





Immaculate conception convent School Vineet khand-6 gomti nagar lucknow Affiliated to icse & isc board



A IMMACULATE WAVE FORTNIGHT wagazine



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FROM THE PRINCIPAL'S DESK

SR.TESSY ANTONY

Dear Students, Teachers, and fellow friends,

On the auspicious occasion of Independence Day, I convey my hearty greetings to you all and Pray to Almighty to bless us with eternal fragrance of freedom and sovereignty. As immaculatarian, it is our utmost duty to promote national integration in all walks of life and to work hard and smart for the guiding principles of our great organization. The greatest service of our metherland is to do our duty sincerely and honestly. We all are an 'India' in ourselves and if we clean, clear, promote the space which we occupy as individuals and fill this space with patriotism, devotion and dedication, this will prove a milestone in the service of mother India. On this Independence Day May God free us from the chains and barriers which come in our way of eternal and universal philanthropic progress.



FROM THE PEN OF

SR.PREMA

VICE PRINCIPAL

"HAPPINESS"

CREATING YOUR OWN HAPPINESS MEANS DEVELOPING A STRONG SENSE OF SELF-AWARENESS AND SELF-COMPASSION. BY SETTING MEANINGFUL GOALS, FINDING PURPOSE IN DAILY ACTIVITIES, AND MANAGING STRESS EFFECTIVELY, YOU BUILD INTERNAL STRENGTH. THIS SELF-SUSTAINED HAPPINESS MAKES YOU LESS AFFECTED BY EXTERNAL EVENTS OR OTHERS' ACTIONS. INSTEAD OF DEPENDING ON OUTSIDE VALIDATION OR MATERIAL THINGS, YOU FIND JOY IN PERSONAL ACHIEVEMENTS AND INNER QUALITIES, LEADING TO A MORE STABLE AND LASTING SENSE OF WELL-BEING.

THANAK YOU

HOW TO IMPROVE OURSELF IN STUDIES

"UNLOCK YOUR POTENTIAL: TIPS TO IMPROVE YOUR STUDIES"

Hey there, young learners! Do you want to become a superstar student? Here are some cool tips to help you improve your studies and reach your full potential:

- **1. Set Goals**: Set achievable goals for yourself, like completing homework on time or scoring well in a test. This will help you stay focused and motivated!
- 2. Create a Study Schedule: Plan out when and how long you'll study each day. Make sure to take breaks too!
- 3. Use Your Time Wisely: Use your free time to study or read, instead of watching too much TV or playing video games.
- 4. Practice Active Learning: Don't just read your notes passively! Summarize them in your own words, make flashcards, or create concept maps.
 - **5. Ask for Help**: If you're struggling with a subject, don't be afraid to ask your teachers, parents, or friends for help.

6. STAY ORGANIZED: KEEP YOUR NOTES AND MATERIALS TIDY AND ORGANIZED, SO YOU CAN EASILY FIND WHAT YOU NEED.

7. TAKE CARE OF YOURSELF: GET ENOUGH
SLEEP, EAT HEALTHY FOOD, AND
EXERCISE REGULARLY. A HEALTHY BODY
AND MIND WILL HELP YOU LEARN
BETTER!

8. REVIEW REGULARLY: REGULAR REVIEW OF WHAT YOU'VE LEARNED WILL HELP SOLIDIFY IT IN YOUR MEMORY.

9. STAY POSITIVE: BELIEVE IN YOURSELF AND YOUR ABILITIES. DON'T GIVE UP, EVEN WHEN THINGS GET TOUGH!

10. SEEK INSPIRATION: FIND PEOPLE WHO INSPIRE YOU TO LEARN, LIKE SCIENTISTS, AUTHORS, OR EXPLORERS!

REMEMBER, IMPROVING YOUR STUDIES TAKES TIME AND EFFORT, BUT WITH PERSISTENCE AND PATIENCE, YOU CAN ACHIEVE YOUR GOALS! SO, GO AHEAD, UNLOCK YOUR POTENTIAL, AND BECOME THE BEST VERSION OF YOURSELF! TO LEARN, LIKE SCIENTISTS, AUTHORS, OR EXPLORERS!

Joshua Sngh



Real Independence means Unshackling Ourselves from Mental and Emotional Bondage

As we celebrate our nation's independence, let us not forget the true essence of freedom. Real independence extends beyond political autonomy; it is a state of mind, a liberation from the shackles of societal expectations, personal fears, and emotional baggage.

