



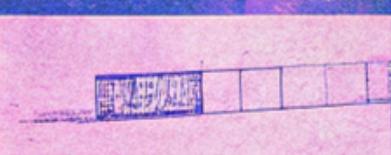
psynapse

DPS DWARKA



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I am genuinely pleased to see this initiative take shape. The launch of this magazine is a timely and much-needed step, especially in an age where understanding human behaviour and emotional well-being is more important than ever.

Psychology today extends far beyond textbooks. Its insights are relevant to all learners, not only those who study the subject formally. This magazine creates an opportunity for every reader to engage with ideas that are increasingly present in our daily lives and the world around us.

I commend the team for taking this important step and trust that this publication will add great value to our school community.

– Principal

From the desk of THE PRINCIPAL

PSYCHOLOGY TEACHER



**Ms. SAMDISHA
ALAGH**
TEACHER -IN-CHARGE
PSYNAPSE

Psychology has always felt to me like a gentle light—quiet, steady, and powerful enough to change the way we see ourselves and each other. Watching my students grow through this subject has been one of the greatest joys of my journey as a teacher. Their curiosity, compassion, questions, and courage remind me every day why I love what I do, and why this school feels like home.

What touches me even more is that our Psychology community is not limited to psychology learners alone. Students from every stream—science, commerce, humanities—choose to be part of our club, our discussions, and our initiatives purely out of interest, with no expectation of marks or academic gain. That sincerity, that passion without any selfish motive, is what gives this subject its soul.

As we release this first special edition of our Psychology Magazine, my heart is full. This is not just a publication—it is a celebration of young minds learning to think deeper, feel deeper, and understand the world with more empathy. Psychology does not just prepare students for exams; it prepares them for life. And quietly, steadily, it is shaping the future they will build.

I hope each page inspires you to pause, reflect, and embrace the beauty of understanding human behaviour. Here's to more learning, more growth, and many more conversations that bring us closer to ourselves and to one another.

- Samdisha Alagh

When creativity meets collaboration, even
chaos finds its rhythm.

The journey as President of Psynapse,
has been just that – a beautiful blend of
order and disorder, of thought and feeling.

There were moments of pure chaos –
looming deadlines, competing ideas, and
pages rewritten ad infinitum. But in the
midst of all the madness, there was also
this peculiar sense of peace – like
everything was somehow gradually
coming together, piece by piece, to form
something beautiful.

Understanding the crux by editing this
magazine was an eye-opener. It made
me realize that every mind is different, but
in some way or another, we are all the
same when we are working on something
worthwhile.

Seeing all the ideas come to life in front of
us on these pages has been wonderfully
inspiring. Heartfelt appreciation to my
team for the concepts, their patience, and
grins which lightened even the darkest
moments.

This isn't a collection of articles - it's an
outline of how we think, feel, and operate.
Hope you enjoy reading it as much as we
had fun putting it together.

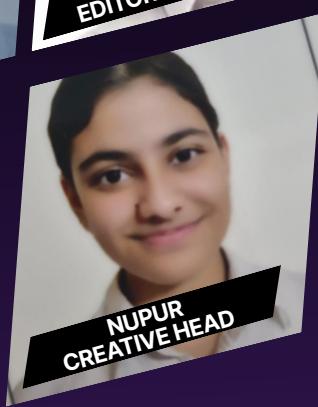
Happy reading!

**“WHEN CREATIVITY MEETS
COLLABORATION EVEN
CHAOS FINDS ITS RHYTHM”**



JENYA SURI
PRESIDENT
PSYNAPSE

PSYNAPSE



APEX

2025

GUIDING VISIONS, DRIVING CHANGE

PSYNAPSE
The Psychology Club of DPS DWARKA

SPECIAL CONTRIBUTORS



JENYA SURI
PRESIDENT



NIKHIL DEV
TECH HEAD



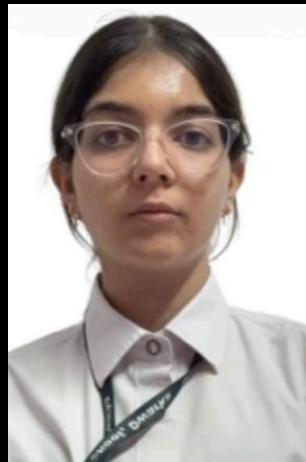
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GUIDING VISIONS , DRIVING CHANGE

EVENTS

IN THIS SECTION, WE SHOWCASE THE EVENTS AND ACTIVITIES THAT HAVE TAKEN PLACE SO FAR THIS YEAR, HIGHLIGHTING THE CLUB'S GROWTH, STUDENT PARTICIPATION, AND KEY MOMENTS. FROM DISCUSSIONS TO WORKSHOPS, EACH EVENT REFLECTS OUR PASSION FOR PSYCHOLOGY AND OUR COMMITMENT TO LEARNING BEYOND THE CLASSROOM.

LABORATORY

INAUGURATION OF PSYCHOLOGY LAB



The Inauguration of the Psychology Lab at DPS Dwarka is a huge accomplishment for the Psychology Department and the Psychology club— Psynapse. It marks the beginning of a new era, filled with love and dedication towards Psychology. The lab will serve as a place to encourage young minds and to foster hundreds of budding psychologists. The psychology lessons, quizzes, and tests that will take place in the lab will go down in the history of DPS Dwarka.



PSYNAPSE LABORATORY

The environment we aim to create in the lab would be nothing less than a dream. Beautiful posters, testing material and apparatuses will flood the place. It's nothing like a regular classroom where studies feel like a burden, It's the perfect place to focus and maximize your potential. After all, it's not just a Psychology Lab, it's going to be the ultimate comfort place for Psychology students, an incubator for their thoughts and the perfect arena for the execution.

PSYCHOLOGY
LAB

#wheremindconnects

"THINK DEEPER, TEST SMARTER— WELCOME TO THE MIND'S PLAYGROUND!"

AUTISM AWARENESS BOOTH



Celebrating Neurodiversity: Our Autism Drive brought awareness, compassion, and connection to the forefront. Through engaging activities and open conversations, we embraced the spectrum and stood together to create a more inclusive and understanding community for all minds.

AWAWARENESS BOOTH

Autism Awareness is about helping people understand that autism is simply a different way of thinking, learning, and experiencing the world. It is not a disease or a problem—just a natural variation in how the brain works. Many autistic individuals have amazing strengths like creativity, focus, honesty, and unique perspectives. By spreading awareness, we encourage people to be more understanding and supportive, instead of judging or labelling. Awareness reminds us that every individual deserves respect, acceptance, and the freedom to express themselves in their own way. When society becomes more informed, it becomes kinder and more inclusive for everyone.



along with crosswords, puzzles, interactive posters, paper wristbands, and ribbon badges for the students and teachers to help them understand the basic etiquettes for accepting and living peacefully with autistic individuals. The main motive of the drive was not only to brief about autism but also to let students know that autism should not be treated like a taboo at all. The spectrum depicts many different disorders as well as showcases the vast differences in people with the same disabilities. Another thing to be noted was that many renowned personalities have also been identified on the autism spectrum, including, Bill Gates, Elon Musk, and Charles Darwin.

