# PCDDARS \*\*NE 2022-23 MAGAZINE 2022-23 M



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## Principal's Message

Dear students, teachers, and staff, As we come together to celebrate the annual magazine of our school, I am delighted to see the theme of instititis asi atleres for children states and saidly said

"Cor Unum - One Heart" come to life. This theme speaks to the sense of community and unity at our school's heart.

The concept of "Cor Unum" or "One Heart" is an enduring one, rooted in the belief that we are connected and that our fates are intertwined. It reminds us that we are all part of a larger whole and that our actions and choices impact those around us.

At our school, we are a diverse and inclusive community, with students and staff from different backgrounds and cultures coming together to learn, grow, and excel. But despite our differences, we are united by a common purpose: to provide world-class education and to prepare our students for success in a globalized world.

I am proud of the progress and achievements of our school and the impact we have on our students and the wider community. But I am even more proud of the spirit of collaboration and cooperation that exists within our school.

Whether it is through teamwork, service, learning, or extracurricular activities, our students and staff demonstrate the value of working together towards a common goal.

As we look to the future, let us continue to nurture this sense of community and unity. By working together, we can achieve great things and make a positive impact on the world.

I hope this annual magazine will serve as a testament to the strength of our community and the bonds that tie us together. Thank you for your contributions and for making our school a special place.

Anjna Sahi Principal

## Ediior In-charge's Message



Dear Readers,

We are joyous to present to you, the next issue of the school magazine for the academic year 2022-23 - 'Cor Unum' meaning one heart. This magazine encapsulates the values that we propagate and manifest in the form of various events and activities conducted throughout the year.

We would like to mention that our budding talents are great observers and explorers who have shown immense ability to contribute in their small ways to give back to the school and the society. We are really very proud of our students who have poured in their thoughts and collaborated towards our beautiful magazine. The core of our magazine is glowing because of their creativity.

We are sure that the enthusiastic contribution of our young writers will be cherished by the readers.

The herculean task of bringing out our magazine would not have been possible without the students' editorial team, who edited these articles; the support of the teachers, who stirred the minds of our young buddies; and finally, the design team for pouring artistic soul into our e-magazine. We are deeply thankful to our respected Principal, Ms. Anjna Sahi for guiding us through this journey. We hope that our combined efforts will help you to dive into the blissful world of entertainment and pleasure.

Happy Reading

Ms Bani Shringarpure Editor In-charge

## Co-ordinator's Message



This year has been a year of challenges and change, but it has also been a year that has highlighted the strength and resilience of our school community.

"One Heart" is a theme that resonates with me, as it reflects the unity and solidarity that our school community has shown in the face of adversity. Despite the challenges that we have faced, we have come together as one to support each other, to lift each other up, and to keep moving forward.

As we move forward, I encourage all of you to continue embodying the spirit of "One Heart". Let us continue to support one another, and to work together towards our common goals. Let us strive for excellence in everything we do, while always keeping kindness, empathy, and respect at the forefront of our actions.

I would like to take this opportunity to thank the editorial team and all those involved in the designing of this year's school magazine. Your hard work and dedication have resulted in a publication that truly captures the heart and soul of our school community.

Ms. Nuzhat Sayed Checkpoint Co-ordinator

## THE MAGAZINE COMMITTEE



Dhruvika Magotra - GRADE 8A COLLABORATOR

"Ambition may lead to success; a good heart and attitude will always lead to excellence."

With my work ethics, passionate interest and relentless determination, I have been able to work for the magazine proficiently. Working and discussing ideas as one team altogether was wonderful, indeed.



Aahna Prasad - GRADE 8B COLLABORATOR

Hi! I am Aahna Prasad from 8B. I am someone who loves reading and writing English stories, so I was very excited to be presented with the opportunity to work alongside many of my friends to help in making our annual school magazine! Its been a fantastic experience in bringing the school magazine to life with all the other extremely talented committee members. A lot of work, effort and time was put forth in this magazine, and it was surely worth it!



Adhya Sinha - GRADE 8A COLLABORATOR

"I'm the architect of my life; I build its foundation and choose its contents.'- My experience of working with the Magazine committee has been a rollercoaster ride-from being able to witness all the student's creativity through their articles and art to adding them to the magazine, everything was worth the efforts and time dedicated to the magazine.

## THE MAGAZINE COMMITTEE



## Lakshya Lakshminarayan - GRADE 9 COLLABORATOR

"Alone we can do so little; together we can achieve more."
It was wonderful working in the magazine committee, I gained decision-making and leadership skills. It may have been an unexpectedly hectic and challenging journey, but with my marvelous team, we put together a masterpiece indeed.



Mahi Pingle - AS LEVEL

DESIGNING, LAYOUT & COMPILATION

"Remember to always give your best in everything."

My determination and passion for my work is what drives me to excel in it. Working for the school magazine has been a phenomenal experience as I achieved the opportunity to showcase my creative interests. However it was an opportunity with a great responsibility entrusted on me.

From visualizing the look of the magazine to transforming it into the refined product has been a remarkable journey indeed, it took a lot of consistency, time and dedication which was totally worth it. I'm also really proud of my fellow team members for their exceptional co-ordination and team work to bring to you the "COR-UNUM 2022-23" magazine.

I also express my gratitude to our Principal ma'am, Ms Anjna Sahi for considering me for this creative and enriching experience also a big thank you to my dear teachers who believed in my vision of creating this masterpiece for the school.



## **Checkpoint Toppers**

Strick	ont	's name	Score	- 1
1100		SHUILIE	3001	- 1

Aahna Prasad 6 points in Science & Math, 5.3 in

English

Adya Shendye 6 points in Science & Math

Dhruv Chadha 6 points in Science, 5.9 in Math

Diptangshu Basu 6 points in Science & Math

Niyaant Parpudi 6 points in Math, 5.9 Science & 5

English

Dhruvika Magotra 6 points in Science, 5.8 in Math

Adhya Sinha 6 points in Math, 5.7 in English

Atrey Meghraj Desai 6 points in Science

Joel Manoj Kumar 6 points in Math

Nasir Irma Darvesh 6 points in Math

## **Checkpoint Toppers**

#### Student's name

Scores

Kritagya Sinha

6 points in Science

Aradhya Bhatia

6 points in Science

**Aarya Shirsat** 

6 points in Science

Aviral Khanduri

5.9 points in Science & 5.7 in Math

**Arya Shendye** 

5.9 points in Science, 5.5 in Math

Advika Bhatlapenumerthy

5.3 points in English

Agastya Kushwaha

5 points in English

## **IGCSE Toppers**

#### Student's name

**Grades** 

Adrija Singh

A\* in 7 subjects

Yuvamirudhula V

A\* in 6 subjects A in 1 subject

Vikrant Bane

A\* in 5 subjects A in 1 subject

Aadya Sinha

A\* in 5 subjects A in 2 subjects

Anoushka Saxena

A\* in 4 subjects A in 1 subject

Erica D'sylva

A\* in 2 subjects A in 4 subjects

Akash Sapkal

A\* in 2 subjects A in 4 subjects

Niharika Jaiswal

A\* in 1 subject A in 5 subjects

Ishita Chaudhary

A\* in 2 subjects A in 3 subjects

Mahi Pingle

A\* in 1 subject A in 4 subjects

Raunaq Soni

A\* in 1 subject A in 3 subjects

## A LEVEL NATIONAL TOPPER

Tamanna Jain, has been awarded the Most Outstanding Cambridge Learner Award for her exceptional performance in Economics.



## A level Toppers

#### Student's name

**Grades** 

Pankhi Mehta

A\* in 4 subjects A in 1 subject

Srikrish Santhosh

A\* in 4 subjects A in 1 subject

Maryam Shaikh

A\* in 4 subjects A in 1 subject

Tamanna Jain

A\* in 3 subjects A in 2 subject

Siya Baur

A\* in 3 subjects A in 2 subject

Adithya Nair

A\* in 1 subject A in 3 subjects

Sathvika Santhosh

A\* in 1 subject A in 2 subjects

Aradhya Kapil

A\* in 1 subject A in 2 subjects

Harsh Patil

A\* in 1 subject A in 2 subjects

Sneha Desai

A\* in 1 subject A in 1 subject

## **International Informatics Olympiad**

Student's name	Grade	Winning medal
RONAV	3	Gold medal (class topper) and special achievement certificate
SOURISH KANOJIA	3	Silver medal (class topper) and special achievement certificate
AATHMIK DEEPAK UCHIL	4	Gold medal (class topper) and special achievement certificate
KUSHAAN BAGCHI	7	Gold medal (class topper) and special achievement certificate
ARNAV SHETTY	9	Gold medal (class topper) and special achievement certificate

## International Olympiad of Mathematics

Student's name	Grade	Winning medal
MAITREYI NITIN PANGAVANE	1	Gold medal (zonal topper) and special achievement certificate
KATYAYANI KEDAR PATWARDHAN	2	Silver medal (class topper) and special achievement certificate
KAIRA SHETTY	2	Bronze medal (class topper) and special achievement certificate
VED NARENDRA PATIL	2	Gold medal (class topper) and special achievement certificate
RONAV	3	Gold medal (class topper) and special achievement certificate
SOURISH KANOJIA	3	Silver medal (class topper) and special achievement certificate
SARA SAGAR SAWANT	3	Bronze medal (class topper) and special achievement certificate
MYRA YADAV	4	Gold medal (class topper) and special achievement certificate
DARSH REDDY ANNAPUREDDY	r 4	Silver medal (class topper) and special achievement certificate
AATHMIK DEEPAK UCHIL	4	Bronze medal (class topper) and special achievement certificate
AYUSH CHANDRA	5	Gold medal (class topper) and special achievement certificate

## International Olympiad of Science

Student's name	Grade	Winning medal
ISHANVI PRAKASH	1	Gold medal (class topper) and special achievement certificate
KAIRA SHETTY	2	Gold medal (class topper) and special achievement certificate
VED NARENDRA PATIL	2	Silver medal (class topper) and special achievement certificate
RONAV	3	Gold medal (class topper) and special achievement certificate
SOURISH KANOJIA	3	Silver medal (class topper) and special achievement certificate
TANVI RAJENDRAKUMAR PATI	L 4	Gold medal (class topper) and special achievement certificate
IMAAD AJANI	5	Gold medal (class topper) and special achievement certificate
SHAARAV S SHENDYE	6	Silver medal (class topper) and special achievement certificate
ZAYAAN NADEEM KOTWADKA	R 6	Gold medal (class topper) and special achievement certificate
KUSHAAN BAGCHI	7	Gold medal (class topper) and special achievement certificate

## International Olympiad of English

Student's name	Grade	Winning medal
KAIRA SHETTY	2	Gold medal (class topper) and special achievement certificate
SOURISH KANOJIA	3	Gold medal (class topper) and special achievement certificate
AATHMIK DEEPAK UCHIL	4	Gold medal (class topper) and special achievement certificate
AYUSH CHANDRA	5	Silver medal (class topper) and special achievement certificate
ANGEL SHAH	5	Gold medal (class topper) and special achievement certificate
KUSHAAN BAGCHI	7	Gold medal (class topper) and special achievement certificate

## Smart Kid G.K. Olympiad (General Knowledge)

Student's name	Grade	Winning medal
KAIRA SHETTY	2	Gold medal (class topper) and special achievement certificate
RONAV	3	Gold medal (Olympiad topper) and special achievement certificate
SOURISH KANOJIA	3	Silver medal (class topper) and special achievement certificate
BASIT VASIM WALELE	3	Bronze medal (class topper) and special achievement certificate
KAAMYA HIMANSHU JOSHI	4	Bronze medal (class topper) and special achievement certificate
AATHMIK DEEPAK UCHIL	4	Silver medal (class topper) and special achievement certificate
TANVI RAJENDRAKUMAR PATI	L 4	Gold medal (class topper) and special achievement certificate
ANGEL SHAH	5	Gold medal (class topper) and special achievement certificate

### Akhil Bhartiya Hindi Olympiad

Student's name	Grade	Winning medal
RONAV	3	Gold medal (class topper) and special achievement certificate
SHAARAV S SHENDYE	6	Gold medal (Olympiad topper) and special achievement certificate

## International Reasoning & Aptitude Olympiad (Reasoning & Aptitude)

Student's name	Grade	Winning medal
AARUSH JAIN	6	Gold medal (class topper) and special achievement certificate
KSHITIJ HIWARE	8	Gold medal (class topper) and special achievement certificate

## GetLitt International Reading Olympiad was conducted in August 2022 for students of grade 2 - 8.

### Gayatri Menon from 2B secured global rank 1

#### SCIENCE OLYMPIAD FOUNDATION

#### International General knowledge Olympiad (SOF)

Student's name	Grade	Winning medal	
Arjun Nayan Karnavat	2A	Gold medal of excellence	
Parth Amit Saxena	7B	Gold medal of excellence	

## National Science Olympiad (SOF)

Student's name	Grade	Winning medal
Avyan Gupta	2B	Gold medal of excellence
Ronav	3A	Gold medal of excellence
Jaivardhan Madhav	3B	Gold medal of excellence
Sourish Rajneesh	3B	Gold medal of excellence
Tanay Karnavat	3В	Gold medal of excellence
Ishit Bora	4A	Gold medal of excellence
Saranya Katoch	5A	Gold medal of excellence
Krishna N Verma	5	Gold medal of excellence
Inika Ganguli	5B	Gold medal of excellence
Aavishkar Sachin Lotale	6A	Gold medal of excellence
Aharsi Majumdar	6B	Gold medal of excellence
Dhyana Rangrej	6C	Gold medal of excellence
Kavin Anil Athri	6C	Medal & certificate of Distinction
Parth Amit Saxena	7B	Gold medal of excellence
Kritagya Sinha	8A	Gold medal of excellence

## International Mathematics Olympiad (SOF)

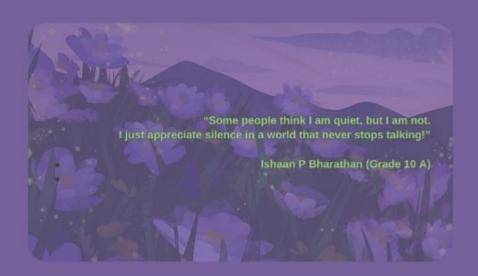
Student's name	Grade	Winning medal
Arav Agrawal	1	Gold medal of excellence
Advait AMit Saxena	2	Gold medal of excellence
Naisha Ahuja	2	Gold medal of excellence
Avyan Gupta	2	Medal & certificate of Distinction
Katyayani Kedar Patwardhan	2	Gold medal of excellence
Arvi Agrawal	3	Medal & certificate of Distinction
Hridhaan Niraj Narain	3	Gold medal of excellence
Ronav	3	Gold medal of excellence
Jaivardhan Mahav	3	Medal & certificate of Distinction
Sourish Rajneesh	3	Gold medal of excellence
Ishit Bora	4	Gold medal of excellence
Ayush Subhash Chandra	5	Gold medal of excellence
Aavishkar Sachin Lotale	6	Gold medal of excellence
Aharsi Majumdar	6	Gold medal of excellence
Tuhina Roy	6	Medal & certificate of Distinction
Kavin Anil Athri	6	Gold medal of excellence
Aditya T.K	7	Gold medal of excellence
Kritagya Sinha	8	Gold medal of excellence

## International English Olympiad (SOF)

Student's name	Grade	Winning medal
Naisha Ahuja	2 A	Gifts Worth Rs. 500/-+ Medal of Distinction + Certificate of Distinction + Certificate of Zonal Excellence
Umisha Anand	2 A	Gold medal of excellence
Avyan Gupta	2 B	Gifts Worth Rs. 500/- + Medal of Distinction + Certificate of Distinction + Certificate of Zonal Excellence
Arvi Agrawal	3 A	Medal & certificate of Distinction
Hridhaan Niraj Narain	3 A	Medal & certificate of Distinction
Aaryavi Suresh Sharma	3 B	Medal & certificate of Distinction
Sourish Rajneesh Kanojia	3 B	Medal & certificate of Distinction
Aarvi Tripathi	3 B	Gold medal of excellence
Tanay Karnavat	3 B	Medal & certificate of Distinction
Zankhi Dhruvank Shukla	4 A	Medal & certificate of Distinction
Saranya Katoch	5 A	Gold medal of excellence
Aharsi Majumdar	6 B	Gold medal of excellence
Trisha Karnavat	6 B	Gold medal of excellence
Dhyana Rangrej	6 C	Gold medal of excellence
Kavin Anil Athri	6 C	Medal & certificate of Distinction
Aditya T.K	7 A	Gold medal of excellence
Aradhya Bhatia	8 B	Gold medal of excellence

## Cyber Olympiad (SOF)

Student's name	Grade	Winning medal
Arjun Nayan Karnavat	2 A	Medal of Distinction + Certificate of Distinction + Certificate of Zonal Excellence
Vyomee Rajesh Agrawal	2 A	Gold Medal of Excellence
Jaivardhan Mahav	3 B	Gold Medal of Excellence
Kenisha Sandeep	3 B	Gifts Worth Rs. 500/- + Medal of Distinction + Certificate of Distinction + Certificate of Zonal Excellence
Tanay Karnavat	3 B	Gold Medal of Excellence
Saranya Katoch	5 A	Gold Medal of Excellence
Aharsi Majumdar	6 B	Rs. 5,000 + Zonal Gold Medal + Certifica of Zonal Excellence + Medal of Distinction + Certificate of Distinction
Ritvik Rajesh Agarwal	7 B	Gold Medal of Excellence







- Aarushi Gayan from grade 3A participated in the Indian Martial Arts
  Federation State level championship and bagged three gold medals, in
  three different categories: shadow sparring, speed punches, and fist
  breaking.
- Hridhaan Narain from Grade 3A stood 01st Runner up in "Primary Instrumental Category" in "Shri Ganesh Podar Memorial 2022, Music & Dance Competition", which was conducted by "Ajivasan Music Academy"
- Rudrika Joottun and Rudrasingh Joottun, have brought glory to our school by winning a total of six medals at the State Level Championship in Sanpada organized by the Indian Martial Arts Federation. Rudrika, a Grade 2B student, won two golds in shadow sparring and fist breaking categories, and a silver in speed punches. Rudrasingh, a Grade 3A student, won three golds in shadow sparring, speed punches, and fist breaking.
- Naitik Athri from Class 3B has won the Gold Finalist Award in the Commonwealth Essay competition 2022.
- Sourish Kanojia 3B won the 1st rank in the Silverzone International Olympiad of Science
- Rashi from 4A showcased an outstanding performance at the State Level Championships 2023 in Sanpada organised by Indian Martial Arts Federation. She won 2 Gold medals and 1 Silver medal in Shadow Sparring, Speed Punch and Gymnastics.

