

VOLUME 3.3

MAHAKUMBH

A SPIRITUAL GATHERING 2025!

MIND MIRAGE SCHOOL MAGAZINE



Dear Readers



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

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

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

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

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

DR. SAAGAR BALWADKAR

Secretary
SKP CAMPUS, Balewadi

Dear Readers



I am delighted to present this 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 reading 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 their 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.

Reader's suggestions and feedback are always welcome. Reading takes you places. Keep reading and exploring. Happy Reading..

IQBAL KAUR RANA

Principal
C M International School

Art Teacher Interview



Dipti Joshi

Pre-Primary Teacher

1. Tell a bit about yourself.

-: I am an art and craft teacher in the Pre-Primary department. I work efficiently both as an individual contributor as well as along with a team. I seek new challenges and try to think out of the box while looking for creative solutions.

I believe in character, values, vision, and action. I am a quick learner and believe in learning from my mistakes, for I strongly feel that this virtue will take me ahead in life.

2. What is it like being a teacher? Is it fun, exciting?

-: According to me being a teacher is excited as one of the greatest rewards of teaching is seeing the progress of your students. From when students understand a difficult concept.

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

-: As an art and craft teacher to encourage creativity in classroom I allow students choice in mediums, tools. I asked Students to used glitter, tape, glue, mirrors etc.

4. Tell us about your likes and hobbies.

-: My hobbies are reading books and along with this, I also like cooking. Usually I spend my leisure time reading books. I like reading new and trending novels.

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

-: To make learning in fun way, I always use simple shapes to build complex objects, exploration over creating a flawless image, step by step drawing.

6. Beside lecture, which other methods of teaching do you use?

-: I think nature walk is the best method of teaching beside the lecture as we got inspiration in the natural world.

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

;- As a tough n understanding teacher...i actively listen to students, respects their individual creative expression. I always try to recognize and respond to student's emotions and anxieties around art creation, and guide them accordingly.

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

;- Virtual field trips in museums, art galleries crayons factories can develop more knowledge about art tools.

9. Who according to you is a gifted student?

;- The student who is having strong sense of creativity and a rich ideas and unusual perspective about creativity.

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

;- I have developed my love for teaching from the love I received from my former teachers, who showed me compassion, care, and empathy.

11. List 5 adjectives that accurately describe your personality.

Friendly, Helping, Responsible, Sensitive, Tolerance

12. What were you like as a student?

;- During my school days I loved to participating in different activities and doing homework with my friends as sharing ideas always boosting our knowledge.

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

;- Yes, I have got an Award for Best Creative Classroom.

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

;- The over use of social media and screens can lead to distractions from studies. The potential for excessive screen time, leading to issues like social isolation, decreased physical activity, disrupted sleep patterns, and exposure to inappropriate content.

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

;- My advice for anybody entering the teaching profession is to love what you teach and to show compassion/understanding to your students in any situation. I wish someone would of told me to journal about my daily interactions with my students every day. Every day is interesting!

Art Teacher Interview



Rutuja Patil

Primary A Teacher

1. Tell a bit about yourself.

-: My name is Rutuja Patil, an art and craft teacher for Grades 1 and 2 who believes creativity is just organized chaos with a splash of color! I love inspiring young minds to express themselves through art, and honestly, I often learn just as much from their imagination as they do from my lessons.

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

-: It's like an art project—fun, unpredictable, and occasionally messy! Watching students light up with new ideas is the best part. But yes, there are moments when I wonder why glue bottles don't come with child-proof locks!

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

-: I encourage my students to explore, make mistakes, and get their hands messy—sometimes literally! We experiment with different techniques, mix unusual materials, and most importantly, I never say, "That's wrong!" In art, there's no wrong—just abstract genius in progress!

4. Tell us about your likes and hobbies.

-: When I'm not dodging glitter explosions in class, I love painting, DIY crafts, and finding creative ways to upcycle everyday objects. I also enjoy traveling because every place has its own artistic soul waiting to be discovered!

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

-: I mix art with storytelling, music, and even games. Some days, we're creating Picasso-inspired self-portraits; other days, we're designing futuristic cities. Anything to keep their curiosity alive and creativity flowing!

6. Beside lecture, which other methods of teaching do you use?

-: I believe in learning by doing, so my students are always experimenting. We use visual storytelling, hands-on projects, and even a little friendly competition—because nothing motivates kids like the chance to win an extra five minutes of recess!

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

;- I'd say I'm a cool but not too cool teacher. I set rules, but I also understand that creativity thrives in freedom. As long as they're learning and not turning their uniforms into modern art piece, I'm happy!

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

;- By immersing students in vibrant videos of art, color mixing, and creative processes, we can ignite their imagination and enhance their painting skills.

9. Who according to you is a gifted student?

;- A gifted student isn't just the one who can draw a perfect portrait—it's the one who asks, "What if we painted with leaves instead of brushes?" Creativity isn't about perfection; it's about curiosity.

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

;- I had incredible teachers growing up who made learning feel like an adventure. I wanted to create that same experience for my students. And let's be honest, I also love having an excuse to play with colours all day!

11. List 5 adjectives that accurately describe your personality.

Creative, patient, passionate, energetic, and enthusiastic.

12. What were you like as a student?

;- I was the kid with paint-stained hands and a head full of wild ideas. I loved art class but never quite understood why we had to color inside the lines!

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

;- I've been appreciated for organizing art exhibitions and guiding students to win competitions. But honestly, the best reward is when a student proudly says, "Ma'am, I made this just for you!"

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

;- Competing with screens for students' attention! In a world of instant entertainment, keeping them engaged is tricky. But I believe hands-on creativity still has the power to win them over.

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

;- Be patient, stay flexible, and always have extra paper towels—because spills will happen! More importantly, teaching isn't about being perfect; it's about making a difference, one little masterpiece at a time.

Art Teacher Interview



Priyanka Baviskar
Primary B Teacher

1. Tell a bit about yourself.

-: I am an art teacher who fosters creativity and self-expression through open-ended projects. I create a supportive environment where students feel safe to explore and experiment.

2. What is it like being a teacher? Is it fun, exciting?

-: I love being a teacher. Teaching is really rewarding. It's satisfying to see children progress both academically and personally as well-rounded individuals and future citizens. You might not realize it, but you are the children's role model.

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

-: Controlling the classroom environment where students spend hours each day gives teachers ample opportunities to nurture and cultivate creativity. In practice, that usually means two things: serving as a role model for students and finding ways to stimulate their creative thinking. Although creativity can develop outside the classroom, teachers play an indispensable role in maintaining and encouraging its continuous development.

4. Tell us about your likes and hobbies.

-: I am passionate about various art forms like drawing, painting, pottery, sculpture, watercolor, and pastels. I continue to experiment and explore new ways to express myself.

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

-: Allowing children to create freely is fun, while structured projects develop focus, critical thinking, and problem-solving skills. Both approaches are valuable in art education.

6. Beside lecture, which other methods of teaching do you use?

-: I integrate contemporary art practices, critical thinking, technology, and digital tools to enhance creativity, self-expression, and cultural awareness in my lessons.

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

;- I believe in kindness, honesty, and compassion while maintaining high standards. Learning should be a positive and enriching experience for both students and teachers.

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

;- Digital portfolios are online collections of students' artworks that showcase their progress and achievements. We can use digital portfolios to assess students' learning and provide feedback. We can also use them to celebrate students' creativity and share their work with others.

9. Who according to you is a gifted student?

;- Gifted children are also called talented children. "Gifted" students are individuals who excel in one or more academic subjects or possess specific talents in areas like sports, music, design, or the performing arts. Leadership, decision-making, and organizational skills may also be considered.

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

;- Good art teachers are artists themselves. They are passionate about art, learning new techniques, exploring materials, and creating. A good art teacher would create art regardless of whether they teach it.

11. List 5 adjectives that accurately describe your personality.

;- Knowledgeable, passionate, energetic, tolerant, compassionate, hardworking, dedicated, flexible, responsible, active, caring, smart, adorable.

12. What were you like as a student?

;- I was well-behaved and quiet. It was a wonderful journey, and I can't forget those golden days of my life.

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

;- Teaching is a noble profession. A teacher is respected by students and society. They may be an icon to some students, which in itself is an achievement. Yes, I received the Kala Shree Award and a Gold Medal in 2014, organized by Rainbow Art Centre, Gujarat.

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

;- Understanding our students, time management, student discipline in the classroom, and the weight of responsibility.

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

;- Lean on your colleagues for guidance and encouragement. Share your successes and struggles, and celebrate each other's growth. Your colleagues are there to support you every step of the way as you navigate your path.

Art Teacher Interview



Snehal Bari
Secondary Teacher

1. Tell a bit about yourself.

-: Hello, my name is Snehal, and I am an experienced Art and Craft teacher with over 11 years of dedication to nurturing creativity. I actively contribute to various school events, including Annual Day celebrations and national-level competitions. Many of my students have excelled under my guidance, winning prestigious national awards in drawing—an achievement I take great pride in. My passion for teaching and commitment to fostering artistic talent have also earned me the honor of receiving the "Best Teacher" award. I find immense joy in both creating and inspiring others through the world of art.

2. What is it like being a teacher? Is it fun, exciting?

-: Being a teacher is a blend of joy, excitement, and challenges. Watching students grow and achieve great milestones is incredibly rewarding. The thrill comes from creative and engaging moments in the classroom, while managing tasks and deadlines can be demanding. However, the fulfillment of making a meaningful impact makes every challenge worthwhile.

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

-: I foster creativity in my classroom by offering diverse materials and encouraging students to explore freely. I create a supportive space where mistakes are embraced as part of learning. Through engaging activities, open-ended projects, and participation in national-level competitions, I inspire students to think innovatively and express themselves confidently. I also promote collaboration, allowing students to share ideas and inspire each other, further enhancing their creative potential.

