

The Daily Prophet



September-November '23

METANOIA

"The fall term is undoubtedly the busiest time of the year, transitioning from academics to athletics, and terminals to festivals. The Annual Athletic Meet remains the most awaited event, as the campus begins to buzz with the echoes of march past commands, and fierce competition on the tracks. This year's fall semester remained power packed, with a plethora of cultural and sporting events to participate in, and a long list of records to break.

Within such an eventful environment, it's easy to get overwhelmed and neglect your mental and emotional wellbeing, and in times such as these it becomes ever important to strike a balance.

This term's newsletter is centered around the themes of mental, physical and emotional well being. Embodying the spirit of the term, the Daily Prophet brings to you accounts of the meet, jokes and the latest happenings!"

Risha Chaurasia & Kanishka Garg IIA

In my world. I will get through today. I welcome a sense of calm into my life. I give myself permission to feel this way without judgment. It's okay. Everything will be fine. I am brave. I trust the world will help me live my best life. I release tension whenever I feel. I am strong and ready for change. I am freeing myself from stress. I am feeling good and healthy. I feel calm and peaceful inside more than my thoughts. I choose peace. Letting go of worry is coming easy. I release all tension in my body. Only good things come to me. I am blessed. I see the good in myself. I appreciate the goodness in myself. I am proud of myself for making it so far. I am resilient. I love myself. Every day is a gift. I am blessed. I am loved and appreciated, even when it seems like I'm not. My mind is a friend to my body. I let go of negative self-talk. I love the body I was born with. I am a special person. I have a loving relationship with myself. I embrace every bit of myself. I love myself unconditionally. I have the power to create the life I want. I can overcome anything. I am worthy of true love. I feel happy. I feel peaceful. I treat my body with care and love. I treat myself with kindness. I am strong and healthy. I can overcome my fears. I am free from anxiety. I can overcome any stressful situation. I can make it happen. I'm confident. I'm important. I'm unique. I am supported. I can feel the shift towards peace. I know I am worthy of peace. The peace that I need is inside me. Nobody can help me achieve peace but me. The power is in my hands. I know that problems are temporary. All problems have solutions. I am capable of handling anything. I accept myself for who I am. I am building my future. I choose to think positively. My happiness is up to me. I start with a positive mindset. Anything is possible. I radiate positive energy. Wonderful things are going to happen to me. I can take deep breaths. With every breath, I feel stronger. I only compare myself to myself. I can do anything. It is my time to shine. I am worthy just as I am. I am enough just as I am.

Mahi Rawat IIA

"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars."

- Khalil Gibran

HARMONY WITHIN: CRAFTING A LIFE OF MENTAL WELLBEING

Mahi Rawat IIA

In the whirlwind of academic pursuits, extracurricular engagements, and the demands of modern life, a student's well-being often stands as the cornerstone of their success and fulfillment. The academic rigours, coupled with social pressures and personal expectations, often weigh heavily on a student's mind. Consequently, stress, anxiety and other mental health challenges may surface, affecting their ability to concentrate, retain information.

Encouraging open dialogue about mental health, reducing stigma, and promoting self-care practices are fundamental steps in nurturing a positive mental outlook among students. A healthy body is intrinsically linked to a healthy mind. Regular exercise, nutritious meals, and adequate rest form the tripod of physical well-being.

Emotional health forms the bedrock of a student's ability to navigate relationships, cope with stress, and handle challenges. Practices such as mindfulness, journaling, and self-reflection aid in emotional self-awareness and regulation. The holistic well-being of students is not a linear equation but rather an intricate interplay of mental, physical, and emotional factors.



Saadgi Garg 12 CI

Serenade Of Resilience

*In the labyrinth of thought ,
a mind untamed,
Echoes of struggles, emotions unnamed.
Yet, in the depth where shadows play,
A glimmer of hope, a brighter day
Anxiety's storm, a tempest within,
Whispers of darkness, where to begin?
But hold on tight, through the weary fight,
For one day, joy will reignite.
The weight you carry, burdens unseen,
A battlefield within, where scars convene.
Let tears fall freely, like healing rain,
One day, happiness will break the chain.
Through the echoes of internal strife,
Find solace in the dance of life.
Each step forward, a triumph small,
Leading to a day when joy stands tall.
Embrace the spectrum of emotions vast,
Even the shadows shall not forever last.
In the mosaic of feelings, both dark and bright,
One day, you'll bask in the warmth of light.
So, when the world feels heavy, skies gray,
Believe in the promise of a brighter day.
For in the journey through the emotional night,
A sunrise awaits, bringing pure delight.*

Divishi Sojatia, 11D

RS Postcard

Q. What is an underrated aspect of exchanges?

Ans. The memories you create with your host family are certainly to be cherished forever. You enter a uniquely different culture, replete with new experiences. The best part is that you get the opportunity to experience this lifestyle as an active member and not as a tourist. I was welcomed warmly by my host family and was taken around. It's truly akin to having a new family.

