

## FROM THE DESK OF HOS-



Ms. Radhika Pahwa (Head of School)

#### Women: The Real Architects of Society

Women have always played a crucial role in shaping society, often acting as its backbone through their contributions in various spheres of life. From nurturing families to leading nations, women have been instrumental in the progress of civilizations.

Traditionally, women were confined to household duties, but history is filled with examples of those who defied norms and reshaped society. Leaders like Indira Gandhi, Malala Yousafzai and Marie Curie have left indelible marks in politics, education and science. Even at the grassroot level, women contribute immensely as educators, caregivers, entrepreneurs and activists.

A Mother is a child's first teacher, instilling values that form the foundation of a strong society. Women in education shape young minds, while female leaders advocate for equality and justice. In business and technology, women drive innovation and economic growth. Their resilience, empathy and ability to multitask make them exceptional builders of communities.

Despite challenges like gender discrimination, women continue to break barriers and redefine societal norms. As society progresses, recognizing and supporting women's contributions is essential for a more just and developed world. Keeping this in mind, our school has initiated with NCC Cadets in girls' category who are ever ready to extend their committed service to the society.

Truly, "There is no tool for development more effective than the empowerment of women." – Kofi Annan

As women have the inherent potential to shape the future with wisdom, strength, generosity and compassion.



#### NCC: SERVICE BEFORE SELF

In the PM Rally Event, 14 cadets from our school participated and set a world record by performing dances from 12 states in just 2 minutes.

1. Sara pal.	11B
2. Kavya Raghav	9D
3. Samriddhi	8A
4. Vamika	8E
5. Radhika	8E
6. Vanshika	8E
7.Kavya Dutta	8E
8.Mohisha	8E
9.Jayant	8D
10.Garv	8E
11.Yugantar	8E
12.sania	9A
13.Ananya	9A
14.Simran	9E



Two of our cadets, Mohisha Mehra (8-E) and Jayant (8-D), received the Medallion Award from the ADG for their extraordinary performance in the PM Rally Event.

Third Officer Monica Sharma received the 'ADG Commendation ' Award from Additional Director General NCC DELHI DIRECTORATE Major Gen Sunjay P Vishwasrao



# राज्य स्तरीय वाद विवाद जूनियर हिंदी प्रतियोगिता

तितिक्षा पब्लिक स्कूल के कक्षा सातवीं के छात्र नक्श चुग तथा कक्षा छठी के छात्र कृष्णा अरोरा ने तृतीय स्थान प्राप्त किया। जहाँ दिल्ली के 12 क्षेत्रों के प्रथम स्थान प्राप्त प्रतियोगी थे। इससे पूर्व छात्रों ने क्षेत्रीय तथा जिला स्तरीय प्रतियोगिताओं में प्रथम स्थान प्राप्त किया था। छात्रों को सर्टिफिकेट, ट्राफी तथा 500 रुपए का नकद पुरस्कार भी मिला।छात्रों के इस प्रयास के लिए विद्यालय उन्हें हार्दिक शुभकामनाएँ देता है।



अत्यंत हर्ष का विषय है कि 'तितिक्षा पब्लिक स्कूल' के 58 छात्रों जिन्होंने कक्षा दसवीं में हिंदी विषय में 90 तथा 90 से अधिक अंक प्राप्त किए। उन्हें 'हिंदुस्तानी भाषा अकादमी' के द्वारा ' भाषा दूत सम्मान से सम्मानित किया गया। यह कार्यक्रम अंबेडकर भवन, जनपथ पर आयोजित किया गया था। तितिक्षा विद्यालय के लिए यह एक गौरवान्वित अवसर है।

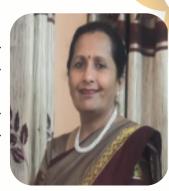


### वैश्वीकरण का नकारात्मक प्रभाव

यह हमारे सामाजिक मूल्य ही थे जिन्होंने आज तक भारतीय वल्लरी को अक्षुण्ण रखा है।इतनी विभीषिकाओं को झेलते हुए भी हम शान से जीवित है लेकिन वैश्वीकरण जैसे हमारी एक-एक जड़ को तहस-नहस कर रहा है। हमारे एक-एक मूल्य को मिट्टी में मिलाता जा रहा है चाहे खान-पान हो, चाहे रहन-सहन हो, चाहे वेशभूषा हो या पूजा पद्धतियों के तरीके, सब में गिरावट ही देखने को मिल रही है।

