

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



AN IMPRESSION OF THOUGHTS AND EMOTIONS.

2023-24





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.

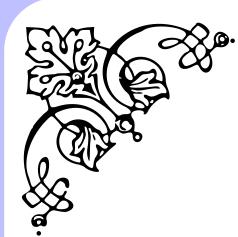
Our Core Values
Continuous growth of our students through
continuous growth
of teachers.

- Facilitate discovery.
- Naking ordinary students extra-ordinary.

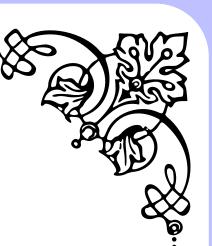
**** Innovate.

Contents

- Editorial Board
- Editorial
- President's Message
- Chairman's Message
- Members of Bunts Sangha's Powai Education Committee
- Principal's Message
- Vice-Principal's Message
- Science Coordinator's View
- Commerce Coordinator's View
- Wall of Fame
- Snapshots
- Our pillars
- Articles by Students & Teachers
- Our Donors



EDITORIAL BOARD

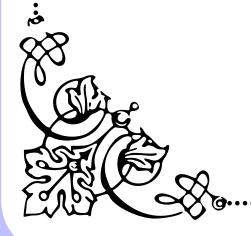


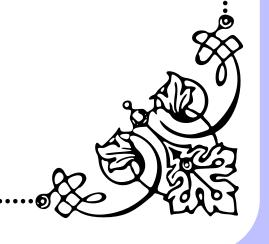
Chairperson Dr. Sridhara Shetty – Principal

Chief Editor Ms. Pratibha Gadagalli – Vice-Principal

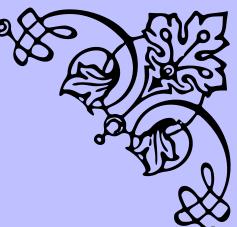
> Editors Ms. Hilda Christopher Ms. Priya Singh Sharma

Coverpage Artists Mst. Ritika Mhatre – XI Science B

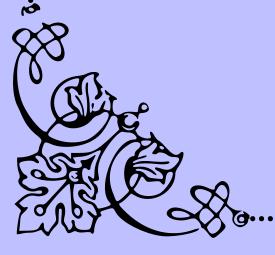


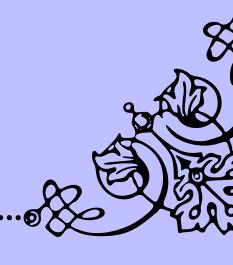


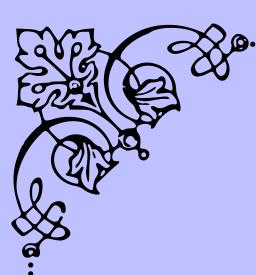




President's Message











President's message for e- Magazines of our educational institutions

Bunts Sangha's S M Shetty Educational Institutions have emerged as one of the finest educational institutions in Mumbai catering to the needs of students as young as tiny tots to the grownup professionals, fulfilling the motive of dealing with students from KG to PG to PhD. 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. As President of Bunts Sangha, Mumbai, I feel pride to be associated with such an illustrious institution.

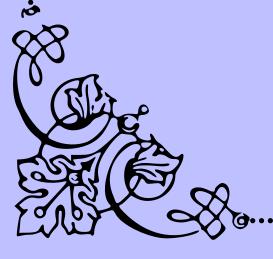
Bunts Sangha, Mumbai – the parent body, envisions to contribute towards education as we believe that the best form of expressing gratitude towards our society is by giving back to the society through education. The endeavor started with Powai by establishing Bunts Sangha's S M Shetty Educational Institutions in 1998. Bunts Sangha's Higher Education Institutions came to existence at Kurla in 2008. This year we commenced our highly enthusiastic school projects at IC Colony Borivali where we have created the best in class infrastructure conducive to catering to the needs of an International as well as a CBSE School. The sole purpose of growth of educational institutions is to reach out to the students who deserve to get quality education.

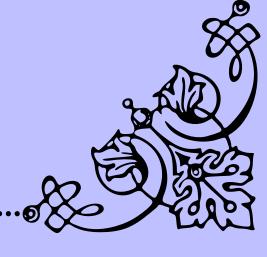
Coming back to the annual e- magazine, it is a wonderful platform for the students and the teachers to express their creative side that has been developed through hard work with innovative thoughts and authentic ideas. It's a testimony of our passion towards our institution and our affection towards our work. I appreciate and congratulate the entire editorial team for their continuous hard work and commitment which has resulted in the publication of the e-magazine. I am sure that the readers will enjoy reading the content of the magazine.

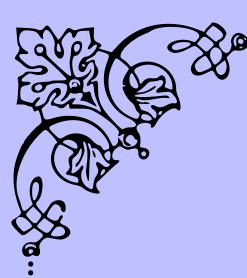
Bunts Sangha's S M Shetty Educational Institutions have been striving hard to achieve excellence. I extend my warm wishes to the Chairman, Office Bearers and Members of Powai Education Committee, Institutional Heads, Staff, Students and Parents and trust they will continue this great journey on the path of excellence.



