





Holistic development of a child means the overall growth of a child in all areas of life. It includes physical, mental, emotional, social, moral, and spiritual development. Education is not only about academic success but also about building character, values, skills, and a healthy mindset. A holistically developed child is confident, balanced, and prepared to face real-life challenges.

The main expectation of holistic development is to nurture a well-rounded personality. Children are expected to grow academically strong, emotionally stable, socially responsible, and morally sound. Schools expect children to develop critical thinking, creativity, discipline, and teamwork. Parents expect their children to be happy, healthy,

respectful, and responsible citizens. Society expects children to become ethical, skilled, and caring individuals.

Holistic development cannot be evaluated only through examinations and marks. It is assessed through observation of behaviour, participation in activities, communication skills, emotional responses, values, and attitudes.

Teachers evaluate children through classroom interaction, projects, sports, arts, group work, and daily conduct. Parents also play a role by observing changes in habits, confidence, and responsibility at home.

The outcome of holistic development is a confident and self-aware child. Such children show better academic performance, emotional control, social skills, and decision-making ability. They are more adaptable, creative, and resilient. Holistic development helps children discover their strengths and improve their weaknesses, leading to lifelong learning.

For the child, holistic development builds self-confidence, independence, and inner strength. The child learns to respect others, manage emotions, and handle success and failure positively. For the family, it creates harmony, better communication, and mutual understanding. Parents feel proud and secure when children show responsible behaviour and positive values. For society, holistically developed children grow into responsible citizens who contribute positively. They promote peace, cooperation, ethical behaviour, and social progress.

Holistic development is essential for creating balanced individuals and a healthy society. When schools, parents, and society work together, children grow not only as good students but also as good human beings.

**- Ashwini Mujumdar  
(Principal)**

### **The Importance of Time**

Time is the most valuable gift in our life. It is limited and once it passes, it can never be brought back. Wasting time is a personal loss because every moment has the power to shape our future. When we do not use time wisely, we miss many opportunities that could help us grow and succeed. Lost time means lost chances, and these chances may never return.

Time helps us move forward in life and keeps us updated with the changing world. When we use time properly for learning, reading, and improving our skills, we stay informed and confident. Proper use of time makes us disciplined and responsible. It helps students perform better and adults become more efficient in their work. Respecting time also shows respect for us and others.

Living in the present is another important value of time. When we focus on the present moment, we work better and enjoy life more. Being present reduces stress and improves concentration. Time does not wait for anyone, so we should make the best use of it every day. Valuing time brings success, satisfaction, and peace; while wasting it leads to regret. Therefore, understanding the importance of time helps us live a meaningful and successful life.

### Role of discipline in education

Discipline plays a very important role in education. It helps in building good habits, strong character, and a positive learning environment. Discipline is needed from teachers, parents, and students for the overall development of a child.

From a teacher's point of view, discipline helps in maintaining order in the classroom. It allows teachers to teach effectively without disturbance. Disciplined students listen carefully, respect rules, and complete their work on time. Teachers also act as role models by being punctual, fair, and consistent.

From a parent's point of view, discipline starts at home. Parents teach children good manners, respect, and responsibility. Regular routines, clear rules, and guidance help children understand right and wrong. When parents support school rules, children become more disciplined and confident.

From a student's point of view, discipline helps in self-control and focus. Disciplined students manage time well and achieve better results. They learn to respect teachers, parents, and peers. Discipline also prepares students to face future challenges in life.

In conclusion, discipline is the foundation of quality education. When teachers, parents, and students work together with discipline, education becomes meaningful and successful.

### Through the lens of Gen z

Everyone perceived the world in a different way. This perception depends on our personal experiences, our culture and upbringing, our beliefs and values and the most important- our emotions. Our perception is very important as it influences our relationships and interactions, it shapes our decisions and has a great impact on our happiness and well being.

If we think from a Genz's point of view, their perception is completely a turnaround. It may be due to differences in values, attitudes, behaviors and even rapid changes in technology, culture and preferences. We do call it as a 'Generation Gap'. Young generation is more rational and practical than us. They often tend to embrace fast



paced, flexible lifestyles in contrast with us who prefer being steady and stable in life. We believe in working hard and putting in long hours, and they are more solution oriented, who prioritize outcomes over working hours with flexibility and adaptability. No doubt we, the previous generation has excellent level of tolerance, patience, maturity, wisdom, dedication and commitment. It doesn't mean that we can mark Genz's or the previous generations are completely wrong or right.

They just have different perspective, values and experience. They approach things differently.

As a parent or as a teacher I think we could build this generation gap by encouraging open communication and understanding, having readiness or willingness to learn from each others and should be ready to respect the differences and appreciate each others unique strength and viewpoints. When efforts are taken from both sides, the coming generation will become a perfect blend of collaboration, tradition, values, stability, sustainable success, and Gen-Z-driven innovation.

**- Manjiree Sameer Alpe  
(MVEM Teacher)**

### Punishment in school helped me grow as a responsible person

Punishment in school played an important role in shaping me as a responsible person. My teachers always monitored my behaviour and corrected me when I did something wrong. When I was punished, it was not done with anger or insult, but with the intention to make me understand my mistakes. This helped me realize where I was wrong and how I could improve myself.

Punishment is not an insult to a child. It is a way to develop the capacity to correct oneself. Through punishment, I learned what behaviour is acceptable and what is not tolerable in society. It made me more conscious about my conduct inside and outside the classroom.

Such discipline also developed an ethical and respectful fear for my parents and teachers. I understood that my actions affect not only me but also my family's values. This awareness helped me control my behaviour.

Because of this guidance, I started thinking before getting tempted by bad habits. Punishment helped me grow with self-discipline, responsibility, and respect, which are essential qualities for a good human being.

- Ashwini Mujumdar (Principal)

### Lessons my students taught me

In the world of preschool, the roles are often reversed.

While I teach my students their ABCs and 123s, they teach me the lessons that matter most in life.

They have taught me that a cardboard box can be a rocket ship, reminding me that imagination has no limits.

They show me that "sorry" is a powerful word, and that a "hug" can fix almost any problem.

From them, I've learned the art of living in the moment. A caterpillar on the sidewalk or a puddle after the rain is a source of pure wonder if you only stop to look.

My students have taught me patience and resilience. They fall down, brush off their knees, and try again with a smile.



They taught me that being "perfect" isn't the goal—being kind, curious, and brave is what truly counts.

Most importantly, they have shown me how to love unconditionally. They don't care about mistakes; they care about presence.

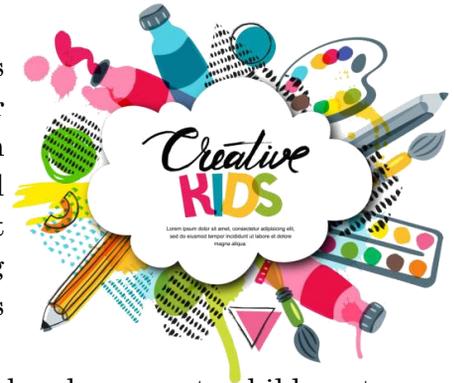
Every day, they remind me to find joy in the little things and to greet every new morning with open arms.

I may be the teacher, but in classroom, I am also a very grateful student.

**Mrs. Punam Kashikar**  
(Pre-Primary Coordinator)

**Role of Art & Craft in Education**

Art and craft open a beautiful window for children to express themselves. Many students may not speak much, but their ideas shine through colours, shapes and designs. Through creative work, children learn patience, discipline and careful observation. They also understand that mistakes are not failures, but new designs in disguise. Art helps in developing fine motor skills and strengthens concentration. It encourages imagination and builds confidence when students proudly say, “I made this!”. In a world full of technology, working with hands connects children to reality. Art and craft do not just decorate classrooms; they enrich minds and hearts. Creativity today becomes problem-solving tomorrow. Thus, art education is not a hobby — it is an essential part of holistic learning.



-Sapana Sandeep Kudale (Art & Craft Teacher)

**“Learning becomes meaningful when students work on real problems.”**



Project-based learning focuses on learning by doing. Students learn through projects based on real-life situations. This method helps students understand concepts deeply. Projects connect classroom lessons to the real world. Students work on tasks that solve real problems. This makes learning more interesting and meaningful. Project-based learning encourages active participation. Students take responsibility for their own learning. They

research, plan, and create solutions. Teamwork is an important part of this approach.

