

PRATIBHA

NURTURING TALENT, SHAPING FUTURES

MONTHLY

AUGUST 15, 2024

NEWSLETTER

**In this newsletter
you can expect:**

Executive
Remarks

Initiatives and
Actions

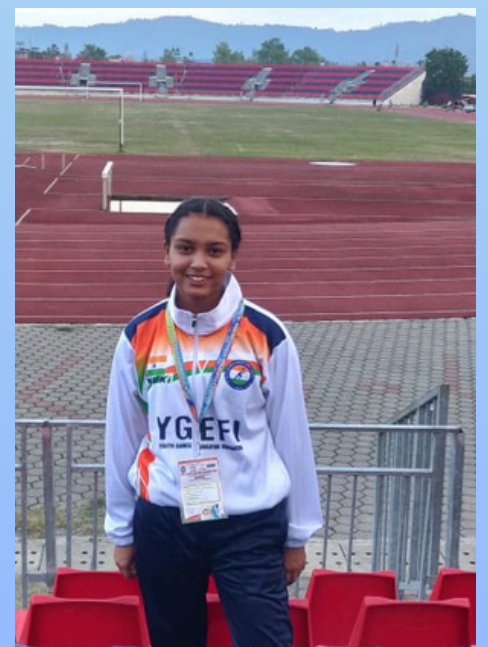
Students'
Perspective

Creative
Corner

Teachers'
Opinion

Stories of
Impact

Critical
Analysis



"UNVEILING BRILLIANCE: CELEBRATING TALENT AND INNOVATION"



FROM THE CHAIRMAN'S DESK

At TCG Public School, our commitment extends beyond academic excellence to fostering critical and creative thinking. We envision our students as adept problem-solvers, equipped to navigate the complexities of the modern world and make meaningful contributions to society. Our dedicated faculty is devoted to creating an environment where curiosity thrives and challenges are seen as opportunities for growth. Through this approach, we aim to nurture students who are not only knowledgeable but also adaptable and forward-thinking. Together, we strive to prepare our students for a future filled with possibilities and impact.

Warm regards,
Ms. Laxmi Ghildiyal



FROM THE PRINCIPAL'S DESK

As we unveil the first edition of Pratibha, themed "Unveiling Brilliance: Celebrating Talent and Innovation" our school newsletter reflects the diverse talents, achievements, and experiences that make our institution unique. With vibrant pages, Pratibha captures pivotal moments and celebrates the collective efforts of our school community. Inside, you'll find inspiring stories, captivating artwork, thought-provoking articles, and glimpses into our vibrant school life. I extend heartfelt gratitude to the editorial team and all contributors for their dedication and hard work. Their commitment to excellence shines through every page. May this edition inspire pride and reflection within our school community. Thank you for being part of this journey. Enjoy the read!

Warm regards,
Ms. Neena



FROM THE DIRECTOR'S DESK

All great ideas start with a commitment to the future, and it is with this dedication to excellence that TCG Public School was established in 1996. I am delighted to see our school continually evolving and adapting to the latest advancements in education. Our focus remains on providing an outstanding educational experience that meets the demands of a changing world. Witnessing our progress and the growth of our students fills me with immense pride. We remain steadfast in our mission to embrace innovation and foster a dynamic learning environment that prepares our students for future success.

Warm regards,
Ms. Deergha Dubey

"DM CHAUHAN URGES SUSTAINABLE PLANTING, CLIMATE ACTION"



At the Green Pulse Society event, organized in collaboration with the TCG Welfare Society, Dr. Ashish Chauhan, District Magistrate of Pauri Garhwal, delivered a heartfelt speech emphasizing the importance of environmental stewardship and mindful plantation practices. He drew attention to the often-overlooked carbon footprint of plastic flowerpots, advocating for a shift to biodegradable alternatives to reduce environmental harm. Dr. Chauhan also stressed the significance of choosing locally sourced, renewable materials, which benefit both the environment and local communities.

Addressing the urgent issue of climate change, he spoke about its severe consequences, such as rising temperatures and biodiversity loss, and reminded everyone of their shared responsibility to take action. He highlighted the irreplaceable value of mature trees, noting that while planting new ones is essential, they cannot instantly replace the ecological benefits provided by old trees.