Chairman's Message









With sincere gratitude, Ratnakar Shetty Mundkur Chairman, Powai Education Committee

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

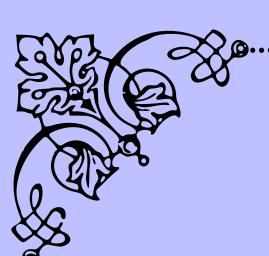
I feel humbled and privileged to address the readers of our very own annual e-magazine as the Chairman of Bunts Sangha's S M Shetty Educational Institutions. It has been an incredible journey of learning and development. I feel a strong sense of joy and accomplishment with the fabulous academic results, cultural and co-curricular achievements, laurels in sports and numerous accreditations, certifications and acknowledgements that our Institution holds today.

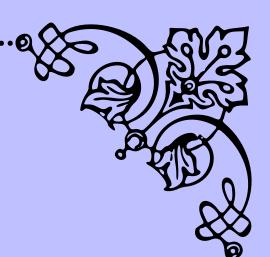
This is purely a result of the combined efforts and unwavering commitment of each and every individual associated with our institution-Management, Staff, Students, Parents and the Society. It is indeed overwhelming to see the exponential growth of our educational institutions over the years. From humble beginnings, our institution has grown and flourished, nurturing generations of bright minds and fostering a spirit of excellence in education. With a vision of 'Personality Development for Nation Building', our institutions are committed to providing holistic education, nurturing young minds to become responsible global citizens. We as an institution aspire to harbor great minds and greater leaders who would be instrumental in leading our nation to its full potential. 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.

What we are today is a result of the hard work put in by our leadership teams and teachers. Bunts Sangha's S M Shetty Educational Institutions play an important role in training the teachers so that they could instill a growth mindset in their students and help them unlock their true potential. All the institutions conduct a range of events that help our students find their voice, follow it with passion and be get skilled to represent the global community. As a result of this, 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.

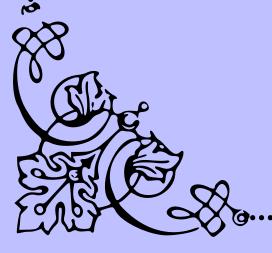
I want to sincerely thank the visionary administrators, passionate faculty, and hardworking staff who have worked relentlessly to make our educational institutions what they are today. For entrusting us with their children's education and welfare, I would like to express my deepest gratitude to the parents and guardians. Moreover, I want to recognize and congratulate the students whose dedication, ability, and passion have catalyzed for our success.

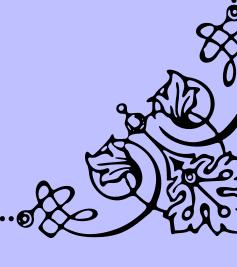
Let us carry forward the legacy of excellence, innovation, and compassion that has defined our institution. Let us continue to embrace new challenges, adapt to changing times, and strive for continuous improvement. Remember we are here to shape a brighter future, not just for our institutions, but for society as a whole.

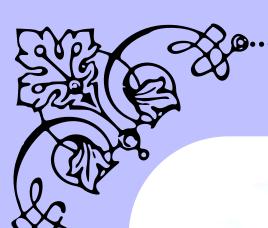




Members of Bunts Sangha's Powai Education Committee







BUNTS SANGHA'S POWAI EDUCATION COMMITTEE (PEC)

OFFICE BEARERS



Praveen Bhoja Shetty President Bunts Sangha Mumbal



Ratnakar Shetty Mundkur Chairmon PEC



Vasant N. Shetty Pallmor Vice-Chairman PEC



CA Harish D Shetty Vice-Chairman FIG



Gautam S. Shetty Secretary PEC



CA Ashok R. Shetty Treasurer PEC:

BUNTS SANGHA'S POWAI EDUCATION COMMITTEE

OFFICE BEARERS



Praveen Bhoja Shetty Ratnakar Shetty Mundkur Vasant N. Shetty Palimar CA Harish D Shetty





