



Lit & Wake

Issue No. 7 | July 2021



St. Patrick's Academy

From the Principal's Desk

Covid 19, the global pandemic, had changed the face of education, bringing forth a myriad of challenges. However, the way teachers and students have responded to the unforeseen move to online learning without any prior experience, is extraordinary. Physical schools have been taken over by virtual classrooms and learning has gone beyond the classes. It is during such interesting times I have been given the responsibility to head St. Patrick's Academy, Dehradun.

As a principal, I am committed to maintain high standards and success of all students and will promote students' achievements in academics, the arts and the sports and games. I believe in maintaining healthy school environment which is supportive and responsive to the needs of its students and teachers. My vision for every Patrician is to have an ideal school environment where each one feels secure, comfortable and challenged. Students and staff will encourage core values and each other. Teachers will be encouraged to try innovative instructional methods and assessment techniques in class room for effective learning and evaluation.

Our determination to keep pace with the changing times will be in focus. No efforts will be spared to foster growth and excellence in positive School life. We have travelled a fair distance, however the journey is at an infant stage and has to go a long way to touch the lives of many more. In this regard, I invite the companions on the journey – parents, teachers, students and well wishers- to contribute their share effectively.



Sincerely,

BRO. SAJI. V. J.
PRINCIPAL



St. Patrick's Academy

A Patrician Brothers' School
P.O. Clement Town, Dehradun

(Affiliated to the Council for the Indian School Certificate Examination, New Delhi)
(Tel: 0135 2643500, 7055103500)

TOPPERS

First batch of ICSE students secured brilliant results

 Vidushi Negi 95%	 Jeffrey Winson A 93.6%	 Akshat Agarwal 91.8%	 Vedika Ramola 91.8%	 Aditya Khetrapal 90.8%
 Jhanvi Gupta 94.8%	 Rishabh Upadhyay 93%	 Aayushman Singh Meyan 91.8%	 Vaibhav Pant 91.6%	 Aadika Jain 90.6%
 Hargun Kaur 93.8%	 Mauli Kukreti 92.8%	 Vedansh Mittal 91.8%	 Harshit Singh 91.4%	 Jaivardhan Pandey 90.2%

TOPPERS



The Purpose and Premise

We, human beings, are slaves to the routines. We keep timetables, journals, slice our days with schedules and jot down 'things to do' on post it notes just in case we forget... We get a false sense of security and steadiness when we follow the circadian rhythm and think 'all is well'. And then without even knocking, enters a virus in our lives, snatching our routines from us. Bewildered and baffled we are left bereaving for the times which are buried in our memories only.

What do you do then?

Isn't this time to introspect to where are we heading? The climate change, the viruses, the unpredictable nature of life- all these are real problems. Let's face them like real people! What kind of world do we want to leave for our children? Let's add these pressing problems in our journals and timetables and highlight them in 'red'. It's time that we don't sweep them under the carpet thinking that someone else will clean them up. We haven't got this planet as an inheritance; we are only the custodians of it for our present and future generations. The Earth has been here for about more than 4 billion years- the question is for how long it can sustain 'life' on it. Let's do our part because *'small acts when multiplied by millions of people, can transform the world'*.

Manjari Sharma
Editor

Soddisfazione

(Italian): finding contentment; satisfaction

Moving through the unpredictable waves of the ocean called LIFE, one's boat often comes across strange seas and unknown islands. One must never be afraid to venture into the deep because life is not lived properly until we gain the satisfaction of experiencing the peril or new experiences that may wait for us as we continue our journey of life. It's not rare to come across or discover something that we may find completely new for us. Sometimes, our discovery may elate us while sometimes we may face bitter disappointment. If we think about it, life pushes several opportunities towards us so that we make new discoveries.

