

# visionNEXT

2019-20

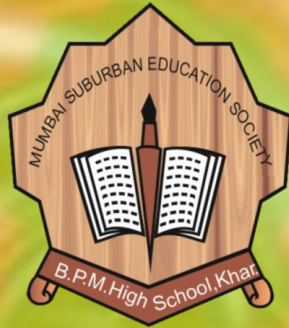


english

SPORT

DANCE

ART



YOGA



B.P.M.HIGH SCHOOL (KHAR)




# FROM THE DESK OF THE HEAD-MISTRESS




Warm Greetings!!! 

I am, yet again, honoured in welcoming you to the third edition of our school magazine **Visio(N)ext.**

 **Beena Menon**  
**Headmistress**

It is with a great sense of euphoria, pride and immense satisfaction that we have been able to successfully release the third issue of our magazine.

Needless to say, this would have not been possible without the unstinting efforts of our team who have demonstrated superior team-work in making this release possible.

The world has been brought to its knees by the pandemic COVID-19 that has crippled every segment of our existence.  An invisible, amorphous virus that did, and continues to make the earth tremble.

In such times of unprecedented crisis, we have to stand united in fighting this menace. We cannot be intimidated to succumb to this and the impetus right now is to pick up from where we left off and come back stronger.

In tune with the COVID-19 protocol which is in force, this edition of the magazine will be an e-Magazine which can be accessed on our website.

In my earlier issue, I did speak of the role that education plays in the perspective of one's life. The academics and activities mix that together provides the much-needed thrust in churning out quality students which would shape theirs and, in turn, the nation's future has never been undermined.



We have, in the last year, spent time on focusing our efforts in enhancing the capabilities of students with learning disabilities. These efforts to improve are on and this continues to be our area of focus. Some of the methods employed included preparation of activity-based sheets, questionnaires for such students and have evaluated their performances based on these results.

In my further quest for academic perfection, another area which required attention was tackling children with behavioural problems. This was, by no means, an easy task. Parents were involved, counselling sessions thrown open and children were given the right to privacy which made them open up and naturally started to introspect their behavioural patterns. We do notice a discernible change in the attitudes of these students which have been showing up in the form of better academic performance. There is a lot more work to be done in this field and we are striving towards achieving this.

This academic year posed a new challenge which was digitalization of education. The transformation from classroom to gadgetry was by no means an easy task. Diligent teachers worked hard for achieving this. The online academics did continue despite the lockdown.

As has always been our endeavour, we believe that we are there for the students who need us in their journey into the future. By lending them 'our helping hand' we will most certainly see the goal that we set out to achieve.

The Management, to whom we owe everything to, has been the true hall mark of professional management strategies has stood solidly by us in ensuring that we are the beneficiary of their support, understanding, co-operation and guidance.

I take this opportunity to wish all our school students, teachers, the very best in their quest to seek academic perfection.



# ॥ ॐ श्री गणेशाय नमः ॥

वक्रतुंड महाकाय सूर्यकोटि समप्रभः।  
निर्विघ्नं कुरुमेदेव सर्वकार्येषु सर्वदा॥

Lord I know you are  
Watching me , my God and  
King,  
I will ever be good.  
Help me , Lord each passing  
day;  
It is you I ever pray.

Bless me Lord, so that I may  
never do a wrong.  
Watch my thoughts  
and watch my deeds,  
All night and all day long

O God help me to be  
A good child all the day long.  
Help me do my lessons well,  
and be kind and good to  
everyone.



## Photo Editing

Mrs Ujwala M. Kachare

Mr Ganesh Sonawane .

## Cover page

Mr Ganesh Sonawane .

## English Editing

- Mrs Shabana Qureshi.
- Mrs Neeta Jadhav.
- Mrs Sreelatha Rajan
- Mrs Rafiya Shaikh

## Hindi Editing

Mrs Neeta Shukla

Mr Ganeshkar Ashok .

## Marathi Editing

Mrs Vandana Lahane .

Mrs Sheetal Gavali

**B.P.M.HIGH SCHOOL, KHAR(W), MUMBAI – 52**

**S.S.C. EXAMINATION, MARCH – 2020**

**SUMMARY OF THE RESULT**

**THE MUMBAI SUBURBAN EDUCATION SOCIETY**

**B. P. M. HIGH SCHOOL**  
KHAR (W.)

**Heartiest  
Congratulations !!!**

To Our S.S.C. Students, their Parents,  
Teaching and Support Staff.

For securing

**100%**

in the S.S.C. Board Examination (2019 - 20)

**FIRST THREE TOPPERS IN SCHOOL**

SR. NO.	NAME OF THE STUDENTS	TOTAL MARKS	%
1	MISS MORE SANSKRUTI SANTOSH.	462	92.40%
2	MAST SHINDE KUNAL SHANKAR.	425	85.00%
3	MAST GHANEKAR ATHARVA SUNIL.	415	83.00%

No. of Distinctions : 19

No. of 1<sup>st</sup> Class : 39

No. of 2<sup>nd</sup> Class : 08

**FIRST FIVE STUDENTS IN SCHOOL**

1	X/B Miss More Sanskruti Santosh	462	92.40%
2	X/A Mast Shinde Kunal Shankar	425	85.00%
3	X/A Mast Ghanekar Atharva sunil	415	83.00%
4	X/B Mast Humane Rhishikesh Santosh	413	82.60%
5	X/B Mast Bhojane Omkar Laxman	410	82.00%



# OUR SSC TOPPERS



**1<sup>st</sup> More Sanskruti**



**2<sup>nd</sup>**

**Shinde Kunal**



**3<sup>rd</sup>**

**Ghanekar Atharva**



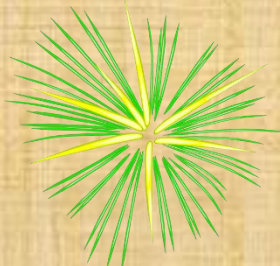
**4<sup>th</sup>**

**Humane Rhishikesh**



**5<sup>th</sup>**

**Bhojane Omkar**



# Students Corner

**English  
Articles**



## How to be Happy

Keep your heart free from hate,  
Your mind from worry,  
Live simple, expect little, give much,  
Sing often, pray always.

Fill your life with love,  
Scatter sunshine  
Forget self, think of others,  
Do as you would be done by.

These are tried links in  
Contentment's golden chain  
These are tried links in  
Contentment's golden chain -



□ Shreya Haldankar (8/B)

## My Teacher

A good teacher is a brilliant light,  
illuminating the prism of life,  
revealing to students.  
A rainbow of possibilities.  
I look up to you and I see a ray of sunshine.  
Shining in on me I knew God sent me one of his angels,  
when he sent you to me.



□ Gayatri Natekar 8/B



## MATHS

**My favourite subject is maths,**

**But not more than science;**

**Because,**

**There are more problems in maths than in a life,**

**That's why my one book is sad.**

**Because**

**In that there are problems**

**And that's MATHS.**



□ **BHUMI SOLANKI (6/B)**

## A Pen Story



Pen is a student's best friend. It is all that a student needs in order to write what he knows in exam. And this takes them far in life when used properly.

Well now there are lots of pen available. It fits every pocket. Modern pen generally has a replaceable refill with a metal nib. Ink pens are also developed now. The costs might be as low as 2 rupees to luxury pen costing crore. The purpose is however same. So, it can be well understood how powerful it is. Hence, it is rightly said, "The Pen is mightier than the Sword".

**ATHIVA NELSON (8/C)**



## The message of love

What is life without love?

If only hatred, jealousy and pain prevail, my mission is to spread,

“The message of love”

Will accompany me and see how the place will be?

To me love means-

Greeting everyone,

Smiling at those in distress,

Comforting the suffering,

Helping the poor and needy

You don't need to spend money,

You can do it anytime, in any place,

Let's first begin from our own dwelling,

And spread to neighbourhood,



**Shreya Haldankar (8/B)**



**Shrutee Haldankar (8/A)**

## My Friend

I have lovely, dear friend,

Who always give me butter and bread,

She is always in my heart and soul,

She's one in lakhs and crores,

She is very kind and beautiful,

I always find her very dutiful,

She gives her love day and night,

And cuddles me when I'm in fight,

She's none other than my lovely dear MOTHER.

# My India

Kashmir for beauty,  
Delhi for majesty,  
Mumbai for looking,  
Chennai for cooking,  
Bengal for writing,  
Punjab for fighting,  
Ahmedabad for mills,  
Darjeeling for hills,  
Kerala for dance,  
Lucknow for romance,  
Pune for brains,  
Allahabad for trains,  
Andaman for Blackwater,  
Gujarat for butter,  
Rajasthan for heat,  
Uttar Pradesh for wheat,  
That's my nation,  
Very, very sweet.



➤ **Vidhisha Chodenkar 9/C**



## JOKES

**FATHER:** Why is your mother is so quiet today?

**SON :** It's because of me.

**FATHER:** What did you do to her?

**SON :** She asked me to give lipstick, but by mistake I gave her glue stick.

**FATHER:** (almost in tears) Proud of you my son.



**JEEYA SHARMA 7/A**

## ARTICLE-370 OF THE CONSTITUTION OF INDIA



Article-370 of the Indian constitution gave special status to Jammu and Kashmir – a region located in the northern part of Indian subcontinent which was administered by India as a state from 1954 to 31 October 2019, and a part of the larger region of Kashmir, Which has been the subject of dispute between India, Pakistan and China since 1947- conferring it with the power to have a separate constitution, a state flag and autonomy over the internal administration of the state.

The article was drafted in part XXI of the constitution, temporary, transitional and special provisions. The constituent assembly of Jammu and Kashmir, after its establishment, was empowered to recommend the articles of Indian constitution that should be applied to the state or to abrogate the Article 370 altogether.

In assembly, the 1954 presidential order was issued, specifying the articles of the Indian constitution applied to the state.

Since the constitution Assembly dissolved itself without recommending the abrogation of Article 370, the article was deemed to have become a permanent feature of the Indian constitution.

On 5<sup>th</sup> August 2019, suspending the 1954 order, and making all the provisions of the Indian constitution applicable to Jammu and Kashmir based on the resolution passed in both houses of Indian's parliament with 2/3 majority.



□ TANVI KEDARI 6/C

# My brother

Oh! Brother what shall I say  
Just want to express,  
On this special day,  
That in spite of our  
Share of fight,  
And all the movement so light,  
All I want to say is that you,  
Are so special to me,  
With you around,  
There is so much of glee!



My Sweet Brother



❑ **ATHIVA NELSON (8/C)**

## Astronaut



Suddenly the satellites crashed on Earth. Thank God the man was safe but he did fracture his leg and had to get stitches on his hand. He got a small scratch on his head. Though he was totally safe he was taken to the doctor and admitted because he had lost too much blood in the accident when the doctor saw him, he said, "Oh there's nothing to worry, he will be fine in a week.

After a week, when he was fine, the police questioned him, "how did the accident happen"?

The man answered, "When I went up in the sky, I saw that there very little fuel in the tank. I got scared and lost balance and suddenly the satellite crashed".

The matter was solved. The man decided to go once again but after a year. One year passed and the man went to space again. He returned successfully. After he succeeded in the safe landing he became an astronaut.



❑ **Sushmita Choudhary VIII/C**

# MY BROTHER

Who care for me when mummy is not there  
who is he?

Who solves my all problem.

Who is he?

In my homework or in project he helps me

Who is he?

When I am in tension then he has the solution

Who is he?

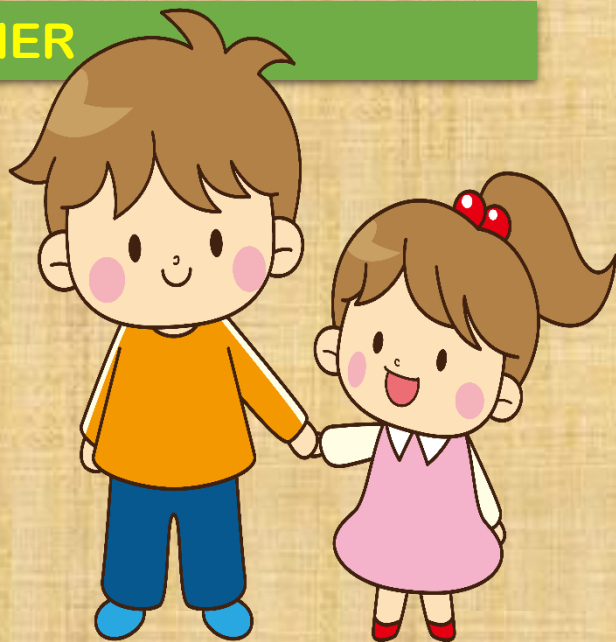
When I am nervous and he brings a smile on my  
face

Who is he?

He loves me also but he is so sweet

Who is he?

I am lucky that God has given me a sweet and cute  
brother.



SAKSHI KAMBLE(7/A)

## \*During Studying\*

Ye Ho Gaya

Ye Ho Gaya

Ye Bhi Ho Gaya

Ye Toh Dekhne Ki Bhi Zaroorat Nahi Hai



## \*During Exams\*

Ye Nahi Aata

Ye Nahi Aata

Ye To Kabhi Dekha Hi Nahi...



## \*After Result\*

Isme Gaya...

Isme Gaya...

Isme Bhi gaya...

Isme Toh Jana Hi Tha



# JOKES

Kash Exams Bhi  
Mobile Pe Hone Lag Jaye



Kyuki Writing Se Zyada  
Hamari Typing Speed Hai

# My love for my parents

I love my parents more than I love my self,  
Sometimes I make them weep in sorrow,  
Sometimes my words and deeds,  
Hurt my parents' heart,  
I knew it,  
But act as if I don't.

I love my parents more than anyone,  
My parents, Scold me for my good,  
But I ignore them  
For a moment  
After a moment it comes  
To my mind that

My parents are the guiding stars,  
I love my parents  
They are sweet as sugar,  
I love my parents for ever and ever,  
They are the givers of love, patience and help  
I love my parents,  
They are my teachers,  
I love my parents for ever and ever,  
They teach me right and best,  
Guiding me always for ever and ever,  
My parents are the joy of my life.



❑ **Shreya Haldankar (8/B)**

## GOD MADE US ALL

God made us all

God made us all

Weak people, strong people,

Big people and small

God made us all

God made us all

Each one is special

And God loves us all!!



