



# ST.THERESE'S SCHOOL PADRAUNA

## THERESIAN VOICE

E-MAGAZINE



VOLUME - IX

# Tips For Weak Students

♥ Study not because you are forced, but because your future self is silently counting on you.

What you learn today will make your tomorrow easier and brighter.

🌱 You are not weak; but you are not stuck.”

Learning takes time, and even small movement forward is real progress.

Everyone learns at a different speed, and that is perfectly okay.

📅 Study a little every day, not everything in one day.

Small daily effort helps your mind understand better and feel less stressed.

👉 Making mistakes means you are trying.

Mistakes are part of learning and help you improve step by step.

⏸ Do not compare yourself with others.

Your journey is unique, and growth takes time.

♥ Your marks do not define your worth, but your hard work builds your confidence.

Effort shapes character and belief in yourself, beyond any score.

🌈 Celebrate small achievements.

Understanding one topic or improving a little is a big success.

🕒 Respect your time. When you study sincerely now, you gift yourself freedom later.

Using time wisely today reduces worry and pressure in the future.

💡 “One sincere step forward is better than standing still in fear.”

Trying, even a little, is braver than avoiding work.

📖 Study with hope, not fear. Knowledge grows best in a calm and focused mind.

A peaceful mind understands better and remembers longer.

📅 “Someday, you will thank yourself for not quitting today.”

Today’s perseverance becomes tomorrow’s pride.

💡 When you feel tired or confused, pause—but don’t quit.

Short breaks refresh your mind and give you strength to continue.

★ Believe in yourself even when others doubt you.

Confidence grows when you keep trying despite difficulties.

🙏 “God is working in you, even when progress feels invisible.”

Trust that your sincere efforts are never wasted.

Message: 🙏 Trust God and keep trying—He is guiding your journey. He walks with you in your studies, even when the path feels hard.

