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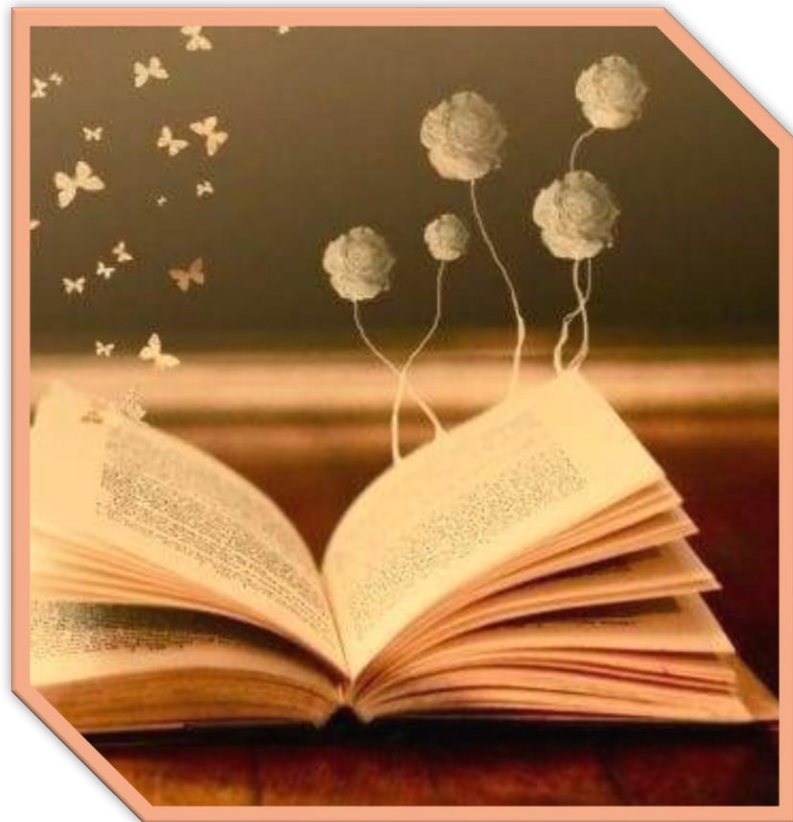


Hiranandani
Foundation School
Mens Sana in Corpore Sano



Book Reading - A Dying Phenomenon

Atharva Bhaisare, VIII F



Book reading, once considered a magical activity that allowed people to step into dreams, explore fantasy lands, and escape reality, is no longer as popular as it once was. In the earlier decades, the charm of reading books was unmatched, but today it is getting overshadowed due to the technology that the present generation possesses.

At the first glance, the downfall of books may not appear alarming, but when studied from economic, cognitive, and creative perspectives, the decline becomes clear. From an economic standpoint, many degree holders and graduates in the humanities sector are struggling due to the rise of artificial intelligence and digital media, which have reduced opportunities for creative writing. From a cognitive standpoint, reading once enriched our vocabulary and sharpened our thinking skills, but this gift is now fading in the age of instant information and short messages. From a creative standpoint, books once inspired us to imagine everything—from heroes and villains to giant creatures and picturesque sceneries enhancing our creativity.

The rapid decline in book reading can largely be explained in two words: social media. Platforms like Instagram occupy more time than readers realize, leaving little room for books. Another important role is played by parents. In the past, they

encouraged reading through bedtime stories and visits to libraries. Today, many parents' hand over gadgets instead, unknowingly weakening the culture of reading books. As the saying goes, "Our company makes us or breaks us." Parents can either hand a child a book and nurture curiosity or give them a gadget and let technology consume them.

To revive the culture of reading, we must advocate for it publicly. Campaigns in schools, libraries, and daycares can spread the message that children, especially those below the age of eight, should be introduced to books rather than tablets or phones.

At the end of the day, it is we the common people who must unite for this cause.

Book reading still remains one of the most valuable and enriching activities known to humankind. We must ignite the flame once again and pass on this beautiful habit to the next generations, ensuring that the joy of reading never fades away.

“There is a difference between being connected and being present.” – Simon Sinek

When was the last time you had dinner without glancing at your phone — even once? If you struggle to remember, you’re not alone. In our always-online world, smartphones ping more often than doorbells, and notifications chase us through every waking hour. Life without screens feels unthinkable — yet their constant grip quietly drains our focus, sleep, and peace of mind. This has sparked a growing movement known as Digital Detox.

