



Dear Students and Parents,

Its been very heartrending to read the newspaper early morning where the headlines are about the young students ending their lives just because they could not take up the stress of the studies, peer pressure, parental pressure.

Stress is something that we all have to deal with each and every day. There's work related stress, relationship stress and financial stress just to name a few and these may keep growing in number as we grow. If we don't develop effective strategies for dealing with stress, it can lead to many problems including physical illness.

One of the most effective strategies for reducing your stress levels is to learn to live your life in day-tight compartments.

Let me explain...

When ship builders design passenger ships, they divide the ship into sections and between each section they place a water-tight door to create several separate compartments.

If one of the compartments is flooded, the ship's captain can close the water-tight doors and the ship will continue to stay afloat.

Imagine for a moment that your life is a series of compartments each made up of a single day. On either side of each day is a day-tight door.

Just as the water-tight doors in a ship block out water and prevent the boat from sinking, your day-tight doors block out the past and future and prevent your outlook on life from sinking.

In your day-tight compartment, you do not have to analyze the past or worry about the future.

All you have to deal with is **today**.

When I was working 70+ hour weeks in the corporate world, I found this day-tight compartment strategy to be a useful form of stress management.

Each morning I would imagine that I was closing my day-tight doors. This helped me to stop analyzing the past and prevented me from worrying about the future. I could then simply focus on what I had to do in the next 24 hours.

Often when I talk to people about living their life in day-tight compartments someone will ask "Don't you need to visualize your future everyday in order to make it a reality? How can I do that if I'm living in a day-tight compartment?"

This is a very good question. The answer is that you first visualize your future goal in its entirety and then determine what small step you can achieve today. Next, you bring this single step inside your day-tight compartment and shut your day-tight doors.

In this way you are not intimidated by the size of your overall goal and can just focus on what you need to do today while still moving steadily towards your achieving your long term goals.

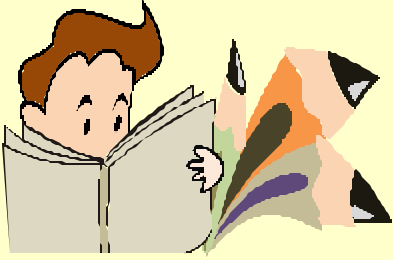
So the next time you are under stress, try taking a deep breath and make the decision to live your life in day-tight compartments. Each morning, imagine closing your day-tight doors on the past and the future.

During the day, if you catch yourself analyzing the past or worrying about the future, remember that these thoughts do not belong in your day-tight compartment and try and let them go.

By learning to live your life in day-tight compartments, you can greatly reduce your stress levels and lead a happier and healthier life.

Until next time,

By-Harpreet Randhawa



The fear of dying

We had to die
 We had to die
 Someday, all people should die
 By accidents in life
 Crashing our heads
 That we will have to die
 someday.

We should be happy
 We should be happy
 Of all the things
 Crashing our cars
 And the fear of dying
 But we should be happy
 always.

Making friends always
 Making friends always
 Doing things like.....
 Helping our friends
 Teaching little ones
 And making friends always

By - Siddharth.A.Deshpande
Grade-7

CRICKET

*the baller balls to batsman's face
 with spin,fast or medium pace
 but bravely does the batsman face
 because he has a helmet in his case*

*to catch the ball the fielders race
 and throw the ball to the wicket
 keepers face
 for the next ball the baller goes to
 his place
 "one minute" says the batsman "let
 me tie my lace".*

Aditya

SVKM International School
 celebrated the
 "ONE NATION READ TOGETHER"
 Programme organised by Scholastic.

BOOK- BROWSING ACTIVITY

Students of Class I and II made book-marks.

Students of Class VI and VII made a cover for the School Magazine.
 This was done with a view to expose them to careers involving
 newsprint and book-covers and thus broadens their horizons.

The students of Class IX were taken to the library and presented
 with a variety of books and periodicals. After that they were
 provided with a Questionnaire to evaluate their preferences for
 reading. The activity was conducted in order to follow trends of
 reading among teenagers today. Periodicals like India Today,
 Business World, Young Minds, and Reader's Digest were provided
 for perusal and some students said they enjoyed browsing through
 them. Many of the opined that they liked reading Mumbai Mirror,
 Bombay Times more than the Main Newspapers. However a few of
 them even suggested that magazines like Vogue, Femina and Car
 magazines should have been included.



