

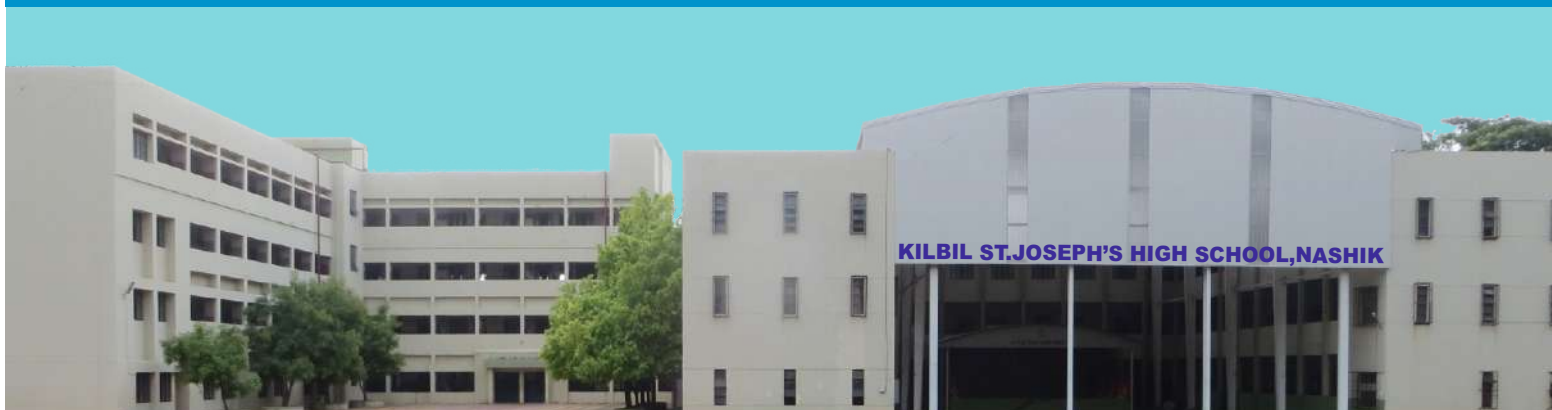


KILBIL CHIRPS

E-magazine 2023-24

VOL-IX

A Flight to Excellence.....



URSULINES OF MARY IMMACULATE



VISION

We, the Ursulines of Mary Immaculate, with one heart and one will, commit ourselves fully for the glory of God and His people, in identification with Christ crucified and risen, in imitation of Mary Most Holy and our Foundress, Blessed Brigida of Jesus.

MISSION STATEMENT

In the Holy Catholic Church, we, the Ursulines of Mary Immaculate, contemplating Christ crucified and risen, accompany and serve humanity with special attention to the human and Christian formation of the young and the most vulnerable of society.

PEARLS OF WISDOM



Dear Readers,

"In every nation, and in every religion, the truth has been preached from the most ancient times – love your fellow-beings as yourselves – I mean, love human beings as yourselves". In India it has been preached, "Love all beings as yourselves." - Swami Vivekananda.

Vasudhaiva Kutumbakam has been the catch word, in every sphere in India, this year. It is an ancient Indian philosophy that expresses the idea of the world as a single family.' This concept has been an integral part of Indian culture for centuries. It encourages everyone, to see themselves as part of a larger, global community and to treat all beings with kindness, compassion and respect. This idea is based on the belief that all life is inter connected and our actions have a ripple effect on others and the world as a whole.

In a world where competition and self-promotion is rampant, our children and the youth need to be sensitized about the need to understand this great philosophy, that they cannot thrive in the world without cooperating and working with each other. One way to put the principle of Vasudhaiva Kutumbakam into practice is to embrace all individuals and cultures. A school functions as a larger family where in children of all walks of life with various cultures and traditions, religions and languages journey together to acquire knowledge and wisdom.

We, in Kilbil, St. Joseph's School strive to celebrate every culture with its beauty of diversity. The best way to inculcate in every child this philosophy, is to train the child at home and in school, to practise, to accept the diversity and respect the differences, by recognizing and valuing the unique qualities of every one, to foster greater unity and cooperation. This is what is respecting humanity and being human at a larger level. Thus, this can help to build bridges across cultural and religious boundaries, promoting peace and understanding.

To quote Rabindranath Tagore, "The highest education is that which does not merely give us information but enables us to live our life in harmony with all existence."

Therefore, I appeal, to our dear parents and all connected with us in our endeavour to promote this great philosophy of Vasudhaiva Kutumbakam in our daily lives ... Let's open our arms to embrace and heal the world, to promote harmony and peace. All pervading Consciousness in the whole Humanity is the Universal Consciousness present in each one of us ... We all emanate from one Supreme source to merge back to the same source. So let us remain in the universal love to see the Universe and its beings as an image of your own being.

God bless us all!

With Regards

Sr. Sheetal UMI
Principal

MANAGER'S MESSAGE



“Education is a factor that humanizes the world, because it helps people to transcend individualism, to appreciate differences, to discover fraternity, to be responsible for the environment”. Pope Francis. It is with exuberance of joy and pride that I congratulate the principal, Staff and students for the excellence in all spheres of education as we release this magazine.

The world stands in need of liberation; liberation from the evils that are prevailing in our society today than ever before. While academic excellence is crucial, it is equally important to cultivate good values. Values such as integrity, empathy, respect and responsibility shape our character and guide our actions. As students, you have the power to make a positive impact on your peers, teachers, and the wider community. Embrace diversity, promote inclusivity, and be kind to one another. Show compassion towards those in need and demonstrate ethical behavior in all aspects of your lives. Remember, true success is not just measured by personal achievements but also by the positive impact you have on others.

As we embark on this academic journey together, I urge you to stay focused, determined, and resilient. Remember that success is not always immediate, but rather a result of consistent effort and perseverance. Remain open to transcend individualism, appreciate differences, discover fraternity, and be responsible for the environment. I wish you all good wishes and abundant blessings of God Almighty.

Sr. Alice
Manager

VICE-PRINCIPAL'S MESSAGE



Malcolm X says, "Education is a passport for the future, for tomorrow belongs to those who prepare for it today".

Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations.

Well, I would like to write on those same lines that education is an endeavour on which the entire society rests. To give our thoughts a shape, to recreate history, to become a golden bird once again, spreading wings towards excellence and perfection, we need to join hands and embark on a journey, where learning becomes an ongoing process, where education is supreme art to awaken joy in creative expression and knowledge.

In the present challenging world, education has become the most powerful weapon to bring a positive change. Education is learning by experiences in real life situation and applying the knowledge for the betterment of the society and the world around us.

Our focus is not to create only academically qualified citizens but also to develop young people who are internationally oriented. These young people will go out and create a better and more peaceful world. You have got it in you. ... All of these come to mind when you think about Ralph Waldo Emerson's quote "What lies behind us and what lies before us are tiny matters compared to what lies within us."

Well, I would like to congratulate the School Management, specially respected Principal Sr. Sheetal for releasing yet another issue of the school magazine based on the values of life. I believe that if such values are inculcated and lived out, then truly we will make living peaceful and joyful for everyone.

May everyone under the Mantle of St Joseph the patron of our school, be aided to live our lives worthily.

Sr. Maria Carvalho

SCHOOL REPORT FOR YEAR 2023-2024

Kilbil St. Joseph's high school is one of the most reputed schools aiming to produce visionaries for tomorrow from students of today. It is determined to inculcate good moral values among students and involve students at maximum level in positive and productive activities giving opportunities in all round development of an individual. The school aims at making students good leaders with self-dependence and self-discipline to make them responsible citizens of tomorrow. Presenting an overall insight into all the events and activities of the school during the academic year 2023-2024.

The school was gifted a state of the art, fully equipped school building for the preprimary section with best of facilities and digital installation matching the high standards of an international school. It was dedicated to the institution on 3rd June 2023 by the Bishop of Nashik Diocese Rev. Dr. Lourdes Daniel in the presence of the Provincial Superior, Sr. Nikesh UMI, along with many renowned dignitaries from the congregation. The event was attended by the sisters and staff members.

An orientation programme was held for the faculty members of Kilbil school on the 7th of June 2023 by Mrs. Yogita Apte. An effective orientation was given by the Principal Sr. Sheetal also covering a wide range of topics related to education and school.

The school reopened for the new academic year 23-24 on the 15th of June. There was an elaborate welcome assembly conducted and welcome message was given by the school Principal Sr. Sheetal.

The school gladly celebrated the birthday of their beloved Principal Sr. Sheetal on the 16th of June with great joy and enthusiasm.

Handwriting competition was held in school on the 19th of June to promote improvement in writing skills among the students.

21st June was observed as International Yoga Day in school where students performed intricate Yog asanas. Yoga is a part of the school curriculum.

The X Std batch of students put up a very remarkable performance in the board exam and added more feathers in the Kilbil cap by securing 100% results in the SSC Board exam of 22-23.

RANK	NAME OF THE STUDENTS	%
I	RASHI PALOD	99.00
II	MADHURA MANE	96.20
III	AARYA PATIL	95.80



1	ABOVE 90 %	51
2	DISTINCTION	166
3	FIRST CLASS	14
4	SECOND CLASS	9
5	TOTAL APPEARED	189



The toppers scoring 90% and above marks were felicitated on the 23rd of June along with the parents of the top three rankers.

A parent teachers meeting was held on the 24th of June.

A new school council was elected on the 26th of June 2023 by the voting process and their Investiture ceremony was held on the 10th of July.

I unit test for I-VIII started on the 3rd of July. After the examination a time table making competition was also organized for classes V – VIII. On the same day the school welcomed Fr. Dr. Anil Gonsalves as the new school counselor. Environment Day was celebrated in school on 5th of July 2023.

The PTA General Body meeting for classes I-X was held on the 12th July 2023 where a new PTA body was constituted.

Birthday of school office administrator Sr. Dhanya was celebrated on 22nd July 2023.

Seminar on classroom discipline for all students and also Parent Teachers meeting for I Unit Test was held on the same day.

On 28th July 2023 students contested in the Spell Bee competition. Several competitions like Fancy dress, Patriotic group dance and Dance competitions were held during patriotic week before Independence Day.

On the 12th August, inter house football and dodge ball matches were played.

Independence Day was celebrated on a grand scale with several cultural and patriotic programmes. Rev. Fr. Dr. Anil Gonsalves was the Chief Guest.

Composition writing competition was organized on 18th August. On the same day the school also witnessed the visit by the Provincial Superior Sr. Nikesh, UMI.

A fantastic academic and cultural exhibition was held in Kilbil School on the 26th of August. Subject wise exhibits were put up in the classrooms with charts, models and many more. There were live music concerts and plays in all three languages.

On the 4th of Sept. Foundress Day was observed as a mark of respect to the Foundress Mother Brigida Morello of Jesus.

Teacher's day was celebrated in school on the 5th of September with several entertaining programmes.

Inter house Dahi handi breaking function was held in school to celebrate Krishna Janmashtami.

Students of Std- IX and X went on an educational tour to Pune on the 9th and 10th September accompanied by their class teachers. They greatly benefitted from the visit.

There was a poster making competition in Sept. on a variety of topics and students displayed enormous talent.

A unique revision session was conducted for the students of the school between 20- 26th of September ahead of the I terminal exam where only two subjects were revised every day.

I Terminal examination started for Std- IX on the 27th of Sept. For other classes, the exam began on the 9th of October.

On the 7th of October, the entire school bid farewell to their beloved office administrator Sr. Dhanya and welcomed Sr. Philomin into the Kilbil family.

I Terminal exam finished on the 18th of October. 19th to 23rd Oct. was observed as Sports week for all.

A very interesting and interactive debate was organized for the classes IX and X students on the topic "Is Military Education compulsory in school or not". It was a closely contested event greatly appreciated by the competent judges of the day.

On the 2nd of November, the Rotary club of Kilbil School organized a talk show on POSCO to raise awareness among the students on this important topic.

Diwali celebration was organized in school on the 3rd of November. On the same day teacher put up a very entertaining programme for the students as a part of Children's Day celebration which was greatly enjoyed by all. Open house of the I Terminal exam was on the 4th of November.

Diwali vacation started from 6th November till 21st November. School reopened after Diwali vacation on the 22nd of November.

Achievers Sharman Gangurde and Avdhoot More were felicitated by the school for their excellent achievement at international level in sports and service toward environment respectively.

A seminar on career guidance was held for parents and students of Std -X on the 25th of November. Class picnics were organized in the month of November and December.

A grand Kid's Day was organized for and by the kids of Pre-Primary Brigida Kindergarten on the 2nd of December. E-magazine of Brigida Kindergarten also released on the same day.

Sports day was held for the secondary students on the 6th of Dec and primary on the 7th of Dec.

Regular assemblies were conducted round the year which were very competitive and informative. Meditation was conducted alternately for the primary and secondary students on every Friday.

On the 15th of December, students and teachers were requested to donate toiletries and detergents etc. for the underprivileged inmates taken care of by the sisters in the rehabilitation home at Karjat.

A grand Christmas celebration was held on the 22nd of December where the students depicted the life story and sacrifices of the Almighty Lord Jesus Christ. The school closed for the Christmas vacation from the 23rd of December. During the Christmas vacation the Scout camp for the boys of Std IX was held for three days starting from the 26th of December.

The school reopened in the new year on the 2nd of January 2024, with a welcome assembly by class VI A. 3rd of January was a holiday for the Primary section on account of Savitri Bai Phule Jayanti. I Prelim exam and II-unit test started for class X and IX respectively on the 4th of January.

On the 12th & 13th of January girl guides camp was held for the girls of Std IX.

On the 17th of January a very self-explanatory Inter religious dialogue was organized during the morning assembly. Secondary students put up prayer service, prayer dance and read scriptures from the holy books of different religions. Regular staff meetings were held every first Saturday of the month. Also, Parent's Teachers meeting was held once in a month regularly.

On the 18th of January the kids of the Pre-Primary Brigida Kindergarten went for a picnic to a water park along with the Principal Sr. Sheetal, Pre-primary in-charge, Sr. Maria, their mothers and teachers.

On the 23rd of January a surprise test on ICT was answered by the students of class III to IX conducted by the education department.

A very grand Republic Day celebration was witnessed in school on the 75th Republic Day of India. The theme for the year was "Jai Jawan Jai Kisan". Several colorful programmes were part of the event based on the theme. Prizes were given to the achievers on this occasion.

The staff picnic for the academic year 23-24 was enjoyed on the 27th of January by the staff members.

On the 1st of February, the last assembly for the present batch of Std. X was held. The students gifted sofas and tepoys for the school.

A very innovative and befitting farewell was accorded to the SSC batch students of the year 22-23 on the 2nd of February. Excellent prayer service, speech by The Principal, teacher, students and parent along with several entertainment programmes were a part of the event. The highlight of the day was the blessing which all the students received from the sisters, teachers and parents gathered for the function. Gifts and mementos were also given to the outgoing students.

On the 18th of Feb. Scholarship Examination was conducted for the students of class V & VIII. Final Examination started for Std IX on the 20th of February.

Birthday celebrations for the school Manager, Sr. Alice was celebrated in a grand manner by the students of the Primary section on the 23rd of February. The other students also participated.

On the 29th of Feb students of Std VIII visited the RYK College to witness a Science Exhibition and greatly enjoyed the exhibits and learnt many innovative ideas.

On the 2nd of March a grand party was thrown by the teachers celebrating their birthdays during the months from Oct to March.

SSC Board Examination for the academic year 23-24 started on the 4th of March.

St. Joseph's Novena Prayer started on the 5th of March. Prayer service and Novena prayers were offered to St. Joseph. The front entrance and statue of St. Joseph was beautifully decorated on the occasion.

Birthday celebrations of school Vice Principal Sr. Maria was held on the 14th of March. The Feast of St. Joseph was celebrated on the 19th of March.

Annual Examinations for Std. I-VIII commenced on the 26th of March. Admit cards were given to the students. The exams finished on the 8th of April and summer vacation started.

Std X classes for the academic year 24-25 started from the 27th of March and continued till April.

An imposing party was thrown by the PTA members of the academic year 23-24 on the 23rd of March on the school assembly court as a show of respect and gratitude towards the sisters & teachers for the extraordinary work done by them for the welfare of the students.

In conclusion, it can be stated that the academic year 23-24 was very prolific with abundance of activities, lots of events, celebrations and innumerable achievements by the students. Overall, the year was a successful one with several targets achieved and many objectives accomplished. Looking forward to the upcoming GOLDEN JUBILEE YEAR, next year and with the blessings of the Lord Almighty, we would surely create more milestones in future and have many more achievements to be written about.