वैश्विकवाद का सबसे बड़ा प्रभाव पड़ा आज के टूटते हुए संयुक्त परिवारों पर, जो एकल परिवारों का रूप ले चुके हैं। आज एकल परिवार समाज की क्या छवि प्रस्तुत करते हैं एक शिशु की करुण आवाज में सुनिए

अंजन में मिलावट है कि मंजन में मिलावट है पले आया की गोदी में की ममता में मिलावट है



रुचिका अग्रवाल हिंदी विभागाध्यक्ष

याद कीजिए अपनी माँ के द्वारा लोरी गाकर सुलाना, बच्चों से बच्चों की तोतली आवाज में बात करके उन्हें खाना खिलाना और उनके साथ हँसी ठिठोली करते हुए जैसे खुद उनके साथ बड़े होते जाना क्या यह आपने किसी घर के आँगन में देखा है अरे साहब आजकल आँगन ही कहाँ है तो यह सामाजिक मूल्यों के हास की चरम सीमा है। बच्चे और माँ बाप तो छोड़िए आज स्थिति यहाँ तक पहुँच गई है कि यदि पति दिल्ली में काम कर रहा है तो हो सकता है उनकी मेम साहब कहीं देश से बाहर काम कर रही हो क्योंकि वैश्वीकरण ने हमारे अंदर बस एक भावना पैदा की है कि बाप बड़ा न भैया सबसे बड़ा रुपैया। दुष्यन्त की कुछ पंक्तियाँ वैश्वीकरण के द्वारा सामाजिक हास को प्रकट करती हैं-

कैसे मंज़र सामने आने लगे हैं गाते गाते लोग चिल्लाने लगे हैं अब तो इस तालाब का पानी बदल दो ये कँवल के फूल कुम्हलाने लगे हैं।

## आस्था की डुबकी में सराबोर भारत

भारत अपनी विराट संस्कृति और परंपरा के लिए वर्षों से जाना जाता है। वेद, पुराण और उपनिषद् हमारी धरोहर हैं। वर्तमान समय में बह रही भक्ति की इस लहर में भारत ही नहीं संपूर्ण विश्व से चिर - परिचित हस्तियों सहित भारतीय लोग आस्था की डुबकी प्राप्त करने का सौभाग्य प्राप्त करने के लिए प्रयागराज की ओर उमड़ रहे हैं।

ऐसा माना जाता है कि महाकुंभ में स्नान करने से शारीरिक और आत्मिक शुद्धि प्राप्त होती है। जीवन में सुख-समृद्धि भी आती है। मन में सकारात्मकता का वास होता है।आशा है कि आस्था और विश्वास का यह संगम सदैव बना रहे और भारतीय संस्कृति की पहचान वर्षों - वर्षों तक दीप्तिमान रहे।





अंकिता पाल हिंदी अध्यापिका

#### DIGITAL DETOX

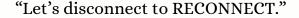
#### "TAKE A BREAK FROM THE VIRTUAL TO EMBRACE THE REAL."

Are you constantly glued to your phone, scrolling through social media and feeling overwhelmed by the constant barrage of news updates? Do you find it challenging to focus on your work or enjoy quality time with loved ones without the distraction of your smart devices? If so, you're not alone. In an era of digital connectivity, many of us have become slaves to our screens. But , what if there was a way to break free from this cycle and bring structure back into your life? The answer lies in fasting from social media and smart devices, a transformative practice that can help you regain control of your time, thoughts and emotions. In today's hyper-connected world, it's easy to get caught up in the allure of social media and the never-ending stream of news. We've become conditioned to seek validation through likes, shares and comments, turning us into people pleasers who constantly seek external approval. This addiction to our devices not only impacts our productivity but also affects our mental health, leading to anxiety, depression and a sense of disconnection from the real world. Fasting from social media and smart devices is a conscious choice to temporarily disconnect from the digital noise. It's an opportunity to recalibrate your relationship with technology, regain control over your time and reconnect with yourself and those around you. Here are some strategies to help you embark on a successful digital fast:

Designate Screen-Free Times

Set clear goals

Replace digital habits with healthier alternatives like meditation, reading, exercising etc. So, My dear learners, are you ready to take the plunge and embark on a digital detox? Your well-being and personal growth await.







