

Volume: 3.1



# SKP'S

## C M INTERNATIONAL SCHOOL

### MIND MIRAGE SCHOOL MAGAZINE





**Dear Readers,**

With immense pride and great pleasure, I present to you the quarterly issue of our CMIS monthly magazine, MIND MIRAGE.

The rationale behind this creative project is to build a bridge between students and the school which will encourage them to voice their opinions freely from an early age on a published platform like MIND MIRAGE.

This magazine aims to bring to life important themes that will nurture the students in becoming responsible citizens in the future. It also aims to provide enriching content to the readers while encouraging them to participate in content creation. This platform will elevate the confidence of students, bring to light their hidden talents, and shower them with recognition.

CMIS in-house monthly magazine will go a long way in improving a student's performance in all spheres with furtherance from parents and teachers in the form of meaningful submissions to the editorial team for every issue of MIND MIRAGE.

The editorial team consists of talented writers who will conceive, design, and develop the theme of the magazine for an enriching reading experience. I hope you enjoy reading this magazine and be inspired by it in a million ways!

**Dr. Saagar Balwadkar**  
**Secretary- SKP CAMPUS, Balewadi**





## Dear Readers.

I am delighted to present this month's edition of our school's e magazine Mind Mirage to the students, parents and all the well-wishers of our campus. In this edition we have compiled articles from all the students, teachers and parents.

As it is rightly said "Reading is a gateway to learning anything about everything", this edition of Mind Mirage is all about inculcating habits of readings as well as writing in our students. It provides glimpses into the life at C M International School along with creative writings from students, teachers and parents. There is something for every student according to the variable interests.

Behind each presentation is a budding artist who has put his heart and soul into his work.

I am very grateful to all the students for their enthusiastic participation as well as to the editorial team, teachers and parents for their investment of time and care to ensure what is presented in the magazine gives the readers a sense of joy as they ponder over the pages of the magazine. I hope readers will find this edition of the magazine more useful and attractive than the previous editions.

Readers suggestions and feedbacks are always welcome.  
Reading takes you places. Keep reading and exploring.

## Happy Reading..



# Teacher Interview

## Q1. Tell a bit about yourself.

Ans - I am Gunjan Khandekar, and I approach life with a blend of joy and professionalism, valuing punctuality and attention to detail in everything I do. Transitioning from engineering to teaching was a transformative step driven by my passion for guiding young minds. Starting as a pre-primary teacher and now thriving as a coordinator, I tackle each day with enthusiasm and a commitment to excellence. Seeing my students grow brings me immense joy, motivating me to instill in them the values of hard work and dedication that have shaped my journey.



## Q2. What is it like being a teacher? Is it fun, exciting or stressful?

Ans - Being a teacher can be a mix of all those things and more! incredibly rewarding to witness your students learn and grow, and there are many moments of joy and excitement when you see them grasp a new concept or achieve a goal. Building relationships with your students and seeing the impact you have on their lives can be deeply fulfilling. However, teaching can also be challenging and stressful at times. Juggling diverse needs, planning engaging lessons, and managing classroom dynamics can be demanding. Despite the challenges, the opportunity to shape young minds and make a lasting impact makes teaching an immensely satisfying and meaningful profession.

## Q3. In what ways do you encourage creativity in your classroom?

Ans - Encouraging creativity in the classroom is crucial for nurturing students innovative thinking and problem-solving skills. To foster creativity, I cultivate an environment that values curiosity and exploration. Through open-ended discussions and flexible learning spaces, students are empowered to express themselves and engage with content in meaningful ways. I encourage questioning and provide opportunities for students to experiment, take risks, and make connections between different concepts. By incorporating arts and creative activities into the curriculum and celebrating diversity of thought, I promote a culture of creativity where every student feels supported and inspired to unleash their imagination.

## Q4. Tell us about your likes and hobbies.

Ans – I love reading, whether it getting lost in the pages of a gripping novel or diving into thought-provoking non-fiction. Dancing is another passion of mine; there something incredibly freeing about moving to the rhythm and expressing myself through dance. Music is a constant companion in my life - I enjoy discovering new artists and genres, and I find that music has a way of soothing my soul and uplifting my spirits. Traveling is one of my greatest joys; exploring new places, experiencing different cultures, and immersing myself in the world beauty never fails to inspire me. I also have a fondness for night drives; there a peacefulness and sense of freedom that comes with cruising along deserted roads under the stars, just me and the open road.



**Q5. Do you make learning fun for students? How?**

Ans - Yes, absolutely! Making learning enjoyable is a top priority in my classroom. I strive to create a dynamic and positive learning environment through various engaging strategies such as interactive activities, technology integration, and multimedia resources. By incorporating storytelling, humor, and opportunities for student collaboration and creativity, I aim to captivate students interest and foster their enthusiasm for learning. Recognizing and celebrating students achievements further reinforces their motivation and engagement. Overall, my goal is to ensure that every student finds joy and fulfillment in their educational journey.

**Q6. Besides lecture, which other methods of teaching do you use?**

Ans - In addition to lectures, I utilize group discussions, hands-on activities, and problem-based learning to engage students. Active learning exercises, technology integration, and the flipped classroom model further enhance learning. Projects, peer teaching, and peer assessment foster collaboration and critical thinking. These methods cater to diverse learning styles and create dynamic learning environments.

**Q7. Would you describe yourself as a tough or understanding teacher?**

Ans - I would describe myself as a blend of both tough and understanding. While I set high standards for my students and expect them to meet those expectations, I also recognize the importance of understanding their individual needs and circumstances. I believe in providing support and guidance to help students overcome challenges and reach their full potential. This balanced approach allows me to maintain discipline and accountability while fostering a supportive and encouraging learning environment.

**Q8. How do you use technology to enrich your lessons?**

Ans - I enhance my lessons by using technology to explain topics visually and provide hands-on practice. I create interactive presentations with videos and slideshows to make learning more engaging. Additionally, I guide students through practical activities on the computer, allowing them to apply what they've learned in real time. By integrating technology in this way, I ensure that students not only understand concepts but also gain valuable skills through practical experience.

**Q9. Who according to you is a gifted student?**

Ans - A gifted student is someone who is exceptionally talented or has a special ability compared to other students. They might be really good at school subjects, like math or writing, or they might be great at things like art, music, or leadership. These students often love learning and are really good at figuring things out. It important to give them opportunities to learn and grow so they can reach their full potential.

**Q10. Who / What inspired you to become a teacher?**

Ans - My inspiration to become a teacher was sparked by the supportive encouragement from my grandmother-in-law. Despite not having a specific initial inspiration, her backing and belief in my teaching abilities likely provided the catalyst for me to pursue this path. Having the support of my husband further solidified my decision to pursue teaching. wonderful to have a partner who believes in your abilities and encourages you to follow your passions. remarkable how unexpected sources of support can profoundly influence our career choices and journeys.



**Q11. List 5 adjectives that accurately describe your personality.**

Ans – The adjectives that describe my personality are –

1. Enthusiastic
2. Honest
3. Punctual
4. Supportive
5. Open-minded

**Q12. What were you like as a student?**

Ans - As a student, I likely excelled in academic subjects, enjoyed learning new things, and thrived in structured environments. I was probably curious, diligent, and eager to participate in discussions or activities that stimulated my intellect. However, like any student, I have encountered challenges from time to time and required support and guidance to overcome them. Overall, I approached my studies with enthusiasm and a desire to grow intellectually.

**Q13. Have you got an award or any other recognition as a teacher in your teaching career so far? Tell us about that.**

Ans - Not any specific award, but the love and appreciation from my students throughout my teaching career have been incredibly rewarding. Transitioning from a pre-primary teacher to a coordinator has been a significant milestone in my journey. Witnessing the growth and development of my students, as well as being able to contribute to their educational journey, has been the greatest recognition and fulfillment I could ask for as an educator.

**Q14. In your opinion what is the biggest challenge that teachers face today?**

Ans - One significant challenge that teachers face today is the need to adapt their teaching methods to accommodate diverse learning styles and needs within increasingly diverse classrooms. This includes catering to students with various abilities, backgrounds, and learning preferences while still meeting curriculum standards and educational goals. Additionally, with the advancement of technology and the prevalence of digital distractions, teachers often find it challenging to engage students effectively and foster genuine interest in learning.

**Q15. What would be your advice for the teachers who have just embarked on this journey?**

Ans - For teachers just starting, here a blend of guidance:

- 1. Connect and Collaborate:** Forge connections with fellow educators; together, you can share ideas and support each other growth.
- 2. Stay Nimble:** Embrace flexibility to adjust your approach as needed, ensuring you meet the diverse needs of your students effectively.
- 3. Prioritize Wellness:** Love yourself, and make self-care a non-negotiable; nurturing your own well-being enables you to give your best to your students.
- 4. Reflect with Purpose:** Regularly pause to reflect on your practice; this intentional introspection fuels continuous improvement.
- 5. Cherish Milestones:** Celebrate every milestone, no matter how small; these moments fuel your passion and sustain your journey in education.

By  
**Gunjan Khandekar**  
Primary A - Coordinator



# Student Interview

**1. Give yourself three adjectives that describe your personality.**

Ans: My name is Parth Vidhate studying in Empowering IVC.  
I would like to describe myself as Studying, Hard-working, Analytical.

**2. What are your hobbies?**

Ans: I like reading and playing football, cricket, Uno.

**3. What do you like the most about your school?**

Ans: I like the sports and study both. The teachers do their best to make us both things understand.

**4. Which subject interests you the most?**

Ans: I like Mathematics and EVS.  
Mathematics is very easy and EVS helps me to do experiments that I cannot understand by myself.

**5. Who is your favourite teacher?**

Ans: My favourite teacher is Sweta Ma'am.

**6. Who is your role model and why?**

Ans: My role model is Rakesh Sharma because he was the first Indian to go to space. I want to go to space as well.

**7. What do you want to become when you grow up?**

Ans: I want to be an astronaut when I grow up. I want to explore space and other planets.

**8. Which is your favourite food item?**

Ans: My favourite food item is chola bhatura.

**9. What do you usually do on weekends / Sundays**

Ans: I play a lot on weekends. I spend some time watching movies with my family

**10. What qualities do you see while making friends ?**

Ans: They ask who we are then if we could be their friend. Once friendship is done, we come to save them from any danger.

**11. Do you have any phobias? If yes, what are they?**

Ans: I don't have any phobias.

**12. If your one wish comes true, what would it be?**

Ans: It would be getting a pet cat.

**13. If you get a chance to be a cartoon character, who would you be?**

Ans: I would definitely be Mickey Mouse.

**14. How much time do you spend outdoor playing?**

Ans: I spend 2 hours playing on weekdays and 4-5 hours on weekends.

**15. If you were allowed to have a pet, which animal would it be?**

Ans: It would be nice to have a cat.



