



SKP'S C M INTERNATIONAL SCHOOL

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"Embark on a Flavorful Journey Through Rajasthan's Culinary Riches"

Rajasthan, a vibrant state in India, boasts a rich culinary heritage that reflects its royal history and arid landscapes. Traditional Rajasthani cuisine is characterized by its bold flavors, robust spices, and ingenious methods of preserving food in the desert climate. Here are some 5 famous Rajasthani dishes:

Mirchi Vada:

- Spicy green chili peppers stuffed with spiced potato filling.
- Coated in gram flour batter and deep-fried to a crispy texture.
- Offers a fiery and flavorful snack, widely enjoyed.



Mohanthal:

- Dense dessert crafted from chickpea flour, ghee, and sugar.
- Garnished with almonds, pistachios, providing a rich taste.
- Popular during festivals, loved for its melt-inthe-mouth texture.



Aloo Pyaaz Kachori:

- Flaky pastries filled with spiced potatoes and onions.
- Deep-fried to golden crispness, delivering a savory delight.
- A beloved snack, known for its crunch and flavorful filling.



Rajasthani Kadhi:

- Yogurt-based curry made with gram flour and tempered spices.
- Tangy, creamy, and typically served with steamed rice.
- A comforting dish that captures Rajasthani flavors.



Ghewar:

- Intricate dessert made from deep-fried flour batter.
- Soaked in sugar syrup, adorned with nuts for visual appeal.
- A festive favorite, admired for its unique preparation and taste.



In conclusion, the diverse and flavorful world of Rajasthani cuisine is a reflection of the state's rich history, arid landscapes, and ingenious use of locally available ingredients. Rajasthani cuisine offers a delightful journey through tradition and innovation.

These famous dishes not only satisfy the palate but also provide a glimpse into the cultural tapestry of Rajasthan, where culinary artistry thrives despite the challenges of the desert environment.

Pooja Sharma Primary Teacher

Healthy Tomato Cucumber Sandwich

Ingredients:

- 2 Slice of Bread
- 1 medium size tomato thinly sliced
- 1 medium size cucumber thinly sliced
- Freshly crushed black pepper
- Butter and cheese
- Salt



Method:

- Trim the edges of the bread. Apply butter evenly on the breads.
- Spread the Cream Cheese over the bread.
- Arrange slices of tomato and cucumber on the buttered bread.
- Sprinkle two to three pinches of pepper powder or freshly ground pepper and salt on the tomato-cucumber slices.
- Cover with another slice of buttered bread.
- Cut the sandwiches diagonally into 2 or 4 parts.
- Your sandwich is ready to eat. Enjoy Your Sandwich.

Anwesha Mishra Joyful C1



Teacher Interview

Tell us a bit about yourself?

Heading from small city, Jamshedpur, I am Suchismita Banerjee, with high levels of agility and resilience and passionately motivated to achieve my goals and dreams. Now, pursing my Ph.D. in Genre and Gender Studies, I always wanted to be engaged in the teaching profession. Teaching seemingly has been in my genes, but obviously intitially setting up aims had been a tough experience.

Being a single daughter, has been challenging and but the contribution of my parents has turned me into a confident person. I really appreciate the blessings, encouragement and mentoring of my parents because it really takes a lot of courage to have a daughter, who holds her own opinions and voice them as well.

I am definitely a woman of principles, where strongly believe that competition is not only always with others but primarily with myself and am constantly learning and improving myself. In the quest of perfection I can reach levels of sustained excellence.

Former creative content writer, now an Educator, has been a long journey.

As a new joinee, I was shouldering the responsibilities of being an educator for grade IX and X. Initially, I was nervous, but excited as well. Having lot of reciprocating expectations, students, their parents, colleagues, school management have been providing ample opportunity, experience and learnings. Gong forward, I have intentions to build and craft a career that educates, motivates and encourages the young and also to nurture my academic pursuits.

What is it like being a teacher? Is it fun, exciting or stressful?

Well, being a teacher is a mixture of all. Its fun, excitig and stressful equally. Fun, because you get a clear exposure to new trends, which in turn makes the classes interesting. Exciting definitely is my suit in this very profession because it inevetibly forces you to hone the quality of knowledge, making the journey of a wise teacher. Students, comes up with their musings and voices, echoing within the walls of a classroom which not only teaches a teacher the chapter of change in time and interpretations. Teaching, as a profession is of course stressful, as it opens up with variants shades of perceptions, interpretations and judgements. It becomes difficult to manage to break that rigidity that happens to be an obvious thing when it comes to teenager. They happen to have a good exposure to knowledge but what is again the problem is chaos of stubbornness that takes time, experience and most importantly wisdom to attain.

Hence, the profession happens to be a mixed bag which sometimes attain success, sometimes faliures, but what remains constant is the spirits to get along with the beats of the profession.

• In what ways do you encourage creativity in your classroom?

I have been a staunch believer of making my classes as creative as possible. Traditionally speaking, as a student, I had a tough time when it had been about academics. Without any doubta, I agree, formulation of creativity is a tough job for any teacher, and especially when it

comes to higher classes but the moment the creativity intervenes, the entire aura of the class changes and also has great impact on the bind between an educator and students.

From my personal experiences as a student, I always preferred to become a teacher who would listen to her students rather just function in form of monologues. I believe monologue = monotony and that is definitely not my key to success. Creativity, in form of reading the narratives, poem recitation, students' presenting their works/notes. It exercises different ways of forcing the students to break the barriers of comforts and convenience. It also implements to identify the fears, and courage to overcome that positively. It automatically generates motivation in every individual, taking criticism and challenges in stride.

I believe in the process of learning and un-learning and attempt to propagate the same idea in my students as well.

"Creativity itself doesn't care at all about results – the only thing it craves is the process. Learn to love the process and let whatever happens next happen, without fussing too much about it. Work like a monk, or a mule, or some other representative metaphor for diligence. Love the work. Destiny will do what it wants with you, regardless." – Elizabeth Gilbert

• Tell us about your likes & hobbies

Coming from a cultural background where traditions, rituals, and art is of utmost importance, I really enjoy my belongingness with creativity. Be it reading books, writing and especially engraving clicked pictures with my write ups. Liking also lies in participating in various cultural activities - dance and theatrical performances, playing sports, and various other creative pursuits.

• Do you make learning fun for your students? How?

I definitely believe that qualitative learning and excellence comes with sound knowledge and wisdom. Learning is always fun for my students because they get an opportunity to express – their understanding and interpretations which is conducted in form of extempore and discussions. I happen to open the discussion and allow my students to voice their way of thinking and express from their lenses. Practically speaking, with sych an engagement in regards to reading, speaking, writing and listening, I try to create an environment for all kinds of students to work and enhance their skills. I have been observant about the process and have seen the results which not only has helped a child to get better materialistic results (improved grades) but it also enacts as a motivation where it enables my children to identify their positives and negatives and work upon them in the course of time.

• Besides lecture, what methods of teaching do you use?

Besides just lecturering, the methods that I use is definitely technology. It is is again something that these days children associate with technology pretty well. With the availability of the smart boards in every class, provided by the institution, help us as educators to present different PPTs, videos and audios which attracts the active attention of the students. With the help of

audio-visual effects on the students, it forces the students to actively participate and contibutes in the interactive sessions and discussions. Also the usage of the blackboard is different in terms of my English classes where be it grammar topics or literature topics, its the students who work upon the blackboards.

Assignments and project work- both verbal and non-verbal is also something that is taken into account and is exercised when it comes to the classes conducted for grade IX and X students. It acts as an aid for the students making them write answers on their own, learn about the usage of keywords from the text and present innovations in their own forms.

Another method that I actively do with my students is preferring more of discussions which in order allows the students to research about and around specific topics/subjects. With this exposure, I attempt to push my students closer to the narratives and lessons and on the same lines, grab opportunities to work on one's flaws. So, debates, group discussion and extempore on topics other than only books, I as an educator focus more on creating an environment which encourages healthy fear and also courage to overcome every hindrance, coming down the lane.

• Would you describe yourself as a tough or understanding teacher?

I guess, answering this is the easiest question for a teacher like me. I am a mixture of both-tough and understanding. Tough, because I believe in quality and excellence and so in order to work that out, I try to become my students closer to themselves. I challenge them and in turn it also becomes challenging for them when they have this in their head that they really got to work on themselves as individuals. I believe in giving them small reality checks which in process enhances the qaulity of survival better. I am known in CM, for strict corrections but it isn't about making things difficult but its more of about working out on the odds in time. If, at present, as a mentor I can't push my students to identify the errors from the academic point of view, one will never understand that meaning of 'earning' those grades. Being tough is something that I would define as a process to encourage my students to identify their abundant potential to prosper with flying colours.

I also happen to be understanding because I always prefer listening to my students- be it their agreements or disagreements, I want to know what and how do they look at several things. Infact, feedbacks from students, parents, externals, have convinced me to consider myself as understanding where my students interact with me not only in regards to acadmics, but my children also talk to me regarding their future aspects, wants to seek my view on their perceptions, their way of looking at the world. Not only students, but when even parents of my children also acknowledge the same, that is when I understand that there us definitely a sense of belongingness that both wemy students and I have between us and that definitely comes from the understanding that we share.

· How do you use technology to enrich your lessons?

As an individual, I definitely happen to be less tech savvy, but of course like the profession demands, and also my liking lies, I enjoy working out with different English related topics and formulating dynamic presentations on the same.

Being a research scholar, has moulded me into person who prefers studying a given topics from all possible horizons. It actually widens the scope of interpretations and so the same I do, when it comes to my clesses and subject specifically.

Technology has both pro's and con's so which information could give us productive outcome is also about decision makinb so I definitely prefer to present and share the data with students on the available smartboards or even on the ERP platform which helps to keep the information more intact and systematically available to all.

Describe a gifted student

Students as a stakeholders play a pivotal role in the educational system. Students vary from each other and happens to fall under different categories. Obviously, for no mentor, students differ on the basis of best or worst, but its a matter of slight differences in quality and quantity. Gifted students are not only those who have brilliant grasp over knowledge but it is also about those who despite the efforts, needs to add a little more pinch of extra efforts to work it out in more mechanised fashion.

For me, in the vicinity of excellence, i believe, students with exceptional qualities and a different perspective, always contribute to the system in abundance. They are the ones who look forward to more innovative ideas and methods of teaching. Students, best, mediocre or who needs improvement, all happen to lie on the same pedestal, allowing to set the bar higher and highera as well as improvise when required to cater to the various demands. Students not only challenge themselves but these also challenges their mentor to get better rather than being satisfied with standardized accomplishments.

Who influenced to become a teacher?

It is none other than my parents. My identity is just incomplete if I don't happen to mention their contribution in my journey of becoming a teacher. I saw my mother, Mrs. Sonali Banerjee, how she has been supportive and guiding me through my lessons. She is one of those pillars that made me strong and confident.

Be it the pre-primary admissions or Ph.D. entrance, none other than my mother has motivated me or guided me throughout the journey. My father, Mr. Kalyan Banerjee, is a perfectionist for me. Today, even though I am confident, I make sure to send him error free documents. Not that I am scared of his scolding, but its just a feeling, where I want him to see me get better and better and make him proud. Being a teacher, began from the small room I had on my name in our house and teaching my toys, treating them as my students. They happened to notice that naac towards the profession and motivated me to think about it. Its my parents, who inspired me to take criticism in stride and even if the ball is not in my court, to never surrender with the same. Be it sports or any form of cultural activity, I was never stopped or restricted from taking my calls. They taught me to accept failures but also make it a point to use it like a medium to achieve better in future.

