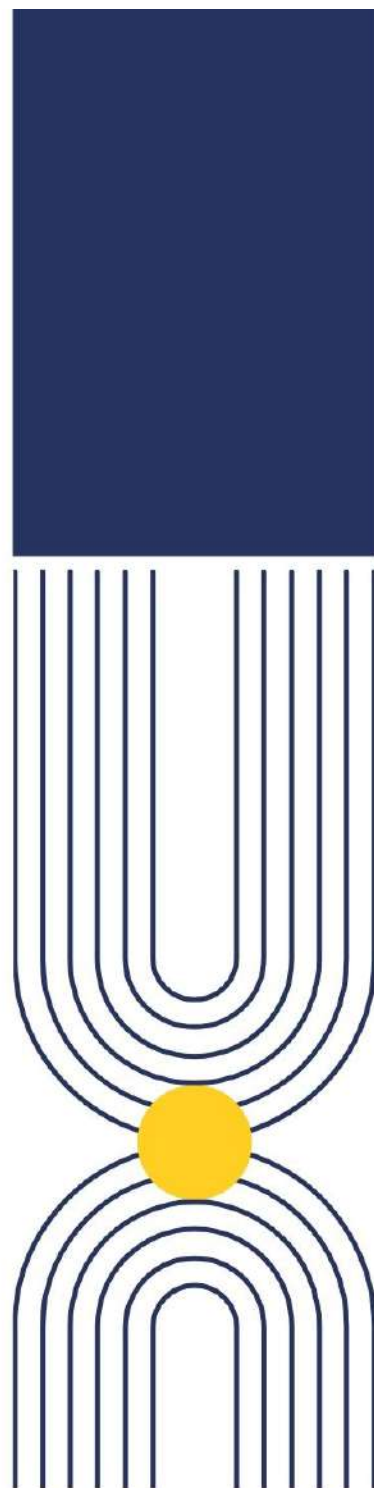
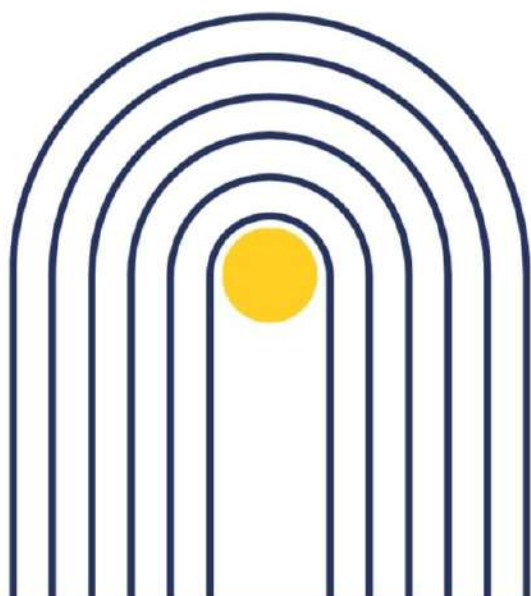




ST.THERESE'S SCHOOL

THERESIAN VOICE

E-MAGAZINE



VOLUME: XIII



Small Steps, Big Change



In today's fast world, everyone wants success quickly. But we often forget that big achievements begin with small steps.

We may think small efforts don't matter, but they actually make a big difference. A student who studies a little every day learns better than someone who studies everything at once. Slowly and steadily, these small actions help us grow.

Sometimes, we feel like giving up because we don't see quick results. But success is not about speed, it is about consistency. Even a small step forward is still progress.

So, instead of waiting for the perfect moment, we should start now and keep going. Because in the small steps bring big change.



– By Atharva Pratap Rai
Class VII-C





NEVER GIVE UP

Life is full of challenges and difficulties. Every person faces problems at some point in life. Sometimes things do not go the way we want, and we feel sad, tired, or even think about giving up. But these difficult moments are very important because they make us stronger and teach us valuable lessons.