Prepared By: Jasmin Louis



# TIPS FOR EXCELLENCE IN LIFE

- ☀ Excellence is a gift—use it with humility.  
Talent shines brighter when it is guided by gratitude, not pride.
  - 📖 Learn for wisdom, not just for marks.  
True success is understanding, applying, and sharing what you know.
  - 👉 Even excellent students are allowed to fail sometimes.  
Failures teach lessons that success alone cannot.
  - 🕒 Balance hard work with rest.  
A calm and healthy mind performs better and lasts longer.
  - ❤ Be kind and supportive to weaker students.  
Helping others grow makes your own knowledge deeper.
  - 🌱 Stay disciplined but remain curious.  
Asking questions keeps learning joyful and meaningful.
  - 🌈 Let success inspire others, not pressure you.  
Real excellence brings confidence, joy, and responsibility.
  - ☀ Remember: character matters more than ranks.  
Good values will take you further than grades alone.
  - 🙏 Thank God for your abilities and trust Him for the future.  
Gratitude keeps your heart peaceful and focused.
- Message: ❤ May your success glorify God and inspire others to dream big.
- ~~~~All The Very Best For Your Exams~~~~

Prepared By: Jasmin Louis



## Let Confidence Lead, Not Pressure

Board exams may feel like the biggest challenge of your life, but remember, this is just one phase, not your whole story. Feeling nervous, tired, or scared is normal. What truly matters is that you keep moving forward with hope in your heart.

Focus on your efforts, not the results. Results come later, but your hard work is in your control today. Every hour you study, every revision you complete, and every mistake you learn from is shaping your future. Trust the process, consistent effort never goes to waste.

Do not compare yourself with others. Everyone has a different pace and journey. Believe in your preparation and give your best without overthinking the outcome. When you feel overwhelmed, pause, breathe, and remind yourself how far you have already come.

Stay positive, stay disciplined, and keep faith in yourself. Board exams test your knowledge, not your worth. Keep working with dedication and courage, success will follow in its own time. 🌟

RAJAT SINGH RAGHAV XII



# Falling without Wings

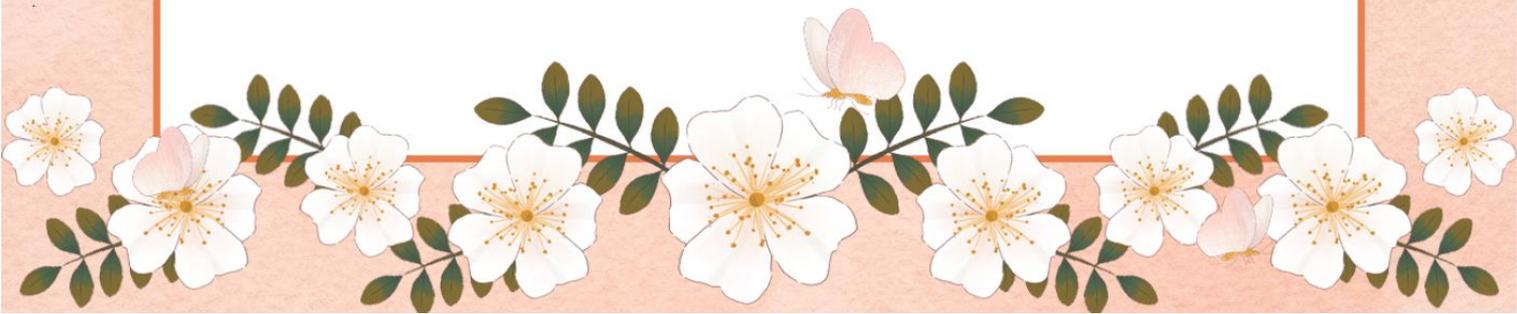
I have lost myself today,  
To God, to time, to fate's cruel play.  
To every voice that pulled me down...  
Yes, I have lost my only crown.

Dreams I wished to let them fly,  
Still lie silent in the sky.  
All I earned slipped from my hand,  
