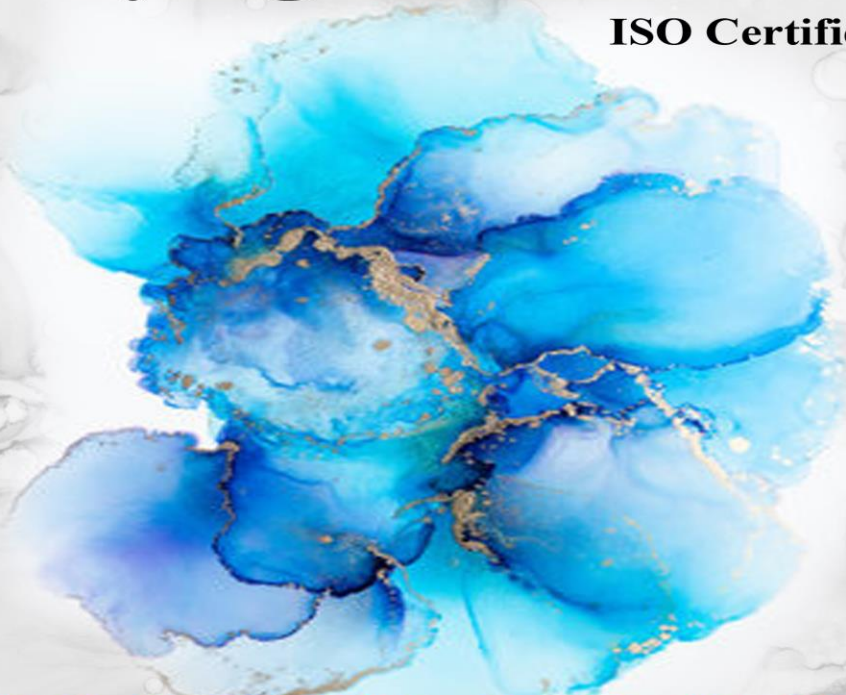




Bunts Sangha's
S M Shetty High School & Jr. College

ISO Certified 21001:2018



KALEIDOSCOPE

2021-22

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EDITORIAL BOARD



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Vision, Mission and Core

"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 a need to prepare value driven global citizens and technically competent socially conscious people for India.

In Bunts Sangha's 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 centres which will become the benchmark for academic institutions globally."

"OUR MISSION"

"Personality Development for Nation Building"

We deliver excellent and holistic quality education for overall development of students and strive for their continual development in our endeavor of making them quality human beings and responsible citizens of our nation.

"CORE VALUES"

- ✓ Competent and committed academic staff*
- ✓ Need based individual attention*

Holistic approach to child's development

THE EDITORIAL

“Tell me and I forget, teach me and I may remember, involve me and I learn”

It is strongly believed that the ability to involve the learner in the learning process is critically important for anyone responsible in contributing to the growth and development of other people.

It gives the Editorial Board members of Bunts Sangha's S M Shetty High School & Jr College immense pleasure to present before you, Kaleidoscope the tapestry of ideas, creativity, inspiration and dynamism that has been serving as a platform to highlight the literary and artistic segment forming a bridge between flowing thoughts and artistic magnification. Kaleidoscope with the highlights of educational, cultural and sports activities of the Institute weaves a beautiful pattern incorporating the vision of the school-“Personality development for nation building.”

The year 2021-22 was the year of adjustment to the new normal. This issue of Kaleidoscope shows glimpses of monumental strides that our school took, be it on the offline or online platform of learning proving the dictum- **WE CAN AND WE WILL**. Against the backdrop of a difficult year, we have seen a sense of resilience aroud inspite of being connected virtually.

This year has given us time to introspect on our priorities and thus is magazine is an accumulation of all the sentiments and a hope for the future with message for all that Today's problems will escalate quickly and dangerously if we do not urgently and radically change course.

The focus on Sustainable Development Goals (SDGs) through this platform is an eye-opener and gives us a clear perspective and concrete plan to fight the unforeseen challenges.

So dear readers, browse through the showmanship of excellence keeping in tune with the pandemic scenario and Sustainable Development Goals though the minds of our budding and eloquent writers who have put forth their ideas and thoughts that are too deep to be expressed and too strong to be suppressed.

We express our sincere gratitude to all members of the Editorial team, Management, Principal, Vice principal, H.M, Co-ordinator, Teachers and Parents who have always been a constant source of support.

Thank You.

Army Public School extends warm greetings to all the readers of our annual school magazine 'Arushi'. The year 2021-2022 was the era of acceptance of the new normal and recalibration of expectations from a world formed anew.

This issue of 'Arushi' shows you the glimpse of the monumental strides that our school has taken and presents a beautiful mosaic of student activities and achievements.

Against the backdrop of such a difficult year, we have witnessed the resilience and sense of community grow amongst the fraternity of this school despite being connected virtually. This year has given us time to reevaluate our priorities and reminded us that in life there are no rewinds, there are just flashbacks.

This magazine is the accumulation of all these sentiments mixed with a message of hope for the future.

So dear readers, sit back and take a moment to slow down and experience the showmanship, eloquence and wisdom of our budding wordsmiths.

Without further ado, we give you Arushi 2022 with a beautiful message of hope.

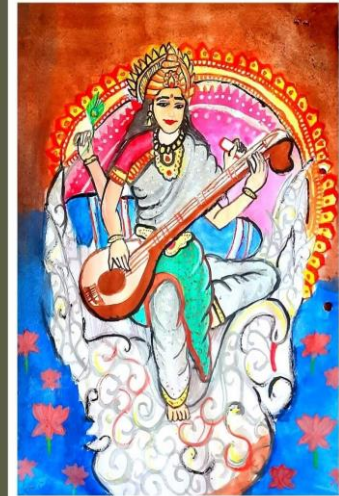
"You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own." – Michelle Obama

मंगलमूर्ती



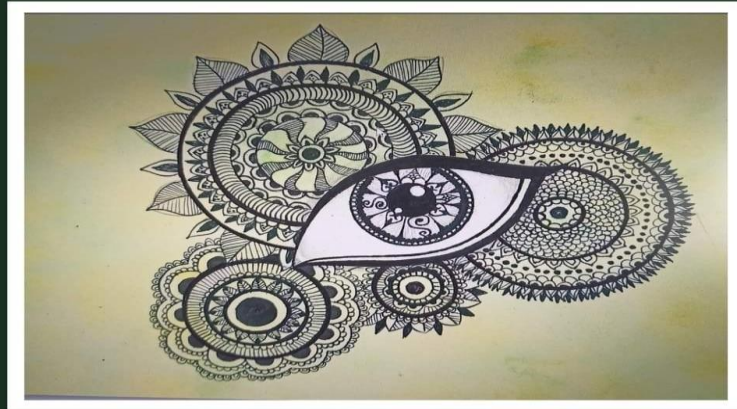
RITHIKA DINAK KUMAR VI E

GOD OF KNOWLEDGE



Somya Roy VI E

vision



Siya Gopinathan VIII D



From The Desk of Principal

If we have come this far, it is by having all of you standing with us, beside us.

Approaching the 25th year, the Silver Jubilee of Bunts Sangha's S M Shetty High School & Jr College takes me down my memory lane, 15 years ago. The day I met our management for the first time and spoke the words of Long term commitment towards this institution. Today we can see the Majestic Institution in the middle of Powai with 8000 plus students.

I came across the story of Dr A Velumani the founder chairman and managing director of Thyocare , who says that he had luxury of poverty so had nothing to lose and he could have a Romance with Risk ... Interesting , Isn't it ? A self-made man with strong principles of his life who did not go after money but left is fortune career and had Romance with Risk. He says

Bada banna hai to Risk lena hai

If you do what you have studied you will survive

But if you do what you have not studied you will be a leader.

He has taken Risk with his limited money and also his experience of not been able to get the job when he was a fresher ,he adopted the principle of hiring people who are fresher.

When I heard him I could connect with his thoughts as, we here at Bunts Sangha's S M Shetty Educational Institution also follow similar principles. Of ...

- Not just hiring teachers who are freshers , but also train them.
- We give admission to all the children as we believe that every child needs to be educated and education can transform the child.
- We go beyond education and help our community people who are in dire need by sponsoring their children.
- Our sole purpose here is to do be selfless and give back to the society.

During my my first interaction, I had no idea of the magnanimity of the management. So much so that when I was asked if I knew any Shetty's and I honestly replied yes one, my son's friend who was then doing his medicine...

I joined this institution, looking forward to give my best and was extremely fortunate to have been welcomed and supported by a zealous team and a progressive Management, and together we brought some small but significant changes that helped us to take things in our stride smoothly and happily and this, further helped us embark on new avenues. Backed by the enthusiasm and the seeking spirit of my teachers, we dared to dream big.

Sharing my thoughts at this moment has helped me connect the dots and I must admit that I was never an educationist. I became an educationist by chance and not by choice.

However, once I stepped into this field, I gave it my all and therein began my journey of self – exploration. Believing in myself and my mission entrusted in me by the Almighty Himself, I let self-awareness be my science, self-discovery be my research and my gut instinct and intuition be my guiding light.

This resulted in an endless curiosity to help myself and my team evolve and bring forth our best potential. The realization that my organization and I share the same goal of giving back to the society has propelled me to help us together going beyond our comfort zone.

I must say that the trust we had in each other trumped everything else. Along with knowing the prowess of my teachers and expecting the best from them, I understood that creativity has always depended on openness and flexibility.

A free rein to express and actualize our ideas and sync each one's goals and objectives with that of the organization has helped us together to evolve while accomplishing our vision, 'Personality Development for Nation Building'.

Our institution gave us all a platform to enhance and polish our skills, actualize our dreams and we must have made mistakes but we never quit, and along this journey we have forged strong bonds of trust and friendship that is for keeps. Our success is connected with action and we will keep moving forward. Our mission aligned with that of our institution has helped us enhance our own personalities and shine our way ahead.

My journey as an educator has also been fulfilling because I am fueled by the ideologies of such great stalwarts from our ancient times. I am a big fan of Chanakya, Dronacharya and Krishna.

Chanakya's thinking ideology revolves around a sense of realism and practicality. . One needs to realize the facts of life and society in order to rise above and eventually beyond it.

Dronacharya was a renowned teacher who posed great challenges to his students so that they could acquire the unwavering spirit of mastering the skills of military and archery.

Krishna's philosophy of the two paths in human life — Pravritti, the path of action and progress and Nivritti, the path of inward contemplation and spiritual perfection.

The amalgamation of these ideologies in a teacher transform them from ordinary to extra – ordinary.

This is what my staff of teachers and I have endeavoured to uphold and imbibe so that we can impart quality education which again is aligned with our institution's goal and vision to build personalities for building a strong nation and personalities just like Chanakya helped evolve the great Chandragupta Maurya, the bond of the mentor and disciple shared by Dronacharya and Arjun and yet again the inner consciousness lesson of Gita acquired by Arjun from Lord Krishna.

Imparting the values of these great and revered teachers along with endeavoring to give a global experience to my teachers and students has been my objective.

Let us celebrate our efforts to be the Chanakyas, Dronacharyas and Krishnas to our students. A celebration of many promises that we together have to fulfill and the most important goal to keep moving forward to take that big leap forward without hesitation, without once looking back and forging towards a bright future for all, leaving no one behind.

Thank you.

The Counselling team

COUNSELLORS



Nikita Kubal
MA Clinical Psy



Unnati Doshi
MA Counselling Psy



Adishri Shetty
MSc Psyc Well-being



Nivedita Mane
M.O.Therapy

OCCUPATIONAL THERAPIST

SPECIAL EDUCATORS



Deepali Soundattikar
B.Ed in Sp. Ed



Dhvani Parekh
B.Ed in Sp. Ed



Pallavi Vairagade
B.Ed in Sp. Ed



Remya Urath
M.Ed in Sp. Ed

Ms Natasha Mehta ,
MA Counselling Psy,
Dip in ASD, REBT, Yoga
and Trauma Therapy

From The COUNSELLOR'S DESK

THE MOOD METER – Developing Emotional Quotient

Children with higher emotional intelligence are better able to pay attention, are more engaged in school, have more positive relationships, and are more empathic. They also regulate their behaviour better and earn higher grades.

Every morning, Ms. Megha thinks about how her feelings will affect her teaching. If she feels frustrated or overwhelmed when she arrives at school, she takes a deep breath and makes a plan for managing her emotions so that she can fully engage with her students and fellow teachers. She greets children as they walk through the door and asks how they are feeling. Throughout the day, children use a classroom mood meter to acknowledge their feelings. Ms. Megha also uses the mood meter to talk with children about her own feelings, how characters in books feel, what happened to cause their feelings, and how characters' emotions change throughout a story. In many different ways, Ms. Megha models emotional intelligence and supports its development in her students.

- Emotional Intelligence is the skill to recognize, manage and understand emotions.
- Emotional intelligence is essential for understanding yourself as well as successfully navigating your social world. While some people tend to come by these skills naturally, there are strategies that you can use to learn and strengthen your own emotional intelligence skills.

EI along with monitoring emotions (of self and others) provides an ability to use emotions to guide one's thinking and actions and is related to many important outcomes for children and adults. Children with higher emotional intelligence are better able to pay attention, are more engaged in school, have more positive relationships, and are more empathic. They also regulate their behaviour better and earn higher grades. For adults, higher emotional intelligence is linked to better relationships, more positive feelings about study and work, lower job-related stress, and burnout.

Mood meter for your class and home.

The Mood Meter is designed to help us learn to recognize emotions, in ourselves and others, with increasing subtlety and to develop strategies for regulating (or managing) those emotions. It provides us with a 'platform and language' to talk about our feelings.

Recognize: How am I feeling? Cues from our bodies (e.g., posture, energy level, breathing, and heart rate) can help us identify our levels of pleasantness and energy. Think about how our feelings may affect the interactions we have with others.

Understand: What happened that led me to feel this way? As feelings change throughout the day, think about the possible causes of these feelings. Identifying the things (e.g., people, thoughts, and events) that lead to these feelings.

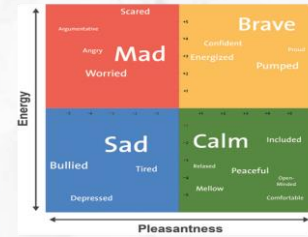
Label: What word best describes how I am feeling? Although there are more than 2,000 emotion words in the English language, most of us use a very limited number of words to describe how we are feeling (e.g., happy, sad, mad). Cultivating a rich vocabulary allows us to pinpoint our emotions accurately, communicate effectively, and identify appropriate regulation strategies.

Place those feelings in the quadrant as you discuss them and their purposefulness.

The Mood Meter is a square divided into four quadrants — red, blue, green, and yellow — each representing a different set of feelings. Different feelings are grouped together on the Mood Meter based on their pleasantness and energy level.

Feel free to choose your own colours (Refer to the diagram above)

- RED feelings: high in energy and low in pleasantness (e.g., angry, scared, and anxious);
- BLUE feelings: low in energy and low in pleasantness (e.g., sad, disappointed, and lonely);
- GREEN feelings: low in energy and high in pleasantness (e.g., calm, tranquil, and relaxed);
- YELLOW feelings: high in energy and high in pleasantness (e.g., happy, excited, and curious).



Express: How can I express appropriately what I am feeling for this time and place? There are many ways to express each of our feelings. At different times and in different contexts, some forms of expression are more effective than others. Explaining to children what we are doing and why, as we express different feelings, provides them with models of different strategies to express their own emotions. To use the tool, encourage your class, and if you are a parent reading this encourage the family to plot their feelings several times throughout the day or week. You can use the colors of the Mood Meter to discuss your feelings or inquire about your child's feelings. For example, you could say: "It seems you're in the red and you want to feel more green, is there something I can do to help?"