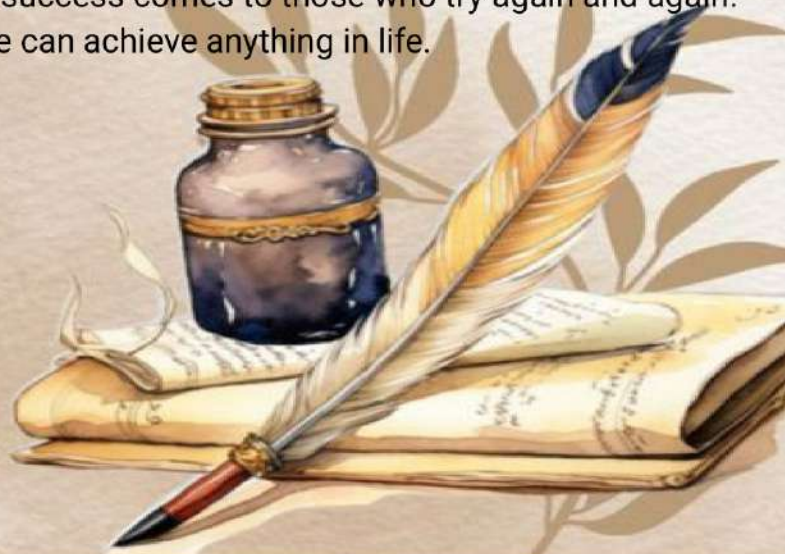
Giving up may feel easy, but it never helps us grow. When we give up, we lose the chance to improve and succeed. On the other hand, when we keep trying, even after failure, we become more confident and capable. Every small effort we make brings us one step closer to our goal. Failure is not something to be afraid of. It is a part of success. Many successful people failed many times before they achieved their goals. They did not stop; instead, they learned from their mistakes and worked harder. This shows that failure is not the end, but a new beginning.

Hard work and patience are also very important. Success does not come in one day. It takes time, effort, and dedication. We must stay focused on our goals and keep working, even when we do not feel like it. Small steps taken every day can lead to big success in the future.

Believing in yourself is another key to success. If you think you can do something, you are already halfway there. Confidence gives us the strength to face challenges and overcome fear. We should always think positively and never doubt our abilities.

Sometimes people around us may say negative things or try to discourage us. But we should not listen to them. We must trust ourselves and continue our journey. Our success depends on our own efforts, not on what others say.

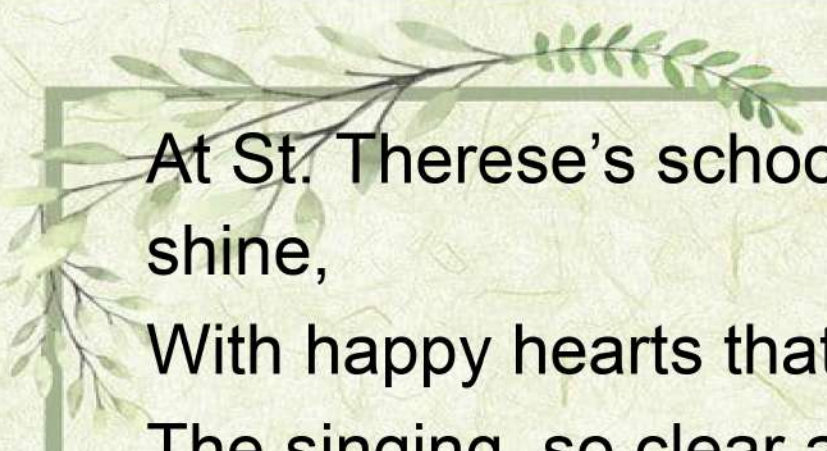
In conclusion, we should never give up, no matter how hard life becomes. Stay strong, work hard, and keep moving forward. Always remember that success comes to those who try again and again. If we believe in ourselves and never stop trying, we can achieve anything in life.