❑ **Janavi Jadhav 7/A**

## Science Quiz

# QUIZ

1. Total number of bones found in man?
  - a) 212
  - b) 206
  - c) 202
  - d) 200
2. Total number of bones in a child?
  - a) 200
  - b) 206
  - c) 300
  - d) 306
3. Number of cranial bones in a skull?
  - a) 8
  - b) 30
  - c) 32
  - d) 34
4. Pair of ribs found in man ?
  - a) 12
  - b) 10
  - c) 14
  - d) 11
5. Length of alimentary canal in a man is approximately.
  - a) 16 feet
  - b) 18 feet
  - c) 22 feet
  - d) 30 feet
6. Smallest bones in the human body is ?
  - a) Nails
  - b) Fibula
  - c) Bones of nose
  - d) Stapes
7. The bones tibia is found in?
  - a) Arm
  - b) Leg
  - c) Mouth
8. Digestion start in man from
  - a) Rectum
  - b) Stomach
  - c) Mouth
  - d) Intestine
9. Bones join with muscles with the help of
  - a) Ligament
  - b) Tendon
  - c) Cartilage
  - d) Small muscles
10. How many teeth in man emerge twice?
  - a) 4
  - b) 12
  - c) 20
  - d) 28



➤ Umera Shaikh VI/A





## WHO AM I?

# QUIZ

1. You can't see me, you can't touch me but, you can only inhale it? Who am I?
2. One mother three son and long father? Who am I?
3. What goes up but never comes down. Who am I?
4. I am black in colour, teachers write me with different colours and teaches the children? Who am I?
5. From outside I am Green in colour. From inside I am Red, I have some seeds in it. Who am I?
6. It has different shapes and two hands but, no arms and legs? Who am I?
7. I am Yellow in colour. I am the king of fruits. Who am I?
8. I am Green in colour my beak is Red I like to eat chillies. Who am I?
9. I have 7 colours, I come after the heavy rain. Who am I?



Answers 1. Air, 2. Fan, 3. Age, 4. Board, 5. Watermelon, 6. Clock, 7. Mango, 8. Parrot, 9. Rainbow.

➤ Smily Mahadik 5/A



## OUR PRINCIPAL

The praise of our principal cannot be described in words,  
For us she is equal to GOD,  
She hates irregularity and loves punctuality,  
She loves the children.  
The qualities of our school.  
Depend on her qualities she wants the school to be,  
Best At any task  
Nice, Good and little strict.  
Our principal is glory to Her.



➤ Sagar Malgave 9 /B

## DAD – MY GOD

Somebody asked me “whom do you love unconditionally”? without intervention of my brain. My heart spoke unconditionally. The only friend of mine who burns to make me shine.

The source of greatest happiness they say. ‘The darkest cloud has a silver lining’. I say, in my life, he is the golden lining.

The only rain which makes me bloom, upon me when I have clouds of gloom.

My safety for him is first. For that he does his best one is he who love more, the other is me,

Who leaves him many more. He’s is my hero, my king.

He’s the one for whom I sing

He’s my DAD! DAD! DAD



□ PRASAD BEL (10/A)

## BACK TO SCHOOL

Summer is over, fall is here

Back to school for brand new year,

Pack your things, on the bus you go,

Make new friends and say hello!

Reading, writing, learning more,

than you ever did before?

Adding number 1, 2, 3 ....

So much to do, and learn and see!

I’m so glad to meet everyone,

Get ready for a year of fun!



□ Pallavi Dingankar 5/B

Education  
is not the  
preparation  
for life;

education  
is life itself.

- John Dewey

# RIDDLES

1. What has to be broken before it can be used?  
➤ An egg
2. Jimmy's mother had three children. The first was called April the second was called May. What was the name of the third?  
➤ Jimmy
3. What begins with T, ends with T, and has T in it?  
➤ A teapot.
4. What has a head and a tail but no body?  
➤ A coin.
5. What comes once in a minute twice in a moment, but never in a thousand years?  
➤ The letter M.
6. What starts with a P, ends with on E and has thousands of letters?  
➤ Post Office.
7. What has a bark, but cannot bite?  
➤ Tree
8. What you can catch but not throw?  
➤ Cold.
9. How many letters are there in the alphabet?  
➤ Eight A.L.P.H.A.B.E.T



➤ **Mansvi Thombare 9/B**

## A SMALL POEM ON FRIENDS

Friends care,  
Friends share,  
We need friends everywhere,  
And when friends are with us,  
We feel "ALL IS WELL".



➤ **MANASVI DHONE 10/A)**

**Success**  
doesn't just  
**Find** you.  
You have  
to **Go Out**  
and **Get it.**

Try, try and try,

The more I try,

The more I cry.

I practice maths with my heart and soul,

yes I am not able to achieve my goal,

I never get marks in Maths,

In spite of my great endeavours.

Fate is never in my favour,

I really want to improve my Maths,

Because I love this subject,

And for this I am trying my level best,

I am candid so I confess,

In mathematics examination I always create a mess,

All the answer I guess,'

and ultimately the marks I get

are quite less,

I believe that if I do ample practice,

I'll one day probably achieve my goals,

And I seriously have to improve

Because in our lives maths plays a very

Significant role.....



❑ SUMITA RAWAT(9/C)

## MY MOTHER – THE BEST FRIEND

Mothers are gifts sent by God for all of us in the world. Mother is an excellent example of love, affection and sacrifice. A mother can always understand what her child needs every time. She is always with you in sad time and good time she is always with you to fight someone who is wrong. She teaches us what is right what is wrong, to be brave. She is the one who is always ready to sacrifice her life for the betterment of her child. For us she is like a super woman who always fight for our rights. Every mother wants her child to be successful in his /her life and give the best for her child.

Best friends forever my mom and me,  
Picking flowers and climbing trees,  
A shoulder to cry and secret to share,  
Warm heart and hand to take care.

# Mother



**APURVA A. BHOSEKAR (9/A)**

## NATURE

Nature largely refers to our physical world and life in general. The word 'nature' is derived from Latin word nature and essentially refers to things that are in existence or created naturally. This covers geology and wildlife and various types of living things plants and animals and the environment around us and often means the natural environment or wilderness. Wild animals, rocks, forest, beaches and those things that have not been substantially altered by human intervention. Elements that constitute nature are the building blocks of our life and thus make life without the existence of nature so impossible.

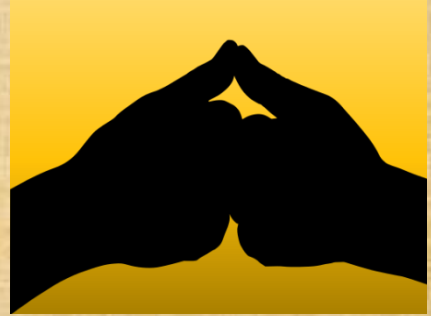


**Sakshi Kamble 7/A**



## MY PROMISE

Each day I'll do my best  
And I won't do any less  
My work will always please me,  
And I won't accept a mess.  
I'll colour very carefully,  
My writing will be neat.  
And I simply won't be happy,  
Until my papers are complete.  
I'll always do my homework,  
And I'll try on every test.  
And I won't forget my promise,  
To do my very best.



**PALVI V. DINGANKAR (5/B)**

## FACTS ABOUT INDIA

1. Mysterious Anti-gravity hills in Ladakh, Magnetic Hill.
2. Takshila is the first University in the world it started around 700BC.
3. India discovered the value of  $\pi$ .
4. India invented plastic surgery.
5. A special polling station is set up for of one voter in the middle of Gir forest.
6. In Shani Shingnapur in Maharashtra people have been living in house with no doors.



**VIDHISHA CHODANKAR (9/C)**

## WHERE IS GOD?



God is in the flower.  
God is in the trees.  
God is in the butterflies.  
And the birds and bees.  
God is in the sunshine.  
God is in the storm.  
God is in the snow and forest.  
That makes you wrap up warm.  
God is in the good.  
God is in the bad.  
God is in what makes you happy.  
And what makes you sad.  
God is everywhere you look.  
And everywhere you go.  
God is your best friend always.  
Because God loves you so.

**AAROSHI S. YADAV (V/B)**



## A BOLD YOUNG GIRL

It will get me a chance  
To prove myself,  
And show me the way  
To help myself.  
Never I feel myself inferior,  
To any of my pal,  
Because in my heart I know,  
I am a bold young girl.  
Ever I will be rising  
To conquer all odds,  
Oh! my dear brother  
I will never be at a loss.  
My will power I believe,  
Is as hard as rock,  
Nothing can wipe it away  
And bind me with a yoke.



**NEHA JANARDAN MALI (6/A)**

## A REAL TRUTH

A deaf policeman heard the noise  
And ran to save the two dead boys.  
If you don't believe this lie is true,  
Ask the blind man he saw it too.



**NEEYATI DHONE (6/A)**



## FUNNY RIDDLES

- 1) What can you serve, but never eat?
- 2) Which jam you can't eat?
- 3) Why did the teacher wear sunglasses?
- 4) Which cock and hen you can't eat?



➤ Niyati Dhone 6/A



ANSWERS: A Tennis ball. 2 ) Traffic jam. 3 ) Because her students were so bright. 4 ) Peacock and Peahens.

## Who is she?



The one who gave birth to me, who is she?

The one who taught me good manners, who is she?

The one who takes care, who is she?

The one who works hard for me, who is she?

The one who gives me food, clothes and everything, who is she?

The one who loves me more than herself, who is she?

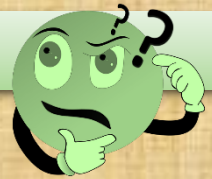
SHE IS MY MOTHER.



**GAYATRI NATEKAR(8/B)**



## RIDDLES



- 1) What has hands but doesn't clap?
- 2) What has to be broken before you can use it?
- 3) What goes up but never come back down?
- 4) Which five letter word becomes shorter when you add two letters to it?
- 5) Which word spelled wrong in every dictionary?
- 6) Where does success come before work?
- 7) What has face and two hands but no arms or legs?
- 8) What has neck but no head?
- 9) What starts with P, ends with an E and has thousands of letters?
- 10) Which month has 28 days?
- 11) Which ship has two mates, but no captain?
- 12) What kind of a tree you can carry on your hand?
- 13) They come out without being called, and are lost in the day without being stolen, what are they?
- 14) What is the last thing you take off before bed?
- 15) What has four legs but cannot walk?



- 1) Clock
- 2) An egg
- 3) Your age
- 4) Shorter
- 5) The word wrong
- 6) In dictionary
- 7) A clock
- 8) A bottle
- 9) Post office
- 10) Of course, all month
- 11) Relation ship
- 12) A palm (tree)
- 13) A star
- 14) Your feet
- 15) Table.



➤ **SUFIYA QURESHI (6/B)**

# Word Puzzle



S	J	U	W	E	S	T	I	M	A	T	E	H	K	Q
H	L	Z	C	G	L	N	D	P	V	I	X	A	M	D
C	L	O	E	A	R	E	A	B	W	T	A	S	Y	E
A	I	F	N	V	X	U	C	M	I	N	C	H	A	P
Z	D	H	T	G	A	W	T	C	D	S	T	E	S	T
I	H	E	I	G	H	T	U	F	T	Q	L	V	N	H
V	S	C	M	P	O	J	A	K	H	G	Y	L	Y	R
C	A	P	E	N	E	A	L	S	M	T	I	V	W	G
A	Q	I	T	A	L	L	X	A	R	U	B	K	S	A
P	Y	M	P	S	Z	M	W	O	C	P	A	V	B	C
A	U	F	R	N	E	Q	H	Z	A	T	R	O	L	T
C	X	K	A	V	Y	S	S	U	W	I	U	L	P	I
I	A	L	E	N	G	T	H	B	J	T	L	U	A	F
T	O	O	F	Q	M	K	R	G	A	Y	E	M	H	L
Y	P	W	Z	T	A	M	E	A	S	U	R	E	U	K



➤ **Yadav Vanshika**  
**V/A**

WEST

SHORT

INCH

LOW

MEASURE

WIDTH

MOST

VOLUME

DEPTH

CENTIMETER

LENGTH

HEIGHT

LONG

TALL

FOOT

EXACTLY

RULER

ESTIMATE

CAPACITY

AREA



# JOKES

**Duniya ke Saare dukh  
ek Taraf**



**Aur Exam main Sabse  
Aage Baithne ka Dukh  
ek Taraf**

**The Biggest Lie I tell Myself  
in the Examination Hall**

**"Iska Answer abhi nhi Likhta  
Thori der main Yaad  
Aa Jaega fir likhunga"**



I have lovely, dear friend,  
 Who always give me butter and bread,  
 She is always in my heart and soul,  
 She's one in lakhs and crores,  
 She is very kind and beautiful,  
 I always find her very dutiful,  
 She gives her love day and night,  
 And cuddles me when I'm in fight,  
 She's none other than my lovely dear MOTHER.



➤ Diksha Mane 5/C



## A woman is a gift of God

Home is a place where husband, wife, children and family live together. A woman is a gift of God to a man, and she has an important role to play in the home and in the society.

Let us see some hidden qualities of a woman, other than her educational degrees:

- ❖ She maintains her home – She is a home minister.
- ❖ She teaches her children – She is a teacher.
- ❖ She keeps an account of money – She is a cashier.
- ❖ She gives medicines and home treatment – She is a nurse.
- ❖ She keeps the home clean and tidy – She is a cleaner.
- ❖ She cooks and serves – She is butler.



➤ Shrutee Haldankar 8/A

## My Father

If I could write a story  
It would be the greatest ever told  
of a kind and loving Dad  
Who has a heart of gold.

I could write a million pages,  
But still be unable to say, just how  
Much I love and miss him  
Every single day

I will remember all he taught me,  
I'm hurt but won't be sad  
Because he will send me down the  
Answer-  
And he will always be my DAD.



## A GIFT TO YOU

Everything I am,  
Everything I be,  
I give it to you Lord,  
And do it thankfully, thankfully.  
Every song I sing,  
Every prays I bring.  
Everything I do,  
Is a gift to you.



