



# THE HERALD

JULY-SEPTEMBER 2017

## FROM THE EDITOR'S DESK

Dear Readers,

*'To me, the greatest pleasure of writing is not what it's about, but the inner music the words make.'* –Truman Capote.

In agreement with the above quote, I find writing as the most valuable literary expression. The inculcation of passion for creative thinking and writing amongst the students is one of the major objectives set by The British Co-Ed High School, Patiala. We are really proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out the new edition of 'The Herald'.

The enthusiastic write-ups of our young writers are undoubtedly sufficient to hold the interest and admiration of the readers. This publication is indeed a pious attempt to make our budding talents give shape to their creativity and learn the art of being aware because I believe that our success depends upon our power to perceive, the power to observe and the power to explore. We are sure that the positive attitude, hard work and sustained efforts exhibited by our young buddies will surely stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure.

I am thankful to my editorial team who dipped their oars into the turbulent waters of the journal and have made it to the shore of publication. I am really thankful to our respected Founder Principal, Ms. Rosa Kucharskyj and the school Principal, Ms. Kiran Harika for their constant guidance and for entrusting me with the responsibility of being a part of the Editorial Board. I wish all the readers a happy reading!

Mr. Sohit Sharma  
(Teacher Editor)

## THE LOST ART OF READING

We are certainly quite familiar with the plethora of the following benefits that reading provides; how it makes one more creative, imaginative, empathetic, and compassionate, but hidden behind the veil of obscurity are some well-proven health and psychological advantages of reading which today's masses are largely unaware of. Having said that, it would be highly unjust to not acquaint you with some examples of the same.

1. Reading can prevent Alzheimer's disease: In fact, a recent study concluded that people who read are two and a half times less likely to be diagnosed with Alzheimer's Syndrome later in life.
2. Reading is therapeutic: Cristel Russel, a behavioral researcher, says that reading can act as an effective stress-buster.
3. Reading enhances your memory: Reading stimulates brain activity into thinking, analyzing, and concentrating harder which makes a direct and positive impact on one's memory.

According to Harvard Medical School's Family Health Guide, reading requires mental effort that creates new connections between nerve cells that could prove useful with brain cell loss later in life. Quite fascinating is the fact that everytime we add to our knowledge a new fact, our brain changes, a phenomenon referred to as neuroplasticity. So, instead of searching for an appealing caption for your latest instagram post, would it not be wise to be engrossed in an activity which will improve your memory?

Yuvika Dandiwal  
XII-VD

## CONNECTING PEOPLE TO NATURE

*What does he plant who plants a tree?  
He plants a friend of sun and sky;  
He plants the flags of breezes free;  
The shaft of beauty, towering high;  
He plants a home to heaven anigh;  
-Henry Cuyler Bunner*

A sunny breeze, an ancient tree, blossoming flowers and yellow leaves, nature has a way to uplift your soul and brighten your life. You just have to immerse yourself to find those pretty things that matter the most, and nature has no dearth of such marvels. Nature has a way of healing the wounds that people tend to give. From the beginning to the end, our very existence depends on nature. And we as humans tend to forget such common knowledge and go about causing destruction to the air we breathe, to the water very drink.

Just spending time connected to nature is an enthralling experience, whether it is showering your sibling with water from the local pond or falling asleep under a sky full of stars or just sitting under a tree, nature has a way of taking over your mind with sense of calmness.

This year's World Environment Day theme encourages everyone to spend time outside instead of being glued to the screens of their electronic gadgets. Take some time out of

their hectic lives and spend some time with their families, outside the comfort of your houses. Whether it is just having a small picnic, or meditating and connecting with God on a spiritual level, the possibilities are endless.

Nature can be the most beautiful thing in this world, from the cherry blossoms in Japan to the Himalayas in Nepal and India. Nature is picturesque. Look at the rivers, the waterfalls, the beaches, nature has given us so many different forms of beauty, but instead of admiring these gifts, human beings are mercilessly destroying this. From cutting up trees to make bigger buildings to causing pollution that makes water bodies almost toxic. As the famous Albert Einstein once said: 'Joy in looking and comprehending in nature's most beautiful gift.'

So, put down your electronic gadgets and go outside. Instead of reading under the light of LEDs, read under nature's LED, sunlight. Instead of going out with your friends and spending time in high-end restaurants, meet up in the local park and inhale the fresh air. Instead of wasting money on artificial things, use the sources that are already given to us by nature.

Eva Arora  
IX-HJK

## TELEVISION SERIES REVIEW

How many times have you been bullied? Did you find any help? May be this series would help you. But warning, don't overthink too much in your present situation. Sometimes we blow things out of proportion. "13 Reasons Why", a novel adaptation of the book by Jay Asher, is the most controversial and addictive web series of 2017.

