

ST.THERESE'S SCHOOL PADRAUNA

THERESIAN VOICE

E-MAGAZINE



Mahatma Gandhi

Taking in hand one might, You told us how to fight.

Truth become known to all, Given you freedom to those in thrall.

Nation looks at you as father, You scatter fraternity to all brothers.

Love, non-violence are your power, Thus weapons can no body devour.

We bow our head, say thank you all, For what you did is great at all.

> Janhvi Sharma Class 10th D

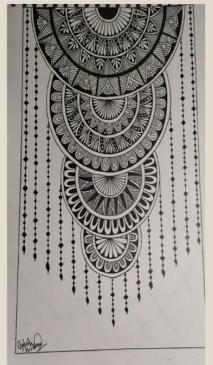
I'll Rise Again

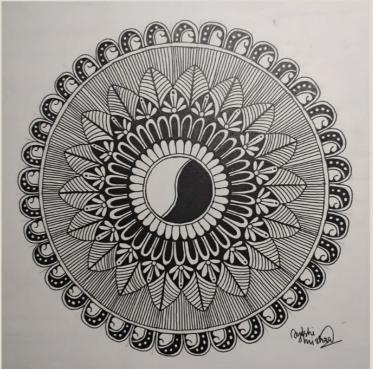
Once I soared where the sunlight stayed,
Strong in my steps, unafraid.

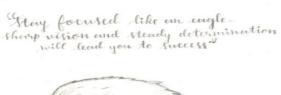
The pages danced, the answers came,
Each day a victory, each test a flame.
But seasons shift, and so did I,
The bright sky dimmed, the winds ran dry.
I faltered, stumbled, lost my way,
Let golden hours fade to grey.
Yet in the stillness, I hear a call,
A voice that says, you can't let it fall.
I gather the sparks, I mend the thread —
The climb's not over, the dream's not dead.
I'll rise again, and when I do,
The sky will know I stayed true.

Navya 9th B











12t

Amrit Kumar Srivastava 9th E



St. Therese's School, Padrauna: A Beacon of Discipline and Holistic Education

Established in July 1986 under the Catholic Diocese of Gorakhpur Education Society, St. Therese's School, Padrauna, is a distinguished Christian minority institution committed to nurturing future generations through quality education and moral values. Affiliated with the Council for the Indian School Certificate Examinations (CISCE), it offers the ICSE and ISC curriculum to learners from LKG to Class XII.

The school's embedded motto—"To Know, To Love, To Serve"—underscores its vision to foster integral development: intellectual, emotional, spiritual, and physical. With a curriculum that spans a wide range of disciplines like languages, sciences, computer applications, moral education, and arts, coupled with co-curricular activities including music, craft, drama, and physical education, the school ensures a balanced and enriching learning experience.

Discipline is at the heart of the school's ethos. A structured approach guides student behavior and progress: regular attendance is mandatory, and students who fail the same class twice cannot continue; leaves must be sanctioned in advance and supported with a medical certificate when necessary. The school enforces strict policies—unauthorized electronic devices are prohibited, and all students must participate in extracurricular and co-curricular activities. Simple, courteous behaviour is encouraged, along with respect for elders and cleanliness of school premises.

This disciplined environment is further reinforced by a collaborative ethos among students, teachers, and parents. The Principal, FrTobin Baby, leads a dedicated team committed to maintaining high standards of academic excellence, creativity, and character-building.

In summary, St. Therese's School, Padrauna, stands as a model of disciplined, inclusive, and holistic education—preparing students not just for academic success, but to serve society with integrity and compassion.

"The Power of the Pause: Why Stopping Can Help Us Move Forward"

Introduction

We live in a world that's obsessed with speed — fast food, quick texts, instant answers. But in this rush, we often forget the beauty of slowing down. Sometimes, the most powerful step we can take is... to pause.

The Science Behind Slowing Down

Psychologists say that when we pause, we give our brain a moment to reset. It's like refreshing a web page that's been loading for too long — suddenly, everything becomes clearer. Studies show that short breaks between work can improve focus, creativity, and even memory.

The Everyday Pause

- In conversations: Pausing before replying helps us choose words wisely and avoid misunderstandings.
- In studying: A five-minute break can help us retain information better.
- In life decisions: Taking time to think prevents regrets later.

The Pause in Nature

Nature has its own pauses — the stillness before rain, the silence before sunrise. These moments remind us that growth often happens in rest.

