BILLABONG HIGH INTERNATIONAL SCHOOL BHOPAL

The Billabong Bulletin

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Principal's Note



My dear friends,

Every life is a story in progress. Some chapters hold pure joy. Others may hold setbacks, heartbreak, and lessons we absolutely never imagined or asked for. That is simply the architecture of being human.

Walking across the audition room the other day, I overheard a child quietly encouraging a friend, “As long as you don’t give up, you have a chance.” For some reason, those words stayed with me. Not because they are particularly groundbreaking, but because they cut through the noise. That simple sentence is indeed a radical truth.

Rooted in the Japanese philosophy of continuous improvement, Kaizen. It reminds us that meaningful growth doesn't arrive as an overnight revelation; it is built through small, relentless, and often unglamorous, consistent steps. It evokes the image of the legendary tortoise, calmly and inevitably superseding the inherently endowed, but wildly inconsistent, hare.

It is easy to look at the pantheon of the greats, whether it be Leon Marchand in the pool or Mondo Duplantis on the track, and label them as superhuman anomalies. But remember that Duplantis built his legacy by breaking the world record on fifteen separate occasions, almost always by just one single centimetre. That is Kaizen.

They optimised their skills by being a fraction better every day and relied on the compound interest of tiny, daily improvements.

The mindset we are cultivating here operates on a very specific frequency. Rather than waiting for overnight miracles, let's focus on daily, tangible progress. We should try to develop the quiet confidence to rise above the relentless competitive stress, and be grounded enough to know that one bad test never defines our entire story.

When the cognitive load feels overwhelming, do not panic or disengage; just step back, take a breath, and ask: How can I be one percent better today?

- Ashish Agarwal

Student Editorial Board



Kainaat Kapoor
Editor-in-Chief



Aiman Fatima



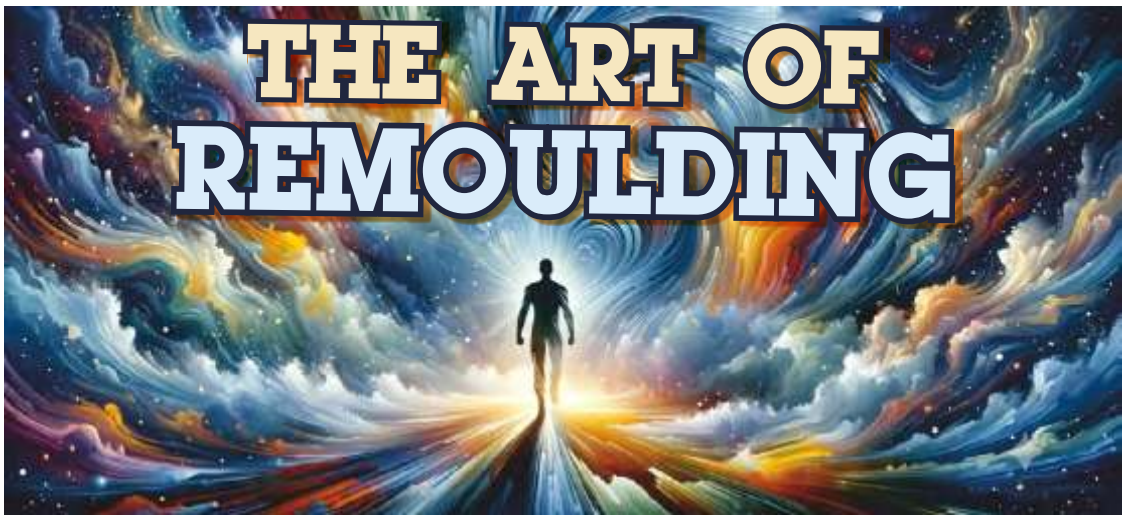
Navleen Kaur Bagga



Anamitraa Choubey



Shreeya Hotwani



Living in a world that seeks constant perfection, approval, and transformation, appearing inconsequential is the last thing one would consider, perhaps due to the fear of appearing callow. But what if growth does not need to shout? Perhaps it lies in the quiet, almost clandestine process of becoming, much like an alchemist transforming the basest metal into gold, not in a single moment, but through a patient process of refinement.

And this is where Kaizen comes in as the saviour. Usually associated with change for the better, it is predominantly recognised as the philosophy of consistent improvement in the world of business. But who knew it could also translate so brilliantly into our own daily lives, becoming something far more personal? It is the pursuit of becoming better, not through instant reinvention done in a couple of days, but rather through small, mindful decisions made every hour, every moment of the day. It is the antidote to akrasia, the tendency to know what ought to be done, yet falter when it comes to doing it.

The very first step towards this transformation is reconsidering what is perceived as success in our minds. If we were to introspect and ask ourselves how successful we are, we would most likely think about our achievements, possessions, positions, and accolades. Yet, in doing so, we may fail to recognise the covert dimensions of success: the patience we practise, the courage we summon, the kindness we extend, and the compassion with which we treat one another.

After all, the world is full of people fighting unseen battles, weighed down by things they may never say aloud. Sometimes, what saves them is nothing but love, love without keeping score. So let your words be something people carry with them, not as a burden, but as a reminder that goodness still exists. Because at the end of the day, no one will remember how much money you had, how many hours you worked, or what titles you held. They will remember how you made them feel. And perhaps success begins here: not in what we possess, but in who we choose to be.

We need not label ourselves failures simply because we could not achieve something. Instead, treat failure as data. Most people see setbacks as proof that they are incapable; Kaizen asks us to see them differently. “What is this teaching me?” Every mistake becomes information, and every outcome becomes feedback for the next attempt. We become steadier, examining what went wrong rather than searching for someone to blame or allowing fear, regret, and dissatisfaction to become barriers to progress.

Thereafter, Kaizen gives us five questions to return to: “What is the root cause of the problem? How can we address it? Are the changes being applied consistently? What impact are these improvements creating? And how can we continue to improve?”

Perhaps this is where Kaizen meets integrity: the idea of moving towards the fullest realisation of what lies within us. We do not have to transform overnight, because it is never about miracles or proving people wrong. It is about proving to yourself that every sacrifice, every setback, and every challenge was worth it, and continuing until life itself becomes the answer.

And when you think about it, isn’t it funny how this transformation might be the only one that happens so tranquilly that nobody realises it at all? And perhaps that is when you know you are truly victorious.

- Nancy Chawla (9C)

Editor’s Note

‘Long-term consistency trumps short-term intensity.’

A quote by Bruce Lee perfectly encapsulates the essence of Kaizen. This ancient Japanese philosophy teaches us that change blossoms when it is tended with persistence and continuance.

Change is the only constant that lingers throughout our chaotic lives; it fills us with a passion for improvement and a hope for transformation. Kaizen embodies this change by pushing us to the very edge until we master our dreams and desires. Whether it be a superficial insecurity or a board examination, every goal that tends to intimidate us is conquered by a determined and persistent approach. Success is a personal road constructed by practice, hard work, passion, and resilience. The ideal of drastic improvement can dilute the true purpose of change, as change, in reality, is a never-ending journey that relies more on consistency than drama. Taking a minute a day to listen to your true calling by muting the noise in your head can be enough to produce change, as our ability to evolve is reflected in the regularity of our efforts, not in their grandeur. Let this issue of the bulletin remind you to take one patient step at a time towards your goals rather than chasing after them.

Kainaat Kapoor - Editor-in-Chief

Theme: **Kaizen**



In Loving Memory of Monica Ma'am

(09-01-1973 – 14-09-2026)

Before a familiar name becomes a memory, it leaves its imprint on the ordinary course of our days. Monica Ma'am was one of those familiar figures, a gentle refrain in the song of everyday life. Her presence was intertwined with the classrooms, corridors, and countless moments when she brought a sense of belonging to our school, making it feel like home. That feeling endures even in her absence.

Her contribution to the school extended far beyond academic lessons. It lived in the support she offered, the students she guided, the colleagues she stood by, and the generous words of encouragement that continue to echo in our thoughts and actions. In doing so, she became a part of the memories that form the heart of our school.

Ever approachable yet firm in her conduct, she brought great care and dedication to her work as a teacher. She made a conscious effort to understand each child and ensured that her care reached far beyond marks and scores. The classrooms and corridors of the High School block were enriched by her presence. Whether it was a hand to hold, a shoulder to lean on, a pat on the back, or words of reassurance, Ma'am was always there. She also took thoughtful initiatives, from introducing calming breathing techniques to reinforcing a sense of security and well-being among students and staff members alike.