By  
**Parth Vidhate**  
**Empowering IVC**

# PARENT INTERVIEWS

## • TELL US ABOUT YOURSELF

I am Amarjeet Kaur Bhalla, an engineer and MBA in Systems & Finance with exposure from IT industry of 12 years. Post leaving IT, I explored baking, fashion designing, yoga and teaching Sanskrit and maths. Currently, I am exploring the arena of stock market and learning from my three wonderful girls, Muskan (grade 11) and Manasa and Mahiya Bhalla (Empowering IV).

## • WHAT ARE YOUR INTERESTS

I love reading books from all spheres- fiction, non-fiction, self -improvement, finance, yoga, religion, etc. Besides this, I love playing tennis and watching movies.

## • WHAT DO YOU THINK MAKES AN IDEAL PARENT?

An ideal parent leads by example. They offer guidance to their kids and prepare them with life's challenges and to accept responsibilities. They focus on raising good human beings, someone who holds empathy, love and kindness for everyone around.

## • HOW DO YOU BALANCE YOUR PERSONAL AND PROFESSIONAL LIFE?

I have a flexible professional life (9AM to 3.30 PM). My day is always planned and if something peeps in, I focus on resolving it. Being aware of myself and my capabilities helps me balance life. I explain and say 'NO' for what I can't do and seek help from kids and others around when needed.

## • WHOM WOULD YOU CREDIT AS YOUR GUIDING SUPPORT IN THIS JOURNEY

Foremost, my parents (including my elder siblings) and my teachers who raised me to this person. I am thankful to Almighty to keep wonderful people around me who had been a support – family, friends, teachers and sometimes complete strangers. .

## • WHAT IS YOUR FITNESS ROUTINE

I do yoga (30-40 mins) daily and play tennis 3-4 times a week. I also meditate and read as per the time I get.

## • WHAT IS YOUR PARENTING STYLE

I believe in giving responsibilities. I offer suggestions but give flexibility to my children to discuss their viewpoint. I am strict and funny as per the situations. If they resist doing any important task, I often think of other ways to get it done. I try to lead by example as that works best for me.



### **TELL US ABOUT YOUR PROFESSION**

I trade in stock market from last two years. I am still learning as the field is financially risky and new for me. It is emotionally very challenging for me. It needs a lot of discipline and patience and I am learning to cope up with it.

### **WHAT IS YOUR PARENTAL SUGGESTION FOR OUR STUDENTS**

Practice empathy and kindness with everyone around. Enjoy whatever you do- what you enjoy will never look like a task. Don't be demotivated- the journey to success is more beautiful than the destination. Treasure your friends for they are ones who will keep pushing you ahead.

### **WHAT IS YOUR IDEA OF HAPPINESS**

Staying happy is not difficult to achieve. We can find happiness in simple things. Don't make life complicated- keep it simple and enjoy little moments. Stay positive and compare your progress with yourself.

# Pre - Primary Photo Gallery





# Dishes Made From Sesame Seeds in India

Sesame seeds have many potential health benefits. For instance, they may protect against heart disease, diabetes, and arthritis. But you may need to eat significant amounts — a small handful per day - to gain health benefits.

## Here are some healthy and delicious sesame seeds or til recipes:

### 1. Til ke Laddu



Til-gur laddos are made with sesame seeds, jaggery, and peanuts.

#### Ingredients :

- 2 cups Sesame seeds
- 2 cups grated jaggery
- 2 tbsp Desi Ghee

#### Method:

1. Toast the sesame seeds on medium heat while stirring continuously. Once toasted transfer to another container to cool.
2. Heat a pan and add the ghee in it. Next add in the jaggery and begin melting on low heat.
3. Once the jaggery starts foaming, cook for about a minute.
4. Turn off the flame and mix the sesame quickly into the jaggery. Do not over cool it, otherwise it will harden and set.
5. Dip your hand in a bowl of water. Using a spoon put a small portion of the mixture in your hand.
6. Gently shape the mixture into a ball using wet hands. Allow to cool completely before storing.

## 2. Til ka halwa



Til-gur laddoos are made with sesame seeds, jaggery, and peanuts.

### Ingredients :

- Soaked sesame seeds 1cup
- Til and peanut chikki 1cup
- Ghee 1cup
- Jaggery water 1cup
- Khoya 1cup
- Cardamom powder  $\frac{1}{4}$  tsp

### Method:

1. In a grinder add 1cup over night soaked sesame seeds and grind it in to fine paste.
2. In an another mixer grinder add til and peanut chikki and grind it well.
3. In a kadhai add ghee, prepared til paste and mix it until it's brown . Now add jaggery water, grind chikki, khoya and mix it well
4. Once cooked properly switch off the flame sprinkle some cardamom powder and mix it well
5. Once it at room temperature serve it in a bowl garnish it with some crushed chikki from top.

## 2. Til ka halwa

### Ingredients:

- $\frac{1}{4}$  cup white sesame seeds (til)
- 1 cup chopped jaggery (gur)
- 2 tablespoons dried coconut slices
- 2 tsps coconut oil + for greasing
- $\frac{1}{2}$  teaspoon green cardamom powder
- 2-3 tablespoons toasted peanuts



### Method:

1. Dry-roast white sesame seeds and in a non-stick pan till light golden brown.
2. Transfer in a bowl. Similarly, dry-roast dried coconut slices and transfer in another bowl.
3. Heat 2 teaspoons coconut oil in another non-stick pan. Add jaggery and cook till it melts.
4. Add cardamom powder, roasted sesame seeds, peanuts and roasted coconut and mix well.
5. Grease a barfi tray with some coconut oil, put the jaggery-sesame seeds mixture and level it out. Keep aside till it semi-sets.
6. Make marks of  $\frac{1}{2}$  inch squares and keep aside till it sets completely. Demould, cut into squares and serve.

By  
Sweta Aglawe  
Primary Teacher



# Values to Learn from Lord Rama



Your values are the beliefs and principles that you believe are important in the way that you live and work. They determine your priorities and guide your decisions and the way you act towards others. When the things that you do, and the way that you behave, match your values, life is usually good. Lord Rama, in the words of Swami Vivekananda, is "the embodiment of truth, of morality, the ideal son, the ideal husband, and above all, the ideal king". As a person, Rama personifies the characteristics of an ideal person (purushottama), who is to be emulated. He had within him all the desirable virtues that any individual would seek to aspire to, and he fulfilled all his moral obligations.

Following are some important values that we can take from Lord Shri Ram.

**Kind and Generous** - Shri Rama was a paragon of virtues. Rama was not only kind and affectionate but generous and considerate of feelings for all around him. He was very simple and free from flamboyance.

**Honoring commitments** - Rama's purity and piety in his intentions and actions inspire affection and devotion for him from a variety of characters from different backgrounds.

**Obey our parents** - For example, he gave up his rightful claim to the throne and agreed to go into exile for fourteen years, to fulfil the vow that his father had given to Kaikeyi, one of King Dasharatha's wives. This is even though Kaikeyi's son, Bharata, begged him to return to Ayodhya and said that he did not want to rule in place of Rama. But Rama considered his dharma as a son above that of his birthright and his life's ambition.

**Knowledge** – He knew the importance of knowledge. When Ravana was dying, Rama asked his brother Lakshmana to take life lessons from Ravana as Ravana was a very knowledgeable person.

**Truth** - Lord Rama, in the words of Swami Vivekananda, is "the embodiment of **truth**, of morality, the ideal son, the ideal husband, and above all, the ideal king".

**Forgiveness** - The Ramayana teaches us the power of forgiveness. When Sita is kidnapped by Ravana, Rama forgives his brother Lakshmana for leaving Sita alone and goes to rescue her. Similarly, when Ravana is killed, Rama forgives him for his misdeeds and performs his last rites with respect and honour. Forgiveness is not a sign of weakness but a sign of strength. It allows us to let go of our anger and resentment and move on with our lives. When we forgive others, we not only free ourselves from negative emotions but also create a positive environment around us.

By  
Pranjali Parite  
Primary - A Teacher



# Unveiling the Ancient Map of India: Insights from the Ramayana Period

## Introduction:

The Ramayana, an ancient Indian epic, offers a fascinating glimpse into the geography of India during the mythical Treta Yuga. Exploring the narrative reveals intriguing details about the landscape, cities, and regions that existed during this period. While the epic primarily serves as a religious and cultural guide, scholars have delved into its verses to reconstruct an ancient map of India.

## Geographical Features:

The Ramayana describes a diverse and rich landscape, including forests, mountains, and rivers. Ayodhya, the capital of Kosala, is prominently featured, along with other important regions such as Kishkindha, Lanka, and the lush forests where Lord Rama spent a significant part of his exile.

## Cities and Regions:

The epic mentions numerous cities and regions that played pivotal roles in the Ramayana. Kishkindha ruled by the monkey king Sugriva, and Lanka, the kingdom of the demon king Ravana, are among the prominent locations. Understanding the geographical layout of these places provides insights into the epic's narrative.

## River Courses:

Rivers hold significance in the Ramayana, with the Sarayu flowing near Ayodhya and the Ganga mentioned in various contexts. The descriptions of river courses contribute to mapping the ancient Indian landscape during the Ramayana era.

## Challenges in Mapping:

Creating an accurate map based on the Ramayana presents challenges, given the mythical nature of the epic. Interpretations may vary, and the evolving nature of the text complicates efforts to precisely locate cities and regions.

## Historical and Cultural Context:

Examining the Ramayana's map goes beyond geography; it offers a glimpse into the cultural and historical aspects of ancient India. The epic reflects societal structures, trade routes, and interactions between different kingdoms during that era.



## **Conclusion:**

While mapping ancient India during the Ramayana period is a challenging endeavor, the epic provides valuable clues about the geography, cities, and culture of that time. Exploring this ancient map enhances our understanding of India's rich history and the enduring legacy of the Ramayana.

**By  
Shivani Shrivastava  
Secondary Teacher**



# Votes Day

## What is Voting?

Voting is a fundamental aspect of democracy, a system where the people have the power to choose their leaders and shape the direction of their country. In India, voting is not just a right but also a responsibility that every citizen should take seriously.

It's like raising your hand in class to pick your favourite subject or activity, but on a much larger scale! Instead of choosing between subjects, you're selecting the people who will make decisions on your behalf, such as lawmakers, councillors or even the Prime Minister.

When an election is held, citizens have the opportunity to vote for the candidate or party they believe will best represent their interests and work towards the betterment of society. These votes are then counted, and the candidate with the most votes wins the election.

## Who can vote?

Who can vote?

In India, not everyone can vote. There are certain criteria you must meet to be eligible to cast your vote:

1. **Citizenship:** Only Indian citizens are allowed to vote in elections. This means you must be born in India or have Indian citizenship.
2. **Age:** You must be at least 18 years old on the date specified for the election.
3. **Registration:** To vote, you need to be registered as a voter in the electoral roll of your constituency.
4. **Mental soundness:** You should be of sound mind and not declared unfit by a competent court.
5. **Non-disqualification:** Certain people are disqualified from voting, such as individuals convicted of certain offenses or those declared by a court as having committed electoral malpractices.