The Psychology and Counselling Department of DPS Dwarka, along with 25 volunteers from Class 12, organized an inspiring Autism Awareness Booth on 2 April 2025 under the global 'Light It Up Blue' campaign. Staff members wore blue to show solidarity and support for individuals on the autism spectrum. The day began with a screening of the film *Amazing Things Happen* for Classes 6-12, followed by class discussions to deepen understanding about autism. The Autism Awareness Booth featured:

- Information Desk: Posters, pamphlets, and interactive discussions.
- Activity Zone: Colouring sheets, quizzes, and crosswords.
- Wristband Corner: Handcrafted blue wristbands for participants.

INTELLIGENCE

PRODUCT OF NATURE OR NURTURE?

ON 3 APRIL 2025 STUDENTS GATHERED FOR AN ENGAGING AND INTELLECTUALLY STIMULATING INTRA-CLASS DEBATE ON THE TIMELESS QUESTION.



PARTICIPANTS AND ROLES

Team A – Arguing for Nature (Genetic Influence)

- Pratishta Sharma (12A)
- Vritika Singh (12F)
- This team asserted that intelligence is largely predetermined by one's biological makeup, genetic coding, and inherited traits.

Team B – Arguing for Nurture (Environmental Influence)

- Kashvi Chhabra (12A)
- Aadhyा Grover (12A)
- They argued that intelligence develops through life experiences, learning opportunities, upbringing, and exposure to enriching environments.

Supporting Roles

- Timekeeper: Anushka Giri (12A)
- Moderator: Trisha Jha (12F)
- Judges:

Ms. Razia Ahmad (Sociology Department)

Ms. Samdisha Alagh (Psychology Department)

Special Awards

BEST SPEAKER: KASHVI CHHABRA (12A)

**BEST REBUTTALS & INTERJECTIONS:
PRATISHTHA SHARMA (12A)**

DEBATE PROCEEDINGS AND HIGHLIGHTS

Team A (Pratishta Sharma & Vritika Singh) supported the nature perspective, emphasizing inherited traits and biological potential.

Team B (Kashvi Chhabra & Aadhyा Grover) argued for nurture, focusing on the impact of upbringing, learning, and life experiences.



Conclusion

The debate was a success, boosting critical thinking, public speaking, teamwork, and research skills. Judges praised the students' insights and encouraged further exploration of psychology. It showed that the Nature vs. Nurture debate remains relevant, and DPS Dwarka students met the challenge impressively.



**WINNING TEAM:
TEAM B
KASHVI CHHABRA &
AADHYA GROVER (12A)**

PSYNAPSE

The Psychology Club of DPS DWARKA 10

FORTIS SUMMER INTERNSHIP



The Fortis School Mental Health Program offered a special six-day Summer School Internship for students of Grades 11 and 12, led by renowned psychologist Dr. Samir Parikh. This programme aimed to give young learners a deeper and more practical understanding of psychology, helping them move beyond textbooks and experience how mental health was studied and practiced in real life. The internship took place in both online and offline modes across various Fortis hospitals in Delhi-NCR, with multiple batches available throughout May and June 2025 for students to choose from.

Throughout the internship, students were introduced to important topics such as therapeutic communication, signs and understanding of mental disorders, different branches and career paths in psychology, and the role of society in shaping human behaviour. They also received an overview of various therapeutic approaches used by professionals and learned how community engagement could create a positive impact on mental health awareness.

This programme was completely free of cost, and all participants received an official e-certificate from Fortis. The official details, schedules, and announcements for the internship were widely circulated, allowing interested students to stay informed, register smoothly, and benefit from this enriching learning experience.



PSYCHOLOGY QUIZ

Psych-ED is a national-level psychology quiz organised by Fortis Healthcare under its Mental Health Programme. It aims to create awareness about mental health and behavioural sciences among school students across India. Thousands of students from classes 9 to 12 participate every year through online and zonal rounds, leading up to a grand national finale. The quiz not only tests the knowledge of psychology, but also encourages young minds to understand human behaviour, emotions, and mental well-being in a fun and engaging way.

PSYCH-ED 2025

Students of Classes XI and XII from our school enthusiastically participated in the national-level psychology quiz Psych-ED 2025, organised by Fortis Healthcare on 7 August 2025. Now in its 8th year, this prestigious quiz has been held annually since 2016 and continues to draw widespread participation from across the country. The first round was conducted online in the school computer lab, with seven teams, each comprising three students, representing our school. This year's quiz saw participation of over 900 schools across more than 195 cities in India, with over 12,000 students competing in the preliminary round. Our top-scoring team, consisting of Bhumika (XI A), Vaanya Varun (XI B) and Nishka Dash (XI C), delivered an outstanding performance by securing 495 out of 500 marks. Their exceptional score has earned them a place in the zonal round, where only 12 teams from the Delhi-NCR region qualify from among six zones. The zonal round was held offline on 25 August 2025, with exciting prizes that awaited the winning teams at various stages of the competition. This achievement was made possible with the constant support, guidance and encouragement of the school management and teachers, who motivated the students to put forth their best efforts and represent the school with pride.



Thrive. For life.



DELHI ZONAL FINALS -1ST RUNNER UP

Students: Bhumika
Nishka
Vaanya

manasvita



QUIZ

A team of three Class 11 students from Delhi Public School, Dwarka – Kairvi Sharma (11A), Preet Sachdev (11A), and Mannat Sachdeva (11G)—participated in the Manasvita Inter-School Wellness Quiz 2025, organized by Expressions India at Kulachi Hansraj Model School, Ashok Vihar, on 21 August 2025.

The event aimed to promote mental health awareness, wellness education, and essential life skills, closely aligning with the CBSE curriculum's emphasis on Life Skills, Values, and Health Psychology. The quiz featured a written examination of 75 multiple-choice questions to be completed within 90 minutes, encouraging students to apply their knowledge of wellness, emotional intelligence, resilience, stress management, and psychosocial competencies.

Participating students received certificates in recognition of their efforts. The quiz provided a valuable academic platform where learners could deepen their understanding of mental well-being, interact with contemporary wellness concepts, and experience healthy competition. Participation in such initiatives also nurtured reflective thinking, strengthened life skills, and fostered a positive attitude toward personal and emotional growth.

PSYNAPSE

PSYNAPSE

ANNUAL

2025

FEST

DPS dwarka

11.04.25 | 10AM

PSYNAPSE
The Psychology Club of DPS DWARKA 14

ANNUAL FEST 2025

Mental Health Awareness



PSYPOST

Voices for Mental Health

Winners:

- 1st Position - DPS Mathura Road
- 2nd Position - Mt.Carmel Sector 22 Dwarka
- 3rd Position - DPS Rohini

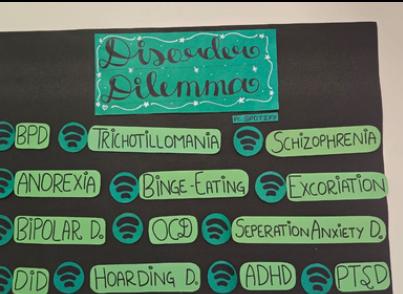


THE MENTAL AREA

A Battle of Minds

Winners:

- 1st Position - DPS Noida Sector 30
- 2nd Position - New Era Public school
- 3rd Position - DPS Vasant Kunj



DISORDER DILEMMA

Decoding the Mind

Winners:

- 1st Position - New Era Public School
- 2nd Position - DPS Vasant Kunj
- 3rd Position - DPS Mathura Road

The Psychology Club, Psynapse, successfully conducted a series of engaging and intellectually stimulating activities on 11 October 2025 that brought students closer to understanding the fascinating world of psychology. With enthusiastic participation from Classes XI and XII across various schools, the events blended awareness, analysis, and teamwork, making the Annual Fest 2025 a memorable experience for all.