Students learn to share ideas and respect others. Communication skills improve through discussions and presentations. Critical thinking develops as students solve challenges.

Creativity grows when students design projects. Real-world applications show why learning is important. Students see how subjects are used in daily life. This increases motivation and curiosity. Teachers act as guides and facilitators. They support students throughout the project. Assessment focuses on understanding, not

memorization. Mistakes are seen as learning opportunities.

Project-based learning builds problem-solving skills. It prepares students for future careers.

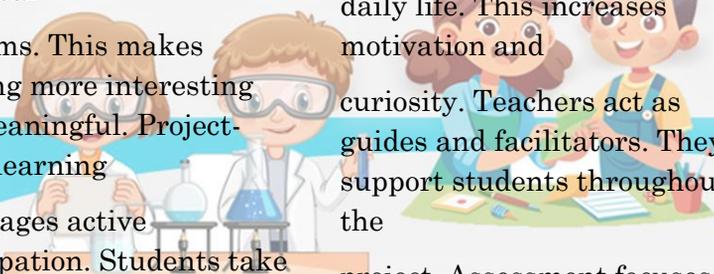
Students gain confidence in their abilities. Learning becomes more enjoyable and engaging.

Real-world projects make lessons unforgettable. This approach supports lifelong learning

habits. Through project-based learning, students become active learners and responsible citizens.

“Education becomes powerful when learning meets real life.”

Niyati M. Anturkar  
(Std II-Class Teacher)



### Little Minds, Big Innovations



*“Today’s curious child is tomorrow’s creative innovator.”*

□ Innovation begins with curiosity, and curiosity lives naturally in every child. In the primary years, students are full of questions, ideas, and imagination. When these young minds are introduced to computers, STEM activities, and strong values, learning becomes meaningful and exciting.

□ Computer education at the primary level is not just about learning to use a mouse or keyboard. It is about developing logical thinking, problem-solving skills, and creativity. When children use simple programs, educational games, or basic coding tools, they learn how to think step by step. These early digital experiences build confidence and prepare them for future learning.

□ Nowadays STEM learning has become an important part of education. It helps children understand the world around them. Simple experiments, puzzles, building activities, and hands-on projects encourage students to explore Science, Technology, Engineering, and Mathematics in a fun way. Even small activities like sorting shapes, counting patterns, or building models teach important skills such as observation, teamwork, and reasoning.

□ Along with technology and innovation, values play a vital role in shaping young learners. Children learn digital responsibility, sharing, patience, and respect while working on computers or group projects. They understand the importance of helping classmates, following rules, and using technology wisely and safely. Innovation without values is incomplete, and values give direction to knowledge.

□ As teachers, our role is to guide students with encouragement and care. By appreciating effort, allowing mistakes, and celebrating creativity, we create a learning environment where children feel confident to explore new ideas. When learning is joyful and value-based, students grow into responsible, thoughtful, and innovative individuals.

□ By nurturing computer skills, STEM thinking, and strong values from an early age, we empower children to face the future with confidence and compassion. Today’s playful learning and small discoveries will become tomorrow’s meaningful innovations.

**Ashwini Rajurkar (Computer Teacher)**

**VALUES**

**&**

**DISCIPLINE**

Values and discipline are the foundation of good character. Values teach us what is right and wrong in life. They help us I respect elders, teachers and society. Discipline teaches us to follow rules and maintain order. A disciplined person manages time effectively. Values make a person honest and responsible. Discipline helps in achieving goals and success. Together, values and discipline build strong morals. They guide us to make correct decisions. Values develop kindness, patience, and empathy. Discipline improves

focus and self-control. Students with discipline perform better in studies.

Values encourage unity and harmony in society. Discipline creates balance in personal and professional life. They shape our behaviour and attitude. Values make us trustworthy and respected. Discipline brings consistency and dedication. Both are essential for personal growth. A society with values and discipline prospers. Thus, values and discipline are keys to a successful life.

**Mayuri Dangra (Teacher)**

### 3 D's – The key factor of success

The 3 D's of success- Discipline, Dedication and Determination. These 3 D's play a vital role in any one's life especially in students. These 3D's help students in developing self-control, focus, and responsibility, which are crucial for academic performance and personal growth.

Determination helps in career advancement and personal growth. Determination means consistent focus.

Dedication/Discipline help in setting clear goals, staying committed, embracing challenges. Dedication and discipline mean consistent actions needed to convert dreams into reality. It's a way of training your body and mind for reaching at your desired aims.

A disciplined student has a sense of responsibility, follows rules, completes task on time, manages time efficiently and stays focused.

Determination and dedication develop positive attitude, strengthen character and all-round development of an individual. True success is not only measured by academic achievements but also by moral and ethical

values he or she applies in the society, which can be accomplished by having proper discipline in life.

3D's help in developing self-discipline, focus & concentration, patience and goal-oriented mindset. All these qualities play an important role in the career development of a student.

In academics 3 D's help students to do regular studies, develop concentration and punctuality. It guides students to build good moral character, good manners, hard work self-growth, develop soft skills which are important qualities for future career growth.

3 D's are foundations for achieving goals successfully not only during studies but also in life.

Success is not achieved in a day it requires consistent and regular efforts, disciplined approach, determination of mind and dedication for excellence.

So, keep pushing harder – Stay focused – Never give up.

- Snehal Phatak (Class Teacher Std X)

### The Importance of reading in children's lives

Reading plays a vital role in a child's overall growth and development.

It is not just an academic skill but a life skill that shapes a child's thinking, Imagination, and personality. In today's digital age, Where social media, videos, and instant entertainment are easily available, the habit of reading is slowly fading among children. This is matter of concern and needs immediate attention from parents and educators.

When children read regularly, they develop strong language skills. Reading improves vocabulary, sentence formation, pronunciation, and comprehension. A child who reads well can express thoughts clearly and confidently, both in speaking and writing. This directly impacts performance across all subjects, not just languages.

Reading also enhances imagination and creativity. Unlike screens that shows ready made visuals, books encourage children to imagine characters, places, and situations on their own. This imaginative thinking helps develop creativity, problem solving skills, and critical thinking. Children who read are

better thinkers and learners.

Another important benefit of reading is emotional development.

Through stories, children can learn about emotions, relationships, values and different perspectives. They develop empathy by understanding the feelings of others. In contrast, excessive exposure to social media and screen reduces attention span and patience. Children become used to quick content and may find it difficult to concentrate for long periods. Reading on the other hand, improves focus, concentration, and memory. It teaches children to slow down, reflect, and think deeply.

It is important for adults to lead by example. When children see parents and teachers reading, they naturally develop interest. Creating a reading friendly environment at home and school, setting aside daily reading time, and choosing age-appropriate, interesting books can revive the joy of reading. Encouraging reading today help build knowledgeable confident and thoughtful individuals for tomorrow.

Sayali Sardeshpande(Class Teacher Std I)

## Health and Wellness of a student: A Holistic Approach to Wellness

As students, they often find themselves juggling academics, extracurricular activities, and social lives, leaving little time to focus on their overall well-being. However, taking care of ourselves is crucial for achieving success and happiness. Wellness encompasses five interconnected dimensions: physical, emotional, social, intellectual, and spiritual. By nurturing these aspects, we can lead more balanced and fulfilling lives. Physical wellness is the foundation of overall health. Finding an exercise routine that brings joy, whether it is playing a sport, dancing, or simply taking a walk, can make a

significant difference which enables us to tackle daily challenges effectively. Emotional wellness involves understanding and managing our emotions. It may be talking to a friend or trying meditation etc., which helps us to cope up with stress and build resilience. By prioritizing emotional wellness, we become more skilled at handling life's ups and downs. Social wellness revolves around building and maintaining healthy relationships. Surrounding ourselves with positive influences. Intellectual wellness encourages us to pursue knowledge and personal

growth. i.e. reading books or exploring our interest. Spiritual wellness involves finding purpose and meaning. As happiness can be found in the smallest of things. As a conclusion, wellness is a journey that requires attention to all five dimensions. Prioritizing our well-being not only enhances our own lives but also enables us to contribute positively to our communities.



## How Education Makes Us Good Human Beings

Education helps us learn many new things in our daily life. It teaches us how to read, write, and understand the world around us. Through education, we gain knowledge that helps us grow smarter and wiser every day.

