



IDPS

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INTERNATIONAL DELHI PUBLIC SCHOOL **AFFILIATED TO CBSE** **CBSE CODE - 730102**



MS. KANIKA CHOPRA
Entrepreneur, Motivational Speaker
& Social Activist

A LONG STRUGGLE - A BLACK AMERICAN

Five score years ago, a great American King Martin Luther, in whose symbolic shadow we stand today signed an Emancipating Proclamation. The momentous decree came as a great beacon light of hope to millions of black Americans, who had been seared in the flames of withering injustice. It came as a joyous day break to end the long night of their captivity. But 100 years later, the black American is still not free. One hundred years later, the life of black American is still sadly crippled by the manacles of segregation and the chain of discrimination. This is no time to engage in the luxury of cooling off or to take the tranquillizing drug of gradualism. Now it is the time to make real the promises of democracy. Now it is time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now it is the time to lift our nation from the quick sands of racial injustice to the solid rock of brotherhood. Now it the time to make justice a reality for all of God's children.



Ms. Manpreet Alag
Educationist

SELF IMPROVEMENT

Self improvement is the improvement of one's knowledge, status and character by one's own efforts. It's the quest to make ourselves better in each facet of life. It always starts with self awareness and the ability to transform our habits. If we are serious about transforming ourselves no one can stop us. If we are conscious about getting better in something, the very first step is to know the black and white terms of where we stand. Here we need self awareness before achieving self improvement. The path to self improvement starts by setting a specific and actionable goal. What i am starting to realize? however, when it comes to actually getting things done and making progress in the areas that are important for us, there is a much better way to do things. So, at last i can say that self improvement is the improvement which enhance our personality and it's pretty self explanatory.

STEP INTO THE WORLD OF TECH EDUCATION

Look-down Transformation



MS. CHARU MONGA
Communication and Personality
Development Trainer

A huge turning point in the education industry is challenging, both for the teacher and the student. Teachers across the globe are regularly trying to keep in touch with the students through online classes. At this critical juncture, parents must feel grateful to the schools and the teachers for channelizing the energies of the children and engaging them in studies, rather than being critical about the online system. While in-incorporating value based education we all learn to adjust in life in all circumstances. Now is the right time for parents to teach the children to adjust with what we have and be grateful for every little thing. Technology which was used by maximum children for useless activities should now be used in all positive ways to enhance knowledge, technical skills and self management skills. Besides that, society must accept this transformation positively. Despite the fact, that schools and coaching centres have empty classrooms still teachers are trying to be amidst the students so that they do maintain the life of discipline, which is now turning on to self discipline, study which is now turning on to self study, class test turning on to online test, outdoor activities turning on to indoor activities with sharp memory games, junk food replacing homemade food and temples replaced by "ghar ek mandir." "Let not economic crisis become educational crisis."



MS. SONIA SINGH
Principal, ASM Convent School,
Ballia, Uttar Pradesh.

HOW WILL THE COVID19 PANDEMIC IMPACT THE FUTURE OF EDUCATION?

"Experience is a hard teacher because it gives the test first and the lesson afterwards." COVID-19 experience has taught us that school systems are slow to change but the post - Corona virus economy will demand it. The pandemic has exposed the vulnerability of the global economy to collapses in essential supplies. It will change the total teaching learning methodology. New version of curricular system , structure , process and programme which can fit into the digital dimension of operations. It will definitely reward teaching and learning community. It's a innovative ways and means of thinking and doing. Due to tools and technology will dominate the world of education replacing on site learning. It will more challenge to teachers to handle emotional changes and emotional issues. Since coin has two faces similarly COVID19 is going to have merits and demerits together. The biggest part of Learning from the critical situation will make us more prepare and productive to find solid solutions in any walk of life.

AMARTYA SEN



Amartya Sen is one of the leading economists of the world, who was born on November 3, 1933, in the vast Shantiniketan, on the campus of Rabindranath Tagore's Vishwa Bharati. He gave many theories about poverty-alleviation programmes, for the developing countries like Sri Lanka, Bangladesh, India, etc.

