

## FROM THE EDITOR'S DESK

### NEW BEGINNINGS AND PERFECTIONISM

-Ananya Komath

'Perfectionism' is a well-known term and despite knowing that it is a harmful mindset, I have been dealing with it for quite some time. Over time, I have devised my own ways of dealing with it and I think these would benefit other fellow perfectionists as well.

I plan out the perfect course of action for every 'new leaf' I turn, and the second the tiniest error is revealed, I lose motivation to stick with my goals. Feels familiar? In my experience, the only factor that can guarantee success in any field is not perfection, but consistency.

Consistency doesn't require perfect work; all it demands is that work be done, even if it is done with imperfections.

The fear of embarrassment, failure and judgement while all natural and justified, are just fears. Pursuing your goals and performing poorly in the process is not the evidence of a failed pursuit, it's the evidence of your pursuit itself. All goals are achieved through a trial-and-error process, because no one can follow a template laid out by someone else and apply it to their own unique life.

Consistency is not a quality that someone inherently possesses, it's a lifestyle that is defined by the accumulation of actions over time.

So, this new academic year, aim for consistency not perfection, whether that be in academics, hobbies, passions, or new endeavours.

### palette of Potential

Curated by Rahi Joshi



Artwork by Roshni Bharadwaj, XII E



Artwork by Shivanshi Prabhakar, I A

### Caught on Camera

Clicked by Tannistha S



A student having a great time during the Welcome Assembly



Aishwarya Mohapatra  
XII B

We often put an incredible amount of pressure on ourselves to handle it all with a smile, but it's okay to acknowledge when things feel heavy.

Sometimes, just saying "I'm overwhelmed" out loud to a friend takes the power out of stress.

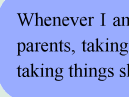
Having someone in your corner makes the world feel smaller and more manageable. It's about knowing you don't have to carry it alone.



Mayan Athul Sreedharan  
XII E

As a student engaged in various co-curricular activities and competitions, stress is a part of everything I do, but eventually I've learnt to get it out of my system pretty well now.

I believe the best way to calm down is to channel stress into something meaningful, instead of panicking.



Shivansh Patidar  
V C

Whenever I am stressed, I try to take my mind off by talking to my parents, taking a break for the day, not focusing on many things and taking things slow.

My way of dealing with stress is by engaging in some fun activities. It also helps when I talk to some of my relatives about what I am going through. Everyone should involve themselves in activities, learn new things and try to stay calm and happy to relieve stress.



Advika Negi  
VII A

## GLIMPSES OF DAY 1 OF THE ACADEMIC SESSION 2026-27

clicked by Tannistha S



### THE ORIGINS AND TRADITIONS OF EASTER

-Airah Madaan

Easter is a major Christian festival that is known for its mixed traditions and new beginnings. It is when Christians celebrate the resurrection of Jesus Christ three days after his crucifixion on Good Friday. Easter is not celebrated on a fixed date. It always falls on a Sunday in March or April, preceded by a 40 day period, known as Lent. To celebrate, many families decorate eggs, have Easter egg treasure hunts, wear new spring clothes, decorate cookies and make 'Easter Bonnets' or decorated hats. They have meals, mainly featuring lamb. Easter is a festival that has many symbols that depict different meanings, like the 'egg' that symbolises new beginnings, the 'lamb' that shows sacrifice and 'candles' that showcase the light of Christ after rising from the dark tomb. All Christians visit the church on Easter Day. It is a festival that celebrates victory over death and the forever promise of eternal life.

### STUDENTS SPEAK: HOW DO YOU TACKLE STRESS?

-Niyati Asati

### Diction Digest

#### Odyssey

**Meaning:**

A long and meaningful journey full of learning and experience

**Synonyms:**

Journey, Expedition, Quest

**Antonyms:**

Stagnation, Inaction, Routine

**Sentence:**

"For many students, the new academic year marks the beginning of an educational odyssey."

-Submitted by Saumik Mandal

### Weekly Wisdom

Even the greatest was once a beginner. Don't be afraid to take that first step

-Muhammad Ali

-Submitted by Karan Nambisan

### Meet The Editorial Squad

- **Chief Editor** - Ananya Komath (XII B)
- **Head of Journalism** - Niyati Asati (XII E)
- **Journalists** - Saumik Mandal (XII B), Airah Madaan (VI D), Karan Nambisan (IX B), Kaashvi Datta (XII E), Nilanshu Prabhakar (VII C), Darsh Suneja (VII A), Shreya Zundaray (XI D)
- **Head of Photography** - Mishka Parijat (XII E)
- **Photographers** - Keemaya Makhija (X B), Tannistha S. (XII B)
- **Creative Head** - Rahi Joshi (XII E)

### OXIDATIVE STRESS AND THE BODY PHYSIOLOGY

-Darsh Suneja

Oxidative stress happens when our bodies work like busy engines, producing energy alongside harmful byproducts called \*free radicals\*. Antioxidants work like special filters that remove these byproducts that help in protecting our cells. But when the body works too hard—because of stress or an unhealthy diet—these byproducts become too much for the filters. Eating green leafy vegetables, citrus fruits, and berries helps the body clean itself of all the byproducts and keep the engine healthy.

### FASCINATING FACT

*What is the Pink Moon?*

The Pink Moon is a rare lunar event that happens once a year. In 2026, it occurred on April 1st. It is defined as the first full moon after the beginning of spring in the Northern Hemisphere. The moon doesn't appear pink, but is a regular full moon with a slightly goldish hue, due to atmospheric scattering. It's named after Phlox Subulata, a wildflower which blooms in early spring. The Pink Moon was visible from 7:06 A.M. to 7:41 A.M. It's also the Paschal Full Moon, which determines Easter's date, and also frequently coincides with Hanuman Jayanti.

-Submitted by Nilanshu Prabhakar