SCHOOL MANAGEMENT



KILBIL FRATERNITY



OFFICE BEARERS



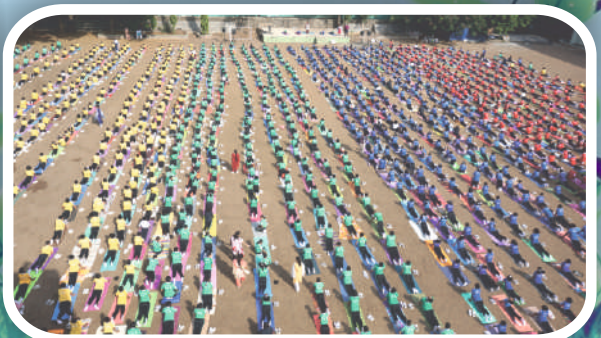
SUPPORTING STAFF



COMMENCEMENT OF A NEW VENTURE NEW ACADEMIC SESSION



WELLNESS OF MIND AND BODY WITH YOGA



ORIENTATION BY SR.PRINCIPAL



PLANT TREES AND SAVE THE PLANET



BRIGIDA KINDERGARTEN INAUGURATION



PRACTISING DEMOCRACY



FELICITATION OF SSC TOPPERS



P.T.A GENERAL BODY MEETING



HARDWORK

There is always a debate between smart work over hard work. Here, hard work refers to doing same things again and again till you achieve your goal. And smart work means getting work done in less time and effort. For better handwriting, it takes several days to master curves. Practicing cricket for better performance needs hard work. Hard work has no substitute. Hard work is needed to develop and maintain good habits. Hard work is the key to success.

Master Neerav Nikhil Abad

STD : I - A



Success is a vehicle which moves on a wheel as as hard work , but the journey is impossible without the fuel called self confidence. I work hard to achieve my dreams I am determined to study and practice more to become successful. And I understand hard work is the ultimate key to success and the first step to achieve the goal
Shraman Gangurde I- B



Hard work teaches us discipline. Success without hard work is not possible. Hardwork is the name of constant trying. Hard work brings vision. Hard work makes you smarter

Asmi Kamat

I C



IF YOU WANT SWEETS,
DO HARD WORK LIKE ANT.
IF YOU WANT HONEY,
DO HARD WORK LIKE BEE.
IF YOU WANT SUCCESS, WORK HARD,
HARD WORK IS THE KEY OF SUCCESS.
KANISHKA CHINMAY KOTWAL

STD:-1ST DIV:-D.



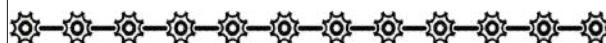
STORY – HARD WORK ALWAYS PAYS

Once there were two friends, Raju and Sanju. Raju was very talented, but lazy, Sanju was very hardworking, but not very talented. They went to a rich merchant for job. The merchant gave them a cane basket with holes and told them to draw water from the well till evening Raju said, “It is foolish to draw water from the well with this basket.” And he slept. But Sanju kept working. After some time, when he drew the basket up, he saw some gold coins. He took them to the merchant, who was very happy with his hard work. He rewarded Sanju and gave him the job. Raju returned empty-handed.

Moral: Hard work beats talent when talent fails to work hard.

Aavya Suvarna

Std I D



PEACE

Peace means living together without violence. It is very necessary for the growth and development of a nation. Every religion in this world teaches us to live in peace. Wars can only cause destruction and the loss of lives.

Peace can help in getting inner satisfaction. It is important to treat everyone equally. There must be proper justice to maintain the law and order in the nation. Peace promotes unity among people.

When there is unity among people, they can live happily.

Divit Patel

II A



Peace in family is very important. The peaceful family believes in one another. I am thankful to my family. My mom and dad take care to maintain peace in my family. I love my family very much.

Sharanya Sanap

II B

UPHOLDING PATRIOTISM



GRATITUDE TO THE GURU



FESTIVITY GLIMPSES

KILBIL ST. JOSEPH'S HIGH SCHOOL



KILBIL ST. JOSEPH'S HIGH SCHOOL



KILBIL ST. JOSEPH'S HIGH SCHOOL



Let Your Light Shine



KILBIL ST. JOSEPH'S HIGH SCHOOL



KILBIL ST. JOSEPH'S HIGH SCHOOL



KILBIL ST. JOSEPH'S HIGH SCHOOL



RESPECTING MULTI RELIGIOSITY



CELEBRATE THE CHILD IN YOU



PEACE

One two - peace to you,
Three four - Open a door,
Five six - Don't throw sticks,
Seven eight - Love is great,
Nine ten - peace is my friend
Anicket Ahirrao
II C



Peace make me feel at home,
Peace is my friend when I am lonely,
Peace begins with not hurting others,
Peace begins with saying sorry.
Harshit Thakur
II C



When we live in a peaceful environment, we experience less stress, anxiety. It creates a positive impact on our mental health, which helps us to feel happy, relaxed and focused. Every democratic nation requires peace for their development. Symbol of peace is the dove bird.

Hridayi Patel

II D



Inner peace can be achieved by meditation. Meditation keeps us mentally healthy. It lowers the depression. It helps to think positively. It helps to focus and concentrate. Peace improves relationship and self confidence.

Vihaan Patil

II D

Perseverance

When the darkness gets darker

I close my eyes to see the brightness ahead

When the tempest gets tempered

I close my eyes to see the calmness of the morn

When the valley gets deeper and wider

I float in the airs of hope to safely cross

The spirit of hope persevering.

Vansh S. Patil 7th B

RESPECT

Respect is a feeling of caring for someone's well being. It can be shown by good manners and kindness. We should always respect our family members, teachers and friends also. We can show respect by using words like thank you, please, sorry, excuse me and sorry. Being respectful to others is an important value.

Ojasvee S. Bagade III -A



Respect is something which is given & taken.

Respect has an important role in our life. If we want to become a famous personality we have to learn to give respect. Giving respect gives you a better image in the society.

R: Responsibility

E: Educated

S: Social work

P: Polite

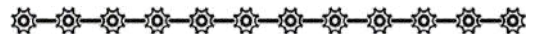
E: Encouraging

C: Curious

T: Trouble less

Viraj Nileshkumar Patil

Std: 3rd Div: B



We should always respect our elders. We should help them in their work. We should spend some of our time with them. If you respect your elders, then their blessing remains on your head. We should take care of our elders.

Siddhesh Santosh Dhanawate Std- 3rd Div- B

RESPECT FOR ENVIRONMENT

"Let's nurture the nature so that we can have a better future" The environment is everything around us like plants, animals and natural resources. They give us air, food, water but we need to take care of them. Most importantly, our environment is the source of natural beauty. The usage of plastic bags that harm the environment must be stopped. The use of recycled products must be promoted. Take care of the earth and she will take care of you.

Sarvadnya Sawant

III-C

RESPECT

"On Earth there is no heaven but there are pieces of it; one touch of nature makes the whole world kin" Nature gives us lots of things some are big some are small but they are very useful for us they provide us lots of valuable things like water, oxygen, oil, flowers, coal extra. Nature is the most wonderful gift given by God to all of us. Therefore, we all should love, respect and take care of our nature and protect it from damaging it.

Go green, breathe clean.

Anandi S Kasar III-C

Respect is the glue that holds a relationship together. We should respect our parents, teachers, elders, friends, relatives, and our siblings. Without respect, there will be no bonding. We should respect our countries and laws and regulations too. Respect means giving consideration of somebody's feelings, thoughts, and ideas. Self-respect is important to cherish your qualities. Self-respect gives confidence to face the world. We get respect from others only if we respect them. Everyone should have the quality of giving respect to others.

by Arjun Piyush Patil Std III D

Respect comes in many different forms. It is all about honouring other people for their wisdom, actions and status. Respect for elders means honouring our parents, grandparents and anyone older than us. Respect for parents is very specific. Respect for teachers means acting in an appointive manner. Respect means truth and reality.

Written by Tanvi Wakte. Std III D

Firstly, let's understand what respect means. Respect is like saying- I care about you. It is being polite listening when others talk and using kind words. Respecting means treating them the way you want to be treated just like you. You wouldn't want someone to take your choice without asking which we shouldn't do that to others. Ask before borrowing and share toys with friends. Moreover it makes everyone happy in the classroom. When your teacher is teaching, listen carefully. Raise your hand when you want to say something. This is the respect for your teacher. Treat others how you want to be treated. If you want your friends to play with you, be a good friend yourself. Be a good person yourself if you want people to listen to You. Listen, when they talk. Respect is not just for people. It's for everything around as our school books and nature

Written by Sanvi Sanap Std: III D

All people need to be respected. Respecting someone implies considering their preferences, feelings views and ideas. Every person in our country deserves respect regardless of their differences. We should cherish our siblings and friends and show respect to everyone. Teachers and other senior citizens from childhood and elders taught us how to respect others. Respecting our nation's law and regulations is also essential. Respect this important rule in our life. Respect brings peace and harmony. The respect you give to others is added dramatic reflection of the respect you give yourself.

Ravya Manish Katkade Std III D

Respect elders, as they have more experience. Listen to them carefully, greet them politely with a smile. Help elders when needed, speak to them kindly. Remember, respecting elders is a sign of good manners. We should always respect our teachers. We should take care of our elders and grand-parents also. We should respect every one.

Avantika Bhosale 3rd B

PATRIOTISM

Patriotism means feeling of love, respect and a sense of unity to one's country. We should give respect to our country's people and we should celebrate our festivals with unity. We should take care of our historical places. We should keep our surroundings neat and clean. We should celebrate our national festivals with great happiness and joyfully. We should celebrate birth anniversaries and death anniversaries of our freedom fighters. A true patriot is considered to be the back bone of the nation. Thank you.

Ankur Atul Pawar Std-4 Div-A

PATRIOTISM...!!

Patriotism is deep love and devotion to one's country. Everyone loves his country, its history, culture etc. But everyone must work in the way that our BHARAT must be benefitted by work and that is real patriotism.

To fight and to die for our nation is the level of extreme patriotism – A grand salute for such patriots.

We do our work sincerely that means from Prime Minister of our country to students like us do our work sincerely, our nation will grow and that is the patriotism for New India. Patriotism and sincere working often go hand in hand.

We kids can be patriots by few things like: -To respect our flag, to respect and follow our historical heroes and stories, to help others, and mainly by studying hard.

Jai Hind, Jai Bharat...!!

ugveer Sujit Surana Std-4 Div-A

STORY

LOVE YOUR COUNTRY

Once there was a boy named Raj. He was very proud of his family because his Father was a soldier just like his grandfather had been and so had his Great Grandfather. Raj's ambition was to join the army and protect his country. Raj lived in the quarters at the army base.

He studied in the army school and in the evening, he played in the park near the army base.

One day when he was returning from his evening play, a handsome man stopped him. The man must have been about twenty-five years of age. He had a smile on his face. Raj however, did not like him. The man's smile was not reaching his eyes. The man asked Raj "Please give this packet of chocolate to the guards who work so hard". Raj took the packet and nodded his head. As the man walked away. Raj quietly followed the man. The man entered a hut and closed the door. Raj peeped through a window and saw the man talking to a stranger. He heard their talks and came to know that the packet had a bomb inside it and would explode the time the packet was opened. Raj understood that both of the men were terrorists from another country.

Raj's love for his country made him brave. He threw the packet in the hut and ran away. The bomb exploded, killing the terrorist he was rewarded the Bharat Ratan. Later he grew up to be a brave soldier.

Moral-There is no greater love for your country. So love your country.

Ram. Vishwas. Ugale STD: IV -A

E N D U R A N C E

Endurance is the ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from and have immunity to trauma, wounds, or fatigue. It essentially means having the ability to maintain activity for an extended period of time.

PATRIOTISM

An act of being courageous and being ready to sacrifice for one's own country is called Patriotism. Every citizen should have feeling of Patriotism. Patriotism means faithfulness of a person towards the nation. It is very important for building a nation strong. Patriotism is the feeling of fight against enemies. A developed country is made up of true Patriots. In Patriotism people give their life to save their country. It is a real sense for the betterment of the country. Feeling of Patriotism brings people closer.

Patriotism is an unconditional love towards the country. It helps to build up bonds with fellow countrymen and also helps in promoting the idea of fraternity. Patriotism can neither be spoonfed

nor can be taught, and it is one of the purest feelings that a man develops on his own. The slightest sense of responsibility and love for the country amongst the kids must be respected and guided by the teachers and the elders to make them a dependable and admirable patriot of the nation. The pride that one takes while expressing love about their motherland is also an easy sign of Patriotism. We should always keep notice of false patriots who live in their shell and only know how to take undue advantage of the situation.

Name: Ira Bhadane Class: IV -B

PATRIOTISM

Patriotism means love and devotion for one's country. It is marked with silence or violence. Patriotism is important because it helps to create a sense of unity among citizens of a country with the values and ideals of the community.

Patriotism not only means speaking love for a nation, it means doing work for the nation which helps a nation to develop. Voting in elections, paying taxes etc are all duties of a citizen.

In India, there are many great leaders who devote their lives for the nation.

Every citizen should have feelings of patriotism. We should all show unity and togetherness, by which we can make our country great.

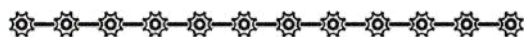
Written by-Utkarsh Surarana. Std. IV.B



An act of being courageous and being ready to sacrifice for one's own country is called Patriotism. Every citizen should have the feeling of Patriotism. Patriotism means faithfulness of a person towards the nation. It is very important for building a nation strong. Patriotism is the feeling of fighting against enemies. A developed country is made up of true Patriots. In Patriotism, people give their life to save their country. It is real sense for the betterment of the country. Feeling of Patriotism brings people closer. Patriotism is an unconditional love towards the country. It helps to build up bonds with fellow countrymen and also helps in promoting the idea of fraternity. Patriotism can neither be spoon fed nor can be taught, and it is one of the purest feelings that a man develops on his own. The slightest sense of responsibility and love for the country amongst the kids must be respected and guided by the teachers and the elders to make them a dependable and admirable patriot of the nation. The pride that one takes while expressing love about their motherland is also an easy sign of Patriotism. We should always keep notice of false patriots who live in their shell and only know how to take undue advantage of the situation.

Name: Ira Bhadane

Class: IV B



Patriotism-"MY DREAM.MY PRIDE"

I remember the first time my mother questioned me" Dear son, when you grow up, what do you want to be? I confidently replied", I want to be an "Army Officer' in the Indian army. Since childhood, I am a great patriot. The dress, personality, the feeling of people's respect for an army officer always made me dream of being like them. They are disciplined and always focused, even I have adopted the same in my daily life and routine.

We sleep peacefully in our house, just because of them, they stay awake and protect us. I adore this feeling of patriotism. They are our real heroes of the nation and each and every citizen of India should thank them. I too have a dream to serve my nation.

I really dream to become an army officer as it will be a matter of pride for me as well as to my family."JAI HIND"

Written by -Jaiveer Matlani Class IV B

Patriotism means loving and caring for our own country, India. I am proud to be an Indian, and I want to share why patriotism is important to me. First, I love my country because of its rich history and culture. India has a beautiful mix of languages, traditions, and festivals. We have a long history of great leaders Like Sardar Vallabh Bhai Patel, Netaji, Veer Savarkar, Bhagat Singh and so many more who worked hard for our freedom.

Second, I am proud of India's diversity. We have people from different religions, states, and backgrounds, and that makes our country special. We should respect and celebrate this diversity because this is what makes us strong.

Third, I love our National flag, the Tricolour/Tirangaa. The saffron colour represents courage and sacrifice, the white colour represents peace and truth, and the green colour represents growth and prosperity. When I see our flag, it reminds me of the values we should uphold.

Lastly, we should all work together to make our country better. We can do this by keeping our surroundings clean, following the rules, and being good citizens. It is essential to take care of our environment and help those in need.

In conclusion, patriotism is all about loving and respecting our country, India. We should be proud of our history, diversity, and our national flag. Let us work together to make India a better place for everyone. Jai Hind!

Name: ASMI SAMIT TAMHANEY GRADE: IV-D

PATRIOTISM

**I Love my country.
On the top are the Himalayas.
At the bottom Indian ocean.
In the east Bay of Bengal.
And the west Arabian sea.
I Love my country.
Earth is our mother,
People are friends.
Sky is blue.
Everywhere there is greenery.
I Love my country.
Full of brave leaders,
Who shine like rockstars.
Fight for motherhood which will never die.
Name – Kirat Singh Rajinder Singh Ramgadla
Std – 4th D**

DISCIPLINE IN LIFE

Discipline being one of the most important personality traits anyone should have, is nothing but being consistent, and following rules and regulations not only in your school or your place of work, but in your life as a whole. Every person has at some point of time, heard of the word discipline, but only a few understand its true meaning, and only countable people actually practise discipline. Anybody can have a goal, but only disciplined people can accomplish the goal they have set for themselves.

