



Maharshi Karve Stree Shikshan Samstha's
VISION
ENGLISH MEDIUM SCHOOL



"Innocence growing to Excellence"

Unity in Diversity



INSIGHT
2020 - 21

COVID 19

Sr. No.	Vaccine	Efficacy by severity of COVID-19 Mild or moderate	Trial location
1	Moderna vaccine	94% (89–97%)	United States
2	Pfizer–BioNTech vaccine	95% (90–98%)	Multinational
3	Sputnik V	92% (86–95%)	Russia
4	Oxford–AstraZeneca vaccine	81% (60–91%)	Multinational
		76% (68–82%)	United States
5	BBIBP–CorV	79%	Multinational
6	CoronaVac	78%	Brazil
7	Novavax vaccine	89% (75–95%)	United Kingdom
		60% (20–80%)	South Africa
8	Johnson & Johnson vaccine	66% (55–75%)	Multinational
		72% (58–82%)	United States
		68% (49–81%)	Brazil
		64% (41–79%)	South Africa
9	Covaxin	81%	India
10	Convidecia	66%	Multinational
11	Covishield	70.42%	India





FOUNDER

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Shri. Jayant Inamdar
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Shri. Prasad Nagarkar
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Smt. Mohana Kadam
Smt. Savita Kajarekar
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Adv. Madhura Deshpande

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Supervisor - Primary Section

Smt. Uma Chandorkar

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Smt. Smita Ghaisas



Chairman
Shri. Ravindra Deo



Vice Chairperson
Smt. Vidya Kulkarni



School Committee
Chairman
Dr. Shri. Dhananjay Kulkarni



Managing Committee
Member
Shri. Kiran Barate



Managing Committee
Member
Dr. Kishor Desarda



Managing Committee
Member and Secretary
Dr. Shri. P. V. S. Shastry



Managing Committee
Member
Shri. Dattaji Thorat



Managing Committee
Member
Shri. Abhay Kulkarni



Managing Committee
Member
Shri. Prabhakar Sonpatki



Managing Committee
Member
Smt. Seema Kamble



Managing Committee
Member
Shri. Jayant Inamdar



Managing and School
Committee Member
Smt. Mohana Kadam



Managing and School
Committee Member
Smt. Sheetal Dandawate



Managing and School
Committee Member
Smt. Savita Kajarekar



School Committee
Member
Adv. Madhura Deshpande

कार्यालयीन कर्मचारी आणि सेवक वर्ग



पाँचों मिली तो, बन गई मुठ्ठी

- सौ. कांचन सातपुते, सौ. अश्विनी खंकाळे, सौ. उमा चांदोरकर, सौ. अर्चना कनौजिया, कु. ऐश्वर्या परांजपे



चौकट हिशोबाची, जबाबदारी आर्थिकतेची - सौ. स्मिता वानखेडे,
श्री. हरीश जोशी, सौ. मधुरा भोकसे, सौ. गायत्री गोखले



शाळेविषयी मनात प्रेम व आदर कामासाठी सदैव तत्पर - श्री. दिनेश दळवी सर, श्री. वाघमारे काका आणि सेविका वर्ग



प्रसन्न चित्त अशी तुमची मुद्रा,
प्रत्येक मनामध्ये कोरली गेली,
केवळ स्मृतींना ठेवून मागे,
जीवन ज्योत अनंतात विलीन झाली.
आठवणीत सदैव राहाल तुम्ही,
जरी साथ नाही राहिली,
आत्म्यास शांती लाभो तुमच्या,
वाहतो ही श्रद्धांजली !

व्हिजन स्कूलच्या सेवेत अखंड कार्यरत राहिलेले सेवक
श्री. धनंजय ढमढेरे यांना दिनांक ९/५/२०२१ रोजी देवाज्ञा झाली.
त्यांच्या स्मृतीस आमचे विनम्र अभिवादन.
ईश्वर त्यांच्या आत्म्यास शांती देवो हीच प्रार्थना.
व्हिजन परिवार.

From the HM's Desk



Warm Greetings

With a deep sense of satisfaction in my heart, I present before you the 14th edition of the Insight Magazine.

The theme for the academic year 2020-21 was 'Unity in Diversity'. So far, we had heard about this term in terms of the co-existence of people from various backgrounds and were boasting of it as the proud citizens of this beautiful nation.

But the pandemic gave us a new dimension of this term and knit us closely to fight this grave danger looming over our heads.

The fraternity of doctors and nurses united to give their best by helping the patients recuperate, while the social groups united to help humanity by arranging food donation and blood donation camps. The scientists and leaders united too. They left no stone unturned and conducted widespread research to give a vaccine to the world, for fighting the pandemic.

While all of this was one side of the coin, the teachers and technicians too were fighting another battle and united to adopt the best teaching- learning processes and policies, with the idea that no difficult times could hold them back from getting in touch with their students and imparting the best knowledge to them.

The school too tried to unite all the divisions of each standard on one platform of online teaching and tried its level best to provide diversified and enriched experiences through online teaching sessions, not only in the area of academics, but also in the area of music, sports, art and craft, value education, spiritual education and life skills. Guest lecturers, virtual trips and interviews added a sparkle to the monotonous routine of learning and exchange of ideas and thoughts.

This pandemic allowed teachers to develop model books, diversified teaching-aids, the butterfly garden and paper quilling frames to welcome the students to school with zeal and enthusiasm.

With many achievements and laurels got credited to the school's account, the school also suffered major set-backs due to the sad demises of its most valued, ever-smiling and dedicated watchman kaka Mr. Tukaram Kasurde and peon kaka, Mr. Dhananjay Dhamdhare. Our sadness knew no bounds when we got to know about the sad demises of few parents of our young children.

I offer my sincere condolences to their families and pray to God to give them the strength, to bear this irreparable loss.

I also take this opportunity to express my gratitude to the parents for paying the fees, making the devices needed for online learning available at home and appreciating the teachers' efforts through letters and mails.

I would also like to thank the new Managing Committee as well as the former committee for standing by the teachers morally and providing assistance in whichever areas needed and demanded by them.

A special mention to all the philanthropists for their kind gesture of making donations towards the payment of fees of the needy and deserving students.

The unity with which the teachers fought this situation to emerge victories was truly commendable and deserves a special thank you.

The editorial board of the magazine has tried its level best to cover the drawings, articles, poems, developments shared by students, parents, teachers, well-wishers, guest speakers and managing committee members to make this magazine attractive and readable. Their efforts are worth a huge round of applause.

With the hope that you enjoy the reading time, we would like to request you to post your much awaited feedback, to enable us to bring about more developmental changes in the magazine in the years to come.

A small request to my students, to keep their spirits high in this situation and eagerly await offline schooling, where they would be able to come to school very soon, to enjoy the newly developed games and activities, explore the renovated ground and experiment in the Geography Laboratory - **श्री** and Me.

We are waiting for you.

Till then Stay Home, Stay Safe.

Regards

Mrs. Kanchan Satpute

Vote of thanks

For times immemorial, India stands proud as a nation which epitomizes the term 'Unity in Diversity' by enabling people of different ethnicities to not only co-exist, but also share their cultures and traditions, care for one another and nurture the relationships among themselves to show up in unison before the world as I-N-D-I-A.

Following the same precedent, MKSSS's Vision English Medium School adopted 'Unity in Diversity' as the theme of the year, one, where all the celebrations, competitions and for that matter the school's yearly magazine, 'the Insight' could abide by it. But fate had something else in mind and thus, began the pandemic, which changed the lives of all of us for good. Unity in diversity showed up in an all new 'avatar', where human beings united with technology to come together in a completely diverse way, in the form of online teaching sessions, online competitions and celebrations and in fact an online unveiling of the Insight.

In all our endeavours, the Local Managing Committee works hand in glove and enables us to fulfill our dreams and bring them into reality. We as a team would like to express our heartfelt gratitude for all the help and support rendered to us. We hereby wish to convey that we sincerely look up to them for every bit of support which they have, to offer.

The team would like to say a big thank you to the backbone of the school, our Headmistress, Mrs. Kanchan Satpute, for not only dreaming big for the school, but also ensuring that all of us believe in and work towards miracles.

The magazine would have remained a dream had it not been for the valuable contributors of the members of the managing committee, the guest speakers who got associated with the school throughout the year through the online platform and shared their valuable experiences with us, our devoted parents who shared their articles and experiences with us and our dedicated teachers, who left no stone unturned to impart every bit of knowledge through various informative articles, poems, riddles, puzzles and worksheets.

Last, but not the least, as the head of the magazine committee, I, Mrs. Lataa Umbarkar, take this opportunity to thank my ever-supportive team, including Mrs. Swapna Mandhare, Mrs. Pradnya Joshi, Mrs. Sujata Naik, Mrs. Shweta Ranade and Mrs. Tanuja Joshi, for having worked night and day, to carve out this exciting edition of Insight for the academic year 2020-21.



Mrs. Lataa Umbarkar
Magazine Committee Head

Chief Editor : Mrs. Kanchan Satpute

Committee Head: Mrs. Lataa Umbarkar and Mrs. Pradnya Joshi

Designer: Mrs. Swapna Mandhare

Committee Members: Mrs. Shweta Ranade, Mrs. Sneha Phadke, Mrs. Tanuja Joshi, Mrs. Sujata Naik, Mrs. Avni Patil, Mrs. Varadgauri Mhetre

Congratulations!! 100% Board Result - 2020-21



1st – Priyal Bhagwat
97.6%



2nd – Rajeshwari Pisal 96.2%
Highest in SST 97,
Sanskrit 50



3rd – Gautami Jadhav
95.8%

Subject Toppers



Kankana Waykar
Maths - 99, Marathi - 92
Sanskrit 50.



Samruddhi Takale
Marathi - 92, Sanskrit - 50.



Himanshi Gohil
Sanskrit - 50



3rd – Pradnya Dinde
Sanskrit - 50



Pooja Choudhary
Sanskrit - 50



Aarya Kate
English - 92



Rishabh Pardeshi
Science - 98





Scholarship Result - Std. V and VIII



Rajas Bhate
(V – M) 76.92%



Ketaki Bhate
(VIII – M) 73.33%



Sai Zadge
(VIII – V) 73.33%



Rucha Katte
(VIII – V) 73.33%

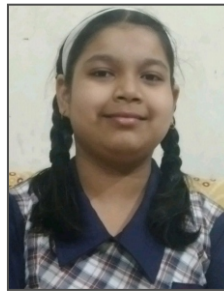
Marathi Olympiad Special Excellence Medal



Anvi Gole - Gold medal
(IV - M)



Shriyash Shrikhande Gold medal
(IV - M)



Bhargavi Deshpande
(IV - V)



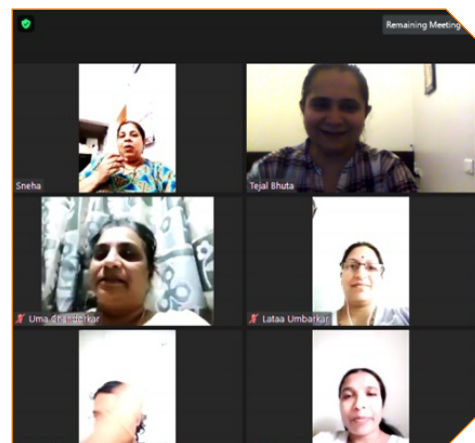
Naitik Kankriya
(VI - V)



Workshops

A. Attended

Sr. No.	Name of the workshop	Hrs	Attended by
1	Business Communication Programme (CSD)	40 +	Staff
2	Computer Fundamental Programme (CSD)	30 +	Staff
3	Quick Heal and Pune Cyber Security	2	Teachers
4	NEP Webinars – MKSSS Nagpur	2	Teachers
5	Storytelling and Rhyme Workshop	10	Pre-Primary teachers
6	Workshops on NEP	40+	Teachers
7	Quality Assessments Development - Meetings and Workshops	20+	Heads, counsellor and MKSSS's teachers
8	Educational legal – MEPS Act by Advocate Unmesh Dindore	2	Head and counsellor
9	Reforms in Primary and Secondary education by Mr. Hanumat Jagtap	2	NEP teacher heads
10	General knowledge and Scientific Approach by Sakal nie	2	Teachers
11	Bhavishvedhi Shikshan Padhatti Aani Loksahbhag by Sakal nie	2	Teachers
12	Impact of The Honourable Supreme Court Order – Indian School Jodhpur Vs State of Rajasthan by Phlox Educon Pvt. Ltd.	2	Head and Pre-Primary Supervisor



Business Communication Programme (CSD)



Computer Fundamental Programme (CSD)



Quick Heal and Pune Cyber Security

Workshops

B. Hosted

Sr. no.	Std.	Name of the Guest	Topic
1	Mini. K.G to Std. III	Mrs. Anita Jadhav	Prasad making
		Mr. Vinod Kshirsagar	Makhar making
		Mrs. Bhagyashree Dabake	Flower decoration and Ornaments
		Mrs. Prabha Dalavi	
2	Mini K.G.	Mrs. Tripti Tiwari	Phonics sessions
3	Jr. K. G.	Mrs. Mrudula Pathak	Stories and Rhymes
4	Sr. K.G.	Mrs. Akshada Kulkarni	Sanskrit in daily routine
5	Pre-Primary Section	Mr. Chandrkant Mitkari	Pet show
		Mr. Puntambekar	
		Mrs. Nikita Kavthekar	
		Ms. Shruti Kamble	
6	Pre-Primary, Std. I and II	Mrs. Prasanna Hullikavi	Puppetry
		Mrs. Sukhada Khisti	Social and emotional balance of children during pandemic
		Mrs. Vaidehi Ashtaputre Kulkarni	Story telling
		Mrs. Swati Chadrashekar	Diet and nutrition for children
		Mr. Nachiket Utpat	Information related to snakes
7	Pre-Primary and Secondary Section	Ms. Aishwarya Paranjpe	8 Group counselling sessions / Study skill work shops
			13 Individual counselling sessions



Mr. Nachiket Utpat -
Information related to snakes



Mrs. Prasanna Hullikavi -
Puppetry



Mrs. Vaidehi Ashtaputre Kulkarni -
Story telling

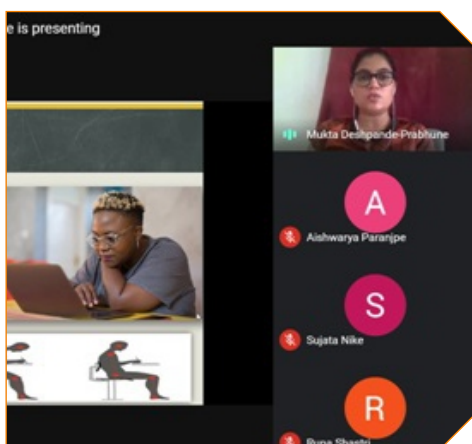
Workshops

B. Hosted

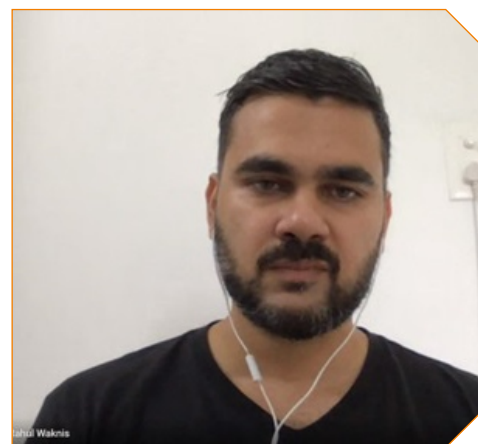
Sr. no.	Std.	Name of the Guest	Topic
8	Std. VI	Mrs. Tejal Bhuta	English poem
9	Std. VI	Ms. Nisha Satpute	Hindi poem
10	Std. VII	Mrs. Tejal Bhuta	English poem
11	Std. VII	Ms. Nisha Satpute	Hindi lesson
12	Std. VII	Mrs. Jyoti Ghushhe	Science – Current electricity and magnetism
13	Std. VIII	Mr. Nishad Kulkarni	Geography – Local time and standard time
14	Std. IX	Mr. Rahul Waknis	Political Science – India's foreign policy
15	Std. IX	Mr. Ninad Prabhune	Science – Current electricity
		Mr. Anuj Prabhune	
16	Std. X	Mrs. Mukta Deshpande- Prabhune	Physiotherapy – Keeping body fit and healthy
17	Std. X	Mr. Pratik Polekar	Math – Financial planning
18	Std. X	Mr. Rahul Waknis	Political Science – Social and political movements
19	Std. IX and X	Ms. Pooja Bhosale (Student of MKSSS's Siddhivinayak Nursing College-)	Interview
20	Std. X	Mr. Shireesh Apte	a. Time management and study schedule technique b. Career guidance



**Mrs. Jyoti Ghushhe -
Science**

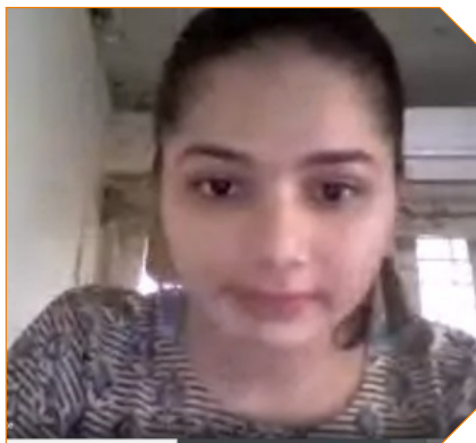


**Mrs. Mukta Deshpande - Prabhune
Physiotherapy**

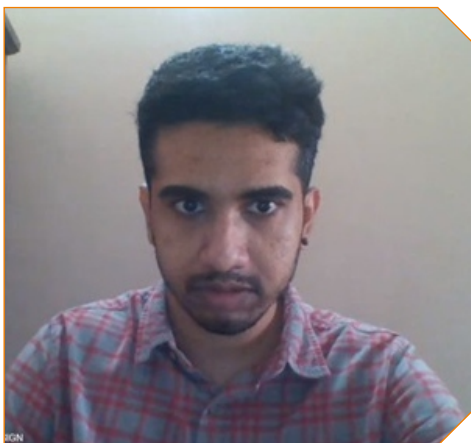


**Mr. Rahul Waknis -
Political Science**

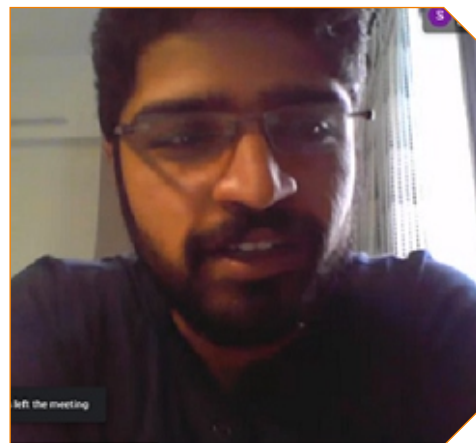
Workshops



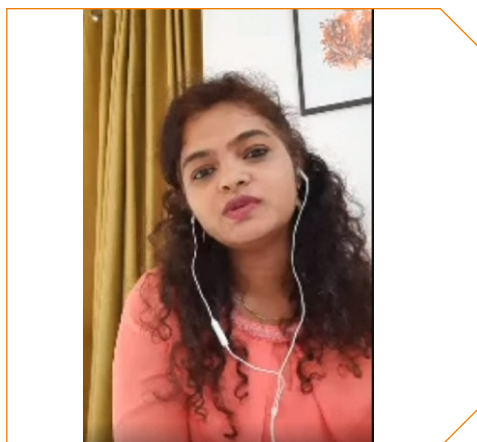
**Workshop on Guidance On Hindi-
(Poem for Std. VI and lesson - Std. VII)
by Ms. Nisha Satpute**



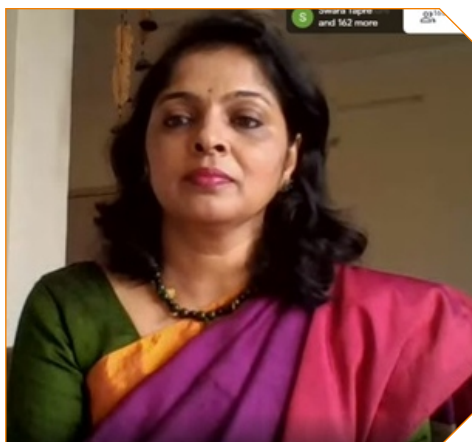
**Workshop on Guidance
On Local Time And Standard Time
by Mr. Nishad Kulkarni**



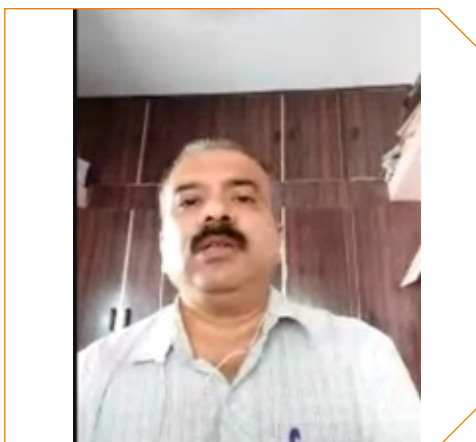
**Guidance On Financial Planning By
Mr. Pratik Polekar**



**Workshop on Diet and Nutrition
for children by Mrs. Swati Chandrashekhar**



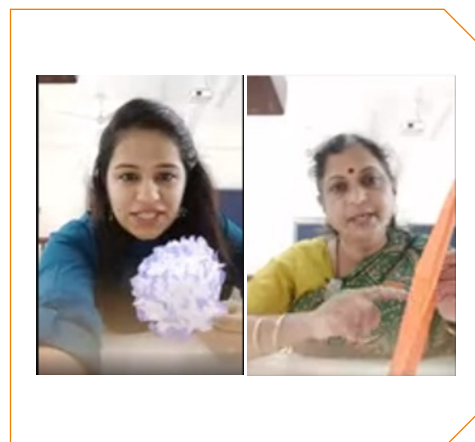
**Workshop on social and emotional
balance of children during pandemic
by Mrs. Sukhada Khisti**



**Workshop on Time Management
And Study Schedule Technique
by Mr. Shireesh Apte**



**Workshop on Prasad making for
Ganesh festival by Mrs. Anita Jadhav**



**Workshop on flower decoration and
ornaments making for Ganesh
festival by Ms. Bhagyashree Dabke
and Mrs. Prabha Dalvi**

CEC Committee Members

Mrs. Kanchan Satpute (President)
Mr. Hemant Gurav (Vice-President)
Mrs. Uma Chandorkar (Secretary)

Sr. No.	Name of the teacher	Std.	Name of the CEC member
1	Mrs. Prachi Sane	Mini K.G.	Mrs. Manisha Kokane
2	Mrs. Ashwini Khankale	JR.K.G.	Mr. Umesh Talware
3	Mrs. Neha Gadgil	Sr.K.G.	Mrs. Apurva Joshi
4	Mrs. Shweta Ranade	I	Mrs. Manali Shrikhande
5	Mrs. Soniya Mohite	II	Mr. Somaling Patil
6	Mrs. Swati Mahabaleshwarkar	III	Mrs. Arushi Phadke
7	Mrs. Dhanashree Phadke	IV	Mrs. Jayashree Lonkar
8	Mrs. Uma Chandorkar	V	Mrs. Madhura Bhokase
9	Mrs. Swati Kanade	VI	Mr. Chandan Shinde
10	Mrs. Nikita Kavthalkar	VII	Mrs. Kalyani Nandurkar
11	Mrs. Archana Kanoujia	VIII	Mrs. Anjali Patil
12	Mrs. Suvarna Tambe	IX	Mr. Hemant Gurav
13	Mrs. Jayashri Jangam	X	Mr. Girish Balapurkar



Rucha Katte
VIII – V



Congratulations

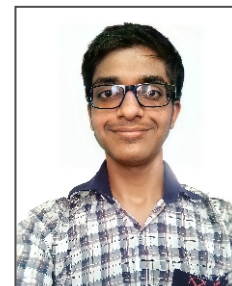
Rucha Katte stood in top 11 at all India level in the competition of ISRO cyberspace essay competition 2020 in the group of Std. IX and X.



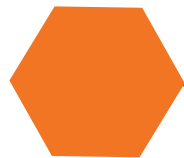
Dnyanprabodhini in the collaboration with KPIT arranges a competition named 'vsolve' for Std. VIII and IX. Children are given a problem and they make working model to resolve it by using the given material. Every year the students of Std. IX have bagged prize in this competition. This year, this competition was conducted online. We are glad to share that the school has received first prize for Std. VIII and IX both the classes for the year 2020-21.



Std. VIII Navjyot Gundev and Sarthak Hatwalane



Std. IX Rucha Katte and Om Malvadkar.



Summary of Competitions					
Pre-Primary section					
Sr. No.	Class	Competition Name	Prize (Rank)	Student Name	Name of the Judge
1	Mini K. G.	Rhymes	FIRST	Manas Satpute	Mrs. Kanchan Satpute
			SECOND	Diya Savant	
2	Jr. K. G.	Object talk	FIRST	Rudra Gole	Mrs. Ashwini Khankale
			FIRST	Aarya Diwan	
			SECOND	Ira Unavane	
			SECOND	Vihaan Gadekar	
			THIRD	Suhani Mhetre	
			THIRD	Agreya Aradhye	
3	Sr. K. G.	Story narration	FIRST	Anvee Mehare	Mrs. Archana Kanoujia
			SECOND	Spruha Ranade	
			THIRD	Shourya Solse	
Mother Child Competition					
4	Mini KG	Flower Rangoli	FIRST	Manas Satpute	Mrs. Shweta Ranade
	Jr. KG	Grain Rangoli	FIRST	Rudra Gole	Mrs.Sujata Naik
5	Sr. KG	Water Rangoli	FIRST	Manasvi Kodolikar	Mrs. Manasi Shaligram
			SECOND	Prithviraj Kale	Mrs. Manasi Shaligram

Summary of Competitions					
Primary section					
Sr. No.	Class	Competition Name	Prize (Rank)	Student Name	Name of the Judge
1	1st	Wall hanging	FIRST	Tanaya Unavane	Mrs. Uma Chandorkar
			FIRST	Swara Yeole	
			SECOND	Chinmayi Bhujbal	
			THIRD	Mrunmayee Bharate	
2	2nd	Tea coaster	FIRST	Parth Bhopale	Mrs. Aparna Ekbote
			SECOND	Vinmayee Kannav	
			THIRD	Shreya Tambe	
			THIRD	Dhanesh Bobade	
3	3rd	Table mat	FIRST	Anvi Gholve	Mrs. Nisha Deshpande
			SECOND	Aaradhya Gaware	
			THIRD	Shrimayi Kelapure	
4	4th	Door mat	FIRST	Shreya Shinde	Mrs. Soniya Mohite
			SECOND	Anusha Nalawade	
			THIRD	Anvi Gole	
5	5th	Handkerchief Embroidery	FIRST	Sharvari Raykar	Mrs. Avani Patil
			SECOND	Reva Patil	
			THIRD	Mukta Gaikwad	
Mother Child Competition					
6	1st	Garland making	FIRST	Shree Bhadange	Mrs. Rashmi Dwivedi
			SECOND	Swara Yeole	
			THIRD	Tanaya Unavane	
7	2nd	Flower Decoration	FIRST	Arnav Pimprikar	Mrs. Priyamvada Godbole
			SECOND	Vinmayee Kannav	
8	3rd	Singing	FIRST	Shrimayee Kalapure	Mrs. Rupa Shastri
			SECOND	Vedaang Vikram	Mrs. Rupa Shastri
			THIRD	Poorvi Sawant	
9	4th	Dance	FIRST	Tanishk Pathak	Mrs.Varadgauri Mhetre
			SECOND	Anusha Nalawade	
			THIRD	Amogh Pathak	
10	5th	Drama	FIRST	Reva Patil	Mrs. Varsha Joshi
			SECOND	Anuj Kulkarni	

Summary of Competitions					
Secondary section					
Sr. No.	Class	Competition Name	Prize (Rank)	Student Name	Name of the Judge
1	6th	Dupatta design	FIRST	Trisha Chougale	Mrs. Dhanashri Phadke
			SECOND	Rajas Bhatt	
			THIRD	Vedika Radhye	
2	7th	Clock making	FIRST	Veddika Kannav	
			SECOND	Anushka Bobade	
			THIRD	Saee Sawant	
			THIRD	Anushka Harsure	
3	8th	Newspaper articles	FIRST	Mrunmayee Bagave	Mrs. Jyotsna Godbole
			SECOND	Nabha Girme	
			THIRD	Yugandhara Bokil	
			THIRD	Ishwari Bidkar	
4	9th	Solo dance	FIRST	Mukta Gadgil	Mrs. Nikita Kavthekar
			FIRST	Shambhavi Kulkarni	
			SECOND	Saloni Panhale	
			THIRD	Vedantika Mahadik	
5	10th	Group dance	FIRST	Shrushti Ujagare	Mrs. Nikita Kavthekar
			FIRST	Sharvani Kute	
			SECOND	Kimaya Kachi	
			SECOND	Samiksha Dharmik	
			THIRD	Ankita Patil	
			THIRD	Priyanka Ranjane	
	Mother Child Competition				
6	6th	Mime	FIRST	Mukta Mehendale	Mrs. Aarti Natekar
			SECOND	Kaushal Bobade	
			THIRD	Avnish Bangale	
7	7th	Photo of the year	FIRST	Arnav Nandurkar	Mrs. Swapna Mandhare
			SECOND	Shubhankar Mehendale	
			THIRD	Vedikka Kannav	
8	8th	Virtual class	FIRST	Yugandhara Bokil	Mrs. Archana Kanoujia
9	9th	Make your advertisement	FIRST	Siddhi Tamkar	Mrs. Uma Chandorkar
10	10th	Short Film Festival	FIRST	Mukta Gadgil	Mrs. Kanchan Satpute





Sports Competition Winners - Girls

Sr. No.	Name of the Student	Std.	Division	Medal	Competition
1	Saachi Sagar Mohite	Mini.K.G.	Mercury	Gold	Lemon & Spoon
2	Mrunmayee Kaustubh Pandit	Mini.K.G	Mercury	Silver	Lemon & Spoon
3	Shubhra Kalpesh Dagwar	Jr. K.G.	Venus	Gold	Lemon & Spoon
4	Shravani Omkar Kelkar	Jr. K.G.	Mercury	Silver	Lemon & Spoon
5	Chinmayi Dattaguru More	Jr. K.G.	Mercury	Bronze	Lemon & Spoon
6	Aashavi Vikas Patil	Sr.K.G.	Mercury	Gold	Book Balancing
7	Anvayee Kaustubh Pandit	Sr.K.G.	Earth	Silver	Book Balancing
8	Spruha Samir Ranade	Sr.K.G.	Mercury	Bronze	Book Balancing
9	Varada Mandar Kulkarni	1 st	Mercury	Gold	Book Balancing
10	Ananyaa Ashish Waghmare	1 st	Venus	Silver	Book Balancing
11	Tanaya Ashutosh Unavane	1 st	Earth	Bronze	Book Balancing
12	Srushti Rajaram Veer	2 nd	Venus	Gold	Skipping rope with both legs
13	Shreya Shrikant Tambe	2 nd	Mercury	Silver	Skipping rope with both legs
14	Swasti Sanjay Budhalekar	2 nd	Mercury	Bronze	Skipping rope with both legs
15	Sharayu Sanjay Kakade	3 rd	Earth	Gold	Skipping rope with both legs
16	Kasturi Shakul Wanjale	3 rd	Earth	Silver	Skipping rope with both legs
17	Anvi Milind Golve	3 rd	Mercury	Bronze	Skipping rope with both legs
18	Anushree Rajesh Gholap	4 th	Mercury	Gold	Suryanamaskar Competition
19	Sharvani Sunil Lonkar	4 th	Earth	Silver	Suryanamaskar Competition
20	Anusha Ajay Nalawade	4 th	Venus	Bronze	Suryanamaskar Competition
21	Reva Shirish Patil	5 th	Mercury	Gold	Suryanamaskar Competition
22	Mukta Prasad Gaikwad	5 th	Mercury	Silver	Suryanamaskar Competition
23	Hemangi Chandrashekhar Bhure	5 th	Venus	Bronze	Suryanamaskar Competition
24	Aishwarya Santosh Awale	6 th	Venus	Gold	Suryanamaskar Competition
25	Vedika Sadanand Padhye	6 th	Earth	Silver	Suryanamaskar Competition
26	Namrata Shakul Wanjale	6 th	Venus	Bronze	Suryanamaskar Competition
27	Anushka Rajendra Kakade	7 th	Mercury	Gold	Suryanamaskar Competition
28	Anushka Vinod Bobade	7 th	Venus	Silver	Suryanamaskar Competition
29	Veddika Vaibhav Kannav	7 th	Mercury	Bronze	Suryanamaskar Competition
30	Bhumi Rahul Panchabhai	8 th	Earth	Gold	Suryanamaskar Competition
31	Pratiksha Prakash Bombale	9 th	Venus	Gold	Suryanamaskar Competition
32	Siddhi Ramesh Tamkar	9 th	Mercury	Silver	Suryanamaskar Competition
33	Ritu Sopan Patil	9 th	Venus	Bronze	Suryanamaskar Competition
34	Vaishnavi Vinod Chogale	10 th	Venus	Gold	Suryanamaskar Competition
35	Trupti Pandurang Tathe	10 th	Mercury	Silver	Suryanamaskar Competition

Sports Competition Winners - Boys

Sr. No.	Name of the Student	Std.	Division	Medal	Competition
36	Shivam Pankaj Mali	Mini. K.G.	Mercury	Gold	Lemon & Spoon
37	Manas Ravindra Satpute	Mini. K.G.	Mercury	Silver	Lemon & Spoon
38	Agare Jay Dewoo	Jr. K.G.	Venus	Gold	Lemon & Spoon
39	Vihan Umesh Talware	Jr. K.G.	Mercury	Silver	Lemon & Spoon
40	Nidhish Shriram Pathak	Jr. K.G.	Mercury	Bronze	Lemon & Spoon
41	Shlok Manoj Jadhav	Sr.K.G.	Venus	Gold	Book Balancing
42	Ranveer Ganesh Mohite	Sr.K.G.	Earth	Silver	Book Balancing
43	Ishaan Samir Joshi	Sr.K.G.	Mercury	Bronze	Book Balancing
44	Sarthak Sushant Yadav	1 st	Earth	Gold	Book Balancing
45	Devang Nandlal Talware	1 st	Mercury	Silver	Book Balancing
46	Vihang Vivek Kokamthankar	1 st	Earth	Bronze	Book Balancing
47	Prathmesh Rajendra Shinde	2 nd	Venus	Gold	Skipping rope with both legs
48	Sarin Satish Bidwai	2 nd	Mercury	Silver	Skipping rope with both legs
49	Viren Vinod Mahajan	2 nd	Mercury	Bronze	Skipping rope with both legs
50	Arnav Amit Ashtekar	3 rd	Mercury	Gold	Skipping rope with one leg
51	Arjun Shrikant Karande	3 rd	Earth	Silver	Skipping rope with one leg
52	Aniruddha Amol Joshi	3 rd	Venus	Bronze	Skipping rope with one leg
53	Amogh Shriram Pathak	4 th	Mercury	Gold	Suryanamaskar Competition
54	Tanishk Ganesh Pathak	4 th	Mercury	Silver	Suryanamaskar Competition
55	Chaitanya Chintamani Mungi	5 th	Mercury	Gold	Suryanamaskar Competition
56	Om Raju Yenpure	6 th	Venus	Gold	Suryanamaskar Competition
57	Shridhar Ashok Marne	6 th	Earth	Silver	Suryanamaskar Competition
58	Kushal Surendra Bobade	6 th	Venus	Bronze	Suryanamaskar Competition
59	Piyush Raghvendra Kulkarni	7 th	Mercury	Gold	Suryanamaskar Competition
60	Sudhanshu Kantilal Patil	7 th	Venus	Silver	Suryanamaskar Competition
61	Sankalp Santosh Sawase	8 th	Mercury	Gold	Suryanamaskar Competition
62	Vedant Kaushik Motaghare	8 th	Venus	Silver	Suryanamaskar Competition
63	Mayur Narendra Galande Patil	8 th	Mercury	Bronze	Suryanamaskar Competition
64	Digvijay Lavesb Wanjale	9 th	Venus	Gold	Suryanamaskar Competition
65	Aarooha Chintamani Khade	9 th	Mercury	Silver	Suryanamaskar Competition
66	Aakash Namdeo Salunkhe	9 th	Venus	Bronze	Suryanamaskar Competition





Pre-Primary Section

Total Online Sessions				
Month	Mini K. G.	Jr. K. G.	Sr. K. G.	Total
June	-	-	-	0
July	8	8	8	24
August	8	8	8	24
September	16	15	15	46
October	13	13	13	39
November	4	4	4	12
December	16	16	16	48
January	14	14	14	42
February	19	19	19	57
March	20	20	20	60
April	6	6	6	18
Total	124	123	123	370

Total Videos				
Month	Mini K. G.	Jr. K. G.	Sr. K. G.	Total
June	52	57	54	163
July	19	30	30	79
August	21	22	35	78
September	18	21	23	62
October	18	29	18	65
November	15	15	14	44
December	5	8	14	27
January	9	11	8	28
February	3	3	3	9
March	4	4	4	12
April	-	-	-	0
Total	164	200	203	567

Primary Section

Total Online Sessions						
SUBJECT	I	II	III	IV	V	Total
English	277	282	221	207	185	1172
Marathi	261	132	202	189	166	950
Hindi	-	-	-	-	96	96
Maths	194	282	243	143	154	1016
Science/ EVS/EVS-1	256	297	242	175	132	1102
EVS-2	0	0	0	171	150	321
Art and Craft	53	43	18	14	6	134
P.T.	66	55	14	11	8	154
Music	54	33	23	9	7	126
Library	24	12	24	11	3	74
Computer	-	-	22	24	12	58
Total	1185	1136	1009	954	919	5203

