

CANOSSA 21-22



Manager's Perspective

It gives me much joy and peace to pen a few lines to you my dear students and staff for your innovative e-magazine! As many of us navigate the new normal, it can be challenging to understand what role our faith and spirituality play in our life. Some have found their faith and spiritually tested and others are relying more on their faith and spirituality than ever before.

Why do you think this is happening? It is so true! When things happen that are beyond our comprehension or beyond our control, we search for the deeper meaning of life. Though we are a precious part of this universe yet we are not in control, we are not the masters. Spirituality and faith are not static – they are a search for an answer, a journey that makes use of our minds, our hearts, our inner spirits and even our personalities. At the same time, they move us beyond them and their limitations to the Ultimate Truth.

As we forge ahead in life we need to remind ourselves of some basic principles that will help us to keep our minds and hearts steady and to be channels of healing and wholeness to ourselves and to those around us.

- + *Having a sense of meaning and purpose.*
- + *Loving and being loved.*
- + *Self-esteem - a sense of our own worth.*
- + *Being of service to others.*

We have heard this before, they are not new to us. They are based on long traditions, values and ethics. More to the point, they are practical. They give us a sense of control over our lives. Our soul is the most intimate part of our being. How can we show an act of kindness today?

- + *show appreciation to someone,*
- + *offer help to those in need,*
- + *bring comfort to someone feeling lonely and anxious*

These simple human gestures we tend to overlook. In a time of crisis, the impulse is to go into an emergency mode, fear and panic. Let us cultivate and nurture values and actions that last!

Culture teaches us that inner peace and joy are available through looking inward. The Bible says, "Be still and know that I am God." "The Kingdom of Heaven is within." The Indian Vedic tradition says that "Ananda," or "Bliss," "lies at the heart of creation."

I wish you all a happy reading and relishing! May your thoughts spring up into greater actions of love and solidarity with the Poor and the Needy!



Sr. Neeta Lopes
Manager

From The Principal's Desk

Heart of Education is the Education of Heart.

Learning is a lifelong process that lasts from the womb to the tomb. In this process, the formation of Heart and the development of personality of a person takes place.

Today we live in a world that is fast changing. Our intention is to mould our students into responsible adults with clear vision, motivation, faith and love for humanity.

As we impart education to match the advancement in technology and globalization, we march our students ahead with moral values, hard work and success with sincerity with a holistic approach. We help them to be sensitive and responsible future citizens of our Nation.

In Covid times, like everyone, we too were living in fear of the dreaded virus. But our passionate belief in God and one another, has helped us remain resolute and steadfast in our goal as we strive for excellence in education and the all-round growth of our students. Education has not stopped, and we pray that we will not fall short of our commitment to serve when it's most needed.

Our Actions are born from our Thoughts, our Thoughts are the product of our Values, and our Values come from our own Belief system. We get what we focus on; so, let us focus on the good things that we would want for our children. Life has taught us all a big lesson during this pandemic. We all have learnt to struggle, strive and survive with the best of our efforts. Let this precious lesson in life help us all to boost our energy, our skills and our faith as best as we can, to make this world a better place to live in.

Thanking our Management, teachers, Parents and all well wishers who reached out to us during the difficult times and helped us to reach out to our Stakeholders in various ways and made Learning an enjoyable process for all.

**May St. Magdalene, our Mother and Foundress,
Bless us all.**



**Principal,
Sr. Margaret Sequeira.**

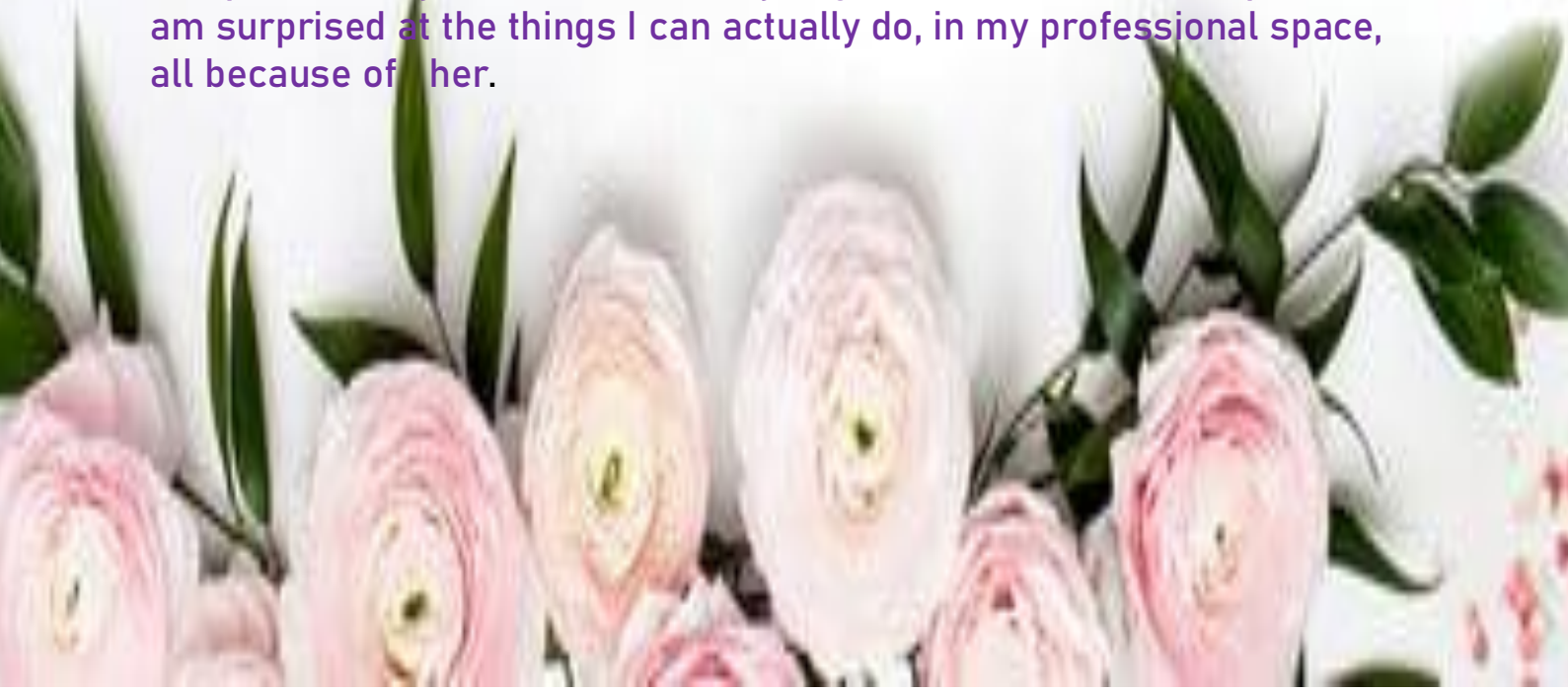
GOD'S REWARD

For a person who is dedicated to the profession he or she has chosen, any kind of recognition for the efforts put in, creates the most incredible feeling of elation. For me, even more so, because it is not just a job, it is a vocation.

To tell you a little about myself, I am comparatively new to Canossa, with only 16 years of teaching experience till date but I have been working in Dubai at Saint Mary's Catholic High School, London board, under Italian nuns, for more than 12 years and have been fortunate to have dealt with students of all ages, gender, background and culture. I have gained from these experiences and has made me who I am.

I have a lot to be grateful for and would like to express my gratitude to a few amazing people who have been a part of my incredible journey as an educator. I thank my God who is omnipresent and omnipotent, for always walking by my side. My mother, Geeta, who recognised this quality in me at a very young age and pushed me towards this career choice. I thank Canossa, sister Muriel especially, for thinking me worthy of this institution. I thank my husband Ossie and my children Saanya and Sooraj, who had my back whenever I was dejected or had to face new challenges. My ex-principals, colleagues, sisters and a few significant friends deserve a special mention as they have always encouraged me and appreciated me in all that I have done.

How can I forget sister Margaret Sequeira, my present principal, who has polished my skills, moulded my edges and made me so capable. I am surprised at the things I can actually do, in my professional space, all because of her.



It began like this. I was chilling one afternoon when I received a phone call from an academy, saying that I had won an award. Life has taught all of us not to believe or trust anybody easily. I too did not pay much attention to the call. They did not give up. They persisted and my question to them always was, do I have to pay anything for this, because I knew that there were no free lunches but to cut the story short, I got convinced. They were ready to come to my school or home to give the award, but my mistrust took over and I, apprehensively and hesitantly, decided to go to their institution. I was received with a grand welcome and was respectfully handed the award for being 'The academic warrior of Canossa'. My ex-students had nominated me for this award along with the names of few other teachers, but I had clinched it with maximum votes. Students are surely the best judges!!

I believe this award is a reward from God to say that I have done right by the students who had been handed over to my care.

I am in my twilight years, nearing my retirement. I am preparing myself mentally for it. At times I wonder, what would I do without my school and my students but then I remember I can always be in touch with them through my certified counselling skills, which is also a part of who I am. I can continue to contribute my bit to society.

Thank you Canossa, thank you Catch 25 Science academy and thank you my dear students. All this would not have been possible without you.

