

HALLMARK TODAY

learn and grow...

**Problems of
Noise Pollution**

Earthquake Alarm

**National
Doctors's Day**

**How well do
you know
about ants ?**

Scan this
to read online



**Let's add
EQ to our IQ**

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Learn and Grow...

From the editor's pen

Why do students cheat on tests and examinations? Neil deGrasse Tyson once tweeted that “When students cheat on exams, it’s because our school system values grades more than students value learning.”



Learning must be the **priority**. What are good grades and percentages if the students don’t know what they have studied or why a particular chapter was included in the syllabus? I think it is important that our students understand why a particular topic is studied, and thus realize the importance of it. This is where the role of a teacher comes in. He or she has to motivate and inspire in addition to teaching the course. (This is exactly what we do at SCI.) Nevertheless, the eagerness to learn is a two-way street. The students must also be willing to cooperate, listen, and learn. One of the most important things a student must learn is the ability to observe, think critically, and question. That’s why we encourage you to question in class. And quite often, when my students don’t ask anything, I do the questioning. Some of my students must surely remember me asking: “How do you know the Earth is round/oval? Or is it even true? Have you always believed that it is so just because you have studied it from class 1 or 2? Question everything. That’s how you find answers.”

Hopefully any student reading this asks more questions in the future, and has the will and eagerness to learn and discover new things and ideas in life. Happy readings!

Thoudam Vilip Singh
Editor

PROBLEMS OF NOISE POLLUTION

Chingakham Yaisana

Class XI (220186)

Noise pollution is a form of pollution which has become very deadly nowadays. Environmental noise pollution is a kind of air pollution, and is a threat to our health and well-being. It will continue to increase in magnitude and severity because of population growth, urbanization. It will also continue to grow because of sustained growth in highway, rail, and air traffic, which remain major sources of environmental noise. It produces direct and cumulative adverse effects that impair health and that degrade residential, social and working environment.



Noise leads an important public health problem that can lead to hearing loss, sleep handicaps, reduced productivity, negative social behaviour, annoyance reactions and accidents. A growing body of evidence confirmed that noise has both temporary and permanent effects of humans by way of the endocrine and autonomic nervous system. It is not believed to be a cause of mental illness, but it is assumed to accelerate and intensify the development of latent mental disorders. It may cause anxiety, stress, headache, emotional instability, neurosis, hysteria and psychosis. Successful noise management should be based on the fundamental principle of precaution.

EARTHQUAKE ALARM

Roshni Laitonjam

Class XII (220021)

An earthquake warning system or earthquake early warning system is a system of accelerometers, seismometers, communication, computers, and alarms that is devised for notifying adjoining regions of a substantial earthquake while it is in progress. This is not the same as earthquake prediction, which is currently incapable of producing decisive event warnings. The basic principle of work and warning earthquake detector with a vibration sensor this is when an earthquake occurs or when the dynamo (earthquake simulator) is started, the resulting



vibrations cause movement of the pendulum. This pendulum movement is what will trigger the sound of the bell.

One very important advantage of the Quake Alarm is that it can wake you up and alert you the moment the quake starts so that you can immediately take cover or tend to other family members. The Quake Alarm can eliminate confusion, save valuable seconds and provide peace of mind.

