

visionNEXT

2022-23

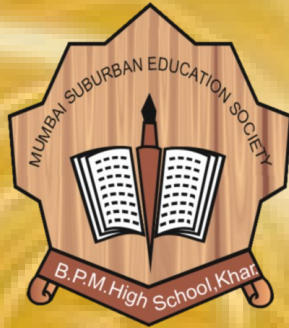


english

SPORT

DANCE

ART



YOGA



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



FROM THE DESK OF THE HEAD-MISTRESS

Warm Greetings!!!★

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

★
Beena Menon
Headmistress



The quest for perfection in education continues unabated at BPM. High school education is an overarching theme and is supported by many factors, making it a central point and rehabilitation of the most marginalized children and those in need of care and protection.

Education is just not about classrooms, textbooks and examinations. There exists a very broad spectrum of activities that make up a perfect system. Catering to developmental protection and participation of students assumes highest priority after school. The essential consideration of our system pivots on fundamental rights of children and the best interest of students.

We at BPM HIGH SCHOOL have set our focus on differently, abled students and have initiated systems which are in place to provide learning opportunities and quality education for them.





We have placed special emphasis on developmental education with a view to mould other students to be conscientious citizens. The emphasis on extracurricular activities remains a priority and has been high on our agenda.



The health of students is paramount and we have ensured that our students remain in the pink of health by organising various health camps.



The decision to introduce Judo, Decoding was to ensure that our students remain both physically and mentally active. These activities did have a positive impact on the students and they began to enjoy participating in such activities.



We will continue to promote these activities and take it to greater heights and ensure our students are successful at inter-school competitions.

Using the power of information technology, we have forged ahead in digitalization and dissemination of information. Our website encompasses all our endeavors.

❖ Beena Menon
Headmistress



॥ 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.*



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Mr Ganesh Sonawane .

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Mr Ganesh Sonawane .

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Mrs Lahane Vandana

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

S.S.C. EXAMINATION, MARCH – 2022

SUMMARY OF THE RESULT

THE MUMBAI SUBURBAN EDUCATION SOCIETY KHAR

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

APPEARED CANDIDATES -142, DISTINCTIONS -26,FIRST CLASS -94,SECOND CLASS-

FIRST FIVE STUDENTS IN SCHOOL

1	X/A Miss Erande Sanika Santosh	452	90.40%
2	X/B Mast Jadhav Gaurav Sunil	445	89.00%
2	X/A Mast Thakur Utkarsh Utam	445	89.00%
3	X/A Miss Rahangale Pushpanjali	432	86.40%
3	X/A Miss Shelar Riddhi Mangesh	432	86.40%
4	X/B Miss Haldankar Shreya Santosh	427	85.40%
5	X/B Miss Bendure Aditi Datta	425	85.00%

OUR SSC TOPPERS



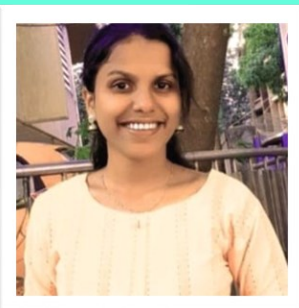
1st Ms Sanika Erande



**2nd
Mst Jadhav Gaurav
Mst Thakur Utkarsh**

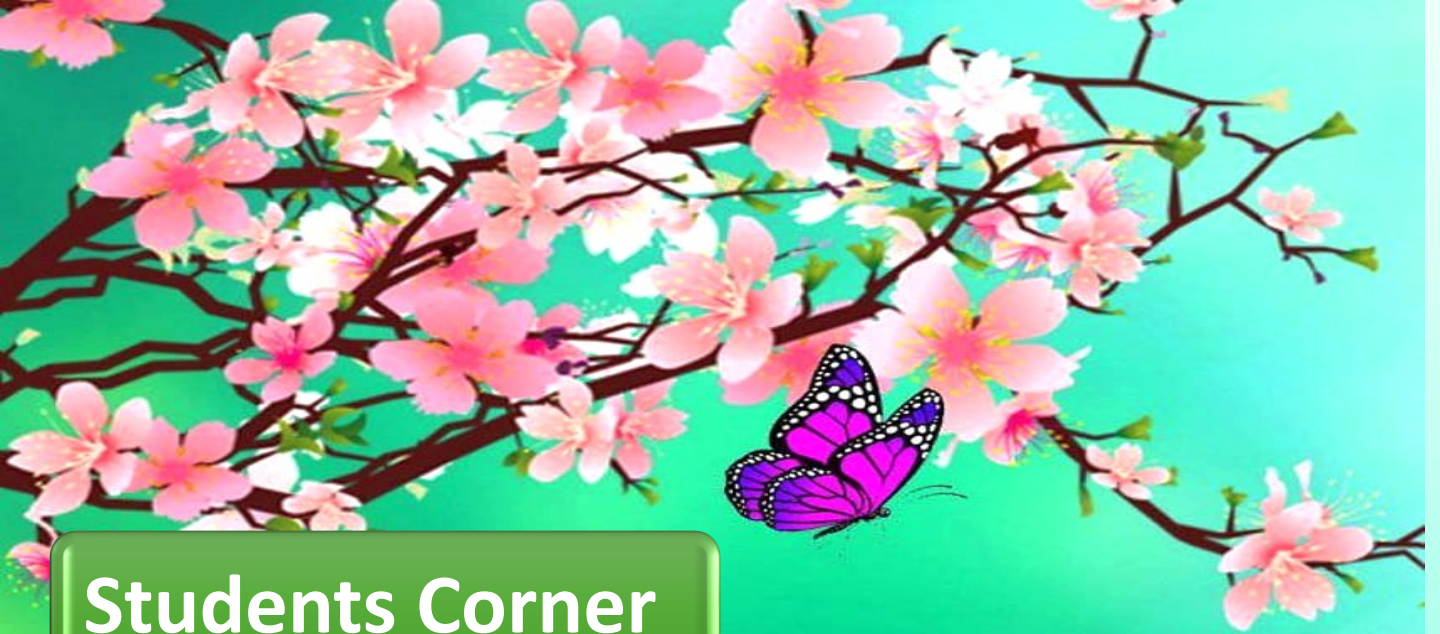


**3rd
Ms Rahangdale
Pushpanjali
Ms. Shelar Riddhi**



**4th
Ms Haldankar Shreya**

**5th
Ms Bendure Aditi**



Students Corner



English Articles



Back To School !

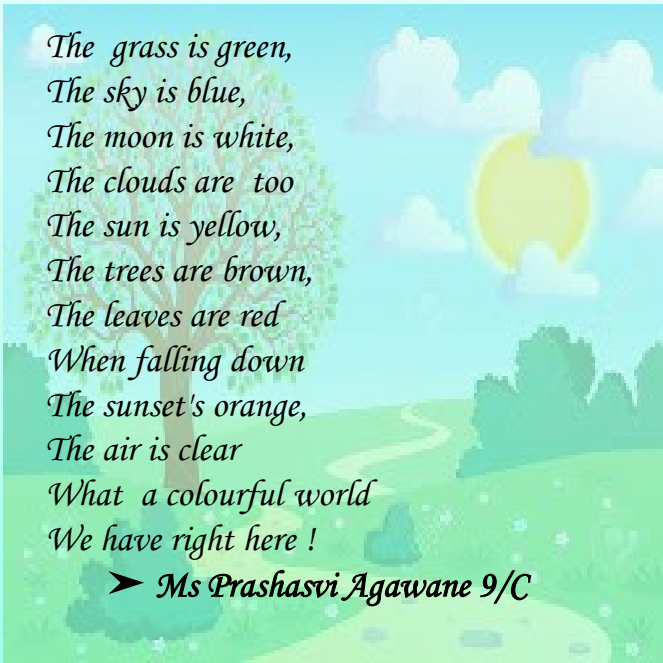


*Pencils, glue, paper, and books,
My backpack is filled to the top!
I grab my lunch and gym shoes,
And make my way
to the bus stop*

*I get to school and walk in,
Walk is decorated, it is so cool!
I find my desk with my name,
I am ready for the school.*

➤ *Ms Prashasvi Agawane 9/C*

Our World



*The grass is green,
The sky is blue,
The moon is white,
The clouds are too
The sun is yellow,
The trees are brown,
The leaves are red
When falling down
The sunset's orange,
The air is clear
What a colourful world
We have right here !*

➤ *Ms Prashasvi Agawane 9/C*

Smile

*A smile is quite a funny thing,
It wrinkles up your face.*

*And when it's gone
you'll never find
its secret hiding place.*

*But far more wonderful it is.
To see what smiles can do.*

*You Smile at one,
He Smiles at you,
And so one smile
makes two.*



➤ *Mst Pranav Jadhav 10/A*

Friendship

*Oh what joy it is
to have a friend like you
For giving me strength
the way you do.*

*For lifting me up
when I'm feeling down
And putting a smile on my face
when I'm wearing a frown*

*Thanks for being there
and helping me grow!
Your friendship means a lot
this I'd like you to know*



➤ *Mst Kunal Dhumal 9/A*

School Days

Growing up in these days and age.
With free expression all the rage,
our young ones learn when starting school.
That reading fun and math's is cool.
While writing is not the least bit boring.
It really is so much like drawing.
For every child it is essential.
To realize their full potential
And teachers always do their best.
To stimulate their interest.
When years of school days end at last.
With all examinations passed.
Will the children reminiscence
And say, "Our school days we will miss"
as the final day arrives ,
they are best days of our lives"?

➤ Ms Jeeya Sharma 10/A



If I made a mistake
then I would have to retake.
And do it once again
Even feel the pain

But there also lays a prize
and that make me realise that
even if I was to fail
it would be a learning trail.

If I hope for medals and cups
I can't just rely on luck,
I must do hard work,
To show the world my worth.
That' s the essence of never give up

➤ Ms Suhani Thakur 9/A



It Is Fine

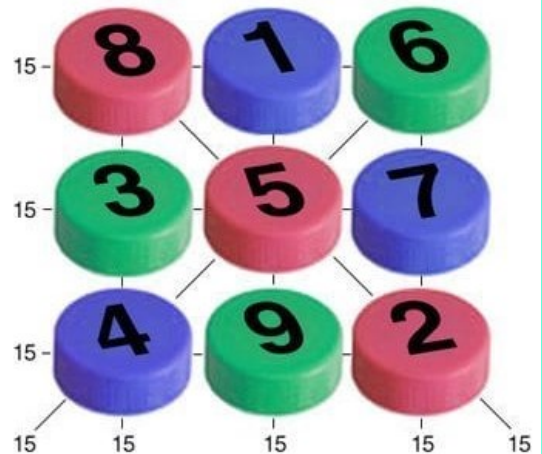
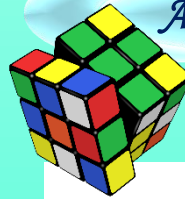
It's fine to be rich or poor
It is fine to be black or white
It's fine to be fat or thin
It's fine to be strong or weak
It's fine to be fun or boring
It 's fine to be a girl or a boy

It's fine to have brown or blue eyes
It's fine to have long or short hair
It's fine to be calm and excited
It's fine to be short or heighted.

➤ Ms Bhavika Solkar 10/B



Amazing square



Dream

Don't be in a rush,
Your dream might get crushed



Let your dream outburst,
But don't let your dream rust.

If you fail, don't let your dream burn.
Try hard one more time,

It might be your lucky turn.
If people are being an obstacle, have a will like

Mahatma Gandhi, daring like Bhagat Singh,
train like a monk,

If you fail again and again, try hard every time,
give it your all and prove them wrong.

➤ Ms Aryan Shelke 7/A

Stay Positive

Never let fear take you over,
Never get scared in life,
With a positive frame of mind,
You would be able to strive,
So keep smiling as you keep the hope high.
With such a spirit you will reach the sky,
Keep the hope going,
Stay positive



➤ Ms Vaishnavi Shelke 9/A

Trees are our best Friend

A tree is helpless
For it cannot run away.
When it is being cut down
Cutting a tree is like
Removing the crown
From the earth's head.
It challenges the fury of storm.
Stand boldly
It can convert the land
Green even in the desert sand
It inspires us to serve others
The needy or the helpless
Make all fresh
What ingratitude man shows
Towards our best friend
But the time has come
To think over
Our duties like the tree
That never reveals its anger
And saves from danger
Let us do our part
And save our best friend
From the sorrowful end.



➤ Mst Ganesh Mhatre 6/B

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

Life

Life is an opportunity, benefit from it
Life is a beauty, admire it.
Life is a dream, realize it.
Life is a challenge, meet it.

Life is a duty, complete it.
Life is a game, play it
Life is a promise, fulfill it.
Life is sorrow, overcome it.

Life is a song, sing it
Life is a struggle, enjoy it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is a song, sing it.
Life is a struggle, enjoy it.
Life is a tragedy, confront it.
Life is an adventure, dare it.

Life is luck, just make it.
Life is too precious, do not destroy it.
Life is Life, you have to just take some
efforts to make it beautiful!

➤ Ms Vaishnavi Vinod Shelke 9/A



Land of Beauty

Land of natural beauty
Where rivers run through
Mountains and plains.
A long availability of rice grains
And a land covered with minerals.

The land of beauty!
With exalting seashores.
Snow-capped mountains,
And plains that stretch for miles.
The absolute beauty that never dies.

The land of beauty!
Where the land is so colourful,
Filled with religions and many cultures.
With literature and creativity that
Brought glory and fame
Now, it is not the same
But much more has been gained.
A place with sweet and soft languages
And traditions passed on
Generation by generation
A land on which stars are born
And excel in every aspect

The land of beauty!
Where citizens fulfill their duty
To their native soil.
A place so unique
And incomparable is what it is.
That's the land of beauty
My India, you're India, our India!

➤ Ms Sonam Prajapati 9/A



Guess Indian cricket players name

1. \$ 10 🇮🇳 🇮🇳 🇮🇳 🇮🇳
2. 🇮🇳 🇮🇳 🇮🇳 🇮🇳
3. 🇮🇳 🇮🇳 🇮🇳 🇮🇳
4. 🇮🇳 🇮🇳 🇮🇳 🇮🇳
5. 🇮🇳 🇮🇳 🇮🇳 🇮🇳
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11. 🇮🇳 🇮🇳 🇮🇳 🇮🇳
12. 🇮🇳 🇮🇳 🇮🇳 🇮🇳
13. 🇮🇳 🇮🇳 🇮🇳 🇮🇳
14. 🇮🇳 🇮🇳 🇮🇳 🇮🇳

Life

*Life is an art of management
Many more things are still not fulfilled
There for you just go and catch
Change the gear of life and
Say always no problem and
Enjoy life without stress
Life is yours and time is with you
You are here to discover yourself
And stay freely to revolve*

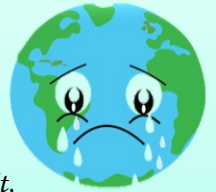
*Round the sun with the earth
Remember this earth is yours
You are living on this earth
To manage the life with others.*

➤ **Ms Vaishnavi Shelke**



Make it Green

*Rivers are crying because it is not clean,
Earth is drying because it is not green.*



*Earth is our dear mother, do not pollute it,
She gives us food and shelter, just salute it.*

*with Global warming, it is in danger,
Let's save it by becoming a strong ranger*

*with dying trees and animals, it is in sorrow .
Make green today and green tomorrow*

*with melting snow one day it will sink,
How can we save it just think,*



*Trees are precious, preserve them water is a treasure,
reserve it.*

*Grow more trees make mother earth green Reduce,
Pollution and make her Queen.*

➤ **Mst Shravan Pardhi 7/A**

Trees are our best friend

*Trees are green,
They should grow up tall and high,*

*They provide us fruits and vegetables,
They also give wood, shade, air, oxygen,
medicine, rubber, cotton and many more.*

*Trees are the homes of birds and animals,
They keep surroundings fresh and clean,*

*They need sunlight, air and water,
They are very useful for us,*

*Without trees we can not live,
Don't cut the trees, grow more plants.*

➤ **Ms. Kadambari S. Diwale-7/A**



My Favorite Game

Badminton is my favourite game among all sports. I know Badminton makes me more healthy and more active. I think badminton is the most played game. Badminton is an outdoor game. It is usually played between two teams. Rackets and a shuttlecock are required to play the game. Badminton is a game of skill and fitness. I am a good player and enjoy the game very much. My friend and I play in the evening. My favourite badminton players are PV Sindhu, Saina Nehwal, Aparna Phogat and many more.

I Love badminton very much.

Ms Vaibhavi Shelke 6/B



Life in Mumbai

Life in Mumbai may just be like the life in some other city, It is just the same, different people living well almost together, struggling to find their way. Striving to make life better. They do have their differences, and ways. People from different parts of the state and even from other countries can call this one city as their home.

On the world map Mumbai is nothing more than a small dot on the eastern side. It is said to be even smaller than that made of combined seven islands and probably that where every resident gets one quality, unity, which may not seem significant but it's buried deep inside and nothing can reach there. Be it travelling in the same crowded local trains sharing a flat with some strangers due to tight budgets or standing up together during terrorist attacks people embrace this city and its residents.



