



MAHARSHI KARVE STREE SHIKSHAN SAMSTHA's



# Vision English Medium School

Insight 2025-26





## FOUNDER

**Late Maharshi Dhondo Keshav Karve**



### President

Smt. Smita Ghaisas

### Vice-President

Shri. Shashikant Sutar  
Dr. Dhananjay Kelkar  
Shri. Sagar Dhole Patil  
Smt. Smita Kulkarni  
Shri. Kedar Shalgar

### Life Workers

Smt. Kanchan Satpute  
Shri. Pradeep Joshi  
Dr. Meena Ganapathy  
Smt. Swati Shende  
Smt. Suman Tambe  
Smt. Vidya Rao

### Chairman

Shri. Ravindra Deo

### Vice-Chairman

Shri. Anand Lele

### Trustees

Shri. Purushottam Lele  
Shri. Rajendra Jog  
Shri. Atul Nagras

### Secretary

Dr. P. V. S. Shastry



### Managing Committee Members

Shri. Ravindra Deo  
Dr. Anand Lele  
CA Abhay Kulkarni  
Smt. Seema Kamble  
Shri. Dattaji Thorat  
Late Adv. Prabhakar Sonpatki  
Shri. Mandar Parkhi  
Smt. Uma Joshi  
Shri. Satyajit Chitale  
Smt. Vijaya Pangave  
Shri. Dhananjay Wadekar

### Employee's Representative

Shri. Pradeep Waje

### Among Grantable Units

Smt. Shubhangi Tambat

### Among Non-Grantable Units

Shri. Ajay Purandare

## SCHOOL COMMITTEE

### Chairperson

Smt. Vijaya Pangave

### Members

Smt. Seema Kamble  
Shri. Mandar Parkhi  
Smt. Kanchan Satpute  
Smt. Vidya Rao

### Headmistress

Smt. 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. Ashwini Railkar  
Smt. Rashmi Panhalkar  
Smt. Neha Gadgil

### Non-Teaching Staff

### Representative

Smt. Smita Wankhede

वसुधैव कुटुम्बकम्! The whole world is one family.

## Managing Committee Members



President  
Smt. Smita Ghaisas



Chairman  
Shri. Ravindra Deo



Vice Chairperson  
Shri. Anand Lele



Managing Committee Member  
and School LMC Chairperson  
Smt. Vijaya Pangave



Managing Committee  
Member  
Shri. Satyajit Chitale



Managing Committee  
Member  
Shri. Dhananjay Wadekar



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  
Late Adv. Prabhakar Sonpatki



Managing and School  
Committee Member  
Smt. Seema Kamble



Managing Committee  
Member  
Smt. Uma Joshi



Managing and School  
Committee Member  
Shri. Mandar Parkhi



Life Worker and School  
Committee Member  
Smt. Kanchan Satpute



Life Worker and School  
Committee Member  
Smt. Vidya Rao

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते।  
There is nothing more purifying than knowledge.

## Vision Staff



**Pre-Primary Section**



**Primary Section - Std. 1 and 2**



**Primary Section - Std. 3 to 5**



**Secondary Section**

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।  
Your right is only to perform your duty, never to the fruits thereof.

## Vision Staff



**Office Staff**



**Sevak Sevikas**



**Security Staff**



**Cleaning Staff**

धैर्यं सर्वत्र साधनम्।  
Patience is useful everywhere.

## EC Member 2025-26

**Mrs. Vrushali Sahasrabudhe (President)**  
**Mrs. Sonal Joshi (Secretary)**

Std	Name of the Teacher	Executive Committee Member
Mini K. G.	Mrs. Nisha Deshpande	Mrs. Supriya Mote
Jr. K. G.	Mrs. Pradnya Joshi	Mrs. Dhanashree Dharwadkar
Sr. K. G.	Mrs. Ashwini Khankale	Mr. Aditya Bhosale
Std. 1	Mrs. Asavari Deshpande	Mr. Sachin Pawar
Std. 2	Mrs. Lataa Umbarkar	Mr. Viraj Rupanawar
Std. 3	Mrs. Dhanashri Phadake	Mrs. Dhanshri Malkar
Std. 4	Mrs. Bhagyashri Khule	Mrs. Kalyani Tiwari
Std. 5	Mrs. Sonal Joshi	Mrs. Charushila Tavhare
Std. 6	Mrs. Aishwaryya Shinde	Mr. Santosh Janrao
Std. 7	Mrs. Swati Kanade	Mrs. Aarti Shendkar
Std. 8	Mrs. Suvarna Tambe	Mrs. Gouri Kulkarni
Std. 9	Mrs. Geeta Vaze	Mrs. Rupali Chandawadkar
Std. 10	Mrs. Archana Kanoujia	Mr. Parag Akole



सहना ववतु। सह नौ भुनक्तु।  
May we be protected together. May we be nourished together.

# The Students Council

## Head Boy



Siddhesh Baikar  
(X - E)

## Head Girl



Reva Patil  
(X - M)

## Prefect



Shravani Khopade  
(X - V)

## Captains

### Prithvi House

## Vice- Captains



Sarvesh Dharurkar  
(IX - E)



Anvi Gole  
(IX - M)



Yuvraj Jadhav  
(IX - V)



Avani Kulkarni  
(IX - V)

### Akash House



Kaivalya Wakhare  
(IX - M)



Abhidnya Kulkarni  
(IX - M)



Kooshagra Gujrathi  
(IX - M)



Anushree Gholap  
(IX - M)

### Trishul House



Shreechaitanya Patil  
(IX - E)



Nupur Ghadshi  
(IX - M)



Arjun Deokar  
(IX - M)



Harshita Walhekar  
(IX - E)

### Agni House



Prajwal Nimbalkar  
(IX - E)



Madhura Kumbhar  
(IX - M)



Shravan Borase  
(IX - E)



Swaranjali Jagtap  
(IX - M)

## SSC Board Toppers 2024-25 Rank Holders



1<sup>st</sup>

Mrunmayee Kulkarni 98.4%  
Highest in  
Sanskrit - 100/100  
Science - 99/100



2<sup>nd</sup>

Sae Sontakke 98.2%  
Highest in English - 96/100  
Sanskrit - 100/100  
Science - 99/100  
SST - 97/100



3<sup>rd</sup>

Ojas Jagtap 97.6%  
Highest in  
Mathematics - 100/100  
Science - 99/100

## Subject Toppers



Trisha Chougale  
Hindi + Sanskrit - 96/100



Arya Joshi  
Sanskrit - 100/100



Avnish Bangale  
Sanskrit - 100/100  
Mathematics - 100/100



Arya Shinde  
Sanskrit - 100/100



Ananya Mule  
Marathi - 92/100



Samiksha Kute  
Marathi - 92/100



Tashvi Ayachit  
Science - 99/100

## Scholarship Holders for A.Y. 2024-25



Arnab Hasabnis (V - E)  
77.18%  
(शहरी सर्वसाधारण - Rank 317)



Srujal Mhasawade (VIII - M)  
70.95%  
(शहरी सर्वसाधारण - Rank 336)

अर्जुनस्य प्रतिज्ञे द्वे न दैन्यं न पलायनम्।  
Arjuna had two vows - never to be helpless and never flee.

## Dr. Homi Bhabha Balvaidnyanik Competition Result - 2025-26



Swadha Bhagwan  
(VI - M)



Arnav Yermalkar  
(VI - M)

## Geography Talent Search Examination - 2025-26



Hem Girme  
(X - M)



Gauri Parmali  
(VII - M)



Soham Dhule  
(IX - E)

### MTS Exam Result 2024-25

Sr. No.	Name of the Student	Std. and Div.	Prize
1	Hem Girme	IX - M	Consolation Prize
2	Avnish Bangale	X - M	District Level Prize
3	Rajas Bhate	X - M	Consolation Prize
4	Swara Gole	X - M	Consolation Prize
5	Arvind Hajare	X - M	Special Prize
6	Ojas Jagtap	X - M	Special Prize
7	Aayush Shinde	X - M	Special Prize
8	Sae Sontakke	X - M	Special Prize
9	Om Yenpure	X - V	Special Prize



**MTS Exam Interview Guidance Lecture  
by CECAW at Samstha**

विद्या ददाति विनयं।  
Knowledge gives humility.

## Olympiad Medalists 2025-26 Qualified for 2nd level (Medal of Excellence)



Anvi Joshi  
NSO (II - V )  
(Gifts Worth Rs. 500/-,  
Gold Medal of Distinction,  
International,  
Zonal Regional Rank -13)



Mayank Tamang  
IMO (V - E)  
(Gold Medal of Distinction,  
Zonal Rank 10, International Rank 14,  
Regional Rank - 11  
NSO Qualified for 2nd level)



Isha Velapurkar  
IMO (III - M)



Ira Unavane  
IMO (IV - V)



Arnav Hasabnis  
IMO (VI - E)



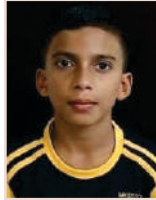
Harsh Jagtap  
IMO (VII - V)



Ayushman Sonawane  
NSO (III - M)



Satyarth Gunale  
NSO and IEO (IV - E)



Aayush Kela  
NSO (VI - E)



Kavya Karale  
NSO (VII - M)



Parth Zavar  
IEO (III - E)



उद्यमेन हि सिद्धान्ति कार्याणि न मनोरथैः।  
Tasks succeed through effort, not by mere wishes.

## Marathi Olympiad Special Appreciation and Medal

Sr. No.	Students Name	Std. and Div.
1	Ira Unawane (Medalist)	IV - E
2	Anvi Dhumal	III - M
3	Laukya Latthe	III - V
4	Mahi Pawar	III - E
5	Avika Ghorpade	III - E
6	Shreeram Dimble	III - E



लोकाः समस्ताः सुखिनो भवन्तु।  
May all the people be happy.



## From the HM's Desk

As we draw the curtains on yet another enriching academic year, I look back with immense pride and gratitude at the journey we have undertaken together. This year, guided by our theme "Antaranga" focusing on the emotional development of our children - we made conscious efforts to nurture not only young minds but also compassionate hearts. I am pleased to share that all planned activities were conducted successfully, reflecting the dedication and synergy of our teachers, students, and parents.

The pre-primary section has truly embodied joyful and experiential learning. Activities such as reading, mud play, and water play have enriched their learning experiences. Our Sr. K. G. students have developed confidence, acquired new vocabulary, and are now well prepared to step into Std. 1 with enthusiasm and readiness.

This year also marks the third successful year of implementing the Foundation Stage in alignment with the National Curriculum Framework. I am delighted to share that our young learners have shown exceptional progress. The introduction of Sanskrit from Mini K. G. has notably enhanced speech clarity and strengthened linguistic skills among our children, laying a strong foundation for future learning.

Students from Std. 3 to 10 were provided with a

wide range of opportunities including academic enrichment, workshops, extra classes, and scholarship guidance sessions. These initiatives have helped us realize that our students are steadily preparing to embrace 21<sup>st</sup> century skills. As educators, we carry an important responsibility of equipping them with competencies that go beyond textbooks.

In alignment with the National Education Policy, the school is committed to providing diverse and meaningful learning opportunities. We understand that the future demands adaptability, and our students must be equipped with multiple skill sets to navigate the dynamic world where career paths may evolve over time. Keeping this in mind, we have organized and will continue to organize enhanced learning activities that expose students to various skills, helping them discover and nurture their interests. These activities aim to complement technological advancements and enable students to explore skills that they may pursue as hobbies or future career options.

Working closely with today's generation of learners, we increasingly realize that every child is a reservoir of immense potential. This potential, however, flourishes best when nurtured with care, affection, discipline, and meaningful challenges that inspire growth. These children need to be

धर्म एव हतो हन्ति धर्मो रक्षति रक्षितः।

Vitiating dharma vitiates. Protected dharma protects.

heard with patience, understood with sensitivity, and treated with respect. It is, therefore, our shared responsibility as educators and parents to create a supportive and positive environment that offers them ample opportunities to explore, express, and evolve in a constructive manner, enabling them to truly realize their capabilities.

We have consistently emphasized three simple yet powerful practices: performing 13 Surya Namaskars daily, seeking blessings from elders, and offering evening prayers together as a family. Though these may appear small, they have had a profound impact on the discipline, emotional well-being, and value system of our students. I am sure our dear students will follow them in the vacations as well.

In today's digital age, social media has become an integral part of life, influencing children significantly. It is crucial for both parents and schools to work hand in hand to guide children towards using these platforms responsibly and productively, ensuring they remain focussed and balanced.

Education is indeed the most valuable investment we can make in our children. It shapes them into responsible, aware, and compassionate citizens. At our school, we have always strived to instil these qualities in our students. As India progresses towards becoming a leading global economy, it is imperative that we build a strong foundation for our children - one rooted in values, knowledge, and skills. We remain committed to providing diverse opportunities and meaningful exposures to help them grow into capable and responsible individuals. I would like to take this opportunity to sincerely appreciate the relentless efforts of our teaching staff, non-teaching staff, and sevak varg for ensuring the smooth coordination and successful execution of all school activities throughout the year. It fills me

with immense pride to acknowledge that our school is supported by a team of highly dedicated individuals who consistently go beyond their professional responsibilities.

They do not view the school merely as a workplace, but as a nurturing space that they are deeply connected to. Their commitment reflects not only in their work but also in the intellectual, social, and emotional investment they make in our students-whom we proudly regard as our own children.

At the same time, we deeply value the trust and faith that our parents have consistently placed in us. This trust empowers us to carry out our responsibilities with integrity and commitment, and inspires us to give our very best to our students each day. We sincerely thank our parents for their continued support and confidence in the school. We look forward to receiving the same encouragement and partnership in the coming year as well. Such strong collaboration between the school and parents truly strengthens the foundation of our students' growth.

As we step into a new academic year, let us continue this journey together - with renewed energy, shared vision, and unwavering commitment to excellence.

Warm regards,

Smt. Vrushali Sahasrabudhe

Headmistress

## Vote of Thanks



**Mrs. Archana Kanoujia**  
(Secondary Supervisor  
and Magazine Head)

“Gratitude is the noble language of the heart, a timeless virtue that transforms effort into excellence and elevates every endeavor with dignity and grace.”

It is through this spirit of thankfulness that we extend our deepest appreciation to all who have contributed to the fruition of the 19th edition of the Insight magazine. The journey of bringing a magazine to life is both intricate and rewarding. Each page resonates as a symphony of imagination, perseverance, and devotion—woven together to ensure that every new edition gleams with greater brilliance than the last. It is a collective odyssey of excellence, where creativity converges with discipline, and diligence matures into artistry.

This publication stands as a resplendent testament to the indomitable spirit of collaboration, imbued with wisdom, inspiration, and artistic brilliance. May it continue to kindle enthusiasm and radiate the light of optimism among all its readers.

At the very outset, we bow in reverence to the illustrious founder of our esteemed institution, Bharat Ratna Maharshi Dhondo Keshav Karve, and his revered consort, 'Ardhangini' Baya Karve. Their visionary ideals and tireless endeavors elevated women's education from a privilege to a fundamental right, igniting a movement that continues to empower generations. Through their pioneering work, countless women have risen above societal barriers to embrace lives of confidence, independence, and dignity.

We extend our sincere appreciation to the

distinguished members of the Managing Committee, the Local Managing Committee, and the Headmistress. Their steadfast guidance, sagacious counsel, and unwavering support have been instrumental in nurturing the values and aspirations that define our institution and work.

Our heartfelt gratitude is reserved for the students and parents whose insightful contributions have enriched this publication manifold. Their eloquent poems and thoughtful articles have infused intellectual depth and literary richness, offering our readers a truly engaging experience.

We also warmly thank the dedicated teaching and non-teaching faculty of Vision Narhe. Their creative energy, meticulous efforts, and passion for excellence in curating activities and worksheets have elevated the quality of this edition, inspiring the very spirit of this magazine. A special acknowledgment is extended to the editorial and content curation team—Mrs. Pradnya Joshi, Mrs. Lata Umbarkar, Mrs. Neha Gadgil, Mrs. Swati Kalkotwar, Mrs. Suvarna Tambe, Mrs. Ajita Kale, Mrs. Shradha Patil, Mrs. Vrinda Deshpande, Mrs. Varadgauri Mhetre, Mrs. Seema Raje, Mr. Swapnil Damle, Mr. Harshal Potnis, Mrs. Anagha Wakade, Mrs. Aishwarrya Shinde, Dr. Dhananjay Bhandari and Mrs. Swapna Mandhare.

Their meticulous proofreading, scrupulous organization, and discerning editorial acumen have been invaluable in shaping this publication. Their dedication and commitment to literary excellence merit the highest commendation.

With hearts brimming with gratitude, we recognize the unwavering talent of our students who designed the cover page and brought the theme 'Antaranga' alive by putting their thoughts into beautiful and artistic creations. Their artistic brilliance and imaginative flair have bestowed this edition with a visually captivating presence. Miss Anusha Nalawade, Master Prasanna Deshpande, Master Harshal Pawar, Miss Saachi Chopade and Miss Gayatri Jadhav have exemplified exceptional creativity and dedication in their contributions.

तेन त्यक्तेन भुञ्जीथाः।

One should enjoy the manifested world by renouncing it.

As a mark of recognition:

- Miss Anusha Nalawade from Std. 9 M, her design was selected for the cover page.
- Master Prasanna Deshpande from Std. 10 M, his design was selected for the Pre-Primary Section Separator page.
- Master Harshal Pawar from Std. 9 V, his design was selected for the Primary Section Separator page.
- Miss Saachi Chopade from Std. 9 M, her design was selected for the Secondary Section Separator page.
- Miss Gayatri Jadhav from Std. 10 M, her design graced the concluding page.

The competition witnessed an inspiring level of participation, and we sincerely commend all contestants for their enthusiasm and artistic spirit. We encourage them to continue honing their craft and engaging in future creative endeavors with unwavering zeal.

We also acknowledge with warmth the student

editorial team from Std. 8, 9 and 10 whose diligence, perseverance, and spirited enthusiasm have contributed significantly to the seamless compilation of this edition. Their vibrant involvement, encouragement and active participation have been the cornerstone of this publication, transforming it into a dynamic platform for emerging writers, poets, and artists.

This magazine is not merely a collection of words and images, but a luminous testament to collaboration, imagination, and dedication. Each contribution - whether in the form of thoughtful articles, artistic designs, or creative expressions - has added a unique dimension, enriching the essence of this edition.

It is our fervent hope that this endeavour continues to illuminate minds, nurture talent, and inspire creativity for years to come. May it remain a beacon of knowledge, artistry, and innovation, guiding future generations toward excellence.

With deep appreciation and sincere thanks,

The Editorial Team



Sr.No.	Std. and Div.	Name of the Representative	Articles Collected From
1	VI - V	Riddhi Mane	Std. 1
2	VI - V	Prapti Bhilare	Pre-Primary Section
3	VI - V	Rajeshwari Kunkule	Pre-Primary Section
4	VI - V	Ananya Waghmare	Pre-Primary Section
5	VII - M	Kavya Karale	Std. 2
6	VII - M	Gauri Parmali	Std. 3
7	VII - M	Devansh Randhave	Std. 4
8	VIII - M	Arpita Khiste	Std. 5
9	IX - M	Tanishk Pathak	Std. 9
10	IX - M	Chaitanya Katkar	Std. 8
11	IX - M	Maitreyee Godbole	Std. 7
12	IX - M	Gargi Jadhav	Std. 10
13	IX - E	Shreya Ahirrao	Std. 6
14	X - M	Avani Joshi	Proof Reading
15	X - M	Aarya Pise	Proof Reading
16	X - M	Sai Kothavade	Proof Reading



**Magazine Team**



**Magazine Cover Design Competition Winners**

Let your heart feel, but let your mind lead.

**Donation In Kind 2025-26**

<b>Sr. No.</b>	<b>Donor Name</b>	<b>Description</b>	<b>Amount (Rs)</b>
1	Poonam Mahindrakar	Books	50.00
2	Ravindra Deo	Books	63.00
3	Kalyani Thopate	Books	200.00
4	Vaibhav Kannav	Books	290.00
5	Neha Gadgil	Books	300.00
6	Namrata Kanade	Books	374.00
7	Ashwini Sinnarkar	Books	400.00
8	Vijaya Upasani	Books	425.00
9	Yogita Thorat	Books	500.00
10	Namrata Kanade	Books	906.00
11	Jayashree Jangam	Books	600.00
12	Suhas Sambare	Books	650.00
13	Ashish Bhujbal	Books	864.00
14	Aboli Thosar	Books	1,000.00
15	Sonal Joshi	Books	1,620.00
16	Trupti Patil	Books	3,160.00
17	Rashmi Panhalkar	Books	4,270.00
18	Sudhir Raje	Books	7,911.00
19	Surendra Jadhav	Books	48,747.00
21	Trupti Patil	Pre-Primary Student Related Material	10,000.00
22	Sulochana Swami	Wooden Cabinet	2,000.00
23	Mahesh Pawar	Dhol	6,000.00
24	Umesh Kedari	Dhol	21,000.00
26	Kanchan Satpute	Kiddle Tab	1,000.00
27	Ravindra Deo	Buble Dock Key Board	1,999.00
<b>Total</b>			<b>1,14,329.00</b>

**Bhaubeej Nidhi 2025-26 as on 02.03.26 Rs.7,31,691/-****Specific Donation 2025-26**

<b>Sr. No.</b>	<b>Donor Name</b>	<b>Description</b>	<b>Amount (Rs)</b>
1	Tanay Shastri	Teaching Aids	10,000.00
2	Chaitali Brahme	Tuition Fees	11,000.00
3	Vinayak Gole	Tuition Fees	20,000.00
4	3D Articles and Interior Design	Tuition Fees	25,000.00
5	Manjiri Agashe	Tuition Fees	25,000.00
6	Meyer Organics Pvt. Ltd.	Tuition Fees	30,000.00
7	Orchid Salon	Tuition Fees	31,000.00
8	Application Software Technologies Pvt. Ltd.	Tuition Fees	51,100.00
9	Umesh Kedari	Tuition Fees	55,000.00
10	ESA Manufacturing Pvt. Ltd.	Tuition Fees	1,21,000.00
11	Karhade Brahman Sangh, Pune	Tuition Fees	1,65,000.00
12	Man Truck and Bus Pvt. Ltd.	Tuition Fees	1,97,000.00
13	Rashmi Panhalkar	Std. X First Boys and First Girls in Vision English Medium School, Narhe.	450.00
14	Sujata Naik	Topper Student in Std. X English	500.00
15	Reich India Pvt. Ltd.	Smart board and UPS	10,88,542.00
<b>Total</b>			<b>18,30,592.00</b>

# ANNUAL REPORT

## Academic Year 2025–2026 (June 2025 - March 2026)

### INTRODUCTION

Vision English Medium School continues to strive towards holistic education by nurturing academic excellence, character building, social responsibility, and cultural awareness in students. The Academic Year 2025 - 26 was marked by systematic academic planning, rich curricular and co-curricular exposure, community engagement, and continuous professional development of teachers, aligned with the principles of NEP 2020. The academic year 2025 - 2026 at MKSSS's Vision English Medium School has been a remarkable journey of growth, learning, and achievement. The school continued its commitment to holistic education by fostering academic excellence, co-curricular engagement, cultural awareness, and value-based learning.

The year witnessed a balanced blend of academics, celebrations, competitions, and skill-based activities aligned with modern educational practices and the National Education Policy (NEP). Students were encouraged to explore their potential across various domains, ensuring their all-round development.

This Annual Report presents a month-wise account of academic progress, student development activities, celebrations, competitions, staff initiatives, outreach programmes, and institutional growth from June 2025 to March 2026.

### Monthly Report June 2025

The academic year 2025 - 26 began with enthusiasm as students returned to school with excitement. The campus came alive with their happiness, energy and positivity.

### Academic Initiatives

**a. Induction of Teachers on 2<sup>nd</sup> June** - The Headmistress convened an induction meeting with all staff, warmly welcoming new teachers and inviting them to introduce themselves. She then outlined the school's teams, teacher duties, and key responsibilities.

### b. Welcome of the students

- The school reopened as follows:
  - \* Mini K. G. - 9<sup>th</sup> June 2025
  - \* Jr. K. G. - 11<sup>th</sup> June 2025
  - \* Sr. K. G. - 9<sup>th</sup> June 2025

On the first day, students offered flowers to Goddess Saraswati. The opening week was filled with engaging activities and games. Paper folders were distributed as take-home gifts. The Mini K. G. children adapted smoothly, with most settling into the routine within two weeks.

**16<sup>th</sup> June - Reopening for Std. 3 to 8** - The academic year 2025 - 26 commenced on 16th June. Students were welcomed by their class teachers with vermilion applied on their foreheads. The day was marked by creative activities, and each child carried home the article they had crafted.

### C. Average Attendance -

Pre-Primary	89.11%
Primary	92.80%
Secondary	92%

### d. Readiness test for the students -

The school conducted Readiness test for the students of Std. 3 to 8.

### e. Workshops attended by students -

**I. Residential Workshop - Std. 10 (11<sup>th</sup>-13<sup>th</sup> June 2025)** - As in previous years, the Samstha organized a residential workshop for 15 students of Std. 10 who excelled in Std. 9. Expert-led sessions focused on subject-specific study skills and effective methods for writing board papers. Teachers, Mrs. Seema Raje and Dr. Dhananjay Bhandari accompanied the students throughout the program.

**ii. Mock Interviews - MTS Examination** - To prepare students for the second round of the MTS exam, the school arranged mock interviews conducted by the CECAW team.

**Session 1** - 7<sup>th</sup> June, 10:30 a. m. - 12:00 noon, School Campus

**Session 2** - 12<sup>th</sup> June, 2:00 p. m. - 4:00 p. m., MBA College, Cummins College Campus, Karvenagar, Pune.

**Selected students** - Avnish Bangale, Arvind Hajare, Ojas Jagtap, Aayush Shinde, Sae Sontakke, Om Yenpure.

**f. Extra - Curricular activities -**

**i. Orientation Programmes**

**Mini K. G. Orientation - 7<sup>th</sup> June 2025**

An orientation was held to familiarize new parents with the school's policies, NEP highlights, project method, teaching aids, Adhyayan Kit, foundation literacy and numeracy, preschool approach, facilities, rules, adjustment process, books, uniforms, and birthday celebrations. The session was guided by Principal Mrs. Vrushali Sahasrabudhe and Pre-primary Supervisor Mrs. Ashwini Khankale.

**ii. Orientation for Jr. K. G. to Std. 9 - 28<sup>th</sup> June 2025**

The school conducted orientation for parents across classes, where teachers outlined academic expectations along with the school's rules and regulations.

**iii. International Yoga Day - 21<sup>st</sup> June**

The school celebrated International Yoga Day with all students performing yogasana. Due to rain, the sessions were conducted in batches in the Primary Hall.

**iv. Enhanced Learning Demo Sessions - 25<sup>th</sup> June**

Demo sessions of Enhanced Learning activities were held for Std. 3 to 10. These activities, designed to build academic, skill-based, and physical competencies, allow students to select one category for the entire

year.

**v. Student Council Elections - 24<sup>th</sup> June**

The school held general elections for the academic year 2025 - 26 to select the Head Boy, Head Girl, Prefects, House Captains, and Vice-Captains. Students first submitted their nominations, followed by interviews to finalize the candidates. Voting was conducted online, with 30 students contesting and 20 students elected to the council.

**b. Staff initiative -**

**Farewell to Indu Maushi - 30<sup>th</sup> June**

The staff bid a heartfelt farewell to Sevika Indu Maushi on her retirement. Teachers and colleagues shared warm memories and words of appreciation, making it a memorable occasion. The program concluded with the presentation of a small token of love in her honour.

**July 2025 - Academic Consolidation and Cultural Learning**

The month of July focused on academic assessments and celebrations.

**Academic Initiative**

**a. Assessments** - The teachers geared up for the syllabus. Std. 9 and 10 students appeared for their 1<sup>st</sup> Unit test. Scholarship entrance test was conducted for Std. 8 on 5<sup>th</sup> July.

**b. Average Attendance -**

Pre-Primary	91.80%
Primary	92.80%
Secondary	91%

**c. Workshops attended by students -**

**I. Workshop conducted by Mukta Charitable Trust**

Date - 3<sup>rd</sup> and 4<sup>th</sup> July

Std. - 8<sup>th</sup>

Speakers - Dr. Mrs. Rupa Agrawal and her Team

Organization - Mukta Charitable Trust

### **Health and Hygiene Session -**

Dr. Rupa Agrawal and her team conducted an interactive session with students on general hygiene and personal care. They addressed physical changes during adolescence and related concerns, encouraging open discussion to help students clarify doubts and dispel misconceptions.

### **ii. Workshop on Good Touch - July 2025**

#### **Conducted by - School Counsellor**

The School Counsellor conducted workshops on Good, Bad, and Unsafe Touch for students from Sr. K. G. to Std. 5. Using pictorial presentations and age-appropriate language, children were sensitized to:

Good Touch - makes one feel safe and happy.

Bad Touch - causes hurt and make one feel sad or angry.

Unsafe Touch - involves private parts, which should only be touched by parents or doctors in the presence of parents.

Students were shown an educational 'CHILDLINE' film in Marathi to reinforce these concepts and were guided on handling unsafe situations. The sessions concluded with a recap of private parts and the types of touch to ensure clarity.

### **iii. Workshop on Good Behaviour**

**Date -** 9<sup>th</sup> and 10<sup>th</sup> July 2025

**Conducted by - School Counsellor**

**Class -** Std. 6 and 7

The School Counsellor conducted engaging workshops for Std. 6 and 7 students, focusing on respect, safety, and responsible conduct through interactive activities and discussions. Students learned about good, bad, and unsafe touch, with emphasis on recognizing and reporting inappropriate behaviour.

A response game highlighted attentiveness, quick reactions, and the difference between hearing and listening. A short story illustrated

the importance of responding thoughtfully rather than reacting impulsively. Students were guided on safe online practices, limiting screen time, and involving parents in digital activities.

The Counsellor reinforced school rules and everyday discipline, encouraging consistent adherence. Students were sensitized about inappropriate wall drawings, urged to discourage such acts, and report or erase them.

**Conclusion -** The sessions were informative, interactive, and well-received, leaving students more aware of their responsibilities, behaviour, and safety in both physical and digital environments.

### **d. Extra - Curricular Activities**

#### **i. Oath - Taking Ceremony - 1<sup>st</sup> July 2025 -**

Following the elections for Head Girl, Head Boy, Prefects, Captains, and Vice-Captains, the oath-taking ceremony was held on 1<sup>st</sup> July 2025. The event was graced by Dr. Garima Bhalla, Principal of the School Of Fashion Technology, who pinned badges on the elected representatives. The badge holders introduced themselves to the Pre-Primary classes and addressed assemblies in the Primary and Secondary sections.

#### **ii. Celebrations -**

##### **● Palakhi Celebration - 4<sup>th</sup> July 2025**

The School celebrated the Palakhi Sohala with devotion and enthusiasm. Sant Dnyaneshwar Maharaj and Sant Tukaram Maharaj's Palkhi symbolises devotion, discipline, and unity among the Warkaris. While this year **Ashadhi Ekadashi** fell on **6<sup>th</sup> July 2025 (Sunday)**, the school celebrated the **Palkhi Sohala** on **4<sup>th</sup> July 2025 (Friday)** with full fervour and joy. Students, teachers, staff, and helpers all participated to celebrate faith, devotion, and culture.

The campus came alive with divine chants as children dressed as Sant Dnyaneshwar, Sant Tukaram, Sant Gorakumbhar, Sant Savata Mali, Sant Chokhamela, Sant Janabai, and

Sant Muktabai. Carrying Tulsi Vrindavan and waving flags, they filled the atmosphere with chants of “विठ्ठल विठ्ठल जय हरी विठ्ठल” and “जय जय विठोबा रखुमाई.”

The celebration concluded with a traditional 'Ringan' formation, recreating the spiritual essence of the Pandharpur Wari. Students also learned about Paul Bhajan, sang Aarti of Lord Vitthal, and recited the Pasayadan, making the event both cultural and devotional.

- **Guru Pournima Celebration - 10<sup>th</sup> July 2025**

On Guru Pournima, teachers explained the significance of Vyas Pournima, commemorating Sage Ved Vyasa, compiler of the Vedas and author of the Mahabharata. Children expressed gratitude to their first guru - their mother - by creating handmade greeting cards and origami flowers. They were introduced to the concept of a Guru as a guide and source of wisdom, with stories, songs, and discussions highlighting mothers, teachers, and nature as gurus.

At the Primary and Secondary levels, Bharat Vikas Parishad organized the **Guru Vandan Chhatra Abhinandan** programme, where student achievers and teachers were felicitated. The event was graced by veteran actor Mr. Rahul Solapurkar.

- **Deep Amavasya - 24<sup>th</sup> July 2025**

Pre-primary students celebrated *Deep Amavasya* with enthusiasm. Teachers explained the festival's significance and introduced various types of diyas such as नंदादीप, समई, निरांजन, मशाल, लामण दिवा, पणती, कंदील, दीपमाळ, and दीपलक्ष्मी. Children also visited a beautiful diya display arranged in the Primary Hall.

- **Nag Panchami - 29<sup>th</sup> July 2025**

On Nag Panchami, students learned about the cultural and ecological importance of snakes through stories. Teachers highlighted their role as farmers' friends in controlling pests. To add to the festive spirit, teachers applied

mehndi on the children's palms, spreading joy and excitement.

- **Kargil Vijay Diwas - 26<sup>th</sup> July 2025**

The school paid homage to the nation's brave warriors on Kargil Vijay Diwas. Information was shared in all classes, and students participated in essay and elocution competitions organized by the Aseem Foundation, winning top prizes.

- **Aakar Lecture - 24<sup>th</sup> July 2025**

Mr. Neelesh Oak delivered an insightful lecture for Std. 9, drawing parallels between incidents from the Ramayana and Mahabharata and contemporary times, enriching students' understanding of values and history.

### iii. Competitions -

- **Magazine Cover Page Design Competition - 21<sup>st</sup> July 2025**

The school announced a cover page design competition for Insight, the annual magazine. Students from Std. 8 to 10 submitted their designs via email. The best entry was chosen for the cover, while the next four were selected for section - wise divisions.

- **Oratory Skills - Tilak Jayanti, 23<sup>rd</sup> July 2025**

To mark Tilak Jayanti, the school organized a series of competitions to enhance students' oratory skills and confidence:

- \* **Storytelling** - Std. 1 - 4

- \* **Elocution** - Std. 5 - 6

- \* **Debate** - Std. 7 - 8

- \* **Extempore** - Std. 9 - 10

The competitions were judged by Mrs. Bharati Korabu, Mrs. Ujwala Nayak, and Prof. Balaji Kamble. The event aimed to instill clarity of thought, stage confidence, and effective communication among students.

## August 2025 - Patriotism, Creativity and Parental Involvement

August was the month of celebration and academic activities. While unit tests were conducted in this month, the students were also exposed to various celebrations and competitions, which helped them to become well versed with the Indian culture as well as to inculcate sportsman spirit.

### Academic Initiatives

#### a. Unit tests -

The school conducted Unit test for the students of Std. 3 to 8.

#### b. Average Attendance -

Pre-Primary	80.18%
Primary	89.45%
Secondary	93%.

### Extra - Curricular Activities -

#### i. Celebrations -

##### a. Narali Pournima and Rakhi Making Activity -

Raksha Bandhan, the cherished festival of protection and affection, was celebrated with great enthusiasm. Teachers narrated the story and significance of this sacred bond, highlighting the values of love, loyalty, and respect that strengthen family ties. Students also discovered the unique coastal tradition where fishermen offer prayers to the sea for safety and prosperity, blending culture with environmental awareness.

On 7<sup>th</sup> August 2025, Std. 1 students tied rakhis to the sevikas of the primary section, while Std. 2 crafted large rakhis that adorned four trees in the school campus, symbolizing care for nature. Secondary section students designed eco-friendly rakhis with paper-fold flowers and fenugreek seeds tucked inside the petals, encouraging later sowing. The celebration beautifully united tradition,

creativity, and ecological consciousness.

#### b. Independence Day Celebration

On 15<sup>th</sup> August 2025, MKSSS's Vision English Medium School and the School of Fashion Technology jointly celebrated Independence Day at MKSSS's Narhe Campus. The programme attended by over a thousand participants both onsite and virtually, was graced by Wing Commander Mr. Shashikant Oak as Chief Guest and Mrs. Vidya Kulkarni as Guest of Honour.

The event commenced with Pratima Poojan and the flag hoisting, followed by the National Anthem, Dhwaja Geet, and the Panchpraan pledge. Students presented vibrant cultural performances, after which the dignitaries addressed the gathering. The Chief Guest emphasized efficiency and dedication, while the Guest of Honour highlighted patriotism and the importance of supporting indigenous products.

The celebration concluded with a Vote of Thanks and the resonant singing of *Vande Mataram*, leaving the audience inspired with values of unity, discipline, and national pride.

#### c. Dahi Handi Celebrations

On 13<sup>th</sup> August 2025, Dahi Handi was celebrated with great enthusiasm. Children decorated the handi using creative techniques like leaf printing and sponge dabbing. Pre-primary section students, dressed as Radha and Krishna, added festive charm, while secondary section students joyfully broke the handi, recreating tradition. Classrooms witnessed *curd-churning* activities, giving children hands-on experience of butter making. The celebration concluded with the distribution of Gopalkala as prasad. Additionally, Foundation Stage students participated in the *Thought in the Pot* activity, where decorated earthen pots contained thoughtful messages written by Std. 6 to 8 students.

#### d. National Sanskrit Day

Celebrated on 22<sup>nd</sup> August 2025, Std. 9

students conducted engaging Sanskrit games across classes, fostering interest in the language.

**e. Ganesh Chaturthi Celebration on 28<sup>th</sup> August**

The school celebrated Ganesh Chaturthi with great devotion and cultural fervor. Lord Ganesha was welcomed amidst the resonant beats of Dhol Pathak group and Tasha by the school's Maharshi.

This year's theme, 'Antaranga', was reflected in the artistic decoration depicting the Dashavatar in the traditional Pattachitra style. Teachers prepared portraits of all ten avatars, while Sanskrit teachers narrated their stories daily, enriching students with mythological insights.

After the ceremonial procession, each class gathered in the hall to offer prayers and sing the aarti, creating a spiritually uplifting atmosphere.

**f. National Sports Day**

On 29<sup>th</sup> August 2025, homage was paid to Bharat Mata, Maharshi Dhondo Keshav Karve, Baya Karve, and Major Dhyanchand. A spirited tug-of-war was organized among houses, and students learned about Major Dhyanchand's legacy.

**g. Tarabai Modak Birth Anniversary**

On 29<sup>th</sup> August 2025, students were informed via PAS about the pioneering contributions of educationist Tarabai Modak.

**h. Parenting Workshop and AGM**

Held on 29<sup>th</sup> August 2025 at Swami Narayan Hall, the AGM outlined school developments and future goals. The parenting workshop, led by Dr. Suneel Godbole, emphasized recognizing diverse intelligences in children. Key areas included physical and nutritional development, real-life application, and the parent's role in nurturing growth.

**ii. Competitions -**

**a. Beading, Drawing and Painting - 12<sup>th</sup> August 2025**

Mini K. G. students enjoyed beading, Jr. K. G. explored drawing, and Sr. K. G. expressed creativity through painting.

**b. Singing Competition - 23<sup>rd</sup> August 2025**

Conducted during Ganesh Chaturthi, judged by Mrs. Pallavi Dhandarphale (Std. 1 - 5) and Mrs. Sushma Thite (Std. 6 - 10).

**iv. External Competitions**

**a. Urja Competition - 19<sup>th</sup> August 2025**

Students participated in Suryanamaskar, Yogasana and Singing competitions followed on 21<sup>st</sup> - 23<sup>rd</sup> August.

**b. Bharat Vikas Parishad Group Singing Competition - 2<sup>nd</sup> August 2025**

The school secured 2<sup>nd</sup> Prize in group singing competition.

**c. Shikshan Vivek Kavya Abhivachan -**

Students from Std. 6 - 10, along with teachers, participated enthusiastically and won prizes.

**d. Shabdkod Competition -**

Students of Std. 8 participated in the Shabdkod competition organized by Indigenous Brains, founded by Mr. Abhijit Ketkar, with the objective of fostering interest in language. In the first round, students created words from given alphabets, and 18 students qualified for the second round held on 13<sup>th</sup> August. Using word-cards, three finalists emerged, showcasing creativity and linguistic skill.

**e. Best Out of E-Waste Competition -**

On 21<sup>st</sup> August, the prize distribution ceremony for the Best Out of E - W a s t e competition was held, jointly organized by Pune Municipal Corporation, Cummins India Foundation, KPIT Technologies Ltd., Janwani, and Poornam Ecovision Foundation. The initiative promoted environmental awareness and creativity by repurposing discarded

electronics into functional models.

From Vision English Medium School, 55 students (Std. 1 - 9) participated, with 10 finalists presenting their projects in the final round at BMCC College, Shivajinagar, on 8th March 2026. The event featured 232 projects from 53 schools across Pune, judged on innovation, utility, design, and sustainability.

The event was inaugurated by dignitaries including Dr. Ketaki Ghadge (PMC), Mr. Milind Mhetre (Cummins India Foundation), and Mr. Tushar Juvekar (KPIT Technologies Ltd.), along with representatives from Janwani and Poornam Ecovision Foundation. The eco-friendly exhibition highlighted the ingenuity of students and their commitment to sustainable practices.

#### **f. Visit to National Institute of Virology**

On 8<sup>th</sup> August 2025, ten students from Std. 9 and 10 visited the National Institute of Virology, Pashan, under the ICMR SHINE programme arranged by Vidnyan Bharati on the birth anniversary of Dr. V. Ramalingaswami. The students attended a virtual address by Dr. Rajiv Bahl, DG of ICMR, and learned about pioneers of virology in India. Scientists shared research stories on outbreaks such as COVID-19 and Chandipura, explained vaccine development processes, and demonstrated PPE kits and ELISA testing. The visit offered valuable exposure to the roles of microbiologists, epidemiologists, and statisticians in public health research.

#### **g. Har Ghar Tiranga Campaign**

On 13<sup>th</sup> and 14<sup>th</sup> August 2025, the school celebrated Independence Day by hoisting the National Flag and actively participating in the 'Har Ghar Tiranga' campaign, instilling patriotism and unity among students and staff.

## **September 2025 - Assessment and Family Connect**

September was a blend of celebrations and academic assessments. The students at the school were also parallelly exposed to various competitions, including competitive exams.

### **Academic Initiatives**

#### **a. Average Attendance -**

Pre-Primary	85.97%
Primary	92.32%
Secondary	90%

#### **b. Report Day - Std. 1 and 2**

Report Day for Std. 1 and 2 was held on 20<sup>th</sup> September 2025, alongside a parent meeting. Teachers explained the evaluation parameters in detail, helping parents understand their child's progress. Report cards were then distributed, ensuring transparency and constructive communication between teachers and parents.

#### **c. Competitive Exams -**

##### **Academic Examinations and Olympiads**

##### **G. K. Olympiad (25<sup>th</sup> September 2025) -**

The first level of the SOF International General Knowledge Olympiad was conducted. A total of 95 students from Std. 1 - 10 registered, with 93 appearing and 2 absent.

##### **Hindi Rashtrabhasha Exam (28<sup>th</sup> September 2025) -**

Conducted for Std. 5 - 10, with 92 registrations. 77 students appeared, while 15 were absent.

##### **Elementary / Intermediate Drawing Grade Exam (24<sup>th</sup>- 29<sup>th</sup> September 2025)-**

A total of 72 students from Std. 8 appeared for the exam, showcasing their artistic skills.

#### **d. Extra - Curricular Activities**

##### **I. Celebrations**

##### **a. Teachers' Day - 4<sup>th</sup> September**

Std. 10 students took on the role of teachers,

conducting lessons for younger classes, which they thoroughly enjoyed. Later, a special programme was arranged for staff, including Mangala Gauri games, which teachers participated in with enthusiasm.

**b. Pet Day - 9<sup>th</sup> September**

Students interacted with Scooby, a pet dog, as Mrs. Borkar explained his routine and habits. Mr. Rohan Purkar also introduced Kalyani, a Punganur cattle, delighting children with insights into her lifestyle. Corridors displayed pet animal pictures where children marked their favourites.

**c. Hindi Diwas - 12<sup>th</sup> September**

An elocution competition was organized, with 48 participants from Std. 5 - 10. The event was judged by Mrs. Kalawati Ghorpade, retired Hindi teacher from Erandwana School.

**d. Grandparents' Day - 13<sup>th</sup> September**

Grandparents were honoured with heartfelt gestures, including a unique जपमाला made of वैजयंती तुळस and a personalized Lord Ganesha image designed by Mr. Yogesh Phadke with their names. They toured classrooms, enjoyed snacks, and expressed appreciation for the thoughtful celebration.

**e. Uncle - Aunty Day - 26<sup>th</sup> September**

The day celebrated the bond between children and their uncles and aunts. Storytelling sessions by teachers encouraged family reading habits. Guests toured the school, including the History corridor, and relished the refreshments.

**f. Cleanliness Activity - 30<sup>th</sup> September**

On the occasion of Gandhi Jayanti, primary students cleaned their benches, secondary students cleaned classrooms, and badge holders took responsibility for the school ground and entry/exit areas, reinforcing values of discipline and cleanliness.

**ii. Competitions**

**a. Reading Day Competition - Best Book Reader and Reviewer - 23<sup>rd</sup> to 29<sup>th</sup> September.**

As part of Reading Day celebration, students from Classes 6 to 8 participated in the Best Book Reader and Reviewer competition. Each participant was required to present a thoughtful review of a book they had read, showcasing their comprehension, analytical skills, and ability to articulate personal reflections.

The activity encouraged students to engage deeply with literature, cultivate critical thinking, and express their perspectives with clarity. The competition witnessed enthusiastic participation, with students selecting a wide range of books across genres.

The results of the competition will be announced in the assembly, adding to the anticipation and excitement among the young readers.

**iii. External Competitions**

**a. Z. P competition** - Students participated in Kho-Kho competition. They performed well but could not secure a medal.

**b. External Events - Career Guidance Expo on 26<sup>th</sup> September**

The Samstha had organized Career Guidance Expo where the students of Vision got a chance to attend three workshops namely Tie and Dye, Fashion Designing and Laser. The students got a chance to explore all the three activities. They tried their hand on tie and dye activity. The visit at Laser institute gave them an idea about how the huge cut works a r e done on MDF sheet. In fashion designing the students understood about fabrics.

## October 2025 - Festivals and Experiential Learning

October 2025 was a vibrant month that beautifully blended festive celebrations with experiential learning. Activities and cultural events enhanced students' creativity, values, and understanding of traditions. Overall, the month promoted joyful learning along with strong cultural and moral development.

### Academic Initiatives

#### a. Average Attendance -

Pre-Primary	91.36%
Primary	86.26%
Secondary	94%

#### b. Extra - Curricular Activities

##### I. Celebrations

#### a. Saraswati Pujan and Shastra Pujan - 1<sup>st</sup> October

Navratri was celebrated with devotion and joy across all sections. Pre-primary children sang Bhondala songs, enjoyed bhel as khirapat, and offered prayers to Goddess Saraswati. Std. 1 and 2 students participated in Pati Poojan and Bhondala, while Std. 3 to 5 enjoyed lively dandiya. The Secondary section observed Saraswati and Shastra Pujan with reverence, performing rituals for books, instruments, and equipment, while teachers offered prayers in classrooms and staffroom.

#### b. Deeputsav - 16<sup>th</sup> October

Students showcased creativity through fort-making, rangoli, and decorations based on the theme Antaranga. Std. 8 built replicas of forts like Raigad, Pratapgad, Malhargad, Sajjangad, etc. A total of 13 forts were made by the students. Std. 9 decorated boards and flannel boards, and Std. 10 created rangolis. Photo frames of Paramveer Chakra awardees were exhibited, honouring the nation's heroes. Despite rains, the celebration

continued with teachers and parents. Arpita Khiste and group secured first place in the fort making competition.

#### c. Diwali Party - 14<sup>th</sup> October

Pre-primary children celebrated with rangoli, festive crafts, and a puppet show narrating 'चलरे भोपळ्या' and 'शबरीची बोरें'. Std. 1 and 2 enjoyed a puppet show by teachers, while Std. 3 to 7 watched the GRIPS drama 'एक डोकं चार पाय', highlighting the values of sharing and caring.

##### I. Competitions

#### a. An inter-class recitation competition was held on 7<sup>th</sup> October.

Mini K. G. - Song

Jr. K. G. - Poem

Sr. K. G. - Paragraph

All students participated enthusiastically, showcasing their talents and confidence.

## November 2025 - Sports, Technology and Life Skills

Post-vacation engagement with activities and sports. The month of November was followed by a series of events which helped the students indulge in a combination of enjoyment and learning.

### Academic Initiative

#### a. Average Attendance -

Pre-Primary	86.61%
Primary	91.71%
Secondary	92%

#### b. Workshops attended by the students -

##### i. Kali Umaltana - 21<sup>st</sup> November

Girls of Std. 6 and 7 attended an informative session on the menstrual cycle and related health issues. The workshop sensitized them to important aspects of personal hygiene and well-being.

- ii. **Good, Bad, and Unsafe Touch** - The School Counsellor sensitized Jr. K. G. students to the concept of good touch and bad touch through pictorial aids and simple language.

**Children learned -**

- **Good Touch** - Safe and reassuring.
- **Bad Touch** - Hurtful and distressing.
- **Unsafe Touch** - Involving private parts, permissible only for parents or doctors in their presence.

A Marathi film by 'CHILDLINE' reinforced these lessons, equipping children with clear steps to respond to unsafe situations. The session concluded with repetition for better retention.

**c. Extra-Curricular Activities**

**I. Celebrations**

**a. 150 Years of Vande Mataram - 6<sup>th</sup> November**

Students from Std. 1 to 10 assembled on the ground to commemorate 150 years of Vande Mataram. Bhandari Sir and Ashwini Teacher explained the meaning of each line, after which the entire school sang the anthem in unison.

**b. Maharshi Karve Punyatithi - 7<sup>th</sup> November**

Students paid homage to beloved Anna, with information shared through the PAS system to enrich their understanding of his legacy.

**c. Rangotsav - 14<sup>th</sup> November**

On Children's Day, the school hosted Rangotsav, where students painted freely, expressing imagination without prescribed themes. The chief guest, Mr. Ravindra Dev, Chairperson of the Samstha, enthralled everyone by creating a portrait within minutes.

**d. Baya Karve Run - 29<sup>th</sup> November**

Teachers participated in the Baya Karve Marathon on the occasion of Baya Karve Punyatithi. A day prior, students were briefed

about Baya Karve's contributions via PAS, ensuring the event carried both physical vigor and historical reverence.

**ii. Competitions**

**a. Sports Week - 5<sup>th</sup> to 20<sup>th</sup> November 2025**

The school celebrated Sports Week with a vibrant array of events tailored to different age groups. Solo events such as running, shot-put, and long jump, alongside team games like Kabaddi, Kho-Kho, Throw Ball, and Dodge Ball, saw enthusiastic participation from all sections. The closing ceremony was graced by Mrs. Uma Namdas, a Ranji player, who awarded trophies and medals.