Real independence means:

- Embracing individuality and self-expression
- Breaking free from the chains of conformity and societal norms
- Cultivating mental clarity and emotional intelligence
- Taking responsibility for our choices and actions
- Fostering a sense of purpose and direction
- Nurturing meaningful relationships and connections
- Embodying resilience, adaptability, and growth
 As we strive for real independence, we become the
 architects of our own lives, crafting a destiny that reflects
 our authentic selves. Let us celebrate this profound
 freedom, and may it inspire us to create a world where
 everyone can live unshackled and thrive.

MS.NANDINI GOPAL

Vitle: "Empowered minds"

"Learn, grow, and shine so bright, Embrace each challenge with all your might.

Believe in yourself, don't give up the quest,

Your dreams are within reach, do your best.

With every step, with every fall,
Rise up stronger, stand tall.
Knowledge is power, wisdom is key,
Unlock your potential, set your
spirit free."

Samiksha Singh 7 - A



If you try, then give it your all,
Don't hold back, or you might fall.
If you lose one, don't lose the rest,
Keep pushing forward, and do your best.

Don't wait for time, or the perfect day,

Take action now, and seize the way.

The doubters will laugh, and the critics will scorn,

But ignore their noise, and stay focused on your form.

Keep walking the path, where your dreams reside,
And success will wait, with open arms inside.
It's waiting for you, to see you succeed,
So keep achieving, and plant your victory seed.

SHAMAIQRA 6-B

A mere dream

Last night, i saw a dream so much vivid, so serene Until i heard some rustling of leaves Then entered a fragrance sickening I felt, I heard, I tried to run but to my horror, my legs were stern I looked beneath of what felt wrong Surprise! Surprise! my legs

Instead there were branches coming along

were gone,

I screamed, I squealed, I wailed for help But my sobbing were heard by none i felt Next emerged an entity sinister To my dismay, he felt exceedingly familiar It was a human with a menacing thought Just then, my face turned