Through TRAVEL: Stepping out into the open and travelling to new places is nothing too different than adding a few more strokes of bright colors on the canvas of our memories. Travelling is like giving ourselves a break and taking some time to look at the world with a different perspective. If we look at the sky during sunsets, we realize that every time we look up, the clouds and the sky are a different hue each time. It starts with an aureate golden color and eventually the sky goes from a purple to the darkest shade of blue. Noticing this transition is a discovery in itself. Observing how nature shows its beauty in such subtle yet mysterious ways gives a sense of being successful at discovering new aspects. Gazing at greenery or a city scape lets us take in the beauty of this world. When we travel, we come across several things that we might not have encountered or experienced before.

Through NATURE: Ever been out in the forest? Do you ever walk through the trees, marveling at the gigantic shafts? As we tread upon the fresh grass, wet with dew, our mind often wonders about the magnificent trees and their beauty. Being amidst nature and taking time to notice just how beautiful the world is, does so many things for our stressed mind. Breathing in the air, taking in the fragrance of nature and filling our chest with the cool breeze. Exposing ourselves to nature not only makes us feel better emotionally, but it also bestows satisfaction upon us. We can learn that Mother Nature has created all the beings in such a beautiful and intricate manner. We are all unique in our own ways but despite our differences, we are all inter-related and depend on each other to survive.

The world as we see it, is a beautiful place. It has its own miraculous magnificence. Our world is radiant and fills our hearts with utter joy and amazement. Finding contentment is all we need to truly see the wonders of the world. We all perceive the world in our different ways and telling ourselves that we can leave greed behind is how we can become better and satiate our desire for more.



SRIJNA GHALE
Student Reporter

A.P.J. Abdul Kalam: Just not our former President

One Of the greatest Scientist of India

Avul Pakir Jainulabdeen Abdul Kalam, who was commonly known as A.P.J Abdul Kalam, was born on October 15, 1931 in Rameswaram, India and died on July 27, 2015 in Shillong. He was an Indian Scientist first and later on became the President of our country. He was also known as the missile man of India his work includes in Pokhran-II as a Chief Project Coordinator and also his successful work on Agni (India's ballistic missile). He was also elected as 11th president of India from 2002 to 2007. He got his Aeronautical engineering degree from Madras Institute of Technology after doing his engineering, he joined Defence Research and Development Organisation (DRDO) in 1958 after sometime in 1969 he joined



(Indian Space Research Organisation. From 1992 to 1997 Kalam was scientific adviser to the Defence Minister, and he later served as principal scientific adviser (1999-2001) to the government with the rank of cabinet minister. His outstanding role in the country's 1998 nuclear weapons tests that made India as having nuclear power nation and established Kalam as a national hero, although the tests caused great concern in the international community. In 1998 Kalam put forward a helpful plan for country called Technology Vision 2020, which he described as a road map for transforming India from a less developed to a developed society in 20 years. His famous books are :- (Wings of Fire), India 2020, Ignited Minds, Indomitable Spirit, Transcendence: My Spiritual Experiences with Pramukh Swamiji. "You have to dream before your dreams can come true."

Information Taken from the Book (Wings of Fire) Autobiography

Pratyush Bebni
Class-VIII B

Naruto



Naruto is a Japanese manga series written and illustrated by **Masashi Kishimoto**. It tells the story of **Naruto Uzumaki**, a young ninja who seeks recognition from his peers and dreams of becoming the **Hokage**, (the leader of his village). The story is told in two parts - the first set in Naruto's pre-teen years, and the second in his teens. The series is based on two one-shot manga by **Kishimoto: Karakuri (1995) and Naruto (1997)**.

Naruto is the **fourth best-selling manga series** in history, selling 250 million copies worldwide in 46 countries, with 153 million of the sales in Japan alone and remaining 97 million copies elsewhere. It has become one of Viz Media's best-selling manga series; their English translations of the volumes have appeared on USA Today and The New York Times bestseller list several times. Reviewers praised the manga's character development, strong storylines, and well-executed fight scenes. Critics noted that the manga, which has a coming-of-age theme, makes use of cultural references from Japanese mythology and Confucianism.