Prithvi House emerged victorious for the third consecutive year, with leaders Anvi Gole, Yuvraj Jagtap, Anvi Kulkarni, and Sarvesh Dharudkar receiving the trophy along with their teachers.

**B. Competitions of Pre-Primary Section**

Drawing (Mini K. G.), Clay Moulding (Jr. K. G.), and Origami (Sr. K. G.) encouraged imagination and hands-on creativity.

**c. Dance Competition - 14<sup>th</sup> November**

Std. 10 students showcased graceful performances inspired by the year's theme Antaranga.

**d. Fancy Dress - 26<sup>th</sup> November**

Students of Pre-Primary section expressed varied emotions - joy, courage, fear, and bravery - through costumes aligned with the theme 'Antaranga'.

**E. Cyber Genius competitions**

Students of Std. 3 to 7 participated in the Cyber Genius competitions hosted by Kalmadi High School, securing second rank in select categories.

- **Junior (Std. 5 - 7)** - MS Paint (4), Scratch Programming (7), IT Quiz (2), AV Video Making (4).
- **Senior (Std. 6 - 10)** - Data Analysis (4), AI Story Creation (4), IT Startup Idea (4). Total,

29 students competed across categories, reflecting the school's growing strength in digital literacy.

**f. Competitive Exams**

Students appeared for **Marathi Bhasha Olympiad, IEO, IMO, and NSO** in November, reinforcing academic excellence.

**g. Class Photographs:** Taken for all classes from Mini K. G. to Std. 10.

**h. Picnics - 27<sup>th</sup> November:** Std. 9 visited Abhay Prabhavana Museum and Knowledge Center near Lonavala, while Std. 10 explored Wai, including the Samstha's heritage building, Dhoom Dam, Nrusingha Temple, and Phadnavis Wada.

**i. Siblings Day - 26<sup>th</sup> November**

Sr. K. G. children celebrated sibling bonds with Antakshari, outdoor games, and joyful moments at a selfie point.

**December 2025 - Life Skills and Community Engagement**

The month served to be a combination of sports activities and academic activities, where students got an opportunity to learn not just academics but also life skills.

**Academic Initiatives**

**MCQ - Std. 10 from 18<sup>th</sup> December**

Students of Std. 10 attempted MCQ test which enabled them to read all the lessons thoroughly.

**a. Average Attendance -**

Pre-Primary	85.43%
Primary	89.2%
Secondary	91%

**b. Workshops attended by the students -  
Counsellor's workshop Std. 6 to 10**

The school counsellor conducted workshops for the students from Std. 6 to 10. She highlighted about the issues faced by the

students and how to work on them.

**c. Extra-Curricular Activities: -**

**I. Picnics**

Picnics for Mini K. G. to Std. 8 were organized this month, with destinations thoughtfully chosen to ensure both enjoyment and learning. Students were delighted in a variety of activities including magic show, bullock cart and tractor rides, an exhibition of farming tools, animal observation, and several other engaging experiences. The outings offered a joyful blend of fun and enrichment.

**ii. Launch of School Official Website**

The school official website was launched on 26<sup>th</sup> December and was open for all.

**iii. Std. 10 trip to Samstha water treatment plant - 26<sup>th</sup> December**

Students of Std. 10 visited the Water Treatment Plant and Biogas Plant at Samstha as part of the Water Security subject. Mr. Shahapurkar from the Grey Water Treatment Department guided them through the functioning of the Grey Water Treatment Plant along with the Biogas Plant, offering valuable insights into sustainable practices.

**d. Celebrations**

**i. Prahar Diwas - 16<sup>th</sup> December**

The school observed Prahar Diwas to commemorate India's victory in the 1971 War. Students attending the RSS camp demonstrated self-defense skills with the dand (stick). Guest speaker Mr. Wakhare emphasized the significance of the day, while Kaivalya Wakhare highlighted key aspects of the Bangladesh Liberation War.

**ii. Kalpavriksha Day - 23<sup>rd</sup> December**

Teachers highlighted the cultural and practical significance of the coconut tree, revered as Kalpavriksha. To enliven the tradition, a teacher dressed as Vasudev visited classrooms, and children danced joyfully to "वासुदेव आला हो, वासुदेव आला." Eco-friendly gifts - Steel Tiffins for Mini K. G., Cotton Pouches for Jr. K. G., and Piggy Banks for Sr. K. G. - were

thoughtfully distributed to instill sustainable habits and encourage saving.

### iii. Shekoti Day - 24<sup>th</sup> December for Std. 5 students.

Std. 5 students gathered in the evening for games and cultural activities, followed by a traditional meal of कढ़ी खिचडी, पापड, and नारळाची वडी, along with पिठलं भाकरी brought from home. The celebration was enriched by their hands-on experience of playing percussion instruments like Dholki and Dimdi.

### e. Competitions

#### i. Maths Day - 22<sup>nd</sup> December

Maths day was celebrated on 22<sup>nd</sup> December, where a relay competition was arranged for the students of the Primary section and the Secondary section students were engaged in doing Maths based activities.

#### f. Competitive Exams -

Hindi Rashtrabhasha exam was conducted on 28<sup>th</sup> December 2025.

#### g. Staff Performance

#### i. Vyakhyanmala and Bhaubheej Samarpan Sohala on 19<sup>th</sup> and 20<sup>th</sup>

All the staff members attended the Vyakhyanmala at Samstha.

#### ii. Urja Competition

This year, the school was the host for the Urja competition wherein the staff members took part in the complete planning, organization and execution of the plan.

### January - A combination of academics and celebrations

The month of January was a mix of academics and celebrations. With the patriotic fervour of Republic Day gracing the atmosphere, the school was slowly going back to its core agenda of educational upliftment and evaluation of the students based on the skills imparted to them so far.

### Academic Initiative

#### a. Average Attendance -

Pre-Primary	81.5%
Primary	90%
Secondary	90%

#### b. Extra - Curricular Activities

##### i. Kite Flying - 13<sup>th</sup> January

The Secondary section celebrated kite flying on the terrace, filling the sky with vibrant colours while Pre-Primary and Std. 1 and 2 children watched with delight. Teachers explained the significance of Uttarayan and its diverse celebrations across India, along with the tradition of exchanging tilgul as a symbol of love and harmony. Children engaged in festive activities - Mini K. G. created kites, Jr. K. G. designed tilgul bags with bud printing, and Sr. K. G. decorated tilgul bags with creative drawings.

##### ii. Bullock Cart Ride - 28<sup>th</sup> January

Foundation stage children enjoyed a bullock cart ride on the school ground. Teachers highlighted the role of bullocks as farmers' trusted companions.

##### iii. Shelling Peas Activity - 30<sup>th</sup> January

Std. 1 and 2 students participated in a pea-shelling activity, followed by the preparation of *Matar Usal* on 30<sup>th</sup> January. The dish was served with *Poori* or wheat bread brought from home.

##### iv. Field Visit - 29<sup>th</sup> January

Std. 9 students visited the Samstha's Laser Technology Institute, where they prepared frames which were later gifted to Std. 10 students during their farewell.

##### v. Std. 10 Farewell

The school bid farewell to Std. 10 with cultural performances and heartfelt speeches by the Headmistress, Supervisor, teachers, and students. Lunch was arranged for all, and

awards were presented, including the *Best Outgoing Student Trophy* to Miss Sanjita Mahale and Full Attendance awards to students with perfect attendance throughout the year.

### c. Celebrations -

#### i. Balika Diwas - 5<sup>th</sup> January

Balika Diwas was celebrated on account of the birth anniversary of Savitribai Phule. Here, the students were given information regarding the hardships she went through while performing her endeavour of women's education.

#### ii. Tribute to Dr. Madhav Gadgil - 12<sup>th</sup> January

Information about Dr. Madhav Gadgil environmentalist and a pioneering Indian ecologist, academic, and author often regarded as the "Father of Modern Indian Ecology" was given to the students on 12<sup>th</sup> January 2026 following his passing in the previous week.

#### iii. Khashaba Jadhav birth anniversary - 16<sup>th</sup> January 2026

The school celebrated the Birth Anniversary of Khashaba Jadhav also called as 'State Sports Day' on 16<sup>th</sup> January 2026 as 15<sup>th</sup> January was a holiday for the students due to the election duty assigned to a majority of teachers. The Headmistress and the Supervisor offered flowers to the great hero on behalf of all the students and staff members. Later the sports teacher shared information about Khashaba Jadhav and about his struggle. The students of std. 4 and 6 participated in tug of war competition.

#### iv. Republic Day Celebration

The Republic Day celebrations were jointly hosted by the School of Fashion Technology and Vision English Medium School at MKSS's Narhe Campus on 26<sup>th</sup> January 2025, from 8:00 a.m. to 9:30 a.m. The event was graced by **Major Haresh Tharwani** as Chief Guest and **Mr. Prabhakar Sonpatki** as Guest of Honour, with an audience of over 1550

Comprising students from Mini K. G. to Postgraduate level, parents, and staff.

The programme commenced with 'Pratima Poojan' and the flag unfurling, followed by the National Anthem, Dhwaja Geet, Rajya Geet, and the recitation of the Preamble. A disciplined march past by Std. 9 students highlighted teamwork and synchronisation. The dignitaries were then felicitated, and toppers of Std. 10 board exams (2024 - 25) were awarded cash prizes, a proud moment for teachers and students alike.

Cultural performances by MKSS's Vision English Medium School students captivated the audience. The Chief Guest's address, delivered towards the close, underscored the importance of discipline and values. The compering by Std. 9 students was a highlight, adding youthful charm to the proceedings.

#### v. Rath Saptami on 25<sup>th</sup> January -

The school celebrated Rath Saptami by performing 108 Surya Namaskar. This was an open invitation to the parents and students to join for performing 108 Surya Namaskar. A total 122 participants including teachers, parents and students joined to perform 108 Surya Namaskar.

All students of Std. 1 to 10 performed Suryanamaskar on 27<sup>th</sup> January 2026 on the occasion of Rathsaptami.

### d. Competitions

#### i. Parent-Child Competition - 10<sup>th</sup> January

A lively Parent-Child Competition was organised in the school, with parents participating enthusiastically alongside their children. Class-wise events included Rangoli for Mini K. G., Flower Arrangement for Jr. K. G., and Salad Making for Sr. K. G., judged by Mrs. Manasi Shembekar, Mrs. Aditi Divekar, and Mrs. Sukesha Satavlekar respectively.

For the **Primary Section**, creative contests such as Greeting Card Making Std.1, judged by Mrs. Shruti Kulkarni, Folder Making Std.2, judged by Mrs. Jayshree Jejurkar, Singing Std.3, judged by Mr. Rahul Ranade, Dance

Std. 4, judged by Mrs. Meera Bapat, and Drama Std.5, judged by Mrs. Meera Bapat were conducted.

## **ii. Secondary Section Competition - 9<sup>th</sup> January**

On 9<sup>th</sup> January 2026, the Secondary Section witnessed equally engaging competitions: Rangoli Std. 6, judged by Miss Sharayu Gaikwad, Flower Arrangement Std. 7, judged by Miss Apurva Yelgate, Cooking Std. 8, judged by Mrs. Vedika Salunkhe, and Dance Std. 9, judged by Miss Samruddhi Kondhalkar. These events not only showcased creativity and talent across all levels but also fostered confidence, teamwork, and joyful interaction between parents, children, and the school community.

## **iii. Spell Bee Competition**

Spelling is a vital skill that strengthens the link between sounds and letters, aids reading, and enhances overall comprehension. To cultivate accuracy and confidence in language, the school organised a **Spell Bee Competition** on 12<sup>th</sup> January 2026 for students of Std. 1 to 8. The event aimed to sharpen memory, reinforce high-frequency sight words, and encourage habitual practice of correct spelling. Teachers dictated 25 age-appropriate words, and students were evaluated on their spelling proficiency. The competition not only enriched vocabulary but also instilled discipline in learning, making it a memorable and purposeful exercise in literacy.

## **iv. G.K. Competition - 22<sup>nd</sup> January**

The school conducted General Knowledge competition on 22<sup>nd</sup> January. This is the first round to finalize the students for Quiz competition. Total of 2 students from each Std. 3 to 8 were finalized. The final round was conducted on 16<sup>th</sup> February 2026.

## **v. Inter-class competition - 29<sup>th</sup> January**

To boost confidence and stage daring, the Inter-class competitions of Pre-primary section namely Object talk, Storytelling and

Poetry were held in the school. Children showcased their talent through these competitions. Poetry and Object talk competition was judged by Mrs. Priyanka Saravate and Story-telling competition was judged by Mrs. Swapna Modak.

## **e. External Competition**

### **i. Vivekanand Jayanti - 12<sup>th</sup> January**

Katha kathan competition was organized at Samstha in Marathi language on 17<sup>th</sup> January 2026. The school received the prize for the same.

## **f. Competitive exams**

### **Saral and Sugam exam on 29<sup>th</sup> January**

Sanskrit teachers conducted the Saral and Sugam exam organized by Sanskrit Bharati.

## **g. Outreach Programme**

### **Visit of the delegates of Reich India Pvt. Ltd.**

Reich India had donated 5 Smart Boards to our school. A small inauguration ceremony was organized for them. The Deputy secretary and Waze sir joined the dignitaries. The function was graced by Director and Head of Global sales Germany of Reich India Mr. Ulrich Bentele, Director Reich India Pvt. Ltd. USA, Mr. Saurin Patel Managing Director Reich India Pvt. Ltd Origin-India Mr. Jayminkumar Patel, Engineer Ganesh Mangade. They were given a tour of the school which greatly impressed them.

## **h. Staff Performance**

### **i. Workshop on AI - 19<sup>th</sup> January**

The computer teacher Mrs. Gauri Mhetre conducted a workshop for all the teachers of Secondary section on the correct use of AI. This workshop definitely made a lot of concepts clear to the teachers.

### **ii. Election - 15<sup>th</sup> January**

The Headmistress, Supervisors, few male teachers and male office staff were allotted election duty.

### iii. Training for election - 23<sup>rd</sup> January

The teachers attended training session at Bhor taluka as they received orders for election duty of Bhor Taluka Zilla Parishad.

### February - Cultural Fervour with Knowledge

The month of February 2026 has been a mix of academic and cultural fervour, where the students got an opportunity to not only enhance their academic knowledge but also got acquainted with the culture of Maharashtra.

#### Academic Initiative

##### a. Average Attendance -

Pre-Primary	85.86%
Primary	91.18%
Secondary	93%

##### B. Extra - Curricular Activities -

##### i. Medical Checkup - 10<sup>th</sup> February

A medical checkup was arranged by the school for all the students of the school from 10<sup>th</sup> February 2026 onwards. The Haemogram of Std. 8 and 9 students were also checked during this time.

##### ii. Blood donation camp - 21<sup>st</sup> February

MKSSS's Vision English Medium School, in collaboration with **Janakalyan Blood Centre, Pune**, organized a Blood Donation Camp on **Saturday, 21<sup>st</sup> February 2026**, from 8:00 a.m. to 1:30 p.m. The camp was strategically scheduled on the Parent-Teacher Meeting day to ensure wider participation, with invitations circulated through online media and posters across nearby residential societies.

A total of **60 individuals** approached the venue, of which **38 were found/ eligible/ and donated blood** - comprising **31 males and 7 females**. The initiative reflected the spirit of social responsibility and community service, and its success was marked by enthusiastic participation and collective goodwill.

### iii. Sky gazing - 13<sup>th</sup> February

The school organises a **Sky Gazing Session** every year for Std. 8 students, offering them a fascinating glimpse into the wonders of astronomy. This year, the session was held on **13<sup>th</sup> February 2026** with the support of volunteers from Jyotirvidya Parisansta. Using telescopes, students observed celestial bodies such as **Jupiter, Mars, Saturn, and the Moon**, while also receiving valuable information about space and astronomy. The experience proved to be both educational and enchanting, leaving students inspired by the beauty of the night sky and deepening their curiosity about the universe.

### iv. Mud play - 17<sup>th</sup> February

A joyful mud play activity was organized for the Mini K. G. children, transforming the day into a delightful hands-on learning experience. The little ones were thrilled to step into the soft mud, curiously exploring its texture and shaping it into small objects with their tiny hands. The activity gave them the freedom to express themselves creatively while enjoying the sensory experience. It was a fun-filled and memorable event that not only engaged the children but also encouraged exploration, imagination, and joy in learning.

### v. Doll's wedding - 24<sup>th</sup> February

A delightful **Doll's Wedding** was celebrated in the school with great excitement and cultural fervour. Children arrived in beautiful traditional attire, adding charm to the occasion. Teachers explained the significance of wedding rituals such as mandav, saptapadi, varat, and antarpad, enriching the students' understanding of traditions. Girls were adorned with green bangles symbolising auspiciousness, while boys proudly wore traditional caps. A lively procession around the school ground, accompanied by melodious Mangaldhun and a spirited band performance by Secondary section students, created a festive atmosphere. The celebration concluded with a traditional feast of Masale

Bhat, fresh salad, and jalebi, leaving the children with joyful memories and a deeper appreciation of cultural heritage.

#### **vi. Marathi Diwas - 27<sup>th</sup> February**

Marathi Day is celebrated in the memory of great poet and Dnyanpeeth Awardee, Late V. V. Shirwadkar. The students of all three sections celebrated this day by reciting 'Manache Shlok'. This ceremony concluded with the soulful Pasaydaan.

#### **vii. Marathi activity for Std. 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> - 11<sup>th</sup> to 13<sup>th</sup> February**

As part of the Marathi activity, the school organised interviews with eminent personalities from diverse fields, with students managing and conducting the sessions.

Std. 6 (12<sup>th</sup> February) - Interview with Mrs. Snehalata Kulkarni on Dietary Guidance. She highlighted avoiding harmful packaged foods, the importance of a balanced diet, and key checks while purchasing packaged items.

Std. 7 (11<sup>th</sup> February) - Interview with Mr. Sudhir Kulkarni on Film Writing and Direction. He shared experiences in acting and directing, spoke about his film Reel Star, and his research for the upcoming film Khashaba, engaging warmly with students.

Std. 8 (13<sup>th</sup> February) - Interview with Mrs. Jyoti Kulkarni on Tourism and Career Opportunities. Students learned about her family's tourism business, global destinations, industry challenges, and relevant courses.

The interviews included a welcome song, anchoring, guest introduction, interactive Q&A, vote of thanks, greeting card preparation, and project work. The sessions showcased students' enthusiasm, creativity, communication skills, and made the activity enriching and memorable.

#### **viii. National Science Day - 27<sup>th</sup> February**

National Science Day was celebrated on 27<sup>th</sup> February 2026 (as 28<sup>th</sup> February was a

holiday) to highlight the importance of science in everyday life. Students across all sections explored scientific apparatus and experiments that sparked curiosity. Kindergarten students used magnifying glasses (Mini K. G.), magnets (Jr. K. G.), and binoculars (Sr. K. G.), while a microscope demonstration connected to the smart board allowed everyone to observe bacteria and the structure of an ant. Primary students participated in hands-on activities such as paper cup telephones (Std. 1), curd preparation (Std. 2), vegetable pickle (Std. 3), cleaning copper vessels (Std. 4), and straw sprinklers (Std. 5). The Secondary Section presented activities like electrostatic dancing dolls (Std. 6), balloon-powered cars and Bernoulli's principle (Std. 7), acid-base indicators and PHET simulations (Std. 8), and innovative experiments (Std. 9), including a valency song, bottle balancing, and electric circuit work with V-Solve students. The celebration effectively promoted scientific thinking, creativity, and a spirit of inquiry among students.

#### **c. Celebration**

##### **i. Shiv Jayanti - 19<sup>th</sup> February**

The school celebrated Shivjayanti with great enthusiasm. The students gave varied performances in all the three sections which included traditional songs, Powadas, Stories of Shiv Chhatrapati's valour and his slogan. At the end all the students sang the aarti of Shivaji Maharaj.

#### **d. Competition -**

##### **i. Quiz competition - 16<sup>th</sup> February**

A house-wise Quiz Competition was organized on 16<sup>th</sup> February 2026. It was conducted for Std. 3 to Std. 8. All the students participated in the G. K. competition. The students who scored the highest marks were selected to participate in the Quiz competition. The topics for the Quiz competition were - Maharashtra state, Antaranga and school premises.

## **Ii. English Poetry Competition 13<sup>th</sup> February**

On the occasion of **Sarojini Naidu's Birth Anniversary**, the school organized a Poetry Recitation Competition for students of Std. 1 to 8. The event provided an enriching opportunity for children to explore the work of various poets and select meaningful poems suited to their age group. It also helped them develop the art of expressive recitation and confident presentation in front of the audience. The competition not only celebrated the literary legacy of Sarojini Naidu but also nurtured creativity, articulation, and appreciation for poetry among the students.

### **e. Student achievements**

#### **i. V-Solve Competition winner - 5<sup>th</sup> February**

For the past four years, *Chhote Scientist* activities have been conducted across all schools of the Samstha to strengthen science concepts and nurture scientific temperament, creativity, and problem-solving skills. Among these initiatives, the **V-Solve Competition** stands out as a unique challenge where children are provided with specific materials and a problem situation, and are required to devise innovative solutions. This year, the students of **Std. 6 and Std. 7 proudly achieved 1<sup>st</sup> place while students of Std. 9 achieved the 2<sup>nd</sup> place**, showcasing their ingenuity and scientific thinking. The competition not only encouraged application of classroom knowledge but also instilled confidence and collaborative spirit among the participants.

#### **ii. Skool Sansad conducted - 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> February**

The school participated in the **Skool Sansad Activity** organized by दीपस्तम्भ Charitable Trust, an initiative designed to give students an understanding of how the parliament functions. Schools from across Maharashtra took part, with five students each from Std. 8 and Std. 9 eligible to participate.

In the first round, students were presented with five real-life problems and asked to draft policies, schemes, or laws, which they then presented before the judges. All five of our participants - **Soham Dhule, Sarvesh Dharurkar, Tanishk Pathak, Abhidnya Kulkarni, and Maitreyee Godbole** — were selected for the final round.

In the finals, **Abhidnya Kulkarni** was honoured with the 'Best Chief Minister Award'. The party represented by **Soham Dhule and Sarvesh Dharurkar** secured the Second Prize for 'Best Political Party'. **Tanishk Pathak and Soham Dhule** were appreciated for their work as party spokespersons, while **Maitreyee Godbole** performed commendably as the opposition leader. The students were mentored by Geeta Vaze teacher.

### **March - Testing times**

March marks a significant period in the academic year, serving as a pivotal point for students and teacher alike. It coincides with the period, bringing with it a flurry of exams, projects, and assessments.

### **Academic Initiative**

#### **a. Average Attendance -**

Pre-Primary	86.69%
Primary	95.2%
Secondary	98%

### **C. Celebrations**

#### **i. Holi - 3<sup>rd</sup> March**

Information about Holi festival was shared on the PAS.

#### **ii. Women's Day celebration - 6<sup>th</sup> March**

The school celebrated **Women's Day** on **9<sup>th</sup> March 2026**, honouring the Sevikas and Sevaks for their dedicated service. They were felicitated with gifts, while each shared their experiences, making the occasion warm and

memorable.

### iii. Gudhi Padwa - 18<sup>th</sup> March

On **18<sup>th</sup> March 2026**, the festival of **Gudhi Padwa** was observed with cultural fervour. Sanskrit teacher, Dr. Dhananjay Bhandari, explained the significance and theory behind the festival. Gudhis were ceremoniously erected at the main entry gate, gate no. 3, and on the terrace of the Secondary Section building, symbolising prosperity and new beginnings.

### iv. Ram Navami - 26<sup>th</sup> March

The celebrations continued with **Ram Navami** on **26<sup>th</sup> March 2026**, where the Sanskrit teacher and the Library teacher narrated eight inspiring stories of Lord Rama to groups of parents and students. Each story highlighted a moral value and life lesson, enriching the audience with cultural wisdom and spiritual reflection.

### d. Outreach Programme

#### i. Introduction of LMC members - 7<sup>th</sup> March

The school had its 1<sup>st</sup> LMC meeting with the new Committee members. A short welcome programme was arranged for the Committee members where they were introduced to all the staff members of Vision school and then all the staff members introduced themselves.

### e. Extra Curricular activities

#### i. Water Play

The Pre-Primary Section enjoyed a lively **Water Play Activity** spread across three days - **Mini K. G. on 4<sup>th</sup> March, Jr. K. G. on 5<sup>th</sup> March, and Sr. K. G. on 6<sup>th</sup> March 2026**. Each session lasted 25–30 minutes and was filled with joy and laughter. The little ones enthusiastically splashed around, explored the feel of water, and shared delightful moments with their friends. The activity provided them with a refreshing sensory experience, encouraging exploration, social interaction, and freedom of expression. It was a memorable event that combined fun with learning, leaving the children with cheerful

memories.

### ii. Balnagari and Colour week Pre-Primary Section

From **6<sup>th</sup> to 13<sup>th</sup> March 2026**, the Pre-Primary Section celebrated **Colour Week** with great enthusiasm. Each day, children came dressed in the colour of the day and brought objects matching with the theme. They confidently spoke a few sentences about their chosen items, making the activity both interactive and encouraging.

Alongside this, **Bal Nagari Week** was thoughtfully planned to provide real-life learning experiences through hands-on activities. Children engaged in tasks such as cleaning vegetables, using buttoning frames, and performing simple household chores. They particularly enjoyed rolling chapatis, sieving with a strainer, and exploring traditional tools and kitchen equipment like the grain grinder, पाटा, बरवंडा, सूप, जाते.

The week was a delightful blend of fun and learning, giving the little ones opportunities to explore, express, and experience everyday life skills in a joyful and enriching manner.

### iii. Summer Party - 30<sup>th</sup> March

A delightful **Magic Show** was organised for the Pre-Primary Section, with magician Mr. Sanjay Raghuvir captivating the children through fascinating tricks that felt like real magic to them. The little ones were thrilled by the performance and enjoyed the lively atmosphere. To add to joy, they relished ice cream and received thoughtful summer party gifts-pattern slates for Mini K. G., lacing cards for Jr. K. G. and playing cards for Sr. K. G.

The **Primary and Secondary Sections** also celebrated the Summer Party with equal enthusiasm. Students, along with their teachers, enjoyed ice creams and shared cheerful moments together, making the day memorable. The event blended entertainment with celebration, leaving the children with happy memories of fun, friendship and festivity.

## Workshops

- **June 2025 - Workshops 7<sup>th</sup> June 2025**

**Name of the Workshop** - Mock Interview Session (MTS Examination - Preliminary Round)

**Attended by** - Selected MTS students (Avnish Bangale, Arvind Hajare, Ojas Jagtap, Aayush Shinde, Sae Sontakke, Om Yenpure)

**Highlights** - The preliminary mock interview session was conducted on the samstha campus to prepare students for the second round of the MTS examination. The session focused on enhancing students' confidence, communication skills, and clarity of thought. Students were guided on effective self-presentation, answering techniques, and managing interview anxiety. Individual feedback was provided to help them recognize their strengths and areas for improvement. The session proved to be highly beneficial in familiarizing students with the interview process.

- **9<sup>th</sup> June 2025 - 13<sup>th</sup> June 2025**

**Name of the Workshop** - Empowering Educators through Space Science - SETU Training Workshop (ISRO)

**Attended by** - Ms. Siddhi Deshmukh, Mrs. Shradha Patil, Mrs. Aishwaryya Shinde

**Highlights** - This five-day online workshop, conducted by ISRO, aimed at enhancing teachers' knowledge of space science and its practical applications. Eminent scientists shared valuable insights into India's space missions, satellite technology, and recent advancements in space research. The workshop introduced innovative teaching methodologies, including activity-based learning and the use of real ISRO data in classrooms. It emphasized nurturing scientific temperament among students. Participants gained access to valuable digital resources and practical tools to make classroom teaching more interactive and engaging.

- **11<sup>th</sup> June 2025 - 13<sup>th</sup> June 2025**

**Name of the Workshop** - Residential Workshop for Std. 10 Students (वेद्यशाळा)

**Attended by** - 15 meritorious students of Std. 9 going to Std. 10, Mrs. Seema Rajee, Dr. Dhananjay Bhandari

**Highlights** - The residential workshop was organized to provide intensive academic guidance to high-performing students of Std. 10. Subject experts conducted detailed sessions focusing on effective study techniques, time management, and strategic preparation for board examinations. Special emphasis was placed on answer-writing skills, presentation methods, and understanding the marking scheme. Interactive sessions, doubt-solving opportunities, and peer discussions created a collaborative learning environment. The workshop also motivated students to set clear academic goals and adopt disciplined study habits.

- **12<sup>th</sup> June 2025**

**Name of the Workshop** - Mock Interview Session (MTS Examination - Final Round)

**Attended by** - Selected MTS students

**Highlights** - The final mock interview session was conducted at the Cummins College Campus to provide students with a real-life interview experience. Experts from the Competitive Exams Coaching Academy For Women (CECAW) team assessed students on communication skills, subject knowledge, confidence, and overall personality. Detailed and constructive feedback was provided to help students refine their responses. The session significantly enhanced students' confidence and preparedness for the actual interview.

- **12<sup>th</sup> June 2025**

**Name of the Workshop** - Mukhyadhyapak Karyashala (मुख्याध्यापक कार्यशाळा)

**Attended by** - Mrs. Seema Rajee

**Highlights** - This workshop, organized by Zilla Parishad Pune, focused on strengthening school leadership and administrative efficiency. Key topics included annual academic planning, examination management, implementation of educational policies, and co-curricular programme execution. Best practices in school management were discussed in detail. A comprehensive guideline booklet was provided to all participants, making the session highly informative and practical.

- **12<sup>th</sup> June 2025 - 13<sup>th</sup> June 2025**

**Name of the Workshop** - Scholarship Exam Workshop

**Attended by** - Mrs. Sonal Joshi, Mrs. Sheetal Bankar

**Highlights** - The workshop aimed at enhancing the effectiveness of scholarship examination preparation. Resource person Mrs. Bhavana Tai Kulkarni shared valuable success strategies, productivity techniques, and practical insights. The sessions focused on time management, accuracy, and consistent practice. Interactive activities and games were conducted to make learning engaging. The workshop also recommended the implementation of regular scholarship sessions in schools to improve student performance.

- **25<sup>th</sup> June 2025**

**Name of the Workshop** - Seminar by 'Lokmat' (Reading Habit Development)

**Attended by** - Mrs. Ashwini Khankale

**Highlights** - The seminar emphasized the importance of developing reading habits among students from an early age. It addressed the decline in reading due to increased screen exposure and suggested effective strategies to promote reading culture in schools. The initiative by 'Lokmat' highlighted a valuable effort in this direction. The session also shared practical ideas such as creating reading corners, organizing storytelling sessions, and conducting reading

challenges to foster interest in reading.

- **26<sup>th</sup> June 2025**

**Name of the Workshop** - Anti-Drug Awareness Workshop by PACE

**Attended by** - Mrs. Mukta Aptekar

**Highlights** - This workshop focused on creating awareness about various forms of addiction, including drugs, tobacco, alcohol, excessive mobile use, and social media dependency. Experts explained the harmful physical, psychological, and social effects of addiction through real-life examples. Teachers were trained to identify early warning signs among students and take preventive measures. The session also emphasized the importance of counselling, parental involvement, and continuous awareness programmes. It encouraged schools to establish support systems to promote a healthy and addiction-free lifestyle among students.

- **3<sup>rd</sup> July 2025 - 4<sup>th</sup> July 2025**

**Name of the Workshop** - Adolescence and Hygiene Awareness Workshop

**Attended by** - Students of Std. 8

**Conducted by** - Dr. Mrs. Rupa Agrawal and Team (Mukta Charitable Trust)

**Highlights** - This workshop was conducted to create awareness among students about personal hygiene and physical well-being during adolescence. Dr. Rupa Agrawal and her team sensitively addressed topics related to bodily changes, emotional development, and hygiene practices, especially focusing on the care of intimate body parts. The session provided a safe and open environment where students could freely ask questions and clarify their doubts. Misconceptions related to adolescence were addressed with scientific explanations. The workshop helped students develop a better understanding of self-care, personal health, and the importance of maintaining hygiene during growing years.

- **Various days in July 2025**

**Name of the Workshop** - Good Touch, Bad Touch, and Unsafe Touch Awareness Workshop

**Attended by** - Students of Sr. K. G. to Std. 5

**Conducted by** - School Counsellor

**Highlights** - This workshop was conducted to promote personal safety and awareness among young learners. Using age-appropriate language and pictorial presentations, students were introduced to the concepts of good touch, bad touch, and unsafe touch. The counsellor explained the importance of recognizing inappropriate behaviour and encouraged children to speak up and seek help from trusted adults. Special emphasis was given to understanding private body parts and maintaining personal boundaries.

An educational video by CHILDLINE, shown in Marathi, reinforced these concepts and guided students on how to respond to unsafe situations. The session concluded with reinforcement activities to ensure clarity and retention of the concepts.

- **5<sup>th</sup> July 2025**

**Name of the Workshop** - Seminar on Indian Knowledge System and NEP

**Attended by** - Mrs. Swati Kanade

**Venue** - Swatantryaveer Savarkar Bhavan, Pune

**Highlights** - This seminar focused on the integration of the 'Indian Knowledge System' (IKS) and the 'National Education Policy' (NEP) into modern education. Dr. Bhushan Patwardhan elaborated on the significance of incorporating traditional Indian wisdom into contemporary teaching practices. Dr. A. L. Deshmukh provided insights into the objectives and implementation strategies of NEP. The session emphasized holistic education, interdisciplinary learning, and the development of critical thinking skills. It offered valuable perspectives for educators to

align their teaching methodologies with national educational reforms.

- **9<sup>th</sup> July 2025**

**Name of the Workshop** - Good Behaviour Workshop (Std. 6)

**Attended by** - Students of Std. 6

**Conducted by** - School Counsellor

**Highlights** - The workshop aimed to instil values of respect, discipline, and responsible behaviour among students. It included discussions on good touch, bad touch, and unsafe touch, along with the importance of reporting inappropriate behaviour. Interactive activities were conducted to highlight the importance of active listening and following instructions. A storytelling session emphasized the value of respect, patience, and thoughtful responses. Basic cyber safety rules were introduced, including responsible use of technology and limiting screen time. The session concluded with a discussion on the importance of following school rules and maintaining discipline.

- **10<sup>th</sup> July 2025**

**Name of the Workshop** - Good Behaviour Workshop (Std. 7)

**Attended by** - Students of Std. 7

**Conducted by** - School Counsellor

**Highlights** - This session focused on developing responsible behaviour and awareness among students. Key topics included understanding appropriate and inappropriate touch, practising active listening, and developing self-control. Through engaging activities and discussions, students learned the importance of respect, discipline, and thoughtful decision-making. The counsellor also introduced cyber safety practices, highlighting the risks associated with excessive screen time and unsafe online behaviour. Students were encouraged to follow rules diligently and maintain cleanliness and discipline within the school premises. Special emphasis was given to

avoiding inappropriate actions such as drawing on washroom walls and promoting responsible conduct.

- **31<sup>st</sup> July 2025**

**Name of the Workshop** - ERP System Demonstration (CoReCo Technologies Pvt. Ltd.)

**Attended by** - School administrators and computer teachers

**Resource Person** - Mr. Vikram Patil

**Venue** - MKSSS's Vision English Medium School, Narhe.

**Highlights** - This session provided a comprehensive demonstration of ERP (Enterprise Resource Planning) systems in school management. The resource person explained various modules, including personnel management, financial reporting, and data handling. A live demonstration showcased how ERP systems can streamline administrative processes, improve communication, and enhance overall efficiency. The workshop encouraged the adoption of digital tools for effective school management and highlighted the importance of technology integration in modern educational institutions.

- **August 2025 - Workshops**

- **1<sup>st</sup> August 2025**

**Name of the Workshop** - ERP Application Presentation (CORECA / Master Soft Team)

**Attended by** - Computer Teachers of MKSSS's all units

**Resource Person** - Mr. Gaurav Somani and Team

**Highlights** - This session focused on introducing the ERP (Enterprise Resource Planning) application for effective school management. The resource team provided a detailed presentation on various ERP modules designed to streamline administrative tasks, data management, and communication within the institution. The session highlighted the practical use of ERP systems in handling student records, staff data, and academic

processes efficiently. Teachers gained insights the importance of digital tools in modern education and how technology can enhance accuracy, transparency, and coordination in school operations.

- **2<sup>nd</sup> August 2025**

**Name of the Workshop** - Parenting Workshop (Annual General Body Meeting)

**Attended by** - Parents

**Speaker** - Dr. Suneel Godbole

**Venue** - Swami Narayan Hall, Narhe.

**Highlights** - The school organized its Annual General Body Meeting along with a parenting workshop to strengthen the collaboration between school and home. The session aimed to inform parents about the school's progress, future goals, and important rules and regulations. Dr. Suneel Godbole emphasized that every child possesses unique intelligence and encouraged parents to recognize and nurture their child's individual strengths. Key topics discussed included different types of intelligences, the importance of physical and nutritional development, and the practical application of learning in daily life. The workshop helped parents gain a deeper understanding of their role in supporting their child's holistic development.

- **12<sup>th</sup> August 2025**

**Name of the Workshop** - Digital Solutions for Teachers and Students (AI for Teachers' Assistance)

**Attended by** - Mrs. Vrushali Sahasrabudhe (Headmistress), Supervisors - Mrs. Archana Kanoujia, Mrs. Dhanashri Phadke, Mrs. Ashwini Khankale and Teachers - Mrs. Varadgauri Mhetre, Mrs. Swapna Mandhare, Mrs. Neha Gadgil, Mrs. Payal Binjwe, Mrs. Vijaya Upasani.

**Conducted by** - Supermind Team (Presenter - Mrs. Ashwini Bhalekar and Team)

**Highlights** - This workshop focused on the integration of digital tools and artificial

intelligence in education to support teachers in their daily tasks. The Supermind team demonstrated innovative solutions such as audio-based learning products and digital classroom tools. The session highlighted how AI can assist teachers in lesson planning, content delivery, and student engagement. Participants were introduced to modern teaching aids that enhance interactive learning and improve efficiency. The workshop encouraged the adoption of technology-driven approaches to make teaching more effective, engaging, and student-centric.

- **21<sup>st</sup> August 2025 - 22<sup>nd</sup> August 2025**

**Name of the Workshop** - Chhote Scientists Workshop (First Session)

**Attended by** - Mrs. Shradha Patil, Mrs. Sharda Bandawane and Mrs. Mugdha Kalaskar

**Venue** - MKSSS's Mahilashram High School, Pune.

**Highlights** - This workshop aimed at promoting scientific thinking and innovation among educators. The sessions included topics such as the 'Indian Knowledge System', 'Shodh Karya' (research-based activities), gamification, and project-based learning methodologies. Teachers actively participated in designing activities and educational games to explain scientific concepts in an engaging manner. The workshop emphasized the development of key skills such as observation, questioning, collaboration, creativity, and critical thinking. It encouraged educators to adopt experiential and activity-based teaching methods to foster scientific temperament among students.

- **September 2025 - Workshops**

- **25<sup>th</sup> September 2025**

**Name of the Workshop** - Workshop on 'Bhalaba' and 'Raja Natu' Drama Competition

**Attended by** - Mrs. Amrita Madavi

**Venue** - Sudarshan Rangmanch,

Shaniwarpeth

**Highlights:** This workshop focused on providing information and guidance regarding participation in 'Bhalaba' and 'Raja Natu' drama competitions. The session included registration procedures and the distribution of necessary forms for participation. Mr. Abhijit Deshpande explained the rules, regulations, and expectations for the competitions in detail. The workshop helped participants gain clarity about the competition structure and requirements.

- **26<sup>th</sup> September 2025**

**Name of the Workshop** - Fashion Designing Workshop

**Attended by** - 15 Students (Std. 8-10)

**Resource Person** - Ms. Sanjana Khairmode (SOFT)

**Highlights** - The workshop aimed at introducing students to career opportunities in fashion designing. Students were guided on basic design principles and encouraged to explore their creativity through practical activities. They worked on redesigning concepts using geometric patterns and created innovative T-shirt designs along with slogans.

The session was highly interactive and provided hands-on experience in designing.

Outstanding designs created by Ms. Aarya Pise, Ms. Sanjita Mahale and Ms. Maitreyee Godbole were recognized and appreciated. The workshop successfully nurtured creativity and interest in the field of fashion design.

- **26<sup>th</sup> September 2025**

**Name of the Workshop:** Career Guidance Expo (Tie and Dye, Fashion Designing, and Laser Technology)

**Attended by:** Students of Vision School

**Highlights:** The Career Guidance Expo provided students with an opportunity to explore multiple vocational and creative fields

through three different workshops - Tie and Dye, Fashion Designing, and Laser Technology. Students actively participated in the tie and dye activity, gaining hands-on experience in fabric design techniques. During the visit to the laser institute, they learned about advanced cutting techniques used on MDF sheets and understood their industrial applications. In the fashion designing segment, students were introduced to different types of fabrics and their uses. The expo was highly informative and experiential, helping students explore career options and develop practical skills.

- **October 2025 - Workshops**

**Date** - 7<sup>th</sup> October 2025

**Name of the Workshop** - Workshop on Indian Knowledge System (IKS)

**Attended by** - Pradnya Umrani

**Highlights** - The workshop was conducted at Prabodh Sabhagruha, Jnana Prabodhini Prashala, Pune. It aimed at introducing teachers to the concept of 'Indian Knowledge Systems' (IKS) and its relevance in contemporary education. The sessions provided deep insights into traditional Indian educational philosophies such as 'Panchkosh' (five layers of human existence) and 'Shaikshanik Sanskar' (value-based education).

Participants were guided on how to effectively integrate these traditional concepts into the modern curriculum to enhance holistic student development. The workshop also emphasized the importance of blending ancient wisdom with present-day teaching methodologies.

A reflection session was conducted at the end, where teachers discussed and shared practical ideas for implementing IKS concepts in their classrooms, making the learning process more meaningful and culturally enriched.

- **November 2025 - Workshops**

**Date** - 15<sup>th</sup> November 2025

**Name of the Workshop** - Microsoft AI Training for Educators

**Attended by** - Mrs. Swapna Mandhare and Mrs. Varadgauri Mhetre

**Highlights** - The Microsoft AI Training for Educators was conducted through the Microsoft Teams platform with the objective of equipping teachers with modern technological skills. The workshop provided a comprehensive understanding of how Artificial Intelligence can be integrated into the teaching-learning process to create more engaging, inclusive, and future-ready classrooms.

The resource persons demonstrated various AI-based tools that can assist teachers in lesson planning, content creation, assessment, and personalized learning. Special emphasis was given to the use of AI for addressing diverse learning needs, thereby promoting inclusivity in the classroom.

Teachers were also guided on ethical use of AI, data privacy, and maintaining a balance between technology and human interaction. The session included practical examples and live demonstrations, which helped participants understand real-time classroom applications.

Overall, the workshop motivated educators to adopt innovative teaching strategies and enhance their digital competency.

- **21<sup>st</sup> November 2025**

**Name of the Workshop** - Kali Umaltana (Menstrual Awareness Session)

**Attended by** - Girls of Std. 6 and 7

**Highlights** - The Kali Umaltana session was specially organized to create awareness among adolescent girls about menstruation and related health and hygiene practices. The session aimed to remove myths, taboos, and misconceptions surrounding menstruation by

providing scientifically accurate and age-appropriate information.

The resource person explained the menstrual cycle in detail, including its biological process, duration, and common physical and emotional changes experienced during this phase.

Emphasis was placed on maintaining proper menstrual hygiene, including the correct use and disposal of sanitary products, and the importance of a balanced diet and personal care.

The session also addressed emotional well-being, helping students understand that mood changes are natural and manageable. Students were encouraged to ask questions freely, which created a comfortable and open learning environment. The workshop played a crucial role in building confidence, promoting self-awareness, and fostering a positive attitude towards menstrual health.

- **11<sup>th</sup> November 2025**

**Name of the Workshop** - Good, Bad and Unsafe Touch

**Attended by** - Students of Jr. K. G.

**Highlights** - This workshop was conducted by the school counsellor with the aim of developing awareness about personal safety among very young learners. The session was carefully designed using age-appropriate teaching methods such as pictorial presentations, storytelling, repetition, and interactive discussions to ensure effective understanding.

Children were introduced to the concepts of good touch (which makes them feel safe and happy), bad touch (which causes pain or discomfort), and unsafe touch (involving private parts of the body). The counsellor explained the concept of private body parts in a simple and sensitive manner, emphasizing that these areas should not be touched by others, except parents or doctors in their presence.

To reinforce learning, students were shown a

CHILDLINE educational video in Marathi, which clearly illustrated different types of touch and guided children on how to react in uncomfortable situations, such as saying "No", moving away, and informing a trusted adult.

The session encouraged children to speak up without fear and helped build their confidence in identifying and responding to unsafe situations. It concluded with repetition and revision to ensure that the key concepts were well understood and remembered by the students.

- **December 2025 - Workshops**

- **13<sup>th</sup> December 2025**

**Name of the Workshop/Event** - Conference - Vision of Schools for 2030

**Venue** - B.K. Birla School, Kalyan

**Attended by** - Mrs. Kanchan Satpute, Mrs. Vrushali Sahasrabudhe, Mrs. Archana Kanoujia and Ms. Aishwarya Paranjpe

**Highlights** - The conference-cum-competition centered on envisioning the future of education and the transformation of schools by the year 2030.

Various reputed schools participated and presented innovative, forward-thinking ideas for creating future-ready institutions.

Discussions emphasized the integration of technology in classrooms, student-centric learning approaches, and the development of 21<sup>st</sup> century skills such as critical thinking, creativity and collaboration.

The event provided exposure to modern educational practices, including digital learning environments and personalized education models.

It also encouraged educators to rethink traditional teaching methods and adopt progressive strategies to meet evolving student needs.

- 19<sup>th</sup> and 20<sup>th</sup> December 2025**

**Name of the Workshop/Event** - Samstha Vyakhyanmala and Bhaubheej Samarpan Sohala

**Attended by** - All staff members

**Highlights** - The Vyakhyanmala comprised a series of insightful lectures delivered by distinguished speakers on topics related to education, values, and social responsibility. Sessions focused on enhancing professional ethics, institutional growth, and the role of educators in shaping society. The Bhaubheej Samarpan Sohala fostered a sense of unity, cultural bonding, and gratitude among staff members. The programme emphasized the importance of teamwork, dedication, and commitment towards the institution's mission and vision. Overall, the event contributed to both professional enrichment and strengthening interpersonal relationships among staff.
- 26<sup>th</sup> December 2025**

**Name of the Workshop/Event** - Visit to Samstha Water Treatment Plant

**Attended by** - Std. 10 Students

**Highlights** - The educational visit was organized as part of the Water Security curriculum to provide practical exposure to students. Students observed the complete water treatment process, including filtration, purification, and distribution systems. Experts at the plant explained the importance of water conservation, sustainable usage, and maintaining water quality. The visit helped students connect theoretical knowledge with real-life applications, enhancing their understanding of environmental science. It also instilled awareness about responsible water usage and the significance of preserving natural resources.
- Name of the Workshop/Event** - Counsellor's Workshop - Stress Management and Study Skills

**Attended by** - Students of Std. 6 to 10

**Highlights** - The school counsellor conducted interactive sessions addressing common academic and personal challenges faced by students. Students were guided on effective stress management techniques, including time management, relaxation methods, and maintaining a positive mindset. The workshop focused on improving study habits, concentration, and exam preparation strategies. Practical tips were shared to help students balance academic responsibilities with personal well-being. The session encouraged students to openly discuss their concerns, promoting emotional well-being and confidence.
- January 2026 - Workshops**

**5<sup>th</sup> January 2026**

**Name of Workshop** - Chhote Scientists Workshop (Second Session)

**Attended by** - Mrs. Sharda Bandawane, Mrs. Shradha Patil, Mrs. Mugdha Kalaskar

**Highlights** - Conducted school-wise presentations, Model preparation activities for Std. 5 - 7, Electric circuit activities for Std. 8 - 9, Evaluation planned for late January, Emphasis on integrating IKS concepts into science teaching.

**15<sup>th</sup> January 2026**

**Name of Workshop/Event** - Election Duty, Pune Municipal Corporation (PMC)

**Attended by** - Headmistress, Supervisors, selected male teachers, and male office staff

**Highlights** - Assigned official election responsibilities. Staff participated in administrative election duties.

- **17<sup>th</sup> - 18<sup>th</sup> January 2026**

**Name of Workshop** - The Big Green Fest (Pune)

**Attended by** - Ms. Siddhi Deshmukh, Mrs. Shradha Patil, Mrs. Pratibha Ghodke

**Highlights** - Green Talk sessions on conservation, wildlife, and insects. Panel discussion on sustainable cities and climate change. Exhibitions, competitions, and cultural programmes. Nature trails for experiential learning. Promoted awareness of sustainable lifestyles.

- **19<sup>th</sup> January 2026**

**Name of Workshop** - AI Workshop for Teachers

**Attended by** - All Secondary Section Teachers

**Conducted by** - Mrs. Varadgauri Mhetre

**Highlights** - Focus on correct and effective use of AI in education. Clarified key AI concepts of the teachers. Enhanced digital teaching skills.

- **23<sup>rd</sup> January 2026**

**Name of Workshop** - Election Training Programme - Zilla Parishad and Panchayat Samiti, Bor

**Attended by** - Teachers assigned with the election duty

**Highlights** - Training conducted at Bor Taluka. Guidance on election procedures and responsibilities. Prepared teachers for Zilla Parishad election duties.

- **February 2026 - Workshops**

- **11<sup>th</sup> February 2026**

**Name of the Workshop/Event:** Film Writing and Direction (Interview Session)

**Attended by** - Std. 7 Students

**Guest** - Mr. Sudhir Kulkarni

**Highlights** - Mr. Sudhir Kulkarni shared his rich experience in the field of acting and film direction. He narrated engaging stories from his movie 'Reel Star', giving students insight

into real-life filmmaking processes. He also spoke about the research and preparation involved in his upcoming film Khashaba, helping students understand the depth of work behind cinema. The session highlighted various aspects of film production, including storytelling, direction, and creativity. Students interacted freely with the guest, asking questions and gaining practical knowledge about careers in the film industry. The session was highly engaging and inspired students to explore creative fields.

- **12<sup>th</sup> February 2026**

**Name of the Workshop/Event** - Dietary Guidance (Interview Session)

**Attended by** - Students of Std. 6, 7 and 8

**Guest** - Mrs. Snehalata Kulkarni

**Highlights** - The session focused on promoting healthy eating habits among students.

Mrs. Snehalata Kulkarni explained which types of food should be avoided, especially junk and highly processed packaged foods. She discussed the harmful effects of preservatives and artificial ingredients on health.

Students learned the importance of maintaining a balanced and wholesome diet for overall well-being.

Guidance was given on how to read labels and make informed choices while purchasing packaged food items.

The session was interactive, with students enthusiastically asking questions and clarifying their doubts.

