



PANORAMA

JUBILEE HILLS PUBLIC SCHOOL

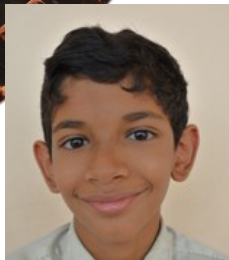
Rampally

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400 YEARS INTO THE FUTURE...



**Jonan Alex
Mathew, 8B**

What would you expect if you time-travelled 400 years into the future? Flying Cars? Robots? Teleportation devices? Well, definitely not a world where nature has taken over the Earth and humanity is reduced to a handful of people because of a disease that spread from a meteor that hit Earth, right?

Well, in Ross Welford's book, 'The Monkey who fell from the Future', that's exactly what happens. This book is one of my all-time favourites. With 298 pages of action-packed fun, this book takes you on a journey that's both thrilling and thought-provoking. You'll meet characters who not only have to survive in a world transformed by nature but also face unexpected friendships and challenges in a wild, untamed Earth.

The story follows the protagonist's adventure, unravelling secrets of time travel, survival and the importance of the human spirit.

The suspenseful twists and Ross Welford's unique storytelling make it hard to resist. Each chapter builds on the last, keeping you guessing about what lies around the next corner.

Whether you're a fan of science fiction or just love a good adventure, *The Monkey Who Fell from the Future* is a book that will keep you engaged from start to finish.

My Inspiration -

A.p.j.abdul Kalam

**"IF YOU WANT TO SHINE
LIKE A SUN, THEN YOU
HAVE TO BURN LIKE A
SUN"**

- A.P.J. ABDUL KALAM

WHY IS ABDUL KALAM MY INSPIRATION?

When I was 5 years old, a fancy-dress competition was conducted in the school. My mother dressed me up as Abdul Kalam for that competition. Her words about him during my bedtime inspired me to admire and know more about him. I have been reading about his achievements and his contributions to our country as a scientist and teacher ever since, and it has greatly inspired me.

Avul Pakir Jainulabdeen Abdul Kalam was born in a middle-class Tamil family in the island town of Rameshwaram in the erstwhile Madras state to Jainulabdeen and Ashiamma.

He studied in the prestigious Madras Institute of Technology (MIT) after his BSc graduation. He joined the Hindustan Aeronautics Limited (HAL) at Bangalore as a trainee. In 1958, his first attempt to get admission into the Air force failed, but he got a job in DTD&P(Air) as a senior scientific assistant on a basic salary ₹250 per month. At the Directorate, he was posted at the technical Centre



Some of his noteworthy achievements include:

**Bharat Ratna from the President, Sri. K.R.Narayan
Padma Bhushan from Dr. Neelam Sanjeev Reddy.
Later he has become the 11th President of India.**

(civil aviation). After few months he was selected for INCOSPAR (Indian Committee for space research).

In INCOSPAR, he played an important role in the making of India's first satellite launch vehicle SLV-3. Later he joined DRDO where he worked in the making of the missiles Prithvi (tactical surface-to-surface short-range ballistic missile), Agni (long range nuclear capable missile) and Trishul (surface to air missile).

This article is just a chip of the block. There is much more to learn from the life of this great personality.

And lastly, the speech that made me win the first prize in the fancy-dress competition first prize goes like this.

"Dream, Dream,...

Dreams transform into thoughts and thoughts result in action" – APJ Abdul Kalam.



A.Dharahaas, 9B



SINDHU CH. 8B

SPORTS- A WAY OF LIFE

Sport is a major part of life and it teaches you a lot of things - that way to win, the acceptance of losses, and how to bounce back after having a bad loss. So mentally and physically sports builds a lot of character.

What makes sports so interesting?

Learning new skills, improving on mistakes, being challenged, playing different positions. Getting playing time, playing your favourite position, playing in tournaments. Having a well-organized practice, having the freedom to play creatively, doing different drills.

When it comes to students at an early age, it helps them in their practical life a lot. Some of the physiological benefits of sports are:

- Boost in Academic performance
- Develop Leadership skills

- Good Mental health
- Importance of Teamwork
- Improved Self-confidence and self-esteem
- Develop Social skills
- Best Time management
- Perfect Physical fitness
- Discipline

I wish sports should be a big part of every student's life and everybody should be pushed to play some or the other kind of sport, even if it isn't wanted initially. By fusing sports into their lifestyle students develop essential life skills such as teamwork and discipline. Moreover, sports help students to strike a healthy balance between academics and physical activity. By making sports a priority, we can foster a generation of well-rounded, confident individuals who are equipped to succeed in all aspects of life.



MIND SET

WHAT IS A MIND SET ?????

Mind-set is associated with a range of functional effects in different areas of people's lives. This includes influencing a person's capacity for perception by functioning like a filter, a frame of reference, a meaning-making system, and a pattern of perception. Mind-set is described as shaping a person's capacity for development by being associated with passive or conditional learning, incremental or horizontal learning, and transformative or vertical learning. Mind-set is also believed to influence a person's behaviour, having deliberative or implemental action phases, as well as being associated with technical or adaptive approaches to leadership.

