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ISSUE NO. 2

VOL. 1

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# SPARSH



RELAXATION AND RESPONSIBILITY

# INTRODUCTION

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Written by Shalini Nannapaneni 12B

Navy blue waves lap up against the sand; the bubbles in the froth gradually disappear as water runs over your toes. The sky above is powder blue and the casual chatter of the seagulls is picked up by the cool breeze. A sense of relaxation floods your mind and you begin to feel at peace. There are no distractions here, nothing to make you feel uneasy. One wave at a time you become more aware of your surroundings and finally you are able to return to your everyday life, re-energised and ready to take on whatever it is that comes your way.

In the world we live in we often feel that there is too much going on and too much to do that we end up overwhelmed. Although it may seem impossible, it is important to step back every once in a while to unwind. Once your mind has been cleared of the built up stress and worry you will be in a position to go back more composed and with a sense of responsibility.

Welcome to Sparsh's second edition. The color in our awareness rainbow for this month is blue. Blue is the universal color for relaxation and responsibility and we have tried to convey this in the following pages. We truly appreciate all of the students who have submitted their work and we hope to receive several more such articles in the future.

With that being said, kick up your feet, lean back and take some time to unwind and read!

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# A HUE CALLED BLUE

Blue hues can be found everywhere,  
In a young Tree Swallow's hair, or the  
deep depths of the ocean rare.  
The sky turns dark blue when the clouds  
come rolling through,  
And when the high tide comes through,  
the sea turns murky blue too.



Don't underestimate the power of blue,  
It can express distress, and peaceful serenity too.  
The Morpho butterfly has blue wings, to show to others that it can sting.  
But the same wings also convey, "Hey, look at all the wonders I bring!"

With every breath in, imagine a drop of rain, With every brisk blink,  
imagine your worries starting to sink.

Close your eyes and imagine the very room around you,  
With the next breath in, is an infinite expanse of blue.

Peace, serenity, relaxation, and calm  
Blue is what describes them all.

Remember blue hues can be found everywhere,  
If you search enough you'll find your peace there.



~ *Snehal Shenoy*

# A HUE CALLED BLUE

# BLUE

When I gaze at the roaring waters that could capsize a ship with one ghastly  
blow, taking lives without emotion, I see blue.

When I hear the tune of a sad piano, releasing the sorrow of its musician,  
I see blue.

When I see a son of royalty, born with a silver spoon and naive of any  
struggles faced by the poor, I see blue.

Blue is depression - it shows unreliability, suspicion and self-  
centeredness.

It is cruel, disgusting and unfair!

But why is it that when I see the beautiful summer sky, I see blue?

Why is the ribbon of victory blue?

Why is Cinderella's gown blue?

Why is the motherly ocean blue?

Why is the innocent, little bird seated beside me blue?

Is blue innocent, loyal, tranquil and calming?

Blue isn't cruel nor is it innocent. It is what we make it.

Blue is my summer sky; my little bird and my motherly ocean.

Blue is beautifully scarred. It is quotidian yet eccentric. It is for the  
humble and the royal.

Ultimately, It is the sadness that drowns you but also the hope that  
wakes you.

*~Cinderella*



# EMOTIONS

What is emotion?

Is it a feeling or something discrete?

Is it the ocean waves that pull away the sand forcefully?

Or is it the hunger of the zombie kid, deeper than we realise...

for which the mother sacrifices herself without hesitation, with greed?

Is it something that breaks down the barriers between people?

Or does it create a thousand more?

Is it the belief that the princess, always fair and kind, is the hero of a fairy tale's  
lure?

Or perhaps the wrath of the flames asleep?

Isn't it funny to see how these pitiful tales can cause so many to weep while they  
are the ones who will kill you in your sleep...?

They said Pinocchio was a good person but which do-gooder teaches kids to run  
from good?

People will always remain sad no matter what, steady,  
they, after all, are looking at the starry night sky and not the sewer at their feet

They said desire is a strong emotion but now it's a sin,  
wonder what happened to the poor mermaid who desired to have limbs.

Emotion is nothing but a highway,  
a highway to a place more dreadful than hell.  
It's the human mind that shatters the bravest instead.

Life is a chore,  
always felt like one.

Emotions just make it easier to leave.

*~Anika Vasudev 10B*

# DREAM



*~Sreeyutha Eyunni 10B*

# TWINKLE



*~Sreeyutha Eyunni 10B*



# NEWS SHORTS

*Rishika Pasupulati, Kaushal Dasika, Dakshi Saldi*



## KIMCHI TREATS

Normally, cleaning under the fridge is a rather vexing and mundane task - but not for a man in South Korea as he discovered \$130,000 (₹96 lakh) taped to the bottom of a secondhand kimchi fridge and turned it over to the cops. The man told the police that he found the money while cleaning the fridge he ordered online. If the owner cannot be traced, the money will be returned to him. So next time your parents ask you to clean the house, pick up that broom and clean up because one of those cleaning trips might make you a little richer.

## INDIA'S LATEST IDOL

Do you have a passion for singing somewhere deep inside your heart? Well, Pawandeep Rajan did. In case you aren't aware, he is the winner of the singing reality show 'Indian Idol 12' launched by Simon Fuller in 2004. Along with fame and recognition, he received a cash prize of 25 lakhs and a car after being declared the winner after a 12-hour-long finale. Pawandeep did not have a knack for singing initially but is now competent in all genres of music and songs. What are you waiting for? Get ready for karaoke night - and your hidden talents might just be unleashed!