Education also teaches us the difference between right and wrong. It helps us learn good values like honesty, kindness, and truthfulness. We learn to respect our teachers, parents, and elders. Education teaches us good manners such as saying please, sorry, and thank you, which help us behave politely with everyone.

Discipline is another important lesson we learn through education. We learn to follow rules at school and at home. Education teaches us to come on time, complete our homework, and keep our surroundings clean. These habits help us become responsible and organized students.

Education teaches us to share and help others. It helps us work together with our friends and understand their feelings. We learn to be patient, calm, and caring. Education helps us live peacefully with everyone. In this way, education makes us good human beings and helps us build a bright future.

I am a teacher, feel proud and true, a role model in all I do.

I come on time, neat and fair follow rules with honest care, through my actions, big and small children learn to values and discipline too.

A good teacher inspires students and helps them build confidence. I shape young minds and futures new.

Swapnagandha Patole,

### 'Rejuvenate- A skill for Rebirth'

In this current age of overwhelming information, a quiet mind is a weapon truly unrecognized. May it be our professional or personal life we get swept into it, to the point of forgetting ourselves. Thus, Rejuvenating is truly important. To rejuvenate your life, you need to take a step back and reflect. Renewal requires opening yourself up to new ways of thinking and feeling.

Here are some techniques for it-

#### **R-Recharge yourself**

You must believe in yourself when no one else does. That is the process of recharging yourself, you need that every day. One way is to listen to your favourite music it will not only recharge your body but also your soul.

#### **E-Encourage yourself**

"You are not a product of your circumstances. You are a product of your decisions." - Quote by Stephen Covey.

Life is like roller-coaster, sometimes it may take us down but sometimes we can come up, thus keep on encouraging yourself.

J-Become Jovial

Funny things amuse us and enhance positivity in a person. But it should be presented carefully, so humans can create humour that everyone is able to enjoy.

#### **U-Understand yourself**

Talking with one's inner self is a magical process. It will take you deep inside your subconscious mind where you realize how beautiful of a person you are, even with lot of imperfections. If you really want to understand yourself, self talk is a magical therapy, which gives you clarity of mind.

#### **V- Be Versatile**

Our biggest strength is versatility, which means adaptability. Because in life change is the only constant thing. And only a versatile person can implement this secret of life.

#### **E- Be Elegant**

Elegance doesn't mean standing out. But being remembered. And simplicity is the keynote of all true elegance.

#### **N- Nurture yourself**

Nurture yourself with good habits, good thoughts, good company. As nourishment for soul is as important as nourishment for the body.

#### **A-Adore yourself**

'An empty lantern provides no light.' Self-care is the fuel that allows your light to shine brightly. Self-care is not a luxury It's a necessity.

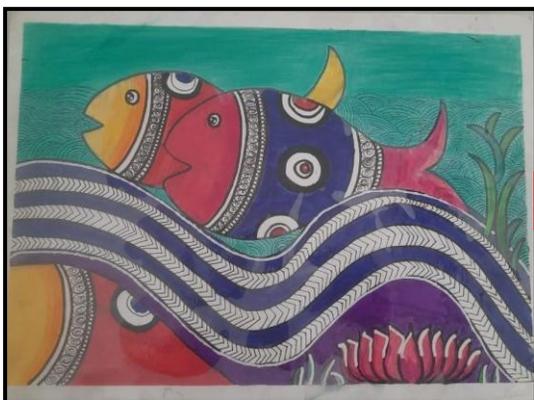
#### **T-tolerate yourself**

Tolerance is the positive and cordial effort to understand another's beliefs, practices and habits without necessarily sharing or accepting them.

#### **E- Enjoy every moment with your self**

If you really want to enjoy yourself, you should accept peace as a true nature of mind. As it will not only give you contentment, but it heals you from within. Peace is not absence of conflict: it is the ability to handle conflict by peaceful means. Therefore, let us try to implement this concept in our lives, to make sure we can give our best to ourselves and others.

**Mrs Apurva Joshi**  
(Class Teacher Std X)



Riddhi Jitendra Rathod VIII Tulip

## The IPO Cycle of Life: Karma as the Universe's System

“Every thought is an input.  
Every intention is a process.  
Every destiny is an output.”

In today's digital world, we know how computers work. We give input, the computer processes it, and then we get output. This simple idea is also explained in ancient Indian philosophy. It is called Karma.

Think of life as a very big computer. It does not work by luck or chance. It works by clear rules. Every thought we think and every action we do goes into this system as an input.

### Input: Thoughts and Actions

Our daily choices matter. Being kind or angry, honest or greedy—everything counts. Even our silent thoughts have power. Just like a computer stores all data, the universe records everything we do.

### Process: The Quiet Work of the Universe

The universe takes time to process our actions. Results do not come immediately. This process is slow, quiet, and unseen. It may test our patience, but it is always fair and accurate—just like a computer working in the background.

### Output: Destiny

After some time, we see the results. Success, problems, peace, or stress do not happen by accident. They are the results of our actions. Good actions bring good results. Bad actions bring difficulties. Delay does not mean the result will not come—it only means the system is still working.

### Can Karma Be Changed?

Yes. We cannot escape Karma, but we can change it. When we change our thoughts and actions, the future result also changes.

### Understanding Life

Life does not respond to wishes or complaints.

It responds to what we think and what we do every day.

### Conclusion

We often think destiny is outside our control, but actually, we create it every day. In the IPO cycle of life, each person is both the user and the system.

Change your actions, and your life will change.

*Your Karma is your code*

-Swarada Khatavkar  
(Computer Teacher)



Ink on paper, or spoken aloud,  
Words have power, to uplift or crowd,  
They can heal or hurt, like a gentle breeze,  
Or a stormy gust, that rustles the tree.

Let's talk about the power of words. Words are not just sounds or letters. Words are very important. Words can help people. Words can hurt people. When we say good words, people feel happy. For example, "thank you", "I love you", or "you are great!" These words give people a smile. They make people feel strong and special.

But, when say bad words, people feel sad. Bad words can make people cry. They can make people angry. That is why we must be careful with our words.

So, remember- words are powerful. Use kind words. Use helpful words. Speak with love and respect. Let's use our words to make the world a better place.

So let us choose our words with care,  
And use them to build, and not to share,  
Hurt or hate, but love and light,  
For words have power, to make everything right.

Nutan Patil (Supervisor)

## The Mystery of the Flying Sentence Board

Once upon a time, there was a beautiful village called **Sunshine Village**.

In this village, there was a small school where children loved learning English.

Inside the classroom, there was a **Magic Sentence Board** with sentence cards on the wall.

It helped children learn how to make good sentences.

The Magic Sentence Board was looked after by **eight special friends**.

They lived in Sunshine Village and visited the school every day.

They loved one another, and each friend had a **different job**.

These friends helped the children and the village every day.

**Noun** was the name keeper.

Noun named people, places, and things.

“Ravi,” “school,” and “book” are nouns.

Everyone went to Noun when they needed a name.

**Pronoun** was Noun’s helper.

Pronoun used short words instead of names.

“He,” “she,” and “it” helped save time.

Pronoun made talking easy.

**Verb** was the worker of the village.

Verb showed action and work.

“cleaning,” “building” was Verb’s job.

Verb made things happen every day.

**Adjective** was the artist.

Adjective described people and things.

“Big house,” “happy child,” and “red flower” made the village look beautiful.

**Adverb** was Supervisor.

Adverb told how or when work was done.

“Quickly,” “slowly,” and “happily”

helped explain actions.

**Preposition** was a Guide and showed positions.

“In,” “on,” and “under” helped everyone know where things were.

Preposition guided people around the village.

**Conjunction** kept everyone united.

**Interjection** was a cheering leader and showed expressions.

“Wow!” “Oh!” and “Yay!”

showed joy, surprise, or happiness.

One day, a strong wind blew through

**Sunshine Village**.

The wind opened the school window and **blew away the magic Sentence Board**.

All the words flew around like butterflies and got mixed up.

When the children came to class, the board was empty.

They tried to speak, but their sentences

sounded funny and wrong.

Everyone felt confused and worried.

The **Word Friends** came running.

They picked up the flying words one by one.

Each friend did their job carefully.

At last, they made a clear and happy sentence:

**“Wow! The happy child ran quickly to the big house and found his friends.”**

The Sentence Board began to shine again.

The children clapped and laughed with joy.