Why It Matters for Students

As students, we're under constant pressure — exams, assignments, future plans. Learning the art of pausing helps us manage stress and think clearly. Sometimes, the difference between a good decision and a bad one is just a moment of reflection.

Final Thought

Pausing is not weakness; it's wisdom. So, the next time you feel overwhelmed, don't push harder. Stop. Breathe. And then, move forward with clarity.

Charuta Mishra Class: 11th A

"Hit Pause Before You Hit the Wall"

Hey, fellow humans

Life in School feels like a speed race — running between tuition, assignments, group projects, and wondering if "free time" is just a myth. But here's a wild thought: What if we slowed down... on purpose?

The Weird Magic of Doing Nothing

Believe it or not, your brain isn't a machine — it's more like a phone. If you keep running it without charging, it'll just... die on you mid-reel. Pausing is like plugging in your charger. And yes, you need it before exams, not just after.

Daily Life Pauses That Actually Work

- Before replying to a text: Saves you from sending something you'll regret.
- Before panicking over a test: Remember, the Titanic didn't sink because of one iceberg.
- Before arguing with parents: A pause may not win you the fight, but it'll save you from hearing "When I was your age..."

Nature's Got the Vibe

Ever noticed how even nature takes breaks? Nights happen so the sun can chill. Winter exists so trees can take a nap. Basically, pausing is natural — you're just joining the trend.

For the Overachievers

If you think pausing is a waste of time, remember: Olympic sprinters don't run at full speed 24/7. They rest to win. So, technically, you're just training like a champion.

<u>Final Mic Drop</u>

Life's not a YouTube video you need to watch on 2x speed. Sometimes, the best moves happen in slow motion. Hit pause, recharge, and then go conquer your day

Charuta Mishra
Class: 11th A

AI in the Classroom: Friend or Foe?

"Every tool ever made has been both a torch and a shadow — and AI is no different."

Artificial Intelligence has quietly woven itself into our academic lives, becoming a tireless companion — always alert, endlessly patient, and quick to answer. With its gift for condensing chapters, crafting quizzes, and untangling complex ideas, it offers learning that is swift, tailored, and at moments, almost enchanting.

Yet, its brilliance carries a warning. Reliance on AI can dull curiosity, weaken the discipline of independent thought, and replace our creative struggle with effortless convenience. Its knowledge, though vast, is not flawless, and blind trust may lead us astray. Worse still, when used merely as a shortcut for assignments, it steals from us the very effort that builds true understanding.

Al is neither inherently friend nor foe, but a reflection of how we choose to use it. In our hands, it can be a bridge to greater knowledge — or the wall that keeps us from it.

Name: Prajwal Nath Chaturvedi

Class: 12 A

WOMAN: The Nations Pride

The leading part of our society, our family and our nation, Woman who are often referred as mothers, daughters, sisters, plays a vital role in our society. Since earlier ages, women were not as respected as men and were not given the same position as them in the society, they were mostly told to do household chores and were shaped in a way to only look after their family and children. Educationwhich is the right of each and every individual was prohibited for them.

But as the world developed and equality came to existence the women of our society emerged with greater capability than men. In the modern era we have many examples of women who did immensely great in their field and influenced many girls in our society to stand for their rights and convert their passion into profession. Some most influential women were Indira Gandhi who was known as India's Iron Lady, Kalpana Chawala, the first Indian women to go to space, Sarojini Naidu-The nightingale of India, Kiran Bedi-India's first female IPS officer etc. These women showed people, the life of a girl beyond the four walls of a house. Their success changed the mindset of people and brought a major change in the society.

Woman not only represents strength, resilience and potential but also life, nurturing and sympathy. Women are both powerful and soft, a brighter side which engulf the darkness and stands at pinnacle of love and trust.

Anvesha Gupta Class : XI-A

TIME MANAGEMENT HACKS

Time is the one resource we all have in equal amounts, yet some people seem to get twice as much done in the same 24 hours. What's their secret? It's not magic or superhuman powers. It's *time management*. With the right tips, you can stop feeling overwhelmed, overcome procrastination, and have time left for yourself. Here are some tested suggestions to boost your productivity.

1. The 2-Minute Rule

If a task will take less than two minutes, do it right away. Replying to a short email, organizing your notes, or putting away your books after studying saves you from accumulating a pile of small, pending tasks.