**BHUMI SOLANKI (6/B)**

## My Sister

Although we're not together  
The way it used to be;  
We share a special closeness  
That is very dear to me.  
The memories of my sister  
Here, forever in my mind  
With that special trust  
- Of love -  
"That only we can find"



**Athiva Nelson 8 /C**

## I SEE, I THINK I CAN ACT

Water, water everywhere;

Not a drop to drink,

What must be the reason?

It's full of stink.

Footpaths, pavement, roads to name;

Changed into sewage;

What's the reason?

For the garbage and the clutter  
storage.

Pure air, fresh air to soothe your brain

Is no more in circulation.

How did it happen?

It is our creation by increasing  
pollution.

But the things will not remain like this  
forever,

For I promise to work day and night

To make things better.

➤ **SHUBHAM RAJESH GUPTA (6/A)**



## GOOD THOUGHTS

1. Work for a cause, not for applause.
2. Do what you can, with what you have and where you are.
3. Silence is one great art of conversation.
4. Everything looks impossible, till you try.
5. If you want to lift yourself up, lift up someone else.
6. Your future depends on many things, but mostly on you.
7. Service is the rent you pay for room on this planet.
8. Tomorrow's life is too late. Live today.
9. Winning is not everything – but making the effort to win is.
10. The duty of youth is challenge to corruption.
11. Ask God's blessings on your work, but don't also ask him to do it.
12. Great works are performed, not by strength, but by person.
13. The price of diligence is self – discipline.
14. One thing you can't recycle is wasted time.
15. There is no gain without pain

➤ **VIGHNESH GHADIGAONKAR (5/A)**

## Foot steps

“Walk a little slower daddy,”  
Said a child so small,  
“I’m following your footsteps,  
I don’t want to fall.  
Sometime your steps are very fast,  
Sometime they are hard to  
see,  
so walk a little slower daddy,  
For you are leading me,  
Some day when I am all grown up,  
You’re what I want to be,  
Then I will have a little child,  
Who will want to follow me  
And I would want to lead just right,  
And know that I was true,  
so walk a little slower daddy,  
For I must follow you.



➤ **Collected by Aditi Bendure 8/B**

## Talking to flowers

Bloom, bloom  
The beautiful flower  
And make the earth  
An attractive shelter  
Bloom, bloom  
The days look bright  
And fragrance  
Does scent the night  
The fragrant air  
That comes from you  
Makes gloomy faces  
Smile all day  
Then find life  
From the charming beauty  
And it is you  
Who amuses the butterfly.



➤ **SAKSHI KAMBLE 7/A**

## Foot steps

- Difficult roads often lead to beautiful destination.
- Life is beautiful live every moment and be happy.
- The older I get the more beautiful life becomes.
- Beautiful life, wonderful Journey.
- Nothing is more beautiful than honesty.



➤ **Jeeya Sharma 7/A**

# YOGA AND ITS BENEFITS

## 1. BIKRAM YOGA:

This type of yoga is often practiced in a hot and humid environment where the temperature is about 40.6 degree Celsius.

## 2 HATHA YOGA:

The main purpose of this form of yoga is that it introduces beginners to yoga with the basic asana and relaxation techniques.



## 3 VINYASA YOGA:

The reason why Vinyasa yoga is different from all other forms of yoga is that it includes postures as well as breathing techniques.

## 4 KUNDALINI YOGA:

This yoga introduces you to your inner soul. There are about 7 types of yoga chakras included in kundalini yoga. There are various poses included in this yoga.

ANKITA S. KALWAR (7/A)



➤ **Ankita Kalwar 7/A**

## Who is Dad ?

- ✚ A dad is someone who
- ✚ Wants to catch you before you fall
- ✚ But instead picks you up,
- ✚ Brushes you off,
- ✚ And lets you try again.
- ✚ A dad is someone who
- ✚ Wants to keep you from making mistakes,
- ✚ But instead lets you find your own way,
- ✚ Even though his heart breaks in silence,
- ✚ When you get hurt.
- ✚ A dad is someone who,
- ✚ Holds you when you cry,
- ✚ Scolds you when you break the rules,
- ✚ Shine with pride when you succeed
- ✚ And has faith in you even when you fall



➤ **Aditi Bendure 8/B**

## DRINKING WATER IN THE MORNING

- ✚ Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients.
- ✚ Increases the production of new blood and muscle cells.
- ✚ Helps with weight loss, drinking at least 16 ounces of chilled water can boost metabolism by 24% in the morning.
- ✚ Glowing skin, water helps to purge toxins from the blood which help keeps your skin glowing and clear.
- ✚ Balances your lymph system these glands help you perform your daily functions, balance your body fluid and flight.

➤ **Vaishnavi Shelke 6/A**



## Math's Puzzles

4	8	16
5	10	20
6	12	?



## Examination is a cricket match

Classroom : cricket match.  
Students : batsman  
Examiner: Umpire.  
Paper setter: bowler  
Questions: balls  
Pen : bat .  
Marks: score of batsman.  
Easy questions: good batting .  
Tough question : fast bowling.  
A case of copying : catch out.  
Blank answer sheet : clean bold



➤ **Sanskruti More 10/B**

## A REAL TRUTH

A deaf policeman heard the noise  
And ran to save the two dead  
boys.  
If you don't believe this lie is true,  
Ask the blind man he saw it too.

## MIRACLE IN FRIENDSHIP

Making a hundred friends,  
Is not a miracle,  
The miracle is to make a,  
Single friend who stands by,  
your side when Hundreds are  
against you.

## FRIEND MEANS

**F** - Fight for you  
**R** - Respect to you  
**I** - Include you  
**E** - Encourage you  
**N** - Need you  
**D** - Deserve you  
**S** - Stand by you



➤ **MANASVI DHONE (10/A)**

## Amazing truth

Letters 'a', 'b', 'c' & 'd' do not appear anywhere  
in the spellings of 1 to 99

(Letter 'd' comes for the first time in Hundred)

Letters 'a', 'b' & 'c' do not appear anywhere in  
the spellings of 1 to 999

(Letter 'a' comes for the first time in Thousand)

Letters 'b' & 'c' do not appear anywhere in the  
spellings of 1 to 999,999,999

(Letter 'b' comes for the first time in Billion)

And

## GENERAL KNOWLEDGE

1) Who was the first man in the space?

- a) Yuri Gagarin
- b) Charles Guilin
- c) Toy Charles
- d) Ronaldo

2) What is IMF stands for?

- a) International Monetary Fund.
- b) International Maturity Fund.
- c) Indian Monetary Fund.
- d) Indian Maturity Fund.

3) Which car company makes the Celica model?

- a) Toyota
- b) Maruti
- c) Hyundai
- d) Ford

4) Who discovered the blood circulation?

- a.) William Harvey
- b.) Charles Guglin
- c.) Toy Charles
- d.) Ronaldo Smith



5) International Day of Sports for Development and peace is celebrated o

- a) April 6
- b) April 8
- c) April 9
- d) April 10

6) Nalanda University was founded by?

- a) Samudra Guptab)
- b) Chandra GuptaC)
- c) Kumara Guptad)
- d) Harshvardhan

7) Bleaching Powder is used in drinking as a/an.

- a) Coagulant
- b) Disinfectant
- c) Antiseptic
- d) Antibiotic

8) Washing Soda is known as

- a) Sodium Chloride
- b) Calcium Bicarbonate
- c) Sodium Carbonate
- d) Phosphorus

9) Delhi became the capital of India in

- a) 1911
- b) 1910
- c) 1912
- d) 1905

## MEDITATION

- Benefits include
- Reduced
- Stress
- Depression
- Anxiety
- Heart disease
- High blood pressure
- Meditation strengthens the brain
- Improves
- Focus, Concentration, Productivity



➤ **DIVYA M. DHAMNE (7/A)**



NAME \_\_\_\_\_ SCORE \_\_\_\_\_  
 GRADE 1

### SYNONYMS

Directions: Complete the synonym puzzle using the picture clues.

**DOWN**

- quick
- beautiful
- father
- sunny

**ACROSS**

- dish
- middle
- goofy
- jump

<http://rhino-gram-articles.blogspot.com>

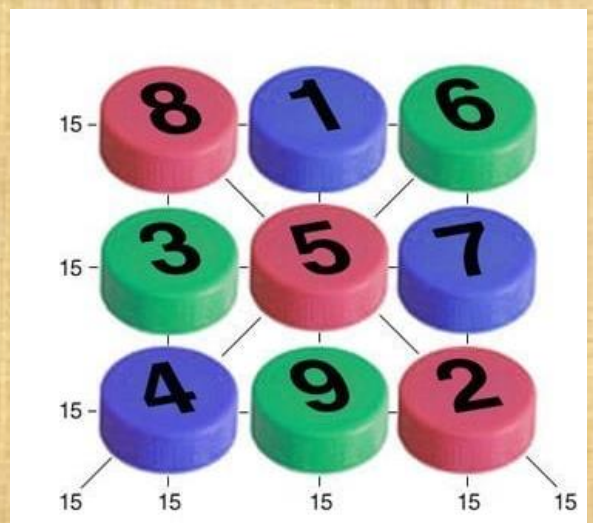
## MINDFULNESS METHOD

This technique focuses on paying attention to one's current state and truly focusing on the present moment, Eliminating the anxiety and fretting that can plague the unfocused Mind.

## ZEN METHOD

Zen frees the mind by sitting and focusing all attention on an object through many different seated positions and breathing Techniques. The goal of Zen is to separate to you from the ego and all negative stimulants.

## Magic Square



## WET WALK

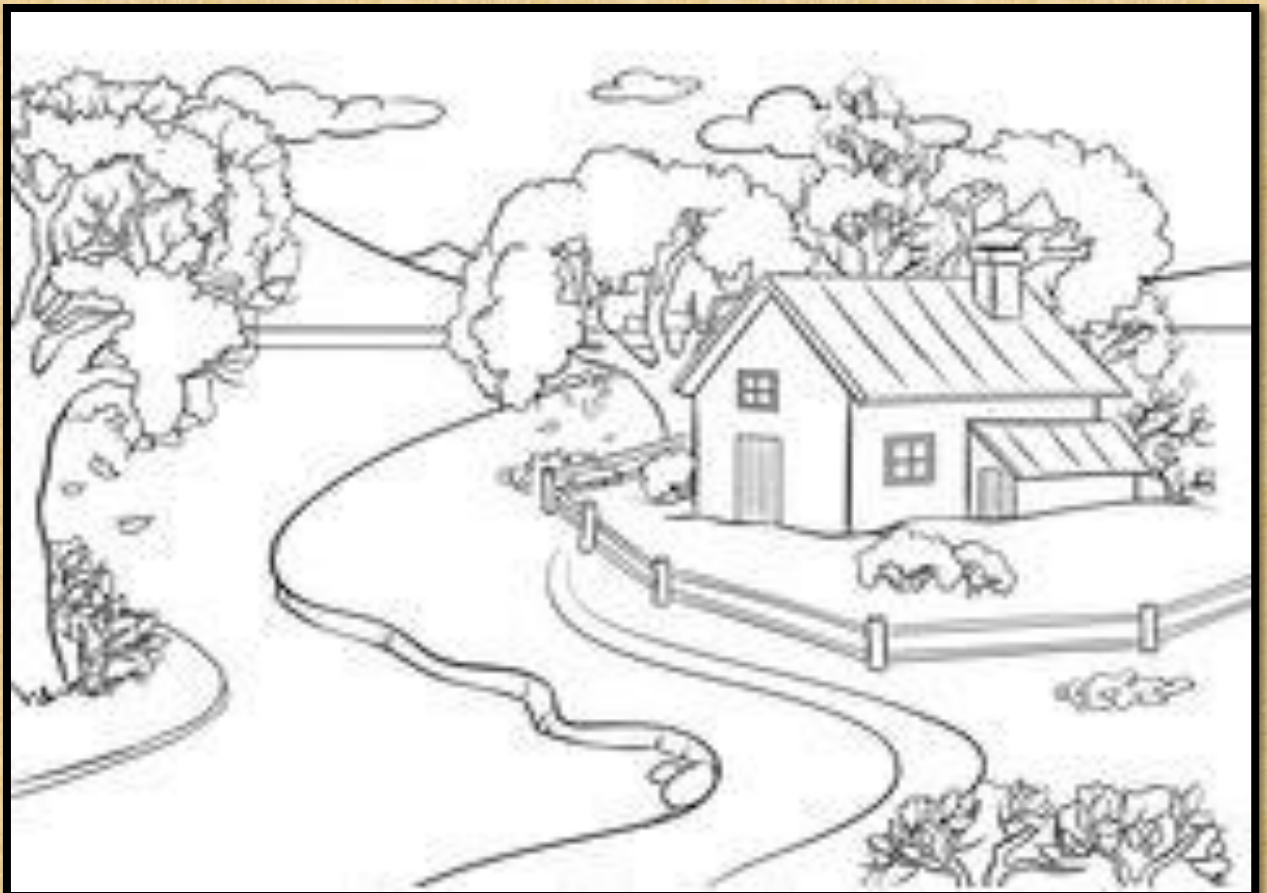
Let's go on the wet walk  
While we have a talk  
Catch the raindrops in your hand  
Catch the raindrops as they land  
Tiny puddles' see them grow  
Here's a big one, in we go,  
Blue and Yellow, Orange, Red and Green  
The biggest rainbow we have seen  
Let's go on a wet walk  
While we have a talk.



➤ JANAVI JADHAV (7/C)



### DRAW AND COLOUR



Every person today is facing the corona crisis because of which life style is changing. We are going through an economic crisis. Most important thing to do in this time is to work by following government guidelines which is difficult. That's why people get stressed and think negatively. Self-improvement will help to overcome this crisis. Self-improvement is an inner process, which focuses on changing one's attitude towards oneself and towards the world, and on getting rid of harmful habits and building new good habits.

The purpose of this inner process, which involves inner work, is to improve one's behavior and habits, bring more happiness and satisfaction into one's life, and improve the ability to cope with various situations, one encounters in his or her life.

The aims of self-improvement are to learn to adopt a positive mindset, to get rid of negative habits, and to build positive habits and behavior. Self-improvement usually starts with becoming more aware of ourselves, our behavior and our reactions. It requires that we earnestly desire to improve and transform ourselves, better our life, and build good relations with people.