There are very few people who possess the empathy to celebrate others' victories as though they were their own, and Monica Ma'am was one of those people. With her radiant smile, she brightened the lives of everyone around her. Her positivity and determination taught us to look for the silver lining even in difficult moments. The humility with which she shared her knowledge made her a role model for all of us. She was a teacher not only to her students, but to the entire Billabong family. She saw potential in those around her and went out of her way to help them realise it. A true well-wisher, she never stopped believing in the hopes and dreams of those she guided.

Her spirit was like a breath of fresh air. She embraced school trips and experiences with great enthusiasm, encouraged students and colleagues to step beyond their comfort zones, and offered solace whenever it was needed. Her life touched many lives, and though it ended far too soon, the values she embodied continue to live on in our school community. Her kindness, warmth, courage and calming presence remain part of who we are and will continue to find expression in the way we care for one another.

We remember Monica Ma'am with gratitude for all that she gave to our school and with affection for the many moments she made brighter. Her absence is deeply felt, but so is the lasting imprint of a life devoted to teaching, caring and making a difference.

- The Billabong Family

DIPLOMATHON

Fiesta Galore

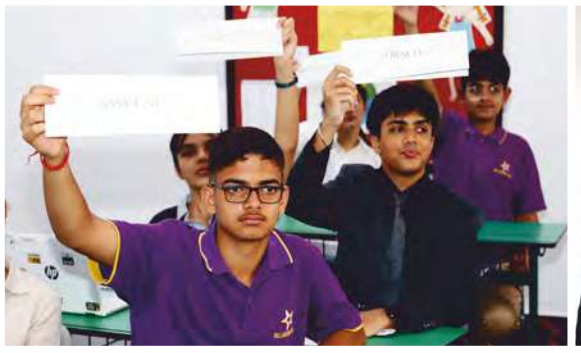
EVENTS

The Diplomathon World Symposium transformed the campus into a focal point for contemplative arguments, where our passionate delegates representing different countries and international organisations, researched on real world issues delivering compelling speeches and analytical rebuttals.















INVESTITURE CEREMONY 2026

The Investiture Ceremony heralded the inception of a defining phase of student stewardship as the Student Council 2026-27 wore their shiny silver badges and crisp blue blazers, followed by the recitation of the oath with a sense of integrity and rectitude.










FRANCIESTA

Franciesta 2026 was a vibrant exhibit of cultural and artistic brilliance. The event featured beautiful stage performances which showcased the creativity and prowess of our students in the language of French.








7th CISCE National Games & Sports Championship 2026

(Yoga- Girls)

Hosted by Billabong High International School, Bhopal, the 7th CISCE National Games & Sports Championship 2026 featured dynamic athletes representing their states with vigour and astonishing physical dexterity, encapsulating the true spirit of yoga and sportsmanship in their every action.

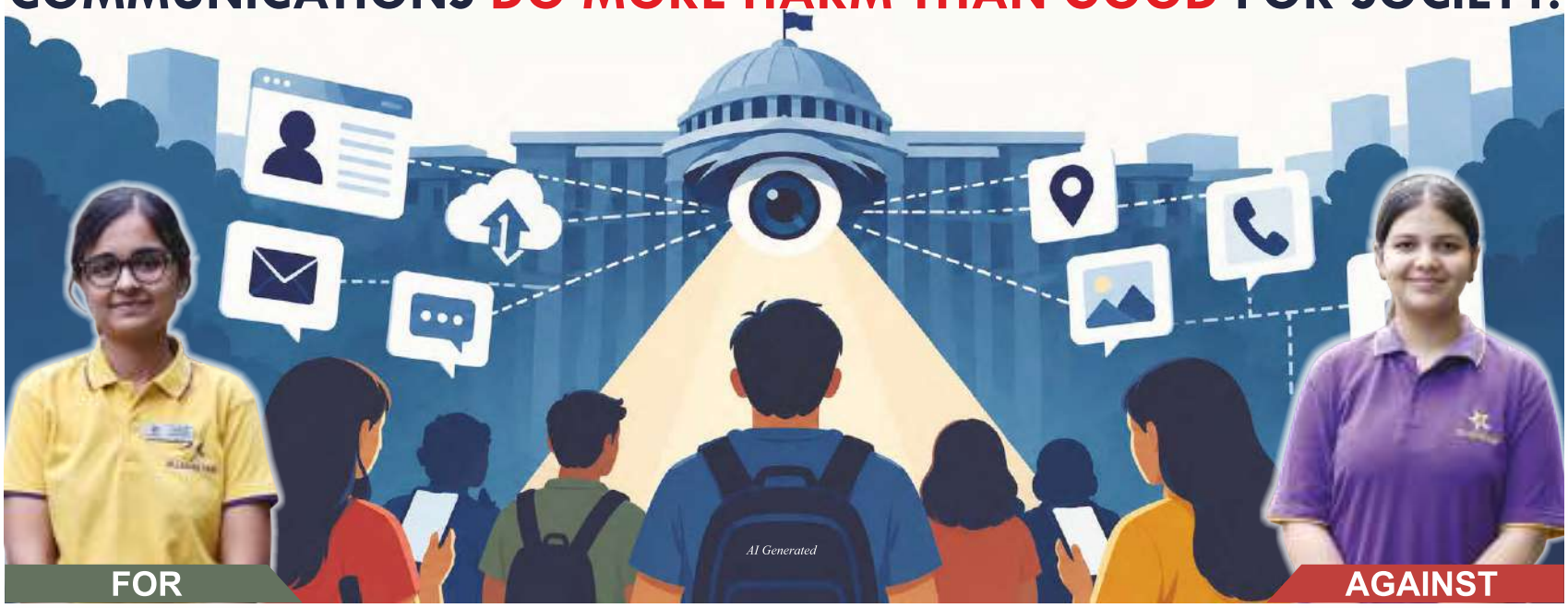








GOVERNMENT INTRUSIONS INTO PERSONAL DATA AND DIGITAL COMMUNICATIONS DO MORE HARM THAN GOOD FOR SOCIETY.



In today's digital era, we are connected to technology for everything, from work and studies to our most private conversations and research. Our devices, like mobile phones and laptops, keep more personal information than our own family members, and our chats may contain greater secrets than our official documents. Any sort of intrusion into this personal data and digital communication by the government does more harm than good.

While governments may argue that accessing such information is necessary to prevent crime and protect national security and the interests of the people, uncontrolled intrusion serves as a threat to people's rights, freedoms, privacy and also their trust in the government. In India, lawful interception of telecommunications is governed by legislation and rules that provide procedures and safeguards for such interception. (Department of Telecommunications, Government of India)

The government can lawfully intercept certain telecommunications messages and access certain communications under the applicable legal framework, including the Telecommunications Act, 2023 and the Telecommunications (Procedures and Safeguards for Lawful Interception of Messages) Rules, 2024. (Department of Telecommunications, Government of India)

Apart from this, Meta platforms can receive legal requests from governments for user information. Meta publishes information about such requests in its transparency reports. India has been among the countries making a large number of requests to Meta. This may make people think twice before using digital platforms for communication, especially when expressing their opinions on controversial topics or topics that do not favour the government. (Source: Meta, "Government Requests for User Data," Transparency Center.)

Each individual has the right to freedom of expression under Article 19(1)(a) of the Constitution of India, while privacy is recognised as a constitutionally protected right under Article 21. Government monitoring of personal data and communications can intrude on privacy and make people hesitant to express their views openly, leading to self-censorship. Moreover, Google states that Incognito mode does not make users invisible online, as websites and organisations managing the network, including internet service providers, may still observe activity. (Google Chrome Help)

Additionally, the availability of large amounts of personal data to government systems can increase the consequences of a data breach or security failure. Such information may include identities, conversations, bank details, voice recordings or biometric information. If misused or exposed, such information can have serious consequences. Increased access to personal information, even by the government, does not necessarily mean increased public safety.

For example, in 2017, personal details of nearly 15 lakh pensioners were publicly displayed on the website of the Jharkhand government's Directorate of Social Security. The information included Aadhaar and mobile phone numbers and bank account details, creating potential risks of profiling and financial fraud. (Anumeha Yadav, "Government websites are leaking Aadhaar numbers. Who will take action against the government?", Scroll.in, 25 April 2017.)

The government is supposed to protect the interests of people, but by constantly keeping a check on a person's digital media usage, people may start to feel controlled rather than protected. This way, the relationship between people and the government can be damaged, potentially leading to distrust.

To conclude, protecting people is indeed the duty of every government, but excessive intrusion into their personal data can threaten their privacy and freedom. Therefore, government intrusions into personal data and digital communications can do more harm than good for both people and the government.

- Diya Chhabria (12A)

At an airport, we hand over our bags for checking before boarding a plane. We accept this because we know that the check is meant to protect everyone. Government access to personal data and digital communications can be seen in much the same way. It may reduce some of our privacy, but it can also help protect society from serious threats.