Krishna M.Khanna
X A
Reference: The Net

DEATH NOTE



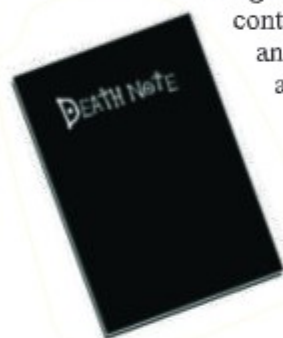
Death Note is a Japanese manga series written by Tsugumi Ohba and illustrated by Takeshi Obata. The story follows Light Yagami, a teen genius who discovers a mysterious notebook: the "Death Note", which belonged to the Shinigami Ryuk, and grants the user the supernatural ability to kill anyone whose name is written in its pages. If the cause of death is not specified, they die of a heart attack. The series centers around Light's subsequent attempts to use the Death Note to carry out a worldwide

massacre of individuals whom he deems immoral and to create a crime-free society, using the alias of a god-like vigilante named "Kira", (some people see him as justice, while others see him as a murderer) and the subsequent efforts of an elite Japanese police task force, led by enigmatic detective L, to apprehend him. He suspects all along that it's Light, who, as a part of the police department, works alongside L in the investigation. It becomes a



contest of wit and intelligence between L

and Light, both of whom are very clever. At one point, Light temporarily gives up the Death Note, along with his memories of it, as an ally continues writing the names of criminals. This "proves" to the police that he is not Kira. After L dies, his successors, two orphans named "Mello" and "Near", take over the Kira investigation. Near is a child prodigy who clearly mirrors L and Mello is an impulsive, antisocial teen obsessed with one-upping Near. Mello refuses to work with Near and leaves the orphanage, joining the American Mafia; Near forms a task force to catch Kira. In the end, Near proves that Light is Kira, leading to Light's death.



Krishna M. Khanna

X A

Reference: Various search engines on the net

When you live in a suitcase...

So as I was going through a list of interesting ideas to write a blog about, I came across this topic- 'Have you ever had the "new kid" experience' and well, practically my entire life I have been the new kid. Even now, most of you reading this blog don't even know me, and to be honest this wouldn't be a first. I'm in the ninth grade now, and this is my ninth school (no I'm not a delinquent who has been kicked out of several schools). Both of my parents are in the armed forces, so we have transfers almost as frequently as once in 1 or 2 years, or if we were lucky maybe 3 years is the longest I've lived in one place. A year is about as long as a normal family takes to adjust to a new place, but not for us, within this time period I'm expected to adjust to a new place, to the curriculum of a new school, to make myself comfortable in a different environment and last but not the least to make new friends! When I put it like that it does sound scary, but to be very honest it's actually quite fun. Because of the fact that I have lived in almost all parts of the country, I have various friends from different cultures and ethical backgrounds. Not only that, but I have been able to experience how people live across the country, how they dress up, how they eat and so much more. So I guess you could say that my personality, my beliefs and everything that I have worked for in my life has been greatly influenced by my continuous movement from place to place. If I could be reborn I would ask for nothing more than such an amazing opportunity to learn and grow.

AVANI DANGI

9A



Some Interesting Facts - Encyclopedia

Why are fingerprints unique?

Due to our genes, each of our physical part forms in a way that is slightly different from anyone who has ever lived. As for 'fingerprints'-no two fingers on the same hand, or foot, have an identical print! Neither do identical twins share the same fingerprint! Fingerprints are even more unique than DNA! We have them because they aid to 'tactile sensitivity' as well as helping us to grip things properly. Several crime cases have been solved based on solely fingerprints. Today, FBI recognizes eight types of fingerprint – 'radial loop', 'ulnar loop', 'double loop', 'central pocket loop', 'plain arch', 'tented arch', 'plain whorl' and 'accidental'. Amongst these the 'ulnar loop' is the most common pattern. The technique of fingerprint identification is called 'dactyloscopy' and has been used since 1900s.