Regulate: What can I do to maintain my feeling (if I want to continue feeling this way) or shift/ navigate my feeling (if I do not want to continue feeling this way)? Having short-term strategies to manage emotions in the moment as well as long-term strategies to manage emotions over time is a critical part of effective regulation. Keep handy a range of regulation strategies, stories, and patience.

Best Regards,
Natasha Mehta
Psychologist
Counselling Center Head

ADMINISTRATIVE & NON-TEACHING STAFF



CENTRALISED		
Sr.No	Name of Employee	Designation
1	Dr. Sandeep Singh	General Manager-Administration & Academics
2	Ms. Savita Shetty	Assistant Manager- Central Purchase & Admin
3	Ms. Subhash Pandit	Admin Officer
4	Ms. Nivruti Fagare	Security Supervisor
5	Mr. Pradeep Shetty	Electrician
6	Mr. Sachin Tayade	Assistant Electrician
7	Mr. Santosh Mestri	Carpenter & Plumber
8	Mr. Santosh Jawandale	Supervisor
9	Ms. Pavitra Karthik	Assistant Manager- HR
10	Ms. Ankita Shetty	Senior Executive- HR
11	Mr. Ashok Shetty	Assistant Manager - IT
12	Mr. Prayer Raj Nadar	System Admin
13	Mr. Suchit Shetty	Junior Administrator
14	Mr. Irshad Shaikh	Junior Administrator
15	Mr. Ajinkya Lanke	Junior Administrator
16	Ms. Sumangala Shetty	Manager-Accounts
17	Mr. Devendra Kadam	Assistant Manager-Accounts
18	Ms. Priyanka Padwal	Senior Accountant
19	Ms. Gayathri Ajila	Receptionist
20	Ms. Mini Manoj	Staff Nurse
21	Ms. Neelam Gaikwad	Staff Nurse
22	Mr. Kalam Singh	Ground man
23	Mr. Sunil Shirsath	Peon
24	Mr. Vijay Kamble	Peon

<u>State Board Non Teaching</u>		
Sr.No	Name of Employee	Designation
1	Mr. Dayanand Shetty	Accounts Assistant
2	Mr. Amrut Pol	Lab Assistant
3	Ms. Bhagyashree Jadhav	Librarian
4	Ms. Swapna rane	Asst Librarian
5	Ms. Usha Shetty	Clerk
6	Ms. Sujata Shetty	Clerk
7	Ms. Kusum Dhabelkar	Data Entry Operator
8	Mr. Jaywant Pawar	Peon
9	Mr. Mohan Shetty	Peon
10	Mr. Ajinkya Sawant	Peon
11	Mr. Ravindra Shetty	Peon
12	Mr. Shankar Sawant	Library Attendant



Bunts Sangha's
S M Shetty High School & Junior College



Students' Council 2022-23



Master Parth Chhugani
School Head Boy



Miss Siya Gopinathan
School Head Girl



Master Dhruv Jain
Deputy Head Boy



Miss Aarna Dutta
Deputy Head Girl



Master Vedant Bochare
School Sports Captain



Miss Jiya Bajwa
Cultural Secretary Girl



Master Dhyan Patel
Cultural Secretary Boy



Miss Navya Patel
Art Secretary

Dusk



Shagun Ray VI E

At Peace



Shagun Ray VI E

QUIRKY EYES



Niyati Ganotra VIII C

Harmony



Het Hariya VII E

WINGS OF HOPE



Shreya Panigrahi VII D

SHODH



Athrya Shetty VIII A

Involve me and Learn

Reading is the **KEY** to learning



English Euphoria

CHERISHABLE MEMORIES

I had been waiting for this day eagerly since many days . When the idea of having a family picnic was in talks, it had filled me with an impending sense of immense joy and excitement. A family picnic implied a gathering of all my cousins, aunts, uncles, grandparents, and my parents. Since I have a nuclear family and stay with only my mother and father, the prospect of having my entire extended family over, gave me a feeling of great happiness.

Keeping in mind all the holidays, we had decided on the 26th of December as the schools were shut, the offices were closed, and the excitement of Christmas celebrations was still fresh in the air. The weather was just pleasant, neither too hot nor too cold. We were twenty people in total, including all my cousins and distant relatives. We had booked a 35-seater bus. On the morning of the 26th, at six o'clock, we departed for the venue, all fresh and lively. It was around nine when we reached the spot. The bungalow was prepared for our arrival. The pantry was stocked with supplies, and a ferry was arranged just by the lake. Having settled down in the place, we first set up temporary make-shift umbrellas and chairs on the lawn. My cousins and I got our tennis nets racquets out and were soon involved in a competitive game of doubles. The day trickled away, filled with enthusiastic chatters, pranks, and casual conversation and jokes. This day shall be permanently etched in my memory forever.

Anaya
VII B

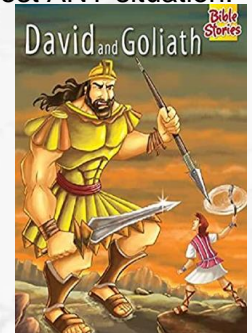
CHERISH
THE
MOMENTS

STORY TIME

David and Goliath dates back all the way from the 4th century. You know the story behind David and Goliath, right? Or at least how David took down Goliath regardless of him being such a giant, regardless of everybody being too terrified to challenge Goliath.

There are 5 powerful life lessons from David and Goliath that you can learn from and they relate to almost ANY situation.

1. Be bigger than your fears
2. Size doesn't matter
3. Make use of what you already have
4. Believe it's possible
5. Don't underestimate your capabilities



Somya Roy
VI E

A Letter From Abraham Lincoln To His Son's Teacher

My son starts school today. It is all going to be strange and new to him for a while and I wish you would treat him gently. It is an adventure that might take him across continents. All adventures that probably include wars, tragedy and sorrow. To live this life will require faith, love and courage.

So dear Teacher, will you please take him by his hand and teach him things he will have to know, teaching him – but gently, if you can. Teach him that for every enemy, there is a friend. He will have to know that all men are not just, that all men are not true. But teach him also that for every scoundrel there is a hero, that for every crooked politician, there is a dedicated leader.

Teach him if you can that 10 cents earned is of far more value than a dollar found. In school, teacher, it is far more honorable to fail than to cheat. Teach him to learn how to gracefully lose, and enjoy winning when he does win.

Teach him to be gentle with people, tough with tough people. Steer him away from envy if you can and teach him the secret of quiet laughter. Teach him if you can – how to laugh when he is sad, teach him there is no shame in tears. Teach him there can be glory in failure and despair in success. Teach him to scoff at cynics.

Teach him if you can the wonders of books, but also give time to ponder the extreme mystery of birds in the sky, bees in the sun and flowers on a green hill. Teach him to have faith in his own ideas, even if every one tell him they are wrong.

Try to give my son the strength not to follow the crowd when everyone else is doing it. Teach him to listen to every one, but teach him also to filter all that he hears on a screen of truth and take only the good that comes through.

Teach him to sell his talents and brains to the highest bidder but never to put a price tag on his heart and soul. Let him have the courage to be impatient, let

him have the patient to be brave. Teach him to have sublime faith in himself, because then he will always have sublime faith in mankind, in God.

This is the order, teacher but see what best you can do. He is such a nice little boy and he is my son.

Athry Shetty
VII A

'To succeed in life and achieve results, you must understand and master three mighty forces- desire, belief and expectation.

Good morning everyone. I extend a warm welcome to all present here. I feel extremely honoured to introduce our esteemed guest for today, Ms. _____ & _____. (Include profile of the speaker)

It is indeed a privilege to have them here to address young and bright minds on the occasion of celebration of Science week. We are aware of the fact that Science generates solutions for everyday life and helps us to answer the great mysteries of the universe. It is one of the most important channels of knowledge performing a specific role, as well as a variety of functions for the benefit of our society viz creating new knowledge, improving education, and increasing the quality of our lives.

Challenges today cut across the traditional boundaries of disciplines and stretch across the lifecycle of innovation -- from research to knowledge development and its application. Science, technology and innovation must drive our pursuit of more equitable and sustainable development. In order to keep ourselves abreast with the present times,

I invite our distinguished guest Ms. _____ to share her insights.

Hasti Jain
X F

MANY IN BODY, ONE IN MIND

Annual Day Celebration of the academic year 2021-22 was organised by Bunts Sangha's S. M. Shetty High School & Jr College on 23 December, 2021 carrying forward the concept of learning with an innovative twist. The highlight of the event was exploring India and Indonesia in a unique way with a theme and storyline that captivated the attention of the audience and kept them hooked till the end. The program showcased the history of Indonesia and its national representations. Mesmerizing biodiversity and breath taking cultural heritage of Indonesia were the highlights of the program.

Delectable cuisines, colourful costumes, plethora of festivals and diverse religions is the essence of Indonesia. The rich literary heritage of Indonesia left an indelible impression and carved a niche in the hearts of the viewers. Tourism being the biggest attraction, people from all over the world come to visit the scenic and picturesque locales of Bali, Ubud, Jakarta, Gili Islands, Borobudur Temple and Tanah Lot. Adding to the beauty of the land are the major cities and UNESCO world heritage sites. Mesmerizing songs and dance put up by the students kept the audience repining for more. Entertainment, sports and dance are an integral part of an Indonesian's life.

Thank You



Saranya Vishwakarma
VIII A

Story Time....

This is a short motivational story of Socrates and his powerful teachings. He was a great Greek philosopher and one of the founders of Western Philosophy.

Once there was a young boy. He was very lazy and reluctant to work and progress. His mindset was negative toward the life.

One day someone tells him to go and get some teachings from the great philosopher Socrates.

Then a young boy found the way to reach to Socrates and he asked Socrates, how he could get wisdom, prosperity, and success.

Socrates replied to him, "Do you really want it and are you willing to devote yourself for that?"

The young boy said to him, "I want to be successful in my life and I can do anything for that".

Then, Socrates told him, "Ok, you have to come to me next day.

Next day, He took the young boy to a river, and ordered him,

"Go under the water and stand straight in the river, until I will not call you back".

The boy followed the order of Socrates. Then suddenly Socrates pushed and drowned the boy's head under the water with his full force, held it there until the boy gasping for air to breathe, then relaxed and released his head. The boy was unconscious for some time. When the boy regained his composure, he asked him, "What did you desire most when you were under water?"

"I wanted air badly to breathe", said the boy. Socrates said to him, "When you want wisdom, and success as much as you wanted air when you were immersed in the water, you will receive it". The boy was astonished by Socrates teaching, and now he knew that the intense desire is the important key to become successful in life.

Powerful Lesson Of The Story:

If you want to attain something great in life, build the strong-will and passion for that particular thing. Intense desire and powerful belief can change the impossible into possible.

Alina Rain
VII B



Gandhiji's Relevance In The Age Of Terrorism

Mahatma Gandhi's philosophies have inspired many a person and several movements but the concept of Ahimsa, that is, non-violence has been especially well applied in the realm of international relations and Indian foreign policy. Gandhiji had some unique takes on war, peace and criticisms on the methods used to achieve peace which has been recorded by many authors and biographers.

Gandhiji believed that truth can never be propagated by doing violence. Those who believe in the justice of their cause have to possess boundless patience and those alone are fit to offer civil disobedience who are above committing criminal disobedience or doing violence.

Gandhiji had unshakable faith that a cause suffers exactly to the extent that it is supported by violence. He believed that, if you kill a man who obstructs you, you may experience a sense of false security. But the security will be short-lived as you have not dealt with the root cause. In due course, other men will surely rise to obstruct you. Your business, therefore, is not to kill the man or men who obstruct you, but to discover the cause that impels them to obstruct you and deal with it.

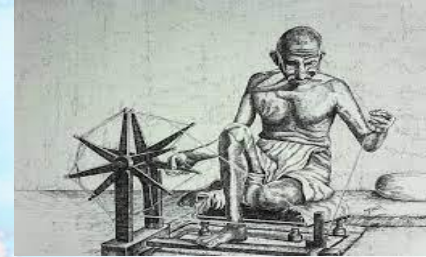
Gandhiji did not believe in armed risings. In his view, they were a remedy worse than the disease sought to be cured, a token of the spirit of revenge and impatience and anger.

Gandhiji didn't accept distinctions between "just" and "unjust wars" - in his mind every war was unjust. He was firmly of the opinion that "war is not a morally legitimate means of achieving anything permanent".

Consider the general problem of terrorism in the world today. In fighting terrorism, the Gandhian response cannot be seen as taking primarily the form of pleading with the would-be terrorists to desist from doing violent acts. Gandhiji's ideas about preventing violence went far beyond that, involving social institutions and public priorities, as well as individual beliefs and commitments.

Some of the lessons of a Gandhian approach to violence and terrorism in the world are clear enough. Perhaps the simplest and one that has been much discussed recently is the importance of education in cultivating peace rather than discord and knowing that the method of violence cannot do good in the long run. However, in this context it is extremely important to appreciate that non-violence is promoted not only by rejecting and spurning violent courses of action, but also by trying to build societies in which violence would not be cultivated and nurtured. Such societies, will then not have any space left for terrorism.

Thank You



*Jiya Harminder Bajwa
VIII D*

Be Careful of What You Plant...

If you plant honesty, you will reap trust.
If you plant goodness, you will reap friends.
If you plant humility, you will reap greatness.
If you plant perseverance, you will reap victory.
If you plant consideration, you will reap harmony.
If you plant hard work, you will reap success.
If you plant forgiveness, you will reap reconciliation.
If you plant openness, you will reap intimacy.
If you plant patience, you will reap improvements.
If you plant faith, you will reap miracles.



HOUSE

Your house is very important
Imagine if you live in a tent
Your life would be tough
Say thanks to lord
For having house which you can afford
With which you can be comfortable.
Your house is full of joy
When infants giggles playing with toys.

PLAYING

Do you like to play
Or you run away
Do you think hide and seek is fun
Or you play with nerf gun
Before girls played with dolls
But now they play football
Boys like to hang around
Because their mind is not sound
Playing is great
For losing your weight.

Happy

When the waves crash onto the shore of the sea
When i see my favourite show on tv
When the strays lick my nose lovingly
And when i karaoke, like I'm the only
But then that's what makes me.....

