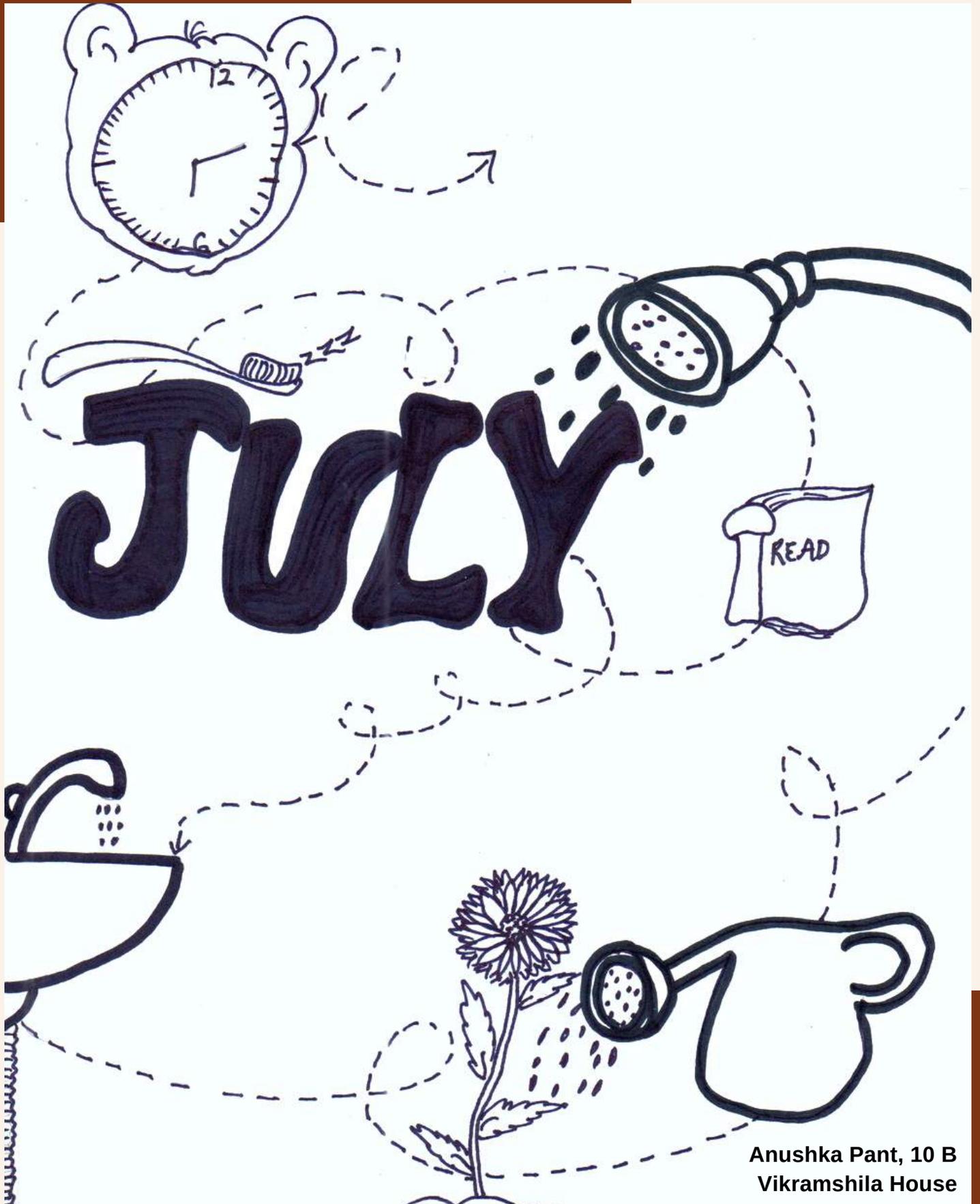


# THINKER'S LEAF

LITTLE HABITS , BIG DIFFERENCE



Anushka Pant, 10 B  
Vikramshila House

## Student Editorial Desk

It gives me immense pleasure at the release of our school magazine July 2022. Early and formative years of childhood are very important in respect of creating habits . It is the exact time in the human life where good habits can be cultivated which stays with us forever. We should always be alert and watchful in the formation of habits.

The new edition is the outcome of the hard work and dedication of my editorial team.