One major benefit is that government agencies can detect criminal activity before it causes greater damage. Criminals now use phones, computers and online platforms to communicate and plan illegal activities. When trained professionals examine relevant digital information, they can find links between people and activities that might otherwise remain hidden. Operation CHAKRA-II, carried out by the CBI, is one such example. The operation involved the analysis of digital evidence, including mobile phones, laptops, hard disks, server images, SIM cards and email accounts, and helped the CBI investigate organised cyber-enabled financial crimes, including international tech-support fraud and cryptocurrency fraud. (Source: Press Information Bureau, Government of India, "CBI launches Operation CHAKRA-II to combat and dismantle organized cyber enabled financial crimes," 19 October 2023.) Without access to relevant digital information, investigating such networks would be much harder.

Government access can also help people who become victims of online financial fraud. Money can be transferred between accounts very quickly, giving authorities little time to act. The Indian Cyber Crime Coordination Centre has a system through which complaints can be reported and suspicious transactions can be tracked. According to the Ministry of Home Affairs, the Citizen Financial Cyber Fraud Reporting and Management System had, as of 30 June 2026, helped save more than ₹11,158 crore across more than 32.80 lakh complaints. (Source: Ministry of Home Affairs, Government of India, "National Cybercrime Response Mechanism," 22 July 2026.) A system like this can make a real difference to people who might otherwise lose their money permanently.

There is also the question of national security. Threats do not always begin with a physical attack; groups involved in terrorism or cybercrime can communicate and plan online. The Information Technology Act, 2000, allows interception, monitoring or decryption of information in specified circumstances, subject to legal safeguards. (Source: Information Technology Act, 2000, Section 69, India Code.) Access to relevant information can help security agencies identify and respond to threats that could put people or essential services at risk.

However, government access cannot be unlimited. People have a right to privacy, and that right should not be ignored simply in the name of security. The Supreme Court recognised privacy as a fundamental right in Justice K.S. Puttaswamy (Retd.) and Another v. Union of India and Others in 2017. The Court held that privacy is a constitutionally protected right and that an invasion of privacy must satisfy requirements including legality, a legitimate state aim and proportionality. (Source: Justice K.S. Puttaswamy (Retd.) and Another v. Union of India and Others, Supreme Court of India, 24 August 2017.)

The question, therefore, is not whether privacy matters. It does. The question is whether some privacy can reasonably be limited when there is a serious threat to society. With proper laws, supervision and limits, government access to digital information can help prevent crime, protect victims and improve national security. For these reasons, its benefits can outweigh its risks.

- Aaradhya Dwivedi (9C)



Playing the game of life is super exciting, and the secret key to winning it is a magical concept called Kaizen! On this board, making blunders and mistakes is totally inevitable. But through Kaizen, mistakes are never terrible failures; they are actually our greatest teachers in disguise, guiding us towards continuous self-improvement.

When we reach a big milestone or win a prize, it is super easy to forget about Kaizen, feel triumphant, and fall into the silly trap of procrastination by saying, "I'll do it later." When we pause our Kaizen journey, we leave our brilliant potential lying idle on the desk, like a blank page waiting for its day to shine!

True greatness comes when we practise Kaizen every single day. Mastering a skill doesn't mean our work is finished; it simply means Kaizen has given us the opportunity to reach even higher horizons! By keeping Kaizen as our main superpower, we refine our craft through relentless practice and keep moving towards greater achievement.

Mastery is not a final destination! Through the daily power of Kaizen, life becomes an endless, exciting journey of practice, growth, and continuous improvement.

- Kavyansh Lalwani (4E)

KAIZEN IN MOTIONS



I remember my first Diplomathon like it was yesterday. I was nervous and scared as a fifth grader. The older students, especially the Grade 6 students, made me feel really small. Giving one speech was a big deal for me back then. I was worried that I would forget what to say, make mistakes, or have to speak in front of people I did not know.

Four years have passed since then, and things are very different now. It does not matter to me whether I am speaking in front of an eighth grader or a twelfth grader. I can walk into a committee, participate in speeches and debates without fear, and talk to students I have never met before. When I think about my first Diplomathon and my fourth one, I realise that I did not become confident overnight. It happened slowly, over the years.

One of the biggest changes in me has been learning to speak. During my first Diplomathon, I was scared that if I forgot one point, I would not know what to say next. I would get nervous and lose my train of thought. With every Diplomathon, I learned that forgetting something was not the end of the world. I could pause, continue, and recover from mistakes instead of panicking. Diplomathon brings students from different schools together, and at first, talking to strangers was uncomfortable for me. Over time, I realised that everyone was there for the same reason: to participate, discuss ideas, and learn. Speaking to new people became easier and eventually became a big part of the experience for me.

My fourth year at Diplomathon showed me just how much I had changed. At one point, I realised that I did not have speeches prepared for a debate, an impromptu motion, and another motion. Instead of panicking, I thought, "I will figure it out." I had done a lot of research, so I used what I already knew and adapted it. I changed my arguments, opening, and conclusion and approached the problem from a different angle. I managed to make four speeches out of one prepared speech. The funny thing was that nobody realised what I had done. The speeches went well, and I even received compliments and an honourable mention. For me, that was a sign of how much I had improved. The old me would have panicked. The new me just thought, "I will figure it out."

I do not think I could have made this change on my own. Mohak Sir, one of the organisers of Diplomathon, has been a great support to me. He has always been positive and motivating. His encouragement helped me keep participating and improving, even when I was nervous or unsure of myself.



When I think about Diplomathon, I think about the word Kaizen. Kaizen is about improvement, and my experience with Diplomathon has shown me that improvement is not always dramatic. Sometimes it is being a little less nervous than you were the year before. Sometimes it is speaking up when you would have stayed quiet. Sometimes it is recovering from a mistake instead of giving up. And sometimes it is being given a problem you were not prepared for and thinking, "I will figure it out."

The biggest difference between the old me and the new me is confidence. I am now someone who actively participates in debates and discussions. I still have things to improve, but that is what makes the experience meaningful. My four years at Diplomathon have taught me that becoming better does not require one breakthrough. It can happen one speech, one debate, one mistake, one conversation, and one small improvement at a time. Sometimes, when things do not go according to plan, all you need to do is believe that you can figure it out.

- Agastya Chadda (8F)

A Nocturne for the Fleeting

There is a kind of sadness that is like a slow, golden light sifting through autumn leaves — beautiful because it is fleeting. It is the ache in Wordsworth's lines, the weight of a nocturne by Chopin, the melody of a song by Sufjan Stevens, the nostalgia of old letters. This sadness is not despair. It is not the depth of depression. It is something a little lighter. But if it is that sad, then why is melancholic art so universally cherished? You do not have to be sad or depressed to enjoy a melancholic poem. Even people who consider themselves emotionally detached can read it and genuinely admire it. Why do we linger instead of turning away?

Melancholy, an emotion born of sorrow and loss, often reveals itself as a source of profound beauty — not in spite of its misery, but because of it. It is a common feeling. We are all aware of the presence of melancholy in our lives, in one form or another. It does not have to be constant or ever-present, but the emotion, the sadness, the grief, stays with us. It is a memory of what we used to be. Perhaps it is this sadness that makes us appreciate our existence.

At first glance, melancholy appears quite contradictory to beauty. Beauty is often associated with pleasure and lightness. However, melancholic art feels more beautiful precisely because it is full of sorrow. We are drawn to sadness in art, even when we are not sad ourselves. Even those who consider themselves rational or emotionally detached can find themselves deeply enthralled by a poem or a song that whispers of melancholy.



Image Credits: Starry Night by Vincent Van Gogh

Needless to say, there is a danger in romanticising melancholy. Sadness is not always beautiful. Sometimes, it feels heavy, suffocating, and unbearable. However, melancholy and depression should not be treated as the same thing. When melancholy is expressed through art, memory, and meaning, it can become something else. It becomes a way of understanding life, loving it, and savouring its fleeting moments.