Prajjwal Singh Yadav. 6A



❖ My St. Therese's School ❖

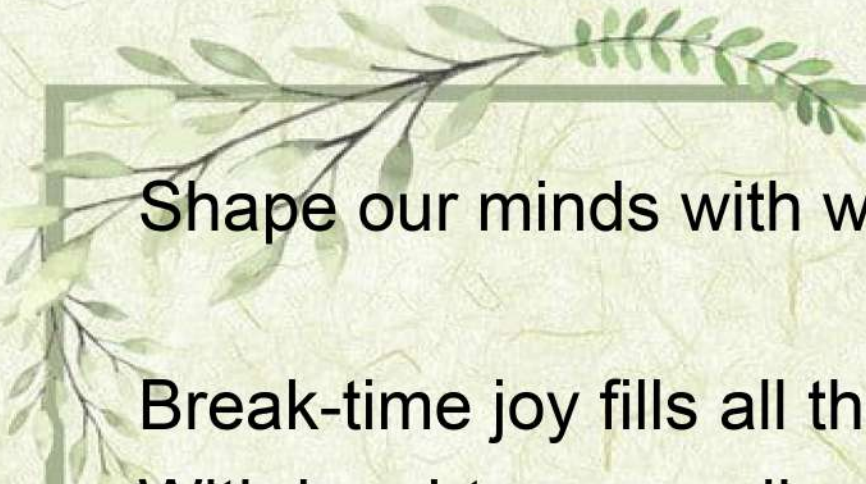


At St. Therese's school, my morning
shine,
With happy hearts that link with mine.
The singing, so clear and bright,
Fills my day with pure delight.

Our classrooms glow with colour fair,
And every desk shows love and care.
Teachers guide with gentle grace,
Bringing learning to every space.

In every subject we explore,
New ideas and so much more.
Books and lessons, fresh and new,





Shape our minds with wisdom true.

Break-time joy fills all the ground,
With laughter spreading all around.
Friends, like sunshine, kind and sweet,
Make each memory bright and neat.

St. Therese's school, my shining light,
You help me dream and reach new
height.

Your caring touch, your loving rule,
Makes my life bright in this loving
school.

Pranjal Yadav 7 D



THE JOURNEY OF LEARNING



School is about much more than just the grades on a report card or the notes in a notebook; it is the training ground for the person you are becoming. Every challenging math problem, every essay draft, and every long study session is a brick in the foundation of your future. There will be the days when the mountain feels steep to climb, but remember that even the most brilliant minds once sat in a classroom feeling exactly like you do. Don't compare your chapter one to someone else's chapter twenty. Focus on being just 1% better than you were yesterday. Your curiosity is your compass, and your persistence is your power. Keep pushing, keep asking questions, and most importantly, keep believing in your potential- because the world waiting for exactly what you have to offer.