A digital detox is a conscious pause from digital devices — not to reject technology, but to use it mindfully and with purpose. Today, students spend endless hours online, whether attending classes, scrolling through social feeds, or binge-watching videos. This prolonged screen exposure strains the eyes, disrupts sleep, raises stress levels, and scatters concentration. Even worse, it distances us from real conversations and meaningful bonds with family and friends.

The benefits of a digital detox are remarkable. It clears mental clutter, reduces anxiety, and dissolves the fear of missing out (FOMO). Improved rest naturally sharpens productivity and emotional resilience. Most importantly, stepping back from screens opens up time for hobbies, outdoor fun, and face-to-face connections — the things that make life rich and balanced.

Practicing digital detox does not demand drastic sacrifices — only thoughtful boundaries. Keep your phone aside during meals and savour real conversations. Limit social media to specific hours. Swap late-night scrolling for reading, sketching, or playing an outdoor game. Even planning a “No-Screen Day” every fortnight can refresh the mind and help us reclaim control.

In essence, digital detox isn’t about cutting technology out of our lives — it’s about reclaiming our attention, our relationships, and our inner calm. By stepping back from glowing screens, we rediscover the warmth of genuine human connection, the serenity of undisturbed rest, and the joy of a life lived in full colour. Let’s pledge to unplug — not forever, but just long enough to recharge ourselves.



TANISHA KUNDU

VIII G



kindness

Nirvi Yadav
IX G

There is a powerful saying that goes “Your character is your signature”. This simply means that just like your signature, your character defines who you are. It is a known fact that the teenage years of an individual’s life are very crucial in building his or her personality. These years can make or break a person’s character. Thus, it is important to inculcate kindness, compassion, gratitude and so much more into your character. Here is an example as to how kindness can change the world.

One fine day, I went to school and noticed everyone, chatting with their friends, joking around, except one girl. It was the first day of school, so I thought that she was probably shy. A few more days went by, and I noticed that not only was she sitting alone but also was getting bullied by girls who were teasing her for being lonely. I approached her and asked her why she was sitting alone. She seemed very disturbed. The next day I invited her to sit with me and my friends. Although she was hesitant, she accepted. This change of environment was very important for her because within minutes I could see her giggling and laughing with us.

Days went by and I noticed the spark return in her eyes. The sad and depressed girl soon turned into a bundle of joy. She started interacting with the class, participated in group discussions and thus school now became a happy place instead of something which she dreaded.

This small act of kindness by me, basically changed her world. The girls who were mean to Lia also became kind to her. Not only did this make others around her happy but also made the bullies calm and realize their mistakes. After observing this change in Lia and the other girls, I noticed how being kind makes a difference. When you help an old lady cross the road, they thank you – and directly or indirectly this kindness come back to you in some form or the other because life is a complete circle.

Hence, I feel that everyone should be kind. It is an extremely important and evident characteristic of an individual. Being kind gives a sense of calm and peace to soul. It may even enlighten you as kindness is a virtue that leads to spiritual well-being. Therefore, I feel that if each one of us performs at least one small act of kindness in a day, the whole world would become a better place to live.

Books have been with us since the medieval period, when scriptures were read by those who could understand them. As humans evolved, the form of books also changed from words on clay tablets, to letters on paper, and now to e-books available at our fingertips with the help of technology.

Unfortunately, the tradition of book reading is slowly dying. I still remember that whenever I went to sleep, my mother would read me a short story with a moral. Today, many children miss this wonderful experience because technology has taken over our lives.

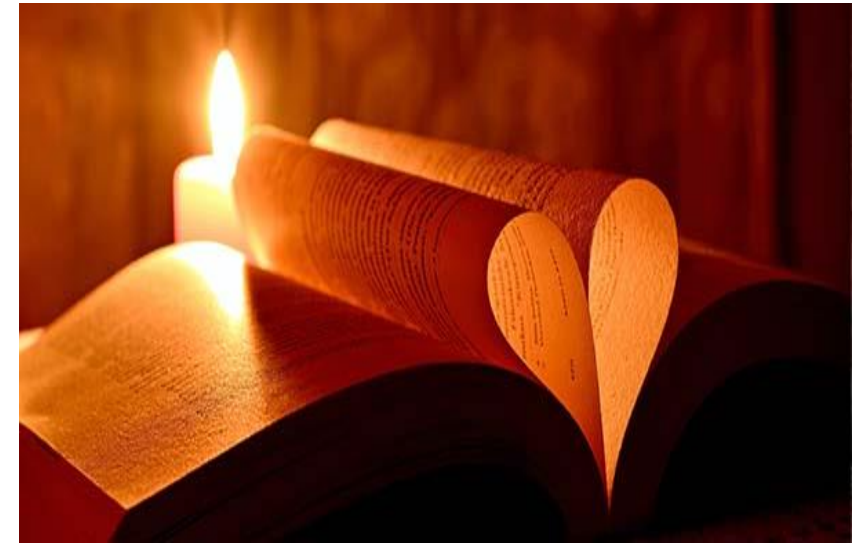
One of the main reasons for this decline is lack of time. People in big cities like Mumbai, Shanghai, and Tokyo are always rushing, hardly finding time for themselves or their children. The practice of bed time stories has faded away as people live in constant stress, always worrying about tomorrow instead of enjoying the present and finding time to read a book. The solution is simple always carry a book with you. even while waiting in traffic, you can recline your seat, relax, and enter the magical world of books.

