



DOON SCHOOL

SRINAGAR

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Under the aegis of Wilmot Foundation

PERSPECTIVES FROM THE EDITOR-IN-CHIEF:

A New Beginning: Embracing Growth and Possibilities

“Education is not the learning of facts, but the training of the mind to think.” – Albert Einstein

With the dawn of a new academic session at Doon School Srinagar, we step into a world of fresh opportunities, challenges, and achievements. Each year brings a chance to learn, evolve, and aim



higher. Let's embrace this journey with curiosity, determination, and excellence. After all, “The future belongs to those who believe in the beauty of their dreams.” – Eleanor Roosevelt.

I extend my heartfelt gratitude to the students and the dedicated Editorial Board of Pine View Press, whose passion and efforts bring this newsletter to life. Your

creativity, dedication, and hard work ensure that our school's voice is heard and celebrated.

May this year be filled with knowledge, creativity, and success for our students. Wishing everyone a fulfilling and inspiring academic journey ahead!

Ms. Amreen Qadir
Editor-in-chief

Welcome to a New Academic Year!

“Success is not final, failure is not fatal: it is the courage to continue that counts.” – Winston Churchill

As we step into another exciting academic year at Doon School Srinagar, I am thrilled to welcome you all to Pine View Press, our school's dynamic platform for creativity and expression. This newsletter is a reflection of your thoughts, ideas, and aspirations, and I encourage every student to contribute and make their voice heard.

A heartfelt appreciation goes to our dedicated Editorial Board, whose hard work and passion ensure that Pine View Press remains an inspiring and insightful read. Your commitment to excellence is truly commendable!

Let this year be one of growth, innovation, and achievements. I look forward to seeing our students shine through their contributions. Wishing you all a wonderful and creative year ahead!



Best wishes,
Principal
Doon school Srinagar

School Anthem

Amidst the rivers that gently flow,
And mountains tall, where eagles soar.
In valleys green, where nature thrives,
Our Doon School, where greatness resides.

Oh, Doon School, our hearts are true,
We stand together, strong and blue.
With courage high and spirits bright,
We'll conquer challenges, with all our might.

In this heaven, where birds take flight,
We seek knowledge, our beacon of light.
In every classroom, wisdom's voice,
Guiding us onward, to make the choice.

Through flowing rivers and mountains grand,
We'll strive for greatness, hand in hand.
Inspired by nature's beauty profound,
In unity and harmony, we are bound.

From valleys deep to peaks above,
Our Doon School, a place we love.
With resilience as our guiding star,
We'll face the world, no matter how far.

Oh, Doon School, forever we'll be,
United by knowledge, proud and free.
In rivers, mountains, birds, and valleys wide,
Our spirit shall soar, with a lasting stride.

FIRST DAY OF SCHOOL

Today marked a fresh start as we welcomed our students from Grade VI to X back after the winter break. The morning assembly set a positive tone with an energetic Mass PT, an inspiring opening speech, and a heartfelt prayer. The flag hoisting, accompanied by the school anthem, filled everyone with pride.

Teachers added warmth with a beautiful welcome song and Naat, followed by an encouraging speech from our Principal. Adding to the spirit of the day, students confidently shared their resolutions for the new academic session, setting goals for personal growth and success. It was a perfect start to the new session!



TEACHER FEATURE

Ramadhan - The Month of Opportunities

Ramadhan is the most blessed month of the year. It is the month in which our Holy book, The Glorious Quran, was revealed to the last prophet for mankind, Prophet Muhammad (Peace be upon him.)

It is our duty to understand the wisdom and message behind this holy month so that we can become the best version of ourselves and contribute positively towards humanity. In a world where materialism and

indifference is on the rise, this blessed month provides us with the much needed opportunity to slow down and introspect. We should pray that we can take what we learn in this month to other times of the year and

behave in the same compassionate and kind hearted manner.

Regards;
Ms MehwishMushtaq
Department of commerce

SCIENCE & TECHNOLOGY

Science & Technology During Ramadan

Ramadan is a time to pause, reflect, and grow closer to our faith. And in today's world, science and technology quietly walk beside us on this journey. Prayer apps remind us of suhoor and iftar, health trackers help us fast mindfully, and virtual spaces keep us connected to loved ones, even from afar.

Even science agrees—fasting can heal more than just the soul. It boosts our health, clears our mind, and teaches patience. In small ways,

technology supports our efforts, helping us focus on what truly matters.

