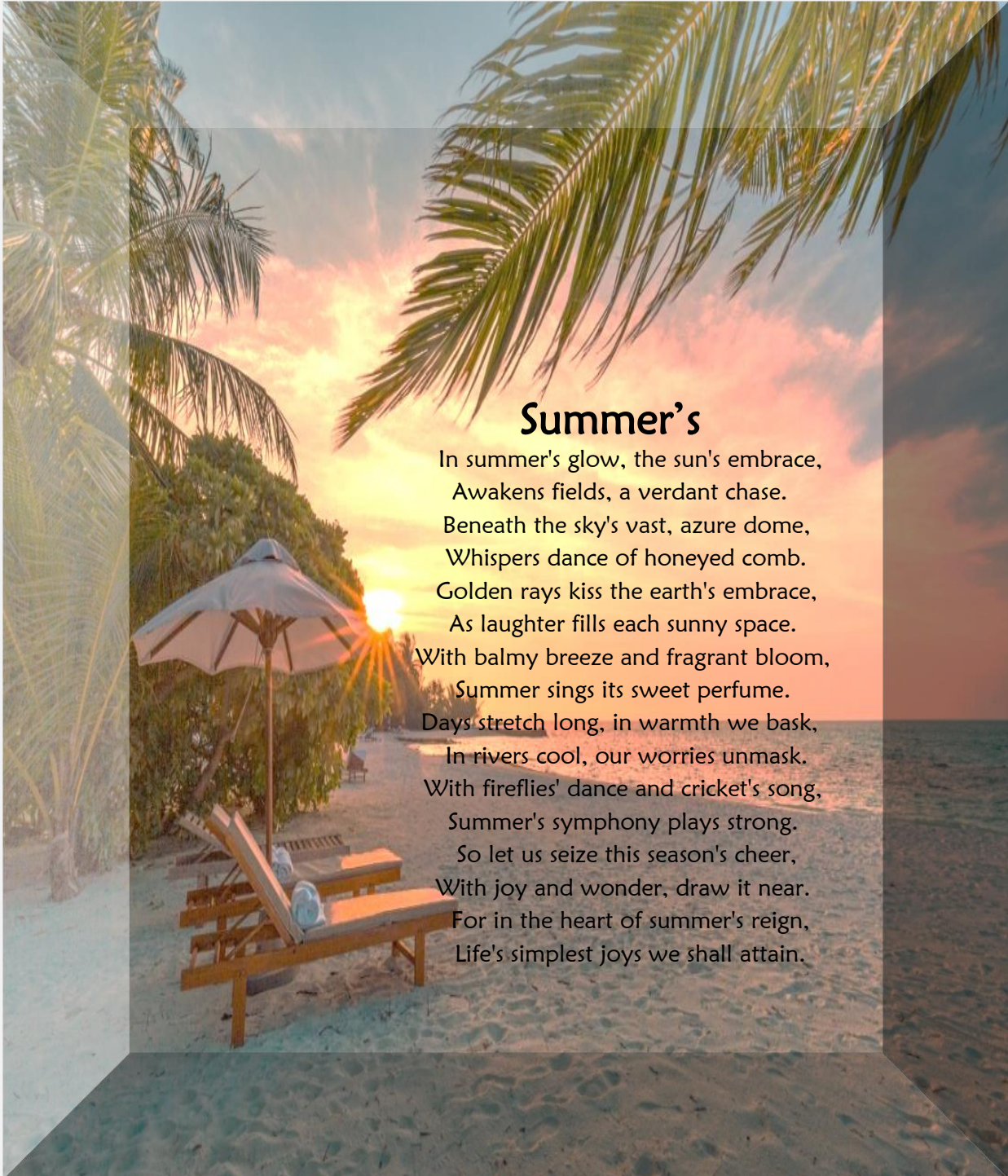


Aaroh

Always striving to rise high

Summer Edition 2024 Volume 23

Welcome to ...



Summer's

In summer's glow, the sun's embrace,
Awakens fields, a verdant chase.
Beneath the sky's vast, azure dome,
Whispers dance of honeyed comb.
Golden rays kiss the earth's embrace,
As laughter fills each sunny space.
With balmy breeze and fragrant bloom,
Summer sings its sweet perfume.
Days stretch long, in warmth we bask,
In rivers cool, our worries unmask.
With fireflies' dance and cricket's song,
Summer's symphony plays strong.
So let us seize this season's cheer,
With joy and wonder, draw it near.
For in the heart of summer's reign,
Life's simplest joys we shall attain.

" In every walk with nature, one receives far more than he seeks."

– John Muir

From Principal's Desk...

Dear Shri Ram Centennial School Community,



June and Rains are here and as expected, so is the cooler, wetter weather! I am extremely happy to welcome students and staff to the June 2024 session after the scorching summer this season.

The weather has certainly changed and while we may have enjoyed the extra days of summer heat, the rain and cooler temperatures are welcomed as well.

Inside days are rare at Shri Ram Centennial with loads of fun filled activities. We believe students need fresh air and daily exercise and will only be kept inside when there is significant rain, wind, or freezing temperatures. It is important to prepare your children for wet days with proper footwear (rubber boots), warm and waterproof jackets, and umbrellas if they choose.

“Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectation”. As the great Mahatma Gandhi once said, “The best way to find yourself is to lose yourself in the service of others.” Through acts of service, SRCS’s can discover their own potential and make a meaningful contribution to society. I encourage our students to develop a spirit of compassion and empathy towards others, and to use their

Chandra Shekhar
Principal

talents and skills to make a positive impact on the world around them.

Our school is committed to providing a safe, supportive and academically challenging environment that fosters intellectual competency, openness to growth, loving in nature and commitment to faith and justice. Our dedicated members of the staff are passionate about helping students reach their full potential, both academically and personally.

We have designed a comprehensive curriculum that meets the needs and interests of all our students from early childhood education to senior secondary school. We encourage open communication and active participation from all stakeholders in order to create a positive and inclusive learning environment. We aim at forming our students to be “men and women for others, persons of Conscience, Competence and Compassionate Commitment”.

I invite all our students, to participate with great zeal and enthusiasm in all the upcoming activities and school events such as - International Yoga Day, Poster Making, Mime & Skit, Story Telling, RIDS, Students Council etc. As we embark on an exciting journey of learning we must embody the values of service, love, faith and education in their actions.

Let us work together to create a better world and make a positive impact on our community, our country and the world.