Dr. Chauhan also cautioned against uninformed planting practices, which can disrupt local ecosystems. He encouraged students to manage their time wisely, linking their personal success with the broader goal of protecting our planet.

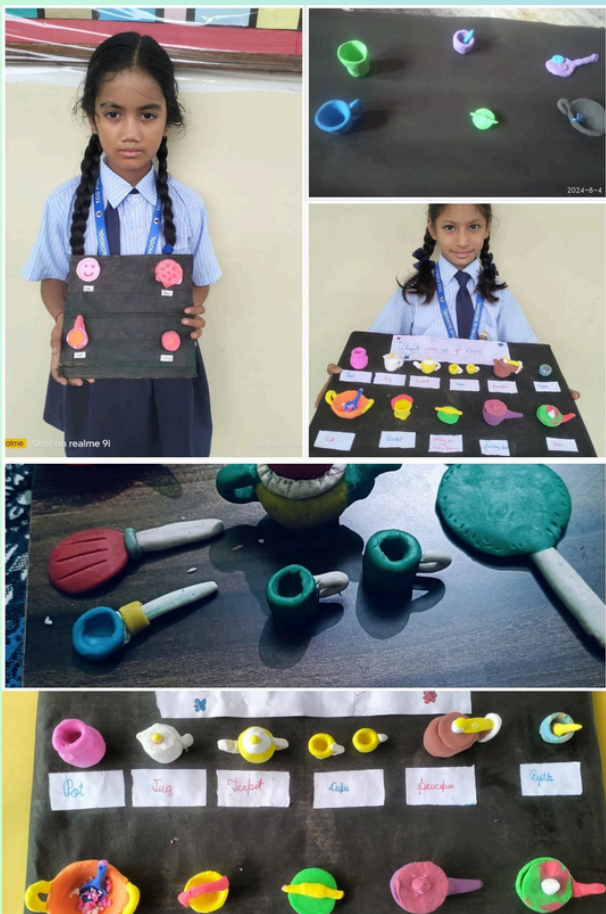
INITIATIVES AND ACTIONS



FLAMELESS COOKING ACTIVITY



PLANTATION DRIVE



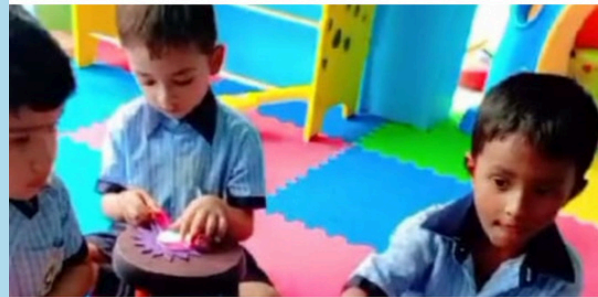
**3RD CLASS CLAY MAKING
UTENSILS ACTIVITY**



GOAL ORIENTED WORKSHOP



YELLOW DAY CELEBRATION



MOTHERS DAY CELEBRATION



TELEPHONE ACTIVITY



RED DAY CELEBRATION

मेरा परिवार

हर सुख दुख में याद है आता मुझको अपना
यह परिवार।

हम तीन सितारे साथ रहेंगे
ना छोड़ेंगे कभी किसी का साथ।।

यह धन दौलत है सब बेकार
असली सुख तो है परिवार।
दूर रहकर भी हर पल रहेंगे साथ
ऐसा है मेरा परिवार।।

मुझको तो अब भी भाता है
मां की डांट, नानी का दुलार।
हम सा नहीं निराला जग में
ऐसा है मेरा परिवार।।

अर्चिता काला
कक्षा 9

Tiny Changes,
Remarkable Results

Atomic Habits

An Easy and Proven Way
to Build Good Habits
and Break Bad Ones

James Clear

"A supremely practical and useful book."
Mark Manson, author of The Subtle Art of Not Giving a F*ck

RESULTS = OUTSTANDING RESULTS

The Habit Loop

CUE — 1st Law
CRAVING — 2nd Law
RESPONSE — 3rd Law
REWARD — 4th Law

Title: Atomic Habits

Author: James Clear.