Being disciplined pushes us to focus on only what is important and meaningful rather than letting us lose energy over insignificant things. Various benefits come with discipline. A disciplined person is better able to manage their time and accomplish more. Discipline helps one make better life decisions and smoothly achieve their goal. It means being honest, motivated, hard-working and encouraged throughout the task undertaken. It also gifts us a positive attitude and thus fosters the development of a person in multiple ways. Those who abide by rules and regulations, that is, are disciplined, feel a better sense of control over their lives.

Discipline is important to one's life like radar is important to a ship. Discipline plays a crucial role in everyone's life. A well-disciplined person is supported and believed by most people. Such people often tend to become the role models of the society and are respected greatly. That is why my friends we should all incorporate discipline in our lives, become successful and earn great respect in the society by becoming responsible individuals.
Harshvardhan G. Thorat
Std: V Div: C-.

SELF DISCIPLINE

§ Self-discipline allows you to stay focused on your goals. It enables you to stay in control of yourself and of your reaction to any situation. Self-discipline is like a muscle: the more you train it, the stronger you become. Lack of self-discipline can cause low self-esteem.

§ A person cannot achieve success or the desired outcomes without the application of self-discipline in life. Self-discipline is an essential aspect of individual's life through his journey from school to college to work.

§ Self-discipline is a doer that helps you to achieve your dream. And the world today needs more self-determined people in the world who make their dreams & goals.

§ The skill helps a person to strategize his/her goals. Through self-discipline, a person prioritizes all the vital tasks in their lives.

§ You need to understand strengths & weaknesses, then try to develop a strategy to achieve self-discipline. You have to understand what is harmful for you, and harming you. Try to manage limited time you have to get higher output.

§ A student must take lessons seriously because their goals depend on their self-discipline.

§ The ability to push yourself forward, stay motivated, and take action, regardless of how you're feeling, physically or emotionally.

§ The main objective of all the individuals is to enhance their career prospects and sustain their living conditions in an efficient manner. In order to attain the desired goals and objectives, they need to acquire an efficient understanding of the concept of self-discipline.

§ Self-discipline is referred to the ability to do, what one should be doing. In augmenting self-discipline, the individuals need to take into consideration various factors. These are recognizing one's job duties and responsibilities, possessing the abilities to work under stress, generating information and understanding in terms of performance of job duties in an efficacious manner, conducting an analysis in terms of the weaknesses and implementing ways to overcome them, inculcating the traits of morality and ethics, maintaining good health, implementing appropriate methods in terms of tasks and activities. Organizing daily routine functions in a systematic manner, forming positive viewpoints in terms of others and dealing with them in a decent manner and exercising control on the feelings of anger and frustration and refraining from getting involved in any form of criminal and violent acts.

Satvik Ambekar
5th B

SELF-DISCIPLINE

Self-discipline is more specifically about your ability to control your desires and impulses in an attempt to stay focused on what needs to get done to successfully achieve that goal. Having self-discipline isn't just about consistently doing something, it's instead about systematically regulating, correcting, and adapting your behaviour to the changing conditions and circumstances of your life. Self-discipline needs fuel, and that fuel typically comes in the form of either inspiration or motivation. The Best way is to put yourself in the frame-of-mind where you're trying to outwork and outperform others. This is certainly one way to discipline yourself compete against your best self. Measuring your current results against past performance can be a useful method in helping you stay focused, motivated, and disciplined. In fact, it could be the one key ingredient that continues to fuel your self-discipline.

NIDHI RAMNANI

STD: 5TH DIV : D

The way of lifeSelf-discipline is the cornerstone of personal growth and success. It is the ability to control one's actions, thoughts, and emotions in pursuit of long-term goals. Individuals with strong self-discipline exhibit resilience, perseverance, and a commitment to excellence. This trait empowers people to overcome obstacles, stay focused, and maintain a sense of direction in the face of challenges. Self-discipline involves making choices that align with one's values and priorities, even when faced with temptations or distractions. It cultivates a strong work ethic and helps individuals prioritize tasks effectively. Those with self-discipline are more likely to meet deadlines, achieve objectives, and consistently perform at their best. Developing self-discipline requires practice and the establishment of healthy habits. It enables individuals to resist immediate gratification for the sake of long-term success. Ultimately, self-discipline is a fundamental attribute that contributes to personal and professional achievement, fostering a sense of control and mastery over one's own life.

Anant Santosh Bhagat

STD V-D

ENDURANCE

ALFRED LANSING

The ability to endure an unpleasant or difficult process or situation without giving away.

"Endurance is a critical character trait that plays an important role in the success of any individual, be it in sports, military, studies, or our personal lives. It requires patience, dedication, and consistency, coupled with a strong mind and body. When a person is able to accomplish or withstand more effort than previously, their endurance is increasing.

Endurance refers to your bodies physical capability to sustain an exercise for an extended period. It's made up of two components cardiovascular endurance and muscular endurance. Cardiovascular endurance is the ability of your heart and lungs to fuel your body with oxygen.

Resistance training for endurance athletes should focus on developing strength and power rather than endurance.

Endurance is nothing but one's feelings. It could be endurance for someone or joy for someone. For example at 45 degrees, a cricketer plays the game with happiness, where on the other hand we can't sleep without air conditioner even at 32 degree. A Saint travels barefoot in summers and we complain about our branded shoes. Homeless people have to adjust every little thing and we get disappointed even if a little thing is not according to our mind. Soldiers protect our country and stay calm even in extreme weather conditions and we can't bear a sudden weather or climatic change.

Endurance is the ability to tolerate. We should have the habit of tolerance. Tolerance can help you adjust everywhere. Ability to tolerate can make you more flexible and flexibility makes a person endearing amongst one and all. Endurance reminds us that, in the face of difficulties, we possess the inner strength to endure, learn and ultimately thrive.

Endurance is the best solution for every problem.

By ~ Moksha Jain

ENDURANCE

Definition – Endurance is the power to withstand something challenging

For maintaining endurance everyone should have the ability to maintain every activity for an extended period of time. Endurance is simply connected with hardship and patience.

With hardship you can solve any problem in your life and patience makes you accept any suffering without getting annoyed.

Walking, jogging, swimming, biking, jumping, rope all these activities can increase our physical and social endurance so we need strength, stamina, resolution and tenacity for maintaining it.

Old proverb that "If health is good then so everything good" God gives us beautiful life we could not get it again and again so we should take care of our life and live long with golden dreams but for all these we need to balance our endurance in all manner.

Maintaining endurance is very important because in today's lifestyle there will be lots of competitions so be healthy, do hard work, keep patience and then you can see yourself on the top of the glorious mountain of your life.

Name – Apurva Sachin Gadekar

ENDURANCE

Ability to endure means power of suffering or in another words to do hard work for achieving our goal. In the sphere of life you have to struggle then you will shine like a star. Pandit Jawaharlal Nehru always said that I am not interested in your excuses; I am interested in your work only.

Swami Vivekananda also stated that in spite of meaningless speaking everybody has to get success in your work by doing tremendous hard work. In support of this there is also a proverb in Marathi. 'वाळुचे कन रगडीता तेलही गळे'. If you have peeped in the history of the well-known personalities, they have taken continuous efforts in their life.

Any student who wants expected success has to try for a long period without reluctance and bear all the difficulties to shine his tube of life. He has to plan systematically. I like the sentence i.e. plan your day and plan your life. Without planning you will wander aimlessly and you will get first frustration in your work and study. You can not always be in over confidence. You know the story of hare and tortoise, From this story you have to keep continuity in your work otherwise you will fail like the hare.

It is said that every person is a student throughout his life. Everybody has done the work up to the end of his life. Age is not the limit for work. You have to work according to your physical strength.

Gargi Ganesh Borse Std: 6th Div.: C

Endurance

Bee and Earthworm

In the beginning there were two little worms who lived in a garden. They were called as Sam and Rocky. They were friends and ambitious. They would look at the beautiful flowers for hours and dream of touching them. But both of them were very small and moved very slowly. One fine day they decided that they have to reach the flower. They started jumping towards the flower in the morning. It was until noon they jumped, but they could not touch the flower. They were sweating and panting. But to fulfil their dreams they kept jumping non-stop. Rocky says that he wants to quit but Sam keeps on pushing him. By trying continuously their jumps improved a lot. If they gave up just now, they would never see the flowers again. Life will become same, miserable. Sam keeps motivating Rocky but finally Rocky gives up. He stays down on the ground. Sam is sad that his friend is not with him and he finishes the journey alone now. The sun is getting on the top. Sam rests for a while and starts to jump again. He feels scratch on his back. He touches and feels growing some soft wafer like plates on his back. Gradually it grows and becomes wings. Sam can move his wings now. He moves his wings and flaps to move forward and now he cannot believe that he can fly. He flies on the top of the flower and even farther into the sky to see the whole garden. It is so beautiful that he had never seen anything like this. He sits on the flower and touches it and never comes back. Meanwhile, Rocky keeps crawling on the ground, eating soil Moral- Endurance fulfils our needs. So, we should work hard to increase our endurance

UNWAVERING RESOLVE: THE POWER OF PERSEVERANCE

Perseverance is the ability to go on when things seem hopeless. Perseverance is a miracle-working virtue if you have it, you can accomplish anything.

Success in any field is the fruit borne on the tree of perseverance. There is no single example in the entire human race that is an exception. All great personalities and personages, who have left indelible print of their lives on the sand of eternity are the men and women who convert their failure into success through perseverance. Perseverance actually is going from one failure to the other without losing the enthusiasm to face more Failure.

All great personage whom we adore as role-models of success, such as Albert Einstein, Charles Darwin, Isaac Newton, Socrates, Thomas Edison, Abraham Lincoln, Charlie Chaplin, Henry Ford, Bill Gates, Walt Disney, Helen etc.

Conclusion: Perseverance is a key to success in every aspect of your life.

Tanuj Chaudhari 7th A

FALL SEVEN TIMES AND STAND UP EIGHT

Introduction -Perseverance is the unwavering commitment to achieving a goal, even in the face of difficulties and setbacks. It's a skill that can be developed over time, involving a determined mindset, a positive attitude, and a willingness to learn from failures. Sachin Tendulkar, the "God of Cricket," embodies this trait.

Sachin Tendulkar's Perseverance -In January 2004, Tendulkar faced a crisis. He had been struggling, especially with the cover drive, and scored 0, 1, and 0 in the first three matches of a series against Australia. In the fourth match, he abandoned the cover drive and scored 241 runs without playing it. This demonstrates his perseverance, as he recognized his mistakes and adapted to succeed.

The Role of Perseverance in Success -Perseverance is essential for success. It empowers individuals to confront obstacles, learn from failures, and achieve their goals. Inspirational stories of perseverance abound, reminding us that success often emerges from overcoming challenges.

Conclusion -Success is not devoid of challenges but is marked by the ability to navigate obstacles with determination and resilience. Sachin Tendulkar's journey is a testament to the power of perseverance. Embrace perseverance, and you'll find that success is attainable even against the odds.

NAME – VEER PIYUSH CHANDAK STD – 7 DIV – A

THE POWER OF PERSEVERANCE

Perseverance is the remarkable quality that can help us achieve our goals and dreams. It means never giving up, no matter how tough things get. Perseverance is like having a never-give-up attitude. It's about facing challenges, making mistakes, and still pushing forward. It's that determination to keep going, even when things seem impossible. For example, In school, As students, we do suffer with difficult subjects, assignments. Perseverance is our secret weapon. When we are struggling with a math problem or a tricky essay, don't give up. Keep trying, ask for help when needed, and believe in ability to improve. Remember, even the smartest person has to work hard to learn and succeed.

In sports, we might not be a professional athlete, footballer, cricketer, etc but sports does teach us a lot about perseverance. When we are on a sports team we face challenges, lose games and make mistakes. But the most successful sportsman doesn't quit. They practise learning from their mistakes and keep trying. This determination is what makes champions.

Perseverance is closely connected to having a "growth mindset." This means believing that you can get better at anything through effort and learning. So if you keep trying and learn from your mistakes, you can achieve great things.

It's about not giving up when things are tough, believing in yourself and working hard to achieve goals. So, keep pushing forward, stay determined and you will see how perseverance can lead to success in school and life.

-By Khushang Vinod Patil STD 7thB Roll no 34.

PERSEVERANCE

Perseverance plays an important role in everyone's life. Life without perseverance cannot be there. Perseverance is also said to be a key to success. Perseverance is a word which means the ability that one can have to reach their goal fighting against problem and difficulty. Perseverance is the thing which can motivate you anytime.

For example, a student finding that maths subject is hard, but it is not so. If the student practises it regularly he/she can face many problems but at last he/she will achieve success in that particular topic. This is what perseverance is!

The ability to keep going on your goal and facing problems at the same time and solving it too is perseverance...

Name -: Samiksha Bhandure Std : VII Div : D

SENSITIVITY

"Stop being so sensitive". You may have heard this from family, friends or co-workers or even utter it to someone else. Generally, the word 'sensitive' is used to describe how you respond to the environment around you, whether that's physically or emotionally, you're able to pick up the feelings of others easily, to some extent, we're all sensitive about something in our lives.

Being a sensitive person can be stressful and can cause anxiety or relationship challenges. However, there are also benefits to being sensitive, especially in the right environment or with support. Some advantages include having a rich inner life and showing increased empathy. Being sensitive can also offer strength in relationship and depth in processing information.

Granneman and Solo mention that sensitive people experience the world deeply. "Sensitive people have empathy in spades, so much so that the difference can be seen in brain scans". This Means sensitive people tend to "feel for others" more than less sensitive people, which can encourage them to be more compassionate and take action in the face of suffering.

Prisha Gajjar, VIII -A

SENSITIVITY

"Sensitive souls can be easily hurt, but they also have an unmatched ability to love and uplift others."

Sensitivity is a basic human trait that allows people to perceive, process and respond deeply to their environment.

Sensitive people: • Absorb more sensory information • Think more deeply • Find more interconnections among disparate things • React more strongly to sound, light, touch, smell and taste
Sensitivity is largely genetic and not something you can turn off. It's a trait linked to giftedness and something we ought to embrace. According to three decades of research, it's not only a healthy trait, but it also serves as a powerful asset.

Research has shown that people tend to fall into three different groups along a spectrum of sensitivity: low, medium, and high. 30% of the population fall under the highly sensitive group, 40% under medium and 30% under low.

Sensitivity is often seen as a sign of weakness in our culture, especially when a sensitive person experiences too much stress. We can easily become overwhelmed by too much sensory input, doing too much and ignoring our limits or just by being surrounded by too many people.

Surabhi Sonawane Std: VIII Div: C

SENSITIVE SOUL....

**Sensitive Soul, with heart so tender,
Emotions deep, a gentle blender.
A world of feelings, both joy and pain,
A heart that weeps in pouring rain.
You see the world through a different lens,
Feel every nuance, every sense.
A symphony of emotions inside,
A treasure chest where tears reside.
Your heart aches with others' sorrow,
Feels their pain today and tomorrow.
Empathy your guiding light,
A beacon in the darkest night.
You feel the warmth of a gentle touch,
Or a simple word that means so much.
A whispered phrase, a kind embrace,
Brings solace to your inner space.
But sometimes sensitivity can sting,
Like a raw nerve, a fragile string.
Words can cut, actions hurt,
Leaving scars that seem to assert.**

Miss. Avani Geet Std 8th D

RESPECT

We have to respect others in our country, all people deserve respect. We should respect our parents, teachers, friends and others. We should respect our elders and take care of them, spend quality time with them. Ask them for advice because they are experienced, eat together show respect and use please, thank you, and sorry words in conversation. Our elders are like blessings given to us by God.

Ashman Bhamre III-B

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Ashman Bhamre III-B

INTELLECTS AT BATTLE

A Comprehensive Report of the Proceedings of a Marathi Debate held in our School

1st October 2023: The Marathi debate competition at Kilbil St. Joseph's High School delved into the topic "Impact of Technology on Students", with a focus on 9th and 10th-grade participants.

The school had invited a pair of guests to be the judges. Mrs. Meena Redasni and Mrs. Shubhangi Badgujar graced us with their presence. Mrs. Meena Redasni, M.Sc. and B.Ed., is a Marathi, English and Maths teacher with an experience of teaching more than 500 students.

Mrs. Shubhangi Badgujar, D. Pharm. and B.Ed (Comp.) is a teacher in the fields of Maths, Science, Computer, Marketing, etc.

The competition began after introducing the judges, announcing the rules and an oath taking ceremony for the participants.

The event featured four rounds: Introduction, Debate, Audience Questions, and Conclusion. Each side in the debate, led by their respective team leaders, passionately presented their arguments, with the Introduction Round setting the stage for the thought-provoking discussion.

In the subsequent Debate Round, guided by their leaders, six participants on each side presented well-reasoned arguments. Proponents emphasized the benefits of technology in education and communication, while the opposing team highlighted concerns about digital distractions and social isolation. Notably, Avni Kulkarni emerged as the best speaker, showcasing exceptional oratory skills and a deep understanding of the topic.