2. The Power of Prioritization (a.k.a. The To-Do List Upgrade)

Not all tasks are equally important. Write down your tasks for the day, then identify the top three that matters the most or which requires immediate completion. Focus on completing those first. It's better to finish three high-priority tasks than ten random ones.

3. Time Blocking

Instead of vaguely saying, "I'll study later," assign specific time slots. For example:

- * 4:00 4:30 PM: Finish Math assignment
- * 4:30 5:00 PM: Science revision

This reduces decision fatigue and helps your brain work on cue.

4. The Pomodoro Technique

Work for 25 minutes, then take a 5-minute break. After four rounds, take a longer 15-20 minute break. This method helps you stay focused for a longer period of time while preventing burnout.

5. Digital Discipline

Notifications are the enemy of productivity. Turn them off during study hours. It's better if put your phone in another room and then you can watch your focus improve.

6. Review and Reflect

At the end of each week, spend 10 minutes reviewing what you achieved and what wasted your time. Adjust your approach for the next week. Continuous improvement is essential.

Time management is about creating balance, not just fitting in more work. When you control your time, you control your life — and that's the ultimate tip.

Name - Shaurya Pratap Singh Class- 11 A

WORDS OF LOVE

We come from darkness and go into darkness But our life is colorful on this earth But there are people who live in darkness Right from the time of their birth.

They are deprived of their light
The light of kindness, love and care
Life for them is terrible plight
Darkness surrounds them everywhere.

Every man is born with an untold wealth

Preserved in his heart

He must find out that enormous wealth

And give it away.

Two words of love and consolation
And some help that you can give
Can bring many changes in them and fill their soul
With comfort and joy and make them live .
Two words of love and sympathy
Are like sparks that can ignite
The souls and make them smile , with glee,
It can fill the darkness with light.

These words are like breeze,
That comforts a weary traveler
It has a magical power to ease
The pain of the sufferer.

We have a short time on earth

So let's change someone's unfortunate fate

And live life for all it is worth

Before it is too late.

One School, Many Worlds.

In these halls, a thousand stories breathe.

A painter's brush, a runner's tread, and a scientist's spark.

A singer's song, all under one sky.

We come from different lands of life, carrying a color of our culture, dreams of tomorrow, and memories of our yesterday.

Here, difference doesn't divide. They dance together.

Here, every voice matters. Every dream has space to grow.

One school, many worlds, one heart.

In the library, pages turn like seasons—springing with ideas, whispering the wisdom of ages.

On the playground, we chase goals, not just in games, but in life. In classrooms, we plant seeds of thought that will bloom far beyond these walls.

Every laughter is a shared language, every challenge a shared lesson. We are more than classmates—we are travellers in each other's worlds, learning to see through one another's eyes.

One school, many worlds... yet all moving forward together, writing a single story of unity, hope, and endless possibility.

Name- Bhavika Singh

Class: 11th A

What is Real

It was afternoon,
And I was gazing at the sky.
The white, adorned clouds
Stole my full attention.

Suddenly, a thought struck my mind— Are these beautiful clouds Hiding the vast, endless space?

I often hear,

"The night is dark."

And yes, the darkness once frightened me.

But when I looked up at the night sky,
I was amazed by the twinkling lights.

It felt like the world of my imagination Had come alive before my eyes.

Now, the child within me wonders— What is real? The cloudy sky of day, Or the starry, silent night?

Myths Vs. Facts

Myth: We only use 10% of our brains.

Fact: Brain scans show that we use virtually all of our brain all the time, even when we are asleep. Different tasks activate different regions, but no part of the brain is ever completely inactive.

Myth: Shaving causes hair to grow back thicker and darker.

Fact: Shaving cuts the hair at a blunt angle, which can make it feel coarse as it grows out. It does not change the hair's natural thickness, colour, or rate of growth.

Myth: Different parts of the tongue detect different tastes.

Fact: All taste buds, found all over the tongue, are capable of detecting all five primary tastes: sweet, sour, salty, bitter, and umami.

Myth: Lightning never strikes the same place twice.

Fact: Lightning frequently strikes the same place multiple times, especially tall and conductive objects. The Empire State Building in New York, for example, is struck dozens of times every year.

Myth: Ostriches bury their heads in the sand to hide from predators.

Fact: Ostriches dig shallow holes in the ground for their nests. They are often seen putting their heads in the nest to turn their eggs, which from a distance looks like they are burying their heads. When threatened, their first instinct is to run.

Myth: It takes seven years to digest chewing gum if you swallow it.