Life in Mumbai

Mumbai is one of the biggest city in India and central economic hub. It's known for its long history and rich culture, but many live away from the busy, chaotic life of Mumbai, people do seek mental peace and harmony.

They visit places like Haji Ali Dargah and Marine Drive to attain some
Mumbai is busy, Mumbai is chaotic, Mumbai is loud. Also called the 'Maximum city', Mumbai throbs with a harsh, edgy energy. Life in Mumbai is safer than most other cities in India and is considered safe for women to go out at night. There is no shortage of electricity and basic amenities, and City's water Supply is excellent.

Mst Pratik Kajare 7/B



The Bat's story

The Bat's story
I see the light
He grips me tight
I imagine smiles and sneers
But lie before me, happiness and tears
He's standing beside the stumps
I'm beginning to get goose bumps
Will he hit it?
Or will he hit the wicket?
He lifts me higher
His grip gets tighter
In a second I blink
And I begin to sink

Mst Sahil Patil 8/A



Solve the task

	+			
	3	=	10	+
8	=	15	=	6
	-	9	=	
	=	2	=	4
	+		+	

The Need for Eco Friendly Diwali



**If you want to save nature, refrain yourself from burning crackers.*

**Let us celebrate an eco-friendly Diwali.*

**Let's pledge to go green and stop acting mean .
Nature wants an eco-friendly Diwali.*

**This Diwali let's make mother nature as bright as the festival.*

Not with fireworks but with love.

**Use original flowers instead of opting for plastic flowers.*

**Make home made sweets.....*

**Kids can be given balloons filled with confetti instead of firecrackers*

**We can donate food, clothes and books to the needy kids.*

Have a Prosperous Diwali !

➤ Ms Prashasvi Agawane 9/C

The Need for Eco Friendly celebration Ganesh Chaturthi

Festivals in India bring together the entire nation in celebration and merriment . Not only are these celebrations held on a significant scale, but very frequently owing to the vast and diverse cultural presence in our country while all the festival celebrations are intended as a peaceful homage to the Gods and Goddesses, it has sadly been affecting the environment in the ways that are far from holy. Some may even say that these celebrations cause pandemonium in more than one- During Ganesh Chaturthi, the celebrations mostly and with the immersion of Idols into lakes or to the water bodies.

The best way out of this is by constructing idols from biodegradable , and recyclable materials. Further, we should avoid the use of polystyrene and plastic items in our celebrations. Try using recycled paper and clay instead. In holi we must try to play a dry holi, minimize the use of water and refrain from water balloons. The use of water balloon is extremely dangerous for animals as they may ingest them. Apart from that we should ensure that only reusable and recyclable items during your festival celebration and even otherwise. Also spread the awareness to many people about to the environmental concern that exist in the current times.

➤ Ms Latika Mhatre 9/A

The Need for Eco Friendly Celebration-Ganesh Chaturthi

During festivals like Ganesh Chaturthi, the celebrations mostly end with the immersions of idols into lakes and rivers. True, the entire affair is extremely zestful but there is no denying that this is incredibly mutilating for the aquatic life. Plaster of Paris (POP), the main ingredient in the construction of most idols, emits many toxic chemicals like magnesium, sulphur, and phosphorus

These toxic chemicals pollute the water and make it acidic. Not only is this deadly for the aquatic plants and animals but also for the people who take a bath in this water are also at risk,

The best way out of this is by constructing idols from biodegradable and recyclable materials. This way, you don't have to compromise with the idol immersion you are doing so without causing any pollution. Furthermore, you should also avoid the use of polystyrene or more commonly referred to as thermocol and plastic items in your celebrations. Try using recycled paper or clay instead.



➤ *Ms Fiza Siddique 9/6*

The Need for eco Friendly celebration -Diwali

Diwali, the festival of lights is now celebrated by many from across the world. The Indian traditional festival has its own significance, where people bring in joy and light by lighting diyas and lighting firecrackers. But not everyone thinks about the pollution caused by the same!

An eco-friendly Diwali celebration is nothing but celebrating in a way that does not cause harm to our ecosystem. One can start by just lighting diyas and avoiding loud and smoke filled firecrackers. Let us also throw light on its importance.

➤ *Ms Bhavika Patil 10/A*



The Need for Eco-friendly celebration of Ganesh Chaturthi

Ganesh Festival is one of the main festivals celebrated blissfully and joyfully all over India. Lord Ganesha elephant-headed God is believed to be God of power and wisdom. In India, people worship Lord Ganesha before initiating any work. Ganesh Festival is birthday of Lord Ganesha and beautifully decorated idols of different sizes are made for sale by specially skilled artisans. Ganesh festival or Ganesh Chaturthi starts with the installation of these, Ganesh statues in colorfully decorated temporary structures in every locality. The festival is also the time for cultural activities like singing and theatre, performances, orchestra and community activities. On the final day of celebration, Ganesh idol is taken through the street in a procession accompanied with dancing, singing, and fanfare to be immersed in the sea. This ritual is known as Ganesh Visarjan. All join in this final procession shouting "Ganpati Bappa Morya, Pudhchya Varshi, Lavkar ya" (means O lord Ganesha, come again early next year)."

➤ Ms Aarushi Shailesh Yadav 8 B

Tongue Twisters !!1.

Tongue Twisters !!1.

1. Light the night light tonight.
2. A big black bear sat on a big black rug.
3. I saw Susie sitting in a shoe shine shop.
4. Six slippery snails slid slowly seaward.
5. Any noise annoys an oyster but a noisy noise annoys an oyster more.
6. Six sleek Swans swarm swiftly southwards.
7. Lesser leather never weathered wetter weather better.
8. I thought a thought, but the thought I thought wasn't the thought I thought.
9. If you notice this notice, you will notice that this notice is not worth noticing.
10. All I want is a proper cup of coffee, made in a proper copper coffee pot..





WASTE MANAGEMENT



Waste Management

Dustbin

Reduce, Reuse, Recycle
Words that we all know
We might be only children
But we will try, you'll see.

We recycle what we use
Separate things and you should too
Glass and paper, plastic, tin
Go in your recycle bin!

We must start now, we can't wait
Quick, or it will be too late
And we can save this planet
It starts with you and me.

➤ *Mast Shubham Joshi 8/B*



Blue and Green.
Two bins, you mean?
Yes, they are there
to throw your waste.
But not in a hurry
Nor in a haste
Select from waste, sieve, it seems muddy.
Separate all items and when they are ready
Place in a blue bin, or one that is green.
For a voyage to the landfill, or for composting.

➤ *Mast Raj Anil Divkar 8B*



Waste Management

Waste management or waste disposal includes the processes and actions require to manage waste from the inception to its final disposal .This includes the collection transport treatment and disposal of waste together with monitoring and regulation of the waste management process waste related laws, technologies economic mechanisms. waste can be solid, liquid, and gases and each type has different methods of disposal and waste management deals with all types of waste, including industrial, biological, household municipal, organic, biomedical radioactive wastes. In some cases , waste can pose a threat to human health. Health issues are associated throughout the entire process of waste management .Health issues can also arise indirectly or directly .Directly through the handling of solid waste ,and indirectly through the consumption of water solid or food. Waste is produced by human activity, for example, the extraction. processing of raw material.waste management is intended to reduce adverse effects of waste on human.The aim of waste management is to reduce the dangerous effects of such waste on the human health.

➤ *Ms Bhargavi Kiran Patil 8/1*



Waste management

Composting of organic waste within our house premises has a lot of good effects on the soil and air. If landfills are compared with organic waste such as vegetable and fruit leftovers, then it can increase the fertility of the soil.

If we dump harmful and toxic waste on land and oceans, then it will eventually come back to use in the form of the food chain. It is said that plastic and harmful chemicals used in pesticides and herbicides have already entered our food and human are consuming it on a daily basis.



Mst Raj Anil Divkar 8/B

Waste management-Harmful Effect

Waste management is essential in today's society. Due to an increase in population, the generation of waste is getting doubled day by day. Moreover, the increase in waste is affecting the lives of many people for instance, people living in slums are very close to the waste disposal area. Therefore they are prone to various diseases. Hence, putting their lives in danger. In order to maintain a healthy life, proper hygiene and sanitation are necessary. Consequently, it is only possible with proper waste management.

Waste management is the managing of waste by disposal and recycling of it. Moreover, waste management needs proper techniques keeping in the environmental situations. For instance, there are various methods and techniques by which the waste is disposed off. Some of them are Landfills, Recycling, Composting, etc.

Furthermore, these methods are much useful in disposing off the waste without causing any harm to the environment.

REDUCE REUSE RECYCLE.

➤ *Ms. Karishma Ramshankar Pasi 8/B*



Waste management

Waste management is the systematic approach to manage waste from its Collection to final disposal. Waste management is essential in today's society. Due to an increase in population and industrialization the amount of waste is increasing day by day. In olden days, there was hardly any need for managing waste as most of it was biodegradable. The waste was easily disposed of by burying it in a pit or by burning. In Present times, the waste generated is of different kinds, therefore we are forced to think of new ways to manage it. There are two types of waste organic and inorganic- (vegetable waste, old paper, clothes, dried leaves etc. constitute the organic waste. Things like plastic bags, cans or containers, toys, glass bottles, electronic waste (the old parts of used electronic gadgets, mobile phones etc.) hospital waste (like used Syringes and tubes) Industrial waste being non-biodegradable, cannot be disposed off easily. These wastes are A threat - to our environment and a problem being faced by all developing countries.

Methods of Waste Management

** Landfill - In this method, the garbage is buried in large pits located far away from the populated areas and then covered by a layer of mud. Over the years, the garbage gets decomposed in the pits. *Thermal treatment - Another method of disposal is thermal treatment or burning of waste. This is used for bio-medical waste*

**Composting - It is the process of getting rid of organic waste by converting it into fertilizers. It also increases the fertility of soil. *Recycling - It is the method of converting the non-biodegradable waste into useful resources. egs. Plastic can be properly melted and transformed into other plastic products. Similarly, the metal parts in the electronic waste and paper can be processed and recycled. Management of waste decreases the bad odour, (smell) reduces pollution and production of waste. So, the government should formulate an effective system of waste-management. Eco-friendly materials like paper, and cloth bags should be encouraged instead of plastic bags. Individually also, people should separate wet and dry waste and keep them in proper bins, proper waste management has collective effort roles and responsibilities in it. Waste management is aimed at reducing the adverse effects of waste on environment, health and the beauty of nature.*

The basic mantra of waste re-management Refuse, Reuse, Reduce, Repurpose, and Recycle.



Waste Management.

One of the crucial aspects of today's society is waste management. Due to a surge in population, the waste is generated in millions of tons day by day and affects the lives of people across the globe. Mostly, the affected people live in slums that are extremely close to the waste disposal areas; thus, they are highly prone to communicable non-communicable diseases. These people are deprived of necessities to maintain a healthy life, including sanitation and proper hygiene.

There are various methods and techniques for disposing of waste including composting, landfills, recycling and much more. These methods are helpful in disposing of waste without being harmful to the environment. Waste management is helpful in protecting the surrounding environment for human and animals. The major health issue faced by people across the world is environmental pollution and this issue can only be solved or prevented by proper waste management. One of the prominent processes, recycling enables us not only in saving resources but also in preventing the accumulation of waste. Therefore it is very important to teach and execute waste management.



Ms. Sakshi Vaishy 9/B

QUIZ

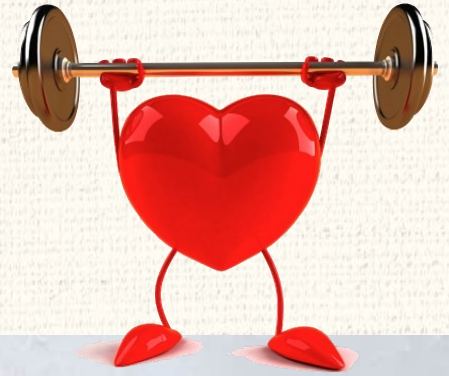
- 1) My cover drive is best Who am I?
- 2) My helicopter shot is best Who am I?
- 3) When someone wears me the other knows that in w
- 4) Without me no one can hit the ball, Who am I?
- 5) I am God of cricket ,Who am I?



1) Virat Kohli 2) M.S.Dhoni 3) A Jersey 4) A Bat 5) Sachin Tendulkar



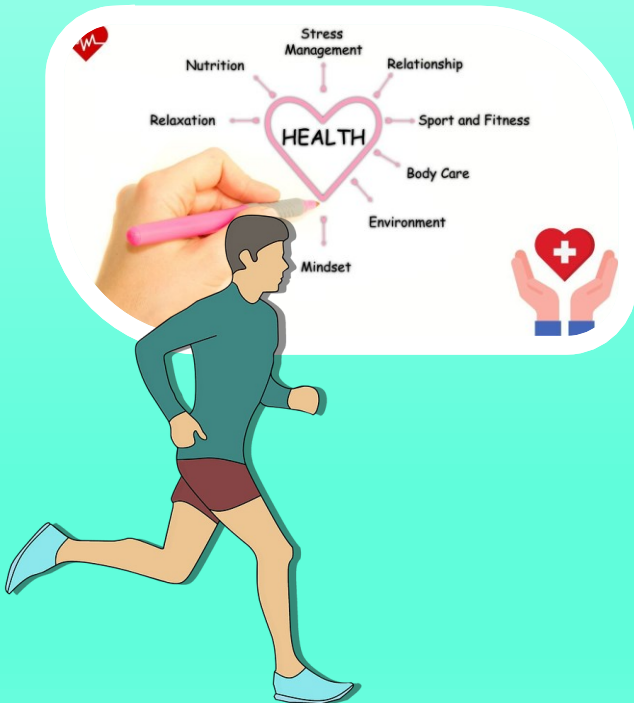
HEALTH



Health

*Health, is more important than wealth,
for you can't buy health with money!
You can buy a lot of things,
but without your health,
days are no longer sunny!
If we enjoy good health, we're fortunate,
we should never take it for granted.
We have to nurture it, as you would a flower,
that already, has been planted!
You have to eat right and get the proper rest
and make sure you exercise,
as much as you can in a week,
Do all these things and I guarantee you,
good health, will be yours to keep!*

➤ *Ms Chaitanya Gharat 9/B*



Healthy Living

*Man, blame thyself for all new maladies.
Afflicting us and newer ones that come,
Just learn to work from ants and honey-bees;
A healthy life of body, mind welcome.*

*Diseases most stem from our laziness;
The excess speed of work can cause some more;
Luxury is not same as happiness;
Man's venturesome heart and lifestyles make the core.*

*The environments polluted is one cause;
Stress, accidents, cancer, old age can kill;
The cure evades and man is at a loss;
The mind's 'milieu', body and soul are ill-*

*Reset your life and try to be healthy;
Good body, mind and God make one wealthy!*

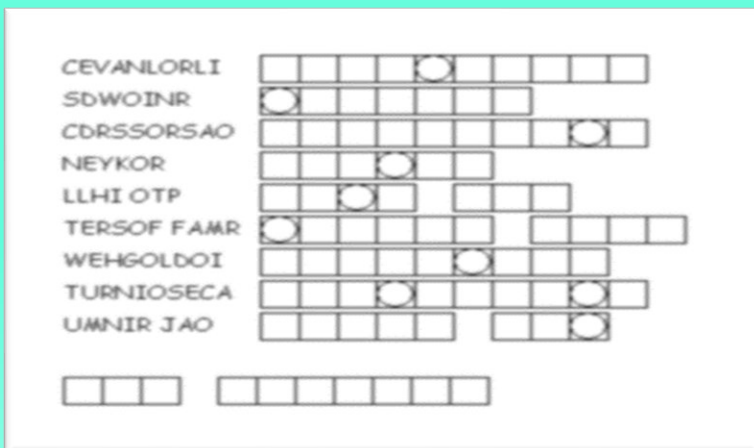
➤ *Ms Shreya Gije 8/B*

The Need for Healthy Lifestyle

When you're not at your healthiest, you can probably tell you may simply feel 'off'. You may find that you feel tired, your digestive system isn't functioning as it normally does, and you seem to catch a cold. Mentally, you may find you can't concentrate and feel anxious or depressed.

The good news is a healthy lifestyle can help you feel better. Even better, you don't have to overhaul your entire life overnight. It's pretty easy to make a couple of small changes that can steer you in the direction of improved well-being. And once you make one change, that success can motivate you to continue to make more positive shifts. Ask 50 people to define what a "healthy lifestyle" is, and you're likely to get different answers. That's because there's no one way to be healthy. A healthy lifestyle simply means doing things that make you happy and feel good. For one person, that may mean walking mile five times a week, eating fast food, and spending virtual, or personal time with loved ones once or every other day. For someone else, a healthy lifestyle may be training and running two marathons a year, following Keto diet, never having a sip of alcohol. The risk of depression is greater in people with low quality meet relationships. Those with the poorest quality social relationships have more than double the risk of depression compared to people with the highest quality connections. Similarly, research suggests feeling isolated is associated with an increased risk, poor self-rated health and depression it is also associated with various health problems, like headaches, palpitations, and.. lower back, neck, or shoulder pain. Even if you cannot get together with friends or family in person, schedule a time to catch up over a phone or a video call once a week, or simply start chatting with a neighbour when you see them. We all should try to lead a healthy lifestyle.

