



A PUBLICATION FOR AND BY THE COMMUNITY AT BRIGHT FOUNDATION SCHOOL

## From the Principal's Desk

*Dr. Joy Singh Oinam*

Warm New Year greetings to our dear students, respected parents, teachers, and readers.

It is a matter of great pride and pleasure to present the 3rd Edition of Voice of Bright, Volume 1, our Quarterly English Newsletter, published in a timely manner with dedication and academic commitment. This newsletter continues to serve as a vibrant platform for nurturing language skills, creativity, and confident self-expression among our students.

I extend my heartfelt congratulations to the Editor and the entire editorial team for their prompt, sincere, and commendable efforts in bringing out this edition with clarity and purpose. Their guidance and meticulous coordination have enabled our young

learners to present their thoughts and perspectives in a structured and meaningful manner.

Voice of Bright provides students, even from their tender age, a valuable medium to express their ideas, reflections, imagination, and perspectives confidently. Such platforms play a crucial role in shaping independent thinkers, effective communicators, and confident individuals.

I encourage all our students to continue exploring their thoughts and expressing themselves with clarity and confidence. Your words have power, your ideas have value, and your expressions contribute significantly to your growth as lifelong learners.

I congratulate all the contributors and wish everyone a happy, creative, and fulfilling New Year.

Warm regards,

Principal  
Bright Foundation School

## From the Editor

*Imsutula, PGT English*

As we welcome the dawn of a New Year, the English Department is honored to present this latest edition of our collective journey. Writing is often a solitary act, but a newsletter is a testament to the power of community. It serves as a mirror, reflecting the vibrant energy, the quiet dedication, and the steady evolution that occurs within these walls every single day.

In this issue, we move beyond the simple reporting of facts to capture the essence of what it means to belong to our school family. We believe that language is the bridge between thought and action; by giving our students a platform to express themselves, we are not just teaching them to write—we are teaching them to find their place in the world.

The words on these pages are a celebration of progress. They represent the courage it takes to share an idea and the discipline required to refine it. We invite you to engage with this edition not just as a collection of articles, but as a record of our shared growth. May these reflections inspire you to appreciate the beauty in the small moments and the strength in our common bond.

Happy Reading!



## Mark your Calendars:

- **5<sup>th</sup> to 20<sup>th</sup> February, 2026** : Commencement of Winter Semester Assessment (WSA).
- **17<sup>th</sup> February, 2026 onwards** : Commencement of CBSE Board Examinations.
- **3<sup>rd</sup> March-7<sup>th</sup> March, 2026** : Yaosang.
- **11<sup>th</sup> March, 2026** : Declaration of WSA Result and PTM.
- **14<sup>th</sup> March, 2026** : Application for Transfer Certificates.
- **18<sup>th</sup> March, 2026** : Issue of Transfer Certificates.
- **21<sup>st</sup> March, 2026** : Eid-ul Fitr.
- **23<sup>rd</sup> March, 2026** : Last Date of Admission for Old Students.
- **1<sup>st</sup> April, 2026** : Commencement of New Academic Session.

2026		FEBRUARY					
SUN	MON	TUE	WED	THU	FRI	SAT	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	

2026		MARCH					
SUN	MON	TUE	WED	THU	FRI	SAT	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

2026		APRIL					
SUN	MON	TUE	WED	THU	FRI	SAT	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			



Education is Not the Filling of a Pail, but the Lighting of a Fire.

-William Butler Yeats



## First in, Last Out

While the classrooms of Bright Foundation School are filled with the vibrant energy of lessons, the sharp scratch of pens against paper, and the shared laughter of a community in bloom, there is a quieter, more tireless rhythm that sustains us all. It is a rhythm that begins long before the first school bus turns the corner, when the world is still draped in the grey mist of dawn, and it continues long after the final bell has faded into the afternoon silence. This is the world of our school guardians—Noren, Dayalsana, Manoj, and Robinson—the men who are truly "First In and Last Out."

To a casual observer, the role of a guardian might seem defined by the simple mechanics of security: the opening and closing of gates or the monitoring of a perimeter. However, for those of us who call Bright Foundation home, their presence represents something far more profound. They are the silent pillars upon which the entire institution rests. In the English Department, we often speak of the "setting" of a story—the essential environment that

allows the plot to unfold and the characters to grow. Without Noren and his team, the setting of our school would lose its essential sanctuary. They do not just manage locks and keys; they manage the safety of our dreams and the collective peace of mind required for education to truly flourish.

Their day is defined by a level of vigilance that most of us can barely imagine. Whether it is Noren coordinating the team, or Dayalsana, Manoj, and Robinson braving the biting winter morning air to offer a steady, reassuring nod to arriving students, they are "always on it." This vigilance is the invisible shield that allows a teacher to focus entirely on the nuances of a poem and a student to lose themselves in the logic of a complex equation. We often take for granted the fact that our gates open reliably every morning, yet that reliability is born from a deep, unwavering sense of duty that remains unchanged regardless of the weather, the season, or the hour.

The work of these four men is the ultimate definition of selfless service. They hold the trust of the Principal, the gratitude of the parents, and the physical safety of every child in their hands. In a world that often celebrates the loudest achievements, we choose this edition of Voice of Bright to honor this quietest, most enduring strength. We recognize that without their tireless devotion, the school as we know it would collapse. They are the guardians of our peace, the sentries of our gates, and the heartbeat of our foundation.

*Insutula Jamir*






# Congratulations

1. **Hijam Preety Devi, Class VII, State Level Winner in Project Veer Gatha 5.0\* (2025-26) under Category 2 (Class VI-VIII).**
2. **Hijam Leonardo Singh, Class IV, District Level Winner in Project Veer Gatha 5.0 (2025-26) under Category 1 (Classes III-V).**

*\*Project Veer Gatha 5.0 is the fifth edition of a nationwide initiative launched by the Ministry of Defence and the Ministry of Education. The project reached a historic milestone this year (2025-26) with a record-breaking participation of over 1.92 crore students from approximately 1.90 lakh schools across India and, for the first time, Indian schools abroad.*



## Word of the Issue: Growth

**Growth (noun.): The process of developing or maturing physically, mentally, or spiritually.**

In the English Department, we spend a great deal of time analyzing "Character Arcs"—the transformative journeys protagonists undertake as they navigate conflict and challenge. We study how a hero is rarely the same person at the end of a novel as they were on the first page. As we look across the vibrant halls of Bright Foundation this term, we see these arcs in motion everywhere. From the quiet intensity of the library to the spirited debates in the classrooms, our community is in a state of constant, beautiful evolution.

