



C M INTERNATIONAL SCHOOL

SKP'S

C M INTERNATIONAL SCHOOL

MIND MIRAGE - SCHOOL MAGAZINE

OCTOBER 2023



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..

Iqbal Kaur Rana
Principal
C M International School

Teacher Interview

1. Tell a bit about yourself:

My name is Prachi Paste. I have been working as a Sanskrit teacher for 14 years. Currently teaching in Grades 8, 9, and 10. I have done B.A Sanskrit from Fergusson College. I have completed my M.A. in Sanskrit from Savitribai Phule Pune University. Also, I have completed Sanskrit Visharad from Tilak Maharashtra Vidyapeeth & B.Ed. from Kalidas University (Nagpoor).

2. What is it like a Teacher? Is it fun, exciting, or stressful?

The teaching profession is incredibly fluffing. Being a teacher you get the opportunity to educate & and inspire your students. You can watch them grow and learn. For me, teaching is fun and exciting.

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

4. Tell us about your likes and hobbies.

I love exploring new places. Bike riding is my strongest point. Listening to music is also a good treat for me

5. Do you make learning fun for students? How?

Languages are a crucial means of communication & and expression for humans. So language learning should not be so boring for students. Keeping this in my mind I always use different methods. Stories are very powerful in teaching something new and innovative to all age groups likes stories. So I prefer the Storytelling method while teaching. Nowadays students are techno-savvy. So blended learning is also a powerful method for teaching which I follow

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

Yes. As an understanding teacher

8. How do you use technology to enrich your lessons ?

I use PowerPoint presentations & and sometimes textual lessons online to make students understand the language more effectively.

9. Who according to you is a gifted student?

Giftedness is a complex and multifaceted trait, and it can manifest in various ways. Here are some common characteristics and domains in which a student may be considered gifted:

10. Who/ what inspired you to become a teacher ?

My grandfather inspired me to become a teacher.

11. List 5 adjectives that accurately describe your personality.

Optimistic, Resilient, Friendly, Bold & Caring

12. What were you like as a student?

My interests as a student were mostly reading literature and understanding multiple languages.

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

Yes, I received got teacher per excellence award from I.I.H.M in the academic year 2021-22

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

Diversity in Learning Styles, Learning Disabilities and Special Needs, Technology Integration, and Professional Development are the biggest challenges that teachers face today.

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

Love your profession & and get along with a positive attitude to make your journey enjoyable & and remarkable.

**By
Prachi Paste
Secondary Teacher**

Student Interview

I am Samruddhi Panhale. I am an athlete, studying in Victorious XA, C M International School. I am into a sport called Fencing (talvarbaji) at the National level. My inspiration is Lee Keifer (3-time world champion and 2-time Olympic medalist). I have been playing Fencing for 1 and a half years now. I am ranked All India 6th right now. And like any other athlete, I am aiming to bring an Olympic GOLD. Managing and balancing sports with studies together isn't easy for me. But because I am passionate about my sport, I try to manage my time and try to find a balance in terms of sports and academics.

My day starts at 4 am. I have my first session beginning from 4:30 to 5:30, in which I do footwork and Target practice. In fencing, targets are important to score points. Moving forward, I attend my gym session from 5:30 to 7:30. Fencing requires agility, mobility, and strength. A planned workout and diet help me cover these areas. Upon returning home, I get ready for school. I attend school from 8 am to 3 pm. My school supports me during my matches, and my teachers are really very helpful and solve my doubts/queries. After coming back home, I rest and practice academics. At 5:30, I go to my academy (Engrade Fencing Academy) to practice on my techniques and play bouts. I also have weekly one-on-one sessions with my coach where we work on my weaknesses. I return home by 9. Then I have my dinner and revise till 10. I end my day with meditation as Fencing is more of a mental sport than a physical. My goal is to make my country proud and take the Indian flag higher and higher....!!

Samruddhi Panhale
Student, Victorious XA

Teacher Quiz : Identify which Teacher?



- I am language teacher
- Teaching from 6 to 9 class
- Active and enthusiastic
- Arragne different events

Who am I?

CMIS/2023/PS/027

Date: 31/10/2023

Upcoming Events Circular for November 2023

Dear Parent,
Kindly note the following events for the month of November 2023.

Sr. No	Date	Day	Event	Note
1	03/11/2023	Friday	Diwali Celebration	<ul style="list-style-type: none"> Students to wear traditional attire. Event details will be shared later.
2	04/11/2023	Saturday	Diwali Vacation Begins	<ul style="list-style-type: none"> Happy Diwali in advance!
3	20/11/2023	Monday	School Reopens	<ul style="list-style-type: none"> Attendance is mandatory. Reporting time 8:10 am sharp.
4	27/11/2023 to 01/12/2023	Monday to Friday	Field Trip – 3	<ul style="list-style-type: none"> A detailed circular will be shared
5	27/11/2023	Tuesday	Guru Nanak Jayanti	<ul style="list-style-type: none"> Special Assembly
6	29/11/2023	Monday	Grade IX and X Periodic Test – 3 begins	<ul style="list-style-type: none"> The Examination Circular and date sheet will be shared.

Note -

- 1) The last working day before the Diwali break is 03/11/2023.
- 2) Diwali break is from 4/11/2023 to 19/11/2023.
- 3) School reopens after Diwali break on 20/11/2023.
- 4) Attendance is mandatory on the last day before vacation and the first day after vacation

Regards

Iqbal Kaur

Principal

Young Chefs – Healthy Eating

Ladoo's with Dates & Dry Fruit (Sugar-free)

This is a winter special recipe with a high source of nutrition. These Ladoos have dates and dry fruits. Which are very tasty and any time munching. It takes around 20 minutes and is very easy to prepare. Mixing, pouring, and other activities in the kitchen would not only teach us about measurements but also improve hand-eye coordination, try this recipe, and enjoy taste & and healthy nutrition.



This is an easy recipe for little children to try as there is no stove-top cooking involved.

Ingredients:

80gm or 1 cup of dates
20gm or $\frac{1}{4}$ cup almond
20gm or $\frac{1}{4}$ cup cashew
20gm or $\frac{1}{4}$ cup walnuts
 $\frac{1}{2}$ tbps of poppy seeds



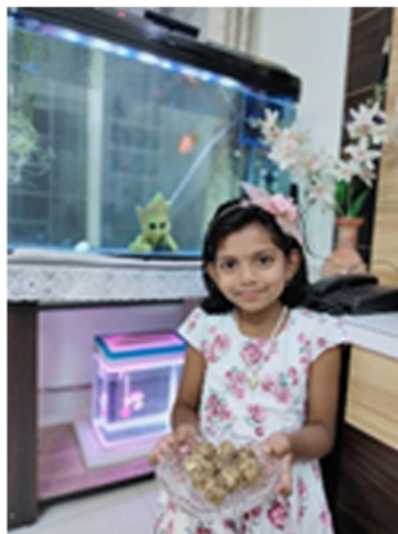
Recipe:

1. Crush the dates till they are slightly mushy.
2. In a mixer jar put almonds, cashews, and walnuts, and crush for 1 min (with the help of an elder)
3. In a large bowl, put all the ingredients, except for the poppy seeds.
4. Mix well in such a way that they can be shaped into small balls. The stickiness of the dates binds the ingredients together.
5. Spread the poppy seeds on a plate and roll the balls over them. Ensure all the pieces are coated well.
6. Your yummy date and almond Ladoos are ready to eat at snack time.



Health benefit:

Dates and dry fruit Ladoo's are filled with nutrition content that helps in better digestion, provides essential vitamins, and minerals, and is packed with protein, potassium, etc...it also provides relief from constipation.



By
Pragya Satpute
Empowering III C

Young Chef's - Healthy Sprout Bhel

Recipe :

The delicious and healthy Sprouts Bhel recipe! This dish is perfect for a quick snack or as an appetizer. It's packed with protein and nutrients, making it a great choice for anyone looking to eat healthier.

Ingredients :

- 1 cup of boiled Green Moong Beans
- 1 cup of boiled Brown Moong Beans
- 1 cup of boiled corn
- 1 cup of chopped Cucumber
- 1 chopped onion
- 2 chopped Tomatoes
- 1 boiled and chopped Potato
- 1 chopped Green Chili
- 2 tablespoons of chopped Coriander Leaves
- ½ cup of Pomegranate Seeds
- ½ a teaspoon of Salt
- 1 Green Chutney
- 1 tablespoon of Tamarind Chutney
- ½ a teaspoon of Chaat Masala
- 1 tablespoon of Lemon Juice
- Nylon Sev and Puries (optional)

Steps of making Bhel :

- Take one big bowl. Add green moong, brown moong, corn, chopped cucumber, onion, tomatoes, potato, green chili and coriander leaves. Mix it well.
- Add green chutney, Tamarind chutney, chili, chaat masala, lemon juice, and salt as per taste.
- Mix all ingredients properly.
- Serve it in a small bowl. Garnish with the nylon sev and puries (optional).
- And enjoy the super delicious and healthy sprout bhel at any time.

By
Advay Vishal Bavalekar
Empowering III D

Young Chef's – Healthy Eating

SWEET CORN CHAAT

Recipe :

Sweet Corn Chaat is a spicy, tangy and delightful snack made using boiled Sweet Corn, Onion, Tomatoes, Lemon and Spices (Maggi Masala)...Sweet Corn chat is one of the quick healthy snacks to make and taste delicious not only for parents but for Kids too..



Ingredients

Boiled Sweet Corn
Chopped Onion
Chopped Tomato
Chilli, Lemon, Red chili powder
Maggi Masala



Take a Sweetcorn Bowl
Mix Chopped Onion, Tomato,
Coriander Chilli in it Nicely...



Add a Salt,
Red chilli , Maggi Masala and
Lemon on it....
(Can be added as per your need)



Healthy Corn Chat is ready to eat...

By
Nitya Sorate
Empowering IIIB

Our visit to ISRO:

Trips and excursions always play a significant role in providing us with knowledge. These trips help us to enjoy ourselves as well as they serve a significant amount of knowledge in various fields. We as students of CM International School got a chance to experience such a trip which left a long-lasting impression on our minds. The students of classes VI to IX were extremely fortunate as they received a golden chance to visit Bangalore and Mysuru as a part of their educational tour. We got a chance to explore various sights of interest like Mysuru Palace, Chamundi Hills, the Sand Museum, in Mysuru, the HAL Museum, and Visvesvaraya Science Park in Bangalore. But the most interesting and unique visit we got to experience was at ISRO in Bangalore. ISRO (Indian Space Research Organisation) is a space agency of India that is involved in science, engineering, and technology to harvest the benefits of outer space.

On March 24th, which was the last day of our 3-day tour, everyone was as excited as we knew it would be a momentous experience for all of us. As soon as we reached ISRO premises we all noticed that the area was greatly secured. After some long security procedures, we were finally allowed to enter the building. As we entered we saw there were miniature models of satellites and rovers of various missions of ISRO. After observing all of the models neatly we were taken to a room where an ISRO official gave us details about the work of ISRO, its upcoming missions, and satellites. Then we were taken to an area in the main building where we saw the construction of ISRO's recent space mission Chandrayaan 3. We were both contented and astonished to see its construction, as it was very enormous. The room was very neat and was maintained at a specific temperature. Then we visited the exhibition gallery and moved toward the end of the ISRO facility.

