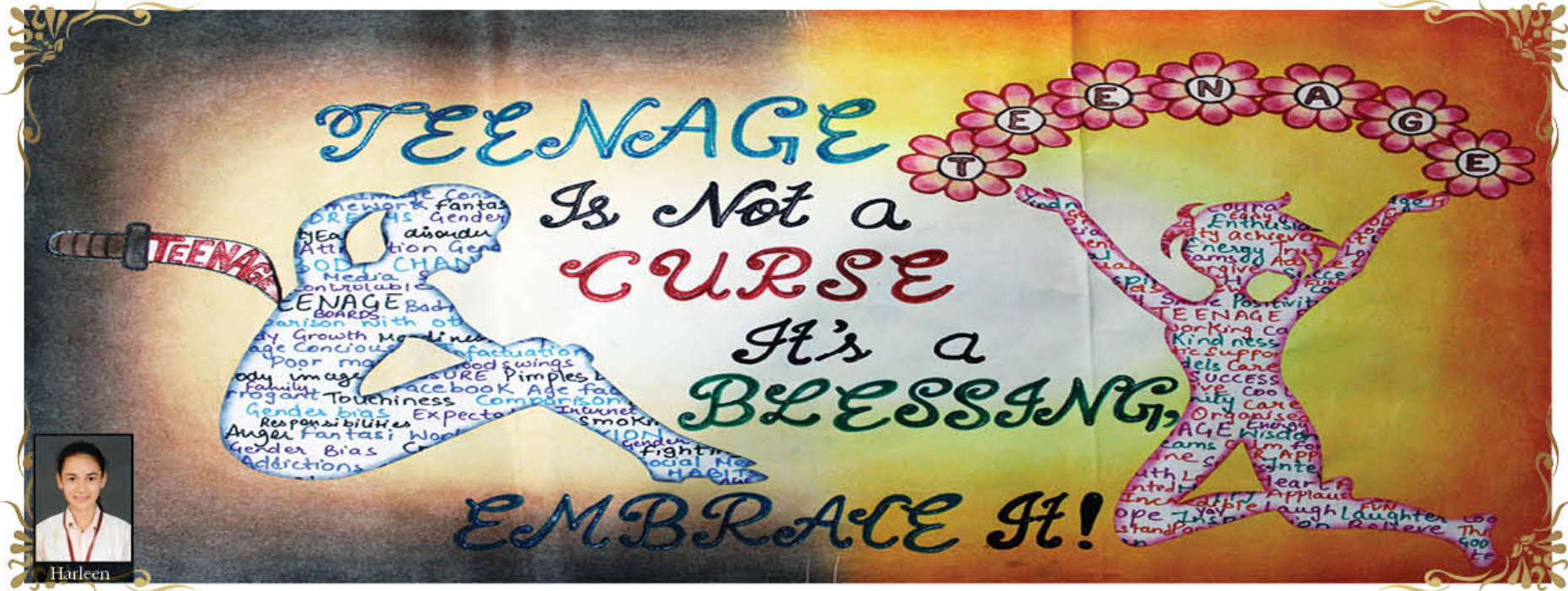


# Expression

“Welcome to our hearty haven, It's full of our fondness.  
Brighten it with your presence, And adorn it with happiness.”

—Aanchal Singh, IX-C  
(On Behalf of Thomasians)



You are the world's future, its promise of new talent, passion and potential. Whatever results you've got today, know that the doors of opportunity are still open to you. You're still the same amazing person, with a set of unique gifts. Good luck is when your preparation gets an opportunity. So, when you are unsuccessful, do not feel that you are unlucky... it's either you didn't prepare or you didn't get the opportunity!

*“BE what you want to be and achieve what you aim to be.”*

**Adolescence** is not an easy time for kids or parents. The only way to deal with needs and problems at this age is to know about them and be ready to face them. **Teenagers** are often confused about their role and are torn between their responsibilities as growing adults and their desires as children. **Few Pointers that might help you:**



## CONFLICT RESOLUTION



**ANGER**  
What am I really angry about?

**ANGER**  
“Stop and breathe”- inhale slowly to a count of five, pause for two counts, and then slowly breathe out the same way, again counting to five.

Write it! - writing out your anger can be effective. Go to a calm spot and “write away your anger.”

