



# THE POISE

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## Careful Use of Mobile Phones:

### A Boon in the Modern World

Mobile phones have become an essential part of our lives, revolutionizing the way we communicate, learn, and work. With advancements in technology, these devices serve multiple purposes beyond calling and texting. When used wisely, mobile phones enhance productivity, improve education, and provide safety.

#### 1. Communication and Connectivity

One of the primary uses of mobile phones is instant communication. Whether through calls, text messages, or video calls, people can stay connected with loved ones and colleagues, no matter where they are. Mobile phones also support social media platforms and emails, ensuring seamless connectivity for personal and professional interactions.

#### 2. Education and Learning

Mobile phones play a significant role in education, providing access to online courses, e-books, and educational videos. Students and professionals can enhance their skills through platforms like Google Classroom, Coursera, and Khan Academy. Mobile applications also help with language learning, problem-solving, and research, making education more interactive and accessible.

3. Work & Productivity: Phones help in managing work, attending meetings, and organizing tasks. They improve efficiency and allow remote working, making jobs more flexible.

4. Banking & Transactions: Mobile banking makes payments, transfers, and bill payments quick and safe. It reduces the need for cash, making financial management easier.

5. Health & Fitness: Phones track steps, heart rate, and sleep, keeping us healthy. Telemedicine apps help consult doctors from home, making healthcare more accessible.

6. Navigation & Travel: GPS helps in real-time navigation, finding routes, and avoiding traffic. It is useful for daily commutes, long trips, and exploring new places.

7. Emergency & Safety: SOS alerts, emergency contacts, and GPS tracking help in danger. They ensure safety during accidents, crimes, or natural disasters.

8. News & Information: Mobile phones provide instant access to news on politics, sports, and science. They keep us informed about the world and help in decision-making.

### Conclusion

Mobile phones, when used wisely, bring immense benefits to our lives. They enhance communication, support education, boost productivity, and ensure safety. By using them responsibly, we can make the most of their features while maintaining a balanced and healthy lifestyle. The key is to utilize mobile technology for growth, convenience, and learning rather than distraction.

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## Non Verbal Secret- Body Language



### Speak Without Words: The Power Of Body Language

#### Understanding Body Language

Body language is the non-verbal communication we use every day - often without even thinking about it. It includes facial expressions, gestures, posture, eye contact, and body orientation. These elements can show confidence, shyness, enthusiasm, or discomfort - sometimes more clearly than our words.

#### The Science Behind Body Language

Studies suggest that more than 70% of our communication is non-verbal. A confident posture can boost your self-esteem and influence how others perceive you, while poor body language might give the impression of nervousness or disinterest.

#### Body Language in a Student's Life

Body language plays a big role in school life - from showing engagement in class, to expressing confidence in presentations, to collaborating in group work. Your gestures, posture, and facial expressions matter in every interaction.

#### How to Improve Your Body Language

Improving your body language just takes awareness and practice. Stand tall, smile naturally, make appropriate eye contact, use hand gestures, avoid closed-off postures, and mirror others subtly.

#### Non-Verbal Communication

Body language helps convey emotions and thoughts without speaking. A smile, frown, or nod can communicate feelings clearly and instantly. Building Confidence: Good posture, eye contact, and open gestures can make a person appear more confident and trustworthy, which is especially important in interviews, speeches, and group interactions. **Understanding Others:**

By observing body language, we can better understand how someone feels—whether they are nervous, excited, or uncomfortable—helping us respond more empathetically. Improving Relationships: Positive body language like active listening, facing the speaker, and maintaining respectful distance strengthens personal and professional relationships. Cultural Awareness: Body language meanings can vary across cultures. Learning about these differences can help avoid misunderstandings and promote respectful communication.

## SMART PACKING, EASY LEARNING

Add a little bit of body “A well-packed bag can make your day at school easier, more organised and even prevent back pain!”