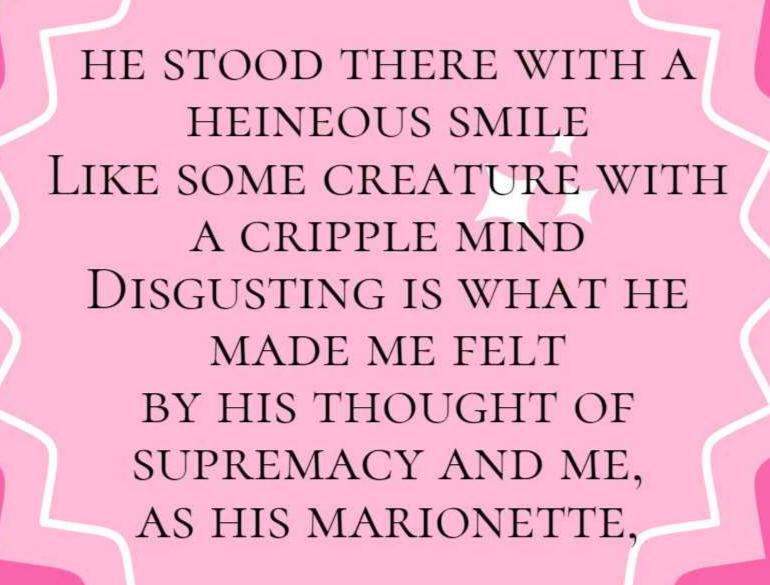
to left

What i saw next, made me welp

He held an axe dripping with blood

It felt like i was his victim third

But before getting his hands on me,



As his shaft swung in air, I snapped out and realized it was a *dream mere*

ANUSHKA VAISH CLASS X A





Awarded with Certificates and Trophies

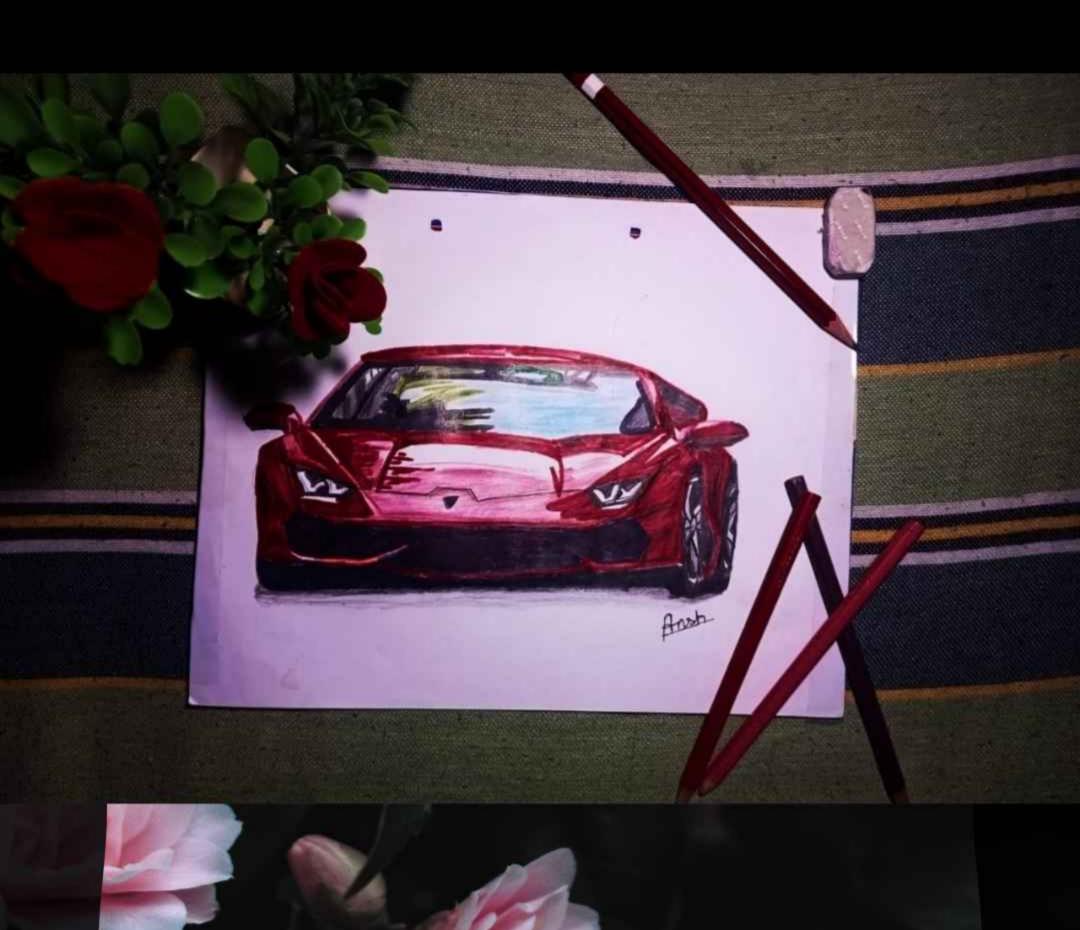
AT
Mount Carmel
Inter College

<u>Event</u>
Canzonetta
Blitz





CREATIVEART



ANSH





"Tiny Patriots Unfurl the Tricolor Spirit"

The kindergarten section was abuzz with patriotic fervor as the tiny tots celebrated the tricolor flag with great enthusiasm.

The young learners, dressed in tricolor attire, gathered for a fun-filled morning of activities.

The children made tricolor flags, sang patriotic songs, and recited rhymes, showcasing their love for the nation. They also enjoyed tricolor-themed snacks and drinks, adding to the festive spirit.

The highlight of the day was a special assembly where the children unfurled a giant tricolor flag, symbolizing unity and pride. The tiny patriots waved their flags, beaming with pride, as they celebrated the spirit of India.

The tricolor celebration aimed to instill patriotism and national pride in the young minds, and it was heartwarming to see the children embracing the spirit with such enthusiasm!