- Anvesha Kharya (9C)

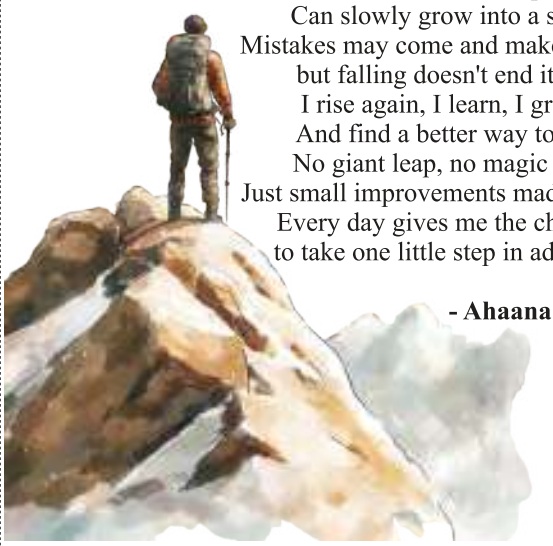


THE ART OF KAIZEN

We fail a million times,
Like trying to make a refreshing lemonade and forgetting the limes.
But what matters is practicing every single day,
Learning from our mistakes along the way.
And every small step forward counts each day.
Kaizen is a treasure we keep in our hearts,
A journey where improvement is the most important part.
When we practice Kaizen, it becomes a beautiful art,
It sets us on a path to grow stronger and smarter from the start.

- Anaissha Singh Raghuvanshi (4F)

The Quiet Climb



I do not need to touch the sky,
or learn to spread my wings and fly.
A tiny step, a little try,
Can take me further by and by.
One page today, one sum made right,
One fear I choose at last to fight.
One kinder word, one helpful deed,
Can slowly grow into a seed.
Mistakes may come and make me fall,
but falling doesn't end it all.
I rise again, I learn, I grow,
And find a better way to go.
No giant leap, no magic key,
Just small improvements made by me.
Every day gives me the chance,
to take one little step in advance.

- Ahaana Goenka (5B)

A THOUSAND SMALL STEPS



Each day, I strive to do my part,
But small progress is a stepping stone to start.
I don’t need to establish an unfeasible benchmark,
Just one-percent Kaizen to find my way in the dark.
Slowly, but surely, I found my way.
Overcoming the hurdles that come in my way.
One day, I will succeed like branches reaching for the sky,
No longer stopping to wonder why.
One day, I will be admired by billions,
Answering the questions in my head that once numbered in millions.
Kaizen is not just an ordinary philosophy,
It is the wisest teacher clearing every path of progress for me.

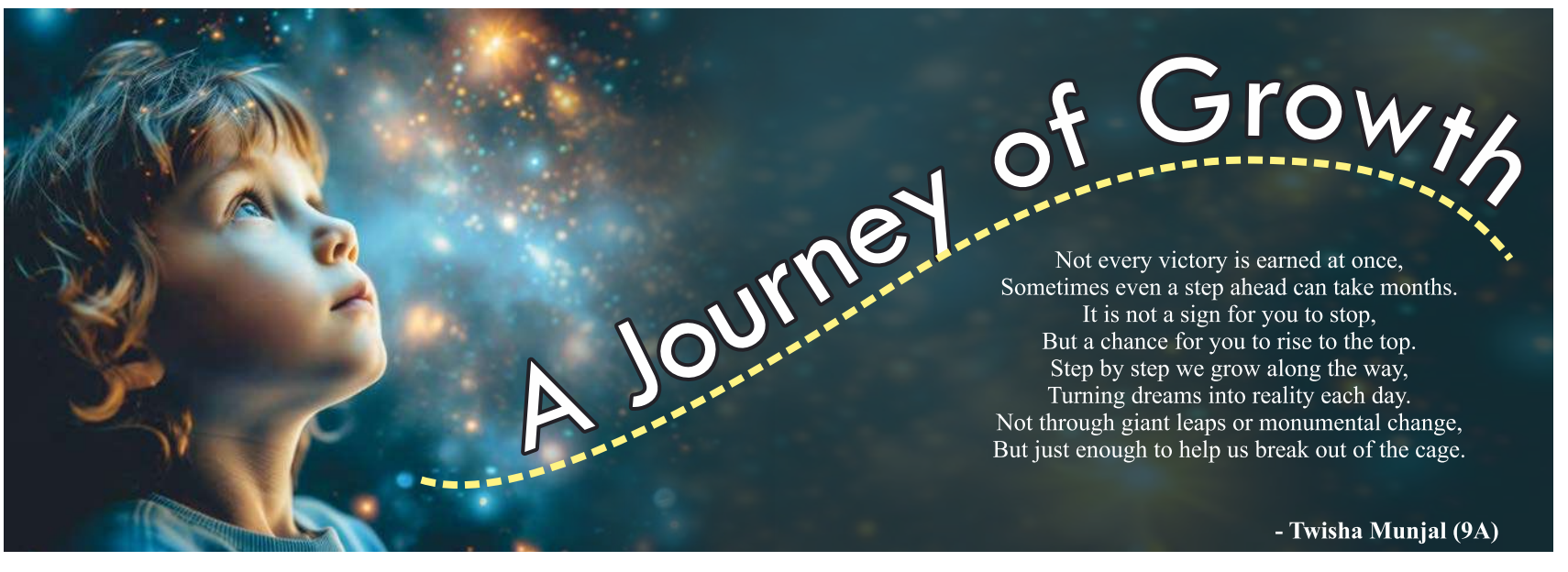
- Sarb Shukla (7D)

Image credits: https://in.pinterest.com



When outside voices twist and blur the line,
I step away to give my thoughts their design.
The world speaks loud, in rhythms fast and grand,
But in the quiet spaces, I learn to stand.
I take the tangled paths and break them small,
Finding a steady pace to clear them all.
With patient steps, the doubts begin to fade,
As piece by piece, a brighter mind is made.
Kaizen is not a race I have to run,
It is the art of growing sun by sun.

- Hayana Chhabra (7D)



Not every victory is earned at once,
Sometimes even a step ahead can take months.
It is not a sign for you to stop,
But a chance for you to rise to the top.
Step by step we grow along the way,
Turning dreams into reality each day.
Not through giant leaps or monumental change,
But just enough to help us break out of the cage.

- Twisha Munjal (9A)

THE PENCIL THAT KEPT SHARPENING



Rohan hated making mistakes. Whenever his teacher returned his notebook with a red mark, he would stare at it for a long time. A wrong answer, a spelling mistake, a line that was not straight enough - it all seemed like proof that he was not good at something.

One Monday morning, he was given a new pencil. It was yellow, with a tiny silver star printed near the top. Rohan liked it immediately.

During mathematics, however, he made three mistakes in a row.

“I’m never going to get this,” he muttered.

Frustrated, he pressed his pencil so hard against the paper that the tip snapped. Rohan took out his sharpener and turned the pencil once, twice, three times. When he looked down, the broken tip was gone.

The next day, it happened again. And again.

Every time the pencil became blunt, Rohan sharpened it.

One afternoon, while doing his homework, he suddenly stopped. The pencil was much shorter than it had been on Monday. He smiled. The pencil had become smaller, but somehow, it was still doing its job.

Rohan thought about all the times he had made mistakes that week. Instead of giving up, he had corrected some of them. He had asked his teacher questions. He had practised the sums he found difficult.

Maybe mistakes were not proof that he was bad at something. Maybe they were simply another part of learning.

The next morning, Rohan picked up his pencil again. It was short now, but he didn’t mind.

He began solving his mathematics problems.

The first one was wrong. He erased it.

The second one took him three attempts.

The third one was correct.

Rohan looked at the little yellow pencil and laughed.

“Looks like we’re both getting better,” he said.

And for the first time, making a mistake did not bother him.

He simply sharpened his pencil and tried again.

- Gautam Daga (8F)

ONE STEP AT A TIME



Jitesh was an adventurous, energetic and nature-loving 11-year-old boy. He loved going on hiking adventures with his father and was always curious to learn new things. He began by climbing small hills and gradually moved on to taller ones. With practice and the help of a rope, he started climbing mountains too. Each climb gave him more confidence and encouraged him to take on bigger challenges.

Just as a seed slowly grows into a plant and then into a tree, Jitesh improved his climbing skills step by step. Now, he was ready to take on his biggest adventure yet: climbing the world's highest mountain, Mt. Everest!

This is what Kaizen is all about. Through regular practice, patience and determination, Jitesh kept improving and preparing himself for greater challenges.

- Inaaya Mulchandani (3E)

A THOUSAND SMALL REPAIRS



At the end of a narrow street stood an old house with broken windows, peeling walls and a rusted door. When Adeline inherited it, she tried to fix everything at once. She tried to repair the crack running through the bedroom wall, but the plaster fell away. Then she decided to replace a window; however, by evening, another windowpane had cracked. Adeline sat there, frustrated. No matter what she fixed, something else seemed to break. The house felt like it was always one step ahead of her.

Curiously, she then noticed that the crack in the wall was slightly smaller. Only slightly, but it was smaller.

The next morning, the windows rattled less, and the day after that, the door closed without being lifted. She began to notice that the house was improving little by little. So she stopped trying to fix everything at once. Each morning, she fixed just one thing. It could be one loose hinge, one broken tile, or one patch of peeling paint. Sometimes, the difference was so small that she could barely notice it.