MS. POONAM JOSHI ENGLISH EDUCARER





# STUDENTS' CORNER

#### जिदंगी - हमारी साथी

कोई छोड़कर जाए या न जाए, जिदंगीं हाथ नहीं छोड़ती। अकेले चलने वाले रास्तों पर, हमारे साथ हैं चलती। अगर मन में बल है, समझ जिंदगी संग है। रात में तारे देखने हैं, यह तुम्हें दिखाती है। हमें आगे खुद बढ़ना है, उतार-चढ़ाव से संभलना है। अंतिम छोर तक चलना है। जिदंगी के साथ चलना है। जिदंगी हाथ नहीं छोड़ती, हमारे साथ हैं चलती।



मधुपरणा दत्ता 7 F



#### GLOW WITH THE FLOW

Anything can become your everything, if you look at it with serenity, It's what leads you to prosperity. But remember to treat it with sincerity Because what can come, can go. It all depends on the flow, because life is your boat and you decide where it goes. Don't take a chance or you'll drown Because what drowns can never be found Like the Mariana trench is this sight You think but never can keep it in your sight

Like a blind man you walk alone at night with regret, to have caught the fish when it still was in your might



Neelakshi Pareek Grade-11



# **BLESSINGS CEREMONY**

To seek divine blessings for the success of board students, our school organized a Havan Ceremony on 8th Feb, 2025. The auspicious event was conducted in the school premises with great devotion and positivity.

The ceremony began in the morning with the chanting of Vedic mantras by the priests, creating a serene and spiritual atmosphere. Students, along with their teachers and school staff, participated in the ritual with full enthusiasm. The sacred fire (havan kund) was lit, and offerings were made to invoke blessings for wisdom, concentration, and success in the upcoming board examinations.







# SCRIBBLE DAY: "SCRIBBLES TODAY, MASTERPIECES TOMORROW!"

Scribble Day was celebrated with great enthusiasm at Titiksha Public School on 11 February. 2025.. The event aimed to encourage creativity, self-expression, and fun through spontaneous and unrestricted doodling.

Students freely scribbled, drew, and wrote messages. Some chose to create artistic designs, while others expressed their thoughts in humorous or motivational words. The activity encouraged teamwork, creativity, and a stress-free environment where everyone could explore their artistic side without any rules or limitations.

The teachers blessed them to have a contented life with enriched experiences.





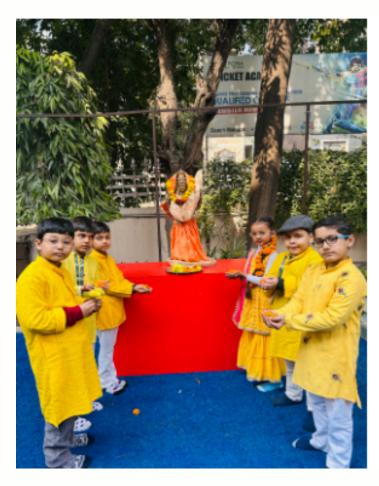


# **BASANT PANCHAMI CELEBRATION**

Future scholars expressing gratitude to the goddess of knowledge and seeking her divine blessings. Adorned in yellow ethnic attire, the little ones offered yellow flowers and prayers to the goddess Saraswati. Celebrating the onset of spring season, the learners also expressed gratitude towards mother nature for blessing us with its bounties.









## YOUNG CHAMPION ATHLETIC MEET

#### Titiksha Public School Shines at Interschool Sports Meet

Titiksha Public School hosted a successful Interschool Sports Meet for students from Playgroup to Class 5, on 4-2-25. The event saw enthusiastic participation from numerous schools across the region. Our students showcased exceptional talent, teamwork and sportsmanship, bagging an impressive laurels of certificates, medals and trophies. The meet provided a platform for young athletes to demonstrate their skills, build confidence and develop a passion for sports.







## YOUNG INNOVATORS DRIVING CHANGE

The Winter Live Projects, conducted in Grades VI-VIII on February 28, 2025, showcased students' innovative ideas on Sustainable Development Goals (SDGs). Through interactive models and presentations, they addressed crucial global issues like health, clean energy, and environmental conservation. The event encouraged hands-on learning, critical thinking and teamwork, fostering a deeper understanding of sustainability. Each project reflected the students' creativity and commitment to positive change. This initiative not only enhanced their problem-solving skills but also inspired them to contribute to a better future. Their dedication to real-world challenges made the event a remarkable success. Young minds, big impact!