Amartya Sen had been a student of Shantiniketan. His formal education began at St. Gregory's School. He soon moved over to Tagore's school in Shantiniketan. After spending considerable time at Shantiniketan, Amartya

moved to Presidency College in Calcutta, in 1953 and received a B.A. degree in Economics with a minor in Mathematics. After Presidency, Amartya enrolled himself into another B.A., in pure economics at the Trinity College, Cambridge in 1953. Amartya chose to apply to Trinity after noticing, in the handbook of Cambridge University, that three remarkable economists of very different political views coexisted there. The Marxist Maurice Dobb and the conservative neo-classicist Dennis Robertson did join seminars. Another significant economist involved in Trinity was Piero Sraffa. After collecting enough material for his thesis, he applied to go to India on a two years leave from Cambridge. Cambridge University insisted on his having a supervisor in India. By sheer chance of luck, Amartya got the chance to be under A.K. Dasgupta, a great economic

methodologist.

At the young age of 23, he was also appointed to a chair in economics at the newly created Jadavpur University, where he was asked to set up a new department in economics. During this interval, Amartya was also, working thoroughly on his thesis. After that he submitted it for a competitive prize Fellowship at Trinity College.

Amartya visited M.I.T., on leave from Trinity College during 1960-61. Here, he benefited greatly from the many conversations he had with Paul Samuelson, Robert Solow, Franco Modigliani, Norbert Wiener, and others that made M.I.T. an inspiring place.

In 1963, he decided to leave Cambridge altogether, and went to Delhi, as Professor of Economics at the Delhi School of Economics and at the University of Delhi. He taught in Delhi until 1971.

Amartya Sen won the Nobel Prize for economics in the

year 1999. He was the first Asian to win the Nobel Prize for economics. And he has become the sixth Indian, either by birth or citizenship to receive the Nobel Prize. He was awarded the prestigious Nobel Prize for his contributions to welfare economics that have helped in the understanding of the economic mechanisms underlying famines and poverty. He was also awarded honorary degree from the Yale University by the Yale Corporation presented by the provost and conferred by the president.

Recently he received awards like Johan Skytte Prize in Political Science in 2017, Bodley Medal in 2019 and Friedenspreis des Deutschen Buchhandels in 2020. Also, Sen has received over 90 honorary degrees from universities around the world. In 2019, London School of Economics announced the creation of the Amartya Sen Chair in Inequality Studies.

FOREST IN THE WORLD

The Amazon: Undisputed number 1 is probably the most famous forest on earth, the South American Amazon. The forest of all forests is not only the largest in area, with its incredible 5,500,000 square kilometres, but is also home to one in ten species existing on earth.

TAIGA: Once the Taiga stretched from Canada over Norway to Siberia. However, due to natural changes and continental shifts, the forest split into three separate parts. However, since it is basically one and the same system, numbers 4, 3 and 2 are combined here.

The Taiga is known for its enormous variety of fir trees, but due to its geographical location, bio-diversity is not

broad here. In winter temperatures can drop to -40°C or lower.

The tropical rainforest in Congo: In contrast to the Valdivian rainforest, there is a variety of rather large animals living here, including gorillas, hippopotamus and the African elephant, which is the largest animal living in the country. As in the rainforest of New Guinea, some shoots and indigenous people still live in harmony with nature.

The tropical rain forest of New Guinea: One of the most extraordinary rainforests in the world lies in New Guinea. In addition to the various plants and animals, more than 1000 indigenous peoples live in this forest.

The tropical rainforest on

Borneo: The oldest tropical rainforest in the world is located on Borneo and has existed for around 140 million years. In addition to the more than 10,000 different plant species, it is also home to rare animal species such as the Sumatran Rhinoceros, whose population is estimated at just 250 animals worldwide.

The Valdivian Rainforest: One of the youngest and largest forests in the world extends over the two countries Chile and Argentina. Only 17,000 years ago, this landscape was still covered by perpetual ice.

The Burmese tropical rain forest: The Asian Myanmar is home to one of the oldest rainforests in the world. It is located between the Pacific

and Indian Oceans, near the equator and is rich in biodiversity due to various environmental conditions that it has experienced to date. It provides habitat for a large number of exotic animal species, such as the Asian elephant, gibbons and Bengal tigers.

