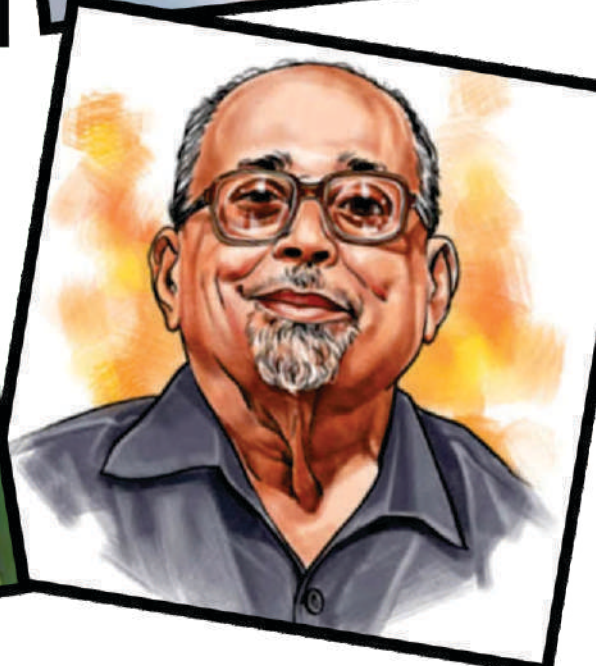
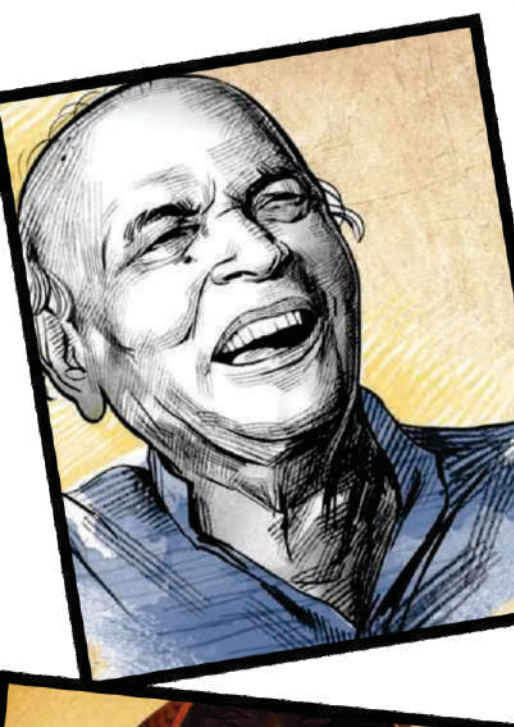


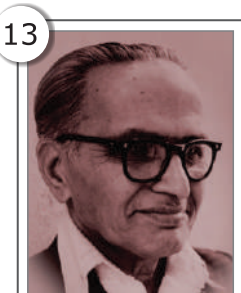
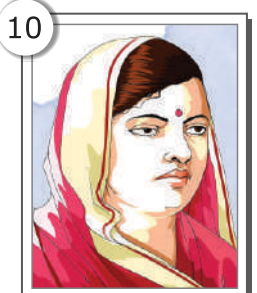
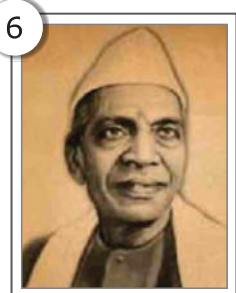
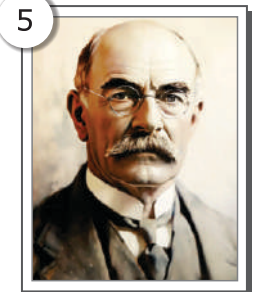
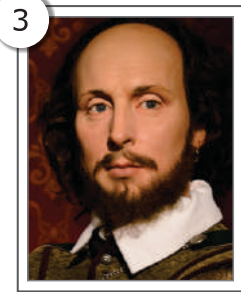
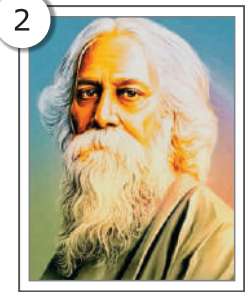
# कृदरपुवर्जवौ

INSIGHT  
2023-24





Sr. No.	Name of the Poet	Famous poems
1	Sarojini Naidu	In the Bazaars of Hyderabad, Song of a Dream, The Bangle Sellers
2	Rabindranath Tagore	Waiting, Friend, Gitanjali, Where the Mind is Without Fear
3	William Shakespeare	The Phoenix and the Turtle, A Lover's Complaint, 154 Sonnets
4	William Blake	Jerusalem, The Lamb, The Little Black Boy
5	Rudyard Kipling	If, Gunga Din, The City of Sleep, The Way Through The Woods
6	मैथिली शरण गुप्त	करो अपनी भाषा पर प्यार
7	शिवमंगल सिंह (सुमन)	हम पंछी उन्मुक्त गगन के
8	गुलजार (मूल नाम - सम्पूर्ण सिंह कालरा)	किताबें झाँकती हैं बंद अलमारी के शीशों से, हमको मन की शक्ती देना
9	हरिवंशराय बच्चन	आ रही रवि की सवारी, अग्निपथ, बाल कविता - गुब्बारे
10	सुभद्राकुमारी चौहान	झाँसी की रानी, कदंब का पेड़, मेरा नया बचपन
11	गजानन दिगंबर माडगूळकर	गीतरामायण, जोगिया, गीतगोपाल, गीतसौभद्र, सुगंधी वीणा
12	गणेश हरि पाटील	पाखरांची शाळा (बालकविता संग्रह), लिंबोळया (काव्यसंग्रह)
13	विनायक महादेव कुलकर्णी	अंगत पंगत (बालकविता संग्रह), चंद्राची गाडी (बालकविता संग्रह)
14	गोविंद विनायक करंदीकर	धृपद, विरूपिका, स्वेदगंगा, आदिमाया
15	नीलम माणगावे	गाथा उत्क्रांतीची (कवितासंग्रह)





## FOUNDER

Late Maharshi Dhondo Keshav Karve

### President

Smt. Smita Ghaisas

### Vice-President

Shri. Shashikant Sutar

Shri. Ajay Apte

Dr. Kantilal Sancheti

Dr. Dhananjay Kelkar

### Life Workers

Dr. Madhuri Khambete

CA Sheetal Dandavate

Dr. Meena Ganpathy

Smt. Swati Shende

Smt. Kanchan Satpute

Shri. Pradeep Joshi

### Chairman

Shri. Ravindra Deo

### Vice-Chairman

Smt. Vidya Kulkarni

### Trustees

Shri. Rajendra Jog

Shri. Purushottam Lele

Shri. Atul Nagras

### Secretary

Dr. Shri. P. V. S. Shastry

### Managing Committee Members

Shri. Ravindra Deo

Smt. Vidya Kulkarni

CA Abhay Kulkarni

Smt. Savita Kajarekar

Shri. Jayant Inamdar

Dr. Dhananjay Kulkarni

Smt. Mohana Kadam

Shri. Kiran Barate

Smt. Seema Kamble

Shri. Dattaji Thorat

Shri. Prabhakar Sonpatki

Adv. Sandeepak Phadke

### Employee's Representative

#### Among Grantable Units

Shri. Prasad Nagarkar

#### Among Non-Grantable Units

Dr. Ajit Bhosale

Shri. Pradeep Waje

## SCHOOL COMMITTEE

### Chairperson

Dr. Dhananjay Kulkarni

### Members

Smt. Savita Kajarekar

Shri. Ravindra Deo

Smt. Mohana Kadam

CA Sheetal Dandavate

### Principal Headmistress

Smt. Kanchan Satpute

### Headmistress

Mrs. Vrushali Sahasrabudhe

### Supervisor - Secondary Section

Smt. Archana Kanoujia

### Supervisor - Primary Section

Smt. Dhanashri Phadke

### Supervisor - Pre - Primary Section

Smt. Ashwini Khankale

### Teaching Staff

#### Representative

Smt. Suvarna Tambe

Smt. Shweta Ranade

Smt. Vidula Awachat

### Non-Teaching Staff

#### Representative

Smt. Madhura Bhokase





## Managing Committee Members



President  
Smt. Smita Ghaisas



Chairman  
Shri. Ravindra Deo



Vice Chairperson  
Smt. Vidya Kulkarni



Managing Committee Member  
and School LMC Chairperson  
Dr. Dhananjay Kulkarni



Managing Committee  
Member  
Shri. Kiran Barate



Managing Committee  
Member  
Adv. Sandeepak Phadke



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



Managing Committee  
Member  
Shri. Dattaji Thorat



Managing Committee  
Member  
CA 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. Savita Kajarekar



Managing and School  
Committee Member  
CA Sheetal Dandawate



Managing and School  
Committee Member  
Smt. Mohana Kadam





## Vision Staff



Pre-Primary Section



Primary Section



Secondary Section

वसंत बापट -

'केवळ माझ्या महाकडा', 'बिजली', 'सेतू', 'अकरावी दिशा', 'सकीना', 'मानसी', 'शततारका'.





## Vision Staff



Office Staff



Sevak Sevikas



Security Staff



Cleaning Staff

कृष्णाजी केशव दामले (केशवसुत) -  
कवितासंग्रह 'भंग', 'पुष्पापन', 'फुलपाखरू'.





CEC Members - 2023-24			
Mrs. Kanchan Satpute, Mrs. Vrushali Sahasrabudhe (President), Mr. Sachin Patil (Vice-President), Mrs. Sonal Joshi (Secretary), Mrs. Ashwini Khankale			
Sr. No.	Name of the teacher	Std.	CEC Member
1	Mrs. Monali Oak	Mini K.G.	Mr. Jaydeep Gengaje
2	Mrs. Nisha Deshpande	Jr.K.G.	Mrs. Pallavi Kachare
3	Mrs. Ashwini Khankale	Sr.K.G.	Mr. Sumir Jadhav
4	Mrs. Sneha Phadke	I	Mr. Sachin Patil
5	Mrs. Swati Kulkarni	II	Mr. Amolkumar Chavan
6	Mrs. Dhanashri Phadke	III	Mr. Nilesh Pathrikar
7	Mrs. Amrita Madavi	IV	Mr. Rajesh Mali
8	Mrs. Sonal Joshi	V	Mrs. Shalaka Bhome
9	Mrs. Swati Kanade	VI	Mrs. Tanvi Dixit
10	Mrs. Vrushali Sahasrabudhe	VII	Dr. Pritam Gujarathi
11	Mrs. Archana Kanoujia	VIII	Mr. Umesh Kedari
12	Mr. Swapnil Damle	IX	Mrs. Shilpa Chougale
13	Mrs. Jayashree Jangam	X	Mrs. Prity Bidwai



मंगेश पाडगावकर -

‘धारानृत्य’, ‘जिप्सी’, ‘सलाम’, ‘बोलगाणी’, ‘तुझे गीत गाण्यासाठी’, ‘आनंदाचे डोही’, ‘उत्सव’, ‘कबीर’, ‘गझल’.



## Captain, Prefects and Vice Prefects

### Head Boy



Adhiraj Pujari  
(X - V)

### Head Girl



Veddika Kannav  
(X - M)

### Prefects



Piyush Kulkarni  
(X - V)



Anushka Kakade  
(X - M)

### Captains

#### Prithvi House



Bhargavram Kulkarni  
(IX - V)



Vedashree Joshi  
(IX - V)

### Vice- Captains



Shantanu More  
(IX - E)



Pranita Pol  
(IX - M)

#### Akash House



Viraj Kulkarni  
(IX - M)



Aarya Garud  
(IX - E)



Mayank Chandane  
(IX - E)



Diya Wadkar  
(IX - M)

#### Trishul House



Yash Jadhav  
(IX - E)



Prapti Patil  
(IX - M)



Shaurya Mohire  
(IX - V)



Neeraja Sathe  
(IX - V)

#### Agni House



Arnav Jadhav  
(IX - M)



Samruddhi Gholap  
(IX - E)



Jay Choudhary  
(IX - E)



Aarjavi Arankar  
(IX - M)

शांता शेळके -

काव्यसंग्रह - 'गोंदण', 'कविता स्मरणातल्या', 'तोच चंद्रमा', 'पूर्वसंध्या', 'एक गाणे चुलीचे', 'रूपसी', 'पूर्वसंध्या' इ.





## Congratulations!! 100% SSC Board Result - 2022-23



**1st - Arya Gokhale 96.8 %**  
Highest in English - 92,  
Hindi + Sanskrit - 97,  
Marathi- 94, Maths- 97,  
Science -97



**2nd - Shalvi Pawar 94.6 %**



**3rd - Sanjana Pandharkar 94.2 %**  
Highest in Sanskrit - 100

### Other Subject Toppers



**Ishwari Bidkar**  
Hindi+ Sanskrit - 97



**Nakshatraa Salunke**  
Hindi+ Sanskrit - 97



**Arya Shivatare**  
Hindi + Sanskrit - 97  
Mathematics - 97



**Harsh Hinukale**  
SST - 98



**Harsh Sangaonkar**  
Mathematics - 97



**Anagha Jadhav**  
Mathematics - 97



**Amogh Patil**  
Mathematics - 97

### Dr. Homi Bhabha Balvaidnyanik Competition - Qualified for Second Level



**Avnish Bangale**  
(IX - M)



**Anushka Kakade**  
(X - M)

बालकृष्ण भगवन्त बोरकर - कवितासंग्रह - 'प्रतिभा', जीवनसंगीत, दूधसागर, आनंदभैरवी, चित्रवीणा, गितार, चैत्रपुनव,  
चांदणवेल, कांचनसंध्या, अनुरागिणी व लावण्यरेखा (अप्रकाशित).



**Olympiad Medalists 2023-24**  
**Qualified for 2<sup>nd</sup> Level (Medal of Excellence)**



Manasvi Kodollikar (III - E)  
IEO, NSO



Om Kulkarni (IV - M)  
IEO



Kavya Karale (V - M)  
IEO



Tanishka Karale (V - M)  
IEO, NSO



Anvi Gole (VII - M)  
IEO



Chaitanya Dandage (IV - E)  
NSO



Madhura Kumbhar (VII - M)  
NSO



Reva Patil (VIII - M)  
NSO, IMO



Mayank Tamang (III - E)  
IMO



Soham Joshi (III - M)  
IMO



Shantanu Sambare (IV - E)  
IMO



Gauri Paramali (V - M)  
IMO



Dnyaneshwari Pawar (VI - V)  
IMO



Shreya Shinde (VII - M)  
IMO



Shlok Jadhav (III - V)

**\* SOF Star Performer \***

ISSO -  
Gold medal of Distinction  
Zonal Rank - 24,  
Regional Rank - 25  
International Rank - 27

चिंतामणी त्र्यंबक खानोलकर (आरती प्रभु) - 'सामना', 'चानी', 'निवडुंग' इत्यादी चित्रपटांतील गाजलेली गीते, 'कसे? कसे हसायचे' 'गेले दयायचे राहून' यांसारखी अनेक गाजलेली भावगीते.





## Marathi Olympiad Special Appreciation and Medal



Spruha Ranade (III - M) and Arpita Khiste (VI - M)

### Marathi Olympiad Special Appreciation

Sr. No.	Name of the Students	Std. and Div.
1	Prutha Nivangune	(III - V)
2	Shantanu Satav	(III - V)
3	Shravya Kamble	(III - M)
4	Rajveer Jadhav	(III - V)
5	Swaransh Kasar	(III - E)
6	Ranveer Mohite	(III - E)
7	Shourya Shinde	(III - V)
8	Soham Joshi	(III - M)
9	Shourya Solse	(III - V)
10	Ovi Jadhav	(III - V)
11	Arnav Samgir	(III - V)
12	Shlok Jadhav	(III - V)
13	Gatha Surwase	(III - V)
14	Spruha Sawase	(III - M)
15	Adiksha Mahindrakar	(III - V)
16	Ria Ladole	(III - V)
17	Chaitanya Patil	(III - M)



गुरू ठाकूर - 'नटरंग', 'अगं बाई अरेच्चा', 'घर दोघांचं', 'टाइमपास',  
'डॉ. प्रकाश बाबा आमटे' यांसारख्या अनेक चित्रपटासाठी गीत लेखन.



## Principal HM



Celebrating Progress:  
A Year of Growth at Vision Narhe.

जहाँ डाल डाल पर  
सोने की चिड़िया करती बसेरा  
वह भारत देश है मेरा,  
वह भारत देश है मेरा |

The whole world is looking at India as the youngest nation in the world. Under the strong leadership of our honourable Prime Minister, we look forward to its paramount progress by the year 2030.

The major responsibility of these youngsters lies with the schools and its teachers. Hence, the National Education Policy was presented to us with strong emphasis to chisel the skills by understanding the talent of young India.

Our Samstha has always believed that if a male is educated, a person is educated but when a female is educated, the entire family is educated.

Anna's work certainly stood as a strong foundation in nation building. Through the years, under the efficient leadership of the Management

the Samstha has grown in leaps and bounds. Vision English Medium School -a co-ed school was established in the year 2004. While it travelled miles on the path of success, it embraced the dawn of yet another academic year 2023-24. The entire fraternity would be eager to celebrate the marvellous journey of 20 years on 14th June 2024.

In 2023, we were delighted to announce the appointment of Mrs. Vrushali Sahasrabudhe as the Headmistress of Vision Narhe and this decision of ours reflected the school's commitment towards excellence, marking a new chapter in our journey towards educational advancements. Thus, I extend my heartfelt gratitude to our parents for their unwavering trust in the management and the invaluable cooperation during this transitional period. With your support, Mrs. Vrushali Sahasrabudhe and I are confident in our ability to lead Vision Narhe towards greater success.

This year, our focus has been on aligning with the National Education Policy, fostering innovation, and nurturing student-centric learning approaches to aid the nation in fulfilling its dream

विष्णु वामन शिरवाडकर (कुसुमाग्रज)

- 'जीवनलहरी', 'विशाखा', 'समिधा', 'स्वगत', 'हिमरेषा', 'वादळवेल्', 'मारवा', 'किनारा', 'पिंपळपान', 'रसयात्रा'.





of becoming the most empowered country in the world. Our dedicated team of the Foundation stage has tirelessly worked towards developing new teaching methodologies and educational tools to create an environment which will enhance the overall learning experience of the students.

In addition to the academic initiatives, we have embarked on various projects to enrich the experiences of our students.

From the creation of vibrant wall paintings to the establishment of "Library on wheels", every endeavour aims to inspire and empower our students. The development of the English and Sanskrit teaching aids will serve as a blend of tradition and modernization. The RTO park will help in developing disciplined citizens of India.

The project "Meri Maati" will not only foster the creative skills of students but will also make them independent. Furthermore, it will imbibe in them a sense of deep rooted attachment towards the nation, its culture, traditions and values.

Additionally, we are proud to announce the integration of five new smart boards into our technological infrastructure, enhancing our capacity to deliver dynamic and interactive lessons.

The achievements of our students in academics, sports, and extracurricular activities have brought immense pride to the school. We eagerly anticipate their success in the upcoming Scholarship and MTS exams as well.

Through a diverse range of enhanced learning activities such as band pathak, martial arts, and creative arts like gardening, cooking, baking, beauty and aroma, dance and drama, we strive to nurture well-rounded individuals who are

equipped with the skills to excel in every aspect of life.

In this 17th edition of our school magazine, we invite you to witness the culmination of our collective efforts to develop a holistic personality.

The editorial team has worked tirelessly to curate an engaging experience for our readers, and I extend my heartfelt appreciation to them.

Special thanks to the Managing Committee for the support and trust extended to us.

I also express my gratitude to all the contributors, including the esteemed guest writers, teachers, supervisors, students, and volunteers, for their dedication and commitment to excellence.

As I reflect on the past year and look forward to the future, I remain committed to fulfilling the dream of our honourable Prime Minister of 'Padhega India to Badhega India by providing an infrastructure which will bring about holistic development.

I hope you all have a good time reading the magazine.

Warm regards,  
Kanchan Satpute  
Principal Headmistress

## From the HM's Desk



Dear Parents/Readers,  
School.....its not just a place....it's a journey in which the child along with his parents, teachers and the entire community is involved. As we take a pause to look back at this academic year, a series of events rush through my mind. I started this year as an Assistant Headmistress, but was promoted to the post of Headmistress in the month of September 2023. It was indeed a huge responsibility that I had to shoulder within a very short span of time. Through this post I had to nurture the sapling of Vision that has grown into a huge tree under the able guidance of Mrs. Kanchan Satpute. I express my deepest gratitude towards the Managing Committee for entrusting me this responsibility. At the same time, I take this opportunity to thank each and every one to have shown faith in the school and its decisions and have supported us in all the situations.

Through this article, I would like to reflect on a few major observations and accomplishments of this academic year.

The children are now gradually settling down and trying to adjust to the new normal after the pandemic period. The pandemic has left its own after effects of which the children are the major sufferers. The children had adapted quite smoothly to the pandemic situation but now, we as adults are expecting them to get back to the routine in an equally smooth way and that seems

to be very challenging. The life during the pandemic period and the life today has a huge gap which cannot be reverted easily. Some children are successful in bridging the gap but some are finding it very difficult. The teachers have tried their level best to fulfill the academic loss. But a few children have developed an academic lag which they are finding difficult to cope up with. Keeping this in mind it is a sincere appeal to all the parents to see that the children keep in touch with the academics during the vacation too.

Another important aspect which I would like to highlight, is the changing socio-emotional setup of the children. I am sure as parents, many of you must have noticed this change in your ward's socio-emotional world. Due to the over exposure to and reliability on the social media, the children are absorbing age-inappropriate content and it is getting reflected in their school life. This includes infatuation with the opposite gender (pairing up), use of extreme foul language, ganging up amongst peers, insensitive and casual approach towards the teachers and school property. These changes are very detrimental and if not catered to, would eventually affect the fabric of the entire society.

Thus, it becomes our prior role to help our children unlearn these and lead a normal school life. We in school have tried to counsel the children by arranging lectures for them, having

नारायण गंगाराम सुर्वे -

'ऐसा गा मी ब्रह्म', 'जाहिरनामा', 'नव्या माणसाचे आगमन', 'माझे विद्यापीठ', 'सनद'.





informal talks, engaging them in constructive activities etc. But equally powerful inputs have to come from the parental fraternity. It is observed that children need a patient ear to hear them out and someone who will solve their issues, however irrelevant those are for us as adults. The parents need to come out of the strict parental role and become friends of their wards and guide them as and when required.

Today, India has a very important place on the global platform, with its growing youth population and the growing economy. Hence it poses a threat for many other countries who are struggling to become global superpowers. Thus, these countries have opened a cultural war against India in which the youth of our country is targeted. In a cultural war, the food, dressing, hospitality, way of life, everything is influenced. Our children need to be trained to check if they are the soft targets of this war. They need to understand the economics behind such wars.

But the other side of the coin is that our students are blessed to be born in this era where they will experience the **Amrut Kaal** in which they have enormous opportunities to build up a unique career. This is the period in which the overall growth of India is going to be on a rise and a variety of career options will beckon our youth. Now it's the responsibility of our children to make the best of this period to find out the future prospectives. It is a sincere appeal to all parents to guide their wards in this regard.

Thus, during the period of vacation, when children are going to remain away from the school for more than a month, the responsibility of keeping them positively engaged lies entirely on the parents' shoulders. Of course, the school will surely extend its help by connecting with the children through various activities that will be sent to you all. Kindly monitor and help your wards complete these activities. Let us all help the children become radiant, independent, positive, enthusiastic young adults.

Another major change for this year was the implementation of the National Education Policy 2020 at the Foundation Stage. 'Brain Based

Learning' and 'Indian Rootedness' are the foundation pillars of the National Education Policy 2020. The policy is drawn from the rich education system that prevailed in India before the British rule. Thus, this policy gives emphasize on skill building along with the regular academics. We at Vision have modified our teaching – learning pattern accordingly. At the foundation stage we have given more focus on all the readiness activities - Pre-reading, pre-writing and pre-numeracy skills. Sanskrit – the mother of all languages is introduced at the foundation stage. The children of the foundation stage have picked up Sanskrit language very well. The children will be further encouraged to appear for Sanskrit exams at the primary level.

The implementation of the National Education Policy is helping them nurture their curiosity and imagination which are the core of learning. The reduction of teacher-pupil ratio till Std. 2 has also facilitated the teaching learning process. We are sure that developing such a strong base will make our tiny tots ready for the next stage. Eventually we will be implementing the National Education Policy at the further stages.

Thus, the tiny tots of the foundation stage are getting prepared to be enhanced further while the existing middle school and high school students are caught in the after effects of the pandemic. Both school and the parents need to identify the needs of all these students and provide them with a rational solution.

With this I would like to conclude with the help of Swami Vivekanand's vision of youth. Through the implementation of the National Education Policy and the efforts of both teachers and parents, we can raise our children in the same way as Swamiji wished the Indian Youth to be:

युवक असावा असा !!!  
चेहर्यावर तेज आहे. देहामध्ये शक्ती आहे.  
मनामध्ये उत्साह आहे. बुद्धीमध्ये विवेक आहे.  
हृदयामध्ये करुणा आहे. मातृभूमीवर प्रेम आहे.

If every child aspires to be the youth as Swamiji dreamt of, the period of Amrit Kaal and further too will always belong to Bharat and the idea of Atmanirbhar Bharat will no longer be a dream.

## Vote of Thanks



**Ms. Aishwarya Paranjpe**  
(Counsellor)

It is said that 'A word of gratitude is the beginning of a chain of positivity and serves as a catalyst to spread the zeal and optimism in mankind at large'. As the head of this team, I, Ms. Aishwarya Paranjpe, am blessed with the opportunity to spearhead this process and unveil a strand of the of 'Gratitude' into the universe.

The publication of a magazine is like a wholesome event with every element doing the best to ensure that the current edition is a notch richer in content than the previous one. This year, we are glad to bring to you the 17th edition of the magazine.

At the outset, we would like to express our eternal indebtedness to the founder of the Samstha Bharat Ratna Maharshi Dhondo Keshav Karve and his 'Ardhangini' Baya Karve for bestowing the woman kind with their blessings and ensuring that education becomes a fundamental right for them as well. It was thanks to them that the woman of today is able to lead an independent and empowered life, without being stifled in the clutches of a few dominating elements of the society.

Next, we would like to pay our respect to the honourable members of the Managing

Committee, the school's Local Managing Committee, the Principal Headmistress of Vision and the Headmistress of the school for not only supporting us in every endeavour of ours, but also guiding us through the hurdles in achieving our goals. Their experience has truly enabled us to elevate ourselves to strive for excellence.

The external resource persons have proven to be our pillars of strength as they have spared their valuable time to contribute their thoughts in the form of poems and articles to the school's magazine. We are indeed eternally grateful to them for having shared their wisdom with the audience of the magazine.

The teaching and non-teaching staff of Vision Narhe is one that strives to give its best shot to any task entrusted to them. This time too, they have escalated the content of the magazine through their thoughtful activities and worksheets. Here, we urge the parents to take printouts of the worksheets meant for the students to solve and ensure that the efforts of the teachers work towards the benefit of the students even during the vacations.

A special team of teachers have worked throughout the year towards the proof reading, organization and edition of Insight. The team comprised of Mrs. Pradnya Joshi, Mrs. Sonal Joshi, Mrs. Swati Kulkarni, Mrs. Swati Kalkotwar, Mrs. Tanuja Joshi, Mrs. Smita Mahajan, Dr. Dhananjay Bhandari and Mrs. Swapna Mandhare, the Content Developer. We would like to express our heartfelt gratitude to the entire team for working so hard to make this magazine come

विठ्ठल वाघ -

‘काळया मातीत माती’, ‘पंढरीच्या वाटेवर’, ‘कपाशीची चंद्रफुल’, ‘पाऊसपाणी’, ‘गावशीव’, ‘पिप्पय’.





true.

The school also has had a dedicated team of students looking after the collection of articles, typing them and looking after their proof reading. These were the young representatives of the magazine team, the students of Std.VII, who worked relentlessly by going to different classes every week and collecting the material for the magazine. We are indeed proud of these young representatives and would like to appreciate their seamless efforts as it was only thanks to them, that the school was able to incorporate maximum content given by the students.

A special thanks goes out to the creative designers of the cover page of the magazine. Master Tanishq Pathak won the first rank, Master

Prasanna Deshpande won the second rank while Miss Sanjita Mahale won the third rank. Here, we would like to mention that it was a close competition and the other participants too did very well. Hence, we appeal to all the students to chisel their creativity and continue to participate in such competitions each year, without losing heart.

Last, but not the least, we would like to thank the well-wishers, parents and students for having contributed so enthusiastically to this endeavour of ours. We hope that this platform continues to remain the one that will serve as a base for budding artists, poets and writers alike.

Students Representative					
Std.	Name of the Students	Class and Div.	Std.	Name of the Students	Class and Div.
Mini K. G.	Sharvani Lonkar	(VII - E)	5	Anvi Gole	(VII - M)
Jr. K. G.	Kushal Inamdar	(VII - E)	6	Saachi Chopde	(VII - V)
Sr. K. G.	Goraksha Paygude	(VII - V)	7	Swara Kondhare	(VII - V)
1	Aarush Belvalkar	(VII - V)	8	Kaivalya Wakhare	(VII - M)
2	Ananya Inpure	(VII - E)	9	Piyush Nandanikar	(VII - M)
3	Shrichaitanya Patil	(VII - E)	10	Atharva Bhat	(VII - V)
4	Nupur Ghadshi	(VII - M)			



Magazine Team - Students Representative



Winners of Magazine Cover Design Competition

Donation in Kind 2023 - 24			
Sr. No.	Donor Name	Description	Amount (Rs)
1	Kalpesh Dagwar	Books	50.00
2	Smita Bhat	Books	100.00
3	Amit Ashtekar	Books	100.00
4	Shreekrushna Tayde	Books	100.00
5	Nikita Kavthekar	Books	100.00
6	Vijaya Upasani	Books	140.00
7	Shradha Patil	Books	150.00
8	Kundan Chaudhari	Books	213.00
9	Gopalkrishna Gunale	Books	230.00
10	Kiran Jagnade	Books	250.00
11	Prasad Velapurkar	Books	280.00
12	Shashank Sutrave	Books	300.00
13	Payal Kamble	Books	382.00
14	Sonal Joshi and Ajita Wadadekar	Books	532.00
15	Raj Redkar	Books	600.00
16	Sameer Sathe	Books	600.00
17	Madhuri Sahasrabudhe	Books	650.00
18	Archana Kanoujia	Books	650.00
19	Dhanashri Phadke	Books	685.00
20	Raj Gholap	Books	700.00
21	Vidula Awachat	Books	700.00
22	Ravindra Deo	Books	800.00
23	Aishwarya Paranjpe	Books	810.00
24	Sarika Bhilare	Books	890.00
25	Ratnaprabha Rajhans	Books	1,000.00
26	Kanchan Satpute	Books	1,200.00
27	Pooja Belkonikar	Books	1,200.00
28	Pallavi Kurlikar	Books	1,422.00
29	Atul Beldare	Books	1,784.00
30	Manoj Kodolikar	Books	2,000.00
31	Keerti Gandhe	Books	2,194.00
32	Anuradha Gokhale	Books	2,222.00
33	Prasad Bhadsawale	Books	2,587.00
34	Sunita Sardesai	Books	3,020.00
35	Madhura Dandage	Books	3,205.00
36	Tejashree Waghlikar	Books	4,144.00
37	Ashwini Khankale	Godrej Cupboard	1,000.00
38	Ameet Lele	Refrigerator	4,000.00
39	Kanchan Satpute	Godrej Racks	9,000.00
<b>Total</b>			<b>49,990.00</b>



**Bhaubeej Nidhi 2023-24 as on 31/3/2024 Rs. 8,68,162/-**

**Specific Donation 2023-2024**

Sr. No.	Donor Name	Description	Amount (Rs)
1	Mandar Godse	Tuition Fees	500.00
2	Leena Gole	Tuition Fees	1,000.00
3	Nivedita Chandekar	Tuition Fees	1,500.00
4	Gautam Chandekar	Tuition Fees	1,500.00
5	Amruta Kulkarni	Tuition Fees	2,000.00
6	Vrushali Sahasrabudhe	Tuition Fees	2,000.00
7	Sanjivani Karve	Tuition Fees	2,000.00
8	Omkar Mulye	Tuition Fees	6,000.00
9	Vision School Staff	Tuition Fees	7,350.00
10	Sagar Waghale	Tuition Fees	8,025.00
11	Elentas Beck	Tuition Fees	20,000.00
12	Swati Khopde	Tuition Fees	41,000.00
13	Pranjali Deshpande	Tuition Fees	42,000.00
14	Karhade Brahman Sangh, Pune.	Tuition Fees	65,000.00
15	EFTC India Pvt.Ltd	Tuition Fees	1,26,000.00
16	Samstha	Tuition Fees and Helmet	15,000.00
17	Sujata Naik	Std. X English Topper	500.00
18	Swati Mahabaleshwarkar	English Teaching Aid	10,001.00
19	Jivan Moharir	Std. X Educational Kit	35,000.00
<b>Total</b>			<b>3,86,376.00</b>

**Specific Donation 2023-2024**

Sr. No.	Donor Name	Description	Amount (Rs.)
1	Sagar Waghale	Pre-Primary Book Purchase	600.00
2	Bhausahab Shinde		1,100.00
3	Chandrakant Pote	Books Purchase and Teaching Aids for Foundation Stage	5,000.00
4	Shivaji Unavane	Pre-Primary Book Purchase	11,000.00
5	GIA India Pvt. Ltd	UPS Aruba Switch	1,36,880.00
6	Vijay Magapu	Teracota Setup	4,00,000.00
7	GIA India Pvt. Ltd	Smart Boards and UPS	13,12,700.00
<b>Total</b>			<b>18,67,280.00</b>

## Workshops

Since its inception, Vision English Medium school, Narhe has been a staunch believer of the fact that one needs to be a continuous and enthusiastic learner in order to upgrade oneself and the quality of education being imparted to the future generations of this nation.

Considering the implementation of the National Education Policy at the Foundation Stage and the need for the continuous upgradation of the teaching learning process, the teachers underwent several training programmes.

### **Sanskrit Workshop**

Sanskrit is an ancient and classical language of India and according to the National Education Policy Sanskrit language is important to be taught from the foundation stage.

The workshop was conducted by Mrs. Akshada Kulkarni. from 8 to 15th May 2023. Different Sanskrit shlokas, songs, Sanskrit names of numbers, fruits, vegetables, animals, birds, colours, days of week, months of the year were taught. She taught the teachers to form simple sentences in Sanskrit. Various simple interesting songs were taught to the teachers which can be added to the syllabus of foundation stage. Mrs Kulkarni narrated many simple stories in Sanskrit during the workshop.

By the end of the workshop the teachers were able to introduce themselves in Sanskrit and describe simple things, learnt many words of daily use, learnt songs and gained confidence to form simple stories in Sanskrit.

### **Numeracy Workshop**

**"Mathematics gives us hope** that every problem has a Solution". Patience is the key to a great score in mathematics. Mrs. Ashwini Godse conducted the workshop from 8th to 10th of May 2023. Mrs. Godse stated that Maths should be introduced to the students in such a way that they find fun in learning the subject. She explained the ways the teachers can guide the students as facilitators not as dictators. Simple techniques were introduced by her to make activities interesting. She highlighted the importance of repetition of concepts. Effective ways of teaching

mathematics through games and fun activities explained by her will surely help the teachers to adopt an activity based approach to teach Mathematics.

**English Workshop** - A workshop on English Grammar, writing skills and phonics was conducted by Mrs. Ashwini Risbud, for the teachers of the 'Foundation Stage'.

### **Chhote Scientists Workshop**

Mrs. Amrita Madavi attended Chhote Scientist Workshop on 5th August 2023. The manuals provided by the organization were distributed and the activities based on observation and questioning skills were discussed with Std. V and VI teachers.

### **Workshop by the Gunavatta Team of the Samstha**

On 8th August 2023, Mrs. Dhanashri Phadke and Mrs. Archana Kanoujia attended a workshop at MKSSS's Samstha arranged by Gunavatta team of the Samstha based on the lesson observation. The aim and objectives and the use of appropriate criteria was explained by the team. Two demonstration lessons were arranged which were observed by all the teachers present in the workshop. A discussion session was held after every demo lesson.

### **Workshop on the Seven Principles of NEP and Their Implementation**

A one day Teacher's Training Workshop on Innovative Teaching Methodologies with NEP's Perspective and Vidyarthi Vidnyan Manthan Orientation was organised by Fergusson College (Autonomous) Pune and Vidyarthi Vidnyan Manthan on 15th September 2023 and was attended by Mrs. Shradha Patil. The workshop was conducted for the school teachers to enhance their knowledge for implementation of the National Education Policy at school level. Seven Principles of NEP with their implementation was clarified. The goal of this workshop was to expose teachers to understand the principles and learn to apply them by using innovative teaching methodologies which would cater the diverse needs of the students.



## Workshops

Objectives of the workshop:

1. To develop scientific temperament among students.
2. To make students aware about renowned Scientists in India.
3. Implementation of the NEP and its key perspectives.
4. To enhance the Experiential and Experimental Education.
5. To discuss regarding the Club System and School Complex Yojna.
6. To encourage Learning by Doing.

Details of the Workshop:

- a. During the 1st session, the VVM team gave a brief introduction about the work the organization does. The VVM works along with NCERT and Pune University to encourage students to join the science stream. It highlights the contribution of Indian scientists. An exam is conducted by VVM which is a Talent Search Exam. It is an open book exam. After clearing different levels of the same, the students get an opportunity to interact with the scientists from NASA.
- b. After the Orientation Meeting one of the renowned speakers, Dr. A. L. Deshmukh (Education Specialist) who has won the best teacher award, explained the Principles / Fundamentals of NEP. The detail explanation of the principles is as follows:
  - Interdisciplinary approach was explained- The compartmentalisation should be reduced and there should be elasticity in changing the field. Each subject can be interrelated to one another.
  - Multi-intelligence theory (Versatile)- The students should be introduced to different languages and curricula and use of teaching methodologies and teaching aids should be done.
  - Research Approach should be implemented among students. Fundamental, applied and action research for which the school is an ideal laboratory. Students should be allowed to handle the equipment in the laboratory freely

and if possible should be given equipment at home to know the use of it.

- Multi-linguistic Theory- Stress should be given on incorporating Indian languages rather than teaching foreign languages. Resources should be brought which would give in depth knowledge on particular subjects.
- Vocationalisation- Brain Development activities should be conducted for the Foundation Stage students. For Std. VI, VII and VIII such resource persons should be invited, who can impart in-depth knowledge to the students.
- Experiential and Experimental Education- The phenomenon of Photosynthesis should be shown or performed in front of students instead of just explaining it. If possible, laboratory apparatus can be given home. Example. Plastic measuring cylinder, Litmus paper, Glass slabs, etc. During free periods, students can be given lab specimens and can be asked to make and note different observations.
- As each subject has interrelated concepts, for eg. solid, liquid, gas, the same can be explained on the ground with the help of a sports teacher. These small things would show the Interdisciplinary approach.
- Students must be encouraged to read lessons, ask questions that arise in their minds and try to find answers to their own questions. This would develop the students' questioning skills.

The next session was conducted by Dr. Jayant Vasant Joshi. (PhD in Physics and National level coordinator for VVM.) He has performed 600+ experiments to teach Learning by Doing. He gave a demonstration of experiments on Centrifugal force and Centripetal Force, Magnetic Field, Law of Conservation of momentum, Left and Right hand rule and Friction. He also insisted on performing such experiments in the school using the available material.

### **KOHA Library Software Workshop Report**

A workshop on KOHA library software was

## **Workshops**

attended by the Librarian of the school, Mrs. Keerti Gandhe, on 14th and 15th September 2023 at BNCA. The software is meant for the digital management of the library and helps in the digitalization of the entire lending- borrowing and data management processes.

A two day workshop was indeed very informative and gave an insight into the use of this software in developing a digital library in the school.

### **Workshop By Maharashtra State Textbook Development and Syllabus Research Department**

A workshop was conducted by the Maharashtra State Textbook Development and Syllabus Research Department at Bal-Bharati, Senapati Bapat Road on 18<sup>th</sup> October 2023. The workshop was attended by Mrs. Vrushali Sahasrabudhe and was regarding coordination of Geography textbook for Std. III to Std. XII.

### **Storifying Lessons**

A workshop was conducted by Ms. Neha Deshpande on 3<sup>rd</sup> November 2023 on the topic of 'Storifying lessons'. Here, she asked the teachers to construct stories based on the lessons in various subjects, which they teach their children.

### **Workshop On Education and Values**

Maharashtra Bal Shikshan Parishad had organized the 30<sup>th</sup> conference at Ichalkaranji-Kolhapur. It was attended by Mrs. Kanchan Satpute (Principal Headmistress), Mrs. Vrushali Sahasrabudhe (Headmistress), Mrs. Mamta Agarwal (Supervisor, Vadgaon), Mrs. Reshma Karale (Headmistress, Primary section, Vadgaon), Mrs. Savita Salagare (Wai school) and Mrs. Aparna (Wai school).

The topic of the conference was education and values. It had five sessions. The key note session was addressed by Mr. Ramesh Panse who put forth the basic concept of the conference. This was followed by a panel discussion based on the key note address.

The next four sessions had lectures by education officers and teachers who have taken up experimental projects in their schools.

An exhibition based on various teaching aids was

also arranged, which gave new ideas about the development of teaching aids.

The conference gave the attendees an idea about the work being done in the educational sector at the rural level. This put forth the thought of the amalgamation of skills and academics in order to bring about multi-faceted growth.

The conference also gave the attendees an idea about the grooming needs of the students in the urban areas in order to sustain in the future.

### **Workshop by Chhote Scientists**

A workshop for the Science teachers was organized by an organization called 'Chhote Scientists', on 2nd December 2023 at the Rama Sadan, Nathbhairav Hall, MKSSS. The same was attended by Mrs. Shradha Patil and Mrs. Supriya Mungare.

'Chhote Scientists' aims to bring a positive change in students. The children associated with Chhote Scientists not only learn science, but also develop problem-solving attitude through the process.

The main objectives of the workshop were as follows: -

1. To help the teachers develop a problem solving approach among students.
2. To ensure activity based teaching.
3. To relate the curriculum with the concepts to make their understanding better and clearer.

The workshop was an activity based one and helped the teachers gain insight into its objectives and their implementation in the day to day teaching- learning process.

### **Workshop on the Necessity of Teaching Aids in Teaching Marathi**

A workshop on 'The necessity of using teaching aids while teaching Marathi' was arranged by Aksharnandan School through N. G. Naralikar Foundation at Aksharnandan School, Pune, on Saturday, 17th February 2024 from 9:00a.m. to 4:00 pm. This workshop was attended by Mrs. Lataa Umbarkar and Mrs. Vibha Joshi and aimed at emphasizing on the use of easy and student friendly teaching aids during the process of teaching.



## **Workshops**

The key points which were covered during the session were as follows: -

- \* The advantages of teaching in Mother tongue.
- \* Steps of Intellectual development
- \* Language education- associated with the ability of listening, oral work, reading skills, vocabulary, imagination, grammar, project, research, and analysis.
- \* Class arrangement- Each child should get a chance to revise the learnt concepts with the help of teaching aids.

The speakers conveyed their points through various activities and made the session very interesting

### **Workshop on brain based teaching -**

A National Symposium on "Unveiling Pedagogical Innovation: Brain-Based Teaching" was organized by Indian Institute of Education, Pune and International Institute of Cognitive Learning Sciences, Bangalore at the J. P. Naik Center for Education and Development Center, Jijai Nagar, Kothrud, Pune. On 17th February 2024 from 10.30 a.m. to 4.30 p.m. Prof. Balasubramaniam, Former Director of CBSE (Academic) and Manjula V, Director of IICLS, Bangalore were the Chief Guests for the symposium, which was attended by Mrs. Manasi Shaligram and Sanchita Sane.

The main aim of this symposium was to discuss the importance of using brain-based teaching methodologies and strategies to address current challenges in education.

Prof. Balasubramaniam, Former Director of CBSE (Academic), commenced the symposium with a keynote speech addressing the challenges faced by today's education system. He highlighted several key issues-

- Challenges necessitating transformation: Variability in educational standards, declining shelf life of knowledge and skills, the digital divide between natives and immigrants, and the need to understand brain capabilities.
- Impact of technology: Discussion on the influence of technology, including machine learning, on future education and the

challenges it poses to pedagogy.

- Brain-based learning: Emphasis on the significance of incorporating brain-based learning strategies into pedagogical practices to address contemporary educational challenges.

The session ended with the inauguration of the brochure of the next training programme by Indian Institute of Education.

The second session was conducted by Mrs. Manjula V, Director of IICLS, Bangalore. The session focused on the practical aspects of brain-based teaching. She underscored the role of teachers in creating conducive learning environments by understanding concepts such as amygdala hijack. She conducted few activities to explain more about it and also showed various videos related to the topic.

The symposium provided valuable insights into the challenges facing modern education and the importance of adopting brain-based teaching methodologies. Participants gained a deeper understanding of the neural underpinnings of learning and practical strategies to enhance teaching effectiveness. The event concluded with the assurance of continued engagement and professional development in brain-based teaching practices through innovative pedagogical approaches.

### **Workshop on Use of Smart boards**

The school received a total of 15 boards under the CSR activity of GIA. Further to this, the entire staff underwent multiple training sessions on the use of these smart boards for teaching various subjects, throughout the year. Here, Mrs. Anjali Bapat, the senior trainer from Sensus, the vendor of the smart boards, helped the teachers understand the various tools and features which can be used in the process of teaching various subjects. In April 2023, the teachers were assessed by the resource person for ease of using the smart board for their respective subjects and the teachers were awarded with certificates for having completed the training.

## We Learn and We Explore



Annual General Body Meeting



NEP workshop by Mrs. Vrushali Sahasrabudhe



Parenting Workshop by Mrs. Rashmi Patwardhan



Sanskrit Workshop for Foundation Stage Teachers by Mrs. Akshada Kulkarni



Workshop on Incorporation of Stories in the Teaching Process by Mrs. Neha Deshpande



Phonics workshop by Mrs. Ashwini Risbud

ललिता गादगे -  
फसवी क्षितिजं, 'अग्निजळ' कवितासंग्रह.





## We Learn and We Explore



Smart Board Certification Programme



Save Tiger Awareness Programme



Road Safety Campaign by Mr. Anil Pantoji



Workshop on Self Defense by Mr. Vikram Marathe and team



Workshop on Good touch - Bad touch  
by Ms. Aishwarya Paranjpe  
(for Primary section)



Workshop on Emotional Development  
by Ms. Aishwarya Paranjpe  
(for Std. X)

प्रतिमा इंगोले -  
'भूलाई', 'उदयसोहळा', 'लळा', 'शेतक-याच्या नारी'.





## We Learn and We Explore



Workshop on the physical growth and development of adolescents by Mukta Foundation for Std. VIII



Kargil Vijay Diwas Session by Aseem Foundation



Residential Workshop organized by Gunawatta Team



Study skills workshop by Mr. Shirish Apte for Std. X



Kali Umaltana by Ayurved Vyaspeeth, Pune



Counselling Session by HM and Asst. HM for the Students of Std. VI to X

भास्कर रामचंद्र तांबे -

जन पळभर म्हणतील हाय हाय, डोळे हे जुलमि गडे, तिनी सांजा सखे मिळाल्या, तुझ्या गळा माझ्या गळा, नववधू प्रिया मी बावरतें.





## We Learn and We Explore



Tree Plantation by Mr. Dattajirao Mohite on the Occasion of World Environment Day



School Visit of Swadhar Akshar Deep Project Teachers



Felicitation of and Donation to Students on the Occasion of the Birth Anniversary of Rani Lakshmi Bai by Karhade Brahmin Sangh



'Guru Vandan Shishya Abhinandan' Programme Organized by Bharat Vikas Parishad



Card Tricks Programme for the Teachers by Mr. Kshitish Date - Teachers Day Celebration



Inspection of School by Kendra Pramukh for Swachha Sundar Shala Competition



## Celebrations

It is said that 'Life is a celebration with the colours of values, culture, traditions, joy and togetherness adding brightness to the journey. It is celebrations like these which add happiness to the process of education of the students.

Taking this thought forward, Vision English Medium School has made celebrations an integral part of the teaching- learning process.

The year began with the celebration of the Samstha's foundation day and the school's foundation day. On this day, the students worshiped the founder of the Samstha, Bharat Ratna Maharshi Dhondo Keshav Karve and his Ardhangini, Baya Karve and also sang the Aashram Geet to commemorate the noble cause to which they dedicated their entire life. 'International Yoga Day' was the second celebration, which was held on 21st June 2023, where the students were taught to perform different Yogasanas. This gave the message of 'Celebration begins within oneself, when one is able to rejoice a healthy body and mind by practising yoga on a regular basis'. The next was that of 'Aashadhi Ekadashi', which emphasized the importance of valuing relationships not only with others but also with the Divine. It taught the students the importance of togetherness and the fun which one can have in the company of others. On 28th June 2023, children came to school dressed up as little warkaris. Few girls wore a nine-yard sari and carried Tulsi Vrundavan on their heads. The Palkhi was decorated with flowers and photos of Lord Vitthal and Saint Dnyaneshwar with padukas were placed in it. The procession took place with the young 'Warkaris' chanting "Vitthal Vitthal Jay Hari". The procession reached the Secondary hall where pooja and aarti were performed. Information about Palkhi was given to the children and the programme ended with Pasaydan.

The event thereafter, 'Guru Purnima' intended to

imbibe in the students respect towards the 'Gurus', the teachers.

The day began with the recitation of the shloka during morning prayers. -

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः।  
गुरु साक्षात् परब्रम्ह तस्मै श्री गुरुवे नमः॥

Thereafter, the teachers spoke to the students about the importance of 'Guru' in one's life and the role of the parents and teachers as 'Gurus'. The teachers also spoke about the founder of the Samstha, our Guru - Maharshi Karve and his Ardhangini Baya Karve. The students took their blessings and listened to the Aashramgeet. The students of the Pre- Primary section also made beautiful greeting cards for their mothers and carried them home to wish their mothers on the occasion of Gurupurnima.

The next event taught the students that it is not only important to respect the fellow human beings, but also the other species which co-exist on the face of this earth.

The 'Pet day' was celebrated in the school on 28th July 2023. Mr. Sourabh Agashe and Mr. Puntambekar were invited along with their pets named 'Lisa and Sasha'. Our very own Gokarna Mavshi also brought her cat named 'Sweety'. Mr. Agashe gave information about Lisa. He showed her toys, comb, nail cutter and also shared her food choices. He also spoke about Lisa's breed i.e. Rottweiler. After this, Mr. Puntambekar entered the hall with his pet dog Sasha, an Alsatian breed. The students were surprised to see the way Sasha was following the instructions given by her owner. The children realized that a pet is a compassionate friend, entertainer, protector and a teacher as well.

It is said that "A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

The general elections were held for the academic year 2023-24. The selection of candidates for



## **Celebrations**

various posts like Head-Boy, Head-Girl, Prefects and badge holders was done by the teachers, supervisors and the Headmistress. The canvassing for the elections was done by the candidates on 26th June 2023. Students went to each class and presented their ideas and campaigned.

The general elections were held on Tuesday, 27th June. On this day, voting was conducted by the secret ballot method on the computer systems which were set up at various venues. Some teachers were selected as the election adjudicating officers.

In this polling process, all the students of Std. I to X along with the Headmistress, Assistant Headmistress, Supervisors and teachers exercised their right to vote. The results of the polling were announced the very next day. Master Adhiraj Pujari (X-V) and Miss. Veddika Kannav (X-M) were selected for the posts of Head Boy and Head Girl respectively. A total of 20 student representatives were selected through this election process.

The oath taking ceremony of the elected student representatives was held on Tuesday, 4th July 2023 in the presence of Mrs. Shraddha Lele from Muktagan English Medium School, who was invited as the chief guest for the programme. The students of Std. VIII and X were assembled house-wise in the free area near the Geography lab.

The program started with the worship of Bharat Mata, Maharshi Anna and Baya Karve. All the student representatives saluted the Chief Guest of the programme Mrs. Shraddha Lele, who in turn handed over the memento of the file consisting of all the rules and regulations. The elected candidate for the post of Head Boy administered the oath of secrecy to the student representatives.