➤ Ms Aarya A. Palikar 9/B



The Need for Healthy Lifestyle

A healthy lifestyle keeps you fit, energetic, and at reduced risk for disease. Good nutrition, daily exercise and adequate sleep are the foundation of healthy living. Healthy living is a way of living that helps you enjoy more aspects of your life. It is way of living that lowers risk of being seriously ill or dying early. Health is not just about avoiding a disease or illness. It is about physical, mental and social well being too. When you adopt a healthy lifestyle, you provide a more positive role model for other. People in your family, particularly children. You will also create a better environment for them to grow up in. By helping them to follow healthier lifestyle, you will be contributing to their well-being and enjoyment of life. Now and in the future, a healthy lifestyle gives you longer and happier life. With increasing prevalence of lifestyle diseases in India, One of four Indians is at risk of dying from non-Communicable diseases such as cardiovascular ailments or Cancer before the age of seventy. Adopting bad habits, such as poor diet, lack of exercise, irregular sleep patterns and resorting to excessive smoking or alcohol use might put you in with 38 million people who are limited due to one or more chronic health condition. Bad habits restrict us to stay healthy. Tobacco, alcohol, lack of physical activity and junk food are very harmful for health. Will power plays an important role to be away from bad habits.



➤ Mast. Harsh Barge 9/B

Guess Indian cricket players name

 **Bindask.com**
Ask Your Puzzle

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The Need for Healthy Lifestyle

A Healthy lifestyle includes regular exercise, a healthy diet, taking good care of self, healthy sleep habits, and having a physically active daily routine. Lifestyle is the most prevailing factor that affects one's fitness level. Exercise daily by running, jogging, playing sports, dancing or brisk walking. Eat three nutritional meals a day with all the food groups (carbohydrates, proteins, fats, vitamins- and minerals). Make sure to get enough sleep i.e., 7-8 hours per night.

Once you start living a healthy lifestyle, there's no turning back to old, unhealthy ways. Don't sleep too much or too less, because either can lead to fatigue. We should not eat any junk food, which is unhealthy for us. Exercise is essential not only for health but also for your skin and hair to look more delightful. It is crucial to get enough sleep, but not too much or too little, as it can affect your concentration and your abilities. A healthy lifestyle helps you live longer and have a better and happier life. Avoid harmful habits like smoking, drinking, gambling etc. Mental health is as important as physical for a healthy lifestyle. Good health means that you are free of illnesses or diseases and happy. It is also a big part of a healthy lifestyle.

➤ Ms. Vaishnavi s.Gupta 9/C



Manners are the ornaments of person

A man might have good looks or fair skin, but he becomes attractive, pleasant and beautiful only if he has pleasing manners and good deeds. Our actions and manners are noticed by all. Manners are the ornaments that make a woman, a lady and a man, a gentleman. A man is called a cultured man only if he possesses manners. But manners are not born with birth. They have to be cultivated. They are learnt at home and at school. A child, who is not taught how to talk, greet or speak like a civilized person, will grow up into an uncouth and disgusting person.

A primitive man does not possess manners. Every society expects its members to be civilized. It is a civilized person only who will show any concern and consideration for others. He will be patient while listening to others problems and troubles. He will try to be diplomatic in his conversation so that he never hurts anyone's feelings. He will show proper respect to his elders. While dealing with those who are younger to him, he will be patient, mature and try to teach good manners.

A person with good manners greets his guests cordially and entertains them well. He will make them feel comfortable and see that they don't complain. Good manners are examples for others. It makes a person popular. Such a person is more acceptable to the society while an ill-mannered person will be looked upon with disdain. Such a person can even lose the friends that he has.

To learn good manners, one should pay attention to what one learns at school and at home. It is not only important to carry these out but also, always make them a part of personality. Unruly behavior is highly undesirable and there can never be an excuse that can justify such behavior coming from a person of any age.

➤ *Ms. Deepika Chavan 9/B*



Manners are the ornaments of a person

Manners are the ornaments of action and there is a way to speaking a kind word, or of doing a kind thing, which greatly enhances their value and makes remarkable position in one's life... !!

Yet there are many men who pride themselves upon their false and fake attitude and though they many may possess virtue capacity, at the end their manners never support them in this way of work. The cultivation of manners is highly necessary for a person who is ready and willing to negotiate with others in matters of business, education and on personal grounds also.

Affability and good-breeding is always regarded as an essential part to the success of a man in any eminent stage and sphere of life. No, doubt that there are few strong tolerant minds which can bear with defects and invalid forms of manner, and therefore look only at the side of more genuine qualities.

Agreeable manners contribute wonderfully to a man's success and happiness which there fore match up to his satisfaction level.

A well-mannered person should behave gentlemanly, kind, obliging and in an intelligent way always.

Good manners are not only an embellishment to personal charms but an excellent substitute for them when they do not exist in real time.

Mst. Pranav Jadhav 10/A



JOKES

Screaming "NOOOO"

When the teacher starts erasing the board, when you're not done copying



ig @teacher_and_me

Because you were busy talking with your Best Friends...

SCHOOL LIFE:

Most Irritating Moments

- Morning Alarm

Most Difficult Task

- To find Socks

Most Dreadful Journey

- Way to Class

Most Lovely Time

- Meeting Friends

Most Tragic Moments

- Suprise Test in 1st Period

Most Wonderful News

- TEACHER IS ABSENT



Clean City Green City

Clean City, Green City

The term *green city* refers to a city of greenery that of trees, plants, etc. While the term *clean city* refers to city that is free from pollution and environment degradation. Both these terms are relative in nature. We all want our surroundings to be clean and green, but it gets noticed that most of us don't get involved in the cleanliness of our cities.

Today, cities have become concrete jungles. The green has been replaced by the gray. It is not just the look but the atmosphere of such cities is full of dust, pollution, noise and incessantly rushing crowds that give monotonous impression about them.

We should contribute towards making cities clean and green. We should plant trees as much in number as we can. We should not throw garbage on the roads but in proper dustbins. We must hire people for cleanliness of the city.

➤ *Aaroshi S. Yadav 8/B*

Clean Environment

The term *green city* refers to the city or town that has generally all around trees, plants and fresh air. Also, *clean city* refers to keeping the city free from environment degradation. There are a number of reasons why we need to focus on clean city and green city. A clean place always looks appealing.

By keeping the surroundings clean and by filling it with greenery all around, you can enjoy pure and fresh air. By planting trees and plants, you can even reduce the pollutants in the air.

A clean and green city means clean water which is free from toxins and contaminants. A clean and green city not only preserves the environment, but is also popular with tourists. Imagine a place like Niagara Falls filled with plastic everywhere! Keeping the city or a town clean and green is the responsibility of every citizen. Green cities protect the environment in a unique way. By reducing the use of plastic and via waste management, we are making a world a better place to live for all living beings. By using green or eco-friendly products, we are reducing the adverse effects that would otherwise be caused on our environment. It is high time that the humans understand the importance of going green and maintaining the cleanliness of our surroundings.

Let us join hands to make our planet a better place to live in.

➤ *Ms. Granthali Surve 8/B*



Clean city Green city

Have you ever heard about campaign that shout and scream, clean city green city"?

Well many of us have, but are we really doing our part to keep our city and town clean and green? When we say green city, the first thing that comes to our mind is a city full of greenery. Lush green trees and plants everywhere! When we say "clean city" the first thing that comes to our mind is a city completely clean of garbage, pollution and dirt. The combination of both blows our mind away.

A city that has many trees planted all over will be free from environmental problems as trees help to purify the air and maintain the cycle of nature. When a city is kept clean it attracts the attention of tourists and visitors and earns a prominent place in the lives of its citizens. It is within our own interest to grow more trees and contribute towards maintaining the ecological balance in nature.

Our surroundings should be clean, if they are not clean we may get various and dangerous diseases. And if our surroundings are clean we can be healthy. But now days we cannot see greenery in our country. Narendra Modi who is our Prime Minister has launched Swachh Bharat Abhiyan program.

*Last but not the least ,We should avoid the use of plastic .We should say
' NO TO PLASTIC'*

> Ms.Aarya B.Mayandagade

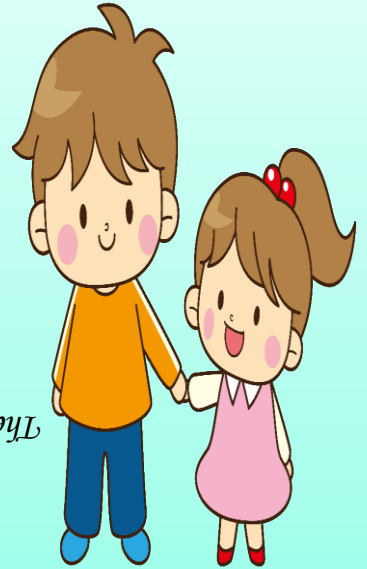


JUST THINK

- 1) What is always in front of you but can't be seen.
- 2) A man dies of old age on his 25 birthday. How is this possible?
- 3) I have branches, but no fruit, trunk or leaves Who am I?
- 4) What has many keys, but can't open a single lock?
- 5) Who has many words, but can't speak,

The future, He was born on 29th February, A bank, A piano, A book.

Ms Latika Mhatre 9/A




JOKES

INSTA/1_PAGAL_BABU


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...



**Kash Exams Bhi
Mobile Pe Hone Lag Jaye**



**Kyuki Writing Se Zyada
Hamari Typing Speed Hai**



Communal Harmony & National Integration

National integration is a process to bring unity among people of different religions and to create a single identity of India as “Unity of People” . It is one and only way to remove inequality and other social evils like caste, creed and racial discrimination in the society as well as strengthen the solidarity and unity. India is a great example of multi-caste, multi-lingual, multi-cultural country where people from different castes live and speak different languages. They follow their own customs and traditions according to the religion they belong to.

A high degree of disintegration exists among Indian people which presents a bad scenario here with communal and other problems. Because of the disintegration in India, we have faced a lot of social problems like partition in India in 1947, destruction of the Babri Masjid in 1992 riots between people of different communities, barrier of untouchability, barrier of language status, etc. are hindering our progress. Various rules and regulations have been planned and implemented by the Government of India, it should be to bring unity in diversity. However, it is only human mind which can bring national unity in diversity among people.

All the social issues arising here are because of the lack of national integration. We all should understand the need and requirement, real meaning and purpose of national integration. We should live and think equally as well as follow all the rules and regulations by the Indian government for the ultimate development of our country. Let us take the following pledge. "We pledge to work with dedication to preserve and strengthen the freedom and integrity of the Nation-"Unity is Strength".

➤ *Ms. Sufiya Qureshi 9/B*



Extracurricular Activities

Extra-curricular activity is a kind of learning method. It includes observations ,practice, critical thinking experience, etc. Extra-curricular activities have a key role in mental and physical development of a person. Sports, community services, arts, educational club, etc... are some of the main Extra-curricular activities. It also provides an opportunity to express and explore their interest and skills. There are many other benefits of extra-curricular activities like.

- 1) *It develops our management skill.*
- 2) *Ability to handle stress , Time-Management, delegation, decision making, etc.*
- 3) *This also helps the students efficiency in academic as well as in social-life.*

It also offers the students an opportunity to develop the personality and leadership quality.

➤ *Neeyati Vishnu Dhone 9/A*



The Importance of Reading Books

The Importance of Reading Books can not be described in words .It is something that you can understand only by actual experience. When you read a book, it feels great to put yourself into a different world that the writer has created for you. Ask any avid reader about this and they too will agree that reading a book is same as watching a movie.

There is much more to life than your work and spending timelessly with latest technology products. Reading books gives you that much needed break from the chaos in your life .It instills peace inside you ,makes you relaxed and also exercises your brain in the process.

When you spend hours and hours reading a book, creating a world with different characters in your mind, your imaginative powers are sure to get a boost .Depending upon what you read, you will come out with the same experience as when you watch some really good movie.

I have been a voracious reader ever since I learned how to read .That is why I Never get bored even being alone for a long time. I have found that reading books is the best medicine to kill boredom.

What starts with reading story books, when you are a kid ,turn into reading books for improving yourself as you grow older from story books technical and management books, self improvement spiritually and beyond the journey is fantastic and you learn something with each passing day. You understand your thoughts and emotions more clearly. It makes your life more meaningful reading books will make you a better thinker and better man.

Thanks to technology you can easily find good articles to read on the internet. A great article can inspire and motivate you as much as a great book. It's not how much you read ,but what you read which is more important is easy to read a quote or an article for few minutes and then discard it and continue with what you were doing.

That is why Charles Eliot said ,” Books are the quietest and most constant of friends they are the most accessible wisest of counselors and the most patient of teachers.”

➤ Ms. Devika Puthanpedhia



Safety and Empowerment of Girls

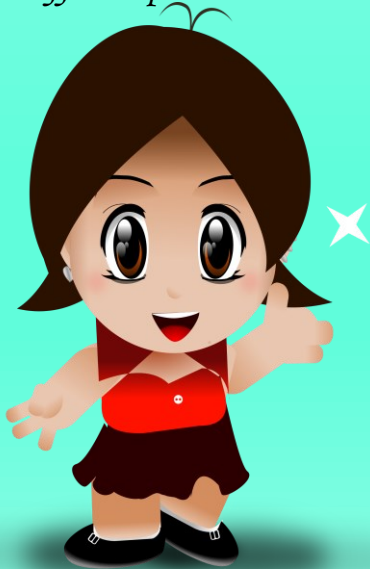
Women's empowerment is the process in which women elaborate and recreate what it is that they can be, do and accomplish in a circumstance that they previously were denied. Empowerment can be defined in many ways, however, empowerment means accepting and allowing people (women) who are on the outside of the decision making process into it. "This puts strong emphasis on participation in political structures and formal decision making and in the economic sphere. People are empowered when they are able to access the opportunity available to them without limitations and restrictions such as in education, profession and lifestyle.

Empowerment includes the action of raising awareness, education, literacy and training. Women's empowerment is all about equipping and allowing women to make life-determining decisions through the different problems in society.

Women empowerment has become a significant topic of discussion in development and economics. It can also point to the approaches regarding other trivialized genders in particular political or social context. Women's economic empowerment refers to the ability for women to enjoy their right to control and benefit from resources, assets, income and their own time, as well as the ability to manage risk and improve their economic status and well being

While often interchangeably used, the more comprehensive concept of gender empowerment refers to people of any gender, stressing the distinction between biological and gender was a role. Girls are not less than boys, they are equally competing with the boys. They have same talent.

Educating girls is educating society. Women are the real architects of society. Women are empowered by Almighty lord. That's why it is said that women empowerment leads to development of a good family, good society and ultimately, a good nation



➤ **Bhumi Solanki 9/B.**



Safety and rights and issues of children and adolescents

In today's society everyone has rights that they are entitled to for eg. the right to freedom of speech, the right to choose religious beliefs, and the right to bear arms. Everything in the bill of rights is directed towards ensuring that people have their rights as well as protecting them.

However, children are not given the same rights as an adult. It is thought that children do not fully understand what rights are and that they are not mature enough to know right from wrong, therefore they are not entitled for the same rights as adults. Children should have the same rights as everyone else, regardless of their age because they are human beings. Children may not fully understand what a mature adult does.

But they still have a mind of their own and should be protected under the law just the same as everyone else. While the young and underage children may not have the same rights as adults with protection to prevent abuse, they still observe or deserve to be educated on the rights of their own health, safe environments and education.



Ms. Dhanashree Malap 7/A

IMPORTANCE OF EXTRA-CURRICULAR ACTIVITIES

There is always an argument that extra curricular activities are not so important in a child's life. For development, extra activities are also most important in student's life. Students are pressurized during exams and they have performance pressure too of gaining good grades. In such conditions, there is a need for some extra activities. You cannot force a student to just read books and become intelligent.

Extra activities are also important for the overall development of students. Sometimes when a school offers sports and extra activities parents do not allow children to participate. Some students also feel that they do not need the activities, all they need is to concentrate on their books in many school.

Teachers have to convince parents to permit their children to participate in activities parents feel that extra curricular activities will distract their children from studies. Co-curricular activities are important just as academics when a student is made to do academics and co-curricular activities then only a well-rounded development of the student is done.

Mast. Pranav Jadhav 10/A

Trees are my Friends

*A tree is helpless
For it cannot run away
When it is being cut down
Cutting a tree is like
Removing the crown.
From the earth's head.
It challenges the fury of storm
Stand boldly
It can convert the land.