Fact: While the base of gum is indigestible, it doesn't stay in your stomach. It passes through your digestive system at a normal rate and is excreted like other non-digestible matter.

Myth: Chameleons change colour to blend in with their surroundings.

Fact: Chameleons primarily change colour to regulate body temperature, express their mood, and communicate with other chameleons.

Myth: You will catch a cold if you go outside with wet hair.

Fact: Colds are caused by viruses. Being cold or having wet hair does not cause the virus to appear; you have to be exposed to it from another person to get sick.

Myth: Albert Einstein failed mathematics in school.

Fact: This is completely false. Einstein was a gifted math student from a young age and had mastered differential and integral calculus before he was 15.

Myth: Microwaving food destroys its nutrients.

Fact: Microwaving is one of the best methods for preserving nutrients in food. Its short cooking time and the fact that it uses less water than boiling helps retain more vitamins and minerals.

Myth: Bulls get angry when they see the color red.

Fact: Bulls are color-blind to red and green. They are provoked by the threatening, waving motion of the matador's cape, not by its color.

Myth: People in the Middle Ages believed the Earth was flat.

Fact: It was widely known among educated people since the time of the ancient Greeks that the Earth was a sphere. The idea of a "flat-earth" belief in the Middle Ages is a myth that became popular in the 19th century.

Myth: Coffee stunts your growth.

Fact: There is no scientific evidence to suggest that coffee or caffeine consumption hinders growth in children or adolescents.

Myth: Cutting nails after sunset brings bad luck.

Fact: This comes from old times when there was no electricity—cutting nails in low light was risky. Today, it's just superstition.

Armaan Ahmad Ansari Class - 10th B

The First Ray

When the night is heavy, and dreams seem far,
I follow the glimmer of a stubborn star.

Through whispers of doubt and storms in my way,
I rise, for I know there will always be day.

The path may be twisted, the climb may be steep,
But roots run strong where promises keep.

With ink on my hands and fire in my chest,
I'll write my own story, I'll give it my best.

Some call it luck, some call it fate,
But I call it courage to open the gate.

For the first ray belongs to those who dare,
To dream beyond limits, to fight, to care.
So here I stand, on the edge of my flight,
Carrying my hope into the morning light.
The sun bows low and the shadows fade—
A new chapter awaits, and I'm not afraid.

THE FUTURE OF LEARNING

The future of learning is characterized by personalization, technological integration, and a focus on holistic development. It emphasizes adaptable learning experiences, driven by AI and other technologies, that cater to individual needs and foster creativity, critical thinking, and collaboration. This includes a shift from traditional, content-focused education to a more competency-based approach that prepares individuals for a rapidly changing world.

Here's a more detailed look at the key aspects of the future of learning:

1. Personalized Learning:

AI and Adaptive Technology:

All and machine learning will play a crucial role in tailoring learning paths to individual student needs, preferences, and pace, according to a Moodle article.

Data-Driven Insights:

Educational systems will leverage data analytics to identify knowledge gaps, predict future learning needs, and personalize learning experiences.

Individualized Learning Journeys:

Learners will have more control over their learning paths, choosing resources and approaches that align with their goals and interests.

2. Technological Integration:

Virtual and Augmented Reality:

VR and AR technologies will create immersive and engaging learning environments, allowing learners to interact with simulations and real-world scenarios.

Digital Learning Platforms:

Online platforms will provide access to a wide range of learning resources, tools, and communities, enhancing collaboration and knowledge sharing.

Blended Learning Approaches:

Combining online and in-person learning will offer a flexible and effective way to deliver educational content and support diverse learning styles.

3. Holistic Development:

Focus on Competencies:

Future learning will emphasize developing essential skills like critical thinking, problem-solving, creativity, and collaboration, alongside subject-matter knowledge.

Whole-Child Development:

Educational systems will prioritize the well-being and social-emotional development of learners, fostering resilience, empathy, and a growth mindset.

Lifelong Learning:

Learning will be viewed as a continuous process that extends beyond formal schooling, encouraging individuals to adapt and grow throughout their lives.

4. Adaptability and Flexibility:

Evolving Educational Models:

Education systems will need to adapt to the changing needs of the workforce and society, incorporating new technologies and pedagogical approaches.

Skills for the Future:

Learning will focus on developing skills that are relevant to the future of work, including adaptability, digital literacy, and the ability to learn and relearn throughout life.

Open and Accessible Learning:

Efforts will be made to ensure that learning opportunities are accessible to all, regardless of background or location.