The Audience Questions Round added an interactive dimension to the event, encouraging critical thinking as the audience, including 9th and 10th graders, posed questions to the participants and leaders. The thoughtful responses enriched the discourse. In the Conclusion Round, two participants, each from a team, summarized their team's arguments and delivered closing statements, reinforcing their perspectives. Surprisingly, the team arguing against technology's impact on students emerged as the winners, led by their articulate leader, Sejal Patil.

The competition was efficiently managed by chairperson Tr. Kanta, ensuring a smooth and rule-abiding event. Overall, the competition provided an enriching platform for 9th and 10th-grade students to explore the impact of technology on their lives, fostering critical thinking and enhancing their oratory and argumentation skills. It was a memorable experience for all involved, encouraging students to think critically about technology's role in their development.

By - Dhairya P Chandak 9th

A REPORT ON THE DECLAMATION COMPETITION

12th August 2023, Nashik Kilbil St. Joseph's High School hosted a English Declamation Competition for the students of standard IX and X on XI August. The participants had to select a speech of a famous personality and deliver it in two minutes. Students displayed their oratory skills by declaiming famous speeches of Nelson Mandela, Martin Luther King, Malala Yousufzai, John Boyega, Swami Vivekanand, Pandit Jawaharlal Nehru and Sarojini Naidu respectively. It was a treat to hear all the participants delivering the speeches with great enthusiasm and perfection and they were also dressed in the attire of those particular personalities. Mrs Shirley Vaz and Mrs Sheela Kuruvilla judged the competition. After the competition ended Shirley ma'am said that, "In a competition there are no losers and winners but there are always achievers and learners" and Sheila Ma'am appreciated the participants and encouraged other students to take part in such events. Finally the competition ended with a short but sweet vote of thanks. The competition was organised and mentored by the English teachers of standard IX and X. We are grateful to our respected Principal Sr Sheetal for having given this opportunity to us. It was an excellent learning experience.

By - Vaidehi Patil Std. IX

SECULARISM -

A Gift to Mankind

What is Secularism? When it comes to values, Secularism is an important factor which plays a vital role in social and political life of mankind. Secularism is the principle which defines the treatment of all the religions equally. Secularism basically means the conduct of human affairs without considering one's religion. In today's world, we believe in gender equality and we fight against the offensive movements like Communalism and Regionalism, thus, there is always a room for secularism. A secular person knows how to respect others and their religion. Especially in India, we respect each other's religion and live together peacefully, because of this characteristic of Indian culture, India is also called a 'secular country'. Secularism has been an important characteristic in religious and social relationships between two individuals and the whole community from ancient times and is taken as a right in countries like India. But, it does not just remain inside the border of a country, instead Secularism can be practised by anyone and everyone who lives in any corner of the world and can have a right to be a perfect and secular person.

By - RISHIKESH V. HIRE Std:- IX-A

EMBRACING SECULARISM

The Pillar of Unity in a Diverse World

In a world as beautifully diverse as ours, the concept of Secularism stands as a beacon of unity, harmony, and coexistence. It is a principle that not only shapes our societies but also reflects the essence of humanity. Secularism, in its essence, ensures that no one is excluded, marginalized or discriminated against on the basis of their religious beliefs. It fosters an environment where individuals of all faiths and those who profess no faith can live together in peace and harmony.

Secularism is often thought of as the separation of religion from the state, but it is so much more than that. It embodies the spirit of respecting and acknowledging the beliefs of others, regardless of their religious or non-religious affiliations. By promoting this principle, we create a world where no one feels like an outsider due to their faith or the lack thereof.

One of the fundamental benefits of Secularism is the guarantee of religious freedom. When the state remains neutral on religious matters, it empowers individuals to practice their faith without fear of discrimination or persecution. This freedom not only strengthens the bond between citizens and the state but also enhances the overall wellbeing of society.

In a secular society, everyone has an equal opportunity to participate in public life, regardless of their religious background. This ensures that policies and decisions are made based on rational, ethical, and democratic considerations rather than religious biases. Such an approach promotes a just and fair society where individuals from various backgrounds can contribute their ideas and perspectives to the greater good.

Another significant aspect of secularism is its role in conflict resolution. In a world with diverse religious and cultural traditions, secularism provides a common ground where people can come together to discuss and resolve their differences. It fosters dialogue and tolerance, ultimately preventing conflicts that can arise from religious or sectarian divides.

Secularism also paves the way for a strong educational system. In a secular environment, schools and educational institutions are free from religious indoctrination. This allows students to develop critical thinking skills, question and explore various beliefs, and make informed choices about their own faith or non-faith. It encourages a society that values knowledge, reason, and evidence.

However, it's essential to recognize that secularism is not a call for the abandonment of one's faith. It's about respecting and protecting the rights and beliefs of all individuals, regardless of their religious or non-religious inclinations. It's about building a society where diversity is celebrated, and unity is strengthened through mutual respect.

In conclusion, secularism is not just a concept; it's a cornerstone of a peaceful, inclusive, and harmonious society. It allows us to embrace the diversity that characterizes our world and to build a more equitable future for all. As responsible citizens and students, let us champion secularism and contribute to a world where respect for all beliefs is a guiding principle.

By - Harsh Girish Chaudhari Std IX - A

SECULARISM

Secularism.....What do you think when the word secularism comes to your mind? In simple words secularism means separation of religion from political, economic, social and cultural aspects of life.

"Secularism is not only in our constitution, but also in our veins. We worship Mother Nature too, we believe that the world is our family" said by our Prime Minister Narendra Modi. In a country running on principles of secularism, all religions are treated equally without being favored or neglected.

In India, secularism is based on the principle of 'Sarvadharmā Sambhava' which means all religions have equal status. It does not aim to be anti-religious or irreligious, but it allows all religions to flourish, with the state taking a neutral stand on all religious activities.

Secularism plays a vital role in shaping the country's political, social and cultural landscape. India is a diverse country and has rich cultural heritage and a history of multiple religions coexisting.

A secular country can only be created by cultivating a secular mind set and building an inclusive and accommodating society. We all know that 'The world is one family' in Sanskrit it is said "Vasudhaiva Kutumbakam"

Name: Drithi Shetty STD: 9th DIV:

"SECULARISM: BALANCING BELIEF AND FREEDOM IN A DIVERSE WORLD"

Secularism is a concept that has played a pivotal role in shaping modern societies, advocating for the separation of religion from the state and promoting a neutral stance towards various belief systems. In an increasingly diverse and interconnected world, the discussion surrounding secularism has gained renewed importance. This article explores the principles of secularism, its challenges, and its role in fostering a harmonious coexistence of different belief systems.

The Foundation of Secularism: Secularism, at its core, is the principle of separating religious institutions and practices from the functions of the state. It ensures that the government does not favor or discriminate against any particular religion, thereby providing equal rights and protections to people of all faiths or no faith at all. This principle is enshrined in the constitutions of many democratic countries, such as the United States, France, and India.

The Importance of Secularism: Secularism serves as a vital foundation for a democratic society in several ways:

1. **Equality:** It ensures that all citizens are treated equally under the law, regardless of their religious beliefs or affiliations.

2. **Freedom of Religion:** By maintaining a neutral stance, secularism protects the right of individuals to practice their religion without interference from the state.

3. **Peaceful Coexistence:** In a world with diverse belief systems, secularism helps prevent religious conflicts by avoiding the dominance of one religion over others.

Challenges to Secularism: While the concept of secularism is widely praised, it faces various challenges in practice:

1. **Religious Influence:** In some countries, religious institutions still hold significant political power, which can lead to policies favoring one faith over others.

2. **Rising Extremism:** In recent years, there has been a resurgence of religious extremism, which can threaten the secular principles of a society.

3. **Secularism vs. Freedom of Expression:** Balancing freedom of expression with the need to protect against hate speech and discrimination can be a contentious issue in secular societies.

The Global Perspective: Secularism takes on different forms and interpretations worldwide. In Western countries, it often emphasizes the protection of individual rights and freedoms. In countries like India, secularism is designed to promote religious harmony and prevent discrimination based on faith.

Conclusion: Secularism remains a crucial cornerstone of democratic societies, promoting freedom, equality, and peaceful coexistence. However, as our world becomes more diverse, the concept of secularism is continuously evolving and adapting to new challenges. Striking a balance between protecting individual rights and ensuring social harmony remains an ongoing pursuit in the complex tapestry of secularism.

Name : Hardik Kalpesh Gidiya STD : 9th , B

INDIA: A Secular Nation

India, our country, has a vast diversity in cultures, geographical conditions, languages and religions. India is said to be a secular nation, i.e., India has a vast diversity in religion, but there is unity in diversity.

Every single person respects his own religion, but should also respect other religions and their followers. But there are still some conflicts about the religious matters and this leads to many religious riots. These people have excess pride towards their own religion and inferiority towards others. They say that "I am a Hindu" or "I am a Muslim". But they forget that prior to that they are all Indians.

India's Pledge states that "All Indians are my brothers and sisters", but religious inferiority becomes an obstacle for this statement.

India's third prime minister 'Indira Gandhi' is credited for establishing India as a 'Full-fledged state'. The '42nd Amendment' of the Constitution of India was enacted in 1976. Through the preamble to the constitution in 1976, India officially became a Secular Nation.

Dr. A.P.J. Abdul Kalam, once quoted, "I'm a Muslim, I light up a Hindu lamp using a Christian candle". He was a great personality, who whole heartedly believed in and followed secularism. His actions show that he believed in brotherhood. His quotes gave a powerful sense of brotherhood between every religion. Actually there is only one religion in this world, i.e., 'feeling of humanity'.

Chaitanya K. Murthy STD IX-C

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SELF SACRIFICE,

Sacrifice can be of many types but today we are on a sacrifice i.e personal sacrifice and it means that one gives up something that is of personal value like time, comfort, etc to achieve a particular goal in future.

We, today's generation are wasting our precious time in unnecessary talks, spending hours and hours on mobile phones, partying with our friends just for the sake of fun, etc and all these things are not going to help us to make our future brighter.

One of the most vital sacrifice a student can do is sacrificing all these stuff like partying, playing mobile phones, wondering here n there, etc and Work hard day and night to make our future a better and brighter one!

Once we are settled in our future, we have a lot of time for doing all these things in a more interesting and a beautiful manner but if we do not stop wasting our time on all these things today then we have only one thing to do and that is regret! !

So let us all sacrifice our Comforts to make our future a brighter one and make our parents Proud

"You have to fight to reach your dream. You have to sacrifice and work hard for it."

-Mokshada Ravindra Kothe X-A

BALANCE

In the thought of self-sacrifice, A cloud of confusion may arise,

When the lines between giving and losing oneself start to disguise.

We ask ourselves "How much is too much to give? "

"Isn't self-sacrifice a burden we shouldn't live with? "

The answer is ' balance' . We often forget.

Aligning the art of self-sacrifice,

Let your heart begin with.

Love yourself first is a vital key,

To give others care, time and empathy.

Amidst the dance of dreams,
don't lose sight let your own aspirations shine just as bright.

Don't get me wrong, self-sacrifice is a must.

But true giving comes from a place where your own light is illuminated.

May your inner glow enchant and mesmerize,

Guiding others with a charm that never dies.

Name : Rajsi Sabnis ,Std: X C

RESPECT

Respect yourself

That's the thing to do.

Respect each other,

It comes back to you.

Respect yourself,

It starts with you.

Respect each other,

It's the golden rule

III - A

Nirav R. Alape

SELF SACRIFICE

Competition is no longer a joke... No guarantee that the one who works hard will gain success, but definitely the one who is successful has worked hard! Day and night, every time, every minute, each and every second the only thought is achievement...Great achievements are usually born of great sacrifices...There are no short cuts in the way to gain permanent success. It's only about the SACRIFICES, which maybe no one sees, but the one who makes it, knows it, and the results prove it!

It's easy to give excuses, but it is not to sacrifice your comfort zone...It's easy to get tired and rest, but one should sacrifice one's sleep and burn the night... It's easy to face small problems but it is not to take up challenges... After all it's on you, whether to just give up or run after and chase your dreams.... But are sacrifices limited to make just an individual successful? No! Sacrifices have always been a very important aspect of many achievements in history.... In regard to maintain peace in India, we sacrificed the idea of one nation and let Pakistan separate due to the pressure of the Muslim League. Also, how can we forget about our strong and brave soldiers? They sacrifice their lives for all of us! They are the reason we sleep peacefully at night.

Let's look into the past for some great personalities if they too believe in the thought of self sacrifice. Nelson Mandela sacrificed 27 years of his life in prison for the people of South Africa. Mahatma Gandhi, the father of our nation, he made significant personal sacrifices, including spending time in prison, fasting, and leading various campaigns for social and political reforms during the freedom struggle of India, not only these, but also Malala Yousafzai, Joan of Arc, and many more women also take a place of great importance while contributing to history... Aren't they an inspiration for us?

It will cause pain to sacrifice yourself physically, mentally, emotionally and also socially, to sacrifice your loved ones sometimes, but your success would heal it up... No pain, no gain is a rule of life! Right?Don't let your dreams just be dreams, you have to wake up from your sleep and get ready to sacrifice and work hard for it. It's never too late! But yes it's now or never. No Sacrifice No Victory!

Sejal Patil 10th- C

TRUE STORY ON TRUST OR RATHER MISTRUST

Trust is paramount in any relationship and society. Trust is one strong force that holds our world together. It cements relationship by allowing people to live and work together, feel safe and wanted.

But alas! In today's fast and modern world where there is a mad rat race in progress for achieving more and more, the institution of trust seems to be forgotten and conveniently locked in the safety vaults of banks.

Dear Children, here is a sad story of an old lady who was the victim of mistrust and deceit.

This old lady was not always old. Radha was a smart young girl of 17 when she passed her 12th grade with distinction and stepped into the college to pursue her dreams. She wanted to be a corporate woman and wanted to join a career-oriented course. She was a brilliant girl academically and also had interest in fine arts. Her life was a bed of roses with her only brother as a sibling who was very close and understanding. She soon completed her BBA degree and decided to shift to Mumbai to pursue her MBA. She enjoyed her new life in a hostel and made new friends.

It was here that she befriended Anuj from the same college and fell in love with him. After finishing their course Anuj was posted as a head of the HR dept of Larsen & Toubro. Both had a very well-paid and rewarding job profile to boast off. Soon they decided to get married. With the consent and blessings of both the parents Radha and Anuj soon entered the solemn institution of marriage and were a new young couple.

Anuj was a responsible, caring and loving husband who always respected Radha's achievements and supported her in all walks of life. Life was very happy and splendid for Anuj and Radha. Having everything in life, they wanted to become parents. However, God had planned something else for them. They faced a lot of problems and went to the best of doctors and clinics. Stepping into several temples and churches was also to no avail. After finding all doors of hope shut on their face, they decided to adopt a child. They adopted a baby girl and named her Raunak. She was a very loving child and her new parents also loved her immensely. Radha had a very satisfying life with a blooming career, a loving family and a cute growing baby.

When Raunak was 12 years old, as fate would have it, under immense pressure from her parents and relatives, Radha conceived twins after a miraculous treatment and breath-taking procedures. Soon Radha and Anuj were the proud parents of twin boys. Radha treated all the three children alike and never discriminated against Raunak. But the boys were never fond of Raunak and always treated her as an outsider.

All was hunky dory in the family with minor skirmishes when on sad day suddenly Anuj met with a serious road accident and breathed his last on the spot.

Radha was heartbroken and completely shattered. She found solace in her children but was leading a sad and lonely life.

Time being the best healer, with passing days her children got married and had children. Radha was engrossed in looking after her grandchildren. Raunak was also married and moved to Dubai with her husband and child.

When Radha was reconciling to her lonely life and leading a solitary life, tragedy struck once again when she was detected with blood cancer. She was totally broken and did not know whom to look for support. Her two sons soon became very indifferent towards Radha and started disputing among themselves and refused to take up her treatment incurring huge expenses. Radha had spent all her life's saving on her children who were now refusing to look after her. Radha was absolutely heart-broken first due to the illness and also due to the trust she had kept on her sons and the deceit that she received. Soon Radha was completely disowned by her sons and shifted to an old age home.

When Raunak got to know about her ailing mother from her friends, she left her lucrative job in Dubai and shifted her base to Mumbai to take care of her mother. She showered her love, care affection and resources and soon Radha was completely cured of her illness.

However, the deceit and deception of her own sons left her wrecked and weak. She soon regained her composure and collected all broken blocks of her life. With the help of Raunak she started a small NGO to help such ladies who were cheated and left in a helpless situation by their children in their old age.

Dear Children, the wounds of mistrust and rejection from your loved ones leaves a very deep-rooted scar in the heart of the sufferer and it is almost impossible to remove it from their heart till they live. So, remember never break the trust of anyone with your irresponsible behaviour and always be loyal and affectionate to your loved ones till their end. Let them live a glorified life and die a peaceful death. For people who have lived their entire life for their children, why is it that the same children fail in their duties when their parents become old and invalid?