Awards-2024-25

SRCS, Indore accomplishes Grade AAAA Nationwide

We are thrilled to announce that Shri Ram Centennial School, Indore has been awarded an impressive AAAA Grade by Careers 360 for the 2023-24 session!

This prestigious recognition reflects our unwavering commitment to academic excellence, quality of faculty, exceptional pastoral care and top-notch infrastructure.

A huge thanks to the supportive parents, hardworking students and dedicated staff for making this achievement possible. Together, we continue to strive for greatness and set new standards in education.

Let's celebrate this remarkable milestone and look forward to many more accomplishments in the future!



Awards-2023-24

SRCS, Indore Excels in IIT JEE Mains-2023-24

SRCsians, Indore have showcased exceptional prowess by excelling in the IIT JEE Mains Exam 2024. Their dedication to academics and rigorous preparation has undoubtedly paved the way for their success. This accomplishment not only reflects their individual brilliance but also highlights the school's commitment to nurturing academic excellence. The impressive performance in

such a prestigious exam is a testament to the quality of education and support system provided by SRCS, Indore.

Congratulations to the students and the school for this remarkable achievement!! support and encouragement throughout this remarkable journey.



May success continue to accompany them in every step ahead!

Awards-2023-24



Kudos to SRCian Aashank Mishra

We are thrilled to announce that Aashank Mishra of grade IV has secured his place in the District Badminton Tournament and is all set to represent our school at the M.P. State Level! Aashank's dedication, passion and commitment have truly paid off. Team SRCS is incredibly proud of his achievement and wish him the best

of luck as he takes on the state level competition! Keep shining, Aashank!
 #SRCsChampion
 #BadmintonStar
 #StateLevelBound



Kudos to SRCian Rythem Gadiya

Kudos to SRCian Rythem Gadiya for securing II Position in the District Table Tennis Tournament! Your talent and



dedication have brought laurels to the institution & also filled your parents with immense pride. Team SRCS wishes for your continued success and numerous victories in the future! Keep shining, Rythem!

Kudos to SRCian Rashika Bhadoriya

Kudos to SRCian Rashika Bhadoriya of grade -XI for adding another feather to her cap by securing a silver medal in the 10M Air Rifle Sub Youth Women's Individual category and a bronze medal in the 10M Air Rifle Youth Women's Individual category at the 07324 India Open Shooting Championship, held at the Army Marksmanship Unit in Mhow. Your

remarkable achievements have made us proud, and you continue to inspire everyone. Well done, Rashika! Heartiest Congratulations to her proud Parents!!



Kudos to Poorab Chouksey Bronze Medal Winner – KARATE CHAMPION

The Management, Principal and Faculty of SRCS, Indore congratulate and applaud Poorab Chouksey for winning the Bronze Medal in the Gold Cup Karate Championship 2024 organized by Indore District Karate Association, M.P. on 26th May 2024.

We wish him greater success in his journey!!



Well Done Poorab!!

Effective Teaching Reforms

SRCS organised a workshop on 'Effective Teaching Reforms' in the school on Saturday, June 8th, 2024.

Mr. Shyam Agrawal, Principal, Mount Index International School was the Resource Person.

Mr. Chandra Shekhar, Principal, SRCS welcomed him.

In the ice-breaking session, teachers played the Name Game.

Points like Teachers are Mentors, Replacing Teacher - Centric Learning by Learner - Centric Learning, Learning should be an ongoing process, Focus on Conceptual Learning, Multi-Level Information, Competency etc. were discussed in the workshop.

The pleasant demeanor, subject expertise and eloquent oration of Mr. Shyam Agrawal were the key features of the session.

The Seminar was enlightening and engrossing.

To conclude, Principal, SRCS presented a memento to the Resource Person as a token of reverence.

Mr. Rohit Bansal, Faculty, Physics proposed the Vote of Thanks.



Welcome 2024-25 @ SRCS!!

First Day of School @SRCS, Indore

School's Annual Report Card is a testimony of the commitment and hard work put in by pupils round the session. Today, when students came back to school after a break to learn for the session 2024-25 and touch the horizon of excellence, they were welcomed by the faculty members by flower petals.

The welcome morning assembly was conducted by mentors. They presented the Thought of the Day, News Bulletin, updated about the House Activities and Clubs.

Principal, Mr. Chandrashekhar blessed the students and infused an insight in them about Welcome all of You .

the Code of Conduct and the overall development of their personality.

There was a buzz of enthusiasm and happiness among the students which will make them a zealous learner.



Initiatives for Health @ SRCS!!

Namaste, SRCS Yogis!

Yoga is an activity that includes breathing techniques, yoga poses and mindfulness. The first Yoga session of new academic session took place on April 6th, at SRCS Indore! It was wonderful to witness the students with their colourful Yoga mats who were ready to ride the path of mindfulness and positivity towards successful and distressed life. Yoga is a perfect way to set the tone for the weekend and prioritize self-care and wellness. Let's make this academic year one filled with growth, wellness, and connection! See you on the mat this Saturday!



Celebrations @ SRCS!!

Earth Day!!

"The Earth Is Our Home And We Promise To Take Care Of It"

On Earth day Students were encouraged to take care of the nature. They also reflected their views on what they are doing or going to do to make our Planet more sustainable and liveable place.

The Students at SRCS also took a Natures Walk in the school campus to get close to the mother nature.

They rejoiced this day by placing Bird Feeders in the school campus made out of bamboo.



House Meeting @ SRCS!!

First House meeting @SRCS!!

"Participation is more important than winning."

The House meetings in the school are designed to be student generated and to focus on exclusive participation. Through this format, students learn from the inside out by being involved, instead from the outside in.

This meeting marks the beginning of something truly special. It's not just about competition, but about fostering teamwork, leadership, and camaraderie within the school community.

For the smooth functioning of CCA -2024-25, a house meeting was conducted for all the four houses on 6 April, 2024. All the house members assembled on their specific locations along with their House In charges. During the meeting the House In-charges interacted with the students. They were informed about the upcoming

activities. The House In charges motivated the students for give their best throughout the year and to support their fellow housemates, share ideas, and ignite the passion within everyone to excel in every aspect of school life!

Apart from this, new students were also introduced to the House In-charges and the fellow members.



International Yoga day @SRCS, Indore!!

Embracing the philosophy that “Calmness of mind is one of the beautiful jewels of wisdom”.

International Yoga Day was celebrated by the students and teachers at Shri Ram Centennial School with great enthusiasm. This year, the theme was ‘Yoga for Self and Society’.