In the online event **Psypost**, students showcased their creativity and awareness by creating short yet impactful reels on lesser-known mental health topics. With five teams participating online, the event aimed to spread awareness in a modern and relatable format. Topics such as Alexithymia and Sleep

Paralysis were presented in innovative ways, helping viewers understand mental health beyond commonly discussed disorders. The participants were judged on creativity, presentation, and relevance, making Psypost a powerful platform for meaningful digital expression.

The Mental Arena

was an exciting onsite event that truly tested psychological knowledge under pressure. With four teams, each consisting of three members, the competition required sharp thinking, teamwork, and precision. Teams entered a specially designed room one by one, where five

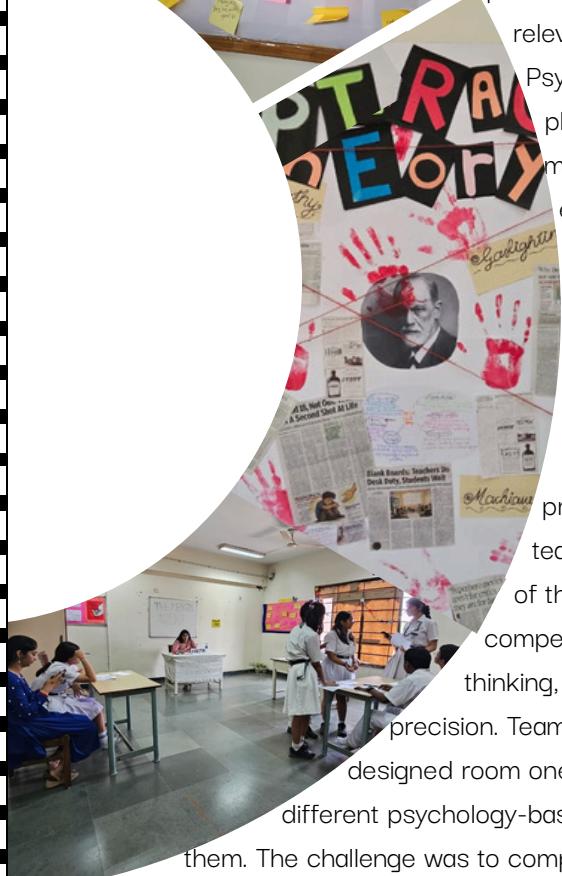
different psychology-based tasks awaited

them. The challenge was to complete all tasks

accurately in the shortest possible time. The event highlighted not just knowledge, but also coordination and problem-solving skills, making it one of the most thrilling experiences of the day.

Disorder Dilemma focused on real-world application of psychological concepts. With five participating teams, each team was assigned a specific psychological disorder and challenged to identify the correct display of symptoms among several portrayals.

The event required deep understanding, quick thinking, and careful observation, as participants had to differentiate between similar mental health conditions within a limited time. Disorder Dilemma successfully emphasized the importance of awareness and accuracy when understanding mental health disorders.



VIBGYOR

13 DEC 2025

WE DESIGNED EVERY PAGE WITH ART, BUT WE LEFT THIS
ONE FOR THE HEART

THE LOUDEST MOMENTS DON'T NEED THE BOLDEST
COLORS—JUST A PLACE TO REST AND REMEMBER

WHERE THE GRAPHICS END, THE MEMORIES BEGIN

PROOF THAT THE BEST MEMORIES ARE THE SIMPLEST ONES



PSYNAPSE

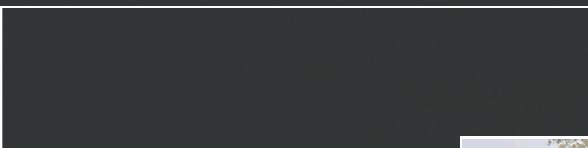
VIBGYOR



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#WHEREMINDCONNECTS



Sometimes, all it takes is one quiet moment of reflection to realise that understanding the mind can be the most beautiful journey of all.

Bathed in the serene yet powerful hues of Violet, the Department of Psychology & Counselling at Delhi Public School, Dwarka presented **VIBGYOR** – an experience that transcended the idea of a conventional display and gently touched the emotional core of every visitor. Violet, a colour long associated with mindfulness, introspection, and emotional depth, set the tone for a space where psychology was not merely explained, but experienced. From the first step inside, the atmosphere carried a sense of warmth and curiosity, inviting students to pause, engage, and connect with their inner world. The Psychology Engagement Zone radiated energy as visitors enthusiastically participated in a **Live Psychology Quiz**, discovering how closely mental health, emotions, and everyday life are intertwined. The **Wellness Bingo** transformed self-care into an act of joy, subtly reminding students that wellbeing often begins with the smallest, most intentional choices.

Moments of quiet self-reflection followed at the **Psychological Testing Corner**, where brief assessments exploring personality traits and outlook on life encouraged introspection without labels or judgement. The wonders of cognition unfolded through the **Müller-Lyer Illusion** and the **Stroop Effect** experiment, captivating visitors as they witnessed how perception and attention can be influenced in unexpected ways. A calming contrast emerged in the **Sensory Exploration Corner**, where tactile discovery and softly swirling sensory bottles offered comfort and focus, highlighting the role of sensory experiences in emotional regulation and mental balance.

The exhibition's deeper narrative of human growth and motivation was beautifully conveyed through a student-crafted **3D model of Maslow's Hierarchy** of Needs, illustrating the universal journey from survival to self-actualisation. The **Resilience Tree** stood as a living symbol of collective strength, its branches adorned with leaves carrying affirmations, coping strategies, and personal strengths shared by students. Joy and emotional expression found their voice through the vibrant **Photo Booth**, the comforting "**Take What You Need**" Board, and the interactive "**Burst the Emotion**" balloon activity, creating safe spaces for acknowledging and expressing feelings. Thoughtfully performed role plays brought counselling skills to life, while the **Gratitude Jar** overflowed with sincere reflections of thankfulness, spreading positivity through simple words. The experience concluded with a meaningful **Wellness Kit** display and an insightful **Myths & Facts About Counselling Model**, gently challenging stigma and reinforcing the idea that seeking help is an act of courage and self-respect.

VIBGYOR was not merely an exhibition, but a shared emotional experience—a pause from routine, a celebration of mental well-being, and a quiet reminder that when we learn to understand our minds, we begin to nurture empathy, resilience, and lasting inner harmony.

