



### Bunts Sangha's S.M. Shetty High School & Jr. College ISO 21001: 2018 Certified



# INSIGNIA

An impression of thoughts and emotion





सरस्वती नमस्तुभ्यं, वरदे कामरूपिणी । विद्यारम्भं करिष्यामि, सिद्धिर्भवतु मे सदा ।।

#### **Our Mission**

"Personality Development for Nation Building"

#### Our Vision

"India is on its growth path of developing through different industries and agriculture." World is becoming smaller and globalization has come to stay. In this process of inevitable changes in the world, there is need to prepare value driven global citizens and technically competent socially conscious people for building India.

In S.M. Shetty Educational Institutions we will prepare the critical mass of human resources for preparing "New India". We will continually provide the environment and facilitate students to discover and develop their potential. This will be done through unique learning centers, which will become the benchmark for academic institutions globally.

#### Our Core Values

- Continuous growth of our students through continuous growth of teachers.
- Facilitate discovery.
- Making ordinary students extra-ordinary.
- ◆ Innovate.

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### **EDITORIAL BOARD**

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Ms. Sheetal Birje
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Ms. Hilda Christopher
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### **Coverpage Artists**

Mst. Abdur Rehman – XII Science B

### President's Message



# Chandrahas K Shetty President – Bunts Sangha, Mumbai

"Yesterday's home runs don't win today's games."

A riveting quote by George Herman, a great baseball player of his time.

The core of this mindset relies on innovating, creating and inspiring every day, and it gives me immense pleasure to see Bunts Sangha's S. M. Shetty Educational Institutions in Powai exhibit the same core values through their academics and extracurricular activities.

It's a matter of pride for every one of us to be an integral part of one of Mumbai's finest institutions. In addition to offering the future of our country with meritorious academic skills, we also impart skills that assure a well-rounded development for the students that help them to succeed in their fields of interests.

We as an institution aspire to harbor great minds and greater leaders who would be instrumental in leading our nation to its full potential. We can't do what we do without the hard work put in by our leadership teams and teachers. The institution plays an important role in training the teachers so that they could create a growth mindset in their students and help them unlock their full potential. Furthermore, the school also conducts a range of events that help our students find their voice, follow it with passion and be global citizens of the future.

This magazine is a platform for the students and the teachers to express their creative side that has been developed through sheer hard work with authentic ideas. It's a testimony of our passion towards our institution and our affection towards our work. I congratulate the editorial team for their hard work and deviation which has resulted in the publication of the magazine.

Shetty Educational Institutions and trust they will continue this journey on the path of excellence.					

### Chairman's Message



B R Shetty
Chairman – Powai Education Committee

Dear Students, Teachers, Staff, Parents, and Well-wishers,

As a testimonial to the incredible journey of learning and development we have started together, I address you through this e-magazine of our prestigious institution with tremendous joy and a strong sense of accomplishment as we commemorated our institution's silver jubilee and the culmination of 25 illustrious years last year. This accomplishment is a result of the combined efforts and unwavering commitment of all previous and present personnel of our institution.

I feel overwhelmed by the journey we have undertaken together. From humble beginnings, our institution has grown and flourished, nurturing generations of bright minds and fostering a spirit of excellence in education. Our silver jubilee serves as a reminder of the countless lives we have touched, the dreams we have nurtured, and the foundations we have built for a better future. As we celebrate this significant milestone, we reflect upon the incredible journey that has brought us to this moment. Our institution's foundation was laid with a vision to provide holistic education, nurturing young minds to become responsible global citizens. Over the years, we have strived to uphold this vision, continually adapting and evolving to meet the changing needs of our students and the world around us.

Let us pause for a moment to think back on the milestones we have reached together as we go forward on the adventure we began 25 years ago. Our students have achieved success in academic endeavors, sports, the arts, and numerous extracurricular activities. We have seen young minds undergo transformations when the virtues of integrity, empathy, and resiliency are instilled in them. We have seen the connections made within these walls, forging a solid sense of belonging.

Our silver anniversary, however, is not merely a moment to celebrate; it is also a chance to express appreciation. I want to sincerely thank the visionary administrators, passionate faculty, and hardworking staff who have worked relentlessly to make our educational institution what it is today. For entrusting us with their children's education and welfare, I

would like to express my deepest gratitude to the parents and guardians. Moreover, I want to recognise and congratulate the students whose dedication, ability, and passion have been the catalyst for our success.