Hope, too, vanished like moving sand.

I have lost...  
Most of all, the war within.

Not worthy of the one I dream to hold,  
Not worthy of the home where I stay untold.  
A daughter they whisper a "curse" to be...  
Yes,  
I have lost the last piece of me.

Jahnawi Mishra  
Class :- XII A



## January: Where Fresh Starts Bloom

January arrives softly, carrying the promise of new beginnings. It is not just the first month of the year, but a gentle reminder that every day gives us another chance to begin again. The cold air of winter teaches us calmness, while the fresh calendar pages invite hope.

Starting a new journey in January does not mean making big promises overnight. It begins with small, honest steps ; waking up with gratitude, letting go of past regrets, and believing in ourselves a little more each day. Like winter mornings, life may feel slow, but deep inside, new growth is already happening.

January encourages us to set intentions, not pressure. To choose progress over perfection. To dream, plan, and move forward with patience. Just as the sun slowly warms winter days, consistent efforts slowly shape a better future.

Let this January be about kindness to others and to yourself. Start fresh with faith, courage, and a peaceful heart. Because every beautiful journey begins with a simple decision: to begin again.

Sanjana Jaiswal  
English Teacher

## Beyond the Hoop: Lessons Basketball Teaches

BASKETBALL IS MORE THAN JUST A GAME OF DRIBBLES AND SHOTS. IT'S A GAME OF FOCUS, TEAMWORK, AND DETERMINATION. EVERY PASS TEACHES TRUST, EVERY MATCH BUILDS CONFIDENCE, AND EVERY LOSS STRENGTHENS THE WILL TO TRY AGAIN.

PLAYING BASKETBALL KEEPS THE BODY ACTIVE AND THE MIND SHARP. THE FAST PACE IMPROVES CONCENTRATION, QUICK DECISION-MAKING, AND STRESS MANAGEMENT; QUALITIES THAT HELP STUDENTS PERFORM BETTER IN STUDIES TOO. BALANCING PRACTICE AND HOMEWORK NATURALLY BUILDS DISCIPLINE AND TIME MANAGEMENT.

ON THE COURT, STUDENTS LEARN TO LEAD, COOPERATE, AND STAY CALM UNDER PRESSURE. THESE LESSONS GO FAR BEYOND THE GAME AND SHAPE STRONG, CONFIDENT PERSONALITIES.

YOU MAY NOT PLAY PROFESSIONALLY, BUT EVERY GAME MAKES YOU STRONGER, SMARTER, AND MORE RESILIENT. BASKETBALL DOESN'T JUST TRAIN PLAYERS; IT BUILDS CHARACTER.

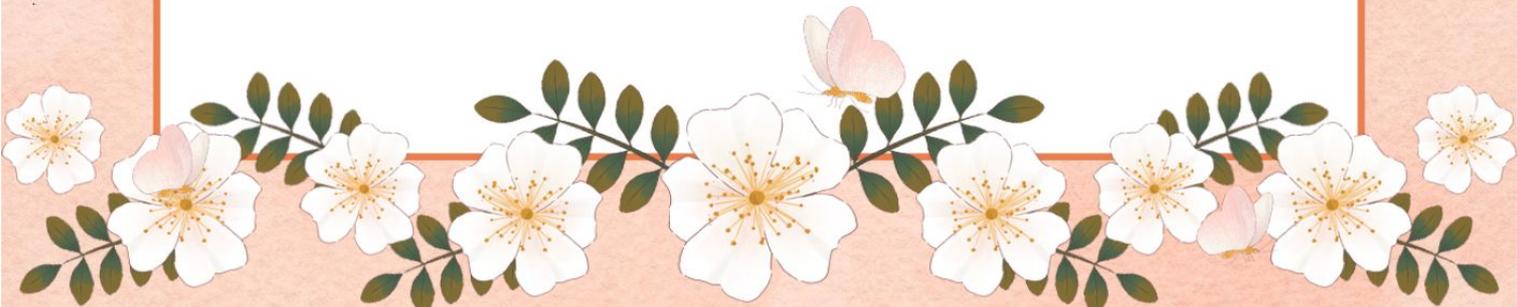
PRIYA GUPTA X C

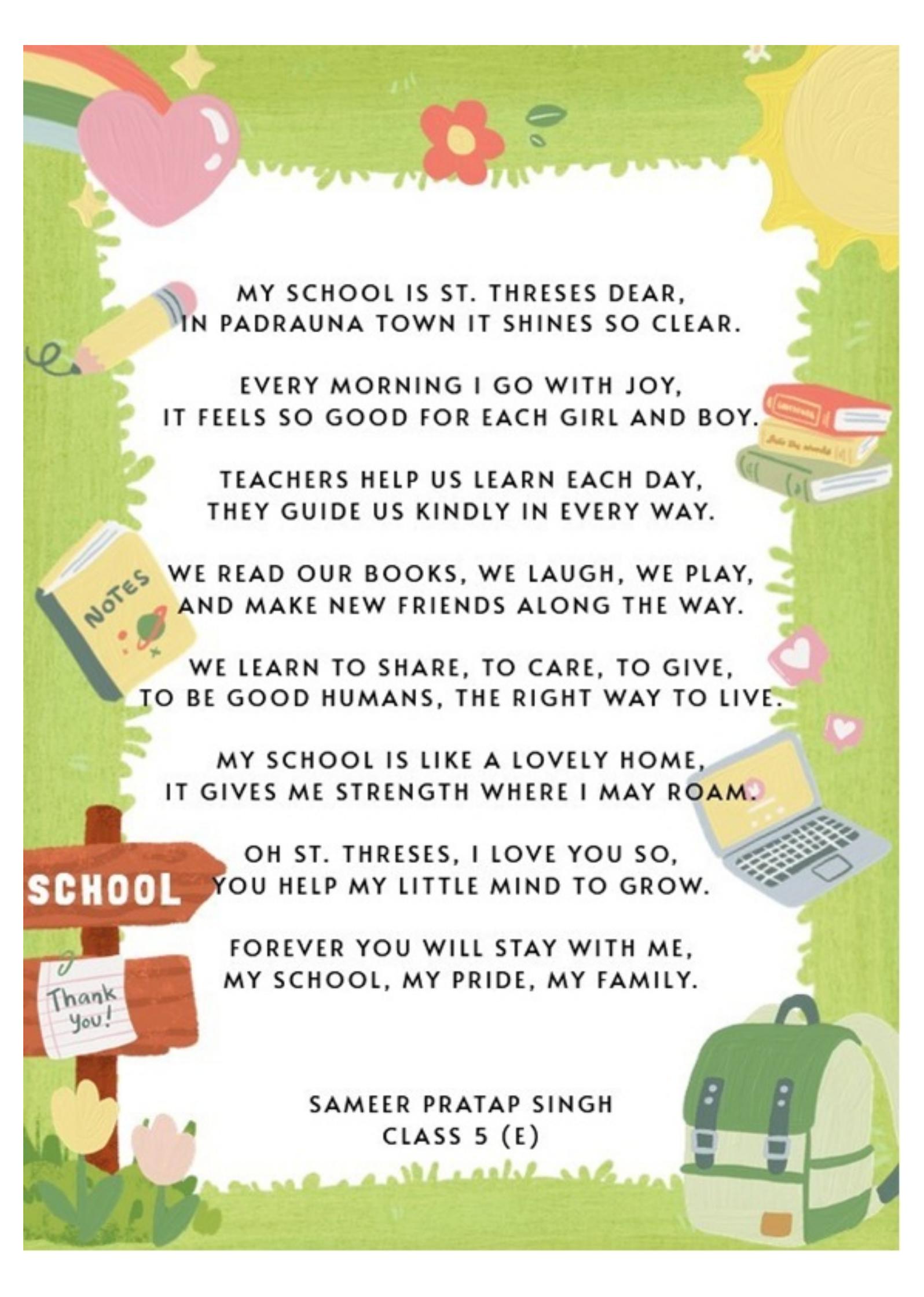


# नारी शक्ति

नारी सिर्फ कोमलता नहीं,  
वह साहस की पहचान है।  
हर मुश्किल से लड़ना जानती,  
वह खुद में एक तूफान है।  
घर की चौखट से निकलकर अब,  