4. Tell us about your likes and hobbies.

-: Painting is my passion because it lets me express my emotions and creativity on canvas. I also love traveling, as it allows me to explore new places, experience different cultures, and gain fresh perspectives. Music is a part of my daily life—it helps me unwind and keeps me inspired. Whether I'm painting or simply relaxing, music always enhances the experience.

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

-: I make learning enjoyable by incorporating creative, hands-on activities and interactive lessons. I inspire students to explore their artistic talents through themed challenges, group projects, and art-related games. This approach keeps them engaged, excited, and eager to learn.

6. Beside lecture, which other methods of teaching do you use?

;- In addition to lectures, I enhance learning through hands-on activities, group projects, discussions, and visual aids. I also use demonstrations, real-life examples, and interactive competitions to keep students engaged and inspire them to apply their knowledge creatively.

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

;- Along with lectures, I incorporate hands-on activities, group projects, discussions, and visual aids to enrich learning. I also use demonstrations, real-life examples, and interactive competitions to keep students engaged and inspire them to apply their knowledge creatively.

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

;- I enhance my lessons with technology by integrating digital tools such as online art tutorials, design software, and virtual galleries. I also utilize interactive platforms for students to showcase their work and collaborate on projects. Technology allows me to introduce global art trends, provide instant feedback, and create engaging, interactive learning experiences.

9. Who according to you is a gifted student?

;- A gifted student is someone with exceptional talent, creativity, or aptitude in a specific area, coupled with a strong passion for learning. They think critically, solve problems innovatively, and often exceed expectations. Every student possesses unique strengths, and nurturing those talents is essential for their growth.

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

;- I was inspired to become a teacher by the passionate educators who nurtured my creativity and helped me realize my potential. Their guidance motivated me to do the same—encouraging students to explore their artistic talents and grow with confidence. The joy of witnessing their progress and success keeps me motivated every day.

11. List 5 adjectives that accurately describe your personality.

;- Creative, patient, passionate, supportive, and dedicated.

12. What were you like as a student?

;- As a student, I was curious, eager to learn, and passionate about exploring creative subjects. I loved experimenting with new ideas and was committed to honing my skills. I valued feedback and used it as a tool for growth, which ultimately shaped the foundation of my teaching today.

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

;- Receiving the "Best Teacher" award has been an honor, recognizing my dedication to fostering creativity and guiding my students toward success. This achievement reflects my commitment to making a meaningful impact in the classroom and inspiring students to reach their full potential, especially in art and craft. It serves as a reminder of the passion and hard work I bring to teaching every day.

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

;- One of the biggest challenges teachers face today is keeping students engaged despite distractions like technology and social media. Balancing individual learning needs and adapting to evolving teaching methods can be demanding, but staying flexible and creative helps navigate these challenges effectively.

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

;- My advice to new teachers is to be patient, passionate, and adaptable. Create a supportive environment where students feel encouraged to express themselves and learn from mistakes. Stay open to growth, continuously refining your skills. Building strong relationships and understanding each student's unique needs will help you guide them effectively. Most importantly, embrace the journey—teaching is a deeply rewarding experience that leaves a lasting impact on both you and your students.



Student Interview

1. Give yourself three adjectives that describe your personality.

:- The three adjectives I would use to describe myself are honest, smart, and humble.

2. What are your hobbies?

:- My main hobbies are reading and dancing, as they not only bring me joy but also help improve my vocabulary.

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

:- What I value most about my school is its innovative approach to education, which blends practicality and functionality, ensuring that learning remains engaging and enjoyable for students.

4. Which subject interests you the most and why?

:- English is the subject that fascinates me the most because I enjoy creative writing and learning about grammar.

5. Who is your favourite teacher?

:- Rachana Ma'am is my favorite teacher, and she teaches in the primary section of the school. She holds a special place in my heart because she has always guided me and supported me. She was also my class teacher during my 4th and 5th grades.

6. Who is your role model and why?

:- Since childhood, my parents have been my role models. Their hard work has always inspired me, motivating me to grow and strive to be like them.

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

:- I want to become a software engineer when I grow up as exploring new technology is my passion and also to learn about new advancements.

8. What is your favourite food?

:- My favourite junk food is Pasta with vegetables and healthy food is idli and sambar.

9. What do you usually do on Sundays?

:- On Sundays, I usually enjoy cycling or playing badminton with my father. We also spend quality time as a family, preparing breakfast together and enjoying each other's company.

10. What qualities do you see while making friends?

:- When making friends, I always look for kindness and ease of communication.

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

:- No I don't have any phobias.

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

:- If I could have one wish come true, it would be to become a software engineer and explore the latest technological advancements.

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

:- If I had the chance to be a cartoon character, I would choose to be Doraemon, as I would love to use various gadgets to make people's lives easier.

14. How many hours do you spend outdoor playing?

:- On Sundays, I spend two hours playing outdoors, while on weekdays, I dedicate one hour to outdoor activities.

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

:- I would love to have a pet dog because they are loyal, playful, adorable, and intelligent.

BY – AKSHITA BHARATE

Inspiring VIA

Kumbh Mela – The biggest spiritual congregation – why even West waits for me

The Maha Kumbh Mela is Hindi for sacred pitcher or pot festival. Anchored in Hindu mythology, it is a sacred congregation that unfolds every 12 years – a spiritual odyssey that celebrates the very essence of human existence.

Prayagraj in the northern Indian state of Uttar Pradesh will be the venue of the 45-day-long festival. The city is situated at the confluence of the Ganga, Yamuna and the mythical, or the invisible, Saraswati rivers.

The Maha Kumbh Mela is the world's largest public gathering on earth. The congregation includes saints, ascetics, hermits and pilgrims from all walks of life – irrespective of caste, creed or gender. It's open to all – no invitation required!

Central to the Maha Kumbh Mela experience is the ritualistic act of taking the sacred dip in the holy waters. It symbolises spiritual purification – a symbolic cleansing of the body and soul. It is believed that bathing in the Ganga washes away one's sins and liberates one from the cycle of birth and death, which is called Moksha in Sanskrit. So, the festival offers a rare chance for devotees to connect with a higher purpose in the company of saints, sages, and spiritual leaders.

However, there's more to the Maha Kumbh Mela than just the sacred bath. It is also about a quest for inner peace, a desire to connect with something greater than one's self, a global thirst for spirituality that is rooted in ancient Indian traditions.

The Maha Kumbh Mela draws spiritual seekers from all over the world, including Hollywood stars, global thought leaders and influencers. Yoga enthusiasts, researchers of Indian spirituality and pilgrims from the Americas, Europe, the Indo-Pacific and West Asia are also drawn to it.

400 million people are expected to take part in the Maha Kumbh Mela in 2025. The corresponding figure for 2019 was 2 hundred and 50 million. By way of comparison, less than 2 million pilgrims perform Hajj every year. Clearly, the Maha Kumbh Mela has evolved into a GLOBAL pilgrimage.

UNESCO named Kumbh Mela as an Intangible Cultural Heritage of Humanity in 2017. The U.N. agency says that the event encapsulates the science of astronomy, astrology, spirituality, ritualistic traditions, and social and cultural customs and practices, making it extremely rich in knowledge.

The Kumbh Mela is so massive that it is visible from space! The first high resolution shot with stunning details was captured by Space Imaging's IKONOS satellite in 2001. Indian space agency ISRO released photographs of the Kumbh Mela in 2019.

A number of other ceremonies take place during the festival such as the traditional procession of an Akhara, which means a monastic order. The procession is called Peshwai. It moves on elephant backs, horses and chariots.

Visitors have a range of options for their accommodation. One can stay in the area designated for the festival. Tent cities provide comfortable accommodations near the Triveni Sangam, ranging from basic tents to luxurious set-ups, with private amenities. Staying here offers tourists easy access to rituals, sacred baths and spiritual events. Imagine waking up to the chants of Vedic hymns and the sounds of the sacred rivers flowing nearby! One can also stay in the city, which offers a diverse range of accommodations, from luxurious hotels to budget-friendly lodges.

One can reach Prayagraj by road, rail or air. The Prayagraj airport is located at Bamrauli at a distance of 13 kilometres from the city. It offers regular flights from major Indian cities, such as, New Delhi, Mumbai, Bengaluru, Kolkata and Hyderabad. Indian Railways will operate 13 thousand special trains to cater to an anticipated surge in passengers.

And when you are done, there are more attractions waiting for you nearby, including Varanasi and Ayodhya.

BY – ASHWINI NAVADE

Primary Teacher

Old Spiritual Town of India

India is home to ancient towns that are not only historically significant but are also deeply spiritual. For centuries, these towns have been centres of religious practices, attracting pilgrims and seekers from around the world. Join us as we explore some of India's oldest spiritual towns, where history and faith converge.

Varanasi: The Eternal City of Light and Liberation

As the sun rises over the Ganges, the sound of conch shells signals the awakening of Varanasi, one of the world's oldest cities. Known as Kashi, it is considered the ultimate destination for spiritual liberation, where dying is believed to free the soul from the cycle of rebirth. Varanasi is a living experience, with the sacred Ganga Aarti on the ghats and narrow, ancient alleys steeped in history. The Kashi Vishwanath Temple, dedicated to Lord Shiva, stands as a powerful symbol of devotion and spiritual significance in this holy city.



Bodh Gaya: The Ground of Enlightenment

In the peaceful town of Bodh Gaya, Bihar, over 2,500 years ago, Siddhartha Gautama achieved enlightenment under the Bodhi Tree, becoming the Buddha. Today, it is a major Buddhist pilgrimage site, where visitors come to meditate and seek wisdom. The Mahabodhi Temple, a UNESCO World Heritage Site, stands as a tribute to this transformative event, making Bodh Gaya a living symbol of the pursuit of peace and enlightenment.



Haridwar: The Gateway to Divine Waters

If Varanasi is the spiritual heart of the north, Haridwar is its gateway. Nestled at the base of the Himalayas in Uttarakhand, this revered pilgrimage site marks the point where the Ganga enters the plains. A dip in the river here is believed to purify the soul. The evening Ganga Aarti at Har Ki Pauri is a mesmerizing sight, with flames reflecting on the sacred waters. During the Kumbh Mela, Haridwar becomes a hub of devotion, drawing millions of pilgrims for prayers and rituals.