As we embark on the next phase of our journey, let us carry forward the legacy of excellence, innovation, and compassion that has defined our institution. Let us continue to embrace new challenges, adapt to changing times, and strive for continuous improvement. Together, we can shape a brighter future, not just for our institution, but for society as a whole.

Salutations for 25 years of achievement, expansion, and brilliance. May our institution serve as a beacon of light for many years to come.

### BUNTS SANGHA'S POWAI EDUCATION COMMITTEE

#### **OFFICE BEARERS**



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Dr. Harish Shetty

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Adv. B.B. Shetty



Gunapal R. Shetty Aikala



Prabhakar Shetty



**Bharat Shetty** 

### From the Principal's Desk



# Dr. Shridhara Shetty Principal

"School is a building that has four walls- but with a tomorrow inside".

- Lon Walters.

Change is a fact of life. It is equally so for educational institutions. We have been demonstrating a strong commitment and determination to this philosophy with a spirit of courage, confidence and conviction by respecting the sentiments of continuity with change.

Grooming young minds to succeed in life is the ultimate goal of an educational institution. Besides, it must be the mission of the educational institutions. We must strive holistically in the accomplishment of this noble objective. The parameters of success of educational institutions depend upon teaching, learning and evaluation process with lot of research bent of mind. College regards itself as a vibrant academic community where in both students and teachers have the freedom and responsibility to communicate, energize, empower, envision and disseminate the knowledge. We ensure all round development of our students by providing the necessary academic and non- academic inputs.

We do believe that each child is unique. However, individual differences do exit. There are advanced learners, average learners and slow learners. In S M Shetty Junior College, we take extra care on slow learners so as to bring them on par with their counterparts in the classroom. We always focus on results. Results reflect the academic standard of the school. Results would be achieved through effective teaching, guiding, counselling, mentoring and finally one-to-one interaction. That is why, our results are always exceptionally good. Parents are made partners in the academic progress of a child.

XI and XIIth are the most crucial stage of educational process of any student. It is neither childhood nor fully matured. It is a time of transition and exploration. Schools and colleges have to provide necessary platforms to showcase the hidden talents of our students to engage them properly. This opportunity would provide cushion effect to take a leaf forward.

We are indented to many. Our management is benevolent, supportive and encourages our activities at all times. I thank the members of our faculty, non-teaching staff, students and parents for their whole-hearted support in taking the institution forward.

### From the Vice – Principal's Desk



#### Pratibha Gadagalli Vice-Principal

"We cannot always build the future for our youth, but we can build our youth for the future."

Franklin D. Roosevelt

It is a matter of pride to pen down the message for "Insignia" the annual magazine of Bunts Sangha's S M Shetty Junior College. The words of Franklin D. Roosevelt perfectly describe the aim of our institution. Beyond providing a sound education, we wish to provide our students with a holistic learning experience for life. Our goal is to instill values in the students. Hence, we strive to travel beyond the boundaries of mere books.

Students are the nation's most valuable and creative asset. Our aim is to develop intellectual students with great discipline, intense determination, and passion to do extremely well and meet all the challenges of the contemporary society. There is a need for discipline in our society and in our lives. The absence of discipline brings disorder and chaos. There are some rules that control our activities. If we do not respect these rules, our lives will be like a boat without the boatman. Even highly talented and hard working people cannot be successful if they are not disciplined.

The progress of an institute depends mainly on the performance of the students in academics, sports, and cultural activities, along with maintaining high values and ethics. I am proud to say that our students are doing excellent in academics, sports, and cultural activities. And it gives me great satisfaction that the college is progressing in all its endeavors towards the overall development of the students by encouraging each one of them to achieve their goals and missions in life ahead.

Our vision is to work towards a happier tomorrow, which is not possible to achieve without the valuable support and kind co-operation of our dynamic team of management, enthusiastic teachers, helping non-teaching staff, dear parents, and everyone who is a part and soul of the institution.

I wish success to the institution in all its endeavors'.

Best regards.