Green even in the desert sand
It inspires us
To serve others
The needy or the helpless
Make all fresh
What ingratitude man shows
Towards our best friend.
But the time has come
To think over
Our duties like the tree.
That never reveals its anger
And saves from danger
Let us do our part
And save our best friend.
Save our part
From the sorrowful end.*

Ms. Antra Mhatre 6/B

Life in Mumbai

Life in Mumbai

*They call it a city that never sleeps.
Dream at large; everything in heaps
Buzzing all the time, different people different
cons,
It got its roses. Got its thorns.
City of murmuring traffic and twinkling cars
The multi-millionaires, the movie stars.
We've got it all,
The vada pav and the dance bars,
Crowded local trains, almost on time,
Spirit of its passengers always sublime
City where honesty is rewarded,
But bravery is crime.*

*Success and failure are in twilight,
City where changes happen overnight
You might be swept if caught off sight,
Got lucky, then you be on a flight*

*Multi-lingual, multi-religious,
City of unusual weather,
I wouldn't be wrong; if I say,
It's a city where country comes together,*

*Every city has its ups and downs and she
no different.*

*She gives me an identify and makes me proud.
City where I was born and city where I want
to die, My city! My Mumbai.*



Ms. Devika Puthanpedhia

Wonders Of Science

Science is treasure.
 Difficult to measure....
 Science is a boon
 It's magic is carrying the man to moon...

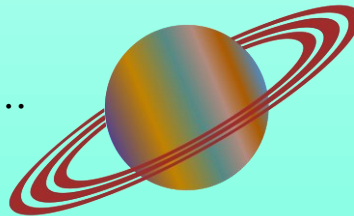


Aspiring the heights of earthly creativity...
 World of geometry
 In the world of Scientific creation,
 Mathematics is searching for its own
 solution.....

Science is a mystery,
 Full of chemical history,
 Solved by Ultimate chemistry...
 Symbol of silence.
 Factor of brilliance
 Science is the challenge of excellence...

World of technology,
 World of Science
 Mortal without computer's advice...
 Manufactured feature,
 Universal preacher.
 Widely used.....

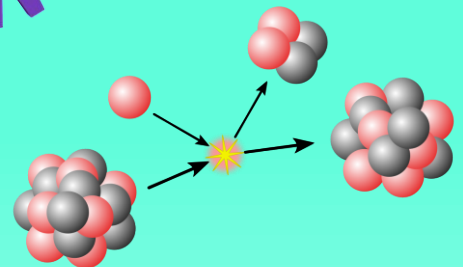
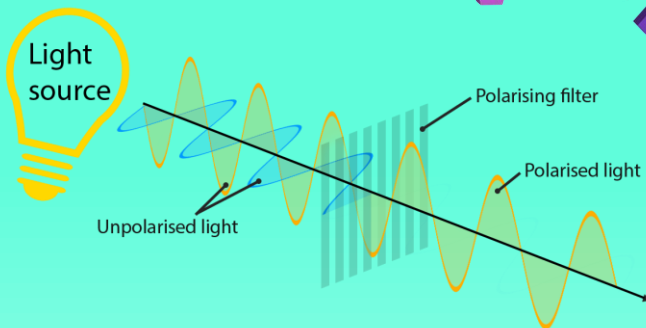
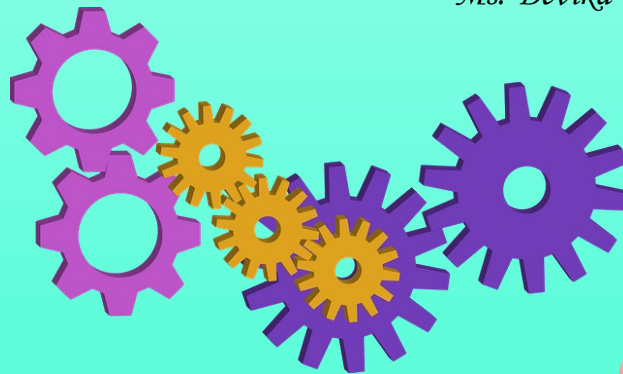
Science of universal ecology,
 Narrated by biology...
 Where, Plants and animals has
 Their separate morphology.
 Biology provides a magical chamber...



Apartheid in nature...
 Connecting people,
 Connecting mates...
 The world is in the custody of internet....

Physics is the science of
 Relations and notions,..
 For which technology moves
 with gradual motions...
 World of creation.
 World of resource,
 Together bonded with
 Gravitational force...

Ms. Devika Puthanpedhia



Riddle

- 1) You will find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune.
- 2) I can rush, be still, be hot, be cold and be hard, I can slip through almost anything what am I?
- 3) What can go up and come down without moving?
- 4) What grows only upwards and can never come down?
- 5) I am excellent to taste, but horrible to smell, what am I?
- 6) Give it food and it will live, give it water and it will die, what is it?
- 7) When the son of water returns to the parents, and dies, what is it?
- 8) What is full of holes but still hold water?
- 9) I am hard as stone, but you can find me on your body?
- 10) How do we know that Saturn married more than once?



Ms. Devika Puthanpedhia

Ans 1) The letter 'R' 2) Water 3) The temperature 4) Our height 5) Tongue 6) Fire 7) Ice 8) Sponge 9) Teeth 10) because it has lot of rings

Trees are our best friends



Trees are our best friends because trees provide us a lot without asking for it. Trees give us fruits, flowers, wood etc. which are very useful for us. Trees provide oxygen for us by obtaining carbon dioxide from the atmosphere. Trees give us shade during the summer season. Provides cool air in summer. Trees and plants attract rain. Trees and plants cause rain. Trees are like a true friend just as it is the duty of a true friend to help his friend, to support him in difficult situations to be with him in happiness and sorrow in the same way. Trees and plants are always there for us and are useful. We must plant a tree in life because trees help us throughout life like a true friend. We should consider trees and plants as a true friend. And we should plant more and more trees.

Ms. Priyanka Yadav 6/A



My Favorite Game

Badminton is a common sport played widely in different countries. It involves the use of racket and shuttlecock that is hit back and forth across the net between the two players or team the badminton rackets used in the game are lightweight and have oblong shaped hitting web made of Steel. The rod of racket is made up of rubber during the game .The shuttlecock contains a small ball at a bottom with the feathers or round.

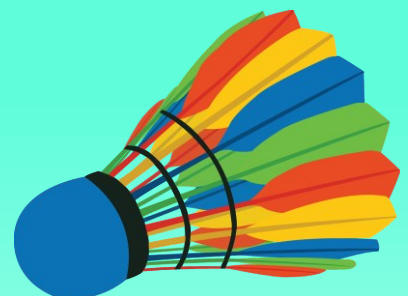
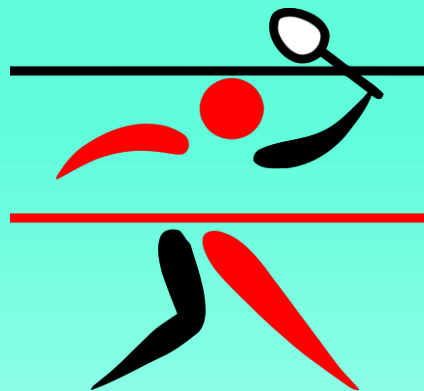
The badminton court is divided into two parts with the net and the players were light weight shoes so that they can move swiftly to the hit the shuttlecock in the opponent' s region The primary objective of the game is to hit the shuttlecock with the racket , so that it touches the floor of the opponent' s Court. On the other hand, the opponent make the best possible efforts to stop the shuttle from the following on the ground and to hit it back usually a match.

Badminton is a sport that makes me feel active and healthy while having fun. It is a source of my energy playing the sports making me feel strong and confident each stroke the racket makes the typical ' whoosh' sound that I love feel I could rule the world with precise and calculated strokes.

Badminton is a sport of beauty .It' s with elegance and precision -the best combination. The roots of this great sport date back to the 19th century, British ruled India. It originated from a game called cajoles that started in Pune. The British officers started it, and when they went to England the game grew in popularity quickly. The Bath Badminton Club first arranged rules of badminton in 1877. The first open Badminton championship is the first tournament of this great game, in 1899. Badminton is an official sport in the Olympiad since 1992.

Badminton is my favorite Sport, because playing it makes me stay active throughout the day playing badminton requires speed, strength and become good player he /she needs to practice frequently & when I play badminton with my friends, I feel energetic throughout the day playing badminton feeds my body with the much-needed energy to help me go through each day. Badminton is an interesting game because every time I play there is some anxiety and excitement in the end - At the end of the game there has to be winners this makes the battle more exciting.

Ms Shreya Gore 6/A



Save water, Save water,

Save water, Save water,
Water is our life.
Water is used for everything,
Without water there is nothing
We can not live without it,
So, we should always
take care of it.
Never waste a drop of water,
All living things need water.
Together, we save water
So, we should always save Water.



Ms. Priyanka Yadav 6/A

A Book

Open A Book
And you will find,
People and places of every kind
Open a book,
And you can be,
Anything you want to be;
Open a book
And you can share,
Wondrous words you find in there.
Open a book,
And I will too,
You read to me,
And I'll read to you!

Ms. Arya Pawar 6/B

RIDDELS



- 1) I have no life but I can die what am I?
- 2) What is half of two plus two ?
- 3) People buy me to eat but never eat me, what am I?
- 4) What five letters word became shorter when you add two letters to it
- 5) You see me once in June twice in November and not at all in May what am I?
- 6) A shoot, but never kill what am I?
- 7) I get smaller every time I take a bath.
- 8) John's father has three son Tom, Paul and ?
- 9) Jane has five daughters and each of her daughter has brother how many children does Jane have?
- 1) I am a bird, I am a fruit and I am a person what am I?

Ms Priyanka Yadav 6/A

- 1) Battery
- 2) tree
- 3) a plate
- 4) short
- 5) the letter ' e '
- 6) A camera
- 7) a bar of soap
- 8) John
- 9) 6 each daughter has same brother
- 10) kiwi

Trees are our best friends

It is truly said that trees are our best friends. They are the types of friends who give us everything without asking for anything, in return. They are one of the greatest blessings for humans from mother earth. Trees play a crucial role in ecology and our life ..

Earth will be a desert without greenery. Trees offer numerous benefits to humans, expecting just a bit of love and care, which we often ignore .



They give us the oxygen to live. They share their beautiful flowers, tasty fruits, helpful herbs with us . They protect us from some natural calamities like earthquake, thunderstorm, flood. They give us peace beneath their shade. Trees also provide timber and paper. We use timber to construct houses, compartments and various tools. Many birds and creatures also take shelter in the trees. They make nests on top of trees where they live and lay eggs. The sweet chirping of the birds soothes our mind in the morning . Save Trees.

Science

Mst. Bhavesh Shigwan 6/B

- 1) Science brings curiosity among the students and improves the reasoning skill.
- 2) The methods of observation and expounding science help students to develop the logical bar.
- 3) The scientific discoveries of Newton, Darwin, and Armstrong have done Wonders for mankind.
- 4) Cars, trains, airplanes, ships, etc. are the wondrous inventions which have made travelling fast and comfortable.
- 5) Mobiles and the Internet are the two great inventions of all times that have changed people; communication.
- 6) Science has led to the inventions of many tools like harvesting machines in agriculture, tractors and seeds that help farmers in agriculture.
- 7) Radio, TV, and smartphones are the major sources of entertainment for the people across the globe.
- 8) One of the greatest wonders of science is space exploration by our astronauts space shuttle.

Ms Akansha Nirmal 5/A



सांप्रदायिक सद्भाव और राष्ट्रीय एकता

सांप्रदायिक सद्भाव और राष्ट्रीय एकता हमारे जीवन में महत्त्व है ।

सांप्रदायिक सद्भाव का बहुतसांप्रदायिक सद्भाव देश को एक सूत्र में बाँधता है और हमारे देश के सभी नागरिक भारतीय कहलाते हैं। देश के नागरिक अलग-अलग धर्म-जातीको विशेष महत्त्व ना देकर भारतीय को ज्यादा महत्त्व देते हैं क्योंकि हम सभी भारत के नागरिक हैवास्तव:में और भारतीय कहलाते हैं, जिस देश में सांप्रदायिकसद्भावना होगीकरता है। हमें अलग-अलग संप्रदाय के लोगी के प्रतिवह देश तेजी से विकासईश्या नहीं रखनी चाहिए और मिलजुल कर जीवनजीना चाहिए इस मे ही हमारा भला है।राष्ट्रीय एकता से अभिप्राय है संपूर्ण भारतकी आर्थिक, सामाजिक, राजनैतिक और वैचारिकएकता हमारे कर्मकांड, खान-पान, पूजा-पाठ, रहन-सहन और वेशभूषा में अंतर हो सकता हैं किंतुहमारे राजनैतिक और वैचारिक दृष्टिकोण मेंप्रत्येक दृष्टि से एकता की भावना दृष्टिगोचरहोती है।देश की सबल बनाने के लिए हमे सांप्रदायिकसद्भाव, राष्ट्रीय एकता और सौहार्द बनाए रखनेकी जरूरत है, हमें कभी नहीं भूलना चाहिए की प्रेमसे प्रेम और घृणा से घृणा उत्पन्न होती है। हमारापथ प्रेम और अहिंसा का होना चाहिए। घृणा औरहिंसा सब प्रकार की बुराइयों की जड़ हैं। सैतों,महात्माओं और धर्म गुरुओं का यही संदेश रहाहै कि किसी में भी छोटे-बड़े का फर्क नहीं है, सभीसत्य, धर्म, प्रेम, समता, सदाचार, नैतिकता कापाठ पढ़ातेआराधना की पद्धतिरहै। प्रार्थनाऔरभिन्न हो सकती है किंतु लक्ष्य में एकता है।मनुष्य को को अपने राष्ट्रीयनहीं हैं वह मनुष्य नहीं वन्यराष्ट्रीय गौरव का प्रतीकगौरवराष्ट्रीय एकता हमारेहै जिसपरपशुअभिमानके सामान है।' अनेकता में एकतापूरे विश्व की भारत का ज्ञान कराता हैं।



कचरा प्रबंधन के महत्व

कचरा प्रबंधन के महत्व को समझे
शहरों में खुशहाली का जीवन जिए,
पर्यावरण प्रदूषण से हम बचे,
जीवन को नए ढंग से हम जीए।

शहरों को हम स्वच्छ रखेंगे
इस ओर हम जागरूक रहेंगे,
जीवन में आगे बढ़ते रहेंगे,
कचरा प्रबंधन के महत्व को हम समझेंगे।

हम सब पर्यावरण प्रदूषण से बचेंगे,
खुशियों का जीवन हम जिएंगे,
शहरों में खुशहाली का जीवन लाएंगे,
कचरा प्रबंधन के महत्व को समझेंगे

Waste Management

कचरा प्रबंधन



कुमारी राधिका गुप्ता

पेड़ है, जीवन है

पेड़ है, जीवन में उपयोगी,
धरती की सुरक्षा इन्हीं से होगी।
पेड़ ही पंछियों का घर हैं,
इसी पर मानव निर्भर हैं।

पेड़ है, तो, पीने का पानी,
इसी से आएगी वर्षा रानी।
पेड़ों से होगी छाया और नमी,
फल और फूल की ना होगी कमी।

इसलिए पेड़ लगाओ।
पेड़ जगाओ ॥



कुमारी नियती ढोणे

दोस्ती

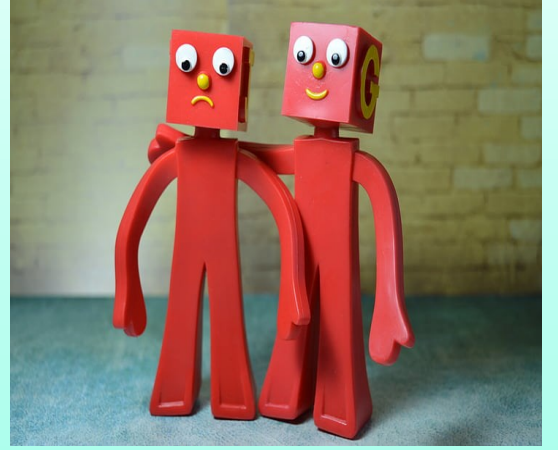
किसी ने पूछा हमसे,
क्यों खोया है दोस्ती' में इतना।

हमने कहा उनसे की एक वही तो है,
जिससे मिलती है हमें खुशियो ।

भले ही हैं नहीं उनसे हमारा जन्मों
का रिश्ता

पर जबसे बने हैं हमारे मित्र।
लगता है, जैसे हो जन्मों का रिश्ता
किया है दोनों ने वादा की रहेंगे पास हमेशा ।

कुमारी लतिका म्हात्रे



आधुनिकरण

आधुनिकरण को देखो, क्या किया कमाल,
बात-बात पर अब उठा सवाल है।
शुद्धीकरण का अब तो जमाना नहीं रहा,
हर तरफ मिश्रण का बोलबाला है।
नीम के दातून के जमाने गुजर गए,
अब तो कौलगेट में भी मँचा बवाल है ।
लाइन लगाने का झंझट नहीं रहा,
सब कुछ पास होते हुए भी बुरा हाल है।
कोसों दूर की खबरे पल-पल भर पहुँचे,
तकनीक ने ऐसा बिछाया जाल है ।
जमीन-आसमान अब एक हो गए,
हवाई-जहाज की बनी जो ढाल है।
गौर से देखो सच्चाई का आइना,
बढ़ती उम्र पर भी मेक अप की चाल है।
कम्प्यूटरीकरण का दौर तो देखो,
हर रोज बाजार से होता धमाल है।
वाह रे ! वाह ! आधुनिकीकरण तुम बेमिसाल
हो ।



कुमारी सुफिया कुरेश

प्लास्टिक प्रदूषण

हम सभी अपने जीवन में किसी न किसी रूप में प्लास्टिक के उपयोग पर निर्भर हैं। लेकिन हम सभी को अब सोचने की जरूरत है की, लगातार बढ़ता प्लास्टिक का प्रदूषण धरती पर जीवन के लिए घातक बनता जा रहा है। लेकिन बढ़ते ग्लोबल वार्मिंग में प्लास्टिक प्रदूषण की भूमिका को देखते हुए ,अब प्लास्टिक प्रदूषण पर भी गंभीर विचार किया जा रहा है। भूमि, नदी, जलों और तालाबों में इकट्ठे प्लास्टिक अपशिष्ट फैलाता है। प्लास्टिक प्रदूषण के कारण हर वर्ष लगभग १० करोड जलीय जीव मर जाते हैं।



मराठी साहित्य



प्रवास वर्णन

आपण दरवर्षी गावाला जातो. जेवढी मजा कार, विमान रेल्वे व इतर वाहनांमधून जाताना येत नाही. तेवढी मजा एसटीतून जाताना येते. मुंबईवरून साताऱ्याला जाताना एसटीतल्या खिडकीतून उंच व मोठे मोठे डोंगर पहायला मिळतात. काही डोंगरावर धुके पसरलेले पहायला मिळते. गावाकडची शुद्ध हवा मुंबईला शोधूनही मिळत नाही.