Tiruvannamalai: The Sacred Hill of Shiva

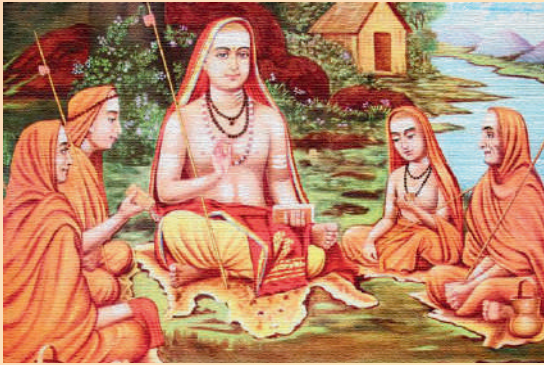
Tiruvannamalai, in Tamil Nadu, is a sacred town where the Arunachala Mountain is believed to embody Lord Shiva. Each year, thousands of devotees undertake the pilgrimage, walking around the hill in the ritual of Pradakshina, symbolizing the soul's journey to divine realization. The town is also home to the ancient Arunachaleshwara Temple and is closely linked with the teachings of Ramana Maharshi, whose spiritual wisdom continues to guide seekers worldwide.



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BY - NIDHI SINGH
Primary A

Person at a glance - Biography of Adi Shankaracharya



Adi Shankaracharya, an eighth-century Indian philosopher and theologian, stands as a towering figure in the history of Advaita Vedanta, a school of Hindu philosophy. His profound intellectual contributions, his tireless efforts to revive Hinduism, and his establishment of monastic orders have left an indelible mark on Indian spiritual and philosophical traditions.

Adi Shankaracharya was born in Kalady, Kerala, shankaracharya's central philosophical doctrine was Advaita Vedanta, which posits single, infinite, and indivisible nature of reality that underlies all of our experiences. At the age of two, Adi Shankaracharya could fluently speak and write Sanskrit. At the age of four, he could recite all the Vedas, and at the age of twelve, he took sanyas and left his home. Even at such a young age, he gathered disciples and started walking throughout the country to re-establish the spiritual sciences. Gaudapada is the first historically known author in the Advaita vedanta tradition, whose work is still available to us. Gaudapada is traditionally said to have been the guru of Govinda BhagavatpAda, who was the guru of Sankaracharya.

In a period marked by the rise of Buddhism and Jainism, Shankaracharya played a crucial role in revitalizing Hinduism. He engaged in extensive philosophical debates, skillfully refuting opposing viewpoints and reaffirming the authority of the Vedic tradition.

Adi Shankaracharya authored numerous commentaries (Bhashyas) on the Upanishads, the Bhagavad Gita, and the Brahma Sutras, which are considered foundational of Vedanta. These commentaries are characterized by their logical rigor, insightful interpretations, and profound spiritual insights.

Recognizing the importance of organized religious institutions, Shankaracharya established four mathas (monastic centers) in the four cardinal directions of India: Sringeri in the south, Puri in the east, Dwaraka in the west, and Jyotirmath in the north. These institutions served as centers of learning, fostering the study and practice of Advaita Vedanta.

In conclusion, Adi Shankaracharya was a transformative figure whose intellectual prowess and spiritual insight shaped the course of Indian philosophy and religion. His profound contributions to Advaita Vedanta, his revitalization of Hinduism, and his establishment of monastic institutions have left an enduring legacy, making him one of the most influential figures in the history of Indian thought.

Temples at important location in India

India, a land of diverse cultures and faiths, is home to numerous iconic temples that showcase its rich spiritual heritage. From the snow-capped Himalayas to the sun-kissed beaches of the south, these temples are not only significant pilgrimage sites but also marvels of architecture and engineering. In this article, we will embark on a journey to explore some of the most revered temples at important locations in India.

1. Somnath Temple, Gujarat: A Testament to India's Spiritual Significance located on the western coast of Gujarat, the Somnath Temple is one of the 12 Jyotirlinga shrines of Lord Shiva. This ancient temple has been destroyed and rebuilt several times, with the current structure dating back to the 1950s. The temple's stunning architecture and serene surroundings make it a must-visit destination for spiritual seekers.

2. Venkateswara Temple, Andhra Pradesh: A Symbol of Dravidian Architecture perched on the picturesque hills of Tirumala, the Venkateswara Temple is a masterpiece of Dravidian architecture. Dedicated to Lord Venkateswara, this temple attracts millions of devotees every year, making it one of the most visited temples in India.

3. Kamakhya Temple, Assam: A Sacred Site for Tantric Worship nestled on the Nilachal Hill in Guwahati, the Kamakhya Temple is a significant pilgrimage site for tantric worship. Dedicated to Goddess Kamakhya, this temple is a marvel of Assamese architecture and is famous for its intricate carvings and sculptures.

4. Dwarkadhish Temple, Gujarat: A Journey to the Kingdom of Lord Krishna located on the western coast of Gujarat, the Dwarkadhish Temple is an ancient shrine dedicated to Lord Krishna. This temple is believed to be the site where Lord Krishna established his kingdom, Dwarka, and is a significant pilgrimage site for devotees of the lord.

5. Meenakshi Amman Temple, Tamil Nadu: A Masterpiece of Dravidian Architecture situated in the heart of Madurai, the Meenakshi Amman Temple is a stunning example of Dravidian architecture. Dedicated to Goddess Meenakshi and Lord Shiva, this temple is famous for its intricate carvings, vibrant paintings, and ornate sculptures.

7. Brihadeshwara Temple, Tamil Nadu: A UNESCO World Heritage site situated in the historic town of Thanjavur, the Brihadeshwara Temple is a masterpiece of Chola dynasty architecture. This temple is a UNESCO World Heritage site and is famous for its stunning architecture, intricate carvings, and ornate sculptures.

8. Padmanabhaswamy Temple, Kerala: A Treasure Trove of Architectural Marvels located in the heart of Thiruvananthapuram, the Padmanabhaswamy Temple is a stunning example of Kerala architecture. Dedicated to Lord Vishnu, this temple is famous for its intricate carvings, vibrant paintings, and ornate sculptures, as well as its hidden treasures and architectural grandeur.

In conclusion, India is home to a diverse array of iconic temples that showcase its rich spiritual heritage. From the snow-capped Himalayas to the sun-kissed beaches of the south, these temples are not only significant pilgrimage sites but also marvels of architecture and engineering. Whether you are a spiritual seeker, a history buff, or simply a curious traveler, these temples are a must-visit destination for anyone looking to explore the spiritual gems of India.

BY - NAMITA CHAKRADHAR

Primary B Teacher

Kumbh mela Visit by Student / Parent Photo Gallery



BY - RAGHAV PRAJAPATI
Empowering IVC



BY - DHAIRYA BANG
Empowering IIIA



BY - SHREEJA VIDHATE
Inspiring VD
Mother - Smita Vidhate



BY - VED MAHAJAN
Inspiring VC
Mother - Shital Kiran Mahajan
Father - Kiran Pandurang Mahajan



BY - PALAKSH SHETTY
Inspiring VD



Why spiritual poverty leads to sadness despite material affluence



Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature. Spirituality is the indefinable urge to reach beyond the limits of ordinary human existence that is bounded by unconscious forces and self-interest, and to discover higher values in ourselves and to live them consistently in our relationships and roles.

Above all, it means becoming a more loving and compassionate human being, in thought, word and deed.

Now the question is why spirituality is important? So, Spirituality can provide a sense of purpose and meaning. It can connect people to a force greater than themselves, as well as to their fellow human beings. If you are seeking better mental health for yourself or a loved one, spirituality may provide a strong foundation on which to build it. Having a strong spiritual outlook may help you find meaning in life's difficult circumstances. A person who is materialistically poor may be contented and enjoy the maximum in the minimum but a person who is Spiritually poor does not have an edge to his or her demands and doesn't find satisfaction in his/her life. Spiritual development impacts daily life by enhancing emotional resilience, fostering empathy and compassion, shifting priorities and values towards more meaningful and sustainable choices, and cultivating profound inner peace and contentment. If you have a habit of making poor financial decisions, you could be under the influence of a poverty spirit. Now, the phrase 'poor in spirit' speaks to an even deeper reality ... beyond physical poverty ... but to true spiritual poverty. To be poor in spirit means to acknowledge our deepest human need for God and to grow in that longing and that dependence on a daily basis. An abundance of material goods cannot fill the needs of the soul. Therefore, in addition to material poverty, there is also spiritual poverty, the lack of sensitivity to the things of the spirit, a poverty of spirituality. Spiritual poverty with its harmful damages has many adverse effects on the spiritual life of man and causes anxiety, worry and stress for him and endangers his mental and psychological security.

Spiritual richness encompasses the inner reservoir of strength, wisdom, and resilience that individuals tap into through their spiritual beliefs and practices. This power gives us inner strength to conquer first with oneself then with others. It leads to inner happiness and blissfulness.

"Just as a candle cannot burn without fire, men cannot live without a spiritual life."

"Man learns through experience, and the spiritual path is full of different kinds of experiences."

BY - RASHMI NAGAR
Secondary Teacher

Spiritual Societal Structure - Life divided in 4 Ashrams



Life is a journey and like any well-structured journey, it has different phases, each with its own purpose and significance. Ancient Indian philosophy beautifully encapsulates this journey through the Chaturashrama System, dividing human life into four distinct stages—Brahmacharya, Grihastha, Vanaprastha and Sannyasa. More than just a societal structure, these ashrams serve as a spiritual blueprint, guiding individuals toward self-realization and a meaningful existence.

Brahmacharya Ashram: The Foundation of Wisdom -

This is the student phase, spanning from childhood to early adulthood (0–25 years). It is a period of self-discipline, learning and character-building, where a student, or Brahmachari, dedicates life to acquiring knowledge, developing values, and practicing self-control. In today's world, this stage resonates with students who not only seek academic excellence but also learn moral integrity, emotional intelligence and spiritual grounding. Meditation, yoga and ethical living shape the mind for higher wisdom.