#### From the Editor's Desk

- " A man is but the product of his thoughts, what he thinks he becomes"
  - Mahatma Gandhi

The editorial board of Bunts Sangha's S M Shetty high school and junior college proudly presents its unique creation in the form of annual magazine 'INSIGNIA' – an impression of thoughts and emotions

which serves as a platform to highlight the literary and artistic segment of our students.

Our college has smart and inspired students ready to take the advantage – both in the classroom and extra curricular options provided to them. This magazine is a reflection of life at college. The junior college has been steadily growing and there is lot of positive energy and our magazine surely reflects this positive dimension.

The cover page features a pawn looking into a mirror but its reflection is that of a king. This picture gives hope to its viewers that everybody has the right to see oneself in supreme position irrespective of his current status. Human nature does not treat everyone equally at all times, but we can still try our best to defy this.

This year the magazine has expanded its reach to include student representation .I acknowledge the constant hard work of our student editors who inspired other students to share their views and efficiently edited the articles. The publication of magazine included lot of planning compounded with team work.

I am thankful to all the blooming writers who have responded and penned their ideas for the magazine. Our student authors have put across amazing pieces of writing, displaying their creative and writing skills .

Finally from the entire team of Insignia, I wish all the readers a happy reading.....

### **Science Coordinator's View**



"Na chorahaaryam na cha rajahaaryam
Na bhrathrubhajyam na cha bhaarakari
Vyaye krute vardhata eva nithyam
Vidyadhanam Sarvadhana pradhaananam"

(Education cannot be stolen or taken away. It cannot be divided among siblings and it is not heavy to carry. The more you educate others, the more it keeps growing. Acquiring knowledge is very important. Knowledge is the only wealth that increases when you share it with others.

The wealth of knowledge is the most superior wealth of all.)

Finally the offline classes have begun. We all have overcome the Covid crisis. We have come up with refreshing energy, innovative ideas and thoughts to impart blended learning for students.

If Covid has brought us challenges, it has also opened new opportunities and horizons in education.

Pre Covid, an online education trend had started. During Covid, the importance and need of teachers and learning in schools were realized.

Let us handhold this new generation emotionally and professionally to grasp knowledge. Let us bridge the gap of two years of online teaching. We have to bring them back to our tradition of education in schools and colleges. We must fulfill the actual definition of education- the all-round development of students.

My best wishes to you students. Equip yourself with vast knowledge, determination, confidence, empathy and enthusiasm to create a civilized society and thereby leading India to a developed nation.

Preethi Warior

### **Commerce Coordinator's View**



"All knowledge that the world has ever received comes from the mind, the infinite library of the universe is in our own mind."

-Swami Vivekananda.

Its a privilege to be part of S M Shetty Educational Institutions for more than a decade. This year is very special as Bunts Educational Institutions celebrating Silver Jubilee of Educational Excellence.

S M Shetty Junior college always exceed to imbibe the strong values in the student's life and creating confidence in them to face the challenges with a positive mindset.

We constantly put our effort to empower our student's creativity. Our faculty always ready to assist and guide our students with poise.

Education at S M Shetty Junior College always cater to learner's interest. In order to realize the students true potential we conduct various academics and extracurricular activities by having a great infrastructure facility.

Our Management, Students and Parents are the key pillars of our institutions who constantly support and bestow their faith in us is our driving force.

Ms. Uma Nair.

### **OUR PILLARS**



**Students Council 2022-23** 



# ACTIVITIES & SNAPSHOTS CARTOON MAKING

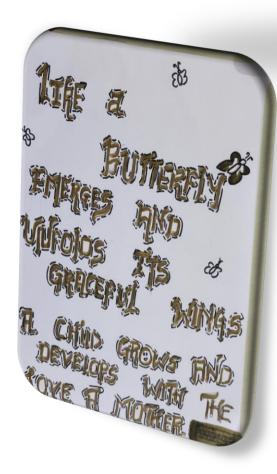


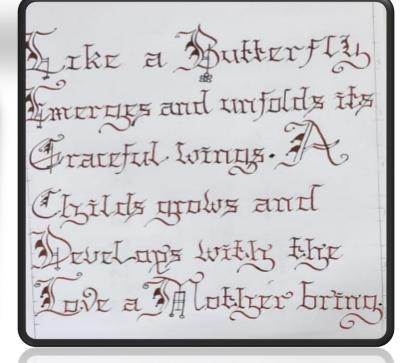




### **CALLIGRAPHY**

ike a buttert by emerges and unfolds its graceful usings, and child grows and develops with the love a mother brings—