5. The Role of Educators:

Facilitators of Learning:

Teachers will transition from lecturers to facilitators, guiding learners through personalized learning experiences.

Integration of Technology:

Educators will need to be proficient in using technology to enhance teaching and learning.

Support and Guidance:

Teachers will play a crucial role in providing support, feedback, and guidance to learners, fostering their motivation and engagement.

Jagriti Yadav X B

- Did you know? Your stomach gets a new lining every 3–4 days to prevent it from digesting itself!
- Did you know? An octopus has threehearts and blue blood.
- Did you know? Honey never spoils—even 3,000-year-old honey is edible.
- Did you know? Your fingerprints are unique, but so are your tongue prints.
- Did you know? Sharks existed before trees!
- Did you know? Sloths can hold their breath longer than dolphins.
- Did you know? A day on Venus is longer than a year on Venus.
- Did you know? Hot water can freeze faster than cold water—this is called the Mpemba effect.
- Did you know? Some cats are allergic to humans.
- Did you know? The Eiffel Tower grows taller in summer due to heat expansion.

Akhil Srivastava 11th A

Our School – A Legacy of Nation Builders

When I look at the proud wallsof St. Therese's School, Padrauna,I don't just see classrooms and corridors—I see a place that has nurtured dreamers, leaders, andchangemakers. Our school, which started in 1986, has grown from humble beginnings into an institution that shapes responsible citizens for tomorrow.

The journeybegan when Fr. John Vianneytook the lead in startingan English mediumschool in Padrauna. The first classes were held in a rented house with the help of the CMC sisters, and our first Priest-in-charge, Fr. Augustine Thekkel CST, guided the foundation with dedication. Over the years, our school shifted locations and expanded, finally moving to its modern campus on Pandey Deoria Road in 2017.

What truly makes ourschool special is notjust its historyor buildings, but the students who once studied here and are now contributing to the progress of our country in different ways. Our alumni include doctors, engineers, IAS officers, professors, defence personnel, entrepreneurs, teachers, and social workers. They are workingacross India and even abroad, in roles that support healthcare, education, governance, science, and innovation.

One of our proud seniors now serves in the Indian Administrative Service (IAS), playing a key role in rural development. Another alumna is a renowned doctor who works tirelessly to improve healthcare in tribal regions. Some have joined the armed forces, protecting our nation with courageand honor. Many are involved education, lighting the path for future generations. These success stories remind us that the values, discipline, and education we receive at St. Therese's go far beyond the classroom.

The schoolhas been led over the years by several dedicated principals and teachers. From Sr. ModestaCMC, the first principal, to our current principal, Fr. Tobin Baby, each leader has played an important role in shaping the culture of hard work, respect, and excellence. Affiliated with the Council for the Indian School Certificate Examinations (CISCE), New Delhi, our school received ICSE affiliation in 2000 and ISC affiliation in 2003. This has helpedmaintain high academicstandards and prepare students for competitive challenges.

As a proud studentof Class 7, I am inspired every day by the stories of those who walked these halls beforeme. I hope that one day, I too can make my school and my country proud.

"I wish & pray for my school to grow like a bloominggarden, where everystudent is a bright flower spreading the fragrance of wisdom and love, adding beauty and strength to our great nation."

> Raghavendra Pratap Singh Class: 7th B

"What you consume forms your body, mind, and soul."

According to the mystic tradition of the east, all that you think you are is nothing but food. Your body is food, your mind is food, your soul is food. Beyond the soul there is certainly something that is not food. That something is known as anatta, no-self. It is utter emptiness. Buddha calls it shunya – the void. It contain nothing but itself; it is content-less consciousness.

Whilethe content persists, the food persists. By food is meant that which is ingested from the outside. The body needs physical food; without it, it will start withering away. This is how it survives, it contains nothingbut physical food.

Your mind contains memories, thoughts, desire, jealousies, power trips, and a thousand andone things. All that is also food; on a more subtle plane it is food. Thought is food.

Hence, when you have nourishing thoughts your chest expands. When you have thoughts that give you energy, you feelgood. Somebody says something good aboutyou, a compliment, and look what happens to you-you are nourished. And somebody says something wrong about you, and watch--it is as if something has been snatch from you, you are weaker than you were before. The mind is food in subtle form; it is the inner side of the body. Hence, what you eat affects your mind.