However, we must remember that growth is rarely a loud or sudden explosion of success. In a world that often demands instant results and immediate gratification, it is easy to overlook the subtle, incremental progress that defines true development. Real growth is the quiet persistence of a student finally mastering a grammatical rule that once seemed impossible. It is the courage of a shy voice gaining the strength to speak up during a group discussion. It is the steady, tireless dedication of our faculty who plant seeds of curiosity every single day, often without knowing exactly when they will bloom.

Just like the seeds resting beneath the spring soil, growth requires three essential ingredients: patience, a strong foundation, and the right environment. At Bright Foundation, we strive to be that environment. We recognize that every individual grows at their own pace and in their own unique direction. Some growth is academic, seen in the rising scores of a winter assessment; some is emotional, seen in the way our students support one another during the high-pressure environment of the CBSE Board Examinations.

As we approach the final stretch of this academic year, let us celebrate the journey itself rather than just the destination. We are not merely a place of rote learning; we are an ecosystem of evolution. This issue of Voice of Bright has been a testament to that—from the physical security that provides our "foundation," to the intellectual "insight" found in our library, to the "growth" we see in every student's eyes. We don't just learn here; we become. As you turn this final page, take a moment to reflect not just on where you are today, but on the incredible distance you have traveled since the first bell rang this year.

*English Department*



THE ENGLISH DEPARTMENT  
PRESENTS

VOICE OF CLASS X '26

HASHIMA



"We learnt what it mean to be together."

BONISON



"₹20, canteen trip with homies became the best moment of school!"

MEXITA



"My classroom holds my laughs, dreams and memories."

MILLI JULIA



"Never knew what it felt like to be myself until this place quietly changed me."

AR BIN



"Laugh with friends & teachers especially Sir Rabi stick forever"

MEERI NO



"Will miss our Sir Kula's funny face."

BRAIN



"Miss Esther, my fav teacher gets me like no one else."

PRASANTA



"Maybe in another universe, we will sit in the same classroom."

THUNDER



"Wasting time in I.T. Lab was dope!"

CHARMY



"If we go down, we go down together."

BHAVANITA



"Sir Kula simply choose the classroom as his final battle-field."

NATION RAY



"I enjoyed with my friends during class."

MILLAZ



"Classroom vibes: Munchin, YouTube grinding during I.T. and just chilling with the squad."

LINTHOISANA



"I came as a stranger, leaving with a family now."

ABENAO



"Sir Rishi is our class joker & ride-or-die friend."

LOVELY QUEEN



"Playing all kinds of games at last moment was unforgettable."

CHINGLE MBA



"Watching juniors play reminds me of when we were juniors too."

MANGALLEBI



"If the time could stop, I want to stay in this moment forever."



DEVOUTTA A.

"Eating tiffin & playing football is my fav part of the day."



NELSON N.

"This year is nice but memories in Class-7 was unforgettable."



RANIBA A.

"Class-8 is full of memories but Class 9 is unforgettable."



ALBERT A.

"Joking with each other at every conner is a kind of heaven."



IMRAZA A.

"Study a little, laugh a lot, enjoying every moment."



ALBAS H.

"Eagerly waiting for P.E. class was something else."



ALTA A.

"Our school's small ground hold my biggest football memories."



RANBIR P.

"Every moment in school shoped me."



Message from the Artist  
-Lovelyqueen

Inspired by a spark of an idea from my English teacher, Ma'am Imsutula, and shaped by my own hands, this project has been a true labour of love. A huge thank you to my friends—your encouragement and faith in me kept this process going.



# INK & INSIGHT

Bidyarani, Librarian



## BOOK REVIEW: THE LAW OF SUCCESS, NAPOLEAN HILL

The Law of Success presents a powerful philosophy that achievement is shaped by thoughts, habits, and actions. Through sixteen core principles—such as clear purpose, confidence, imagination, discipline, cooperation, and ethical conduct—Napoleon Hill shows how individuals can build success step by step. The book emphasizes persistence, positive thinking, learning from setbacks, and service to others. It encourages readers to believe in themselves, stay focused on goals, and grow through discipline and character.

## BOOK RECOMMENDATIONS:

### Non fiction:

1. Ikigai: The Japanese Art of Living by Keira Miki
2. The Law of Success by Napoleon Hill

### Fiction:

1. Billionaire Boy by David Williams
2. The Three Mistakes of my Life by Chetan Bhagat





*Pramodini, Art Teacher*





## A Quiet Return to Myself

*Esther, PGT History*

There are moments in life when we step into unfamiliar spaces socially, emotionally, and mentally. Sometimes, these moments come unexpectedly, wrapped in warmth, conversation, and a sense of belonging. And sometimes, they leave us reflecting long after the night has passed.

Earlier this month, I found myself a part of a small, intimate gathering at a friend's home. It was comfortable and unfamiliar at the same time. Like many of us, I began the evening quietly, observing more than speaking, unsure of where I fit into the rhythm of the conversations held. But as the hours passed, the initial awkwardness softened, and I found myself more present, more open, and more at ease.

It was during this time that I realised how easily we can drift emotionally without meaning to. Certain moments can stir memories, vulnerabilities, and feelings we thought we had already moved past. The last time I had felt such emotional closeness years ago, it had deeply affected my academic and personal life. That experience taught me how emotional turbulence, if left unchecked, can quietly influence important decisions and directions.

In the days that followed, I struggled to put my thoughts into words. Not because life was too busy, but because honesty requires stillness, and I was not ready for it yet. Eventually, I slowed down. In a quiet moment of reflection, accompanied by

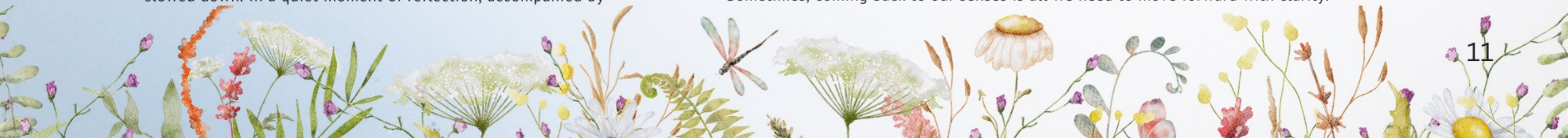


music and reading, I came across a saying by Rumi: "It is better to be watchful and sober than to be drunk and dizzy." Those words stayed with me. They reminded me of the importance of awareness, of choosing clarity over confusion.

What followed was a gentle return to myself. I learned, once again, the importance of forgiving myself, for expectations, for emotional detours, and for carrying things that were never meant to stay. Growth, I realised, often begins with something very simple: taking a breath and deciding to be kinder to oneself.

In a world that constantly invites comparison, choosing not to measure one's worth against others is a quiet but powerful act. At the end of the day, we each walk our own path. Learning to pause, reflect, and return to ourselves with compassion is not a weakness. It is a strength.

