

LIFE@DPSGBN- A CELEBRATION

THE EDITORIAL CLUB.DPSGBN
PRESENTS

THE DECEMBER NEWSLETTER



WINTER



The Night the Magic came Home

The frost is biting at the glass, the silver
moon is high.

Watching for a shadow to go dancing
through the sky.

And hanging up a velvet sock to wait for a
certain sign.

The world is wrapped in ribbons and the
heavy branches glow.

He's a ghost of winter wonder, a spark in
the midnight blue,

A sleigh full of the magic that he's bringing
home to you.

There's sugar on the mantelpiece, carrots
on the lawn.

A quiet hush has settled until the break of
dawn.

They say he's got a list of names And a
heart of solid gold,

Telling stories of the kindness that never
will grow old.

It isn't the paper or bows on the floor,
But the hum of a spirit behind every door.

A sudden forgiveness, a warmth in the
chest,

A mystery invited to stay as a guest.

You can't catch the logic, you can't map the
way,

But the heart feels the pull of the holiday.
So close your eyes and listen, He's closer
than he seems,

Drifting through the chimney stack And lan-
ding in your dreams.

Shambhavi Mawrya 11-B

DEATH RATES RISE WHEN TEMPERATURES FALL?

It is said that more people die in winter than in any other season worldwide. This trend has been recorded in both hemispheres, even in regions where winters are mild. Scientists have investigated this pattern for decades and have identified several contributing factors, though the excess deaths cannot yet be fully explained.

Legends say the sun weakens, the wind steals breath, and the boundary between the living and the dead grows thin. Cold, hunger, and darkness were believed to loosen the soul's hold on the body, especially for the old and the weak. In a time before medicine and warmth, people turned loss into myth, believing that winter does not strike suddenly—it slowly calls life back into silence.

These are questions scientists have been asking for decades, and the full answer still eludes them. The issue matters because many of these deaths may be preventable through effective government and public health interventions. To intervene, however, it is first necessary to understand why people are dying. One clear factor contributing to excess winter mortality is seasonal illness. Viruses such as influenza follow a strong winter pattern and, depending on the year, can account for a large proportion of excess deaths. Yet viruses alone cannot explain the entire phenomenon.

Another significant explanation lies in cardiovascular health. A substantial share of excess winter deaths occur due to heart-related causes, as cold temperatures place stress on the circulatory system by constricting blood vessels and increasing blood pressure. Psychological factors may further compound this risk. Reduced daylight, social isolation, and disrupted sleep cycles in winter are associated with lower mood, fatigue, and reduced resilience, particularly among older adults and those already unwell. Together, these physical and psychological stresses make individuals more vulnerable during the winter months.

Aloe Kumar 11A



WINTER



A winter that feels like so many before

**Winter comes quietly,
and suddenly, the end of the year is
near.**

**I look back to all that I have done
this year;**

**I look back to all the memories I
hold dear.**

**The cold brings back memories
from when we thought we had
powers as we exhaled in the cold
air,**

**from when we were naive and
without a care.**

**We'll put our hands together in the
same pocket, just like we used to
do,**

**warming each other's hands and
laughing at jokes we've already told.**

**Ah, this winter feels just like the
ones before.**

Anvita Saxena IX-I

Winter - The Season of Love

Winter is the season we all wait for the entire year—the season of joy, a friendly atmosphere, and the afternoon sunlight we all enjoy. I personally love everything about winter: sitting in blankets with our family, having tea, and spending some of the best times of our lives.

But exams in this season are also a huge part of it, dealing with sleepiness while still having a lot of syllabus left. This season is not only related to weather, but also to the love of our families. We go to parks in winter, sitting on the grass, eating peanuts with our grandparents or parents, and listening to their stories. These efforts make us believe that we are living a really comfortable life.

The love we all admire, and sometimes do not value much, winter brings that feeling of togetherness. Along with this, our school organizes Founder's Day, which is not only an event or a function but truly has the element of showing love, stories, and children getting the chance to express their talent.

With all this, Christmas makes it even more extraordinary. With a chill breeze, everyone taking presents, and every parent becoming Santa Claus. And at the end, we all love winters.

Kamakshi Sachdeva X-C



WINTER



A Season of Small Things

Although the weather's cold, it is warm
with loved ones.
Sharing stories, told or untold—late nights
and inside jokes.
Holidays arrive; we get time to do what we
like.

The things that shape who we are, the
things we do for hours.
A hot beverage and your favourite shows.
A book's pages getting lost in the story as
it goes.

Whether it's a favourite jacket, a big
blanket, or a cozy habit. We all feel the
winter magic.

The Infinity of the Hollow White

The winter breeze bit with a searing burn,
As the low sun bled a crimson glow.
The skeletal trees stood lean and tall,
Stripped of their summer, emerald shawl.

The foggy sky and the brittle ground,
Met at the infinity of the hollow white—
From where comes a stranger dressed in red,
With silver bells and a reindeer sled.

Safe in the cozy glow of the inside,
We toast to the happiness brought by the
outside.

Sharing with a partner in a heavy wool,
Warmth of the moment, in a world so cool.