I remain humbly yours,



Ms Lekha Fernandes.
Teacher

A Sneak Peek into the Challenges of Online Teaching: From Brick to Click Classrooms

The onset of the COVID-19 Pandemic hit the educational landscape just like a sudden Tsunami hits the shore, with teachers totally unprepared and unequipped in any disaster management skills. The overnight transition from Blackboards to Jamboards, from Classrooms to Zoom Rooms and from face to face to cyber space, was noteworthy and certainly deserves a mention. The kaleidoscope of challenges faced by teachers in online teaching vis-à-vis traditional classroom teaching can be expounded as follows using the acronym **CHALLENGES**:

C	Cost factor	In a developing nation like India, online teaching required the heavy use of the internet and a stable Wi-Fi connection, not only for the duration of online classes but even beyond, as teachers needed time to prepare for their lessons. This crippled many teachers weighing on their pockets, adding an additional monthly expense which they found difficult to cope with as there were no special allowances to meet this incurred expenditure.
	Class Control	In a State Board school, where the number of students in a class is no ordinary challenge even in the face to face mode, disciplining students in a virtual class was an insurmountable challenge, with a teacher having to ensure that the students were actually present and not just 'technically' logged in.
H	Holistic learning	Holistic learning of head, hand and heart became questionable. The balance was tipped towards knowledge giving and struggling to complete the syllabus in the restricted time duration of online classes, leaving no scope for the development of healthy attitudes and the building of pedagogical skills in children.
	Home Environment	Often children's home environments particularly those coming from State Board schools were often not conducive to learning. The stigma attached to small homes and being compared to those hailing from luxurious residences, often prevented students from switching on their cameras and keeping them on during classes. For teachers it was an added responsibility to juggle online classes along with catering to the needs of their home alongside, with the unprecedented fear of a family member strutting across the background while a lesson was in progress

A	Attention Span	The attention span of children is limited and more so in online classes where the teacher and students were separated by distance. Smiles were no longer sufficient to bridge miles and teachers had to come up with ingenious techniques to make their lessons lively, interesting, and interactive. They had to multitask playing myriad different roles of not only educators but entertainers, magicians and even genies.
	Activity Level	By its very nature online teaching does not lend itself to the possibility of involving each and every student to participate by way of giving answers, reading aloud, etc. This low level of activity on part of the students often caused their minds to drift away from the lesson. It was also difficult for teachers to increase the activity level in an online class with the impending challenge of restricted time duration.
L	Learning styles	Online teaching did not allow a teacher to cater very easily to different learning styles. Special effort had to be made to reach out to the visual, auditory and kinesthetic learners all at the same time and on the same virtual forum making teachers feel like jugglers as there was no one-size-fits-all strategy.
	Lack of interest and enthusiasm on part of students	It demanded a lot of additional effort on a teacher's part to generate interest and encourage enthusiasm for learning in students during online classes. Teachers had to walk the extra mile to capture not only student's hearts but their minds too to keep them focused on learning.
L	Lack of preparedness and resourcefulness on part of teachers	Many teachers themselves were not tech-savvy being digital immigrants and needed to undergo training in the use of online teaching techniques which was time consuming and added to their work pressure. Their shopping lists now came to include expensive gadgets like laptops/desktops/ tablets/i-pads smart phones etc.
E	Energy channelization	Children need their energy to be channelized in a constructive manner by moving around, interacting with friends and teachers at school, playing games on the playground etc. which online learning did not permit. As a result students in an online class, sitting for long hours at a computer screen tended to switch off and get restless.
N	Network and connectivity issues	This was a constant threat to both teachers and students making 'getting logged out' a constant and sometimes unintentional reason for missing a part of the class or the entire class.
	Networking	Connecting with friends and teachers in face to face mode also came to a standstill leading to social isolation of gen-next.

G	Group Dynamics	Online teaching-learning offered less scope for discussion, interaction, social learning, and communication, thus leading some children to emerge as stars and the vast majority as isolates.
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E	Examinations	Online exams led to the increase of unfair means, as parents often tended to help their children in answering online test papers especially if they were not supervised on a virtual forum. The entire purpose and objectives of evaluation were defeated and thus became questionable.
S	Screen time	Prolonged screen time led to eye problems, headaches, back and neck issues for both teacher and taught.
	Stress levels	Stress emerged as a serial killer, as anxiety levels of both teachers and students increased in leaps and bounds. Online teaching-learning called for a total upheaval of their roles and responsibilities.

Nevertheless, change in every walk of life is inevitable and education is no exception. The very word ‘challenge’ has the word ‘change’ embedded within it, making it imperative to transform oneself in order to turn challenges into prospects and opportunities for growth and progress. What doesn’t kill truly makes one stronger. So also, the pandemic led to a panoramic overhauling of attitudes and mindsets of academia the world over in a bid to transform every teacher and learner from the status of digital immigrants to digital natives. All-in-all, a ‘**Tech-evolution**’ that will go down in History as a “Facelift that brought about a Paradigm Shift in the teaching-learning equation.”



**-Assoc. Prof. Dr. Giselle Ann D'souza,
St. Teresa's Institute of Education**

Yes to change for a better tomorrow

Change is permanent and all need to embrace change if one is not to become obsolete, especially so for an academic professional who needs to evolve and grow. The sudden burst of covid -19 leading to a lockdown that lasted for nearly 2 years was definitely not foreseen by anyone.

The decision to start education online initially did give me some anxiety but slowly I did cope with the situation and was actually happy to be at par with all tech-savvy people at home. I felt ready to teach online to a generation that was supposed to be technically futuristic and App lovers. My family supported me in this with their knowledge of computers and soon I could take my classes independently and learnt new things like sharing screen, showing videos related to the topic, and even to prepare Maths papers. Well, so did all my colleagues.

Online classes were going on smoothly, but I felt it was not enough. There was something missing, yes that was a personal touch with the students. Times were tough, students and families going through difficult times and yet there was no way we as teachers could help. That's when our principal said we should all reach out to students, and I got the idea of using 'Google classroom' to interact with students and their parents. I met 3 to 4 students and their families each day in the classroom and interacted with them. This made me feel close to the students and their families and I developed a good bond even with the parents. They shared their anxieties and problems. Sometimes a listening ear is all that one needs and sometimes some consolation, at other times some suggestions and it went on.

This is the calling that the teaching profession is all about. I did not feel I was doing something extra ordinary, but it seems I did touch some lives through this situation. In September during Teachers' Day week, I got a call from Catch 25 Science Academy saying that one of my students who passed the SSC had voted me to be a Covid Warrior teacher who touched her life and those of her classmates.

I am truly humbled and elated by this acknowledgement of my student. I thank God almighty and my student who gave me this award, that too in my Jubilee year of completing 25 years at Canossa, Andheri. It gives me an impetus to continue in this noble profession with greater dedication and enthusiasm.



Ms. Reena Sabu
Teacher

Education in the Pandemic: Technology-led learning & its need.

The most important thing we learn at school is the fact that the most important things can't be learned at school

~ Haruki Murakami

The world of education has truly experienced this in the two years of the pandemic. As rightly said, learning never stops, the world has seen the teaching-learning process take a shift from the traditional mode and adapt to the technological ways.

The ones who are honor-bound are the teachers and the students. We have seen a paradigm shift in education especially at the start of the pandemic where the teacher became the student and the tech-savvy students helped their teachers adapt to technology.

One might feel that this was just the need of the hour but the pandemic has exposed us to the true essence of education. It has taught us the importance of imbibing technology with education to sustain in the global era of digitalization. Technology has not only acted as a catalyst in the teaching-learning process but has also made it interesting. The advent of technology has created a furore in the education system. The teachers have gone out of their way to impart knowledge to their students and the heartwarming gesture from the students in helping these not-so-tech-savvy teachers is commendable! Amendment of traditional rules and adoption of new ones by teachers has brought a fresh wave of ideas. Experts consider it to be an advantage before the implementation of National Education Policy, 2020. The COVID-19 waves have surged self-reliance in students. Fortunately, their minds are not restricted to the classroom and the world has become the classroom itself! We can also not ignore the participation of parents to facilitate the students' learning. It seems technology has achieved what the education system could not achieve for years!

But with changing times, the question which lingers in every educator's mind is: Until when can we depend entirely on technology? In the first few months, everybody had an optimistic attitude. Students made good use of the opportunity to 'learn from home' and parents acknowledged online exams as the need of the hour. But not every parent and child have the same attitude towards it. With two years in the pandemic, education has taken a backseat. Parents and students who already had a lackadaisical attitude due to the No Detention Policy are more relaxed now. In spite of proctored exams, students find a way to cheat.

Who is to blame? Students? Parents? Teachers?

The problem lies within the Indian society. Numbers can make and break a student's life. Academics are still of utmost importance and the co-curricular activities take a backseat. With more focus on marks and percentage, students are ought to find a way to score more, by hook or by crook. Not to forget, technology was beneficial for the students in urban areas. The remote corners of India where electricity has still not found its way, one can only imagine the loss, students from these backgrounds must have faced!

The authorities need to take a profound decision to bridge the gap between what is already lost and what is currently needed. In January 2022, a teacher has to go in a 9th standard classroom with the mindset that she is going to be teaching pupils with a cognitive understanding of a 7th standard child. There has to be some provision so as to bring these pandemic-students at par with others. These two years were a great loss to student-life. Sports, elocutions, exhibitions, debates and a plethora of activities that take place in the school environment channel the child's mind towards creativity and ensures their holistic development. If academics is the sun, these activities are the sky. Without the sky, the sun has no place. For the child to shine bright both the sun (academics) and the sky (co-curricular activities) need to come together so that overall development takes place.

One can ponder over the boons and banes of online education but the real question is: Do we really need it? The answer is both.

Yes, we need it because of the changing times, to teach students in the way they understand the best, thus being child-centered. But we do not need this system of education to entirely overtake our traditional system. The conclusion is, one needs a blend of both to thrive in today's times. It is important to realize that one cannot sustain without technology in present times but it is also necessary to acknowledge the fact that nothing can ever replace the touch of the teacher-student interaction. The teacher cannot sit at home and gauge the learner's difficulties. For the cognitive, social, emotional, moral as well as physical development of a child, human interaction in the classroom environment is essential.



**Anam Shaikh, B.Ed. Trainee,
St. Teresa's Institute of Education**

नारी शक्ति

ईश्वर ने रचा है एक अनोखा व्यक्तित्व,
श्रद्धा से बढ़कर है तुम्हारा अस्तित्व।

नारी तुम नदी की धार हो,
तुम एक रूप में कई किरदार हो।

भिनसार में खिलता गुलाब हो
निशा में बहता एक ख्वाब हो।

तुममें हैं सृजनशक्ति, त्याग और समर्पण,
समाज के लिए किया तुमने अपना जीवन अर्पण।

नारी, अब तुम नहीं हो सीमित, हो गई हो विशाल,
घर के आँगन से अंतरिक्ष तक, आज बन गई हो मिसाल।

तुम सबल, सजग, समर्थ और सचित हो,
इसलिए नारी, तुम हर युग में पूजित हो।

नारी देश का गौरव और अभिमान है,
तुमने ही रचा ये संपूर्ण विधान है।

आज की नारी तुम हो महान,
नारी शक्ति तुम्हें, शत्-शत् प्रणाम।



Miss Rashmi Shukla
Teacher



BOOK REVIEW TALKATIVE MAN

- R. K. NARAYANA

ABOUT THE AUTHOR:

Rasipuram Krishnaswami Narayanaswami, born in Madras on Oct 10 1906, in one of the middle-class families, like many that existed during that period. Mr Narayan was a Tamil Brahmin, a member of India's intellectually gifted caste and of a community commonly considered to have been intensely devoted to education and the arts that have been produced, in addition to writers, a number of renowned scientists. He shared a close bond with his grandmother and was always fascinated by the Indian stories and tales that she told him. It is also believed that a lot of background and inspiration for his first novel "Swami and Friends" came from his own childhood days and observations.


