



Lit & Wake

Issue No. 4 | February 2021



St. Patrick's Academy

Brother Joseph's Message



Brother Joseph
Principal

Exam times can be the most stressful times in the life of a student for all the work done throughout the year gets condensed into a couple of hours spent in the examination room. Many a time, students might have contemplated or questioned the need of having exams at all, but if they would think in a detailed positive manner, the benefits of exams in evolving a student's capabilities cannot be negated. Through exams the growth, the understanding and grasping powers of students can be analysed which further aids teachers and parents to identify the areas of work and improvement. Students become more confident and learn to work hard.

So students, while you prepare for your exams, please remember that you have unlimited potential and we are behind you all the way. As you sit down to give you exams, you owe it to yourself, your parents and your teachers to do your best. Exams are just tools to measure your preparedness; stay calm, work hard and pray to God to be with you-guiding you all the time.

God bless you!

The Purpose and the Premise



The picture of a man bowing down in reverence before boarding a train after 11 months of lockdown not only tugged at our hearts but also brought home the realization that how we need to get back to the life which used to be ours. We didn't realise how delicate our lives were, till the recent times- routines, the consistency, the future itself, all were thrown out of the set patterns as we struggled to continue to live and kept on hoping...



I didn't bow down when I entered the school recently to work, but vibes which floated in the air engulfed my very being and every nerve in my body felt alive. The gratitude for all the things we take for granted, emanated like a sweet fragrance of incense burning in some holy place.

The senior children trickled in soon; their laughter reverberated in the building which came alive in their presence- finally, the building had regained its soul! As I sat down to do my work, a little girl trotted in with her mother; overwhelmed by the environment, she held on to the chair she sat on and answered my queries with confidence which was guarded, nevertheless.

When I told her that my name was Manjari, she said: No, Manjari Ma'am is the one who comes on the screen in her Zoom Classes only. I couldn't help but laugh at the irony of the situation-The screens had taken over the reality, blurring the distinction. I introduced myself to her, one more time, made sure we established an eye contact.

One step at a time, I told myself, until we start running again. We are at the startline though!

PS: We are grateful to all the children for their contributions. Thanks to the teachers for motivating them and our special thanks to the Coordinators- Ms. Jigyasa and Ms. Shubha.

Manjari Sharma

(The image taken from the Twitter)



FROM THE STUDENT REPORTERS

As the academic year 2020-2021 ends, the final examinations are about to begin for students of St. Patrick's Academy. Exams have always been dreaded by students everywhere. According to my experience of exams, here are a few tips to ace examinations:-

1. Don't cram: Manage your time. Fill out a study schedule.
2. Plan at least two long review sessions for each class. Set goals, you can study individually or in a group.
3. Organise all of your study material.
4. Make a study list of all the topics coming in the exam. Check your syllabus and the table of contents of your textbook. Give more time for difficult topics.
5. Find or make a practice exam. Also for math or science tests practice tons of problems.
6. Know the test. Talk to your teachers about the question patterns and what to expect.
7. Review your old exams.
8. Avoid distractions.
9. Take breaks and exercise to maintain concentration.
10. The body's ability to fight infection takes a dive at exam time so eat healthy and get plenty of sleep.

Follow all these tips and for sure, an amazing outcome will be promised. All the Best!

By Manaar Khan

Exams: what we feel and how to deal with them

"Keep calm, it's just an exam"

Student life is full of fun and enjoyment. We make thousands of memories in this time period. However, the most pressurising times are when our Examinations come along. Students find themselves constantly studying their subjects during Exams. It is easier for us to learn our chapters if we study all year but if we haven't, then all of the weight of our syllabus falls on us on a single day. Exams bring about a lot of stress. Our parents and teachers provide us the support we need but on the other hand, there is a constant pressure to perform better than last time. Exams are stressful, even for the studious ones who spend all their time studying. We all can agree upon the fact that when our Examinations come closer, we begin to get more and more anxious. Students face numerous challenges during these times. There is constant pressure to score good marks, make a good impression on teachers and to make sure that all questions are attempted. All of this proves to be extremely tiring and difficult. However, to deal with the stress of learning the chapters, we must stay in touch with our books all year round. Paying attention in class and making notes proves helpful during exams. If you feel burdened or anxious, indulge yourself in your hobbies. Take short breaks by doing things that you are interested in. Meditation is extremely helpful and also improves our concentration. Thus, whenever you feel stressed out, remember that our competition is with ourselves so we are able to improve. Stressing and being anxious about the Exams will do more harm than good. These tests prepare us for our future and therefore, we must keep calm and must not worry about them. All will turn out positive if we stay positive.