- **12<sup>th</sup> - 18<sup>th</sup> February 2026**

**Name of the Workshop/Event** - Creative Innovative Methods of Teaching (CIMT)

**Venue** - Shikshan Bhavan, Navi Peth, Pune

**Attended by** - Ms. Manasi Shaligram

**Highlights** - This six-day intensive workshop focused on addressing 'Specific Learning Disabilities (SLD)' in classrooms. Teachers were trained in multisensory teaching

approaches using the VAKT (Visual, Auditory, Kinesthetic, Tactile) method. Practical strategies were shared for teaching subjects like mathematics and languages to students with learning difficulties. The importance of designing and implementing 'Individualized Education Plans (IEPs)' was emphasized to cater to diverse learning needs. The workshop promoted inclusive education practices and encouraged teachers to adopt flexible and student-centered teaching methods. It enhanced the participant's ability to identify and support struggling learners effectively.

- **13<sup>th</sup> February 2026**

**Name of the Workshop/Event** - Tourism and Career Opportunities in Tourism (Interview Session)

**Attended by** - Std. 8 Students

**Guest** - Ms. Jyoti Kulkarni

**Highlights** - Students were introduced to the concept and scope of tourism. The guest shared insights into her family's business and global travel experiences, explained career opportunities in hospitality, travel management, and tour operations, and discussed industry challenges. She also provided information on relevant courses and qualifications. The session broadened students' awareness of global careers and entrepreneurship.

- **13<sup>th</sup> February 2026**

**Name of the Workshop/Event** - Sky Gazing Session

**Attended by** - Std. 8 Students

**Organized with** - Jyotirvidya Parisansta, Pune Volunteers

**Highlights** - The sky gazing session arranged on the occasion of 'National Geography Day' provided students with a unique hands-on learning experience in astronomy. Volunteers used telescopes to help students observe celestial bodies such as Jupiter, Mars, Saturn, and the Moon.

Students gained basic knowledge about planets, their features, and their positions in the night sky. The session sparked curiosity and interest in space science and astronomy. It combined theoretical knowledge with real observation, making learning engaging and memorable.

- **21<sup>st</sup> February 2026**

**Name of the Workshop/Event** - Demo Workshop (Foundation Stage Teachers)

**Venue** - MKSSS's Mahilashram High School, Pune

**Attended by** - Mrs. Payal Binjwe, Mrs. Vinaya Ghadge, Mrs. Sonal Kulkarni, Mrs. Aarti Natekar

**Speakers** - Mrs. Akshada Kulkarni, Mrs. Vrushali Sahasrabudhe, Mr. Kumar Divakar

**Highlights:** The workshop focused on enhancing teaching methodologies for foundation stage educators. It included curriculum review, reflection-based learning practices, and emphasized child-centric education and developmental needs. A game-based session showcased how interactive activities improve engagement and understanding. Teachers actively participated, making it practical and engaging, while also preparing for the upcoming academic sessions in May 2026.

- **March 2026 - Workshops**

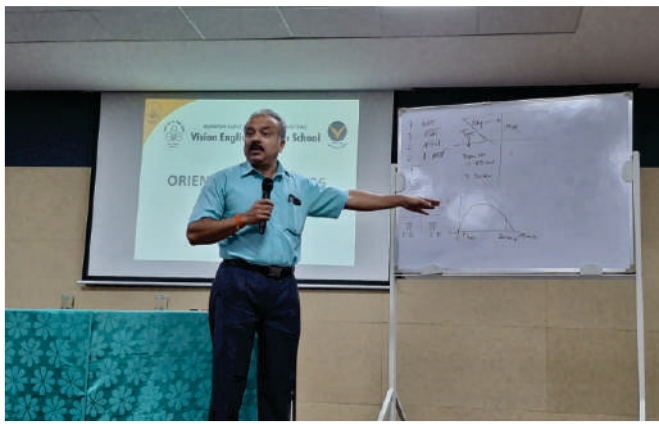
- **7<sup>th</sup> March 2026**

**Name of Workshop/Event** - Introduction of LMC Members (Outreach Programme)

**Attended by** - New LMC Members and all staff members of MKSSS's Vision English Medium School, Narhe.

**Highlights** - A welcome programme was organized for the newly formed LMC (Local Managing Committee). The committee members were introduced to the staff, followed by staff introductions. The meeting helped in establishing coordination and communication between the management and school staff.

# Insight is born where curiosity meets reflection



**Workshop on Study Skills and Career Guidance by Mr. Shirish Apte**



**Orientation (Std. 10)**



**AI Tools Training Programme by Computer Teacher**



**Parenting Workshop by - Dr. Sunil Godbole**



**Workshop on Personal Hygiene by Mukta Charitable Trust (Std. 8)**



**Workshop on ISRO Outreach Programme**

You are not the emotions; you are the observer of them.

# Insight is born where curiosity meets reflection



**Workshop on Ancient Wisdom in Modern Times by Mr. Nilesh Oak**



**Chhote Scientist Workshop**



**Anti Drugs Workshop**



**NEP Workshop**



**Session by School Counsellor on Good Behaviour (Std. 9)**



**Career Guidance for girls (Std. 8 to 10) by Smt. Sanjana Khairmode**

Feelings come and go; the observer within you remains constant.

# Insight is born where curiosity meets reflection



**Annual General Body Meeting and Parenting Workshop**



**Prahar Din**



**'स्वच्छ शाळा सुंदर शाळा' competition School Visit - Mrs. Rupali Khedekar (CRC Co-ordinator)**



**Tree Plantation on Account of World Environment Day**



**Smartboard Inauguration Ceremony Supported by - Reich India Private Limited**



**Visit to NIV Pashan by Std. 9 and 10 Students under the ICMR SHINE Programme**

Positivity is a choice, not a result.

# Insight is born where curiosity meets reflection



**ERP Workshop by  
CoReCo Technologies Pvt. Ltd.**



**Book Donation by Hirwai Foundation**



**AI Assistance and Digital Classrooms  
Presentation by Supermind Team**



**Inauguration of 'Shikshan Vivek'**



**Bharat Vikas Parishad Group  
Singing Competition - 2<sup>nd</sup> Prize**



**SEL (Social Emotional Learning)  
Strategies Award by Birla Foundation**

Emotions are the language of the soul.

# Insight is born where curiosity meets reflection



**Winners of Cyber Genius Competition  
Conducted by KHS**



**Winners of Cyber Genius Competition  
Conducted by KHS**



**E-Waste Competition (2024-25) Winners**



**Bilwa Kulkarni - Silver Medal In Boxing at  
Maharashtra State Boxing Championship 2025**



**Urja Drawing and Manache Shlok  
Individual Competition Winners**



**Urja Abhinay Geet Group  
Competition Winners**

Your mind becomes what you feed it.

## Celebration



**Ganeshutsav**



**Nagpanchami**



**Rangotsav**



**National Sports Day**



**Saraswati Pujan - First Day of School**



**Maharshi Dhol Pathak**

Calm mind, strong heart, peaceful soul.

## Picnic



**Mini K. G. - Thakare Udyan and Joshi Railway Museum**



**Jr. K. G. - Baneshwar Krushi Paryatan Kendra**



**Sr. K. G. - Girivan**



**Std. 1 - Aaroh Srushti**



**Std. 2 - Ghadge Farm**



**Std. 3 - Shantivan**

A quiet mind hears the soul.

## Picnic



**Std. 4 - The Hidden Oasis**



**Std. 5 - Rajrohi Resort**



**Std. 6 - Sneh Resort**



**Std. 7 - Kalpataru Resort**



**Std. 8 - Karle Bhaje Caves  
and MKSSS's Kamshet Shala**



**Std. 10 - Wai, Nana Phadanvis Wada  
and MKSSS's VEMS Wai School**



**Std. 9 - Abhay Prabhavana**

Control your mind before it controls you.

<b>Enhanced Learning Details - 2025-26</b>		
<b>Sr. No.</b>	<b>Std.</b>	<b>Enhance Learning Activities</b>
1	V	Lezim
		Scholarship
		Agarbatti, Utina and Soap Making
2	VI	Dr. Homi Bhabha Balvaidnyanik Competition
		Cooking and Baking
		Martial Arts
3	VII	Chhatrapati Shivaji Maharaj
		Band Pathak
		Screen Printing
4	VIII	Terracotta
		Terrace Gardening
		MTS/Scholarship
5	IX	Movie and Advertisement
		Embroidery
		MTS/Dr. Homi Bhabha Balvaidnyanik Competition
6	X	Charkha
		Indian Knowledge System
		MTS



**Lezim (Std. 5)**



**Scholarship (Std. 5 and 8)**



**Agarbatti, Utina and Soap Making (Std. 5)**



**Dr. Homi Bhabha Balvaidnyanik Competition (Std. 6 and 9)**

Inner peace is true power.

## Enhanced Learning



**Cooking and Baking (Std. 6)**



**Martial Arts (Std. 6)**



**Chhatrapati Shivaji Maharaj -  
Yashogatha (Std. 7)**



**Band Pathak (Std. 7)**



**Screen Printing (Std. 7)**



**Terracotta (Std. 8)**

Stillness is the language of peace.

## Enhanced Learning



**Making of Jivamrut - Terrace Garden Activity (Std. 8)**



**MTS/Scholarship (Std. 8)**



**Movie and Advertisement (Std. 9)**



**Embroidery (Std. 9)**



**Charkha (Std. 10)**



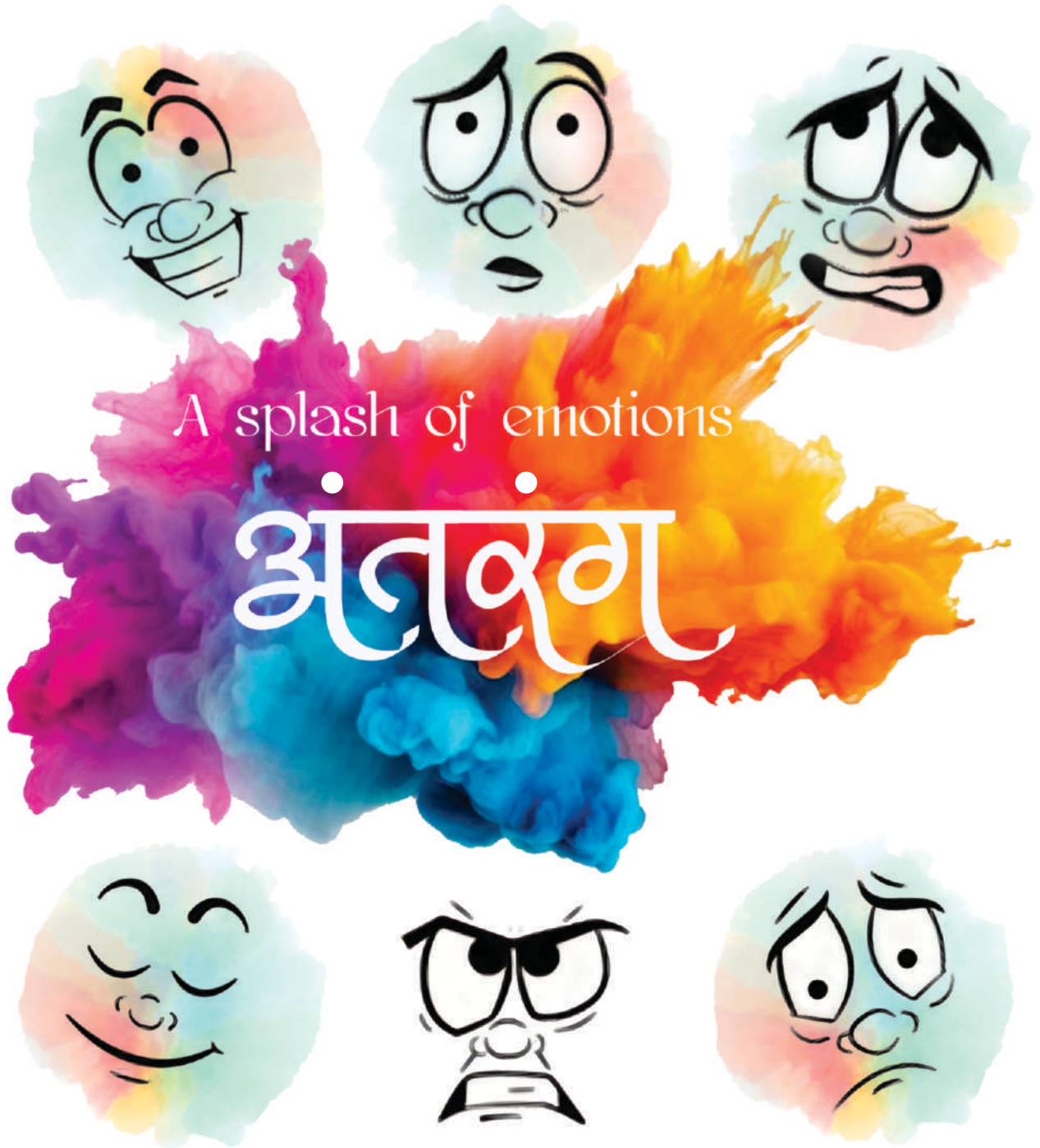
**Indian Knowledge System (Std. 10)**

The soul grows through reflection.

## Summary of Competition 2025 - 26

Sr. No.	Std	Name of the competition	Name of the Judge
1	Mini K. G.	Beading	Class Teachers
2		Poetry	Dr. Priyanka Saravate
3		Drawing	Mrs. Soniya Mohite
4		Fancy Dress	Mrs. Gauri Sonawane, Mrs. Supriya Sabde
5		Rangoli (Parent-Child)	Mrs. Manasi Shembekar
6		Inter-class English Song Recitation	Mrs. Sayali Kulkarni
7	Jr. K. G.	Clay Modelling	Mr. Sagar Waghale
8		Object Talk	Dr. Priyanka Saravate
9		Drawing	Mrs. Soniya Mohite
10		Fancy Dress	Mrs. Snehal Sonsale, Mrs. Aarti Havile, Mrs. Apurva Joshi
11		Flower Arrangement (Parent Child)	Mrs. Aditi Divekar
12		Inter - class English Poetry Recitation	Mrs. Sayali Kulkarni
13	Sr. K. G.	Origami	Mrs. Jyotsna Godbole
14		Story Telling	Mrs. Swapna Modak
15		Painting	Mrs. Jyotsna Godbole
16		Fancy Dress	Mrs. Yogita Thorat, Mrs. Namrata Kulkarni, Mrs. Jaai Ambulgekar
17		Salad Decoration (Parent- Child)	Mrs. Sukesha Satavalekar
18		Inter - class English Paragraph Recitation	Mrs. Sayali Kulkarni
19	I	Greeting Card Making (Parent-Child)	Mr. Kedarnath Bhagwat
20	II	Folder Making (Parent-Child)	
21	III	Singing (Parent-Child)	Mrs. Ashwini Badave
22	IV	Dance (Parent-Child)	Ms. Gargi Karkhanis
23	V	Drama (Parent-Child)	
24		Elocution	Mrs. Ashwini Kuber
25	VI	Elocution	Mrs. Ujjwala Nayak
26		Rangoli	Ms. Sharayu Gaikwad
27	VII	Flower Arrangement	Ms. Apurva Yelgate
28	VIII	Cooking	Ms. Vedika Salunke
29	VI to VIII	Good Book Reader	Mrs. Keerti Gandhe
30		Good Book Reviewer	Language Teachers
31		English Poetry	Mrs. Gauri Bhade
32	VII and VIII	Debate	Mr. Balaji Kambale
33	IX and X	Extempore	Mrs. Bharati Korabu
34		IX	Dance
35	X	Dance	Miss. Avani Kulkarni
36	I to IV	Story Telling	Mrs. Bharati Korabu
37	I to V	Singing	Mrs. Ashwini Badave
38		English Poetry	Mrs. Shilpa Khare
39		Marathi Poetry	Mrs. S. M. Karve
40	I to VIII	Spell Bee	Language Teachers
41	III to VIII	GK and Quiz	Class Teachers
42	V to X	Hindi Elocution Competition	Mrs. Kalawati Ghorpade
43		Singing	Mrs. Sushma Thite
44		Magazine Cover Page Designing	Vision Heads
45	I to V	Drawing I to V	Mr. Khushal Shewale
46	VI to X	Drawing - VI to X	Mr. Manohar Nikam

# Pre-Primary Section



## Mini K. G.



**Beading Activity**



**Clay Moulding**



**Chocolate Making Activity**



**Visit to Maths Lab**



**Vegetable Sorting Activity**



**Shaving Brush Activity**

Peace is not found, it is created within.

## Mini K. G.



**Life Skill Activity**



**Ball Pool Activity**



**Playing with Big Blocks**



**Science Day Activity - Magnifying Glass**



**Potato Peeling Activity**



**Sports Week - Running Race**

A peaceful heart creates a beautiful life.



**Matching of Colours Activity**



**Rhymes Session**



**Germination Activity**



**Flower Rangoli**



**Chipkoo Movement**



**Balnagari**

The real victory is winning over your own mind.



**Writing on Slate**



**Balancing on Beam**



**Ear Bud Painting Activity**



**Colour Mixing Activity**



**Free Play**



**Morning Exercise**

Calm inside, clarity outside.



**Reading with Cards**



**Watermelon Origami Activity**



**Free Play - Blocks**



**Durva Sorting**



**Exercise with Ghungur Kathi**



**Nature Observation - Science Day**

Your inner world shapes your outer world.



**Deep Amavasya Activity**



**Doll's House**



**Patterning with Dry Leaves**



**Curiosity Corner**



**Lantern Making Activity**



**Painting Competition**

Silence is where the soul finds its voice.

## Celebrations



**Dahi Handi**



**Gandhi Jayanti - Cleanliness**



**Bhondala**



**Dussehra**



**Deep Amavasya**



**Diwali Party**

A pure heart reflects a powerful spirit.

## Celebrations



**Doll's Wedding**



**Gurupournima**



**Kalpavriksha Day**



**Kite Flying**



**Marathi Diwas**



**Bullock Cart Ride**

True strength lies in mastering your inner self.

## Competitions



**Sports Winner**



**Story Telling Competition**



**Parent - Child Competition  
Rangoli**



**Parent - Child Competition  
Flower Decoration**



**Parent - Child Competition  
Salad Making**



**Origami Competition**



**Fancy Dress Competition**



**Drawing Competition**

Choose your thoughts, choose your path.

# Celebrating Family



**Mini K. G. - Grandparents Day**



**Mini K. G. - Grandparents Day**



**Jr. K. G. - Uncle - Aunty Day**



**Jr. K. G. - Uncle - Aunty Day**



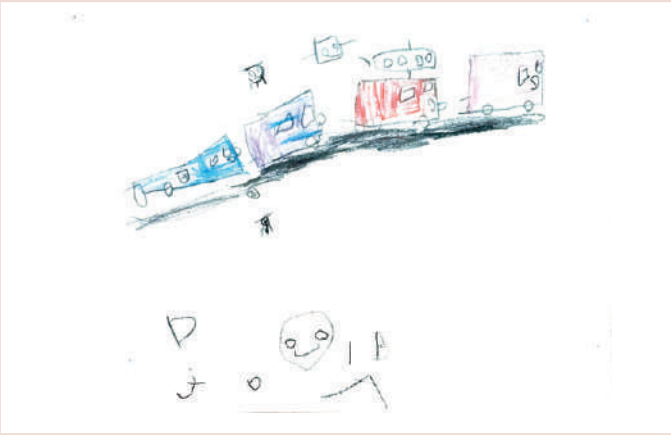
**Sr. K. G. - Sibling Day**



**Sr. K. G. - Sibling Day**

Roots of love, branches of strength.

## Free Drawing - Best Entries



**Sumedh Koli**  
(Mini K. G. - M)



**Ashwat Arote**  
(Mini K. G. - V)



**Manjusri Phadtare**  
(Jr. K. G. - M)



**Aniruddha Boladra**  
(Jr. K. G. - V)



**Sharanya Wadgaonkar**  
(Jr. K. G. - E)



**Vedansh Waghmode**  
(Sr. K. G. - M)

Draw your dreams, paint your heart.

## Free Drawing - Best Entries



**Rusha Kadu**  
(Sr. K. G. - V)



**Saavi Deshpande**  
(Sr. K. G. - E)

## Upcoming Artists



**Viyanshi Patil**  
(Mini K. G. - M)



**Shriyansh Mane**  
(Jr. K. G. - V)



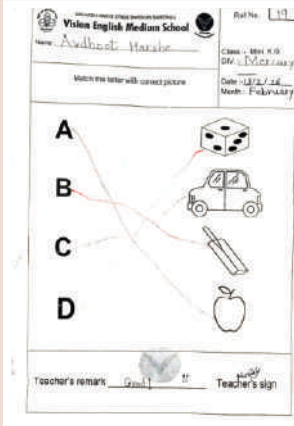
**Dnyanada Pimple**  
Sr. K. G. - V



**Vanshika Patil**  
(Sr. K. G. - E)

Where Antaranga meets art, magic happens

# Worksheets



**Avdhoot Harshe  
(Mini K. G. - M)**



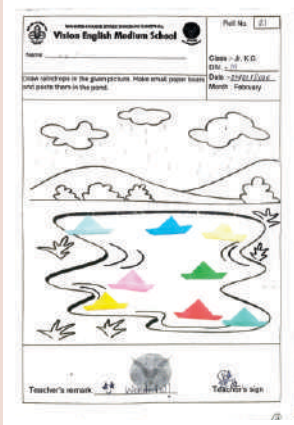
**Adhiraj Jadhav  
(Mini K. G. - V)**



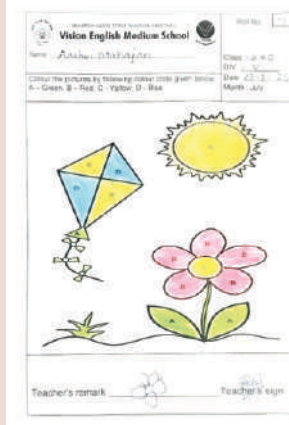
**Sumedh Koli  
(Mini K. G. - M)**



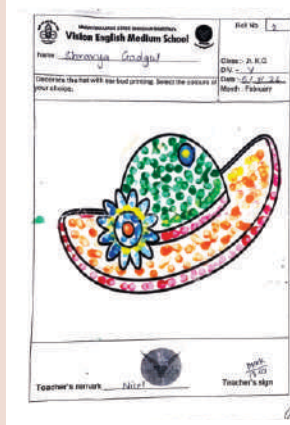
**Radnyee Deo  
(Mini K. G. - V)**



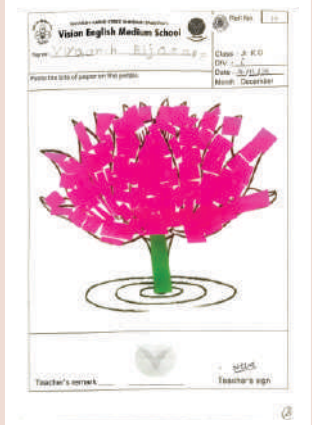
**Arjun Oulkar Jr. M  
(Jr. K. G. - M)**



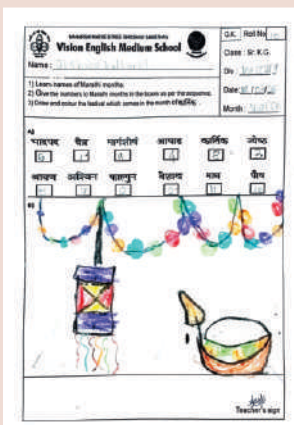
**Aashvi Mahajan  
(Jr. K. G. - V)**



**Shravya Gadgul  
(Jr. K. G. - V)**



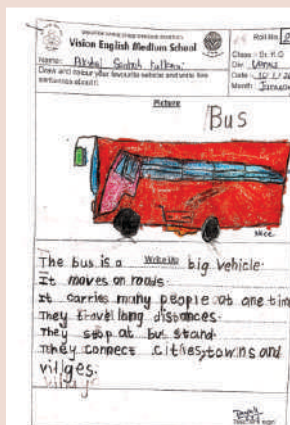
**Viyaansh Bijagare  
(Jr. K. G. - E)**



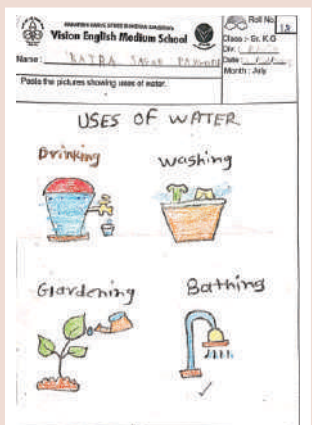
**Akshara Kulkarni  
(Sr. K. G. - M)**



**Rajveer Kank  
(Sr. K. G. - V)**



**Akshaj Kulkarni  
(Sr. K. G. - V)**



**Kaira Paygude  
(Sr. K. G. - E)**

**Winners of Pre-Primary Section**

Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank	Name of the Judge
1	Mini K. G.	M	<b>Beading Competition</b>	Sumedh Koli	FIRST	<b>Class Teachers</b>
2		M		Purav Farke	SECOND	
3		M		Pruthvi Tavhare	THIRD	
4		M		Shravi Pawar	FIRST	
5		M		Saisha Mete	SECOND	
6		M		Priyal Mote	THIRD	
7		V		Avnish Dafal	FIRST	
8		V		Tej Gosavi	SECOND	
9		V		Shlok Bodkhe	THIRD	
10		V		Vrinda Kalaskar	FIRST	
11		V		Advita Bange	SECOND	
12		V		Anika Patel	THIRD	
13	Jr. K. G.	M	<b>Drawing Competition</b>	Manjusri Phadtare	FIRST	<b>Mrs. Soniya Mohite</b>
14		M		Viraj Dhumal	SECOND	
15		M		Sharvi Tanpure	THIRD	
16		M		Dhruva Pimpale	THIRD	
17		V		Aniruddha Boladra	FIRST	
18		V		Shriyansh Mane	SECOND	
19		V		Kavya Ghorpade	THIRD	
20		V		Shravya Gadgul	THIRD	
21		E		Sharanya Wadgaonkar	FIRST	
22		E		Jatin Chapane	SECOND	
23		E		Shivansh Shinde	THIRD	
24		E		Vedika Palatshah	THIRD	
25	Sr. K. G.	M	<b>Painting Competition</b>	Vedansh Waghmode	FIRST	<b>Mrs. Jyostna Godbole</b>
26		M		Malhar Horane	SECOND	
27		M		Anav Gengaje	THIRD	
28		V		Rusha Kadu	FIRST	
29		V		Aarav Panchal	FIRST	
30		V		Reva Jambhale	SECOND	
31		V		Dnyanada Pimpale	SECOND	
32		V		Shivshree Raykar	THIRD	
33		E		Saavi Deshpande	FIRST	
34		E		Riddhi Saraf	SECOND	
35		E		Sarvadnya Kokare	THIRD	
36		Mini K. G.		M	<b>Fancy Dress Competition</b>	
37	M		Shrisha Dharmadhikari	SECOND		
38	M		Shravi Pawar	THIRD		
39	V		Raghav Joshi	FIRST		
40	V		Abhidnya Deshpande	SECOND		<b>Mrs. Supriya Sabde</b>
41	V		Asmi Patil	SECOND		
42	V		Sumedh Joshi	THIRD		
43	V		Shreesha Nivangune	THIRD		

Winners of Pre-Primary Section								
Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank	Name of the Judge		
44	Jr. K. G.	M	Fancy Dress Competition	Advik Thorat	FIRST	Mrs. Snehal Sonsale		
45		M		Rivaan Soni	SECOND			
46		M		Sharvi Tanpure	THIRD			
47		V		Shriyansh Mane	FIRST	Mrs. Aarti Havile		
48		V		Varad Ghode	FIRST			
49		V		Aashvi Mahajan	SECOND			
50		V		Divyansh Lohar	SECOND			
51		V		Shravya Gadgul	THIRD			
52		V		Kavya Ghorpade	THIRD			
53		E		Vedika Palatshah	FIRST	Mrs. Apurva Joshi		
54		E		Paulomi Bhamare	SECOND			
55		E		Adhiraj Beldare	THIRD			
56		Sr. K. G.		M	Fancy Dress Competition	Malhar Mehare	FIRST	Mrs. Yogita Thorat
57				M		Shreemayi Shirurkar	SECOND	
58				M		Ovi Badnapurkar	SECOND	
59	M		Shreesha Shirurkar	THIRD				
60	M		Guruprasad Saravate	THIRD		Mrs. Namrata Kulkarni		
61	V		Rusha Kadu	FIRST				
62	V		Avanti Bhosale	SECOND				
63	V		Rutvi Sonwane	THIRD				
64	V		Prabodhini Patil	THIRD		Mrs. Jaai Ambulgekar		
65	E		Divyanshee Jagade	FIRST				
66	E		Vanshika Patil	SECOND				
67	E		Anvee Jadhav	THIRD				
Parent - Child Competition								
68	Mini K. G.	V	Rangoli Competition	Swasti Magdum	FIRST	Mrs. Manasi Shembekar		
69		M		Utkarsh Bhujbal	SECOND			
70		V		Abhidnya Deshpande	THIRD			
71	Jr. K. G.	M	Flower Arrangement	Sharvi Tanpure	FIRST	Mrs. Aditi Divekar		
72		M		Swastika Shetgar	SECOND			
73		M		Dnyaneshwari Waghale	SECOND			
74		V		Ridham Nimbalkar	THIRD			
75	Sr. K. G.	E	Salad Decoration	Ojas Mahajan	FIRST	Mrs. Sukesha Satvalekar		
76		V		Dnyanada Pimpale	SECOND			
77		E		Divyanshee Jagade	THIRD			
78		E	Nutrition	Saanvi Lokhande	FIRST			
79		M		Shivaansh Bagal	SECOND			
80		M		Abhinav Kulkarni	THIRD			
81	Mini K. G.	M	Drawing	Sumedh Koli	FIRST	Mrs. Soniya Mohite		
82		M		Mugdha Babar	SECOND			
83		M		Shrisha Dharmadhikari	THIRD			
84		V		Ashwat Arote	FIRST			
85		V		Mayra Choudhari	SECOND			
86		V		Prisha Chaudhari	THIRD			

Winners of Pre-Primary Section						
Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank	Name of the Judge
87	Jr. K. G.	M	Clay Modelling	Isha Garud	FIRST	Mr. Sagar Waghale
88		M		Rivaan Soni	SECOND	
89		M		Prithviraj Pawar	THIRD	
90		V		Shriyansh Mane	FIRST	
91		V		Krushnaja Nikam	SECOND	
92		V		Ridham Nimbalkar	THIRD	
93		E		Vedika Palatshah	FIRST	
94		E		Vibha Deorukhakar	SECOND	
95		E		Shivansh Shinde	THIRD	
96		Sr. K. G.		M	Origami	
97	M		Vedika Korane	SECOND		
98	M		Ira Pawar	THIRD		
99	M		Poorva Deshpande	THIRD		
100	V		Prabodhini Patil	FIRST		
101	V		Advik Kashid	SECOND		
102	V		Saisha Yadav	SECOND		
103	V		Avanti Bhosale	THIRD		
104	E		Vanshika Patil	FIRST		
105	E		Anvee Jadhav	SECOND		
106	E		Sarvadnya Kokare	SECOND		
107	E		Divyanshee Jagade	THIRD		
108	E		Aayansh Fund	THIRD		
109	Mini K. G	V	Poetry	Radnyee Deo	FIRST	Dr. Priyanka Saravate
110		M		Saisha Mete	SECOND	
111		M		Pavani Havile	THIRD	
112		V		Vrinda Kalaskar	THIRD	
113	Jr. K. G.	M	Object Talk	Isha Garud	FIRST	Dr. Priyanka Saravate
114		M		Advik Thorat	FIRST	
115		M		Pranjal Kharat	SECOND	
116		M		Viraj Dhumal	THIRD	
117	Sr. K. G.	V	Story Telling	Rusha Kadu	FIRST	Mrs. Swapna Modak
118		V		Saisha Yadav	FIRST	
119		E		Divyanshee Jagade	SECOND	
120		V		Prabodhini Patil	THIRD	
121	Mini K. G.	V	Interclass group competition	Song Competition	WINNER	Mrs. Sayali Kulkarni
122	Jr. K. G.	V		Poetry Competition	WINNER	
123	Sr. K. G.	E		Paragraph Recitation Competition	WINNER	
Urja Competitions						
124	Jr. K. G.	E	Urja Drawing Competition	Jatin Chapane	THIRD	Mr. Aditya Shinde, Mr. Ajinkya Shinde, Mr. Suresh Wadgantvar
125	Jr. K. G.	M, V, E	Abhinay Geet	Group Competition	THIRD	Mrs. Sarita Limaye, Mrs. Snehal Phadke, Mrs. Prachi Dongarkar, Mrs. Gitanjali Devalkar
126	Sr. K. G.	M, V, E	Manache Shlok		FIRST	

Sports Competition Winners - Boys					
Sr.No.	Class	Div	Competition	Name of the Student	Medal
1	Mini K. G.	M	Running	Sumedh Koli	Gold
2		M		Pruthvi Tavhare	Silver
3		V		Rajvardhan Bhalsing	Bronze
4		V	Hurdles	Chinmay Jagzap	Gold
5		M		Sumedh Koli	Silver
6		M		Pruthvi Tavhare	Bronze
7		V	Tricycle	Raghav Kelkar	Gold
8		M		Shivansh Kamble	Silver
9		M		Pruthvi Tavhare	Bronze
10	Jr. K. G.	E	Running	Adhiraj Beldare	Gold
11		E		Jatin Chapane	Silver
12		V		Divyansh Lohar	Bronze
13		E	Lemon & Spoon	Jatin Chapane	Gold
14		E		Aarav Pujari	Silver
15		V		Shriyansh Mane	Bronze
16		V	Hurdles	Divyansh Lohar	Gold
17		E		Adhiraj Beldare	Silver
18		V		Shriyansh Mane	Bronze
19	Sr. K. G.	E	Running	Manas Mhadgut	Gold
20		V		Rajveer Kank	Silver
21		M		Aryesh Hake	Bronze
22		M	Book Balancing	Anav Gengaje	Gold
23		E		Sarvadnya Kokare	Silver
24		E		Devansh Pawar	Bronze
25		E	Hurdles	Sarvadnya Kokare	Gold
26		M		Medhansh Sabde	Silver
27		V		Advik Kashid	Bronze

Sports Competition Winners - Girls					
Sr.No.	Class	Div	Competition	Name of the Student	Medal
1	Mini K. G.	M	Running	Aanam Mirje	Gold
2		V		Shreesha Nivangune	Silver
3		M		Viyanshi Patil	Bronze
4		M	Hurdles	Saavani Vyas	Gold
5		V		Prisha Choudhari	Silver
6		M		Sara Bhide	Bronze
7		M	Tricycle	Sara Bhide	Gold
8		V		Advita Bange	Silver
9		V		Anishha Dafal	Bronze
10	Jr. K. G.	E	Running	Eravati Jadhav	Gold
11		V		Swasti Kulkarni	Silver
12		E		Trisha Jadhav	Bronze
13		V	Lemon & Spoon	Ananya Sonar	Gold
14		E		Eravati Jadhav	Silver
15		E		Ishwari Yadav	Bronze
16		E	Hurdles	Eravati Jadhav	Gold
17		M		Manjusri Phadtare	Silver
18		V		Krushnaja Nikam	Bronze
19	Sr. K. G.	E	Running	Vanshika Patil	Gold
20		V		Avani Panchal	Silver
21		E		Nitya Kulkarni	Bronze
22		E	Book Balancing	Divyanshee Jagade	Gold
23		E		Abhidnya Tayade	Silver
24		M		Poorva Deshpande	Bronze
25		M	Hurdles	Shreesha Shirurkar	Gold
26		E		Vanshika Patil	Silver
27		E		Manisha Chivadshetti	Bronze

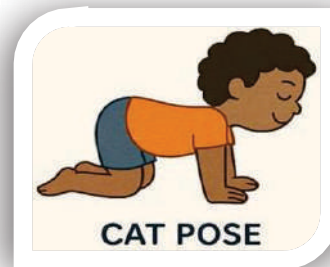
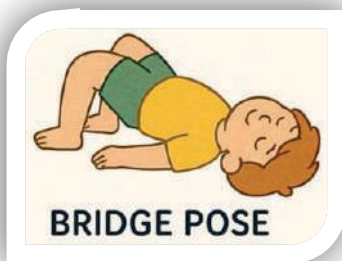
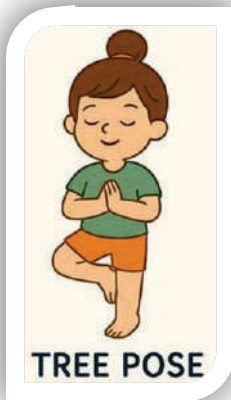
# Let us see who can match the feelings right.

Trace the correct line that shows how child is feeling.



## Breathe, Balance and Be happy 😊

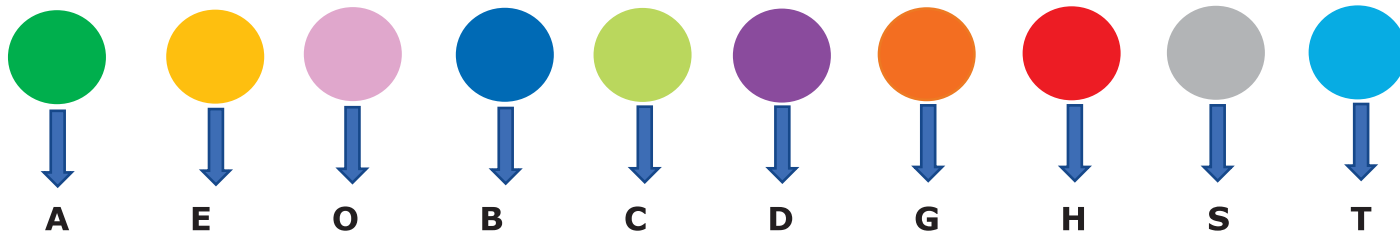
Let us try these fun yoga poses to make our body strong and our heart happy!  
Try each yoga pose one by one. Draw a happy face emoji for your favourite pose.





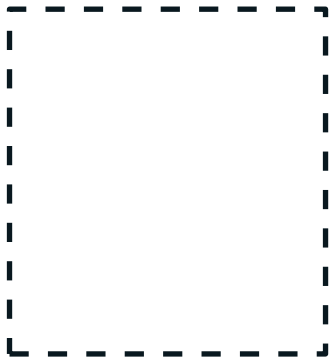
## CRACK THE CODE

Brain power: Think and decode the words using the given colour key.



C	A	T	

Think and draw.



Draw something little



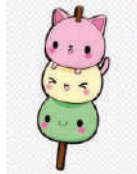
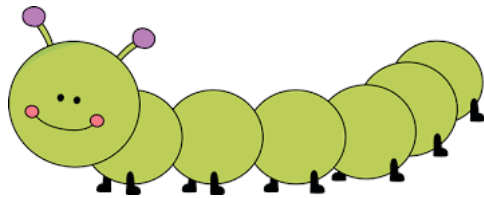
↑ Draw something prickly



↑ Draw something smelly

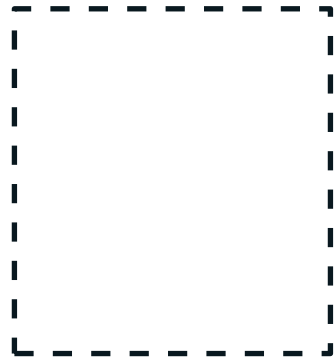


↑ Draw something long.....



Draw something cute

Draw Something evil



## See the act and its effect.

Watch the pictures given carefully. Think and match them.



Sow the seeds in a row,  
Give it water and sunshine's glow.  
Tiny sports will begin to show with  
Your love and care The plant will grow.

## Object Talk



**Viraj Dhumal**  
(Jr. K. G. - M)

### Book

Today, I would like to talk about books. Books are a source of knowledge. We learn many things from books, and they help us become good people. There are various types of books such as storybooks, novels, and poetry. Books are made from paper, and paper is made from trees. So friends, do not waste any paper. This will help us save our environment.



**Advik Thorat**  
(Jr. K. G. - M)

### Rajmudra Royal seal of Shivaji Maharaj

My today's object talk is on Rajmudra Royal seal of Shivaji Maharaj. It has beautiful words written in Sanskrit.

प्रतिपच्चन्द्रलेखेववर्धिष्णुर्विश्ववन्दिता शाहसूनोः शिवस्यैषामुद्राभद्रायराजतो।

It means that the glory of this mudra of Raja Shahaji's son Shivaji will increase like a crescent moon. It will be courtship by the world and shine only for the welfare of people.

This is the royal seal of Chatrapati Shivaji Maharaj's dream of Swarajya. It is octagonal in shape. It is black golden or orange in colour. It is the symbol of pride and justice.

“क्षत्रिय कुलावतंस छत्रपती शिवाजी महाराज की जय.”



**Divyansh Lohar**  
(Jr. K. G. - V)



### India's national flag

Today I am going to speak about our National Flag. India's national flag is called the Tiranga. It has three colours: saffron, white, and green. Saffron stands for courage, white stands for peace, and green stands for growth. There is a blue wheel in the centre called the Ashoka Chakra. It has 24 spokes. It is a symbol of unity, pride and freedom. I love my country, India.

विजयी विश्व तिरंगा प्यारा, झेंडा ऊँचा रहे हमारा.



**Ayush Amte**  
(Jr. K. G. - E)

### Helmet

This is my helmet.

The colour of my helmet is orange.

A helmet protects our head.

Always wear a helmet  
while riding a two-wheeler.

It saves lives.

I wear my helmet every day.

I feel safe in it.



# Story Telling



**Rusha Kadu**  
(Sr. K. G. - V)

## "When Lord Krishna guided Arjun through fear"

This story is from Mahabharat when the greatest warrior in the world started crying to throw away his weapon, then we got the powerful book "Shrimat Bhagwat Geeta" Exactly, I am talking about Arjun who before the war of Mahabharata was completely broken. So, the scene is field of Kurukshetra, 18 akshauhini sena that is 39 million soldiers. Arjun was standing in the middle, and he was refusing to pick up his Gandiva. Arjun said to Krishna that father figured Bhisma a Pitamah, Guru Dronacharya, brothers, cousins and friends in front of me. What will I do with this kingdom after killing them? I don't want this success. Listen what Lord Krishna taught Arjun. 1<sup>st</sup> Lesson - Shlok Number 47, Shrimat Bhagwat Geeta, Adhyay Number 2 -

कर्मण्येवाधिकारस्ते मा फलेषु कदाचना  
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥

It means you do your work. Stop worrying about the result of actions. How will we get respect if we lose? Lord Krishna said, "Just do it. Leave the rest to me." 2nd Lesson- Shlok Number 20, Shrimat Bhagwat Geeta, Adhyay Number 2 -

न जायते म्रियते वा कदाचि-  
न्नायं भूत्वा भविता वा न भूयः।  
अजो नित्यः शाश्वतोऽयं पुराणो  
न हन्यते हन्यमाने शरीरे॥

It means the soul is neither born nor dies. The real man is in a soul that is eternal. 3rd Lesson - Shlok Number 48, Shrimat Bhagwat Geeta, Adhyay Number 2 -

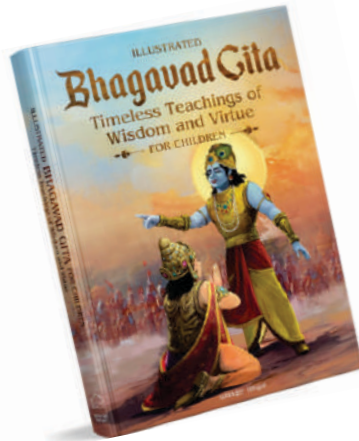
योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जया  
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते॥

It means work with a balanced mind. Leave attachment. Arjun, you see uncle as uncle, teacher as teacher. But you do what righteousness says. These lessons made Arjun worrier to wise. In Mahabharata, the twist is that Arjun won but understood himself. He was listening 18 Adhyays and asked questions to Lord Krishna. Finally, Arjun said, "करिष्ये वचनम् त्व" means I will agree with you.

Now see how Lord Krishna's lessons fit into our life.

Lesson 1 - Do your karma, forget about results. We should give 100% preparation for examinations without worrying about the results.

Lesson 2 - See your real self. What society says is not important. What is our real purpose is important.



## Story Telling



**Anvee Jadhav**  
(Sr. K. G. - E)

### **The Little Cloud Who Couldn't Cry**

Once there was a little cloud named 'Snowee'. Snowee was a very happy cloud. It loved floating in the big blue sky and watching the children play below.

One day, it started to rain, and all the other clouds began to cry - big, fat raindrops. They cried and cried. Snowee watched them, but it didn't feel like crying at all. It still felt sunny and happy inside. Its friend, a big gray cloud named Shadow, came over.

"Why aren't you crying, Snowee?" Shadow asked. "It's raining!"

Snowee just smiled. "I still feel happy!" it said.

Shadow frowned. "But it's raining! You should be sad. It's not good to be happy when it's raining."

Snowee felt a little sad that Shadow was sad. "It's okay to feel sad when it rains," Snowee said softly, "but it's also okay to feel happy. Sometimes I feel happy, and sometimes I feel sad."

Shadow thought about this. "So, you don't feel sad?"

"No," said Snowee. "I can be happy today, and when it's sunny again."

Shadow smiled. "That's a good idea, Snowee! It's okay to have all the feelings."

A little ray of sunshine peeked through the clouds, and Snowee and Shadow both smiled.

#### **Moral -**

Sometimes we feel happy, sometimes we feel sad, sometimes we feel shy, and sometimes we feel shocked. All these feelings make our life meaningful and beautiful.



**Ira Pawar**  
(Sr. K. G. - M)

### **Unity of colours**

Once there was a crayon box. It had many colours. Red, blue, green, yellow and more. But the crayons were fighting.

Red said, "I am the best! I draw hearts and apples!"

Blue said, "No, I am the best! I make sky and sea!"

Green said, "Without me, there would be no trees, no grass!". Yellow said, "Sun and smiley faces are all me!"

They all shouted, "I am better! I am better! I am better!"

Just then, a little girl named Ria opened the box. She picked up all the crayons and drew a big, beautiful picture. All the crayons looked at it and said, "Wow! When we all work together, we make magic!" From that day, they stopped fighting and became friends.

#### **Moral -**

Everyone is special. Together we can create something amazing!!!



## Forgiveness and Trek



**Mrs. Neha Gadgil**  
(Class Teacher -  
Jr. K. G. - E)

Life is full of relationships and sometimes we get hurt by the words or actions of others. These wounds stay in our hearts and become an emotional burden. Carrying such pain is like carrying a heavy bag everyday—it makes life difficult and prevents us from feeling truly free.

When I trekked to Everest Base Camp, I thought it would only be about physical stamina, long trails, steep climbs and thin air. But as I walked mile after mile, I realized the mountain was not just testing my body, it was also teaching my soul.

Every step on that journey made me reflect on life. The silence of the mountains reminded me how small my worries really are. The tough climbs taught me patience and the

constant support of guides, porters and fellow trekkers showed me the importance of people in my life. Without them, the trek would have been impossible.

But the greatest lesson I carried back was about forgiveness. At times, I felt weighed down not just by my backpack, but by the emotional burdens I had been carrying for years. The mountain made me see that resentment is like extra weight on a trek, it slows you down and steals your joy.

One day, while resting on a steep path, I asked myself, "If I can let go of things I don't need in my bag, why can't I let go of anger in my heart?" That moment changed me. I realized forgiveness is not about others, it is about lightening my own journey.

Standing at Base Camp, surrounded by mighty peaks, I felt humbled and realised that life is short, relationships are precious and grudges have no place in a heart that wants peace. Forgiveness, for me, became the summit within, a peak higher than any mountain I could ever climb.

"On the Everest trek, I learnt the truth - forgiveness is the lightest step you can take on the heaviest path."



## Emotional world of children



**Mrs. Sanchita Sane**  
**(Class Teacher -**  
**Jr. K. G. - E)**

Childhood is a magical time of innocence, curiosity and excitement. It is a period of learning, growing and exploring the world. A child's emotional world is complex and depends on their experience and relationship. Emotions play a vital role in a child's development and behaviour. Joy, sadness, fear, anger and surprise are the basic emotions. Children may not always have the words to express what they feel. Their emotions are deep and powerful. The Smile of a child, the tears after / not / getting specific things or excitement of discovering new things is reflection of their inner world. One of the unique qualities of childhood is the purity of emotions. Children are quick to

forgive. When they are hurt, their silence speaks more than words. Sometimes children show tantrums, they scream or shout loudly in specific situations. When events don't align with their intentions, their emotions become visible on their face.

The emotional experiences of childhood are building blocks of identity. A child who receives comfort in times of fear learns the importance of care and builds trust. A child whose creativity is encouraged, grows in confidence.

Parents or elders need to recognize and respect their child's emotions, listening patiently. Encouraging expression through stories or play and showing empathy can make children feel valued. Such support not only strengthens their emotional health but helps them into kind and confident individuals.

The emotional world of children is not small or simple. It is vast, sensitive and full of meaning. Childhood emotions are like seeds - if nurtured with care, they blossom into strong roots of identity that last a lifetime.





श्रीमती विदुला अवचट  
(वर्ग शिक्षिका -  
सिनियर के. जी. - अर्थ)

प्रिय मी,

आश्चर्य वाटलं ना! आज तुलाच तुझं पत्र मिळालं आहे. मी जरा वेळेच्या पलीकडे जाऊन तुला लिहित आहे. अशी का बघत आहेस? अगं, मी आहे तुझाच. पण काही वर्षांनी मोठा. तुझ्या या सुंदर आयुष्याचं पुढचं सोनेरी पान, जे तुला काही सांगण्यासाठी, गप्पा मारण्यासाठी तुझ्यापर्यंत आलं आहे. काय? नाही ओळखता येत. अगं, मी म्हणजे तुझा भविष्यकाळ!

प्रथम मला तुला हे सांगायच आहे की, तू जशी आहेस तशी खूप सुंदर आहेस. तुझी स्वप्ने, मनातील भावना आणि तुझी आयुष्यात पुढे जाण्याची जिद्द हे तुझं जगण्याचे खरे कारण आहे, आणि यापेक्षाही जास्त म्हणजे, तू एक शिक्षक आहे. जो स्वतःच्या स्वप्नांबरोबरच अनेकांची स्वप्ने घडवत असतो आणि ती पूर्ण करण्यासाठी बळ देतो. तुझ्या रागात, दुःखात, भीतीत आणि हसण्यातसुद्धा खूप अर्थ लपलेला आहे. आता तू म्हणशील, मी हे सगळं तुला का सांगतोय.

अगं, कारण मी भविष्याबरोबर तुझे अंतरंग देखील ओळखतो. यातूनच मला जाणवले की भावनांच्या बाबतीत तुझा गोंधळ होत आहे. कधी कसे व्यक्त व्हावे, कोणाला काय म्हणायचे, स्वतःला कसे घडवायचे, असे असंख्य प्रश्न, विचार तू करत असतेस, बरोबर ना?

या सर्व विचारात तुझ्या भावना दडपण्याचा प्रयत्न करू नकोस. आज तू भीतीला सामोरे गेलीस, तर उदया धैर्य तुझी शक्ती बनेल. आज एखादी चूक तुझ्या हातून घडली, ती मान्य केलीस तर उदया प्रामाणिकपणा तुझ्या यशाचं कारण बनेल. आज तू कोणाला मदत केलीस, समजून घेतलस तर उदया तुला खरी माणसं भेटतील.