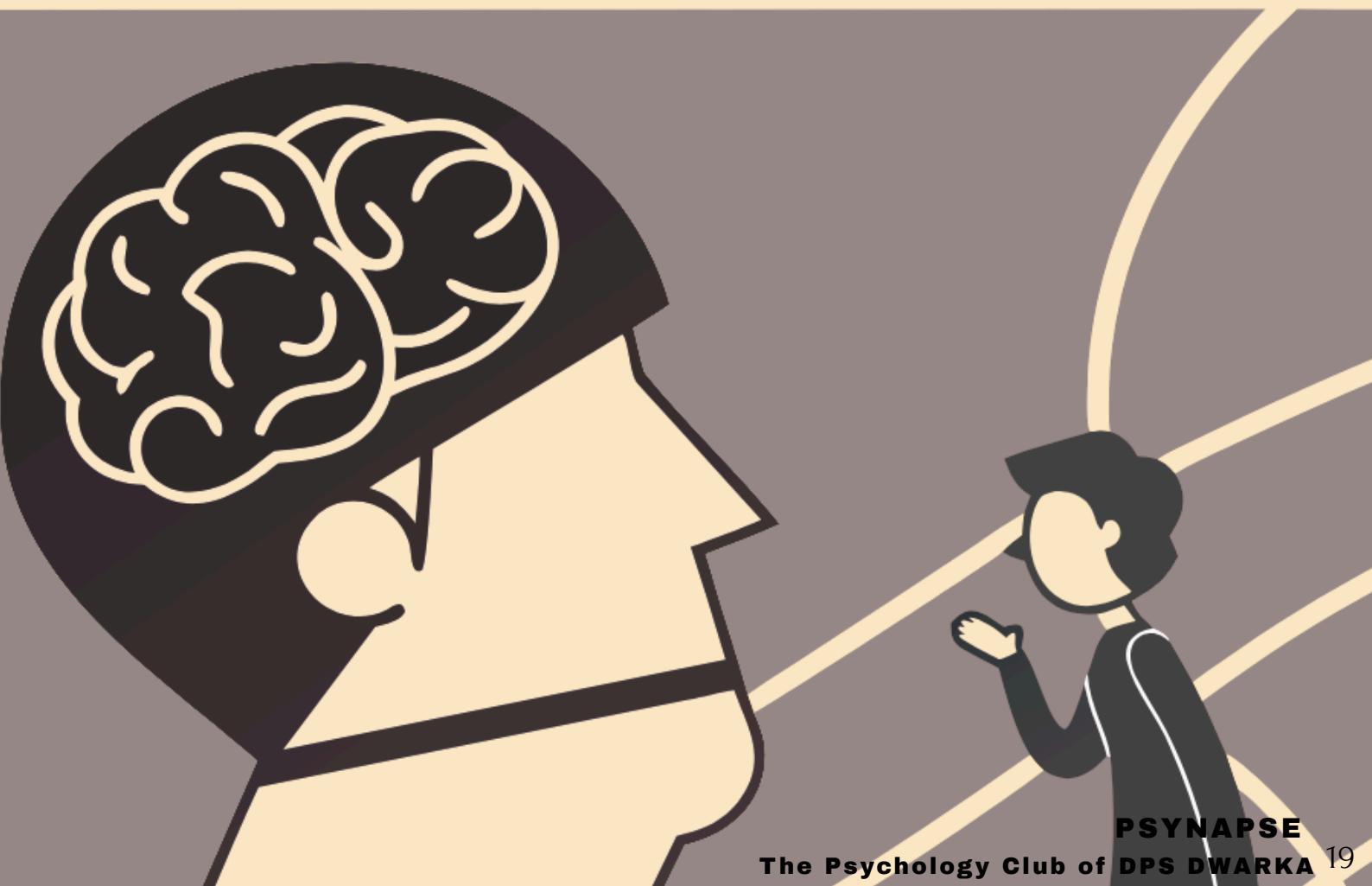
MEMORIES

THE MIND IS AN OCEAN; MEMORIES ARE THE WAVES THAT
NEVER STOP REACHING FOR THE SHORE

BRAIN NUGGETS

**Unlock the Secrets Of
Your Mind**

Quick insights into Human Behavior



BEHAVIOURISM

THE SCIENCE OF OBSERVABLE ACTION

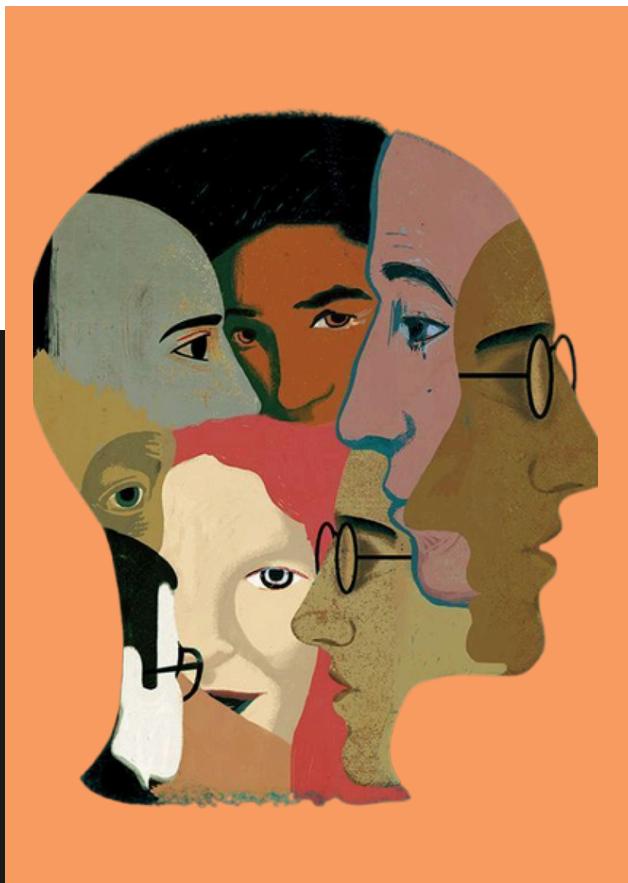
The behaviourist school of thought in Psychology grew out of the need to make the subject a genuine science. Breaking away from speculation regarding the unseen processes of the mind, the behaviourists centred on objective scientific methods for the study of human and animal behaviour.

Of central importance to this school of thought is the stimulus and response principle—knowing that behaviour is not controlled by mysterious inner forces, but by how individuals respond to their environment. Ivan Pavlov's conditioning experiments gave a strong model, demonstrating how even basic reactions could be conditioned and learned through habituated associations.

This revolution signalled a change in psychology, providing a scientific approach to predicting and controlling behaviour. Not merely a theory, behaviourism turned into an underpinning for practical applications in learning, therapy, and even personal life. By concentrating on what we do instead of what we just think, behaviourism still emphasises the significant work of learning and conditioning in making us what we are.



Learning Through Action



Behaviourism is a psychological theory that focuses on observable behaviour rather than internal thoughts or feelings. It explains how people learn and adapt through conditioning, rewards, and punishments. According to this approach, our actions are shaped by the environment – meaning that behaviour can be trained, modified, and predicted through experience. This theory laid the foundation for modern learning and behaviour therapies, proving that change begins not in the mind, but in actions we can see and measure.

SCHIZOPHRENIA

BEYOND THE MYTHS OF A DIVIDED MIND



Schizophrenia is frequently associated with myth, the most popular being a "split personality." It is actually a serious and complicated psychological disorder that impacts thought, perception, mood, and behaviour. Initially characterised by Kraepelin as dementia praecox and subsequently redefined by Bleuler, schizophrenia is a broad array of symptoms that can consist of hallucinations, delusions, disorganized speech, and disruptions in memory and rhythm of thought. These symptoms influence not only an individual's capacity to concentrate and make choices but also his or her ability to be socially and emotionally functional.