Since the date of its release, this show has been the topic of discussion for almost every teenage group. Starting from episode 1, you just can't stop watching it. The story is about a high school student, Hannah Baker who commits suicide slitting her wrists in a bath tub of blood. Two weeks

later, Clay Jensen, Hannah's classmate finds a box of cassettes at his doorstep. There were thirteen tapes, each tape giving one reason that drove Hannah to make this dreadful decision of her life. All I can tell you is that the youth has been greatly impacted by this show. The show addresses the sensitive topic of bullying which often leads to awful and unbearable consequences. It shows how the smallest of things and words affect a person the most. The show alarms the youth to be considerate about the feelings of others and implores us to battle adversities with a strong will power and resilience.

Navroop Ghuman  
X-GM

## PEACE- THE LOST ELEMENT

"Peace"- this five-letter word comprises of the most valued and necessary element of our society. While we can be proud about the robust development and evolution in this age but, all of it would lose its significance if we are unable to maintain harmony and tranquility around us. The cause for such a failure is due to the methods through which peace is propagated in the world. It is quite paradoxical that when we speak of peace, we do so, in association with war. It is now commonly perceived that war is the most effective method for maintaining peace in the world.

Therefore, the merciless killing of thousands of innocent lives in war stricken areas is justified by the maxim of- "We are creating peace." Such peace shall never be rejoiced if each time the world has to pay such a price for it. The end of war does not indicate origin of peace, it just brings about an end to war. Therefore, the sham of defining the results of war as an indication of achieved peace, should be corrected.

Now, the argument arises as what is the best method for establishing peace? It is clear that in any age or time, war shall never be a solution but rather, a mayhem. Therefore, instead of depending upon our future generations to act, we should adopt the motto- " To obtain peace, prepare for peace." Instead of hatred, we should educate everyone to harvest feelings of mutual goodwill towards others. Instead of discriminating, we should adopt transparency towards notions such as gender, religion, nationality and color. We should not waste the precious resources and talents in developing new methods of warfare but, instead, use them to invent new methods to generate peace and maintain the serenity. If we plant this seed in this age, then I am sure that it would germinate into a better world for our future generations to live in. Therefore, we should understand that the power is in our hands whether to make the world a battlefield or a place where we can dare to live peacefully.

Bhavya Partap Malhotra  
XII-VD

## RECIPE

### INGREDIENTS:

1. Half cup frozen sliced strawberries
2. 3 tablespoon lemonade
3. 2 cups pineapple juice
4. 1 tablespoon ginger ale.

### Method:

Stir the strawberries, lemonade and pineapple Juice in a punch bowl until combined. Stir in the ginger ale just before serving.

Janhvi Goel  
VIII-SM



## LAUGH ALOUD

**Teacher:** Class, we will have only half a day of school this morning.

**Class:** Hooray!

**Teacher:** We will have the other half this afternoon.

**Teacher:** Please pay a little attention!

**Student:** Don't worry, Ma'am, I'm paying as little attention as possible

**Rahul:** Teacher, would you punish me for something I didn't do?

**Teacher:** No

**Rahul:** Good, because I didn't do my homework.

**Teacher:** "I killed a person." Convert this sentence into future tense.

**Student:** The future tense is "You will go to jail."

**Teacher:** Did your father help you with your homework?

**Student:** No, he did it all by himself.

Taraninder Kaur  
VIII-KJK

## QUEEN WHO REIGNED OVER THE HEARTS OF THE PEOPLE

Rajmata was not known much by the people, especially the young generation until she came into limelight after her death on July 24, 2017. This is the true essence of life; she was loved when she was alive and is remembered and respected when she is dead. Rajmata was an exceptional person, affectionate, creative, public-spirited, compassionate, large-hearted, generous and without malice. She had never raised her voice and seen ill-tempered.

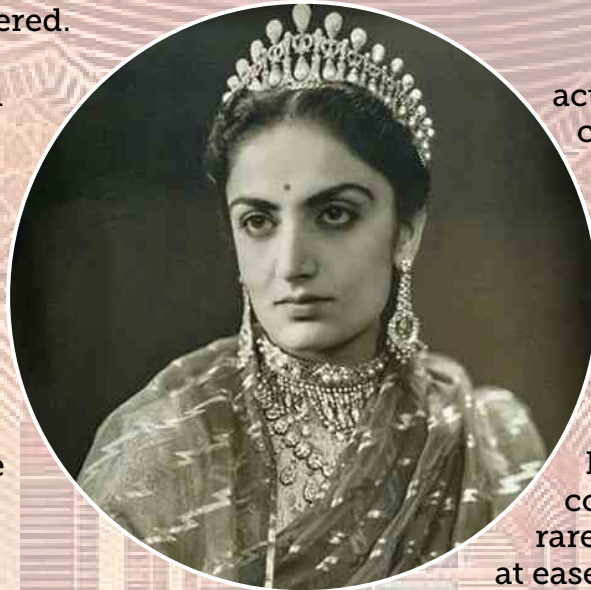
Rajmata was born as Mohinder Kaur in Ludhiana on September 14, 1922 to S. Harchand Singh Jaijee, a noble man and member of the Patiala Riyasat Praja Mandal. It could be said that politics ran in her blood early. Married to Maharaja Yadavindra Singh at the age of sixteen, she assumed a new role, the role of Maharani.