मला तुझा खूप अभिमान वाटतो कारण तू अशा संस्थेचा भाग आहेस जिथे माणूस माणसाला घडवितो, समाजपरिवर्तन करण्यासाठी झटतो, कारण तुम्ही महर्षींची लेकरं आहात त्यांचा आदर्श कायम समोर ठेव. तू खूप ध्येयवादी आहेस. मी तुला मोठी स्वप्नं दाखवायला आलो आहे. तुझ्या आयुष्यात अजून खूप शिकणं बाकी आहे. खूप मेहनत बाकी आहे.

अभ्यासात, नात्यांत, कलेत प्रत्येक ठिकाणी तुला स्वतःला सिद्ध करायचे आहे. हा प्रवास खूप अवघड नाही, पण सोप्या देखील नाही. या प्रवासात कधी थकशील, हरल्यासारखे वाटेल, पण लक्षात ठेव, जेव्हा ध्येय मोठी असतात तेव्हा अडचणी लहान वाटायला लागतात.

भविष्याच्या यशाची मी तुला खात्री देतो. तुझी सकारात्मक विचारशक्ती हीच खरी ताकद आहे. कधी कोणीतरी तुला थांबवण्याचा प्रयत्न करेल, तुझ्यात नकारात्मकता निर्माण करतील, पण तुझ्या मनातील विश्वास तुला नेहमी पुढे नेईल. अंधारात सुध्दा प्रकाश शोधायला हवा आणि त्यासाठी तुझ्या मनातलं 'हे सोप्य आहे, शक्य आहे.' हे वाक्य नेहमी जप, पण हे सगळं फक्त स्वतःसाठी नाही हं! मोठी स्वप्नं म्हणजे फक्त स्वतःच यश नाही, स्वतःपुरता विचार किंवा स्वतःचं जग नाही. यात समाजही तितकाच महत्त्वाचा असला पाहिजे. समाजासाठी काहीतरी घडवणं हे खूप आवश्यक आहे. तुझ्याजवळ असलेल्या ज्ञानाने, कलेने आणि प्रेमळ स्वभावाने स्वतः बरोबर इतरांचेही जग सुंदर करायचं आहे. दुसऱ्यांच्या चेहऱ्यावर हसू आणणे, इतरांची अडचण समजून घेणं, आपल्या जवळच्या ज्ञानाने इतरांना घडवणं हीच खरी यशस्वीपणाची ओळख आहे.

तू शिक्षक तर आहेसच, तुझ्यामुळे इतरांच्या स्वप्नांना दिशा मिळत आहे. पण कल्पना कर, जर तू डॉक्टर झाली, तर तुझ्या हातातून कोणाला तरी नवीन जीवन मिळेल आणि जर संशोधक झाली तर तुझ्या शोधामुळे समाजाचं भविष्य उजळेल. मला हेच तुला सांगायचं आहे की, ही स्वप्ने तुला जपायची आहेत.

रोज काहीतरी लिहित रहा, छान पुस्तके वाचत रहा, जेणेकरून तुझ्या बोलण्यात, लिहिण्यात भाषेचे सौंदर्य वाढेल. मेहनतीवर विश्वास ठेव. तुला वेळेचे महत्त्व आहेच. इतरांना देखील ते महत्त्व पटवून दे.

तुझे भविष्य उज्ज्वल आहे, पण त्यासाठी आजचा दिवस सकारात्मक आणि आशावादी करणे महत्त्वाचे आहे.

प्रिय मी, माझा विश्वास आहे, की तुझ्या या पुढील आयुष्यात तू मनसोक्त फिरणार आहे. तू यशस्वी होणार आहेस. स्वतः वर प्रेम कर, विश्वास ठेव आणि लक्षात ठेव यशाची खरी किंमत फक्त स्वतःला पुढे नेण्यात नाही तर जगालाही पुढे नेण्यात आहे.

आशा करते, की तुला माझे हे पत्र वाचताना आनंद झाला असेल. आता थांबतो वेळ पुढे जात आहे. परत भेटू, अशाच पत्रातून.

तुझाच मी,  
भविष्य !



## पालकांचा अभिप्राय

### बाल रामायण

मुलाच्या शाळेत गॅदरिंगसाठी Mini K. G. च्या मुलांचे बाल रामायण सादर करण्यात आले. अनेक प्रसंग मुलांनी सादर केले. अतिशय साध्या, सोप्या पद्धतीचे सादरीकरण होते. प्रत्येक प्रसंगासाठी वेगळे राम, रावण, हनुमान, सीता अशी मांडणी केली होती-अगदी मुलांना समजेल आणि झेपेल अशा पद्धतीने. प्रत्येक मूल फक्त दोन मिनिटांसाठी स्टेजवर येत होते. मनाला थोडं वाईटही वाटलं की माझं मूल जास्त वेळ का दिसलं नाही.

पण या रामायणातून मुलांनी खूप काही सहज शिकून घेतलं. उत्कर्ष, माझा मुलगा, रामायणातील पात्रं आणि त्यांच्या गोष्टी आता सांगू लागला आहे. फक्त त्याचा प्रसंगच नाही, तर संपूर्ण रामायण त्याला लक्षात आलं आहे. आणि आनंदाची गोष्ट म्हणजे कालपासून गीत रामायणातील काही गाणी, जी त्यांच्या नाटकात वापरली गेली होती, तो गुणगुणत आहे-“लव कुश रामायण गाती”, “राम जन्मला गं सखे”, “स्वयंवर झाले सीतेचे”, “सेतू बांधा रे” अशी तीन-चार गाणी त्याला आपलीशी वाटू लागली आहेत. गेल्या महिनाभराच्या सरावामुळे ही गाणी सतत त्यांच्या कानावर पडत होती. आई म्हणून मला खरंच खूप छान वाटत आहे.

धन्य ती शाळा... धन्य ते शिक्षक...

प्रिया भुजबळ

उर्वी - उत्कर्षची आई

### Dear Teachers,

I hope you are doing well. I would like to sincerely thank you for all the efforts you have put into preparing the Mini K. G. children for Annual Day performance. The Bal Ramayan act was beautifully presented, and it was truly heartwarming to see how well the little ones performed. It must have taken a great deal of patience and dedication to teach such young children dance steps and stage coordination, and the outcome clearly reflected your wonderful guidance. Everything was very well organized and thoughtfully executed. I would also like to especially appreciate the way you helped my daughter overcome her initial anxiety when she first started school. Seeing her confidently perform on stage was an emotional and proud moment for us as parents. Your support and encouragement clearly played a significant role in her growth.

Thank you once again for your care, hard work, and commitment towards children.

Warm regards,

Mr. and Mrs. Inamdar



# Primary Section



A splash of emotions

अनुराग



## Std. 1



**Peas Shelling Activity**



**One to One Correspondence Activity Using Strips**



**Buttermilk Churning**



**Yoga Day**



**Visit to Butterfly Garden**



**Mud Activity**

Happiness begins in the Antaranga.

## Std. 1



**Visit to Baya's Bird Park**



**Bhatukali**



**Science Day Celebration -  
Paper Phone Activity**



**Maths Activity -  
Addition Using Pista Shells**



**Little Chess Champion**



**Summer Party**

A positive mind creates a powerful life.

## Std. 2



**Visit to RTO Park**



**G. K. and Spell Bee  
Competition Winners**



**Math Relay on the Occasion  
of Math Day**



**Curiosity Corner**



**Bullock Cart Ride**



**Wall Hanging Activity**

Think good, feel good, do good.

## Std. 2



**Science Day Celebration -  
Curd Making Activity**



**Clay Activity**



**Saraswati Poojan**



**Mass P. E.**



**Pattern Making Activity**



**Children's Day Activity**

Inner peace is strength in silence.

## Std. 3



**Pot Making Activity**



**Map Reading and Plotting Activity**



**Meet our Punctuation Puppets**



**Craft Activity**



**Learning Denomination Using  
Coins and Currency Activity**



**Chaat Making Activity**

Balance your mind, brighten your life.

## Std. 3



**Exploring the Phases of Moon**



**Teaching Immiscible Concept**



**Experiment of Different Liquids on Egg**



**Monthly Activity - Seed Plantation**



**EVS Project**



**Quiz Competition Winners**

Choose silence when noise surrounds you.

## Std. 4



**Visit to MKSSS's Karve Museum**



**Exploring Geography Lab**



**Activity Based Marathi Learning**



**Shiny Tiny Helpers**



**Exploring Quilling Frames**



**Geography Activity - My District, My State**

Every emotion teaches a lesson.

## Std. 4



**Exploring Science Lab**



**Tie, Dye and Let Colours Fly!**



**ICT Competition by Disha App -  
Govt. of India**



**Little Mavala Warriors!**



**Little Artists - Colour Carnival**



**Learning Life Skills**

A hopeful mind creates endless possibilities.

## Std. 5



**Where Knowledge Meets Nature**



**Journey Across the Continents**



**Teen Talk Workshop  
by Ms. Aishwarya Paranjpe**



**Past - Present - Future Fun**



**My Feelings - My world**



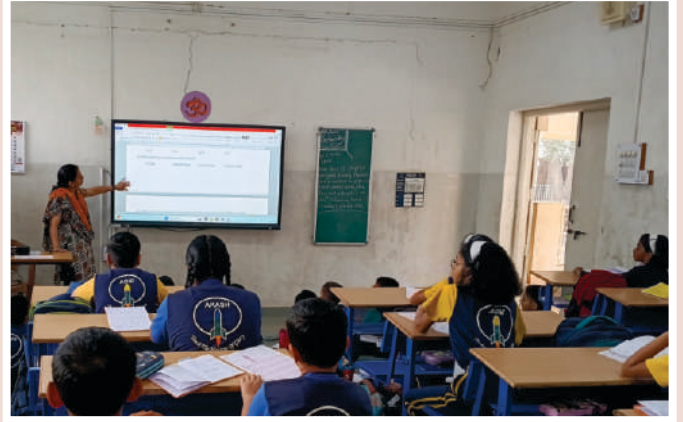
**Read and Grow**

Choose growth over comfort.

## Std. 5



**Sprinkler Splash Fest**



**E-Learning**



**Exploring the Microscopic World**



**Curious Minds with the Globe**



**Marathi Activity**



**Young Teachers in Action**

Think wisely, act bravely, live positively.

## Celebrations



**Rakshabandhan**



**Diwali - Drama - 'एक डोकं चार पाय'  
by Maharashtra Cultural Foundation**



**Palakhi Celebration**



**Guru Pournima Celebration**



**Ganeshutsav**



**Story Telling - Dashavtar**

Positivity is the light that guides success.

# Competitions



**Elocution Competition**



**Singing Competition**



**Parent - Child Competition**



**Story Telling Competition**



**English Poetry Recitation Competition**



**Shikshan Vivek Competition**

Shine with inner joy.

# School Election and Oath Taking Ceremony



Lead with integrity, shine with pride.

### Winners of Primary Section

Sr. No.	Std.	Div.	Competition Name	Name of the Student	House	Rank	Name of the Judge
1	I	J	<b>Singing</b>	Salokya Kulkarni	Akash	FIRST	<b>Mrs. Pallavi Dhandarphale, Mrs. Sushma Thite</b>
2		V		Aarohi Kulkarni	Trishul	SECOND	
3		V		Anandi Jadhav	Agni	THIRD	
4	II	E		Madhushree Walvekar	Prithvi	FIRST	
5		M		Spruha Sathe	Prithvi	SECOND	
6		V		Ananya Inamdar	Akash	SECOND	
7	III	M		Anvika Shivankar	Agni	THIRD	
8		M		Nilam Lokhande	Akash	FIRST	
9		V		Loukya Latthe	Agni	SECOND	
10	IV	V		Pranjal Babar	Agni	SECOND	
11		M		Manas Satpute	Prithvi	THIRD	
12		M		Aabha Aranke	Prithvi	FIRST	
13	V	M		Mihika Jadhav	Trishul	SECOND	
14		M		Shivdhairya Ingale	Agni	THIRD	
15		E		Kranti Inamdar	Akash	FIRST	
16	V	M		Chaitanya Kulkarni	Akash	SECOND	
17		E		Pranjal Jagdale	Prithvi	SECOND	
18		M		Chaitanya Patil	Akash	THIRD	
19	I	J	<b>Story Telling</b>	Salokya Kulkarni	Akash	FIRST	<b>Mrs. Bharathi Korabu</b>
20		J		Shlok Jagtap	Akash	SECOND	
21		V		Anandi Jadhav	Agni	SECOND	
22	E	Spruha Chitnis		Agni	THIRD		
23	II	V		Spruha Kelapure	Trishul	FIRST	
24		M		Spruha Sathe	Prithvi	SECOND	
25		V		Sarang Saraf	Prithvi	SECOND	
26	III	E		Akeera Upadhye	Prithvi	THIRD	
27		V		Loukya Latthe	Agni	FIRST	
28		V		Nitisha Pansare	Agni	SECOND	
29	IV	E		Aanandi Havile	Prithvi	THIRD	
30		M		Aarya Diwan	Agni	FIRST	
31		V		Ira Unawane	Akash	SECOND	
32	IV	V		Rudra Gole	Trishul	THIRD	
33		E		Siya Borade	Agni	THIRD	
34		V		E	Ishwari Korabu	Trishul	
35	E			Manasvi Kodolikor	Prithvi	SECOND	
36	V			Anvee Mehare	Agni	THIRD	
37	I	M	<b>Greeting Card Making</b>	Arpita Deolankar	Trishul	FIRST	<b>Mrs. Shruti Kulkarni, Mr. Rahul Ranade</b>
38		V		Kushagra Sondkar	Prithvi	SECOND	
39		J		Salokya Kulkarni	Akash	THIRD	
40	II	M	<b>Folder Making</b>	Anvi Jagtap	Agni	FIRST	<b>Mrs. Jayashri Jejurkar</b>
41		M		Shreejit Mane	Trishul	SECOND	
42		E		Madhushree Walvekar	Prithvi	THIRD	
43		J		Anay Gholve	Akash	THIRD	

**Winners of Primary Section**

Sr. No.	Std.	Div.	Competition Name	Name of the Student	House	Rank	Name of the Judge		
44	III	E	<b>Singing</b>	Vedika Gokhale	Prithvi	FIRST	<b>Mrs. Akanksha Kelkar</b>		
45		V		Vallari Shinde	Akash	SECOND			
46		M		Advik Kulkarni	Prithvi	SECOND			
47		M		Isha Velapurkar	Akash	THIRD			
48	IV	M	<b>Dance</b>	Sharvil Kasture	Prithvi	FIRST	<b>Mrs. Meera Bapat</b>		
49		M		Suhani Mhetre	Prithvi	FIRST			
50		E		Urvee Bhujbal	Trishul	SECOND			
51		M		Raghav Patil	Prithvi	THIRD			
52		V		Sharvari Kakade	Trishul	THIRD			
53	I	V	<b>English Poetry Recitation Competition</b>	Aarohi Kulkarni	Trishul	FIRST	<b>Mrs. Gauri Bhade, Ms. Akanksha Marlecha</b>		
54		E		Akshara Gadekar	Akash	SECOND			
55		J		Salokya Kulkarni	Akash	SECOND			
56		M		Arpita Deolankar	Trishul	THIRD			
57	II	M		Spruha Sathe	Prithvi	FIRST			
58		V		Spruha Kelapure	Trishul	SECOND			
59		V		Sarang Saraf	Prithvi	THIRD			
60	III	V		Nitisha Pansare	Agni	FIRST			
61		M		Isha Velapurkar	Akash	FIRST			
62		V		Loukya Latthe	Agni	SECOND			
63		E		Aanandi Havile	Prithvi	THIRD			
64	IV	V		Adishti Patil	Prithvi	FIRST			
65		M		Aarya Diwan	Agni	SECOND			
66		E		Siya Borade	Agni	THIRD			
67	V	E		Ishwari Korabu	Trishul	FIRST			
68		E		Swarali Rathod	Agni	SECOND			
69		E		Ovi Kale	Trishul	THIRD			
70	V	E		<b>Hindi Elocution Competition</b>	Ishwari Korabu	Trishul		FIRST	<b>Mrs. Kalavati Ghorpade</b>
71		M			Ishwari Bhosale	Agni		SECOND	
72		E			Ranveer Mohite	Prithvi		THIRD	
73	I	V	<b>Drawing</b>	Anushri Ware	Prithvi	WINNERS	<b>Mr. Manoj Nikam, Mr. Khushal Shewale</b>		
74		M		Shivansh Raykar	Prithvi				
75		J		Vidisha Kamble	Prithvi				
76		V		Aarohi Patil	Trishul				
77		J		Shrisha Jathar	Prithvi				
78	II	V		Kavya Jog	Trishul				
79		V		Rajasi Mandhare	Akash				
80		M		Anvika Shivankar	Agni				
81		M		Sharvari Devlekar	Agni				
82		M		Spruha Sathe	Prithvi				

### Winners of Primary Section

Sr. No.	Std.	Div.	Competition Name	Name of the Student	House	Rank	Name of the Judge			
83	III	V	<b>Drawing</b>	Eshwari Ekbote	Trishul	WINNERS	<b>Mr. Manoj Nikam, Mr. Khushal Shewale</b>			
84		M		Hritika Vispute	Agni					
85		M		Ayushman Sonawane	Agni					
86		E		Pruthviraj Katkar	Agni					
87		M		Anvi Dhumal	Trishul					
88	IV	V		Ira Unavane	Akash					
89		V		Jay Agare	Agni					
90		E		Saanvi Mane	Prithvi					
91		E		Siya Borade	Agni					
92		V		Aarush Golsar	Trishul					
93	V	E		Swarali Rathod	Agni					
94		V		Mrunal Kumbhar	Akash					
95		M		Chinmay Kulkarni	Agni					
96		V		Adiksha Mahindrakar	Trishul					
97		V		Parineeti Shinde	Trishul					
98	III	M		<b>Quiz Competition</b>	Isha Velapurkar			Akash	WINNERS	<b>Class Teachers</b>
99	III	M			Kaivallya Yawale			Akash		
100	IV	E	Pratyush Shete		Akash					
101	IV	V	Ira Unawane		Akash					
102	V	V	Gatha Surwase		Akash					
103	V	V	Shourya Solse		Akash					

### Sports Competition Team Event Winners

Sr. No.	Team Event	Team	Primary	Rank
1	Dodgeball	Girls	Akash	First
			Prithvi	Second
2	Langadi	Girls	Agni	First
			Prithvi	Second
3	Dodgeball	Boys	Akash	First
			Prithvi	Second
4	Langadi	Boys	Trishul	First
			Prithvi	Second

**G. K. Competition - Winners of Std 1 and 2**

Sr. No.	Std.	Div.	Name of the Students	House	Rank	Judge
1	I	M	Advaita Wagh	Prithvi	WINNERS	Class Teachers
2		M	Shivansh Raykar	Prithvi		
3		V	Ira Chintawar	Trishul		
4		V	Anaya Chougale	Akash		
5		V	Shivansh Arote	Akash		
6		V	Kaivalya Koli	Akash		
7		E	Shreesha Dhamal	Prithvi		
8		J	Salokya Kulkarni	Akash		
9		J	Avni Nimbalkar	Akash		
10		J	Anvi Pandit	Trishul		
11		J	Shravanee Takale	Agni		
12		J	Anaisha Wani	Agni		
13		J	Shlok Jagtap	Akash		
14		J	Sharv Khare	Agni		
15		J	Vivaan Padwal	Trishul		
16		J	Arush Pawar	Trishul		
17		J	Aryan Savji	Prithvi		
18		J	Atharv Lole	Prithvi		
19	II	M	Spruha Sathe	Prithvi		
20		M	Anvika Shivankar	Agni		
21		M	Aditya Chavan	Trishul		
22		M	Viraj Jadhav	Akash		
23		M	Shrinay Jagtap	Prithvi		
24		V	Anvi Joshi	Agni		
25		V	Spruha Kelapure	Trishul		
26		V	Rigveda Mohite	Agni		
27		V	Rugved Deshpande	Trishul		
28		V	Dhyey Jadhav	Trishul		
29		V	Vaibhav Patil	Akash		
30		E	Akeera Upadhye	Prithvi		
31		E	Ojasvee Walekar	Akash		
32		E	Madhushree Walvekar	Prithvi		
33		E	Amey Palatshaha	Agni		
34		E	Virat Rukme	Agni		
35		J	Shivgauri Dimble	Trishul		
36		J	Ira Mahatekar	Agni		
37		J	Arnav Bugade	Trishul		
38		J	Anay Gholve	Aakash		
39		J	Yatharth Hande	Agni		
40		J	Devang Kenjale	Prithvi		
41		J	Viraj Tambat	Prithvi		

Winners of Spell Bee Competition						
Sr.No.	Std.	Div.	Competition Name	Name of the student	House	Rank
1	I	M	Spellbee	Avishka Balbudhe	Akash	FIRST
2	I	V		Ira Chintawar	Trishul	
3	I	V		Kaivalya Koli	Akash	
4	I	V		Anvit Yadav	Agni	
5	I	V		Parnil Prabhale	Akash	
6	I	E		Spruha Chitnis	Agni	
7	I	E		Rajvi Thorat	Akash	
8	I	E		Anvit Mandavle	Agni	
9	I	E		Ayank Patil	Agni	
10	I	J		Salokya Kulkarni	Akash	
11	I	J		Anvi Pandit	Trishul	
12	I	J		Mrunmayee Pavanikar	Trishul	
13	I	J		Shravane Takale	Agni	
14	I	J		Shlok Jagtap	Akash	
15	I	J		Sharva Khare	Agni	
16	I	J		Aarush Pawar	Trishul	
17	II	M		Anvit Belkonikar	Agni	
18	II	M		Aditya Chavan	Trishul	
19	II	V		Spruha Kelapure	Trishul	
20	II	V		Vaibhav Patil	Akash	
21	II	V		Anay Kenjale	Trishul	
22	II	E		Maheshwari Thorat	Trishul	
23	II	E		Akeera Upadhye	Prithvi	
24	II	E		Madhushree Walvekar	Prithvi	
25	III	M		Mukta Jadhav	Akash	
26	III	M		Sanavi More	Akash	
27	III	M		Mrunmayee Pandit	Prithvi	
28	III	M		Isha Velapurkar	Akash	
29	III	M		Manas Satpute	Prithvi	
30	III	M		Ayushman Sonawane	Agni	
31	III	V		Nitisha Pansare	Agni	
32	III	V		Arnav Sutar	Trishul	
33	III	E		Swarada Gargate	Trishul	
34	III	E		Avika Ghorpade	Agni	
35	III	E		Mahi Pawar	Trishul	
36	III	E		Shreeram Dimble	Trishul	
37	III	E		Chinmay Kulkarni	Akash	
38	III	E		Harshavardhan Pawar	Akash	
39	III	E		Parth Zavar	AGNI	
40	IV	M		Agrey Aradhye	Agni	
41	IV	V		Anshuman Toradmal	Aakash	
42	IV	E		Swara Mhasawade	Agni	
43	IV	E		Anvayee Patil	Prithvi	
44	IV	E		Sharvil Kolawale	Trishul	
45	IV	E		Pratyush Shete	Aakash	
46	V	M		Shravya Kamble	Akash	
47	V	M		Shrinidhi Sardeshmukh	Agni	
48	V	M		Soham Joshi	Agni	
49	V	E		Anvayee Pandit	Agni	

Sports Competition Winners - Boys					
Sr. No.	Std.	Div.	Competition	Name of the Students	Medal
1	I	E	Running	Smit Lonkar	Gold
2		M		Vihaan Ambulge	Silver
3		V		Sayaji Gaikwad	Bronze
4		E	Fisherman	Samihan Deshmukh	Gold
5		M		Shivansh Nalgire	Silver
6		M		Shivay Kachare	Bronze
7		V	Hurdle Race	Kushagra Sondkar	Gold
8		M		Shivay Kachare	Silver
9		E		Aarush Raykar	Bronze
10	II	J	Running	Anay Gholve	Gold
11		J		Viraj Tambat	Silver
12		E		Aarav Ahire	Bronze
13		V	Sack Race	Sarthak Joshi	Gold
14		J		Ashwat Sawant	Silver
15		M		Vihaan Ghotekar	Bronze
16		M	Hum Vanvasi	Sumedh Kachare	Gold
17		M		Viraj Bhumkar	Silver
18		E		Rudra Nirmal	Bronze
19	III	M	Running	Kaivallya Yawale	Gold
20		V		Anay Kondo	Silver
21		M		Aviraj Nalawade	Bronze
22		M	Obstacle Race	Shivvardhan Chindhe	Gold
23		E		Shreyanshu Raykar	Silver
24		V		Rudra Patil	Bronze
25		V	Long Jump	Anay Kondo	Gold
26		E		Harshvardhan Pawar	Silver
27		E		Shreyanshu Raykar	Bronze
28	IV	V	Running	Sumedh Lagad	Gold
29		E		Devansh Salunkhe	Silver
30		M		Vighnesh Mandhare	Bronze
31		V	Obstacle Race	Sumedh Lagad	Gold
32		V		Aarush Golsar	Silver
33		E		Anay Pujari	Bronze
34		E	Long Jump	Sarthak Kinhale	Gold
35		V		Sumedh Lagad	Silver
36		M		Devansh Dangare	Bronze
37	V	E	Running	Advait Shinde	Gold
38		M		Avneesh Gcharge	Silver
39		V		Arjun Sarfare	Bronze
40		M	Obstacle Race	Viraj Kindre	Gold
41		M		Soham Joshi	Silver
42		M		Rishaan Joshi	Bronze
43		E	Long Jump	Ranveer Mohite	Gold
44		E		Reyansh Chakankar	Silver
45		V		Shravan Kadam	Bronze

Sports Competition Winners - Girls					
Sr. No.	Std.	Div.	Competition	Name of the Students	Medal
1	I	J	Running	Manasvee Kalap	Gold
2		V		Anushri Ware	Silver
3		M		Anvitha Jadhav	Bronze
4		E	Fisherman	Spruha Chitnis	Gold
5		V		Savi Bhadange	Silver
6		M		Advaita Wagh	Bronze
7		E	Hurdle Race	Spruha Chitnis	Gold
8		V		Anushri Ware	Silver
9		M		Yuvradni Bhosale	Bronze
10	II	V	Running	Vihana Khairnar	Gold
11		M		Aneesha Khare	Silver
12		J		Sharanya Raut	Bronze
13		V	Sack Race	Vihana Khairnar	Gold
14		E		Ojasvee Walekar	Silver
15		J		Ruha Kadam	Bronze
16		M	Hum Vanvasi	Aneesha Khare	Gold
17		E		Riddhi Dhadve	Silver
18		J		Sharanya Raut	Bronze
19	III	M	Running	Sara Kulkarni	Gold
20		E		Viha Jajanawar	Silver
21		M		Anvi Dhumal	Bronze
22		E	Obstacle Race	Aarohi Chorghe	Gold
23		V		Aarohi Deshmukh	Silver
24		E		Jivika Patil	Bronze
25		V	Long Jump	Aarohi Deshmukh	Gold
26		V		Vallari Shinde	Silver
27		M		Sara Kulkarni	Bronze
28	IV	E	Running	Sharanya Kale	Gold
29		M		Aarya Diwan	Silver
30		M		Mihika Jadhav	Bronze
31		E	Obstacle Race	Sharanya Kale	Gold
32		E		Adira Jadhav	Silver
33		E		Maitreyi Taware	Bronze
34		V	Long Jump	Krupa Jadhav	Gold
35		M		Trishala Honmane	Silver
36		M		Urvi Gaikwad	Bronze
37	V	V	Running	Aarya Chavan	Gold
38		M		Swara Kore	Silver
39		M		Spruha Ranade	Bronze
40		E	Obstacle Race	Swarali Rathod	Gold
41		V		Meghna Chaudhari	Silver
42		V		Shreesha Jagtap	Bronze
43		M	Long Jump	Vaishnavi Nawale	Gold
44		V		Ishita Kondhalkar	Silver
45		V		Parineeti Shinde	Bronze

Inter School Competition Winner				
Sr. No.	Std.	Div.	Name of the child	Rank
<b>Kavya Abhivachan Competition</b>				
1	II	M	Spruha Sathe	Best Performance
2	II	M	Shreejit Mane	
3	II	E	Akeera Upadhye	
4	II	V	Sarthak Joshi	
5	II	V	Sarang Saraf	
6	III	M	Anvi Dhumal	Consolation Prize
7	III	M	Sanvi Tambe	
8	III	M	Saachi Mohite	
9	IV	V	Ira Unavane	Consolation Prize
10	IV	V	Sharvari Kakade	
11	IV	E	Sharanya Kale	
12	IV	M	Aabha Aranke	
13	V	E	Tanishka Khatri	Consolation Prize
14	V	E	Ishwari Korabu	
15	V	E	Rajeshwari Shendkar	
16	V	E	Adwait Sonavane	
17	IV	E	Saanvi Mane	Second Prize
<b>Swami Vivekanand - Inter School Story Telling Competition</b>				
18	I	J	Salokya Kulkarni	First Prize
19	II	V	Spruha Kelapure	Second Prize
20	III	M	Isha Velapurkar	Third Prize
<b>Samarth Abhiyan Organized State - Level "Manache Shlok" Recitation Competition - Pune Division</b>				
21	II	M	Spruha Sathe	First Prize
22	II	V	Sarthak Joshi	Consolation
23	II	V	Spruha Kelapure	Consolation
<b>Samarth Abhiyan Organized Inter School "Manache Shlok" Recitation Competition - Pune Division</b>				
24	I	E	Rajvi Thorat	Winners
25	II	E	Madhushree Walvekar	
26	II	E	Akeera Upadhye	
27	IV	M	Suhani Mhetre	
<b>Cyber Genius Competition (MS Paint)</b>				
28	IV	V	Rudra Gole	Third Prize



<b>Inter School Urja Competition</b>					
<b>Sr. No.</b>	<b>Std.</b>	<b>Div.</b>	<b>Competition Name</b>	<b>Name of the Student</b>	<b>Medal</b>
1	III	E	Freestyle - Under 10 Boys	Advait Katkar	Gold
2	III	E	Breaststroke - Under 10 Boys	Adhyay Sapkal	Gold
3	IV	E			Silver
4	IV	E			Silver
5	IV	M	Freestyle, Breaststroke, Backstroke - Under 10 Girls	Ovi Kore	Gold
6	III	V	Breaststroke - Under 10 Girls	Vallari Shinde	Bronze
7	V	V	Breaststroke - Under 14 Boys	Shantanu Satav	Bronze
8	III	M	50 mtr Running - Under 10 Girls	Sara Kulkarni	Silver
9	IV	V		Sumedh Lagad	Gold
10	IV	V	Long Jump - Under 10 Girls	Krupa Jadhav	Bronze
11	IV	V	Long Jump - Under 10 Boys	Sumedh Lagad	Gold
12	IV	E		Sarthak Khinale	Bronze
13	IV	V	Langadi - Under 10 Boys	Sumedh Lagad	Silver
14	IV	M	Drawing Competition	Harshvardhan Thorat	Consolation
15	IV	M		Shivdhairya Ingale	Consolation
<b>Team Event</b>					
16	<b>Langadi - Under 10 Boys</b>				Silver
17	<b>Ganapati Stotra Competition Std. I and II Group</b>				First Prize
18	<b>Balgeet Competition Std. I and II Group</b>				Third Prize
19	<b>Group Singing Competition Std. V to VII Group</b>				First Prize



**Under 10 Boys General Championship**



**Under 10 Girls General Runner-up**



**Urja Sports Winners**



**Urja Singing Competition Winners**

## Antaranga - Inside



**Mr. Chandrakant Jadhav**  
**Parent of Sanat Jadhav**  
**(Std. 5 - E)**

Sanskrit word 'Antaranga' generally defines non-visible inner portion or emotions, where 'Bahiranga' is outer portion. In 'Ashtanga' yoga 'Anataranga' is a journey towards inside of our self with 3 steps: Dharana (concentration), Dhyana (meditation) and Samadhi (absorption). 'Antaranga' is very important in our life. The saying "don't make decisions when you are angry, and don't make promises when you are happy", emphasizes the importance of emotional regulation in decision-making. When experiencing strong emotions like anger or elation, logical thinking can be clouded leading to potentially poor choices. It is generally advisable to wait until emotions have subsided before making important decisions. A calm water can reflect image, steered water cannot reflect image hence our mind must remain calm and peaceful. Approximately 6000 thoughts come to our mind daily and not all are positive. Hence we need special efforts to be made like meditation and concentration to face it.

Now-a-days, we get everything on Google except inner peace and timeless happiness. Maharashtra is blessed with a rich heritage of saint traditions, an important aspect of its cultural and religious life. This tradition has given Maharashtra a distinct identity. Many saints have given a new direction to the society through their literature, abhanga and social work. Saints like Sant Dnyaneshwar, Sant Tukaram, Sant Namdev, Sant Eknath, Sant Chokhamela, Sant Meerabai and Sant Bahinabai have made valuable contributions to the cultural and social life of Maharashtra.

Saints have not only lived exemplary lives but have also shown the path. Hence, Maharashtra is blessed with true human values like: social equality, devotion and love, literature and culture, welfare of society and warkari sector to keep lamp of goodness lightened.

If we closely observe today's world, we will surely realise that it is changing rapidly with new technologies and innovations. In earlier times, change was slow, giving humans thousands of years of transition from one technology to another and adopt new skills.

With the drastic change in the society the emotions and values also change with the same pace. The pace of emotional development between generations have changed the degree of pressure handled. The present generation is technologically very sound but is a bit low at understanding emotions.

There is no invention needed to get inner peace and happiness. Happiness is thing which we have to search inside. But unfortunately, while blindly following western culture we started searching satisfaction and happiness in materialistic world. Such things will never give us permanent mental peace and happiness.

If we want satisfaction and real happiness, we should always be reason for other's happiness. By limiting our wants we will not be forced to earn money unethical ways and this will base for healthy society. We must avoid bad habits and take care of our body because original spare parts of our body not available to replace. We must remain grateful to creator of this beautiful universe and never forget we are tenant here not owners.

"The inner self is the outer world" means that our inner self and the outer world are one. What is inside us is what we experience in the outer world. Sant Tukaram already said, 'Man kara re prasanna sarv Siddhiche Karan'.

# Two Waterfalls Do Not Hear Each Other - From Noise to Knowing



**Mrs. Ajita Kale**  
**(Class Teacher -**  
**Std. 5 - E)**

I find it fascinating to see two waterfalls cascading side by side. Both are so loud, so filled with power, yet they cannot hear each other. Each is busy with its own noise, rushing lustfully and ever-listening.

This reminds me of people. Many times at home, in school or among friends, we keep talking, explaining or complaining without a pause to hear. Just like the waterfalls, we make noise, but nothing truly gets understood.

Let me share a short story.

Two friends, Raghav and Meera, once had a conflict. Raghav kept on saying, "You never play with me!" and Meera kept saying, "You never share your toys!" Both were shouting at the top of their voices at the same time. Nobody was listening. Finally, the teacher said, "Stop being like waterfalls. First listen, then talk." Raghav listened to Meera and understood her. Meera listened to Raghav and felt his pain. Soon, smiles returned and they became friends again.

In relationships with children, parents,

friends or classmates, it's not enough to just speak our thoughts. We must also pause, be quiet for a while and truly hear what the other person is saying. By listening with care, we give respect, love and kindness.

The waterfalls teach us a silent lesson. Their beauty is admired, but their lack of listening depicts how hollow it is to make only noise. If we want our relationships to grow, we should not be like waterfalls. We must balance speaking and listening. That is how trust is built and hearts stay connected.

When we listen mindfully, we offer space for empathy, allowing emotions like anger, grief or confusion to transform into peace, clarity and connection.

Speech, that is truthful and compassionate, when heard attentively, has the power to heal emotional wounds and guide the heart towards calmness.

So next time, when we are in a conversation, let us ask ourselves: Am I being a waterfall, only rushing with my own voice or am I being a good listener, giving space for others too?

## **Activity -**

Pair up with a friend. One person will talk about his/her favourite game for one minute. The other person must listen quietly, then repeat what your friend said. Switch roles.

## **Nature**



**Sharvari**  
**Kakade**  
**(Std. 4 - V)**

Nature is green,  
Nature has sky,  
Nature has cloud,  
Nature is all.  
Nature has animals,

Nature has human beings,  
Nature has everything.  
Nature has living things,  
Nature has non-living things,  
Nature has everything.

# The Power of Emotions in Human Relationships



**Mrs. Asavari Deshpande**  
**(Class Teacher -**  
**Std. 1 - V)**

Human relationships are not built solely on logic or intellect, they are intricately woven through the tapestry of emotions. Emotions form the silent language of the heart, often speaking louder than words ever could. They are the invisible threads that connect souls, stir compassion, provoke conflict, and inspire love. In the delicate architecture of human connection, emotions are both the foundation and the force that shapes the structure.

At the heart of emotional connection lies empathy, the quiet, profound ability to step into others' shoes and feel the rhythm of their heart. Empathy is not merely understanding; it is a deep, compassionate resonance that builds trust and forges bonds that logic alone cannot explain. When we truly feel others joy or sorrow, walls fall and bridges form. It is empathy that allows us to sit beside someone in silence and still say, "I understand."

Love, in its many hues, is perhaps the most powerful of all emotional forces. It nurtures, heals and endures. Romantic love, familial love and platonic affection all offer warmth

even in the coldest moments of existence. Love feeds the mind, fosters patience and anchors us in moments of uncertainty. Through love, we seek refuge in others and open our own hearts to them in return.

Yet, not all emotions are gentle. Anger, when untamed, can be a wildfire swift to ignite, slow to die. It can damage relationships, distort perception and breed regret. However, when acknowledged and understood, anger can become a mirror reflecting unmet needs or unspoken words. It is not anger itself, but our response to it, that determines whether it breaks or builds.

Then there is fear, the quiet saboteur of connection. Fear of vulnerability, fear of rejection, fear of loss, these emotions often tiptoe into our relationships, subtly shaping choices and silencing truths. Fear can cause us to retreat when we long to reach out, or to protect ourselves at the cost of openness. Yet, when faced with courage, fear loses its grip and authenticity can bloom.

When emotions are embraced, not suppressed, they become guides rather than obstacles leading us toward healthier and more meaningful relationships.

In the grand symphony of life, emotions are not mere background notes, they are the melody. They stir our spirits, shape our stories and illuminate the path of connection. Through them, we come to know not only others more deeply, but also ourselves.

## Let's Write Our Feelings!

### Emotions Are Like Weather

My emotions are like \_\_\_\_\_ in the sky,

They change and shift as the moments go by.

When I feel \_\_\_\_\_,

I try to remember \_\_\_\_\_

Because emotions may stay-but they don't last forever.

### Inside My Mind

Inside my mind lives \_\_\_\_\_,

It whispers \_\_\_\_\_ when I'm alone.

I handle this feeling by \_\_\_\_\_,

And that helps me grow into \_\_\_\_\_.

# The Power of Self-Love: A Key to Personal Growth and Well-Being



**Mrs. Ashwini Kulkarni**  
(Class Teacher -  
Std. 2 - E)

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।  
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥

This profound quote from the Bhagavad Gita means:

One should elevate oneself by one's own self; one should not lower oneself. The self alone is the friend of the self and the self alone is the enemy of the self.

It highlights a timeless truth — our own mind and will are the most crucial factors in determining our spiritual progress or downfall. In today's fast-paced world, where external validation often takes precedence, understanding and practicing self-love has become more important than ever.

What is Self - Love?

Self - love can be defined as a state of appreciation for oneself, nurtured through intentional actions that support both physiological and spiritual growth. It means valuing your own happiness, accepting your flaws and treating yourself with kindness, especially during difficult times.

For example, consider Maya, a young professional who constantly sought approval from her colleagues and superiors. Whenever she made a mistake, she would harshly criticize herself, believing she was worthless. Over time, Maya's mental health declined and she suffered from anxiety. It was only when she started practicing self-love, acknowledging her achievements, accepting her mistakes as learning opportunities and setting healthy boundaries at work, that she began to experience genuine self - worth and professional growth.

Self - love is not a selfish or narcissistic concept, as some may think. Instead, it is an authentic and honest appreciation of your own worth. It is about acknowledging your strengths and limitations with realism, without harsh self - criticism or denial.

Key Aspects of Self - Love

Practicing self-love involves several essential aspects:

**Self - Acceptance** - Embracing your true self without judgment. eg. For instance, Ramesh, who struggled with a physical disability, initially felt ashamed of his condition. Through self - acceptance, he learned to focus on his talents and contributions, eventually becoming an advocate for people with disabilities.

**Self - Compassion** - Being kind and gentle to yourself, especially during setbacks. eg. When Priya failed in her exams, instead of blaming herself, she began treating herself with compassion, understanding that failure is a step towards success.

**Setting Healthy Boundaries** - Knowing when to say no and protecting your well-being.

eg. Anita, overwhelmed by constant social demands, learned to say no without guilt, allowing herself time to recharge and focus on personal growth.

**Prioritizing Needs** - Recognizing and fulfilling your physical, emotional and spiritual needs.

**Authenticity** - Being true to your values and beliefs without seeking approval.

**Positive Self - Talk** - Replacing negative thoughts with encouraging and supportive ones.

## The Benefits of Self - Love

Self - love plays a crucial role in our overall well - being and personal development.

It improves mental health by reducing levels of depression, anxiety and physiological distress.

It lays the foundation for healthy relationships because when we treat ourselves with respect, we learn to extend the same courtesy to others.

It motivates positive behaviour and resilience, helping us to navigate life challenges with compassion and confidence.

## Conclusion

In our day - to - day life, we naturally give others what we hold within ourselves. If we wish to spread love, kindness and empathy to the world, it begins by cultivating self - love. Without this internal foundation, our ability to care for others become limited.

Therefore, self - love is not just important, it is essential. It empowers us to live a balanced, healthy and fulfilling life, making us better equipped to show up for others, face challenges with courage and build meaningful connections.

# The Dual Nature of Hope



**Mrs. Sanchita Pednekar**  
(Class Teacher -  
Std. 3 - M)

Hope has a contradictory position in human life. It is celebrated as the light that guides us through uncertainty, yet it is also criticized as an illusion that blinds us from reality. This duality makes hope one of the most complex forces shaping human behaviour, thought and destiny. On one hand, hope is a source of strength. It gives strength, inspiring individuals to endure hardships and to strive for a better tomorrow. When things get tough, hope helps us to stay strong. History is filled with examples of people who, against all obstacles, achieved extraordinary outcomes simply because they refused to let go of hope. It is this belief in possibility that pushes scientists to search for cures, leaders to envision better societies and individuals to persist when the odds seem impossible. In this sense, hope is a builder, it creates meaning, sustains courage and nurtures progress.

Yet, the same force can become a hidden trap. When disconnected from reality, hope turns into

illusion. It can stop people from accepting reality, keeping them stuck on dreams or goals that are not possible. In this form, hope can lead people to waste time, energy and emotion on things that might never happen. It can foster passivity, where one waits for circumstances to change instead of actively working towards change. Philosophers and poets have been frequently alert on this side of hope, reminding us that being overconfident can be as dangerous as sadness.

Thus, the dual nature of hope lies in its balance. When combined with action, reflection and realism, hope is transformative, it gives direction and sustains effort. When separated from effort and awareness, it can stop growth and prolong suffering. The challenge for individuals and societies is not to abandon hope, but to cultivate it wisely, to embrace it as a guiding star while keeping their feet firmly on the ground.

In conclusion, hope is both a blessing and a burden. It is the last flame that refuses to die in moments of darkness, yet it can also cast shadows that hide reality. To live fully, one must learn to hold hope not as an escape from truth, but as a companion to action. Only then does its dual nature harmonize into a force that uplifts rather than deceives and transforms rather than limits.

## Emotions - Let Them Free



**Jeevika Tiwari**  
(Std. 4 - E)

Emotions are feelings some are already inside us while some are adopted by us. We feel happy, sad, angry, scared or jealous. It is always good to express our feelings. We keep our brain healthy and our mind satisfied (an emotion adopted by us).

We should smile when we are happy, cry when we are sad or talk when we feel the need to be

heard. Expressing emotions and feelings does not each time mean laughing or crying or shouting, they can be expressed in different ways also like dancing, singing or talking to someone.

For me expressing all these is through drawing, my colour choice, my strokes and sketching they all depend on my emotional state at that time.

Like when I am happy I use bright colours, when I am super excited I use vibrant colours but when I am sad or tired I prefer using all dull colours.

Everyone has their own emotions and expressing them helps us to be healthy and satisfied.

# Stillness and Inner Peace: The Emotion of Calm



**Mrs. Sonal Joshi**  
(Class Teacher -  
Std. 5 - M)

Stillness; it is that silent inner core of our being from where we observe life. The 'me' that we all refer to but rarely know. It is the seat of all our inner peace. Our ancestors knew about this and also knew how to reach it to tap into its calming powers. In fact, even today, many people know about it.

However, in today's hectic life and time, we are increasingly separated from it. We look for peace, calm and bliss outside of us; in reels, on social media, in the company of others, in vacations at faraway places. But the peace and calm that we all seek is deep within us. And the way to access it is through silence, discipline and introspection. The tools for this are meditation, yoga and journaling, amongst many others. But it is very important to turn away from the distractions that are all around us and focus on the inside.

There are many benefits of tapping into our still inner peace. Some of these are: -

1. We feel peaceful and the things happening around us do not disturb us.
2. We understand our own worth and do not rely on the validation of others.
3. We understand the right people and things

that deserve to exist in our lives. This way, we are able to keep what serves us and let go of whatever or whoever does not.

4. We are able to tap into our creative powers and understand our own true ability.

5. Most importantly, it helps us to understand what we really want from our lives, and we can lead a satisfying and fulfilling life.

Other than meditation, yoga and journaling (mentioned above) there are several ways to attain this inner calm. Some of these are: -

a. Schedule some silent time every day. It need not be meditation or yoga, just silence without any noise or screen time. Early morning or late night is the best time for this.

b. Spend time in nature. Go for nature walks or vacations in nature. Avoid sharing everything with everyone. (I know this might be difficult for some.) You really do not need everyone to know everything in your life.

c. Understand yourself. Do some introspection or a SWOT analysis for yourself.

d. Do not avoid talking about the difficulties in your life. Do not suppress them. Talk about them to take them out of your life. It can be with a close trusted friend or a therapist or a counsellor. But talk about these things.

In conclusion, it is very important to be connected to your inner stillness and peace. It is your island of calm in the chaotic world. It is a place where you can rest mentally and emotionally and recharge yourself to face the world after a hectic day. All efforts to reach there are really worth it.



## Anger - A Misunderstood Emotion



**Mrs. Vrinda Deshpande**  
(Class Teacher -  
Std. 2 - J)

"Anger is like fire; if controlled, it can warm you, but if uncontrolled, it can burn everything."

Anger is nothing more than an outward expression of hurt, fear and frustration. It is nothing but the most common human emotion, which is often misunderstood. Most people think that anger is purely bad, but in reality, it is a natural reaction to unfair, painful or frustrating situations. If anger is expressed through shouting, fighting or harming others, it can lead to trouble or damage relationships.

When anger is released in unhealthy ways, such as yelling, hurting people or acting aggressively, it becomes dangerous. We can learn to deal with anger in a healthy way rather than ignoring it or allowing it to blow up.

As individuals, we need to understand that anger is not our enemy. The way we deal with it is what matters. The key lies not in avoiding anger, but in understanding and managing it. Anger can be managed by taking a deep breathe, slowly inhaling and exhaling which calms our body and helps us think clearly before reacting. We can also express ourselves calmly instead of shouting. Talk about what bothers you in a calm and respectful way, take a short break and walk away for a while to cool your mind. So remember, "Anger doesn't have to control us; when guided wisely, it can lead to strength, courage and positive change."

## My Secret Wish



**Sanat Jadhav**  
(Std. 5 - E)

Now-a-days, poor people are increasing, so they try to seek shelter in tumbledown buildings, on footpaths, or even on open grounds. They also beg for money at traffic signals, traffic jams, and on tolls. They try to earn money by cleaning car windows or mirrors or selling snacks, fruits, and toys. I have also experienced these things. And the government also does not have that much money and cannot reach everyone.

But my secret wish is to be a generous person like Ratan Tata who donated money and gave food to poor people and helped them. He also made high-safety cars which saved thousands of lives. He also made a car for people who travelled triple or four on a bike or scooter. That car is a 'Nano'. The Nano was launched at a very affordable price and he also made that car in automatic transmission for ladies who do not know how to shift gears. Nano was a great success. He also owns many brands like Titan, Sonata, Zudio, etc.

If I was a person like Ratan Tata, I would form an 'NGO' to serve people, I would help poor people and serve the country and make shelters and provide food. I will also ensure that every poor person should get three meals in a day. I will also serve middle-class people and the government by making high-safety-rated cars which would save many lives. I would also make EV and Hybrid cars which would save petrol and diesel, use very less fuel, but travel at least 50 to 100 kms. I would also arrange funds for people suffering from cancer who do not have money. I would also like to clean and repair the roads just like Ratan Tata used to .I would do everything he used to . I would also do things rather than him. Ther we can create something amazing!!!

## I am Proud to be an Indian Because...



**Manasvi Kodolika**  
(Std. 5 - E)

India is my country, and I am proud to be an Indian! There are so many reasons why I love my nation and feel lucky to be born here, as my country is full of amazing things - beautiful places, smart people, rich culture and strong values. Our country is not just a land; it is a big family where everyone is different but still united.

India is a country where people speak different languages, wear different clothes and celebrate different festivals but even with all these differences we live together with love and respect. From the snow-capped peaks of the Himalayas in Kashmir to the vibrant coasts of Kerala and from the Rising Sun in Arunachal Pradesh to the salt plains of Gujarat, every part of India shines in its own special way.

Our country has rich cultures and colourful festivals like Holi, Ganesh Utsav, Dussehra and Navratri. These festivals bring joy to everyone and teach us to share happiness. Indian families are close and caring. We learn to respect elders, help others and celebrate

the festivals together. These festivals foster unity, strengthen culture and religious traditions.

India has given the world many great leaders and freedom fighters. Mahatma Gandhi taught us to fight with peace through Satyagraha. Netaji Subhash Chandra Bose, Bhagat Singh, Dr. Babasaheb Ambedkar and Veer Savarkar all worked hard to make India free and fair. Their courage and wisdom inspire us every day.

Indians love art and music. We have classical dances, folk songs and beautiful paintings. However, we also love science and technology! India has made significant accomplishments like the Chandrayaan and Mangalyaan space missions. We are growing fast and doing great things in modern technology.

India is a country for everyone, where diversity is respected and unity is celebrated, no matter where we come from or what we believe, we are treated equally. We help each other and stand together in good times or bad times. That is why I feel proud to be part of this great nation.

In short, I would say,  
सारे जहाँ से अच्छा हिन्दोस्ताँ हमारा, हम बुलबुलें हैं इसकी ये गुलसिताँ हमारा...

Jai Hind! Jai Bharat!

## Honesty is Best Policy



**Shantanu Satav**  
(Std. 5 - V)

Honesty is the best policy. It is well known that you need to be truthful in every moment of your life. Honesty means only telling the truth and not lying, whatever the situation is.

Being truthful is our only advantage that every person will think that s/he always tells the truth and doesn't lie. Everyone will trust you. We don't have to worry about being caught while telling lies.