Grihastha Ashram: The Stage of Action -

From youth to middle age (25–50 years), this phase focuses on family, career and societal responsibilities. It is considered the most significant phase, as it upholds the structure of civilization. Here, one engages in karma yoga (selfless action)—fulfilling duties as a spouse, parent, professional and citizen while maintaining dharma (righteousness). Despite being materially engaged, spirituality remains essential. Balancing work, family and inner peace through mindfulness and ethical living ensures that this phase does not become a mere pursuit of wealth but a foundation for collective growth.

Vanaprastha Ashram: The Journey Within -

As age advances (50–75 years), individuals gradually withdraw from material responsibilities, turning towards spiritual awakening and self-reflection. In ancient times, this meant retreating to forests for deep contemplation. Today, it signifies mentorship, community service and preparation for a higher spiritual pursuit. At this stage, wisdom surpasses ambition and inner peace becomes the true wealth. The emphasis shifts from external success to internal fulfillment, reminding us that a well-lived life is one of giving back and seeking deeper meaning.

Sannyasa Ashram: The Path to Liberation -

In the final stage (75+ years), detachment from all worldly possessions and ties paves the way for moksha (liberation). The individual becomes a spiritual seeker, devoted to self-realization and universal consciousness. In modern times, this doesn't always mean renouncing everything but rather cultivating a state of inner renunciation—detachment from ego, materialism and desires. Through meditation, wisdom-sharing and spiritual guidance, this phase offers clarity and peace, showing that the ultimate purpose of life is not just to exist but to realize one's true self.

Why This Ancient Wisdom Still Matters?

In today's fast-paced world, where stress and uncertainty overshadow peace and fulfillment, the four ashrams offer a timeless roadmap. They teach us that life is not just about accumulating success but evolving spiritually, ensuring that every stage serves a higher purpose.

For students and young minds, embracing these principles can bring clarity, purpose, and balance, fostering a society where wisdom, compassion, and self-awareness thrive.

As we navigate life, let's remember—spirituality is not an escape from responsibilities but a guide to fulfilling them with mindfulness and grace.

BY – GUNJAN KHANDEKAR

Academic Coordinator

Annual Day Celebration Photo Gallery

Pre - Primary Department Joyful BI



Joyful BII



Joyful CI



Joyful CII



Joyful CIII



Joyful DI



Joyful DII



Joyful DIII



Joyful DIV



Primary A Department Empowering IA



Empowering IB



Empowering IC



Empowering ID



Empowering IIA



Empowering IIB



Empowering IIC



Empowering IID



Empowering IIE



Primary B Department Empowering IIIA



Empowering IIIB



Empowering IIIC



Empowering IIID



Empowering IIIE



Empowering IVA



Empowering IVB



Empowering IVC



Empowering IVD



Inspiring VA



Inspiring VB



Inspiring VC



Inspiring VD



Secondary Department Inspiring VIA



Inspiring VIB



Inspiring VIC



Inspiring VID



Inspiring VIIA



Inspiring VIIB



Inspiring VIIC



Inspiring VIID



Inspiring VIIIA



Inspiring VIIIB



Inspiring VIIIC



Inspiring VIIID



Victorious IXA



Victorious IXB



Victorious IXC



Victorious XA



Victorious XB



Victorious XC



Importance of a Spiritual Teacher for Student as support to Parents



A spiritual teacher is someone who is helping you grow in your spiritual life by modelling that kind of life, by teaching you about it, helping answer questions, and showing you things about yourself that you might not have seen otherwise.

How Spiritual teacher is different than others

Spiritual teachers may come from any tradition or religion, but they typically have some sort of spiritual experience and are able to share their knowledge with others. A spiritual teacher should have self-realization, balance, and a knowledge of comparative religions. He/she should be completely grounded in truth.

A teacher may have some of these traits, but not to the extent and power as with a spiritual mentor. They may help you solve problems correctly, but not with the help of God and your soul. A teacher mainly focusses on the extracurricular or academic well-being of a student, while focusing on their structured curriculum. A spiritual teacher usually focusses on the well-being of a student, but while interconnecting their body, soul, and mind.

Importance of spiritual teacher

Rather than providing easy answers, a genuine spiritual teacher acts as a guide, helping students turn inward, ignite their own inner light, and nurture it through their journey. At its core, the spiritual teacher's role is to help seekers shed the illusions and misconceptions that cloud their understanding of themselves. By guiding students back to their own inner wisdom, a true teacher reveals that enlightenment is not something to be attained but something that already exists within. He/she doesn't need to be overly religious, but they will help you in a way that will bring and make you feel connected to God.

How are students influenced by a spiritual teacher?

When a person awakens, the world around them becomes more real, beautiful, fresher, vivid, and alive. Things considered ordinary become more beautiful and fascinating. It's as if a veil falls away, and suddenly, an extra dimension of reality is added to the world. The student begins to understand reality, and has a clear vision of themselves with their priorities.

How does a spiritual student make parenting easier?

A spiritual student can ease parenting by practicing patience, empathy, and open communication. They can take responsibility for their actions, help with household tasks, and actively listen to their parents' concerns. By embodying mindfulness and compassion, they create a harmonious environment, fostering understanding and reducing stress within the family dynamic.

BY – MANJU RATHI
School Counsellor

Foreigners and Indian VIPs Visit to Mahakumbh Mela



Draupadi Murmu
President of India



Narendra Modi
Prime Minister of India



Jagdeep Dhankar
Vice President of India



Amit Shah
Home Minister of India



Adityanath Yogi
Uttar Pradesh Chief
Minister



Milind Soman
Indian Actor

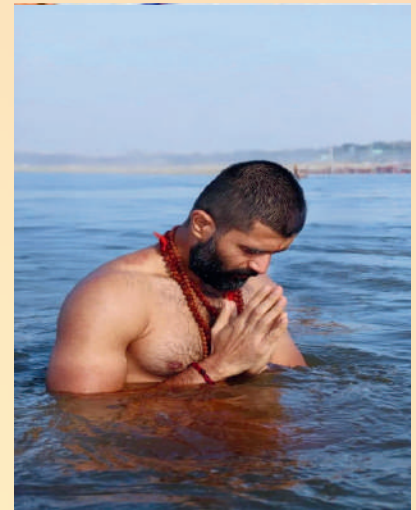
Foreigners and Indian VIPs Visit to Mahakumbh Mela



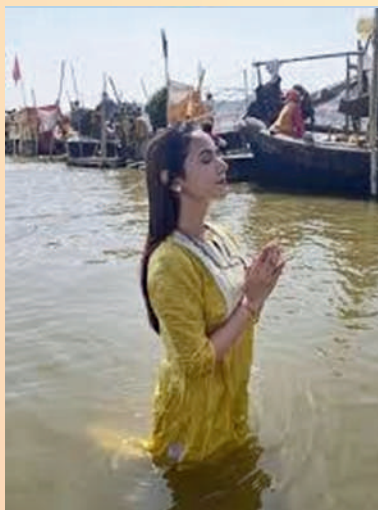
Anupam Kher
Indian Actor



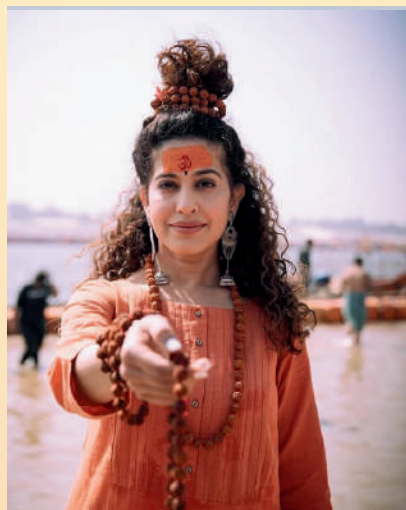
Remo D'Souza
Indian choreographer
and film director



Vijay Deverakonda
Indian Actor



Sonal Chouhan
Indian actress and singer



Kaamiya Jaani
Influencer



Chris Martin and Dakota
American actors

Why Hinduism is beyond religion - it is the best way of life

Hinduism: A Timeless Way of Life

As we navigate the complexities of modern life, it's essential to connect with our roots and understand the timeless wisdom of our ancient heritage. In this article, we'll explore the universal principles of Hinduism and how they can guide us toward a more harmonious and fulfilling life.

Beyond Religion

Hinduism is often referred to as Sanatana Dharma, or the "eternal order." It's a philosophy that transcends religious boundaries, offering a way of life that's rooted in universal values. From the importance of non-violence (Ahimsa) and truth (Satya) to the pursuit of knowledge and self-inquiry, Hinduism provides a comprehensive framework for living a meaningful and purposeful life.

Its universal principles offer valuable lessons for students, including:

1. Universal values: Ahimsa (non-violence), Satya (truth), and Karuna (compassion)
2. Pursuit of knowledge: Emphasis on education and self-inquiry
3. Unity in diversity: Inclusive approach, promoting tolerance and mutual respect
4. Environmental consciousness: Living in harmony with nature
5. Holistic development: Yoga and meditation for physical, mental, and emotional well-being
6. Moral and ethical education: Lessons from epics like Ramayana and Mahabharata

Hinduism is a Timeless Legacy. As we explore the wisdom of Hinduism, we're reminded that its principles are timeless and universal. Whether we're navigating the challenges of adolescence or seeking guidance for our future paths, Hinduism offers a profound and abiding source of inspiration.

Hinduism is more than just a religion – it's a way of life that offers valuable lessons for students and individuals of all ages. By embracing its universal principles, we can cultivate a deeper sense of purpose, compassion, and fulfilment.

BY – SHRADDHA SHEDGE
Academic Coordinator

Krishna Childhood Stories

Little Krishna had a great fondness for indulging in sweet, juicy fruits along with butter and sugar candy.