Why do flowers have scent?

They have scent to attract 'pollinators'! Without pollination flowers cannot produce seeds, and without seeds they cannot produce more plants. Flowers that are pollinated by moths release a scent at night. Bees and butterflies are attracted to sweet smells. Flowers with spicy and musty or fruity smells attract beetles. Scent is actually a mixture of various chemical compounds that are released by flowers. Scent are more useful than colours. It is interesting to know that no two floral scents are alike! There are some flowers that produce a scent only when they are ready for pollination. Even animals are attracted by floral fragrances. Bats pollinate night-blooming flowers. Some carnivorous plants, like the Venus Fly Trap or Pitcher Plant, emit strong, sweet scents to lure insects for their next meal. But not all flowers have a nice smell. The biggest flower in the world, Rafflesia, has to attract carrion flies; therefore, it produces a smell of rotting meat!

Why some people are colour blind?

Being 'colour blind' means they have difficulty in differentiating certain colours. 99% of all colour blind people are not really colour blind! The term colour blindness is misleading. Our eyes have two types of light sensitive cells on the retina – rods and cones! These are found in an area of the size of a postage stamp at the back of our eyes. Now, we have 'red', 'green', and 'blue' cones that are sensitive to these colours and combinations of them. To see all the colours properly, we need all the three types of cones! When these don't work correctly, the brain doesn't get the right message as to which colour we are seeing. Most colour blind people inherit this condition from their mothers, who are normally 'carriers', but might not be colour blind themselves. Colour blindness is more common in men than in women.



Reference: The Net
Vedaant Singh Rautela

8C

Significance of Buddha Purnima

Hello everyone! I hope you all are keeping well in your houses. Today I will be discussing the topic Buddha Purnima. Buddha Purnima is a Buddhist festival which celebrates the birth of Gautama Buddha. He was the founder of Buddhism. His real name was Siddhartha Gautama and he was born in Lumbini. Buddhism is a major religion in the world. This festival is celebrated in different countries in different ways. In India, Buddhist people go to a monastery, including prayer meets, sermons, recitation of Buddhist scriptures, group meditation etc. They wear white clothes and eat sweet rice kheer.

In China, people remember Buddha by lighting incense and offering food to the monks. They also wash the statue of Buddha in temples and light lanterns. In Japan, this festival is celebrated on 8th April every year. People pour ama-cha (herbal tea) on small statues of

Buddha and decorate it with flowers. Those small statues are known as baby Buddha.

Buddha Purnima is a festival which celebrates the teachings of Gautama Buddha. His birthday reminds us of his philosophy which was to live a pure and simple life. It reminds us of non-violence which influenced Gandhiji very much. This festival is celebrated in different countries in different ways.



Akshara Mishra
Class VIII -D

YOGA - A KEY TO CHANGE FOR BETTER

We have soldiers to defend and safeguard the frontiers of the motherland, there are police to apprehend the criminals, judges to try them and prisons for their confinement. But during this ongoing climate emergency we are all bound to live a restricted life. It is really hard to understand that we do not have the sufficient protection against this deadly virus. The best we could do is to follow the emergency protocols and could select the healthy practices.

To live through this mentally challenging period yoga is the best practice to adopt as a lifestyle. We cannot scale the real benefits of yoga as it is invaluable. Yoga is the strongest weapon we have now, which not only strengthens our body but also provides a huge mental balance in the current scenario.

The massive popularity and global acceptance of yoga in the recent years forced me to think over its essence. So let's start our everyday with yoga because adding a few poses to our daily routine can help our health in all kinds of unexpected ways. The best thing about yoga that I like is that it does not require any special equipment or skill.

I hope with confidence that for a happier and healthier tomorrow our little-little practices will work as a miracle. So roll out your yoga mats and prioritize health over anything.

.....breathe in.....breathe out.....

Experience the wonders of yoga!



Mauli Kukreti

II-A

How cyclones get named and why...