Avhaan Narang 11D

Q. What was your best memory in Germany?

Ans. Taking a swim in the lake while discussing life with Aurelia has got to be my favourite. Though making pizza from scratch with my host siblings is definitely a close second.

Anaaya Jaiswal 12CI



Rendezvous with Grace Tillet

Who has been your best friend here? And what's been your best memory?

I have gotten close with all the grade 10 boarder girls and they are all delightful. My favourite memory would probably be the time I spent at Riddhima Kumari's house over for Diwali. The cultural experience has undoubtedly left an indelible mark on me.

You've been participating in the APG too? How has that experience been?

The APG practices have been so much fun and the girls I have been practicing with are really sweet and talented. I cannot wait to perform on the main day.



From the Down Under with Jyotindra Mishra

What was your best memory?

During the weekend we went to the Busselton Jetty, which was the longest jetty in western Australia, wherein everyone started to free dive. As I stood observing, my buddy Ethan came and pushed me off. My life flashed before my eyes as Mr. Forbes helped me out. It turned out to be so fun.

Yet we look unforgivingly upon him since we are somewhat sure that his arrival is linked to India's loss of the beloved World Cup trophy.



ATHLETIC MEET '23

Risha Chaurasia IIA

The 'Clash of the Titans' is a phrase that best describes the Inter-House Annual Athletics Meet. An event that engulfs the entirety of the campus in the spirit of competition and sportsmanship, the meet reignites chants of dedicated houses, as friends turn into foes to compete for the coveted Athletics' Shield. This year's meet was inaugurated by our Principal Dr. Gunmeet Bindra. This was followed by a series of exciting and nail-biting events that ended with a grand closing ceremony, graced by the Chak de India star Ms. Chitrashi Rawat. A testament to the Dalians' unwavering pride, the closing ceremony included a magnificent show by the Equestrian team, and a scintillating Spanish Dance and Zumba performance.

A meet that will be remembered for several years to come, Athletic Meet '23 saw many new records made. Continuing the legacy and displaying the athletic talents, Vikram House lifted the Athletics shield. Meanwhile, Ashok House won the Best March Past Contingent, a feat they won after 15 years! Bharati House, continuing its legacy, lifted both the cups: the Best March Past Contingent (Girls') and the Athletics shield (Girls).



Between the Lines: Interviews with Champions



Q. What do you believe you did differently this year to win the March Past cup?

Ans. We embraced the same strategy as before. But we were forced to end the streak because of the heartache we experienced the year before. Our loss' agony inspired us to take action.

Q. As a house prefect who created history, what do you want your legacy to be? What are your parting comments for the juniors?

It's an honor to make history as a prefect. I want my juniors to understand: unity defines the house. Captains, prefects, along with the batch and juniors, collectively run the house.. It's this spirit that needs to be passed on forever. The trophies will come and go, there will be good batches and there will be mediocre years, but every year Ashokians can.

-Vedant Agarwal, Ashok House Prefect.





Giggles & Grins

A reward for the team managing the prizes, the medal ribbons this time were more manageable, making it easy to untie the knots of both the medals and Shampa ma'am's nerves during the Medal ceremony (Award ceremony) at crucial moments.



Beyond Victory, it's camaraderie !

Q) This being your first Athletics meet here at Daly College, what was your experience like? What are your expectations for the next meet?

Ans. This being my 33rd year in this profession, I have seen quite a few Athletic meets but none like the one held here. It was a pleasant experience even though it was a different format than what I have witnessed. Witnessing several events, passionate participants and the string of broken records was honestly refreshing. Needless to say, the enthusiasm and dedication the young athletes showed was quite commendable and I would like to congratulate them all. As per your second question, I would like if we tried to have heats next year. Why only have 2 participants per house? We never know, maybe the change might help create more record breakers.