Total Videos						
SUBJECT	I	II	III	IV	V	Total
English	45	35	31	24	12	147
Marathi	51	13	6	5	5	80
Hindi	-	-	-	-	12	12
Maths	83	39	11	51	32	216
Science/ EVS/EVS-1	61	29	10	8	10	118
EVS-2	-	-	-	19	23	42
Art and Craft	21	18	10	4	2	55
P.T.	2	3	5	1	2	13
Music	11	11	5	0	9	36
Library	18	13	7	3	3	44
Computer	-	-	4	3	3	10
Total	292	161	89	118	113	773

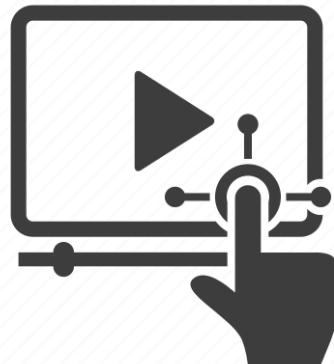
Secondary Section

Total Online Sessions						
SUBJECT	VI	VII	VIII	IX	X	Total
English	178	174	125	105	108	690
Marathi	122	130	61	78	82	473
Hindi	112	92	100	76	72	452
Sanskrit	-	-	70	85	100	255
Maths	132	152	206	141	132	763
Science I	136	145	130	118	119	648
Science II	-	-	-	82	69	151
SST	145	156	130	123	112	666
PT/Defense	25	25	11	26	27	114
SDAA	-	-	-	19	11	30
Computer	22	22	14	-	-	58
Art & Craft	27	21	9	-	-	57
Music	26	24	15	-	-	65
Library	25	20	7	-	-	52
Total	950	961	878	853	832	4474

Total Videos						
SUBJECT	VI	VII	VIII	IX	X	Total
English	13	12	9	6	9	49
Marathi	12	9	9	15	16	61
Hindi	8	9	11	16	15	59
Sanskrit	-	-	20	24	10	54
Maths	12	12	14	14	15	67
Science I	15	3	22	22	26	88
Science II	0	18	0	7	18	43
SST	9	9	17	19	18	72
PT/Defense	-	-	-	-	-	0
SDAA	0	0	0	2	-	2
Computer	3	3	2	-	-	8
Art & Craft	5	5	5	-	-	15
Music	9	9	9	-	-	27
Library	10	11	11	-	-	32
Total	96	100	129	125	127	577

Summary of sessions and videos

Sr. no.	Sections	Sessions	Academic Videos	Celebration Videos	Competitions	Other activities (Gathering and fun activity)
1	Pre-Primary	370	567	33	06	52
2	Primary	5203	773	36	21	16
3	Secondary	4474	577	37	36	20



Celebration Videos			
Sr. No.	Date	Celebration Name	Std.
1	03-07-2020	Gurupoornima Video	All 3 section classes
2	23-07-2020	Tilak Jayanti	All 3 section classes
3	15-08-2020	Online Independence Day Celebration	All 3 section classes
4	22-08-2020	Art/Craft Videos on Ganpati Festival	All 3 section classes
5	31-08-2020	Headmistress Video for PTM	All 3 section classes
6	12-09-2020	Hindi Diwas Video	Primary & Secondary section classes
7	03-10-2020	Mahatma Gandhi Jayanti Video	All 3 section classes
8	15-10-2020	Reading Inspiration Day	All 3 section classes
9	24-10-2020	Dussehra Video	All 3 section classes
10	09-11-2020	Diwali Video	All 3 section classes
11	11-11-2020	Fort Making Video	All 3 section classes
		Nutrition Week Videos:	
12	18-11-2020	1) Dates Dry Fruit Roll	Preprimary Section
13		2) Nachani Aliv Kheer	Primary Section
14		3) Banana Laccha Paratha	Primary Section
15		4) Vegetable Salads	Secondary Section
16	19-11-2020	5) Nachani Kheer, Dhirde	Preprimary Section
17		6) Mugache Dhirde	Primary Section
18		7) Coin Sandwich	Primary Section
19		8) Hulgyach Madag	Secondary Section
20	20-11-2020	9) Chinese Chole	Preprimary Section
21		10) Tomato Pulav	Primary Section
22		11) Peanut & Butter Chat	Secondary Section
23	21-11-2020	12) Roasted Makhana	Preprimary Section
24		13) Metkoot Dangar	Primary Section
25		14) Satori	Secondary Section
26	22-11-2020	15) Soup	Preprimary Section
27		16) Veggies Fruit Salad	Primary Section
28		17) Sudharas	Secondary Section
29	30-11-2020	Gurunananak Jayanti	All 3 section classes
30	24-12-2020	Kalpavriksha Diwas Video	All 3 section classes
31	11-01-2021	Vivekanand Jayanti Video	All 3 section classes
32	14-01-2021	Makarsankranti Video	All 3 section classes
33	26-01-2021	Online Republic Day Video	All 3 section classes
34	26-01-2021	Butterfly Garden Opening Ceremony with RJ Bandya & Mr.Jayant Deshpande Sir - Facebook Link Shared	All 3 section classes
35	19-02-2021	Shivjayanti Video	All 3 section classes
36	27-02-2021	Marathi Diwas Video	All 3 section classes
37	28-02-2021	Science Day Video	All 3 section classes
38	11-03-2021	Mahashivratri Video	All 3 section classes
39	29-03-2021	Holi Video	All 3 section classes
40	29-03-2021	Dhulivandan Video	All 3 section classes
41	02-04-2021	Good Friday (Fridays For Future) Video	All 3 section classes
42	13-04-2021	Gudhipadwa Video	All 3 section classes
43	14-04-2021	Ambedkar Jayanti Video	All 3 section classes
44	21-04-2021	Ram Navami Video	All 3 section classes
45	01-04-2021	Maharashtra Din Video	All 3 section classes

Videos by guests

Sr. No.	Name of the Guest	Topic
1 .	Mrs. Amruta Tikekar	Nutrition Week
2 .	Mr. Vijayanand Shembekar	Kalpavriksha Diwas
3 .	Mrs. Meera Thakar	Makar Sankranti
4 .	Mr. Shivaji Mane	Science Day
5 .	Mr. Santosh Jadhav Mr. Shailesh Warkhade Mrs. Mrudula Pathak	Shivjayanti
6 .	Mr. Chidambhareshwar Sakhare Sau. Anagha Borase Shri. V. G. Satpute	Marathi Diwas
7 .	Mr. Somnath Raikar	Mahashivratri
8 .	Dr. Sadhana Sathe	Holi
9 .	Shri. Mohan Dhondiraj Date	Gudhipadwa



Mr. Chidambhareshwar Sakhare



Dr. Sadhana Sathe



Shri. Mohan Dhondiraj Date



Workshop and sessions report

Report regarding the online Guest Lectures conducted by the School July 2020

1) An online story telling session by an expert storyteller, Mrs. Prasanna Hullikavi was arranged for the students of Pre-Primary section on 8th July 2020 between 11.00 a.m.- 12.00 p.m. The main aim behind this activity was to give the children exposure to newer concepts through some experts in the field of Early Childhood Education and also to provide them with a source of entertainment.

The session taught the children the importance of wearing a mask and playing indoor games in the current times. It also gave them exposure to different farm and wild animals and also to the different fruits and food items, through different stories and extensive use of colourful puppets.

The session was attended by the Headmistress of the school, the Pre-Primary Supervisor, the Counsellor, all the teachers of the Pre-Primary section and about 140 plus students.

The students thoroughly enjoyed the session and positive comments from the parents were received in the chat box.

2) A session by Mrs. Sukhada Khisti, a psychologist and corporate trainer by profession, was arranged for the parents of Pre-Primary section on Friday, 10th July 2020 between 11:00 a.m. and 12:00 p.m.

The session was meant to make the parents aware about ways and means of helping their children strike a balance in terms of social and emotional aspects, during these times of the pandemic, where the children are compelled to stay at home.

Mrs. Sukhada Khisti effectively covered all the social and emotional milestones at the preschool age and gave certain tips to help the parents deal with the social and emotional aspects of the children in an efficient manner.

The session ended with a host of questions from the parents, which were answered by Mrs. Sukhada Khisti.

The session received an overwhelming response from the parents where about 150 plus parents attended the session.

3) An online session was conducted by Mrs. Vaidehi Ashtaputre Kulkarni on 13th July 2020 for the students of Pre-Primary section, between 11.00 a.m. and 11.30 a.m.

There was an extensive use of puppetry while telling the stories, which made it an enjoyable experience for the students. The programme began with the introduction of the guest followed by the story telling session. Around 140 plus students attended the session. Several positive comments were received in the chat box at the end of the session.

4) An online session was conducted by Mrs. Swati Chandrashekhar, a nutritionist, on Tuesday, 14th July 2020 between 11.00 a.m. and 12.00 p.m.

The topic of the session was the importance of feeding the children with nutritious food, involving a lot of fruits and vegetables. Certain tips about giving nutritious and healthy tiffins to the children were also given by the speaker. The speaker emphasized on the importance of promoting Indian food and culture rather than exposing the children to junk food. She also emphasized on inculcating the correct eating habits in children such as not sitting in front of the television while eating lunch or dinner, involvement of the child in the process of cooking, making the child aware of the hardships which one needs to go through while cooking the food, teaching the child to be thankful for the food that s/he gets, teaching the child to eat everything that is served in the plate, praising the food which is cooked and so on.

She also emphasized on rationing the junk food by restricting it to once a month so that the child does not get the feeling of being deprived from it. She also suggested the parents restrict the amounts of sugar that the children consume. She discouraged them from giving items like a complete packet of biscuits or a cake in the tiffin. The speaker also suggested some quick and easy ways of preparing healthy breakfast for the children.

The session ended with a question and answer session, which left the parents satisfied and content.

5) An online story telling session by an expert storyteller, Mrs. Prasanna Hullikavi was arranged for the students of Std. I and II on 15th July 2020 between 11.00 a.m.- 12.00 p.m.

The main aim behind this activity was to give the children exposure to newer concepts through some experts in the field of Early Childhood Education and also to provide them with a source of entertainment.

The session taught the children the importance of wearing a mask and playing indoor games in the current times. It also taught them the importance of accepting other people the way they are and the importance of being kind to others, through different stories and extensive use of colourful puppets.

The session was attended by the Headmistress of the school, the Primary Supervisor, the Counsellor, all the teachers of Std. I, II and about 250 plus students.

The students thoroughly enjoyed the session and positive comments from the parents were received in the chat box.

6) An online session by Mrs. Sukhada Khisti was organized on Monday, 20th July 2020, from 11.00 a.m. to 12.00 p.m., for the parents of Std. I and II.

The session was meant to make the parents aware of the social and emotional milestones of the students from Std. I and II, i.e., children between 6-8 years of age and to help the parents set realistic expectations from their wards.

Mrs. Sukhada Khisti described the different milestones and also guided the parents as to what needs to be done for spearheading their social and emotional development of children.

The session was attended by around 220 parents and 13 staff members, including the HM, Supervisor of Primary section, the Counsellor, the teachers teaching the respective classes and the Head of Accounts Department.

The session ended with a question and answer session, where most of the questions were answered.

7) An online session was conducted by Mr. Nachiket Utpat, a wild life expert from a venture called The Territory, on Friday, 24th July 2020, for pre-primary section between 11.00 a.m. and 12.00 p.m. and for the primary section, between 12.15 p.m. and 1.15 p.m.

The main agenda of both these sessions was to give the children some information about the importance which a snake holds in the environment and the food cycle, on account of Nag Panchami.

The session involved an interesting presentation by Mr. Utpat, which conveyed the following points: -

- i. Snakes are long and legless reptiles.
- ii. Snakes may sometimes be really beautiful. In this section, the speaker showed the children the different types of snakes, having different colours and patterns on their bodies. The children were shown snakes such as the Meadow pit viper which is green in colour and has patterns of white and red on its body, the Trinket snake, which is reddish in colour, the Banded cobra, which has bands of black and yellow, and the Malabar pit viper, which is orange in colour.
- iii. Snakes keep growing in length all their lives and hence, have to shed their skins every time they grow, as the skin starts falling short for their length. They shed their skin by rubbing their bodies against rough surfaces.
- iv. Although the snakes do have ears and eyes, they are not as effective as the other animals. The snakes cannot hear with their ears and their vision is a bit blurred. But these shortcomings are compensated for by the tongue, which is forked. They generally pick up the particles from the environment, which help them to gain the information

about their environment. The tongue also senses vibrations and thus detects movement.

- v. Snakes are carnivores and generally eat other rodents such as mice, insects and small birds. Thus, they protect the crops grown in the farms from the rodents which eat and destroy the crops. Hence, they are the best friends of the farmers.
- vi. Snakes also play an important role in the food chain, by controlling the population of the rodents.
- vii. Snakes live in burrows and generally lay eggs. But their young ones are not taken care of, and have to lead an independent life right since birth. Thus, so that the young ones get food to eat, which is freely available during the monsoons (frogs, mice and lizards), the snakes lay eggs just before the monsoon.
- viii. The population of the snakes too needs to be controlled, which is done by animals like the mongoose and large birds like the eagle.
- ix. The session also covered certain precautionary measures to ensure that snakes do not enter the vicinity of our houses. It was told that snakes are generally attracted by the litter of leaves as they can lay their eggs there. Dirt and garbage attract rodents, which in turn attract snakes. Hence, it was advised that the litter of leaves should be cleaned regularly and the surroundings of the houses should be kept clean and hygienic.
- x. It was advised that the snakes should not be killed as they are an important part of the eco system. The number of the snake rescuers from Katraj Snake Park from Katraj snake park, **(020-24370747)** was provided and it was advised that they be called in case of an encounter with a snake.
- xi. Some information regarding the snakes which are venomous and are commonly found near human habitats was also provided. The picture of the Common cobra snake was shown. This snake feeds on mice and can hence be seen in human habitats, as mice are found in abundance here. This snake is called 'Manyar' in Marathi.

The picture of the Russels viper, another venomous snake found in the human habitats in India was shown. This snake is called 'Ghonas' in Marathi and has a chain like pattern on its body. The distinct feature of this snake is its triangular head.

The next picture of the most commonly seen venomous snake in India was the Indian cobra or the spectacled cobra. It is brown in colour and can be distinguished due to its hood.

The fourth picture of the venomous snake found in human habitats in India was the Saw scaled viper. It is called 'Fursa' in Marathi and is very small in size. It is just about a foot in length and is difficult to find due to its size.



The students were advised to do a preliminary study of the snakes if interested. They were also told the name of the specialization in snakes, which is 'Ophiology'. The session also gave some do's and don'ts of when a human is bitten by a snake.

They were as follows: -

The do's included

- a. Keep calm.
- b. Keep that part still with least movement.
- c. Rush to a hospital for an anti-venom injection.
- d. The speaker also told the audience to click the picture of the snake which has bitten, so that it is easier for the doctor to decide the kind of anti-venom which needs to be administered.

The don'ts included

- a. Do not suck the wound.
- b. Do not cut open the wound on your own.
- c. Do not use a bandage on your own.
- d. Do not burn the wound.
- e. Do not go for a herbal paste.

The session also threw light upon some of the myths and clarified those snakes do not take revenge for the deaths of their kins, nor do they drink milk. It was also clarified that the snakes do not move to the tune played by the snake charmers, but move by looking at the movement of the instrument which the snake charmers play.

Both the session ended with a barrage of questions from the parents, which were answered very effectively by the speaker.

8) An online session was conducted by Mrs. Swati Chandrashekhar for the parents of Std. I and II on Tuesday, 28th July 2020 between 11.00 a.m. and 12.00 p.m.

The session was conducted with an interesting presentation and the following points were highlighted.

1. The entire family needs to be healthy and hence, learn to eat healthy. The children are extremely vulnerable to temptations and have a low will power. Hence, they tend to get attracted towards unhealthy food more quickly. Hence, if the entire family practices healthy eating habits, it serves as a health insurance for the children.
2. Also, it should not happen that the mother tries to discipline the child in terms of food and the father or the grandparents pamper the child and give in to the tantrums.
3. The children should have high levels of physical activity in order to increase the child's appetite and encourage

healthier food habits.

4. Watching TV while having food should be avoided as certain digestive juices get secreted only when one sees the food.
5. The speaker emphasized on the importance of breakfast is most important. She appealed to the parents that the children should be fed something before going to school.
6. She suggested that the breakfast must include some food grains and a combination of pulses, serials, vegetables and fruits.
7. She suggested that the children should be given fruits for snacking.
8. The speaker suggested that the breakfast must include proteins in the form of milk or milk products such as paneer, cheese, milk powder etc. or eggs.
9. She also suggested other breakfast options such as chapati and dry chatni/homemade butter/ghee etc.
10. Dishes such as missal should be made using whole Matki/ moong and corn flakes or dry pohachivda should be added as toppings to add that extra crunch.
11. The speaker also gave the option of making parathas with different sorts of vegetables or dry chatnis. She suggested that the vegetables can be roasted to some extent so that the water content is removed and the dough can be kneaded using the same water content.
12. She also gave the option of making vegetable idli. She suggested that the children be included in the process of decorating the idli with the help of small pieces of vegetables.
13. In case of a hurry, the speaker suggested that the child be given a mixture of Rajgiraladdu and milk and seasonal fruits be added to it, to make it into a smoothy. In case of cold weather, she suggested that hot milk be poured over rajgiraladdu to make it into a porridge.
14. The option of making shira by adding jaggery instead of sugar was also suggested. She also put forth the idea of giving fancy names to the dishes in order to make them more attractive for the children.
15. The other breakfast options included egg rolls with vegetables, multigrain pan cakes made in buttermilk, thalipeeth with lots of vegetables etc.
16. The speaker asked the parents to avoid biscuits as they have a lot of sugar content and tend to affect the teeth and the digestive system of the children. She also asked the parents to avoid cakes and instant meals as they have a lot of preservatives which affect liver and kidneys.
17. The speaker emphasized that the children should not be given stale food brought from hotels as these have a lot of

chemicals and preservatives. They also have taste enhancers, due to which the children start finding the home cooked food tasteless.

18. She suggested the parents to ensure that the food which is being served to the children is not packed in a newspaper as the ink used for printing the newspapers is poisonous.
19. The speaker emphasized on how the child's character is built through food habits. She stated that giving the children instant food teaches them that there are shortcuts to everything, which is not true. She also emphasized on how patience, gratefulness, value for labour and manners can be imbibed in the children through food habits.
20. As a part of good habits, she suggested that the entire family should take at least one meal in a day together. This helps to spend quality time with each other.
21. The speaker suggested that the meal time be planned and strictly followed. This prevents the children from unnecessary snacking, which takes place when there is a lot of gap between two meals. She informed the parents that the children would generally look for sugary products for snacking as this satiates their hunger more quickly. If they have two biscuits, the brain's need for sugar gets satiated and the children then do not eat their meals properly. Hence, she claimed that for a child to eat healthy, the child must feel very hungry.
22. The speaker suggested to the mothers that they should plan the meals for the entire week. This helps them in the preparations and last-minute rush is avoided.
23. The speaker suggested that the children should be put into the habit of eating whatever has been cooked at home. She suggested that a single meal be cooked for everyone. This helps the child to learn the importance of eating everything without tantrums. She also suggested that irrational food demands should not be met.
24. The speaker emphasized that the love for family members is in feeding them healthy food. She emphasized on feeding the children traditional Indian food and thereby harness the culture.
25. The speaker asked the mothers to include the children in the process of cooking and serving the food. She also harped on the fact that whatever the child does should be praised. This teaches the child also to do so.
26. As a part of disciplining the child she told the parents that they should make the child pick up his/ her own plate after having food. She also told them that they should make the children do odd jobs such as cleaning the table after the

meal, cleaning the kitchen platform with water, brining all the utensils from the dining table to the kitchen platform etc.

27. The speaker suggested that a fixed place for having food be kept in the house. She also suggested that the children of this age be allowed to have their own food independently.
28. The speaker emphasized that no bribes or rewards should be promised for eating right.
29. The children who eat less should be given lesser food than what they eat. This helps the child to finish the food and gives him confidence that he/ she can finish the food.
30. Give the child a bigger plate. This gives the child a sense that lesser food has been served.
31. The speaker suggested that a ration system should be set for junk food and desserts so that the children do not feel deprived.
32. Caffeinated foods- should be limited.
33. Invisible fats such as lots of oil, lots of cream, desserts etc. should be avoided.

The session ended with a lot of positive comments from the parents and a round of question- answers.

9) Online sessions were conducted by Mrs. Vaidehi Ashtaputre Kulkarni on 13th July 2020 for the students of Pre-Primary section, between 11.00 a.m. and 11.30 a.m. and for the students of Std. I and II on 29th July 2020 between 11.00 a.m. and 11.25 a.m.

There was an extensive use of puppetry while telling the stories, which made it an enjoyable experience for the students. Both the programme began with the introduction of the guest followed by the story telling sessions. Around 140 plus students from the pre- primary section and around 250+ students from Std. I and II attended the respective sessions. Several positive comments were received in the chat box at the end of the session.

10) An online story telling session by an expert storyteller, Mrs. Prasanna Hullikavi was arranged for the students of Pre-Primary section on 8th July 2020 between 11.00 a.m.- 12.00 p.m. The main aim behind this activity was to give the children exposure to newer concepts through some experts in the field of Early Childhood Education and also to provide them with a source of entertainment. The session taught the children the importance of wearing a mask and playing indoor games in the current times. It also gave them exposure to different farm and wild animals and also to the different fruits and food items, through different stories and extensive use of colourful puppets.

The session was attended by the Headmistress of the school, the Pre-Primary Supervisor, the Counsellor, all the teachers of the Pre-Primary section and about 140 plus students. The students thoroughly enjoyed the session and positive comments from the parents were received in the chat box.

11) Psychologist in the month of July-

Online sessions by the School Psychologist were planned for students of Std. VI and X during the month of July 2020, wherein the sessions conducted for the different classes were as follows: –

Sr. No.	Class	Date	Time
1.	7 th	14.7.2020	10:15 to 10:50
2.	6 th	17.7.2020	10:15 to 10:50
3.	9 th	21.7.2020	09:45 to 10:15
4.	10 th	22.7.2020	09:45 to 10:15
5.	8 th	23.7.2020	09:45 to 10:15

The basic agenda of these sessions was to give the children certain tips to spend time constructively and ensure good mental and physical health without spending much time watching TV or playing mobile games, considering that the parents have already been complaining about the increasing screen time due to online sessions.

The following points were covered during the session: -

1. The children were asked to develop a schedule for themselves for the day. They were asked to sit for the online sessions after having a bath and eating something, to ensure that they remain fresh.
2. They were also asked to have a power nap of fifteen minutes after lunch and then get back to work.
3. The children were suggested to dedicate one hour of their routine to extra studies, besides their homework, wherein they were asked to learn spellings and the question answers. The higher classes were asked to spend around one and a half to two hours for the same activity.
4. The children were asked to spend time reading at least one story per day or some piece of news of their own choice. They were told to read out aloud so that this would improve their vocabulary. They were also asked to listen to some news on channels like WION, to ensure that their listening skills improve.
5. The children were also asked to do some physical activities such as skipping, rope jumping, jogging or suryanamaskar and increase the repetitions as their stamina increases.
6. The children were suggested to take ten deep breaths early in the morning and concentrate on their breathing. They were also asked to recite Omkar thrice. This was meant as a

form of meditation and a means of ensuring good mental health.

7. The children were also asked to inculcate new hobbies and utilize whatever they had learnt during the funfair. They were also asked to make videos of those things which they felt they were good at. They were also given an idea that the school could give them a chance to share their skills with others, creating a pool of talents.
8. For the students of Std. IX and X, the children were asked to utilize their time on researching the possible career opportunities based on their interests and marks which they score at school. They were given a brief idea about the possible career opportunities in each of the three streams and were asked to explore and read up about what the intricacies of each job profile which they see themselves in, are.
9. The questions related to career opportunities and the things which children need to do, to develop themselves were answered.

The children were also asked to attend the study skills sessions arranged for them in the month of August, along with their parents.

The overall response of the students seemed to be good.

Online sessions based on 'study skills and memory techniques' were conducted by the School Psychologist on 1st August 2020 for students of Std. V and VI, on 8th August for students of Std. VII and VIII and on 15th August for the students of Std. IX and X. All the three sessions were held between 9.00 a.m. and 11.00 a.m.

The session began with the agenda of the session, wherein all the points which were going to be covered in the session were told to the parents.

The session covered the reasons which make studies stressful, the ways of setting goals for children, method of time management, the identification of the type of learner which the child is, and the study techniques which could be used for different subjects.

The session also threw light on the ways of improving concentration, the role of parents in motivating the children and the role of parents and children in having realistic expectations and the aspect of the physical development of the children and its effects on the children's academics.

The sessions ended with question-and-answer sessions, wherein all the questions and difficulties put forth both by the parents and the students were sorted out.

All the sessions were well appreciated by the parents, where they commented saying that the sessions were sure to benefit the parents and the students and that they were thankful to the school for having organized such a session for them.

12) On 17th June 2020 Vision English Medium School, secondary section hosted an online seminar entitled 'Time Management and Study Schedule Techniques' by Mr. Shirish Aapte, a motivational speaker, for the students of Std. X.

The seminar started with the welcome speech by Mrs. Bharati Gaikwad. Resource person Mr. Aapte sir started his lecture with the importance of self-study. He spoke about academic issues, challenges, problems, doubts, etc.

He emphasized subject-wise time management of study schedule and important points to be taken into consideration while board paper writing. Our speaker also pointed out the importance of good health along with regular study.

There was a very good response from the students. Total 101 including Std. IX and X teachers attended the session. Many students and teachers actively interacted with Aapte sir regarding various queries.

Special compliments were given by our Principal madam Mrs. Kanchan Satpute for this very informative workshop.

This online seminar was ended with a vote of thanks by Mrs. Bharati Gaikwad.

13) Workshop Report Regarding Makhar Making (Jr. K. G. and Std. II)

'Ganesh Chaturthi' is the most awaited festival, celebrated every year. It is considered to be one of the most important festivals in India, especially in the state of Maharashtra. The celebrations begin with the decoration of the place where the idol of Lord Ganesha would be placed in the house. The atmosphere in every household is that of excitement, joy and pomp.

Considering the current pandemic situation, which has compelled the students and their family members to remain confined to their houses, Vision English Medium School decided to add a dash of joy to the lives of the children and their families and organized various online workshops for the parents and students from Mini K. G. to Std. III. These workshops were aimed at gearing up the children to welcome their favourite deity, their very own Ganapati Bappa.

A two-day workshop to teach the students to make creative 'Makhars' using the material easily available at home was arranged for the students and parents of Jr. K. G. and Std. II, on 18th and 19th August 2020 between 3.00 p.m. and 5.00 p.m., by Mr. Vinod Kshirsagar, a professional commercial artist, specially invited by the school. Mr. Vinod Kshirsagar has completed his Masters in fine arts and has been working in this field for more than 28 years.

The session began with the introduction of the guest by Mrs. Vidula Awachat, after which the session was handed over to

the resource person. On the first day, Mr. Kshirsagar explained the model of the "makhar" by showing drawings on a paper and explained how the work could be started. He showed the base of the "makhar" and the process of preparing the basic structure.

On the second day, the "makhar" was assembled and completed. Mr. Kshirsagar also shared some useful tips with the children, which would prove to be useful to them in the future. He answered the queries and explained the model in detail. The children as well as parents enjoyed this workshop and made their own "makhars" at home.

Although most of the parents loved the session and expressed their heartfelt gratitude towards the school for having organized such a wonderful session, some of the parents from the pre-primary section found it a bit hard to involve their children in the process of making Makhars. This hurdle was overcome by the parents by shouldering most of the work and giving the children certain minor jobs in the process.

The workshop ended with the proposal of the vote of thanks.

A total of 27 students from Jr. K. G. and 35 students from standard 2 attended the sessions on both days. Out of these, 19 students from Jr. K. G. and 23 students from Std. II attended the session on the first day and 8 students from Jr. K.G. and 12 students from Std. II attended the session on the second day.

14) Feedback for the workshop on flower decoration and ornaments making for the Ganesh festival

Std. - Sr. K. G. and Std. III.

Date- 18th August Tuesday

19th August Wednesday

Time- 3 p.m. to 5 p.m.

Resource person- Bhagyashree Dabke and Mrs. Prabha Dalvi

18/08/2020 (Day 1)

An interesting and creative workshop was organized by the school for our children on account of the Ganesh festival celebration. The children were informed on the Whatsapp group about the requirement of the material. Mrs. Aarti Natekar our Pre-Primary teacher introduced the guests Bhagyashree Dabke and Mrs. Prabha Dalvi.

Bhagyashree Dabke ma'am taught to make a carnation flower from tissue paper. It was very easy and artistic. Children enjoyed making it.

Mrs. Prabha Dalvi ma'am taught the children to make the marigold flower, hibiscus flower and durva grass for the Lord Ganesh idol. Parents along with their wards participated in making flowers with great interest. In the making of the marigold flower thread and needle was used. Steps were

repeated multiple times wherever children faced difficulties in making the flowers and all their queries were solved. 100/ 206 children attended the workshop.

19/08/2020 (Day 2)

The children were very thrilled and ready with all the material required. Bhayashree Dabke ma'am started the session by showing the application of golden colour lace for lord Ganesh aasan and shela based on the size of the idol. Mrs. Prabha Dalvi ma'am taught the children on the threading of beads to make a beautiful necklace, decorating the betelnut with pearl beads, kewra leaf, making mukut from cardboard paper and decorating it, was also shown.

Students followed the instructions and made the things accordingly. Many students showed the jewellery, mukut and flowers to ma'am. Recap of making hibiscus flower and durva grass was taken. The guest appreciated the children for their overwhelming response and creativity. They told the children to share the photos of the things taught in the workshop on WhatsApp group. Mrs Aarti Natekar teacher proposed the vote of thanks. 85 / 206 children attended the workshop.

15) Report on 'Prasad Making Workshop'

Date of Workshop : 18th and 19th August 2020.

Time : 3 p.m. to 5 p.m.

Resource Person : Mrs. Anita Jadhav

The required material was shared on the parents 'Whatsapp' group a day before the workshop.

We the teachers of Mini K. G. and Std. I and our supervisors along with students and parents attended the workshop on 'Prasad Making' conducted by Mrs. Anita Jadhav. She is working as a visiting faculty in cooking, food processing and baking in MKSSS's Manilal Nanavati Vocational Training Institute. Mrs. Aarti Bhosale our Pre-Primary teacher, introduced the guest. This workshop was arranged keeping in mind the upcoming Ganpati festival. On the first day, the guest made Chocolate Modaks, Chocolate Rolls and Coconut Rolls and parents patiently listened to her. The method and material were shared in the chatbox and parents also asked their questions. All the queries were solved. A vote of thanks was given by Mrs. Aarti Bhosale and the session ended at 5 p.m. 60 students attended the workshop on the first day.

On the second day, we teachers along with parents were ready for the next recipes. Children were excited and enquired about the recipes for that day. The guest made Khoya (Mawa) Modak, Dates and Coconut Barfi, Amrut Phal and Kairi dal. The parents who were present were delighted with the variety of recipes that the guest presented. Every detail was written in

the chatbox by our guest. Parents were happy and asked their doubts through the chatbox. Vote of thanks was given by Mrs. Aarti Bhosale and the session ended at 4:40 p.m.

28 students attended the workshop on the second day. None of the Mini K. G. students were present on the second day.

16) Mathematics Workshop report

Workshop title: Mathematics I -Financial Planning

Workshop Date:17/08/2020 and 18/08/2020

Time- 11:40 a.m. to 1:00 p.m.

Venue-Online sessions

Attended by: Std. X students, Secondary supervisor and teacher

Resource Person: Mr. Pratik Polekar

Organizer: Vision English Medium School

On 17th and 18th August 2020, two days online workshop was conducted for Std. X students by the secondary section of Vision English Medium School, Narhe.

The workshop began with a formal welcome by Mrs. Kanchan Satpute, Headmistress Vision English Medium School. There was a brief revision of Financial planning -Std. IX Income tax return by resource person Mr. Pratik sir.

The session was further proceeded by Pratik sir, explaining TAX invoice, GST-CGST-SGST.

Computation of GST in the trading chain and ITC.

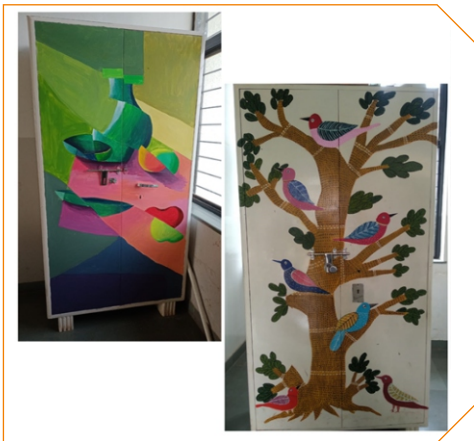
There was a presentation and demos of textbook examples, which enabled the exchange of knowledge. Participants gave a very enthusiastic response and engaged in lively discussion by Mr. Pratik sir.

A small video of Indian Cricket team Captain, Virat Kohli was also shared by sir, to motivate the students for their work ethics. He also threw light on the key point that is time management of study in daily routine. Students seemed to be delighted with the tricks and hints shared by Pratik sir. The program ended with a vote of thanks by Headmistress Kanchan madam.

The screenshot shows a Zoom meeting interface. On the left, a presentation slide titled "TAX INVOICE" is displayed. The slide contains a diagram of a GSTIN (Goods and Services Tax Identification Number) with the format 27 ABCDE1234H1Z5. It explains that the first two digits (27) represent the state code of Maharashtra, the next five digits (ABCDE) represent the 10-digit PAN of the firm, and the final four characters (1234H1Z5) represent the registration number. A note states that the check sum digit (H) confirms the validity of the GSTIN. Below the diagram, it mentions that GSTIN is mandatory for dealers whose annual turnover exceeds ₹20 Lacs. On the right side of the Zoom window, a list of participants is visible, including Saachi Newaskar, Vaishnavi Marane, Sourya Alekar, Vaishnavi Chogale, Aditya Mahajan, Radhika Bidkar, and Urnila Dangi. The meeting details on the far right show 83 people in the meeting.

Aesthetic development

Sr. no.	Particulars	Total no.
1	Cupboard painting	33
2	Wall painting: a. Butterfly garden	28
	b. Library wall	1
	c. Computer lab wall	1
	d. Rock painting	Approx 500
3	Stickers for staircases	63
4	Paper quilling frames	4
5	'Bellora' butterfly garden	-



Cupboard painting



Butterfly garden wall painting



Computer lab wall painting



Stickers for staircases



Paper quilling frames



'Bellora' butterfly garden

Paper Filigree – The fascinating art of Quilling

"Vision without action is a dream. Action without vision is simply passing the time. Action with Vision is making a positive difference." ~ Joel Barker

On this note I, Mrs. Uma Chandorkar (Primary Supervisor and Team leader of Quilling Project) would like to present the report of the Quilling art that we, the teachers at Vision, were able to accomplish during the lockdown for the academic year 2020-21.

The year 2020 (March) brought about a fateful change in all of our lives and the aftermath of it as always was that it brought with it a lot of havoc, disruption of our normal routine and a long pause with uncertainty in our day to day living.

However, 'Every cloud has a silver lining!' and thus with the disruption there also was great innovation, precise use of technology and most importantly the ardent desire to overcome this difficult phase of our lives.

Thus began an exciting journey for all our teachers. Along with our regular teaching and other administrative duties we all felt an urge to do something artistic for our students and ourselves, which would leave a legacy!

As it has been demonstrated time and again, all our teachers, under the able guidance of our management and our dynamic headmistress have worked religiously to create model books, charts, and teaching aids for our school and students which would cater to the different needs of all standards. It is indeed a matter of pride to state that during one such brain storming session the idea of creating Life cycles of seeds, butterfly, frog and jelly fish was born. The task at hand was a mammoth one but as they rightly say that "Life is not easy for everyone. We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that we must attain it.". We began our journey to create a beautiful art form for our Primary students that would help them comprehend concepts in a play way method.

Teams were formed and each team was allotted specific duties like creating designs, finalizing the designs, deciding the size of the designs, finding vendors who could provide the material required for quilling, estimation, sizes and colours of the paper, placing orders, training of teachers and the list goes on.....not to forget, all of this with our regular ongoing work!

Coming to the prime question-What is Quilling?

Quilling or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. The paper is rolled, looped, curled, twisted, and otherwise manipulated to create shapes that makeup designs to decorate greetings cards, pictures, boxes and to make models, jewellery, mobiles, etc. Quilling starts with rolling a strip of paper into a coil and then pinching the

coil into shapes that can be glued together. There are advanced techniques and different sized paper that are used to create 3D miniatures, abstract art, flowers and portraits among many things.

Training was imparted by our Art and Craft teachers - Jyotsna teacher, Aparna teacher and Nisha teacher to the team of teachers who were a part of the project. It was indeed an eye opener for many of us as we learnt that quilling is not just rolling of paper stripes in to circles and desired shapes but also involves various advanced techniques and tools like crimper tool, circle sizer ruler, curling coach, quilling comb, super looper, husking board and quilling shape board etc.

The designs were drawn on the board which measured 8' x 4'. When we had our first glimpse at these designs, it was a terrifying moment for all of us as to, How are we going to take it to its final destination! But we kept ourselves motivated and decided that we should start with one frame at a time and ensure we stay on the path we had laid in front of us. I really want to appreciate the minute planning done by our core team and the constant motivation given to us by our headmistress that "Yes you can do it"!

We started with the Life cycle of Butterfly and Life cycle of seed. Not only the team but all the teachers of all sections, office staff and all maushis pitched in to do the quilling work as these two frames needed the most number of quilling rolls and shapes. Every day teachers would come during their allotted working hours, do their work and also carry strips home for quilling. Slowly and gradually the number of quilled strips started accumulating in large quantities and we finally came to a point where we decided that we could now start pasting these circles on the board.