The cyclone TAUKTAE had hit Mumbai on 14 May 2021. When I first heard this unusual name, I was curious to know the meaning of it, who named it, and its pronunciation. Before the formal way of naming, cyclones were often named after places, objects, or saints' feast days on which they occurred.

In 2000 countries namely Bangladesh, India, Maldives, Myanmar, Oman, Pakistan, Sri Lanka, and Thailand created a group called WMO/ESCAP (World Meteorological Organisation/United Nations Economic and Social Commission for Asia and the Pacific) to start naming cyclones in the region. The group was expanded in 2018 to added five more countries namely Iran, Qatar, Saudi Arabia, United Arab Emirates, and Yemen. Each country sends its entries and a general list is prepared from which the names are picked serially. The list of 169 tropical cyclone names was released by IMD in April 2020 to be adopted for naming cyclones over the north Indian Ocean including the Bay of Bengal and the Arabian Sea. The proposed names should not reflect political ideas, religious beliefs, cultures, and gender and should not be more than eight letters (World Meteorological Organization).

Cyclones are named to reduce bewilderment if more than one cyclone happens at the same time and to make it easy to highlight to the human community and easy to remember.

Recent cyclone "TAUKTAE" had got its name from Myanmar. Tauktae means "gecko" in Burmese (The official language of Myanmar). It is pronounced as TAU' TE.

The cyclone **"HUDHUD"** was named after the national bird of Israel. This name was recommended by OMAN.

The cyclone **"FANI"** was suggested by Bangladesh. It means the hood of a snake.

The cyclone **"VAYU"** had hit Gujarat and had got its name from India. It's a Sanskrit word meaning 'wind'.

The cyclone **"OCKHI"** means eye. Its name was given by Bangladesh.

The most recent cyclone **"YAAS"** has landed near Orissa and West Bengal on 25th April 2021. The name "YASS" was given by Oman which means Jasmin in English.

The name of the next cyclone will be **"GULAB"**.

Isn't this very interesting?



Mahin Bilal

6E

CORONAVIRUS



Corona virus is a family of viruses that can cause respiratory illness in humans. They get their name, "corona," from many crown-like spikes on the surface of the virus. Severe acute respiratory syndrome (SARS), Middle East respiratory syndrome (MERS) and the common cold are examples of corona virus that causes illness in humans.

The new strain of corona virus, was first reported in Wuhan, China in December 2019. The virus spread to all continents (except Antarctica).

Symptoms of corona

- Fever
- Dry Cough
- Shortness of breath

Prevention of Corona Virus

- Clean your hands often.
- Maintain social distance
- Wear a mask
- Don't touch your eyes, nose or mouth
- Stay home

If you have fever, cough, and difficulty breathing, meet a doctor



Akshat Rawat

Class-8 Sec-D

Information gathered from the net

I Love Summer Season

Once on a sunny day
I was happy in a different way
The Sun was shining high
And I heard a shouting voice.



Yippee! It was an ice-cream truck
Calling out ice-cream, ice-cream
Tasty, tasty ice-cream
Vanilla, chocolate, mango, strawberry
were their names.

All I tasted passionately
I thanked God for his care
As he made the weather crystal clear
I wish the season would never end
Once on a sunny day
I was happy in a different way.



Swkriti Bhandari
5A

cakes & treats

Fairy cakes, butterfly cakes
Lemon drizzle chocolate cakes,
Jam and cream sponge date loaf with some walnut
And full of color tie dye cakes
Cinnamon and bun rolls
Waffles with pancake syrup
Biscuits and tea.
A mug of hot chocolate with whipped cream
Yummy treats I can't wait to eat
But must watch out for cavities!

SAANVI
6TH C



International Museum Day is an annual event held on the 18th of May. It is run by the International Council of Museums (ICOM). To mark the significance of the day, the children of grade 4 & 5 rhapsodically participated in the Museum Day Contest. Many children exhibited numerous antiques that they had preserved with them. Antiques collectors are doing their part to protect and preserve pieces of history. Seeing the exhibits are like going back in time and learning a lot about traditional way of living and using things then and now across the globe. It was remarkable to witness the active participation of the students in the contest.

