

MATRIX KALEIDOSCOPE



MATRIX
HIGH SCHOOL



MHS
JUNIOR SCHOOL



MATRIX
JEE ACADEMY



MATRIX
NEET DIVISION



Musings by the Principal

Dear Students, Teachers, and Parents,

On this Yoga Day, I invite each of you to pause and reflect on the profound gift of yoga.

Yoga transcends challenging postures and is for everyone, regardless of age. It harmoniously combines pranayam (breathing exercises), gentle stretching, and movements that enhance our body's strength and flexibility. Yoga empowers us with the agility to navigate our daily lives with vitality and ease. For a healthy, fulfilling life, weave yoga into your daily routine. Even 15 minutes can ignite transformative changes in your physical and mental well-being. To our dedicated teachers - we recognize your demands, but dedicating just a quarter of an hour to your health can significantly uplift the quality of your life, energizing you for your students and loved ones.

Parents, when your children witness your yoga practice, they are inspired to embrace it as well. Let us lead by example, prioritizing our health for their benefit. Together, we can cultivate a healthier, happier community, one mindful stretch and deep breath at a time.

**Happy
International Yoga Day!**



Warm regards,
Ms. Rajeshree Shihag
Principal-Matrix High School



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Medley of Activities

One-Day G20 Summit at Matrix

Matrix recently hosted an intensive one-day "G20 Summit," a condensed yet comprehensive event designed to simulate high-level international discussions on critical global issues. The summit brought together participants for a focused day of debates, presentations, and collaborative problem-solving. The day was packed with engaging activities, beginning with dynamic debates. Participants, representing various G20 nations, swiftly delved into key global challenges, articulating their country's positions on pressing topics such as economic stability, climate action, and digital governance. These rapid-fire discussions highlighted the urgency and complexity of international policy-making.



Following the debates, participants delivered concise PPT presentations, showcasing their research and proposed solutions. Given the one-day format, these presentations were sharp and to the point, focusing on actionable insights and innovative approaches to fostering sustainable development and global cooperation.

The summit efficiently covered multiple themes central to the G20 agenda, including global economic recovery, climate finance, and multilateral cooperation. The condensed schedule ensured that



discussions remained focused and productive, emphasizing key take aways and immediate actions. The one-day G20 Summit at Matrix proved to be an impactful experience, successfully providing participants with a concentrated exposure to global governance, diplomatic discourse, and the



collaborative spirit required to address the world's most pressing issues.



India Energy Week at Matrix

The "India Energy Week" concluded recently at Matrix, marking a vibrant three-day celebration dedicated to fostering innovation and discussion in the energy sector. The event brought together students, experts, and enthusiasts to engage in a series of intellectually stimulating activities centered around multiple pertinent energy themes.



The celebration was meticulously designed to encourage diverse perspectives and creative solutions. A key highlight was the debates, where participants passionately articulated their views on critical energy policies, sustainable practices, and future energy landscapes. These discussions provided a dynamic platform for robust exchange of ideas and critical thinking. Complementing the debates were insightful PPT presentations, allowing participants to showcase their research, analysis, and innovative concepts on various energy-related topics. The depth and breadth of the presentations underscored the participants' dedication to understanding and addressing complex energy challenges. A particularly engaging segment was the model presentation competition, which saw participants presenting tangible models and prototypes demonstrating their innovative solutions in the energy domain.



This hands-on approach brought theoretical concepts to life, inspiring practical applications and fostering a spirit of innovation. Throughout the three days, the event explored multiple themes, ranging from renewable energy integration and energy efficiency to policy frameworks and the role of technology in achieving energy security. This multi-faceted approach ensured comprehensive coverage of the energy spectrum, catering to a wide array of interests and specializations. India Energy Week at Matrix proved to be an enriching experience, successfully promoting awareness, knowledge exchange, and collaborative efforts towards a sustainable energy future.