This was the moment when our real challenges began. The main aim was to create a board which would teach about the life cycle without compromising on the scientific concept but at the same time we could not sacrifice on the aesthetics and also to match it as much as possible to its realistic form. Of all the frames the biggest challenge was the butterfly, the lotus leaves and the lotus. A lot of trial and errors were needed to tackle these particular objects. Here is where our

perseverance helped. "Courage and perseverance make difficulties disappear and obstacles vanish". Thus, we never gave up until we found the perfect technique that would help us to depict the exact image we had in our minds. Each of us tried to learn new techniques or tools that would help us achieve the desired result. We watched various videos that taught the use of advanced tools in quilling, purchased them, practised the techniques and taught it to others and finally achieved our goals.



We began this project in the 2nd week of December 2020. The date of completion was before 20th January 2021 in order to match with the opening of the butterfly garden "Bellora" on 26th January 2021. The days were moving quickly ahead and the date of completion was approaching fast. A lot of work was remaining. It was very intimidating to all of us, but we never gave up. It reminds me about the team work of ants. The way that ants do things....by tiny but untiring and regular additions. The team members waited for longer hours, some of us stayed back until 8.30 p.m. at night to ensure that the work was completed as per the predetermined way. Each teacher was contributing in the best possible manner and slowly we could see the transformation happening on the frames. Where once they were just blank frames with just outline sketches, now they had started taking a form as envisioned by us.



This journey was a very unusual one. For the first time there were no students whose help we could take. We missed all of them, I am sure they would have made our task easier. The memories we created are simply priceless. The fun, anticipation, frustration, joy of achievement of a particular technique, team work, camaraderie, artistic and creative satisfaction all these things I am sure we will carry with us for

the rest of our life. Every frame that was completed was celebrated with great joy and jubilation. The reactions we received from the teachers and also our family members whenever we showed them little glimpses of work done motivated us and made us more determined to complete the task.



At last! The day dawned when after quilling about lakhs of different strips and assembling them on the canvas our task was completed. The simple plywood frames had been transformed into beautiful art works similar to that of a caterpillar metamorphosing into an appealing butterfly! It was a joint effort of the entire Vision fraternity including our family members whose encouragement and motivation helped us to successfully complete the project on time and display the frames for the grand opening. Today, they take a place of pride in the Primary section corridor. Every time we walk through the corridor and glance at these frames we are awestruck as we reminisce the journey of our creation!

Beloved students and dear parents we are eagerly waiting for the school to reopen and have you behold this sight and to have your valuable feedback!

As the head of the quilling team I wish to express my gratitude to our headmistress Mrs. Kanchan Satpute for her guidance, all the staff of Vision for their support and help and especially to my team members for keeping faith and belief and persistently working towards the achievement of the goal.

I sign off with a few glimpses of our odyssey of Quilling with a promise that this is just the beginning; there is a lot yet to be accomplished and acquired! Stay at home...stay safe. Take care.



Mrs. Uma Chandorkar
Primary Supervisor



'Bellora' - Butterfly Garden

The journey of development of this environmental treat, 'the butterfly garden' called 'Bellora', began in June 2019 where Mrs. Kanchan Satpute, the Headmistress of the school, met Mr. Kaushik Kashikar, the head of Katraj snake Udyan. He had come to school to invite the students for the World Environment Day programme, when Mrs. Kanchan Satpute expressed her intent of developing a butterfly garden in the school to him. To this, he instantly shared the name and number of Mr. Jayant Deshpande, whom he described as a thorough gentlemen, very resourceful, one who strives for ecological and environmental balance and a very kind and helpful person, and that's how he was found to be.

On this note, Mrs. Satpute called Mr. Deshpande and expressed her view of starting an Action Research Based Project in the school for students as she strongly believed that children learn by doing. Mr. Deshpande responded affirmatively to this proposal and paid a visit to the school. A reiki of the school plot was done and a place, which was once used by the sevikas to dispose off and burn the dry waste leading to air pollution and a subsequent disheartenment in the mind of the entire team, was now fixed for this project. The entire team was finally able to get rid of the guilt of devaluing and under-utilizing the plot.

Thus, began the journey, wherein the Headmistress was assisted by Mrs. Ashwini Khankale the pre-primary supervisor and Mrs. Nikita Kavthekar the secondary section science teacher, who vouched to work hard for the dream to come into reality. The team further decided the action plan and worked upon getting the plot cleaned with the help of the sevikas. The training of the students of Std 7 also began simultaneously. Mr. Jayant Deshpande took around 3 lectures for the students and the teachers, and gave information about the names of the various species of butterflies and the host and nectaring plants. Additionally, he also helped the school by donating some plants. The children started showing parallel interest by posing questions like "Do Butterflies Sweat?" This and many more questions amazed the teachers and made them realize the chota scientists and the scientific temperament hidden in them. The interest shown by the students and the actual sighting of 2 – 3 butterflies in a relatively under-developed

plot really boosted the spirits of the team and motivated them to work harder.

But, just as every day is followed by darkness, this process and burst of enthusiasm also hit a road block, when the world and work came to a standstill in the first week of March 2020. The teachers could not visit the school as Narhe was declared as a micro-containment zone.

The freedom of stepping out of the house for work could be experienced only in the month of October 2020, and to the surprise of the team, the plants planted for the butterflies were still alive and few butterflies were still observed as regular visitors. Post the Diwali Vacation the team, once again pulled up its socks and decided to give another shot at fulfilling the dream. Few more teachers like Mr. Sagar Waghale, Mrs. Sonia Mohite and Mrs. Nisha Deshpande joined the team and the work of lifting and arranging of boulders started with full zeal and enthusiasm.

On similar grounds, the primary section supervisor Mrs. Uma Chandorkar, Art teacher Mrs. Jyotsana Kunte and her team of teachers started working on frames made with paper quilling, which were based on the theme of life cycles, while the Secondary section supervisor Mrs. Archana Kanoujia and her team concentrated on the work of painting the Geography lab. Today is a day of pride and content for team Vision, where the butterfly garden of 2500 sq. ft. has been inaugurated to add beauty, environmental and ecological balance and awareness and joy in students' lives. A handbook wherein the observations of the team which worked on the butterfly garden have been documented, is also available for everyone to see.

The entire team of teachers and sevikas who took tremendous efforts to pick a truck full of boulders, planted the saplings, coloured the stones and accomplished all the necessary and essential tasks to create the most beautiful space in the school, the butterfly garden, deserve a word of praise and gratitude.

The journey had a few take aways for the entire team at Vision, which were as follows: -

- 1) Experience is the teacher of all things.
- 2) Let your hopes, not hurts shape your future.

- 3) Give yourself time.
 - 4) Patience attracts happiness.
 - 5) Pressure isn't supposed to break us; it's designed to make us.
 - 6) Change is inevitable and nothing changes until you do.
 - 7) Camouflage is the most interesting of all the arts and essential for living.
 - 8) Maintaining balance in nature and in life is essential.
 - 9) Colour affects people's mood.
 - 10) Peace lies in Nature and
 - 11) Life is beautiful.
- Thank you.



Butterflies seen in the Garden as of 25th Jan 2021

Sr. No.	Butterfly	Family
1	Red Pierrot	Blue
2	Ape Fly	Blue
3	Zebra Blue	Blue
4	Tawny coaster	Brush footed
5	Common Baron	Brush footed
6	Lemon Pansy	Brush footed
7	Chocolate Pansy	Brush footed
8	Common Sailor	Brush footed
9	Common Leopard	Brush footed
10	Plain tiger	Milkweed
11	Blue Tiger	Milkweed
12	Common Crow	Milkweed
13	Grass demon	Skippers
14	Common Mormon	Swallowtail
15	Tailed jay	Swallowtail
16	Common Emigrant	Whites & Yellows
17	Common Grass Yellow	Whites & Yellows
18	Common Jezebel	Whites & Yellows
19	Common jay	Swallowtail





Model books developed by teachers (2020-21)

Sr. no.	Sections	Total
1	Pre- Primary	03
2	Primary	23
3	Secondary	29

Common books

Sr. no.	Sections	Name of the books	Total
1	Pre-Primary	Worksheet book	1
		3 in 1 Rhyme book	1
2	Primary and Secondary	Envision book	1
		101 Letters book	1
		Listening skills book	1
		English Essay book	1
		Marathi Essay book	1
		Hindi Essay book	1
		Science Journals	2
		Mini K.G. to Std. VIII Music book	11

Charts and Other teaching aids

Sr. no.	Sections	Name of the books	Total no.
1	Pre-Primary	Story flash cards	235
		Hanging mobiles	479
2	Primary and Secondary	Marathi poet's charts	30
		Hindi Kabir ke Dohe charts	65
		Sanskrit charts	12
		Science extra information cards	312
		History famous personalities charts	183
		Library boards (quotes)	10
		Celebration flannel board charts	43
3	Mini K.G. to Std. II	Stationery kits distribution	At about 376

Report on Model Books

“Education is not the learning of facts, but the training of the mind to think.”

Life becomes easier when you learn to accept the challenges of life in a positive spirit. This year 2020-21, when the pandemic hit the country the whole system came to a halt. People were in a state of shock, dilemma and sadness. Over all there was a mixed reaction of sentiments in all the minds. The education fraternity was not aloof from these situations. Our teachers were ready to transform themselves from physical mode to virtual mode and underwent training for the same.

They were ready with their weapons to face the field of Pandemic and we succeeded in this task to a greater extent. But the question arose that only going virtual will not help us to keep the chain of knowledge locked amongst us and we need to do certain different things so that optimum utilization of this situation and time can be done.

And our Headmistress came out with the plan of preparing Model books for all the subjects. Meetings were conducted immediately and a timetable was set along with the subject allotment. All the teachers set their seat belts to complete this task to the best of their capabilities. The work was divided amongst three schools Vision Narhe, Vision Wai and Vision Vadgaon Sheri. Vision Narhe was given 46 model books and the other two schools were given four books each.

The guidelines were prepared for the model books and mailed to all the teachers. This reduced the stress of teachers to finalize the pattern of book and at the same time brought uniformity in the work. Colour code for each subject was also decided along with the colour of borders.

The teachers completed the task of preparing the model books and submitted to their respective heads i.e. Headmistress and Supervisors for proof reading. After the books were proof read, teachers made changes as per the suggestions and submitted the book for printing. It is said, “The outer cover of the book gives the idea of the content of the book”. Hence, Swapna teacher, the designing head of our school took this responsibility and designed the cover page of the model book under the able guidance of our able

Headmistress and finally the book was sent for printing to Kiran Printers.

All the teacher's happiness knew no bounds as they were holding the book prepared by them. It was indeed the feeling of a mother who takes her baby in her arms for the first time. After the printing of core subject's model books, teachers of co-curricular subjects have started working on their model books. Presently teachers are working on model books of Sports, Computer and Art and Craft model books.

These books would prove a boon to all the teachers as this will help them to plan their teaching in a structured manner. The advantage of these books is that keeping the notes ready will give teachers to prepare for the sessions in a much better way and add extra knowledge in their subject which will ultimately benefit the students.

Success is the sum of several small efforts repeated often day in and day out. We, ‘Visioners’ have utilized this time of Pandemic to the best of our capabilities but we believe that the best is still to come. The teachers have also started painting the various corridors to make each corner of the school a teaching aid for our students. The stairs and the walls look very beautiful and elegant. And we believe that our children will definitely be benefitted by these efforts of our teachers. Hope that these trying days will end soon and we all can lead a normal life with our dear students.

Hence, train your mind to see good in everything and this will lead you to positivity in life and all your endeavours of life.

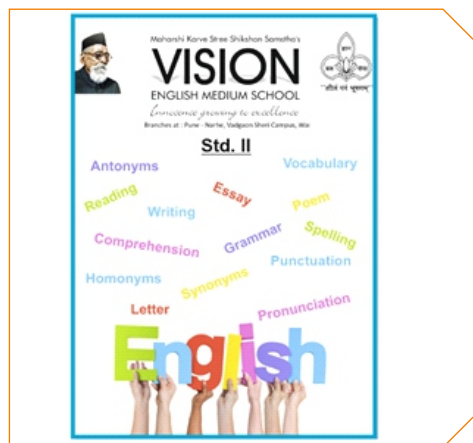


Ms. Archana Kanoujia
Secondary Section Supervisor

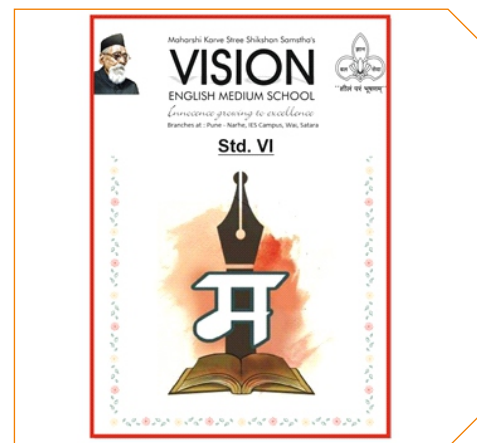
Academic front gallery



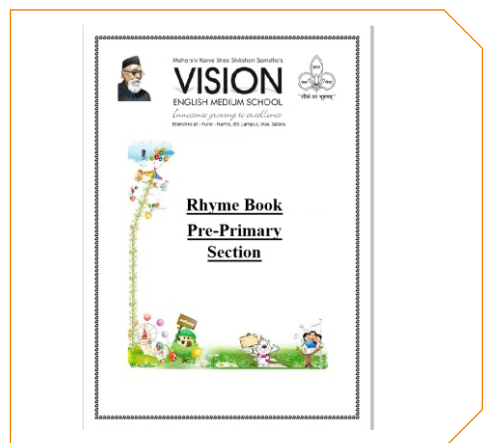
Pre-Primary model books



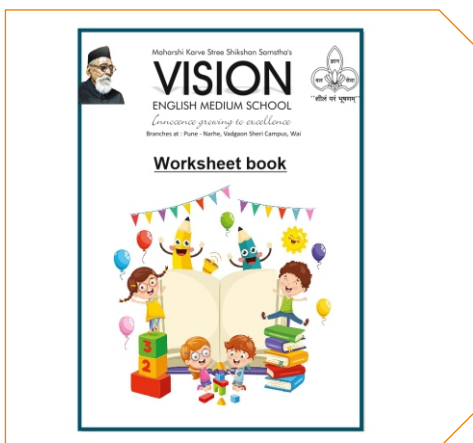
Primary model book



Secondary model book



Pre-Primary rhyme book



Pre-Primary worksheet book



Envision



Hindi nibandhmala



Science Journal



Music book





Activities: Pre-Primary Section

The year 2020-21 was a memorable one for the education sector as well. Due to pandemic, students were compelled to stay at home. Continuation of the education process in the changed scenario put forth a challenging situation for teachers and school management.

Schools were compelled to choose virtual education mode. Teachers took tremendous efforts to adapt to the new mode of teaching. Every possible step was taken to make learning, a joyful experience.

Different activities and games were planned to make learning interesting and meaningful.

Abiding to the directives received by the government, the school had to limit online sessions to one and a half hours for Pre-Primary section. Even though the duration was less, complete syllabus and curriculum was covered.

Cooperation and support of parents was a key factor in the whole process.

Online timetable was set in such a way that similar pattern of slots of physical schooling were accommodated in the best possible way.

Each element of normal school routine such as prayers, information sessions, daily orals, reading and writing slots, stories, rhymes, creative activities and games were given due importance while planning and executing the timetable of young learners at Pre-Primary level.

Creative activities like scribbling, thumb printing, sponge printing, finger printing, paper tearing and pasting, paper folding, vegetable printing and many more were conducted on a regular basis during online sessions.

'Play' is an integral part of a child's life and is an effective learning tool as well. Different activities and games were conducted during the virtual mode of education where children got an opportunity to be active, have fun and play in a clean and safe environment. They enjoyed running, hopping, jumping, langdi, hurdle race, memory game, book balancing, lemon and spoon race.

Activities like rangoli, peas shelling, patterning with different objects, making shapes with match sticks, buttoning the shirt, alphabet and number games and interesting one-minute

games added fun element in the process of learning.

Little complex games were conducted at Sr. K. G. level. Games based on phonics and reading, rapid round GK quiz, number games such as saying numbers in descending order, skip one number and say the next number, developed mathematical skills, logical thinking and improved concentration level of the children.

It is a proven fact that children's involvement in cooking develops a healthy relationship with food. At the same time, such activities also have many educational benefits.

Children were involved in cooking experiences wherein they made preparations like fruit chat, potato chat, sprout bhel, masala papad, masala khakhra, chapati roll, vegetable salad, biscuit pizza, monaco toppings and lemon sherbet. During these sessions, teachers explained the importance of the healthy food and balanced diet.

Stories, rhymes, songs, picture talk, object talk, riddles were taken during regular online sessions which helped to enhance language development of the children and made the sessions more interesting and enjoyable.

Different experts were invited on a virtual platform who spoke on various topics and gave a new insight to the parents. Speech of dietitian gave many useful tips to the mothers.

Festival like Nagpanchami was celebrated in a unique way where an interesting lecture covering amazing facts about reptiles and their role in the food chain and ecosystem was highlighted.

Virtual celebration of Pet day was an exciting experience for the little ones. Different pet owners joined the link and spoke about their pets. Watching pets and their movements, gaining information about their habits and eating preferences from their owners was a very enriching experience for children.

Ganesh Utsav was celebrated by inviting experts to acquaint our children with various skills. These workshops were conducted on 18th and 19th August, 2020 during afternoon hours.

'Prasad making' activity was arranged for Mini K. G. Making 'Makhar' for decoration was taught to Jr. K. G. children and beautiful paper flowers were introduced to Sr. K. G. students.

Mrs. Anita Jadhav, who is working as a visiting faculty in the food processing and baking unit of MKSSS's Manilal Nanavati Vocational Institute, introduced many mouth-watering preparations suitable for Ganesh utsav. The list of required material was shared with the parents on the previous day of the workshop. Chocolate modaks, Mawa modak, Chocolate and Coconut rolls, Dates and coconut barfi, Amrut phal and Kairi dal were prepared during the workshop. Queries from parents were answered satisfactorily by the expert. Parents were delighted with the variety of recipes presented.

Lord Ganesha is a favourite deity of young children. Keeping Ganapati idol in the makhar, made at home and learning to make it was an exciting idea. Children of Jr. K. G. got an opportunity to learn the steps of 'Makhar making' under the guidance of Mr. Vinod Kshirsagar.

Children were ready with all the required materials as the list was shared with them beforehand. This activity provided a platform where children and parents got an opportunity to explore their creativity. This activity also inculcated a thought that decoration material can be made at home and we need not depend on ready-made material always.

Students of Sr. K. G. attended a workshop where they were taught to make beautiful paper flowers. It was observed that the children were engrossed during the sessions. Experts, Mrs. Bhagyashree Dabke and Mrs. Prabha Dalvi gave many tips to the young audience and showed easy steps of making flowers and ornaments for Lord Ganesha.

Online phonics workshop was organized for Mini K. G. children in the months of February and March. Mrs. Trupti Tiwari from English language department was called as an expert who conducted seven sessions in all. These sessions were made fascinating for children by organising simple games where participation of each member was ensured. Children enjoyed and responded very well. Phonic sound of letters, correct pronunciation of two letter words and other simple words were taught to the children. Introduction of rhymes added more fun to the sessions. Children could read a few, simple and easy sentences towards the end of the workshop. Enthusiasm of children and support of parents was appreciable.

Honourable guest, Mrs. Mrudula Pathak Madam conducted an online workshop for Jr. K. G children. Various songs, stories and prayers were taught to the children during these sessions. Mrudula Tai encouraged children to repeat the songs. The importance of festivals was covered in an interesting way through songs and stories. The children especially liked Ganpati Bappa's song taught by the expert which they sang with a lot of interest. Mrudula Tai developed a bond with little ones with her unique teaching style and interactive sessions as well. 'Aajji teacher' was the name given to Mrudula Tai by the children which was accepted by her with pleasure.

Sessions on 'Sanskrit' language was organized by school for students of Sr. K. G. These sessions were conducted by Mrs. Akshada Kulkarni who is one of our parents. She holds a certificate of 'Sanskrit Bal Kendra and Sambhashan Shibir Prashikshak.'

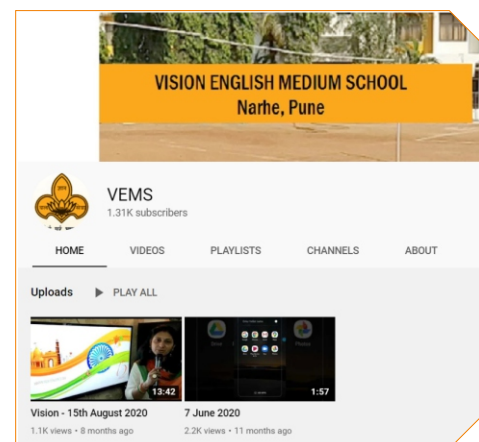
Students were introduced with Sanskrit names for animals, colours, vegetables, fruits, tastes, vehicles, clothes, Sanskrit numbers from one to thirty and Sanskrit verbs for day to day actions like reading, writing, eating, sleeping, walking, running were taught to the children. Words used while greeting any person, self-introduction in Sanskrit was well liked by Sr. K. G. children. Simple stories and songs in Sanskrit made the sessions captivating ones.

Enthusiastic participation of the students during the sessions was an evident of their interest in learning a new language. These sessions will surely prove helpful to the students while learning Sanskrit in the higher grades.

The last day of the school - 10th April 2021 was a mesmerising day for Pre-Primary students as Annual day was organized on this day. The response of students was overwhelming. Efforts taken by parents on the backdrop, costume, makeup and choreography contributed to a delightful experience. Teachers were pleased with the confident performances of tiny tots. Joy of performing in front of friends and all the parents though virtually, created memories which will surely be cherished by the young performers.

Digital media developed in 2020-21

Sr. No.	Particulars
1	YouTube Channel
2	Calendar
3	School magazine
4	SOP
5	CRB books
6	Birthday greetings, Get well soon, Condolence letters and Other messages
7	Academic report cards
8	Admission forms
9	Admission process video
10	Brochure
11	Online surveys
12	School at a glance video
13	School profile
14	Audio book of Dnyan Prabodhini
15	Documentary film from SMART
16	Fees follow up



YouTube Channel



Digital Calendar

Standard Operating Procedure (SOP) for online sessions conducted on Google Meet.

Points Covered:-

1. Difference between G Meet and Zoom and their respective pros and cons.
2. Process to be followed in starting the online sessions.
3. Lesson plan.
4. General precautions to be taken.
5. Protocol to be followed by the teachers during online sessions.
6. Protocol to be followed by the students during the online sessions.
7. Protocol to be followed by the parents during the online sessions.

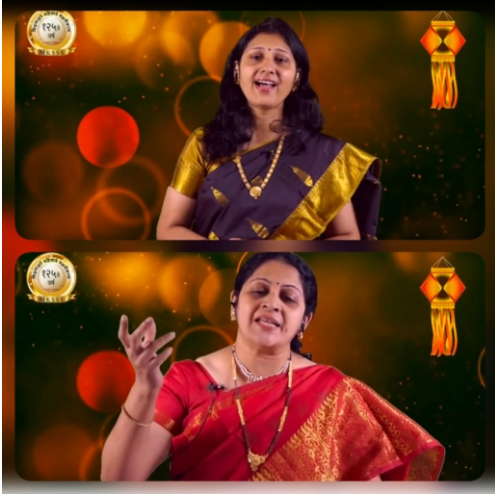
SOP



Work in process

Sr. No.	Name item	Details
1	Marathi workbook	New edition Std. I and II
2	Hindi workbook	Std. VII
3	Computer model books	Std. III to VIII
4	P.T. model book	Mini K.G. to Std. X
5	Art and Craft book	Mini K.G. to Std. VIII
6	Origami book	Mini K.G. to Std. VIII
7	Marathi teaching aids	Mini K.G. to Std. X
8	Geography lab teaching material	Mini K.G. to Std. X
9	Library and computer lab board	Mini K.G. to Std. X
10	Textile swatches	Std. V
11	Scholarship work	Std. V and VIII
12	Recording of stories	Mini K.G. to Std. X
13	Orientation videos	Mini K.G. to Std. X
14	Insight magazine	Mini K.G. to Std. X
15	Code of conduct	For staff
16	CRB data updating	Mini K.G. to Std. X
15	Paper quilling frames	4 – Water cycle, Food cycle, Bird life cycle, Farming cycle
16	Bird park	Levelling of the land, Structure, Planting the trees and Forming of mosaic tiles of varied birds
17	Audio recording of songs	Mini K.G. to Std. X
18	Result sheets analysis	For all standards

माध्यमिक विभाग शिक्षक वर्ग



मिले सूर मेरा तुम्हाराव्हिजन ची स्वर रत्ने.....
सौ. रूपा शास्त्री आणि सौ. तनुजा जोशी



विनोदपूर्ण संभाषणशैली है जिनकी सबको भाती
श्रीमती सुवर्णा तांबे सभी की चाहती !



हा झेंडा भल्या कामाचा तू घेऊन निघाला..
सौ. वर्षा जोशी



अनुभवाचे बोल आणि ज्ञानभांडाराचे प्रभारी,
व्हिजन चा अभिमान डॉ. धनंजय भांडारी !



फोटोग्राफी आणि बरेच काही -
श्री. सागर वाघले



हर एक संख्या इनको है लुभाती,
गणित में माहीर हमारी,
श्रीमती भारती गायकवाड.



रंगुनी रंगात साऱ्या, रंग माझा वेगळा....
बहुरंगी व्यक्तिमत्व सौ. निकिता कवठेकर.



यारो दोस्ती बडी ही हसीन है....बडे मिया छोटे मिया !
श्री. कृष्णा खेडकर आणि श्री.राहुल कोल्हे



मृदू व्यक्तिमत्वाला त्यांच्या, भाषेवरील
प्रभुत्व साजे कोण म्हणून काय पुसता
या तर सौ. सीमा राजे !

माध्यमिक विभाग शिक्षक वर्ग



छंद नीटनेटक्या कामाचा भक्कम पाया मराठी भाषेचा
सौ. स्वाती कानडे



मातृ देवो भव, गुरु देवो भव-
सौ. वरदगौरी म्हेंत्रे, सौ. ज्योत्स्ना गोडबोले



उत्साहाचा खळखळता झरा -
सौ. प्रियंवदा गोडबोले



व्यक्तिमत्वात वैविध्य परंतु विद्यार्थ्यांचे हित हेच अंतिम ध्येय
सौ. जयश्री जंगम, सौ. अवनी पाटील, सौ. प्रतिभा घोडके

करूया जपणूक वाचन संस्कृतीची ग्रंथपाल - सौ. कीर्ती गंधे

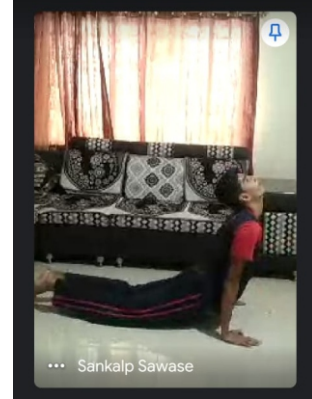


कायम दक्ष आणि फक्त कामावरच लक्ष - सौ. कीर्ती ढबुशे, सौ. गायत्री ताम्हणकर, सौ. अमिता मडावी

Students photo gallery - Secondary Section



Recitation of 'Manache Shlok'



Health awareness in P. E. Session



Worshipping Goddess Saraswati through a dance performance.



Expression of thought by painting



Saraswati Poojan



Learning by doing

Students drawing gallery



Amogh Pathak IV - M



Poorvi Sawant III - M



Arnav Pimprikar II - M



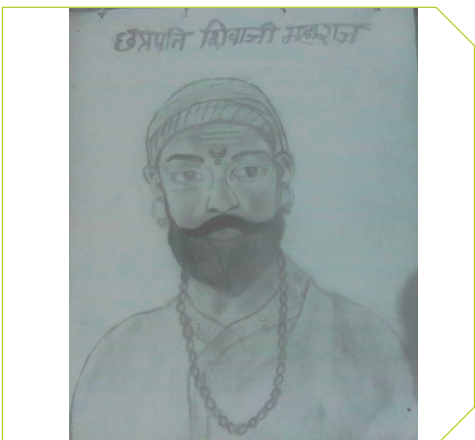
Anusha Nalawade IV - V



Tanishka Karale II - M



Siddhi Jadhav V - V



Raj Redkar II - V

Unity in Diversity- 'a divine connect' (Shiva Tandava Stotra Samapana)



Despite of different religions, languages, castes, creed, cultures, we 'Indians' live together with love and brotherhood. It helps to increase coordination, relationships, team work among people, which leads to the best performance and work quality. We all belong to one human race. Yes. This fact has been proved on 8th March, 2021 in India.

We have observed women's day celebrations at homes, hotels, party halls etc. But in India, this historical day was set at Assi Ghat, Varanasi. Nearly 1008 adorable women from over 15 states gathered together and chanted 'Shiva Tandava Stotram.' This 'Stotra' was written by Ravana, the asura king and devotee of Lord Shiva. This Sanskrit stotra narrates the beauty, valour and power of the Mahadeva himself. Its lyrical alliteration and pronunciation create resounding waves within the one reciting this hymn and leads to a holistic healthy life.

This holy idea was set by Mrs. Madhuri Sahastrabudhe. (Founder member of Foundation for Holistic Development in Academic Field) She had a noble idea of making the women strong from within, who were at home during Corona. She had a strong belief in Indian Stotras and Mantras. She started teaching this stotra (online) to her four friends in the month of April 2020. Within fifteen days, the number started increasing. Her cheerful mood and positive thought lifted the team's spirit. A day arrived, when more than 1000 ladies started learning this Stotra online.

The task was not at all easy. Sitting at home and teaching Sanskrit stotra online was indeed a challenging job. So, group leaders were formed. 120 group leaders taught 8 to 10 ladies everyday. It is well said by Les Brown- 'You are never too old to set another goal or dream a new.' Yes. Little girls and ladies of all ages from 8 to 75 took active part in this programme. Hats off to the genuine efforts and pains taken by the leaders. Virtual coaching was also arranged for the women in abroad. In no time, all proved themselves to be responsible learners. Nearly 2000 members learnt this Stotra.

Madhuriji had a strong faith in stotra that it can defeat all kinds of negativities and bring a spiritual, divine positive mind in all. Name of the programme was 'Shiva Tandava Stotra Samapana.'

Finally, 8th March was the auspicious day on which the great souls made a history. The great team reached Varanasi and chanted Stotra on the 'Assi Ghat' holding diyas in hands. Home-made cotton wicks made by a lady from Delhi graced

the diyas. All necessary precautions like social distancing, face mask, face shield etc. were taken good care of. All these souls looked so beautiful and elegant in white sarees. It was indeed a mesmerizing, holy and blissful moment filled with great divinity, unity and enthusiasm with 200 volunteers. The Assi Ghat was illuminated and was glittering with grace with attractive rangolis and rhythmic and sacred Stotra.

It was streamed live on face book and Doordarshan Bharati. It was witnessed by the world. On the day of Mahashivaratri, it was telecasted at 5.30 p.m. and 9.30 p.m. on the Door Darshan (Uttar Pradesh) and Door Darshan Bharati channel.

The main motto as per Madhuriji was -get the strength to fight the evil, be it within you or outside. It was a unique, successful



mega event in which negative situation was turned into a positive one.

Super energetic, diligent, determined, persevering and positive attitude lady, Mrs. Madhuri Sahastrabudhe planned and executed everything exquisitely.

I do remember one quote by Robert Collier- 'Success is the sum of small efforts repeated day in and day out.' Yes. She proved it. It is certainly true that if one man studies, only one person is educated, whereas if one lady studies, the entire family (here, we can say-the entire nation) is educated.



Ms. Sujata Naik
Class Teacher, IV - M
Source - Self

Bad begets good too

Covid 19, an invisible enemy that the whole world is tamed of was an unprecedented crisis. But every black cloud has a silver lining, isn't it?

No doubt this crisis has united us, but it has also given us a vision that the whole human community needs to rise above all our differences and be united to face the crisis.

We faced the lockdown with patience.



The pandemic also taught us many things at a time such as appreciating the members of society without whom our life would have been miserable. During this period, we came to know the significance of sanitation workers, domestic helpers, local vendors, healthcare personnel, community helpers such as milkmen, security guards, LPG delivery boys and police men in our lives. It was the first time when we realised that during the crisis they stood by all of us. So, during the festive season, in order to render a helping hand in return, we intentionally bought local produce, we prioritised local market places, and we encouraged our community helpers to use modern modes of money handling. This was just an effort to include everyone in the journey of life.



We all accepted the new tools and technology for education, for staying connected with family, friends and with our community. We followed better hygiene measures and healthy practices. Many Indian traditions were being criticised, but Covid-19 made us understand the science behind them as well as to respect them. It was amazing to see that the main leaders in the world started joining hands to greet instead of a hand shake.

This has developed a sense of unity though we were divided by crisis.

We saw our youth, accepting responsibility and working on ground level to provide food, medical help and groceries etc to the elderly and needy families in the nearby region. We started thinking for each other irrespective of relation, religion and caste. We witnessed the humanity nesting in the hearts of people.

Can we call it a magic ? ... magic of being united though we are separated?

Go back Covid but keep the above feelings forever in our minds.



Mrs. Vijaya Upasani
Class Teacher, V - E
Source - Self

Sleep



As young children, we were often scrambled out of beds by our mothers, telling us that sleeping too long is a sign of laziness. On the flip side, we did get up, wishing very hard that we were the sleeping beauties in the tales we often heard at bed time.

On a serious note, sleep is one of the most important aspects of our lives, and is often ignored and compromised for several other activities which seems to be very important in the short term, but are actually carving the health out of our bodies.

But what is healthy sleeping? How many hours of sleep is necessary? Why do we need to sleep? How does it help? How can we ensure that we get good sleep? All these questions ravel our minds more often and are eventually left unanswered. With the backdrop of 'The World Sleep Day' being celebrated recently on 19th March 2021, this article aims at not only convincing its readers about the importance of sleeping, but also aims at giving them a chance to unravel themselves by sleeping well and enhancing their mental health and happiness.

The lack of sleep is a growing cause of several mental and physical health problems. Studies have shown that an average Indian sleeps for about 7 hours and 1 minute.

Causes of Sleep deprivation.

The modern times come with the tag of 'I don't get time', with the need to meet deadlines and targets at any cost becoming the need of the hour. This situation is true of any age group, be it students or adults.

In most households, the fathers and mothers tend to come in late from office and the rest of the family members, including the children wait for them, so they can have dinner together. As a result, the children sleep late in the night, after everyone's had dinner and the kitchen is cleaned. But, this does not get

them rid of the necessity to get up early in the morning, as the children have to attend school.

Besides this, the excessive attraction of mobiles and other gadgets prevent children from going out to play. As a result, the energy within them does not get used up and the children are unable to sleep well. The result of all this? Sleep deprivation.

As the children grow older, they are loaded with assignments and tuitions, eventually leading to stress of achieving higher grades, just so that they can have a good career in the future. As a result, they tend to keep up late in the night, drinking shots of coffee, just so that finish off the assignments and eventually meet the deadlines. Sleep deprivation now starts to become a habit.

As these students become professionals and occupy higher positions in life, they are compelled to stay up late at night, looking at the mountain high targets and deadlines, which if not met, could sabotage their promotions and career growth. As a result, sleep deprivation continues and now tends to become a chronic affair.

This scenario is especially true of those professionals who work in the IT field and cater to the clients in different time zones. This is also true of those who work in shifts. As a result, the body clock or the circadian rhythm as it is called, is unable to set up a schedule. The obvious outcome of this is sleep deprivation.

The other causes of sleep deprivation may be an incorrect diet, lack of exercise, excessive stress, physical illnesses leading to pain and other discomforts and mental disorders such as anxiety disorders and depression, one of the symptoms of which is Insomnia.



Effects of Sleep Deprivation

Research shows that sleep deprivation has the same impact

on the brain as excessive alcohol. Science has also found obesity to be directly correlated with sleep deprivation as sleep helps to moderate the hormones which control appetite.

Broadly speaking, the effects of lack of sleep may differ among adults and children. In children, these may range from drowsiness during the day to lack of attention in school, crankiness, temper tantrums, irritability and the tendency to disturb the other children in the class.

The effects in adults may include a delay in response, poor memory, inattentiveness and an inability to concentrate, forgetfulness, inability to think logically, low mood and anxiety. A common example of sleep deprivation is when the driver falls asleep while driving and meets with an accident, at times leading to death.

Talking about the physical effects of sleep deprivation, besides its correlation with obesity, lack of sleep is also known to be one of the biggest causes of lifestyle disorders such as hypertension, diabetes, cardiovascular disorders such as heart attacks, digestive issues, chronic tiredness and drowsiness during the day leading to reduced productivity.

How many hours of sleep is ideal for an individual?

While the sleep requirements may vary from person to person, a baby normally sleeps for about 16 to 18 hours a day as this is the period when the brain is bringing about its own development. As the children grow up, both school age children and teens need about 9- 10 hours of sleep each night. An average adult needs about 7-9 hours of sleep. It is said that with age, the sleep needs tend to decrease and the sleep cycle tends to be shorter and lighter. Despite this, an aged adult too needs a minimum of 7 hours of sleep.

How do you ensure healthy sleep patterns?

With the background of what has been said before, we all do know by now, that sleep is a feature of our lives and the more we pay attention to it, the more likely we are to lead a healthier life. Let's look at how we can enhance the quality of sleep.

1. **Understand the importance of sleep.** Sleep is as important as eating and breathing and one can die of sleep deprivation.
2. **Give priority to sleep.** Do not consider it to be a waste of time.

