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# Reflections

1 January 2023

Newsletter Vol. 36

"Kind words can be short and easy to speak, but their echoes are truly endless."  
—Mother Teresa

## EDITORIAL

### The Power of Words

*Words can heal, hurt, hinder, humiliate,  
harm and humble, so choose them right*

Words have power. They can destroy and create. Sometimes a single word can change everything. Consider the power of your words and make a mark that will last a lifetime. The right words make all the difference.

According to author Yehuda Berg, "Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement or destructively use words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble."

Thich Nhat Hanh, a contemporary Buddhist monk, in his book *Being Peace* states, "Speaking honestly in any negotiation between individuals or groups is necessary. Speaking the truth in a loving way is also necessary." Hanh recommends only "loving speech" even when we are communicating about our differences and disagreements.

Words are extremely powerful tools that we can use to uplift our personal energy and improve our lives, though we're often not conscious of the words we speak, read and expose ourselves to. How many times a day do we throw our words away? We say things like, "I hate my hair," "I'm so stupid," "I'm such a failure." We never think that these words bring negative energy into our vibration and affect us on a physical level but they do.

To consciously harness the power of words for your benefit, be kind and offer yourself the same empathy and compassion you would extend to anyone else. Never make your body, or something you've accomplished, or anything else in your life the butt of a joke. If you have people in your circle who are always cribbing about one thing or the other, avoid them.

Surround yourself with positive, uplifting words. Words have great power, so choose them wisely!

Happy New Year!



In the New Year, never forget to thank your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future!

*Mehmet Murat Ildan*



Be at war with your vices, at peace with your neighbours, and let every New Year find you a better person.

*Benjamin Franklin*



What the New Year brings to you will depend a great deal on what you bring to the New Year.

*Vern McLellan*

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## Workshops and Webinars



CA. (Dr.) G.S. Grewal



Dr. Sachin Gupta

WITH requests for author-teacher interaction pouring in, our authors continued both offline and online dialogue with teachers and students. Thus, a number of workshops/webinars were organised in various parts of the country.

While CA. (Dr.) G.S. Grewal, acclaimed author of 'Double Entry Book Keeping' for Classes XI and XII, hosted the Accountancy workshops/webinars, Dr. Sachin Gupta, a name to be reckoned with in the field of New Age Skills and author of our 'Essentials of Data Science' series, took the participants through the Data Science workshops/webinars with elan.

Accountancy workshops were held at Mayoor School, Noida (UP); Sree Narayana Vidya Mandir Senior Secondary School, Kannur (Kerala); Greets Public School, Ernakulam (Kerala); The Senior Study II, Amritsar (Punjab); Sri Sankara Senior Secondary School, Chennai (Tamil Nadu).

Data Science workshops were conducted at G.D. Goenka Public School, Greater Noida; Bal Bharti Public School, Noida and Bal Bharti Public School, Rohini. Besides, a Knowledge Series on Data Science for Class X students is underway with webinars conducted every alternate week.

The House of Sultan Chand & Sons (P) Ltd is committed to helping schools improve their teaching methodology by organising workshops/webinars on various subjects. Requests for such workshops/webinars may be forwarded to our head office or to our representative visiting your school.

## Word Power

*Words should be soft,  
Words should be sweet,  
Words should be pleasant,  
To communicate with ease.  
When you talk little,  
When you talk gently,  
With words spoken kindly,  
You conserve energy,  
You conserve time,  
You improve your health.  
And get peace of mind...*

*If you talk too much,  
Without any end,  
You will not gain,  
But, lose your friend.  
Hence, dear friends,  
Just as you look before you walk,  
It's more important  
To think before you talk.*

—Lakshmi

(From *Happiness—A Treasure Within Book 5*)

**Essentials of PHYSICAL EDUCATION for Classes XI and XII**

A healthy body breeds a healthy mind. **Essentials of Physical Education** not only meets the latest CBSE syllabus requirements but also helps develop learners' interest in the subject. The book, written in a student-friendly manner, includes past years' CBSE Board Examination Questions with Answers, Objective Type/Multiple Choice Questions, ample Viva Voce questions, myriad relevant pictures, diagrams and tables.