अन्तराष्ट्रीय योग दिवस का आयोजन

21 जून, 2025 को मैट्रिक्स हाई स्कूल, सीकर में 11 वीं अन्तराष्ट्रीय योग दिवस का आयोजन किया गया। इस योग दिवस की थीम एक पृथ्वी, एक स्वास्थ्य थी। इस अवसर पर विद्यार्थियों को योग प्रशिक्षक ने सूक्ष्म व्यायाम, आसन, प्राणायाम व ध्यान-क्रियाओं का अभ्यास करवाया। उन्होंने बताया कि योगाभ्यास से शारीरिक व मानसिक बीमारियों से बचा जा सकता है। तत्पश्चात उन्होंने वर्तमान समय में स्वस्थ जीवन शैली अपनाने के लिए योग के महत्त्व पर प्रकाश डाला एवं योग के विभिन्न प्रकार के आसनों जैसे- प्राणायाम, अनुलोम-विलोम, भ्रामरी एवं ताड़ासन का सविस्तर वर्णन किया। इसके साथ ही स्कूल के अध्यापकों ने छात्रों के साथ योगाभ्यास किया।



मनुष्य का जीवन आज मशीन बन गया है। इस भाग-दौड़ भरी जिंदगी में मनुष्य को स्वयं के लिए एवं परिवार के लिए समय नहीं मिलता इसलिए आज का मनुष्य शारीरिक एवं मानसिक रूप से पीड़ित है। मानव जीवन के लिए योग बहुत जरूरी है क्योंकि योग वर्तमान जीवन की आवश्यकता है। इसके माध्यम से ही शारीरिक एवं मानसिक बीमारियों का निवारण किया जा सकता है।

"बुजुर्गों ने कहा है- स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का निवास होता है।"

फादर्स-डे' का आयोजन

16 जून, 2025 को मैट्रिक्स हाई स्कूल, सीकर में फादर्स डे का आयोजन किया गया। इस अवसर पर विद्यालय में विशेष कार्यक्रम आयोजित किए गए जिसमें समस्त मैनेजमेंट टीम के साथ टीचिंग व नॉन टीचिंग स्टाफ उपस्थित रहा। कार्यक्रम की शुरुआत मां सरस्वती के समक्ष दीप प्रज्वलन के साथ हुई। कार्यक्रम के दौरान स्टाफ ने अपनी भावनाएं व्यक्त की एवं जीवन में पिता के महत्व एवं उनसे जुड़े हुए अनुभव को साझा किया। साथ ही साथ विभिन्न मनोरंजक गतिविधियों का आनंद लिया। कार्यक्रम के अंत में उपस्थित सभी फादर्स को संस्था की ओर से उपहार भेंट किए गए।

"स्मृतियों के गलियारों में पिता की छवि है ऐसी,

जैसे प्राचीन वृक्ष की जड़ें,

जो भूमि को थामे रहती हैं।

ज्ञान का अमृत, धैर्य का सागर,

जीवन के संग्राम में अविचल सहारा।"

-जयशंकर प्रसाद



Parent-Teacher Meeting Highlights

Strengthening the Home-School Partnership

A successful Parent-Teacher Meeting (PTM) was conducted on 18th May for students of Classes 1 to 12, serving as a vital platform to review students' academic performance, personal development, and overall progress.



For Primary Section students, the PTM focused on the Sprint-1 exam review, where teachers provided detailed feedback highlighting each student's strengths and areas needing improvement. Parents were encouraged to ask questions, share concerns, and discuss strategies to support their child's learning at home.

For Middle and Senior Sections (Classes 6 to 12), the discussions revolved around class performance, attendance, behaviour, and exam results. Teachers shared individual insights, while parents actively participated in meaningful conversations to ensure the holistic growth of their wards.



The PTM concluded on a positive note, with a renewed sense of collaboration between parents and teachers. Both sides reaffirmed their shared commitment to nurture academic excellence and support the overall development of every student.

Felicitation Ceremony for Class 10th & 12th (CBSE) Achievers

Our school was proud to host a grand Felicitation Program to honour the outstanding academic achievements of our Class 10th & 12th students from CBSE Board. The ceremony was a celebration of hard work, perseverance, and excellence. The event was graced by the Directors of our institution, who served as the Chief Guests for the occasion.



Their inspiring words motivated the students to continue striving for success in all spheres of life. The program began with a warm welcome, followed by the felicitation of toppers and high-achieving students with medals, certificates, and mementos. Applause and pride filled the air as each student was called upon to be recognized for their dedication and performance. A special highlight of the event was the Vote of Thanks delivered by our respected Principal Ma'am, who expressed heartfelt appreciation to the students, parents, teachers, and staff for their unwavering support and commitment.