Tear your anger into little pieces- draw or write what is upsetting you on a piece of paper. Then tear it into little pieces and “throw the anger away.”



**STRESS & FRUSTRATION**  
How to deal with stress?

**STRESS & FRUSTRATION**  
Take care of your body by exercising regularly, eating healthy foods. In addition, talk about your feelings, relieve stress by taking short breaks to relax during stressful activities.

Meditate, Exercise & Pray.

Find somebody you trust and talk about it. Let it out. Don't let it grow inside yourself until you explode. Let your worries and your tension fly. After all, this is what friends are for, right?

Maybe you did something really wrong, and your current situation is the result of that mistake. Take responsibility but don't blame yourself. It's all in the past. You're in the present now and you can do something about it. Blame will only put weight on that past and drag you down. Avoid it at all cost.



**ADDICTION**  
Why do some people become addicted, while others don't?

**ADDICTION**  
Limit the use of TV, computers and mobile devices to a maximum of 30 minutes at a time. Ensure that the total amount of screen time per day doesn't exceed.

Plan fun physical activities to engage in at other times.

Forbid using cell phones during meals.



**PRESSURE**  
What can I do if I am being bullied?

**PRESSURE**  
Remain Calm. Even if it is the tenth time this hour that your mother has told you to stop slouching/watch your mouth/put away your laundry, remain calm. Getting into a screaming match may help you blow off some steam, but if you want your parents to listen to what you have to say, make sure that you say it in a reasonable tone.

Don't change to please people. It will get you nowhere, but unhappy.

SMILES change everything; hatred to love, enmity to friendship, poison to antidote. So always SMILE.

Learn to say NO. Learn to admit mistakes. Learn to say sorry, learn to accept defeat, learn to stay on the ground when you triumph and learn to live life your own way.

There are many healthy ways to deal with academic pressure- If you don't feel motivated about a subject, arrange a study group. Instead of setting your goal to be getting the highest grade in the class, set a goal to feel satisfied with your performance.

### TIME MANAGEMENT

Creating a schedule.

Calendar updates are great for everyone. One should make a habit of adding assignments and upcoming exams into their calendar.

Write the big task at the top, and then break it down into littler tasks. Turn these smaller tasks into a checklist that you can follow.

### BULLYING

Ask for help and guidance.

Pick the teacher you trust the most and ask to speak with him/her after class.

Schedule a time where you and your parents can sit down and talk. Make sure there's enough time and no one is stressed out. Tell them what's going on and ask for their help.

You know the people who make you feel bad about yourself? It's time to cut them out of your life. Being friends with people who treat you the way you deserve to be treated will increase your happiness and confidence.

Find a few after-school hobbies you enjoy and join the team/club/group! Not only you have fun, but you'll also start to build a network of really great people who you can have fun with and go to for help.



**PRESSURE**  
Parental pressure for studies is more; though I put my best efforts



**TIME MANAGEMENT**  
Time management is one of the important aspects of my life



**BULLYING**  
What can I do if I am being bullied?

# TEENAGE CORNER

## CARPE DIEM

Teenage,  
Less words, more feelings  
The atrocities of life  
Beckon upon our mind,  
Though the words  
Never on our side,  
Just aren't your kind.  
Now all of a sudden  
The weight of the world  
Lies on our shoulder,  
Never realized when I became this  
older,  
Seems only yesterday when I was a  
young lad.  
Whose mind was full of ideas  
Not Geometry and Maths  
This new challenge of life



Puru

Seems just a phase,  
Which would soon fall  
apart.  
But while it lasts  
Make sure to live your life  
And follow your heart.

## TEENAGE

Oh my age  
Oh my Teenage

Age, age, age.....Oh! Teenage  
Dad says study a lot  
Mom says no hip hop  
Sis says to be modern  
Bro says not to bother  
Age, age, age.....Oh! Teenage.