· List 5 adjectives that accurately describes you

- 1. Passionate/Ambitious
- 2. Dedicated
- 3. Teamplayer
- 4. Creative
- 5. Enthusiastic

• What were you like, as a student?

Well, this is difficult to answer. As a student, I have always been fortunate to enjoy a great variety of company. Jamshedpur was a great place to enjoy a diverse crowd of people and growing up there was a great opportunity. I got the chance to mix and gel up with people. This gave me as an individual to get exposed to different things that works efficiently in the roots.

I, be it as a student or an independent individual, has always been curious to know more, to learn more. And this was exactly something that this city allowed me to enjoy. Academically speaking, initially I was always a mediocre student but the truning point was in grade IX when coming second, geared me, pushed me, to get better, made me competitive and confident about 'yes, I can do it!'

The other students, my co-mates with unique strength, approach and perspectives, moulded my approach towards different aspects of leading a students' life. I enjoyed exploring new ideas, concepts and reflections. My suit always happened to lying in the fields of history, literature and creative pursuits. Organising competition, participating in various cultural events was my go to motto.

Initial years, like grade V – VIII, my world only would revolve around the sports and its concerned pursuits. School level volleyball, football, cricket, and atheletics, state and national competitions was only my focus. Gradually the interest in others – debates, writing competitions, sketching, dancing, ramp shows along the lines has become a part of leading my student life. I was fortunate enough to have my parents, countable mentors, who helped me to identify my strengths and weakness together. Not only moulding me into a good student was in process but building brick by brick was their main objective, making me an independent individual.

In my student life, as an individual identity, I had ample chances to explore my interests and develop different skills like critical thinking, sportsmanship and becoming a team player, and inculcate leadership qualities. Under the guiding light of my mentors and my parents, I voluntarily could nurture the moral values and etiquettes, making communication and collaboration smooth.

Today, I want to inculcate the same values in my students and prefer keeping it raw for them rather than sugar coated; a very similar upbringing, in the way I was brought up in. And luckily, I have got a bunch of students react and has embraced my pattern voluntarily and can't wait to see them successful soon.

• Tell us about an award or recognition during your teaching career.

There is still a long way to go. As of now with an experience of more than 1 year of teaching, I could cope up with different obstacles and challenges down the path of pursuing this profession because of my students, parents, colleagues, senior officials and management and I think its not less than any remarkable recognition. Feedbacks – positives and negatives, contributes significantly to bridge the gaps, understand the logistics of functioning in terms of behaviour, understanding, and enacts as aid to retrospect on the fundamental requirements to survive qualitatively in the field of educational systems.

I would also take this chance to mention specially about acknowledgement which as young mentor I received is I could successfully inculcate the spirits of taking criticism with positivity and enthusiasm in my students. I never came with this idea to this profession that I shall be remembered to be there in everyone's good books or favourite teacher of every student I teach. But my main aim was to make my subject everyone's favourite and to a great extent I am successful. Academically, taking every challenge sportingly and embrace failures aling the lines. Taking up notes, using stationary effectively and a lot more. Not that I know everything possible on earth, but whatever I know should be of some help for my children. The best recognition I remember is the blund faith my students hold in me and loyalty that we share among ourselves.

• In your opinion, what are the biggest challenge that teachers face today?

Why only teachers, born as human being is bound to face challenges with every step we take for one's survival. As teachers, at the immediate moment the biggest challenge is about and around our students who are more comfortable with easily available means rather than deciding thinking left and right of everything. It is not their fault as such and neither the elders are to be hold responsible for the same. Its the quick change in that trends, which makes the circumstances difficult and different at the same time to cope up with. Today's student's fraternity has knowledge but mostly is half knowledge and in the given context something is better than nothing becomes dangerous. Yes, the students have various alternatives to quest their curiosity but unfortunately they don't know which of it is a plus and happens to be significant enough to rely upon. And with the elevation of competition and demand of upgrading oneself, it is difficult for children to get through the same wisdom as adults, because again experience is matter of time and age so it will take a lot of experimenting and experiencing along with retrospection.

Our students are much more advanced with data, technology, alternatives and various mediums as well easily available platforms. But our job has to cope up with the same speed to guide them that there are no shortcuts to success; neither it was there yesterday, nor today and surely never in future!

• What would be your advice for upcoming teachers?

I don't know if I at all happen to be in the right place to advice others but without any second thoughts I would suggest my teacher clan to be always down to earth in order to inspire our students to embrace every bit of themselves and others. Being passionate about one's goals and ambitions, but also have the desire to make positive impact in the student's lives.

In addition, the knowledge about one's mental health should also be a word of concern. It is vitally essential for any being, to accomplish a sound mental health. If something bothers from the core, work upon letting it out rather than just waiting for the saturation. Qualities like adjustments, retrospecting on failures, being observant, and having transperancy should be one of the priorities of any educator in any field. Essentially prioritise to build healthy relationship with every stakeholder of the educational system. I also think, flexibility is vital down the same lines, makes the world a better place to strive for success. Hindrance is a part of the game just like winning and losing, then one can enjoy the magic of competition. Everybody have their own outlook and so does the students which is utterly important for the prosperity of the educational system and success of planned objectives to achieve success with every academic year passing by.

It is essential to learn and grow rather than just concentrating on development solely. Unilateral communication can never be the key to success so guiding the students through this process should be taken as a matter of significance. Not only communication in regards to students but teacher's fraternity should also spare time to communicate with each other, sharing and exploring different ideologies and concepts, seeking advice to develop better modules making the journey a fruitful one.

Suchismita Banerjee Secondary Teacher

Simple Science Experiments for Students

Dear Students! Here are some Simple Science Experiments that you all can easily do at home:

- **1. Homemade Slime:** Create slime using glue, water, and borax solution. Experiment with different ratios to see how it affects the consistency.
- **2. Floating Egg:** Test the density of water by adding salt to a glass of water until an egg floats. Discuss why the egg's buoyancy changes.
- **3. Rainbow Milk:** Pour milk into a shallow dish and add drops of different food coloring. Use a cotton swab dipped in dish soap to watch the colours swirl and mix.
- **4. Baking Soda and Balloon:** Combine baking soda and vinegar inside a balloon and place it over a bottle's neck. Watch the balloon inflate as the gas is produced.
- **5. Gummy Bear Soak:** Place gummy bears in various liquids (water, oil, vinegar) and observe how they change in size and texture over time.
- **6. Volcano Eruption:** Create a mini volcano using baking soda, vinegar, and a small container. Watch the "eruption" as the mixture foams and spills out.
- 7. Invisible Ink: Write secret messages using lemon juice or milk. When heated gently, the message will become visible due to chemical reactions.
- **8. Balloon Static Electricity:** Rub a balloon against fabric to generate static electricity, then observe how the balloon sticks to walls or attracts small objects.
- 9. Milk Art: Add drops of food coloring to milk and then touch the milk's surface with a cotton swab soaked in dish soap. Watch the colors swirl and mix.
- **10. Natural Phenomena:** Observe the natural phenomena happening around you on daily basis, note your observations and draw your own inferences. It's interesting.

Dear students, be ensured that you are supervised during these experiments and follow safety guidelines. These hands-on activities can make learning about science engaging and enjoyable for young minds like you.

Iqbal Kaur Rana Principal

Know your Rights and Duties of Citizens Towards the Country

The Fundamental Duties outlined in the Constitution of a nation serve as the ethical and moral compass guiding its citizens' responsibilities towards the nation's progress and unity. Similarly, the Constitution of India enshrines a comprehensive array of Fundamental Rights that safeguard the individual's liberty, equality, and dignity. These rights collectively create a harmonious framework within which citizens can flourish and contribute to the nation's growth. Let's delve into both the Fundamental Duties and the Fundamental Rights bestowed upon the citizens of India.

Fundamental Duties:

The Constitution of the nation prescribes a set of Fundamental Duties under PART [IV-A], binding upon every citizen:

- 1. To abide by the Constitution, respect its ideals, institutions, the National Flag, and the National Anthem.
- 2. To cherish and uphold the noble ideals that fuelled our national struggle for freedom.
- 3. To uphold and safeguard India's sovereignty, unity, and integrity.
- 4. To defend the nation and willingly partake in national service when summoned.
- 5. To foster harmony and a spirit of brotherhood transcending religious, linguistic, and regional differences; to denounce practices demeaning to women's dignity.
- 6. To treasure and preserve our rich composite cultural heritage.
- 7. To safeguard and enhance the natural environment encompassing forests, lakes, rivers, wildlife, and display compassion towards living beings.
- 8. To cultivate scientific temper, humanism, and the spirit of inquiry and reform.
- 9. To protect public property and eschew violence.
- 10. To strive for excellence across individual and collective pursuits, elevating the nation's endeavours and achievements.
- 11. For parents or guardians, to ensure education opportunities for children or wards aged six to fourteen.

Fundamental Rights:

The Constitution of India enshrines a range of Fundamental Rights that empower its citizens:

- 1. Right to Equality: No person shall be denied equality before the law or equal protection of laws within Indian territory.
- 2. Right to Freedom: Citizens have the right to freedom of speech, peaceful assembly, forming associations, moving freely, residing anywhere in India, and pursuing professions, trades, or businesses.
- 3. Right against Exploitation: Prohibition of human trafficking, forced labour, and related offenses with corresponding legal penalties.
- 4. Right to Freedom of Religion: All individuals have the right to freedom of conscience, religion, propagation, and management of religious affairs, along with the ownership of property.
- 5. Right to Life: Protection of life and personal liberty, ensuring due process of law and no excessive punishment.
- 6. Cultural and Educational Rights: Sections with distinct languages, scripts, or cultures have the right to conserve them. Minorities can establish and manage educational institutions of their choice.
- 7. Right to Constitutional Remedies: The Supreme Court safeguards fundamental rights through writs and remedies.
- 8. Right to Privacy: Intrinsic to personal liberty, safeguarding the individual from State and non-State interference.

9. In a nation's journey towards progress and prosperity, both Fundamental Duties and Fundamental Rights play pivotal roles. Fundamental Duties bind citizens to uphold the nation's ideals and values, fostering a sense of responsibility. On the other hand, Fundamental Rights provide citizens the autonomy, protection, and equality necessary for a thriving society. Together, these intertwined aspects create a holistic constitutional framework that ensures the well-being and development of citizens while upholding the nation's integrity and democratic principles.

Manaswini Pattanaik
Primary Teacher

Teachers Quiz-Identify which Teacher?



- She helps with the Admission process and is always approachable for everyone.
- She is the correct person to be contacted for the ID Cards.
- She helps with the children documentation work too.



Women Freedom Fighters of India: Inspiring Contributions and Courageous Journeys

India's struggle for independence from colonial rule was marked by the unwavering determination and sacrifices of numerous individuals. Among the vanguard of this movement were remarkable women who played pivotal roles in the fight for freedom. Their unyielding spirit, resilience, and dedication continue to inspire generations. Let's delve into the lives and contributions of some of India's remarkable women freedom fighters.

- 1. Rani Lakshmibai: The Warrior Queen Rani Lakshmibai, the Queen of Jhansi, is a symbol of bravery and patriotism. She fiercely defended her kingdom against the British during the 1857 uprising, refusing to bow down to oppression. Rani Lakshmibai's valiant stand and ultimate sacrifice have immortalized her as an icon of courage and resistance.
- 2. Sarojini Naidu: The Nightingale of India Sarojini Naidu was not only a gifted poet but also an ardent freedom fighter. Her eloquent speeches and stirring poetry stirred the hearts of many, mobilizing support for the freedom struggle. Naidu was the first Indian woman to be elected as the President of the Indian National Congress. Her contribution to both literature and the fight for freedom remains unparalleled.
- 3. Kasturba Gandhi: The Silent Force Kasturba Gandhi, the wife of Mahatma Gandhi, stood steadfastly beside him in his pursuit of truth and nonviolent resistance. Despite facing personal hardships, Kasturba Gandhi was an advocate for social change, particularly in areas such as women's rights, untouchability, and rural empowerment.
- 4. Kamala Nehru: A Beacon of Empowerment Kamala Nehru, wife of Jawaharlal Nehru, was not only a freedom fighter but also an advocate for women's rights and social progress. She was actively involved in the Indian National Congress and worked Artlessly to uplift women's status in society, emphasizing education and empowerment.