**By**  
**Sarthak Sushant Ghige**  
**Inspiring V D**



# **Person At Glance French President Emmanuel Macron**

His selfie in front of Hawa Mahal grabs the attention of the world and his name is Emmanuel Macron, The president of France! At 39, he became the youngest president in French history and the youngest French head of state since Napoleon. Born on 21 December 1977 (in Amiens) is a French politician, senior civil servant, and former investment banker. Macron is the 25th and current President of France and co-prince of Andorra since 14 May 2017.

In 2001 he received a master's degree in public policy from Sciences Po, as well as a master's degree in philosophy from Paris Nanterre University. In 2004 Macron graduated near the top of his class from the École Nationale d'Administration, a highly regarded institute known for training future French political leaders. He then worked as a finance inspector for the French Ministry of Economy and Finance. In 2008 Macron joined Rothschild & Cie Banque, the French division of the international Rothschild financial group, as an investment banker. Emmanuel Macron was appointed as a deputy secretary-general by President François Hollande after he was elected in May 2012. In 2014, Macron was appointed to the French Cabinet as the Minister of the Economy, Industry and Digital Affairs by then Prime Minister Manuel Valls. During his two-year stint in the Cabinet he launched several business-friendly reforms

Emmanuel Macron resigned from the Cabinet in 2016 to run for the 2017 French Presidential election on En Marche ticket. He won the presidential election with a 66.1% vote. He was re-elected for a second term by defeating Marine Le Pen in the 2022 France Presidential Election. With this, he became the first person in the history of France to be re-elected as the President. During his stint as French President.

Emmanuel has brought about several reforms in labour laws, taxation, pensions and a transition to renewable energy. He has led the response to the COVID-19 pandemic and the vaccination drive. He has inked several bilateral treaties with countries such as Italy and Germany and called for reforms to the European Union. He oversaw the dispute between Australia and US over the trilateral AUKUS security pact.

**By  
Vrinda Gorde  
Inspiring VB**



# Wetlands of India



A wetland is an area of land that is either covered by water or saturated with water.

The water is often groundwater, seeping up from an aquifer or spring. A wetland's water can also come from a nearby river or lake. Seawater can also create wetlands, especially in coastal areas that experience strong tides.

A wetland is entirely covered by water at least part of the year. The depth and duration of this seasonal flooding varies. Wetlands are transition zones. They are neither totally dry land nor totally underwater; they have characteristics of both.

The saturation of wetland soil determines the vegetation that surrounds it. Plants that live in wetlands are uniquely adapted to their watery (hydric) soil. Wetland plants are called hydrophytes. Seasonally dry wetlands or wetlands with slow-moving water can often support trees and other sturdy vegetation. More frequently flooded wetlands have mosses or grasses as their dominant hydrophytes.

Wetlands exist in many kinds of climates, on every continent except Antarctica. They vary in size from isolated prairie potholes to huge salt marshes. They are found along coasts and inland. Some wetlands are flooded woodlands, full of trees. Others are more like flat, watery grasslands. Still others are choked by thick, spongy mosses.

Wetlands go by many names, such as swamps, peat lands, sloughs, marshes, muskegs, bogs, fens, potholes, and mires. Most scientists consider swamps, marshes, and bogs to be the three major kinds of wetlands.

## Three recent cities nominated for wetlands at a glance:



### Sirpur in Indore

• **Indore:** Founded by Holkars, Indore is the cleanest city in India and the recipient of India's Smart City Award 2023 for its best sanitation, water and urban environment. Sirpur Lake, a Ramsar Site in the city, has been recognised as an important site for water bird congregation and is being developed as a Bird Sanctuary.



### Bhoj Wetland in Bhopal

**Bhopal:** One of the cleanest cities in India that has proposed conservation zones around the wetlands in its draft City Development Plan 2031. Bhoj Wetland, Ramsar Site is the city's lifeline, equipped with the world-class wetlands interpretation centre, Jal Tarang. Additionally, the Bhopal Municipal Corporation has a dedicated Lake Conservation Cell.





### **Fateh Sagar Wetland in Udaipur**

• **Udaipur:** Udaipur: Located in Rajasthan, the city is surrounded by five major wetlands, namely, Pichola, Fateh Sagar, Rang Sagar, Swaroop Sagar, and Doodh Talai. These wetlands are an integral part of the city's culture and identity, help maintain the city's microclimate, and provide a buffer from extreme events.

**Wetland City Accreditation (WCA) :** Recognizing the importance of wetlands in urban and peri-urban environments and to take appropriate measures to conserve and protect these wetlands, the Ramsar Convention during COP12 held in the year 2015 approved a voluntary Wetland City Accreditation system under Resolution XII.10 which recognizes cities which have taken exceptional steps to safeguard their urban wetlands. The Wetland City Accreditation scheme aims to further promote the conservation and wise use of urban and peri-urban wetlands, as well as sustainable socio-economic benefits for local populations. Additionally, the Accreditation seeks to encourage cities that are close to and dependent on wetlands, primarily Wetlands of International Importance, but also wetlands with other conservation category status, to develop and strengthen a positive relationship with these valuable ecosystems. To be formally accredited, a candidate for the Wetland City Accreditation should satisfy the standards used to implement each of the six international criteria mentioned Operational Guidance for WCA of the Ramsar Convention on Wetlands. This voluntary scheme provides an opportunity for cities that value their natural or human-made wetlands to gain international recognition and positive branding opportunities for their efforts in demonstrating strong positive relationships with wetlands.

**By  
Shalini Patel  
Primary Teacher**



# What Is Green Cover Index For National Highways

The National Highways Authority of India (NHAI) has embarked on collaboration with the National Remote Sensing Centre (NRSC) under the Indian Space Research Organization (ISRO) to usher in a new era of environmental monitoring for the extensive network of National Highways in the country. This collaboration, formalized through a Memorandum of Understanding for a three-year period, aims to revolutionize the assessment and enhancement of green cover along the National Highways.

The NRSC will develop and report a “Green Cover Index” for National Highways, providing a comprehensive and reliable macro-level estimate of the greenery along these vital transportation routes. This innovative approach promises to be a time-saving and cost-effective solution, allowing for efficient monitoring and targeted interventions in regions lacking adequate green cover.

Headquartered in Hyderabad, NRSC, under ISRO, is tasked with establishing ground stations for receiving satellite data, generating data products, and developing techniques for remote sensing applications. Having already conducted successful pilot projects for estimating green cover along National Highways, NRSC is well-equipped to lead this ambitious initiative.

The project’s overarching goal is to capture the Green Cover Index region-wise for National Highways in the first assessment cycle. Subsequent annual cycles will focus on estimating the growth patterns of green cover using scientific techniques. This data-driven approach will enable a comparison and ranking of various National Highways, facilitating timely and targeted interventions.

The collaboration between NHAI and NRSC is a testament to the power of technology and innovation in advancing environmental sustainability. The ‘Green Cover Index’ project is set to be a milestone in India’s commitment to green infrastructure and will serve as a model for future endeavours in the intersection of transportation and environmental conservation.

## Objective: Green Cover Index Project

- 1) Objective: To capture the Green Cover Index region-wise for National Highways in the initial assessment cycle, with subsequent annual cycles focusing on estimating growth patterns using scientific techniques.
- 2) Agencies involved: NRSC in collaboration with NHAI will conduct a nationwide assessment for National Highways.
- 3) Technology: It will be done with the help of high-resolution satellite imagery.
- 4) Feature: It will provide an estimate of green cover for every 1 km length.

## Significances Of The Project

- 1) It will provide an efficient and cost-effective solution for generating a macro-level estimate of greenery along National Highways.
- 2) It will enable focused interventions in areas identified as lacking sufficient green cover.

By  
**Namita Chakradhar**  
Primary Teacher



# Island at a Glance - Riverine Island Majuli

## India has the World's largest Riverine Island

When you hear or know about the biggest thing in the world; Then it comes to mind that it will not only be in India but also abroad. The world's largest temple, such as Angkor Watt, is located in Cambodia. It is not that the world's largest thing (Majuli Island) does not exist in India. There are so many such things in India (India); Which is world famous and also the largest in the world. This list includes the world's largest islands in India. (tourism news Majuli Island most big in India)

You may be surprised to know that India is not abroad but the largest island in the world. Millions of tourists visit Majuli Island in eastern India every year. Almost everyone is beautiful and dreaming of visiting this amazing island. But i don't go here because i don't have the right information

## Where is Majuli Island

Majuli Island, which is included in the world's largest island, is located in the erstwhile state of Assam. The island is located on the Brahmaputra River, 20 km from the city of Jorhat in the state of Assam. Spread over about 1,200 km the island is one of the islands in the world where millions of tourists visit every year. The tribes and their culture around the island attract more tourists. Considering the beauty of the island, it is said that it will soon be included in the UNESCO World Heritage Site.



## Know the history

Talking about the history of Majuli Island, it is said that the island came into existence around the 16<sup>th</sup> century. The islands are also sometimes associated with religious texts. Many people say that this island is due to divine power. This island was also known as Ratnapur in ancient times. The island and Majuli were also ruled by the British for many years. There are also some great places around Majuli Island, where you can go for a walk.

## Know the Demography & Culture

The population of Majuli comprises the scheduled tribes, scheduled castes, and the non-tribal caste Hindu Assamese. The indigenous ST/SC communities include the Misings, the Deoris, the Kaibartas and the Sonowal Kacharis. The non-tribal caste Hindu Assamese communities include Koch, Kalitas, Ahoms, Sutiya, Yogis, etc. The Mising community has the largest population in the island who immigrated from Arunachal Pradesh to Majuli centuries ago along with the Deori, Kaibarta and Sonowal Kacharis. Languages spoken are Mising, Assamese, and Deori. The island has 144 villages with a population of over 150,000 and a density of 300 individuals per square km.





# Festivals

The Ali aye ligang festival, celebrated in mid-February for five days,

is a grand event starting on the second Wednesday and ending on the first Wednesday of the Fagun month. Local dishes like purang apin, apong (rice beer), and various pork, fish, and chicken dishes are served. Traditional Mising dance Gumrag Soman is performed in every village to worship Donyi polo (mother sun and father moon) for a good harvest.



In upper Majuli, the majority of Christians in the Mising tribe celebrate Christmas, centered in Jengraimukh village. For 500 years, Majuli has been the cultural capital and the cradle of Assamese civilization. The satras on Majuli Island safeguard ancient artifacts like weapons, utensils, jewelry and culturally significant items. Traditional pottery is crafted using clay and fired in driftwood kilns, following the methods of the ancient Harappan Civilization. These unique cultures and dance forms remain untouched by modernism, emphasizing their preservation according to sociologists. The hand-loom work of these tribes enjoys international acclaim.