Khana Khazana

choco bun

- > Tuty fruity bun.
- > Biscuits like Parle G, Bourbon, Hide and Seek.
- > Complian/Bournvita
- > Chocolates like Dairy Milk and Gems
- > One cup of milk
- > Two tea spoon sugar.(crushed)

How to make?

First crush the biscuits in the mixer. then after it is crushed add complian or bournvita in it. Then melt the dairy milk.

How to melt dairy milk?

- > Take a vestal and put hot water in it.
- > Then take another vestal smaller than the first one.
- > Then put dairy milk pieces in it and boil . It will get melt.
- > If you melt it in microwave or oven or you burn it directly, the chocolate will burn not melt. Don't try it.

Then mix the dairy milk liquid with the biscuit powder and stir it. Then add one cup of milk and two tea spoon of crushed sugar in it and mix it properly after the stirring is done you will get brown chocolate liquid. Then take the bun and with a large spoon pour the liquid on the top of the bun and inside the bun. Don't pour all the liquid. It depends on how much chocolaty you want to make your buns. Then decorate your chocolate bun by placing some colourful gems. Then at the end keep the chocolate bun in the fridge for an hour. After one hour you can eat your delicious Chocolate Buns.

CHOCOLATE BALLS

INGREDIENTS:

4 packets of "Marie gold" biscuits, 3/4 glass "Bournvita", milk.

PROCEEDURE:

Crush the biscuits in a mixer to powder form.

Mix some milk and sugar to the bornvita to make it in semi liquid form.

Add the above mixture to the biscuit powder.

Make it into a dough.

Make balls out of this dough.

To decorate add gems and chocolate sauce on top.

By -VANSH GUPTA

My trip to Orchard Resort for my karate camp.

I went on 25TH December for my karate camp with my daddy. The bus left from Vile Parle (west) at 7o'clock. We reached the orchard resort in the afternoon. It was a very big resort .My room no. was 129.

Everyday I woke up at 7.00 am and did exercises. I gave exam for white (2 level) and yellow belt. I also did rope climbing and rifle shooting in the camp. In the evening I along with my friends played on slides and swings in the garden. We had bonfire in the evening.

I passed my exams and came back home on 28TH December. This is how I spent my time at karate camp.

Kairav Mithani
I B

Achievers



DEVANSH KOTHARI'S CHESS ACHEIVEMENTS

1. Participated in National level Chess Competition for boys under - 7 category, organized by Ahmedabad City Chess Association & Fischer Chess Club.
2. Participated in Maharashtra State Level Chess Competition for boys under - 7 category, organized by Nutan Buddhibal Mandal - Sangli. Devansh defeated the top ranked player in the tournament, who is also internationally ranked, & hence his achievement was recognized by the local newspapers in Sangli.
3. 1st Trophy in Open Tournament held at Virar, by Abhijeet Chess Academy for under - 8 category.
4. 2nd Trophy in Rochess - Thane Interschool & Individual One day Tournament
5. 6th Trophy in Impact 2010 - Lions Club of Mulund
6. 7th Trophy in B'n'W Chess tournament, conducted by Bombay Chess Association
7. 14th Trophy Christmas Vacation Chess Festival' 09.
8. 10th rank in Christmas Vacation Chess Festival' 08.
9. 10th rank in Anand Chess Festival
10. 12th rank in Under - 8 tournament held at Deonar, by Kumud Vidyamandir Maji Vidyarthi Sangh
11. Secured 5 points in 7 games at Inter School Chess Championship 2009 held at Rustomjee Cambridge International School.



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Editorial Board

As all of us get into the New Year, it is worth thinking whether we are following up with our new year resolutions. To begin with, we are so upbeat and gung-ho about them, the promise of a brand new year unfolding before us, the sheer potential hidden behind the calendar year..... but then why do things get side-tracked so soon? Even before the first month of the year has passed most of us have lost those fiery resolves and determinations that we pledged to ourselves. But we need them now more so since we are in the second term and will be taking a year-end exam. Hence let us remind ourselves of those resolutions as we begin or journey through the new academic year.

Recently I came across this statement, "In Sports there is always place for losers but there is no place for those who squander away their abilities." Like wise for Life as well. These are the best and the most productive years of our lives and must not be frittered away. Do your best and all will be well.

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