- Advita from Grade 5A has reached a vital milestone in her Martial
   Arts training! She acquired her Black Belt in the Goju-Ryu style of
   Karate which she has been training in since the age of 4.
- Tuhina Roy from grade 6B, has made a remarkable achievement in the recently held tennis tournament at the NRI complex. Tuhina has bagged not one, but two winner trophies in both the singles and mixed doubles open categories.
- Ariz Juwale, from grade 6B had an impressive performance at the recent Karate championship! He has won both a silver and a bronze medal.
- Kavin Athri from grade 6C received the Silver Award for the Queen's Commonwealth Essay Competition
- Azlan from grade 6C won the Under-12 Tennis Tournament competition.
- Aanya Kumar from grade 6B secured Silver Medals in under 12 Kata and Shiai Category at Annual Inter Karate- DOJO Championship 2022.
- Disha Nischal from Grade 10 has been permanently recruited as a magazine writer for the prominent Magazine and Website 'She Sight' for the course year 2023
- Disha Nischal from grade 10 successfully chaired a MUN. Some of the guest speakers there included Mr Boman Irani, Nakul Mehta, Gaur Gopal Das, Shaan and The Army, Airforce and Navy heads respectfully.



#### My love for my grandparents is endless.

My grandparents have built a new house in Karad. This house is huge, it has a staircase and a terrace.

We visited the home for the housewarming ceremony. It was amazing.

I had lots of fun at the house with my grandparents. We also invited our relatives.

Now this house will be a holiday home for me. Here, I can spend memorable moments with my grandparents.

I love you grandparents.

-Aadhya Chavan I A

#### One heart

One is enough when it's filled with love. It holds the feelings which make us care.

One is enough when it's filled with love. It holds the feelings which make us share.

Bigger than the universe, in good times and worse It spreads hope and love, that can undo a curse.

Let's all be aware of the power of the heart. One is enough to unite the world that's apart.

-Aaisha Aggarwal (1A)

#### My love for my grandparents is endless

I feel blessed to have grandparents.
Their advices are like presents to me.
They care for me like no one else.
They love me,
and so do I.

In winter or summer, in rain or sun, grandparents make my day fun!

-Ira, I A

#### You are the sun in my life grandma and grandpa

Grandma and grandpa, you are my best friends. Playing badminton and football, with you is a daily trend.

We go to the beach, and mountains we reach. Hand-in-hand we walk, rhymes and stories we often talk.

Going to school is easy, homework keeps me busy. Grandma you take care, when mumma and papa are seen rare.

When it gets boring at times, calls to grandpa make me shine. You love me with all your heart, which everyday gives me a great start.

-Alisah Bohidar, I A

#### You are the sun in my life grandma and grandpa

I have a big family, and I love them all.

Out of all, my grandparents love me the most.

We celebrate all festivals together.

On weekends I spend time with them.

Grandma makes me delicious food and narrates stories to me. Grandpa shares knowledgeable facts with me. I have lots of fun with them.

They are the brightest star in my life-The Sun!

-Ishanvi Prakash, I B

#### My love for my grandparents is endless

I am so happy to have a grandmother because since I was born, they would always cuddle me and play with me and my brother.

She would take us to the park, she are very loving and kind.
She taught us the difference between good and bad, she helped my mother to nurture me.
She taught me how to read and write when I was three, she cared for me and my mother.

I was crying when she left for her village because we had a lot of fun together but then she came to me and said, 'don't worry, I will come back for you'.

-Kendra I A

#### My love for my grandparents is endless

I am blessed with four grandparents.
I lovingly call them Nanu, Nani, Dada, and Dida.

I enjoy solving Mathematic quizzes with Nanu.
I love playing four corners with Nani.
I love chomping on freshly fried Samosas with Nani.
Dadaji helps me in Mathematic tables.
Dida is the best cook.
Dida narrates me the legends of Ramayan.

They love me loads.
I love them to the moon and back.

-Simran.K, I A

#### **Grand Love!**

They are old, They are fragile, They are kind, They are warm.

They love me, They love my parents. They tell me tricks, They give me treats.

They give me advice, They tell me stories, Scold me when I do something wrong, Whatever I may do, they love me to the moon and back.

Simple and sweet, They are the sun of our galaxy called "home"! They are my dear grandparents and I love and treasure them a lot. Thank you God for sending them as my grandparents in my life!

Umisha Anand (II-A)

#### Grand-mom, me and the Poop mystery

Grand mom and I love cats. Her society has many stray cats. While some members feed cats, some do not. We are fond of a cat named Seezeecopin. It is a tomcat. It is fat and furry. Grand mom and I enjoy feeding him with a bowl of milk whenever he comes to our place.

Once we found stinky poop outside our house.

We both were shocked to see that. Later, we ran the CCTV footage and say Seezeecopin doing the smelly job. We both had a hearty laugh and decided not to feed him for a few days.

Seezeecopin understood his mistake and never pooped outside our house again. These days he is a good cat and, so we are back, giving him milk.

Sia Harishankar (II-A)

#### Grandparents

Grandparents are like a big leafy tree, and under their shade, the grandchildren feel safe. I feel blessed to have spent time with my paternal – grandparents. They are with God now. I still remember the good times with my paternal grandparents. I miss them. I feel deeply sad that I could never meet my maternal grand-father. I have seen him in pictures, and he looks very smart.

I feel lucky that I have the best maternal grand-mother. My Naani tells me many stories when she comes at my place. I like to sleep with her. She also likes to play with me.

My grandparents complete my life in so many ways. I am thankful to God that he gave me the best grandparents in the world!

Idhika Malik (II-A)

My grandparents always have time for me when everyone else is busy

My grandfather,
He is a lovely person,
he helps me a lot,
and he loves me a lot.
My grandmother,
She cooks my favourite food,
and she loves me.

Dhyanshi, 2A

#### You are the sun in my life, Grandma and Grandpa

The ever-shining star – The Sun sustains all forms of life on planet Earth. Without the sun's heat and light, life on earth would not exist. Similarly, my grandparents are my guiding light that would brighten the darkest nights. Let me tell you how.

All times when I feel down and low, just a chat with them is all that I need to banish the blues away! If I feel disappointed about losing a football match, my grandpa always tells me "It's important that you give your best in whatever you do. You win some and you lose some. What's important is that you keep trying... EVERYTIME."

My Grandpa helps me to build the toughest of Lego games in no time.

My grandpa does not ask me to follow him but he allows me to lead the way. That is so important for me as it gives me the confidence to know that no matter what, my grandpa will always have my back.

My Grandma's dal and rice is so comforting and wholesome. Just like plants need sunlight to prepare their food, I need my grandma's food to get through the day. Their warm hug is so reassuring. Just a tight hug is enough to let me know that no matter how messy things get, you always CLEAN UP AND START AFRESH!

My grandparents are always there for me. I hope to be by their side each time they need help.

My grandparents are just like my parents but with more sleep, fewer rules and endless supply of toys.

Dadu, Dadi, Nanu, Nani... You will always be the ones I can run to... The ones whom I belong to!

Yohaan Chauhan (II-A)

#### NO ACT OF KINDNESS, NO MATTER HOW SMALL IS EVER WASTED

A helping hand, A hearty smile, The kindness you give Comes back in a while.

Being kind to everyone can make their day. It does not matter if we do a small act of kindness or a big act of kindness. The important thing is that we do an act of kindness and it is never wasted. We can smile at as many people who look unhappy or upset.

We can send an "I miss you" card to old friends and relatives. Picking up any litter we see outside is also an act of kindness to our country. We can help old people while crossing the road. We should not harm animals and birds. Sharing our things with friends, siblings and family is also an act of kindness.

Aarushi Gayan, 3A

#### KINDNESS

Once upon a time, in a school there was a new girl named Flora. Flora had some problem with her leg which means she took crunches to school. All the students laughed at her on her first day except one girl named Pollen because she understood that Flora had leg problems.

Flora and Pollen became good friends. Pollen helped Flora in walking and in exchange Flora helped Pollen in class as she was smart and nimble.

When they were grown-ups, they both decided to be an astronaut. So, one day they both went for an interview for the same job. The person who was going to interview them said that only one person can join out of them.

Then, Flora remembered that Pollen had been really kind to her when they were kids, so she decided it's her turn to be kind. Hence, she went home without attending the interview and Pollen became an Astronaut.

Meanwhile, Flora got the Space Scientist job, and she helped built the rocket that Pollen was going to fly in.

Moral: "No act of kindness no matter how small is ever wasted"

Arvi Agrawal, 3A

#### No act of kindness is ever wasted

Kindness is one of the way to deliver happiness. It is a very powerful gesture. Kindness is the thing that allows people to see good in everyone. Kindness can change the entire life of one by bringing loads of happiness.

Every human should see good in everyone and help them. When you show kindness on someone it brings happiness and peace not only their lives, but it also brings happiness in our lives.

The golden rule of kindness is that we should treat others as you would like to be treated. When you do something nice for someone the person gets to know how good you are, and realizes the wrong things he/she has done with you. If everyone shows kindness and believe in themselves, we all together can make this world a better place for everyone.

Sumedh Dhande 3A

#### Cleaner Today, Better Tomorrow

On 14th Jan 2023 the Navi Mumbai Municipal Corporation organised a Svachchhata Drive to clean-up Sector 15 CBD Belapur. All the residents of Sector 15 were invited to be a part of this initiative. The clean-up started at 7am on a Saturday. Many men and women joined the effort.

My brother, my mother and I went to clean the promenade. We took two brooms and one sack to gather all the litter. My brother and me took turns sweeping. We gathered a lot of litter.

After two hours of hard work the NMMC helpers came to gather all the sacks of litter. The promenade looked clean after all our work.

We should all try to keep our city clean. We can do this by not littering, avoiding use of plastic, avoiding throwing of cigarette butts and not spitting paan on roads.

Together let us make keep our city clean and green!

Nandita Krishnan (3-B)

## It takes nothing away from you to be kind to animals.

We can be kind towards these innocent and speechless creatures. If we cannot help them by feeding food, then at least not harm them by throwing stones to them just for own fun. Also we can be careful while driving by not hitting animals. Last week when I was going back home after school , I noticed that a young boy of around 8 to 9 was hitting a stray dog with a stone . His mom was buying vegetables from a nearby vendor but she did not stop her son from that inhumane act.

Here, my point is that we all know that human being is the only living being gifted with power of speech by the God . Humans are gifted with smart and intelligent brains. Hence, humans is the only living being who can speak up their mind and can understand all emotions .

My concern is that being on the top of the hierarchy of all living things. We have the moral responsibility to be kind towards animals and birds, but we all forget that in our busy world.

I understand that all are not animal lovers but as a human being at least we can wait patiently and allow stray animals to crossroads.

Also if we see any injured or sick animal by roadside or in our neighborhood then we can at least call to animal welfare team to help that injured or sick animal.

A stray dog bites or attack anyone if it had a bad past experience with a human being like someone had tortured him. For that victim dogs, all humans are bad. So, if we don't disturb them then they will also not disturb us.

My solution to this is that students should be taught in the school and at home to be kind towards animals. Also, students need to practice of kindness in their daily life towards animals and birds then only they can become responsible human being towards all animals and birds.

-Aarna Gupta (4A)

#### Small Acts, big changes

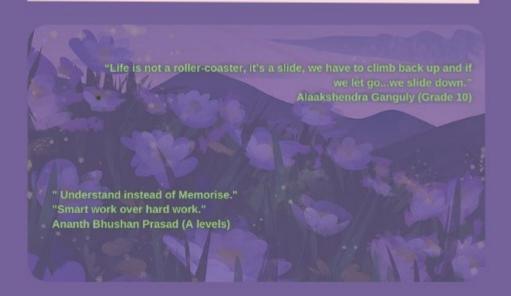
In the city of New York, there was a girl named Kira. She went to school everyday and was a good student. She used to be kind to everyone and everyone loved her. One day, a new girl came to her class. Her name was Amanda and she was mean to everyone. No one liked her at all but Kira believed she could change her ways. Kira used to be nice with her but Amanda was very mean and did not like her. She used to bully her everyday because she was jealous of her since everyone liked her and not Amanda

One day Amanda fell and there was no one around . She could not get up and was injured badly. Kira saw all of this and ran to help Amanda. She bandaged her leg and helped her get up. Amanda thanked Kira for her help and went back to her house as she thought how Kira helped her even though she was mean to her. She decided to be nice to everyone now and return kindness.

The next day she came to school she was nice to everyone and everyone loved her as much as they loved Kira and she became friends with her.

Moral: Be Kind To Everyone

Shriyadita Singh (4B)



# Social Media, Kids and Parenting By – Yamini Singh, parent of Jujhaar (Grade 7 A) and Shriyadita (Grade 4 B)

#ParentingIsNeverEasy is my favorite hashtag that I frequently use on my social media handles when sharing the incidents and resulting predicaments my thir-TEEN (uff) and 10 year old kids make me go through.

The biggest change our generation has seen is the advent of social media. It was not there when we were kids and now it is omnipresent. We are the first wave of human adults who are dealing with it both for our parents and for our kids. We play the hoax slayers for our parents who believe in every video, every forwarded stuff and every 5 minute hack thrown at them because "if it's on the social media, it must be true!" and at the same time, we push them to be internet savvy for banking, grocery shopping and what not. A Catch .22 situation really.

Now coming to our kids. Parenting is a tough job, and social media has made it even tougher. We now live in a world where every moment of our lives is documented on the internet, and parenting is no exception. From posting baby's first photo to sharing every milestone, parents have gone from 'look what my kid did' to 'look what my kid did for likes.'

These parents share every detail of their child's life on social media, from potty training to their first crush. And let's not forget the mom bloggers and influencers who have turned parenting into a business. These parents have monetized their parenting skills and turned their kids into brand adverts.

These oversharing parents need to pause and think how their child will feel when they'll grow up and get to read these (kind of embarrassing) updates about themselves. Also, there are obvious risks of putting personal information/photos on internet.

But the real danger of social media and parenting is the pressure it puts on kids. Kids are growing up with a constant need for validation, and social media only aggravates that need. Social media can affect the mental health of kids and can, sometimes, pushes towards extremes of anxiety and depression. Reduced focus span is one of the most common symptom of prolonged screen usage. This can seriously affect the child's ability to concentrate for sufficient duration.

On one hand, social media can be a great tool for parents to connect with other parents, share tips and advice, and bond over the joys and struggles of raising kids. It can also be a great source of entertainment for kids, with countless funny memes and videos to enjoy.

But on the other hand, social media can also be a breeding ground for judgment and criticism. Every parent has different methods and philosophies when it comes to raising their children, and social media can amplify the pressure to conform to certain standards. Plus, the constant barrage of perfectly curated Instagram feeds can make even the most confident parent feel like they're falling short

And let's not forget about the dangers of the internet. As much as we'd like to shield our kids from online predators and inappropriate content, it's impossible to monitor their every move. All it takes is one click on a seemingly innocent link to lead them down a rabbit hole of danger and despair.

Followings are few ideas/tips to deal with social media risks -

- In my opinion, balance is the key. Embrace the positives of social media while being mindful of the negatives.
- Connect with other parents, but don't feel like you have to follow their every recommendation.
- Enjoy the funny memes and videos, but set limits on screen time and keep a watchful eye on your child's online activity.
- Use tech tools available for monitoring and limiting social media exposure.
   Most of the devices now a days have settings where we can put the
   restrictions on the contents based on age/maturity level of the user. For
   example; Android devices have a tool named 'Family Link', which controls
   screentime, apps to be used and content restriction on each device of the kids
   and it can be managed/monitored centrally from Parents' phone app remotely.
   Similar tool exists for iOS devices named as Family Share
- Once in a while, talk to your kids about the risks and rewards of online world.
   Nothing helps like awareness.