After his graduation in 1930, Mr Narayana took teaching for a short span of time, however after the publication of his novel, "Swami and Friends", he turned towards being a full-time writer. With a predominant portrayal of a small South Indian village life in 'Malgudi', most of his works included peculiarities of human relationships, simplicity, irony, humour, and a combination of modern life with ancient Indian traditions. Some of the other works by R. K. Narayan includes "The English Teacher", "Waiting for the Mahatma", "The Guide", "The Man-Eater of Malgudi", "The Vendor of Sweets", etc. He also wrote a number of short stories. His collections include "Lawley Road", "A Horse and Two Goats and Other Stories", etc.

ABOUT THE BOOK:

A tale of a young journalist, also known as 'Talkative Man', affectionately called as 'TM'. Predominantly his relationship and experiences shared with a mysterious guest in Malgudi – Dr Rann. The different personality of the newly arrived stranger in the village, along with his contrasting appearance, claiming to be researching a project for the United Nations, immediately gains the narrator's attention. As a result of the struggle for shelter, the journalist/narrator agrees to take Dr Rann as a house guest at his empty large house in Kabir Street. Suspicions on the identity of this stranger increase with his enclosed lifestyle, secretive nature, and the arrival of a woman from Delhi, claiming him to be her wandering husband. Further rumours and observations, lead the narrator to identify the fraud and suspicious identity of Dr Rann from his flirting with a young girl. However, the open ending of the story with the conspired reunion of the claimed husband and wife, followed by further escape of the husband after few days in Delhi, leads to creating a weave of individual fictitious stories on each individual's life journey.

CRITICAL VIEW OF THE READER ABOUT THE BOOK:

The interesting plot movements as mentioned in the summary of the book and the title of the book served as a primary source of interest and cause for choosing this one, out of the many known works written by R. K. Narayana. While most of his works illustrate unique and unconventional themes, however, the distinguishing aspect of "Talkative Man" lies in the unusual combination of mystery, rural life and going to the depth of fictionalism existing in each individual's life. Plot, characters, conflicts and major events in this literary work revolve around the serious themes of loneliness, facade, escapism, separation, etc.




The book conveys the desire for escapism from loneliness by major characters in the story, for e.g., Dr Rann desires loneliness and separation and thus engages in continuous escapism, on the contrary, his wife is escaping from loneliness and thus devotes in search of her wandering husband. Thus, the central idea/theme of the story is predominantly portrayed by the author through the personality traits and sequence of plot events. The author's approach to the subject is mainly through the descriptions of the character's appearance, minor events and conflicts in the story in which the subject is hidden and indirectly reflected.

Separation and loneliness are emotions with subjective undertones, the commitment in any relationship is significant however at the same time, a need for personal space which respects the existence of near and dear ones also matters. The author's illustration of Dr Rann's character questions the freedom and right to repeatedly escape from individual's lives, as a wanderer and philanderer, playing around with feelings or commitments, adopting a new identity every single time and giving birth to a fictional story about self. The consequences of such kind of behaviour and faith on such people is depicted in the story across past, present and future, through the past written letters from different women found by the narrator in his guest's room, the present struggle undergone by his wife Sarasa and the trauma experienced by Girija at the end of the story, and the future in the last escape mentioned in the story with a nurse Komal.

The hidden and private life that each individual lives in one's mind or reality is captured in the story, for e.g., "Now I realise that all along he must have lived a parallel secret life while creating the impression of living with me." I do agree with the views realistically depicted in the story because of the bitter truth projected through all the characters and plot. The definite yet open ending conclusion symbolizes the inherent nature of Dr Rann and reveals his motives and secret wanderings as he mentioned in the letter before leaving, "Goodbye dearest. I have to be off again. It was lovely while it lasted – thanks!".

The book reflects utility in the present context particularly with the invention and expertise that each individual has gained in terms of maintaining one's own privacy and using the world wide web for expression of their alternate selves, some individuals find comfort in portraying themselves on the internet than in real life. Thus, the theme of separation and loneliness is majorly experienced in the current scenario through the dual life that is enjoyed by a majority of individuals on the internet and reality, or in other words the reel and real life. Similar stories like that of Dr Rann in multiple relationships through social networking sites is a common phenomenon witnessed. Thus, unlike Girija, Sarasa and many other women who fell in the charisma of the wandered to lose their livelihood and existing relationships is very important to be acknowledged in order to safeguard oneself from similar traps and mistakes.



In addition to the depth of the theme, the writing style of the author highlights several significant aspects which have added to my knowledge and understandings. One of the major aspects is the incorporation of the local culture and context of the story. Thus, it helped in gaining insight into the rural life, the form of friendship and acquaintance in a village and highlighted the contrast in the relation between people busy in urban lifestyle. Through the theme and characters, I was able to understand the need to maintain caution while interacting with any individual, because with different shades that a person carries within himself/herself, it becomes important to maintain personal space and privacy, before revealing personal details or developing a close bond with someone. Youth and age can lead to inclination towards certain unseen traps however at the same time it is important to remain alert and practical before making decisions that may affect the future life as well.

Value of developing awareness and maintaining caution while interacting with people, understanding the importance of maintaining and protecting one's personal space are some of the values promoted through the story. In addition, the culture, lifestyle, customs, divisions in society (in terms of caste, occupation, wealth, etc) followed by people in a village is depicted in the book in day-to-day occurrences.

Yes, I enjoyed the book, along with the detailed description and being able to associate with the setting of the story, the pace and the mood of suspense generated in the story also created interest towards the plot events and characters. The slow development and revealing of unique personality traits, especially of Dr Rann, the special guest in Malgudi generated curiosity with respect to his actions. I personally enjoy books with an appropriate proportion of descriptions and pace of story development, as often too many descriptions lead to loss of interest, and this book balanced that proportion accurately with crisp language and focus on the quality of the content than quantity. Another aspect that I enjoyed about the book is the diversity in the characters reflecting the contrasts of rural and urban lifestyle and attire, outgoing and introvert, decent and manipulative characters, thus including a colourful combination of personalities.



Poornima Premkumar Warriar

एक तरी मुलगी असावी!!

एक तरी मुलगी असावी
उमलताना बघावी
नाजूक नखरे करताना
न्याहाळायला मिळावी ॥१॥

एक तरी मुलगी असावी
साजिरी गोजिरी दिसावी
नाना मागण्या पुरवताना
तारांबळ माझी उडावी ॥२॥

एक तरी मुलगी असावी
मॅचिंग कपडे घालताना बघावी
नटता नटता आईला तिने
नात्यातली गंमत शिकवावी ॥३॥

एक तरी मुलगी असावी
जवळ येऊन बसावी
मनातली गुपितं तिने
हळूच कानात सांगावी ॥४॥

एक तरी मुलगी असावी
गालातल्या गालात हसावी
कधीतरी भावनेच्या भरात
गळामिठी घालावी ॥५॥

एक तरी मुलगी असावी
निदान सुनेच्या रूपात मिळावी
लेकीची कसर तिने
थोडीतरी भरून काढावी ॥६॥



Nupoor M. Mohite
Std: VIII A

Can People live without Internet

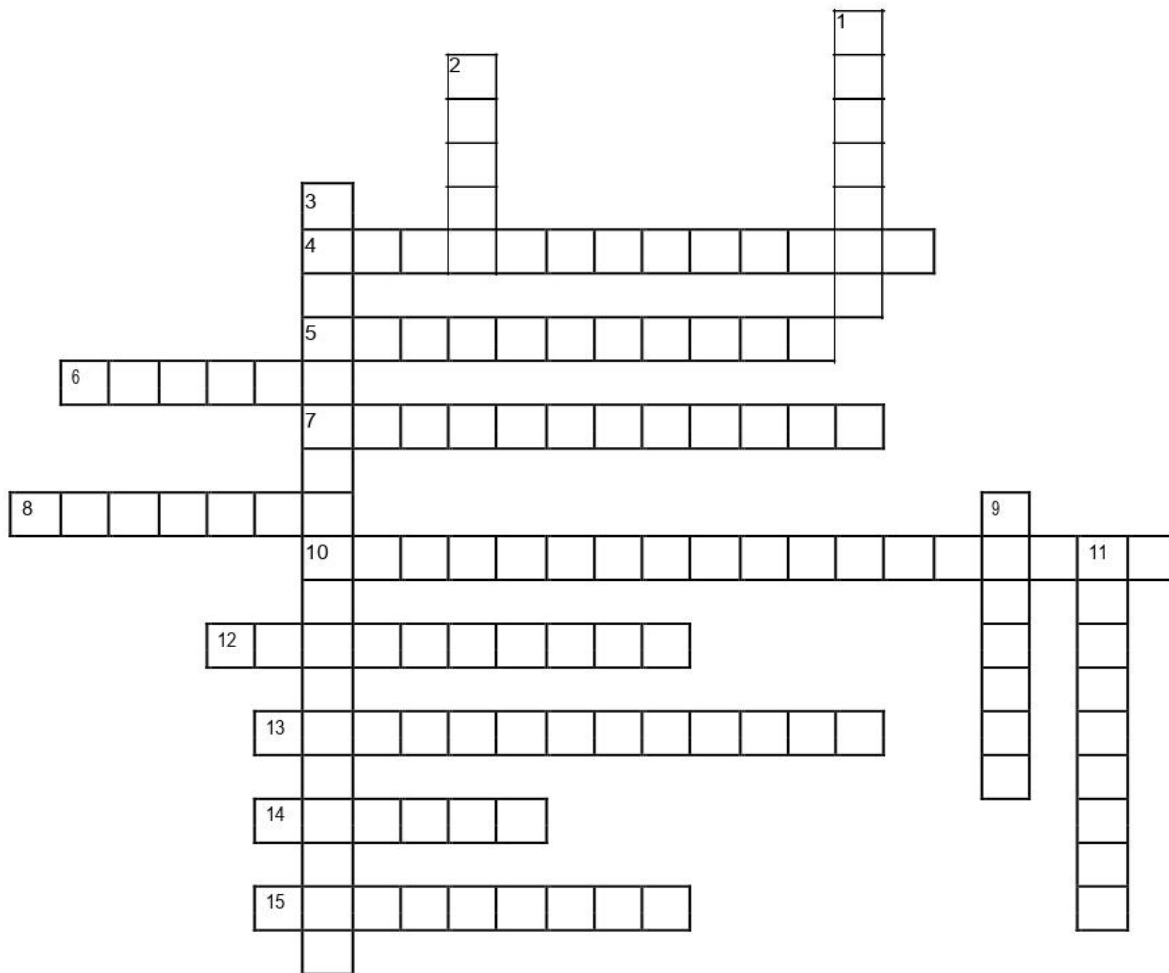
On 7th march 1976 the world was first introduced to the internet. Can people live without the internet? Some may say yes and some may say no. you might be a little surprised to know that 82% of Indians cannot live without the internet and India is on the top list of countries whose people can't live without the internet. The internet is a blessing as well as a curse. Why? Because of rapid urbanization in this modern world the internet is a must. People use it for work education purposes etc. but some people misuse it for cybercrimes (cybercrime means use of computer in a criminal activity in a wrong way, cybersex, trafficking etc.... in some remote and underdeveloped parts of the world, people do not use the internet or might not know what internet is. The correct way to use the internet by using it in a correct way. In another way internet is good access and important also because of the corona virus many people had to work from home to survive. These are many advantages and disadvantages of the internet. We should see to it that we do not misuse the internet. We should also see to it that the kids should not be addicted to their phones or tabs as it can affect their brain with continuous usage of gadgets it can also spoil their eyes. There should be a limit of 1 to 1 and a half an hour for the kids while they are using the phone or tab. Have you ever wondered life without the internet? Now a days people can live without food but not the internet. People are addicted to the internet just like food. The internet has become part of every single aspect of our life from relationship family friends to education and business. Due to the internet connection there is not much communication with our dear and near ones. People should prefer going out and playing or walking instead of sitting at home and playing games on the phone. So, you see everything has its good and bad side and we should see to it that we choose the good side.