Like to roam  
But locked in a room  
Like to hear music  
But, hear the stick  
Age, age, age.....Oh! Teenage

School is a jail  
There are chances to pass and  
chances to fail  
School teachers expect more  
I feel like lying on the floor  
Age, age, age.....Oh! Teenage



Abhipsa Bose

Oh my age  
Oh my Teenage

## LOVE, LIVE AND FIGHT

Teenage is queer  
Although a time to cheer  
Spoilt by misunderstandings and  
fears  
Need a serious attention  
A little love, a little affection  
The best cure  
The remedy to endure  
All the stress for sure!!!  
A time to enjoy with friends  
Spend some good times before it  
ends.....  
Love, live and fight  
And never let your dreams go out  
of sight

Friend... this time is not gonna come  
back  
Get going on the right track  
Holding on to the roots, aiming for  
the sky

So, you don't have to repent when  
you die



Ishita Goel

Love, live and fight  
And never let your  
dreams go out of sight!!!

## TEENAGE

Teenage! This phase is a decisive one  
Both appeases and aggravates things  
It is end for fun,  
And a fresh beginning.

Teenagers often develop a misguided  
thought  
That they have grown mature  
And that's an apple of discord  
That carves the way to failure.

Teenage is like a challenge  
And guidance is the necessity



Aanchal

And, a gush of genuine  
knowledge  
Will lead the way to  
tranquillity.

## TEENAGERS!

This is the age  
To get out of the cage  
Get out of that door  
Into the world and explore!!  
Make use of this day  
And in the wage, make your own way  
Look around, everything is bright  
Work hard and you will reach the heights!!  
So not be tempted by vice  
Or else you'll pay the price  
Be afraid to challenge the waves  
They won't always carry your graves!!  
Of what you desire, never be afraid



Sakshi Sinha

Or with the tides of times, you  
will fade  
'Tis your war you must wage  
Or how will you be a teenage?

## IN BETWEEN TIMES

I am not so small now, I often hear,  
Yet I am not grown up till date  
These in between times are hard to live,  
Milk teeth fall early, moustache is late.

If I play with my little sister,  
I hear it's a child's play,  
If I go out to play cricket  
I hear, "Can't you ever stay?"

If I watch cartoons on TV,  
Laugh aloud at Shin Chan,  
I am just wasting my time  
Not doing all that I can

But then again if I watch a movie,  
Some action or horror ones  
I get scolded and am told to watch  
What I laughed at watching once

I can't enjoy my lollipop now  
They are meant for kids  
And still I am too young to taste  
The dark chocolates kept in lids.

Please tell me where do I belong?  
How everything I do is wrong?



Abhimanyu

These in between years are  
painful  
Please God, guide me and  
keep me strong.

## THE TEENAGE JOURNEY

TICK-TOCK-TICK-TOCK teen aging  
Life takes a new beginning  
Anxious about every new thing  
But a fear in heart is still ?

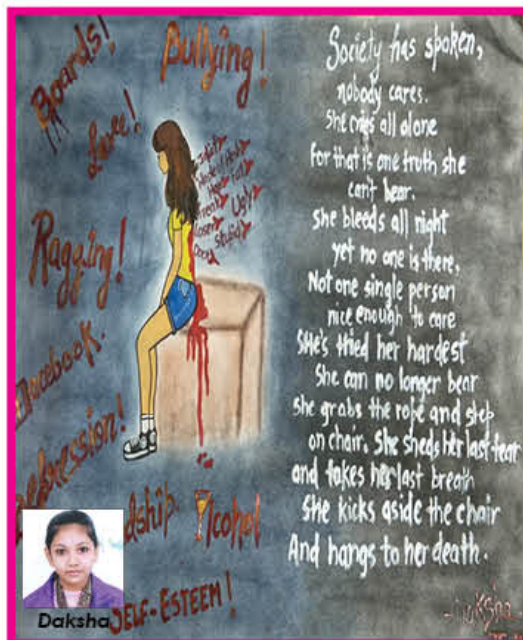
Sky is open to fly  
But questioning about the limitations,  
why?  
Known friends become strangers  
And lead them to danger

Mother is your friend  
A hand of helping  
But still sometimes  
You tell her, "Mom, you don't know any-  
thing!"