3. **Watch your diet.** Foods and beverages consisting of caffeine are known to activate your brain and ruin your night's sleep. Specialist recommend not to have caffeinated drinks after lunch. But, if you must, avoid having them at least two hours before you go to bed.
4. **Exercise and keep active.** Research shows that those who exercise regularly sleep better because when you tire out your body, you are able to sleep better.
5. **Learn to relax.** Relaxation and meditation can help us to destress. We can use many free apps to help us meditate. There is no right or wrong way to meditate. Practicing meditation regularly will help to strengthen the mind and make this system of thought more automatic.
6. **Practice other means of relaxation.** Reading books, listening to music or taking a hot bath before going to bed can also help you relax.
7. **Follow a routine.** For those of you who are parents, we often follow a certain sleep routine with our children or do something so that they fall asleep. But, we often forget to do this to ourselves. We are creatures of habit and follow the right patterns of behaviour only when we are habituated to it. We thus need to sort out our routines and follow them very stringently by going to bed at the same time and waking up at the same time every-day.
8. **Have a wind down time.** Start relaxing and calming activities 60 minutes prior to when you want to sleep. Put away your devices at least one hour before falling asleep. Set yourself up into non stressful activities to set your body and mind in the most comfortable position.
9. **Manage your time throughout the day.** Time management is necessary for living a good life. Poor time management leaves the task at hand undone, leading to stress and worry. This in turn affects the person's relationships, results in emotional problems and above all, ruins peaceful sleep.
10. **Develop helpful thinking.** We often believe that stress is caused by external factors or due to other people. Little do we realize that stress is caused by the way we look at and think of the world around us. Bad habits practiced in day to day life lead to negative thinking and pessimism. We must learn to identify the stress inducing thoughts and

manage them well.

- a. Become more mindful or aware of your thoughts. We cannot change if we are not aware of them.
- b. Remind yourself that these are just thoughts and not realities. Just because we think about something, it does not make it true. Just as we question someone, we must question thoughts. Look for proof to validate your thoughts if you can't stop them.
- c. **Ask yourself if the thoughts are really helpful.** Develop more helpful ways of thinking. Balance realistic with helpful thoughts. Be optimistic but be grounded in reality. Ask yourself how I can think about this situation in a way that is honest and realistic but also helpful and constructive.
- d. **Focus on solution rather than problems.** We often get overwhelmed by the problems and forget to think about the solutions. The right way to do it is exactly the opposite.
- e. Analyze your stress during the day and not while in bed. Days are when you can work through your problems.
11. Manage other problems. Most people have problems because there are problems in other parts of life. But, we pretend that the problems do not exist and thus, do not face them for fear of getting stressed. We pretend they are not real or procrastinate thinking about them. But most problems do not go away on their own. In fact, they might get aggravated because of not paying attention in time. One must learn to be proactive and take positive actions for calm and good sleep.
12. **Persevere and practice.** One must not expect anything to work overnight. Working hard with perseverance is likely to be the solution to the problem.
13. **Give due importance to rest.** Just as our phones and laptops need to be charged on a regular basis, our brains also need a regular recharge. One must give rest to the brain and the body in order to avoid burnouts. One must place the rest time in the diary and not feel guilty for it. Poor sleep is the biggest contributor to lack of rest. Hence, one must give high priority to sleep.
14. If you are unable to fall asleep, get out of bed and take a walk. This would stop your brain from associating your bed with sleeplessness.

15. Create a room for sleep. Avoiding bright lights and loud sounds, and keeping the room at a comfortable temperature are the surest ways of ensuring good sleep.

16. If you are unable to sleep despite all these tips, visit your doctor.

While sleep is like the life support system for all of us, imagine that all this while every hour of sleeplessness meant like an invitation to poor health. Coming towards the end of this article, let us all pledge to be conscious sleepers and grab our bit of good health for ourselves.

HOW MUCH DAILY SLEEP DO YOU NEED?	
AGE RANGE	RECOMMENDED HOURS OF SLEEP
NEWBORNS 0-3 MONTHS	14-17 HOURS PER DAY.
INFANTS AGED 4-11 MONTHS	12-15 HOURS PER DAY.
TODDLERS 1-2 YEARS	11-14 HOURS PER DAY.
PRESCHOOLERS 3-5 YEARS	10-13 HOURS PER DAY.
CHILDREN 6-13 YEARS	9-11 HOURS PER DAY
TEENAGERS 14-17 YEARS	8-10 HOURS PER DAY.
YOUNG ADULTS 18-25 YEARS	7-9 HOURS PER DAY
ADULTS 26-64 YEARS	7-9 HOURS PER DAY
OLDER ADULTS 65 YEARS & UP	7-8 HOURS PER DAY



Ms. Aishwarya Paranjpe
School Counsellor
Source - Self

The NSS- NASA International Space Settlement Design Contest - 2021

The NSS International Space Settlement Design Contest is an annual, international contest dedicated for space settlement. This contest is hosted by the National Space Society and was conducted by NASA until 2019. Participants in this contest are invited to the International Space Development Conference, which is an annual international conference where top scientists discuss about space.

In this contest, the students are expected to imagine a scenario where the earth is overpopulated and polluted to such an extent that any kind of life is extremely difficult or no longer possible. What will happen in that case? The human beings will have to search for alternative planets or asteroids where human settlement will have to be established. In such settlements, the human beings will have to build entire infrastructures and systems right from growing their food, building water supplies, harnessing energy to produce electricity and support the functioning of this settlement etc.

I came across this contest last February in a magazine and started designing my own project for the contest. I decided to name my settlement as 'Hydra Space Settlement' because Hydra is a monster from the Greek mythology that becomes stronger and stronger each time it is destroyed. The contest opens every year in December and ends in February.

My space settlement Hydra will be orbiting in the Geostationary Earth orbit. I had to think about how it will work as a whole, the design of the structure, the durability and

strength of the materials used to build the settlement, energy sources, food and distribution channels, its sustainability, and numerous other aspects that are needed in any kind of settlement. I used Autodesk TinkerCAD and SketchBook for digital drawings and diagrams for the project. I had a lot of fun trying imagining how the various aspects would look and to draw them. While working on this project, I imagined a concept of how my settlement would look like and work, and to make it into a design with scientific basis, I collected references and read through different subjects, which is an essential aspect of any project development.

In March 2021, the results came and I got an 'Honourable Mention' in the category Grade 7 and Younger. This year the contest received 1,600 entries involving 6,800 students both individual and as a group, from 22 countries. It was a very joyful moment for me when all teachers, friends and family appreciated and encouraged me which inspires me to work on more such concepts.



Arnav Nandurkar
VII - M
Source - Self

Three types of launch vehicles



There are three types of launch vehicles namely ASLV, GSLV and PSLV i.e.

ASLV- Augmented Satellite Launch Vehicle.

GSLV - Geosynchronous Satellite Launch Vehicle.

PSLV - Polar Satellite Launch

thrust of 900 kl. nt.

GSLV MK III has 3 successful launches till date. On 18th December 2014, 5th June 2017 and 14th November 2018. It was chosen to launch Chandrayaan 2 spacecraft with this GSLV MK III, India is stepping ahead in placing heavier space craft into communication orbit. GSLV MK III will be used in India's first manned mission.



Shriyash Shrikhande
IV - M
Source - Self

Vehicle. Out of these three, I prepared model of GSLV MK III. GSLV MK III is developed by our India Space Research Organisation ISRO. GSLV MK III is a complete Swadeshi launch vehicle. It is the most powerful launch vehicle of India. It is the largest and heaviest launch vehicle of India. Its height is 43.43 metre. It's diameter is 4 metre. Its payload weight is up to 4000 kg. It is very very special for India because of it's largest payload volume, lowest cost and higher reliability. It has world's 3rd largest power booster. 3rd stage uses medium lift launch vehicle. The second stage uses a liquid rocket engine which is known as Vikas engine which generates maximum

Sarita's Diwali



Sarita was the daughter of a farmer and lived in a village near Kolhapur city. She was studying in Standard IV. She was very good at studies. She was also very good in Drawing and Art and Craft activities like her mother. Every year on occasion of Diwali, her parents used to make beautiful 'lanterns' of bamboo sticks from their farm and colourful gelatine paper. The design of these 'lanterns' used to be same every year. They used to sell these

'lanterns' in nearby cities during weekly bazars.

This year, because of Covid 19, the weekly bazars were not regular. So Sarita's parents thought they will not make any 'lanterns' this year. Sarita thought of some other Ideas. She asked her mother, if she could make small 'lanterns' this year and extend her help. Initially her mother was reluctant, but after seeing Sarita's enthusiasm, she gave permission to Sarita to make small lanterns.

Sarita collected bamboo from her farm and her father cut those into small pieces as required to make small lanterns. Sarita then worked day and night to make beautiful, small lanterns.

Now, the next big question was how to sell these as the weekly bazars were not happening regularly. Sarita gave an idea of door to door selling in nearby cities. Her parents agreed to accompany her to nearby cities to sell these lanterns.

Then the day arrived when they travelled to nearby city and

tried to sell lanterns. On the first day, they received very less response and only seven lanterns were sold. But Sarita had a determined mind. On the next day, they again went to the same city in another area and sold ten lanterns till afternoon and five more in different areas till evening. In all, within a week, she sold sixty lanterns and earned a lot of money. To her parents' surprise, she earned more money within a week than they earned normally.

Sarita with her determination, hard work and skills earned not only a lot of money, but also earned respect and love from her parents.

On the day of Diwali, Sarita and her family decorated and lighted their house with their hand-made lanterns. This Diwali, they learned how to make the worst situation in their favour and found new ways to execute their work with lot of determination and hard work.



Gauri Parmali
II - M

Source - With the help of parents

Unity in diversity

Everyone is different,
No one is the same.
We all have different backgrounds
We all have different names
But everyone is equal,
We are all the same inside.



No matter the colour of your skin,
No matter the language you speak.
The Earth is but one country,
Even when society is weak.

Unity in Diversity
It isn't hard to see.
There is one thing we must believe in
And that thing is equality.
Unity in Diversity!



Tanishka Karale
II - M
Source - Archived

Unity in diversity

In 2019, the word 'Corona-covid-19' was like a nightmare for all of us. Covid-19 impacted millions of lives. This pandemic impacted my family life too. I wasn't aware that the situation would be so worst. When I used to watch television with my dad, I saw children of my age suffering from hunger and were bare footed with no shelter. I felt too bad for them. Then my dad explained me the situation properly.

It was in the month of March 2020, when the word Corona entered my family, basically the Corona entered Pune. As soon as we heard about this, my parents decided to move to our home town for our safety. I got confused, but at the same time I was happy to go to village and meet my entire family, especially my grandparents. Soon, there was lockdown and everything was closed. I was upset because I was not able to buy candy and biscuits for me. Months passed in the same situation. I was also happy in my home town. I never lived there for such a long time. I was blessed with lots of love from my grandparents. I used to play for a long time with my friends. I used to stay at their places the whole day.

During this tenure, I was in the safest hands. One day, my grandfather and uncle bought so many biscuits and some food items. I got to know that it was not for me. My mother explained that those food items were for the families and children who were stuck and did not have food to eat. I felt

proud and happy to be the part of such a family who helped lots of strangers during the lockdown. When I asked for the reason, my parents replied that at this time we should help the needy and also advised me to be helpful when I grow up. And soon I realized that during the lockdown, my neighbours used to help us and we too helped them with whatever we had at home.

It was a bad year but bought lots of good things too.

Everything went online- my school as well as my father's office work. School taught us how to be safe during Corona. My teachers were warning me not to go outside and were asking me take care of myself. Although learning online was boring, some activities conducted by my school grabbed my interest.

When the situation got better, we moved back to Pune. One important thing that I learnt was we should help the needy, even though they are strangers to us. We should share whatever we have and be grateful to god.

Now the vaccine for Corona virus is available. I think soon the situation will be normal like before and I can join school, play with my friends and meet my teachers. Hope so, this day will arrive soon.

Corona's positive face

Corona killed many,
But gave birth to positivity.
Got chance to do some creativity.

I got lots of love .
Which was something above.

I played a lot of games.
There was no use of fame.

Money matters until need.
What is its use when we can't feed?

People were helped by people.
Many were helped by my mom and dad.

This is where I found god.

Maths poem

Add some love ,
Multiply happiness- health and move above,

Subtract jealousy and bad ethics,

Divide the problems.
Learn the life theorems.

Maths is not all about numbers, but it's all about life.

Implementation goes on,
Theorems keep changing.

But we never stop growing and learning



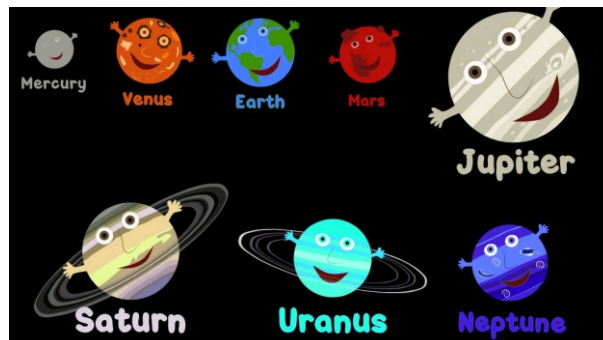
Advika Pawar
I - V

Source - With the help of parent

The Planet Song

There are eight planets, eight planets
In our solar system.
There are eight planets, eight planets.
Can you name all of them?
Mercury, Venus, Earth and Mars,
Jupiter and Saturn too.
Don't forget Uranus and Neptune.
They're part of the crew.
Mercury is the smallest one,
The closest planet to the sun.
Shiny Venus is number two,
By far the hottest planet too.
Earth is home to you and me
And living things like whales and trees.
Mars is fourth in line, you know.
It's dry and red with volcanoes.
There are eight planets, eight planets
In our solar system.
There are eight planets, eight planets.
Can you name all of them?
Mercury, Venus, Earth and Mars,
Jupiter and Saturn too.
Don't forget Uranus and Neptune.
They're part of the crew.
Jupiter has the largest mass,
A planet made of layers of gas.
Saturn is famous for many things,

Its moons, its size, its pretty rings.
Uranus means the god of heaven.
Count its moons, all twenty-seven.
Neptune is the eighth and way out there,
Farthest from the sun we share.
There are eight planets, eight planets
In our solar system.
Now we know all of them.



Soham Joshi
Sr. K. G. - M
Source: Archived

Be a Mathemagician!

Guessing one's age by the size of one's shoe size, weight, height and shoe size are personal informations known only to that specific person. By using the magic of Maths in this trick, you can surprise anyone by guessing these details accurately.

All you need is: a paper, a pen or pencil.

Ask your friend to write down his/her age on a piece of paper. You will not see the age written on the paper. Now, tell your friend to follow these steps:

- 1) Multiply the age by $\frac{1}{5}$ of 100 (20).
- 2) Add today's date (i.e. if it is 10 June, add 10).
- 3) Multiply by 20% of 25 (5).
- 4) Now add your shoe size.
- 5) Finally, subtract five times the date.

Ask him/her to tell the final answer.

Depending on the number of digits in the answer, you can predict the age and the shoe size:

The last two digits stand for the shoe size. The remaining digits tell you his/her age.

For example,

Age of a friend is: 41 years

$$41 \times \frac{1}{5} \text{ of } 100 = 41 \times 20 = 820$$

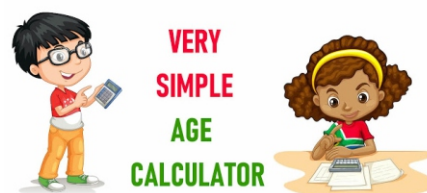
$$820 + 10 (\text{today's date}) = 830$$

$$830 \times 20\% \text{ of } 25 = 830 \times 5 = 4150$$

$$4150 + 6 (\text{shoe size}) = 4156$$

$$4156 - 5 \times \text{today's date} = 4156 - 5 \times 10 = 4156 - 50 = 4106$$

$$4106 = 41 (\text{age}); 06 (\text{shoe size})$$



Reference: A book - 'How To Be A Mathemagician'

Be a Mathemagician!

Be a Mathemagician:

Hello, here is a simple trick game which will help you to show your addition command as well as your brilliance to your friends. Convince your friend to play an addition game.

Tell him/her that you both will write 4 digit numbers one by one.

The one who will add the numbers faster will be the winner of the game.

Follow the following steps:

1) Politely say "You first" and ask your friend to write a four digit number.

(Remember he/ she should be the first to write the number.)

Suppose his/her number is 5679.

2) Below it, you write a number so that the sum of both the numbers is 9999. For example, below 5679 write 4320.

(Observe the number he/she has written. Subtract each digit from 9 to make your number.)

3) Again ask him to write the next number.

4) Write your number. You know how to do it. (It will be the number obtained by subtracting each digit of his/her second number from 9.)

5) Now four numbers are ready. Both start adding at same time.

6) Write answer as 19,998 without wasting time.

Illustration:

Suppose, Reena is your partner.

Ask Reena to write the first number.

1) First number written by Reena 4924

2) Your number will be (9-4) (9-9) (9-2) (9-4) 5075

3) Second Number written by Reena 8732

4) Your number will be (9-8) (9-7) (9-3) (9-2) 1267

5) Don't waste time to end the game by writing your answer. 19,998

Fact behind the magic:

It is a simple trick, you will always get 19,998 as answer. We are actually multiplying 9999 by 2 (As we are adding 9999 two times).

Time to be a clever kid:

Try the same process for six 4-digit numbers, eight 4-digit numbers. Find the answer. You can continue the game.

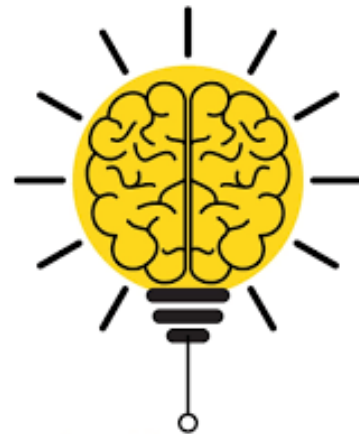
Time to be a mathematician:

Can we do the same for addition of 3-digit, 5-digit or 6-digit numbers.

Riddles

Think you're wise? Think you're smart? Love science? Then these riddles about science are made for you!

- 1) What kind of chemical element hates to be a follower?
- 2) What period of time has the least weight?
- 3) I can rush, I can be still, I can be hot, I can be cold, I can be hard, I can slip through almost anything. What am I?
- 4) It is impossible for me to be created, and I can never ever be destroyed, I can only change form. What am I?
- 5) I can be good for you; I can be bad. You can find me all over your body. What am I?
- 6) What are the three R's that keep our planet clean?
- 7) I am a god, a planet, and can measure heat. What am I?
- 8) Many have heard it, but nobody has ever seen it. It will not speak back until spoken to. What is it?
- 9) Give it food or fuel and it will live; give it water and it will die. What is it?
- 10) What can eat a lot of iron without getting sick?
- 11) I have been around for millions of years but I am only a month old. What am I?
- 12) What is full of holes but still holds water?
- 13) You can't see me, but I can see you; To be more specific, I see through. What am I?
- 14) What can be measured but has no width, length or height?



- Answers :-**
1. Lead
 2. A light year
 3. Water
 4. Energy
 5. Bacteria
 6. Reduce, Reuse and Recycle
 7. Mercury
 8. An echo
 9. Fire
 10. Rust
 11. The moon
 12. A sponge
 13. An X-ray
 14. The temperature

Be a Mathemagician!

Would you like to impress others with your smartness?

If yes then, you can try this with anybody who is smart enough at subtraction.

Tell him/her that even if you don't know the minuend and subtrahend, without any calculation, you can tell the answer of multiple subtractions of four digit numbers, if few instructions and conditions are followed.

Off course... Nobody will believe.

Be confident and offer him/her writing material or ask your friend to take a page and a pen or pencil. Ask him/her to sit in such a way that it is impossible for you to see what s/he writes.

Ask your friend to follow the following steps:

1) Choose any 4 digits from 0 to 9. (Note: All the digit should be different.)

2) Arrange the digits in descending and ascending order to get two new four-digit numbers using each digit once only.

3) Now, subtract the smaller number from the bigger number.

4) By arranging digits in ascending and descending order, form the smallest and biggest numbers using the digits of the answer of step 3.

5) Again find the difference between the two numbers.

6) Repeat the above process till you get the same number as the answer of subtraction.

Tell him/her to inform when s/he finishes and you are going to tell his/her final answer.

After s/he has finished, smartly tell, "You hit 6174 and then stayed there!"

Illustration:

Suppose, Kiran selects digits 0, 4, 7 and 9.

Then, the biggest number will be 9740 and the smallest number will be 0479.

The difference between the two numbers is
 $(9,740 - 479) = 9261$

In the next step, he will use digits 9, 2, 6 and 1 to form the smallest and the biggest number and will find the difference between them.

$9621 - 1269 = 8352$

He will continue this process till he gets the repetitive difference.

$8532 - 2358 = 6174$

$7641 - 1476 = 6174$

After reaching a repetitive number he will inform you so.

(And you, being a magician you will pretend to guess the answer which is a mathematical fact that you already know it.)

Fact behind the magic:

The above process is known as Kaprekar's routine. The process will always end in number 6174, in at most 7 iterations or steps. The number 6174 is called as Kaprekar's constant.

Once 6174 is reached, the process will continue yielding
 $7641 - 1467 = 6174$.

Be a Mathematician:

Try the same process for 3-digit numbers and find if we get any constant number?



Congratulations



Arnav Nandurkar

The Research paper on a conceptual space settlement called 'Hydra' has found an Honourable Mention in Grade 7 and Younger Category in the NSS Space Settlement Design Contest 2021



Isha Prasad Nagarkar

14 to 17 years, Girls,
International Yogasana Sports Federation Amateur
World Cup of strength Yogasana sorts 2021
Rank secured - 3rd

Secret Code

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

* Use secret code to find out one famous 'Quote' about Unity.

- | | |
|-------------------------------|--------------------------------------|
| 1) 9 _____ | 10) 20, 8, 9, 14, 7, 19 _____ |
| 2) 3, 1, 14 _____ | 11) 9 _____ |
| 3) 4, 15 _____ | 12) 3, 1, 14, 14, 15, 20 _____ |
| 4) 20, 8, 9, 14, 7, 19 _____ | 13) 20, 15, 7, 5, 20, 8, 5, 18 _____ |
| 5) 25, 15, 21 _____ | 14) 23, 5 _____ |
| 6) 3, 1, 14, 14, 15, 20 _____ | 15) 3, 1, 14 _____ |
| 7) 25, 15, 21 _____ | 16) 4, 15 _____ |
| 8) 3, 1, 14 _____ | 17) 7, 18, 5, 1, 20 _____ |
| 9) 4, 15 _____ | 18) 20, 8, 9, 14, 7, 19 _____ |

* Now write the 'Quote' here.

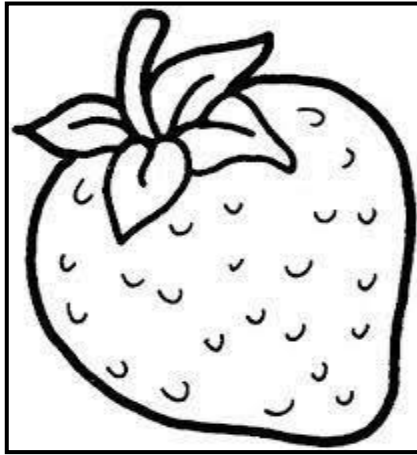
* Whose quote is this? (Her name starts with letter 'M')

Write her name here: _____



Count and Colour

I.



$4 + 2 =$	<input type="text"/>	S
$5 + 7 =$	<input type="text"/>	E
$14 - 9 =$	<input type="text"/>	A
$17 - 15 =$	<input type="text"/>	T
$6 + 9 =$	<input type="text"/>	W
$6 + 3 =$	<input type="text"/>	B
$10 - 0 =$	<input type="text"/>	Y
$15 + 7 =$	<input type="text"/>	R

6	2	22	5	15	9	12	22	22	10

II.



$5 + 8 - 4 + 6 =$	<input type="text"/>	R
$2 \times 4 - 8 + 1 =$	<input type="text"/>	A
$9 + 5 - 2 \times 1 =$	<input type="text"/>	M
$11 - 5 + 0 - 4 =$	<input type="text"/>	F
$3 - 1 + 15 - 6 =$	<input type="text"/>	I
$16 - 8 + 9 =$	<input type="text"/>	E
$8 - 7 + 32 - 5 =$	<input type="text"/>	N

2	11	15	17	12	1	28



Album of animals is ready for you, 'just read it and guess it'...

1) Changing body colour is my speciality to protect,
My tongue is as long as my body, Isn't it great?
I can grab my prey 'Just like that'....
Can you tell? Who am I?

2) Intelligent and adorable I am,
Love to interact with a man...
Blowhole on the head helps me breathe,
Playing and riding waves I always like....
Who am I?

3) Longest neck is my fighting weapon,
Spots on my body protect me often...
Food and water, I get from leaves,
quick nap in a day is enough for me....
Taller legs don't allow me to sit,
guess my name....Be quick....

4) A single drop of water I can smell in water,
I have sharp teeth and a boneless body, isn't it a wonder?
Silence also I could hear,
Be aware do not whisper...
Can you guess my name? I am a fast swimmer....

5) Clever and huge animal I am,
Eating the whole day is my favourite task...
Showering and mudding, I enjoy a lot,
Mud is my sunscreen,
guess my name as soon as you can...

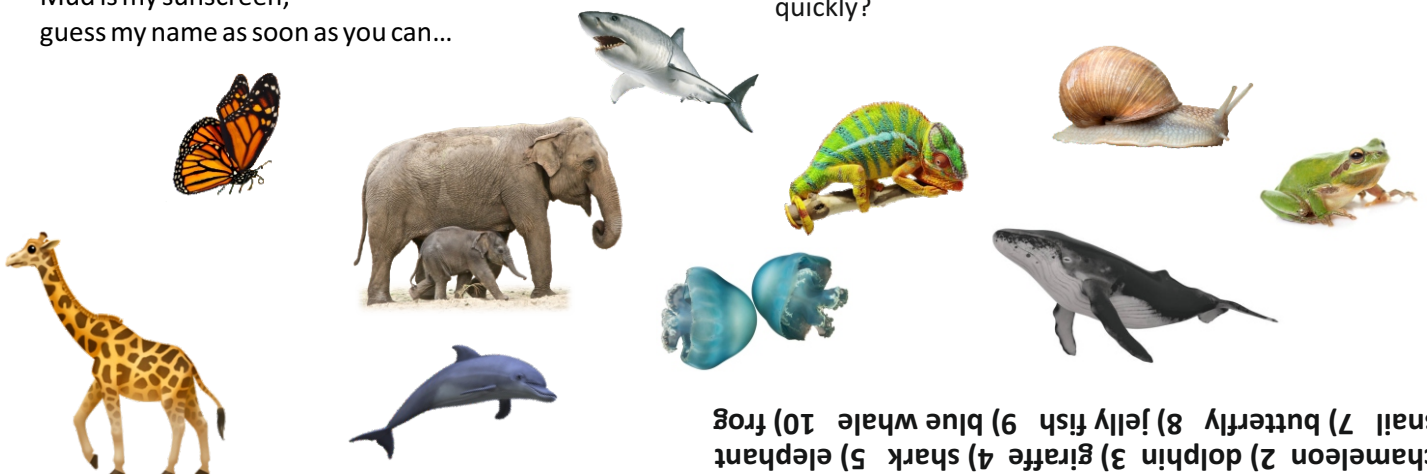
6) I am the slowest of all and can sleep for number of years,
Maximum number of teeth I have, to just nibble the leaves....
My mucus can glow your skin,
Guess my name, It is a simple thing....

7) My colourful wings are made of proteins,
To taste my juice, I use my feet....
Chewing is not my cup of tea,
Flowers are my best friends, do you know me?

8) 98% water my body holds,
Without a brain and heart and eyes....
Stinging and killing are easy jobs for me,
Don't come close, could you recognize me?

9) Despite of enormous body,
Tiny krill I like to eat...
Watching me swimming gracefully,
will please your eyes...
I feed my babies just like other mammals,
Can you guess my name?

10) I like to croak when it rains,
I hop whenever I move...
Skin and lungs help me breathe,
Shedding skin is my habit...
Tadpole is the name of my baby, Can you guess my name quickly?



Answers-
1) chameleon 2) dolphin 3) giraffe 4) shark 5) elephant
6) snail 7) butterfly 8) jellyfish 9) blue whale 10) frog

Quiz

How much do you know about your country ? Find out?

1. India is located in _____.

- a. Asia
- b. Europe
- c. Africa

2. India is the _____ largest country in the world.

- a. First
- b. Seventh
- c. Fifth

3. The capital city of the country is _____.

- a. New Delhi
- b. Mumbai
- c. Pune

4. The longest river of the country is _____.

- a. Brahmaputra
- b. Yamuna
- c. Ganga

5. The place in India which is known as the "Land of Rising Sun" is ____.

- a. Sikkim
- b. Arunachal Pradesh
- c. Gujarat

6. _____ is known as the Iron Man of India.

- a. Sardar Vallabh Bhai Patel
- b. Lal Bahadur Shastri
- c. Dr. B.R. Ambedkar

7. The national sport of the country is _____.

- a. cricket
- b. hockey
- c. chess

8. The national bird of the country is _____.

- a. butterfly
- b. peacock
- c. Duck

9. The national language of the country is _____.

- a. Telugu
- b. Hindi
- c. Marathi

10. _____ is the staple food of India.

- a. Bajra
- b. Jowar
- c. Rice

11. The first Indian to travel in space is _____.

- a. Rakesh Sharma
- b. Kalpana Chawla
- c. Sunita Williams

12. The festival in which boat races is a special feature is _____.

- a. Diwali
- b. Navratri
- c. Onam

13. _____ is the 'Father of the Indian Space Program'?

- a. CV Raman
- b. APJ Abdul Kalam
- c. Vikram Sarabhai

14. _____ in India is known as the orange city.

- a. Jaipur
- b. Nagpur
- c. Lucknow

15. The national food of India is _____.

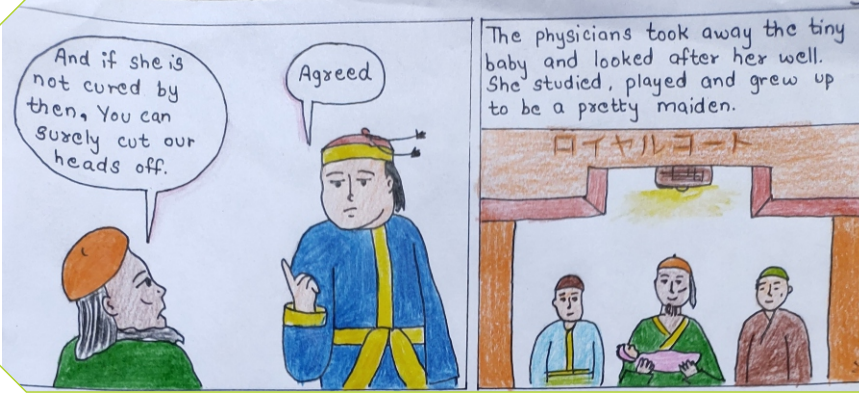
- a. Khichadi
- b. Roti
- c. Sabzi

1)Asia, 2)Seventh, 3)New Delhi, 4)Brahmaputra, 5)Arunachal Pradesh, 6)Sardar Vallabh Bhai Patel, 7)Hockey, 8)Peacock, 9)Hindi, 10)Rice, 11)Rakesh Sharma, 12)Onam, 13)APJ Abdul Kalam, 14)Nagpur, 15)Khichadi

Answers

The Magic Ointment - A Japanese Folktale





After
12 Years ...



Nandita Gurav
IX - M

शिक्षण विवेक आयोजित मराठी प्रश्नमंजुषा स्पर्धेत विजेते विद्यार्थी



पाचवी ते सातवी गट

प्रथम क्रमांक

१. आर्या वाडेकर
२. श्रेया जाधव

द्वितीय क्रमांक

साहिला कोकणे

तृतीय क्रमांक

१. अर्णव नांदुरकर
२. हेम गिरमे
३. अमेय कुदळे



आठवी ते नववी गट

द्वितीय क्रमांक

१. शालवि पवार
२. आदेश शिळीमकर
३. ऋषिकेश साळुंखे
४. नभा गिरमे
५. ईश्वरी वाडकर
६. वेदांत जाधव
७. हर्ष सांगावकर
८. दिग्विजय वांजळे



Appreciation for online classes from parents to teachers



You always maintained enthusiasm for kids towards learning.

Your sessions were well planned. Every session was very informative and energetic.

You made the journey easy and comfortable for the kids.


Overall, my experience has been really great and was better than my expectations. I also want to thank our school for proving that "Learning never stops".

I thank teachers and Vision school staff who made me feel satisfied for choosing the right school for my ward. Thank you for your blessings to my son.

Thank you teachers for blessing my daughter with your knowledge. Stay at home and do take care of yourselves.



Appreciation for online classes from parents to teachers



Thank you teacher for being the first GURU in the school life!

It totally reflects the kind of hard-work, time and energy that all the teachers have put in for preparing such interactive sessions.

You provided great mixture of listening, speaking and practical learning activities and made a supportive learning environment though it was virtual learning.

My brother says I have learned how to teach online by observing the teacher.

She liked your way of teaching.

Thank you for being outstanding teachers. Your passion for teaching and your dedication towards your students is seen in everything you do.

प्रती,
मा. मुख्याध्यापिका,
व्हिजन इंग्लिश मिडीयम स्कूल,
नन्हे, पुणे.

विषय : मनोगत आणि आभार व्यक्त करणे बाबत.

आ. कांचन सातपुते मॅडम,
नमस्कार!

मी सौ. सुचिता मिलिंद वाडेकर, आर्या मिलिंद वाडेकर, 6th Earth, रोल नं. 25 ची आई. एक पालक म्हणून मनातील भावना शब्दरूपाने तुमच्यापर्यंत पोहोचवण्याचा केलेला हा एक प्रामाणिक प्रयत्न.

नुकतीच युवा भारत संघटने तर्फे दासनवमी निमित्त एक स्पर्धा आयोजित केली होती त्या स्पर्धेत कोणतेही पाच "मनाचे श्लोक" किंवा "समर्थानवरील एक प्रसंग" यावर व्हिडीओ पाठवून सहभागी व्हायचे होते. 4 ते 21 वर्षे वयोगटातील जवळ जवळ दोनशे पेक्षाही जास्त स्पर्धक सहभागी झाले होते. 4 ते 11, 12 ते 16 आणि 17 ते 21 असे तीन गट केले होते. आर्यानेही या स्पर्धेत भाग घेतला होता.. त्याबद्दल तिला सर्टिफिकेटही मिळाले.

दुसऱ्या टर्म मध्ये मराठी प्रोजेक्ट साठी स्वाती टिचरांनी 'सुविचार लेखन' आणि पाठांतरासाठी 'मनाचे श्लोक' 61 ते 80 दिले होते.. त्याबद्दल खूप खूप धन्यवाद! यामुळे आर्या या स्पर्धेत भाग घेऊ शकली.. आणि सुविचारांचा तर रोजच्या जीवनात खूप उपयोग होत आहे. स्पर्धेत बक्षीस मिळाले नाही म्हणून ती थोडी नाराज झाली पण तिने लिहिलेल्या दहा सुविचारांमधील एक सुविचार...

"यश न मिळणे याचा अर्थ अपयशी होणे असा नाही"

हा सुविचार तिला वाचून दाखवला. मग ती ओके म्हणाली. आम्ही सुविचारांचा चार्ट आमच्या हॉल मध्ये लावून ठेवलाय. आमच्यापैकी कुणी चुकलं किंवा चुकीचा विचार करू लागलं की हे सुविचार आम्ही वाचतो.. जास्त काही बोलण्याची गरज भासत नाही. चुकणाऱ्याला आपली चूक कळते आणि पटते देखील.

बऱ्याचदा एखादी गोष्टी समजावून सांगण्यासाठी या सुविचारांचा खूप उपयोग होतो.. आणि तिनेच ते लिहिले असल्यामुळे त्यावर आम्हाला फारसे बोलावे लागत नाही हे विशेष वाटते. सुविचार निवडण्यास आम्ही तिला मदत केली पण पुढे याचा उपयोग दैनंदिन जीवनात होईल असा विचार त्यावेळी केला नव्हता.. त्यामुळे खूप आनंद होतो.

खरे तर यावर्षी आर्याची शाळा बदलली त्यामुळे आम्हाला जरा टेंशनच होते. ती सहज रुळेल ना या शाळेत.. तिला मित्रमैत्रीनी सामावून घेतील ना.. तिला आवडेल का तिची ही नवीन शाळा..? असे एक ना अनेक प्रश्न होते. पण लॉकडउनमुळे शाळा ऑनलाईन सुरु झाली आणि आमची देखील या शाळेशी मैत्री झाली.

रोजचे होणारे तास.. त्यामधील मुलांची हजेरी.. मुलांमधील उत्सुकता.. त्यांचा प्रश्नोत्तरांमधील सहभाग.. प्रत्येक टिचरांचे मुलांना समजेपर्यंत समजावून सांगणे.. हे तर अगदी कसोटीचे काम प्रत्येक टीचर अगदी चोख पार पाडत होत्या. एक मुल सांभाळताना ते किती नाकात दम आणते हे प्रत्येक आई बाबांना माहित आहे.. इथे तर एवढी सर्व मुले. पण या सर्वांना सर्व टिचरांनी अगदी व्यवस्थित मार्गदर्शन केले त्याबद्दल सर्व टिचरांचे मनापासून कौतुक!

सुरुवातीला काही तांत्रिक अडचणी आल्या पण त्याही अगदी काही थोडा काळ. मुलांसाठी, टिचरांसाठी, पालकांसाठी सर्वांसाठीच हे सगळं तंत्रज्ञान नवीन होतं.. शाळेसाठीतर एक मोठ्ठ आव्हान होतं.. आणि आज मागे वळून पाहताना जाणवतं की शाळेने ते लिलया पेललं.