"Don't stress. Do your best."

Srijna Ghale



The Prank Call

With the sudden outbreak of the covid-19 pandemic and the lockdown, our lives were brought to a screeching halt back in March 2020. The starting of the online classes for us, work from home for our parents, no school, no outings, no gatherings, functions, etc. basically, the advent of the so-called "New Normal" completely changed the way of living.



While there was no alternative to this way of living last year, it had its benefits too, like busy bees getting time to spend with their families, the reduction in the cost of daily commuting from our homes to the schools (and workplaces for the adults), getting time to break away from our normal schedule and indulge more in activities that one is interested in like painting, drawing, cooking etc.

Still, we all admit that more or less, everyone misses those good old days. Specially as a student myself, I miss all the fun I used to have at school with all my friends. The times we used to quietly eat food during class, the gossips we used to have in the washroom, the mischiefs we used to make, the fun that we used to have and our nonsense talks, which would make us cackle like witches! (I am hoping that the teachers reading this forgive me for the initial a few fun activities I mentioned, because if not, then I will be dreading going back to school!)

So, one random day during the lockdown, I decided that it was time I relieved myself of the daily boredom and cook up some nice mischief. A childhood friend of mine lives in Noida, and the previous the I had had a long conversation with her over the phone. Maybe, I thought, I could make a prank call on her! I wondered what should the prank be like. Then my mind suddenly had a brilliant idea!

So it was decided. There was a slight change in the prank that the prank victim would be my friend's mother. The plot was ready. I had thoroughly revised what I was going to say. When I felt I was ready, I took my grandmother's new phone and dialed her number.

"Hello?"

"Hello, um, good evening ma'am, I am Manisha speaking from RBI, and I would like to speak to you regarding a transfer of so and so amount that took place last night from one of your bank accounts. So I want to inquire whether you are aware of this transfer and have made it?"

There was a moment's silence at the other end, after which she answered, "No, I am not aware."

I cleared my throat and responded, "Alright ma'am, then I would like to inform you that so and so amount has been transferred from one of your back accounts last night to an account in the Naxalites area of Chhattisgarh, which, unfortunately, is tagged in our list of fraudster's account. So I would like to-"

Before I could continue any further, she hung up. I called her again and continued talking for a minute or two more when she said that she was going to report this number and had enough of this. That's when I knew that I should not continue any further but come clean now. So I ran and got my mom's phone, called her up and explained that the whole thing was just a prank I had planned and that there was no "Manisha-from-RBI" that had called her up.

As expected, her reaction was a relieved laugh, followed by a small scolding and finally a big praise for my acting and pranking skills!

Though I know that it wasn't completely right to to a prank like that, yet I can't help admitting that it was actually a lot of fun! I promise that no more of such prank calls but I will look for new ways of mischief now!

- Chaarvi Singhal
9B, SPA

The best mom in the world

You make me feel loved
You always cheer me up
When I get angry
You become my buttercup

You always accompany me
With you to make me feel happy and blessed
You always help me
To become bright

Mom, you are the best in the world
And I love you more than the world
You make me joyful
And you are very beautiful
I love you to the moon and back.

KAVYA DHYANI

(Written with the help of my mom)
CLASS - 1C



A, B, C
What do we see?
So many gadgets
Around you and me

One step forward
I see a mobile
Without it
Life would be wearisome

On my right
There is a fridge
It has all the things
Those tempt and make me fly without wings

On my left
There is a television
With so many channels
But what to watch
Is a big confusion