The three-day long raas festival, portraying Krishna's life, involves virtually everyone on the island. People from afar, even expatriates, come to celebrate. The satras have mastered various art and craft traditions, some of which are exclusive to this region. For instance, mask-making is a craft found in Natun Samuguri Satra, and Kamalabari Satra is renowned for crafting exceptional boats.

## Majuli Attractions - Tourist Places to Visit In Majuli



Majuli is 20 km from Jorhat. One can take the bus or a hired taxi to the Nimati Steamer Ghat from where ferry services ply. The distance takes over three hours to cover, with three bus rides and two ferry rides. On the north bank is the river Subansiri and on the south bank, the mighty Brahmaputra has exited the island from the mainland. Lakhimpur town is to the north and Golaghat is to its southwest. The town of Sibsagar is on the southeast and Jorhat is to the south. On the extreme east is Dibrugarh District.

There are many good places around Majuli Island, where you can go for a walk. The first place on the list of hikers is southbound Satra. The culture of many rulers, clothes, tools, etc. are kept here. If you are a history buff, you must visit this place. In addition to the Dakhinpatra Satra, you can also visit excellent places like Garmoor, Tengapania and Aunati Satra. This place in the state of Assam is also considered as the best honeymoon destination for many couples.

**It was the first island in the country to become a governmental district in 2016 and since 2004 Majuli is on the UNESCO Tentative List for nomination as a World Heritage Site.**



# Simple Craft Ideas

1) Paper Squishy – This is very easy to make here are the steps to make.

Step 1) Draw anything of your choice and colour it.

Step 2) Cut it and stick clear tape on it.

Step 3) Stick the clear tape on the side cut the excess tape and keep the upper Part open.

Step 4) Put cotton inside and seal it with clear tape.



2) paper flower -Simply trace and cut out 8 to 12 (depending on sizes) petals on the backs of wallpaper remnants. Pinch together one end of each petal and secure with hot glue. Once dry, glue the petals together in a circle. secure to the wall with pushpins.

3) paper butterfly - Steps to make a paper butterfly

Step 1: Bend Square Paper As Follow.

Step 2: Overturn the Paper.

Step 3: Bend the Square Sides to the Inside.

Step 4: Bend the Both Down Corners to the Top.

Step 5: Flip to the Other Side.

Step 6: Bend the Bottom Corner Upwards.

Step 8: Finally.



4) Paper cat – steps to make a paper cat

Step 1: Fold Diagonally.

Step 2: Fold Into a Kite Shape.

Step 3: Fold Tip-Up.

Step 4: Fold in Corners.

Step 5: Fold Up Corner.

Step 6: Fold in Diagonals of the Left Part.

Step 7: Waterbomb Base. collapse from both sides.

Step 8: Fold in the Top Corners to the Center.

5) Paper caterpillar- Steps to make a paper caterpillar  
Gather your materials.

Cut each toilet paper roll in half, making a total of eight halves. Paint the tubes any color you like. Punch two holes in six of the tubes, one in front and one in back. Thread the piece of yarn through each of the holes in each tube.



By  
**Shravya Ekkar**  
**Empovering IV D**



# Hyderabad Sadar Festival



The Hyderabad Sadar festival, also known as Dunnapothula Panduga, is a vibrant and colourful celebration held by the Yadav community in Hyderabad, Telangana, India. It takes place on the second day after Diwali, the festival of lights, and is a joyous occasion that honours the buffalo, an important animal in their culture.

Here are some key aspects of the Hyderabad Sadar festival:

**Significance:** The festival celebrates the importance of buffaloes in the Yadav community's livelihood and traditions. Buffaloes are considered sacred animals, and the festival is a way to express gratitude for their contribution to agriculture and dairy farming.

**Celebrations:** The main event of the festival is a grand procession of decorated buffaloes. The animals are adorned with colourful garlands, bells, and painted horns, and they are paraded through the streets amidst much fanfare. People dance to the music of traditional instruments, and there is a festive atmosphere throughout the city.

**Community gathering** The Sadar festival is also a significant community gathering for the Yadav community. People from all over Hyderabad come together to celebrate, share food, and strengthen their social bonds.

**Other activities:** In addition to the procession, the festival also features various cultural programs, competitions, and religious ceremonies. The Sadar festival is a unique and fascinating event that showcases the rich culture and traditions of the Yadav community. It is a time for joy, celebration, and community spirit, and it is a sight to behold for anyone who has the opportunity to experience it.

## Here are some additional things to know about this festival

- The biggest Sadar congregation takes place at the Narayanguda YMCA grounds in Hyderabad.
- The festival is also celebrated in other parts of India, but the Hyderabad Sadar is considered one of the largest and most well-known.
- Animal welfare concerns have been raised in recent years about the treatment of buffaloes during the festival. The organisers have taken steps to address these concerns, and the welfare of the animals is now a priority.

By  
**Riddhi Falake**  
Empowering IVA



# Popular Cattle Festivals of India

## 1. Mattu Pongal (Tamil Nadu)



**When:** Celebrated on the third day of the Pongal festival, usually in January. **Significance:** Dedicated to cows, considered sacred animals in Hindu culture. **Celebrations:** Cows are bathed, decorated with vibrant colours and garlands, and offered special food. People express gratitude for their contribution to agriculture and dairy farming.

## 2. Nagaur Cattle Fair (Rajasthan)

**When:** Held annually between January and February. **Significance:** A massive cattle trading fair, showcasing various breeds of cows, camels, horses, and other animals. **Celebrations:** A vibrant event with traditional music, folk dances, competitions, and cultural programs. It's a unique blend of commerce and festivity.



## 3. Govardhan Puja (North India)



**When:** Celebrated on the fourth day of Diwali, the festival of lights, usually in October or November. **Significance:** Commemorates the legend of Lord Krishna lifting Mount Govardhan to protect villagers from rain sent by Indra, the god of thunder. **Celebrations:** Cows are worshipped and offered food made of grains, lentils, and jaggery. People build small hillocks of cow dung and decorate them with flowers and leaves.

## 4. Gopashtami (All India)

**When:** Celebrated on the eighth day of the waxing moon phase in the month of Kartik, usually in October or November. **Significance:** Dedicated to cows and Lord Krishna, who is revered as the cowherd god. **Celebrations:** Cows are bathed, decorated with colourful tilak, and offered special food. Devotees recite prayers and sing devotional songs in praise of Krishna and cows.



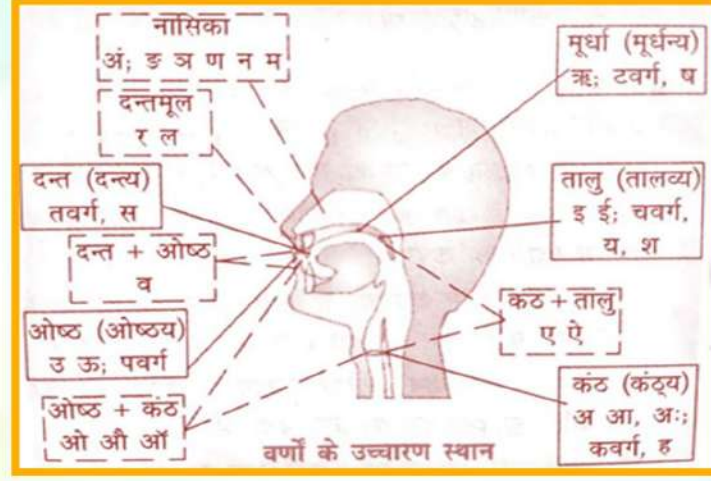
## MONTHS IN SANSKRIT / ENGLISH / MARATHI

चैत्रः	March/April	चैत्र
वैशाखः	April/May	वैशाख
ज्येष्ठः	May/June	ज्येष्ठ
आषाढः	June/July	आषाढ
श्रावणः	July/August	श्रावण
भाद्रपदः	August/September	भाद्रपद
आश्विनः	September/October	आश्विन
कार्तिकः	October/November	कार्तिक
मार्गशीर्षः	November/December	अगहन
पौषः	December/January	पौष
माघः	January/February	माघ
फाल्गुनः	February/March	फाल्गुन

By  
Avleen Mehta  
Inspiring V D



# Benefits of Learning Sanskrit language at brain neurological level



Sanskrit is the mother of all languages. Kalidas is one of the greatest poet in the world. He has written all of his credits in Sanskrit and is considered equivalent to Shakespeare, all the seat of divine knowledge related to ancient India is written in Sanskrit, it includes Vedas (the seat of knowledge for all sources), there are many shlokas which explain most of the theories proven even before they came in existence or recognized by Mathematics and Science, the best example is Vedic Sciences which can even explain Operating system concepts, all of the mantras that we praise is in Sanskrit. Learning these mantras and chants create certain vibration and attract certain energies (metaphysical) centres (chakra system and kundalini) scientifically and methodically. Sanskrit is the base for all types of knowledge. Learning Sanskrit improves our memory, just think of the pujaris, they can remember Many mantras and call spell the same without any distraction in phonetic or a syllable. It has discourse in medicine. Yoga Patanjali, Vedic mathematics (the fastest way to calculate) which can make you much smarter. And so on. If you can learn it with interest, it can benefit you so much. Learning Sanskrit can have several potential effects on the brain. Like learning any new language, studying Sanskrit can improve cognitive functions such as memory, attention, and problem-solving skills. Additionally, the structure and complexity of Sanskrit grammar and vocabulary may provide a unique mental challenge that could potentially enhance brain function. Some studies suggest that learning a new language, including Sanskrit, may also delay the onset of age-related cognitive decline. However, it is important to note that individual experiences may vary, and more research is needed to fully understand the specific effects of learning Sanskrit on the brain. Here are the examples how Sanskrit Language works on Brain.

By  
Pranali Wazalwar  
Secondary Teacher



# Republic Day Reflections





# Top 5 news of January 2024



- On January 1, a powerful earthquake of magnitude 7.6 struck an area along the west coast of Japan, causing a tsunami wave of at least 4 feet as well as structural collapses and a large fire.
- India celebrated its 75th Republic Day on 26th January with lots of enthusiasm.
- Indian Prime Minister Narendra Modi inaugurated the Ram Mandir in Ayodhya, and people in India and across the world joined in the celebrations.
- The world experienced the warmest January ever recorded with the global mean temperature for the past 12 months exceeding the 1.5-degree Celsius threshold, according to a European climate agency.
- An ice-penetrating radar revealed a landscape of valleys and ridges hidden under nearly 2 miles of ice in East Antarctica. Before the continent froze over about 34 million years ago, the region might have hosted tropical-like forests and wildlife.