Series? Yes No

Overall Rating
★★★★★

Would Read Again
 Yes No

Quote: "Success is the product
of daily habits - not
once-in-a-lifetime transformation."

FORGET ABOUT GOALS
FOCUS ON SYSTEM

"Bad habits repeat themselves
again and again not because
you don't want to change, but
because you have a wrong
system to change."

OUTCOMES.....
ARE THE COMPOUND
EFFECT OF OUR
Behaviour + Habits.

WE DON'T RISE
TO THE LEVELS OF
OUR GOALS.
WE FALL TO THE
LEVEL OF OUR SYSTEM.

TANISHA
CLASS 12TH

School

1. My school name is J.C.G. Public School.
2. My school ground is big.
3. There are three buildings in my school.
4. It is an english medium school.
5. My school is near my house.
6. My school has a big library.
7. My school teachers are very kind and intelligent.
8. I learn new things everyday in my school.
9. I enjoy going to school every day.
10. I study here from nursery.

Sakshi Negi

SAKSHI NEGI
CLASS 4TH

आगे बढ़ो

आगे बढ़ो भई आगे बढ़ो
तुम कभी न पीछे हटो
अगर तुम जो पीछे हटे
सारी चीजें पीछे छुटे
आगे बढ़ो भई आगे बढ़ो
अगर तुम जो आगे बढ़े
सारी चीजें तुम आगे पाओ
आगे बढ़ो भई आगे बढ़ो
इसलिये तुम कभी न पीछे हटो

TEJASVI BINDAL
CLASS 4TH

STUDENTS' PERSPECTIVE

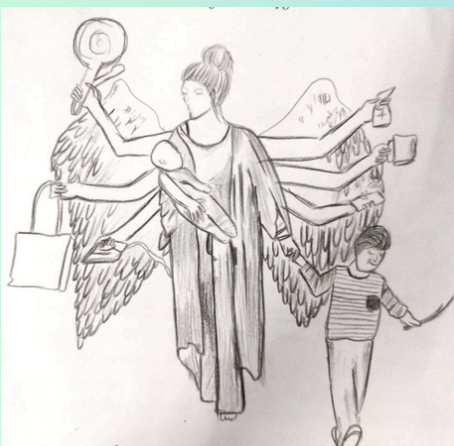
WOMEN'S WORTH UNLEASHING THE FEMININE POWER

The day she realizes her worth, the world will tremble with her daring soul and unshakeable conviction. For centuries, women have been confined by societal norms, their worth measured by their ability to conform. But it's time to shatter these chains and unleash the feminine power that has been suppressed for far too long.

Throughout history, women have demonstrated extraordinary strength and resilience. Take Malala Yousafzai, who defied the Taliban to fight for girls' education; Rosa Parks, who refused to give up her seat, sparking the Montgomery bus boycott; Banvari Devi, a rural Indian woman who fought against child marriage and harassment, becoming a figure in India's gender equality movement; and Marie Curie, who pioneered research in radioactivity, paving the way for women in science. These women and countless others have pushed boundaries and challenged gender inequality, but there is still much work to be done.