Let's go over some simple but useful tips on how to pack your school bag properly

### **Pack smart, not heavy!**

Before stuffing everything into your bag, check your timetable. Pack only the books, notebooks, and supplies needed for the next day. Carrying unnecessary items will only make your bag heavier and harder to carry.

### **Heavy at the back, light at the front!**

Always place heavier books near your back to keep your back balanced. Lighter things like stationery, lunch boxes, and water bottles should go in front or side pockets. This way your back doesn't feel the strain.

### **Everything in its place!**

Use your bag's compartments wisely. Keep pens, pencils, and erasers in a pouch to avoid losing them. Store your lunch and water bottle separately to prevent messy spills. Organizing your bags makes it easier to find what you need.

### **Add a Declutter like a pro!**

Every evening, take a moment to clean out your bag. Remove old papers, snacks, wrappers, or anything you don't need. A neat bag is a happy bag.

### **Wear it Right!**

Adjust your bag's strap properly and always use both shoulder straps. Carrying it on one shoulder may look cool, but it can cause back pain in the long run. A well-fitted bag keeps you comfortable and supports good posture. By following these simple but effective tips, you can keep your school bag light, organized, and easy to carry. A smartly packed bag means a stress-free and smooth school day.



**Happy Packing!**



**Road Ready: Essentials for a smooth Journey**

Whether it's a weekend getaway with family, a daily commute to school, or a road trip with friends, traveling by road is a part of our everyday lives. But what makes these journeys safe and smooth isn't just the condition of the road or the power of the vehicle—it's the behavior of the people using them. Road etiquette, or how we conduct ourselves on the road, plays a huge role in preventing chaos and ensuring a pleasant journey for everyone. Let's explore some important aspects of road manners that every responsible road user should know.

**1. Respecting Traffic Rules**

Traffic rules are not just suggestions—they are there to protect us. From obeying speed limits and traffic signals to giving the right of way, these rules form the foundation of road safety. Drivers must always stop at red lights, avoid overtaking in no-passing zones, and slow down in school areas or near pedestrian crossings. Even something as simple as wearing a seatbelt or helmet can make a life-saving difference. Following rules also sets a good example for others, especially younger passengers who are learning from our actions.

**2. Courtesy Towards Other Road Users**

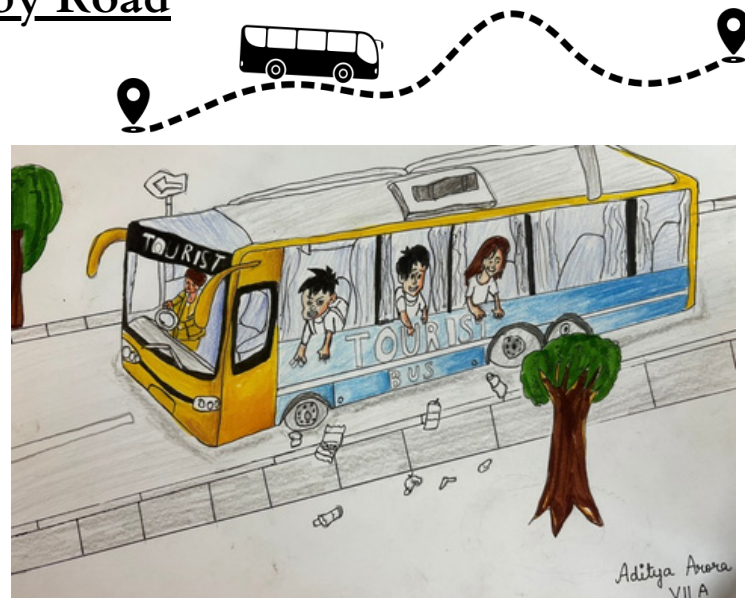
A little kindness can go a long way, especially on the road. Using indicators while turning, allowing someone to merge into your lane, or simply avoiding aggressive driving shows respect for others. Loud, unnecessary honking or tailgating not only irritates other drivers but can also cause accidents. Being patient in traffic jams and avoiding road rage makes travel more peaceful for everyone.