School Principal, Mr Chandra Shekhar welcomed the students on the 10th International Yoga Day. He motivated staff and students to follow yoga on a daily basis to bring about a beautiful Union of the Mind and Body.

He emphasised the importance of practising it consistently for achieving a balance in life and for reaping the full benefits of Yoga. It was an exuberant event marked by buoyant participation of Shri Ram scholars who performed various yoga asanas, coupled with warm up exercises. Mr. Neeraj and the performers guided the entire school students

throughout the event explaining the significance of various yoga asanas simultaneously. The Music Department gave melodious calming music which gave calmness and serenity to the school environment.

Eventually the day culminated with the entire school taking pride in the organisation and demonstration of one of the world’s most ancient practices that evolved in India and is now practiced and proven around the world scientifically and ethereally.



Competitions @ SRCS!!

Inter House Chess Championship

SRCS, Indore organized an Inter House Chess Championship on Friday, April 12th

Playing Chess imparts skills like vision, concentration, critical thinking, logical reasoning etc.

The engrossed players in Levels- I, II and III exhibited their mastery in the game.

The respective House members boosted the morale of the players of their Houses.

On certain boards, the Whites were in advantage whereas on others the lead was registered by Blacks.

Excitement, falling of pawns and finally Check - Mate.

The air was buzzing in cheers, the pain of defeat and the joy of winning.

The event was an out and out success.

The results of the event are as follows –

Level 1- Hitansh Jain, Aryan Bansal

Level 2- Kanha Bais, Adbhut Tiwari

Level 3- Rythem Gadiya, Dushyant Singh



SRCS Hosts 'Best out of Waste' Activity

In a bid to foster creativity and environmental consciousness, SRCS organized a dynamic 'Best out of Waste'

activity for its students on Friday, the 19th April, 2024.

Students showcased their ingenuity by repurposing everyday items into innovative creations including art installations

Emphasizing sustainability, participants utilized recycled materials, promoting a culture of eco-friendliness and resourcefulness.

Stay tuned for more inspiring initiatives as SRCS continues to nurture holistic development and environmental stewardship!



Summer Camp @ SRCS!!

"Summer Camp is a great opportunity to explore new things or dive into areas you love"

Summer Camp at SRCS ended with full vigour and vitality...

The valediction ceremony of the camp started with experiential learning with recreational activities such as swimming, dancing, music, art and craft... Where after the kids dived into the pool of happiness.

Children showcased there learning during the closing ceremony...



It was a memorable day for everyone present...



Pre-Primary Activities

Show and Tell Activity

The Show and Tell competition held at SRCS for Grade 1 and 2 students was an engaging and enriching event aimed at fostering communication skills, creativity, and confidence among young learners. Each participant was given the opportunity to present an object of their choice to their classmates and explain its significance. One of the most significant impacts of the event was the boost in students' confidence levels.

Showcasing items like mangoes, favourite toys, and monuments allowed children to express their individuality and share aspects of their lives with their peers. Through this event,



children not only honed their communication and presentation skills but also gained confidence, creativity, and a deeper understanding of their peers. Such initiatives play a crucial role in nurturing well-rounded individuals who are equipped with the skills necessary for success in both academic and personal spheres.

Pool Party with Mom

“MOM and Me, The Pool Party”, summer pool party held for moms and kids at SRCS was an exciting and memorable event aimed at fostering bonds between mothers and their children while providing a refreshing escape from the summer heat. The event aimed to promote mother’s involvement in school

activities while providing an opportunity for children to enhance their social skills, physical fitness, and overall well-being through playful interactions in the pool. Children had the chance to socialize with their peers and mothers in a relaxed and enjoyable setting, strengthening their social bonds and communication skills.



Red Day Celebration

Red is one of the fascinating colours that uncover various symbolism. To celebrate Red colour day, all the tiny tots of Nursery and Kindergarten had dressed up beautifully in Red colour clothes. Red, the colour of blood and fire, is associated with meanings of love, sensitivity, joy, strength, leadership and determination. It symbolizes action, confidence, and courage.

The tiny tots of SRCS, Indore looked stunning in their red outfits. The shades of red made the kids feel bright, lively and cheerful.

To emphasize on the significance of red colour, an assembly was conducted and during the

circle time, the facilitators also discussed about the importance of 'Red' colour in one's life.



The 'Red Day' celebration was a wonderful learning activity which helped children to sort and classify objects based on colours there by reinforcing

cognitive skills. It was a scintillating day with innocent faces gleaming and reflecting brightness, joy, love and happiness. The kids understand the significance of Red and felt the joy of having a vibrant colour in their immediate environment.



Earth Day @SRCS, Indore!!

The students of Nursery to Grade-II enthusiastically participated in various activities to commemorate our benevolent Mother Earth. On the occasion of the Earth Day, an array of creative activities were organized with a view to sensitize the children about the conservation of natural resources and to motivate them to do their bit towards making our planet beautiful. Activities like 'Dabbing Activity' for Nursery and Kindergarten-I, 'Colouring Activity for Kindergarten-II', 'Drawing and Slogan Writing for Grade-I' and 'Drawing & Creative Writing for Grade-II' gave the students a

platform to showcase their artistic and creative skills.



Balancing Activity @SRCS, Indore!!

The balancing activity conducted for students from Nursery to Grade 2 aimed to enhance physical coordination, concentration, and overall well-being.

Balancing activities are crucial for young children as they promote the development of gross motor skills, which are essential for everyday tasks such as walking, running, and playing. Additionally, these activities stimulate the vestibular system, which is responsible for maintaining balance and spatial orientation. By engaging in balancing exercises, children

develop a better sense of body awareness and spatial coordination.



Welcome to the world of learning

We are delighted to welcome our students and see their smiling faces back on campus. Today marks a fresh beginning for June session, filled with new opportunities for learning, growth, exploring new subjects, participating in



exciting extra-curricular activities, building lasting friendships and creating unforgettable memories.

The day began with welcoming and greeting students warmly.

Glimpse of the day....

Students participated in icebreaker activities, enjoyed their healthy lunch, socialized with friends and enjoyed their first day of school after a long break.

“Splish splash at our school pool”

Our greatest grin for today was to see happy faces of tiny KG 1 and KG 2 swimmers. First dip in the pool after a long time – pure excitement!”

“From the classroom to the pool, learning and laughter ruled!”

We thank out dear parents, for their continued support and trust. We understand your important role you play in your children's education, and we are committed to working together to ensure their success. We encourage you to stay involved, ask questions, and connect with our teachers and staff. Your partnership is invaluable to us. Together, we can make a positive significant impact on their lives and their futures.