Mr. Tushar Bhardwaj, Vice Principal (Pastoral care)

Q) How will this meet be memorable for you?

Ans. The enthusiasm in students for being a part of the meet was commendable. Not only was the meet more organised this time, but also the spirit of students was high. Moreover, the timing was right because there was no examination pressure which made students all prepared and excited.

Mrs. Kirti Jain, HM Ahilya House

NEW CHRONICLES

Senior Goodbyes

BU-19		
Pole Vault	02.86 m	Gourav Jat
400 m Low Hurdles	1min 01.54 sec	Heem Mohan Puthran
200 m	23.37 sec.	Heem Mohan Puthran
BU-17		
200 m	24.47 sec.	Fateh Bahadur Singh
High Jump	1.68 m	Neev Gujarati
Shot Put	12.00 m	Kabir Maini
4x400 m Relay	04 min 04.03 sec.	Vikram House
BU-14		
Javelin Throw	35.50 m	Angad Singh Ubeja
Shot Put	9.09 m	Angad Singh Ubeja
GU-19		
Shot Put	10.33 m	Tanisha S. Rao
Discus Throw	24.70 m	Rishika Y. Deshpande
Javelin Throw	26.08m	Tanisha S. Rao
GU-17		
3000m	14:34.20min	Sidhiksha Shandilya
Javelin	25.80m	Emaira Sethi
High Jump	1.28 m	Sana Parekh
GU-14		
Shot Put	7.32 m	Vrinda Rathore
Broad Jump	3.91m	Yana Jain
GU-12		
200m	29.28sec.	Amaira Kaur Chadha

Q. How would you sum up your last athletic meet in one line?

“Very emotional and power-packed with a grand ending.”

-Jasveer Anand

“Exhausting but full of emotion and excitement at the same time. I'd totally go through it all over again.”

-Anaaya Jaiswal

“My last athletic meet was filled with a rollercoaster of emotions and surprises. It gave me happiness as well as goosebumps along the way. Some situations were not very happening but I would still love to experience it all over once again!”

-Yashaswini Singh

“An exceptional progress for the house this year.”

-Raghumanyu Singh Chundawat

“Struggling to register how one of the several things I would keep coming back to DC for, was my last. The meet never disappoints. We’ve created memories, fulfilling for some, disappointing for some, that’ll linger a lifetime

-Geetika Lath



PAPARAZZI

The Iron Man : Major General Vikram Dev Dogra

Major General Vikram Dev Dogra visited Daly College and addressed the students and staff. He is the only Indian army officer to complete the single day endurance event, more remarkably known as the Ironman Triathlon event at the age of 50. The general talked about achieving his dream, and emphasized on the morality and time management.



Cmdr. Angad Alagh Talk- Risha Chaurasia 11A

Commander Angad Alagh delivered a riveting talk, full of anecdotes ranging from heartwarming to spine-chilling, leaving an indelible mark on everyone present. Commander Alagh masterfully emphasized the importance of determination, unwavering focus, and resilience, underscoring these values as the cornerstones of his remarkable journey.



Swimming with the Shark - Mr. Ashneer Grover

Q. What motivated you to become an entrepreneur and create your own startup?

A.G. : My academic background had a huge impact. It made me realize what I'm capable of and that I have the skills and knowledge to achieve anything I want.

Q. Sir, what do you think of DC?

A.G. : I think that it is an extremely pretty and small world of its own. The beauty and the legacy it holds and not to forget its infrastructure, just is the cherry on the top.

A Rendezvous with Asian Games';Equestrian Pride: Sudipti Hajela (ODA-Batch 2020)



Q1. Who else deserves credit for your victory?

Ans. My horse has played a pivotal role. It's a 50-50 partnership. I also think that it takes a village to achieve success but in my journey, it took a lot more than a village to get here. It was because of my parents, DC and my former school Principal Dr.Sumer Singh, that I was able to reach where I am, and everyone else who contributed in between.

Q2. What served as your motivation throughout your journey?

Ans. Obviously, the country's tricolor has always been my biggest motivator. I always say this to the reporters, which is like my very go-to 'mantra' that 'Bhakti and Shakti' go hand in hand and it helps keep me sane, disciplined, and peaceful.



SPORTS' GAZETTE



IPSC Hockey Boys



IPSC Football

The Daly College team emerged victorious in the IPSC Under-19 Boys' Soccer Tournament, following Tanay Patwari's brilliant last-minute goal, clinching DC's victory.