**3. Pedestrian Etiquette**

Pedestrians are the most vulnerable on the road, and they too must follow basic etiquette. Always use zebra crossings and wait for the walk signal before stepping onto the road. It's important to stay off the phone while walking near traffic and to make eye contact with drivers before crossing in front of them. On the other hand, drivers must slow down near pedestrian areas, especially around schools or parks, and give pedestrians the right of way when required. Safety is a shared responsibility.

**4. Passenger Behavior**

While the driver focuses on the road, passengers play an important role in maintaining calm and order in the vehicle. Passengers should avoid loud talking, shouting, or playing music that can distract the driver. Everyone in the vehicle should wear a seatbelt, regardless of where they are seated. Additionally, it's polite to thank drivers, especially in carpools or shared rides.

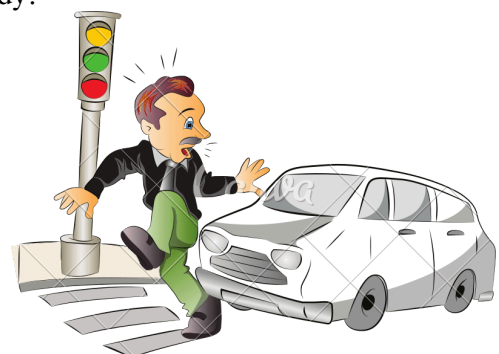
**5. Cleanliness and Responsibility**

Throwing wrappers or bottles out of moving vehicles pollutes the environment and is simply not acceptable. Keeping a small trash bag in the car and disposing of waste responsibly at rest stops is a small but impactful habit. Also, if your vehicle breaks down or gets involved in a minor accident, be sure to move it to the side of the road to avoid blocking traffic. Always make sure your vehicle is in good condition before heading out.