पालक असलो तरी आम्हीही बऱ्याचदा मुलांवर चिडतो पण शांत राहून प्रत्येक टिचरांनी मुलांच्या पुन्हापुन्हा विचारल्या जाणाऱ्या प्रत्येक प्रश्नाला, शंकेला वेळोवेळी शांतपणे उत्तर दिले हे ऑनलाईन शाळेमुळे आम्हाला अगदी जवळून अनुभवता आले.. आणि कित्येक गोष्टी पालक म्हणून आम्ही देखील बदलायला हव्यात किंवा जाणीवपूर्वक आपलं पालकत्व निभावण्याची गरज आहे याची जाणीव झाली.. त्याबद्दल मनस्वी धन्यवाद

2020 हे वर्ष सर्वांनाच खूप काही शिकवून गेलं.. या वर्षात सर्वांनाच खूप साऱ्या आव्हानांना सामोरं जावं लागलं.. तसं



आम्हालाही जावं लागलं. आर्याची नवीन शाळा जून मध्ये ऑनलाईन सुरु झाली अन एक महिना होत नाही तोच आमच्यापुढे एक नवीन आव्हान उभं राहिलं. जुलै मध्ये माझ्या एका रोगाचे निदान झालं. प्रचंड दडपण आलं होतं त्यावेळी... कसं होणार काही कळत नव्हतं. मग एक महिना आर्याला तिच्या काका काकूंकडे विश्रांतवाडीला ठेवले. ऑनलाईन स्कूल असल्यामुळे तिने तिथून स्कूल जॉईन केले. त्या एक महिन्यात आम्ही सर्व टेस्ट, ऑपरेशन आणि उपचार उरकून घेतले.

त्यानंतर आर्याला सप्टेंबर मध्ये पहिली युनिट टेस्ट झाल्यावर घरी आणले. सात महिन्यांची ट्रीटमेंट 28 जानेवारीला पूर्ण झाली. या जानेवारी महिन्यात आम्हाला वारंवार हॉस्पिटलमध्ये जावे लागत होते.. यासाठी दीड ते दोन तास लागायचे. पूर्ण महिनाभर रोज सकाळी दहा वाजता आम्ही आर्याला घरी ठेऊन हॉस्पिटलमध्ये जात होतो.. आणि हे केवळ शक्य झाले ते म्हणजे ऑनलाईन शाळेमुळे. तिच्यासोबत शाळा होती, टीचर्स होत्या, मित्र-मैत्रिणी होत्या त्यामुळे तिला एकटं वाटलं नाही म्हणून आम्ही हे डेअरिंग करू शकलो.. त्याबद्दल thanks

हे सात महिने आर्याच्या ऑनलाईन शाळेमुळे इतके पटकन कसे गेले कळलेच नाही. या काळात ही ऑनलाईन शाळा आमच्यासाठी खूप मोठा आधार ठरली. सर्व मुलं, मुली, टीचर्स, प्रोजेक्ट्स यात आमचा वेळ पटापट जात होता. रोज नवीन काहीतरी शिकायला मिळत होते. एन्हान्स लर्निंग मुळे तर आर्याला ही नवीन शाळा खूपच आवडली होती.

दिवाळीच्या आधीचे विणकाम-भरतकामाचे 12 लेक्चर्स तिने खूप एन्जॉय केले आणि आता कुकिंग तर तिच्या आवडीचा विषय.. एकदम खुश आहे स्वारी. पुस्तकी शिक्षणाबरोबर मुलांना इतर अवांतर ज्ञान देखील जरूरी आहे, जे पुढे भविष्यात त्यांना खूप गरजेचे आहे आणि ते देण्याचा प्रयत्न.. ही शाळा करतेय हे पाहून आम्ही देखील या शाळेत ऍडमिशन घेऊन खूप खुश आहोत.

या काळात आर्याने घरी खूप मदत केली. आजारपणात आर्या माझी आई झाली.. खूप धीर दिला तिने मला... अगदी शहाणी मुलगी झाली होती. ऑपरेशन नंतर खूप काम करणं मला जमत नसे. याकाळात आर्या कुकर लावायला शिकली.. (रोज तिच कुकर लावायची), भाज्या चिरणे, रोज संध्याकाळी चहा बनवणे, देवाला

दिवा लावणे, कपडे वाळत घालणे, भांडी लावणे ही कामे ती स्वतःहून करू लागली. लॉकडऊनच्या आधी आर्याला वळण कसं लावू हा मला पडलेला प्रश्न आपोआप निकालात निघाला.

एक मुल असणं या आणखी एका पालकत्वाच्या आव्हानाला या काळात आम्हाला सामोरं जावं लागलं. बऱ्याचदा टीचर मुलांना कशा हँडल करतात हे मी माझ्याही नकळत पहात होते.. काही गोष्टी आत्मसात करत होते. मग ते स्वाती टिचरांचे मुलांशी गोड बोलणे असू दे, गायत्री टीचर, तनुजा टिचरांचे मुलांना समजावून सांगणे असू दे.. आमुता टिचरांचा संयम असू दे.. प्रियंवदा टिचरांचा ओरडा असू दे(काही वेळेला रागवायला देखील हवंच).. कीर्ती टिचरांचे मुलांशी इंग्लिश मध्ये बोलणे असू दे.. गौरी टिचरांची मदतीसाठी असलेली तत्परता असू दे.. प्रतिभा टिचरांचे समजेपर्यंत समजावून सांगणे असू दे.. रेसिपी टिचरांचे मुलांसोबत हसत खेळत रेसिपी बनवणे असू दे.. संगीत टिचरांचे गाणे गाऊन दाखवणे असो.. लायब्ररी टिचरांचे मुलांना गोष्ट वाचून दाखवणे असू दे किंवा पालक आणि शाळा यांच्या मध्ये दुवा साधणाऱ्या संगीता टीचर आणि अर्चना टीचरांचा पालकांशी संवाद असू दे.

या प्रत्येकाकडून मुलांबरोबर आम्हीदेखील आमच्याही नकळत खूप काही शिकत होतो आणि हा ठेवा आम्हाला आयुष्यभर पुरेल यात शंका नाही. मुलांवर चांगले संस्कार करणे.. त्यांना उत्तम शिक्षण देणे ही जितकी शाळेची जबाबदारी आहे तितकीच किंबहुना त्याहून अधिक जबाबदारी पालकांची असते.. आणि याबाबतीत शाळा तिचे 50% देतेय आणि उरलेले 50% आम्हा पालकांची जबाबदारी आहे ती उत्तमरीतीने पार पडण्याचा आम्ही प्रयत्न करू.

तुम्हा सर्वांचे खूप खूप आभार !

आपली नम्र,

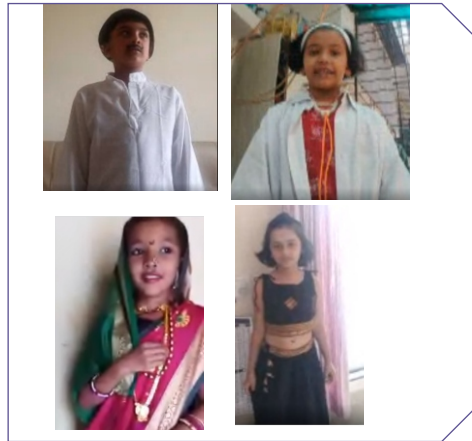
पालक,

सौ. सुचिता मिलिंद वाडेकर

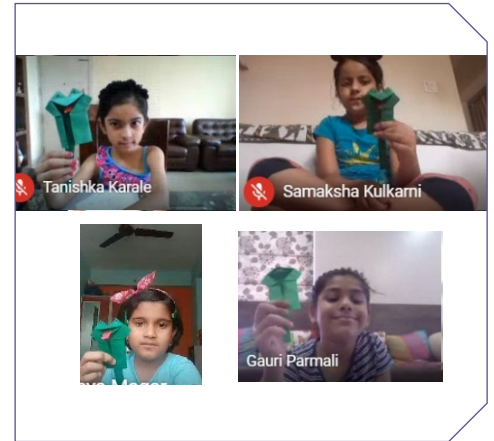
Students photo gallery - Primary Section



Cooking Activity



Fun Week - Fancy Dress



Origami Activity



Yoga Day Celebration



Palkhi



Role play



Manure Making

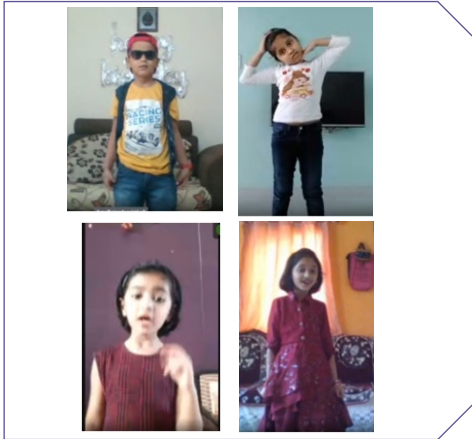


Fort Making



House Drawing

Students photo gallery - Primary Section



Singing



Diwali Celebration



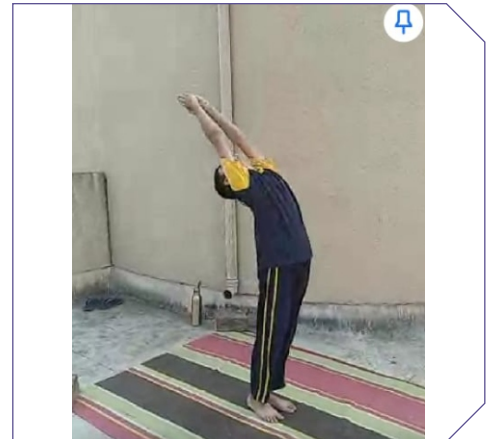
Enhance Learning Activity



Garland Making



Makhar Making



Online Sports Competition -
Suryanamaskar

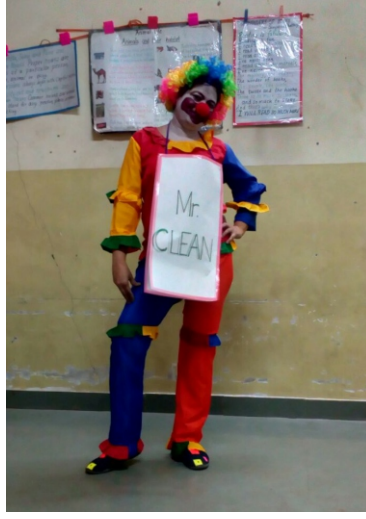


Nisarg Pooja

प्राथमिक विभाग शिक्षक वर्ग



ही दोस्ती तुटायची नाय...
सौ. स्वाती महाबळेश्वरकर, सौ. स्नेहा फडके



विद्यार्थ्यांसाठी काही पण...
श्रीमती सुजाता नाईक



लो चली में अपने व्हिजन की बारात ले के
सदाबहार - श्रीमती रश्मी पन्हाळकर



रांगोळी रंगे व्हिजनच्या संगे - सौ. श्वेता रानडे, सौ. नेत्रा गिरमे,
सौ. सोनिया मोहिते, सौ. संचिता पेडणेकर



में थी, में हूँ, में रहूंगी - सौ. धनश्री फडके



फुलांची रंगत...व्हिजनची संगत
सौ. लता उंबरकर



वाणी मध्ये मार्दव आणि मोहक हास्याची देणगी
संयमी व्यक्तिमत्त्वाची छबी - सौ. मानसी शाळीग्राम



तंत्रज्ञान व ज्ञानाचा
कु. पिंकी करमाकर





हँसते हँसते कट जाए रस्ते ज़िंदगी यूँही चलती रहे....
(डावीकडून) सौ. वैशाली बोरनारकर



जोडी तुझी माझी....
सौ. रश्मी द्विवेदी व विजया उपासनी



मूर्ती लहान किर्ती महान
कु . संगीता शेळके, सौ. अश्विनी राईलकर



भाषांवर प्रभुत्व आणि
चौफेर ज्ञानाचा स्त्रोत....
सौ. गंधाली विक्रम



अगर एक है छाव तो एक है धूप, फिरभी इनका
साथ है प्रशंसनीय खूब सौ. सोनल जोशी व सौ. श्वेता रानडे



विविधतेत एकता ही यावर्षीची संकल्पना,
मुद्रण व्यवस्था पाहणाऱ्या आमच्या टीचर म्हणजे स्वप्ना

रंग उत्सवांचे आपल्या मराठी महिन्यांचे

भारतीय संस्कृती म्हणजे अनेक पाकळ्यांचे एक कमल पुष्प आहे. येथील विविध जाती - धर्म व त्यातील सणांचे महत्त्व आपण सारे जाणतोच. 'विविधतेतून एकता' जोपासण्यासाठी हे सण निश्चितच मोलाचा वाटा उचलतात. मुलांनो आज मी, आपले मराठी महिने व त्यातील सणांची थोडक्यात माहिती सांगण्याचा प्रयत्न केला आहे. तुम्ही माहिती वाचा व तो सण कोणता ते ओळखून, खालील दिलेल्या पर्यायातून योग्य पर्याय शोधा आणि तो सण कोणत्या मराठी महिन्यात साजरा करतात ते जाणून घ्या .

- १) गुढीपाडवा - चैत्र,
- २) अक्षयतृतीया - वैशाख,
- ३) वटपौर्णिमा - ज्येष्ठ,
- ४) आषाढीएकादशी - आषाढ,
- ५) सणांचा राजा - श्रावण,
- ६) गणेशोत्सव - भाद्रपद,
- ७) नवरात्र - अश्विन,
- ८) दिवाळी - कार्तिक ,
- ९) दत्तजयंती - मार्गशीर्ष,
- १०) मकरसंक्रांत - पौष,
- ११) गणेशजयंती - माघ,
- १२) होळी - फाल्गुन.

१) गाठीच्या माळा अन रेशमीवस्त्र, लेवून आला सण नववर्षाचा, विजयाची उधळण व्हावी, क्षण असे हा मांगल्याचा !

२) अक्षय आनंदाचा आणि सुखाचा ठेवा घेऊन येई दारी, उत्साहाचे नवचैतन्य अक्षय राहू दे उरी !

३) पतिव्रता सावित्री, शान तिची न्यारी, पावित्र्य जपूया आयुष्याचे, वटवृक्ष लावून दारोदारी !

४) पंढरपूरचा विठोबा हे महाराष्ट्राचे दैवत, वारीच्या परंपरेची आहे न्यारीच रंगत !

५) उत्सवाचे रंग घेऊन, करूया मौजमजा, रक्षाबंधन, नागपंचमी हा तर सणांचा राजा !

६) ढोलताशांच्या गजरात, उत्साहाला आली भरती, पाहुनिया गजानन गणपती, जीवनी लाभली सुख -शांती !

७) देवीची तीन रूपे, देतात आनंद जगण्याला, स्त्री शक्तीचा जागर करूया, नमन करुनी आदिशक्तीला !

८) उटण्याचा सुवास अन दिव्यांची आरास, मनामध्ये चमकले सोनेरी तेजाचे आभास !

९) दिगंबरा दिगंबरा श्रीपादवल्लभ दिगंबरा, दुःख निवारण्या धावून येसी, ब्रह्मा, विष्णू, महेश्वरा !

१०) तिळगुळाच्या मदतीने जीवनात येतो गोडवा, घेऊया भरारी पतंगासव, आनंद गगनी भिडावा !

११) गणेशजयंतीची परंपरा जपतो, मोरयाचा गजर करतो, प्रथमेशाला वंदन करुनि, भक्तीच्या रंगात नाचतो !

१२) खमंग पुरणपोळीचा, रंगीबेरंगीरंगांचा, सण असे हा प्रेमाचा, दुष्टवृत्तीच्या अंताचा !

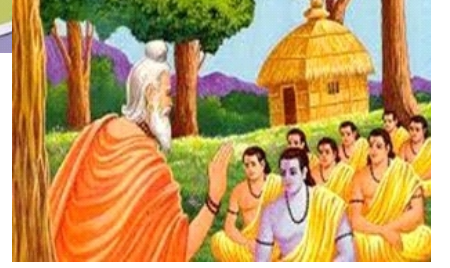


सौ. वैशाली बोरनारकर
मराठी शिक्षिका - प्राथमिक विभाग
स्वलिखित

भारतीय संस्कृतीच्या संवर्धनात संस्कृत भाषेची भूमिका

"संस्कृतिः संस्कृताश्रिताः।" ही उक्ती प्रसिद्ध आहे. या उक्तीचा अर्थ भारताची संस्कृती ही संस्कृत भाषेचा आश्रय घेऊन राहिलेली आहे. म्हणजेच भारतीय संस्कृती ही संस्कृत भाषेवर आधारलेली आहे. कारण संस्कृत ही हजारो वर्षांचे आयुष्य असलेली भाषा भारतातच निर्माण झाली व विकास पावलेली आहे. आज जगामध्ये जसे इंग्रजी भाषा ही ज्ञानभाषा म्हणून ओळखली जाते तसे हजारो वर्षे संस्कृत ही ज्ञानभाषा म्हणून कार्य करत होती.

कोणतीही संस्कृती ही कोणत्या ना कोणत्या नदीकाठीच वसलेली असते. हा जो पुरातत्त्वशास्त्राचा सिद्धांत आहे तसाच भाषाशास्त्राचा सुद्धा सिद्धांत आहे की, कोणतीही संस्कृती ही कोणत्या तरी एका भाषेचा आधार घेत विकास पावत असते. तेथे भाषा ही केवळ संवादाचे माध्यम न ठरता, ती भाषा त्या संस्कृतीचे व्यक्तिमत्त्वच बनलेली असते. ती संस्कृती व भाषा हे एक व्यवच्छेदक उदाहरण बनते. या सिद्धांतानुसार भारतीय संस्कृती ही संस्कृत भाषेमध्ये समाविष्ट आहे असे आपल्याला म्हणता येते. भारतावर अनेक परकियांनी आक्रमण केले. त्यांनी इथे जशी सत्ता स्थापन केली, तशी आपली संस्कृती रुजवण्याचाही प्रयत्न केला किंवा नकळतपणे तो घडून आला. पण संस्कृत भाषा मात्र या सगळ्याला पुरून उरली, आपले स्वतंत्र अस्तित्व व आपले ज्ञानदानाचे कार्य तीने अव्याहतपणे चालूच ठेवले. मात्र या संस्कृत भाषेच्या कार्याला मोठा सुरुंग लागला तो सोळाव्या शतकाच्या नंतर. सोळाव्या शतकाच्या आधी पर्यंतच्या आक्रमणांनी आपल्या भाषा या देशावर लादल्या नाहीत. मात्र नंतर आलेल्या पाश्चात्य आक्रमणांनी अनेक प्रकारच्या बाबी भारतीयांवर लादल्या, केवळ नुसत्याच लादल्या नाहीत तर त्या भारतीयांना स्वीकारायला भाग पाडले. त्यातली महत्वाची बाब म्हणजे पाश्चात्यांनी भारतीयांवर लादलेली त्यांची भाषा 'इंग्रजी' व इंग्रजी शिक्षण देणारी 'शाळा' नावाची संस्था. भारतीयांची धर्मावर आधारित शिक्षण पद्धती बंद करून, आपली नवी केवळ कारकून घडवणारी व विचार न करू शकणारी अशी पिढी घडवायला मदत करणारी 'शाळा' नावाची शिक्षण पद्धती लॉर्ड मेकॉलेने अतिशय सहजपणाने भारतावर लादली. जवळजवळ दोनशे वर्ष या पाश्चात्यांच्या शाळा पद्धतीने भारतीय संस्कृतीची अतोनात हानी केली.



या पद्धतीने अशी पिढी निर्माण केली की जी समजेल 'भारतीय संस्कृतीमधील गोष्टी चुकीच्या आहेत व पाश्चात्यांच्या सर्व गोष्टी बरोबर आहेत.' हे पाश्चात्यांनी भारतीयांच्या मनावर अतिशय काटेकोरपणाने बिंबवले. १९४७ ला स्वातंत्र्य मिळाल्यानंतर भारतीय शिक्षण पद्धती आखणाऱ्या विविध विचारवंतांनी भारतीय प्रकारचे शिक्षण देण्याकरता खूप प्रयत्न केले. भारतीय शासनाने सुद्धा भारतीय प्रकारचे शिक्षण देण्याचा आटोकाट प्रयत्न केला. त्याकरता वेळोवेळी आपल्या शिक्षणामध्ये बदल घडवून आणण्यासाठी, विविध आयोग, समिती स्थापन केल्या. त्याद्वारे विविध योजना आणण्याचा सुद्धा प्रयत्न केला. ७० वर्षांच्या कालावधीत बराच बदल घडवून आणला आहे, पण तरीसुद्धा हा प्रयत्न कुठेतरी कमी पडलेला दिसतो. त्यासाठी म्हणून आता पुन्हा एकदा भारतीय संस्कृतीचे शिक्षण मिळावे व भारतीय संस्कृती ज्याप्रमाणे हजारो वर्षांपूर्वी सशक्त व सुदृढ निर्माण झाली होती तशी पुन्हा एकदा निर्माण व्हावी. या संस्कृतीचे पुन्हा एकदा पुनरुज्जीवन व्हावे. हे पुनरुज्जीवन करत असताना त्या प्राचीन शिक्षण प्रणाली मधील सर्वच नाही, तर काही महत्वाच्या वैशिष्ट्यांचा समावेश करावा यासाठी यावर्षी २०२० साली तयार करण्यात आलेल्या आधुनिक शिक्षण नीती मध्ये संस्कृत भाषेला केंद्रस्थान देण्यात आलेले आहे. भारतीय नीतिमूल्यांची रुजवणूक पुन्हा एकदा करण्यासाठी हे भारतीय शासनाने उचललेले सर्वात महत्वाचे पाऊल आहे.

भारतीय मन पुन्हा एकदा स्वतंत्र व आधुनिक विचार करणारे बनवायचे असेल तर संस्कृत भाषेला दिलेले महत्त्व हे

नवीन शैक्षणिक धोरणाच्या चौथ्या व बावीसाव्या प्रकरणात भाषा आणि भाषा शिक्षण याबाबत विचार करतांना मांडले आहे. संस्कृत ही संविधानाने सांगितल्यानुसार एक महत्वाची आधुनिक भाषा आहे. ही भाषा अतिशय समृद्ध असून व्याकरण दृष्ट्या सुद्धा ती अतिशय बरोबर व अचूक आहे. हजारो वर्षांचे विज्ञान या भाषेमध्ये एकवटलेले आहे. आजच्या आधुनिक शास्त्रांना सुद्धा जो विचार करता येणार नाही, तो विचार सुद्धा या संस्कृत भाषेमध्ये फार पूर्वीच करून ठेवलेला आहे. त्याची ओळख व माहिती जर आजच्या तरुण पिढीला झाली तर नक्कीच उद्याचा भारत हा जगाचे नेतृत्व करणारा असेल. हे गृहीत धरूनच आताच्या शैक्षणिक धोरणात बदल केलेले दिसतात. ते आता आपण समजून घेऊयात.

त्रिभाषा सूत्र - पूर्वी भारतीय शिक्षणात असलेले त्रिभाषा सूत्र हे वेगळे होते. आताच्या त्रिभाषा सूत्राचे महत्वाचे वैशिष्ट्य म्हणजे हे अतिशय लवचिक आहे. या शैक्षणिक धोरणानुसार कोणत्याही राज्यावर कुठलीही भाषा लादली जाणार नाही. कोणत्या भाषा घ्यायच्या व कोणत्या नाही हे राज्यशासन किंवा विद्यार्थी स्वतः ठरवतील. मात्र तीन भाषांत पैकी किमान दोन भाषा या भारतीय असाव्यात. विशेष म्हणजे विद्यार्थ्याला या भाषा बदलण्याचा अधिकार इयत्ता सहावी किंवा इयत्ता सातवीत दिलेला आहे. परंतु विद्यार्थ्याला एका भारतीय भाषेच्या साहित्याचे अध्ययन माध्यमिक स्तरापर्यंत करून दाखवावे लागेल. (४.१३)

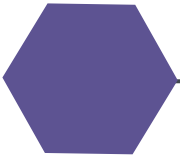


मुलं दोन ते आठ या वर्षात लवकर भाषा शिकतात हे जाणून घेऊन प्राथमिक स्तरापासून मुलांना विविध भाषांचे मनोरंजक पद्धतीने ज्ञान दिले जाणार आहे. यामध्ये संस्कृत भाषेचे ज्ञान दिले तर इतर भाषा शिकणे सोपे जाईल. (४.१७). आज महाराष्ट्रामध्ये इयत्ता आठवी पासून संस्कृतचे अध्ययन विद्यार्थी करू शकतात. ते केवळ इयत्ता आठवी ते

इयत्ता दहावी पर्यंत संस्कृत शिकतात. परंतु नवीन धोरणानुसार संस्कृत भाषा हा विकल्प स्वीकारणारे विद्यार्थी इयत्ता सहावी किंवा बारावीपर्यंत संस्कृत शिकू शकतील. किंवा जर त्यांना त्यापुढेही संस्कृत शिकायचे असेल तर ते शिकू शकतात. तसेच शाळेमध्ये विद्यार्थ्यांना भारतीय शास्त्रीय भाषा व त्याचे साहित्य शिकण्यासाठीचा कालावधी किमान दोन वर्षांचा असेल. (४.१९) हे सर्व भाषाशिक्षण आनंदी व मनोरंजक व्हावे याकरता विविध प्रकारच्या ऍप्लिकेशन्स मधून भाषेला चित्रपट, नाटक, कथा, संगीत इत्यादींशी जोडले जाईल व भाषा केवळ पुस्तकातून न शिकवता ती अनुभवाद्वारे शिकवली जाणार आहे. (४.१२)

अशा प्रकारचे शिक्षण शालेय विद्यार्थ्यांना देता यावे याकरता महाविद्यालयीन व उच्च पातळीवरील शिक्षण यामध्ये देखील बदल केलेले आपल्याला दिसतात. संपूर्ण देशात शिक्षकांची नियुक्ती करणे तसेच शिक्षकांच्या कौशल्य विकासनावर भर देणे याकरता विविध योजना या नव्या शिक्षण धोरणात आहेत.

उच्च स्तरावर देखील शालेय शिक्षणासारखी लवचिकता कायम ठेवली आहे. 'विद्यार्थी केंद्रीत' शिक्षण कसे कायम राहील यावर भर दिलेला दिसतो. विविध भारतीय भाषा, कला, वेगवेगळे दर्शनशास्त्र यांचे विभाग संपूर्ण देशामध्ये सुरु केले जाणार आहेत व त्यांचा विकासही केला जाणार आहे. या सर्व विषयांचे डिग्री कोर्सेस विकसित केले जातील. यातून योग्य प्रकारचे ज्ञान असलेले शिक्षक प्रशिक्षित केले जातील व त्याद्वारे शालेय शिक्षणाची कार्यवाही केली जाईल. (२२.९) उच्च शिक्षण घेतलेल्या विद्यार्थ्यांना भारतीय समृद्ध असलेल्या विविधतेचे ज्ञान व्हावे म्हणून देशातील १०० पर्यटन स्थळांचा परिचय करून दिला जाणार आहे. तसेच या स्थळांचा इतिहास, त्यांचे विज्ञान विषयक योगदान, भारतीय परंपरा इत्यादीं विषयीचे अध्ययन करून दिले जाणार आहे. याकरता विद्यार्थ्यांना प्रत्यक्ष त्या स्थळी पाठवले जाणार आहे. (२२.१२) संस्कृत भाषेचे भारतीय संस्कृतीतील महत्वपूर्ण योगदान कळावे याकरता संस्कृत भाषा केवळ शाळा व महाविद्यालये यापुरती मर्यादित न राहता तिला मुख्य प्रवाहात आणले जाणार आहे. म्हणजेच तिचा वापर इतर ठिकाणी सुद्धा केला जाणार आहे. विविध



शास्त्र विषयांमध्ये पूर्वीच्या काळी असलेले ज्ञान विद्यार्थ्यांना शिकवले जाणार आहे. जसे गणित, खगोलशास्त्र, दर्शनशास्त्र, योग इत्यादी विषयांमध्ये संस्कृतातील जे ग्रंथ उपलब्ध आहेत त्याचा वापर केला जाणार आहे. त्यामुळे संस्कृत विश्वविद्यालये देखील विविध विषयांच्या संस्थांच्या रूपाने विकसित होतील. यासंदर्भात कार्य करणारे संस्कृत विभाग देखील या उच्च शिक्षण व्यवस्थेत विकास पावतील. शिक्षणशास्त्र आणि संस्कृत या विषयात चार वर्षांचा बी.एड. चा कोर्स संपूर्ण देशात व्यावसायिक स्तरावर लागू केला जाणार आहे. (२१.१५) भारतात उपलब्ध असलेला हस्तलिखितांचा ठेवा हा विविध भाषांमध्ये आहे. यामध्ये संस्कृत हस्तलिखितांचा वाटा खूप मोठा आहे. त्या सर्व हस्तलिखितांचा अनुवाद करणे व अध्ययन करणे याचा देखील प्रयत्न केला जाणार आहे. (२२.१६)



उच्च शिक्षणाचा एक भाग म्हणून भारतीय भाषांचे तसेच संस्कृतीचे अध्ययन केलेल्या व्यक्तींना शिष्यवृत्ती दिली जाणार आहे. कुठल्याही भाषेचा जेव्हा जास्तीत जास्त वापर समाजात केला जाईल त्याच वेळेला त्या भाषेचे संवर्धन होईल. याकरता म्हणून त्या भाषांमधील उत्कृष्ट साहित्याला पुरस्कार दिले जाणार आहेत. भारतीय भाषेमध्ये मिळवलेले प्राविण्य हे तरुणांना कोठेही नोकरी करता लागण्या करता महत्वाचे मानण्यात येणार आहे. (२२.२०)

अशा प्रकारचे नवीन धोरण संस्कृत भाषेच्या बाबतीत आपल्या नवीन शैक्षणिक धोरणानुसार ठरवलेले आहे.

जगामध्ये प्रगत असलेले देश हे आपल्याच भाषेचा वापर करून आपली संस्कृती विकसित करण्यासाठी व कायम ठेवण्यासाठी करत आहेत. हे आपण पाहतो आहोत. दुसऱ्या महायुद्धात बेचिराख झालेला जपान देश याचे अगदी योग्य उदाहरण आहे. जर आपण आपल्या भारतीय भाषांमधून शिक्षण घेतले तर नक्कीच देशाच्या प्रगतीमध्ये कोणत्याही

प्रकारचा अडथळा निर्माण होणार नाही. याउलट शालेय व उच्चशिक्षण घेऊन बाहेर पडणारी नवी पिढी ही अतिशय सक्षम व आपल्या संकल्पना स्वच्छ व नेमक्या असलेली असेल. या नवीन शिक्षण धोरणाने सर्वच भारतीय भाषांना मानाचे स्थान दिलेले आहे. संस्कृत भाषा ही भाषाशास्त्रीय दृष्टीकोनातून उत्तम आहे. संस्कृतला इतर भाषांची जननी मानले गेले आहे. संस्कृत जाणारा विद्यार्थी जगाच्या पाठीवर असलेली कोणतीही भाषा सहजपणे शिकू शकतो. तिचा समर्थपणे वापर करू शकतो हे आजपर्यंत सिद्ध झालेलेच आहे. जर भारताला जगाचे नेतृत्व करायचे असेल तर आधी आपली भाषा आपली संस्कृती जपली पाहिजे. आपल्याला शिक्षणाने केवळ भौतिक विकास साधायचा नाही तर आत्मिक विकास सुद्धा साधायचा आहे. जगाचे नेतृत्व करण्याचे हे कार्य भारतीय संस्कृती चांगल्या प्रकारे करू शकते याची जाणीव संपूर्ण जगाला आहे. भारतीयांचे नैतिक सामर्थ्य व विविध नैतिक मूल्य विद्यार्थ्यांमध्ये रुजवण्याचे कौशल्य व कार्य संस्कृत भाषेने यापूर्वीही केलेले आहे. जर संस्कृत भाषेचा आपण पुन्हा सक्षमपणे वापर करू शकलो तर नक्कीच भारत हा देश एक शांतताप्रिय, नैतिक व न्याय महासत्ता म्हणून उदयाला येईल. याकरता हे नवीन शैक्षणिक धोरण व त्यामध्ये संस्कृत भाषेला दिलेले महत्वाचे स्थान हे किती आवश्यक होते हे आपणाला दिसून येईल. या नवीन शैक्षणिक धोरणानुसार उद्याचा भारत देश कसा असेल तर या करता स्वामी विवेकानंदांचे एक वाक्य येथे आठवते ते म्हणजे -

“Up, India and conquer the world with your Spirituality!”



डॉ. धनंजय लक्ष्मीकांत भांडारी
संस्कृत शिक्षक - माध्यमिक विभाग
स्वलिखित

सुगंधी देणे.....!

मुलांनो सर्व प्राणी विश्वामध्ये मनुष्य हा सर्वात नशिबवान प्राणी समजला जातो. अखिल मानव जातीला ईश्वराने अनेक देणी देऊन समृद्ध केले आहे असेच एक देणे म्हणजे सुगंध !

सुगंधीद्रव्यं पुष्टी वर्धनं | अशी संस्कृत मध्ये उक्ती आहे. आयुर्वेदात देखील याबाबत माहिती स्पष्ट केली आहे. आपले आयुष्य या सुगंधाने भारलेले आहे. आपण आपल्या दिनचर्येमध्ये अनेक सुगंधी गोष्टींचा वापर करतो यांना सुगंधी द्रव्य असे म्हणतात. आपण जरी विविध सुगंधी द्रव्य वापरत असलो तरी त्यामागील सूत्र मात्र एकच ते म्हणजे माणसाच्या मनाला आनंद देणे !

ही सुगंधी द्रव्ये कोणती बरे ? तर अनेक वस्तू, पदार्थ या मध्ये ही सुगंधीद्रव्ये सापडतात.



प्रथम खाद्य पदार्थ पाहू या. आई पुरणपोळी करते तेव्हा जायफळ घालते, खीर करते तेव्हा

केशर घालते, लाडू करते तेव्हा वेलची घालते. ही सुगंधी द्रव्यांनी युक्त अशा खाद्यपदार्थांची उदाहरणे आहेत. पदार्थांला एक प्रकारची रुची यांमुळे प्राप्त होते असते. मात्र याव्यतिरिक्त याचे काही आरोग्यपूर्ण उपयोगही सांगितलेले आहे ते म्हणजे कंटाळा व थकवा दूर करण्यासाठी, प्रकृती सुधारण्यासाठी, मनात सकारात्मक विचार निर्माण करण्यासाठीही ही सुगंधी द्रव्य उपयोगी ठरतात.

हे झाले खाद्य पदार्थाबाबत पण आपल्याकडे विविध सण, समारंभात हाताला अत्तर लावण्याची प्रथा आहे. कामाला



बाहेर पडतांना किंवा घराबाहेर पडतांना विविध प्रकारचे सेंट वापरले जातात. मग हे का बरे वापरले जात असतील ? असा प्रश्न नक्कीच तुम्हांला पडला असेल ना ? माणूस सतत कोणत्या ना कोणत्या विचार साखळीत गुंतलेला असतो .

अशा या विचारांमुळे नकळत का होईना

मनावर ताण, थकवा आलेला असतो. अशा वेळी जर अत्तर लावले तर तो सुवास सगळीकडे पसरतो व वातावरणात चैतन्य निर्माण करतो. मनावरची मरगळ झटकून प्रसन्नता निर्माण करतो.

तुम्ही रस्त्यावरून जातांना सहजच मोगऱ्याचा गजरा विकणारा माणूस तुमच्या गाडीजवळ आला तर त्या मोगऱ्याचा सुगंध पुढचे पाच मिनिटे टिकतो, मनात रेंगाळत राहतो हे तुम्ही अनुभवलंच असेल ना ...!

तुम्हांला आठवत का? आपल्या शाळेत तुम्ही दीपोत्सवासाठी उटणे बनवता व विकता देखील. शाळेत आपल्याकडे कोणी पाहुणे आले तर तुम्ही बनवलेले साबण आपण त्यांना भेट देतो. या सगळ्यामागे शरीर व मन तंदुरस्त राहणे व टिकणे हा उद्देश असतो.



जसे अत्तर आपला सुगंध दुसऱ्यांना देवून जाते असेच आपल्या आजूबाजूची लोकं ही आपले आयुष्य सुगंधी करत असतात. नकळत आपण त्यांचे विचार आपलं आयुष्य सुगंधित करून जातात, आपण सवयीने त्यांच्याशी जोडले जातो. अशी लोकं आहे का तुमच्या आयुष्यात ? शोधलीत तर नक्कीच सापडतील. फक्त शोध घेण्याची गरज आहे . तर काय मग शोधणार ना अशी लोकं?



सौ. अश्विनी राईलकर
मराठी शिक्षिका - प्राथमिक विभाग
स्वलिखित

मागे वळून पाहताना.....

आपल्या व्हिजन स्कूलची स्थापना झाल्यापासून ते आजपर्यंत ... खूप गोड आठवणी आहेत... विविध अनुभव आहेत. पण अनुभवांच्या या विविधते मध्ये एक भावना मात्र मनात घर करते... ती म्हणजे समाधानाची. हीच भावना व्यक्त करायचा हा एक प्रयत्न...माझे शब्दरूपी मनोगत

मागे वळून पाहताना.....

हिंगण्याच्या पवित्र वास्तूमध्ये

व्हिजन स्कूलची स्थापना झाली |

आणि अण्णांच्या आशिर्वादाने शाळा आपली चालू झाली ||

इनमिन सात वर्ग आणि शिक्षिका होत्या सहा |

वीस-तीस मुलांच्या चिवचिवाटात

शाळा आपली भरू लागली ||

शाळेत होत होता अभ्यास, कवायती

अन् चित्रकलेचा तास |

दोन हजार पाच साली माझी नियुक्ती झाली

आणि शाळा आपली गाऊ लागली ||

शाळेत होऊ लागले सण समारंभ वार्षिक

स्नेहसंमेलनाचा चढत गेलारंग |

विविध स्पर्धांची तर रेलचेलच झाली आणि छान छान

कार्यक्रमाने शाळा आपली नटू लागली ||

या चढाओढीच्या युगात शाळेला स्थान मिळवून

देण्यासाठी चालू होता धडपडीचा प्रवास |

अभिमानाने उर भरून आला, जेव्हा शाळेसाठी मी पहिली

ट्रॉफी जिंकून आणली आणि...