These women freedom fighters of India exemplified courage, conviction, and dedication in their struggle for independence. Their stories remind us that the fight for freedom was a collective effort, where both men and women played vital roles. As we celebrate their contributions, let us draw inspiration from their legacy to uphold the values of freedom, justice, and equality. Their sacrifices continue to remind us that the journey to freedom is paved with the indomitable spirit of individuals who refuse to be silenced by oppression.

Megha Ramteke Pre-Primary Teacher

Most Memorable Travel Trip with my Family



Being only daughter of working parents, I have always been part of travel and tour along with them. My mother told me that I travelled to Kolkata from Pune on the 21st day of my birth. And that was my first travel by air. My ten years of childhood I have travelled to cities like Bangalore, Delhi, Goa, Kolkata, Shillong Bangkok, Pattaya and others. But my most memorable trip is trip to Europe for a vacation with my parents in the year 2017, when I was 5 years. It was a twenty days trip and I still remember some of fond memories. Our trip started from Mumbai and we took Lufthansa airlines for Amsterdam, I remember the aunties (air hostesses) gave me chocolates. As we landed in Amsterdam, my father's friend Sambit uncle was waiting for us. We drove to his house in Amsterdam and Priti Aunty was waiting for us. That was the beginning of fun at uncles house which has a beautiful garden, green lawn and rabbits. There, the sun sets around 9 pm .Next two days we roamed around in Amsterdam and went to shopping ,had ice-creams and witnessed man-made river and forests.

Paris was an amazing experience at the sight of Eiffel tower. We visited an Indian restaurant where I played with peacock. One of the most treasured memory is visiting Disney world in Paris. We had fun time in Disney world enjoying the rides. Next day, we went to Barcelona, in Spain. We saw Barcelona Olympic stadium. We walked in Las Ramblas street, most famous street and the Barcelona Beach. While returning, took a bus back to Amsterdam and attendant uncle took me to driver seat and for announcement. We returned to Amsterdam via Belgium, known for chocolates. Next day we went to IKEA mall. The next day we drove to border city -Volkenwarg. I saw people travelling by Caravan. Uttarect, Harleem, Mastritch, Marken Island with windmills are some of the places we visited. We travelled in bullet train to Zurich too. Train is convenient mode of travel in Europe and mother said that we should always carry our passport along. various festivals and it was July and was weather was good and Tulips flowers around. We explored local Trum and river cruise. After the beautiful vacation of twenty days, we returned to Mumbai and came back to our country India. This trip I felt is most memorable trip with my family as I could experience and visit so many countries in one trip and had an opportunity to have different food and information of so many countries.

The Transformative Power of Yoga: Why it's an Integral Part of My Life Introduction

In today's fast-paced world, finding moments of peace, stillness, and self-reflection can be challenging. However, for me, incorporating yoga into my daily routine has been a transformative practice that enhances my overall well-being. Whether it's the physical benefits, mental clarity, or spiritual connections, yoga has become an indispensable part of my life. In this article, I will delve into why I have chosen to include yoga in my daily routine and explore the countless benefits it offers. Physical Well-being: One of the primary reasons I include yoga in my life is the remarkable impact it has on my physical well-being. The practice of yoga involves a series of postures (asanas) that stretch and strengthen the body. Regular yoga sessions have helped me improve my flexibility, build muscle strength, and enhance my overall balance and coordination. Additionally, the slow and controlled movements in yoga help me become more mindful of my body, allowing me to identify and address any areas of tension or discomfort.

Mental Clarity and Stress Relief: In our increasingly busy lives, finding mental clarity and managing stress is crucial. Yoga provides a sanctuary for me to calm my mind and find inner peace. Through deep breathing exercises and meditation techniques, I have learned to let go of negative thoughts and embrace a more positive mindset. The focused attention required during yoga sessions allows me to be fully present and cultivate a sense of mindfulness, which has proven to be immensely effective in reducing stress and anxiety.

Spiritual Connection: Beyond the physical and mental aspects, yoga has also helped me deepen my spiritual connection. The practice encourages self-reflection and introspection, enabling me to explore my inner self and connect with a higher power or universal consciousness. Yoga philosophy, rooted in ancient wisdom, teaches me to live in harmony with myself and the world around me. This spiritual aspect of yoga has brought a sense of purpose and meaning to my life, helping me navigate challenges and find gratitude in everyday moments.

Community and Support: Yoga is not just an individual practice; it can also build a sense of community and support. Attending yoga classes and workshops has allowed me to connect with like-minded individuals who share a similar journey towards self-improvement. The supportive environment created by both instructors and fellow practitioners has been invaluable in my personal growth. The collective energy and positive vibes in a yoga class create a nurturing space where I feel encouraged to explore my limits and embrace my authentic self.



One word for many

- 1. One who helps others-Samaritan
- 2. One who believes in God Theist
- 3. One who looks at the brighter side of things Optimist
- 4. One who knows many languages Polyglot
- 5. Stanza of four lines Quatrain
- 6. A person who believes in fate Fatalist
- 7. New word coined by an author Neologism
- 8. One who speaks less Reticent
- 9. Study of stamp collection Philately
- 10. One who is new to a trade or profession Novice

Rajpreet Kaur Malhotra Primary Teacher

English Week Results (Grade 1– 5)

Story Time Inter-house Competition

Class	Position	Name of the student	House
Empowering IA	First	Mokshit Solleti	Red
	Second	Arnish Kothawade	Green
	Third	Arnav Kulkarni	Blue
Empowering IB	First	Saanvi Jaiswal	Yellow
	Second	Sanavi Arewar	Blue
	Third	Shravya Verma	Yellow
Empowering IC	First	Advay Kakade	Blue
	Second	Prisha Vaccha	Yellow
	Third	Shounak Kulkarni	Red
Empowering ID	First	Divit Kaundu	Red
	Second	Shreeja Magdum	Blue
	Third	Saatyaki Gupta	Blue
Empowering IE	First	Angad Mate	Blue
	Second	Ved Vartak	Red
	Third	Jiana Agarwal	Red
Empowering IIA	First	Aarav Kanaskar	Red
		Palash Ruchandani	Blue
	Second	Aarav Dhabu	Blue
	Third	Anvi Dhanwate	Red
Empowering IIB	First	Samaira Jain	Yellow
	Second	Aiza Ali	Red
	Third	Aarav Patil	Red
Empowering IIC	First	Dhairya Bang	Red
	Second	Aarvi Doiphode	Yellow
	Third	Bhairavee Jagtap	Red
Empowering IID	First	Lavisha Patil	Yellow
	Second	Akshaj Saxena	Red
	Third	Amaya Valechha	Red
		Kanishka Balhar	Red
Empowering IIE	First	Maanit Bhavsar	Red
	Second	Aarvi Pagar	Green
	Third	Sharvil Deore	Yellow
Empowering IIIA	First	Mihit Shinde	Blue
	Second	Kunal Maheswari	Yellow
		Darshil Kukadia	Yellow
	Third	Raau Kapadnis	Blue
Empowering IIIB	First	Aashvi Shrivastava	Red
		Arnav Patil	Yellow
	Second	Ayan Mishra	Yellow
	Third	Saanvi Mahadik	Green
Empowering IIIC	First	Rudra Dasgupta	Green
	Second	Arnav Kadam	Red
	Third	Harshika Das	Red
Empowering IIID	First	Ananya Khandare	Yellow
	Second	Y.Ganga Vihaan Reddy	Yellow
	Third	Kushal Maheshwari	Red

	Debate In	ter-house Competi	tion
	Debate III	Aarohi Vinod Gawali	
		Ilisha Singh Parihar	
		Sharvi Shailesh Bhople	
		Aarya Mukesh Patil	
	First	Amey Suhas Chaudhari	Blue House
		Kaivalya Santosh Balwadkar	
		Vedant Bhushan Sonawane	
		Avirup Paul Avni Nivrutti Vabale	
		Dhruva Rahul Patil	
		Diya Dharmesh Dhabalia	
		Riddhi Rakesh Falke	
		Saanvi Kushwaha	
F	Second		Yellow House
Empowering		Savya Prasad Bhanage	
IVA		Zunairah Kumarkiri	
		Arsh Imran Bhota	
		Mayank Sandeep Shah	
		Vishwajeet Sagar Balwadkar	
		Dhvani Manish Kumar Paliwal	
		Kavya Choudhary	
		Neeti Sharma	
		Shreeja Gaurav Vidhate	
	Third	Aayush Yogesh Nigal	Green House
		Gurucharan Sai Kanumuri	
		Yash Verma	
		Drishti Agrawal	
		Manish Budhe	
		Aaryadhya Yenpurre	
		Arshi. Puranik	1
		Ananya Patil	1
		Manasa Bhalla	-
		Pari Yadav	†
	First	Udita Tiwari	Green House
		Abhirva P Joshi	-
		Aunsh Borlikar	+
			1
		Rudra.k	4
		Soham Gobbarakal	
		Aarya Bhagat	-
		Anushree Bhave	1
		Kaushikka A	1
		Lavisha Jain	_
Empowering	Second	Laxita Thakur	Red House
IVB		Aarav Shirkey	
		Mayank Choudhary]
		Rajveer Thombhare	
		Vedant Gurav	
		Aashvi Kumar	
		Gunjan Gatkar	1
		Renee Jadhav	1
		Sameeha Mirza	1
		Sarakshi Deshmukh	1
	Third	Aaditya Pawar	Yellow House
	Hilla		- Tellow House
		Advait Despards	
		Advait Despande	
		Avneesh Thakre	
		Rajveer Balwadkar	
		Rudra Gupta	

	Avarna Sinha	
	Prattyusha Vairagade	
	Avarna Sinha	
	Aadyaansh Tripathi	
First	Archis Aniket Gite	Yellow House
	Farhaan Firoz	
	Shaurya Jayant Kasar	
	Siddharth Shukla	
	Utkarsh Balwadkar	
	Mahiya Bhalla	
	Trisha Sujit Chavan	
	Arnav Amol Taru	
	Kehar Singh	
Second	Nivaan Goyal	Blue House
3333113	Sharvil Bhushan Alti	
	Sharvil Atul Choudhary	
	Shreyas Maurya	
	Virean Khule	
	Yash Prakash Chougule	
	Aadya Pritam Kulkarni	
	Kavisha Sandip Bankar	
	Sannidhi Mahesh Wange	
	Swaranjali Sachin Sathe	
	Darshil Mulchandani	
Third		Red House
	Nikhil Namdev Katkar	
	Reyansh Urvesh Dand	
	Samyak Sanghpal Raut	
	Shreyas Vitthal Kausale	
	Ved Ankitkumar Patel	
	Shlok Bargal	
	Aadhya Sameer Mahajan	
	Shirin Jainoddin Patel	
	Ganesh Nagnath Shahoo	
First	Devang Deepak Patil	Green House
	Brahmi Rajat Rokde]
	Nishita Rohan Garade (New)	1
	Parnik Awasthi (New)	1
	Durva Sagar Hiray	1
	Vani Arya	
	Aaditya Pramod Nawankar	1
	Shravya Ekkar	-
	Parul Hemant Girsawle	1
		-
	Harsh Mohaniya	-
Second	Payal Choudhary	Red House
	Manaswi Nath	_
	Kanishq Pravin Tayde	4
	Raja Shivamshu Prasad Ryali	4
	Saharsh Nayak	4
	Aarini Nakul Lande (New)	4
	Om Balu Jadhav	
	Sarth Ashutosh Walawalkar	_
	Gautham Pedamallu	1
	Ishwari Nipanikar	
	Jaisvi Kukadia	
Third	Aarya Deepak Patil	Green House
l IIIIIG	Reyansh Aditya Jagtap	Green nouse
	Shravee Ravindra Varma	
	Yohaan Vijay Sawnani	
	Lipi Jain	

