a subject and was introduced to Yoga. After just a few sessions, I noticed a significant boost in my flexibility and energy, which motivated me to make it a regular practice. However, when I transitioned into teaching, balancing the immersive workload and intense mental responsibilities became a massive challenge. The situation only worsened during the pandemic, when prolonged strain left me with a frozen shoulder. Turning back to yoga was a turning point; It became essential in relieving my stress and restoring my mobility. For those just starting out, I highly recommend practicing Pranayama (breath control). It is incredibly effective for balancing the Chandra Nadi (cooling energy) and Surya Nadi (heating energy) within the body.



Deepthi Vaidya, ICT Teacher and Yoga Practitioner

World Yoga Day is a celebration of the oldest technique of exercise but it shouldn't be limited to a day. It should be a lifestyle. People should practise it every single day of their lives.

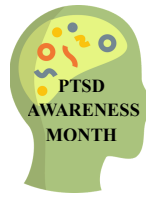
I recommend Bhramari pranayama for stimulating the brain, promoting mental clarity, better memory and increased concentration.

GLIMPSES OF THE OUTSTATION TRIP ORIENTATION

clicked by Keemaya Makhija



GLIMPSES OF SPORTS ENTREPRENEURSHIP PRESENTATIONS



WHAT IS PTSD AWARENESS MONTH; AND WHY IS IT IMPORTANT?

- Shreeya Zundaray

In June, people observe PTSD Awareness Month in order to raise the level of awareness about the issue, since there are many individuals suffering from PTSD and they are usually unnoticed by other people.

PTSD stands for post-traumatic stress disorder, a mental condition following a highly stressful event, including accidents, violence, abuse, or natural disasters.

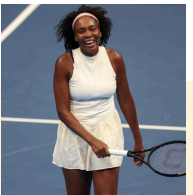
Unfortunately, it is very difficult for people to overcome the effect of these experiences, especially when a particular stimulus triggers fear or anxiety after years and years of living. The symptoms of PTSD are hardly noticeable, however, they can influence the overall functioning of an individual considerably.

It is necessary to observe PTSD Awareness Month, since we should know how to support the people who suffer from the problem. These individuals usually do not complain about their condition, in order not to appear abnormal in the eyes of other people. However, with proper help, they may overcome all these problems.

FASCINATING FACTS

VENUS WILLIAMS

- Venus Williams has the most medals in Olympic tennis history, with four gold and one silver medal.
- She is the only Open Era player who won in four different Olympics: 2000, 2008, 2012 and 2016.
- By 10, her serves had exceeded 160.8 kmph.
- Her fastest serve is a record-breaking 207.2 kmph!
- She is the Open Era's first African American No. 1.
- She didn't play the official UTSA junior tournament circuit, and was supposed to focus on education.
- She wrote two books on self-motivation, and health and wellness respectively.



Venus Williams's Birthday

- Submitted by Nilanshu Prabhakar

UNDERSTANDING MENTAL ILLNESS: FACTS ON PTSD

- Submitted by Karan Nambisan

A smell can trigger PTSD more strongly than a picture – smells are closely linked to memory and emotions in the brain.

PTSD can develop indirectly – a person may develop PTSD after learning that a loved one experienced a traumatic event.

Animals can experience PTSD-like symptoms – military and rescue dogs can show behaviour similar to PTSD after traumatic events.

Nightmares are not always exact memories – they may be symbolic or altered versions of the traumatic event, rather than a replay.

Memory gaps can occur; some people with PTSD cannot remember important parts of the traumatic experience.



Diction Digest

Mindfulness

The practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis.

Sentence -

"His mindfulness of his limited education made him ill at ease around academics."

Synonyms - awareness, knowledge, notice

Antonyms - negligence, disregard, unawareness

Weekly Wisdom

If you can not feed a hundred people, then just feed one.

- Mother Teresa

- Submitted by Airah Madaan

Meet The Editorial Squad

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