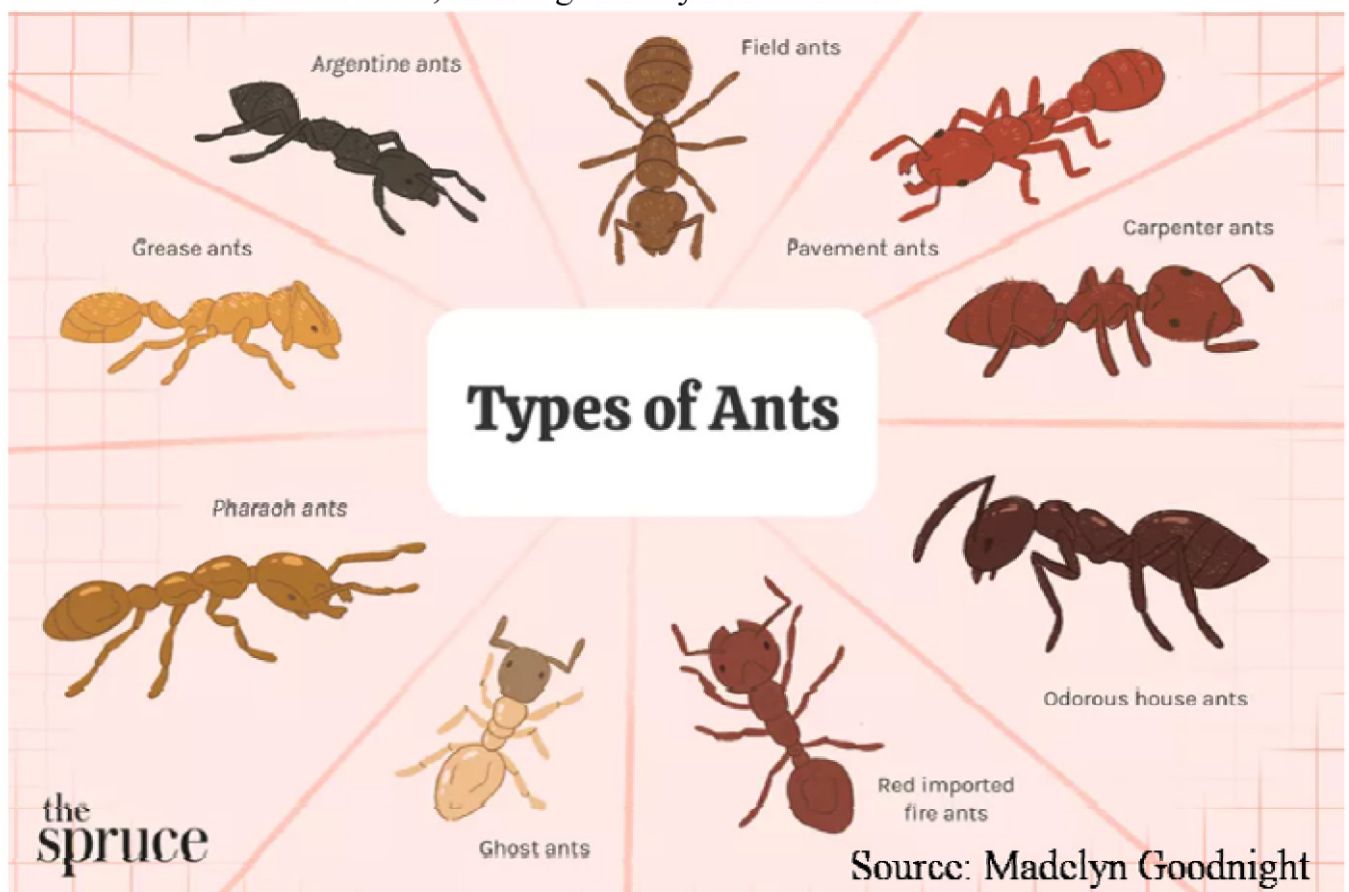
One of the disadvantages is that there are limits to the accuracy of estimating magnitude especially for large earthquakes. It is difficult to separate earthquakes and provide accurate warnings when multiple earthquakes occur almost simultaneously or in close proximity to each other.

HOW WELL DO WE KNOW ABOUT ANTS?

Asem Sania Devi

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There are about 15,000 species of ants, including diligent harvester ants that gather seeds and leaves, aggressive fire ants that make a drumming sound, leafcutter ants which clip and carry leaves in their mouths to cultivate subterranean vegetation to weaver ants who build nests, held together by secreted silk.



Ants communicate chemically and make decisions through observation, for instance, not all harvester ants forage for food. Each harvester ant decides to go out based on the rate at which it sees ants coming in with food, the faster this rate, the more

harvester ants venture out, which means the nest makes intelligent decisions, maximising resource usage.

Ants live in nests underground, in ground-level mounds or on trees. They collectively build their habitations based on smart choices, such as a lack of predators, the availability of food and the traffic around.

Ants work together to navigate distances, build traps, fight predators, repair leaves, conserve water, even act as paramedics for injured members of their communities.

Studies find ants communicate in algorithm-like language, processing complex information, such as the sun's position, wind direction, slopes, odours and the number of steps, swiftly — some researchers term this the 'anternet'.

LET'S ADD EQ TO OUR IQ

Supriya Ningthoujam

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Most of us have heard about IQ, but have you heard of EQ? As we know, IQ is short for **intelligence quotient** and is defined as a number that is used to express an individual's intellectual intelligence. On the other hand, EQ is short for **emotional quotient**, and it is the ability to identify, evaluate, control and express emotions. It involves understanding emotions, recognizing and managing them, and being able to connect to other people.