**By**  
**Raghav Marathe**  
**Empowering IIA**



# Know your President



Draupadi Murmu became the 15th President of India on July 25, 2022, when she was sworn in by the chief justice of the country's Supreme Court. She is the first person from the tribal community, and the second woman after Pratibha Patil, to hold the office of president. She is also the first president to have been born in independent India as well as the youngest person to occupy the post.

## ● Early life and education ●

Draupadi Murmu was born on June 20, 1958, in Uparbeda, a village in Odisha state, to a Santhali tribal family. Her parents named her Puti Tudu; a teacher later gave her the name Draupadi. Uparbeda, which is located in Odisha's Mayurbhanj district, is one of India's most remote and underdeveloped places, and the Santhal are one of the largest tribal communities in India.

Draupadi Murmu experienced poverty as a child. She completed her primary education in the village school, and she subsequently earned a Bachelor of Arts degree from Rama Devi Women's College in Bhubaneswar. She is the first woman from her village to complete a university education.

## ● Career and family ●

Miss Murmu's career began in 1979 at Odisha's Irrigation and Power Department, where she was a junior assistant. While working there, she married Shyam Charan

Murmu, whose surname she adopted, and they had a daughter (who died as a child). She left that job in 1983 to care for her growing family, which included three more children.

From 1994 to 1997 she taught at Sri Aurobindo Integral Education and Research Centre in Rairangpur. In 1997, Draupadi Murmu joined the Bharatiya Janata Party (BJP), and she was elected as councillor of the Rairangpur Nagar Panchayat (town council). In 2000 she was elected to the Legislative Assembly of Odisha from the Rairangpur constituency, and she served two terms, until 2009, representing the BJP. During this period, Murmu was minister for commerce and transport and then minister for fisheries and animal resources. She was awarded the Pandit Nilakantha Das Best Legislator Award in 2007 by Odisha's Legislative Assembly. Murmu also served as the vice president, and later president, of the BJP's Scheduled Tribe Morcha ("meeting" or "march") in Odisha, and she was briefly BJP's district president for the Mayurbhanj (West) unit.



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Miss Murmu did not fare so well in later elections, being defeated in the 2009 federal legislature (Lok Sabha) election for the Mayurbhanj constituency as well as the 2014 Odisha state legislature election for Rairangpur. She also experienced personal losses: one son died in 2009, another in 2013, and her husband in 2014.



In June 2022 the National Democratic Alliance (NDA), a political alliance led by the BJP, nominated Murmu for the presidency of India. India's president is indirectly elected by an electoral college comprising the elected members of both houses of the federal parliament and the elected members of the legislative assemblies of India's 28 states as well as the union territories of Delhi, Puducherry, and Jammu and Kashmir. Murmu defeated Yashwant Sinha, a candidate chosen by the parties in opposition to the NDA, winning 64 percent of all electoral votes. She took the oath of office on July 25, 2022, succeeding Ram Nath Kovind. Draupadi Murmu is known for her efforts to promote health care, economic development, and education among tribal communities as well as for her work in preserving tribal culture and heritage.

**By**  
**Suvarna Kallianpur**  
**Primary-A Teacher**



# India Friends as Countries

"Diplomacy encompasses the art, science, and strategies employed by nations, groups, or individuals to safeguard their interests and advance their political, economic, cultural, or scientific relations, all while fostering peaceful relationships."

India's friendships with countries around the globe are like pieces of a fascinating puzzle, each one unique and significant in its own way. Take the United States and Russia, for example. These two giants stand as steadfast allies, sharing common values and working together on important projects. It's interesting to see how these alliances contribute to global stability and progress.

Then there's Japan, a key player in the East. Japan isn't just known for its awesome technology and pop culture; it's also a strategic ally of India. Together, they tackle joint projects and defense initiatives, showing how friendship can go beyond borders and cultures.

But it's not just about big-name allies. India's friendships extend to Southeast Asia, where countries like those in ASEAN (the Association of Southeast Asian Nations) play a crucial role in trade and security. It's cool to learn about these diverse nations and how they collaborate with India for mutual benefit.

Heading south to Africa, India's involvement in collaborative efforts focusing on development and trade is inspiring. It's heartening to know that friendships aren't just about politics they're also about lifting each other up and building a better world together.

And let's not forget about the Middle East, where alliances with countries like Saudi Arabia and the UAE contribute to India's economic interests and regional security.

These diplomatic friendships aren't just about shaking hands and signing agreements; they're about building bridges, fostering stability, and working towards a brighter future for everyone.

In conclusion, India's friendships with countries around the world are like chapters in a never-ending adventure story. Each one adds depth and richness to India's global identity, showing that no matter where you're from, friendship knows no bounds.

**By**  
**Aarna Varma**  
**Inspiring VIII A**



# Lakshadweep Fun Facts!

You have probably heard of Lakshadweep, India's hidden coastal treasure. Lakshadweep is a union territory of India. This union territory houses a cluster of 36 gorgeous islands, out of which only 10 are inhabited!!

The word "Lakshadweep" itself means "One lakh islands" in Malayalam. Lakshadweep has white sandy beaches and crystal-clear turquoise water surrounding its islands. A truly magical place, don't you think??

Lakshadweep is known for its stunning landscapes and vibrant culture. The exclusive lagoons add to its charm, providing a habitat for diverse marine life. Lakshadweep exhibits a beautiful blend of traditions.

Lakshadweep is known for its stunning landscapes and vibrant culture. The exclusive lagoons add to Imagine sleeping under the stars, the sound of the waves in the distance... Amazing right? That's what you get in Lakshadweep!! This unforgettable experience is only there because of local tourist operators. It's a perfect blend of adventure and reality. Night camping on a deserted island in Lakshadweep is a truly magical and adventurous experience!

Lakshadweep was given the status of a Union Territory in 1956 and was renamed in 1973. The oceans of Lakshadweep are home to about 600 species of fish!

The island of Minicoy is known for its heritage of constructing boats. It is the birthplace of the "Jahadhoni" a classic racing boat! Every year, thrilling boat racing competitions are held in Lakshadweep where expert rowers from across Lakshadweep gather to participate.

Glass-bottom boat rides offer a unique way to observe the vibrant marine life of Lakshadweep without getting wet. These boats are equipped with transparent bottoms, providing a clear view of the amazing underwater world beneath the surface

Kavaratti, the capital of Lakshadweep, is home to one of the most beautiful mosques in the region - the Ujra Mosque. The mosque is known for its incredible design and architecture, especially the ceiling, which is a true masterpiece of artistry. According to local legend, the entire ceiling was carved from a single piece of driftwood, which showcases the exceptional skills and creativity of the craftsmen in the area. Visitors are often awestruck by the detailed carvings and the peaceful atmosphere inside the mosque. It's incredible to think that the entire ceiling of a mosque was made from a single piece of driftwood, don't you think?

If you're a nature lover, then the Pitti Bird Sanctuary is the right place to go! It is a tiny uninhabited island where the population of bird species like the "Brown Noddy" and the "Lesser Crested Tern" is quite large! It offers a spectacular sight of thousands of birds in their natural habitat. This sanctuary is also an important site for bird conservation. The diversity of bird life here is not only a paradise for bird watchers but also an important indicator of the health of the marine environment.

The climate in Lakshadweep from October to mid-May is perfect for visiting. Lakshadweep is a rare gem in the vast Indian Ocean, offering a wonderful escape from the modern world. In Lakshadweep, every grain of sand, and every wave that comes to the shore, tells a story of harmony, beauty, and a deep-rooted respect for nature. Trust me, you don't want to miss out on exploring this hidden treasure!

By  
**Hansika Verma**  
Inspiring VII D



# Unveiling the Secrets of Body Lotions: A Comprehensive Guide

## Introduction:

Body lotions have become a staple in our daily skincare routines, offering nourishment and hydration to our skin. In this article, we'll explore the world of body lotions, their benefits, key ingredients, and tips on choosing the right one for your skin type.

## Benefits of Body Lotions:

1. **Hydration:** Body lotions are designed to replenish and lock in moisture, preventing dryness and flakiness.
2. **Softening:** Regular use of body lotions promotes softer and smoother skin texture.
3. **Fragrance:** Many lotions come with delightful scents, enhancing the overall sensory experience.
4. **Anti-Aging:** Some formulations contain ingredients that help combat signs of aging, such as fine lines and wrinkles.

## Key Ingredients:

1. **Humectants:** Ingredients like glycerine and hyaluronic acid attract and retain moisture, keeping the skin hydrated.
2. **Emollients:** Fatty acids and oils, such as shea butter and jojoba oil, provide a protective layer, preventing water loss.
3. **Occlusives:** Beeswax and petrolatum create a barrier on the skin, sealing in moisture.

## Choosing the Right Body Lotion:

1. **Skin Type:** Consider your skin type – whether it's dry, oily, or sensitive – to find a lotion that suits your specific needs.
2. **Ingredients:** Check for hypoallergenic and non-comedogenic ingredients if you have sensitive or acne-prone skin.
3. **Fragrance:** Always opt for fragrance-free options if you have allergies or sensitivities.

## Application Tips:

1. **Timing:** Apply body lotion right after a shower when your skin is still slightly damp to lock in moisture.
2. **Amount:** Use a sufficient amount, focusing on dry areas like elbows, knees, and heels.
3. **Massage:** Gently massage the lotion into your skin in circular motions to enhance absorption.



## **Popular Brands and Products:**

1. Nivea Essentially Enriched Body Lotion
2. Aveeno Daily Moisturizing Lotion
3. Eucerin Advanced Repair Lotion

Body lotions play a crucial role in maintaining healthy and radiant skin. By understanding the benefits, key ingredients, and application tips, you can choose the perfect body lotion to pamper your skin and indulge in a luxurious self-care routine.

Ubtan a traditional Indian skincare remedy, is a potent mix of natural ingredients like turmeric, chickpea flour, and herbs. This blend is known for its exfoliating, brightening, and nourishing properties. Turmeric, with its anti-inflammatory qualities, helps soothe the skin, while chickpea flour gently exfoliates, removing dead cells. Ubtan is often mixed with milk, yogurt, or rose water, adding moisturizing and toning elements. Regular use can enhance skin texture, reduce pigmentation, and promote a radiant complexion. Its natural ingredients make ubtan a popular choice for those seeking a holistic approach to skincare, embracing the benefits of time-tested botanicals.

**By**  
**Aarti Gupta**  
**Secondary Teacher**



## **26 January - New India**

### **Prime Minister's speech from Republic Day 2024**



This year, the country is celebrating its 75th Republic Day. This historic milestone is dedicated to the 'Nari Shakti' (Women Power) of the nation. Yesterday, we saw at Kartavya Path that this year's event was dedicated to Women Power. We showed the world how excellent work Indian daughters are doing. We showed the world how Indian daughters are setting new standards in every sector. It was also the first time when such a large number of women contingents participated in the Republic Day parade. You all performed brilliantly.