The Headmistress of the school guided the

student representatives about the importance of leadership by giving examples of Chatrapati Shivaji Maharaj. She also mentioned the equal importance of the followers in her speech. The program concluded with Vande Mataram.

The event of 'Deep Amavasya' also known as 'Aashaadhi Amavasya' was one which taught the students to have a ray of hope even on the darkest days of life and believe in the ray of hope rather than looking at what has gone wrong or what is not there.

On, this day, Vision English Medium School, Narhe celebrated the festival. Here, the 'light' or the 'lamps' were worshipped as a ritual of the festival, in order to introduce the students to yet another facet of our culture. The students were also introduced to different types of traditional lamps, which have long been a part of our cultural and spiritual world.

The students and their parents were appealed to light at least one lamp in their respective houses. The programme ended with a prayer to God that the lights lit during the celebration bring success, prosperity, health and wisdom into the lives of all. The month of August was one full of activities and celebrations.

The month of August came with the spirit of patriotism and the lesson of 'Nation First'.

The Independence Day Celebrations were organized jointly by the School of Fashion Technology and Vision English Medium School, on the campus of MKSSS's School of Fashion Technology Narhe Campus on Tuesday, 15th August 2023 from 7.45 a.m. to 9.30 a.m.

The programme was graced by Lt. Col. Mandar Bhandekar as the Chief Guest and Dr. Dhananjay Kulkarni as the Guest of Honour and was attended by 1000+ members in the audience attending the programme both physically as well as virtually, including the students from Mini K. G. to the Post Graduate level, parents and staff of the school

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and college put together. The programme was also broadcasted on Vision's official YouTube channel.

The programme began with the Pratima Poojan and the flag hoisting ceremony at the hands of the Chief Guest and the Guest of Honour. This was followed by the singing of the National Anthem, Dhawaja Geet, and the Panch Praan Pledge. These were followed by the introduction and felicitation of the Chief Guest and the cultural programmes put up by the students of Vision English Medium School and School of Fashion Technology. The audience carried the thoughts of the Chief Guest with them as the speech of the Chief Guest was kept towards the end of the programme. Lt. Col. Bhandekar spoke about how self-discipline is very important in a person's life. He also appreciated the energy and enthusiasm of the performers and stated that it is this energy which is sure to take India forward.

The programme ended with the proposal of the Vote of thanks and the singing of the Vande Mataram.

The Indian culture teaches us to be grateful to every element of nature, be it living or non-living, as it believes that every element has its own unique role to play in the eco system and it is absolutely important. Taking this thought forward, the students were given information about snakes and their importance in the food chain. The students were also told about the different types of snakes and certain myths were cleared. The students of the Pre-Primary section rejoiced on Nag panchami day as their beloved teachers drew mehendi on their hands.

The festivals of Narali Purnima and Raksha Bandhan teach the students to love nature and establish a bond with it, the bond where we protect nature and the nature protects us in return. It also teaches us to be grateful to those who do something for us, be it the different forces

of nature or the men of the armed forces who protect us night and day, by putting their own lives in danger.

The school celebrated 'Narali Purnima and Raksha Bandhan' on 29th August 2023.

The school involved students in all the preparations for Rakhi Purnima and Narali Purnima. Flannel boards were decorated beautifully with the Rakhi drawings made by the students.

Information about the objective behind the celebration was gathered by the students and was shared on the public address system. They also shared different ways of celebrating these festivals all over the country.

'Rakhi making activity' was conducted for all the three sections in Craft periods which was enjoyed by all the students. Std. I and II students made wonderful Rakhis with the help of their teachers and were also asked to make their own Rakhi at home. Although the activity was common for all the classes, the Art-Craft teachers guided the students to use a variety of materials to make Rakhis. Std. III and IV students made Thread Rakhis. Std. V made Gonda Rakhis while Std. VI made Flower Rakhis by using paper folding techniques. Std. VII made Bamboo Rakhis and Std. VIII made Terracotta Rakhis. Students of Std. IX used the technique of 'Best out of waste' to make Rakhis for the competition.

Through this competition, it was indirectly taught to the students that we do not need fancy material all the time. The most beautiful things are not associated with money; they are associated with memories and moments. We can reuse and recycle the things to get the best.

Festivals bring people together, spread happiness and make this world a better place to live. But every time we should not think about happiness only. Sometimes we need to think about celebrating the festivals to inculcate values like

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compassion, patriotism and responsibility. The school tried to do the same by posting the rakhis made by the students to the soldiers guarding the borders. Students understood the meaning of the word 'Raksha Bandhan' in the true sense when they sent a Rakhi to the soldiers. This gesture will definitely help the students to nurture their personality in such a way that they become responsible citizens of our nation.

Shri Krishna is a deity to whom every child is able to relate. He is a God of the commons, who stands for the qualities of friendship, fun, enjoyment and the love for food. We, at Vision also celebrated Dahi handi with the tiny tots of the Pre-primary section. The children came dressed up like Krishna, Radha and Gopikas which was a pleasure to watch. The teachers could sense the happiness which the children experienced while listening to the Govinda songs and dancing to the beats. They were also excited to watch the pyramid put up by the Primary section students. Students were given the activity of churning buttermilk in the class. A unique activity called 'Thought in the pot' was also conducted, wherein the quotes and the thoughts written by the students of the Secondary Section were put in the beautifully decorated pots which the students of the Pre-Primary section carried home. Children were given 'Gopalkala' as prasad on this occasion.

The 'Teachers Day Celebration' was an event which taught the students to give a careful thought before they choose their careers as the fields which they may choose may not be the same as they perceived it to be. Thus, finding out the pros and cons of the field before choosing it as a profession is important.

Every student wishes to play the role of their teachers in their school at least once in the whole period of their schooling and Teachers' Day is one such occasion where they can fulfil their dream. Here, they are able to understand all the roles

which the teachers have to play and the pleasures and challenges which they experience during their career. They are now able to develop an empathetic approach towards their teachers.

Teacher's Day was celebrated in the school on 5th September 2023. The whole planning for this day began one week prior. The class teachers along with the Supervisor divided the students into 35 groups. Each group had 3 or 4 students. Students were given a proper timetable for each period where they were expected to teach the students accordingly. A separate time table was prepared for the tiny tots as per their subjects. Aishwarya Gund and Mrunali Bhumkar were made the Assistant Headmistress and Secondary Supervisor respectively.

The students were very happy and started their preparations from the day they got the groups and the subjects. They met the teachers of the standards given to them and took ideas from them. The students who were given the responsibility of the tiny tots were more excited.

On 5th September, the students went to the classes allotted to them and implemented the teaching plan which they had prepared. Overall the students enjoyed the whole teaching and learning process.

While English is a language which is most widely spoken all over the world, it is important to teach the students the importance of local languages and develop love for them in their minds. Taking this thought forward, Hindi Day was celebrated in the school on 14th September 2023.

On this occasion, a Hindi elocution competition was organized for all the students from Std. V to X. The first phase or the selection round of the competition was held on 8th September 2023 and its final phase was conducted on 14th September 2023. A total of 49 students took part in this competition. The students of Std. V and VI were judged by the C.E.C. Member Dr. Vidya Kedari,



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while Mrs. Akanksha Puranik was invited as the judge for the students of Std. VII to X. The students managed to impress both the judges with their oratory skills, which was clearly stated by both the judges.

After the elocution competition, the students of Std. IX presented a poem and illustrated the importance of celebrating the Hindi Diwas. The results of the Hindi elocution competitions were also declared thereafter.

Grandparents are the most experienced members in every family. They give the entire family their undivided attention and love. It is this extensive experience and unconditional love which needs to be reciprocated by loving them, respecting them and telling them that 'They are important'.

Considering this, 'The Grandparents Day' was celebrated on Friday, 15th September, 2023 in Vision English Medium School, which was attended by around 270 grandparents.

The event was arranged to help the grandparents and grandchildren spend quality time with one another. The grandparents and students were welcomed with a Tilak and Attar, and were greeted by the Headmistress of the school. Thereafter, the grandparents went to respective classes of their grandchildren, where the class teachers offered them refreshing juice. A photo session was also organized, where every grandparent could click a picture with their respective grandchild. Grandparents visited the doll's house, the play garden, Bellora - the butterfly garden, Bodh- the Math lab and मूँ Me- the Geography lab. Snacks were arranged in the Pre-primary Hall, for both, the grandparents and the children.

Everyone was very happy and thankful for such a beautiful event arranged by the school. The grandparents also appreciated the efforts taken by all the teachers and the school in arranging the

programme.

The Ganesh festival is an event which brings with it an opportunity to experience joy in surrendering to the Divine. While Lord Ganesh is an emblem of talent, He teaches us to accept everyone as they are.

MKSSS's Vision English Medium School, Narhe celebrated the Ganesh festival in full pomp. On 26th September 2023, the school welcomed the favourite deity of all, 'Lord Ganesh' in the celebratory melodies of the dhols and taashas. Thereafter, the students sang 'Aartis' with complete enthusiasm and offered their prayers to Him.

The celebration of the birth anniversary of a great soul like Mahatma Gandhi helps the students to learn the virtues and principals which he stood by throughout his life. This is learnt through the stories which are narrated in the classrooms and the activities which are conducted in the school.

On the occasion of Mahatma Gandhi Jayanti the school decided to commemorate the importance of Mahatma Gandhi's thoughts on cleanliness which state that 'Sanitation is more important than independence'. On this occasion, the school arranged various cleanliness activities in order to pay a tribute to the Mahatma. The main objective behind conducting these activities was to inculcate amongst the students, the habit of cleanliness and hygiene and sanitation right from a young age. The students took keen interest in cleaning their classrooms as well as the surrounding areas of the school. The teachers too became a part of the activity. This initiative served to evoke a sense of responsibility towards cleanliness among the students.

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues, removing the stigma around mental health and mobilizing efforts in support of mental health.

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This day was observed at Vision English Medium School on 10th October 2024 with the same objectives in mind. Besides this, the aim of observing this day was also to help the students become more mindful of their feelings, thoughts and actions. The day began with a short meditation programme wherein the students practiced various breathing exercises and guided meditation. Here, they were given information about the significance of the day and were also given tips of maintaining good mental health. Hereafter, the students were also sent a short video highlighting the various tips of practicing mindfulness and protecting their mental health.

The festival of 'Navratri' is one to worship the nine forms of Goddess Durga and imbibe the values which each of these forms stand for.

As a part of this celebration, the school organized 'Bhondla' on 23rd October 2023, wherein the students of Pre-Primary and Std. I and II participated with paramount enthusiasm. The teachers led the students to sing traditional 'Bhondla' songs such as 'ऐलमा पैलमा गणेश देवा', 'एक लिंबू झेलू' and 'कारल्याच वेल'.

The students of Std. III to V enjoyed 'Dandiya' wherein their teachers too joined the fun and frolic.

The cherry on the cake was the moment when the students had to guess the 'Khirapat'. Some students were able to guess that it was 'Bhel', which they cherished at a slightly later stage.

On account of Navratri, the school had put up the Ashtalaxmi which all the students worshipped. On the last day, the teachers recited the 'Shree Suktam' and celebrated the last day of Navratri.

Diwali is a festival which brings with it the colours of joy, happiness, togetherness. It is an occasion for the students to take lessons on aesthetics, colour combinations and team work.

The school celebrated the Deepotsav on 7th November 2023 with great pomp and festivities.

The entire event was based on the theme of 'Kavyanjali'.

The preparations began with the students of the school being given 'Puntis' for decoration. The students of Std. X drew beautiful rangolis based on the theme and added a festive colour to the entire event. These served as attractions for the visitors. The students of Std. IX decorated the blackboards and flannel boards while the students of Std. VIII along with the teachers made beautiful lanterns which had the poems and pictures of famous poets of Maharashtra, depicting the literary culture of the state. On the day of the event, the entire premise was decorated with the diyas, lanterns, rangolis, making it an emblem of happiness and celebration.

The school had also organized food stall and stalls for small gifting articles. The icing on the cake was one such food stall managed by the young students of Std. VI, who showcased their marketing strategies and made themselves some profit.

Another attraction of the event was the selfie point which stated 'मी कवी होणार'. It was meant to motivate the young poets of tomorrow to harness their talent.

Another point of attraction was the post box where the visitors could write letters to their friends and relatives and the same were posted by the school. The school had a 93 year old visitor who eagerly wrote to his daughter who stays in Pimpri-Chinchwad. The school was lucky to receive his blessings and appreciation.

The event left behind a trail of memories for everyone to cherish. The games, lip smacking food, small gifting items and the quality time spent by the visitors with their friends and family touched the hearts of the entire team at Vision, motivating every member to work even harder next year.

The coconut tree (*Cocos nucifera*) found in most

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regions of the country is called 'Kalpavriksha', as every part of it is useful in one way or the other. In order to teach the students the importance of this precious tree, Vision English Medium School celebrates Kalpavriksha Day every year in the month of December.

This year too, the Kalpavriksha Day was celebrated on 22nd December 2023, where, the coconut tree within the premises of the school was decorated beautifully and the students worshipped it with full zeal and gratitude.

The students were dressed in green and were given coconut barfi as prasad at the hands of a 'Vasudev'.

The students were also given information about the various uses of this tree and were encouraged to create recipes and artefacts from the various parts of the tree.

The school strongly believes in keeping its students well rooted to the Indian culture and traditions. Hence, the school celebrates Shekoti Day every year, where the students of Std. V are called to school in the evening.

This year, the 'Shekoti Day' was celebrated on 22nd December 2023, wherein the students were called to school for a bonfire in the evening. Various games were played and the students and teachers sang songs and danced together.

The students were served 'Kadhi Khichadi and coconut barfi' at the end of the programme. The event turned out to be a very novel experience for the students and they enjoyed it to great extent.

Mathematics is a subject which is often feared by the students. However, it is important to help the students understand that Mathematics is everywhere, be it cooking, playing, driving or any other activity of life.

The Math Day was celebrated on 22nd December 2023 in the school. An inter-house relay competition was held, where the students solved series of grade appropriate sums.

The event gave the children an idea about the

importance of speed and accuracy at the same time. It also instilled amongst them competitive spirit. The house which won the competition was announced based on the marks secured by the students in each house and their ability to give the correct answer with speed.

All the students from the victorious house were given badges.

The Kite, though a widely known means of play, teaches us that it is important to be rooted and be aware of who we are and where we belong. Just as the kite can fly only as long as it is connected to the string and tends to fall if the string breaks, humans too can succeed only as long as they are connected to their own culture, traditions and families.

The Kite festival was celebrated on 12th January 2024 on the occasion of Makar Sankranti. The students and the teachers wore black coloured dresses on this day. The little ones of the Pre-Primary section were excited to watch kites being flown by the elder students of the secondary section. Tilgul Halwa was distributed to the students after the celebration.

The consecration of the Ram Lalla was a celebration as big as Diwali. It taught us that patience and hard work are bound to pay off.

The opening of the Ram Lalla temple was a moment of National Celebration and an occasion to commemorate the efforts of thousands of Kar Sevaks who sacrificed their lives for the cause.

On this occasion, the school too organized an event to bask in the glory. All the students and parents were invited for the programme, which began with Pratima Poojan at the hands of the school's authorities and the CEC members. This was followed by the felicitation of Mr. Gopal Nandurkar and the unveiling of the painting of Ram Lalla made by him. Here, he also presented a copy of his painting to the school.

Thereafter, the teachers and students collectively



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recited the 'Ram Raksha and Maruti Stotra'. The students of Std. IX performed a dance on songs from 'Geet Ramayan'.

The programme ended with the singing of 'Vande Mataram'. The students and parents were then given an opportunity to worship 'Lord Ram' and were given 'Prasad'.

26th January marks the day when the Constitution of India was adopted. It is this Constitution which helps us understand our rights and duties. The celebration of this day is a means to remind everyone that one must practise the duties and follow the rules which have been laid down, before one demands the rights.

The Republic Day Celebrations were organized jointly by the School of Fashion Technology and Vision English Medium School, on the campus of MKSSS's Vision English Medium School Narhe Campus on 26th January 2024.

The programme was graced by Brigadier Vijay Natu as the Chief Guest and Mr. Pradeep Waje as the Guest of Honour and was attended by 1000+ members in the audience, including the students from Mini K. G. to the Post Graduate level, parents and staff of the school and college put together.

The programme began with the Pratima Poojan and the flag hoisting ceremony at the hands of the Chief Guest and the Guest of Honour. This was followed by the singing of the National Anthem, Dhawaja Geet, recitation of the Preamble of the Indian Constitution and the pledge. These were followed by the introduction and felicitation of the Chief Guest and the cultural programmes put up by the students of Vision English Medium School and School of Fashion Technology.

The audience carried the thoughts of the Chief Guest with them as the speech of the Chief Guest was kept towards the end of the programme. Brigadier Vijay Natu spoke about the importance of the Constitution of India and how the students as the future generations can contribute towards

the building of this nation. He also appreciated the students for their performances, which showcased that the school gives equal importance to curricular and extra-curricular activities.

The programme ended with the proposal of the Vote of thanks and the singing of the Vande Mataram.

Fitness is a virtue which the students must imbibe in themselves. As a part of the activity of the school, the students of Vision Narhe celebrated Ratha Saptami on 6th February 2024 by performing Suryanamaskar under the guidance of the P. E. teachers.

True culture, traditions and the importance of being with the family is conveyed at events such as weddings. The school simulated a typical Maharashtrian wedding on 9th February 2024.

The students came dressed in festive dresses. Some of the students also carried their dolls with them and had dressed up the dolls too in the festive attires. The entire wedding ceremony was organized in the play area. The students of the secondary section played the band during the procession of the groom. Hereafter, the students drew mehendi and the entire ceremony took place in pomp and with utmost happiness and enthusiasm.

The students enjoyed the lunch which is served at the weddings, which included 'Masale bhat', 'Jalebi' and 'Koshimbir'.

While different festivals imbibed different values in the students throughout the year, the value of leadership, discipline and mutual respect were imbibed amongst the students through the celebration of 'Shivaji Jayanti' on 16th February 2024.

All the students and teachers from Std. I to X were present on the ground. The anchoring of the programme was done by the students of Std. IX. The programme began by paying homage to Shivaji Maharaj. This was followed by various

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performances by the students of Std. V to IX. The atmosphere was full of enthusiasm due to the slogans chanted by the students.

Good things come to an end and mark new beginnings. The students of standard 10 were given a farewell on 16th February 2024.

The arrangements, decoration and the complete programme was organized by the students of Std. IX. The programme began with an orchestra presented by the students of Std. IX, where the students played various instruments. This was followed by a dance performance, again by the students of Std. IX.

Hereafter, the best outgoing students who had passed Std. X in 2023 were given their prizes for their performance in various subjects, full attendance, General Proficiency Award, Academic Excellence award etc. The same awards were also handed over to the best outgoing students who are about to pass Std. X in the year 2024.

Hereafter, the Principal HM, HM and the Supervisor of the Secondary section addressed the students. They spoke to the students about the best ways of leading life and also conveyed their best wishes for the future. This was followed by the delivery of speeches by the students of Std. X.

The programme ended with a lip smacking dinner served to all the students and teachers present for the event.

Marathi Day is a day to bask in the glory and the sheer greatness of the language. On 27th February 2024, all the students and teachers of the school gathered on the ground to celebrate Marathi day.

The compering of the programme was done by the young anchors of Std. IV, Master Om Kulkarni and Miss Sanavi Vanarse. The programme commenced with the information of the great Marathi poet, V. V. Shirvadkar being given to the

audience.

This was followed by the felicitation of the achievers of Marathi Bhasha Olympiad at the hands of the Principal Headmistress and Headmistress of the school.

Hereafter, all the students and teachers together recited the first fifty 'Manache Shlok'. The programme came to an end with the recitation of Pasayadan by all the students and teachers.

Imbibing scientific temper is the need of the hour, especially in today's times when there is so much of scientific and technological progress taking place all around us. The Science Day is one such day to acknowledge the importance of Science and its application in day to day life.

On 28th February 2024, the students of the school celebrated the Science Day by performing various age appropriate science based activities and experiments in the school. They were also informed about the importance of observing this day by giving information about the significance of the day via the PAS.

While the students and staff of Vision live by the saying 'Life is a celebration and we must enjoy every bit of it', it were these precious moments which created memories in the young minds, enough to cherish for a lifetime.

Gudhi Padwa marks the beginning of the Hindu New Year and also new beginnings. The festival was celebrated in great pomp by organizing a Shobha Yatra on 9th April 2024. The Yatra was attended by several students and staff members. The special performance of the band Pathak added a sparkle to the procession and smiles on the faces of all.



## Celebrations



Saraswati Vandana



Ganesh Festival



Yoga Day



Ashtalakshmi Poojan



Bhondla



Meri Mati Mera Desh - Puntli Lighting

इंदिरा नारायण संत -  
गर्भरेशीम, निराकार, मरवा, मृगजळ, मेंदी.





## Celebrations



Samstha's Foundation Day



Independence Day



Republic Day



Kalpavriksha Day



Raksha Bandhan



Reading Day

सुरेश श्रीधर भट-  
भटकाफला, एल्गार, रंग माझा वेगळा, रूपगंधा.



## **Competitions**

### **Oratory Skill Based Competitions:-**

Like every year, the school celebrated Tilak Jayanti by organizing various competitions based on the students' oratory skills on 25th July 2023. The aim of choosing this day is to help the students understand the importance of good oratory skills, develop the confidence to speak on stage and also develop a clarity of thought. Story telling competition was organized for the students of Std. I to IV while elocution competition was organized for the students of Std. V and VI. The students of Std. VII and VIII took part in the debate competition while the students of Std. IX and X participated in the extempore speaking competition. The competitions were judged by Mrs. Trupti Tiwari, the language trainer from the Samstha's Foreign Language Department, Mrs. Tejal Bhuta, the language trainer from the Samstha's CSD and Dr. Dattatrey Tapkir, a retired professor from SNDT University.

### **Beading, Drawing and Painting Competitions -**

The competitions such as beading, drawing and painting are the ones which bring out the creativity in every child, in terms of the colour combinations and the aesthetics in general. The following competitions were held on 18th August 2023 during the regular school hours. Mini K. G. - Beading Jr. K. G. - Drawing Sr. K. G. - Painting. All the students thoroughly enjoyed the competitions. Most of the students from Jr. K. G. and Sr. K. G. were well prepared. They had decided what they wanted to draw or paint during the competition and executed their plans with complete precision.

### **Hindi Diwas -**

Like every year, Hindi Diwas was celebrated in the school on 14th September 2023. On the occasion, a Hindi elocution competition was organized for all the students from classes 5th to 10th. The first phase or the selection round of the competition was held on 8th September 2023 and its final phase was conducted on 14th September 2023. A total of 49 students took part in this competition. The students of Std. V and VI were judged by the C.E.C. Member Dr. Vidya Kedari, while Mrs. Akanksha Puranik was invited as the judge for the students of Std. VII to X. The students managed to impress both the judges with their oratory skills, which was clearly stated by both the judges. After the elocution competition, the students of Std. IX presented a poem and illustrated the importance of celebrating the Hindi Diwas. The results of Hindi elocution competitions were also declared thereafter.

### **Singing Competition -**

On 27th September 2023, the school organized the Singing competition for the students from Std. I to X in the various halls of the school, on account of Ganesh Chaturthi Celebrations. The songs selected by the students were devotional, motivational and inspirational songs in English, Hindi or Marathi. A total of 33 students from the Primary section and 22 from the Secondary section participated in the final round of the singing competition. The aim of the competition was to bring out the singing talent of the students, help them express their feelings and ideas and to overcome stage fear. The judge for the Primary section was Ms. Siddhi Kulkarni



## **Competitions**

(Pursuing Visharad in music) She was very happy with the performances of the students and appreciated the students for the selection of songs. She motivated the students to listen to songs and develop confidence to participate in competitions. Her melodious songs pulled the heartstrings of the audience. The judge for the secondary section was Mrs. Smita Patil - Walsankar. She motivated the students to take more active part in singing competitions and gain happiness from music.

### **Sanskrit Recitation Competition -**

An interclass recitation competition was held on 2nd October 2023, wherein Sanskrit was the language chosen for this year. The students of Mini K. G. recited Sanskrit songs, those of Jr. K. G. recited poems and the students of Sr. K. G. had learnt a small story. The judges were very pleased to see the preparation of the students. The parents too appreciated the efforts of the teachers to introduce a new language.

### **Reading Day Competition -**

On the birth anniversary of the ex- President of our country and the Missile Man of India, Dr. A. P. J. Abdul Kalam, the school organized the reading day celebrations from 9th to 13th October 2023. Here, the competition for the best reader and best book reviews were organized for the students of Std. VI to VIII. For the 'Best Reader' competition, the students were expected to speak about two books which they had read, wherein they were supposed to describe the topic of the book, the writing style of the author and the character in the book which they liked the most. The students were judged on the basis of their style of speaking, pronunciation and overall presentation. This competition was judged by the

Librarian of the school. For the competition for 'Best Book Reviewer' the students were expected to write about the topic of the book, the writing style of the author and the character in the book which they liked the most. This competition was judged by the language teachers who taught the respective classes. A total of 16 students were declared as winners. In order to motivate the students to inculcate the habit of reading, the librarian of Abasaheb Atre School and Junior College, Mr. Prasad Bhadavale was invited as the resource person on 19th October 2023. The students of Std. VII attended this programme. The speaker highlighted the importance of reading in terms of not only improving the linguistic skills but also deriving happiness out of it. He also narrated his experiences of meeting the Missile Man of India, Dr. A. P. J. Abdul Kalam. The winners of the two competitions mentioned above were handed over a book set consisting of 'The bird with golden wings' written by Sudha Murthy and 'रंजक विज्ञान' written by Mr. Anil Dandekar. This celebration helped the students to imbibe the habit of reading amongst themselves.

### **Fancy Dress Competition -**

The students of the pre- primary section took part in the fancy dress competition, wherein they adorned the dresses of various food items. The aim of this event was to help the children understand the nutritious values of various food items and also develop confidence in dressing up and then delivering the speech on stage, with confidence. The students participated in this competition with complete enthusiasm.

### **Rangotsav-**

A Drawing Competition called 'Rangotsav' was



## **Competitions**

organized in the school on Friday, 15th December 2023 and the same was graced by Mrs. Nivedita Chandekar as the judge. The competition for the students of Std. I to VIII was begun by bursting colour balloons on the papers, at the hands of the students. Thereafter, the students were made to sit in circular seating arrangements on the ground, wherein the drawing paper was provided by the school while the other material was brought by the students. The students were free to draw pictures as per their own wish and wore comfortable coloured dresses to celebrate the occasion. The USP of the event was the participation of the parents, teachers and the non-teaching staff in the competition and the opportunity given to them, to explore colours and their drawing talent.

### **Maths Day -**

Math Day was celebrated on 22nd December 2023 in the school. An inter-house relay competition was held, where the students solved series of grade appropriate sums. The event gave the children an idea about the importance of speed and accuracy at the same time. It also instilled amongst them competitive spirit. The house which won the competition was announced based on the marks secured by the students in each house and their ability to give the correct answer with speed. All the students from the victorious house were given badges.

### **The parent- child competitions -**

The parent- child competitions are a novel concept in order to help the students and parents bond together on a creative stage. It is an opportunity for the students to portray their creative ideas and work upon them as a team along with their parents. Similar competitions

were organized in the month of December 2023, where the several student- parent duos participated with great enthusiasm. Competitions such as Rangoli, flower arrangement, salad decoration, greeting card making, folder making, singing, dance, drama and cooking were arranged for the students of Pre-Primary section to Std. VIII.

### **Colouring, Origami and Clay Modelling -**

Competitions such as colouring, origami and clay modelling are the ones which are sure to enhance the children's dexterity skills and also chisel their imagination to some extent. Further to these benefits, the same competitions were organized for the students of Mini K. G., Jr. K. G. and Sr.K. G. respectively, which were thoroughly enjoyed by the students.

### **Sports Week**

The sports competitions were held in complete pomp and competitive fervour in the month of November and December 2023. Various individual and group sports events were conducted for the students from pre- primary to the Secondary sections. Games such as running race, tribal races, Kho- kho, langdi, shot-put, etc. were organized. These events were meant to help students develop a competitive spirit and sportsmanship. Different houses competed amongst themselves in the sports events stated above. Besides this, the houses were also evaluated on the basis of their discipline. Prithvi House emerged as the winner of the General Championship.

### **Picture Talk, Object Talk and Story Telling Competitions -**

The students of the Pre-Primary Section were given an opportunity to chisel their

## **Competitions**

sportsmanship and showcase their oratory skills through competitions organized on 29th January 2024. The students of the Mini KG took part in the poetry recitation competition, those of Jr. K. G. participated in the object talk competition while those of Sr. K. G. participated in the story telling competition. There was an overwhelming response from the students to take part in the competitions. Around 50 percent of the students took part, out of which the best performers were selected for the final round. The selection criteria included the choice of topic, preparation and the confidence of the students.

### **Spell Bee Competition -**

Spelling is important because it not only aids in reading, but also cements the connection between sounds and letters. Learning high frequency sight words has also shown to help with both reading and writing. Spelling, the art of correctly assembling words from their letters, is one of the essential components of successful writing, gaining confidence in all aspects of literacy and overall comprehension. The sole intention of the 'Spell bee' competition is to make 'rote learning' a habitual practice; by way of sharpening one's memory skills and enhancing language. Hence, all the students of Std. I to VIII participated in this competition. The students had been given a list of age appropriate high frequency words, which they had to learn. The teachers dictated 25 words from this list and the students were evaluated for their spelling abilities.

### **English Poetry Competition -**

A poetry recitation competition was organized by the school on 5th February 2024, for the

students of Std. I to VIII. This was an opportunity for the students to go through the poems of various poets and chose the most meaningful poems, appropriate for their age groups. This was also an opportunity for the students to learn the skill of reciting poems and presenting them to the audience in the most interesting way. The competitions for Std. I to V were judged by Mrs. Bharati Mandke while those of Std. VI to VIII were judged by Mrs. Amrapali Aurangabadkar, the Head of Department and Associate Professor at the Siddhi Vinayak Arts and Commerce College.

### **GK and Quiz Competition -**

The Quiz Competition was conducted for the students of Std. IV to VIII on 21st February 2024. One child from each standard who scored the highest marks in the GK test was selected and a group of students was made. The final competition was conducted on a house-wise basis. The topic for the Quiz Competition was 'Millets and Kavyanjali (Poets of India)'.

### **Magazine Cover Designing Competition -**

It is said that creativity knows no bounds and can be showcased in any form, be it the art forms or through the use of technology. The students of the Secondary section were given an opportunity to design the cover page of the magazine, based on the theme, 'Kavyanjali'. Here, the students were evaluated on the basis of the understanding of the concept, the designing, the logo and the overall presentation. The design of the first rank holder will be used as the cover page of the magazine while the rest of the designs will be used as the section dividers.

Summary of Competition 2023 - 24			
Sr. No.	Std	Name of the competition	Name of the Judge
1	Mini K. G.	Beading	Class Teachers
2		Drawing	Mrs. Prachi Patil
3		Poetry	Ms. Smruti Paranjape
4		Fancy Dress	Ms. Ashwini Joshi
5		Rangoli (Parent- Child)	Mrs. Shubhangi Nathade
6		Inter - class Sanskrit Song Recitation	Mrs. Sailee Bhat
7	Jr. K. G.	Drawing	Mrs. Jyotsna Kunte Godbole
8		Fancy Dress	Mrs. Snehal Dimble
9		Clay Modelling	Mr. Sagar Waghale
10		Object Talk	Ms. Smruti Paranjape
11		Flower Arrangement (Parent Child)	Mrs. Shubhangi Nathade
12		Inter - class Sanskrit Poetry Recitation	Mrs. Sailee Bhat
13	Sr. K. G.	Painting	Mrs. Prachi Patil
14		Fancy Dress	Mrs. Anuja Mandhare
15		Origami	Mrs. Soniya Mohite
16		Story Telling	Ms. Smruti Paranjape
17		Salad Decoration (Parent- Child)	Dr. Swati Chandrashekhar
18		Inter - class Sanskrit Story Recitation	Mrs. Sailee Bhat
19	I to V	Singing	Ms. Siddhi Kulkarni
20		Poetry	Mrs. Bharati Mandke
21		Drawing	Mrs. Nivedita Chandekar
22		Spell Bee	Class Teachers
23		GK	Class Teachers
24	I to IV	Story Telling	Mrs. Tejal Bhuta
25	III to V	Quiz	Class Teachers
26	I	Greeting Card Making (Parent- Child)	Mrs. Smita Kulkarni
27	II	Folder Making (Parent- Child)	Ms. Nivedita Chandekar
28	III	Singing (Parent- Child)	Dr. Amruti Kulkarni
29	IV	Dance (Parent- Child)	Ms. Gargi Karkhanis
30	V	Drama (Parent- Child)	Ms. Gargi Karkhanis
31		Elocution	Mrs. Tejal Bhuta
32	VI to X	Hindi Elocution Competition	Dr. Vidya Kedari and Adv. Aakanksha Puranik
33		Singing	Mrs. Smita Patil Walsangkar
34		Magazine Cover Page Designing	Vision Heads
35		GK and Quiz	Class Teachers
36	VI to VIII	Good Book Reader	Mrs. Keerti Gandhe
37		Good Book Reviewer	Mrs. Swati Kanade and Mrs. Kirti Dhabhushe
38		Drawing	Mrs. Nivedita Chandekar
39		Poetry	Mrs. Amrapali Aurangabadkar
40	VII and VIII	Debate	Mrs. Trupti Tiwari
41	IX and X	Extempore	Dr. Dattatray Tapkir
42		Dance	Ms. Gargi Karkhanis
43	VI	Elocution	Mrs. Tejal Bhuta
44		Rangoli	Mrs. Prabha Dalvi
45	VII	Flower Arrangement	
46	VIII	Cooking	



Picnic (2023-24)		
Sr. No.	Std.	Destination
1	Mini K. G. to Sr. K. G.	Saee Farm, Shindewadi
2	Std. I and II	Mauli Agro, Pachane
3	Std. III and IV	Lekha Farm and Parle Biscuit Factory
4	Std. V and VI	Darekar Wada, Kedgaon
5	Std. VII and VIII	Bhilar, Wai
6	Std. IX and X	Anand Agri Tourism, Borgaon





# pre-primary section

You think.....  
Poetry is an art with few  
Little do you know  
There's a poet within you,





## From the Desk of Pre-Primary Supervisor



**Mrs. Ashwini Khankale**  
**(Pre-Primary Supervisor)**

Various interesting activities are conducted every year to make learning an enjoyable experience and to foster the all-round development of the students. This year too, several activities were planned and many were added to the regimen, in order to implement the NEP and enhance the teaching- learning process.

Along with the outdoor free play activities held on the playground, different games were planned for the students using cones, hurdles and hula hoop rings. The development of gross motor skills, strength and stamina were the main objectives behind these activities.

To develop fine motor skills and aesthetic sense among the students, various creative activities were taken regularly throughout the year. The students enjoyed free drawing, which included drawing on the floor with colourful chalks, drawing on the big sized papers, and on black boards. The students came up with superb drawings. The activity helped to enhance their creative thinking.

Different types of printing like thumb and finger printing, printing with ear buds, leaves and sponge printing were introduced to the students. Clay moulding, drawing rangolis with rangoli powder, real flowers and leaves, painting on the floor and on the papers were some other activities which were introduced.

A lot of focus was given on readiness activities like

patterning, sorting, classification, matching, seriation, and the solving of puzzles. These activities helped to develop various cognitive skills.

The students were engaged in various hands-on experiences like sorting of grains, shelling of peas, peeling of potatoes, making sprout bhel , fruit chaat and lemon sherbat , setting of curd and the churning of buttermilk. Through these activities, the students were able to experience the difference of textures of various vegetables and fruits.

The 'Pet day 'is an activity which fascinates the students. Cute pets entered the school along with their owners on 28th July 2023. Mr Sourabh Agashe and Mr Puntambekar visited the school along with their pets named 'Lisa and Sasha'. . Mr Agashe gave information about Lisa. He showed her toys, comb, nail cutter and also shared her food choices. He also spoke about Lisa's breed i.e. Rottweiler. After this, Mr. Puntambekar entered the hall with his pet dog Sasha, an Alsatian breed. The students were surprised to see the way Sasha was following the instructions given by her owner. The students learnt to look at pets as a compassionate friend who loves and cares for the owner and teach us many values through their gestures - A language without words which means a lot.

On the occasion of Diwali, the students were given cloth napkins. They enjoyed designing their own napkins with block printing.

Every year the students eagerly await the Bal nagari and colour week celebration. This year too, various traditional kitchen equipments were introduced to the students. The teachers demonstrated the uses of these equipments. The students were given an opportunity to explore and use the same. The equipments introduced



included stone grinders (जात), mortar pestle (पाटा बखंटा, खलबत्ता), churner (रबी), strainer (गाळणे), grain cleaner (चाळणी), rolling pin (लाटण) and board (पोळपाट), and broom (झाडू). The students were very excited during this session. They enjoyed crushing the peanuts, grinding jawar and bajra, making coriander paste and churning buttermilk. Keeping the corridor clean using the broom, cleaning the vegetables, rolling chapatis, and the use of various buttoning frames gave them the experiences to learn self-help and life skills. To add to the excitement Bal- nagari week was combined with a the colour week. The students came dressed up according to the colour theme and also carried one object of the respective colours of the day. The teachers were pleased to see the preparation done on the part of the students who came prepared and spoke some sentences about the objects with confidence. Bullock cart ride was the next surprise planned for the students of the Pre-Primary section in the series of mesmerising events and activities

planned for them. The students enjoyed the bullock cart ride on the school ground.

Stories, picture talk, object talk, rhymes sessions were an integral part of the daily routine which were effective tools to enhance language development.

The students enjoyed playing in the blocks corner, doll's house and the ball pool, which helped to boost their imagination, creativity and social skills.

Thus thoughtful activities were planned and executed throughout the year. Every child deserves an equal opportunity to explore, experience and excel. For achieving this the child needs a caring, loving, supporting and motivating atmosphere and needs guidance from teachers who understand the power of connection and holds the hand to bring out the best out of him/her. A conscious effort with the same thought was made throughout the year to shape the personalities of the little ones in the Pre-Primary Section.





## Mini K. G.



Story Telling Session by the Librarian of the School



Physical Exercise Session



Prayer Recitation and Self- Discipline Activity



Gross Motor Skill Development - Khal (खल) Activity



Buttermilk Churning Activity



Fine Motor Skill Development- Beading Activity

संत गुलाबराव महाराज -

२७,००० ओव्या, २,५०० अभंग, २,५०० पदे, ३,००० श्लोकादी रचना इत्यादींचा त्यांत समावेश आहे.





## Mini K. G.



Free Play - Ball Pool Activity



Bullock Cart Ride



Nature Walk



Community Helper Show - Fire Extinguisher Visit



Candle Making Activity



Vegetable Sorting Activity

संत तुकाराम (तुकाराम बोलहोबा अंबिल) -  
'गीतगाथा' ५ हजारांपेक्षा जास्त अभंग, गवळण, 'अभंगवाणी प्रसिद्ध तुकयाची', 'आनंद ओवरी', 'तुका आकाशाएवढा'.





## Jr. K. G.



Music Session by School's Music Teacher



Teaching with Technology



Numeracy Teaching Session



Reading Session



Word- Building Session



Greeting Card Making Activity

संत बहिणाबाई - संत कृपा झाली, इमारत फळा आली आणि ज्ञानदेवे रचिला पाया,  
तुका झालासे कळस. प्रसिद्ध कविता - अरे संसार संसार, अरे खोप्यामध्ये खोपा.





## Jr. K. G.



Information Session- Vehicle Display



Lemon Sharbat Making Activity



Learning the Basics of Medicine



Play with Rangoli



Rhymes Session



Fine Motor Skills and Concentration Improvement  
- Food Grains Sorting Activity

संत जनाबाई -  
३५० अभंग असलेला 'सकल ग्रंथ गाथा' हा ग्रंथ.





## Sr. K. G.



Nature Observation



Mask Making Activity



Block Printing Activity



Plant Observation Activity



Baalnagri



Numeracy Skill Development Through Practical Learning

संत नामदेवांची - अभंगगाथा (सुमारे २५०० अभंग), हिंदी भाषेतील अभंग रचना (सुमारे १२५ पदे), 'गुरुग्रंथ साहेब' ही काव्य रचना व नामदेवजी की मुखबानी (सुमारे ६० अभंग).





## Sr. K. G.



Free Play



Creative Use of Ice-cream Sticks



Traditional Celebration of Birthdays



Peer Learning Activity



Pataka Making Activity



Sports Week Competitions

संत एकनाथ - भारूड, जोगवा, गोंधळ, अनेक रचना, अभंग, गवळणी 'एकनाथी भागवत' (सुमारे १८,८१७ ओव्या),  
भावार्थ रामायण (सुमारे ४०,००० ओव्या) रुक्मिणी स्वयंवर, दत्ताची आरती (त्रिगुणात्मक त्रयमूर्ति दत्त हा जाणा).





## Celebrations



Aashadhi Ekadashi



Saraswati Poojan



Deep Amavasya Poojan



Teachers' Day Celebration- Young Teachers of Vision



Pet Day



Naag Panchami

संत तुकडोजी महाराज -  
ग्रामगिता, सार्थ आनंदामृत, सार्थ आत्मप्रभाव, गीताप्रसाद, बोधामृत.





## Celebrations



Dahi Handi



Marathi Day



Science Day



Doll's Wedding



Kalpavruksha Day Celebration  
- Vasudev Distributing Gifts.



Chipko Movement

संत ज्ञानेश्वर - भावार्थदीपिका किंवा ज्ञानेश्वरी (१८ अध्याय, ९ हजार ओव्या) १२९० साली नेवासे सच्चिदानंद यांच्याकडून लिहून घेतली.  
संत ज्ञानेश्वरांच्या ग्रंथसंपदेत अमृतानुभव, चांगदेव पासष्टी, अभंगाची गाथा.





## Competitions



Parent-Child Flower Arrangement Competition



Fancy Dress Competition



Colouring Competition



Sports Week Prize Distribution



Hurdle Race



Fancy Dress Competition Prize Distribution Ceremony

संत मुक्ताबाई -  
संत मुक्ताबाईंनी रचलेले ताटीचे एकूण ४२ अभंग प्रसिद्ध आहेत.





## Grandparents Day



समर्थ रामदास (नारायण सूर्याजीपंत ठोसर) - दासबोध, करुणाष्टके, मनाचे श्लोक. सोळा लघुकाव्ये, एकवीस समासी, चौदा शतक, आत्माराम रामायण, स्फुट ओव्या, दोन रामायणे इत्यादी त्यांनी रचना केल्या.





## Winners Drawing



Savi Kudale  
(Mini K. G. - M)



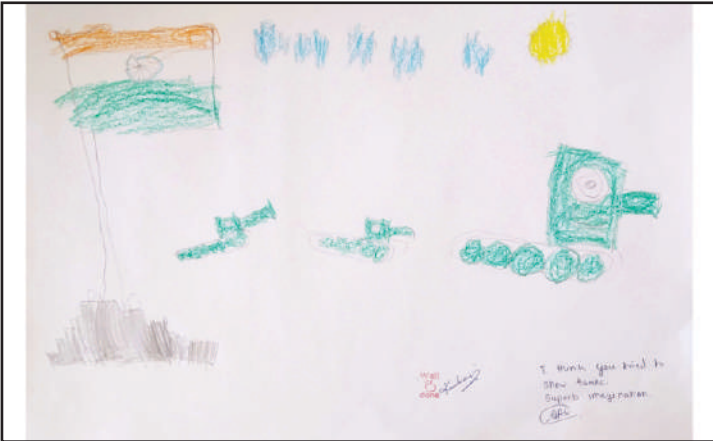
Saisha Yadav  
(Mini K. G. - V)



Salokya Kulkarni  
(Jr. K. G. - M)



Aasawari Kadu  
(Jr. K. G. - V)



Smit Jadhav  
(Jr. K. G. - E)



Shivay Kachare  
(Jr. K. G. - E)

संत गाडगे महाराज -  
“तीर्थी धोंडापाणी देव रोकडा सज्जनी ।” असे सांगत दीन, दुबळे, अनाथ, अपंगांची सेवा करणारे थोर संत म्हणजे गाडगेबाबा.



## Winners Drawing



Spruha Sathe  
(Sr. K. G. - M)



Ananya Patil  
(Sr. K. G. - V)

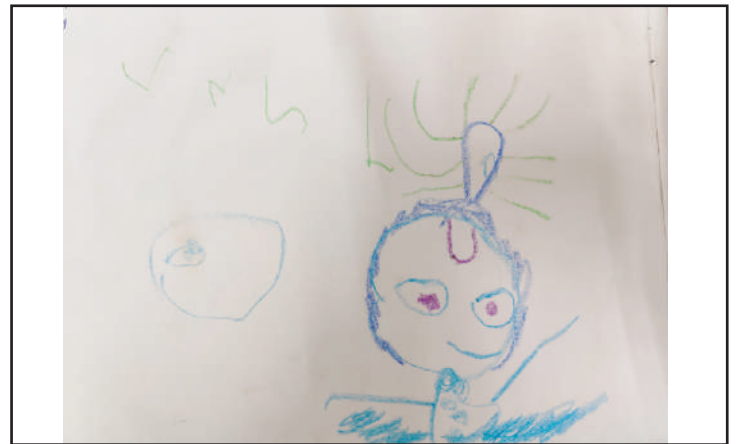


Maheshwari Thorat  
(Sr. K. G. - E)

## Upcoming Artists



Jiyansh Bhosekar  
(Mini K. G. - V)



Ayushmann Kakade  
(Mini K. G. - V)

गुरु गोबिन्द सिंह - दशम ग्रंथाव्यतिरिक्त गुरु गोबिन्द सिंगजी यांनी जाप साहिब,  
अकाल उस्त, चंडी दी युद्ध, जफरनामा, शब्द हजारे, बचित्र नाटक यासह इतर रचना केल्या.





## Upcoming Artists



Swamik and Drumi Nimkar  
(Jr. K. G. - M)



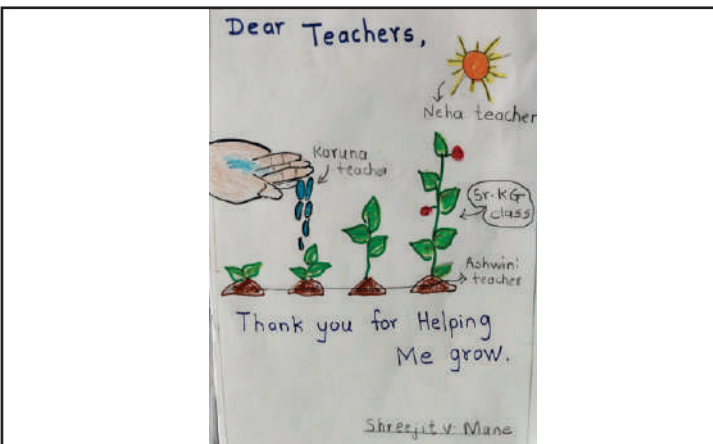
Siddharti Ghumatkar  
(Jr. K. G. - M)



Harsh Lambe  
(Jr. K. G. - V)



Ovi Pawar  
(Jr. K. G. - E)



Shreejit Mane  
(Sr. K. G. - M)



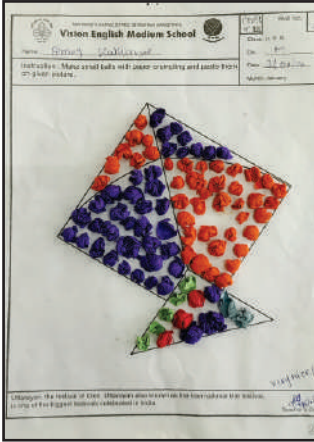
Aditya Chavan  
(Sr. K. G. - V)

संत चोखामेळा -  
अनेक अभंगांची रचना केली.





## Worksheets



Amey Kulkarni  
(Jr. K. G. - M)



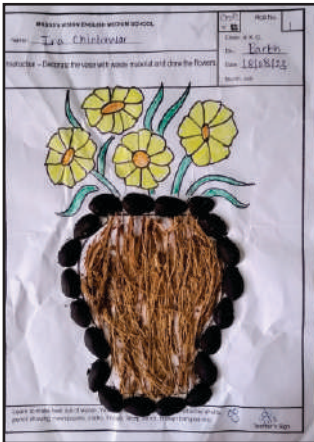
Rajvi Thorat  
(Jr. K. G. - M)



Nakul Mhasawade  
(Jr. K. G. - V)



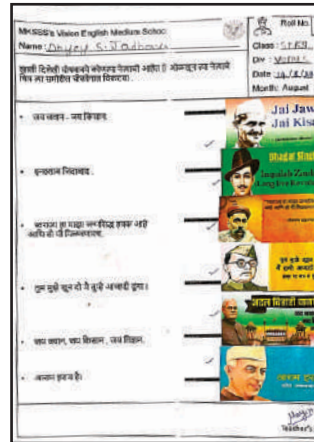
Nakul Mhasawade  
(Jr. K. G. - V)



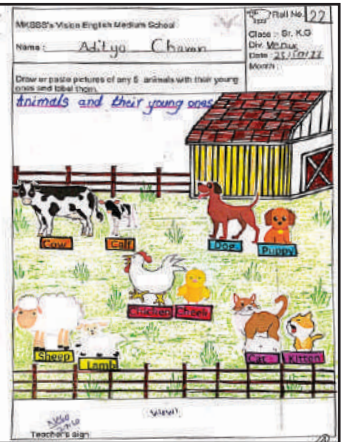
Ira Chintawar  
(Jr. K. G. - E)



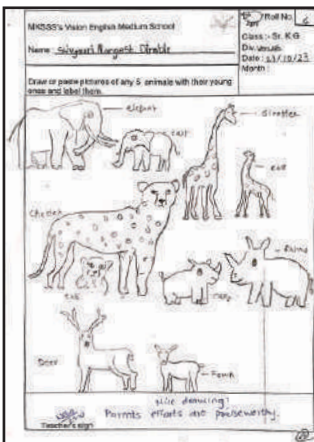
Adhya Nikam  
(Jr. K. G. - E)



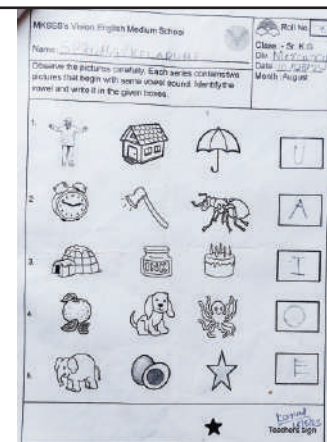
Dhyey Jadhav  
(Sr. K. G. - V)



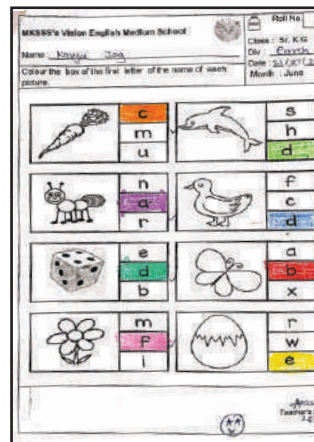
Aditya Chavan  
(Sr. K. G. - V)



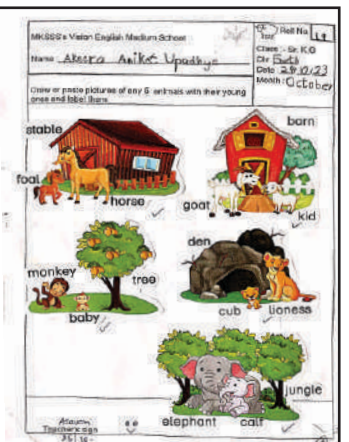
Shivgauri Dimble  
(Sr. K. G. - V)



Spruha Kelapure  
(Sr. K. G. - M)

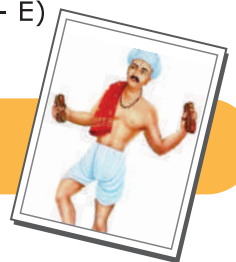


Kavya Jog  
(Sr. K. G. - E)



Akeera Upadhye  
(Sr. K. G. - E)

संत गोरोबा कुंभार - संत गोरोबा कुंभार हे महाराष्ट्रातील वारकरी संप्रदायातील एक थोर संत होते.  
पांडुरंगाचे निस्सीम भक्त असलेल्या गोरोबा काकांचे वीस अभंग आज आपल्याला पहायला मिळतात.