Happy

when i remember that this can't exist
I'm a character in my own world
I fall into the abyss
Of the dream realm
i am happier when i was there
I've always wanted to get along
It was never meant to go so wrong
So i tried to put it in a song
For you
Hoping that you can find your happiness too

That Feeling

As we feel the cool breeze
As the waves hit the shores of the sea,
Listening to the slow beats ,
The sky and forever meets
Cotton clouds over the horizon,

Moonlight across the room
Or drinking away all the gloom

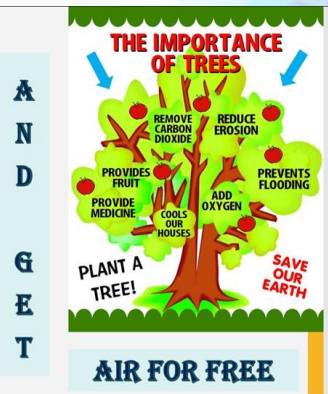
Honeybees making combs
Honey that glitters like gold
Gleaming brightly the sun rays
Golden leaves as they happily sway

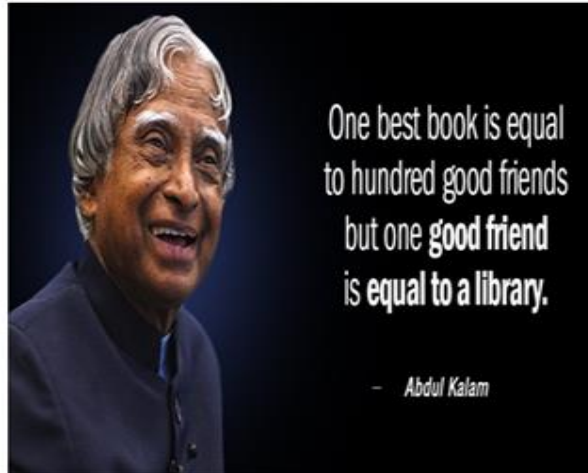
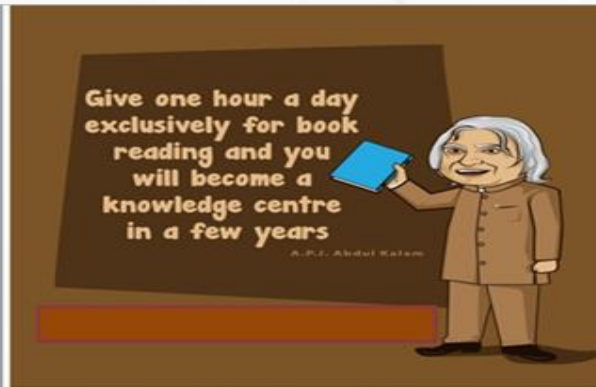
Happiness is in those moments,
Which are boring otherwise,
It is when we feel
Like birds without wings
And fish with no fins
And as we acknowledge what we have,
We realise,
This is it
the lost feeling of Euphoria





PARAM VIR CHAKRA : OUR HEROES



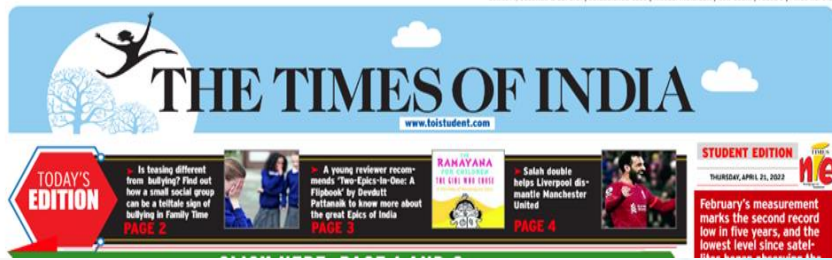


“Read, read, read. Read everything -- trash, classics, comics, and see how they do it. Just like a carpenter who works as an apprentice and studies the master. Read! You'll absorb it. Then write. If it's good, you'll find out. If it's not, throw it out of the window.”

— **William Faulkner**

Read lead succeed.....

Once I start reading a book I get so captivated I never want to leave it until I finish. It always gives a lot of pleasure to read a good book and cherish it for a lifetime. It boosts your imagination and creativity. Reading takes you to a world of imagination and enhances your creativity. Books really are your best friends as you can rely on them when you are bored, upset, depressed, lonely or annoyed. They will accompany you anytime you want them and enhance your mood. They share with you information and knowledge any time you need. Good books always guide you to the correct path in life. Reading helps you develop positive thinking. Reading is important because it develops your mind and gives you excessive knowledge and lessons of life. It helps you understand the world around you better. It keeps your mind active and enhances your creative ability. Reading improves your vocabulary and develops your communication skills. It helps you learn how to use your language creatively. Not only does it improve your communication but it also makes you a better writer. Good communication is important in every aspect of life. So let's start reading then we will definitely succeed.....



Reading is good for us because it improves our focus, memory, empathy, and communication skills.

At the time of online study of children in Lockdown, the library was talking to the children through e library. Children should read something every day so that we were uploading e papers (Times NIE and Hindustan Times) every day in e library. To inculcate their knowledge we conducted weekly Google form Newspaper Reading Activity.

Bhagyashri Jadhav
Librarian



HIGHLIGHT

Change needed - is change in mentality.

The 17 Sustainable development goals were set to bring the change we wanted to see and achieve by 2030. Its three main pillars are : economic, environmental and social and rest of the goals are based on these pillars. Looking at the economic condition, poverty is a major setback. We can help solve it, by donating, it does help. We can try and make goodies by ourselves, for them, by recycling and reusing which will not just benefit them, but even the environment, as its present condition is terrible. With much focus on development, the environment suffered a lot. Just by planting trees, we can improve this condition, but barely do people do it. This is the change we need to bring, the change in mentality of the society, to help it. Nurturing it along with bringing development is our collective responsibility. All we need to do is maintain the balance. -



Arya Ghugare
IX D

SDG TOPIC

VI-VIII- 15.7 ELIMINATE POACHING AND TRAFFICKING OF PROTECTED SPECIES

VIII - HOW CAN SOCIAL MEDIA BE USED EFFECTIVELY FOR THE IMPLEMENTATION OF THE SDG GOALS?

(LIFE ON LAND)

VI - LOCKDOWN AND SDG GOALS (LIFE ON LAND)

VII - THE IMPLEMENTATION OF SDG GOALS HAS MADE ME EMPATHETIC

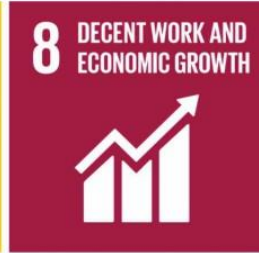
IX & X- 11.6 REDUCE THE ENVIRONMENTAL IMPACT OF CITIES AND COMMUNITIES

IX - WHAT STRATEGIES CAN BE IMPLEMENTED AT YOUR LEVEL FOR THE IMPLEMENTATION OF THE SDG

GOALS ?- (SUSTAINABLE CITIES & COMMUNITY)

X - CLIMATE CHANGE ADAPTATION - GET AHEAD AND BE PREPARED

(SUSTAINABLE CITIES & COMMUNITY)



THE GLOBAL GOALS
For Sustainable Development





S M Shetty High School & Junior College
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RABINDRANATH TAGORE



LOKMANTA TILAK



माध्यमिक विभाग
मराठी

आक्षरशिल्प

निसर्गाची किमया

निसर्गाचे सौंदर्य कधी पाहिलंच नसेल,

निसर्गाचा अनुभव कधी घेतलाच नसेल,

निसर्गाच्या कुशीत जाऊन पहा, कधी निसर्गाला तुम्ही जवळून पहा.

डोंगरांची वस्ती निसर्गात आहे , झाडे-वेर्लीची गर्दी त्यात आहे,

नद्या, नाले, ओढे, धुंद ती हवा कधी निसर्गाच्या अंगणात जाऊन पहा.

सुंदरता अजूनही निसर्गात आहे .

बस आपल्या मदतीची साथ पाहे, आजही देईल तीच गार हवा,

किमान एक तरी झाड लावून पहा..... किमान एक तरी झाड लावून पहा.

- Radhika Sawal (X D)



शेतीची लगबग

सुंदर ते पिक उभे भूमिवरी जपे शेेतकरी लेकाहूनी ।

स्वच्छ ठेवितसे निंबून खूरपून

फवारणी स्नान, घालोनिया ।

सदृढ बनवितो टाकूनी खत

नित्य मशागत करोनिया।

डवरणी नांगरणी ते भोजन पाऊस तहान, भागवितो ।

पिक काढणी जणू लेकाच लगीनं लक्ष्मी येईन धावोनिया ।

संकलित

- Amanpreet Singh (VII F)



निसर्गाच्या सहवासाचा आनंद

निसर्गाच्या सहवासातल आनंद हा सांगता न येणारा आहे कारण तो अनुभवणे ही एक निसर्गाचीच अप्रतीम देणगी आहे. "वृक्षवल्ली आम्हा सोयरे वनचरे " संत तुकारामांनी अश्या भव्य निसर्गाशी असा संवाद साधला. निसर्ग किती भव्य आहे हे हिमालयाच्या शिखरावरून आपल्याला कळते . निसर्ग हा माणसाला सहस्त्रकरांनी सतत काही ना काही पुरवत असतो पण या चराचरातील माणसांना त्याची जाणीव कोण करून देणार ?

स्वतःचे जग विसरून कधीतरी निसर्गाच्या सान्निध्यात जगा. घाईगर्दीत गुरफटलेल्या माणसाला, या निसर्गाकडे पाहायलाही फुरसत नाही.

घनदाट जंगल , लखळणारे झरे , पक्ष्यांचा किलबिलाट , निळेभोर आकाश, घनदाट झाडांची सावली, ती मौल्यावान शांतता कायम उभे राहून पाहत असलेले डोंगर आणि त्यांच्या सान्निध्यात फक्त मी ! हाच आहे निसर्गाच्या सहवासातला आनंद

- Rudrank Yadav (VIII E)



निसर्गावर आधारित प्रेरणादायी सुविचार

1. पाहण्यातला आणि समजून घेण्यातला आनंद ही निसर्गाची सर्वात सुंदर भेट आहे - अल्बर्ट आइनस्टाइन
2. निसर्ग नियमांसहित, स्वयंचलित, स्वयंनियंत्रित, नैसर्गिक, पद्धतशीर व्यवस्था म्हणजे परमेश्वर सदगुरू श्री वामनराव पै
3. निसर्ग अभ्यासा, निसर्गावर प्रेम करा, निसर्गाजवळ राहा, तो आपल्याला कधीच अपयशी करणार नाही - फ्रँक लॉईड राईट
4. फक्त जगणे पुसेसे नाही सुर्यप्रकाश, स्वातंत्र्य आणि लहानसे फुलही गरजेचं आहे - हंस ख्रिश्चन अँडसन
5. निसर्गासोबत टाकलेल्या प्रत्येक पावलागणिक अपेक्षेपेक्षा जास्तच मिळत जाते- जॉन मईर

निसर्ग

सुविचार

निसर्गावर आधारित प्रेरणादायी सुविचार

६. निसर्गाच्या गतीचा अवलंब करा कारण त्यात धैर्याचे रहस्य आहे- राल्फ वाल्डो इमर्सन

७. वसंत ऋतू म्हणजे निसर्गाचा आनंदोत्सव साजरा करण्याची अप्रतिम पद्धत- रॉबिन्स विल्यम्स

८. साधेपणा हा निसर्गाचे पहिले पाऊल आहे, शेवटचे कला आहे - फिलिप्स जेम्स वेली

९. प्रत्येक डोंगरावर एक मार्ग दडलेला आहे, जरी तो दरीखोऱ्यातून दिसत नसला तरी - थिओडोर रोप्टेक

१०. प्रत्येक फुलात आत्मा आहे जो निसर्गात उमलत असतो - जेराई डी नर्वल

- Ovi Kadam (VI D)



कालचा पाऊस

पाऊस आला पहिला वहिला

धडाड धडधड चौघडा झडे

कडाड कडकड विजा धडकल्या

घन तमी अंगणी लख्ख सडे

धडाधड दारे खिडक्या उठल्या.

खळकन काचा, तावदानी तडे.

सोसो वारा, झरझर धारा,

फडफड पंखी , पक्षी उडे.

भरभर जमली मुले अंगणी

कुणी भयभीत , उगीच रडे

कडाड कडकड तरु कोसळले

भरभर पाणी अंगणी चडे

अवचित पाऊस काल धडकला

धडधड कालीज ,ऊर उडे

खळखळ वाहू दे ओहळ सरिता

भरु दे देवा ,रिक्त घडे

तडकून गेली तप धरा ही ,

रुजवशील का ? जे बीज पडे.

- Rajani Parab
- (Secondary Section)



निसर्ग

धरती आपुली सुंदर सुंदर

हिरवळ आहे चोहीकडे

दिसते का कोठे वनराई ?

काँक्रीटचे जंगल इकडे तिकडे ।

संथ वाहणाऱ्या सुंदर नद्या

मोजा त्यातील प्लास्टिकच्या बाटल्या

उंच उंच रम्य डोंगरावर

खाणींच्या नक्षी कोणी रेखाटल्या ?

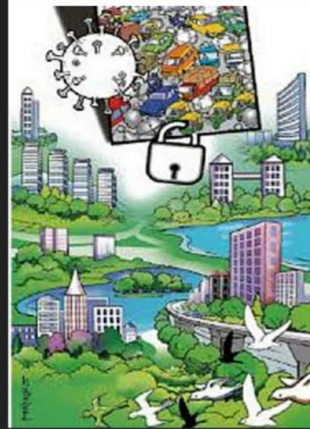
रस्त्याकडील उभे उंच उंच वृक्ष

पानांचा रंग तांबडा की हिरवा ?

कोठे गेला तो सांजवेळी

जाणवणारा थंड थंड गारवा

- Shinjini Shetty (VII E)



मृत्यूचं सत्य! निसर्गाच्या साथीनं

झाडावरून गळून पडलेलं एक कोमेजलेलं, सुगंध मालवलेलं निस्तेज फूल हळूवार मातीवर पडलं.

मातीने त्याच्या नाजूक पाकळ्यांना जोजवत विचारलं, "काही त्रास नाही ना झाला?"

सुकून गेलेल्या फुलाने देठापासून देह हलवण्याचा यत्न केला आणि पाकळ्यांनीच नाही म्हणून खुणावलं.

काही क्षण असेच गेले...

आपल्या कुशीत घेण्यास आतुर झालेल्या मातीने पुन्हा कातर आवाजात विचारलं, "झाडावरून गळून पडल्याचं खूप दुःख होतंय का? फार वाईट असतं का हे सर्व?"

स्नान पाकळ्यांवर मंद स्मित झळकलं. फूल म्हणालं, "निमिषार्थासाठी वाईट वाटलं..

कारण झाडाशी, पानांशी, गुच्छातल्या सोबती फुलांशी, उमलत्या कळ्यांशी, ओबड धोबड फांद्यांशी आता ताटातूट होणार म्हणून वाईट वाटलं.

पण पुढच्याच क्षणाला आनंदही वाटला. जितका काळ झाडावर होतो, तेव्हा वारा येऊन कानात गुंजन करायचा, पाकळ्यांशी झटाप्या, झोंबाप्या. कधी त्याचा राग पायचा तर कधी त्याच्यासोबत अल्लड होऊन उडत जावं, असं वाटायचं.



पण, तेव्हा मी झाडाचा एक भाग होतो. त्यामुळे माझा एकट्याचा निर्णय घेण्यास मी स्वतंत्र नव्हतो..."

"तू आता स्वतंत्र झालास खरा, पण आता तू क्षणाक्षणाला कोमेजत चाललायस....आता काय करणार?" - मातीचा प्रश्न.

दीर्घ उसासा टाकत फूल म्हणालं, "आता हवा जिकडे नेईल तिकडे मी जाईन...वाऱ्यावर स्वार होऊन जीवात जीव असे तोवर, जमेल तितके जग पाहून घेईन...मग एकेक पाकळ्या झडतील, देठापासून तुटून पडेंन.

पण जिथं अखेरचे श्वास घेईन, तिथल्या मातीशी एकरूप होईन. त्या मातीचं एक अंग होऊन जाईन आणि तिच्या कुशीत येऊन पडणाऱ्या नव्या बीजासाठी खत होऊन जाईन. त्या बीजातून अंकुरलेल्या झाडावर कोवळ्या फुलांचा एक टवटवीत गुच्छ असेल. माझं कर्म चांगलं असेल, तर मीही त्या गुच्छात असेन!"

फुलाचं उत्तर ऐकून सद्गदीत झालेल्या मातीने त्याच्या सुरकुतल्या पाकळ्यांचे हलकेच चुंबन घेतले.

काहीवेळ निराब्ध शांतता राहिली आणि पुढच्याच क्षणी मंद वाऱ्याची एक झुकक आली आणि फुलाला त्याच्या अंतिम सफरीवर घेऊन गेली...



आपलं आयुष्यही असंच आहे.