Honesty is a valuable quality. It helps you trust in other people's minds and strong relationships with others. All the stories and ancestors tell us that they do not lie and always tell the truth. There is a slogan which says, "Satyamev Jayate".

So, 'Honesty is the best policy'.

## "I am Proud to be an Indian"



**Ranveer Mohite**  
(Std. 5 - E)

When I look at our Indian flag, I feel great happiness in my heart. I don't always know how to express this feeling, but I know it is pride. I am proud to be born in a great country like India.

From the snowy mountains in the North to the sandy beaches in the South, from the green fields to the busy cities, every part of India has its own beauty. I feel proud when I read about the great king "Chhatrapati Shivaji Maharaj". He was a brave king who protected his people and fought for freedom with great courage. His story inspires me.

When I read about the history of our Indian freedom fighters like Mahatma Gandhi, Subhash Chandra Bose, Bhagat Singh and Sukhdev, and many more, my heart feels so proud. They gave up a lot so that we could live in a country which is independent.

India is a country full of diversity and variety. We have many different languages, religions and customs. The variety in India's diversity makes our country special. We celebrate different types of festivals like Diwali, Eid, Pongal and Holi together with great love and joy. No matter where we come from, that makes us feel happy and loved.

I feel proud when I see our great scientists, doctors, soldiers and players doing great work. One of the proud moments is the recent victory we achieved in Operation Sindoor. Our soldiers showed great courage and skills. It has proved our strong military defence power. Their bravery makes me feel even more proud to be an Indian. This inspires me to be brave and always love and protect my country.

Yes, yes, I am proud to be an Indian and I will always try my best to make my country proud.

I love my country very much!

## My Secret Wish



**Ishwari Korabu**  
(Std. 5 - E)

"He who has felt the deepest grief is best able to experience supreme happiness." - Alexandre Dumas.

'Sadness' is an emotion which I often feel in my life when I lose a competition, fight with my friends over a petty matter or when my parents scold me and many other times. It seems strange that we feel sad internally, even though it is triggered by external factors. Sadness, if not controlled or overcome sadness can lead to other negative emotions like depression, mood swings, etc. However, it is important to remember that happiness and sadness both are a part of life. In the universe there is always a balance between positive and negative things and we have to learn to accept it.

I deal with sadness with the help of the realisation that sadness is not a pure emotion. Because it is always associated with other emotions like anger, frustration, jealousy, which makes us sad. The trick is to understand the emotion which caused the sadness and try to control that particular negative emotion.

I do meditation and breathing exercises daily in order to get rid of these negative emotions and keep a calm mind. Whenever I have a fight with my friends I try to patch up with them, I participate in my friends' success and congratulate them wholeheartedly. Whenever my parents scold me I try to understand the reason behind it and try not to repeat the mistake.

Sadness and depression are said to be the diseases of the next generation. So it is very important that we take it seriously and try to lead a life which leads to our physical, mental and emotional well-being.



श्रीमती श्वेता रानडे  
(वर्गशिक्षिका -  
इयत्ता पहिली - मर्क्युरी)

मानवी मन हे एक गूढ आहे. माणसाच्या वागण्या-बोलण्यातून त्याच्या अंतर्मनात काय खळबळ सुरू आहे ते इतरांना लक्षात येत नाही. आपल्या मनातल्या काही भावनांना आपण थेट व्यक्त करतो, पण काही भावना आपण व्यक्त न करता आतल्या आत दडपून ठेवतो. अशा दडपलेल्या भावनांमधून निर्माण होणारा मनात साचलेला राग, शल्य, वेदना म्हणजेच 'resentment' होय. ही अतिशय गुंतागुंतीची भावना आहे. कोणतीही भावना व्यक्त करण्यासाठी आपली भाषा ही एक माध्यम असते. आपली मराठी मातृभाषा ही अतिशय संपन्न आहे. संतांच्या वचनांनी तिला समृद्ध केलं आहे. संतांची ओळख म्हणजे त्यांची ईश्वरभक्ती आणि त्यांनी मनावर मिळवलेला संयम. संत महात्म्यांसारखा संयम आपल्यासारख्या सामान्य माणसांना पेलणे कठीण असतं, पण त्यांची शिकवण आजही मार्गदर्शक आहे. बहिणाबाईंच्या ओव्या याचाच प्रत्यय देतात. त्या म्हणतात:

'मन वढाय वढाय, उभ्या पिकातलं ढोर.

किती हाकला हाकला, फिरून येतो पिकावर.'

याचा अर्थ असा की, आपलं मन हे गायी-गुरांसारखं आहे. कितीही हाकललं तरी ते पुन्हा पुन्हा त्याच ठिकाणी जातं. राग, शल्य, मनातल्या न बोललेल्या वेदना याही अशाच असतात, आपण त्यांना बाजूला सारलं तरी त्या पुन्हा मनात येतात. राग जसा बाहेर पडतो, उफाळून येतो आणि कधीतरी शांत होतो, तसे शल्य मात्र हळूहळू साचत राहते. ते आपल्याला आतल्या आत कुरतडत राहते, नातेसंबंधांना नकळत पोखरत राहते. यातून दुरावा निर्माण होतो. हळूहळू नात्यांमध्ये भिंत उभी करतो. उदाहरणार्थ, कधी कधी आपल्याला जाणवते की आपल्या एखाद्या जवळच्या व्यक्तीने आपल्यावर अन्याय केला, अविश्वास दाखवला किंवा शब्द पाळला नाही तर आपण त्या व्यक्तीशी भांडण करत नाही, पण मनात खंत साचते. हा न बोललेला राग म्हणजेच मनातील खंत किंवा शल्य. ते वाढत गेले की मग त्याचा आपल्या नात्यावर परिणाम होतो, आणि हा परिणाम तिथेच न थांबता तो मनावर, व्यक्तिमत्त्वावर आणि

एकूणच आयुष्यावर खोलवर होत राहतो, मग कोणी शरीराने आजारी पडते तर कोणी अबोल होते. कोणी जास्त चिडचिडे होते, तर कोणी खूप बोलत राहते.

हे असे का होते, हे इतरांना कळत नाही आणि मग नात्यात दुरावा येतो, कटुता वाढते. कधीतरी ईर्ष्याही वाटते. यातून व्यक्तीअंतर्गत संवाद कमी होतो, गैरसमज वाढतात. हे फक्त कुटुंबात नाही तर सगळीकडेच दिसून येते. मित्रांमध्ये दुरावा आला की जवळीक हळूहळू तुटते. कामाच्या ठिकाणी दुरावा आला की सहकार्य कमी होतं, वातावरण तणावपूर्ण होतं, आणि सगळ्यात महत्त्वाचं म्हणजे मनातला हा दुरावा, हे शल्य आपल्या शांततेवर, आरोग्यावर, आत्मविश्वासावर परिणाम करते, म्हणूनच उघड रागापेक्षा हे शल्य अधिक धोकादायक ठरते. संतांची शिकवण यासाठीच महत्त्वाची ठरते. मनावर संयम ठेवणे, विचारांवर नियंत्रण ठेवणे कसे साधावे हे साध्या, सोप्या संतवाचनातून आपल्याला उलगडत जाते. जेव्हा आपण आपल्या मनातील शल्य त्रयस्थपणे बघायला लागतो, त्याचा स्वीकार करतो आणि त्याला समजून घेतो, तेव्हाच त्यावर उपाय सापडतो. अन्यथा तो मनाचा, आणि पुढे नातेसंबंधांचा नाश करतो. मग, यावर उपाय काय? तर मनात साचलेला राग व्यक्त करणे, मोकळेपणाने संवाद साधणे, आणि क्षमा करायला शिकणे हेच यासाठीचे म्हणजेच 'resentment' कमी करण्याचं औषध आहे.

स्वतःचे आत्मपरीक्षण हेही यासाठी खूप महत्त्वाचे आहे. आपल्या मनाला नेमकं काय खुपतंय हे आपलं आपल्यालाच कळतं. फक्त शांतपणे बसून हे स्वतःला विचारणं गरजेचे असते. संतांनी शिकवलेला मार्ग म्हणजे ध्यान आणि संयम! यातूनही आपण मनातला राग, शल्य मनाच्या अवकाशातून हद्दपार करू शकतो.

मनात साचलेला राग, मनातील शल्य व्यक्त करणे, मोकळेपणाने संवाद साधणे आणि क्षमा करायला शिकणे या उपायातून आपण आपलीच मदत केली आणि मनाला स्वच्छ ठेवलं, तर नाती जिवंत राहतात आणि अंतर्मनातली शांतताही अबाधित राहते. हे असे शांत, स्वच्छ मनच उभारी घेऊन उज्ज्वल भविष्याची स्वप्न बघू शकतं. शेवटी एवढंच म्हणावंसं वाटतं की, माणूस म्हणून जगताना एकमेकाला एवढेच म्हणावे...

गडद, झाकोळले अवकाश मनाचे क्षणात व्हावे रिते,

भरून घ्यावी तेज शलाका तव अंतरी जी वसे.

मनी मानसी उमेद घेऊनी झेप घ्यावी स्वप्नांची,

नको असूया, नको दुरावा देऊ साथ एकमेकांची !



श्रीमती वैशाली बोरनारकर  
(वर्गशिक्षिका -  
इयत्ता चौथी - मर्क्युरी)

“अंधार जरी दाटला, तरी दीप उजळतो,  
सकारात्मकतेचा सराव, संकटात साथ देतो।

विश्वासाची वाट धरून, प्रयत्नांचे घ्यावे बळ,

सकारात्मकता ही केवळ एक भावना नसून, ती जीवन जगण्याची पद्धत आहे. आपल्या जीवनात विचारांना फार मोठे महत्त्व आहे. सकारात्मक विचार हेच जीवनाचे खरे इंधन आहेत. जसा चांगला आहार आपल्याला निरोगी ठेवतो, तसाच चांगला विचार आपल्याला आनंदी ठेवतो. म्हणूनच विचारांमध्ये, कृतीत आणि बोलण्यात जर सकारात्मकता असेल, तर आपण कोणत्याही संकटावर मात करू शकतो.

आजच्या धावपळीच्या आणि स्पर्धात्मक युगात प्रत्येकाला अनेक आव्हाने पेलानी लागतात. अभ्यास, स्पर्धा, तंत्रज्ञानाची गती, बदलणारे वातावरण या सर्वांचा परिणाम आपल्या मनावर होत असतो. अशावेळी सकारात्मक विचार हा एक प्रभावी मार्ग ठरतो. पण 'सकारात्मक जाणीव' म्हणजे नेमके काय? तर मनात नेहमी चांगले विचार ठेवणे, परिस्थितीकडे आशावादी दृष्टिकोनातून पाहणे आणि स्वतःवर विश्वास ठेवणे होय. अडचणी आल्या की आपण खचून न जाता, त्या शिकवण म्हणून स्वीकारल्या, तर अपयश देखील नवी सुरुवात ठरते. प्रत्येक अडथळ्यात संधी शोधणं, हाच सकारात्मकतेचा खरा अर्थ आहे.

सकारात्मक जाणीवांचा सराव कसा करावा?

\* **कृतज्ञता** - दररोज आपल्याला मिळालेल्या छोट्या आनंदांबद्दल कृतज्ञ राहा. सकाळी उठल्यावर आई-वडील, शिक्षक आणि निसर्ग यांचे आभार माना.

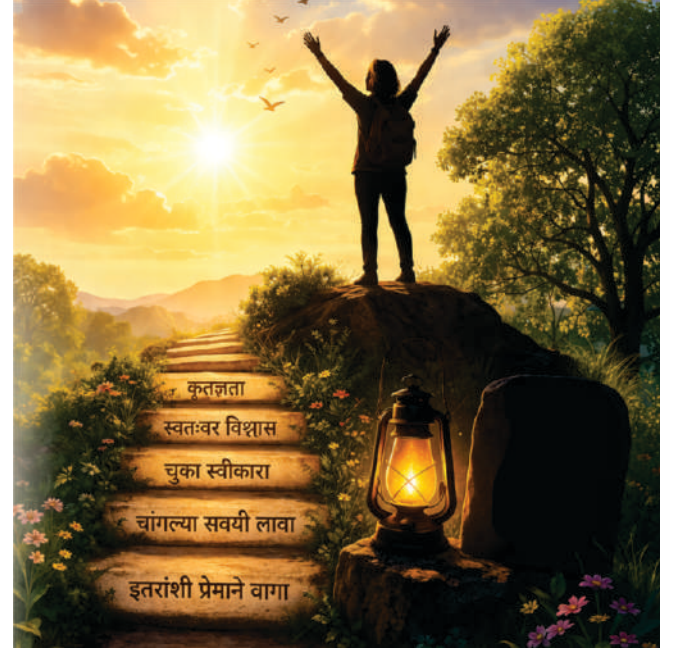
\* **स्वतःवर विश्वास** - " मी हे करू शकतो/ शकते " असा आत्मविश्वास मनात जोपासा. चुका स्वीकारा. चूक झाली तरी घाबरू नका. त्यातून शिकून पुढे चला कारण चुकामधून शिकणे ही प्रगतीची पायरी आहे.

\* **चांगल्या सवयी लावा** - नियमित अभ्यास, वेळेचे नियोजन, वाचन, योगा, ध्यान यामुळे मन सकारात्मक राहते.

\* **इतरांशी प्रेमाने वागा** - इतरांना मदत करणे, चांगले शब्द बोलणे ही सुद्धा सकारात्मकतेची चिन्हे आहेत. त्यामुळे इतरांशी आपले नाते अधिक घट्ट होते आणि मन प्रसन्न राहते.

अशाप्रकारे जीवनात सकारात्मक जाणीवांचा सराव केल्याने आत्मविश्वास वाढतो, तणाव कमी होतो आणि जीवन आनंदी होते. आपण ज्या गोष्टींवर लक्ष केंद्रित करतो त्या आपल्या मनावर आणि वागणुकीवर परिणाम करतात, म्हणूनच सकारात्मक विचारांची जाणीव मनाशी घट्ट जोडून ठेवणे आवश्यक आहे. जेव्हा प्रत्येक जण सकारात्मक विचारांची जाणीव अंगिकारेल, तेव्हाच संपूर्ण वातावरण उत्साहवर्धक व प्रेरणादायी होईल.

थोडक्यात काय, तर मनात आशा, शब्दांत माधुर्य आणि कृतीत प्रामाणिकपणा असेल, तर जीवन नक्कीच यशस्वी होते. चला तर मग, आपण सगळे मिळून 'सकारात्मक जाणीवांचा सराव' हा आपला जीवन मंत्र बनवूया.





शिवधैर्य इंगळे  
(इयत्ता चौथी - मर्क्युरी)

आपल्या निसर्गाचं रक्षण करणं खूप महत्वाचं आहे. म्हणून आपण सगळ्यांनी गणपती बाप्पाची सजावट करताना पर्यावरणपूरक वस्तू वापरल्या पाहिजेत. यामुळे निसर्ग स्वच्छ राहतो आणि प्राण्यांना-पक्ष्यांना त्रास होत नाही. या वर्षी मी माझ्या घरात गणेशाची सजावट इको-फ्रेंडली पद्धतीने केली. सजावटीसाठी मी कागद, नारळाच्या दोऱ्या, लाकडाचा भुगा वापरून गवतासारखं खरं-खरं वातावरण तयार केलं. त्यात मी

लहान लहान झाडं, शैवाल (moss), झुडपं लावली ज्यामुळे सजावट अगदी निसर्गमय वाटली. मी नैसर्गिक रंगांचा वापर केला, त्यामुळे कुठलेही प्लॅस्टिक किंवा केमिकल वापरलं नाही. या सजावटीमुळे असं वाटलं की गणपती बाप्पा खऱ्या जंगलात बसले आहेत. ही सजावट करताना माझ्या भावाने आणि लहान बहिणीने मला खूप मदत केली. आम्ही तिघांनी मिळून दिवसभर मेहनत घेऊन ही सजावट जिवंत केली. खरं सांगायचं, तर सजावट करताना खूप मजा आली. इको-फ्रेंडली सजावट केल्यामुळे निसर्गाचे रक्षण होते, प्रदूषण कमी होतं आणि पुढच्या पिढीलाही हिरवी-गार पृथ्वी मिळते. म्हणून आपण सगळ्यांनी निसर्गावर प्रेम करून गणपतीची सजावट नेहमी पर्यावरणपूरकच करायला हवी."गणपती बाप्पा मोरया, पर्यावरणपूरक गणपतीचं घराघरात आगमन व्हावं हीच माझी इच्छा!"

### “माझे विचार माझे भविष्य घडवितात”



श्रीमती धनश्री फडके  
(पर्यवेक्षिका - प्राथमिक विभाग)

“माझे विचार माझे भविष्य घडवितात” - या वाक्यात जीवनाचे सार दडलेले आहे.

“मन ही बीजभूमी आहे - जे पेराल तेच उगवेल.”  
विचार बदला, जग बदलेल!

आपले मन म्हणजे एक आरसा. त्यात जसे विचार उमटतात, तसेच आपल्या भावनांचे आणि कृतींचे प्रतिबिंब दिसते. आपले विचार म्हणजे बीजासारखे असतात. जर आपण सकारात्मकतेची बीजे पेरली, तर आत्मविश्वास, आनंद आणि यशाचे झाड फुलते. पण, जर नकारात्मकतेची बीजे पेरली, तर मनात शंका, भीती आणि असंतोष उगवतो. प्रेम, आत्मविश्वास आणि आशा पेटा, म्हणजे भविष्य फुलांनी

बहरलेलं दिसेल. आपल्या विचारांवरच आपल्या भावनांचे, कृतींचे आणि शेवटी यशाचे नियंत्रण असते. जसे विचार, तशा भावना, जशा भावना तशा कृती - आणि त्यातूनच जीवनाची वाट घडते.

प्रिय विद्यार्थ्यांनो, तुमचे भविष्य आजच्याच विचारांमधून जन्म घेत आहे. दररोज सकाळी स्वतःशी बोला -

“मी सक्षम आहे, मी प्रयत्नशील आहे, मी यशस्वी होईन.”

या छोट्या वाक्यांमधून निर्माण होणारी शक्ती तुम्हाला यशाकडे नेईल. शिक्षक म्हणून आपले कर्तव्य फक्त ज्ञान देणे नाही, तर विद्यार्थ्यांच्या विचारांना योग्य दिशा देणे आहे. सकारात्मक विचार शिकवले, तर तेच विद्यार्थी उद्याचे उज्ज्वल नागरिक बनतात.

“तुमचे आजचे विचारच उद्याचे यश ठरवतात.”

म्हणूनच प्रत्येक दिवसाची सुरुवात उजळ विचारांनी करा. परिस्थिती नेहमी आपल्या हातात नसते, पण विचार मात्र आपल्या हातात असतात. सकारात्मक विचार ठेवा, भावनांना चांगली दिशा द्या, आणि कृतीतून उज्ज्वल भविष्य निर्माण करा.



श्रीमती प्रज्ञा उमराणी  
(वर्गशिक्षिका -  
इयत्ता दुसरी - विहनस)

ऐसा कहा जाता है कि तंत्रज्ञान की वजह से दुनिया बहुत पास आ रही है। सही भी तो है! घर में बैठे - बैठे अपने दूरभाष संच में कुछ बटन दबाकर हम पृथ्वी की दूसरी छोर पे बैठे व्यक्ति से तुरंत बात कर सकते हैं। किसी का भी स्टैटस अपडेट देख के उनकी जिंदगी में क्या चल रहा है, घर बैठे देख सकते हैं। परंतु ऐसा होकर भी क्या हम सुखी है? एक दूसरे से जुड़े है? नहीं! जितना हम टेक्निकली पास आ रहे हैं, उतना ही एक दूसरे से दूर हो रहे हैं इसका मुख्य कारण मनुष्य का जीवन केवल बाहरी गतिविधियों और परिस्थितियों तक सीमित नहीं होता। उसकी वास्तविक पहचान उसके अंतरंग में छिपी होती है। यही भावनाओं और अनुभवों का अंतरंग मनुष्य को पूर्णता प्रदान करता है। इस अंतरंग को समझने और सँवारने की प्रक्रिया ही आत्मचिंतन है। आत्मचिंतन का अर्थ है स्वयं के भीतर झाँकना, अपने विचारों,

इच्छाओं, कमियों और गुणों को पहचानना। यह आत्म-परिचय की वह साधना है, जिसमें मनुष्य बाहरी शोर-शराबे से दूर होकर स्वयं से संवाद करता है। जब हम मन की गहराइयों में उतरते हैं, तब हमारी भावनाएँ हमारे सामने दर्पण की भाँति प्रकट होती हैं। योग हमारी प्राचीन संस्कृति का अभिन्न हिस्सा है। योग का मतलब है जोड़ना। जो हमारे शरीर को अपने अंतरंग के साथ जोड़े वह योग है। योग की साधना से हम अपने अंतरंग में झाँक के खुद से रूबरू होकर आत्मचिंतन की ओर बढ़ सकते हैं। इससे मानसिक शांति और संतुलन प्राप्त होता है। यह व्यक्ति को अपने जीवन के उद्देश्यों को स्पष्ट करने में मदद करता है। आत्मचिंतन से आत्मविश्वास और आत्मज्ञान की वृद्धि होती है। यह सही और गलत के बीच निर्णय लेने की शक्ति प्रदान करता है। आत्मचिंतन से हमारे निजी तथा सामाजिक जीवन के उद्दिष्ट स्पष्ट हो सकते हैं। इससे हम एक सशक्त व्यक्ति और सशक्त समाज के निर्माण में अपना निजी योगदान दे सकते हैं। आत्मचिंतन केवल एक विचार नहीं, बल्कि जीवन जीने की एक कला है। यह हमारे अंतरंग को निर्मल और सशक्त बनाके हमें अपनी असली पहचान प्रदान करता है। आत्मचिंतन से जीवन को सही दिशा मिल सकती है।





श्रीमती मानसी शाळिग्राम  
(वर्गशिक्षिका -  
इयत्ता दुसरी - अर्थ)

जग में विभिन्न भाषाएँ बोली जाती है। दुनिया में ऐसे बहुत से लोग हैं, जो नई भाषाएँ सिखते हैं और बोलते हैं। पर एक भाषा ऐसी है जिसे सिखाने की जरूरत नहीं होती। वो भाषा दिल से निकलती है और आत्मा से जुड़ती है। इस भाषा को बोलने के लिए न किताब चाहिए, न सिखाने की जरूरत है। बस एक प्यारा सा दिल चाहिए। वह है प्रेम की भाषा, जो आत्मा की भाषा है। रवीन्द्रनाथ टागोर ने सही कहा है, "प्रेम एक रहस्य है, जो केवल महसूस किया जा सकता है।"

आज कल समाज में प्रेम शब्द का प्रयोग बहुत हलके से किया जाता है। यह सिर्फ वो नहीं जैसा फिल्मों में दिखाया जाता है। किसीका खयाल रखना, किसीको चोट ना पहुँचाना, दुसरो की मदद करना और सबसे मिलकर रहना यह भी प्रेम ही होता है। इसके अलग-अलग रूप हैं। पैदा होते ही पहला प्रेम माँ से मिलता है। माँ - पिता का प्रेम निःस्वार्थ और सच्चा होता है। जो हमें बिना किसी उम्मीद से अपनाते हैं, पालपोसकर बड़ा करते हैं। फिर आता है प्रेम दोस्ती के रूप में जो हमें साथ खेलने, हँसने, गिरने, संभलने से मिलता है। फिर हमें सिखाने, समझाने और

आगे बढ़ने के लिए शिक्षकों का प्रेम मिलता है। वो हमें सिर्फ पढाते नहीं बल्की हमें जीवन जीना सिखाते हैं। वे हमें अच्छा इन्सान बनाना चाहते हैं। वे हमें समझाते हैं, डाँटते भी हैं, लेकिन उसी में उनका प्रेम छुपा होता है। कभी - कभी हम उनकी बातें तुरंत समझ नहीं पाते, लेकिन समय के साथ पता चलता है वो हमारे भले के लिए होता है। हर वह इन्सान जो देश के लिए कुछ अच्छा करता है वह देश से प्रेम करता है। झूठ न बोलना, घर और बाहर सफाई रखना, अपनी संस्कृति और सभ्यता का खयाल रखना यह अपने देश से प्रेम करना ही है। हमारे सैनिक देश से इतना प्रेम करते हैं, कि अपनी जान की बाजी लगा देते हैं। इन सब में खुद से प्रेम करना भी बहुत जरूरी है। अपने आप को पहचानना, अच्छी चिजों से खुद को मिलवाना, और बुरी चिजों से खुद को बचाना यह आत्मप्रेम है। प्रेम हम प्रकृति और जानवरों से भी करते हैं। जानवर भी इसे बखुबी पहचानते हैं और जताते भी हैं। जानवर अपनी पूँछ हिलाकर प्रेम जताते हैं। पौधे को प्रेम से पानी देने के बाद उसकी पत्तियाँ चमकने लगती हैं। यह सब प्रेम की निशानी है - जो शब्दों में नहीं, भावनाओं में दिखती है।

प्रेम एक बहुआयामी भावना है, जो गहरी भावनाएँ, सकारात्मक जुड़ाव और निःस्वार्थता से परिभाषित होती है। यह एक अनुभव है, एक भावना है जो दिमाग से नहीं बल्की दिल से होती है। महान संत ने कहा था,

"प्रेम तुम्हारे और इस संपूर्ण ब्रह्मांड के बीच का एक सेतु है, जो मनुष्यों को सही रास्ता दिखता है।"

### आओ खुद से पूछें

- प्रश्न १: आपको अपनी माँ के हाथ का बना क्या खाना सबसे ज्यादा पसंद है?
- प्रश्न २: क्या आपने कभी अपने किसी मित्र की मदद की है?
- प्रश्न ३: आप अपने घर के पौधों की देखभाल कैसे करते हैं?
- प्रश्न ४: क्या आपके घर में कोई पालतू जानवर है?
- प्रश्न ५: क्या अपने स्कूल और घर की सफाई करना भी 'प्रेम' है?
- प्रश्न ६: जब आप दुखी होते हैं, तब आपको चुप कराने के लिए कौन सबसे पहले आता है?
- प्रश्न ७: क्या आप अपनी पुरानी चीजें (जैसे खिलौने या कपड़े) किसी जरूरतमंद को देते हैं?
- प्रश्न ८: जब कोई शिक्षक या बड़ा व्यक्ति आपको डाँटता है, तो क्या आप बाद में सोचते हैं कि उन्होंने आपकी भलाई के लिए ऐसा किया?
- प्रश्न ९: क्या आप अपने देश के तिरंगे झंडे या राष्ट्रगान का सम्मान करते हैं?
- प्रश्न १०: "खुद से प्रेम करना" (Self-love) आपके लिए क्या है?





श्रीमती पायल बिंजवे  
(वर्गशिक्षिका -  
इयत्ता पहिली - मर्क्युरी)

आज की इस तेज रफ्तार दुनिया में, लोग सफलता को अक्सर धन, पद, शोहरत और उपलब्धियों से जोड़ते हैं। लेकिन मेरे लिए, सच्ची सफलता का मापदंड कुछ और है। मेरी नजर में, "अच्छा इंसान बनना ही सबसे बड़ी सफलता है।"

जब हम "अच्छा इंसान" बनने की बात करते हैं, तो इसका अर्थ केवल अच्छे व्यवहार से नहीं, बल्कि दिल से, इंसानियत निभाने से है। एक ऐसा व्यक्ति जो ईमानदारी, सहानुभूति, करुणा और दूसरों की मदद करने की भावना से जीता है, वही सच्चे अर्थों में सफल होता है।

बचपन से ही मैंने अपने माता-पिता और शिक्षकों से यह सीखा है कि दूसरों की मदद करना, झूठ से बचना, बड़ों का सम्मान करना और जरूरतमंदों के लिए कुछ करना - यही असली जीवन मूल्य हैं। काम में चाहे कितनी भी उपलब्धियाँ क्यों न मिलें, यदि हम दूसरों के प्रति संवेदनशील नहीं हैं, तो वह सफलता अधूरी है।

हर बार जब मैं किसी की मदद करती हूँ, किसी को मुस्कान देती हूँ, या किसी दुखी चेहरे को थोड़ी राहत दे पाती हूँ - तो एक सुकून मिलता है। यही सुकून मेरी असली जीत है।

आज हम जिस दुनिया में जी रहे हैं, वहाँ अच्छाई की बहुत जरूरत है। अगर हर कोई यह सोच ले कि "मुझे अच्छा इंसान बनना है," तो यह दुनिया खुद-ब-खुद एक बेहतर जगह बन जाएगी। एक डॉक्टर, एक इंजीनियर, एक वैज्ञानिक या कोई भी बड़ा ओहदा रखने वाला व्यक्ति अगर अच्छा इंसान नहीं है, तो उसका ज्ञान अधूरा है।

अंततः, मेरी यह कोशिश है कि मैं हर दिन खुद को और बेहतर बनाऊँ - न कि सिर्फ अंकों या पुरस्कारों में, बल्कि अपने व्यवहार, सोच और कर्मों में। अगर मैं जीवन भर एक अच्छा इंसान बन सकी, तो वही मेरी सबसे बड़ी उपलब्धि होगी।

“कद से नहीं, दिल से बड़ा बनो - क्योंकि अच्छाई ही इंसान की

सबसे बड़ी पहचान होती है। इंसान की पहचान उसके कपड़ों से नहीं, उसके व्यवहार से होती है।”

न दौलत की चमक में दिल बहलाया,  
न शोहरत की चकाचौंध में खुद को भुलाया।  
जो पाया, बस खुद से एक वादा किया,  
इंसानियत का दामन कभी न गिराया।

ना ताज चाहिए, ना कोई सिंहासन,  
मुझे चाहिए बस नेक दिलों का अपनापन।  
हर चेहरे पे मुस्कान बन जाऊँ,  
हर दुख में किसी का सहारा बन पाऊँ।

बड़ी बात नहीं कि ऊँचाइयों को छू लूँ,  
बड़ी बात है कि ज़मीन से न दूर जाऊँ।  
हर किसी में भगवान का अक्स देख पाऊँ,  
और बिना भेदभाव, सबको गले लगाऊँ।

लोग कहें, "ये आदमी अच्छा है",  
बस यही मेरी असली पहचान है।  
किसी के लिए रोशनी बन जाऊँ अंधेरे में,  
किसी की दुआ बनूँ उसके सफ़र के घेरे में।

जब ज़िंदगी की शाम आए सादगी से,  
तो दिल सुकून से कहे ये बात गहराई से -  
"अच्छा इंसान बनना, मेरी सबसे बड़ी सफलता है",  
नाम नहीं, बस नेकियाँ मेरी विरासत है।



दयालुता

ईमानदारी

सहानुभूति

सेवा भाव

# Secondary Section



## Std. 6



**English Teaching Aids Activity**



**Rangoli Competitions**



**Observation and Questioning**



**Group Project**



**Workshop on Good Behaviour**



**Chhote Scientists**

Stillness within brings clarity outside.

## Std. 6



**Number Plates Activity**



**Documentary Watching**



**Workshop on Avoid Use of Abusive Words and Behaviour**



**Disha ICT Activity**



**Tracing the Roots of Mathematics**



**Puppet Show**

Guard your thoughts, they shape your world.

## Std. 7



**Yoga Day**



**Marathi Activity - Interview**



**Hindi Elocution Competition Winners**



**Geography Activity - Flavours of India**



**Flower Arrangement Competition**



**Exploring the Art of Handloom**

Peace grows where patience lives.

## Std. 7



**Singing Competition**



**Discovering the Past - History Activity**



**Basuri and Tabla Vadan**



**Science Practical**



**Jaggery Factory Visit**



**English Dramatization**

Calm minds create clear paths.

## Std. 8



**Humidity and Condensation Activity**



**Cleanliness Activity**



**Computer Practicals**



**Sanskrit Day**



**Journey Among the Stars Through  
Sky Gazing**



**Exploring the Nature - Butterfly  
Garden Activity**

Your inner voice is your true guide.

## Std. 8



**Enhancing Presentation Skills**



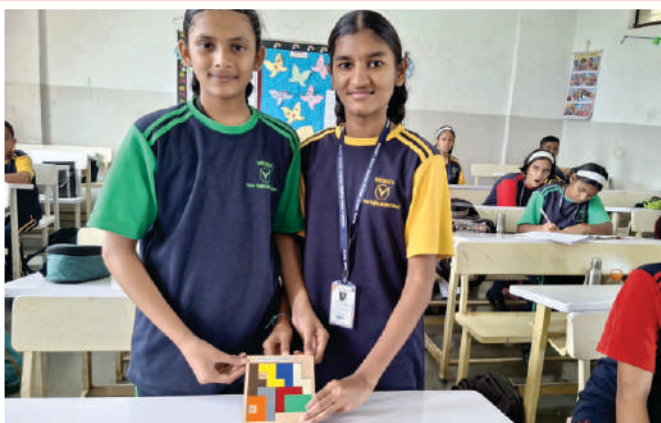
**Cooking Activity**



**Math Project**



**Kalpavriksha Diwas**



**Puzzle-O-Calendar Activity**



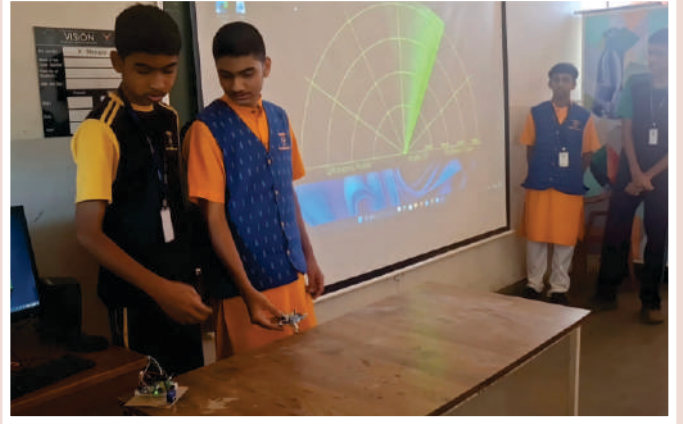
**Poetry Competition**

Quiet moments build strong souls.

## Std. 9



**Dance Competition**



**'RADAR' Project made by Students**



**Prayer at Samstha**



**Visit to Laser Unit**



**English Activity**



**Hindi Activity**

Where focus goes, energy flows.

## Std. 9



**Singing Competition**



**Dance performance at  
Urja Competition Closing Ceremony**



**Participation in Skool  
Sansad Competition**



**Science Lab Activity**



**Chhote Scientists Activity  
- Gamification**



**Cleaning Activity**

Let your thoughts be kind to your heart.

## Std. 10



**Tie and Dye Activity - Career Expo**



**Teachers Day Celebration**



**Learning by Doing**



**Vidyavrat - 1<sup>st</sup> Day of Std. 10**



**Vedha Yashacha**



**Career Guidance for Fashion Designing Appreciation**

Still waters reflect the clearest truths.

## Std. 10



**Farewell**



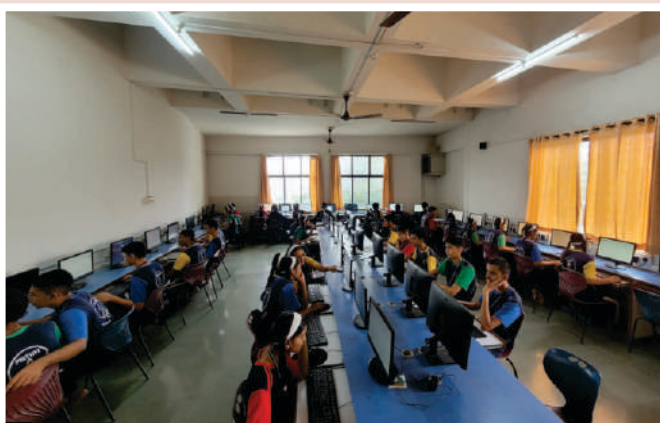
**Movie Watching - 'Price of Free'  
by Mr. Kailash Satyarthi**



**Extempore Competition**



**Session for Career Guidance**



**Mathematics - GeoGebra Practical**



**Know More About Our Freedom Fighters**

A quiet mind hears what chaos hides.

## Celebrations



**Rathsaptami Celebration**



**150 Years of Vande Mataram Celebration**



**Independence Day**



**Republic Day**



**Shivjayanti**



**Har Ghar Tiranga - 13<sup>th</sup> August**

Nurture your thoughts, and your life will follow.

# Deeputsav



Peace begins the moment you choose not to rush.

## Winners of Drawing Competition



**Aslesha Kale  
(VI - E)**



**Srushti Vir  
(VII - V)**



**Parth Kapde  
(VIII - E)**



**Vedika Chankhore  
(IX - E)**



**Sanjita Mahale  
(X - M)**

In silence, the soul finds its strength.

## Upcoming Artists



**Vidisha Kamble**  
(I - J)



**Anvika Shivankar**  
(II - M)



**Ayushman Sonawane**  
(III - M)



**Hritika Vispute**  
(III - M)



**Siya Borade**  
(IV - E)



**Chinmay Kulkarni**  
(V - V)



**Parineeti Shinde**  
(V - V)

Your thoughts are seeds - choose what you grow.

## Upcoming Artists



**Ananya Sadafule  
(VI - M)**



**Swara Yeole  
(VI - E)**



**Yadnyee Deshmukh  
(VII - V)**



**Sharayu Sukum  
(VII - M)**



**Taral Kulkarni  
(VIII - M)**



**Purva Shinde  
(VIII - M)**



**Gaurang Madavi  
(IX - V)**



**Siddhi Joshi  
(IX - M)**



**Pratishtha Shendkar  
(X - E)**

Calm within turns storms into lessons.

Winners of Secondary Section											
Sr. No.	Std.	Div.	Competition Name	Name of the Student	House	Rank	Name of the Judge				
1	VI	E	Elocution	Ira Nagarkar	Agni	FIRST	<b>Mrs. Ujjwala Nayak</b>				
2		V		Riddhi Mane	Prithvi	SECOND					
3		M		Anushka Ranjekar	Trishul	THIRD					
4	VII	V	Debate Competition	Raj Redkar	Prithvi	WINNING TEAM Prithvi House	<b>Mr. Balaji Kambale</b>				
5		V		Prathmesh Shinde							
6		V		Harsh Jagtap							
7		V		Meera Satav							
8		V		Soumya Mitra							
9		E		Aaradhya Bavikar							
10		E		Swara Kulkarni							
11		E		Vedanti Jagtap							
12		VIII		M				Arpita Khiste	Agni	WINNING TEAM Agni House	<b>Mr. Balaji Kambale</b>
13				M				Ishwari Dhumal			
14				E				Vaibhavi Marane			
15	M		Sanyukta Kale								
16	M		Anvi Gholve								
17	E		Ram Hiwase								
18	V		Sharv Aaradhye								
19	E		Kimaya Bargude								
20	M		Om Kondhare								
21	IX	E	Extempore	Soham Dhule	Akash	FIRST	<b>Mrs. Bharati Korabu</b>				
22		E		Shreya Ahirrao	Trishul	SECOND					
23		M		Madhura Kumbhar	Agni	THIRD					
24	X	M	Swanandi Sangvikar	Agni	FIRST	<b>Mrs. Bharati Korabu</b>					
25		V	Gargi Thopate	Prithvi	FIRST						
26		M	Reva Patil	Prithvi	SECOND						
27		M	Sai Kothavade	Trishul	THIRD						
28	VI	V	Hindi Elocution Competition	Riddhi Mane	Prithvi	FIRST	<b>Mrs. Kalawati Ghorpade</b>				
29		V		Aaradhya Datrang	Akash	FIRST					
30		M		Saanvi Vanarase	Agni	SECOND					
31		V		Agastya Chavan	Akash	THIRD					
32	VII	M		Shreeya Shinde	Prithvi	FIRST		<b>Mrs. Kalawati Ghorpade</b>			
33		V		Shreya Tambe	Akash	SECOND					
34		E		Tanishka Raykar	Agni	THIRD					
35		E		Arpita Kavathalkar	Trishul	THIRD					
36		VIII & IX		M	Shruti Balip	Trishul			FIRST	<b>Mrs. Kalawati Ghorpade</b>	
37	M			Sharayu Patil	Agni	SECOND					
38	M			Sayee Kachare	Prithvi	SECOND					
39	E		Pranav Thopate	Prithvi	THIRD						
40	E		Anshika Shitole	Akash	THIRD						
41	X		V	Arnav Raut	Trishul	FIRST	<b>Mrs. Kalawati Ghorpade</b>				
42		V	Gargi Thopate	Prithvi	FIRST						
43		M	Heer Patel	Akash	SECOND						

Winners of Secondary Section									
Sr. No.	Std.	Div.	Competition Name	Name of the Student	House	Rank	Name of the Judge		
44	VI	E	<b>Singing</b>	Ananya Tare	Trishul	FIRST	<b>Mrs. Sushma Thite</b>		
45		V		Trisha Mete	Akash	SECOND			
46		M		Varada Kulkarni	Prithvi	THIRD			
47	VII	V		Yadnyee Deshmukh	Agni	FIRST			
48		E		Arpita Kavathalkar	Trishul	SECOND			
49		M		Gouravi Pendharkar	Trishul	THIRD			
50	VIII to X	IX - M		Shreeya Sontakke	Agni	FIRST			
51		X - M		Prasanna Deshpande	Agni	SECOND			
52		IX - M		Anushree Gholap	Akash	THIRD			
53	VI	E		<b>Best Book Reader Competition</b>	Ayush Patil	Prithvi		FIRST	<b>Mrs. Keerti Gandhe</b>
54		E	Tanaya Unavane		Akash	FIRST			
55		E	Shantanu Sambhare		Prithvi	SECOND			
56		V	Prapti Bhilare		Trishul	THIRD			
57	VII	M	Tanishka Karale		Akash	FIRST			
58		M	Vinmayee Kannav		Agni	FIRST			
59		M	Samaksha Kulkarni		Prithvi	SECOND			
60		V	Meera Satav		Prithvi	SECOND			
61	VIII	V	Mayuresh Bande		Agni	THIRD			
62		M	Sayee Kachare		Prithvi	FIRST			
63		M	Aarya Mali		Prithvi	SECOND			
64		M	Saee Lahande		Trishul	THIRD			
65	VI	M	<b>Best Book Reviewer Competition</b>		Aarohi Zanzane	Agni	FIRST	<b>Mrs. Seema Raje,</b>	
66		M			Anushka Ranjekar	Trishul	FIRST		
67		M		Saujanya Wani	Prithvi	SECOND			
68		E		Ashlesha Kale	Agni	SECOND			
69		E		Ananya Tare	Trishul	SECOND			
70		V		Rajeshwari Kunkule	Akash	THIRD			
71	VII	M		Sanvee Hagalhole	Akash	FIRST	<b>Mrs. Ashwini Railkar,</b>		
72		M		Shreeya Shinde	Prithvi	FIRST			
73		V		Raj Redkar	Prithvi	FIRST			
74		V		Amulya Patil	Agni	SECOND			
75		V		Shreya Tambe	Akash	THIRD			
76	VIII	M		Arjun Talnikar	Akash	FIRST	<b>Mr. Harshal Potnis</b>		
77		M		Arpita Khiste	Agni	SECOND			
78		V		Indrayani Phalke	Akash	SECOND			
79		M		Sanyukta Kale	Agni	THIRD			
80	VI	V		<b>Rangoli</b>	Shreyas Bhosale	Agni	FIRST	<b>Ms. Sharayu Gaikwad</b>	
81		E			Chinmayi Shrikhande	Prithvi	SECOND		
82		E			Ashlesha Kale	Agni	THIRD		
83		M	Ananya Sadafule		Akash	THIRD			

**Winners of Secondary Section**

Sr. No.	Std.	Div.	Competition Name	Name of the Student	House	Rank	Name of the Judge
84	VII	V	<b>Flower Arrangement</b>	Shreya Tambe	Akash	FIRST	<b>Ms. Apurva Yelgate</b>
85		E		Arpita Kavthalkar	Trishul	SECOND	
86		E		Shreya Shendkar	Trishul	THIRD	
87		E		Manas Pethe	Akash	THIRD	
88	VIII	M	<b>Cooking</b>	Arpita Khiste	Agni	FIRST	<b>Ms. Vedika Salunke</b>
89		M		Sharayu Patil	Agni	SECOND	
90		M		Ira Kulkarni	Akash	SECOND	
91		M		Purva Shinde	Prithvi	THIRD	
92	IX	M	<b>Dance</b>	Maitreyee Godbole	Prithvi	FIRST	<b>Mrs. Samruddhi Kondhalkar</b>
93		M		Anvi Gole	Prithvi	FIRST	
94		E		Shravani Kudale	Prithvi	SECOND	
95		E		Vedika Jadhav	Trishul	SECOND	
96		V		Mrunmayee Lagad	Akash	SECOND	
97		V		Piyusha Mali	Agni	SECOND	
98		V		Shruti Kadam	Prithvi	SECOND	
99		E		Arya Kulkarni	Akash	SECOND	
100		E		Ananya Inpure	Agni	THIRD	
101		E		Harshita Walhekar	Trishul	THIRD	
102		E		Riddhi Patil	Trishul	THIRD	
103		E		Aditi Gorad	Akash	THIRD	
104		E		Gargi Kamble	Agni	THIRD	
105		E		Shreya Kudale	Trishul	THIRD	
106		E		Pranali Bhumkar	Trishul	THIRD	
107		E		Shreya Ahirrao	Trishul	THIRD	
108		M		Madhura Kumbhar	Agni	THIRD	
109		M		Anushree Gholap	Akash	THIRD	
110		M		Mitali Nalawade	Trishul	THIRD	
111		M		Abhidnya Kulkarni	Akash	THIRD	
112		M		Shriyash Shrikhande	Akash	THIRD	
113	M	Tanishk Pathak	Trishul	THIRD			
114	X	M	<b>Dance</b>	Swanandi Sangvikar	Agni	FIRST	<b>Ms. Avani Kulkarni</b>
115		M		Prasanna Deshpande	Agni	FIRST	
116		M		Anvay Joshi	Prithvi	FIRST	
117		M		Shravan Bhokase	Agni	FIRST	
118		M		Hem Girme	Prithvi	FIRST	
119		M		Shlok Deshmukh	Prithvi	FIRST	
120		M		Mrunank Ujagare	Prithvi	FIRST	
121		M		Devansh Joshi	Trishul	FIRST	
122		M		Amey Kudale	Prithvi	FIRST	
123		M		Samarth Chinchankar	Trishul	FIRST	
124		M		Dnyanesh Patkare	Trishul	FIRST	
125		V		Arnav Raut	Trishul	SECOND	
126		V		Ishan Sonje	Trishul	SECOND	
127		V		Swara Sakat	Prithvi	SECOND	

Winners of Secondary Section									
Sr. No.	Std.	Div.	Competition Name	Name of the Student	House	Rank	Name of the Judge		
128	X	V	Dance	Saee Kulkarni	Akash	SECOND	Ms. Avani Kulkarni		
129		V		Swarali Zende	Prithvi	SECOND			
130		V		Prajwal Mahadik	Akash	SECOND			
131		V		Aayush Agambare	Agni	SECOND			
132		V		Shreya Bait	Akash	SECOND			
133		V		Shreya Jadhav	Prithvi	SECOND			
134		E		Navdisha Lokhande	Agni	THIRD			
135		E		Riya Kurdekar	Agni	THIRD			
136		E		Raunak Kurdekar	Prithvi	THIRD			
137		E		Shruti Mane	Trishul	THIRD			
138		M		Sairaj Katkar	Prithvi	THIRD			
139		E		Sayuja Ghodke	Prithvi	THIRD			
140		M		Anuja Gawade	Trishul	THIRD			
141		E		Shamika Yerbagkar	Prithvi	THIRD			
142	VI	M	Quiz	Mukta Bewoor	Agni	FIRST	Class Teachers		
143		M		Arohi Dharmadhikari					
144	VII	M		Girish Magar					
145		M		Sanavi Ghode					
146	VIII	M		Atharva Jadhav					
147		M		Arpita Khiste					
148	VI	V		Riddhi Mane	Prithvi	SECOND			
149		V		Swaraj Dhumal					
150	VII	V		Raj Redkar					
151		V		Shrishailya Bhange					
152	VIII	M		Arya Mali					
153		M		Dnyaneshwari Pawar					
154	VI	V		English Poetry Competition	Agastya Chavan	Akash		FIRST	Mrs. Gauri Bhade
155		M			Anushka Ranjekar	Trishul		SECOND	
156		M	Sanavi Vanarase		Agni	THIRD			
157	VII	V	Shreya Tambe		Akash	FIRST			
158		E	Veda Kabir		Akash	SECOND			
159		M	Vinmayee Kannav		Agni	THIRD			
160	VIII	M	Shrimayee Kelapure		Prithvi	FIRST			
161		E	Anshika Shitole		Akash	SECOND			
162		M	Tanvi Diwate		Trishul	THIRD			
163		VI	E		Ashlesha Kale	Agni	WINNER	Mr. Khushal Shewale	
164	E		Swara Yeole		Agni				
165	E		Riya Surve		Prithvi				
166	M		Ananya Sadafule		Akash				
167	M		Swara Tapre		Akash				
168	VIII	V	Srushti Veer	Agni	Mr. Manohar Nikam				
169		V	Janhavi Bhumkar	Akash					
170		V	Yadnyee Deshmukh	Agni					
171		V	Ananya Thopate	Trishul					
172		M	Sharayu Sukum	Trishul					

### Winners of Secondary Section

Sr. No.	Std.	Div.	Competition Name	Name of the Student	House	Rank	Name of the Judge			
173	VIII	E	Drawing Competition	Parth Kapade	Prithvi	WINNERS	<b>Mr. Khushal Shewale</b>  <b>Mr. Manohar Nikam</b>			
174		M		Sayee Kachare	Prithvi					
175		V		Shruti Balip	Trishul					
176		M		Taral Kulkarni	Akash					
177		M		Saanvi Joshi	Trishul					
178		M		Purva Shinde	Prithvi					
179	IX	E		Vedika Chankhore	Agni					
180		V		Gaurang Madavi	Prithvi					
181		V		Swara Kondhare	Akash					
182		V		Rudra Chandwadkar	Akash					
183		M		Gargi Jadhav	Prithvi					
184		M		Siddhi Joshi	Akash					
185	X	M		Sanjita Mahale	Agni					
186		V		Arnav Raut	Trishul					
187		V		Archisha Yadav	Akash					
188		E		Pratishta Shendkar	Agni					
189	IX	M		Magazine Cover Design	Anusha Nalawade			Akash	WINNERS	<b>Vision Heads</b>
190		M			Saachi Chopade			Prithvi		
191		V	Harshal Pawar		Prithvi					
192	X	M	Prasanna Deshpande		Agni					
193		M	Gayatri Jadhav		Trishul					
194	VI	M	Spell Bee Competition		Aarohi Dharmadhikari	Agni	WINNERS	<b>Language Teachers</b>		
195		M		Sanavi Kulkarni	Agni					
196		V		Swaraj Dhumal	Prithvi					
197	VII	E		Kavya Nikam	Trishul					
198		M		Arnav Pimprikar	Agni					
199		M		Gauri Parmali	Akash					
200		M		Sharayu Sukum	Trishul					
201		E		Arpita Kavathalkar	Trishul					
202		VIII		M	Avdhut Kaduskar	Akash				
203	M			Arjun Talnikar	Akash					