Winners of the Pre-Primary Section						
Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank	Name of the Judge
1	Mini K. G.	M	Beading Competition	Anaaya Yadao	FIRST	Class Teacher
2		M		Shreesha Shirurkar	SECOND	
3		M		Savi Kudale	THIRD	
4		M		Aaryajit Bankar	FIRST	
5		M		Malhar Mehare	SECOND	
6		M		Sharvill Shitole	THIRD	
7		V		Avani Panchal	FIRST	
8		V		Swarajya Wagh	SECOND	
9		V		Prabodhani Patil	THIRD	
10		V		Riyansh Kindre	FIRST	
11		V		Aarush Tikone	SECOND	
12		V		Aarav Panchal	THIRD	
13	Jr. K. G.	M	Drawing Competition	Salokya Kulkarni	FIRST	Mrs. Jyostna Godbole
14		M		Vihaan Ambulge	SECOND	
15		M		Siddharti Ghumatkar	THIRD	
16		M		Kritwik Godage	THIRD	
17		M		Aarohi Kulkarni	THIRD	
19		V		Aasawari Kadu	FIRST	
20		V		Aarush Pawar	SECOND	
21		V		Anaya Chougale	SECOND	
22		V		Rajveer Jadhav	THIRD	
23		V		Shalmali Chimbalkar	THIRD	
25		E		Smit Jadhav	FIRST	
26		E		Shivay Kachare	FIRST	
27		E		Isha Kulkarni	SECOND	
28		E		Shrauvya Sonawane	THIRD	
29		E		Sharada Joshi	CONSOLATION	
30	Sr. K. G.	M	Painting Competition	Spruha Sathe	FIRST	Mrs. Prachi Patil
31		M		Anvika Patil	SECOND	
32		M		Spruha Kelapure	SECOND	
33		M		Sarthak Joshi	THIRD	
34		M		Shreejit Mane	THIRD	
35		V		Ananya Patil	FIRST	
36		V		Shriveda Bhangre	SECOND	
37		V		Riddhi Dhadvre	SECOND	
38		V		Spruha Shinde	THIRD	
39		V		Aditya Chavan	THIRD	
40		E		Maheshwari Thorat	FIRST	
41		E		Anvi Jagtap	SECOND	
42		E		Vaibhav Patil	SECOND	
43		E		Akeera Upadhye	THIRD	
44		E		Sharvari Devlekar	THIRD	

Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank	Name of the Judge
45	Mini K. G.	M	Fancy Dress Competition	Malhar Mehare	FIRST	Mrs. Ashwini Joshi
46		M		Medhansh Sabde	SECOND	
47		M		Anav Gengage	THIRD	
48		V		Jui Mandhare	FIRST	
49		V		Saisha Yadav	SECOND	
50		V		Riyansh Kindre	THIRD	
51	Jr. K. G.	M	Fancy Dress Competition	Salokya Kulkarni	FIRST	Mrs. Snehal Dimble
52		M		Arpita Deolankar	SECOND	
53		M		Kaivalya Koli	THIRD	
54		V		Aarush Pawar	FIRST	
55		V		Harshit Jadhav	SECOND	
56		V		Avishka Balbudhe	THIRD	
57		V		Anaya Chougale	THIRD	
58		E		Shravuya Sonawane	FIRST	
59		E		Ira Chintawar	FIRST	
60		E		Akshara Gadekar	SECOND	
61		E		Vidita Jadhav	THIRD	
62	Sr. K. G.	M	Fancy Dress Competition	Spruha Sathe	FIRST	Mrs. Anuja Mandhare
63		M		Shreejit Mane	SECOND	
64		M		Sarang Saraf	SECOND	
65		M		Spruha Kelapure	THIRD	
66		V		Madhushree Walvekar	FIRST	
67		V		Jaee Kambli	SECOND	
68		V		Shivgauri Dimble	THIRD	
69		E		Akeera Upadhye	FIRST	
70		E		Shreesha Katti	SECOND	
71		E		Maheshwari Thorat	THIRD	
Parent -Child Competition						
72	Mini K. G.	M	Rangoli Competition	Poorva Deshpande	FIRST	Mrs. Shubhangi Nathade
73		V		Rutvi Sonwane	FIRST	
74		V		Sharvil Solse	SECOND	
75		M		Malhar Mehare	SECOND	
76				Rajvi Suryawanshi	THIRD	
77		V		Jija Awatr	THIRD	
78	Jr. K. G.	E	Flower Arrangement	Ira Chintawar	FIRST	Mrs. Shubhangi Nathade
79		M		Abhinandan Kalaskar	SECOND	
80		E		Akshara Gadekar	SECOND	
81		M		Arpita Deolankar	THIRD	
82		V		Aarush Pawar	THIRD	
83		V		Nakul Mhasawade	THIRD	
84	Sr. K. G.	V	Salad Decoration	Advik Sonavane	FIRST	Mrs. Dr.Swati Chandrashekhar
85		M		Shreejit Mane	SECOND	
86		E		Mahalaxmi Tanpure	THIRD	



Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank	Name of the Judge
87	Mini K. G.	M	Drawing	Savi Kudale	FIRST	Mrs. Prachi Patil
88		M		Shreemayi Shirurkar	SECOND	
89		M		Vedika Korane	THIRD	
90		M		Poorva Deshpande	THIRD	
91		V		Saisha Yadav	FIRST	
92		V		Manasvi Taware	SECOND	
93		V		Ayushmann Kakade	THIRD	
94	Jr. K. G.	M	Clay Modelling	Adhnya Chide	FIRST	Mr. Sagar Waghale
95		M		Arpita Deolankar	SECOND	
96		M		Sharvil Khaladkar	THIRD	
97		M		Siddharti Ghumatkar	THIRD	
98		V		Aasawari Kadu	FIRST	
99		V		Aarush Pawar	SECOND	
100		V		Shambhuraj Shilimkar	THIRD	
101		E		Bhargavi Shitole	FIRST	
102		E		Shriyansh Jadhav	SECOND	
103		E		Mrunmayee Pavanikar	THIRD	
104	Sr. K. G.	M	Origami	Shreejit Mane	FIRST	Mrs. Soniya Mohite
105		M		Spruha Kelapure	FIRST	
106		M		Abhiniti Shinde	SECOND	
107		M		Sarthak Joshi	SECOND	
108		M		Drumi Nimkar	THIRD	
109		M		Swanik Nimkar	THIRD	
110		M		Spruha Sathe	THIRD	
111		V		Shivgauri Dimble	FIRST	
112		V		Jaee Kambli	FIRST	
113		V		Vihaan Ghotekar	SECOND	
114		V		Aarav Ahire	SECOND	
115		V		Madhushree Walvekar	THIRD	
116		V		Varad Thavare	THIRD	
117		E		Akeera Upadhye	FIRST	
118		E		Anvi Jagtap	FIRST	
119		E		Maheshwari Thorat	SECOND	
120		E		Vaidehee Dhotre	SECOND	
121		E		Anay Gholve	THIRD	
122		E		Mahalaxmi Tanpure	THIRD	

Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank	Name of the Judge
123	Mini K. G.	M	Poetry	Poorva Deshpande	FIRST	Smruti Paranjape
124		M		Malhar Mehere	SECOND	
125		M		Shreemayi Shirurkar	THIRD	
126		V		Saisha Yadav	THIRD	
127	Jr. K. G.	M	Object Talk	Salokya Kulkarni	FIRST	
128		V		Aarush Pawar	SECOND	
129		M		Aarohi Kulkarni	THIRD	
130	Sr. K. G.	M	Story Telling	Shreejit Mane	FIRST	
131		V		Spruha Kelapure	SECOND	
132		E		Maheshwari Thorat	THIRD	
Interclass Competitions						
133	Mini K. G.	V	Sanskrit Song Recitation		WINNER	Mrs. Sailee Bhat
134	Jr. K. G.	M + V	Sanskrit Poetry Recitation Competition		WINNER	
135	Sr. K. G.	V+ E	Sanskrit story Recitation Competition		WINNER	
URJA KRIDA SPARDHA						
136	Jr. K. G.	V	Manache Shlok		THIRD	



**Samarth Bharat Abhiyaan - Manache Shlok Competition Winners**





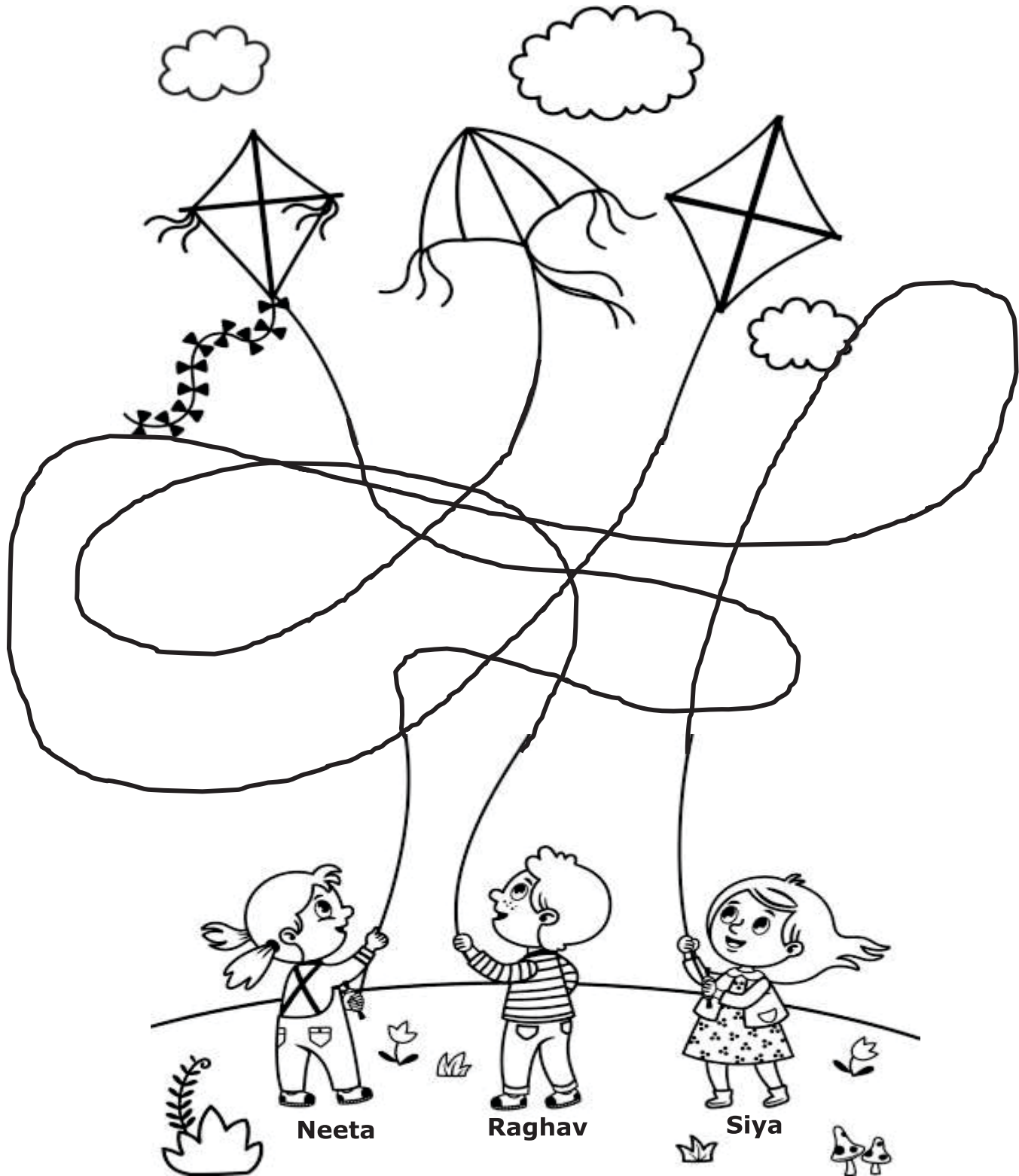
### Sports Competition Winners - Boys

Sr. No.	Name of the Student	Class	Division	Medal	Competition
1	Riyansh Kindre	Mini K. G.	Venus	Gold	Running
2	Rajveer Kank		Venus	Silver	
3	Medhansh Sabde		Mercury	Bronze	
4	Malhar Mehare		Mercury	Gold	Hurdle
5	Aarush Tikone		Venus	Silver	
6	Aaryajit Bankar		Mercury	Bronze	
7	Aaryajit Bankar		Mercury	Gold	Tricycle
8	Shivaansh Bagal		Mercury	Silver	
9	Rudra Pawar		Venus	Bronze	
10	Shivay Kachare	Jr. K. G.	Earth	Gold	Running
11	Adiraj Shevate		Venus	Silver	
12	Smit Jadhav		Earth	Bronze	
13	Vihaan Ambulge		Mercury	Gold	Lemon & Spoon
14	Samihan Deshmukh		Earth	Silver	
15	Harsh Lambe		Venus	Bronze	
16	Smit Jadhav		Earth	Gold	Hurdles
17	Adiraj Shevate		Venus	Silver	
18	Kushagra Sondkar		Mercury	Bronze	
19	Shouryank Yadav	Sr. K. G.	Earth	Gold	Running
20	Aarav Ahire		Venus	Silver	
21	Anay Gholve		Earth	Bronze	
22	Shouryank Yadav		Earth	Gold	Book Balancing
23	Aarish Bagade		Mercury	Silver	
25	Harsh Nikam		Earth	Gold	Hurdles
26	Nishad Deshpande		Earth	Silver	
27	Aarish Herwade		Venus	Bronze	

### Sports Competition Winners - Girls

1	Saisha Yadav	Mini K. G.	Venus	Gold	Running
2	Rusha Kadu		Venus	Silver	
3	Riddhi Kholam		Mercury	Bronze	
4	Avani Panchal		Venus	Gold	Hurdle
5	Savi Kudale		Mercury	Silver	
6	Vedika Korane		Mercury	Bronze	
7	Ovi Thosar		Mercury	Gold	Tricycle
8	Saisha Yadav		Venus	Silver	
9	Rajvi Suryawanshi		Mercury	Bronze	
10	Kavya Naik	Jr. K. G.	Mercury	Gold	Running
11	Sharada Joshi		Earth	Silver	
12	Spruha Chitnis		Mercury	Bronze	
13	Adhya Nikam		Earth	Gold	Lemon & Spoon
14	Shreesha Dhamal		Venus	Silver	
15	Akshara Gadekar		Earth	Bronze	
16	Adhya Nikam		Earth	Gold	Hurdle
17	Vidhi Magdum		Venus	Silver	
18	Ovi Pawar		Earth	Bronze	
19	Aneesha Khare	Sr. K. G.	Mercury	Gold	Running
20	Sharanya Raut		Venus	Silver	
21	Ojasvee Walekar		Mercury	Bronze	
22	Ishita Joshi		Mercury	Gold	Book Balancing
23	Spruha kelapure		Mercury	Silver	
24	Maheshwari Thorat		Earth	Bronze	
25	Shivgauri Dimble		Venus	Gold	Hurdles
26	Maheshwari Thorat		Earth	Silver	
27	Kavya Jog		Earth	Bronze	

**Neeta, Raghav and Siya are flying kites in the sky.  
They are confused which kite belongs to whom?  
Can you help them to get their kite?**

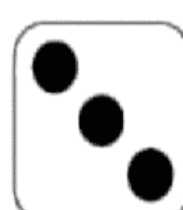




On a sunny day, some insects are playing pause and move game together in a garden. Can you spot the six differences?



Colour the dice as per the colour code.



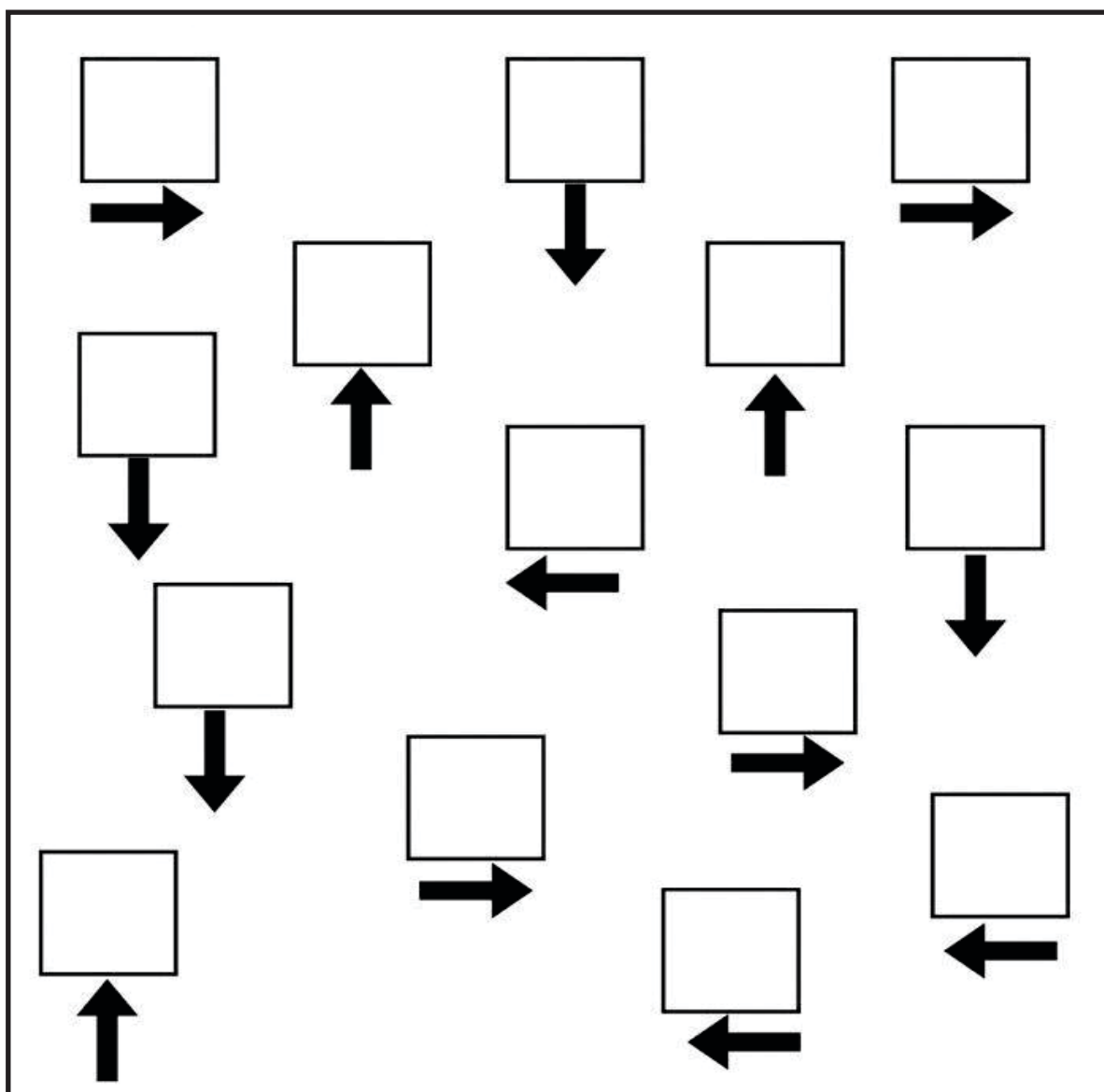
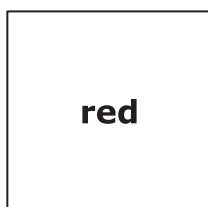
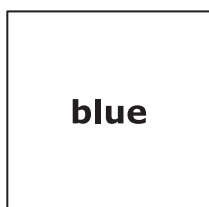


Follow the colour code and decode the words.

A S P N I T

<div>Red</div>	<div>Yellow</div>	<div>Purple</div>	SAT
<div>Blue</div>	<div>Pink</div>	<div>Green</div>	
<div>Green</div>	<div>Yellow</div>	<div>Blue</div>	
<div>Blue</div>	<div>Pink</div>	<div>Purple</div>	
<div>Blue</div>	<div>Yellow</div>	<div>Green</div>	
<div>Purple</div>	<div>Yellow</div>	<div>Blue</div>	
<div>Red</div>	<div>Pink</div>	<div>Green</div>	

**Color the boxes according to the direction of the arrow by the mentioned shade given below.**





## Object talk



**Salokya Kulkarni**  
(Jr. K. G. - M)

Hello friends, one day I walked into my balcony at night. It was pitch dark. Suddenly it lit up! I was surprised. I moved around to find this magic light. I took it to my father & asked him about it. He said, "this is solar powered, motion sensing LED light. It has Solar panel over here. When sunlight falls on this, it converts into electricity and stores in a battery for later use. It also has a light sensor and motion detector over here. In the daytime it won't light up. It gives us light at night. It will glow when we go near it. By using solar light we can save electricity. We can use solar lights in our home, balconies, farms etc".

Some interesting facts about solar light. It was invented by Mr. Charis in 1883. It is free of cost. Earth doesn't pay electricity bills to the Sun, that's why it is called 'Green Energy. So 'keep life bright, with solar light for brighter today, greener tomorrow'. 'Go Green, Save Earth'.



**Aarush Pawar**  
(Jr. K. G. - V)

Good morning everyone, My name is Aarush Pawar, I am going to talk about the Globe. This is the Globe, it is the model of our earth. It shows how our earth looks like. It has 2 poles- North pole and South pole. There are two colours- blue and green. Blue colour shows the water part and green colour shows the land part. The blue part is divided into 5 oceans- Pacific ocean, Indian Ocean, Antarctic ocean, Arctic ocean and the Atlantic ocean. The land part is divided into 7 continents -North America, South America, Europe, Africa, Australia, Antarctica and Asia. It also shows the location of all the countries of this world.



**Shrauvya Sonawane**  
(Jr. K. G. - E)

Hello everyone, My name is Shrauvya Jitendra Sonawane, I am studying in Jr. K. G. Earth class. The name of my object is 'Indian National Flag'. It is a symbol of freedom. It is a tricolour flag. It is rectangular in shape. It is made up of Khadi cloth. Pingali Venkaiyya designed our flag. Top most colour band is saffron and it is a symbol of bravery. Middle colour band is white and it is a symbol of peace. Bottom colour band is green and it is a symbol of prosperity. At the centre, there is Ashok Chakra which is blue in colour and it is a symbol of progress. Everyone should respect our flag. I love my flag. विजयी विश्व तिरंगा प्यारा, झंडा उंचा रहे हमारा !

## Story Telling



**Akheera Upadhye**  
**(Sr. K. G. – E)**

### The Story of a Squirrel

Ravana had abducted Sita and taken her to Lanka. There was a massive ocean that Rama had to cross to get Sita back. The entire Vanar Sena (army of monkeys) and all the animals started helping Lord Rama to make a bridge that would take them to Lanka. Rama was deeply moved by the dedication and passion of his entire army. He noticed that a tiny squirrel was also working tirelessly. The squirrel picked up tiny stones in her mouth and kept putting them near the boulders. The squirrel's enthusiasm was destroyed by a monkey when he made fun of her saying that she should stay away from the boulder or she would get crushed. Seeing the monkey laugh, all the other animals also started making fun of the little squirrel. The squirrel was hurt and started crying. The upset squirrel went running to Rama and complained about the whole incident. Rama assembled everyone and showed them how the pebble thrown by the little squirrel was connecting two boulders. He also stated that no contribution is small or big; what matters is the intent and devotion. Appreciating the hard work and effort of the squirrel, Rama lovingly stroked the squirrel's back. The gentle stroke left three stripes on the squirrel's back. It is believed that before this incident, squirrels did not have stripes on their bodies. This is a great moral story for kids which will help them recognise the importance of both small and big efforts.



**Shreejit Mane**  
**(Sr. K. G. – M)**

### Value Of Zero

This story is written by Shastro and zero is invented by Aryabhatta. One day a great mathematician called for a meeting of numbers. All the numbers came for the meeting except zero.

Zero was hiding in an unknown place. Mathematician ordered all the numbers to go and find Zero. All the numbers searched for Zero.....

"Zero, where are you.....??? Zero, where are you....??" But no one could find him. At last, all numbers found Zero hiding behind the tree.

Mathematician asked, "Why are you hiding behind the tree...??"

He started crying.....uuummm... "Sir I am Zero. I have no value. No one cares for me. No one respects me. It hurts me a lot."

Mathematician thought and smiled...called number 1, to stand right of Zero. Asked all the numbers, "What is the value of the number now...??"

All the numbers shouted ..."It's 10. It's 10"..

Mathematician called another 0, to stand right of Zero. Asked all the numbers, "What is the value of the number now...??"

All the numbers shouted ..."It's 100. It's 100".

Mathematician called another 0, to stand right of Zero. Asked all the numbers, "What is the value of the number now...??"

All the numbers shouted ..."It's 1000. It's 1000".

Zero becomes a Hero...Zero becomes so happy.

#### **Moral of the Story -**

If we stand united, our value increases. Everyone in this world has its own value & identity. We should value each other & love everyone.



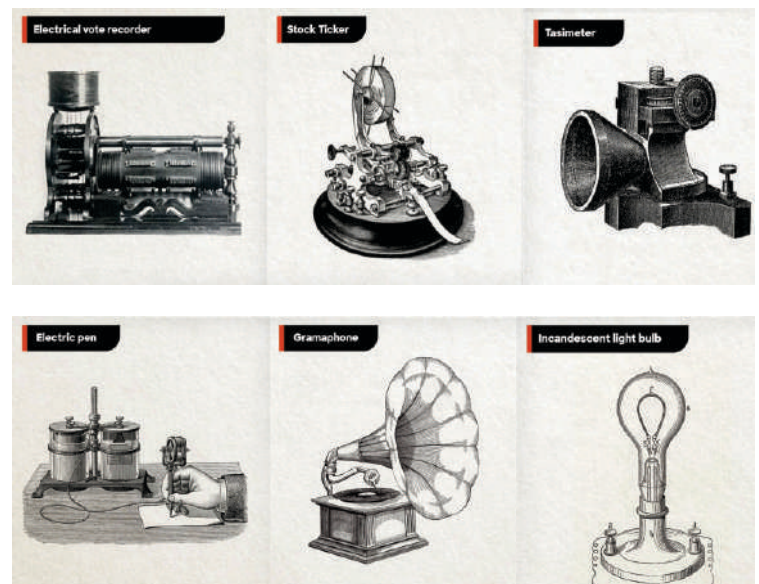
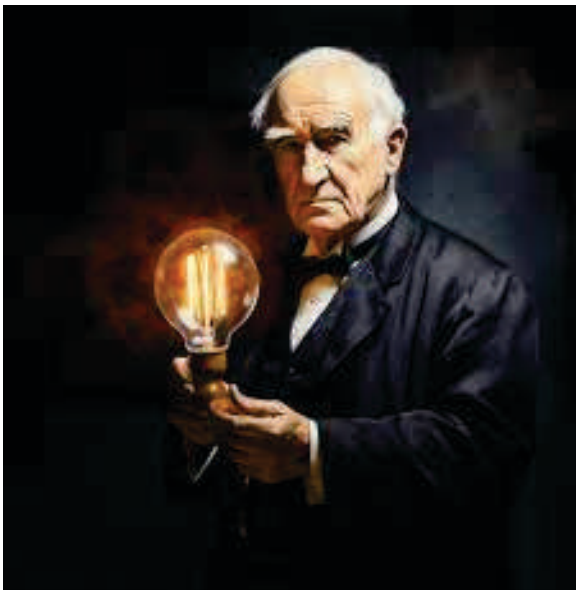
## Attitude determines altitude



**Spruha Kelapure**  
(Sr. K. G. – M)

Dear friends, do you know who invented the electric light bulb? Yes, he is Thomas Alva Edison. He was born in 1847 when there was no light, no radio, no CD player, not even a movie theater. He was a curious kid. He loved doing experiments. He always used to ask questions, "What is this?"; "Why does that happen?"; "How does it happen?" He also had a problem with hearing. His teachers used to get angry with his strange behaviour. One day, little Thomas came home from school and handed a paper to his mother. It was a confidential letter from school. His mother opened it and her eyes were full of tears. Thomas asked, "Why are you crying? What is written there?" She read the letter loudly, "Your son is a genius. This school is too small for him and

doesn't have good teachers to train him. Please teach him yourself. She decided and started to teach him at home. She always encouraged his curiosity. Gradually, Thomas grew up with his continuous experiments and he became one of the greatest scientists in the world. After years, his mother died. One day, while going through his family things, he found a folded paper in the drawer. It was the same letter he had got from school. He opened it up and on the paper it was written, "Your son is addled means mentally ill. We will not allow him to attend our school anymore." He understood that his mother had changed the negative content of the letter into a positive one to encourage him. He cried for hours in the loving memories of his mother. Edison took every challenge in his life positively. He says that he could concentrate better on his experiments due to his deafness. While inventing an electric light bulb his 10000 experiments did not work but he says, "I have not failed, I just found 10000 ways that won't work." This positive attitude of Edison and his mother raised him to a high altitude of inventions. So, what did we learn? ATTITUDE DETERMINES ALTITUDE. Thank you.



## **Ragi Cake Recipe (Eggless Finger Millet Cake – No Sugar, No Oven)**



**Mrs. Hemanti Kulkarni**  
**(Parents of Akshara Kulkarni**  
**Mini K. G. - M)**

### **Ingredients:**

1 cup jaggery powder, ½ cup curd, ¼ cup oil, 1½ cup milk, 2 cup ragi flour, 2 tbsp cocoa powder, 1 tsp vanilla extract, 1 pinch of salt, ¼ tsp baking soda, 1 tsp baking powder

### **Instructions:**

- First, in a large bowl take 1 cup jaggery, ½ cup curd, ¼ cup oil, and ½ cup milk.
- Whisk and mix well making sure everything blends completely.
- Add 2 cups of ragi flour and 2 tbsp of cocoa powder.
- Also add 1 tsp vanilla extract, a pinch of salt, ¼ tsp baking soda, and 1 tsp baking powder.

- Mix well.
- Further, add milk as required and mix until the batter turns to a silky smooth consistency.
- Transfer the cake batter to a cake mould.
- Also, tap twice to level up uniformly and remove any air bubbles if present.
- Add 2 cups of salt to a pressure cooker and heat the cooker for 5 to 10 minutes. It gives a preheated oven atmosphere.
- Now place the cake pan into the preheated cooker. Close the lid of the cooker without keeping the gasket and whistle.
- Cover and cook on a medium flame for 45 minutes. Insert a toothpick and check if the cake is cooked well.
- Let the cake cool down and then remove the cake from the mould. The ragi chocolate cake is ready. Finally, cut the ragi cake into pieces and enjoy.

### **Nutrition:**

Calories: 949kcal, Carbohydrates: 206g, Protein: 11g, Fat: 5g, Saturated Fat: 1g, Polyunsaturated Fat: 3g, Monounsaturated Fat: 1g, Sodium: 5mg, Fiber: 1g, Sugar: 203g, Calcium: 222mg, Iron: 3mg



### **'Proso Millet'**

**Mrs. Prajakta Gawade**  
**(Parents of Sparsh Gawade**  
**Sr. K. G. - E)**

'Proso Millet' are also known as common millet, is one of the healthiest millets. It helps in digestion, to prevent cancer, and to keep the respiratory system and liver healthy. Proso millet is better

than wheat and rice. It is an excellent source of fiber and protein. The flour of the Proso millet can be used to make chapatis, dosas, idlis and it has no adverse effects. Hope you consume proso millet in your diet.





## Mindful Parenting



**Dr. Suneel Godbole**  
**(Developmental Pediatrician Chiranjeev**  
**Center for Child Diet and Development)**

In today's fast-paced and technology-driven world, parenting can be a challenge. However, it is more important than ever to be present and connected with our children, as they face increasing pressure and stress. It also adds a lot of stress to the parents also; making the journey of parenting painful! We try to reduce this stress by using physical rewards and punishments. Unfortunately, we also find our answers in electronic gadgets, mall shopping and hired services; which makes the life more miserable. Actually, the answer lies within us; that is our own 'Mind'!

Merriam-Webster dictionary defines 'Mind' as the part of a person that feels, perceives, thinks, wills, and especially reasons. We – as a parent – think on every little bit of events happening around ourselves and our children. All these thoughts and the feelings attached to them start filling up our mind to the extent that we get overwhelmed & exhausted. In such state; we either shout at our children or allow them to do whatever they want. Either way; the result is disastrous! So – instead of making our mind full of unnecessary thoughts of past and future; we should be 'Mindful'.

**Mindfulness** is the practice of paying attention

to the present moment without judgment. It's about being aware of your thoughts, feelings, and bodily sensations as they arise, without getting caught up in them.

**Mindful parenting** is an approach to parenting that emphasizes being present and aware in your everyday interactions with your children, free from distractions or judgment, and with a soft and open mind.

### **Principles of mindful parenting:**

- **Be present:** Put aside your worries, to-do lists, and distractions, and be fully present with your child in the moment. For example; play with your child when you are in a garden and do not worry about their pending homework!
- **Self-awareness:** Be aware of your own thoughts, feelings, and behavior, and how they may be affecting your interactions with your child.
- **Non-judgmental awareness:** Observe your child's thoughts, feelings, and behaviors without judgment.
- **Acceptance:** Accept your children as they are, with all their strengths and weaknesses. All parents want their children to be the best in every field of life. Trouble starts here. We start pushing our children beyond their limits.
- **Compassion:** Respond to your child with compassion and understanding. For children; especially for tiny toddlers; the world around is quite harsh. They come to parents to seek solace and we shun them off! Actually, what they need is a minute or two of patient listening.

### Benefits of mindful parenting:

- **Improves parent-child relationships:** Mindful parenting can help you to connect with your child better and build a stronger, more trusting relationship.
- **Reduces stress:** Mindful parenting can help you to manage your own stress levels, which can in turn benefit your child.
- **Helps children develop emotional intelligence:** Mindful parenting can teach children how to identify and manage their own emotions, and how to empathize with others.
- **Improves children's behavior:** Mindful parenting can help children to develop self-control and make better choices.

### Tips for practicing mindful parenting:

- **Take time for yourself:** Make sure to schedule some time for yourself each day to relax and recharge. We – parents – are the platform on which our children are performing. If we are unstable; what we can expect from our children?
- **Practice mindfulness:** There are many different ways to practice mindfulness, such as meditation, yoga, or simply taking a few minutes of deep breathing.
- **Be mindful of your triggers:** Be aware of what triggers your stress or anger, and develop strategies for coping with these triggers.
- **Connect with your child every day:** This could involve talking, playing, or simply cuddling.
- **Listen attentively:** This means making eye contact, putting away your phone, and really listening to what your child has to say.

- **Validate your child's feelings:** Let your child know that you understand and accept their feelings, even if you don't agree with their behavior.
- **Set limits:** It's important to set limits for your child, but do so in a way that is loving and respectful. Mindfulness is NOT accepting whatever child does! You can discipline your child and yet be mindful!
- **Be mindful of your technology use:** Set limits on your own screen time and encourage your children to do the same.
- **Create routines and rituals:** Routines can help to connect with your child and practice mindfulness together. For example, you could have a family dinner every night or take a walk together after school.
- **Be a Role-Model:** Children learn by watching their parents, so it's important to model mindful behavior yourself. Show your child how you manage your emotions, be present in the moment, and connect with others.

Mindful parenting is a journey, not a destination. Initially, you may achieve mindfulness for very short time period. It is OK! Enjoy those moments and go ahead. The more you practice, the better you will become at being present and aware in your interactions with your child. Mindfulness is a smart way of happy parenting!







श्रेयस जोशी  
(म्युझिक थेरपीस्ट)

संगीत हे मानवाच्या स्वाभाविक गरजांपैकी एक आहे, लय हे त्याच द्योतक आहे. गंमत म्हणजे ही लय आपल्या शरीर, मेंदू आणि मन या तिघांना जोडणारी आहे. अगदी श्वासोच्छवासापासून हृदय कंपनापर्यंत प्रत्येक व्यक्तीची स्वतंत्र लय दिसून येते. किंबहुना म्हणूनच नादाविषयी जगातल्या प्रत्येक व्यक्तीला आकर्षण आहे. संगीत आवडत नाही असा व्यक्ती अगदी अपवादाने सापडेल. गेल्या काही वर्षांपासून संगीताला एक उपचार पद्धती म्हणून गणले जाऊ लागले आहे, संशोधन केलं असता याचं मूळ अनेक प्राचीन भारतीय आणि पाश्चात्य ग्रंथात आढळून येईल. वेगवेगळ्या स्तरावरील वयोगटांसाठी दैनंदिन व्यवहारातही वैद्यकीय उपचारांसोबत संगीताचा उपयोग मानसिक आणि काही प्रमाणात शारीरिक व्यधींच्या निवारणासाठी मदत म्हणून केला जाऊ शकतो. जन्मापासून अगदी वृद्धापकाळापर्यंत अनेक टप्प्यांवर संगीत मदतीला येऊ शकते. शालेय मुलांसाठी संगीताचा उपचार अथवा सर्वांगीण कौशल्य विकास म्हणून विचार करताना, अनेक स्तरांवर संगीताचा उपयोग होऊ शकतो.

शालेय जीवनात गणितीय प्रक्रिया आणि आकडेमोड यातील गल्लत, शास्त्रीय आणि वैज्ञानिक संज्ञा आकलन आणि विस्मरण, ऐतिहासिक नोंदी आणि घटना, भाषीय व्याकरण यांचा ताळमेळ अशा कित्येक समस्यांना मुले सामोरी जातात, तर वैयक्तिक स्तरावर परीक्षेचा ताण, लक्षात न राहणे अर्थात स्मरणशक्ती अभाव, आकलनात त्रुटी, एकाग्रता अभाव, समवयीन व्यक्तीशी होणारी तुलना, सामाजिक किंवा कौटुंबिक न्यूनगंड, एखाद्या विषयाबद्दल / व्यक्तीबद्दल / घटनेबद्दलची भीती - चिंता - शोषण, मोबाईलचे व्यसन अशा अनेक समस्यांना मुले तोंड देतात. कित्येकदा याबद्दल पालकांशी बोललं जात नाही, शिक्षकांना सांगितलं जात नाही, परिणामी समस्येची तीव्रता वाढल्यावर उपचारासाठी मार्ग शोधला जातो. मात्र जर

प्राथमिक स्तरावर याची नोंद घेतली गेली तर परिणाम आटोक्यात येऊ शकतात. कित्येकदा छोट्या समस्यांसाठी अथवा प्राथमिक विचार म्हणून संगीताचा वापर करता येऊ शकतो. दैनंदिन व्यवहारात, वेळापत्रकात, शालेय अभ्यासक्रमात संगीताचा वापर होऊ शकतो. वाद्य वाजवणे, गायन, संगीत ऐकणे, विविध विषयांच्या मागणी नुसार संगीताचा त्यात समावेश करणे, (जसे. उदा. सिनेसंगीताच्या चालीवर पाढे / संज्ञा / गणितीय प्रमेये, म्हणी, वाक्प्रचार, ऐतिहासिक घटना यांना म्हणणे), दिनक्रमात ठराविक वेळ निवडून किमान १० मिनिटे संगीत ऐकणे, शालेय वेळापत्रकात प्रत्येक तासाआधी २ मिनिटे ओंकार किंवा एखादी सुरावट म्हणणे, आठवड्यातून एक दिवस एखाद्या वाद्याची अथवा कलाकाराची कार्यक्रमाच्या माध्यमातून ओळख करून घेणे इत्यादी प्रयोगांचा परिणामकारक उपयोग होऊ शकतो. संगीत ऐकण्याने मानवाच्या मेंदूमध्ये जलद प्रक्रिया सुरु होते. आपण जसे संगीत ऐकतो अगदी त्या प्रमाणे आपला मेंदू विचार विनिमय करू लागतो असे संशोधनातून सिद्ध झाले आहे. सामाजिक ठिकाणी ऐकवले जाणारे संगीत आपण निवडू शकू असे नाही मात्र घरात असताना कोणत्या प्रकारचे संगीत आपण पाल्यांना ऐकवत आहोत, त्यातील शब्द - विचार - कल्पना या सकारात्मक आहेत की नकारात्मक याचं भान पालकांनी ठेवणं आवश्यक आहे. संगीताची निवड करताना पाल्याला अनेक प्रकारचे संगीत ऐकायची मुभा द्यावी, जेणे करून कोणते संगीत आपल्याला आवडते आहे याची निवड मुले करू शकतील. वाद्य शिक्षणातही याचं प्रकारचा विचार व्हायला हवा. आपली सांगितिक आवड शक्यतो पाल्यावर लादू नये. शास्त्रीय, पाश्चात्य, लोकसंगीत, भक्तिसंगीत, वैश्विक संगीत अशा अनेक प्रकारच्या संगीत प्रकारांना आपण हुन प्रोत्साहन द्यावे. यातूनच पुढे जाऊन कोणता संगीतप्रकार खरंच शांती अथवा ऊर्जा देतो आणि कोणता केवळ गोंगाट अथवा संभ्रम निर्माण करतो याचा विचार मुले स्वतःहून करतील. भारतीय संगीताला हिंदुस्थानी आणि कर्नाटकी शास्त्रीय संगीताची प्राचीन बैठक आहे, राग आणि स्वर विस्तार ह्या संकल्पना केवळ भारतीय संगीतातच दिसून येतात. त्यावर आधारित सिनेसंगीत, लोकसंगीत यांविषयी मुलांना माहिती द्यावी. भारतीय शास्त्रीय संगीत हे इतर संगीत प्रकारच्या तुलनेत संगीतउपचार म्हणून जास्त परिणाम कारक आहे असे संशोधनातून दिसून आले आहे. म्हणूनच त्यावर आधारित असणाऱ्या सिनेमातील गाणी, लोकसंगीत, भक्तिगीते, फ्युजनस अशा विविध संगीत प्रकारांची ओळख मुलांना करून द्यायला हवी. घरातील वस्तू,

लाकडी सामान, भांडी, काचेची उपकरणे यासारख्या नाद उत्पन्न होणाऱ्या पर्यायामधून पालकांच्या देखरेखीखाली खेळ, वादन अशा गोष्टी करता येऊ शकतात. सांगितिक कानगोष्टी, अंताक्षरी, संगीत खुर्ची यांसारख्या खेळांमधून विद्यार्थ्यांना संगीताचा आनंद घेता येऊ शकतो. शिक्षकांनी अथवा पालकांनी मुलांबरोबर रोज किमान ५ ते १० मिनिटे बसून संगीताचा आस्वाद घेतल्यास मुले आवडीने संगीत ऐकतात.

संगीत ऐकताना आवाजाची पातळी, ऐकताना वापरायचे साधन, त्याची गुणवत्ता, अशा सर्व बाजूंचा गांभीर्याने विचार व्हायला हवा. कारण ध्वनी पातळी आणि ध्वनी लहरी यासुद्धा श्रवण संस्था आणि मेंदू यांवर तीव्र परिणाम करतात. त्यामुळे आपण वापरत असणारे साधन आपल्या कानाला किंवा श्रवण संस्थेला इजा तर पोहोचवणार नाही याची काळजी घ्यायला हवी. सध्या 'एयर पॉड्स' अथवा 'एन

एयर हेडफोन्स' सारख्या श्रवण पटलाच्या अगदी जवळ लहरी पोहोचवणाऱ्या उपकरणांची चलती आहे. कित्येकदा काम करताना, वाहन चालवताना, अभ्यास करताना या उपकरणांचा वापर होतो, हा वापर शक्यतो टाळावा त्याऐवजी ध्वनी यंत्रणा अर्थात साऊंड सिस्टीम, होम थिएटर, टीव्ही, संगणक यांचा वापर करून संगीत ऐकावे. हेडफोन वापरताना शक्यतो 'ओव्हर एयर' स्वरूपाचा असावा आणि त्याचा वापर हा मर्यादित असावा. उपकरणे खरेदी करताना 'लो / बेस बुस्टिंग' ऐवजी शक्यतो न्यूट्रल म्हणजेच बॅलन्स अर्थात सर्व प्रकारच्या वारंवारितेला नियंत्रीत केलेल्या उपकरणाची खरेदी करावी. संगीताच्या ह्या जादुई शक्तीचा विचार आणि वापर मुलांच्या सर्वांगीण विकासासाठी केल्यास भविष्यात खऱ्या अर्थाने 'कानसेन' तयार होतील आणि आपल्या शारीरिक, मानसिक आव्हानांना स्वयंप्रेरणेने सामोरे जाऊन प्रगती करतील ह्यात शंका नाही.



### संस्कारांचे नियम

सौ. विदुला अवचट

(वर्ग शिक्षिका - जूनियर के. जी. - व्हीनस)

आपण ज्या देशात राहतो त्या देशाचे नाव अभिमानाने घेतले जाते, माझा 'भारत देश'. आम्ही भारतीय आहोत आणि आम्ही संस्कार जपणारे देशाचे नागरिक आहोत अशी आपली ओळख आहे. सर्व माणसे जेव्हा एकत्र येतात तेव्हा तो समाज म्हणून ओळखला जातो. या समाजाचे काही नियम असतात त्याचे आपल्या प्रत्येकाकडून पालन केले जाते आणि इतरांना त्या नियमांचे महत्त्व समजावून देखील सांगितले जाते. मग या समाजाचे संस्कार काय असतात किंवा नियम काय असतात, तर सर्वात पहिला आणि महत्वाचा नियम म्हणजे

'माणसाने माणसाशी माणसासम वागणे'.

कुटुंबासाठी कष्ट करणाऱ्या आई-वडिलांचा मान आपण जपूया,  
त्यांनी दिलेल्या संस्कारांवर आपण त्यांचा मोठा आधार बनूया.  
प्रत्येक स्त्रीचा करून आदर जिजाऊचा शिवबा होऊया,  
वाईट नजर वर येतात मान त्यांची खाली झुकवू या.  
असत्याचा रस्ता चुकवूनी सत्याची वाट धरूया,

हिंसेचा मार्ग टाळूनी, अहिंसेने एकमेकांचे विचार बदलूया.  
समाजाच्या नियमांचे पालन करूनी देशाला पुढे आपण नेऊया,  
शिक्षणाने शिक्षित होऊनी स्वतःची प्रगती आपण करूया.  
थोरामोठ्यांच्या चरित्रातून जगण्याची प्रेरणा आपण घेऊया,  
त्यांनी मांडलेल्या विचारांचा वारसा सारे मिळूनी पुढे नेऊया.  
असमानता अन् धर्मभाव समाजातून हटवूया,  
सन्मान आणि आदराने सारे जग जिंकूया.  
चिंतन अन् मनन करूनी इतरांसमोर एक नवा आदर्श ठेवूया,  
अपयशाने न खचता यश मिळवण्यासाठी लढूया.  
शेतकऱ्यांच्या कष्टाची जाणीव ठेऊनी अन्नाचा मान राखूया,  
त्यांच्या विकासासाठी देवाकडे प्रार्थना करूया.

या समाजात समाज परिवर्तनासाठी  
लढणाऱ्या नायकांना साथ आपण देऊया,  
समानतेचा मार्ग दाखवणाऱ्या महान संत  
व क्रांतीवीरांचा इतिहास लक्षात ठेवूया.  
संकटात दिसे कोणी मदतीस धावून जाऊया,  
बघ्याची भूमिका सोडूनी माणसातला देव माणूस जागा करूया.



## तहान लाडू भूक लाडू



सौ. नेहा गाडगीळ

(वर्ग शिक्षिका - सिनियर के. जी. - मकर्युरी)

शाळेची सुट्टी म्हणजे खूप धमाल असायची. सुट्टी लागण्यापूर्वी परिवहन मंडळात जाऊन अर्थे तिकीट मिळावे म्हणून अर्ज करायचा, ज्या दिवशी परीक्षा संपेल त्याच्या दुसऱ्या दिवशी सकाळचे तिकीट काढायचे आणि आजी कडे निघायचे. शेतात जाताना आजी म्हणायची की थोडे तहान लाडू भूक लाडू करते, घेऊन जा. मला वाटायचे तहान लाडू खाल्ले कि तहान लागते आणि भूक लाडू खाल्ले कि भूक अजून वाढते. पण तहान लाडू भूक लाडू याचा लाडवाशी काही संबंध नाही आणि हि एक संज्ञा आहे हे नंतर कळले. आता जसे प्रवास करताना रस्त्या मध्ये हॉटेल्स असतात तसे पूर्वी नव्हते. प्रवास करताना भूक लागली तर आईने किंवा आजीने दिलेले तहान लाडू भूक लाडू खायचे. या मध्ये दशम्या म्हणजेच दुधामध्ये कणिक भिजवून केलेल्या जाडसर पोळ्या, धपाटे, दही, दाण्याची चटणी, लसणाची चटणी, झणझणीत कांद्याची भाजी, घरी केलेले लोणचे यांचा समावेश असायचा. माझ्या आजोळी अजूनही तहान लाडू भूक लाडू बांधून देण्याची पद्धत आहे. आम्ही झाडाची सावली बघून, शेतात, ओढ्याकाठी बसून हि शिदोरी खाताना आम्हा मुलांना खूप आनंद होतो. उद्देश असा कि बाहेरचे म्हणजेच हॉटेल चे खायचे नाही, घरी केलेले अन्न सेवन करायचे आणि समजा प्रवासात काही कारणाने उशीर झाला तर उपाशी राहण्याची वेळ येऊ नये. परवाचीच गोष्ट, आईकडून येताना आईने काळजीने घरी गेल्यावर काही काम करावे लागु नये म्हणून दशम्या, धपाटे करून दिले. कोल्हापूर पुणे खरेतर चार तासाचा प्रवास, परंतु दिवाळीची सुट्टी संपली आणि रस्त्याचे चालू असलेले काम यामुळे हाच प्रवास आठ तासाचा झाला. मी एकटीच असल्यामुळे तशी काळजी नव्हती, सह प्रवासी जे होते त्यांना पुणे रेल्वे स्टेशन वर पुढची ट्रेन गाठायची होती. पुण्यात पोहचल्यावर

हॉटेल मध्ये जेवण करू या विचाराने त्यांनी बरोबर काहीच घेतले नव्हते, दोन लहान मुले होती ती रडत होती. मला एकदम आठवण झाली आईने दिलेल्या शिदोरीची म्हणजेच तहान लाडू भूक लाडूची. मी विचाल्यावर थोडे आधेवेढे घेतले पण मुलांसाठी ते तयार झाले. आजपर्यंत असा प्रसंग आला नव्हता पण मला मात्र तहान लाडू भूक लाडू चे महत्व कळले. आज आपल्याला असे वाटू शकते याची काय गरज? सगळीकडे हॉटेल्स असतात. पण या पौष्टिक, सात्विक आणि प्रेमाने दिलेल्या शिदोरीची सर कशाला येऊ शकत नाही. त्या दिवसापासून प्रवासाला निघताना खाण्याचा काहीतरी पदार्थ व पाणी स्वतः बरोबर घेऊनच निघायचे असा दंडक स्वतःवरच लावून घेतला. तहान लाडू, भूक लाडू म्हणजे तहान व भूक शांत करतील असे फराळाचे पदार्थ असाही एक अर्थ आहे. बरेचदा प्रवासासाठी बांधून दिलेली शिदोरी या अर्थी हा उल्लेख येतो. आपण जेव्हा आपल्या घरी आलेल्या पाहुण्याला निरोप देतो, तेव्हाही त्यांच्याबरोबर आपण आवर्जून शिदोरी बांधून देतो. अशी शिदोरी आपण आपल्या लाडक्या गणपती बाप्पांनाही त्यांच्या विसर्जनाच्या दिवशी देतो. ही शिदोरी त्यांना प्रवासात खाण्यासाठी आणि कैलासातल्या सर्वांना इथल्या पदार्थांचा वानोळा म्हणूनही दिलेली असते. प्रत्येक ठिकाणी या शिदोरीतले पदार्थ वेगवेगळे असतात. पण सगळ्याच ठिकाणी बाप्पांबरोबर विशिष्ट पद्धतीने तयार केलेले 'दही पोहे' मात्र नक्की दिले जातात. पुढे दिलेलं एक लोकगीत पहा. नागपंचमी जवळ आली म्हणून मुलीला माहेरी घेऊन येण्यासाठी आई मुलाला सांगत आहे. त्या प्रवासासाठी तो तिला 'कर ग तानीयाचं लाडू, कर ग भुकेयेचं लाडू' असं सांगतो.