I congratulate them for their diligent efforts to make this magazine a reality . I also express my gratitude to the other coordinating teachers for their guidance . My heartfelt gratitude to everyone who has contributed to this magazine . We hope that leaders will appreciate the honest steps taken by institution to promote true human values to their children.

Wish you all a happy reading.



- Shruti Semwal, XII Arts  
PanchShila House

## Little Habits , Big Difference

**Small habits can make huge difference.**

If we develop a habit, it may take some time to get used to it but once we get used to it, it gives many positive results. Habits can teach you the best way to live your life. If we build a good habit, it will definitely take us to a great path as it will keep on improving every single day.

For building a habit, we have to make sure that it should be something that we really want to do. It has to be something which is really interesting , something which you look forward to pursue.

You don't need to develop elaborate habits for a huge transformation. If you are able to apply that habit successfully, then it doesn't matter whether the habit is small or big.

For example : you can build a habit of looking towards your fear and to overcome it somehow. It helps us to transform the negativity into positivity . The only difference between good habits and bad habits is that good habits leads us to positivity and happiness whereas bad habits leads us to something really terrible which may affect your future goals or ambitions.

To form a habit you should start from building a small habit and then it will automatically take you to a greater end.

*Habits are the compound interest of self - improvement :* - **James Clear**

- **Avantika Bhandari, 9th B**  
**Takshila House**

## Habit of Self Discipline

The day to day things happening in our lives depend upon our habits. Anything which we do repeatedly becomes a habit.



The things which we start doing daily becomes our habit. Habits maybe good or bad. We all catch bad habit very easily and it becomes very difficult to change it. Good habits helps a person to succeed in life. Everyone respects a person who has good habits. One of the best habit a person could have is self discipline. Self discipline means self control.

It helps the person to do things in a given time period, through self motivation and interest. If we have a habit of utilising our time to the best of the capacity then we can surely make a difference and develop hobbies which can further be very advantageous.

- **Shreya Aswal, 10A**  
**Panchshila House**

## POWER OF GOOD HABITS

Our good habits define our future. It creates our good image in other people's eyes. We should religiously follow it. It makes our life more easier and enjoyable. Without having good habits, one can only lead a bore some as well as the troublesome life.

It has been always said that good habits lead to a good life. The power of a good habit is very strong and unflinching. It is truly said that habit is our second nature. Old habits die hard. They live and die with us. Habits are both good and bad. Good habits are like ornaments and the bad are a curse. Rising early, speaking the truth, honesty and good will for others are among some of the good habits. They make us shine in our performance form a good reputation for us and show us the face of success in every field of life. Bad habits like smoking, drinking and gambling give us a timely pleasure. But they ultimately ruin us in the long run.

Manika Trivedi, XII Arts  
Takshashila House

## HABITS AND BRAIN TRAINING OF GOOD OR BAD

A habit is a tendency to do something whether harmful or health promoting. A good habit will help you reach your goals and develop both personally and professionally and you will feel fulfilled. However, not all habits are good.

Habits are driven by reward seeking mechanisms in the brain. They are often triggered by something specific for instance, walking past a cafe and smelling coffee beans can trigger you to want a cup of coffee or feeling stressed at work can trigger you to have a cigarette. After a while habits become repetitive part of your lifestyle.

Here are some others Examples of Habits -

- Brushing your teeth after eating a meal.
- Putting on your seatbelt when you get inside a car.
- Eating sugary or salty food when you are stressed at work.
- Fidgeting with your notebook during a meeting.

Forming habits is the brain way of being more efficient and as far as a brain is concerned more tasks you can complete without wasting time thinking about them, the better it is.

And our brain's tendency to be efficient can be positive. For instance, drinking a green smoothie every morning benefits your health. Not having to relearn how to drive your car every day means you have reliable transportation. Of course, this efficiency can also be negative. For instance, biting your nails every time you have a meeting at work and wreak havoc on your nails or not brushing your teeth after eating can lead to tooth decay.



Tanya Paswan, 7B, Takshashila House

- Ambika Shah, 8 B  
Takshashila House

## **MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING**

Good Habits: A person with bad habits is shunned by the society. Good habits help man to lead a disciplined and serene life. Good habits also help in developing good manners. A person having good habit is loved by everyone and he or she always stays happy with whatever he does. A behaviour that is beneficial to one's physical or mental health is often linked to a high level of discipline and self-control. Good habits are regular exercise, healthy food, balanced diet and all.