The Primorye Forest: The smallest of the ten giants is located in the southeast of Russia. With its 130,000 square kilometers, the Primorye forest covers an area equivalent to 18.2 million football fields. According to today's data, its population is currently only 500 specimens. It is also the only forest in the world where tigers, bears and leopards coexist.

A Momentary view of Activities

Mother's Day Celebration

Mothers truly adore the handmade treasures that their kids proudly present to them on Mother's Day. Their gleaming eyes and big smiles show the pride in their creations and the delight they felt in presenting the master pieces to their mothers. Handcrafted flowers were beautifully made by the little ones of IDPS Garten. This year IDPIANs decided to give their mothers, a gift crafted by them. A great way to ensure that moms still get lot of affection, in a time when social distancing and restrictions might have made it hard to go out and buy some flowers or a card on the special occasion for mothers. IDPIANs (Grade I - III) made Jewellery boxes. Any Mother's Day gift is sure to be appreciated, but the best gifts are the handcrafted ones. Mother cherish her child's creation, forever! A thoughtful present from the heart- A photo frame for the mothers, created by IDPIANs (Grade VII-X). All mothers are very emotional and any little thing that children do for them makes them feel awesome. IDPIAN's (Grade IV - VI) designed Jewellery for their moms to make them feel special, this #Mother's #day. Children are naturally creative. It is our job to give them ample space and opportunity to let their creativity blossom to its full potential."



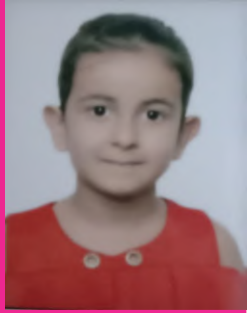
Eid Celebation



Art and Craft



Dual Face of COVID-19



Anika Gupta
Class - 2nd B

1. Entire world is facing a huge challenge in dealing with Coronavirus and putting every possible measure in place to keep humanity safe.

2. No doubt that COVID-19 has brought the darkest time upon entire world and is a biggest threat to the safety of mankind.

3. But, as they say, every coin has two sides, and, so does Covid-19. Yes, Covid-19 does have its bright side which cannot be ignored.

4. Huge arctic Ozone hole has been healed, air and water pollution is reduced to minimum. Many Crores were getting spent to clean Ganga water - due to lockdown - Ganga water quality is the purest ever, Himalayan's range are visible for time from states of India for the first time in decades, birds and animals got more freedom and living much happier ever. Parents have time to spend with their kids, junk food eating reduced highly and people learnt the importance of washing hands more often. So, apart from many negatives which Coronavirus has brought, it does has another face which is bright.

KOREAN WAVE



Ms. Tavishi Parmar
Class VIII B

The Rise of Korea's Cultural Economy & Pop Culture:

Korean POP, I am sure you have heard of it. But Did you know that it's not just any other music..? It's a whole new genre in itself. If you've ever wondered how music from such a small country can become so popular worldwide, and even take the #1 spots on Americas as well as other countries music charts, Here's why a lot of groups, such as BTS, have a large western influence. This is evident by the styles of music genres used. K POP as a genre is not defined by the type of music the artists use, rather the highly talented dancing and choreography used, bright and beautiful music videos normally unseen in other markets, and the unique clothing and fashion styles portrayed by the artists.

K POP has performed in the stadiums of various countries across the world even with a language only a fraction of the worlds speaks. Having the most loyal and dedicated fans one

has ever seen. One song that was building up like a steam and in verge of bursting was called "Oppa gangam style" everyone watching has caught wind of a viral video PSY a solo artist in Korea. His new single "gangam style" found overnight success, for some reason people were intrigued by a comedic odd yet catchy song PSY without knowing it opened the first window for K POP and soon with times dying down a second wave was on the horizon in the form of groups NCT 127, MONSTA X, Blackpink and of course the one and only BTS. While PSY opened a window BTS kicked down the front door. BTS was able to explode in Korea with lyrics that spoke to the youth and music that spoke to everyone. Who knew BTS would create history as the first K POP group to attend and be nominated at the Billboards music awards in 2019 and the same night they won social artist of the year.

BTS repeated this two more times and after this they couldn't be stopped.