Sometimes, coming back to our senses is all we need to move forward with clarity.



The English Department Presents  
Small Words, Big Stories:

SIX WORD STORIES ABOUT THE SCHOOL FROM  
THE STUDENTS OF Class IV (B)



...

Good Teachers, Big  
Campus, Great  
Rules

-Ak. Niranda Deve



...

Big school.  
Beautiful hearts.  
Simply best.

-Meiraba Th.



...

Kind teachers. Big  
hearts. We learn.

-Poireinganbi



...

Colourful classes.  
Beautiful. Tall  
Buildings.

-H. Leonardo



...

Good facilities. Big  
smiles. Happy  
learning.

-Korounganba



...

Trees grow.  
Teachers help. We  
bloom.

-Lamjinglembi



...

Strong competition.  
Special hearts.  
Bright futures.

-Gokul

Teachers too kind.  
Friends too good.

-Ishika

Green trees. Best  
guidance from teachers.  
Beautiful.

-Loyumba



...

Large halls.  
Beautiful bus. Great  
journey.

-Sanamatum



...

Green inside. Big  
play outside.  
Happiness.

-Abinash

The English Department Presents  
Small Words, Big Stories:

SIX WORD STORIES ABOUT THE SCHOOL FROM  
THE STUDENTS OF Class IV (B)



...

Beautiful green campus. Interesting Classes. Fun.

-Korounganba



...

Big Building. Great Teachers. Green Campus.

-Yaiphabi



...

Great opportunities. Clean Campus. Best Teachers.

-Menaka



...

Place for champions. World Number One.

-Mangal



...

Best Friends. My second home. Clean.

-Wisdom



...

Kind teachers, best principal, best students.

-Manganthoi



...

Clean campus. Good teachers. Huge building.

-Chinglembi

Best environment. So many Trees. Love.

-Nikki

Best facilities. Teachers too loving. Happy.

-faheema



...

So Beautiful. So big. Nice teachers.

-Jeshileya



...

Fun Activities. Skill development. Many students.

-Lingjelthoi

Love studying in here. Beautiful plants.

-T. Mangal



## My Recent Realisations

*Mangal, Class VIII*

I used to believe that being seen and being valued were the same thing. Because of that, I talked more, tried to stand out in small ways without even realising it and tried to get into every conversation I found. Even now, I haven't completely stopped this habit, but I have started holding myself back a little, and that small change has already made a difference. Instead of reacting immediately or saying whatever came to my mind, I began observing people, situations, and outcomes before doing anything. Through this, I slowly understood that attention is not always a good thing. Chasing it can make you lose focus on who you are and push you into comparing yourself with others, even when there is no real need to

As I observed more, I noticed something that stayed with me. The people who are the most silent often understand the most. They do not rush to speak, they watch patterns, notice details, and think before acting. This silence is not weakness, but awareness, and it completely changed how I look at confidence and strength. This realisation made me reflect on my own habits, like seeking fame, flashiness, and approval. I realised that trying to become someone else just to be accepted only distances you from your real self. Improvement does not come from copying others, but from learning quietly and becoming better than who you were before.

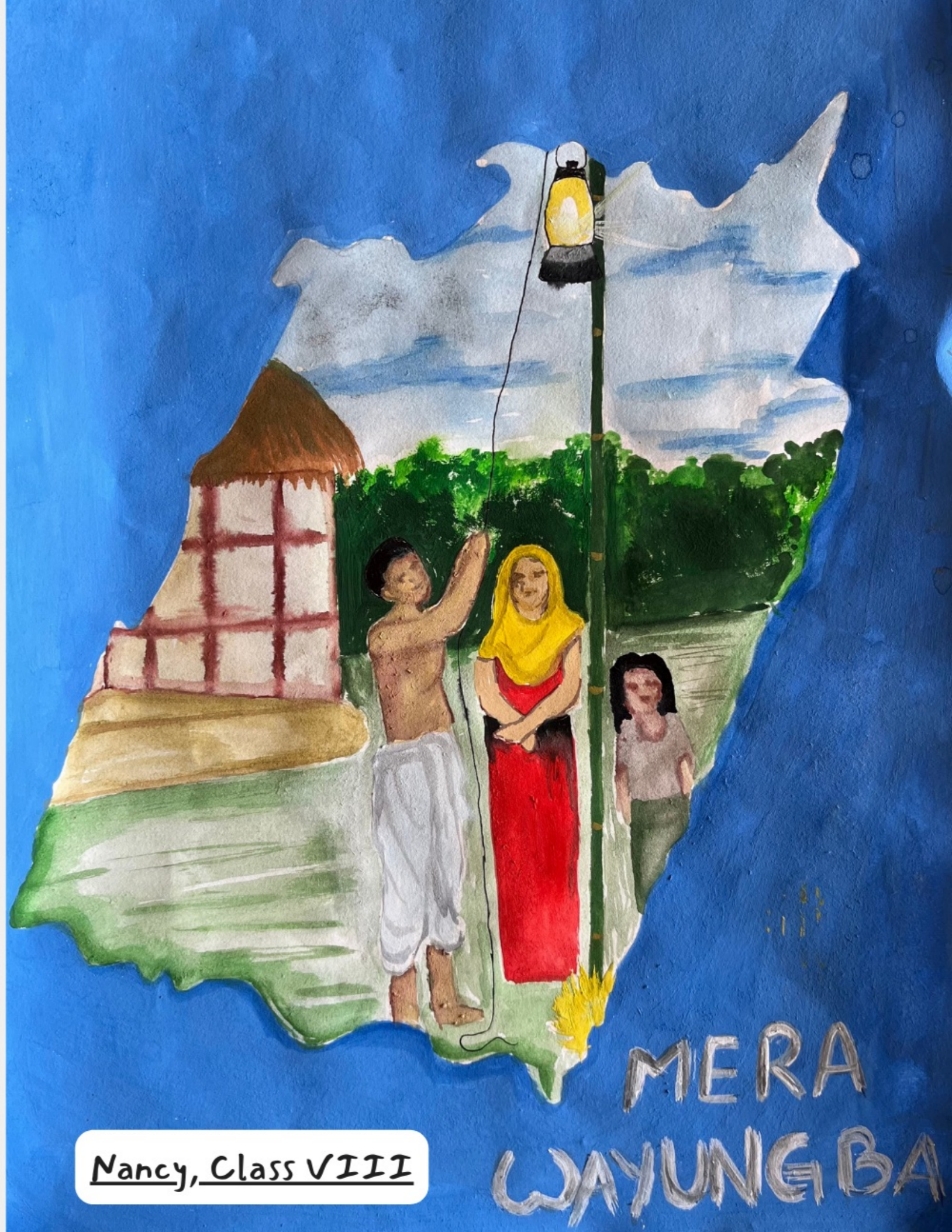
I also began to see friendships differently. Not all friends are meant to stay forever, and that does not mean they were fake. Some people are only part of your journey for a short time. The real ones are those who help without jealousy and do not ignore you when you need them. Groups, labels, and popularity matter far less than trust and respect.

