

QUEST



Mental Health and Well-Being

***OCTOBER EDITION
(2023-24)***

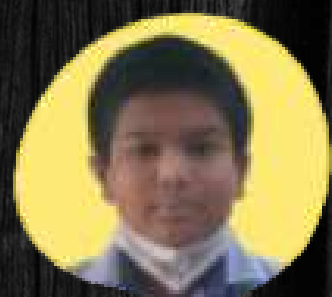
OUR EDITORIAL TEAM



Akshat Bhatia M1-B



Danish Arora M2D



Milan M2A



Shaurya Chawla M2D



Skand Singh M2A



Aarav Gupta M3B



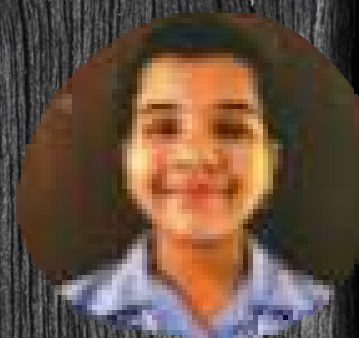
Aviana Chawla M2A



Aadya Srivastava S1D



Navya Chaudhary M2A



Gargi Sharma S1D



Kavish Gupta M2C



Aryan Chawla S2D

FROM THE EDITOR'S DESK...

DR. MANPREET KAUR
manpreet2020.gbs@gmail.com
+91 98116 65611

PRABHJOT KAUR
+91 98999 97956

Quest is an engaging platform for students to express their scientific and mathematical creativity through cartoons, art forms, creative writing, research articles, analysis, paintings, drawings and other forms relative to General Science and Mathematics.

All the students of classes P4- SS2 are encouraged to bring forth their scientific temperament in any representation of writings, videos, photography or art forms.

TABLE OF CONTENTS

ARTICLES : - 1-11

ART GALLERY : -12

VIDEO GALLERY : - 13

PHOTOGRAPHY: -14-15

RIDDLES : - 16-17

SUDOKU: - 18

ANSWERS: - 19 - 20

National Ayurveda Day

AYURVEDA DAY, ALSO KNOWN AS NATIONAL AYURVEDA DAY, IS OBSERVED EVERY YEAR IN INDIA AND WORLDWIDE ON THE OCCASION OF THE BIRTHDAY OF DHANVANTARI, THE HINDU GOD OF MEDICINE. THE DAY IS OBSERVED ON THE 13TH DAY OF KRISHNA PAKSHA ON THE MONTH OF ASHWIN AS PER THE HINDU CALENDAR. THE AYURVEDA DAY 2023 FALLS ON 10TH NOVEMBER 2023 AND MARKS THE OBSERVANCE OF THE 7TH AYURVEDA DAY. IT WAS FIRST OBSERVED IN INDIA ON THE 28TH OCTOBER 2016 TO MARK THE DAY OF DHANWANTRI JAYANTI (DHANTERAS). IT IS OBSERVED TO PROMOTE AND GLOBALIZE AYURVEDA AS ONE OF THE MOST ANCIENT AND HOLISTIC APPROACHES TO MEDICINE GLOBALLY. VARIOUS EDUCATION INSTITUTES, COLLEGES AND HOSPITALS ORGANIZE FREE HEALTH CAMPS AND PROVIDE FREE MEDICINES TO CELEBRATE AYURVEDA DAY. AYURVEDA, IS AN ALTERNATIVE MEDICINE SYSTEM WITH HISTORICAL ROOTS IN THE INDIAN SUBCONTINENT. IT IS HEAVILY PRACTICED IN INDIA AND NEPAL, WHERE AROUND 80% OF THE POPULATION REPORT USING AYURVEDA. THE THEORY AND PRACTICE OF AYURVEDA IS PSEUDOSCIENTIFIC, CONSISTING OF STATEMENTS, BELIEFS, OR PRACTICES THAT CLAIM TO BE BOTH SCIENTIFIC AND FACTUAL BUT ARE INCOMPATIBLE WITH THE SCIENTIFIC METHOD. THE MAIN CLASSICAL AYURVEDA TEXTS BEGIN WITH ACCOUNTS OF THE TRANSMISSION OF MEDICAL KNOWLEDGE FROM THE GODS TO SAGES, AND THEN TO HUMAN PHYSICIANS. MAHARSHI CHARAKA WAS THE CREATOR OF THE CHARAKA SAMHITA, WHICH HE WROTE IN SANSKRIT. HIS WORK WAS WIDELY REGARDED AS THE FOUNDING LITERATURE OF AYURVEDA. THERE ARE 120 UPADHYAYAS (CHAPTERS) IN HIS WORK, WHICH ARE SEPARATED INTO SECTIONS. PRINTED EDITIONS OF THE "SUSHRUTA SAMHITA" (SUSHRUTA'S COMPENDIUM), FRAME THE WORK AS THE TEACHINGS OF DHANVANTARI, HINDU GOD OF AYURVEDA, INCARNATED AS KING DIVODĀSA OF VARANASI, TO A GROUP OF PHYSICIANS, INCLUDING SUSHRUTA. THIS YEAR, INDIA WILL CELEBRATE AYURVEDA DAY UNDER THE THEME OF "AYURVEDA HAR DIN".