आली वर्षाची पंचीम,  
लोकांच्या बाळाया माहेरी,  
आमची बाळाई सासरी,  
आरं तूं सुबना रं बाळा,  
जावं बाळीला आनाई,  
जातो म्हणोनी बोलीला,  
कर ग तानीयाचं लाडू,  
कर ग भुकेयेचं लाडू,  
बांधी शेल्याच्या पदरी.  
- सरोजिनी बाबर

### तहानभूक लाडूसाठी जिन्नस -

- साल नसलेले भाजके फुटाणे/डाळ - १ वाटी
- शिंगाड्याचं पीठ - अर्धी वाटी
- खजूर - १५
- काळ्या मनुका - अर्धी वाटी
- काजू-१०
- बदाम -१०
- जिरे- दीड मोठा चमचा
- धणे - दोन मोठे चमचे
- पोहे- दोन मोठे चमचे
- सैंधव - १ छोटा चमचा भरून
- पिठी साखर - ३ मोठे चमचे.

कृती - सगळे जिन्नस फुटाण्यासह नीट भाजून घ्यायचे. पोहे तळून घ्यायचे. काजूबदाम तुकडे करून घ्यायचे. मग पोहे न काजूबदाम सोडून सगळं मिक्सरवर वाटून घ्यायचं. पीठ पण वाटताना घालायचं म्हणजे नीट मिसळतं. मग सगळे जिन्नस एकत्र करून हळुहळू दोन दोन चमचे तूप घालत नीट मळून लाडू वळायचे. तर मग या पुढे तहान लाडू भूक लाडू घेतल्याशिवाय बाहेर पडायचे नाही!



### उमलती मुले... उमलती फुले...

श्री. मंगेश गावडे

(पालक- दर्शगावडे सिनियर के. जी. - अर्थ)

गोड गोजिरी लाज लाजरी उमलती मुले दिसतात साजिरी...  
मन कसे निरागस जणू ते घाबरवताच होतात बावरी...

घडवूया ही मुले उद्याची माणुसकीची जाण देऊनी ...  
करतील आपली नावे उज्ज्वल हातामध्ये कलम घेऊनी...

कोमल तयांचे मन अन निरागस तयांचे भाव...  
जसे आपण देऊ तयांना तसेच आपले होईल नाव...

कधी कठोर तर कधी कोमल आपणास ही व्हावे लागेल...  
योग्य काय आणि अयोग्य काय याचे ज्ञान त्यांमध्ये कसे जागेल?...

गुरु, माता, पिता, आणि बांधव सर्वांनी तयांना द्यावे शिक्षण...  
उज्ज्वल भारताच्या भविष्याचे तेच असेल योग्य लक्षण...

कोवळ्या मनात कोवळी स्वप्ने आकार तयांना देतो आपण...  
जसे देऊ ते तसेच घेतील करू नका कधी इतरांशी मापण ...

सुसंस्कृत असणे विद्यार्थी देशाचा आहे तो कणा...  
एकदा त्यांच्या पाठीवर हात ठेऊन लढ म्हणा....



## शक्तीरूप पूजन



(सौ. सायली कुलकर्णी  
पालक - आरोही कुलकर्णी  
जूनियर के. जी. - मर्क्युरी)

नवरात्रीची झाली सुरवात  
नवदुर्गेच्या षोडशोपचार पूजनाने  
शौर्य, धैर्याच्या नऊ रूपांना  
पुज्या आपण भक्तीभावाने....॥१॥

नवदुर्गेचे प्रथम शक्तीरूप  
शैलपुत्रीचे करूया पूजन  
अरि संहार करू धैर्याने  
शक्तीरूपास करू वंदन...॥२॥

महिषासुरमर्दिनी करते  
राक्षसी वृत्तीचा नायनाट  
शक्ती दुर्गेचे रूप घेऊनी  
शोधूया मग प्रकाशवाट...॥३॥

शक्ती, संपत्ती करिता  
पंचमीस देवीची उपासना  
मनोभावे प्रसाद दाखवून  
ललितादेवीची करू आराधना....॥४॥

महाअष्टमीला करूया  
लक्ष्मी प्रतिमेस नमन  
रात्री घागरी फुंकुनी  
करूया देवीचे कुंकुमार्चन....॥५॥

विजयादशमीला करते  
चामुंडा वध महिषासुराचा  
राम - रावणच्या युद्धात  
झाला विजय श्रीरामाचा....॥६॥

नवरात्रीचे आगमन होता  
शक्तीरूप देवींना वंदन  
शस्त्रांचे पूजन करूनी  
दोषांचे होऊ दे सीमोलंघन....॥७॥

नवरात्रीत घेऊ वचन  
काम, क्रोध, लोभाचे दमन  
मद, मोह, मत्सराचे गमन  
सुखशांतीचे होई आगमन....॥८॥

नवरात्रीला घरच्या स्त्रीच्या  
भाव भावनांचे ठेवा भान  
घराला उद्धारण्या स्त्रीचा  
सकलांनी करावा सन्मान...॥९॥

नवरात्री सण उत्साहाचा  
स्नेह, आनंद वाटण्याचा  
शौर्य, धैर्य, शक्ती वाढवुनी  
माणुसकीला जपण्याचा....॥१०॥



मां शैलपुत्री



मां ब्रह्मचारिणी



मां चंद्रघंटा



मां कुष्मांडा



मां स्कंदमाता



मां कात्यायनी



मां कालरात्रि



मां महागौरी



मां सिद्धिदात्री



# primary section

Poetry is an art of expression  
and the mode of communicating  
beliefs and passion





## **From the Desk of Primary Supervisor**



**Mrs. Dhanashri Phadke**  
**(Primary Supervisor)**

As we reflect on the diverse array of activities conducted throughout the academic year for our primary section students, it's evident that these initiatives have significantly enriched their educational journey and contributed to their overall growth and development.

स्कूल चले हम!

The first day of school marks a significant milestone in the lives of students. It's a day filled with excitement and anticipation. To make this day even more memorable and enjoyable, the teachers in the primary section organized several creative activities aimed at fostering creativity, collaboration, and a sense of belonging among the students. Paper Glass House-Making Activity, Pencil Puppet Activity, and Photo Frame Activity were conducted in the classes. These activities not only encouraged the enhancement of fine motor skills, but also provided a platform for self-expression and creativity.

The first day of school was indeed a memorable experience for both students and teachers alike.

### **Importance of Creative Fun in Learning -**

Creative fun is an integral aspect of learning that fosters engagement, exploration, and skill development among students. Recognizing its significance, a series of creative activities were organized aimed at infusing enjoyment into the learning process while imparting essential skills and knowledge.

Under this, the school provided activities like decorating earthen lamps, stick puppets of punctuation marks, making greeting cards, wall hangings and lanterns. The incorporation of creative fun into the learning environment proved to be highly beneficial, as evidenced by the enthusiasm and active participation of the students.

### **Importance of Hands-On Learning Experiences-**

Hands-on learning experiences play a crucial role in education, providing students with practical skills and a deeper understanding of concepts. A variety of engaging activities were organized, offering students opportunities to learn through direct interaction and exploration. Following hands-on activities were conducted in the Primary Section:

**Seed Germination -** Students observed the fascinating process of seed germination, plant life cycles and the factors influencing growth.

**Shelling Peas Activity:** Here, students were given the hands-on task of shelling peas. They gained insight into agriculture and food preparation techniques.

**Preparing Jhalmudi:** Students participated in preparing Jhalmudi, a traditional dish, fostering an appreciation for cultural diversity and culinary arts.

**Vegetable Pickle and Chole Chaat Preparation:** By participating in the preparation of vegetable pickle and chole chaat, students developed culinary skills and learned about nutrition and food preservation.

**Cleaning of Copper Vessels with Tamarind:** Students learned about natural cleaning methods by using tamarind to clean copper vessels, promoting eco-friendly practices.

**Nanny's Home Remedies:** Students learned about traditional home remedies, connecting with ancestral knowledge and understanding the importance of natural remedies.

### **A sense of social responsibility-**

**1. Rakhi to Soldiers** - The objective of the "Rakhis Sent to Soldiers" activity was to foster a sense of gratitude, empathy, and connection among students towards the soldiers serving our nation. Through the simple act of sending Rakhis to soldiers, the aim was to express appreciation for their sacrifice and dedication.

**2. पत्रास कारण की** - Students were given the task of writing a letter to their parents or guardians expressing their thoughts, feelings, and gratitude. They were encouraged to reflect on their experiences, achievements, and challenges faced during the academic year. The activity aimed to promote introspection and gratitude while providing a platform for students to articulate their emotions and thoughts to their parents.

**3. Cleanliness is the route to healthiness** - On the occasion of Gandhi Jayanti, a day to honour the principles of Mahatma Gandhi, cleanliness was emphasized as a fundamental virtue. Recognizing the importance of cleanliness not only for personal hygiene but also for societal well-being, students were engaged in a special initiative to clean their classrooms.

### **Academic activities -**

**1. Languages** - Various competitions, including storytelling, extempore, singing, and poetry recitation in Marathi, English, and Hindi, were organized to foster linguistic skills among students. These events provided a platform for students to showcase their language proficiency and creativity while promoting love for literature across multiple languages.

**2. Magical Science** - The celebration of science experiments among Primary Section students aimed to foster a scientific attitude and cultivate a curiosity-driven approach towards learning. By engaging students in hands-on activities, the goal was to ignite their interest in scientific

exploration and promote critical thinking skills from an early age. The primary objective of organizing science experiments such as paper cup phone, curd making, pickle making, cleaning of copper vessels with tamarind, and straw sprinkler was to develop a scientific attitude among students. This included promoting observation, experimentation, and analytical skills while encouraging a deeper understanding of scientific principles in everyday life.

**3. Maths day celebration** - The Math Relay competition, held on Math Day, saw enthusiastic participation from students across all standards. They displayed great excitement in solving problems during the competition compared to routine classwork.

### **Have a break, Have a .....**

**1. Rangostav** - A festival of colours and creativity, was celebrated with great enthusiasm and fervour in our school. The occasion provided a platform for students, teachers, and sevikas to showcase their artistic talents and celebrate the spirit of creativity through colourful drawings.

**2. Shekoti Day celebration** - As this was the last year of Std 5 students in the Primary Section, they were provided with a unique opportunity to celebrate and appreciate their local culture and heritage. Through games, cultural activities, and traditional cuisine, students were able to connect with their roots and gain a deeper understanding of their cultural identity.

**3. Annual day** - The Annual Day celebration revolved around the theme of poets and poetry, where students showcased their talents through poetry recitation, dance, and drama performances. A notable highlight was the inclusion of live music played by a few students of the Secondary Section, enhancing the overall atmosphere and adding depth to all the performances.



**4. Picnics** - Picnics offer numerous benefits for children, providing them with opportunities for exploration, socialization, and outdoor play.

Through games, activities, and shared meals, children had the opportunity to bond with their peers. Spending time outdoors surrounded by nature can have a calming effect on children, reducing their stress and promoting relaxation. The sights, sounds, and smells of the natural environment can help children unwind and recharge, promoting overall well-being.

#### **Helping Hand from teachers -**

**1. Project Expressions of Emotions** - In this workshop our school counsellor highlighted the significance of projecting emotions effectively. Emotions are an integral part of human experiences, influencing our thoughts, actions, and interactions with others. By developing the skills to express emotions effectively, individuals can enhance their communication, relationships, and overall well-being.

**2. Workshop on Good touch and Bad touch** - In this age, where the world is full of people with varied intentions, it is absolutely mandatory that the students are aware of how they need to protect themselves. Hence, the School Counsellor conducted a workshop on 'Good, Bad and Unsafe Touch'. Here, the students were taught the meanings of each of the touches mentioned above and were given tips and tricks to protect themselves when being touched inappropriately.

**3. कळी उमलताना** - A special session was organized for girls of Std 5. The session aimed to provide essential information about the physical and emotional changes that occur during puberty. Two experienced Ayurvedic physicians, Mrs. Ulka Phadke and Mrs. Ashwini Devkule, served as resource persons for the session.

**4. Story time** - In commemoration of Dr. A. P. J.

Abdul Kalam Jayanti, a renowned scientist, educator, and former President of India, a special storytelling session was organized for students of Std. 2 to 4. A resource person, Miss Mukta Bam narrated fantastic stories which were enjoyed by all the students. The session aimed to inspire and educate students through the art of storytelling.

**5. Home visits** - The implementation of home visits for students lagging in academics proved to be a valuable strategy for supporting their academic success and overall well-being. By fostering stronger connections between teachers, students, and families, this initiative has helped identify and address the barriers to learning, leading to improved academic outcome and a more supportive learning environment for all the students.

**6. Medical check-up** - A team of doctors conducted medical check-ups for students, providing valuable insights into their health status. The identified issues were communicated to parents through medical cards, making it a beneficial activity for everyone involved.

Review of Medical check-up in percentage -

- Disability of Vision found in 3.93% of students.
- Dental issue (cavities) found in 17.10% of the students.
- Wax /Hearing Impairment found in 11.40% of the students.

Overall, the activities conducted throughout the year have provided the students with a well-rounded educational experience, equipping them with the knowledge, skills, and values necessary to thrive in an ever-changing world. We commend the efforts of the school administration, teachers, students and parents in making these initiatives a resounding success and look forward to continuing this journey of learning and growth in the years to come.

## Std. I



Science Activity- Magic of Magnets



Jungle Safari



Sandwich Making Activity



Bouquet Making Activity



Outdoor Play



Diwali Activity - Punt Decoration

ना. वा. टिळक - ख्रिस्तयन, वनवासी फुल, सुशीला, माझी भार्या, बापाचे अश्रू, पर्वतारोहण, सृष्टीची भाऊबीज, पुरे जाणतो, मीच माझे बळ, रणशिंग, माझ्या जन्मभूमीचे नाव, प्रियकर हिंदीस्तान, लेकराची जिज्ञासा, कवीची विनवणी, कवि, केवढे हे क्रौर्य.





## Std. I



Word Building



World of Stories



Fun with Sensory Wall



Science Day Celebration



Cleanliness Activity on the Occasion of Gandhi Jayanti



Balancing Activity

वासुदेव गोविंद मायदेव -  
भावतरंग, अभिनय गीत, शिशु गीत, बालविहार, सुद्धा, भावनिर्झर, किलबिल, क्रीडा गीत, छंद गीत, भावपरिमल.





## Std. II



Maths- Place Value Activity



Marathi Reading Activity



Sports Activity- Pyramid



Prasad Making Activity



Vegetable Sorting Activity



Picture Reading and Sentence Making Activity

एकनाथ पांडुरंग रेंदाळकर -  
मोहिनी, अन्योक्तिमुक्तांजली- भाग-१, अन्योक्तिमुक्तांजली - भाग-२, विरहिणी राधा, बुद्धनीती.





## Std. II



Story Telling Session by Ms Mukta Bam



Birthday Celebration



Parent Child Competition- Greeting Card Making



Spell Bee Competition Winners



Manache Shlok Competition



Science Group Activity

वासुदेव वामनशास्त्री खरे -  
अधिकार योग.





### Std. III



Winners of the Sports Competitions



Nature Walk at Bellora



Science Practical at Eureka the Science Lab



EVS Group Project



Fun with Measurement at Ankush the Maths Lab



Object Talk Activity

श्रीनिवास रामचंद्र (अण्णासाहेब) बोबडे -  
कळो ना कळो रे.





### Std. III



Science Day -Pickle Making Activity



Learning Punctuations



Eye Check-up



'Shantata Puneekar Vachat Ahet'- Reading Activity



Singing Competition



Sharbat Making Activity

गोविंद त्र्यंबक देकर -  
स्वातंत्र्याचा पाळणा, स्वातंत्र्य, लक्ष्मीस्तव, भारत प्रशस्ती.





## Std. IV



Mavala Game Activity



First Day Activity



English Poetry Competition



Seeking Blessings from the Founder



Navigate with Maps - भूमे the Geography Lab



Long Jump and Ball Throw

माधव केशव काटदरे -  
धृवावरील फुले, वत्सराज उदयन.





## Std. IV



Maths- Addition and Subtraction Activity



Visit to the Nursing College and Karve Museum



Parent- Teacher Interaction



Session at Mosa- The Music Room



Smart Learning with the Smart Board



Group Project

बहिणाबाई चौधरी -  
अरे संसार संसार, अरे खोप्यामध्ये खोपा, धरित्रीच्या कुशी, मंदी योगी आणि सासुरवाशीण.





## Std. V



Exchange of Thoughts



Teachers' Day Activity



Ganapati Making



Door Mat Activity



Compost Activity



Lantern Making Activity

अरुणा रामचंद्र ठेरे -  
जावे जन्माकडे, निरंजन, ऊन उतरणीवरून, मंत्राक्षर, निळ्या पारदर्शक अंधारात.





## Std. V



Dramatization



Visit to the Grocery Shop



Shekoti Day



Chhote Scientists Project by KPIT



Study Time



Visit to the Bank

किशोर भानुदास कदम (सौमित्र) -  
....आणि तरीही मी!, गारवा, बाउल.





## Enhance Learning Activities



Rhythmic Movement (Std. III)



Cooking (Std. III)



Home Decor (Std. III)



Bhalba (Std. IV)



Beauty and Aroma (Std. IV)



Screen Printing (Std. IV)

बा. सी. मर्हेकर -  
मर्हेकरांची कविता, कला आणि मानव, सौंदर्य आणि साहित्य.





## Enhance Learning Activities



Lezim (Std. V)



Martial Arts (Std. V)



Scholarship (Std. V)



Baking (Std. VI)



Terrace Garden (Std. VI)



Wall Painting (Std. VI)

कवी ग्रेस (माणिक सीताराम गोडघाटे) -  
घर थकलेले संन्यासी, ती गेली तेव्हा.





## Enhance Learning Activities



Folk Dance (Std. VII)



Jigsaw Puzzle (Std. VII)



Band Pathak (Std. VII)

Science says that learning new activities builds newer connections in the brain and therefore gives a different facet to an individual's personality. Furthermore, when a person gains new experiences by performing certain tasks, this process gets expedited.

In order to initiate this process among our students and bring about an all-round development in their personalities, we at Vision introduced the concept of enhanced learning activities, where children are given an opportunity to think about their areas of interest

and gain basic knowledge in culinary skills, aesthetic development, various forms of art, self-defence and competitive exams. Through this, we aim to introduce a new hobby into the students' lives and give them ideas to spend their time constructively and creatively. This, we believe, will also give them ideas to unwind and relax during times of stress. These activities could also give the children out of the box opportunities to build their careers in future.





## Rangotsav



श्रीरंग गोडबोले -  
नक्षत्रांचे देणे, अग्निहोत्र, लख लख चंदेरी, एका पेक्षा एक, मराठी पाउल पडते पुढे.





## Ram Mandir Sthapana Celebration



अनंत काणेकर -  
चांदरात, आता कशाला उद्याची बात.





## Special Achievers



Winners of Intra-School Sports Competitions- Primary Section



Winners of Cyber Genius Competition Organized by KHS



Winners of Shikshan Vivek Kavya Vachan Competition



Winners of Shikshan Vivek Sangu Ka Gosht Competition



Winner of Shikshan Vivek Natyachata Competition



Puppet Show Group Competition Organized by Shikshan Vivek - Consolation Prize

सुधीर मोघे - आत्मरंग, गाण्याची वही, पक्षांचे ठसे - ३हून अधिक आवृत्त्या, लय - एकाहून अधिक आवृत्त्या, शब्द धून, स्वतंत्रते भगवती.





## Winners of Drawing Competition



Hritika Vispute (I - M)



Harsh Shinde (I - E)



Pranjal Jagdale (III - E)



Swara Gavali (IV - E)



Yadnyee Deshmukh (V - V)

आरती प्रभू (सी. टी. खानोलकर) -  
जोगवा, दिवेलगण.





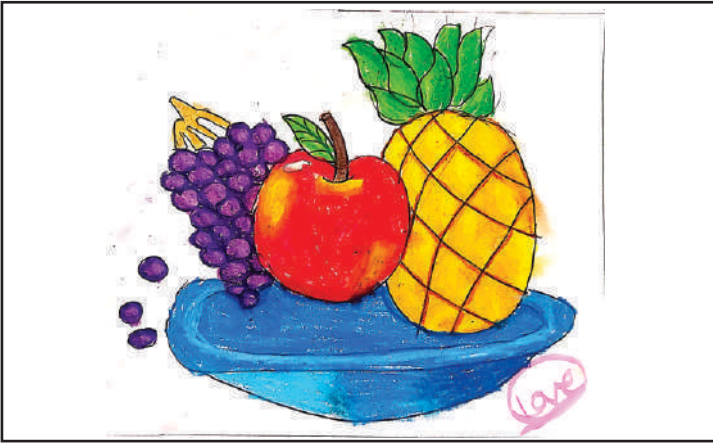
## Upcoming Artists



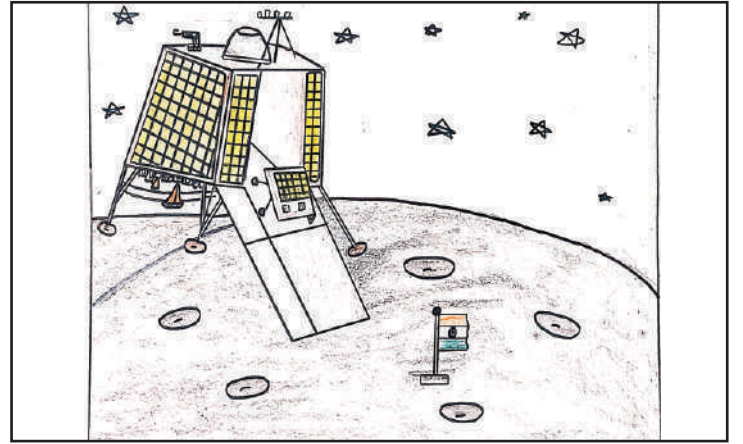
Vallari Shinde (I - V)



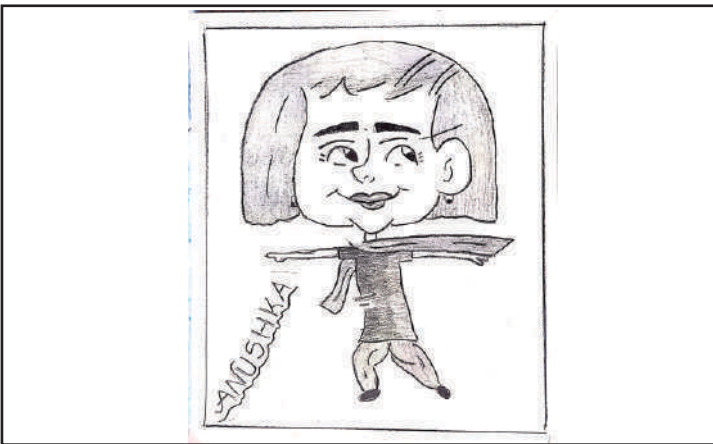
Harshvardhan Patil (II - E)



Mrunal Kumbhar (III - V)



Viren Thombre (IV - V)



Anushka Ranjekar (IV - M)



Sharayu Sukum (V - M)

सदानंद रेगे -  
गंधर्व, वेड्या कविता.



Winners of Primary Section						
Sr. No.	Std.	Div.	Competition Name	Name of the student	Rank	Name of the Judge
1	I	M	Singing	Isha Velapurkar	FIRST	Siddhi Kulkarni
2		V		Varada Moharir	SECOND	
3		V		Pranjal Babar	THIRD	
4	II	M		Aabha Aranke	FIRST	
5		V		Adishti Patil	SECOND	
6		M		Aarya Diwan	THIRD	
7		M		Mihika Jadhav	THIRD	
8	III	M		Chaitanya Kulkarni	FIRST	
9		M		Aaradhya Desai	SECOND	
10		E		Manasvi Kodollikar	THIRD	
11		E		Garvi Deogharkar	THIRD	
12	IV	E		Ananya Tare	FIRST	
13		M		Varada Kulkarni	SECOND	
14		M		Sanavi Vanarase	SECOND	
15		E		Chinmayi Bhujabal	THIRD	
16	V	M		Gouravi Pendharkar	FIRST	
17		E		Shashwat Deo	SECOND	
18		M		Swarashree Joshi	THIRD	
19	I	V	Story Telling	Loukya Latthe	FIRST	Tejal Bhuta
20		M		Manas Satpute	SECOND	
21		V		Divit Randive	THIRD	
22	II	V		Rudra Gole	FIRST	
23		V		Radha Waikar	SECOND	
24		V		Nidhish Pathak	THIRD	
25	III	E		Shravani Thakar	FIRST	
26		E		Ishwari Korabu	SECOND	
27		V		Avanee Mehare	THIRD	
28	IV	M		Surabhi Bobade	FIRST	
29		V		Agastya Chavan	SECOND	
30		E		Chinmayi Bhujabal	SECOND	
31		V		Prapti Bhilare	THIRD	
32	V	E	Elocution	Arpita Kavthalkar	FIRST	Tejal Bhuta
33		M		Tanishka Karale	SECOND	
34		M		Shreeya Shinde	SECOND	
35		M		Kavya Karale	THIRD	
36	I	E	Greeting Card Making	Advait Katkar	FIRST	Mrs. Smita Kulkarni
37		V		Varada Moharir	FIRST	
38		V		Loukya Latthe	SECOND	
39		V		Divyansh Bhongale	THIRD	
40		V		Prutha Gavali	THIRD	
41	II	V	Folder Making	Radha Waikar	FIRST	Mrs. Nivedita Chandekar
42		V		Purvi Phatak	SECOND	
43		V		Shreeya Sangar	SECOND	
44		M		Prathit Sutrawe	THIRD	



Sr. No.	Std.	Div.	Competition Name	Name of the student	Rank	Name of the Judge
45	III	V	Singing	Shourya Solse	FIRST	Dr. Amruta Kulkarni
46		E		Ishwari Korabu	FIRST	
47		E		Kranti Inamdar	SECOND	
48		E		Ovi Kale	THIRD	
49		E		Advet Sonwane	THIRD	
50	IV	M	Dance	Sanavi Vanarase	FIRST	
51		M		Ananya Sadafulle	SECOND	
52	V	V	Drama	Rugvedi Patil	FIRST	Miss. Gargi Karkhanis
53		M		Samaksha Kulkarni	SECOND	
54		M		Kavya Karale	THIRD	
55		V		Megha Shinde	THIRD	
56	I	V	English Poetry Recitation Competition, Kavita	Nitisha Pansare	FIRST	Bharati Mandke
57		V		Swarnim Thite	SECOND	
58		V		Anvi Ranshing	THIRD	
59		M		Isha Velapurkar	THIRD	
60	II	M		Aarya Diwan	FIRST	
61		E		Siya Borade	SECOND	
62		V		Rudra Gole	THIRD	
63	III	V		Anvee Mehare	FIRST	
64		E		Manasvi Kodolikor	SECOND	
65		M		Aashvi Oak	THIRD	
66		M		Aaradhya Desai	THIRD	
67	IV	V		Agastya Chavan	FIRST	
68		E		Chinmayi Shrikhande	SECOND	
69		E		Chinmayi Bhujabal	THIRD	
70	V	M		Kavya Karale	FIRST	
71		M		Viren Mahajan	SECOND	
72		V		Shreya Tambe	SECOND	
73		M		Sharayu Sukum	THIRD	
74		E		Tanishka Raykar	THIRD	
75	I	M	Drawing	Hritika Vispute	FIRST	Nivedita Chandekar
76		V		Vallari Shinde	SECOND	
77		V		Laukya Latthe	SECOND	
78		E		Harshvardhan Patil	THIRD	
79	II	E		Harsh Shinde	FIRST	
80		E		Swara Mhasawade	SECOND	
81		V		Shreeya Sangar	THIRD	
82		M		Urvi Gaikwad	THIRD	
83	III	E		Pranjal Jagdale	FIRST	
84		V		Mrunal Kumbhar	SECOND	
85		V		Adiksha Mahindrakar	THIRD	

Sr. No.	Std.	Div.	Competition Name	Name of the student	Rank	Name of the Judge
86	IV	E	Drawing	Swara Gavali	FIRST	Nivedita Chandekar
87		V		Viren Thombre	SECOND	
88		M		Ananya Sadafule	THIRD	
89		M		Anushka Ranjekar	THIRD	
90	V	V		Yadnyee Deshmukh	FIRST	
91		M		Sharayu Sukum	SECOND	
92		V		Swara Ombale	SECOND	
93		M		Arnav Pimprikar	THIRD	
94		E		Raj Beldare	THIRD	
95	III	M	Quiz Competition	Shravya Kamble	FIRST	Class Teachers
96	IV	M		Maitreya Kulkarni	FIRST	
97	V	M		Gauri Parmali	FIRST	
98	VI	M		Arjun Talnikar	FIRST	
99	VII	E		Srujal Mhasawade	FIRST	
100	VIII	M		Mrudula Jadhav	FIRST	

### Winners of Spellbee Competition (Judge by Class Techers)

Sr. No.	Std.	Div.	Name of the student	Sr. No.	Std.	Div.	Name of the student
1	I	M	Isha Velapurkar	31	III	E	Swaransh Kasar
2		M	Manas Satpute	32		E	Mayank Tamang
3		M	Eshan Shelar	33	IV	M	Srushti Aphale
4		M	Ayushman Sonawane	34		M	Mukta Bewoor
5		V	Loukya Latthe	35		M	Aarohi Dharmadhikari
6		V	Varada Moharir	36		M	Sanavi Kulkarni
7		V	Anvi Mule	37		M	Siya Nimbalkar
8		V	Sarthak Kore	38		M	Aadya Ranade
9		V	Advik Raut	39		M	Anushka Ranjekar
10		E	Aanandi Havile	40		M	Maitreya Kulkarni
11		E	Shreeram Dimble	41		M	Soumitra Sangvikar
12		E	Pruthviraj Katkar	42		M	Harsh Waghmode
13		E	Harshwardhan Pawar	43		V	Agastya Chavan
14	II	M	Agrey Aradhye	44		V	Swaraj Dhumal
15		M	Vedant Dhumal	45		V	Aarav Patil
16		M	Vihaan Talware	46		E	Chinmayi Bhujabal
17		V	Sharvari Kakade	47		E	Kavya Nikam
18		E	Swara Mhasawade	48		E	Ovee Sawant
19		E	Satyarth Gunale	49		E	Ananya Tare
20		E	Sharvil Kolawale	50		E	Swara Yeole
21	III	M	Ishwari Bhosale	51	V	E	Shree Bhadange
22		M	Spruha Ranade	52		E	Chaitanya Dandage
23		M	Ishaan Joshi	53		E	Adwait Devlekar
24		M	Soham Joshi	54		E	Ayush Patil
25		M	Viraj Pathrikar	55		E	Shlok Pawale
26		V	Ovi Jadhav	56		E	Shantanu Sambare
27		V	Anvee Mehare	57		M	Tanishka Karale
28		V	Shlok Jadhav	58		M	Anagh Ghodke
29		V	Shourya Solse	59		E	Arpita Kavthalkar
30		E	Anvayee Pandit				



### Sports Competition Winners - Boys

Sr. No.	Std.	Div.	Competition Name	Name of the Students	Rank
1	I	V	Running	Anay Kondo	Gold
2		E		Shreyanshu Raykar	Silver
3		M		Aviraj Nalawade	Bronze
4		V	Sack Race	Anay Kondo	Gold
5		E		Indranil Kadam	Silver
6		M		Advait Jadhav	Bronze
7		M	Hurdle Race	Advay Ganesh	Gold
8		V		Anay Kondo	Silver
9		M		Aviraj Nalawade	Bronze
10	II	V	Running	Sumedh Lagad	Gold
11		M		Vighnesh Mandhare	Silver
12		M		Jairaj Turke	Bronze
13		V	One Legged Race	Rudra Gole	Gold
14		M		Vighnesh Mandhare	Silver
15		E		Anay Pujari	Bronze
16		V	Hurdle Race	Nidhish Pathak	Gold
17		M		Shivdhairya Ingale	Silver
18		E		Hardik Jadhav	Bronze
19	III	M	Running	Malhar Tanpure	Gold
20		V		Arjun Sarfare	Silver
21		E		Advait Shinde	Bronze
22		V	Hurdle Race	Shourya Bandal	Gold
23		M		Aaditya Sawant	Silver
24		E		Mayak Tamang	Bronze
25		M	Three Legged Race	Sumedh Sabnis	Gold
26		M		Aaditya Sawant	Gold
27		E		Advait Sonwane	Silver
28		E		Advait Shinde	Silver
29		V		Aditya Jadhav	Bronze
30		V		Rajveer Jadhav	Bronze
31	IV	V	Running	Viren Thombre	Gold
32		V		Rajat Shinde	Silver
33		M		Advay Joshi	Bronze
34		M	Long Jump	Lakshya Bhakkad	Gold
35		E		Parth Suryawanshi	Silver
36		E		Ayush Dharmadhikari	Bronze
37		M	Ball Throw	Shreyas Dolas	Gold
38		V		Vardhan Magdum	Silver
39		V		Rajat Shinde	Bronze
40	V	M	Running	Sarin Bidwai	Gold
41		E		Aarav Rege	Silver
42		V		Prathmesh Shinde	Bronze
43		M	Long Jump	Prasanna Kurlikar	Gold
44		V		Prathmesh Shinde	Silver
45		M		Arnav Patil	Bronze
46		E	Shotput	Viren Mokashi	Gold
47		V		Shrishailya Bhangre	Silver
48		M		Sujay Molwane	Bronze

Sports Competition Winners - Girls					
Sr. No.	Std.	Div.	Competition Name	Name of the Students	Rank
1	I	E	Running	Sanvi Lanjekar	Gold
2		M		Jagtap Harshada	Silver
3		V		Anvi Ranshing	Bronze
4		E	Sack Race	Sanvi Lanjekar	Gold
5		V		Aarohi Deshmukh	Silver
6		M		Prisha Phaltane	Bronze
7		M	Hurdle Race	Ojasweeta Khade	Gold
8		E		Avika Ghorpade	Silver
9		E		Mahi Pawar	Bronze
10	II	M	Running	Trishala Honmane	Gold
11		M		Mihika Jadhav	Silver
12		V		Vedika Gaikwad	Bronze
13		M	One Legged Race	Urvai Gaikwad	Gold
14		M		Suhani Mhetre	Silver
15		E		Advika Manjare	Bronze
16		M	Hurdle Race	Avani Shelke	Gold
17		E		Aastha Mule	Silver
18		V		Aadhya Mankapure	Bronze
19	III	M	Running	Swara Kore	Gold
20		V		Aarya Chavan	Silver
21		M		Spruha Sawase	Bronze
22		M	Hurdle Race	Spruha Sawase	Gold
23		E		Kavya Jamdar	Silver
24		V		Shreesha Jagtap	Bronze
25		E	Three Legged Race	Ira Kadu	Gold
26		E		Kavya Jamdar	Gold
27		V		Meghana Choudhary	Silver
28		V		Arya Chavan	Silver
29		M		Aashvi Oak	Bronze
30		M		Vaishnavi Nawale	Bronze
31	IV	V	Running	Advika Pawar	Gold
32		E		Kavya Nikam	Silver
33		E		Chinmayi Shrikhande	Bronze
34		E	Long Jump	Kavya Nikam	Gold
35		E		Aarushi Apte	Silver
36		E		Chinmayi Shrikhande	Bronze
37		E	Ball Throw	Aarushi Apte	Gold
38		V		Ananyaa Waghmare	Silver
39		M		Bilwa Kulkarni	Bronze
40	V	M	Running	Sanvi Hagalhole	Gold
41		E		Spruha Moholkar	Silver
42		E		Swasti Budhalekar	Bronze
43		M	Long Jump	Sanvi Hagalhole	Gold
44		E		Arpita Kavthalkar	Silver
45		E		Vedanti Jagtap	Bronze
46		M	Shotput	Niharika Shitole	Gold
47		V		Rugvedi Patil	Silver
48		V		Swara Joshi	Bronze



Sports Competition Team Event Winners				
Sr. No.	Team Event	Team	Primary	Rank
1	Circle Kho-Kho	Boys	Agni	First
			Trishul	Second
2	Langadi	Boys	Prithvi	First
			Trishul	Second
3	Circle Kho-Kho	Girls	Prithvi	First
			Trishul	Second
4	Langadi	Girls	Akash	First
			Prithvi	Second

Interschool Competitions					
Sr. No.	Std.	Div.	Competition Name	Name of the student	Medal
1	V	M	Shikshan Vivek - Kavya Abhivachan	Viren Mahajan	THIRD
2	V	M		Prasanna Kurlikar	THIRD
3	V	M		Arnav Pimparikar	THIRD
4	V	V	Shikshan Vivek - Vaiyaktik Abhivachan	Yadnyee Deshmukh	WINNERS
5	V	M		Sanvee Ghode	WINNERS
6	V	V	Shikshan Vivek - Puppet Sadarikaran	Shriyash Kodande	CONSOLATION
7	V	V		Miheer Phatak	
8	V	V		Amulya Patil	
9	I	E	Shikshan Vivek - Find Differences	Swanandi Jagtap	FIRST
10	V	M	Shikshan Vivek - Natyachata	Kavya Karale	SECOND
11	III	E	Bhalabha Kelakar Natya Spardha	Rajeshwari Shendkar	CONSOLATION
12	IV	V	Kalmadi School - Cyber Genious	Viren Thombre	SECOND
13	IV	E		Shantanu Sambre	THIRD

## Dialogue with Parents



**Mrs. Vidya Deshpande**  
**(Educationist)**

Our national policy brought education as a system in focus. Once again many aspects are being considered for deliberation afresh. The roles of all the stakeholders are being analysed and evaluated. Corona made a strong entry of technology possible in education system and its utility value got recognition. It is now being realised that one cannot stay away from this important aspect of life but it is not a substitute for teachers even today. Gradually, we have come to terms with the technology and its effects. Though it certainly helped in the corona phase when children could not attend school, and the education system was not able to work in some way, 100% students could not be reached.

Since technology is gradually becoming a part of the administrative system of schools, it has become more effective and flawless and data collection to support policies has become easier. Despite this, there are some issues that are related to use of technology which need our attention. Teachers, parents and students need to give a serious thought to this aspect.

We all are aware that media has acquired a striking role in our lives. Now with smartphones, even school going children have good reach to the surreal world. This is an example of how technology can influence and change our ideas. Being connected to the world using technology is

at our fingertips. To some extent our priorities have changed, and so has our perception of success. Children too have become the easy target of technology. How far can we allow this? Recently there was a discussion related to children being absorbed by the world of technology. They are awake till late at night, so there was a question or suggestion that the school timings be changed.

Also kids fall prey to such late night activities.

Teachers and parents always face some questions, one of them is how to deal with this new generation? How can we introduce some values and traditions to them right from their childhood?

After working as a teacher for more than three decades and an opportunity to work with an educational institution helped me to think in this direction as all are a part of this new change.

Some old values need to be inculcated and strengthened.

From the stage of pre- primary education, children need to be taught to respect parents and teachers.

1. Early in the morning when they get up, we need to train them to pray and bow down to the elders at home every day. At this young age they may not understand the meaning, but it is essential. Probably it is the way to acknowledge how one cannot entirely be a self-made person. Many individuals and social institutions do their role to provide conditions conducive to our development and growth. We need to be indebted to them. This is a small beginning with a deep thought.

2. Most parents feel that there were so many things which were not available to them. Hence, they try their level best to make those available to their children. Sometimes they go out of their



way, work hard or cut their needs or expenses to provide those things to them, and they don't even mention it to their children. As a result, children feel that it was easy for the parents. Especially when it comes to the education, parents know that it is the only key to success and a good foundation for life. Children ought to be made aware about the efforts of parents. Such kind of interaction is essential.

3. Children ought to be given some responsibilities at home, however small or simple those might be. Any home runs smoothly if all the members perform their respective roles efficiently. Those small things are to be carried out by children every day, as we all need everything every day. Exam or study cannot be a pretence to avoid the small things. Indirectly, this brings some basic discipline in our life. The responsibilities have to increase with the age and ability. This is how every member understands that it is a collective effort where everyone contribute.

4. It is the responsibility of parents to interact with kids on various points. It is essential to talk about our society, our traditions, our values, our culture and ultimately our nation. They need to be explained how various institutions work to run the society meticulously, their role, their challenges and their duties too. They should understand that no one can flourish independent of society

however wealthy one may be.

5. The routine of a child can be designed in such a way that one spends at least 30 minutes doing some physical work. It should be a part of daily routine, one may be involved in household duties like cleaning home or fetching some vegetables. One cannot just have academic activities all the time. Physical work makes one happy too.

6. There should be a little free time when children can observe many things happening around and try to understand them, mix with the society or go for a walk or exercise. This probably is an opportunity to be with oneself.

7. Children should be aware of the mothers' role at home, whether working or not. They ought to think of helping her at home in some way. Even during the holidays, they should spare a little more time for helping their mothers at home. One should undertake a little more responsibility as one has more time at disposal. They should be taught to respect mothers.

8. At night the children should chant some shlokas. Many schools teach such stotras. At home, parents should remind kids to chant and go to bed without using a phone.

Parents can add many more things to this list. We as parents need to be aware and consciously inculcate few values in our children in order to make them responsible for themselves and for others.



## Memory Skills



**Mrs. Shubhada Pendharkar**  
**(Educationist)**

Almost all students would agree that one of their main difficulties is remembering, what they have once learnt. Let us see how to remember and how to improve recall of information.

First let us look at learning. Most students when learning a new subject go through four characteristic phases, i.e.

**Stage 1-** little progress is made, because the subject is unfamiliar to the student.

**Stage 2-** rapid progress is made.

**Stage 3 –** that is the plateau stage. After stage 2 during which the student has learnt quite a lot of material, he/she enters the plateau stage where he/she seems to be in the doldrums. Despite efforts, no progress seems to be possible. This plateau is a dangerous place, since it is here that a student may feel dejected. Making little progress, he loses confidence and gives up, as he is unable to go any further. The plateau is the particular enemy of all students, who fail to realize that everyone reaches this sort of a plateau, but only if they show a lot of perseverance, 3 d's discipline, determination, dedication, along with consistency they eventually move on to stage 4.

**Stage 4 -** when once again progress is rapid as in stage 2 and again the student feels elated. Thus at the end of stage 4 the student reaches his peak in that particular subject.

On the whole, we find it, difficult to recall events in our lives, unless it has some special significance like one's birthday. We quickly lose the capacity to recall the subject matter taught in

the classroom, if we do not revise it the very same day: After two days or so we are likely to forget half the matter. After that the decline is slow. How can the initial loss be prevented?

### **There are few principles of memorizing -**

- Go over notes, reading etc. within 12 hours of writing, reading etc.
- So learn your lessons the very same day they have been taught.
- Never memorize something that you do not understand.
- Always try to link new material with what you have previously learnt.
- Overlearn, don't stop when you have only just learnt something.
- Master each topic before leaving it
- Start each session with a review of the previous session.
- Select important points to learn.
- Organize selected items. (Key words)
- Use active recall (recitation or writing) to aid memory.
- Keep your material in a logical sequence.
- Break up long pieces into manageable chunks.
- Use Rhythm when learning. (Use your favourite song's tune to the work to be learnt.)

### **Differences between learners -**

Remember there are individual differences between learners. All five fingers are not the same. Some students say they can only work with the radio on. Here their attention can be directed to one thing at a time only. The radio may be motivating them, but how much attention are they actually paying and concentrating on their studies needs really to be seen.

- Motivation, goals and knowledge of progress.
- Keep your vocational aim in mind.
- Have clear realistic goals for every study session.
- Check your progress at every session.



- Read around your subject.
- Use token system for yourself. (Buy a small gift for yourself, a book, pen, etc.)

### **Learning and reading habits -**

Reading habits should involve a reading strategy for effective learning. Students while reading their subjects have to encounter complex situations and the amount of the material they have to read. They should adopt the technique of speed-reading. They should train their eyes to take in larger gulps, which would increase the amount of information taken in with each glance.

### **"DEAR" technique -**

Keep a time where each and every one in the house school will drop everything (leave whatever one is doing and read.) (decide a time of which will be convenient to all.)

**PSQ5R** is a formula that stands for the basic steps in learning from reading in an effective manner.

**P** - stands for Purpose

**S** - stands for survey, skim

**Q** - stands for Question

**5Rs** - stand for Read selectively, Recite, Reduce-record, Reflect and Review.

**Purpose** - The reader should first establish the purpose of reading a particular text, whether to get the focus of the theme, or main facts or figures, or evidence, arguments and examples, or relations, or methods, can prompt to use a reading method that gets what one wants in the minimum time.

**Survey-skim** - After establishing the purpose the reader should glance over the main features of the text, that is, the title, the headings, the lead and summary paragraphs, to get an overview of the text, to find out what ideas, problems and questions are being discussed.

**Question** - now the reader should compose questions that he/she aims to answer. The reader should activate prior knowledge means he should think what he knows about the topic he is about to

read. The reader can start with turning the first heading into a question, to which he will be seeking the answer when he reads.

**Read selectively** - the reader should read the topic to find the answers to the question. In general, he should look for the ideas, information, evidence, etc that will meet the purpose.

**Recite** - without looking at the book, the reader should recite the answers to the questions, using his own words, as much as possible. If he cannot do it reasonably well, then he should look over that section again.

**Reduce-Record** - Make a brief outline of the question, and the answers. The answers should be in the key words or phrases, not long sentences.

**Reflect** - The reader should elaborate new information. This increases the comprehension and retention of the new information,. This is to reflect on it, to turn it this way and that way, to compare and make categories, to relate one part with another, to connect it with the other knowledge and personal, experience, and in general to organize and recognize it.

**Review** - the reader now should survey the reduced notes of the paper and chapter to see them as a whole. This may suggest some kind of overall organization that pulls it all together. Then should recite, using the questions or other cues as starters or stimuli for recall.

If all the above steps are followed you are bound to have a better memory. Remember the three key words starting with D Determination, Dedication, and Discipline will surely take you to your goal.

Success is no accident. It is hard work, perseverance, dedication, learning, studying, sacrifice and most important of all love towards what you are doing or learning to do.

## **Millets and Smart Parenting**



### **Dr. Ashwini Godbole**

**(Consultant in Child Diet and Development  
Chiranjeev Center for Child Diet and  
Development)**

### **Introduction**

Previously, India was a major millet producing country. But in the late 20th century rice and wheat were consumed in more quantities and Millets were forgotten. Millets were recognized as the food of the poor. But by the year 2000, it was noticed that increasing number of people were getting affected by chronic diseases like Diabetes and Hypertension. Missing millets from Indian Meals was said to be one of the contributing factors. Then a lot of research was done on millets, about their availability, advantages, disadvantages etc. And then millets started gaining popularity.

### **What are Millets?**

Millets are a group of small, nutritious grains that can be a valuable addition to a child's diet. They are a good source of protein, fiber, vitamins and minerals and predominantly they are gluten-free. This makes them a good choice for children with allergies or celiac disease.

Examples of millets: Sorghum (Jowar), pearl millet (Bajra), finger millet (Nachani), foxtail millet (Rala), barnyard millet (Varai).

### **Nutritional Benefits of Millets for Children**

- High in protein: millets are a good source of plant-based protein, which is essential for

children's growth and development. They contain most of the essential amino acids.

- Cleanser for Intestines: millets are a good source of fiber, which helps to promote digestive health and prevents constipation.
- Packed with vitamins and minerals: millets are a good source of vitamins and minerals, including iron, calcium, magnesium, and phosphorus. These nutrients are essential for children's overall immunity and development.
- Gluten-free: millets are naturally gluten-free, making them a safe choice for children with celiac disease or gluten intolerance.
- Energy source & Weight maintenance: millets are a source of complex carbohydrates that cause slow release of Glucose and thus provide energy throughout the day. Millets have a low glycemic index hence help weight maintenance & reduction.
- Protectors against chronic diseases: millets are rich in antioxidants like polyphenols.
- Brain Boosters: They also contain vitamin B especially Niacin which controls more than 400 enzymatic reactions in body.
- Hair and skin quality: Eat millets for better hair and skin quality
- Sleep inducers: Tryptophan in millets reduces stress and promotes sleep.
- Environment friendly - Grow in less water – don't need fertilizers.

### **Tips for Millet preparation and eating:**

- Soak millets for 6 to 8 hours before preparation. Soaking of millets open up fiber layers and phytic acid is reduced and they become nutrient dense. Soaking millets also reduces their cooking time and they are better absorbed.
- Eat millets in moderate quantity because



milletts are rich in fibers so excess quantity of millets can cause flatulence.

- Eat millets at only 1 meal per day.
- Add ghee / makhkhan to millet roti once it is ready.
- Drink plenty of water with millets – Water aids fiber in millets during digestion process.
- Fermentation and sprouting millets improves availability and quality of nutrients in them.
- Eat millets in Authentic way. Avoid cookies / chips- check out their fat and sugar content.
- Avoid pressure cooking millets since nutrients can be lost.
- Millets are seasonal. Nachani / Ragi and Jowar can be eaten throughout the year. Bajra and Makai should preferably be eaten in winter.

### **Incorporating Millets into a Child's Diet**

- Cook millets as a side dish or add them to soups and stews.
- Use millet flour to make roti, bhakari.
- Pop millets like popcorn for a healthy snack.
- Blend millets into smoothies or yogurt.
- Make millet porridge for breakfast.

### **Additional tips for incorporating millets into a child's diet:**

- Start by introducing millets slowly. You can start by adding a small amount of millets to your child's favourite dishes.
- Get your child involved in the kitchen. Let your child help you measure, stir, and taste the millets.
- Be patient. It may take some time for your child to get used to the taste of millets.
- Be creative. There are many different ways to prepare millets. Experiment with different recipes until you find ones that your child enjoys.

### **Millets and Smart Parenting**

In addition to the nutritional benefits of millets, there are also some ways that they can support smart parenting.

- Millets can help to promote a healthy lifestyle: Millet meals are a good source of nutrients that are essential for a child's overall health and development.
- Millets can help to teach children about healthy eating: By incorporating millets into a child's diet, you can help them to learn about different types of foods and develop healthy eating habits.
- Millets can be a fun and easy way to cook with children: Cooking with children can be a great way to bond and teach them about food. Millets are a versatile grain that can be used in a variety of recipes, so there are plenty of opportunities to get creative in the kitchen.

### **Conclusion**

Overall, millets are nutritious and versatile grain that can be a valuable addition to a child's diet. They can also support smart parenting by promoting a healthy lifestyle, teaching children about healthy eating and providing a fun and easy way to cook with children.



## River's Reflection: Your Inner Condition



**Ms. 'Tara' Tanmayi Shinde**  
**(Geographer and media student)**

I had started volunteering with Jeevitnadi – The Living River Foundation. And one of Jeevitnadi's programme is Toxin Free Living (TFL).

When I attended the first workshop, I still remember the first question asked to us by facilitators.

"How do you start your day?" and majority of us replied with "Brushing our teeth!" Brushing our teeth – a simple activity. The facilitators then moved ahead with a simple question – "Have you ever checked what's on the back of toothpaste?" We all looked at each other, then registered our negative responses.

Acknowledging that, we learnt about LCA – Life Cycle Assessment.

Life Cycle Assessment is simply to assess a life cycle of a product, i.e. where does it come from, what kind of energy is put in to produce the product, what materials are used to produce it, what kind of packaging goes on – material needed for packaging, how is the product and packaging disposed off etc.

We were divided into different groups and then we were given one product per group. For my group it was the Colgate toothpaste. We started with how it came along in India and how today they are selling the toothpaste the very thing they

wanted to eliminate for the consumers: Charcoal/ Ash. After completing the LCA of our product we moved on to share some baffling discoveries about the ingredients! We mainly focused on these three:

### **Some of the examples -**

#### **Sodium fluoride -**

Great because it helps prevent cavities. It has a few problems though. It isn't meant to be swallowed. It is toxic and a known carcinogen. It has been said to lower IQ.