"A rich human without having good health cannot live his life to the fullest. That is why it is said that ' health is wealth '. To develop us our body needs to have good habits and be healthy ".

- Tanvi Chauhan, 9th A, Vikramshila House

## **Bad Habits that can Sometimes be Good for You**

- Fidgeting: Help burn calories.
- Chewing gum: Helps boost thinking.
- Playing video games: Helps relieve stress
- Gossiping: Helps build friendships and relieves stress.
- Burping : Helps relieve bloating.
- Being messy: Helps boost creativity.
- Daydreaming: Helps to boost creative imagination .

- Avishek Patwal, 9 A  
Vikramshila House



Anushka Pant, 10 B  
Vikramshila House

## **How a Good Habit Helps Us**

Once upon a time, there was a child named Sam. He was a very indisciplined, impatient and careless child. He did all his work without timetable and without time management. He used his free time very lazily. He didn't want to participate in any co-curricular activities in the school and never reached on time to school or to his tuition. He slept very late, woke up very late and never wanted to do or submit his homework on time. His parents often advised him to do his work at a proper time but he never listened to them and did not even try to follow any of their advices. Sam was very interested in literature. The only thing he did on time was reading a book or writing something.

One day, Sam's literature teacher asked the class that who can write an article on "Faith and Human Spirit". Sam told his teacher that he wanted to write the article. His teacher was very happy with his decision. She selected him for article writing. When Sam reached home he was very excited to do his favourite thing which was writing articles but things got messed up because he had a bad habit of not being on time and doing unnecessary things between all this. Somehow, he just forgot to write an article and the next day as usual he did not reach the school on time. When his teacher asked him what is the reason behind not writing an article and not being on time, Sam could not reply. He was very upset and could not reply and was filled with guilt for not being a good disciplined boy and for being a careless child. From next day onwards, he decided to make a timetable so that he can do his work on time and not forget to do any of his important work. He tried to follow the time table in a disciplined manner as much as he can. After that day, he always did all his work on time. There was a notable change in his routine which became to develop in a habit. This habit of being punctual and disciplined soon became intrinsic in his very nature. Soon Sam made himself capable of adapting some good habits which transformed his nature and character and life all together.

- Nishika Singh, 8th A, Vikramshila House

## What do you think are the reasons behind the degradation of good habits among teenagers?

People in today's world are becoming more practical than emotional. They are leaving behind all their values, habits, emotions in order to get materialistic and momentary success and pleasure. In this rat race of achieving things people are no longer concerned whether the path they are following is right or not, all they want is the fulfillment of their desires. It is really heart rendering to see that the people and teenagers of today are not at all concerned about what character they are building or the kind of human they are. They have their focus on simply earning money and fame in anyway they can. People today are judged by the belongings and not by their being.



Vansh Bahuguna, 7 B, Panchshila

The teenagers today maybe brilliant and intelligent in studies and other activities but they are nil in their character and habit growth. Their heart and soul is devoid of good habits. The teenager today seem merely like machines which only have to fill the goals and are themselves feeling less. The cause of this degradation of habits among the teenagers are-

- it is said that parents are the best teachers any person can ever have. If a child gets a wonderful guidance by his parents he can never go wrong. But the parents today are so busy that they don't have time for their childrens. They are so involved in their work and jobs that take cannot spare sometime to make their children understand the importance of good habit. Apart from their parents, the children themselves are so much involved in them, their studies, etc. They don't take out anytime from their schedule to talk to their guides.
- Children of this Era have developed a new thinking. They have started feeling themselves as the most mature people at they have started taking their decisions on their own without anyone's consent. They have developed thinking that they are the people of the MODERN WORLD and that their elders are orthodox and narrow minded. This feeling makes them take foolish decisions that are capable of ruining their life and the good habits, good things, morals and thoughts are seldom found in their nature.