Student's Corner

How to Write a Novel: An Epic Journey Begins

Embarking on the quest to write a novel is akin to setting sail on the high seas of your imagination. It's a voyage filled with mythical creatures (also known as plot twists), and sometimes, the dreaded writer's block sea monster. But every hero needs a trusty guide, and it so happens that a bright mind looking to hatch a new legendary tale should remember some key points while writing a novel.

- 1) **The Spark of Genius-** Every great novel begins with a spark - a tiny, shimmering idea that refuses to leave the cozy nook of your brain. It could be a whisper of dialogue overheard in your tuitions or a dream about a ridiculously overpowered main character. Write it down, for this spark is the humble origin of your novel.
- 2) **The Plot Thickens-** Like a master chef, you must concoct a plot so delicious that readers will want second helpings. Start with a base of intrigue, add a dash of conflict, towering cliff hangers, and season it with twists. Remember, a good plot is like a rollercoaster – it has ups, downs, and the occasional loop-the-loop to keep things interesting.
- 3) **Characters with Character-** Create characters so real that they start paying rent in your head. Give them quirks, flaws, and a secret or two. They should grow and change, just like real people, except they're at your mercy. So be kind, or not – you're the emperor of your novel verse.
- 4) **Whose Story Is It Anyway? -** Choose your narrator wisely, while writing a novel deciding on the style of narrative is important. First-person narrators can be chatty and intimate, like a best friend spilling the beans. Third-person narrators, on the other hand, are the all-knowing oracles of your story world. Pick one and stick to it, or risk confusing your readers and yourself.
- 5) **World-Building Bonanza-** Whether your novel is set in a bustling city or a galaxy far, far away, your world should be like Goldilocks' porridge (Not too hot, not too cold). Describe it with enough detail to transport your readers there, but don't overdo it – nobody needs to know the entire history of the elvish sewer system.
- 6) **The Messy First Draft-** The first draft is like a newborn – messy, loud, and full of potential. Let the words flow without judgment. You can tie up the loose ends (typos and plot holes) later.
- 7) **The Art of Revision-** After a break, return to your manuscript with fresh eyes and a sturdy red pen. Cut, polish, and rearrange until your story shines like a knight's armour in the sun.
- 8) **The Power of Feedback-** Share your draft with trusted allies (beta readers) who will tell you the truth. Use their insights to strengthen your story's armour.
- 9) **The Final Touch-** Apply the feedback like a skilled blacksmith forging a sword. It may take several rounds of heating and hammering, but the result will be a masterpiece worthy of literary honour.
- 10) **Hammering the Masterpiece-** Apply the feedback like a skilled blacksmith forging a sword. It may take several rounds of heating and hammering, but the result will be a masterpiece worthy of literary honour.

- 11) To Publish or Not to Publish- Consider your publishing path. Will you storm the castle gates of traditional publishing, or will you rally the troops of self-publishing? Each path has its dragons to slay.
- 12) The Quest for Representation- If you choose the traditional route, arm yourself with a query letter so inducing and captivating that literary agents will be falling over themselves to represent you.

- 13) The Virtue of Perseverance- Rejection is but a scratch in the grand scheme of things. Keep honing your craft, and never surrender to the forces of doubt.

In Conclusion-

Writing a novel is an adventure of epic proportions. It's a testament to your creativity, resilience, and slightly madcap spirit. Embrace the journey, for the story you tell could become someone's favourite and others' inspiration. Now, go forth and write –your novel awaits!

By Yashas Khandelwal

Personal Development

“What we think, we become”

-Buddha

The Lifelong Journey of Personal Development

Personal development is a lifelong process as it means increasing self-awareness, acquiring new skills throughout your lifetime which leads to a better quality of life.

What Is Personal Development and Why Is It Important?

Personal Development in simple words increases, self-esteem, skills, fulfils aspirations and it also helps focusing on clarity, purpose, and passion in life.

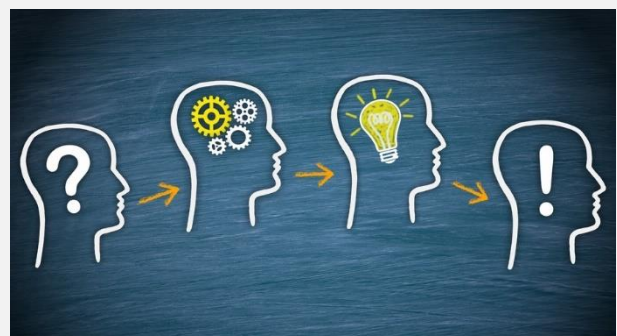
Personal development is important because it:

- 1) Improves Emotional and Mental well-being: Individuals gain a better and deeper understanding of their thoughts which help them to become a healthier species.
- 2) Improves Decision-Making: It encourages individuals for more critical thinking which leads to better and improved quality of decisions.

- 3) Improved Self-Confidence: It significantly boosts self-confidence. As individuals acquire knowledge, develop new skills they feel confident and empowered.
- 4) Sense of Fulfilment and Happiness: As individuals grow they sense a feeling which is of happiness and accomplishment which leads to a better life style.

Conclusion: -

Personal Development is a lifelong journey which helps individuals to gain confidence, happiness and improved decision making which leads to a better lifestyle.



By Atharv Naresh

Teacher's Corner

Healthy Childhood

Health is every one's quest in life. We all want to be healthy, both physically and mentally. And the same we desire for our kids. The secret of being healthy lies in "KISS :- **Keep it Simple Silly**"

THE GIFT OF SIMPLE FOOD: The complexity of competition, stress, fast pace and chemical-laced lifestyle that we have got so used to giving our kids, needs to be shown the back door. Pack away all the excuses like- 'I am a working mom', 'I don't have time', 'My child does not like the food I cook', 'He/She loves packaged food', 'I don't get time' etc. This weekend cook a wholesome meal for your child, make sure to cook it with your child if possible. It's okay if he/she drops, spoils the kitchen! Then sit down and enjoy the meal together. See the smile spread on his/her face. All that packaged food that we tend to give our children has additives and chemicals which are harmful for health. Moreover, they have a higher salt content which can lead to early problems of high blood pressure and heart diseases. Scientific studies have shown that many of the additives can cause attention deficit problems.