गावाला उन्हाळ्यात जाण्यापेक्षा पावसाळ्यात म्हणजेच गणपतीच्या सुट्टीत जाण्यात जास्त मजा येते. एसटीच्या खिडकीतून पाहिलं तर सगळीकडे हिरवागार परिसर दिसतो. फक्त डोंगरच नाही तर डोंगरावरील धबधबे ही पाहण्यास मिळतात. पावसाळ्यात पसरलेला मातीचा रम्य असा सुगंध मनाला आनंदीत करून जातो. गावाला उन्हाळ्यात पण सकाळी खूप थंडी असते. सातारा हे सात डोंगरांनी घेरलेले शहर आहे. फिरण्यासाठी, पाहण्यासाठी खूप प्रसिद्ध ठिकाणे आहेत जसे कासपठार महाबळेश्वर, सज्जनगड इत्यादी. साताऱ्यातून कासपठारला जाताना आम्हाला 25 किमीची प्रवास करावा लागतो. कासपठारावर भव्य असे तलाव आहेत ऑगस्ट ते ऑक्टोबर महिन्याच्या दरम्यान रंगीबेरंगी फुले येतात हे पाहण्यासाठी पर्यटकांची खूप गर्दी होते. कासपठार इतके प्रसिद्ध का आहे? तर, इथली फुलणारी फुले, वाहणारी शुद्ध हवा, शांतता, सगळा हिरवागार परिसर आहे म्हणून. कासपठार एक निसर्ग रम्य ठिकाण आहे.

तसेच महाबळेश्वर पण सातारा मधील प्रसिद्ध ठिकाण आहे. साताऱ्यावरून जाताना एक ४५ किमी चा सुंदर प्रवास करावा लागतो. महाबळेश्वर हे थंड हवेचे व शुद्ध वातावरणाचे ठिकाण आहे. इथला हिरवागार निसर्ग, बगीचे व उद्याने हे महाबळेश्वरच्या प्रसिद्धीचे कारण आहे. आर्थर सीट पॉईंट महाबळेश्वर मधील सर्वात प्रसिद्ध पॉईंट म्हणून ओळखला जातो. या पॉईंटच्या डावीकडे पाहिले तर कोकणात वाहणारी सावित्री नदी आणि उजवीकडे पाहिले तर घनदाट जंगल यालाच ब्रम्हारण्य असेही म्हणतात. रायगड व तोरणा किल्ला स्पष्ट दिसतो. ईको पॉईंटवरून उंच उंच पर्वत पाहण्यास मिळतात. फॉकलंड पॉइंट येथून छान मावळत्या सूर्याचे दर्शन होते.

साताऱ्याचे तिसरे प्रसिद्ध ठिकाण म्हणजे सज्जनगड. साताऱ्यावरून सज्जनगडला जाताना 17 किमीचा प्रवास करावा लागतो सज्जनगड किल्ला तर आहेच, दुसरे वैशिष्ट्य म्हणजे समर्थ रामदास स्वामींची समाधी व मंदिर आहे. हे एक तीर्थक्षेत्र म्हणून ही ओळखले जाते. समाधी स्थळी खूप शांतता असते. अशा या साताऱ्या जिल्ह्यात मला वारंवार जायला फार आवडते.

➤ **कुमारी श्रेया चव्हाण नववी /अ**



कचरा व्यवस्थापन

जगात निर्माण होणारे प्रत्येक प्लास्टिक अजूनही अस्तित्वात आहे. प्लास्टिकचा शोध शेकडो वर्षांपूर्वी लागला होता, आणि तयार होणारे सर्व प्लास्टिक कधीही नष्ट होऊ शकत नाही. प्लास्टिक नष्ट करण्यासाठी कोणतीही नैसर्गिक प्रक्रिया माहिती नाही. कचरा व्यवस्थापन हे शहरी भारतातील सर्वात मोठे आव्हान आहे. केवळ भारताच नाही तर संपूर्ण जगाला कचऱ्याच्या डोंगराचा सामना करावा लागत आहे. या ग्रहावर तयार झालेले प्रत्येक प्लास्टिक अजूनही आपल्या समुद्र, महासागर आणि जमिनीवर अस्तित्वात आहे प्लास्टिकचे विघटन, करण्याचे कोणतेही नैसर्गिक किंवा कृत्रिम तंत्रज्ञान नाही, म्हणजे एकदा प्लास्टिक तयार झाल्यानंतर एकदा त्याच्या पासून मुक्त होण्याचा कोणताही मार्ग नाही

आजच्या समाजात कचरा व्यवस्थापन आवश्यक आहे. वाढत्या लोकसंख्येमुळे कचऱ्याची निर्मिती दिवसेंदिवस दुपटीने होत आहे. शिवाय कचरा वाढल्याने अनेकांच्या जीवनावर परिणाम होत आहे. उदाहरणार्थ, झोपडपट्यांमध्ये राहणारे लोक कचरा विल्हेवाटीच्या अगदी जवळ असतात. त्यामुळे त्यांना अनेक आजार होण्याची शक्यता असते. निरोगी जीवन जगण्यासाठी स्वच्छता आवश्यक आहे.

कचरा व्यवस्थापन उपाय आपल्या घरातूनच सुरु झाला पाहिजे. सर्वप्रथम कचऱ्याची विल्हेवाट लावताना याचे द्रवरूप कचरा, घनकचरा, अजैविक कचरा आणि प्लास्टिक कचरा असे वर्गीकरण केले पाहिजे. प्लास्टिक कचऱ्याचा शक्य तितका पुनर्वापर केला पाहिजे आणि सेंद्रिय आणि अजैविक कचरा फेकून देण्याऐवजी, आपल्या घरामागील बागेमध्ये किंवा अंगणात कंपोस्ट खत केले पाहिजे .

देशातील प्रत्येक नागरिकाने या समस्येकडे लक्ष दिले नाही तर कचऱ्याचे व्यवस्थापन प्रभावीपणे करता येणार नाही. आपण सर्वांनी मिळून एक होऊन आपल्या पर्यावरणातील हानिकारक कचऱ्याचे डंपिंग रोखण्यासाठी योग्य कायदे आणि धोरणे तयार केली पाहिजे आणि कचऱ्याच्या विल्हेवाटीसाठी नाविन्यपूर्ण उपाय शोधण्यासाठी संशोधन आणि विकासाला प्राधान्य दिले पाहिजे.

कुमारी सुहानी ठाकूर



मित्र कुणास म्हणावं !!

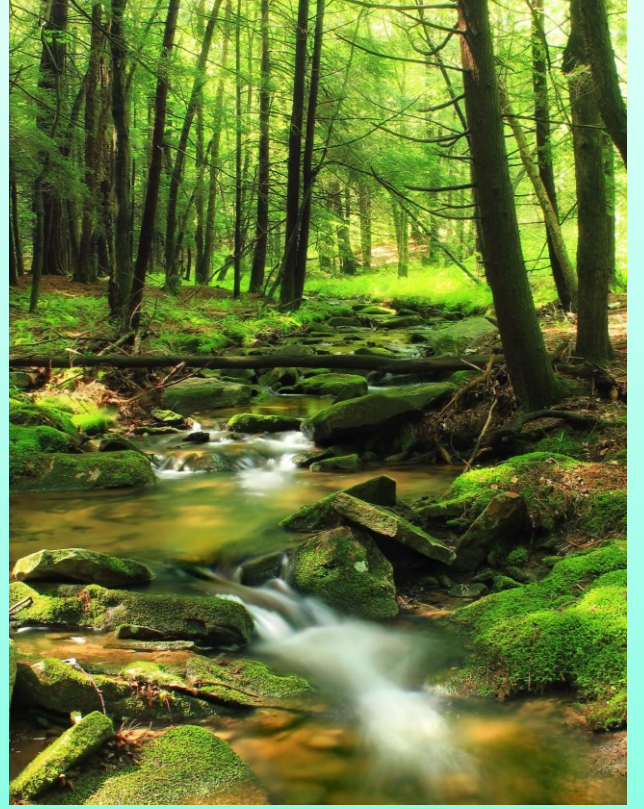
ज्याच्या जवळ मनातील भाव व्यक्त करताना संकोच वाटत नाही, फसवावेसे वाटत नाही, खोटे बोलावेसे वाटत नाही,. पापपण्याची कबुली देण्यास मन कचरत नाही, ज्याला आपला पराक्रम कौतुकाने सांगावसा वाटतो, ज्याच्या जवळ पराभवाचे शल्य उघडे करायला, ज्याच्या सुख दुःखाशी आपण एकरूप होऊ शकतो.. तोच खरा मित्र

मित्र ही जीवनातील अत्यावश्यक गरज आहे. मन निकोप राहण्यासाठी कर्तव्याला प्रोत्साहन

मिळण्यासाठी मित्र हवाच!!

मैत्री हा असा दागिना आहे, जो सगळ्याकडे दिसतो .

पण जाणवत नाही म्हणून अशी मैत्री करा, जी दिसली नाही तरी चालेल, पण जाणवली पाहिजे.



➤ कुमारी सुफिया कुरेशी



निसर्ग नाद

ऐन सकाळी हिरवा साज ओढून
सृष्टीचे ते रूप वाटे स्वर्गानुरूप ॥
नारळाची झाडे उभी तासतास
ओले दव तनी, मनी प्रेयसीचा भास ॥
अन् डोंगराच्या माथी सूर्यप्रकाश
शुभ्र धुक्यांची जणू नभात रास ॥
प्रफुल्लित रान सुगंधित सुवास
गवताच्या पात्यावरून हवेचा प्रवास ॥
खळखळत्या झऱ्याचे ते सुरसाज
पक्ष्यांचे किलबिलणे नसताच वाद ॥
कोकीळेचीही मध्येच मधुर साद
निसर्गाचे हे सारे संगीतमय नाद ॥

➤ कुमार कुणाल धुमाळ

शिक्षक

शिक्षक म्हणजे एक समुद्र,
ज्ञानाचा व पवित्र्याचा !!
शिक्षक अपूर्णाला पूर्ण करणारा,
शिक्षक शब्दांनी ज्ञान वाढविणारा,
शिक्षक जगण्यातून जीवन घडवणारा,
शिक्षक तत्वातून मुल्ये फुलवणारा.
ध्येय दिसते तिथे नेतो शिक्षक,
सत्य शिकवतो ,
वदवून घेतो तो शिक्षक,
निस्वार्थ तळमळीने शिकवितो
तो शिक्षक !!

➤ प्रशस्वी आगवणे

ओळखा पाहू मी कोण ?

- 1) माझ्याकडे माझ्याकडे बऱ्याच चाव्या आहेत तरीही मी कोणतेही कुलूप उघडू शकत नाही .सांगा पाहू मी कोण?
- 2)कोकणातून आला एक भट त्याला धर की ऑपट. सांगा पाहू मी कोण ?
- 3)पंख नाहीत मला तरीही मी हवेत उडते. सांगा पाहू मी कोण ?
- 4)तीन अक्षरांचे माझे नाव. वाचा उलट किंवा सरळ, मी आहे प्रवासाचे साधन . सांगा पाहू माझे नाव काय ?
- 5) छोटेसे कार्टे संपूर्ण घर राखते. ओळखा पाहू मी कोण ?

उत्तरे* 1) कीबोर्ड 2) नारळ,
3) पतंग 4)जहाज. 5) कुलूप

➤ - By Neeyati Dhone 9734

बाबा

आयुष्यात बाबा नेहमी ,
आपल्या कुटुंबासाठी झटणारे,
कुठल्याहीही संकटाला ,न डगमगता
सामोरे जाणारे नेहमी दुसऱ्यासाठी
आनंदी होणारे,
सगळेच दुःख एकटेच सहन करणारे,
काहीही झालं तरी चेहऱ्यावर ,
एकदम निशब्द भाव असणारे,
स्वतःसाठी तडजोड करणारे
आपल्या मुलांना सगळं आणून देणारे,
मुलांच्या भविष्यासाठी टाचा
झिजवणारे खरंच बाबांची जागा
आयुष्यात .कुठलीच व्यक्ती घेऊ नाही
शकत.

➤ प्रशस्वी पआगवणे



स्वतः पलीकडे

नघा वाहती प्रदूषणाचा महापूर।
श्वासांशी खेळती उद्योगांचा,
वाहनांचा धूर ॥

किनाऱ्यांच्या काकुळत्या हाकेला
घाणीचे आलिंगन ।
हिरवळींच्या सुकुमारतेवर गोंदले
काजळी वंगण ॥

विकासाच्या वहनात केला निसर्ग
संतुलनाचा चोळामोळा ।
उद्ध्वस्तली सृष्टी पाणवला
पाखरांचा डोळा ॥

पैशांच्या उष्म्यात वितळली
वसुंधरेच्या रक्षणाची संवेदना ।
येणाऱ्या पिढ्यांच्या पदरी
बाँधतो जीवघेणी वेदना ॥

अन्यथा भविष्य अंधारून इतिहास
बघेल ।
आपणाकडे वाकडे ॥

➤ **कुमारी स्मायली महाडिक**
8/अ



बाबा

सगळे म्हणती आईची वेडी माया ।
तरी बाप असतो संपूर्ण कुटुंबाचा पाया ।
माया बाबांची असते नारळ खरे,
राग आला जरी वरून आतून प्रेमाचे झरे ।
कुटुंबासाठी बाबा राबतात दिनरात
देह झिजे त्यांचा जळते जशी दिव्यांची वाता
ढाल बनूनी बाप उभा राहिला दारात
हिम्मत ना कोणाची उगाच येण्या घरात ।
माया बाबांची असते कस्तुरीपरी,
दिसली नाही वरून जरी जाणावो ती अंतरी
।
येईल जेव्हा बाबांची साठी ,व्हा तुम्ही
त्याच्या आधाराची काठी ।

➤ **कुमार कुणाल धुमाळ**

खेळाचे महत्त्व व फायदे

खेळ ही चांगली शारीरिक क्रिया आहे, जी तणाव आणि चिंतामुक्त करते. खेळाचे महत्त्व सांगायला गेलो तर काही लोक आपल्या शरीराला आणि मेंदूला निरोगी ठेवण्यासाठी आणि आनंदी राहण्यासाठी खेळ खेळतात. काहीजण आयुष्यात मौल्यवान दर्जा मिळवण्यासाठी खेळतात.

कोणीही आपल्या वैयक्तिक, व्यावसायिक जीवनात ह्याच्या महत्त्वाला नाकारू शकत नाही. काही मैदानी खेळ म्हणजे फुटबॉल, हॉकी, बेसबॉल, क्रिकेट, टेनिस, हे खेळण्यासाठी मैदानाची आवश्यक असते. तसेच खेळाचे खूप फायदे ही आहेत. खेळ आपल्यासाठी खूप फायदेशीर आहेत. कारण हे वेळेचे बंधन, धैर्य, शिस्त, गटामध्ये काम करणे हे शिकवतात.

खेळ आत्मविश्वासाची पातळी वाढविण्यास आणि त्यामध्ये सुधारणा करण्यात मदत करते. खेळ खेळल्यामुळे अनेक आजारांपासून सुरक्षित राहण्यास मदत मिळते. जसे की संधिवात, लठ्ठपणा, हृदयविकार, मधुमेह इत्यादी. खेळ जीवनात धैर्य, शिस्तबद्धता, वेळेचे पालन करणे आणि सभ्य बनवितात म्हणून खेळ आपल्यासाठी खूप महत्वाचे व फायदेशीर आहेत.