### Some practical ways to improve yourself

- 1) Pick up a new hobby.
- 2) Overcome your fear.
- 3) Level up your skills.
- 4) Learn from people who inspire you.
- 5) Have an exercise routine .
- 6) Quit a bad habit.
- 7) Get out of your comfort zone.
- 8) Avoid negative people.
- 9) Meditate by yourself .
- 10) Show kindness to people around you .
- 11) Get into action.
- 12) Identify your blind spots.
- 13) Ask for feedback.
- 14) Acknowledge your flaws,
- 15) Learn from your friends.

Thus this practical way will help us in this difficult time, because 'Every day may not be good, but there is something good in every day'. Invest your time wisely, success will surely follow.



➤ **Mrs. Ujwala Kachare**

## Collapse a Nation

At the entrance gate of university in South Africa the following message was posted for contemplation.

"Destroying any nation does not require the use of atomic bombs or the use of long range missiles.....

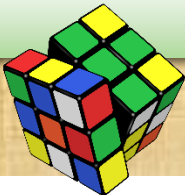
- ❖ It only requires lowering the quality of education and allowing cheating in the examination by students
- ❖ Patients die at the hands of such doctors.....
- ❖ Building collapse at the hands of such engineer.....
- ❖ Money is lost at the hands of such economist and accountants....
- ❖ Humanity dies at the hands of such religious scholars....
- ❖ Justice is lost at the hands of judges.

**The collapse of education is the collapse a Nation.**



➤ Mrs -Shreelekha Rajan

## Math's Puzzles



$$\begin{aligned} 1 + 4 &= 5 \\ 2 + 5 &= 12 \\ 3 + 6 &= 21 \\ 8 + 11 &= ? \end{aligned}$$

$$\text{Watermelon slice} + \text{Watermelon slice} + \text{Watermelon slice} = 36$$

$$\text{Watermelon slice} + \text{Orange} + \text{Orange} = 28$$

$$\text{Orange} - \text{Banana} = 3$$

$$\text{Orange} = ? \quad \text{Watermelon slice} = ? \quad \text{Banana} = ?$$

# ONLINE EDUCATION IS THE RIGHT NUMBER FOR STUDENTS



We all must have heard "WRONG NUMBER" in the movie PK. This is not a film telling you not to believe in God or defame any religions, instead, it tells you the differences between religions and superstition. It is true that only believing in God and not working hard will never help you to succeed in your life.

As per today's situation the whole world is locked down for the pandemic disease COVID-19. Schools and College's all over the world are closed, we all are stuck at home sitting and just watching TV, face book, WhatsApp messages, playing online games etc i.e. Excess misuses of technology. What we are doing is "WRONG NUMBER" because all of this above is just waste of time, will never help you to grow in our life.

Albert Einstein said, "Once you stop learning you start dying."

Due to the Covid-19 pandemic, Students studies has come to a halt. Actually, this is a great time to sit down and do some serious Career planning. Here comes "RIGHT NUMBER" at a right time and that is "ONLINE STUDIES".

Tens of thousands of students in cities and towns are glued to computers and smartphone screens, as teachers have great opportunity to take them on online apps for lectures, tutorials and assessments. Teachers and students all have entered in a new world of virtual lectures, worksheets, activities, project etc. It is improving the quality of education in many ways. It has opened doorways to wealth of information, knowledge and educational resources, increasing opportunities for learning in and beyond the classroom.

Online education gives us the freedom to learn at our own pace, at any time and place, not like a traditional classroom. From music composition to quantum physics, there are many options for every type of student. Studying your program online is also a great option for getting an official certificate, diploma, or degree without physically setting foot on a university campus. Over 30 percent of higher education students in U.S. are taking one distance course.

For school Students this is a new way of learning. Online learning is one of the best tools in this pandemic situation. Due to which we are able to continue with our studies, students can share their knowledge among themselves, that keep us mentally healthy right now as it takes our mind off any anxious thoughts.

We all updated our self with new knowledge about elearning, which is a great bonus and definitely it will make us better after the Lockdown ends.

➤ **Mrs. Aishwarya Doifode**



# ASTRONOMICAL CORNER-YOU MUST KNOW IT

**FALCON -The notable revolution for space research programme-  
Solid rocket boosters (1981 to 2011)**



**NASA's** space-shuttle programme used solid rockets for the first time to boost humans into space, which is notable, because unlike liquid rockets, they cannot be turned off. The shuttle itself had three liquid-fueled engines, with two solid rocket boosters strapped on the sides. In 1986, a solid rocket booster's O-ring failed and caused a catastrophic explosion, killing seven astronauts aboard the space shuttle Challenger. Columbia crashed while re-entering into earth's atmosphere with seven astronauts. Then solid rocket boosters were redesigned after the incident. Later on, NASA stopped its space shuttles transporting programme and rest three kept in museums. To avoid disasters NASA sustained its space programme with the help of Russian Soyuz space transporters since 2011.

**FALCON SERIES -FIRST ORBITAL CLASS ROCKET CAPABLE OF REFLIGHT AND SAFTY FOR ASTRONOMERS.**

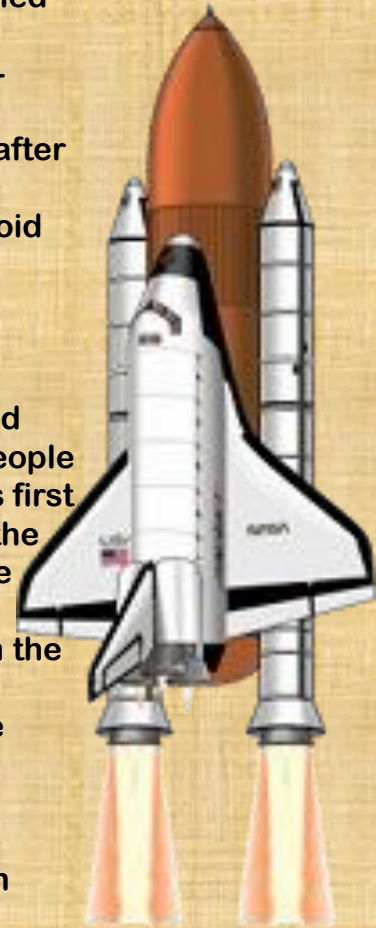
👉 Falcon 9 is a reusable, two-stage rocket designed and manufactured by SpaceX for the reliable and safe transport of people and payloads into Earth orbit and beyond. Falcon 9 is the world's first orbital class reusable rocket. Reusability allows SpaceX to re-fly the most expensive parts of the rocket, which in turn drives down the cost of space access.

Falcon Heavy is the most powerful operational rocket in the world by a factor of two. With the ability to lift into orbit nearly 64 metric tons (141,000 lb) Falcon Heavy can lift more than twice the payload of the next closest operational vehicle, the Delta IV Heavy. Falcon Heavy is composed of three Falcon 9 nine-engine cores whose 27 Merlin engines together generate more than 5 million pounds of thrust at liftoff, equal to approximately eighteen 747 aircraft.

Merlin is a family of rocket engines developed by SpaceX for use on its Falcon 1, Falcon 9 and Falcon Heavy launch vehicles. Merlin engines use a rocket grade kerosene (RP-1) and liquid oxygen as rocket propellants in a gas-generator power cycle. The Merlin engine was originally designed for recovery and reuse.

Recently, crew dragon craft is successfully transported into the space by falcon 9 launch vehicle. Those all are great gifts to human to serve the intelligence and natural resources.

**(Courtesy-NASA & SPACEX.COM)**



☐ **Mr. Deore Yashwant**



## MIS...COMMUNICATION

### **Hit by Comet---**

#### **The Divisional General Manager sent the following Memo to the Factory Manager**

On Friday evening at approximately 5.00pm Halley's Comet will be visible in this area, an event which occurs only once every 75 years. Please have the employees assembled in the area outside the factory in safety helmets and I will explain this rare phenomenon to them. In case of rain we will not be able to see anything, so assemble the employees in the canteen and I will show them a film on it.

#### **Factory Manager to Assistant Manager**

By order of the D.G.M on Friday at 5.00pm, Halley's Comet will appear above the area outside the factory. If it rains please assemble the employees in safety helmets and proceed to the canteen where this rare phenomenon will take place, something which occurs only once every 75 years.

#### **Assistant Manager to Personnel Officer**

By order of the D.G.M in safety helmets at 5.00pm on Friday the phenomenal Halley's Comet will appear in the canteen. In case of rain in the area outside the factory, D.G.M will give another order, something which occurs once in 75 years.

#### **Personnel Officer to Foreman**

On Friday at 5.00pm the D.G.M will appear in the canteen with Halley's Comet something which happens after every 75 years. If it rains the D.G.M will order the comet into the area outside the factory.

## SUCCESS

SUCCESS -Ralph Waldo Emerson To laugh often and much; To win the respect of intelligent people and the affection of children: To earn the appreciation of honest critics; To endure the betrayal of false friends; To appreciate beauty, to find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier, because you have lived, This is to have SUCCEDED!

➤ - collected by Mrs. Shabana. Qureshi





## Changing Times and Changing Values

Values have always been changing with time. The age-old, but precious values seem to have assumed the form of outdated ones. Today, people are in a frenzy to succeed. People in the past, preferred to earn their living, by the sweat of their brow; ethics played an important role. Nowadays, everyone's looking for 'quick and easy' money.

Punctuality was valued as the key to success; today time is taken for granted (others as well as our own), so reaching an hour or a half late, is considered the Indian way -proudly termed as 'Indian Standard Time'. How reprehensible!

Discipline has come to be phenomenal. Consequentially, the present generation sways towards immediate, unimportant interests and diversions. Little do they realise that discipline is the difference between success and failure, progress and stagnation.

Contrary to other values which lost sheen with time, one value which gained momentum with time is 'Gender Equality'. Formerly deprived of right to education, property, freedom, etc. women today have procured the reverence they actually deserve. She is no longer a pawn at the hands of male chauvinism. She walks at par with her counterpart in every field- from local offices to space.

Times have changed again, the pandemic around us has given us an opportunity to refurbish our disposition. To strengthen emotional familial ties, to do away with materialism, to learn to use resources prudently, to give more respect to women as human beings rather than treating them as slaves. Most of all, it apparently, is reinstating discipline in our lives. Let's hope we live by the lessons it is cultivating in us today. And that is the need of the hour, if we have to expel this pandemic. After all, modifying values for good is not at all fallacious.



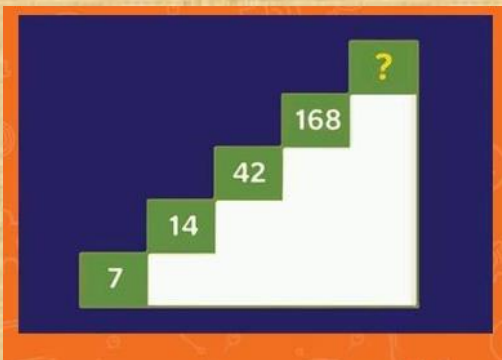
□ **Mrs. Shabana Qureshi**



## Math's Puzzles

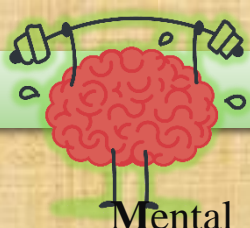


### What is Next ?



	+		=	8
+		+		
	-		=	6
=		=		
13		8		

IF 5 3 2 = 151022  
 9 2 4 = 183652  
 8 6 3 = 482466  
 5 4 5 = 202541  
 THEN 9 5 5 = ?



# Mental Health



Mental health is associated with many stigmas and even in this modern era, it is not given due importance. People struggling with their mental health may be in your family, among your friends, or at the place you work. However, half of them don't receive any treatment and above that most of the time, it is not even considered an illness. Mental illness is a **physical illness of the brain** that causes disturbances in thinking, behavior, energy, or emotion that makes it difficult to cope with the ordinary demands of life.

This leads me to question what if other illnesses were treated the way mental illness is. Let's say a- 19 and if not treated adequately it can even lead to death. But when you tell your family about this they tell you "It's All in Your Head" or "But You Don't Look Sick! person is experiencing fever and dry cough considering today's situation it can lead to COVID " or worse "Snap out of It". These are some of the things people experiencing mental illness hear when they share their struggles.

It is very important to talk about mental illness and spread awareness more so during this period of lockdown. Studies have shown a high level of depression and anxiety during this lockdown. While feeling triggered during this time of self-isolation is normal it is important to curb its impact physically and mentally. Simple steps you could take to ensure your mental health are to stay active this can include taking up doing something you love like your hobbies, meditate or exercise, being creative, and trying out new things. Importantly, be happy and grateful for your time and use it wisely.

☐ Mrs. - Shiney Binu





## **COVID-19** IMPACT ON HEALTH AND EDUCATION

Covid-19 or Coronavirus as we all know it, till few days back was a foreign term to us but now we can see its roots well spread in India as well. Starting with one case, the virus is trending right now in almost every part of the country. This pandemic has brought about a lockdown across the country where all factories, schools, colleges and transportation services have been closed, while essential services such as supermarkets and pharmacies remain open. Government of India is ensuring that we all are well prepared to face the challenges and threat posed by the growing pandemic of Covid-19.

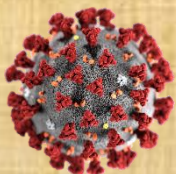
Term like social distancing, including complete isolation for some people has brought about a major change in people's way of dealing with their health care and their daily routines bringing about a rapid change in their life. We are helping to flatten the curve by safe guarding ourselves from coronavirus. Not only are we quarantine at home but even denied from going out and at the same time most of the hotels and delivery services have stopped, the outcome of which, is a deliberate break from eating outside. Now people are relying more on home cooked food which is with no debate healthier but at the same time is making people try out their hands on new dishes to satisfy their taste-buds. We are now getting extra time to carry out workouts at home like yoga, Zumba, meditation etc. Moreover with no domestic helps, housework has become more productive which helps us to keep busy, active and at the same time helps us to burn those extra calories.

The most important element of our life 'Family'. This pandemic has definitely given us an ample of time to spend with our family, carry out interactions, involve in discussions and doing funs tuff together like playing board games, cooking, working together etc. Time spent with the family in such a manner is a great way to relieve stress and improve mental health.