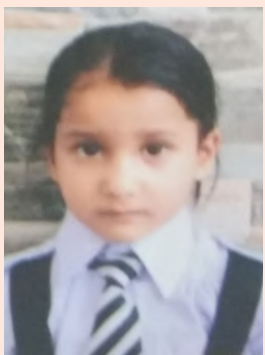
Today, Korean music producers are experts at manufacturing incredibly successful products. K-pop is a product not just made for Korea or made in Korea, but made by Korea,"

BENEFITS OF MORNING WALK



Ms. Pavani Anand
Class: 7th B

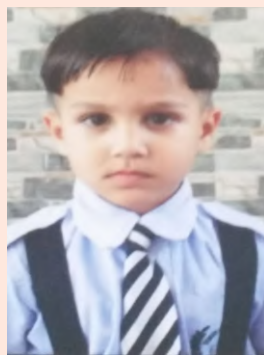
Garbage is everywhere, looks like no one cares, about our mother earth who is crying with fear, that she might eternally disappear. Storms hurricanes and so much more. And we really cannot take it anymore. The 'end' is coming; we don't know where we are really going. Living in a fresh, clean and beautiful place is the necessity of a healthy life so we must take some effective steps to reduce garbage pollution. Garbage pollution is a highly rising environmental issue but it can be reduced through 'Landfill' in which bulk of wastes is buried inside waste land. Everyone must cooperate, before it's too late, in saving our beloved planet. While we still can, let's plan it. Let us empower our minds, to go beyond the lines. In seeking the ways to preserve our lands. For the future of the world is in our hands.



Saanvi Jamwal
Class - I C

My School

Stars are many,
But moon is one.
Gems are many,
but Kohinoor is one.
Friends are many,
But best friend is one.
Rays are many,
but Sun is one.
Countries are many,
But India is one.
Schools are many,
But my IDPS School
is the Best One



Shambhav Dev Singh
Class - I D

A Happy Child

My house is white, a little
house;
A happy child am I,
I laugh and play the whole
day long,
I hardly ever cry.
I have a tree, a green, green
tree,
to shade me from the sun;
And under it I often sit,
when all my play is done.
My house, my house a little
and
beautiful house.



Ms. Jasleen Randhawa
Admin Secretary

THE POWER OF YOGA IN SCHOOL

Yoga, an elixir that works on almost every new age predicament such as obesity, depression, diabetes and panic attacks, is not a solution only for grown-ups but also for young children and can help them lead a better lifestyle as they grow up. Here are some of the benefits of including yoga for children in school:

1) Reduces Stress and Anxiety

Yoga's innate ability to cease the mental chatter and live in the moment reduces stress and anxiety,

showing profound benefits in every sphere of life. Students are much stressed individuals, keen to outperform themselves and prove their worth every chance they get.

Yoga helps them to deal with their stress and bring back some peace of mind. Those who regularly practice yoga not only report lower levels of stress and anxiety and subsequently improved academic performance.

2) Improves Memory and Attention Span

Yoga helps to improve the memory function in both adults and children, a direct benefit of which would be a better academic performance in children. It also helps to improve children's attention span and focus. In fact, yoga aids children suffering from ADHD (Attention Deficit Hyperactivity Disorder) as well by reducing its core symptoms such as inattentiveness, hyperactivity and impulsivity.

Many children suffering from ADHD are able to reduce their medication with regular yoga practice. This is one of the amazing benefits of yoga in schools.

3) Helps To Manage Weight

Children spend long hours in sedentary poses and tend to consume a lot of junk food as well, both of which are a by-product of the new age lifestyle. Yoga helps to counterbalance this lifestyle. Through regular practice of asanas, children (especially those who are not fond of playing sports) can manage

a healthy weight. This helps to curb the problem of childhood obesity at a young age in a salubrious way.

4) Improves Flexibility, Balance and Posture

Sitting down to study for long hours at a time and too much screen time can lead to incorrect posture. This poor posture in childhood can develop into major anatomy complication in adult life.

The practice of various asanas on a regular basis leads to correction of posture, enhances flexibility and improves balance as it brings equilibrium to the whole body. This is one of the amazing benefits of yoga in schools.