Every day, Sukhiya, the fruit seller, wandered the streets of Gokul, hoping to sell her fruits. One day, she arrived at Krishna's doorstep with her basket filled with fruits. Exhausted, she sat down and lamented, "From morning till evening, I haven't sold a single fruit. There's not even a handful of grains left in the house. Oh, God, please help me."

Krishna, who was playing nearby, heard Sukhiya's plight. He approached her and said, "Mother, please give me some of these sweet fruits too; I am very hungry."

Sukhiya responded, "I will give you the fruits, but you need to pay for them. You must give me something in return."

"Yes, yes, I will bring it right away," Krishna replied eagerly and rushed into the house.

There, he found a pot filled with wheat grains. He filled both his tiny fists with the grains and hurried back to Sukhiya. However, as he walked, the grains slipped through his small fists and scattered along the path. By the time he reached Sukhiya, only four grains remained in his hands.

"Here, mother, I have brought the price," Krishna said, offering the grains.

"What is this? Just four grains?" Sukhiya exclaimed in surprise.

"But I had brought a handful of grains," Krishna said innocently.

"Look behind you; you have dropped all the grains," Sukhiya said kindly. "No problem, take all these fruits here." Despite not receiving much in return, Sukhiya felt it was important to satisfy Krishna's hunger. She gave him all the fruits.

When she returned home, she was astonished to find her basket magically filled with diamonds and pearls. In her heart, Sukhiya thanked Krishna.

So, friends, did you see how the fruit seller gave all her fruits to Krishna selflessly, without expecting anything in return? Similarly, we should always do our work with complete honesty and without expecting any reward.

Krishna and the Snake Kaliya

Once upon a time, there was a little boy named Krishna who lived in a village called Gokul. Krishna was very special. He had a lot of amazing powers and was loved by everyone in the village. He liked to play, have fun, and make everyone laugh



One day, Krishna and his friends went to play near a big river. The river was beautiful, but it was also home to a dangerous snake named Kaliya. Kaliya lived in the water and scared everyone who came near the river. The people in the village were afraid of Kaliya and didn't want to go near the river.

But Krishna was not scared at all. He decided to teach Kaliya a lesson. Krishna jumped into the river, and soon he came face-to-face with the big, scary snake. Kaliya was very angry and tried to bite Krishna. But Krishna was very quick! He jumped on Kaliya's back and started dancing on it, making the snake very upset.

Kaliya tried to shake Krishna off, but Krishna held on tightly. Krishna danced and danced until Kaliya was too tired. Finally, the snake understood that Krishna was very powerful. Kaliya begged Krishna to stop and promised to never harm anyone again.

Krishna smiled and told Kaliya to leave the river and go to a safer place. From that day on, the river was peaceful, and the villagers were no longer afraid of the snake.

BY - AARADHYA CHOPADE
Empowering IVD

Opinion - Does a Spiritual Parent shape Children's Life Priorities



The best quality seed turns into a proper tree. This assumption majorly depends on the factor if the seed is dispersed in a concrete floor, in a steamy desert or under a nurturing depth of alluvial soil. A child when born, is a seed of infinite possibilities and potentials unique in the history of existence, only waiting for an appropriate set of conditions to germinate and grow. India has been a land where yogic wisdom has culturally prepared spiritual soil for the growing child. Hence in today's impulsive world, where Generation X and Generation Alpha, are seen as distracted, impatient, vulnerable and directionless as their Instagram profiles, the spiritual upbringing opens a new avenue to their development.

After eight years of relentless yearning for motherhood, when I finally conceived a seed of possibilities in my womb, I and my family decided to give the best possible environment to the new life in me. Now my dear sapling has seen his seven springs and I can see how the brilliance of life is radiating in his interactions, decision-making, behaviour, speech, actions and choices. Being a wellness professional in Yogic psychology, I later replicated my parenting experiences in a yogic program for child development for more than 300 children across five different cities. Here are some of the personal experiences to share as an insight for shaping children's lives.

Till three years of age, 'Shabd: The sound' and 'Yantra: the shapes' are prominent influencers of a child's brain development. Instead of looping the animations in the television set, a short span of mantra chanting soothingly activates a child's mind. Drawing and colouring deep-psychic shapes like Shankha, Swan, Yogic Chakras, and Sanskrit letters creates memory synapses in primal neurons of the brain. During this formative time, a child is intuitively receptive to the patterns of words spoken by parents while they are interacting with others. A spiritually ingrained parent passively programs the mind with beautiful expressions of words. Connecting with 'Sunrise' with a Surya mantra, or simply asking the child to do 'Pranam' to the plant before plucking 'curry leaves' for kitchen help or helping in making the 'Puja ghar' tidy help the children to set a primary connection to nature and its principles. Guiding the child to engage with elders, specifically old-aged, tending to them with loving concerns, helps them build emotional expressions. The Sooner the children experience the law of karma, the better they take ownership of their actions. Hence a spiritually inclined parent guides the children why a certain response came from his/her actions and they correct their actions with anecdotes or stories that are spread in our mythology for the same reason.

Parenting is a divine opportunity to contribute our part to the universe. Let us make a good contribution by shaping life to its bloom

BY - PRITSHREETI GUPTA

Parent of Saatyaki Gupta (Empowering IIB)

Opinion – Yoga as a Career

Nowadays Yoga is a buzzing word, right? And it should be rightly so, because yoga is really helpful to maintain our fitness. But the term fitness is not limited to our body, yoga works on our all-round personality. It works on higher dimensions of life and spiritual side of a person. Yoga can be very good option as a career. It is noble profession where you help people to overcome physical as well as psychological issues.

It is rightly said, "सर सलामत तो पगडी पचास ।"

Health is the highest priority.

With the advancement of technology, people are earning well, and society has become more affluent. However, in pursuit of wealth, individuals are working excessively, leading to an imbalance between their careers and personal lives. This imbalance is causing serious health issues, commonly known as modern lifestyle syndrome. Everyone is well aware of this. The stress of a busy and sedentary lifestyle is taking a toll on a person's physical, psychological, and emotional health. In recent years, awareness about health has been increasing. However, many people still struggle to take proper care of their well-being and require expert guidance.

Emotional intelligence plays a crucial role in teamwork within organizations. Yoga supports this by promoting both physical and mental well-being. Our honorable Prime Minister, Modiji, initiated the celebration of "International Yoga Day," which significantly boosted global awareness of yoga. In line with this, the government established the Yoga Certification Board (YCB), an initiative by the Ministry of Ayush in collaboration with the World Health Organization (WHO).

YCB aims to promote yoga as a professional skill while ensuring quality and uniformity in yoga teaching. As a result, numerous career opportunities have emerged in the government sector, schools, and colleges. Private companies have also recognized the importance of yoga for employee well-being.

Additionally, many wellness centers have been established, offering yogic retreats and rejuvenation programs for individuals seeking relaxation and stress relief. With these and many more opportunities, yoga trainers now have promising career prospects both in India and abroad. Considering this, we can easily say, to become yoga expert or yoga trainer is wonderful career option where we offer well-being to our participants which is really a noble profession.

Shubhashree Yog 🧘

BY – JAGRUTI DUSANE
Parent

Why Integrated Medicine is Being Promoted by Indian Government

The COVID-19 pandemic has changed our entire viewpoint on the health-care systems in India. The concept of well-being has now taken the spotlight. Preventive techniques from different systems of medicine were adopted by the people which proved to be highly efficacious in beating the symptoms. This pandemic has taught us various lessons, of which embracing our traditional health systems is an important one. This crisis has given us an opportunity to understand that as much as how modern healthcare is doing wonders, the traditional health systems also have gems of wisdom which need to be explored and made accessible to all. Hence, integration of modern medicine with our traditional medicine would help us to treat an individual as a whole in a holistic manner.

Integrated Medicine

Integrated medicine refers to using alternative medicine systems such as ayurveda, yoga, naturopathy, unani, siddha and homeopathy with orthodox systems as part of a treatment. The significance of Yoga, Ayurveda, Homeopathy, Siddha and Unani medical systems have grown especially due to the challenges of Non-Communicable Diseases (NCDs), multidrug-resistant diseases, lifestyle disorders, long term diseases.

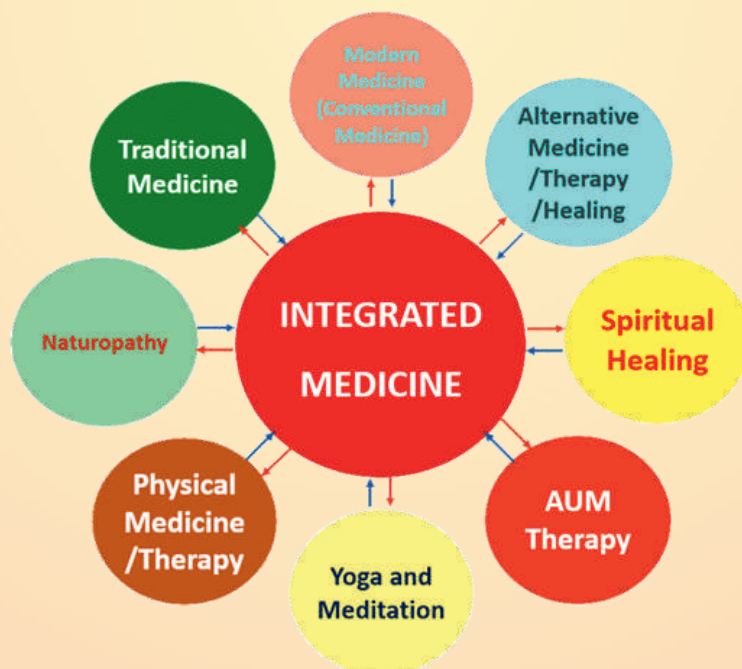
Importance:

Integrated healthcare is a unique approach that's characterized by close collaboration and communication between multiple doctors and healthcare professionals by bringing conventional and complementary approaches together to care for the whole person. The goal of integrated medicine is to facilitate health within complex systems, from the individual to the communities and environment in which all things live.