# Poster Making











# **Quiz Competition**

















# **Career Opportunities**





## **Hindi Diwas Celebration**















Teacher's Day

Celebration





### **In-Door Sports Activity**









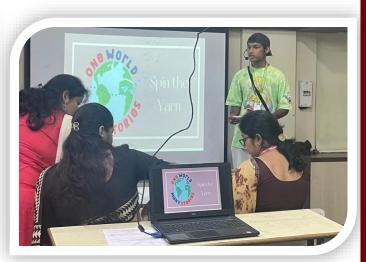
### **TALENT HUNT 2022-23**





### SPIN THE YARN







### POT PAINTING





### MEHENDI DESIGN









### **JEWELLARY MAKING**







### INSTRUMENTAL





### **BRIDAL MAKE-UP**



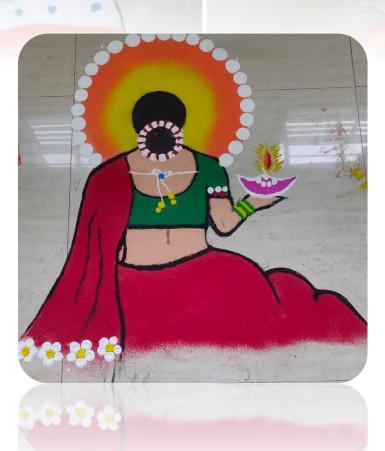




## RANGOLI MAKING







# Apratimotsav - 2022

























### ANNUAL DAY - 2022

























### **Students Achievements**



Mst. Srajan Poojari - XII Commerce B- won the Bronze Medal at DSO Level held at Kurla.

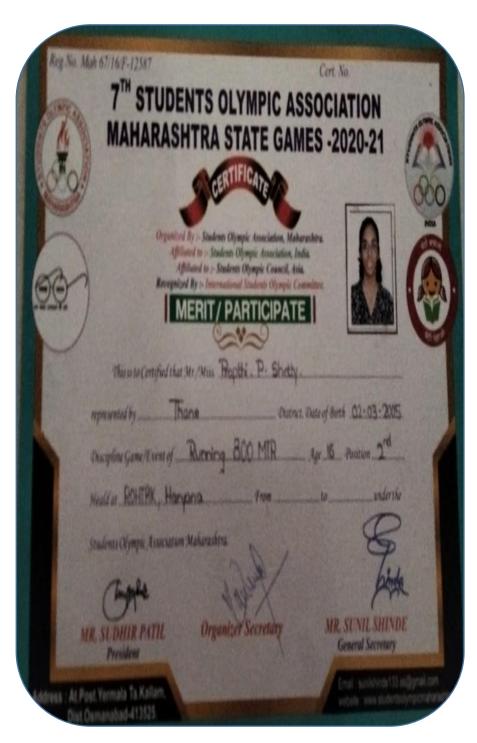




Sajjith — XII
Commerce — B
Won Gold Medal for
Singing Competition
held in Chandraban
Sharma College of
Arts, Science and
Commerce, Powai

## Prapthi Prashant Chandra Shetty – XII Commerce – D Won 2<sup>nd</sup> Prize in Maharashtra State Games 2020-21





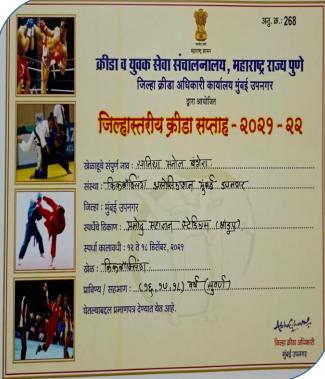


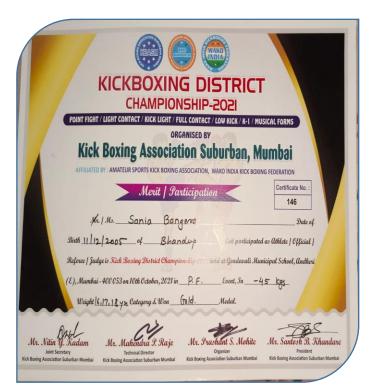


## Sania Bangera –XII Commerce B Won National Level Kick Boxing Championship Award









Nalawade Nikhil Vijay - XII Science D Given "Tabla- Madhyma Poorna Exam" conducted by Akhil Bharatiya Gandharya Mahavidyalaya Mandal, Mumbai, Passed the Exam with First Class