Vinshel D'souza

Std: VIII B

Crossword Puzzle on Space Research



Across

- 4 The Missile Man of India
- 5 The Satish Dhawan Space Centre situated at
- 6 The first manned flight around the moon
- 7 The First Indian to go to space
- 8 This Missile was developed under guidance of A.P.J Abdul Kalam
- 10 Vikram Sarabhai Space Centre is situated at
- 12 The first person to travel into space
- 13 The Father of the Indian Space Program
- 14 The chairman of ISRO
- 15 Indian Island where ISRO has set up a Space Centre

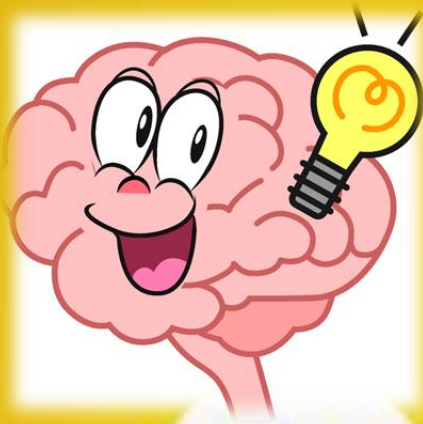
Down

- 1 Space craft is developed by ISRO to study the Sun
- 2 The First Country to enter Mars orbit on its first attempt
- 3 The name of India's first mission to Mars
- 9 ISRO Space Application Centre is situated in this Indian state
- 11 The First Satellite built by India

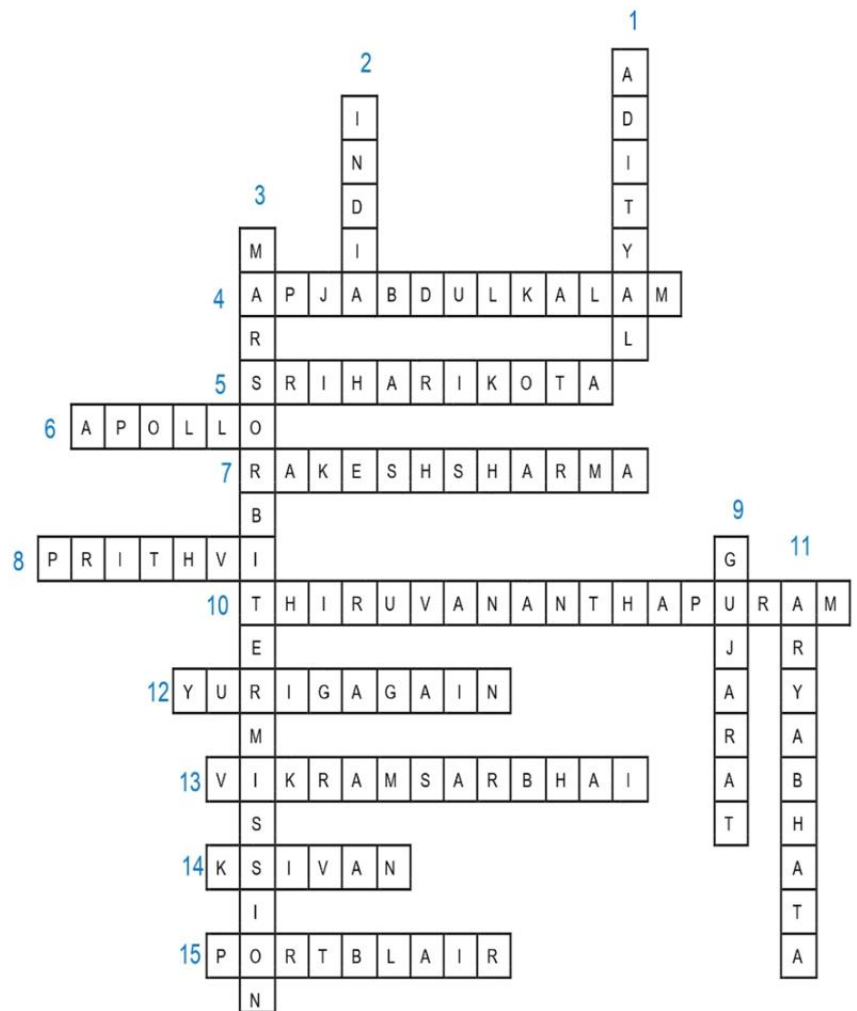
Crossword Puzzle By
Kasturi Talekar

Std: VII Roll No.: 54

ANSWERS



Crossword Puzzle on Space Research



Across

- 4 The Missile Man of India
- 5 The Satish Dhawan Space Centre situated at
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आई



आई तुझा हात
वास्तव्याची बरसात

आई तुझी माया
जशी आभाळाची छाया

आई तुझे शब्द
जसा साठलेला मध

आई तुझे ज्ञान
जशी ग्रंथांची खाण

आई तुझे गाणे
तिथे विश्व सारे येते

आई तुझी मूर्ती
मिळे भक्ती आणि शक्ती

Janahvi Tambe
VII A

A cartoon illustration of a boy and a girl peeking over a thick, brown tree branch. The boy, on the left, has dark hair and is wearing a red shirt with a white collar. The girl, on the right, has red hair and is wearing a white shirt with a red collar. They are both smiling and looking towards the viewer. The background shows stylized green leaves and a light blue sky. A small bee is flying near the girl's hand.

LAST SEASON OF ANIME HITS TOP CHARTS

What is anime?

Anime refers to a specific style of cartoon produced or inspired by Japanese animation. Think of it this way; all anime shows are cartoons but not all cartoons are anime. But beyond its distinctive visual looks, anime has endeared the hearts of many fans because of its complex characters and engaging plots.

Attack on titan (AOT) has finally come out with its last season. Attack on titan final season part 2. What is AOT about? Attack on titan is a Japanese manga series written and illustrated by Hajime Isayama. It is set in a world where humanity lives inside cities surrounded by three enormous walls that protect them from gigantic man-eating humanoids known as titans; the story follows Eren Jager who vows to exterminate and get freedom from titans after a titan brings about destruction of his hometown and the death of his mother. This anime was produced by Wit studio (season 1-3) and MAPPA (season 4). Attack on titan has become a critical and commercial success. As of now the manga has over 100 million tankaban copies print worldwide, making it one of the best selling manga series of all time. It has won several awards, including the Kondansha Manga Awards and the Harvey Award. Will Eren get freedom? Will AOT have a happy ending? What is Hajime Isayama thinking? Well to know all of this we'll have to wait for rest of the episodes to come out.



Lenisha Monis
Std: IX A

MOTIVATION

“WE DO NOT NEED MAGIC TO CHANGE THE WORLD, WE CARRY ALL THE POWER WE NEED INSIDE OURSELVES ALREADY: WE HAVE THE POWER TO IMAGINE BETTER.” - J.K ROWLING

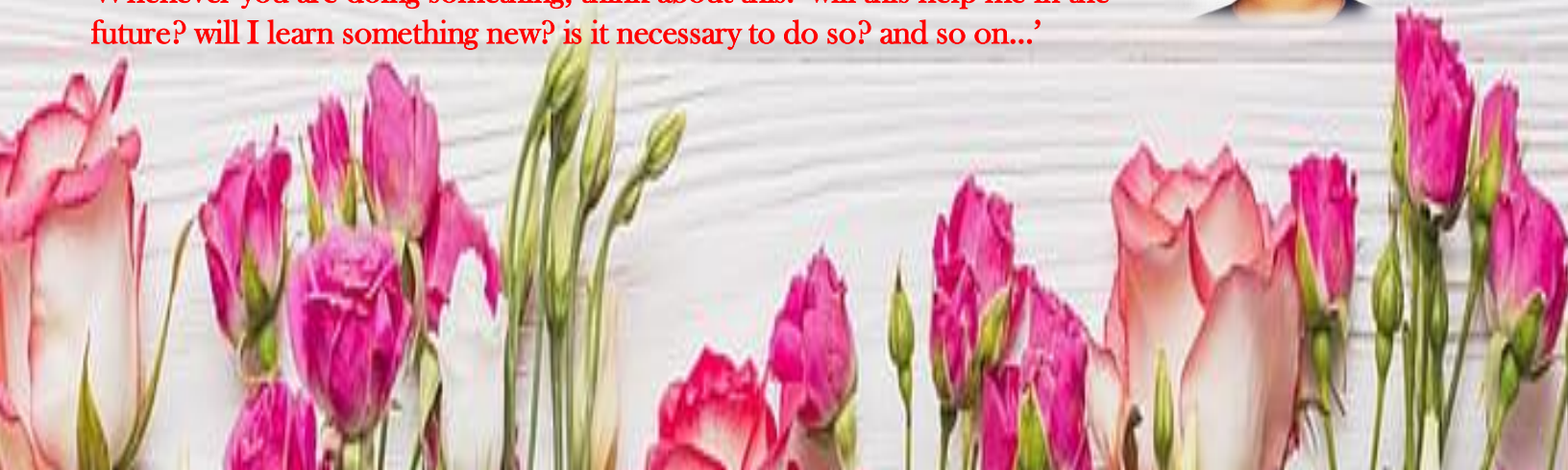
Sometimes, we feel lost and demotivated in our lives. There are many things in general that we are demotivated and insecure about. We forget that we have the potential to overcome it instead of letting it get bigger. It gets harder to overcome bigger things. If we continue to procrastinate, and don't try to make things easier by scheduling or organizing the things we have to do, it makes our problems even bigger. Nowadays we struggle with a lot of things namely studying, doing our things on time, etc.