		1. Ananya Balwadkar	
		2. Durgeshwari Patil	
		3. Juveria Inamdar	
		4. Prayukta Varkhede	
	First	5. Shravya Nikam	Green House
		6. Swara Patil	
		7. Advait Jaltare	
		8. Aryaman Sontakke	
		9. Tanish Jirapure	
		1. Aaradhya Devra	
		2. Aashna Dalai	
	Second	3. Bhuvi Dutta	
		4. Mukti Shasmal	
Empowering		5. Shourya Damodhar	Red House
VA		6. Vaidehi Bhuvad	
		7. Aarush Sarode	
		8. Raghunath AR	
		9. Vivaan Sharma	
		1. Aaradhya Sharma	
		2. Arohi Aglawe	
		3. Charvi Mohapatra	
		4. Durva Chandere	
	Third	5. Iti Namdeo	Blue House
	Trilla	6. Darshak Patil	2.3.2 2 3.60
		7. Divyank Paparkar	
		8. Rajveer Balwadkar	
		J. Najvoor Barwaanar	
ļ			

	First	1. Abhinaya Dhamale 2. Shravani Patil 3. Adwita Dharme 4. Aadya Kulkarni 5. Satyajeet Bhujbal 6. Rajveer Patil 7. Samarth Kalamkar 8. Hridhaan Janwale 9. Hitarthi Dabhi 10. Svara Karpe	Ye ll ow House
Empowering VB	Second	 Shourya Kshirsagar Asmi Murkute Palakshi Ketu Anay Kumar Ruchir Jawale Usman Shaikh Anuj Ingawale Hrithika Priyadarshini Avantika Dange Charvi Agarwal 	Blue House
	Third	1. Karan Tamhane 2. Sejal Muthiyan 3. Harshada Ranawade 4. Pariniti Waghmare 5. SHarayu Khambe 6. Mohnish Amte 7. Saanvi Mehta 8. Mugdha Attarde 9. Vrinda Gorde	Green House

ſ			1. Aarna Sinha	
			2. Pratham Kale	
			3. Tejash Sahu	
ı			4. Trisha Jathar	
ı		First	5. Avantika Parasnis	Red House
			6. Ira Janwale	
1			7. Aarya Bhavsar	
			8. Arohi Kharat	
ı			9. Reyansh Sitpure	
ı			1. Shanaya Mahadik	
			2. Saksham Tembhare	
			3. Ovee Vyavhare	
		Second	4. Farhan Pathan	Blue House
	_			
ı	Empowering		5. Shivanshi Dhakate	
ı	VC		6. Pranjal Goyal	
ı			1. Ishaani Kolte	
ı			2. Anshika Solanki	
			3. Yuvraj Dubale	
			4. Kadambari Bhande	
			5. Swara Ingole	
			6. Tanvi Jagtap	
ı		Third	7. Vihang Shinde	Green House
		TIMIC	8. Ramma Misal	Oreerriouse
ı			9. Yuvaan Singh	
ı			10. Shaunak Kallianpur	
ı			111. Harsh Talwade	
ı			12. Apurva Aware	
ı			13. Sai Pujesh Kattulapalli	
ŀ			1. Aadinath Kadam	
ı			2. Lakshya Bhardwaj	
ı			3. Ikshita Amte	
ı			4. Mohil Thakur	
ı			5. Poorv Chauhan	
ı		First		Red House
ı		1 1151	6. Aarna Patil 7. Dhanshree Londhe	Red House
			8. Varad Khirsagar	
			9. Trisha Ghorpade	
			10. Avleen Mehta	
			11. Kavya Patil	
			1. G. Advit Naidu	
	Empowering		2. Darsh Kulkarni	
ı	. VD	0 1	3. Aaradhya Kadam	DI II
		Second	4. Purva Patil	Blue House
ı			5. Mihir Sabade	
ı			6. Vaisnavi Pathare	
			7. Paranjay Verma	
			1. Advik Ghatpande	
			2. Amar Mukhiya	
		Third	3. Nitika Patel	
			4. Aniruddha Nannaware	Green House
١		111113	5. Aarohi Lohiya	0.001110030
			6. Sarthak Ghige	
			7. Pranjal Pandit	
			8. Adwita Akad <mark>kar</mark>	

Quit India Week Results (Grade 1- 5)

Fancy Dress Inter-house Competition

	First	Aaradhya Mane	Green
Empowering IA	Second	Mayank Bobade	Red
	Third	Anvika Balwadkar	Blue
	First	Saanvi Jaiswal	Yellow
Empowering IB	Second	Sanavi Arewar	Blue
	Third	Shravan Balwadkar	Green
	First	Ira Saxena	Yellow
Empowering IC	Second	Shounak Kulkarni	Red
	Third	Prisha Vachha	Yellow
	First	Saatyaki Gupta	Blue
Empowering ID	Second	Vanshika Jadhav	Yellow
	Third	Nitya Sharma	Green
	First	Amira Kumbhar	Yellow
Empowering IE	Second	Hridhaan Parende	Blue
	Third	Shivansh Takle	Yellow
	First	Spruha Gorde	Green
Empowering IIA	Second	Hritika Deolekar	Green
	Third	Malhar Yeotikar	Blue
	First	Samaira Jain	Yellow
Empowering IIB	Second	Mihaan Desai	Blue
	Third	Aavya Agrawal	Red
	First	Bhairavee Jagtap	Red
Empowering IIC	Second	Vihaan Karkhanis	Green
	Third	Krit Mirashi	Blue
	First	Taksh Tupe	Red
Empowering IID	Second	Shlok Kalantri	Green
	Third	Shreekar Patil	Green
	First	Rishi Panchariya	Yellow
Empowering IIE	Second	Maanit Bhavsar	Red
	Third	Sara Karnawat	Yellow
	First	Aarohi Shah Yellow	Red
Empowering IIIA	Second	Mihit Sinde Blue	Green
	Third	Raau Kapadnis Blue	Blue

	First	Saanvi Mahadik - Green	Yellow
Empowering IIIB	Second	Shourya Jagtap - Yellow	Blue
	Third	Srujan Waghmare - Blue	Yellow
	First	Arnav Kadam - Red House	Blue
Empowering IIIC	Second	Mihansh Regundwar - Blue house	Yellow
	Third	Arnav Patil - Yellow House	Red
	First	Smrithi Vivek- Green	Red
Empowering IIID	Second	Kushal Maheshwari - Red	Blue
	Third	Aarav Khare- Yellow	Blue
	First	Riddhi Falke	Red
Empowering IVA	Second	Drishti Agrawal	Green
	Third	Yash Verma	Blue
	First	Udita Tiwari	Green
Empowering IVB	Second	Laxita Thakur	Red
	Third	Lavisha Jain	Red
	First	Sannidhi Wange	Red
Empowering IVC	Second	Swarit Amrutkar	Green
	Third	Aadya Kulkarni	Red
	First	Aaditya Nawankar	Red
Empowering IVD	Second	Reyansh Jagtap	Blue
	Third	Ishwari Nipanikar	Blue
	First	Arohi Aglawe	Blue
Inspiring VA	Second	Aryaman Sontakke	Green
	Third	Viraaj Rathore	Yellow
	First	Hrithika Priyadarshini	Blue
Inspiring VB	Second	Sejal Muthiyan	Green
	Third	Rajveer Patil	Yellow
	First	Ayansh Srivastava	Yellow
Inspiring VC	Second	Ira Janwale	Red
	Third	Swara Ingole	Green
	First	Sarthak Ghige	Green
Inspiring VD	Second	Trisha Ghorpade	Red
	Third	Avleen Mehta	Red

Lal Bahadur Shastri: A Man of Simplicity and Strength

Lal Bahadur Shastri, India's second Prime Minister, might have been a diminutive figure in stature, but he was a giant in the world of leadership. His life, filled with stories of humility, courage, and conviction, offers lessons that continue to inspire.

A Lesson in Honesty

As a young boy, Shastriji and his friends were helping themselves to mangoes on a farm in his village. The farmer who owned the land happened to see them and came chasing after them. The boys made an escape but Lal Bahadur got caught. Consumed with guilt, he apologised for his act and pleaded that he did not have a father. This softened the farmer slightly and he let him off with a passing remark "If you do not have a father, you ought to be behaving more responsibly and taking charge of looking after your family instead of running about stealing mangoes!" Young Lal Bahadur was alarmed at the farmer's words. It stirred something within him – a sense of duty, integrity and greater purpose. He never forgot this lesson and his integrity was a trait that he carried throughout his life, showing us that we can always correct our mistakes.

The Scholarly Leader

Shastriji's pursuit of knowledge knew no bounds. He swam across the Ganges River every day to attend school, displaying perseverance and commitment to his education. This very dedication would later lead him to successfully guide India during critical times like the Indo-Pakistan War of 1965.

The Humble Statesman

One of the most heartwarming anecdotes of Shastriji's life is his insistence on living simply. Shastriji did not own a car though the family members had been pestering him for one. He told his secretary to find out how much a Fiat car cost. The price was found to be Rs 12,000. But Shastri had only Rs 7,000 in the bank. He applied to PNB bank for a loan of Rs 5,000, which was sanctioned. Shastri passed away before he could pay back the loan. After his death, Shastriji's wife repaid from the family pension. Such was the simplicity of Shastriji. He considered himself a common man and never took advantage of his position.

The Courageous Leader

During the challenging times of the 1965 war, Shastriji coined the slogan "Jai Jawan, Jai Kisan" (Hail the Soldier, Hail the Farmer). He understood the importance of both the soldiers who protect the nation and the farmers who feed it. This example of leadership underlines the essence of recognizing and appreciating the unsung heroes of our society.

Discipline, values, wisdom, and courage highlight Lal Bahadur Shastri's life. From his humble beginnings to his unflinching leadership, his real-life stories continue to be a guiding light for the young and old alike. Let us take inspiration from his life and strive to live with honesty, simplicity, and empathy. Shastriji's legacy will always remind us that great leaders are often those who walk among us, leading with kindness and conviction.

Anuradha Chitnis Parent of Aarav Chitnis Empowering IVB

Spotlight Interview Mihir Mudvikar

Three adjectives that describe me.

A:	Tall, approachable, fun to be around
2. A:	Three things I get scolded upon by my parents. Not resting enough, not caring about my studies as much
as	I am supposed to, getting injured during sparring.
3. A:	Hike doing my homework with Myself
4. A:	My Favorite colour is Any dark colour
5. A:	My favorite cartoon character is Ferb from Phineas and Ferb
6. A:	My favorite bedtime story I don't listen to any
7. A:	Food that I dislike eating. I don't dislike any
8. A:	I am a spicy/sweet food lover Spicy
9. A:	My three best friends Aarush M, Shreesh J, Advya B
10. A:	My nickname at home is I don't have any
11. A:	If my one wish came true, what would it be Financial freedom
12. A:	If I get to be a chance to be a cartoon character I would be Mr Krabs
13. A:	Who is your favorite teacher? Suchismita Ma'am
14. A:	My favorite flavour of a birthday cake is? Red Velvet
15. A:	If I was allowed to have a pet, the animal would be a dog
16. A:	Toys cry for don't cry but do want a punching bag
17. A:	Wish me Birthday on? 26th March
18. A:	My parents and teachers like me because I shoulder responsibilities well

Ruskin Bond - Master of Adventures in Ink

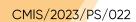
Ruskin Bond, born 19 May 1934 in Kasauli, a town in Himachal Pradesh, a place that would later inspire him for many of his stories. He is widely known and highly influential in the development of literature among children and adults in India. It is certainly worth discovering the life of this illustrious personality.