A few years passed, and the house slowly came alive with colour. The windows had stopped rattling completely and were full of sunlight. Even the staircase had stopped complaining beneath people’s feet.

One evening, Adeline found an old photograph of the same house from years ago. It barely resembled the house she had inherited. Adeline finally understood what she had missed in the beginning. She had been looking for one great repair that would transform everything at once. Instead, the house had taught her something much simpler: success did not require one giant transformation. It required continuous improvement, one small step at a time.

The house had never repaired itself. Adeline had repaired it, patiently and consistently, until the small changes became something extraordinary.

And perhaps that was the true essence of Kaizen: not perfection achieved overnight, but progress built through a thousand small repairs.

- Navleen Kaur Bagga (11B)

The Perfect Forest

Once, there was a lush forest with a captivating green canopy that everyone adored. One fine day, the forest suddenly started to lose its sparkle. The towering trees with emerald leaves began to fade. The dancing plants withered, and the creeping, overgrown grass began to tangle. Everyone around exclaimed, “Such a pity!” and wondered what had gone wrong.

The little rose asked, “Why are we growing weaker?”

“Perhaps we tried too hard to grow,” replied the sunflower in despair.

The plants kept wondering why they had put so much effort into being perfect. Then, they decided to improve their condition with one small change.

The rose began to strengthen one delicate stem. The tangled grass started to straighten itself, leaving a little room for hope. The changes were not too many, but each plant was patient and resilient. Every day, one new leaf, one stronger root, or one straighter stem appeared, helping the forest regain its sparkle.

At last, the plants learnt an important lesson: small improvements every day can gradually create a big change.

- Nirvana Sewani (6A)

TOM’S MATH ADVENTURE

Once, there was a boy named Tom who loved mathematics. However, he was not very good at it. Tom tried everything, but he just couldn’t seem to understand it. He tried learning from others, but they told him that he was very bad at mathematics and would never be able to learn it.

Sadly, Tom told his mother what had happened. She patiently listened and told him that there was no magic trick to learning mathematics. To learn and improve, he would have to practice the Kaizen way.

Upon hearing this word, Tom was puzzled. He had never heard it before. Seeing his puzzled expression, Tom’s mother explained that Kaizen means continuous improvement. She told him that he would have to practice Mathematics every day to become better at it.

Tom was happy with this advice and immediately started practising. A month later, there was a mathematics competition, and the person who won the first place was none other than Tom!

When asked how he had managed to improve so much in such a short time, he smiled and replied, “Kaizen.”

- Nura Khan (3C)



While studying World War II, I was intrigued to read Anne Frank's diary and understand her teenage years in hiding. Anne began writing on 14 June 1942, at the age of 13, and her diary entries continued until 1 August 1944. On 6 July 1942, her family went into hiding at Prinsengracht 263, where they lived for 25 months in the three-storey Secret Annex. The Van Pels family later joined them with their son, Peter. Anne's diary captures her adolescence, family struggles, and growing friendship with Peter.

Through her diary, we understand the suffering and fear faced by Jewish people during the Holocaust. They were forced into hiding and made to wear yellow stars. Anne heard heartbreaking stories about friends being taken away by the Gestapo. The helpers, Mr Koophuis, Mr Kraler, Miep, and Elli, supported the families by providing supplies, managing the business, arranging food, and helping with their studies.

Life in hiding meant constant fear, silence, darkness, and shortages of food and medicine. On 4 August 1944, everyone in the Annex was arrested, ending Anne's record of two years in hiding. Although millions lost their lives under Hitler's regime, Miep preserved Anne's diary after the arrest, ensuring that her voice survived and that the world could learn about her experiences during the Holocaust.

Reading Anne's diary made me grateful for the safety I have today. Her experiences show that even during hardship, writing can provide strength and hope. Her diary remains a powerful reminder of courage, resilience, and the human spirit.

- Anika Rout (8D)

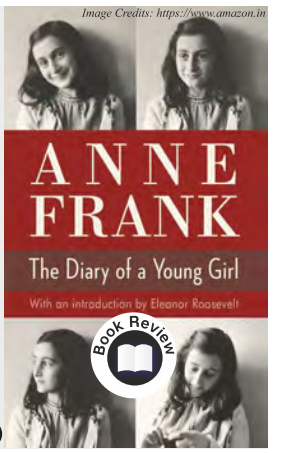


Image Credits: https://www.amazon.in

RECOMMENDATIONS

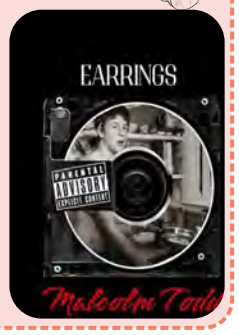
A beautiful and calming song about slowing down and appreciating life. Its soothing melody and thoughtful lyrics make it comforting to listen to.



Image Credits: https://za.pinterest.com

Some songs feel like memories you never actually lived. "Earrings" has that strange, nostalgic pull—soft, emotional, and perfect for those quiet moments when you just want to feel something.

Image Credits: https://za.pinterest.com



true hardships have never been described in a more raw and transparent manner. 'The Kite Runner' is a story about friendship, love, perseverance and regrets that haunt you till the end of time.

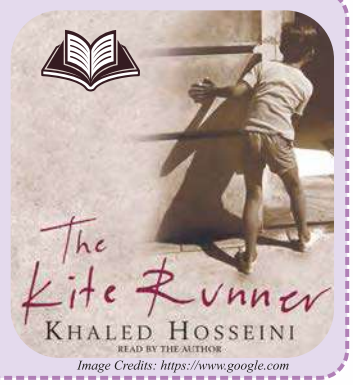
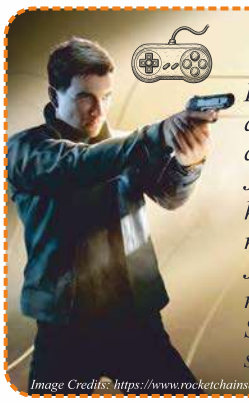


Image Credits: https://www.google.com

A story about how the yearning for success maddens a person, twisting their morals and the revenge that inevitably follows their actions driven by jealousy.



Image Credits: https://www.amazon.in



It is one of the finest third-person action-adventure games out there right now. It directly puts you into the shoes of the iconic James Bond and his origin story. The game has stunning graphics and a compelling narrative, almost making it feel like a Classic James Bond adventure. It's a welcoming reboot to an already outstanding franchise. So if you like your lemonade shaken, not stirred, this is the game for you!

Image Credits: https://www.rocketchainsaw.com



Image Credits: https://www.imdb.com

It is the kind of TV show on which a childhood gets built. Friendship with high stakes, loyalty tested, everlasting determination, and the promise that good outlasts the lurking darkness.

STRAY is an interesting and emotional adventure game that puts you in the role of a cat exploring a mysterious world. The story is exciting, with many adventures to experience, and the game gives players a chance to discover what it is like to explore the world through the eyes of a cat.

We can jump, climb, explore, and move through places that would be difficult for a human to reach. Being a tiny creature is not easy, but the cat's long jumps and flexible body make it possible to explore the world in a unique way.



Image Credits: https://www.youtube.com

My favourite character was, of course, the cat itself. The cat is able to explore so much of the world, and the people it meets eventually depend on it. The villagers trust the cat and help it along its journey, which makes the player feel important to the story.

The graphics, visuals, music, and sound effects of Stray are absolutely amazing. I have rarely seen a game with visuals this impressive and audio this immersive. The detailed environments make exploring the world much more enjoyable.

The biggest message I took from Stray is that even someone who seems small or powerless can make a huge difference. The cat may be tiny, but it becomes an important part of helping the people around it. The game also shows the importance of friendship, trust, and sacrifice.

Overall, Stray is a beautiful, challenging, emotional, and enjoyable game. I would recommend it to people who enjoy gaming, adventure, challenges, and exploring unique worlds. It is a memorable experience with fantastic graphics and an emotional story.

- Yuvaan Hotwani (6B)

The Odyssey is a film directed by Christopher Nolan and based on Homer's epic poem. Set in the world of ancient Greece, the film follows Odysseus as he struggles to return home after the Trojan War and years of conflict.

The story revolves around Odysseus, the King of Ithaca. He helps the Greeks win the Trojan War after 10 long years and begins his journey back to his kingdom. The film captures this journey and the challenges that Odysseus faces along the way.

Meanwhile, in his kingdom, more than 100 suitors are desperate to marry Penelope, the Queen of Ithaca, hoping to eventually rule the kingdom that was once led by Odysseus. Their son, Telemachus, wants to know the truth about his father and continues to hope that he is alive. He sets out on a journey of his own, which is also depicted in the film.