HERE ARE SOME WAYS TO MAKE YOUR WORK EASIER:

- Set goals and keep them timed down [By quarterly (4 months), monthly (6 months), or yearly (one year)].
- Make an efficient time-table which helps in achieving our goals and keeping things organized always.
- Spending 15 minutes meditating helps in clarity and retaining thoughts.
- To help grasp concepts, information from sources except for textbooks such as websites, encyclopaedias, dictionaries, Google, etc.
- Make flashcards, notes to retain concepts, formulae, words, etc.
- Eat well, stay fit and sleep properly. A healthy body and healthy mind makes an achiever.
- Do household chores or help around in the house in general. This helps in building independent behaviour and also gives exercise to the body.
- Read books in the free time. There are websites from which you can read e-books since libraries are closed.
- Spend time learning languages and grammar in particular. It helps in expanding your vocabulary.
- Practice and perfect your hobbies in free time.
- Keep distractions at bay. STOP wasting yourself being unproductive.



Whenever you are doing something, think about this: ‘will this help me in the future? will I learn something new? is it necessary to do so? and so on...’



प्रकृति

हरी- हरी खेतों में
बरस रही है बूँदे
खुशी- खुशी से आया सावन
भर गया मेरा आँगन ।

ऐसा लग रहा है जैसे
मन की कलियाँ खिल गयी जैसे
ऐसा की आया बसंत
लेके फूलों का जशन ॥

धूप से प्यासी मेरे तन को
बूँदो ने दी ऐसी अँगड़ाई
कूद पड़ा मेरा तन मन
लगती हूँ मैं एक दामन।।।

यह संसार है कितना सुंदर
लेकिन लोग नहीं है अकलमंद
यही है एक निवेदन
न करो प्रकृति का शोषण ।



नाम: हेमानी राठोड
कक्षा :आठवीं 'अ'

Teacher-Student Relationship

The most powerful & wonderful relationship that one can think is between a student and a teacher. The teacher in every student's life is like a blessing from God. We cannot see God with our eyes. But, after the parents, our teachers are in the seat of our respect. The role of a teacher is significant in the life of a student. A teacher is an individual that plays an essential duty in moulding a student's life. Teachers spend on an average, 180 days a year with students. During the 180 days teachers witness the amazing growth of students academically and socially. The degree of a students achievements and improvement can be determined by the level of relationship built between the teacher and the student. Building a relationship between the teacher and the student is not always easy, but it is necessary and important. Positive and supportive relationships between students and teacher ultimately increase a feeling of belonging and motivates students to willingly take part in different classroom activities. A healthy and positive relationship between students and teachers can be enormously favourable at all stages of an educational life as well as inside the classroom and across the whole school environment

Teachers and students are like two sides of the same coin. If there is no direction, there is no value on the other side. The relationship is the same here. The teacher needs a student just as the student needs a teacher .It is very important that the interaction between a teacher and his student should be supportive of the learning environment. A student can really boost up his curiosity, interest and habit through an approachable & compassionate teacher. The importance of having a teacher is not only to improve our quality of education but overall development of students character and personality. ..The student/teacher relationship is a cornerstone in a student's social maturation process. Teachers try to create a conducive environment in the classroom or during online class. Students can share their problems and difficulties with her. She also tries to tap out the hidden talents of the students. She is a life changing role model who influences our growth advancement. Teachers have a meaningful, lifetime impression on all of their students. The positive relationship can be trusted by the student and sometimes relied upon when students are struggling and need a much-desired ear for listening. Be it in times of need , a bad phase or happiness, the child always wants her teacher to be close to them as a pillar , source of strength and support.

A teacher's purpose is not to create students in her image but to develop students who can create their own image. I am glad to say that I have been blessed with such wonderful teachers at Canossa , Andheri.



~Susamma Rao~
IXth A

Education online: pros and cons

“Education is not the learning of facts,
but the training of the mind to think” – Albert Einstein

Education plays a very important role in people's lives. It will either make or break the dream depending on their career.

Let's talk about online classes. It has become trend since the period of Covid-19 lock down. Many schools run online classes for safety of their students. Online study has become popular due to its convenience and easy operation. The study materials in online education could be notes, audio, video, images and so on. The online mode has made the delivery of educational materials flexible; one can study at any time, students can study from home or any other place. It reduces nervousness among a few students. Online study provides a chance for them to study at their own speed and capability. Online classes are enjoyable and comfortable as well.

As a coin has two sides, apart from its benefits there are various drawbacks too. Online classes do not make an environment like a classroom. Virtual education offers poor opportunity. Over-exposure to gadgets leads to health risks like headache, poor eyesight, lack of concentration and so on. Online study also hampers physical development. It creates distance among classmates. One might need to put in extra time to understand the learning process. It is easier to cheat in an online exam than an exam conducted in offline mode.

Online class has both pros and cons, but it creates a method of learning that can help develop students' performance. To facilitate teaching learning in an online mode, it is essential that there is proper and time bound communication between the school, the teachers, and the students. Efficient time management is the key to assist students to complete and submit assignments on time.



Sharon R. Nalli (Std: V A)

‘शिक्षिका’



या अर्थाचे कोणी महत्व समजले तोच असतो खरा ‘विद्यार्थी’.

जेव्हा मायेचा पदर सोडून पहिलं पाऊल टाकलं.

शाळेमध्ये येताच ‘बाई’ मी तुम्हाला हाक मारली.

अनोळखी तो हसरा चेहरा का जाणो तो आपला वाटला.

अक्षरांची ती उजळणी अन् सुरू झाली बेरीज वजाबाकी.

शिकता शिकता रंगून गेली होती कोरी ती पाटी.

गुरू शिष्यांच नातं आपलं आपुलकीने तुम्ही जपलं.

केवळ पुस्तकेच नव्हे तर शिकवली माणसेही वाचायला .

म्हणूनच पुस्तकांच्या पलिकडचे जग आज समजतय मला.

अभ्यासाचा अंधकर दाटला होता घनघोर मार्ग सापडत नव्हता

दिशा दाखविली तुम्ही.

तुम्ही नसता बाई तर घडलोच नसतो आम्ही.

वदन करते मी तुम्हास जोडुनी माझे हात.



हर्षाली सतीश कामत



Courage in difficult times

Courage is often described as a virtue representing one's ability to perform despite external and internal fears. Courage is not the absence of fear, courageous people do feel fear but courage helps them overcome fear and take action. A courageous act can be a small act which is done by overcoming fear and then going on to perform the act. Courage need not be only physical, moral courage too is equally important. Standing up for what is correct and speaking our mind as well as sitting down and listening to others opinions are examples of moral courage. The last two years have been difficult for most and many people showed great courage to overcome their difficulties and achieve their goal, be it doctors and paramedics who worked tirelessly to save people's lives, parents who lost their jobs but took up odd jobs to provide for their families, children whose parents were ill and who did all the household chores to ease the burden on their parents are few examples of courage shown in difficult times. I would like to conclude by saying that in hard times, we should have the courage to stay positive, keep going, to find a different way and of course the courage to try in the first place!



Daniella D'souza

IX A.



कोरोना महामारी एक सबक

इस कोरोना काल ने हमें कई तरह के सवालों और विचारों से रुबरू करवाया या ये कहे कि मानव जाति की आँखें की खोलने को ही आया था। इस कठिन समय में हमने इंसानों के कई रूप देखे कुछ में मानवता की हद देखने को मिली कहीं ये भी देखने को मिला कि अपनी स्वार्थ सिद्धि के लिए लोग किस हद तक इंसानियत भूल सकते हैं। अमीर हो या गरीब सब को एक जगह ला कर खड़ा कर दिया इस कोरोना ने।

इंसानों ने सबक सीखा कि पैसा जिंदगी से ज्यादा अनमोल नहीं है एक छोटे से वायरस ने ऐसा विकराल रूप दिखाया कि न सिर्फ भारत में बल्कि सम्पूर्ण मानव समाज को कैद कर के रख दिया जिस भागदौड़ भरी जिंदगी में लोगों को बैठने की चैन से साँस लेने की फुरसत नहीं थी वहाँ लोगों को महिनो-महिनों घर में कैद होने को मजबूर होना पड़ा।

यही वो वक्त था जब लोगों को समझ आया कि भागदौड़ में उन्होंने जिंदगी को कितना पीछे छोड़ दिया था। लोगो ने समझा कि परिवार और रिश्ते पैसों से कहीं ज्यादा अहम है। माना कि कई लोगों ने इस महामारी के दौर में अपनों अपनो को खोया है पर एक बहुत बड़ी संख्या में रिश्तों ने नया जन्म भी पाया है। जिस तरह लोगों ने इस कठिन समय में परस्पर सहयोग दिखाया है यह साबित करता है कि लोगों में आज भी इंसानियत जिंदा है तभी तो इतने कठिन दौर को हम पार कर पा रहे हैं। लाखों की नौकरियाँ चली गई गरीब वर्ग सड़को पर आ गया पर ऐसे समय में कुछ लोग फरिश्तों की तरह उनके जिवन में आए।

ऐसा ही बहुत बड़ा नाम हम जानते हैं सोनू सूद के रूप में ऐसे कठिन समय में जिस तरह उन्होंने मानवता की मिसाल पेश की है कि हर भारतीय न सिर्फ उनका प्रशंसक है बल्कि एक बहुत बड़ा वर्ग उनका ऋणी है चाहे वो मजदूरों को सलामत रूप से घर पहुँचाना हो, गरीबों को अनाज उपलब्ध करवाना हो नौकरी दिलवाना हो और अब तो ऑक्सीजन और बेड की जरूरतों को पूरा करने का काम हो। वह इंसान हर जगह पीछे नहीं हटा और हर संभव प्रयास किया। मदद पहुँचाने को ठीक उन्हीं की तरह हर शहरों में लोगो ने तथा कई समाजिक संगठनों ने आगे आकर ना सिर्फ लोगों का हौसला बढ़ाया मदद के लिए प्रेरित किया बल्कि जान की परवाह किए बिना लोगों की मदद को आगे आए।



यह ये दर्शाता है कि लोगों में आज आज भी इंसानियत जिंदा है।

वहीं दूसरी ओर ऐसे लोग भी हैं जिन्होंने मानवता को शर्मसार करने में कोई कसर नहीं छोड़ी, मौके कि फायदा उठाया अनाज से लेकर दैनिक जरूरत की चीजें हो या दवा से लेकर ऑक्सीजन, लोगो ने