If carrying heavy books feels difficult, you can always buy an e-book reader. It is glare-free, stores hundreds of books, and even allows you to listen to audio books. It is affordable and many are even available for free.

Books take you away to another land. They expand your imagination, improve your fluency, and increase your knowledge. Once you begin reading, you will love it and feel inspired to explore more in a library.

I strongly believe that everyone should start reading books, not only to enrich themselves but also to keep the dying culture of reading alive and make it flourish once again.

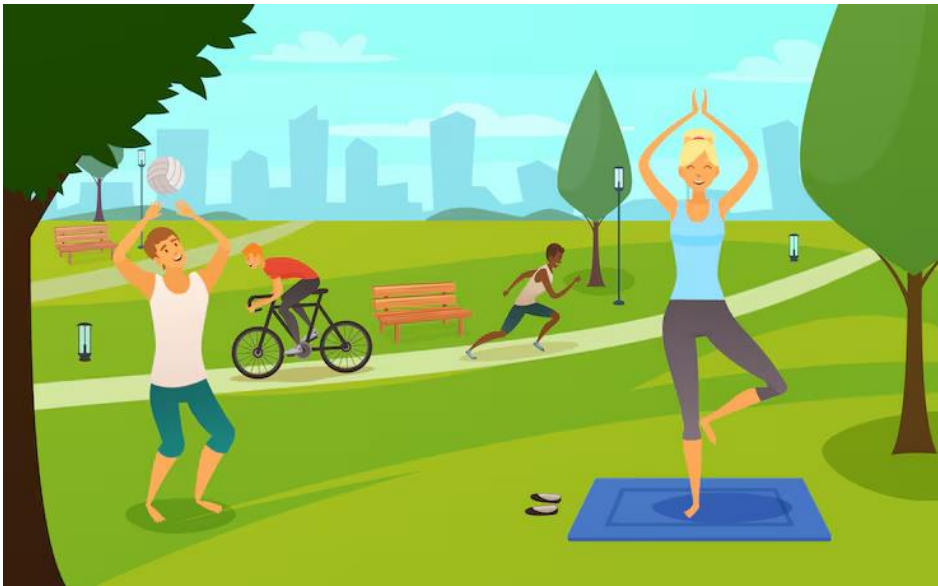
Keeping the Flame of Reading Alive



JIVANSH HARDASANI

VIII F

Physical exercises, sports and team events – Are they essential in our daily lives?



Samanvay Bartia

VIII I

Physical exercises sports and team events are activities that help us achieve many of our goals in life. But they are also essential in our daily lives. We all know that a regular habit of doing physical exercise or playing sports help us to stay fit and also give us joy. Team events help us learn togetherness and help us in making new friends too. But these activities not only help us play well, but they also teach us values that are useful in our daily life.

Physical exercise and sports keep us fit and help us in our daily life as sports teaches us that if we want we can achieve anything. They boost our confidence, they also reduce shyness. Team events which include games and competitions boost our confidence and trust on others. It helps us discover our potential and face the world confidently. All these activities provide happiness and joy to us, without which life will be dull and boring . These activities are very important also because those who do not take part in these activities feel quite lonely, lazy and unfit, which may affect their daily life.

For joyful and good daily routine, the two most important factors needed are a mental and physical fitness. One must take up a sport to stay physically and mentally. It is an important source of happiness.

One can overcome ego, anger, sadness and always help one stay strong and happy

Each one of us strives to achieve success in life. In whatever path we choose, whether it be sports or academics we all want to be on top. Being competitive is a part of human nature. Often this competitiveness leads us to work alone, keep our ideas and plans to ourselves, do all the work on our own so that others do not mess it up. We often forget the importance of working as a team.