Prabhjot Singh XI F

Love for Winters

Winter is one of the best seasons of the year. People wait for it all year round. It is the most wonderful time of the year, with merriment and warmth everywhere. One feels like listening to Christmas-themed songs throughout the winter season. Apart from this, everyone loves snuggling in a warm blanket near the fireplace, listening to old songs while sipping hot chocolate.

Winters bring a sense of calm to the heart, spreading a deep feeling of love towards all. Be it humans, animals, or plants—everyone seems happier in winter. The season is all about merriment, joy, and feasts. During winters, people sing Christmas carols and enjoy nights filled with music and dance. One can wear comfortable, warm clothes while being surrounded by cheer, sparkles, lanterns, and candles.

But winter is not only about celebrations. It awakens a sense of love and gratitude within us. It teaches us to be thankful for what we have and to cherish moments spent with our loved ones. The main motive of winter holidays is to encourage gatherings and reunions, strengthening bonds of love and friendship.

Jigisha Sharma 9G



WINTER



Were Winters Always Like This?

Between the snowy whites and the foggy nights, haven't you ever wondered if winters were always like this? The answer's obviously no, which may not seem too concerning an answer until you realise that it was only in the past two decades that the weather started to haywire. This lead to morning smog instead of the healthy dew we were used to. While the reasons remain obvious, it's clear that at this point in time, it costs a people an N95 mask to maintain healthy lungs. After suffering the consequences of the 'festivities' that went with much enthusiasm, excitement and excessive noise and air pollution from firecrackers.

Currently, procedures like cloud seeding are being discussed, but it might be a while before they actual begin. This means we would be stuck with this hazy mist that stays with us for most of the day.

Naturally, while our physical views are dampened, our spirits shouldn't be. With Christmas and the New Year right around the corner, lighting up our lives like a Christmas tree on the eve. So, on that note, I'd like to wish you all, A very merry Christmas and a Happy New Year in advance!

Ashmi Airon XII B

Celebrations All Around

Celebrations all around,
Even through the strong mist.
Once you start following the glisten,
Hearing the merriment and song—
The jubilee and midnight ball.

The warmth brings a light to the heart,
A spark so strong, it blazes the hearth.
The biting cold air will not be so bitter
If you enjoy the feast and glitter.

Once you start looking around,
You'll see beauty without bounds—
The beauty in gatherings and reunions,
The efforts put into celebrations.

Enjoy the soft winter glow,
Appreciate the long nights and pale snow,
For the glowy, shimmery glimmer
Can only be brought by winter.

Jigisha Sharma 99

Snowflake

In days of sweaters and scarves
And mittens and snow
Your delicate presence
On us you bestow
And I ponder often upon your graceful fall
As the bells chime merry in ears of all
How the minute intricate patterns
That you bring forth
Could form in mighty clouds So high above

Were they inspired by the stars
Even higher than they are
Or did the stars themselves
Glistening a radiant glow Freeze and fall
from cold Amidst the icy snow Nevertheless
Like flowers in the wind Your graceful self
flows And helps ease all hurt
The harsh winter may have caused

Sayesha Bhayana XII B



WINTER



An evergreen tree
Decorated in a house full of life.
Looking past its grubby branches,
A little kid smiles.
Hangs a shiny ornament,
Makes a wish for desired toys.
The tree embodying his joy.

A different house, a different tree.
A glum man who lives alone,
Yearning to start a new year in glee.
The tree a beacon of hope.

A couple's first Christmas together.
Their tree small, but for them, enough to suffice,
Assuring them that they chose the right partner for life.
The tree expressing their strength to fight.

On a crowded street in a metropolis city
Stood an enormous ornament-laden tree.
Underneath, each person exactly where they were
meant to be The tree showcasing their individuality.

All trees evergreen, decorated to make someone
happy.

Sayesha Bhayana
XII B

Fresh cold air, warm clothes, and a
playlist that somehow makes hot
chocolate taste better. The time
when streets are glowing with
lights, cafes smelling like cinnamon,
and social media full of people
showing off their achievements,
Spotify Wraps, and whatnot.

And somehow, in all this hype, we
forget the simplest celebration of
just surviving the year. Whether it
was a joyride or a rollercoaster of
despair.

So sip that hot chocolate, dance to
your favorite playlist, laugh at your
weird moments, and love yourself a
little more. December doesn't ask for
perfection, it only asks for the vibe
of showing up, embracing life's
chaos, and enjoying the little things,
no matter what. It should be a
reminder, that not everything needs
to be perfect to worth enjoying

Kashika Rajput
IX-H

Messages from the teachers

Charu Sahay ma'am : जीवन में सफलता का एकमात्र तरीका है मेहनत समर्पण और कभी हार ना मानना।
अपने सपनों को हासिल करने के लिए आपको अपने घर से आगे बढ़ना होगा।

Shweta Ranjan ma'am : Students should focus on healthy . smart studying . reviewing notes.
focusing on weak areas. time management and building confidence to avoidadt minute cramming
of information and panicking. All the best for your final exams!

Manjul Tiwari sir. Believe in yourself . work hard and never give up on your dreams.

Rachna Saxena ma'am : Remember that succes is the sum of small efforts repeated day in and
day out. All the best for final exams and boards !

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