THE SIMPLE GIFT OF WATER: Throw out all the soft drink, tetra juice packs and let your child drink water. Resist the urge to flavour it with sugar or additives. Just pure, simple, unadulterated water- the gift of a life time. Water has oxygen and oxygen is good for blood circulation and blood circulation keeps the brain alert and active. An active brain is good for intelligence. Intelligent children become achievers. Phew! Isn't that what we want? Then stop listening to all those silly ads that claim that 'this drink gives your child

glucose' and 'this drink gives your child brain food etc. **Keep It Simple Silly. Drink water... together. It's more fun!**

THE SIMPLE GIFT OF PLAY: Buy your child toys, not gadgets! Yes, computer games, video games, even battery-operated toys are not toys. They are gadgets or rather monster toys. Why would you want to gift your child a monster? Your child is intelligent, active, sharp and can solve all video games? Then it means that your child needs toys that stimulate and challenge and as Vygotsky, the Russian educationist said, your child needs to reach ZPD - the Zone of Proximal Development.

Take your child to the next level of play, take him/her from what he/she can do to what he/she finds a challenge to do. This will stimulate interest, keep your child occupied, enhance thinking and problem solving and improve attention abilities and at the same time relax and calm your child. No video games can do all this. Video games teach children to win at any cost, to drive yourself to defeat others, kill others, destroy others. Video games make children aggressive, irritable and restless. They make children more prone to stress-related diseases.

Keep It Simple Silly. Give your child toys like: jigsaws, board games, a cycle, a sports kit, a make-it-yourself kit. Don't just buy... think, relate to your child's interest, search and buy.

THE GIFT OF 'NO MOBILE/TV LAND': Analyse the kind of television programs your child is watching. Do we have to expose our children to a serial showing extra-marital affair or a plot which has violence and hatred for people or communities.... God! At an age when they cannot distinguish between reality and

fantasy? All this will affect their emotional development.

As well-known child psychoanalyst Erik Erikson had said in his theory of emotional development, 'They will learn to mistrust, they will develop low self-esteem and will also develop self-doubt'. Young children are developing moral values at that age and if they are exposed to such immoral and unethical concepts then what will happen to the ethical structure of society?

So, switch off the television/Mobile. Even the thought is difficult for us? Okay, then at least switch it off at dinner and together time. No television/mobile droning in the background while you help your child with homework, or are playing a board game. Take a pledge that no family drama soaps or reality shows that make children the 'bali ka bakra' will be viewed in your home. Can't stay without it? Then buy a television system in which you can record programs and then watch them when your child is not at home! **Keep It Simple Silly. Make your own entertainment.**

THE GIFT OF 'SIMPLY SLEEP': 'It's time to go to bed,' was what traditional parents would say, and then the mother or father would bathe the child while talking to the child about his/her day. (Bonding time with the children) put on fresh night clothes for the child, tuck him/her in bed, read a story or sing a lullaby and then as the child's eyes slowly drooped shut, the parent would kiss them on the forehead, whisker, complementary sentences like, my sweet girl, my brave boy, my good child etc.

The beginning of Healthy Childhood will start if we simply "KISS".

(positive motivation just before bed time helps work on the child's confidence and self-esteem) and leave the child to sleep peacefully at nine o'clock at night! Sounds like a fantasy, right? Do gift your child this fantasy instead of the horror of being told to 'Go brush your teeth, while I watch this important serial', 'Now go and wear your pyjamas and come and sit with me on the sofa while I watch my favourite series' and then the child falls asleep on the sofa with a television set shrilling away violent dialogues or gory war images or sobs of soap heroines. This isn't lovely background music for your child to sleep in. No wonder your child wakes up in the middle of the night with nightmares or bed wets or has a fitful night and is dull or irritable in the morning and drowsy in school. Brain research says that sleep time is when the brain organises information collected in the daytime. When the child's brain does not get enough sleep then the child can suffer from inability to retain facts, get confused, forget information easily and chronic sleep deprivation also leads to irritability violence and inattentiveness.

Keep It Simple Silly - make your child a 'sleeping beauty'!

So, when you gift wrap all these simple gifts together, then you will be gifting your child the most precious gift: A safe, healthy, love-filled childhood and a fantastic life ahead. If all these simple gifts sound difficult to do on a daily basis, then at least gift this to them on weekends!

Positive Thinking

Positive thinking or an optimistic attitude is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health. It is essentially training yourself to adopt an abundance mindset and cultivate gratitude of your own successes and those of others.

The power of positivity cannot be understated as APJ Abdul kalam sir said, "where there is righteousness in the heart, there is beauty in the character; when there is beauty in character, there is harmony in the home; when there is harmony in the home, there is an order in the nation; when there is an order in nation, there is peace in world". The very first step of righteousness can be achieved through positive attitude and humbleness leading to establishment of a happy world.

Remaining positive enhance brainpower, reduce stress etc. which plays an important role in creating a mental environment to focus more on achievement of constructive aims.

However, one of the most important aspect which is generally ignored by people is that they do not focus on their current life situation and the way they are leading their life, merely thinking positive will not do any good. These situations need to be realised in their true form and then act accordingly.

Thus, positive thinking has great impact in our lives both mentally and physically but at the same time analysing the real situation to their true form without shadowing them with clouds of positivity is also an important point.

By Yamini Pathak

Nurturing Moral Values from the Early Years: A Foundation for Character Development

In the formative years of a child's life, the seeds of character are sown, shaping the individual they will become. Central to this process is the cultivation of moral values, which serve as the compass guiding one's actions, decisions, and interactions with others. From kindness and empathy to honesty and integrity, these values

form the cornerstone of a strong and virtuous character, laying the groundwork for a fulfilling and meaningful life.

Early childhood, often defined as the period from birth to around eight years old, is a critical phase of human development. During this time,

children experience rapid cognitive, emotional, and social growth, laying down neural pathways that influence

their lifelong learning and behaviour. It is within this window of opportunity that the foundations of moral development are established, making it imperative to prioritize the nurturing of moral values from the earliest stages of life.



□ Building Blocks of Moral Development

At the heart of moral development are fundamental values that transcend cultural, religious, and societal boundaries. These values include empathy, compassion, respect, fairness, honesty, and responsibility, among others. By instilling these values in children from a young age, parents, caregivers, and educators provide them with the ethical framework necessary to navigate the complexities of the world with integrity and wisdom.

□ The Role of Elders

Parents and educators play a central role in shaping a child's

moral

compass.

Through

their

words,

actions, and

everyday interactions, they serve

as primary role models, demonstrating the

values they wish to instil in their children. By

fostering open communication, actively

listening to their children thoughts and

feelings, and providing consistent guidance



and support, parents create a nurturing environment conducive to moral growth and development.