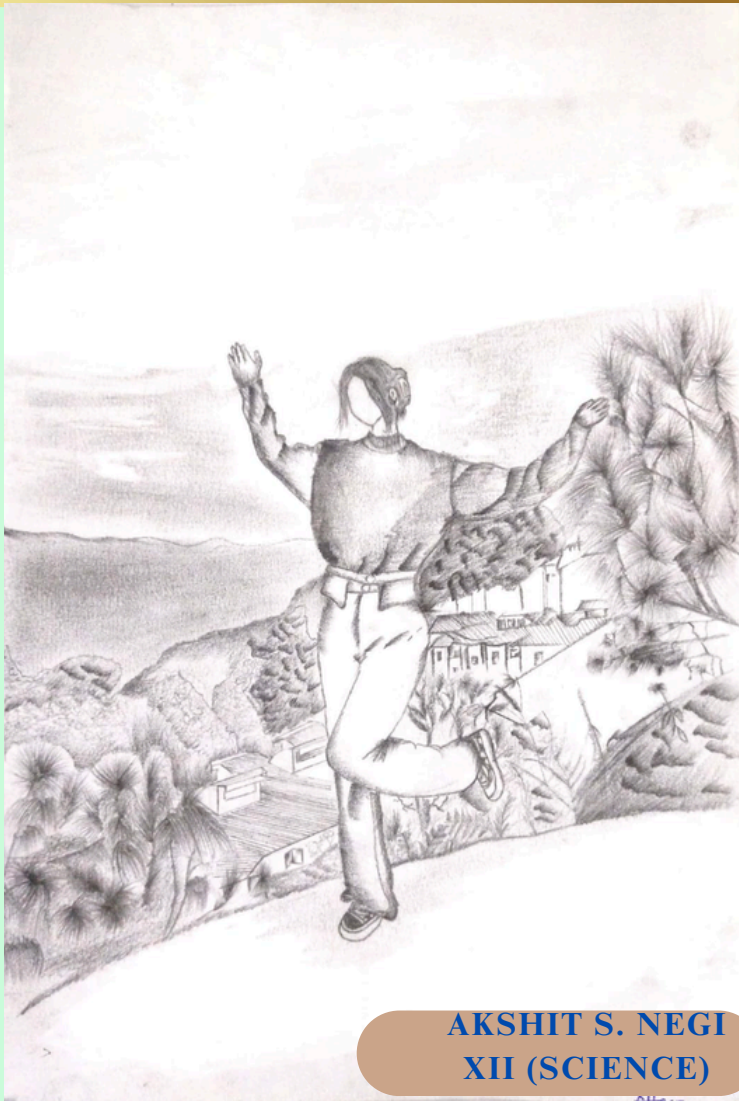
To unleash feminine power, we must educate girls, empowering them to make informed choices. We must encourage women to take leadership roles, amplifying their voices. We must challenge patriarchal norms, creating space for diverse perspectives. We must support survivors of gender-based violence, believing their stories. We should teach our girls to fight, to speak, and to turn pain into piercing words that shatter silence and shake the world. To those who continue to perpetuate harm, this is a warning: you oppressors, perpetrators, and predators, your actions will not go unchecked. She will rise up and transform your torture into a triumphant tale, your abuse into an anthem of courage, and your hurt into a hurricane of words that will leave you shattered.

Girls, do not let society dictate your worth. Fight for your right to learn, to lead, and to live without fear. Remember, your voice matters. Your story matters. Your worth is not defined by societal expectations but by your own strength and resilience. Let us rise together, unleashing a wave of feminine power that will change the world. Let us create a future where girls are valued, respected, and empowered to reach their full potential. Let us build a world where women's hearts are not hurt but lifted, where their worth is not questioned but celebrated. A World where women can freely acknowledge and display their true identity without hesitation or barriers. Together we can make this vision a reality. Together we can unleash the feminine power and create a bright future for all.



ZEHNISH AQSA
12TH (SCIENCE)