A, B, C
What do we see?
So many gadgets
Around you and me

SWARIT BISHT
CLASS - II D

NEEDS AND HABITS OF A HIGHLY EFFECTIVE BRAIN

- 1- Take care of your nutrition. did you know that the brain only weighs 2% of body mass but consumes good brain food over 20% of the origin and nutrients we intake? As a general rule, you don't need expensive ultra sophisticated nutritional supplements; just make sure you don't stuff yourself with the "bad stuff".
- 2- Remember that the brain is part of the body. Things that exercise your body can also help sharpen your brain: physical exercise enhances neurogenesis. Practice positive, future oriented thoughts until they become your default mindset and you look forward to every new day in a constructive way.
- 3- Thrive on learning and mental challenges. The point of having a brain is precisely to learn and to adapt to the new environment that challenges the mind.
- 4- Aim high once you graduate from college and keep learning. Once you become too comfortable in one job, find a new one. The brain keeps developing, reflecting what you do with it. Explore, travel. Make new decisions use your brain.
- 5- Now remember that what counts is not reading this article or any other, but practicing a bit every day until small steps snowball into unstoppable, internalized habits. So, pick your next battle and try to start improving at least one of these five habits today. Revisit the habits above that really grabbed your attention, and make a decision to try something different today!

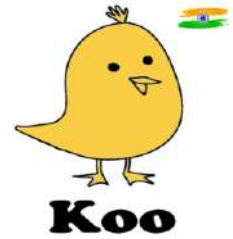


Manya Nautiyal
Class: - VII- B
(Reference from the Net)

Indian Apps Replacing Foreign Apps

1. Koo alternative to Twitter

Koo is a micro-blogging platform just like Twitter. It is available as a website and on iOS and Google Play Store. You can post opinions on Koo publicly and follow other users as well. A feed shows posts from other users. The character limit for a 'Koo' is 400. One can sign up for Koo using their mobile number. Users have the option of linking their Facebook, LinkedIn, YouTube and Twitter feed to the Koo profile as well.



2. Bharat Browser alternative to UC Browser:

It is a browser created by the Bengaluru-based startup BlueSky Inventions. It was designed keeping in mind the needs of millions of first-time Indian mobile users. It also supports 9 Indian languages. Users can discover content from their own state, explore online shops, play games and the app also has a dedicated kids section.

3. Sharechat alternative to TikTok

Share Chat is an Indian video creation app similar to Tiktok. The app also allows users to communicate and interact with other users on the platform. It also offers more than 10 different language options. ShareChat has already crossed over 100 million downloads on the Google Play Store and is probably one of the best Indian alternatives to TikTok.

4. Myntra alternative to Club Factory:

Myntra was founded in 2007 as an Indian fashion e-commerce company but was sold to Flipkart in 2015. Myntra offers the latest clothing and fashion for men, women and kids. The app now hawks a collection of over 2,500 brands and 5 lakh products, including gadgets, accessories and beauty products.

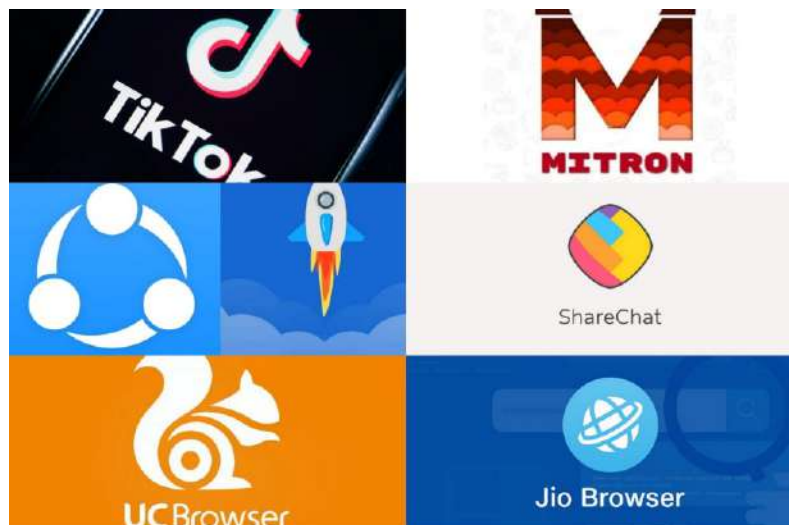
5. Inshorts alternative to UC News

In Shorts is a news aggregator that summarises news in 60 words or less. It also offers personalised stories, video and other content. The app also offers a variety of news and headlines sourced from multiple outlets. The app also has updates on competitive exams like UPSC, CAT and government job exams. Inshorts also has a home screen widget just for headlines.