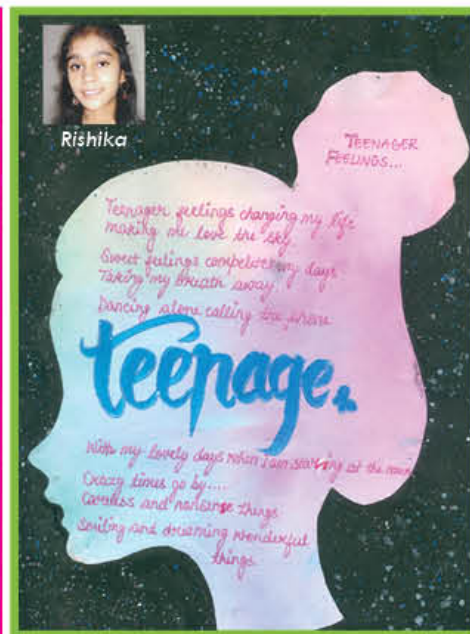
In this age we make some mistakes  
And some wrong turns we take  
But always keep in mind not to break  
Though this period of life is hard to face  
Lots of mistakes and correc-  
tions after all  
But we should always stand  
tall and never fall.



Samridhi Sahoo



Daksha



Rishika



Navya



Shubham

## THE JUVENILE AGE

We are just vulnerable  
Don't pity us, please  
We are fighting with our own demons  
Can't you see?  
All the negative things you've said  
Stabs us like fire  
Would you take your words back?  
And be positive instead?  
We know we can be wrong  
That's why we ask you to encourage us  
Not push us down!  
Our heart is weak  
We are still fragile  
We have been continuously  
misunderstood for a while.  
We are not joking when we say we need  
help  
Please try to understand we have been  
through hell.

We don't want drugs we don't want  
violence  
We just need your support and not your  
silence.

We can be weak enough  
We may not be able to take a step  
Then please reach out and give us a  
helping hand.

We are not bad or wrong  
We are just lost  
Yeah, teenagers. That's what  
we are called.



Alaska Mishra

## DEPRESSION

Depression is a serious medical condition in which a person feels sad, hopeless and unimportant. Depression has now become common in teenagers; it is now becoming a serious matter amongst youngsters in the country. Certain issues and disputes can affect one's mental health which can lead to depression. People think that committing suicide or intaking of drugs is the solution to this problem especially educational institutions and thus many bright futures are ruined because of depression. Failure, family problems, issues can't be resolved by suicide. We should learn to cope with difficult situations rather than finding an escape route called 'suicide'.



Akshat Goel

## TEEN-AGE

We don't talk anymore! I don't wanna live forever! Wake me up when  
September ends!

The above mentioned lines of quite famous songs which you all must have heard at least once. These are used more often as captions or as their status on their photos by a very peculiar and perplexed category of Homo sapiens, commonly referred to as "TEENAGERS". The breakup of this word can itself describe a chunk about it. This period of life begins from 12 or 13 years of age and ends at 19. '60 seconds, 61 moods' is the new quote of today's teenagers. They will have enough mood swings to make you feel ecstatic and pensive at the same time. Some say that they have got 'wanderlust' while others can't get rid of 'wonderlust'. For some this age is all about reading a page, while for others this age is no less than a rage. Soaring high until a dream of graduation but locked up in a rage of infatuation. However, a remedy lies within all these predicaments. Issues with friends, peer pressure and other problems are common at this age. Seeking assistance from the whole world won't be a very rightful decision as everyone would come and go, care and forget but the two people who will never leave you in the walk of life are your 'parents'. Not only during teenage but for all the ages to come. Consult them, take help from them and live teenage to its fullest as it only comes once in a lifetime. So,



Shashwat Dutta "HAPPY TEENAGE"

# Thinking Cap



## Tips to tackle History

The best way to ensure that you remember lessons in history is to study the subject in a story format. The syllabus of the subject is huge and many a time boring for students. But when you study historical events, characters and incidents as stories you will remember them faster and without much efforts.

If you don't remember the exact date during exam, mentioning the century and decade can also fetch you a part of the total marks.

Jot down the key points and explain it in your own words.

Listen in class and ask questions without fear

Prachi Panwar

## Tips and Tricks to Get Rid Of Your Fear in Chemistry

**Feel The World:** Whenever you study any topic in chemistry, just try to get into the world of atoms, electrons, protons, molecules, etc. Imagine the world to be a box full of animations. How they attract, make them friends, how they repel, make them enemies. Try to imagine such interactive things to make yourself confident in the subject.

**Ways To Learn:** As chemistry involves many topics in which you have to learn a series or a list. One method is to make a rhyme or song of the starting words or symbol of the respective words. Alternative and the proper method are to learn the words in small groups i.e. first learn 5, then the next five, likewise. With the help of this method things are remembered for a long period of time.