संसार, कुटुंब, आप्तेष्ट, मित्र ही सगळी त्या झाडाची मित्र अंगे. आपल्या सर्व जबाबदाऱ्या पार पाडल्या की, कुणी स्वखुशीने त्यातून बाहेर पडतो. तर कुणा कमनशिबींना परागंदा व्हावं लागतं.

मग सुरु होतो, एका जीवाचा एकाकी सफर, जो आपल्याला आयुष्यातलं अंतिम सत्य दाखवून देतो.

आयुष्यातली सत्कर्माची शिदोरी मजबूत असली की, हा प्रवास सुसह्य असतो. इथं आपल्याला मदत करायला कुणी येत नसतं.

नियतीच्या वाऱ्यावर आपल्याला उडावं लागतं. आपणही असेच पंचतत्त्वात विलीन होतो आणि प्रारब्धात असलं, तर जीवनाच्या पुष्पगुच्छात पुन्हा अवतीर्ण होतो!

जीवन सुंदर तर आहेच, पण ते अर्थपूर्णही आहे !

संकलित

- Kumudini Dhuri
(Secondary Section)



आम्रफळ

कोकीळ कूजन सुरू होताच

वसंत ऋतुच्या आगमनाची होते खानी

गुलमोहर, पांगारा, पळस, घाणैरी

मधुमालती, चंपक,केवडा

सज्ज सजविण्या धरित्री

फळांचा राजा 'आंबा'

तोही वसंताने मोहरतो

हळूहळू छोट्या कैऱ्यांनी बहरतो

'हिरवाई' लगडलेली कैरीताई

बघून घायाळ अवधी तरुणाई

कैरीच्या या कुशीत वाढते
आंब्याची वंशवेले सळसळत्या
यीवनाचा रंग तो हिरवा

अवघ्यांच्या मनात घुमता पारवा

हिरवेपणाचा लेवून साज

गर्भरपणाची टाकते लाज

जाणवते प्रेमाची गौडीगुलाबी

प्रेमाने कांती बनता गुलाबी

थोडी गुलाबी थोडी हिरवी



थोडा तुझा थोडा माझा

वाढतोय फळांचा राजा

या मिलनाचें रंग पालटतात

कधी पिवळसर केशरी रंगाची वसने

कधी झाडावर खदखदून हसणे

असा हा प्रेमळ प्रवास

फूल म्हणजे माता

बीज म्हणजे पिता

मिळून बने 'आम्रफळ'

खावे मनसोक्त येता जाता

- Sheetal D.

(Secondary Section)



ज़िंदगी

छोटी सी है ज़िंदगी
हर बात में खुश रहो
जो चेहरा पास न हो उसकी
आवाज़ में ही खुश रहो
कोई रुठा हो आपसे
उसके अंदाज में ही खुश रहो
जो लौट के नहीं आने वाले,
उनकी याद में ही खुश रहो
कल किसने देखा है,
अपने आज में ही खुश रहो

Hinal Jain
VII B

शिक्षक

शिक्षक यूँ ही नहीं महान होते हैं ।
इन्हें हर बारीकियों का ज्ञान होता है ।
करते हैं जो गलतियाँ हम,
उन गलतियों का भी समाधान करते हैं
शिक्षक ।
शिक्षक यूँ ही महान होते हैं ।
हम शिष्यों के लिए वरदान होते हैं शिक्षक ।
छोटी-छोटी उँगलियों को तुमने कितना कुछ
सिखाया था ।
ज्ञान - विज्ञान और कर्म का पाठ तुमने ही तो
पढ़ाया था ।

Jiya sonar
VII B

माँ

माँ नाम है बहुत ही छोटा
लेकिन वह है धरती से भी बड़ी
चलना हमें सिखाती है माँ
मंजिल हमें दिखाती है माँ
सबसे मीठे बोल हैं माँ के
दुनिया में सबसे अनमोल है माँ
माँ ही हमें हमारी गलती पर डाँटती है
माँ ही हमें सबसे ज्यादा करती है प्यार भी
माँ ही होती है सब कुछ,
माँ से आगे कोई नहीं होता है ।

Tanisha Jain
VIII A

दोस्त

मैं जब रोता हूँ तो दोस्त हँसाते हैं ।
मैं जब रुठ जाऊँ तो दोस्त मनाते हैं ।
नए हो या पुराने दोस्त अनमोल होते हैं ।
हर एक दोस्त की जरूरत होती है ।
खुशी हो या गम दोस्त रहे हमारे संग ।
दोस्तों के साथ गुजरे ज़िंदगी के रंग ।
घर से दूर जब मन उदास होता है ।
वह दोस्त ही तो है जो हमें कुछ खुशी के पल
देता है ।
आशा है हरदम हर पल दोस्त रहे हमारे संग ।

Rohit Gupta VIII E

माँ

जब अकेला था तो उसकी याद आई ।
अँधेरे में था तो उसकी याद आई ।
जब भूख लगी तो उसकी याद आई ।
नींद नहीं आई तो उसकी याद आई ।
सोचने में कितनी आसान लगती थी ये ज़िंदगी,
जब खुद से जीना सीखा तो उसकी याद आई ।
तब भी लगा कि माँ इतनी मतलबी कैसे हो सकती है,
हमसे भी ज्यादा हमारे लिए कैसे सोच सकती है ।
लेकिन सच तो ये है कि वो माँ ही होती है,
जो हमारा पेट भरकर खुद भूखी रहती है ।
हर पल हर जगह माँ की याद आई ।

shreya Palam
VIII E

परमात्मा पर भरोसा

चिड़िया ने शिकायत की कि मेरे परमात्मा बड़ी मुश्किल से
घोंसला बनाया था ।
आपने तूफान भेज दिया और मेरा घर उजड़ गया ।
आवाज आई तेरे घोंसले में साँप आया था तुझे खाने के
लिए इसलिए तूफान भेजा ताकि तुम जग जाओ और उड़
सको ताकि तुम्हारी जान बच सके ।
इंसान की ज़िंदगी में कितनी मुसीबतें आती हैं हमको पता
भी नहीं होता है कि परमात्मा हमें किस तरह परेशानियों से
बचाता है ।
अगर तुम्हें लगता है कि परमात्मा तुम्हें कष्ट के पास ले
आए हैं तो,
भरोसा रखिए वो तुम्हारे कष्ट से तुम्हें दूर भी ले जाएँगे

jiya sonar VII B



**SANSKRIT
KALEIDOSCOPE
2021 - 2022**

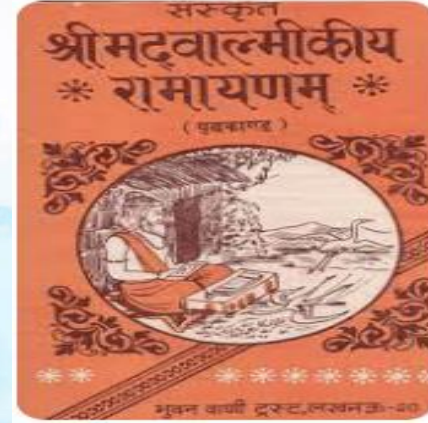
संस्कृत

AMAZING FACTS OF SANSKRIT

1. Out of all languages, only Sanskrit has the power to say something using the minimum amount of words.
2. According to research and Forbes magazine too, Sanskrit is one of the most suitable languages for computers. It is considered to be very efficient in making algorithms.
3. There are numerous synonyms for each word in the language of Sanskrit. English has only one word for love, Sanskrit has 96!!
4. Sanskrit is perhaps the most accurate language phonetically and otherwise. It makes use of 49 types of sounds that make pronunciations of different kinds of words very distinct.
5. According to NASA, Sanskrit is the only unambiguous language in the world meaning it is the only language that is not open to more than one interpretation of something.
6. Research suggests that learning Sanskrit improves brain functioning. Students improve academically because Sanskrit enhances memory power.
7. "Sudharma" is the only Sanskrit daily newspaper in the world. The newspaper has been published since 1970 from Mysore in Karnataka, India, and is also available online.
8. Three world religions- Hinduism, Buddhism, and Jainism have adopted Sanskrit as their scholarly language. The Vedas (written in the Sanskrit language) are among the world's oldest written texts.
9. People of Mattur village in Karnataka only speak Sanskrit.
10. 14 universities in Germany offer Sanskrit as a subject.
11. It is also known as 'Devbhasha' or 'Dev-vani', the language of gods

जयतु संस्कृतम्

Ramayana



Every one know about Ramayana but do you know from where the word 'Ramayana' came?

Ramayana is one of the two history of Hinduism, the other being the Mahabharata. The epic, traditionally ascribed to the Maharishi Valmiki, narrates the life of Lord Rama. The name Ramayana is a tatpurusha compound of Lord Ram and ayana, translating to "Rama's Journey". The Ramayana consists of 24,000 verses in seven books and 500 cantos, and tells the story of Rama, whose wife Seeta is abducted by the king of Sri Lanka, Ravan. The main purpose of this incarnation is to demonstrate the righteous path (dharma) for all living creatures on earth.

SANSKRIT UNIVERSITIES IN INDIA

Sanskrit is known as a language of gods. Many people are eager to learn this language as many hindu scripts or mythological documents are written in or inscribed in sanskrit. Learning sanskrit makes us know more about indian mythology. The following is a list of Sanskrit universities in India which are only focused on Sanskrit revival and Sanskrit studies along with related disciplines like Ayurveda.

You can pursue your education in sanskrit through this universities.

Sampurnanand Sanskrit Vishwavidyalaya(former Government Sanskrit College), Varanasi / Poona Sanskrit College(Deccan College) ,Pune / The Sanskrit College and University, KolkataKameshwar Singh Darbhanga Sanskrit Darbhanga, / Bihar National Sanskrit University, Tirupati / Shri Lal Bahadur Shastri National Sanskrit University, New Delhi / Central Sanskrit University ,New Delhi / Shri Jagannath Sanskrit University ,Odisha / Sree Sankaracharya University of Sanskrit, Kerala / Kavikulaguru Kalidas Sanskrit University, Nagpur / Jagadguru Ramanandacharya Rajasthan Sanskrit University, Rajasthan / Uttarakhand Sanskrit University ,Haridwar / UttarakhandShree Somnath Sanskrit University / Gujarat Sri Venkateswara Vedic University , Tirupati, Andhra Pradesh / Maharshi Panini Sanskrit Exam Vedic Vishwavidyalaya Ujjain Madhya Pradesh

ISHWARI DESHMUKH
IX D



Sampurnanada sanskrit Vishwavidyalaya

संस्कृत साहित्यम्



Sanskrit manuscripts on palm-leaf in Bihar or Orissa, 19th century. Sanskrit received from Ptolemy's European languages and was used to write the Vedas. The original language has been compared between Ptolemy and the Vedas.

संस्कृतसाहित्यस्य आरम्भः वेदसाहित्येन वा गायितेन वा ग. १५०० ईपू. तथा च लौहयुगस्य भारतस्य संस्कृतमहाकाव्यस्य मीखिकपरम्परायाः अनुसरणं कृतवान्, कांस्ययुगस्य आरम्भस्य अनन्तरं कालः, प्रायः १२०० ईपू. प्रायः १००० ईपू. वर्षे वैदिकसंस्कृतेन प्रथमभाषायाः द्वितीयभाषायाः धर्मस्य, शिक्षणस्य च संक्रमणं प्रारब्धम् ।

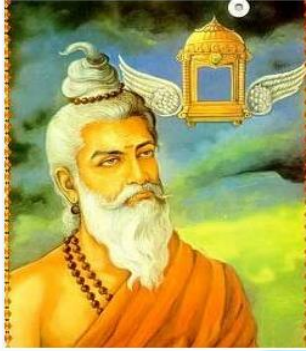
५०० ईपू. यावत् प्राचीनविद्वान् पाणिनिः वैदिकसंस्कृतस्य व्याकरणस्य मानकीकरणं कृतवान्, यत्र वाक्यविन्यासस्य, अर्थशास्त्रस्य, रूपविज्ञानस्य च ३,९५९ नियमाः (शब्दानां निर्माणं कथं च परस्परं सम्बन्धः च इति अध्ययनम्) । संस्कृतस्य भाषाविश्लेषणस्य व्याकरणस्य जीवितग्रन्थानां मध्ये पाणिनीयस्य अस्ताध्यायी महत्त्वपूर्णः अस्ति, यस्मिन् तस्य नियमाः तेषां स्रोतांश्च विन्यस्य अष्टप्रकरणाः सन्ति अनेन मानकीकरणेन पाणिनिः इदानीं शास्त्रीयसंस्कृतम् इति प्रसिद्धस्य निर्माणे साहाय्यं कृतवान् ।

संस्कृतसाहित्यस्य शास्त्रीयकालः गुप्तकालस्य, भारतस्य इस्लामपूर्वपूर्वमध्यराज्यानां च क्रमिकः अस्ति, यः प्रायः तृतीयतः ८ शताब्द्याः यावत् ई.पू. हिन्दुपुराणाः, भारतीयसाहित्यस्य एकः विधा यस्मिन् पौराणिकाः आख्यायिकाः च सन्ति, शास्त्रीयसंस्कृतस्य कालखण्डे पतन्ति । संस्कृतसाहित्यस्य विशिष्टविधारूपेण नाटकं वैदिकपौराणिककथानां अंशतः प्रभावितां ख्रीष्टपूर्वं अन्तिमशतकेषु उद्भूतम् । प्रसिद्धाः संस्कृतनाट्यकाराः शूद्रकः, भासः, अश्वघोषः, कालिदासः च; तेषां असंख्यानि नाटकानि अद्यापि उपलभ्यन्ते यद्यपि लेखकानां विषये एव अल्पं ज्ञायते । कालिदासस्य अभिज्ञानशाकुन्तलम् इति नाटकं सामान्यतया कृतित्वेन गण्यते, आङ्ग्लभाषायां, अन्येषु च अनेकभाषासु अनुवादितेषु प्रथमेषु संस्कृतग्रन्थेषु अन्यतमम् आसीत् संस्कृतसाहित्यस्य ग्रन्थाः, यथा पतञ्जलिस्य योगसूत्राणि, येषां परामर्शः अद्यत्वे योगसाधकैः क्रियते, उपनिषद् इति पवित्रहिन्दुग्रन्थमाला च अरबीभाषायां फारसीभाषायां च अनुवादः अभवत् । संस्कृत-परी-कथाः, दन्तकथाः च नैतिक-चिन्तनैः, सुभाषित-दर्शनैः च लक्षणीयाः आसन्, यत्र एकः विशेषः शैलीः फारसी-अरबी-साहित्ये मार्गं कृत्वा, आङ्ग्लभाषायां अरब-रात्रयः इति प्रसिद्धेषु वन सहस्र-एकरात्रौ इत्यादिषु प्रसिद्धेषु कथासु प्रभावं कृतवान् ।

भाषायाः अस्य कालस्य प्रमुखं वैशिष्ट्यम् अपि काव्यं आसीत् । कालिदासः अग्रणीः शास्त्रीयसंस्कृतकविः आसीत्, सरलतया किन्तु सुन्दरशैल्या सह, पश्चात् काव्यं तु समानानि पृष्ठतः अग्रे च पठन्तः छन्दाः, भिन्नार्थान् उत्पादयितुं विभक्तुं शक्यन्ते इति शब्दाः, परिष्कृतानि रूपकाणि च समाविष्टानि अधिकजटिलानि युक्तानि प्रति प्रवृत्तान् ।

- सङ्कलनम् पार्थः सुर्वे
अहमी ड

Sage Bharadvaja



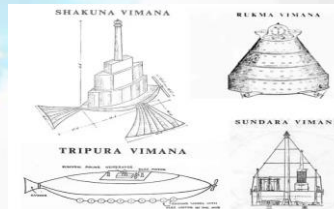
Sage Bharadvaja (full name- Bharadvaja Barhaspatya) a well known and renowned scholar, economist, grammarian and physician, whose name is still worshipped in Indian hearts due to his great contribution in Indian economy. He was one of the revered Vedic sages (maharishi) in Ancient India. The epic Ramayana tells us that when Lord Rama entered into exile, he found refuge in the ashrams of several sages.