Tanay Patwari was hailed as the Best Defender. Pratyaksh Patni secured the title of Best Goalkeeper.

-Risha Chaurasia 11A



IPSC Chess



IPSC Table Tennis Boys U-14

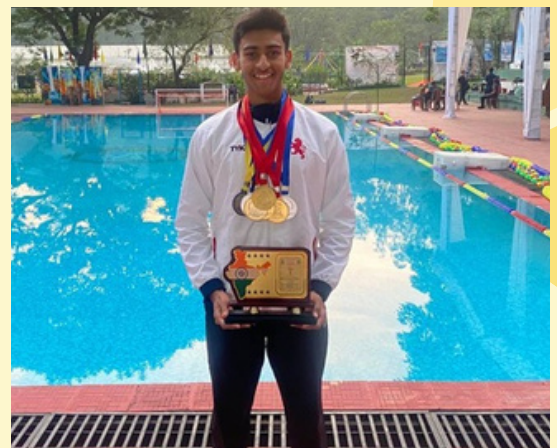


IPSC Shooting Boys

IPSC Aquatics

DC's Swimming Team made an unforgettable splash at the All India IPSC Swimming & Water Polo Championship, Boys 2023-24. The impressive medals tally comprised 6 Gold, 27 Silver, and 14 Bronze medals. Team DC secured the 3rd position, and the Water Polo Team stood runners-up. Abeer Singh Mehta bagged the Best Swimmer award in the Under-17 category.

-Rishaan Bhatia 11CI



Did you know?

- The full name of Los Angeles is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula".
- Venus is the only planet that spins clockwise.
- The Statue of Liberty was once a lighthouse.

RESULTS TALLY

IPSC Hockey Boys U-19	Runners Up
IPSC Shooting Boys U-19	Second Runners Up
IPSC Shooting Boys U-14	Champions
IPSC Shooting Girls	Champions
IPSC Basketball Boys	Second Runners Up
IPSC Athletics	Runners Up
IPSC Chess U-17	Second Runners Up
IPSC Table Tennis U-14	Runners Up
IPSC Hockey U-14 Girls	Runners Up

January 1, 2024 is a Monday: the perfect start to a new beginning. Good luck with your New Year "resolutions"!

NEWS FLASH!

Technology

Elon Musk's startup xAI debuts the AI tool Grok.
 LinkedIn launched an AI-powered tool to enhance content personalization.
 UK researchers design and fly the world's largest quadcopter drone.

International

Al Shifa Hospital, the largest in Gaza ceases operations.
 Ex-PM David Cameron makes a political comeback by becoming UK's Foreign Secretary.
 Nepal government bans TikTok.

Business

Adani Total became the first Adani firm to meet Hindenburg's predicted valuation.

Indore Literary Fest

Daly College hosted the Indore Literary Festival Season 9, welcoming many renowned authors from across the country. The inaugural ceremony was graced by the authors Damodar Mouzo and Prayag Shukla which was later followed by many exciting and interactive sessions moderated by the literary celebrities. The Key speakers were Sonam Wangchuk, Preeti Shenoy, Manisha Kulshreshtha, Dr. Anand Rangnathan, Gitanjali Angmo & Chinmayi Tripathi and Chetan Bhagat. A band performance by Neeraj Arya's Kabir Café on the theme "मत कर माया को अहंकार", captivated the audience and marked the closing ceremony of this prestigious event. Here's a Spotify playlist that you should scan and listen to, ***you won't regret!***

- Mahi Rawat 11A



Highlighting the Israel-Palestine Conflict



"In the shadow of conflict, humanity loses its way, and the echoes of suffering drown out the cries for peace."

The Israel-Palestine conflict, rooted in the 20th century, led to wars and occupation, resulting in a humanitarian crisis. Recent clashes, triggered by tensions over Al-Aqsa Mosque, saw Hamas launching rockets at Israel on a major Jewish holiday. The ensuing violence caused thousands of casualties, displacing half of Gaza's population and taking a heavy toll on civilians.

The relentless cycle of conflict has devastated families and communities, overshadowing the value of human life. The mental impact of the war is profound, especially on children, women, and men exposed to violence and displacement.

Amidst the struggle for land, healing hearts become crucial for lasting peace. The toll on human lives, both physical and emotional, highlights the urgent need for a sustainable solution that prioritizes human well-being over territorial disputes."

May peace be upon the globe!