6. Fau-G(Fearless and united Gaurds) alternative to PUBG

Fearless and United Guards is an online multiplayer action game developed by Bengaluru headquartered nCore Games. The game has recorded the highest number of pre-registrations in less than 24 hours on the Play Store in India. However, soon after the FAUG release in India, reviews on Google Play Store were pretty mediocre with many complaining about the gameplay being unsatisfactory and leaving a lot to be desired. The game was initially announced back in September 2020 and came just a few days after PUBG Mobile was banned by the Indian government. Now, this seems to have led to an unnecessary comparison between both the games and is speculated to be the reason behind the poor Google Play Store ratings.

(Information collected from various search engines)



LOVELY VACATION

I went on a vacation to the hill station
Along with my parents to visit my grandparents

The lovely mountains, rivers and fountains
We trekked up the valleys- hills and slopes

Happy, enthusiastic and full of hope
'Himalayas' the abode of snow, invite us all more and more.



Shrijaesh Choudhry, 1 C
(written with the help of my parents)

THE DECLINE OF THE HARAPPAN CIVILIZATION

The decline of the Harappan civilization
Was quite abrupt,
Scholars made various speculations
As there was no evidence such.

The Indus area lies in a disturbed seismic zone
Which shows that to the earthquakes, it might've been prone.

Some scholars say, that the earthquakes may,
Have raised the plains of the lower Indus river;
Others believed, the cities were wiped cleaned,
By the periodic floods that used to occur.

The flooding theory however, cannot explain why-ever,
The sites outside Indus area declined;
So far Harappan too, hasn't yielded any evidence so-true,
This why flooding-of-cities-theory wasn't satisfying.

Mortimer Wheeler, a friend of a sealer,
Believed that an Aryan invasion might;
Have brought about the destruction, of this civilization,
As some 13 skeletons were brought to light.

"A massacre," he whispered, if I rightly heard,
"An Aryan invasion brought about the destruction!"
"But can the presence of thy, a few skeletons really justify;
Your belief, your so-called INVASION assumption?"

At last some writers said, that an ecological crisis led,
To the collapse of the Harappan urban culture;
A growing population needs, wood in large quantities,
To produce jewellery, baking bricks and making furniture.

This might have caused deforestation,
Which was ultimately the reason,
Of the decline of the Harappan civilization.

- Chaarvi Singhal
9B, SPA



Siddharth Chauhan
Class: 2B



Vijay Rudraksh Swami, 5B

**How to
study more
effectively:
simple exam
tips**

1

Set a study schedule
for yourself

Wake up
early



2

Organise your books
and class notes

The
hardest
task first



3

Ask enough questions
to yourself

Reward
yourself



4

Study in 30 minutes
interval

Revision is
a must and
start from
scratch



5

Last minute: spend less
time on what you know, &
more on what is difficult

Sleep at
least for 8
hours a
night



WHAT IF EVERYONE HAD MAGICAL POWERS IN THIS WORLD !

If everyone would have magical powers in this world it would be fun to witness people's actions and reactions. Everyone would complete his/her home work in seconds. Everybody would fly. But some people would also use this power for fulfilling their selfish motives and hurt others. But people need not to worry about that as there would be magical police also, who would have power to control people by arresting them for abusing their powers. I think that after getting the magical powers nobody would be needy. Everyone would create the things of their necessities. But if we add anything unusual to this beautiful world its natural essence of beauty would be disturbed. Everything created by God is for our good. So, whatever is there in the world, it should remain like that only and we should always appreciate it.



HEMAKSHI MATTA

Class: 6th E



Rida Tanveer
6th B

The Room on the Roof

This book is written by one of India's finest and most prolific writers, Ruskin Bond who has been putting pen to paper for well over six decades. The Room on the Roof- is one of his award-winning debut novels which introduces readers to the unforgettable Rusty, the orphan from Dehradun. In this book the author has created characters both charming and eccentric, which have endured in popular imagination. In this book Rusty stands up to bullying guardian. Through this book, the author has brought to us the pulsing life of mountains, Valleys and rivers of Garhwal, as well as the quiet magic of small, tucked-away places.



IS THE BEST POLICY

Honesty is the best policy. Honesty means being truthful, and to speak the truth. It also means to follow the path of truth. An honest person is always trustworthy.