CREATIVE CORNER



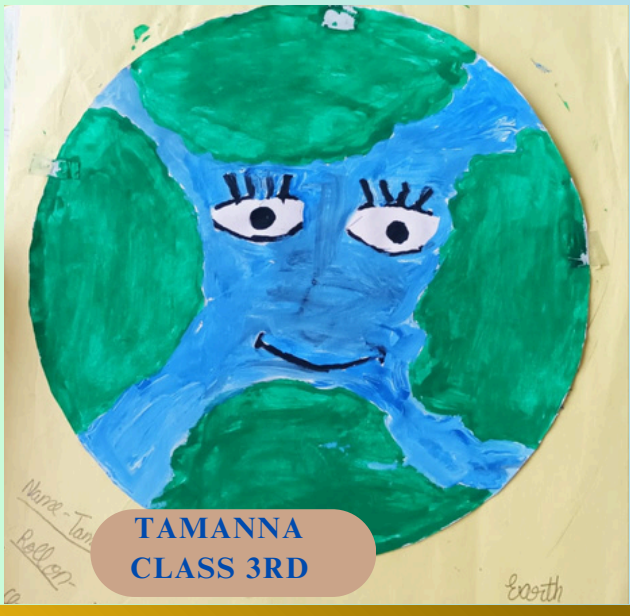
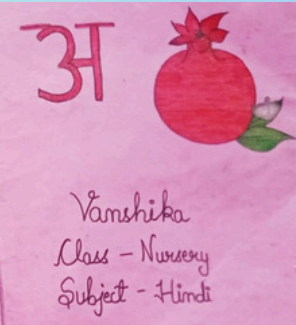
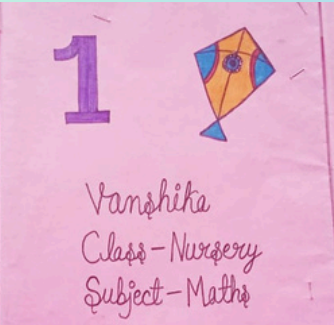
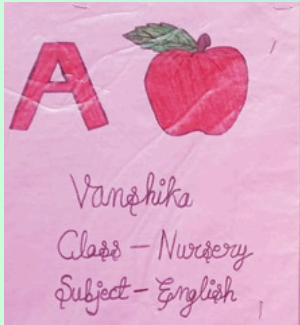
**AKSHIT S. NEGI
XII (SCIENCE)**



**SHREYA
3 CLASS**



**RUDRANSH
3 CLASS**



**TAMANNA
CLASS 3RD**



**DIVISHA
LKG**

गुरु भक्ति

गुरु भक्ति है सबसे महान,
जगत में न कोई गुरु के समान,
डॉट-डपट कर बुराई दूर है करते,
जीवन सार्थक हो सर्वगुण उनमें भरते।

गुरुपद जगत में श्रेष्ठ होता,
ईश्वर तक पहुँचाने का मार्ग दिखाता,
ज्ञान की बातें सभी सिखाता,
तभी तो वह गुरु है कहलाता ।

गुरुभक्ति से ही विद्या प्राप्त होती,
गुरुमान ही शिष्य का मान बढ़ाती,
गुरुभक्ति ईश्वर से भी बढ़कर होती,
बिन गुरु तो मुक्ति भी नहीं है मिलती।



GOLDY
(FINE ARTS TEACHER)

सविता काला
(हिन्दी अध्यापिका)



ZEHNISH AQSA
12TH (SCIENCE)

WHY INCLUSIVE EDUCATION IMPORTANT FOR ALL STUDENTS

Inclusive education is more than just a method of teaching; it's a philosophy that aims to make every student feel like they belong and have the chance to succeed. At its core, inclusive education is about recognizing and valuing each student's unique needs and ensuring that every child, regardless of their background or abilities, has access to the best possible learning opportunities.

One of the greatest strengths of inclusive education is its emphasis on diversity, equity, and social justice. By embracing an inclusive approach, schools create environments where students learn to appreciate and work alongside people who are different from themselves. This not only enhances academic and social achievements but also helps students develop essential life skills, such as empathy and collaboration.

Inclusive education benefits everyone, not just those with disabilities. It fosters a positive learning atmosphere where diversity is celebrated, and students are encouraged to support one another. This approach helps build a sense of community and belonging, which can lead to improved academic performance and stronger social connections.

Yet, implementing inclusive education isn't without its challenges. Schools often face obstacles like limited resources, insufficient training for teachers, and lingering negative attitudes towards disabilities. Overcoming these challenges requires a concerted effort—investing in teacher training, securing necessary funding, and actively engaging with disability organizations and families are crucial steps.

Ultimately, inclusive education is about creating a fair and just society where every child has the chance to reach their full potential. It's an ongoing journey that requires commitment from everyone involved—educators, families, and the community. By embracing inclusion, we help build a world where all students can thrive and contribute meaningfully.