There was a time when the participation of daughters was limited only to cultural programs. Today, the world is witnessing how Indian daughters are excelling in land, sea, sky, and space. The glimpse of this was seen yesterday on Kartavya Path.

Women have always been seen as a 'Shakti' (Power) in Indian tradition. There have been brave women like Rani Lakshmibai, Rani Chennamma, and Velu Nachiyar on the soil of Bharat. Today, women officers are being given permanent commissions in the armed forces. Avenues have been opened for daughters by placing them in command roles and combat positions in all three forces. Today, you see, the participation of daughters is increasing significantly from being Agniveer to fighter pilot. The participation of daughters is continuously increasing in other sectors of society as well. Whether it's banking in villages, insurance, or services related to it, a large number of our daughters are involved. Today, whether it's start-ups or self-help groups, daughters are making their mark in every field.

When daughters enter such professions, it also has an impact on society's mentality. It helps in reducing crimes against women as well.

Jai hind, Jai Bharat!!

**By**  
**Mukta Mali**  
**Pri-Primary Teacher**



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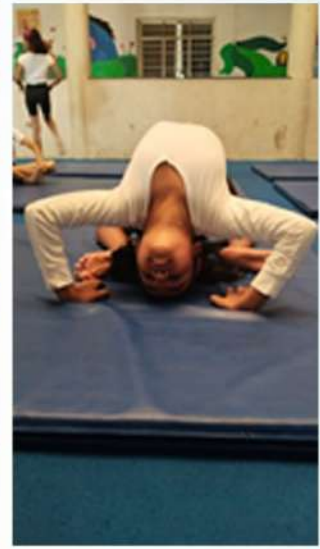
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**By**  
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**Pri-Primary Teacher**



# YOGA ASANAS PHOTO CHALLENGE





# Khelo Fiesta 2024

**Sport is like our life. The more you practice, the better you get at it.**

Sports days, one of the most exciting events that bring together athletes, spectators, and the community to celebrate physical prowess and teamwork. The Khelo Fiesta 2024 was the foremost sporting event at C M International School. In this event, the school appreciated and encouraged the spirit of sportsmanship and excellence in the students. Sports is not only for joy, but it inculcates the values of teamwork and discipline.

As we know, sports is not just beneficial for our physical health, but also significantly essential for our mental and emotional well-being. Sports play a great role in improving and maintaining health and fitness, improving mental skills and concentration levels as well as social and communication skills.

In the sporting event organized at C M International School, students were divided into houses, each represented by a distinct colour. Teachers and students work together, planning and practicing, their hearts filled with anticipation. In this event, students from across various grades participated in different sports, like Cricket, Football, Tennis, Taekwondo, Skating, Table Tennis Archery, Gymnastics, Chess, and also Individual Races for each grade.

During this event, we have surely witnessed a blend of ambition, courage, and sportsmanship from our athletes. This extraordinary event opens opportunities for our students and teachers to showcase their talent in sports.

It will raise participation to new levels, benefiting the students at C M International School. There was an inter-house competition where students from each house had participated in different competitive sporting activities. Rolling trophies were awarded to the winners and runner-ups, securing the highest points.

Sports week provided us with unforgettable memories every year. It gives us a chance to make better memories with our students and friends. At CM International, there was so much of which we can be proud the sports staff and students, dedicated to excellence and achievement across numerous sporting discipline They are completely supported by school management.

This extraordinary event opens opportunities for our students and teachers to showcase their talent in sports. It will raise participation to new levels, benefiting the students as well as sports enthusiasts in C M International School.

**By**  
**Sayali Parandekar**  
**Secondary Teacher**



# Gift of Breathing Well- Vipassana Meditation

Physical fitness is not the sole basis of being healthy; being healthy means being mentally and emotionally fit. Being healthy should be part of your overall lifestyle. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image.

There are many ways to keep ourselves healthy. One major form is our ancient times “YOGA”. The word “yoga” comes from the root word “yuj,” which means “to yoke” or “to bind.” yoga is all about physical poses, the entirety of yoga includes a wide range of contemplative and self-disciplinary practices, such as meditation, chanting, mantra, prayer, breath work, ritual, and even selfless action. Apart from breathing exercises, Vipassana Meditation which means to see things as they really are, is one of India's most ancient techniques of meditation. It was taught in India more than 2500 years ago as a universal remedy for universal ills, i.e., an Art of Living.

## How To Do Vipassana

## Vipassana meditation benefits:



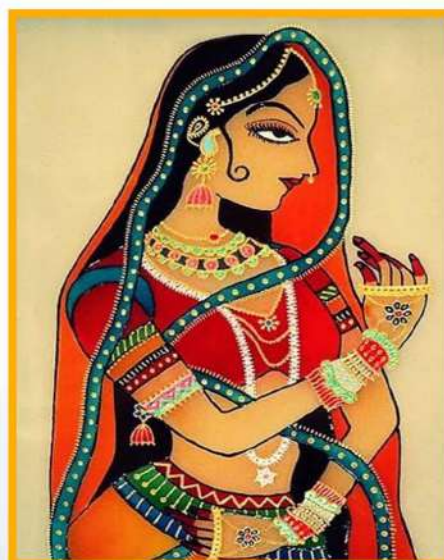
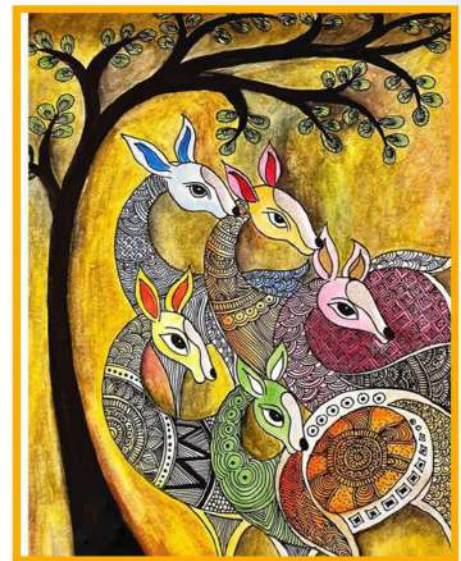
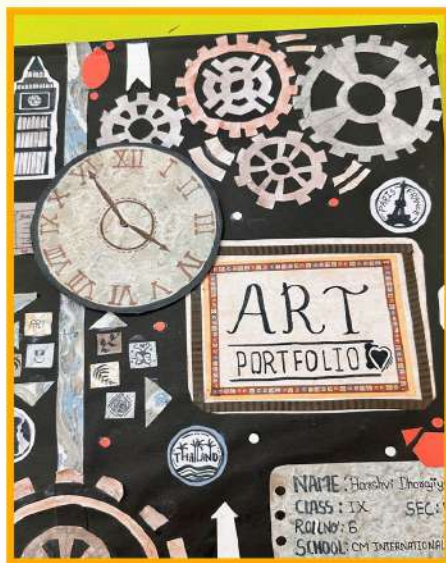
1. Reduced symptoms of depression and anxiety.
2. Better stress management.
3. Improved self-confidence, interpersonal skills
4. Enhanced self-awareness.
5. Better empathy. enhanced response inhibition, helping to reduce distraction, reduced temper.

The goal of the practice is the total purification of the mind, the development of values such as compassion and equanimity, and the increase of empathy. The basic principle of Vipassana is that all mental impurities arise from the basic ignorance of the true nature of reality.

**By**  
**Rashmi Nagar**  
**Secondary Teacher**



# Creative Corner





# Story of Ramayan

The Hindu epic Ramayana related the story of the life of lord Rama, the 7<sup>th</sup> incarnation of the God Vishnu. It follows the story of his miraculous conception and birth, his many exploits defeating demon commonly known as Ravan and eventual restorations to the throne of Ayodhya.

Ramayana is a mythological story about Lord Rama which is composed by the poet Valmiki. It consists of 24000 verses divided into 7 books called as Kandas. Although the stories are not limited to certain Sanskrit shlokas, but it also has a good impact on the virtues inside us.

The birth of a noble and heroic child took place in a small city of Ayodhya which is now referred as Ram Janmabhoomi. Celebrations took place after his birth. He was commonly known as “Dashrath Putra”. He was blessed with the skill of archery. The brave and virtuous prince got married to a kind and humble princess, Sita.

As said, there is another side to happiness, so lord Rama fell to prey for Kaikai’s evil eye. She told him to go for a vanwas of 14 years to Panchavati (present day Nashik). Sita Mata and his brother Lakshman also followed him. The forest path was full of difficulties and obstacles.

Many days passed by. They started to live in the area and soon settled there. There were many followers and well-wishers of Lord Rama and Goddess Sita but many built strategies to take revenge of them. Demon Ravan wanted to take a revenge with lord Rama, and hence he kidnapped Sita Mata.

Lord Rama and many others, including Hanuman, Sugreev, Vibhishana and the Vanar sena fought a victorious war and defeated Ravan. Diwali marks the day that prince Rama triumphantly returns to his kingdom of Ayodhya with Sita Mata. It is said that Ayodhya citizens welcomed their prince home with thousands of glowing oil lamps on a moonless night.

There are many devotees who are blessed by Lord Rama. Shabari is an ardently devoted woman who received Rama’s blessings due to her bhakti towards him. During construction of Rama setu, squirrel participated in filling the gaps in the boulders that made the bridge strong. Lord Rama thanked the squirrel for all the hard work and blessed by stroking its back. This mark from Lord Rama can be seen on all squirrels even today.

Ramayana has many good life lessons which we may imbibe within us like **forgiveness, humility, victory of good over evil, kindness, loyalty, bravery** etc.

In today’s modern life, many of us have stopped believing in the ideals laid out by our venerated scriptures. However, in reality these lessons are truly enlightening and important to lead a life by good karma. By following these lessons, we are sure to experience peace, harmony and contentment in life.

By  
Pranjal Pujari  
Inspiring VID



# **Ramayana : The Epic**

The Ramayana is a Hindu epic that tells the story of Rama, an avatar of Vishnu, the supreme god, and the prince of Ayodhya. He marries Sita, a princess who was born from the earth, and they live happily in Ayodhya. However, his stepmother, Kaikeyi, wants her son Bharata to be the king instead of Rama. She uses her husband's old promises to send Rama to the forest for 14 years. Rama, his brother Lakshmana and his wife go with him, where they encounter various sages, deities, and demons.

The main conflict arises when Ravana, who is enamoured by Sita's beauty, sends a shape-shifting demon, Maricha, as a golden deer to lure Rama and Lakshmana away from Sita. Ravana then disguises himself as a brahmana and abducts Sita in his flying chariot and takes her to his island of Lanka. Rama, with the help of the monkey-king Sugriva and his general Hanuman, who locate Sita and assist Rama in building a bridge to Lanka, wages a war against Ravana and his army of demons. Rama defeats Ravana and rescues Sita and returns to Ayodhya, where he is welcomed by Bharata and the people, who celebrate his victory and coronation.