VIAAN PANT

EMOTIONAL

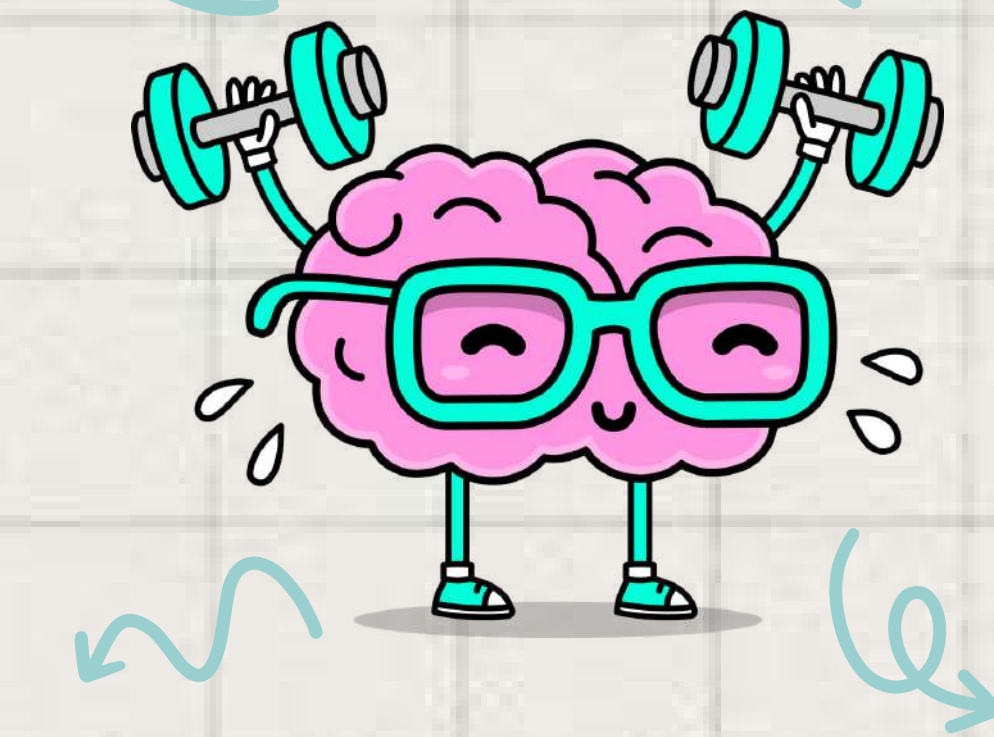
The emotional aspect of mental health has to do with one's ability to cope with both positive and negative emotions. It also includes your awareness of these emotions.

FINANCIAL

Financial wellness is another important aspect of mental health. Financial wellness is not about earning or having a certain amount of money in your bank account. It's more about feeling in control of your finances, being able to manage financial setbacks and having the means to achieve your financial and life goals.

Mental Health

Aspects



SOCIAL

Relationships with other people (family, friends, colleagues, etc.) are an important part of life. They bring companionship, support and enrichment to our lives. Strong, healthy relationships usually have a positive effect on our mental health.

PHYSICAL

When we talk about physical health, we are referring to the efficient functioning of the body and its systems. Taking care of your physical health includes sleeping well and getting enough relaxation, keeping a healthy diet by eating foods that are good for your body.

HOW TO BOOST YOUR MENTAL HEALTH ?

EAT A BRAIN-HEALTHY DIET TO SUPPORT STRONG MENTAL HEALTH

MAKE LEISURE AND CONTEMPLATION A PRIORITY

APPEAL TO YOUR SENSES

TAKE UP A RELAXATION PRACTICE

STAY ACTIVE

TALK TO SOMEONE

GET HELP IF YOU NEED IT

MAKE SOCIAL CONNECTION – ESPECIALLY FACE-TO-FACE – A PRIORITY

BY-
AADHYA BHATIA
M3E

MADE BY
● AADHYA BHATIA
● M3-E

WORLD ANIMAL WELFARE DAY

Nowadays mostly people are engaged in killing animals and eat non vegetarian food which is effecting the ecosystem. It is a lifestyle for humans but a loss of animals. These days many species of animals like tigers are endangered , so to share awareness about these wildlife animals and way of living of animals which is effected, a day is chosen as World Animal Welfare Day. On this day people are mobilized for action for better future of animals. This day is held on 4th October every year. This day was started by Heinrich Zimmermann in 1925 in Germany on 24th March. It is an international day of action for the animal rights. It is very important to create awareness among people of importance of animals. The animals face hardships but never lose their confidence. Like an ant who tries to climb the wall until and unless it reaches at the top . Now people need to take few steps for the development and growth of animal habitat and country. So now we have to ensure that this day is celebrated as a wonderful occasion.

– ADVIKA BANSAL
M1D





DREAMS

DREAMS. A WORLD OF ENDLESS FLIGHT,
WHERE THE MIND TAKES A PAUSE IN THE NIGHT.
VISIONS WOVEN IN A THREAD,
WHICH STOPS US FROM GETTING OUT OF BED.
IN DREAMS, WE ROAM ON CLOUDS OF AIR,
CASTING WORRIES ASIDE WITHOUT A CARE.
FANTASIES BLOOM, VIBRANT AND BRIGHT,
PAINTING OUR THOUGHTS IN THE LIGHT.
WE ARE ON WINGS THAT KNOW NO BOUNDS,
EXPLORING LANDS WHERE IMAGINATION ABOUNDS.
THROUGH ENCHANTED FORESTS, WE WANDER FREE,
IN THE DREAMS, WHERE ALL CAN BE.
DREAMS WHISPER SECRETS, HOPES UNTOLD,
A GLIMPSE OF TREASURES WAITING TO UNFOLD.
THEY IGNITE OUR HEARTS, KINDLE OUR DESIRE,
FUELLING THE FLAMES THAT MAKE US ASPIRE.
SO CHERISH THE DREAMS THAT SOFTLY SWAY,
EMBRACE THEIR MAGIC THROUGHOUT THE DAY.
FOR IN DREAMS, WE FIND A GLIMPSE OF WHO WE ARE.

BY:

AKSHAT BHATIA, M1-B

Wild and Free: Their Destiny

On World Animal Welfare Day, let's take a stand,
For creatures big and small, across the land.
From gentle cats to mighty elephants' grace,
Let's ensure they find a safe and happy place.

In jungles, oceans, and fields so green,
The beauty of nature, an awe-inspiring scene.
Let's pledge to protect each species we see,
For their well-being, we hold the key.

In the forests where the tigers roam,
And in the oceans where the dolphins comb,
Every life is precious, every soul so rare,
Let's show them love and tender care.

Respect their homes, both near and far,
Preserve their habitats, like a shining star.
For the world's a richer, more vibrant place,
When animals thrive in their natural space.