I cannot erase my old self, and I don't want to regret it anymore, because it taught me something important. Now, I am trying to move forward by observing before acting, speaking with more thought, and focusing more on growth than attention. The change is slow, but it is real.





Maibi Jagoi by Luxmi, Class VIII

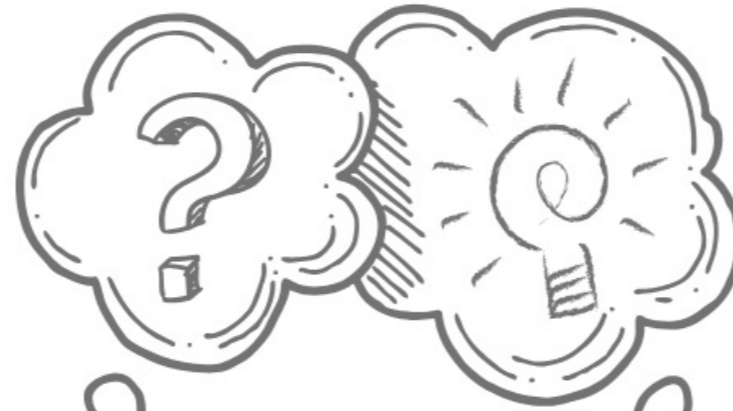


Nancy, Class VIII

MERA  
WAYUNGBA

"BIRD"  
-Lanleim

"FOOTBALL"  
-Robinson



"BEST-FRIEND"  
-Nibras

"MULTIVERSE"  
-Heera

"BOOK"  
-Ethal

"CLASSROOM"  
-Leima

## Favourite English Words from Class IIA

"FAMILY"  
-Johnsana

"GOODNIGHT"  
-Lamnganba

"FOOTBALL" -Yaiphaba and  
Sinthagamba

"CLASSMATE"  
-Rabban

"BOOK"  
Surjabala

"TABLE-TENNIS" - Jessica




"BOOK"

-Jessica Waikhom

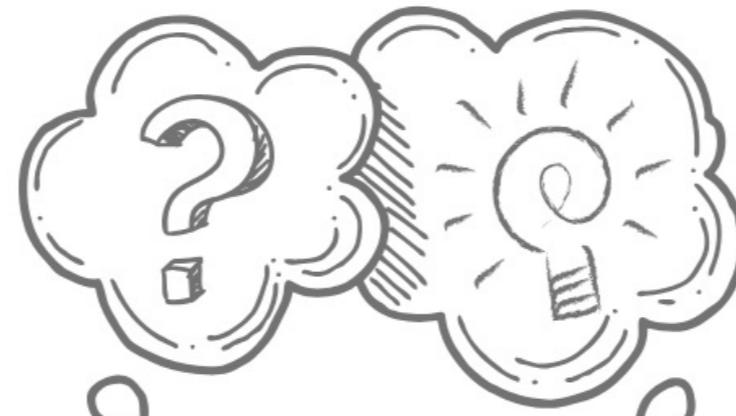
"BEAUTIFUL"

-Neha and Helika

"PARENTS" - Vasudeva



"LOTUS"  
-ALONA  
"BEAUTIFUL"  
-Henthoik  
"BEAUTIFUL"-Natasha

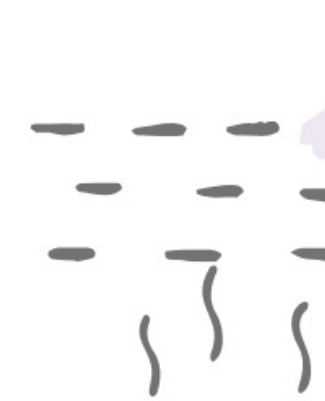


"FOOTBALL"  
-Lanthoiba  
"BEST-FRIEND"  
-Lanchenba and  
Paikhomba

"MOTHER"  
-Bonish  
  
"BOOK"  
-Marson, Inunganbi  
and Punshinganba

**Favourite  
English  
Words from  
Class IIA**

"FAMILY"  
-Henthoisana and Robit  
"FRIEND"  
-Thoihenba  
"FOOTBALL"  
-Aathoinganba



"CLASSROOM"  
-Linthoinganbi  
  
"BEST-FRIEND"  
-Kaushal



"FLOWER"  
-Enarika  
"GALAXY"  
-Punshiba  
"PARENTS"- Udhanta





## Origin of Polo: Sagol Kangjei

*Bhumika, Class VIII*

Sagol Kangjei is the ancient, indigenous form of polo originating in Manipur. According to the historical text "Kangjeirol Puya," the game was introduced by King Kangba, long before the reign of Nongda Lairen Pakhangba. The equipment carries the King's legacy, with the stick called Kangjei and the ball known as Kangdrum. Records indicate the game was played as early as 33 A.D. during the Loukhatpa ceremony of Queen Leisna.

While Encyclopedia Britannica notes ancient Persian origins, the modern version of the sport spread globally after the British witnessed it in Silchar during the reign of King Chandrakirti. The game is played in two styles: the traditional 7-player format and the international 4-player format. Central to the sport is the Manipuri Pony, prized for its incredible endurance and strength. In recognition of this heritage, the Manipur government declared Sagol Kangjei the state game in the year 2000.

## Lai Harouba

*Rajshree, Class VIII*

Lai Haraoba is a vital Meitei festival in Manipur dedicated to honoring the Umang Lai (forest deities). Rooted in the Sanamahi religion, it mythologically recreates the creation of the universe, first celebrated on Koubru Hill. The festival is categorized into four types: Kanglei, Moirang, Chakpa, and Kakching, each representing different regions and legends like Khamba-Thoibi.

Led by Maibas (priests) and Maibis (priestesses), the rituals feature the Laibou dance, which symbolically depicts human birth and the construction of life. Celebrated between February and June, the festival serves as a cultural cornerstone, blending traditional music, dance, and spiritual philosophy. Beyond its religious roots, Lai Haraoba reinforces Meitei identity and the community's deep connection with nature and the divine, showcasing the rich heritage of Manipur in a vibrant, multi-day celebration.