- Integrated medicine is aimed at harnessing the potential of India's rich heritage and medical knowledge, along with using modern advancements in allopathy.
- Opening Integrated Medicine Centres at all government medical establishments will help in initiating co-location of practitioners of Indian system and modern medicine.
- Integrated Medicine Centres can be crucial in providing services like Panchakarma therapies & concomitant medicines which will provide a promotive, preventive, curative and rehabilitative therapy.
- Both traditional and modern medical practices would help in providing better avenues of health and wellness.

Government Initiatives

- Government of India is implementing Centrally Sponsored Scheme of National AYUSH Mission (NAM) for promotion of AYUSH system.
- Grant-in-aid is being provided to State Governments for development and promotion of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy.
- NAM also supports cultivation of medical plants, production of quality and standardized ingredient for supply of Ayush, integration of medicinal plants in farming systems and increasing export of value-added items of medicinal plants.
- WHO – Global Center for Traditional Medicine is the first and only center of its kind in Jamnagar, Gujarat which focuses on innovation and technology to optimize the contribution of traditional medicine to global health and sustainable development.
- The government has special Ayush Visa category for foreign nationals, who want to come to India to take advantage of Ayush therapy.
- A special Ayush mark for Ayush products and network of Ayush parks has been undertaken to encourage the promotion, research and manufacturing of Ayush products in India.
- A new category named 'Ayush Aahar' has been announced which facilitates the producers of Ayurvedic nutritional supplements.
- With the aim of boosting infrastructure and promoting research in traditional medicine, three National Ayush Institutes have been established:
 - All India Institute of Ayurveda (AIIA), Goa, National Institute of Unani Medicine (NIUM), Ghaziabad and the National Institute of Homoeopathy (NIH) have been set up.
 - The Traditional Knowledge Digital Library has been created which contains information about Ayurveda, Unani, and Yoga.



BY - PRAGATIKA PRADHAN

Secondary Teacher

Biography of Vedaant Madhavan

Vedaant Madhavan (born 21 August 2005) is an Indian freestyle swimmer. He is son of fashion designer Sarita Birje and famous actor R. Madhavan.

While in school, he joined Goregaon Sports Club to learn swimming professionally. He then shifted to Glenmark Aquatic Foundation in 2017 and started participating in national level meet. He completed his schooling at 'Universal American School of Dubai'.

Madhavan's first international level test was Thailand Open 2018, where he clinched the bronze medal in 1500m freestyle.

He won silver in the 4x100m freestyle relay at the Asian Age Group Championships 2019. In 2021, he won the bronze medal in the 1500m freestyle at the Latvia Open. He then won the silver in the 1500m and the gold in the 800m events at the Danish Open 2022.

He next participated at the World Junior Championships 2022 where he finished with his best-ever lap at 52.83s in 100m freestyle.

Madhavan won five gold medals in the 50m, 100m, 200m, 400m and 1500m events at the 2023 Malaysia Open. He also set two new personal bests during the tournament.

While he has won several national medals, his most noteworthy performance at the level was during the 2023 Khelo India Youth Games where he won 7 medals including 5 gold and 2 silver. He finished 5th in 1500 m freestyle at the 2023 Commonwealth Youth Games.

Beyond his athletic achievements, Vedaant is recognized for his dedication to the sport and his potential to elevate Indian swimming on the global stage.

He is the real hero of India.

BY - RANVEER JADHAV
Inspiring VIID

The Sanskrit Scholars - A Career Option

Pursuing a career as a Sanskrit scholar offers a unique opportunity to delve into one of the world's oldest languages, rich in cultural and historical significance. Beyond personal enrichment, expertise in Sanskrit opens various professional pathways.

Academic and Research Opportunities:

Sanskrit scholars are in demand in educational institutions worldwide. They can serve as educators, teaching the language and its literature, or engage in research that explores ancient texts, contributing to fields like linguistics, philosophy, and history. Universities and research centres often seek experts to decipher and interpret manuscripts, shedding light on historical civilizations.

Translation and Interpretation:

With the global interest in ancient Indian scriptures and literature, skilled translators are needed to make these works accessible to a broader audience. Proficiency in Sanskrit allows scholars to translate classical texts into modern languages, playing a crucial role in preserving and disseminating knowledge.

Roles in Cultural Preservation:

Sanskrit experts often collaborate with museums, archives, and cultural organizations to preserve heritage. Their skills are essential in curating exhibitions, authenticating artifacts, and providing context to historical pieces, ensuring that cultural legacies are accurately maintained for future generations.

Government and Administrative Positions:

Various governmental bodies, such as the Archaeological Survey of India and cultural ministries, require Sanskrit scholars for roles in research, documentation, and policy-making related to cultural preservation and promotion. These positions involve working on projects that safeguard intangible heritage and promote traditional knowledge systems.

Media and Communication:

The resurgence of interest in traditional knowledge has led to opportunities in media. Sanskrit scholars contribute as content creators, scriptwriters, or consultants for programs focusing on history, culture, and spirituality, enriching content with authentic insights.

Spiritual and Religious Services:

Many religious rituals and ceremonies are rooted in Sanskrit. Scholars often serve as priests, conduct rituals, or offer spiritual guidance, playing a vital role in communities by preserving and practicing ancient traditions.

A career as a Sanskrit scholar is not only intellectually fulfilling but also offers diverse professional opportunities. As global interest in ancient wisdom and cultural heritage grows, the demand for Sanskrit expertise is poised to increase, making it a promising career choice for those passionate about this classical language.

BY - ANUSHREE UJWAL SARDESHMUKH

Secondary Teacher

What is Spirituality?

Spirituality is a broad concept that involves a search for meaning and purpose in life. It can also involve a feeling of connection to something greater than oneself.

What does spirituality involve?

- Recognizing that life has significance beyond everyday existence
- Exploring universal themes like love, compassion, and altruism
- Connecting with nature, art, or helping others
- Finding comfort in a personal relationship with a higher power
- Practicing self-reflection and mindfulness

How is spirituality different from religion?

Spirituality and religion are often used interchangeably, but they are different concepts. Religion involves an organized entity with rituals and practices, while spirituality is more personal and doesn't have to adhere to a specific set of rules.

Benefits of spirituality

Spirituality can provide a sense of purpose and meaning, and can connect people to a force greater than themselves. It may also help build a strong foundation for better mental health.

Examples of spiritual experiences

Some people describe a spiritual experience as sacred, transcendent, or a deep sense of aliveness and interconnectedness.

In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all. People may describe a spiritual experience as sacred or transcendent or simply a deep sense of aliveness and interconnectedness.

Some may find that their spiritual life is intricately linked to their association with a church, temple, mosque, or synagogue. Others may pray or find comfort in a personal relationship with God or a higher power. Still others seek meaning through their connections to nature or art. Like your sense of purpose, your personal definition of spirituality may change throughout your life, adapting to your own experiences and relationships.

BY - PRIYANKA RUCHANDANI
Academic Coordinator

Chinmaya Mission Naad Bindu Gurukul – A Place for Children

Chinmaya Mission, founded by Swami Chinmayananda in 1953, promotes Vedanta, fostering spiritual growth, personal development, and well-being through Hindu scriptures.

Key Areas of Chinmaya Mission's Activities:

1. Spiritual Study and Satsangs:
2. Chinmaya Bala Vihar,
3. Chinmaya Yuva Kendra (Youth Program),
4. Social Outreach Programs,
5. Chinmaya Mission Worldwide Publications and Media

Swami Chinmayananda's teachings inspire millions, guiding Chinmaya Mission in awakening divine potential through spiritual education and service. It fosters wisdom, empowerment, and social responsibility for individual and collective well-being.

Chinmaya Mission Naad Bindu Gurukul – A Place for Children

Chinmaya Mission Naad Bindu Gurukul provides a holistic, spiritually enriching environment, blending spiritual learning with life skills. "Naad" symbolizes divine sound, while "Bindu" represents the core of consciousness, guiding children on a journey of inner growth through traditional wisdom.

Core Principles and Offerings:

1. Spiritual Education and Values: Naad Bindu Gurukul instills spiritual values like self-discipline, respect, and compassion through meditation, chanting, and sacred texts, using engaging, child-friendly methods.
2. Music and Cultural Education: Naad Bindu Gurukul emphasizes Indian classical music and mantra chanting, nurturing artistic growth and spiritual connection through sound and traditional instruments.
3. Chinmaya Bala Vihar Integration: Naad Bindu Gurukul collaborates with Chinmaya Bala Vihar to provide children with a strong foundation in Indian philosophy and ethics, fostering balanced spiritual and intellectual growth.

4. Moral Development through Stories and Mythology: The Gurukul curriculum incorporates Indian epics like the Mahabharata and Ramayana, imparting moral values, ethical responsibility, empathy, and reverence for life.
5. Yoga and Physical Wellness: Naad Bindu Gurukul promotes physical well-being through yoga, enhancing health, flexibility, concentration, and mindfulness for inner calm and stress management.
6. Celebration of Festivals and Traditions: Naad Bindu Gurukul celebrates traditional Hindu festivals, allowing children to connect with their heritage, appreciate traditions, and embrace community values.
7. Social Responsibility and Service: Chinmaya Mission Naad Bindu Gurukul fosters social responsibility by involving children in charity drives, community outreach, and helping the underprivileged, nurturing compassion and empathy.
8. Parental Involvement: Parental involvement is key at Chinmaya Mission, where parents actively participate in their child's spiritual and moral growth, fostering a supportive environment at home and in the Gurukul.

Benefits of Naad Bindu Gurukul:

- Holistic Growth: Nurtures intellectual, emotional, physical, and spiritual development.
- Cultural Connection: Strengthens ties to Indian heritage through spiritual teachings and music.
- Character Building: Instills honesty, integrity, compassion, and responsibility.
- Inner Peace & Discipline: Promotes mindfulness through meditation and yoga.

Conclusion:

Chinmaya Mission Naad Bindu Gurukul nurtures spiritual, creative, and intellectual growth, blending tradition with modern education to shape compassionate, resilient, and enlightened individuals.