यशस्वीपणे शाळा आपली बहरू लागली! ||

हस्तकला, चित्रकला, मराठी, संगीत हे विषय शिकवत

असतानाच शाळेची लायब्ररी मी अस्तित्वात आणली|...

आणि जुनी कात टाकून,

शाळा आपली नव्हयामध्ये झळकू लागली ||

लेझिम, लोकनृत्य बसवताना होत होते मी दंग. लेखन,

निवेदन यांचा होता जोडिला संग |

विद्यार्थ्यांबरोबरच निपुण शिक्षकही वाढले

आणि शाळा आपली समृद्ध झाली ||

शाळेची प्रगती होत राहो उत्तरोत्तर, व्हिजन मधील

अमृतकणांनी शिंपले प्रसिध्दरूपी अत्तर |

डॉलहाउस, प्लेरूम, जॉग्रफी लॅब आणि फुलपाखरू

उद्यानासह शाळा माझी प्रफुल्लित झाली !!! ||



सौ. रूपा शास्त्री
संगीत शिक्षिका
स्वरचित

“सप्तस्वरांच्या स्वरांगणातील स्वर अलंकार”

या वर्षीच्या 'विविधतेत एकता' या संकल्पनेवरून मला सुचलेल्या 'सप्तस्वर आणि त्यातून उमलणारे विविध स्वरालंकार', या बद्दल लिहिण्याचा मी छोटासा प्रयत्न करीत आहे.

“सा रे ग म प ध नी” हे सप्तस्वर म्हणजे स्वरांगणातील संगीताच्या झाडाला लटकलेले सुंदर, सप्तरंगी स्वरांचे लोलाकच जणू ! प्रत्येक स्वर वेगळा पण सुरामध्ये बांधलेला, प्रत्येक स्वर आगळा पण स्वरालंकारात खुलून शोभणारा !

स्वरालंकारामध्ये असते ते विशिष्ट स्वर-समूहांचे चढत्या क्रमाने जाणे आणि उतरत्या क्रमाने येणे. आणि अतिशय शिस्तीत स्वरांचे वावरणे ! आणि तालबद्ध बागडणे !

आपण कोणतेही संगीत जसे 'शास्त्रीय' किंवा 'सुगम' शिकताना आपल्याला अगदी पहिल्या पायरीवर ओळख करून घ्यावी लागते ती या स्वरालंकारांची. आपल्या स्वरयंत्राला सुरात आणण्यासाठी पहिले धडे गिरवावे लागतात ते स्वरालंकारांचेच !

“सा रे ग म प ध नी सा | सा नी ध प म ग रे सा” ॥ या पहिल्या आरोह आणि अवरोहाच्या जोडीच्या पुढे स्वरांचे गट विविध रचना खुलवत येजा करत असतात तेव्हा अगदी स्वरांच्या झोक्यावर झुलण्याचा स्वर्गीय आनंद अनुभवता येतो. त्यासाठी खोल श्वास घेऊन प्रत्येक स्वर छान सुरात किंवा ओंकारात मन लावून लावायचा आणि सरस्वतीच्या विणे प्रमाणे मुखोद्गत करायचा. एकदा सूर लागले कि हवे ते गाणे आपण सुरात गाऊ शकतो. जसे उत्तम खेळण्यासाठी सराव, व्यायाम आवश्यक त्याप्रमाणे उत्तम गाण्यासाठी स्वर-अलंकारांचा सराव आवश्यक आहे.

या स्वरालंकारांची अजून एक गम्मत म्हणजे “ सा रे ग म प ध नी” हेच स्वर विविध गटात जाऊन बसतात पण गाताना मात्र एकात एक गुंफले जाऊन त्याची एक सुंदर स्वरमालाच तयार होते असे वाटते. प्रत्येक स्वरालंकारातील आरोह गाताना चढत जाणारी उत्सुकता आणि अवरोहात उतरताना

तो स्वरालंकार पूर्ण केल्याचा आनंद असं सगळ्याच काहितरी आव्हानात्मक पण छान वाटत! असाच काहीसा feel देणारा माझ्या आवडीचा एक स्वरालंकार मी खाली मांडत आहे. तुम्ही तो गाण्याचा जरूर प्रयत्न करा.

आरोह : सारेगरेसासा रेगमगरेरे गमपमगग मपधपमम पधनीधपप धनीसानीधध नीसारेसानीनी सारेगरेसासा|

अवरोह: सानीधनीसासा नीधपधनीनी धपमपधध पमगमपप मगरेगमम गरेसारेगग रेसानीसारेरे सानीधनीसासा|

बघितलत! सप्तस्वरांनी एकत्र येऊन “विविधतेतून एकता कशी मजा आणते आणि काय जादू घडवते” हे या स्वरालंकारांद्वारे आपल्याला दाखवून दिले आहे!

आपल्या शाळेत आपण संगीताच्या तासाला हे स्वरालंकार आधी स्वरामध्ये मग आकारात आणि शेवटी गुंजन (humming) करून स्वरयंत्राचा छान व्यायाम व अभ्यास करतो. हा सराव तुम्ही घरीपण चालू ठेवा आणि स्वरांच्या या विविध रचनांचा आनंद घ्या.

चला शिकूया गाता गाता विविधतेतून साधते अशी एकता, धन्य पावते सरस्वती आणि माझी प्रिय भारतमाता....

“धर्म हे वंश हे देशभाषा किती|

सर्व सीमा सहज सूर ओलांडीती”॥



सौ. रुपा शास्त्री
संगीत शिक्षिका
स्वलिखित

पारंपारिक कलेचा वैविध्यपूर्ण आविष्कार- रांगोळी

व्हिजन स्कूल चा दीपोत्सव म्हटले की डोळ्यासमोर येतात रांगोळीने सजलेले कॉरिडॉर (व्हरांडे). मुलांना रांगोळी काढताना बघून आपण ही परंपरा जपत आहोत या गोष्टीचा अभिमान वाटतो. भारतात प्रत्येक कार्यातील महत्वाची गोष्ट म्हणजे रांगोळी. मला आजही आठवतं की, दर दिवाळीत माझी आई सोबत बसून रांगोळी काढण्यासाठी धावपळ सुरू असायची. आईसारखी चांगली नाही पण छोटीशी रांगोळी माझीही असायची. दिवसाची सुरुवात सडा रांगोळी ने होत असे. आजही गावामध्ये प्रत्येक दारासमोर रांगोळी ही असतेच. कुठे ठिपक्यांची तर कुठे पानाफुलांची. तर अशीही रांगोळी भारताच्या प्राचीन सांस्कृतिक परंपरा आणि लोककलांमध्ये मोडते. पूर्ण भारत वर्षामध्ये रांगोळीला अनन्य साधारण महत्व आहे. प्रत्येक राज्यात रांगोळी वेगवेगळ्या नावाने प्रसिद्ध आहे. रांगोळीचा जसा इतिहास मोठा आहे तसंच विविध प्रांतातील तिची ओळखही वेगवेगळी आहे. केरळमध्ये पुविडल, राजस्थानमध्ये मांडणा, बंगालमध्ये अल्पना, आंध्रप्रदेशमध्ये मुग्गु, तामिळनाडूमध्ये कोलम जी मुख्यतः तांदळाचे काढली जाते. मध्यप्रदेशमध्ये चौकपूरना अशी भारतातील विविध भागात रांगोळीला विविध नावांनी संबोधलं जातं. महाराष्ट्रातील काही आदिवासी जमातींमध्ये वारली पेटींग म्हणून ओळखलं जातं. या वारली पेटींग मधील काही आकार लग्नघरात रेखाटणं हे शुभ मानलं जातं.

पांढरी रांगोळी मुख्यतः गारगोटीच्या दगडापासून बनवली जाते. जी रंगाला पांढरी आणि पावडर सारखी असते. रांगोळ्यांमध्ये तांदूळाचा, कुंकूचा, हळदीचा किंवा अगदी गव्हाच्या पीठाचाही वापर करण्यात यायचा. फुलांच्या रांगोळीसाठी खास विविध फुलांच्या पाकळ्यांचा वापर केला जातो. आजकाल रांगोळीमध्ये रंग म्हणून रासायनिक रंगांचा वापर करण्यात येतो.

अनेक घरांमध्ये देव्हान्यांसमोर नित्यनेमाने रांगोळी काढली जाते. ज्यांना हाताने रांगोळी काढणं शक्य नसतं ते रांगोळीच्या छापांचा वापर करतात. आनंद आणि प्रसन्नतेचं प्रतीक म्हणजे विविध रंगी रांगोळी होय.

'संस्कार भारती' रांगोळी दिसायला भव्य, रंगीबिरंगी पण काढायला तितकीच सोपी आणि पटकन शिकता येणारा रांगोळीचा प्रकार म्हणजे संस्कार भारती. ही रांगोळी छोट्या अंगणापासून ते मोठ्या

मैदानात कुठल्याही आकारात आणि कुठल्याही आखणीत काढता येऊ शकते. गालीचा, शाल, मोर ह्या डिझाईन्स विविध मुद्रांच्या आधाराने काढल्या जातात. सध्या महाराष्ट्रातील प्रत्येक सार्वजनिक सणांमध्ये संस्कार भारती रांगोळीचे गालीचे घातले जातात. पुण्यामध्ये गणपती उत्सवात विशेषतः विसर्जनाला लक्ष्मी रोडवर 'संस्कार भारती' या प्रकारात मोठे गालीचे काढले जातात. या रांगोळ्या काढताना पाहणं हाही एक सोहळा असतो. स्त्री-पुरुष मिळून या रांगोळ्या अगदी झटपट रेखाटतात. यामध्ये पाच बोट एकत्र धरून रांगोळी काढली जाते. मोठी वर्तुळ दोर आणि पेन्सीलच्या साहाय्याने काढून त्यात स्वस्तिक, गोपदम, चक्र, शंख, गदा, पदम, ध्वज ही प्रतिकं तसंच वेलबुट्टी काढून ही रांगोळी काढली जाते. ही रांगोळी मोठी असल्याने यात चाळणीच्या साहाय्याने रंग भरले जातात. संस्कार भारतीने विकसित केलेल्या तंत्राने काढण्यात येणाऱ्या या रांगोळ्या आता महाराष्ट्रीयन संस्कृतीचा अविभाज्य भाग झाल्या आहेत.

झाडांची पाने आणि फुले वापरून काढलेली रांगोळी विविध रंगाची फुले, झाडांची पाने, दुर्वा, अगरबत्ती, सुपारी, कलश, समई ह्यांचा वापर करून सुंदर नक्षी काढून त्यांना रांगोळीचं रूप दिलं जातं. ह्या पद्धतीची रांगोळी दक्षिण भारतात काढली जाते. नारळ, कडधान्य यापासून ही रांगोळी बनवली जाते. काही ठिकाणी वेताचा वापर करून ही रांगोळी काढली जाते.

रांगोळी ही कला येणाऱ्या काळाप्रमाणे बदलत असून ती अजून समृद्ध होत आहे.



सौ. नेहा गाडगीळ
वर्ग शिक्षिका -
सिनियर के. जी.- व्हिनस
स्वलिखित

प्रवास थेंबाचा..

पाऊस ! पावसाचं वेड प्रत्येकालाच असतं. मग ती व्यक्ती कोणत्याही देशातली असो, कोणत्याही धर्माची असो किंवा कोणत्याही वयाची असो; पाऊस सर्वांना वेड लावतो.

विविध जाती, धर्म, रंग, देश ही कोणतीच बंधन माणसाचं मन मानत नाही. माणूस कोणीही असो त्याच्या मनातला पाऊस मात्र सारखाच असतो. असा हा मनातला पाऊस कवयित्रीने व्यक्त केला आहे.

जसं माझ्या मनाचं आभाळ दाटून येतं...
आणि हसता हसता जसं गहिवरल जातं,
अगदी तसंच आभाळ दाटून आलं असेल!

अगदी तसंच झालं असेल
दाटलेल्या आभाळात असणाऱ्या त्याला...
भरला असेल त्याच्या दुःखाचा प्याला.
किंवा मग आली असेल त्याला आठवण....

पानावरल्या दवबिंदूची,

डोंगरामधल्या धारांची...

वाफेतल्या वाऱ्याची !

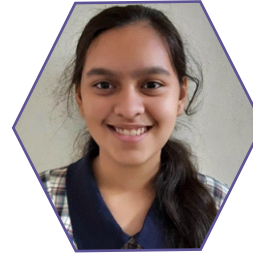
आठवत असेल त्याला झुंजुंमुंजू नदीतलं वाहत पाणी,

किंवा मग समुद्राच्या लाटांची गाज..

म्हणून मग आला असेल तो...

परत तसाच मेघातून वाऱ्याकडे,

अन तो थेंब.....झाडावरल्या पानाकडे !!



कु. मेघल म्हसवडे

दहावी - मर्क्युरी

स्वरचित

थेंब थेंब वाचवा पाण्याचा
हाच मार्ग आहे
सुखी भविष्याचा



पाणी अडवा
पाणी जिश्वा

केल्याने होत आहे रे । आधी केलेची पाहिजे ॥

पाऊस पाडा, पाणी अडवा, पाणी जिरवा

कृत्रीम पावसाची प्रक्रिया

- ढगांमध्ये पाण्याची वाफ व पाण्याचे सूक्ष्म थेंब असतात
- सूक्ष्म थेंबांचा आकार १० मायक्रॉन इतका असतो
- सूक्ष्म थेंब एकमेकांवर आपटून एकत्र येतात
- त्यातून १ ते २ मिलिमीटर पाण्याचे थेंब बनतात
- आणि त्यातून पाऊस पडतो
- सूक्ष्म थेंब एकत्र होण्याची क्रिया वेगाने होणे आवश्यक
- या प्रक्रियेत मीठ मदत करते
- ढगांपर्यंत मीठ पोहचविणे हे महत्त्वाचे
- आजपर्यंत हे विमानाच्या साहाय्याने केले होते

देवा शाळा उघड !!

ईश्वराकडून मानवाला मिळालेली एक अत्युत्तम भेट म्हणजे त्याची बुद्धी आणि उपजत असलेली ज्ञानलालसा. तो मानव स्त्री असो अथवा पुरुष, मूल असो अथवा वयोवृद्ध व्यक्ती, त्याच्या ज्ञानलालसेच्या आड त्याचा धर्म, जात, देश यापैकी काहीही येत नाही. विविध प्रदेशातील विविध प्रकारच्या माणसांमधली एक गोष्ट कायम आहे ती म्हणजे त्याची बुद्धी आणि त्याची जिज्ञासा !

यातूनच अनेक गोष्टी शिकण्याची इच्छा निर्माण झाली. या इच्छेने शाळा ही संस्था उभी राहिली. आपण शाळेत जातो, शिक्षण घेतो मात्र त्याचे आपल्या आयुष्यातील महत्त्व आपण समजू शकत नाही.

मात्र यावर्षी कोरोनामुळे जेव्हा विद्यार्थ्यांना शाळेतच जाता येत नव्हते तेव्हा त्यांना शाळेचे महत्त्व लक्षात आलं. त्याच्या मनाची जी अवस्था झाली ती या कवितेतून व्यक्त केली आहे.

देवा शाळा उघड !!

काय सांगू दोस्तांनो या कोरोना ची कथा,
आज सांगतो तुम्हाला माझ्या मनातली व्यथा.

कोरोना आला म्हणून वातावरण तापलं,
त्यानंतर आमचं शाळेत जाणं बंद झालं.

सुरुवातीला खरं सांगू आनंदच झाला,
कारण वाटलं आता अभ्यासाचा त्रास वाचला !
शाळा नाही लिखाण नाही, नाही गणित आणि पाढे,
शाळे वाचून तसेही कुठे अडले होते घोडे ?
सुरू झाला आराम आणि खाण्याचे लाड,
मनात म्हटलं देवा सुट्टीत होऊदे वाढ.

ऐकलं वाटतं देवाने आणि खरंच सुट्टी वाढली,
शाळेत जायची तारीख दूर पळू लागली.
तेव्हा मात्र थोडा माझा जीव हिरमुसला,
ताई दादा बरोबर भांडायचाही कंटाळा आला !

तेवढ्यात सुरू झाली ऑनलाइन शाळा,
नव्या पद्धतीने शिकण्याचा आनंद होता वेगळा.
आमच्याबरोबर आईचाही अभ्यास सुरू व्हायचा,
आणि हवा तितका वेळ हातात मोबाईल मिळायचा.

सुरुवातीला त्याची पण मजाच वाटली,
पण हळूहळू त्याची जागा कंटाळ्याने घेतली !
दिसत नव्हत्या टीचर आणि भेटत नव्हते मित्र,
नुसताच घरात कोंडलो होतो मी दिवस-रात्र.

असं झालंय कधी एकदा शाळा सुरू होते,
कधीही कोरोना ची लाट कायमची दूर जाते.

देवाला एकच मागणं माझं संपू दे हा आजार,
दोस्तांनो तुम्हाला भेटायला मी एका पायावर तयार !!

स्वच्छ ठेवीन हात वापरेन मास्क धड,
पण देवा एकच विनंती आता मात्र खरंच शाळा उघड !!



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व्हिजन शिवाय आहेच कोण ?

व्हिजन स्कूल जसे विद्यार्थ्यांच्या कलागुणांना वाव देण्यासाठी संधी उपलब्ध करून देते तसेच शिक्षकांच्या अंगीभूत कलागुणांना ही व्यासपीठ देते अशाच एका कार्यक्रमात सादर केलेले मनोगत....

व्हिजन शिवाय आहेच कोण ?

मनातलं बोलायचं तर विषयही हवा खास,
ऐकून घ्यावं असं वाटावं तुम्हाला, इतकीच आहे आस !

विषय खास बोलण्याचा तोडू जरा मौन,
अहो बोलण्यासाठी मनातलं व्हिजन शिवाय
आहेच कोण !!

नोकरीसाठी रुजू झाल्यावर ; भारावून गेलं होतं मन ,
मैत्रीचे बंध जुळले आपोआप, असच होतं इथलं वातावरण !
झाल्या सगळ्या सख्या जिवलग परक नव्हतंच कोण,
अहो बोलण्यासाठी मनातलं व्हिजन शिवाय
आहेच कोण !!

ओळख होत गेली दृढ आणि दूर होत गेलं अवघडलेपण,
वाटू लागली ओढ यायची; पूर्णपणे गुंतून,
वेचले आनंदाचे क्षण !
वर्ष सरली रमून जाण्यात एकत्र साजरे केले
समारंभ आणि सण,
अहो बोलण्यासाठी मनातलं व्हिजन शिवाय
आहेच कोण !!

सगळंच नेहमी छान होत असं नाही म्हणणार,
पण कडू आणि गोड आठवणींनी आयुष्य
असच रंगणार !

कटू प्रसंग आले तरी कशाला त्याची आठवण,
गोड आठवणी साठवायलाच आहे आजचं कारण.
विसरू सारे हेवे दावे, जगू सुखाचे दोन क्षण,
अहो बोलण्यासाठी मनातलं व्हिजन शिवाय
आहेच कोण !!

अशीच राहो साथ आपुली, राहो प्रेम निर्विवाद,
व्हिजनच्या प्रगतीचे ध्येय गाठताना मिळो
अण्णा बायांचा आशीर्वाद !

वाटेवर या चालताना मिळेल कधी निंदा, कधी प्रोत्साहन,
अहो अडचणी येणार, त्रास होणार, नाकारत आहे कोण ?
निमित्त साधून आजच्या दिवसाचे
दूर करू निराशेचा कण न कण,
अहो बोलण्यासाठी मनातलं व्हिजन शिवाय
आहेच कोण !!



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पोलीस

विविधतेने नटलेल्या आपल्या या जगामध्ये जगाला कोरोनाच्या संकटाने ग्रासून टाकले. पूर्ण वर्षभर या संकटाचा सामना करण्यासाठी अनेक देवदूत आपल्या मदतीला धावून आले. यापैकीच एक म्हणजे आपले पोलीस ! कवयित्रीला आपल्या पोलिसांविषयी वाटणारी कृतज्ञता तिने कवितेतून व्यक्त केली आहे.

पोलीस

पोलिसाच्या हाती असते काठी,
कायदा आणि सुव्यवस्था राखण्यासाठी.

वर्दीचा रंग असतो नेहमी खाकी,

पण त्याच्यात सुद्धा असते माणुसकी.

आज जेव्हा माणसांच्या अस्तित्वाचा प्रश्न आला,

पहिली पोलिसाची हजेरी झाली कर्तव्याला.

दिवसरात्र तो कर्तव्य बजावत असतो,

म्हणून तर आपण सर्व घरात सुरक्षित राहतो.

आपण आणि कोरोना यामध्ये भिंत म्हणून...

पोलीस कायम सोबत आहे ,

मग पोलिसांचे मनोबल खच्ची करायला

कोण धजावत आहे ?

पोलिसांचे ऐका, नका देऊ त्यांना त्रास,

नाही तर वाढतच राहील लॉक डाऊनचा वनवास !



कु. सिद्धी तामकर
नववी - व्हिनस
स्वरचित

॥ दान देवाचे ॥

आकाशीच्या देवा आम्हा देशील का रे दान,
खेळायची, बागडायची संधी रोज मिळावी छान.

नाही मैदान, नाही बागा, चाले फक्त टीव्हीचीच सत्ता,
काही न उरे पर्याय आम्हा ,काय करू सांगा.

मोबाईल च्या व्हर्चुअल जगात आम्हा नाही
अडकून राहायचे,

दोस्तांसोबत राहून आहे खरे बालपण जगायचे.

शाळेत जायचे दिवस जेव्हा कधी नव्याने येतील,
दसरा, दिवाळीच जणू ते आमच्यासाठी असतील.

गोष्टी, गाणी, दोस्त मंडळीत आम्ही पुन्हा रमून जाऊ,
टीचर जे जे शिकवतील ते सारे आनंदाने शिकू.

सारे मिळूनी आपण कोविडला हरवायचे

कडक नियम पाळू,

बघता बघता त्याला कायमचेच पळवून लावू.

खात्री तुला देवा आता पटली ना रे सांग

आनंदाचे दिवस आता नाहीत ना रे लांब?



सौ. आरती नाटेकर
वर्ग शिक्षिका -
सिनियर के. जी.- मर्क्युरी
स्वरचित

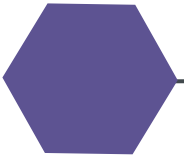
थँक यू कोरोना...!

हो...मी म्हणतोय “थँक यू कोरोना...!” त्याला कारणही तसंच आहे. मी कोरोनाच्या काळात जे अनुभवले, ते आजपर्यंत कधीच अनुभवले नव्हते. मला, काही दिवसांपूर्वी म्हणजे कोरोनाचा प्रसार होण्यापूर्वी, कुणीतरी दोन सुंदर, पोपटी रंगाचे लव्ह बर्ड भेट दिले होते. जसजसं मी त्यांचं निरीक्षण करू लागलो, तसा आमच्यात एक वेगळाच संवाद होऊ लागला. मी अनेकदा तासनतास त्या लोभसवाण्या पक्ष्यांकडे बघत बसायचो. ते पक्षी माझ्याशी बोलायचे, माझं बोलणं शांतपणे ऐकायचे. त्यांना मी अन्न पाणी द्यायचो, स्वच्छ ठेवायचो. आमचं एक छान मैत्रीच नातं तयार झालं होतं. पण हळूहळू मला त्यांच्याविषयी कणव वाटू लागली. मुक्त विहरणाऱ्या ह्या जीवांनी असं पिंजऱ्यात बंदिस्त राहू नये, असं वाटू लागलं. मनात विचार येई आकाशात मुक्त उडता यावं अशी मनुष्य कल्पना करतो आणि त्याचवेळी उडण्याची क्षमता असणाऱ्या ह्या निरागस जीवांना घरात बंदिस्त करून शोभेची वस्तू बनवतो. माणूस म्हणून आपण किती दुटप्पी आहोत यासाठी याची मलाच लाज वाटली

“पण ह्या दोन पक्ष्यांना पिंजऱ्यातून मुक्त केलं, तर ते उडू शकतील का...?” असा मोठा प्रश्न मला होता. एकदा एखाद्या जीवाला सगळं आयतं मिळण्याची सवय झाली की तो जीव आळशी होतो. म्हणून मला भीती होती की, “हे आळशी झालेले पक्षी बाहेरच्या जगात अन्नपाणी शोधू शकतील का...? घरटं बांधू शकतील का...? हिंस्त्र प्राणी किंवा पक्षी ह्यांना जगू देतील का...?” ह्या साऱ्या प्रश्नांमुळे मी त्यांना मुक्त करण्याचा विचार माझ्या मनातच दडवून ठेवायचो. नाही म्हंटलं तरी त्यांचा चिवचिवाट ऐकल्याशिवाय मला चैन पडत नव्हते.

पण एकाएकी कोरोनाचं संकट आलं आणि सगळं जग थांबलं. अर्थात, मी सुध्दा घरात बंदिस्त झालो. सुरुवातीचे

आठ पंधरा दिवस विशेष काही वाटलं नाही. पण घरात आणि बाहेरही असलेली शांतता अस्वस्थ करायची. एक अजब उदासी सगळ्या वातावरणात भरून राहिलीये असं वाटायचं. जेव्हा आपल्या सारख्या माणसाला आठ पंधरा दिवस स्वतःच्याच घरात बसून राहणं अतिशय अवघड होतं, तेव्हा ह्या बंदिस्त पक्ष्यांचं काय होत असेल?... हे बिचारे मुके जीव काय विचार करत असतील?... ह्या भावनेनं मी अस्वस्थ व्हायचो. पुन्हा पुन्हा माझ्या मनात त्यांना मुक्त करण्याचा विचार येई. पण कधीकधी वाटे कोरोनाच्या काळात हे दोन्ही लव्ह बर्ड पूर्वीपेक्षा जास्त आनंदी आहेत. खिडकी बाहेर कुणाला तरी ते चिवचिवाट करून प्रतिसाद देत आहेत असं वाटायचं. मी लक्ष देऊन ऐकलं, तर आमच्या सोसायटीच्या परिसरात झाडांवर वेगवेगळ्या पक्ष्यांचे आवाज येत होते. कोकिळा होती, करड्या-हिरव्या-निळ्या-काळ्या रंगांतल्या लहान मोठ्या सुरेख चिमण्या होत्या, घुबड होतं, सुरेल सातभाई होता, एक मोरासारखा तुरा असलेला डौलदार पक्षी होता. दुरून कुठूनतरी सुतार पक्षाची 'कुक कुक' झाडांमध्ये ऐकू येई. नेहमीचे कबुतर, पारवे, कावळे तर होतेच पण अनेक दुर्मिळ पक्षी त्यांची झलक अधून मधून देत होते. दूर डोंगरातून मोराचा आर्त आवाज घुमत होता. खारुताई सुध्दा शेपूट उंचावून मोकळी ओरडतांना दिसायची आणि ह्या सगळ्यांना कारणीभूत होती, आपल्या आसपासची निरव शांतता ! वाहनांची वर्दळ, हॉर्नचे कर्कश आवाज, फॅक्टरीचे आवाज, धूर, प्रदूषण हे काहीच नसल्यामुळे हे सारे पक्षी मुक्त विहरत होते. जणू त्यांच्या स्वातंत्र्याचं आनंदगीत गात होते. आणि त्यांना माझ्या घरातील बंदिस्त पाखरं चिवचिवाट करून छान प्रतिसाद देत होती. एकदा माझ्या लक्षात आलं की बाहेरच्या काही चिमण्या आमच्या खिडकीत येऊन



पिंजऱ्यातल्या लव्ह बर्डससमोर बसत आहेत. त्यांच्याकडे मान हलवत इवल्याशा डोळ्यांनी कुतूहलाने बघत आहेत आणि त्यांच्या भाषेत काही बोलत आहेत. पण मी तिथे आल्यावर बाहेरच्या चिमण्या घाबरून पंख फडफडवत उडून जायच्या.

बाहेरच्या मुक्त चिमण्यांना पिंजऱ्यातल्या लव्ह बर्डसचं कुतूहल आणि पिंजऱ्यातल्या लव्ह बर्डसना मुक्त चिमण्यांचं आकर्षण...! 'आतले आणि बाहेरचे', 'आहे रे आणि नाही रे' चा हा जुना संघर्ष...! पुढे पुढे बाहेरच्या चिमण्यांचं घरातल्या लव्ह बर्डससाठी येणं जाणं वाढू लागलं. कदाचित त्यांचा माझ्याविरुद्ध काही बंड करण्याचा इरादा असावा. जणू चिमण्यांनी माझ्या हुकुमशाहीविरुद्ध शीतयुद्ध पुकारलं होतं. त्यांच्या बंदिस्त साथीदारांना पिंजऱ्यासहित उडवून नेण्याचे त्यांचे मनसुबे असावेत. पण असं होण्याअगोदर आपणच बंदिस्त चिमण्यांना स्वतःहून मुक्त करावं, असा मी विचार केला. अर्थात हे माझ्यासाठी अतिशय अवघड होतं. त्यांना डोळ्यांदेखत असं दूर जातांना बघणं माझ्यासाठी वेदनादायी ठरणार होतं. पण नाईलाज होता.. त्या रात्री दोन्ही पक्ष्यांशी मी भरपूर गप्पा मारल्या, डोळेभरून त्यांना बघितलं. सकाळी मी मन घट्ट केलं आणि माझ्या थरथरत्या हातांनी पिंजऱ्याचा दरवाजा हळुवारपणे उघडला.

पण लव्ह बर्डसनी स्वतःहून बाहेर पडण्याची तसदी सुध्दा घेतली नाही. आश्चर्य याचं वाटत होतं की , अगदी उघड्या दरवाजापर्यंत जाऊन ते भित्रे पक्षी पुन्हा पिंजऱ्यात येऊन कसरती करीत होते. गुलामीची सवय आणि सुखनैव आयुष्य कसं एखाद्याला पंगु बनवतं हे मी बघत होतो. हा सगळा प्रकार जीवघेणा होता. जगण्याविषयी कुठलाही प्रश्न न पडता, आपल्या समस्यांचं निराकरण न करता, भोवतालची

परिस्थिती बदलण्यासाठी स्वतःहून काहीही प्रयत्न न करता, आहे ती परिस्थिती आपण कशी चुपचाप स्वीकारतो, ह्याचा अनुभव मला त्या बिचाऱ्या लव्ह बर्डसकडे बघून आला. हो...पण त्या लव्ह बर्डसमध्ये आणि आपल्यात इतकाच फरक होता, की त्या चिमण्या किमान विघातक काम तरी करीत नव्हत्या. माणसाला जेव्हा सकारात्मक काही करता येत नाही, तेव्हा तो माणसा माणसात फुट पाडतो. आणि हातात दगड घेऊन आपल्या व्यवस्थेला, समाजाला, निरपराध जीवांना आपले लक्ष बनवतो. ह्याची प्रचीती आपल्याला नेहमीच येते. पण ह्या मुक्या जीवांमध्ये, ना अन्यायाची भावना होती, ना विद्रोहाचे इरादे होते. मी पिंजऱ्याचा दरवाजा उघडून रुममध्येच लपलो. काय होतंय ते उत्सुकतेनं बघू लागलो.

बघतो तर काय, थोड्यावेळाने चिवचिवाट करीत बाहेरच्या चिमण्या खिडकीत आल्या. लव्ह बर्डस आणि त्यांचा संवाद सुरु झाला. जणू बाहेरच्या चिमण्या लव्ह बर्डसना पिंजऱ्याबाहेर पडण्यासाठी प्रोत्साहित करीत होत्या. पण लव्ह बर्डसना आपल्या क्षमता जोखून बघायच्या नव्हत्या, ना मर्यादांवर मात करायची होती.

अखेर बाहेरच्या चिमण्यांच्या तुरेबाज सेनापतीने ह्या मुक्तिसंग्रामाच्या मोहिमेवर यायचं ठरवलं. अगदी ऐटीत सेनापती चिमणी तिथे आली. जणू ती लव्ह बर्डससाठी मदतनीस झाली होती. ह्या विभिन्न जातीच्या रंगाच्या चिमण्या एकमेकींना मदत करण्यासाठी पुढे सरसावल्या होत्या. हे विशेष...! विविधतेत सुद्धा एकता असल्याचे हे एक सुंदर उदाहरण होते.

अगोदर दोन सैनिक चिमण्या खिडकीच्या दोन्ही बाजूंना उडत येऊन बसल्या. घरात त्यांनी तीक्ष्ण नजर फिरवली. व्यवस्थित टेहाळणी झाल्यावर त्यांनी सेनापती चिमणीला

येण्याचा इशारा केला. सेनापती चिमणी इतर चिमण्यांकडे बघत दबक्या पावलांनी पुढे आली. सेनापती चिमणीने घरभर तीक्ष्ण नजर फिरवली. टकमक डोळ्यांनी बघून, धोका नसल्याची शहानिशा केली आणि पंख फडफडवत तिनं पिंजऱ्यावर झेप घेतली. हे सगळं सुरु असतांना इतर चिमण्यांनी मात्र आपला श्वास रोखून धरला होता. डोळ्यांत प्राण आणून अतिशय शांततेने, त्या ह्या मुक्ती मोहिमेच्या मूक साक्षीदार झाल्या. मी सुध्दा अवाक होऊन हे नाट्य बघत होतो. सेनापती चिमणी पिंजऱ्याच्या दरवाजातून हळूच आत गेली. तिनं पिंजऱ्यातल्या घाबरट लव्ह बर्डसकडे विश्वासानं बघितलं. त्यांच्यामध्ये काही क्षणांचा गुप्त संवाद झाला. सेनापती चिमणीने जणू आकाशात उन्मुक्त उडण्याचा रोमांच त्यांना सांगितला आणि पिंजऱ्या बाहेर कसं निघायचं ह्याचं प्रात्यक्षिक देखील करून दाखवलं. पण डिम्म...! लव्ह बर्डस काही केल्या जागच्या हालेनात. बाहेर असलेल्या चिमण्या मुक्तीचं गीत गात, लव्ह बर्डसना प्रेरित करीत होत्या. आणि ह्या मात्र फुटभर पिंजऱ्यातल्या फुटकळ सोयी सुविधांकडे बघत अनंत आकाशाकडे पाठ फिरवीत होत्या. पण बाहेरच्या चिमण्यांनी जणू हा लढा यशस्वी करायचाच असा दृढनिश्चय केला होता. त्या कुठल्याही परिस्थितीत त्यांच्या बंदिस्त बांधवांना मुक्त करणार होत्या. त्या जीवाच्या आकांताने आतल्या चिमण्यांना साद घालीत होत्या. आपल्याला कुणीतरी साद घालतंय, आपल्याला वाचवण्यासाठी निकराचा प्रयत्न करतंय, आपल्यासाठी स्वतःचा जीव धोक्यात घालतंय, तेव्हा प्रतिसाद द्यायची आपली जबाबदारी आहे. याची जाणीव लव्ह बर्डसना थोड्या वेळाने झाली असावी.

लव्ह बर्डसने थरथरत एकमेकांकडे बघितलं. त्यांनी मागे मान वळवून घरभर एक कृतज्ञतेची नजर फिरवली.

कदाचित दोघं मला शोधत असावेत. त्यांच्याकडे लपून बघतांना माझ्या डोळ्यातून घळाघळा पाणी वाहत होतं. मीही त्यांना मनातल्या मनात, “जा वेड्यांनो उडा.... जगा मुक्त...स्वच्छंदी.” असं म्हणत शुभेच्छा दिल्या. अखेर त्या दोघांनी 'हीच ती वेळ' म्हणत मनाचा हिऱ्या केला... क्षणभर डोळे मिटले...दीर्घ श्वास घेतला...पंखांमध्ये बळ भरलं... आणि चिवचिवाट करत दोघं पिंजऱ्याच्या बाहेर झेपावले. बाहेरच्या चिमण्यांनी हर्ष उल्हासाने त्यांचं स्वागत केलं. दोघा लव्ह बर्डसनी मुक्तीचा आनंद साजरा केला. त्या इतर चिमण्यांमध्ये मिसळल्या. क्षणार्धात चिमण्यांनी पंख फडफडवत मोहिमेचा विजय साजरा केला. आणि त्या मुक्त आकाशात भुरकन उडून गेल्या. बघता बघता दिसेनाशा झाल्या. त्याक्षणी मी आनंद दुःखाच्या पलीकडे गेलो होतो. हे अकल्पित नाट्य अनुभवतांना मी रोमांचित झालो होतो.

कोरोनाच्या निमित्ताने मला चिमण्यांनी मुक्तीचं महत्त्व सांगितलं. स्वतःच्या आत डोकावण्याची संधी दिली. मला बाहेरच्या आणि आतल्या शांततेची अनुभूती दिली. मला आपल्या आजूबाजूच्या लुप्त पावत चाललेल्या निसर्गाचं अस्तित्व जाणवून दिलं. कोरोनाने मला एक अस्सल अनुभव दिला. मला अधिक समृद्ध केलं. म्हणूनच मी म्हणतोय “थँक यू कोरोना...!”



श्री. सुधीर कुलकर्णी

पालक - कु. सामक्षा कुलकर्णी

दुसरी - मर्क्युरी

स्वलिखित

गोष्ट लक्ष्मीची.....

मुलांनो लक्ष्मी असं म्हटलं की तुमच्या डोळ्यासमोर देवीची मूर्ती येत असेल. पण लक्ष्मी या शब्दाचा अर्थ धन, संपत्ती, पैसा असाही आहे. लक्ष्मीचे पूजन म्हणजे सरळ मार्गाने कमावलेल्या आणि साठविलेल्या पैशाचे पूजन. पूर्वीच्या काळी आजच्यासारखा खूप पैसा मिळत नसे. त्यामुळे मिळणाऱ्या पैशाला महत्त्व होतं. तुम्हाला दिवाळीच्या दिवसात केलं जाणारं एकच लक्ष्मीपूजन माहित आहे, पण पूर्वी दर महिन्याला एका ठराविक तिथीला लक्ष्मीपूजन करण्याची प्रथा होती. त्यादिवशी धनाची; मिळालेल्या पैशांची पूजा केली जाई. त्याचपैशाची ही गोष्ट.