Do you know this immensely important fact about Indian history? Indianever attacked any country in its whole historyof ten thousand years, why? The same humanity exists here as it exists everywhere else, but it is just that a different kind of body is created a different mind.

Down the ages, there has been a search for a kind of food which, instead of strengthening the mind but willhelp it to finally dissolve; a kind of foodwhich, instead of strengthening the mind, will strengthen meditation, no-mind. Watchwhat you allowinto your mind. Avoidsituations in which you are unnecessarily burdened with rubbish. You already havetoo much as it is, you need to be unburdened of it. Talk less, listen only to the essential, be telegraphic in talking and listening. If you talkless, if you listen less, slowly, you will see that cleanliness, a feeling of purity, as if you have justtaken a bath, willstart arising withinyou. That becomes a necessary soil for meditation to arise.

Farzeen Firoz 10 B

Believe in Yourself – The First Step to Success

Every great achievement begins with a simple belief: "I can do it." Whether it's scoring well in an exam, winning a competition, or mastering a new skill, self-belief is the fuel that turns dreams into reality.

Life as a student is full of challenges — difficult subjects, busy schedules, and moments when giving up seems easier. But it's important to remember that even the tallest mountain can be climbed if we take one step at a time.

Mistakes and failures are not signs to stop; they are lessons to grow. Thomas Edison, who invented the light bulb, once said, "I have not failed. I've just found 10,000 ways that won't work." Each setback is simply a stepping stone toward success.

The secret is to stay consistent, work hard, and never lose hope. Surround yourself with positivity, set small goals, and celebrate your progress — no matter how small it may seem.

Your potential is greater than you think. So, the next time doubt whispers, let your determination speak louder. Remember, success is not about being the best in the world — it's about being the best version of yourself.

Every day is a fresh page in the story of your life. Don't wait for the right time - create it. Dream big, work hard, and stay positive. Even small steps forward can lead to giant leaps tomorrow.

Remember: "Your only limit is your mind."

"The future belongs to those who believe in the beauty of their dreams." — Eleanor Roosevelt

Ayushi Mishra Class: - 11th A

The Wooden Bench

The wooden bench stood under the old peepal tree, a little to the left of the tea shop, where the road bent towards the hills. It wasn't much to look at—two planks, faded to the colour of dried earth, held together by rusting nails. But in the long afternoons of the hills, it was never truly empty.

I had taken the bench as my favourite spot. It gave me a clear view of the winding road below and, if I turned a little, the slow, green river in the distance. There was comfort in sitting there, sipping hot tea from a chipped cup, and watching the world go by. Reading my favourite book line by line.

One early winter morning, I found a girl sitting there. She was slender, with hair falling loosely over her shoulders, and a sketchbook balanced on her knees. She looked up briefly, then went back to her drawing. I noticed how her pencil moved quickly, catching the bend of the hills, the curve of the road, the droop of the peepal leaves.

"What are you sketching?" I asked.

"Everything," she replied softly, without looking up.

Her name was Amara, and she had come from the plains. Her father ran a small tailoring shop in town; her mother, she told me, was unwell. She didn't go to school anymore. "There was no money for fees," she said, matter-of-factly, "but I don't mind. I like to draw."

We became quiet companions—sharing the bench without speaking much. Some days, I brought her pencils. Other days, she'd show me her drawings: the river after rain, a goat grazing by the road, the tea shop owner pouring tea.

One afternoon, when the winter fair came to town, I took a few of her sketches to the crafts stall. I didn't tell her. I only watched from a distance as people stopped, pointed, and even bought a few.

The next week, I found Amara on the bench, her eyes glowing. "Someone asked if I could make a sketch of their house," she said, almost breathless. "They'll pay me!"

And so the bench became her studio. Passersby stopped to see the girl who could draw the hills as if they breathed. Her sketches began to travel further than she ever had—tucked into envelopes, hung on walls, framed in sitting rooms.

When spring came, Amara left for the city with a local schoolteacher who had found her a place in an art institute. The bench felt emptier after that, though I still sat there with my tea, watching the road.

Years later, I received a letter. It was from Amara. She wrote of exhibitions, of friends, of sending money home. And at the end, she wrote, "If you ever come to the city, there's a bench in my studio. It's old and wooden, and it's waiting for the person who gave me the support to......to stand on my own." The peepal leaves rustled above me as I folded the letter.

Some benches, I thought, are not meant for resting. They are meant for beginning....they are meant for unplanned relations.

Navya 9th B



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