THE MANY FACES

Significantly, schizophrenia is not a monolithic condition but a spectrum, and it is shaped by biological predispositions as well as environmental, social, and psychological variables. Whereas treatments like medicine and counselling have been shown to benefit many in controlling symptoms, continuing research underscores that schizophrenia cannot be reduced down to a strictly biological flaw. It is, rather, a stark reminder of the complicated interaction between brain, mind, and environment—a realm in which psychology continues to enrich our knowledge and deflect the stigma that so frequently clings to this affliction.



**“BEYOND BIOLOGY:
THE MIND’S MAZE”**

Multiple Personalities: The 'Enigma of the Split Self'

Substitutionist theories of personality would allow for one individual to have inconsistent and even opposing responses, resulting in what we now know to be multiple personality disorder, or dissociative identity disorder. This uncommon condition is frequently characterised by extreme changes in behaviour, memory, and mood, where independent identities sometimes unaware of each other take over the same person.



Perhaps the most well-known was that of "Eve White," whose headaches and blackouts in the 1950s were subsequently found to be symptoms of multiple personalities. Psychologists Thigpen and Cleckley chronicled her case extensively, revealing not only Eve White's reserved personality, but also Eve Black— her uninhibited, happy-go-lucky counterpart— and finally, a third, middle-way personality- Eve Jane. Their findings put the phenomenon in the global spotlight, leading to books, studies, and even the movie "The Three Faces of Eve." This dramatic demonstration of dissociation challenged our concept of selfhood, memory, and integration, demonstrating that personality is not necessarily a monolithic, unbroken identity, but sometimes can break up into multiple selves, each having a distinct voice.

OCCUPATIONAL PSYCHOLOGY

Success in today's frenetic industries relies not just on superior technology but also on the state of the workforce driving it. This is where occupational psychology comes in and makes a difference—examining the ways in which cognitive, emotional, and physical variables impact the health, safety, and morale of employees, as well as enhancing productivity. From factory floors to corporate suites, psychologists assist organisations in shaping effective management systems and stress-reducing tasks, and establishing habits that keep overheated or exhausted workers from burning out.



WORKPLACE CREATING A BETTER WORKPLACE

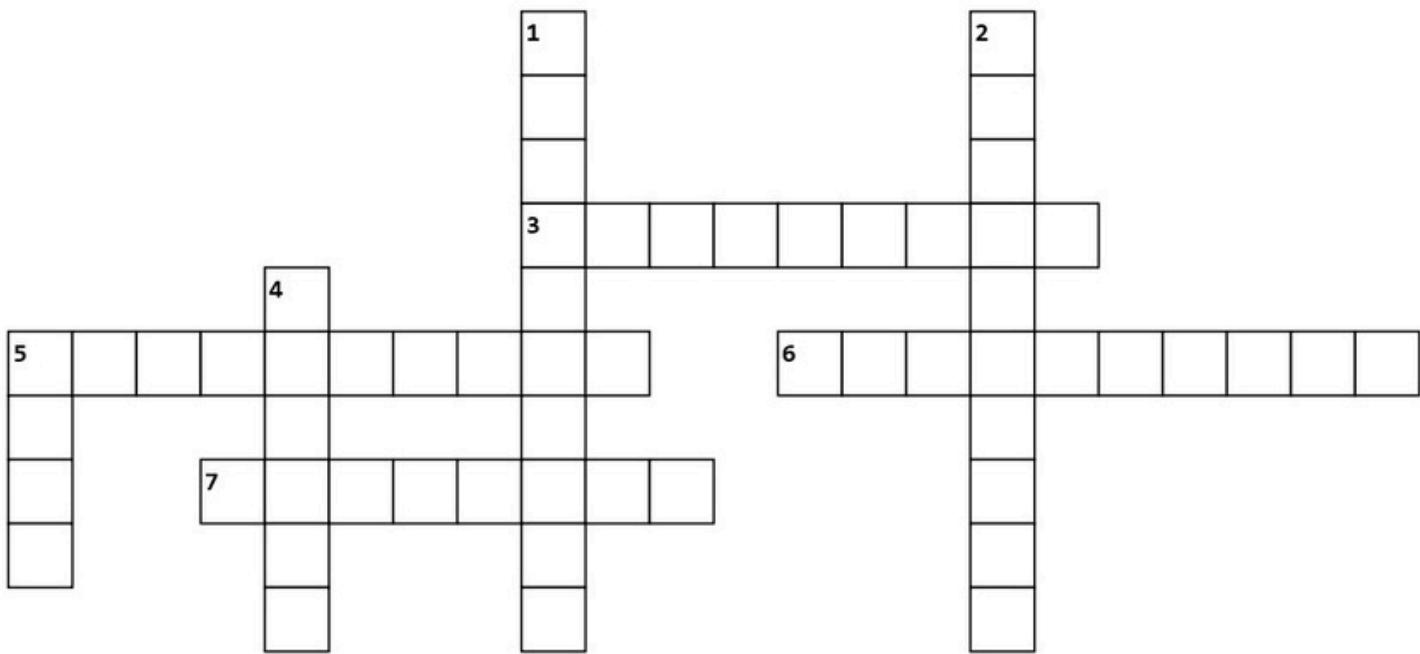


The trailblazing research of professionals such as Donald Broadbent brought to light the fact that the real goal of psychology is to resolve everyday issues, which makes offices not only useful, but friendly and efficient for employees as well as companies. Occupational psychology is now much more than just for industrial establishments — it influences contemporary offices, start-ups, and multinational corporations alike. By marrying psychological understanding with management and workplace design, organisations can create not just efficiency, but also well-being, so that human potential is able to flourish in tandem with business objectives.

OCCUPATIONAL PSYCHOLOGY TURNS JOBS INTO JOURNEYS, CREATING WORKPLACES WHERE MINDS TRULY THRIVE



CROSSWORD 1



Across

3. — Pavlov's dog drooling at the bell was this type of conditioning.
5. — A mental shortcut that often leads to unfair judgement.
6. — The fuel that makes you start the gym (at least for one week).
7. — A struggle between opposing desires or motives.

Down

1. — Why one person sees a dress blue & black, another white & gold.
2. — Approach that says: "Be the best version of yourself."
4. — That thing which forgets homework but remembers song lyrics.
5. — The "I" you talk to in your head.