Educational system world wide is definitely affected leading to the near-total closure of schools, colleges and universities. This is the crucial time for education sector as it has affected many competitive exams, entrance tests and no doubt millions of learners. Schooling and learning includes teaching and assessment methodologies but due to closure it has come to a stand still. Technology here will play an important role like e-classes, online teaching, study from home etc. Schools have already adopted and started with online teaching methods. But yes, government needs to take certain concrete steps in this period to bring about a drastic change in education sector. Traditional schools/colleges and students must prepare themselves with new tools and skills to meet the new challenges. COVID-19 has recast online learning as a critical part of higher education.

**STAY HOME STAY SAFE.**

**□ Mrs. Neeta Jadhav**





## पथनाट्य: ऐसे कैसे हुआ



[स्थल : गाँव की मंडी]

सुनो ! सुनो ! सुनो ! ग्रामवासियों सुनो ।

सब्जीवाला: सब्जी ले लो , सब्जी लै लो , सब्जी।

वृद्ध बाबा: कैसी दी सब्जी ?

सब्जीवाला: सभी सब्जियों का एक ही मूल्य है, 10 रू. पाव किलो।

वृद्ध बाबा: ठीक है, आप मुझे पाव किलो बैंगन दो, मेथी और धनिया की गड्डी एक-एक दो।

सब्जीवाला: ठीक है , यह लीजिये आपकी सब्जियाँ, और आपके हो गए 20 रूपए।

वृद्ध बाबा: यह लीजिये आपके पैसे।

[स्थल :डाकघर]

वृद्ध बाबा: साहब, एक टिकट और एक लिफाफा दिजिये।पोस्ट मास्तर: यह लिजिए बाबा, और दस रूपए दिजिये।

वृद्ध बाबा: ठीक है, यह लो पैसे।पोस्ट मास्तर: छुट्टे पैसे नहीं हैं ?

वृद्ध बाबा: नहीं।

पोस्ट मास्तर: ठीक है, यह लिजिये आपकी बाकी रकम,गिनकर लो।

वृद्ध बाबा: मुझे कहाँ गिनती आती है? आप तो साहब हैं, बराबर ही देंगे।

(पोस्ट मास्तर 10 रू . कम देते हैं )

[स्थल :कुटिया]

डाकिया: बाबा , बाबा ।

वृद्ध बाबा: कौन है ? डाकिया: बाबा मैं डाकिया हूँ। आपके बेटे ने पैसे भेजे हैं और साथ में एक चिट्ठी भी भेजी है।आईये, आप यहाँ हस्ताक्षर करेंगे या अंगूठा लगोएँगे?

वृद्ध बाबा : अंगूठा।डाकिया: ठीक है, यहाँ अंगूठे का निशान लगाईये।

वृद्ध बाबा : पैसे भी दिजिये और चिट्ठी भी पढ़कर सुनाईये।

डाकिया: पूज्य पिताजी, सादर चरणस्पर्श, मैं अगले माह गाँव आ रहा हूँ। मैंने आपको पा पाँच सौ रूपए भेजे हैं ।

[एक माह के बाद]

रोहन: बाबा, बाबा।

वृद्ध बाबा: आओ बेटा आओ।

रोहन: बाबा, अपना नया मकान कहाँ है? मैंने तो नया मकान बनाने के लिए आपको पचास हजार रूपए भेजे थे । यहाँ तो पुरानी कुटिया ही है।

वृद्ध बाबा नहीं बेटा, मुझे तो उस डाकिया ने पाँच सौ रूपए दिए और आपकी चिट्ठी भी पढ़कर सुनाई, उसने कहा कि आप घर आने पर नया मकान बनवाने वाले हैं ।

रोहन: नहीं बाबा, नहीं । आपको उस डाकिया ने धोखा दिया है। यदि आप पढे -

लिखे होते, तो ऐसा नहीं होता।

(रोहन और सभी गाँववाले एकत्रित होते हैं)रोहन: अ , आ , इ , ई .....गाँववाले: अ, आ, इ,

ई .....तो फिर मेरे प्रिय साथियों याद रहे, साक्षरता हमारे जीवन में अति महत्वपूर्ण है (साक्षरता का जीवन में महत्व)



□ श्री. गणेशकर अशोक

# मुलांना सृजनशील व सर्जनशील बनविण्यासाठी संगीत हे शालेय स्तरावर असलेले एक प्रभावी साधन

स्वर जर संगीतातील भावभावना व्यक्त करणारी संवेदना असेल तर लय(ताल) ही त्यात चेतना व उत्साह भरणारी जाणीव आहे. ध्वनी ही एक भौतिक क्रिया असल्यामुळे त्याचा मेंदू, हृदय, व एकंदरीतच शरीरावर परिणाम दिसून येणे स्वाभाविक आहे. संगीतातील मधुर स्वर अथवा नाद जेव्हा कानावर पडतात तेव्हा आपोआपच तणावाचे शरीरामार्फत उत्सर्जन होऊन मनाला शांतपणा तर येतोच पण त्याचबरोबर ध्यानावस्थेची अनुभूतीही येते. म्हणूनच संगीतातील नाद व स्वरांना 'मंत्रशक्ती' असे म्हटले आहे. याचेच कारण की सर्वच अध्यात्मिक केंद्रांमध्ये ध्यानधारणेची तंत्रे व पद्धती ह्या संगीतावर आधारित आहेत. त्यामुळे प्रयोगांमार्फत असेही सिद्ध झाले आहे की संगीतामुळे आपल्या शरीरात प्रसन्नता, चैतन्य, उर्जा, शारीरिक बळ यांचा संचार होऊन शरीरात प्राणवायूची वृद्धीही होते व त्यामुळे मानसिक समाधान, स्थैर्य, शांती, दया, प्रेम, करुणा, औदार्य, क्षमा, आत्मीयता व सौजन्य अशा विविध भावभावना अंतर्मनात जागृत होतात.

भारतीय अभिजात शास्त्रीय संगीतातील नाद व स्वरांचा वैद्वन्यानिकदृष्ट्या कसा उपयोग होईल यावर जगभरात बरेच संशोधन झाले व त्यात असे दिसून आले की संगीतामार्फत विविध रोगांवर उपचार करणे शक्य आहे. आजच्या तणावपूर्ण जीवनातील वातावरणात मग ती विद्यार्थीदशेतील वा तरुण पिढीतील मुले असोत अथवा नोकरी किंवा व्यवसाय करणारे स्त्री-पुरुष असोत, या सर्वांनाच एक निरोगी जीवन देण्यासाठी भारतीय शास्त्रीय संगीत हे खरोखरच संजीवनीचे काम करते. त्यामुळे अशा सांगितीक वातावरणाची सुरुवात शालेय जीवनापासूनच त्यांच्या शिक्षण प्रणालीत अंतर्भूत असेल तर उद्याचा भारत व उद्याची भावी पिढी ही नक्कीच रोगमुक्त, तणावमुक्त, सृजनशील व अधिक सर्जनशील असेल यात शंका नाही.

आज यशस्वी होण्याची शाळेतील मुलांची व त्यांच्या पालकांची व्याख्या म्हणजे उत्तम मार्क मिळवणे व त्यानंतर सी.ए., इंजिनिअर, डॉक्टर, एम.बी.ए., आर्किटेक यांनाच जगण्याची पंचमहाभूते मानून उत्तम पगाराची नोकरी मिळवून दिवसाला दहा-बारा तास काम करून वीकेंडला फिरायला जाऊन एन्जॉय करणे. या अशा विचारसरणीमुळेच आजच्या पिढीत स्वार्थीपणा, आत्मकेंद्री वृत्ती, एकलकोंडेपणा व गुन्हेगारीवृत्ती वाढत चाललेली दिसते. आज शाळांमधूनही संगीत शिक्षकांना दुय्यम दर्जाची वागणूक दिली जाते कारण गणित व विज्ञानासारखे विषयच फक्त विद्यार्थ्यांच्या दृष्टीने महत्त्वाचे व बाकीचे फक्त टाईमपाससाठी हे मुलांवर व पालकांवरही बिंबवले जात आहे आणि पालकांचाही कल या विषयांवर भर देण्यावरच जास्त असतो. हीच विचारसरणी आज शाळा चालवणाऱ्या बऱ्याच संस्थाचालकांचीही दिसते. म्हणूनच आज बऱ्याच मुलांमध्ये मानसिक तणाव व त्या अनुषंगाने येणारे Learning disability, Slow learner व त्याचबरोबर अनियंत्रित राग व मग त्याचे गुन्ह्यात झालेले रूपांतर आणि इतर वेगवेगळे मानसिक रोग हे जास्तीत जास्त प्रमाणात वाढलेले दिसतात. मुलांची बौद्धिक क्षमता व स्वतः होऊन एखाद्या गोष्टीचा विचार करून त्यावर उपाययोजना शोधण्याची क्षमताच संपुष्टात आलेली दिसते. कारण आज आपण पाहिले तर जवळजवळ प्रत्येक विषयातच मुलांना तयार दिले गेलेले साहित्य वापरण्याची सवय केली जात आहे, मग ते उत्तराच्या स्वरूपातील असो अथवा एखादे गणित सोडवण्याची पद्धती असो, विद्यार्थ्यांना यातील नेहमीचाच सुनिश्चित रटाळ मुद्द्यांचा आशयच उत्तरात मांडायचा असतो. यात त्यांनी एखादी आपली पद्धत किंवा एखादा नवीन मुद्दा मांडायचा प्रयत्न केला तर त्याला हटकलं जातं व शिकवलेली पद्धतच अवलंबण्याची सक्ती संबंधीत व्यक्तींकडून केली जाते. हेच कशाला आज किती मुलांचे कार्यानुभव वा तत्सम विषयांमधील प्रकल्प (प्रोजेक्ट) मुले स्वतः पूर्ण करतात की ९९% त्यात पालकांचा सहभाग असतो हे नव्याने सांगायची गरज नाही. याचे महत्त्वाचे कारण म्हणजे ते प्रकल्प मुळातच मुलांच्या सर्जनशीलतेला (creativity) वाव देणारे नसून त्या-त्या शाळांचे सुशोभीकरण करणारेच प्रकल्प असतात. पण महाराष्ट्रातील ज्या काही तुरळक शाळांमध्ये संगीत विषय आजही जिवंत आहे, अशा शाळांमधील मुलांना प्रोजेक्ट अथवा assignment म्हणून दिलेले एखादे गाणे, कविता किंवा काही लयीच्या गमती किती पालक पूर्ण करतात अथवा त्यात रस घेऊन ते पूर्ण करण्यात मुलांना मदत करतात?

मुळातच अशा गोष्टींमध्ये मुलांना पालकांची गरजच लागत नाही कारण यात ते आपली स्वतःची सर्जनशीलता (creativity) दाखवून देऊ शकतात आणि म्हणूनच संगीताच्या तासाला मुलांचा उत्साह हा सर्वाधिक असतो हे प्रयोगांमार्फत सिद्ध झाले आहे. पण आजच्या समाजाची शिक्षणाबाबतांची मानसिकता म्हणजे फक्त मोठी नोकरी मिळवण्यासाठी केलेले कष्ट. या अशा विचारसारणीचाच परिणाम म्हणून आज मुलांमधील निरागसपणा कुठेतरी हा हरवलेला दिसतो.

सध्याच्या स्पर्धात्मक जगात विद्यार्थ्यांवर प्रचंड ताण-तणाव आल्याचे दिसून येते व त्यातूनच पुढे नैराश्य, गुन्हेगारी वृत्ती यांसारखे अनेक विकार विद्यार्थ्यांमध्ये आढळून आलेले दिसतात. यामुळेच विद्यार्थ्यांची मानसिकता ही परीक्षार्थी बनवून गुण मिळवणे व त्यातच स्वतःला यशस्वी समजणे झाली आहे. यामुळेच सध्या विद्यार्थ्यांमध्ये आत्मकेंद्री वृत्ती, अप्पलपोटेपणा, गुन्हेगारी वृत्ती, स्वार्थीपणासारख्या वृत्ती बळावू लागल्या आहेत. विद्यार्थ्यांना या गर्तेतून बाहेर काढण्याकरिता व त्यांच्यात दडलेल्या सुप्त गुणांना वाव मिळण्याकरिता, चौसष्ट कलांमध्ये सर्वश्रेष्ठ असलेली संगीत कला इयत्ता पाचवी ते दहावीपर्यंत शालेय स्तरावरून शिकविली जाणे अत्यंत गरजेचे आहे.

### **संगीताचे जीवनातील महत्त्व व त्याचा शालेय विद्यार्थ्यांवर होणारा परिणाम:**

1. स्वर आणि तालाच्या माध्यमातून डव्या व उजव्या मेंदूवर योग्य व मार्मिक असा परिणाम साधत स्मरणशक्ती व बुद्ध्यांक वाढतो. विकार आणि ताण-तणावापासून दूर करून मन प्रफुल्लित होते. विविध मूल्य रुजवून आयुष्याकडे सकारात्मकतेने आणि कलात्मकतेने बघण्याचा दृष्टिकोन येतो.
2. गायन, वादन, नृत्य व नाट्य या चार कलांचा समावेश असलेल्या संगीत या दृक, श्राव्य व सादरीकरण या तीन अदाकारींचा समावेश असलेल्या एकमेव अशा कलेतून विद्यार्थ्यांमध्ये एकाग्रता, हजरजबाबीपणा, निर्भीडपणा, सभाधीटपणा, भारतीय संस्कृतीची जवळून ओळख होऊन येणारी विचारांची प्रगल्भता या गुणांचा विकास होऊन एकंदरीतच व्यक्तिमत्त्व विकास होतो.
3. शालेय शिक्षणात भाषेच्या दृष्टीने विचार करता गद्य व पद्य हे दोन भाग आहेत. त्यातील पद्य विभाग हा पूर्णपणे संगीतावर आधारित आहे. म्हणूनच स्वरांच्या माध्यमातून शिकविल्या गेलेल्या कविता मनुष्य आयुष्यभर विसरत नाही. त्यामुळे विद्यार्थी भाषा व साहित्याकडे परीक्षार्थी म्हणून न बघता ते साहित्य जगायला शिकतात. वैज्ञानिक दृष्ट्या ध्वनीचा विचार करता सांगितीक ध्वनीचा शरीर व मन या दोघांवरही एकाच वेळी सकारात्मक परिणाम झाल्याने मानसिक स्थैर्य येते. सांगितीक संस्कारांमुळे व त्यातील नवरासांच्या उत्पत्तीमुळे विद्यार्थ्यांमध्ये लहान वयातच अहिंसा, शौर्य, कृतज्ञता, कल्पकता, सौंदर्यदृष्टी, जिद्द, चिकाटी, निरीक्षण, मनन, चिंतन, विनय (अदब) व शिस्त हे गुण अंगी बाणवले जातात.

