



MIS

e-magazine



April 2025
বৈশাখ সংখ্যা





TIPS on Improving Memory Power

ANINDITA KUNDU, Class-X


It is all too easy to neglect our memories in this digital age, where many of us can easily use "Google" for the things we forget. Though it seems unnecessary, memorization is important for many reasons and also helps us to understand concepts more quickly. Here are some tips to boost memory power.

- 1) MEDITATION: Meditation for at least 15 to 30 minutes each day physically changes our brain, making us less anxious and more empathetic.
 - 2) EXERCISE REGULARLY: Physical activity boosts blood flow to the brain, enhancing cognitive function.
 - 3) GET ENOUGH SLEEP: On average 7 to 9 hours of sleep each night is crucial for memory consolidation and brain rejuvenation.
 - 4) IMPROVING OUR DIET: Focus needs to be made on foods rich in antioxidants, omega - 3 fatty acids, and other nutrients that support brain health like nuts, seeds, dark chocolate, and drinking enough water.
 - 5) PRACTICE MINDFULNESS: Regular mindfulness practice can improve focus and attention which are essential for memory.
 - 6) MANAGE STRESS: Chronic stress can negatively impact memory. So healthy ways need to be found to manage stress like exercise, meditation, and spending time in nature.
 - 7) GET ORGANIZED: A well-organized environment can help us to find information more easily and reduce stress to improve memory.
 - 8) STAY SOCIAL: Engage in social interactions, as they stimulate the brain and can improve memory.
- By following these simple yet effective tips we can boost our own memory power and brain function.



HEALTH TIPS FOR SUMMER

MOUTIK JOYDHAR, CLASS-X




Summer is a time for fun and outdoor activities, but it also calls for smart health habits. Here are some essential tips to stay healthy and enjoy the season to its fullest.

Stay Hydrated

Heat and humidity can lead to dehydration quickly. Carry a reusable water bottle and sip water throughout the day. Avoid excessive caffeine and alcohol, which can dehydrate you further.


Sun Protection



Sun exposure is at its peak during summer. Wear a broad-spectrum sunscreen with at least SPF 30, and reapply every two hours or after swimming or sweating. Don a wide-brimmed hat and sunglasses to protect your skin and eyes from harmful UV rays.

Maintain a Balanced Diet

Include seasonal fruits and vegetables in your meals. Hydrating foods like watermelon, cucumbers, and berries not only cool you down but also provide essential vitamins and minerals. Keep your meals light and nutritious to help your body manage the heat.




Stay Active Safely

Outdoor exercise is appealing in the summer, but it's important to choose the right time of day. Aim for early mornings or late evenings when temperatures are cooler. If you exercise during peak heat, take frequent breaks, and listen to your body to avoid heat exhaustion.


Prioritize Rest

While it might be tempting to fill your schedule with activities, adequate rest is crucial. Ensure you get enough sleep each night to help your body recover from the day's heat and exertion.

Mind Your Skin



Regularly check your skin for any unusual changes or spots. The summer sun can lead to skin damage over time, so keeping an eye on your skin can help catch issues early.



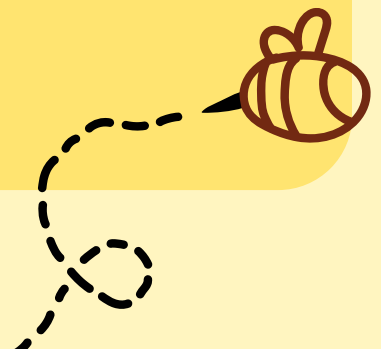
By following these tips, one can enjoy a healthy, safe, and active summer while protecting yourself from the seasonal challenges.

THE QUIZ HUB
PRASUN SARKAR
CLASS X



1. What is the only sport to have been played on the moon?
A. Basketball B. Golf C. Tennis D. Baseball
2. In which year was the first modern Olympic games held?
A. 1892 B. 1896 C. 1900 D. 1912
3. Which part of the human body has no blood supply and gets oxygen directly from the ear?
A. Nails B. Hair C. Cornea D. Teeth
4. Which of the following cells in the human body never divide after birth?
A. Liver cells B. Skin cells C. Nerve cells D. Bone cells
5. Which educational philosophy believes that students learn best through experience and experimentations?
A. Behaviorism B. Constructivism C. Essentialism D. Perennialism
6. What is the name of the first interstellar object detected passing through our solar system?
A. Oumuamua B. Haumea C. Ultima Thule D. Charon
7. Which is the tallest building in the world as of 2025?
A. Burj Khalifa B. Merdeka 118 C. Shanghai Tower D. Jeddah Tower