WATCH READ REFLECT

BOOKS SEASON

WATCH READ REFLECT



WONDER

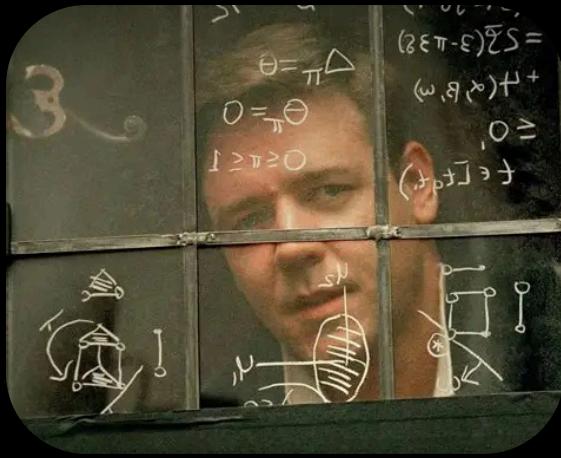
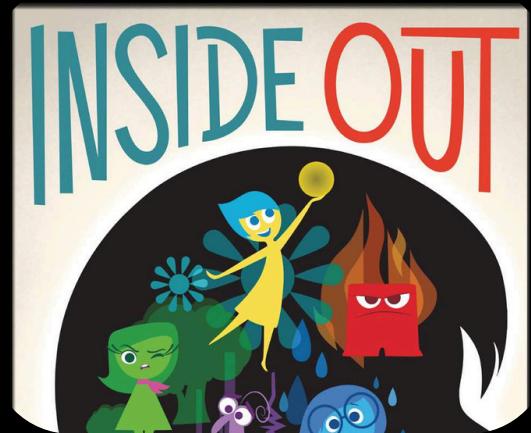
2017

Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them and prove you can't blend in when you were born to stand out.

INSIDE OUT

2015

A heartwarming animated journey into the mind of an 11-year-old girl, Inside Out brings emotions like Joy, Sadness, Anger, Fear, and Disgust to life. It's a fun and thoughtful exploration of how our feelings shape our memories, personality, and experiences—perfect for introducing core psychology concepts like emotional regulation and memory formation.



A BEAUTIFUL MIND

2001

Based on the true story of prominent mathematician John Forbes Nash Jr, who seemed to be guaranteed a promising future when he won international acclaim as a result of his pioneering work in the field. After he is recruited to assist the military with top-secret code-breaking duties, the high-pressure job takes its toll on him, and he begins to develop a mental illness.

MUST WATCH MOVIES



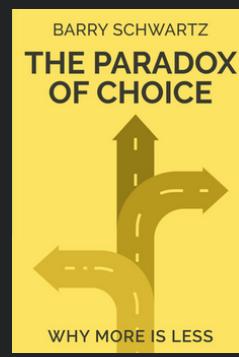
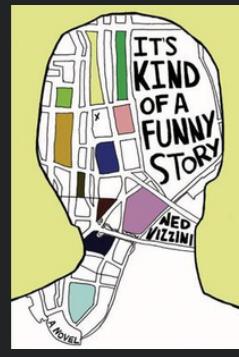
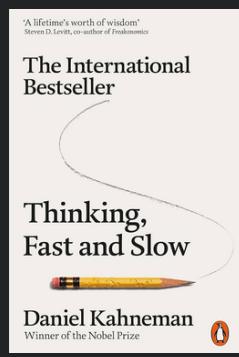
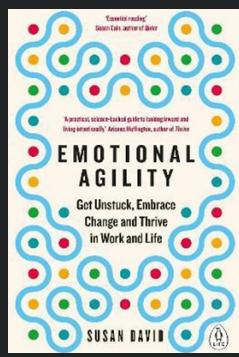
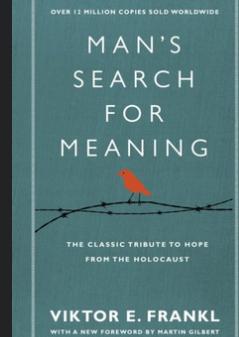
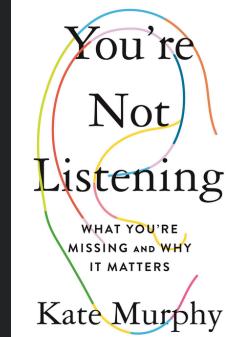
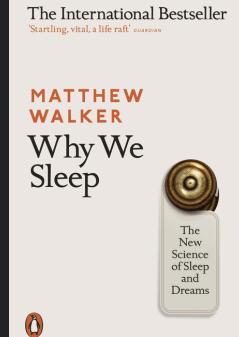
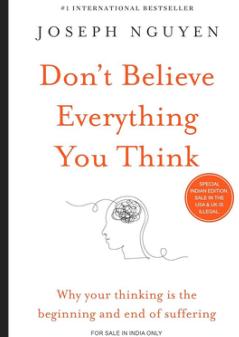
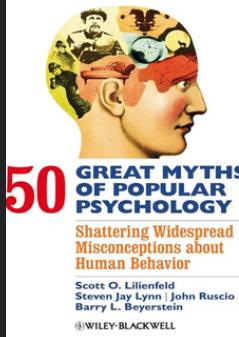
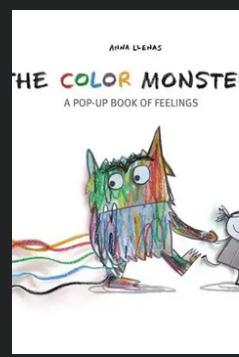
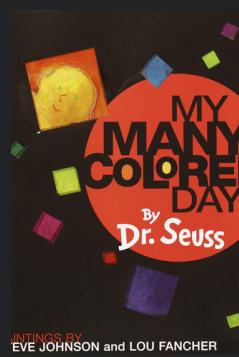
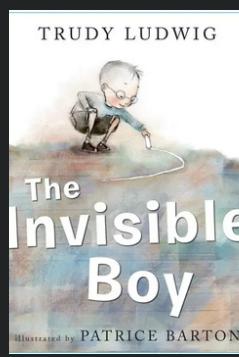
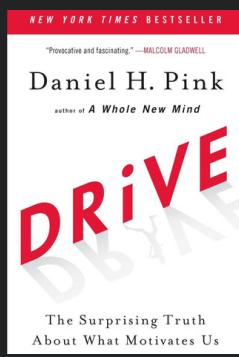
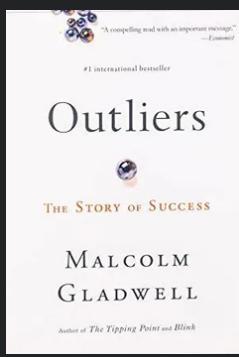
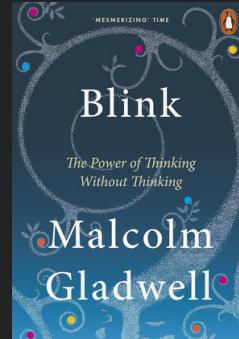
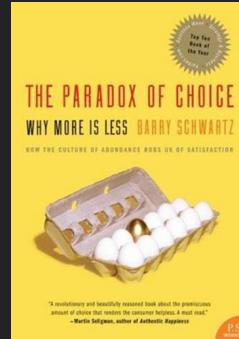
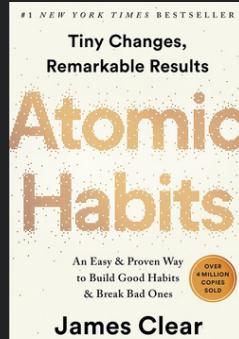
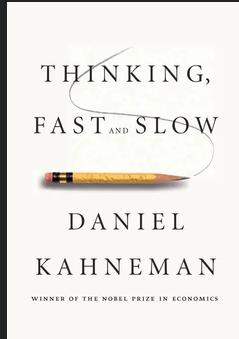
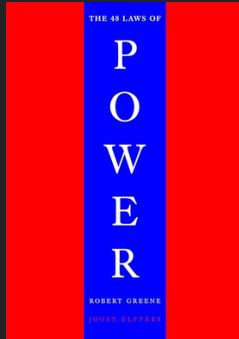
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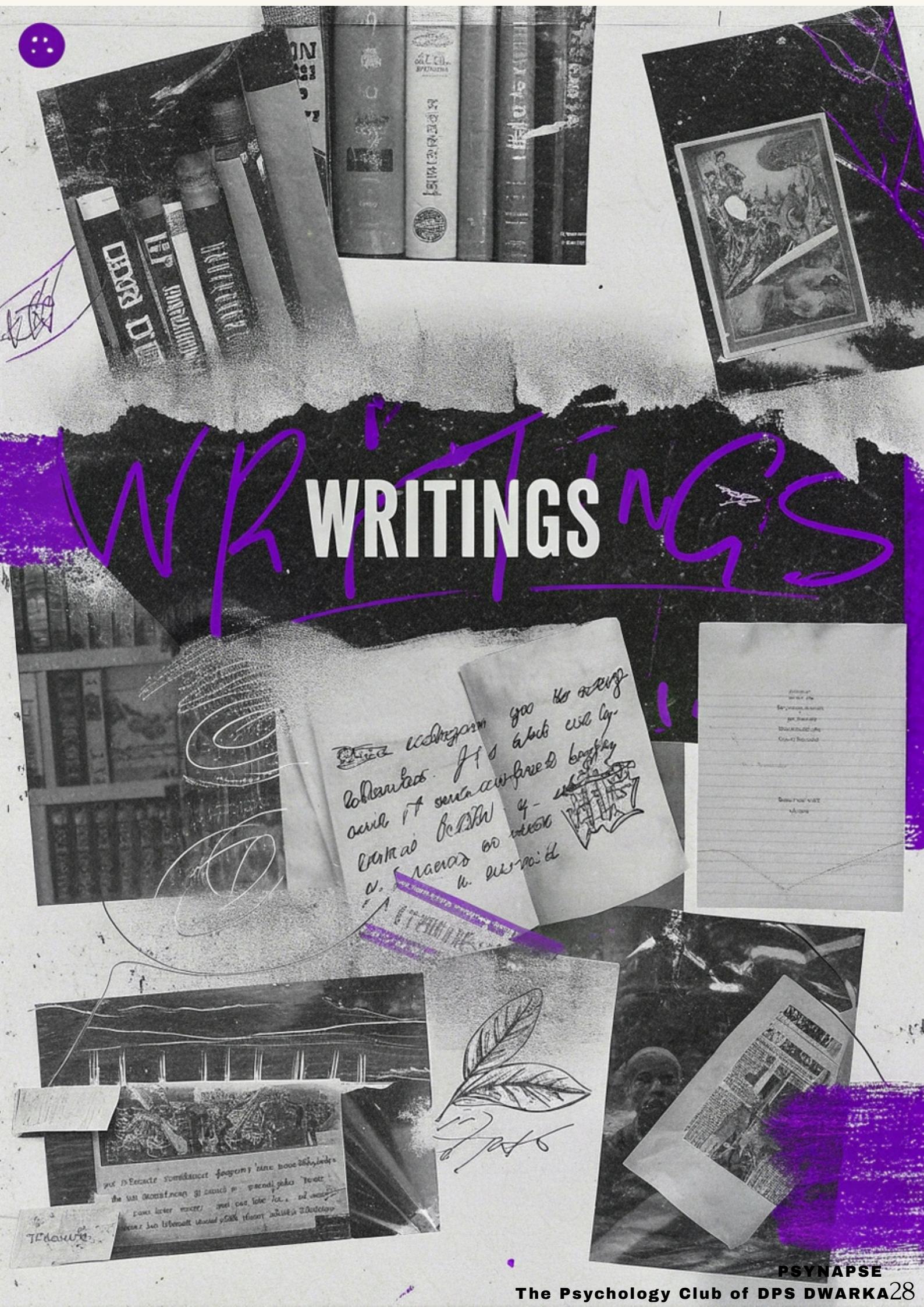