Vice-Chairman



Vice-Disirras



Gautam 5. Shetty Secretory



CA Ashok R. Shetty Toussairer









MEMBERS







Raymdranath Bhandary



Rajendra 5 Shetty











Dr. Chintan Hegde





Ashok Adyanthaya





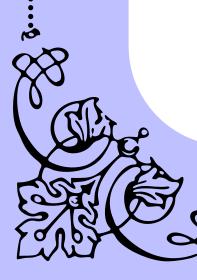
Ashok Shetty



MAJOR DONOR REPRESENTATIVES

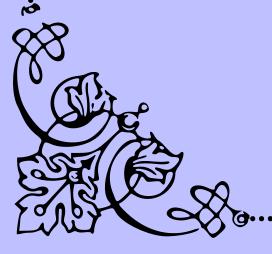


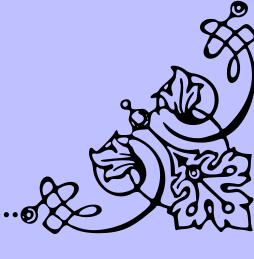


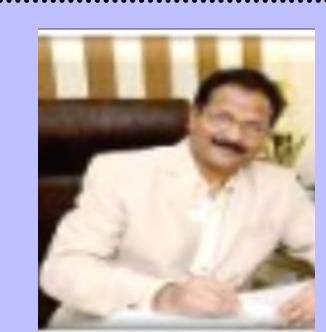




Principal's Message







Dr. Shridhara Shetty Principal

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

-Lon Walters

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

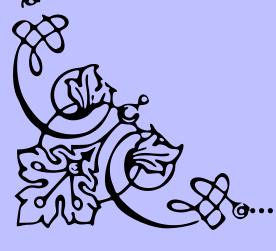
We do believe that each child is unique. However, individual differences do exit. There are advanced learners, average learners and slow learners. In S M Shetty Junior College, we take extra care on slow learners so as to bring them on par with their counterparts in the classroom. We always focus on 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.

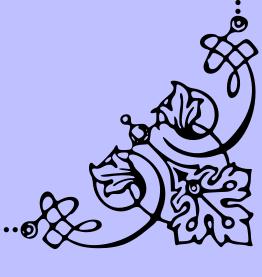
XI and XIIth are the most crucial stage of educational process of any student. It is neither childhood nor fully matured. It is a time of transition and exploration. Schools and colleges have to provide necessary platforms to showcase the hidden talents of our students to engage them properly. This opportunity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

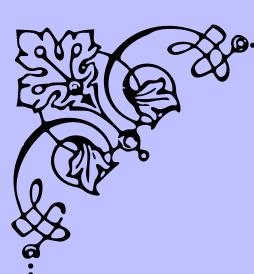
We are indented to many. Our management is benevolent, supportive and encourages our activities at all times. I thank the members of our faculty, non-teaching staff, students and parents for their whole-hearted support in taking the institution forward.



Vice-Principal's Message









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

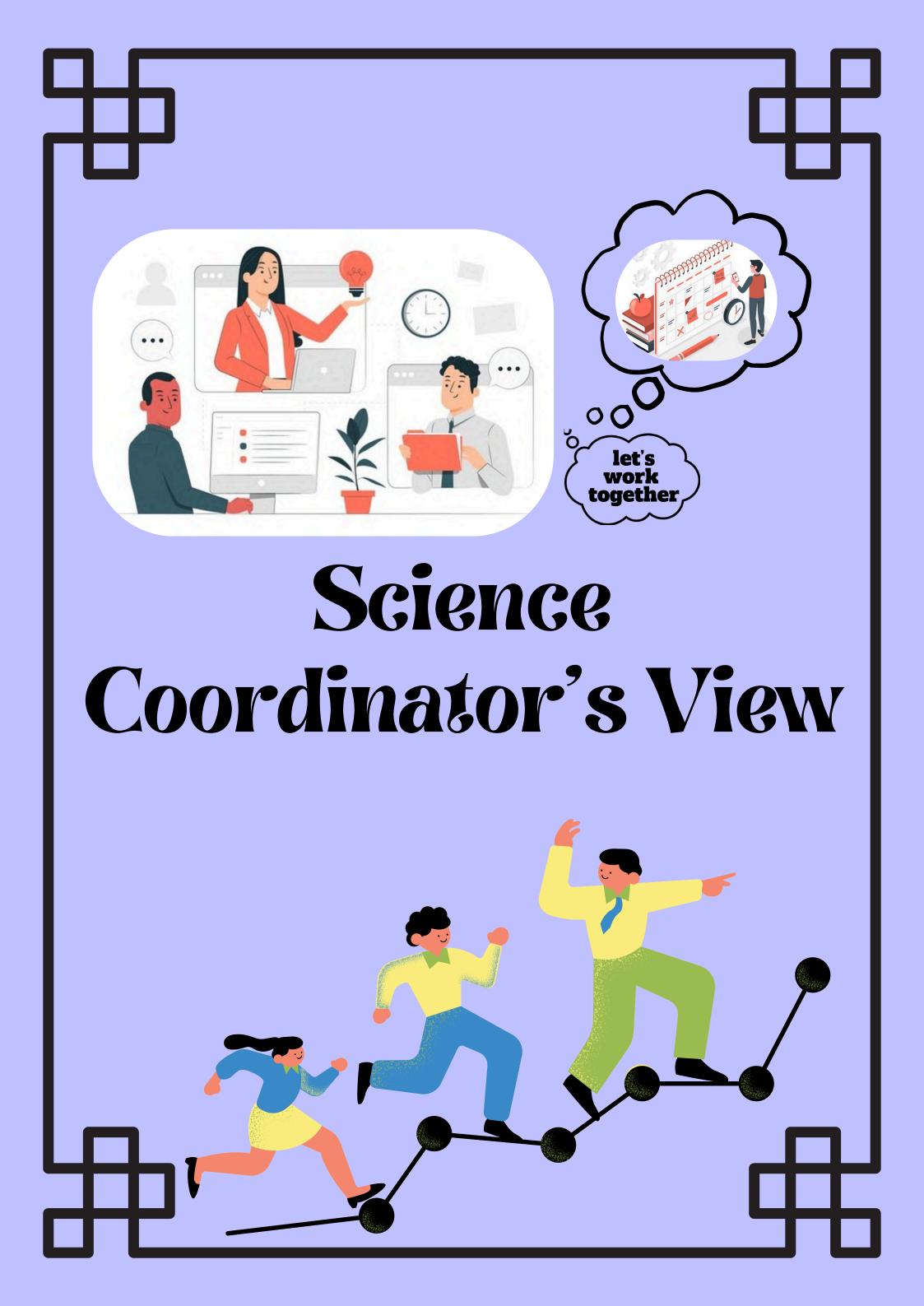
It is a matter of pride to pen down the message for "Insignia" the annual magazine of Bunts Sangha's S M Shetty Junior College. The words of Franklin D. Roosevelt perfectly describe the aim of our institution. Beyond providing a sound education, we wish to provide our students with a holistic learning 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.