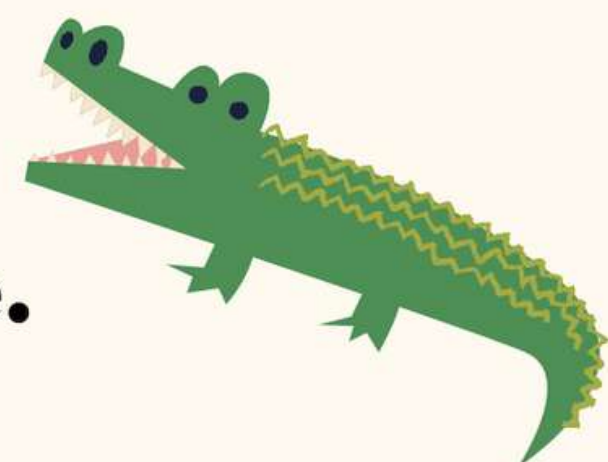
Let's learn from them, their wisdom profound,
In harmony with nature, let's all be bound.

On this special day, let's all unite,
To make the world a kinder, gentler sight.

For animals everywhere, we'll strive,
To ensure they have a happy, healthy life.

On World Animal Welfare Day, we say,
Together, we'll protect them, come what may.

Poem by Karun Sarin M3 - B



Ancient Wisdom, Health's Kingdom

On National Ayurveda Day, we celebrate with pride,
A timeless tradition where health and nature coincide.

Ayurveda, the ancient healing art so grand,
Guides us to wellness, in every land.

With herbs and wisdom from ages past,
Balancing body and mind to the very last.
Ayurveda's gifts, so precious and rare,
A holistic approach to tender care.

Herbal remedies, a sacred part,
Nurturing wellness, mind, and heart.
Harmony with nature, the key to it all,
As we heed Ayurveda's gentle call.

From massage to meditation, it's clear to see,
The holistic approach brings harmony.
On this special day, let's all embrace,
The wisdom of Ayurveda, in every place.

For balance and health, we'll strive and pray,
On National Ayurveda Day, and every day.
A gift from ancient times, it's here to stay,
Guiding us on the path of well-being, come what may.

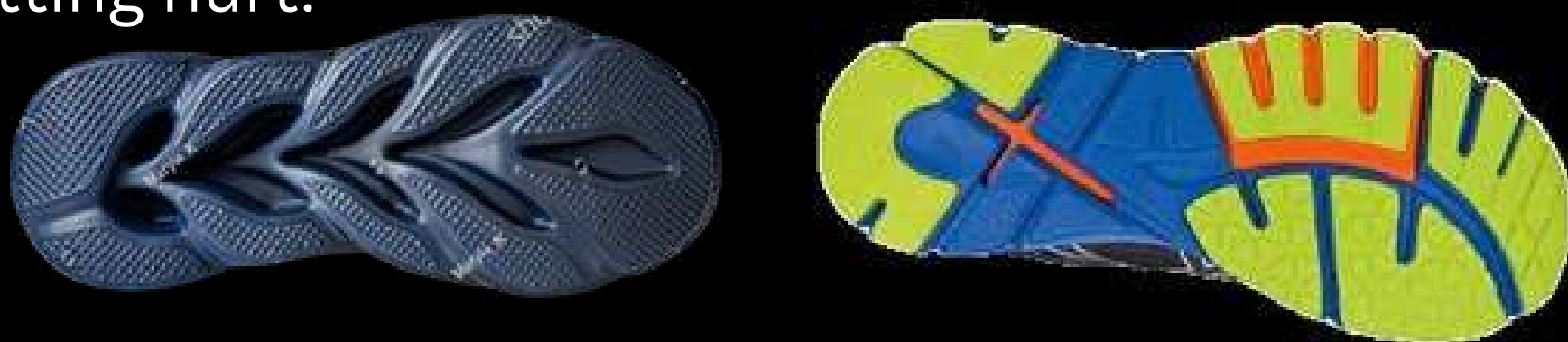
In Ayurveda's wisdom, we find our way,
To vibrant health, and serenity, we say.
A holistic journey, body, mind, and soul,
With nature's guidance, we become whole.

From doshas to chakras, a vast terrain,
Ayurveda's knowledge, a timeless gain.
Let's cherish this wisdom, old and wise,
On National Ayurveda Day, our spirits rise.

Poem by Karun Sarin M3 - B

WHY DO ATHLETES USE GROOVED SHOES ?

Have you learnt about friction ? Friction is a type of contact force which is known to be a necessary evil as it is required for our survival but also has its own disadvantages. Friction is caused by the interlocking between irregularities of 2 surfaces. Smoothest to smoothest surfaces have minor irregularities which are not visible through a naked eye. Hence no surface is perfectly smooth. Friction works against the motion and acts in the opposite direction. 3 main types of friction include static, sliding, and rolling friction out of which static friction is the strongest. Fluids(liquids+gases) also apply friction which is known as drag. Friction which acts between liquids is known as viscosity. Roughness is directly proportional to friction. Grooves in our shoes increase the roughness of their soles. This results in the increase in friction between the shoes and the ground which further concludes a better grip. This grip helps in stable movement and avoid the risk of falling/slipping and getting hurt.



1.Substances used to reduce friction are known as lubricants for example- oil, powder.

2.Friction has a lot to do with energy. If the two objects are rubbing each other and one is sliding down, it means the objects are losing the energy. The energy released is not at all real and is rather kinetic energy.

QUIZ!!!!??????

This is a quiz based on friction-

<https://forms.office.com/r/cBrxP2n9ae>

Please attempt it . Your response would be appreciated and the one who scores the highest would get recognition in the next month's quest with his/her photo and name. Valid till 31/10/23 11:59PM

INTERESTING

<https://youtu.be/n2gQs1mcZHA?feature=shared>

Last Month's Winner !!!!



Aadya Srivastava
S1D

Made by - Nikhil Asrani S1A and Supervised by - Mrs. Arvinder Kaur

WORLD ARTHRITIS DAY



WHAT IS WORLD ARTHRITIS DAY?



World Arthritis Day, referred to as WAD, is a global awareness day held every year on 12 October. WAD aims to help raise awareness in all audiences across the world of the existence and impact of rheumatic and musculoskeletal diseases, often referred to as RMDs.

WHAT IS ARTHRITIS?

Arthritis is an inflammatory joint disorder, which affects the joints tissues around the joint, and other connective tissues, causing joint pain and stiffness. More than 100 types of arthritis exists, but most common are osteoarthritis and rheumatoid arthritis.