Apart from the visuals, music and overall cinematography, which, in my opinion, are nearly flawless in Nolan's work, the story also says a lot about responsibility and the importance of family. It shows how determination and perseverance help Odysseus overcome the deadly obstacles he encounters and finally return home.

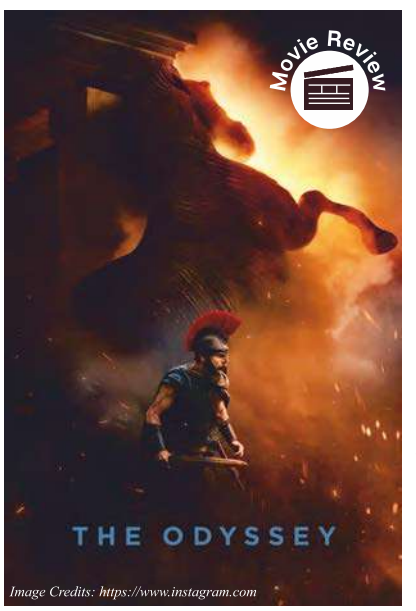


Image Credits: https://www.instagram.com

As someone who has never really explored Greek mythology, I found the film easy to follow once I understood its core story. It is a gripping and marvellous tale that keeps you on the edge of your seat throughout. As stated in the Critics Consensus on Rotten Tomatoes: "Reinvigorating an ancient adventure with majestic sweep and sterling work by its colossal ensemble, Christopher Nolan's The Odyssey imbues myth with primal human feeling." (Rotten Tomatoes, Critics Consensus)

- Uddish Sharma (11A)



The Mountains Are Moving

What Nepal's Floods Taught Us About a Warming World

On the morning of 26 August 2026, high in the Himalayas near the Nepal–China border, a massive section of rock and glacier ice broke away at around 5,200 metres and plunged more than a kilometre down the mountainside. The resulting debris and water surged through the river system, with water levels rising by as much as nine metres in just 30 minutes. The flood devastated communities, destroyed bridges and roads, and severely damaged hydropower infrastructure. Hundreds were killed, while thousands remained missing in the aftermath.

But this disaster is part of a bigger pattern. In 2026, the International Centre for Integrated Mountain Development (ICIMOD) reported that ice loss across the Hindu Kush Himalaya has accelerated, with rates doubling since 2000. A similar flood had struck the same river system in July 2025, just fourteen months earlier, although it was caused by the sudden drainage of a glacial lake.

The same warming world is changing weather patterns far beyond the Himalayas, contributing to heavier rainfall in some regions, longer droughts in others and more intense heatwaves. The question is: why does it take a disaster of this scale to make climate change feel real? Must we lose more before we begin protecting the planet we call home?

It is not too late to act. We can push our schools and communities to reduce waste and energy use, support efforts that help vulnerable communities recover, and keep talking about places like Nepal long after the headlines disappear.

A child in Rasuwa, Nepal, with dreams and aspirations like any of us, is still missing. We can honour his memory by paying attention to what the mountains are telling us. Perhaps it is time we listened.

Climate Ambassadors
- Kyna Goel (11C)
- Pratyush Dhote (9A)

KAIZEN – FOR BETTER HEALTH

Kaizen, the word itself means growth and improvement. Nutrition science in recent years continues to evolve towards better approach to health and well being.

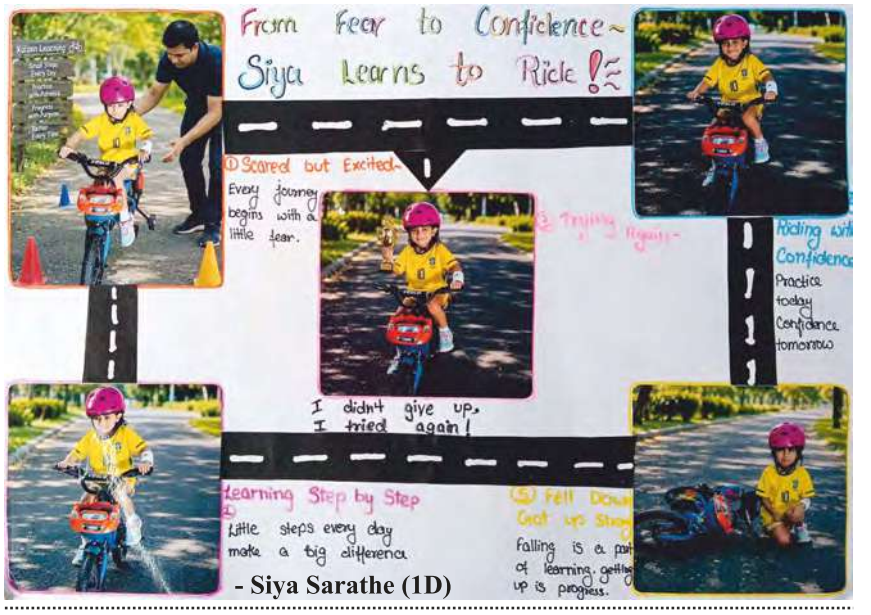
Research has repeatedly shown the value of using locally grown, diverse plant foods to maintain adequacy of protein, dietary fibre for good metabolic health, muscle strength, a healthy gut and an optimum immune status. Minimal use of processed foods is a contributory factor. A simple Kaizen approach may mean using fruits as snacks instead of bakery, extra curd or milk or beans for protein, locally available and grown vegetables to be used for diversity in foods.

Nutrition science increasingly recognizes that Kaizen can be different for different people depending on age activity, body composition, life style etc. For one person it may mean reducing salt, for another increasing protein. Physical activity is equally important. It could start with a simple walk, or stretching or Yoga.



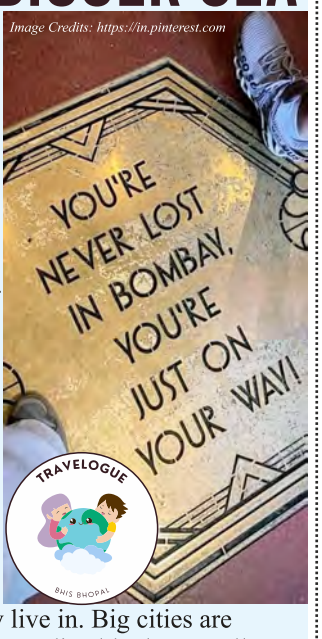
Thus, lasting well being comes from small consistent improvements and doesn't require drastic changes. Progress is not measured by body weight alone. Simple habits like improving food intake, adequate hydration, frequency of exercise define Kaizen in your life and well being.

Dr. Amita Singh
Consultant in Nutrition and Dietetics
National Hospital, Bhopal



- Siya Sarathe (1D)

A SMALL FISH IN A BIGGER SEA



This summer break, I went to Mumbai. Over the course of my trip, I found myself noticing the differences between Mumbai and Bhopal, beyond the obvious differences in the development of the two cities.

The first thing that struck me was that, despite the stereotype, big cities can foster a strong sense of community. It just happens differently. In smaller cities and towns, people often meet because of happenstance or proximity. In bigger cities, people seem more likely to seek out connection, often through social events and shared interests.

Another thing I noticed was how much more accepting people in big cities seemed to be of change. People who live in big cities are often portrayed as stuck-up in the media, but what I observed was almost the opposite.

Comparatively, they seemed much more "go with the flow" kind of people. I think this may have something to do with the environment they live in. Big cities are constantly changing and, in some ways, feel less predictable than smaller, more established communities.

Living in a big city feels like being a small fish in an ocean, while living in a smaller community feels more like being a small fish in a pond. In the ocean, there is always something coming towards you, and you have to learn to move with it. In a smaller pond, things can feel more familiar and predictable.

Perhaps that is the biggest difference I noticed. In a big city, life feels like it is coming at you, rather than you coming at life. For better or worse, I think that shapes the people who live there.

- Ansh Basu (10F)

What's New Behind the Lens? Ray-Ban Meta Gen 2



Wearable tech has looked bulky and ugly for a while now. However, the Ray-Ban Meta Gen 2 Glasses completely flip that narrative. I recently got the chance to use them, and they actually look like regular sunglasses. In fact, they are just 5 grams heavier than the usual Ray-Ban Wayfarers.

Let's talk about the technicals first. They pack a Qualcomm AR1 Gen 1 chip, which is a significant upgrade from the first generation, a 12 MP camera capable of recording 3K video, 32 GB of storage, directional open-ear speakers, a built-in Meta AI voice assistant and, most importantly, up to 8 hours of active use, with the charging case providing an additional 48 hours of power.