We all are grateful and cherish the lifetime experience. We came out of the facility carrying a feeling of pride and respect for our scientific community which works hard for the technological betterment of our country. After visiting this site we realized the importance of such scientific organizations and their glorious achievements which will be recognized by the entire world.

**By
Sayali Raikar
Inspring VIII B**

Our Trip to Bangalore,

At the end of the year we were informed that we will be going to Bangalore for an educational tour. everyone was already excited but when we got the circular in which was written about the places we were going to visit. We got to know that we were going to visit ISRO, **The Indian Space Research Organisation**. If you're a space enthusiast, visiting ISRO Headquarters in Bengaluru is a rare and exciting opportunity to explore the epicentre of India's space endeavours. Then at the time of arrival we saw a building. Outside which was a large fighter plane. As we saw the entrance we got even more excited. After we went inside we have learnt so much about ISRO and we had seen a small part of Chandrayaan 3 being built. ISRO is a great place to visit for the students who want to become astronaut. The staff over there were very kind and gave us the information about scaled models of rockets and satellites used in past and upcoming ISRO missions, including the PSLV, GSLV, Chandrayaan, Mangalyaan, Gaganyaan, and Aditya missions. overall it was a very fun tour. The staff even gave us the information about how to become an astronaut, which exams did we have to clear, and what should we study right now. Everyone was so inspired looking at the models and the staff . And I myself want to become an aeronautical engineer.

By
Ranveer mane,
Inspiring VIII A

5 Gujarati Dishes From India

Thepla :-



Thepla is a soft Indian flatbread typical of Gujarati cuisine. While extremely popular across Gujarat, it is especially common amongst the Jain community. It is served as breakfast, as a snack as well as a side dish with a meal. Its common ingredients are wheat flour, besan(gram flour), methi (fenugreek leaves) and other spices. It is served with condiments such as dahi (yogurt),red garlic chutney and chhundo (sweet mango pickle).

Fafda :-



Fafda is a fried crispy crunchy tasty snack made with besan (gram flour), laced with carom seeds and black pepper. It is a popular Gujarati vegan snack that is highly addictive and scrumptious. Fafda served with papaya sambharo and besan chutney is an awesome combination. Fafda got famous by a festival named Dusherra. Traditionally, fafda and jalebi are the most sought- after sweet and salt combination in Gujarati cuisine.

Khaman :-



Khaman is a steamed savory sponge cake with a fluffy consistency, often served with a garnish of fresh chopped coriander leaves. Khaman is made from ground channa daal or channa gram flour, usually with lemon juice, semolina, and curd. A final tadka can be added, using ingredients such as asafoetida and chillies.

Handvo :-



Handvo is one of the delicious Gujarati dish. It's a savory cake or pan-fried bread made from a mixture of rice and lentils (typically rice and various dals or lentils), combined with spices and grated vegetables like bottle gourd, fenugreek leaves (methi), and sometimes sesame seeds. The mixture is fermented, which gives Handvo a slightly tangy flavor. It's then traditionally cooked in a special handvo pan or griddle until it becomes crispy on the outside and soft on the inside. Handvo is a nutritious and flavorful dish, often served as a snack or as a part of a meal in Gujarati cuisine.

Undhiyu :-



Undhiyu is a popular and flavorful traditional Gujarati dish, especially enjoyed during festivals and special occasions. It's a mixed vegetable dish that typically includes a variety of seasonal vegetables like brinjal (eggplant), yam, purple yam (suran), and fenugreek dumplings (muthiya), all cooked together with a special blend of spices and coconut. The dish is slow-cooked to allow the flavors to meld, resulting in a rich and aromatic curry. Undhiyu is often served with puri (fried bread) or roti (flatbread) and is a delightful representation of Gujarati cuisine.

By
Prachi Modi
Primary A Teacher

Asava Sundar Chocolatecha Bangla

"Such a Beautiful Chocolate Bungalow" is a children's song that you might have definitely heard in your childhood. The lyrics of this song are written by Raja Mangalvedhekar, and it's performed by Rachna Khadikar, Yogesh Khadikar, and Shama Khale. The music for this song is composed by Meena Khadikar.

In this song, children are fascinated by the idea of a beautiful chocolate bungalow filled with lots of chocolates. This bungalow should shine like silver and gold. There should be a door made of toffees, which you can sweep away with a broom. But in that place, there will be a "monster" made of candy, hiding behind a curtain, and it will sweep the bungalow completely. You can have lots of fun by making round lemon candies into big windows, and by knocking on them, you can have lots of fun.

You can even use paper mint candies to create a courtyard in which there will be red candy ball flowers. It all looks so good! Isn't it? In such a courtyard, at night, Chandoba (a character) will be visible shining under the moon. Just like something you might see. Chandoba will play a game of hide and seek with pearls in the shape of candy flowers.

In such a bungalow, children come together and have a lot of fun. The world in the imagination of these children is so beautiful, enchanting, and captivating. Looking at the imagination of these children, it truly feels like such a chocolate bungalow could exist. You can have great fun in such a chocolate bungalow. This is what this children's song conveys. The song is filled with a beautiful melody and heartwarming lyrics. Those who created this song deserve a big thank you.

By
Shital Dalvi
Secondary Teacher

Book Review

Exams were over and I was bored. I wanted to read a book; maybe a murder mystery with a lot of plot twists or a thriller with some scenes that you cannot stop reading. Well, I found both in a single book. And that book was... (wait for it) ... "The Mysterious Affair at Styles", written by the legendary Agatha Christie and starring our favorite Belgian detective Hercule Poirot.

Now, I am sure many of you will know Agatha Christie. She is known for her remarkable bestselling books of murder mysteries, detective stories, and most importantly the plot twists! She has created legendary fictional characters such as Hercule Poirot and Miss Marple. Christie remains the world's most famous best-selling author of all time. Why, Christie was so obsessed with mysteries, that she herself disappeared for 11 days and was found in a hotel in Harrogate! No one knows why she disappeared to date.

Now, coming back to our book review. "The Mysterious Affair at Styles" is actually the first book in the Hercule Poirot series. I have read this book two times, once heard the audiobook and once read it physically. In this book, the Belgian detective, along with his trusted friend Captain Arthur Hastings, sets off to the Styles court as a refugee of the World War. The Styles house was massive, almost the size of a castle, and was owned by Emily Inglethorp, the benefactress of Poirot. When Emily Inglethorp suddenly dies of poisoning, Hercule Poirot, along with Hastings, sets off on a mission to capture the murderer of the loving Mrs. Inglethorp. I will not reveal too much about the mystery in the book, as there will be no point in you reading it! But after a lot of twists and turns later, Poirot catches the murderer and justice wins!

What I loved about this book was the aura created by Agatha Christie around the whole mystery- once you start reading it, you just cannot keep it down! Each line conveys the emotion beautifully and that is why it is hard to stop reading it. Also, the plot twists are just amazing! Christie is especially known for her remarkable plot twists and there are so many it will surprise

you greatly. Every one of the murder mysteries written by Christie has a plot twist which makes one exclaim out loud. One of the other things I like about Christie's novels is how everyone involved in the book gathers around Poirot after the mystery has been solved, and how Poirot thoroughly insults the murderer in front of everyone gathered around there. It's worth reading!

Apart from being the Queen of suspense and one of the best mystery writers, Christie has also taught us that there should be a sense of commitment and professionalism in your writing, no matter what it is. She has also taught us the magic and talent of words. She will remain one of my favorite authors for a long time to come. I hope this book review helped my fellow readers (and had the necessary talent for words!). And, remember:

"Use your little brain cells, mon ami!" - Hercule Poirot

**By
Akshobhya Sapre
Victorious X A**

What Is Vegetarianism



Vegetarianism is a generic term that encompasses a variety of distinct dietary patterns, each involving at least a relative avoidance of meat.

There are several types of vegetarians. Some eat dairy foods, others may choose to include eggs, while others abstain entirely from any food product that comes from an animal. One thing they all have in common, though, is they rely primarily on plant-based foods for their nutritional needs.

The decision to adopt a meat-free diet can be a complex choice. People of all ages and backgrounds choose to be vegetarians for a variety of reasons.

Types Of Vegetarians

Strictly speaking, vegetarians are people who don't eat meat, poultry, or seafood. But people with many different dietary patterns call themselves vegetarians, including the following :

Vegans (total vegetarians): Do not eat meat, poultry, fish, or any products derived from animals, including eggs, dairy products, and gelatin.

Lacto-ovo vegetarians: Do not eat meat, poultry, or fish, but do eat eggs and dairy products.

Lacto vegetarians: Eat no meat, poultry, fish, or eggs, but do consume dairy products.

Ovo vegetarians: Eat no meat, poultry, fish, or dairy products, but do eat eggs.

Partial vegetarians: Avoid meat but may eat fish.

Why Choose a Vegetarian Diet



People choose vegetarian diets for many reasons, including personal preference and health concerns.

Some adopt a vegetarian lifestyle for ethical reasons. Many vegetarians, for example, avoid meat because they do not want animals killed or harmed. These individuals may also object to the treatment of animals raised on industrial farms. The environment is an additional concern for some vegetarians. Religious beliefs also can play an important role in vegetarianism. For instance, followers of Jainism practice nonviolence (also called ahimsa, meaning "do no harm"), and do not eat meat or certain vegetables, such as onions, potatoes, and garlic. Hindus also believe in ahimsa and the dietary customs of self-control and purity of mind and spirit. Seventh-day Adventists practice a vegetarian lifestyle, while Buddhists also support the concept of ahimsa (although some eat fish or meat).

Health Benefits

Many people make the switch to a vegetarian diet because of the potential health benefits. Vegetarian eating patterns have been associated with improved health outcomes including lower levels of obesity, a reduced risk of heart disease and lower blood pressure. A plant-based diet is potentially lower in calories and saturated fat than a standard American diet, while also providing more dietary fiber and higher amounts of some vitamins and minerals. These characteristics, in addition to other lifestyle factors, may contribute to the health benefits among vegetarians.

By
Shivani Shrivastava
Secondary Teacher

Why Being Vegetarian Important

A vegetarian is someone who doesn't eat any meat, including fish. Many vegetarians eat plenty of fruits and vegetables — but others subsist on pizza and mac & cheese.\

Health Advantages

- Increases lifespan

By eating more fruits and vegetables, you reduce the toxin and chemical buildup in your body, which leads to healthy years and a longer lifespan.

- Reduces Risk of Life-Threatening Diseases

Non-vegetarian food contains animal fat which increases the chances of getting cholesterol-related diseases. The non-vegetarians also experience extreme levels of blood sugar after consuming a non-vegetarian diet. However, by having vegetarian meals, you can be safer from such diseases

- Improves health

According to multiple researches vegetarian diet improves metabolism which helps in burning fat at a higher rate. Vegetarian food is more economical and provides elements that help in fighting depression and leading to a happy life

Impact on planets

Animals are very important for the environment. Killing animals brings imbalance in the environment which leads to so many environmental calamities we see around us. Being vegetarian reduces wildlife habitat destruction and deforestation and brings balance to our environment.

I would request everyone to be vegetating and save more lives.

By
Lakshya Bhardwaj
Inspiring VD

Why Being Vegetarian is Important

Vegetarian food is a better option to live a healthier life. It contains lots of fibers, vitamins, and minerals which you can get easily. Vegetarian food decreases the risk of obesity, type-2 diabetes, and blood pressure-like disease. It also provides many health benefits such as reducing the risk of coronary heart disease and some types of cancers. All animals have a right to live and it can be one of the healthiest ways to eat.