TYPES



- Osteoarthritis
- Ankylosing spondylitis
- Juvenile arthritis
- Gout,
- Psoriatic arthritis
- Rheumatoid arthritis



SYMPTOMS

Different types of arthritis have different symptoms. They can be mild in some people and severe in others. Joint discomfort might come and go, or it could stay constant. Common symptoms include:

- Pain and redness
- Stiffness.
- Swelling.
- Tenderness.
- Warmth.



RISK FACTORS



Some factors make you more likely to develop arthritis, including:

- **Age:** The risk of arthritis increases as you get older.
- **Lifestyle:** Smoking or a lack of exercise can increase your risk of arthritis.
- **Gender:** Most types of arthritis are more common in women.
- **Weight:** Obesity puts extra strain on your joints, which can lead to arthritis.

TREATMENT

There's no cure for arthritis, but there are treatments that can help you manage the condition.

- **Medication:** Anti-inflammatory and pain medications may help relieve your arthritis symptoms. Some medications, called biologics, target your immune system's inflammatory response. A healthcare provider may recommend biologics for your rheumatoid or psoriatic arthritis.
- **Physical therapy:** Rehabilitation can help improve strength, range of motion and overall mobility. Therapists can teach you how to adjust your daily activities to lessen arthritic pain.
- **Therapeutic injections:** Cortisone shots may help temporarily relieve pain and inflammation in your joints. Arthritis in certain joints, such as your knee, may improve with a treatment called viscosupplementation. It injects lubricant to help joints move smoothly.



-AADYA SRIVASTAVA

SI-D

THE GREEN RIBBON

FEELING AS IF LIFE IS A WASTE,
FEELING AS IF LOCKED IN A ROOM,
ALONE IN THOUGHTS AND REALITY,
DESCENDING AND DESCENDING TO DOOM.

THE MIND IS AN EFFECTIVE SYSTEM,
STRONG, CAPABLE AND AGILE.
BUT IT STILL REQUIRES TREATMENT,
AS IT IS STILL MORE FRAGILE.

STAYING SILENT ABOUT HAUNTING VOICES,
OR ABOUT THE FEAR OF STARING EYES,
IF LEFT NEGLECTED, LATER IN LIFE,
INNUMERABLE PROBLEMS CAN ARISE.

WE MUST BE BRAVE ENOUGH TO SEEK HELP,
IN MIDST OF STIGMATIZATION.
WE MUST BE BRAVE ENOUGH TO KNOW MORE,
TO PREVENT DISCRIMINATION.

BUT AH, THE GREATEST WEAPON IN THIS FIGHT,
IS TO HAVE LOVED ONES ON ONE'S SIDE.
SOMEONE TO WHOM YOU EXPRESS YOUR GLOOM,
SOMEONE TO WHOM YOUR FEARS YOU CONFIDE.

THERE'S NO NEED TO BE AFRAID, MY FRIEND
IF SOMETHING IN YOUR MIND PLAGUES YOU.
SPEAK OUT AND BE RESILIENT, MY FRIEND,
YOU WILL EVENTUALLY MAKE IT THROUGH.

– SHREYAS MISHRA
M3-B

ART GALLERY



AARAV SINHA
M1-B

Video Gallery.

Cotton Day.