Ruskin Bond has authored more than 70 books for children and 500+ short stories and essays. His stories mostly revolve around children and his experiences growing up. You must've read one of them! And if you haven't already then some of his most famous books to read and recommend to read are 'The Blue Umbrella', 'The Room on the Roof', 'Cherry Tree' and 'Angry River'. Now more about Ruskin Bond himself and how he grew to be the great person he is now. He had a bit of a distressed childhood but he overcame it with enjoying his surroundings. He has always been a creative person since childhood. He won many awards for writing during his school years, like the Irwin Divinity Prize and Hailey Literature Prize. The first twenty years of his life impacted him in such a way that it made him one of the best writers known. That is when he had developed his simplistic yet interesting reading and writing style that quickly attracted readers. It was one of the magical aspects of Ruskin Bond's writing. His style was easy enough for children to understand and enjoy. That's when he started to become popular amongst the children. He later on won many awards with some of them being 'Sahitya Akademi Award', 'Padma Shri', 'Padma Bhushan' and more..

One thing that is common in all his stories and books is nature. It is a very essential character in his stories. When you read his books you feel as if you're feeling the gentle breeze pass by and hearing the sound of rustling leaves. It's as if nature comes alive through his words. Although all his stories increase curiosity, joy and sometimes a little bit of spookiness along the reader. While reading, you'll find your imagination soaring new places. His stories always lift your spirit and make you laugh and sometimes teach you about life and friendship.

In conclusion, Ruskin Bond is not just a writer, he is a magician whose words are his spells. His stories are like a place which has no limits to imagination. Every page is a new adventure to unfold. So pick up a Ruskin Bond book and unleash your creativity and imagination.

Purva Roshan Shahare Inspiring VIIIA





Date: 31/08/2023

Upcoming Events Circular for September 2023

Dear Parent,

Kindly note the following events for the month of September 2023.

Sr. No.	Date	Day	Event	Note
1	05/09/2023	Tuesday	Teachers' Day Celebration	Reporting time is 8:10 am .D ispersal time is 1:00 pm.
2	06/09/2023	Wednesda y	Janmashtami Celebration	Students are to come in traditional attire.
3	07/09/2023	Thursday	Janmashtami	Holiday
4	09/09/2023	Saturday	Term -1 Exam begins (Grades I – VIII) PT 2 Exams begin – Grade	The syllabus and date sheet are already shared.
			IX	
5	14/09/2023	Thursday	Hindi Divas	Special Assembly.
6	16/09/2023	Saturday	Grade X PTM -2	Time slots will be shared.
7	18/09/2023	Monday	Ganesh Chaturthi Celebration	Special Assembly.
8	19/09/2023	Tuesday	Ganesh Chaturthi	Holiday
9	22/09/2023	Friday	Gauri Pujan	Holiday
10	28/09/2023	Thursday	Anant Chaturdashi	Holiday

Regards

Ighal Kame

Principal

Young Chef – Healthy Eating (3 Rain Snacks Recipe)

1. Oats and Whole Wheat Choco chip Cookies

Ingredients:

Ghee: 1/4 Cup

Powdered Sugar: 11 Tbsp Vanilla Essence: Few Drops

Milk: 4Tbsp

Baking Soda: 1/4Tsp

Whole Wheat Flour: 1/2 Cup + 1/4 Cup

Oats Powder: 1/2 Cup

Choco Chips

Process:

- 1. In a mixing bowl, mix the ghee and sugar together well.
- 2. Add milk and vanilla to the ghee and sugar mix.
- 3. Add wheat flour, oats powder and baking soda to the above mix to form a dough.
- 4. Add choco chips (or chopped chocolate) to the dough and mix well.
- 5. Keep the dough in the refrigerator for half an hour.
- 6. Take the dough out and shape the cookies.
- 7. Bake at 180oC for 10-12 minutes in a preheated oven.
- 8. For crispier cookies, bake at 160oC for 15-20 minutes.

2. Boondi Chaat

Ingredients:

Boondi

Chopped Onion

Chopped Tomato

Chopped Cucumber

Chopped Coriander

Coriander Chutney

Tamarind Chutney

Chat Masala

Salt

Lemon

Process:

- 1. In a mixing bowl, mix chopped onion, tomato and cucumber.
- 2. In a separate small bowl, mix coriander chutney, tamarind chutney, chat masala, salt and lemon, all as per your taste.
- 3. Add the boondi and the chutney mix to the vegetables bowl.
- 4. Mix well and adjust the taste as per your choice.
- 5. Add the coriander, mix well and serve

3. Jowar and Whole Wheat Cheela

Ingredients:

Jowar Flour:1Cup

Whole Wheat Flour: 1Cup

Carrot: Grated
Beetroot: Grated
Onion: Fine Chopped
Coriander: Fine Chopped
Roasted Jeera Powder
Red Chilli Powder

Salt Water

Process:

- 1. In a bowl, mix jowar flour and wheat flour.
- 2. Add water to form a batter.
- 3. Add all the vegetables and spices to the batter.
- 4. Mix well and adjust the consistency.
- 5. Spread the batter on a seasoned preheated iron tawa or a non-stick pan.
- 6. Cook on both the sides.
- 7. Serve with chutney or tomato sauce.

Aavya Agrawal Empowering IIB

Picture Gallery



1. Mihir is sincere and an obedient student and also versatile in sports. He has a magnetic personality that makes people like him.

He is a gifted child. At such a tender age he is very focused and has a clear idea about what he aspires to become in life. He has won various awards and prizes in basketball and tennis in the year 2022-23.

The Head Boy – Master Mihir Mudvikar



2. Advika is decorous with polished manners. She makes good balance between studies and extra-curricular activities. She is good in sports and won bronze medal in interschool basketball competition. She also won silver in public speaking competition. She has also received chair person's honor award for winning 2nd position in interschool Art Competition.

The Head Girl- Miss Advika Bhardwaj



3. Dhruv Thombre is a good leader, scholar and intellectual. He is accountable and enterprising. He has won academic award and was the student of the year in 2022-23. He is an outstandning basketball player and has participated in various tournament. He has also won many awards in Olympiads like IMO and NSO.

The Vice Head Boy- Master Dhruv Thombre



4. Sayali is an exceptionally well behaved child with outstanding academic excellence. A phenomenal team player and thus a favourite of all. She is an exceptional football player and an outstanding athlete. She won gold in SFA Athletics and was also part of winning football team.

The Vice Head Girl - Miss Sayali Raikar



5. Advika is confident, determined and compassionate individual. She is competitive and has an excellent leadership qualities. She is a gold medallist in various district and state level skating competition and has also represented the school in basketball, athletics and yoga.

The Sports Captain-Miss Advika Patil



6. Sahasra is a A level headed composed person, leads the school equamity be it basketball or Athletics where she has represented the school, due to this quick-wittedness, she has created a special place for herself. She has won second prize in SFA Basket Ball competition 2022 & has also been awarded student of the year for the academic year 2019-20.

The Vice Sports Captain-Miss Sahasra Bulusu.



7. Ananya possesses a zealous personality that holds your attention and makes her a fond Captain amongst her peers. She is a certified keyboard player from Trinity School of London. She also won third position in interhouse table tennis competition.

The Cultural Captain-Miss Ananya Kanaskar



8. Jaiveer has a very effervescent personality tends to all the duties with energy & commitment. He has won First prize in Ekatvam Dance Competition in 2022 and second prize in Nrityang Dance Competition in 2019. He is not only a fantastic dancer but a good musician

He won golds and silver medal in sports like cricket and taekwondo. He has won the consisistency award in the year 2017 and has also won 1st prize in extempory competition 2022.

The Vice Cultural Captain-Master Jaiveer Singh Rana



9. Red colour symbolizes passion, sincerity, power and strength. Presenting the captain of Red house Master R. Karthikeya Karthikeya has zestful and lively personality. He has many achievements in football and was runner up for the Pune District cup 2022.

The Red House Captain-Master R. Karthikeya



10. Mukti Shasmal has a pedantic personality, puts forth his earnest efforts towards a task given. She has got student of the year and best academics award in 2022-23. She also won gold medal in fun race.

The Red House Vice Captain-Miss Mukti Shasmal



11. Purva's smile showers sunshine and rightly so the captain of yellow house. In a very short span, he has managed to hold the attention of everyone around, as much space for himself amongst his peers. She has won 4 medals for Basketball,1 medal for Taekando and 3 medals for discipline in school. She has also won student of the year award for the year 2022–23.

The Yellow House Captain-Miss Purva Girgaokar



12. Abhinaya has regardful personality, earnestly believes in being in the forefront to head her house. Respect runs through her veins. She won Gold medal in Ignited Mind Lab and sliver medal in Football and 2 medals in Dance Competition. . She got awarded as Student of the in 2022-23. syear

The Yellow House Vice Captain – Miss Abhinaya Dhamale



13. Aadyasha is scholarly and exhibits constitutional leadership qualities. She is always in the forefront for any event or activity. She won 1nd rank in International Maths Olympiad and is State topper in Indian Talent Olympiad. She has also won student of the year and academic awards for 2 consecutive years.

The Blue House Captain- Miss Aadyasha Mishra



14. Hrithika beams with a gracious smile always. A leader in the making. Knows how to take her peers along towards a successful path. She has a good motivational power. She has won best academic achievemeeent award in school and also won gold medal in Lawn tennis.

The Blue House Vice Captain – Miss Hrithika Priyadarshini



15. Tvisha is extremely enthusiastic in the work he does. He is a highly spirited sports person. Obliging and thoughtful in behaviour. She has competed in lots of art and dance competitions.

The Green House Captain – Miss Tvisha Karnik



16. Swara is an owner of an infectious smile. Very committed and diligent towards all her duties, and believes in leading by an example. She has won 15 medals from various places in Skating and also got a black belt in Kararte.

The Green House Vice Captain - Miss Swara Patil

Popular Children Series Review

Alex & Katie is an all too popular American sitcom written by Heather Wordham as a Netflix Originals series. It is a show that follows the journey of two best friends; Alexa and Katie, through their days navigating as students in high school. Alexa, played by Paris Berelc, finds out the devastating news that she has cancer at the beginning of the school year. Her best friend, Katie, played by Isabel May ensures that she is with Alexa at every step of the way.

With a sweet teen-soap tone that lightens up the heaviness of a main character in cancer treatment, this dramedy goes down easier than you'd expect. Supportive (and believable!) female friendships are rare on TV; more often than not, female characters are in competition or just coexisting on the same screen. So when Alexa and Katie show their friendship in tangible ways, like when Katie shaves her head in solidarity with Alexa's chemo hair loss, or when Alexa tags a sign "Alexa + K8tie 4ever," viewers with their own real-life sisterly friendships will feel a tingle of recognition -- and the thrill of seeing part of themselves represented.