कालाबाजारी करने में कोई कसर नहीं छोड़ी। मैं समझ नहीं पाई कि किस तरह के लोग हैं ये, इनमें इंसानियत नाम मात्र भी नहीं, जहाँ एक ओर मौत तांडव कर रही है वहाँ इस तरह की मुनाफाखोरी और कालाबाजारी उन्हें कैसे सोने देती है। मौत के आंकड़े डराने वाले हैं रोज हजारों की मौत की खबर मन विचलित कर देती है, और ये किस तरह के लोग हैं जिन्होंने मौत को भी व्यापार बना दिया। ये माहौल देख कर भी जो नहीं सीख पाया।

इसलिए कहा गया है प्रकृति से छेड़छाड़ न करो। कल जब पानी के पैसे चुका रहे थे सब ठीक था, आज साँसे भी खरीदनी पड़ रही है। ये कैसा समय आ गया है यदि अब भी लोग नहीं समझे तो आने वाले समय में इसकी बड़ी कीमत चुकानी पड़ेगी।

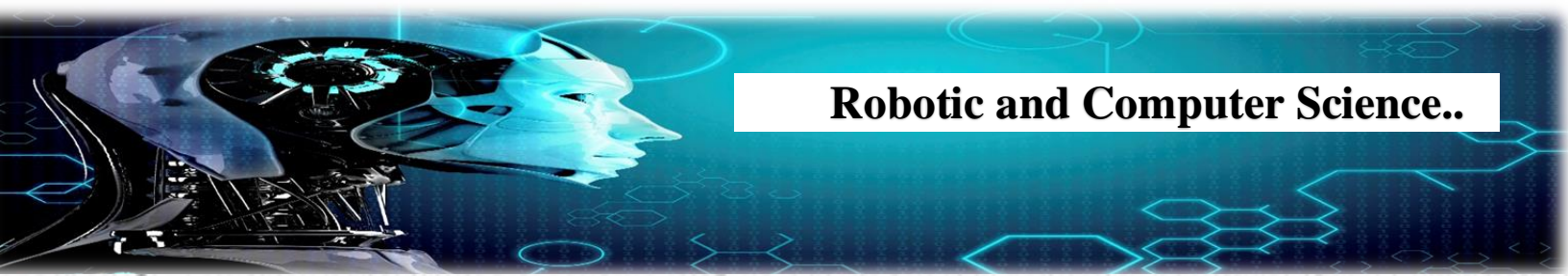


-अश्रवी रविंद्र

तुळसकर

कक्षा :- " ८.क "





Robotic and Computer Science..

A Robot is man-made mechanical device that can move itself, whose motion must be modeled, planned, sensed, actuated and controlled, and whose motion behaviour can be influenced by “programming”. Robots are called “intelligent” if they succeed in moving in safe interaction with an unstructured environment, while autonomously achieving their specified tasks. This definition implies that a device can only be called a “robot” if it contains a movable mechanism, influenced by sensing, planning, actuation, and control components. It does not imply that a minimum number of these components must be implemented in software, or be changeable by the “consumer”.

THREE RULES OF ROBOTICS!

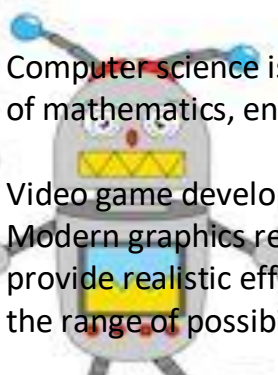
1. A robot may not injure a human being or, through inaction, allow a human being to come to harm.
2. A robot must obey orders given by human beings except where such orders would conflict with the First Law.
3. A robot must protect its own existence as long as such protection does not conflict with the First or Second Law.

Robotics is progressively influencing our day by day lives and affecting social insurance, transportation, defence, manufacturing, and entertainment. New robots and calculations are empowering doctors to perform more exact surgeries, helping people with undertakings of day by day living, empowering autonomous agents to move through crowded environments safely. The growth of medical robotics has been striking and from a few initial efforts in stereotactic brain surgery, orthopaedics, endoscopic surgery, microsurgery, and other areas, the field has expanded to include commercially marketed, clinically deployed systems, and a robust and exponentially expanding research community. And thus even medicine cannot thrive nowadays without robotics.

The truth of the matter is, robots will put a few people out of work; undoubtedly the robots as of now have uprooted numerous occupations. Be that as it may, robotics will likewise make new openings for work and, seemingly, make the economy significantly more than the impact of the displaced occupations.

Computer science is the study of computers and computing. Computer science applies the principles of mathematics, engineering, and logic to a plethora of functions and AI.

Video game development is grounded in the principles of computer science and programming. Modern graphics rendering in video games often employs advanced techniques such as ray tracing to provide realistic effects. The development of augmented reality and virtual reality has also expanded the range of possibilities of video game development.



FUN FACTS!

1. **THE TERM 'ROBOT' COMES FOR THE 'CZECH' WORD 'ROBOTA' THAT MEANS 'DRUDGERY' OR 'HARD WORK' AND 'FORCED LABOUR'.....**
2. **GEORGE DEVOL INVENTED THE FIRST DIGITAL OPERATED ROBOT.....**
3. **A ROBOT IS A MACHINE DESIGNED TO DO TASKS WITHOUT THE HELP OF A PERSON.....**
4. **ROBOTS ONLY DO WHAT THEY ARE PROGRAMED TO.....**
5. **PEOPLE IN 1900 THOUGHT THEY'D BE COMMON BY NOW. ...**
6. **SOME OF THE FIRST HOME ROBOTS WERE CHILDREN'S TOYS. ...**
7. **AUTONOMOUS VACUUMS HELPED MAKE DOMESTIC ROBOTS MAINSTREAM. ...**
8. **SERVICE ROBOTS ARE MORE LIKELY TO BE FEMALE**

Robotics and computer science have got us very far.

In the future people might as well call today's technology "outdated". Science is developing by the day.

You never know maybe one day robots will rule the world, just how it's portrayed in Sci-Fi movies. I guess we will have to wait and watch!



**Avril Nazareth
VII A**



सच्चा गुरु

जीवन में जो राह दिखाए,
सही राह में चलना सिखाएं।
उचित-अनुचित का फर्क बताए,
वही सच्चा गुरु कहलाए।

हैं भविष्य देश का जिनके हाथ में,
उन सबका भविष्य ये बनाएं।
संकट में जो हसना सिखाए,
वह सच्चा गुरु कहलाए।

हार-हार के फिर लड़ना ही जीत है सच्ची,
ऐसा एहसास ये हमको करवाए।
जो धैर्यता का पाठ पढ़ाए,
वही सच्चा गुरु कहलाए।

कोशिश करते रहना हर पल,
जीवन का अर्थ हमें ये बताए।
कदम-कदम पर परछाई-सा साथ निभाए,
वही सच्चा गुरु कहलाये।

कभी डांट तो कभी प्यार से,
कितना कुछ हमें ये समझाएं।
देते हैं ज्ञान जीवन का, उद्देश्य यही है इनका,
वही सच्चा गुरु कहलाये।

मंजिल तक ये हमें पहुँचाए,
राह भी बेहतर हमें ये दिखाए।
जिसे देखकर आदर से सर झुकजाए,
वही सच्चा गुरु कहलाए।



-रुचिता रमेश तेली

कक्षा 8 क

MY EXPERIENCE DURING LOCKDOWN



I remember the day, 21st March 2020, when a sudden decision was made by the Government of India for lockdown in the country because of the deadly coronavirus.

I was a student of Std V and had fully prepared for my final exams to be held the next month. When I came to know that there would be no exams, I was almost disappointed; it might sound a bit odd for most of the students but yes, I was really annoyed and upset with this news.

At home, we had our TV set on and all News Channels continuously gave reports on covid cases and deaths, which was really scary. Seeing the environment outside and the coronavirus effect on people all around the world I felt it was good to remain indoors.

First few days went really good as no school meant not getting up early, but later on I started feeling bored. I saw my Mom doing all the household chores, preparing delicious meal and lip smacking snacks for us. I saw that she is the reason my family and I am able to survive in this lockdown. I thought it was better to help Mom in her work and keep myself also busy. So, this way I started helping my mom in her household chores. I learnt to make tea and sandwiches, keep the house neat and tidy and do the dishes. I learnt to fold the clothes and keep them tidily in the cupboard. Now, I got the things I needed easily and didn't have to search for them. **I learnt to organize.** This was lockdown during the summer vacation.

Then came the season for online classes. It was a totally different way of learning. Learning from home. Learning to operate on new gadgets like laptop, mobiles etc. I had to struggle initially, but gradually learning online became easy. It was a good experience. I learnt to do everything digitally.

As days passed, online classes became boring as there was no physical movement, no running around, no sport activities. All these activities reminded me of my school friends, my teachers, my school campus and my school ground where we used to play a lot during recess and also after school. **Our sports day! our annual day! Missed All those beautiful days!** I started appreciating the things I had taken for granted.

Yet, in spite of all this, I enjoyed my online classes as most of the time I was busy helping my classmates and doing other class assignments and activities.

This lockdown period taught me many new lessons of life and also how to live life in isolation.





आपल्याच छाये पासून... ।

आपणच शिकावे...।

तिच्याच प्रमाणे लहान मोठे होऊन जगावे।

तिच तुमची प्रेरणा,तिच तुमचा ध्यास।

तिच आहे तुमच्या जगण्याचा खरा सहवास।

संकटात तू माझ्या सोबत असतेस।

सुखः दुःखात तू माझी वाटेकरी होतेस।

ऊन, वारा, पाऊस ह्याचे तुला बंधन नाही।

कसे सांगू तुझ्या वाचून मला करमतच नाही।

आकाशाला घालू गवसणी, आसमंत आहे मोठा।

तूच माझी उर्जा आणि।

तूच माझी दिशा।

एकामेका सोबत सदैव राहू।

जगू आनंदाने आणि जगण्याचा अर्थ देऊ।



Gauri Pitale

Std: VIII/A

Science And Technology for Betterment of Nation

Science and technology play a vital in modern life and has profoundly influenced the course of human civilization. Technological advancement in modern life and has provided us lots of remarkable insights all over the world. Scientific revolutions have taken its full speed from the 20th century and has become more advanced in the 21st century. We have entered to the new century in new ways with all the arrangements for the well being of the people. India has become an important source of creative and foundational scientific developments and approaches all across the world. All the great scientific discoveries and technological achievements in our country have improved the Indian economic status and have created many new ways for the new generations to grow in the technologically advanced environment. There are many new scientific researches and new development in the field of Mathematics, Architecture, Chemistry, Astronomy, Medicine, Metallurgy, Natural Philosophy, physics, agriculture, health care, pharmaceuticals, astrophysics, nuclear energy, space technology, applications, defence, research, biotechnology, information technology, electronics, oceanography and other areas. Introduction of scientific researches, ideas and techniques to the field of education has brought a huge level of positive change in the new generation and provided them variety of new and innovative opportunities to work in the field of their own interest. Modern science in India has been awakened by the continuous and hard efforts of the outstanding scientists. Scientists in India have made possible the scientific advances. If we use science and technology for the well-being of the human being, it will develop us in the fastest way.