All staff members of the school were present, showing their support and joy for the students' success. Their presence added warmth and encouragement to the celebration.



The event was made even more special by the presence of the parents of the students, whose smiles and proud expressions made the day truly memorable.

This Felicitation Ceremony not only marked the academic milestones of our students but also reinforced the values of dedication, discipline, and community. We congratulate all the achievers and wish them the very best for their future endeavors!



Honouring Academic Brilliance: Felicitation Ceremony for (CAPT) Achievers

An Award Ceremony was held in the school premises to felicitate the outstanding performers of Class 10 and 12 who excelled in the CAPT Examination conducted in May. The event celebrated not only academic excellence but also the spirit of perseverance and hard work displayed by the students.



Students who secured top ranks and showed commendable progress were honoured with medals and trophies, acknowledging their dedication and consistent efforts. The vibrant atmosphere was filled with cheers and pride as achievers took the stage to receive their well-deserved awards. The presence of the teachers and management team added immense value to the ceremony. They appreciated the hard work of students and encouraged them to keep striving for greater success in the future. Special thanks were extended to the coordinators – Katta Sir, KC Sir, and Parveen Ma'am – for their unwavering support and meticulous planning that made the event a memorable success.



Their guidance has been instrumental in shaping the academic journey of the students. The event concluded on a high note, inspiring every student to aim higher and believe in their potential.

डरो नहीं हारो नहीं, आप कर लो !

जब लगे मैं अकेला हूँ....

अगर आप अभी अकेलापन महसूस कर रहे हैं, तो अपने आसपास के लोगों से जुड़ने की कोशिश करें। नए शौक अपनाएं, संगीत सुने, किताबें पढ़ें या किसी से अपने दिल की बात करें। आपका साहस और सकारात्मकता न सिर्फ आपको बल्कि औरों को भी प्रेरित करेगी।

अपनी रोशनी को पहचानें: जब अंधेरा गहराने लगे, अपने भीतर के उस प्रकाश को महसूस करें जो आपको आगे बढ़ने की हिम्मत देता है।

आपके संघर्ष किसी और की प्रेरणा हैं: सोचें, आपकी कहानी किसी को उम्मीद दे सकती है। इसलिए डटे रहें, आप अकेले नहीं हैं।

साहस के साथ आगे बढ़ें: तूफान चाहे कितना भी बड़ा क्यों ना हो, आपके दृढ़ संकल्प के आगे छोटा है।

कहें - 'मैं खुद का हीरो हूँ!': आप अपने जीवन के नायक हैं। अपनी क्षमताओं पर विश्वास रखें और जानते रहें कि आप किसी भी बाधा को पार कर सकते हैं।

याद रखो: हम सब अपनी-अपनी यात्राओं में हैं और कभी-कभी अकेलापन एक भ्रम जानकारी मात्र होता है। अपने अंदर की शक्ति को जागृत करें और दुनिया को दिखा दें कि एक अकेला दीपक भी अंधेरे को चीर सकता है।



Thought of the Month



“Small people discuss religion, caste, and creed, but great people discuss love, harmony, compassion, and world family.”

– Mp Kumawat



This profound quote illuminates a fundamental choice: do we focus on what separates us, or what unites us? It suggests that dwelling on distinctions like religion, caste, and creed often narrows our perspective, leading to division and conflict. Such conversations, born from a limited view, create "us vs. them" narratives that ultimately diminish our shared humanity. Conversely, true greatness lies in consciously embracing universal values that transcend all boundaries: love, harmony, compassion, and the profound concept of a global family. These are the principles that build bridges, foster understanding, and expand our collective consciousness. As the ancient Sanskrit scripture, the Maha Upanishad, beautifully proclaims: "Vasudhaiva Kutumbakam" – meaning "The whole world is one family." This timeless wisdom perfectly encapsulates the quote's essence, reminding us that despite our myriad differences, we are all interconnected. By choosing to live and converse from a place of unity and empathy, we not only elevate ourselves but also contribute to a more peaceful and cohesive world. It is a powerful call to transcend the trivial and embrace the truly transformative.

Milestones & Moments

Matrix High School, Sikar, has consistently demonstrated exceptional academic performance in the CBSE Class 10th and 12th Board examinations, solidifying its reputation as a leading educational institution in the region. The school's commitment to academic excellence, coupled with its dedicated faculty and student-centric approach, has yielded remarkable results year after year.