And most importantly, trust your instincts as a parent. You know your child better than anyone else, and you're the best judge of what's right for them.

In conclusion, social media and parenting can be a hilarious and sometimes challenging combination. But with a little bit of caution and a lot of humor, we can navigate this crazy digital world and raise happy, healthy kids. Also, sometimes, just put that mobile phone down and live in the moment. Live it, cherish it, soak it up and JUST BE.

#### NO ACT OF KINDNESS, NO MATTER HOW SMALL IS EVER WASTED

Kindness makes you the most beautiful person in the world, no matter what you look like. Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. Kindness is not a business. True kindness expects nothing in return, and should never act with conditions. All great things have small beginnings. Even a small act of compassion grants meaning and purpose to our lives.

A little more kindness, a little less judgement. Kindness is a beauty that never fades. You cannot do kindness too soon, because you never know how soon it will be too late. Leave footprints of love and kindness wherever you go. It doesn't matter if you do a small act of kindness or big act of kindness-the important thing is that you do an act of kindness and it is never a waste of time. Being kind to someone else can change their life.

Nandan Kamath, 4A

## It costs nothing to be kind

A couple of months ago, I was going to the park with my friends. When we arrived at the park, we saw a dog lying lifelessly still. Adults standing around us told not to go near it. Then we played for a while and it started to get late so all my friends went home.

However, I was concerned for the dog so after reaching home, I told my parents about the dog. After the dinner, I and my father fed the dog some food and water. He started chomping it right away. I could not stop thinking about the dog while I went to sleep.

The following day, I once again visited the dog to keep a check on how was he doing. That is when I saw it limping and dragging its leg so I asked my father if he could call an animal shelter. The vet bandaged the dog's leg. A few days later, I saw the same dog trotting all over the place which made me extremely happy.

Always help others in need.

Keyera, 4B

## Protect precious cargo (children) while travelling in a car

On September 4 2022, Cyrus Mistry, former head of Tata Sons, was travelling in a luxury Mercedes GLC SUV. Suddenly, the driver lost control of the car and crashed it. Cyrus Mistry lost his life in the crash. The police said that Mr. Mistry was in the rear seat but was not wearing his seatbelt and thus died.

The transport ministry then enforced a rule that all passengers in a car had to wear seatbelts from November 1 2022.

This got me thinking about how not much is said about safety of children while travelling in cars. In my experience most kids don't wear seatbelts while sitting in the rear seat of a car and in fact many kids under the age of 12 years sit in the front seat without a seatbelt.

My sister and I used cars seats and wore seatbelts from the time we were born. Today we both sit in booster seats buckled up. In my experience this has kept us safe even on very long journeys.

Children are precious cargo and so I would like to share a few suggestions to keep children safe in cars;

- 1. Children from 0-5 years should use car seats with a seat belt buckled in.
- Children of 6-12 years should in the rear and use a booster seat with a seat belt buckled in.
- Children below 12 years should not be seated in the front seat until they pass the 5 point test. (refer image above)
- 4. The seat belt should be worn even for short distances travelled by car.

It is my sincere hope that all children will wear their seatbelts when sitting in a car so that they may have a safe and happy journey. Remember 'Seatbelts save lives!'

Luke Krishnan (5-A)

#### Four Ways to truly Forgive and Forget

"Forgiveness is the attribute of the strong"

- Mahatma Gandhi

It is well researched that forgiving can bring happiness and peace of mind.

As per Dr. Robert Enright, author of the book, Forgiveness is a choice. There are 4 steps to forgiveness.

Awareness- be honest with yourself about your anger and hurt.

Decide- make a conscious decision to forgive your injurers. Give up any vengeful behavior.

Empathize- understand and empathize with people who have hurt you.

Discover- find meaning and purpose in what you have been through.

As we give others gift of mercy, we heal ourselves.

Devyansh, 5A

# How to overcome your fear?

Fear is something everyone goes through. There is no one who does not have fear. Some might be scared of examinations whereas some might be scared of insects or anything else but you need to overcome it and not let it discourage you.

Face more challenges to overcome it.

Everyone has challenges and instead of leaving those problems, try to face them. The more you face challenges, you will become used to it and next time you will know how to tackle it.

Try and try until you get it right.

The problems which we find hard to tackle, for those we should never give up. If you try you will certainly succeed. Never give up on your challenges otherwise you will never succeed.

I once had problems while solving a difficult Math trick. I thought to not do it but my parents told me to try no matter how many times you fail and I did it then I was able to do more such tricks easily.

Try to find out what is causing the fear.

If you are scared of something, then try to find out why you are scared of it. One of my friends was scared of the dark. One day she stayed in the dark at night and found out that there is nothing to be scared of in the dark.

Honestly, Fear is just an illusion which makes you scared of something. No matter what you are scared of, just remember to overcome it.

Aarna Mishal, 6A

## Overcoming fear

Overcoming fear is challenging, but it is essential for leading a fulfilling life. Fear can hold us back from achieving our goals and trying new things, but with the right mindset and strategies, we can learn to conquer our fears and live with confidence. One of the most effective ways to overcome fear is through exposure therapy. This approach involves gradually exposing yourself to the thing that you fear, in a controlled and safe environment. For example, if you have a fear of public speaking, you could start by speaking in front of a small group of friends and gradually work your way up to larger audiences.

Another technique that can help overcome fear is cognitive-behavioural therapy (CBT). This approach involves identifying and challenging negative thoughts and beliefs that contribute to your fear. For example, if you have a fear of flying, you might have thoughts like "flying is dangerous" or "I'll never be able to handle it." You can learn to recognize and challenge these thoughts through CBT, replacing them with more realistic and positive ones.

Mindfulness and meditation can also be useful in overcoming fear. These practices can help you become more present at the moment and less focused on the future, which can reduce feelings of anxiety. Additionally, mindfulness can help you to understand and accept your fear, instead of trying to avoid or suppress it.

Another key to overcoming fear is to set and achieve small goals that build confidence and self-esteem. This can be as simple as taking a class or trying a new hobby that you've always been curious about. The more you accomplish, the more you realize that you can handle difficult situations and that you are capable of overcoming your fears.

Finally, it is important to remember that fear is a normal and natural emotion. It is not something to be ashamed of or to be avoided at all costs. Instead, try to understand your fear and work with it, instead of being against it. With the right mindset and strategies, you can learn to overcome your fears and live the life you want.

Aavishkar Lotale (6-A)

# How to overcome any of your fear

Fear is one thing whichever person has in their mind. Some fears are troubling or irritating but some are normal.

If you want to overcome your fears.... face them.....

If you have any fears then face it rather than running away. If you run from it, even this will run behind you. It will scare you more. Thinking about fear will increase your blood pressure and anything can happen to your health. Do not be scared of it, take a deep breath, think that this is not your fear, try not to run away or move your leg, continuously close and open your hand and simply walk near it.

I will tell you one fear of mine which has been overcome by me now - "The fear of dogs". I was scared of dogs in an incredible amount. One day, I went to a farmhouse with my father. I have read and heard that if a dog bites, you have to take 14 injections.

My father asked me to bring the water bottle from the car. I brought it but when I entered the gate I saw 2 dogs were in front of me and they were wild dogs. I was blank and thought, "Should I call my father or go quietly"? I took a deep breath and I started to go. A dog came near me. My heart beat got faster like a train. I put my hands up and shouted, "Go away... Go away". Finally they left me and I reached inside the door.

So, do not be scared of anything, nothing is dangerous, only our mind gives a command that it is dangerous. Your fear is just your imagination. Break it and feel the power!

Advit Singh Rathore (6A)

#### How you overcome your fears

Fear is contagious. It spreads to one person from the other. Fear is only in our minds. We have to face it so it does not get over us. We have to learn how to overcome our fears.

Face the challenge that is in front of you. Overcome your fear, don't let it overcome you. Like for example you have to do a class test, don't be afraid. Just breathe in and breathe out and be calm and try to do your best in it. Mindful breathing is one of the parts you can do to overcome your fears. Second is facing it instead of running away. Third is getting used to it. If you get used to it slowly, slowly it will go away. Like for example if you are in swimming class and you are in the race for the first time, do not think you will drown. Just concentrate and try to get ahead of others.

Try to overcome your fears. Because, it is the secret to success!

Anshika Prakash (6A)

# How you overcome your fears...

To overcome your fears, you must face them. Usually, the longer you fear something, the more you get scared. I used to have nyctophobia (the fear of the dark), but now, after a few years, I don't.

It's not usual to be scared of something, because pretty much everyone has some phobia. Even some of the Avengers, although they might not admit it.

Hypothetically, if you are scared of dogs, just think that they can't kill. Then go up to it and try to pet it. It won't bite you because it can sense when someone might harm it. And if you don't have any such intentions, you both can become the best of friends.

Fears may define your weaknesses, but you can make them your strengths.

It's in your hands!

Tuhina Roy (6-B)

#### How you Overcome any of your Fears

Fear is a natural response of the human body. Fear is important in life as it helps us in many ways. For example, you will not touch a candle as you know it will burn you. Fear helps us to differentiate between what's good for us and what can hurt us. It protects us from danger everyday.

Fear can be good, but if it is too extreme to a point where it gives you severe anxiety about harmless things, it might be a phobia. Phobias are unnecessary and not useful unlike fear.

So the main question is how to overcome your fears?

The answer is simple. Think of a situation in a rational way. Think about how the situation is bad for you and can hurt you.

But sometimes fear is thrilling and fun. Like sitting in a roller coaster or going in a haunted house. You feel fear as your body knows that sitting in a roller coaster can hurt you or the things in a haunted house can hurt you. But in such situations if you know that it's safe, just do it. You are just scared because that's best for you.

So next time you get scared, think of a situation in a logical way. If your brain says it can harm you, don't do it. But if you know it is meant to be scary and thrilling, go ahead and enjoy it!

Kavya Rahul Mulay,6B

## FEAR - Face Everything And Rise

Have fears and not able to get rid of them? Well, you aren't alone! Everyone wants to overcome their fears. Want to know how? Read on...

- 1.TALK TO SOME FRIENDS AND FAMILY MEMBERS about your fears and ask them to talk about theirs too. If anyone you know has overcome their biggest fears, ask them about it. Slowly, when you get the habit of this, you'll realize that they can be irrational. Sharing your experiences helps you to overcome your fears and makes you feel that you are never alone.
- 2.TAKE SOME TIME OUT by concentrating on your fears and thinking the advantages and disadvantages of having it. For example, an advantage of having it makes us alert to danger and even prepares us to do with it while a disadvantage is that fear impacts our thinking, imagination, or making a decision in negative ways which even leads us to stress. You should also meditate so that your mind mentally calms down.
- 3.RESEARCH about your fears. Note down the weak and strong sides of your fear(s) and work on them. You may be able to fight your way through the weak side easily, but not the strong the sides. Just work hard and smart.
- 4. This is the most important point to getting rid of fears. FACE YOUR FEARS! If you avoid fears, don't do that, because that makes it scarier. Whatever you fear, be it anything, face it, and it should start to fade. Let's take an example- If you have claustrophobia (which is the fear of elevators) and you are frightened to go inside an elevator and avoid it, it's better to go inside an elevator next time.

And BOOM, you'll someday get rid of your fears! Good luck...

Akaisha Mahadevan (6-C)

#### "FEAR"

The word "FEAR", chills flow down the spine on hearing. It defines people, which shouldn't. Everybody fears of some or the others - Darkness, Heights or Ghosts are few common. When you fear something in an extreme manner over a span of 4-6 months, it is called phobia. How do you overcome this? Are you even able to?

These are the first questions that may strike your mind, need not to worry, this article will definitely help you out!

Here is the occasion that helped me!

When I was younger, I was deathly afraid of the darkness, I used to cry every time when there was a power cut or I entered a dark place, but recently we were in a hotel and suddenly, the lights went off, I panicked, but after it happened a few times, I got used to it and didn't find myself squinting my eyes and curdling up in a ball anymore, every time it happened.

To me, the key is to *face your fears*. That's just simple. *face it*.

You keep doing it again and again, and will not feel that irrational fear *anymore*.

Just face it.

Kehkashan Banerjee,6C

## How to overcome your fears?

Many people have fears of particular objects, situations, or sometimes particular individuals. Humans tend to stay away or avoid contact with their fear. Out of 100 phobias, an average person might at least have 3. But this won't help humans achieve success in life. Thus, overcoming fears is a must.

Fears are naturally hard-wired in human brains; hence we are afraid of some specific things since birth. Some most common fears would be spiders, heights, dark etc. but if we keep getting scared of something and constantly avoid it, that wouldn't make us ready for golden opportunities in life.

Have you ever turned off your room's light, and immediately got scared of the darkness? Ever experienced a ghost or sleep paralysis and fear sleeping from then? Ever locked yourself in your room and screamed loudly to not go to school? Well, the best way, to overcome fears, as suggested by experts, is to face them.

"Victory comes after fear" not only implies a metaphor, but essentially means to face your fears, don't avoid them; instead make them a part of your life, and gradually, you can overcome your fears ultimately.

So next time when turning off the lights, try not to run, and get used to it, because it may also help next time.

Janvi Patil, 6C

#### COMPASSION CREATES KINDNESS

In today's world, people are judged based on their popularity, the number of followers, the type of lifestyle in social media etc., but they are not judged by how kind or compassionate they are. Sad but true.

Why is this so? Well, this toxic culture has turned to make some of us believe that these are the criteria for judgement. People don't care about how nice you are but on how pretty you look.

Kindness is one of the most important qualities any person can have. It is a trait that makes people help others even if they are not asked to. The best thing about Kindness is that we can learn it to be a better human being for others and for ourselves.

Compassion is the feeling of being empathetic to others. Though most people will think it's the same thing, there is a fine line of difference which differs between them. If a person is compassionate, they will try to keep themselves in their peers' shoes and try to understand all the trouble they have been going through. Compassion is about feeling sorry for someone who is suffering and wanting to help them.

But Kindness is about doing something good by your own choice, without expecting anything in return. This is motivated by self-interest. On the other hand, Compassion is not.

Being compassionate and kind is one of the good traits of a good human being. Being kind can be anonymous or by your loved one.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

--Leo Buscaglia

Dhyana Rangrej 6C

#### Few Festivals Are Celebrated with the heart

If you've seen the title, you might be wondering, "What exactly does 'heart' mean?" Well, it means emotions associated with the heart, such as love, joy and happiness.

Even though we have many festivals, few are truly celebrated with these feelings. One cannot give perfect examples of this. We can say most people believe in a festival so much that they spend a lot of money and time on the preparation and decoration. This also often leads to stress. That means they may not fully enjoy the festival. Some people don't believe in the concept of a festival at all. This causes them to not celebrate it with as much splendour. They just do the ritual for the sake of family or friends.

However, a very small percentage of people celebrate a festival with pure heart. They don't believe in it much, but they do the rituals, decorations and celebration with simplicity, joy, compassion, happiness and love. Because they do decorations with simplicity, they still have enough energy left to celebrate the festival with their heart.

Ganesh Chaturthi is Maharashtra's favourite festival. It is a time of joy for people of all kinds. Some may say putting a large idol of Ganesha and spending lakhs on flowers and sweets is the best way to celebrate it. However, even a mud idol made by one's own hands and a piece of jaggery as a sweet gives similar joy to some. Not everyone celebrates a festival the same way and that's okay. Everyone has their unique 'heart' festival which they celebrate with true feelings.

Confucius said, "Beauty is not in the face; Beauty is a light in the heart." Festivals go beyond external beauty. Its splendour lies in how one feels inside and how one makes the other feel. in their heart.

Kavin Athri (6-C)

#### Few festivals are celebrated with our heart

Festivals are an integral part of our country. India celebrates many festivals such as; Holi, Diwali, Nowruz, Christmas and many more. But I personally feel. Ganesh Chaturthi is a festival celebrated with great enthusiasm in Maharashtra and part of Konkan.

This festival is not only celebrated at home with family but it is also celebrated at every nook and corner of streets by putting big & magnificent pandals with huge Ganapati idols which are larger than life.

It all started in Pune by <u>LOKMANYA TILAK</u>. He organised "<u>SARVAJANIK GANESH</u> <u>UTSAV</u>" in 1893. Lokmanya Tilak wanted to showcase <u>UNITY IN DIVERSITY</u>. So it is not only celebrated by Hindus but also celebrated by all castes and creeds coming together in a large scale, till date.

Many people from different countries come to witness this festival. Mostly, Ganesh Chaturthi lasts for 11 days.

Navratri is a festival also celebrated with great enthusiasm, especially in Gujarat but nowadays it is celebrated all over India with great excitement. Many people organize Durga Puja, which is also an important festival in Kolkata.

These festivals are celebrated to showcase **<u>UNITY IN DIVERSITY</u>** is a distinct-feature of the cultural **'heritage of India'**.