SWAPNIL BUDAKOTI
(MATHS TEACHER)

‘हिंदी भाषा का महत्व’

“ हिंद देश की शान है
हिंदी से हिंदुस्तान है।”

किसी भी राष्ट्र की पहचान उसके भाषा और उसकी संस्कृति से होती है और पूरे विश्व में हर देश की एक अपनी भाषा और अपनी एक संस्कृति है जिस छाव में उस देश के लोग पले बड़े होते हैं यदि कोई देश अपनी मूल भाषा को छोड़कर दूसरे देश की भाषा पर आश्रित होता है उसे सांस्कृतिक रूप से गुलाम माना जाता है, हिंदी अत्यधिक सरल और सुगम भाषा है विश्व में बोले जाने वाली सभी भाषाओं में से हिंदी सबसे वैज्ञानिक भाषा है। हिंदी भाषा को बोलने और समझने वाले विश्व भर में फैले हुए हैं। हिंदी भाषा के महत्व को हम इस प्रकार से समझ सकते हैं। हमारे देश भारत के लिए हिंदी मात्र एक भाषा नहीं बल्कि एक भाव है देश की आत्मा है। हिंदी भारतवासियों के जीवन मूल्यों संस्कृति और संस्कारों की संवाहक है। हिंदी भारतीय मूल्यों एवं संस्कृति का परिचय दुनिया को कराती है।

भाषा प्राचीन भारतीय सभ्यता और आधुनिक प्रगति के बीच एक पुल की भूमिका निभाती है हिंदी भाषा देश में सभी धर्मों के लोगों को जोड़कर रखने का कार्य करती है। क्योंकि हिंदी एक ऐसी भाषा है जिसे हर भारतीय आसानी से समझ लेता है। बिना हिंदी के हम कोई भी अपनी दिनचर्या नहीं बिता सकते हैं लेकिन आज भी हमारे देश में अंग्रेजी भाषा का आधिपत्य है जो हमारी भाषा हिंदी को सम्मान मिलना चाहिए शायद वो आज तक अभी नहीं मिला है लेकिन बिना हिंदी के हम अपने विकास की कल्पना नहीं कर सकते हैं।

हिंदी भाषा के प्रचार प्रसार के लिए भारतेन्दु हरिश्चन्द्र के योगदान को भुलाया नहीं जा सकता है। हिंदी भाषा का महत्व भारतेन्दु हरिश्चन्द्र के इस कथन से लगाया जा सकता है।

“निज भाषा उन्नति अहै, सब उन्नति को मूल।
बिन निज भाषा-ज्ञान के, मिटत न हिय को सूल।।”

“विविध कला शिक्षा अमित, ज्ञान अनेक प्रकार।
सब देसन से लै करहू, भाषा माहि प्रचार।।”

हिंदी भाषा का इतना अधिक महत्व है कि बिना हिंदी के इन्टरनेट से जोड़े लोगों को इन्टरनेट से नहीं जोड़ सकते हैं और जब कोई भी काम अपनी भाषा में हो तो यह लोगों को जल्दी समझ में आती है। इसी कारण अब इन्टरनेट की दुनिया ने भी हिंदी को अपनी अधिकारिक भाषा के रूप में अपना लिया है जिससे हर भारतीय अब आसानी से इन्टरनेट से जुड़ सकता है।

– हिंदी भाषा इन्टरनेट की दुनिया में इतनी तेजी से बढ़ा है कि इन्टरनेट पर लाखों सजाल, चिट्ठे, गपशप, विपत्र, वेबखोज, मोबाइल सन्देश, अनेक प्रकार के हिंदी मोबाइल एप्प मौजूद हैं।

सही अर्थों में कहा जाय तो अगर हम अपने मूलभाषा हिंदी का प्रचार प्रसार करें तो निश्चित ही विविधता वाले भारत को अपनी हिंदी भाषा के माध्यम से एकता में जोड़ सकते हैं।

हिंदी के महत्व को देखते हुए प्रत्येक 14 सितम्बर को हिंदी दिवस के रूप में मनाया जाता है। हिंदी दिवस एक ऐसा अवसर होता है जिसके माध्यम से सभी भारतीयों को एकता के सूत्र में बांधा जा सकता है।

तो आइए हम, सब लोगों को अधिक से अधिक हिंदी भाषा के महत्व को समझाएँ और पूरे विश्व में हिंदी भाषा को उचित सम्मान दिलाएँ और खुद एक हिन्दी भाषी बनें।

“हिंदी के महत्व को कम न आंको
भाषा के आधार पर देश न बांटो।”

श्वेता घिल्डियाल,
(हिन्दी अध्यापिका)

IMPACT OF MOBILE PHONE ON GEN-Z

Be Brave, Be Present, Be Your Own Magic. Be Full of Surprise, Be Adventurous, Be Kind, Be Free, Be You.