CBSE Class 10th Board Results:

Matrix High School has consistently produced outstanding results in the CBSE Class 10th Board exams. The institution prides itself on not only achieving a high overall pass percentage but also on fostering an environment where students can achieve top scores.

Result at A Glance

CBSE 10th Result 2025: Matrix High School continued its legacy of excellence with Ishita Kumari topping Sikar by securing a remarkable 99%. The school also reported that 23 students scored 97% and above, and a significant 100 students scored 95% and above. Overall, 306 students achieved 90% and above. This reflects a strong performance across the student body. These results are a testament to Matrix High School's focus on conceptual clarity, regular assessments, and personalized attention to students, preparing them thoroughly for the board examinations.

CBSE Board Exam Result Class-10th

SIKAR TOPPER



Ishita | 99.00%

98.60%



Himanshu

98.40%



Khushwant

98.20%



Rashmi

98.20%



Ridima

98.00%



Khushi

98.00%



Harshit

97.80%



Mridul Mundra

97.80%



Sneha Saini

97.80%



Arita Sagar

97.60%



Priyesh

97.60%



Sanyam

97.60%



Sameer Jat

97.60%



Mahi Sharma

97.60%



Tamanna

97.40%



Harshita

97.40%



Rakesh

97.20%



Rehan

97.00%



Mayank

97.00%



Madhavi

97.00%



Kinshuk Garg

97.00%



Hani

97.00%



Sujal

96.80%



Anshu

96.80%



Sarakshi

96.80%



Ankita

96.80%



Saurav

96.80%



Harshit

96.80%



Gaurav

96.80%



Himanshu

96.80%



Yash Kulhari

96.60%



Ruchika

96.60%



Dikshu Chahar

96.60%



Somya

96.60%



Anmol Yadav

96.60%



Aman

96.60%



Vansh Beniwal

96.60%



Deepansu

96.40%



Anuj

96.40%



Dheeraj

96.40%



Tanish

96.40%



Priyank

96.40%



Harshit

96.40%



Ayushi

96.40%



Lokesh

96.40%



Kavansh

96.40%



Anvi

96.40%



Dhruv

96.20%



Gagan

96.20%



Anuj

96.20%



Ravina

96.20%



Prince Daila

96.20%



Aditya

96.20%



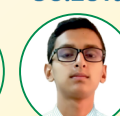
Suhasi

96.20%



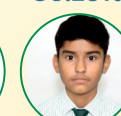
Mudit

96.20%



Sarthak

96.20%



Divyaraj

96.20%



Shaurya

96.00%



Nayan

96.00%



Manas

96.00%



Mayank

Our Outstanding Results - 2025

97% & Above

23 Students

95% & Above

100 Students

90% & Above

306 Students

CBSE Class 12th Board Results:

Matrix High School's performance in the CBSE Class 12th Board examinations is equally impressive, with students excelling across all streams. The school's rigorous academic program and experienced educators have consistently helped students achieve top ranks.















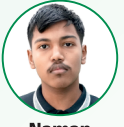





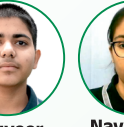
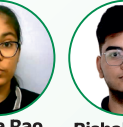


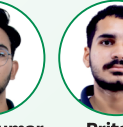



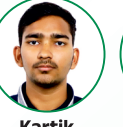

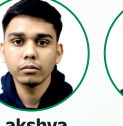

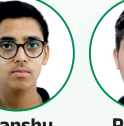

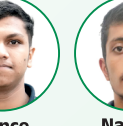



Result at A Glance

CBSE 12th Result 2025: Matrix High School once again set a high benchmark. Gungun emerged as the school topper with a commendable 98.20%. Furthermore, 13 students scored above 95%, and 98 students secured 90% and above. The school maintained a perfect 100% success rate.

The consistent high performance in Class 12th examinations is a clear indicator of Matrix High School's effective teaching methodologies and comprehensive preparation strategies that cater to diverse academic needs.