#### **Triclosan -**

This is used as an antibacterial compound. So the big plus of having this in your toothpaste is that it kills germs. However, it has been shown to have potentially serious health effects. For example, it could affect the thyroid hormone. It is also linked to endocrinal disruption and skin irritation among other things.

#### **Sodium Lauryl Sulfate -**

This is added to give texture. It makes the toothpaste soft and foamy. It is also added to other products right from hand creams to engine degreasers. It is present in just about everything that you can think of. However it is known to cause skin irritation and is a potential carcinogen. And I'm sharing about Colgate because I personally used to use that and did a life cycle assessment for the same. If you use other toothpastes, just build the curiosity and find out what ingredients are used to make your toothpastes and what all are the benefits and ill effects of them. If you find this fun, check out the same for your facewash, your ramen noodles (the preservatives), and other products you use in your day-to-day life.



## **Science Fun Facts**

I attended TFL session because during a river cleanup, a facilitator highlighted a crucial aspect: "Cleaning what's visible is easy, but what about the hidden pollutants?" Unseen pollutants, in hygiene products, cosmetics, are non-biodegradable, persist in rivers. These chemicals remain unseen, but impactful. When we talk about human produced chemicals and river pollution – for rivers like Mula, Mutha in Pune, it is almost impossible to keep the rivers pollution free. What flows through the river is pure sewage. Most of it is just domestic sewage – i.e., water used by us. And this further flows into the Ujani dam downstream where our vegetables come from, hence going back in our body.

The good news is that it can be curbed! How?

Simply by making simple and healthier switches. Switching toothpastes and tooth brush with dantamanjan! Just like our grandparents or great grandparents did. Switching from Shampoos to Shikakai and Ritha (soapnuts). Using home-based ingredients like vinegar, baking soda etc. to clean bathrooms and toilets, using utna or besan (gram flour) instead of soap. Find out more at <https://www.jeevitnadi.org/toxin-free-living/>

The point is that the kind of products we use today might not completely be healthy for nature and being part of nature, even for us. For some people it is a soap or a fabric softener. However, the point is to try our best and make conscious choices every time we consume something.

As it is said: River's reflection= Your Inner condition.

- Cucumber is not a vegetable, it is a fruit as it has seeds.
- In the night, if we see the sky closely, we can see several shooting stars. These shooting stars are actually meteors that are burning.
- Planet Saturn has such low density that it would float if put in water.
- Sharks lose their teeth each week. They get new teeth when they lose the old ones. They make over 20,000 teeth in a life time.
- Bananas contain tryptophan a brain chemical that helps to regulate mood and boost serotonin, the happy hormone.
- A largest single flower is the "Rafflesia". It is generally 3 feet in diameter with a record of being 42 inches.
- Recycling one ton of paper saves around 17 trees, 463 gallons of oil, 6953 gallons of water and 3 cubic yards of landfill space.
- The air we breathe out is saturated with water. Through this we can lose about one third litre of water every day.
- The big banyan tree in the "Indian Botanical Garden" near Kolkata has more than 900 prop roots.
- In the weaving process, the vertical threads are called warp and horizontal threads are called weft or filling.
- Grasshoppers have ears in their bellies.



## Super Simple Tips for Introducing Healthy Eating Habits for Kids from a Young Age.



**Mrs. Swati Chandrashekhar**  
**(Nutrition Expert)**

We all know the reasons why we should help our children eat healthily but find it challenging to implement this thought. Here are some easy tips that are always helpful whether it comes to starting a new healthy eating journey, OR as a friendly reminder to keep eating healthy. These tips are actionable, problem-solving and are sure to work for your family!

1. Eat Together as a Family. I know this sounds very repetitive, BUT it is the BIGGEST tip out there when it comes to developing healthy eating habits for kids.

Our modern lifestyle of different work schedules doesn't often make it possible for us to eat together as a family. Plus, some parents want kids to eat early so that they can later eat in "peace". However, neither of these excuses, overcome the power of eating together as a family.

Let's now see how it works – we can see when our kids see us eating with them, they get relaxed and their minds allow them to try new foods, that they won't eat on their own. You won't be surprised when your little one says -"Aai, I eat like how you and Baba eat!"

2. A monkey see, monkey do!

In other words, if we eat healthy, kids will eat healthily too. In a way, it helps the parents make healthier choices. You cannot have fried starters and expect the child to not have them. Same

goes for choice of drinks and aerated drinks.

I recently had a small girl telling me, "Aunty, I think I would like beer when I grow older!" While the parents found it as hilarious as it sounds, the child sees the parents enjoy with a particular drink or junk food, and believes he'll like it too...(meanwhile my eyes couldn't stop rolling)

3. Shop your foods smartly. In other words, don't get foods in the house that you don't want them to eat often. Obviously we can't stack the kitchen shelves with biscuits and snacks and expect kids to snack on fruits. In my house, we have a 'No junk food policy'. Of course it was difficult in the beginning, but it was good for everyone since my husband had a "biscuit with tea" addiction.

How does this work? When kids get hungry, they will choose healthy snacks like fruits. Even when they are offered these junk foods choices elsewhere, they definitely tend to eat smaller portions of the same as compared to regular junk eaters.

4. Give healthy food options only, as choices. What you need to do is – give them healthy options only and let them choose; so even if they chose the worst option, it's considerably healthy food. This is usually only possible when you follow rule #3 because most parents are always pressed on time and patience.

Don't give them options between biscuits and cucumber, choices should be peanuts or cucumber or tomatoes and cucumber.

This is also a great tip to start early when they are toddlers. So as a toddler, my daughter got 2-3 small portions of healthy options to try; even if that meant giving them food not from the family meal. If you didn't do this when they were babies, this can be done at any age, not just toddler age.

5. So any time your child does not want to eat what you made, their choice shall only be something else that is healthy, and not whatever



they want.

6. Involve and include them in cooking meals. This tip is extremely helpful. Every time my daughter went through a picky eating phase, whether because of teething or because of her mood, I asked her to help me with meal preparation. Try simple things like peeling potatoes, shelling green peas with younger kids. With 10 year + children you can assign tasks like cleaning and chopping vegetables or mixing batter, or simply reading a recipe for you step by step. These activities invariably change their attitude towards the food and helps them understand and respect the labour and love that goes in food preparation. This way we can find innumerable opportunities to involve kids while making food, and every time they get involved in making food they are happier to eat it.

7. Keep checking their water intake. I can't tell you how much it bothers me as a nutritionist to see the drink choices my patients make. They are adults who drank cold drinks and juice as kids. I find people who drink less than 5 glasses of water a day but drink more juices and soft drinks. Developing a healthy habit to drink more water begins at a young age when drinking water should become obvious. Talking of juices - mango drinks or orange juice, are way too common amongst kids, as "healthy drinks", while in reality, they're just sugars, and all the processing rips those fruits from their vitamins too. In this case I recommend giving them a fruit in place of a juice.

8. Switch off the TV during mealtimes I know most parents rely on the TV to ensure the child eats well or simply say it's okay for babies and toddlers to watch TV as long as they're eating well. BUT let's be honest it's NOT okay. TV or video distractions are so strong for their tiny brains, that their brain can make a connection to only one thing, either food or TV and while

watching TV it's going to be only one thing - TV. Making a healthy connection to food while watching TV is impossible. As an example, all are getting into the habit of not being able to connect to the food we're eating, because we must have a phone on hand while we eat. This will only lead to unhealthy eating habits into the teen and adult age, without a doubt.

9. Don't stop them from wanting or eating junk foods when someone else is eating it. When we stop our child from eating what another child is eating, and it is what they like to eat, we make them develop strong feelings for that food. And a strong feeling leads to desire which takes zero time to become an extreme liking. Remember: Forbidden fruit is the sweetest.

So, if they are already in a party full of junk food options, then let them have it. If you have them eat fairly healthy most times, by not getting sugary, starchy or fried foods in the house, the chances of them eating these foods is quite limited. If you let them have it most of the times they see it and ask for it, they ask for it less often too, or will listen to you easily when you say no to it.

10. Save the junk food to be had only for eating out. Save the nuggets, burgers and fries for the times you eat out, provided you eat out or-takeaway food once a fortnight and don't pick nuggets and fries every time, you eat out. This simply means, eat healthier food at home, and save the fried and heavier food for once in a while, and let your kids enjoy their meals once in a while. To summarise, let's promise our children a healthy future by making simple food choices and adopting these tips to help induce, healthy eating habits in our children. If eating healthy becomes normal for kids, their struggle in adulthood is taken care of and probably it is the best gift you'll give your child.

## The Best Circus Show of My Life



### **Kavya Karale (V - M)**

Yesterday, me and my family went to watch a circus. I was too excited, but due to the long journey, which was about 2 to 3 hours, made me feel sleepy.

When we reached the circus, I was very bored but my father knew the solution, he went to a nearby hawker who was selling chips and brought me a packet of the same. After looking at the packet my excitement got restored. Then, I quickly ate it and we went to the circus. I saw a huge tent on which 'Rambo Circus' was written in bold letters. The tent had a grand entrance. On the right side of the tent, there were large cages, in which animals like lion and elephants were kept.

Then the circus started. Magicians came and performed many magical tricks. The acrobats came and rocked the stage. Afterwards, the clown came and made us laugh and then the elephants came dancing and did a rejoicing dance performance.

My family and I enjoyed the circus a lot. My most favourite part was the one in which the elephant danced. This was the best circus show of my life and here I would like to say that everyone must visit the 'Rambo Circus'



## Chhatrapati Shivaji Maharaj



### **Chinmayi Shrikhande (IV - E)**

When the darkest of the nights were  
not getting over....

When millions of our Gods had  
forgotten their power....

When sons of our soil became  
selfish or cowards.....

A kid in his teens...

knew what Swarajya means....  
with all of his might...

He put on the fight.....

Yesaji, Baji, Tanhaji were there....

Raigad and Rajgad were taking his care....

He fought and he fought and  
he fought so hard....

with Mughals, Sultans and local landlords.....

For what was ours and what was so right....

For you and me and our future so bright....

We owe him what we have and  
we go on our knees,

Our King, our Pride Shiv Chhatrapati it is.





## Family Comes Together



**Veda Kabir**  
**(V - E)**

Family comes together  
For always and forever.  
In sickness and in health  
In poverty or in wealth.  
Family comes together  
For always and forever.  
Without any reason  
Anytime or any season,  
Family comes together  
For always and forever.  
In death or in life  
In happiness or in strife,  
Family comes together  
For always and forever.  
In anger or in kindness  
Whether all seeing or in blindness,  
Family comes together  
For always and forever.  
Whether for work or for play  
They somehow find a way,  
For family comes together  
Because families are forever.



## Father and His Intelligent Son ...



**Manas Satpute**  
**(I - M)**

Once upon a time, there lived a father and a son together. They were very rich. Whatever his son demanded anything, the father would get it for him without any hitch. The father wanted his son to value everything and respect everyone. One day the father decided to take his son on a trip to a village. He wanted to show him how poor someone can be. They spent time on the farm of a poor family. The boy treated the poor people very nicely. His father was very surprised at his behaviour. On their return home from the trip, the father asked his son, "How was the trip, son?" "It was great, Dad," the son replied." What did you learn from our trip?" his father asked. The son answered, "We have one dog, and they have four! We have a pool at our home but they have a huge river! We buy food for ourselves and they grow the food. We have so many lights in our house, but they have beautiful stars! We have walls to protect us but they have friends. All of us have television to pass our time but they have families to spend quality time with. We have lots of money with us, but they have God with them." The boy's father was speechless. Then his son added, "Thank you father for showing me how poor we are!"

Moral: It's not money that makes us rich. It's simplicity, love, compassion, friendship, values, family and our relationship to God that makes our lives rich. It is how we look at things and interpret them that matters.

## Potato, Egg and Coffee Beans



**Chinmayi Bhujabal**  
**(IV - E)**

A little boy named John lives in a beautiful home with his parents. One day, his father finds him crying and asks him if something is wrong. John says meekily, "I have so many problems in life" and talks about his problems. John's father patiently listens to him. Then he brings a bowl and places a potato, an egg and some coffee beans in it. He asks John to touch and feel the ingredients in the bowl, and tell what he feels about each of them. John describes how he feels about each of them on touching. John's father smiles and asks John to place them all in three different bowls and pour water in them. He then boils them all. After a few minutes, John's father turns off the stove and places all the bowls on the counter to cool them down. When they have cooled down John's father asks him to touch them once again and feel the potato, egg and coffee beans. John has different answer this time, and he says, "The potato skin is easier to peel as it has turned very soft, the egg has hardened and there is a fresh coffee aroma coming from the beans". Listening to John, his father smiles and tells him how the potato, egg and coffee beans reacted to adverse situations. The potato has become soft, the egg turned very strong and coffee beans have changed their form completely during their testing time in the boiling water.

Moral: Problems are a part of life. How we react to them makes us a better individual.....

## **The Determined Frog**



**Prapti Bhatnagar**  
**(IV - V)**

On a pleasant morning, a group of frogs were giggling and laughing on their way, roaming in the forest. Under a tree there was a big and deep pit made by the hunter to catch his prey.

As the frogs were roaming in the forest, they came near the tree and two of them fell into the pit.

As the pit was very deep, a lot of struggle was needed to come out of it. When the other frogs noticed that two of them were missing, they came back to the spot. The two frogs were trying their best to come out of the pit but failed continuously.

The other frogs outside, kept on telling them that the pit was too deep and they would not be able to come out, so they should give up and fall back into the pit. One of the two frogs listened to what his companions said and died. The other frog tried the most of what he could and finally came out of the pit.

Moral - Always believe in yourself and do your best !







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काही व्यक्ती आपल्या आयुष्यात अचानक येतात आणि एक महत्वाचा " टर्निंग पॉइंट " बनून जातात. आदरणीय सोलापूरकर सरांचेही माझ्या आयुष्यातील स्थान असेच आहे. सर या वर्षी सेवानिवृत्त होत आहेत आणि त्या प्रसंगी मला त्यांच्याबद्दल च्या माझ्या भावना व्यक्त करण्याची संधी मिळत आहे; हे खूप अभिमानास्पद आहे परंतु तितकेच कठीण! किती कसे आणि काय व्यक्त होऊ ? असे द्वंद्व मनात चालू आहेच पण जास्तीत जास्त कागदावर उतरवण्याचा हा प्रयत्न असेल.

खरं म्हणजे स.प. महाविद्यालय आणि माझे एक घनिष्ठ नाते आहे. सध्या मी सीओईपी टेकनॉलॉजिकल युनिव्हर्सिटी (पूर्वीचे कॉलेज ऑफ इंजिनीरिंग पुणे, शिवाजीनगर ) सन २०१० पासून गणित विभागात सहाय्यक प्राध्यापक म्हणून कार्यरत आहे. माझी ११ वी आणि १२ वी ची वर्षे स. प. महाविद्यालयातच व्यतीत झाली. १२ वी नंतर पुढे काय ? हा सर्वसाधारणपणे सगळ्यांना पडणारा प्रश्न माझ्यापुढेही 'आ' वासून उभा राहिला. सन २००३ च्या सुमारास "इंजिनीरिंग" या अभ्यासक्रमास खूप मागणी होती. अर्थात आत्ताही आहेच. १२ वी ला ८०% आणि पुढे जर मार्क असतील तर इंजिनीरिंग किंवा वैद्यकीय क्षेत्रात पदार्पण करावे असा सर्वसाधारणपणे कल दिसून येत होता. त्याप्रमाणे माझेही इंजिनीरिंग ला जाण्याचे मनात होते आणि बऱ्याच नामांकित महाविद्यालयांमध्ये प्रवेश घेण्याची प्रक्रिया सुरु होती. त्याप्रमाणे मला 'मेकॅनिकल' ब्रांच ला काही ठिकाणी प्रवेश मिळू शकत होता पण आणखी एक गैरसमज असा होता / आहे कि मुलींनी मेकॅनिकल ला जाऊ नये वगैरे वगैरे (असे काही नसते असे आता सीओईपी ला मेकॅनिकल ला मुली बघून

लक्षात येतंय ). त्याप्रमाणे मी चांगल्या महाविद्यालयात इंजिनीरिंग ला प्रवेश मिळू शकत असूनही तो घेतला नाही आणि B. Sc .ला जाण्याचे ठरवले. पण या सर्व गोंधळात माझ्या B. Sc .प्रवेशाच्या सर्व 'deadlines' निघून गेलेल्या होत्या. तरीही थोडे उशिरा ऍडमिशन मिळाले तर बघू असा विचार करून मी स. प. महाविद्यालयात गेले. तिथे चौकशी केली असता मला महाविद्यालयाच्या ' V i c e Principal ' यांना भेटा असे सांगण्यात आले कारण B. Sc . चे सर्व वर्ग भरून जवळपास तीन आठवडे उलटून गेले होते. मी स. प. महाविद्यालयाच्या मुख्य इमारतीतील पहिल्या मजल्यावर उप प्राचार्यांच्या केबिन बाहेर वाट बघत बसले. थोड्या वेळाने आत बोलावले गेले. ती सोलापूरकर सरांची कॅबिन होती. त्यांना सामोरे जाण्याचा हा पहिलाच प्रसंग. त्यांनी परखडपणे सांगितलं कि आता B. Sc. प्रवेशाच्या सर्व तारखा उलटून गेलेल्या आहेत आता शक्य नाही. पण दुसऱ्याच क्षणी त्यांनी मला माझं १२ वी च मार्कलिस्ट मागितलं आणि त्याप्रमाणे मी ते दाखवलं. माझे गणितातील मार्क त्यावेळी सुदैवाने चांगले होते. १०० पैकी ९४ आणि मला याची यत्किंचितही कल्पना नव्हती कि आपल्यासमोरील व्यक्ती गणितातील एक दिग्गज व्यक्ती आहे . मार्क्स पाहिल्यावर सर म्हणाले कि "मी तुला ऍडमिशन देतो. पण पुढे गणित या विषयात काहीतरी चांगलं करून दाखव". ते शब्द जणूकाही माझ्या मनावर कोरले गेले आणि मी त्यांचे शब्द 'प्रमाण' मानून स्वतःला या गणित क्षेत्रात खारीचा वाटा उचलण्याचा प्रयत्न केला, करत आहे आणि भविष्यात करत राहील. त्यानंतर मी प्रवेश घेतला आणि हाच क्षण माझ्यासाठी "टर्निंग पॉइंट " ठरला.

त्यानंतर सर आम्हाला B. Sc. च्या प्रथम, द्वितीय आणि तृतीय वर्षाला गणिताचे अभ्यासक्रम शिकवायला होते. त्यांच्याबरोबरच माननीय शेट सर, साने मॅडम , मोडक सर , बोरसे सर , अभ्यंकर मॅडम इत्यादी दिग्गज मंडळींचे अध्यापन आम्हास लाभले त्यासाठी मी स्वतःला खरोखरच भाग्यवान समजते. या सर्व गुरूंनी शिकवलेल्या मूलभूत गणिती संकल्पना मॅडम इतक्या घट्ट बसल्या कि त्या आधारे यशाची अनेक छोटी मोठी शिखरे आत्तापर्यंत पादाक्रांत करता आली. नंतर पुढे पुणे विद्यापीठात M. Sc. करण्यासाठी प्रवेश घेतला. तिथे "स. प. महाविद्यालयातील B. Sc. चे विध्यार्थी" अशी ओळख होऊ लागली.

स. प. महाविद्यालयात असताना सरांच्या तासाला आम्ही मूलं

वेळेवर येत आहोत कि नाही यावर सरांचं खूप लक्ष असे . त्यांचा सकाळचा तास साधारण ८:३० ला असे . त्यामुळं ८:३५ ला जरी गेलो तरी सरांचा ओरडा बसे. यातून एक गुण आम्ही मुलं शिकलो तो म्हणजे "वक्तशीरपणा ". अशा प्रकारे वेळेत तासाला पोचण्याची जबाबदारी पार पडली कि सर्व मुलांना ते आधीच्या तासाला आपण काय शिकलो असे विचारात असत. त्यावेळी B. Sc. च्या बहुतेक मुलांना "एप्सिलॉन " "डेल्टा " आदी गणिती चिन्हांची भीतीच वाटत असे. उजळणी घेताना सर गणिती व्याख्या कोणालाही विचारात असत आणि त्या सांगताना चुकलं कि त्यांना खूप राग येत असे. त्यांना गणितातील मूलभूत विषयांमधील व्याख्या आणि संकल्पना मुलांनी नीट आणि अचूक सांगाय्यात असे वाटे. B. Sc . च्या सर्व वर्षींचे त्यांनी शिकवलेले विषय मी आवडीने केले. B. Sc . च्या तिसऱ्या वर्षी " मॅथेमॅटिक्स ट्रेनिंग अँड टॅलेंट सर्च प्रोग्राम " (MTTS ) मध्ये मला भाग घेण्याची संधी त्यांच्यामुळेच मिळाली. विविध अनुभव मिळाले आणि या सर्व अनुभवांचा वैयक्तिक पातळीवर पुढे जाण्यास खूप उपयोग झाला . या प्रोग्रॅम मध्ये राष्ट्रीय पातळीवर मुले सहभागी होतात आणि अनुभवी शिक्षक आणि नामांकित संस्थामधील विद्यार्थी यांच्याशी चर्चा /संवाद साधण्याची संधी मिळते. हा प्रोग्रॅम त्या वर्षी स प महाविद्यालयात झाला होता. अनेक दिग्गज गणिततज्ञांचे मार्गदर्शन त्यात मिळाले. या सर्व गोष्टी शक्य झाल्या त्या सोलापूरकर सरांच्या शिफारसपत्रामुळेच! सन २००८ च्या सुमारास मला थोडा काळ स प महाविद्यालयात शिकवण्याची संधी त्यांनी दिली. ज्या वस्तूतून आपण ज्ञानार्जन केले त्या च वास्तूत पुन्हा अध्यापन करण्याचे भाग्य मिळणे हे कोणत्याही पुरस्कारापेक्षा कमी नाहीच.

सोलापूरकर सर हे गणित क्षेत्रातील एक आधारस्तंभ आहेत. प्रत्येक विद्यार्थ्याला हाताळण्याची त्यांची लकब अत्यंत सहज पण समर्पक असते. सर एक उत्कृष्ट प्रशासक आणि हाडाचे शिक्षक आहेत . सर, तुम्ही जरी सेवानिवृत्त होत असलात तरी तुमचा उत्साह, शिकवण आणि मार्गदर्शन आम्हाला नेहमीच प्रेरणा देत राहिल. तुमचा निवृत्तीनंतरचे जीवन आनंदी, आरोग्यदायी आणि समाधानाचे जावो हीच सदिच्छा.



सौ. श्वेता रानडे

(वर्ग शिक्षिका - इयत्ता १ली मकर्युरी)

मला ना या प्राण्यांचं खूप नवल वाटते,  
सारे काही अजब पाहून कुतूहल मनात दाटते..!  
रोज सारखं उभं राहून त्याचे पाय दुखत नाहीत,  
सांगा ना तो घोडा कसा कधी थकत नाही..  
पंख हलवून फुलपाखराने सारखे उडतंच राहायचे  
ताकद अंगात यावी म्हणून त्याने काय करायचे?  
हत्तीचे नाक म्हणजे लांबच लांब सोंड,  
सर्दी झाली तर नाक त्याचे पुसणार तरी कोण?  
पोटाच्या पिशवीत पिल्लू घेऊन कांगारू उड्या मारते,  
एवढे हादरे बसूनही पिल्लू तसेच का बसते?  
मुंग्यांचे टोळके चालते एका मागे एक,  
कोण जाणे कसे कळते कुठे लपवलाय केक !  
रात्रीचे फिरताना वटवाघळांना वाटत नाही भीती,  
अंधारात आवाजाचा वेध घेत जाती...  
कोणा काय मिळाले गणती त्याची नाही,  
किती जीव, किती जाती तरी प्रत्येकात वेगळे पण काही !  
वाटे मला का देत नाही देव असे काही,  
आमच्या साठी मुळीच कोणी काही मागतच नाही.  
प्राण्यांच्या बाबतीत मग असे कसे होते,  
बोलत नाहीत काही पण त्यांना न मागताच मिळते !  
न सांगता बाप्पाला कळतं सारं, सांगत असतो दादू,  
मी पण बघेन वाट, कधी मिळते मला प्राण्यांसारखी जादू !!





श्री. अमित गद्रे  
(मुख्य उपसंपादक, दैनिक अंग्रोवन, पुणे)

प्रत्येक क्षेत्रात उच्चपदावर म्हणण्यापेक्षा उच्च पातळीवर पोहोचलेल्या व्यक्ती असतात, यापैकीच डॉ. एम. एस. स्वामिनाथन. भारतीय हरितक्रांतीचा पाया रचण्यामध्ये त्याचे मोठे योगदान आहे. डॉ. स्वामिनाथन यांनी आंतरराष्ट्रीय तसेच भारतीय शेती क्षेत्रातील संशोधन आणि विस्ताराचे कार्य अत्यंत मोलाचे आहे. विशेषतः गहू आणि भाताचे अधिक उत्पादन देणाऱ्या जाती विकसित करण्यामध्ये त्यांनी महत्वाचे योगदान दिले. डॉ. स्वामिनाथन यांनी विविध भारतीय कृषी संशोधन संस्थांमध्ये आणि आंतरराष्ट्रीय संस्थांमध्ये आपल्या संशोधनाचा ठसा उमटवला. भारतातील सर्वात मोठ्या दुष्काळाच्या काळामध्ये म्हणजेच १९७२ ते १९७९ दरम्यान कृषी क्षेत्रासाठी अत्यंत आव्हानात्मक असलेल्या काळात डॉ. स्वामिनाथन भारतीय कृषी संशोधन परिषदेचे महासंचालक होते. भूकमुक्तीचा ध्यास घेऊन त्यांनी केलेल्या अतुलनीय संशोधन आणि विकासेतर कामामुळेच देश अन्नधान्य उत्पादनात स्वयंपूर्ण होण्यास मदत झाली. त्यांच्या शेती क्षेत्रातील योगदानाबद्दल त्यांना भारत सरकारने वेगवेगळ्या काळात तीनही महत्वाचे 'पद्म' पुरस्कार देऊन सन्मान केला होता. स्वामिनाथन यांचा जन्म ७ ऑगस्ट १९२५ रोजी कुंबकोणम (तमिळनाडू) येथे झाला होता. त्यांचे वडील एम. के. संबासिवन हे सर्जन होते. परंतु स्वातंत्र्याच्या लढ्यात ते सामील होते. त्यांच्यावर महात्मा गांधीजींचा प्रभाव होता. त्यांच्याच प्रेरणेतून स्वामिनाथन कृषी शिक्षणाकडे वळले. मद्रास कृषी महाविद्यालयातून पदवी घेतल्यानंतर १९४९ मध्ये दिल्ली येथील 'इंडियन अग्रिकल्चरल रिसर्च इन्स्टिट्यूट' येथून पदव्युत्तर शिक्षण विशेष प्रावीण्यासह प्राप्त केले. 'युनियन पब्लिक सर्व्हिस' ची परीक्षा देऊन ते भारतीय पोलिस सेवेसाठीही पात्र ठरले होते. मात्र त्यांनी कृषी क्षेत्रात संशोधन करण्याचा निर्णय घेतला. नेदरलँडमध्ये बटाट्याच्या आनुवांशिकशास्त्राचा अभ्यास करण्यासाठी त्यांना शिष्यवृत्ती मिळाली. या विषयातच त्यांनी १९५२ मध्ये पीएच. डी. केली. परदेशांत विविध संधींचा मोह टाळून ते भारतात परतले. जगभरातील

कृषी विद्यार्थ्यांबरोबर वनस्पतींची पैदास आणि नैसर्गिक साधनसंपत्तीचे जतन या विषयांवर संशोधन केले. विशेषतः भारतीय शेतकऱ्यांच्या शेतात गहू व भात पिकाच्या अधिक उत्पादन देणाऱ्या जाती पोहोचविण्यात त्यांचा आणि त्यांच्या समवेत काम करणाऱ्या कृषी तज्ज्ञांचा मोठा वाटा होता. जग आणि देशाच्या भूकमुक्तीचा ध्यास घेतलेल्या डॉ. स्वामिनाथन यांनी २८ सप्टेंबर २०२३ रोजी वयाच्या ९८ व्या वर्षी तमिळनाडूची राजधानी चेन्नई येथे अखेरचा श्वास घेतला. आज देहाने डॉ. स्वामिनाथन जरी आपल्यात नसले, तरी त्यांच्या विचाराचे बीज प्रत्येकाच्या मनात रुजले आहे.

#### हरितक्रांतीतील योगदान

साधारणपणे १९७२ च्या काळात देशातील अन्नधान्य टंचाईवर मात करण्यासाठी केंद्र सरकार प्रयत्न करत होते. त्या वेळी कृषी शास्त्रज्ञ डॉ. स्वामिनाथन यांनी तत्कालीन केंद्रीय कृषिमंत्री सी. सुब्रमण्यम आणि जगजीवन राम यांच्या सोबत काम केले. गहू आणि भाताचे उत्पादन वाढविण्यासाठी डॉ. स्वामिनाथन यांनी अधिक उत्पादन देणाऱ्या जाती विकसित केल्या. डॉ. नॉर्मन बोरलॉग यांच्या साथीने वेगवेगळ्या गहू जातींच्या चाचण्या आणि विस्ताराचे काम केले. सुधारित जातींच्या सोबत रासायनिक खतांची जोड दिल्याने गहू आणि भात उत्पादनामध्ये वाढ होत गेली. भूक आणि गरिबीने ग्रासलेल्या त्या काळात शेतकऱ्यांमध्ये चैतन्य पसरले आणि हरितक्रांती घडून आली. गेल्या काही वर्षात भारताचे अन्नधान्य आयातीवरील अवलंबित्व संपले. आज गहू आणि भात उत्पादनात भारत अग्रेसर देश ठरला आहे, ही त्यांच्या कार्यकर्तृत्वाची पावती आहे.

#### दीड पट हमीभावाची शिफारस

देशातील शेतकऱ्यांच्या अडचणी, स्थिती आणि एकूणच अवस्थेचा अभ्यास करून उपाययोजना सुचविण्यासाठी स्थापन केलेल्या राष्ट्रीय शेतकरी आयोगाच्या अध्यक्षपदाची जबाबदारी डॉ. एम. एस. स्वामिनाथन यांच्याकडे होती. त्यांनी २००६ मध्ये केंद्र सरकारला अहवाल सादर केला. याच अहवालात शेतीमालाची किमान आधारभूत किंमत (हमीभाव) उत्पादन खर्चाच्या किमान दीड पट असावी, अशी शिफारस केली होती. हा आयोग स्वामिनाथन आयोग म्हणून ओळखला गेला. देशभरातील शेतकरी चळवळीने स्वामिनाथन आयोगाची ही शिफारस उचलून धरली.

#### डॉ. स्वामिनाथन यांचा परिचय

१) ७ ऑगस्ट १९२५ कुंबकोणम (तमिळनाडू) येथे जन्म.

२) मद्रास कृषी महाविद्यालयातून पदवी घेतल्यानंतर १९४९ मध्ये दिल्ली येथील भारतीय कृषी संशोधन संस्थेतून पदव्युत्तर शिक्षण विशेष प्रावीण्यासह प्राप्त.

३) नेदरलॅंडमध्ये बटाट्याच्या आनुवांशिकशास्त्राचा अभ्यास करण्यासाठी शिष्यवृत्ती. या विषयातच १९५२ मध्ये पीएच.डी. भारतीय कृषी संशोधन संस्था आणि आंतरराष्ट्रीय संस्थांमध्ये कार्यरत.

४) गहू आणि भाताच्या अधिक उत्पादन देणाऱ्या जातींच्या विकासात मोलाचे संशोधन.

५) १९७२ ते १९७९ दरम्यान कृषी क्षेत्रासाठी अत्यंत आव्हानात्मक असलेल्या काळात डॉ. स्वामिनाथन भारतीय कृषी संशोधन परिषदेचे महासंचालक होते.

६) भूकमुक्तीचा ध्यास घेऊन त्यांनी डॉ. नॉर्मन बोरलॉग यांच्या साथीने केलेले संशोधन आणि विस्तार कार्यामुळे भारत देश अन्नधान्य उत्पादनात स्वयंपूर्ण होण्यास मदत झाली.

महत्वाचे आंतरराष्ट्रीय पुरस्कार

१) १९७१ मध्ये सामुदायिक नेतृत्वासाठी (कम्युनिटी लीडरशिप) रॅमन मॅगसेसे पुरस्कार.

२) १९८७ मध्ये 'वर्ल्ड फूड प्राइज' पुरस्कार.

३) १९९७ फ्रान्स सरकारचा 'ऑर्डर दु मेरिट अग्रीकोल' (कृषी क्षेत्रातील महत्वाचा) पुरस्कार.

४) १९९८ मिसुरी बॉटेनिकल गार्डन, अमेरिका यांचे 'हेन्री शॉ पदक'

५) २००० मध्ये 'फ्रेंकलिन डी. रूझवेल्ट फॉर फ्रीडम मेडल आणि 'महात्मा गांधी प्राइज ऑफ युनेस्को पुरस्कार'.

भारत सरकारकडून गौरव

१) १९६७ मध्ये पद्मश्री, १९७२ मध्ये पद्मभूषण, १९८९ मध्ये पद्मविभूषण.

२) विविध विद्यापीठांकडून ८१ मानद डॉक्टरेट.

३) २००७ ते २०१३ दरम्यान राज्यसभा सदस्य.

पौष्टिकता वाढविणारी भरड धान्ये

भरडधान्याचा संदर्भ अश्व युगापासून सापडतो. हडप्पा आणि मोहेंजोदडो पुरातन संस्कृतीमध्ये भरडधान्ये वापरल्याचे संदर्भ मिळतात. विशेष म्हणजे भरडधान्येही भातासारखा धान्य प्रकार नसूनही भारतीय, चिनी, कोरियन आहारात मोठ्या प्रमाणात वापरली जातात. भारत सरकारने भरडधान्यांचे उत्पादन आणि लागवडीमध्ये वाढ करण्यास प्रोत्साहन देण्याच्या हेतूने २०१८ हे वर्ष 'भरड धान्य वर्ष' म्हणून जाहीर केले होते आणि २०२३ हे वर्ष 'जागतिक भरड धान्य वर्ष' म्हणून साजरे होत आहे. या भरड धान्याला 'श्री धान्य' म्हणूनही ओळख मिळाली आहे. ज्वारी, बाजरी, नाचणी, राळा, वरी, सावा, कांग, कोद्रा ही महत्वाची भरड धान्ये आहेत. या धान्यांच्या माध्यमातून आपल्याला उच्च प्रतीच्या प्रथिने, आवश्यक अमिनो अॅसिड, पोटॅशियम, फॉस्फरस, कॅल्शियम, लोह आणि जस्ताचा

पुरवठा होतो.

१) देशभरात भरड धान्यांचा वापर वाढविण्यासाठी लागवडीस प्रोत्साहन देण्यासाठी उत्कृष्टता केंद्रांची स्थापना, राष्ट्रीय अन्न सुरक्षा कायद्यात पोषक धान्य म्हणून समावेश करण्यात आला आहे. विविध राज्यांमध्ये भरड धान्य अभियानाची सुरवात झाली आहे.

२) शालेय वयापेक्षा लहान असलेली मुले आणि महिला आरोग्याच्या दृष्टीने सार्वजनिक वितरण व्यवस्थेद्वारे उष्मांकावर आधारित अन्न पुरवठा करण्याऐवजी भरड धान्ये आणि ज्वारी, बाजरीसारख्या धान्यांचा समावेश असलेले वैविध्यपूर्ण अन्न पुरविण्याची गरज वाढली आहे.

३) सध्याच्या शेती व्यवस्थेमध्ये भरड धान्य लागवड हा उत्तम पर्याय आहे. हवामानातील बदल, पाण्याची कमतरता, कोरडवाहू शेती, बियाणे आणि खतांचा अवाजवी खर्च यावर ज्वारी, बाजरी, नाचणी ही पिके उपाय असल्याचे कर्नाटक, महाराष्ट्र, आंध्र प्रदेशातील शेतकऱ्यांनी सिद्ध केले आहे. नगदी पिकांची एकल शेती, रासायनिक खतांचा अतिवापर झाल्याने जमिनीचा घसरलेला पोत, पाण्याच्या उपशामुळे कमी झालेली भूगर्भातील पाण्याची पातळी, बाजारातील अनियमिततेमुळे मिळणारा कमी दर यावर उपाय ठरणाऱ्या मिश्र शेतीत भरड धान्ये संजीवनी ठरत आहेत. कर्नाटक सरकारने ज्वारी उत्पादनाकडे मोठ्या प्रमाणावर लक्ष केंद्रित केले आहे.

आरोग्यदायी अन्नाचा स्रोत

१) ज्वारीची भाकरी, नाचणीचे मुद्दे, बाजरीची खिचडी, नाचणी डोसा, कांगणीचे पोंगल असे काही पदार्थ आपल्या आहारात पूर्वीपासूनच होते. परंतु मधील काळात अनेक पारंपारिक पदार्थांप्रमाणे भरड धान्याकडे दुर्लक्ष झाले. याचा आरोग्यावर परिणाम झाला.

२) भरड धान्ये अत्यंत पौष्टिक, ग्लुटेन विरहित आणि पित्तकारक नसलेली धान्ये आहेत. याचे पदार्थ पचायला हलके असतात.

३) आयुर्वेदानुसार भरडधान्ये पचनासाठी हलकी, अग्नी प्रज्वलित करणारी, प्राण आणि रक्ताची कमतरता सुधारणारी, पोटाला शांत करणारी आणि झोपेला चांगली आहेत.

४) भरड धान्यात उच्च प्रमाणात तंतुमय घटक असतात, जे रक्तातील ग्लुकोजची पातळी कमी करण्यास आणि मधुमेहावर उपाय आहे.

५) तंतुमय पदार्थ पचनाची गती नियमित करतात. पौष्टिक पदार्थांचे शोषण करण्यास मदत करतात. भूक शांत करतात, जेणेकरून पोट भरल्यासारखे वाटते. पचनाच्या विविध समस्यांवर उपयोगी ठरतात.

६) भरडधान्यांपासून पुलाव, पायसम, खिचडी, बिर्याणी, उपमा, बिस्कटे, सत्त्व, केक, पापड, शेवई असे विविध पदार्थ तयार करता येतात. बाजारपेठेत या पदार्थांना वाढती मागणी आहे.



## बळीराजा



श्री. अजिंक्य कुलकर्णी

(पालक - आरोही कुलकर्णी जूनियर के. जी. - मर्क्युरी)

नभ दाटले जे काळे, कुठे संपेल प्रवास,  
गावाकडच्या मातीची, भुरळ पडेल का त्यास.  
घामातून भिजवल्या आजवर या जमिनी,  
थांबावं घटकाभर, अट्टाहास हा मनी,  
मी आणि चातक आज दोघंही आतुर,  
कल्लोळ अंतरात, शब्द न दाटले ओठांवर..  
कुणा सांगायचे काय, जणू उभा आरसा सामोरी,  
तुझ्या आशेवरच आता, दोन वेळची भाकरी

## गरूड झेप ॥



सौ. मोनाली ओक

(वर्ग शिक्षिका - मिनी के. जी. मर्क्युरी)

ज्ञानज्योत सोबती घेऊनी, निघाले सर्व मिळोनि,  
आर्त साथ चिमुकल्यांची, साधतील नवा इतिहास॥  
संगणकाच्या या जगात, विद्युत वाहनांच्या ओघात,  
होतील सारे औद्योगिक, मग्न होऊनि नवीन तंत्रात,  
नवे शोध उमगतील ॥  
मंगळयान ते चंद्रयान, सूर्याला ही स्पर्श करतील,  
नवी उमेद, नवी झेपपुढे ते घेतच राहतील ॥  
हवा नवा ध्यास, नवे विचार, नव्या कल्पना,  
नव्या युक्त्या या साऱ्या नव्या धाग्यांना  
एकवटुन "महर्षी" ठेवतील ॥



## आवडीनिवडी

प्रा. मधुकर सोनावणे

आजोबा - स्वरीत सुर्यवंशी

इयत्ता - ५ वी मर्क्युरी)

आमच्या घरी सर्वांच्या आवडीनिवडी वेगळ्या.

आज तुम्हाला त्या सांगतो मी सगळ्या..  
बाबांना आवडते झुणका भाकर ताजी.  
आईला आवडते हिरवी पालेभाजी..  
दादाला हवी असते पुरणपोळी मस्त.  
ताई करते मिनिटात खिचडी सारी फस्त..  
बिस्कीट अन् चॉकलेटची मला खूप आवड.  
भाजी पोळी खायला होतच नाही सवड..  
आई माझी सुगरण लाड सर्वांचे पुरवते.  
फिरवून हात प्रेमाचा घास मला भरवते..

## पौष्टिक कटलेट



सौ. स्नेहा फडके

(वर्ग शिक्षिका - इयत्ता १ली - व्हिनस)

**साहित्य** – ताजा हुरडा – अर्धी वाटी, ओल्या हरभऱ्याचे दाणे – अर्धी वाटी, उकडून सोललेला बटाटा – १ मध्यम, ज्वारी / बाजरीचे पीठ – १ वाटी, हरभरा डाळीचे / मूग डाळीचे पीठ – पाव वाटी, हिरवी मिरची, आलं, लसूण वाटण – चवीनुसार, बारीक चिरलेली कोथिंबीर - पाव वाटी, जीर - पाव टी स्पून, बडीशेप - पाव टी स्पून, धने पावडर – अर्धा टी स्पून, जीरा पावडर – पाव टी स्पून, पांढरे तीळ – १ टेबल स्पून, आमचूर पावडर - अर्धा टी स्पून, साखर - पाव टी स्पून, हळद - पाव टी स्पून, मीठ - चवीनुसार, तेल – आवश्यकतेनुसार

**कृती** – सर्वात प्रथम हुरडा आणि हरभऱ्याचे दाणे मिक्सर मधून जाडसर वाटून घ्यावेत. नंतर १ छोटा चमचा तेल घेऊन गरम करून घ्यावे. त्यात जीर आणि बडीशेप घालून थोडेसे परतून घ्यावे. हिरव्या मिरचीचे वाटण घालून अर्धा मिनिट परतून घ्यावे. त्यानंतर हुरड्यांची आणि हरभऱ्याची भरड आणि कुस्करलेला बटाटा घालावा आणि परतून घ्यावे. हळद, धने जीर पावडर, साखर, मीठ आणि आमचूर पावडर घालून मिक्स करून घ्यावे. मिश्रण थंड झाल्यावर पीठे घालून टिक्कीच्या आकारात तयार करून त्यावर तीळ लावून तव्यावर तेल सोडून खरपूस भाजून घ्याव्यात. अशा ह्या पौष्टिक टिक्क्या पुदिना – कोथिंबीर चटणी बरोबर खाण्यासाठी तयार आहेत.



## ज्वारीचा पुलाव



सौ. सुजाता कवठाळकर

(वर्ग शिक्षिका - इयत्ता १ली - व्हिनस)



**साहित्य** - ज्वारी अर्धा किलो (१२ – १५ तास भिजवलेली त्यानंतर बारीक मोड आलेली हवी ), २ कांदा, २ टोमॅटो, १ छोटी वाटी शेंगदाणे, थोडेसे मटार, खडा मसाला, आलं लसूण मिरची भरड, १ गाजर, गरम मसाला, धने जीरा पावडर, कोथिंबीर, अर्धा लिंबू, चवीनुसार मीठ इ.

**कृती** - बारीक मोड आलेली ज्वारी घेऊन कुकरमध्ये ४ ते ५ शिटी घेऊन शिजवायची आहे. एका कढई मध्ये थोडे साजूक तूप घेऊन त्यात मोठी विलायची, २ छोटी विलायची, १ तमालपत्र, १ छोटी दालचिनी, २ छोटे चक्रीफूल व थोडेसे तीळ घालून परतावे. त्यानंतर बारीक कापलेला कांदा, टोमॅटो, गाजर, आलं लसूण मिरची भरड, शेंगदाणे, हिरवा मटार, चवीनुसार मीठ घालून छान गुलाबीसर परतून घ्यावे. त्यामध्ये कुकर मधून शिजवून घेतलेली मोड आलेली ज्वारी घालून थोडेसे परतावे. १ ते दिड ग्लास गरम पाणी घालून १० ते १५ मिनिटे मंद आचेवर झाकण ठेऊन शिजवावे. पाणी आटल्यानंतर त्यावर अर्धा लिंबू पिळून वरून कोथिंबीरने सजावट करून घ्यावी. अशा प्रकारे आपण चवदार व पौष्टिक असे ज्वारी पुलाव बनवून लहान मुलांच्या डब्यात दिल्यास ते नक्कीच आवडीने खातील.



## भालबा केळकर नाट्य स्पर्धा २०२३-२४ नाटकाचे नाव - 'धूली'

प्रसंग १ स्थळ:

निसर्ग अनाथाश्रम

काही मुले खेळत असतात आणि खेळता खेळता .. हिरवा निसर्ग हा भवतीने जीवन सफर करा मस्तीने ..... असे गीत गात असतात. तेवढ्यात धुली नावाची मुलगी देखील त्यांच्यात फेर धरायला येते आणि तिला पाहताच सगळे गाण गायचे थांबवून तिला दूर लोटत म्हणतात.

सगळे : आलीस का परत चिकटायला, दूर हो पहिली. किती वेळा झटकल तरी येतेस परत परत.

(हे ऐकून धुली हिरमुसल्या चेहऱ्याने बाजूला जाते. तिथेच ती तिचे मित्र, जाळे, कोळी आणि जळमटकर यांच्याबरोबर जाऊन बसते.) मुले पुन्हा खेळायला आणि गायला सुरुवात करतात. खेळता खेळता बिब्लि धोंडूचा धक्का लागतो आणि बिब्ली खाली पडते व जोरात ओरडते.

बिब्ली : आ ... आई ग ..ए धोंडूया कोंडूया दिसत नाही कारे तुला. बघ कसलं लागलंय मला तुझ्यामुळे. (लगेचच ती धोंडूयाला चिडवण्यासाठी गाणे म्हणते) दगड दगड, सूर्य दगड तारे दगड आणि तू पण दगड... बाकीची मुले हसायला लागतात.

धोंडू : मला चिडवत आहे शहाणी. न बोलावता आलीस न इथे खेळायला आमच्यात. फिरता फिरता. बिब्ली डीब्ली कुठची.(तेवढ्यात कोणाच्या तरी गाण्याचा आवाज येतो.)

बुंदी : गाणे म्हणत येते. तिच्या मागे धुली आणि तिचे मित्र पण येतात.

घोडे जैसी चाल मेरी हाती जैसी दुम

आई मै बुंदी देखो सावनराजा तुम

चक धूम धूम चक धूम धूम

(धुली बुंदीच्या जवळ जाऊन तिला म्हणते,) ए तुझे नाव किती चं आहे ग. बुंदी.. काय भारी नाचतेस तू. अग तू नाचताना टप टप टप असा ठेका पण काय मस्त धरला होतास. बघतच बसावेसे वाटले.

बिब्ली : ए काय गं सारखं सारखं येते चिकटायला. जा तू इथून.

बुंदी : आणि काय गं, मी काय शो पीस आहे का मला बघतच बसायला. (धुली कोपऱ्यात जाऊन बसते,) तेवढ्यात धोंडू आणि बिब्ली भांडायला लागतात.

धोंडू : ए बी...ब्ली उगाच आरडा ओरडा करू नकोस ह.

बिब्ली : मग लागलंय मला तुझ्यामुळे.

बुंदी : कायरे भांडताय सारखं. धोंडूया त्या बिब्लिला जरा नीट हाक मार बरं. सरळ म्हण कि बिब्ली. सुरात कशाला.

धोंडू बिब्ली च्या जवळ जातो व गाणे म्हणतो.

धोंडू : अशी का तुमची बिब्ली. बीज अंकुरे अंकुरे ओल्या मातीच्या कुशीत जसे रुजावे बियाणे माळरानी खडकात. धुली- बीब्ली आमची सानुलीशी जीव सर्वांचा तिच्यावर.

बुंदी : अरे बास बास. गाण्याच्या भेंड्या सुरु झाल्या कि काय. आणि ए धूली तुला सांगितलेले कळत नाही का? आमच्यात येऊ नकोस गं. मराठीत सांगितलेले कळत नाही का इंग्लिश मध्ये सांगू.

धोंडू : ए जाऊदे गं तिला. तू का एवढी भिजली आहेस आणि वर नाचत नाचत आली आहेस.

बुंदी : शिंकत शिंकत बोलते, मग काय मज्जा आकची मला सांगू आता पावसात भिजले मी आक्की.

धुली बुंदीच्या जवळ जाते आणि म्हणते मी पण आले होते तुला बघायला कसला भारी सुगंध पसरला होता मातीचा. बुंदी ओरडून म्हणते धुली.... जा न ग तिकडे. मी झाडे मावशींना सांगेन हा..., वैताग आहे नुसता.हे ऐकून धुलीला खूप वाईट वाटते आणि ती खुर्चीवर जाऊन बसते.

बीब्ली : उठू इथून, माहित आहे ना झाडे मावशींना तू कुठेही बसलेली आवडत नाही ते. बघावं तेव्हा मिळेल तिथे जाऊन बसते आणि सगळ्यांना चिकटते.

धोंडू : मग काय तर आणि सोबतीला असतातच तिचे मित्र सगळीकडे त्रास घायला. तो धुळेकर तो जाळे ती कोळी तो जळमटकर.

ए बघा त्या झाडे मावशी आल्याच यांना क्लीन अँड क्लिअर करायला.(झाडे मावशी हातात झाडू घेऊन येतात आणि मागे अश्विनी येना गाण्याचे संगीत वाजते. त्या केर काढू लागतात आणि धुली आणि तिचे सोबती इकडे तिकडे पडू लागतात आणि मिळेल तिथे जाऊन बसतात.)

बाकीची मुले हे पाहून धुली आणि तिच्या मित्रांना चिडवतात. “विकेट पडली काय आम्ही करू मावशीने पाडली काय आम्ही करू हो.....”

झाडे मावशी : कशाला काही करा धीर जरा, धीर जरा धरा रांगेत उभे रहा हो...अग ए झाडे! काय त्या पोरांच्या नादाने गाणी म्हणत बसलीस.अरे मुलांनो जारे पटापटा. आज लै घाईत आहे मी.नवीन बांधलेल्या ५ स्टार मॉलच्या ओपनिंगला जायचे आहे. व्हा तिकडं. मी

वेळेच्या बाबतीत आणि कामाच्या बाबतीत लै म्हणजे लै पंकच्युअल. चल ग बाई बीगी बीगी.

(तितक्यात निसर्ग आश्रमाचे पर्यवेक्षक माळी काका मुलांजवळ येतात.)

माळी काका : चल रे गड्या पंढरीला, जय हरी विठ्ठल चल रे गड्या पंढरीला जय हरी विठ्ठल, विठ्ठल, काय रे दंगा चाललाय तुमचा बाबांनो. तुम्हाला माहित आहे ना की आज आपल्याकडे पाहुणे येणार आहेत ते. जरा नीट वागल रं त्यांच्यासमोर.

बुंदी : पाहुणे! कोण पाहुणे येणार आहेत?

बिंबी : आणि कशासाठी येणारे ते आपल्याकडे?

धोंडू : खूप पाहुणे येणार की काय आणि गंमत पण आणणार का?

माळी काका : अन मग आणतील की तुमच्यासाठी समदं. खायला खाऊ खायला खेळणी आणि नवं नवं कापड.

धूली : काका हे पाहुणे नक्की कोण आहेत?

माळी काका : हे म्हणजे तुमचे नवे आई बाबा.

(मुले आनंदाने ओरडतात आणि गाणे म्हणतात.) काय आमच्या आई बाबा ? कोणीतरी येणार येणार ग. पाहुणे घरी येणार येणार ग. आई बाबा नेणार नेणार ग.

धूली : माळी काका माळी काका म्हणजे मला आणि यांना पण येणार का?

(तेवढ्यात दाराची बेल वाजते. धूली पटकन दार उघडायला पळत जाते. दार उघडताच समोर तुकाराम आणि आवली उभे असतात. पार्श्वसंगित वाजते, विठू माऊली तू माऊली जगाची... त्यांना बघताच माळी काका त्यांचे स्वागत करतात.)