हे झाले संगीताचे महत्त्व व महात्म्य. आता संगीतामार्फत विद्यार्थ्यांचा विकास कसा होऊ शकतो हे समजून घेतले पाहिजे. संगीतामार्फत ज्या मूल्यांची रुजवण विद्यार्थ्यांच्या मनावर केली जाते मुळात त्यातूनच विद्यार्थ्यांचा सर्वांगीण विकास होऊन ते आत्मनिर्भर होऊ शकतात.

### **१. निरीक्षण (observation) :-**

संगीतातील गायन वादन नृत्य व नाट्य या चारही कला ह्या द्रुक श्राव्य आणि सादरीकरणाच्या कला असल्याने यात निरीक्षणाला अनन्यसाधारण महत्त्व आहे. या कलांमार्फत आकर्षक पद्धतीने म्हणजेच स्वर लय भाव यांच्याद्वारे विद्यार्थ्यांतील निरीक्षण शक्ती वाढवता येते तसेच ती जोपासताही येते.

**२. अंमलबजावणी(execution) :-** संगीतात शिकलेल्या कृती या लगेचच प्रस्तुत करायच्या असतात. त्यामुळे शिकलेल्या गोष्टी विद्यार्थ्यांना किती कळल्या व किती आत्मसात झाल्या आहेत हे लगेचच कळते व त्यावर विविध प्रयोगांवर सादरीकरणाच्या साधनामार्फत त्या अधिक प्रबळ केल्या जातात.

**३. सुधारणा(improvisation) :-** संगीत ही एक प्रयोगशील कला असल्याने यात कोणताही आविष्कार अथवा कलाकृती सतत आणि वर्षानुवर्षे स्थायी स्वरूपात सादर होत नसते याचे मुख्य कारण म्हणजे संगीत ही कला मुळातच व्यक्तीसापेक्ष व स्वायत्त स्वरूपाची आहे. त्यामुळे शिकवलेल्या बंदिशी गीते अथवा कोणतीही रचना ही जरी स्थायी स्वरूपात असली तरीही तिचा विस्तार हा व्यक्तीसापेक्ष असतो. त्यामुळेच प्रत्येक वेळी एकच गाणे अथवा कोणतीही रचना वेगवेगळ्या कलाकारांमार्फत जेव्हा सादर होते तेव्हा त्या प्रत्येक सादरीकरणात एक वेगळेपण व नाविन्य दिसून येते यालाच सुधारणा म्हणजेच improvisation असे म्हणतात. यातूनच विद्यार्थी आपल्यातील प्रतिभेला चालना देऊन आपल्या आकलनशक्तीद्वारे प्रत्येक कलाकृती ही वाढविण्याचे कौशल्य शिकत असतो.

#### ४. 'आता आणि इथे' ही संकल्पना (The concept of 'Here and Now') :-

संगीत कलेमार्फत सादर होणारी प्रत्येक कलाकृती व त्यातील कौशल्य ही बऱ्याच प्रमाणात उत्स्फूर्त असतात. मात्र त्यामागे साधनेचीही त्याला तितकीच जोड असते. हे जरी खरे असले तरी घरून करून आलेला अभ्यास हा कितीही चांगला असला तरी मंचावर कला सादर होत असताना त्यात चूक चालत नाही त्यामुळे काल केलेले आजही तितक्याच सशक्तपणे आणि अचूकपणे सादर करण्याची सवय होते. यातून विद्यार्थ्यांमध्ये आत्मविश्वास निर्माण होऊन ज्ञानाच्या पूर्णत्वाकडे जाण्याची त्यांना शिकवण मिळते.

#### ५. उच्चाराची शुद्धता (diction) :-

संगीतातील गायन व नाट्य या दोन प्रकारांमधून विद्यार्थ्यांचा साहित्याचाही अभ्यास आपोआप होतो. त्यामुळे त्यातील काव्य असो अथवा परिच्छेद असो, परीक्षेत तो त्याच्या भावनेसकट सादर करायचा तर त्यांच्या उच्चारांचा सर्वाधिक अभ्यास करावा लागतो. त्यातूनच मग विद्यार्थ्यांना भाषेचे सौंदर्य तर कळतेच परंतु उच्चारांच्या शुद्धतेमुळे भाषा ही फक्त पुस्तकातील प्रश्नोत्तरे घोकण्यापर्यंतच मर्यादित न राहता ती मनामनांत रुजवली जाते.

#### ६. सभाधीटपणा (stage daring):-

आधी वर्गावर्गात सराव करून मग हळूहळू रंगमंचावर आपली कला सादर करण्याच्या प्रयत्नाने विद्यार्थ्यांमध्ये स्वतः काहीतरी करून दाखवण्याची प्रेरणा निर्माण होऊन त्यांच्यात आत्मविश्वास वाढतो मग पुढे यातूनच उत्कृष्ट कलाकार वक्ते नेते कवी लेखक तयार होत असतात.

#### ७. एकाग्रता (concentration):-

संगीतातील प्रत्येकालाच मग ते गायन असो वादन असो नृत्य असो वा नाट्य असो यातील प्रत्येक कलेत सादरीकरणाचे व त्यातही उत्स्फूर्तपणे कला अविष्कार सादर करण्याचे उच्च कोटीचे असे प्रदर्शन घडते. त्यामुळे यातून मिळणारे मानसिक स्वास्थ्य मानसिक स्थैर्य हे आपोआपच एकाग्रता वाढवण्याचे काम करते त्यामुळे विद्यार्थ्यांमध्ये बहुतांश दिसणारे धांदरटपणा, वेंढळेपणा, क्षुल्लक चुका करण्याची प्रवृत्ती यांसारख्या दोषांवर बांध बसून या सर्वांचा अभ्यासावर देखील सकारात्मक परिणाम होतो व आपोआपच एकाग्रता वाढते.

एखादे मूल जर पहिलीपासून दहावीपर्यंत संगीताच्या माध्यमांत राहिले तर हे सर्व गुण त्यांच्या अंगी नक्कीच बाणवले जातात याचा परिणाम मग इतर विषयांमध्येही आपोआपच सकारात्मक दृष्टीने दिसून येऊ लागतो. संगीताच्या विविध पैलूंचा अभ्यास करता करता भाषेचाही चांगला अभ्यास होतो त्यातूनच विचारांची एक समृद्धी निर्माण होते जी ज्ञानाची वेगळीच उंची खऱ्या अर्थाने गाठू शकते. त्याचप्रमाणे विद्यार्थ्यांमधील ऊर्जा ही योग्य दिशेने व योग्य प्रमाणात प्रवाहित राहिली तर ते वाम मार्गाला जाण्याची शक्यताही राहत नाही. विद्यार्थ्यांमधील गुन्हेगारी प्रवृत्ती, नैराश्य, एकाग्रतेचा अभाव, आत्मविश्वासाचा अभाव यांसारख्या अनेक समस्यांमधून त्यांना सहज बाहेर काढता येऊन एका खऱ्याखऱ्या आनंददायी शिक्षणाकडे त्यांची वाटचाल होऊ शकते.

आता या विषयाचा दुसरा पैलू म्हणजे महाराष्ट्रात प्रतिभेची कमी नाही. अगदी तळागाळातील समाजातही शोधायला गेले तर महाराष्ट्रात अनेक हिरे सापडतील जे पैलू न पडल्यामुळे खितपत पडल्याचे दिसून येईल. त्यातही आज ज्यांनी कलेसारख्या परंपरागत, घराणेदार, सांस्कृतिक ठेवा जपणाऱ्या व सांगीतिक साधनेचा वारसा सांभाळणाऱ्या क्षेत्राला आपले कार्यक्षेत्र मानून त्यात काहीतरी करण्याची तयारी केली तर ते ना आजच्या तथाकथित समाजाला रुचते ना शासनाकडून त्यासाठी काही पाऊले उचलली जात. ज्या महाराष्ट्राने मुख्य चार घराण्यांची (म्हणजेच जयपर, ग्वाल्हेर, आग्रा आणि किराणा) गायकी नुसती पचवली नाही तर या मातीत रुजवली आणि त्याचबरोबर मेवाती आणि पतियाळा या घराण्यांच्या गायकीचीही या महाराष्ट्रात रुजवण करून तिचा वारसा पुढील पिढीला अव्याहतपणे देण्याचे काम करत आला आहे, त्याच महाराष्ट्रातील आजच्या पिढीला साधना करायची, तर पोटाचा प्रश्न इतका भेडसावणारा आहे की तो कधीकधी साधना विसरायला लावतो. पूर्वीच्याकाळी कलाकारांना राजाश्रय होता. त्यामुळे त्यांच्या साधनेत खंड न पडता ती अव्याहतपणे चालू रहात, संगीताची ही परंपरा आणि तिचा वारसा पुढच्या पिढीपर्यंत तितक्याच सशक्तपणे पोहोचू शकत होता. आज महाराष्ट्रातील तळागाळातील विद्यार्थ्यांची परिस्थिती इतकी बिकट आहे की शास्त्रीय संगीताचे धडे घेण्यासाठी लागणारा ना खर्च त्यांना परवडू शकतो, ना ही त्यांना आवड असूनही त्यांच्या घरात तसे पोषक वातावरण असते, अर्थात काही अपवाद वगळता. पण यांची आवड व त्यांची संगीतातील अभिरुची जपण्याचे काही अंशी का होईना, काम होत होते, ते म्हणजे शालेय स्तरावर संगीत विषय ठेवल्यामुळे.



. विद्यार्थ्यांना शास्त्रीय संगीताच्या प्राथमिक ज्ञानासोबतच विविध रागांची माहिती व त्यावरील बंदीशींचे स्वरूप शिकवतानाच सर्वधर्मसमभाव, राष्ट्रीय एकात्मता, बंधुभाव यांसारख्या अनेक मूल्यांची रुजवण विविध गाण्यांच्या माध्यमांतून केली जात असते. सामाजिक दृष्टीकोनातून हा विषय जर पाहिला तर सांस्कृतिक संस्कारांची विद्यार्थ्यांच्या बालमनावर रुजवण होणे अत्यंत गरजेचे आहे. कारण याच सांस्कृतिक संस्कारांत वाढलेली आजची विद्यार्थी दशेतील पिढी ही उदयाचे तरुण सामाजिक घटक बनणार आहेत. त्यामुळे आजच्या विद्यार्थी वर्गाला फक्त संगणकीय रोबोट बनवून पैसे कमवायचे फक्त एक मशीन अथवा साधन न बनवता त्यांना माणुसकी जपणे व माणसाला माणूस समजणे असे विचार ज्या मूल्यांमधून सहज विद्यार्थ्यांपर्यंत पोहोचवता येतील, अशी मूल्ये त्यांच्यात वेळोवेळी रुजवत राहणे जास्त गरजेचे आहे. त्यामुळे आजच्या शालेय शिक्षण प्रणालीतून या अशा मूल्यांचा प्रसार करण्याचे सहज, सोपे व प्रभावी साधन म्हणजे संगीत. कारण जितके सांस्कृतिक संस्कार कमी तितकी तरुण पिढीची मने ही श्रद्धाहीन, निष्ठाहीन, असंवेदनशील व एकंदरीच अविचारी व भरकटलेल्या स्थितीत दिसून येतात. म्हणूनच आज शालेय स्तरावर प्रत्येक शाळेतच संगीत विषय अनिवार्य करून असे संस्कार शालेय स्तरावरूनच संगीतामार्फत लहान मुलांमध्ये व्हावे जेणेकरून त्यांच्यामध्ये एकाग्रता, जिदद, चिकाटी, संयम, मानिसक स्वैर्य, सहयोग वृत्ती हे असे अनेक गुण अंगी बाणवणे खूप सोपे जाईल. संगीतात इतकी शक्ती आहे की त्यातून नवरस निर्मिती होते व त्यायोगे विविध भावभावनांचे दर्शन होऊन आत्मिक शक्ती सगुण रूपात अवतरल्यासारखे वाटून स्वरांमार्फत त्याची अनुभूती येते.

प्राचीन काळी रोम व ग्रीक काळात लहान मुलांना फक्त तीन विषय प्रथम शिकवले जात असत. १. कवायत २. तर्कशास्त्र ३. संगीत. कवायत ही शरीर सौष्टव व निरोगीपणासाठी, तर्कशास्त्र हे योग्य दिशेने विचार करण्याची क्षमता व बुद्धीचा विकास होण्यासाठी आणि संगीत हे विविध भावभावना, संवेदनाशीलता व सर्जनशीलवृत्तीची (creativity) निर्मिती होण्यासाठी शिकवले जात असत. संगीताचे महत्त्व ज्या देशांनी जाणले, आज तेच देश महासत्ता बनून प्रगतीपथावर आहेत. आज आपल्या देशातील महत्त्वपूर्ण अशा दोन गोष्टींसमोर संपूर्ण जग झुकते व ते म्हणजे आपले 'अध्यात्म' व आपले 'अभिजात भारतीय शास्त्रीय संगीत'. म्हणूनच या अभिजात शास्त्रीय संगीताचा अभूतपूर्व वारसा असलेल्या आपल्या भारत देशात याचा भावो पिढी घडविण्याच्या दृष्टीने विचार करता बालवयातील अस्थिर व चंचल अवस्थेतील सर्व मनांना एकत्रितपणे अभ्यासाच्या वातावरणात आणून त्यांची बौद्धिक, मानसिक व वैचारिक पातळीला एक चांगल्या विचारांची बैठक देऊन उदयाची सर्वांगीण विकास होऊन एक संवेदनशील, सृजनशील व सर्जनशील अशी जबाबदार पिढी झाल्याचे पहायचे असेल तर त्यांच्यावर संगीताचे संस्कार होऊन आज शालेय स्तरावर संगीताचा विद्यार्थ्यांच्या अभ्यासक्रमात अंतर्भाव करणे अनिवार्य आहे.