Gungun | 98.20%

CBSE Board Exam Result Class-12 th											
97.80%	97.60%	96.80%	96.40%	95.80%	95.80%						
											
Kanak	Soniya	Pradeep	Rohit	Ankit	Gaurav						
95.60%	95.60%	95.40%	95.40%	95.20%	95.00%	94.80%	94.80%				
											
Hitesh	Priyanshu	Namanjot	Yogita	Abhimanyu	Divya Dudi	Kishika	Priya				
94.60%	94.40%	94.40%	94.40%	94.40%	94.40%	94.20%	94.00%	94.00%	94.00%	94.00%	93.80%
											
Naman	Himanshi	Anmol	Neha	Pranshu	Utkarsh	Bhuvier	Navya Rao	Rishab Meel	Pramod Kumar	Mohit Kumar	Pritam
93.60%	93.60%	93.40%	93.40%	93.40%	93.20%	93.20%	93.20%	93.20%	93.20%	93.00%	93.00%
											
Jayesh Gupta	Anjum	Kartik	Khushal	Lakshya	Anshika	Pranshu	Parveer	Prince	Naman	Aryan	Vinay Bamil



Our Outstanding Results - 2025

97% & Above	95% & Above	90% & Above
3 Students	13 Students	98 Students



Factors Contributing to Success: Matrix High School attributes its consistent outstanding results to several key factors:

Experienced and Qualified Faculty: The school boasts a team of highly experienced educators, many of whom are graduates from top-tier institutions, providing expert guidance and mentorship.

Robust Academic Framework: A well-structured curriculum, coupled with regular assessments, mock exams, and doubt-clearing sessions, ensures thorough preparation and identification of individual student weaknesses.

Focus on Competitive Exams: Beyond board exams, Matrix High School integrates competitive exam preparation (like JEE, NEET, NTSE, Olympiads) into its schooling system, giving students a significant edge.

Holistic Development: While academics are paramount, the school also emphasizes extracurricular activities and overall personality development, fostering well-rounded individuals.

Parental Involvement: The school actively involves parents in the academic journey of their children through regular communication and workshops, creating a strong support system.

In conclusion, Matrix High School, Sikar, has consistently delivered best-in-class results in the CBSE 10th and 12th Board examinations. Its unwavering commitment to academic excellence, supported by a strong pedagogical approach and dedicated faculty, makes it a prominent institution for quality education in Sikar.



Ink & Insights

The Peacock's Love

Peacock loves rain,
Because it was with him in pain,
But the rain is gone,
After the plant of love is sown,
He is now mourning,
Remembers her all day, night & morning,
But he still loves,
And hopes one day rain will come,
He is still waiting for may,
And not able to say,
That, He loves rain,
And He wants rain.

~Shubham Thalor (XIOCNI)

Smiles

Smile if you're lost today,
Maybe someone needed that win
more than you.
Smile if something is lost,
Maybe the one who was destined
got it.
Smile if you get frustrated by
thinking that it would have been
better,
What if it's gotten worse?
Smile even if you have to walk miles
and miles,
Because it's okay if your glass is half
empty,
You can always fill it with smiles.
So smile.....

~Harsha Jalan (XIOCNO)

A Mother's Embrace

In a world of chaos, she is calm,
A mother's love and eternal feeling.
Her tender touch is a comforting palm,
Guiding us through a melodious life.
Through sleepless nights and daylight's gleam,
She waves dreams, like a sea.
A beacon of strength in every extreme,
Her love is a constant and unwavering beam.
In her eyes reflections of sacrifice,
A selfless love, an endless desire.
In moments of joy or times of strife,
A mother's love is the essence of life.

~Jahnvi Naruka (X9CBI)



Life Story

The story of life
Is a work in progress
Success or strife
One should never give up
And stop dreaming
Avoid Procrastinating and get up
Trust yourself and start
You think you're all alone
And lost in your process
Reduce your dismal groan
You'll get success.

~Swati (X9CN3)

A Longing for Solitude

For once I would like to fly high,
Far from everyone,
Where no one can try.
For once I would like to dive deep,
Far from the crowd,
Where no one can reach.
For once, I would like to be invisible,
Far from the real world,
Where no one can see me.

~Riyanshi Yadav (XII Humanities)

The True Friends

Once upon a time, in a vibrant forest, there lived two inseparable friends: a spirited squirrel named Sammy and a playful puppy named Benny. Sammy, with his bushy tail and nimble legs, thrived on athletic adventures, darting through the trees and leaping from branch to branch. No matter the game, he always seemed to come out on top, and while his victories were impressive, they sometimes left Benny, the lovable puppy with soft golden fur, feeling a bit overshadowed and inadequate.