**Winner House of the Year - Prithvi House**

### Sports Competition Winners - Boys

Sr. No.	Std.	Div.	Competition	Name of the Students	Rank
1	VI	V	Running	Viren Thombre	Gold
2		M		Samarth More	Silver
3		M		Arjun Kulkarni	Bronze
4		V	Long Jump	Viren Thombre	Gold
5		E		Ayush Kela	Silver
6		E		Ayush Dharmadhikari	Bronze
7		V	Obstacle	Viren Thombre	Gold
8		E		Parth Suryawanshi	Silver
9		V		Rajat Shinde	Bronze
10	VII	E	Running	Aarav Rege	Gold
11		V		Kaivalya Kulkarni	Silver
12		M		Sarin Bidwai	Bronze
13		M	Long Jump	Shreepad Mujumale	Gold
14		E		Aarav Rege	Silver
15		M		Prasanna Kurlikar	Bronze
16		E	Obstacle	Aarav Rege	Gold
17		E		Vishwam Girme	Silver
18		E		Dhanesh Bobade	Bronze
19	VIII	V	Running	Ganesh Kashid	Gold
20		M		Trushank Kulkarni	Silver
21		M		Arpit Deolankar	Bronze
22		V	Long Jump	Ganesh Kashid	Gold
23		E		Aditya Konde	Silver
24		V		Rudra Salunke	Bronze
25		E	Obstacle	Aditya Konde	Gold
26		V		Rudra Salunke	Silver
27		E		Pravin Patil	Bronze
28	IX	M	Running	Kaivalya Wakhare	Gold
29		E		Shravan Borase	Silver
30		E		Jignesh Marathe	Bronze
31		M	Long Jump	Kaivalya Wakhare	Gold
32		E		Jignesh Marathe	Silver
33		E		Shreechaitanya Patil	Bronze
34		E	Obstacle	Jignesh Marathe	Gold
35		E		Prajwal Nimbalkar	Silver
36		E		Shreechaitanya Patil	Bronze
37	X	E	Running	Varad Shirsat	Gold
38		E		Siddhesh Baikar	Silver
39		V		Aayush Agambare	Bronze
40		E	Long Jump	Rounak Kurdekar	Gold
41		E		Varad Shirsat	Silver
42		E		Siddhesh Baikar	Bronze
43		E	Obstacle	Siddhesh Baikar	Gold
44		M		Shlok Deshmukh	Silver
45		M		Sairaj Katkar	Bronze

### Sports Competition Winners - Girls

Sr. No.	Std.	Div.	Competition	Name of the Students	Rank
1	VI	E	Running	Aarushi Apte	Gold
2		E		Kavya Nikam	Silver
3		M		Sarvadnya Walhekar	Bronze
4		E	Long Jump	Aarushi Apte	Gold
5		V		Swara Mali	Silver
6		M		Anushka Ranjekar	Bronze
7		M	Obstacle	Anushka Ranjekar	Gold
8		M		Varada Kulkarni	Silver
9		E		Krupa Saravate	Bronze
10	VII	E	Running	Spruha Moholkar	Gold
11		M		Sanvi Hagalhole	Silver
12		E		Saina Choudhari	Bronze
13		M	Long Jump	Sanvi Hagalhole	Gold
14		V		Megha Shinde	Silver
15		M		Diya Mane	Bronze
16		E	Obstacle	Arpita Kavathalkar	Gold
17		E		Eshwari Kadu	Silver
18		V		Shreya V. Shinde	Bronze
19	VIII	E	Running	Reva Kamthe	Gold
20		M		Swara Chaudhari	Silver
21		M		Sharayu Patil	Bronze
22		E	Long Jump	Reva Kamthe	Gold
23		M		Sharayu Patil	Silver
24		E		Janhavi Dangat	Bronze
25		M	Obstacle	Sharayu Patil	Gold
26		M		Tanaya Patil	Silver
27		M		Ishwari Barbadekar	Bronze
28	IX	M	Running	Nupur Ghadshi	Gold
29		V		Mrunmayee Lagad	Silver
30		V		Arya Bhosale	Bronze
31		M	Long Jump	Nupur Ghadshi	Gold
32		E		Vedika A. Shinde	Silver
33		E		Harshita Walhekar	Bronze
34		V	Obstacle	Arya Bhosale	Gold
35		E		Ananya Inpure	Silver
36		M		Vedika B. Shinde	Bronze
37	X	V	Running	Anvita Gujar	Gold
38		M		Akshada Jadhav	Silver
39		V		Shravani Khopade	Bronze
40		V	Long Jump	Dnyaneshwari Bhumkar	Gold
41		V		Gargi Thopate	Silver
42		V		Shravani Khopade	Bronze
43		V	Obstacle	Shivdiksha Kajale	Gold
44		V		Shreya Bait	Silver
45		V		Sharvari Raykar	Bronze

### Winners of Secondary Section

Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank
1	X	M	Aseem Foundation- Marathi Essay	Mrudula Jadhav	First Prize
2		E	Aseem Foundation- English Essay	Priyal Kedari	First Prize
3		M	Aseem Foundation-Elocution Competition	Swanandi Sangvikar	First Prize
4	VI	E	Shikshan Vivek Organized 'Poetry Appreciation Competition' Group Competition (Std. VI)	Manasvi Shinde	Third Prize
5		E		Chinmayi Shrikhande	
		E		Ira Nagarkar	
		M		Soumitra Sangvikar	Consolation Prize
M		Shrinand Ramdasi			
M		Sanavi Vanarase			
6	VII	M	Shikshan Vivek Organized 'Poetry Appreciation Competition' Group Competition (Std. VII and VIII)	Vinmayee Kannav	First Prize
7		M		Samaksha Kulkarni	
		M		Sarvesh Gokhale	
		V		Rugvedi Patil	Consolation Prize
V		Shreya Tambe			
V		Srushti Veer			
8	VII	M	Arnav Pimprikar	Solo Prize	
	VIII	M	Sanavi Ghode		
		M	Sanyukta Kale		
9	IX	M	Shikshan Vivek Organized 'Poetry Appreciation Competition' Group Competition (Std. IX and X)	Shreeya Sontakke	Solo Prize
10	Alumni		Shikshan Vivek Organized 'Poetry Appreciation Competition' Group Competition (Youth group)	Pradnya Mane	Second Prize
				Tejashree Dharmavat	
11	VI	E	Cyber Genius Competition MS-Paint	Shantanu Sambare	Third Prize
12	VI-VII	M	Cyber Genius Competition IT Quiz	Om Kulkarni	Second Prize
		M		Gauri Parmali	
13	VIII	E	Urja Drawing Competition - Under 17 Boys Group	Parth Kapade	Second Prize
14	VII	E	Urja Drawing Competition - Under 14 Boys Group	Manas Pethe	Third Prize
		V		Param Pawar	Consolation Prize
15	VII	V	Urja Drawing Competition - Under 14 Girls Group	Shubhra Jagtap	Third Prize
		V		Swara Joshi	Consolation Prize
16	VIII	E	Swami Vivekananda Jayanti - Elocution Competition	Anshika Shitole	Second Prize
17	VII	M	Manache Shlok Inter - School Competition	Vinmayee Kannav	Winners
		M		Rudra Nimbalkar	
		E		Arpita Kavathalkar	
		M		Aadya Pawar	
	VI	V		Shreyas Dolas	
		M		Aarohi Dharmadhikari	
		M		Surabhi Bobade	

### Interschool Competition Winners

Sr. No.	Std.	Div.	Competition Name	Name of the Student	Rank
18	IX	M	KPIT Cummins V - Solve Competition	Arnav Jadhav	Consolation Prize
19	VI	M		Swadha Bhagwan	First Prize
20		V		Vardhan Magdum	
21	VII	M		Shreeya Shinde	
22		V		Raj Redkar	
23	IX	M		Anvi Gole	Second Prize
24		M		Sangram Naik	
25		M		Gargi Jadhav	
26		M		Srujal Mhasawade	

### Sports Competition Team Event Winners

Sr. No.	Std.	Team Event	Team	House	Rank
1	V, VI & VII	Kho-Kho	Girls	Akash	First
				Prithvi	Second
2	V, VI & VII	Kabaddi	Girls	Trishul	First
				Prithvi	Second
3	VIII, IX & X	Kho-Kho	Girls	Trishul	First
				Prithvi	Second
4	VIII, IX & X	Throwball	Girls	Prithvi	First
				Agni	Second
5	V, VI & VII	Kho-Kho	Boys	Prithvi	First
				Akash	Second
6	V, VI & VII	Kabaddi	Boys	Agni	First
				Prithvi	Second
7	VIII, IX & X	Kho-Kho	Boys	Akash	First
				Trishul	Second
8	VIII, IX & X	Throwball	Boys	Trishul	First
				Agni	Second



**Relay - Under 14 Boys - Silver Medal**



**Relay - Under 17 Boys - Gold Medal**

**Urja Competition**

<b>Sr. No.</b>	<b>Std.</b>	<b>Div.</b>	<b>Competition Name</b>	<b>Students Name</b>	<b>Medal</b>
1	VII	V	Swimming: Freestyle, Back Stroke (U-14 Boys)	Viraj Kolpe	Gold
2	V	V	Swimming: Breast Stroke (U-14 Boys)	Shantanu Satav	Bronze
3	VI	V	Swimming - Freestyle, Breast Stroke, Back Stroke (U-14 Girls)	Kanchan Wanjale	Silver
4	X	E	Swimming - Freestyle, Breast Stroke, Back Stroke(U-17 Boys)	Spandan Akole	Gold
5	VIII	E	Swimming - Freestyle, Breast Stroke, Back Stroke (U-17 Boys)	Swaroop Chavan	Silver
6	X	M	Swimming - Freestyle (U-17 Boys)	Sairaj Katkar	Bronze
7	VIII	V	Swimming - Freestyle, Breast Stroke, Back Stroke (U-17 Girls)	Kasturi Wanjale	Gold
8	VII	V	Chess - Under 14 Boys	Mayuresh Bande	Gold
9	VI	M	Chess - Under 14 Boys	Vedant Ingale	Bronze
10	X	V	Chess - Under 17 Boys	Prajwal Mahadik	Silver
11	X	E	Cross-Country - Under 17 Boys	Siddhesh Baikar	Silver
12	VII	E	Running - Under 14 Boys	Aarav Rege	Silver
13	X	E	Running - Under 17 Boys	Varad Shirsat	Silver
14	VI	V	Long jump - Under 14 Boys	Viren Thombre	Bronze
15	X	E	Long jump - Under 17 Boys	Varad Shirsat	Gold
16	VII	M	Long Jump - Under 14 Girls	Sanvi Hagalhole	Silver
17	IX	E	Shotput - Under 17 Boys	Manav Nikam	Gold
18	VII	E	Relay - Under 14 Boys	Aarav Rege	Silver
19	VI	V	Relay - Under 14 Boys	Viren Thombre	Silver
20	VII	V	Relay - Under 14 Boys	Kaivalya Kulkarni	Silver
21	V	E	Relay - Under 14 Boys	Advait Shinde	Silver
22	X	E	Relay - Under 17 Boys	Varad Shirsat	Gold
23	X	E	Relay - Under 17 Boys	Siddhesh Baikar	Gold
24	IX	E	Relay - Under 17 Boys	Shravan Borase	Gold
25	IX	M	Relay - Under 17 Boys	Kaivalya Wakhare	Gold
<b>Team Events</b>					
26	Under 14 Boys - Surya Namaskar - Silver Medal			Under 14 Boys - Kho Kho - First place	
27	Under 17 Boys - Surya Namaskar - Silver Medal			Under 14 Boys - Kabaddi - Second place	
28	Under 17 Boys - Yoga - Gold Medal			Under 17 Boys - Kho Kho - First place	
29	Under 17 Girls - Yoga - Silver Medal			Under 17 Boys - Kabaddi - Second place	
30	Under 17 Boys - Tug of war - Second place			Under 17 Boys - Tug of war - Second place	

**Championship**

31	Under 10 Boys General Championship				
32	Under 10 Girls General Runner - up				
33	Under 14 Boys General Championship				
34	Under 14 Girls General Runner - up				
35	Under 17 Boys General Championship				

**Z.P. Competitions**

Sr. No.	Std.	Div.	Competition Name	Students Name	Medal
36	VIII	E	Taekwondo (Selected for SGFI National Level Competitions) Under - 14	Omkar Suryawanshi	Gold
37	VIII	E	Taekwondo (Selected for Z.P. State Level Competitions) Under - 14	Omkar Suryawanshi	Gold
38	VIII	E	Taekwondo (Selected for Z.P. Divisional Level Competitions) Under - 14	Omkar Suryawanshi	Gold
39	VI	M	Karate - Under - 14	Bilva Bhawe	Bronze
40	VII	V	Wrestling - Under - 14	Aarohi Dongare	Bronze
41	X	V	Judo-Under - 17	Ritesh Kondhalkar	Silver

**Other Competitions**

42	VI	M	Boxing (Maharashtra State Boxing Championship 2025)	Bilwa Kulkarni	Silver Medal
43	VIII	V	Thaiboxing(Maharashtra State and Pune Zonal Thaiboxing Championship 2025)	Samiksha Sangle	Gold
44	VI	E	Basketball (50th Sub Junior State Championship)	Arushi Apte	Gold
45	VIII	M	Cricket (Maharashtra Cricket Association U - 14 Invitational Super League)	Trushank Kulkarni	Gold
46	VIII	E	Taekwondo (Sakal Schoolympics)	Omkar Suryavanshi	Gold
47	IX	E	Shot - Put (Sakal Schoolympics)	Manav Nikam	Gold
48	VII	M	Karate (Pune Karate League Season1) - Kumite	Girish Magar	Silver

## Sports and Wellness



**Under 14 Boys - Surya Namaskar  
Silver Medal**



**Under 17 Boys - Yoga Gold Medal**



**Under 17 Boys - Surya Namaskar  
Silver Medal**



**Under 17 Girls - Yoga Silver Medal**



**Under 17 Boys - Tug of war  
Second Place**



**Under 17 Boys - Kho Kho - First Place**

Clarity comes when the mind learns to rest.



**Under 14 Boys - Kho Kho - First Place**



**Under 17 Boys - Kabaddi - Second Place**



**Under 14 Boys - Kabaddi - Second Place**



**Under 14 Girls General Runner-up**



**Manav Nikam - Gold Medal Shot-Put (Sakal Schoolympics)**



**Omkar Suryavanshi Gold Medal Taekwondo (Sakal Schoolympics)**



**Sports Competition Winner House - Prithvi**

Gentle thoughts create a steady heart.

# The Symphony Within



**Mrs. Aishwaryya Shinde**  
**(Class Teacher -**  
**Std. 6 - E)**

It's not every day you get to be a fly on the wall in a human's heart, but let me tell you, it's a sight to behold. Imagine a place called the: Mindscape Hall, where the walls shimmer with whirling hues of gold, red, purple and blue. This is where the hormones, those powerful, intangible beings who define all human emotions meet on a fine Sunday morning. They start with a debate.

First up, Testosterone, with his booming voice, declared he was the MVP (most valuable person) of the group. "I am the reason humans do great things! I give them ambition, drive and bravery. Without me, they would never risk anything!"

Oxytocin, with a warm, gentle tone, scoffed at that idea. "Risk is meaningless without relationships!" she said, like she was giving a hug with her words. "I am the feeling of trust, the warmth of a hug, the tears of reunion. I make people feel safe and loved".

Next, Cortisol, all tense and watchful, piped up, "Love and bravery are great, but I'm the one who keeps them alive. I am the warning bell, the survival instinct! Without me, they would walk right into a hurricane without a clue!"

But, Serotonin, with a soothing voice, just wanted everyone to calm down. "I provide balance," she said, sounding like a peaceful morning walk. "I am the quiet happiness and the calm after a long day. Without me, feelings would just spin out of control".

Then came Dopamine, a mischievous and energetic firecracker. "Balance is boring!" he chirped. "I am the excitement of discovery, the spark of imagination. I get humans to chase their dreams and feel rewarded. I am why they work!"

Endorphins, with a gentle, melodic voice, chimed in, "And I am the healer. I calm pain

and lift spirits. I am the relief you feel when you laugh, listen to music or dance. I help them dance away their sorrow".

Finally, Estrogen, with a wise and nurturing voice, put it all into perspective. "I forget life itself," she said. "I am the beat of creation, the gentleness of compassion. Without me, the world would lose its grace".

As the debate raged on, the room grew darker and the colours clashed. Each hormone, full of pride, insisted they were the most important:

- "Without me, they'd be weak!"
- "Without me, they'd be alone!"
- "Without me, they'd be unsafe!"
- "Without me, they'd be uninspired!"
- "Without me, they'd be unstable!"
- "Without me, they'd be in pain!"
- "Without me, they'd lose their humanity!"

Just as things were at their worst, a soft beat echoed through the hall and the heart itself appeared - ancient, shining and wise. "You all count," the heart said softly. "But not singly. You are not competitors. You are a symphony. You play different notes within the music of being human".

And just like that, the hormones fell silent. The chamber glowed once more and their individual colours began to merge into a beautiful harmony. They finally understood. With new comprehension, they clapped hands around the heart. Oxytocin smiled, saying, "Together, we make love meaningful". Testosterone nodded, adding, "and courage compassionate". Cortisol said, "and fear wise". And so on, until each hormone had found their perfect place in the symphony.

Hence, feelings aren't enemies; they're messengers. Each one serves a purpose and real strength is not about one emotion winning over another. It's about letting all parts of yourself play their part in the orchestra of who you are, creating a complete and beautiful human being.

## Emotion - The Silent Leader of Logic



**Mrs. Anagha Wakade**  
(Class Teacher -  
Std. 6 - V)

Feelings always come first. We mostly react to the situation emotionally or with excitement, fear, curiosity, anger and love. For e.g.: You see a shiny new phone with many updated features and feel excited. That feeling makes you increase your desire to get or have it. Later, you tell yourself, "I need a better camera" or "It's a good deal" but here the excitement came first.

Logic catches up, after that feelings show up. Our brain finds the reason to support those feelings of desire.

We ourselves create explanations that sound logical, but the emotional choice is already made. To find the reason, we need to peep in the detail that is why emotion leads first i.e.:

Survival network: Our brain wiring is connected in such a way that it reacts first to any emotion it faces (e.g. danger or reward).

Energy saving: Quick feelings are easier than long calculations and lengthy thoughts.

Social bonds: Emotions help us connect and decide whom to trust.

But sometimes we need energy saving by creating or introducing logical thinking and for that we need following actions to be practiced and how to use this insight.

Ask yourself a question: "Will this feeling or thought be the same for me tomorrow?"

Balance heart and mind: We should consider that our feelings or emotions matter, but we ought to allow logic to express itself.

In short, we often express feelings first, then justification arises. Let's practice thinking logically before reacting, at least practice asking some questions to ourselves before reacting:

- If the feeling is of reward then reacting is good. But if, the feeling is of anger, jealousy then let's ask yourself some questions like,

Is it true?

Is it pleasant?

Is it useful?

If the answers benefit others then only we should go ahead and react.

## Antaranga



**Krupa Saravate**  
(VI - E)

Antaranga in English translates to internal or inner. In the context of yoga, it refers to the inner aspects of the practice, specifically the limbs of Dharana [concentration], Dhyana [meditation], and Samadhi [absorption]. These

practices are considered to be internal disciplines focused on transforming the mind and moving towards liberation.

Antaranga - The Sanskrit term literally means 'internal' or 'inner'.

Antaranga yoga - This refers to the inner or internal aspects of yoga, specifically the last three limbs of the eight limbs of Yoga [Ashtanga Yoga]

Bahiranga Yoga - The outer aspect of yoga, including the first five limbs 'Yamanyama asana' 'Pranayam' and 'Pratyahara'.

Pratyahara Yoga - It is a bridge between 'Bahiranga' and 'Antaranga'

# Writing from the Heart: The Catharsis of Emotions



**Mrs. Varadgauri Mhetre  
(Computer teacher –  
Secondary Section)**

As a computer teacher, my daily mission is to equip students with the skills to master programming languages, algorithms and digital tools. I want them to be fluent in code, confident in logic and capable of building the future with technology. But today, I want to talk about something that doesn't require syntax or semicolons - something deeply human: writing from the heart.

In our pursuit of technical excellence, we often forget that behind every line of code is a person with emotions, experiences and stories. Writing, especially expressive writing can be a powerful outlet for those emotions. It's not just for poets or novelists. It's for anyone who has ever felt overwhelmed, confused, joyful or lost.

### **Why Writing Matters, Even for Techies?**

Just as debugging helps us understand where a program went wrong, writing helps us understand ourselves. When students write about their feelings, frustrations or dreams, they engage in a form of emotional debugging. They identify what is bothering them, what excites them and what they truly care about. This clarity can improve focus, reduce stress and even enhance creativity, qualities that are essential in both life and technology.

### **Words as Therapy -**

I have seen students struggle silently academic expectations, social dynamics or personal challenges. Encouraging them to write, even privately in a journal, can be transformative. It is a safe space where they can release emotions without judgement. It is not about grammar or perfection. It's about honesty, it is about sharing your

emotions with your own self.

### **The Balance Between Logic and Emotions -**

In classroom, I teach logical blocks and programming syntax, but I also encourage students to write reflections after projects. "What did you enjoy?" , "What encouraged you?", "What did you learn about yourself?" These questions help bridge the gap between technical achievement and personal growth. A student who understands their emotional patterns is better equipped to handle bugs, deadlines and teamwork.

### **A Message to My Students -**

To all my students: Becoming a master in technical aspects is a noble goal and I will always support you in that journey. But do not forget to nurture your emotional intelligence. Write when you are happy! Write when you are sad! Write when you don't know what you feel! Your words are your own source code, debug them, refine them and let them guide you.

Let writing be your silent companion, your emotional release and your personal therapy.

Because even in the world of machines, it's humanity that makes us truly powerful.



## When Emotions Lead and Logic Follows



**Mr. Harshal Potnis**  
(Class Teacher -  
Std. 6 - M)

We like to think of ourselves as logical beings, carefully thinking of the positives and the negatives before making a decision. But the truth is far more complex and honestly is more human. Most of us, including myself, are emotional thinkers who make decisions with our heart. Our decisions are driven by emotions first, with logic trying to catch up later.

Sometimes the most emotional decisions appear irrational to other people. After completing my higher studies in Japan, I faced a choice that many students studying abroad encounter: stay there with better career opportunities or return home. Logic suggested me staying and of course, Japan offered opportunities, financial stability and a chance to build a life that I had always dreamt of. But my heart pulled me back to India, to my home, to my family, to the emotional connections that distance had only strengthened.

I chose to return, not for logical reasons, but because the thought of my parents aging without me nearby felt unbearable. Only afterwards did I build rational justifications, the value of being close to family, expanding the family business and the satisfaction of being able to experience the rural life of India. The decision was emotional and logic came later.

Another important event in my life where I chose to think emotionally was back in 2009. In my 11th standard, my family faced a crisis that would test the limits of emotional

decision - making. Our house on the second floor of an old wada in Kasba Peth collapsed, both my parents were badly hurt in the accident. My mother suffered from a spinal injury and my father dealt with a fractured leg. They had to go back to our village, barely able to walk. The logical choice was clear, live as a paying guest or stay with relatives to continue my studies. Instead, I made a choice that many would call an irrational decision. It was uncomfortable, unsafe and certainly not helping me with academics. But emotionally, it felt right. Why? Because it wasn't logical talking.

I didn't want to become a burden on relatives who were just being kind. I didn't want people to look at me with pity and show mercy. I knew our situation, I had very little money to get through each month, and I couldn't trouble my parents who were already suffering and had their own problems to worry about.

My heart made this choice before my brain could argue. It was a pure feeling, pride and stubbornness mixed with care. I refused to let our situation make me dependent on others. I believed that just because our house broke didn't mean my future had to break too. I only understood years later how this difficult time made me a person who had started believing in hope.

After all, we are biological beings and we look towards every aspect of our state of mind through our senses and emotions. Even when you are acting logically, that logic has made its way through an emotion. We have a feeling of 'rightness' when we accept our own problems, which predicts the mind's ease with the decision. If we cannot reach that point, we do not find the action sensible.

We rely upon our emotional side to help our experience and to come to give this signal of 'rightness' in the presence of logic.

As a teacher, I rely on my emotional instincts to guide my classroom decisions, much like how I use logic to assess a student's progress. For example, I trust the discomfort I feel when a usually attentive student seems to be withdrawn. It's a signal that something is off, like a gut check for their well-being. This emotional sign feels as 'right' as when I confirm a student's knowledge of a concept through an exam.

My experiences have taught me that making difficult decisions by thinking emotionally doesn't mean giving up. In fact, it often requires more courage than following the

safe, logical path. The key is recognising this pattern in ourselves and others, creating space for both emotional wisdom and logical analysis when needed.

So I feel, next time when you find yourself giving long justifications for a decision you have already made in your heart, pause and acknowledge what's happening. You might discover that your emotions were picking up on important information your conscious mind had missed. Or you might realise that sometimes, the most emotionally difficult path leads to the most meaningful destinations.

### My Inner World



**Srushti Veer**  
(Std. 7 - V)

Our inner world is like a secret garden  
Where our thoughts, feelings, and  
emotions live.

Understanding our inner world is very  
important because,

It helps us to know ourselves better.  
When we understand our inner world,  
We can make good choices,  
Build strong friendships,  
And be happy every time.

We can also be so more creative and,  
Do things that makes us proud.

And make feel us more comfortable,  
Taking care of our inner world,  
Is like taking care of our garden.

Just like the garden,  
Needs water and sunlight.

Our inner world needs love,  
care and attention.

By taking care of our inner world,  
We can live a happy and fulfilling life.

We can be our best selves,  
More like we want.

### Fear Comes Knocking When Dreams are Near



**Tanaya Patil**  
(Std. 8 - M)

Fear comes knocking when,  
Dreams are near.

It whispers doubts, it shouts unclear.

But deep inside, a voice still says...

"You've got the strength to face these  
days".

Exams may scare, the state may shake;

But courage hides in each small ache

Do you feel afraid? That means you care

And that's the start of getting there.

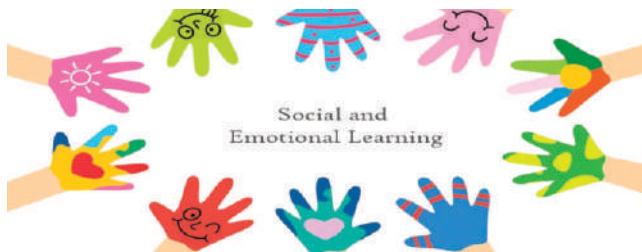
Fear is born when courage grows ,  
Like night that makes the starlight glow.

So take the step, just try your best  
Your brave heart will do the rest .....

# Emotional Development



**Mrs. Jayashri Jangam**  
**(Class Teacher -**  
**Std. 10 - E)**



Emotional development is a fundamental aspect of a child's growth that can shape their behaviour, relationships and overall well-being. From infancy through adolescence, children experience a variety of emotional changes that influence how they perceive and react to the world around them. Emotional development refers to how children learn to recognize, understand, express and regulate their emotions as they grow. From the moment a child is born, it begins to experience emotions and over the time, these emotions become more complex. A child's ability to navigate their emotions is a key element of their overall development, impacting their social interactions, problem-solving skills and academic success.

Emotions are complex experiences that involve several components like feelings, physiological changes, external expressions etc.

Feelings like happiness creates a sense of warmth and contentment, while fear could feel like anxiety or tension. These feelings are the foundation of emotional development. Children learn to associate these bodily sensations with their emotions, which helps them recognize and label their feelings more accurately. External

expressions are displayed, often through facial expressions, body language and actions. A smiling face, for example, typically signals happiness, while clenched fists might indicate anger. In the early stages of emotional development, children often rely on these external cues to communicate their feelings to others, especially before they develop the vocabulary to describe their emotions verbally.

- Learning shapes emotional responses - Through observational learning, children often learn about emotions by observing how others express and manage them. For example, if a child sees their parents handle frustration calmly, they are more likely to adopt similar strategies.

Social learning like peer interactions, particularly in school, helps children develop empathy, understand social norms and build emotional resilience. Positive peer relationships can enhance a child's emotional intelligence, while negative experiences, such as bullying, can lead to emotional difficulties. Strong emotional development leads to five key skills: self-awareness, social-awareness, emotional regulation, responsible decision making and relationship building. These skills in turn influence success at school, at home, in communities and in society.

- Teachers role in emotional growth - Teachers have a profound influence on a child's emotional development. In addition to imparting academic knowledge, educators are often among the first adults with whom children encounter outside their families and they can provide a supportive environment for emotional growth.

Every child is unique and develops a little differently, but we should understand the emotional intelligence of each child. It is never too late to make the investment in improving emotional development of our children and importantly, ourselves!

## Embracing Imperfection on the Road to Growth



**Mrs. Mugdha Kalaskar**  
**(Class Teacher -**  
**Std. 9 - M)**

It is rightly said, "No one is perfect." Each one of us wants to be the best in life. We all like to get good marks, win prizes and to be the one standing differently in the crowd. However, while walking on this path, we all fear one thing - making mistakes.

Many of us are conditioned to fear mistakes. Society often frames failure as something shameful, a mark of incompetence or inadequacy. This fear can lead to imperfectionism, stifling creativity and inhibiting progress. But the fear of making mistakes can be more damaging than the mistakes themselves. It holds us back from trying new things, taking risks and ultimately, from achieving our potential.

Is committing mistakes a serious crime? Absolutely not. Rather it is a crucial milestone on the path of growth, learning and eventual success. Remember how you learned to ride a bicycle. Did you balance perfectly on the first try? No! You probably fell a few times, but each fall taught you how to do it better. Mistakes guide us to the right path.

Many of the scientific discoveries have happened due to the mistakes committed by great scientists. The best example is the discovery of antibiotic Penicillin. Scientist Alexander Fleming was working with certain bacteria in his lab. Erroneously, he kept the bacterial growth unattended for a longer time. This resulted in growth of penicillin producing mould which killed the former bacteria.

This mistake transformed the entire healthcare system and saved many lives across the world. Consider Thomas Alva

Edison, who renownedly said, "I have not failed. I have just found 9,999 ways that won't work." His numerous "mistakes" in the quest to invent the light bulb were essential in pushing the boundaries of innovation. It was in his failures that he discovered what didn't work and that knowledge helped him find what did.

What mistakes exactly do we make? They play a crucial role in shaping our lives. The beauty of mistakes lies in their ability to teach us lessons that success simply cannot. When we fail, we are forced to reassess our approach, adapt and ultimately build resilience.

Take the example of young children learning to walk. If we were to shield them from falling, they would never develop the physical coordination or confidence to walk properly. Similarly, in our adult lives, setbacks push us to rethink our strategies, improve our skills and grow in ways we never anticipated. Mistakes ignite creativity, foster resilience and develop our ability of problem-solving.

What matters is our approach towards the mistakes committed. So, how can we shift our perspective and view mistakes in a more positive light? First, it is essential to reframe them as opportunities for growth. Instead of asking, "What went wrong?" ask, "What can I learn from this?" By focusing on the lessons rather than the setbacks, we can transform failure into a valuable learning experience.

Additionally, surrounding ourselves with a supportive environment that encourages risk-taking and growth can help alleviate the fear of failure. In fact, the most successful people often have a network of mentors, colleagues or friends who remind them that mistakes are part of the journey, not something to be avoided at all costs.

So dear students, embrace your mistakes with grace and curiosity, to pave the way for a richer, more rewarding path towards your goals.

## Self-Discipline is the Best Discipline



**Anirudha Joshi**  
(Std. 8 - M)

Discipline means following rules, being punctual, and controlling our actions. Among all types of disciplines, self - discipline is the most important. It means controlling ourselves without anyone forcing us. A person with self- discipline knows what is right and does it accordingly.

Self - discipline helps us to use our time wisely, focus on our studies, and achieve our goals. A student who studies regularly without waiting for the teacher's reminder is practicing self - discipline. Great leaders, scientists, and sportspersons have succeeded in life because they were self-disciplined in their habits.

When we have self - discipline, we don't need strict rules or punishments. It builds character and earns respect for us. It also teaches us patience, responsibility, and hard work.

In the end, self - discipline is the best discipline because it stays with us forever. It is the key to success and happiness in life.

## Timeless Wisdom of Bhagavad Gita

In today's world, counselling and psychotherapy are seen as modern ways to understand the mind. Yet their essence can be found in the timeless wisdom of Shri Krishna. From the playful Makhanchor to Murli Manohar, the loving Kanha, and the wise Shri Krishna, each name reflects a stage of life—where innocence grows into wisdom.

On the battlefield of Kurukshetra in the Mahabharata, when Arjuna faced confusion and emotional turmoil, Krishna guided him through the Bhagavad Gita—helping him understand his emotions, think clearly, and act with purpose.

In many ways, this reflects counselling in its purest form.

Through this activity, we introduce young minds to the Gita's timeless wisdom—helping them understand the mind, emotions, and the art of living with awareness and strength.

### 1. Geeta Says -

उद्धरेदात्मनाऽत्मानं नात्मानमवसादयेत्  
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः॥

- Meaning - "Your mind can be your friend or enemy. Gain control over it"
- What did we learn? Draw or write one thought that helps you stay positive.

### 2. Geeta Says -

क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः।  
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात् प्रणश्यति॥

- Meaning - "Anger leads to wrong decisions."
- What did we learn? What will you do when you feel angry?

Breathe  Count 1-10  Walk away

### 3. Geeta Says -

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु  
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा॥

- Meaning - "Balance in life keeps you happy."
- What did we learn?

Tick one - Too much screen / Just right / Too little sleep

## Laughter and Tears: Two Sides of the Same Coin



**Ms. Siddhi Deshmukh**  
(Class Teacher -  
Std. 7 - V)

Laughter and tears are among the purest forms of human expression. Though they may seem opposite, one symbolizing joy and the other sorrow but they are deeply connected, both revealing the vulnerability and sensitivity of the human heart.

Laughter is often described as the language of happiness. It lightens the burden, strengthens bond and heals the mind. A simple smile or burst of laughter can brighten even the darkest of days. On the other hand, tears are seen as signs of grief or pain, yet they, too, bring relief. Crying allows us to release emotions we cannot express in words, providing comfort and inner peace.

I believe that laughter and tears are deeply personal emotions, as they cannot be easily fabricated or controlled. They naturally come out only when we are with our close ones or with people who truly understand us. In such a company, we feel safe to express ourselves without fear, knowing that these people will never judge us. That is why laughter feels

more genuine and tears feel more comforting when shared with those who hold a special place in our lives.

The American author Kurt Vonnegut once said, "Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterwards." His witty words remind us that laughter and tears are natural parts of life.

Interestingly, both laughter and tears often arise from overwhelming emotions. At times, people cry out of joy, just as they laugh nervously in moments of stress. This shows that these responses are not simply opposites, but rather two sides of the same coin, natural ways of expressing what lies deep within us.

Ultimately, laughter and tears show us what it means to be human. They remind us that even if we look strong from the outside, we all have soft hearts inside, that needs love and care. When we accept both laughter and tears, we understand that our feelings make life beautiful and meaningful.

I also came across a beautiful thought which says, "Life is a mixture of both-like a blend of rain and sunshine, where moments of joy and sorrow together make life complete". Just like sunshine and rain together make the world beautiful, joy and sorrow together makes life complete.

## Laughter and tears



**Saujanya Wani**  
(Std. 6 - M)

Friends forever, never end  
Together forever, our hearts will blend  
Friends like you are hard to find with hearts.  
that shine that bare and minds  
Through life's ups and downs, we'll stand,  
together forever hand in hand.  
With every laugh, our bond grows strong,  
through every tear our heart beats long.  
With friends like you my heart is light,  
In your company everything is right.  
Together we will dance in the rain and  
sing the song again and again.

## From Guilt to Growth: Riya's Lesson



**Mrs. Vijaya Upasani**  
(Class Teacher -  
Std. 9 - V)

Riya enters quietly.

**Grandma** : Put your things away and freshen up, then let's enjoy lunch together.  
(Riya hesitates.)

**Grandma** : Riya, you look upset!

**Riya** : Grandma, I feel so guilty about what happened today. I keep thinking it's all my fault.

**Grandma** : Finally, you have agreed that something has happened. I am here if you would like to share.

**Riya** : (With tears in her eyes) My friend Praniti will not get marks for the project because of me.

**Grandma** : Oh! You are feeling guilty. Then the first step, Riya, is recognizing your feelings. Ask yourself, did your actions really cause harm, or are you just being too hard on yourself?

**Riya** : I accidentally tore Praniti's project, so I hid it in my bag and pretended I didn't know anything. I was scared so I hid her project. But now I realize it was wrong and I feel guilty about it. Today was the last day of submission.

**Grandma** : Hmm. (pauses) I understand you were scared but hiding it and pretending you didn't know was not the right choice.

Still, you can make it right.

**Riya** : How, Grandma?

**Grandma** : What you did was wrong, and you need to take onus of it. Return the project and apologize to Praniti and the teacher, it will make things better. I am sure the teacher will understand and give her extra time.

**Riya** : Really? If the teacher gives her extra time, I'll help her complete it. I hope she understands and forgives me.

**Grandma** : My child, guilt is a natural emotion. It comes when we feel we have harmed someone, gone against our values, or failed to meet expectations. A little guilt can guide us towards becoming better. But if you hold on to it for too long, it doesn't help, it only turns into self-punishment instead of growth.

**Riya** : Yes, Grandma, I understand. But now I see that instead of punishing myself, I should learn from it and try to do better.

(At that moment, parents, who had been listening, joined in.)

**Father** : There you are! You know, mother, once I noticed my friend Anish started his two-wheeler and rode-off while the side stand was still down.

**Riya** : Oh no, that's very risky. What happened then, Papa?

**Father** : That's the point. I noticed it, but I took it casually. I thought since he drives regularly, he would realise it. But he forgot... he fell right in front of me and got seriously injured.

## From Guilt to Growth: Riya's Lesson

**Grandma** : That must have been very hard for you to see.

**Father** : Many times, I have thought... if only I had pointed it out to him, this mishap wouldn't have happened. I have carried that guilt even today.

**Grandma** : My son, guilt is a natural feeling. But holding it forever won't change the past. Instead, learn something from it.

**Mother** : Yes, we all make mistakes. What matters is, we learn a lesson from them and rectify our mistakes in future.

**Riya** : Grandma always says guilt should be a teacher, not a life sentence. Papa, you didn't mean to harm him.

**Father** : (Smiles softly) You're right. I must forgive myself and turn this into a lesson. Next time, I won't stay quiet if I feel something is going wrong. And you too, Riya, should apologize to your friend Praniti and set things right. Good friends are real treasures and such friendships must be maintained forever.

**Riya** : Yes, Papa. I will say sorry to her. I don't want to lose a good friend. I will also pray that the teacher gives extra time to Pranita for completing her project.

**Riya** : (Turning to Grandma) Thank you, Grandma, for your golden words!

**Father** : (Smiling) That's good, my child. When you combine honesty, apology and prayer, things often turn out right.

**Grandma** : (Smiling) That's my child. Learn, forgive and move forward, that is the way to live.

**Riya** : (With a glowing face, murmuring to herself repeatedly) "Guilt should be a teacher, not a life sentence."

### Let's Write Our Feelings!

#### When I Feel...

When I feel

\_\_\_\_\_ /

my heart feels

\_\_\_\_\_ /

It shows up in my thoughts and

the way I

\_\_\_\_\_ /

Sometimes it makes me want to

\_\_\_\_\_ /

And sometimes it teaches me

\_\_\_\_\_ /

don't last forever.

## My Role Model Sir Ratan Tata



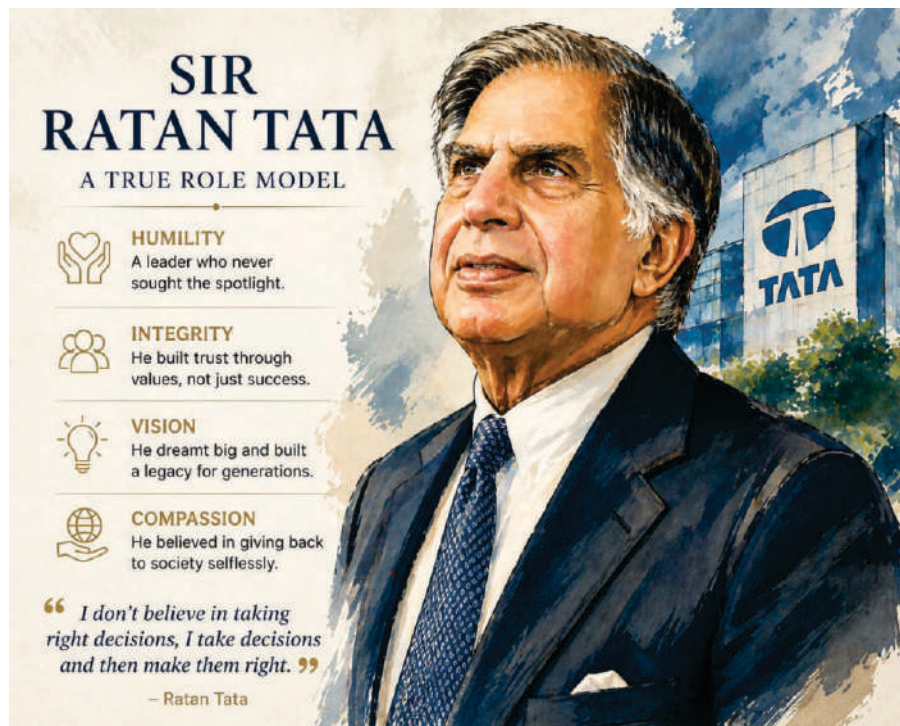
**Swaraj Dhumal**  
(Std. 6 - V)

A Role model can be your parents, teachers or anyone who helps you and inspires you to become like them.

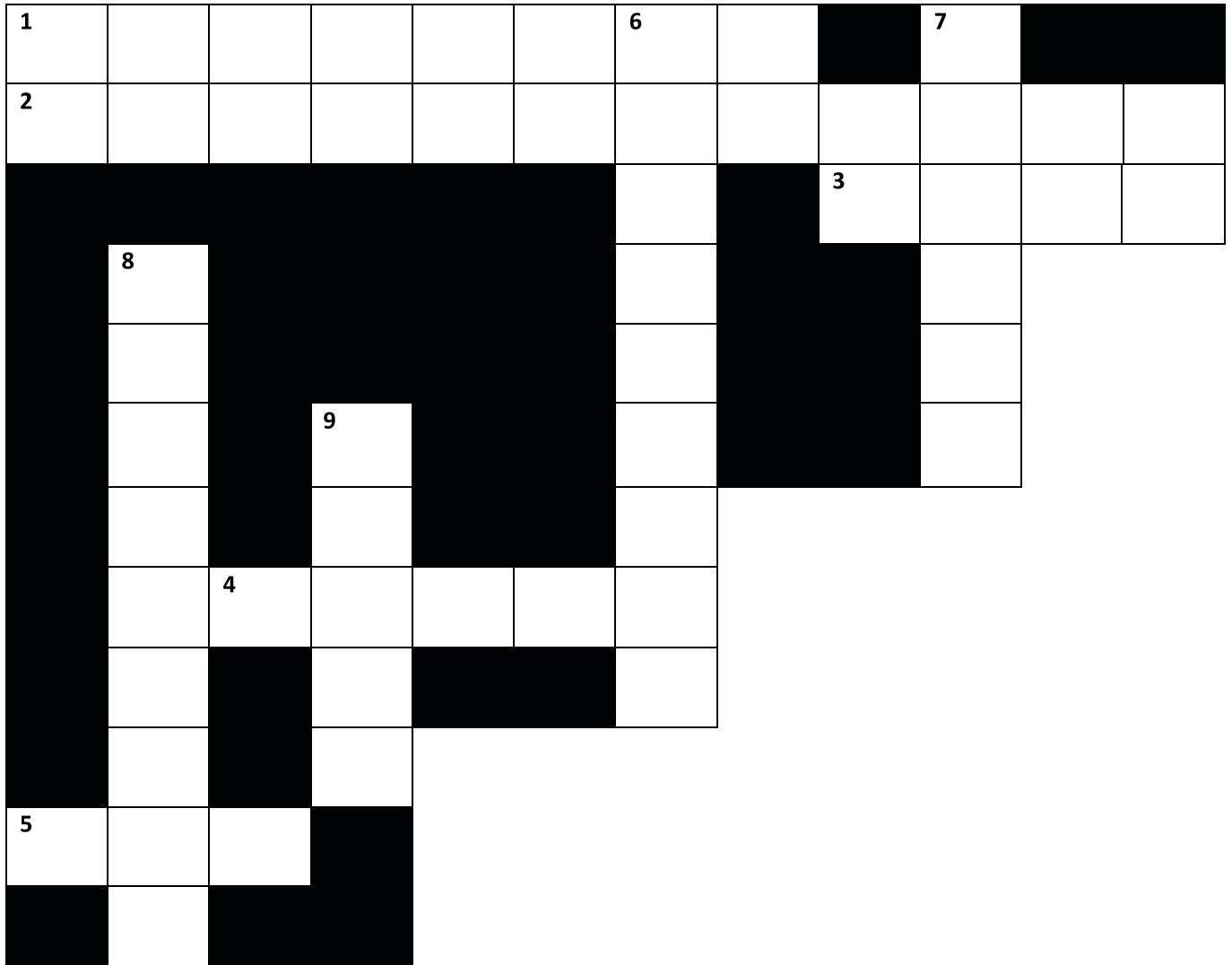
My role model is an Industrialist and Philanthropist none other than "Sir Ratan Tata". He was a generous person on earth. He was the chairman of Tata group of Industries. He was known for his golden heart. He was a man with high values. His motivational speeches and quotes manifest his thoughts. He was a philanthropist who donated a large amount of money for social work. The extraordinary achievements of Tata Industries reflect his sincerity, values, and relentless commitment. He was a visionary leader who motivates his employees to work

towards a new vision and new opportunities. I look upon him as a person full of values, a risk taker and a man with a purely positive attitude. He was a role model for youth.

During the covid - 19 pandemic, he donated hundreds of crores to the nation for the help of frontline workers and those who were fighting the virus. He believed that everyone has the right to get educated and lack of money should not be the hurdle. He helped many street dogs and also requested his followers to do so. He always inspired and motivated people on his social media handles. Ratan Tata passed away at the age of 86. He took his last breath on 9<sup>th</sup> October 2024 in Mumbai. His death marks the end of an era of Indian Industry and Global business community. Today, we remember our visionary leader whose impact will be felt for generations. At last we would like to memorize one of the famous quotes of Sir Ratan Tata, "I don't believe in taking right decisions, I take decisions and then make them right."



# Crossword



## Across

1. A bright abiotic factor in the sky.
2. Variety of life found on Earth.
3. A non-living layer that supports plant roots.
4. A non-living factor needed by plants to grow.
5. Atmosphere is an envelope of \_\_\_\_\_.

## Down

6. A living animal that eats only plants.
7. All living things form this group.
8. A chain that shows who eats whom in nature.
9. Biotic factor that prepares its own food.

Answer Key -  
 1. Sunlight, 2. Biodiversity, 3. Soil, 4. Water, 5. Air, 6. Herbivore  
 7. Biotic, 8. Foodchain, 9. Plant.

# 10 Tales - One Journey



**Tanishk Pathak**  
(Std. 9 - M)

Have you tried to understand the true reason of lord Vishnu to take the incarnation on earth? Have you visualized that the lessons we take from this incarnation always relate to the equilibration of our inner self? Telling us the real truth of life. Every reason has its own meaning which some people can understand and others do not.

People with a disturbed mindset have their own different perspectives of observing the world, which can make their path of life difficult because they do not know the background of the world, the real image of the world, the real truth of peace in life. These people are just watching the illusion and not the fact. To analyse the reality from illusion and to make our life reasonable, our Hindu text has a lot of lessons to make man follow the roots of 'Karma'.

Lord Vishnu has taken nine incarnations so far, and each incarnation has its own story that teaches different moral lessons. To live in this world, one should know these morals and needs to apply these in their life. Especially in this era where more importance is given to money and not to the environment, importance to the ego is given than the feelings of others, and many greedy acts have given the throne of the dark age. This Era is known as 'Kalyug' where Lord Vishnu will give the last truth of living by destroying the five dark manipulators in our life.

Dashavatar majorly focuses on removing the 10 difficulties from human life. To grow and to overcome these problems, we have to energize our will-power. That's how the Dashavatar comes into existence to stabilize

our will-power, our mind and our body.

Dasha Avatar includes:

- Satya Yug - Matsya, Kurma, Varah, Narasimha.
- Treta Yug- Vaman, Bhargavram (Parshuram), Ramchandra.
- Dwapar Yug- Krishna, Siddharth Gautam (Buddha).
- Kali Yug - Kalki.

In different yugas, when the world faced various problems caused by demons (rakshasas), Lord Vishnu incarnated in different forms to protect the Earth from adharma (unrighteousness).

While understanding this we shall connect today's condition and the solutions for solving that situation through developing the mindset and stabilizing our antaranga. By applying at least some of these lessons in your life, I believe that God will guide and help you grow in the right way to achieve your goals.

## **1. Matsya Avatar -**

Through the first incarnation of Lord Vishnu we get the lesson to grow our powers which will help you in the calamities where you will require them. Here, we people are the king Manu who finds the fish in the pond and the fish is your wisdom, your art, your knowledge. To which we have to grow just like that, the fish (Matsya) grows in the place where there is more water than its size. And when you will face any calamity or problem for which the solution would be your knowledge, you could easily overcome that problem. Just like the Matsya Avatar helped the king Manu and his Kingdom from the flood.

## **2. Kurma Avatar-**

Lord kurma tells us - Take the responsibility for your goals and it will benefit for the same.

Here, Mount Mandara is the responsibility and the goals are those 14 treasure divines (which are the gifts in the journey of your succeeding goals. They could be either positive or negative for you as per your efforts) which were brought through Samudra Manthan. Whichever gifts you will achieve in this journey, it will be beneficial to come to the good path in achieving your goals. Means, you will find difficulty in the journey at first, like the Halahal poison came out from the Samudra manthan at very first. But, as you will try your best by accepting the poison and trying your best to fulfill the duty to achieve the success.

### **3. Varaha Avatar -**

Protect the environment of your mind from bad thoughts such as lord Varaha helped the mother earth to come out from the ocean of world and protected her from the demon Hiranyaksh. When you will also clear your mind from the bad habits and give your brain positive thoughts, your power of grasping knowledge will increase.

### **4. Narasimha Avatar -**

In the story of lord Narsimha, we people are the Bhakt Prahlad who are tolerating the injustice of demon Hiranyakashyapu, which is trouble in our life, which is the obstacle in our journey. But, we are just accepting it as the truth of life. But, when your belief of getting out of the trouble and the faith in yourself and God will be higher than believing in the illusion, at that time your will-power, means your God will handle the problem and help you to overcome it.