Generation Z (Gen Z), born between the mid-1990s and early 2010s, is a cohort that has grown up amidst rapid technological advancements, with mobile phones playing a central role in their lives. For this generation, smartphones are not just communication tools but digital hubs for information and social interaction. Gen Z is known for its strong social awareness, technological proficiency, and ability to connect across multiple networks. However, this digital connectivity also brings both positive and negative impacts.

Gen Z exhibits qualities such as self-awareness, realism, determination, creativity, and independence. Their familiarity with technology allows them to innovate and adapt quickly. They are adept at leveraging digital tools for social change and personal growth. Despite these strengths, Gen Z faces several challenges. They often lack knowledge about safe online behavior and may struggle with behavioral control. Excessive screen time can lead to a sedentary lifestyle, adversely affecting both mental and physical health. Psychological issues such as anxiety, reduced tolerance, diminished focus, and moral confusion are more prevalent in this generation compared to previous ones.

Suggestions for Gen-Z: Mindfulness is crucial for managing the impact of mobile phones. Maintain a positive attitude by supporting others and respecting privacy. Avoid sharing personal information without consent and focus on building genuine online relationships. Engage in meaningful interactions rather than just seeking likes and follow accounts that promote knowledge and personal growth. Regularly take breaks from screens to safeguard your health. Prioritize face-to-face interactions and set boundaries for mobile use. Critically evaluate the content presented by influencers, conduct your own research, and seek support if you face challenges like cyberbullying or depression. Building a supportive network and practicing kindness and mindfulness will help you navigate the digital landscape more effectively.

MEGHA AGARWAL
(ECONOMICS, SST TEACHER)

STORIES OF IMPACT



RUNNING TOWARDS SUCCESS: THE INSPIRING STORY OF A YOUNG ATHLETE

At TCG Public School, one student's journey from the classroom to the global sports arena stands out. Diksha Dhasmana, a young athlete's story is about more than just medals and trophies; it's about dedication, resilience, and pursuing dreams.

Every morning, she wakes up and works hard and passionately. She says that the early hours are tough, but she pushes through, driven by a passion for running. After practice, she heads off to school, where she balances her rigorous training schedule with homework and exams. It's not easy, but she finds a way to make it all work.

Competing at both national and international levels, she's faced her fair share of challenges. There have been setbacks, moments of doubt, and times when giving up seemed like the easier option. But each obstacle has only made her stronger and more determined.

Her support system—coaches, teachers, family, and friends—plays a crucial role. They cheer her on at every race, help her with her studies, and offer a shoulder to lean on when things get tough. Their belief in her fuels her own belief in herself.

This young athlete's journey is a reminder that success isn't just about winning. It's about the hard work, the early mornings, the late nights, and the people who stand by you through it all. Her story inspires others to chase their dreams, no matter the obstacles, and shows that with passion and perseverance, anything is possible.

Dear Writers, Readers, and Supporters,

I want to extend my heartfelt thanks to everyone who contributed to this edition. A special thanks goes to our respected Chairman, Principal, and Team Lead, whose leadership and guidance have been instrumental in bringing together the ideas and efforts that have made this page successful. Your dedication to fostering creativity and encouraging thoughtful writing has truly enriched our content. We also want to express our sincere apologies to those who submitted content that we were unable to include in this edition. We want you to know that your contributions are valued, and we will make every effort to feature your work in the next or subsequent editions of our newsletter.

Thank you once again for your continued support and for being a part of this journey towards better understanding and expression through writing.

**NIVEDITA
PROJECT COORDINATOR
TCG WELFARE SOCIETY**



Thank you for reading!

FOR INTERNAL CIRCULATION ONLY

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