Check the last page for answers



THE SHININGS OF NATURE IN APRIL

**O the charming nature,
Embossed with the elegance and gleam,
You astonishingly shed the masking
Of the white blanket,
Over the woodland and the saplings,
Which give rise to flickering clever colours.
How delightfully you recieve
the protracted sunshine,
Which exquisitely blooms the stunning
bud of bright colours.
What a magic you reveal with astonishment,
Which brings the colours to the north and
gentle winter to the south.
What a magical you are!! My love,
Which gently alter the colours of nature.**

- Shreemoyee Mukherjee

Class-X



Sun-kissed sports

Tiyasha Das, Class-X



In a student's life one of the most important and interesting event is sports, where many competitors, groups, and teams will be present. It becomes a wonderful experience and one of the most memorable event in a student's life.

Sports is a combination of many games which are played not only by youngsters but also by the middle aged persons. We know, that sports helps a person to remain physically and mentally strong, thus for one's sports are one of the most important part of our life. Sports are mainly conducted during winter season but many of us are not aware of some interesting games like swimming, basketball, beach volleyball, cycling, tennis, water polo, roller skating, martial arts, baseball, and many other interesting games which are counted under sports and can be played in summer season. Thus, the misconceptions of many people that during summer time one cannot conduct sports events are now gone. The youngsters and the middle aged persons can now play those interesting games during summer.

Page:05



Charlie Chaplin

Archisha Dey

Class – X

Charlie Chaplin, born on April 16, 1889, in London, England, was a famous actor, filmmaker, and comedian. He is best known for his character “The Tramp,” a funny and kind-hearted man with a small moustache, bowler hat, and cane. Chaplin's life was full of challenges, but his talent and hard work made him a global star.

Chaplin had a tough childhood. His father left the family, and his mother struggled with mental health issues. As a result, young Charlie spent time in orphanages and faced poverty. Despite these hardships, he discovered his love for acting and joined a theatre group at a young age.

In 1914, Chaplin started acting in silent films. His unique style of comedy and storytelling quickly made him popular. He not only acted but also directed and wrote his movies. Some of his most famous films include “The Kid” (1921), “The Gold Rush”(1925), “City Lights” (1931), and “Modern Times”(1936). These movies combined humor with important social messages.

Chaplin's first sound film, “The Great Dictator” (1940), was a bold satire about Adolf Hitler and the rise of dictators. It showed his courage to address serious issues through his art.

Later in life, Chaplin faced controversies and moved to Switzerland. Despite this, he continued making films and received many awards, including an honorary Oscar in 1972.

Charlie Chaplin passed away on December 25, 1977, but his legacy lives on. His ability to make people laugh and think at the same time has made him one of the greatest figures in the history of cinema. His life story inspires us to overcome challenges and follow our dreams.



"The Immortal Legacy of April: Innovations, Triumphs & Twists in Indian History Through the Ages"

By Dattatreya Das,
class X

April—a month of breakthroughs, revolutions, and defining moments. It has seen the rise of leaders, the dawn of innovations, and the shaping of India's destiny. From groundbreaking scientific achievements to historic triumphs, April has been a witness to India's relentless march forward.

Yet, history is never without its trials. Alongside victories, April has also brought challenges—moments of loss and struggle that tested the nation's spirit. But in each setback, India found resilience, in every loss, a lesson, and in every challenge, an opportunity to rise stronger.

As we journey through time, let's explore the unforgettable events that make April a month of transformation, courage, and progress—etched forever in India's history.

Historical Milestones

1. The Fiery Echo of Jallianwala Bagh (April 13, 1919)

A peaceful gathering in Amritsar turned tragic when heartless British troops opened fire, on the order of general Dyer, resulting in the Jallianwala Bagh butchery—a pivotal moment that intensified India's struggle for independence. This is a great twist, which changed the view of Gandhi by 360° on the British government

The savage revenge of the Jallianwala bagh butchery was taken by a furious Indian, Udham Singh.

Michael O'Dwyer, the former Lieutenant Governor of Punjab, who had endorsed Dyer's actions, was openly assassinated by Udham Singh on March 13, 1940, in London as an act of revenge for the massacre.

2. Maratha's Last Stand: The Fall of the Great Asirgarh (April 9, 1818)

The British forces captured the formidable Asirgarh Fort, marking the end of the Third Anglo-Maratha War and the Maratha Confederacy's dominance. This led to the suppression of the last powerful resistance against the British

3. Birth of a Visionary: Dr. B.R. Ambedkar (April 14, 1891)

The birth of Dr. B.R. Ambedkar, a principal architect of the Indian Constitution and a champion for social justice and equality, marked the beginning of the coming historic event: Creation of the largest constitution of the world.