Although there are many festivals celebrated. These two festivals are celebrated with purpose to signify unity in our nation- these festivals are celebrated with heart.

Vaishnavi Kamat (6-C)

## The Need for Acceptance, Love and being Included

While it is a normal thing to feel, you might not know how important it is to be accepted, loved, and included. People who are used to being all the mentioned above are seen as happy, satisfied, fulfilled, but why is this?

# Why is it important to be loved?

As human beings, we have a craving for being loved, no matter how old you are or what country/region you come from. This is because being loved makes you secure. It also increases your confidence and self-esteem levels when you know someone has your full interest. Feeling loved makes you happy and genuinely respected.

## Why is it important to be accepted?

Being accepted is when one has been acknowledged and is treated with respect and a status of some kind. We seek acceptance from people who we want to be friends with. For example, an employee who has been recruited to a new field. To get respect and be accepted, he must gain respect from an authority or a higher figure. When he is friends with authority, people will know he is someone to accept.

# Why is it important to be included?

Being included is very important when you are in a group project. When people feel included, they are better able to contribute to the group and society without the fear of being ostracized. It creates an environment where everyone is accepted and valued. Being included also means that you have a bigger network of friends and increases safety by reducing isolation.

Agastya Nair - 7A

#### Discrimination

The world is filled with different kinds of people; Americans, Indians, Africans and many more. The world is very diverse because of this. But in these places there are people who have disabilities and are always discriminated against because of their disability. They are forced to name themselves "A disabled person". People take advantage of them and they are always bullied in their lives.

They are restricted to be themselves, they are forced to do everything in their lives. They are being discriminated against everywhere in the world. The feeling of people always gawping at you is miserable to feel. It's like a billion eyes staring at you.

Now Imagine this: A billion eyes staring at you, People asking "Are you okay, need any help?", Telling you what to do and what not to do. This is not life. It's not fair to classify them as disabled people. It's not fair, isn't it?

Bullying is like a day to day job for them to attend to. Imagine the things they go through. I feel and I think you all too think; we should not discriminate. But, at different points of life, we do discriminate in some or the other way, right?

People say the world is full of diversity. Yes, I agree, but do we respect the different kinds of people in the world? Ask this to yourself once. You will get the answer and realise the difficulty they face.

Aishwarya T.K. (7-B)

# The loss of your pet changed your life

Whoosh! My seven pet fish, guppies, swam like thunderbolts in my curved, cubed fish tank. Alfonso, Gratis, Mortsey, Ronaldo, Spur, Crabbe and Harry gushed through the water, among the hydrillas. Gratis, the female fish, who just gave birth to two babies, died and sank underwater, like titanic.

I was heartbroken, and sad, that I fell to the ground. But that's just life. I kept moving on throughout and soon, month by month, all my pet fish died, except for Alfonso, the only adult alive. Ronaldo and Crabbe, the two baby fish, were left as well.

Soon, time flew like water, leaving no one but Alfonso. I was completely out of my mind. I broke down into pieces of sadness. I know, now I know, that keeping pets, just gives you sadness at the end: They die. With their death, you feel like fading away, far, far away.

But that's life. All just die at the end. I left the want of pets, and studied animals instead. I learned one lesson in life though, our wants always disappear, die, or drift away from you, to leave you stranded, all alone.

All I know is that I am best alone, because life is good, and I will just live my life, joyfully. After the final day of my fish, I said good-bye, and we sold Alfonso. And I am sure, the other person will also face what I have already faced.

Archit Pramod Surawashi - 7B

# Need to feel loved, accepted and included

God has made everyone unique, So don't underestimate yourself, and don't fall weak. Learn to love yourself for the strength you seek.

Before sunshine there is darkness, But don't discourage yourself, and stand with happiness.

Always keep your heads lifted with confidence and fight.

Always smile and laugh to get that right.

Find the best in yourselves, but don't put down the rests, you are the new star shining, and the masterpiece in making.

Learn and accept everyone the way they are, so that the world becomes a better place and a paradise for all.

Always love, accept and include the ones who help you, as they are the only ones who make you.

Arya Dhande (7A)

#### Compassionate Hearts

I hold in my heart, and in my actions, compassion and care unlike any other, and it strives to do what is right:

to help those who can't do the same.
And though my work be little,
though the change perhaps even less,
I am happy with what I do,
because it is one more heart that may
bless me.

And I strive to be greater at what I do, helping those who don't do so well for it is proper and just to do whatever noble tasks are given to you; As even when times are rough, and issues pile high, we should work together as one, and devote to each other our minds and hearts.

And so, we shall share within us our co-operation, our heads, and our hearts.

Dhruv Chadha (8-B)

## Individuality: Differences being recognised, honoured, and celebrated.

Unity in diversity is the mantra of diversity in India. A nation so diverse in its languages, religion, food, cultures, has remained united because we have always respected and celebrated each other's differences.

In our class somebody is good at Science, someone in Math, or dance, music, art, etc.

These differences should be honoured, celebrated and recognised. The world has benefited immensely as these differences have taken civilization forward.

Only one person thought (Isaac Newton) why the apple fell to the ground. Only one (Galileo) thought why Earth goes around the Sun. Only one (Aryabhatta) thought about '0'.

There is always a tendency to fit all against the same parameters. We don't ever find two people looking at the same time. So, it was never an intention of God to make people the same.

Imagine a team of Sir Don Bradman. Can this team win a match? No, because a team should have a wicketkeeper, fast bowler, spinner, batsman, etc. A great team is made of team members with diverse talents.

We all are different from each other and let us recognize, honour, celebrate it with open arms and heart!

Utkarsh Saxena (Grade 7)

# Feeling loved, included and accepted

At the age of 5, you would want friends that would be willing to play with you. At the age of 10, you would want friends that would like you and like your personality. You would work hard to be smart, or like the same things that other people like. The pressure of life starts to hit at that age.

At the age of 15, you are trying very hard to fit in, balancing your social and educational life. You are now under serious pressure from society's beauty standard, as well as the standard your parents have set for you: A person with straight A's, someone who is kind and gentle. You slowly lose yourself, as you imitate others around you to feel included and accepted.

At the age of 20, you see influencers online trying to tell you to stand out, while they themselves look and act like every other social media influencer. You are now in college, to meet with your parents' expectations and trying to feel more loved and appreciated by them

At the age of 30, with an unhappy job, you wonder why you let people push you around. You wonder why you didn't take control of your life. At the age of 80, you would realise how you always lived with your life imitating someone and never being yourself. Never enjoying life.

We humans can go as far as changing the entire course of our life to feel accepted by people. But why? Were these the same people who had your back? Were these people there to cheer you up when you felt at the lowest? Were these the same people who wiped your tears when you sobbed the pain away? Your answer would be 'no'.

So why should we care about these people's opinions so much? Why do we sacrifice so much, for a few moments of acceptance? These people will not speak good about you at your funeral later on in life. So why do we want acceptance from such people?

The key to feeling loved, accepted and included is to accept ourselves. Once we stop rapidly changing ourselves, that is when we will stand out. When other people would be in awe and accept us, and be inspired by us.

Sure we will receive backlash for doing so. But they will do so for small moments, and we will eventually forget about them. But, you will finally be free. You will finally be accepted and loved, and that too by the most important person-yourself!

-Aahna Prasad, Grade 8B

# Individuality

Ralph Waldo Emerson once said, "To be yourself in a world that is constantly trying to change you is the greatest accomplishment."

Adjustments and settlements are encouraged until they do not change a person. However, when these agreements cause one's thinking to change, it no longer remains an encouraged job.

Society would always want to change people around them, like you. The decision comes to you, whether you would want to change yourself to suit them or not. These remarks from the society remain feedback only until they turn into judgements, mocks, and faces of sneers. The decision once again comes to you, whether you are able to differentiate between beneficial advice and wheedling advice. One's ideas and attitude to situations determine their personality.

Each individual is supposed to be different. Imagine a world so boring where you can not even create differing attitudes about different people because they are all the same, including you. There would be a lack of colours in the world, it would become monotonous. This place would start to feel more like a stack of identical newspapers.

'Opposites attract' is a common term used when two people decide a life with each other. Why? The reason is simple, two different mindsets can have disagreements, but they would never tire each other unlike identical mentalities.

Life tries to guide us with so many such examples—but it is us humans who fail to comprehend the things that are in our sight. We must not put up a fake curtain of ourselves for satisfying others.

Before others accept us, we should accept ourselves the way we are—because each one of us is simply fine. Afterall, it is absolutely perfect to not be perfect sometimes. We must remain who we are.

-Adhya Sinha, 8A

#### Need to be loved, accepted and included

"Growth begins when you start accepting yourself" - Jean Vanier

Before cities, buildings, phones and technology advanced into this world, humans had precious love.

As we humans grow up, the want for love drastically increases. We desire to be loved in the most lavish ways.

Love allows us to trust others and ourselves deeply. It is not something we created. It continues to feed us, surround us and keeps us moving forward. Love can emerge from our family, boon companions or any living creature.

Love is something that sets off into the tranquil skies giving us the sensational feeling to excel for the ones we live! As times passed, the hearts of humans closed their doors, increased their envy, and now crave after things that bring destruction, rather than life. Space for hate is enabling us to feel deprived, lonely and suffer from extreme mental illnesses

Hatred has destroyed the 'Universal Principles of Love' which are important for human existence.

We imitate others every time to feel accepted in social situations, which acts like a temporary social glue. Being deeply appreciated is what we desire for, but when neglected, we are demotivated.

It is conventional to be neglected. What matters is that we deeply accept the damages and the scars, and move on for a better tomorrow! Forget the comfort, love and care which cannot be revived anymore. Embracing and self-moralizing allows you to continue and stay up-voted.

Love can be the most dominant force in this world, enveloping hatred and selfishness. It is becoming a time of great division because people are choosing sides.

So which side will you be on?

Will you seek after personal gain or will your eyes seek a higher purpose?

Are you going to stand up for love and give your humble heart?

The answer is entirely up to you.

Daiwik Magotra 8B

## Individuality: Be Yourself!

"Why fit in when you were born to stand out."

This quote truly tells us the importance of having individuality. Individuality is a human trait which means unbiased and of free nature – a nature which is never influenced by others. Individuality is the INTRODUCTION of a person!

Sometimes we notice that a person has a unique quality that others do not have; it denotes a separate existence. Individuality is such a quality which distinguishes us from others. It is like a bolt in the water or a sparkling stone in sand which is never changeable. Every particle of the world has its individuality.

Being an individual means to have various differences, like, physical differences, differences in intelligence, differences in attitudes, differences in achievements, differences due to nationality, religion, caste, and many more... Recognising these differences helps us to understand not only what makes humans similar to one another, but also what makes them different. By considering the variations that can occur from one person to another, we can best cognize the full range of human behaviour.

Along with recognition, these differences should be honoured and celebrated too. Celebrating differences means celebrating one's uniqueness. Celebrating and embracing this is essential for personal happiness. Trying to hide or change who one is to fit someone else's ideals lessens one's sense of self-worth, causing self-esteem to plummet and insecurities to soar. Celebration of individuality helps unite, educate, boost self-esteem, confidence, happiness, and enhance creativity.

Having all aspects considered, it is noted that to celebrate every individual's uniqueness in society, mutual respect for one other is crucial. So, how about we stop making comparisons, stop judging ourselves and others, and make peace with what we have at hand – OUR VERY OWN DISTINCT IDENTITY!

"The freedom to express oneself, is also the duty to respect oneself.

So, celebrate your individuality

And embrace the variety that everyone has to offer!"

Dhruvika Magotra (VIII-A)

#### Individualism

The dictionary defines "individuality' as the quality or character of a particular person or thing that distinguishes them from others of the same kind, especially when strongly marked.

However, my take on individuality is a bit different from this. In my eyes, individuality is the purpose that an individual has on this planet, what brings them happiness and what sets them apart from others. Though these questions cannot be definitely answered, everyone has a general notion of what they mean. In my opinion, that is the true meaning of individuality.

The key to our prosperity as a species lies in our sense of life. Maintaining a sense of life allows us to connect a coherent collection of memories, which improves our performances, based on prior experiences. The reason we as humans have survived from centuries is due to our individuality. Our ancestors were able to find new, more effective ways to find food and shelter. In a collectivist society where individuality is a foreign concept, the individual often supresses their own interests because they do not realise their self-potential.

Collectivist societies prioritise the needs of a whole group, rather than each individual. This means every person in a culture of such nature has the same problems and the same goals. Rather than celebrating each other's differences, all people are forced to conform to the same ideologies. Since everyone is doing the same tasks, people become dependent on others rather than doing the work honestly and with consistent and organised efforts. Whereas, in an individualistic society, people have no other choice than to be self-reliant. There is no one to help you with achieving your goals and rather than seeing that as a drawback we should view it as a gift.

Working for yourself and your own goals means you develop useful skills that will help you in numerous aspects of life and give you more command over the direction of your own life. By doing this, not only do you develop your own skills, but you also encourage others to be independent. This in turn boosts your self-confidence and allows you to master your skills. People living in an individualistic society are encouraged to express their feelings, thoughts, emotions and ideas, giving them a morale boost as well as flourishing their creativity.



To recapitulate, and individualistic society is a self-sufficient one, where individuals are encouraged to be creative and express themselves. People learn through their past experiences and continue to grow and improve their working methods. People find their true purpose on this earth and they do what they love consistently and honestly. Rather than following the expectations a group has set, you learn how to control your life yourself, and how the course of your life plays out.

Shivneet Cheema (VIII-A)

# My life after the loss of my pet

432 days; that's how long it's been since we lost Lucky. He was my golden retriever, a dog of what I considered to be the most beautiful breed. I lived with him for 12 years, after which he passed away. After that, things have been... dull.

I remember the day, the day when it happened. I was returning from school. Lucks had been under the weather for a day or two, but nothing too bad. I picked up his medicine from the pharmacy and merrily made my way home, unaware of the tragedy unfolding right at that very moment. I entered the house loudly to alert my parents and, of course, Lucky. I always loved how he leaped on me in excitement every time I returned from school. Alas, Lucky never came. The only person I saw was my teary-eyed sister crying uncontrollably, unable to put into words what had happened. She pointed towards the bedroom where Lucky slept. I entered the room surrounded by my siblings and parents, all sobbing, standing around a body, the lifeless husk of Lucky. I dropped to my knees. I did not cry; I did not weep; all I did was stare. Maybe it was the shock or maybe it was my long experience with loss, but at the moment my eyes were bone-dry; I wish I could say the same for myself after that spell of terror lost its hold on me.

We buried him in the backyard, next to my cat Milo, who had passed away a few years ago. When he lived, Milo had a playful and joyous relationship with Lucky. That too, died with him.

After Lucky passed, nothing really changed noticeably, but deep inside, me and my family were hurting. The sky never seemed so grey, the food never felt so tasteless. Jokes had never felt so bland, happiness had never felt so empty. Pain was a construct I had long abandoned and emotions seemed unnecessary. My parents noticed my quiet and reserved self and recommended that I speak to the school counsellor. I denied, obviously. The only thing that could get my spirits up was Lucky. And he wasn't coming back. Ever.

I remember the day all the emotions I was suppressing had come to a head. My parents said that they were considering getting another dog. The rage of trying to replace Lucky overcame me. I knew I was going to break something... or someone. I ran out of the house. I ran fast and I ran far. At that time, I had no idea where I was going. Thinking about it now though, I knew exactly where I was going. At the time, all I knew was that I wanted to run; run away from it all.

I crouched down next to the park bench I had run to. It was Lucky's favourite bench. I cried, sobbed, wept. I screamed in the pain of losing Lucky. Everything around me reminded me of him. The grass he ran in, the frisbee he played with, the tree he sat near. I would give anything for one of his hugs, one more chance to play catch with him. But he was gone. Forever.

I would like to say I've moved on, but I would be lying to myself. Lucky was my dog by face value, but beneath that, Lucky was my brother, my best friend, my closest confidante. He accompanied me through my sorrows and joys, wins and losses, my highs and lows. He left an irreplaceable hole in my heart and maybe, just maybe, I am not meant to move on from him. My life is eternally tied with Lucky's and I feel like a part of my soul has died with him. And maybe it's better if my that pain never goes away. So long, Lucks.

Vedant Nair, 8-B

## My life after the loss of my pet

The day began like any other, I was getting ready for school, but I noticed something, something that would change the course of destiny forever..

A large glass bowl, the very one that housed my goldfish, Alfred, was missing its only occupant. A sigh of shock escaped my gaping mouth as I stared, slack-jawed, at the bowl devoid of life.

To ten-year-old me, this was a traumatizing moment, one etched so deeply within the archives of my mind, that I still remember the day very well. I always had a unique fascination with goldfish, the way they swam, the movement of their fins, and their easy swimming through the water. Nothing escaped my notice, and I was amazed by it all.

That was one of the reasons why that moment affected me so much. My parents found me after a while, but I did not acknowledge their presence since I was too shocked by the incident. They tried their best to console me but they did not understand the severity of Alfred's death.