खूप वर्षांपूर्वी एक आटपाट नगर होतं, तिथे एक गृहस्थ राहत होता. तो नोकरी करीत असे. पण त्याकाळी बँक, एटीएम असे पर्याय उपलब्ध नव्हते, मग तो काय करत असे की, पगार झाला की सगळे पैसे घरी आणत असे आणि ते देवासमोर ठेवत असे. मग त्याच्या घरातील सगळी माणसे गोळा होत. त्यादिवशी देवाला हार वाहिला जाई, पेढ्यांचा नैवेद्य दाखवला जाई. त्या पैशांची यथासांग पूजा केली जाई. नंतर दुसऱ्या दिवशी महिन्यातील खर्चाचा म्हणजेच किराणा, वीजबिल, मोलकरीण, शाळेची फी, भाजी, त्या महिन्यातील जादा खर्च यांचा हिशेब केला जाई. प्रत्येक खर्चासाठी एक पाकीट बनवले जाई. ती पाकिटे भरण्याचे काम बच्चे कंपनीला देण्यात येई. मुले मग त्या गुळगुळीत नोटा मोजत. एक भाऊ म्हणे, "विजबिलाचे ३०० रुपये म्हणजे नोटांवरचे क्रमांक पाहिले तर, क्रमांक २३००० ते २३३०० या क्रमांकाच्यानोटा लागतील. एवढ्यात त्याची खट्याळ बहीण म्हणे, "वेडाच आहे दादा, शंभरच्या तीनशे नोटा म्हणजे तीस हजार रुपये. दादा बाबांचं दिवाळ काढणार." असे वाद विवाद होत असतं. प्रत्येक पाकिटातले पैसे दहा दहा वेळा मोजले जात. चुकून एखादी नोट जास्त

नको जायला. यातून बच्चे मंडळींना व्यवहारज्ञानाचे धडे मिळत. प्रत्येक कोरी करकरीत नोट पाकिटात भरताना खूप दुःख होई कारण नव्याकोऱ्या नोटांचे कौतुक होतं ना ! मग मुलेच काय मोठी माणसे ही आपण कशी पैशाची काटकसर करायला पाहिजे याची दिवसभर मनातल्या मनात उजळणी करत. याचमुळे मग रिकाम्या खोलीत लाईट दिसला की तो लगबगीने विझवला जाई. घरातल्या सर्व माणसांनी एकत्र चहा, नाश्ता, व जेवण करण्याचा शिरस्ता ठेवला जाई. कोणीही दुकानातून उधरिने सामान घेत नसत. या आणि अशा अनेक चांगल्या सवयी त्या गृहस्थाच्या कुटुंबाला लागल्यामुळे तो गृहस्थ श्रीमंत झाला. आजूबाजूच्या परिसरात तो धनिक म्हणून ओळखला जाऊ लागला आणि त्याचे कुटुंब सुखासमाधानाने नांदू लागले.

तर मुलांनो ही लक्ष्मीची गोष्ट खूप काही शिकवते. अशा गोष्टी किती शिकवून जातात.....आमची पिढी या दर महिन्यातील लक्ष्मी पूजनाने खूप काही शिकली. आमच्या पिढीला अशा अनेक चांगल्या सवयी लागल्या. काळाच्या ओघात आम्ही त्या विसरलो, पण परवाच्या लक्ष्मीपूजना साठी जेव्हा आम्ही वीसच्या नोटांची बंडले आणली आणि दुसऱ्या दिवशी मी त्या नोटा मोजत होते तेव्हा त्यांच्या करकरीत सुगंधामुळे मी विसरून गेलेल्या अथवा सोडून दिलेल्या चांगल्या सवयींची मला जाणीव झाली. आयुष्यातल्या अशा छोट्या गोष्टींमध्ये किती मोठी ताकद असते नाही?



सौ. वर्षा जोशी

वर्ग शिक्षिका - आठवी - व्हिनस
स्वलिखित

मी भारतमाता....

नमस्कार विद्यार्थी मित्रहो, कसे आहात तुम्ही ? एकदम मस्त. हो ना ? अरेच्या मी माझा परिचय करून दिलाच नाही. मुलांनो आपल्या शाळेत प्रत्येक कार्यक्रमाला आदरणीय महर्षी कर्वे व बाया कर्वे यांच्या प्रतिमसोबत तुम्ही माझेही पूजन करता. अगदी बरोबर ! मी आहे भारतमाता! मी आज तुमच्याशी 'विविधतेतील एकता' या विषयावर गप्पा मारणार आहे. ऐकायला आवडेल ना तुम्हाला ? 'भारत माझा देश आहे. माझ्या देशातल्या समृद्ध आणि विविधतेने नटलेल्या परंपरांचा मला अभिमान आहे.' अशी प्रतिज्ञा तुम्ही रोज म्हणता. विविधतेत एकता म्हणजे काय ? हा प्रश्न तुम्हाला नक्कीच पडत असेल. विविधरंगी फुलांच्या हाराला एकत्रित बांधून ठेवण्याचे काम धागा करत असतो. तसेच माझा निसर्ग, हवामान, भाषा, संस्कृती, परंपरा, खाद्य- पदार्थ या घटकांना एकसंध ठेवण्याचे काम एकतेचा धागा करत आहे. ही एकता म्हणजे.....

माझी भूमी. जिला तुम्ही 'काळी आई' म्हणता. तिच्यात काश्मीरपासून कन्याकुमारीपर्यंत विविधता आहे. कुठे लाल माती, कुठे काळी माती, कुठे गाळाची माती, तर कुठे वालुकामय माती. या मातीचा रंग, आकार, पोषकद्रव्ये यात विविधता आहे. मानवाची भूक भागविण्यासाठी ही मायभूमी भरभरून धान्य पिकवते ही या भूमीतील एकता आहे.

माझ्या भूमीवरून अवखळपणे वाहणाऱ्या ज्यांना तुम्ही 'माता' म्हणून संबोधता या नद्यांमध्येही किती विविधता आहे. गंगा, ब्रह्मपुत्रा यांसारख्या प्रचंड जलसाठा असणाऱ्या नद्या, दूधसागर हा उंच धबधबा असणारी गोव्यातील मांडवी नदी, अरबी समुद्राला जाऊन मिळणारी नर्मदा नदी, बंगालच्या उपसागराला जाऊन मिळणाऱ्या कृष्णा, कावेरी,

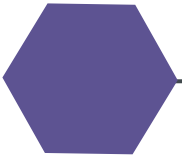
गोदावरी या नद्या. नद्यांची लांबी, उगम, जलसाठा वाहण्याची दिशा, त्यांनी तयार केलेले भूरूपे यात विविधता असली तरी मानवाची तृष्णा भागविणे हा एकतेचा संदेश या नद्या देतात.

माझ्या उत्तरेला उत्तुंग हिमालयीन पर्वतरांगा आहेत. महाराष्ट्रात सह्याद्री, मध्यप्रदेशात सातपुडा, राजस्थानात अरवली तर दक्षिण भारतात निलगिरी पर्वतरांगा आहेत. पर्वतांची निर्मिती, उंची, बर्फाच्छादन त्यावर असणारी वनराजी यांमध्ये विविधता असली तरी नैऋत्य मोसमी वारे अडवून पाऊस पाडणे ही एकता पर्वतांमध्ये आहे.

माझी वृक्षसंपदाही विविधतेने नटलेली आहे. कुठे सदाहरित वने, तर कुठे सूचिपर्णी वने, कुठे पानझडी वने, तर कुठे काटेरी वने. या वनांमधून मिळणारे लाकूड, औषधी वनस्पती, फुले, फळे यात विविधता आहे. पाऊस पडण्यास मदत करणे, शुद्ध हवेचा पुरवठा करणे, ही एकता वनांमध्ये आहे.

माझा निसर्ग भरभरून फुलला आहे. उत्तरेला असणारे बर्फाच्छादित पर्वत, दक्षिणेला असणारे नयनरम्य समुद्रकिनारे वाळवंटातील वालुकामय मातीचा प्रदेश, नद्यांच्या गाळाने सुपीक असणारा मैदानी प्रदेश, अशी माझी भूमी वैभवसंपन्न आहे. निसर्गातील विविधतेप्रमाणे माझ्या भूमीवरील राहणाऱ्या माणसाच्या जीवनातही विविधता आहे. बरं का..

इथे विविध भाषा बोलणारे, विविध सण-उत्सव साजरे करणारे, विविध जाती-धर्माचे, विविध प्रकारचे पोषाख असणारे व विविध प्रकारचे खाद्यपदार्थ खाणारे लोक गुण्यागोविंदाने राहतात. माझ्या भूमीसाठी पूर्वापार



काळापासून परकीयांची आक्रमणे झाली आहेत. स्वतःच्या प्राणांची पर्वा न करता जवानांनी माझे स्वातंत्र्य अबाधित ठेवले आहे. एखादे संकट ओढावले तर विविध राज्यात राहणारे, विविध जाती-धर्माचे माझे सुपुत्र एकतेने लढतात. याचा मला खूप अभिमान आहे. या भूमीत अनेक शूरवीर, शास्त्रज्ञ, संशोधक, कलावंत, खेळाडू, समाजसेवक आहेत. ज्यांचे मला खूप खूप कौतुक आहे.



‘प्रियतम आमची भारतमाता
आम्ही सारी तिची मुले,
रंग वेगळे गंध वेगळे
तरी येथली सर्व फुले’.

विविधतेत एकता असणारी ही कविता तुम्ही शाळेत म्हणता. मुलांनो तुमच्यातही विविधता आहे. तुम्ही भावी पिढी असल्याने विविधतेतील एकतेचा धागा असाच भक्कम ठेवा. भविष्यात खूप मोठे व्हा. तुमचे, शाळेचे व माझे नाव जगतामध्ये उज्ज्वल करा. चला अच्छा, खूप गप्पा झाल्या. आपण पुन्हा नक्की भेटूया!



सौ. स्वाती कानडे
मराठी शिक्षिका -
माध्यमिक विभाग
स्वलिखित

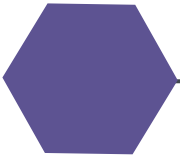
विभागवैविध्यपूर्ण औषधी वनस्पती आणि निरोगी जीवनशैली

प्राचीन काळापासून मनुष्यप्राणी अनेक वनस्पतींचा वापर आरोग्य संवर्धन आणि संरक्षणासाठी करित आला आहे. अशा वनस्पतींचे औषधी गुणधर्म व उपयोग वैदिक काळापासून ऋषी मुनी, अभ्यासक आणि संशोधकांनी वेगवेगळ्या ग्रंथात लिहून ठेवले आहेत. “विज्ञातं अमृतं यथा” असे चरकसंहितेमध्ये सांगितले आहे.

[सूत्रस्थान 1/124] म्हणजेच औषधांची उत्तम माहिती [= म्हणजे विज्ञान] घेऊन त्याचा प्रयोग केल्यास ते अमृताप्रमाणे कार्यकरते. म्हणूनच औषधी वनस्पती आणि आयुर्वेद यांचे नाते तर अतूट आहे. आयुर्वेद आणि औषधी वनस्पती चा उदय आणि विकास भारतात झाला आहे. आयुर्वेद, युनानी आणि सिद्धा यांसारख्या पारंपारिक औषधी पद्धतींमध्ये 10 % रोगांवर औषधी वनस्पतींचा वापर होतो. भारतात सुमारे चार लाख परवानाधारक आयुर्वेदिक डॉक्टर म्हणजेच वैद्य आहेत तर वनस्पतीजन्य औषधे निर्माण करणाऱ्या प्रयोगशाळा व कारखान्यांची संख्या आठ हजार एवढी आहे.

औषधी गुणधर्म असलेले रस वनस्पतीच्या मूळ, खोड, कंद, पान, साल, फूल, फळ व बियांमध्ये असतात. याच भागांचा वापर औषधे तयार करण्यासाठी केला जातो. वनस्पतिजन्य औषधे ही बऱ्याच वेळा सद्गुणी व उपद्रवरहित असतात. ती जर योग्य पद्धतीने वापरली तर अतिशय कमी दुष्परिणाम करतात व त्यामुळे आरोग्य प्राप्ती होते. म्हणजेच रोग प्रतिकारक शक्ती वाढवणे, शरीराची पचन शक्ती वाढवणे व रोगाचे समूळ उच्चाटन करणे ही कार्ये या वनस्पती उत्तम प्रकारे करतात. मुलांनो, चला तर मग अतिशय उपयुक्त आणि जगभरात प्रसिद्ध असलेल्या भारतीय औषधी वनस्पतींची ओळख करून घेऊया ! आणि जाणून घेऊया विविध वनस्पतींमधील उपयोगिता म्हणजेच एकता कशी आहे.

अनु क्र.	वनस्पतीचे मराठी नाव	इंग्लिश नाव	संस्कृत नाव	हिंदी नाव	उपयोग	मिळण्याची ठिकाणे
1	अश्वगंधा	Winter Cherry	अश्वगंधा	अश्वगंधा	स्मरणशक्तीत वाढ, प्रतिकारशक्ती, बलदायी, संधीविकार	मध्य प्रदेश, राजस्थान
2	अडुळसा	Justicaadhatoda, Malbar nut	अडुळसा / अरुष अडुसा	अडुसा	श्वसनविकार, खोकला, दमा	हिमालय, भारतीय मैदानीप्रदेश
3	आंबेहळद	Mango Ginger	आम्रागंधी हरिद्रा	अमाहलदी	त्वचाविकार, सर्वोत्तम वर्णकर, खोकला	दक्षिण आशिया, आग्नेय आशिया
4	अक्कल काढा	Pallatory Root	आकारकरभ	अकरकरा	खोकला, दात दुखी, वाणीचे दोष, पॅरालिसीस	बंगाल, उत्तर आफ्रिका
5	आवळा	Indian Gooseberry	अम्ला	आमला	चवनप्राश, प्रतिकार शक्ती वाढ	उत्तर प्रदेश, तामिळनाडू, राजस्थान, मध्य प्रदेश
6	ब्राम्ही	Thyme leafed gratiola	ब्राम्ही, मण्डुकपर्णी	ब्राम्ही	बुद्धीवर्धक, मेंदू व हृदयाचे टॉनिक	संपूर्ण भारत
7	कोकम / रातांबा	GarciniaIndica	अत्यम्ला तिंतिडीकम्	कोकम	पित्तनाशक	कोकण, गोवा, कर्नाटक
8	कोरफड	Aloe Vera	घृत कुमारी	ग्वारपणा घीग्वार	सौंदर्यवर्धक, त्वचा विकार	महाराष्ट्र, मध्य प्रदेश, छत्तीसगड, गुजरात
9	गुगुळ	Indian Delliium	गुगुल	गुगुळ	संधी विकार	राजस्थान, गुजरात, मध्यप्रदेश
10	जटामांसी	Nardostachys, Jatamansi	तपस्विनी, भूत जटा	बाल छड	डिपेशन, तणाव कमी करणे, प्रतिकार शक्ती वाढ	हिमालयातील क्षेत्र
11	सर्पगंधा	RauvolfiaSerpen tina	पाताल गरुड, चंद्रिका	सर्पगंधा	रक्तदाब, आतड्यांचे विकार	पंजाब, सिक्किम, अंदमान
12	जेष्ठमध	Liqorice / Licorice	मधुक, यष्टि मधुक	मुलेठी, मुलहठी	श्वसनविकार, खोकला	भारत
13	वेखंड	AcorusCalamus / Sweet Calamus	वचा, उग्र गंधा	वच, घोरवच	सर्दी, ताप, बुद्धीचे व वाणीचे दोष	हिमाचल प्रदेश, मणिपूर, काश्मीर, नागालँड
14	शतावरी	Asparagus	शतावरी, शतमुली	शतावरी	कफ, पित्तशामक, संधिवात, पॅरालिसीस	भारत, श्रीलंका, हिमालयातील क्षेत्र
15	माईनमुळा	Indian Sarsaparilla	मकंदी	अनंत वेल	रक्तदाब, हृदयरोग, काही प्रकारचे कर्करोग	दक्षिण, पश्चिम व मध्य भारत



वरील औषधी वनस्पती या प्रातिनिधिक आहेत. अशा हजारो प्रकारच्या औषधी वनस्पती अस्तित्वात आहेत. आजही आयुर्वेदात त्याचा वापर होतो. आधुनिक वैद्यकशास्त्रात वापरल्या जाणाऱ्या अनेक औषधांपैकी बरीच औषधे वनस्पतीपासून बनविली जातात.

उदाहरणार्थ : १. Willow tree - Aspirin औषध

२. Taxol plant - टॅक्सऑल प्लांट - कॅन्सर वरील औषध

३. नरक्या ऊद- कॅन्सरवरील मुख्य औषध

४. सदाफुली - Vinca alkaloids - कॅन्सर वरील औषध

५. Digitalis purpurea plant - Digitalis - हे औषध हृदयविकारावर उपयुक्त आहे.

अशा प्रकारच्या हजारो औषधी वनस्पतींचा वापर करून प्रत्येक व्यक्तीला निरोगी जीवनशैली प्राप्त होणे हाच उद्देश "विविधतेतील एकता" मध्ये वनस्पतींच्या रूपात दिसून येतो. जंगल संपत्ती ही औषधे वनस्पतींची नैसर्गिक भांडारे आहेत. या औषधी वनस्पती पुरविणारा एक महत्वाचा देश म्हणून भारताकडे बघितले जाते. सतत होणारी बेसुमार औषधी वनस्पतींची तोड आणि वृक्षतोडीचा प्रचंड वेग यामुळे भारतातील १२० औषधी वनस्पती संकटग्रस्त म्हणून जाहीर करण्यात आल्या आहेत त्यापैकी २९ दुर्मिळ पण बहुपयोगी वनस्पतींची तोड करण्यास भारत सरकारने कायद्याने बंदी घातली आहे.

भारतात अंदाजे आठशे वनौषधींचा वापर आयुर्वेदात मोठ्या प्रमाणात केला जातो. यापैकी केवळ ७० औषधी वनस्पतींची व्यापारी तत्वावर शेतात लागवड केली जाते.

तर मग बहुगुणी अशा औषधी वनस्पतींच्या संवर्धनासाठी, शास्त्रीय पद्धतीने मोठ्या प्रमाणावर लागवड करण्यासाठी आणि विविधतेतील एकता वनस्पतींच्या स्वरूपात जपण्यासाठी आपणही प्रयत्न करायला काय हरकत असावी.



सौ. स्नेहा फडके
वर्ग शिक्षिका - पहिली - अर्थ
स्वलिखित (मार्गदर्शन -
वैद्य मिलींद कुलकर्णी)

श्रेष्ठ भारत



भारत माझा देश विविधतेने नटलेला,

हा सर्वश्रेष्ठ देश जो एकतेने सजलेला.

माझ्या देशाचे सामर्थ्य

आणि शक्ती जी पसरली चहूँ दिशा,

संपवूनी सारा वाद एकता जपणे, हिच फक्त आशा.

विविध चालीरिती अन् विविधता बोलण्याची,

भाषा, संस्कृती व परंपरा

या मधुनी जपली जातात अनेक नाती.

कोणी बंगाली कोणी पंजाबी कोणी मराठी कोणी तमिळी,

भिन्न आमची जात संस्कृती भिन्न आमची जीवनशैली.

विविध राज्ये अन विविध गावे,

प्रत्येकाची आहेत विविध नावे.

या प्रत्येक राज्यांची दिसे विविध खादय संस्कृती,

ज्यातून निर्माण होते ओळख एका राष्ट्राची.

भाषा आमच्या असती अनेक, भाव मात्र एक,

असती राज्य अनेक, राष्ट्र मात्र आमुचा एक.

देश हा विविध संस्कृतीचा, अनेक धर्माचा आणि पंथाचा,

प्रादेशिक विविधता असूनही

गर्व आम्हाला आमच्या एकतेचा.

हिमालय आमचा उत्तरेला तर कन्याकुमारी दक्षिणेला,

सैनिक आमचा मात्र तत्पर असतो देशाच्या संरक्षणाला.

होते प्रगती देशाची जेव्हा एकता मनी रुजली जाते,

वर्तमाने अन् संस्काराने जपणूक मूल्यांची तेव्हा होते.



सौ. विदुला अवचट
वर्ग शिक्षिका -
ज्युनिअर के. जी.- अर्थ
स्वरचित

मी ही केला सकारात्मक विचार....

नमस्कार मंडळी ! आताची शिक्षण पद्धती आणि पूर्वीची शिक्षण पद्धती याविषयी विनोदी शैलीत बोलायचे झाल्यास असे म्हणावे लागेल.....

पूर्वी गुरुकुल पद्धतीने शिक्षण असायचे,

नंतर कुलगुरु पद्धतीने झाले

आणि आता घरकुल पद्धतीने सुरु आहे.. !!

विनोद वाचला कि किती हसू येत. हसताय ना... हसत रहा !!

जगात सगळ्यात मौल्यवान काय आहे तर दुसऱ्याच्या चेहऱ्यावर दिसणारे हास्य. बरोबर ना ?

एखाद लहान मुल खळखळून हसते ते पाहणे किती विलोभनीय असते ना ! आपली मनस्थिती ते हास्य पाहून एकदम बदलून जाते, प्रसन्न वाटते. एखाद्या प्रसंगी जर आपण स्वतः हसू शकलो नाही तर दुसरा कसा हसेल ?

म्हणून सुरुवात तुम्ही करा. कारण परिस्थिती कोणतीही असो आपण हसत राहिले पाहिजे. हास्य आपल्याला सकारात्मक विचार देते. असा विचार करायला पाहिजे. मी फक्त तुम्हाला हे सांगत नाही तर मी ही केला सकारात्मक विचार !

या वर्षी शिक्षण ऑनलाईन असल्याने खरतर आर्ट-क्राफ्ट विषय कसा शिकवावा हा प्रश्नच पडला होता. जमेल का हे असलंकाही ? अशा नकारात्मक विचारांनीमनाला ग्रासून टाकलं होतं. एकदा वर्गात design हा विषय शिकवायचा होता.

समोर मुलं असली की हा विषय मी सहजगत्या शिकवायचो आता मात्र परिस्थिती वेगळी होती. गुगलमीट हे माध्यम पूर्णतः नवीन होते, पूर्वतयारी काय करावी हा मोठा प्रश्न होता. खूप विचार करून देखील काही सुचेना, खूप चिडचिड होऊ लागली. मग घरभर फेऱ्या मारायला लागलो. बेडरूम मधून हॉलमध्ये, हॉल मधून बाल्कनीत आणि बाल्कनी मधून किचन मध्ये ! तशी किचन मध्ये जास्त जाण्याची सवय आताच कुठे जडली होती. लॉक डाऊन मुळे !!

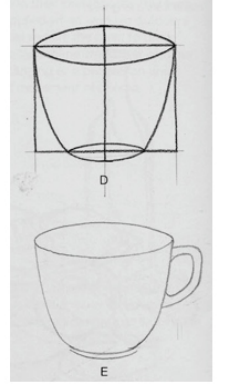
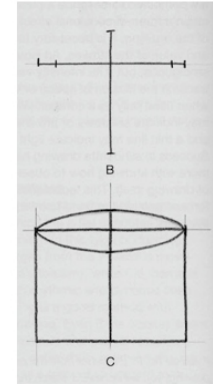
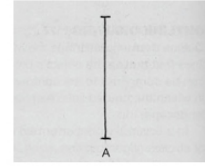
मग काय सुचली की कल्पना. वापरात नसलेली सगळी भांडी बाहेर काढली आणि माझ्या विषयाचा पहिला पैलू पूर्ण झाला तो म्हणजे बाह्य आकार !! Design म्हणजेतरी नेमक काय तर 'वस्तूला त्याच्या मूळ रूपा पेक्षा अधिक सुंदर बनवणे '

त्या दिवशीचा माझा तास सुरु झाला ...मी म्हणालो ..." तर

आता आपण design या विषयाला अनेक पैलू आहेत ते पाहूया."

- Outer shape
- Emphasis /Focal point
- Balance
- Contrast
- Repetition
- Proportion
- Space
- Harmony
- Unity

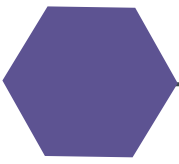
• Outer shape



• Emphasis / Focal point:

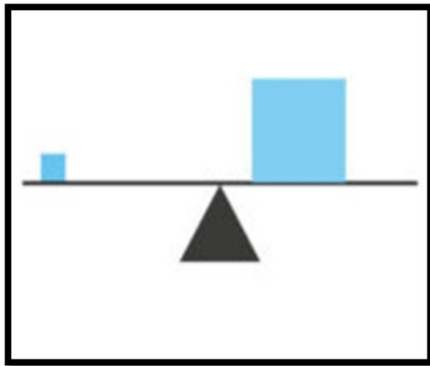
The focal point of a design is the area in the composition to which the viewer's eye is naturally drawn. Focal point may be of any shape, size or colour.





- **Balance:**

Balance is the visual weight of elements in a composition. Balance is used to add stability, add structure and to create dynamics. In design, one should attempt to place visual elements in an aesthetically pleasing arrangement or particular arrangement to fulfill a purpose or achieve a particular look and feel.



Contrast:

Contrast refers to the arrangement of opposite elements and Effects. For example, light and dark colours, smooth and rough textures, large and small shapes. Contrast can be used to create variety, visual interest, and drama in an artwork.



Repetition and Rhythm:

Combination of elements or shapes repeated in a recurring and regular arrangement; rhythm--is a combination of elements repeated, but with variations.



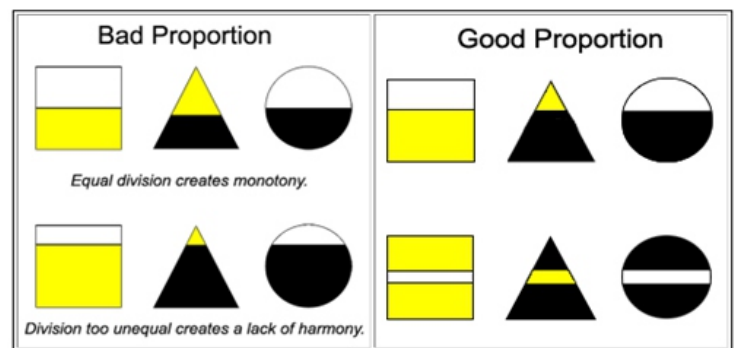
RHYTHM



Repetition

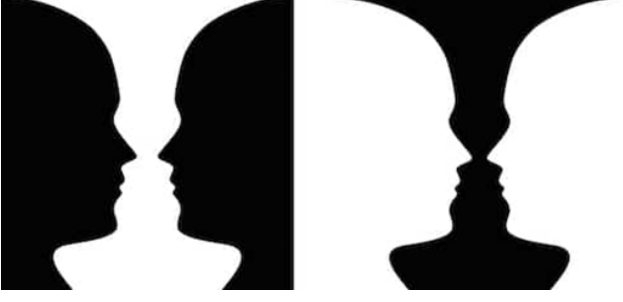
Proportion:

Proportion is usually not even noticed until something is out of proportion. When the relative size of two elements being compared seems wrong or out of balance it is said to be “out of proportion”. For example, if a person has a head larger than their entire body, then we would say that they were out of proportion.



Space:

Positive space is best described as the areas in a work of art that are the subjects, or areas of interest. Negative space is area around the subjects, or areas of interest.



Positive and Negative Space

Harmony:

Harmony is the visually satisfying effect of combining similar or related elements. Harmony in a painting or design helps to bring about unity. All harmony and no contrast, however, can become monotonous. A balance must be struck between the areas of harmony and areas of contrast.



Unity:

Unity refers to how different elements of an artwork or design work come together and create a sense of wholeness. It can be achieved through proximity, simplicity, repetition and continuation.



हे सगळं समजावल्यावर मी विचारले, “हम... समजल का आता तुम्हाला काय काय पैलू वापरयचे design करताना ? आपण आधी एक खेळ खेळूया. खेळणार ना सगळे? सगळ्यांनी आपला व्हिडीओ कॅमेरा सुरु ठेवायचा आणि आपल्या घरातील किचन मध्ये जाऊन आई वापरत नाही अशा वेगवेगळ्या आकाराच्या पाच वस्तू घेऊन यायच्या. जो पहिला येईल तो जिंकला!” आणि खेळ सुरु झाला. सगळे पळाले की वस्तू शोधायला !

आई... आई वस्तू दे वस्तू दे...हे वापरत नाहीस ना तू ? अग काय... सांग नापटपट काय काय घेऊ ते.....

असे संवाद ऐकू येऊ लागले आणि मग सगळेजण वेगवेगळ्या वस्तू स्क्रीन समोर धरून दाखवू लागले. “सर माझ्या झाल्या.....सर माझ्या झाल्या पाच वस्तू !” नुसता धुमाकूळ !! घरच्यांना कळेना नेमके काय चालू आहे. काहींचे आई वडील तर काय झाले अचानक ते पाहायला सेशन मध्येच आले. वस्तू तर खूप छान छान जमा झाल्या. चमचा, प्लेट, किटली, ग्लास, बरणी, डबे, कप इत्यादी. मग मी म्हणालो, “आता माझे काम बंद आणि तुमचे सुरु करा. म्हणजेच मिळालेल्या वस्तू मधील ज्या वस्तूचा आकार आवडला आहे तो design साठी निवडा आणि हो एक लक्षात ठेवा...वरती पाहिलेल्या पैलूंचा वापर करायचा आहे बरका !!” सगळे कामाला लागले, design झालेल्या वस्तूंचे फोटो विद्यार्थ्यांनी क्लास रूमवर अपलोड केले आणि माझे सेशन यशस्वी झाले. खरच....design ची तत्वे आपल्याला निसर्गात अनेक ठिकाणी दिसतात. अगदी सांगायचं झाल तर दूरपर्यंत पसरलेल्या सहयाद्रीपर्वतांच्या रांगा पाहिल्या कि तिथे Harmony हे तत्व दिसते. तेच दृश्य पहाटे सूर्य उगवतो तेव्हा पाहिल तर Emphasis / Focal point हे तत्व दिसू लागते. आहे ना किती गंमत ! चला तुम्ही ही शोधा design ची तत्वे कुठे कुठे दिसतात ते, शोधा ना ?



श्री. सागर वाघले
कला शिक्षक
स्वलिखित

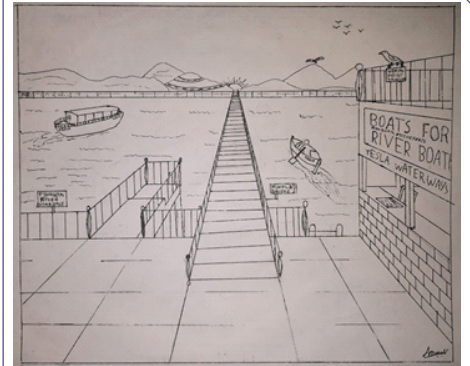
Students photo gallery - Art& Craft Activity



Design -
Mohit Mhasawade VIII - M



Still-life -
Vedant Yadav VIII - V



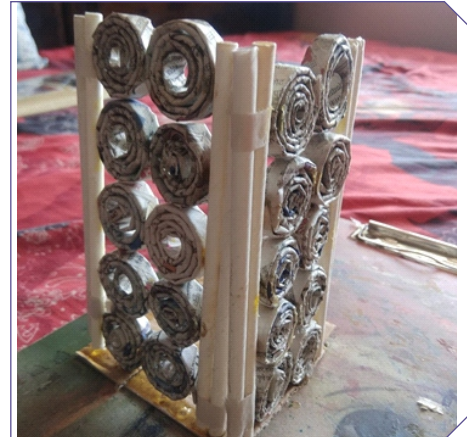
One point perspective
Arnab Nandurkar VII - M



Quilling Decorative Painting -
Veddika Kannav VII - M



Collage frame -
Yugandhara Bokil VIII - E



News paper pen stand -
Swarali Adhav VI - E



Mandela art design -
Aarya Jadhav VI - V



Flashlight Story Making -
Ananya Mule VI - E



Memory Drawing -
Krithika Budhalekar VI - E

Students photo gallery - Pre-Primary Section - Mini K. G.



Clay Modeling Activity



Independence Day Celebration



Pasting Activity



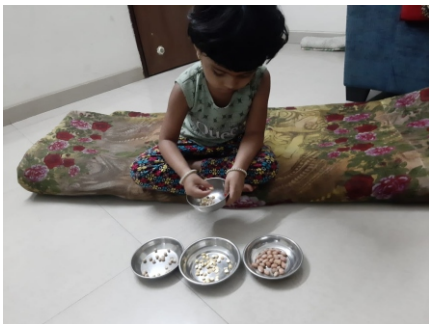
Learning Shapes



Rainy Season Activity



Rangoli Making Activity



Sorting Activity



Gokulashtami Celebration

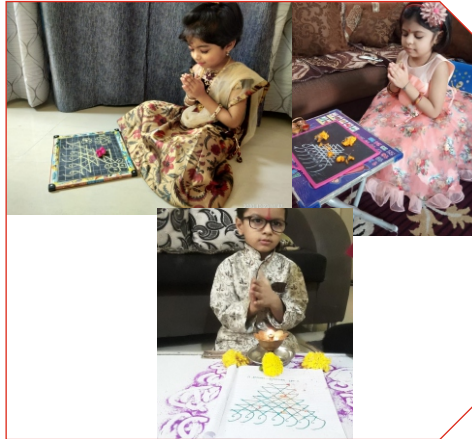


Colouring Activity

Students photo gallery - Pre-Primary Section - Jr. K. G.



Blotch Painting



Saraswati Poojan



Magic Painting



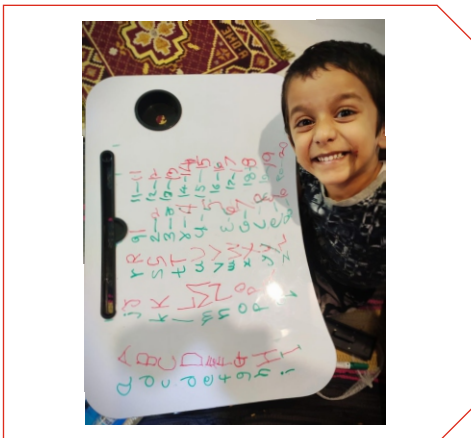
Masala Papad Activity



Origami Activity



Root Vegetable Cart Making Activity



Writing Practice...



Fork Painting



Fun With Colours

Students photo gallery - Pre-Primary Section - Sr. K. G.



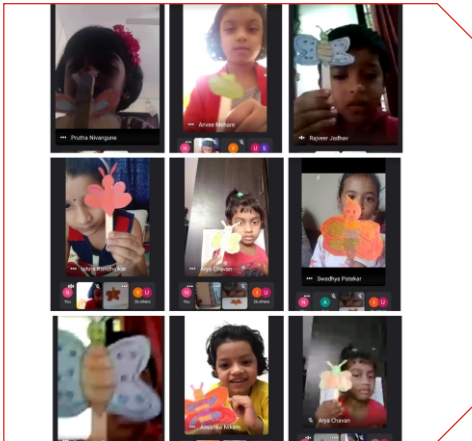
Palm Printing Activity



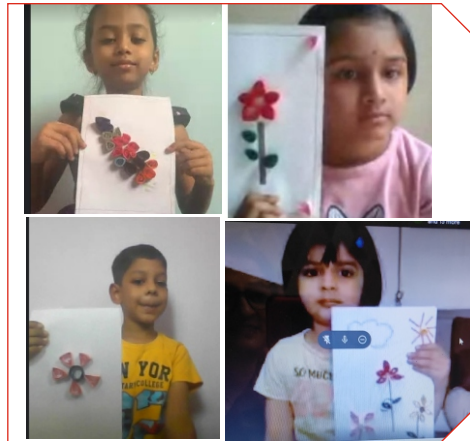
Clay Modelling Activity



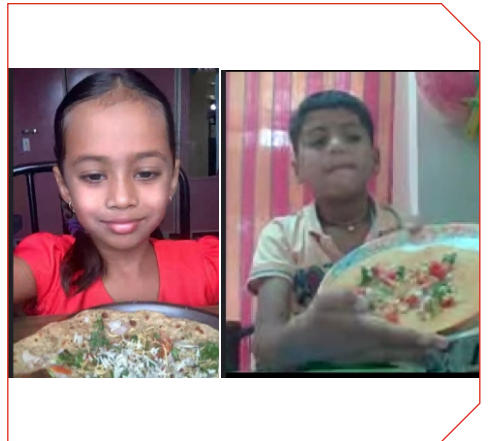
Ashadhi Ekadashi Celebration



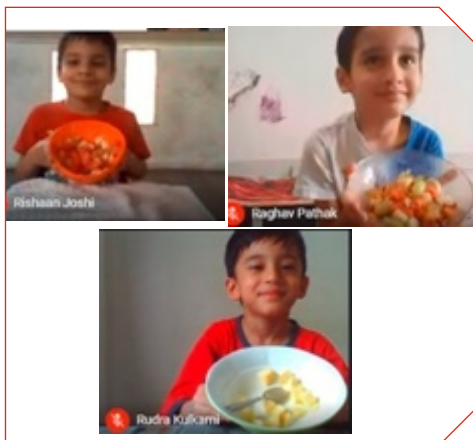
Creating Stick Puppet Activity



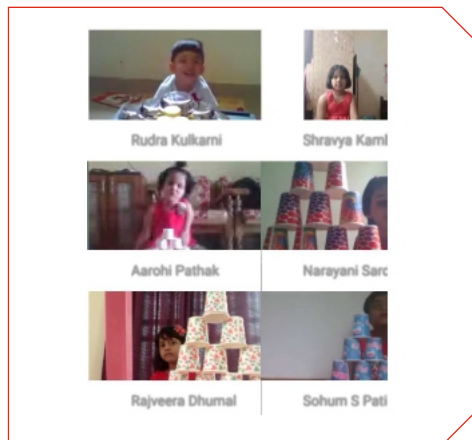
Quilling Activity



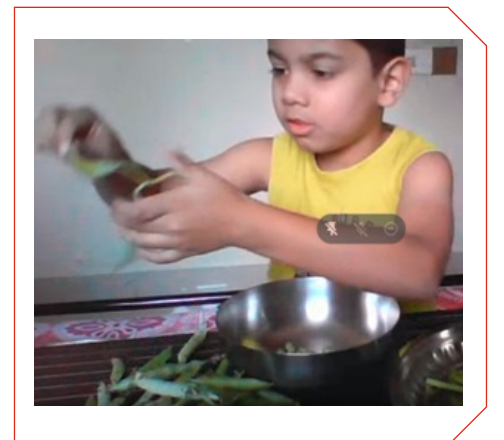
Masala Khakra Making Activity



Fruit Chat Activity

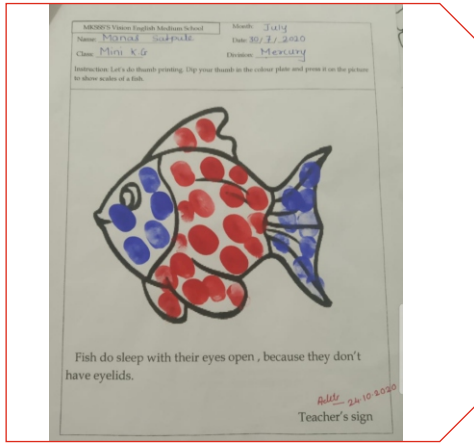


Tower Making

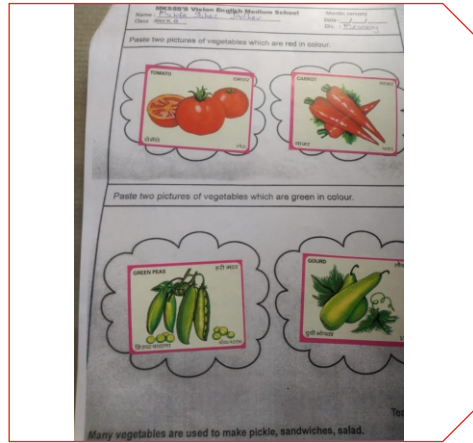


Vegetable Sorting

Students worksheets photo gallery - Pre-Primary Section



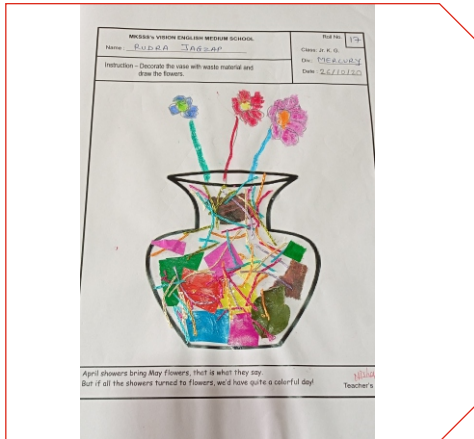
Manas Satpute - Mini K.G.