➤ कुमारी सुहानी ठाकूर ९/ अ



अध्ययन पूरक वातावरण

शिक्षणाचे उद्दिष्ट हे फक्त नोकरी मिळणे असे न ठेवता शरीर, मन व बुद्धीचा विकास होऊन आत्मिक व सामाजिक हित हे ध्येय असणारी वृत्ती आणि प्रेरणा वाढीस लावणारे असणे ही आजच्या काळाची गरज आहे. मुळात शिक्षण हे फक्त शाळेतच होत असते व विद्यार्थ्यांच्या शिक्षणाची जबाबदारी ही फक्त शाळेची आणि शिक्षकांचीच असते अशी अंधश्रद्धा आजच्या समाजाची आणि ओघाने शासनाची देखील झालेली आहे. पण विद्यार्थ्यांच्या जडणघडणीत सर्वात पहिला जबाबदार घटक असतो ते म्हणजे 'घर'. म्हणूनच घराला मुलांची पहिली शाळा म्हटले आहे. त्यानंतर येणारा घटक म्हणजे 'शाळा' आणि तितकाच महत्त्वाचा घटक म्हणजे 'समाज'. पण आजकाल हे फ्याडच झालं आहे की मुलांना शाळेत घातलं म्हणजे पालकांची जबाबदारी संपली किंबहुना यापेक्षा शिक्षणात त्यांचे काहीही इतर योगदान असण्याची गरज नाही, खास करून तळागाळात ही वृत्ती अधिक दिसून येते पण संस्कार हे विद्यार्थ्यांना घरातून मिळायला हवेत मात्र ते सुद्धा देण्यासाठी घराबाहेरील घटकांवर विद्यार्थ्यांना अवलंबून राहावं लागलं तर त्या विद्यार्थ्यांची जडणघडण कशी होईल याचा विचार न केलेलाच बरा.

विद्यार्थ्यांला सुशिक्षित करण्यासोबतच संस्कारांचे प्राथमिक धडेदेखील पालकांनी नव्हे तर शिक्षकांनीच द्यावे ही मानसिकता आज जर समाजाची असेल, तर याहून पराभवलंबनाचे उदाहरण ते काय असावे! घरात कितीही नकारात्मक, अशैक्षणिक वातावरण असेल किंवा शिक्षणाला पोषक वातावरण नसेल, तरीही शाळेत पाठवलं म्हणजे आपल्या मुलांचे शिक्षण झालंच पाहिजे अशी मानसिकता समाजातील एका स्तरातील पालकांची आहे. त्यात मातृभाषेत शिक्षण देणाऱ्या शाळांमध्ये न पाठवता इंग्रजी शाळेत पाठवलं तर आपल्या मुलांचे भवितव्य अधिक उज्वल होईल ही दुसरी अंधश्रद्धा. यात पालक म्हणून शून्य सहभाग असणाऱ्या या समाजातील एका विशिष्ट स्तरातील पालक वर्गाची शिक्षकांकडून मात्र शंभर टक्के अपेक्षा असतात. दररोज शाळेत प्रत्येक विषयाला 30 मिनिटे मिळतात व या 30 मिनिटांमध्ये शिक्षकांनी विद्यार्थ्यांचा अभ्यासक्रमाही पूर्ण करून घ्यायचा, त्यांना भाषेच्या दृष्टीने समृद्ध देखील करायचं आणि सुसंस्कारित करण्याची जबाबदारी देखील शिक्षकांनी याच 30 मिनिटात पूर्ण केली पाहिजे ही अपेक्षा कितपत योग्य आहे?

पण अशा आव्हानात्मक परिस्थितीत आजही शिक्षक एक संवेदनशील, सुसंस्कृत, सुशिक्षित आणि सुजाण असा भावी समाज घडवण्यासाठी उभा आहे. त्याच्यापुढची आव्हाने ही तितकीच भयंकर आहेत. त्यात समाजासोबतच शासनाच्यादेखील तशाच अक्वाच्यासक्वा अपेक्षा आहेत. पण तरीही त्या पूर्ण करण्यासाठी आजचा शिक्षक कणखरपणे उभा आहे, सज्ज आहे. यातून एक गोष्ट लक्षात येते की विद्यार्थ्यांना समृद्ध शिक्षण द्यायचं असेल तर विद्यार्थ्यांआधी पालकांची मानसिकता बदलायला हवी. अधिकार आणि हक्कांआधी त्यांना जबाबदारीची जाणीव करून देणे अत्यंत गरजेचे आहे. अन्न, वस्त्र, निवारा आणि शिक्षणाचे साहित्य याबरोबरच मुलांना पालकांचा मिळणारा वेळ ही तितकाच महत्त्वाचा आहे हे पटवून देण्याची आज गरज आहे. घरात नुसता वावर असून उपयोग नाही तर सहवास जास्त महत्त्वाचा आहे हे आजच्या समाजाला समजावून सांगण्याची गरज आहे. कारण दिशा बदलली की दशा बदलते व दृष्टी बदलली की दृष्टिकोन बदलतो आणि यात यश आले की समृद्ध शिक्षणाची अर्धी लढाई जिंकल्यात जमा आहे.

पालकांचे योगदान जर विद्यार्थ्यांच्या जडणघडणीत पूर्णपणे दिसून आले तर शिक्षकांना देखील शिकवण्यासाठी योग्य अशी सुपीक जमीन मिळते हे लक्षात ठेवले पाहिजे. यासाठी सर्वच पालकांनी सशिक्षित असलेच पाहिजे असे नाही. गरज आहे ती फक्त प्रत्येक पालकाने आपल्या मुलांप्रती 'जागरूक' असण्याची. शिक्षणाच्या सशक्तिकरणाची सुरुवात ही घरापासूनच व्हायला हवी तरच शालेय संस्कार त्यांच्या मनामनातून रोमारोमापर्यंत सहज रुचतील आणि हीच समृद्ध शिक्षणाची खऱ्या अर्थाने पायाभरणी असेल. या परिस्थितीत पुढचे पाऊल म्हणजे विद्यार्थ्यांना नुसते शिक्षण नाही तर समृद्ध शिक्षण द्यायचं असेल तर शिक्षकांना आधी विद्यार्थ्यांचे आई आणि वडील व्हावे लागेल. विद्यार्थ्यांच्या मानसिकतेला समजून घेण्यासाठी व शिक्षणातील अभ्यासक्रम त्यांच्यावर लादण्याआधी विद्यार्थ्यांना समजून घेऊन त्यांच्या मनात चाललेल्या विविध भावभावनांना मोकळीक करून देऊन त्याचा उपयोग त्यांच्या शिक्षणासाठी सकारात्मकतेने कसा करून घेता येईल याचा विचार करावा लागेल. स्नेह, आत्मीयता, सहकार्य, निस्वार्थीपणे केलेली मदत यांसारख्या गुणांचं आयुष्यात असलेलं महत्त्व पटवून त्यातूनच शिक्षणाची पहिली सुरुवात केली गेली तर विद्यार्थ्यांमध्ये अनन्यसाधारण आत्मविश्वास निर्माण होऊन त्यांना खऱ्या अर्थाने अभ्यासाची गोडी लागेल. भाषेचे व्याकरण चालवण्यात धन्यता न वाटता त्या व्याकरणातील भाषा विद्यार्थ्यांना अवगत कशी होईल व आपलीशी वाटावी इतकं त्यावर वर्चस्व कसं येईल, याकडे त्यांचा कल ठेवावा. प्रश्नांमध्ये आणि परीक्षेमध्ये गुरफटून त्यांनी फक्त परीक्षार्थी न बनता भाषेची समृद्धता, त्यातील सौंदर्यस्थळे ही ज्या शब्दब्रह्मात आहेत त्यांना आत्मसात करण्यासाठी विद्यार्थ्यांना विविध उपक्रम राबवून सातत्याने कार्यरत ठेवावे.

पुढचा मुद्दा म्हणजे 'सहाध्यायी शिक्षण पद्धती', अर्थात 'सहाध्यायी अध्ययन'. ही शिक्षण पद्धती जरी आज शिक्षण क्षेत्रात अनेक ठिकाणी अवलंबली जात आहे, चर्चितली जात आहे, तरीही ही एक पूर्वापार चालत आलेली परंपरागत, ऐतिहासिक व पुरातन अशी शिक्षण पद्धती आहे. रामायण व महाभारतापासून चालत आलेली ही सहाध्यायी अध्ययन पद्धत अतिशय उपयोगी आहे. सांधिपनी ऋषी, विश्वामित्र ऋषी यांसारख्या अनेक ऋषींच्या आश्रमात त्याकाळी राजा महाराजांचे सुपुत्र शिकण्यासाठी येत आणि त्यांची शिक्षा बारा वर्षांनी पूर्ण झाल्यावरच आपापल्या घरी परतत असत. अशा आश्रमांमध्ये तेथील शिष्योत्तम आश्रमातील नवीन शिष्यांना तसेच इतर शिष्यांना प्राथमिक धडे व ऋषींनी शिकवलेल्या इतर गोष्टींची उजळणी करून घेत असत. वैदिक शास्त्र शिकण्यासाठी असे आश्रम आजही अस्तित्वात आहेत. कालांतराने हळूहळू शाळा निर्माण झाल्या परंतु अनेक ठिकाणी त्या 'एक शिक्षकी' असायच्या. त्यामुळे ही पद्धती प्रामुख्याने प्राथमिक शाळांमध्ये राबवली जात असे. ही एक समूह अध्यापनाची पद्धत आहे. प्रत्येक विद्यार्थ्याला त्याच्या बौद्धिक क्षमतेनुसार शिकण्याची आणि प्रगती करण्याची मुभा या सहाध्यायी अध्ययनात मिळतेत्यातल्या त्यात हुशार किंवा प्रौढ विद्यार्थी इतर विद्यार्थ्यांना शिकवतो. कधी कधी विद्यार्थ्यांना एखादी संकल्पना कळली नाही तर ते शिक्षकांना विचारायला घाबरतात. परंतु समवयीन विद्यार्थ्यांसोबत ही भीड नसते. त्यामुळे निर्भीडपणे शिक्षण सुरू राहते..



सहाध्यायी अध्ययनाचे अनेक फायदे आहेत. विद्यार्थी एकमेकांच्या सहकार्यातून शिकत असतात. एक विद्यार्थी इतर विद्यार्थ्यांना शिकवतो त्यामुळे त्याच्यात नेतृत्व गुण, आत्मविश्वास, सहकार्याची भावना, निस्वार्थीपणे मदत करण्याची वृत्ती यांसारखे गुण आपोआप रुजवले जातात. तसेच सहपाठी विद्यार्थ्यांकडून शिकणाऱ्यांमध्ये न्यूनगंड नष्ट होऊन कमजोर विषयांमध्ये आत्मविश्वास निर्माण होतो. त्यामुळे प्रत्येक शाळांमध्ये अशा प्रकारचे उपक्रम राबवणे देखील आजच्या काळाची प्राथमिक गरज निर्माण झाली आहे. याचे मुख्य कारण म्हणजे शिक्षकांना मिळणारा वेळ. जेव्हा तीस मिनिटांची तासिका एका विषयाला मिळते त्यावेळेस त्या एका तासिकेमध्ये अभ्यासक्रम, संस्कार आणि विद्यार्थ्यांची चर्चा अशा सर्व गोष्टी शक्य होत नाहीत. तरीसुद्धा शिक्षक ही तारेवरची कसरत सातत्याने करत असतातच. परंतु फावल्या वेळात जर हे असे उपक्रम राबवले गेले तर विद्यार्थ्यांमध्ये शिक्षणाची आवड निर्माण होईल व आनंददायी शिक्षण खऱ्या अर्थाने सुरू राहील. महत्त्वाचे म्हणजे गुणांसाठी किंवा नोकरीसाठी शिक्षण ही संकल्पना संपुष्टात येईल आणि ज्ञानासाठी शिक्षण ही संकल्पना मनामध्ये रुजेल आणि त्यातून खऱ्या अर्थाने निर्माण होतील मन, बुद्धी आणि शरीर निरोगी असलेले उद्याच्या भावी पिढीचे व देशाचे शिल्पकार.

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NEED FOR SELF DISCIPLINE

Self-discipline is an essential quality that everyone should possess. It is the foundation upon which we build our lives and make our choices. Without self-discipline, we are at the mercy of our whims and impulses, swayed by whatever forces happen to be acting upon us at any given moment. This can lead to a life of mediocrity and unfulfillment, as we are unable to make the necessary choices and take the necessary actions to achieve our goals and realize our full potential.

Self-discipline allows us to control our thoughts, emotions, and actions, rather than being controlled by them. It enables us to focus our efforts and pursue our goals with determination and perseverance. It also helps us to resist temptation and make decisions that are in our best interests, rather than being swayed by short-term pleasure or gratification.

One of the most important benefits of self-discipline is that it helps us to develop good habits. When we are able to control our thoughts and actions, we are more likely to engage in behaviors that are beneficial to our well-being. This includes eating a healthy diet, exercising regularly, and getting enough sleep. Good habits are the foundation of a healthy and successful life, and self-discipline is the key to forming and maintaining them.

In addition to the personal benefits of self-discipline, it also has far-reaching social and economic consequences. Individuals who are self-disciplined are more likely to be successful in their careers, as they are able to focus their efforts and work consistently towards their goals. This leads to increased productivity and achievement, which benefits not only the individual, but also the organizations and societies in which they operate.

Self-discipline is not something that comes naturally to everyone, and it takes effort and practice to develop. However, it is a skill that can be learned and strengthened over time. Some ways to develop self-discipline include setting clear goals, creating a plan of action to achieve those goals, and holding oneself accountable for progress. It is also helpful to eliminate distractions and establish a routine that supports self-discipline.



In conclusion, self-discipline is an essential quality that everyone should strive to cultivate. It allows us to control our thoughts, emotions, and actions, and to make choices that are in our best interests. It is the foundation of good habits and a successful life, and has far-reaching social and economic consequences. By developing self-discipline, we can achieve our goals, realize our full potential, and lead a life of fulfillment and purpose.

Eve-Teasing-A growing means

"Hi babe, what are you doing tonight?"

when asked by a stranger to a girl, her blood starts boiling and she feels like slapping that person across his face or use abusive language but what we girls do is : AVOID and WALK AWAY. This incidence of eve teasing is euphemism used in India for public sexual harassment or molestation of women by men 'Eve' is derived from The Biblical word 'Eve' which means 'Women. It is a form of sexual aggression that ranges in severity from sexually suggestive remarks, brushing and pushing and catcalls to outright groping.

A woman travelling in a crowded bus is pinched. In auto's the driver adjusts the mirror not to see the road behind but to get a favorable view of lady passenger. If a woman walks alone, she becomes a victim of comments, vulgar songs or is followed. But what we women do is IGNORE, IGNORE & IGNORE, which is a booster or motivation for the teasers. "what do we get by ignoring or what do we lose by responding. Responding to eve teasing does not mean that we start doing the same, It can be done by giving a stern stal stare to the leaser, asking the auto driver to look on road and not you, Turning back and questioning the person following you. The last resort is then to take them to police station. This makes The Teaser aware that you are not going to be scared.

There are instances when girls have tried to raise their voice like they may stap that boy or go to file a case against him. This hurts the EGO of that boy. Therefore as revenge, the boy adopts methods such as throwing acid on the girls face misusing her photo and sending MMS or text about her on net or kidnapping and raping her or spreading false rumours about her. According to the crime report, molestation and eve teasing in India has risen from 20, 611 16 24 475 cases in 1995. Currently it has grown to 50,000 (approximately. The helpline number 103 already exists for women in Maharashtra where they can call and lodge complaints. It is also seen That victims of eve Teasing are mainly teenage girls. Efforts must be Taken to spread information against it. The school curriculum must include self-defence as in Today's world we need to know how to react quickly and correctly. Hence we all should learn le react and not be a mute victim of eve leasing.