She was endowed with stunning beauty and her husband was arguably the most handsome man in India. By the time she was in twenties, her four children- Harminder Kumari, Rupinder Kumari, Amarinder Singh and Malvinder Singh were born. All brought up in the lap of luxury. The family however, did not lose its common touch.

The tragedy of Partition affected Patiala in an unexpected and tragic manner. Tens of thousands of refugees poured into Patiala. Maharaja Yadvindra Singh welcomed them and the Rajmata, the then Maharani played a significant role in settling women refugees from Pakistan, and later in sending Muslim women to Pakistan. It is said that the Maharaja encouraged Mohinder Kaur to join Party politics in 1964, which she did. A queen then became a politician. She was elected to the Rajya Sabha in 1964 on the Congress ticket and served till 1967. Later that year, she was elected to the Lok Sabha from Patiala for a term that lasted till 1967. She very well balanced the role of demanding politician,

royal wife and dedicated mother.

Upon the death of her husband in 1971, she assumed the role of Rajmata (Queen Mother) with her eldest son, Captain Amarinder Singh assuming the role of Maharaja. In 1977, she joined the Janata Party became its general secretary and served another term in Rajya Sabha from 1978 to 1984.



While she retired from active political life, she continued to reign over the hearts of Punjabi subjects in general and Patialvis in particular. Always impeccably turned out, a strong woman, a person who valued relationships and was respectful of people, Rajmata Mohinder Kaur was a brilliant conversationist who had the rare ability to make people feel at ease and engage with them, often surprising them by remembering small details from previous conversations.

The blue-eyed lively lady left an impact that will be long remembered. On the evening of July 24, 2017, Patiala lost its Queen Mother and a son lost his mother. It was a journey well travelled and a life fully lived. We pray that her soul rests in peace.

Joy Jasmine Kaur  
VIII-GK



## INDIAN-ORIGIN WORDS THAT MAKE PERFECT SENSE IN ENGLISH

Words that we may now use in our essays and compositions. These words are listed in the 2016 edition of the Oxford Dictionary.