Appearance-wise, people will see them as any other pair of sunglasses, but with these on, you can listen to music and podcasts, take calls, and record POV videos and photos hands-free. You also have the AI assistant right in your ear, which you can ask about your surroundings, use to get general information, or even use to translate text and live speech. You can also connect supported apps for additional context.

Now, here are some downsides. In my experience, Meta AI is not as advanced as AI assistants such as Gemini and ChatGPT, and I found it less reliable in some situations. The glasses have an IPX4 water-resistance rating, which means they can handle drizzles and light splashes but are not waterproof or designed to be submerged.

Overall, if you are the kind of person who wants to record your trips without any hassle or instantly know what kind of tree you are looking at, these could be a great fit for you.

- Saksham Jain (11A)
Technology Head



Tête-à-Tête with

Ms. Kanta Singh

Gender Equality | Women's Rights | Power to Change

Excerpts from the Interview

Q After working on gender equality for many years, what is one issue that you feel is often oversimplified or misunderstood, and why do you think it deserves greater attention?

There are several issues I would like to highlight, but one that disturbs me personally, and sometimes leaves me feeling helpless, is gender-based violence. It affects all of us, particularly young women, whom we want to see prosper, realise their full potential and exercise their rights.

Violence occurs at home, in public spaces and in the workplace. But an issue that is particularly relevant to you is cyber violence. We want all young women to be online, yet we are not putting enough safeguards in place to protect their interests and consider the long-term impact on their lives.

Even a single incident involving one young girl can affect many others. The consequences of violence against a young woman or girl can extend to their entire community. Other girls may be stopped from going out, using the internet or accessing services because of what happened to one person.

It is a complicated issue, with financial and psychological costs for young women. The effects can follow them throughout their lives. They continue to carry that burden, and that is not fair to them.

This is something that can be prevented. No country has been able to eliminate violence against women completely. It is a global phenomenon, but that is no excuse for inaction. There is a great deal that can be done, including strengthening prevention, accountability and support for survivors.

Q You have worked extensively on securing land and property rights for women. Why can something as seemingly simple as owning land or property have such a profound impact on a woman's independence and empowerment?

Globally, about 20% of the land is in women's names, while 80% of immovable resources are still owned by men, as per the World Bank. To my mind, this is one of the biggest forms of discrimination and a major differentiator. Men often inherit assets, while women are expected to earn or establish ownership themselves.

India is one of the countries where daughters have equal rights in ancestral property under certain laws. However, when it comes to property acquired by parents through their own earnings, they may choose not to leave anything to their daughters.

India has legal provisions that recognise daughters' rights to ancestral or coparcenary property in relevant circumstances. However, the extent to which women can exercise their inheritance rights may also depend on the applicable law, the nature of the property and family practices.

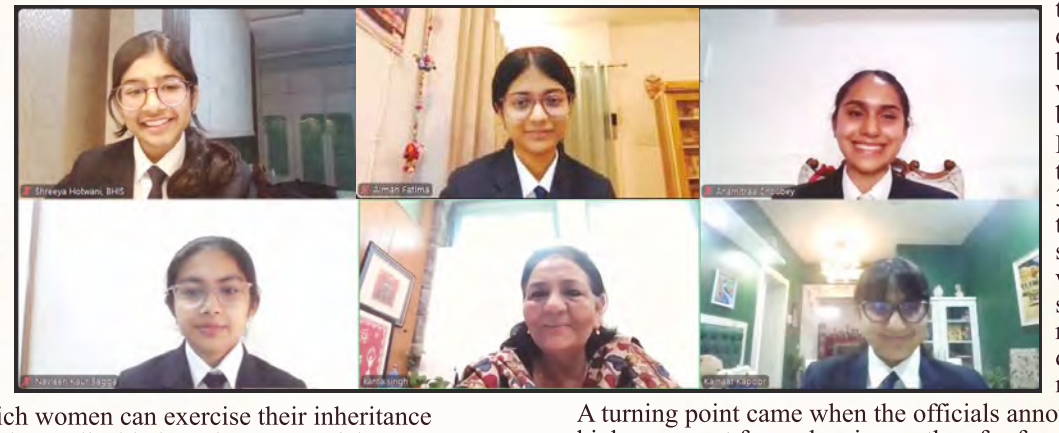
Social norms often lead parents to leave more to their sons because they believe their sons will take care of them in old age. That may or may not be true. In many cases, we find that daughters also take care of their parents as they grow older.

I think it is a huge burden that women carry throughout their lives. Many have to wait until they are 50 or older before property is put in their names. Society also discourages women from owning assets or thinking about their own financial security. Men, on the other hand, are often encouraged from an early age to build careers, earn money and acquire assets. Girls are more likely to be encouraged to become homemakers or to prepare for marriage.

They are raised with marriage as a central expectation, and they may be discouraged from asking for property in their own names. If women ask for equal rights in their parental property, they may be called selfish or fear losing their relationships with their brothers.

In India, I believe the challenge is often social and cultural, rather than simply legal. This puts women at a disadvantage. Without assets in their names, they may find it difficult to start businesses or obtain bank loans because they lack collateral. There are many things they cannot do because they do not own property. But, perhaps most importantly, they may lack the sense of security and confidence that comes from having something of their own to fall back on.

We have worked extensively through our programmes to secure women's land rights.



Q You have worked at several levels of the development sector, from the grassroots to international forums. What is one thing about women's empowerment that you understand differently today than you did at the beginning of your career?

Almost everything!

Initially, I did not understand that women and girls needed to be represented everywhere men and boys were. I thought women might still have a primary role at home as caregivers and that they did not necessarily need to be equally represented in decision-making.

Even though I sensed that something was wrong with a world in which women did not have equal rights simply because they were born women, I did not understand the full extent of the inequality. I also did not realise how difficult it could be for women to exercise their rights, even when those rights existed on paper.

As I began reading more, interacting with others and listening to people who had worked in this field before me, I understood how difficult the struggle must have been for those who came before us. When we get a seat at the table today, somebody must have fought to enter those rooms before us. It could not have been easy.

I think about how difficult it must have been for the women who first entered Parliament and had to make their voices heard in spaces where women were underrepresented. I understand these struggles much better today.

I also know that I have a role to play, not just as a UN employee but as a woman. I want future generations, including my daughters and the many young women within my sphere of influence, to avoid having to struggle for the same things we have struggled for.

Looking at all of you, I can see that you are so smart and confident that you may never even question whether you deserve equal rights. I remember questioning these things myself. You already know that you deserve equal opportunities and equal chances, and I am happy about that.

To be very honest, I am hopeful that young women like you will be able to change things. I am putting my faith in you to ensure that you are never pressured into accepting anything less than equal rights and equal opportunities.

Equality does not mean that women have to become like men. Women are capable in their own right, and we have so much to contribute.

I hope you will carry forward the torch that we continue to hold, just as the many women before us helped bring us to where we are today.

Q Your answers reflect a deep passion for gender equality. What first inspired you to work in this field, and what continues to motivate you after more than two decades?

My drive began when I was a ten-year-old child in Haryana. I realised that land was being divided only among my brothers, which left me wondering where I would belong.

Later, at university, I was the only girl in a class of 32 boys. I noticed unequal treatment in many situations. For instance, when we travelled for sports, female athletes received only half the daily allowance given to male athletes.

A turning point came when the officials announced prize money of a higher amount for male winners than for female winners, with women initially offered half the prize money awarded to men. We stood up in the stadium and protested until he agreed to give us equal prize money.

That moment showed me that when you raise your voice on the right platform, you can bring about changes in government policy. That experience, and the knowledge that speaking up can make a difference, have continued to motivate me ever since.

Q As students growing up in a rapidly changing world, what is one thing you would like young people to understand about gender equality and their role in creating a more equitable society?

First, never accept anything below your worth or let anyone tell you that your dreams are too big.

Gender equality is crucial. As you grow up, you must refuse to accept or normalise any form of violence or harassment, whether physical, psychological or online.

I want you to build a strong sisterhood in which you support one another. Do not measure yourselves against one another based on superficial things such as appearance or clothing. Instead, focus on lifting each other up.

If a woman comes to you for help or confides in you, listen to her and be someone she can trust. Respect her choices, protect her privacy and, where appropriate, help her connect with trusted support services. Take care of yourselves, use your privilege and education to do good, and hold on to your standards.

Your generation has the power to change things.