Furthermore, everyday experiences present countless opportunities for moral learning. From sharing toys with siblings to helping a friend in need, children learn valuable lessons about empathy, cooperation, and kindness through their interactions with others. By praising and reinforcing positive behaviour and gently correcting missteps, parents help children internalize moral values and understand the impact of their actions on others. Nurturing moral values from the early years lays the foundation for character development, shaping the individuals we become and the society we collectively create. By prioritizing empathy, compassion, integrity, and responsibility, parents, caregivers, and educators empower children to navigate the complexities of the world with courage, integrity, and grace. In doing so, they not only foster the growth of virtuous individuals but also cultivate a more just, compassionate, and harmonious society for generations to come.

By Vandana Bhargava

Education and Child Psychology

Education and child psychology are deeply intertwined fields, each influencing the other in significant ways. Let's delve into how these two disciplines intersect and why understanding child psychology is crucial for effective education. **Developmental Stages and Learning:** Understanding the various developmental stages children go through is fundamental for educators. From Piaget's stages of cognitive development to Erikson's psychosocial stages, these frameworks help

educators tailor their teaching methods to suit children's evolving abilities and needs.

Motivation and Engagement: Child psychology sheds light on the intricacies of motivation and engagement in learning. Educators need to recognize that children are motivated by different factors and employ strategies that foster intrinsic motivation, such as providing autonomy, mastery, and a sense of purpose in learning tasks. **Social and Emotional Learning (SEL):** Emotional intelligence and social skills

are crucial for academic success and overall well-being. Educators must integrate SEL into their curriculum to help children develop self-awareness, self-regulation, empathy, and effective communication skills, creating a conducive learning environment. Individual Differences and Learning Styles: Every child is unique, with their own learning preferences and styles. Child psychology emphasizes the importance of recognizing and accommodating these individual differences in the classroom. By offering varied instructional approaches and providing personalized support, educators can cater to diverse learning needs effectively. Behaviour Management and Discipline: Understanding the underlying reasons for children's behaviour is key to effective discipline and behaviour management. By applying principles of child psychology, educators can

address behavioural challenges with empathy and promote positive behavioural change through strategies that focus on reinforcement, modelling, and teaching appropriate social skills. Parental Involvement and Support: Parents play a crucial role in children's education, and their involvement is essential for fostering academic success and emotional well-being. Educators must build strong partnerships with parents, providing them with insights into their child's development and collaborating on strategies to support learning both at home and in school. In conclusion, education and child psychology are deeply interconnected fields that inform and enrich each other. By applying principles of child psychology in educational practices, educators can create inclusive, supportive learning environments that nurture children's academic growth and holistic development.

By Akshay Ahuja

The Thrill of Sports - A Gateway To Adventure Of Achievement...!

Sports are more than just games, they are the manifestation of human potential, a canvas where passion meet skills, and a platform for competitions. From the grassy fields to the towering stadiums, sports captivate the hearts, and minds of millions worldwide, transcending cultural boundaries and language barriers.

At its core, sports embody the essence of human endeavour. Whether it's the graceful movements of a figure skater, the raw power of weightlifter, or the strategic fitness of a chess grandmaster, every sport offers a unique blend of physical prowess, mental acuity, and emotional intensity. But sports are not merely about individual excellence, they are about teamwork and collaboration. From basketball to soccer, from rugby to cricket, success in

sports often hinges on the ability of players to synchronize their effort, communicate effectively, and trust their teammates. It's their sense of unity and shared purpose that elevates sports from mere recreation to a profound social experience.

Moreover, sports serve as a powerful vehicle for personal growth and development. They teach valuable lessons about discipline, resilience, and perseverance. In the face of adversity, athletes learn to push their limits, overcome setbacks, and strive for greatness. Whether it's mastering a new skill, breaking a personal record, or winning a championship, the journey of a sportsman is marked by constant self-improvement and relentless pursuit of excellence.

In essence, sports are a celebration of the human spirit – a testament to our capacity for greatness, our resilience in the face of adversity, and our innate desire to connect with others. Whether as participants or spectators, sports offer us a glimpse into the

boundless potential of the human experience, reminding us that, in the end, it's not the outcome that matters most, but the journey itself – filled with triumphs, defeats, and everything in between.

By Raddhika C. Apte

Biological importance of Calcium and Magnesium

Calcium and Magnesium are one of the most important elements that affect numerous processes inside our body. Magnesium and calcium both are extensively used as alloying agents. Calcium finds application as a reducing agent in different industries. The importance of these alkaline earth metals is not just limited to those mentioned above. These metals support many biological activities in plants as well as animal. Human body in particular requires these elements in significant amounts. They affect many biological processes and function of organs directly or indirectly. Let us discuss the biological importance of Calcium and Magnesium.

Biological Importance of Magnesium

- 1) Activity of enzymes: Mg plays a crucial role in the biochemical reactions occurring in our body. The main role of this ion in the body is to regulate the functions of enzymes which in turn are responsible for various chemical reactions. Magnesium as an enzyme co-factor plays an important role in the breakage of glucose and fat molecules, in the production of enzymes, proteins and regulation of cholesterol.
- 2) Acts as fuel source: It plays an important role in the production of energy within the cells. Without the sufficient supply of

this ion, nutrients cannot be converted into usable energy or ATP (adenosine triphosphate) which is the fundamental unit of energy in human body. Production of ATP is significant to perform various actions such as cell reproduction, protein synthesis etc.

- 3) Protector of human DNA: DNA synthesis is not possible without the sufficient supply of this ion. It is responsible for the stability and proper functioning of DNA.
- 4) To maintain an electrolyte balance: It is one of the most important minerals in order to maintain a healthy electrolytic balance in our body. Deficiency of this ion leads to the improper functioning of sodium-potassium pump.

Biological Importance of Calcium

- 1) Calcium is mainly found in the bones and teeth of the living beings.
- 2) Blood is a large tank of this mineral.
- 3) It helps in blood clotting. Deficiency of calcium increases the blood clotting time.
- 4) Calcium supports muscle contraction.
- 5) The deficiency of this metal leads to disorder of nerves.
- 6) It plays a significant role in the metabolism of nitrogen in plants. Absence of this mineral in the plants affects the size and number of chloroplasts.

By Princy Badjatiya

Become a 'Thank You' person in your life

Life can be changed. Life must be changed. Just think of joy, love and peace, purity and prosperity and your environment will shape itself in accordance with your persistent thinking. To become a Thank you person and get real fun out of life you must- Never think or talk negatively. And do not anticipate troubles which may never come at all. Be positive.