They bought me a new goldfish but it was not the same, no new fish could replicate Alfred's bubbly joy when I fed him, or his boundless curiosity when I stood near his bowl.

Many goldfish came and went and I still had the ache of emptiness due to Alfred's death. Death was a part of life and I learned to accept it from that day onward.

Niranjan Vaithianathan (9A)

#### Being human

Everyone has wants. All of these wants, if received, result in a person feeling better, optimistic, needed. The need to feel accepted is shared by many, when someone acknowledges you, you feel important and have a positive mindset.

When you are loved, you feel appreciated since existence itself is being admired by another, it motivates one to work on themselves, although sometimes there are cases where it leads to unhealthy habits.

Inclusion can fluctuate other's self-esteem and make them feel worthy or worthless. However, everything has a side effect. These wants are what everyone depends on and weigh on one's perspective of themselves.

It's painfully devastating to watch one retreat and walk away from you. One starts to question their self-worth and tries to change themselves for others. Don't base your importance on validation of unnecessary people or academics, trust and believe in yourself. Be proud of who you are, not what others perceive you as.

Lakshya Lakshminarayananan (9A)

## Complex emotions

Darkness descends like a heavy cloak, Wrapping itself around my shoulders, Weighing me down, as I try to cope, With feelings of sadness and emptiness, that smoulder.

The world around me is a blur,
As my mind is consumed by the gloom,
I try to shake it off, but the feeling is a purr,
That follows me wherever I resume.

I try to paint on a smile, For the sake of those around me, But inside I am dying all the while, A prisoner of my own misery.

The emptiness inside me grows, As I lose the will to fight, I wish for an end to these woes, But in the darkness, there is no light.

But even in the depths of despair, There is always a glimmer of hope, Though the road ahead may be hard to bear, With time, the darkness will begin to cope.

It may be hard to see it today but I know that it will come, and I'll find a way to rise above this numb.

Hope I find a way to climb out, Of this deep, dark hole, To find the light and the beauty, And make my broken heart whole.

-Manini Vengulekar (10)

#### A call to my past...

The call booth asks -Yes, ma'am. Who do you want to call, and what do you want to tell them?

"To all the hands I held before.
To all the promises I made ashore.
To all those evergreen wishes 'so good'.
On all the beautiful ground, I stood.
Cheer to all the books I read.
A reminder of all the words, I said.
A replay of all the songs I heard.
Oh! and those PJs, so absurd.

Tell them, I miss them, that I regret.
Tell them I moved on, But I'll never forget.
Plead them to come back.
Ask life to return.
For, fame is just glory, which smiles when you burn.

To all the friends I made that time. To all my poems 'struggling to rhyme'. To all the presents I opened with joy. To that one, exceptionally caring boy. To all the silly photos I took. To that past 'messy' failed cook. To all the funny faces I made, Those ravishing memories have started to fade. Tell them, I love them. Tell them, I will. That I am incomplete, waiting for them to fill. Tell them I got lost, in this race, so fast... Please make it quick! It's a call to my past.

-Disha Nischal (10B)

## Coding and Handwriting

Though the skill of writing and communication from traditional methods will always be indispensable, computer coding is clearly the future. Likewise, computer coding should be taught by schools due to advances in technology. It makes problem-solving easier and increases the creative thought process in children.

Firstly, let's begin with the fact that coding has become a very important part of everyone's life. For instance, the applications, games, websites that everyone uses every single day involves the use of computer coding. Moreover, coding helps children in problem-solving, and understanding computers. This is an important reason that coding should be taught in schools, so the students learn these skills while they are young.

Furthermore, when children learn to code, they develop the ability to bounce back after failure. It teaches them that failure isn't necessarily a bad thing but it could be a motivation to succeed the next time. In particular, debugging is essential to coding, if a single semicolon goes missing in a Java-script code, it would eventually result in an error. This allows young coders to develop and exhibit resilience.

Moving on, coding is important to learn because computer programming teaches children to experiment and provides them the confidence to be creative. They get a chance to design something that is owned completely by themselves. It helps establish a platform to channel their creative potential. In fact, many young coders start learning to code by writing games or animating graphics. Learning to code teaches children how to think, as it is rightly said by Steve Jobs that, "A computer is a bicycle for your mind." It doesn't only teach you how to type lines of code but also how to think differently.

While some might argue that cursive writing, a traditional method of handwriting, helps one to express their personality. But they fail to understand that it is a waste of classroom time. Spending any classroom time on it is comparable to teaching how to use an abacus, that is, it is not at all practical as a day-to-day skill in the modern connected world.

At present, the modern world communicates through typing, however, some school systems are still clinging on to the traditional old-school letter writing. The time which is wasted could be spent on learning the basics of programming that they will need in this increasingly digitized world. The quote, "Cursive should be allowed to die. In fact, it's already dying despite having been taught for years" by Morgan Polikoff clearly suggests that it has become an anachronism.

Nevertheless, due to advances in technology, many people prefer typing over writing letters which eventually decreases one's ability to write. This habit of typing and coding surely deteriorates one's willingness to write.

In the end, it can be said that handwriting is never going to die out, however, after several years everything will be either coded or type so it is better to switch over to teaching computer coding in schools rather than spending valuable school time in teaching the children to write.

Shlok Panjabi and Divyashree Pandian (AS level)

## Stand-up Comedy

Stand-up comedy is quickly gaining popularity as a form of entertainment. Its unique blend of comedy, storytelling, and performance art draws people in. It's no surprise that stand-up comedy shows have grown in popularity in recent years!

Humor has the ability to bring people together, and stand-up comedy is becoming more popular as more people become aware of it. There is now a plethora of YouTube videos, podcasts, and live shows dedicated to showcasing the best in stand-up comedy.

Whether you want to hear some witty jokes or just be entertained by comedians with clever punchlines, stand-up comedy has something for everyone!

Not only do stand-up comedians entertain in their own right, but they also provide a forum for people to express themselves through humour. Stand-up comedy has something for everyone, from observational comedy to political satire. Furthermore, it is frequently more convenient than going to the movies or watching a sitcom on television.



Furthermore, stand-up comedians are always innovating and experimenting with new comedic styles and trends. This keeps audiences interested as they enjoy the latest jokes from their favourite comedians! So, whether you're a long-time fan or a newcomer looking for a good laugh, look for a stand-up comedy show near you!

People are looking for creative and unique ways to spend their leisure time, so standup comedy is becoming increasingly popular. From small intimate shows to larger comedy clubs and festivals, stand-up comedy is allowing comedians to express themselves in ways that movies and other forms of media have not.

The popularity of streaming services, which have made it easier for fans to access comedic performances from all over the world, has fueled the rise of stand-up. With new trends emerging every year, stand-up comedy will undoubtedly continue to be an important part of our culture.

It's no surprise that stand-up comedy is becoming increasingly popular. It provides something that movies and television shows cannot: a live comedy performance in front of an audience.

Stand-up comedians are gaining recognition for their witty jokes, creative stories, and unique performances, thanks to a thriving stand-up comedy industry and the rise of comedy clubs. Furthermore, the growing popularity of streaming services has enabled people to watch more stand-up comedy shows than ever before.

So, if you're looking for a fun night out with friends or simply a good laugh at home, look no further than stand-up comedy!

Nidhir Duvvuri (AS Level)

#### Palisade

Stay behind the palisade You don't want to see the mess they've made, The weeping skies and the forest fires They gave into their cruel desires.

The blood-soaked grass, the dried up seas The caged creatures and their silent pleas, The bloodshed among their own kind The fortresses they hide behind.

The invisible lines to justify
Killing people, too young to die.
The machines they drive and the ones they fly
They've stolen the stars from the sky.

But I won't let you be their prey Quiet my child, don't be afraid. I built it so you'd be okay, Stay behind the palisade.

Stay behind the palisade You don't want to see the mess they've made, The fallen mountains and the buried bodies, They gave into their whims and follies.

The melting ice and the cut down trees, The creatures they trained to like the leash. Their communities and false divides Their baseless fears and wounded prides.

They have everything, but only some get by Because they learnt to reason but not to rely. The machines that build and the ones that break They don't understand what's at stake.

But I won't let you be their prey Quiet my child, don't be afraid. I built it so you'd be okay Stay behind the palisade.

Rudrayani , (AS Level)

#### More than a reflection in the mirror!

"Why are you so pessimistic about yourself?", "Why don't you respect yourself?". We usually reply to these questions with an affirmation, "Yes! Of course." But why is it tedious when we are asked, "How do you?"

Perhaps, in order to love others, you need to start with yourself first. Self-love can mean something different for everyone because we all have different perspectives. Exploring what self-love looks like for you as an individual is an influential part of your mental health.

One size doesn't fit all when it comes to self-care and self-love. Not everyone feels calm after a massage, just as not everyone finds confidence from the same sources. What's so significant about self-care is that you spend time discovering what makes you optimistic or makes your day a little bit better. It's not a cure-all for depression or anxiety, but it's something to add to your routine to reduce stress and slow down your life.

Self-love, however, is a way you can attain confidence. It's how you feel more satisfied with yourself and accept your flaws. The most successful people have confidence for all the prominent reasons, and it all starts with loving themselves.

In Shrimad Bhagwat Gita, Lord Krishna's first teaching to Arjuna explains that the material world you perceive with your five senses is not an authentic reality. It is an illusion, albeit a convincing one. Your ultimate essence is pure spirit, pure timeless awareness. It is independent of the good or bad opinion of others, feels above no one and beneath no one, and is fearless of all challenges. If you lose sight of this essential understanding, you forget your real identity.

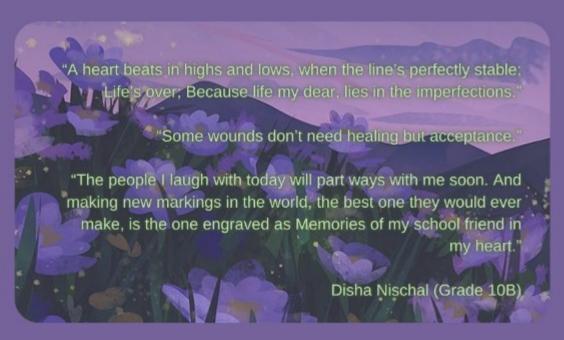
"The impermanent has no reality; reality lies in the eternal. Those who have seen the boundary between these two have attained the end of all knowledge. Realize that which pervades the universe is indestructible; no power can affect this unchanging, imperishable reality. The body is mortal, but he who dwells in the body is immortal and immeasurable. Therefore, Arjuna, fight in this battle." (Chapter2, v16-18, Shrimad Bhagwat Gita)



When you embody this principle, it becomes impossible to harbor doubt, insecurity, or fear. In living from the level of your soul, your thoughts, speech, and actions embody the essence of a pure unbounded spirit—fearless, sure of itself, and courageous always.

It is a shame for a person to grow old without seeing the beauty and strength of which the body is capable. Remember, you are more than a reflection of yourself in the mirror. So, make eye contact with your fake contemplation and awaken the pristine in you.

Kanishk Gandhi (A Level)



# ART GALLERY

Note: the art gallery consisting of all the artworks by students would be sent through a second pdf to maintain the file size.

# LINGUISTIC CORNER

creative write-ups in french, hindi & marathi.

### Importance des grands-parents

Mamie, Grand-Père, Grand-Mère, Bon-papa, Bonne-maman aucun nom mais toujours douces. Les grands-parents sont un maillon essentiel dans la famille.

J'adore mes grands-parents. Ils nous inculquent des valeurs et ils nous enseignent des valeurs. Ils nous guident et ils sont très gentils. Leur expérience est incroyable et toujours terre à terre. Aux yeux des enfants, les grands-parents savent tout, ils ont l'expérience, bien plus que leurs propres parents. Les grands-parents sont très important parce que ce sont eux qui fait de nous ce que nous sommes et ce que nous serons. Ils sont vieux mais sont forts.

Mes grands-parents vivent à la compagne et j'attends mes grands vacances chaque année avec impatience pour passer mon temps avec eux. J'aime faire le gâteau avec ma grand- mère et aider mon grand=père dans la ferme. J'ai toujours envie de se coucher en lisant aux belles histoires racontées par eux.

Aaditya (7)

### Importance des grands- parents

Les grands-parents sont comme le sel dans notre nourriture, sans sel la nourriture est incomplète tout comme une vie sans grands-parents est incomplète et terne.

Nos grands-parents ont une place très importante dans nos vies. Ils nous racontent des histoires intéressantes avec de bonnes mœurs et ces mœurs nous aident dans nos vies. C'est une chance de vieillir avec eux. Leur amour nous fait sentir choyées et mieux et leurs réprimandes nous font prendre conScience de nos erreurs. Ils nous enseignent le sens et la manière de vivre une vie en nous racontant la morale, e jouant avec nous, s'amusant ensemble etc.

Personne n'imagine jamais une vie et une famille sans grands-parents. Personne ne pourra jamais remplacer les grands-parents. Comme Alex Haley a dit, « Serrez vos grands – parents dans vos bras et dites : Meri d'avoir fait ce que tu as fait pour que je puisse existe».

Arya Dhande (7A)

### Les grandparents

Les grands-parents sont les membres les plus âgés de la famille. Petits-enfants aiment beaucoup leurs grands-parents. Ce sont les personnes les plus expérimentées et un guide pour la famille. Ce sont les dons uniques des dieux pour nous. De plus, ils partagent des caractéristiques et des qualités similaires avec leurs enfants et petits-enfants.

Les grands-parents jouent un rôle essentiel chez les petits-enfants en leur enseignant le comportement. De plus, les grands-parents encouragent la vie de leurs enfants. Les grands-parents célèbrent avec leurs enfants et petits-enfants dans la famille commune en toute occasion. Néanmoins, les petits-enfants ont besoin de connaissances précieuses et de leçons de vie de leurs grands-parents. Cependant, avec l'évolution des temps, le concept de familles mixtes s'estompe et est remplacé par les familles nucléaires. La famille nucléaire est répandue dans les villes. Ainsi, les deux parents travaillent et les grands-parents restent au village.

Riddhi (7)

# Mes grand-parents

Salut, aujourd'hui je vais parler de mes grands-parents. Mes grands-parents habitent à Pune. Mes grands-parents sont très gentils, sympathiques et amusants. Ils m'adorent toujours.

Mon grand-père a soixante-quatorze ans. Il adore à cultiver. Ma grand-mère a soixante-onze ans. Elle adore à lire les livres religieuses. Mon grand-père est grand, il a les yeux bruns et les cheveux bruns. Ma grand-mère est chérie, elle a les yeux noirs avec les cheveux blancs comme une poupée. Je visite mes grands-parents pendant les vacances d'été. La maison de mes grand-parents est très grande. Mes grand-parents aident mon et ma famille dans la situation dificile.

C'est le meilleur temps de ma vie quotidienne où j'oublie toutes mes problèmes et stresse et je me profite en amusant avec eux en écoutant les belles histoires et mangeant les plats délicieux. J'adore mes grands-parents ils sont les meilleurs dans le monde.

Arnav Narain, (7)

### Le pont entre les enfants et les grands-parents

Grands-parents – quel est le mot qui vous vient à l'esprit lorsque vous vous souvenez des histoires d'enfance ? qui étaient les personnes que nous nous rapprochons pour plaindre de nos parents qui ne nous écoutent pas ? bien sûr, l'image qui nous vient à l'esprit est celle de nos grands-parents aimants.

La puissance de la culture indienne est les liens qui existent entre les membres de famille. L'amour et l'affection qu'une personne reçoit de sa famille créent l'épine dorsale de la société indienne. Les grands-parents aiment le plus leurs petits-enfants et s'efforcent toujours de passer du temps avec eux. Ils sont les compagnons de jeux de leurs petits-enfants. Alors que les parents apportent un soutien à la famille, les grands-parents sont le modèle adulte, les héros/héroïnes, les enseignants, les amis et bien plus encore pour les enfants.

Mais de nos jours, les jeunes s'adonnent à la technologie alors que la plupart des grands-parents ne connaissent pas la technologie, donc ici les enfants jouent un rôle très important dans la vie de leurs grands-parents. Les enfants apprennent à leurs grands-parents à utiliser ces nouveaux appareils.

Les grands-parents sont le plus beau souvenir que l'on puisse garder toute une vie. Passer du temps avec eux en partageant leurs expériences en écoutant les histoires de leur vie et leur enfance !!! ces histoires continuent de picoter dans mon esprit toujours.

Naisha Pandey (7)

### Les Piliers De La Famille

Nos grands-parents sont les parents de nos parents. Ils sont comme un deuxième père et une deuxième mère. Ils prennent soin de nous, quand on se blesse, quand on ne se sent pas très bien. Nos grands-parents sont le symbole de l'amour, du respect et de la dignité. Ils connaissent bien le monde que les autres parce qu'ils ont des expériences pratiques de la vie.

Les grands-parents nous soutiennent toujours, car ils nous aiment inconditionnellement. Les grands-parents nous guideront toujours dans notre vie. Les grands-parents aident à enseigner la culture familiale, la tradition et l'histoire. On se sent toujours protéger sous le sombre de grand arbre qui s'appelle « Les Grand papa et La grandmama »

Neelam Niilesh bhoite (7B)

### Chers amis.

J'ai eu treize ans en Novembre. Selon moi, la vie d'un adolescent est plus amusante que la vie d'une adulte mais c'est très difficile aussi ou on peut dit que c'est compliqué. On beaucoup de responsabilités, les études et les projets d'avenir.