BY - PRACHI PASTE
Secondary Teacher

Stories of Arjuna

Come on, let's dive into the fascinating stories of Arjuna!

1. Arjun and the Beginning of His Training

Arjun was the youngest of the Pandava brothers, but he was known for his skills with a bow and arrow. When he was just a boy, his teacher, Guru Drona, began training him in the art of archery. Arjun was determined to be the best, so he practiced every day, perfecting his aim, strength, and focus.

One day, Guru Drona asked the students to shoot at a bird on a tree. The challenge was to only aim for the bird's eye. All the students tried, but Arjun was the only one who could focus deeply enough to hit the target. His teacher smiled and said, "Arjun, you have the power of concentration. You are on the path to greatness."

This was the beginning of Arjun's journey to becoming the greatest archer of his time.

2. Arjun's First Big Test

As Arjun grew older, his skills were put to the test in a grand competition. One day, a king held a tournament to find the best archer in the kingdom. The challenge was to hit a moving target while standing on a moving platform. It seemed impossible, but Arjun had been practicing for years, and this was his chance to prove himself.

When it was Arjun's turn, the crowd was quiet. He focused on the target, remembered his training, and with one shot, he hit the moving target perfectly. Everyone cheered! Arjun felt proud, but he remembered his teacher's advice: "A true warrior is humble in victory." Arjun didn't boast but instead thanked his teacher for helping him reach this level.

3. Arjun and the Lesson of Patience

After winning the tournament, Arjun's skills were tested again during a fierce battle. The Pandavas were fighting against their cousins, the Kauravas, and Arjun was ready to fight. However, before the battle began, his teacher, Guru Drona, told him something important.

"You must not rush into battle, Arjun," said Drona. "Wait for the right moment, for the key to victory is patience." Arjun listened carefully, and though he was eager to fight, he waited.

When the time came, Arjun took the perfect shot, and it changed the course of the battle. He learned that patience and timing were just as important as speed and strength.

4. Arjun's Biggest Challenge

The greatest test of Arjun's life came during the battle of Kurukshetra. His own family was on opposite sides, and Arjun had to fight against his relatives, including his beloved teacher, Guru Drona. He was filled with doubt and sadness.

Before the battle, Arjun went to his chariot and spoke to his charioteer, Lord Krishna, "I don't know if I can fight. How can I hurt my own family?"

Lord Krishna, with wisdom in his eyes, said, "Arjun, you must do your duty. You are a warrior. If you don't fight, you are not just betraying them, but also yourself. Your skills were meant to protect what is right."

Arjun listened to Krishna's words, wiped away his tears, and picked up his bow. With a strong heart, he fought bravely, knowing he had the support of his family's honor and the guidance of his teacher's lessons.

5. Arjun's Final Victory

After many days of battle, Arjun's courage and skills were what ultimately helped the Pandavas win. He had faced many challenges, from mastering his archery to learning important life lessons about patience, duty, and humility. But it was his heart that truly made him a hero.

When the battle ended, Arjun stood victorious, but he did not feel proud. Instead, he remembered the lessons his teacher had taught him. He knew that it wasn't just his skill with the bow that made him strong, but his ability to listen, learn, and grow.

How important is Meditation for Teachers?

"If you can't change the situation, change your reaction to it. Meditation helps you do that." – Evening Queen

What is meditation?

Meditation is a mental practice that involves focusing the mind, calming thoughts, and achieving a state of relaxation and awareness. It is often used to reduce stress, improve focus, and enhance overall well-being.

Why meditation is relevant for teachers?

Meditation is highly relevant for teachers because it helps them manage stress, stay focused, and create a positive classroom environment.

Why is meditation important for teachers, and how can it enhance their teaching experience?

Teaching is rewarding yet demanding, requiring patience, focus, and resilience. Meditation helps educators manage stress, enhance focus, and improve emotional intelligence, making classroom challenges easier to handle.

Regular meditation reduces burnout, sharpens concentration, and fosters empathy, creating a positive learning environment. It also boosts physical well-being by improving sleep, lowering blood pressure, and strengthening immunity.

With just a few minutes of daily mindfulness or deep breathing, teachers can cultivate a calmer, healthier, and more fulfilling teaching experience. Meditation isn't just a practice—it's a superpower for educators! ✨🌱

Meditation can be practiced anywhere, anytime, and even for just a few minutes a day. It helps clear the mind, improve emotional balance, and bring a sense of inner peace.

By practicing daily meditation, teachers can foster a positive and supportive learning environment. Reduced stress and improved focus enable them to connect better with students and empower them for success.

T.E.A.C.H.E.R.S.

- T – Tranquility** 🧘♀️ (Staying calm in all situations)
- E – Emotional Balance** ❤️ (Managing stress and emotions wisely)
- A – Awareness** 👁️ (Being mindful and present in the classroom)
- C – Compassion** 😊 (Connecting with students with kindness)
- H – Harmony** ☯️ (Creating a peaceful learning environment)
- E – Energy** ⚡ (Recharging the mind and body through meditation)
- R – Resilience** 💪 (Staying strong and patient during challenges)
- S – Self-Reflection** 📝 (Improving teaching methods through mindfulness)

Meditation helps teachers **stay focused, manage stress, and inspire students with positivity.**

Meditation is not just a trend, it's a valuable tool that can help teachers thrive both personally and professionally.

Do you practice any mindfulness techniques in your daily routine? 😊

BY - SANDHYA BHANTAR
Secondary Teacher

Declining Spiritual Traditions



Spiritual Traditions have always been an important part of many cultures around the world. These traditions teach us values like kindness, honesty, and respect. They help people find peace, stay connected to their roots, and live meaningful lives. However, in today's fast-paced world, these traditions are slowly fading away.

One major reason for this decline is modern technology. People spend a lot of time on phones, TV, and social media. This leaves little time for prayer, meditation, or other spiritual practices. Busy lifestyles also make it hard for families to sit together and talk about their beliefs. Many young people are more focused on studies, careers, and entertainment, rather than following old traditions.

Another reason is the growing influence of Western culture. Music, movies, and fashion from other countries often change the way people think and live. As a result, many forget their own spiritual values and customs.

It is important to recognize that not all traditions are beneficial. While many customs enrich society, some have caused harm and needed to be changed. For instance, the practice of sati, where widows were forced to burn themselves on their husband's funeral pyre, was cruel and unjust. Similarly, child marriage deprived children of their right to education and a happy childhood. These harmful traditions were abolished for the betterment of society.

At the same time, many traditions instill valuable lessons and are worth preserving. Respecting elders, helping the underprivileged, and celebrating festivals foster love and unity. Practices like yoga and meditation promote health and inner peace, while environmental care teaches us the importance of protecting nature. Family traditions, such as sharing meals and supporting one another, strengthen relationships.

It is essential to uphold and pass down these positive traditions while discarding those that harm individuals or infringe on their rights. A balanced approach ensures that future generations inherit the best values from the past.

It is important to keep positive traditions alive because they teach us good morals and bring us closer to our families. Schools, parents, and communities must work together to encourage children to respect and follow spiritual practices. Only then can we protect these traditions for future generations.

BY - GANGA REDDY
Inspiring VIII C

How Schools can promote Healthy Habits such as Meditation and Yoga at School Level

"Meditation is the ultimate mobile device; it's always with you, always accessible, and always free."

In today's fast-paced world, students often face stress due to academic pressure, extracurricular activities, and social challenges. To help students maintain a balanced and healthy lifestyle, schools can play a vital role by promoting practices like yoga and meditation. These activities not only improve physical health but also enhance mental well-being, focus, and emotional resilience. Yoga is an ancient practice that combines physical postures, breathing exercises, and mindfulness techniques. It helps improve flexibility, strength, and concentration. Meditation, on the other hand, allows students to calm their minds, reduce stress, and improve emotional stability. Research has shown that regular meditation and yoga practice can have a profound impact on both physical and mental health. These have been shown to: -

- Reduce stress and anxiety
- Improve focus and concentration
- Enhance self-awareness and self-esteem
- Promote better sleep and overall well-being

So, how can schools incorporate meditation and yoga into their daily routines? Here are some innovative ways:

1. Mindfulness Rooms: Create a peaceful space for students to practice mindfulness and meditation.
2. Yoga Classes: Offer yoga classes as part of the physical education curriculum or as an extracurricular activity.
3. Guided Sessions: Invite mindfulness experts to lead guided meditation sessions for students and teachers.
4. Meditation Clubs: Encourage students to form meditation clubs.
5. Teacher Training: Provide teachers with mindfulness and yoga training, enabling them to incorporate these practices into their classrooms.

As educators, it's our responsibility to prioritize our students' health and happiness. Let's work together to create a more mindful and compassionate generation.