Sure, it isn't realistic but it is a sitcom and designed to be on the lighter side of things. So what Alexa & Katie does, it does well. It is well written, well-acted and each episode, particularly in season 3 covers a new challenge as the girls move through the school year. Overall it is nice, fun family tv and similar to The Big Show Show, it focuses on family and friendship which is great for kids and really can't be a bad thing.



Rachana Pathrikar Primary Teacher

THE FAMOUS FIVE (Review)

These books are the books that I couldn't put down. Each chapter ends with a "what's going to happen next?", "what's going happen next?" These books are written by Enid Blyton.

It's about a family with a cousin and a dog called Timothy. There are five of them together which make the Famous Five. There are three boys: Dick, Julian, Timothy. Julian is the oldest of the five, he is strong, intelligent and brave. Dick is younger than Julian. He has a cheeky sense of humour, but is also dependable and kind in nature. Timothy (also called Timmy) is a dog owned by Georgina. He is also brave and strong like her. There are two girls; one is Anne who is helpful and sensible. One is Georgina, (she would like to be a boy so I think I should say GEORGE), sometimes she is bad tempered but then other times she is nice and 'a delight' according to Julian.

My favourite Famous Five adventure is "Famous Five Run Away Together". Their good cook is ill and they get a horrible replacement. They need to escape from her so they grab some water and food and run away to George's Island. When they get there, they find something. When the five thinks that she has come to find them but they discover they are wrong!

This is Enid's last written book, its interesting and he has the complete control of all stories and his style. I love the Famous Five Series.

Mayank Chaudhari Inspiring VII D

National Sports Day



Major Dhyanchand birthday, 29 August, is celebrated as National Sports Day in India every year. India's highest sporting honour, Major Dhyan Chand Khel Ratna Award is named after him.

The National Sports Day in India is celebrated on 29 August, on the birth anniversary of hockey player Major Dhyan Chand. This day marks the birthday of Major Dhyan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936.

The National SportsDay is meant to commemorate the legend and create awareness on the importance of sports, fitness and health. Children must take part in sports because it is essential for their fitness, health and positive overall development.

The day is important because it reminds people to perform physical exercises and participate in sports regularly.

Sports have countless health advantages such as a lower chance of obesity, sound sleep, increased cardiovascular fitness, good bone health, and proper coordination and balance of the body.

some of Indian Indigenous game which ministry of youthaffairs has also made documentaries of various indigenous games in order to showcase and promote/revive them, namely, Gatka, Roll Ball, Tug of War, Kalaripayattu, Thang-Ta, Kho-Kho, Mallakhamb, Shooting Ball, Sqay, Kabaddi, Gilli Danda, Sikkim Archery, Dhoop Khel and Cowrie Khel, Paika Akhada and kabaddi.

It was on this day in 2008 that Abhinav Bindra became first Indian individual Olympic gold medal winner. A near-perfect 10.8 on his last shot in the men's 10m air rifle shooting event at the Beijing 2008 Olympics helped the then 25-year-old Abhinav Bindra become an Olympic champion. Murlikant Petkar. At Heidelberg 1972, war hero Petkar created history by becoming the first Indian to win a Paralympic gold medal.

India won total 51 medal till date in Olympic and there are many medals yet to come.

National sports day give encouragement to the students to play sports and make country proud for winnining medals for nation.

Jay Shinde Sports Teacher

OPINION MATTERS :- WHY SPORTS ARE IMPORTANT IN LIFE.

Introduction

Sports and games are physical activities involved in competitive skill development. Sports activities for both men and women need to be promoted to enhance the person's physical, mental, and financial health. It plays various significant roles in strengthening the nation by building the character and health of its citizens. Sports bring speed and activeness to a human's way of acting.

Role of Sports in Building Health and Nation

No one can ever ignore role games and sports as it is important. People can be involved in sports activities for personal and professional growth. It is suitable for both boys and girls to build fine physiques. It makes people mentally alert, physically active, and strong. Good health and a peaceful mind are the two most important benefits of sports. Students are the country's youth, and sports activities can benefit them more. They can be more disciplined, healthy, active, and punctual and can easily cope with any difficult situation in their personal and professional life. Being involved in sports regularly helps to overcome anxiety, tension, and nervousness easily. It improves the physiological functions of the body organs and thus positively regulates whole body functioning. It helps maintain body health and thus keeps the mind peaceful, sharp, and active with improved concentration. It boosts the body and mind's power and energy level. It gives everyone a nice break from monotonous life.

Sports have a bright professional career, so youths interested in it do not need to worry and only need to continue their sport with complete dedication. It teaches everyone to work in a team by developing a sense of cooperation and building team spirit. More inclination towards sports makes a person and a nation financially healthy and strong.

As we can see, sport is not only a medium of entertainment or activity of leisure time, but it also plays important roles in all life perspectives. Because of the importance of sports, there are various national and international sports events organised across the country and in the world. These events help bridge the gap, reduce tension between countries, and make the global audience witness the diverse traditions and cultures of the world. It teaches the importance of discipline, punctuality, responsibility, and respect for others. Sport lays the foundation for healthy individuals and develops their capabilities and personalities to build a well-developed and resilient nation.

SAHASRA BULUSU Vice Sports Captain Inspiring VIIC

A Career in Sports

Sports have all the ingredients to build strong personalities, healthy minds and keep us fit and agile to take up challenges and come strong. In our country, where academics take a centre stage in deciding the career individual picks for themselves to have a career which gives certain guarantee of their future and contrast to career in sports is still considered not so lucrative to be opted for. And there is nothing wrong in that perception as we all want a secure future which is mainly based on the number of job opportunities available, stability and the remuneration attached to it.

The Indian sports industry has been showing an increasing growth trend and as per recent report of 2022, it crossed INR 14000 crore i.e., 49% revenue growth to previous year. With the focus and transformational changes brought in by both state and central government in Indian sports like National Sports Talent Contest Scheme (NSTC), Khelo India, Special Area Game Scheme(SAG), Target Olympic Podium Scheme (TOPS), Fit India and hosting various international sports pageant gives immense boost to Indian sports industry. It's the best time for our Indian sports aspirants to look for a career in Sports, if they have the interest.

Most of the individuals, mainly Parents has a wrong perception that to build a career in sports, the wards will have to leave studies, or they should be high ranked in National or State level or to have represented the country at international level to pick a career in sports. These thoughts will lead to following doubts,

- As the winners, podium places and representing the country will be very less on the top of the pyramid than what about the rest at other sections of the pyramid?
- How can I make a career in sports when I have not played sports at the highest level?
- What about the studies which got impacted in due course?
- Many more???

While pursuing Sports it's not necessary to leave academics or ignore studies, it's just about prioritising something over other to excel on the one you have prioritised at that phase. And at certain point of the sports career if aspirant wish to move toward academics, there are many colleges and universities within country and globally offering sports related degree. Many Indian athletes have worked out the right balance between their sports and studies and excelled in both. Few such names are Manasi Joshi (Badminton), Sathiyan Gnanasekaran (Table Tennis), Viswanathan Anand (Chess), Abhishek Verma (Shooting), Shikha Tandon (Swimmer) and many others.

If you have not played sports at the highest level still it doesn't hold you back in starting your career in the sports industry with the experience, knowledge and understanding of the sports you have gained while pursuing professional sports.

Let's see what all sports related careers currently are available.

- As a sportsman who has performed continuously at state, national & International level can get an opportunity to work with Indian PSU i.e. Petroleum, Banks and other sectors.
- As a sportsman who has performed at national and international level can be associated with big clubs within a country or a different part of the world and earn contractual remuneration.
- As a sportsman you can work as a professional coach at school, district, state, national also at international level at different levels
- Other career opportunity in sports (priority for sports exp) are Athlete trainer, Sports Physio and medical experts, Nutritionist, Sports journalism, Administrative (Govt / Private), sports marketing, sports equipment related, Sports event management, Physical and Mental Therapist,, Sports announcer and commentator, Sports Agent, Sports writer, Sports Photographer etc

As India is booming in every sector and sports is not left behind. With Indian athlete shinning and bringing laurel for the country and creating a high standard of performance which gives enormous opportunity to explore sports as a career.

Importance of Involvement of Fathers in Early Childhood

To the hero we call father!

While our society often paints the picture of a father as the sole breadwinner and the mother as the sole caregiver for the children, it is very important for a child to have both father and mother to play a role in their overall development. While moms are usually the ones who take charge of the upbringing of the child as they are more nurturing, a father has a very important role to play if he wants his child to grow into a wellgrown adult. Children whose fathers are involved in their daily care such as feeding, bathing and playing together, tend to be more confident; and, as they grow older, enjoy stronger social connections with peers. Fathers who care for, nurture, and play with their babies raise children with higher IQs and with better language and cognitive skills.

The more time fathers spend in enriching, stimulating play with their child—such as playing pretend or sharing stories—the better the child's math and reading is. An Involved father provides his child a feeling of security, whether physical, emotional, mental or spiritual. As the head of the family, a father must teach his children the basic principles and values for them to follow in their lives. It is the duty of a father to instruct his children about the code of conduct that needs to be followed while living in the society.

Parents are always being watched by their children, observing what you do and how you treat others. A father is an important role model for his children as they will learn what a man should be from his example. Forming a healthy relationship with your child will set the stage for the two of you becoming friends as adults. Fathers are more often the ones who are more involved in monkeying around with the children. An involved father will enjoy having his children ride around on his back, play catch and other physical activities that can sometimes be strenuous. The emotional support provided by a father to his child is a priceless gift. By helping kids to understand how much they are valued and loved, children with supportive fathers are more likely to have high self-esteem and are generally happier and more confident. Fatherhood is life-changing, for dads and for children. Getting involved with the child is the Advice for all the Fathers out there.

Maruf Khan Parent of Inaaya Khilwani Joyful B1

Astronomical Events

We all find the universe and the objects in it such as stars, galaxies, satellites fascinating, don't we. Let us know more about them by diving into this world of 'Astronomical Events'!

- A big, hot, strange world(WASP-76 b)
 Astronomers have discovered a very strange planet named 'WASP-76 b'. It is approximately 637.0 light years away from the earth. WASP-76 b is a strange world. It reaches extreme temperatures because it is very close to its parent star, a massive star 634 light-years away in the constellation of Pisces: approximately 12 times closer than Mercury is to the Sun.
- Supermoon(Witnessed on 1st August, 2023)

 A supermoon is a phenomena in which the moon is bigger than is usual size. It takes place when the full moon or a new moon nearly coincides with perigee—the closest that the Moon comes to the Earth in its elliptic orbit—resulting in a slightly larger—than—usual apparent size of the Moon as viewed from Earth. Supermoons are not unusual. They occur as a regular part of the Moon's orbit of Earth. There is no formal scientific definition of a supermoon, but it occurs when a full Moon is also closest to the Earth.
- The Newly-Forming Quadruple Star-System In a surprising find, the international ALMA Survey of Orion Planck Galactic Cold Clumps (ALMASOP) team recently observed a young quadruple star system within a star-forming region in the Orion constellation. When observing a dense cold core in Orion B GMC about 1,500 light-years from Earth, they observed a system of four stellar objects. These consisted of two protostars (contracting mass of gas which represents early stage of star formation) and two gas concentrations that are likely to undergo gravitational collapse in the near future.
- The most distant active supermassive black hole.

 Researchers have discovered the most distant active supermassive black hole to date with James Webb Space Telescope (JWST). The black hole named CEERS 1019 existed just over 570 million years after the big bang. Its black hole is less massive than any other yet identified in the early universe. It is one of the discoveries of JWST which also found other 11 black holes during the Cosmic Evolution Early Release Science (CEERS) Survey which led to the discovery of CEERS 1019's discovery.