The first of these sages was Bharadvaja, who was living in the forest practicing austerities, and surrounded by his students. He has contributed immensely to the Indian literature, mainly Puranas and Rig Veda. His works give an insight of the Indian society of his times.

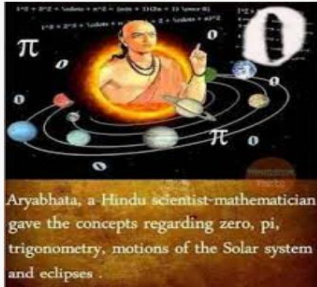
He along with his students is considered to have authored the sixth book of Rigveda. Bharadvaja is one among the seven great sages i.e. Sapta Rishis. Maharshi Bharadvaj has narrated guidelines to making aeroplanes. There are 97 reference books for aviation. In Brihatvimanshastra, he has given 500 guidelines. The Maharishi, he said, defined an aeroplane as “a vehicle which travels through air from one country to other, from one continent to other, from one planet to other.” He appealed to young scientists to attempt to make metal alloys named by the sage in his book. Maharishi Bharadvaj mentioned that these

aeroplanes could travel from one country to another and also from earth to other planets and back. “The Wright Brothers are given credit for developing flying technologies in 1904 but the same was existent in ancient India. The basic structure was of 60 by 60 feet and in some cases, over 200 feet,” he said, some with “40 small engines”.

In 1875, the Vymaanika Shaastra, a 4th Century BC text written by Sage Bharadvaj was discovered in a temple in India. It contains 3000 shlokas in 8 chapters which was physically delivered by the ancient Hindu Sage Bharadvaj. The book greatly deals with the operation of ancient vimanas and included information on steering, precautions for long flights, protection of the airships from storms and lightning and how to switch the drive of solar energy or some other form of energy. One of the chapters will reveal the secrets of constructing aeroplanes that cannot be broken or cut, that is indestructible, that is fire resistant. It also deals with the secret of making planes motionless and invisible. It also describes how to defeat the enemy planes etc. as per the Sage Bharadvaj the vimanas were classified as per the Yugas. During the period of Krita Yuga, Dharma was established firmly. The pushpak Vimana which was used by Ravana was an aerial vehicle. He used this vehicle to kidnap Sita from the jungle and took her to his Kingdom Srilanka. Ramayana was during the Treta Yuga in which the vimanas were highly discovered. During this period “Laghima” gave them the power to lighten their vehicle so they can travel freely in the air. In present Kaliyuga both Mantra and Tantra Shakti are almost vanished from the earth and so the ability to control a vehicle has also been gone. Today artificial vehicles are built which are called as Kritaka Vimanas in Sanskrit language



Aryabhata



Aryabhata became famous as a mathematician and astronomer. Aryabhata was born in 476 AD. He composed the book 'Aryabhatiya'.

At that time he was twenty-three years old.

Aryabhata had established an observatory near Pataliputra. This proves that Pataliputra has been his karmabhoomi. Aryabhata gave the world the digit "0" (zero) for which he became immortal. His book, the Aryabhatiya, presented astronomical and mathematical theories. The discovery of zero enabled Aryabhata to find out the exact distance between the earth and the moon.

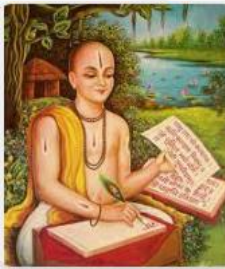
- SHANVI SHETTY
IX C

THE BRILLIANCE OF INDIAN SAINTS

TULASIDAS

India's contribution is well known to everyone be it discovery of zero, decimal system, and even trigonometry. Below is another thing to marvel about India's greatness and contribution.

Hanuman Chalisa was composed by Gosvami Tulasidas.



He was a great devotee of lord Ramchandra who lived in the 16th century. Many devotees regularly recite Hanuman Chalisa, a prayer glorifying Shri Hanuman, composed by this great saint and poet .

It is believed that in one of these verse of Hanuman Chalisa, Tulasidas had given an accurate calculation of the distance between the sun and Earth. Which means, Sun is at the distance of Sahastra (thousand) yojana (an astronomical unit of distance) The Hindu Vedic literature states the values of the variable such as :

1 Yuga = 12000 celestial years

1 Sahastra = 1000

1 yojana = 8 miles

Hence , Yuga × Sahastra × Yojana = Para Bhanu
 $12000 \times 1000 \times 8 \text{ miles} = 96,000,000 \text{ miles}$

1 mile = 1.6 kilometres, $96,000,000 \times 1.6 \text{ kilometres} = 153,600,000 \text{ Kilometres}$ to the sun.

- AVANI BHANDARY IX C

MY SCHOOL

S M Shetty school is the best.

A kid is imperfect without it.

It gives knowledge to a child and protects from bad qualities.

It is the creator of character of everyone and provides guidance.

Teachers here are like guru Vishwamitra and this is why I like this school.

I am nothing without it this is what I feel.



एस एम शेट्टी महाविद्यालयः अस्ति सर्वोत्तमः ।
एतेन विना बालकः वर्तते अधमः ।
यच्छन्ति बालकेभ्यः ज्ञानंदुर्गुणेभ्यः रक्षन्ति च ।
शिल्पकारः चारित्र्यस्य मार्गदर्शनं कुर्वन्ति च ।
शिक्षकाः सन्ति विश्वामित्रः इव अतः एषः विद्यालयः मे रोचते ।
एतेन विना अहं कोऽपि नास्मि इति अहं मन्ये ।

COMPOSED &
TRANSLATED BY
DEVASHISH SONAR IX D



संस्कृतभाषा



सम्यक् परिष्कृतं शुद्धमर्थाद् दोषरहितं व्याकरणेन संस्कारितं वा यत्तदेव संस्कृतम्।

एवञ्च सम्-उपसर्गपूर्वकात् कृधातोर्निष्पन्नोऽयं शब्द संस्कृतभाषेति नाम्ना सम्बोध्यते।

सैव देवभाषा गीर्वाणवाणी, देववाणी, अमरवाणी, गीर्वाणित्यादिभिर्नामभिः कथ्यते। इयमेव भाषा सर्वासां भारतीयभाषाणां जननी, भारतीयसंस्कृतेः प्राणस्वरूपा, भारतीयधर्मदर्शनादिकानां प्रसारिका, सर्वास्वपि विश्वभाषासु प्राचीनतमा सर्वमान्या च मन्यते। अस्माकं समस्तमपि प्राचीनं साहित्यं संस्कृतभाषायामेव रचितमस्ति, समस्तमपि वैदिक साहित्यं रामायणं महाभारतं पुराणानि दर्शनग्रन्थाः स्मृतिग्रन्थाः काव्यानि नाटकानि गद्य-नीति-आख्यानग्रन्थाश्च अस्यामेव भाषायां लिखिताः प्राप्यन्ते। गणितं, ज्योतिषं, काव्यशास्त्रमायुर्वेदः, अर्थशास्त्रं राजनीतिशास्त्रं छन्दःशास्त्रं ज्ञान-विज्ञानं तत्त्वज्ञानमस्यामेव संस्कृतभाषायां समुपलभ्यते। अनेन संस्कृतभाषायाः विपुलं गौरवं स्वमेव सिध्यति।

संस्कृतम् जगतः अतिप्राचीना समृद्धा शास्त्रीया च भाषा वर्तते। संस्कृतम् भारतस्य जगतः च भाषासु प्राचीनतमा। संस्कृता वाक्, भारती, सुरभारती, अमरभारती, अमरवाणी, सुरवाणी, गीर्वाणवाणी, गीर्वाणी, देववाणी, देवभाषा, दैवीवाक् इत्यादिभिः नामभिः एतद्भाषा प्रसिद्धा। भारतीयभाषासु बाहुल्येन संस्कृतशब्दाः उपयुक्ताः। संस्कृतात् एव अधिका भारतीयभाषा उद्भूताः। तावदेव भारत-युरोपीय-भाषावर्गीयाः अनेकाः भाषाः संस्कृतप्रभावं संस्कृतशब्दप्राचुर्यं च प्रदर्शयन्ति। व्याकरणेन सुसंस्कृता भाषा जनानां संस्कारप्रदायिनी भवति। अष्टाध्यायी इति नाम्नि महर्षिपाणिनेः विरचना जगतः सर्वासां भाषाणाम् व्याकरणग्रन्थेषु अन्यतमा, वैयाकरणानां भाषाविदां भाषाविज्ञानिनां च प्रेरणास्थानं इवास्ति। संस्कृतवाङ्मयं विश्ववाङ्मये स्वस्य अद्वितीयं स्थानम् अलङ्करोति। संस्कृतस्य प्राचीनतमग्रन्थाः वेदाः सन्ति। वेद-शास्त्र-पुराण-इतिहास-काव्य-नाटक-दर्शनादिभिः अनन्तवाङ्मयरूपेण विलसन्ती अस्ति एषा देववाक्। न केवलं धर्म-अर्थ-काम-मोक्षात्मकाः चतुर्विधपुरुषार्थहेतुभूताः विषयाः अस्याः साहित्यस्य शोभां वर्धयन्ति अपितु धार्मिक-नैतिक-आध्यात्मिक-लौकिक-पारलौकिकविषयैः अपि सुसम्पन्ना इयं देववाणी।

-SUVARNA SATARDEKAR



॥ संस्कृत ॥

लोकाः समस्ताः सुखिनो भवन्तु ।

Let the entire world be happy.

सारा संसार सुखी रहे ।

SCIENCE

Life on Land: Protect Biodiversity & Natural Habitat

Sustainable Cities & Communities: Inclusive & Sustainable Urbanization



**Let's Take A Step Towards An
Environmentally Positive Future**

Samridh Chatarmal – IX A

From the Science Editorial Board

- Science Department

The Science Section of this Magazine will take you through the activities conducted by the Science Department. The activities were in accordance with the Sustainable Development Goals chosen for the year and with the National Education Policy to be implemented soon.

Std VI to VIII had the goal of Life on Land with the target to Protect Biodiversity and Natural Habitat. Std IX and X had the goal of Sustainable Cities and Communities with the target of Inclusive and Sustainable Urbanisation.

The cover slide beautifully depicts the need to develop positive habits to conserve our habitat and to create sustainable cities. If development of Science & Technology led to the adverse condition of the environment so too can it alone also help reverse and preserve the natural environment. To bring about this awareness and encourage positive change in behaviour our sessions, workshops, internals and projects were all focused in this direction.

Celebrating festivals in an eco-friendly manner; saving resources by reusing old cloth, paper and stale food; growing microgreens which can save habitats, testing for adulterants and following fair measurement practices to ensure a healthy and just society are some of the ways we can move towards an environmentally positive future.

This new goal oriented approach brought about a collective consciousness where Science, the Environment and Sustainability all go hand-in-hand.

Know your Plastics

- Science Department

There is no such thing as 'away'.

When we throw anything away, it must go somewhere. – Annie Leonard

This is so true when we consider plastic and the effect littering of plastic has on the environment. To understand this new generation material better Bunts Sangha's SM Shetty High School and Junior College in association with the Indian Centre for Plastics in the Environment (ICPE) organised a webinar titled '**Know your Plastics**' on the 19th and 20th of July for students of standard VI & VII respectively.

They spoke about plastic being a relatively newer material in comparison with steel, glass etc. and therefore we are still in the process of learning about its uses, handling and disposal. Plastic has helped overcome many deficiencies prevalent in traditional materials. Students were also introduced with the types of plastics namely thermoplastics and thermosets. It was an eye opener to know that thermoplastics which are used to the maximum are 90% recyclable. Contrary to popular belief it was stated that plastics are safe and have applications in a variety of fields like medicine, food, water, beverages, etc. It was also surprising to note that according to the speakers it is not plastics that cause pollution but our tendency to litter that actually harms the environment. In fact, plastics have the least eco-footprint compared with alternatives like paper, glass, metal, etc. If we change our behaviour and instead reduce, reuse and responsibly dispose used plastics we can help save the environment and live sustainably.

The session ended with an interaction with the students who were eager to create awareness about changing behaviour patterns to reduce plastic exposure in the environment.

Plastics !

The New Generation Materials!



Sumedh Habbu for the Indian Centre for Plastics in the Environment (ICPE)
July 2021

Plastics Recycling – What Can We Do?



3Rs for CONSUMER (BEHAVIOUR)

- ✓ REDUCE
- ✓ REUSE
- ✓ RESPONSIBLY DISPOSE USED PLASTICS



Collect & Segregate



Know your Plastics

Towards Green Environment

- Science Department

Towards Green Environment was an integrated session conducted by the Science Department along with the Art Department. It was organised in keeping with the NEP guidelines and incorporated the Sustainable Development Goals set up by the United Nations. This year we have chosen the goal of Life on Land for Std VI - VIII with the target to protect biodiversity and natural habitat. This session was organised for Std VII keeping in mind the upcoming Ganesh festival. During the session students were acquainted with the environmental issues arising after the immersion of the idol. To make the celebration of the festival joyful and truly environmentally safe, students were taught how to create eco-friendly idols using easily available materials at home.

The session began with Science teacher, Ms. Kalawati Panchal explaining the effects on the environment of harmful substances used in making the idol. The second part of the session involved the Art teacher, Mr. Jitendra Ahirrao demonstrating the construction of the idol using Shadu Mati. Art teacher, Ms. Ujwala Kumar also showed the students how to make the idol using maida, turmeric, sugar and toothpicks.

Students created eco-friendly idols which they also used during the festival. Thus this session helped combine Science & Art to solve one of the issues affecting our environment.

What our students said

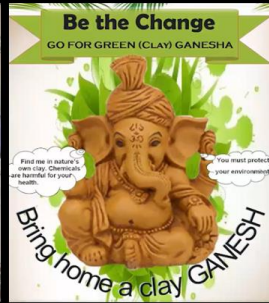
Clay-made Ganesh's are completely natural. These idols are finished using a variety of natural clay like Multani mitti, shadu soil and natural dyes such as turmeric. The clay Ganesh's idols are completely biodegradable and can be immersed in a bucket of water at home.

- Naomi Anil, VII D

Before making the idol, the teachers asked us the importance of eco-friendly idols. I did not know that idols get scattered everywhere after visarjan. The concept that we can do visarjan in a pot of your own and after that sow seeds was totally wonderful.

- Aarna Dutta, VII D

TOWARDS GREEN ENVIRONMENT



Towards Green Environment Session



Student's Creativity

Eco-friendly Ganesha Making Workshop

Homemade Natural & Organic Soap Making

- Science Department



Homemade Natural & Organic Soap Making Session for Std VII
by Ms. Namanpreet Kaur Bhoee & Mr. Abhijeet Omay of Soap Gags

On 12th February, the Science Department organised a session on **Homemade Natural & Organic Soap Making** for students of Std VII in keeping with their SDG goal – Life on Land with its target to Protect Biodiversity and Natural Habitat. The topic was chosen as it was connected with the chapter ‘Materials we use’ in the Std VII Science Textbook.

The session was conducted by Ms. Namanpreet Kaur Bhoee and Mr. Abhijeet Omay co-owners of the company Soap Gags that specializes in making organic & natural skincare products ranging from soaps, bath salts, bath bombs, lotion bars and body butters.