Souvent, quand ma famille ou mes amis me demandent ce que je voudrais faire au future et je suis très perplexe. Je pense que tout a changé très rapidement-il y a quelques années, je jouais avec des poupées mais maintenant, c'est le temps de faire la décision et choisir les opportunités pour les études supérieures car mais oui, c'est la question de la carrière! Je suis plus concis maintenant qu'avant. Cependant, j'adore être Independent et j'aime être proche de mes parents et ma sœur aînée. En plus, selon moi, c'est important pour un adolescent d'avoir les personnes avec qui on pourrais partager tous et toutes et pour moi, j'ai vraiment de la chance d'avoir les amies et une famille de soutien

Donc, C'est le temps de félicitations d'entrer et de bienvenue l'adolescence avec les bras ouverts Finalement, je suis très heureuse pour entrer la vie d'adolescent. et de se profiter dans cette tour plein d'aventures.

Au revoir!

Avec l'amour, Adhya Une nouvelle adolescente

Adhya Sinha 8A

#### Mon Journal Intime

Récemment, j'ai eu treize ans. Je ressens un changement dans mon esprit et aussi dans mon physique. Je peux mieux penser, apprendre beaucoup plus vite et comprendre facilement les situations.

Parfois, ça fait bizarre d'être un adolescent parce que quelquefois je suis bouleversé ou très en colère sans raison, mes émotions et mes sens sont toujours exacerbés.

Souvent la nuit j'ai du mal à dormir mais le matin j'ai la flemme de me réveiller!

Grandir n'est pas facile, mais tous les autres aînés de ma maison et de mon environnement soutiennent beaucoup et m'aident chaque fois que j'en ai besoin. Je suis très reconnaissant de les avoir dans ma vie.

L'adolescence peut être effrayante et émotionnelle, mais elles est aussi amusant, sauvage et folle. J'adore ma vie et je ne l'échangerais pour rien au monde!

Vaishvi Rami 8A

### La gentillesse des Étrangers

Une petite souris a réveillé le lion cependant le lion lâche la souris et il n'était pas furieux. Après des temps, le lion a attrapé dans le filet du chasseur, la souris a coupé le filet et le lion est libre. Cette histoire nous enseigne que quand nous aidons les autres personnes, puis les autres personnes vont nous aider. Ça m'inspire vraiment et des années plus tard, la même chose m'est arrivée.

Je suis allée au magasin quand j'ai vu un chat blanc près de ma maison. Il était propre et il avait un collier donc il a un propriétaire d'animal domestique. J'ai demandé autour de moi mais ils ne connaissaient pas. Je l'ai pris à ma maison parce qu'il avait faim. Il s'appelle Tiger et il est resté chez moi pendant deux jours jusqu'à j'ai vu une affiche manquante de Tiger. Le jour prochain, je suis allée à la maison du propriétaire de Tiger, une vieille femme qui est riche. Elle était contente à voir Tiger et elle dit merci à moi. Nous sommes devenues amies et je vois Tiger tous les jours maintenant. Ça montre vraiment que quand on les aide, ils l'aideront aussi.

Darpi Joshi, 9A

#### Gentillesse

Gentillesse ou être sympathique, Qu'est-ce que c'est? Juste les mots qui tout le monde aiment utilisent mais ne préfèrent pas adopter dans la vie personnelle. De nos jours, Toute le monde est si occupé dans leur travail et la pie personnelle qui personnes n'intéressant pas à aider l'autre. On n'a besoin de faire les énormes actes de charités ou donne la grande somme d'argent pour d'être sympathique.

La semaine dernière, une fille me suis approchée et m'a demandée un peu de la nourriture et de l'eau. Je n'ai pas beaucoup argent pour un repas mais je l'ai acheté une bouteille de l'eau et l'a donnée mon boite de déjeuner. Elle était très contente et la sourire sur son visage était la meilleure chose que je me sentais.

Même les actions et les affaires simples comme d'être une personne à l'écoute peut changer le monde. N'oublie pas l'acte de prise est toujours facile que donner. Dans le temps d'aujourd'hui quand la vie est pleine de responsabilité, de stresse je crois que ces petits actes peuvent changer le monde et l'aider débarrasser de souffrance.

Janhavi Gandhi, (9)

### Mon expérience d' un acte sympathique

Bonjour, je suis Lakshya Lakshminarayan de IX. Mon expérience d' un acte sympathique était de pendant la quarantaine, lorsque mes parents ont cuisiné 100 'idlis' pour les enfants pauvres qui n'avaient pas les moyens de se nourrir. Ils ont donné les 'idlis' par le biais d'une organisation, The Robin Hood Army. Même si, j'avais école ce jour-là et que je n'étais pas là pour voir ce bel acte de sympathie, j'ai vu les photos que mes parents ont prises, et le heureux était très clair à des photos. Il y'avait des photos des enfants qui se assemblé, curieusement, leur heureux quand ils ont découvert que mes parents leur plutôt avaient acheté de la nourriture, certains enfants ont même demandé plus pour leur famille restée à la maison, ce qui était plutôt bouleversant mais m'a rendu fier, que ces enfants veulent aider leur famille à ne pas mourir de faim. J'étais très fier de l'armée de Robin Hood et heureux qu'ils se soient réunis pour nourrir les pauvres âmes vraiment bénies, je dois dire.

Lakshya Lakshminarayan (9)

### Un act sympathique

Un jour quand il faisait beau au centre du parc "MILO", on écoute une petite fille pleurait.

La petite fille qui avait près de dix ans, une image de cheveux noirs ornées de yeux marrons, semblait perdu.

Elle pleurait "maman, maman".

Un homme âgé mais sage avec les vêtements déchiré l'a vu et demandé, « Comment s'appelle ta mère, ma chérie ? » La fillette maintenant plein d'espoir décris dépêchement sa mère et ses habits.

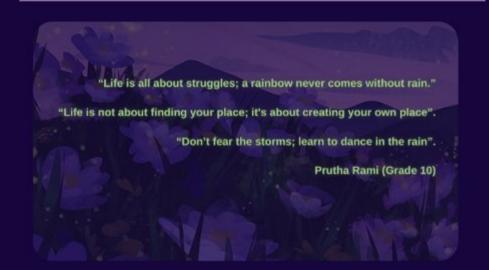
Les mots de sage « Ma chérie...on ne pleure pas du tout », une rime pour la pauvre,

La petite fille a répondu « Elle s'appelle Maria, un ange qui porte une chemise blanche et une jupe avec des rayon jaunes et oranges et mon soleil. Elle est la plus belle femme d'univers. »

Après longtemps, avec l'aide de vieux la petite fille est plein de joie en trouvant sa mère.

Les deux s'embrassent avec des larmes aux yeux. La mère tourne à le remercier, mais c'est maintenant seulement un corps qui reste.

Ahana Gambhira, (9)



### मेरी टाटी माँ

जैसे सिर पर चाँदी के बाल, माथे की सिलवट पूछे ढेरों सवाल, दीवान पर बैठी लहेँगा-कुर्ती पहन, चहरे पर खिलती अविरल मुस्कान, ऐसी थी मेरी दादी मां की शान।

हाथ में लाठी, चश्मे से झाँकते नयन, कोई लौटा दे मेरा दादी के संग बिताया बालपन, होठों पर सदा सजते जिसके भक्ति भजन, हँसी जैसे छेड़े एक अनूठा गान, ऐसी थी मेरी दादी माँ की शान।

स्कूल से जब लौटती, कहती आ पाँव दबाऊँ तेरे, मेरी लाडो रानी तुम खूब बढ़ो आगे, सुनाती रहती किस्से और किस्सों में बचपन, जिसके आशीर्वाद ने मेरे पंखों को दी उड़ान, ऐसी थी मेरी दादी माँ की शान।

तेरी लाठी की आवाज़ जगाती, खराटे की तान लोरी सी गाती, खीर, हलवा, पूड़े हमको खूब खिलाती, दादी के हाथ का अचार काश मिल जाए किसी दुकान, ऐसी थी मेरी दादी माँ की शान।

-Kshipra Gautam Alisah Bohidar (1A)

#### नाना- नानी

नाना- नानी हमसे करते हैं प्यार। जग में सबसे न्यारे हैं यार। नाना- नानी ने हमें जीवन का हर पाठ पढाया। उनकी कहानियों ने हमें बहुत कुछ सिखाया। गर्मी की छुट्टियों में नाना नानी के घर जाकर देखा। नाना की उंगली पकडकर बाजार में घुमना कभी-कभी शरारत करके नानी की डांट खाकर छप जाना सीखा। नानी तो हमें खूब खिलाती हैं रोज कुछ नया बनाती हैं। नानाजी तो रोज सुबह -शाम घुमाते हैं ,नए-नए खिलौने दिलाते हैं। हर रात एक नई कहानी सुनाते हैं। नाना -नानी की बातों में आता है बहत आनंद। नाना- नानी के घर जाकर वापस आना होता है मुश्किल। नाना -नानी के अनुभव बदल देते हैं जीवन। नाना- नानी के चेहरे की मुस्कान देखकर । मैं खुशी से खिल जाता हूं। उनके चरणों में मुझे मानो जीवन का सब सुख मिल जाता है।

Kanav Gulati (1 A)

प्यारे दादा दादी मेरे दादा दादी सबसे अच्छे दौस्त वी मेरे सबसे सच्चे । मेरे साथ वे खेलते मेरे ताथ साथ चलते। खेलते वे खूब मेरे साथ जोर से पकड़े रखे हाथ । करता हूँ मैं आपसे प्यार इतना नहीं चाहता मैं कभी आपको साताना आप दोनों से हैं बहुत कुछ सीखना कभी नहीं मुझे छोड़कर जाना। -योहान चौहान

# में , दादी और विल्ली मौसी

मेरी दादी और मुझे
दोनों को भाए विल्ली मौसी बड़ी।
वह आती तो दूध दें,
कभी - कभी चपाती भी।
दादा को न भाए विल्ली
वोले मत खिलाओ, भगाओ जल्दी।
फिर हम दोनों हॅसते हैं,
छिप - छिपकर उसे खिलाते हैं,
और मंद - मंद मुसकाते हैं।

सिया हरिशंकर

2 'अ'

# नानी के बारे में

मेरी नानी मुझे बहुत प्रिय हैं।वह बहुत दूर रहती हैं। लेकिन मेरे मन के बहुत पास हैं।जब भी वह मेरे पास आती हैं वह मुझे कहानियाँ सुनाती हैं।मेरी नानी मेरे साथ खेलती हैं।वह मेरे साथ पार्क जाती हैं।

Idhika Malik

2 'A'

# जानवरों के प्रति हमारा दृष्टिकोण।

- जानवर भी हमारे समाज का एक अहम हिस्सा हैं।
- 2. जानवर मन के सच्चे होते हैं।
- जानवर पर्यावरण को संतुलित रखते हैं।
- हमें जानवरों की रक्षा करनी चाहिए।
- 5. हमें जानवरों की जान बचानी होगी।
- हमें जंगलों को नष्ट नहीं करना चाहिए।
- 7. हमें जानवरों को नहीं मारना चाहिए।
- अगर हम अपने आस-पास साफ-सफाई रखेंगे, तो पालतू जानवर सुरक्षित रहेंगे।

रिधान नारायण 3A

# जानवरों के प्रति हमारा दृष्टिकोण

जानवर हमारे जीवन का महत्व पूर्ण भाग है! जानवर बहुत जल्दी पालतू बन जाते है! हमारा जरा सा प्यार और हमदर्दी उसे वश में कर लेते है! वह हमारी तरह बोल नहीं सकता लेकिन हमारी स्नेहवाणी वह अच्छी तरह समझ लेता है! हमें जानवरों से स्नेहपूर्ण व्यहवार करना चाहिए! उसकी हर प्रकार की जरूरत पूरी करनी चाहिए! उसे किसी प्रकार की हानी या नुकसान न हो इसका ख्याल रखना चाहिए! उसे मित्र की तरह समझे! उसके साथ प्यार से व्यहवार करे ताकि वह हमारा सच्चा दोस्त बने!

काम्या जोशी, 4A

### अच्छाई का फल

बहुत समय पहले की बात है, एक आदमी एक जंगल से गुजर रहा था। अचानक, उसकी नजर एक पेड़ के नीचे रखे पिंजरे पर पड़ी। उसने देखा पिंजरे में एक कबूतर है। आदमी को कबूतर पर दया आ गई और उसने कबूतर को आजाद कर दिया। कबूतर दूर आकाश में उड़ गया। कुछ दिनों के बाद वह आदमी पहाड़ी की चट्टान पर बैठकर खाना खा रहा था। उसी वक्त कबूतर आया और उसका थैला लेकर उड़ गया। वह आदमी परेशान होकर उसके पीछे दौड़ा। इसी बीच चट्टान के नीचे गिरने की आवाज सुनाई दी। यह वही चट्टान थी जिसपर बैठकर वह खाना खा रहा था। कबूतर ने आदमी की जान बचाकर उसे धन्यवाद दिया।

शिक्षा – अच्छाई का फल अच्छाई से मिलता है।

Siddhiksha Srivastava, 4A

### जानवरों के प्रति हमारा दृष्टिकोण

पशु हमारे समाज का एक महत्त्वपूर्ण हिस्सा है। जानवर घरेलु जानवर हैं और कुछ जानवर पलातु है। पशु पक्षी हमारे साथ इस धरती पर रहते हैं। इसलिए यह सब हमारे मित्र के समान होते हैं। इस कारण हमें हमेशा इनके साथ अच्छा व्यवहार रखना चाहिए और हमेशा एक मित्र की तरह इनकी मदद करनी चाहिए। पशु पक्षी ही होते हैं जिन्की वजह से अपनी धरती और भी ज्यादा सुंदर है।

जिस तरह कभी कभी पशु पिक्षयों को इंसानों की आवश्यकता होती है, उसी प्रकार इंसानों को भी हमेशा पशु पिक्षयों की आवश्यकता है। आज के समय में हम इंसानों के कारण पशु पिक्षयों की कई सारी प्रजातियां इस धरती से लुफ्त हो चुकी है और कई सारी प्रजातियां लुफ्त होने के कगार पर हैं। इंसानों के कारण इस धरती के पर्यावरण में तेजी से बढ़ने वाला प्रदूषण में, कारण वश पशु पिक्षयों के जान को खतरा रहता है। पशु पिक्षयों के संरक्षण के लिए हमें जंगलों की कटाई, जीवों का शिकार, पर्यावरण प्रदूषण, इन कई सारे वजाह जिनसे पशु पिक्षयों को खतरा है, इंसानों को रोक और नियंत्रण लगाने का प्रयास करना होगा। ताकी वे भी हमारे तरह एक खुशाल भरी जिंदगी जी सके।

॥ धन्यवाट ॥

छात्र का नाम: नंदन कामत

वर्ग: 4 'ए'

# जानवरों के प्रति हमारा दृष्टिकोण

जानवरों के लिए दयालुता हर एक इंसान के मन में होनी चाहिए। जानवर जो हमसे बात नहीं कर सकते, जिनकी बातों को हम समझ नहीं पाते उन पर दया करना हमारा कर्त्तव्य है। हम सभी को जानवरों की सेवा भी करनी चाहिए इसके बदले में जानवर हमें बहुत कुछ देते हैं। गाय जिसे हम गौ माता भी कहते हैं, वह हमें दूध देती है, इसके बदले में हम उसकी सेवा करते हैं। आज – कल कई लोग गाय पर दया दिखाने के स्थान पर इतने क्छोर हो गए हैं कि वह गाय पर कई प्रकार से अत्याचार करते हैं।

जानवरों के प्रति दयालु बने !!!

धन्यवाद !!!