According to the American Dietetic Association, "appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases."

We know plant foods are loaded with nutrients. According to the Academy of Nutrition and Dietitians, evidence-based reviews show that a vegetarian diet is associated with a lower risk of death from ischemic heart disease.

A higher intake of vegetables, grains, fruits, and nuts from a vegetarian diet it lowers the intake of saturated fat and cholesterol. Lowering cholesterol levels is another reason why a vegetarian diet reduces heart disease. It lie in the fact that it contains high levels of antioxidants.

A vegetarian diet is more helpful than a carnivorous diet and it is prone to WHO (World Health Organisation). A vegetarian diet lowers depression and increases mood profiles than meat eaters.

**By
Shravani Panhale
Inspiring VB**

Why Being Vegetarian is important

Food is what people, plants, and animals eat to live. Every organism needs energy to carry on with the process of living which comes from food. Food usually comes from animals and plants. It is eaten by living things to provide energy and nutrition. Food contains the nutrition that people and animals need to be healthy.

Food can be vegetarian or non-vegetarian. Vegetarian food we get from plants and animals while non-vegetarian food we get only from animals. I believe that vegetarian food is the best for human beings. Many people say that we do not get enough protein from vegetarian food but then they forget about milk. Milk is the best source of protein. A well-planned vegetarian diet can provide all the essential nutrients needed for muscle growth and strength development. These include fruits and vegetables and whole grains. Nuts and legumes, such as lentils, beans, and peanuts, also are considered healthy plant-based foods.

Vegetarian diets can have many health benefits. They can offer all the essential vitamins and minerals necessary for a long and healthy life

Major religions such as Hinduism and Buddhism have recommended a vegetarian way of life since their conception. The recorded history of vegetarian nutrition started in the sixth century BC by followers of the Orphic mysteries. The Greek philosopher Pythagoras is considered the father of ethical vegetarianism.

A vegetarian diet reduces the risk of cardiovascular disease and various types of cancer. It increases the lifespan of a human being, reduces the risk of obesity, lowers cholesterol levels, gives healthy skin, and also improves metabolism which ultimately helps in keeping our stomach healthy

According to Hinduism, one of the main reasons for being a vegetarian is based on the principle of ahimsa, which means non-violence or non-harm. Hindus believe that all living beings have souls and are entitled to respect and compassion.

Eat to Beat Climate Change. By eating vegetarian food for a year you could save the same amount of emissions as a family taking a small car off the road for 6 months. You might not be able to stop using your car in day-to-day life, but you can choose to eat veggie food.

According to a recent study, 22% of the global population is vegetarian. I believe that this percentage should increase. We should take some steps forward to increase this percentage. We can make good use of social media as many of us are involved in it nowadays.

When you eat non-veg, your stomach feels heavy, instead, when you eat veg food you will feel much lighter. Your stomach feels lighter and ultimately your mind also becomes fresh. This keeps you away from depression. So we can say that vegetarian food also keeps you mentally strong.

Finally, I request everyone to change their lifestyle to vegetarian instead of non-vegetarian. I know there are some drawbacks to being vegetarian but when you look at the benefits you will forget about the drawbacks.

दीपो भक्षयते ध्वान्तं कज्जलं च प्रसूयते
यदन्नं भक्षयेन्नित्यं जायते तादृशी प्रजो

Lamp eats darkness and produces [black] soot!
What food (quality) does one eat daily, so will one produce?

What we eat reflects in our behavior, so let's go hand in hand and try for this. Let's become a responsible citizen of our country and also the world.

By
Ayush Jadhav
Inspiring VC

Why Being Vegetarian Is Important

Hello, everyone! I'm a 5th-grade student, and I want to talk to you about something I think is important – being a vegetarian. You might be wondering why a kid like me cares about this, but I have some pretty cool reasons, and I'd like to share them with you.

1. Helping Animals

First of all, being a vegetarian is important because it helps animals. I love animals, and I don't want them to be hurt just so we can have food. When we eat meat, it usually means animals have to be raised on farms and sometimes in not very nice places. By not eating meat, I'm doing my part to make sure animals are treated kindly. That makes me feel good inside!

2. Protecting the Planet

Another big reason why I want to be a vegetarian is because it's good for our planet. Did you know that raising animals for meat takes up a lot of land, water, and energy? It also creates pollution and gases that aren't good for our air. When we eat less meat, we help reduce all these problems. It's like giving the Earth a big, friendly hug!

3. Staying Healthy

Being a vegetarian can also be super healthy! Some people might think you need to eat meat to be strong, but that's not true. You can get all the vitamins and stuff your body needs from things like fruits, vegetables, nuts, and beans. These foods help me grow big and strong, and they taste yummy too. Plus, it's fun to try new fruits and veggies!



4. Trying Tasty Foods

Being a vegetarian is like going on a delicious food adventure. There are so many tasty foods that don't have meat in them. I've tried things like veggie burgers, pizza with lots of veggies, and pasta with awesome sauces. It's like exploring a whole new world of flavors, and it's exciting! That's why I think being a vegetarian is important. It's a way for me to show kindness to animals, help the environment, stay healthy, try new foods, and make a difference in the world. Let's eat our veggies and make our planet a happier, healthier place for everyone!

By
Shravya Nikam
Inspiring V A

ASIAN GAMES 2023

For the recent games, held in Hangzhou, see 2022 Asian Games. For the next games, to be held The Asian Games, also known as Asiad, is a continental multi-sport event held every fourth year among athletes from all over Asia. The Games were regulated by the Asian Games Federation (AGF) from the first Games in New Delhi, India in 1951, until the 1978 Games. Since the 1982 Games, they have been organized by the Olympic Council of Asia (OCA), after the breakup of the Asian Games Federation. The Games are recognized by the International Olympic Committee (IOC) and are described as the second largest multi-sport event after the Olympic Games.

Nine nations have hosted the Asian Games. Forty-six nations have participated in the Games, including Israel, which was excluded from the Games after its last participation in 1974. The last edition of the games was held in Hangzhou, China from 23 September to 8 October 2023.

Since 2010, it has been common for the host of the Asian Games to host the Asian Para Games held shortly after the end of the Games. This event is exclusive for athletes with disabilities as with the continental version of the Paralympic Games. But unlike what happens in the Paralympic Games where the host city's contract mentions the holding of both events, the case of Asia does not mention the mandatory holding of both. Instead, the exclusion of the Asian Para Games from the Asian Games host city's contract means that both events run independently from one other, and may lead to occasions in the future that the two events be held in different cities and countries.

Recently, the 19th Asian Games (of 2022, held in 2023) came to a close at the Hangzhou Olympic Sports Centre Stadium (also called Big Lotus) in China. Hockey player PR Sreejesh was India's flagbearer at the parade of athletes. The 20th Asian Games will be held in Japan in 2027.

With an unprecedented haul of 107 medals (28 gold, 38 silvers and 41 bronze), India set a new benchmark for themselves at the Asian Games 2023 in Hangzhou, the People's Republic of China.

At the 2018 Asian Games in Jakarta, India performed well and returned with 70 medals, including a haul of 16 gold medals.

It was the first time in Asian Games history that India's medals tally crossed the three-figure mark. By doing so, they became the only fourth country after China (383), Japan (188) and the Republic of Korea (190) to win 100 or more medals in a single edition of the Asian Games.

The Asian Games is the biggest sports competition in Asia, held once every four years. The symbol for the Asian Games is the rising sun with interlocking rings.



After the Second World War, many Asian countries gained independence and the Indian International Olympic Committee proposed the idea of Asian Games as a sporting event, where all Asian nations can be represented

The first-ever Asian Games were held in New Delhi in 1951. Asian Games were regulated by the Asian Games Federation from 1951 to 1978. Since 1982, the Olympic Council of Asia has regulated the Asian Games.

India is a founder member of Asian Games and also the host of the first Asian Games. The 9th edition of the Asian Games was also held in New Delhi in November and December 1982. Appu, the Indian elephant, was the first mascot to be used for the Asian Games.



By
Shravani Dhakate
Inspiring VIII B

All About Maratha Reservations

In June 2019, the Bombay High Court upheld the constitution validity of the Maratha quota under 'The Socially and Educationally Backward Classes (SEBC) Act 2018'. While ruling that, the 16% quota guaranteed by the state was not 'justifiable'. The HC reserved 12% in education and 3% in governing. Jobs as recommended by the Maharashtra State Backward Class community. It had also established inadequacy of representation of Maratha community in public employment in the state. Maratha quota activist - Manoj Jarange, who was on a hunger strike demanding reservations for his community, on Thursday, ended his hunger strike on the 17th day of his protest after Maharashtra Chief Minister, Eknath Shinde, held a meeting with him.

Against the backdrop of social discrimination in Hindu society Chhatrapati Shahu Maharaj of Kolhapur made a legally constitutional provision for reservation in the state and private sector in 1902. This was probably the first time a state ruler actively made social justice policies for his subjects the base of this reservation was due to the privilege of the caste system and its discriminatory structure supported by religious tests. Currently, Maratha- a group of castes uprising peasant and landowners among others constituting nearly 33% of the state population. This community dominates nearly 1/3rd of the population of state. The Marathas have been demanding reservations in government jobs and education institutes for a long time. The first protest was held 32 years ago by Mathadi Labour Union Leader Anna Saheb Patil in Mumbai. Since 1981, Maratha reservation has become an integral part of the politics in the state.

As each coin has two sides, the other point of view of this case was OBC (other backward classes). This reservation was given to them for their upliftment. Manoj Jarange is Maratha but does farming and Maratha farmer's caste is known as Kunbi Marathas. They are included in OBC. His demand for including Maratha farmers in OBC is threatening the CM, Eknath Shinde.

**By
Sadhana Mashale
Inspiring VIIB**

Life Story of Mahatma Gandhi



Mohandas Karamchand Gandhi (2 October 1869 – 30 January 1948) was an Indian lawyer and anti-colonial nationalist. Mahatma Gandhi is well-known as a freedom fighter and the father of our nation. He is popularly called Bapu.

Contribution To India's Independence:

The people who followed him loved his ideology of 'Ahimsa' or non-violence. He realized early on that there was a great force in the philosophy of non-violence at a mass level for the freedom movement. He believed in self-reliance and made his clothes, which started the 'Khadi movement'. He urged Indians to boycott foreign products and make their own instead to increase self-reliance. The British put him in jail many times because of his strong stand

His efforts, combined with the sacrifices of all freedom fighters, were successful, and India gained independence. Mahatma Gandhi and his non-violent approach have been appreciated throughout history, and he became a global role model. His legacy extends beyond India's borders, inspiring movements for civil rights, freedom, and social change worldwide. Bapu's teachings and practices continue to be a model of inspiration for those advocating peace, justice, and human rights. He will continue to inspire people everywhere to build a better and more just world for generations to come.

Major Movements of Mahatma Gandhi:

Mahatma Gandhi led several successful campaigns and movements in his time to achieve independence from the colonial government, Let's talk about some of the major movements of Gandhiji in detail:

1. Champaran and Kheda Satyagraha (1917 – 1918)

Gandhi's early Satyagrahas (non-violent resistance) in Champaran and Kheda addressed issues faced by indigo and cotton farmers, respectively. Due to meager agriculture production and crop failure due to unfavorable weather along with high taxation, the situation of farmers deteriorated drastically. Along with farmers and several supporters, Mahatma Gandhi started protests and strikes that eventually led to the British noting the farmers' demands and doing what was needful for them.