Darshika S. Ghadi

Std: - VIII A



चलो फिर से स्कूल जाते हैं

चलो कूछ दर्द हम भूल जाते हैं,
आज फिर से हम स्कूल जाते हैं ।

रोक न सके हमे कोई जंजीरे,
वक्त का पैगाम आज साथ लिए चलते हैं ।

ऐ जिंदगी मेरे स्कूल वाले ख्याब लौटा देना,
मेरे बिछड़े दोस्तों को मुझसे मिला देना ।

आज नहीं रोकना मुझे,
मेरे गुरु के बस दर्शन करा देना ।

चलो आज फिर सब कुछ छोड़ जाते हैं,
आज फिर नयी उमंग से हम स्कूल जाते हैं ।

स्कूल हमे कब से बुला रहा हैं,
उसे मिलने हम फिर से स्कूल जाते हैं ।

वृषिका परब

कक्षा - ६ अ

पानी दे

काले मेघा पानी दे
पानी दे गुड़धानी दे ।
मोती बरसे खेत में,
बच्चे हरसे रेस में,
उछले कूदे पानी में,
मेघो की अगवानी में ।
सबको दादी, नानी दे
हर दिन एक कहानी दे।

बिजली कड़के जोर से,
धरती गूँजे शोर से,
बरसे वर्षा घनघोर से,
पिकनिक जाये भोर से,
उलझन में आसानी दे,
अपनी जैसी बानी दे।



कशिश पांडे

कक्षा:- ६ - अ

BULLET JOURNAL – A REFINED TO-DO LIST

“A good system shortens the road to the goal”

INTRODUCTION

Have you ever wished to have more than 24 hours in a day? If I could get some time to relax? If I could get two more days to finish the task? Oh! If only I would have gotten half an hour more then I would have made this dish for the guests on time. We often struggle to get enough time to complete everything we want to. The proverb “Time waits for no man”, is a common challenge faced by most of us. Well now we know the challenge, let us come to the solution and for that today I would like to share the concept of the Bullet Journal.

WHAT IS BULLET JOURNAL?

Bullet Journal method in simple words, is an organised list of tasks and events in the form of bullet points. However there is much more to this simplified method, where everyone can find something for themselves.

This method was founded and introduced to the world by Ryder Carroll. Carroll was born in Vienna who as a child found difficulty with focusing on one thing at a time. Thus with time, as a teenager he was diagnosed with Attention Deficit Disorder (ADD). In one of his TED Talks at Yale, Carroll highlighted the intensity of his struggle finding inability to use the tools at his disposition to deal with his anxiety. Thus it led him to develop his own method and experiment with it for some time.

With the exposure of the system to the people living worldwide, it soon captured attention, interest and curiosity, as people found something new to experiment with in their lives. From an abundant list of reasons, one of the major reasons why everyone enjoyed the Bullet Journal system stemmed in the ease with which every individual irrespective of their age, occupation, gender could apply the method in their own lives, because of the minimal resources that it demanded. In addition, the method also provided an easy way to set up the notebook and create certain pages to simplify life and gain a direction of work.

The method is also connected with providing a very comforting feeling, at the end of the day we all can enjoy sitting with a book, a warm drink and a pen or some decorative items as one desires and get set for the next day.

WHERE TO BEGIN ? (Suggested by Ryder Carroll)

1. Firstly, take a sheet of paper or a notebook and write down everything that you feel you need to, should and things you want to do. This process is known as creating a “mental inventory” and it helps in decluttering your mind.
2. For each of the tasks mentioned in the list, ask the question, why are you doing it ? Finding the purpose behind a task even in brief, helps in gaining motivation to do that action. If you identify the action as distraction then you can gain clarity on the unwanted tasks occupying your mental space.
3. Once you have your goals ready, set up the key to success by breaking down the big goals into small actionable projects. These small projects can look like having no barriers which doesn't require you to depend on someone to get it done, try to keep the action as clear as possible. Lastly, it should take less than a month to complete. The aim is to indulge and grow curiosity through small tasks instead of the vision of epic goals.
4. However over time circumstances change, priorities change, and even we as a person change and develop. Thus the mental inventory needs to be updated, else it will become invalid causing us to drift. So even if it is 5-10 minutes a day, taking time to list down your inventory will help you to use the method for a long time.

HOW TO PROCEED ?

If you even compare the traditional method of to-do lists and bullet journal method, apart from the differences like a personalised, comparatively organized, and mindful system provided by Bullet Journaling, it also differs in the language. Rapid Logging is the language in which the Bullet Journal is written. In short, it's a way of capturing information as bulleted lists. Let's begin with what all can a daily entry include :

- ❖ Bullets are short sentences combined with symbols to identify : Tasks, Events and Notes.
- ❖ Tasks can be denoted with your desired symbol and be marked as incomplete, complete, migrated, scheduled or irrelevant.
- ❖ Events can help in marking the date-entries and occasions like Birthdays, Anniversary, etc.
- ❖ Notes can include your insights, facts, random information to store and refer, etc.
- ❖ Don't put pressure in writing the above three sections separately, feel free to mix and match and log them as the day proceeds.

With this basic format you can add variations and write down a daily log.

Bullet Journal system also encompasses “Collections”, which we will look into briefly :

- ❖ Index: At the beginning of your notebook, a sequential order of all the compilations and logs in the notebook with page numbers.
- ❖ Future Log: A glimpse of six months divided across two or more pages, giving space to note down and review the future upcoming assignments, deadlines or commitments.
- ❖ Monthly log: A minimal monthly calendar with events and deadlines marked, followed by a task page to brain dump the mental inventory of the present month.

- ❖ Daily Log: A space for day to day entries, which can be filled at a suitable time of the day, if required the previous night.
- ❖ Custom Log: Often we feel the need to create a separate space for a particular habit or event, for e.g., Exercise tracker, Monthly Grocery List, Vacation Plan etc. Thus feel free to create these 'spreads' as they are referred to as in when you feel the need and mark it down in your index for future reference.
- ❖ Migration: With the busy routine and uncertainty, we often encounter inability to fulfil certain monthly commitments which can be transferred to a migration list, for later review and its presence in our radar of tasks.

While the system presents a complicated overview, it provides equal freedom in eliminating and adding as per one's needs and enjoy than get burdened by restricting oneself to follow the given methods.

WHY TO CREATE A BULLET JOURNAL ?

A huge body of research indicates that even plainly writing down tasks in your mind can help in increasing productivity and calm the mind. However, till now not a specific detailed research has been conducted on bullet journaling. But we can find opinions of experts on the topic. David Levitin, author and neuroscientist mentions, "The conscious mind can attend to about three things at once. Try to juggle any more than that and you're going to lose some brain power," thus bullet journal helps as an "external memory extension".

There are uncountable variations that can be undertaken in the system with colours, pens, sticky notes, stickers, brush pens, decorative tapes or if you like minimal setup even a notebook and a pen will do the job. Personally I have been a part of Bullet Journaling Community or BuJo Community for more than 5 years, and a personal discovery is the amount of insight one gets about self interests, strength, weaknesses, etc. It helped in gaining clarity, directing my energy in proper direction and ultimately striving to get the desired results.

ROLE OF TEACHER

1. Create a chart of Monthly or Weekly Log along-with students as an activity and encourage them to add homework and project deadlines and also allow them to decorate it using their creative energies and placing the chart on the wall.
2. Encourage students to maintain a simple notebook to plan their studies and exam preparation by dividing it into small chapters per day, along with writing down objectives for practice sessions.
3. Schedule a day at the beginning of a month for students and teachers to be able to sit together and plan the upcoming days of the months, creating a close bond and encouraging students in giving contribution towards activity planning.
4. Organise workshops or events to make students aware about the importance of organising one's life in the physical and mental facets of one's lifelong journey.

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“Only add what serves you, and be patient with yourself, because it’s a new thing. You’re not doing it right, you’re not doing it wrong, you’re just figuring it out as you go along. It’s another reason why I love the notebook. It’s like every day is another chance.”

- Ryder Carroll



POORNIMA WARRIER

माझी आई

आई म्हणजे काय, तर याच उत्तर आहे 'आ' म्हणजे आत्मा व ई म्हणजे ईश्वर। था दोघांचा सुरेख संगम म्हणजे आई होय! ईश्वराने आईची निर्मिती का केली ? था प्रश्नांचं सुद्धा सुंदर उत्तर माहे की ईश्वराला प्रत्येकाची काळजी असते. त्याचप्रमाणे ईश्वराला प्रत्येकाची काळजी घेणे, माया, प्रेम देणे शक्य नव्हते म्हणूनच ईश्वराने प्रत्येकासाठी आईची निर्मिती केली. बाळाला जन्म दिल्यानंतर प्रत्येकजण एक प्रश्न विचारतो की काय झालं? मुलगा की मूलगी? पण अशी एकच व्यक्ती अशी असते किती विचारते की माझे बाळ कसे आहे ? ती म्हणजे आई.

"आई म्हणजे काय असते?

आई म्हणजे दुधावरची साय असते.

गोठ्यातल्या वासराची गाय असते.