## CLASS 3

1. IPS OFFICER- KIRAN
2. DERMATOLOGIST-  
SINTHANGANBI
3. IAS OFFICER-  
SENDNYA
4. FOOTBALLER- NAHIT
5. MPS - OSHEEN
6. ARTIST-  
MALEMNGANBA

**B**

7. IAS OFFICER-  
SACHIN
8. IPS OFFICER-  
TOMTHINGANBA
9. AIR HOSTESS-  
DHANESHORI
10. POLICE- ELVIN
11. FIGHTER PILOT-  
CHANGTHOIBA

**When**

12. POLICE OFFICER-  
SHILHEIMA
13. DOCTOR-  
HENTHOI
14. DOCTOR- KHUSHI
15. ENGINEER-  
FELICITY
16. IAS OFFICER-  
HENRY



**TO BE...**

35. WUSHU PLAYER-  
LAMJINGANBA
36. AIR HOSTESS-  
ANJANA
37. LAWYER- JESSICA
38. AIR FORCE- TELHEIBA

**I**

17. IAS OFFICER-  
PRATHANJIT
18. IAS OFFICER-  
NINGOMBA
19. DOCTOR- LOVELY
20. LAWYER- SHILHEIMA  
CHANU
21. DOCTOR-  
SHALAINGANBI

**grow up**

22. DOCTOR- YAISANA
23. FCI OFFICER- MUKTI
24. POLICE OFFICER- DHANAJIT
25. BUSINESS MAN-  
KOROUNGANBA
26. DOCTOR- HIRANGAMBA
27. SP- VAKTARAJ
28. ARMY OFFICER- LANCHENBA
29. SCIENTIST- NIVESH

**I WANT**

30. ARMY OFFICER-  
CHINGLEN
31. INDIAN ARMY-  
MANIMATUM
32. LAWYER- CHAOBA
33. POLICE-  
CHITARANJAN
34. BADMINTON PLAYER-  
POREI





## English Learning: Building Confidence Through Practice

*Themrei, TGT*

As an English teacher, I believe that learning a language is a journey of practice and patience. English helps students communicate their thoughts clearly and confidently. It is not only about grammar and vocabulary but also about expressing ideas in a meaningful way. In our English classes, students are encouraged to read regularly, listen carefully, and speak without fear. Mistakes are part of learning, and every mistake helps students improve. Reading stories, poems, and simple articles helps develop imagination and comprehension skills.

Discipline and consistency play an important role in learning English. Students who read daily, complete their writing tasks sincerely, and participate actively in class show steady improvement. Even a few minutes of practice every day can make a big difference.

As teachers, our aim is to guide students to enjoy the language and use it confidently in their daily lives. With regular practice and a positive attitude, every student can become a better reader, writer, and speaker.

## Learn Basic Mandarin with Me!

*Lamjingmangal, Class VIII*

Mandarin Chinese is a fascinating, tonal language. To start your journey, you must first master the four tones, which change a word's meaning entirely:



- **Level Tone (ā):** High and flat, like a robot (e.g., mā - mother).
- **Rising Tone (á):** Starts mid-level and rises, like asking "What?" (e.g., hái - still).
- **Dipping Tone (ǎ):** A falling then rising curve, like a skeptical "Really?" (e.g., hǎo - good).
- **Falling Tone (à):** Short and sharp, like a forceful exclamation (e.g., hào - vast).

**Pronunciation Essentials:** Most consonants resemble English, but specific "initials" are unique. Z, C, and S sound like the endings of "reads," "cats," and "hiss." J, Q, and X are sharp, breathy sounds similar to "jeep," "cheep," and "sheep." For vowels, remember that 'a' is "ah," 'e' is "uh," and 'ü' requires you to shape your lips for "oo" while saying "ee."

### Useful Phrases:

- Nǐ hǎo, wǒ jiào... (Hello, my name is...)
- Xiè xiè (Thank you)
- Duō shǎo qián? (How much does it cost?)
- Tài guì le! (Too expensive!)

By combining these tones with correct initials and finals, you can begin communicating effectively in Mandarin.



**DOG**

LANCHENBI, KAIPHABA, LINGJEL,  
RONANDO, LAMNGANBA, AATIFA,  
LAMJINDA, MACHATHOI, RONI, JOYSON



**LION**

VICTOR, KHUSAN, KAMAL, TENZINTHOUBA,  
YAIKHOMBA, MERINNA, PH. SUHAAN,  
KOROUNGANBA, MANGALSANA



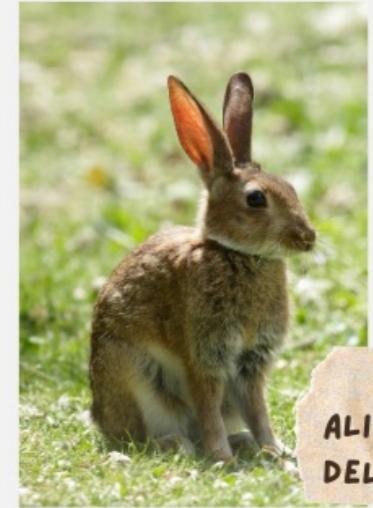
**CAT**

KENY, LINGJELTHOIBI, DEEAPARANI,  
SINTHOISAND, LANGLEN,  
WAJAHAT, CHORUSDI



**HEN**

PARITON



**RABBIT**

ALIA, BIDYALUXMI,  
DELINA, AYAN



**ELEPHANT**

MANGAL, KOROUNGANBA,  
CHAOKA



**COW**

YOIHENBA



**PANDA**

HENTHOIBA



**GIRAFFE**

ROSHI



**TIGER**

BRITAN



**ZEBRA**

KHAGEMBA

**THE FAVOURITE ANIMALS OF  
CLASS 1 B**

## Science Corner : Make your own “Jelly Soap”

*Bidyapati, PGT Science (Chemistry)*

**Ingredients:** 1 packet unflavored gelatin, 1/2 cup boiling water, 1/2 cup liquid hand soap, 1 tsp salt.

### Steps:

1. **Dissolve:** Stir gelatin into boiling water until clear.
2. **Mix:** Add liquid soap and salt. Stir gently (don't make bubbles!).
3. **Colour:** Add a drop of food colouring if you like.
4. **Set:** Pour into a mold and refrigerate for 3 hours.
5. **Clean:** Pop it out and wash your hands with your new jiggly soap!

**Why it works:** The gelatin creates a "polymer" web that traps the soap inside!



## Football

*Robinson, Class VIII*

Football is more than just a sport—it's something that brings people together. Whether it's playing barefoot after school, watching a big match on TV, or arguing about who the best player is, football has a way of connecting everyone.

What makes football special is teamwork. One player can't win a match alone. Every pass, every run, and every goal depends on the whole team working together. It teaches us that helping each other often matters more than trying to shine alone.

Football also teaches patience and discipline. You don't always win, and sometimes the referee's decision doesn't go your way. Still, players learn to stay calm, respect the rules, and keep going. Losing hurts, but it also pushes us to improve and come back stronger.