Aditya Sharma

## The 11x trick:

Let's suppose a number - 27

To quickly multiply it by 11, just follow the steps given below:

Step1: Write down the first and the last digit, i.e. 2 and 7,

Step2: Add both the digits and write their sum, i.e.  $2+7=9$ ,

Step3: Now write the last digit as it is, i.e. 7,

Step4: Now write all the numbers together, i.e. 297,

So, here you get the product of 27 and 11 within seconds.

Likewise;

Let's take a bigger number-13579

Follow the steps given bellow:

Step1: Write one as it is,

Step2: Add 1 and 3, i.e. 4,

Step3: Add 3 and 5, i.e. 8,

Step4: Add 5 and 7, i.e. 12,

Step5: Now, write only 2, and add 1 to the previous sum, i.e.  $1+8=9$ , now 8 will be displayed as 9,

Step6: Add 7 and 9, i.e. 16,

Step7: Write only 6 and add 1 to the previous sum digit, i.e.  $1+2=3$ , now 2 will be displayed as 3,

Step8: Now write 9 as it is.

Here we get the number as = 1, 4, (1+8), (1+2), 6, 9 = 149369

Therefore, 149369 is the product of 13579 and 11.

Aditya Sharma

## Tips

- The periodic table can be memorised in the form of a song.
- A YouTube channel called 'The Amoeba Sisters' has great biology content in the form of animations
- Draw a ray diagrams on a plane sheet of paper at least once in a month.
- Learn biology with the help of flowcharts and diagrams.
- In-depth study has done no harm to anyone.

Saadhvi

## Special Tricks:

**Learning by Rhythm:** Certain students are gifted in suiting the tones of music and hence can use this trick to learn things related to Social Science or Biology.

**Emotional learning:** We have tendency to remember emotions for longer time as compared to the written fact. So, in this trick you can relate any concept, headings or formulae with certain emotions you have and can remember them. So, when you try to think about that emotion, you will quickly retrieve the topic you learned during experiencing that feeling. Visualizing can also help to clear your concepts.

Sparsh Bhatia

## Effortless Data of TABLES

Follow the chart given:

Shrutika

1	11	12	13	14	15	16	17	18	19	20	
2	22	24	26	28	30	32	34	36	38	40	Skip counting of 2
3	33	36	39	42	45	48	51	54	57	60	Skip counting of 3
4	44	48	52	56	60	64	68	72	76	80	Skip counting of 4
5	55	60	65	70	75	80	85	90	95	100	Skip counting of 5
6	66	72	78	84	90	96	102	108	114	120	Skip counting of 6
7	77	84	91	98	105	112	119	126	133	140	Skip counting of 7
8	88	96	104	112	120	128	136	144	152	160	Skip counting of 8
9	99	108	117	126	135	144	153	162	171	180	Skip counting of 9
10	110	120	130	140	150	160	170	180	190	200	Skip counting of 10

## Know the Rules



- Fix time and place to study Maths daily
- Relate the Mathematics with real life situation to make it more interesting
- Clear your query as it comes to you and consult the teachers
- Write formulae in front of your study table

Ms. Rani Kanchan

- Always frame your answers in points
- Highlight the key words
- Answer with proper facts
- Map work: first prepare the common places

Ms. Rajeshwari

- Strengthen basic concepts
- Revise previous topics before starting a new topic

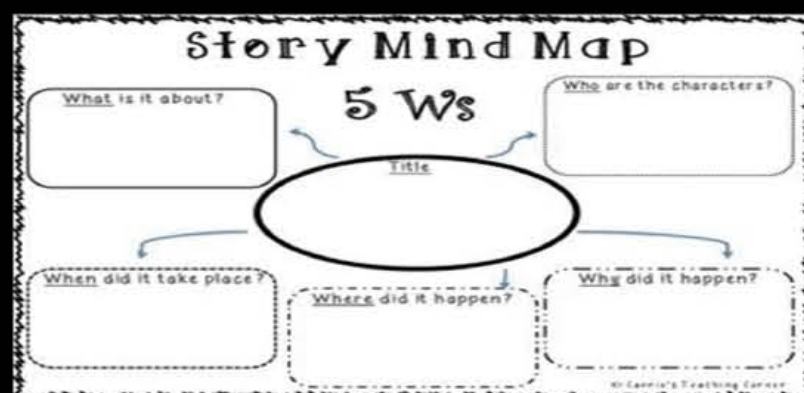
Ms. Neelam Bhatia

- Read Economics as you would read newspaper
- Prioritize your topics according to marks weightage
- Start from easy to difficult chapter
- Understand Economics instead of mugging