A major part of teamwork is trust. We must have trust in our teammates. Teamwork doesn't just mean in sports, even in our school projects, jobs etc... team work is very important. Each person in a team has a different role to play. Consider it like the building blocks of a tower. If even one person doesn't do their part, the building will collapse. Similarly, if one person does all the job for the team, there are chances that the block will not be able to support the weight of the building. Whenever we think about teamwork practice, we think about trusting all the people in the team and many a times feel that it is boring and out of ego do not want to be part of it. But teamwork is precisely about trust, trust in the other person to do their job so that you do yours.

We often get stuck in a team with people we don't like but that's a part of life. There will always be ups and downs but it is on us how to cope with them. We must be responsible enough to do our work regardless of others. You must be wondering, but why do we do teamwork? We all have different thought processes that rarely align with others but when we sit and discuss our ideas we can find solutions that we alone could never have thought of .

Every human thinks differently, so there will be disagreements, but each idea that we listen to opens up to a different possibility, different way of thinking Each person in a group has their strengths and weaknesses, it is upto us to identify these strengths and utilize them for an overall better outcome.

We must also understand that teamwork is not just in school projects or in sports, teamwork comes handy throughout our life. To be able to work in a team, surrounded by people with different thought processes is not an easy feat. But once we overcome these challenges, the outcome is truly amazing. This quality of team work will help us in projects at job, assignments and much more. Such a quality will always be appreciated throughout life and will help us go a long way. Learning to work as team is also a quality one must possess so as to be a part of the team.

To conclude, to achieve success in life, teamwork is crucial. Without team work there is no learning and without any learning we gain nothing. Team work can help us achieve great heights.

The Role of Teamwork in achieving Success



Madhur Verma
VIII I



Importance of Friendship.

Aadya Vakil

VI A

Friendship is one of the most important parts of life. A good friend is someone who supports you, understands you, and is always there for you. Everyone needs friends to share happy moments and also to help during tough times.

Friends make your life full of fun, laughter, giggles and more. Whether it is playing games, sharing secrets, or just talking, being with friends feels calm and loved. As Elbert Hubbard once said, "A friend is someone who knows all about you and still loves you". This shows how real friendship means accepting each other, even others, even with our mistakes. Indian mythology also teaches us the importance of friendship. Lord Krishna and Sudama teaches us that friendship goes beyond money and status.

Friendship is the best gift you can give to your life. Another example of true friendship comes in many famous novels such as Harry Potter by J.K Rowling, shows that three friends Harry, Ron, Hermione always stand by each other in every challenge. Even when facing danger. Friendship is the cement which can hold the world together.

A true friend always offers a shoulder to cry on. But we should also be a good friend, as we can't always expect others to be kind to us.

Friendship is a gift that everyone should value. Life is better when we have true friends by our side. Sometimes, we may have fights or misunderstandings with our friends, but talking with them and saying sorry can make the bond even stronger. Hence, we should never take them for granted.

My favourite place to vacation is anyplace by the ocean.so this vacation my father decided to take me to the Andaman and Nicobar Islands.

We boarded a flight to Port Blair via Chennai. Andaman and Nicobar Islands is a group of islands in the Indian Subcontinent which is Surrounded by the Bay of Bengal and the Indian ocean. The climate in the month of May was very hot and humid. The region had many coconut trees and pineapple plantations. On day one we checked into a comfortable hotel and later during the day went to Cellular jail. The museum in the jail was very informative. We saw many jail cells, but the most important cell was of the freedom fighter Veer Savarkar. At the end of the

day we saw a light show dedicated to Veer Savarkar. After the show a sense of patriotism awakened and a respect to the freedom fighters who sacrificed so much to bring freedom to India.

The next day we went to Ross Island and did many adventurous activities like parasailing; sled walk and snorkeling. The next day we checked out of our hotel and took a ferry to Havelock Island and checked into an amazing resort where the famous Radha Nagar beach is located. It is considered to be one of the cleanest beaches in the world. We had a lot of fun building sandcastles and swimming in the sparkling blue waters of the Bay of Bengal. We enjoyed the beautiful and mesmerizing Sunset. The most exciting part of the trip was when we went to Elephanta beach. At the beach we did many water activities like banana boat ride, jet skiing, water skiing, and scuba diving. My parents and my sister enjoyed scuba diving. I was a bit disappointed as I could not do it because I was underage, but all the other activities compensated for it.

The knowledge, the experiences and the memories that I gained during this trip will always be green in my mind.



Krishant Iyer
V G

My First Interschool Competition Experience



Shanaya Agrawal
V B

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It was still dark when my parents dropped me off to school. I was filled with excitement, and I was very happy to see my friends. As soon as all forty participants of our team had arrived, we stepped into the school bus with great enthusiasm to go to the host school.