Most importantly, football is fun. It helps us stay active, reduce stress, and enjoy the moment. For a short time, worries disappear and all that matters is the ball at your feet and your friends around you.

That's why football isn't just a game—it's a feeling, a lesson, and a shared joy for millions around the world.



## How Space Travel is Changing Astronaut's Brains!

*Debashish, Class VIII*

Space travel is actually changing the astronaut's brain. How? Well, when we think about the challenges of space travel, we usually picture muscle loss, brittle bones, or the isolation of living in a tin can orbiting Earth. But scientists have now discovered that the human brain undergoes dramatic changes when humans spend a long period of time in space.

To prove that, a recent study using MRI scans revealed something so surprising: the astronauts' brains actually shift upward and backward inside the skull during extended missions. The regions most affected are those that control balance, motion sickness, and sensory processing, which explained why many astronauts felt dizzy, disoriented, or struggle to walk straight or even stand properly when they return to Earth from their space mission or journey.

This is not just a curiosity but rather it will be a very serious challenge for those future astronauts going for exploration of "Mission to Mars." It would last years, and astronauts need to stay sharp during their journey to Mars and as they land. Their brain would literally be reshaped upward and downwards by the microgravity, so space agencies would have to find a way so that their brain would not be reshaped but protected. Specialized training, medical treatment or monitoring, and even spacecraft designs so that mimic gravity could all play a role.

This discovery is just a reminder that space is not just "out there" but it remakes us at the deepest level. As humanity needs to be prepared to push further into the cosmos, understanding how our body and mind would adapt will be as important as building a rocket.



# A Rest That Meant Forever

*Bhavani, Class X*

That cold freezing night,  
My sleepless body was shivering with cold.  
But the only thing I felt warm was my face, was my eyes.  
Because my face and my eyes felt the warmth of unending tears.

I never knew you were so tired.  
So tired that you took a rest.  
A rest that meant forever.

You suddenly became flowers.  
Flowers so divine,  
So holy that  
Seeing you became impossible.  
Seeing you became so unreal.

I know you are tired.  
I know you are exhausted.  
But please atleast come in my dreams  
Just one last time  
So that I could worship you  
So that I could please you.  
Singing the rhythms you wished.  
Performing the movements you hoped.

Only then,  
I can feel your warmth  
I can feel your love.



# A Day Without Worries

*Glorie, Class VIII*

Imagine waking up and realizing that today has no worries at all. There is no homework, no exams, and no scolding—just the freedom to enjoy oneself. A mobile phone is used to listen to favorite music while eating breakfast. The music makes one want to dance and sing freely.

The morning is spent watching a favorite movie or a fun program, laughing at the jokes and forgetting all stress. Later, time is spent outside playing a favorite game, running, jumping, and laughing without a care in the world. Everything feels light and fun.

In the afternoon, new things are tried independently—maybe drawing, painting, gardening, or visiting favorite spots. Songs are sung, and dancing happens in the room while simply enjoying the sounds of favorite tunes. Even small things, like feeling the breeze, make one happy.

The evening is spent chatting with friends, sharing jokes, and laughing freely. Every moment is enjoyed without rushing or worrying about anything. It is a day where fun, music, laughter, and freedom fill every hour.





## Cook Chagempomba with me!

*Ashok, Admin Department*

Chagempomba (or Chagem Pomba) is a traditional, hearty Manipuri stew or porridge known for its rich, complex flavors and unique combination of fermented ingredients. It is considered a soul food and is particularly popular during the winter months.

### Core Ingredients:

- **Broken Rice (Chagem):** Coarsely ground or broken rice serves as the thickener and base.
- **Fermented Soybeans (Hawaijar):** The primary flavoring agent that provides a deep, umami taste.
- **Fermented Fish (Ngari):** Adds a pungent, savory depth traditional to Manipuri cuisine.
- **Green Leafy Vegetables:** Commonly includes mustard leaves, snow pea leaves, and Chinese chives (Maroi Nakupi).
- **Protein:** Usually features smoked or dried fish, though variations like Yen Chagempomba (made with chicken) or pork versions also exist.
- **Herbs and Spices:** Fresh ginger, dill leaves, green chilies, and sometimes citrus peel (Heiribob) for a tangy note.

### Preparation & Flavor Profile:

- **Cooking Method:** The rice and greens are often pressure-cooked until soft, after which fermented soybeans, fish, and other seasonings are added. A tempering (tadka) of cumin, fenugreek seeds, and bay leaves is typically stirred in at the end.
- **Texture:** It has a thick, porridge-like consistency due to the broken rice.
- **Taste:** It is characterized by its strong umami flavor resulting from the double-fermented ingredients (soybeans and fish).

### Variations:

- **Yen Chagempomba:** A popular variation where chicken is used as the primary protein.
- **Vegetarian/Vegan:** While traditional versions use fish, it can be prepared as a vegetable-heavy stew.



## Should Traditional Customs Change with Time?

*Aisha, Class VIII*

Traditional customs play an important role in shaping a society's identity and values. They connect people to their history and help preserve cultural heritage. Festivals, rituals, and family traditions often strengthen social bonds and create a sense of belonging. However, as societies evolve, it is necessary to question whether all traditions should remain unchanged.

Some customs were created in the past when social conditions were different. Traditions that promote inequality, discrimination, or limit individual freedom should be reconsidered. For example, customs that restrict women's rights or encourage harmful practices cannot be justified in the modern world. Progress requires fairness, equality, and respect for human rights.

Changing traditions does not mean rejecting culture. Instead, it means adapting customs to fit modern values while keeping their core meaning. In this way, societies can respect their past while building a better and more inclusive future.



## Humanity

*Ariana, Class VIII*

Humanity is the defining virtue of human nature, rooted in kindness, compassion, and selflessness. It transcends boundaries of caste, religion, and nationality, teaching us to treat all individuals with equal respect. Small acts of kindness—helping the poor or comforting a friend—can profoundly change lives. Leaders like Mahatma Gandhi and Nelson Mandela exemplify how service to others is the highest contribution to society.

However, practicing humanity also requires critical thinking about our traditional customs. While traditions shape our identity and connect us to history, they must evolve with time. Practices that promote inequality, discrimination, or limit human rights cannot be justified in a modern, humane world. Ultimately, being humane means adapting our heritage to fit modern values of fairness and equality, ensuring a more inclusive and peaceful future for everyone.



## A Very Bad Day to Crave for Strawberries!

*Hashima, Class X*

It was a cloudy afternoon on 25th May 2024 when my friends and I planned a simple group study session at one of their houses. Simple plans, as always, had other ideas. My friend, let's call her Yerum was already there. While waiting for everyone to arrive, one of my friends, let's call her Rajkumari suddenly suggested trying strawberries with sugar syrup. It sounded delicious and harmless enough, so the three of us decided to walk to a nearby market to buy some strawberries. Before leaving, Rajkumari thoughtfully borrowed umbrellas from her grandmother, which later proved to be both useful and completely useless at the same time.