By Remya Menon

Greetings! In the course of evolution, the brain capacity of animals increased, and man is an animal with the highest cranial capacity. What is this course getting at next? Have you thought? Some say the process has reached its culmination. And some argue, the process is ongoing and way ahead the intelligence will continue to sharpen, probably, perfection of external features is also in progress. With emerging technologies and facilities that are making the life of mankind more and more comfortable, have we forgotten the wisdom man possessed?

We are the successors of great inventors and discoverers like Aryabhatta, Sushrutha, Adi Shankaracharya, Buddha, and we are Indians!

We are people with great potentials. An institution can mould a generation who will bring back our age old and world-famous wisdom that has left a prominent mark in the world history. Let us not be ignorant any more, let us not fall prey to other cultures and practices, let us nurture the virtues and values of our native land, because our roots are strong and solid, and provides an excellent platform for an upward thrust and a huge leap that would take anyone, who dares, to unimaginable heights. My dear students, you are in good hands as the ground laid for your metamorphosis into an adorable as well as potent human is fertile and will make you capable of achieving whatever you so desire. Best wishes to you!





By Ms. Uma Nair

"Nurturing has the ability to transform people's lives." John C. Maxwell

Our college, Bunts Sangha's S M Shetty Junior College always create an environment that nurtures the potential of our students.

We always promoted holistic education, through academics and extracurricular

activities; and cultivating a culture of acceptance and inclusivity. Our teaching and non-teaching staff empower our students with the necessary

resources and guidance.

It is an immense pleasure to thank our students who have given 100% result in

Commerce stream for the academic year 2022-23. This capstone of success was

impossible to achieve without the never-ending spirit, dedication and hard work of

our teachers and students.

We ensure that our students can overcome any challenges with confidence and zeal

by becoming the catalysts for positive change to their families and to the institution.

I extend my gratitude to our management, principal, vice principal and parents for

their constant support and encouragement.



Toppers

SCIENCE overall toppers (Bifocal – Computer Science)



Handugund Siddharth Omkar **86.5%**



Dubey
KritharthChandraprakashh
85.83%



Sehra Amrit Tejinder Singh **82.67%**

SCIENCE overall toppers (General Science)



Nawale Asmi Jaywant 94.17%



Nadar Janisha Thangadurai **84.67%**



Varia Deeptha Jigneshbhai **77.33**%

COMMERCE overall toppers



Wadnerkar Soham **96.83%**



Jain Komal Subhash 94.67%



Shetty Jeevika Vishwanath 91.67%

ARTS overall toppers



Kuriyedath Sneha Suresh **87.33%**



Gupta Pooja Rahul **80.67%**



Rajpurohit Daksh Dineshsingh **78.33%**





Mst. Shubham Swami secured first position in Chitrakala at ward level



Mst. Mahd Arshaan secured first position in Solo Mst. Mahd Arshaan secured first position in Solo Singing at - Trishna, Marol Education Academy's HighSchool and Junior College

Sports Achievement



Junior college students' girls secured Second Position in Handball at DSO level (District).



Paritition

महाराष्ट्र के लाल ने बढ़ाया गौरव!

कुश्ती में जीता सिल्वर!

महाराष्ट्र राज्य पुरातन काल से वीरों एवं महापुरुषों की धरती रही है। महाराष्ट्र के कोल्हापुर के पहलवानों की गिनती विश्व स्तर के पहलवानों में की जाती है। इसी कड़ी में साकीनाका के रहनेवाले एक नव किशोर पहलवान ने अखिल भारतीय स्तर पर आयोजित कुश्ती प्रतियोगिता में द्वितीय स्थान प्राप्त करते हुए महाराष्ट्र को सिल्वर मेडल दिलाने का गौरव प्राप्त किया है। मिली जानकारी के अनुसार, साकीनाका के