Divya Goyal Inspiring VIII B

Yoga as daily routine in teen ages

Yoga is an ancient practice that is originated in India. It involves movement, meditation, and breathing techniques to promote mental and physical well-being. Yoga is a mind and body practice that can build strength and flexibility. It may also help manage pain and reduce stress. Various styles of yoga combine physical postures, breathing techniques, and meditation.

Yoga is beneficial to people of all age groups. It improves flexibility, strength and stamina as well as reduces stress and anxiety. It Improves sleep and helps to maintain mental clarity.

As children get older, their emotional and physical abilities and needs change. Yoga for teenagers is as beneficial as it is for adults. Yoga is a safe and potentially effective therapy that can help children and teens cope with physical and mental conditions and help improve emotional and behavioral well-being

Yoga can be beneficial for teenagers in a variety of ways to help them mentally, emotionally and physically: -

Physical Health -

Teenagers nowadays have set stereotypical standards about their appearances. They go to extreme measures in trying to fit in with everybody around them. Yoga helps teenagers improve their physical fitness without focusing on their appearance. Plus, yoga offers incredible benefits to teenagers as they grow, including improved posture and spine health, flexibility, balance, strength and coordination.

Stress management -

Teenagers balance a lot, from coping with exams and college admissions to juggling extracurriculars and homework, plus navigating social situations. Yoga can help teenagers carve out time for themselves, while developing powerful coping mechanisms to deal with stress and anxiety.

Better focus -

Teenage brains aren't designed to sit in a classroom for eight hours every day. Add in hormones, sports, activities, friends and social media, and it's easy to see why it can be hard for teenagers to focus. Yoga can help teens to center their focus, improve their attention span and be able to concentrate better throughout the day.

Confidence -

Puberty and peer pressure can take their toll on teens' confidence, which is why so many teenagers struggle with positive self-image. Yoga can give teenagers a regular practice of self-love, to help build confidence and a positive self-image around their identities and bodies. Yoga practices that focus on opening the third chakra, or solar plexus, are particularly beneficial for building confidence, self-esteem, ambition and setting personal boundaries.

Most Teenagers start do yoga with a lot of enthusiasm at first, but then that slowly dies down mainly because they aren't able to manage it in their "busy schedules". So how are you supposed to fit in time for yoga? Here are a few tips.

Break it down -

If you can't find time to do a full yoga session, try doing it in chunks. How about for 15 minutes after you get up and 15 minutes before bed? Or try doing some yoga poses to break up a long study session.

Find a time that works for you -

Some people have more success working out in the morning before the day's activities sidetrack them. Others find that an after-school workout is the perfect way to unwind. Experiment with working out at different times of the day and find the time that fits your schedule and energy level best.

Find a workout buddy -

Doing your yoga routines with a friend is a great way to stay motivated. You'll be less likely to miss your workout if you have an appointment with a friend. You and your buddy can help keep each other on track.

Consistency is Key -

If you want the benefits that yoga provides, you'll want to do it consistently. A once-amonth yoga workout may relieve some stress, but for benefits like increased flexibility and stamina, you should aim to practice yoga a couple of times a week.

Set Goals -

Perhaps you'd like to incorporate power yoga into your routine so you get a better strength workout. Maybe you go to yoga class once a week and your goal is to start practicing on your own at home. Whatever you choose as your goal, make sure you reward yourself when you accomplish it!

Advika Patil Sports Captain Victorious IX – B

Five Indian Handlooms

A Handloom is a traditional weaving craft practised by generations of artisans to create attractive textile designs.

The Indian handlooms have their roots in the ancient Indus Valley civilization and that the textiles produced there were exported to the distant lands of China, Rome, and Europe.

There are many Famous types of Indian Handlooms like Paithani, Bandhani, Kunbi, Chanderi and Kalamkari

Paithani:

The Paithani sarees are mostly woven in Paithan in Maharashtra. Yeola, Pune, Nasik and Malegaon in Maharashtra are the other centres where weaving of Paithani sarees is undertaken. These sarees were initially woven specially for queens and other members of the royal family by weavers in the palaces. A Paithani weave leaves no threads hanging. It is all sealed and doesn't get entangled with accessories, which always makes brides heave a sigh of relief. It is made of silk and zari



Bandhani:

The art of Bandhani is a highly skilled process. The technique involves dyeing a fabric which is tied tightly with a thread at several points, thus producing a variety of patterns like Chandrakala, Bavan Baug, Shikari etcetera; depending on the manner in which the cloth is tied.

The main colour used in Bandhani are yellow, red, blue, green and black. Each colour is traditionally tied to specific cultural meaning. Red is a symbol of marriage and is connected to rituals of married women, yellow stands for spring and is connected to both the season and childbirth, saffron is the colour of renouncer of the world and connects with warriors ready to give up their life in war or to yogis who give up worldly life, black and maroon are used for mourning.



Kunbi:

The origin of the kunbi saree authentically lies within the kunbi tribe of Goa. The textile is not just a piece of clothing but a lifestyle for the kunbi women who have been known to be agriculturalists, for many generations.

Kunbi saree is dyed in red and black and woven in small and large checks. The dye was obtained from recipe of iron ore, rice kanji (starch) and vinegar. All this abundantly found in Goa. This saree was originally worn without the choli; however it was worn with a simple blouse having puffed sleeves.

The Kunbi saree is draped by tying in the fabric below the shoulder and a strip of cloth is crossed over the left shoulder and fastened on the back. One of the interesting features of this saree apart from its checkered all over effect is its border.



Chanderi:

Chanderis famous for its drape of saree with rich gold border at the 'pallu' and some selectiveones having gold embellishments with lotus roundels or butis, spread all across the six yards. Chanderi involvein production of three kinds of fabrics mainly: Pure silk where the warp and weft is woven in pure silk. Chanderi fabric was used to design only sarees. But after the evolution within the fashion industry, the fabric is used to design various outfits like, indowestern, tops, and many more. Rather than outfits, chanderi fabric is also used to design curtains and pillows

History. The weaving culture of Chanderi emerged between the 2nd and 7th centuries. It is situated on the boundary of two cultural regions of the state, Malwa and Bundelkhand. The people of the Vindhyachal Ranges have a wide range of traditions.



Kalamkari:

Kalamkari is a type of hand printed or hand block printed cotton textile. Kalamkari refers to the ancient style of hand painting that is done with a tamarind pen, using natural dyes. Literal meaning of Kalamkari is kalam, which means pen and kari which refers to craftsmanship; which is derived from a Persian word.

Kalamkari is known to be a healing fabric, as the colors, motifs and the narration of magical forms create an aura that heals an individual physically and spiritually. Only natural dyes are used in Kalamkari, which is an ancient style of hand painting done on cotton or silk fabric with a tamarind pen.



World Elephant Day – 10 Fun Facts about Elephants!

Elephants are incredible creatures, and on World Elephant Day – 12th August, we celebrate these majestic animals and learn some fascinating facts about them!

Largest Land Animals: Elephants hold the title for being the largest land animals on our planet. Imagine standing next to an elephant that can reach heights of up to 13 feet and weigh as much as 14,000 pounds – that's like having a small car walking around!

Marvellous Trunks: One of the most unique features of elephants is their long trunks. This special nose isn't just for breathing; it's like an elephant's multi-purpose tool! They use their trunks to grab food, drink water, and even play in the mud.

Sensational Smellers: Elephants have an extraordinary sense of smell. They can sniff out food from miles away and even locate water sources in vast landscapes.

Cool Ears: Those big ears aren't just for listening; they serve as natural air conditioners. When it's hot, elephants flap their ears to cool themselves down, just like having built-in fans.

Family Bonds: Elephants are very social animals that live in groups known as herds. They take care of each other, especially the adorable baby elephants called calves. It's like having a big elephant family!

Gentle Nature: Despite their enormous size, elephants are known for their gentle and caring personalities. Some elephants have even been spotted helping smaller animals by allowing them to ride on their backs.

Intelligent Beings: Elephants are incredibly smart. They have remarkable memories and can remember things for a very long time. They learn from each other and even figure out complex tasks.

African vs. Asian: There are two main types of elephants – African and Asian. You can tell them apart by looking at their ears. African elephants have big ears shaped like the African continent, while Asian elephants have smaller, rounder ears.

Tusks as Tools: Some elephants have long, curved teeth called tusks. These tusks are versatile tools. Elephants use them to dig for food, defend themselves from danger, and even move objects.

Artistic Elephants: Did you know that elephants can paint? With their trunks holding paintbrushes, they create beautiful artwork. Each elephant has its own unique painting style.

It's essential to remember that elephants are special and deserve our care and protection. By learning more about these amazing animals, we can better appreciate their role in nature and work together to ensure their well-being. Happy World Elephant Day!

Neelam Kharche Primary Teacher

Swami Vivekananda

Swami Vivekananda was a Hindu spiritual leader. He was a key figure in the introduction of Indian philosophy to the West, and his ideas had a good impact on people all over the world.

Vivekananda, original name Narendra Nath Datta was born on January 12, 1863, in the city of Calcutta into a wealthy Bengali family and died on July 4, 1902, (39 years). He was a brilliant student and excelled in his studies. However, he was also troubled by the poverty and suffering he saw around him.

In 1881, Vivekananda met Ramakrishna, a Hindu saint. Ramakrishna's teachings about the unity of all religions and the development of everyone to achieve spiritual enlightenment had a good impact on Vivekananda. He became Ramakrishna's follower and took the name Vivekananda, which means "Bliss of Knowledge."

After Ramakrishna's death in 1886, Vivekananda traveled all over India, spreading Ramakrishna's teachings. He also founded the Ramakrishna Mission, a non-profit organization that promotes social service, education, and religious harmony.

In 1893, Vivekananda traveled to the United States to attend the World Parliament of Religions in Chicago. His speech at the Parliament was a major turning point in his life. He spoke about the greatness of Hinduism and its message of universal brotherhood. His speech was a huge success, and it helped to introduce Hinduism to the West.

Vivekananda returned to India in 1897 and continued to work tirelessly for the people who suffered from poverty. He established many schools, colleges, and hospitals, and he also founded the Ramakrishna Math, an order dedicated to the search of spiritual knowledge.

After Vivekananda 's death, However, his legacy lives on. His teachings have inspired millions of people all over the world, and he is considered one of the most important figures in modern Hinduism.

Here are some of the key ideas that Swami Vivekananda taught:

- The essential unity of all religions.
- The potential of everyone to achieve spiritual enlightenment.
- The importance of service to humanity.
- The need for social reform and upliftment.
- The power of the human mind and the importance of self-discipline.

Vivekananda's teachings are still relevant today. They offer a message of hope and inspiration to people all over the world. He showed us that we all have the potential to achieve greatness, and that we can make a difference in the world.

Swami Vivekananda was a truly remarkable man. He was a brilliant thinker, and a tireless worker for social reform. His life and teachings have had a profound impact on the world, and he continues to inspire people all over the world.

5 WAYS TO RECYCLE CLOTH

Recycling is important in today's world if we want to leave this planet for our future generations. It is good for the environment since we are making new products from the old products which are of no use to us. Recycling begins at home. If you are not throwing away any of your old products and instead utilizing it for something new, then you are actually recycling.

When you think of recycling, you should really think about the whole idea; reduce, reuse and recycle. We've been careless up to this point with the way we've treated the Earth, and it's time to change, not just the way we do things but the way we think

We Should Recycle Because Recycling:

- Helps in keeping the environment clean
- Reduces the amount of waste produced
- Helps in the conservation of many non-renewable resources
- Saves energy and thus helps in avoiding energy crisis
- Prevents landfills and incinerators from getting extremely overloaded
- Saves and protects the economy of a household
- Helps in creating new job opportunities
- Restrains the hunt for raw materials

1. Investing in clothes from circular fashion brands

Supporting brands like that use recycled materials, or better yet, use recycled materials and also give their customers the ability to send their clothing directly back to be recycled by the company, is a powerful way to ensure the future is circular and waste-free.