Made by: -
Shaurya Pant
M3-A

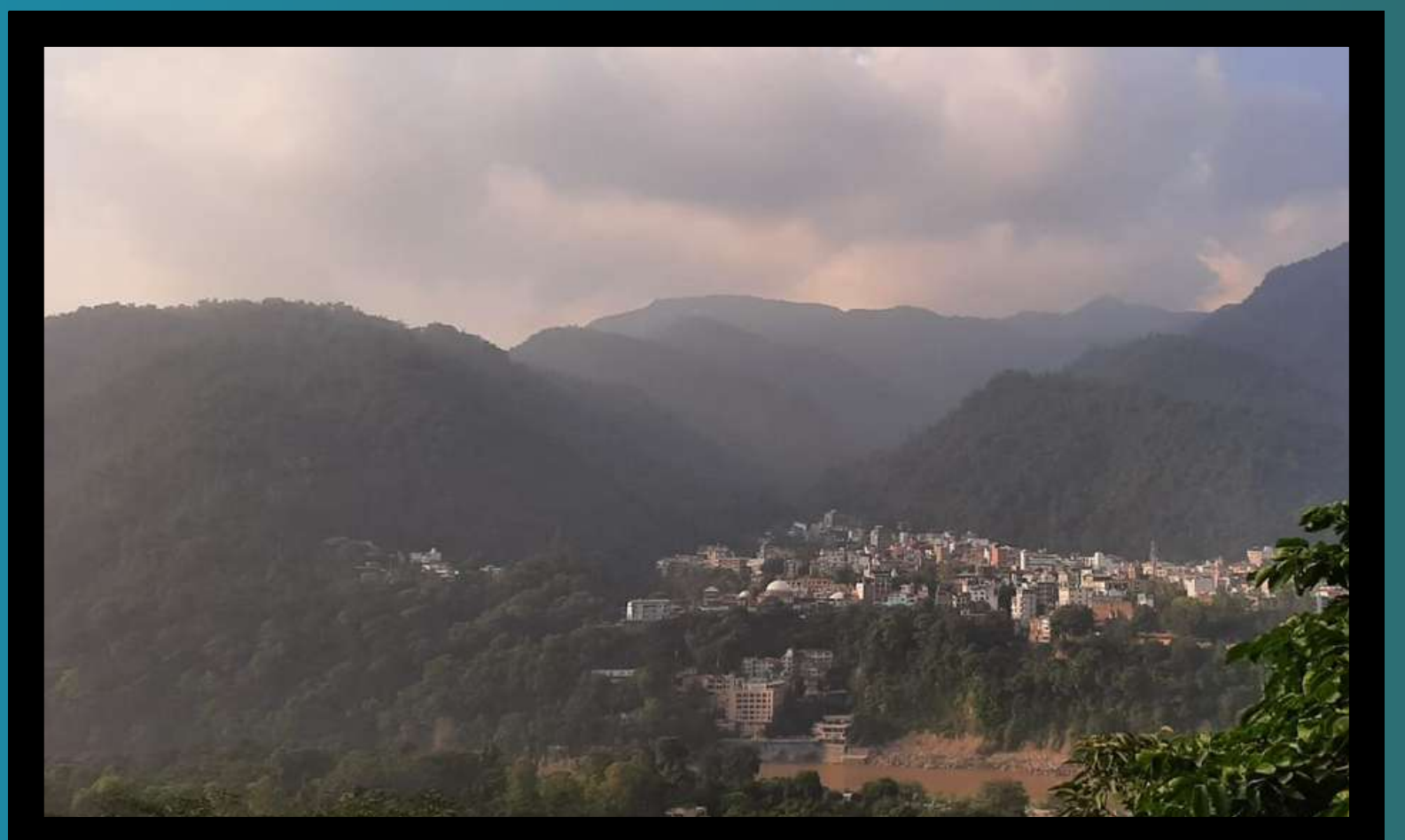
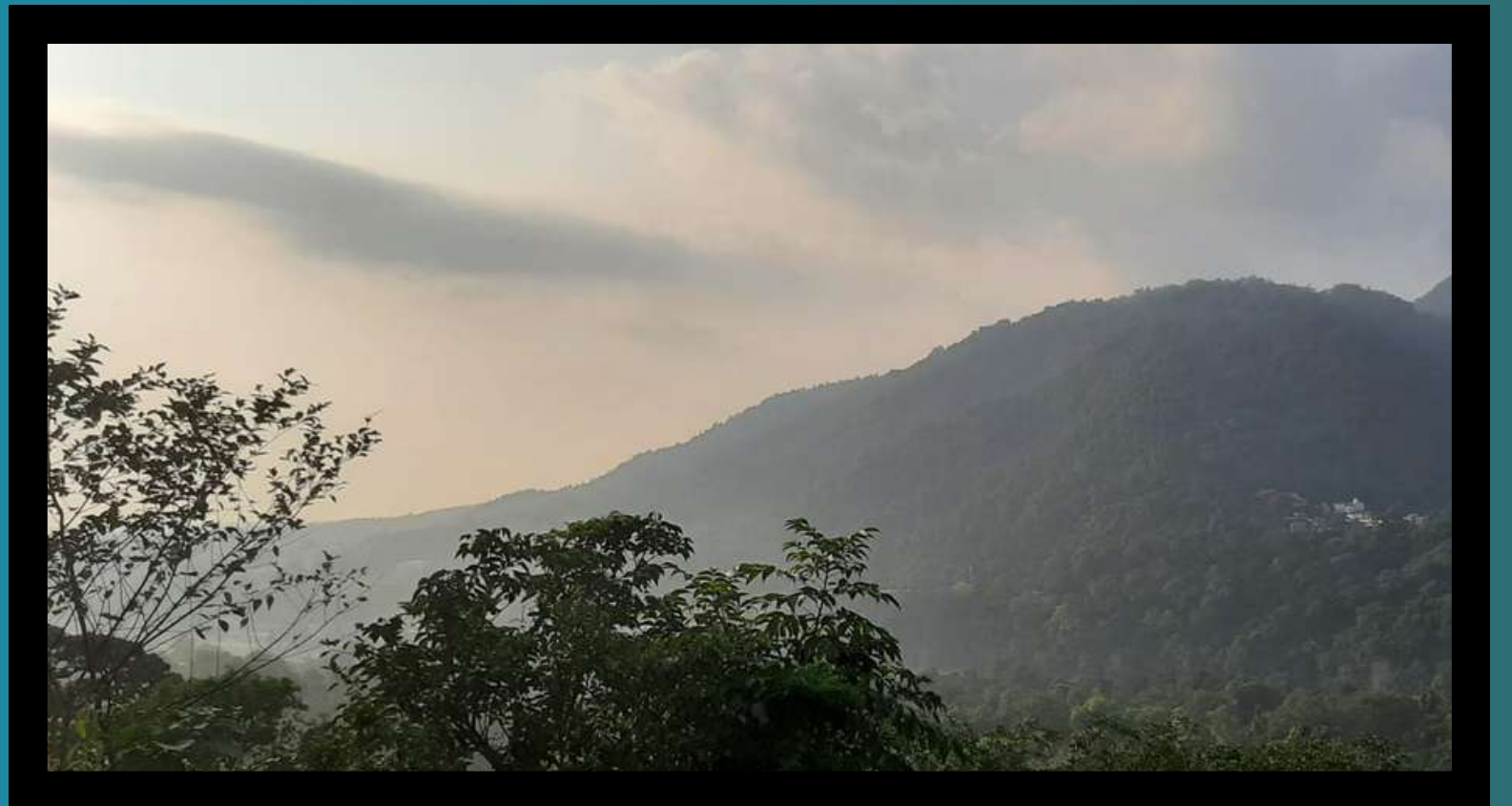
Morning doves