2. Khilafat Movement (1919)

Mahatma Gandhi supported the Khilafat Movement, started by the Ali brothers in Turkey against the unfair treatment of Turkey after the First World War, which aimed to protect the Ottoman Empire's caliphate. He presided over the All India Conference in Delhi and even returned the awards he achieved in the British Empire's South Africa. He came to the limelight of many Indians for his doings against the British empire, which eventually strengthened his position as a national leader.

3. Non-Cooperation Movement (1920)

The Civil Disobedience Movement aimed to fight unjust laws peacefully with the assistance from the Congress. Under the leadership of Gandhiji, several Indians refused to obey certain British laws and pay taxes. People began boycotting British goods and services, which resulted in mass arrests and heightened global awareness. However, after the Chauri Chaura incident with the killing of 23 police officers, Gandhiji put a stop to the movement.

4. Civil-Disobedience Movement (1930)

The Non-Cooperation Movement aimed at the boycotting of British institutions, schools, and goods by Indians. Several students dropped out of college, and many government employees quit their British jobs. People also boycotted imported clothing, refused to pay taxes, held protests, etc. Millions of people supported and participated in this movement, and it marked a turning point in India's fight for independence.

5. Quit India Movement (1942)

The Quit India Movement in 1942 finally demanded to put an immediate end to British rule in India. Gandhiji started this movement on August 8, 1942, during World War II, calling it "Quit India". Because of this movement, several representatives of the Indian National Congress were arrested by the British government, eventually leading to widespread protests and strikes. In the end, the British government decided to surrender control to India and exit from India.

By
Aryaveer Pradip Navale
Empowering IV A

“Think before you act. One of the most important leanings from Gandhiji. We have learned that it is always better to ensure we don't make a mistake, we don't do something that will hurt someone rather than feeling bad about it later. If we always think of the consequences of our actions, we will be kinder, nicer human beings. “



By
Apurva Aware
Inspiring VC

“Tolerance. I learnt the quality of tolerance from Gandhiji. Being tolerant means being patient, understanding and never reacting to a situation. One way we can be tolerant in our lives is to let go of all your negative thoughts. If someone is bothering you, ignore them. If someone keeps troubling you, move to some place else. The quality of being tolerant is an important one to have. “



By
Vaishnavi Pathare
Inspiring VD

“One of Gandhiji’s ideas was to learn to forgive. It reminds me that it’s easy to want to fight with someone or to take revenge when you are angry with them or if they have done something wrong to you. We will always be the bigger person if we forgive them rather than look for ways to hurt them.”



By
Aaradhya Singh Devra
Inspiring VA

“Gandhiji had a lot of key principles. One of them way always being available to help people. In today’s times we often turn a blind eye to people’s needs. We only look after ourselves. We should try and help people whenever possible. It makes us only a better person. “



By
Akshita Bharate,
Inspiring VB

“You yourself are the most trustworthy person to depend on.”



The simple meaning of this quote is to be self-sufficient or do it yourself. When you are depending on someone else to do something for you, remember this quote. Depend on yourself, and you can be sure that the task will be completed and will be done in the best way possible according to you. Be it something as simple as bringing you a glass of water, this quote always can and should be applied. When you do something yourself, you do not have anyone to complain to if the task is not done properly. So, you are also increasing the positivity level in yourself because, instead of complaining to someone else, you are learning from your mistakes. He never ever depended on someone else to do any kind of work. If he wanted to arrange a speech, he always made all the preparations. He was able to become such a successful person because he did not depend on others to do the work that led to his success. So, from today on, whenever you are going to ask someone else to do your work, remember this quote.

**By
Aarav Agrawal
Inspiring VII B**

Be the Change



"BE THE CHANGE" is one of the inspiring and motivating quotes written by the great Mahatma Gandhi. The world today is constantly changing, and we must adapt to our surroundings in order to succeed and achieve our goals in life. The quote means to bring about a positive change in life. For example, in the past, if the freedom fighters had a negative mindset, India would still be a dependent country. To implement these changes, we can just do small things such as accept the truth and not give up, not blame others, stay honest, and many more. The teacher was very happy and praised him. In the same way, Gandhiji wants the world to change its mindset from negative to positive for human and animal benefits. In short, this quote has the power to change the world.

By
Abhishrut Mangesh Potdar
Inspiring VII B

Equality Is The key To Life And Happiness



If a person is treated equally, they will be happy and confident about what they are doing. We can apply this to our daily lives by simply showing respect to the person who comes into our house for work. If each and every person in this country is treated equally, then we are a team and ready to face any problem. If we are treated equally, then we are happy in life. If our own people discriminated against us, we would never gain the power and respect we deserved. The main aspect of equality is standing up in a crowd for yourself. The importance of equality inspired Mahatma Gandhi to support our country and lend a hand against the British. The power and respect he gained were because he treated people equally and never let them assume that they were less than the British. He taught people to stand up for themselves and treat other people equally. I hope after reading this article you will understand the importance of equality and the role of Gandhiji in our history.

By
Anandita Sharma
Inspiring VII C

“With Believe And Will Power Sky is The Limit”



This quote is completely applicable to the Father of the Nation, 'Mahatma Gandhi', popularly also called "Bappu". This is because when he came to India, he saw that the potential of Indians was greater than that of Britishers. But there was one thing missing: belief and willpower. People knew the importance of freedom, but the motivation was lacking. But 'Bappu' said that that cannot be won by only violence. As he said, "Ahimsa Paramodharmaha," which means that our first task is to ensure non-violence. There was a time when Bappu was captured by the British. He also said "Do or Die," which means that it is better to die trying to achieve freedom than die without trying to get it. If we think that anything is "impossible," we better first try it and then quit if we want to. If we want to achieve goals in our lives, we need to first have the belief and willpower to do so.

By
Soham Naikwade
Inspiring VII D

“Do Not Judge By Work”



As we all know, Gandhiji did not used to compare people by their work, whether big or small; instead, they used to themselves do the work that nowadays a normal household worker used to do. They used to believe that appointing a worker was not as great as not needing a worker because we could do our own work. If we ourselves complete our work on time or just manage to do our work on our own, then this would be greater than anything. If we compare today with the past, a lot of things have changed, like everyone is working in the house and anybody can barely get some time. It leads to a need for a worker. Our well-known leaders did not tell great slogans or articles about getting respect in society; instead, people followed them and had a great future ahead of them. So, I hope you enjoyed reading this article. Please do remember "DO OR DIE,","Simplicity IS THE BEST POLICY," and not to judge others by the work they do.

By
Mukta Vartak
Inspiring VII A

“No Violence Complete Silence”



This quote is applicable to the day-to-day quarrels on the roads about traffic. This emphasizes that we will have to try to communicate with a better style and attitude rather than just yelling at each other. This also refers to "Gandhism," which emphasizes that we should look at it from a different perspective. He also said, 'Do or die' that we should fight for our nation by telling them that, 'We are all equal; we have our rights.' Many Britishers gave Gandhi respect as he applied the policy of Ahimsa. We can apply it to our day-to-day lives by solving the problems of road traffic by trying to communicate softly and humbly. Another teaching of Gandhi Ji was to do your own work. He did all his work and never used to tell anybody to even help him. Although we have our stress and work, we can still manage to learn the teachings of Gandhi Ji and apply them to our day-to-day lives.

**By
Adwait Parkhi
Inspiring VII B**

"There Is No God Bigger Than Truth"

Mahatma Gandhi



This quote means that we should always be loyal and faithful to all, rather than telling lies and improving our image in society. As we all know, we speak a lot of lies to make 'ourselves' look superior in society. Gandhi Ji never spoke lies; he always followed the path of truth. We all should also follow the path of truth. So, we all should also implement this policy of speaking the truth in our lives. But the truth is said to be bitter, so why should we speak the truth? Gandhiji always spoke the truth. Although he suffered from a lot of problems and difficulties, he never stopped speaking the truth. So, the truth is bitter, but the success achieved by the truth is very sweet. Only reading this article is not the only thing we should implement in our lives; this habit of speaking the truth emphasizes that we should make good changes in one's life.

"So, from today on, let's promise to speak the truth."

By
Daivik Dusane
Inspiring VII B

“The Power of a Thought Is truly a Beautiful thing “



We have thoughts every day, and these thoughts help us to make critical decisions in reality. These thoughts defined the actions and decisions they took in real life, as I talked about in the first paragraph. Thoughts help us to be creative and smart. In the same way, I am using my thoughts to write this article. It takes only a single bad thought to make people think about other bad things and, over time, make them as bad as their thoughts. We should understand that no matter how bad life can get, we should always listen to the good thoughts in our minds, be positive, and move on with life. I hope after reading this article people understand the message trying to be sent: that our thoughts have the power to decide what kind of person we could become in the future, so always hang on to the positive thoughts in your mind and forget the bad ones because these bad thoughts will keep you from becoming a good person in life

**By
Ishita Lahane
Inspiring VII D**

“Do Or Die”



In our day-to-day lives, we may face many difficult situations, but this does not mean that we should give up, but rather keep on trying until we can achieve our goals. When a mistake is made, we feel like giving up, but what matters is that you have tried, and next time you may improve your previous mistake. I agree that it is impossible to succeed every time, but if you remember this quote, you will surely be determined to achieve your goals. The quote was stated by Mahatma Gandhi: "To open the eyes of the whole nation and to prove that if we try to free our country and even be ready to sacrifice our lives, we may surely succeed." But if we do not even try, how will we know the results of our actions? This quote plays a very important role in the future or the betterment of our nation. I hope after reading this article you will be motivated to follow this mantra in your day-to-day life and never give up!

**By
Sahasra Bulusu
Inspiring VII D**

**“You Can Chain Me, You Can Torture Me,
You Can Even Destroy My Body, But You Can
Never Imprison My Mind.”**



This thought was given by Gandhiji against the British. It means that even if important things like your money, food, hands, and legs get destroyed, your mind still has the power to think and is the most powerful body part that keeps gaining knowledge and is always at work. In every hard situation, even if you are not able to walk, talk, or do work, your mind keeps on finding a way to solve the problem. A great mind can beat the strongest man alive. Stephen Hawking, a great scientist who had a disorder in which he could not move all his body except a finger, had a great mind and invented a machine that could tell what he was thinking. He is the best example of this thought.

**By
Jaiveer Singh Rana
Inspiring VII D**

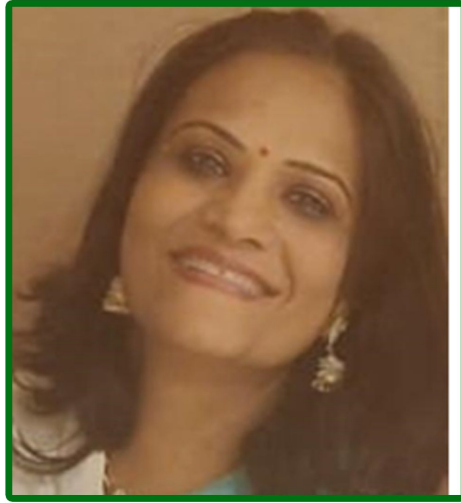
Embracing Gandhism: Incorporating Gandhi's Principles in Our Daily Lives



Gandhism, the ideology and philosophy propagated by Mahatma Gandhi, offers valuable lessons that can transform our daily lives and contribute to a more harmonious society. In order to truly embrace Gandhism, it is essential to incorporate Gandhi's principles into our everyday actions and interactions. Firstly, practicing non-violence in both our thoughts and deeds is crucial. Secondly, fostering truth and honesty should be a cornerstone of our character. By being truthful in our words and actions, we build trust and integrity within ourselves and our communities. By engaging in acts of service, advocating for justice, and addressing societal inequalities, we can contribute to positive change. Inculcating Gandhism in our daily lives requires conscious effort and a commitment to personal growth. By embodying principles of non-violence, truth, simplicity, and social justice, we can honour Gandhi's legacy and create a more compassionate and equitable world.

