

DELHI PUBLIC SCHOOL, GBN



LIFE @ DPSGBN: A CELEBRATION



"Safe Guard YOURSELF, Because NOBODY will."

- Charvi Shukla(class 10)

Every female, at least once in her lifetime, has felt like their life is in grave danger, and that they must protect themselves from a such a situation. Human Rights Watch projected that more than 7,200 minors (1.6 in 100,000) minors are raped each year in India. Among these, victims who report the assaults are bound to suffer mistreatment and humiliation from the police. Unfortunately, today it is more effective to safeguard ourselves. Here are some safety measures we can take:-

- Downloading the 112 android base app
- Crisis Text Line : confidential text line services
- Women Helpline 181: 24hr service

Incase, you feel your mental health is drenched, reach out to your trusted ones or use the above mentioned helpline numbers. Remember, you are not alone.

**NOBODY
CAN SAVE
YOU BUT
YOURSELF**

Silent Storms

Alone in the dark, unseen, unheard,
My mind a storm, emotions blurred.
No one to see, no one to care,
Trapped in this pain, a constant despair.
Wish I could find a moment of peace,
But the darkness within will never cease.
A broken soul, lost in the night,
Fighting a war, hidden from sight.

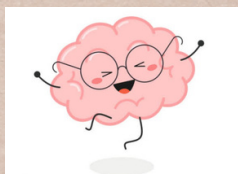
-By Shivansh Singh(class 11)

Attain What You Seek

Break every shackle,
Every chain of
thralldom
Smith them into,
A sword of fire,
Yielding freedom
Fight till the very end
Never look back,
Win every battle
Conquer every peak

You are a wounded bird,
Doesn't mean you've died
Show that you are alive
That courage in you
Has not lost its way
Against your passion
Even the heavens would
bow down,
Seeking mercy

-By Satvik Baweja (class 12)



Interview Somyata Ma'am

-By Anashwara.M.Menon(class 12)

Q1. What is stress? Why is it caused?

Stress is the experience where the nervous system feels over boarded due to the challenges perceived in life.

Cause: Because the challenges perceived by the person create doubt in them and their capacity to face challenges. This makes them unable to face and solve them.

Q2. Is stress really all that bad?

When unmanaged, it can affect health,
but when managed it can act as a motivator
as well.

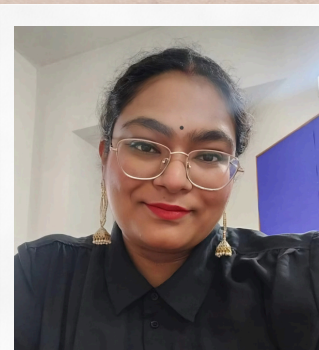
Q3. How to manage your mental health during exam week?

- Balanced time management (fun-rest-study)
- Proper sleep
- Proper diet

Q4. A few tips to be focused and have a healthy mental state.

- Directing your mind to be present in the moment and engaging your senses to the present
- Introspection
- Practice self-improvement and compassion

For any query/suggestions,art/writing submissions please email at editorialclub101@gmail.com



Somyata Tiwari

PROJECT KITAB: Akshaj Choudhry

Akshaj Choudhry of grade 11 has been part of an NGO- Project Kitab. He works there as a photographer, capturing the teaching and workings of underprivileged children and the lessons that are taught on morals, mathematics, etc.

In his pictures, he captures their emotions of joy and bonding with the volunteers. These weekly visits has reformed him into a better person in terms of; viewing the world, interacting with people, and different perspectives. Interaction with children gives him great joy and he says "Seeing the innocence of their faces and their pure smiles is the best medicine one can get" He wants to continue his work while building and improving it.



NAVIGATING THROUGH LIFE: MENTAL WELL-BEING MATTERS

-Janhvi khanna(class 9)

Mental health in today's time is a crucial cause of concern because it surrounds almost everybody in a unique way.

It goes beyond disorders to encompass emotional well-being. Identifying and addressing issues like Depression, Anxiety, ADHD, and OCD is crucial. Life is a journey with challenges, but facing problems strengthens and teaches valuable life lessons.

FEW QUESTION / ANSWER SESSION WITH SOME TEACHERS

-By Garvit Arora, Mannya Singhal(class 11) and Anashwara Menon(class 12)

		Anjali ma'am	Mohit sir	Sonia ma'am	Virender sir
Q1	What is the most creative excuse a student has given to skip class?	My children don't bunk classes	Teacher has allowed us	My mom scolded and made me walk out of the house so I couldn't pack my bag	Koi bahana nahi bolte, happy hote hai khelne keliye
Q2	If you could go back in time and give advice to your younger, teacher self, what would it be?	Be very genuine and polite with children, then only they will listen	Connect more with students, makes the class much better	Have patience and believe in yourself, this is how one changes the world	Aura acha train kare, international khilwaye
Q3	If you could have dinner with any one fictional character, who would it be?	Doremon or Spiderman	Luffy from 1 piece	Oliver twist	Neeraj Chopra
Q4	If you could use any superpower in the classroom, what would it be?	Ability to make students visualise concepts from my point of view	Time travel	Give the right book to every child	Discipline

QUIZ ON MENTAL WELLNESS

1. What is the most common mental health disorder?
2. 2.50% of mental health problems begin at the age by what age?
3. What year was Mental Health Awareness Month created in the United States?
a)1969 b)1934
c)1949 d)1976
4. What does the lime green ribbon symbolize?
a)Mental Health awareness b)Autism awareness
c)Anxiety awareness d)Invisible disorder awareness
5. When is World Mental Health Day celebrated?
a)6 November b)14 March
c) 21 July d)10 October

- By: Deeksha Bhasin(class 9)