One gloomy day, dark clouds gathered above, and the sky opened up in a heavy downpour. While most creatures sought shelter, Sammy, ever the optimist, felt unfazed. He began to frolic around in the rain, performing daring flips and playful spins, filled with joy and mischief. But in a moment of reckless enthusiasm, he lost his footing and tumbled into a deep puddle formed by the relentless rainwater.

Panicked, Sammy called out to his friend, his tiny voice struggling to be heard over the sound of the rain. "Benny! Help me!" Hearing the distress in his friend's voice, Benny quickly dashed to the rescue, his heart racing. Without a second thought, he plunged into the water and offered his back for Sammy to climb on.

With a grateful heart, Sammy clambered onto Benny's sturdy back, and together they navigated through the muddy puddles. Once they reached dry ground, Sammy hopped off, drenched yet safe. He looked up into Benny's big, warm eyes and said, "Thank you for saving me! I couldn't have done it without you."

It was in that moment that both friends realized something important: perfection was never required to be a good friend.

The bond they shared was extraordinary, and true friends would always be there for each other in times of need, no matter their flaws.

The moral of the story is that not everyone is perfect, and true friends are indeed a rare treasure.

~ Tannu Kanwar (X9CN4)

सपनों में रख आस्था

सपनों में रख आस्था कर्म तू किए जा,
त्याग से ना डर आलस परित्याग किए जा।

गलती कर ना घबरा,
गिरकर फिर हो जा खड़ा।

समस्याओं को रास्तों से निकाल दे,
चट्टान भी हो तो ठोकर से उछाल दे।

रख हिम्मत तूफानों से टकराने की,
जंरुत नहीं है किसी मुसीबत से घबराने की।

जो पाना है बस उसकी एक पागल की तरह चाहत कर,
करता रह कर्म मगर साथ में खुदा की इबाबत भी कर।

फिर देख किस्मत क्या क्या रंग दिखलाएगी,
तुझको तेरी मंजिल मिल जाएगी, मंजिल मिल जाएगी।

~ Lakshika (X9CBI)

मन की उड़ान

रास्ते मुश्किल हैं, पर रुकना नहीं,
हर ठोकर के बाद भी झुकना नहीं।
सपने वो नहीं जो रात में आते हैं,
सपने वो हैं जो सोने नहीं देते हैं।

थक कर बैठ जाना आसान होता है,
पर जीत वहीं जहाँ प्रयास अनजान होता है।
अगर मन में हो जज्बा, तो राह निकल ही जाती है,
अंधेरी रात भी सूरज से हार मान जाती है।

हर गिरावट एक सबक सिखाती है,
हर हार सफलता की सीढ़ी बन जाती है।
जो चलते हैं बिना थके,
वो ही मंजिल तक पहुँचते हैं।

बाधाएँ आएँगी, डर भी सताएगा,
कभी मन टूटेगा, कोई साथ छोड़ जाएगा।
पर खुद से जो नाता निभाते हैं,
वही इतिहास में नाम कमाते हैं।

संघर्ष की आग में तपना सीखो,
हर मुश्किल में मुस्कुराना सीखो।
जीवन एक परीक्षा है साहस की,
हर दिन इसे पास करना सीखो।

तो उड़ चलो उस आसमान की ओर,
जहाँ सपनों का सूरज हो चढ़ा।
रोक सको तो रोक लो ऐ दुनिया,
अब हमने खुद से वादा किया।

~Hardeep Meena (XIOCB6)

Educator's Edge

From Break to Bloom

Dreams sometimes shatter,
Like glass on the floor,
Leaving behind just an emptiness,
And nothing more.
In moments of weakness,
When strength starts to wane,
The unseen protection
Will soothe every pain.
Embrace the process,
The lessons it brings,
For in time, your efforts
Will sprout their own wings.
Don't let the waiting dim
Your inner fire,
Even when doubt tries to
Drag you to mire.
Each step forward,
No matter how small,
Is progress defined,
Answering life's call.