**Sunshine Village was happy once more.**

The friends learned that

every job is important,

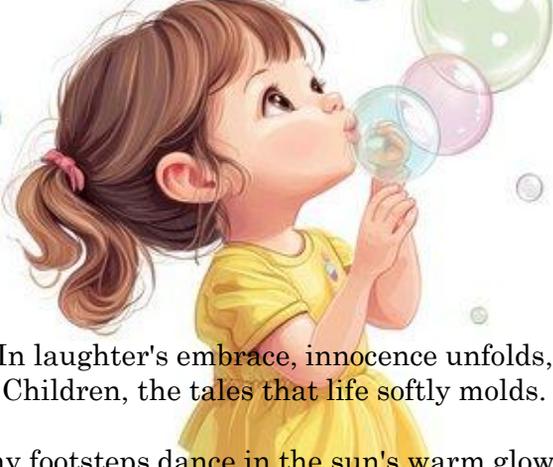
and together they make good sentences.

**Manimekalai Sudalai Yadav**  
(Primary Teacher)



### Innocence Unveiled: A Childhood Symphony

Punam Kashikar



In laughter's embrace, innocence unfolds,  
Children, the tales that life softly molds.

Tiny footsteps dance in the sun's warm glow, A  
symphony of joy, your spirits aglow.

Eyes wide with wonder, like stars in the night,  
Dreams take flight on imagination's light.

Giggles and whispers, secrets you share,  
In a world of make-believe, free from care.

Playful echoes, like a melody's tune,  
Childhood's magic beneath the silver moon.  
With crayons and dreams, you paint the day,  
On the canvas of the world you can use clay.

Tiny hands that grasp tomorrow's hope,  
In your pure hearts, have a boundless scope.

A journey unfolds, each step you take,  
In the realm of innocence, dreams awake.

Oh, children, the architects of our delight,  
With each sunrise, a new adventure in sight.  
May your laughter echo, a timeless song,  
In the tapestry of life, where you belong.

### मोबाईल

हातात आला की मोबाईल,  
वेळ कुठे निघून जाई,  
क्षणाक्षणाला स्क्रीनकडे नजर पुन्हा जाई,  
घरात असूनही दूर झाली,  
माणसातली माणुसकी,  
खऱ्या जगाकडून हळूहळू नजर दूर जाई  
सकाळ उजाडते मोबाईलने,  
रात्रही तिथेच संपते,  
सूचनांच्या आवाजात शांतता कुठे संपते,  
खेळ, पुस्तक, गप्पागोष्टी विस्मरणात गेल्या,  
मोबाईलच्या सवयीने माणूसपण आतूनच संपते.  
पडद्यावर हसू चमकते,  
भावनांचा खेळ दिसे,  
खरे दुःख मात्र मनात खोलवर दिसे,  
अनेक मित्र ऑनलाइन पण एकटेपण दाटते,  
मौनाच्या आरशात स्वतःचेच रूप दिसे.  
वेळेचे भान हरवते,  
स्वप्ने मागे पडतात,  
हातात येता मोबाईल,  
क्षण क्षण पडतात,  
मर्यादा नसतील तर आयुष्यच हातातून निसटते,  
नंतर फक्त पश्चात्तापाचे अश्रूच पडतात.

ठेवा थोडा मोबाईल बाजूला,  
जग पाहा डोळ्यांनी,  
नाती जपा, संवाद वाढवा मनोभावे डोळ्यांनी,  
तंत्रज्ञान साधन ठेवा,  
जीवनाचा आधार नको,  
खरे सुख सापडते माणसात,  
स्क्रीनपलीकडच्या डोळ्यांनी

प्राची वैद्य  
(वर्गशिक्षिका इयत्ता ५ वी लोटस)



## तनाव को कम करने के लिए संगीत एक अच्छी थेरेपी है



आज के समय में छात्र और लोग कई प्रकार के तनाव से गुजर रहे हैं। पढ़ाई, परीक्षा और अपेक्षाएँ तनाव का कारण बनती हैं। तनाव हमारे मन और शरीर दोनों को प्रभावित करता है। ऐसे समय में संगीत एक प्रभावी थेरेपी के रूप में काम करता है। संगीत मन को शांति देता है। यह नकारात्मक विचारों को कम करता है। धीमा और मधुर संगीत तनाव को कम करने में सहायक होता है। संगीत सुनने से मन हल्का महसूस करता है। यह भावनाओं को व्यक्त करने का माध्यम बनता है। संगीत मन की थकान को दूर करता है। संगीत से एकाग्रता बढ़ती है। यह पढ़ाई के समय मन को शांत रखता है। संगीत सुनने से चिंता और डर कम होते हैं। यह नींद को बेहतर बनाता है। अच्छा संगीत मन को सकारात्मक दिशा देता है। संगीत से आत्मविश्वास बढ़ता है। यह क्रोध और चिड़चिड़ापन कम करता है। संगीत दिल और दिमाग के बीच संतुलन बनाता है। संगीत से खुशी का अनुभव होता है। यह तनाव हार्मोन को कम करने में मदद करता है। शास्त्रीय संगीत और वाद्य संगीत विशेष रूप से लाभकारी होते हैं। प्रकृति से जुड़ी ध्वनियाँ भी मन को न देती हैं। संगीत योग और ध्यान को और प्रभावी बनाता है। संगीत रचनात्मकता को बढ़ाता है। यह मन को नई ऊर्जा देता है। संगीत सभी उम्र के लोगों के लिए उपयोगी है। छात्रों के लिए यह विशेष रूप से लाभदायक है। संगीत कठिन समय में सहायक बनता है। यह भावनात्मक संतुलन बनाए रखता है। संगीत आत्मिक शांति प्रदान करता है। संगीत सुनना एक सरल और सुरक्षित उपाय है। इसके लिए किसी विशेष साधन की आवश्यकता नहीं होती। रोज़ थोड़ा समय संगीत के लिए निकालना चाहिए। यह मानसिक स्वास्थ्य को मजबूत बनाता है। संगीत जीवन में आनंद भर देता है। तनावमुक्त जीवन के लिए संगीत को अपनाना चाहिए। संगीत मन का सच्चा मित्र है। यह थेरेपी के रूप में बहुत प्रभावी है। संगीत जीवन को सुंदर बनाता है। यही इसकी सबसे बड़ी शक्ति है।

बनता है। यह भावनात्मक संतुलन बनाए रखता है। संगीत आत्मिक शांति प्रदान करता है। संगीत सुनना एक सरल और सुरक्षित उपाय है। इसके लिए किसी विशेष साधन की आवश्यकता नहीं होती। रोज़ थोड़ा समय संगीत के लिए निकालना चाहिए। यह मानसिक स्वास्थ्य को मजबूत बनाता है। संगीत जीवन में आनंद भर देता है। तनावमुक्त जीवन के लिए संगीत को अपनाना चाहिए। संगीत मन का सच्चा मित्र है। यह थेरेपी के रूप में बहुत प्रभावी है। संगीत जीवन को सुंदर बनाता है। यही इसकी सबसे बड़ी शक्ति है।

सुश्री . भायश्री निबधे ( हिंदी शिक्षिका )



## अनुकरण.....

अनुकरण ही माणसाची जन्मजात प्रवृत्ती आहे. असं म्हणतात ही अनुकरण ही शिकण्याची पहिली पायरी आहे. निसर्गाचे अनुकरण करत माणसाने कितीतरी अद्वितीय शोध लावले. छोटे मुल सुद्धा अनुकरणातून असंख्य गोष्टी शिकत असते. हा विचार मनात आला आणि धस्स झालं. जर अनुकरणातून आपण शिकत असू तर अनुकरण करण्यायोग्य व्यक्ती, वातावरण आणि कृती किती महत्त्वाच्या आहेत. जसं सदसद् विवेक बुद्धी जागृत ठेवून केलेलं अनुकरण उत्तुंग व्यक्तिमत्व घडवू शकते तसंच अंधानुकरणातून व्यक्तीचे परिणामी समाजाचे अधःपतन घडून येते. मोठ्यांच्या तोंडातील भाषा, त्यांचे हावभाव मुले कळत नकळतपणे आत्मसात करत असतात आणि नैसर्गिक नियमानुसार ते वापरू पाहतात. त्यांना कुठे माहीत असतं की काय वाईट आणि काय चांगलं. हातात आलेला दगड फेकून मारून एखाद्याला इजा करायची की तोच दगड सुंदर रंगवून टेबलावर