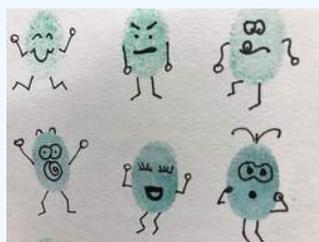
- Anjali Negi, 10th B  
Takshshila House

## How To Build Healthy Habits

A habit is a learned behavior that becomes reflexive over time. We're all creatures of habit. We always wake up the same time everyday and brush our teeth and follow the same routine. Many of us try to create good and healthy habits. Habits take a long time to become an intrinsic part of our life, but they can form faster if we do them more regularly, so we can always start with something which is easy to do. For example, start with a small goal or a target like doing jumping jacks and warm ups everyday rather than going to gym three days a week. Whenever you decide to develop any good habit in you, one of the key elements is to stay optimistic and once you make the decision try and stay very committed to it with consistency. You might have heard that it takes around 21 days to create a habit, but in reality that's not the case. To build a good habit, you need an extra plan, motivation and a routine. When you repeat a habit for a long time it becomes lot more easier to follow. It's just the starting phase that needs a lot of attention. "All Big things come from small beginnings , the seed of every habit is a tiny decision".

- Gauri Thapliyal, 9th B  
Takshashila House





## DID YOU KNOW ?

- The technique of fingerprinting is known as dactyloscopy.
- Scorpions can be found on every continent except Antarctica!
- Snowflakes can take an hour to fall from a cloud to the ground.
- Hawaii is moving closer to Alaska by 7.5cm every year
- A cockroach can live for up to one week without its head.

- Saumya Pant, XII Arts  
Vikramshila House

## RIDDLE

1. My first is in EARLIER, also in LATER.  
My second is in TYRANT , but not in DICTATOR.  
My third is in BREAK , but not in REPAIR.  
My fourth is in CIRCLE, but never in SQUARE.  
My fifth is in DEEP, but not in PROFOUND .  
My whole travels with you, quite close to the ground.

**What am I ?**

2. What number must replace the question mark?  
a) 73942, 24837, 73742, 24637 , ?  
b) 2397, 378, 168, ? , 32, 6

- Pranjal Gupta, X B  
Takshashila House

## BOOK RECOMMENDATIONS

### Amelia Jane Gets into Trouble by Enid Blyton

Genre - Children Storybook, Fiction

Read the book to see how this doll, Amelia Jane dives into a pool of uncontrollable mischief and bother other toys in the playroom . And during one such incident finds herself in a trouble beyond control. An interesting book with easy language and short chapters indeed have an amazing storyline is a must read for all.



### The Midnight Library By Matt Haig

Genre: Sci-fi/contemporary/fantasy

Matt Haig's The Midnight Library comes up with a beautiful concept and touches your heart so deep that it becomes tough for you to not notice your heartbeats. This book tells the story of a 35-year-old Nora Seed, past the night she takes an overdose of medicine and decides to die. She led a regretful life. Her sorrows and sadness and cries were so full for her to seek reasons to be happy. To know what happens next, you better pick this book!



## NATURE CONSERVATION DAY & INTERNATIONAL TIGER DAY



On account of Nature Conservation Day, 28 July, and International Tiger Day, 29 July, Manava Bharati organised some fun filled activities for classes 1st to 8th on 30th July, 2022.

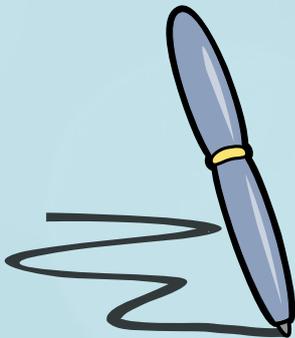
These activities included colouring the images of tigers, joining the dots and colouring the pictures of tigers, making face masks, marking various tiger reserves on the map of India, making wind chimes, making earrings, accessories from papier mâché and face painting. Students showed a lot of zeal and participated enthusiastically. They all brought the required materials for their concerned activities. This was done in 3rd, 4th and 5th period.

After the activities were over, students were told that how tigers were at the verge of extinction once. They were also told that how it is our responsibility that we must have an awareness that habitats of tigers as well as other wildlife species must be conserved otherwise it will be a huge challenge for our eco system to combat the repercussions of it.

Students enjoyed the activities a lot and learnt through them as well.

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## Introducing Our Newly Elected Student Editorial Board



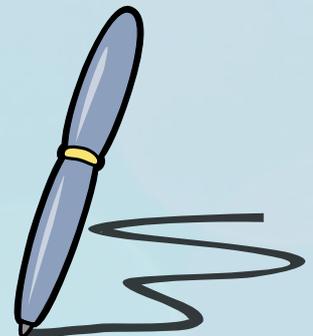
**Shruti Semwal, XII Arts**

**Pranjal Gupta, XB**

**Avishek Petwal, 9A**

**Anukriti Badwal, 8B**

**Aditi Bhargava, 8B**



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