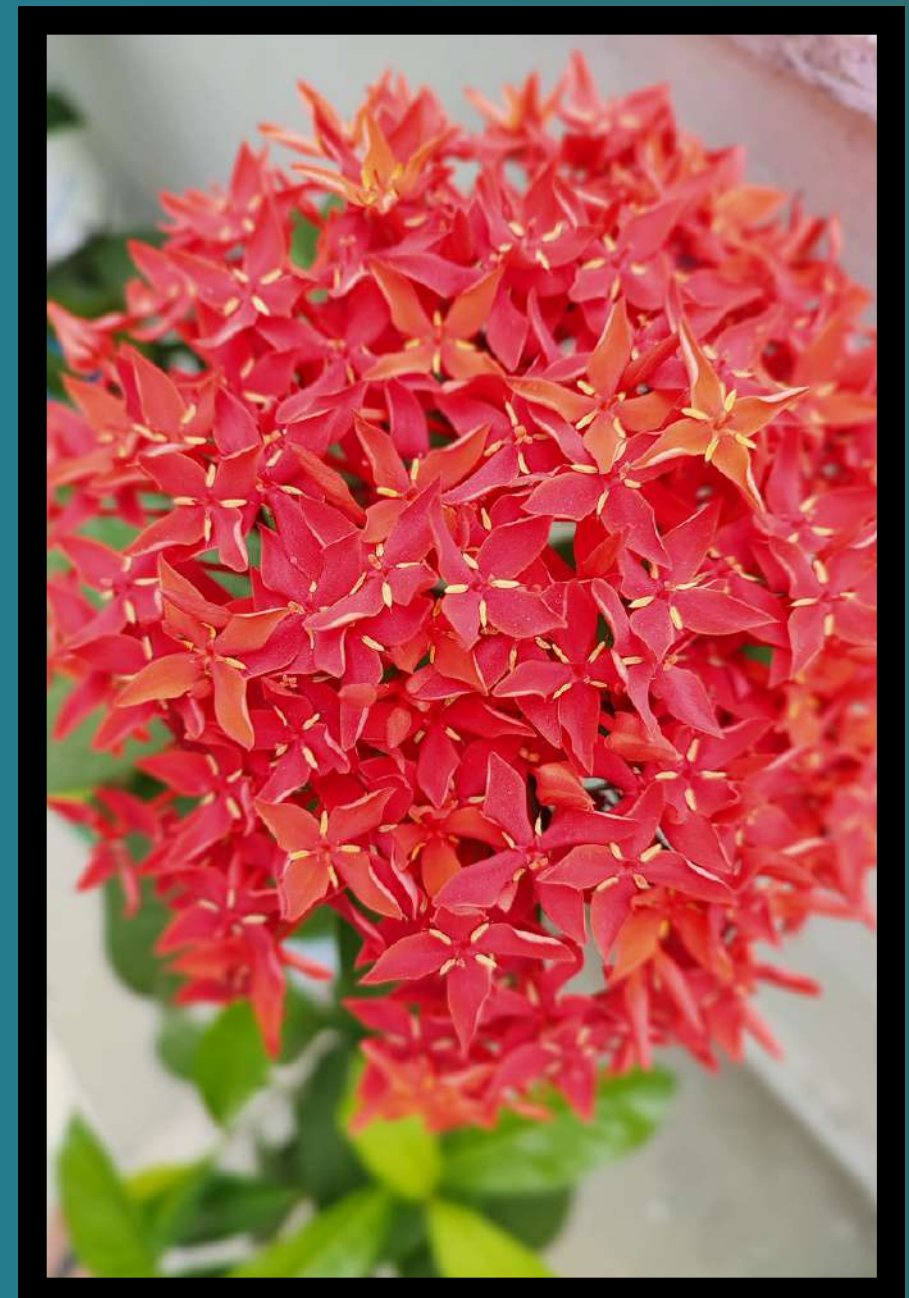
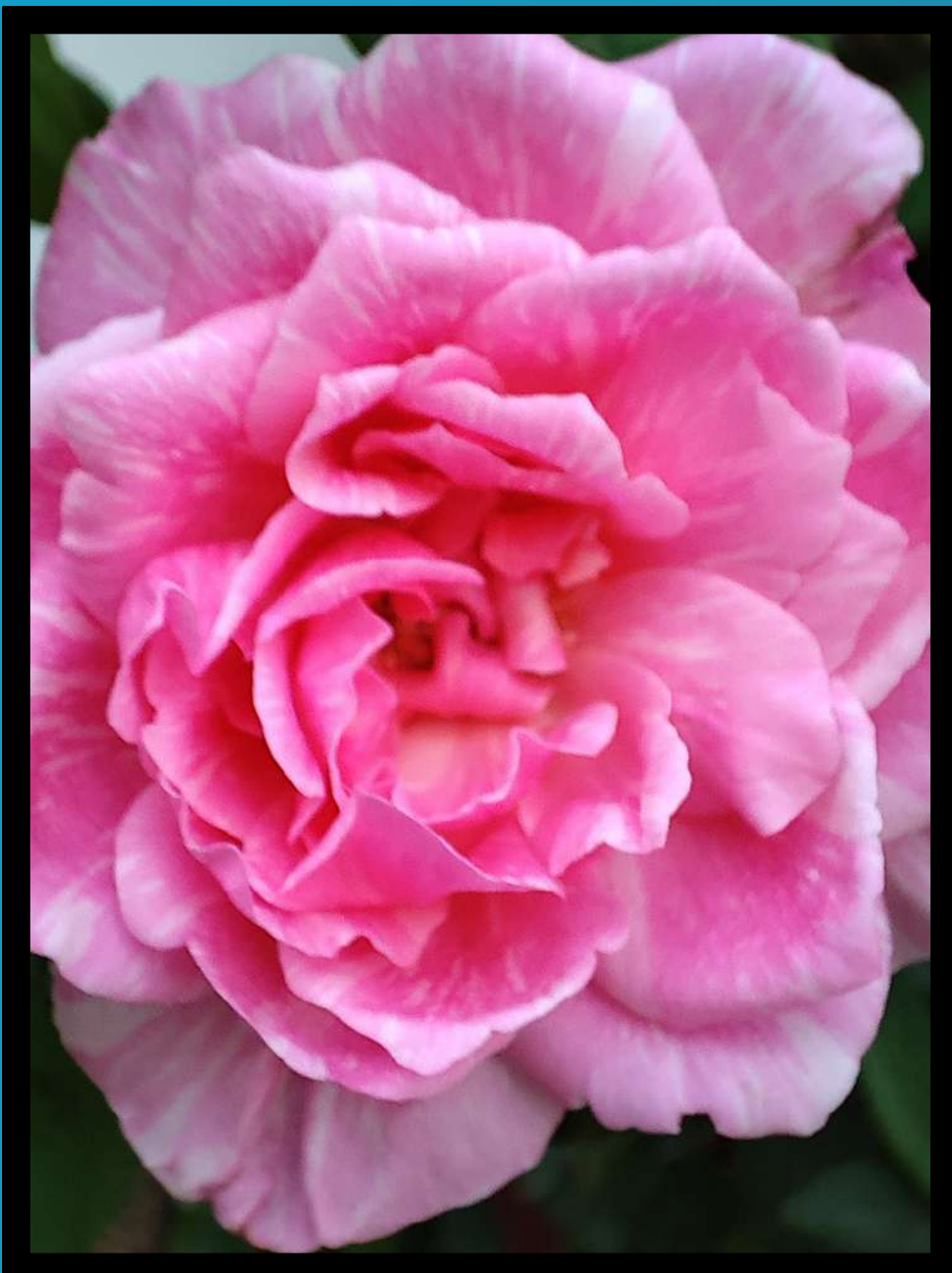