# **Students Corner**



I like the feeling when i prove my old self/old judgement wrong because it shows me how much i have grown and matured into a better person. Learning from past mistakes is one thing but admitting that you were wrong is one of the hardest things because it questions you beliefs and ideals itself and nobody likes that. That's why instead of admitting ones wrongs, one comes up with different reasons and excuses to prove oneself right. Accepting the fact that you were wrong is nothing to be ashamed off. That's why if your wrong accept it will be easier for you.

Vijay Pandit XI Commerce A

# दोस्ती

दोस्त है बिगया का खिला हुआ फूल जिसके साथ रह कर हम भी बने हैं COOL, छोटी छोटी नोक झोक लड़ाई चलती रहती है इन चीजों की वजह से हमारी दोस्ती खिलती रहती है। दोस्त के बिना जिंदगी अधूरी है यारों के साथ हर कमी पूरी है। एक तरफा प्यार तेरे संग बिताये वो पल भूल न सका न फेक सका तेरे दिए हुए वो प्यारे फूल जैसे तैसे मैं जिंदगी जी रहा हूँ तेरी ख़ुशी देख कर जीवन रस पी रहा हूँ।
तुझसे दूर नहीं जाना चाहता था
तेरे साथ रहना चाहता था।
बस सुना था अब समझ भी लिया
की एक तरफा प्यार ने सबको धोखा दिया।
किताबें
किताबें हमको याद कर के लेती हैं हिचकी
फिर भी हम नहीं खोलते ग्रंथालय की खिड़की।
कभी सुना करो किताबों से कहानी
तुम्हारी भी होगी जिंदगी सुहानी।

भाई बहन का रिश्ता भाई बहन का है अनोखा रिश्ता अलग ना कर पाया इसे कोई फरिश्ता। एक चॉकलेट के लिए भी लड़ पड़ेंगे पर एक दूजे के बिना कभी न रहेंगे।

### Am I Really Serious About My Studies And Career?

Many of us keep ourselves busy on social media posting, sharing funny videos and hanging around with friends and chilling whole day, but just think for a minute that, 'Will it help me in my future career and studies'. The answer is 'NO'. I know that many of us will be hurt with this statement but it's the FACT.

I know social media has its importance and friends are also important, but the responsibility is on us how we deal with it around us. May I suggest that using social media for meaningful purpose can be much better rather than wasting it in the wrong

direction. It is very important for us to be sensibly selecting WHAT is important and WHEN it is important for us to act. We should also remember that, we have certain duty towards our country and to make it beneficial for everyone of us. It becomes very important for us to wisely choose what to do and when to do so that every step of the way we are increasing our knowledge base and at the same time doing some service to our nation.

I would like to suggest some ways where we can use our time in a fruitful/productive way like:

- I) Whenever we have free time, it would be beneficial if watch knowledgeable videos to boost our knowledge.
- II) Reading of some amazing novels or poetries like The Giver, The fault in our stars, Energise your Mind, etc.
- III) Sharing of our notes or going for group studies with friends is a very fruitful idea.
- IV) It can be very productive if we schedule our time like college time, study time, even me time and also the family time.
- V) It is always a good thing to take the guidance of our teachers and elders to guide us on the right path so that we know that we are actually on the right path.
- VI) "Try Try until you succeed" is the slogan we should work towards.

If we are really here to achieve our goals we have set targets and try to achieve them in a systematic manner. As the saying goes, "IT IS NOW OR NEVER" should be our slogan for which we should be alert about. At last but not the least, it is upon us to take the right decision to gift ourselves and our loved ones a bright future and also a better society by becoming serious about the things that we do in our life and be wise in selecting the choice. I am sure that our country is already on the path of becoming one of the greatest nation, let us also in a small way contribute from our end.