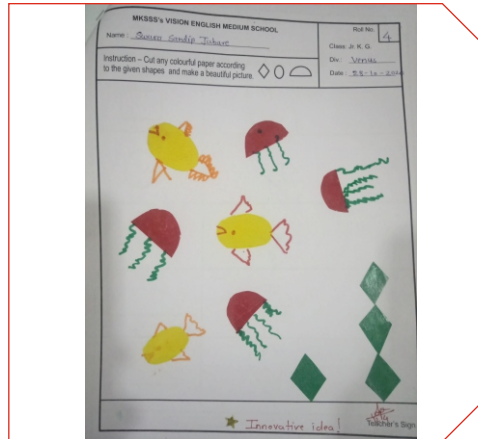
Mukta Jadhav - Mini K.G.



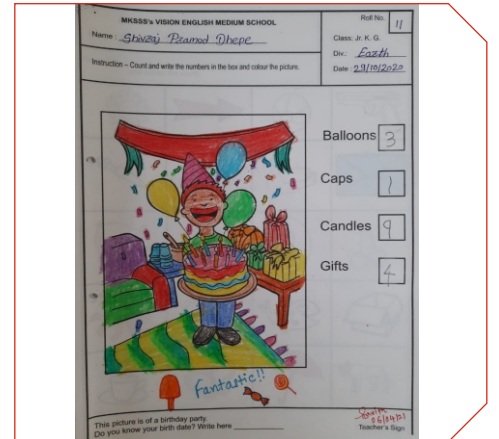
Mukta Jadhav - Mini K.G.



Rudra Jagtap - Jr. K.G. - M.



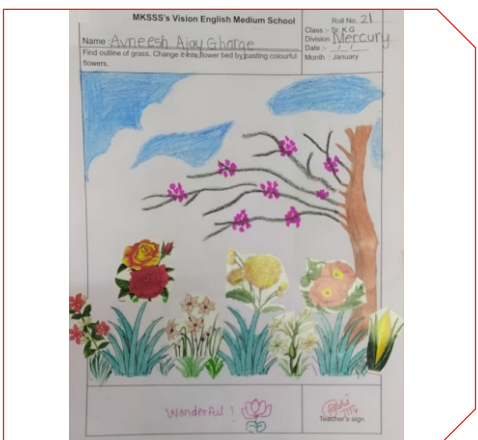
Swara Jhambare - Jr. K.G. - V



Shivraj Dhepe - Jr. K.G. - E



Jui Shembekar - Sr. K.G. - M

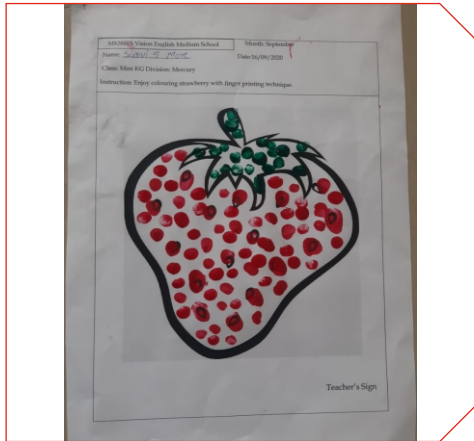


Avneesh Garge - Sr. K.G. - M

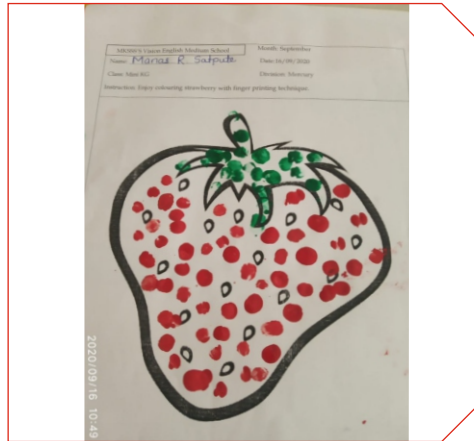


Shlok Jadhav - Sr. K.G. - V

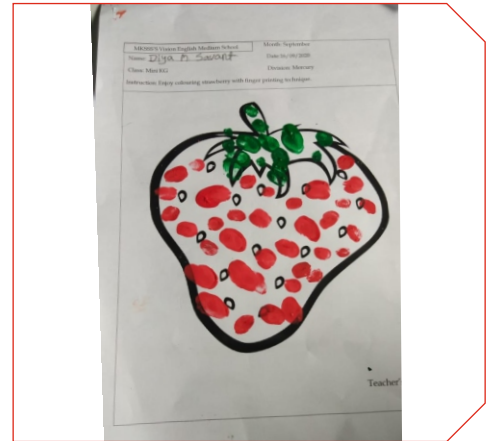
Student winner's drawing photo gallery - Pre-Primary Section



Sanvi More - Mini. K.G.



Manas Satpute - Mini. K.G.



Diya Savant - Mini. K.G.



Ira Nikam - Jr. K.G. - M



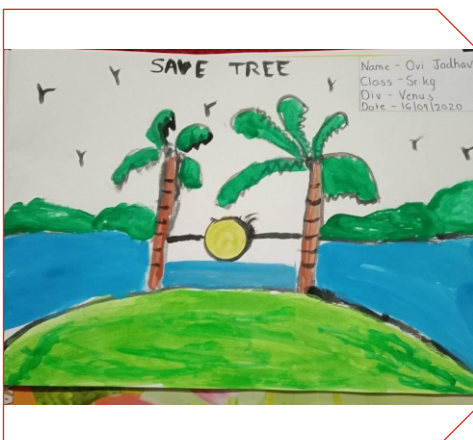
Aarush Gholsare - Jr. K.G. - V



Hridaan Mate - Jr. K.G. - E



Narayani Sardeshmukh - Sr. K.G. - M



Ovi Jadhav - Sr. K.G. - V



Ovi Kadu - Sr. K.G. - E

पूर्वप्राथमिक विभाग शिक्षक वर्ग



कोयल सी तेरी बोली....
सौ. अदिती परांजपे !



कवित्व, वक्तृत्व आणि उपजत मातृत्व
यांची सुरेख सांगड. सौ. विदुला अवचट



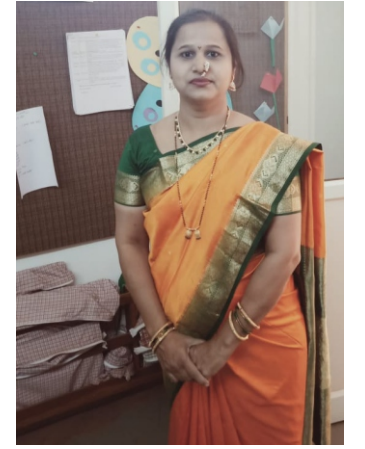
अरे आवाज कोणाचा....व्हिजन च्या
ढोल वादकाचा !! सौ. नेहा गाडगीळ



सिखाना हो बच्चो को या हो पाठशाला को सजाना,
अपर्णा जी किसीभी काम कें लिये नहीं करती मना



चर्चा करणे असो वा असो कौतुक सोहोळा...
सारे काही उत्स्फूर्त! सौ. आसावरी देशपांडे



विनम्र स्वभाव आणि कामात धडाडी
असा दुर्मिळ संगम...सौ. प्रज्ञा जोशी



केले अविरत परिश्रम, ध्येयासक्त वाटचाल अनेक वर्षांची, विद्यार्थ्यांबरोबरच व्हिजनला मिळवून दिली थाप कौतुकाची !!
सौ. संचिता साने व सौ. पायल कांबळे





स्पर्धा असो वा स्नेह संमेलनाची तयारी, प्रत्येक वेळी मनाची तेवढीच उभारी.
- सौ. आरती नाटेकर



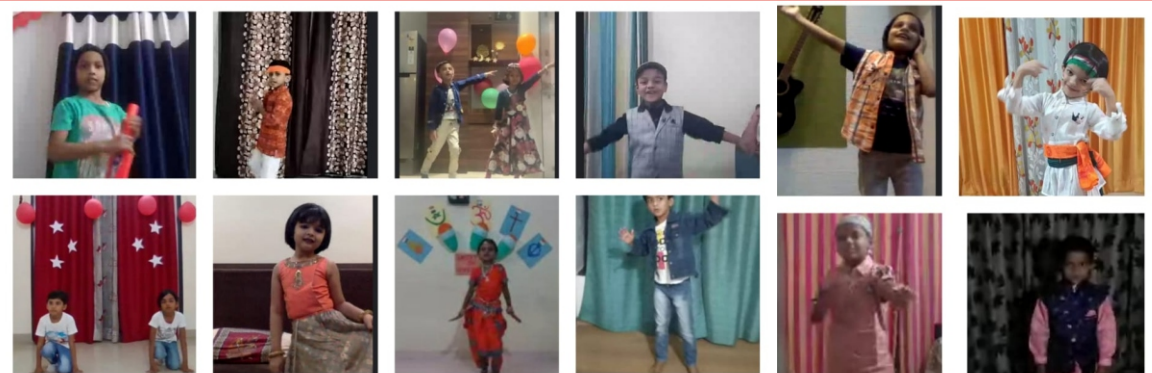
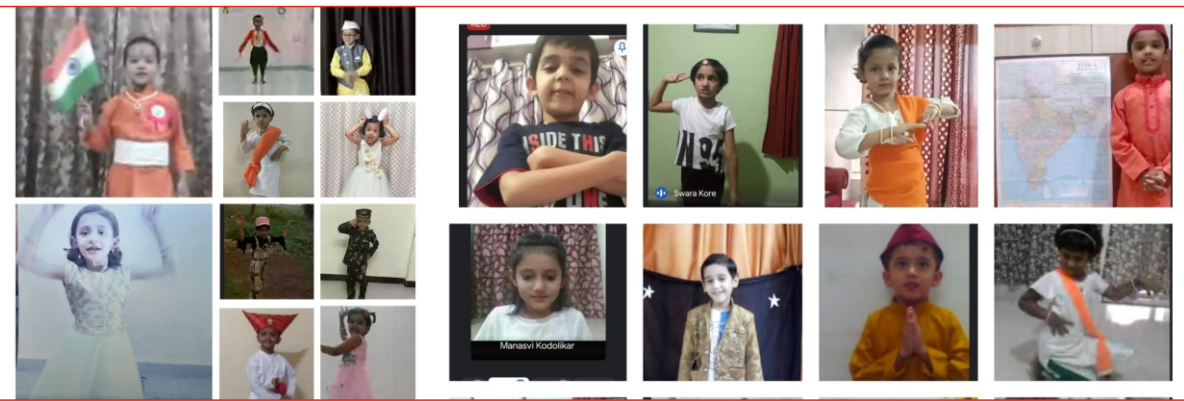
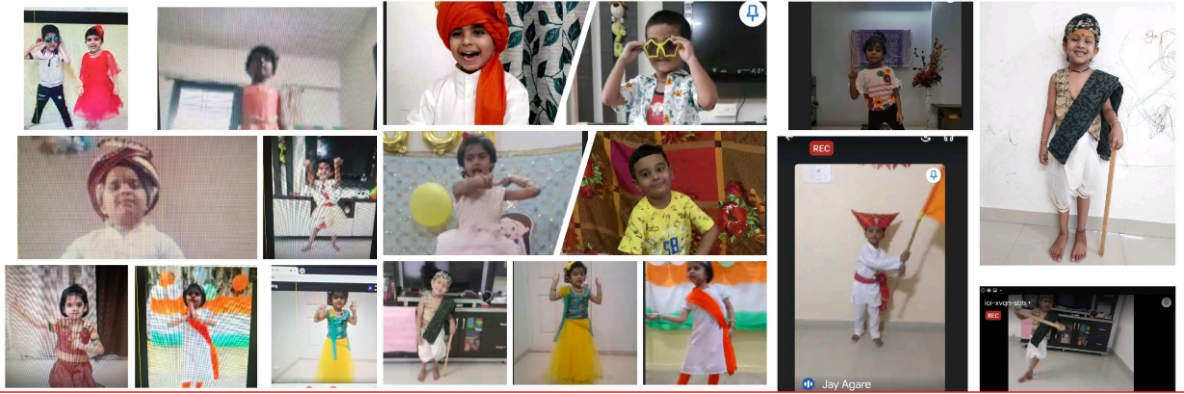
कमी तिथे आम्ही....सौ. विदुला देशपांडे, सौ. सविता अंकाईकर, सौ. आरती भोसले



शिक्षणा पेक्षा मोठे वरदान नाही,
आणि गुरुजनांचा आशीर्वाद मिळणे,
या पेक्षा मोठा कोणता सन्मान नाही.

निखळ हास्य आणि आनंदी वृत्ती,
नाविन्यपूर्ण कलाकृती - सौ. निशा देशपांडे

आभासी स्नेहसंमेलन - पूर्वप्राथमिक विभाग



एकता के कई रंग

विविधता में एकता इस विषय पर बात करने से पहले इस विषय की परिभाषा जान लेते हैं। जहाँ पर अलग-अलग संस्कृति और धर्म के लोग एक साथ आते हैं और शांति से रहते हैं इसी प्रक्रिया को विविधता में एकता कहते हैं। विविधता में एकता हमें भारत वर्ष में दिखाई देती है।

प्रकृति ने भारत को एक विशिष्ट भौगोलिक इकाई प्रदान की है। उत्तर में हिमालय पर्वत ऊँची दीवार के समान हमारी रक्षा करता है, पूर्व-पश्चिम दक्षिण में विशाल सागर हैं। इस विशाल भूखंड में भारतीय संस्कृति का विकास हुआ। मनुष्य आपकी बुद्धि एवं विवेक का प्रयोग कर विचार और कर्म के क्षेत्र में जो सृजन करता है वह संस्कृति कहलाती है। भाषा और धर्म संस्कृति के एक अलग प्रकार के पहलू हैं जो सामान्यतः भौगोलिक रूप से अवगत क्षेत्रीय संदर्भ में शामिल होते हैं। भारत के अंदर व्यापक क्षेत्रीय संस्कृति है, जो विभिन्न भाषाओं, बोलियों, धार्मिक संस्थाओं, आर्थिक संस्थाओं आदि से प्राप्त हुई है।

हमारे देश में विभिन्न वर्गोंद्वारा १८० से भी अधिक बोली भाषाएँ बोली जाती हैं। इन में नब्बे अप्रचलित भाषाएँ दस हजार से भी कम लोगो द्वारा बोली जाती हैं। बारा मुख्य भाषायी क्षेत्र का निर्माण करती है। ये भाषाएँ हैं - पंजाबी, कश्मीरी, हिंदी, बांगला, आसामी, ओडिसा, गुजराती, मराठी, कन्नड, तेलगु, तमिल और मलयालम। हिंदी इन सभी भाषा परिवार की मुख्य भाषा है तथा राष्ट्रभाषा भी है। इन विभिन्न भाषा बोलने वाले लोगों को एक बंध में बाँधकर रखने का कार्य हिंदी भाषा करती है।

भारत में अनेक क्षेत्र में सांस्कृतिक विविधता दिखाई पड़ती है। यह विभिन्न क्षेत्र के व्यक्तियों में सांस्कृतिक विविधता मिलती है। लोगों का खानपान,

वेशभूषा यहाँ तक की मानसिकता भी अलग-अलग प्रकार की है। इसी के साथ भारत के विभिन्न भागों में अलग-अलग धर्म जैसे हिंदू, मुस्लिम, सिख, ईसाई, बौद्ध, पारसी, जैन, आदि लोग रहते हैं। धर्म के अनुसार आचरण करने की सहूलियात भी सबको है। धर्म के अनुसार त्योहार मनाने की आजादी भी सब को है। यहाँ विविध प्रकार के त्योहारमनाए जाते हैं। जैसे-बैसाखी, सांझी, होली, ओणम, पोंगल, बिहू, गुढीपाडवा, पतेती आदि यहाँ त्योहार सभी देशवासी मिलकर मनाते हैं।

पूरे विश्व में भारत ही एक कुदरती रूप से संपन्नता प्राप्त करने वाला देश है। यहाँ पर्वत, नदी, समुद्र, रेगिस्तान, और जंगल सब देखने को मिलता है। ऐसा हमारा भारत देश विविधता में एकता के दर्शन करवाता है।

जैसे बाग एक होती है परंतु उसमें अनेक प्रकार के पुष्प होते हैं वैसे ही भारत में धार्मिक भौगोलिक, भाषिक, सामाजिक, वैचारिक, राजनैतिक विविधताओं के बाद भी उनमें एकता है। एकता से यह भारत वर्ष की बाग ऐसी ही महकती रहेगी।

एकता का परिचय देते हुए आदरणीय अटलजी की कुछ पंक्तियाँ याद आती हैं -

“भारत कोई जमीन का टुकड़ा नहीं है। जीता जागता राष्ट्रपुरुष है, अभिनंदन की भूमि है, अर्पण की भूमि है। यहाँ पर हर नदी हमारे लिए गंगा है, हर कंकड़ में शंकर है, जियेंगे तो देश के लिए, मरेंगे तो देश के लिए।”



श्रीमती सुवर्णा तांबे
हिंदी अध्यापिका -
माध्यमिक विभाग
स्वलिखित

कार्यक्षेत्र में एकता

अनेकता में एकता ! यह छोटा-सा वाक्य कितना गहरा और अपने आप में अथाह अर्थ समाए हुए है। हम अनेकता में एकता के बारे में बहुत कुछ पढ़ते और सुनते आए हैं जैसे हमारा देश विविध असमानताओं और अनेकताओं के बावजूद एक है, अखंड है इत्यादि। परंतु आज मैं अपने जो विचार व्यक्त करना चाहती हूँ, वह देश के अनेकता में एकता के बारे में वही नहीं अपितु अपने कार्यक्षेत्र की अनेकता में एकता के विषय में है।

हम अपने परिवार, नीजी रिश्तेदारों के अलावा जहाँ सबसे ज्यादा समय व्यतीत करते हैं वह है हमारा 'कार्यक्षेत्र' या 'वर्कप्लेस' जो कि हमारी पाठशाला है और पाठशाला में कार्यरत विभिन्न कर्मचारीगण तथा शिक्षकगण जो विभिन्न धर्मों के, मान्यताओं के, विचारधाराओं के और विभिन्न कार्यों और कलाओं में निपुण होते हैं।

कितने आश्चर्य की बात है ना कि साथ कार्य करते हुए कार्य शैलियों के साथ - साथ हम सारी छोटी बड़ी चीजें साझा करते हैं। उदाहरणतः किसी व्यंजन की विधी, तो कभी अपने सुख दुख, और अपने तनाव भी। साथ काम करते हुए हम एक दूसरे के सुख-दुख में सहभागी भी होते जाते हैं। अपने सहकर्मियों के साथ कार्य करते हुए हम रोज कितने ही विचारों, कार्यशैलियों, व्यक्तिमत्त्वों से नई चीजें सीखते जाते हैं और यह गुण हमारे व्यक्तित्व का हिस्सा बन जाता है इससे हम स्वयं भी अनभिज्ञ रहते हैं। यह कार्यक्षेत्र हमारी जिंदगी का एक अटूट अंग बन जाता है और सहकर्मचारी, हमारे मित्र और हमारे ही परिवार का ही एक विस्तारित हिस्सा भी हो जाते हैं।

वह कहानी तो हम सभी जानते हैं जिसमें एक लकड़ी के टुकड़े को तोड़ना कितना आसान होता है परंतु वही लकड़ी

अगर एक गूठे का हिस्सा हो तो टूट पाना असंभव होता है। हम भी सब साथ मिलकर कार्य करते हैं, एक होकर कार्य को संपन्न करते हैं तो ना सिर्फ वैयक्तिक रूप से सफल होते हैं परंतु हमारा कार्यक्षेत्र भी नई सफलताओं का परचम फहराता है। यह संभव हो पाता है हमारे साथ चलने से, एक होकर कार्य करने से। कई कार्य अकेले असंभव से प्रतीत होते हैं परंतु वही कार्य साथ मिलकर कितनी सुंदरता से, सहजता से सफल हो जाते हैं। सच तो यह है कि अलग - अलग भाषा बोलने वाले, विभिन्न परिवेश से, बौद्धिक क्षमताओं के गुणों से परिपूर्ण हमें जब कोई कार्य सौंपा जाता है तो वह कार्य साथ मिलकर सार्थक करने का अनुभव शब्दों में पिरोना तो काफी मुश्किल है परंतु उसकी खुशी हमें नए कल के लिए, नए कार्य के लिए ऊर्जा दे जाती है। यही सत्य है इसलिए एकता में शक्ति है तथा अखंडता है।

'कबीर के दोहे याद आते हैं,

कबीरा कुआँ एक है, पानी भरे अनेक,
बर्तनही में भेद है, पानी सब में एक।'

और किसी शायर ने क्या खूब कहा है,

'मैंने गीता और कुरान को कभी लड़ते नहीं देखा है,
और जो इनके लिए लड़ते हैं उन्हें कभी पढ़ते नहीं देखा है।'
धन्यवाद !



श्रीमती अवनी पाटील
वर्ग शिक्षिका - आठवी - मर्क्युरी
स्वलिखित

देश एक पर बोलियाँ या भाषाएँ अनेक

भारत देश “विविधता में एकता” का एक अच्छा उदाहरण है। भौगोलीक, धर्मिक, सांस्कृतिक आदी हर क्षेत्र में विभिन्नता देखी जा सकती है। इन सब के साथ भाषिक विविधता तो सबसे अनोखी है।

‘एकम् सत् विप्रा बहुधा वदन्ति।’

यह संस्कृत श्लोक इस बात को अच्छी तरह से कथन करता है। इसका सार है, सत्य एक है; जिसे बुद्धिमान विभिन्न नामों से बुलाते हैं। इस श्लोक से एक बात सामने आती है कि सत्य तो एक ही होता है पर वह अनेक भाषाओं द्वारा कहा जा सकता है। यही श्लोक भारतीय संस्कृति और विशेषतः भारतीय भाषाओं के साथ जोड़ा जा सकता है।

प्राचीन काल से ही भारत में विभिन्न भाषाएँ बोली जाती हैं। विद्वानों की धारणा है कि भारत में आर्यों के आगमन से पूर्व आग्नेय, द्रविड और भाट चीनी परिवारों के लोग यहाँ बसे हुए थे। परिणामस्वरूप आर्य भाषाओं से पूर्व यहाँ इन्हीं परिवारों की भाषाएँ बोली जाती थी। वैदिक साहित्य के अध्ययन के आधार पर यह कहा जा सकता है कि आर्यजन भारत में एक ही समय और एक दल के रूप में नहीं आए, अलग समय और अलग जगह आकर बसते गये। आर्य और अनार्य जाति के बीच संघर्ष होने के बावजूद वे एक दूसरे के साथ रहने लगे। इसी के साथ इन में सामाजिक, सांस्कृतिक, भाषिक आदी आदान प्रदान की परंपरा प्रारंभ हुई। उत्तर वैदिककाल में आर्य संस्कृति जैसे पूर्व और दक्षिण भारत में फैलती गयी, वैसे उनकी मूलतः साहित्यिक और सांस्कृतिक भाषा संस्कृत भी चारों ओर फैलती गयी। इसी प्रकार भारत की सभी भाषाओं में एकात्मता का शिलान्यास संस्कृतने किया, जिसके कारण आज भी भारत को ‘एक भाषिक क्षेत्र’ कहा जाता है। अर्थात् भारत एक ऐसा भाषिक क्षेत्र बन गया है जहाँ विभिन्न परिवारों की जो भाषाएँ बोली जाती हैं, परंतु इन भिन्न परिवारों की जो भाषाएँ भारत के बाहर प्रचलित हैं उनकी तुलना में भारत में बोली जानेवाली भाषाएँ आपस में

अधिक समान हैं।

भारतीय संविधान की आठवी अनुसूची भारत की भाषाओं से संबंधित है। इस अनुसूचीने २२ भारतीय भाषाओं को शामिल किया गया है। यही बात भारत को जग में बाकी देशों से एक अलग पहचान देती है। भारत जग में एकमात्र देश है जहाँ पर शासकीय स्तर पर विभिन्न भाषाओं में काम किया जाता है। यहाँ हर राज्य की अपनी अलग भाषा और उपभाषाएँ हैं और यही बात भारत की एक विशेषता है।

भारत को एक दूसरे से जुड़े रखने का काम भारतीय भाषाओं ने किया है। प्राचीन काल से इसी बात ने भारत की अखंडता को कायम रखने में सहयोग दिया है। यहाँ पर हर भाषा का अपना साहित्य, कला आदि का इतिहास प्राचीन है। साहित्य एवं लिपी अलग होने के बावजूद बोलचाल के स्तर पर, बाजार की भाषा के रूप में, लोकप्रिय साहित्य, रंगमंच, सिनेमा, नृत्य और अन्य कला माध्यमों से वह एक दूसरे के साथ जुड़े रहे हैं।

“India presents a spectacle of museum of tongues.”

यही बात प्रख्यात समाजशास्त्री श्री. ए. आर. देसाई द्वारा कही गयी है। इसी बात को लेकर हम यह कह सकते हैं यहाँ हर क्षेत्र में जो विविधता पाई जाती है वही भारत की एकता को और दृढ़ बनाती है और इन सब में भाषा का सहयोग सबसे महत्वपूर्ण माना जाना चाहिए।



श्रीमती मानसी शास्त्रीग्राम
वर्ग शिक्षिका - दुसरी - मर्क्युरी
स्वलिखित

वतन की शान एकता

हमारे वतन की शान है एकता,
विश्व में भारत की पहचान है एकता ।
भिन्न जाती, धर्म और बोलियों की मधुरता,
फिर भी यहाँ जतन है संस्कृति और सभ्यता ।
खान - पान और पहनावे में है विविधता,
रंग - रूप अलग होपर अपनाए हम सुत्र एकता।
प्रेम और भाईचारे से बनी है, राष्ट्र की अखंडता,
ज्ञान के दीप जलाकर बढ़ाए
जन - जन में साक्षरता ।
संगठन, बिखरने से है बचाता और प्यार
के रिश्ते में बांधता,
एकजूट है प्रगती की कुंजी जो जागृत रखें हममें
राष्ट्रीयता ।



श्रीमती तनुजा जोशी
हिंदी अध्यापिका
प्राथमिक, माध्यमिक विभाग
स्वरचित

कोरोना अब तो बख्श दो ना

कोरोना अब तो बख्श दो ना
घूमना फिरना सबका रद्द करवा दिया अब तो पर
खोलने दो ना,
कोरोना अब तो बख्श दो ना...
होटल, दुकाने बंद करवा दी
अब तो उम्मीदों को अंजाम देने दो ना,
कोरोना अब तो बख्श दो ना...
मस्तानी, आइसक्रीम हाथों से छीन ली
अब तो जिप्सी को ठंडक दो ना,
कोरोना अब तो बख्श दो ना...
गर्मियों की छुट्टियाँ बिगाड़ दी,
अब तो सबकी सर्दियाँ गुलाबी वादियों से महका दो ना..
कोरोना अब तो बख्श दो ना...
गणपती बाप्पाने बिना कोई धूम-धाम के बिदायी ले ली
अब तो सबका दामन उत्साह से भर दो ना,
कोरोना अब तो बख्श दो ना...
मंदिर, चर्च, मश्जीद को ताला लगवा दिया
अब तो राही को राह दिला दो ना,
कोरोना अब तो बख्श दो ना...
कई लोगों को भूखा सुला दिया
अब तो हौसलों को उड़ान भरने दो ना,
कोरोना अब तो बख्श दो ना...
कई लाडलों को विदेश ही अकेले रुकवा दिया
अब तो उस माँ की पुकार सुन लो ना,
कोरोना अब तो बख्श दो ना...



साची नेवासकर
दसवीं - मर्क्युरी
स्वरचित

Photo - Gallery



Online sessions



Videos



Online celebration of Yoga Day



Red dot paper disposal bags making by Sevikas



Meditation sessions



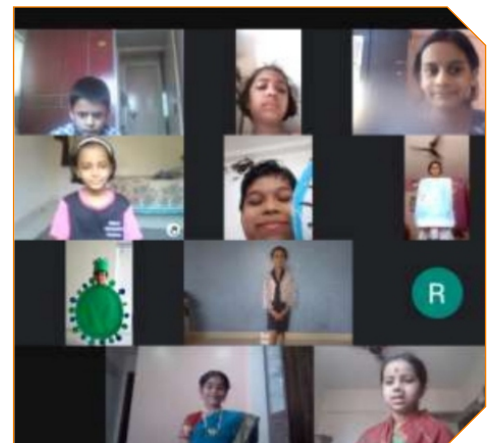
Deep cleaning of the school



School visit by - Baya Karve Award Recipient Mrs. Jaya Moyong



Online gathering



Online fun activity

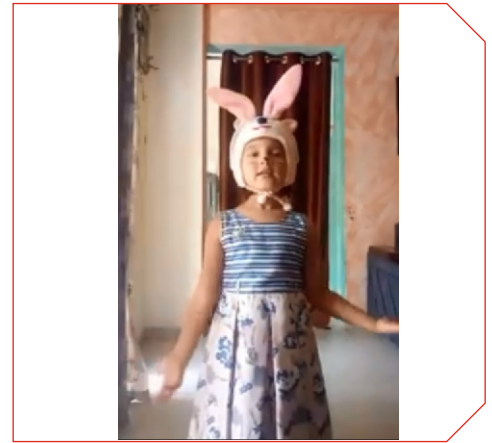
Competition photo gallery



Mini. K. G. - Rhymes



Jr. K. G. - Object Talk



Sr. K. G. - Story Narration



Mini K. G. - Flower Rangoli
(Parent - child)



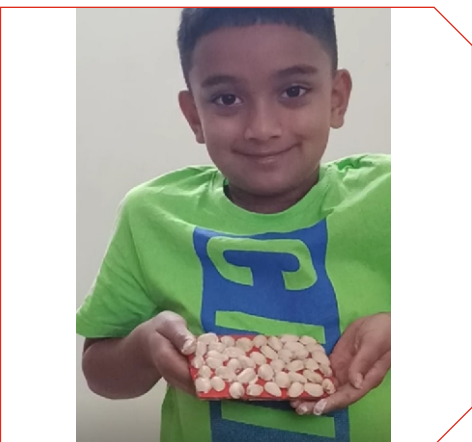
Jr. K.G. - Grain Rangoli
(Parent - child)



Sr. K.G. - Water Rangoli
(Parent - child)



Std. I - Wall hanging



Std. II - Tea coaster

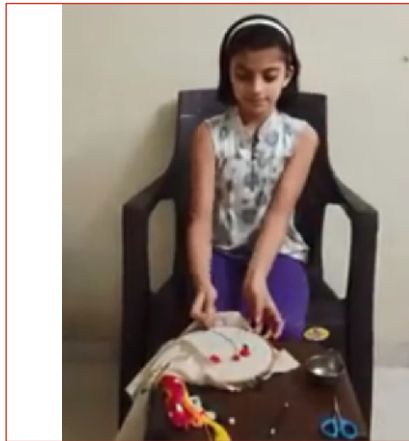


Std. III - Table mat

Competition photo gallery



Std. IV - Door Mat



Std. V - Handkerchief Embroidery



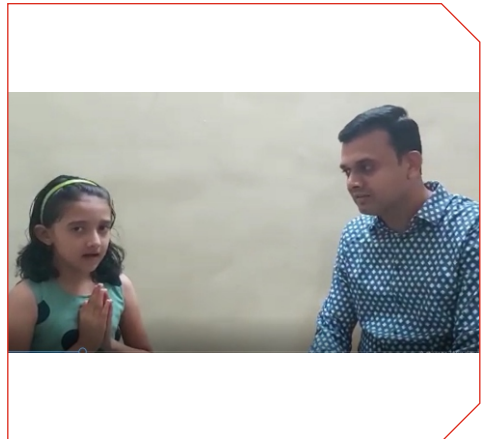
Std. VI - Dupatta Design



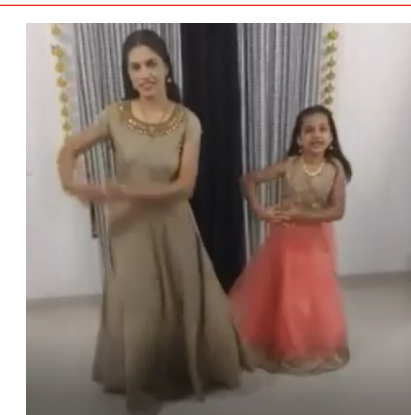
**Std. I - Garland Making
(Parent - child)**



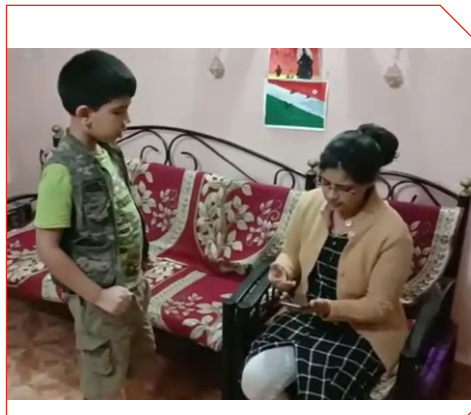
**Std. II - Flower Decoration
(Parent - child)**



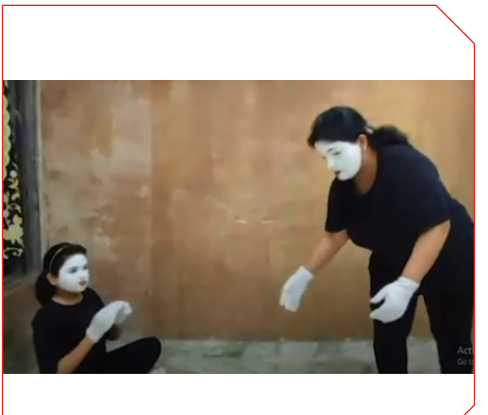
**Std. III - Singing
(Parent - child)**



Std. IV - Dance



Std. V - Drama



Std. VI - Mime

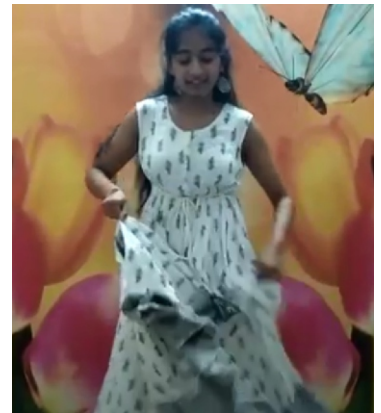
Competition photo gallery



Std. VII - Clock making



Std. VIII - Newspaper Articles



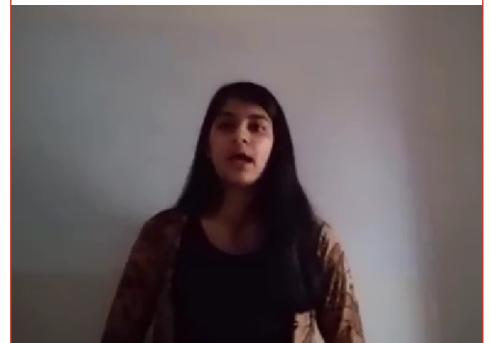
Std. IX - Solo Dance



Std. X - Group Dance



Std. VII - Photo of the year
(Parent - child)



Std. VIII - Virtual Class
(Parent - child)



Std. IX - Make your advertisement
(Parent - child)



Std. X - Short Film Festival
(Parent - child)

*Never stop learning,
because life
never stops teaching.*