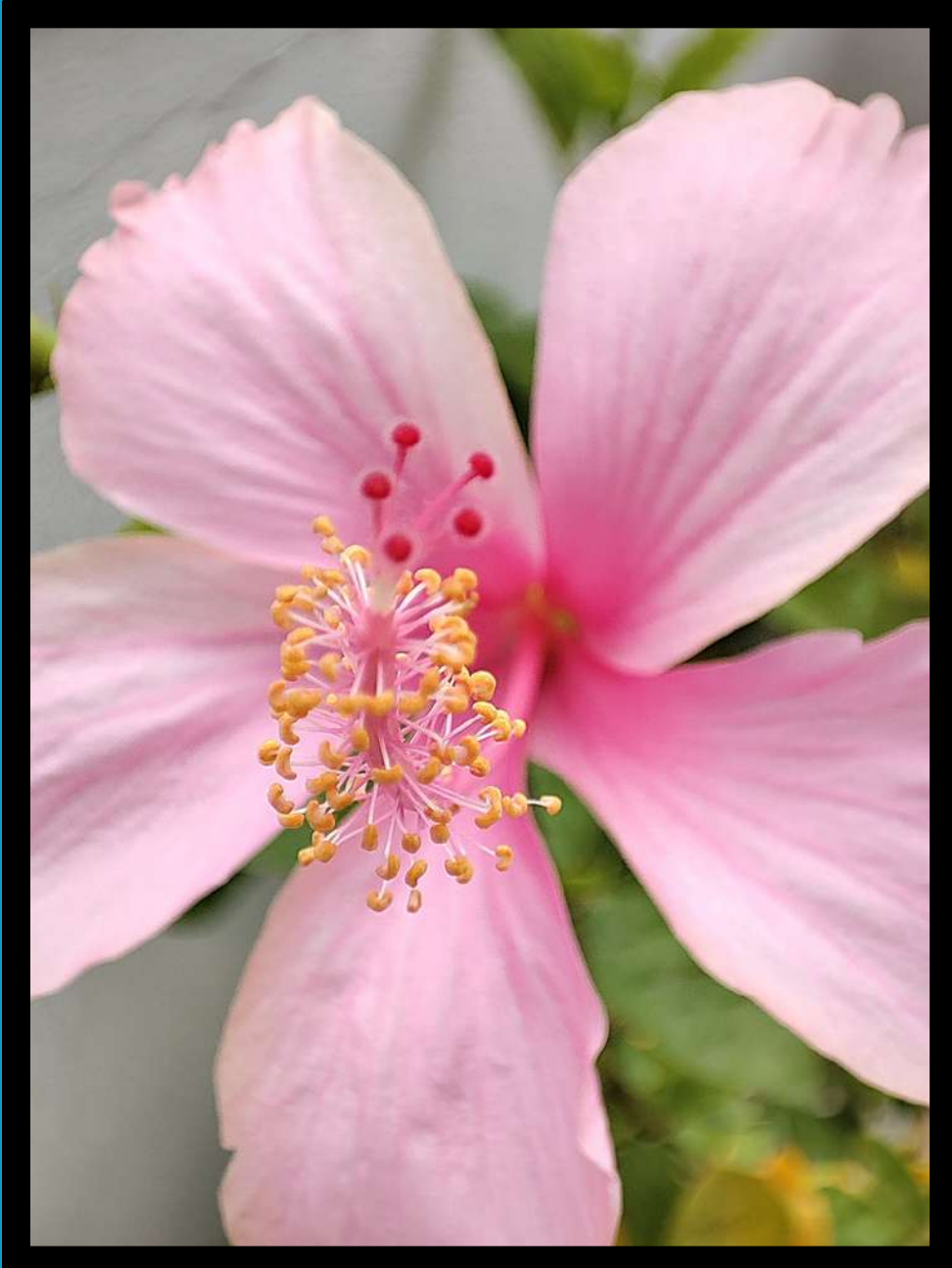
Made by: -
Saanvi Nagpal