**Computer Science With Python for Classes XI and XII**

**Computer Science with Python** aims at providing an in-depth understanding of the CBSE curriculum. It focuses on teaching the Python language to help students learn programming concepts and develop problem-solving skills. With easy-to-understand examples, pseudo-code, flow charts, and other such tools, the student learns to design the logic for a program and then implement that program using Python.

**COMPUTER A WONDER MACHINE Classes I to VIII**

Computers are used in almost every sphere of life today. It has hence become imperative for us to know the usage of computers. The series **Computer: A Wonder Machine** has been written to familiarize the young generation with the various features and scope of computers. The series focuses on facilitating understanding of fundamental computer operations and practices, strengthening the ability to use IT tools to accomplish learning tasks and inculcating the skills to use communication networks.

**Visualised Science – Physics**  
**Visualised Science – Chemistry**  
**Visualised Science – Biology**

**for Classes IX and X**

in accordance with the latest CBSE curriculum

**Also available**  
**Visualised Science**  
**Lab Manual**

**INFORMATICS PRACTICES With Python for Classes XI and XII**

Python is a popular object-oriented language used both for stand-alone programs and scripting applications in a variety of domains. The books contain ample concise and practical example programs along with diagrams and instances from real-life situations. Each chapter consists of tested, debugged and error-free code with screenshots. The books also include Viva Voce questions, Model Test Paper, Practice Paper besides Web Support.

**For ICSE Classes IX & X**

These books have been written in simple and lucid language and are supported by illustrations and well-planned experiments. These books also enhance students' interest in exploring and understanding science.

**Reading Ventures (English Literature Readers) Classes I to VIII**

**Rajendra Pal, Mamta Agrawal, Monica Mehra**



## Always Have a Dream

Forget about the days when it's been cloudy,  
but don't forget your hours in the sun.

Forget about the times you've been defeated,  
but don't forget the victories you've won.

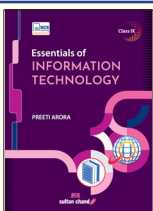
Forget about mistakes that you can't change now,  
but don't forget the lessons that you have learned.

Forget about misfortunes you've encountered,  
but don't forget the times your luck has turned.

Forget about the days, when you've been lonely,  
but don't forget the friendly smiles you've seen.

Forget about the plans that didn't seem to work out right,  
but don't forget to always have a dream.

—Amanda Bradley

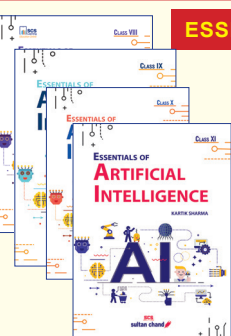


### Essentials of Information Technology for Classes IX and X

The books, based on the Skill Subject approved by CBSE's Department of Skill Education, aim at upgrading skills and proficiency of the young learner in the field of Information Technology.

#### Salient Features:

- Strictly according to CBSE curriculum
- Incorporate all the latest changes including the Question Paper pattern
- Cover advanced topics and features of OpenOffice writer, Electronic Spreadsheet, Database Management Systems, Web Applications and Security, Digital Presentation, RapidTyping Tutor, Mail Merge, Formulas and Functions, Slide Presentation
- Competency-based/ Application-based Questions
- Objective Type Questions
- CBSE Sample Question Paper (Solved)
- Model Test Papers

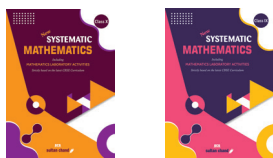


### ESSENTIALS OF ARTIFICIAL INTELLIGENCE

#### Classes VIII to XII

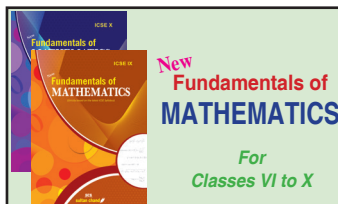
Artificial Intelligence is all around us and we are experiencing it every day without even realizing it. It is fundamentally changing the way things are done and the future skills requirements at the workplace. With over 50,000 jobs lying vacant in AI, ML and Data Science, it makes economic sense as well to learn AI and be ready to work in an AI-driven environment.