BY ANIKA TIWARI



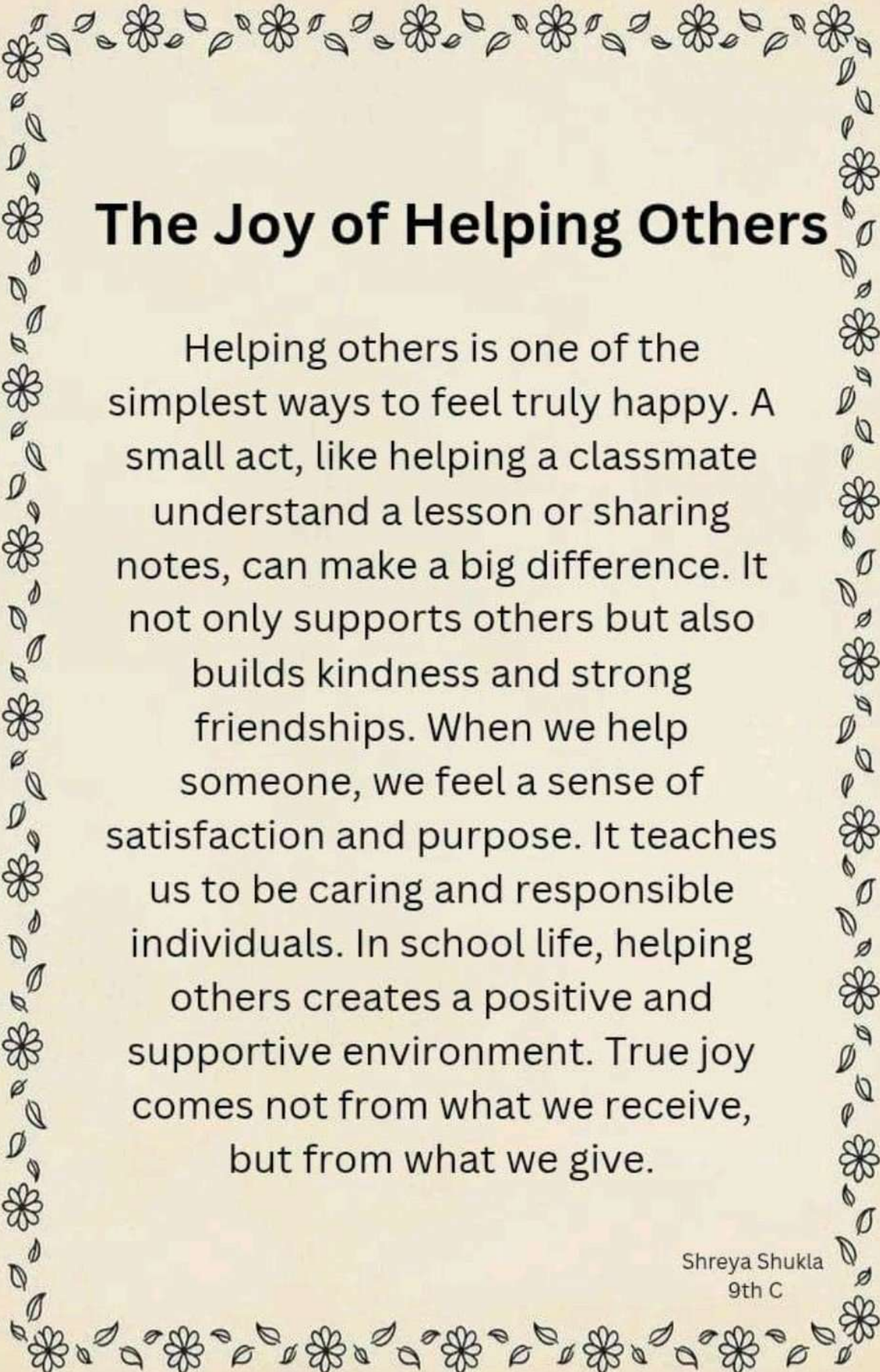
Title : The Power Within Us

In a world filled with expectations and comparisons, we often forget one simple truth: the greatest power lies within us. It is not in grades or approval, but in our courage to keep going. Every student faces self-doubt and fear of failure, but these moments do not define us; they shape us. Every small effort, every retry, and every step forward makes us stronger. Success is not about being perfect; it is about improving every day. Motivation does not come first; action does. When we start, even with small steps, confidence follows. We must stop comparing ourselves to others because everyone has a different journey, and the only real competition is who we were yesterday. Failure is not the end; it is a lesson. So believe in yourself, rise again, and never give up, because the power to shine is already within you.

Aradhya Sharma

9E





The Joy of Helping Others

Helping others is one of the simplest ways to feel truly happy. A small act, like helping a classmate understand a lesson or sharing notes, can make a big difference. It not only supports others but also builds kindness and strong friendships. When we help someone, we feel a sense of satisfaction and purpose. It teaches us to be caring and responsible individuals. In school life, helping others creates a positive and supportive environment. True joy comes not from what we receive, but from what we give.