BY- MRS. GAYATRI SHASTRY

SU-SWAGATAM



THE GRAND CARNIVAL





K.G KIDS IN SPORTIVE EQUILLIENCE



PRIMARY KIDS SPORTS AND FUN



PRIMARY KIDS ON THE RUN



THE BLITHE SPIRIT





FUN AND FROLIC-PICNIC TIME



HERALD THE BEGINING OF A NEW YEAR



LETS BE SECULAR AND INTERRELIGIOUS



MOMMIES AND BABIES- FULL DHAMAAL



RUN AND ROLLYCK AT KIDZANIA



BID ADIEU -DEAR SR.DHANYA



Bringing Peace



The word peace indicates the feeling or state where people live in harmony, love and Co-operation. Peace is not seen in our outer expressions but it is an inner feeling where one does not want any kind of war, conflict, violence or fight. The main cause of conflict and restlessness among the people is discrimination on the basis of caste, race and religion. There are also many other reasons, but this one is the most prominent and noticeable one in today's world. When children are doing the schooling, they stay together and mingle in a friendly way with all without considering any differences between them, but as these children grow the innocence in them is taken away by some influence from the society. Which are these influences? Why do these very few people influence the whole society. Even though different people follow different Gods but each divine being teaches us to love each other, help each other, respect each other and not harm each other. To establish peace in our family, society, city, state, country and eventually in the world, we need to think about all these discriminations and differences, try to put an end to the small petty rivalries. Keep praying that at least something somewhere will change and the world we live in will become a better place to live in.

By Tr. Julia

Mental Endurance: Unlocking Your Inner Strength



In Sports, endurance is one of the most important aspect. To perform best, athletes need to do loads of endurance training. But, have you heard anything about **Mental Endurance**? Yes, mental endurance is also a part of endurance. Mental Endurance is a psychological aspect in endurance. Not only in sports but also it is important in our day to day life. Now a days, due to hectic schedule we go through mental stress and depression as we don't train our mind for performing heavy work. So, to coup with mental problems we need to train our mind for endurance.

'The ability to exercise inner strength in everyday life, and the ability to deal effectively with all challenges' is mental endurance This requires a certain degree of willpower, self-discipline, and perseverance'.

So, how to improve mental endurance?

You can do so by doing some mental exercises. Mental exercises challenge the brain, strengthen it, and build endurance. They also strengthen the concentration and the memory. You can exercise your brain and mind in various ways and develop mental endurance.

One way is through solving puzzles and crosswords, since they require that you use your head and remember facts, vocabulary and details. When you use your brains above the thinking level, mental endurance starts to develop.

Physical exercises are important not only for the body, but also for the brain, since they send more oxygen and blood to the brain. When you exercise, you take in more oxygen that goes throughout your body specially the brain. This leads to better mental endurance.

Learn new things, develop new skills, or start a new hobby. Doing something new in our life gives us a challenge to perform it better. This makes our brains to be used more and more leading to more endurance.

Meditation is the best way to develop concentration, memory and hence develop mental endurance. It helps in calming our mind, body and soul. It helps us to concentrate on our mistakes and on how to overcome the same.

To deal with the ever changing, stressful and hectic life, mental endurance is something that each and everyone of us need.

Sir.Cijo John (Sports Teacher)

By Sir Cijo

ENDURANCE: **Hardship and Adversity**



Endurance training is the act of exercising to increase endurance. The term endurance training generally refers to training the aerobic system as opposed to the anaerobic system.

Different Types of Endurance Methods

1. Continuous Method:- In this method an exercise is done for a long time without any break. (E.g:- Swimming, Rowing.)

2. Slow Continuous Method:- In this method the exercise is done for a very long duration at a certain speed without any pause. (E.g:- Cross Country Runs.)

3. Variable Pace Method:- In this method the work is done continuously but with changing pace or speed. The heart rate ranges between 140-180 beats per minute. (E.g:- Sprints and slower jogging.)

4. Fast Continuous Method:- In this Method the work is done at a fast rate. Heart rate is between 160-180 beats per minute. (E.g:- Marathon Running, cycling.)

5. Fartlek Method:- In Fartlek the change of pace or speed is not pre planned. The place and surface on which sportsman is running also varies. (E.g:- Fast Runs for 45 Mins and then slow jog for recovery.)

Endurance is the body's physical ability to sustain a specific activity for a longer period of time. It has two components: cardiovascular and muscular endurance.

CARDIOVASCULAR ENDURANCE:- Cardiovascular endurance, or aerobic fitness, is how well your heart and lungs can supply the oxygen, you need while you exercise at medium to high intensity. If you have good cardiovascular endurance, you can exercise at medium intensity for a long time (and high intensity for a while) before it makes you tired.

Examples of Cardiovascular Endurance:- Activities like walking, jogging, running, cycling, swimming, aerobics, rowing, stair climbing, hiking, cross country skiing and many types of dancing are "pure" aerobic activities. Sports such as soccer, basketball, squash and tennis may also improve your cardiovascular fitness.

MUSCULAR ENDURANCE:- Muscular endurance is the ability to continue contracting a muscle, or group of muscles, against resistance, such as weights or body weight, over a period of time. Increasing the performance of these muscles means they can continue to contract and work against these forces.

Examples of Muscular Endurance:- It depends upon which muscles you want to use for longer, there are various muscular endurance exercises to choose from, such as:- Burpees, Indoor cycling, Lunges, Planks, Push-ups, Squats, Sit-ups, Swimming.

Sir. Harshal Wani (Sports Teacher)



The Glue Of Life

Trust is important in everyone's life. Its presence cements a relationship by allowing people, to feel safe and belong to a group.

Trust in a leader allows organization and communities to flourish and grow. While absence of trust leads to conflict and even a war.

For eg : When a student trusts his teacher; positive relationship gets build between them in schools .

When trust is present, thriving students and teachers experience much more successful teaching and learning experience.

When students trust teacher, they are more likely to believe and follow their guidance.

By Ankita Tolani

SELF SACRIFICE



For anything worth having, one always has to pay a price and the price is always work, patience, love and self sacrifice. No money, no promises to make but the gold of real service, to be rendered. The world calls for, and expects from us, simplicity of life, the spirit of prayer, charity towards all, especially towards the lovely and the poor, obedience and humility, detachment and self sacrifice. Without this mark of holiness, our world will have difficulty in touching the heart of modern humans. Self sacrifice refers to the act of giving up something valuable for the sake of something else that is considered more important or worthy. It could include giving up one's own interest, desires, or needs for the sake of others. Self sacrifice can be voluntary or involuntary. Here are some examples of self sacrifice. A parent who works multiple jobs to provide for their children and give them a better life. A soldier who risks his life to protect their country and fellow citizens. A doctor who works long hour and puts his patients needs before his own. A volunteer who dedicates his time and resources to help those in need. A donor who donates an organ to save someone else's life. These are just a few examples of self sacrifice, but there are countless other ways in which people can give up something valuable for the sake of others or a greater cause.

Unnoticed self – sacrificing heroes.

Look at your mother. She spends the day looking after your needs. Even after a hard day's work she will gladly spend the night besides your bed when you are sick. Look at your father who gives up many opportunities in life just because of his family's compulsions. These are examples of self-sacrifice which are not proclaimed. The world progresses in moral life because of the lessons from the lives of such heroes whose action are prompted by love. In our moral lives, we must have certain principles and live according to them. Those who do not do wrong despite the opportunity, those who do not accept bribes despite the offers, those who do their duties despite all the difficulties they are also the heroes of today. They are the people who are willing to lay down lives for the sake of their principles, values of life and their country. Self sacrifice can be practiced in our daily lives in most simple ways. Sharing food with somebody who has forgotten to bring his Tiffin, giving up one's playtime to help the weak in studies, giving up a part of pocket money for some charitable or noble cause are all examples of self sacrifice. It requires good human qualities to be able to provide benefits to those around you. This value of self sacrifice not only benefits the needy and the helpless but also give true happiness to oneself. So let's learn this value of self sacrifice and practice it in our lives.

SR.Maria Carvalho XA



“Being Peculiar-Think Secular”



*A country becomes more popular,
A country becomes more popular,
If its citizens think they are secular.*

*Barring your name and forgetting our aim,
Barring your name and forgetting our aim,
If you check every religion is one and the same.*

*Religion versus religion has become a bad game,
Religion versus religion has become a bad game,
Sometimes it is done for a temporary fame,
And many times it is done for political name.*

*Secular outlook implies freedom of worship,
Secular outlook implies freedom of worship,
It suggests every religion has a deep friendship.*

*If you want to live life of a special kind,
If you want to live life of a special kind,
Listen to you heart not of your mind.*

*At last its our social duty, At last its our social duty,
To accept every religion and its beauty.*

-By Sir Charudatt Bhujbal

Endurance: The Key to Health Security



Endurance is a very important component of physical fitness. It is defined as the tendency of the body to work for a long time without getting fatigued. It is the ability of the muscle to sustain localized muscle group activity for extended period of time.

Endurance is having the ability and stamina to handle difficult things. In essence, short-term pain for long-term gains. Perseverance, on the other hand, is continuing on a journey despite the obstacles, to reach a destination or goal. Athletes practice all the time to improve and become the best they can be.

Endurance refers to your body's physical capability to sustain an exercise for an extended period. It's made up of two components: cardiovascular endurance and muscular endurance. Cardiovascular endurance is the ability of your heart and lungs to fuel your body with oxygen.

What is an example of endurance? Also called aerobic exercise; endurance exercise includes activities that increase your breathing and heart rate such as walking, jogging, swimming, biking and jumping rope. Endurance activity keeps your heart, lungs and circulatory system healthy and improves your overall fitness.

Aerobic endurance is your ability to exercise at moderate intensity for a given period without waning. The longer you can keep moving, the better your aerobic endurance. From a brisk walk to a light jog, it accounts for much of the day-to-day activity most of us undertake.

Endurance is the ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from and have immunity to trauma, wounds, or fatigue. The term is often used in the context of aerobic or anaerobic exercise.

Seven exercises, including resistance band workouts, squats, dead-lifts, and pull-ups, can help men build muscle and increase growth hormone production. Seven exercises, including dead-lifts, squats, bench press, pull-ups, rows, dips, and shoulder press, are highly recommended for building muscle and increasing strength and endurance.

By Sir Rishikesh

TRUST

YOUR FOUNDATION FOR SUCCESS



There are just a few elemental forces that hold our world together. The one that's the glue of the society is called trust. Its presence cements relationship by allowing to live and work together, feel safe and belong to a group. Trust in a leader allows organizations and communities to flourish, while the absence of trust can cause fragmentation, conflict and even war. That's why we need to trust our leaders, our family members, our friends and our co-workers, albeit in different ways. Trust is a vital component in happy and successful relationship too. Lack of trust can lead to an inability to concentrate, especially if you are constantly worrying or wondering what the other people are actually thinking, feeling, or doing. Not being able to trust others contributes to mental, emotional, and physical distress, including betrayal, trauma, and emotional dysregulation. Low trust can cause feeling of fear and anxiety. You might be afraid of what they will do next, or you might worry that they won't be there when you need them. Trust is a central characteristic of an ethical life because it affects every aspect of personal, social, and particularly business relations. Research studies have consistently shown that a strong ethical and trusting culture is more profitable than those without it.

Sir Suhaas
(Drawing Teacher)

SELF DISCIPLINE



Self Discipline is the ability to make yourself do what you should when you should do it whether you feel like doing it or not.

“Through self discipline comes freedom “. “True freedom is impossible without a mind made free by discipline”

The foundation of a self comes from small acts of daily discipline. Learning how to have self-discipline is a skill that takes you to the next level with your goals, purpose in life and how well you treat yourself

“Self –discipline allows you to stay focused on your goals. It enables you to stay in control of yourself and of your reaction to any situation. Self discipline is like a muscle the more you train it; the stronger you become.

Benefits of discipline: Self discipline means self control, inner strength and control of yourself and your reaction. The skill gives to you the power to stick to your decisions and follow them through, without changing your mind. That's why it is one of the important requirements for achieving goals and carrying out tasks successfully.

Discipline in life : Discipline is the way of being honest, hardworking, motivated and encouraged throughout life. This character is very important in one's life as it helps maintain behavior. Saints and monks who meditate also first practise whether the art of discipline is on the track and has orderliness in life.

Tr. Esmie Almeida

Peace: A Path to Happiness



You might have heard that The Nobel Peace Prize for 2023 was awarded to Iranian activist **Narges Mohammadi** for her relentless fight against the oppression of women in Iran and her unwavering commitment to promoting human rights and freedom. But have you wondered what Peace is?

Peace is a wonderful and important thing that we all wish for. It is not just about no fights or wars; it is about feeling happy, safe, and working together nicely with others. The significance of peace extends far beyond the mere absence of conflict or war; it is a complex and multifaceted concept that encompasses various dimensions.

Different Facets of Peace There are many ways to think about peace. Firstly, peace resonates within our inner selves, this is called "inner peace." This means feeling calm and happy inside yourself. When you have inner peace, you do not feel worried or angry all the time. It is like having a cozy and quiet place in your heart.

This leads us to the second dimension "peace between people." This is when we treat each other kindly and do not fight or argue. It is important to listen to others and try to understand their feelings. It focuses on having healthy interpersonal relationships and working with cooperation. Next, there's "community peace." This is about everyone in our neighborhood or town getting along. We want our community to be a safe and harmonious place where everyone feels a sense of belongingness. In societies marked by peace, people are more likely to work together, trust one another, and collaborate for common goals, fostering social cohesion and prosperity.

Lastly, there's "world peace." On a global scale, peace entails the absence of armed conflicts, cooperation among nations, and the promotion of human rights and sustainable development. World peace means all people can live happily without fear of wars.

Why Peace Matters? Peace is important for many reasons. When we have peace in our lives, we feel better and can grow and learn more. It helps us work together to make our communities better

How to Bring Peace into Our Lives? Now, you might be wondering how we can bring peace into our lives and make the world a more peaceful place. It's not too hard!·

Talk and Listen: When we have disagreements, talking calmly and listening to each other helps a lot. Try to understand how others feel, and they'll do the same for you.·

Be Kind: Being kind and friendly to others creates peace. Smile, help when you can, and make friends.·

Learn About Others: Learning about different cultures and ways of life can help us understand and respect each other more.·

Speak Up: If you see someone being treated badly, speak up and help them. Be a good friend and stand up for what is right.·

Education: Learning about peace and how to solve problems peacefully in school can make a big difference

Conclusion ; So, peace is not just a word; it is a way of living. It is about feeling good inside, being nice to others, and making our world a better place. As members of the global community, it is our responsibility to foster peace in our lives and contribute to a more peaceful world. By embracing the values of tolerance, empathy, and cooperation, we can build a harmonious world where all individuals can thrive, free from the fear of conflict and violence. In the end, peace is not just a goal but a shared journey towards a better future for all. By embracing peace, we can create a happier and safer world for everyone. Let's start today, and together, we can make a big difference!

APARNA SONAWANE



Nurturing sensitivity

It is rightly said by 'Charles Darwin' (Father of evolutionary theory)

"The love for all living creatures is the most noble attribute of man"

Sensitivity emerges as the golden thread that connects us to the world around us. It transcends the boundaries between humans, animals, plants and nature creating a harmonious symphony of empathy.

Sensitivity towards human beings - Our interactions with fellow humans demand an equally tender approach. Sensitivity towards others, especially the marginalised and vulnerable is a divine expression of love and compassion.

In Literature novels like 'To kill Mockingbird' by Harper Lee and 'The Kite Runner' by Khaled Hosseini explore the complexities of human relationships and the impact of our actions on others. These works serve as reminders that true sensitivity involves understanding the struggle of others, standing up against injustice and fostering sense of community. Sensitivity is not a weakness but a strength that fosters understanding and compassion.

Sensitivity towards nature-Sensitivity extends beyond our interactions with living beings to our relationship with nature. Just as we find guidance in the Bible and literature, environmental awareness becomes a crucial component of our moral compass. In literature novels like 'Walden' by Henry David Thoreau and 'The Over story' by Richard Powers, the author emphasizes the need for sensitivity towards the environment urging us to view nature not merely as a resource but as a living, breathing entity deserving our care.

Sensitivity towards animals-Rudyard Kipling's 'The Jungle Book' transcends the boundaries between human and animals illustrating the profound connections that can exist. Mowgli's understanding and the respect for the jungles inhabitants highlight the importance of coexistence and empathy towards creatures with whom we share this planet.

Sensitivity towards plants Michael Pollans 'The Botany of Desire' takes us on a journey through the intertwined destinies of human and plants. The book encourages us to view plants not merely as commodities but as sentient beings with whom we share an intricate relationship.