Dheeptha Varia 11 (Science) C Roll.No.:30

#### **India, China: Global Leaders**

India and China are two of the world's largest and fastest-growing economies, and both are expected to play significant roles in shaping the global landscape in the coming years. In this article, we'll examine the reasons why many believe these two nations could be the next global leaders.

First, it's important to understand the scale of the economies of India and China. Together, they account for over a third of the world's population and are projected to grow at a rapid pace over the next decade. As these economies grow, so does their influence on the global stage. This growth is driven by a number of factors, including large and growing populations, rising levels of education and technological development, and favorable demographic trends that are leading to a rapidly growing middle class in both nations.

In addition to their economic growth, both India and China have been making significant investments in infrastructure and technology, which are key factors in determining the success of a modern economy. For example, China has been investing heavily in advanced technologies such as 5G and artificial intelligence, while India has been building out its transportation and energy infrastructure. These investments are allowing these countries to increase their competitiveness on the global stage and become leaders in cutting-edge industries.



Another key factor that makes India and China potential global leaders is their political stability. While both nations face significant challenges and political polarization, they have managed to maintain relatively stable and democratic political systems, despite their large populations. This stability is essential for attracting foreign investment, promoting trade and cooperation with other nations, and providing the necessary conditions for long-term economic growth.

Finally, both India and China have a large and growing international presence, which is critical for becoming a global leader. This includes significant trade relationships with countries around the world, as well as growing diplomatic and military influence. For example, China is a member of the United Nations Security Council and has been expanding its military presence in the South China Sea, while India has been strengthening its ties with countries in Southeast Asia and the Pacific region.

In conclusion, India and China are two of the largest and fastest-growing economies in the world and are poised to play significant roles in shaping the global landscape in the coming years. They have large and growing populations, are making significant investments in infrastructure and technology, have relatively stable political

systems, and have a growing international presence. These factors make them prime candidates to become the next global leaders.

AUTHOR: NIKHIL NAIR STD: 11th Commerce-A ROLL NO.: 53

#### Nature- the best teacher

To see a world in a grain of sand

And a heaven in a wild flower

Hold infinity in the palm of your hand

And eternity in an hour.

- William Blake



Nature has been best teacher since dawn of time .It is the source of all life and beauty on earth. Nature has the power to inspire, motivate and enlighten us . Nature teaches us to be resilient , calm , creative and joyful . It also provides us with peace and tranquility. It shows us the importance of balance and harmony. Even the smallest aspect of nature has a hidden meaning.

Whether it is the changing of seasons or the cycle of day and night, nature provides us with lessons and teachings that can help us to become better people. From the lessons of the sun and moon, we learn the importance of balance and the need to adjust our lives and actions accordingly. The changing of seasons teaches the importance of adapting to different conditions and being prepared for the future. Nature is constantly changing and it can help us to understand the role of being patient and resilient in adverse situations. It takes time for a seed to sprout, for a flower to bloom and for a tree to grow nature teaches to trust the process. No matter how strong the wind or how cold the winter is, nature will always find a way to show its green majesty in the spring. It teaches us the important lesson of conviction .Nature teaches us to appreciate the beauty and complexity of the world around us. We can observe the intricate details of a flower, the way a bird soars through the sky, the way sun reflects off a lake. Nature's beauty is something to be appreciated and enjoyed. Nature teaches the crucial lesson of birth and death. Death is a natural part of life and and nature teaches us to appreciate the beauty of life when we have it. Nature has taught the beauty of diversity nature and teaches that different species can

coexist and thrive together. It gives us an important value that diversity is essential for a healthy and sustainable World. The lesson of nature also reminds us our interconnectedness with the environment. We learn to be compassionate and to put ourselves in the shoes of others. Nature teaches us to be generous. Nature also teaches us to respect the power of nature and to be mindful of our actions. Nature can be unpredictable and cause destruction if it is not respected. It teaches perseverance. Ants so tiny but when they come together, army of ants can lug a fly 20 times their size. Their teamwork and perseverance are commendable.

In conclusion, nature is a great teacher. It provides us with unique perspective on life and offers us valuable lessons. We must strive to learn from nature and apply its lessons to our own life. By taking the time to observe and learn from nature, we can become better human beings and lead more fulfilling lives.