5) Teaches Correct Breathing Techniques

Breathing is fundamental to life and how we breathe is directly related to our overall well-being. Good breathing affects our movement, our posture, and our ability to handle stress in a positive way.

Through pranayama and other breathing exercises in yoga, students can learn at a young age how to master the technique of breathing correctly and improve the quality of their life.

6) Promotes Mindfulness

Mindfulness is simply learning to be in the present. Focusing on your breath or directing your attention to the furthest sounds you can perceive is mindfulness; this can be done at any time of the day – even for a few seconds.

Mindfulness enables people to become less anxious and more relaxed. Children can become more mindful using creative and entertaining

visualisation techniques. This is one of the amazing

benefits of yoga in schools.

8) Helps to Bring Peace Of Mind

The vastness of academic curriculum alone can baffle students and yet, they deal with many other extra-curricular activities and social life as well. By practising pranayama and mindfulness, students really learn how to handle the anxiety and manage the different aspects of life effectively. The peace of mind stimulates the release of good hormones that have a snowball effect and uplifts the disposition of the child in general.

9) Improves Self-Control

Through controlled breathing and controlled movement, yoga teaches people self-control. As a result, they do not react impulsively or make hasty decisions even in an emotional state.

With self-mastery, a person can keep his or her anger in check and make rational decisions when required. If a young yogi can learn self-control at a young age, indeed, no door can ever be closed for him or her. This is one of the amazing

benefits of yoga in schools.

10) Increases Self-Confidence And Self-Esteem

Yoga is an age-old art but is relevant in present times more than ever before. When it comes to benefits of yoga, this is just the tip of the iceberg. It has multiple gross and fine rewards which can help you live a healthy and joyful life. Gift your child the abundance of yoga and watch as the benefits slowly unfold! These are the amazing benefits of yoga in schools.



zing benefits of yoga in schools.

7) Encourages Self-Love and Self-Care

Yoga promotes healing from the inside rather than looking good on the outside. It teaches people how to respect and love their own bodies – an essential message for young children who are constantly advertised with warped body image ideas on social media.

With self-love, comes self-care and yoga can teach

Broomball

Broomball is a recreational ice game originating in Canada (also contested as being Swedish) and played in certain other countries. It is played in a hockey rink, either indoors or outdoors, depending on climate and location.

A typical *broomball* ball

In a game of *broomball* there are two teams, each consisting of six players: a goaltender and five others. The object of the game is to score more goals than the opponent. Goals are scored by hitting the ball into the opponent's net using the broom. Tactics and plays are similar to those used in sports such as ice hockey, roller hockey and floorball.

Players hit a small ball around the ice with a stick called a "*broom*." The broom may have a wooden or aluminum shaft and has a rubber-molded triangular head similar in shape to that of a regular broom (or, originally, an actual corn broom with the bristles either cut off or covered with tape). Players wear special rubber-soled shoes instead of skates, and the ice is prepared in such a way that it is smooth and dry to improve traction. The ball can differ whether the game is played indoors or outdoors. The indoor ball is smooth while the outdoor ball has ridges and resembles a small soccer ball. Broomball Equipment - USA Broomball

A typical game of broomball is broken up into two or three periods. Each team has a goaltender plus five other

players, typically two defenders and three attackers (two forwards and one centre). If the ice surface is especially small, some leagues use fewer players on the ice.

The object of the game is to score goals into the opponent's goal or net. The team with the most goals at the end of a game is declared



the winner. In some tournaments, if the scores are tied after regular time, an additional overtime period is played to determine a winner. In the overtime period (in most cases), six players, three on each team, play five minutes without a goalie. The team to score more goals in the overtime period is declared the winner. In the event of another tie, a second overtime period may be played. In some games a shootout period will be played. The shooter has the choice to have the ball placed a specified distance from the net or, like in hockey, can play the ball from centre ice.

Broomball games are

controlled by two on-ice referees. Both referees have the same powers to call all penalties, off-sides, goals, and so on. There usually are off-ice officials as well, depending on the level of the game being played, including a scorekeeper, a timekeeper, a penalty timekeeper, and goal judges.

Referees are generally

required to wear black and white vertical-striped jerseys, with a red arm band on one arm. They use this arm to signal penalties throughout the game.