In conclusion, the theme of sensitivity connects to the borders spectrum of life.

There is an urge to cultivate a sensitivity that encompasses our relationships with fellow humans, animals, plants and the very earth we call home. We are reminded of the enduring importance of sensitivity in fostering meaningful relationship and a deeper appreciation for the world in which we live.

So let us continue to nurture sensitivity in our own lives for it is the key to understanding and embracing the richness of existence. I remember Rachel Carson saying, "The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction"

By Tr. Bhagyashree Kulkarni



The Power of Trust: How it can Transform your Life

Trust is a fundamental aspect of human interaction, forming the cornerstone of healthy relationships both personal and professional. It is an intangible yet invaluable quality that can make and take years to build but mere moments to shatter.

Essence of trust is multifaceted concept that encompasses reliability, credibility and sense of security. It's the belief that someone or something consistently acts in our best interest. Trust allows individuals to open up emotionally, share vulnerability and collaborate effectively. It is the glue that binds families, friendships and partnerships together.

Trust is the bedrock upon which love and understanding are built. It means knowing that you can rely on someone that they will be there for you in times of needs and that they have best interest at heart. Trust thrives on communication, transparency and empathy.

Trust is a precious and fragile commodity that enriches our lives in countless ways. Building and maintaining trust is an ongoing process that requires integrity, consistency and willingness to nurture the connection. In the world where trust is hard to come by, valuing and cultivating it is more important than ever. It is fragile and a resilient force that can be nurtured and cultivated through consistent actions and shared values.

By Sir Sagar

FEAST OF OUR PATRON ST. JOSEPH



NOVENA PRAYER



Self Discipline



What is the true meaning of self discipline?

Self discipline is the ability to control yourself and to make yourself work hard .But it doesn't mean to be harsh towards yourself or live a limited ,restrictive lifestyle. It is the ability to regulate and correct oneself for self improvement.

Self discipline is the key to success and happiness in life. Success requires hard work and struggle and happiness is a by-product that comes to you when you are engaged in doing something that you really enjoy . We all need financial security ,self realization and fulfilling relationships to be happy .We know that what to do to get all these things. So how come we don't get them ? The reason is that we lack self discipline . With it the average person can do miracles.

In order to develop self discipline ,we must become a different person through our actions. As we know “ *Losers make excuses ; winners make progress* ”

So start today with your first step to discipline yourself.

A SIMPLE GUIDE
TO OVERCOME
PROCRASTINATION,
BUILD MENTAL
TOUGHNESS,
RELENTLESS
WILLPOWER,
DEVELOP HEALTHY
HABITS. OVERCOME
FEARS AND INCREASE
YOUR PRODUCTIVITY



- Acknowledging your shortcomings and changing yourself is one of the first step in disciplining yourself
- Having confidence in yourself
- Trying to act on what you learn and put into practice.
- Staying positive helps us to live happy life.

Another trick to avoid getting stuck in your worries is pretending not to be worried at all. As Aristotle taught ,you can develop a quality by just acting as if you already had it or in other words “*Fake until you make it*”
“Take control of your life to feel good about yourself. Do every day something ,even small, to get closer to your goal .

By Mrs. Almas Patel

Where is the peace?



The world before was filled with grace, but today it's nothing but a mad race.

Before people together and happily all lived their life, Now for no reason against each other they hold a knife.

Before people were seen with a smile on their face, Now all look like their life is confused just like a maze.

Before families were happy and always together ,Now families don't even see each other, even in a stormy weather.

Before birthdays and festivals were only fun ,Now families are away, aloof and on the run.

Before going around was so safe and secure ,Now Evil, murder and hatred in the world endure.

Before families lived for each other and in peace ,Now it's so different as we find none of these.

Before joy, freedom, carrying and sharing was all around seen ,But now jealousy, hatred, criticism, and envy thrives in every second human being.

Before respect and unity prevailed, the world was indeed a beautiful place.

In today's world where is the respect?.... where is the love? Where is the peace?..... It's is all wiped out indeed from the human face.

Nancy Geoffery Athaide.

SENSITIVITY LEADS TO COMPASSION



Sensitivity has the ability to accept ones ownself and others as they are, without any biases and to show respect towards others.

Children possess an innate sensitivity that often goes unnoticed or undeveloped. This sensitivity extends to various aspects of their lives, including their relationship with nature, animals, other humans, and themselves. Recognizing and nurturing this sensitivity is crucial for fostering empathy, emotional intelligence, and a deep connection with the world around them. It is essential to encourage and cultivate traits of sensitivity towards the world around us.

Sensitivity towards Nature- Children are naturally curious about the world around them. They possess an inherent sensitivity to the beauty and wonder of nature. This sensitivity can be observed when they marvel at a blooming flower, listen to the rustling of leaves, or watch a mesmerizing sunset. Nurturing this connection to nature is vital for several reasons

.a. **Environmental Consciousness:** When children develop an early sensitivity to nature, they are more likely to grow into environmentally conscious adults who care about the preservation of the planet

.b. **Emotional Well-being:** Spending time in nature has been shown to reduce stress and improve emotional well-being. Children who are sensitive to nature are more likely to seek solace and inspiration in the natural world

.c. **Creativity and Imagination:** Nature serves as a boundless source of inspiration for children's creativity and imagination. Sensitivity to nature fosters a deep appreciation for its intricacies and a desire to protect it.

Sensitivity towards Animals- Children often display an innate affinity for animals. Their sensitivity towards animals is evident in their empathy towards pets, fascination with wildlife, and instinctive desire to protect and care for animals. Encouraging this sensitivity is crucial for various reasons:

a. **Empathy and Compassion:** Sensitivity towards animals teaches children empathy and compassion. Caring for pets or observing animals in the wild helps them understand the needs and emotions of other living beings.

b. **Responsibility:** Owning and caring for a pet, such as a dog or a cat, instills a sense of responsibility in children. They learn to prioritize the needs of another living creature, which translates into valuable life skills

.c. **Environmental Awareness:** Understanding the role of animals in ecosystems fosters an awareness of the delicate balance of nature. This knowledge can inspire children to advocate for animal conservation.

Sensitivity towards Other Humans -Children possess an inherent sensitivity towards other humans, especially those close to them, such as family and friends. This sensitivity manifests in their ability to perceive emotions and respond with empathy. Encouraging this sensitivity towards others is essential because:

a. **Empathy and Communication:** Sensitivity towards others is a cornerstone of effective communication and healthy relationships. Children who are attuned to the emotions of those around them are better equipped to build meaningful connections.

b. **Conflict Resolution:** Teaching children to navigate conflicts with empathy and sensitivity can lead to more peaceful and constructive resolutions.

c. **Social Awareness:** Sensitivity towards others also cultivates social awareness and inclusivity. Children learn to appreciate diversity and respect the feelings and perspectives of people from different backgrounds.

Sensitivity towards Themselves- Children's sensitivity towards themselves involves understanding their emotions, needs, and boundaries. Nurturing this sensitivity is vital for their overall well-being and personal growth because:

a. **Emotional Regulation:** Children who are in touch with their emotions can better regulate them, leading to improved emotional intelligence and mental health.

b. **Self-esteem:** Sensitivity towards oneself contributes to a healthy self-esteem. Children who value and respect their own feelings and boundaries are more likely to develop a positive self-image.

c. **Healthy Relationships:** Being sensitive to their own needs allows children to establish and maintain healthy boundaries in relationships, ensuring their well-being is prioritized.

Children's sensitivity towards nature, animals, other humans, and themselves is a precious gift that should be nurtured and encouraged. This sensitivity serves as a foundation for empathy, emotional intelligence, and a deeper connection with the world. By fostering this sensitivity, we can help children grow into compassionate, responsible, and emotionally balanced individuals who are better equipped to navigate life's challenges and contribute positively to the world around them.

By Charanjeet kaur kainth

THE ESSENCE OF TRUST BUILDING BONDS AND SHAPING SOCIETY



Trust is a cornerstone of human existence, an invisible thread that weaves through our lives, connecting us with one another and underpinning the very fabric of society. It is a fragile yet powerful force that plays a pivotal role in our personal relationships, communities, and global interactions. In this essay, we will delve into the multifaceted concept of trust, examining its significance, the factors that influence it, and its role in different aspects of life

.I. The Significance of Trust-Trust is the foundation upon which human relationships are built. It is the belief that others will act in ways that are predictable, reliable, and in our best interest. Without trust, cooperation, collaboration, and communication would become challenging, if not impossible. Trust is the glue that binds families, friendships, and romantic partnerships together, allowing individuals to feel secure and connected.

In the realm of business and economics, trust is essential for a thriving marketplace. Consumers trust companies to provide quality products and services, while businesses trust their suppliers, partners, and employees. Without trust, economic transactions would be fraught with uncertainty, leading to economic instability.

On a societal level, trust is vital for the functioning of institutions and governments. People must trust their leaders to make decisions in their best interest, and governments must trust their citizens to adhere to laws and norms. A high level of trust in institutions fosters social cohesion and stability

.II. Factors Influencing Trust-Trust is not a static concept; it is influenced by a myriad of factors, including:

Consistency: Consistent behavior over time builds trust. When individuals and organizations consistently meet expectations and uphold promises, trust is nurtured.

Transparency: Openness and honesty are critical in establishing trust. People are more likely to trust when information is readily available, and motives are clear.

Competence: Demonstrated competence and expertise inspire trust. When people perceive others as capable, they are more inclined to trust their judgment.

Communication: Effective communication builds trust by fostering understanding and reducing misunderstandings or misinterpretations.

Vulnerability: Sharing vulnerabilities can deepen trust. When people show their human side, it can create a sense of connection and empathy.

By Mahua Tr



RESPECT FOR NATURE“

Respect nature and it will provide you with abundance”.Respect for nature is essential. Nature provides us with countless benefits and resources that sustain our lives. It's our responsibility to protect and preserve the environment for future generations. One way to show respect for nature is by practising sustainable living. Its important to educate ourselves and others about the importance of nature. By learning about the interconnectedness of all the living things and the impact of human activities on the environment we can make informed decisions and inspire others to do the same. Respect for nature is crucial for the well being of our planet and future generations. By practising sustainable living, supporting conservation efforts and educating ourselves and others, we can contribute to healthier and more sustainable world.

“Nature is a source of all true knowledge.

”Tr.Vilma Kochat

THE NATURE OF SENSITIVITY



Sensitivity is a broad term. Psychologist may call it empathy. Psychiatrists may say it is extra centeredness. Common people of any religion or no religion with common words of any language might just call it service. We have called it 'Sensitivity'. But the word itself is all of the above. The nature has gifted us with emotions, reasoning and to feel for others. Due to which mankind is at the apex. But can 'Sensitivity' be taught and learned? Its answer is affirmative. Yes, it can be learned and taught, both for children and for ourselves, the door out of the dungeon of self.

Sensitivity is a broadening, expanding quality. As the old phrase says, "He who is wrapped up in himself makes a small package." The one who cares for his/her own needs and comforts cannot be more sensitive towards others. For example, we see people around us bargain with the small vendors to save their money. At the same time they purchase the things from the mall on high price with pride. Here there is a lack of sensitivity. The less preoccupation with ourselves, the more we can learn to appreciate and enjoy with others and understand their feelings.

Nowadays, we come to realise that even children are becoming insensitive. As they grow through the elementary years, they often seem to lose their sweet, caring nature. Once they enter in their teenage phase, their self-awareness leads to self-conscious shyness or withdrawal and sometimes to aggressive to rebellion. Children who learn to care and feel have the potential to be happy and have the capacity to give happiness to those whom they will love throughout their lives. Being sensitive is often a good thing. It helps the environment and people. If the person is sensitive towards people, he/she will serve the needy people this is how we see the social workers, NGOs, etc. The person sensitive towards nature takes efforts for the protection of environment and tries to bring balance in the ecosystem. This is how we come across people who singlehandedly take up many challenging tasks related to nature. Sensitivity helps us in being alert of the danger.

Sensitivity is the basis of sympathy and empathy. Being sensitive is often a good thing. It helps in building and maintaining personal and professional relationships. It facilitates us in decision-making personally and professionally.

So, celebrate your sensitivity- and sensitivity around you. It is a rare gift and might be your greatest strength to help you to succeed in your goals, build stronger relationships and overall maintain positive mental health and wellness.

"SENSITIVITY IS THE TOUCH THAT HEALS THE WORLD."

Mrs. Megha P. Mokale



Respect- The more you give, the more you earn

"Respect is earned, Honesty is appreciated, Trust is gained and Loyalty is returned". Respect is recognizing a person's inherent dignity and treating them with empathy. Respect is fundamental in relationships for good collaboration and positivity among people. Here's a short story about the importance of respect: Once in a school cafeteria, Sarah noticed a new student sitting alone. Without hesitation, she approached, introduced herself, and invited the newcomer to join her friends. This simple act of respect and inclusion not only brightened the new student's day but also fostered a sense of belonging and kindness among their peers, teaching everyone the value of respect in forging meaningful connections. Like the above story not only we should respect others but also we should respect ourselves. Self-respect is the foundation of one's personality. Respect is a powerful force that can transform not only interactions with others but also their attitudes towards us. A young child must learn to respect all people regardless of their age, religion, nationality, and beliefs.

By Vaishali Pandit

HARD WORK... THE KEY TO SUCCESS



“What separates the talented individual from the successful one is a lot of Hard Work.” It has been proven in history that someone who has truly worked hard will definitely reach the height of success. As a word success is indeed very sweet and everyone wants it. But it cannot be taken for granted. Every student wants success in the examination and work hard to achieve it. In same way businessman wants success in his business and a lawyer wants that he should be successful in winning a case. So success in life is very essential for everyone and without Hardwork there is no success in life. As stated by Pele, Brazilian soccer player-“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” A person who sits back and relaxes throughout the day, thinking of being rich one day, will never be successful. Hard work builds character, strengthens, discipline and helps to develop a sense of purpose and meaning in life. It can also improve self-esteem and confidence, as you see the results of your efforts pay off over time. To achieve your dreams, you need to work hard and be determined and focused on your path. A man is like steel, if you use it, then it shines and if you let it rest, then it rusts. If you have truly worked hard, then it will definitely payoff and you will definitely enjoy your success. To achieve your goal, you need to be determined and loyal to your work. If you are studying, then you need to be dedicated towards your studies and work hard for high scores.

· **Importance of hard work-**

- 1) **Getting things done**
- 2) **Positivity**
- 3) **Discipline**
- 4) **Enjoyment**
- 5) **Achievement**

If you are into a job, then you must be dedicated towards your work. History has proved that hard work definitely pays off. So understanding that hard work is the ultimate key to success would be your first step in achieving your goal..

HARD WORK

If you wish to lead,
If you want to lead in life You will feel the pain,
Where there is pain,
There is also the gain,
So keep your spirit high,
And you can really touch the sky

Teacher- Nikita Agrahari

THE ART OF RESPECT: BUILDING STRONGER CONNECTIONS AND FOSTERING HARMONY



"Respect is a fundamental pillar of human interaction, is often underestimated in its power to shape our lives, relationships, and society as a whole. It's not merely a formality or manners that are expected in social interactions; it's a core value that encourages healthy communication, cooperation, and empathy.

Respect in personal relationships is like the foundation of a strong house. Without it, the structure can break, leaving it emotionally broken. In a relationship, mutual respect means acknowledging each other's individuality, supporting personal growth, and valuing each other's thoughts and feelings. It paves the way for open and honest communication, essential for navigating an unavoidable challenge that arises.

In family dynamics, respect encourages harmony. It recognizes the unique qualities and contributions of every family member and encourages cooperation. By treating each other with respect, we create a safe space where every voice is heard, and love can flourish.

Respect is a critical component of a healthy work environment. When employees feel respected by their superiors and colleagues, they're more engaged, satisfied, and motivated. In such workplaces, creativity and innovation flourish, leading to improved productivity and growth.

At the societal level, respect is the glue that holds diverse communities together. It helps bridge cultural, racial, and ideological divides. By respecting the dignity and rights of every individual, societies can aspire to equity and social justice.

Respect also extends to our environment. It entails recognizing the planet's finite resources and preserving them for future generations. This environmental respect is essential for ensuring a sustainable and habitable Earth.

Empathy and respect are closely intersecting. Empathy is the ability to understand and share the feelings of others. When we respect someone, we acknowledge their worth and perspectives. This acknowledgment deepens our empathy and enables us to connect on a deeper level.

Respect is not a mere courtesy; it's the base upon which healthy relationships, developing workplaces, harmonious societies, and a sustainable planet are built. It's a choice that individuals and communities make every day. By practicing respect in our daily lives, we contribute to a brighter and more interconnected world, where every voice is heard and valued. Respect is not just an art; it's a transformative force that can shape a better future for all.