The Ramayana also portrays the roles and values of various characters, such as Sita, the faithful and virtuous wife of Rama; Lakshmana, the devoted and courageous brother of Rama; Hanuman, the loyal and heroic servant and devotee of Rama; and Ravana, the powerful and evil ruler of Lanka, who represents the forces of adharma (unrighteousness). The Ramayana explores the themes of dharma (duty), karma (action), and bhakti (devotion), as well as the concepts of justice, loyalty, and morality.

**By  
Roshni Lappawalla  
VIIB**



# The Timeless Wisdom of the Ramayana

The Ramayana, an ancient Indian epic, weaves a captivating story of Prince Rama, his wife Sita, and their loyal friend Hanuman. Crafted by the wise sage Valmiki, this tale is more than just an adventure; it is a guide that teaches important lessons about doing what's right and the triumph of good over evil. In the kingdom of Ayodhya, ruled by King Dasharatha, Rama faces unexpected challenges when his stepmother, Kaikeyi, influenced by bad intentions, demands his exile. Rama, embodying courage and goodness, accepts this fate, setting the stage for a journey filled with tests and trials. As Rama travels through the forest, encountering sages, demons, and divine beings, the story unfolds into a quest to rescue Sita from the evil demon king Ravana. With the help of his loyal friend Hanuman, Rama faces challenges, makes new friends, and showcases the power of goodness. The Ramayana isn't just an exciting tale; it's a guide that teaches us important values. Rama teaches us about doing what's right, Sita shows us how to stay strong in tough times, and Hanuman teaches us about loyalty and helping others. The story also talks about family, loyalty, and doing what is

right. This epic tale resonates with real-life feelings and problems, offering insights into making tough choices and dealing with challenges. It reminds us of what's important in life and guides us on the path of goodness. On the special occasion of the Ram Janmabhoomi Temple celebration on January 22nd, the Ramayana gains added significance. This celebration marks the construction and consecration of the temple at Lord Rama's birthplace in Ayodhya, connecting millions to their cultural and spiritual heritage. As the Ramayana concludes, Rama's victory over Ravana symbolizes the triumph of righteousness. The joyous homecoming of Rama, Sita, and their companions to Ayodhya serves as a reminder of the timeless message of goodness and devotion. The Ramayana endures as a source of inspiration, encouraging readers to strive for goodness in their own lives.

**By  
Tanisha Patil  
VIII C**



# Tata steel tournament results declared

After round 12, four players GM Wei Yi, GM Anish Giri, GM Nodirbek Abdusattorov and the young Indian GM Gukesh Dommaraju tied for the first scoring 8.5 points, resulting in the challengers facing themselves in the tie break round.

Wei Yi, who came after defeating Vidit now faced against Abdusattorov who had a streak of winning 5 games in a row. On the other hand, Gukesh played against Anish Giri, both coming after a healthy finish. Nodirbek, after winning 5 games in a row, fell into ground against Wei Yi with an unfortunate defeat. Our Indian GM Gukesh D. gave a stunning shock to Anish Giri, who met a sudden death followed by defeat. This was a great victory by Gukesh making Indians proud. Moreover, this was the first time for Gukesh in the finals of Tata Steel chess tournament.

Tata Steel Chess Tournament Masters 2024 finals was held on 28 January 2024. The day on which the final winner would be declared finally came, the clash of the first-time finalists, Wei Yi and Gukesh Dommaraju. Watching the final round, both players fighting with their full strength and knowledge made it an amazing show! Unfortunately, Gukesh lost against Wei Yi, but secured the 2nd place, making the Indians proud. Congratulations to the Chinese Grandmaster Wei Yi, for winning his first Tata Steel Chess Tournament in the master section and making this tournament full of suspense and thrills.

**By**  
**Naitik Shah**  
**Inspiring VIIIA**



# The Bhagwat Gita Sholka

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय।  
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते॥

yogasthaḥ kuru karmāṇi saṅgaṁ tyaktvā dhanañjaya  
siddhyasiddhyoḥ samo bhūtvā samatvaṁ yoga ucyate

## Translation (Meaning in English):

Be steadfast in yoga, O Arjuna. Perform your duty and abandon all attachments to success or failure. Such evenness of mind is called yoga.

## Explanation:

In this shloka, Lord Krishna advises Arjuna to perform his duties with an evenness of mind, without getting attached to the outcome. He emphasizes the importance of detachment and encourages Arjuna to focus on the present moment and the task at hand, rather than worrying about the future or regretting the past.

By doing so, one can achieve a state of balance and equanimity, which is the ultimate goal of yoga. This shloka from Bhagavad Gita teaches us the importance of being focused and present in our actions, and not getting bogged down by the fear of failure or the desire for success.

तं विद्याद् दुःखसंयोगवियोगं योगसंजितम्।  
स निश्चयेन योक्तव्यो योगोऽनिर्विण्णचेतसा॥

of yoga and meditation taṁ vidyād duḥkhasaṁyogaviyogaṁ yogasaṁjñitam  
sa niścayena yoktavyo yogo'nirviṇṇacetasā

## Translation (Meaning in English):

Let it be known: the severance from the union-with-pain is YOGA. This YOGA should be practised with determination and with a mind steady and undespairing.

## Explanation:

From this Bhagavad Gita verse, we can learn the importance of equanimity in life and how it can lead to a peaceful mind. We can also learn that achieving a steady and focused mind is not easy and requires practice and dedication. It teaches us the need to strive for inner balance and that it can be attained through the practice.

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते।  
तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति॥

na hi jñānena sadṛśa pavitramiha vidyate  
tatsvaya yogasa siddha kālenātmani vindati



**Translation (Meaning in English):**

In this world, there is nothing so purifying as knowledge. One who has attained perfection in yoga finds it within himself in due course of time.

**Explanation:**

As one of the best slokas from Bhagavad Gita, it teaches us that knowledge is the most powerful tool for purifying oneself. It is through knowledge that one can overcome ignorance and attain enlightenment.

Yoga is a means to attain knowledge and self-realization. Through the practice of yoga, one can achieve a state of union with the divine and discover the true nature of the self.

It also tells us that the path to self-realization is not easy and requires time, effort, and dedication.

It is a gradual process that requires patience and perseverance. Moreover, self-realization is not something that can be attained through external means. It is a journey of self-discovery that takes place within oneself.

**By  
Prachi Paste  
Secondary Teacher**

# How to manage stress during board exams

Board exams are a crucial time in any student's academic journey, and the pressure to perform well can be overwhelming. The stress of exams can take a toll on a student's mental and physical health, which is why it's essential to manage exam pressure effectively. In this article, we will discuss some tips on how to calm down exam pressure during board exams.

**Plan and organize** - A well-planned schedule can go a long way in easing exam pressure. Make sure to allocate time for breaks and relaxation activities. Organizing your study material, notes, and other resources can also help you feel more in control of the situation.

**Practice mindfulness** - Practising mindfulness helps you focus on what's happening right at this moment. Going for a walk, run, or to the gym is a great way to clear your head and can help you focus. Watching your favourite TV show or going to the cinema are also good ways to take a break from studying.

**Get adequate sleep** - Try to maintain a regular sleep schedule and aim for at least seven to eight hours of sleep each night. Lack of sleep can cause irritability, fatigue, and reduced concentration, which can affect your exam performance.

**Eat healthy** - A healthy diet can provide you with the energy and nutrients you need to stay focused and alert.

**Exercise** - Regular physical activity can also help reduce stress, improve concentration, and enhance overall well-being. Find a physical activity that you enjoy, such as jogging, dancing, or swimming, and aim to get at least 30 minutes of exercise each day.

**Stay positive** - A positive mindset can help you feel more confident and optimistic about your exam performance. Focus on your strengths and past successes. Surround yourself with positive people who can offer encouragement and support.

**Take breaks** - Taking regular breaks can help you recharge. Use your breaks to engage in activities that you enjoy, such as reading a book, watching a movie, or spending time with friends and family. Taking short naps can also help you feel more refreshed and energized.

By,  
**Ms. Shraddha Shedge,**  
**Academic Coordinator**



# How to keep clam before exam?

Exam days are the most stressful ones for students, which leads to unnecessary tension and panic among the students. Here are some points which students should follow to be calm before exams:

- Prepare for the exam in a way that doesn't stress you out.
- Go through the summary of the syllabus in your mind and re-revise any difficult topics right before the exam.
- Clear your mind, don't think of the outcome, and meditate before you start writing.

**By,  
Aarav Agarwal  
Inspiring VIIB**

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- Find the study technique that suits you best.
- Take care of yourself.
- Find help when you don't understand something.

**By,  
Tanishka Ingawale  
Inspiring VIB**

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- Get a good night's sleep beforehand.
- Eat sensibly before the exam.
- Stop studying about an exam before an hour.

**By,  
Avishkar  
Inspiring VID**

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- Exams can sometimes cause more stress or anxiety than needed, therefore last minute revisions should be avoided.
- Come well prepared and well fed.

**By,  
Antra Degwekar  
Inspiring VIIIA**

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- Get plenty of sleep the night before the exam, so you get a fresh mind while writing your exam.
- Practice deep breathing or meditation to calm your mind.
- Revise your answers well

**By,  
Vidhi Shah  
Inspiring VIIA**

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- Exercise or take a walk before exam to release negative energy.
- Use positive self-talk to reframe your thoughts.
- Remember that you have prepared and well equipped for the exam.
- Visualise yourself doing on the exam. Focus on the present moment and take things one at a time.

**By,  
Tanishka Ingawale  
Inspiring VIB**

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**By  
Mukta Vartak  
Inspiring VIIA**

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**By,  
Antra Degwekar  
Inspiring VIIIA**

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- Indulge yourself in exercises / playing sports at least for an hour, because that helps the mind calm down, and is necessary for maintaining overall good health.
- Be prepared with the whole syllabus beforehand, no last minute preparation. So, if you are prepared for the exams in advance, then there will be no stress a day prior to exam.

**By,  
Divit Kolte  
Inspiring VIA**



- Distract your mind. If your brain keeps memorizing answers, learning poems when will it have time to have a break? Like your body, your brain also needs time to renew its energy.
- Get message. Your muscles must be sore after all that hard work.
- Get enough sleep. Sleep is very important for your entire body. You should get at least 7-8 hrs per night. Put some ambient music on, listen to ocean waves or rain drops.

**By,  
Mihir Mudvikar  
Victorious IX A**

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- Peace in yourself.
- Reset your mind. Take rest for sometime start again with a fresh mind.
- By doing meditation try to get out from the fear

**By,  
Ananya Kanaskar  
Victorious IX A**

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- Every time before exams, we make sure that we are not under any kind of stress or anxiety and we all never try to do last moment revisions, which generally makes us even more tensed for examination.
- We all make sure that we are hydrated, well fed, calm and focused before examinations.