कलात्मक वस्तू म्हणून वापरायचा, ही सारासार विचार करण्याची प्रक्रिया सुद्धा अनुकरणाचाच एक भाग आहे. सतत हिंसात्मक, भडक, अर्वाच्य भाषा असलेले सिनेमे, टीव्हीवरील कार्यक्रम, मोबाईल गेम्स बघून कोणत्या अनुकरणाचं आपण उदात्तीकरण करत आहोत हा खरच अंतर्मुख करणारा विचार आहे. कुणाचं अनुकरण करायचं आणि का? हे मुद्दाम शिकवायला लागेल हे डोळसपणे सजग पणे करावं लागेल. असंख्य उत्तुंग भारतीय व्यक्तिमत्व आणि त्यांचे कार्य नव्या पिढीसमोर येणे गरजेचे आहे. सोशल मीडिया, स्क्रीन या अटळ गोष्टी परिणामकारकरीत्या वापरून त्यांचा सुयोग्य वापर मुलांच्या उत्तम मानसिक जडणघडणीसाठी केला पाहिजे. आज ज्या वयात मुलं नको त्या व्यसनांकडे, वर्तवणुकीकडे वळत आहेत त्याच वयात संतश्रेष्ठ ज्ञानेश्वरांनी ज्ञानेश्वरी लिहिली, तरुण वयात शिवाजी महाराजांनी स्वराज्य स्थापनेचे तोरण बांधून हिंदवी स्वराज्याची मुहूर्तमेढ रोवली. स्वामी विवेकानंदांनी स्वतःच्या बुद्धी चातुर्याने साता समुद्रापलीकडे भारतीय संस्कृती पोहोचवली, कोवळ्या वयातच देशाबद्दल वाटणारा अभिमान, पारतंत्र्याची चीड उरी बाळगणारे भगतसिंग, सुखदेव, राजगुरू एक ना अनेक नावं जी भारतमातेच्या उरात कायमची कोरली गेलीत. यांचं अनुकरण करायचं की उच्छृंखल उथळ संस्कृती, ढासळलेली मनोवृत्ती यांचे अनुकरण करायचं हे भान पर्यायाने आपण बाळगायला हवं. तर चला युगानुयुगे जनमानसावर अमित ठसा उमटविणाऱ्यांची पाऊलवाट चालून बघूयात. त्यांचं अनुकरण करून आपणही कुणासाठी तरी अनुकरणीय होऊयात.

शिवानी बोपर्डीकर (उपमुखाध्यापिका)

## फरक विचारसरणीचा .....

रोजच्या धावपळीच्या जीवनात असे काही प्रसंग अनुभवास येतात की, कोठेतरी मनाच्या कोपण्यात साठवले जातात. असेच एकदा शाळेतून घरी जाताना नेहमीच्या बसमध्ये चढले. बस प्रवाशांनी खचाखच भरली होती. तशी ती नेहमीच भरलेली असते; पण आज काहीतरी वेगळेच वाटले. संपूर्ण बसमध्ये ७०% प्रवासी होते एन. डी. ए. चे विद्यार्थी. काहीजण दीक्षांत समारंभ उरकून तर काही आपल्या वार्षिक परीक्षा आटोपून आपापल्या घरी परतत होते. सहज त्यांच्या काही गोष्टी जाणवत आल्या. कुतुहलाने मी कान टवकारले. त्यातील एक दाम्ने कण आपल्या पोस्टिंग बद्दल बोलत होते; तर काही जणांना सीमेवर पराक्रम गाजवायचा होता. काही जणांनी मेजर, जनरल यांचा आदर्श ठेवला होता. सहज माझे लक्ष एकाच्या मोबाईलमध्ये गेले आणि माझी उत्सुकता शिगोला पोहोचली. तो मुलगा सध्या आपल्या सीमेवर किती सैनिक आहेत; ते त्यांचे कर्तव्य कसे पार पाडत आहेत, आणि आपल्याला काय करावे लागेल याबद्दलची माहिती वाचत होता. क्षणभर माझे डोळे पाणावले. अगदी १९-२१ वयाची ही तरुण मुले आणि त्यांची स्वप्न पाहून मी निशब्द झाले. पुढे रस्त्यावर एक बस बंद पडल्यामुळे बरीच रहदारी झाली होती. जवळपास १५-२० मिनिटे बस जागेवरून न हलल्यामुळे काही जणांनी बस कंडक्टर कडे चौकशी केली. रहदारीचे कारण समजल्यावर काही मुले लगेच खाली उतरली आणि बंद पडलेली बस धक्का मारून बाजूला केली. अन् पुढच्या ५ मिनिटांत रहदारी मोकळी झाली. माझे मन या प्रसंगामुळे चलबिचल झाले. 'खरंच आजची तरुण पिढी बिघडत चालली आहे का?' नकळतपणे माझ्या विचारांची गती सुद्धा वाढली. १९-२१ वर्ष वयाची ही

मुले खूप मोठे ध्येय घेऊन उंच भरारी मारणार आहेत. अनेक स्वप्न त्यांनी उराशी बाळगली आहेत. यामध्ये काही मुले ही सैनिकी परिवारातली होती तर काही सामान्य परिवारातील होती. पण यांचे ध्येय मात्र एकच होते; ते म्हणजे आपल्या मातृभूमीची सेवा.

समाजात वावरताना याच वयाच्या मुलांना आपण व्यसनांच्या आहारी जातात पाहतो. मोबाईल, सोशल मीडिया, ऐशोआरामी जीवन या चक्रव्यूहात ही मुले अडकतात. एखाद्या कलाकाराचे कपडे, शूज, त्याचे दागिने एकदरीत त्यांचा पूर्ण पेहेराव याबद्दल त्यांना आकर्षण वाटते. नकळतपणे या चकाकीला भुलतात. त्यांचे अनुकरण करतात. खरंच एकाच वयोगटातल्या मुलांमध्ये किंवा त्यांच्या विचारांमध्ये इतका फरक असू शकतो का? तर नक्कीच असू शकतो या मुलांच्या जडणघडणीला आपण किंवा आपला समाजात समाज जबाबदार असतो योग्य वेळी त्यांना आपण चांगले काय वाईट काय याची जर शिकवण दिली, उत्तम आदर्श त्यांच्यापुढे ठेवला तर हीच मुले देशाचे भविष्य उज्वल करतील.

कंडक्टरच्या आवाजाने माझ्या विचारांची तंद्री भंगली. आपल्या देशाच्या भावी सैनिकांना शुभेच्छा देऊन मी माझ्या इच्छित स्थळी उतरले. पण हा प्रसंग माझ्या मनाच्या कुपीत दडवून ठेवला आहे. माझ्या विद्यार्थ्यांना योग्य मार्गदर्शन द्यायचे, योग्य आदर्श त्यांच्या पुढे ठेवायचा. तरुण पिढी जागरूक आणि सजग व कर्तव्यनिष्ठ बनवायची असा मी निश्चय केला.

नम्रता पोतदार - संस्कृत शिक्षिका (Secondary Section)

## छंदांचे महत्त्व

छंद एकूण व्यक्तिमत्त्व विकास आणि आनंदासाठी महत्त्वाची भूमिका बजावतात. विद्यार्थ्यांच्या सर्वांगीण विकास आणि स्वास्थ्यासाठी ते अत्यंत आवश्यक आहेत. अभ्यासातून थोडा विरंगुळा मिळाल्यामुळे छंद तणाव कमी करतात आणि मन शांत ठेवण्यास मदत करतात. क्रीडा, संगीत, वाचन, चित्रकला, बागकाम यांसारख्या छंदांमुळे विद्यार्थ्यांमध्ये सर्जनशीलता, आत्मविश्वास आणि समस्या-निराकरण कौशल्य विकसित होत. तसेच वेळेचे नियोजन, शिस्त आणि एकाग्रता सुधारते, जे अप्रत्यक्षरीत्या शैक्षणिक प्रगतीस मदत करते. गटामध्ये छंद जोपासल्याने संवादकौशल्य, टीमवर्क आणि सामाजिक सहभाग वाढतो. सर्वात महत्त्वाचे म्हणजे, छंद विद्यार्थ्यांना आपली क्षमता ओळखायला मदत करतात, सकारात्मक व्यक्तिमत्त्व घडवतात आणि मानसिक व भावनिक स्वास्थ्य टिकवतात.