They taught the students the technical aspects of soap making and even showed them how to make different types of soaps using a premade soap base. Students were taught how to make an aloe vera and charcoal soap, goat’s milk and neem base soap and a few more. They learnt about various soap bases, shapes, colours, scents, glitter and organic materials that could be added to ensure the skin friendly nature of the soap. Students were also acquainted with the older methods of making soaps and the basic nature of soap with its effects on skin. They also highlighted the benefits of using organic soaps as compared to synthetic soaps.

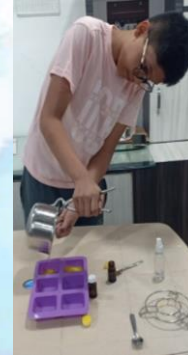
Students and parents joined in the session and had many questions regarding the soap making process. The session was very well received.

After the Organic Soap Making Session

- By Het Hariya, VII F

What you will need

Aloe Vera Soap Base
Moisturizing Soap Base
Lime Mint Fragrance
Yellow Colour
2 Steel Vessels
1 Silicon Mould
Spatula/Serving Spoon



Steps

Finely chop Aloe Vera Base & Moisturizing Base.
Heat Aloe Vera base using double boiler method on the gas.
Once melted, add yellow color & pour the liquid in a silicon mould
Let the first base settle down and harden.
Now, heat Moisturizing base using the same double boiler method.
Once melted, Add Lime Fragrance & pour the liquid on top of the hardened Aloe-Vera base.
Let it settle until it hardens.
Carefully remove the soap from mould.
Your Aloe Vera Moisturizing Soap is ready.



National Science Day Celebration – Science Day

- Science Department

The Science Department of Bunts Sangha's S M Shetty High School & Junior College celebrated **Science Day** on 25th February in honour of Sir C. V. Raman's discovery of the Raman Effect and in keeping with the National Science Day i.e. 28th February. Innovative and unique sessions were conducted for the students on this day.

Std VI had a session called **Budding Entrepreneurs** conducted by Ms. Joyce Noronha where the students were acquainted with innovative uses of Science to solve everyday problems through clippings of Shark Tank India and project models made by our very own students. At the end of the session students were encouraged to create models using their own ideas and creativity.

Std VII had a session on **Importance of Nutrition and Health** conducted by Dr. Ratnaraje Thar and Ms. Nehita Patil from Nirmala Niketan college of Home Science where they were told about the role of various nutrients and their impact on health. They were also encouraged to join the Nutrition Campaign and become Nutrition Marshals for the school.

Std VIII had a Science and Music Integration session called **Musical Frequencies** where the students learnt the scientific principles of sound and frequency and its relation to musical notes and pitch which affects the quality of sound. It was conducted by Ms. Pinky Jalui and Mr. Vinayak Lalit.

Std IX had a session on the **Milk Bag Project** conducted by Ms. Hansu Pardiwala and Ms. Kunti Oza of the Clean Mumbai Foundation. The students learnt how to cut, clean, store and send the humble milk bag for recycling by which they could effectively keep the milk bag out of landfills and thus help create useful household products. The students were eager to start this project in the school and even suggested a field trip to a local recycling plant.

The feedback that was received from the students was overwhelming and showed their eagerness to solve 21st century issues with care, concern and Science.

Science Day



Budding Entrepreneurs – Std VI

IMPORTANCE OF NUTRITION AND PHYSICAL FITNESS IN CHILDREN

NIEMITA RAJIL
M.Sc Sports Nutrition

SIDE EFFECTS OF JUNK FOOD

Weight Gain	Type 2 Diabetes
Depression	Cancer
Tooth Decay	Indigestion
Fatigue	Heart Disease
Blood Sugar	Skin Problems

GUIDELINES

- A minimum 30-45 minutes brisk walk/physical activity of moderate intensity improves overall health.
- Include "warm-up" and "cool-down" periods, before and after the exercise regimen.
- Forty five minutes per day of moderate intensity physical activity provides many health benefits.
- Avoid Over training or over exercising.
- People with heart disease, high blood pressure, diabetes, asthma, and obesity should consult physician before taking up the exercise program.



Importance of Nutrition & Health – Std VII

How is sound produced?

Sound is generated from a vibrating object.

- Frequency is the rate of the vibrations of the sound travelling through the air.
- It is the total number of waves produced in one second which is measured in hertz.
- Example - If 5 complete waves are produced in 1 second, then the frequency of the wave will be 5 hertz.



Musical Frequencies – Std VIII

NOTICE HOW THE BAG SHOULD BE CUT

RINSE THE BAG & DRY IT OUT

TIE A RUBBER BAND & KEEP READY

WE WILL COLLECT THESE EVERY MONTH

The Milk Bag Project – Std IX

National Science Day Celebration – Science Fair

- Science Department



On 28th February, the Science Department organised a **Science Fair** on the occasion of National Science Day. A student portraying C. V. Raman, in whose honour this day is commemorated, greeted the students visiting the Fair and created awareness on the significance of this day. Students put forward innovative concepts and some of their own designs in the form of models which were on display during the Fair. Offline students of Std VI and VII visited the Fair while the rest of the

classes and the students who were online got to view the entire exhibition on YouTube.

Some of the exhibits on display were Aquaponics, Density Tower, Pollution Catcher, Electrolysis, Floating House, Travelling Water, Magical Air, Water Powered Hydraulic Crane and Beauty of Sounds with a Beat Boxing demonstration.

The Science Fair gave a unique opportunity for students to showcase their application of various Science concepts.

Energy Literacy Training

- By Atish Chorge

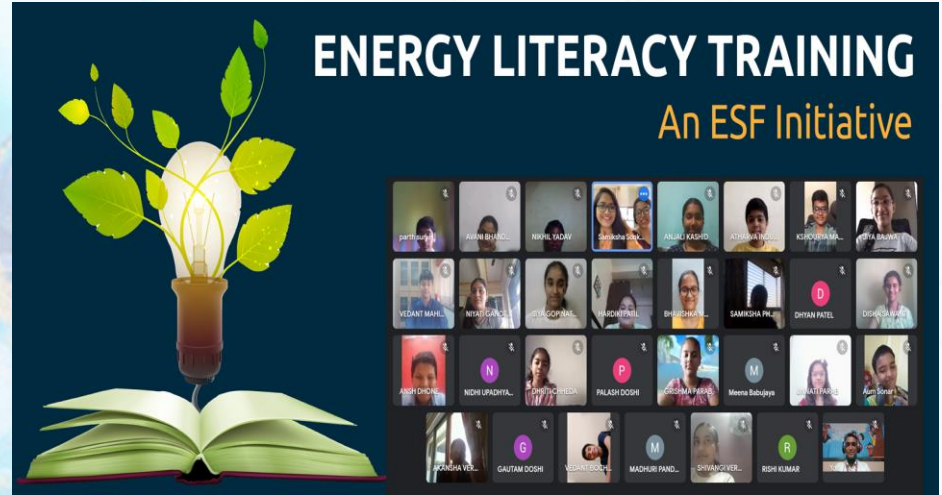
36 students from Std VI – VIII successfully completed the 'Energy Literacy Training' organised by Energy Swaraj Foundation (ESF) in collaboration with TATA Motors between 18th to 28th February, 2022.

This training helped students in understanding energy, its generation, consumption, wastage, carbon footprint, impact on the environment, means to avoid and minimize energy usage, alternative energy solutions, ways to become carbon neutral, misconceptions on solar energy, and approaches to adopt solar energy solutions.

Training was imparted through 12 modules. There was a quiz after each module. Each module had an activity or exercise related to the concept. The entire training program was of 4-5 hours. E-certificate was given to successful participants who scored above 60%.

Students completed the training course online at https://bit.ly/energy_literacy. After completion of the training of the students, the teachers conducted an interactive session with the students for half an hour. Team ESF joined these sessions virtually. The teachers submitted the report of the interactive session to Team ESF after which the students were provided with certificates. A certificate of appreciation was provided to the teacher coordinator and the school.

The students found the course very informative. The experience was amazing and very enriching for them. Our students learned a lot and were excited and proud to be 'energy literate'. They are determined to be alert and vigilant while using the energy resources. 'Save Energy and use it wisely' is their motto.



Nutrition Campaign to create Nutrition Marshals

- Science Department

The first of five sessions of the **Nutrition Campaign** for Std VII students who volunteered for the same started from 26th February. It was headed by Dr. Ratnaraje Thar and conducted by the P.G. Diploma students of **Nirmala Niketan College of Home Science**. The students attending these sessions were trained to be the future Nutrition Marshals of the school on completion of the five sessions.

In the first session '**All About Nutrients**' on 26th February, our students learnt about nutrients, its classification and their functions. It was interactive, fun and filled with valuable information. They were also given their first assignment to click pictures of the meals and mention its nutrient content.

On 5th March a session '**Go Green Grow Microgreen**' was arranged where the students learnt the meaning of microgreens, how to grow them and consume them. They were also made aware of its nutritional benefits.

On 12th March, they conducted a session '**Colour Ninja**'. The students were introduced to the different pigments in fruits and vegetables and their nutritional value. Students came up with innovative recipes to include various colour foods in their diet.



The session '**Junk Food: Red, Amber, Green**' was conducted on 19th March. Here students found out the importance of reading nutrition labels and thus identifying junk and healthy foods.

'**Fitness**' session was held on 26th March. This was an energetic, fun filled session where students go to experience different ways to keep fit through Yoga, Zumba and Dance.

After these five sessions and activities related to it, the Nutrition Marshals were encouraged to create and share nutrition related activities with their peers so as to promote peer to peer learning.

WHAT DO YOU WISH TO BE TODAY?

NOTES (Environment) **FOR YOU!**

EAT THE RIGHT FOODS, IN RIGHT QUANTITY, AT THE RIGHT TIME

GOOD NUTRITION Good nutrition means eating a balanced diet. **What are Nutrients?**

Why is it important to eat healthy?

- Best way to live a healthy life is to eat a balanced diet. A healthy diet is essential for good health.
- To provide nutrients that your body needs to function.
- To give you more energy and alertness throughout the day.
- To prevent future disease and sickness.

Diabetes, obesity and cancer

Food sources of fats

- Butter, ghee
- Yogurt and dairy products (cheese, paneer, curd)
- Egg yolk
- Meat and fish (salmon, chicken, beef, turkey)
- Oil and phospholipids (oil, cream, margarine, etc.)



Session 1 – All About Nutrients

GO GREEN MICROGREEN

POSTGRADUATE COLLEGE OF HOME SCIENCE, VERAVALA NESTER, Sree Balaji, Tatyasaheb, Nehru Road & Shreehari Street

STAGES OF SEED GROWTH

RECIPES

- 1. Wash - 200gms of seeds (chickpea, mung, lentils, etc.)
- 2. Soak - 10-12 hours in water
- 3. Drain - 10-12 hours
- 4. Rinse - 10-12 hours
- 5. Wash - 10-12 hours
- 6. Drain - 10-12 hours
- 7. Wash - 10-12 hours
- 8. Drain - 10-12 hours
- 9. Wash - 10-12 hours
- 10. Drain - 10-12 hours



Session 2 – Go Green Grow Microgreen

JUNK FOOD: RED LIGHT? GREEN LIGHT?

Green Food

- Ultra processed food
- nutriently inappropriate foods
- Carbonated/colorant/sweetened
- Sugar sweetened beverages

Example

Breakfast Nutrition Labels

Commercial Processed Food advertised as HEALTHY

Example

Example



Session 4 – Junk Food: Red Light, Green Light



Session 3 – Colour Ninja

Fit Avatars

What is health?

By Exercising!

Yoga and Meditation

UTKATA KOMASANA THE TREE POSE

VIKRIKSHASANA THE BOW POSE

BADDHA KOMASANA THE SQUARE HOLE POSE

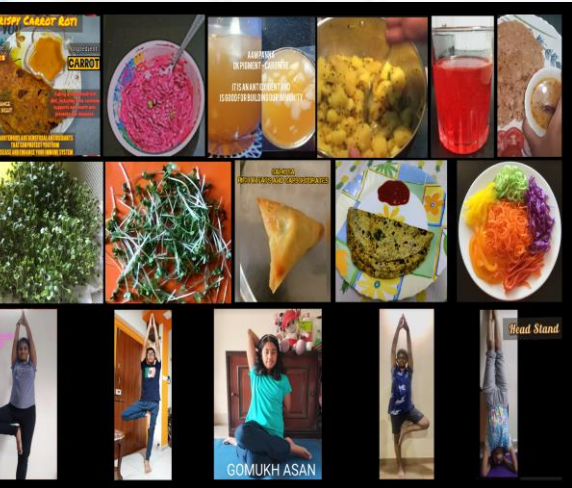
PARVATISANA THE MOUNTAIN POSE

BALASANA THE CHILD'S POSE

PASCHIMOTTANASANA THE FORWARD BEND POSE

PADA HASTASANA HAND TO FOOT POSE

Session 5 – Health & Fitness



Activities by Nutrition Marshals

Save Soil Campaign

- Science Department



Mrs. Leela Sharma, Mrs. Pratiba Chavan, Mr. Shrikant Chavan, Mrs. Meera Kadam and Mrs. Aparna Chandra Awasthi from Isha Foundation conducted the Save Soil Campaign on 31st March for students of Standard VI, VII and VIII. They created awareness about the **Save Soil Campaign** initiated by Sadhguru and encouraged the students to bring about concrete changes by letting their voices be heard by the nation's policy makers through a letter addressed to the Prime Minister.

Each session for the respective standard started with a welcome and short introduction given by a student. This was followed by a video message from Sadhguru about the Save Soil Campaign which is a global movement to address the soil crisis by bringing together people from around the world to stand up for Soil Health, and supporting leaders of all nations to institute national policies and actions toward increasing the organic content in cultivable soil.

He explained how lack of organic content turns soil into sand, leading to food crisis, water scarcity, loss of biodiversity, climate change, loss of livelihood, conflict and migration. The aim of the campaign is to bring back at least 3-6% organic content in the soil by bringing the land under shade from vegetation & enriching the soil through plant litter and animal waste.

To spread awareness about this Sadhguru is embarking on a journey to meet citizens, leaders and experts as a lone motorcyclist covering 30,000 km across 25 nations from the United Kingdom to India in 100 days to take the message of Save Soil to 3.5 billion people which forms 60% of the world's electorate.

After the video message, students were given the format of the letter and were asked to write a letter to the Prime Minister of the country seeking to implement policies to preserve the top soil. After the students submitted their letters, they danced to the theme song of the Save Soil Movement and held placard and posters urging reforms to protect soil.

The students were overjoyed to get a chance to connect Science with Protection of the Environment and join a global movement at such a tender age.

Floating House

- By Dhyan Patel, VIII C

Participating in the IIT Bombay Socio Innovation Science Exhibition was a great experience. I had to use a variety of skills to create my project of the 'Floating House'. It built my critical thinking, discipline and computer skills. I appreciate this fabulous opportunity given to me by my Science teacher, Dr. Meena Babujaya to enhance my technological know how.

Floating House

- By Navya Patel, VIII C

I participated in the IIT Bombay Socio Innovation Science Exhibition, in which we had to make a working model of something that helps prevent pollution or major problems in the environment. I and my partner, Dhyan chose the concept of a floating house. It was a wonderful experience with my friends and teachers. I really enjoyed and learnt something new about working models. I thank my Science teacher – Dr. Meena Babujaya, who selected me for the exhibition. I would also like to participate in different types Science events and exhibitions in the future as I love Science and I like to explore new things in it.



Floating House – Dhyan Patel and Navya Patel, VIII C

Pollution Catcher – Niyati Ganotra, VIII C

Pollution Catcher

- By Niyati Ganotra, VIII C

The IIT Bombay Socio Innovation Science Exhibition was amazing. I enjoyed making my model on the pollution catcher, it was great. I got to learn many things such as how to make a device at home that could capture smoke and remove it from the air and transfer it into water. Shooting the video presentation also was fun. Beautiful experience!