The future is not about humans vs. AI but about humans who know AI vs. those who don't. Guess who will win!



#### CBSE CLASSES IX & X

These books, written in accordance with the latest CBSE syllabus for Term-I and Term-II, intend to provide the students a better understanding of the relevant mathematical concepts and adequate practice in their application. The special approach to the books meets the needs of all kinds of students.



- Written in strict conformity with the latest syllabus drawn up by the Council for the Indian School Certificate Examinations.
- Focus on developing logical thinking.
- A large number of solved examples based on every concept.

## 75 Years of Independent India

2022 marked the 75th anniversary of India's freedom. Here is a list of events that shaped India since attaining independence:

**1947:** Independence and Partition.

**1948:** Mahatma Gandhi assassinated.

**1950:** India becomes a Republic.

**1952:** First Lok Sabha elections held.

**1962:** India-China war.

**1963:** India's first-ever rocket launched on November 21.

**1965:** India-Pakistan war where Indian forces outfight their opponents.

**1966:** Indira Gandhi becomes the first woman Prime Minister of India.

**1966:** Green Revolution begins in the country.

**1969:** Indian Space Research Organisation (ISRO) is formed.

**1974:** Operation 'Smiling Buddha' (Pokhran-I) takes place.

**1975:** India launches its first indigenous satellite 'Aryabhata'.

**1983:** India wins its first cricket World Cup.

**1984:** Rakesh Sharma becomes the first Indian to travel to space.

**1984:** India's first Metro commissioned in Kolkata.

**1984:** Bhopal gas leak kills 2,259 as per official figures.

**1991:** Manmohan Singh kickstarts economic reforms.

**1995:** Internet is launched on August 15.

**2007:** Pratibha Patil takes oath as the first woman President.

**2020:** The world witnesses a health scare in the form of coronavirus pandemic.

**2022:** Droupadi Murmu wins the Presidential race to become the first person from the tribal community to hold the highest office in India.



### Essentials of Data Science for Classes IX and X

#### Salient Features:

- Designed in accordance with CBSE Guidelines
- Focus on basics with real-life examples for knowledge discovery and comprehension
- Crisp illustrations to expand students' Data Science skills
- No Subjective Bias to ensure book is beneficial to all irrespective of subjects of study—Science, Commerce or Humanities
- Comprehensive Exercises, within chapters and at chapter-end
- Graphs and equations for easy understanding



### SYMPHONY ENGLISH Classes I to VIII

- Prepared specially in the light of NCERT guidelines on English teaching.
- Have a balanced structural and interactive approach to facilitate teaching as well as acquisition of the four language skills.

Readers, Activity Books and  
Literature Readers for Classes I to VIII  
Teacher's Manual Available

### NEW VISUALISED SCIENCE AND TECHNOLOGY

For Classes VI to VIII



## Be happy... today... and always!


J.W. Thompson rightly said, "Life is too short to be unhappy." The truth is all of us want to be happy...all the time. In fact, happiness is not something that can happen to some select people. Everyone has the capacity to make small changes in their behaviour, their surroundings and relationships which can set one on the path to happiness.

Behavioural scientists have spent a lot of time studying what makes one happy and what doesn't. Happiness often comes from within. One should be more in control, learn to tame negative thoughts, approach every day with optimism and be able to cope better with life's ups and downs.