**Anna:** Elder brother.

**Bada din (also Burra Din):** Christmas.

**Bapu:** A father (often as a form of address).

**Bas:** Stop.

**Chacha:** Uncle.

**Chamcha:** an obsequious person.

**Chaudhuri:** The headman of a region; a local chief.

**Chhi-Chhi:** Used to express disgust.

**Chup:** Be quiet.

**Dadagiri:** Intimidating coercive, or bullying behavior.

**Didi:** An older sister and older female cousin.

**Dum:** Cooked with steam.

**Funda:** A basic or fundamental principle underlying something.

**Gosht:** Red meat.

**Jai:** Victory.

**Ji:** Used with names and titles to show respect.

**Kund:** A tank or small reservoir in which rain water is collected for drinking.

**Maha:** Very large or great.

**Mirch Masala:** Elements providing interest or excitement.

**Nai:** A barber.

**Nivas:** A place of residence; a house, a block of flats, etc.

**Qilla:** A fort or fortress.

**Sevika:** A woman employed to advise and assist in matters of community welfare and development.

**Udyog:** A company, especially one involved in manufacturing.

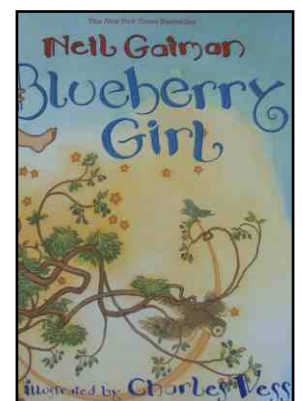
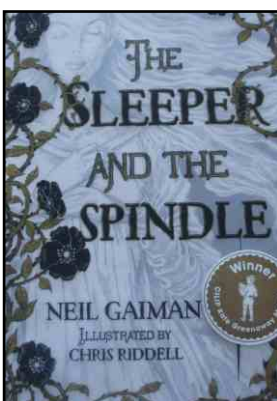
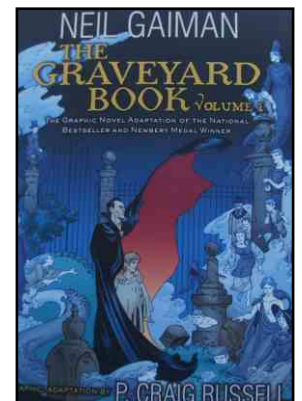
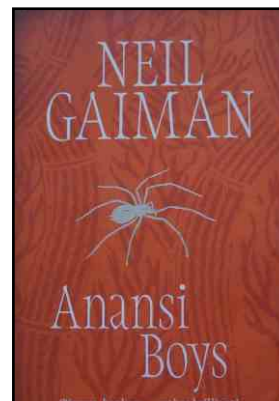
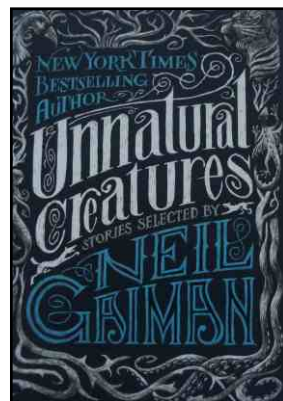
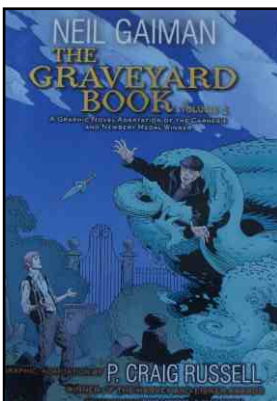
Ms. Rosa Kucharskyj

## LIBRARY NEWS

How can we revive student's reading habits?

I came to the conclusion that acquiring the latest children's fiction (in all genres) might help. The help of popular children's author Neil Gaiman seemed to be a good idea.

Neil Gaiman's Literary output ranges from retelling of classic fairy tales (for much younger readers) to graphic novels and 'light' tales of horror and suspense. Check these editions as soon as possible in your school library.



## DON'T TAKE ENGLISH FOR GRANTED

English is the most widely read language in the world. One in every seven human being(s) can speak it. English has the largest vocabulary perhaps as many as two million words. English is also a crazy language.

There is not 'egg' in the 'eggplant'. Neither 'pine' nor 'apple' in 'pineapple' and no 'ham' in the 'hamburger'. Sweet eats are candy, while sweet breads, which are not sweet are meat. And why do 'writers write' but 'fingers do not fing', grocers do not groce and hammers do not ham? If vegetarians eat vegetables, what do humanitarians eat? In which language do people recite at a play and play at a recital? Why do 'wiseman' and 'wiseguy' differ in meaning? Why are 'over look' and 'oversee' antonyms? Why are 'quite a lot' and 'quite a few' alike? Don't you marvel at the unique lunacy of a language in which you fill in a form by filling it out and in

which your alarm clock goes off by going on!

English was not invented by computers. It is the creativity of the human race (which is not a race at all). That is why, when stars are out they are visible, but when lights are out they are invisible.

And why, when I wind up my watch I start it, but when I wind this essay I end it.

# ENGLISH Attack!

Ria Kaur Anand  
VIII-SM

## ONE WORD SUBSTITUTION

One who speaks less - Taciturn  
One who speaks a lot - Loquacious  
A lover of mankind - Philanthropist  
A lover of women kind - Philogynist  
A hater of mankind - Misanthropist  
A hater of women kind - Misagynist  
A lover of book - Bibliophile  
A seller of rare books - Bibliopole  
A style of cooking - Cuisine  
Somethings cooked on metal frame -  
Barbecue  
Plants of a region - Flora  
One who is like a dog - Canine  
Animal of a region - Fauna  
A group of people to represent country -  
Deligates  
Related to the moon - Lunar  
Related to the sun - Solar  
A place where anti-social elements found -  
Roost  
Something which is related to the world -  
Global  
Something which is related to many parts of  
the world - Cosmopolitan  
Act of favouring one's own relative -  
Nepotism  
Words inscribed on a tomb - Epitaph

A list of words having similar meaning -  
Thesaurus  
A talk done by a person to himself -  
Soliloquy  
The rhythmic of the heart - Systole  
One who eats too much - Glutton  
Murder of a king - Regicide  
The act of murdering one's own father -  
Partricide  
One who spends one's money recklessly -  
Spendthrift or prodigal

Tushita Kharbanda  
VIII-SM

## BREAKING NEWS

Our creative writer, Yuvika Dandiwal of class XII-VD won award the Best essay writer at the Khushwant Singh Literacy Festival held on 6th to 8th October, 2017 at the Kasauli Club. Aditi Bhaskar and Rabinoor Kaur of class XII-VD also won consolation prizes in essay writing and Sufi Alhuwalia of class XII-VD won the consolation prize in the Art Competition.