- Fill your heart with love- love of god, fellowmen, birds and animals, nature and yourself.
- See the good in everyone, motivate all as much as you can.
- Try to help others in any way either by saying few nice words. (I am there for you whenever you need, I am just a call away from you) As words are more powerful than actions. In everything that you do, pour the best that is in u. Therefore, work

not for wages, work for love and your satisfaction.

- Count your blessings. Trust in god and let go everything. Let god take charge of your life. You just thank him for each and every thing you have in your life.

“Grudges are a waste of perfect happiness.


Don't hurt anyone. Laugh when you can, apologize when you should not and let go of what you can't change. For every time you forgive, you are disappointing the devil.


Remember too, that death can call anyone, at anytime and nothing can alter when god deems its time. Therefore, never put anyone down as life is too short. Put them in your prayer list instead.”


“A big thank to the god and each one who helped me in any way.”


By Bhavna Sachar

10 Reasons Why You Don't Speak English Fluently.

 1. Your installed corpus is weak and you download your linguistic corpus from non authentic sources.


 2. Your range of patterns or structures is small and your English shows structural mix-ups.


 3. Your vocalization of sentences is not adequate. You read, write and hear more English than you actually speak. Your English is input based and not output based.


 4. You do not have an error checking mechanism.


 5. Your rephrasing of sentences is weak


and you manage with minimal vocabulary.

 6. You use translation extensively and tend to attach English to your first language.

 7. You don't know how to bounce sentences and no one told you about it.

 8. Your English is minimal. It lacks range & depth. It just about manages to convey ideas on a functional basis.

 9. You do not know how to format or fragment sentences.

 10. You sub-consciously resist speaking in English because of fear.

By Maneesh Trivedi

Aim for The Apex

Look towards the zenith,
Till your sight can see.
Aim for the apex,
Move towards it free,
Debacles are just a part of
living,
But like a Brook you move,
Untouched by them,
Still learning a lesson and
groove.

The threads of your destiny,
Are not woven by desires
though.
They look for a heart,
To go through up and low,
The hands that can
carefully,
Take them such,
That a fabric of life,
A pattern of life,

Is formed,
Mixed with colours of strife,
But still so lovely so
informed,
Presenting a model for,
Many others to feel glee.
Look towards the zenith,
Till your sight can see.
Aim for the apex,
Move towards it free.

By Vibhuti Bhardwaj

Don't Quit

"When things go wrong, as they sometimes
will;
When the road you're trudging seems all
uphill;
When the funds are low and the debts are
high;
And you want to smile but you have to sigh.
When all is pressing you down a bit,

Rest if you must, but don't you quit.
Success is failure turned inside out;
The silver tint on the clouds of doubt;
And you can never tell how close you are;
It may be near when it seems far.
So stick to the fight when you're hardest hit,
It's when things go wrong that you must not
quit.

By Meena Porwal

Not All Lessons Are Learnt At Desk

My best friends taught me empathy and
loyalty,
About how some secrets are better when
shared.
My parents taught me care and sincerity,
About how I always have someone who cared.
My teachers taught me manners along with
lessons,
About punctuality and obedience.
My idols taught me how to chase my passion,
About working for my dream, hard-work and
patience.

A stranger taught me ethics and my strength,
About how self- esteem signifies.
Someone suffering taught me modesty about
gratitude,
About reverence for all and the value of life.
On every turn of life, a new value I attained,
And all my moral principles and virtues are
put to quest,
As I strive to be a better me, today as I learn,
Not all lessons are learnt at desk.

By Kirti Shelgaonkar

Open A Book

Open a book
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!

By Sonali Chakravorty

हे मानव! कुछ विचार करो

विचार करो, कुछ विचार करो हे मानव! तुम कुछ
विचार करो,
अपने कर्मों का कुछ तो अवश्य हिसाब रखो।
यह धरती कितनी सुंदर थी, अमरावती-सी लगती थी,
चहुंओर सुख और शांति थी, अमन और विश्रान्ति थी।
पर मानव ने जब विकास किया कुदरत का सर्वनाश
किया,
जंगल काटे, पानी रोका, भूधर का सीना चीर दिया।
लोहे के जंगल खड़े किए खेतों का काम तमाम किया,
कारखानों के अति निर्माणों ने वसुधा को मरुस्थल
बना दिया।
अब सूरज आग उगलता है सागर कुहराम मचाता है,
नदियाँ तबाही मचाती हैं पर्वत भी अब थरता है।
दिन बना आग का गुब्बारा रातें भी अब न रहीं ठंडी,

पर फिर भी मानव की अभी यह भूख न हुई पूरी।
अब बड़े-बड़े हथियारों से भी काम नहीं होता पूरा,
आखिर तुम क्या चाहते हो अब जग का हरपल करना
सूना ?
युद्धों की चीत्कारों से क्या नहीं हुआ छलनी सीना,
इसलिए अब तुमने वायरस युद्ध छेड़ मानवता को
कर दिया रीता।
शर्म करो कुछ शर्म करो हे मानव! तुम अब कुछ शर्म
करो
हो सके तो अब कुछ सुधार करो हे मानव! अब तो
कुछ सुधार करो,
अपने कर्मों में बदलाव करो अपने कर्मों में बदलाव
करो।

By Manju Sharma

बच्चे राष्ट्र का गौरव

बच्चों तुम अभिमान हो, गौरव हो एक शिक्षक का
जब भी तुम्हें कोई पद मिले या मिले पुरस्कार
मस्तक उँचा हो शिक्षक का मिले उसे सम्मान
बच्चों तुम अभिमान हो, गौरव हो एक शिक्षक का।१।
तुम ही शिक्षक के कर्मों की असली पहचान
तुम ही उसकी मेहनत का फल, तुमसे ही शिक्षक का
मान

तुम ही शिक्षक की पहचान, तुम ही शिक्षक का
अभिमान।
बच्चों तुम अभिमान हो, गौरव हो एक शिक्षक का।२।
माता-पिता के तुम हो दुलारे, दादा दादी की आंख के
तारे
तुमसे ही महके यह मधुबन, तुमसे ही सँवरे घर
आंगन

बच्चों तुम अभिमान हो गौरव हो एक शिक्षक का ।३।
तुमसे ही सफलता राष्ट्र की, तुम ही सशक्त राष्ट्र की
नींव