जानकारी के अनुसार, साकीनाका के
अशोक विहार मिलिट्री रोड में रहनेवाले राजेश्वर शिंदे पवई के
एसएम शेट्टी हाई स्कूल में 9 २ वीं के छात्र हैं। राजेश्वर शिंदे के
दादा आग्नशमन विभाग क सवाानवृत्त आधकारा ह तथा उन्ह
वीरता के लिए राष्ट्रपति द्वारा सम्मानित भी किया जा चुका है।
कोल्हापुर के गर्डिजल गांव की मिट्टी ने कई पहलवान बनाए
हैं। बचपन से राजेश्वर शिंदे अपने पिता महेश शिंदे के साथ
मुंबई शहर में रहते हैं। बॉक्सिंग कुश्ती के लिए सही कोचिंग
की व्यवस्था उनके परिजनों ने समय-समय पर कराई, जिसके
परिणामस्वरूप राजेश्वर शिंदे को अब तक कई अवार्ड मिल चुके
हैं। झारखंड के रांची में २७ अगस्त से २९ अगस्त २०२३
में नेशनल बॉक्सिंग किक प्रतियोगिता आयोजित की गई थी,
जिसमें राजेश्वर शिंदे ने महाराष्ट्र को दूसरा स्थान दिलाते हुए
सिल्वर मेडल प्राप्त किया।

Hindi Saamana Edition Sep 2, 2023 Page No. 9



Mst. Rajeshwar Shinde from XII Comm. won Silver medal at National level in Kickboxing.



Jr. College BOY'S Kabaddi team secure first position at St. ANNE HighSchool & Jr. College Fest

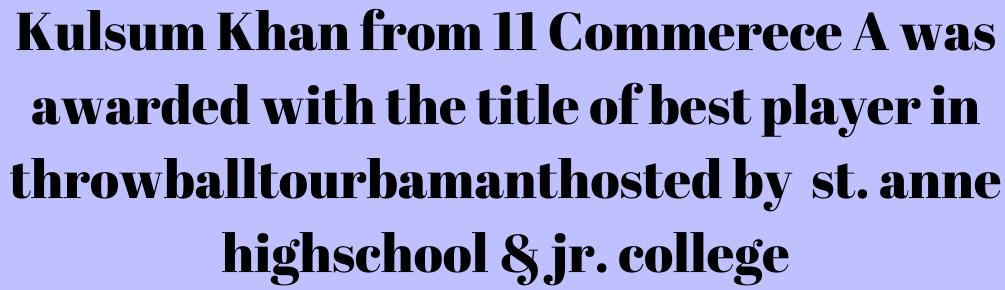


Jr college throwball girls secured second position in the st. anne highschool & jr



Shubham Shelar of 11th Commerce Gold medal at Taluka level, Gold medal at District level in Taekwondo.







Manoj Acharya of 12th Science won Silver medal at Taluka level, Gold medal at District level in Taekwondo