All of us have a tendency to ruminate more on bad experiences than on positive ones. So don't try to stop negative thoughts. Whenever you feel negative about yourself, think of an advice you would give to a friend in a similar situation and apply the same advice on yourself.

Managing your stress levels is another important technique to bring happiness into your life. Include regular exercise to your routine and give time to yourself. If you have feelings of anxiety, breathing techniques can help. Studies have found that breathing practices help reduce symptoms associated with anxiety, insomnia, post-traumatic stress disorder, depression and attention deficit disorder.

Enjoy yourself and boost your self-esteem. Doing things that you enjoy is good for your emotional well-being. Simple activities like watching sports or meeting up with friends for a cup of coffee can perk you up. The best way to improve your self-esteem is to treat yourself as you would treat a valued friend—in a positive and honest way. Practise optimism. Optimism is part genetic, part learned. Optimism, like pessimism, can be infectious. So, make it a point to hang out with optimistic people and stay happy!



### ILLUSTRATED BIOLOGY

Classes XI – XII


- NCERT Textbook Questions
- NCERT Exemplar Questions
- Multiple Choice Questions (MCQs)
- Assertion and Reason Type Questions
- HOTS Questions

## BONJOUR L'INDE


Méthode de français

Coursebook & Workbook


Class IV onwards



## ACCOUNTANCY




Books for  
CBSE XI & XII  
ISC XI & XII



### BUSINESS STUDIES

Classes XI & XII

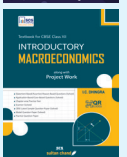
**Key Features:** As per CBSE syllabus; Simple language and exam-oriented presentation; Recap at chapter-end for revision of important definitions; Objective Type Questions/MCQs; Short Answer Questions; Case Studies and Application-based Questions with Answers; Long Answer Questions; NCERT Questions with Solutions; CBSE Sample Question Paper (Solved); Scanner of past years' questions; Model Test Paper (Solved); Self-Practice Paper.



### INDIAN ECONOMIC DEVELOPMENT

Class XII


**Key Features:** Strictly in accordance with the syllabus; Objective Type Questions (MCQs, Fill in the Blanks, True/False); Application-based Questions; Project Work; CBSE Sample Question Paper (Solved); Model Question Paper (Solved); Practice Question Paper; Solutions to NCERT textbook Questions.



### MACROECONOMICS

Class XII

**Key Features:** Strictly as per CBSE syllabus; Key terms and concepts explained at chapter-end; Solved NCERT questions included in relevant chapters; Objective Type Questions; Application-based Questions; Solved Numerical Problems and Give Reasons Type Questions; Scanner of past years' Board Question Papers; Latest CBSE Sample Question Paper (Solved); Model Question Paper (Solved); Practice Question Paper.




### COMPUTERS

GATEWAY TO DIGITAL WORLD

Classes I to VIII

- Strictly as per ICSE syllabus
- Well-defined computer languages
- File Management, Organization of Data and Word Processing
- Algorithms, Flow charts, Database Management and writing programs
- Details on how to make effective presentations and how to develop mobile applications



### Essentials of English Grammar and Composition

Parts 1 to 8 for Classes I to VIII and also for Secondary and Senior Secondary Classes

Each book in the series is a complete package in itself. It has separate sections dealing with grammar, vocabulary, comprehension and composition. Some unique features of the series are:

- Various elements of grammar presented in simple language.
- Tips to write correctly and alerts to avoid common errors highlighted.
- Focus mainly on the essential aspects of functional grammar.
- Easy-to-understand explanations and tips on usage.
- Exhaustive practice and guidance on structures.
- Emphasis on writing skills relevant to communicative purposes.
- Teacher's Manual available.
- Web Support for additional practice.

## An Open Invitation to AUTHORS

Are you planning to write a textbook or reference book for school children? We would love to hear from you. Put your thoughts on paper before they evaporate. We are ready to help you fulfil your long-cherished dream. Write the book you always wanted to and contact us at:

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