Many great leaders have taught us to follow the path of truth. Buddha was one of these Great Leaders.

An honest person is much higher in value than others who are dishonest. True honesty comes from real courage. An honest person is capable of controlling his own mind. So, it is much better to be honest than to be dishonest. Truth is always the strongest that means an honest person is the strongest.

Buddha once said, HONESTY IS ONE OF THE BEST KEYS OF SUCCESS AND TO MAKE GOOD RELATIONSHIP.



Aanya Gairola Class- 6A

GUNJAN SAXENA

THE FIRST FEMALE AIRFORCE OFFICER

Gunjan Saxena is the first female Indian officer. She served from 1996 to 2004 as a flight lieutenant and made history during the Kargil War in 1999. She flew a cheetah aircraft and rescued many soldiers in the combat area.

She was born in Lucknow in 1975, she studied Physics in Hansraj College in Delhi. After graduation, she joined Delhi Flying Club at Safdarjung for aviation training. She joined the Indian Air Force along with 24 women.

Her first posting was in Udampur, as a part of the 132 forward air control (fac). She was only 25 years old when she was asked to fly in Srinagar and she agreed. During the war, the pilot was targeted by an enemy missile on her aircraft but missed and crashed behind it. A woman in control of a fighter jet did ruffle some feathers but it wasn't long when she was respected and treated equally by the male officers. She won the shourya chakra award for her bravery and determination during the Kargil War. GUNJAN SAXENA : THE FIRST FEMALE AIRFORCE OFFICER.



TANVI SINGH Class : 6th A

Mother Earth

The shape of it is round,
And we are standing on its ground.
There are many places merged,
It's our one and only Earth.

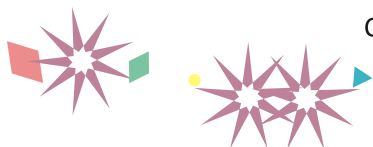


It is the fifth-largest planet,
And rotates around the sun.
Life is just possible in this world,
It's our one and only Earth.

There are five oceans and seven continents,
To which people give many compliments.
Seven Wonders of the World are here,
It's our one and only Earth.

Sometimes there are natural disasters,
Which cannot be predicted by weather forecasters
That's why, we must serve it with all our worth
It's our one and only Earth.

Ashmita Khetarpal
Class -6D



The movie I am reviewing is Disney's Zootopia. The main messages that can be drawn through the movie are important life lessons: don't judge a book by its cover and do not let people come in the way of following your dreams.

Zootopia's main character is the first bunny cop, Judy Hopps, who is a very strong, independent and a positive role model for the younger audience, especially because of her past and the circumstances she gets placed in the movie.

In Zootopia, the Police Department consists of most of the officers who are fierce predators, but Judy is the one exception once she graduates from the Academy. Throughout Judy's life, the animals that surround her tell her that she will not be a cop and attempt to crush her dreams. Since Judy Hopps is a small bunny, she struggles at the academy to fit in or even pass the required obstacles. These obstacles put in her way make her work harder to achieve her final goals. With hard work, persistence and determination, Judy Hopps is able to graduate from the Academy and gets to live her dream of being a cop for the city of Zootopia. In the film, Zootopia, bunny cop, Judy Hopps, says to an apparent young elephant, "wanna be an elephant when you grow up, then be an elephant because this is Zootopia 'anyone can be anything'" (Zootopia). She encourages others to believe and follow their dreams.

Do watch the movie and learn to believe in yourself!