**By,  
Aditi Jaltare  
Inspiring VIII A**

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- Student should get adequate amount of sleep and nutrition for a good physical and mental health. This in reducing stress.
- Don't rush while writing the paper. Go through each question and try to predict how much time it will take to solve that question. It avoids silly mistakes during examination and doesn't make the person panic.

**By,  
Parth Sortey  
Inspiring VIIIC**

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- Use effective study techniques: Using effective study techniques can also help you prepare for an exam. Some techniques that may be helpful include creating study guides, practicing with sample questions, and reviewing notes and textbooks.
- Find better study place: Finding a comfortable study space can also be help you prepare for an exam. Choose a quiet and well-lit area to focus on your studies without distractions.

**By,  
Ishan Kondekar  
Inspiring VII**

**By,  
Minal Neve  
Secondary Teacher**

# THINGS I LEARN FROM MY FATHER

Father is a real life super hero for every kid, so is for me !! When I look back at my picture memories, I realize how much my father loves me since I was a new born baby. Now that, I have grown up and dealing with different aspects of life, I am learning many good things from my father. The first and foremost teaching is to be humble and kind with everyone around me. Whether it's helping a friend in studies or sharing my tiffin with others, kindness is super important.



My father is a Cyber Security expert and deals with difficult problems every day in his work, but I always noticed that he never give up and ensures that the work is completed with utmost precision. Hence, whenever I feel like giving up on homework or learning something new, my father inspires me to keep going.

He says hard work is a key to conquer the difficulties. So, I try my best and don't give up easily. He also encourages me to stay positive, believe in myself and dream big. So, I dream about being an artist.

Since we belong to a traditional Maharashtrian family, he has brought up me with the great culture of being together as family, I have learnt from him that respect to elders is the fundamental value in our culture. He has demonstrated the family values by respecting my grandparents, spending time with us, going out on weekends, and celebrating festivals together. He taught me that family is special, and we should always be there for each other.

One day I asked my father how to deal with situations when things don't go as planned? And he told me two super cool formulas, “Change what you can, accept what you can’t” and “Learn from your mistakes”. These are the greatest learnings from my father which helps me a lot to deal with difficult situations and be happy with what I have got.

Well, no one is perfect, so is my father. While there are lot of things that I have learnt from him about “What we should do”, there are few learnings about, “What we should not do”, but I will keep it for some other time. So, that's a bit about what I learned from my father. He's pretty awesome, I love him very much and I'm lucky to have him.

**By  
Pranjal Pujari  
Inspiring VID**





# **Carnatic Music: A Habit to Cultivate for Mind, Body, and Soul**

In the intricate tapestry of Indian classical music, Carnatic music stands as a jewel, captivating generations with its melodic richness and spiritual depth. Rooted in ancient traditions yet resonating with contemporary relevance, Carnatic music offers more than just auditory pleasure; it presents a pathway to cultivate a profound connection with oneself and the universe. Embracing Carnatic music as a habit can enrich life in ways beyond measure, nurturing the mind, body, and soul.

At its core, Carnatic music is not merely a performance art but a spiritual journey. Its origins trace back to the Vedic period, where it was believed to have divine origins. Immersed in devotion and spirituality, Carnatic compositions delve into themes of love, devotion, and philosophical inquiry, inviting listeners to embark on a transcendent voyage.

Engaging with Carnatic music involves a complex interplay of rhythm, melody, and improvisation, stimulating various regions of the brain. Learning and practising Carnatic ragas and talas enhance cognitive functions such as memory, concentration, and pattern recognition. The intricate structures of compositions challenge the intellect, fostering problem-solving skills and creativity.

Beyond its impact on the mind and spirit, Carnatic music can also benefit the body. Vocalists and instrumentalists alike engage in rigorous training, honing breath control, posture, and dexterity. The disciplined practice of Carnatic music cultivates physical coordination and stamina.

In a world characterized by constant noise and distraction, Carnatic music offers a sanctuary of serenity and meaning. Cultivating a habit of engaging with Carnatic music enriches life on multiple levels, nurturing the mind, body, and soul. Whether as performers or enthusiasts, embracing Carnatic music fosters spiritual growth, intellectual stimulation, emotional well-being, and physical vitality. That is the beauty of our rich, Indian music form.

**By  
Mugdha Kulkarni  
IX B**



# **Drishti Mistry's Selfless Act and Good Behaviour**



Encouraging selfless acts and good behavior in kids fosters empathy, kindness, and a sense of responsibility. Helping others can contribute to their moral development. We usually share old toys and clothes to roadside babies. We will definitely encourage her in doing more of such activities. Here is Drishti sharing toys with them.

**By  
Drishti Mistry  
Joyful DII**

# Most Neat and Clean Dressed Student of the Month



Joyful BI-Bhargawi Wani



Joyful BII-Shivay Balwadkar



Joyful CI -Anwasha Mishra



Joyful CII -Grisha Pataliya



Joyful CIII - Innaya Sharma



Joyful DI - Kiah Tendulkar



Joyful DII -Nidhi Jain



Joyful DIII - Radhika Panchal



Joyful DIV - Mahima Sarvaiya



# Always Punctual Student



**Joyful DII - Itish Kharche (100% attendance)**



**Joyful DI - Alok Rajeesh (100% attendance)**

## Crossword to Solve



By  
**Ankita Mahajan**  
**Pre-Primary Teacher**



# Spot the Difference



By  
Ankita Mahajan  
Pre-Primary Teacher







# Childrens Movie Review

## Finding Nemo



Finding Nemo is a movie produced by Pixar Animation studios and released in 2003.

Finding Nemo is a good movie for children to watch as source of education. The movie teaches important lessons about the importance of Family, Perseverance and overcoming challenges via collaboration means. The other upside to this movie is that it not only teaches the moral but also entertains them. It teaches them a science lesson by exploring The three morals that are very important are ‘The importance of teamwork,’ ‘Your difference do not define you ,’ and “ your Parents will never give up on you. It also teaches lessons about friendship and obeying Parents.

By  
**Suvarna Mali**  
Pre-Primary Teacher

# Person - Child Artist at a Glance - Keya Ingale

## Keya Ingale

Child Prodigy Keya Ingale : A Glimpse into the Extraordinary

In the realm of young artistic brilliance, Keya Ingale emerges as a shining star. Born in Pune, Maharashtra, this child prodigy has left an indelible mark on the canvas of creativity. From her childhood, she has been interested in acting. At a tender age Keya stepped into the world of art and acting, showcasing a rare blend of talent and passion. She started her career by making videos on Instagram. Keya has got huge fame from Instagram. She loves to make comedy content videos. She is fond of making 'Instagram Reels'.

By promoting multiple brands Keya stands out differently from other influencers. Keya promotes various brands on her social accounts. Keya is the face of the top brands. She promotes the toy brand "Little Joys". She loves to wear traditional attire. She also loves pet dogs.

Keya's artistic journey took flight a few years back, where her innate gift for expression found a stage. From captivating stage performances to awe-inspiring paintings, Keya's repertoire has rapidly expanded, drawing admiration from both peers and seasoned artists alike.

Her ability to convey complex emotions through her art and bring characters to life on stage reflects a maturity beyond her years. Keya's debut as a child artist marked the beginning of a promising career, with her work earning accolades in various exhibitions.

As Keya continues to evolve and enchant audiences, the future holds the promise of a remarkable artistic journey. In the ever-growing tapestry of child artists, Keya Ingale's name stands out as a testament to innate talent, dedication, and a boundless passion for the arts.

'Maharashtra Yuva Star Award' was Keya's highest achievement award in the category of best child actor influencer. Her video "Tumhi Tikli Lavta ka Jeans Var" went viral on various social media platform. The video "Tumhi Tikli Lavta ka Jeans Var" has got more than 2 lakhs likes on her Instagram. She has collaborated with the brand "Just Lush Soaps" She has got the opportunity to work with various top influencers. Keya has more than 100 K followers on Instagram.

**By**  
**Megha Ramteke**  
**Pre-Primary Teacher**



# Top 5 Flowers blooming in January

## FLOWERS THAT BLOOM IN WINTER

It's about time that we ring into the New Year and start with the first month i.e January. There are many beautiful flowers that bloom in January. Many flowers like yellow roses, carnations etc. bloom beautifully in this season and in their fullest potential

### Winter Jasmine



One of the easiest flowering plants that often blooms beautifully in January month is Winter Jasmine. These are cheery, winter miracle flowers.

### Carnations



Often people like to gift a bunch of carnations because of its beautiful symbolization of motherly affection and to reflect deep love and admiration. Not many know that carnations are one of the flowers that grow well in the month of Januar

### Winter Aconite



As winter is approaching it is time to see winter aconite blooming to its fullest potential. This flower is an early riser. These flowering plants don't mind a bit of frost and you can just leave these plants to be and thrive on their own.

## Algerian Iris



Instead of summers, Algerian iris flower plants do well in winters. These flowers produce an evergreen mound of grass-like foliage.

## Crocus



This flowering species of the plant gets its name from the Greek krokos which means "saffron". It comes in lilac, mauve, yellow, and white colors of flowers

**By**  
**Priya Salunke**  
**Pre-Primary Teacher**



# Best board games for children below 7 years of age

In the vibrant tapestry of childhood, board games stitch together cherished memories and valuable learning experiences. For children under seven in India, the realm of board games is teeming with treasures, blending cultural heritage with playful education. A few of such games are listed below.

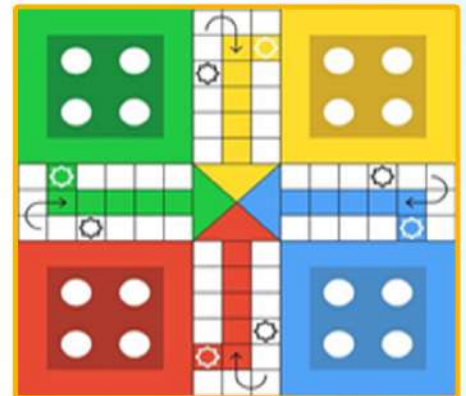
## Snakes and Ladders

This timeless classic transcends generations, teaching counting and patience while navigating the ups and downs of life's journey.



## Ludo

A quintessential game of chance and strategy, Ludo's colourful board and simple rules make it a favourite among young ones, promoting social interaction and basic counting.



## Scrabble (word game)

Simple word games tailored for youngsters, introduces them to the joys of language, building vocabulary and spelling skills through playful interaction.



## Pictionary Junior

A drawing and guessing game that encourages creativity and vocabulary development.



## Monopoly Junior

A simplified version of the classic Monopoly game, designed for younger children. It introduces basic money management and counting skills.

**In the digital age, these analog delights offer a refreshing break, fostering creativity, communication, and cognitive development. So, gather the little ones, roll the dice, and embark on a journey of laughter, learning, and timeless fun with these delightful board games.**



**By  
Gitu Sawhney  
Pre-Primary Teacher**