The Floating House by Mast. Dhyan Patel and Ms. Navya Patel and the Pollution Catcher by Ms. Niyati Ganotra from VIII C were the entries for the IIT Bombay's Abhyuday's Socio Innovation Science Exhibition on Climate Change under the guidance of Dr. Meena Babujaya.

Ande ka Funda – Effect of Eggshell as Fertiliser

- By Ms. Joyce Noronha and Mr. Atish Chorge



To test the hypothesis of the benefits of eggshell as a fertiliser, two potted plants were used by each volunteer. If potted plants were not available the volunteers were to grow tomato plants from its seeds in two pots. Pot A was the test pot (plant with egg fertiliser) while Pot B was the control (plant without egg fertiliser).

To make the fertiliser, the volunteers collected egg shells, dried them and then ground them into a powder using mortar and pestle or a mixer grinder. This powder can be stored for subsequent use.

In pot A, take 2 tablespoons of egg powder if the pot is small or 4 tablespoons if the pot is big. Mix the powder thoroughly with the top layer of soil. Pot B will not contain the egg fertiliser.

The growth of the plants in both the pots were observed and the results were noted.

There was marked improvement in growth of the plant in pot A.

The team of Ms. Moksha Kankariya and Ms. Naisha Shetty along with their teacher Ms. Joyce Noronha and Mr. Atish Chorge entered the project titled 'Ande ka Funda' for the National Children's Science Congress.

Power the World with Smart Footsteps

- By Kirti Khedkar



This year we participated in NCSC (National Science Children's Congress) and the GMRT Science Exhibition. Our project's name was 'Power the World with Smart Footsteps'.

We got this idea since we have an aerobic cycle at home which we use regularly. We were always thinking that while we use the cycle for good health, we are generating so much of mechanical energy while cycling. So why not convert mechanical energy into electrical energy for use at home? And this became the concept for our project.

For this project we made a kit using used a DC generator and car USB charger. We attached the pulley of the DC generator to flywheel of the aerobic cycle and started pedalling. We observed that we can fully charge a mobile with 5000 mAh battery in 150 minutes. We carried the concept further and tried to light a 8 watt LED USB bulb by cycling and were successful. This encouraged us to experiment further and next we used USB hub to simultaneously charge a mobile, a power bank, and USB LED bulb – all at the same time by cycling and it worked!!!! If we save the electrical energy in power bank, it can be used in the future.

In order to understand how much electricity can be generated, my project partner and I interviewed gym owners in Powai to find out how many cycles, treadmills and elliptical cycles they have, how long does a gym member use these devices for, since the kit can be connected to all these devices. We found that, on an average each gym can charge at least 10-20 power banks in one day, which helps us reduce carbon footprint and also save electricity at the same time, apart from being physically fit.

Preparing for the project and executing the project was a thrilling experience as we could see the results when the mobile was charged, USB bulb lit up and power bank was charged. With my parents support in making the kit and our teachers Mrs. Kalawati Panchal and Ms. Rukhsar Pometakar's guidance and coaching, we reached the 3rd round of the NCSC project. So overall it was a very unique and memorable experience.

We believe that if we could attach this kit to every cycle in India, we can generate 1000mAh electricity which can be a huge saving, apart from the obvious health benefits. Not to forget, this is a renewable form of energy.

The team of Ms. Kirti Khedkar and Ms. Aarna Dutta from Std VII along with their teacher Ms. Kalawati Panchal presented the project titled 'Power the World with Smart Footsteps' for the National Children's Science Congress and the GMRT National Science Exhibition under Group I – Std 5 to7. It was selected for the Zonal Level Panel Interview Round at NCSC. It won the Consolation Prize at the National Level at GMRT.

Check out their project on <https://gmrt.growingdots.in/index.html#>

Aquaponics

- By Arpita Singh, Pratistha Singh, Preet Kothari & Shravani Mahindrakar

"Alone we can do so little, TOGETHER we can do so much" Working for the GMRT science exhibition on the project 'Aquaponics' has been our best ever experience. We had a lot of fun working together and learning new things from each other. It was indeed the most memorable project to work on, with the best team ever!

Honestly, we didn't know what to do when we were selected for this competition but with the help of the guidance given by our teachers, we understood that we had a lot on our plate and we knew that we had to go an extra mile to hit the jackpot. We distributed the work amongst ourselves and started coordinating with each other. Through the project, we learnt many things about agriculture and were deeply touched by its benefits. The model prepared by us at first didn't go as expected. It wasn't working properly but we didn't lose hope and started from scratch again. And you know what! It worked out! We were all on cloud nine! While we were recording our project video we had to take many retakes because we kept forgetting our dialogues.

There were many funny moments in this regard too. We tried our best to make this project a successful one!

We played, we enjoyed, we learnt and made this whole project a fun learning. We thank our teachers for giving us this golden opportunity. We hope to take part in many more projects and make many more memories!

The team of Ms. Arpita Singh, Ms. Pratistha Singh, Mast. Preet Kothari and Ms. Shravani Mahindrakar from IX D along with teachers Ms. Poornima Shetty & Ms. Vandana Singh presented the Aquaponics project for the GMRT National Science Exhibition under Group II – Std 8 to 10.

Check out their project on <https://gmrt.growingdots.in/group2.html#>

Aquaponics
A SUSTAINABLE FUTURE

Teacher incharge
Poornima Shetty
Vandana Singh

Presented by
Arpita Singh
Pratistha Singh
Preet Kothari
Shravani Mahindrakar

Eco-friendly Air Cooler

Alone we can do so little, together we can do so much. Working with my fellow mates for the Science Exhibition organised by Times NIE in collaboration with Phoenix Market City, Kurla was indeed a memorable experience for all three of us. The theme 'Magic of Science' was unique and new for us but with the guidance and help of our teachers, we did our best. We were ready with our model of 'Eco-Friendly Air Cooler'. After indepth research and understanding the concept, my team members and I were confident. At the competition, 42 schools had participated with their models and there was an enormous gathering. We had not come to win but just for participating and learning. The time allotted to illustrate our model was just 2 minutes yet we wrapped up the whole part. At last the suspense was over and the results were out. Our team bagged the third prize and we were on cloud nine! Our teamwork and efforts were totally worth it. We learned, worked, and enjoyed to the fullest. We thank our teachers from the bottom of our heart who gave us this golden opportunity. We are waiting for more such events to take part in and learn even more.

- By Vedant Mahindrakar, VIII D

Eco-friendly Air Cooler

Two of my classmates and I were selected for the Times NIE Science Exhibition on the basis of our interest in Science. We took 3 days to prepare an eco-friendly home cooler with the help of few students from our Junior College. We prepared everything we needed for a good presentation. I was pretty nervous because I was going to present our project. When the judges came over to view our project we spoke confidently and left them impressed. We were all tensed about the result, and were excited to win the third position among 42 schools. It was a great achievement for me but overall for our teamwork.

- By Ayush Landekar, VIII D



Times NIE Science Exhibition

Mast. Parth Surve, Mast. Vedant Mahindrakar and Mast. Ayush Landekar from Std VIII under the guidance of teachers, Ms. Kalawati Panchal and Mr. Atish Chorge won the third prize at the Science Exhibition organized by Times NIE newspaper in association with Phoenix Market City, Kurla on 23rd April. Their project was an 'Eco-friendly Air Cooler' under

the theme of 'Global Warming'. A total of 42 schools had projects on display. The Degree College student's - Mast. Aadesh Sawant, Mast. Sathya Poonari and Ms. Harsha Shetty who conceptualised the idea were also honoured with certificates.

Eco-friendly Practices

- By Darsh Parekh, VI D



We used Ganapati idols made out of clay/mud and not Plaster of Paris (POP) which is harmful for nature.

I celebrated last year's Ganesh Chaturthi in an eco-friendly manner. We switched 'on' decorative lights during the aarti or pooja and evenings only when necessary.

We also did the visarjan in our building in a small tub.

Shopping Bag made out of old jeans. Reusing old cloth prevents it from reaching landfills.



How to make Natural Colour for Holi

- By Vedika Vishwakarma, VI D



Dry petals of marigold flower in the shade and grind them in a mixer. A yellow colour powder is ready.

You can also use turmeric powder as yellow colour. Turmeric powder is very good for skin.

Prepare green colour by putting spinach, mint and neem leaves in hot water and let it stay for some time. Grind it and let it dry.



Make your Festivals Eco-friendly

- By Aayush Vijay Pawar, VI D

Ganesh Chaturthi

Go for clay Ganesha idol

Go for small, simple Ganesha idol

Keep your Ganesha with you, go for tree Ganesha idols

DIY your own Ganesha idol

Holi

Play Tilak Holi

Celebrate dry or Water less Holi

Celebrate Holi with flowers (Phoolon Ki holi)

Avoid usage of plastic and rubber balloons

Play Community Holi

Celebrate with Eco-friendly Organic Colours

Diwali

Make rangoli using flowers or rice powder or natural colours

Use earthen diya's instead of wax candles

Use diya instead of electric lighting

Decorate your home using handmade home decor

Give handmade gifts

Make your Diwali cards

Arrange events

Avoid crackers

Reusing Old Cloth and Paper

- By Saloni Das, VI D

In order to curb the growth of textile waste, textile recycling is the only option. Moreover, textile recycling offers many environmental benefits. It decreases the need for landfill space, keeping in mind the greenhouse gases released from the textiles dumped. In addition, the area surrounding the landfill poses risk to the groundwater. Every time it rains, the water absorbs all the chemicals and toxic materials from whatever is dumped in the landfill such as chemicals, dyes and bleaches used on textiles. By re-using the existing fibres and textiles, it reduces the need for newly manufactured fibers. This saves water, energy, dyes and chemicals, which results in less pollution.

We use papers as bags for carrying fruits and vegetables. Using recycled paper to make new paper reduces the number of trees that are cut down conserving natural resources. Recycling paper saves landfill space and reduces the amount of pollution in the air from incineration.



Reusing Old Cloth and Paper

- By Paarth Thakur, VI D



An old bedsheet can be used to make a doormat for bathrooms or toilets. It is beneficial because it absorbs water and holds it until it dries up.

A piece of saree can be used to cover a mixer to keep it clean and prevent rusting



Old newspaper can be used to keep the drawer clean. It can also be used on shelves to prevent dust from settling on it .

My family and I carry out these activities to save money, to reuse old materials, to protect the environment, to instill the habit of saving and to learn to live economically.

Reusing Leftover Food Recipes

- By Naomi Anil, VII D

Chapati Sheera

Ingredients:

1 chapati, jaggery, ghee

How to make:

First, Grind the Chapati

Then, put 2 tbs ghee in one pan and let it heat and put the powdered chapati in it

Keep mixing for 7-8 mins in medium flame

In other pan put 2 bowls water and let it heat.

Then put ½ bowl jaggery, into the water and keep mixing till the jaggery, dissolves and then strain it in one bowl

Then, the water in which you dissolved jaggery, put in the powdered chapati and on the flame and keep mixing till a little water is evaporated and is not like watery.

And your tasty Chapati Sheera is ready .



Chapati Sheera



Ingredients: Dahi Kadhi

Yogurt whisked 3 cups, onions sliced 2 medium, gram flour 4 tbs, green chilies slit 2, ginger piece chopped ½ inch, turmeric powder ½ teaspoon, mustard seed 1 teaspoon, red chilli powder 1 teaspoon, oil 2 tbs, coriander leaves chopped 2 tbs, salt to taste

How to make:

Heat a pan and put the oil add mustard seeds, ginger and chilies to it and keep mixing till it heats.

Then put onions and on medium flame keep mixing till the onions become golden brown.

Then take yogurt and add the gram flour and mix well

After mixing add turmeric powder and water to make our Kadhi watery

Then put the yogurt in the onions and keep it on the gas for 8-10 mins

Then add salt as per requirement and stir well And finally add red chilli powder and coriander and keep it on the gas for 2 mins

And your Dahi Kadhi is ready

Dhokla with Leftover Idli Batter

Ingredients:

1½ cup idli batter, 1½ cup gram flour, 1 cup curd, 1tbsp lemon juice, 1½ tsp ginger garlic green chili cumin paste, ½ tsp ground sugar, 4-5 tsp oil, 1 tsp mustard seed, 4-5 green chilies, Salt to taste

How to make:

Heat water in a pan. Keep a stand in it.

Take gram flour in a bowl as much as the quantity of your idli batter and add 1 cup curd and mix

Keep adding water in the gram flour little by little and mix Then, add idli batter & mix well

Add lemon juice, salt and ginger garlic green chili cumin paste. Add a little ground sugar and oil

Grease a bowl with oil in which you will be making the dhokla. Take one bowl and add the batter. If it doesn't fit then take 1 more bowl and divide the batter equally in each bowl and add 1 Eno to each bowl and mix well.

Till now the water would have heated. Keep it in a pre-heated pan for 12-15 mins. After 12-15 mins is done check if it is cooked properly from inside. Let it cool. And then in the same pan add a little more water and keep the 2 bowls of batter for 12-15 mins

To make tadka add a pinch of Asafoetida in a little oil in a pan and then add mustard seeds and chilies. Spread the tadka on the dhokla before serving.



Rice Pudding

Ingredients: ¼ cup of rice
3 quarters of water
1/8 teaspoon of salt
2 cups of milk
¼ cup of sugar
¼ teaspoon of vanilla extract
Cinnamon powder



How to make:

Take a pot and add ¼ cup of rice, water and salt and stir. Now, keep the rice on gas on medium flame and bring it till a boil. Once the water boils turn off the gas and cover the rice with a lid and after a little gap open the lid and mix so that it doesn't get stuck on the pot. After you see all the water is observed add 2 cups of milk, ¼ cup of sugar and give it a good stir and we will continue to mix it till the rice and milk come together. You can stop at the amount of consistency you want remember once it is cooled it will become more thicker. Keep stirring frequently so that it doesn't stick the bottom. And then put the gas off and add the vanilla extract. Then transfer it your serving bowls and you can eat it warm or put a foil on the bowl and keep it in the fridge for cooling. And at last add some cinnamon powder and your Rice pudding is ready.

Bread Upma

Ingredients:

1 chopped onion
1 chopped tomato
1 chopped potato
1 tbsp boiled peas
1 chopped green chilli



How to make:

Heat a pan & add 1 tbsp cooking oil, ½ teaspoon mustard seeds, 6-7 Curry leaves and mix. Then add chopped green chilies, chopped onion, chopped potatoes, salt to taste, ¼ tsp of turmeric powder, ¼ tsp red chilli powder and stir well. Then add boiled peas, curd 1 tbsp and fry for 1 min. Then take normal white bread break it into pieces and grind it. Put the bread crumbs in the pan and mix. Then add chopped tomatoes and coriander leaves and your bread upma is ready.

Bread Upma

Iron Rich Laddoos from Stale Roti

- By Om Lohot, VII D

Ingredient's Needed:

Ground Stale Roti
Dates
Ghee
Elaichi Powder
Jaggery
Sesame



Steps:

1. Put the Ground Roti in the bowl
2. Put Dates in it.
3. Put Jaggery in the bowl
4. Put 1 tsp Elaichi Powder.
5. Put Sesame in it.
6. Put 2 tsp Ghee in the bowl.
7. Then mix it well.
8. Give it the shape of a Laddoo.
9. The Iron Laddoos Are Ready!