Mrs. Nutan Bhavesh Vyas

PERSEVERANCE: THE KEY TO UNLEASHING YOUR POTENTIAL



Perseverance is a word commonly used in our lives often associated with people who have achieved their goals such as great scientist, sportsmen, business tycoons and social activists'. However its impact on our lives goes beyond just achieving greatness.

Perseverance is about resilience in the face of challenges, determination to overcome obstacles and the ability to learn from failures. It plays a crucial role in our lives by helping us navigate difficult situations and drive us forward.

Perseverance means the ability to bounce back from setbacks and challenges. It serves as a driving force that propels us forward and allows us to learn from failures.

Those who give up easily miss out the opportunity to turn their greatest pains into their greatest strengths. Smart work is essential, but patience during the journey is equally important, especially when faced with difficult situations.

Perseverance is a great virtue that has allowed great scientists like Galileo, Newton, Einstein and many others to enrich humanity with their discoveries and inventions.

It reminds us that success doesn't come overnight. It's the result of sustained dedication and sheer hard work. There are many live examples who never accepted failure, but took failure as a stepping stone to success.

I greatly admire our ex-President Dr APJ ABDUL KALAM, who is known as the "Missile Man of India".

Born in a small town of Rameshwaram, Tamilnadu, didn't stop him from dreaming big. Although he was not selected in the Air Force to become a pilot, didn't deter him from dreaming big.

He lived by his own quote " Dreams are not what you see while sleeping, but dreams are those that don't let you sleep till you achieve them. "

Tr Rashmi Murti VII B.

RESPECT



Respect basically means to be polite to others. No matter what kind of situation we are in. Everyone's way of showing respect could be different because each and every individual is different. There is no particular definition for respect, that you have to follow, if you want to show some respect.

Sometimes, talking on behalf of someone, taking a stand for someone is respect, alternatively silently listening to someone speaking also shows respect.

Respect is not only given to elder / old age persons because of their age or any celebrity because of their high standard status. Respect needs to be given to each and every single individual on this planet "Earth" and not only human beings but animals and plants also, because it is human right to get respect as an individual.

The species which cannot speak like plants and animals also needs some care, warmth, respect from us to bloom. If you cannot help them by providing food & water, at least don't harm them. Respect is not only shown by doing great things everytime, sometimes respect is also shown by admiring small things of nature. Another human focus should be kept in i.e. respect cannot be categorised into different occupations. Respect needs to be given to the CEO of google definitely, but respect also needs to be given to the sweeper in your street .

Respect needs to be given to the topper of the class and respect needs to be given to the student who always has some difficulty in understanding things. Respect needs to be given to all the age groups whether it's a small baby, an adult person. Respect needs to be given whether they are middle class, poor or rich.

Money, Power, Status cannot justify respect. It should be equal for all.

Expectation, demands, needs to be kept aside if you want to give & take respect. Respect can also be shown by little acts of kindness as well.

There could be different ways to show respect. eg- If a postman knocks at your door to give your letter in the hot weather, asking them for a glass of water is respect. It's their job to deliver letters at our homes, but it's our responsibility as well to take care of the things in our surrounding. Our hearts also feel happy by doing such acts of kindness & helping people.

Padmini Gupta

TRUST *Restore it if lost*



Trust in any relationship should be as deep and strong as the roots of a strong tree. Trust is hard to define, but we do know when it's lost. There is no trick to trustworthiness and also no trick to regaining trust when it has been lost.

Trust is often lost when we feel hurt by another's action, but by sharing our feelings with the person who hurt us, we realize that their intention was not what we imagined. In the same way, if we feel that we have done something to lose the trust of another we can seek the other out and inquire about what has happened. This may repair the breach quickly.

Trust doesn't necessarily mean you need to share every single thing that crosses your mind. It's totally normal to have personal thoughts you keep to yourself. Trust also doesn't mean sharing bank accounts, personal computers, cell phones as all these also come under privacy which has to be respected and not categorized into Trust.

Some tips to become trustworthy ·

Stick to your promises, so that others trust what you say. ·

Be available when others need support, care or help. ·

Provide a safe space when others want to talk freely.

Remember this – “Fear leads to more fear and trust leads to more trust”

Tr Rupa Fernandez

HARDWORK



In one of the staff meeting our Respected Principal, Sr. Sheetal told us about the school magazine. And she gave us the topic “Hard work” to write an article.

When I got the topic, I thought about what to write on hard work, as we all know what it is. Then I thought that I should ask my students what do they think about hard work.

So, one day I kept some time to discuss this with them. I wanted to know how much they were familiar with the word ‘Hard work’. I asked my students; “Tell me what hard work is?” Immediately 3 to 4 hands were raised. I asked one of the students. He said, “Hard work means work that is very hard.” That made me smile. Another student said “Hard work means we work hard. We sleep well when we work hard” One student said hard work means that “I can do when I do”. One student said “Hard work is a practice”, “Hard work helps us” and “The one who does hard work is very smart”. I was very happy to hear their responses.

My next question was “Who does the hard work?” There were many answers this time, “Doctor, Soldiers, Firefighters, Army officers, and farmers” Good answers. But I was waiting for the answer which I expected, So I gave them a hint, “Who pays your fees don't they do the hard work?” They realized that they are forgetting the most important people who do a lot of hard work in educating them. Then one boy said Teachers also do a lot of hard work for their students.

My last question was “Why do people do Hard work?” Now there were many answers ready. The very common answer was “For money”, “To educate us”, “To pay school fees”, and “To help us”. Some of the students said “To get good marks in exams”, “To come first in sports”

This was my experience discussing hard work with my students. Also, I would be delighted to feature their thoughts in an article for our school magazine.

But what is actually hard work? Why is it necessary to be successful in life and to earn money? What is success? And how are these two aspects connected?

Success, for the vast majority of people, does not come without a fee. That fee is hard work. People who have reached various levels of success in their lives understand that there is no return without dedication and sacrifice.

It is important to keep in mind that both successful and unsuccessful people have similar goals — both want to win. The difference comes from having systems in place that make your hard work matter.

If you feel that you're putting in the hours and not achieving the desired results, increasing your efforts may not be the answer. Think about whether your hard work is rightly directed or if you may be putting in too much work for things that have little impact. While hard work can help you establish yourself in a job, it will only take you so far.

If you are in a job you hope to grow in, you need to be constantly learning. So, work hard on the job, but also, be sure you are also working hard to learn more and find solutions that would give you an advantage in your pursuits.

Jim Rohn, the great business philosopher once said, “Learn to work harder on yourself than you do on your job. If you work hard on your job, you can make a living, but if you work hard on yourself, you'll make a fortune.” His wisdom still rings true today.

Tr. Pallavi Wavre.

PEACE-IMPORTANT FOR HARMONIOUS LIFE



Peace, a concept that has transcended time and borders, remains one of humanity's most cherished aspirations. It is a state of harmony, the absence of conflict and violence, and the presence of tranquility, cooperation, and understanding. While the path to peace may seem elusive, it is a journey worth embarking upon, for it holds the promise of a brighter and more harmonious world.

Peace is not merely the absence of war or violence but a condition that fosters social, economic, and environmental well-being. It is the foundation upon which societies can thrive, individuals can flourish, and progress can be made. Let us delve into the multifaceted aspects of peace like Social Harmony, Economic Prosperity, Mental and Physical Health Environmental Sustainability. The pursuit of peace is an ongoing effort that requires collective action at various levels, from individual to international. Here are some essential steps to cultivate peace:

1. Education: 2. Diplomacy 3. Economic Development 4. Human Rights

The pursuit of peace is a timeless and universal goal. It requires a commitment to understanding, tolerance, and cooperation. By working together at all levels, from the individual to the international, we can pave the way for a more peaceful world where prosperity, justice, and harmony prevail. In this endeavor, let us remember the words of Mahatma Gandhi, "You must be the change you want to see in the world." Peace begins with each of us, and together, we can make it a reality for future generations.

Mrs. Priti Nikam

WE AND OUR PATRIOTISM



We show our patriotism on 15th August or 26th January by remembering all those patriots who sacrificed their lives for the country and saluting their patriotism.

Without caring for their lives, without thinking of their families, they continued to fight with only one goal in mind, the freedom of the country...

We proudly tell our children about the patriotism of those great patriots. We are also proud to tell about the various efforts they made to get the freedom of the country, their loyalty to fight for the country etc.

Today someone may say, "I would have done the same..." It is so easy to say but so difficult to do in action!

Today our country is independent so there is no such question of fighting the enemy or risking our lives for the country. Yes, there are still patriots on the borders of the country, those who are fighting for the protection of the country. But the common man can't go and fight on the same border to show his patriotism.

So there are many people who are looking for a loophole to show their patriotism. Who said that patriotism can only be shown by fighting for the freedom of the country or for the protection of the country. We don't need to go to the border to show our patriotism. How can we show our patriotism from where we are?

By having brotherhood with everyone, by helping each other, by having a loving relationship with each other... by taking care that our locality, our village, our city, our state, our country remains clean, by following all the rules that the government has made for the people. In any situation, taking care not to misbehave against the country.

While thinking or acting we can set an example of our patriotism by not only thinking for ourselves but also for our country and for everyone in our country. Then surely your children, grandchildren, friends, family, everyone will be proud of you as a patriot.

Mrs. Rakhi Khatod

THE STRENGTH OF FAITH

SECULARISM

Defining Secularism is a difficult task as there has been no fixed definition used in theory or in practice. Broadly, secularism has been defined as a system of belief that essentially rejects religion or at least forwards the notion that religion should be separated from political affairs of the state. The idea aims at creating a social system which accommodates people of all religions and that they live peacefully. It is also termed as “Sarva Dharma Sambhavna”.

Secularism should not be only in our constitution but also in our veins. We worship Mother Nature too. We believe that the world is our family and God is our creator. Life is God's gift and how we live it would be our gift to him.

Believe in yourself that you are not threatened by others, irrespective of the various faiths we believe in. As a teacher I learnt that if I want to convey the meaning of Secularism to my students then I first need to train myself to believe in my own convictions. Humanity should be considered the highest religion. For example we see in today's day the youth opening up NGOs and helping the aged, the sick, orphans people living on streets and all those who need some kind or the other life support. These youngsters teach us the humility and humbleness, they express love by helping these people. Love, is boundless and limitless. Our belief in secularism limits us only to think in terms of religion, but It is more than that. For example, very small children get together and play with each other irrespective of language and religion they belong to, no barriers in their minds. Our Constitution demands secularism as one of its principles. It is the only way to show our respect.

Religion gives us the guidelines to lead our lives with moral values which would give us strength, stability and peace. It will help you to develop your character. Religion leads us to have faith in God and so it gives a source of power. The highest faith is to respect all faiths. The highest love is to be able to love people who are different from you in colour, race, caste or creed. Care, share and be absolutely fair. Practise modesty, decency and morality. Know that a man must be valued by his moral stature and wisdom, that is what he believes in.

To conclude with --- A good education is one that addresses the needs of the child and the community they live in, while still providing a strong set of values that equips them to make better and informed decisions for themselves and their families. Hence, Secularism means that all religions can peacefully coexist without any discrimination. For this, we need to enlighten our souls and our minds. Live in acceptance of wherever we are, whom ever we are with gratitude. Live our lives without any bias.

By --- Tr. Rachana Ayarekar



DIGNITY OF LABOUR

Dignity of Labor implies that all professions or jobs are treated equally and no occupation is considered to be superior or inferior to others. It is therefore an extension of the universal Principle of Equality making it a fundamental right of every worker. In India, however, certain professions like doctors, lawyers, corporate sector employees at higher posts have respect in the society whereas other professions like drivers, manual laborers (domestic help, cobblers, artisans, rag pickers etc) are looked down upon. Jobs which involve higher pay and require intellectual skills are considered dignified against others which involve physical labour. Hence there is no dignity of labor.

Work or labor has no alternative. There is no shame in working. All must work according to their ability. Man can not, and should not, live without labour. Although man is the greatest creature of the universe, he has to earn his own bread; nobody brings him his livelihood by a wave of any magic wand. Whatever he needs, he must acquire through hard work. If anyone wants to have anything without undertaking the burden of labour, he has to indulge in illegal activities which deserves no dignity at all.

Only labour has made it possible to create the great things of the world. The Taj, the Great Wall of China, Mona Lisa-all these are fruits of unfatigued labour. Nothing has been, can be, and will be possible without labour.

In conclusion, a famous man can be quoted: “Man's greatest friends are the ten fingers of his hands.” He is quite right. But it should not be forgotten that physical labor and mental labor are complementary to each other.

VRUSHALI SHINDE

SELF SACRIFICE – THE ESSENCE OF LIFE



“Great achievement is usually born of great sacrifice, and is never the result of selfishness” Napoleon Hill
Human is a social species. We all depend on each other. We try to keep the place where we stay a Happy and peaceful place like heaven.

Self-sacrifice is the giving up of what you want, so that other people can have what they need or want.

Many of us, go through difficult times in our personal lives and are self-sacrificial in ways that others may never know about; and it is certain that self-sacrifice always helps shape us into the sort of compassionate individual who plays an essential part in changing the world. Self-sacrifice has great potential moral value. It helps the person to be strong and powerful with greater responsibility.

“Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word always doing the smallest right and doing it all for love”. St. Therese of Lisieux.

This quote reminds us that even the smallest sacrifice can make us and the other person happy. In our life sharing a chocolate with small kids gives us happiness. Sharing the tiffin with the one without tiffin, is a sacrifice and a good deed.

Mother is a living epitome of sacrifice. She sacrifices her entire life for the family, her comfort, her wishes, her time, sleepless night when one is not well, her health everything. Even father, sacrifices his comfort and stays away from family to earn and to keep his family safe and secure. Our children learn these values like sacrifice, respect, etc. from the family.

A family is not created from its name or bloodline. It gains the strength with love, trust and sacrifice. To be there for each other in a family when they are in need is important. Even if it is tough to like or accept them to be by their side in times of need, to keep the bonds of relationships closely bound is what matters. Every family will have its share of ups and down. But what matters at the end is that the family stands together as one. No family is perfect. In order to make the family and the place we live, a heaven, we all must sacrifice for each other with compassion and love..

The greatest examples of self- sacrifice are our own parents, because of whom we have become what we are today. Let us all follow their example and bring back love, peace and harmony back into this world.

Mrs. Raji Johnson

DIGNITY OF LABOUR



Having respect and honor for all jobs or positions equally and not considering one superior to another is the simplest meaning of dignity of labour. It is so important to possess this very quality in one's life throughout. One should keep in mind that all occupations, whether involving intellect or physical labour, deserves equal respect and dignity. To keep the workplace a healthy environment, one must maintain the dignity of labour. This should be taught at home and in institutions to kids by nourishing the act of thankfulness for what they have and also for what they are blessed. One can follow dignity of labour in one's life by taking pride in one's work, being kind and respectful to everyone , by keeping in mind that no work is more superior than the other and through this, one must also try and influence others.

Child Labour The work that deprives children of their childhood is the simplest way to understand the term child labour. 160 million children in the world are engaged in child labour. This is a sad and harsh truth of reality. The result of this is the rise of various health issues and mental illness amongst very young children resulting in a higher death rate.

The root causes which make children particularly vulnerable to child labour are due to the following reasons: poverty, lack of education, poor access to decent work, conflicts, mass migration, and lots more. In India, there is a law regarding this. According to the Child Labour (Prohibition and Regulation) Act, of 1986 a child below the age of 14 years cannot be employed in 16 occupations and 65 hazardous processes that are dangerous to the life of a child. An adult caught doing such an act could be severely punished under the law.

By.Rupali Kalankar

SECULARISM MANY RELIGIONS ONE NATION



Secularism is defined as treating every religion equally and providing equal facility. Secularism is an ideology that says religion should not be involved with the ordinary social and political activities of a country. It dictates that there is no official religion of the state as well as nation. We must treat all religions equally. The western conceptualization of secularism began in the 19th century. The term secularism was coined by British reformer Jakob Holyoke in 1851. He used this term to describe his views of promoting a social order separate from religion without criticizing religious belief.

Our first Prime minister, Pandit Jawaharlal Nehru was a great supporter of Secularism. He laid the foundation of Indian Secularism. With the 42nd Amendment of the Constitution of India enacted in 1976, the Preamble to the Constitution asserted that India is a secular nation.

India is called a secular state because it does not have any state religion and people are free to practise any religion of their choice. We give equal respect and recognition to all the religions. No discrimination is done on the basis of religion. Non-interference in the functioning of any religion by the state. Thus, we have 'No official religion in India'.

In India, we practise three core principles of secularism:

- § Institutional separation
- § Freedom of belief
- § No discrimination on grounds of religion.

These conditions allow for 'competing concepts of the good life' to be pursued in society. Secular based education is needed because of primary reasons for Development of moral outlook. It inculcates in students humanity, truthfulness, tolerance, honesty, courtesy, sympathy, spirit of service and sacrifice which forms a noble character of people and develops their personality.