2. Donating good quality items

Donating good quality clothing to clothing banks or charitable organizations is a good option too, as long as you make sure you're not just using them as dumping grounds. A good rule of thumb is to do a gut check and if you don't think you'd be able to sell a piece on a re-selling app, it might not be re-sellable for a charity, either.



3. Patching

Sometimes, using a contrasting fabric to patch a piece of fraying clothing can be a fun style statement. If your style is more minimalist, you can always try this on kids' clothing first, as their clothing is usually more colorful, and it might feel like the stakes are a little lower, too.



4. Rag rugs

Rag rugs, also called Toothbrush or Amish style rugs, are a classic way to recycle old clothes at home. It may look intimidating at first, but with the help of this handy video tutorial from Barri-Jayne Makes, you'll soon be hooked



5. Quilts

Quilting may be a rather complex art, but it's also a lovely way to reuse old clothes with sentimental value. If you're a beginner to quilt-making, keep things simple with simple squares of fabric, and go from there.



Sabiya Vhanvad Secondary Teacher

Etiquettes – Importance of forgiving – Why should you Forgive

What is forgiveness?

Forgiveness means different things to different people. But in general, it involves an intentional decision to let go of resentment and anger.

The act that hurt or offended you might always be with you. But working on forgiveness can lessen that act's grip on you. It can help free you from the control of the person who harmed you. Sometimes, forgiveness might even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean forgetting or excusing the harm done to you. It also doesn't necessarily mean making up with the person who caused the harm. Forgiveness brings a kind of peace that allows you to focus on yourself and helps you go on with life.

What are the benefits of forgiving someone?

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- Healthier relationships.
- Improved mental health.
- Less anxiety, stress and hostility.
- Fewer symptoms of depression.
- Lower blood pressure.
- A stronger immune system.
- Improved heart health.
- Improved self-esteem.

Why is it so easy to hold a grudge?

Being hurt by someone, particularly someone you love and trust, can cause anger, sadness and confusion. If you dwell on hurtful events or situations, grudges filled with resentment and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by bitterness or a sense of injustice.

Some people are naturally more forgiving than others. But even if you tend to hold a grudge, almost anyone can learn to be more forgiving.

What are the effects of holding a grudge?

If you struggle with finding forgiveness, you might:

- Bring anger and bitterness into new relationships and experiences.
- Become so wrapped up in the wrong that you can't enjoy the present.
- Become depressed, irritable or anxious.
- Feel at odds with your spiritual beliefs.
- Lose valuable and enriching connections with others.

How do I move toward a state of forgiveness?

Forgiveness is a commitment to change. It takes practice. To move toward forgiveness, you might:

- Recognize the value of forgiveness and how it can improve your life.
- Identify what needs healing and who you want to forgive.
- Join a support group or see a counselor.
- Acknowledge your emotions about the harm done to you, recognize how those emotions affect your behaviour and work to release them.
- Choose to forgive the person who's offended you.
- Release the control and power that the offending person and situation have had in your life.

What happens if I can't forgive someone?

Forgiveness can be hard, especially if the person who hurt you doesn't admit wrong doing. If you find yourself stuck:

- Practice empathy. Try seeing the situation from the other person's point of view.
- Ask yourself about the circumstances that may have led the other person to behave in such a way. Perhaps you would have reacted similarly if you faced the same situation.
- Reflect on times when others have forgiven you.
- Write in a journal, pray or use guided meditation. Or talk with a person you've found to be wise and compassionate, such as a spiritual leader, a mental health provider, or an impartial loved one or friend.
- Be aware that forgiveness is a process. Even small hurts may need to be revisited and forgiven again and again.

Priyanka RupchandaniPrimary B Coordinator

Ways to spend your weekend!

Weekends help you work smart during the week. In short, relaxing well on the weekend helps you reclaim your life. Resting during the weekend gives your body and mind a chance to recharge and recover from the stresses of the week. This can help you feel more energized and productive when you return back to your normal routine on Monday. Resting improves your mood:

When we forget what life is, weekends give us the scope to enjoy life to the fullest. It gives us the opportunity to look at our life in new ways. We all need some time to spend with ourselves only.

Here are a few ways to spend your weekends -

1. Make time for family and friends.

This is especially important for those who don't spend much time with their loved ones during the week.

2. Exercise.

Everyone needs to do it, and if you can't work out 4 to 5 days during the workweek, you need to be active on weekends to make up for some of that time. It's the perfect opportunity to clear your mind and create fresh ideas.

3. Pursue a passion.

Successful people make time for what is important or fun.

4. Vacation.

Getting away for the weekend provides a great respite from the grind of an intense week.

5. Disconnect.

Stay disconnected and avoid phones and emails. It's ok to be disconnected.

6. Volunteer.

The volunteer work provides a balance to the heavy analytical work we do all week and fulfills the need to be creative.

7. Avoid chores.

Every weekend has a few have-to-dos, but spend the minimum amount of time possible on them.

8. Plan.

Planning makes people more effective, and doing it before the week starts means you can hit Monday ready to go, and means you'll give clear directions to the people who work for you, so they will be ready to go, too.

9. Socialize.

Humans are social creatures, and studies of people's experienced happiness throughout the day.

10. Gardening/crafts/games/sports/cooking/cultural activities.

This is especially important for those cooped up with work all week. For pure joy, some find great satisfaction in creating beautiful gardens.

11. Network.

Networking isn't an event for a successful person, it's a lifestyle. Wherever you go and whatever you do, manage to connect with new people.

12. Reflect.

Appreciate what you have and reflect on your happiness and accomplishments. Weekends are a great chance to reflect and be more introspective about bigger issues. Successful people know that time is too precious to be totally leisurely about leisure, you're not going to waste that time by failing to think about what you'd like to do with it, and thus losing the weekend to TV, puttering, inefficient e-mail checking, and chores. If you don't have a busy

workweek, your weekend doesn't matter so much. But if you're going to work out every day, it

certainly does.

Shraddha Miraj Shedge Secondary Coordinator

Organ Donation Day – Importance of Body organs and how to upkeep them



World Organ Donation Day, observed globally on August 13th each year, stands as a poignant reminder of the profound impact organ donation can have on individuals and communities. This day is dedicated to shedding light on the crucial importance of organ donation and dispelling the myths that sometimes surround this act of generosity. The overarching aim of this observance is to encourage and educate individuals about the significance of pledging their organs after their passing, a decision that has the potential to save numerous lives in dire need of organ transplantation. Organ donation involves the voluntary act of allowing one's organs to be legally harvested and transplanted into another person, either while the donor is alive or after their passing, provided they have given their consent. This selfless act exemplifies the highest form of humanitarianism, embodying the essence of compassion and empathy for fellow human beings.

Against the backdrop of a world facing a steady rise in cases of organ failure and other life-threatening conditions, the urgency of organ donation takes center stage. The pandemic further exacerbated the pressing need for available organs, amplifying the importance of initiatives like World Organ Donation Day. By offering their organs, individuals hold the power to save up to eight lives, potentially impacting not just the recipients but their families, friends, and entire communities.

The theme for World Organ Donation Day in 2023, "Step up to volunteer; need more organ donors to fill the lacunae," underscores the collective responsibility to address the gap between organ demand and supply. In India, where the World Organ Donation Day is now observed on August 3rd, commemorating the country's first successful deceased-donor heart transplant in 1994, the journey towards organ donation self-sufficiency is an ongoing endeavor. Despite significant milestones, the rate of deceased donors remains relatively low, highlighting the need for continuous awareness campaigns and education.

Amid the collective effort to address the shortage of available organs, it is imperative to consider how we can actively contribute to the upkeep of our own organs. Just as organ donation can transform lives, the maintenance of our organs is pivotal for overall health. Nurturing our organs through mindful choices further amplifies the significance of World Organ Donation Day. A holistic approach to well-being resonates deeply with the spirit of this observance. Up keeping our organs involves embracing a healthy lifestyle. By adopting a balanced and nutritious diet, engaging in regular physical activity, and prioritizing hydration, we create an environment that supports optimal organ function. Managing stress through relaxation techniques and ensuring adequate sleep further contributes to our organ health. Avoiding harmful habits like smoking and excessive alcohol consumption protects organs such as the lungs and liver.

In aligning the principles of organ donation and organ upkeep, we recognize the interconnectedness of individual and collective well-being. Each step we take toward maintaining our own organs becomes a testament to the reverence we hold for life itself. Just as the act of donating organs can save lives, the commitment to preserving our own organs speaks to a profound respect for the gift of life that we all share.

In conclusion, World Organ Donation Day stands as an annual beacon of hope and enlightenment. It beckons us to contemplate the immense impact we can have on the lives of others through the simple act of organ donation. This day resonates with the core human values of altruism and empathy, urging us all to consider the legacy we can leave by offering the gift of life to those in need.

Gunjan Khandekar Primary A Coordinator

Grooming Tips Importance of oiling your Hair

Hair oiling is a practice where natural oils are spread or massaged throughout your hair to increase shine, moisture and overall health. This beauty routine has its roots in coconut oil Indian tradition, the world of natural hair care.

If you Google the term, a couple of different methods pop up. Some recommend applying natural oils to your scalp, while others suggest putting it on the ends of your hair to keep it hydrated and hide split ends.

There are also specific techniques to hair oiling, as well as different oil types you can use to get particular benefits.

Most of my Sunday & Wednesday evenings as a job were spent putting oil in my hair. The blue bottle of Parachute coconut hair oil, a fixture in most Indian homes. The proceed to give head massages for hair.

It was a sweet, attentive way to show her care for us.

Chhaya Ghanshyam Sports Teacher

INDIA OF MY DREAMS.

Happy morning to all. Growing up in India, I already feel like I was born in the best place, considering the conditions of the world around, all the changes in today's atmosphere, all these new inventions, and the corruption of nations. Thinking about the future of my country, I believe in "children are the future of the nation." So, in the India of my dreams, all children should be educated regardless of their backgrounds. The nation has always been a renowned country for its education systems, but if even 90% of the nation is educated, we would be reaching greater heights.

Gender equality – don't you think that as of now we are still yet to actually achieve gender equality?

I would like my nation to treat females and males equally. Women should get paid as much as men, and men should be understood like women. If the nation is equal, the peace of the country will be visible, and I am sure of it. Unity, on top of it all, will surely be in our hands.

This nation of my dreams shall not be a canvas that is yet to be painted, but a nation covered in the colors of diversity. Diversity – isn't it what makes a nation special, one of a kind, and widely known? It is not obtained easily because first, we need to accept ourselves and others the way they are. It is not an easy task; it takes so much dedication just to "accept and move on for the best of me and them." Supporting all and what is within me is the most important point if the means are of reaching acceptance and diversity.

Solving the problem of racism – the country I want for the generations after shall not judge based on their race and color. Difference is good, but a nation treating it wrongly is a fault of its own, and with this, we are going downhill for the progress of our country and ourselves. Racism is what takes us down a bit, but imagine our India being free of our biases, letting our differences be the future of the nation. I don't want to be stopped on the best path just because of beautiful differences, nor do I want it to be this way for anyone. So, the India of my dreams will make differences be their strength.

All these factors – unity, diversity, education, and equality – are the future I want for the India of my dreams. The nation will be the nation it has the strength of, but it really lies in our hands how we want the home for generations to be together. "With great power comes great responsibility," says a wise man. It is the future of our India.

Tvisha Karnik Inspiring VI C