Shreya Shukla
9th C

A Memorable Day

It was my last day of school, a day I had imagined many times but never truly understood until it arrived. The morning felt different. The same classrooms, the same corridors, the same faces—but everything carried a strange silence, as if time itself had slowed down. When I entered the classroom, my friends were already there. We smiled at each other, but our smiles were hiding something deeper. The laughter we shared that day felt heavier, knowing it might be the last time we would all sit together like this. Our teacher walked in, not with a lesson, but with memories. She spoke about our journey—how we entered as children and were now ready to step into a new world. Her voice was calm, but her eyes said everything. For the first time, the class was completely silent—not because we were told to be, but because we felt it. Then came the moment I will never forget. One by one, we started sharing our memories. Some talked about funny incidents, some about struggles, and some simply couldn't speak at all. Tears quietly rolled down faces that once only knew how to smile. When the final bell rang, it didn't sound like freedom. It sounded like an ending. We walked out slowly, holding onto each other, not ready to let go. The school gate, which once felt like an exit to the outside world, now felt like a line between the past and the future. As I turned back for one last look, I realized something—school was never just about books or exams. It was about the people, the moments, the laughter, and even the tears. And that day, I didn't just leave school... I left a part of my heart behind.

Arohi Jaiswal

5th A

How Your Mindset, Discipline, and Passion Shape Your Future

Introduction

What is mindset?

Mindset is the way we think about challenges, success, and failure in life. It is not just a way of thinking—it is the foundation on which our future is built. Do you really want to become successful, rich, live peacefully, and truly enjoy your life?

If your answer is yes, then you must understand that your future does not depend only on luck or talent. It depends on your mindset, your discipline, and your interests.

Let's explore this further

MINDSET

Have you ever wondered why some people never give up, even after failing many times? The answer lies in their mindset.

Mindset plays a very important role in our lives.

The way you think is the way you act. Your thoughts shape your actions, and your actions shape your future. If you want to achieve something big, you must first think big.

And when I say "think big," I don't mean overthinking. I mean believing in yourself.

In reality, your success depends on your thinking.

A positive mindset makes you strong, while a negative mindset stops you from growing.

For example, imagine a player. He wants to become a state-level player. He has a good coach who believes he can reach the national level. He is getting all the facilities and support.

But still, he remains only a state-level player.

Why?

Because he never believed he could go beyond that level. His mindset limited his actions.

If a person never thinks big, how will he work hard for something big?

That is why mindset is so important. Sometimes, being stubborn is also good—but only in a positive way. A strong mindset helps us stay focused even in difficult situations.

In the end, you should do what you truly like. No work is small or big.

But mindset alone is not enough. Along with mindset, another important factor is passion.

PASSION(Interest)

Along with mindset, passion is also very important.

Passion is what drives you from within. It is the reason you are ready to work hard without being forced.

For example, if a student has an interest in modeling or acting but is forced to study something else, he may not give his best effort. However, when it comes to his passion, he is ready to work very hard.

This is the difference between interest and force.

You should focus on what you truly want to do in your life.

What is your dream?

For maintaining your mindset and passion, you need discipline.

DISCIPLINE

Discipline is very important for maintaining your mindset and personality. It also plays a very important role in our lives.

Many people think that discipline means small rules like walking in a line or keeping things clean, but that is not the real meaning.

In reality, discipline is the ability to stay consistent with the right actions, even when you don't feel like doing them. It is self-control guided by purpose, helping you grow into a better version of yourself every day.

For example, a student may have big dreams and strong interest, but without regular study, he cannot succeed. A player may have talent, but without daily practice, he cannot reach a higher level.

Discipline is what keeps you moving forward when motivation is low. It turns your dreams into reality.

As it is often said, "If you are born poor, it is not your fault. But if you remain poor, it is your responsibility."

CONCLUSION

If we change our mindset, we can change our life. Success begins with positive thinking.

Be confident.

Be stubborn in a positive way.

Be patient.

Work on your dreams.

Be disciplined.

**Shreya Tripathi
8th B**



The Unwritten Chapter

They want you to be a number, a grade, a score,
But why be a part of the crowd, when you were born for more?

The system is a pattern, old and very grey,
But I am the colour, that's going to change the day.
I am not a machine, programmed to follow the line,
I am the lighting, waiting for the right time to shine.
My mistakes are my lessons, my scars are my pride,

I have a sense of fire, burning deep inside.
So let them keep their numbers, and let them keep their stay,

I'll write my own story, in my own unique way.
For I am the author for the chapters yet to be,
A soul that is boundless, wild, and finally free.