Talent Hunt







Apratimotsov





Sports Day





Wagh Bhavishya Harshavardhan - XII Sci B

Best Athlete :- Male

Ms.Shetty Abhisha - XI SCi B

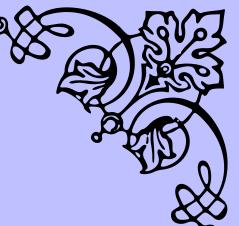
Best Athlete :- Female

Annual Day

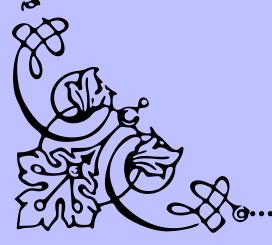


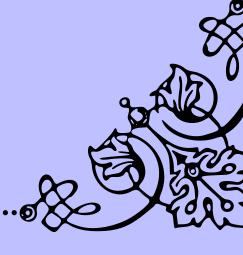




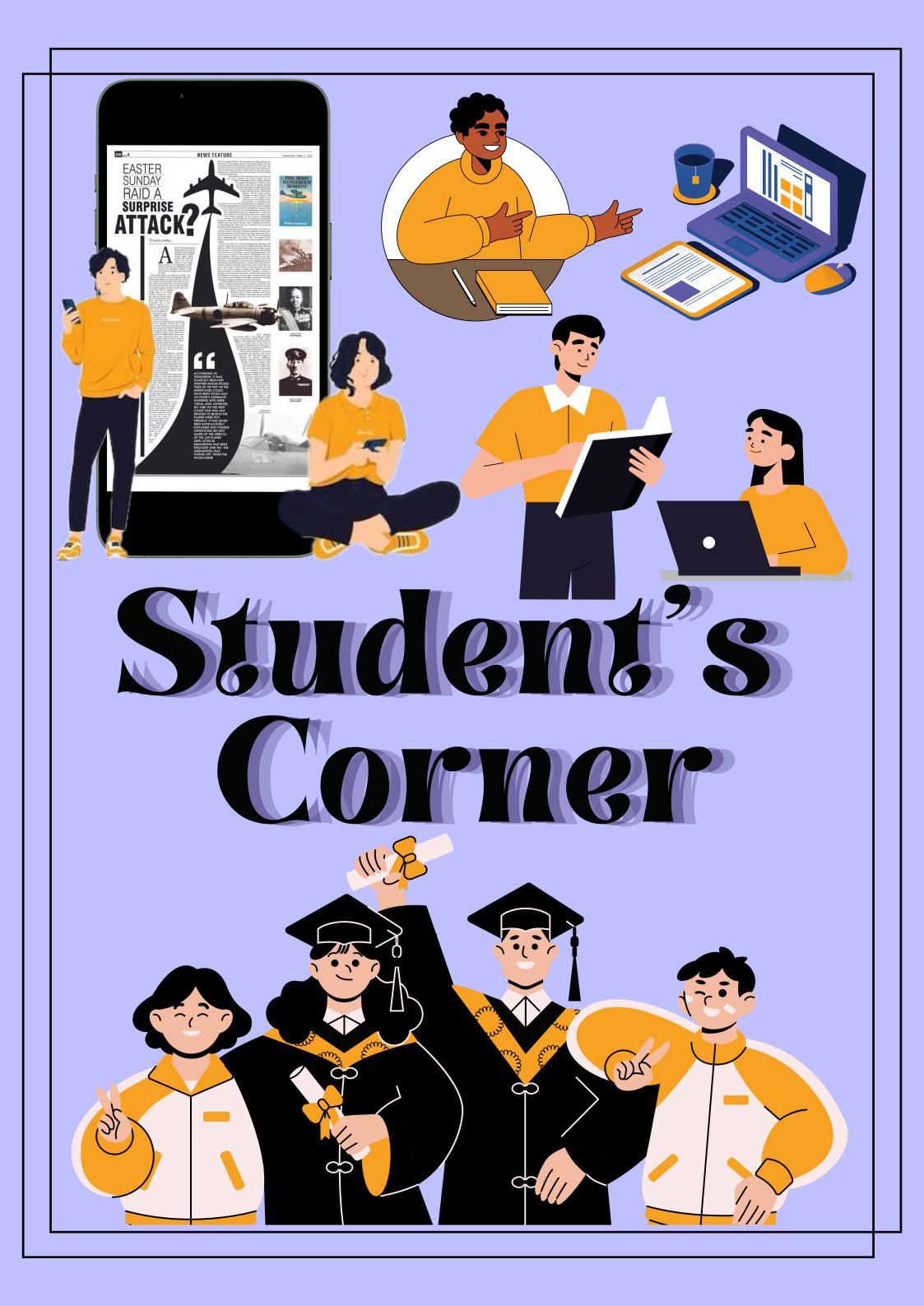


Our pilars











Dawn to a \$3



India's meteoric rise to a \$3 trillion economy is an extraordinary tale of economic metamorphosis. This comprehensive exploration delves into the nuanced factors and historical milestones that have shaped India's trajectory, propelling it into the league of the world's largest economies.

The Pre-Reform Era (1950s-1980s):

India's post-independence economic landscape was characterized by a planned economy and stringent regulations. The License Raj stifled entrepreneurship, hindering growth. The need for change became evident as the nation grappled with economic challenges, setting the stage for the transformative reforms of the 1990s.

The Paradigm Shift: Economic Liberalization (1991)



The watershed moment in India's economic history occurred in 1991 when a

severe balance of payments crisis forced the government's hand. Prime Minister P. V.
Narasimha Rao and Finance Minister Dr. Manmohan Singh spearheaded unprecedented economic reforms. The dismantling of the License Raj, opening up to foreign investment, and embracing market-oriented policies laid the foundation for a new economic era.

Demographic Dividend Unleashed (2000s - Present)

A demographic advantage became a cornerstone of India's economic prowess. With a youthful population, strategic policies focused on education, skill development, and job creation harnessed this demographic dividend. The result was increased productivity, consumption, and a workforce that became a global competitive edge.

Infrastructure Revolution (1990s - Present)

Investments in infrastructure became a linchpin for economic expansion. Mega projects like the Golden Quadrilateral, the **National Highways Development Project, and** advancements in power generation capacity transformed India's connectivity. Improved infrastructure not only facilitated smoother business operations but also spurred regional development.



Digital Renaissance (2000s - Present)

The 21st century witnessed a digital revolution that reshaped India's economic landscape. Widespread smartphone adoption, coupled with affordable internet access, brought about a paradigm shift. The digital economy burgeoned, encompassing e-commerce, fintech, and digital services, making India a global technology hub.

Global Integration and Trade Dynamics (1990s - Present)

Strategic global engagements played a pivotal role in India's ascent. The nation actively participated in regional and global trade partnerships, fostering international collaborations and boosting exports. Bilateral trade agreements, participation in international organizations, and the embrace of globalization positioned India as a formidable player in the global economic arena.

By ritika hemant mhatre class 11th Science B

Challenges Faced and Overcome:

India's journey was not without challenges. Persistent issues such as income inequality, job creation, and environmental sustainability demanded strategic interventions. The nation's ability to navigate these challenges reflected its adaptability and resilience.

Future Trajectory: Sustainable Growth and Inclusive Development

As India revels in the glory of a \$3 trillion economy, the focus turns to the future. Sustainable growth strategies, technological advancements, and an unwavering commitment to inclusive development will define India's trajectory on the global economic stage.

The Thriving Odyssey

Development of Computer Science in India

In the last few decades, India has emerged as a global player in the field of computer science, making significant strides in research, education, and technology. The journey of development in computer science in India has been marked by innovation, talent, and a commitment to harnessing the potential of technology for societal progress. This article takes a closer look at the key milestones and factors that have contributed to the growth of computer science in India.