Have you ever wondered what type of mind set you have? Well find out which one you belong to from the ones given below.

We can sort mind sets into the following broad categories:

First comes the **intellectual** mind set, which is basically very common among people. These people have lots of dreams, responsibilities but are not too curious

Next comes the **business** mind set, which is not so common but really useful. These people are hardworking, have long-term vision and are risk takers and strategic thinkers.

This is followed by the **creative** mind set. Of the three, this one is really rare. They are ambiverts, creative, are ready for challenges and are quick learners.

The benefit mind set describes society's leaders, who promote individual and collective well-being: people who discover their strengths to contribute to causes greater than the self. They question why they do what they do, positioning their actions within a purposeful context while the Global mind set caters to increase global effectiveness for individuals and organizations.

The **productive** mind set is hinged in logic, focused on knowledge and its certifiable results – a decision-making mind set which is transparent and auditable.

The **defensive** mind set is closed, self-protective and self-deceptive. It does not see the greater good, but centres on individual defence; truth, if perceived as harmful to the person concerned, would be denied. This may allow personal growth, but no organizational growth or development.

So these are some of the mind sets in simple words.



Tamanna Chowdary, Grade 8 B

THE MYSTERY OF DREAMS

Every night, as we fall asleep, our minds create vivid stories and strange scenarios, what we call dreams. But what are dreams, and why do they happen?

Scientists believe dreams help us organize thoughts, process memories, and even solve problems. During the REM (Rapid Eye Movement) stage of sleep, our brains are highly active, creating scenes that feel real, even if they don't always make sense.

Some people can control their dreams in a state called lucid dreaming. By becoming aware that they're dreaming, they can influence the dream, turning it into a personal adventure, from flying to visiting fantasy worlds.

While there's no proven way to interpret dreams, common ones, like falling or being chased, are often thought to reflect real-life stress or fears. Dreaming is our brain's way of working through our daily lives and emotions in ways we don't always understand.

Since the memory centre in our brain is not as active during sleep, we tend to forget dreams soon after waking. Keeping a dream journal can help you capture these memories and understand your mind's night time explorations better.

Dreams remind us of how mysterious our minds can be, making every night an adventure into our own imagination.



AFIFA CLASS: 9A

ART OF PUBLIC SPEAKING TIPS AND TECHNIQUES

Public speaking is an essential skill that can benefit us in all aspects of life, from academics to profession. Effective public speaking can help us convey our ideas and thoughts, persuade audience and build confidence. In this article, we will explore the art and public speaking, providing with valuable and informative techniques.

Preparation is the key:

Before you step onto the stage or in front of the audience, preparation is crucial.

1. Know your topic:- Research your topic thoroughly and organize your thoughts.

2. Create an outline:- Structure your speech with clear introduction, body and conclusion.

3. Practice, practice, practice....:- Rehearse your speech several times in front of a mirror, family member or friend. This helps us to understand our mistakes and builds our confidence level.

Tips for confident delivery

Now that you're well prepared, here are the tips to

help you deliver your speech with confidence:

1. Engage with your audience by making eye contact with different people.
2. Use positive body language such as standing up straight, using gestures and smiling.
3. Add emphasis and keep your audience engaged by varying your tone and pitch.
4. Enunciate your words and speak at a pace that's easy for your audience to follow.
5. Focus on your message: Instead of worrying about how you're coming across, focus on message you want to convey to your audience.
6. Before you start speaking, take a few deep breaths to calm your nerves

Remember public speaking is not just about conveying information, it's about inspiring, motivating and connecting with your audience.

DEALING WITH PEER PRESSURE & OVERCOMING FEAR

As students, we face numerous challenges that can affect our academic performance and well-being. Two of the most significant obstacles we encounter are - peer pressure and fear.

Peer pressure is the influence exerted by our peers to adopt certain behaviours, attitude or values. While peer pressure can be positive, it can be negative too leading us to engage in behaviours that are detrimental to our health, relationships or academic performance.

To deal with peer pressure, we should be clear about our value system- what we stand for and what we are comfortable with. We must practice assertive communication and learn to say 'No' in a firm but respectful manner.

Fear is a natural emotion that can hold us back from achieving our goals and pursuing our passion. Whether it is fear of failure, fear of public speaking or fear of trying something new. To overcome fear, we must first acknowledge our fear, rather than trying to avoid it. Then, we must identify the source and address it. Lastly, we must practice relaxation techniques like deep breathing, visualizing or meditation to calm our body and mind.

By being aware of the influences around us and taking steps to overcome our fear, we can build our confidence, develop resilience and achieve our goals. Remember we are not alone and there are many people who care about us and want to help us.

G. Sai Pruthwija
Class 8 B



ADMISSIONS OPEN

2025-26 for Classes
Nursery - XI



Infrastructure:

- Vast Campus
- Smart Classrooms
- CCTV Surveillance
- Organic Garden
- Auditorium
- Sports Facilities
- Medical Room
- Subject Wise Laboratories
- Space Lab, Library
- 3D Lab
- Educational Field Trips
- Modern Washrooms



JHPS-R

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Tradition & Technology

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