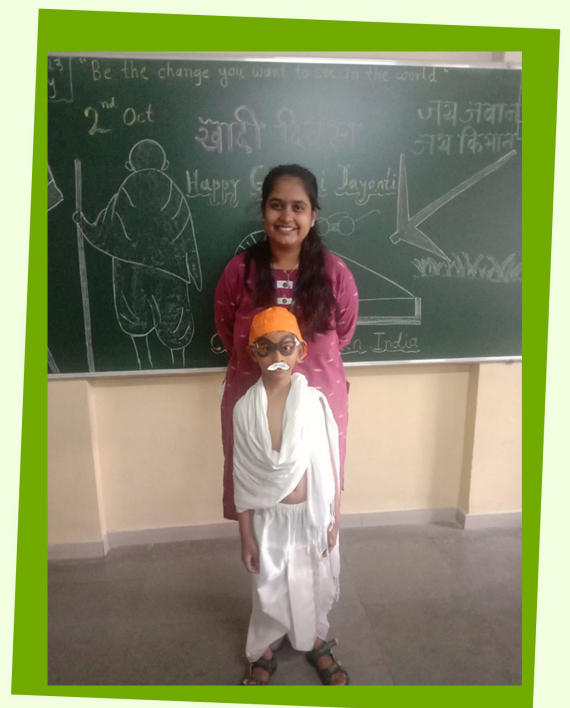
By
Aparna Singh Chauhan
Secondary Teacher

**You must be the change you wish to see
in the world.**



Mahatma Gandhi was a man of great character. He always favored the truth and honesty, condemned violence, kept him away from materialistic desires, and walked a path of high morals. There are many qualities of Gandhiji but to have vision within ourselves and in order to make effective change in this world we must first alter our personal nature. When we do that the world is a whole new place for us to make change with our new perspective.

**By
Rashmi Nagar
Secondary Teacher**







What is Genetic Mutation in Plants?



A mutation is a heritable, abrupt alteration in the genetic structure of a gene, which is unrelated to an individual's ancestral lineage. Such changes may manifest spontaneously or as a consequence of exposure to factors like ultraviolet radiation or chemical agents. The term "mutation" finds its etymological roots in the Latin verb 'mutare,' signifying "to undergo alteration or change." Within the realm of plant biology, mutations are referred to as "sports," "breaks," or "chimeras." These are naturally occurring genetic mutations that can lead to notable modifications in the visual characteristics of a plant's foliage, flowers, fruits, or stems. An individual plant manifesting a mutation is colloquially termed a "mutant."

When a mutation arises within the reproductive tissue of an individual plant, it becomes inheritable and can be passed on to subsequent generations. Conversely, if a mutation emerges within the somatic tissue of a plant, its effects are confined to that specific generation, impacting only the cells in which it originated.

Symptoms:

A naturally occurring genetic mutation, sometimes referred to as a "sport" or a "break," induces abrupt alterations in a plant's visual characteristics. These changes may manifest as colored flecks within white flowers, or a perennial plant with single flowers might develop a stem bearing double flowers. Mutation can also lead to modifications in foliage color or fruit appearance. In some cases, a phenomenon known as "reversion" occurs as a result of plant mutation. Typically, only one or two mutations are observable on a single plant, such as a solitary differently colored flower. Usually, the plant reverts back to its original form in the subsequent year.

Cause:

Most mutations are random events that arise from genetic changes occurring within the cells of the plant. However, mutations can occasionally be triggered by environmental factors like cold weather, temperature fluctuations, or insect damage.

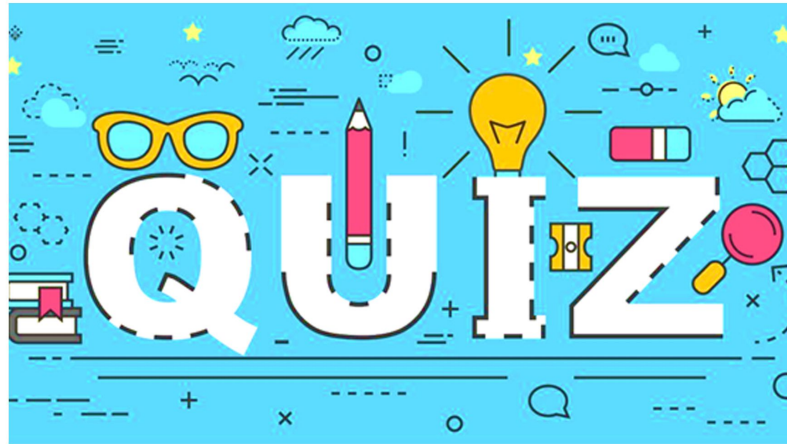
Sometimes, mutations go unnoticed because the altered characteristics are not inherited from the cell in which they originated. However, if a mutation occurs at the plant's growing point, it can affect entire shoots as that cell undergoes multiplication, giving rise to whole cell lines. The term "chimera" is employed when genetically distinct tissues coexist within the same plant or parts of a plant. For instance, certain plants, including chrysanthemums, roses, and dahlias, are prone to producing chimera flowers, where different-colored sectors exist within the same flower. Chimeras serve as the foundation for variegated plants.

Control:

In general, genetic mutations are not problematic and can be pruned out if they are undesirable. Many sports naturally die out or revert back to their original form on their own. Some mutations, however, remain stable and may be of interest to nurseries actively seeking out new and unique plant varieties.

By
Gunjan Khandekar
Primary A Coordinator

English Language Quiz Activity



People say, learning language is fun but what makes it much more interesting, especially for the kids is the learning of that particular language in a fun way, in a way that the kid enjoys it. There are many ways to make learning interesting – Roleplays, activities, games. One of the known and tested way of learning language in a fun way is by designing quizzes. Quiz is one of the best ways to test the knowledge, learning and understanding of any particular topic.

Let me tell you about the quiz that I conducted in one of my classes. I was teaching the topic adjectives. To make the class more interesting and to check the understanding of the topic, I decided to conduct a quiz for the kids. I prepared a big transparent fishing tank. I filled the tank with some artificial plants and made cut outs of fish. On those fishes, I wrote some words. I also prepared a fishing rod. With that rod, I asked the students to catch a fish that has an adjective written on them. If they succeed in catching a fish that has an adjective written on it, then they get one point. Children enjoyed playing the quiz a lot. The class was fun and interactive.

Quiz is a very interesting way to test the understanding of the kids.

By
Pranjali Parite
Primary A Teacher

Celebrating International Day of Non-Violence

The International Day of Non-Violence is observed on 2 October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence. International Day is an occasion to "disseminate the message of non-violence, including through education and public awareness". The resolution reaffirms "the universal relevance of the principle of non-violence" and the desire "to secure a culture of peace, tolerance, understanding and non-violence". Gandhi understood nonviolence from its Sanskrit root "Ahimsa". Ahimsa is just translated to mean nonviolence in English, but it implies more than just avoidance of physical violence. Ahimsa implies total nonviolence, no physical violence, and no passive violence. Gandhi translates Ahimsa as love

There are the stages of Non-Violence discussion and negotiation at the outset through to voluntary self-suffering by the resister, and finally to non-cooperation and civil disobedience.

Mahatma Gandhi once said that Non-Violence is the mightiest weapon devised by the ingenuity of man. Nobody can make a better statement to define non-violence other than our Father of the Nation. We all know that Mahatma followed non-violence as the key to attaining freedom from the British. In short pacification, pacifism, passiveness, passivity, peace ableness, and nonaggression are also called Non-Violence.

Mahatma Gandhi is perhaps one of the most revered nonviolent leaders in the world. He led the movement for the independence of India from Great Britain and his peaceful protests have since become the framework for nonviolent civil disobedience around the world.

Gandhi advocated nonviolence not because it offered an easy way out, but because he considered violence a crude and in the long run, an ineffective weapon. His rejection of violence stemmed from choice, not from necessity.

Nonviolence seeks to defeat injustice, not people. Nonviolence holds that suffering can educate and transform. Nonviolence chooses love instead of hate. Nonviolence believes that the universe is on the side of justice.

There are three main categories of non-violence action:

- protest and persuasion, including marches and vigils;
- non-cooperation; and
- non-violent intervention, such as blockades and occupations

Nonviolence Day Serves As A Tribute To Gandhiji, Who Demonstrated That Profound Change Can Be Achieved Through Love, Truth, And Peaceful Actions.

**By
Sayali Parandekar
Secondary Teacher**

The importance of right breathing-

What is Pranayama

Breathing is the most important function of human beings. The human body can survive 3 weeks without food, and 3 days without water, but only 3 minutes without air, and yet breathing is something we generally give very little thought to. Breathing properly can have a huge impact on our overall health and wellbeing and it can be used as a tool to reduce feelings of stress and anxiety.

Breathing sustains life by providing oxygen needed for metabolism and removing the by-product of these reactions, carbon dioxide. It is also one of the major regulators of pH within the body and has influence over the autonomic nervous system, circulatory system, and metabolism.

The diaphragm is our main respiratory muscle. It is dome-shaped and sits at the base of the lungs. When we inhale our diaphragm moves downwards, massaging the abdominal contents and creating space allowing the lungs to expand. When we exhale, the opposite happens.

How breathing is important

The nose is built with a specific purpose: to support our respiratory system. The primary purpose of the mouth, on the other hand, is to start the digestive process. Nasal breathing filters allergens and foreign bodies from entering the lungs and adds moisture and warmth to inhaled air. On the other hand, mouth breathing is linked to several health conditions such as sleep problems, tooth decay, and learning difficulties.

How we feel can affect our breathing

Unfortunately, increased anxiety, tension, and stress in our lives can lead to more rapid and shallow breathing (also known as chest breathing). When we do this, we do not fully engage our diaphragm instead we overuse our neck, chest, and shoulder muscles which can lead to pain, tightness, and headaches.

But we can also use breathing to affect how we feel

By engaging in deliberate diaphragmatic breathing throughout the day we can get our fight and flight to switch off and our rest and digest to switch on. This allows our body to renew, restore, and rebalance itself. Diaphragmatic and nasal breathing can help to change the pH level of our blood, boost digestion and immunity, and lower heart rate and cortisol levels helping with anxiety levels and tension.

Our bodies can develop energetic and physical barriers as a result of daily pressures, tensions, and physical habits. It's possible for our breathing to gradually become more shallow or stiff without us even realizing it. Unconscious breathing patterns can form and impede the flow of breath and prana.

As we do pranayama yoga or deep breathing exercises, we focus on letting the life force flow through the body to free each breath. The body is energized, relaxed, and healed. As a result, it allows everything to fall into place. It essentially boosts and balances your system's life energy.