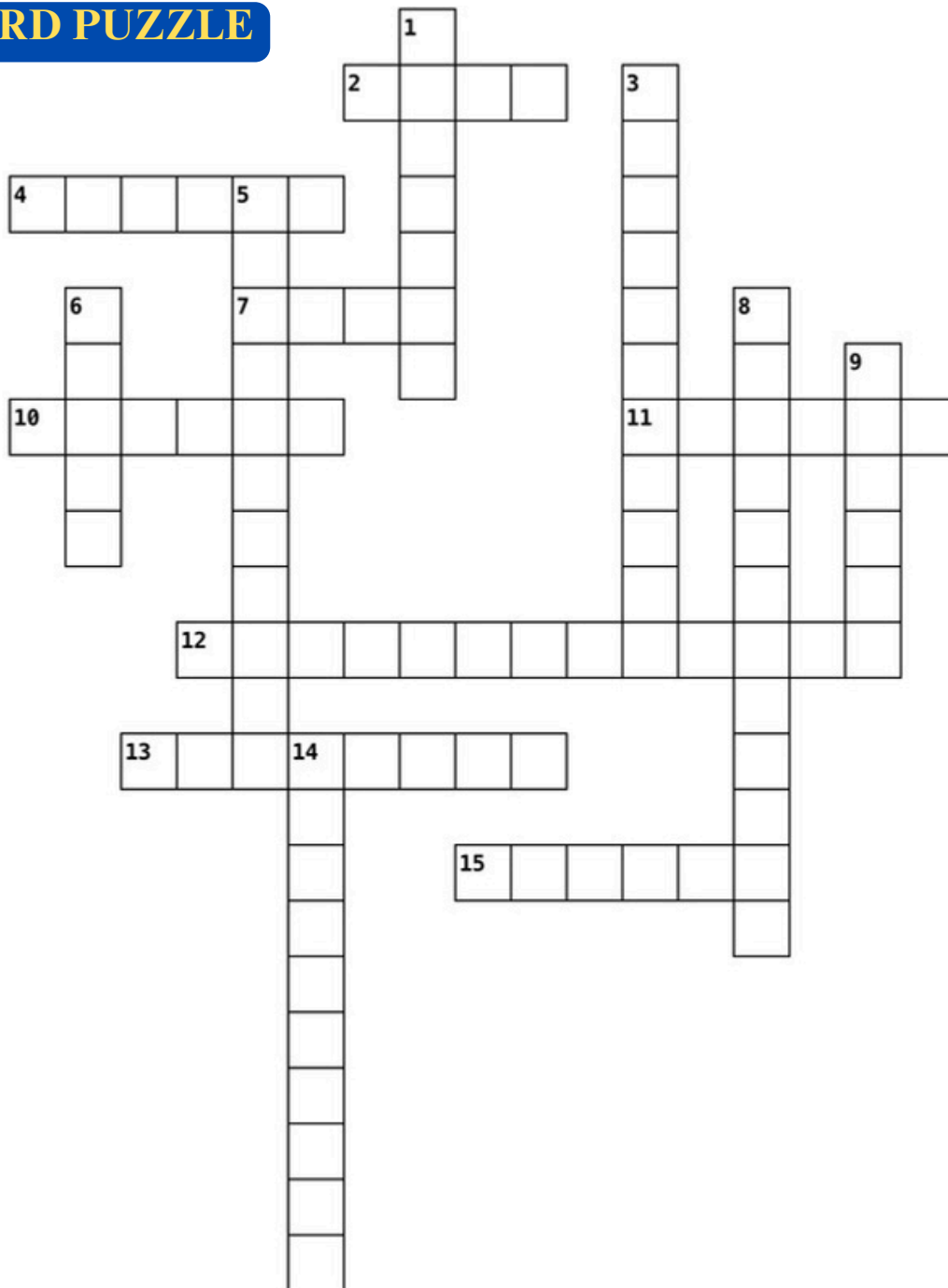
**6. Handling Emergencies**

No one plans for accidents, but being prepared can make all the difference. Every vehicle should have a basic emergency kit that includes a first-aid box, flashlight, water, and some tools. In case of an accident or medical emergency, knowing how to stay calm, contact authorities, or assist others without panicking is crucial. It's also wise to know the helpline numbers and share your location with trusted people when on a long trip. Being informed and alert is a key part of being road ready.

Roads are shared spaces, and how we behave on them directly affects the safety and comfort of others. Whether walking, cycling, riding, or driving, we must all play our part with responsibility, patience, and kindness. Etiquettes aren't just about good manners—they're about creating a safe and respectful environment for all. So, the next time you step out, ask yourself: Are you road ready?



# CROSSWORD PUZZLE



## Across

- 2. Nutrient that provides energy and insulation.
- 4. Healthy fatty acid found in fish.
- 7. Soy-based protein block.
- 10. Vegetable rich in vitamin A.
- 11. Good sources of omega-3 fatty acids.
- 12. Nutrient needed in large amounts.
- 13. Scurvy preventing vitamin.
- 15. Low-calorie sweetener.

## Down

- 1. Nutrient essential for strong bones.
- 3. Glucose in bloodstream.
- 5. Substance that fight free radicals.
- 6. Source of fruits, vegetables, and grains
- 8. Meal with portions of all food groups.
- 9. Tangy dairy product made by bacterial fermentation.
- 14. Essential protein source in healthy meal.

## Answers:

Across- 2. Fats 4. Omega3 7.Tofu 10.Carrot 11. Vajra 12.Macronutrient 13.VitaminC 15. Stevia  
Down- 1. Hala 3. Tada 5. Pranayama 6.Plant 8.Balanced meal 9.Yogurt 14.Aminoacids





## ***Less Screen, More life : Crafting a healthy Mobile Routine***

With smartphones becoming our constant companions, it's easy to lose track of how much time we spend staring at screens. While mobiles are helpful tools for learning, communication, and entertainment, excessive use can affect our sleep, concentration, health, and even our relationships. It's time to pause and ask: are we using our screens wisely? This article explores how students can create a smart, healthy, and balanced mobile routine that supports their well-being and growth.