छंद आयुष्याच्या प्रत्येक टप्प्यावर महत्त्वाचे असतात. ते व्यक्तीला विश्रांती देतात, सर्जनशीलता व्यक्त करण्यास मदत करतात आणि भावनिक समतोल राखतात. बालपणापासून प्रौढत्वापर्यंत छंदांमुळे शिस्त, आत्मविश्वास, वेळेचे नियोजन आणि समस्या-निराकरण यांसारखी जीवनकौशल्ये विकसित होतात. ते सामाजिक नातेसंबंध, स्वओळख जीवनाच्या प्रत्येक टप्प्यावर छंद माणसाला मदत करतात आणि वैयक्तिक विकासासाठी संधी निर्माण करतात. मेंदू सक्रिय ठेवून चिंता व तणाव कमी करण्यास मदत करतात आणि त्यामुळे आनंदी व निरोगी जीवनाकडे वाटचाल होते.

१. मानसिक स्वास्थ्य आणि तणावमुक्ती

छंद मेंदूला अभ्यासाच्या ताणापासून आणि स्क्रीनपासून विश्रांती देतात. आवडीचे काहीतरी केल्याने तणाव कमी होतो, मन प्रसन्न राहते आणि भावनिक संतुलन राखले जाते.

२. आत्मओळख

विविध छंद आजमावल्याने आपल्याला काय आवडते, आपण कशात कुशल आहोत आणि काय आपल्याला आनंद देतं—हे समजण्यास मदत होते. स्वतःची ओळख घडवण्याच्या टप्प्यात हे विशेष महत्त्वाचे असते.

३. कौशल्यविकास

क्रीडा, संगीत, चित्रकला, संगणक-कोडिंग किंवा स्वयंपाक—कोणताही छंद असो, तो शिस्त, सर्जनशीलता, समस्या-निराकरण आणि टीमवर्क यांसारखी जीवनकौशल्ये शिकवतो.

४. आत्मविश्वास वाढ

आपल्या आवडीच्या क्षेत्रात प्रगती झाल्याने आत्मविश्वास वाढतो. छोटासा यशही प्रेरणा देतो आणि सकारात्मकता वाढवतो.

५. सामाजिक नातेसंबंध

अनेक छंद समान आवडी असलेल्या लोकांना एकत्र आणतात. त्यामुळे मैत्री निर्माण होते आणि आपलेपणाची भावना वाढते.

६. मोकळ्या वेळेचा योग्य उपयोग

छंदांमुळे मोकळा वेळ सकारात्मक आणि उपयुक्त पद्धतीने व्यतीत होतो, कंटाळा किंवा चुकीच्या सवयींपासून दूर राहता येते.

७. जीवनात समतोल

जीवन फक्त अभ्यास किंवा जबाबदाऱ्या यांपुरते मर्यादित नसते. छंद आनंद, उत्साह आणि अर्थपूर्णता वाढवतात आणि जीवन अधिक समृद्ध व संतुलित बनवतात.

छंद व्यक्तिमत्त्व विकास, सर्जनशीलता आणि आनंदासाठी महत्त्वाचे असतात; परंतु त्यासोबतच मूलभूत शिक्षण आणि पदवी (Graduation) देखील तितकेच आवश्यक आहे, कारण शिक्षण करिअर, आर्थिक स्थैर्य आणि भविष्यातील संधींसाठी भक्कम पाया घडवते.

## शिस्त

शिस्त म्हणजे नियम पाळणे, वेळेचे भान ठेवणे आणि स्वतःच्या वागणुकीवर नियंत्रण ठेवणे. विद्यार्थ्यांच्या जीवनात शिस्तीला फार मोठे महत्त्व आहे. शिस्तबद्ध जीवनामुळे विद्यार्थ्यांचा सर्वांगीण विकास होतो. शिस्त विद्यार्थ्यांना वेळेचे महत्त्व शिकवते. नियमित अभ्यास, वेळेवर शाळेत जाणे, गृहपाठ पूर्ण करणे यामुळे विद्यार्थ्यांमध्ये जबाबदारीची भावना निर्माण होते. शिस्त असल्यास विद्यार्थी आपले ध्येय ठरवू शकतात आणि ते साध्य करण्यासाठी मेहनत घेतात. म्हणून असे म्हटले जाते "वेळेवर काम करणारा कधीच मागे पडत नाही"

शिस्त केवळ अभ्यासापुरती मर्यादित नसून वागणूक, बोलणे, खेळ आणि दैनंदिन जीवनातही आवश्यक आहे. शिस्तबद्ध विद्यार्थी शिक्षकांचा, पालकांचा व समाजाचा आदर करतात. त्यामुळे त्यांचे व्यक्तिमत्त्व अधिक सुसंस्कृत व आत्मविश्वासपूर्ण बनते. शिस्तीमुळे विद्यार्थ्यांमध्ये संयम, आत्मनियंत्रण आणि प्रामाणिकपणा हे गुण विकसित होतात. आजच्या स्पर्धात्मक युगात यश मिळवण्यासाठी शिस्त ही अत्यंत आवश्यक आहे. शिस्त नसल्यास ज्ञान असूनही यश मिळवणे कठीण जाते. "शिस्त असेल तर प्रगती नक्की" ही म्हण विद्यार्थ्यांना प्रेरणा देते.

म्हणूनच असे म्हणता येईल की शिस्त ही विद्यार्थ्यांच्या जीवनाची पायाभरणी आहे. शिस्तबद्ध विद्यार्थ्यांचे उद्याचे जबाबदार नागरिक बनतात आणि देशाच्या प्रगतीत मोलाचे योगदान देतात.

शिस्तीमुळे विद्यार्थ्यांमध्ये आत्मनियंत्रण, संयम आणि चिकाटी निर्माण होते. हे गुण पुढे शिक्षण, नोकरी, व्यवसाय आणि कौटुंबिक जीवनात खूप महत्त्वाचे ठरतात. शिस्तबद्ध व्यक्ती अडचणींना धैर्याने सामोरे जाते आणि योग्य निर्णय घेऊ शकते. शिस्त माणसाच्या वागणुकीत शालीनता

आणते. शिस्तबद्ध विद्यार्थी मोठेपणी समाजात आदर मिळवतो. वेळेचे नियोजन, नियमांचे पालन आणि प्रामाणिकपणा यामुळे तो विश्वासार्ह व्यक्ती बनतो.

छत्रपती शिवाजी महाराज हे शिस्तीचे उत्कृष्ट उदाहरण होते. त्यांचे जीवन अत्यंत शिस्तबद्ध होते. वेळेचे योग्य नियोजन, सैन्याची शिस्त, नियमांचे पालन आणि कर्तव्यनिष्ठा यामुळे त्यांनी स्वराज्याची स्थापना केली. महाराजांच्या शिस्तीमुळेच त्यांचे सैन्य शक्तिशाली झाले आणि ते एक आदर्श नेतृत्व ठरले. आजही शिवाजी महाराजांचे जीवन आपल्याला शिस्त, धैर्य आणि नेतृत्वाचे महत्त्व शिकवते.

"शिस्त ही यशाची गुरुकिल्ली आहे" कारण शिस्त माणसाला योग्य मार्ग दाखवते आणि ध्येयापर्यंत पोहोचवते. शिस्त असल्यास मेहनतीला दिशा मिळते आणि प्रयत्नांना यश मिळते. शिस्त वेळेचा योग्य उपयोग करायला शिकवते आणि जीवन सुव्यवस्थित बनवते

म्हणूनच शिस्त ही केवळ सवय नसून यशस्वी जीवनाची ओळख आहे. शिस्त माणसाला घडवते, दिशा देते आणि ध्येयापर्यंत पोहोचवते. छत्रपती शिवाजी महाराजांसारखे महान व्यक्तिमत्त्व शिस्तीच्या बळावर इतिहास घडवू शकले, तर शिस्त पाळणारा प्रत्येक विद्यार्थी स्वतःचे उज्वल भविष्य नक्कीच घडवू शकतो.

शिस्त अंगीकारा, यश स्वतः चालून येईल!