Jeevika Shetty. 11Commerce F

#### **BUSINESS GOALS**

What to do to start a business and be successful??.....
Introduction

When it comes to starting a business, you can't just do anything. You have to have a plan and know what you want. And that means having a list of goals for your business.

#### Define your business.

To start, you'll need to define your business. What is it? What do you want it to be? How will this guide your actions as an entrepreneur?

You may have heard the term "business model" before and are wondering what it means for your company. A business model encapsulates all of the elements that make up a company's identity; everything from its products and services to its culture, mission and values. It also includes how money flows through the organization (for example: revenue goes directly into profits or costs are spread over several departments). In short—it describes what makes up a company!

#### Create a timeline.

A timeline is a simple way to keep track of your business goals. It's a visual representation of how long it will take to achieve each goal, and what the end result will be. You can create

a timeline for anything from getting started on an idea, to launching your website and making sales in 30 days (or less).

For example: If you want to start an online store selling clothes that are easy-to-care for but still fashionable, then creating a timeline might look something like this:

 Decide what kind of clothes you want to sell in your shop; perhaps ones with lots of stretch or buttons instead of zippers? Or maybe tops without sleeves so no one has



trouble reaching into their pocket or purse? In either case make sure there's enough variety within each style category so customers don't get bored easily when browsing through different styles at once!

#### Get ready to be a boss.

When you're ready to be a boss, you need to get prepared. You need to be ready for the responsibility that comes along with being in charge of your business. You can't just assume that everything will go well and everything will work out fine at the end of the day; there are always going to be challenges and obstacles that might come up unexpectedly—and when these things do happen, it's important for you as a leader or manager of people at work (or whatever title) not only understand what happened but also know how best handle those situations going forward (or even if they don't).

Leading your team means learning how best manage other people's emotions as well as their actions on behalf of yourself/your company—and this involves knowing how much control over those things one should exert over other people within their sphere of influence within an organization like yours! Being able support them through difficult times while giving them room enough space so they can grow personally without feeling suffocated under pressure from others trying too hard make us feel comfortable around us all together...

#### Come up with a plan.

#### What is a plan?

A plan is a set of goals and strategies to help you achieve them. It's kind of like your roadmap for getting from A to B in life. Once you have this map, it will guide you through the business journey with ease and confidence. A good business goal can help you reach any destination—whether that's landing that dream job or making enough money so that you can quit your day job and become an entrepreneur full-time! The key here is determining what matters most to YOU as an individual; then find out how those things connect with each other so they form one cohesive whole (a "business goal").

#### Why do we need plans?

Planning helps us stay organized while also allowing us more time for creative thinking and problem solving when necessary. When people think back on their careers over time, they often say things like: "I never knew where my career was going until I had children." Or: "I always knew what I wanted but just didn't know how do get there." Planning allows us all kinds of benefits including increased productivity at work because our brains aren't busy worrying about whether we'll ever finish something before midnight rolls around again tonight!

#### Get ready for failures and setbacks.

Failure and setbacks are normal in business. They're part of the process, so don't let them stop you from trying again. Don't let them stop you from learning from them and moving forward.

#### Having the right goals can help you succeed in business

• Have the right goals. Knowing what you want to achieve a nd setting goals that are realistic and achievable is the first step toward achieving success in your business. Don't worry about what other people's goals are; instead, focus on making yours as clear as possible so that you can set a course for yourself. Set some markers for yourself along the way, such as getting started or completing an entire project by a certain date and look back at those markers when they're reached to see how far ahead of schedule you



 Stay focused on your own path. Don't let distractions from other people's success distract from yours; if someone else has achieved something similar to yours (or better), don't let it sway how much time and effort goes into reaching each goal individually.\* Be ambitious but stay humble.\* Practice makes perfect.\* Remember: Your personal definition of success should be different than everyone else's!

#### Conclusion

Hopefully, I have given you a brief overview on how to create business goals and why it's important.

Author: Preksha Shetty Class:11<sup>th</sup> Com A Roll no: 29

Being Happy by Helping Others.....