Written by Mobasshara
Class:- 8th B





THE BURDEN OF DREAMS

Society forces the aim of our life,
Slitting children's dreams with a knife.
Why do we get forced for money-making professions?
Is it really life's only mission!

We stay quiet, we don't complain,
But deep inside we feel the pain.
In this process our dreams are left behind,
Trying to adjust in society's perfect kind.
After all, parents should trust,
Let their children grow, not just adjust.
Are we raising children or making a race?
Where everyone runs only after a lifeless place.
Let children follow their passion's way,
Their dreams matter, don't take them away.

Saanvi Dixit
10th B



Motivation & Inspiration

Motivation is what pushes us to start, and inspiration is what keeps us going. We all face days when things feel tough, but a small spark—maybe a kind word or a personal goal—can lift us up. Inspiration often comes from people we admire, stories we hear, or dreams we hold. With motivation, we take the first step. With inspiration, we keep climbing, knowing each small effort brings us closer to something great. All you need is to believe in yourself and keep moving forward!

Aradhya Tiwari
7th D

Why discipline matters more than talent?

Talent is natural but discipline is intentional and that's what makes it more powerful!

Discipline can beat talent but talent could never. Talent is a spark. Discipline is the oxygen. One dazzles for a moment ; the other decides whether there will be fire at all.

A spark without oxygen dies quietly, no matter how bright it was once...

What makes discipline more powerful is not intensity , but indifference to the excuses. It doesn't care if you feel inspired , ready or confident. It moves anyway.

And in that quiet repetition, it does something talent never promises. It turns effort into identity. In the end, people don't rise to the level of their talent — they settle into the level of their discipline

Anchal Shukla
8th C

Why I Stopped Caring About Being Perfect"

Honestly, for the longest time, I was terrified of failing. I thought a bad grade on a midterm meant my entire career was over. I'd see my friends talking about their percentages or high scores, and I'd just sit there feeling like I was falling behind. But I've realized something important: we are all just figuring it out as we go.

The pressure to be perfect is everywhere. We feel like we have to have the best notes, the best hobbies, and the best future plan. But real life isn't a perfect Instagram feed. Sometimes, you're going to fail a quiz. Sometimes you're going to feel like the "dumbest" person in the class. And guess what? That's actually where learning happens.

I stopped looking at failure as a dead end and started seeing it as a detour. If I don't get something the first time, it doesn't mean I'm not capable; it just means I need a different approach. Every mistake is just a piece of data telling you how to do it better next time.

So, take a deep breath. One bad day doesn't define your intelligence or your future. Just show up tomorrow with an open mind. We're all in this together, and as long as we don't stop trying, we haven't actually failed. Keep your head up!

Sarika Singh
8 D

THE INVISIBLE TOPPERS OF ST. THERESE'S

THE WALL OF FAILURES

THOMAS EDISON

"Failed 10,000 times with the lightbulb."

"I haven't failed. I've found 10,000 ways that won't work."

DR. A.P.J. ABDUL KALAM

"Failed as a pilot and sold newspapers, yet became the Missile Man and President of India."

WALT DISNEY

"Fired for 'lacking imagination' and went bankrupt, but he never gave up, creating Mickey Mouse and Donald Duck."

THE WALL OF RESILIENCE

EVERY MISTAKE IS A LESSON.

CONGRATULATIONS TO THE SILENT ARTIST!

CONGRATULATIONS TO THE KINDNESS TOPPER!

A SETBACK IS JUST A SETUP FOR A GREAT COMEBACK.

THE INVISIBLE TOPPERS OF ST. THERESE'S

School is where we build our character. While some win gold medals, others win hearts. Who are the hidden heroes of our school?

St. Therese's is not just about marks. We celebrate the student who shares their lunch, the one who helps a friend, the one who keeps trying.

These are our true top scorers.

Believe in yourselves.