BY - SAYALI PARANDEKAR
Secondary Teacher

Selfless Act And Good Behaviour Student of the Month



Joyful BI
Tripura Deshmukh
Serving Water to the House
keeping Staff of the family



Joyful CI
Ahana Gupta
Distributing Fruits with
Housekeeping Staff of society



Joyful CII
Gitansh Tarodkar
Distributing Stationery to
under privileged children



Joyful CIII
Kush Kathale
Distributing Stationery to
under privileged children



Joyful DIII
Sanvi Shinde
Donated Food And Stationery on
her Birthday in an orphanage

Neat And Clean Dressed Student of the Month



Joyful BI
Dwisha Keswani



Joyful BII
Bhargavi Gadgil



Joyful CI
Shreyanshi More



Joyful CII
Bhargavi Wani



Joyful CIII
Priyadarshan Deshmukh



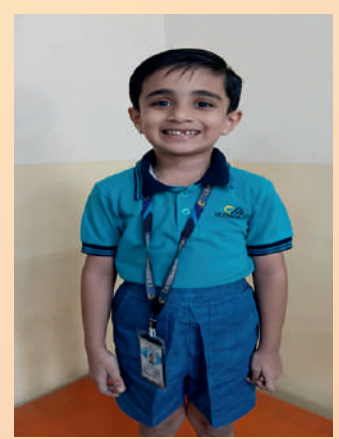
Joyful DI
Varnika Agale



Joyful DII
Ira Butte



Joyful DIII
Mayra Patel

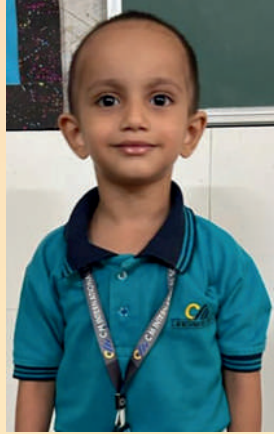


Joyful DIV
Arnav Devra

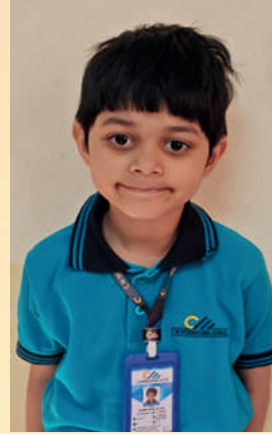
Always Punctual Student With Name



Joyful BI
Prisha choudhary



Joyful BII
Shriyan Dudhedia



Joyful CI
Kaushiki Iyer



Joyful CII
Kashvi Mali



Joyful CII
Tanmay Aadhav



Joyful CIII
Sashmi Ghadge



Joyful DI
Aarshit Nayak



Joyful DI
Siaa Kumbhare



Joyful DII
Mayra Chaudhary

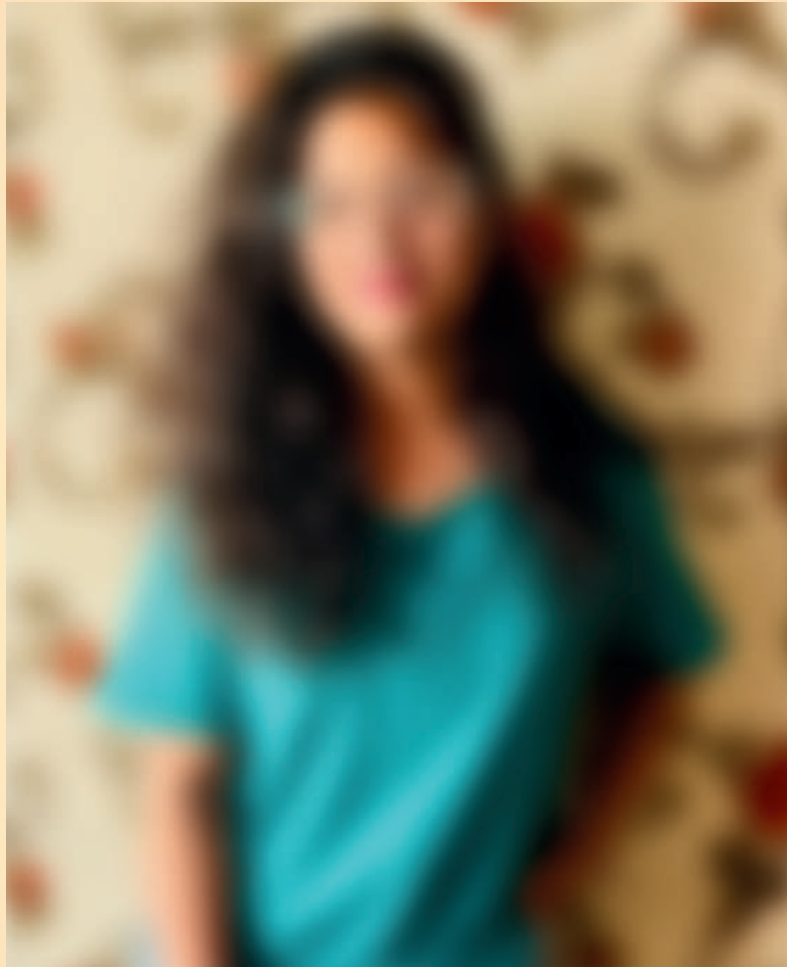


Joyful DIII
Shardul Balwadkar



Joyful DIV
Sujay Gaikwad

Guess The Teacher Photo



She makes dancing fun and bright, Guess who helps us get every move just right?

Pre Primary Sports Photo Gallery







All Class Photograph

Joyful BI



C M INTERNATIONAL SCHOOL
Joyful BI 2024-25

Joyful BII



C M INTERNATIONAL SCHOOL
Joyful BII 2024-25

Joyful CI



C M INTERNATIONAL SCHOOL
Joyful CI 2024-25

Joyful CII



C M INTERNATIONAL SCHOOL
Joyful CII 2024-25

Joyful CIII



C M INTERNATIONAL SCHOOL
Joyful CIII 2024-25

Joyful DI



C M INTERNATIONAL SCHOOL
Joyful DI 2024-25

Joyful DII



C M INTERNATIONAL SCHOOL
Joyful DII 2024-25

Joyful DIII



C M INTERNATIONAL SCHOOL
Joyful DIII 2024-25

Joyful DIV



C M INTERNATIONAL SCHOOL
Joyful DIV 2024-25

Empowering IA



C M INTERNATIONAL SCHOOL
Empowering IA 2024-25

Empowering IB



C M INTERNATIONAL SCHOOL
Empowering IB 2024-25

Empowering IC



C M INTERNATIONAL SCHOOL
Empowering IC 2024-25

Empowering ID



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Empowering ID 2024-25

Empowering IIA



C M INTERNATIONAL SCHOOL
Empowering IIA 2024-25

Empowering IIB



C M INTERNATIONAL SCHOOL

Empowering IIB 2024-25

Empowering IIC



C M INTERNATIONAL SCHOOL

Empowering IIC 2024-25

Empowering IID



C M INTERNATIONAL SCHOOL
Empowering IID 2024-25

Empowering IIE



C M INTERNATIONAL SCHOOL
Empowering IIE 2024-25

Empowering IIIA



CM INTERNATIONAL SCHOOL
Empowering IIIA 2024-25

Empowering IIIB



CM INTERNATIONAL SCHOOL
Empowering IIIB 2024-25

Empowering IIIC



C M INTERNATIONAL SCHOOL

Empowering IIIC 2024-25

Empowering IIID



C M INTERNATIONAL SCHOOL

Empowering IIID 2024-25

Empowering IIIE



C M INTERNATIONAL SCHOOL
Empowering IIIE 2024-25

Empowering IVA



C M INTERNATIONAL SCHOOL
Empowering IVA 2024-25

Empowering IVB



C M INTERNATIONAL SCHOOL

Empowering IVB 2024-25

Empowering IVC



C M INTERNATIONAL SCHOOL

Empowering IVC 2024-25

Empowering IVD



C M INTERNATIONAL SCHOOL
Empowering IVD 2024-25

Inspiring VA



C M INTERNATIONAL SCHOOL
Inspiring VA 2024-25

Inspiring VB



C M INTERNATIONAL SCHOOL

Inspiring VB 2024-25

Inspiring VC



C M INTERNATIONAL SCHOOL

Inspiring VC 2024-25

Inspiring VD



C M INTERNATIONAL SCHOOL
Inspiring VD 2024-25

Inspiring VIA



C M INTERNATIONAL SCHOOL
Inspiring VIA 2024-25

Inspiring VIB



Inspiring VIC



Inspiring VID



CM INTERNATIONAL SCHOOL
Inspiring VID 2024-25

Inspiring VIIA



CM INTERNATIONAL SCHOOL
Inspiring VIIA 2024-25

Inspiring VIIB



C M INTERNATIONAL SCHOOL
Inspiring VIIB 2024-25

Inspiring VIIC



C M INTERNATIONAL SCHOOL
Inspiring VIIC 2024-25

Inspiring VIIIA



C M INTERNATIONAL SCHOOL
Inspiring VIIIA 2024-25

Inspiring VIIIB



C M INTERNATIONAL SCHOOL
Inspiring VIIIB 2024-25

Inspiring VIIIC



C M INTERNATIONAL SCHOOL
Inspiring VIIIC 2024-25

Inspiring VIIID



C M INTERNATIONAL SCHOOL
Inspiring VIIID 2024-25

Victorious IXA



C M INTERNATIONAL SCHOOL
Victorious IXA 2024-25

Victorious IXB



C M INTERNATIONAL SCHOOL
Victorious IXB 2024-25

Victorious IXC



C M INTERNATIONAL SCHOOL
Victorious IXC 2024-25

Victorious XA



C M INTERNATIONAL SCHOOL
Victorious XA 2024-25

Victorious XB



CM INTERNATIONAL SCHOOL
Victorious XB 2024-25

Victorious XC



CM INTERNATIONAL SCHOOL
Victorious XC 2024-25

Grade XI Junior College



C M INTERNATIONAL SCHOOL JUNIOR COLLEGE
Grade XI 2024-25

Grade XII Junior College



C M INTERNATIONAL SCHOOL JUNIOR COLLEGE
Grade XII 2024-25

Climate Change A Concern

A Growing Concern for Our Planet: Climate change is one of the most pressing issues of our time, with far-reaching consequences for our planet and its inhabitants.

The scientific consensus is clear: human activities are releasing massive amounts of greenhouse gases, such as carbon dioxide and methane, into the atmosphere, leading to a global average temperature increase of over 1°C since the late 19th century.

Food Insecurity: Climate change is impacting agricultural productivity, leading to crop failures, reduced yields, and changed growing seasons, threatening global food security.

Electrify Transportation: Promote the adoption of electric vehicles and public transportation to reduce dependence on fossil fuels.

Conclusion: Climate change is a pressing concern that requires immediate attention and collective action. By understanding the causes and consequences of climate change, we can work together to reduce our carbon footprint, transition to renewable energy sources, and promote sustainable land use practices. Every individual action counts, and together, we can mitigate the effects of climate change and create a more sustainable future for all.

BY - MEGHA RAMTEKE
Pre-Primary Teacher

Teachers In Sports