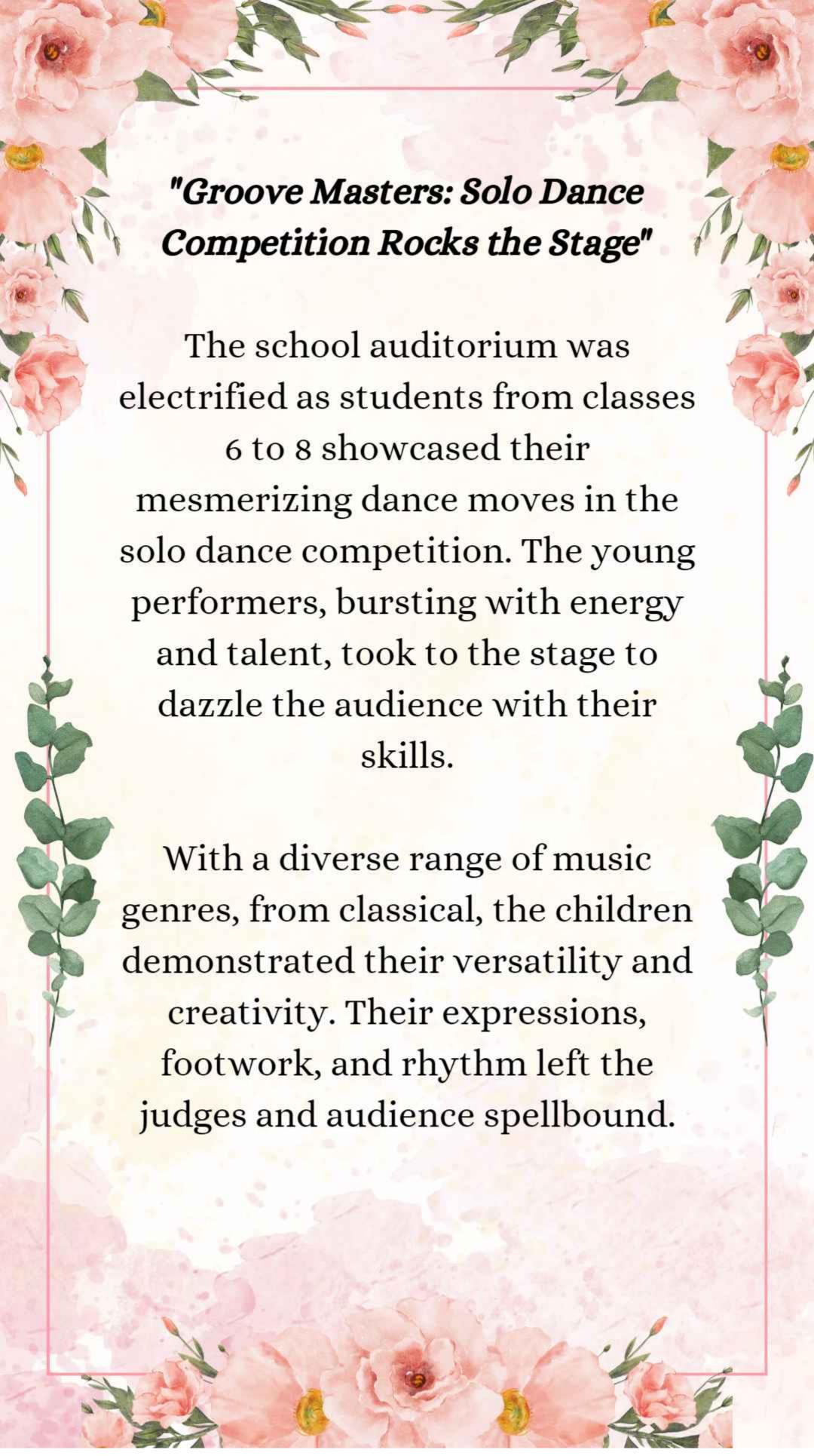














"Colors for a Cause: Students Unite for Green India Mission"

The school's art room was abuzz with creativity as students from classes 1 to 10 participated in the "Green India Mission" painting competition. The young artists, fueled by their imagination and passion for the environment, brought their vision of a greener India to life on canvas.

With vibrant colors and thought-provoking themes, the children depicted their ideas on conservation, sustainability, and eco-friendliness. From lush forests to renewable energy, their artwork showcased a range of innovative solutions for a greener tomorrow.

The competition aimed to raise awareness about environmental issues and inspire students to take action. Congratulations to all participants on their outstanding artwork and commitment to a sustainable future!





Independence Day

Independence Day Celebration

It took hundreds of years for us to break the shackles ol slavery and the country got the freedom on 15 August, 1947. As this year India celebrates her 78th Independence anniversary, the Immaculate children enthusiastically participated in the festivities as well. With a March Past that was pumped up with patriotic slogans to beautiful dance performances, heartwarming singing and speeches, the day was dedicated to the praise of Mother India and our freedom struggle.







March-Past