The best way to do breathing exercises at home

Either sit comfortably on a chair with your legs crossed or lie down on your back with your knees bent. Place your hands on the sides of your lower ribcage.

Breathe in slowly and deeply through your nose. You should feel your hands moving apart/pushing out to the side of your body. Make sure your upper chest is not rising thereby ensuring you are using your diaphragm and not your accessory muscles (i.e. neck and chest muscles). Breathe in through your nose for 4 seconds, hold for 4 seconds, and breathe out gently through your mouth for 4 seconds – do not force the air out. Keep your breathing slow and controlled and make sure to keep your belly relaxed. You can play around with the timing of your breath cycle. Other options would be to inhale for 4 seconds and exhale for 4 seconds. Or Inhale for 4 seconds, and exhale for 8 seconds. Do what feels right for you.

What is pranayama?

Pranayama essentially means working in the dimension of prana. Prana is the vital energy needed by our physical and subconscious layers, without which the body would perish. It is the prana or life force in us that nourishes the mind and keeps the body alive.

The fourth anga (limb) of yoga is referred to as pranayama and is frequently practiced with pranayama yoga. It is said that by controlling your breath, you can control the power of your mind. The term "Pranayama" is derived from the Sanskrit terms "Prana" and "Ayama", translating to "breath" and "expansion". Yogic breathing exercises can help you control your life force, also known as the prana.

Pranayama is a deep breathing exercise that dates back thousands of years and comes from Indian yogic traditions. It involves regulating your breath in different lengths, frequencies, and durations. The goal is to connect your body and mind through pranayama. Apart from cleansing your body of toxins, it also supplies the body with ample oxygen and is intended to have physiological effects that promote healing. The cycle of pranayama yoga has three stages

Puraka (Inhalation), Kumbhaka (Retention), Rechaka (Exhalation)



What is prana ?

Despite having a connection to the breath, prana is not the breath. Prana is an energy that flows through thousands of subtle energy channels called nadis and energy centers called chakras. It creates an aura around the body. The quantity and quality of prana and the way it flows through the nadis and chakras determine one's state of mind.

The movement and energy of prana, the cosmic energy flowing through us and around us, is influenced by our actions, thoughts, and especially the way we breathe

If the prana level is high and its flow is continuous, smooth, and steady, the mind remains calm, positive, and enthusiastic. However, the lack of knowledge and attention to one's breath could cause partial blockages in the nadis and chakras. Unfortunately, this leads to a jerky and broken prana flow. As a result, one experiences increased worries, fear, uncertainty, tensions, conflict, and other negative qualities. Every problem is first generated in the subconscious and then surfaces on the physical level. Sickness shows up in your prana (pranic sheath) much before you get physically sick.

Types of pranayama and how to do pranayama

The ancient Indian sages knew that deep breathing exercises were simple to practice and could bring great relaxation to the body and mind. Now that we've established what pranayama is, let's look at the different types of pranayama we can practice. These various types of breathing techniques can be practiced easily and at any time of the day on an empty stomach

Let's learn about the types of pranayama & and how to do pranayama one by one.

1. Bhramari Pranayama (Humming Bee Breath)

Is your mind buzzing with activity? Can't stop thinking about what someone said about you? Find a quiet corner and try this type of pranayama to apply brakes to the buzzing mind. This breathing technique is a boon for those with hypertension.

Bhramari Pranayama, commonly referred to as Humming Bee Breath, is a yogic breathing exercise that calms the nervous system and aids in reconnecting us with our most genuine selves. This pranayama for beginners is named after the soft humming of a bee and is made at the back of the throat during practice.

2. Kapalbhathi Pranayama (Skull Shining Breath)

Kapalbhathi Pranayama is a yogic breathing exercise whose name is derived from the Sanskrit terms Kapal, meaning skull and bhati meaning “to shine”.

Among the various deep breathing exercises, this pranayama yoga is considered the most important. One of the benefits of pranayama is the detoxification of the body and the clearing of the energy channels.

This pranayama is for people with intermediate to advanced breathing levels. It energizes your circulatory and neural systems while strengthening your chest and cleansing your abdominal organs



3. Bhastrika Pranayama (Bellows Breath)

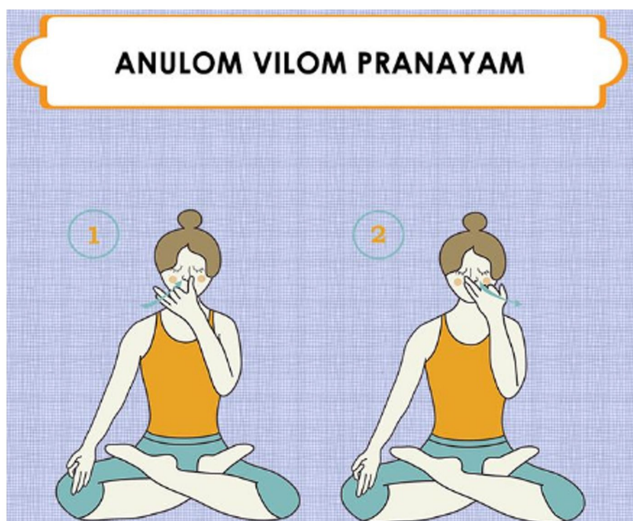
Feeling low on energy? Three rounds of Bhastrika Pranayama (bellows breath) will get your energy levels soaring! So, what is pranayama Bhastrika?

Bellows Breath, also known as Bhastrika Pranayama, is a stimulating deep breathing exercise that resembles stoking a fire with a constant stream of air. The Sanskrit name Bhastrika, which means "bellows," refers to the vigorous filling and emptying (inhaling and exhaling) of the lungs and abdomen during this exercise. It stimulates the body's and mind's internal fire, promoting healthy digestion on all levels



4. Anulom vilom pranayam

Anulom Vilom Pranayama is a breathing practice mostly done at the end of a yoga sequence and before the main pranayama when the body is warmed up enough, with the opening of all the channels. The opening of these channels helps with an easy & and smooth flow of energy through the nostrils and into the body, making the practice of Anulom Vilom Pranayama easier.



Benefits of pranayama

We've learned what pranayama is and what are the types of pranayama. Let's focus on the benefits of pranayama now. The regular practice of deep breathing exercises can completely change one's quality of life.

The advantages of yogic breathing exercises for health have been examined in numerous medical and scientific publications. Even though each type of pranayama technique has its distinct features and results, it's vital to remember the general benefits of pranayama. If you intend to practice pranayama for any of these advantages, thoroughly investigate the technique first to apply it correctly and be conscious of any precautions or negative effects.

General benefits of pranayama:

Increases and enhances the quantity and quality of prana, thereby increasing our energy levels

Clears blocked nadis and chakras, thereby expanding our aura and heightening the spirit

Makes one energetic, enthusiastic, calmer, and positive. Such a state of mind helps us make better decisions, have mental strength when dealing with adversities, and feel happier

Brings harmony between the body, mind, and spirit, making one physically, mentally, and spiritually strong

It brings clarity to the mind, and good health to the body.

'Meditation & pranayama help us express ourselves better

"The most difficult thing to do is to express our feelings correctly and to understand others' feelings correctly. Lacking this skill is the biggest issue faced by society today, and this has to be developed. It is never perfect; some ups and downs do happen in this matter. Like, what we feel, we cannot express fully and cannot understand correctly what others feel.

This keeps happening in life, but when we become more calm and happy, we can understand others' minds more and more. That's why it is very necessary to do meditation, pranayama, etc. That gives more inner clarity, and then we feel that others can understand us better, and also we can express our views better."

"Our breath is linked to our emotions. For every emotion, there is a particular rhythm in the breath. So, when you cannot directly harness your emotions, with the help of the breath, you can do that.

If you are in a theater, you would know that a director asks you to breathe faster when you have to show anger. If you have to show a serene scene, the director would tell you to breathe softer and slower. If we understand the rhythm of our breath, we can have a say over our minds. We can then win over any negative emotions like anger, jealousy, and greed, and can smile more from our heart.”

Note: Practicing Yoga helps develop the body and mind, yet is not a substitute for medicine. It is essential to learn and practice yoga under the supervision of a trained Yoga teacher. In case of any medical condition, practice yoga only after consulting your doctor and a Sri Sri Yoga teacher. Since the pranayamas or breathing exercises deal with the subtle life force, experimenting with these techniques is not advisable.

**By
Suparna Behera
Primary B Teacher**

Importance of Nutrition

According to the adage, 'You are what you eat', people who eat well are healthier and more productive than those who don't. Nutrition plays a great role in our daily life. Combined with your diet, physical activity can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases like heart disease and cancer, and to promote your overall health.

Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low- and middle-income countries. For the body to function properly, grow appropriately, and keep healthy, one must consume enough macronutrients (Proteins, carbs, fats, and water) and micronutrients (vitamins and minerals). Some of the important nutrients and its sources are as follows:

Protein helps our body to build muscles and a strong immune system. It supports the synthesis of enzymes and hormones. Good examples of proteins are Lentils, seeds, chicken, beef etc.

Carbohydrates give us energy. Good examples of carbohydrates are bread, potatoes, pasta, soda, chips, sugar, bananas, etc.

Fat provides us extra energy. It plays a role in insulating our bodies by giving us protection from sudden changes in temperature and also protects our vital organs.

Vitamins (A, B, C, D, E, K) regulates our body processes and plays an important role to make our body function properly.

Minerals are inorganic elements present in soil and water, like calcium, sodium, potassium, copper, iodine and zinc which regulate our body processes and also make body tissues

Omega-3 fatty acids are "healthy fats" that helps to lower your triglycerides. While they're important to all your cells, omega-3s are concentrated in high levels in cells in your eyes and brain. Some, but not all, observational studies suggest that diets high in LC omega-3s are associated with a reduced risk of cognitive decline, Alzheimer's disease, and dementia

Specific types of omega-3s include DHA and EPA and ALA.

Sources of omega-3 fatty acids :

Fish and seafood sources

Which include Mackerel, Salmon, Seabass, Oysters (contain all three major classes of omega-3s), Sardines, Shrimp etc.

Vegetarian and vegan sources

These include Seaweed and algae, Chia seeds, Flaxseeds, Walnuts, Edamame, Kidney beans etc.

Fortified foods and beverages and Omega-3 supplements

The term nutrition can also refer to the quality of someone's

food choices. Proper food in our daily life leads to a lifetime habit toward a healthy and extended life.

By
Ishani Athaley
Secondary Teacher

Coffee with Jaiveer

Coffee is a beverage prepared from roasted coffee beans. Darkly coloured, bitter, and slightly acidic, coffee has a stimulating effect on humans, primarily due to its caffeine content. It has the highest sales in the world market for hot drinks.

The seeds of the *Coffea* plant's fruits are separated to produce unroasted green coffee beans. The beans are roasted and then ground into fine particles typically steeped in hot water before being filtered out, producing a cup of coffee. It is usually

served hot, although chilled or iced coffee is common. Coffee can be prepared and presented in a variety of ways (e.g., espresso, French press, *café* late, or already-brewed canned coffee). Sugar, sugar substitutes, milk, and cream are often added to mask the bitter taste or enhance the flavour.