As soon as we reached the venue, we were amazed to see the number of schools participating in the competition. We were made to sit in the Assembly Hall and given badges with a school code as we were not allowed to disclose our school's name to other participants. The event I was a part of was titled "Headlines to Hemlines". A team of six people had to make a dress out of newspaper on one of the teammates as the model. We had practiced for months before, under the guidance of our art teacher Mrs. Bhakti, who had helped us with several ideas for designing the dress.

The assigned theme was seasons, so we chose the "Autumn" season. We painted several pieces of newspaper and cut them into the outline of maple leaves and stick them onto the dress. Eventually, after the dress was prepared, we added a bunch of glitter in her long hair and applied it on her neck, too, like a necklace.

Soon after we were ready, we went back to the hall and our team was called upon. As we went up to the stage with our model, my heart was beating with joy and anxiousness. It was an exhilarating experience to be able to share our work and talk about it in front of an audience.

Unfortunately, our team did not win the competition. However, we were winners in our own hearts because we got an amazing chance to participate in an interschool competition and represent our school with such pride and honour. I am grateful to all my teachers for

believing in me and selecting me to partake this memorable experience.

A Vision Beyond Sight Reading is an essential part of everyday life. Text connects people, cultures, and ideas, allowing us to share thoughts across time and place. Whether it's understanding a textbook, using a microwave, or simply checking a friend's message, we rely on reading constantly. Often, without even realizing it. Now, imagine waking up in a world where everything is dark. Not just at night, but always. You can't see faces, colors, or light. You reach for a bottle, unsure whether it's toothpaste or face cream, because you can't read the label. Simple things like reading a message, or a street sign become impossible without help. Without sight, the world becomes silent. In that silence, you realize how deeply reading shapes our daily lives. This is the daily hardship faced by visually-impaired people, who live in a world designed for text, designed for words, and designed for reading. Interestingly, when the world takes away one of your senses, the others become sharper. The blind have impressive senses of hearing, touch and smell. They are much better at recognizing people by their voices, or simply by the texture of their hands. Their fingers become their eyes and help them navigate this complicated world. This ability is what gave rise to Braille, a system of raised dots, which can be read by touch. We have all come across it at some point, whether it's on elevator buttons or public signs. But for the blind, it is much more than a label. Each Braille character fits within a small rectangle made up of six dots, which can be felt with a fingertip. Braille enables blind individuals to read books, take notes, and even study complex subjects like mathematics and music. It gives them a direct connection to information. Braille is their gate to books, education and to the world. Through Braille, the visually impaired are able to access the written world on their own terms. Through Braille, darkness becomes readable.

The Braille System



Ansh Gandhi
X G



MASTERING THE ART OF FAILING

You might be thinking, “What’s artistic about failure?” Isn’t it messy, embarrassing, and painful?

Yes, it can be all those things. But failure also has an unspoken beauty, because it teaches us lessons that success rarely does. Success only boosts your ego whereas failure teaches you lessons which help you become a better person.

To fail is to confront the boundaries of one’s capabilities. It is in that crucible of defeat where true transformation begins. You might think failure just brings bad times into your lives, but the truth is far from that, failure brings the worst times into your lives, but it is these times one has to have immense grit and willpower and believe that these hard times are going to lead to good times. These are the moments which make us understand that it’s those moments which make us appreciate the good ones.

Consider the annals of history. Abraham Lincoln endured multiple political defeats before ascending to the presidency. Beethoven composed some of his most magnificent symphonies after losing his hearing. Hans Zimmer’s sound scores were rejected by multiple industries but now he is the composer of various sound scores such as of The Lion King, Inception, Interstellar, Dune The F1 Movie and Ramayana. These were not merely tales of perseverance — they were testaments to the creative potency of failure.

But to truly master the art of failing, one must recalibrate their mindset. Failure must be redefined not as a verdict, but as a variable — one that refines rather than rejects. One must learn to extract wisdom from the wreckage, to cultivate strength from sorrow, and to rise not in spite of failure, but because of it.

There is dignity in defeat, if we choose to learn from it. There is courage in collapsing, if we choose to rise again. And above all, there is artistry in failing — when we allow it to sculpt us into wiser, humbler, and more formidable versions of ourselves.

So, let us not fear failure. Let us study it, embrace it, and ultimately, master it — for in doing so, we unlock not just success, but greatness.

Kirtivardhan Desai
XII

**THANK
YOU !**

