

Epochy

A monthly newsletter of Colonels Academy

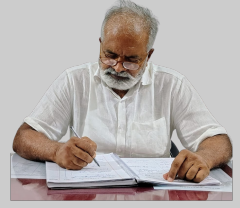
संपादक की कलम से

विचार कभी स्थिर नहीं रहते,
वे समय के साथ आकार लेते हैं।
कभी स्वप्न बनकर आँखों में चमकते हैं,
तो कभी साहस बनकर जीवन को नई दिशा देते हैं।
एक छोटी-सी कल्पना भी,
यदि विश्वास और परिश्रम से जुड़ जाए,
तो वह असंभव को भी संभव बना सकती है।
हर नया दिन अपने साथ
अनगिनत संभावनाओं की रोशनी लाता है।
शब्दों की यह यात्रा केवल पक्षों तक सीमित नहीं,
बल्कि मन, विचार और व्यक्तित्व को भी विस्तार देती है।
आइए, हम अपने विचारों को नई उड़ान दें,
जिज्ञासा को अपनी शक्ति बनाएं,
और रचनात्मकता के माध्यम से
एक उज्वल, प्रेरणादायी और संवेदनशील भविष्य का निर्माण
करें।

Happy Faces



Colonel's Desk



Dear Students,
Great minds are never still—they constantly explore, imagine, and create. Every student carries within them the ability to transform ideas into achievements and aspirations into reality. This is the time to cultivate confidence, and allow your imagination to move beyond limitations. Create extraordinary possibilities.

As you continue your journey, learn with curiosity, and lead with kindness. Challenges may test you, but they also shape your strength and character. Keep moving forward with courage and conviction, for the future belongs to those who dare to think differently and act fearlessly.

Regards,
Col. Akshaya

Craftwork

LOL !



Naitik Raj & Shashank Bharti



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GLIMPSES OF NUKKAD NATAK & PEACE OF MIND, 2026



"The greater the difficulty, the more glory in surmounting it." - Epicurus

Colians' Quote

"Whoever told you breaking was a failure, has never seen a seed split open."

Root Words

Graph (Greek)

Meaning – To write

Example - Autograph,
Paragraph

Global Vocabulary

Zenith (Arabic)

The highest point of success, achievement, or power.

Mellifluous (Latin)

A sound so smooth and sweet that it feels like music.



Saumya Saket Acharya – X



Navisha Prakash - VII(A)

ECHOES OF THOUGHT - Rudra Prakash Amar (IX-B)

Thoughts move softly through the mind,
Like restless clouds the wind can't bind.

They race like rivers, wild and free,
Carrying dreams across the sea.

Some thoughts sparkle, bright and light,
Like stars that wake the silent night.

Some drift slowly, calm and deep,
Like lullabies that rock our sleep.

They dance in colors never seen,
Between the worlds of "might have been."

They build up towers in the air,
Then vanish gently, everywhere.

A single thought can start a flame,
Can lift a soul or change a name.

It travels farther than our feet,
Through every loss and every beat.
Thoughts are motion without sound,
Wheels that spin the world around.

Forever moving, near and far –
Quiet as whispers, strong as stars.



Shared by , Aditya Khandelwal - VII(B)

Creative Canvas



This vibrant corner of Colonels Academy, creatively made by **Abdul Wahid, Hari Om, Shashank Bharti, Armaan Malik** under the guidance of **Srabani Ma'am** beautifully reflects imagination, artistry and youthful expression, adding charm and colour to the surroundings.

**नचिकेता और यमराज
(कठोपनिषद)**

एक बार नचिकेता नाम का बालक अपने पिता के यज्ञ में देखता है कि उसके पिता बूढ़ी और कमजोर गायों का दान कर रहे हैं। सत्यप्रिय नचिकेता बार-बार पूछता है, "पिताजी, मुझे किसे दान करेंगे?" क्रोधित होकर पिता कह देते हैं, "तुझे यमराज को दे दूँगा!"

नचिकेता सच मानकर यमलोक पहुँच जाता है। यमराज घर पर नहीं थे, इसलिए वह तीन दिन बिना भोजन के प्रतीक्षा करता है। प्रसन्न होकर यमराज उसे तीन वरदान देते हैं। तीसरे वरदान में नचिकेता पूछता है— "मृत्यु के बाद क्या होता है?"

यमराज पहले उसे धन, राज्य और सुख देकर टालना चाहते हैं, पर नचिकेता सत्य जानने पर अडिग रहता है। अंततः यमराज उसे आत्मा, सत्य और अमरता का ज्ञान देते हैं।

From Rigveda



धैर्यं सर्वस्य साधनम्।
Patience is the solution to everything.

6 STEPS TO CREATING A MIRACLE MORNING

<p>S.I LENCE</p> <p>10 THINGS YOU'RE GRATEFUL FOR</p>	<p>A.F FIRMATIONS</p> <p>THE MORE YOU TELL YOURSELF SOMETHING WILL HAPPEN THE MORE LIKELY IT IS TO ACTUALLY HAPPEN</p>	<p>V.I SUALIZATION</p> <p>WE CAN DO ANYTHING IMAGINABLE, BUT FIRST WE MUST IMAGINE IT</p>
<p>S.C RIBING</p> <p>WRITE DOWN YOUR THOUGHTS EVERY MORNING</p> <p>WHAT I DID YESTERDAY</p> <p>TO DO TODAY</p> <p>THINGS I'M GRATEFUL FOR</p>	<p>R.E A DING</p> <p>SOMETHING THAT WILL MOTIVATE AND INSPIRE YOUR MORNING</p> <p>TRY TO AIM FOR 10 PAGES A DAY</p>	<p>E.X E R CISE</p> <p>"I DID SOMETHING PRODUCTIVE!"</p> <p>GOING FOR A SHORT MORNING RUN HAS AMAZING BENEFITS</p>

WILLPOWER

HABITS

MAKE YOUR MIND PERFORM ACTIONS ON AUTOPILOT

REARVIEW MIRROR SYNDROME

A PREVIOUS NEGATIVE LIFE EXPERIENCE THAT PREVENTS US FROM CREATING NEW EXPERIENCES

ISOLATING INCIDENTS

"JUST ONE MORE"

"SKIPPING TODAY WON'T HURT"

"I'LL DO IT LATER"

BY ISOLATING AN EVENT OF TODAY, YOU AFFECT WHO YOU ARE AS A WHOLE

no longer felt chaotic; they felt purposeful. I realized that a peaceful mind and a disciplined routine can quietly transform an ordinary life into something meaningful.

The Morning I Changed

There was a time when every morning felt heavy. I would wake up already feeling tired, carrying yesterday's stress into a new day. My routine was rushed, my thoughts were scattered, and I constantly felt unproductive. Then one morning, I decided to slow down instead of speeding up.

I sat in silence for a few minutes, wrote down my thoughts, read something inspiring, and stepped outside for a short walk. It seemed insignificant at first, but gradually, those small habits changed the way I thought and lived. My mornings

Shared by, Arghadeep Saha

Campus in frames



Editors

Edited By : Epochy Club

Club members

- Arindam
- Abdus
- Saanvi
- Umang
- Shreyashi
- Taskheer
- Atulit

In- Charge - Chaitali Banerjee

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**Theme for June -
The Curious Generation**

"Send your creative contents to our email caepochy@gmail.com or whatsapp at 7764006402 or connect directly with the Epochy Club to be featured!"