4. Congress in Crisis: The 1907 Split:

The Indian National Congress faced a significant ideological split between Moderates and Extremists, influencing the direction of India's freedom movement. This is also known as the Surat Split, as the meeting happened in Surat.

5. The Call to Arms: Formation of Azad Hind Fauj (April 1942)

Netaji Subhas Chandra Bose announced the formation of the Indian National Army (Azad Hind Fauj), galvanizing efforts against British colonial rule. This caused a sudden dam breaking attack on the British government and shook it from its base, proving the ultimate level of leadership of Netaji Subhash Chandra Bose.

6. Cyclone Nargis: A Storm's Aftermath (April 27, 2008)

Cyclone Nargis formed over the Bay of Bengal, later devastating Myanmar; its formation prompted regional alerts, including in India. This experience led Indians to be cautious about nature's furies.



April's Legacy of Discovery: Milestones in Science

Baijayanta Chatterjee

Class:X

Ushered in an era of Scientific and Technological advancements, a distinct, yet powerful image flashes through our inmost eye as we saunter across the word "April", an image symbolising the dawn of a new beginning, the zenith of a new Spring, and the incoming Summer. Without further ado, let's delve straight into some of the most amazing scientific discoveries made in April which have found perpetual significance across the globe.

1. The Structure of DNA:- On 25th April, 1953, Watson and Crick published their paper on the double-helix structure of DNA.
2. Human Genome Project:- April 14th 2003 marked the completion of a draft sequence of an entire Human Genome.
3. An Amphibian Mystic:- The Tapir Valley Tree Frog was discovered and recognised as it's own distinct species in early April 2022.
4. Saurian Hypothesis:- Brachial hypotheses regarding Tyrannosaurus Rex's stubby arms were published in April 2022 revealing it's dynamic usage.
5. A Plausibly Habitable Exoplanet:- NASA declared the discovery of an Earth-sized exoplanet, Kepler186f, in mid-April 2014 in the Kepler186 system.
6. Gas Giants:- Insights regarding the birth of Gas Giants were published in April 2022.
7. An Astrophysical Marvel:- April 2019 marked the discovery of ionised Buckminsterfullerene (C_{60}^+) in interstellar space.
8. A New Element:- On 13th April, 1784, Bergman confirmed that the substance isolated from a bismuth ore was Tellurium, a new Element.
9. Plunkett's Accident:- Roy Plunkett's accidental polymerization of tetrafluoroethylene led to the discovery of Teflon in early April 1938.
10. Balmer's Observation:- On 15th April, 1885, Balmer's publication of the spectral frequencies of Hydrogen helped in unravelling the atomic structure.

Of course, this article merely scratches the surface of the scientific milestones which had gained impetus in the inevitable month of April. In the grand scheme of things, the world is a vast domain, stretching far beyond futile comprehensive capabilities, and it is only via the boons of Science that we, human beings, stand firmly at the highest peak of the food chain

365 Days of Learning: My Year as a Student

Deepam Halder

Class:X

As we step into the new academic year we are filled with excitement and anticipation. The next 12 months promise to be a thrilling adventure, packed with challenges and opportunities. To make the most of its journey that makes the use of both academic and 'pal' moments (cuz as someone said, "school life should not be wasted") I've created a roadmap to the glory that includes -----

April-June(summer vacation, new academic year, Gaming, and IPL)

These few months are meant for resting after completing the last year's quota. Unwinding and relaxing during summer vacation is absolutely necessary. Gaming marathons with friends cannot be avoided at all and lastly enjoying the legend's IPL

July-September(New Academic Session)(Once again!!)

The real studies are to be done in these few months but before that we need to get familiar with new class-teachers and classmates, maths and science should not be taken as cup of tea along with olympiads. Inter-school and intra-school competition are to be nailed now, and along with that we ought to focus on new chapters, class notes and home works and we should also keep in our mind that Half yearly will soon break the door for testing us.