आसमान को छू रही है।  
अपने हौसलों के दम पर,  
नई कहानी बुन रही है।  
कलम, किताब, विज्ञान, सीमा,  
हर मोर्चे पर आगे बढ़ी।  
जो कभी कमजोर समझी गई,  
आज वही सबसे मजबूत खड़ी।  
सम्मान मिले, अधिकार मिले,  
हर नारी को उड़ान मिले।  
जब नारी आगे बढ़ेगी,  
तभी देश को पहचान मिले।

— भाविनि श्रीवास्तव (कक्षा 5-ई)





MY SCHOOL IS ST. THRESES DEAR,  
IN PADRAUNA TOWN IT SHINES SO CLEAR.

EVERY MORNING I GO WITH JOY,  
IT FEELS SO GOOD FOR EACH GIRL AND BOY.

TEACHERS HELP US LEARN EACH DAY,  
THEY GUIDE US KINDLY IN EVERY WAY.

WE READ OUR BOOKS, WE LAUGH, WE PLAY,  
AND MAKE NEW FRIENDS ALONG THE WAY.

WE LEARN TO SHARE, TO CARE, TO GIVE,  
TO BE GOOD HUMANS, THE RIGHT WAY TO LIVE.

MY SCHOOL IS LIKE A LOVELY HOME,  
IT GIVES ME STRENGTH WHERE I MAY ROAM.

OH ST. THRESES, I LOVE YOU SO,  
YOU HELP MY LITTLE MIND TO GROW.

FOREVER YOU WILL STAY WITH ME,  
MY SCHOOL, MY PRIDE, MY FAMILY.

SAMEER PRATAP SINGH  
CLASS 5 (E)

**St. Thereses School  
Padrauna**

## **Winter**

The street cars are  
Like frosted cakes—  
All covered up  
With cold snowflakes.  
The horses' hoofs  
Scrunch on the street;  
Their eyelashes  
Are white with sleet.  
And everywhere  
The people go—  
With faces TICKLED  
By the snow

**- Maahika Goel**

# THE ROSE GARDEN ANTHEM

Little flower of Carmel,  
Saint of Our own day\*  
Lovingly we come to you\*  
To Learn your little way\*  
To Learn your little way\*

Dear St. Therese, do not turn away,  
Drop Down just one little rose,  
The rose we need today  
Jesus and His Mother smiled on you  
from Birth  
Now you spend your Heaven  
In doing good on Earth\*  
In doing good on Earth\*



## Nature & Its Blessings



Nature wakes the world with gentle light,  
In golden dawns and silver nights.  
She feeds the fields with rain and sun,  
A quiet work, yet never done.

Her rivers sing of patience deep,  
Her forests teach the soul to breathe.  
From fruits that grow to winds that heal,  
Her gifts are true, her touch is real.



She shelters dreams in mountains high,  
And paints our hopes across the sky.  
In every leaf and grain of sand,  
Lies grace we barely understand.



The children of today softly say,  
"We want green paths to lead our way."  
Away from smoke and noisy streets,  
Toward trees, fresh air, and flowing streams.

They dream of earth both clean and kind,  
With love for nature, heart, and mind.

~ Mehvish Zehra  
Class 5<sup>th</sup> B





# **ST.THERESE'S SCHOOL PADRAUNA**

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