YOU ARE THE HEART OF ST. THERESE'S

Sonal Sharma
8th B

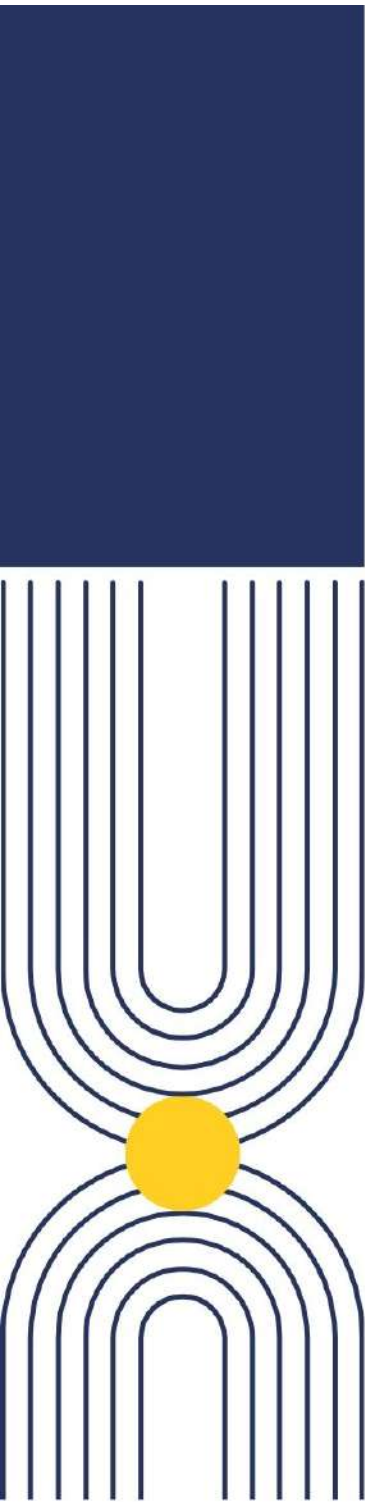
Trafficking of children

Trafficking of children, also known as child trafficking, is a form of human trafficking and is defined by the United Nations as the "recruitment, transportation, harbouring, or receipt of a child" for the purpose of slavery, forced labour, etc. This definition is substantially broader than the same document's definition of "trafficking in persons". Children may also be trafficked for illegal adoption. Illegal adoptions violate multiple child rights norms and principles, including the best interests of the child, the principle of subsidiarity and the prohibition of improper financial gain. According to the anti-trafficking organization Love146, it is estimated that over three million children worldwide are being victimized in child labour.

India has a very high volume of child trafficking. As many as one child disappears every eight minutes, according to the National Crime Records Bureau. In some cases, children are taken from their homes to be bought and sold in the market. In other cases, children are tricked into the hands of traffickers by being presented an opportunity for a job, when in reality, upon arrival they become enslaved. In India, there are many children trafficked for various reasons such as labor, begging, and etc. Because of the nature of this crime, it is hard to track; due to the poor enforcement of laws, it is difficult to prevent. As such, there are only vague estimates of figures regarding the issue. India is a prime area for child trafficking to occur, as many of those trafficked are from, travel through or destined to go to India. Though most of the trafficking occurs within the country, there is also a significant number of children trafficked from Nepal and Bangladesh. There are many different causes that lead to child trafficking, with the primary reasons being poverty, weak law enforcement, and a lack of good quality public education. The traffickers that take advantage of children can be from another area in India, or could even know the child personally. Children who return home after being trafficked often face shame in their communities, rather than being welcomed home.

Actions against trafficking

Action against child trafficking in India is being taken at many levels. The central government's response can be seen at a policy level in terms of the schemes they provide, and at a legal level in the form of acts and amendments they pass. State governments have also been noted to take action to address child trafficking by making an effort to implement schemes and laws at the state-level. Any gaps in the implementation of schemes and laws are largely filled in by non-governmental organizations that work to address different aspects of this issue.



ST.THERESE'S SCHOOL PADRAUNA

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