Though coffee is now a global commodity, it has a long history tied closely to food traditions around the Red sea. The earliest credible evidence of coffee drinking as the modern beverage appears in modern-day Yemen in South Arabia in the middle of the 15th century in Sufi shrines, where coffee seeds were first roasted and brewed in a manner similar to how it is now prepared for drinking. The coffee beans were procured by the Yemenis from the Ethiopian highlands via coastal Somali intermediaries, and cultivated in Yemen. By the 16th Century, the drink had reached the rest of the Middle East and North Africa, later spreading to Europe

The two most commonly grown coffee bean types are C. Arabica and C Robusta Coffee plants are cultivated in over 70 countries, primarily in the equatorial regions of the Americas, Southeast Asia, the Indian subcontinent, and Africa. As of 2018, Brazil was the leading grower of coffee beans, producing 35% of the world's total. Green, unroasted coffee is traded as an agricultural commodity.

I myself drink coffee every morning before coming to school; it gives me a powerful boost of energy for the long day ahead. It also acts like a refreshment after waking up from the world of dreams and keeps my stomach full. I have seen many children fainting or not being able to stand in sunlight at the time of the morning assembly because of not eating food and coming to school empty stomach which leads to not being able to tolerate the heat of the sun. I recommend all of my fellow friends to drink coffee before coming to school.

I would like to share the recipe of the cold coffee which I drink everyday:

Ingredients:

- Milk (chilled)
- Sugar
- Instant or filter coffee

Method:

- Take 1 cup of chilled milk, If not chilled add ice cubes
- Put 1 table spoon of sugar into the milk
- Then take $\frac{1}{2}$ table spoon of coffee and put it into the milk
- Pour this mixture into a blender and run the blender for few seconds.
- Your coffee is ready.
- Pour your coffee into a cup and ENJOY!

I hope when you take a sip of your coffee it reminds you of me and my article.

By
Jaiveer Singh Rana
Inspiring VII D

Etiquettes – Ten Phrases to make you sound generous

Etiquette is a code of behaviour that outlines expectations for social behaviour within a society, social class or group. Rules of etiquette include all aspects of social interaction including manners. Etiquette can vary a lot from country to country especially in business and social interaction.

Obligations towards Students

Respect the value of being just and impartial to all students irrespective of their caste, creed, religion, sex, economic status, disability, language and place of birth.

Facilitate students' physical, social, intellectual, emotional, and moral development. Make planned and systematic efforts to facilitate the student to actualize his/her potential and talent. Transact the curriculum in conformity with the values enshrined in the Constitution of India.

Adapt his/her teaching to the individual needs of students

Maintains the confidentiality of the information concerning students and dispense such information only to those who are legitimately entitled to it.

Keep a dignified demeanour commensurate with the expectations from a teacher as a role model

Obligations towards Parents, Community and Society -

Establishes a relationship of trust with parents/guardians in the interest of all round development of students.

Desists from doing anything which is derogatory to the respect of the student or his/her parents/guardians.

Strives to develop respect for the composite culture of India among students.

Keeps the country uppermost in mind, refrains from taking part in such activities as may spread feelings of hatred or enmity among different communities, religious or linguistic groups.

Obligations towards the Profession and Colleagues -

Strives for his/her continuous professional development.

Creates a culture that encourages purposeful collaboration and dialogue among colleagues and stakeholders

Takes pride in the teaching profession and treats other members of the profession with respect and dignity.

Refrains from engaging himself/herself in private tuition or private teaching activity.

Refrains from accepting any gift, or favour that might impair or appear to influence professional decisions or actions.

Refrains from making unsubstantiated allegations against colleagues or higher authorities.

Strives to develop respect for the composite culture of India among students.

Keeps the country uppermost in mind, refrains from taking part in such activities as may spread feelings of hatred or enmity among different communities, religious or linguistic groups.

Etiquettes Tips -

All of these tips are appropriate for any work place setting.

The world of education is no exception.

Attire – Wearing appropriate clothing.

Punctuality - Abide by the school's contracted hours for teachers and show up on time (even early) for all work functions.

Effectiveness – Use work time effectively and appropriately.

Behaviour in meetings - it is still important to engage in respectful behaviour during all college meetings.

Communication – E-mails should be grammatically correct and spelling error free.

Etiquette with other teachers -

E-mail communication

Discretion - Use discretion when talking about students and anything confidential with other teachers

Avoid cliques

Language/topics

Social media communication

Etiquette with Administrators -

Respect

Communication

Maintain an appropriate relationship

Avoid cliques

Cliques among teachers

Etiquette with Parents -

Topics

Respect

Timing

Open communication

Social media

By
Priyanka Ruchandani
Primary B Co-ordinator

Ideas to make the best from waste creatives

- Best out of waste is a popular activity in many schools. It encourages people to get creative with materials that are otherwise deemed wasteful. The things made through the best out-of-waste projects are mostly decorative items. These showpieces and decor items add beauty to our homes although they are made from waste.
- The best use of waste is crafting a purposeful or innovative item. There are various ways to turn common household waste into attractive home decor. With some imagination, waste items such as old newspapers, used bottles, empty tin cans, cardboard boxes, coconut shells plastic bottles, and glass jars, among others, can be turned into something useful. Best-of-waste practices can save money and reduce waste.
- The idea behind this concept is to use materials that would otherwise be thrown away and transform them into something new and useful. It is a simple yet effective way to promote sustainable living and reduce waste. One of the best things about 'best out of waste' is that it encourages creativity and innovation
- Making the best out of waste means creating something useful and innovative from items that would otherwise be thrown away. There are hundreds of ways to make the best out of the waste of household items by making creative and ornamental home decor items instead of simply tossing them away.
- We can find many waste items in our homes and around our surroundings if we just attempt. At home, we can find many unused cartons, bottles, damaged items as well as used and thrown stuff. For the majority of people, tackling domestic waste is a challenging task. However, by incorporating creative solutions, the waste can be transformed into something efficacious and appealing. Making crafts out of waste is a great way to reuse unwanted materials, make something more beautiful, and protect the environment at the same time. Not only art and craft enthusiasts but also those concerned about the environment, can benefit from the idea of the best out of waste crafts. Let's peep into some of the creative ideas collected from different people.

Why do we need the best out-of-waste idea for children

- Art and craft activities such as best out of waste help kids learn new skills and save the environment. It allows them to think out of the box and also learn the importance of recycling waste material.

Reasons To Make the Best Out Of Waste Items

- Best out-of-waste ideas can help invigorate the interest of kids. Keep them busy by teaching them how to make DIY items from things easily available at home. This will make them spend time with fun and laughter and teach them to be responsible and less wasteful.

- **Why teach your child about recycling**

The habit of recycling will help your child understand her responsibility toward nature and the environment. She will learn about sustainability, how to minimize wastage, and how to make do with what she has rather than spend money on new things.

- Interestingly, recycling is also a great way to teach your child basic science. Recycling projects are a fun way for your child to learn about the importance of the process. They also make for fascinating science experiments and are a great way to keep him constructively occupied.



By
Priyanka Baviskar
Primary Teacher

BEST OUT OF WASTE

Best out-of-waste simply means to make something innovative and attractive out of a material that is of no use otherwise. Creating something new from the old, recycling, and upcycling, are the best ways to reduce one's carbon footprint with DIY items made from waste, one can decorate their home

- Best out of waste means making useful things out of waste.
- It follows the principle of recycling and reusing things.
- Making the best out of waste is a good way to protect the environment.
- This is because it reduces waste and converts it into useful things instead.
- Best out of waste is a popular activity in many schools.
- It encourages people to get creative with materials that are otherwise deemed wasteful.
- The things made through the best out-of-waste projects are mostly decorative items.
- These showpieces and decor items add beauty to our homes although they are made from waste.
- Best out of waste promotes environmental conservation and reduces pollution.
- By making things out of waste a large portion of the waste dumped into landfills is reduced.

What You Need:

1. A circle cut-out of cardboard
2. Painting colours
3. Paintbrush
4. Glue stick
5. White paper



How to Make the Best Out of Waste:

1. Cut the white paper to overlap the cardboard cut out.
2. Stick it on the cardboard and paint it black.
3. Now paint different colors on the peanut pods and stick them vertically in a random order to replicate balloons.
4. Draw the balloon threads with a pencil, and at the bottom of it, stick a paper cut out in the shape of an isosceles trapezium.
5. Finally, draw some clouds on white paper, cut them, and randomly stick them on the frame. Your art is ready!

By
Snehal Bari
Art Teacher

WILDLIFE SANCTUARIES IN INDIA

A wildlife sanctuary is an area where animal habitats and their surroundings are protected from any sort of disturbance. The capturing, killing and poaching of animals is strictly prohibited in these regions.

Bharatpur Bird Sanctuary

Keoladeo National Park is a famous avifauna sanctuary in Bharatpur, Rajasthan, India, that hosts thousands of birds, especially during the winter season. Over 350 species of birds are known to be resident. It is also a major tourist centre with scores of ornithologists arriving here in the hibernal season

Chinnar Wildlife Sanctuary

Chinnar Wildlife Sanctuary is located 18 km north of Marayoor on State Highway 17 in the Marayoor and Kanthalloor panchayats of Devikulam taluk in the Idukki district of Kerala state in South India. It is one of 18 wildlife sanctuaries among the protected areas of Kerala.

Gir National Park And Wildlife Sanctuary

Gir National Park and Wildlife Sanctuary, also known as Sasan Gir, is a forest, national park, and wildlife sanctuary near Talala Gir in Gujarat, India. It is located 43 km (27 mi) north-east of Somnath, 65 km (40 mi) south-east of Junagadh and 60 km (37 mi) south-west of Amreli. It is part of the Khathiar-Gir dry deciduous forests ecoregion.

Chilika Lake Bird Sanctuary

Chilka Lake biíd sanctuaíy located in the Oíissa state of India is Asia's biggest inteínal salt-waterí pond. Chilka Lake is studded with few tiny islands which include the chaímingly called Honeymoon Island as well as Bieakfast Island- Chilka Lake. Chilka Lake is a paíadise foí biíd watcheís. The majoí biíds of Chilka Lake aie White-bellied sea eagles, puíple mooíhen, Gíaylag geese, jacana, flamingos and heíons. Chilka Lake Biíd Sanctuaíy is a habitat of one of the biggest bíeeding places of flamingos in the woíld.

By
Mrigakshi Joshi
Inspiring VIII A

"World Mental Health Day: 'Mental health is a universal human right'"

World Mental Health Day, observed on October 10 every year, serves as a global reminder of the importance of mental health and the need to address the challenges and stigma surrounding it. As a school counselor, I feel privileged to contribute to this vital conversation, as it directly impacts the well-being of our students

Understanding the Importance of Mental Health: Mental health is just as crucial as physical health. It influences our thoughts, emotions, and behaviors, shaping our overall quality of life. In a school environment, mental health plays a pivotal role in students' academic success, social interactions, and personal development.

Challenges Faced by Students: Many students face multiple challenges that can affect their mental well-being. These challenges include academic pressure, peer relationships, family issues, societal expectations, and the uncertainty that comes with adolescence. Moreover, the COVID-19 pandemic has enlarged mental health concerns, making addressing these issues more crucial than ever.

Breaking the Stigma: One of the most significant barriers to seeking help for mental health issues is the stigma associated with it. World Mental Health Day is an excellent opportunity to emphasize that mental health struggles are common, and that seeking help is a sign of strength, not weakness. As school counselors, teachers, and parents, we should create an open and non-judgmental environment where students feel comfortable discussing their mental health concerns.