Photography

Aadya Srivastava, S1-D



Dr. Manpreet Kaur



Riddles

Riddle 1 :-

$$A + A + A = 39$$

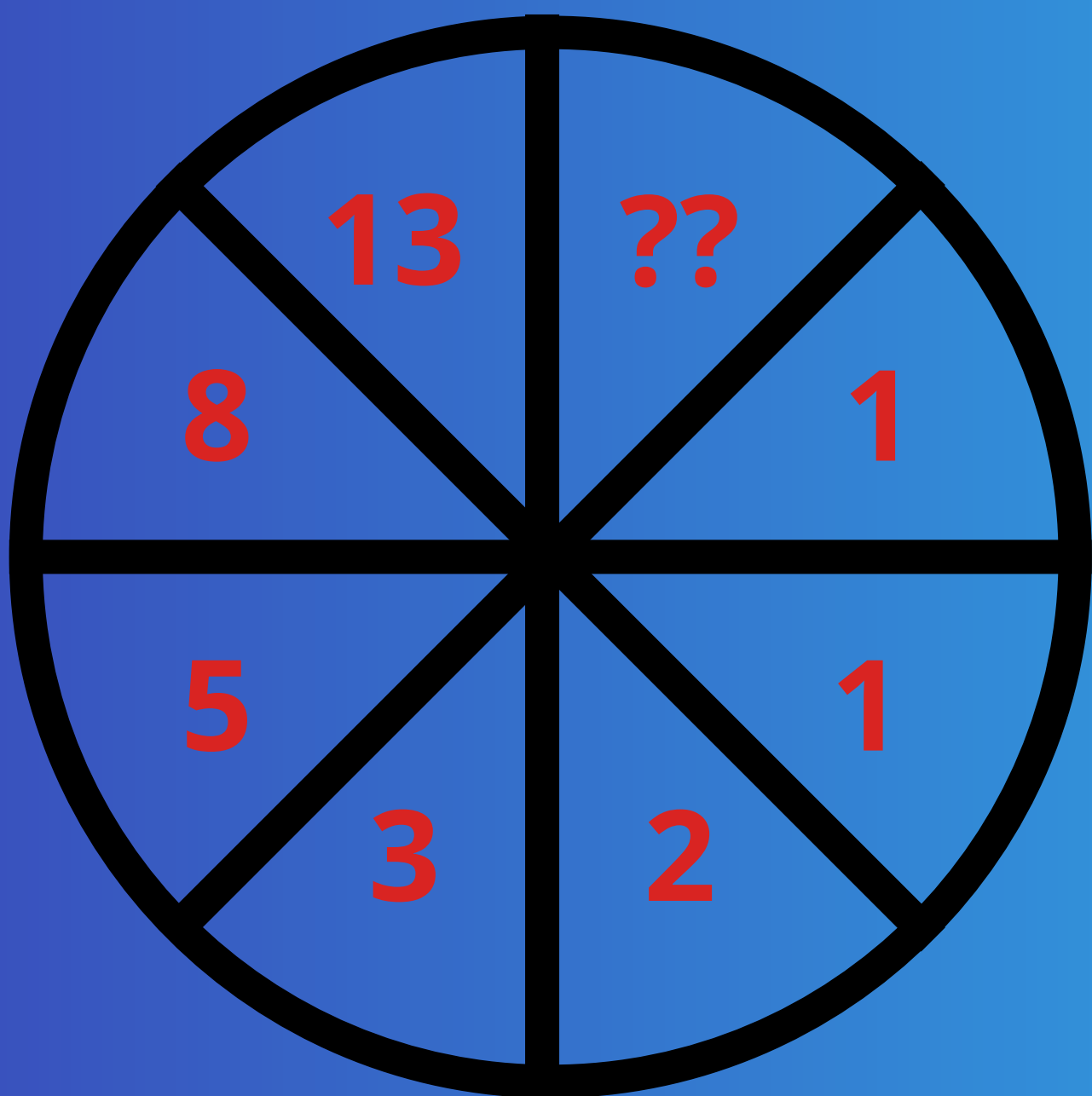
$$B + B - A = 25$$

$$6 + C + B = 50$$

$$A + B + C = ?$$

Riddle 2 :-

Find the missing number by understanding the pattern



Riddle 3 :-

**I am four times as old as my daughter.
In 20 years' time,
I shall be twice as old as her.
How old are we now?**

Answers on page 19 & 20

Sudoku

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

**Made By : -
Aarav Gupta
M3-B**

Answer on page 19

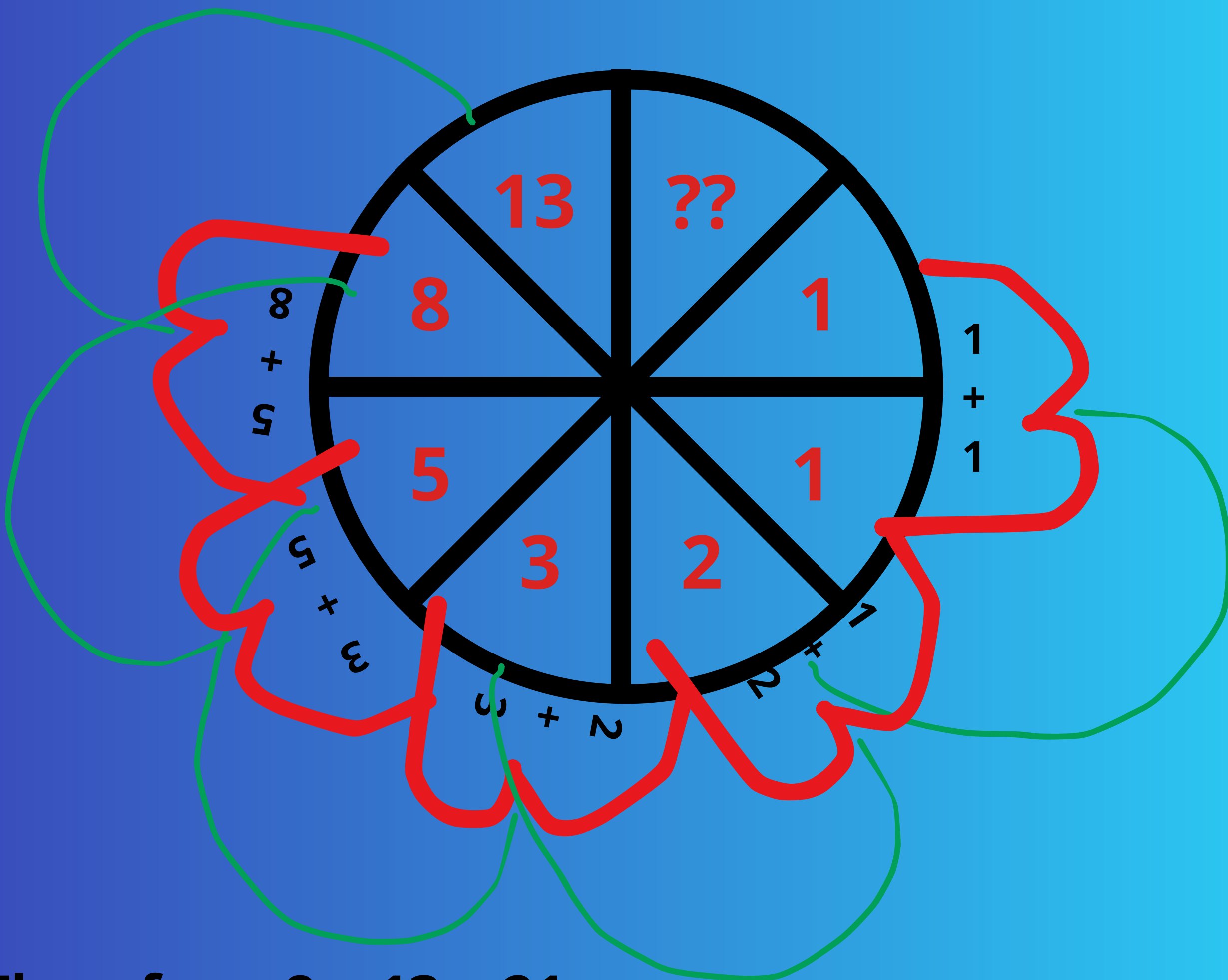
Answers

Riddle 1 :-

$$A + B + C = 57$$

Riddle 2 :-

Find the missing number by understanding the pattern



Therefore, $8 + 13 = 21$

Riddle 3 :-

I am 40 years old and my daughter is 10 years old

Sudoku

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



**“I FIND THAT THE HARDER I WORK,
THE MORE LUCK I SEEM TO HAVE”**

-THOMAS JEFFERSON