➤ Mrs Jannat Khian



बेटी

जब परिवार में जन्म लेती है बेटी ,

परिवार में खुशियाँ लाती है बेटी ।

दुर्गा का अवतार है बेटी ,

भगवान की सौगात है बेटी ।

बेटी बनती है बहु

बेटी बनती है माँ

बेटी बनती है सास

बेटी बनती है नानी ।

जब – जब परिवार में जन्म लेती है बेटी ,

तब – तब परिवार में खुशियों की लहर लाती है बेटी ।

तारों की शितल छाया बनती है बेटी ,

आँगन की चिड़ियाँ बनती है बेटी ।

संस्कारों में पलती है बेटी ,

संस्कार देती है बेटी ।



स्नेह और त्याग सिखाती है बेटी ,

नए – नए रिश्ते बनाती है बेटी ।

घर में उजाला लाती है बेटी ,

हर संकट में याद आती है बेटी ।

बेटी का मूल्य इनसे पूछो ,

जिनके परिवार में न हो बेटी ।

जब परिवार में जन्म लेती है बेटी ,

तब परिवार में खुशियाँ लाती है बेटी ।

माता - पिता का दुख जानती है बेटी

भाई को माँ का प्यार देती है बेटी ,

परिवार का नाम रोशन करती है बेटी ।

परिवार में खुशियाँ लाती है बेटी

परिवार में खुशियाँ लाती है

➤ ---अशोक गणेशकर



* सफलता का मूल *

सफलता ही जीवन का आधार है,
मेहनत करना हमें स्वीकार है,
सफलता कभी खुद से चलकर नहीं आती,
मेहनत करने से ही हांसिल की जाती है,

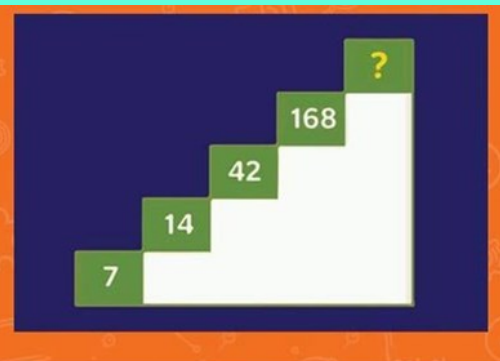
सफलता कभी अचानक नहीं मिलती ,
एक - एक कदम से ही कामयाबी है
मिलती ,
मेहनत करो अपने से भरपूर ,
इससे मिलेगी हमें कामयाबी जरूर,

जितना बड़ा सपना होता है,
उतनी ही बड़ी तकलीफें होती है ,
जितनी बड़ी हमारी तकलीफें होती है ,
उतनी ही बड़ी सफलता होती है,

गिरकर हमेशा उठना सीखो ,
हमेशा अपने मकसद को देखो ,
कामयाब होने की कोशिश करते रहो ,
जीवन में हमेशा आगे - आगे बढ़ते रहो
।

सफल लोग दुनिया को बदल देते हैं ,
असफल लोग डर से अपने को बदल देते हैं ,
कभी किसी के पैरों पर ना गिरना,
हमें अपने पैरों पर विश्वास रखना,

➤ श्री कोळी सर



	+		=	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 = ?

BALANCED DIET

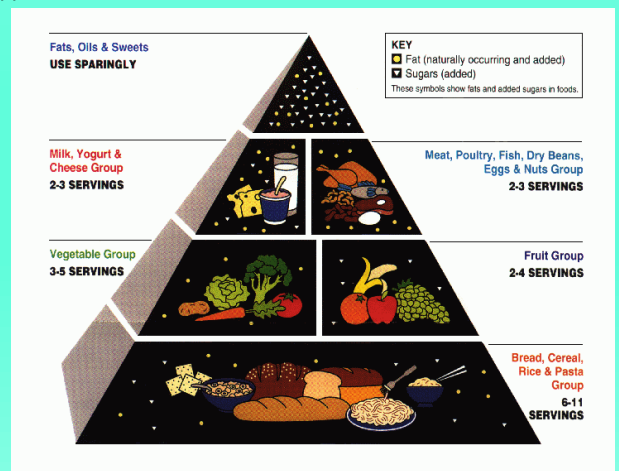
Food is the basic need for the survival of human life. Our body's growth, wear and tear, energy production can all be fulfilled by the nutrients we get from food. The food consumed in the diet should be nutritionally balanced. A diet that includes adequate amounts of nutrients in daily food intake is called a **balanced diet**.

Benefits of a balanced Diet-In this fast-paced life, it is important to pay attention to your body and eat a balanced diet. For human physical and mental health, the body needs nutritious food, even if the nutritious food is given in less or more quantity, the side effects on the body. Therefore, a balanced diet is required for a healthy and fit body.

How to have a balanced diet-Our diet should be decided keeping in mind the capabilities and preferences of our body. It is called balanced. It should contain vitamins, carbohydrates, proteins. 45 to 65 percent carbohydrates should be there in our diet, about thirty-five percent of our diet should be protein. This is the opinion of nutritionists. We get this protein through milk and dairy products, pulses, green vegetables and broken pulses. Our body cells and muscles get nutrition from protein. Similarly, protein is necessary for our skin and hair. Men's muscles. Since women's necks are stronger, men need more protein. Therefore, according to nutritionists, at least one portion of protein should be in every meal. Men need 60 grams of protein a day, while women need 55 grams. Protein is needed. Our body also needs fatty substances i.e. fats. The oil or ghee that we use in cooking are the main sources of fats. Vitamins and fats help to control our body's metabolism. Also, the health of bones and cells also depends on them. Nuts, fruits, green leafy vegetables, fish etc. are rich in vitamins and minerals. Iron and calcium are also essential elements for body nutrition, we get both these elements from milk, dairy products, vegetables and leafy greens.

Two meals a day are necessary for the functioning of the body. Along with it, the mid-time snack should also be light and nutritious. Breakfast at the beginning of the day should be larger than the other two meals, while dinner should be light and easy to digest. It is also important to take care of meal times. In today's fast life, we are consuming junk food due to fast food and advertising. We have no control over most of the factors that affect our health, so it is very important to have a well-balanced and healthy diet, enough sleep and exercise in order to take care of our body **Eat well, live well!!**

➤ **Mrs Ujwala Maheshi Kachare.**



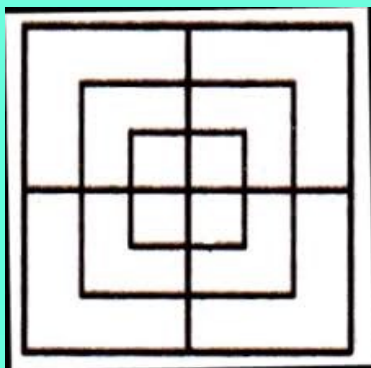
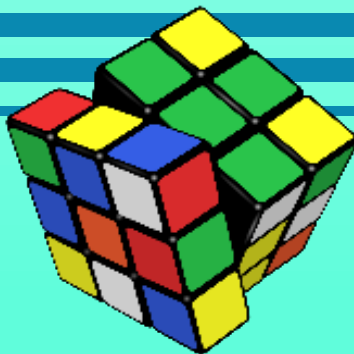
IMPORTANCE OF COMMUNICATION SKILLS FOR STUDENTS.

Communication means imparting our thoughts and ideas in an efficient way to the people around us. Having a good communication skill is very important for achieving our goals and for building good relations with others. Communication is done not only verbally (speaking) but also through mediums like body language and facial expressions.

Good communication skills helps students to convey their thoughts effectively to teachers and classmates, also develops their learning skill and helps them to achieve their academic goals. To improve their communication skills, students need to develop their listening skill, should make use of effective but simple language and at the same time they should respect views and keep an open mind while communicating with others. With such an effective communication skill students will definitely be able to resolve conflicts, express their feelings in a proper way and could also understand the feelings of others. Communication is a key component of successful teamwork, which will make students realize that they can achieve more together than they could individually. Good communication is important to boost the confidence level of students and also to maintain coordination.

Communication helps the world to know one another, gain knowledge and learn new things in an effective way. Good communication is a bridge between confusion and clarity. In many ways effective communication begins with mutual respect, communication that inspires, encourages others to do their best.

➤ *Mrs Neeta Nilesh Jadhav*

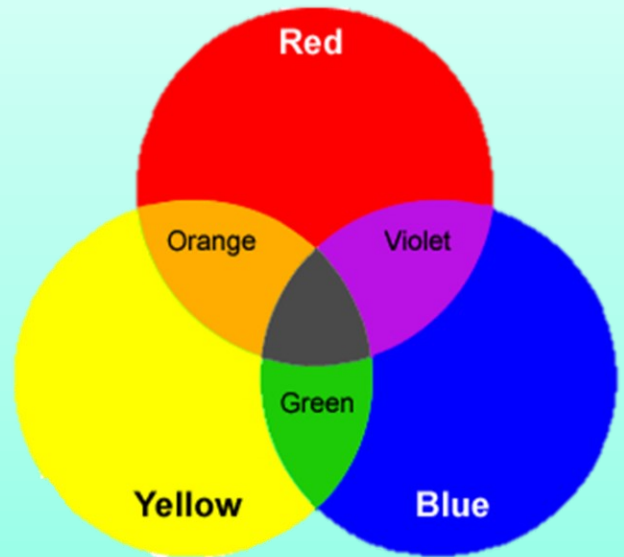


Court Square ?

4	8	16
5	10	20
6	12	?

Color wheel

Hello friends, in this article we are going to look at the information about color, because our colorful world is as beautiful as this world of colors is amazing. In childhood, we are only taught the names of the seven colors that we can see in the rainbow



But, the truth is that we are limited in measuring colors in certain numbers or calculations. Colors don't count because there are many colors in this world. This is because by mixing any two colors we can make a third color and by changing the proportions of those two colors we can get many colors. In this way we can make numerous colors from different combinations.

History of color

Colors have been in our lives for thousands of years. The use of artificial colors is rampant here nowadays, whereas earlier people used only natural colors. It is worth noting that among the excavations at Mohenjo Daro and Harappa there were pots and idols, which were painted. A piece of red cloth was also found among them. Information about color

1) I can fly but have no wings. I can cry but I have no eyes.

Wherever I go, darkness follows me. Who am I?

2) I'm a god, a planet, and I measure heat. Who am I?

3) I have many teeth but I can't bite. I'm often used early but rarely at night. Who am I?

4) I have two hands, but I can not scratch myself. Who am I?

5) People buy me to eat, but never eat me. Who am I?



1) Clouds 2) Mercury 3) A Comb 4) A Clock 5) A plate

Meaning of Color in Life

<p><i>blue</i></p> <p>TRUST SMART CALM FAITH NATURAL STABLE POWER</p>	<p><i>red</i></p> <p>LOVE IMMEDIACY ENERGY SALE PASSION ANGER HUNGER</p>	<p><i>black</i></p> <p>BOLD RICH POWER MYSTERY ELEGANCE EVIL STRENGTH</p>	<p><i>green</i></p> <p>SOOTHING ECO-FREINDLY NATURAL ENVY JEALOUSY BALANCE RESTFUL</p>
<p><i>yellow</i></p> <p>CHEER ATTENTION CHILDISH FRESH WARMTH ENERGY OPTIMISM</p>	<p><i>orange</i></p> <p>HEALTH ATTRACTION STAND OUT THIRST WEALTH YOUTHFUL HAPPINESS</p>	<p><i>pink</i></p> <p>TENDERNESS SENSITIVE CARING EMOTIONAL SYMPATHETIC LOVE SEXUALITY</p>	<p><i>purple</i></p> <p>ROYAL MYSTERIOUS ARROGANT LUXURY CHILDISH CREATIVE SADNESS</p>

Art And Craft

EASY ORIGAMI

MAGIC RING



Scan U R coade

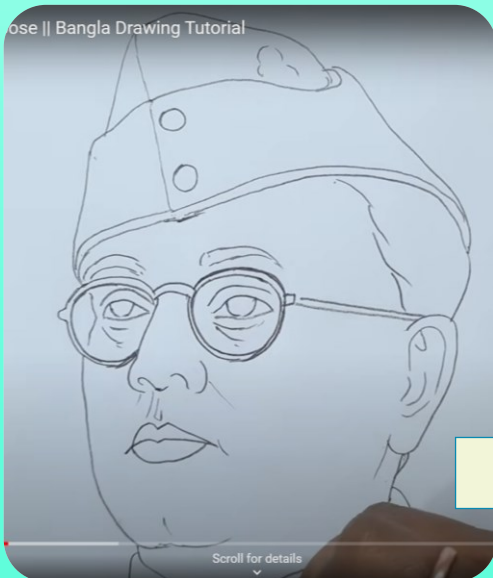


https://www.youtube.com/watch?app=desktop&v=krnrlk3B_U0

DRAW AND COLOR

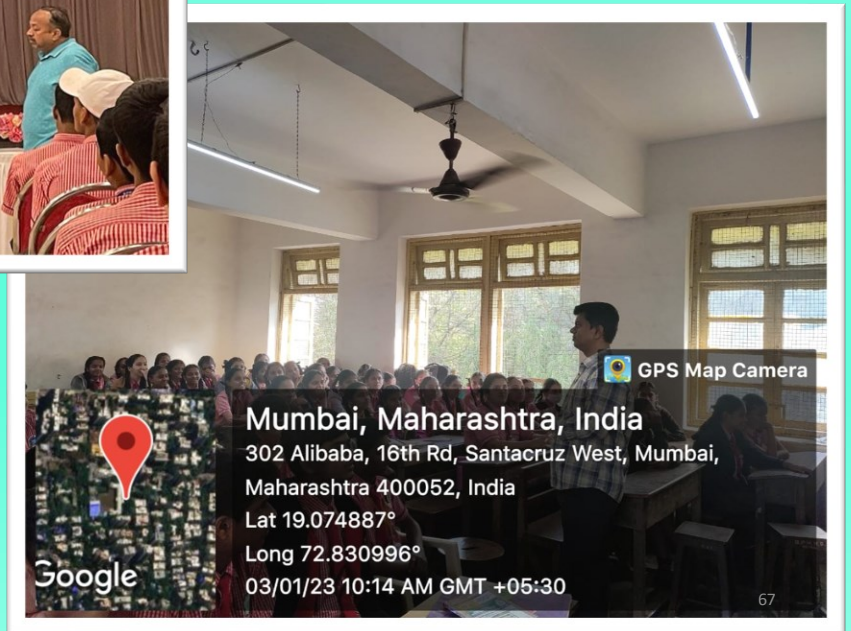
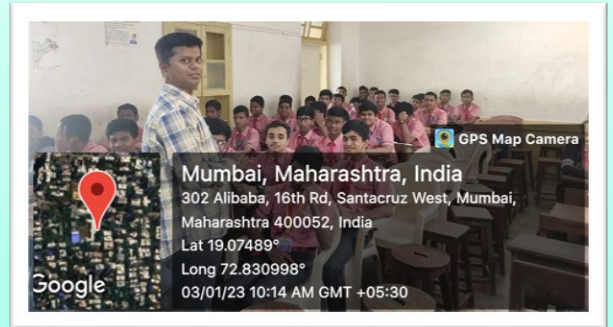


ose || Bangla Drawing Tutorial



<https://www.youtube.com/watch?v=73JJjfx0DyA>

Career Guidance Session for S.S.C.Students



29TH TO 30TH NOVEMBER ANNUAL SPORT DAY



3RD TO 17TH DECEMBER 2022 CAMPAIGN MAZI MUMBAI SWACHH MUMBAI



INTERSCHOOL DSO KABBADI COMPETITION 2022-23

UNDER 14 BOYS TEAM BAGGED
THE SECOND PRIZE
AND WAS SELECTED FOR ZONAL
LEVEL COMPETITION



3RD TO 9TH DECEMBER 2022 SAMTA SAPTAH



NAVRATRI CELEBRATION

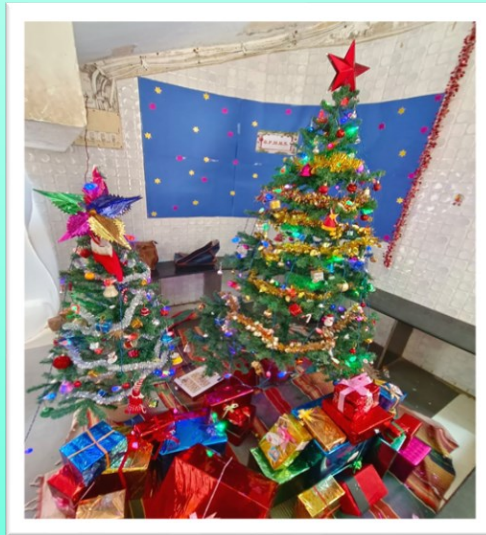


CELEBRATION OF KRISHNAJANMASHTAMI



CELEBRATION OF CHRISTMAS

CELEBRATION



CELEBRATION OF DIWALI CELEBRATION



दिवालीतील ५ दिवादांवे महत्त्व -

दीपावली हा संस्कृत शब्द आहे ज्याचा अर्थ 'दिवाच्या जोती'. हा नावा आवाषा (प्रकलन) असाव (अंधकार) निजय म्हणून प्रसिद्ध होते.

दिवालीतील ५ दिवसां महत्त्वाचे - १) धाकनोदरी २) बरक चतुर्थी ३) छत्री पूजन ४) जोरफेरा पूजा ५) भाऊबीज.

१) धाकनोदरी - हव व पुनरांवा प्रतीक असलेल्या देवा लक्ष्मीला वनात आणणे व यादगांरु दिवाली नुसालीत फकत नयागत केले होते. हा दिवस धाकनी (आहेनाची देवा आणणे द्यावे वेळ) या अर्थावर म्हणून साजरा केला जातो. ह्या दिवशी हव देवता नया पूजन करूनआरी शाकन देवी उभारे जायात. इत्याल यामुळेदेवा आनेची म्हणतात.