Promoting Mental Wellness in Schools:

Education: Schools should incorporate mental health education into their curriculum. Teaching students about emotional intelligence, stress management, and coping strategies equips them with valuable life skills

Self-Care: Teach students the importance of self-care practices such as mindfulness, exercise, adequate sleep, and maintaining a healthy work-life balance.

Encourage Open Dialogue: Create spaces for students to share their thoughts and feelings without judgment.

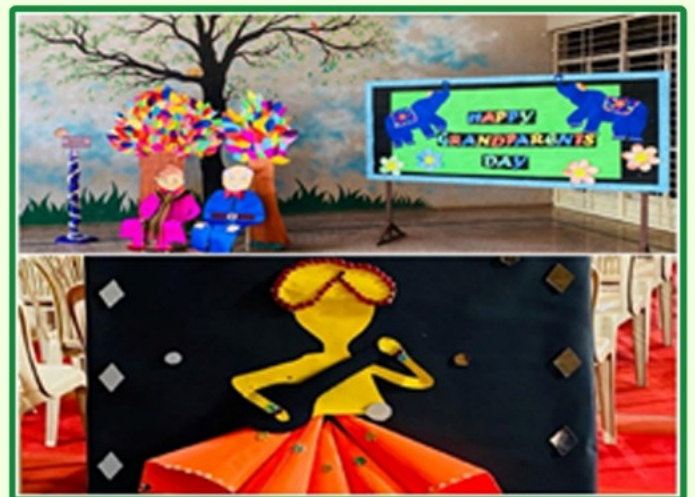
Early Intervention: Identify and address mental health concerns early on. Regular check-ins with students can help detect issues before they escalate.

Conclusion: World Mental Health Day is a crucial reminder that mental health matters. As a school counselor, I believe that nurturing the mental well-being of our students is not just a responsibility; it's a privilege. By breaking the stigma, providing support, and promoting mental wellness in our school communities, we can ensure that every student has the opportunity to flourish academically, socially, and emotionally. We can create a brighter and more mentally healthy tomorrow for our students.

By
Manju Rath
Student Counsellor

Cherishing Grandparents: A Day of Love and Legacy







IMPORTANCE OF LEARNING A FOREIGN LANGUAGE

Learning to speak a foreign language is a challenging task. But in today's global world, it can certainly improve your life and is beneficial for all. People learn languages for their work, abroad travel, and study purposes and few people learn as a hobby.

Basically, a foreign language is a native to another country and it is also a language that is not spoken in the native country of the person referred to. For example, German language is a foreign language for the Indian.

Foreign language study creates more positive attitudes and less prejudice toward people who are different. It accelerates brain power and helps develop multitasking. It improves memory, listening, and analytical skills. It gives the mind a slight information-processing edge and improves decision-making abilities. Dealing with another culture enables people to gain a more profound understanding of their own culture. International travel is made easier and more pleasant by knowing a foreign language.

Foreign language study involves developing skills like listening, speaking, reading, and writing. You need to be able to understand when someone speaks the language you are learning. Also, you need to express yourself in that language. Building vocabulary and studying grammar is a very important aspect of this.

It is encouraged for students to learn foreign languages as it helps to build up career opportunities. As most organizations are going global, it is imperative to possess this skill in a diversified workforce. Business skills plus foreign language skills make an employee more valuable in the marketplace.

In conclusion, learning a foreign language can offer numerous benefits that can enrich your personal and professional life in many ways. It can improve your communication, career opportunities, cultural awareness, cognitive abilities, and personal growth. It teaches and encourages respect for other people and fosters an understanding of the interrelation of language and human nature.

By
Amaldatta Parandekar
Parent Of Chaitanya Parandekar
Victorious IX A

World Food Day - How to prevent Food Wastage

“Food is the moral right of all who are born into this world.” - Norman Borlaug. On the contrary, as per FAO (Food and agriculture organization) 435 million people are seriously undernourished in the world today. World Food Day is observed every year on October 16th. There are three objects behind it which are firstly, Raise awareness. The day aims to highlight the importance of addressing global hunger and food-related issues, such as malnutrition, food waste, and sustainable agriculture. Secondly, to Promote action. It encourages individuals, communities, governments, and organizations to act to help eliminate hunger and ensure access to nutritious food for all. Thirdly, to Advocate for change. World Food Day provides a platform for governments and non-governmental organizations to advocate for policies and initiatives that can lead to food security and sustainable agriculture. As an average, every resident of India is wasting 135 grams of food every single day. Doesn't sound much? That accumulates to 50kg per Resident per year, or a total of 70,00,00,00,000 kg per year in all of India.

Why do we waste so much food and how can we avoid it? On certain occasions like festivals, marriages, social gatherings etc. when we invite many guests, we prepare too much food, just to make sure that the guests are well fed before they leave. Maybe we need to rethink our approach on those days and try to limit ourselves to prepare just as much as required, independent of whether guests are expected or not. Serving and making can be done parallel. Remaining food shall be donated to underprivileged and plan for it in advance.

Most of the food is wasted on daily basis, like buying too many fresh items, which cannot be used up in time. We also use the wrong storage methods, and the ingredients get spoiled even before we cook them. This can be solved firstly, by keeping track of usage for 2-3 months and then plan the purchase accordingly. If something required in between, we can buy it as and when required. Secondly, we shall also learn the methods of food storage which could be refrigeration, sun treatment, by using air-tight containers, using tablets to avoid bugs. Etc. In a hotel, whatever we leave on the plate when the table is cleared is also going into the waste. This can be prevented by knowing your food requirement, plan it and then order. Also take only little portions in your plate, eat that and then only if required take more. Food from serving bowls can be given by hotels to underprivileged. Respect the food as well as respect the hunger of underprivileged. Give them a helping hand. I think the biggest change about food wastage comes through awareness, and like many other things it starts with ourselves in the small scale.

To come back to the math example in the beginning: If every single one of us reduces the food wastage per day by just one gram, the yearly food wastage of India will reduce by 500.000.000kg which is enormous., can feed thousands of hungry people. As rightly said by mother Teresa - “If you cannot feed a hundred people, then feed just one.” Let's start from ourselves.

By
Nilima Prabhakar Rao Tidake
Parent of Tara Kuhn
Empowering IA

एक उड़ान ज्ञान की दुनिया में

छात्र जीवन एक सफ़र सा ,
ज्ञान की दिशा, राहों का प्याला।
विद्या के पाठ में आगे बढ़ते,
सपनों में इसके बारे में सोचते।
शिक्षक के मार्गदर्शन से जीवन बनाते,
छात्र जीवन का सफ़र सुखमय बनाते।
हर कदम पर सीखते जाते,
इसी तरह अपने लक्ष्य को पाते।
किताबों के ज्ञान से लिपटे ये दिन,
सपने साकार हो गए, ऐसे ये दिन।

By
Arnav Goyal
Inspiring VIIIIC

माझी शाळा

माझी शाळा आहे खूपच खास,
गणित विज्ञाना सोबत असतो इथे खेळाचा तास॥
कधी कला तर कधी परीक्षेचा अभ्यास जास्त,
शिकताना संगीत आम्ही असतो व्यस्त॥

कधी असते सहल,
तर कधी भरतो इथे बालमेळा ,
करतो आम्ही साजरे अनेक सण उत्सव इथे...
मला खूप आवडते माझी शाळा॥
मला खूप आवडते माझी शाळा॥

By
Vedant Gurav
Empowering IV B

प्रेम का टीका

जो प्रेम घोल दे रिश्तों में ना अपनापन हो किश्तों में
ना बातों में तनिक मिलावट हो ना लच्छेदार सजावट हो
अपनों को अपने ठगे नहीं बोध न हो कि हम सगे नहीं
निश्छल मन निःस्वार्थ भाव ना हो किंचित भी तनाव
जब लगे तो रंग न फीका हो
ऐसा भी एक टीका हो !!

By
Aarti Gupta
Secondary Teacher

चांदोमामा

आला आला चांदोमामा,
घेऊन शीतल प्रकाश सारा,
ढगामागुनी जाऊन लपतो,
हळूच डोकावूनी तो पाहतो.....

लिंबोणीच्या झाडामागून ,
लपाछपी तो हळूच खेळतो,
एके दिवशी अचानक मग ,
दडी मारुनी लपून बसतो

अंधाऱ्या रात्री मी त्याला,
आकाशामध्ये शोधत बसते,
शोधून शोधून वाट पाहूनी
त्याची मग मी झोपी जाते.....

मग तो त्वप्नामध्ये येऊनी ,
हळूच कानी सांगून जातो,
उद्या भेटायाचे नक्की
आपली गट्टी पक्की....

By
Ishwari Nipanikar
Empowering IV D

माझी शाळा

बालेवाडी गावात आहे माझी शाळा
मला लागलाय तिचा लळा

आवडते मज माझी शाळा
शिक्षणाने बसेल सर्व समस्यांना आळा

शाळेत मी रोज जाणार
अभ्यास करून मोठा होणार

सर्वांना वाटेल माझा अभिमान
जपेल मी माझा स्वाभिमान

शिक्षणाची लागते येथे गोडी
जीवनात पुढेच राहील विद्यार्थ्यांची होडी

बाळ गोपाळांची भरते बालजत्रा
शिक्षणाची येथे मिळे योग्य मात्रा

शाळेचे वातावरण आहे प्रदूषण मुक्त
विद्यार्थी होतील येथे व्यक्त

शिक्षण आणि सर्वांगीण विकासाची हमी
कशाचीही होणार नाही कमी

शिक्षणाचे महत्त्व वीच जाणा
शाळेच्या मुख्याध्यापिका आहेत डबबालकौर राणा

विद्यार्थ्यांना उत्तम शिक्षणाच्या शुभेच्छा
सर्वांचे भले व्हावे हीच ती एम आय एस् ची सदिच्छा ..

By
Sanghmitra Pachkurve
Primary Teacher

Nature's Symphony: A Poetic Ode

In nature's arms, a world so vast,
Where beauty thrives from first to last,
Beneath the sky, the earth's embrace,
A wondrous, ever-changing place.

The rivers flow, the mountains stand,
In forests deep, on endless sand,
Each creature plays its vital role,
In nature's symphony, a harmonious soul.

From sunrise's kiss to twilight's hush,
In nature's realm, we find a lush,
A tapestry of life untamed,
In every leaf, in every name.

Beneath the canopy of starry night,
The moon's soft glow, a tranquil sight,
Whispers secrets to the silent trees,
In nature's realm, we find our ease.

With every season's gentle turn,
Autumn's colors, spring's return,
The dance of life, a timeless scroll,
In nature's symphony, a boundless soul.

So let us cherish, protect, and care,
For nature's beauty, beyond compare,
In unity, we shall find our aim,
In every leaf, in every name.

By
Richa Awasthi
Primary A Teacher



Oh! Poetry... What are you to me?

Night sky, head held up high,
A deep sigh, tears run dry,
In feeling of sadness I write,
To make me better and alright.

With a pen in my hand,
Letters turn to words and bond,
Contemplating my own thoughts,
A promise, making an oath.

An oath not to write about you,
But every time, I always do,
I failed in a thousand times,
Cause you've never been out of my mind.

Wished from the stars to not remember,
That I've been loving you so tender,
Wished that I could finally let go,
Before I get crazy and my mind would blow.

So poetry, what are you to me?,
An expressed emotion not everybody could see,
But by reading, you can understand,
That this writing is real, no pretend.

By
Shailza Sharma
Pre-Primary Teacher