आई साक्षात परमेश्वराची मूर्ती असते आईच्या प्रेमाची, मायेची किंमत आपल्याला कधीच करता येणार नाही. आई आपल्या कुटुंबाकरिता सर्व काही करते रोज सकाळी उठण्यापासून, घरातील सर्व कुटुंबाचा स्वयंपाक करून घरातील लहान-थोर लोकांना काय हव, काय नको ते बघते. शाळेत जाण्यासाठी मुलांना तयार करून त्यांना खायला देऊन शाळेत पाठवते. मुले शाळेतून घरी परत आल्यानंतर परत त्यांना खायला देऊन त्यांना अभ्यास करण्यास सांगते. घरातील सर्व कामे करून सुद्धा एक महत्वाचे आणखी काम करते ते म्हणजे घरातील लोकांची काळजी घेणे.आई दिव्यातील वातीप्रमाणे कार्य करते स्वतःला चटके बसत असताना देखील वात तेवत ठेवते आणि घर प्रकाशित करते

आई म्हणजे मंदिराचा उंच कळस,


आई म्हणजे अंगणातील पवित्र तुळस,

आई म्हणजे भजनात गुणगुणावी अशी संतवाणी

आई म्हणजे वाळवंटात प्यावे असे थंड पाणी

या भाषणाच्या माध्यमातून तुम्हाला एकच सांगणे आहे की तुम्ही आयुष्यात कितीही मोठे झालात तरी आपल्या आई-वडिलांना कधीच विसरू नका. तुम्ही मोठे झालात म्हणून त्यांना सुद्धा आनंदच असतो. तुम्हाला त्यांची म्हातारपणी सेवा करावी लागेल म्हणून तुम्ही त्यांना वृद्धाश्रमात पाठवू नका. आपल्या जीवनाला आकार देण्याचे काम आपल्या आई-वडिलांनी केलेले आहे. त्यांच्यामुळेच आपण घडलो आहोत हे विसरता कामा नये. आपल्या आई वडिलांची सेवा करा, त्यांच्यावर प्रेम करा.





Goodbyes are hard...!!!

"You can't start the next chapter of your life if you keep re-reading the last one." ~ Unknown.

Thinking of my high school farewell it hit me that the familiar faces and places where I have grown so accustomed to over the last twelve years would soon be changing.

The anxiety of that reality had started to creep into my psyche weeks ago. Sitting in a corner of my room, I remember thinking to myself, "How did I get here?" Somehow, I had gone from a 4-year-old child to a sixteen-year-old teenager.

While dreaming about the farewell one thought continued to occupy my mind. I knew that at the conclusion of our farewell I would be closing a chapter in my life-one filled with exploration, development, struggles, and growth.

For so many of my fellow classmates, we had been together since pre-school. We journeyed together, watching each other grow through the innocence of childhood, to the prejudices that develop as young adults. We went from adorable four-year-old without a care in the world, to the awkwardness of puberty and the struggles to live up to societal stereotypes. In a way they were like family - comfortable like an old sweater; grounding me when I needed a reminder that I belonged to something greater than myself. It was a bittersweet moment in my life.

While I understood that life won't end after the farewell and opportunities would certainly appear before me, it also meant leaving the safety and security I'd come to rely on over the last twelve years.

While saying goodbye does mean accepting that a part of our life is now over, it also provides us with a chance to realize just how blessed our lives have been. To look back and reflect on the journeys we've shared with some wonderful people, while being exposed to amazing and invaluable experiences we often take for granted.

Regardless of how long someone has been a part of our lives, whether it's five minutes, five years, or five decades, their impact will always remain with us even after we utter that simple, yet hard to say two-syllable word "goodbye." Regardless of the circumstances, saying goodbye means change, and change rarely comes along with immediate acceptance.

The finality associated with saying goodbye is challenging. Yet it's an empowering word, enabling us to achieve closure and ultimately move on with our lives.

The quote below, from Dr. Seuss has continuously provided me comfort on days when I needed a little reminder of the blessings I've been bestowed upon

"Don't cry for it's over. Smile because it happened." – Dr. Seuss



Sanskriti Salvi

X - B



कोरोना तुम आये कहा से ?

पूछा जब मैंने कि,
तुम आये कहां से,
क्या ईश्वर के पास से,
या शैतान के दिमाग से,

प्रकृति की कोख से,
मानव के शोध से,
मानुष की कटुता से,
प्रथम रहने की लोलुपता से,

परिवार की द्वरियों से,
व्यस्तता की बेड़ियों से,
विस्तार की लालसा से,
या ईर्ष्या की भावना से,

हम सब की त्रुटियों से,
स्वच्छता में कमियों से,
प्रकृति के क्रोध से,
या आगे रहने की होड़ से,

मंदिर से बाजार से
मस्जिद से मजार से,
जहाज से , सांस से,
या मुझ से और आप से,

बैठाया, सबको लाचार सा
दिया सबक, सब पाप का,
अभक्ष के आहार का,
प्रकृति से खिलवाड़ ,

धरती के शोषण का,
वायु के प्रदूषण का,
नदी के अपमान का,
प्राणियों के तिरस्कार का।।



Nupoor M. Mohite
Std : VIII A

रंग

रंग रंग के रंग निराले
किस रंग में रंगूँ मैं ॥

कोई हरा कोई केसरी
जैसा हो मेरा कृष्ण मुरारी ॥

कोई काला कोई नीला
जैसा हो आसमान में मेला ॥

बड़ा हाथ थामले अंगुली
रुह किस रंग में रंगूँ मैं ॥

हर रंग के ढंग निराले
सब रंगो में रंगूँ मैं...
सब रंगो में रंगूँ मैं ॥



प्रज्ञा मुसळे

कक्षा आठवीं 'अ'

ART OF STD: VTH



Makar Sankranti
Panchal Vedha - 5th A

Star Design
Arlene Cardoz - 5th C



Rainy Day
Sanskriti Jamadar- 5th C



ART OF STD: VITH



One Point Perspective
Sanskriti Patil - 6th A



Christmas Celebration
Zara Shaikh - 6th C



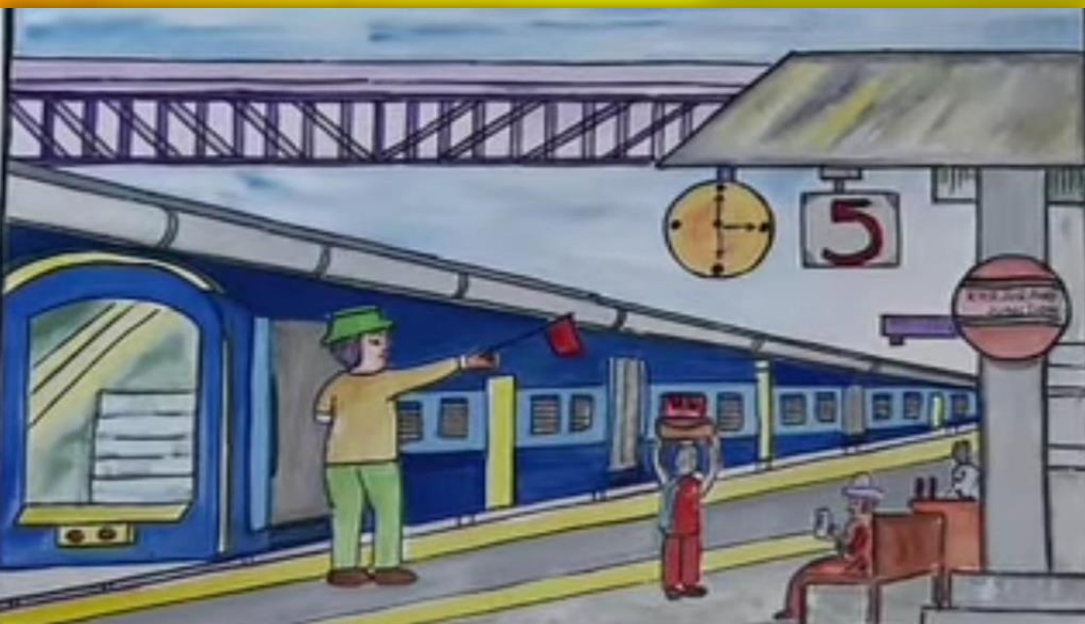
Ganesh Festival
Sharanya Tirodkar - 6th C

ART OF STD: VII



Historical event
Prishna Mulekal
7th A

Madhu Bani Art
Janelle Pereira -7th A



Rawat Kritika
7th B

ART OF STD: VII

Mandala Art

Bhadouria Rishika - 7th



Madhu Bani Art

Namisha Bagwe - 7th C

Achromatic colour scheme

Shrika Nagvekar - 7th C



ART OF STD: VIII

Nature

Disha Kadam - 8th A



Design for window pane
Swarsha Salian- 8th B

Adventure camp

Bhargavi Kumbhar - 8th C





Craft An Awesome Art

Children love making things even if the only thing they are good at is making a mess. However, Craft isn't just about entertaining the children in your group. It's also a first hand learning experience, something that plays a part in the early education and development of a child. There is no doubt that Craft is a fun activity for kids. Be it making miniature statues from clay, folding paper to create animals, flowers, baskets, birds, etc. or designing a handmade birthday card.

There are several craft activities which can enhance the interest of children and exploit their artistic potential. There are many benefits of Craft like improvement of hand eye co-ordination that is engaging in activities related to arts and crafts from a very young age leads to a tremendous improvement in hand eye co-ordination. When children are busy with art work or Craft, they keep away from screens which are bad for their health too. The COVID Situation too has added to this problem and this made children dependent on electronic devices. Craft is the solution to this. Do try this solution if you are bored and make Craft your hobby. Doing Craft work using paper, clay, sand and other waste materials paves the way for children for experimenting, learning and staying occupied without being engaged in non productive activities like gaming or watching videos. My own experience with Craft has been a very enjoyable one. Try it out, create new things and make good use of your free time.



Ms. Darshika Ghadi
Standard :- VIII

The background is a light blue surface covered with various craft supplies and finished projects. In the top left, there is a large, light blue paper fan. Below it is a smaller, light brown paper flower. To the right, there are several pink paper flowers of different sizes and patterns, including one with white polka dots and another with a floral pattern. There are also several wooden sticks or skewers scattered around, some of which are wrapped in pink paper. In the bottom right corner, there is a large, pink paper flower. The text "CRAFT WORK BY STUDENTS" is written in a bold, blue, sans-serif font, slanted upwards from left to right, and is centered on the page.

**CRAFT WORK
BY
STUDENTS**



Daphne Pereira

V A



Athena Joseph

V C



Vedha Panchal

VA

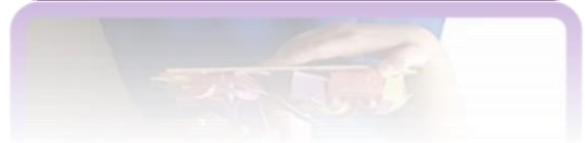
Disha Upadhyay VIB



Laisha Lewis VIB



**Deeanna
VI C**





Girija VIIB



Meher VII B



Rashi Kushwa VIII C





HONEY JAIN 8TH B

Honey Jain
VIIIB

Genelia
Mendonca



Darshika Ghadi
VIII A



Gauri Pitale

VIII A



STEECIA D'SOUSA
VIII B



Steecia D'souza

VIII B



VIII B
STEECIA D'SOUSA