The students of grade 4 and 5 exhibited various antiques that were truly amazing. The below mentioned positions were awarded to the students to facilitate them. The details of the same are as follows:

Grade 4

1. KrishavAnthwal (4B) - 1st Position

[Krishav exhibited beautiful set of a Jug with six pieces of glasses that was bought by his grandfather in the year 2004 from Lebanon.]

2. Marc Joseph (4C)-2nd Position

[Marc exhibited treading water wheel or 'chakram chavittal' which is an agrarian activity essentially connected with rural culture of Kerala.]

3. Jaskaran Singh (4C) - 3rd Position

[Jaskaran exhibited Coins that are as important as the inscription in history. They confirm the information derived from literature. Those with dates are probably very valuable for the framework of Indian chronology.]



Grade 5

1. Ria Singh (5D)- 1st Position

[Ria exhibited an antique generator which is the product of General Motor Company of United States of America (USA). As per her grandfather, it was connected in ships during the II world war to produce electricity. Her grandfather got it from an auction that was held in Vietnam.]

2. Shreyansh Kumar Manav (5D)- 2nd Position

[Shreyansh exhibited the old coins that tell us a lot about the ancient rulers. He has the coins used in year 1530 during the Mughal period. He also has huge collection of coins and notes that were used between the year 1885 and the year 2007.]

3. Manasvi Rawat (5A)- 3rd Position

[Manasvi exhibited an ancient Bamboo comb that was used in the period when the contemporary combs were not into existence.]



Let's talk about it!

The whole world recently celebrated "Menstrual Hygiene day" on 28th May 2021. It is an occasion for highlighting the importance of good menstrual hygiene management. The day provides an opportunity to actively advocate for the integration of menstrual hygiene management (MHM) into global, national and local policies and programs. The theme for this year was "ACTION AND INVESTMENT IN MENSTRUAL HYGIENE AND HEALTH"

It's high time to release menstruation is not a dirty word but a gift of the Almighty God to the mankind. According to a study of UNISEF, 70% of the women lack proper hygiene during their periods due to which they can open gates for some fatal diseases and infections.

It has also been observed that women and girls living in rural area and urban slums lack access to safe menstrual products. These challenges have been exacerbated by Covid-19. So this year, project Baala provided over 2.7 Lakh Sanitary Pads for free to 90,000 poor women in need during the Covid-19 pandemic. As a youth of such a conservative society like India, I would like to request each and every girl and women to take care of their menstrual hygiene as-

MENSTRUAL IS NOT A PROBLEM BUT POOR HYGIENE DURING IT IS!!!!

Kripali Mahendra

Class 10th B

A Boy and a Poor Man

A boy lived in a small town named Manali, with his parents and a pet dog Ema. He went to school every day. On his way to school, one day he saw a poor man who was searching for food in the garbage bin. He felt very sad for him, therefore, he gave his lunch box to him. He continued doing it for few days, then he realized that he won't be able to do the same forever.

He then discussed the matter with his father. He asked his father if he could help the poor and homeless man who he had met near the school. After two or three days, his father agreed to help the poor man. They both went to the poor man to enquire whether he would work as a domestic helper in their house. The poor man at once accepted the offer and went to stay and work in the boy's house.

In the house, he got a servant's room to stay with all basic amenities. He did the household work with utmost sincerity, and there after lived with the family.

Moral: We should help the poor in need.