२) बरक चतुर्थी - दिवाळीचा दुसरा दिवस म्हणजे बरक चतुर्थी या दिवशी प्रजापति श्रीब्रह्माले बरकचतुर्थी ह्या नावानाचा पूजे करुन सर्ब कलाची कला केले व अतितीची मोकळा करणुंरुण फरात प्रसन्न केलेत. ह्या अर्थ मोदलाची नुसाली तलात म्हजे फुलन आणे नया कला अर्थला शुभेक्षण फुलन केले म्हणून प्रारंभाभायी ही पंथना वाईट प्रकृतीवर दिवलेला विल्लाचे मर्मक नाते ह्या दिवशी पुजेकरुन फुलनी रीत आहे.

३) छत्रीपूजा - दिवाळीचा तिसरा दिवस. शिवीत म्हणतात - छत्रीपूजात. ह्या दिवशी अर्थ आपल्या दुसऱ्या चवगात प्रवेश करतो. जगन्नाथ जगन्नाथी ह्या दिवाळीत अतिमत्त पूजा माले जाते ह्या दिवशी कन्याच सुलाठी व ब्रह्मचर्याची जगायी पूजा आल्या बरक देया त्यात केला जाता. ह्या मलात चंतामध्ये प्रजापति श्रीकृष्ण व प्रजापति मनुषीनाथा नामनेश आहे. ह्या दिवशी प्रभु रामाच, नीतामार्थ व लक्ष्मणा सोबत २३ वर्षांचा दवासा नुसुन अरोधेत फराते होते.

४) जोरफेरा पूजा (चौथे प्रवेश) - दिवाळीचा चौथा दिवस हा वी प्रतिचा म्हणून म्हणता जातो ह्या दिवशी तला नावा विकन - नुसुल्लावर अक न्याज देता ह्याच दिवशी श्रीकृष्णले शूरवीरच्या कोपन आलेला जाते. अर्थापासून भोक्त्यात अर्थे नुसुला फुलनामाये जोरफेरा पूजे करुनला जाता.

५) भाऊबीज - मृत व अशुभेतील अट्ट प्रभाते प्रतीक म्हणून भाऊबीज साजरी केले जाते मृत जाण्या वाडेप्रीता त्याच्यापुत्राच्या सुखीत ब्रेकनन देतात.



Happy
Diwali



GANESH FESTIVAL



AZADI KA AMRIT MAHOTSAV



74TH REPUBLIC DAY CELEBRATION



COMPETITION 22-23



ROTASCIENCE SCIENCE COMPETITION



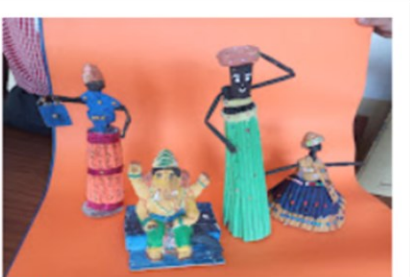
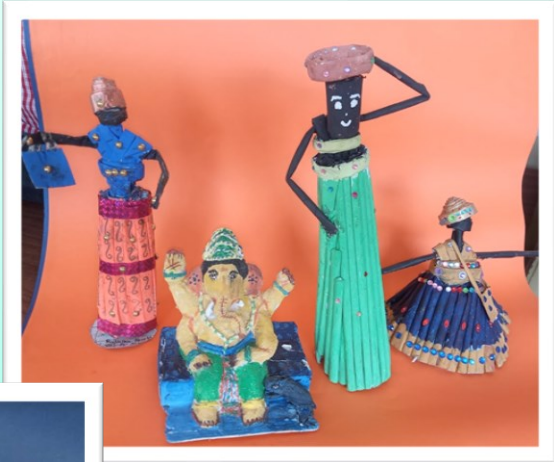
Shrimann Balasaheb Thackeray Bal Chitrakala Spardha 2022-23



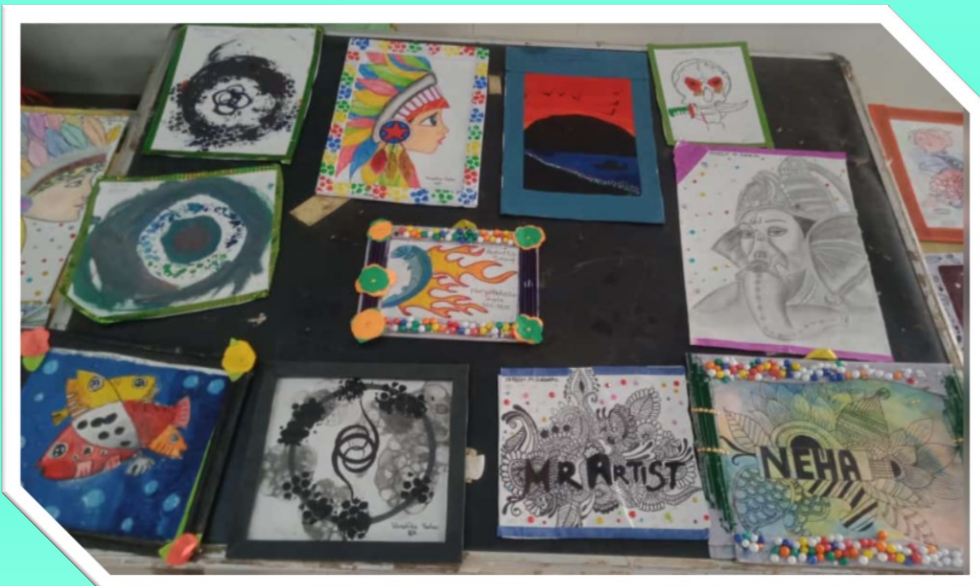
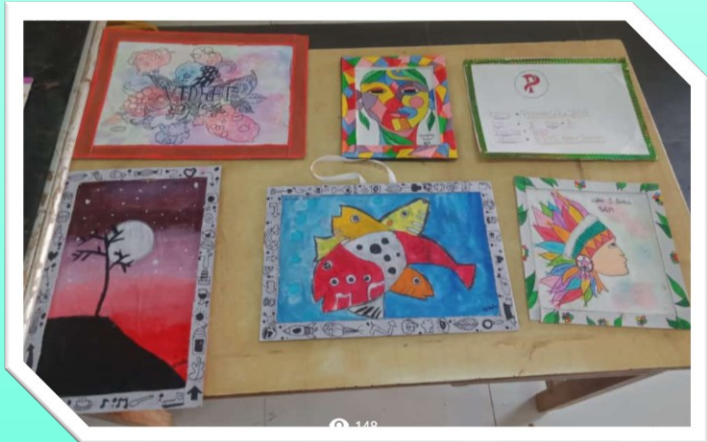
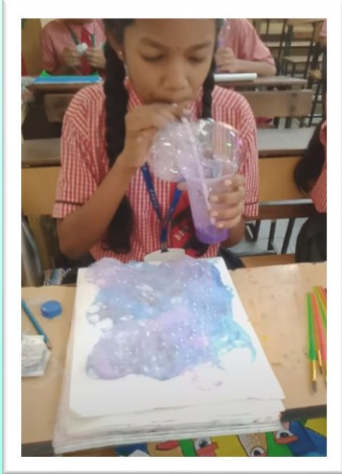
H Word Science Exhibition Prize/Monoacting



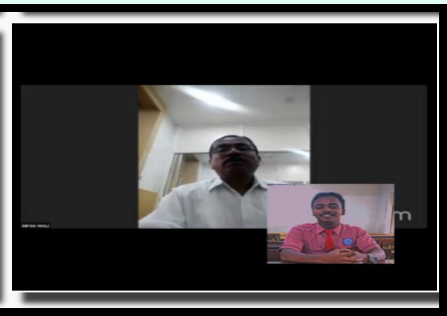
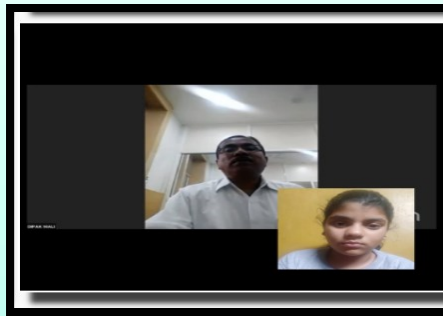
Art and Craft



Art and Craft CLASS



SCHOOL ACTIVITY 22-23



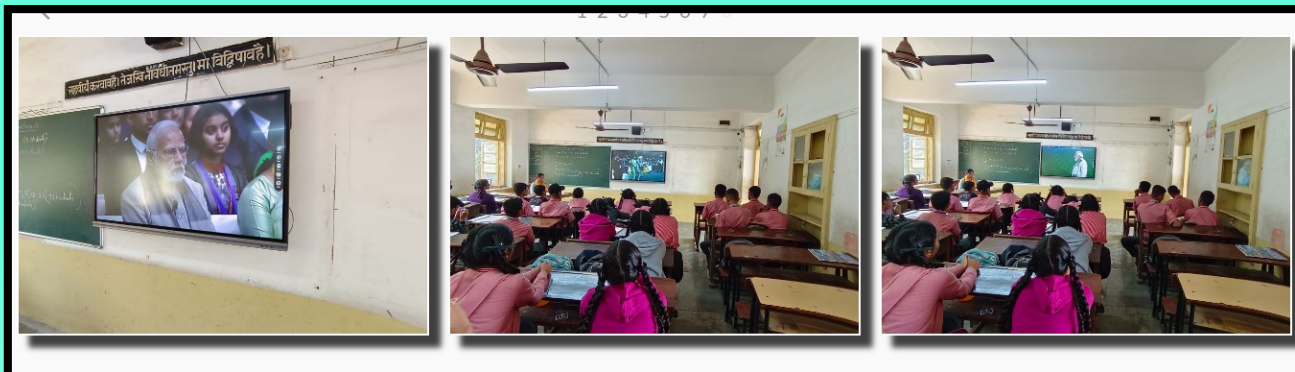
❑ Lecture for Students (standard 9 to 12) Maha career



❑ English speaking and Foreign Languages lecture



❑ Lecture on Cyber Crime and Security



❑ PARIKSHA PE CHARCHA

SCHOOL ACTIVITY 22-23

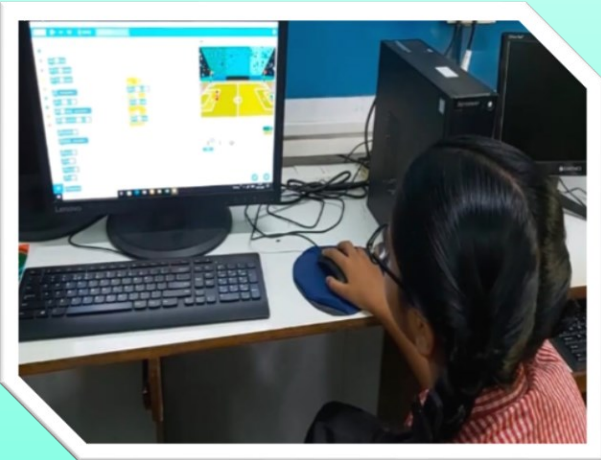
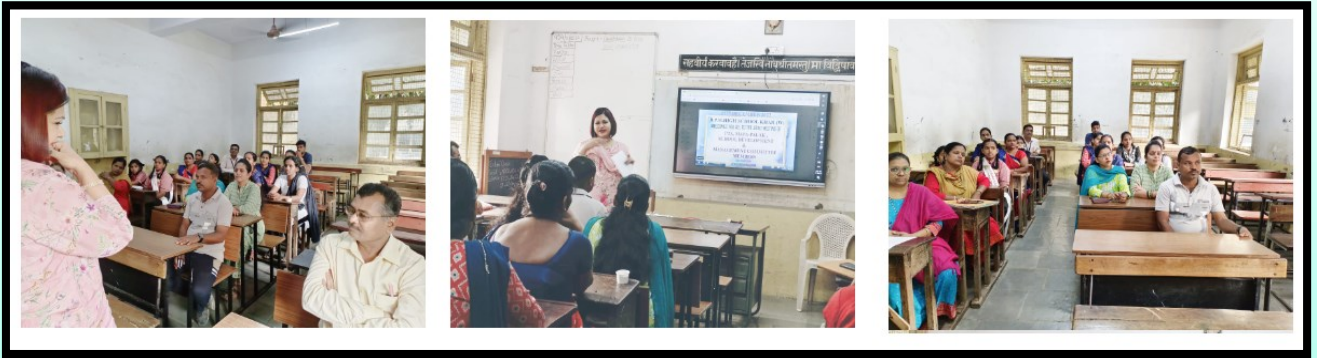


Talk for girl students_Sponsor-Proctor and Gamble

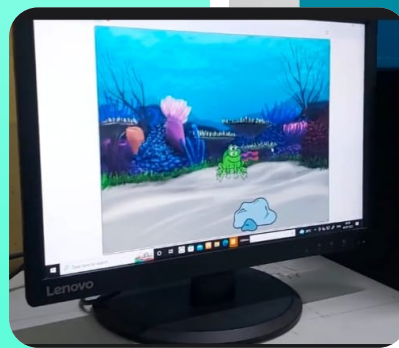


Health Check Up Camp

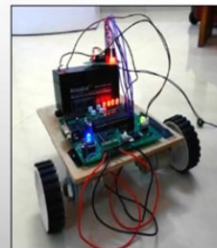
SCHOOL ACTIVITY 22-23



**ROBOTICS
ACTIVITIES ON
MAV-BOARD**



CODING AND ROBOTICS



Judo and karate ACTIVITY 22-23

Nage waza/sakomi waza Groundwork fight



Advance back fall



Ippon seoi nage (one arm shoulder throw)



O goshi (Major hip throw)



Fitness Training



Ippon seoi nage (one arm shoulder throw)



Osto Gari (Major outer reaping)





FIRE SAFETY DRILL & DEMONSTRATION ACTIVITY 22-23



Annual Day 22-23



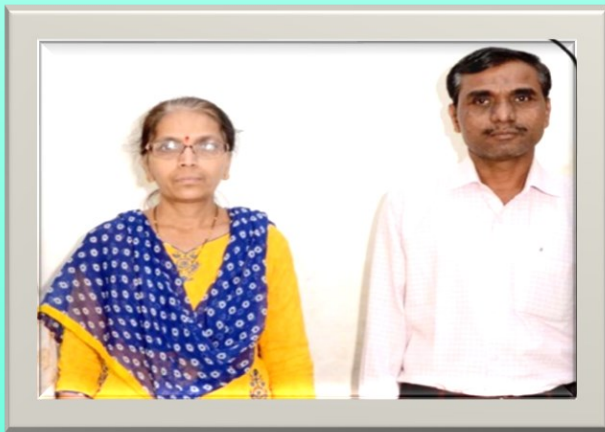
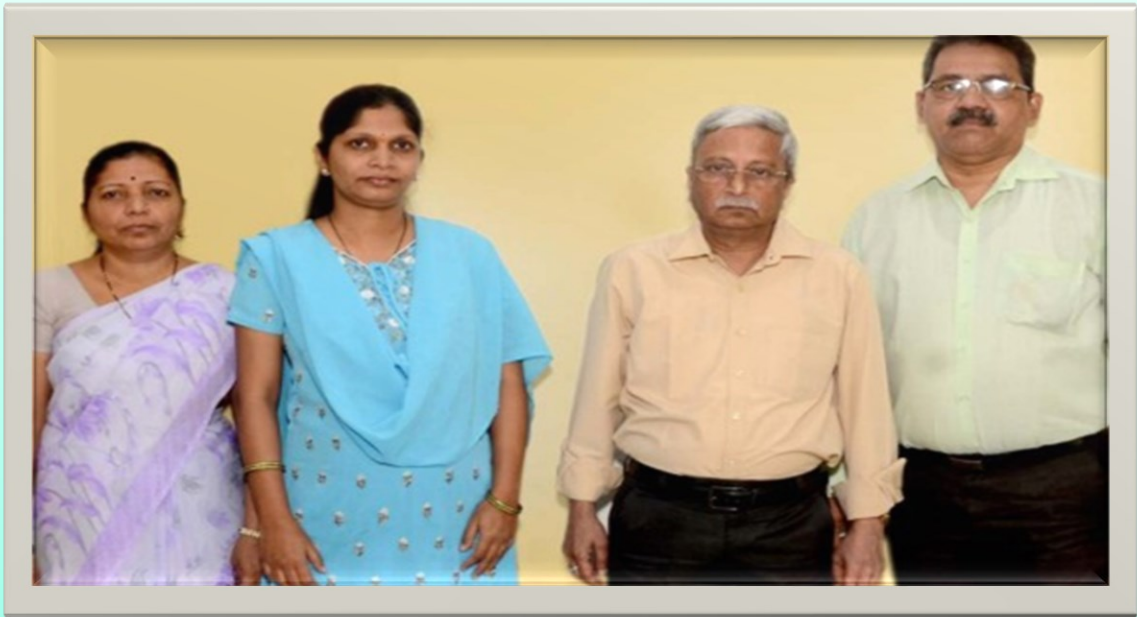
Annual Day 22-23



Annual Day 22-23



B.P.M. Non Teaching Staff



NON TEACHING SUPPORTING STAFF

SCHOOL ENVIRONMENT