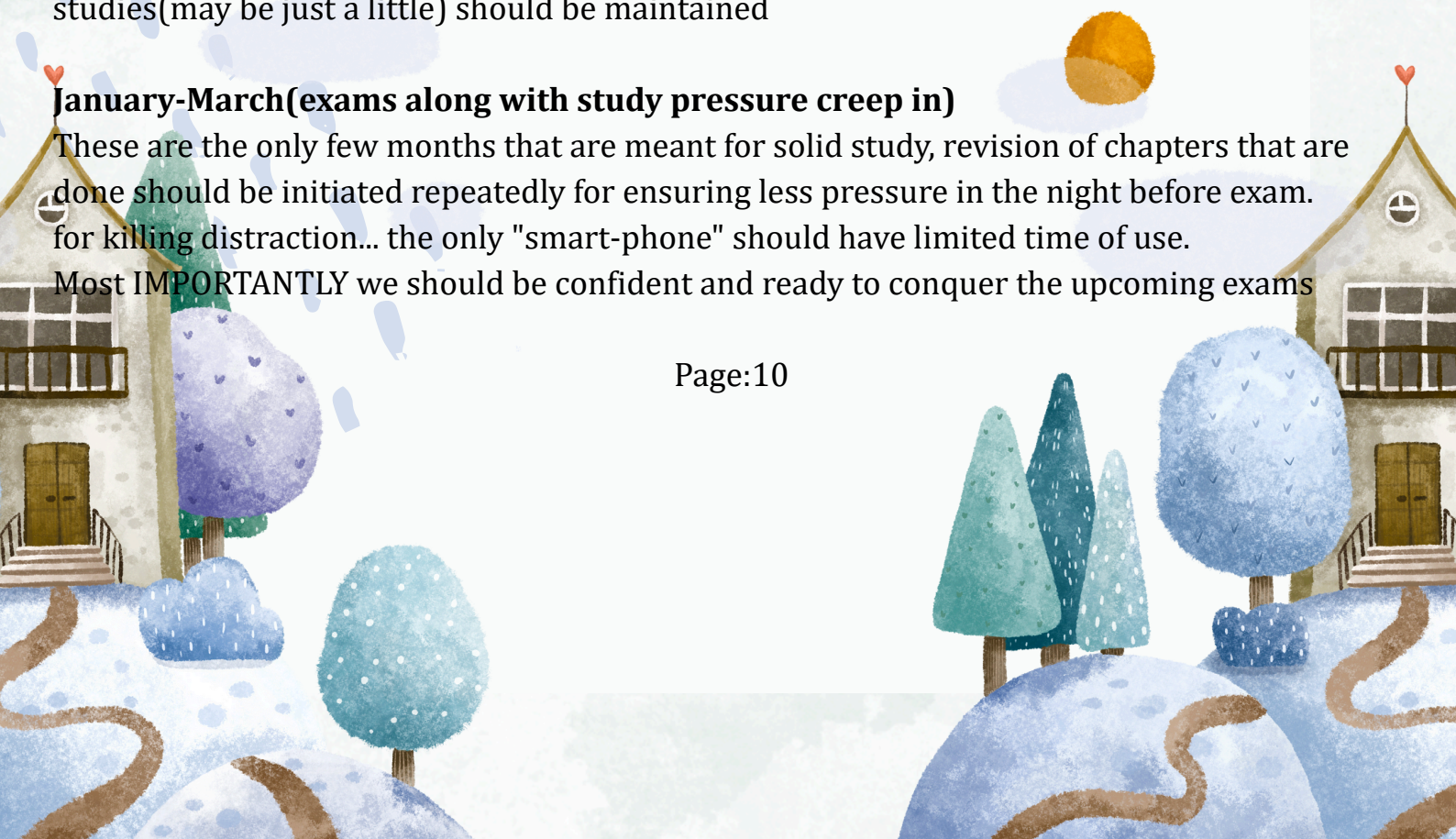
October-December(Festive Frenzy)

In West Bengal we have 13 festivals in 12 months but out of all of them the festivals of October and December have special place in our heart, which means no studies in these days(well...there are always exceptions)
group works on innovative science project should be worked on, also the momentum with studies(may be just a little) should be maintained

January-March(exams along with study pressure creep in)

These are the only few months that are meant for solid study, revision of chapters that are done should be initiated repeatedly for ensuring less pressure in the night before exam. for killing distraction... the only "smart-phone" should have limited time of use.

Most IMPORTANTLY we should be confident and ready to conquer the upcoming exams





1. **Riddle:** The person who makes it has no need of it. The person who buys it has no use for it. The person who uses it cannot see or feel it. What is it?

Answer : A coffin.

2. **Riddle:** I have no beginning, no end, and no middle. What am I?

Answer : A circle.

3. **Riddle:** The more you stretch me, the thinner I become. What am I?

Answer : Rubber.

4. **Riddle:** I fly without wings, I cry without eyes. Whenever I go, darkness flies. What am I?

Answer : The wind.

5. **Riddle:** I am not alive, but I grow. I don't have eyes, but I can cry. You can't touch me, but you can feel me. What am I?

Answer : A cloud.

ANSWERS OF THE QUIZ

1..floG

2.6981

3.aenroC

4..sllec evreN

5..msivitcurtsnoC

6..aumaumuO

7..afilahk jruB