## DORITOS: A NEW CURRENCY?

Rylee Stuart, a 13-year-old from Australia, was surprised to find an unusual-looking puffy Dorito when she was munching on an ordinary bag of chips. She asked her TikTok followers if it was actually worth anything or if she should just eat it. Curious as to what the outcome would be, she put a listing on eBay for the chip starting at \$0.99 + shipping prices. She says it was as an experiment but didn't know that she would get bets up to \$100,000. After that, she took the listing down, seeing how things were getting out of hand. In the end, Doritos offered her \$20,000 for her entrepreneurial spirit and the Stuart family's creativity and love for Doritos say reports.

# NEWS SHORTS

*Rishika Pasupulati, Kaushal Dasika, Dakshi Saldi*

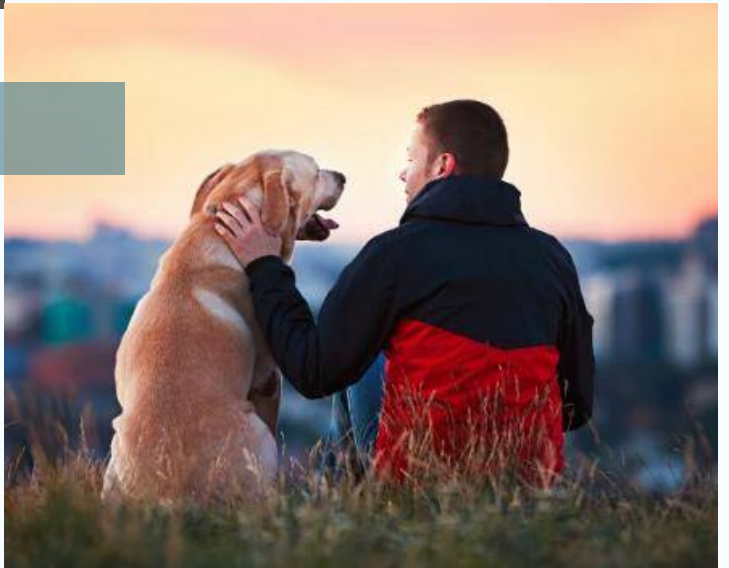


## "I AM SPEED"

It appears the new Fast and Furious movie filming has gotten underway as a woman in France reportedly received 33 speeding tickets in three days, amounting to a total fine of ₹2.19 lakh. Even more bewildering is that the woman said she has never received a speeding ticket in the past. If any FI teams are looking for a new driver, I think we have a winner.

## MAN'S BEST FRIEND

Everyone, at some point, wants to make their pet famous - and Lori Gillies did just that. Lori shared a video of her dog helping a car owner push his car on a flooded Glasgow street, which has received over 2,35,000 views and 5000 shares on Facebook. "Just doing a good deed helping this car and its owners get to drier land. Someone has filmed it and sent it to their pal, who sent it to my pal, who sent it to me. Puck really is the best dog in the whole wide world," wrote Gillies while sharing the clip. So next time your pet does something incredible (or anything, really - everyone loves dog videos) don't forget that social media has your back.



## WHERE THERE'S A WILL, THERE'S A WAY

Amy Palmeiro, aged 49, has set the world record for the fastest 100 miles on a treadmill. Palmerio, who is a marathon runner and a below the knee amputee (now with a prosthetic leg) has been added to the Guinness world record book, which says, "After 25 surgeries, heavy bouts of physical therapy, rehabilitation, emotional determination and a will to carry on - @amy\_palmiero\_winters not only runs marathons, she breaks records."

# *under the counsellor's desk*

BY; KRITI CHAKRABORTY

Being a part of the Manthan family has been overwhelming. The happiness in the campus is infectious and the warmth that I receive from all the teachers and students is priceless. Based on my interaction with the children in Manthan I noticed how articulate and well-mannered you all are. Most of you are either highly insightful, or open to exploring new experiences and sometimes you are both. I have seen how the days before the exams get serious. A lot of you are already carrying the burden of thousands of expectations from the adults/ elders in your life. And then some of you have your own standards to live up to. On one hand, for some it seems to be a good thing because you are considered to have potential, while on the other hand, for some it might be exhausting.

Here is something I want you to know. We all know that exams are important, marks are important, class participation is important, being competitive is important but is that all your life is about? 10 years later, is that the only memory you want to cherish? Most likely, no. You might want to remember the fun, the friendship, the laughter, the cribbing, the silly fights & your teachers. And this is more likely to have an impact on the kind of person you become as an adult. So make the most of it. No matter what others tell you, no matter how many instructions are laid out for you, you use your rational and decide for yourself. Take suggestions into consideration but take responsibility of your own choices. Explore beyond what is told and question if you feel something does not make sense. Marks alone do not define you. Marks are significant, but not enough.

Do not attach your self-worth with marks & comments passed by others. You matter because you exist. You would be surprised to know how many people you probably end up inspiring on a daily basis. This could sound a little preachy but the journey of life does not come with a list of Dos & Don'ts. So I wish you get the chance to explore this journey to the fullest and I hope you enjoy every bit of it.

Happy learning!



# CONCLUSION

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That brings us to the end of the second edition of the Sparsh newsletter. In a world where stress and pressure can be overwhelming more often than not, it's important to remember that your biggest responsibility is yourself. We hope that as you read through this edition, you were able to learn more about yourself, your emotions, and the importance of giving yourself that time to breathe and relax. During this stressful time of exams and extracurricular activities, don't forget to look for inspiration wherever you can. Give yourself a chance to grow and learn from your mistakes; to take the responsibilities that have been thrust on you in stride and use them as incentives to better yourself. We promise - we'll get through this together. Until next time!

*~ Aradhya Malladi 12B*

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# TEACHERS

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