अक्षय

8 '31'



# जानवरो के प्रति हमारा दृष्टिकोण

पिछले हफ्ते मैं पार्क में अपनी सहेली के साथ खेल रही थी। तभी मैंने एक कुत्ते की ज़ोर से रोने की आवाज सुनी। मैंने देखा कि कुछ शरारती लड़के उस कुत्ते को अपनी मस्ती के लिए पत्थरों से मार रहे थे। मैंने जाकर उन लड़को समझाया मगर दुख की बात है उन्हें अपनी मस्ती के आगे कुछ समझ नहीं आ रहा था।

भगवान ने हमे सभी प्राणियों को अलग—अलग बनाया है। हर प्राणी का इस पृथ्वी में अपना महत्व है और कोई भी किसी की जगह नहीं ले सकता है। सभी प्राणियों को सूँघने, चलने, देखने और महसूस करने की शक्ति दी है परत्नु बोलने की शक्ति ईश्वर ने केवल मनुष्य को दी है।

कोई भी शक्ति एक जिम्मेदारी के साथ आती है। इसलिए मनुष्य को जानवरों के प्रति हमेशा दयावान होना चाहिए। जानवरों, को भी हमारी तरह चोट लगने पर दर्द होता है। मैं एक जानवर प्रेमी हूँ इसलिए हो सकता है मैं इन बेजुबान जानवरों के प्रति ज्यादा भावुक हूँ। परन्तु मेरा यह विश्वास है कि हम सभी को पशु और पिक्षयों को परेशान नहीं करना चाहिए। अगर हम जानवरों को परेशान नहीं करेंगे तो वे भी हमें कभी नहीं मारेंगे या परेशान करेंगे। मनुष्य ने जंगल काटकर पहले ही पशु— पिक्षयों से उनका घर छिना है। हम इतना तो कर सकते है कि जब हम कभी कोई घायल या बीमार जानवर देखे तो हम एक फोन करके किसी 'एनिमल रेस्कीयू सेंटर' को बुला सके। गर्मियो में पार्क में पशु— पिक्षयों के पीने का पानी रख सकते है।

इस समाज में जानवरों के प्रति दया भावना सिखाने के लिए हमें स्कुल में बच्चों को सिखाया चाहिए कि पशु और पक्षियों को कभी परेशान ना करे। घर में माता–पिता को भी बच्चों को जानवरों के प्रति दया भावना सिखाना चाहिए।

हम सभी को मिलकर जानवर की सुरक्षा का जिम्मा लेना चाहिए। अंत में बस इतना मैं ये कहूँगी " पशु" कोई चीज नहीं है बल्कि जीवित जीव है, जो हमारी करूणा, सम्मान, दोस्ती और समर्थन के योग्य हैं।"

# मेरा प्यार है,मेरा परिवार

मेरा प्यार है, मेरा परिवार मेरा सब कुछ है, उनपर न्योछार सही-गलत का पाठ पढ़ाएँ ऊचाइयों तक मुझे पहुचाएँ हर कामयाबी पर मुझे सरहाएँ संघर्षी से लड़ना सिखलाएँ मेरा प्यार है, मेरा परिवार सुख-दुख में साथ निभाएँ हर मुश्किल आसान वनाएँ वीच मझधार से पार लगाएँ कभी न हाथ वो झटकाएँ मेरा प्यार है, मेरा परिवार मेरी मंज़िल तक मुझे पहुचाएँ गलती पर वो डाँट लगाएँ फिर प्यार से मुझे समझाएँ जीवन का वो सार बताएँ मेरा प्यार है,मेरा परिवार मेरा सब कुछ है, उनपर न्योछार

> हिंदी अध्यापिका श्रीमती श्वेता मिश्रा

# मेरे जीवन का आधार – मेरा परिवार

मेरा परिवार एक छोटा और प्यारा परिवार है जो बहुत खुशहाल है मैं अपने माता—पिता और छोटे भाई के साथ रहती हूँ। मेरे पापा ऑफिस में काम करते है और माँ घर में रहकर पूरे परिवार का ध्यान रखती है। हम सभी एक—दूसरे के सुख—दुख आपस में बाँटते हैं। हम सभी मिल जुलकर त्योहार मनाते हैं, घूमने जाते हैं और एक—दूसरे की मद्द करते हैं। हम सभी सदस्य रात को एक साथ भोजन करते हैं। जीवन में परिवार का महत्त्व बहुत अधिक होता है और मैं अपने परिवार से बहुत अधिक प्यार करती हूँ।

यग्यांगी ठाकुर

५ 'अ'

### मेरे जीवन का आधार – मेरा परिवार

एक समय की बात है एक लड़का था जिसका नाम वीर था। वीर को अपना परिवार बिलकुल भी पसंद नहीं था पर क्यों? सुबह ही माँ की आवाज आती "बेटा, उठ जा" और जैसे ही वह विद्यालय से घर आता तो उसके पिताजी बोलते "बेटा अपने विद्यालय का काम करो।" अगर यह ही होता तो फिर भी ठीक, उसकी छोटी बहन (मीना) रोज उसके पास आकर उसके साथ खेलने की जिद करती।

वह यह सब अपने दोस्तों को बताता और उसके दोस्त उसको समझाते कि उसका परिवार उसको बहुत प्यार करता है पर वह कभी नहीं समझता । एक दिन वह खेल रहा था तभी एक वड़ा सा काला कुत्ता उसके पीछे भागने लगा । वह डर कर चिल्लाने लगा तभी उसके पिताजी ने आकर उस कुत्ते को भगा दिया । वीर ने अपने पिताजी को धन्यवाद बोला और घर चला गया । घर पर माँ ने भी उसको डरा हुआ देखकर उसको बहुत प्यार किया तथा उसका मनपसंद वडा-पाव खाने के लिए दिया । उसकी छोटी बहन भी उसकी तरफ भागती हुई आई और अपनी आधी चॉक्लेट उसको दे दी ।

आज वीर को समझ में आ गया कि उसका परिवार उसको कितना प्यार करता है ।

सरन्या

५ 'अ'

### मेरे जीवन का आधार – मेरा परिवार

मेरा परिवार एक खुशहाल परिवार है। मेरे परिवार में ५ सदस्य हैं। मेरे परिवार में दादी, माता – पिता और हम दो भाई हैं। मेरे पिताजी मेरे परिवार के मुखिया हैं। मेरे पिताजी इंजीनियर हैं और मेरी माँ डॉक्टर है। मेरा भाई मुझे पढ़ाई में मद्द करता है। मेरी दादी मेरा बहुत ख्याल रखती है। मेरी माँ बहुत अच्छा खाना बनाती है। मेरे परिवार में प्यार, अनुशासन और शिष्टाचार को बहुत महत्त्व दिया जाता है। मेरा परिवार एक आदर्श परिवार है और मैं अपने परिवार से बहुत प्यार करता हूँ।

इम्माद

५ 'अ

### मेरे जीवन का आधार – मेरा परिवार

सबसे प्यारा , सबसे सुंदर मेरा ये परिवार है खुशियों के बगीचे जैसा , जहाँ मिलता हर दम प्यार है | दादा – दादी , नाना – नानी के प्यार में बीता बचपन हमारा है उनके आदर्शों की सीख पर ही हमें जीवन भर चलना है | सबसे प्यारा , सबसे सुंदर , मेरा ये परिवार है खुशियों के बगीचे जैसा , जहाँ मिलता हर दम प्यार है | माँ और पिता की जँगलियों के सहारे चलना है मैंने सीखा उनकी दिखायी राह पर ही सँवरेगा मेरा जीवन | रहे सदा सर पर हाथ हमारे वड़ों का यही एक है ईश्वर से हमारी प्रार्थना | सबसे प्यारा , सबसे सुंदर मेरा ये परिवार है खुशियों के बगीचे जैसा , जहाँ मिलता हर दम प्यार है | खुशियों के बगीचे जैसा , जहाँ मिलता हर दम प्यार है |

शर्वी

५ 'अ'

### मेरे जीवन का आधार — मेरा परिवार

में आयुष चंद्रा पोदार इंटरनेशनल स्कूल में पाँचवीं कक्षा का छात्र हूँ । मेरा जन्म १५ जून वर्ष २०१२ को हुआ । मैं अपने परिवार का सबसे दुलारा पुत्र हूँ । मैं बहुत भाग्यशाली हूँ क्योंकि मुझे माता —िपता के साथ दादा—दादी , नाना—नानी का भी प्यार मिला है ।

मेरे माता – पिता दोनों इंजीनियर हैं वे अपने कार्य में बहुत व्यस्त रहते हैं ,पर वे मेरा बहुत ध्यान रखते हैं । मेरी माँ गणित और अंग्रेजी साहित्य की समस्याओं में मेरी मद्द करती हैं । वह मेरे साथ शतरंज तथा लूडों इत्यादि खेल भी खेलती हैं । मेरे पिताजी विज्ञान की समस्याओं में मेरी मद्द करते हैं । मेरी दादी मुझे हिंदी पढ़ाने में मद्द करती हैं । मुझे सौर मंडल , ग्रह , नक्षत्र आकाश गंगा आदि के बारे में जानकारी प्राप्त करने का बहुत शोक है । मेरे माता – पिता इनसे संबंधित पुस्तकें लाकर देते हैं इतना ही नहीं ,स्कूल की तैयारी करने में भी वे दोनों मेरी मद्द करते हैं । वे केवल मुझे प्यार और देखभाल ही नहीं बल्कि अच्छी शिक्षा और संस्कार भी देते हैं । आज मैं जो भी हूँ अपने परिवार के कारण ही हूँ ।

आयुष

५'अ'

### मेरे जीवन का आधार - मेरा परिवार

मेरे परिवार में मेरे पिताजी , माँ , भईया और हमारा प्यारा कुत्ता हैं । मेरे पिताजी रोज दफ्तर जाते हैं वह हमारे लिए बहुत मेहनत करते हैं । माँ घर का और हम सभी का ख्याल रखती है वह सारे परिवार की पसंद का ध्यान रखती है । भईया और मैं एक साथ स्कूल जाते हैं । हमारी कक्षाएँ भी आमने – सामने हैं ।

हमारे परिवार का सबसे शरारती सदस्य हमारा प्यारा कुत्ता 'माइलो' है। वह बहुत नटखट है फिर भी हम सभी का लाड़ला है। हम सभी को सिनेमा देखना बहुत पसंद है। लंबी छुट्टियों में हम सब घूमने जाते हैं।

मैं अपने परिवार से बहुत प्यार करती हूँ l

सौम्या

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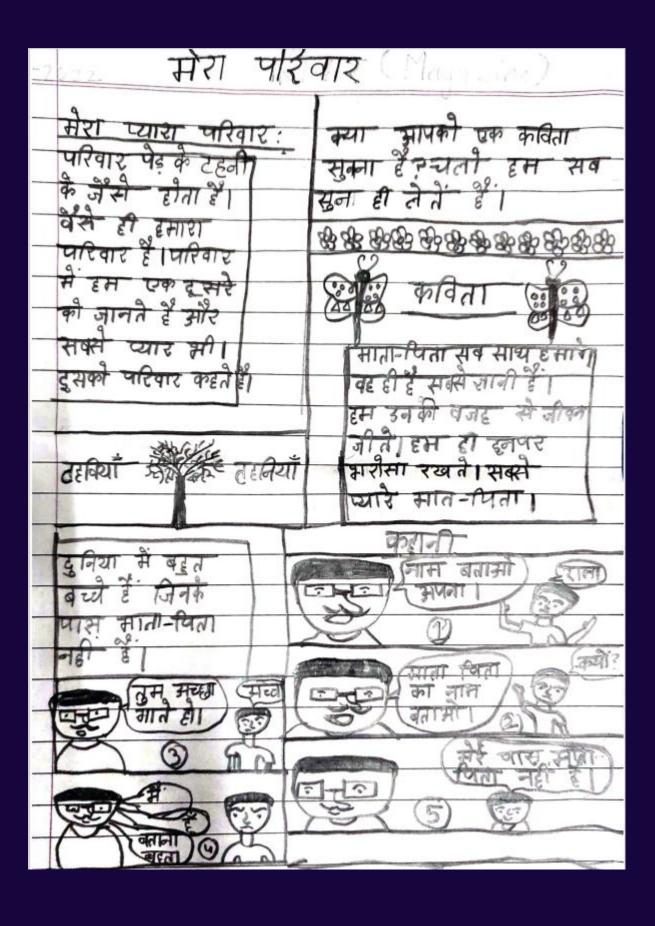
### मेरे जीवन का आधार – मेरा परिवार

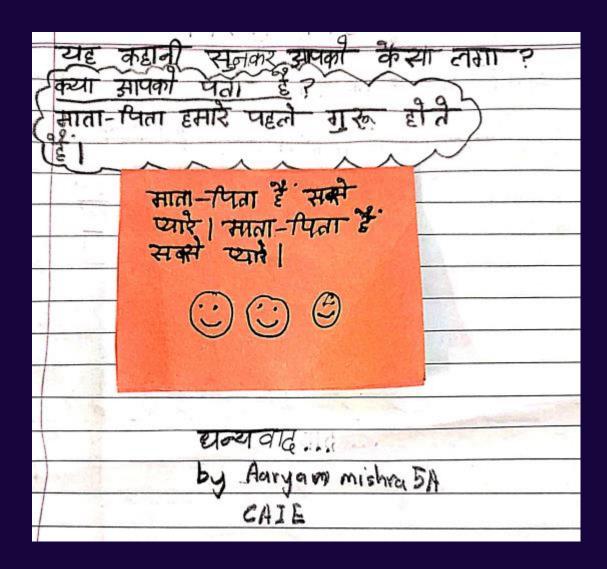
मेरा परिवार एक सुखी परिवार है जिसमें मेरे दादा—दादी के सिहत कुल बारह सदस्य हैं। मेरे पिताजी पैसे कमाने के लिए बहुत परिश्रम करते हैं। मेरी माँ एक गृहिणी हैं वह सभी का ध्यान रखती हैं और घर को व्यवस्थित रखती हैं। दादा—दादी हमें समय —समय पर उपहार और मिठाइयाँ लाकर देते हैं और हमें आकर्षक कहानियाँ भी सुनाते हैं जो हम सभी को मंत्रमुग्ध कर देती हैं।

हमें अपने परिवार के सभी सदस्यों का सम्मान करना चाहिए और सभी से प्यार करना चाहिए | मेरे परिवार में सभी एक —दूसरे से बहुत स्नेह करते हैं | मैं अपने परिवार से बहुत प्रेम करती हूँ और भविष्य में मैं अपने परिवार को गौरवान्वित करना चाहती हूँ |

मेघना

५'अ





### अहिंसा परमो धर्मः

सभी प्राणियों में मनुष्य ही सर्वश्रेष्ठ हैं , क्योंकि हम में विचार करने की क्षमता है इसलिए जीवन मंदिर खड़ा करने के लिए वह उच्च मूल्यों द्वारा मानव को श्रेष्ठ साबित कर सक्ता है । इन सभी मूल्यों में अहिंसा सर्वश्रेष्ठ है ।

श्री कृष्ण भगवान ने अर्जुन से कहा, " अहिंसा सत्यं अस्तेयं"। येशु खिस्त ने इसी को प्रेम कहा है। भगवान बुद्ध ने संसार के सभी सुखों को त्यागकर अहिंसा का पाठ लोगों को पढ़ाया। जैन धर्म की तो नींव ही अहिंसा है। गाँधी जी ने अहिंसा का मार्ग अपनाया तथा और लोगों को भी प्रेरित किया। एक संत ने अहिंसा का उदाहरण देते हुए कहा कि कमल के फूल को तकलीफ न हो इसलिए मधुमक्खी कैसे धीरे से बैठकर अपना काम कर लेती है। अगर एक छोटी सी मक्खी भी अहिंसा का पालन करती है तो हम क्यों नहीं?