-MuttaibKhanday
XII



Science & Technology During Ramadan



HEALTH AND SAFETY

Ramadan : A Month of Healing

Introduction

Ramadan is the ninth month of the Islamic calendar. It is observed by Muslims worldwide as a month of fasting, communal prayer, reflection and community. It is also the month in which Quran is believed to have been revealed to the Islamic Prophet Muhammad SAW. Fasting in Ramadan highlights how giving your body a break from eating can lead to being healthy.

Understanding the Science Behind Fasting

Scientific studies suggest that fasting, including during Ramadan, can offer

various health benefits, such as improved blood lipid profiles, weight reduction, and potentially reduced risk of certain diseases.

Health Benefits of Fasting:

Studies have shown that Ramadan fasting can lead to a reduction in total cholesterol and triglycerides, while increasing HDL-C (good cholesterol), which is beneficial for cardiovascular health. Fasting may improve insulin sensitivity and blood sugar control, potentially reducing the risk of type 2 diabetes and other metabolic disorders.

Fasting may lead to the release of

BDNF (brain-derived neurotrophic factor) in the brain, which has been shown to protect brain cells and could reduce the risk of developing dementia.

Good for cardiac health

Fasting during Ramadan can have a significant impact on heart health. It reduces blood pressure and cholesterol levels, which helps to lower inflammation and improve blood flow. This reduction in risk factors can lead to a lower risk of heart disease and stroke.

However, individuals with pre-existing heart conditions should

consult with their healthcare provider before beginning to fast, so that they can observe fasting as their health will permit.

Conclusion

Ramadan benefits health by improving heart function, lowering cholesterol and blood pressure, supporting weight loss, and enhancing brain health. It offers a balanced approach to physical and spiritual well-being.

-Mir Mohammad Kabir
XII-Med

Understanding the Science Behind Fasting



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CREATIVE CORNER

Ramadan’s Gentle Touch

Ramadan comes like a quiet friend,
Bringing peace we sometimes forget we need.
Life slows down, hearts open up,
And even the smallest prayer feels deep.

We wake before the sun, eyes half-closed,
Sharing dates and water in sleepy silence.
Through hunger and thirst, we learn
patience—
Not just with others, but with ourselves too.

The nights feel different—soft and sacred.
We whisper to Allah what we hold inside.
Tears fall, not from sadness, but from release,
And somehow, we feel lighter every time.

When Eid arrives, it’s more than joy.
It’s a celebration of growth and grace.
Ramadan may end, but it leaves behind
A heart more full, a soul more kind.

-Nabeeha Humayun
XII

CHRONICLES

Every year, as Ramadan approached, Fatima felt a mix of excitement and anticipation. Waking up early for suhoor, the pre-dawn meal, with her family was a special time—everyone sitting together, sharing stories, and enjoying the quiet moments before the busy day began. The fasts were long and sometimes difficult, especially under the hot sun, but Fatima found strength in knowing she wasn’t alone. She spent her days reading the Quran, helping her mother, and thinking about the less fortunate. When the evening call to prayer sounded, it was a relief, and the family would break their fast with dates and water, sharing laughter and conversation over a warm meal.

As Ramadan came to an end, Fatima felt a deep sense of peace. It wasn’t just about the fasting; it was about the patience, the reflection, and the compassion she had developed throughout the month. When Eid al-Fitr arrived, it brought with it joy, hugs, and a feeling of renewal. Fatima wore her best clothes, exchanged gifts with her friends, and felt the love of her community. She knew that, even though Ramadan was over, the lessons of kindness and gratitude would stay with her long after the celebrations ended.

-Sehreen Showkat Reshi (Grade XII)

Ramadan Feels Like Home

It starts with a quiet breath before the sun,
A sleepy smile, the clink of cups,
The world still dark, but hearts already awake—
It’s Ramadan.

Days feel long, but somehow light.
Our stomachs may growl,
But our souls?
They hum a little louder,
Full of something deeper.

Every fast isn’t just about food—
It’s about holding back anger,
Choosing kindness when it’s hard,
And whispering prayers when no one’s watching.

We gather, not just around plates,
But around love—
A date shared, a laugh, a soft “alhamdulillah”
At sunset’s first golden touch.

Nights stretch out like a warm blanket—
Quran in one hand, peace in the other.
Tears sometimes fall,
Not out of sadness,
But from a kind of healing.

And when it ends,
We miss it—
That feeling of being closer
To who we’re meant to be.

Ramadan is not just a month.
It’s a mirror,
A home,
A hug for the soul.

-Haadi Wani
XII

ART GALLERY





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