Broomball is now an established international recreational sport, played in many countries around the world. Canada and the United States are the "powerhouse" nations of the sport, with their local representative teams often battling in prestigious tournaments held annually across North America.

Broomball continues to grow globally. With a firm foothold in Canada and the United States and an established presence in other nations, the

IFBA is now considering taking the sport to the Winter Olympics. The Canadian Broomball Federation is a member of the Canadian Olympic Committee, the first such national broomball body to achieve this, and it is expected other federations will soon follow.

Broomball is becoming more popular internationally, as well. In Japan, some top teams and players are attracted to regular tournaments. Australia holds its annual National Championships in centres across the country and is continually increasing its number of players in a country where ice sports are not considered popular. Switzerland and Italy regularly send representative teams to tournaments in North America. The UK hosts nights of fun games at the Broadgate Ice rink in the City of London, which attracts North American players, city workers and people just wanting to give a new sport a try.

Broomball is played at many universities, including: Miami University, Iowa State University, The University of Notre Dame, Michigan Technological University, The University of Texas at Austin, Rochester Institute of Technology, University of Chicago, University of Nebraska-Lincoln, and Boston University.

Other broomball nations include Finland, Germany and Russia.



Ritambra Sharma of International Delhi Public School, Jammu won Gold Medal in 1st Online Open Jammu and Kashmir (UT) Taekwondo Poomsae Championship.

AMAZING FACTS

WORD



"Stewardesses" is the longest word that is typed with only the left hand.

SHARK FISH



A shark is the only known fish that can blink with both eyes.

TIGERS



Tigers have striped skin, not just striped fur.

SHRIMP



A shrimp's heart is in its head.

SNEEZE



If you sneeze too hard, you could fracture a rib.

DOLLARS



There are 293 ways to make change for a dollar.

QUOTE

Albert Einstein

The only thing that interferes with my learning is my education.

SCRABBLE

D	N	G	A	R	E
E	E	R	A	C	L
L	E	T	B	A	L
K	E	Y	B	A	R
D	E	D	O	A	R

QUIZ

1. Name of the tallest tower in the world ?

2. Name of the highest waterfalls in the world is ?

3. Name of the largest airport in the world ?

4. Worlds largest democracy is ?

5. Worlds largest underwater mountain range is ?

6. Name the name of the smallest river in India?

1. C.N. Tower, Toronto, Canada

2. Salto Angel Falls, Venezuela

3. King Abdul Aziz Airport, Saudi Arabia

4. India

5. The mid ocean ridge

6. Arvari river in Rajasthan



16-year-old utilizes ingredients found in pencils and sunscreen to creat pollution-cleansing coating

Sunscreen and pencils might not be the first two items you'd go to for answers to clean up pollution but 16-year-old Samuel Burrow of England utilized two ingredients found in those common items to create a “paint-like coating” that has the power to break down pollutants with the help of light. He mixed titanium dioxide with graphene oxide for a concoction with not one, but several applications, in addition to a surface paint. As a sponge, Burrow's mixture can purify water, and when combined with sand, it has the potential to filter heavy metals out of water. Just imagine how clean the world could be if all buildings were painted with Burrow's marvelous mix.



Fabled First

Arunima Sinha



Arunima Sinha the first female amputee in the world to climb the Everest, and the first Indian amputee to the same.

WORD MEANING

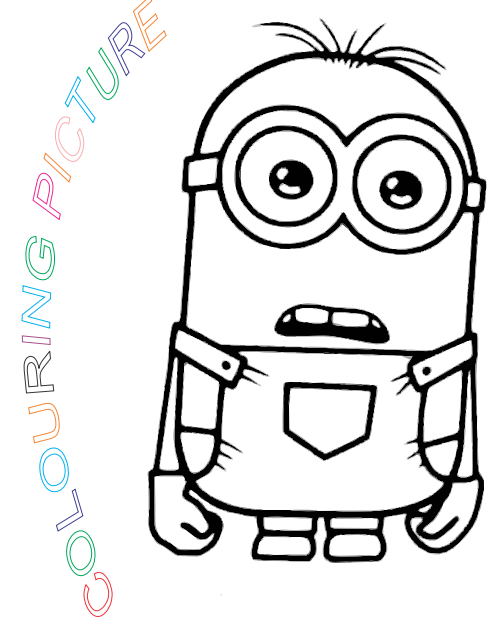


WORD:- DIVERSE

MEANING:- Showing a great deal of variety; very different.