➤ संगीत शिक्षक - मिलन देव



## प्रयोगशाळेचे महत्त्व



अनेक शास्त्रांमधील स्थापित प्रयोग जेथे करून बघितले जातात व ते विद्यार्थ्यांना शिकवण्यास विविध उपकरणांची सोय जेथे केलेली असते त्या ठिकाणास प्रयोगशाळा असे म्हणतात.

रसायनशास्त्र, भौतिकशास्त्र आणि जीवशास्त्र यांच्या प्रयोगशाळा असतात. संकल्पना समजून घेण्यासाठी पुस्तके आणि पारंपारिक वर्ग अध्यापनाच्या पलीकडे पहावे लागते.

प्रभावी शिकवणे आणि विज्ञानाचे शिक्षण यात वास्तविकता आणि सामग्री पाहणे, हाताळणे समाविष्ट आहे. मुलांना वर्गात मिळणारे ज्ञान आणि कार्यक्षम नसते कारण ते प्रत्यक्षात प्रक्रियेचे निरीक्षण करतात आणि कृती आणि प्रतिक्रिया यांच्यातील संबंध समजत नाही.

आपल्या शाळेत वर्ग अध्यापन प्रयोगशाळेच्या प्रयोगांसाठी एकत्रित करतात. जेणे करून विद्यार्थ्यांना प्रत्यक्ष संकल्पनेची संपूर्ण कल्पना करून देतो. असे मानले जाते की प्रयोग शाळेत शिकवणे आणि तेथे घेण्यात येणारे प्रयोग मुलांना खोलवर समजण्यास प्रोत्साहित करतात. डोळ्यासमोर केलेले प्रयोग पाहून मुले अधिक काळ ज्ञान राखण्यास सक्षम असतात. त्यामुळे स्वतःहून वेगवेगळे प्रयोग करून प्रत्यक्ष शिकण्याचा अनुभव मिळतो.

आपल्या प्रयोगशाळेतील उपकरणे, शरीरशास्त्रीय प्रतिकृती, भिन्न वैज्ञानिक सिद्धांत, रसायन, सूक्ष्मदर्शी आणि प्रयोगशाळा उपकरणे त्यामुळे संकल्पना समजण्यास सोपे होते.



➤ प्रयोगशाळा सहायक - हेमंद्र चेउलकर

# हिंदी

# साहित्य



# शिक्षक



शिक्षक ज्ञान कीज्योत जलाते हैं।  
देश के उज्ज्वलभविष्य की नींवनिर्माण  
करते हैं।  
समस्त जगत का इतिहास रचते हैं।  
अपने वचनों से पथ के भटकों को राह  
दिखाते हैं।  
शिक्षक अपनी कलम से मानवता में  
प्राण फंक जातें हैं।  
भय नहीं उन्हें किसी का, सदैव अपना  
फ़र्ज़ निभाते हैं।  
ज्ञान दर्पण का नूतन द्वार खुल जाता है  
जब शिक्षक कलम चलाते हैं।  
विषमताओं से भरी दुनिया जाग जाती  
है जब शिक्षक विगुल बजाते हैं।

सुषुप्त पड़ी ज्ञान की ज्वाला  
शिक्षक ही सुलगाते है।  
करो मान- सम्मान  
और देश की रक्षा शिक्षक ही  
स्मरण कराते हैं।  
ईश्वर को पाने का मूल मंत्र  
शिक्षक ही सिखाते हैं।  
ऐसा पाठ पढ़ा कर शिक्षक महान  
बन जाते हैं।

□ श्रीमती - नीता शुक्ला



# जीवन

जीवन एक पतवार है,  
जीवन एक सुविचार,  
जीवन को तुम जीयो जग में,  
जीवन से करो प्यार।

इस जीवन की कथा निराली,  
गाथाएं भी कहती है,  
तभी हमारे जीवन की तो,  
समय कहानी लिखती है।

जीवन है खुशियों का नाम,  
जीवन को तुम करो प्रणाम,  
जीवन है जीवों का जाल,  
जीवन को तुम रखो संभाल,

एक कहानी कहता जीवन,  
निर्मल जल सा बहता जीवन।,  
चप है कछ कहता जीवन,  
जीवन के अपने अनुभव भी,  
जीवन से ही रखता जीवन।

सभी गुणों की खनि है जीवन,  
जीवन की खातिर जिवो ने,  
किस ने सारे दर्द सहे,  
जीवन की पतवार चलाते,  
चलते ही बस जीव है।

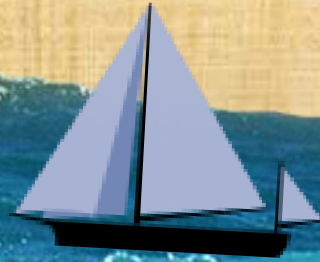
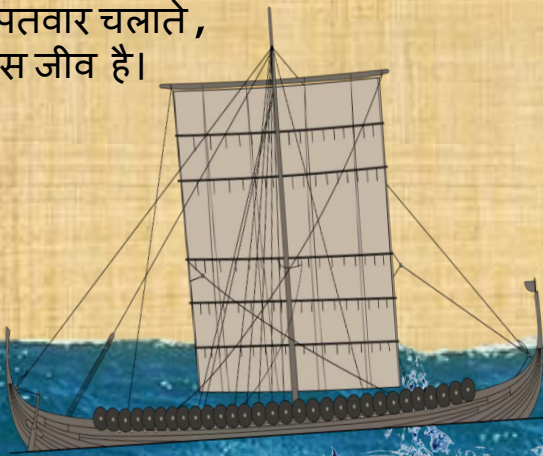
हंसता खिलता बहता जीवन  
सदा निराला रहता जीवन,  
सुख आनंद सजोता जीवन,,  
मन पुलकित जन करता जीवन।

नीर भांति ज्यो चलता जीवन,  
हंसता खेलता बहता जीवन,  
जीवन की गति भी अजीब है,  
प्रतिपल आगे बढ़ता जीवन।

जीवन की सच्चाई समझो,  
ईश्वर की चतुराई समझो,  
सही समय का ज्ञान करो,  
कभी न तुम अभिमान करो,  
व्यर्थ में न हो पाए जीवन,  
प्रतिपल चलता जाए जीवन।



□ श्रीमती - नीता शुकला



## नया साल



नया साल  
यह वर्ष तुम्हें मंगलमय हो ,  
तुम नई सफलताएँ पाओ ,  
यह वर्ष तुम्हें दे हर्ष सदा ।  
उन्नति पर बढ़ते जाओ ,  
जीवन का हर दिन हो बसंत,  
ना खुशियों का हो कभी अंत ,  
चेहरा फूलों - सा खिला रहे ।  
जग में फैले तब यश सुगंध ।  
आप हमेशा स्वस्थ रहें, मस्त रहें ,  
और व्यस्त रहें, यही मेरी इच्छा है ।



## भारत के वीर सपूतों तुम्हें प्रणाम !

प्रिया शर्मा 9/ब

भारत के वीर सपूतों तुम्हें प्रणाम !  
इस यशोभूमि के रखवाले तुम्हें प्रणाम !  
अपने कर्तव्य पे अड़िग रहें जो,  
बर्फीले तूफानों से लड़ने वाले ,  
तपती रेत पर चलने वाले ,  
सिंहनाद गर्जन से सीमा के रखवाले ।  
शत्- शत् नमन है ,तुम्हें हे वीर जवानों ।  
इस धरती का बच्चा - बच्चा करता है ,  
तुम्हें सलाम !  
हे वीर सपूतों तुम्हें प्रणाम !



श्रेया दुबे 9/क



## तितली

- तितली कितने रंगोवाली ,  
पिली , भूरी , काली - काली ।
- उड़ती है यह फूल - फूल पर ,  
उड़ती है , पर डाली - डाली ।
- कभी इधर को ; कभी उधर को ।  
उड़ जाती है , यह मतवाली ।
- हाथ नहीं आती है ,  
वो अपनी सुंदर पंखो वाली ।



## बादल

अम्मा , जरा देखो तो ऊपर ।  
चले आ रहे हैं बादल ।  
गरज रहे हैं , बरस रहे हैं ।  
दिख रहा है , जल ही जल ।

हवा चल रही क्या पुर्वाई ।  
झूम रही है , डाली - डाली ।  
ऊपर काली घटा घिरी है ,  
नीचे फैली हरियाली ।

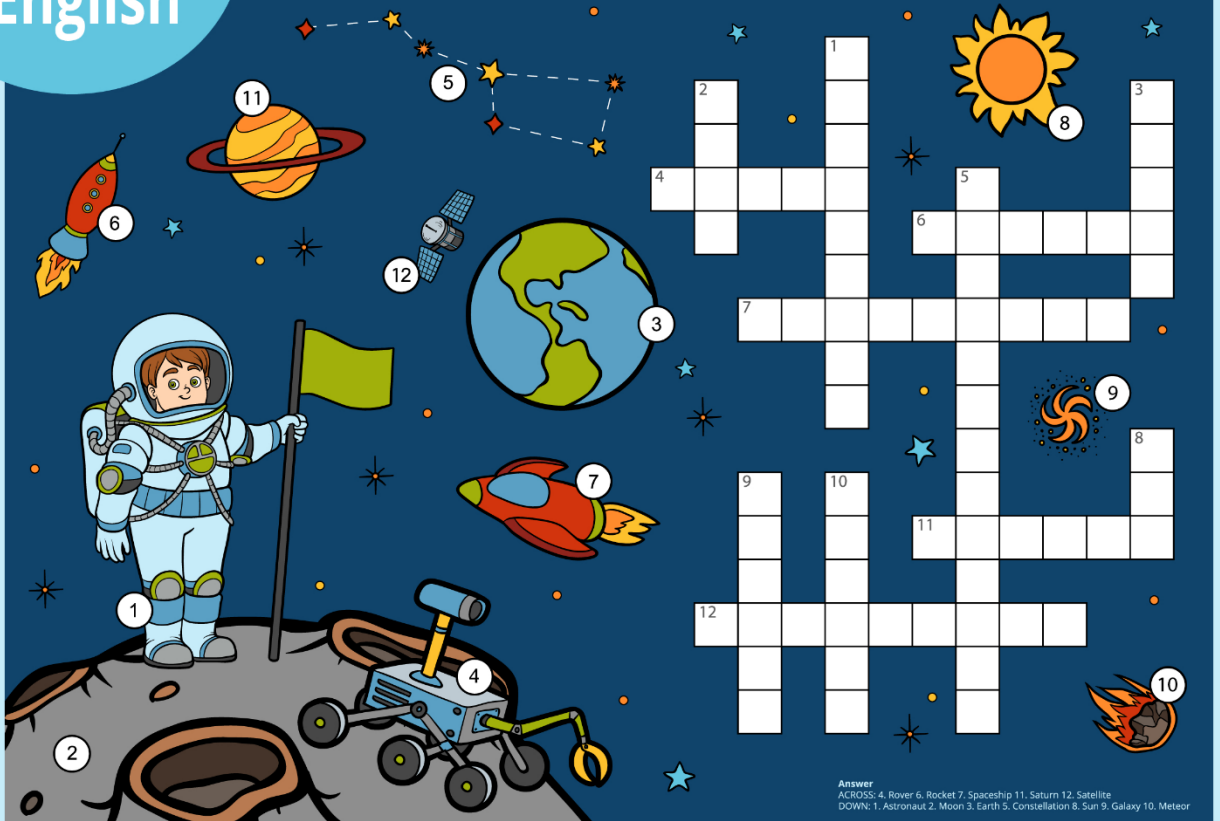
भीग रहे हैं खेत , बाग , वन ।  
भीग रहे हैं घर , आँगन ।  
बाहर निकलूँ मैं भी भीगूँ ।  
चाह रहा है मेरा मन ।



□ स्मायलि महाडीक 5 /अ

□ वांशिका यादव 5/अ

## English



## अहिस्ता चल जिंदगी

अहिस्ता चल जिंदगी ,  
अभी कई कर्ज चुकाने बाकी हैं ।  
कुछ दर्द मिटाना बाकी है ,  
कुछ कर्ज निभाना बाकी है ।  
रफ्तार में तेरे चलने से ।  
अहिस्ता चल जिंदगी ।

कुछ रूठ गए , कुछ छूट गए ,  
रूठों को मनाना बाकी है ,  
रोतों को हँसाना बाकी है ,  
कुछ हसरतें अभी अधूरी हैं ,  
कुछ काम भी और जरूरी है ,  
ख्वाइशें जों घुट गई इस दिल में  
उनको दफनाना बाकी है ।  
अहिस्ता चल जिंदगी ,

कुछ रिश्ते बनकर टूट गए ,  
कुछ जुड़ते - जुड़ते घुट गए ।  
उन टूटे - घुटे रिश्तों के ,  
जख्मों को मिटाना बाकी है ।  
तु आगे चल , मैं आता हूँ ।  
अहिस्ता चल जिंदगी ,

क्या छोड़ मुझे , जी पाऊँगा ?  
इन सासों पे हक है जिनका  
उनको समझाना बाकी है ।  
अहिस्ता चल जिंदगी ,  
अभी कई कर्ज चुकाने बाकी हैं ---

## स्कूल



याद आती है , मुझे मेरी स्कूल ।  
याद आता है , वह भरा मैदान ।  
याद आती है , घंटी की आवाज ।

याद आती है , वह टीचर की प्यार भरी  
डांट ।

याद आती है , वही हँसी , वही ठहाके ।

याद आती है , वही शरारतें ।

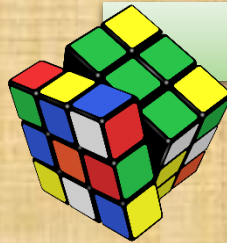
याद आती है , मुझे मेरी स्कूल ।

याद आती है , मुझे मेरी स्कूल ।

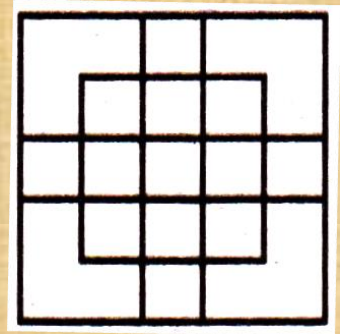
मौका मिला तो , एक दिन आऊँगा  
स्कूल ।



□ ओंकार भोजने 10/ब



## Math's Puzzles



Count Square ?