~ Ms. Sheetal (TGT - Social Studies)

Reels Steal Your Time Your Memory

In today's digital age, short video platforms like Instagram Reels and YouTube Shorts are popular among students. However, excessive scrolling through these reels can negatively impact memory and cognitive health in several ways:

- 1. Reduced Attention Span:** Reels are designed to provide quick entertainment within seconds. Constant exposure to such fast-paced content trains the brain to expect quick rewards, reducing students' ability to focus on longer academic tasks.
- 2. Impaired Deep Memory Formation:** Memory requires focused attention and rehearsal. Frequent scrolling divides attention repeatedly, preventing proper encoding and storage of information in long-term memory, thus affecting study retention.
- 3. Mental Fatigue and Overstimulation:** Reels with loud music, bright transitions, and rapid shifts overload the sensory system, leading to mental fatigue. This can reduce concentration when studying or revising.
- 4. Distraction and Reduced Study Efficiency:** Students often check reels during short study breaks, but such breaks fail to relax the mind. Instead, they create further distractions, making it hard to resume focused study, thus affecting overall learning efficiency.



5. Addiction Cycle and Memory Gaps: The dopamine rush from scrolling creates addictive cycles, where students spend hours without realising it. This eats into their study time and disrupts sleep, both essential for strong memory consolidation. Conclusion While reels can be entertaining, excessive scrolling harms students' memory by reducing attention span, impairing deep learning, causing mental fatigue, and promoting addictive distractions. Limiting screen time and practising mindfulness can protect memory health and academic performance.
Scroll Less, Remember More.

~ Mr. Vipin Tanwar (PGT - History)

Empathy in Teaching The Heart of Education

In today's fast-paced academic environment, it is easy to get caught up in lesson plans, syllabus completion, test scores, and digital tools. Yet beyond the blackboard and screen lies something even more vital: empathy. While we often focus on what we teach, it is just as important to reflect on how we teach and connect with our students. Empathy in teaching is not about lowering standards or being lenient- It's about understanding the student beyond their roll number or report card. It's about recognizing that behind every wrong answer or missed assignment, there may be an untold story. Students thrive in environments where they feel seen, heard, and valued. When a child knows that their teacher genuinely cares, they are more likely to take intellectual risks, ask questions, and express their doubts without fear of judgment. A warm greeting, a patient ear, or even a simple "Are you okay today?" can go a long way. These small gestures build trust—and trust is the foundation of effective learning.

Empathy doesn't mean compromising on discipline. It means choosing compassion over control. For instance, if a student is consistently late to class, instead of immediately penalizing them, we might ask, "Is there something making it difficult for you to get to school on time?" This approach not only uncovers underlying issues but also models emotional intelligence—something our students need as much as academic knowledge.

Teachers set not just the academic pace, but the emotional tone of the classroom. When we demonstrate empathy, we give students permission to do the same—for themselves and others. Classrooms that prioritize empathy often witness:

- * Increased peer support
- * Reduced bullying and exclusion
- * Higher levels of engagement and motivation

We are not just preparing students for exams; we are preparing them for life. In a world where machines may outperform humans in speed or accuracy, it is our empathy, compassion, and understanding that will continue to set us apart.

As educators, let's remind ourselves: Students may forget what we taught them, but they will never forget how we made them feel. In the heart of every good lesson is not just a concept, but connection.

~ Mr. Anshul Surolia (PGT- English)

Why Schools in This Online World?

In a world where screens now light our way,
And learning clicks through night and day,
You might ask, with lessons streamed,
"Are schools still needed—or just dreamed?"

But school's not just a place for books,
Or facts and tests and thoughtful looks,
It's where we learn to laugh and share,
To show respect, to truly care.

It's where a teacher's guiding hand
Can help us rise, help us understand.
Where friendships bloom in every hall,
And teamwork echoes through it all.

You can Google facts in seconds flat,
But schools teach more than just all that.
They shape our hearts, our voice, our view,
They help us grow, they make us you.

A screen can teach, but can't replace,
A kind "well done" or a smiling face.
A school's a world where minds ignite,
Where wrongs are fixed, and dreams take flight.

So even in this online age,
With virtual tools on every page,
Schools still stand, their value true,
For learning life, not just the clue.