SENTENCE:- India is a country of diverse cultures.

COLOURING PICTURE



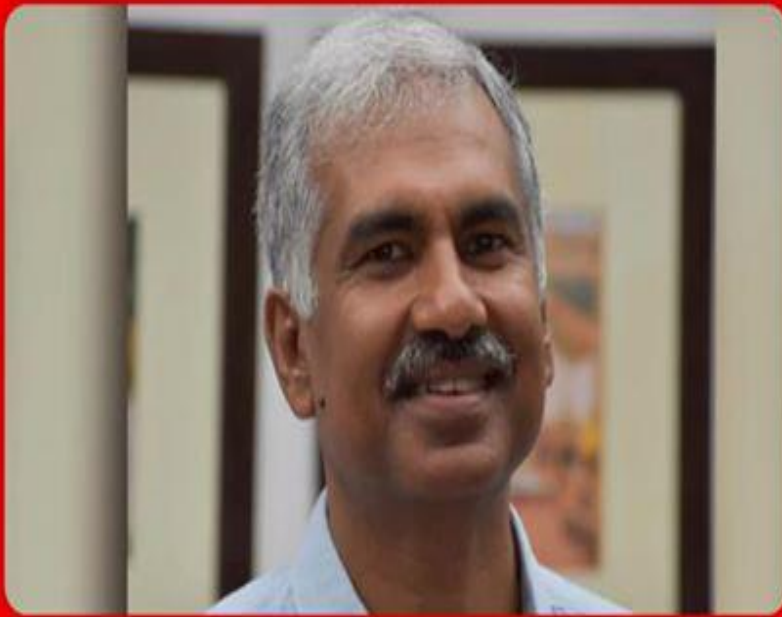


INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU

CBSE AFFILIATION CODE: 730102

(Under the Aegis of The IDPS Society, New Delhi)
(A unit of Sai Kripa Educational Trust)

**IDPS Family extends heartfelt
Congratulations and Best Wishes
to MR. MANOJ AHUJA**



**MR. MANOJ AHUJA
CHAIRMAN, CBSE**

Senior IAS Officer Mr. Ahuja, a 1990 batch IAS Officer of Odisha Cadre Civil Services has been appointed as the new CBSE Chairman, replacing IAS MS. Anita Karwal.



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**INTERNATIONAL
DELHI PUBLIC
SCHOOL, JAMMU**



**WHY CHOOSE US &
WHAT WE OFFER YOU.**

A high quality school to nurture the dream of every child with its holistic development programme. Unique and innovative programs, Indoor Shooting Range, Indoor Sports Arena, Robotics Lab, Maths and EVS Labs, Organic Garden and High Security CCTV Surveillance System.

**"HAPPY"
LEARNING
FOR YOUR KIDS**

We believe in "Learning by doing", thereby imparting life skills such as self-dependency, critical thinking and decision making.

**2020
ADMISSION
OPEN**

**FROM CLASS
PRE NURSERY
TO 9TH**



+919796413400,
+919419197283



NEAR SAINIK COLONY, MATADOR STAND,
SUNJWAN-180011

From Editor's Desk



Tell Yourself You Have Confidence and Believe It
Repeat affirmations such as "I believe in myself" every day.
Your thoughts become words and your words become your actions. If you continue to tell yourself that you believe in yourself, eventually you really will believe in yourself.
It's that simple.
Have the courage to accept yourself as you really are—not as you might be, or as someone else thinks you should be—and know that, taking everything into consideration, you are a pretty good person.
After all, we all have our own talents, skills, and abilities that make us extraordinary.
No one, including yourself, has any idea of your capabilities or of what you might ultimately do or become. Perhaps the hardest thing to do in life is to accept how extraordinary you really can be, believe in yourself, and then to incorporate this awareness into your attitude and personality.

HAPPY READING



SUMAN KOUR
Chief Media Editor
Idpschronicle@gmail.com