Early Pioneers and Educational Initiatives

The seeds of computer science in India were sown with the establishment of academic institutions offering computer science education. The Indian Institutes of Technology (IITs) played a pivotal role in nurturing early talent, producing graduates who would go on to become pioneers in the field. The establishment of computer science departments and research centers laid the foundation for future advancements.

IT Revolution and Outsourcing Boom

The late 20th century saw the emergence of the Information Technology (IT) revolution in India, transforming the country into a global IT hub. The outsourcing boom catapulted Indian IT companies onto the international stage, providing services ranging from software development to business process outsourcing. This period marked a turning point, showcasing India's capabilities in the world of technology.

Rise of Indian IT Giants

The growth of computer science in India is intricately linked with the success of Indian IT giants such as Tata Consultancy Services (TCS), Infosys, and Wipro. These companies not only contributed to the economy but also fostered a culture of innovation and excellence. Their global presence and collaborations with international corporations elevated India's status in the global tech ecosystem.

Academic Research and Publications

Indian researchers and academics have significantly contributed to the body of knowledge in computer science. The publication of research papers, participation in international conferences, and collaborations with global institutions have showcased India's intellectual prowess. Indian computer scientists have made noteworthy contributions in areas such as algorithms, artificial intelligence,



Governmental Impetus and Technological Infrastructure

The Indian government played a proactive role in promoting computer science through initiatives like the National Informatics Centre (NIC) and the establishment of software technology parks. These efforts aimed to create an enabling environment for research, development, and innovation in the field of technology.

Global IT Hub and Innovation

In the 21st century, India has emerged as a global IT hub, with its professionals making significant contributions to areas such as software development, artificial intelligence, and cybersecurity. Indian companies are at the forefront of technological innovation, with a growing focus on research and development.

Challenges and Future Directions

Despite the successes, challenges persist in the realm of computer science in India. Disparities in access to quality education, the need for continuous upskilling to match technological advancements, and addressing gender imbalances in the sector are areas that demand attention. The future of computer science in India lies in addressing these challenges while fostering an ecosystem that promotes inclusivity, innovation, and sustainable growt

The development of computer science in India is a testament to the country's adaptability, resilience, and commitment to technological advancement. From foundational educational initiatives to global recognition in the IT sector, India's journey in computer science is a dynamic narrative that continues to unfold, promising a future marked by innovation and inclusive growth.

By Ritika Hemant Mhatre 11th Science B

Schools vs. Family Wisdom



Schools have been popular for centuries.

People go to school in order to become more knowledgeable, educated, and qualified, and every aspect of life is basically dependent on the education that we pursue. However, there is a plethora of pivotal aspects of learning that we can merely learn from our friends and family members. Thus, the question arises: Is it actually worth going to school?

To begin with, I firmly believe that there are some lessons which are taught in school, and those lessons cannot be gained elsewhere. These are some subjects which are fundamentally necessary to opt for, like mathematics. Subjects like this enhance our problem-solving and critical thinking abilities, which crucially helps in situations like decision making and leadership. A recent study conducted in Ivy League schools says that most of the leaders and entrepreneurs are either engineers or economists, and the reason behind this is their adroitness in critical thinking and math. Hence, it's essential for a student to improve his/her adroitness in numbers. Secondly, we must have the prerequisite skills before moving forward, and these basic lessons are precisely taught better in school than anywhere else. Additionally, many children who were born in poverty or were orphaned find it quite difficult to access these facilities, hence they lack these basic things and eventually, they cannot find a secure job and get trapped in a vicious cycle of poverty.

On the contrary, our elders have a better insight about life. As they have gone through a plethora of challenges and experiences in life, which we might certainly are going to face in the future for sure. Consequently, it's true that

To sum up, it's crystal clear to me that formal education could deliberately help one to achieve its ambition, although learning from someone else's experience could also be similarly helpful. Although, in my opinion, maintaining a balance between both would be advantageous, rather