### **5. Vaman Avatar -**

When you achieve any big goal and now you have become rich in any of your art. Though through that you are helping others but that achievement is making you egoistic. Due to which some are happy because you are helping them and some are sad because of

your egoistic behaviour. Just like generous King Mahabali did this after he became the king of heaven, by becoming unrighteousness to the innocents. But, to let him know his real truth is not the king of heaven but his generous behaviour (Danshurta). God always shows your real strength when your ego becomes higher in any situation in your life. And that God also supports you when you realise your mistake. In this situation, only because of his generosity (as he gave his own as the 3th area of vaman's foot) lord Vishnu became the gatekeeper of Satalok where King Bali was send by his Vaman Avatar. Lord Vishnu also gave him the wish that whenever it feels to come one earth he can and so as per Khurana Mahabali will come on earth to help the world when Kalki Avatar will arrive. The moral of the story is:-god is pleased because of your good behaviour (generosity) and he will help you to make appropriate decisions in life.

### **6. Parshuram Avatar -**

ParshuAstra of Bhargavram or Rambhadra is the significance of the power of cutting down your bad habits and making peace in the society or in your environment. Every person has his will to overcome the obstacle in the journey of becoming successful. These obstacles are your unwanted habits. To cut down those habits, is having his/her Parshuram inside his/her will. That Parshuram will support you to cut down your bad habits just as he killed 21 unrighteous kings and maintained space in the world.

### **7. Ram Avatar -**

'Maryada Purushotam'; this supreme Man of honour lord Ram gives the lesson to be ethically responsible, and find happiness in others' satisfaction. The lord Ram is always there in your heart but, only when you accept his nature in your day to day life this Ram will stand strong with his Bhakta Hanuman and bhrata Laxman to slaughter your Dashanan.

### 8. Krishna Avatar -

The faithful to your inner-self (God) the God will show your destiny. Allow your faith to decide your peace in your desires. God will tell you what is righteous in life and how to apply it in the journey of life. You are the Parth of your inner-self; of your Keshava. He will control your fear and show the right way to achieve your desires.

### 9. Gautam Buddha Avatar -

Enlightened one, The Buddha who is has the whole knowledge and wisdom of the world, Kunal the dipper meaning of every Grantha, who gives us the real meaning of life. It is only possible when we stabilize our antarrang, our mind, our body. Buddha tells:- calmness and observation power is everything to get everything in life. As lord Buddha is saying that, whatever I have is enough in my life journey and so I don't want anything to become happy. Hence we also shall accept the happiness in whatever we have now.

### 10. Kalki Avatar -

In today's life, some or another get affected by these 5 sins, due to which his/her life becomes sinful.:- Greediness, Satisfaction, Aggressiveness, Bad addicts and Depression. These 5 sins control your own body, mind. Due to which you make different bad acts. To control your body and make ourselves the virtue; the kindness towards innocents, taking wise decisions and giving justice to them who are really a rightful to live in this world in this era. At least support the righteous and justice in life to make yourself celebrated from these sins. 'Be kind' is the only way to live in this yuga, to protect the rightful people. Support your society from sorrow, at least try to make them feel good from the weekend corner they are living in their mind.

## Life - An Illusion



**Anvi Gole**  
(Std. 9 - M)

Life is a mirror, never fully clear  
reflecting what we are carrying within  
Be it a heart full of rapture  
Or a twilight of eclipse of a spirit

Just like that trick of time,  
Truth and illusion are the two sides of a coin  
And still if the joy remains buried, harassed  
and cold  
Yet hope be the glimmer of shine!

And still if destiny's cursed again  
The real battles are silent within  
suffering it maybe and harsh  
but still people see the smile and not the  
scars!

When every silent scream goes unheard  
transient all is the whole gloom,  
As every tear may not be answerable,  
but again storms are the one who make the  
flowers bloom!

Just like autumn strikes the leaves  
Life is a way within the blurred fog  
And then is the dawn with the warming  
sight  
And so is the peace which lies within us  
might..

## What is 'Antarang'



**Rugvedi Patil**  
(Std. 7 - V)

दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहः ।  
वीतरागभयक्रोधः स्थितधीर्मुनिरुच्यते ।

Which means a sage with a steady mind is one who is undisturbed by sorrow, free from desires for pleasure, and free from attachment, fear, and anger. Antaranga are the internal feelings which we feel in our day to day life. They can be anger, happiness, greed, kindness etc.

A fundamental difference between feelings and emotions is that feelings are experienced consciously, while emotions manifest either consciously or subconsciously. Some people may spend years, or even a lifetime, not understanding the depths of their emotions. Emotions are complex, unconscious, physical, and often universal biological responses to significant events, like a racing heart in fear. Feelings, in contrast, are the conscious, subjective, and private interpretations of those emotions, shaped by our personal thoughts, experiences, and culture, allowing us to make sense of the emotion.

In psychology and philosophy, feeling is commonly defined as the subjective experience of emotion or sensation. Although the terms feeling, emotion, affect, and mood are sometimes used interchangeably in everyday language, they have distinct meanings in academic contexts. In simple terms, emotions are internal reactions—feelings, thoughts, and physical responses—that arise from events or situations and influence how we behave. They are natural, complex experiences that can be basic, like happiness, sadness, fear, surprise, disgust, and anger, or more complex combinations, such as pride or jealousy. Emotions help us understand our experiences and communicate with others. Emotion is a reaction that humans give in response to an event. The type of emotion a person feels depends on the circumstances they are facing. For example, when you score the highest marks in an examination, you feel elated and extremely happy. The happiness which you feel is an emotion.

Emotion can be of different types. It is not necessary that a person will feel a specific emotion all the time. Emotion is dynamic; hence, feeling happy at one instance and feeling sad at the other is normal. And so there is no specific feeling to a person, they come from our internal world, hence it is called Antarang.

## Inner Peace



**Samaksha Kulkarni**  
(Std. 7 - M)

Inner peace a calm place,  
Free from worries a happy face.  
Fills my heart with smile and space,  
And brings smile on everybody's face.  
Peace is calm, peace is free,  
Free from worries, all the time.

Happiness inside, joy all around,  
Make you charming and feel sound.  
Peaceful heart, happy mind,  
Joyful life, all the time.  
Spreads a wings like a bird,  
And you will be on the top of the world.

## Enjoy Every Moment



**Anvi Gholve**  
(Std. 8 - M)

Enjoy Every Moment - Cherishing Today before it becomes Yesterday

"Live as if you were to die tomorrow, and learn as if you will live forever". These are some inspiring words by Mahatma Gandhi.

Life is a journey made up of countless moments. So, enjoy today and make it worth remembering tomorrow.

Many times we wait for big events to make us happy, but the truth is happiness comes from everyday small moments. Enjoying life doesn't mean our life is perfect but appreciating and noticing good in little things make it worth. If we are always thinking about the past or future, who will live in the present? This way we miss the chance to be happy in the present.

In today's busy world, people keep waiting for a special day to be happy and joyful. They think happiness comes from achieving something big or buying something expensive. When we keep waiting for that one perfect moment we fail to enjoy beautiful moments that are happening right now. Let's enjoy every laugh, every gift, every gathering and time spent with our loved ones.

Let's not wait for the right timing but live in the moment and make it right. Ordinary days can turn into beautiful memories if we truly enjoy them.

"Yesterday is history, tomorrow is mystery, and today is a gift, that's why we call it the present"

## Antaranga – Friendship a True Bond



**Chaitanya Katkar**  
(Std. 9 - M)

Antaranga prominently means inner self, emotions etc. One of the emotions in antaranga is friendship. Friendship is something that involves support, trust, respect, mutual understanding etc. A true friend is a person capable of loving irrespective of whether he is being loved or not. Friendship can exist between same gender and opposite gender also.

A true friend offers a sense of belonging and can be a source of emotional support when needed. Friends can offer different perspectives about different situations and help us learn and grow together without any selfishness. Friendship boosts happiness, reduces stress and contributes to overall emotional well-being.

Friends help us to connect with others and build a sense of community which is an important factor for reducing social anxiety. Through friendship, we can learn many skills together and help each other. In my opinion there are some qualities of a good friendship such as trustworthiness, loyalty, honesty, respect, empathy etc. In conclusion, friendship is valuable and very essential part of human life. Cultivating and nurturing healthy friendship can lead to more happy or joyful life.

## True Friendship



**Sanavee Kalap**  
(Std. 6 - E)

A gang of true friends is True Friendship,  
trust on each other is True Friendship,  
Sharing, Helping, Caring is True Friendship.  
Friends are like ants,  
they never go in wrong way,  
when they have True Friendship with true  
friends.  
Friends are just like cherries,  
always in same colors,  
always in a group,

There is sometimes a quarrel and  
sometimes friendship.  
Friendship is like plants,  
when there is water of emotions,  
it seems to be very beautiful,  
but when there is no water it is not looking  
good.  
Have a True friend.  
Have a true friendship.

### Can You Name the Feelings?



1) I smile wide and lift your day,  
I grow when friends and sunshine stay.  
I shrink when worries start to creep -  
What am I that makes you leap

2) I arrive quick, loud, and red,  
I shout things better left unsaid.  
Count to ten and I may flee -  
What hot emotion could I be?

3) I sit quietly, heavy and slow,  
From loss or change I often grow.  
Talk to someone, I won't stay -  
What gentle guest am I each day?

4) I whisper doubts into your mind,  
Danger everywhere I seem to find.  
Facing me makes me disappear -  
What am I when courage is near?

**Answer Key -**  
1. Happiness, 2. Anger, 3. Sadness, 4. Fear

## Antaranga



**Aarya Pise**  
(Std. 10 - M)

The word Antaranga means something that is very close, personal, and connected to our heart. 'Antaranga' comes from a Hindi and Sanskrit word where it means something deeply personal, intimate and close to the heart. It represents the inner part of our being, the thoughts and emotions we usually do not show to everyone. Antaranga is about the closeness we feel within ourselves and with those who are truly special in our lives. It reflects our inner world, which is often more meaningful than what we display outside.

Knowing who you really are is like standing in the center of a storm, realising the calm is within you. Understanding your true thoughts, feelings and purpose, instead of being distracted by the outside world. The inner self is the truest form of our identity beyond outer appearances, achievements, or possessions. It consists of our genuine emotions, values, dreams and beliefs. Often, as mentioned above, people are so occupied with the outer world that they forget to

connect with their inner voice. By understanding 'Antaranga', we come closer to understand who we really are.

In today's fast-moving and competitive world, many people run after wealth, success, and recognition. While these things bring temporary satisfaction, they cannot give lasting peace. Antaranga reminds us that true happiness lies within. By focusing on our inner self, we can achieve mental clarity, emotional balance, and a sense of purpose.

When we connect to our inner-self, it not only benefits us personally, but also improves our relationship with others. Self-understanding makes us more empathetic, open and trustworthy. We learn to express our true feelings honestly, building deeper bonds with our friends and family. Thus Antaranga plays an important role in both personal growth and social connections.

Antaranga is much more than a word, it's a guiding principal for life. It teaches us to trust ourselves, makes us think independently, what's coming from within you. When we discover this 'inner-self' or 'Antaranga' we understand ourselves better than ever. You look at things / everything from a new perspective.

Antaranga shows that the deepest connections are not outside, but within our own souls.

## Crying is not Bad



**Swara Zaware**  
(Std. 8 - M)

Tears fall like rain,  
Washing away the pain.  
In every drop, a story is told,  
of loss of moments old.  
Let them flow, like rivers wide,  
And wash away the heart's deep inside.  
In the tears, we find release,  
And a chance to heal, to find our peace.  
Crying's not bad, let your emotions flow,  
To release the feelings that have been  
holding you low.  
Tears can heal, they can damage what you  
have,  
And help you find your way again.

## Gratitude as a Daily Emotion



**Avani Joshi**  
(Std. 10 - M)

'Happiness is not found in having more,  
But in cherishing what you already have.'  
The art of noticing, the art of appreciating the good in your life, the act of recognizing life's gifts. An emotion that shifts our focus from the negative to the positive, from what is missing to what is already here, is an emotion called gratitude.

Gratitude is often seen as a polite gesture, but in reality it is much more than that. It isn't just saying 'thank you', it is a mindset of appreciation. In our busy life, we often overlook the power of small acts of gratitude. Pausing to watch the sunset, smiling at strangers, appreciating a good meal are all examples of small acts of gratitude. They may not be grand gestures but they leave a lasting emotional impact. Overtime, these moments remind us to stop and notice what is good around us, instead of letting life pass by in a rush and naturally make our perspective tilt towards positivity. This change transforms our way of processing emotions, decisions and relationships.

At its core, gratitude is linked to emotional balance. Practicing gratitude also fosters emotional regulation. It helps manage stress by drawing attention away from negativity. Gratitude does not erase problems but it places them in a broader context, allowing us to fix them with greater calmness. It nurtures feelings of contentment and stability.

This effect extends on relations as well. Expressing gratitude makes people feel valued, strengthening bonds of trust. A simple 'thank you' can uplift someone's day, in turn reflecting back on us a sense of compassion. Gratitude becomes a powerful cure for a world filled with loneliness and

stress.

Perhaps one of the greatest gifts gratitude provides is perspective. It serves as a lense through which we view the world. Without it life feels like a race of constant comparison. But with it, you are able to live in the moment with worry. Even setbacks can be reframed and seen as opportunities of learning and growing. This reduces envy, increases patience and promotes acceptance.

To make gratitude a genuine part of life, it must be practiced. Some methods include:-

- Daily journaling- writing 3 things you are thankful for.
- Mindful gratitude- pausing to notice what you are grateful for in the moment.
- Sharing gratitude- letting people know they are appreciated.
- Gratitude rituals- begin or end meals or your day with a moment of thanks.

Gratitude isn't an occasional feeling-it is a practice that enriches emotional wellbeing and perspective. By choosing to notice and appreciate the good, we create space for more joy, resilience and fulfilment. Gratitude is both, the softest and the strongest force one can carry. One that turns normal days into extraordinary ones.



# The Quiet Weight of Guilt



**Sairaj Katkar**  
(Std. 10 - M)

Guilt is not a loud emotion. It does not come crashing in like anger or burst out like happiness. Instead, it arrives quietly, like a shadow that follows you around. I know this because I have felt it myself after making a mistake. At first, it seemed small but the guilt stayed longer than I expected. It sat inside me, reminding me again and again of what I had done.

The strange part about guilt is that it doesn't go away just because you try to ignore it. It shows up when you are about to sleep, or when you are trying to enjoy something. It whisper's, "You should have done better". In that way, guilt can haunt us. It makes us restless and uncomfortable and sometimes it even makes us afraid to face people.

But guilt also has another side. Once the first sting fades, it begins to teach. I realized that the only reason I was feeling quiet was I cared. I cared about what I had done and how it affected others. That means guilt is not only a punishment, but also a sign that we still have a conscience. It pushes us to reflect, to say sorry, to be more careful next time. Without guilt, we would repeat the same mistakes without learning anything.

This is the emotional complexity of guilt, it hurts us, yet it helps us grow. It makes us worry, yet it also shapes our actions for the better. Because of guilt, I now think more before acting and I try to understand how my words or behaviour may affect someone else. "Mistakes are always forgivable, if one has the courage to admit them" wrote Bruce Lee and I feel that is exactly what guilt teaches us.

To be honest, the only healthy mechanism for

me is acceptance, to deal with guilt. In life, when things don't go your way and you make a mistake, no matter how much you wish to go back in time, you cannot change that mistake. The depth of regret and waves of guilt can only take you to swim in sad seas. At the end of the day, we must let go of those memories and vow to never find ourselves in such an emotionally exhausting instance again.

The quiet weight is heavy, yes but it does not have to crush us. If we listen to it honestly, it can guide us to become stronger, kinder and more responsible. I no longer see guilt as only a burden. I see it as a reminder that even mistakes can become lessons and that every wrong step can point us towards the right direction.

"Guilt is the shadow of our mistakes, but it is also the light that points us towards change"

## Can You Name the Feelings?

- 1) I bounce, I buzz, I just can't wait,  
I pack my bags before it's late.  
I jump ahead of every cue -  
What feeling starts before things do?
- 2) I wait in lines and rarely race,  
I keep a calm and steady pace.  
Time's my friend, not my foe -  
What am I that helps you grow?
- 3) I replay words from days before,  
Tell you what you should've done more.  
Forgive yourself and I will leave -  
What emotion makes you grieve?
- 4) I stand up straight and count each win,  
Feel strong about what's deep within.  
I grow best when balanced so -  
What am I that helps you glow?

**1. Excitement, 2. Patience, 3. Guilt, 4. Pride**  
Answer Key -

## Shame and Self – Worth



**Sahil Karpe**  
(Std. 10 - V)

लज्जया हीनः स्वाभिमानं न प्राप्नोति नरः क्वचित्  
स्वाभिमानेन विहीना लज्जा तु न शोभते ॥

This means that the person who doesn't have shame can never gain the real self-esteem; while where there is no self-esteem the shame is also worthless.

Shame and self-worth are intricately connected aspects of human emotions [Antaranga]. Shame is an intensely painful emotion characterized by feeling flawed and unworthy, when shame is constant, it erodes self-worth. Shame is different from guilt (which is about something you did). Shame says "I am bad", whereas guilt says, "I did something bad." It can lead to feelings of isolation, depression, anxiety, self-criticism, self-doubt and a diminished sense of self-esteem. A complex emotion like shame arises when we feel as though we have failed to live up to our or other's expectations. It can be triggered by a variety of experiences including rejection, judgement or past experiences

Self-worth, on the other hand, is the value a person places on himself. It's about believing you deserve respect, kindness and happiness – not because of achievements or other's approval, but because you are inherently valuable. A strong sense of self-worth allows a person to accept their flaws without losing confidence in their overall value.

Highlighting one's strengths and accomplishments can help counteract the negative impact of shame and build a more positive self-image, even when facing challenges or setbacks. This sense of worth can act as a buffer against the corrosive effect of shame. Low self-esteem makes a person more vulnerable to shame. Building self-worth (through self-acceptance, compassion) is crucial.

Shame (lajja) keeps a person within moral limits, while self-worth lifts them towards dignity. Without shame, self-worth (swabhiman) turns into arrogance; without self-worth, shame

becomes mere weakness. Thus, both emotions depend on each other and together create balance in life. Lord Buddha truly said that, " You yourself, as much as anybody in the entire universe, deserve your love and affection". This reminds us that self-worth begins with self-love. 'Shame is a soul-eating emotion'. Shame corrodes the very part of us that believes we are capable of change, preventing personal growth.

"Owning our story and loving ourselves through that process is the bravest thing we will ever do."

- Brene Brown

In essence, when we accept our flaws and still value ourselves (self-worth), we build resilience. It's important to manage and overcome these feelings to foster healing and self-awareness; Here are 5 S's to help you navigate and cope with shame.

### **1. Self-Awareness –**

The first step to healing is recognising wounds, patterns and triggers. You can't fix what you don't see.

### **2. Self - Acceptance -**

Stop resisting your past, flaws and emotions. Embrace every part of yourself without judgement. Don't be a people - pleaser.

### **3. Self - Compassion -**

Treat yourself with kindness and understanding. Instead of being your harshest critic, be your own best friend. Healing is not a straight path, and setbacks don't mean failure.

### **4. Seek Support -**

Reach out to trusted friends, family or a therapist. Sharing your feelings with others can provide perspective and relief, reminding you that you are not alone in your experiences.

### **5. Self - Growth -**

View shame as an opportunity for growth. Reflect on what you can learn from the experiences and how you can use it for personal development. Dealing with shame is a journey. Embracing these perspectives, can transform shame into a powerful catalyst. Overcoming the negative impacts of shame involves continuous efforts and persistence, but with self-reflection and support, we can achieve emotional freedom and self-acceptance.



श्रीमती अश्विनी राईलकर  
(मराठी शिक्षिका -  
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सुख दुःखे समे कृत्वा लाभालाभौ जयाजयौ।

ततो युद्धाय युज्यस्व नैवं पापमवाप्स्यसि॥ २-३८॥

भगवान श्रीकृष्णाने भगवत गीतेत सुख आणि दुःखाचे वर्णन करतांना ते अर्जुनाला सांगतात, की सुख-दुःख, लाभ-हानी, जय-पराजय या सर्वांमध्ये समत्व ठेवून 'अर्जुना तू कर्म करत राहा. असं केल्याने पाप लागत नाही.' म्हणजेच काय तर दुःख हा विषय मानवी आयुष्याच्या अंतरंगाशी जोडलेला आहे. प्रत्येक माणूस आपल्या आयुष्यात दुःख अनुभवतो, पण त्यातून तो काय शिकतो, याचं खऱ्या अर्थानं मोजमाप करायचं असतं.

आपण एखादी गोष्ट गमावतो किंवा अपयश येतं, अपेक्षा तुटतात, किंवा आपलं मन मोडतं. काही काळ सगळं निरर्थक वाटतं, पण हीच वेळ असते स्वतःकडे पाहण्याची, विचार करण्याची, आणि शहाणपण होण्याची.

श्रीरामाला जेव्हा १४ वर्षांचा वनवास झाला, तेव्हा कुठलाही विरोध न करता, हसत हसत ते वनात गेले. साधेपणाने ते वनात राहू लागले. त्यांनी ऋषीमूनींची सेवा केली, सीतेसह संयमित जीवन जगले.

साक्षात् कृष्णालाही दुःख अनुभवावे लागले. कृष्णाला धर्माचं रक्षण, अधर्माचं विनाश त्यासाठी त्याला वृंदावन सोडावं लागलं, आणि माता यशोदेपासून दूर जावे लागले.

गौतम बुद्धांनी दुःखाचे सुखात रूपांतर प्रत्यक्षात एका जादूने केले नाही, पण त्यांनी मानवाला दुःखातून मुक्त होण्याचा मार्ग दाखवला. अष्टांगिक मार्ग म्हणजे दुःखातून सुखाकडे जाण्याचा मार्ग जगाला समजून सांगितला.

मीराबाईंना अनेक प्रकारचे दुःख होते. तरीही त्या सुखी होत्या. कारण आपले मन भगवंत श्रीकृष्णात अर्पण केले होते. हे पौराणिक संदर्भ आहेत. मात्र आजच्या युगातही कित्येक नावे अशी आहेत की त्यांनी दुःखाचे सोने केले.

अरुणिमा सिन्हा ही एक राष्ट्रीय व्हॉलीबॉल खेळाडू होती. २०११ साली ट्रेनमधून फेकल्यामुळे ती गंभीर जखमी झाली आणि तिचा एक पाय कापावा लागला. शारीरिक अपंगत्व, मानसिक आघात, समाजाचा तिरस्कार हे सगळं ती झेलत होती, पण त्याच वेळी तिने स्वतःशी एक नवा संकल्प केला. माउंट एव्हरेस्ट सर करण्याचा!

तिने कृत्रिम पायाने कठोर प्रशिक्षण घेतलं आणि २०१३ मध्ये एव्हरेस्ट सर करणारी पहिली दिव्यांग महिला ठरली. तिची कहाणी म्हणजे दुःख, हार आणि मर्यादा यांच्यावर मात करून स्वप्न पूर्ण करण्याची प्रेरणादायी झुंज आहे. संकटावर मात करून, स्वतःचं आयुष्य नव्याने घडवणं. हेच अरुणिमा सिन्हाचं खऱ्या अर्थाने 'दुःखातून सुखाकडे' जाणं आहे.

आयुष्य यशस्वी करण्याचे अनेक मार्ग आहेत. कठोर परिश्रम करा, सतत शिकत राहा, वेळेचे योग्य नियोजन करा. शारीरिक व मानसिक आरोग्य सांभाळा. धैर्य आणि संयम ठेवा म्हणजे यशाचे शहाणपण नक्कीच येईल.

### ही कोणती भावना? ओळखा तर!

मी आईच्या मायेतील उबदार स्पर्श,  
मित्रांच्या साथीतला हसरा हर्ष.  
नात्यांना जोडणारा अदृश्य धागा,  
जगण्याला सुंदर करणारा मी कोण असा?

मी तुझी तुलना इतरांशी करतो,  
त्यांच्या यशाकडे पाहत राहतो.  
कृतज्ञता आली की मी दूर पळतो  
— ही भावना कोण ओळखतो?



मी शांत उभा, तरी ठाम असतो,  
गर्दीशिवायही मजबूत दिसतो.  
बरोबर-चुकीत स्वतःवर विश्वास ठेवतो  
— तुझी ताकद वाढवणारा मी कोण असतो?

मी पुढे धावतो, विचार करतो फार,  
नसलेल्या गोष्टींचाही करतो भार.  
आत्तावर लक्ष दिलं की शांत होतो  
— मनाला बेचैन करणारा मी कोण असतो?

॥२७॥ 'माझी भावना' 'असत' 'मज' 'सु' '२७७७



डॉ. धनंजय भांडारी  
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मानवाच्या जीवनात आरोग्य हेच खरे धन मानले जाते, परंतु आरोग्य म्हटले की आपण बहुधा फक्त शारीरिक आरोग्याचा विचार करतो. शरीर निरोगी असेल तर आपण जगू शकतो, पण मन निरोगी नसेल तर ते जीवन ओझे वाटू लागते. म्हणूनच मानसिक आरोग्य ही खरी जीवनशक्ती आहे. मानसिक आरोग्य कसे टिकवायचे याचे उत्तर प्राचीन ऋषींनी, संतांनी, तसेच आधुनिक शास्त्रज्ञांनी एकमुखाने दिले आहे - हास्य आणि आनंद हेच त्याचे औषध. हसणे हे सहज, सोपे आणि सर्वांसाठीचे औषध आहे.

### (१) लहान मुलांचे हसू

निरागस बालकाचे हसू हे जणू दैवी स्वरूपाचे असते. त्यासाठी कुठलेही कारण लागत नाही. लहान बाळ आईच्या चेहऱ्याकडे पाहून हसते आणि आईच्या सर्व थकव्याला विसरवते.

### (२) नाट्यशास्त्रातील हास्यरस

भरतमुनींच्या नाट्यशास्त्रात 'हास्यरस' हा स्वतंत्र रस मानला आहे. तो रस प्रेक्षकांना हलके, प्रसन्न आणि आनंदी करतो. हसण्याने नातेसंबंध दृढ होतात.

### (३) वैद्यकीय दृष्टिकोन

आधुनिक डॉक्टर सांगतात की हसण्याने एंडॉर्फिन्स नावाचे सुखदायी रसायन मेंदूत तयार होते. त्यामुळे वेदना कमी होतात, रक्तदाब कमी होतो आणि रोगप्रतिकारशक्ती वाढते.

"हसितं ही आयुषो वृद्धिं करोति।" (हसणे आयुष्य वाढवते)

### (४) कथा - हास्याने बरे झालेले

प्रसिद्ध अमेरिकन पत्रकार नॉर्मन कझिन्स यांना गंभीर आजार झाला होता. तेव्हा त्यांनी स्वतःवर प्रयोग केला - रोज विनोदी चित्रपट पाहणे, विनोदी साहित्य वाचणे आणि भरपूर हसणे. थोड्याच दिवसांत त्यांची प्रकृती सुधारली. त्यांनी नंतर लिहिले -

"Laughter is the best medicine."

जर हसणे हे आरोग्य टिकवण्याचे औषध असेल तर आनंद हा संपूर्ण जीवन जगण्याचा प्राण आहे. संपत्ती, पद, यश, कीर्ती मिळूनही जर मनात आनंद नसेल तर माणूस सुखी राहू शकत नाही.

इतिहासात अशी अनेक उदाहरणे आहेत की ज्यांनी संकटातही आनंद शोधला. संत ज्ञानेश्वर, तुकाराम, मीराबाई यांचे जीवन किती कठीण होते! पण त्यांच्या अंतःकरणातला आनंद, ईश्वरभक्तीतून आलेली प्रसन्नता यामुळे ते लोक आजही स्मरणात आहेत. संत

तुकाराम महाराज म्हणतात -

"सुखाची झाली रे खाण, समाधान चिंती।"

जेव्हा अंतःकरण समाधानी असते, तेव्हा खरे सुख जन्माला येते. आनंदी मन म्हणजे सृजनशील मन! आनंदी शेतकरी पेरणी करताना गातो, आनंदी कलाकार चित्र रंगवताना रंगांत रमतो, आनंदी विद्यार्थी अभ्यास करताना ज्ञानात बुडतो. आनंद हा सर्जनशीलतेचा पाया आहे. मराठी संत परंपरेत मन प्रसन्न ठेवण्यावर मोठा भर दिला गेला आहे. तुकाराम महाराज म्हणतात,

"मन करा रे प्रसन्न, सर्व सिद्धींचे कारण।।"

प्रसन्न मनमुळे माणूस कोणतेही कार्य सहज करू शकतो. साधना, अध्ययन, व्यवसाय किंवा नोकरी - सर्व ठिकाणी आनंदी आणि प्रसन्न वृत्ती माणसाला यशस्वी बनवते. शरीराचे आरोग्य टिकवण्यासाठी आपण व्यायाम, आहार याकडे लक्ष देतो. पण मनाचे आरोग्य हे अधिक महत्वाचे आहे. कारण मन निरोगी नसेल तर शरीर निरोगी राहणेही अवघड होते.

खिन्न, चिंताग्रस्त, उदास मनाने केवळ जीवनाची गोडीच नाहीशी होत नाही, तर रोगांना निमंत्रण मिळते. आजच्या युगात ताणतणावामुळे उद्भवणारे आजार - उच्च रक्तदाब, मधुमेह, हृदयविकार - हे सगळे मानसिक असंतुलनामुळे वाढतात. आनंदी, प्रसन्न मन हेच खरे आरोग्य आहे. म्हणून आज मानसशास्त्र सांगते -

"Positive mental health is the key to wellbeing."

जीवन म्हणजे फुलांची बाग नाही. त्यात काटेही आहेत. अपयश, संकटे, दुःख ही प्रत्येकाच्या वाट्याला येतात, पण त्या काळातही आनंद टिकवणारा माणूसच खरा धैर्यवान ठरतो.

रामायणातील हनुमान हा याचा आदर्श आहे. समुद्र ओलांडताना अनेक संकटे आली - सुरसा, सिंहिका, लंकिनी. पण हनुमानाने प्रत्येक वेळेस उत्साह, आनंद आणि चातुर्याने त्यांवर मात केली. त्याचे मन सदैव आनंदी होते, म्हणून तो विजय मिळवू शकला. एक सुभाषितकार म्हणतात,

"सुखं हि दुःखान्यपि साधयन्ति।"

(आनंदी मनुष्य दुःखातही सुख शोधतो)

आपल्या आजूबाजूला पाहिले तर असे अनेक लोक भेटतात जे संकटातही हसत राहतात. त्यांचे हसू त्यांनाच नव्हे तर इतरांनाही प्रेरणा देते. एका गरीब कुटुंबाची गोष्ट सांगितली जाते. त्यांना रोजच्या अन्नाचीही कमतरता होती. तरीही ते रोज एकत्र बसून गाणी गात, हसत-खेळत जेवत असत. एकदा एक श्रीमंत पाहुणा त्यांच्या घरी आला. त्याने विचारले - "तुमच्याकडे इतके कमी साधन असूनही तुम्ही एवढे कसे हसता?" तेव्हा त्यांनी उत्तर दिले - "हास्य आणि आनंद हेच आमचे खरे धन आहे. ते कुणी हिसकावून घेऊ शकत नाही."



श्रीमती सीमा राजे  
(वर्गशिक्षिका -  
इयत्ता दहावी - व्हिनस)

पहिला प्रसंग - सायलीचा फोन आला, म्हणून मी आनंदाने फोन उचलला आणि बोलायला सुरुवात केली, पण नेहमी भरभरून बोलणारी सायली आज खूप शांतपणे बोलत होती, अन् रडतही होती. काय झाले? असे मी विचारल्यावर, फोनवरती जोरजोरात रडायला लागली आणि म्हणाली “अग, मावशी मी जॉब सोडून दिला.....”

दुसरा प्रसंग- आज आई शाळेतून आली, तेव्हा ती म्हणाली, आज मी मुलांवर उगाचच रागावले, असे नको होते वागायला,...

या प्रसंगाचा व त्यातील प्रतिक्रियांचा संबंध भावनिक बुद्धिमत्तेशी आहे.

मित्र आणि मैत्रिणींनो, मानवाला जशी उपजत बुद्धिमत्ता असते, तशीच भावनिक बुद्धिमत्ता देखील दैवी देणगी मिळालेली आहे. आज आपण भावनिक बुद्धिमत्तेचा जीवनाशी कसा संबंध आहे, याची माहिती घेणार आहोत.

प्रत्येकासाठी भावनिक बुद्धिमत्ता महत्त्वाची असते, कारण याचा थेट परिणाम आपल्या स्वभावावर, विचारांवर, कार्यक्षमतेवर, वर्तनावर, आपल्या प्रकृतीवर दिसून येत असतो. चला, तर मग भावनिक बुद्धिमत्ता म्हणजे नेमके काय ते पाहूया.

स्वभावनांची यथायोग्य जाणीव होणे, स्वतःची व इतरांचीही आंतरिक मनःस्थिती ओळखता येऊन भावभावनांवर नियंत्रण ठेवण्याची क्षमता म्हणजे भावनिक बुद्धिमत्ता होय

डॅनिअल गोलमन यांच्या मते, 'स्वतःच्या भावनांवर आणि त्यांच्या अभिव्यक्तीवर नियंत्रण ठेवता येणे, आपल्या जवळील व्यक्तींसोबत सुसंवाद साधता येणे, स्वयंप्रेरणेतून व जीवनात उरविलेल्या उद्दिष्टानुसार कार्य करणे, वागण्यात व स्वभावात लवचिकपणा असणे या सर्व गुणात्मक मिश्रणाला भावनिक बुद्धिमत्ता म्हणतात'. विचार व कृती यांच्या मार्गदर्शनासाठी भावनांचा उपयोग करण्याची क्षमता म्हणजे भावनिक बुद्धिमत्ता होय

भावनिक बुद्धिमत्तेचे घटक : भावनिक बुद्धिमत्ता असणाऱ्या

विद्यार्थ्यांमध्ये वा व्यक्तींमध्ये भावनिक दृष्ट्या स्थैर्य (इमोशनल बिलिटी) आणि भावनिक परिपक्वता (इमोशनल मॅच्युरिटी) हे दोन घटक अप्रत्यक्ष कार्यरत असतात. या व्यतिरिक्त भावनिक बुद्धिमत्तेचे प्रमुख पाच घटक आहेत.

- **आत्मप्रचिती (सेल्फ अव्हेरनेस)** : यामध्ये स्वतःच्या भावना जाणणे, स्वतःची अभिरुची, मर्यादा, बलस्थाने यांची जाणीव असणे. थोडक्यात सांगायचे म्हणजे SWOT तंत्र.
- **आत्मनियमन (सेल्फ रेग्युलेशन)** : यामध्ये स्वतःच्या विद्रोही, विघातक भावनांवर नियंत्रण ठेवणे, सुयोग्य पद्धतीने भावनांची हाताळणी करणे, नैराश्यातून व्यवस्थितपणे बाहेर पडणे, कोणताही निर्णय सदसद्विवेकबुद्धिने घेणे.. थोडक्यात म्हणजे आत्मनियंत्रण.
- **प्रेरणा (मोटिव्हेशन)** : यामध्ये आपल्या जीवनाची ध्येये ठरविणे, ध्येयांचा प्राधान्यक्रम ठरविणे, उच्च ध्येये गाठण्यासाठी प्रयत्नांची पराकाष्ठा करणे. थोडक्यात म्हणजे आयुष्य जगण्यासाठी प्रेरणा.
- **समानानुभूती (इम्पॅथी)** : यामध्ये इतरांच्या भावना, संवेदना समजून घेणे, त्याबद्दल जाणीव असणे, एखाद्या प्रसंगाकडे इतरांच्या दृष्टीने पाहता येणे किंवा त्या दृष्टीने विचार करता येणे. थोडक्यात म्हणजे सहसंवेदना.
- **सामाजिक कौशल्ये (सोशल स्किल)** : यामध्ये घटकांतर्गत निकोप व निरोगी जीवनासाठीचा सर्व कौशल्यांचा समावेश होतो. उदा., समाजातील विविध प्रसंग, घटना यांची अचूकपणे जाणीव, नातेवाईक व समाजातील अन्य व्यक्तींबरोबर सुरळीत संबंध, थोडक्यात म्हणजे समाजाचा विचार. भावनिक बुद्धिमत्तेचे वरील पाचही घटक विद्यार्थ्यांमध्ये रुजविण्यासाठी

### काही उपक्रम -

- चर्चासत्राचे आयोजन करणे.
- विविध भावना प्रकट करणारे चित्रांचे प्रदर्शन करणे.
- भावनांचे उन्नयन होण्यासाठी विविध शिबिरे, सहली, क्षेत्रभेटीचे आयोजन करणे, नाट्यीकरण, कविता गायन-वाचन, कथाकथन इत्यादी स्पर्धांचे आयोजन करणे.
- वर्तमानपत्रातील बातम्यांवर चर्चा करणे व त्याबाबत विद्यार्थ्यांना त्यांचे विचार प्रकट करण्यास सांगणे, वर्ग

अध्यापनात भूमिकापालन, क्रीडनपद्धती, समस्या निराकरण पद्धती, गटचर्चा अशा विविध अध्यापन पद्धतींचा समावेश करणे.

- विविध स्तरातील, क्षेत्रातील, वर्गातील स्त्री-पुरुषांच्या मुलाखतींचे आयोजन करणे, विद्यार्थ्यांना संदर्भ पुस्तके, पुरक पुस्तके वाचण्यास प्रेरित करणे, वर्ग अध्यापनात विद्यार्थ्यांना त्यांच्या भावना व्यक्त करण्यास पुरेशी संधी देणे इत्यादी उपक्रम राबविणे गरजेचे आहेत.
- विद्यार्थ्यांशी मोकळेपणाने गप्पा मारणे.
- त्यांच्या समस्या जाणून घेणे.
- घरामध्ये मुलाच्या मित्र मैत्रिणींना बोलावून त्यांच्या बरोबर वेळ घालवणे.
- फॅमिली गेटटुगेदर करून मनोरंजनाचे कार्यक्रम ठेवणे. असे अनेक उपक्रम करून आपण विद्यार्थ्यांची भावनिक बुद्धिमत्ता विकसित करू शकतो.

### भावनिक बुद्धिमत्तेचे महत्त्व -

ज्या विद्यार्थ्यांमध्ये वा व्यक्तीमध्ये भावनिक बुद्धिमत्ता सुदृढ असते- तो जीवनात यशस्वी व समाधानी असतो. त्यांच्यात आनंद, परिपूर्णता, स्वायत्तता, स्वतंत्रता, स्वनियंत्रण, मैत्री, जागरूकता, प्रशंसा, मानसिक शांतता, इच्छा, समाधान अशा अनेक भावनांचा निरोगी समतोल दिसून येतो.

आनंदी व गुणवत्तायुक्त जीवन जगण्याकरिता उच्च भावनिक बुद्धिमत्ता तयार करणे गरजेचे असते. ज्याप्रमाणे विद्यार्थ्यांला

आपल्या व्यक्तिमत्त्वाचा विकास करण्यासाठी स्वतःच्या भावनिक बुद्धिमत्तेची आवश्यकता असते; एखाद्या ठिकाणी प्रभावीपणे व परिणामकारक काम करण्यासाठीही व्यक्तीला भावनिक बुद्धिमत्तेची आवश्यकता असते. विद्यार्थ्यांचे वा व्यक्तीचे व्यक्तिमत्त्व घडविण्यात भावनिक बुद्धिमत्ता ही महत्त्वाची भूमिका बजावीत असते.

विद्यार्थ्यांच्या वा व्यक्तीच्या व्यक्तिमत्त्वाचा समतोल विकास हा मोठ्या प्रमाणवर त्यांच्या भावनिक बुद्धिमत्तेवर अवलंबून असतो.

भावनिकदृष्ट्या स्थैर्य आणि भावनिकदृष्ट्या परिपक्व असणारा विद्यार्थी वा व्यक्ती नेहमी आपल्या भावनांवर नियंत्रण ठेवूनच समाजामध्ये वावरत असतो. अशा व्यक्ती स्वयंप्रेरणेतून कार्य करत असून कोणत्याही परिस्थितीत समायोजन साधण्यात तत्पर असतात.

आजच्या स्पर्धात्मक काळात अनेक समस्या, ताणतणाव येत असतात. त्या सोडविण्यासाठी 'स्व समायोजन क्षमता' अंगी असणे गरजेचे आहे.

भावनिक बुद्धिमत्तेमुळे विद्यार्थ्यांतील वा व्यक्तीतील कार्य करण्याची शक्ती, ऊर्जा, उत्साह हा मजबूत होत असतो.

भावनिक बुद्धिमत्तेच्या विकसनामुळे विद्यार्थी स्वतःचे जीवन खूप चांगल्याप्रकारे मार्गक्रमण करून यशस्वी होऊ शकतो. चित्रफिती दाखविणे.

## भावनांचे रंग



सौजन्या वाणी  
(इयत्ता सहावी - मर्क्युरी)

मनाच्या कोपऱ्यात, भावनांचे खेळ  
कधी हसू ओठावर, कधी डोळ्यातून ओघळे  
आनंदात मन रमते, दुःखात ते रडते,  
प्रत्येक क्षणात, नवे रूप ते घेते  
प्रेमात गुंतून, हुरहुर लागे,  
रागात पेटून, अग्नीज्वाला जागे,



भीतीत कापून, थरथरले मन,  
प्रत्येक भावना जीवनात कण,  
सुखात उधाण, दुःखात शांतता,  
भावनांच्या लाटा, जीवनाच्या गाथा.  
स्वीकारा त्यांना, जशा त्या येतील,  
आयुष्याला त्या, सुंदर बनवतील.



श्रीमती कांचन सातपुते  
उपसचिव - महर्षी कर्वे स्त्री  
शिक्षण संस्था

परवाच मनाचे श्लोक ह्या संकल्पनेवर स्नेहसंमेलन घेण्याचे ठरवित असताना सहजच मनात विचार आला की रामदास स्वामींनी मनाच्या खेळांवर विजय मिळवण्याकरिता मनाचे श्लोक लिहिले आणि खेळ या शब्दाचा नव्याने अर्थ उमगला.

अनेक चित्रपटगीतांमधून हा विषय आपल्यासमोर मांडला गेला किंबहुना खेळ या विषयावर अनेक गीतं रचली गेली. जसे की, भातुकलीच्या खेळामधली राजा आणि राणी, अर्ध्यावरती खेळ मोडला, अधुरी एक कहाणी, खेळ मांडला..... देवा.

अगदी पूर्वीपासून ह्या खेळाच्या अनेका गोष्टी आपण ऐकल्या. द्रौपदीचे स्वयंवर असो किंवा पांडवांनी तिला खेळाच्या पाटावर हरवलेली घटना असो, अर्जुनाचे पोपटाच्या डोळ्यावर असलेले एकाग्र लक्ष असो किंवा श्रीकृष्णाच्या विविध लीला, या सर्व घटनांमध्ये खेळ हा जीवनाशी जोडलेला दिसतो. मनुष्य जन्माला येतो आणि त्याच क्षणापासून तो जीवन-मरणाच्या खेळात सहभागी होतो. लहानपणापासून आपण मुलांना जे खेळ शिकवतो, त्यामध्येही जीवनाचे अनेक गूढ अर्थ दडलेले आहेत असे वाटले.

इथे इथे बसरे मोरा, बाळ घाली चारा, चारा खा पाणी पी आणि... डोक्यावरून भुरकिनी उडून जा... या खेळामधून साधी शिकवण मिळते का, की या जगात ये, आपले कार्य पूर्ण कर आणि वेळ

आली की मुक्तपणे उडून जा. की, आई-वडिलांचे घर हे तळहातासारखे आपले एक सुरक्षित घर आहे, परंतु पंखात बळ आले की उंच भरारी घेणे हेच जीवनाचे खरे उद्दिष्ट आहे! 'अटक मटक चवळी चटक, चवळी लागली गोड गोड, जिभेला आले फोड फोड, फोड काही फुटेना, घरचा पाहुणा उठेना...' हा घरचा पाहुणा नेमका कोण बरे, डायबेटीस की प्रपंचातील गोड आकर्षण? जीवनात जे काही गोड वाटते, त्याच्या आहारी गेल्यास त्याचे दुष्परिणाम तर भोगावे लागतातच आणि मग चौ-म्याउ करीत एकमेकांची कान उघाडणी करावी लागते.

बैठे खेळ असोत अथवा उभे खेळ, दोन्ही जीवनाचे वास्तव प्रतिबिंब दाखवतात. आता आंधळी कोशिंबीर हा खेळ बघा ना! कित्येकदा आपण डोळ्यांवर पट्टी बांधून जगतो, आणि कधी प्रेमाच्या, तर कधी पैश्याच्या, तर कधी प्रसिद्धीच्या शोधात काय हाताला गवसेल ते शोधत राहतो. विष-अमृत, हा खेळ समृद्धी आणि संकटाचा तर नाही ना, सुख, समृद्धी ही अमृतासारखे असते, तर दुःख आणि संकटे हे विषासारखे असतात की याचे अगदी उलट? जोड - साखळी! हा खेळ आई-वडील, दोन सखळ्या बहिणी, दोन भाऊ किंवा दोन सहकारी किंवा पती-पत्नी ही नाती तर अधोरेखित नाही ना करीत. माझ्या आईचं पत्र हरवलं, ते मला सापडलं, हा खेळ कदाचित जीवनातील हरवलेले क्षण, दुरावलेली नाती आणि विस्कटलेल्या भावना दाखवतात कारण कधी आनंद हरवतो, तर कधी नाती तुटतात, पण त्यांच्या आठवणी आणि धागे पुन्हा कुठेतरी सापडतात. खो-खो, या खेळातही जीवनाचे दर्शन घडते का? सुख-दुःख, यश-अपयश, जीवन-मृत्यू हे या खेळामागचे गुपित तर नव्हे?

असो... एक शिक्षिका म्हणून या सर्व खेळांचा अर्थ नव्याने उमगला, खेळ हे केवळ वेळ घालवण्याचे साधन नसून, ते जीवनाचे धडे देणारे माध्यम आहे असे वाटले. कदाचित, तुम्ही हा विचार या आधी देखील केला असेल, पण मला तो नव्याने उमगला म्हणून इथे मांडला.

चला तर मग-मुलांना खेळायला शिकवूयात!

## मनातील भाव



स्वरा गद्रे  
(इयत्ता सातवी - मकर्युरी)

नकळत माझ्या अंतरंगात उमटले असे भाव  
फुलपाखरू होऊन फिरून यावे या जगात ||  
कधी वाटते या अंतरंगात  
मासे होऊन फिरून यावे नदी, समुद्रात |  
कधी वाटते या मनास, परी होऊन उडावे परी स्थानात,  
सुंदर फुले, सुंदर झाडी, असावे या जगात ||



खूप पाऊस पडूनी खूप शेती पिकावी,  
या निर्सर्गात मोराचे नाचणे असावे या सुंदर मनात ||  
नकळत माझ्या अंतरंगात उमटले असे भाव  
ऊनपावसाचा खेळ असावा इंद्रधनुच्या रंगात,  
असे सुंदर देणे असावे या सुंदर जगास ||



श्री. स्वप्नील दामले  
(वर्गशिक्षक -  
इयत्ता दहावी - मकर्युरी )

‘प्रेम’ - हा एक छोटासा दोन अक्षरी शब्द, पण त्यात सामावणारे भावविश्व प्रचंड आहे.

प्रेम म्हणजे केवळ दोन व्यक्तींमधील नातं नसतं, तर ते कधी आईचं लेकरावरचं ममत्व असतं तर कधी मित्रांमधील विश्वास! देशासाठीचा त्याग किंवा समर्पणाची भावना हे सुद्धा प्रेमच आहे! इतकंच काय तर आपल्या निसर्गाशी एकरूप होण्याची अनुभूती म्हणजे सुद्धा प्रेमाचेच प्रतीक आहे. या प्रेमाचे गोडवे आजवर अनेक भाषांमधून विविध साहित्य प्रकारात आपल्याला दिसून येतात. चला तर मग ‘अमृतातेही पैजा जिंके’ असे जिचे वर्णन केले जाते त्या आपल्या मायबोली मराठी भाषेतील हा प्रेमाचा प्रवास थोडक्यात अनुभवायला...!

मराठीत म्हणतात “प्रेम हे देणं आहे, घेणं नाही.” प्रेम जिथे असतं तिथे आपुलकी, सहानुभूती आणि जगण्याला अर्थ सापडतो. मराठी साहित्याच्या परंपरेत प्रेम हा एक चिरंतन विषय आहे. काळ बदलला, समाज बदलला, मानवी भावना व्यक्त करण्याची भाषा बदलली - तरीही प्रेमाचे महत्त्व आणि आकर्षण कायम राहिले आहे. एखाद्या प्रसिद्ध किंवा कमी प्रसिद्ध कवितेचा कवी भले कोणत्याही काळातील असो, त्याने आपले भावविश्व प्रेमाच्या माध्यमातून त्या त्या काळी मांडलेले आपल्याला दिसते. मराठी कवितेतून देखील प्रेमाचा हा प्रवास कधी ईश्वरभक्ती तर कधी देशभक्ती, काही वेळेस तो दोन नात्यातील नातेसंबंध सांगणारा तर काही वेळेस तो थेट आत्मशोधपर्यंतचा प्रवास सांगणारा दिसून येतो. वारकरी संप्रदायाचा पाया घालणाऱ्या संतशिरोमणी ज्ञानेश्वरांच्या दृष्टीने भक्ती शिवाय प्रेम अपूर्ण आहे, तर प्रेमाशिवाय भक्ती देखील निष्फळ आहे. माऊली आपल्या अभंगामधून तसेच पसायदानातून भक्ताचे परमेश्वरप्रती असलेले निखळ नाते व्यक्त करतात. पुढे तीच पताका घेऊन जाणारे तुकोबा आपल्या अभंगात म्हणतात, “तुका म्हणे होई होई सुखी, जेथे विष्णुभक्तांची प्रीती”. म्हणजेच जिथे जिथे

भगवंताच्या भक्तांमध्ये परस्परांवर प्रीती, आपुलकी आणि एकात्मता आहे, तिथे तिथे खरे सुख आहे. ईश्वराप्रती असणारी निखळ भक्ती ही प्रेमाच्या भावनेशिवाय शक्यच नाही असे ते म्हणतात. असाच विचार त्या काळातील अनेक संत जसे की गोरा कुंभार, जनाबाई यांनी मांडला व प्रेमाचे महत्त्व सामान्य जनांस पटवून दिले. या काळातील प्रेम हे शुद्ध, सात्विक आणि आत्म्याच्या उन्नतीकडे नेणारे होते.