My List

BEST BOOKS TO READ

IS YOUR FAVORITE ON THE LIST?



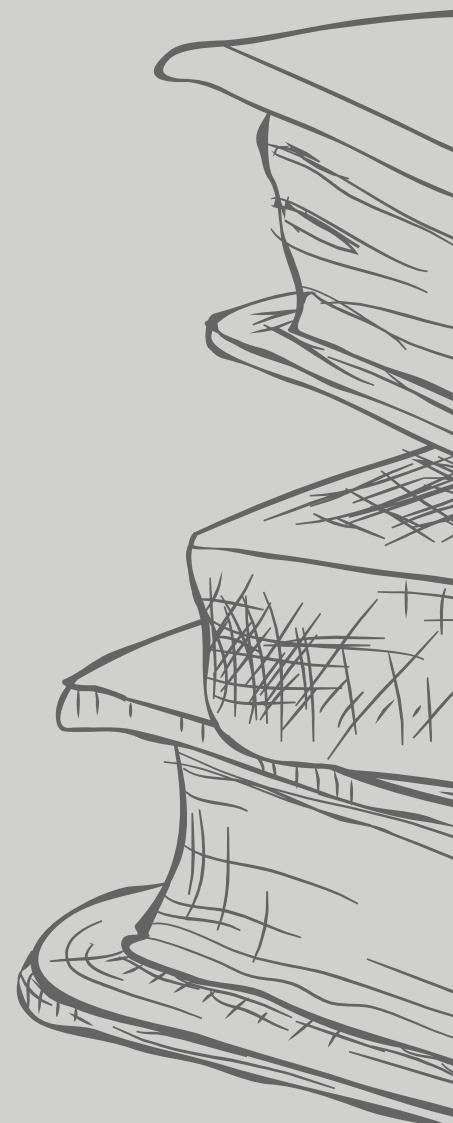


MOB MENTALITY

Mob mentality is a psychological phenomenon that describes how people can be influenced by a larger group and adopt the behaviours of the majority in a group, even if it means going against their judgment or individuality. They abandon rationality, shed personal responsibility, and surrender to the collective hysteria of the crowd, often contrary to their values. This sheep like behaviour fueled by social pressure perpetuates violence, destructive behaviour, delinquency, vandalism, and even leads to loss of self awareness. People have this erratic mindset that "if they're doing it, why can't we?" and "If we get in trouble, so would they." MOB MENTALITY THRIVES ON THESE FLAWED NOTIONS. Many join mobs because they believe that if others are participating, it must be acceptable.

This usually arises from a natural desire to "fit in" and belong. Blinded by this urge to belong, people sometimes resort to mob mentality, sacrificing their morality and critical thinking, but it isn't worth the cost. Fitting in doesn't mean losing yourself. It's about finding your place within a larger group, community etc. while remaining true to yourself. It's okay to want to belong but this instinct can drive positive behaviour when channeled constructively instead of acquiring such a mentality. People should "get comfortable with standing out, even if that means standing alone."

UNITED WE STAND, BUT DIVIDED WE FALL, TO THE MERCY OF THE MOB. WE CAN EITHER RISE ABOVE THE CHAOS OR BECOME ITS NEXT VICTIM.



-By- Aumeesha Sabhlok , XII-F

Poetry

Feel your Feelings

Where no broken hearts lay,

 No worries pay,

 No fear stays,

 No insecurity graves.