Efforts must be made to develop understanding among students on how humanity goes beyond all religions and that the essence of all religions is similar when interpreted constructively

.It develops wider vision. It develops an attitude of appreciation and understanding of others point of view. It develops democratic values and humanistic outlook. Secular education synthesizes materialism and spiritualism.

Need of secular education in India –

1. India is a multi-religious & culturally varied society.
2. Secular education develops in the child the spirit of love, tolerance, discipline, cooperation, equality, sympathy.
3. Teacher is free for developing the broad mindedness among the children
4. Equality, Liberty, National Outlook & international understanding need to be propagated
5. To train our youth to be good citizens
6. It helps in developing the moral and spiritual qualities among students in an unbiased form.
7. To inculcate in the youth social, moral & cultural values.
8. To strengthen secularism & human relationships in India.

Thus, in today's context, Secularism has gained an immense importance. Let's practise it's teachings to build a strong democratic India!

Reva Kulkarni

A bend in the road is not the end of the road...



“Every work has got to pass through hundreds of difficulties before succeeding, those that persevere will see the light sooner or later- Swami Vivekanand.

Perseverance is the essential quality. It is the ability to pursue a long-time goal. To overcome every obstacle in the path of your achievement, person needs to stick to his goal steadfastly. In other words “finishing what one starts; persevering in a course of action despite obstacles; 'getting it out the door' taking pleasure in completing tasks”. Perseverance is an important positive quality for success in many areas of life, including school work, family bonding and so on.

It is a skill that can be learned and improved over a time. If you want to be successful one need to be persistent.

Tendulkar, who made his debut as a 16-year-old in 1989, attributes his longevity to a crucial, and often overlooked, trait — perseverance

One of the most enduring lessons in Kalam's life was the value of persistence, which he learned at a very young age. Once, his father—a boatman—was ferrying passengers from Rameswaram to Danushkodi when a cyclone hit the coast. The boat was destroyed, but his father soon built another one and resumed work. A year later, though, another cyclone struck Danushkodi, sweeping away all the boats at sea again. Unswayed, his father coolly went about building another one. Later, when an satellite booster launch had to be postponed repeatedly because of bad weather, Kalam would recall his father's words: “The only way to survive is to face your troubles and rebuild your life.” Rowling's rejection story is a familiar one for many aspiring writers. She received rejection after rejection, with some publishers telling her that her book would never sell. However, she refused to give up. She kept sending her manuscript to publishers, even after receiving rejection letters. She was determined to see her dream come to fruition

These lessons are applicable to all areas of life. Whether we're trying to achieve a career goal, learn a new skill, or improve our relationships, persistence is the key. It's easy to get discouraged when we face obstacles and setbacks, but it's important to remember that success rarely comes overnight. It takes hard work, dedication, and most importantly, persistence. *Perseverance creates success; therefore, when you stick through something you can accomplish what you want.*

We must learn not to shy away from challenges that cross our path, but rather, to embrace them. It is only by means of consistency you may be able to reach your goal in life.

Ms.Savita Diwate

Essential base for Human Communities

Trust is of utmost importance and an integral part of happy and fulfilling relationships .Without trust relationships are like life without oxygen. Trust takes many years to build , few seconds to break and forever to repair .Trust is important because it helps people to be safe and comfortable knowing that their trust won't be exploited .

Without trust any social interaction is difficult because you do not know if someone has bad intentions . Trust helps build better relationships.

Without trust there's less innovation ,collaboration , creative thinking and productivity.

Trust is essential for knowledge sharing .

Trust is an important and tender aspect of all relationships. Three fundamental elements of trust are authenticity, logic, and empathy .People tend to trust you when they believe they are interacting with the real you, when they have faith in your judgement and competence, and when they feel that you care about them.

Ten reasons why trust is important ;

- 1) Trust creates psychological safety.
- 2) Trust encourages questioning and risk taking .
- 3) Trust encourages fast decisions .
- 4) Trust improves communication .
- 5) Trust promotes self confidence .
- 6) Trust increases productivity .
- 7) Trust facilitates meaningful connections .
- 8) Trust reduces stress .
- 9) Trust increases feelings of optimism .
- 10) Trust is good for communities

By Savita Sharma



Dignity of 'Labour'

"Human dignity is the same for all human beings: when I trample on the dignity of another, I am trampling on my own." - By Pope Francis.

According to a common belief, God sends everyone in this world with two hands and a hidden trait that is his real treasure to serve others, in addition to earning his own livelihood. He expects everyone to work hard and contribute to the progress of the country and the well-being of others by working continuously and joyfully. And this demands 'Labour', that is not to be shirked or avoided under any circumstances.

Those who love it; rise in life, but those who despise labour remain static and lag behind to shed tears later on. A laborious man is honest and persevering. He lives a hard life, earns very little money-but can look at any man in the face, for he owes no one anything. He may not be rich, and may be forced to struggle each day to survive, but he is a real hero in the battle of life. Contentment and satisfaction are assured for him.

Abraham Lincoln, the famous U.S. President, commented that if God did not want us to work, he would have given us no hands. Truly, it is only through toil and sweat that man can get things done. We would have no food, if farmers did not work hard in sun and in shower. We would have had no houses, if construction workers had not carried heavy loads to erect the building. Work is, indeed, necessary for every good thing achieved. And can you expect a good result in the examination, if you take your studies lightly and fail to burn the mid night oil? Hence, never look down upon a labourer, or express disgust at someone's job.

Treat any type of work as worship and do it whole-heartedly. We should not feel ashamed to perform little tasks. Helping mother in the kitchen, dusting the house, fetching groceries, or handing a spanner to your father, while he repairs a bicycle, are simple tasks that should form part of our daily routine. Do not despise to keep the class neat and tidy, or to plant a sapling. Many people wrongfully shy away from helping others merely because they consider the job below their dignity. There is no disgrace in helping a teacher to carry books, or lifting a load for a labourer or helping a blind man cross the road, or playing with a weeping child to keep him in good humour.

No work is inferior and so no person, who himself does any work, is to be looked down upon. Having servants at home should not prevent us from performing simple tasks, or from treating servants with dignity. There is false pride in believing that labourers are to be despised upon and that work is only for the unfortunate.

By : Swapna Bhavsar. (Admin Staff)



PATRIOTISM OF MIND

Patriotism is the feeling of love, devotion and a sense of attachment to one's country. When I got this topic, many things drifted into my mind but one thing kept haunting my thoughts that am I still a patriot? What I have done for my country, and fellow people? Maybe nothing and this thought that I have done nothing for my nation made me sad.

Then the thought came to my mind, our great leaders what they did for us and our country? We know the answer, they got us freedom from the British rule. But what was wrong in British rule? The main problem was freedom of one self in their thoughts, in their actions and in their work. So, our great leaders freed us from the cage of disrespect and inequality. So now are we still living in a free India. I don't think so, as I see my nation. I am not happy as the little girls are not free to move around, everywhere there is violence. No one has respect for each other's words, their perspective and their personal space.

So, to be a true patriot I think we should be free to love everyone, give respect to each other and be attached to all the human beings.

Then we can call ourself a true patriot and say we are living in a Patriotic nation.

Tr. Sophia Sijo



CREATE A BRIGHTER TOMORROW – SELF DISCIPLINE

“If you don't control what you think, you can't control what you do”

If you want to live a happy life, tie it to a goal not to people or things and with discipline everything is possible.

“Discipline is the bridge between goals and accomplishment.”

FACE LIFE WITH EAGLE'S WINGS –

When the storms of life gathered darkly ahead.
I think of these wonderful words I once read.
And I say to myself as threatening clouds hover.
Don't fold up your wings and run for cover.
But like the eagle spread wide your wings.
And soar high above the troubles life brings,
For the eagle knows that the higher he flies
The more tranquil and brighter becomes the skies.
For facing life storms with eagle's wings
You can fly above earth's small pretty things.

PUTTING IN EXTRA HOUR –

Most people suffer from “TIME FAMINE”, the feeling that there is no enough time.
The main reason is that they don't focus on the coordination of actions and don't manage the time well.

First of all, put in extra time –

- Coordinate harmoniously your day-to-day life.
 - Follow a simple step-by-step productive programme of the day.
 - Create an effective to do list.
 - Stay focused on what is more important instead of wasting time.
 - Wake up each morning, knowing exactly what you want to do during the day ahead.
- Coordination of your moral, intellectual and psychological energies is the great prerequisite for success.

HAVE A MISSION IN LIFE –

“Wherever the bee goes, it makes honey.”

Effort and work bring skill and flavour to life.

The man grows in experience, wisdom and maturity out of their work as the colour petals of a fruitful flower.

Hard work softens the edges of disappointments, gives comfort to the soul and brightens the vision.

DISCIPLINE IS SUCCESS –

Success is in doing the best you can with every task in loyalty when duty calls, in courage when disaster falls, in patience when the hours are long and in discipline with perfect plan.

The secret of success is doing the common things uncommonly well. Just do what you love and believe, and success will come logically.

Always remember –

God gives every bird its food, but He does not throw it into the nest.

So work hard through determination, self-focus and discipline, then you can accomplish anything.

--Shweta Mewati

SELF DISCIPLINE



"Discipline is the refining fire when talent becomes ability"

Discipline means self control.

A self disciplined person has the ability to do rightly at the right time, planning and acting according to his set goals. Therefore, self discipline can be defined as- Having an ability by an individual to act as per his conscience, knowledge and experience to achieve maximum desired goals. Discipline has a great value in human lives. In fact, discipline is the reason behind success of many individuals in this world. There are two types of discipline. The part of the discipline that is more related to one's nature. It is learned internally.

Discipline is very much important in every walk of our life. In our schools ,colleges, Universities in offices or even at battlefield, we cannot have success and desired outcomes without applying discipline to our lives. Discipline helps us in many ways. Firstly discipline helps us to strategize our goals. It helps us to differentiate and prioritize important task of our daily lives. We learn the better use of time with the help of discipline. A disciplined person knows how to use his time effectively and discipline the place of progress over any given task .By giving exact time to each and every task we are in a better position to understand the true challenges of any task. It helps to redirect and refocus our attention on any given task. As it is said that effective planning multiplies your chances of success. Lastly , discipline helps to learn from our mistakes. It helps us to stand up again after every failure for a great effort to success. It is because of the disciplined approach that we become able to be strong, fearless motivated and committed for the completion of our task .Discipline is the core of everything in this universe. The sunrise and sunset ,the exchange of seasons, the fall of nights and days, life and death etc all are working in perfect discipline. Therefore ,the value worth and importance of discipline in our lives can never be denied .It is very important for boys, girls, students and people from all walks of lives. Only this way we can become successful in our lives. The power of self Discipline No Excuses.

Tr.Sonali Fekarikar

ENDURANCE



Endurance is not just the ability to bear a hard thing, but to turn it into glory. Quoted by William Barclay.

What is endurance?

The dictionary meaning of 'endurance' is the ability to continue doing something painful or difficult for a long period of time without complaining.

Endurance means getting through the trial without compromising or wavering. One has to have the attitude of... Never giving up on anything, come what may. One has to withstand the power to face all the hardship or stress. What matters here is not, never giving it up but the process that keeps you going ! The spirit that elevates you to buck up in your most difficult task! And not many fail, but choose to fight back and be victorious!

As Phoebe Cary has rightly written,
Though the sturdy oak has known
Many a blast that bowed her,
She has risen again, and grown
Loftier and prouder.

Despite being blown off by the strong winds and storms, the oak tree manages to stand strong, loftier and prouder! That's the courage it highlights.

Endurance activates our inner vitality to fight back all odds. And after facing these odds, the result is beyond satisfaction. One feels very elated and satisfied after acquiring the expected result. Surely, all the hard-work pays off. All one needs to have during this process is, ample of patience, lots of courage and above all a strong & deep faith in the Almighty. The process may be painful but the end result is worth it!

The product of endurance is always fruitful and never futile.

Just as the butterfly undergoes several stages, stages of struggle and pain but it comes out in its most beautiful and colourful form. It embraces every stage with sheer confidence, courage and consistency. In the same way, let's all learn from the butterfly to embrace every fear, hard times, difficult situations etc. with the similar aura!

Tr Sylvia,

HARD WORK IS KEY TO SUCCESS



Hard work is the key that unlocks the door to success. It is a secret ingredient that turns dreams into reality. Through hard work, we not only achieve academic excellence but also develop our important life skills like discipline, determination and strength. Its efforts we put into our goals and dreams that ultimately shapes our future. Every great achievement from scientific researches to artistic skills are the product of hard work and dedication.

Hard work means practising and trying your best every day. It's like planting seeds and when you water them with your effort, they grow into beautiful trees of success. So, remember whether you are learning to read, write, draw or play, when we commit ourselves to our studies, hobbies, passion, we not only improve our skills but also build character. In the journey of life, hard work is your trusted companion, guiding you towards your ambitions and helping you to become the best version of yourself.

POEM ON HARD WORK

In school, we learn each day
Through efforts, we find our day.
With a smile, we do our best,
Hard work helps us to pass the test.
We read and write with care,
In Math and Science, we are fair.
Through colour, numbers and more,
Hard work opens up the door.
With crayons, pencil and pen,
We work hard again and again.
In every task, big or small,
Hard work helps us stand tall.
So everyone, give it your all,
With hard work, you will have a ball.
Learn and play, laugh and sing/
Hard work makes your heart take a wing. **MRS.YOGITA KHAROTE**

ENDURANCE : THE KEY TO ACHIEVING SUCCESS.

Endurance is a powerful quality that enables individuals to overcome challenges and achieve their goals. It's the ability to keep going, even when faced with difficulties, setbacks or obstacles. Endurance is not limited to physical strength; it encompasses mental and emotional resilience as well.

In sports, endurance helps athletes run long distances, swim for a long time or play a game without getting tired quickly. Whether it's a marathon runner pushing through the last few miles or a weight lifter attempting a personal best, physical endurance is what separates winners from the rest. It teaches us that with consistent effort and determination, we can achieve feats we once thought impossible. Beyond sports, endurance is equally vital in our everyday lives. When facing academic challenges, students must endure long hours of study and persevere through difficult exams. Endurance is what helps us keep going, even when things seem tough. Moreover, endurance is a critical component of personal growth and development. Life often presents us with trials and tribulations- loss, illness, relationship, difficulties, and more. These challenges test our emotional endurance. The ability to stay emotionally strong during tough times can lead to greater resilience and a deeper understanding of oneself.

Building endurance is a gradual process that involves setting goals and working consistently toward them. It's about pushing through discomfort, learning from failures and refusing to give up when faced with adversity. Surrounding oneself with a supportive network of friends and mentors can provide the necessary encouragement during challenging times.

In conclusion, endurance is a quality that can make a significant difference in our lives. It empowers us to overcome difficulties, achieve our goals and become more resilient individuals. Whether in sports, education, work or personal challenges, endurance is the key to success. It reminds us that even when the going gets tough, we have the inner strength to keep moving forward and eventually reach our destination. So, let us embrace endurance as a valuable trait on our journey towards a more fulfilling and successful life.

TR.Aboli Patil

RECOLLECTION OF MEMORIES 2023-24



NURSERY A



NURSERY B



NURSERY C



NURSERY D



NURSERY E



LKG -A



LKG -B



LKG -C



LKG -D



LKG -E



UKG -A



UKG -B



UKG -C



UKG -D



UKG -E



I-A



I-B



I-C



I-D





II - A



II - B



II - C



II - D



IV - A



IV - B



IV - C



IV - D



V - A



V - B



V - C



V - D



VI - A



VI - B



VI - C



VI - D



VII - A



VII - B



VII - C



VII - D



VIII - A



VIII - B



VIII - C



VIII - D



IX - A



IX - B



IX - C



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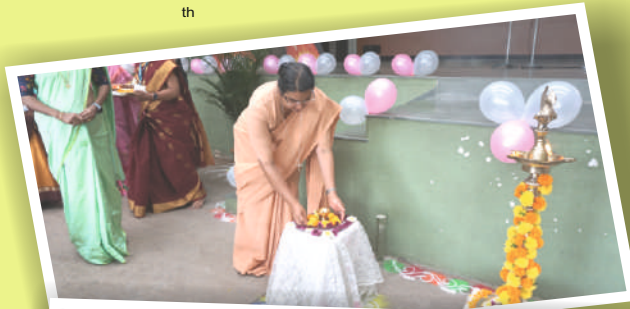
X - B



X - C

CHERISHING B'DAY MOMENTS.

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HARDWORK AND SINCERITY AWARDED



SILVER JUBILEE CELEBRATIONS AND JUBILATIONS



BID ADIEU SR.MARIA



HEARTIEST B'DAY GREETINGS DEAR SR. PHILOMIN



JAI JAI MAHARASHTRA MAJHA