As we stepped outside, the weather changed dramatically. What began as strong winds quickly turned into one of the harshest storms we had ever experienced. Two of us, Yerum and me both very lean and light as feather, were sharing one umbrella, while Rajkumari walked slightly behind us. The wind was so powerful that it felt like it was pushing us backwards. To make matters worse, our umbrella was cracked and kept flipping inside out every few steps.

We struggled forward, gripping the umbrella tightly as it almost flew away multiple times. We shouted warnings to Rajkumari behind us, but she was too busy on her phone to notice the chaos ahead. By the time we reached the bazaar, the storm had worsened. Seeing our condition, a few shopkeepers kindly held our hands and helped us take shelter inside a store.

After buying the strawberries, we waited for the rain to slow down before heading back. The roads were flooded, our sneakers were completely soaked, and the broken umbrella did very little to protect us. When we finally reached home, we wrapped ourselves in blankets, shivering but laughing.

Determined to complete our original plan, we tried making sugar syrup, which unfortunately got burnt. Still, we ate the strawberries with whatever sugar remained, tired, wet, and oddly proud of ourselves. Despite everything, none of us fell ill.

Even now, I can clearly remember the feeling of fighting against the wind, holding onto a broken umbrella, and laughing through the chaos. It remains one of the most unforgettable memories I share with my friends. I will never forget how Yerum and I almost flew away with the umbrella.



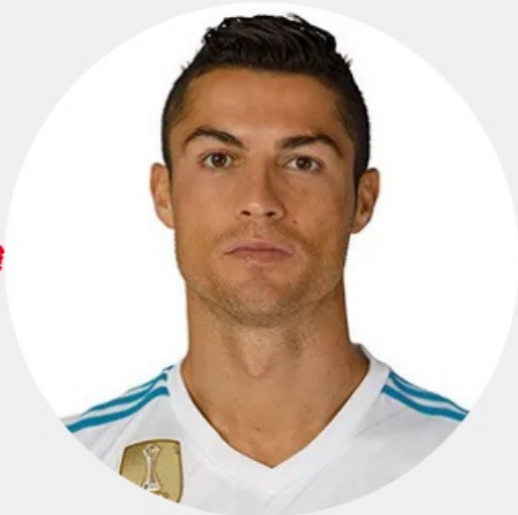
# Goal Getters : Student Favourites



## Neymar Jr., The Brazilian Magician : Yaiphaba, Class VII

**Neymar Jr.** is a legendary Brazilian footballer whose journey from the streets of Mogi das Cruzes to global stardom is truly remarkable. He began his professional career at Santos FC, where he quickly became a sensation, scoring 147 goals and winning the Copa Libertadores. His immense talent led him to FC Barcelona, where he formed the iconic "MSN" trio and secured a historic treble, including the UEFA Champions League.

In 2017, he made a record-breaking move to Paris Saint-Germain, continuing his dominance by winning multiple Ligue 1 titles. For the Brazil national team, Neymar has become the all-time leading scorer, surpassing even the great Pelé. Despite facing numerous injury setbacks throughout his career, his flair, creativity, and joy for the game remain unmatched. Whether delivering "clutch" goals or dazzling fans with his dribbling, Neymar's legacy as one of football's most gifted entertainers is permanently secured. **He truly inspires me to hone my skills and become a better version of myself.**



## Cristiano Ronaldo, A Legend of Hard Work : Anish, Class VII

**Cristiano Ronaldo** is widely considered one of the greatest footballers in history, and he serves as a profound inspiration to me. From him, I have learned the vital importance of relentless hard work and unwavering discipline. His journey teaches me to never give up on my dreams and to always maintain self-belief, even when facing difficult challenges.

Even after achieving global fame and winning five Ballon d'Or awards, Ronaldo remains committed to his craft, practicing daily to sharpen his skills and maintain his world-class fitness. His legendary career at clubs like Manchester United, Real Madrid, and Al-Nassr proves that success is earned through sacrifice. **Ronaldo inspires me to stay focused, healthy, and determined in everything I do. By following his example of professional dedication and a "never-give-up" mentality, I hope to stay on the right path and achieve my own goals one day.**



## Zinedine Zidane, The Art of the Game : Alflash, Class VII

**Zinedine Zidane** is one of football's most iconic legends, celebrated globally for his elegance, vision, and extraordinary ball control. As a midfield maestro for Juventus and Real Madrid, he dominated the pitch with a "magical" presence, famously scoring one of the greatest volleys in Champions League history during the 2002 final. A World Cup winner with France in 1998, he proved that football is as much an art form as it is a physical sport.

After retiring from the pitch, Zidane transitioned into a world-class manager, leading Real Madrid to an unprecedented three consecutive UEFA Champions League titles. His calm leadership, tactical creativity, and deep passion for the game make him an inspirational figure for all young players and fans like myself around the world.



## Lionel Messi, The Greatest of All Time : Obama, Class VII :

**Lionel Messi** is widely regarded as the greatest footballer in history. Born in Rosario, Argentina, he showed immense talent from a young age despite facing significant health challenges. With unwavering determination and his family's support, he moved to Spain and began a legendary career with FC Barcelona, where he won ten La Liga titles and four Champions Leagues.

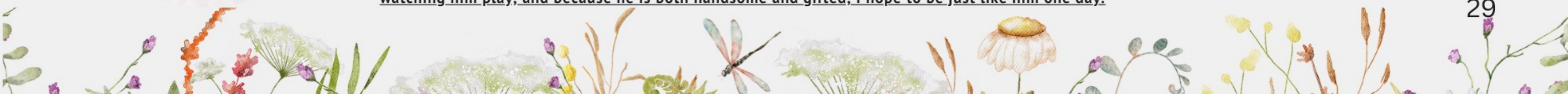
His career reached its ultimate peak in 2022 when he led Argentina to victory in the FIFA World Cup, fulfilling his lifelong dream and bringing immense pride to millions of fans. Now playing for Inter Miami, Messi continues to dominate the sport, recently helping the club win the MLS Cup in 2025. Beyond his record eight Ballon d'Or titles, Messi teaches us that humility and hard work are the true keys to success. He remains the perfect role model for every student everywhere in the world, especially myself.



## Rodrygo, Real Madrid's Loyal Starboy : Alex O, Class IX

A talented kid from Brazil who grew up idolizing Cristiano Ronaldo, **Rodrygo** has truly become the "Starboy" of Real Madrid. He is widely considered one of the team's best players, yet he remains incredibly humble and is often considered underrated by the football world. His honesty and loyalty are his most defining traits; despite numerous clubs attempting to sign him for expensive prices, he rejected every offer to remain at the club where his idol once played.