तुम ही नेहरू, तुम ही गांधी तुम ही आर्यभट्ट
तुम ही विवेकानंद, तुमसे ही पहचान भारत की
बच्चों तुम अभिमान हो, गौरव हो एक शिक्षक का।।

By Priti Parmar

मन करता है

सपनों में ही सही
एक बार फिर
अपने घर हो आऊँ।
वो घर,वो दीवार,
वो ड्राइंग रूम ,वो आंगन
वो रास्ते, वो स्कूल,
वो समोसे की दुकान,
वो गोलगप्पे का ढेला।
वो संगी,वो साथी बस
एक बार देख मैं आऊँ।
जी चाहता है कि
जोर जोर से गाऊँ,
बिन सुर के ही
खूब शोर मचाऊँ।
बाँध पैरों में घुघरू
कत्थक की ताल पर
थिरकती जाऊँ।
फिर एक बार दरवाजे के
पीछे छुप कर खड़ी हो जाऊँ,
कोई आये तो जोर से "भौ "
कह के डराऊँ।

जी चाहता है कि आईने में
मुँह तरह तरह के बनाऊँ,
और खूब कहकहे लगाऊँ।
जी चाहता है फिर पलंग
के नीचे जा छुप जाऊँ,
आवाज दे माँ रख आंखों पे
हाथ,
तभी.....अचानक ,
धम्म.....से,
सामने उनके मैं आऊँ।
जी करता है आज फिर से
पकड़ उँगली माँ पापा की
रास्ते मे झूला झूलती जाऊँ,
उन्हें पता न चला ,
ये सोच के इतराऊँ।
कोई जो पूछे परिचय,
झट पापा का और माँ
का नाम बताऊँ।
न जाने कब लिया था
आखरी बार पापा
और माँ का नाम।

खो ही गई है अब
उनकी पहचान।
लगता है हम औरतों की
खुद के घर से नहीं रह
जाती कुछ पहचान।
अरसा हुआ नहीं पुकारा
अपनी जुबान से शब्द "माँ"
बस एकबार आ जाये सामने
तो चिल्ला चिल्ला के रोऊँ
जोर से गले लग मैं जाऊँ।
धुंधला गई है अब तो
शकल भी उनकी ,
खो गए न जाने कहाँ,
ये सोच सोच घबराऊँ।
रोके कहाँ रुकी है,
समय की गति ,
सोच यही, चुप हो जाऊँ।
चलूँ उठूँ काम मे लगूँ
स्वप्न तो स्वप्न ही है
खुद को ही समझाऊँ।

By Deepika Singh

Creative Art Corner



Hiya Beliya IX B



Nisha Debnath XI A



Veera Shinde VII A



Aradhana Shukla

Riddles for Kids

- 1) **Riddle:** David's parents have three sons: Snap, Crackle, and what's the name of the third son?
- 2) **Riddle:** I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
- 3) **Riddle:** What has many keys but can't open a single lock?
- 4) **Riddle:** What can you hold in your left hand but not in your right?
- 5) **Riddle:** What is black when it's clean and white when it's dirty?
- 6) **Riddle:** What gets bigger when more is taken away?
- 7) **Riddle:** I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?
- 8) **Riddle:** I'm found in socks, scarves and mittens; and often in the paws of playful kittens. What am I?
- 9) **Riddle:** Where does today come before yesterday?
- 10) **Riddle:** What invention lets you look right through a wall?
- 11) **Riddle:** If you've got me, you want to share me; if you share me, you haven't kept me. What am I?
- 12) **Riddle:** What goes up and down but doesn't move?

Sudoku for Kids

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 8 | | 6 | | | 2 |
| 9 | 4 | | 1 | | 5 | 7 | 3 | 8 |
| 2 | 1 | 8 | 7 | | 9 | 4 | 6 | |
| | 8 | 5 | | 9 | | | 7 | |
| | | | 4 | | | | | 3 |
| 4 | 6 | | 2 | 7 | | | | |
| | 2 | 4 | | | | 3 | | 9 |
| | | | 9 | | | 5 | 4 | |
| 5 | | | | 8 | | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 4 | | | 8 | 5 | 1 | 6 |
| 9 | 6 | | | | 5 | | 8 | 7 |
| | 8 | 5 | 7 | 6 | | | | |
| | | | | | | | 4 | 8 |
| | 4 | 9 | | | | | | |
| | 2 | | 5 | | | | | 1 |
| 4 | | | 1 | 5 | 7 | | | 3 |
| | 1 | 8 | | 9 | 6 | 7 | | 4 |
| | 5 | 3 | 2 | 8 | | 1 | | 9 |

List of 10 Facts about Artificial Intelligence

- 1) Artificial Intelligence can predict earthquakes and volcanoes and many other natural disasters.
- 2) Artificial Intelligence is restoring vintage and damaged photos.
- 3) Artificial Intelligence is helping us fight the cancer.
- 4) Artificial Intelligence is beating us at our own game.
- 5) Most Artificial Intelligence bots are female.
- 6) Interdisciplinary nature of AI.
- 7) AI can be used for natural language processing.
- 8) AI can be used for facial recognition.
- 9) AI can help reduce energy consumption.
- 10) AI can create art.

Quick Facts About Aditya L1

- 1) **Aditya L1 Launch Date**– According to ISRO, Aditya L1 is scheduled to launch on September 2 at 11.50 a.m.
- 2) **Distance**- This spacecraft will cover a distance of about 1.5 million kilometres.
- 3) **L1 in Aditya L1**-The L1 in India's solar mission Aditya-L1 stands for a special point between the Sun and the Earth which is known as Lagrange Point 1.
- 4) **Objectives of Aditya L1**- The L1 point can facilitate constant monitoring of the Sun without eclipses and help study the effects of solar activities on space weather. Through this mission, ISRO will try to understand coronal heating, pre-flare, coronal mass ejection, and flare activities.
- 5) **Duration**- This mission is expected to operate for about 5 years and could help with tons of new discoveries.
- 6) **Weight**- The compact size of Aditya L-1 deceives its heavy weight which is somewhere around 1500 kilograms.
- 7) **Payloads of Aditya L-1**- This spacecraft carries seven payloads to help observe and study the photosphere, chromosphere, and corona (outermost layers of the Sun).
- 8) **Objectives of Payloads**- Out of the seven payloads, four will assist in directly viewing the Sun while the rest three will assist in carrying out in-situ studies at the L1.
- 9) **Aditya L1 Budget**– The sanctioned budget of Aditya L1 without its launch cost is about rupees 378.53 crore.