Bread Cutlet with Leftover Bread

- By Lakshitha Rajkumar, VII D



Ingredients

Bread Slices - 2 to 3
Boiled Potatoes - 3 medium
Chopped Onion - 1 small
Chilly Powder - 2 tsp
Turmeric powder - 1/2 tsp
Garam Masala - 1 tsp
Salt - as per taste
Chopped Fresh Coriander
Bread crumbs – 200 gms

Method

Soak bread slices in a bowl of water. Mash boiled potatoes in a big bowl. Add all the given ingredients to the mashed potatoes. Take out the bread slices from water and squeeze the water from the bread. Crush the bread slices and mix with the potatoes. Grease the hand and make the mixture into cutlet shape. Coat the cutlets with bread crumbs. Heat the pan on the stove and grease it with the oil. Place the cutlets on the hot pan for the shallow fry. Once the cutlets are cooked on both the sides you can eat the cutlet with sauce or use in burger.

Fried Rice (With Leftover Rice And Vegetables)

- By Anika Nair, VII D



Ingredients:

~(Optional) 2 or 3 eggs
(leftover) Cooked Rice
Butter/Oil
~Leftover Veggies e.g. - Beans, Carrots, Spring onions, Crushed Garlic Cloves
~Sauces e.g. - Fish Sauce, Chilly Sauce, Soya Sauce, Tomato Sauce
~Spices e.g - Maggi Cubes x 2

Recipe: Heat up the butter in a vessel and add in your crushed garlic cloves and saute them well. Next add in your veggies such as beans, carrots, spring onions etc. Keep mixing them on high heat and carefully add in your sauces of desire. I chose fish sauce, chilly sauce, soya sauce and last but not least the tomato sauce as it adds a perfect amount of sweetness and tanginess to your fried rice. After that mix the sauces and veggies properly to coat some sauce on all you veggies. Now comes the main part! Add in the (leftover) cooked rice and mix well as you want the rice to be properly glazed in your veggie sauce. (Optional) Add a fried/scrambled egg on top, garnish with some fresh spring onions and serve hot!

Test for Adulterated Salt

- By Vinisha Shetty, VII D



To test for adulterated salt

Take two bowls with salt



Bowl A.
Unadulterated Salt
Bowl B.
Salt adulterated with talcum powder

Add salt from bowl A into glass A with water



Add salt from bowl B with glass B with water

The water in glass A is clear while the one with adulterated salt is cloudy



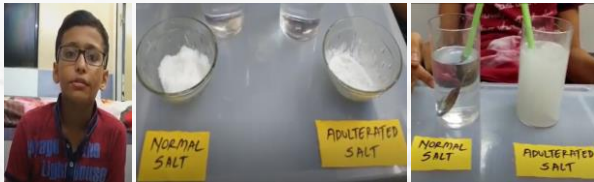
Adulteration Test

- By Aarna Dutta, VII D

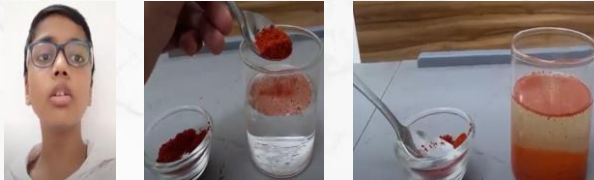


Adulteration of Food affects the well-being of people and hampers life on land.

Test for Adulterants



- By Dipesh Jain, VII C



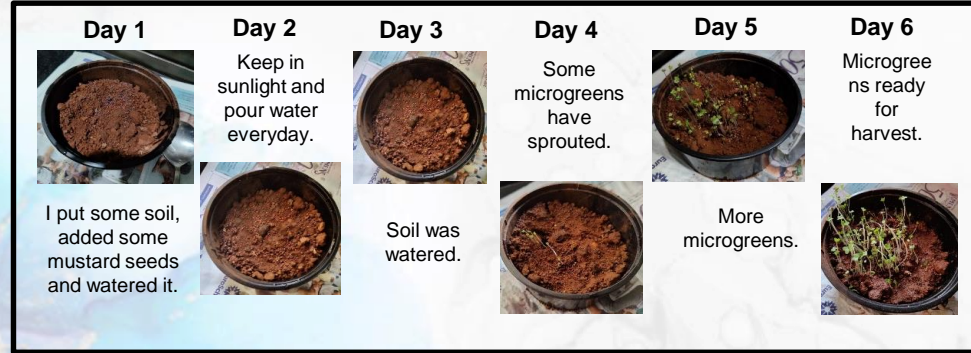
- By Vedansh Jain, VII A



- By Yash Panchal, VII C

Growing Microgreens

- By Naomi Anil, VII D



Microgreens are vegetable greens harvested just after the cotyledon leaves have developed. They are used as a nutrition supplement, a visual enhancement, and a flavor and texture enhancement. Microgreens can add sweetness and spiciness to foods.

Fenugreek Microgreen Recipe

- By Vinisha Shetty, VII D



Microgreens

- By Johan John Mathew, VII E

What are Microgreens?

Microgreens are tender shoots of vegetables that fall somewhere between sprouts and baby leaf. They are harvested just after the cotyledon leaves fully develops, within 1-2 weeks and grow up to 1-2 inches in height.

Why microgreens are important?

Microgreens have 4 to 40 times more nutrition than grown vegetables. They are cost-effective and takes very little space to grow. Microgreens are rich in potassium, iron, zinc, magnesium and copper. They are easy to grow and can be eaten raw. They are rich in antioxidants and help to build immunity.

Step 1 - Use any container, spread a tissue paper and spread the mustard seeds evenly on them. Sprinkle water, cover and keep for 2 days.



Growth Day - 3



Growth Day - 4



Growth Day - 5



Growth Day - 8



Harvest

Sambaram - Kerala spiced buttermilk

Ingredients used:

- Yogurt
- Water
- Shallot
- Green chillies
- Ginger
- Curry leaves
- Salt
- Mustard (microgreen)



Recipe:

- Add water and yogurt and whisk well
- Add shallot , ginger , green chilli , curry leaves , salt and mix well.
- Garnish with mustard microgreen.
- Serve chilled.

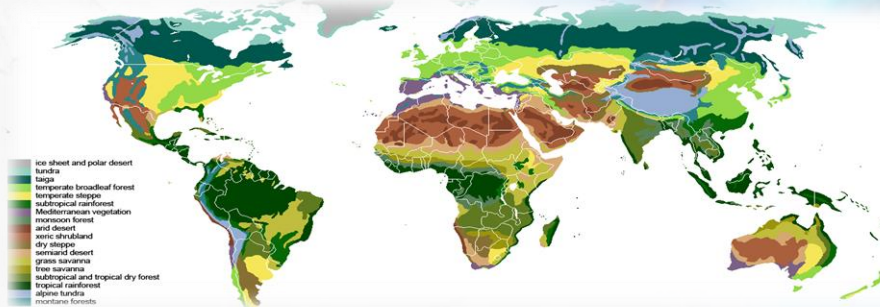
What is environment?

The word 'environment' derived from the French word 'environ' means encircle or surround.

Environment consist of all living things such as flora & fauna of different regions.

Environment depends upon the climatic conditions of different places.

Every living thing get adapted in their different environment.



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Environmental threats

Due to human activities, our planet is suffering from environmental threats & pollution.

Our inventions may be good for us, but not good for Earth.

Humans are only responsible for the destruction of our planet.

We do deforestation, poaching that we think it is useful for us but it imbalance our ecosystem.

But there are some ecofriendly ways in which we can protect our environment & ecosystem.

Ecofriendly ways to protect our environment

There are some ways in which we can protect our environment, they are:

Do not throw garbage in water bodies and on land.

Do not waste electricity & water.

Recycle as many things as you can so that there is no need to produce more.

Use public transports so that there is no need for the manufacture of more transports & there will be no traffic. Also lot of fuel will be saved.

Try to make simple things rather than attractive so that many resources can be saved.

Stop deforestation & poaching.



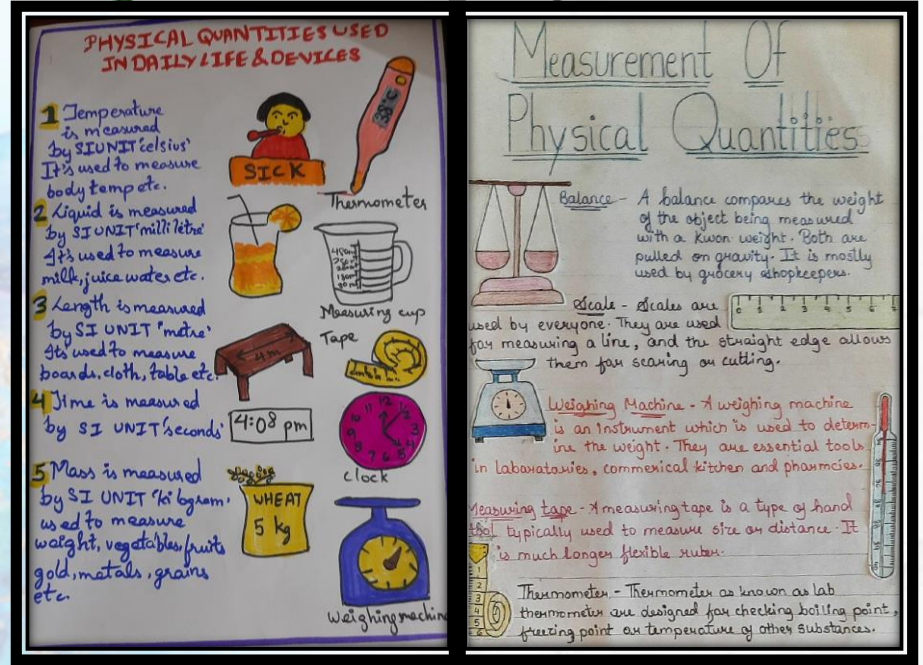
Say no to plastic bag. Instead use cloth bag & paper bag.

Avoid bursting fireworks.

Control population growth.

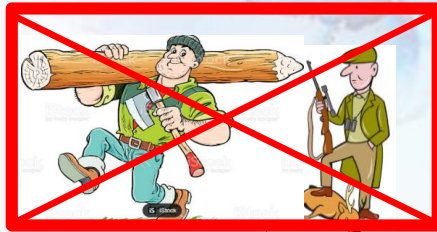
Make use of smoke absorbers.

Plant more trees.



By Mrunal Devmane, VII C

- By Pearl Jain, VII C



HUMAN CALCULATOR

Shakuntala Devi's uncanny skills in calculating the most intricate mathematical problems mentally stunned the world for more than four decades.

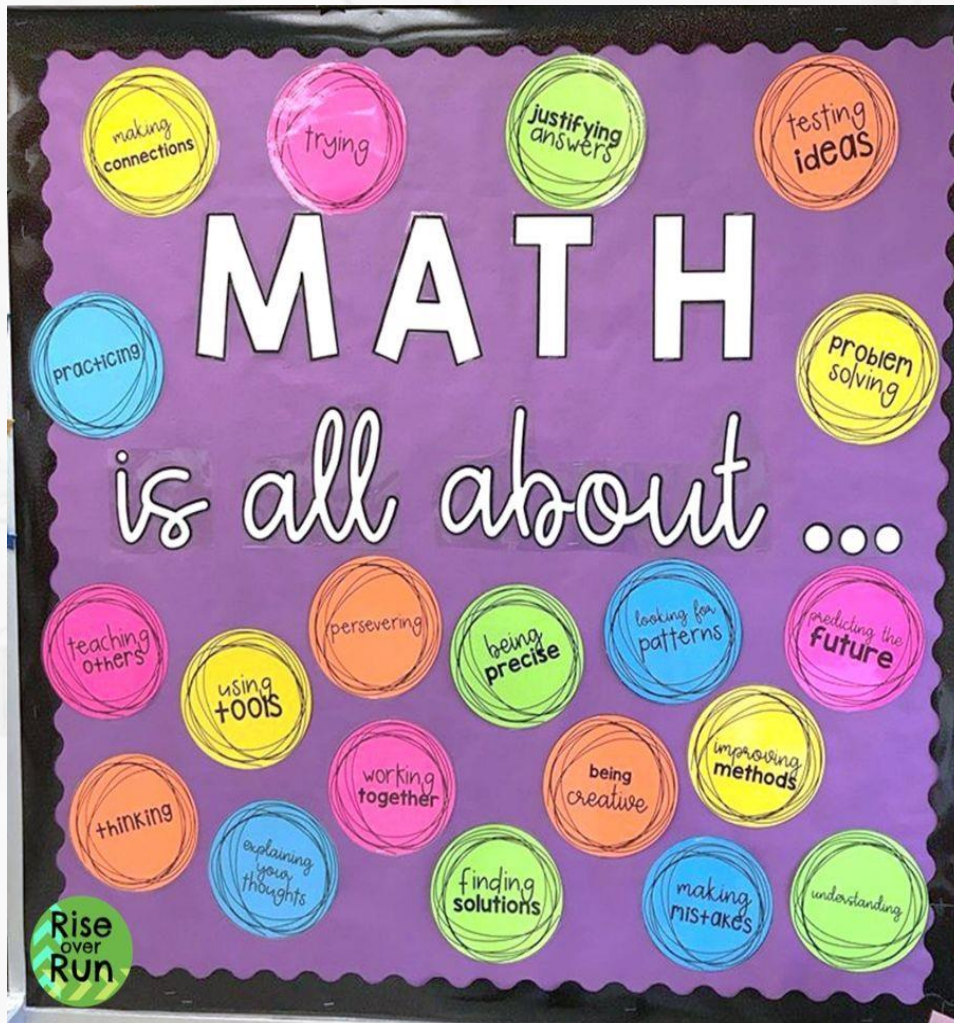
She is a fine phenomenal figure with figures. Devi excites the admiration of all who have dared to take a sledgehammer to a computer.

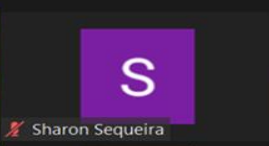
She is a mathematical prodigy, a human computer, a Nureye of numbers.

One encounter with Devi and you will be pleasantly surprised to find that numbers are no longer a boring and dull subject. To share the joy of numbers with children, Devi has authored a series of books 'Holy Faith Mathematics Introductory' from III to X under the prestigious banner of 'Holy Faith International'.

The books mainly concentrate on short cuts worked out by Devi to eliminate undesirable lengthy calculations undertaken to arrive at a solution. Practicing these time saving methods, you cut short the distance between yourself and success faster.



- Jiya Patel
VIII D





17. Guess the Singer

ena + go +

12

M + in + M

Ans: Bruno Mars

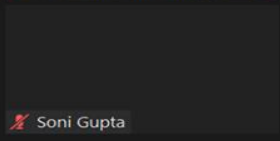
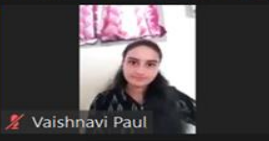
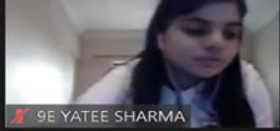
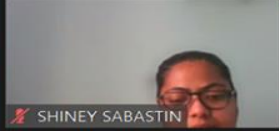
B + o +




Be run + oo mars



Inter-House Music Competition



Sharan Rani Sarod



Sharan Rani was an Indian classical sarod player and music scholar. Her personal collection of 379 musical instruments ranging from the 15th to the 19th century is now part of the "Sharan Rani Bhakshyalaya Gallery of Musical Instruments" at the National Museum, New Delhi.



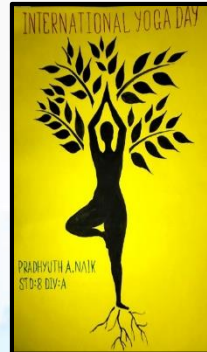
The sarod is a stringed instrument, made mostly of Indian subcontinent. Along with the sitar, it is among the most popular and prominent instruments.



Dr. Sharan Rani, Capt.

Guess The Instrument...



SPORTS DEPARTMENT 2021-22