Ms. Archana Sharma

- Writing skills- write with the help of mind map
- Writing a story is not a big task and you should eschew logic and channelize your creativity
- Use the first 15 minutes judiciously to comprehend what is asked in the English paper

Ms. Shweta



# ACTIVE GAME ZONE

BE ENERGETIC HERE

## GAME A

### FUN WITH WORDS

The words defined below have one thing in common- they all begin with C and end with N. How many can you find?

1. voucher for a discount
2. substance that causes cancer
3. to express dissatisfaction
4. a group of interrelated families
5. group of stars



**Slylock Fox**

Last night's storm exposed a buried treasure chest. Earl Elephant says the treasure belongs to him because he found it first. But Shady Shrew claims he found it first. Why does Slylock Fox believe Earl?

## GAME B

*Did you know? Walt Disney was once fired by a newspaper editor for lack of imagination.*



*Did you know? The ostrich does not need to drink water. It can make its own water internally and gets the rest from vegetation.*

## GAME C

Can you change each of the following titles into a real movie title by replacing each planet with the name of a different planet? All nine planets (old theory) should appear in your answers, with "the Seventh Planet" representing Uranus. The year of each (corrected) film's release is given as a hint.

1. Blonde Jupiter (1932)
2. This Island Saturn (1955)
3. The Thirteenth Moon of the Seventh Planet (1956)
4. Journey to Neptune (1962)
5. The Venus Factor (1973)
6. Mercury 3 (1980)
7. Pluto Attacks! (1996)
8. Earth Rising (1998)
9. The Adventures of Mars Nash (2002)

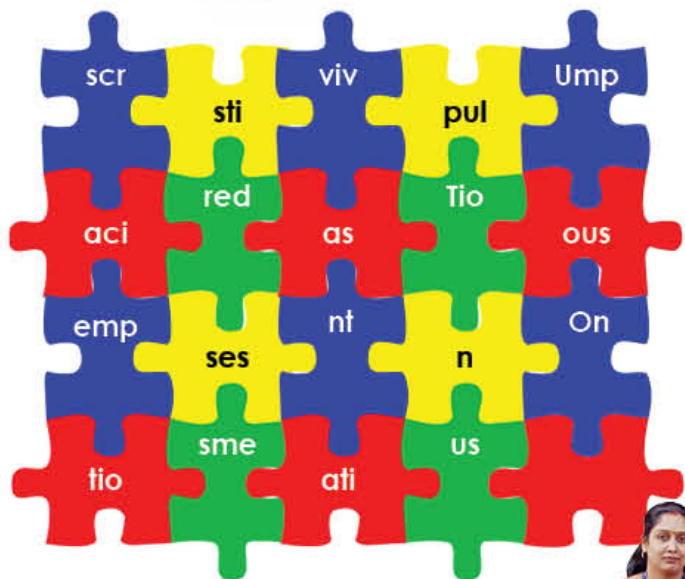
*Did you know? There are 701 official breeds of dog.*

*Did you know? It is impossible to sneeze with your eyes open.*

## GAME D

Give the word for the meanings from the PUZZLE BOX

1. mouth-watering
2. a condition or requirement that is specified
3. attractively or lively
4. an action of saving or being saved from sin, error or evil
5. evaluation



## GAME E

### MATCH THE FESTIVALS



1. Bak Poya  
Sri Nagar, India
2. Canberra- Balloon  
Australia
3. Lasoong  
Sikkim, India
4. Snow & Ice Festival  
Harbin, China
5. Lantern Festival  
Pingxi, Taiwan
6. La Tomatina  
Bunol, Spain

*Did you know? 'Go!' is the shortest sentence in the English Language.*

Ms. Sulakshana, Ms. Shefali,  
Alan, Deepanshu, Ms. Sushma,

Ms. Ceejo, Nivedita, Chandrika,  
Madhulika, Ms. Shweta

**XPRESSIONS**