Look around and you will be finding reasons to be happy. All you need is one small step towards a good deed. Being nice towards anything, anyone that will make you happy. Wondering how does that make you better, right? It makes you happy. Infact, it makes the other party happy too. Evidences state that helping others can also benefit our own mental health and wellbeing. For example it can reduce stress as well as improve mood, self esteem and happiness

Let me tell you about my own experience, I taught my elderly neighbor how to use computer so that



she can communicate with her son who lives out of town for work purposes. She is not helpless anymore and talks to her son whenever she needs. Happy when she praised me and when her wait was over for seeing her son. If we keep spreading this agenda it's gonna help alot to you and your surroundings

It's rare to find nice people nowadays. Be the change that's for a good purpose. Remember what Armstrong said "that's a small step for man, one giant leap for mankind".

#### Shristi Tiwari 11th Science A

#### **NAVIGATING THE WORLD AS A YOUNG MIND**

They say the teenage years of one's life are the golden years. The emotions and changes experienced by someone between the ages of 13 and 19 can be easily compared to a rollercoaster.

Teenagers are expected to act mature yet are treated like a child. Many a times, Teen's feel pressurized to live upto the expectation of their parents and when these expectation are not met, Teen's tend to get disappointed DISAPPOINTMENT then leads to self-insecurity and doubts about oneself.

Constant comparison to others is often noticed in most teens. They tend to act like someone they're not inturn, losing their unique selves.

Society expect teens to be different but not too different others, or be smart but not too. smart. These unwritten rules by society are simple yet TOO CONFUSING.

Navigating the world as a young mind is not easy. A little support and awareness from their loved ones will help them to go Long Way.

SIDHI KUMBHE & SIYA DADLANI XI Commerce A गलती मुझसे क्या होगई, गलती तो मेरी बता दो, छोड के मत जाना तुम, ऐसी ना मुझको सजा दो।

तुम ताकत हो मेरी, तुम हिम्मत हो मेरी, तुम चाहत हो मेरी तुम सब कुछ हो।

आदत हो गई मुझको तेरी, ये आदत ना छुटेगी, कसम है मेरी तुझको, ये बंधन ना तु छोड़ेगी।

कहना चाहता हूँ एक बात तुमसे , ये बात है मेरी मनकी, चाहता था मै तुझे, चाहता हूँ मै तुझे, चाहता रहूँगा हर पल मै तुमे।

Song writer: Vinayak chavan

Song name:- मुझे चाहत है तुमसे

चाहता हूँ मे तुझे, चाहती है तु मुझे फिर ऐसा क्या हूँआ, कि ये रिश्ता तुट गया।

कसमे जो ये वादे जो हर पल रहने के ओ वादे कहाँ गए, क्यू वादा तोड दिया।

गलती मुझसे क्या होगई, गलती तो मेरी बता दो, छोड के मत जाना तुम, ऐसी ना मुझको सजा दो।

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# TEACHER'S CORNER

# Do we have the thirst to achieve the real goal?

#### **Thirst**

Once when a train stopped at a railway platform, a boy passed by selling water. A merchant sitting in the train called out to him, "Hey boy, come here."

The boy came running. When he filled a glass of water and extended it towards the merchant, he asked, "How much is it for?"

The boy said, "8 annas." (pennies)

The merchant said, "Will you give in 4 annas?"

Hearing this, the boy suppressed his smile, poured the water back into the pitcher and moved ahead.

A highly enlightened man was also sitting in the same compartment, who saw that the boy was silent. But he was unable to understand why the boy was smiling. Surely there must be some secret in his mind.

The Mahatma got down and went after the boy and said, "Wait son, just tell me why you smiled when the merchant was negotiating with you over water."

The boy said, "Sir, I laughed because that man was not feeling thirsty at all. He was only asking the price of a glass of water."

The Mahatma asked, "Son, why did you feel that the merchant was not thirsty?"

The boy replied, "Sir, one who is really thirsty, he never asks the price. He takes a

glass and drinks water first. After quenching the thirst, he will ask how much money to give. Asking the price first means that there is no thirst at all."

Hearing these words, the Mahatma stopped there itself, as if something had been quenched within.

In fact, those who are true seekers do not indulge in debate...those whose thirst is not genuine, they remain entangled in debate. A true seeker of spirituality moves forward towards the real goal - not through arguments, but through meditation.

Desire in its purest form is the yearning for the highest state and it keeps our

Desire in its purest form is the yearning for the highest state and it keeps our attention

focused on the goal.

By Subadra. N Physics Dept.

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