IQ covers logical reasoning, word comprehension and maths skills, while EQ helps in using our emotions to facilitate thinking, understand the emotional meanings and accurately perceive other's emotions. There have been debates about whether IQ or EQ is more important for a person to achieve success in their life. People have different opinions and views regarding this topic. Many feel that EQ is not as important as



IQ as they think one cannot get good job or even earn without a high IQ while some feel that EQ is more important for someone to get promoted in their jobs. According to research done by psychologists and scientists, it has been found that making use of our emotional intelligence is a skill. It affects the behaviour of others. High levels of EQ are becoming extremely important. Unlike IQ, which is more of a genetic matter, EQ can be improved with time. Improving our EQ tends to have big impacts. People with high EQ understand more, communicate better, negotiate properly and can deal with mental stress and problems in a more effective manner than those with high IQ but low EQ.

However, that does not mean that we do not need IQ at all. Both of them are important. They play vital roles in one's overall success which includes health, wellness and happiness.

I think that school teaches us so many things and we gain lots of knowledge, but we often find it hard to control and manage our emotions and deal with all the pressure and stress. Students ought to be taught about emotional quotient and its impact from a young age.

1. WHY DO WE FORGET THINGS WHEN WE ARE ANXIOUS?
2. HOW DO WE IMPROVE OUR MEMORY IF WE HAVE ANXIETY?

Bernard Meetei
Class X (220004)

1. Our memory is actually fragile. Our ability to create and recall memories is related to a variety of different factors, including things like nutrition and sleep. When we sleep, our brain use this opportunity to sort and encode many of the memories that we have made during the day. If we are not sleeping as result of anxiety, it's possible that we are forgetful because our brain isn't able to properly process what's happening to us during the day.

There are many other potential causes of forgetfulness such as cortisol which is the hormone our body releases during stress. Cortisol is known to interfere with the process of forming and recalling memories. When we have anxiety, our body and mind are frequently in a state of stress, thereby increasing the amount of cortisol in our system throughout the day. This can have many potential repercussions, one of which is forgetfulness. Another potential cause of forgetfulness is distraction. A person who is anxious is more likely to be distractible. When we're easily distracted, we struggle to focus our attention. When we're not attending to the information that we're receiving, our brain is unable to take-in that information as a memory. What makes this especially problematic is that the individual is often distracted by their own anxiety.

Focus is also another potential of forgetfulness. A lack of focus can make it harder to even pay attention to the world around us. People with anxiety are often "in their own head." When they hold a conversation with someone else, it's much harder for them to find that their heart is in the conversation. They often find that they simply cannot seem to pay close attention, and that makes it harder for the mind to turn that information into memories.

The next one is sleep deprivation. It can prevent the formation of memories. But sleep deprivation causes a secondary issue as well. When we are sleep deprived we may have trouble concentrating. Both anxiety and sleep deprivation are linked to reduced concentration, and if we are not fully concentrating, it makes it that much more likely that we will experience memory difficulties.

2. People who are forgetful may benefit by adopting compensatory strategies, which help them to cope despite their temporary memory lapses. For example, if we know we are forgetful, then when someone tells us something important, we should try to write it down (on paper or using our phone) immediately. Post-it notes can also be used to help us remember important bits of information.

People tend to test their memories when they have anxiety or decide that they don't need to make changes because "this time" they won't forget. There's simply no reason to take that risk, and unfortunately, forgetfulness can actually contribute to further anxiety. Another strategy we may want to try is starting a blog or journal and using it to write down all of our thoughts. Our blog - like a journal - can be made private so only we can read it, but we can use it to take note of anything we want to remember. This could include what we did that day, the conversations we had, who we talked to, etc. It could also include any distressing or anxiety-related thoughts and feelings that came up for us during the day.

Apart from helping us to remember important facts, this can also help to improve our mood, which in turn can reduce our anxiety and improve our memory. Finally, keep in mind that taking steps to treat our underlying anxiety condition is likely to result in improved concentration and memory all-round.

NATIONAL DOCTORS' DAY

Helena Pangambam

Class XII (220036)

Doctors save lives on a daily basis. To acknowledge their wonderful contribution to the society, National Doctors' Day is celebrated on 1st of July every year. It is marked as the birth and the death anniversary of Dr. Bidhan Chandra Roy (1st July 1882 – 1st July 1962), who was an honourable Indian doctor and the second Chief Minister of West Bengal. He also played a crucial role in the independence movement. The Central government established the annual remembrance of National doctors' day in the year 1991.



Dr. Bidhan Chandra Roy was a well known physician. He participated in the civil disobedience movement. Later on, he joined Indian National Congress. For his remarkable contribution to Indian Medical Facilities, he was awarded the Bharat Ratna Award in 1961.