While other stars like Mbappé, Vinícius, and Bellingham are exceptionally talented, Rodrygo possesses a unique quality and his own distinct style. He does not simply play for individual awards; he plays for his own happiness and the genuine joy the sport brings him. I truly enjoy watching him play, and because he is both handsome and gifted, I hope to be just like him one day.



## Day Boarding Classes

*Menita and Sartaz, Class VII*

Our day boarding classes are one of the most lively and memorable parts of our school lives. There are seven students in total- five boys and two girls- and the atmosphere is never quiet for long. The boys spend almost the entire period laughing, joking and creating chaos, turning even the most serious moments into comedy scenes. Their non-stop laughter is so contagious that the girls, no matter how hard they try to stay focused, eventually end up laughing along with them.

The class often feels less like a classroom and more like a comedy show, filled with funny comments, silly arguments and unexpected jokes. Even when the teachers try to bring discipline, the cheerful energy of the group somehow survives. Despite the noise and mischief, this class creates a strong sense of friendship and togetherness. The constant laughter makes the day boarding classes enjoyable, stress-free and unforgettable



## Language Without Borders: My English Class Experience

*Chengleinganbi, Class VII*

My first English class was a blend of astonishment and delight. Our new teacher was jovial and perceptive, yet there was a unique challenge: she spoke only English, not our regional language! For me, this was a "lucky present" to improve my fluency, though it led to some bizarre and hilarious misunderstandings for others.

Our lessons are a vibrant mix of teaching and interaction. The boys' energetic jokes often fill the room with laughter, creating a wonderful bond with our teacher. Beyond textbooks, we learn through videos and cheerful games that make every session engaging.

Thanks to these efforts, the "fear of language" has vanished. We are now more confident and comprehensive, equipped with the communication skills we need for a bright future.

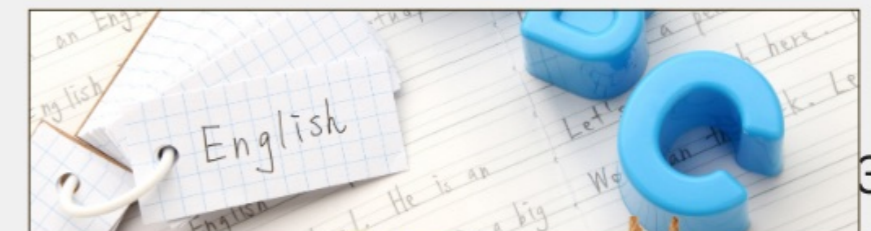
## The Joy of Learning English

*Tanish, Class VI (B)*

Whenever there is an English class, I always feel excited and curious as to what I will learn next. If I find a topic interesting, I try my best to answer all the exercises myself. That way, I boost my confidence and self-esteem.

One thing I particularly enjoy about my English classes is having the ability to teach my friends if they do not understand certain topics or exercises. It makes me happy to be able to clear doubts for others, as it makes me feel helpful. I also love it when teachers ask me questions because it helps me test my current knowledge.

If I truthfully cannot answer a question, I accept it and tell the teacher. This honesty allows me to learn more so that I can provide answers in the future. Therefore, I am constantly improving my grammar and vocabulary.





## Play Table-Tennis

Ambrose, Class VII

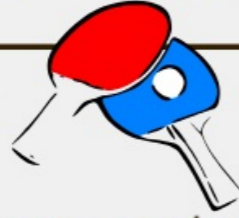


Table tennis, also known as ping pong, is a fast and exciting indoor sport played between two players (singles) or four players (doubles). It improves coordination, reflexes, concentration, and fitness. Below, I will write some basic rules and tips on how to play table tennis:

- **Equipments needed:** Balls, rubbers, a racket, and a table tennis table.
- **Basic strokes:** Forehand drive, backhand drive, push, loop, etc.
- **Basic rules of the game:** A match is usually played up to 11 points. Each player gets two serves in a row. The ball must hit your side of the table first and then go over the net.
- **Scoring and Winning:** We score a point if our opponent misses the ball, hits the ball off the table, or fails to return the ball correctly.



## My Review of Attack on Titan

Yohenba, Class VII

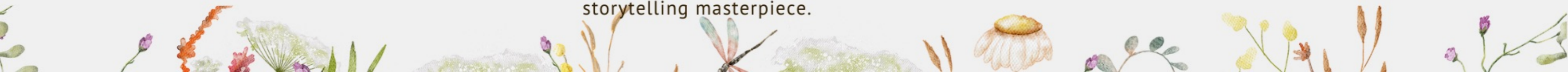
Attack on Titan, written by Hajime Isayama, is a profound anime that explores themes of war, oppression, and the heavy price of freedom. The story follows Eren Yeager, who vows to eradicate the Titans after witnessing his mother's death. However, the narrative shifts from a simple survival story into a complex global conflict when the truth is revealed: Titans are actually transformed humans.

As the main character of the series, Eren's evolution is tragic. To protect the Eldian people, he initiates the "Rumbling," causing massive destruction. Ultimately, he is stopped by his closest friend, Mikasa. Eren's sacrifice highlights the cycle of hatred and the desperate search for peace, solidifying the series' reputation as a storytelling masterpiece.

## 8 Japanese Habits That Make Life Better

Preeety, Class VII

- **Cleanliness and Order** : People keep their surroundings neat, which creates a peaceful and healthy environment.
- **Punctuality** : Being on time shows respect for others.
- **Mindful Living** : Giving full attention to one task at a time, which helps reduce stress.
- **Respect for Others** : Deeply rooted in daily life through polite behaviour and gratitude.
- **A Simple Lifestyle** : Avoiding unnecessary things and focusing on what truly matters.
- **Strong Work Ethic** : Performing duties with sincerity and dedication.
- **Healthy Eating Habits** : Balanced meals help maintain good health.
- **Love and Respect for Nature** : Encourages harmony with the environment.



## **Acknowledgement**

### **Sanayaima, PGT English**

The creation of this issue of Voice of Bright has been a journey of reflection, celebrating the silent strengths and vibrant growth that define our community. A publication of this nature is never the work of a single hand, but rather a tapestry woven from the contributions of many.

To our Principal, we offer our thanks for the visionary leadership that fosters an environment where the English Department can explore such creative horizons. Our appreciation goes to the students and teacher contributors of Bright Foundation—your stories are the heartbeat of these pages

Finally, we thank you, our readers. Whether you are a parent, a teacher, a student, or a curious reader, you are the reason we strive for excellence. We hope this issue serves as a reminder that we are not merely a school, but a thriving ecosystem of evolution and care.

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# Thank you! For Reading



*With love:  
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