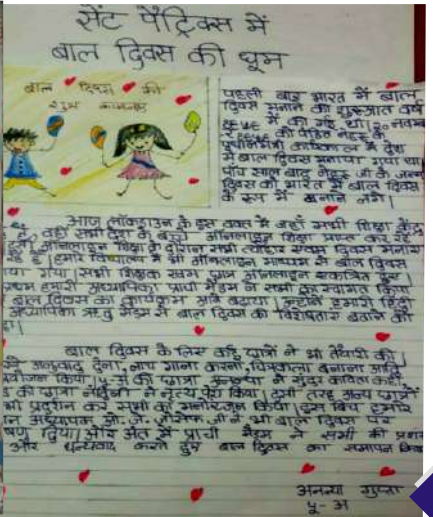
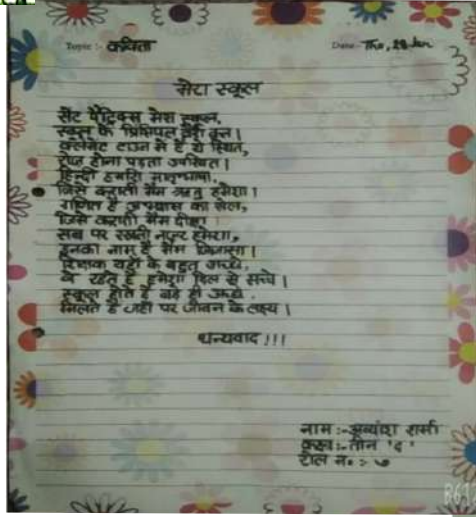
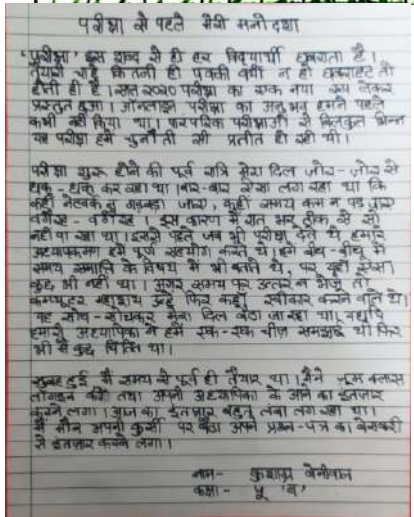
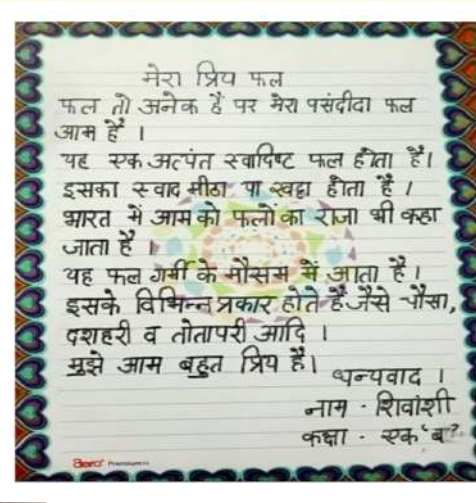
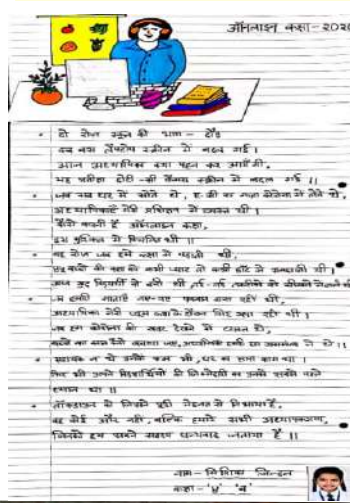
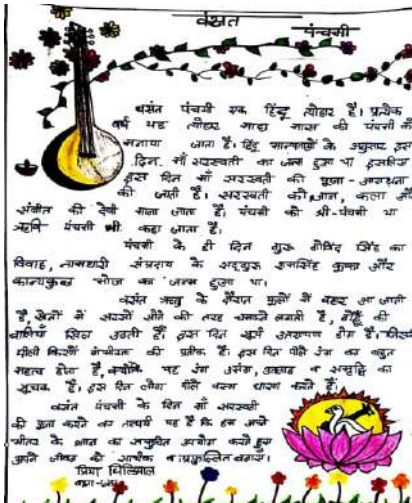
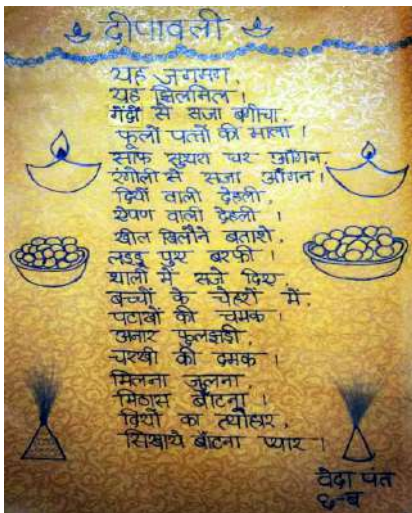
Mishti Arora