आरती महाजन, ग्रंथपाल

## कठीण समय येता.....

सध्या जन्माला येणारी पिढी ही नवीन नवीन आव्हाने घेऊनच जन्माला येत आहे. ही आव्हाने जेवढी त्यांच्यासाठी आहेत त्यापेक्षा कितीतरी पटीने जास्त पालकांसाठी आणि शिक्षकांसाठी आहेत. आजच्या पिढीला सगळ्याच गोष्टींचा जलद परिणाम हवा असतो ही 2 मिनिट मॅंगी ची पिढी आहे, टेक्नॉलॉजीला ही मुलं खूप पटकन आत्मसात करतात, सगळ्यात मोठे आव्हान आहे या पिढीचा "हट्टीपणा" मला सगळे हवे आहे आणि आत्ताच्या आत्ता हवे आहे हा स्वभाव मुलांमध्ये खूप जास्त वाढत चालला आहे.

मुलांना थांबण्याची, वाट बघण्याची आणि "नाही" पचवायची सवयच राहिलेली नाही, आपल्याला काय करता येऊ शकेल

१. नाही म्हणजे नाहीच! ( Be like a wall)

एखाद्या गोष्टीला नाही म्हणालात की "नाहीच" विषय संपला, त्यांनी कितीही घर डोक्यावर घेऊ देत नाही तर आक्रस्थळेपणा करू दे, जर तुम्ही आता निर्णय बदलला तर त्या हट्टीपणाला तुम्हीच खत पाणी घातल्यासारखं होईल आणि तो वाढत जाईल.

२. "सावध" दुर्लक्ष (Active Ignoring)

जेव्हा मुलं विनाकारण हट्टू करतात तेव्हा त्यांच्याकडे शांतपणे दुर्लक्ष करा, हट्टीपणाला "प्रेक्षक" लागतात, जेव्हा प्रेक्षकच नसतात तेव्हा तो शो आपोआप बंद पडतो जोपर्यंत मुलं स्वतःला इजा करत नाहीत तोपर्यंत काळजी करू नका.

३. शांतता विकत घेऊ नका ( No bribing)

"तू रडला नाहीस तर चॉकलेट देईन.....", "नीट अभ्यास केलास तर नवीन खेळणं घेऊया..", हे वाक्य म्हणजे लाच आहे तात्पुरती शांतता मिळेल, पण भविष्यात घरातील शांतता भंग होईल.

पालकत्व हे २+२=४ सारखे गणित नाही, प्रत्येकाचा अनुभव आणि त्याच्यावरचे उपाय वेगवेगळे असू शकतात पण "कणखर" व्यक्तिमत्त्व घडवण्यासाठी पालकांनी मनावर दगड ठेवणे गरजेचे आहे.

सुखदा सारोळकर - शिक्षिका



## The Importance of Education

Education is one of the most powerful tools for personal and social development. It plays a vital role in shaping an individual's character, skills, and future. Education not only provides knowledge but also helps in building values, confidence, and discipline in life.

Education helps individuals to think logically, make informed decisions, and solve problems effectively. It develops critical thinking and creativity, which are essential in today's fast-changing world. An educated person is more aware of their rights and responsibilities and can contribute positively to society.

Education is also the backbone of a nation's progress. A well-educated population leads to economic growth, technological advancement, and social harmony. Doctors, engineers, teachers, and scientists are all products of education who work for the betterment of society. Without education, a country cannot achieve sustainable development.

In today's digital era, education has expanded beyond classrooms. Online learning, digital tools, and modern teaching methods have made education more accessible to everyone. This helps students learn according to their pace and interests.

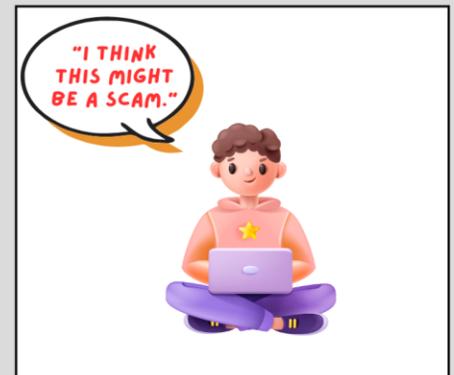
In conclusion, education is the foundation of a successful life and a strong nation. It empowers individuals, reduces poverty, and promotes equality. Therefore, every child must be given equal opportunities to receive quality education for a brighter future.

Sarita Mundada (Primary Teacher)



Darshana Dilip Gidde  
IX Tulip

## "THINK BEFORE YOU CLICK – STAY SAFE ONLINE!"



### Reading Rebooted

The rise of e-books has significantly transformed the way people read, sparking a spirited debate on the preferred format of books. On one hand, digital books offer unparalleled convenience, accessibility, and a reduced environmental impact. On the other, traditional hardcopies are celebrated for their tactile appeal, superior retention benefits, and the emotional connection they foster.

Proponents of e-books emphasize their practicality in a modern, fast-paced world. One of the biggest advantages is the convenience they offer—an entire library can be carried on a single device, eliminating the need for bulky physical books. Additionally, e-books provide features like adjustable font sizes, built-in dictionaries, and night modes, enhancing the reading experience for various types of readers. Accessibility is another key benefit. With just a few taps, readers can access millions of titles, including new releases and rare books, without leaving their homes. This instant availability is particularly valuable in remote areas or for those with mobility challenges. Moreover, digital books can be more environmentally friendly, reducing the need for paper, printing, and transportation.

Despite the growing popularity of e-books, many readers remain loyal to physical books. Hardcopies offer a tactile experience that digital formats cannot replicate—the feel of the paper, the smell of a new or old book, and the visual satisfaction of a well-organized bookshelf. These sensory elements contribute to a richer and more immersive reading experience. Moreover, studies have suggested that reading from physical books leads to better information retention and comprehension. The act of physically turning pages and annotating margins helps readers engage more deeply

with the content. Hardcopies also provide a sense of ownership; they can be signed, shared, or passed down as cherished possessions.

While e-books offer numerous advantages, they are not without drawbacks. One major concern is digital rights management (DRM), which limits how readers can share or lend their books. Unlike physical books, digital copies cannot be freely exchanged, reducing the communal aspect of reading. Another issue is increased screen time. With many people already spending hours in front of screens for work and entertainment, reading on a digital device can contribute to eye strain and fatigue. Critics also worry about the homogenization of literature, as digital formats often prioritize popular or trending titles, potentially marginalizing less mainstream works.

Given the unique benefits and limitations of both formats, some advocate for a hybrid approach. Readers can enjoy the convenience and accessibility of e-books while still cherishing the tactile and nostalgic experience of physical books. This balanced approach allows for flexibility based on context—an e-reader for travel and commuting, and a hardcopy for quiet evenings at home.

The debate between e-books and hardcopies is unlikely to be resolved anytime soon, as both formats offer distinct advantages. Ultimately, the choice depends on personal preferences, lifestyle, and reading habits. Whether one prefers the modern convenience of e-books or the timeless charm of hardcopies, the most important thing is that people continue to read and explore the vast world of literature.

Nishant Rayrikar (Class X)

Shaunak Nimbalkar IV Tulip



Pranjal Surwade III Lotus



Labhanshree Rupani III Lotus



## Accidental Inventions of Useful Materials

Today, I'm going to share information about some accidental inventions which gave birth to the most useful materials till date. Most people think that inventions are the results of years of hard work and careful planning. But there are some cases where mistakes turned into miracles.

Let's consider glass for an example. Two traders were cooking on a beach. The fire melted the sand mixed with minerals. Initially, they thought that the sand, when cooled down, would form a crystalline material, but instead, it formed a transparent and brittle material. They did purify it later to produce it. Today, we can't even imagine our lives without glass.

Or the bubble wrap. In 1957, two engineers were trying to make a different type of wallpaper but ended up with a plastic sheet filled with air bubbles. Later, people realised that it was a perfect material for transportation of fragile and breakable goods. Though it failed as a wallpaper, it turned out to be one of the best packaging materials.

Then there are the sticky notes. A scientist was trying to make a super strong glue, but ended up with a very weak one. At first, it seemed useless, until another scientist used it for bookmarks.

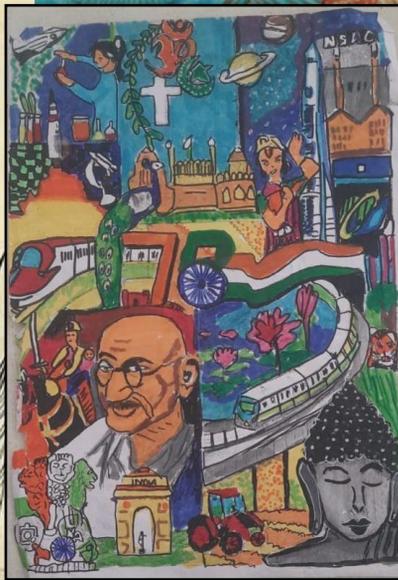
Another happy incident was Play-Doh. It was first made as a wallpaper cleaner. But when the teacher noticed that students loved moulding it, the company did research and turned it into a toy which we love.