Mishika Jindal

5B

Garbage can be phenomenal

Terra Cycle is a company that uses waste (Garbage) to make consumer products. This company was formed by Tom Szaky who was born in 1982 in Budapest, Hungary. In his speech, he has said that Garbage is not natural and we, humans have created garbage. He has pointed two important things by which Garbage is created. First our consumption pattern we always buy more than we actually need, Second the Complex material we use to make the products. These two things combine to create Garbage, now what we do with this Garbage is an important question. He told us that we use five ways to dispose of Garbage that are Landfill/Disposal, Incineration, Recycle, Upcycle and Reuse. Landfill is the most common way but it affects our environment negatively, Incineration is the best method but it is not used because of the higher cost. Recycle, Upcycle and Reuse are the methods which are used by his company Terra Cycle to make Garbage useful and make something that is of some use to us.

He had given some examples like how waste plastic can be reused or recycled to make Electronic products, bottles, etc., how yogurt cans can be used for plantation. He through his company has given us idea to eliminate Garbage by Collecting it, Solving it and Promoting it.

So, are you ready to recycle something great?

Extracted from Tom Szaky's motivational speech

Mishika Jindal

5B

MY PERSONAL EXPERIENCE SO FAR IN CLASS XI

In this report, I Jeffrey, will tell you about my personal experience so far in Class XI. Our 3rd Pre-board exams ended on the 19th of April, shortly after which the board exams were cancelled by the ICSE. All the students heaved a sigh of relief, though some were disappointed as they were prepared to score 95+ percent in the boards. Our school decided to start class XI instead of wasting time waiting for class X board results (which are still not out). We were offered groups, based on our interests by the school, corresponding to the marks we had secured in the pre-boards. Class XI officially began on the 1st of June, online. We really wanted offline classes this time as it is very hard to study online and one-on-one interaction with the teacher is a must for any student to excel. Plus there are many other technical problems that can occur online because of which the flow of teaching is affected. We attended classes till the 15th of June, before we got a 15-day summer break so that we could keep up with all the new concepts taught and relax for a while. Online classes resumed from the 1st of July and are still going on. We will soon be having our half yearly exams. Personally I feel that the class XI syllabus is very hard compared to that of class X. It was a huge jump, and we have to work hard every day just to keep up with the lessons taught. There is a lot of written work to be done, assignments to be submitted, and topics to be studied. Plus most of the topics are new and we have never done them in the junior classes. Online classes themselves are very exhausting and stressing and after the 4 classes of the day I feel really tired and want to sleep. And now the fear of the half-yearly is resulting in more stress. I did expect class XI to be hard, and I was prepared to face it. But the 24 hours of a day is barely enough to keep up. I hope that we will soon get used to this.

Jeffrey Winson
Class XI-A

ORIENTATION PROGRAM FOR the CLASS 11

On the 31st of May, 2021 the School conducted the Class Orientation program for the new academic session 2021-2022. Due to the ongoing pandemic COVID-19, the meeting was held through the online platform.

The program consisted of a welcome message to the parents and students, thanking them for taking out time to join the meeting. The students were introduced to their various new teachers for different subjects. Each teacher shared their past experiences, or a life lesson they learnt, leaving the children in awe and excitement. The different details regarding the classes were shared and the upcoming activities were talked about. The Principal, Reverend Brother Saji, proceeded with motivating the students to work hard and aim for a bright future. He also thanked the parents and requested them to keep a check on their children.

The program came to a conclusion with a vote of thanks. Overall, the program was a success and everyone looked forward to a great year.

Satyanshi Pundeer
Class XI



Riddles

1. What is full of holes but still holds water?
Ans. A sponge
2. What is always in front of you but can't be seen?
Ans. Future
3. What goes up but never comes down?
Ans. Your age
4. I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
Ans. Your Shadow
5. What gets bigger when more is taken away?
Ans. A hole
6. What kind of band never plays music?
Ans. A rubber band
7. If there are three apples and you take away two, how many apples do you have?
Ans. You have two apples
8. What is the end of everything?
Ans. The letter "g"
9. The more you take, the more you leave behind. What are they?
Ans. Footsteps
10. I am always hungry and will die if not fed, but whatever I touch will soon turn red. What am I?
Ans. Fire

-Shreeyansh Wadera
6B

TRY , TRY AND TRY

Once there was a boy
Everyone thought
He was a useless Guy.