- Divishi Sojatia 11D

GLORIOUS SUCCESSES!

DAIS MUN

Sarla Birla Conference

RS Zoom Postcard

Mayo College French Fest

Udbhav Utsav International Dance Fest

UID Workshop

RSIC Kenya

Debating sessions at DC

MU20 Summit

Plantation Drive

Under the leadership and guidance of the Principal, Dr. Gunmeet Bindra, Dalians embarked upon pledge of sustainable ecological drive by planting countless saplings in a pursuit of painting the campus a shade greener than before. and inching towards our goal of decorating the college campus for the APG, organically. This plantation drive not only sensitized the students towards nature but also inculcated in them a passion for horticulture and respect for the environment. The students learned the art of plantation and tending to the greenery. This activity reaffirmed the school's commitment to building responsible citizens of the future, who are environmentally conscious and connected to the beauty of soil and nature.

- Risha Chaurasia 11A



RSIC Kenya



Sarla Birla RS



Mayo College French Fest



Udbhav Dance Fest



Service Day 2023



UID Workshop

RATTLE YOUR BRAIN!



8					6	1		7
		5	2	1		3	9	6
	9			5		2		
	7				2	4		
	2	9	1		5			3
5				7	4	9		
9			5	3			7	2
6	1					5	4	9
2				4			3	

Riddle me this!

• In this place, people lie, people cry, and people ask why. In this place, people sleep, people weep, and people's solitude, they keep. What is it?

- Graveyard/Cemetery

• My life is often a volume of grief, your help is needed to turn a new leaf. Stiff is my spine and my body is pale, but I'm always ready to tell a tale.

What am I?

- A book

CRICKET TRIVIA

When was the first ICC World Cup played?

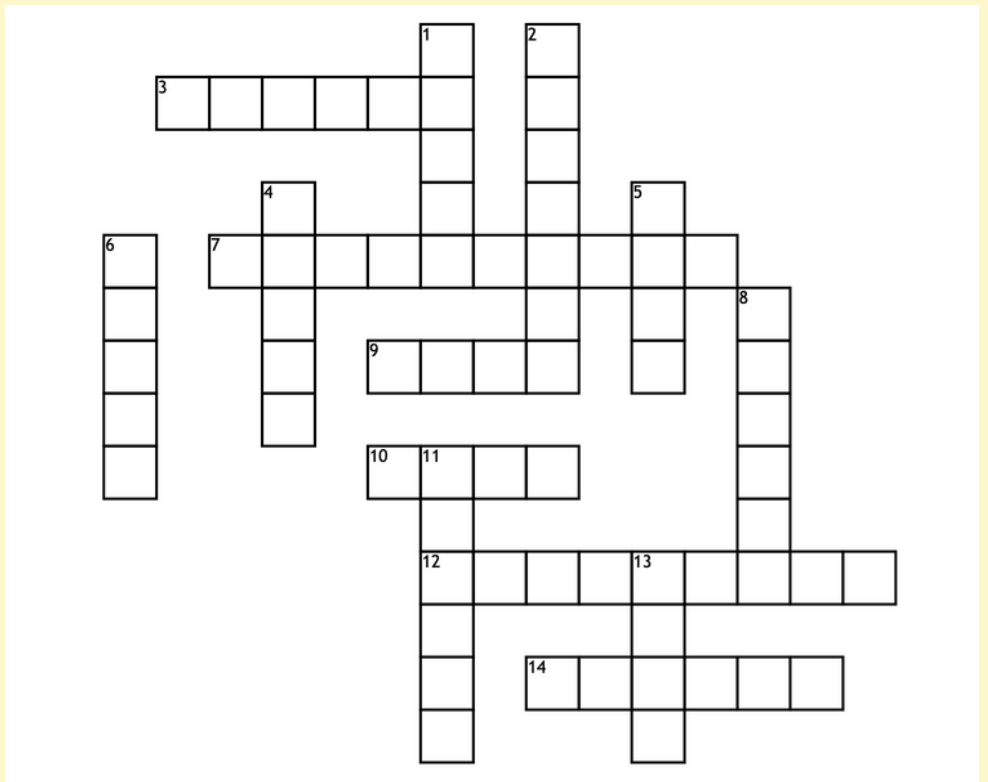
- a)1987 b)1985
- c)1983 d)1975

Which player has recorded the most centuries in Cricket World Cup history?