 It's a friend, the aid,

where the feelings are placed.

 Talk about your feelings,

 To the one you trust,

 Uncover your hearts crust.

 The place where you feel safe,

 The place where you feel heard.

 Say it aloud,

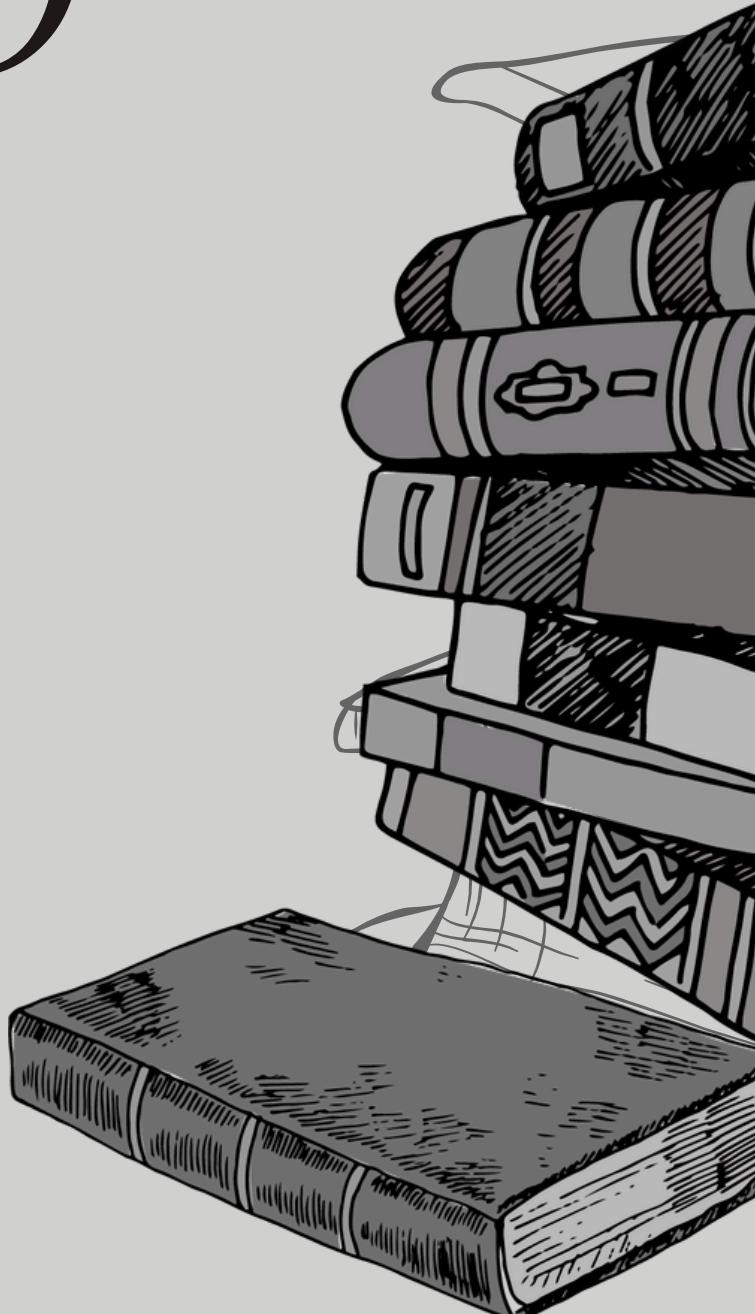
 How you feel.

Let the sadness leave your cloud,

 And spin the wheel.

 Feel proud

 Feel alive

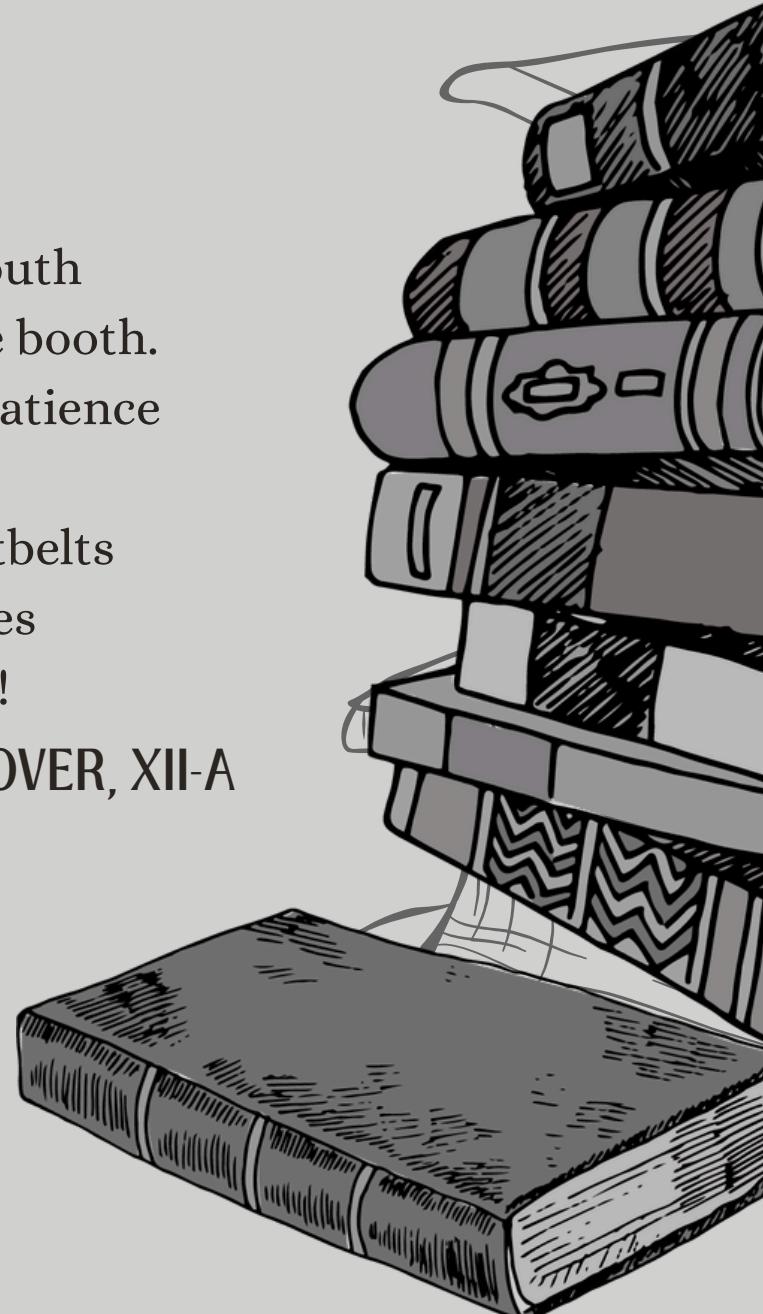


-By- Nupur Kaushik XII-F

THE TEENAGE TRANCE

If your marks begin to degrade
And your passion for studying begins to fade
Just know that teenage,
Has taken over your fate.
Getting distracted with ease
Losing your concentration,
Just by a single breeze
Might be very common for the youth
But remember, life is like a phone booth.
You must supply your time and patience
To connect with success
So get ready, and fasten your seatbelts
Because challenges and difficulties
Are what you're about to witness!

-By- AADHYA GROVER, XII-A



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