He always FAILED
In every exam :
Be it first, second or third
Or the last - final term .

Once he saw an ant
Who was trying to climb a wall
He fell down but tried again
And then it did not fall .

This lit up his inner soul
He worked harder to achieve his goals
One day he went up so HIGH
That he finally touched the SKY.

If you too want achievements
Never ever CRY
Just set your GOALS and AIMS
JUST TRY, TRY AND TRY !

Written By : **Vidushi Joshi**
Class : VI
Section : A

A trip to my village, Gairsain

It was a hot summer morning when we woke up with extreme excitement as after a huge break due to covid-19 lockdown we were finally going on a long holiday for relaxation and refreshment of our daily life busy schedule, actually we were going to our village- Gairsain.

We packed our important stuffs and some goodies to eat in the car as the tour from the car was of almost of 9-10 hours. It felt really tiring after we got off our cab, so we directly went towards our beds and grabbed some snacks as we were too lethargic to even walk for a minute. The next day we started to meet people around us. We came close to nature and developed unconditional love for nature and animals and realized that how we had forgotten those days when agriculture and cattle rearing was the only way to earn livelihood.

We planned to go to Bhararisain, the place filled with natural beauty and is currently the summer capital of Uttarakhand. There is a really beautiful building, the biggest legislative assembly of India. There is a big government farm also. There is an army signal base in the outskirts of Bhararisain. A helipad has been also built there. A really well-organized township has been developing there. We took a tea break in a local dhaba and bought some goodies for ourselves. We started to go towards our next destination- Chandpurgarh/Chandpurgadi which is locally called Chandpurgarhi.

There is a historical fort there. We took a quick walk around the remains of the fort and performed some of our traditional rituals in the temple, situated on the top of the fort. We had our lunch at a Maggi point situated at the fifth side of the road. As we were hungry, the food seemed to us really delicious. The trip was enjoyable and I hope that we get to visit our village again.

Thank you!

Name:-**Samridhi Pant**
Class:-7C



Music and its Impacts

"Even if you don't understand its language, you can still love music." – Lee Chaerin

Music is present in every part of our lives. Our spiritual rituals are framed with songs, children learn the alphabet through song and the malls and cafes we visit during our leisure time are rarely silent.

Isn't it interesting how hearing a particular song can bring back a special memory or make you feel happy or calm or pumped up? While the effects of music on people are not fully understood, studies have shown that when you hear music to your liking, the brain actually releases a chemical called dopamine that has positive effects on mood.

But just how much can this ever-present thing impact us -- and the way we act and feel? Research suggests music can influence us a lot. It can impact illness, depression, spending, productivity and our perception of the world.

Music can make us feel strong emotions, such as joy, sadness, or fear—some will agree that it has the power to move us. According to some researchers, music may even have the power to improve our health and well-being.

1. **Improves mood.** Studies show that listening to music can benefit overall well-being, help regulate emotions, and create happiness and relaxation in everyday life.
2. **Reduces stress.** Listening to 'relaxing' music (generally considered to have slow tempo, low pitch, and no lyrics) has been shown to reduce stress and anxiety in healthy people and in people undergoing medical procedures (e.g., surgery, dental, colonoscopy).
3. **Lessens anxiety.** In studies of people with cancer, listening to music combined with standard care reduced anxiety compared to those who received standard care alone.
4. **Improves memory.** Research has shown that the repetitive elements of rhythm and melody help our brains form patterns that enhance memory. In a study of stroke survivors, listening to music helped them experience more verbal memory, less confusion, and better focused attention.
5. **Provides comfort.** Music therapy has also been used to help enhance communication, coping, and expression of feelings such as fear, loneliness, and anger in patients who have a serious illness, and who are in end-of-life care.

"Sometimes Music is the only medicine the heart and soul needs."

Name : Mysha Shetty

Class : VIII A

SPA's Achievers



The ARTISTS



The Blooming Buds



Blooming Buds





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