~ Ms. Kritika Dixit (Co-ordinator)

आज भी वो धूल ज़िंदा है

कुछ ख़्वाब लिए, कुछ सवाल लेकर निकला था,
गाँव की गलियों से - शहर की सड़कों की ओर।

इमारतें ऊँची थीं, रास्ते तेज़, पर भीड़ में भी मन,
अकेला ही कहीं ठहर गया।

ना वो मिट्टी रही, ना वो सौंधी हवा, ना बैलों की टेर,
ना माँ के हाथों की दाल-रोटी का स्वाद।

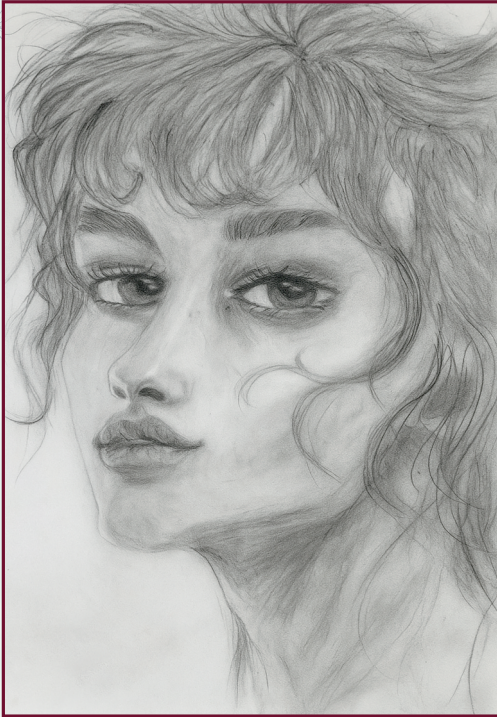
यहाँ सब कुछ है - पर सुकून नहीं,
ना वो खुली ज़मीन, ना नीम की छाँव कहीं।

कभी-कभी जब खिड़की से झाँकता हूँ चुपचाप,
तो यूँ लगता है -

शरीर शहर में है, पर आत्मा अब भी वहीं बसी है...
जहाँ कभी धूल उड़ती थी कच्चे रास्तों पर।
हाँ, आज भी... वो धूल ज़िंदा है।

👉 सुरेश कुमार (ग्राफ़िक्स डिज़ाइनर)

Creative Canvas



~Anshu Sehra (XIIC2)



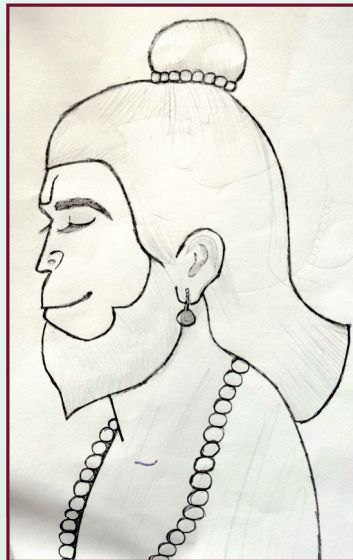
~Kanak (XICI)



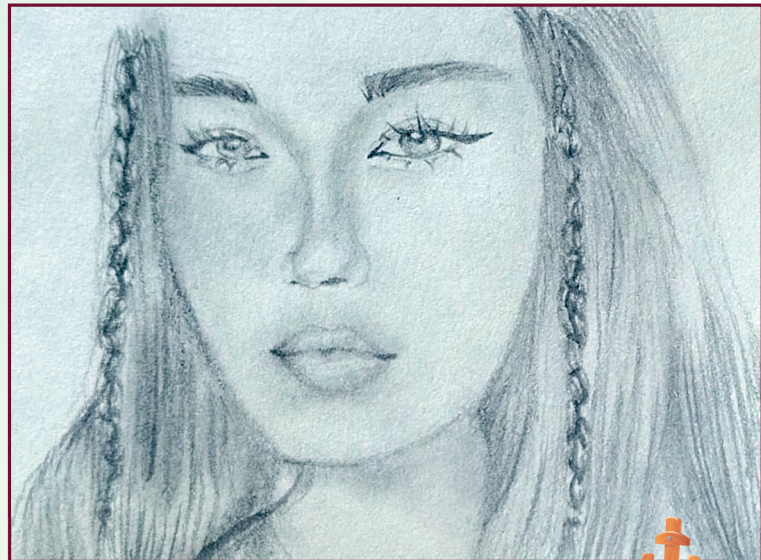
~Devansh Singh (IV- Jasmine)



~Mahak (IV-Dahlia)



~Manishika (IV-Dahlia)



~Kanishka Jangir (X9CB4)



Published in July 2025 by



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