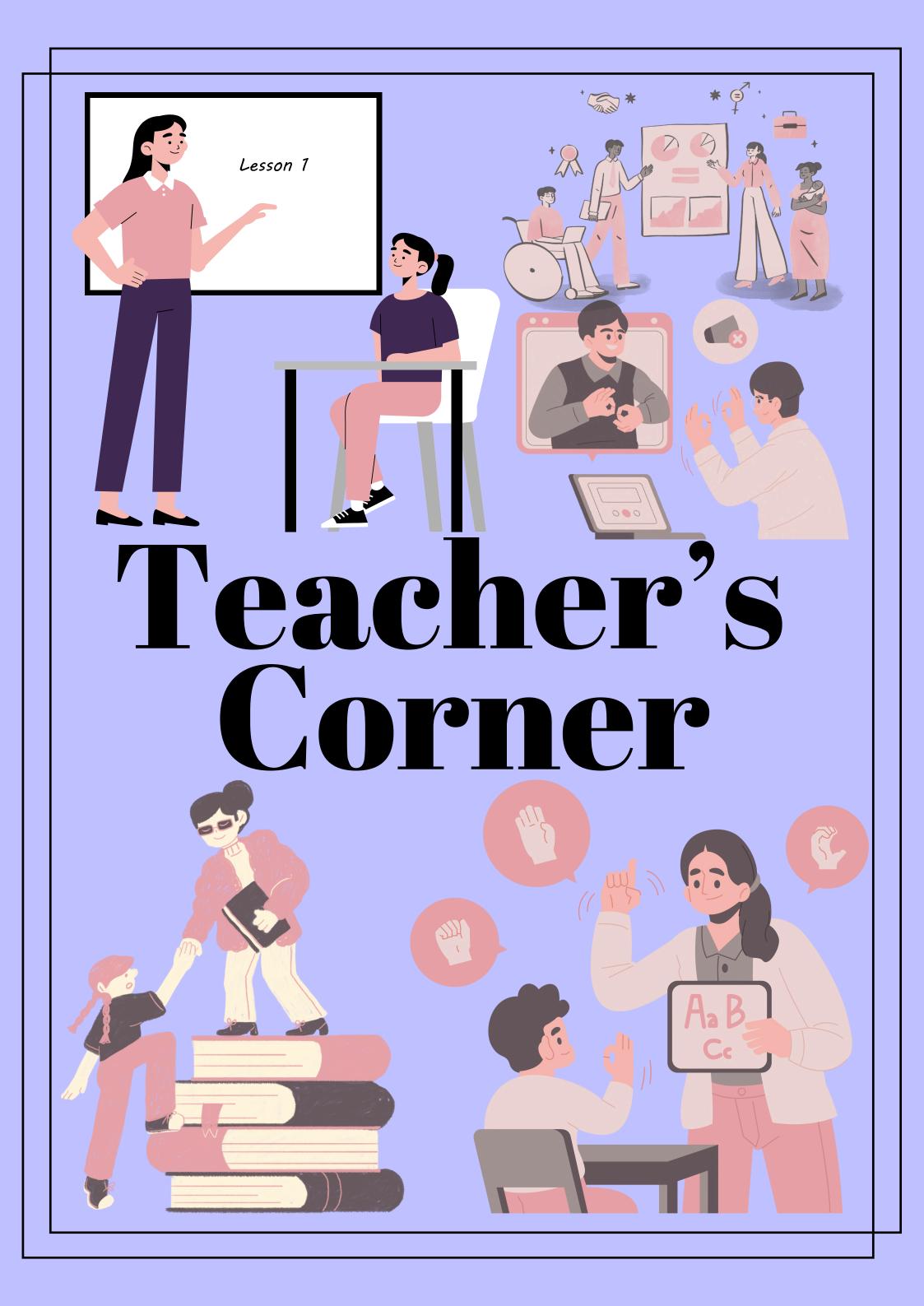
we might learn a plethora of new and vital

in school or elsewhere.

things from our elders, which cannot be taught

than being on one side, which, in my sense, is nonsensical.

By Chirayu Jain Class 12 A commerce IT



This too will Pass Away

We all know that the sky is not always full of dark clouds, yet we seem to forget this reality in moments of distress and this leads to a great deal of stress.

There is the story of a king who announced that he would buy whatever remained unsold in the evening bazaar at its market price. Once a trader reported that he was unable to sell one small packet for which he demanded ₹1, 00,000 lakh. The trader would not disclose the contents of the packet. Hence, nobody was prepared to pay ₹1, 00,000 lakh for buying a thing that was absolutely unknown. However, in keeping with his promise the king purchased that small packet, much against the advice of his minister and paid ₹1, 00,000 lakh to the trader. The king brought the packet to his bed room and opened it. It was wrapped in several layers of paper. On the last piece of paper was written," This will also pass away." Everybody laughed at the king for having paid a large sum of money for nothing. However, the king thought that the trader could not have be fooled him. Hence, he put that piece of advice in front of his bed. A few days later, there was a rebellion by his nephew and an attack by the neighboring king. The king got worried. When he looked at this advice, he regained calmness and after preparing well crushed the rebellion and also drove off the enemy. There were further tribulations later in his life but he kept the advice in mind: "This will also pass away." He regarded every moment of stress as a temporary moment. He remained calm and prepared well to cope with each difficult situation and found himself

successful.

This story has a great moral for you as well. Whenever you are faced with any momentary stress keep cool by remembering that "This will also pass away" and not to a low your health or your mood to be adversely affected by it. This is a very important measure to cope with any tragic situation or bereavement. We should remember that at times of tragedy or bereavement, the core of the nervous breakdown is anxiety. And, anxiety is a condition of heightened tension accompanied by an over-powering of apprehension with no apparent reason. At the time of tragedy and bereavement, the impact of anxiety can be minimized by remembering the inevitability of death, the immortality of soul and the temporary nature of all tragedy and bereavement which "will



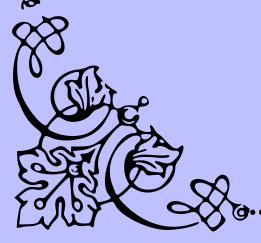
By Subadra.N

also pass away."

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S.M.Shetty High School & Junior College
Hiranandani Garden Powai, Mumbai — 400076
Tel:022- 61327354/022 - 6132732 Web Site: s mshettyi nstitute.org