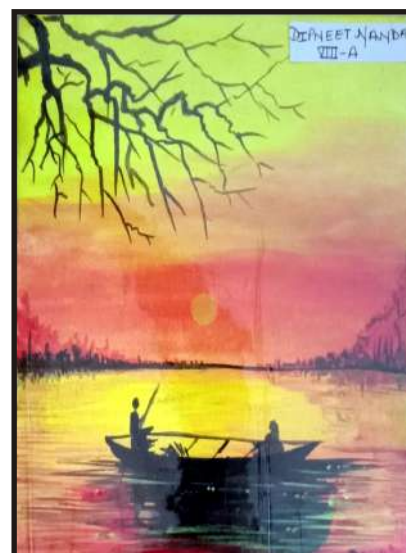
सदाचार

सत्य, उच्च जीवन मूल्य; करुणा और संवेदना कुछ ऐसे गुण हैं जो व्यक्ति के चरित्र को परिभाषित करते हैं यह सदाचार और नैतिकता के सिद्धांत तथा मूल्य हैं जिनका निरंतर अनुपालन करना व्यक्ति के लिए महत्वपूर्ण हैं सदाचार का अर्थ अपने व्यवहार में मधुरता, निस्वार्थ भाव से सेवा करना आदि होता है। सदाचार जीवन जीने का सही तरीका सिखाता है और व्यवहार में शालीनता लाता है। चाहे पेशेवर जीवन हो या व्यक्तिगत जीवन, सार्वजनिक हो या कॉरपोरेट, व्यक्ति उच्च वर्ग का हो या मामूली दिहाड़ी मजदूर, अच्छे आचरण और नैतिकता का इस बात से कोई लेना देना नहीं होता कि आप क्या हैं या किसके साथ अच्छा व्यवहार करते हैं सदाचारी व्यक्ति अपने विश्वासों और मूल्यों पर अडिग रहता है और इन पर उसकी आस्था कभी कम नहीं होती? ब्रिटिश लेखक सी; इस ने इस बात को बड़े सुंदर तरीके से कहा है कि जब कोई भी नहीं देख रहा होता तभी सही बात करते रहना ही निष्ठा है? सही व गलत का यही विवेक की क्या करें या ना करें और इसे कैसे करें यह सदाचार के नियमों का निर्माण करता है? ये नैतिकता के ऐसे सिद्धांत हैं जो किसी भी व्यक्ति को अनुशासित करते हैं? क्या सदाचार के नियम अलग-अलग व्यक्तियों के लिए अलग-अलग हो सकते हैं? कोई व्यक्ति जिसे सही समझता है वह दूसरों के लिए गलत हो सकता है। यही पर उसके प्रयोजन या इरादे का सवाल सामने आता है अगर गलत साबित हुआ कोई निर्णय अच्छे इरादे और सोच समझकर लिया गया हो तो यह नैतिक आचरण ही कहा जाएगा क्यों कि गलती किसी भी मनुष्य से हो सकती है। लेकिन अगर नैतिक मूल्यों के साथ समझौता करके दुर्भावना वश किसी को नुकसान पहुंचाने के इरादे से कोई कार्य किया जाता है तो ऐसा आचरण निश्चित रूप से नैतिक आचरण नहीं है। बच्चों को शुरू से सदाचार सिखाया जाना चाहिए जिससे उन्हें जीवन में नेक कर्म करने की प्रेरणा मिलती रहे। वे अपने साथ-साथ जनकल्याण में भी भागीदार बन सकें।

नाम - तनिष्का भट्ट
कक्षा- 8- बी



The ARTISTS



The Blossoming Kids



happy founder's day



With blessing from : Brother O.J. Joseph
 Editor : Mrs. Manjari Sharma
 Co-Editors : Mrs. Laxmi Rawat & Mrs. Ritu Bajaj
 Student Reporters : Srijna & Manaar
 Compilation : Mr. Ajay Pundir
 Photo Editor : Rachel Clement



St. Patrick's Academy
 Post Office Road, P.O. Clement Town,
 Dehradun 248002 (Uttarakhand)
 Ph: 0135-264 3500
 E-mail: spadehradun@gmail.com
 Website : www.stpatricksdhradun.in