माळी काका : माऊली माऊली माझा देव आला. तुका अन् आवली आले दारी चित्त नाही आमचे थारी. यावं यावं महाराज.

धूली : माळी काका, हे आई-बाबा मला न्यायला आलेत का? बोला ना मलाच न्यायला आले असतील ना? (माळी काका तुकाराम आणि आवली कडे बघण्यात दंग होतात आणि धूली काय बोलते याकडे त्यांचे दुर्लक्ष होते) काका माझ्याकडे लक्ष देतच नाहीत.

माळी काका : धूली, थांब ग जरा पाहुणे आलेत आपल्याकडे त्यांचे स्वागत करू दे. तु जा बरं त्या कोपऱ्यात जाऊन बस. मी तुला बोलावेन. त्रास घायला येऊ नकोस. हरी ओम, बसा महाराज. धन्य झालो तुम्हाला बघून. हे बघा महाराज आमची गुणी लेकरं. फार

शहाणी आहेत ओ. मुलांनो नमस्कार करा बरं काका आणि काकूला. (धोंडू पुढे येऊन दोघांच्या पाया पडतो तेव्हा तुकाराम धोंडूकडे मायेने बघतात.)

तुकाराम : विठ्ठल विठ्ठल, काय रूप आहे पोराचं जणू माझा विठोबा. आवली : ( पटापट तिच्या पिशवीत हात घालून केशरी झगा काढून धोंडूला घालू लागते आणि म्हणते) बघ बघ माझ्या लेकरा काय आणलंय तुझ्यासाठी घाल पाहू बिगी बिगी. (धोंडूने कपडे घातल्यावर आवली खुश होते व मायेने त्याच्या डोक्यावरून हात फिरवते आणि म्हणते) माझा बंडू ग बंडू.

धोंडू : बंडू नाहीये मी धोंडू आहे धोंडू.

तुकाराम : धोंड्याकडे मायेने बघतात आणि म्हणतात बंडू काय नी काय खंडू. आता तूच आहेस आमचं लेकरू धोंडू. चल येतोस का आमच्या संगत?

माळी काका : विठ्ठल विठ्ठल, काय मनातलं ओळखलं महाराज. जारे धोंडू बाळा तुझी बॅग भर. महाराज लै गुणी पोरगं हाय बरं का हे. कधी कधी मस्ती करतं, पडतं कोणाच्यातरी अंगावर पण देवावर लै श्रद्धा आहे त्याची. काळजी घ्यावं त्याची.

आवली : अव पोर हाय ते. मस्ती नाही करणार तर काय करणार. आमच्याबरोबर आला की सोन्यासारखा राहील बघा त्यो. आवडलं कार नवं नवं कापड.

धोंडू : हो खूप भारी आहे मी तर आता खूप खुश झालोय.

धूली : हे तर धोंडूचे आई-बाबा झाले. धोंडू त्याच्या नव्या घरी जाणार. धोंडूची मज्जाच मज्जा होणार. काय मस्त दिसतो आहे तो या कपड्यांत. मला पण असेच नवे आई बाबा येतील न्यायला एके दिवशी आणि नवीन कपडे पण आणतील, हो की नाही ओ काका.

(धोंडू आई-बाबांबरोबर जायला निघतो आणि सगळी मुले रडायला लागतात आणि म्हणतात.) टाटा रे धोंडू बाय बाय. आता करशील मज्जा खूप काय काय. जेव्हा जेव्हा हाक मारू तेव्हा येशील नारे धावून विसरणार नाही नारे आम्हाला तिकडे जाऊन.

धोंडू : म्हणजे काय (गळ्यात पडतो सगळ्यांच्या आणि आई बाबांचा हात धरून जातो)

बिंबी : (धोंडू आपल्या नवीन आई-बाबांबरोबर निघून गेल्याने वाईट वाटते) मला पण जायचं आहे धोंडू सारखं नव्या आई-बाबांसोबत.

धूली : रडूनको ग बिंबी, थोडा धीर धर. तुला पण लवकरच मिळतील



नवे आई-बाबा आणि नवीन घर.

बिम्बी : होच तर मुळी नेतील तर काय. तुझं माहित नाही पण मला नक्की नेणार. (इतर मुलेही बिम्बी प्रमाणे धूलीला चिडवत करतात.)

(धूली दुःखी होते आणि माळी काकांकडे जाते) बघितलं काका कसं चिडवतात मला सांगा बरं आता माझाच नंबर लागणार की नाही. (तेवढ्यात बेल वाजते आणि माळी काका दार उघडायला जातात मुले दाराच्या दिशेने कुतूहलाने पाहतात.)

धूली : काका काका, कोण आलय नवे आई-बाबा ना.

माळी काका : अगं हो थांब. जा बरं जाळी कोळी बरोबर खेळायला. (काका दार उघडतात आणि पाहुण्यांचे स्वागत करतात) अहो या या आकाश साहेब या या अवनी वहिनी या बसा बसा. जा गं बिम्बी, पाणी आण यांच्यासाठी. पोरानो हे आपले नवे पाहुणे. खूप मोठ्या मनाची माणसं आहेत बरं का ही. (बिम्बी पाणी घेऊन येते व पाहुण्यांना देते तेव्हा अवनी वहिनी कडे पाहत राहते आणि म्हणते)

अवनी : किती गोड आहे ही बाहुली. ये गं बाळा जवळ. ही बाहुली आमच्या दोघांच्या मनाला भावली बरं का माळी काका.

माळी काका : असं म्हणताय न्हय. ये गं बिम्बी अशी जवळ. आकाश काका : अगदी बरोबर बोलत आहात अवनी तुम्ही. बरं का गं बीम्बी आम्ही की नाही तुझ्यासाठी घरी गंमत आणली आहे बरं का.

अवनी : हो गं बाळा, तू येणार म्हणून बाबांनी किती गमती जमती आणल्यात. आणि कोण कोण येणार माहिती आहे का तुझ्याबरोबर खेळायला पोपट, माकड आणि खूप सारे पक्षी. काय मग बीम्बी, आवडेल ना आमची बेबी व्हायला. अजून खूप मित्र तुझी वाट बघत आहेत.

बिम्बी : अय्या हे सगळे माझ्यासाठी. खूप सारे पक्षी येतील आणि बसतील माझ्या अंगाखांद्यावर घरटे बांधतील, चिव चिव करतील वा धम्मालच येईल.

बुंदी : हो आणि तेच पक्षी तुझ्या अंगावर मग अम्ममम... करतील. (हसते.)

बिम्ब : अम्मममम... करतील म्हणजे काय करतील?

सगळी मुले : म्हणजे शी करतील. (हसायला लागतात)

बिम्बी : जा.. तुम्ही मी नाही बोलणार.

धूली : नाही गं, असे रुसू नकोस. (गाणे म्हणते) नाकावरच्या रागाला औषध काय गालावरच्या फुग्यांचे म्हणणे तरी काय.....

माळी काका : बरं चला आता बिम्बी, आई-बाबा थांबलेत तुझ्यासाठी (आई-बाबांचा हात धरून जायला निघते.)

धूली : काका काकू काळजी घ्या हो आमच्या बीम्बीची. खूप पाणी पिते ती. पाण्याची वेळ सांभाळा सुखान राहिल मग.

माळी काका : आणि तिला सूर्याचा प्रकाश लै लागतो. मिळाला नाही तर रडून गोंधळ घालते.

आकाश काका : नका काळजी करू माळी काका. हे बघा तिच्या पाण्याची छान सोय केली आहे आम्ही. (असे म्हणून ते बीम्बी ला वॉटर बॉटल हातात देतात आणि बीम्बी पाणी पिता पिता नव्या आई-बाबांसोबत जाते.) अच्छा तो हम चलते है।

(सगळे म्हणतात) बाय-बाय टाटा बीम्बी.

धूली : किती छान! बिम्बी ला पण आई-बाबा मिळाले, पाणी प्यायला नवीन बॉटल मिळाली, खेळायला नवीन मित्र मिळाले. आता मी पण जाणार, पण कधी? (बुंदी नाचायला लागते हे बघून जाळे कोळी झळमटकर सुद्धा नाचायला लागतात)

“नाच ग बुंदी तोऱ्यात तुझ्या नाच ग बुंदी नाच नवे आई बाबा तुझे येणार सोबत त्यांच्या आता तुला नेणार आता तुझी पाळी आम्ही देतो टाळी नव्या घरी तू जा नाच ग बुंदी तोऱ्यात तुझ्या नाच ग बुंदी तू नाच.”

(तितक्यात बेल वाजते.)

माळी काका : ए बुंदी! काय चाललय ग तुझं. इकडे फिर तिकडे फिर, इकडे पड तिकडे पड. बास आता तुझं बागडणे किती नाचशील जा दार उघड कोण आलय बघ.

धूली : काका मी जाते. आहो माझे आई-बाबा असतील आता. कुणीतरी येणार येणार गं, पाहुणे घरी येणार गं (दार उघडते आणि पाहुण्यांकडे पाहतच राहते.)

माळी काका : अहो या या साहेब बसा बसा. (बुंदी लगबगीत पाणी घेऊन येते व पाहुण्यांना देते तेव्हा ती हेलपाटते आणि तिच्या हातून पाहुण्यांवर पाणी पडते.)

माळी काका : अगं जरा दमानं कर सवताच्या नावागत पडलीस ना पुन्हा अन् भिजवलं की पाहुण्यांना.

सागर : अहो असू द्या हो काका. नका काही म्हणू तिला. अशीच हळूहळू ती आमच्यात मिसळणार.

सरिता : बुंदी, काय गोड नाव आहे ग. असं वाटतंय जणू पावसाचा

रिमझिम आवाजच. बरं मला एक सांग तुला काय काय आवडतं?

बुंदी : मला की नाही नदीत पोहायला आवडतं, तलावात डुंबायला आवडतं आणि छतावर, बागेत घसरगुंडीवर खेळायला आवडतं.

सागर : अरे मग झालं तर. आपली आता गट्टी जमणार. बुंदीला आम्ही घरी नेणार आणि तुम्हाला माहितीये का आमच्याकडे खुले आकाश आणि खाली पाणीच पाणी आहे.

सरिता : एवढेच नाही तर नवीन मित्र पण मिळणार तुला. खेळ तुला हवं तेवढं. कोणीही तुला थांबवणार नाही. आता सांग आवडेल का मग आमच्याबरोबर आमच्या घरी यायला.

माळी काका : माऊली म्हणजे बुंदीची मज्जाच आहे म्हणा की. चल बुंदी घे आवरायला.

बुंदी : हो सरिता काकू आणि सागर काका मला खूप आवडेल तुमच्याबरोबर यायला.

सागर आणि सरिता : अगं बाळा आता काका आणि काकू नाही हा म्हणायचे आम्हाला आई-बाबा म्हणायचे लागू मग तयारीला.

बुंदी : हो आई-बाबा आलेच. मी आले, निघाले, सजले फुलले, फुलपाखरू झाले. वेग पंखांना आला असा. उचला पिशव्या चालले बघा आता. अच्छा टाटा बाय बाय, मी निघाले.(आई बाबांबरोबर जाते.)

धूली : आता तर बुंदी पण गेली. तिलाही मिळाले नवे घर आणि आई-बाबा. मला कधी नेणार की नेणारच नाही कोणी. (असे म्हणून रडते.)

जाळी, जळमटकर, कोळी : अग रडू नको गं धूली. आम्ही आहोत ना तुझ्याबरोबर. (तितक्यात झाडे मावशी येतात) ए धूली ते बघ आल्या झाडे मावशी. पळा आता. पण त्या अशा का दिसत आहेत. काय काय घालून आल्यात.

झाडे मावशी : ए सरका रे तिकडे. किती वेळा सांगितलं की इथे तिथे बसूनका ते. व्हा बाजूला.

जाळी, कोळी, जळमटकर : अहो मावशी तुम्ही घरातच झाडू मारताय ना, मग हे काय काय घालून आल्यात. गॉगल, स्कार्फ, जॅकेट.... फॅशन शो करताय की काय इथेच.

झाडे मावशी : त्याचं काय आहे ना तुम्ही सारखंच पडताना इथे तिथे आणि उधळताना सारखे. मग काय त्यासाठी तर अशी तयार होऊन आले आहे मी. (असे म्हणत झाडे मावशी गाण्यावर नाचत नाचत झाडू मारायला लागतात आणि जाळी कोळी जळमटकर आणि धूली इकडे

तिकडे पडतात.)

जाळी कोळी : चल गं धूली झाडूदे यांना. सारखं सारखं यांचे ऐकून घेण्यापेक्षा आपण बाहेर जाऊ खेळायला.

धूली : काय रे सगळ्यांना आई-बाबा मिळाले. सगळे त्यांच्या घरी गेले. धोंडू, बुंदी आणि बीब्बी सगळे त्यांच्या आई-बाबांबरोबर मज्जा करत असतील. मला कधी नेणार की नेणारच नाही सांगा ना, तुम्ही बोला ना जरा.

जाळी कोळी : चल गं बाई चल आता. नंतर विचार करू याचा. नाही तर या झाडे मावशी आपल्याला पळवतील. (धूली हिरमुसते आणि त्यांचा हात धरून बाहेर जाते.) (बाहेर आल्यावर जाळी कोळी जळमटकर आणि धूली एकमेकांचे हात धरतात. तेवढ्यात जोरात वारा येतो आणि चौघेही गोल फिरू लागतात तेवढ्यात धूलीचे लक्ष वर जाते आणि म्हणते.)

धूली : ए जाळी जळमटकर हे बघा हे ढग काय रंगीबेरंगी दिसत आहेत. जळमटकर : कसे काय गं. आम्हाला नाही दिसत.

धूली : हे बघ पण जेव्हा एकमेकांचे हात धरतोय तेव्हा वर आकाशात किती छान रंग दिसत आहे. काय जादू आहे. जाळी कोळी : खरच गं धूली. (चौघेजण आनंदाने नाचू लागतात आणि गाणे म्हणतात)

मेघ रंगले चित्त दंगले

गान स्फुरले

इकडे तिकडे चोहीकडे

आनंदी आनंद गडे .....

(तेवढ्यात बेल वाजते आणि धूली आनंदाने दोन्ही हात गालांवर ठेवते व दाराकडे बोट दाखवते.) बघा आता माझेच आई बाबा आले असतील.

जाळी, कोळी व जळमटकर खाली डोक्याला हात लावून बसतात आणि म्हणतात धूली .....आता परत नको.

पडदा खाली पडतो. नाटक संपते.

**लेखक -**

सौ. विदुला अवचट आणि सौ. आरती नाटेकर

**दिग्दर्शन -**

सौ. विदुला अवचट, सौ. आरती नाटेकर ,

सौ. सुप्रिया मुंगारे , सौ. अमृता मडावी.





कृतिका नवघरे  
(इयत्ता ५वी - अर्थ)



- १ एकदा काय झाले,  
एकाला फुटले डोके,  
दोन म्हणाला ओके.
- २
- ३ तीनचा आखडू थाट,  
चारच्या पोटात.....
- ४
- ५ पाचला ..... पाय,  
सहाचे सांगू काय.
- ६
- ७ सातची वाकडी वाट,  
त्या नंतर येतो .....
- ८
- ९ नऊ चा डोळा .....,  
दहाचे वेगळे मोल.
- १०
- प्रत्येकाची ऐट वेगळी  
तरी एकरूपच .....

जी कविता दिली आहे अपूर्ण आहे  
ती पूर्ण करण्यासाठी खाली दिलेल्या  
शब्दांचा वापर करून कविता पूर्ण करा.  
१) सगळी २) एकच ३) गाठ ४) गोल ५) आठ

एक होती काळी कुळकुळीत कामसू मुंगी. ती नेहमी तुरतुरु इकडे तिकडे धावत असायची. सारखी अन्नाचा शोध घेत फिरायची. कोठेही अन्नाचा कण दिसला की, ती तिच्या गटातील सर्व मुंग्यांना एकत्र बोलवायची. मग त्यांचा तो गट अन्नाचा कण वारुळापर्यंत ओढून न्यायचा. एकदा तिला कळले की दहा फूट उंचीच्या एका भिंतीवर लाडवाचा तुकडा आहे. मुंगी लगबगीने भिंतीजवळ गेली. परंतु ती भिंत होती ओली आणि निसरडी. चढायला फार कठीण. पण मुंगी काही डगमगणारी नव्हती. तिने ठरवले, काहीही झाले, तरी ती भिंत चढून लाडवाचा शोध घ्यायचा. मग आपल्या गटाला वारुळात भरपूर अन्न नेता येईल. पावसाळा येतो आहे, वारुळात अन्नाचा पुरेसा साठा करून ठेवणे गरजेचे आहे. मोठ्या उत्साहाने तिने भिंत चढायला सुरुवात केली. खूप कष्ट केल्यावर ती एका मिनिटात दोन फूट वर चढत होती. त्यानंतर ती एक मिनिट विश्रांती घ्यायची. या विश्रांतीच्या काळात ती घसरून एक फूट खाली यायची. परंतु चिकाटीने परत वर चढायला सुरुवात करायची. अशा प्रकारे ती कष्टाने, हळूहळू, वरवर चढत होती. आता प्रश्न असा आहे, भिंतीच्या वर पोहोचायला तिला किती वेळ लागेल?

संदर्भ - सारे कोड्यात पडू या  
लेखक - डॉ. प्रसन्न दाभोलकर

१) सगळी २) एकच ३) गाठ ४) गोल ५) आठ  
६) पाचला ७) सातची वाकडी वाट ८) नऊ चा डोळा ९) दहाचे वेगळे मोल  
१०) प्रत्येकाची ऐट वेगळी तरी एकरूपच



# Secondary Section

Poetry is when an emotion  
has found its thought and  
the thought has found words.





## Activity Report of Secondary Section 2023-24



**Ms. Archana Kanoujiya**  
**(Secondary Supervisor)**

Education is a process that brings about a positive change and refines the mind with an ability to think and act in a sophisticated manner. The importance of education can be seen in the context of enhancing personal development, fostering self-confidence and equipping students to make sensible decisions in all fields of their lives. We at Vision believe to empower our students with all life skills and transform their innocence into excellence.

**"Aristotle rightly said that educating the mind without educating the heart is no education at all."**

We believe that students should learn but at the same time should enjoy what they learn. To cater the various demand of the education the teachers try out varied innovative methods so that the students could elevate their grades and knowledge. In this process a lot of activities are done by the students which not only helps them to understand the concepts well but at the same time makes teaching and learning process interesting.

To enhance the language skills activities like interviews, extempore, dialogue to name a few are conducted which helps the students to enhance their language and communication skills. This leads to development of listening, speaking, writing and reading skills of our students. Such activities help students to develop confidence and learn in working in groups. To elevate the scientific aspects a lot of experiments are conducted in the Science lab and in the classrooms. Few activities are also conducted on

the ground or in Baya Bird Park or Bellora. Such activities help studnets to develop their scientific attitude and analytical skills. After all **'Innovation is the change that unlocks new value that leads to betterment and success.'**

To enhance the logical, reasoning and numerical solving ability students are taken to the Math lab and made to try out their hands on varied models and games. The Geography lab is another addition in this regard where the studnets explore the Earth and its various elements. With the help of models and maps students get a clear idea of the concepts and excel in the same.

The school strives to give value based education for self-development and personality development of all its students by inculcating values like honesty, gratitude, kindness and forgiveness.

Following are the activities taken by the teachers in this academic year.

**Welcome Activity** – Every year the teachers plan activity to welcome the students on the first day of the new academic year. This year students prepared book marks, small purse and craft work of their choice. They were given freehand to try out different things in craft.

**Experiential Learning** – Benjamin Franklin quotes, **"Tell me and I forget, teach me and I may remember, involve me and I learn."**

Believing in the above quote of Benjamin Franklin, the teachers had conducted lessons with the help of the well-equipped labs of the school. To make the concepts clear and give the students firsthand experience students are taken to the labs where they explore and experiment different concepts. The models, maps, scientific apparatus and mathematical models help to clear the theories and develop interest in the subjects. Activities like collection of rock samples and colouring them, making pottery of Harappa Civilization, Coins of different eras, Chota Scientist Activities, Math relay, visiting Baya Bird Park and Bellora.

**Language Skills** – **"A language is an exact reflection of the character and growth of its**

speakers.”

To make the language skills interesting the teachers take help of the different teaching aids prepared by them. The four skills listening, speaking, writing and reading are given equal opportunity and it is seen to it that each child gets equal chance to explore it. To create interest in the language, teachers take help of the activities like extempore, elocution, dramatization, making advertisement, playing games like snake and ladders, object talk, interviews, etc. All these games and activities are the ladders on which the students climb to reach the path of success.

#### **Our Unique Selling Point (USP) -**

Every good teacher knows the impact and importance of education. It isn't just about learning, reading, writing and mathematics in the school. Education is also about gaining knowledge and the skills needed to become a better person. The gained skills can broaden a student's horizons, helping them understand the world better and become responsible citizens. To accomplish this task the school and teachers arrange various activities not directly related to academics but are very important from the aspect of holistic development.

- **Mental Health Day** – World Mental Health Day is celebrated to raise awareness of the issues related to mental health. The Counsellor conducted a session for all the students and took meditation and exercises.
- **Kalpavruksha Day** – To imbibe the values of sacrifice and sharing, the school celebrates Kalpavruksha Day every year during the Christmas time. Students wear green attire and come and pray near the coconut tree and thank it for giving each of its part for the benefit of the mankind.
- **Cleanliness Day** – Like every year this year too the students celebrated Gandhi Jayanti by conducting the Cleanliness drive. The students of all the classes cleaned the area in the school and outside the school.
- **Big Butterfly Month** – On the occasion of Big Butterfly month, students of Std. IX conducted a lecture for the students of Std.

VI and VII. They explained the children about the life cycle of a butterfly, the host plants and their habits.

- **Kargil Vijay Diwas** – Students could participate in two programmes related to the Kargil Diwas. A speech was delivered on the Kargil War Heroes by Aseem Foundation for the students of Std. VIII. The second programme was attended by the students of Std. IX and X. They attended the programme organized by Lakshya Foundation. Such programmes inbuilt the feeling of patriotism among the students.

**Lectures** – The school had arranged guest lectures and sessions of the school Counsellor for the students

- Mr. Shirish Apte sir had conducted a session for the students of Std. X where he guided the students on the planning of studies and career guidance.
- A guest lecture was conducted on Life Skills and Sexual Health by Mukta Chartiabale Foundation for the students of Std. VIII.
- The school Counsellor conducted lectures for Std. VI on Behavioural issues. She also conducted lectures for Std. X on Prevention of addiction, Management of Study Skills and Stress management.
- Std. VII students attended a lecture on adulthood and adolescence named Kali Umaltana by Dr. Ulka Phadake.
- A session was conducted by the Cybercrime and Narcotics department for the students where they were guided how to keep themselves safe from drugs and cybercrime.
- Star Gazing – The session of Star gazing was conducted by Jyotirvidya Parisansta where the volunteers interacted with the students and showed them planets, stars, Moon and satellites. This session increased curiosity amongst students towards the huge universe.
- A lecture on 'life of ants' was arranged for the students of Std. VII. Mrs. Nutan karnik who has a PhD on ants shared interesting facts and studies about ants.



- **Picnics – A day for enjoyment** – Picnics are the time when the students forget the academics and enjoy. It is our endeavor to see to it that our students do not just enjoy but at the same time learn from these places. This year the students were taken to the following places:
    - 1) Std. VI – Darekar Wada – A place which has historical importance.
    - 2) Std. VII and VIII – Bhilar – A village known for the libraries and books.
    - 3) Std. IX and X – Kalapatru – A place where one could find handmade saree unit.
  - **350<sup>th</sup> Year of Shivaji Maharaj's Coronation Ceremony** – The school participated in the rally organized by Bharat Bharati – Rashtriya Ekatmakta Rathayatra. The students of Std. VIII and IX performed a skit on the birth of Shivaji Maharaj in this rally representing the whole Samstha.
  - **Annual Day** – The school strives hard to imbibe values and Indian rootedness in the children. The Annual Day is one such activity which helped the school to reach its goal. The theme for this year's annual day was Marathi poets. Students got a chance to enact and recite the poems written by famous poets of Marathi.
  - **Home Visits** – To help the students who need extra guidance from the teachers the school conducted home visits. Teachers conducted home visits and guided the students and their parents regarding raising academic grades. It is said that educating a child is the joint effort of parents and the teachers. The school took this step so that the future of our country progresses in the correct direction. This definitely strengthened the bond between teachers, parents and the students.
  - **We care for you** – The school conducted eye check-up and medical check-up for the students and organized Blood Donation camp for the parents. The students whose eyesight was weak they were given new spectacles. Following is the summary of the same: Blood Donors – 63, Dental Carries - 13.56%, Ear Wax - 11.49%, Vision - 5.06%, Speech - 0.37%, HB -Out of 225 students, HB of 12 students was low.
  - **Imbibing Values** – On the auspicious occasion of Shriram Pratisthapana the students of Std. IX performed a dance drama on Geetramayan.
  - **Visit to Laser Institute** – The students of Std. 9 visited Laser Institute. The students got a chance to see the working of the laser machines and also prepared the gifts for the farewell of Std. X students.
  - **Touching new heights** – The students of Std. IX and X worked on the project of Chandrayan and prepared the working model of Vikram Lander during the Ganpati festival. This enabled the students to experiment and explore new horizons.
  - **A proud moment** – It was a very proud moment for all of us to see our Std. X student Swarali Balapurkar receiving the award for collecting the highest Bhaubheej amount. This gave us surety that our students are going on the correct path. We have succeeded in imbibing empathy in them.
  - **A relaxing day** – This day was a bagless day for the students of all the classes. The teachers had conducted a free session with all the students. The boys and girls were separated in two various groups and then the teachers along with the Headmistress, Assistant Headmistress and Supervisor spoke with the children. This day students poured their heart out. Later, the students prepared delicious bhel and relished it.
  - **World Tiger Day** – World Tiger Day was celebrated by arranging a lecture for all the students of Std. X. The guest speaker was Mr. Suyash Tilak.
- The school is trying its best to impart quality education to all its students by providing all the necessary resources. We would not tell our students that “sky is the limit as there are too many footprints on the Moon now”.

## Std. VI



Welcome Activity



Rangoli Competition



Poetry Competition



Mental Health Day



Elocution Competition



Butterfly Month

A.K. Ramanujan -  
A River, Extended Family, The Black Hen, Orbituary.

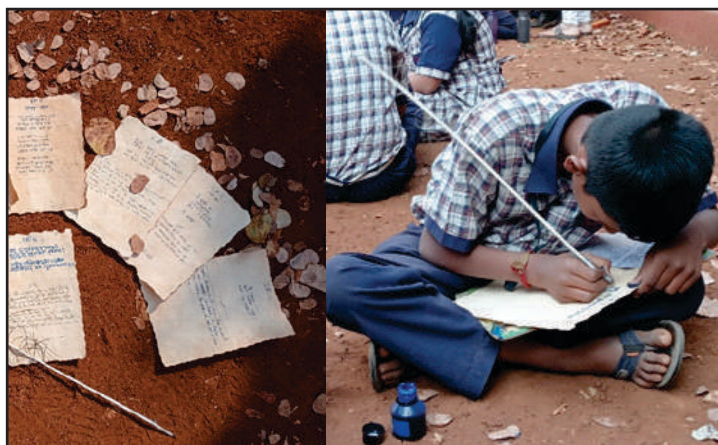




## Std. VI



Observation of Rocks



History Activity



Science - Skit on Bone Fracture



Hindi Activity



English Activity



Marathi Project Interview - Mrs. Rohini Hulagune  
(Manager Swadhar Sanstha)

W. B. Yeats -  
Leda and the swan, Death





## Std. VII



Story Reading Activity



Marathi Project Interview - Mrs. Suvidha Kadalak (Mountaineer)



Hindi Activity



Mazi Shala Sundar Shala



Spell Bee Competition



Poetry Competition

Sylvia Plath -  
Daddy, Tulips, Dear Island





## Std. VII



Debate Competition



Flower Arrangement Competition



Hindi Elocution



Hindi Activity



Math Relay



Essay Writing

John Milton -  
Paradise Lost, Oh His Blindness





## Std. VIII



Marathi Activity - Vachan Upakram



In Geography Lab



In Maths Lab



In Science Lab

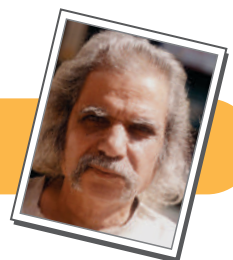


Marathi Project Interview - Mr. Mandar Godase



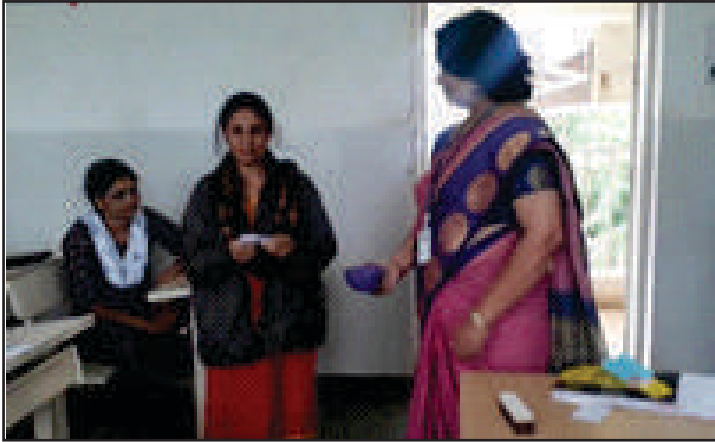
Hindi Activity (2023-24) Sainiko Ke Naam Sandesh

Arun Kolatkar -  
The Bus, The Station Master, An Old Woman, The Butterfly.





## Std. VIII



PTA Member Election



History Activity



Cleanliness Activity



Junior Chefs



Sky gazing activity



Gathering Practice

Emily Dickinson -  
A Thunderstorm, 'Hope' is the Thing with Feathers, Home.





## Std. IX



Stress Management Workshop



Learning by Doing



Kargil Vijay Diwas



HB Test



Medical Check Up



Visit to Laser Technology Unit of Samstha

Jayanta Mahapatra -  
Dawn At Puri, Hunger, Grandfather, Freedom.





## Std. IX



Rathasaptami Suryanamaskar Activity



Dance Competition



Sports Week



Computer Assisted Learning



Cyber Crime Awareness Programme



Canvassing

John Keats-  
Ode To Autumn, A Song About Myself, Ode To A Nightingale.





## Std. X



Sports Day



Baya Marathon 2023



Study Skills Workshop by Ms. Aishwarya Paranjpe



Bagless Day – Bhel Making



Highest Collection of Bhaubij Nidhi  
by Swarali Balapurkar



Activities at Science Lab

Kamala Das -  
Summer In Calcutta, My Grandmother's House.





## Std. X



Rangoli by X Students for Deepotsav



Celebration of Hindi Diwas



Chandrayan project by IX and X students



Study Time



Extempore

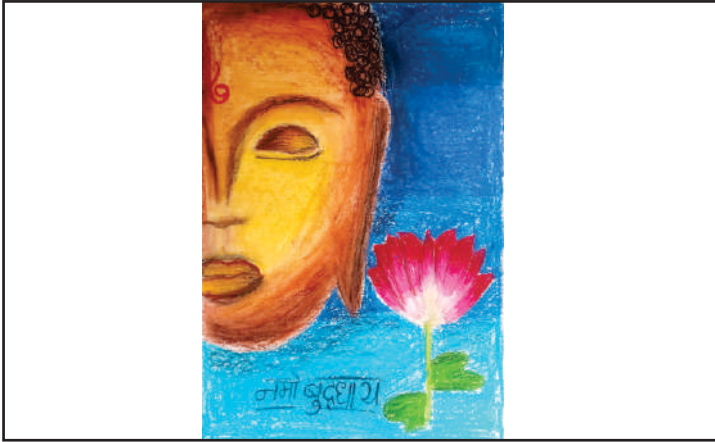


Saraswati Pujan

Nissim Ezekiel -  
Night Of The Scorpion, The Patriot, Island, Urban.



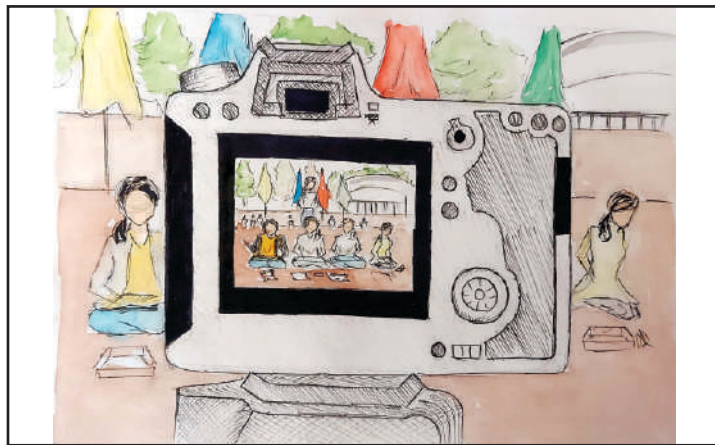
## Winners of Drawing Competition



Purva Shinde (VI - M)



Ananya Sawant (VII - E)



Sanjita Mahale (VIII - M)

## Upcoming Artists



Hemangi Bhure (VIII - M)



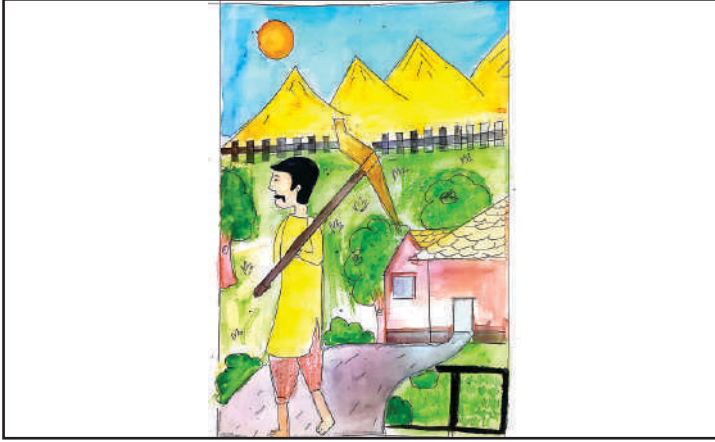
Arya Pise (VIII - M)

Oscar Wilde -  
The Harlot's House, The Garden Of Eros, Easter Day, Her Voice, Symphony In Yellow.





## Upcoming Artists



Swara Kandhare (VII - V)



Eshwari Barbadekar (VI - E)



Arpeeta Pawar (VI - V)



Shrimayee Kelapure (VI - M)



Maithili Bhosale (VIII - M)



Reva Patil (VIII - M)

Pritish Nandi -  
Calcutta If You Must Exile Me, The Nowhere Man.





## Election and Oath Taking Ceremony



R. Parthasarthy -  
Twilight In Delhi, Homecoming, Three Strains.





## Euphoria - Sports and Wellness



Intra House Std. IV Circle Kho-Kho Competition



Intra House Std. VI and VII Kabaddi Match



Winner of Intra House Sports Championship - Prithvi



Urja Shot Put Gold Medal - Om Khedekar (X - V)



Urja Long Jump and Running Bronze Medal  
Nupur Ghadshi (VII - M)



Under 10 Boys 50 X 4 Mtr Relay Race Silver Medal

Robert Frost - Mending Wall, The Road Not Taken, Stopping By Woods on a Snowy Evening, Fire and Ice.





## Euphoria - Sports and Wellness



Under 10 Boys Langdi Silver Medal



Under 14 Boys Kho-Kho Silver Medal



Under 14 Girls 100 X4 Mtr Relay Race Silver Medal



Urja Yogasana under 17 boys silver Medal



Urja Under 17 Boys General Championship



Urja Boys Cross Country First Prize in Group

Sri Aurobindo -  
Life and Death, Bande Mataram, The Miracle of Birth.





## **Euphoria - Sports and Wellness**



Swimming Competition Winners



Taekwondo Gold Medal Sakal Scholympic -  
Omkar Suryawanshi (VI - E)



Judo Gold medal Sakal Schoolympic -  
Ritesh Kondhalkar (VIII - V)



Archery Bronze Medal Sakal Schoolympic -  
Tanishka Suram (IX - E)



Krida Dnyan Pariksha First Rank  
Aastha Sangar (IX - V)  
Shreyash Raykar (VII - M)



House of the Year - Prithvi House

Vikram Seth -  
Soon, Evening Scene From My Table, Unclaimed, At Evening.





## Enthusiastic Participants and Achievers



Raja Natu Karandak Participants



Urja Patriotic Group Singing Competition  
Std. V to VII - 3rd prize



Chhote Scientists - V Solve Competition - 3rd prize



Skool Sansad - Consolation Prize  
Swanandi Sangvikar (VIII - M)



Yuvkanche Vivekanand Kathakathan Spardha Winners



Karhade Brahmin Sangh Cash Prize Winner Girls -  
Selected for State and National Level

William Wordsworth-  
Daffodils, The Prelude, The Rainbow, The Solitary Reaper.





## Enthusiastic Participants and Achievers



Shikshan Maza Vasa Award Winner -  
Mrs. Swati Kanade (Marathi Teacher)



Reliance Foundation Drishti Essay Writing Competition  
Ishita Rege (X -M) - National Gold Winner Prize



Bharat Bharti - Guru Vandan Vidyarthi Abhinandan



Shikshan Vivek - Kavya Abhivachan Competition Winners



Marathi Bhasha Foundation Quiz Contest  
Participants



Samarth Bharat Abhiyan - Manache Shlok Competition  
Winners

Rudyard Kipling-  
If, Gunga Din, The City of Sleep, The Way Through The Woods.



Winners of Secondary Section								
Sr. No.	Std.	Div.	Competition Name	Name of the student	Rank	Name of the Judge		
1	VI	M	Elocution	Anshika Shitole	FIRST	Mrs. Tejal Bhuta		
2		E		Sharayu Kakade	SECOND			
3		V		Ira Kulkarni	THIRD			
4		E		Tanaya Patil	THIRD			
5	VII	M	Debate Competition	Abhidnya Kulkarni	I - Winning Team	Mrs. Tripti Tiwari		
6		M		Piyush Nandanikar				
7		M		Gargi Rahate				
8		M		Shriyash Shrikhande				
9		V		Kooshagra Gujarathi				
10		E		Divya Pawar				
11		E		Mrunmayee Lagad				
12		E		Srujal Mhasawade				
13	VIII	M		Sanjita Mahale	I - Winning Team			
14		M		Shrija Deo				
15		M		Prasanna Deshpande				
16		V		Ayush Agambare				
17		M		Aarya Lendave				
18		M		Shravan Bhokse				
19		V		Anvita Gujar				
20	IX	M		Extempore	Avnish Bangale		FIRST	Mr. Dattatray Tapkir
21		M			Saee Sontakke		SECOND	
22		V			Rutuja Gidde		THIRD	
23	X	V	Adhiraj Pujari		FIRST			
24		M	Ishita Rege		SECOND			
25		M	Anushka Kakade		THIRD			
26		M	Arnav Nandurkar		THIRD			
27	VI	E	Hindi Diwas Elocution Competition	Sharyu Patil	FIRST	Dr. Vidya Kedari		
28		E		Sharyu Kakade	FIRST			
29		M		Anshika Shitole	SECOND			
30		V		Ira Kulkarni	THIRD			
31		V		Swarali Chimbalkar	THIRD			
32	VII	M		Anvi Gole	FIRST	Adv. Akanksha Puranik		
33		E		Ananya Inpure	SECOND			
34		E		Harshita Walhekar	THIRD			
35	VIII	M		Reva Patil	FIRST			
36		E		Priyal Kedari	SECOND			
37		V		Arnav Raut	THIRD			
38	IX	V		Mihir Ratnaparkhi	FIRST			
39		E		Trisha Chougale	SECOND			
40		E		Shridhar Marne	THIRD			
41	X	V		Avani Raundal	FIRST			
42		M		Veddika Kannav	SECOND			
43		E		Pradnya Patil	THIRD			



Sr. No.	Std.	Div.	Competition Name	Name of the student	Rank	Name of the Judge
44	VI	V	Singing	Ira Kulkarni	FIRST	Mrs. Smita Patil - Walsangkar
45		M		Swara Chaudhari	SECOND	
46		M		Shrimayee Kelapure	THIRD	
47		E		Tanaya Patil	THIRD	
48	VII	M		Anvi Badave	FIRST	
49		M		Anvi Gole	SECOND	
50		M		Abhidnya Kulkarni	THIRD	
51		E		Srujal Mhasawade	THIRD	
52	VIII & IX	V		Arya Joshi	FIRST	
53		M		Ayush Walimbe	SECOND	
54		V		Bhargavi Sayankar	SECOND	
55		V		Prapti Patil	SECOND	
56	X	M		Reva Patil	THIRD	
57		M		Avani Joshi	THIRD	
58		M		Swadha Gosavi	FIRST	
59		M		Veddika Kannav	SECOND	
60		M		Bhargavi Bhawe	SECOND	
61		V		Gayatri Wadake	THIRD	
62	VI	V	Good Book Reader Competition	Swarali Chimbalkar	FIRST	Mrs. Keerti Gandhe
63		M		Rugved Nogja	SECOND	
64	VII	M		Abhidnya Kulkarni	FIRST	
65		V		Atharv Bhat	FIRST	
66		V		Sachee Chopade	SECOND	
67		V		Drushti Shevale	SECOND	
68	VIII	M		Swanandi Sangvikar	FIRST	
69		M		Aarya Lendave	FIRST	
70		M		Sai Kothavade	SECOND	
71		M		Ayush Walimbe	SECOND	
72	VI	M	Good book Reviewer Competition	Sanyukta Kale	FIRST	Mrs. Swati Kanade & Mrs. Kirti Dhabushe
73		M		Shreya Sontakke	FIRST	
74	VIII	M		Hem Girme	FIRST	
75		M		Prasanna Deshpande	FIRST	
76		M		Gayatri Jadhav	SECOND	
77		M		Mrudula Jadhav	SECOND	
78	VI	E	Rangoli	Kimaya Bargude	FIRST	Ms. Prabha Dalvi
79		E		Ishwari Barbadekar	SECOND	
80		M		Purva Shinde	SECOND	
81		E		Gayatri Kale	THIRD	

Sr. No.	Std.	Div.	Competition Name	Name of the student	Rank	Name of the Judge
82	VII	M	Flower Arrangement	Sharayu Patil	THIRD	Prabha Dalvi
83		V		Manaswi Bhadange	FIRST	
84		E		Divya Pawar	SECOND	
85		V		Anusha Nalawade	SECOND	
86		V		Madhura Kumbhar	THIRD	
87		E		Mrunmayee Lagad	THIRD	
88	VIII	E	Cooking	Swarali Pilankar	FIRST	
89		V		Shreya Jadhav	SECOND	
90		V		Adya Vandkar	SECOND	
91		V		Rajas Samel	THIRD	
92	IX and X	M	Dance	Noopur Paranjape	FIRST	Gargi Karkhanis
93		V		Aishwarya Awale	SECOND	
94		V		Lakshmi Nair	SECOND	
95		M		Siddhi Satpute	SECOND	
96		M		Bhumika Agare	SECOND	
97		M		Anwesha Upase	SECOND	
98		M		Kshitija Algure	SECOND	
99		M		Tanishka Shinde	THIRD	
100		M		Shreya Ghadshi	THIRD	
101	VI to X	M	Quiz	Arjun Talnikar	Winners	Class Teachers
102		E		Srujal Mhasavade		
103		M		Mrudula Jadhav		
104	VI	E	Poem	Sharayu Kakade	FIRST	Amrapali Aurangabadkar
105		V		Swarali Chimbalkar	SECOND	
106		E		Sharayu Patil	THIRD	
107	VII	M		Reva Patil	FIRST	
108		V		Sachi Chopade	FIRST	
109		M		Abhidnya Kulkarni	SECOND	
110		M		Sai Kothavade	THIRD	
111	VI	M	Drawing Competition	Purva Shinde	FIRST	Mrs. Nivedita Chandekar
112		M		Shrimayee Kelapure	SECOND	
113		E		Ishwari Barbadekar	THIRD	
114		V		Arpeeta Pawar	THIRD	
115	VII	E		Ananya Sawant	FIRST	
116		M		Shriya Shinde	SECOND	
117		M		Siddhi Joshi	THIRD	
118		V		Swara Kandhare	THIRD	
119	VIII	M		Sanjita Mahale	FIRST	
120		M		Maithili Bhosale	SECOND	
121		M		Aarya Pise	SECOND	
122		M		Riddhi Maniyar	THIRD	
123		M		Reva Patil	THIRD	
124	VI to X	M	Magazine Cover Design	Tanishk Pathak	FIRST	Vision Heads
125		M		Prasanna Deshpande	SECOND	
126		M		Sanjita Mahale	THIRD	



Winners of Spellbee Competition (Judge by Class Techers)								
Sr. No.	Std.	Div.	Name of the student		Sr. No.	Std.	Div.	Name of the student
1	VI	M	Arpita Khiste		9	VIII	M	Hem Girme
2		M	Manasvi Patil		10		M	Gayatri Jadhav
3		M	Arnav Ashtekar		11		M	Sai Kothavade
4		M	Kapil Mandge		12		M	Anvay Joshi
5		V	Swarali Chimbalkar		13		M	Amey Kudale
6		E	Atharva Jadhav		14		M	Sudhansh uKulkarni
7		E	Avdhut Kaduskar		15		E	Swara Kela
8	VII	E	Shreya Kudale		16		E	Priyal Kedari

Innterschool Competition							
Sr. No.	Std.	Div.	Competition		Name of the student	Medal	
1	IX	E	Z.P.	Archery (Compound) (Under 16 Girls )	Tanishka Suram	BRONZE	
2	IX	E		Archery (Field) (Under 16 Girls )	Tanishka Suram	GOLD	
3	IV	M	Urja	Freestyle (Under 10 Girls)	Kanchan Wanjale	GOLD	
4	IV	M		Breaststroke (Under 10 Girls)	Kanchan Wanjale	GOLD	
5	IV	M		Backstroke (Under 10 Girls)	Kanchan Wanjale	GOLD	
6	IV	M		Backstroke (Under 10 Girls)	Meera Satav	SILVER	
7	V	V		Backstroke (Under 10 Boys)	Viraj Kolpe	BRONZE	
8	VI	M		Freestyle (Under 14 Boys)	Arnav Ashtekar	GOLD	
9	VI	M		Breaststroke (Under 14 Boys)	Arnav Ashtekar	GOLD	
10	VI	M		Backstroke (Under 14 Boys)	Arnav Ashtekar	GOLD	
11	VI	M		Freestyle (Under 14 Boys)	Shrinik Bhambere	SILVER	
12	VI	M		Breaststroke (Under 14 Boys)	Shrinik Bhambere	SILVER	
13	VI	M		Backstroke (Under 14 Boys)	Shrinik Bhambere	SILVER	
14	X	M		Chess	Vedika Kannav	GOLD	
15	VII	M		Drawing (Under 14 Girls)	Siddhi Joshi	CONSOLATION	
16	VIII	M		Drawing (Under 17 Boys)	Anvay Joshi	CONSOLATION	
17	IX	E		Drawing (Under 17 Boys)	Aaditya Shinde	FIRST	
18	X	M		Drawing (Under 17 Girls)	Ishita Rege	CONSOLATION	
19	V	E	Sakal Schoolympics	Taekwondo (Under 10 Girls)	Saina Choudhari	BRONZE	
20	VI	E		Taekwondo (Under 12 Boys)	Omkar Surywanshi	GOLD	
21	VIII	V		Judo (Under 16 Boys)	Ritesh Kondhalkar	GOLD	
22	IX	E		Archery (Under 16 Girls)	Tanishka Suram	BRONZE	
23	VII	V	Krida Bharati			Manasvi Jagade	THIRD
24	VIII	M				Gayatri Jadhav	SECOND
25	VII	V				Aastha Sangar	FIRST
26	VIII	M				Shreyash Raykar	FIRST
27	IX	M				Sairaj Katkar	THIRD
28	IX	V				Naitik Kankariya	SECOND
29	IX	M	Shikshan Vivek	Kavya Abhivachan	Rakshita Gavali	CONSOLATION	
30	IX	M			Prapti Patil		
31	IX	M			Vedika Rasal		
32	VIII	M		Cover Page	Riddhi Maniyar	FIRST	
33	VI	V		Vaiyaktik Abhivachan	Swara Shinde	WINNERS	

Sports Competition Winners - Boys					
Sr. No.	Std.	Div.	Competition	Name of the Students	Medal
1	VI	V	Running	Rudra Garde	Gold
2		M		Sai Deokule	Silver
3		E		Avdhoot Kaduskar	Bronze
4		M	Long Jump	Rudra Garde	Gold
5		V		Swaroop Chavan	Silver
6		E		Avdhoot Kaduskar	Bronze
7		M	Shotput	Nilay Gurav	Gold
8		V		Jaykant Jambhle	Silver
9		M		Vedant Nalawade	Bronze
10	VII	M	Running	Kaivalya Wakhare	Gold
11		M		Soham Dhule	Silver
12		V		Shravan Borase	Bronze
13		M	Long Jump	Kaivalya Wakhare	Gold
14		V		Jignesh Marathe	Silver
15		V		Shravan Borase	Bronze
16		E	Shotput	Soham Patil	Gold
17		M		Krishna Pisal	Silver
18		M		Kaivalya Wakhare	Bronze
19	VIII	V	Running	Aayush Agambare	Gold
20		E		Varad Shirsat	Silver
21		M		Mrunank Ujagare	Bronze
22		V	Long Jump	Aagtya Chavan	Gold
23		M		Mrunank Ujagare	Silver
24		E		Siddhesh Baikar	Bronze
25		E	Shotput	Manav Nikam	Gold
26		E		Siddhesh Baikar	Silver
27		V		Aagatya Chavan	Bronze
28	IX	V	Running	Sanjan Acharya	Gold
29		E		Yash Jadhav	Silver
30		M		Avnish Bangale	Bronze
31		E	Long Jump	Yash Jadhav	Gold
32		E		Swaraj Mohite	Silver
33		E		Ananya Mule	Bronze
34		E	Shotput	Yash Jadhav	Gold
35		V		Sanjan Acharya	Silver
36		E		Ananya Mule	Bronze
37	X	E	Running	Tejas Kabade	Gold
38		V		Sarthak Giram	Silver
39		M		Aditya Lokare	Bronze
40		E	Long Jump	Tejas Kabade	Gold
41		M		Prathamesh Suryawanshi	Silver
42		M		Aditya Lokare	Bronze
43		E	Obstacle Race	Pranav Kamble	Gold
44		V		Piyush Kulkarni	Silver
45		M		Sarvesh Sonawane	Bronze



Sports Competition Winners - Girls					
Sr. No.	Std.	Div.	Competition	Name of the Students	Medal
1	VI	E	Running	Reva Kamthe	Gold
2		V		Swara Shinde	Silver
3		E		Kimaya Bargude	Bronze
4		E	Long Jump	Reva Kamthe	Gold
5		V		Dyaneshwari Pawar	Silver
6		V		Samkisha Sangle	Bronze
7		E	Shotput	Reva Kamthe	Gold
8		E		Kasturi Wanjale	Silver
9		V		Sayee Kanchare	Bronze
10	VII	M	Running	Nupur Ghadshi	Gold
11		M		Vedika A. Shinde	Silver
12		V		Aditi Bhumkar	Bronze
13		M	Long Jump	Nupur Ghadshi	Gold
14		M		Mitali Nalawade	Silver
15		M		Vedika Shinde	Bronze
16		E	Shotput	Samruddhi Patil	Gold
17		V		Aditi Bhumkar	Silver
18		E		Manaswai Bhuwad	Bronze
19	VIII	V	Running	Dnyaneshwari Bhumkar	Gold
20		M		Shrija Deo	Silver
21		V		Anvita Gujar	Bronze
22		V	Long Jump	Gargi Thopate	Gold
23		M		Shrija Deo	Silver
24		V		Dnyaneshwari Bhumkar	Bronze
25		M	Shotput	Akshada Jadhav	Gold
26		V		Gargi Thopate	Silver
27		V		Dnyaneshwari Bhumkar	Bronze
28	IX	E	Running	Samruddhi Gholap	Gold
29		M		Rutuja Mane	Silver
30		V		Arya Wadekar	Bronze
31		E	Long Jump	Samruddhi Gholap	Gold
32		M		Pranita Pol	Silver
33		V		Lakshmi Nair	Bronze
34		M	Shotput	Pranita Pol	Gold
35		V		Lakshmi Nair	Silver
36		E		Samruddhi Gholap	Bronze
37	X	M	Running	Noopur Paranjape	Gold
38		M		Shreya Ghadshi	Silver
39		V		Janhavi More	Bronze
40		M	Long Jump	Noopur Paranjape	Gold
41		V		Sachi Temgire	Silver
42		M		Ishita Rege	Bronze
43		M	Obstacle Race	Ishita Rege	Gold
44		V		Samiksha Pednekar	Silver
45		M		Swadha Gosavi	Bronze

## Cricket My Passion



**Aabha Prabhune**  
**(IX - M)**

Cricket is like an emotion of millions of people in India. Traditionally cricket was only meant for boys and played by boys but in last few years it was completely changed by the girls like Mitali Raj, Jhulan Goswami, Smriti Mandhana and Harmanpreet Kaur who are now been sensation and inspiration for girls in India. It is said that cricket is a gentleman's game but now we can say that it is gentlemen's and gentlewomen's game.