# पहेलियाँ

1) गोल है , पर गेंद नहीं । पूँछ है , पर पशु नहीं । पूँछ पकड़कर खेले बच्चे फिर भी मेरे आँसू ना निकले ।

उत्तर : गुब्बारा

2) उँट की बैठक , हिरन - सी तेज चाल , वह कौन - सा जानवर ? जिस को पूँछ ना बाल ।

उत्तर : मेंढक

3) तीन अक्षर का मेरा नाम , उल्टा - सीधा एक समान ।

उत्तर : जहाज

4) लाल डिबिया में है , पिले खाने के मोती जैसे दाने ।

उत्तर : अनार

5) जो करता है वायु शुद्ध , फल देकर जो पेट भरे , मानव बना है उसका दुश्मन , फिर भी वह उपकार करें ।

उत्तर : पेड़

6) धन - दौलत से बडी है यह , सब चीजों से ऊपर हैं य जो पाए वह पंडित बन जाए , बिना पाए मुख रह जाए ।

उत्तर : विद्या

7) चौकीपर एक बैठी रानी , सिर पर आग , बदन में पानी ।

उत्तर : मोमबत्ती

8) फूल भी हूँ , फल भी हूँ , और हूँ मिठाई । तो बताओ , कौन हूँ मैं भाई ?

उत्तर : गुलाबजामुन

9) जल से भरा एक मटका , जो है सबसे उँचा लटका पी ले पानी है मीठा , जरा भी नहीं है खट्टा ।

उत्तर : नारियल



# मराठी साहित्य



## सुविचार

संकटावर अशाप्रकारे तुटून पडायचं की,  
जिंकलो तरी इतिहास घडला पाहिजे ,  
आणि हरलो तरी इतिहास घडला पाहिजे.



□ मानसी भोईर 8/ब

## टिंगू जोकर

टिंगू जोकर, राणीचा नोकर,  
चोरून खातो दूध साखर ,  
रानी मारते छड्या,  
टिंगू मारतो ढुम-ढुम उड्या!



□ भूमी सोलंकी 6 /ब

## मैत्री

हरवलेले हे दिवस येतील का पुन्हा  
जगलो आज आणि उद्या हाच दिवस  
नशिबानेच एकदा पुन्हा कुठेतरी भेटू  
आठवणीला एकदा एकत्र मिळून वेचू ॥  
पण तेव्हा सर्व बदलेले असेल  
कोणीतरी बोलावतय म्हणून भेट  
पण तेव्हा सर्व बदललेले असेल  
कुणीतरी बोलतोय म्हणून भेट लवकर सुटेल  
आज सोबत आहोत वारंवार तसंच जगून घ्या  
जीवनभर पुरतील अशा आठवणी जपून घ्या ॥

□ मनीषा बोडेकर 10 /अ



## फुलपाखरू



फुलांच्या दुनियेत फुलपाखरू दंग ,  
हळूच टिपते फुलांचे रंग .  
फुलांवर बसते खुदकन हसते ,  
फुलांचे रंग पायांना फासते .  
निळसर जांभळे टीपके छान ,  
सोनेरी रंगाची सुंदर कमान .  
फुलांच्या दुनियेत फुलपाखरू दंग ,  
पायांना त्यांच्या फुलांचे रंग .

➤ यश मोरे 7/अ

## आई

आई तीच असते जी  
आपल्याला जन्म देते,  
आई तीच असते जी  
आपले दुखणे सहन करते,  
आई तीच असते जी  
आपल्याला मदत करते  
आई तीच असते जी  
आपल्याला आयुष्यभर मार्ग  
दाखवते.

□ अनुश धुमाळ V/A

## कुशीतून

एक हिरा चमकला,  
भगवा टिळा चंदनाचा ,  
शिवनेरीवर प्रकटला ,  
हातात घेउनी तलवार,  
शत्रूवर गरजला,  
महाराष्ट्रात असा एकच  
शिवाजी राजा होऊन गेला .



□ मानसी भोईर 8/ब

“ यशस्वी होण्यासाठी तुमची यशस्वी  
होण्याची इच्छा अपयशी होण्याच्या  
भीतीपेक्षा अधिक प्रबळ असली पाहिजे.”

- विल कोसॅ



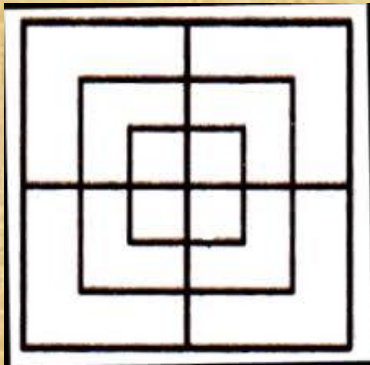
## कुटुंब

कुटुंबात असतात सगळेजण,  
आई-बाबा भाऊ बहीण.  
आई स्वयंपाक बनवते छान,  
बाबा आमचे करतात लाड.  
ताई आईसारखी माया देते,  
भाऊ सारखा खोड्या काढतो.  
कुटुंबात प्रेम असते फार,  
ज्यांच्याकडे नसते कुटुंब,  
त्याचे होतात हाल.  
कुटुंबात असतात सगळे जण,  
आई बाबा भाऊ बहीण.



गौरवी सचिन नाकते  
7/अ

## Math's Puzzles



Count Square ?

## सांग ना आई

दिवसभर पावसात असून  
सांग ना आई,  
झाडाला खोकला कसा होत  
नाही?  
दिवसभर खेळून सुद्धा  
सांग ना आई,  
वारा कसा जराही दमत  
नाही?  
रात्रभर पाढे म्हणून  
सांग ना आई,  
बेडकाचा आवाज कसा बसत  
नाही?  
रात्रभर जागून सुद्धा  
सांग ना आई, चांदोबा  
झोपेत कसा जात नाही?  
दिवसभर काम करून  
सांग ना आई, तुला थकवा  
कसा येतच नाही?



नीरज जाधव

## कोकणातले घर

कोकणात माझ्या चिरेबंदी कौलारू माझे घर ,  
रंगबिरंगी चित्रे रंगविली त्याला भिंतीवर .

घरालगत उभ्या गर्द पानांच्या केळी,  
बिलगून त्यांच्या कमरेला हिरव्या नागवेली.

पुढच्या दारी सडा घालते भव्य सुंदर अंगण,  
रांगोळीने सजवलेले पवित्र तुळशीवृंदावन.

परसात आहे थंडगार पाण्याची विहीर,  
वेळूच्या बेटात शीळ घालतो कंठी दार कीर.

गवताने साकारलेला असे भव्य सुंदर गाईचा गोठा,  
यांची श्रीमंती माझी दही दुधाला नसे तोटा.

काजू फणस आंबे आवडे पिवळी सुपारी ,  
बाळगोपाळ खोल डोहात डुंबत भरदुपारी.

कोकणात माझे सुंदर गाव, इंद्राच्या दरबारी घेतात  
माझ्या प्रिय कोकणाचे नाव.

सेजल जाधव 8/क



## मैत्री

गुलाब उमलतो काट्यावर ,  
गवत झुलते वा-याच्या झोतावर.

पक्षी उडतो पंखाच्या जोरावर ,  
माणूस जगतो आशेच्या  
किरणावर .

आणि मैत्री टिकते ते फक्त  
विश्वासावर .



गौरवी नाकतेVII /A

## आंबा

आंबा रे आंबा  
गोड गोड आंबा  
हापूस असो वा राजापुरी  
गोड खावा आंबा ॥



अनुष्का भोसेकर 7/A

## संत

संत तेच असतात ,  
जे जीवनाला अर्थ देतात .

संत तेच असतात ,  
जे मनाला शांत करतात .

संत तेच असतात ,  
जे जीवनात योग्य वाट दाखवतात .

संत तेच असतात ,  
ज्यांची पाऊले विठ्ठलाकडे वळतात .



यश मोरे 7/अ

## पाऊस

येरे पावसा गाऊ तुझी गाणी, मासोळीला  
हवे तळे भर पाणी .

येरे पावसा गाऊ तुझी गाणी, बळीराजाला  
हवे शेतभर पाणी.

येरे पावसा गाऊ तुझी गाणी, तू नसेल  
जीवना तर जीवन काही नाही.



गौरवी नाकतेVII /A

## माझी आई

माझी आई करते घाई,  
माझ्यासाठी सारे काही .  
अंग माझे छान ठेवी  
गालावरची तिट लावी.


चिऊ-काऊ बोलते सारे ,  
गोष्ट सांगून घास भरे.  
पाठी लेखणी हाती देई,  
शाळेत मजला घेऊन जाई .

सांज वेळी घरी येई  
शभंकरोती म्हणून मांडीवर घेई  
.मौ मजा घेईम्हणै ती अंगाई

मी शांत झोपी जाई.  
आई माझी जागी राही.



शिवम गुप्ता 9/अ



## आषाढी एकादशी - १३/०७/२०१९

॥ श्री ॥

जय जय राम कृष्ण हरी  
रामकृष्णहरीचा हा राजसूय केल्यातुन मनाटी माणसाचा मळ आंबदाळ नाथू लावत. मनाला विवस्त्राचाही ओढ लागत. आणि वास्करुनी पढरीची वाट बघू लागतात. आषाढी-कार्तिकी हे वास्करुन्याचे परमसुखाचे निधान। फारण या दिवशी विठ्ठलीला गळामेढ होते। गळ्यात तुळशीच्या माला कपाळवडु गंधाचा टिळा, स्यादथावडु भगवी पताका अत्र सोबत पालखीत जावदेवाच्या पादुका। अक्षा थाटत, अन्नवाणी पायांनी टाळ वाजवीत, मिते रायाच नामघोष करीत हे वास्करुनी निघाले आहेत पढरीला। चला तर, आषाढी चालू या यास पावलं ह्या दिंडीबरोबर!


दिंडी म्हणजे ज्ञान दर्याजा। ह्या दिंडीच्या रूपान आपल्याला स्वर्गदासव खुलं देत, दिंडीतत्र भजन करीत जाणास स्वर्गाच्या वारात जाऊन पोहोचतो अशी वास्करुन्याची श्रध्दा आहे.

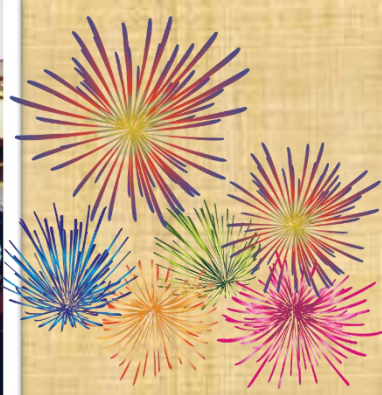
हाती वीणा मुक्ती नाम विठ्ठल राहो, पढरीला जाहो  
या विठ्ठल-माऊलीचा राजसूय केल्याशिवाय दिंडीला दंगल करी रेणुद ? म्हणून हा विठ्ठ्या राजसू।

विठ्ठ्या राजसू हनिनामाचा झेंडा रोविला  
वाळवटी बद्धभागेच्या काठी डाय मांडिला।  
साबोबा माऊली तुकाजाम  
पढरीनाथ महाराज की जय!

मंदिरात भजन कर्तिल स्याल्यावडु वास्करुन्याची पावलं सहाजिकच बद्धभागेकडे पळतात. बद्धभागेच्या तीहावडु रंध्या असलेल्या विठ्ठलाचाच नामसमरण चालूच असात.

बद्धभागेच्या तीशी, उभा मंदिरी  
तो पहा विठ्ठली  
विठ्ठल विठ्ठल जय हरी







# International Yoga Day

21st June on the occasion of International Yoga day, Rotary club of Bombay Airport organized a Yoga session for the students of B.P.M. High school from 8:30 am to 10 am in G. A. Kulkarni Auditorium. It was conducted in a novel unique way with the theme “Visit to a zoo” where in various postures (asanas) of animals were co-related with “Yogasanas” in a fun way learning method. Children thoroughly enjoyed the session wherein they also learnt the importance of every asana too.



# Sarvasikshan Abhiyan

15<sup>th</sup> June 2019

First Day of School

Textbooks were distributed to the students from Std V to VIII, under the Sarva Sikshan Abhiyan scheme, on 15<sup>th</sup> June 2019.



# Ganesh Festival



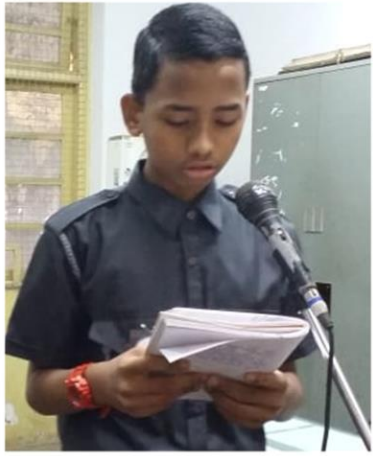
# Independence Day 2019



# Vachan Prerna Din 2019



# Kranti Divas 2019



# National Education Day



MAULANA ABUL KALAM AZAD (11 NOVEMBER 1888)

India celebrates National Education Day on November 11 to commemorate the birth anniversary of Maulana Abul Kalam Azad, who served as the first Minister of Education of independent India.

• मौलाना अबुल कलाम आझाद जयंती •

मौलाना अबुल कलाम आझाद यांना त्यांच्या जयंतीनिमित्त आमचे

विनम्र अभिवादन!



# Children's Day

Children's Day the favourite day for the students was celebrated on 14<sup>th</sup> November. Students were permitted to wear party dresses. After the assembly, the Headmistress Mrs. Beena Menon spoke about the significance of the day. Miss Shweta Erande and Miss Priya Sharma from Std IX B rendered speeches in English and Hindi for the occasion. Students of Std V to VIII were shown a Hindi movie 'Lilkee'- making them aware about child labour and its repercussions and every child has the right to education. Before they left all students were provided with snacks, as part of the programme.







**TEACHING STAFF**



**SOCIETY STAFF**



**NON TEACHING STAFF**



**NON TEACHING SUPPORTING STAFF**



THE MUMBAI SUBURBAN EDUCATION SOCIETY (ESTD-1941)

# B.P.M.HIGH SCHOOL

KHAR (W) MUMBAI -400052



2019-20 STD-10th



THE MUMBAI SUBURBAN EDUCATION SOCIETY (ESTD-1941)

# B.P.M.HIGH SCHOOL

KHAR (W) MUMBAI -400052



2019-20 STD-10th