- a) Ricky Ponting
- b) Virat Kohli
- c) Rohit Sharma
- d) Sachin Tendulkar

Which is the only Asian team at the 2023 World Cup to have a coach from another Asian country?

- a) India
- b) Sri Lanka
- c) Bangladesh
- d) Afghanistan



Across

- 3. In Hinduism, god who is the Pervader or Sustainer (6)
- 7. The creator and sole God of Zoroastrianism (10)
- 9. The king of the Greek gods (4)
- 10. In Hinduism, the god of death (4)
- 12. Gods that lived on mount Olympus (8)
- 14. Creator god, in Hinduism (6)

Down

- 1. Chief solar god in Hinduism (5)
- 2. Incarnations of gods, in Hinduism (7)
- 4. "The Destroyer" in Hinduism (5)
- 5. The supreme creator god in Norse mythology (4)
- 6. Chief solar god in Hinduism (5)
- 8. Goddess of Wisdom & War (6)
- 11. Greek God of the SUN (6) 13. Nile creator god (4)

Answers : 1)Surya, 2)Avatars, 3)Vishnu, 4)Shiva, 5)Odin, 6)Surya, 7)AhuraMazda, 8)Athena, 9)Zeus, 10)Yama, 11)Apollo, 12)Olympians, 13)Ptah, 14)Brahma

FETE SNAPSHOTS AND THE MAKING OF THE MONTAGE



Moments of Pride

LEGACY LIVES ON!

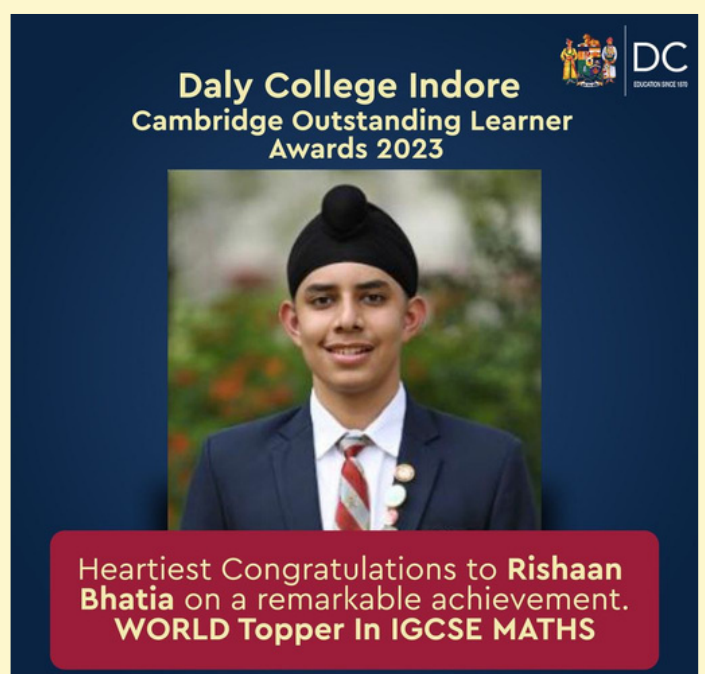
"In the corridors of knowledge, a perpetual light shines, casting an eternal glow on a school's magnificence, reminiscent of aspirations that dance through the tapestry of our dreams."

Daly College proudly marks its name in history, claiming the coveted top school award for a second consecutive year among the distinguished legacy day-cum-boarding schools of the nation. This victory serves as a radiant testament to its unwavering dedication to educational excellence.

- Divishi Sojatia 11D



Pehal Kharadkar secured the runner-up position in the Asian Junior Ranking Tennis Championship's Girls U16 doubles.