I started liking Cricket at a very young age because of my parents and especially my father.

Firstly, it was my hobby or leisure time but when I started going to cricket academy it became my passion. Now it's been a year for me playing cricket and now I have learnt quite a few tricks of the game. It needs a lot of dedication, hard work, self-control, positive attitude, consistency, patience and most importantly fitness. It's the most needed thing in Cricket.

You need at least 2 hours of workout, 3 to 4 days a week. Core power, shoulder strength, and legs are the important things to work on. In the beginning workout seems very tough and boring but with regular practice you start enjoying it. Workout increases your reflexes and flexibility. With fitness nutrition is very important. Nutrition is like a backup to fitness. My mother takes best care of me by giving tasty but nutritious food every day. Besides fitness, this is a sport which tests your skills and temperament at every

moment. In my academy every day our coaches work on our balling or batting skills. Net sessions go on for 2-3 hours, on alternate days and we practise different batting shots and balling skills. The toughest part is fielding or catching hard hitting leather balls which hurt your palms and fingers every time you catch it. In cricket the only way to become better and better is practise, practise and more practise.

Being a cricket player helps me a lot in daily life by nurturing my sportsman spirit, leadership quality, team work, mental toughness, keeping calm in tough situations, adjustment and creating a different point of view about life. Being in any sport teaches you different and valuable things and your efforts will never be worthless. In today's world sports is given equal importance as study. Girls and boys are equally working hard to make our country proud by winning medals in world championships and tournaments and I am also trying my best to play for our Bharat ...Wish me luck...!

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### **Cricket has great vision.**

They have compound eyes with a great vision. These eyes enable them to view different directions at the same time without any turnings.





## A Conversation between a Lizard and a Cockroach



**Saachi V. Kasture**  
(X - M)

One night finally they met. The two evils of every human, the diabolic tails and wings (of course) met that scary night.

**Lizard:** (talking to herself peeping in from the Window) Spss!!! Spsss!! Is this the place my mom (Lind Lizard) sent me for training? Oh! Let me check the address. (Looks at the map made by the footprints (the fap). Oh! This is the one. (Cockroach flapping in)

**Cockroach:** Ummm. Hi....!!

**Lizard:** Spss!!! Spsss!! Hi! Are you here for the same thing??

**Cockroach:** (Dum Dum Dum Dum!!) Yeah. Oh! But I don't have any experience ... I am here to get training for myself.

**Lizard:** Same here bro! Which School do you study?

**Cockroach:** The Roachings High School. Yours?

**Lizard:** My School is just one block away.

**Cockroach:** Oh. That's great which one?

**Lizard:** St. Lizardous High School.

**Cockroach:** So how should we start with our mission? Shall we jump or fly?

**Lizard:** I think my parents told me a few tricks and I made a plan ...obviously with some changes now as you are a new member included in it.

**Cockroach:** Oh!! Wow... I am so excited. But also, a bit scared of the broom, the sandal.... AAAAAhhhhhhh (Both scream)

**Lizard:** Oh... Shhh... Don't scare me...

**Cockroach:** Okay, I am sorry.

**Lizard:** So, let's begin (doing the things while explaining) First see how many human beings are there in the room, as more the people get scared... more will be your points added to your batch. Then find a path or way from where you can get inside (Cockroach moving ahead slowly) Wait!!! Hide for a minute. Hide... Stay hidden...wait... (Humans enter...) Now... Jump Jump fly. Fly... Hide behind the objects.... Dodge the Chappals...!!!! Quick.

**Cockroach:** The Chappals...!! Ahhh. !! Run Run Run

**Lizard:** Come quickly outside the window

**Cockroach:** Ummmmm...!!! Coming!! Uohfff!!!! I got slapped by the chappals.

**Lizard:** Oh ... Don't worry. I will get you out ... Just don't move, act dead and once they come closer just get up and fly....

**Cockroach:** (Did as told by the Lizard) Hush. That was scary...and thrilling. I was unprepared for it...

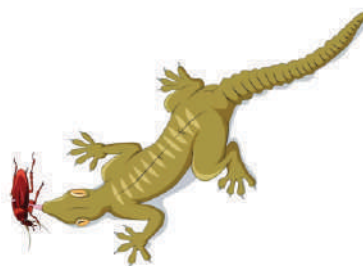
**Lizard:** Yeah, I know. But we survived our first mission!!! Let's count points...

**Cockroach:** I think I scared 4 people maximum so 8 points added!!!! Hurray!

**Lizard:** I think I scared all the females,3 in number... So, six points for me!! You know what... with these many points we can have a moth ice cream as a treat.

**Cockroach:** NO. I don't eat moth ice-cream...

**Lizard:** Oh... then we will think of having something else to celebrate our victory!!Let's go!



## **Harvester Ants and Seed Dispersal**



**Mrs. Nutan Karnik**  
**(Entomologist)**

Hello young readers! We are celebrating the International Year of Millets – the powerhouse grains that hold a crucial place in our diets. But do you know that several insects, birds and animals rely on millets or seed grains for their survival? Have you ever observed ants harvesting seeds beneath the grassy fields? Have you ever wondered about the purpose behind their seed-collecting activities? If so, let's delve into the fascinating world of harvester ants.

Across the globe, there are more than 150 species of harvester ants found except in the coldest corners of our planet. Their primary objective? To collect and harvest an array of seeds to feed their young ones while creating nests that are cleverly camouflaged in plain sight. In the middle of grassy fields, their nests appear as clearings on the soil with an entrance in the middle decorated with circular arrangements of seed coverings. Just like we store food grains in godowns, these industrious ants construct expansive, aesthetically pleasing castle like nests with special chambers designated for seed storage.

When a lone ant discovers a promising site abundant with seeds, she marks a trail from the food site to her nest with a chemical secreted from the tip of her abdomen. Subsequently, a procession of her fellow ants follows this chemical trail, efficiently reaching the food site and

retrieving the seeds. For smaller seeds, the ants meticulously removes the germinating parts from these seeds before crushing them with their strong jaws and store the processed seeds for long-term storage. Conversely, when dealing with larger seeds, the ants patiently wait for the seeds to germinate and then consume the soft, fleshy interior. In India, ants belonging to the genera *Pheidole*, *Solenopsis*, *Trichomyrmex*, *Carebara*, and *Monomorium* are recognized as seed-harvesting species.

Harvester ants aren't just skilled foragers; they are ecosystem engineers! As they transport seeds from various trees to their nests, some seeds accidentally fall along the way and germinate. So, the ants help the trees by dispersing their seeds to different places. Some species of harvester ants prefer weed seeds in their diet helping in the control of weed plants. They have a significant impact on the composition and diversity of the local vegetation through their seed collecting habits. They are an important part of the food chain positioning themselves both as predators and prey. Beyond seed collection, harvester ants exhibit a diverse diet by consuming small insects and termites. Many birds, lizards and small animals eat harvester ants.

Their elaborate nest constructions keep the soil moving up and down which increases the aeration and permeability of the soil which improves the quality and health of the soil. These tiny ants keep bringing lots of food to their nests and the waste accumulated in the nest increases the soil fertility over time. Plants growing around such nests benefit from such nutrient-rich soil. The ants systematically place all leftover materials in designated trash chambers, ensuring that nothing is wasted in the natural ecosystem. Within the nests, a diverse community of small



insects, such as beetles, and microorganisms coexists with the ants, actively feeding on the discarded waste. This intricate web forms a microcosm of biodiversity, with ants, beetles, other insects, and microorganisms working in harmony to recycle nutrients within the soil.

As you can see now, the mission of the harvester ants extends beyond mere seed collection. Let us express gratitude to these remarkable ants for their seemingly small yet monumental contributions to the intricate balance of nature.



### Value

**Mrunmayee Kulkarni**  
(IX - V)

"You won't understand the value  
of anything until you lose it" they say,

Do you think this is okay?

Isn't this toxic and ungrateful

"This is just human nature"

Is saying this graceful?

'Value' is making things more meaningful and  
merely giving your best to be grateful.

Things will get out of hand if your appreciating  
mind is going to get banned.

Start appreciating the beauty around you,  
Or else the one who's going to regret is thou.

Lo! Your life starts transforming,  
when you understand the value.

### Mathematics



**Mrs. Shradha Patil**  
(Class Teacher VI - Venus)

I require a variety of TRICKS,

Hi! I'm Mathematics!

Unlike any other Mystery,

I'm with my own HISTORY,

Before saying ANYTHING,

I would like to tell you something.

It's fun to do addition and subtraction,

But it's DIFFICULT to solve quadratic equation.

PROBABILITY is easy for both girls and boys,

It is SIMPLE as playing with toys.

Depression and elevation all around,

One can find from the ground.

ROOTS are present basically in a tree,

Once you add 'T', you cannot get FREE.

PRACTICE can make you able,

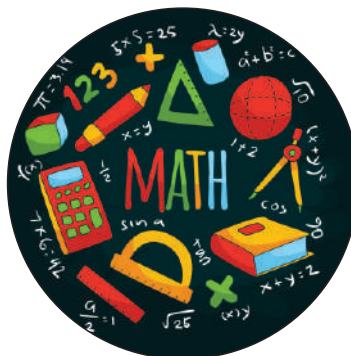
Doing linear equation in two variables!

Oh! It's better to go on a ride,

With ALGEBRA on either side!

Enjoy MATHS as a subject of fun,

Whether it's INTERSECTION or UNION!!



## Types of Poetry

Poetry is an art where expression knows no bounds. On the occasion of the theme 'Kavyanjali' let us look at the different forms of poetry in English.

**Rhyming poetry** - Rhyming poetry is one of the most common types of poetry - and sometimes the most fun! Rhymes can happen in many different patterns within a poem, such as every line, every first and third line or every second and fourth line.

**An epigram poetry** - An **epigram** is a short and witty poem typically written as a couplet or a simple one-line phrase. This brief but powerful type of poetry is usually accompanied by art.

**Visual poetry** - Visual poetry uses text, images or symbols to help convey the meaning of the poem. With this type of poetry, the visual arrangement of the element of the poem is more important than the words in conveying its meaning.

**Concrete poetry** - Concrete poetry (also called shape poetry) is like visual poetry, but instead of using visual clues to reinforce meaning, it uses the actual arrangement of the words in a shape or other design to convey the subject or idea of the poem.

**List poetry** - List poetry is comprised of a list of things, places, people or events and it can be any length, rhymed or unrhymed.

**Rebus poetry** - A **rebus** is a poem that uses pictures or symbols in place of actual words. Rebuses are helpful (and clever!) ways to build reading and writing skills and incorporate art into a poem.

Did you know that a poem doesn't have to rhyme?

**Non-rhyming poetry** - **Non-rhyming poetry** focuses more on the other elements that make up a poem, such as pattern, rhythm, creativity, and tone.

An acrostic poem uses the letters of a word or name to begin each line of the poem, and each line must in turn relate to the word. Anything goes when it comes to acrostics, and they're a fun way to add a personal touch to a poem. Study our original example and create your own acrostic masterpiece!

*"Poetry is an echo, asking  
a shadow to dance."*



### Science Facts



- Magnets help in case of mental unrest by applying the south pole of weak magnet to the forehead for about 10 minutes daily.
- Barcode scanners read the white space between the blank lines rather than black lines themselves.
- Salt was used as a currency, where English term 'Salary' came from. Salt was so valuable to ancient Romans that it was used as a Currency. Soldiers were paid in salt which was also used for trading.
- Hot water freezes faster than cold water as heat energy from hot water makes water molecules in it move faster than the water molecules in cold water. Therefore, the evaporation rate is faster in hot water than in cold water.
- The gravitational pull from moon as well as the sun is the reason why the low tides and high tides occur.
- The Earth's magnetic field helps migration of birds from one place to another.



## **The Role of Millets in the Conservation of the Environment – Jeeva - Bhavana**



**Mrs. Madhavi Kolte**  
**(Artist and an ethical environmentalist)**

Have you ever thought: what makes something a great food? Well, there is more to food than just nutrition and taste. Let us see how.

Food is grown on farms for 8-10 thousand years. Many birds and animals lose their homes when a patch of forest is cleared to make way for a farm. The forest feeds itself on rainwater alone, but a farm needs irrigation in spite of the rains. Water is pumped using electricity, or sometimes animal power. Farm land also needs to be tilled using a tractor or a bullock. Thus, it takes land, water and energy to grow our food; and now you realise that great food is one that is nutritious, tastes good, needs less land to grow upon, demands less water and minimal energy to produce and process. The 'best food award' would go to fruits because fruits are nourishing, taste great, and fruit orchards need less water and less energy input. Besides, fruits can be eaten without much processing. On the other hand, grains like wheat and rice - that provide protein, carbohydrates and minerals - have a large footprint of land-use, water and energy. This is where the magic of millets comes about.

Thanks to their unique qualities, the United Nations declared 2023 as 'the Year of Millets'. Millets are some of the sturdiest crops that have ever existed on this planet. Although they predominantly belong to the semi-arid regions of Africa and Asia, millets are grown and consumed more widely across the globe. Millets are known

for their climate resilience because millets can grow in water-stressed areas, withstand extreme heat, salinity and unpredictable weather conditions. Millets grow well even in degraded soil conditions and help build soil fertility through post-harvest biomass. Poisonous pesticides can be avoided since millets are naturally unaffected by pests. Moreover, millet crops don't require extensive farm land, and so, more land is freed up for rewilding in order to sequester, or capture, carbon from the atmosphere.

Millets are not only environment-friendly but also farmer-friendly crops. Being a low-input crop, millets neither add financial burden on the farmer nor hurt precious natural resources, unlike other crops. They provide the farmer with food security as well as adequate nutrition to the consumer. Interestingly, millets are not new to India. However, for certain reasons, it was during the Green Revolution that millets started getting replaced by crops like rice and wheat until they gradually disappeared from our diets altogether. Reference to millets has been found in the oldest Vedic scriptures, the Yajurveda. Different tribes in Maharashtra, Rajasthan, Karnataka, Kerala, Tamil Nadu and Odisha still have millet as an integral part of their diets and cultivate them for regular consumption, thereby also keeping most of the health problems at bay.

Knowing the multi-dimensional benefits of millets, the best way to encourage their cultivation is to include them in our daily diets. This will increase their demand in the market. Some of you may not be aware that tasty idlis or spicy dosas, sweet & salty porridge and steaming pancakes can all be made from a range of millets. Curiously, even though the cultivation of millets has shrunk in India, we are still the world's largest producers of millets and are blessed with a wide variety of them. Some commonly known millets are pearl-millet (bajra) and sorghum (jowar).

## Cross Word About Millets

kodo, barnyard, browntop, proso, little and foxtail millets are also gaining popularity. Dr Khadar Vali, known as the 'Father of Millets' has done extensive research on the role of millets, also referred to as Shridhanya, in protecting the environment and serving human health. Dr Vali introduced the natural method of cultivating millets, called Kadu Krishi, also known as Jungle Farming. Consumption of millets reduces cholesterol and sugar levels, and along with a whole plant-based diet, can cure several diseases. Millets can fulfil most nutritional requirements like vitamins, proteins, minerals, dietary fibre, phytochemicals and micronutrients. Being gluten-free, patients with celiac disease or gluten sensitivities can enjoy an otherwise wheat-based food substituted by millets.

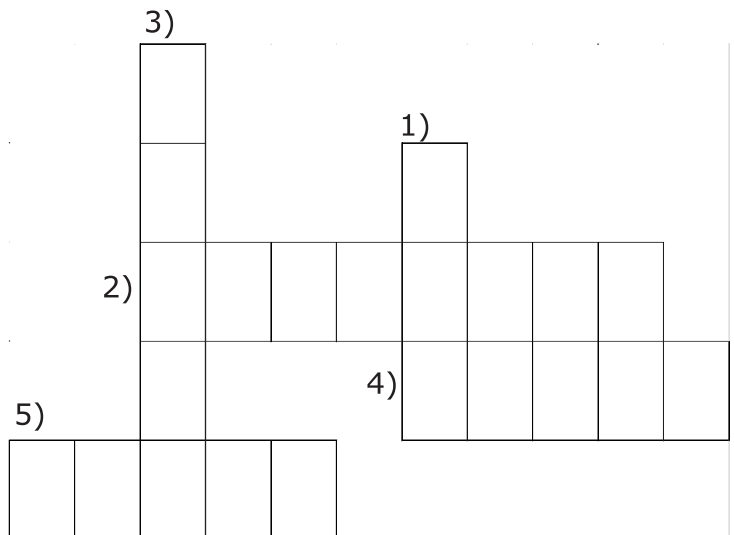
Value-added products made from millets generate new jobs, as more consumers realise that millet and millet-based foods contribute positively to their health. Millets are also the way forward to achieve the Sustainable Development Goals (SDGs), especially with respect to Zero Hunger, Good Health and Sustainable Production & Consumption of Food.

The magnitude of the positive impact of millets can be phenomenal if it goes hand-in-hand with the global adoption of a plant-based diet. That's because, as per the findings of the IPCC, animal-based food (dairy, poultry, meat and fish) is the main driver of climate change, which in turn, is further spiralling us towards a food-insecure world. Adding millets to our daily diet is definitely an effective step. However, in order to create a significant impact on conserving and restoring the planet's ecosystem, it is equally imperative to shift to a whole food plant-based diet immediately.



**Adhiraj Pujari**  
(X - V)

- 1) Do millets help reduce body fat?
- 2) Millets help you prevent this sugar based common disease.
- 3) This country is the largest producer of millets.
- 4) Millets control \_\_\_\_ which is responsible for various diseases.
- 5) The \_\_\_\_ millet is known as 'BAJRA' in the northern parts of India, and Sajje, Sajjadu, or Kambe in the southern parts of India.



Ans -  
1) Yes 2) Diabetes 3) India 4) Sugar 5) Pearl



## Benifits of Yoga



**Ishita Rege**  
**(X - M)**

The word 'yoga' is derived from Sanskrit word 'yuj' which means to unite. Here unite means developing a proper balance and co-ordination between our mind and body by practicing yoga. Yoga is a form of exercise that originated in India around 5,000 years ago and is now practiced internationally. Yoga is performed to improve and maintain physical, mental and spiritual health. 21st June is the longest day of the year and this day is marked by the significance of INTERNATIONAL YOGA DAY.

It is said that yoga is the best medicine without any side effects and a lifetime health insurance without any cost. Yoga helps to maintain good body posture, proper weight and flexibility. It improves blood circulation and makes our immune system strong. The main objectives of yoga are:

1. To bring us close to our [human] nature.
2. Mental and physical purification.
3. To bring us closer to the divine.

Suryanamaskar is an ideal type of yoga. Suryanamakar is one of the most iconic exercises in hatha yoga. It is a link of twelve asanas which benefits our body from the top of our head to the tip of our toes. Each asana in suryanamaskar has its own benefits. To perform suryanamaskar you simply have to follow these steps:



### **1. Pranamasana**

With your feet together, stand up but keep your muscles relaxed. Place the palms of your hands together in front of your chest.

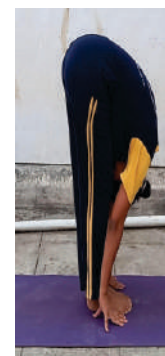
**Benefits:** Strengthening of the nervous system, maintenance of good body posture and calmness of the mind.



### **2. Hasta uttasana**

In the first position, one must inhale, raise the arms above the head and bend backwards slightly.

**Benefits:** This helps in the contraction and expansion of muscles, which increase the blood towards the kidneys. This helps in flushing out the toxins from the body.



### **3. Hasta padasana:**

In this position, one must exhale and bend forward until you touch the ground with the palms of your hands, without bending your knees.

**Benefits:** This burns extra fats around the belly, improves blood circulation and brings a glow to the face.



### **4. Ashwa sanchalasana**

In this position, stretch one leg back to touch the floor with tip of your toes, look upwards and inhale.

**Benefits:** It stretches the lower back, hip and calf muscles which helps in improving balance and creating stability.



### 5. Palankasana

Bring your other leg back, keeping your legs and arms straight, as you hold your breath.

**Benefits:** This

contributes in the stabilisation of the shoulder joints and builds up the strength of the core muscles.



### 6. Ashtanga namaskar

In this position, as you inhale, bend your arms and bring your chest to

the ground. Then, rest your knees and chin on the ground.

**Benefits:** This improves the stability, flexibility, and the mobility of the back and the spine and also relieve backache.



### 7. Bhujangasan

In this position, straighten your arms and lift the upper half of the body, keeping the

lower half of the body on the ground. While doing so, one must inhale.

**Benefits:** This reduces respiratory problems, reduces the chest congestion and clears the passage of the heart and the lungs.



### 8. Adho mukh svanasana

With your arms and feet on the ground, lift your hips, until your arms and legs are straight and your body forms an upside down V. In this

position, one must exhale.

**Benefits:** This improves the blood supply to the



brain and also provides strength to the abdominal muscles that also help in supporting the spine.

### 9. Ashwasanchalanasana

Bring forward the same leg which you had stretched back earlier and bend it so that your knee and foot are aligned under your head and between your hands.



### 10. Hasta padasana

Exhale as you bring your back foot forward and straighten your legs keeping



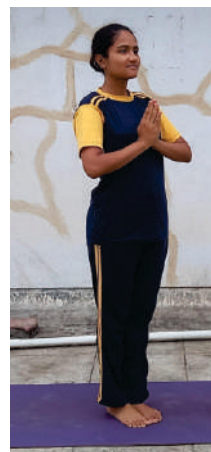
your hands on the ground as in posture 3.

### 11. Hasta uttanasana

Bring your arms above your head with your palms together and bend backward slightly, as you did in posture 2, while you inhale.

### 12. Pranamasana

Again bring your hands together with palms joined in front of your chest and relax your muscles as in posture 1.



The speciality of 'Yoga', especially, 'Suryanamaskar' is that it can be practiced by everyone, irrespective of the age or weight of the person.

To conclude, I would to say that 'Yoga' has numerous benefits if practiced meticulously, following the right steps. By practising 'Yoga' regularly, one can take

constructive steps towards building good health and thereby a better future. Hence, I would like to appeal to everyone, both young and old, to practice 'Yoga' regularly because- 'योग से ही होगा'.....





प्रिया भुजबळ  
(बँकर)

शाळा आणि शाळेतले सवंगडी हे एक खूप गोड समीकरण आहे. रोज रोज शाळेत जावसं वाटतं या मागचं एक कारण आहे आपले मित्र, बरोबर ना?

बालवाडीत असताना आपण शाळेत प्रवेश घेतो. तेव्हा आपण अगदीच नकळत्या वयाचे असतो. आपल्या वर्गात बसलेले आपल्या वयाचे म्हणजे सगळेच आपले मित्र आहेत हेही आपल्याला कोणीतरी सांगत असतं. हळूहळू कोणीतरी आपला खास मित्र किंवा मैत्रीण बनत जाते. लहानपणी जो आपल्याला त्याच्या डब्यातला खाऊ देतो, पेन्सिल, पट्टी देतो आणि आपण म्हणत तो खेळ खेळतो तो आपला खास मित्र असतो.

मग आपण थोडे मोठे होत जातो आणि मित्र-मैत्रीणी बाबत अधिक जागरूक होत जातो. घरचे सांगतात “सुसंगती सदा घडो, सृजन वाक्य कानी पडो”. म्हणजे काय तर चांगले मित्र निवडा. हुशार, नीट वागणारे मित्र निवडा. पण खरंच आपण असं करतो का?

काही जणांसाठी मित्र बनवणे खूप सोपं असतं. ओळखीचे प्रत्येक व्यक्तीला ते मित्र मानतात. पण असे मित्र खरे मित्र असतात का? मला वाटतं की खरा मित्र म्हणजे त्याचं सोबत असणार तुम्हाला आनंद देणार असलं पाहिजे. तुमच्या प्रत्येक निर्णयात त्याचं मत तुम्हाला महत्वाचं वाटलं पाहिजे, तुमच्या प्रत्येक यशात तो तुमच्या इतकाच खुश असला पाहिजे आणि हो, तुम्ही चुकल्यावर त्याने तुमचे कान धरले पाहिजेत. मग आहे का तुमच्याकडे असा मित्र?

कधीकधी आपण मित्र निवडताना चुकतो. म्हणजे आपल्यासाठी तो खरा मित्र असतो, जो आपल्या चुकीच्या गोष्टींमध्ये आपली साथ देतो. आई बाबा ची गोष्ट आपल्याला करायला नको म्हणत असतात त्यासाठी तो सोबत राहतो. मदत करतो आणि आपल्याला वाटायला लागतं हाच माझा मित्र. पण मित्रांनो जेव्हा चुकीच्या गोष्टी केल्यामुळे तुम्हाला शिक्षा होते, तेव्हा हा मित्र तुमच्यासोबत शिक्षा भोगायला तयार होतो का? याचा विचार करायला पाहिजे.

आता हेही तितकच खरं आहे की, मित्र कधीही सर्वगुणसंपन्न नसतात. पण आपण आणि आपले मित्र एकमेकांसाठी पूरक असले पाहिजे, चांगल्या गोष्टींसाठी एकमेकांना पुढे नेण्यासाठी मदत करणारे असले पाहिजेत. एखादा मागे राहत असेल तर त्यालाही बरोबर घेऊन जाणारे असले पाहिजेत.

खरं सांगते मुलांनो, तुमच्याकडे असे काही मित्र असतील ना, तर तुम्ही खूप नशीबवान आहात. अशाच मित्रांमुळे आपले शालेय जीवन एकदम खास बनून जातं आणि याच आठवणी संपूर्ण आयुष्यभर आपल्याला ऊर्जा देत राहतात. असे खरे मित्र बनवा आणि आयुष्यभरासाठी टिकवून ठेवा.

### खालील दिलेल्या शब्दांनी कविता पूर्ण करा (झाल्यावर, भिऊ, नको, पाठ, नाच)



चिऊताई, चिऊताई  
नाच गडे \_\_\_\_\_,  
तुझं नाचून झाल्यावर  
दाणे देईन \_\_\_\_\_

चिऊताई, चिऊताई  
माझ्याकडे पहा,  
तुझं पाहून झाल्यावर  
दाणे देईन \_\_\_\_\_.

चिऊताई, चिऊताई  
ये गडे आत,  
\_\_\_\_\_ नको, भिऊ \_\_\_\_\_.  
दाणे देईन \_\_\_\_\_

चिऊताई, चिऊताई  
गाणं म्हण \_\_\_\_\_,  
गाणं म्हणून \_\_\_\_\_  
गाण दाणे देईन \_\_\_\_\_.



सौ. विजया उपासनी  
(वर्ग शिक्षिका - इयत्ता ८ वी व्हिनस)

स्पर्धा हा शब्द सध्याच्या काळात मानवी जीवनातील एक महत्वाचा घटक आहे. आपणही विविध स्पर्धांमध्ये आनंदाने भाग घेत असतो. मग ती खेळाची असो, गायनाची असो किंवा अभ्यासाची असो. पण ही स्पर्धा आनंददायी असण तितकच महत्वाच आहे. स्पर्धा आनंददायी असेल तर तिचा परिणाम ही सकारात्मकच असतो. त्यामुळे जीवन समृद्ध होते. जीवनात यश प्राप्त होते, स्पर्धाकाचा शारिरिक मानसिक आणि एकूणच सर्वांगीण व्यक्तिमत्व विकास होतो. शालेय जीवनात विविध स्पर्धा परीक्षांचे आयोजन केले जाते. दरवर्षी शाळेतील विद्यार्थी या स्पर्धा परीक्षेत सहभागी होतात. यामध्ये पाचवी-आठवीच्या टप्प्यावर होणाऱ्या स्कॉलरशिप परीक्षांच्य जोडीने MTS, (Maharashtra Talent Search Examination), SOF ऑलिम्पियाड परीक्षा (SOF Olympiad Exam), Dr. Homi Bhabha Balvaidnyanik Competition अश्या स्पर्धा परीक्षांचा समावेश आहे. यातूनच विद्यार्थी राज्य आणि राष्ट्रीय पातळीवरील एमपीएससी, यूपीएससी सारख्या स्पर्धा परीक्षांसाठी तयार होतात म्हणून त्यांना अशा परीक्षांची तयारी करण्यासाठी पालकांकडूनही प्रोत्साहन दिले जाते.

अशा परीक्षांमुळे विद्यार्थ्यांना अनेक गोष्टींचे ज्ञान मिळते ज्याचा फायदा विद्यार्थ्यांना भविष्यात होतोच. उदा.

- १) वेळेचे नियोजन.
- २) उत्तर देण्याची पद्धत व विचारांची अचूकता.
- ३) स्मरणशक्ती वाढते, विचारांची क्षमता वाढते.
- ४) परीक्षेला सामोरे जाण्याचा आत्मविश्वास वाढतो व परीक्षेबद्दलची भीती कमी होते.
- ५) चाकोरी बाहेरचा विचार करण्याची क्षमता निर्माण होते.
- ६) यश, अपयश पचविण्याची ताकत निर्माण होते.

७) विविध विषयांचे वाचन वाढते. गणन, विश्लेषण, निरीक्षण या सारखी सूक्ष्म वाटणारी पण अतिमहत्वाची कौशल्ये विकसित होतात.

८) स्वतःचा कल, क्षमता आणि आवाका लक्षात येतो.

अशा परीक्षांमध्ये पास तर सर्वच होतात पण गुणवत्ता यादीत मोजकेच विद्यार्थी स्थान मिळवतात.

काय बरं कारण असेल याचं? आणि विशेष यश प्राप्त करणारी ही मोजकी मुलं नेमके काय बरे करत असतील ? काय म्हणता - तुम्हालाही नेमका हाच प्रश्न पडतो? चला तर मग जाणून घेऊया.

१) परीक्षेचे स्वरूप समजून घ्या. प्रश्नांचे स्वरूप, अभ्यासक्रम इत्यादींचा अभ्यास करा.

२) टाइम टेबल बनवणं महत्वाचं- कोणत्याही अभ्यासक्रमाचा अभ्यास करण्याचा आणि परीक्षेची तयारी करण्याचा सर्वोत्तम मार्ग म्हणजे टाइम टेबल बनवणं. यासाठी तुम्ही केव्हा, काय आणि किती अभ्यास करावा हे अगोदरच ठरवणं महत्वाचं आहे. वेळापत्रकानुसार अभ्यास केला तर तुम्ही सर्व विषयांवर समान लक्ष देऊ शकाल. “Plan out the work and work out the plan.” हे यशाचे रहस्य आहे हे सदैव लक्षांत ठेवा.

३) दर एक तासाला ५ ते १० मिनिटांचा ब्रेक घ्या. यामुळे तुम्ही ताजेतवाने व्हाल आणि आपण अधिक चांगल्या प्रकारे अभ्यास करण्यास सक्षम व्हाल.

४) आधी कठीण विषयांसाठी मेहनत करा आणि नंतर सोप्या विषयांची तयारी करा. जर तुम्ही हे सर्व शक्य फक्त आणि फक्त चांगला टाइम टेबल बनवल्यामुळे होईल. त्यामुळे टाइम टेबल न चुकता तयार करा.

५) उजळणी केली नाहीत तर सगळंच विसराल. कोणत्याही परीक्षेच्या तयारीमध्ये उजळणीची भूमिका सर्वात महत्वाची असते. तुम्ही कितीही अभ्यास करा, पण तुम्ही वेळोवेळी उजळणी केली नाहीत तर केलेल्या अभ्यासाचे विसरण होईल. अधिक चांगली तयारी करण्यासाठी विषयांची उजळणी करणं खूप महत्वाचं आहे. म्हणून तुम्ही जे वाचता किंवा सोडवून बघता ते पुन्हा पुन्हा करा. यामुळे विसरण्याची शक्यता कमी होईल.

६) पुस्तकं आणि टेस्टमुळे होईल फायदा: कोणत्याही परीक्षेच्या तयारीसाठी आपल्याकडे अभ्यासक्रमानुसार पुरेसं स्टडी मटेरियल असणं महत्वाचं आहे.. याबाबत अजिबात निष्काळजी राहू नका. निरनिराळी पुस्तकं वाचूनच स्वतःला तयार करा.



७) मागील वर्षीच्या प्रश्नपत्रिका सोडवा: परीक्षेपूर्वी मागील वर्षीच्या कमीत कमी ५ प्रश्नपत्रिका सोडवणे गरजेचे आहे. तसेच मॉक टेस्टवर लक्ष केंद्रित करा. यामुळे तुम्हाला परीक्षेआधी परीक्षेची तयारी करता येईल. चुकांचे विश्लेषण करून त्यावर उपाययोजना करा.

८) नियमित, सकस आहार आणि पुरेशी झोप तसेच व्यायाम याकडे लक्ष द्या.

९) पाठांतरापेक्षा संकल्पना समजून घेण्यावर भर द्या. पण १ ते ३० पर्यंतच्या संख्यांचे पाढे (Multiplication tables), वर्ग- वर्गमुळ (Squares and square roots), घन- घनमूळ (cubes and cube roots) इत्यादी चे पाठांतर गणितावर आधारित प्रश्न सोडवताना खुपच उपयोगी ठरते. त्यामुळे वेग आणि अचूकता वाढते.

१०) कुटुंबाबातील वडीलधारी माणसे, शिक्षक इत्यादींकडून वेळोवेळी येणाऱ्या सूचनांचे पालन करून स्वतः मध्ये बदल करा.

११) आनंदी राहा पण निष्काळजी नको. - अभ्यासाचा अनावश्यक बाऊ करू नका. 'मन चंगा तो कठौती में गंगा' असे म्हणतात. आनंदी मनाने केलेले कामच आपल्याला यशार्पयत नेते. म्हणूनच खेळणे बंद करणे, सामाजिक आणि घरगुती कार्यक्रमात सहभागच न घेणे, स्वतःसाठी वेळ ना देणे या सारखे अनावश्यक नियम स्वतःवर लादू नका. हो पण त्यावर मर्यादा मात्र हव्यात.

काय मग... पुढल्या वेळी परीक्षेची तयारी करताना हे करून बघणार ना? करून तर बघा ! आणि हो- पुढील इन्साईट मध्ये माझे नाव नक्कीच असेल अशी खूणगाठ आत्ताच मनाशी बांधा. रामदासांनी म्हटलेच आहे -

॥ केल्याने होत आहेरे; आधी केलेचि पाहिजे ॥



### परीक्षा पे चर्चा २०२३

अनुष्का हरसूरे

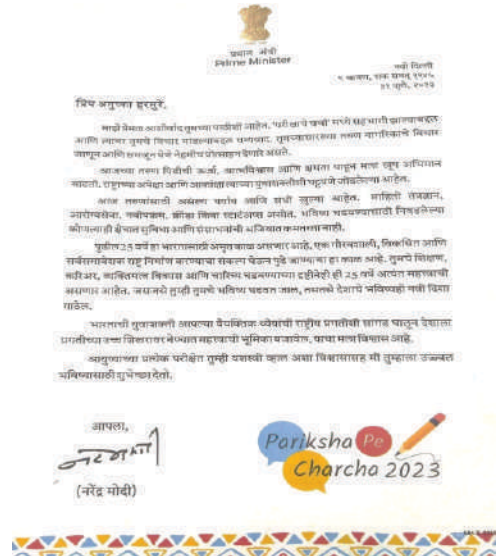
(इयत्ता - १० वी मर्क्युरी)

२७ जानेवारी २०२३ रोजी मला एक लिंक मिळाली जी 'परीक्षा पे चर्चा' या प्रश्नमंजूषेत भाग घेण्यासाठी होती, मी ती लिंक उघडली व दिलेल्या सर्व सूचना वाचल्या. ते वाचून झाल्यावर मी लिंकवर क्लिक करून गुगल फॉर्म भरला. त्या गुगल फॉर्म मध्ये त्यांनी विचारलेले काही प्रश्न होते जसे की 'तुम्हाला अभ्यासाचा तणाव आहे का?', 'तो ताण कमी करण्यासाठी तुमच्याकडे काही पर्याय आहेत का?' व त्या गुगल फॉर्मच्या शेवटी पंतप्रधान नरेंद्र मोदींना प्रश्न विचारण्याची संधी होती.

मी तो गुगल फॉर्म यशस्वीरित्या सबमिट केला. मला असे वाटले की ही एक सामान्य स्पर्धा आहे जी सरकार नियमितपणे आयोजित करते पण हि स्पर्धा काहीतरी अद्वितीय होती.

३ ऑक्टोबर २०२३ रोजी एक काल्पनिक गोष्ट घडली. सकाळी ११

वाजता माझ्या फोनवर भारताच्या पोस्टल सर्विसचा कॉल आला. ते म्हणाले की 'अनुष्का हरसूरे' नावाचे एक कुरियर आले आहे. त्या कुरियरमध्ये एक पत्र होता. जे भारत सरकारने पाठवले होते. ते पत्र परीक्षा पर चर्चा २०२३ साठी भारत सरकारने दिलेले ते कौतुक पत्र होते ज्यात माननीय पंतप्रधान नरेंद्र मोदी यांच्या स्वाक्षरीचा समावेश होता. हे सर्व पाहून मला आणि माझ्या कुटुंबाला आश्चर्याचा धक्का बसला आणि खूप समाधानही वाटले. मला वाटले नव्हते की मला आपल्या देशाच्या माननीय पंतप्रधानांचे पत्र येईल. हा क्षण माझ्यासाठी अविस्मरणीय ठरला!! सादर





सौ. शुभदा पाटील

(पालक - आयुष पाटील ४ थी - अर्थ)

त्या दिवशी नेहमीप्रमाणे जाग आली... मात्र मन नेहमीपेक्षा खूप प्रसन्न होतं.. डोळ्यावर झोप नव्हती. अगदी फ्रेश वाटलं.. पायात शूज चढवत मैत्रिणीबरोबर वॉकिंग ला कधी बाहेर पडले कळलं सुद्धा नाही. आमचा हा दोघांचा पहाटे फिरण्याचा नित्यक्रम. कधीच स्किप नाही केला. पण आज मात्र काहीतरी खास नक्कीच होतं. उठल्यापासून इथवर येईतो एक अनामिक ओढ होती.. जी सारखी मला खेचत होती. नेमकं काय असावं हे?... या पहाटे फिरण्याच्या निमित्तानं कुणाला भेटायला इतकी आतूर होऊन चालले होते मी? का मंतरलेली वाटत होती आजची पहाट?... का बरं शीतल वाऱ्याचा स्पर्श अंगावरून मोरपीस फिरवत होता? .. काहीतरी सरप्राईज नक्कीच होतं पुढे.. हो.. माझी एक जिवाभावाची सखी आतुरतेने माझी वाट पहात होती

... तिच्याच ओढीने माझी पावलं झपझप पडत होती.. गप्पा मारत मी मैत्रिणी सोबत चालले होते.. चालताना मनात काहूर दाटलेलं. पुढे काहीतरी लगबग सुरू होती. पण आवाज अगदीच शून्य होता. असं कसं? लगीन घाईत वातावरण इतकं शांत असतं का? मला राहवेना. आम्ही झपाझप चालू लागलो... आणि समोर ती दिसली.. माझी सखी पंचगंगा.. दिव्यांची चमचमती रास सावरत उभी होती...

दिव्यांचे हासू ओठांत ओथंबले

दिव्यांचेच तेज डोळ्यांत साचले

केसात ओल्याचिंब कैक दिप्तीमाळा

सखी माझी लेऊन उभी नक्षत्रांच्या कळा..

जणू चांदण्यांचा गजरा माळलेली माझी गंगा आज लखलखून निघाली होती. डोळे दिपले... ओठ विलगले... या सुंदर शततारकांवर स्वार होऊन मन कुठवर फिरून आले.. जागोजागी दिवे... नदीच्या

पायऱ्यांवर, नदीतील मंदिरांवर, चौथऱ्यावर... जिकडे पहावे तिकडे दिव्यांची रास...!

मला मुळीच राहवेना... माझी सखी सौम्य हसली... नक्षत्रांची ती रास तिच्या हास्यातूनही ओघळली.. काळंशार शीतल पाणी अंगाखांद्यावर लहरत ठेवून तिनं माझ्याकडे पाहिलं... आजही तिच्या देहावर धुक्याची दुलई पसरलेली होती... आणि त्यावर ही दिव्यांची वेलबुट्टी.. हा कशिदा विणणाऱ्या हातांचं मला फार कौतूक वाटत होतं...!! माझ्या सखीला नव्या नवरीप्रमाणं सजवलं होतं या हातांनी.. तिच्यासाठी आभाळातील नक्षत्रं खाली उतरवली होती....!

तिच्या काळ्याशार भरजरी शालूवर सोनेरी खडीची नाजूक नक्षी पाहून माझ्या मनात आपसूकच प्रश्न आला ... तिला स्पर्श करावा का? की हे स्वप्न आहे? मी हळूच एक दिवा ओंजळीत उचलला... जणू त्या आरस्पानी जला तून एक टपोरा मोती माझ्या ओंजळीत आला होता.. त्याच्या लखलखत्या प्रकाशानेच माझी ओंजळ भरली... मी तशीच ती ओंजळ कपाळाशी लावली... आणि अलंगद पाण्यावर धरली... एवढासा दिवा... त्याची ती सोनेरी ज्योत... पाण्यावर तरंग उठवत होती.. ! नौके सारखे हेलकावे घेत घेत ते तेज अलवार पुढे सरसावू लागलं... ! पाण्यावरचे तरंग मनाच्या तरंगात मिसळून गेले.

ती पुन्हा हसली.. किती देखणी दिसत होती ती.. जितकी शांत तितकीच गुढ... काहीच न बोलता बरंच काही बोलणारी.. माझी सखी.. पंचगंगा...!!

तिच्या माझ्या नात्यात

असा सुंदरसा घाट आहे

वृक्ष राजींचा जिवाळा

लाल मातीचा उमाळा

या नात्यातही दाट आहे..

मी तिला म्हटलं..

तू जशी तशीच मी आहे..

पण तरीही काही कमी आहे

उगमाशी तू अवखळ

तसंच माझंही बालपण नितळ..

आताशा रुढी परंपरांचे कैक प्रवाह पोटात घेऊन

कैक वेग आवेग मनात लेऊन

तू शांत निश्चल बनलीयस..



तशीच मी ही..  
घाटा काठांनी बांधलेली..  
रुढी नियमांनी सांधलेली..  
तुझ्या काळ्याशार पाण्याचे कढ जाणवतात मला..  
माझ्याही अश्रूंना तोच रंग येतो कधी  
तरीही झाडावेलीं तच गुरफटलेल्या आपल्या व्याधी..  
जाऊ दे ग सखी..  
आज तू प्रवाहात आनंदी आहेस  
तर मी हे चाकोरीबाहेरचं का बोलावं?  
तुझं भाग्य माझ्या जगण्याशी का तोलावं?  
या दीपमाळा लेऊन ही भाग्यवंता वहातेय.. तिला भेटायला मला  
कधीही आवडेल... पण पहाटेची ती भेट.. खास तिची आणि माझीच.  
तिनं गुढ हसावं... मी ओठ विलगावे.. गळाभेट तर नाही.. पण हातात  
हात नेहमीच घ्यावे..  
ती कधीही रुसली नाही.. अबोल झाली नाही... मी मात्र तिला भेटत  
राहिले.. न्याहाळत राहिले.. कधी पायरीवरून तर कधी पुलाच्या  
कठड्यावरून.. इथून तिथून ती सारखीच... शीतल.. गुढ !  
आज मात्र त्रिपुरारी पौर्णिमेच्या निमित्तानं.. तिचं लखलखतं, तेजोमय  
रूप... डोळ्यात सामावून घ्यावं. ही दिव्यांची आरास मनातला एक  
एक दिवा प्रज्वलित करत राहील सदैव.. ..आता पावले वळली ती  
महादेवाकडे... कमानितून आत जाताच तो लखलखता चौथरा जणू  
खूप वेळ वाट पाहत होता. हातात दिव्यांच चमचमत ताट घेऊन..  
मंदिराच्या पायऱ्या चढून.. मी गाभाऱ्यात कधी पोहोचले समजलंच  
नाही. मधोमध महादेवाची पिंड.. भोवताली पांढऱ्याशुभ्र फुलांची  
नाजूक नक्षी... गुलाबी फुलांची पखरण.. जांभळ्या फुलांचा महिरप..  
जणू दिव्यांच्या ज्योती सोबत स्पर्धाच करीत होती. पांढऱ्या शुभ्र  
वस्त्रमाला..नाजूक शुभ्र कळ्याच जणू...! कमरे एवढ्या उंचीच्या  
पितळी मोठाल्या समया बाजूला शांत तेवत होत्या. शांत, निर्मळ,  
उल्हसित, तेजोमय.. धुपा दीपाच्या मंद सुवासात... गाभारा उजळून  
निघाला होता. ओंकाराचा नाद भरून गेला होता. काळ्याभोर  
दगडांमध्ये कोरलेल्या अप्रतिम मंदिराचा... एक आणि एक कोपरा..  
उजळून गेला होता. आज जणू इथं.. स्वर्गच अवतरला होता. मंजुळ  
घंटानाद नव चैतन्य निर्माण करीत होता. या शुद्ध, सात्विक,  
भारावलेल्या वातावरणातून बाहेर पडणं माझ्यासाठी तरी खूप कठीण

होत. पण परतणं तर भाग होतं.. नव्हे परतावं लागणारच होतं.. मी  
मागे फिरले खरी.. पण मनात तेजोमय दिव्यांची रास घेऊनच. मनाचा  
गाभारा उजळून गेला होता. जाता जाता मनाशी एकच खूणगाठ  
बांधली.. इथून पुढच्या त्रिपुरारी जपून ठेवायच्या..  
म्हणजे असं आपण ठरवतो खरं .. पण इथंच नियती कुत्सित हसत  
असते.. काळाला वेगळंच मंजूर असतं काहीतरी.. तो तर पुढे जात  
असतो , पुढे काय घडणार आहे??..याचा आलेख आपल्याजवळ  
नसतोच.. माझ्या जिवलग सखीची आणि माझी ताटातूट होणार  
होती... हे त्या घडीलाही पटण्यासारखं नव्हतं.. पण झाली..  
"प्रत्येक त्रिपुरारीला दिवा लावीन.. तुला सजवीन... न्याहाळीन..  
तुला मनाच्या कण्यात साठवून ठेवीन.." असं म्हणणारी मी... आता  
तिला दुरावलेय.. तिला अधूनमधून भेटणं होतं... पण माझ्या सोयीने..  
मला वेळ मिळेल तेव्हां... दीप पाजळत असतात तेव्हांही, मात्र फक्त  
डोळ्यांतले..  
हे खरं आहे.. मी माहेरी आले की दुसरा दिवस तिच्या भेटीचा असतो.  
तोही पहाटेचा.. राखून ठेवलेला खास.. हातात हात घेउन भरपूर गप्पा  
होतात तिच्याशी. पण त्याही सोयीच्या भेटीत.. ती तितकीच शांत  
आणि गूढ भासते.

येत्या त्रिपुरारीला ती पुन्हा सोनेरी चमचमता, नाजूक वेलबुडीचा  
रेशमी गर्द शालू नेसेल... तेजोमय मंदिरात घंटानाद होईल... लक्ष  
तारका जमिनीवर अवतरतील... पण यावेळी मी नसेन.. नसू दे..  
तिच्या माझ्या नात्याला दुभंग तरीही आहेच कुठे? पाण्यावर काठी  
मारली तरी पाणी वेगळं होत नाही म्हणतात ना? तिचं माझं नातं असंच  
तरल... अथांग.. तिच्यापासून दुरावले तरी तो चांदण सोहळा मी  
इथूनही पहात राहीन... तिच्या अनिमिष नेत्रां मधले तेज माझ्या  
मनाच्या ओंजळीत साठवत राहीन..  
पुढे कधीतरी माझ्या आखीव सोयीच्या भेटीत ती तेवढ्याच ओढीने  
मला भेटेल... या त्रिपुरारी तेजाचं गूज कौतूकाने सांगत माझ्याजवळ  
विसावेल.. पण क्षणभरच.. पुन्हा तिला विश्रांती कुठे? भोवऱ्यांच्या  
गिरक्या पुन्हा स्वतःभोवती घेत ती आनंदाची आवर्तनं सावरत निघेल  
ती पुढच्या प्रवासाला... आनंद चिरंतन नसतो तसं दुःखही.. मग उगाच  
ते विरहाचे क्षण उगाळून आयुष्याला साचलेपण का बरं द्यायचं? हाच  
सतत वाहत रहाण्याचा मंत्र हळूच कानात सांगून गोड हसेल ती  
प्रवाहिनी...!!

## बरं का राव !



सौ. अश्विनी राईलकर  
(मराठी शिक्षिका)

बरं का राव !

खोटं बोलणं? 'व्हेरी बॅड, चोरून खाणं?' 'व्हेरी बॅड,  
सान्यांना हे समजल्यावर म्हणतात कारटं किती द्राड ॥१॥

एकदा जरी घसरला पाय कानफाट्या नाव होतं  
बाकी चांगलं असूनसुद्धा क्षणात सारं धुवून जात ॥२॥

बनवाबनवी वाटते छान तीच मग सवय होते  
चकटफू' वर एक डोळा धडपडण्याची जिद्द जाते ॥ ३॥

आपल्यालाही आहेत हात डोकं सुद्धा खांद्यावर  
स्वतः मिळवू हव्वां ते एकदा निश्चय केल्यावर ॥४॥

मनाची ताकद वाढवा राव!

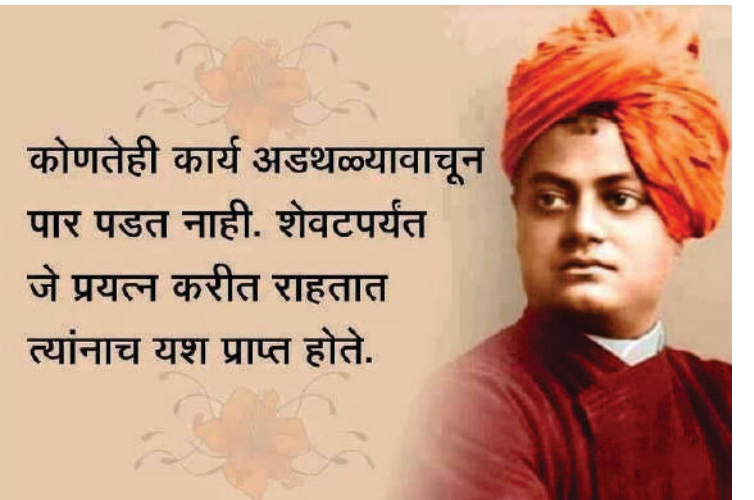
पहिलीच चूक सावरा राव!

मोह असतोच टपलेला त्याची संगत टाळा राव!