### **1. Understanding Screen Addiction**

Many students don't realize how dependent they've become on their phones. Feeling anxious when your phone isn't nearby, constantly checking it without a reason, or losing track of time while scrolling—these are signs of screen addiction. This habit can reduce attention span, increase stress, and even impact academic performance. The first step to change is self-awareness. Once you acknowledge how much time you're spending on your phone, you can start making positive changes.

### **2. Setting Screen Time Limits**

It's important to set boundaries for mobile use. Most phones now have features that show your daily screen time and even allow you to set limits for different apps. You can start by fixing specific times for non-educational use—for example, 30 minutes for entertainment in the evening. Use reminders or screen timers to help you stay within your limits. Reducing screen time gradually is more effective than quitting all at once.

### **3. Creating No-Phone Zones**

To reduce distraction and improve focus, certain areas and times of day should be made “screen-free.” Your study table should be a no-phone zone during homework or revision time. The dining table should be for conversations, not notifications. Bedrooms, especially at night, should also be mobile-free to help you sleep better. Respecting these zones trains your mind to separate work, rest, and leisure time effectively.

### **4. Replacing Screen Time with Real Activities**

Every hour spent staring at a screen could be an hour spent learning something new, playing a sport, painting, reading a book, or spending time with family. Replace digital habits with real-world experiences. Try starting a hobby you've always been curious about or helping out at home. These activities don't just reduce screen time they help you develop new skills and enjoy life beyond the screen.

### **5. Mindful Mobile Use**

Not all screen time is bad—it depends on how you use it. Ask yourself: “Why am I picking up my phone right now?” Is it to learn something or just out of boredom? Turn off unnecessary notifications that distract you. Avoid scrolling endlessly on social media without purpose. Use your mobile with intention—watch educational videos, listen to podcasts, or read e-books that enrich your knowledge. Make every click count!

## 6. Digital Detox Days

Sometimes, the best way to recharge your mind is to switch off completely. Plan a “digital detox” day perhaps once a week where you avoid using mobile devices unless absolutely necessary. Spend this time going for a walk, cycling, gardening, or simply relaxing. Disconnecting from the screen helps you reconnect with the real world, your thoughts, and the people around you.

Our phones are powerful tools, but it's up to us how we use them. By creating a healthy mobile routine, we gain more control over our time, improve our well-being, and discover the joys of offline life. Remember, less screen means more time for yourself, your passions, and the world around you. Let's be smart about how we use our smartphones and live life to the fullest, beyond the screen.

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# PERSONAL GROOMING AND HEALTH CARE

## Sun, Sweat & Safety: The Science of Hydration



Sweating helps the body stay cool, but excessive sweating without enough water can cause **dehydration**, leading to dizziness, fatigue, and muscle cramps. Sweat also contains **electrolytes** like sodium and potassium, which need to be replenished to keep the body functioning properly.

To stay hydrated, drink **6-8 glasses of water daily**, and more if active or outdoors. Watch for **signs of dehydration** like dry mouth, headache, dizziness, and dark yellow urine.

### Hydration Tips for Summer:

- ✓ Drink water regularly, even if not thirsty.
- ✓ Eat hydrating foods like watermelon and cucumbers.
- ✓ Avoid sugary sodas and energy drinks.
- ✓ Take breaks in the shade and wear light clothing.
- ✓ Replenish electrolytes after sweating with natural juices or coconut water.



Staying hydrated keeps energy levels up and prevents heat-related illnesses. Drink up and stay safe in the summer heat!

The specks on strawberries are single seeds called achenes

Bananas are berries, but strawberries aren't.

A group of ravens is known as an 'unkindness' or a 'conspiracy'.

There were active volcanoes on the moon when dinosaurs were alive.

I'm a Greek god, a planet, and I measure heat.

I have lakes with no water, mountains with no stone, and cities with no buildings.

I have eyes but I can't see. I live in the ground until you need me.

If you drop me I'm sure to crack, but give me a smile and I'll always smile back.

Answers to Who Am I?: 1.Mercury 2. A Map 3.A potato 4. A Mirror

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