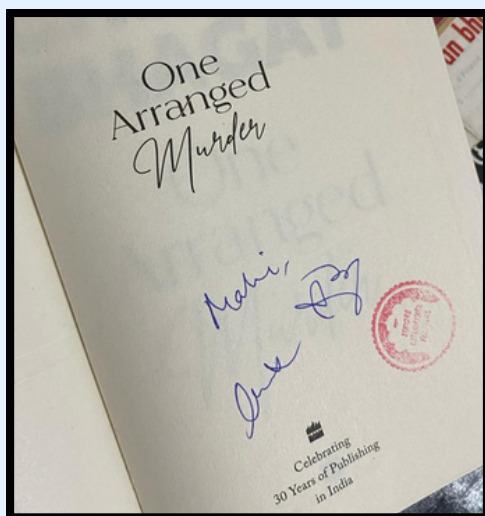
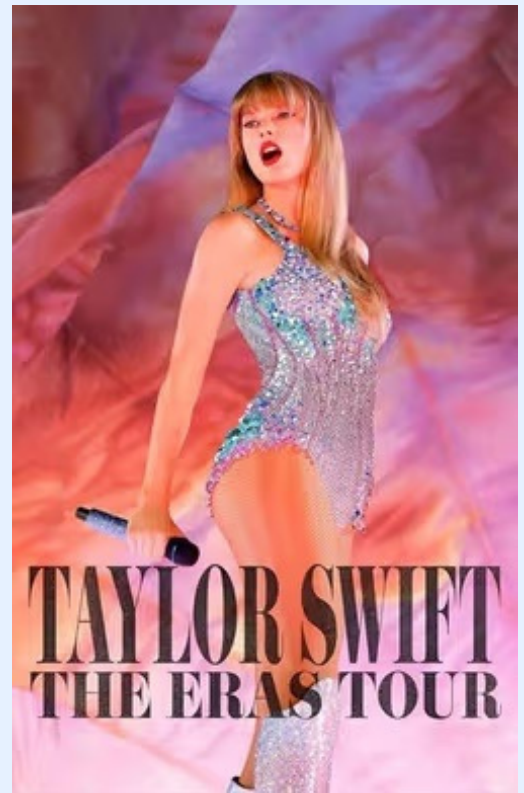


With heritage being the buzz-word at DC, we have surely created legacy as the perfect mark tradition passes on from Prakhar to Geetika and, now, to Rishaan. As athletes take strides and the school, as a whole, continues to excel, we are building upon the heritage that we have always taken pride in.

The ERAS Tour Movie

November brought along a wave of excitement and thrill as the 'Taylor Swift: ERAS Tour movie' FINALLY hit the Indian cinemas! This for some of us was our 'Wildest Dream' come true. Everyone dressing in various outfits based off of Taylor's albums with their own twist to the 'Style' was a sight to behold. Nobody, and I mean absolutely nobody, present there sat down for even a second. Everyone sang and danced their hearts out with the theatre seeming 'Enchanted' by the end of the movie. The 'SWIFTIES' knew every lyric, every chant, and every single hidden meaning 'All Too Well'. I, being a huge fan myself, spent hours preparing my outfit, trying multiple looks before deciding on the outfit I felt was 'The 1'. Not just the movie, but the entire experience of meeting several new people and striking up conversations with them was all we needed to unwind.

- Adrika Yeole 11G



Book Review: 'One Arranged Murder' by Chetan Bhagat

"One Arranged Murder" by Chetan Bhagat is a captivating crime fiction set in Delhi, skillfully blending suspense, friendship, and human complexities amid urban India. Bhagat vividly portrays the city's cultural nuances and metropolitan life, immersing readers in relatable characters. Bhagat's accessible writing style makes it an engaging read, seamlessly combining entertainment with subtle social commentary, offering a compelling page-turner for crime fiction enthusiasts.

-Mahi Rawat 11A

Reflections

~ Kanishka Garg & Risha Chaurasia 11A

A month full of dogged determination, perseverance, and achievements, we Dalians never settle for less. The past month witnessed numerous events, all full of assiduous efforts and sincerity. The school's most awaited Annual Athletic Meet, coupled with the various IPSCs showcased the true spirit of sportsmanship. The plethora of MUNs and Round Square conferences strengthened collaboration while the debating sessions enriched the debating skills of the students. Service projects including the plantation drive and Annual Service Day were a gratifying experience in itself. The Indore Literature Fest hosted by our school welcomed some of the most renowned authors from across the country. The MU20 Summit focused on tackling various challenges.

A lot has happened and a lot is yet to come. We are waiting for the year's most happening and ecstatic events. So let's gear up to embrace the excitement and make the most from the new opportunities coming up ...



Coming Soon!



CHIEF EDITORS' NOTE

- Gauri Chaturvedi & Saadgi Garg

As teenagers, striking a balance between responsibilities and health is essential. The Daly Prophet brings to you glimpses of the past months, highlighting how Dalians have overcome challenges and reached the zenith. Encompassing an expanse of emotions and action, this issue also touches upon the delicate topic of mental health. Continuing its legacy, this issue hopes to reopen a treasure trove of memories across the student community.

With Best Compliments!

How did you like this issue?

Let us know your views, concerns and ideas at
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