मुलांनो या कवितेप्रमाणेच आपल्या सगळ्यांचं थोड्याफार प्रमाणात  
असं झालेलं असतं. त्यामुळे स्पर्धा निवडताना आपण यशस्वी होणार  
का नाही याचा विचार न करता स्पर्धेत उतरण अधिक महत्वाचं  
असतं. जो स्पर्धेत भाग घेईल तो बहरेल. हा कानमंत्र लक्षात ठेवा.  
कारण स्पर्धेत भाग घेतल्यावर त्यासाठी लागणारे वाचन वाढते.  
विषयाचे ज्ञान घेण्याची गरज निर्माण होते. सराव करण्यासाठी मनाची  
एकाग्रता भासते. शरीर मन आणि बुद्धी यांचं लक्ष पूर्णपणे स्पर्धेचा  
सराव करण्यात रमून जाते. स्पर्धेमुळे आपल्याच क्षमता नवनव्या  
मार्गाने कळतात आणि स्वतःला ओळखण्याची एक संधी मिळते.  
आता मराठीच्या कोणत्या कोणत्या स्पर्धा असतात ते आपण पाहूया.  
कविता पाठांतर व सादरीकरण स्पर्धा, कथाकथन स्पर्धा, नाट्यछटा  
सादरीकरण स्पर्धा, मनाचे श्लोक पाठांतर स्पर्धा. या सगळ्यांसाठीच

कविता अथवा गोष्ट वयानुरूप असावी. जे काही सादर करणार ते  
आपल्याला पूर्णपणे समजले आहे का नाही हे तपासून घ्यावे. त्यातील  
प्रत्येक शब्दांचा अर्थ लक्षात घ्यावा. स्पर्धेसाठी दिलेल्या कालावधीत  
ती कविता, गोष्ट किंवा नाट्यछटा पूर्ण होईल या पद्धतीने सराव करावा.  
आपण पाठांतर करतो तेव्हा योग्य शब्दांवर जोर देणं, शब्दशुद्ध  
उच्चारणे हे देखील तितकेच महत्वाचे आहे. विषय मांडताना त्यामध्ये  
रंग भरा जसे सहज वापरले जाणारे शब्दांचा वापर किंवा त्याला  
अनुरूप प्रस्तावना तुम्ही करू शकतात. सादरीकरण करताना तुमच्या  
आशयामध्ये सहजता वाटायला हवी यासाठी सरावाचा आग्रह धरा.  
विषयाला अनुरूप माहिती आणि साहित्याचा अचूक ताळमेळ  
बसवा.

'अहं ब्रह्मास्मि!' या उपनिषदातील मंत्राचा विवेकानंद नेहमी उल्लेख  
करत असत. ते म्हणत की "प्रत्येक व्यक्ती हे ईश्वराचेच रूप आहे. तो  
स्वतःच ईश्वर आहे. प्रत्येकात अनंत शक्त्यता लपलेल्या आहेत."  
तुमची योग्यता, तुमचे ज्ञान आणि तुमची तयारी हीच तुम्हाला यश  
घायला पुरेशी आहे. स्वामी विवेकानंदांचे हे वाक्य नेहमी लक्षात ठेवा,  
"तुमचा तेहतीस कोटी देवांवर विश्वास असेल, पण स्वतःवर विश्वास  
नसेल, तर तुमचा उद्धार होऊ शकत नाही. स्वतःवर विश्वास ठेवा, ठाम  
रहा आणि सशक्त बना. तेव्हा कौतुक आणि टीका यांचा विचार न  
करता अधिकाधिक स्पर्धेत सहभागी व्हा यश नक्की मिळेलच.





## ग्रंथालय शास्त्र बदलते रूप, आणि मुलांमधील वाचनाची सवय.



सौ. कीर्ती गंधे  
(ग्रंथपाल)

ग्रंथालय शास्त्राच्या क्षेत्रात काम करताना आता जवळजवळ वीस वर्षे झाली. मधल्या काही काळात सक्रिय नव्हते पण आपल्या क्षेत्रात काय चालू आहे याचा मागवा नक्कीच घेत होते. ग्रंथालय शास्त्र आणि माहिती तंत्रज्ञान हे वेगाने वाढत गेलेले आणि संपूर्णतः नवस्वरूपातील कार्यक्षेत्र आहे. वाचन संस्कृतीतून घडलेली पिढी आणि तिच्या विचारांची प्रगल्भता ही आजही तासून पाहिली तरी लखख खणखणीत नाण्याप्रमाणे चमकेल अशीच, आहे हीच वाचनाची आवड आताच्या पिढीमध्ये दिसत नाही, त्यांना सतत सगळ्या गोष्टी त्वरित हव्या असतात त्यांना 'संयम' या शब्दाची बहुदा ऍलर्जी आहे की काय असं वाटायला लागतं?

असो! हा विचारांचा पर्वत कितीही उंचावत नेला तरी संपणार नाही. पण मग मुलं आणि वाचन यांच्याशी त्यांचे नातं कसं जोडलं पाहिजे? हा प्रश्न नक्कीच तुमच्याही मनात आला असेल.

ग्रंथालय हे एक शास्त्र आहे, ग्रंथालय शास्त्राने माहितीच्या क्षेत्रात गेल्या 35 ते 40 वर्षांत अमुलाग्र बदल केला आहे. ग्रंथालयाचे पारंपरिक रूप जाऊन माहिती तंत्रज्ञानाची नववस्त्र परिधान करून ही वीस ते पंचवीस वर्षे होऊन गेलेत पण अजूनही नवनवीन बदल दर दिवसाला घडतात आणि जे काल होते त्याचा जुनेपणा जाऊन ते नवीन पद्धतीने शिकण्यासाठी, नवीन तंत्रज्ञान शिकण्यासाठी आपल्याला सज्ज करतो. चला तर मग मुलांच्या भाव विश्वास जाताना त्यांना पुस्तकांशी गट्टी करायला लावू आणि वाचनाने जसे आपण घडलो तसे त्यांनाही घडवूयात. त्या आधी ग्रंथालय आणि त्याचे बदलते स्वरूप पाहूयात.

ग्रंथालय शास्त्राचे जनक डॉक्टर एस.आर. रंगनाथन म्हणजेच डॉक्टर शियाली रामामृत रंगनाथन. यांनी ग्रंथालय हे एक शास्त्र आहे. हे सर्वप्रथम सांगितले. ग्रंथपाल ग्रंथालयात असतो म्हणजे एखादा

वैज्ञानिक ज्याप्रमाणे आपल्या प्रयोगशाळेत काम करतो किंवा प्रयोग करतो त्याचप्रमाणे 'ग्रंथालय' हे ग्रंथपालाची प्रयोगशाळा आहे त्यात तो वाचकांवर, वाचकांच्या गरजांवर, नव साहित्यावर, शैक्षणिक तसेच दैनंदिन नवीन माहितीवर विविध पद्धतीने प्रयोग करत असतो. असा समाजातील महत्त्वाचा घटक म्हणजे ग्रंथपाल, आणि त्याचा अभ्यास म्हणजे ग्रंथालय शास्त्र. सामाजिक बदल घडवणारी शैक्षणिक विभागाशी संलग्न असणारी अशी प्रयोगशाळा म्हणजे ग्रंथालय.

ग्रंथपाल हा ग्रंथालयात फक्त पुस्तक देण्याचे किंवा घेण्याचे एवढेच काम करत नाही तर त्या अनुषंगाने वाचकाच्या गरजा नुसार कोणत्या प्रकारची पुस्तके विद्यार्थ्यांनी वाचली पाहिजे याची निवड करतो, विद्यार्थी यांना नानाविध स्पर्धांसाठी प्रकल्पांसाठी वाचनाचे साहित्य संदर्भ हे उपलब्ध करून देत असतो. स्पर्धा असो अथवा कार्यक्रमातील निवेदन सूत्रसंचालन कितीतरी बाबतींसाठी ग्रंथालयातील पुस्तके ही वाचकाला अतिशय उपयुक्त असतात. जो असा समाजातील महत्त्वाचा घटक आहे जो समाजातील अशा घटकांवर वाचनाचे विचारांचे संस्कार घडवतो जे त्याच्या भावी आयुष्यासाठी उपयुक्त असतात कोवळ्या मनांवर 'वाचनाची बीजे रुजवण्याचे 'मनस्वी काम तो करतो. अशा सामाजिक बदलाचा महत्त्वाचा घटक म्हणजे ग्रंथपाल व तेथील कर्मचारी असतात.

Short one stories पासून महान व्यक्तींच्या चरित्रांपर्यंत वाचनाची जो ओळख जाणीव करून देतो तो ग्रंथपाल विविध विषयांचे ज्ञान आपल्यापर्यंत पोहोचवणारा वाचक आणि पुस्तकातील दुवा.

डॉक्टर रंगनाथन यांनी ग्रंथालय शास्त्र याची निर्मिती करत असताना पाच मुख्य सूत्रांचा त्यात समावेश केला 'ग्रंथ हे सर्वांसाठी आहेत.' 'प्रत्येक वाचकाला ग्रंथ मिळाला पाहिजे.' 'प्रत्येक ग्रंथाला वाचक मिळाला पाहिजे'. 'वाचकाचा वेळ वाचला पाहिजे' आणि 'ग्रंथालय ही वर्धिष्णू संस्था आहे'. या त्या पाच पंचसूत्री या पाच सूत्रांवरच ग्रंथालय शास्त्र आधारित आहे. ज्यावेळी मोबाईल आणि तंत्रज्ञान प्रगत नव्हतं तेव्हा पुस्तकांवर लोक अधिक अवलंबून होते अगदी एकेका पुस्तकासाठी वाचकांनी आपली नावे नोंदवली असायची आणि ते पुस्तक त्यांना मिळावे यासाठी महाशर्तीचे प्रयत्न केले जायचे.

आता हे सगळं बदललं आहे हे सर्व इतिहास जमा झाला आहे आज मोबाईलच्या एका क्लिकवर सर्व उपलब्ध आहेत पण तरीही वाचक,

युजर, रिसर्चर, स्टुडन्ट हा अपूर्ण आहे उत्कृष्ट वाचनापासून. कारण आपण जेव्हा वाचतो (पुस्तक हातात घेऊन वाचतो) तेव्हा पुस्तकाच्या प्रथम शब्दापासून वाक्याच्या शेवटच्या शब्दापर्यंत, अर्थ कळेपर्यंत आपण वाचतो. तसे मोबाईल स्क्रीनवर होत नाही मेसेज मधील मॅटर नजरे खालून घालतो आणि सोडून देतो. त्यामुळे होतं काय? तुमच्या मेंदूतून संप्रेरित होणारी आनंदाच्या, समाधानाच्या लहरी या कंप पावत नाहीत, आणि त्यामुळे संपूर्ण वाचनाचा, सखोल वाचनाचा आनंद मिळत नाही. मग यासाठी काय केले पाहिजे तर हातात जे काही वाचनीय पडेल ते वाचलं पाहिजे पालकांनी 'फॅमिली टाईम' देऊन (अर्थातच मोबाईल बाजूला ठेवून) मुलांना जवळ घेऊन वाचलं पाहिजे त्यांना मातृभाषेत वाचन करायला मदत केली पाहिजे

आणि आनंद हा असाही मिळवता येतो याची जाणीव करून द्यायला पाहिजे पालकांचा थोडासा वेळ ग्रंथालयातून मिळालेली विद्यार्थ्यांना पुस्तक ही विद्यार्थ्यांनी आणि पालकांनी वाचली पाहिजेत आपल्या शाळेत आपल्या ग्रंथालयाच्या तासाला आपण कथा वाचतोच, गोष्टी ऐकतोच, पण मुलांच्या कानावर जेवढे शब्द अधिक पडतील तेवढ्या त्यांच्या भाषिक विकासात भर पडेल हे नक्की. Audiobook ऐका E books वाचा., पण सर्वात महत्वाचे सुरुवात करा हातात पुस्तक घेऊन वाचा.

"घडलो ज्याप्रमाणे आपण तसे यांनाही घडवण्यात हातात पुस्तक घेऊन वाचाल तर वाचाल याचे महत्त्व पटवून देऊयात.



सौ. स्वाती कानडे  
(मराठी शिक्षिका)

स्नेहसंमेलनासाठी 'काव्यांजली'  
या नावीन्यपूर्ण विषयाचा घेतला आम्ही ध्यास  
मराठीतील सुप्रसिद्ध कवींच्या कविता वाचनाची  
धरली सर्वांनी कास प्रतिभावान कवींचे  
काव्य उलगडण्याचा केला आम्ही अट्टहास काव्य वाचन,  
पाठांतर आणि सादरीकरण यातून माय मराठीचा होईल प्रसार हा  
होता ठाम विश्वास संत एकनाथांची भारुडे,  
गदिमांचे गीत रामायण, सावरकरांची देशभक्ती,  
विंदांच्या बालगीतांनी काव्यांजली नटली.  
माळरानी नृत्यातून ना. धो. महानोर यांना  
वाहिली आम्ही श्रद्धांजली

कुसुमाग्रज, शांता शेळके,  
अनंत भावे, संगीता बर्वे, खेबुडकर,  
गुरु ठाकूर, संकर्षण, वैभव जोशी  
संदीप खरे अन् खारकर यांच्या  
काव्यसादरीकरणातून झाला मराठी भाषेचा विकास  
अशा जुन्या नव्या कवींच्या काव्याची मैफिल सजली खास  
विद्यार्थ्यांचा अपार उत्साह, त्याला शिक्षकांच्या  
मार्गदर्शनाची साथ प्रमुखांचे, पाहुण्यांचे प्रोत्साहन  
वादक अन् निवेदकांची कामगिरी तर एकदमच झकास!  
काव्यरूपी गुंफिली पुष्पांजली संपन्न झाली काव्यांजली !  
माय मराठीच्या कवी- कवयित्रींना  
'व्हिजन' ने वाहिली भावांजली!!



## आसामचे शिवाजी – लाचित बोरफुकन



श्री. पुष्कर काळे

(लेखापरीक्षक आणि कर सल्लागार)

लाचित बोरफुकन हे आसाम, भारतातील एक दिग्गज योद्धा होते, ज्यांनी आक्रमक मुघल सैन्याविरुद्ध आपल्या मातृभूमीचे रक्षण करण्यात महत्त्वपूर्ण भूमिका बजावली. आसामच्या इतिहासात त्यांना नायक म्हणून ओळखले जाते आणि भारतीय उपखंडातील महान सेनापतींपैकी एक मानले जाते.

पूर्व आयुष्य :- लाचित बोरफुकन यांचा जन्म आसाममधील गुवाहाटी येथे १६२२ मध्ये अहोम कुटुंबात झाला. त्यांचे वडील मोमाई तामुली बोरबरुआ हे अहोम राज्याचे प्रमुख अधिकारी होते. लहानपणी, लाचित हे मार्शल आर्ट्सच्या प्रेमासाठी आणि तिरंदाजीतील पराक्रमासाठी ओळखले जात होते. त्याला लहानपणा पासूनच युद्धकलेचे आणि लष्करी डावपेचांचे प्रशिक्षण मिळाले होते.

लष्करी कारकीर्द :- लाचित बोरफुकन यांनी भारताच्या ईशान्य प्रदेशातील सर्वात शक्तिशाली राज्यांपैकी एक असलेल्या अहोम राज्याच्या सैन्यात सैनिक म्हणून आपली लष्करी कारकीर्द सुरू केली. राजा चक्रध्वज सिंघाच्या कारकिर्दीत ते त्वरीत अहोम सैन्याचे सेनापती बनले.

मुघल सम्राट औरंगजेबाची भारतातील ईशान्य प्रदेश जिंकण्याची योजना होती, ज्यामध्ये आसामचा समावेश होता. १६२२ मध्ये त्याने आपला विश्वासू सेनापती मीरजुमला याला आसामवर स्वारी करण्यासाठी पाठवले. मुघल सैन्य सुसज्ज आणि भरपूर शस्त्रसज्ज होते आणि त्यांना अहोम सैन्यावर संख्यात्मक फायदा होता. तथापि, लाचित बोरफुकन यांनी कोणत्याही किंमतीवर आपल्या मातृभूमीचे रक्षण करण्याचा निर्धार केला होता. त्यांनी आपल्या सैन्याची जमवा-जमव केली आणि त्यांना मुघलांविरुद्ध लढाईत समाविष्ट केले. मोठ्या सैन्याचा अभाव असून देखील, लाचित बोरफुकन यांनी आपले लष्करी डावपेच आणि भूभागाचे ज्ञान वापरून मुघलांना मागे

टाकले आणि त्यांच्या सैन्यावर अचानक हल्ले केले.

त्यांच्या युद्धातील सर्वात प्रसिद्ध लढाईपैकी एक होती सराईघाटची लढाई, जी ब्रह्मपुत्रा नदीच्या तटावर १६७१ साली लढली गेली. मुघल सैन्याने नदी ओलांडण्यासाठी आणि आसामवर हल्ला करण्यासाठी नौका आणि जहाजांचा मोठा ताफा जमवला होता. तथापि, लाचित बोरफुकन आणि त्यांच्या सैन्याने मुघल ताफ्यावर भयंकर हल्ला केला, ज्यामुळे अहोम सैन्याचा निर्णायक विजय झाला. लाचित बोरफुकन यांचा आजारपणामुळे १६७२ मध्ये मृत्यू झाला, परंतु त्यांचा वारसा कायम राहिला. आक्रमक मुघलांच्या विरोधात आपल्या मातृभूमीचे रक्षण करणारे महान देशभक्त आणि योद्धा म्हणून त्यांची आठवण आजही काढली जाते. त्यांच्या वीरता आणि शौर्याने आसामी लोकांच्या पिढ्यांना स्वातंत्र्यासाठी लढण्यासाठी प्रेरित केले.

वारसा :- लाचित बोरफुकन हे आसामी संस्कृती आणि इतिहासातील एक आदरणीय व्यक्तिमत्व आहेत. भारताच्या इतिहासातील त्यांचे योगदान हे अमर आहे. त्यांचा वारसा जोपासण्यासाठी दरवर्षी २४ नोव्हेंबर रोजी लाचित दिवस साजरा केला जातो. लाचित बोरफुकन यांच्या शौर्य आणि बलिदानाच्या स्मरणार्थ हा दिवस पोंड, भाषणे आणि सांस्कृतिक कार्यक्रमांसह चिन्हांकित केला जातो. त्याच्या सन्मानार्थ गुवाहाटी, आसाम येथे लाचित बोरफुकन पार्कसह अनेक स्मारके बांधली गेली आहेत. त्यांचे जीवन आणि कर्तृत्व साहित्य, संगीत आणि चित्रपटांमध्ये अमर झाले आहे आणि ते भारताच्या ईशान्य प्रदेशात धैर्य आणि देशभक्तीचे महत्त्वपूर्ण प्रतीक आहेत.

महत्त्वपूर्ण नोंदी :-

- लाचित बोरफुकन यांना आसामचे शिवाजी म्हणून ओळखले जाते.
- अहोम साम्राज्याने कपटी औरंगजेबाला एक-दोनदा नव्हे तर तब्बल १७ वेळेस पराभूत केले होते.
- लाचित बोरफुकन यांच्या हस्तलिखित नोट्सच्या सर्वात मोठ्या ऑनलाइन फोटो अल्बमसाठी आसामने नुकताच नवीन गिनीज वर्ल्ड रेकॉर्ड केला आहे. लाचित बोरफुकन हस्तलिखित टिप्पण्यांचे एकूण ४२,९४,३५० (बेचाळीस लाख चौऱ्याणव हजार तीनशे पन्नास) फोटो सादर केले आहेत.

## अण्णा



शुभांगी राऊत

(पालक - श्रेया जाधव इयत्ता ८ वी - व्हिनस)

निसर्गरम्य कोकणच्या भूमीमध्ये  
रत्नागिरी जिल्ह्यात मुरुड गावी  
केशवराव - लक्ष्मीबाईंच्या उदरी,  
जन्मले स्त्रीउद्धाराचे रत्न प्रभावी

स्त्रियांच्या शिक्षणा करिता असे  
कार्य ते अति मोलाचे जयांचे  
थोर समाजसुधारक, भारतरत्न  
धोंडो केशव कर्वे नाव त्यांचे

बालविवाह, केशवपनसम अनेक  
अन्यायरुढींचा केला त्यांनी नाश  
तोडूनिया अवघेचि रुढीचे ते बंध  
दिला त्यांनीच स्त्रियांना मोकळा श्वास

करुनीया अविरत जीवाचे हो रान  
स्थापियला अनाथाश्रम बालिकांचा  
अन् विधवा विवाहाकरिता केला  
अथक दौरा त्यांनी संपूर्ण महाराष्ट्राचा

हिंगणेत स्त्रीशिक्षण संस्थेची गंगोत्री  
अण्णांची पहिली झोपडी ती तुमदार  
भारत वर्षीय महिला विद्यापीठाचा  
आज बहरलेला इथे वटवृक्ष डेरेदार

महर्षी कर्वे स्त्री शिक्षण संस्था, हिंगणे  
करतसे आज अवघ्या स्त्रियांचा उद्धार  
शैक्षणिक-सामाजिक कार्य करणाऱ्यांना  
मिळे इथे दरवर्षी बायो कर्वे पुरस्कार

आज बहु वास्तूनी गजबजलेल्या  
वैभवसमृद्ध पुण्याच्या परिसरात  
अण्णांची झोपडी उभी राहून जगाला  
सांगते जणू महर्षीतपाचे महाभारत

स्त्रीशिक्षण हा केंद्रबिंदू अण्णांच्या कार्याचा  
मिळवली तयांनी जगती दिगंत किर्ती  
अण्णा थोर भारतरत्न होऊनी गेले  
स्त्रियांचे कैवारी अन् स्त्रीशिक्षणाची स्फूर्ती.....



चित्र - कु. दिव्या करपे  
माजी विद्यार्थिनी



## प्रार्थना



सौ. विप्रदा गद्रे  
(समुपदेशक)

चराचरातील सर्व शक्तीनो ही आमुची प्रार्थना ;  
वचन तुम्हाला आमुचे हे, फळवू फुला-फळाना !  
मोठ्यांचा आदर करू अन छोट्यांशी मैत्री करू ;  
आज एकटे असू तरी, संगे नेवू सगळ्यांना !

प्राणी-पक्षी, झाड-नदी, आपुले असे सर्व जरी ;  
नको त्रास, कचरा कधी, खुशीत ठेवू सगळ्यांना !

अभ्यासावर प्रेम करू अन निसर्गाशी मैत्री धरू ;  
सतत काम काही करू, ही आमुची कामना !

'राग' दादा दूर ठेवू, भांडण-तंटा कमी करू ;  
स्माईल ताई गोड दिसे, हवी तीच सगळ्यांना !

टी.व्ही. काका थोडे थांबा, मस्ती थोडीशी करू चला ;  
गम्मत- जम्मत, मदत कधी, अर्थ मिळे जीवना !



## रायगडाचा राजा



नुपूर परांजपे.  
(इयत्ता १० वी - मर्क्युरी)

रायगडाचा राजा  
सांग ना रे रायगडा  
कसा होता माझा राजा,  
ज्याने निर्माण केले स्वराज्य  
आणि सुखावली प्रजा.  
सांग ना रे रायगडा  
कसा होता माझा राजा ,  
ज्याने छाटली शाहिस्त्याची बोटं  
आणि फाडला अफजल खानाला.  
सांग ना रे रायगडा  
कसा होता माझा राजा ,  
ज्याचे गुरु होते समर्थ  
आणि जननी होती जिजा.  
सांग ना रे रायगडा  
कसा होता माझा राजा,  
ज्याने उभे केले रयतेचे राज्य  
आणि स्वतः झाला प्रजा.



## थोडं तुझं थोडं माझं ...



डॉ. पल्लवी कासंडे  
(समुपदेशक आणि प्रशिक्षक –  
बाया कर्वे स्त्री अभ्यास आणि संशोधन केंद्र)

थोडं तुझं थोडं माझं ...  
थोडसं त्या फुलांकडून घेऊ  
उमलायचं आश्वासन दिलंय नं आपण  
मग एकमेकांच्या साथीने उमलत राहू।

थोडसं आधीचं .. थोडसं नंतरचं ..  
कमी पडलंच तर त्या झऱ्याकडून घेऊ ..  
सतत वाहण्याच ठरवलंय न आपण  
मग न साचता पुढे जात राहू।

कधी कमी तर कधी जास्त  
बहराचं वाण या वेलींकडून घेऊ  
बदलत राहायचं ठरवलंय न आपण  
मग एकमेकांत बदल घडवंत राहू ..।

काही कमी पडणार नाही  
समाधानी राहिलो की  
कशाची अधिक गरज आपल्याला  
आनंद भरून असला की।

कधी विचारावसं वाटलंच तर  
त्या गाणाऱ्या कोकिळेला विचारू  
तप्त उन्हात तिच्या कंठी  
कुठून येतो तो मंजुळ स्वर ?  
त्या डौलात चालणाऱ्या मोराचा  
रंग कुणी आपल्यावरच उधळला तर.. ?

सृजनाचा वसा आपण घेऊ  
कल्पनांची उधळण करत राहू  
प्रेमाचे दवबिंदू कण कण पांघरत  
आपलं जगणं सुंदर करत राहू।

## आई



शरयू काकडे  
(इयत्ता ६ वी - अर्थ)



आई म्हणजे सुखाची छाया  
आई म्हणजे आनंदाची काया

आई म्हणजे सुखाचा झरा  
म्हणूनच थोडं तिच्यासाठी करा

कधीतरी वाटते सगळे द्यावे सोडून  
आईच सांगते मग धागा न धागा ठेवा जोडून

माझ्या आयुष्याची रखुमाई म्हणजे माझी आई  
जी माझ्यासाठी तिच्या जीवाची करते लाही लाही

आई म्हणजे देवांनी दिलेले वरदान  
म्हणूनच मला आई आईचा अभिमान



## घरात काय असावे, काय नसावे..



श्री. कृष्णा खेडकर  
(वर्ग शिक्षक - इयत्ता ९ वी अर्थ )

केवळ आपुल्या स्वार्थासाठी,  
कलह नसावा घरामध्ये  
आपुलकीच्या नात्यामधूनी,  
स्नेह जपावा मनामध्ये.

येणाऱ्याला पाणी द्यावे,  
मुखात वाणी गोड हवी  
जाणाऱ्याला मनात फिरूनी,  
येण्याविषयी ओढ हवी.

ऐसा प्रेमळ माणुसकीचा,  
झरा वहावा मनामध्ये  
केवळ आपुल्या स्वार्थासाठी,  
कलह नसावा घरामध्ये.

अहो भांड्याला लागतेच भांडे,  
विसरून जावे क्षणामध्ये  
परस्परांना समजून घ्यावे,  
अढी नसावी मनामध्ये.

रुसवे फुगवे नको फुकाचे,  
मोद रहावा मनामध्ये  
केवळ आपुल्या स्वार्थासाठी,  
कलह नसावा घरामध्ये.

नित्य काळजी घरात घ्यावी,  
वय झालेल्या व्यक्तींची  
ज्याची त्याला द्यावी जागा,  
वयाप्रमाणे मानाची.

एकमताने निर्णय घ्यावा,  
नको दुरावा मनामध्ये  
केवळ आपुल्या स्वार्थासाठी,  
कलह नसावा घरामध्ये.

लळा जिन्हाळा आत असावा,  
नको उमाळा वरकरणी  
नको कुणाला गर्व धनाचा,  
लीन रहावे प्रभूचरणी.

दिवसा रात्री परमेशाचा,  
ध्यास असावा मनामध्ये  
केवळ आपुल्या स्वार्थासाठी,  
कलह नसावा घरामध्ये.



श्रीमती तनुजा जोशी  
(हिंदी अध्यापिका)

'हमारे स्वास्थ्य और पोषण का खजाना' यानी 'पोषण का पावर हाउस मिलेट'। जी हाँ ३ मार्च २०२३ को अंतरराष्ट्रीय मिलेट वर्ष घोषित किया गया। मिलेट्स का अर्थ - मोटे या छोटे अनाज जैसे कि ज्वार, बाजरा, रागी, कुटकी आदि। भारत में इन अनाजों की खेती ३००० इ.स. पूर्व सिंधु संस्कृति से की जा रही है। आयुर्वेद में भी इन फसलों के गुणों के बारे में विस्तार से बताया है। मोटे अनाज उगाने के लिए कम पानी की आवश्यकता होती है। यह अर्ध क्षेत्रों में उगाये जा सकते हैं और जल की कमी वाले क्षेत्रों में भी फली-फूली कर सकते हैं। मिलेट्स को श्री अन्न के नाम से एक नई पहचान मिली। तुमकुरु जिले में एक जनसभा को संबोधित करते हुए हमारे मा. प्रधानमंत्री नरेंद्र मोदी जी ने कहा था कि श्री अन्न नाम कर्नाटक से लिया गया है, जहाँ मोटे अनाजों को 'सिरी धान्य' कहा जाता है, जो 'श्री धान्य' कहने का बोलचाल का तरीका है, इसी से मिलेट्स को श्री अन्न से भी संबोधित किया गया है।

कोविड संघर्ष और जलवायु परिवर्तन से जुड़ी समस्याओं की चुनौतियों का सामना करने हेतु कृषि और विदेश मंत्रालय की ओर से सेहत स्वास्थ्य के सही पोषण मिलने के लिए मिलेट्स खेती को प्रोत्साहित किया गया। गेहूँ और चावल से बेहतर मिलेट्स होते हैं क्योंकि मिलेट्स में भरपूर मात्रा में प्रोटीन, फाइबर, विटामिन, खनिजों और सूक्ष्म पोषक तत्व है। गेहूँ और चावल में ग्लूटेन की मात्रा ज्यादा होती है। मिलेट्स में अनाज दो वर्गों अंतर्गत मोटे तथा गौण अनाज उगाए जाते हैं। मोटे अनाज में ज्वार, बाजरा और रागी शामिल है, जबकि गौण मोटे अनाज में कंगनी यानी बाजरा के छोटे बीज, कुटकी, कोदो, वेरिगा और साँवा शामिल है। इस मोटे अनाज में ७ से प्रोटीन, २ से ५ प्रतिशत फैट्स, ६५ से ७५ प्रतिशत कार्बोहाइड्रेट, १५ से २०

प्रतिशत फाइबर होता है। मिलेट्स शरीर में स्थित एसिड दूर करता है, इसमें विटामिन B3 होता है, जो शरीर की मेटाबोलिज्म की प्रक्रिया को ठीक रखता है, जिससे कैंसर जैसे रोग नहीं होते, डायबिटीज, अस्थमा, थायरॉइड, यूरिक एसिड, किडनी लीवर से संबंधित रोगों में यह लाभदायक है। यह पाचन तंत्र में सुधार करने में भी मदद करता है। मिलेट्स शरीर को डिटॉक्सिफाई करता है। इन गुणधर्मों के कारण, मिलेट्स हृदय स्वास्थ्य को बढ़ावा देने और कोलेस्ट्रॉल के स्तर को नियंत्रित करने में मदद कर सकते हैं। इनका सेवन करने से पौष्टिकता की माँग पूरी होती है और शारीरिक स्वास्थ्य पर अच्छा प्रभाव पड़ता है। इसलिए वजन घटाने के लिए डाइटिशियन भी यही खाने का सुझाव हमेशा देते हैं।

आजकल छोटे बच्चों से लेकर बूढ़ों तक जंक फूड यानी कोल्ड ड्रिंक, बर्गर, पिज्जा, नूडल्स आदि। खाने का प्रचलन बढ़ता ही जा रहा है लेकिन यह हमारे स्वास्थ्य के लिए काफी हानिकारक है, आमतौर पर जंक फूड देखने में बहुत ही आकर्षक और स्वादिष्ट चटपटा होता है इसलिए सभी इसे खाना पसंद करते हैं। हमें अच्छा स्वास्थ्य रखना है तो हमें जंक फूड का इस्तेमाल बंद करना चाहिए। हमें भोजन हमेशा स्वाद के लिए नहीं बल्कि स्वस्थ रखने के लिए करना चाहिए। जंक फूड तेलीय होते हैं और उनमें पोषक तत्वों की कमी होती है इस कारण उन्हें पचाने में काफी कठिनाई होती है। किशोर वहीं छोटे बच्चे भी मोटापे का शिकार भी हो जाते हैं। मिलेट्स के बीजों से बनाई जाने वाली रोटियाँ, खिचड़ी, पुलाव, डोसा, लड्डू आदि कई प्रकार के खाद्य पदार्थ बनाए जाते हैं इनका सेवन हमारे भोजन में जरूर करना चाहिए। इसलिए

जंक फूड का सेवन छोड़िए,  
मिलेट से नाता जोड़िए,  
खेलकूद और व्यायाम कीजिए,  
बीमारियों को दूर भगाइए।





## सफेद लड्डू



श्रीमती स्वाती कुलकर्णी  
(प्राथमिक विभाग अध्यापिका)

गर्मियों के मौसम में शरीर को ठंडा रखने में मदद करनेवाला साबूदाना यानी सागो है। साबूदाना किसी अनाज से नहीं बनता, बल्कि यह सागो पाम नामक पेड़ के तने के गूदे से बनता है। यह तो सबको पता है कि हम इसे उपवास में खाते हैं लेकिन यह अपनी सेहत के लिए बहुत ही फायदेमंद होता है चलिए आज जानेंगे साबूदाना मतलब सागो के फायदे और उससे जुड़ी बनी एक बहुत ही आसान रेसिपी जो सभी को पसंद आएगी।

### फायदे

- हड्डियों के लिए - साबूदाना में विटामिन-के, आयरन, कैल्शियम पर्याप्त मात्रा में पाए जाते हैं जो हड्डियों के लिए लाभदायक है।
- ब्लड सर्कुलेशन के लिए -साबूदाना में आयरन प्रचुर मात्रा में पाया जाता है, यह शरीर में खून की कमी को पूरा कर सकता है।
- हाई ब्लड प्रेशर के लिए- जिन लोगों को हाई ब्लड प्रेशर की समस्या है, इसमें मौजूद पोटैशियम के खून जमने की जोखिम को कम करता है। इसके सेवन से खून का प्रवाह शरीर के हिस्सों में बढ़ सकता है।
- प्रोटीन सोर्स - इसमें प्रोटीन पर्याप्त मात्रा में पाया जाता है। यह शाकाहारी लोगों के लिए प्रोटीन का अच्छा स्रोत है।
- पाचन शक्ति बढ़ाने के लिए - फाइबर की वजह से ये पाचन के लिए बेहद लाभकारी है। इसके सेवन से कब्ज, सूजन आदि समस्याओं से राहत मिल सकती है।

- वजन बढ़ाने के लिए - साबूदाना में कार्बोहाइड्रेट और कैलोरी अच्छी मात्रा में पाए जाते हैं। और इससे वजन बढ़ाता है।

### सागो के लड्डू-

हम सागो के लड्डू बनाने की रेसिपी देखेंगे जो बच्चों को छोटे टिफिन में तथा बड़ों को उपवास में बना सकते हैं। यह बहुत पौष्टिक होते हैं।

### सागो के लड्डू के लिए सामग्री -

दो कटोरी सागो, मखाने आधी कटोरी, दो कटोरी पिसी हुई शक्कर, बादाम, काजू, किशमिश, पिस्ता आपका पसंदीदा ड्राई फ्रूट्स आप यहाँ डाल सकते हैं। सुगंध के लिए इलायची पाउडर और एक से डेढ़ कटोरी पिघला हुआ घी।

### बनाने की विधि-

सागो को एक चम्मच घी डालकर धीमी आँच पर अच्छे से भुने। अच्छे से भूने के बाद ठंडा करके उसको पीस लो। उसके साथ आप मखाना थोड़े -से घी में भूनकर डालिए। इसको भी अच्छा - सा पीस लीजिए। शक्कर को भी आपको पीस कर लेना है। ड्राईफ्रूट्स भी छोटे-छोटे टुकड़े में काट लो। अब सागो और मखाने की पिसी हुई पाउडर, पिसी हुई शक्कर, ड्राई फ्रूट्स के टुकड़े, थोड़ा -सा इलायची पाउडर बड़े बर्तन में मिक्स करें और इसमें पिघला हुआ गरम घी डाल दो। अब उसे अच्छे से मिक्स करके छोटे - छोटे लड्डू बनाए।



## नई शिक्षा नीति (N.E.P.)



**श्रीमती हर्षदा देवी**  
(प्राथमिक विभाग अध्यापिका)

नई शिक्षा नीति को ३४ वर्षों की पिछली शैक्षणिक नितियों को बदलने के लिए लागू किया गया था। नई प्रणाली जो अभी भी लागू होने की प्रक्रिया में है, ऑनलाइन सीखने, स्कूल के घंटों में वृद्धि और रटने की पारंपारिक पद्धति से हटकर ध्यान केंद्रित करती है। प्रधानमंत्री नरेंद्र मोदीजी के निर्देशन में मानव संसाधन विकास मंत्रालय (एम.एच.आर.डी) द्वारा नई शिक्षा नीति पेश की गई। राष्ट्रीय शिक्षा नीति २०२० को केंद्रीय मंत्रिमंडल द्वारा मंजूरी मिलने के बाद २९ जुलाई २०२० को लागू की गई थी।

### नई शिक्षा नीति लागू करने का उद्देश्य।

- इस नीति को लागू करने के पीछे सरकार का प्राथमिक उद्देश था कि भारत में शिक्षा के मानक को वैश्विक स्तर तक उठाए, जिससे देश ज्ञान आधारित क्षेत्रों में अग्रणी बन सके। १९८६ में बनाई गई राष्ट्रीय शिक्षा नीति के बाद सीधे २०२० में यानी ३४ वर्ष बाद इस में कोई बदलाव कर नई शिक्षा नीति बनाई गई। इतने सालों में शिक्षा नीति यानी पठन-पाठन के तरीकों में कोई खास बड़ा बदलाव नहीं हुआ था।
- १९८६ और १९९२ में जारी की गई नई शिक्षा नीति, इसके संशोधन अपने समय के अनुकूल थे और वर्तमान नीति के लिए मार्गदर्शक के रूप में कार्य करते थे। लेकिन, इन नितियों के बाद और विशेष रूप से १९९२ के बाद से समाज, अर्थव्यवस्था, देश और दुनिया में बड़े बदलाव हुए हैं। आज दुनियाभर में स्कूल और कॉलेजों में दी जानेवाली अधिकांश शिक्षा और अर्जित कौशल अगले ३० वर्षों में उपयोगी नहीं होंगे। हमारी शिक्षा प्रणाली पहुँच गुणवत्ता और व्यावसायिकता की कमी की सदियों पुरानी समस्याओं से ग्रस्त थी। हलांकी हमने साक्षरता दर

में उल्लेखनीय वृद्धि की है लेकिन, 'बुनियादी शिक्षा' वास्तविकता से बहुत दूर है।

- रटने के खराब परिणाम, पाठ्यपुस्तक शिक्षण और वास्तविक जीवन के व्यवसायों के बीच अंतर, ग्रामीण-शहरी सार्वजनिक शैक्षिक क्षेत्र में भारी असंतुलन भी नई शिक्षा नीति के जन्म का कारण बनी।
- उदारीकरण के बाद शिक्षा क्षेत्र के बाजारीकरण ने शैक्षणिक संस्थानों की अतार्किक वृद्धि की है जिससे स्नातको की संख्या और संबंधित क्षेत्र में असंतुलन पैदा कर हमारे देश में 'शिक्षित बेरोजगार' की एक श्रेणी बना दी है।
- औपचारिक शिक्षा की अनुपयोगिता की धारणा और वास्तविक जीवन की समस्याएँ और उपयोग करने में असमर्थता, स्कूल छोड़ने की दर लगातार ऊँची बनी हुई थी।

### नई शिक्षा नीति के प्रमुख सिद्धांत:

- प्रत्येक बच्चे की क्षमता निर्धारित करना और उसका पोषण करना।
- कक्षा ५वी तक छात्रों की भाषा, गणित और सामान्य ज्ञान के साथ साथ इंटरएक्टिव स्किल्स बढ़ाने पर जोर दिया जाएगा।
- ५वी क्लास तक मातृभाषा, स्थानीय या क्षेत्रीय भाषा में पढ़ाई का माध्यम रखा जाएगा।
- कक्षा ६ ठी, ७वी के विद्यार्थियों को मल्टी डिसिप्लिनरी कोर्स के जरिए प्रतियोगी परीक्षा के लिए तैयार किया जाएगा।
- बच्चों के पढ़ने और संख्यात्मक ज्ञान को बढ़ाना।
- सीखने के लिए लचिले अवसर प्रदान करना।
- कक्षा ९वी से १२वी तक के छात्रों के लिए भी मल्टी डिसिप्लिनरी कोर्स डिज़ाइन करना।
- उसके साथ ही छात्रों की रुचि के आधार पर उन्हें आगे बढ़ाने पर फोकस किया जाएगा।
- संगीत, खेल या कुकिंग आदी स्किल्स को मजबूत करके उन्हें भविष्य में रोजगार तलाशने के लिए तैयार किया जाएगा।
- बच्चों को इतना हुनरमंद बना दिया जाएगा कि उनके साथ देश का विकास हो सके।



- अब भर्तियां मेरिट के आधार पर होगी।
- ECCE यानी अर्ली चाईल्ड हूड केअर अंड एज्युकेशन के जरीए बच्चों की देखभाल को शिक्षा में जोड़ा जाएगा।
- तीन-चार वर्षों के ग्रंज्युएशन के दौरान छात्रों के पास मल्टिपल एन्ट्री और एक्झिट का ऑप्शन रहेगा।
- कक्षा ६ ठी से, छात्र वोकेशनल एज्युकेशन के साथ अप्रेंटिस भी करेंगे। इससे १२ वी के बाद कामधंदा करने में उन्हें फायदा मिलेगा।
- साल २०३० तक स्कूल शिक्षा में १००% ग्रॉस एनरोलमेंट रेशिओ के साथ माध्यमिक स्तर तक एज्युकेशन फॉर ऑल का लक्ष्य रखा गया है, जिससे स्कूल से दूर रहे दो करोड़ बच्चों को मुख्य धारा में लाया जाएगा।
- नई प्रणाली में प्रीस्कूलींग के साथ १२ साल की स्कूली शिक्षा और तीन साल की आंगनवाडी होगी। इसके तहत छात्रों की शुरुवाती स्टेज की पढाई के लिये तीन साल की प्रीप्रायमरी और पहिली तथा दुसरी क्लास को रखा गया है। अगले स्टेज में तिसरी, चौथी और पांचवी क्लास को रखा गया है। इसके बाद मिडल स्कूल यानी ६-८ वी कक्षा में सब्जेक्ट का इंट्रोडक्शन कराया जायेगा।
- सभी छात्र केवल तिसरी पाँचवी और आठवी कक्षा में परीक्षा देंगे। १०वी और १२वी की बोर्ड की परीक्षा पहले की तरह जारी रहेगी लेकिन बच्चों के समग्र विकास करने के लक्ष्य को ध्यान में रखते हुए नया स्वरूप दिया जाएगा।
- एनसीइआरटी आठ वर्ष की आयु तक के बच्चों के लिए प्रारंभिक बचपन, देखभाल और शिक्षा के लिए एक राष्ट्रीय पाठ्यक्रम और शैक्षणिक ढाँचा विकसित करेगा।
- स्कूलों में शैक्षणिक धाराओं, पाठ्येतर गतिविधियों और व्यावसायिक शिक्षा के बीच खास अंतर नहीं किया जाएगा।
- सामाजिक और आर्थिक नजरिएसे वंचित समूहों की शिक्षा पर विशेष जोर दिया जाएगा।
- म्युझिक और आर्ट्स को बढ़ावा दिया जायेगा। पाठ्यक्रम में लागू किया जाएगा।

इस प्रकार नई शिक्षा नीति गतिविधि आधारित शिक्षा नीति है। नई शिक्षा नीति छात्र केंद्रीय शिक्षण पद्धति है। यह बच्चों की इंद्रियों को उत्तेजित कर स्मेल, विहजन, फिलिंग और व्यावहारिक गतिविधियों को शामिल करने के लिए प्रोत्साहित करती है।

### निष्कर्ष

यह भारतीय मूल्यों से विकसित शिक्षा प्रणाली है जो सभी को उच्च गुणवत्ता शिक्षा उपलब्ध कराकर और भारत को वैश्विक ज्ञान महाशक्ति बनाकर भारत को एक जीवंत बनाए समाज में बदलने के लिए प्रत्यक्ष रूप से योगदान करेगी।

इस नीति का विजन है छात्रों में, भारतीय होने का गर्व, केवल विचार में नहीं बल्कि व्यवहार, बुद्धि और कार्यों में भी रहे, साथ ही ज्ञान, कौशल, मूल्यों और सोच में भी हो जो मानव अधिकार, स्थाई विकास और जीवनयापन तथा वैश्विक कल्याण के लिए प्रतिबद्ध भी हो ताकि वह सही मायने में एक योग्य नागरिक बन सकें।



## यदि मैं चींटी होती तो...



आंशिका शितोळे

(कक्षा छठी - मक्यूरी)

बहेती हवा की जरूरत है जैसे,  
ताजगी के लिए,  
बस एक पावडर चाहिए,  
चींटियों के लिए।  
चींटियों के लिए।  
बाते कर बैठे जमी पे,  
बाते कर बैठे जमी पे,  
मीठा गिराते हुए,  
तभी चींटियाँ झुंड में आए,  
काटने के लिए।  
काटने के लिए।  
बस एक पावडर चाहिए,  
चींटियों के लिए।  
चींटियों के लिए।

क्यों? सबको याद आया ना? चींटियों ने काटकर सुजाया हुआ?

आsss आ sss आsss ...! बस्!

हमे तो यही एक पावडर चाहिए, जो चींटियों को खत्म कर सके। पर आपने कभी ये सोचा है कि यदी आप चींटी होते तो.....? इत्तीसी चींटी से आपको क्या क्या सीखने को मिलता है? मैं बताती हूँ, यदि मैं चींटी होती तो?... हाँsss तो मेरा नाम होता, गुनगुन...! अहाहा!

मैं चींटी होती तो कितनी हलकी होती और किसी भी पेड़ के पत्ते पर आसानी से चढ़कर आप इंसानों के मजे देखती। मुझसे छिपा कर जो आप लोग बड़े या छोटे से डिब्बे में मिठाईयाँ रखते है ना? तो भी मैं उसमें झटसे घुसकर अपने साथियों के साथ उस मिठाई का आनंद लेती क्योंकि मैं छोटी से छोटी दरार से भी आसानी से गुजर जाती।

यदि मैं चींटी होती तो.... अपने छोटे आकार के अलावा मैं इस बात का सबूत होती कि इस दुनिया में हर जीवित चीज़ की एक महत्वपूर्ण भूमिका होती है, और हमारे आकार या स्थिति की परवाह किए बिना, अगर हम एकजुट होते हैं और अपने लक्ष्य की दिशा में मिलकर काम करते हैं, तो हम निश्चित ही एक अच्छी ऊँचाई को पा सकते हैं।

काश यदि मैं सचमुच चींटी होती तो.....!

नन्ही चींटी हमें सिखाती,  
बिना रूके बढ़ते जाना  
सर्दी, गर्मी हो या बारिश,  
बस यूँ ही चलते जाना।  
आलस का कोई काम नहीं,  
रखती अपने काम से काम  
नन्हा सा ये जीव देखो,  
मेहनत का देता पैगाम।





## पहेलियाँ



श्रीमती सुवर्णा तांबे  
(हिंदी अध्यापिका)

- १) शुरू कटे तो कान कहलाऊँ,  
बीच कटे तो मन बहलाऊँ |  
परिवार की मैं करूँ सुरक्षा  
बारिश, आँधी, धूप से रक्षा |
- २) एक पेड़ की तीस है डाली  
आधी सफेद आधी काली |
- ३) बीसों का सिर काट लिया  
ना मार और ना खून बहाया |
- ४) देखी रात अनोखी वर्षा,  
सारा खेत नहाया |  
पानी तो पूरा शुद्ध था,  
पर पी न कोई पाया |
- ५) नकल उतारे सुनकर वाणी,  
चुपके - से सुने सबकी कहानी |  
नील गगन है इसको भाए,  
चलना क्या उड़ाना भी आए |
- ६) करती नहीं यात्रा दो गज,  
फिर भी दिन भर चलती है।  
रसवंत है, नाजूक भी,  
लेकिन गुफा में रहती है।

- ७) नहीं सुदर्शन चक्र मगर  
मैं चकरी जैसा घूमता - फिरता |  
सर के अपने उल्टा लटका,  
फर्श पर नहीं उतरता।

- ८) दो सुंदर लड़के दोनों एक रंग के  
एक बिछड़ जाए तो दूसरा काम ना आए।

- ९) एक सिंग की ऐसी गाय  
जितना दो उतना ही खाए |  
खाते-खाते गाना गाए,  
फिर भी उसका पेट न भर पाए।

- १०) एक बूढ़े के बारह बच्चे,  
उनमें से है कई छोटे कई बड़े।  
कोई गर्म तो कोई ठंडे।  
बतलादो नहीं तो खाओ डंडे।

- ११) धरती में मैं पैर छिपाता  
आसमान में शीश उठाता।  
हिलता-डोलता पर कभी न चलता,  
पैरों से अन्न ग्रहण करता।

- १२) बीमार न रहती,  
फिर भी गोली मैं खाती।  
बच्चे-बूढ़े सब डर जाते,  
जब वे उसकी बोली सुनते।

- १३) एक हाथ है लकड़ी की डंडी,  
बने हुए हैं इसमें आठ घर |  
ज्यों-ज्यों हवा जाए उस भवन में,  
त्यों-त्यों निकले हैं मीठे स्वर |

- १४) पगरी में भी गगरी में भी  
और तुम्हारी नगरी में भी।  
कच्चा खाओ, पक्का खाओ  
ऊपर से सिर में तेल लगाओ।

- १५) ऊँट की बैठक, हिरन की चाल,  
एक जंतु ऐसा, जिसके दुम ना बाल |
- १६) राजा के महल में रानियाँ पचास  
सिर पटके दीवार से, जलकर होए खाक।

- १७) मैं हूँ हरी बच्चे मेरे काले  
मुझे छोड़ बच्चे मेरे खा लें।

- १८) पानी में पैदा होता  
पानी में ही, मर जाता।  
भोजन में मैं सदा रहता।  
रसोईघर से मेरा गहरा नाता।

- १९) बिन धोये सब खाते हैं,  
खाकर ही पछताते हैं |  
बोलो ऐसी चीज है क्या,  
कहते समय क्यों शरमाते हैं ?

- २०) काली-काली एक चुनरिया,  
जगमग-जगमग मोती |  
आ छाती धरती के ऊपर  
तब सारी दुनिया सोती |



एक हाथ है लकड़ी की डंडी,  
बने हुए हैं इसमें आठ घर |  
ज्यों-ज्यों हवा जाए उस भवन में,  
त्यों-त्यों निकले हैं मीठे स्वर |

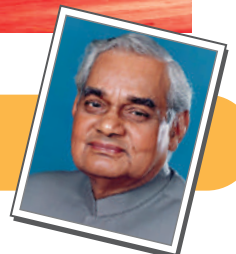
- जवाब



## Glimpses of Annual Day - Pre-Primary Section



अटल बिहारी वाजपेयी - कदम मिला कर चलना होगा, मैं न चुप हूँ, आओ फिर से दिया जलाएँ, कौरव कौन कौन पांडव,  
दूध में दरार पड़ गई, पुनः चमकेगा दिनकर, न दैन्यं न पलायनम्, मैंने जन्म नहीं मांगा था!





## Glimpses of Annual Day Primary and Secondary Section



प्रदीप(रामचन्द्र नारायणजी द्विवेदी) -  
ए मेरे वतन के लोगो, इन्साफ की डगर पे, दे दे हमें आज़ादी





## Glimpses of Annual Day Primary and Secondary Section



लता पंत -  
नीम, मत भूलो





## Glimpses of Annual Day Primary and Secondary Section

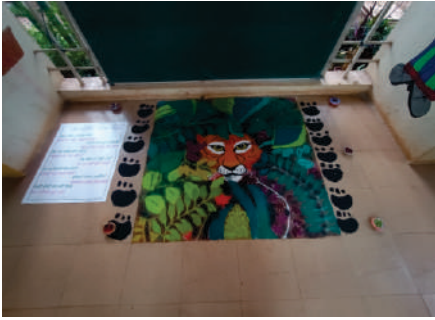


अयोध्यासिंह उपाध्याय (हरिऔध) -  
कर्मवीर, फूल और काँटे





## Deep Utsav



केदारनाथ अग्रवाल -  
बसंती हवा, गाँव का बरगद





शब्दांचे हे जग सारे,  
शब्दांनीच रचली नाती,  
या शब्दांच्या विश्वातली,  
जगते ही 'काव्यांजली'.