त्रिशा

६ 'ब'

### अहिंसा परमो धर्मः

भगवान महावीर की मूल शिक्षा है — 'अहिंसा ।' सबसे पहले 'अहिंसा परमो धर्मः का प्रयोग समस्त मानव जाति के पावन ग्रंथ 'महाभारत' में किया गया था । इसके उपरांत भगवान महावीर ने अहिंसा का प्रचार अंतर्राष्ट्रीय स्तर पर किया ।

भगवान महावीर ने अपनी वाणी से तथा स्वयं अपने जीवन से इसे वह प्रतिष्ठा दिलवाई कि अहिंसा के साथ भगवान महावीर का नाम ऐसे जुड़ गया कि दोनों को अलग कर ही नहीं सकते । अहिंसा का सीधा – साधा अर्थ करें तो वह होगा कि व्यावहारिक जीवन में हम किसी को कष्ट नहीं पहुँचाए ,किसी प्राणी को अपने स्वार्थ के लिए दुख न दें । इस भावना के साथ दूसरे व्यक्तियों से ऐसा व्यवहार करें जैसा कि हम उनसे अपने लिए अपेक्षा करते हैं । इतना ही नहीं सभी जीव – जंतुओं के प्रति अर्थात पूरे प्राणी मात्र के प्रति अहिंसा की भावना रखकर किसी प्राणी की अपने स्वार्थ के लिए हत्या न तो करें और ना ही करवाएँ।

अतः हम सभी को इस प्रकार की भावनाओं से अवगत होकर अहिंसा को अपने जीवन में अपनाना चाहिए |

अद्वित

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### अहिंसा परमो धर्मः

# "अहिंसा परमो धर्मः धर्म हिंसा तथैव चः।"

श्री कृष्ण कहते हैं कि अहिंसा हमारा पहला धर्म है परंतु धर्म की रक्षा के लिए हिंसा श्रेष्ठ है। हम सब अहिंसा के विषय में बात करते हैं परंतु अहिंसा क्या है ? अहिंसा का मतलब जानने के लिए हिंसा का मतलब जानना होगा। हिंसा का मतलब है किसी को दुख पहुँचाना। अहिंसा का अर्थ है हिंसा नहीं करना। अहिंसा बहुत महत्त्वपूर्ण है क्योंकि जब जंग होती है तब लाखों लोगों की जान चली जाती है। गाँधी जी ने हमें हमेशा अहिंसा के मार्ग पर चलने की प्रेरणा दी थी। सोचो अगर दुनिया में हिंसा नहीं होती तो ये दुनिया कितनी सुहावनी होती। अगर हम सभी अहिंसा का पालन करेंगे तो वह दिन दूर नहीं होगा जब हमारी दुनिया में अमन और चैन का साम्राज्य होगा।

अर्जुन पाटिल

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)	Title Date
)	अहिंसा परमो धर्मः
)	2115211 7541 5141:
)——	वापू ने जो कहा सभी से:
<u>/</u>	अहिंसा परमे धर्म है।
)	लडाईयों में रखा कुछ कब से?
	000000000000000000000000000000000000000
	असली फल तो कर्म हैं!
	प्रशंसा टूंढी हर कमी में,
<u>/</u>	ग्रिशिशा ७६। ८५ प्राचा च,
	होना है क्या हिंसा से?
	रकता में तम हाथ बदाओ.
) \	रकता में तुम हाथ बढ़ाओ, वयोंकि अहिंसा परमो धर्म हैं!
/	
	तो सनी मेरी बात मित्रों.
<u>//</u>	सुनो जब यह कहती हूँ भैं,
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	अहिसा अपनाओं इस जीवन में,
)	अहिंसा परमी धर्म हैं!
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हिंसा का सामान्य अर्थ है — मार – काट, तोड़ – फोड़ या जोर जबरदस्ती करके दूसरों को शारीरिक, मानसिक, आत्मिक या भावनात्मक स्तर पर चोट पहुँचाना । अहिंसा की शक्ति में विश्वास रखने वाला व्यक्ति कभी किसी को हानि नहीं पहुँचाता । हिंसा के लिए लाचारी का भाव आना अहिंसा नहीं कायरता है । हमारे देश में अहिंसा के दम पर अंग्रेजों को बाहर निकाला गया था । हम अपने जीवन में यदि अहिंसा को अपनाते हैं तो हम कुछ भी कर सक्ते हैं । प्राचीन काल में बहुत सारे महापुरूषों जैसे गौतम बुद्ध, महात्मा गाँधी आदि ने अपने जीवन में अहिंसा को परमो धर्म माना और अनेक महान कार्यों को किया । दरअसल अहिंसा के द्वारा अगर आप कुछ करते हैं तो आप मुश्किल से मुश्किल कार्य भी कर सकते हैं । इसलिए आप भी अपने जीवन में अहिंसा को अपनाकर अपने जीवन को सार्थक बना सक्ते हैं ।

याशिका

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### अहिंसा परमो धर्मः

राजकुमार सिद्यार्थ ने अपने चचेरे भाई के घायल किए कबूतर को बचाया | जब कबूतर के स्वामित्व का मामला राजा के पास गया तो उन्होंने फैसला किया कि हमेशा बचाने वाला ,मारने वाले से वडा होता है |

राजकुमार सिद्धार्थ आगे चल कर गौतम बुद्ध बने जिन्होंने **अहिंसा परमो धर्मः** का प्रचार और प्रसार किया । भारत वर्ष के संतों ने अहिंसा के संदेश को आगे वढ़ाया । भारत ने सबसे पहले दुनिया को यह सिखाया कि आजादी की लड़ाई हिंसा से नहीं बल्कि अहिंसा से जीती जा सकती है । महात्मा गाँधी का यह संदेश पूरी दुनिया में फैल गया । मार्टिन लूथर किंग जूनियर , नेल्सन मंडेला इत्यादि ने अपनी लड़ाई अहिंसा से लड़ी और जीती भी ।

अहिंसा का मनसा , वाचा , कर्मणा पालन करना चाहिए । सिर्फ हाथों पैरों से की गई हिंसा ही हिंसा नहीं है । हमें मन में भी हिंसा का विचार नहीं लाना चाहिए और हमें अपने शब्दों से दूसरों को चोट नहीं पहुँचानी चाहिए ।

आओ ,आज हम सभी यह प्रण करें कि हम अपने अधिकारों की लड़ाई अहिंसा से लड़ेंगे |

उत्कर्ष

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### जननी जन्मभूमिश्च र्स्वगादिप गरीयसी

प्रिय मित्र ,

मुझे आशा है कि आप अच्छे होगे | हाल ही में मैंने यह श्लोक पढ़ा - जननी जन्मभूमिश्च स्वर्गादिप गरीयसी | मैं आपको इसके विषय में कुछ बताना चाहता हूँ | इस श्लोक का अर्थ है माँ और मातृभूमि स्वर्ग से भी वढ़कर होतीं हैं | ये छंद रामायण और महाभारत के महान महाकाव्यों से संबंधित है और हमारे मन में देशभिक्त की भावना को भी जाग्रत करता है | इस धरती पर धूल का कग – कग सजीव – निर्जीव सब कुछ ,भूमि का प्रत्येक भण्डार , पत्थर , वृक्ष और नाले सभी हमारे लिए पवित्र हैं |

इस श्लोक के दो तत्व हैं —एक माँ और दूसरी मातृभूमि | हम सभी जानते हैं कि हमारे जीवन में माँ का कितना महत्त्व है | वे हमारी रक्षा करतीं हैं ,हमारी देखभाल और पालन – पोषण करती हैं | माँ का प्यार किसी भी पैमाने से परे है | यही कारण है कि परमेश्वर ने उन्हें स्वर्ग से भी वड़ा और श्रेष्ठ पद दिया है | मातृभूमि भी एक माँ की तरह हमें अपनी गोद में आश्रय देती है , हमें पहचान देती है और प्राकृतिकचीजों से पोषित करती है | माँ और मातृभूमि के प्रति हमारे मन में सदैव आदर की भावना होनी चाहिए |

देशभिक्त केवल मातृभूमि के प्रति प्रेम ही नहीं है बल्कि हमारी संस्कृति, परंपराओं, धर्म, विश्वासों और मूल्यों के प्रति भी है। अपने देश के लिए प्यार एक अनमोल भावना है जो शुद्ध और निस्वार्थ है। यह एक ऐसा खूबसूरत एहसास है जो हमें स्वर्ग जैसी सबसे खूबसूरत चीज से भी अधिक, प्यारा है।

आशा करता हूँ आपको मेरी बातें अच्छी लगी होगी ।

दैविक मगोत्रा

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### जननी जन्मभूमिश्च स्वर्गादपि गरीयसी

जननी जन्मभूमिश्च संस्कृत का एक श्लोक है जिसका अर्थ है कि माता और मातृभूमि स्वर्ग से भी श्रेष्ठ हैं।

हम जानते हैं कि मातृभूमि और माँ दोनों ही हमारे जन्म और मर्यादा का आधार हैं। स्वर्ग को उन स्थानों में से एक माना जाता है जहाँ मनुष्य को परम आंनद मिलता है। हमारे पवित्र धार्मिक ग्रंथ हमें यही ज्ञान देते हैं कि माँ जो हमें जीवन देती है और मातृभूमि जहाँ हम जन्म लते हैं उसका ऋण हम अपने जीवन पर्यन्त नहीं उतार सकते।

देशभिक्त एक गुण है जिसे हमारे इतिहास में अच्छी तरह से परिभाषित किया गया है जब श्री राम १४ साल के वनवास के लिए अयोध्या से प्रस्थान करने के लिए अपने रथ पर पर सवार हुए तब अयोध्या की सीमा पर अपनी मातृभूमि को अलविदा करते हुए जमीन पर झुके और उन्होंने कहा कि निश्चित रूप से में अयोध्या से दूर रहूँगा लेकिन अयोध्या उनसे कभी भी दूर नहीं होगी। ऐसा कहकर उन्होंने मिट्टी उठाई और हमेशा के लिए याद के तौर पर अपने पास रख ली ताकि अपनी मातृभूमि की महक को हमेशा महसूस करते रहें। उनकी यह भावना अपने जन्मस्थान के प्रति बिना शर्त प्यार को दर्शाती है जो आजकल के युवाओं के लिए एक उदाहरण की तरह है

सशस्त्र बलों में शामिल होना और अपने देश की सीमाओं की रक्षा करना ही केवल देशभिक्त नहीं है देश के भीतर अपनी गलितयों को सुधारना तथा नियमों को पालन करना भी देश के प्रति आपका अपने देश के प्रति प्यार प्रदर्शित करता है।

हम समाज के किसी भी वर्ग या क्षेत्र से हों हमें अपनी मातृभूमि और माता पर सदैव गर्व होना चाहिए यही हमारा उनके प्रति सच्चे प्यार को दिखाता है ।

धन्यवाद!

ध्रविका मगोत्रा

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### जननी जन्मभूमिश्च स्वर्गादपि गरीयसी

"अगर हम जीवन में जन्मभूमि की सेवा नहीं करते , तो हमारे जीवन का लक्ष्य क्या है ?" यह वाक्य चंद्रशेखर आजाद ने कहे हैं l

हमारी जन्मभूमि वह मिट्टी है जहाँ हम पैदा हुए, जहाँ हम बड़े हुए | इस मिट्टी ने हमें पाल-पोसकर वड़ा किया है | हमारे सुख-दुख, हार-जीत सब कुछ इसी मिट्टी पर गुजरते हैं | यह जन्मभूमि हमारी माँ है इसने हमें खाना दिया है, तािक हम जी सके | हम इसी मिट्टी पर जीते हैं और इस पर ही मरते हैं | हमारे पूर्वजों ने इस जन्मभूमि केलिए लड़ा है, उन्होंने इस मिट्टी के लिए अपना रक्त बहाया है | जिस मिट्टी के लिए उन्होंने जान त्याग दी उस मिट्टी का महत्त्व हम क्यों नहीं समझते ? सभी आशा करते है कि मरने के बाद स्वर्ग की प्राप्ति हो लेकिन क्या आप सभी को यह पता नहीं कि हमारी मिट्टी, हमारी जन्मभूमि, हमारी माता स्वर्ग से भी वढ़कर हैं |

यह जन्मभूमि हमारी माँ है और इसकी रक्षा करना हमारा कर्त्तव्य है । यह जन्मभूमि हमारे कार्यो का एक प्रतिबिंब है,एक सूचक है कि हमारे आगे का रास्ता हम स्वयं तय करते हैं । हमें इसके लिए लड़ना होगा और साबित करना होगा कि हम इसके योग्य हैं ।

वेदांत नायर

८ 'ब'

# जननी जन्मभूमिश्च र्स्वगादिप गरीयसी

देशभक्ति हर व्यक्ति के व्यक्तित्व की रीढ़ होती है और एक माँ का प्यार वह आलिंगन है जो हर व्यक्ति के चरित्र का समर्थन करता है | एक माँ का प्यार आज तक हर ज्ञात प्यार का सबसे शुद्ध रूप है | हर बच्चा अपमी माँ की आँखों का तारा होता है | माँ आपका पालन – पोषण करती है , आपकी परवाह करती है , आपको गले लगाती है | जब तुम माँ के पास होते हो , दुनिया भर की सारी मुश्क्लें छोटी होती हैं | माँ में ऐसी क्षमता होती है कि सारी समस्याएँ दूर हो जाती हैं |

ऐसा ही प्यार हम अपनी मातृभूमि के लिए रखते हैं वह भूमि जो फूलों , समृद्ध मसालों और पेड़ों से भरी है , जो वई जानवरों को जीवन देती है , वह भूमि जो आपको सहारा देती है उस भूमि में चार चाँद लगाने के लिए और उसकी सुरक्षा के लिए हमें तन–मन–धन से तैयार रहना चाहिए ।

हम सभी अपने देश के प्रति भक्ति और लगाव की भावना महसूस करते हैं " जननी जन्मभूमिश्च स्वर्गादिप गरीयसी" एक ऐसी सूक्ति है जिससे मैं बहुत सहमत हूँ । वह एक्ता की भावना जो मुझे महसूस होती है जब हम सभी खड़े होकर राष्ट्रगीत गाते हैं , और जब मैं माँ को शुभ रात्रि कहकर गले लगाती हूँ तो जो लगाव मुझे महसूस होता है वो वास्तव में स्वर्ग से भी वड़ा सुख है , अतुलनीय और अपूरणीय है ।

एक जाना-पहचाना गाना 'वन्दे मातरम्' जिसका मतलब है 'माँ मैं तेरे आगे झुक्ता हूँ 'को भारत के राष्ट्रगीत में शामिल किया गया है और यह निश्चित रूप से हमें यही समझाता है कि जननी और जन्मभूमि दोनों को सम्मान देना कितना महत्त्वपूर्ण है |

माँ , तुझे सलाम ! जय हिन्द ।

ईश्वरी

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### जननी जन्मभूमिश्च स्वर्गाद्पि गरीयसी

"मित्र ,धन्य , धान्य आदि का संसार में बहुत अधिक सम्मान है l किन्तु माँ और मातृभूमि स्वर्ग से भी बढकर होती हैं l"

हम सभी इच्छा करते हैं किमरने के बाद हमें स्वर्ग की प्राप्ति हो क्योंकि कुछ लोगों के अनुसार स्वर्ग एक ऐसी जगह है जो बहुत ही सुकूनदायक है। हमारी जिंदगी को स्वर्ग में शांति की प्राप्ति होती है इसलिए हम स्वर्ग की कामना करते हैं।

माता का प्यार , दुलार व वात्सल्य अतुलनीय है । इसी प्रकार जन्मभूमि की महत्ता हमारे समस्त भौतिक सुखों से कहीं अधिक है । बचपन से हमारी माँ हमारी सभी आवश्यक्ताओं को पूरा करती है और हमारी देखभाल करती है जब तक हम स्वयं चीजे करना नहीं सीख जाते । स्वर्ग तो हमें मरने के बाद मिलेगा लेकिन माँ का प्यार तो हमें बचपन से ही मिल जाता है । जन्मदात्री की तरह ही जन्मभूमि का स्थान भी श्रेष्ठ है । जन्मभूमि भी तो माता का ही एक रूप है जहाँ हम हँसते – खेलते वड़े हए हैं ।

अतः जननी तथा जन्मभूमि दोनों वंदनीय हैं । दोनो ही अपना अपना वात्सल्य अपने – अपने रूपों में अपने बच्चों पर न्यौछावर करती है इसलिए माता और मातृभूमि स्वर्ग से भी वद्रकर होती हैं ।

शाफीन

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# मेरा प्यार-मेरा पोदार

छुट्टी का दिन हल्की – हल्की मन को गदुगुदाने वाली ठंड और अदरक वाली चाय की चुस्कियों के बीच कब मन विगत वर्षो की खट्टी — मीठी यादों में हिलोरें लेने लगा ज्ञात ही नहीं हो पाया | विगत वर्षो के बारे में जब सोचती हूँ तो लगता है कि शायद कल ही की तो बात है जब मेरा पोदार से नाता जुड़ा | पोदार मेरा दूसरा परिवार — इतना अपना हो गया कि सड़क पर जाते समय अनायास ही कदम विद्यालय की ओर उठने लगते हैं | जब मेरा नाता पोदार से जुड़ा तब एक छोटा सा पोधा था मेरा विद्यालय जिसने अभी — अभी चलना सीखा था कभी उठता था कभी गिरता था और फिर कभी मुसकुराकर अगड़ाइयाँ लेने लगता था | समय के साथ — साथ आज मेरा विद्यालय एक विशाल वृक्ष की भाँति वड़ा और मजबूत हो गया है जिसने अपनी विशाल बाजुओं को चारों दिशाओं में फैला लिया है | आज हमारे छात्र अलग — अलग क्षेत्रों में अपना नाम रोशन कर रहे हैं और हम सभी को गौरवान्वित कर रहे हैं | विद्यालय में मैंने अपने सहयोगी अध्यापक — अध्यापिकाओं से बहुत कुछ सीखा है | कुछ अच्छे मित्र भी मुझे विद्यालय ने दिए हैं जो हमेशा मेरे साथ रहेंगे | हर वर्ष कुछ नए सहयोगियों से नाता जुड़ा और कुछ विद्यालय छोड़कर अपने जीवन की दूसरी जिम्मेदारियों से जुड़ गए ।

पोदार के साथ मेरी यादें अविस्मरणीय हैं जिन्हें मैं अपने साथ हमेशा संजोये रखना चाहती हूँ l

कमल नारंग

हिंदी अध्यापिका

# मेरे जीवन का आधार – मेरा परिवार

मेरे जीवन के अनमोल क्षणों के,
आँगन में बहार है मेरा परिवार |
बीते सालों के प्यार की डोरी,
बनकर मुस्कुराए मेरा परिवार |
नई ऊँचाइयाँ नई आशाएँ,
अपनेपन की बिगया है मेरा परिवार |
ममता इसकी नींव है प्रेम इसका आँगन है,
विश्वास की दहलीज है मेरा परिवार |
एक्ता शक्ति है यहाँ, ममता का समंदर बहता है
मुसीबत आए किसी पर तो सहारा बनता है मेरा परिवार |
कई रिश्तों से मिलकर बनता एक परिवार है,
खुशियों की लहरों से भरा-पूरा है मेरा परिवार ,
मेरे सुखी जीवन का आधार है मेरा परिवार ।

कमल नारंग

हिंदी अध्यापिका