पुढे मध्ययुगीन काळात हीच प्रेमाची भावना स्वतःच्या किंवा ईश्वरभक्तीपेक्षा अधिक देशभक्तीच्या स्वरूपात मातृभूमीच्या रक्षणासाठी मार्गदर्शक अशी ठरली. शिवाजी महाराजांच्या काळात कवी भूषणासारखे कवी आपल्या प्रखर छंदातून देशभक्ती व तिच्याप्रती असलेली त्याग व समर्पणाची भावना मांडत होते. आजही हे छंद कानावर पडले की एक प्रकारचे स्फुरण चढते. इतकंच काय तर प्रत्यक्ष शिवाजी महाराजांना जिजाऊंनी रामायण-महाभारतासारख्या आर्ष महाकाव्यात असलेली उदाहरणे सांगून आपल्या राजाला प्रेमाचे महत्त्व पटवून दिले होते. त्याशिवाय का आपला राजा इतका सहिष्णू झाला असेल व स्वराज्यातील प्रजेच्या मनावर अधिराज्य गाजवल असेल? ‘ने मजसी ने परत मातृभूमीला, सागरा प्राण तळमळला’ हे गीत तर सावरकरांची मातृभूमीप्रती असलेली उत्कट प्रेम भावनाच व्यक्त करते. स्वा. सावरकरांच्या देशभक्तीने व त्यांच्या अशाच देशभक्तिपर गीतातून अनेक स्वातंत्र्यसैनिकांनी या स्वातंत्र्य समरात आपल्या प्राणांची आहुती दिली होती. ‘जय जय महाराष्ट्र माझा’, ‘खरा तो एकचि धर्म जगाला प्रेम अर्पावे’, यांसारखी गीते प्रेमाचे महत्त्व व जाणीव अधिकच अधोरेखित करतात व अधिक व्यापक अर्थ मांडतात.

अशा प्रकारे प्रेमाचे रूप हे राष्ट्रनिष्ठा आणि बलिदानाशी निगडित झाले. पुढे आधुनिक काळात हे प्रेमाचे स्वरूप व्यक्तिगत स्तरावर अधिक उत्कट झालेले आपल्याला दिसते. शिवाय माणसाची निसर्गाविषयी असणारी एक सहज व नैसर्गिक ओढ देखील अनेक कवींनी त्यांच्या कवितातून मांडली. बा. भ. बोरकर म्हणजेच भाऊसाहेब बोरकर यांच्या कवितेत प्रेम आणि निसर्ग यांचा सुंदर मिलाफ दिसून येतो.

त्यांचा ‘समुद्र’ हा केवळ समुद्र नाही तर विराट आणि अथांग अशा प्रेमाचं प्रतीक आहे. ‘गडद निळे, गडद निळे जलद भरुनी आले’

किंवा 'माझ्या गोव्याच्या भूमीत' सारख्या गीतांमधून माणूस आणि निसर्गाचे घनिष्ठ नाते सांगितले आहे. तसेच पाडगावकरांच्या 'प्रेम म्हणजे प्रेम म्हणजे प्रेम असतं, तुमचं आमचं सेम असतं!' सारख्या हलक्याफुलक्या कवितेत देखील प्रेमाचा ओलावा दिसून येतो. सुरेश भट, सुधीर फडके तसेच शांता शेळके यांच्या कवितेतून देखील हाच प्रेमळ भाव आपल्याला विविध छटांद्वारे दिसून येतो.

अगदी हल्लीच्या काळात मात्र प्रेमाचीच व्याख्या बदललेली दिसते जिचे प्रतिबिंब आजच्या लौकिक अर्थाने म्हणवल्या जाणाऱ्या साहित्यातून प्रकट होते. कवितेत प्रेमाच्या नावाखाली स्वैराचार जास्त दिसून येतो. असे असले तरी गुरु ठाकूर, संदीप खरे यांसारख्या

कवींच्या 'मन उधाण वाऱ्याचे', 'आयुष्यावर बोलू काही' सारख्या गीतातून प्रेमाचा हा अविरत प्रवाह असाच निरंतर पुढे वाहत राहिल अशी आशा वाटते. हे सांगतानाच आजच्या काळातील कवी अधिक प्रयोगशील आहे हे देखील विसरून चालणार नाही. प्रत्येक पिढीमध्ये प्रेमाची भले व्याख्या बदलली असेल, पण तिचे हे रूप तिच्या वैविध्यातच आहे असे म्हटले तर वावगे ठरणार नाही. एकंदर सांगायचे झाले तर प्रेम आता समतेचे, स्वाभिमानाचे प्रतीक झाले आहे. कवितेची अनेक रूपे बदलली मात्र प्रेम हा कवितेचा अविभाज्य भाग बनून राहिला आहे हे नक्की! शेवटी एवढेच म्हणून, "या जन्मावर या जगण्यावर शतदा प्रेम करावे, शतदा प्रेम करावे!"

### प्रश्न विचारणे म्हणजे शिकण्याची सुरुवात



श्रीमती रिमता महाजन  
(वर्गशिक्षिका - इयत्ता आठवी मर्क्युरी)

माझ्या वर्गामध्ये इरा आणि पूर्वा यांच्यामध्ये संभाषण सुरू होते पूर्वाला इतिहासाच्या तासाला तिला संविधान हा विषय समजण्यासाठी जरा कठीण गेला. ती इराला त्याचा अर्थ विचारात होती. इराने तिला तिच्यापरीने समजून सांगण्याचा प्रयत्न केला, पण तिलाही फारच काही सांगता आलं नाही. यावेळी माझे त्याकडे लक्ष गेलं आणि मी तिला संविधान हा नीट समजावून सांगितला.

पूर्वा तशी बोलायला शांत आणि पटकन कोणाला प्रश्न विचारण्यासाठी जरा घाबरत असे, तेव्हा मी तिला समजावून सांगितले 'प्रश्न विचारणे' हा शिकण्याचा अत्यंत महत्त्वाचा भाग आहे. त्यावर पूर्वा म्हणाली, "मला खूप प्रश्न पडतात पण ती विचारायची हिंमत होत नाही." त्यावर मी तिला समजावून सांगितले 'जिज्ञासा हे ज्ञानाचे प्रवेशद्वार' आहे. मी तिला शिकण्याच्या प्रक्रियेत प्रश्न विचारण्याचे फायदे समजावून सांगितले ज्यामध्ये तिला सांगितले प्रश्न विचारणे हे शिकण्याच्या प्रक्रियेचा एक महत्त्वाचा भाग आहे. हे विद्यार्थ्यांमधील उत्सुकता, विचार आणि समज वाढवते. प्रश्न विचारल्याने शिकणे अधिकप्रभावी आणि अर्थपूर्ण होते. आदिती सगळे शांतपणे ऐकत होती.

मी तिला शिकण्याच्या प्रक्रियेत प्रश्न विचारण्याचे फायदे समजावून सांगितले. ते पुढीलप्रमाणे....

प्रश्न विचारल्याने एखादी संकल्पना अधिक स्पष्टपणे समजून घेण्यास मदत होते.जेव्हा विद्यार्थी प्रश्न विचारतात, तेव्हा ते केवळ निष्क्रिय श्रोते नसतात, तर शिकण्याच्या प्रक्रियेत सक्रिय सहभागी होतात.

प्रश्न विचारल्याने विद्यार्थ्यांना आणि शिक्षकांनाही हे समजते, की विषयाचे आकलन किती झाले आहे.प्रश्न विचारल्याने विद्यार्थ्यांमध्ये अधिक जाणून घेण्याची उत्सुकता निर्माण होते, ज्यामुळे ते स्वतःहून अधिक माहिती शोधतात.प्रश्न विचारण्यासाठी गंभीर विचार आणि विश्लेषण करण्याची गरज असते, ज्यामुळे विचारशक्तीला चालना मिळते.आपल्या शंका विचारल्यामुळे आणि त्यांची योग्य उत्तरे मिळाल्याने विद्यार्थ्यांचा आत्मविश्वास वाढतो.शिक्षक आणि विद्यार्थी यांच्यातील संवादातून संबंध अधिक मजबूत होतो, ज्यामुळे शिकण्याचे वातावरण अधिक सकारात्मक होते. थोडक्यात, प्रश्न विचारणे हे केवळ शंका दूर करण्याचे साधन नसून, ते शिकण्याच्या प्रक्रियेला गती देणारे आणि अधिक प्रभावी बनवणारे एक महत्त्वाचे साधन आहे. आदितीला शिक्षिका जे काही बोलल्या ते तिला पटले.

तिच्याशी बोलताना मला सुद्धा माझे बालपण आठवले, त्या वेळी मी कधीच माझ्या शिक्षकांशी बोलू शकले नाही. आजची मुले ही तंत्रज्ञानाचा वापर करतात आणि आपले प्रश्न हवे तसे सोडवतात. त्यांना मला हेच सांगावेसे वाटते की सगळी उत्तरे ही मोबईल वापरून नाही तर आपले पालक, शिक्षक, मित्र मैत्रिणी यांच्या सांभाषणातून सोडवायची असतात. म्हणून प्रश्न विचारणे अत्यंत महत्त्वाचे आहे.



सृजल म्हसवडे  
(इयत्ता नववी - मकर्युरी)

मानवी जीवनाचा मी अविभाज्य भाग झालो आहे. पूर्वीच्या काळात जेव्हा दोन टोकांच्या माणसांना संवाद साधायचा असायचा तेव्हा ते पत्राला जवळ करायचे, परंतु ते पत्र त्या वाचकाला मिळेल का नाही? जर मिळाले, तर कधी मिळेल? याची शाश्वती नसायची. मग 'मार्टिन कूपर' यांनी मला जन्म दिला, अन् आता देशांतर्गत काय जगातल्या कोणत्याही व्यक्तीशी बसल्या बसल्या बोलता येत आहे. नुसते बोलता नव्हे तर पाहताही येत आहे, म्हणजे प्रत्यक्ष भेटून गप्पा मारल्यासारखे. लोक मला हातात घेऊन एकमेकांशी बोलतात पण मला बोलण्याची संधी देत नाहीत. म्हणूनच आज मी बोलणार आहे. ज्याप्रमाणे तुम्हां मानवाची उत्क्रांती झाली, तशी माझी सुद्धा. तुमच्या जन्मानंतर तुमचे आकार, वजन वाढते तसे माझे कमी-कमी होत गेले. जन्माच्या वेळी माझे वजन दोन किलो होते, आकारही मोठा होता, परंतु जसा काळ सरकला तसा मी 'भ्रमणध्वनी' या नावाला शोभू लागलो.

मी मानवाचे जीवन एवढे सोपे व सुखकर करतोय, पण तुम्हाला त्याचे काही वाटत नाही. म्हणजे बघा, मी तुमच्याशी खेळणारा मित्र आहे, संदेश पोहचविणारा संदेशवाहक आहे, पैसे सुखरूप दुसऱ्याच्या खात्यात पोहचविणारा, तुमची शंका-कुशंका एका क्षणात दूर करणारा, तुमची ओळख जगाला दाखवून, तुम्हाला

प्रसिद्ध करणारा, मी... अष्टपैलू, मौल्यवान... असा मोबाईल. तास अन् तास मी काम करतो, तुमचा हात अवघडला तर तुम्ही मला दुसऱ्या हातात धरता, पण मी स्वतः अवघडलो तर मी काय करू? माझी हक्काची विश्रांतीची जेव्हा वेळ असते, तेव्हाही तुम्ही मला चार्ज करत नाही. शेवटी मी मरायला लागलो की तुम्ही मला झोपवता! पण सारखी कानाशी भुणभुण करता 'लवकर उठ, लवकर उठ.' तरी मी बरा आहे, तो माझा चुलत भाऊ-पुण्याचा आहे, तो तर १ ते ४ विश्रांती मागतो. ते जाऊदे, मी तुमचा एवढा लाडका आहे, तर मला सुरक्षेसाठी छान कव्हर तरी घाला. नाही, नाही, माफी मागतो तुमची, तुम्ही स्वतः हेल्मेट घालत नाही, तर मला कसं घालणार. मी महत्त्वाचा आहे. पुढे प्रत्येक कामात माझी गरज आहे पण तुमच्या घरचे घसा फोडून सांगतात ना 'अरे तो मोबाईल जरा खाली ठेव' ते बरोबर आहे. का बरं असं सांगत असतील? स्वतः बदल कोणीच वाईट बोलत नाही, पण मी मात्र माझ्या अतिवापरामुळे तुमच्यावर होणाऱ्या परिणामांबद्दल तुमच्याशी बोलतोय कारण तुमचे भले होवो. माझ्या अतिवापरामुळे तुमचे डोळे खराब होतात. मेंदूवर परिणाम होतो. झोप लागत नाही. थोडक्यात शरीरावर माझा वाईट परिणाम होतो. मानसिक आरोग्याच्या समस्या वाढतात. तुमची कल्पनाशक्ती कमी होते कारण तुम्ही माझ्यावर अवलंबून राहता. पैशांची फसवणूक, खोट्या बातम्या, कामावरचे लक्ष विचलित होणे, वेळेचा अपव्यय होणे, अशा अनेक गोष्टी माझ्यामुळे होतात. अतिवापरामुळे कुटुंब, मित्रपरिवारापासून दूर जात आहात. माझ्या नावातच 'ईल' आहे, मी जरी तुमच्यासाठी उपयुक्त साधन असलो तरी माझा वापर विचारपूर्वक आणि योग्य प्रमाणात करा. शेवटी निरोप घेताना एवढेच सांगेन 'अति सर्वत्र वर्जयेत्।'

### अखेरचे वर्ष



रिद्धी मणियार  
(इयत्ता दहावी - मकर्युरी)

शब्दांत कसे मांडू या तिखट-गोड आठवणी  
'शाळा' जपायचे आहे तुला मनी.  
तू दिलेस प्रेम, शिकवलं बरंच काही  
आईसारखी काळजी तुझी, जाणवून येते आजही.

लहानपणीं यायला नको वाटायचे  
आईपासून दूर जावे लागायचे,  
पण हळूहळू तुझ्या मायेत मी रमले  
स्वप्नांचे बीज तुझ्या अंगणात पेरले.  
तू झालीस दुसरे घर जणू  
पण आता वाटते, सोडून कसं तुला जाऊ ?  
बाहेरच्या जगात पाऊल ठेवतांना  
विसरणार नाही शाळा तुला.  
शाळेवर कितीही बोलले, तरी आहे कमी  
शब्द अपुरे पडतील, इतके तुझे मोल भारी.  
जात असतांना नमस्कार करते,  
यशस्वी होण्याचा आशीर्वाद इच्छिते.



तनिष्क पाठक,  
(इयत्ता नववी - मकर्युरी)

भावना विविध मनात असे,  
प्रवृत्त कोणती कळत नसे,  
वाटू लागे दुःख सगळीकडे,  
परंतु सुख मिळेना पलीकडे.

प्रयत्न असे विजयाचे  
काळजी मात्र आतमध्ये,  
शांत न होई राग इकडेतिकडे,  
रडत असे मन कोपन्यामध्ये.

हास्य दाखवी जगा  
करून सांगू कुणा?  
भयभीत झाले शृंगार  
बोलू कसे झुंजार?

मूलमंत्रे मिळे अद्भुत  
स्थिर करे हे चित्त,  
ध्यान मग्न होईल जो,  
प्रगती करेल तो.

स्वभाव आपला बदले  
करून दूर करे,  
व्यायाम करे शुद्ध तन,  
रौद्ररूप वीरात परिवर्तन.

सकारात्मक विचार वाचे  
एकाग्र लक्ष कार्ये,  
आळस दूर करी  
देव ऊर्जा देई



गायत्री जाधव  
(इयत्ता दहावी - मकर्युरी)

दिवसभर सूर्याच्या उष्णतेने तापलेल्या धरतीला थोडी शिथिलता हवी असते. तिचा प्रत्येक कण प्रखर उष्णतेत झुलत असतो, पण मनाने ती वाट पाहते - पावसाच्या पहिल्या थेंबांची. पावसाच्या प्रतीक्षेत धरती जीवनसृष्टीसाठी सज्ज राहते, जणू पाणी तिच्यासाठी नव्याने जन्म घेण्याचे कारण असते. ही प्रतीक्षा शांत, पण काहीशा अस्वस्थतेने भरलेली असते. हळूहळू आकाशात काळे ढग दाटू लागतात. सूर्याचे तेज मंदावते आणि वातावरणात शांततेची झलक दिसू लागते. पहिला पावसाचा थेंब जमिनीवर पडतो आणि क्षणात वाफ होऊन उडून जातो. त्या थेंबामुळे निर्माण होणारा सुवास-मातीचा गंध - हाच खरा मृदंध काही क्षणांनी अधिक थेंब पडतात आणि हवेत मातीचा सुगंध दरवळतो. हा सुगंध थकलेल्या मनाला शांतता देतो, भावनांना नवा उत्साह देतो.

थंड वाऱ्याच्या झुळूकेसोबत दरवळणारा मृदंध मनाला एखाद्या फुलपाखरासारखे भिरभिरायला भाग पाडतो. हीच झुळूक जेव्हा झाडांच्या फांद्यांमधून जाते, तेव्हा त्यातून निर्माण होणारा स्वर निसर्गाचा अलंगूज वाटतो - हळुवार, मधुर आणि मनाला गोडी देणारा! चाफ्याच्या पानांवरून टप - टप पडणारे पावसाचे थेंब आणि त्यांचा मंद आवाज संपूर्ण वातावरणात ताजगी निर्माण करतो.

पक्षी आपल्या सुरक्षित आश्रयस्थानी उडून जातात, तर इतर प्राणी आणि वनस्पती नव्याने सजीव झालेल्या रूपाचा अनुभव घेतात. प्रत्येक थेंब, प्रत्येक झुळूक, प्रत्येक सुवासिक क्षण निसर्गातील जीवनाच्या एका नव्या अध्यायाची सुरुवात दर्शवतो.

मृदंध हा फक्त सुवास नाही; तो निसर्गाशी मनाचे संवेदनशील नाते जपणारा एक अनुभव आहे. पावसाचा हा सुगंध जीवनाच्या नव्या शक्यतांचा, नव्या सुरुवातींचा संदेश देतो. तो बालपणी खेळलेल्या मातीच्या आठवणींना, झाडांच्या सावलीत घालवलेल्या क्षणांना आणि निसर्गाच्या सूक्ष्म अनुभवांना जागृत करतो.

आजच्या काळात जेव्हा मानव आधुनिकतेच्या शर्यतीत निसर्गापासून दूर जातो, तेव्हा मृदंध आपल्याला पुन्हा आपल्या मुळाशी जोडतो. तो आठवण करून देतो की जिवंत राहण्यासाठी, शांततेसाठी आणि आनंदासाठी निसर्गाशी सुसंवाद आवश्यक आहे. मृदंधाच्या प्रत्येक थेंबात जीवनाचा उत्सव, निसर्गाविषयीची ओढ आणि मानवतेची संधी दडलेली आहे.

## मी शिकतो, म्हणून मी वाढतो



साहिल कर्पे  
(इयत्ता दहावी - व्हिनस)

अध्ययनेन वर्धेऽहं विद्या मां प्रकाशयति।

विद्या जीवनं शोभेऽहं सदा अग्रगामी भवामि ॥

या श्लोकाचा अर्थ असा की, मी शिकत राहतो म्हणून माझी प्रगती होते. विद्या मला उजळून टाकते. विद्येमुळे जीवन सुंदर राहते आणि मी नेहमीच पुढे जाणारा होतो.

खरोखरच, मनुष्याला इतर सजीवांपासून वेगळी करणारी गोष्ट म्हणजे शिकण्याची क्षमता. आपण जसे शिकत जातो तसेच आपली प्रगती होते. मनुष्याचा खरा विकास हा केवळ शरीराने मोठं होण्यात नाही तर ज्ञान, विचार आणि संस्कारांनी समृद्ध होण्यात आहे. शिकण्याची प्रक्रिया हीच खरी वाढ आहे. शिकण्यामुळे मनुष्याचा विकास होतो, समाज प्रगत तर राष्ट्र बळकट होते. यामुळे 'आपण शिकतो, म्हणूनच आपण वाढतो', असे म्हटल्यास वावगे ठरणार नाही. आपण आयुष्यभर सतत काही न काही शिकतच असतो. आपण नेहमी विद्यार्थीदशेतच असतो आणि आपले अनुभव आपले गुरू ठरतात. आपण जेव्हा शिकतो तेव्हा आपले ज्ञान वाढते, आत्मविश्वास दृढ होतो, नवीन कौशल्ये आत्मसात होतात व आपल्या विचारसरणीत परिपक्वता येते. शिक्षणाला वेळेचं, जागेचं कशाचं बंधन नसतं, निसर्गातील प्रत्येक अन् प्रत्येक घटक आपल्याला काहीतरी शिकवत असतो. यावेळी ग. दि. माडगुळकरांच्या ओळी मला सार्थ होतांना दिसतात, त्या म्हणजे 'बिनभिंतीची शाळा, लाखो इथले गुरु' जेव्हा आपण या आजुबाजूच्या गोष्टींमधून शिकणं बंद करतो तेव्हा आपले ज्ञान संकुचित होते, आणि तेच प्रत्येक गोष्टीला काहीतरी शिकण्याच्या दृष्टीकोनातून बघितले तर आपले ज्ञान वृद्धिंगत होते. असं म्हणतात की, 'शिकलेलं कधी वाया जात नाही - आणि शिक्षणच एक अशी गोष्ट आहे जी कोणीही कितीही ठरवलं तरी ती तुमच्यापासून हिरावली जाऊ शकत नाही.

जग बदलतंय, विज्ञान तंत्रज्ञान प्रगत होतंय त्यामुळे सतत शिकणं आणि आपलं ज्ञान अद्ययावत ठेवणं महत्त्वाचं आहे. शिकणं थांबलं की वाढही थांबते. शिकलेला माणूस फक्त स्वतःच वाढत नाही तर समाजालाही प्रगत करतो. शिक्षक, शास्त्रज्ञ, डॉक्टर, अभियंते, सैनिक हे सर्व आपापल्या शिक्षणामुळेच समाजासाठी कार्य करतात. संस्कृत भाषेत विद्येवर श्लोक आहे की, 'व्यये कृते वर्धत एव नित्यं

विद्याधनं सर्वधनं प्रधानम् — ज्याचा अर्थ होतो की, विद्या वाटली असता ती वाढतच जाते आणि तिच प्रधान धन आहे. म्हणून आपल्या ज्ञानात आपण एक भर पडावी या हेतूने आपले ज्ञान दुसऱ्यांपर्यंतही पोहचवले पाहिजे.

विद्या वर्धते पुंसो नित्यं ज्ञानप्रकाशया।

अज्ञानतमसः क्षयः सदा सुखसमृद्धयः॥

म्हणजेच, विद्येने माणूस सतत वाढतो, ज्ञान प्रकाशामुळे अज्ञानाचा अंधार होतो आणि जीवनात सुख-समृद्धी येते. शिक्षणाने केवळ ज्ञानच नाही तर निर्णयशक्ती आत्मविश्वास, विनयशीलता यांचीही वाढ होते. जगातील सर्वात ज्ञानी व्यक्तीही सतत शिकतच असते. ज्याप्रमाणे एखाद्या कितीही मोठ्या वटवृक्षाला पाण्याची आणि मुळांच्या खंबीर आधाराची गरज असते, त्याप्रमाणेच आपण कितीही मोठे झालो तरी आपल्याला शिकता आलं पाहिजे, कधीच आपल्या ज्ञानाचा आपल्याला अहंकार चढता कामा नये. स्वामी विवेकानंद म्हणतात की, 'शिक्षण हे माणसात आधीपासूनच असलेल्या दिव्यत्वाचे जागृतिकरण आहे.' म्हणजे शिक्षण हेच मानवी जीवनाचे भूषण आहे.

आपण नेहमी चुकामधून धडे घेतले पाहिजेत त्या चुका सुधारून शिकणे समजुतदारपणाचे लक्षण आहे. थॉमस एडिसनने शंभर प्रयत्नांनंतर दिव्याचा शोध लावला तो प्रत्येक वेळी अपयशी झाला, पण प्रत्येक वेळी नवं शिकला, म्हणून अखेरीस तो यशस्वी झाला. या अशाच बारीक-बारीक संधींमधून आपले व्यक्तिमत्त्व सशक्त होते. तसेच नवीन आव्हानांना तोंड दिल्यामुळे आपले मन सामर्थ्य वाढते. शिकणं म्हणजे फक्त शाळेतील घडे नाहीत, तर आयुष्याच्या वाटेवर येणाऱ्या वेगवेगळ्या अनुभवांचे धडे आहे. मी जसा शिकतो तसा मी वाढतो - विचारांनी, ज्ञानाने, संस्कारांनी, आणि कृतींनी म्हणूनच माझा ठाम विश्वास आहे की, "मी शिकतो, म्हणून मी वाढतो.





शर्वणी लोणकर  
(इयत्ता नववी - मर्क्युरी)

‘माणसाने कसे आनंदी राहावे?’ हे वाक्य आपण आपल्या आजूबाजूच्या लोकांकडून कायम ऐकले असेल. आनंद ही भावना कधी येते बरं? खरं तर, सोप्या शब्दांत सांगायचं झालं, तर आपल्या मनासारखी किंवा आवडीची गोष्ट घडली की आपल्याला आनंद होतो.

लहान मुलांना त्यांना हवे असलेले खेळणे मिळाले किंवा त्यांची आवडती गोष्ट मिळाली की त्यांना आनंद होतो. तसेच परीक्षेत चांगले गुण मिळाले, आई-बाबांनी किंवा शिक्षकांनी कौतुक केले की आपल्याला आनंद होतो. आपण अनेक दिवस मेहनत करून एखादं काम यशस्वी केलं की त्याचा आनंद गगनात मावत नाही. मोठ्या माणसांना त्यांचं काम यशस्वीपणे पूर्ण झालं की आनंद होतो. त्या कामासाठी ते दिवस-रात्र झटतात, मेहनत करतात आणि ते पूर्ण झाल्यावर जो आनंद व समाधान मिळतं ते अमूल्य!

आनंद व्यक्त करण्यासाठी अनेक पद्धती असतात. काही लोकांना तो आनंद स्वतःपुरता ठेवायचा असतो; तर काहींना तो आपल्या कुटुंबासोबत, मित्रांसोबत वाटून घ्यायला आवडतो. आनंद या भावनेत भावुक होण्याचीही भावना असते. खूप आनंद झाला तर

कधी रडूही येतं. अचानक डोळे पाणावतात आणि अश्रू वाहतात. यालाच आपण 'आनंदाश्रू' म्हणतो.

आनंद झाला की माणूस हसतो, उड्या मारतो आणि कधी कधी रडतोही; पण जास्त आनंदही कधी कधी चांगला नसतो. उदाहरणार्थ, परीक्षेत चांगले गुण मिळाले की आनंद होतो; पण त्या आनंदात काही मुले इतकी हरवून जातात की त्यांना आपणच सर्वश्रेष्ठ आहोत असं वाटू लागतं. मग ते पुढच्या परीक्षेचा नीट अभ्यास करत नाहीत. त्यानंतर कमी गुण मिळाले की पुन्हा वाईट वाटतं. असं होऊ नये. आनंदात हरवून न जाता त्या आनंदातून नवीन ऊर्जा घेऊन पुन्हा दुप्पट मेहनत केली पाहिजे. यामुळे तो आनंद टिकून राहतो.

खरं तर, आनंद म्हणजे केवळ क्षणिक भावना नाही. तो आपल्याला पुढे जाण्यासाठी एक सकारात्मक ऊर्जा देतो. जेव्हा आपण एखाद्या यशामुळे आनंदित होतो, तेव्हा त्या आनंदाला केवळ साजरे न करता, त्यातून मिळालेली प्रेरणा पुढील कामांसाठी वापरली पाहिजे. आपल्या यशाचा आनंद हा एक मापदंड आहे, जो आपल्याला आपल्या क्षमतेची जाणीव करून देतो.

हा आनंद आपल्याला सांगतो की आपली मेहनत योग्य दिशेने आहे. म्हणून, मिळालेल्या आनंदाच्या क्षणांना एक नवीन सुरुवात म्हणून स्वीकारूया. त्या ऊर्जेचा उपयोग अधिक शिकण्यासाठी, अधिक कष्ट करण्यासाठी आणि भविष्यात मोठी स्वप्ने पूर्ण करण्यासाठी करूया. कारण खरा आनंद तेव्हाच टिकतो जेव्हा तो आपल्याला थांबायला नाही, तर अधिक वेगाने धावायला प्रेरित करतो.

## संगीत की भाषा



श्रीमती तनुजा जोशी  
(हिंदी अध्यापिका - माध्यमिक विभाग)

संगीत की कोई भाषा नहीं होती,  
यह सुरों की वाणी सबको समझ आती |  
बिना कहे ही मन के भावों को वह बतलाती,  
मन के ताले धीरे से खोल जाती ||१||

तनाव मिटाकर मन को शांति देती,  
सप्त स्वरों के सागर में हमें वह नहलाती |  
मानो जीवन की सरगम वह दिखलाती,  
नई उमंग, नई ऊर्जा के दीप जलाती ||२||

कभी-कभी वह अपनी संगिया बनती,  
सच्ची राह अपनाना वह सिखलाती |  
आत्मबल में वृद्धि पाने प्रेरित करती,  
जीवन में संगीत भरकर उज्वल परिवेश दिखाती || ३ ||



श्रीमती कीर्ति गंधे  
(ग्रंथपाल)

“मन की गहराई से उठती हैं भावनाएँ,  
कभी बनती आँसू, कभी मुस्कान कहलाएँ  
खुशी में झूमतीं, दुख में बह जातीं,  
प्रेम में रंग भरतीं, अपनापन जतातीं।”

ऊपर लिखी पंक्तियों में जिस प्रकार भावनाओं का वर्णन किया गया है, वह भावनाओं की महता दर्शाती है।

जब मनुष्य का निर्माण हुआ तब भगवान ने उसे मन, भावनाएँ और विचारों की शक्ति दी। मानवीय मन को व्यक्त करने के लिए वाणी का वरदान दिया। मनुष्य की यह यात्रा निरंतर चल रही है। मनुष्य के जीवन में कर्तृत्व के साथ-साथ रिश्तों और उनके प्रति भावनाओं का विशेष महत्व है।

विभिन्न मनोवैज्ञानिकों के अनुसार भावनाएँ व्यक्ति के जीवन पर हर दृष्टि से प्रभाव डालती हैं। मनुष्य का भावनात्मक और शारीरिक विकास भावनाओं पर आधारित होता है। मानव जीवन में कोई भी भावना अनुभव और उसके अनुसार व्यवहार से जुड़ी होती है। भावनाएँ सुख, दुख, आनंद आदि अनेक रूपों में अनुभव की जाती हैं। इनमें विचार, स्मृति, श्रद्धा और इच्छाएँ निहित होती हैं, जो मनुष्य के व्यवहार को प्रभावित करती हैं।

भावनाओं के आनंद, क्रोध, भय, दुख, घृणा और आश्चर्य जैसे अनेक घटक हैं। भावनाओं को सकारात्मक और नकारात्मक—दो प्रकारों में विभाजित किया जा सकता है। अनुभव के आधार पर उनका रूपांतरण दोनों में होता है। सकारात्मक भावना से एक सकारात्मक व्यक्तित्व की रचना होती है अतः मनुष्य की सोच सकारात्मक ही होनी चाहिए।

भावनाओं की कुछ विशेषताएँ हैं:

- मानवीय जीवन के हर चरण में भावनाओं का विकास होता है।
  - एक भावना से समान भावनाओं का विकास होता है।
- देखा जाए तो मनोवैज्ञानिक दृष्टि से देखा जाए तो भावनाओं का महत्व बहुत है और इसलिए हमारे दैनिक जीवन में, अंतरमन में भावनाएँ कितनी महत्वपूर्ण भूमिका निभाती हैं, इस पर विचार करना आवश्यक है।

मनुष्य एक सामाजिक प्राणी है। वह प्राचीन काल से समूह में रहता

आया है। अकेले रहना उसे अधिक पसंद नहीं है। समूह में रहने की यह भावना उसके जीवन पर हर दृष्टि से प्रभाव डालती है।

- बाल्यावस्था से वृद्धावस्था तक बुद्धि के विकास में सबसे महत्वपूर्ण कार्य भावनाएँ करती हैं। मनुष्य अपने जीवन के हर चरण में भिन्न-भिन्न भावनाओं का अनुभव करता है, जो उसे जीवन जीने की प्रेरणा देते हैं। जब हम घर से बाहर निकलकर सामाजिक क्षेत्र में प्रवेश करते हैं, तब हमें अनुभव होता है कि कुछ लोग भावनाप्रधान होते हैं और कुछ लोग भावनाहीन, यह भिन्नता समाज-प्रबोधन और राष्ट्र-निर्माण में भी दिखाई देती है।
  - विद्यार्थियों के संदर्भ में देखें तो उनके जीवन में शारीरिक, मानसिक और भावनात्मक परिवर्तन महत्वपूर्ण भूमिका निभाते हैं। उन्हें भावनाओं पर नियंत्रण रखना, वरिष्ठों का सम्मान करना, आयु का ध्यान रखना जैसी बातें सीखनी पड़ती हैं। कभी-कभी वे अनुचित भाषा या शब्दों के माध्यम से भावनाएँ व्यक्त करते हैं, जो उनकी प्रगति के लिए अनुचित है।
  - इसी प्रकार कार्यालयों में कर्मचारी अपने सहकर्मियों के साथ कैसे व्यवहार करते हैं, यह भी महत्वपूर्ण है। पद, जिम्मेदारी और कार्य का तनाव कभी-कभी उन्हें एक-दूसरे को कम आंकने पर मजबूर कर देता है, जिससे कार्यस्थल पर तनाव और भावनाओं का अनुचित प्रकटीकरण हो सकता है।
  - माता-पिता और संतान के रिश्ते में संवाद अत्यंत आवश्यक है। बदलती जीवनशैली और आधुनिक तकनीक के अधिक उपयोग के कारण शारीरिक और मानसिक तनाव बढ़ गया है, जिससे संवाद का अभाव स्पष्ट दिखता है। बच्चे बोलने और व्यवहार करने में कठिनाइयों का सामना करते हैं। समस्याएँ आएँ तो उनसे भावनात्मक विकास होता है, लेकिन भावनाओं को सही दिशा देने के लिए संवाद और वह भी "सुसंवाद" आवश्यक है। जो आजकल के इस आधुनिक युग में कहीं पीछे रह गया है। अंततः जो आजकल के इस आधुनिक युग में कहीं पीछे रह गया है - सुदृढ़ संवाद, लोगों का सम्मान और सरलता अत्यंत मूल्यवान है। यदि संवाद और भावनाएँ समाप्त हो जाएँ, तो समाज असंतोष के जाल में फँस जाता है।
- हमारा उद्देश्य सशक्त, स्वस्थ और विकसित भारत का निर्माण करना है। इसके लिए बच्चों को और समाज के प्रत्येक घटक को भावनाओं का सही प्रकटीकरण सिखाना आवश्यक है, ताकि प्रगति का सुंदर स्वप्न साकार हो सके। इसलिए जीवन में भावनाएँ अत्यंत महत्वपूर्ण हैं—हमें केवल उन्हें सकारात्मक ऊर्जा देनी है, यही हमारा कर्तव्य है।



**श्रीमती सुवर्णा तांबे**  
(हिंदी अध्यापिका, माध्यमिक विभाग)

मनुष्य के भावों की अभिव्यक्ति के कई सशक्त माध्यम हैं, जिनमें भाषा सबसे प्रमुख है क्योंकि यह विचारों, भावनाओं और अनुभवों को व्यक्त करने का सबसे शक्तिशाली और व्यापक साधन है। इसके अलावा, रचनात्मक कलाएँ जैसे साहित्य, संगीत, और नृत्य भी भावनाओं को व्यक्त करने के शक्तिशाली तरीके हैं। अन्य माध्यमों में चेहरे के भाव, शारीरिक हाव-भाव, और सोशल मीडिया शामिल हैं, जो भावनाओं और विचारों को संप्रेषित करने में भूमिका निभाते हैं। डिजिटल युग वह काल है जिसमें संचार, सूचना, और सामाजिक संवाद मुख्यतः इंटरनेट, मोबाइल, कंप्यूटर और सोशल मीडिया जैसे डिजिटल माध्यमों से होता है। यह युग तकनीकी विकास का प्रतीक है, जहाँ लोग एक-दूसरे से हजारों किलोमीटर दूर रहकर भी जुड़े रहते हैं। जहाँ हमारा जीवन और हमारा संवाद तकनीक से गहराई से जुड़ गया है। स्मार्टफोन, सोशल मीडिया, मैसेजिंग ऐप्स और अन्य डिजिटल प्लेटफॉर्मों ने हमारे भावनाओं को व्यक्त करने के तरीके को पूरी तरह से बदल दिया है। जहाँ एक तरफ इसने हमारी अभिव्यक्ति को व्यापक मंच दिया है, वहीं दूसरी तरफ इसने हमारे संबंधों की ईमानदारी और भावनाओं की गहराई पर भी सवाल खड़े किए हैं। डिजिटल युग में भावनाओं की अभिव्यक्ति एक सिक्के के दो पहलू की तरह है, जिसके फायदे और नुकसान दोनों हैं।

डिजिटल माध्यमों से भावनाओं की अभिव्यक्ति के फायदे - डिजिटल माध्यमों ने हमें अपनी भावनाओं को व्यक्त करने के लिए एक विशाल और सुविधाजनक मंच प्रदान किया है।

अभिव्यक्ति की स्वतंत्रता और पहुँच से अब हर व्यक्ति अपनी बात, अपनी खुशी, दुख या विचार को दुनिया के सामने रख सकता है। सोशल मीडिया प्लेटफॉर्म जैसे ट्विटर, इंस्टाग्राम, और फेसबुक ने हमें अपनी भावनाओं को लाखों लोगों तक पहुँचाने का मौका दिया है, जिससे हमारी आवाज़ को एक पहचान मिली है।

**दूर बैठे लोगों से जुड़ाव:** डिजिटल माध्यमों ने दूर बैठे लोगों से भावनात्मक रूप से जुड़ना आसान बना दिया है। वीडियो कॉल, वॉइस नोट्स और इमोजी के माध्यम से हम अपने प्रियजनों के करीब महसूस कर सकते हैं, भले ही वे हमसे हजारों मील दूर हों। यह उन लोगों के लिए वरदान साबित हुआ है जो सफर के कारण अपने परिवार और दोस्तों से दूर रहते हैं।

**सहानुभूति और समर्थन:** ऑनलाइन समुदाय (ग्रुप्स) के माध्यम से

लोग एक-दूसरे को भावनात्मक समर्थन देते हैं। जब कोई व्यक्ति किसी समस्या या दुख से गुजर रहा होता है, तो वह ऑनलाइन समुदाय (ग्रुप्स) में अपनी भावनाएँ साझा करके समर्थन और सहानुभूति प्राप्त कर सकता है। इससे अकेलापन कम होता है और एक-दूसरे के प्रति जुड़ाव महसूस होता है।

**अभिव्यक्ति की आसानी:** सोशल मीडिया और मैसेजिंग ऐप्स ने भावनाओं को तुरंत व्यक्त करना आसान बना दिया है। इमोजी, GIFs और वीडियो के जरिए लोग अपनी खुशी, दुख या उत्साह को तुरंत साझा कर सकते हैं, जिससे दूर बैठे लोगों से भी भावनात्मक जुड़ाव महसूस होता है।

**समान विचारधारा वाले लोगों से जुड़ाव:** इंटरनेट पर लोग समान रुचियों या समस्याओं वाले समुदायों से जुड़ सकते हैं। इससे उन्हें भावनात्मक समर्थन मिलता है और वे अकेला महसूस नहीं करते, खासकर उन लोगों के लिए जो किसी विशेष समस्या (जैसे स्वास्थ्य या मानसिक स्वास्थ्य संबंधी) से जूझ रहे हैं।

**गलतफहमी और संचार में कमी:** टेक्स्ट मैसेज और इमोजी भावनाओं की पूरी गहराई को व्यक्त नहीं कर पाते। एक सरल सा मैसेज भी गलत तरीके से समझा जा सकता है, जिससे रिश्तों में गलतफहमी और दूरियाँ बढ़ सकती हैं। आमने-सामने की बातचीत में जो भावनाएँ और भाव व्यक्त होते हैं, वे डिजिटल माध्यमों में पूरी तरह से खत्म हो जाती हैं।

**मानसिक स्वास्थ्य पर प्रभाव:** लगातार सोशल मीडिया पर दूसरों के "परफेक्ट" जीवन को देखकर लोग खुद को हीन महसूस करते हैं। इससे तुलना की भावना, तनाव और अवसाद जैसी मानसिक समस्याएँ उत्पन्न हो सकती हैं। साइबरबुलिंग और ऑनलाइन ट्रोलिंग भी लोगों के मानसिक स्वास्थ्य को गंभीर नुकसान पहुँचा सकती हैं, क्योंकि नकारात्मक टिप्पणी और दुर्व्यवहार सीधे तौर पर व्यक्ति के आत्म-सम्मान पर हमला करते हैं।

**दिखावटी भावनाएँ:** डिजिटल प्लेटफॉर्म पर अक्सर भावनाओं का प्रदर्शन दिखावटी हो जाता है। "लाइक" और "कमेंट" पाने की होड़ में लोग अपनी खुशी को बढ़ा-चढ़ाकर दिखाते हैं, जिससे रिश्तों की प्रामाणिकता कम होती है। यह एक ऐसी आभासी दुनिया बनाता है जहाँ हर कोई खुश और परफेक्ट दिखता है, जबकि वास्तविकता में ऐसा नहीं होता।

**संवेदनशीलता में कमी:** डिजिटल दुनिया में साइबरबुलिंग और ऑनलाइन ट्रोलिंग बहुत आम है। लोग बिना सोचे-समझे दूसरों पर नकारात्मक टिप्पणियाँ करते हैं, जिससे दूसरों की भावनाओं पर होने वाले असर का एहसास कम हो जाता है। यह संवेदनशीलता और सहानुभूति को कम करता है।

डिजिटल युग में भावनाओं की अभिव्यक्ति एक जटिल विषय है। जहाँ एक ओर इसने हमें अपनी बात रखने का एक शक्तिशाली मंच दिया है, वहीं दूसरी ओर इसने हमारी भावनाओं की गहराई और प्रामाणिकता को चुनौती भी दी है। हमें इस बात को समझना होगा कि तकनीक एक उपकरण मात्र है। यह हमारे वास्तविक भावनात्मक संबंधों का विकल्प नहीं हो सकती।

आज की दुनिया में, यह बहुत महत्वपूर्ण है कि हम डिजिटल दुनिया और वास्तविक दुनिया के बीच एक संतुलन बनाए रखें। हमें तकनीक का उपयोग अपने काम को और अच्छा बनाने या कुछ नया सीखने के लिए करना चाहिए, लेकिन साथ ही हमें आमने-सामने के संवादों और

रिश्तों को प्राथमिकता देनी चाहिए। तभी हम डिजिटल युग में रहते हुए भी एक स्वस्थ और संतुलित भावनात्मक जीवन जी सकते हैं।

डिजिटल युग ने भावनाओं की अभिव्यक्ति के स्वरूप को बदल दिया है। यह युग जहाँ एक ओर भावनाओं के संप्रेषण को सरल और त्वरित बनाता है, वहीं दूसरी ओर यह हमें याद दिलाता है कि तकनीक मानवता का विकल्प नहीं बन सकती। डिजिटल माध्यमों का सदुपयोग करते हुए हमें यह नहीं भूलना चाहिए कि असली संबंधों की गरमाहट और मानवीय संवेदनाएँ सजीव संवाद में ही सर्वोत्तम रूप से प्रकट होती हैं।

## एकाग्रता



श्रीया शिंदे  
(कक्षा सातवी - मकर्युरी)

### परिचय

एकाग्रता का मतलब होता है अपने मन और ध्यान को एक ही काम पर पूरी तरह लगाना। जब हम पढ़ाई कर रहे होते हैं या कोई खेल खेल रहे होते हैं, तो अगर हमारा मन भटकता है तो हम अच्छा प्रदर्शन नहीं कर पाते। इसलिए एकाग्रता बहुत जरूरी है।

### एकाग्रता का महत्व

एकाग्रता हमारे जीवन में बहुत मदद करती है। पढ़ाई में एकाग्रता से हम ज्यादा जल्दी सीखते हैं और चीजें याद रखने में आसानी होती है। खेलों में भी जब खिलाड़ी अपने खेल पर पूरा ध्यान देते हैं, तो वे अच्छा करते हैं। एकाग्रता से हमारी सोच साफ होती है और हम अच्छे निर्णय ले पाते हैं।

### उदाहरण -

थॉमस एडिसन ने जब बिजली का बल्ब बनाया, तो उन्होंने कई बार असफलता का सामना किया। लेकिन उन्होंने हार नहीं मानी और लगातार अपने काम पर एकाग्रता बनाए रखी। उन्होंने हजारों प्रयोग किए, लेकिन अपनी एकाग्रता से आखिरकार सफल होकर दुनिया को रोशनी दी। अल्बर्ट आइंस्टीन ने भले ही बचपन में थोड़ा धीमा बोलना

शुरू किया था, लेकिन उन्होंने कभी अपनी एकाग्रता नहीं खोई। अल्बर्ट आइंस्टीन अपनी गहरी एकाग्रता में इतने खो जाते थे कि वे कभी-कभी खाना खाना ही भूल जाते थे। उन्होंने विज्ञान के क्षेत्र में गहरी सोच और लगातार मेहनत से काम किया। हम सब तो स्वामी विवेकानंद को जानते ही हैं। उन्होंने अपने जीवन में हमेशा एकाग्रता को बहुत महत्व दिया। वे अपने लक्ष्य पर पूरा ध्यान लगाकर काम करते थे। उन्होंने कहा भी है, “एकाग्रता ही सफलता की पहली कुंजी है।” इसी एकाग्रता की वजह से वे बड़े-बड़े काम करने में सफल हुए और लाखों लोगों को प्रेरित किया।

एकाग्रता कैसे बढ़ाए?

- सबसे पहले, पढ़ाई या काम करने के लिए एक शांत और साफ जगह चुनें।
- मोबाइल, टीवी और अन्य चीजों जिससे ध्यान भटकता है, इसलिए उन्हें दूर रखें।
- अपने मन को शांत करने के लिए गहरी साँस लें या थोड़ा ध्यान करें।
- दिनचर्या बनाए और दिनचर्या के मुताबिक ही पढ़ाई करें जिससे मन लगना आसान हो।

### निष्कर्ष

एकाग्रता से हमारा काम जल्दी और सही तरीके से होता है। अगर हम अपनी एकाग्रता पर ध्यान दें और उसे बढ़ाने की कोशिश करें, तो हम जीवन में सफल हो सकते हैं। इसलिए एकाग्रता को अपनी आदत बनाना बहुत जरूरी है।



**हीर पटेल**  
(कक्षा दसवी - मर्क्युरी)

मनुष्य का जीवन भावनाओं से भरा हुआ है, जैसे कि खुशी, दुख, निराशा, क्रोध। ये सब भावनाएँ हमारे जीवन को रंगीन बनाती हैं। भावनाएँ ही वह निधि है जो हमें हँसने का, दुखी होने का और वृद्ध होने का अनुभव देती हैं। इन्हीं भावनाओं में से एक है क्रोध।

क्रोध भी एक स्वाभाविक प्रतिक्रिया है। क्रोध तब पैदा होता है जब हमारी कोई इच्छा पूरी नहीं होती, हमारे कार्य के रास्ते में रुकावट आ जाती है या हमें लगता है कि हमारे साथ या हमारे किसी प्रियजन के साथ किसी भी प्रकार का अन्याय हुआ हो। क्रोध हर इंसान के भीतर मौजूद एक सामान्य भाव है, बस ये अलग-अलग परिस्थितियों में बाहर आता है।

महाभारत में युधिष्ठिर ने कहा है —

"क्रोध ही मनुष्यों को मारने वाला है, और दया से भरा हुआ जीता जागता तो अक्रुद्ध करने वाला है... उसकी और अवनति दोनों क्रोधमूलक ही हैं..."

जो क्रोध पर विजय प्राप्त करता है, वह उन्नति की ओर अग्रसर होता है, और जो क्रोध के वशीभूत रहता है उसके लिए क्रोध विनाशकारी सिद्ध होता है।

क्रोध से मनुष्य की बुद्धि पर पर्दा पड़ जाता है और वह सही-गलत का भेद भूल जाता है। यही कारण है कि लोग कहते हैं, क्रोध में समझ सबसे पहले खत्म हो जाती है। लेकिन अगर यही क्रोध हम रखकर, सोच-समझकर सही दिशा में लगाएँगे, तो यह अन्याय के खिलाफ आवाज उठाने और बदलाव लाने की ताकत भी बन सकता है। इसलिए कहा जाता है कि क्रोध एक ही भाव है, पर इसके दो नतीजे हो सकते हैं- एक अच्छा और दूसरा बुरा।

क्रोध अगर नियंत्रण से बाहर हो जाए तो यह इंसान का सबसे बड़ा दुश्मन बन सकता है। इतिहास में भी कई उदाहरण मिलते हैं। रावण का विनाश उसके क्रोध और अहंकार की वजह से हुआ। इसी तरह महाभारत में दुर्योधन का क्रोध ही युद्ध का कारण बना। आज के समय में भी क्रोध के वजह से लोग झगड़े करते हैं, और कभी-कभी अपराध कर बैठते हैं।

क्रोध हमेशा बुरा नहीं होता जब इसे सही दिशा दी जाए तो यह समाज में अन्याय के खिलाफ आवाज उठाता है। क्रोध को मनुष्य का संहारक और विनाशक माना है, जो समस्त विपत्ति का मूल है। महाभारत युद्ध में अर्जुन को जब दुर्योधन और कौरवों का अन्याय याद आता था तभी वही क्रोध धनुष गांडीव और न्याय के लिए युद्ध करने की शक्ति देता था। सही दिशा में और सही कारण से किया गया क्रोध समाज और व्यक्ति दोनों के लिए लाभदायक हो सकता है। जब भारत पर अंग्रेजों का अन्याय बढ़ रहा था, तब लोगो के मन में अन्याय के प्रति गहरा क्रोध था। उनका यही सकारात्मक क्रोध देश की आजादी का कारण बना।

## मन के रंग – कला के संग

**अ) एक चित्र बनाइए जो आपके अंतरंग विचारों को दर्शाता हो।**

- १) मित्रता का प्रतीक (दो हाथ मिलाते हुए)
- २) खुशी का प्रतीक (खिला हुआ सूरज या फूल)
- ३) आत्म-चिंतन (आईने में स्वयं को देखते हुए)

**आ) कोलाज निर्माण**

- १) पुराने पत्र-पत्रिकाओं से चित्र/शब्द काटकर एक कोलाज तैयार करें।
- २) कोलाज का शीर्षक दें: "मेरे अंतरंग रंग"
- ३) इसमें वे चित्र/शब्द चिपकाएँ जो आपकी भावनाओं को व्यक्त करते हों।

**इ) हस्तकला**

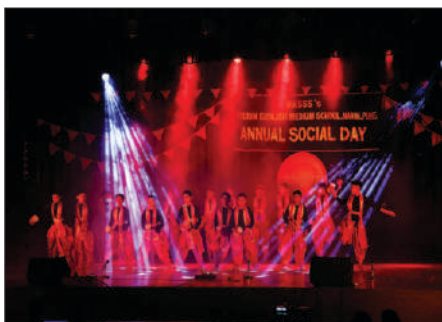
- १) रंगीन कागज़ से एक भावनात्मक मुखौटा (Emotion Mask) बनाएँ।
- २) मुखौटे पर अपनी पसंद के रंग और आकृतियाँ बनाइए।
- ३) मुखौटे के पीछे लिखें: "यह मुखौटा मेरी \_\_\_ भावना को दर्शाता है।"



# Annual Day Pre-Primary



# Annual Day Primary



# Annual Day Secondary