Photocascade

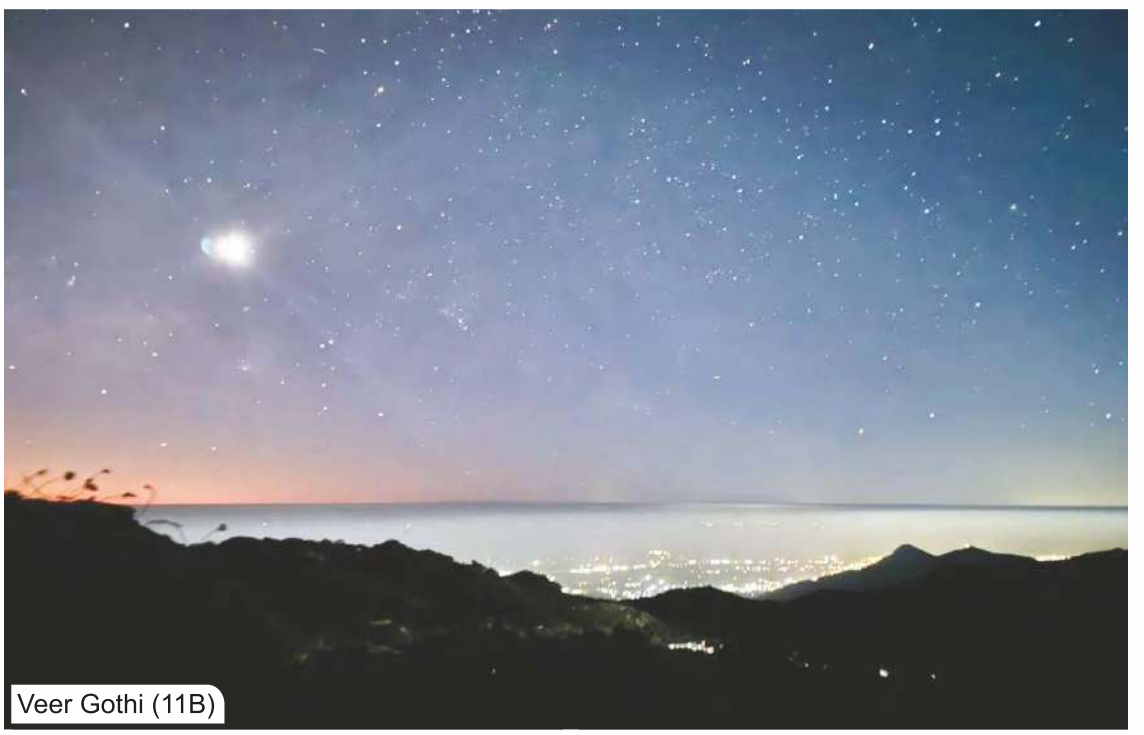
"In photography, there is a reality so subtle that it becomes more real than reality."

– Alfred Stieglitz


Lakshya Gayakwad (12E)


Anvesha Kharya (9C)


Novyana Soni (6D)


Veer Gothi (11B)


Preet Girdhani (11C)


Ishani Tarte (4G)


Naisha Agrawal (11C)

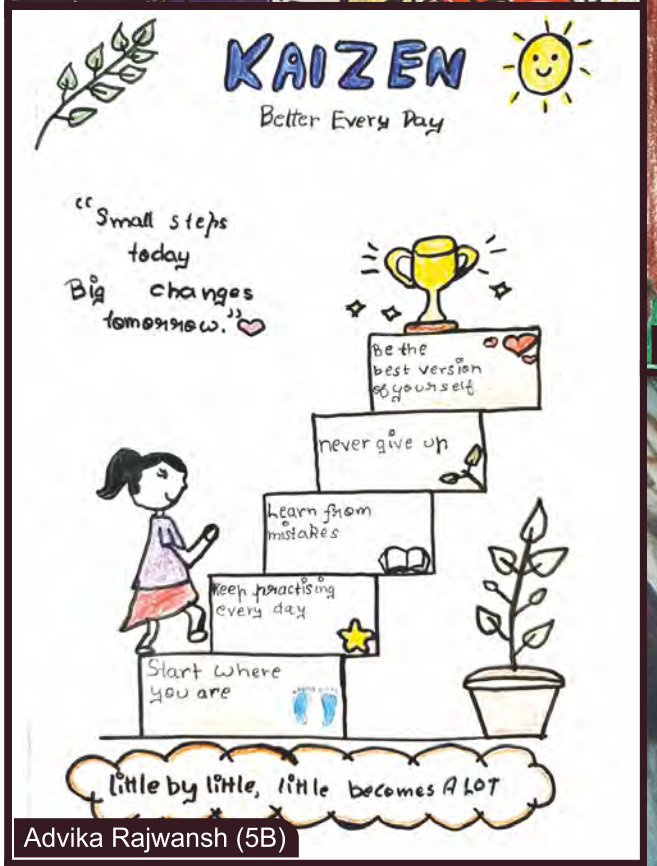


Sanav Barnwal (6E)

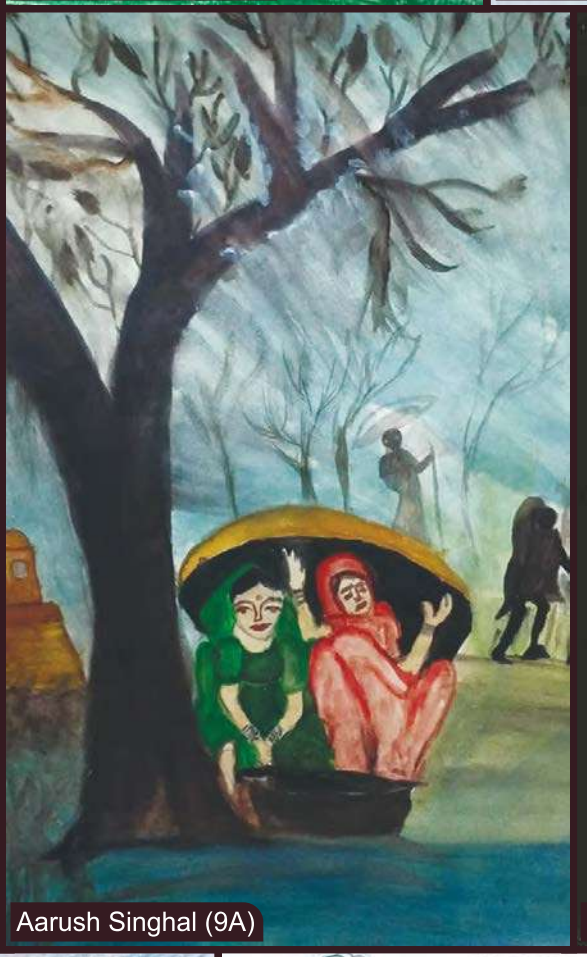


Dhruvik Tanwani (1D)


Parshvi Jalori (5C)



Advika Rajwansh (5B)

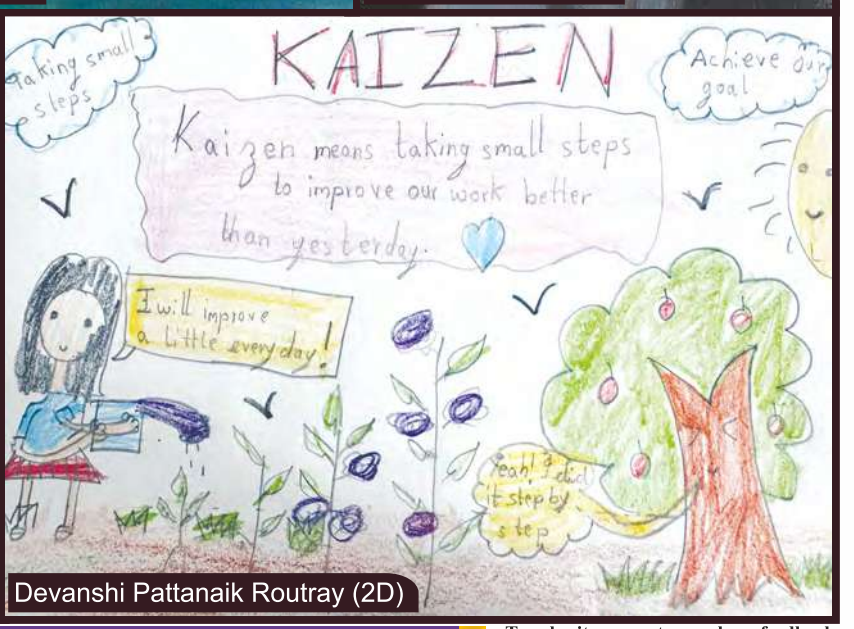

Aarush Singhal (9A)


Daivik Sharma (12E)


Nachiket Chandwaskar (7B)



Dhairya Disha Koshal (1D)



Devanshi Pattanaik Routray (2D)

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