Friends, these stories tell us something important. Accidents are not always failures. If we are observant and curious, we can turn each mistake, a miracle.

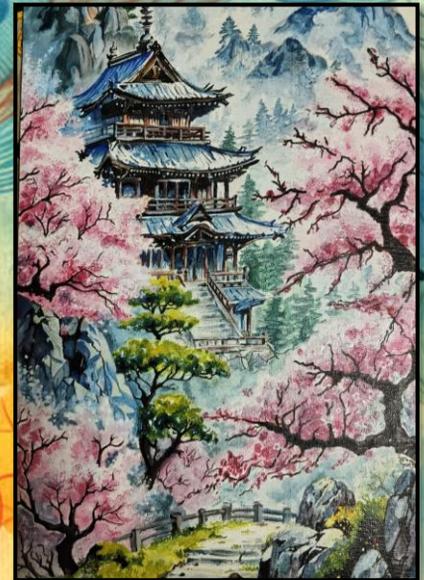
Ruchika Rupani Class X



Hrudaya Saraf  
VIII Tulip



Suraksha Vikram Pandit  
VIII Tulip



Samartha Ganesh Vedpathak  
X Tulip

## The Butterfly Effect

Have you ever heard the saying that "A butterfly flapping its wings in Brazil can cause a tornado in Texas"? That's the "Butterfly Effect". It means that small actions can create big consequences over time.

For example, Prime Minister Modi's decisions on tariffs seemed like technical changes in trade industries; but those small changes influenced industries, shaped international relations, and even affected the prices we pay in our markets. A butterfly flapped its wings in a form of a tariff and the ripple spread over in the wallets of ordinary citizens.

Another example is of 'Operation Sindoor'- a focused step to protect Indian citizen's pride. To the World, it may have looked as a single military or a diplomatic move, but the effects were much larger. It boosted India's global image, built confidence among the Indians living abroad,

and sent a message of strength to other nations.

And then there's the 'Goods and Services Tax' (GST). At first, it was just a new tax system replacing multiple indirect taxes. But the ripple effect has been massive like, making trade easier, and creating a more unified National Market.

Just like the butterfly effect, these decisions show us how one action - whether a policy, a speech, or an operation - can lead to a cascade of outcomes. It reminds us that Leadership is not just about making "Big Decisions", but also about understanding how even a smallest step can change the future of a nation.

So, the butterfly effect is not just a theory of science - it's something we see in our country's governance every day.

Ketki Dhuldhhar(Class X)



SSC TOPPERS 2024-25

100% Result



ARUSHI BHALERAO

97.00%



DARSHIL GHADGE

96.60%



SAYALI SHELKE

96.60%



MAYANK KUMAR

96.00%



ANTARA PATANKAR

96.00%

Congratulations!



Tanisha Thombre  
Class VI  
Gold Medal in  
District  
Championship &  
Silver Medal in  
Khasdar Krida  
Chashak &  
Bronze Medal in  
District  
Championship  
Roll Ball  
Competition



Asmi Kamble  
Class VI  
Gold Medal in  
District  
Championship  
& Silver Medal  
in Khasdar Krida  
Chashak  
Roll Ball  
Competition



Shruti Pawar  
Class VI  
Gold Medal in  
District  
Championship &  
Silver Medal in  
Khasdar Krida  
Chashak  
Roll Ball  
Competition



Heeral Solanki  
- Class V  
Gold Medal in  
District  
Championship  
Roll Ball  
Competition



Durva Gumatkar  
- Class IV  
Gold Medal in  
Pune District  
Association &  
Bronze Medal in  
Khasdar Krida  
Chashak  
Kabaddi  
Competition



Kavya Gaikwad  
-Class VII  
Gold Medal in  
District  
Championship  
& Silver Medal  
in Khasdar Krida  
Chashak  
Roll Ball  
Competition



Krishna Bhilare  
-Class V  
Gold Medal in  
District Inter  
Club & Silver  
Medal in District  
Club  
Taekwondo  
Competition

Pratik Sathe,  
an alumnus of  
MVEM has  
won the  
RollBall World  
Cup 2025  
Championship  
held in Dubai.





Arush Naik  
Class IX  
Gold medal in Sakal Schoolympics & Maha Lokmat Archery Competition.  
First place in ZP District Level Archery Competition & Bronze Medal in School Level Archery Competition



Harshad Shinde  
-Class IV  
Gold Medal in Khasdar Krida Mohotsav Roll Ball Competition



Shivam Dikonda  
-Class II  
Gold Medal in Stick Fight Championship 2025 & in District Silambam.



Shlok Naik -  
Class IV  
3<sup>rd</sup> Place in ZP District Level Archery Competition



Yuvraj Nanekar  
Class IX  
Bronze Medal in District Championship Rollball Competition(U-17)



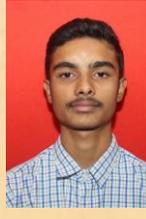
Harshvardhan Sangpal  
Class IX  
2<sup>nd</sup> Place in Ekal Inter School Chess Competition



Siddharth Joshi  
Class X  
Silver Medal in District Championship & State Level Rollball Competition



Aryan Dodamani  
Class V  
Bronze Medal in Sinhagad Taekwondo Cup



Parag Gole  
Class IX  
Runner up in District Championship Rollball Competition



Archit Bachal  
Class VIII  
1<sup>st</sup> Place in Ekal Inter School Chess Competition



Rudra Bhoite  
Class IV  
Silver Medal in Sinhagad Taekwondo Cup



Runit Dhumal  
Class IV  
Bronze Medal in Sinhagad Taekwondo Cup



Neelkant Batunge  
Class IV  
Bronze Medal in Khasdar Krida Chashak Taekwondo Cup



Swojas Mokate  
Class IX  
1<sup>st</sup> Place in Ekal Inter School Chess Competition



Swaroop Shilawant  
-Class IX  
Bronze Medal in District Championship Roll Ball Competition



Sarthak Wagh  
-Class IX  
Bronze Medal in District Championship Roll Ball Competition



Shrinik Navigare  
-Class IX  
Bronze Medal in District Championship Roll Ball Competition



Uttarksha More  
Class X  
1<sup>st</sup> Place in Ekal Inter School Chess Competition



Nidhi Londhe  
Class IX  
3<sup>rd</sup> Place in Ekal Inter School Chess Competition



Purva Marathe  
Class VI  
Silver Medal in Khasdar Krida Chashak & Sinhagad Taekwondo Cup Competition



Aarya Patil  
-Class VI  
Silver Medal in Kasdar Krida Chashak Roll Ball Competition



Angel Magdum  
Class IV  
Silver Medal in 4<sup>th</sup> Taekwondo Championship & Bronze Medal in Khasdar Krida Chashak Taekwondo Competition



Arohi Ketkar  
Class VI  
Silver Medal in Federation Taekwondo Championship & Bronze Medal in District Club Marshal Art Competition



Yuvika Chawada  
Class X  
Silver Medal in Rollball Championship 2025 & Bronze Medal in District Championship Rollball Competition



Spruha Thorve  
Class V  
Bronze Medal in Fight & Kata in District Championship Karate Competition



Aarya Bagade  
Class VI  
2<sup>nd</sup> Place in Ekal Inter School Chess Competition

# MANAGEMENT TEAM

**MVEMians** Year 2025 - 26



**Mr. Sachin Mantri**  
Chairman



**Mr. Omprakash Kasat**  
Secretary



**Mr. Pritam Karwa**  
Joint Co-Secretary



**Mr. Gopal Jaju**  
Treasurer



**Mrs. Malti Chandak**  
Member



**Mr. Balaprasad Bajaj**  
Member



**Mr. Narayan Chandak**  
Member



**Mr. Prashant Zanvar**  
Member



**Mrs. Neha**  
Jajoo  
Member



**Mrs. Swati**  
Maheshwari  
Member



**Mrs. Reena**  
Bhutada  
Member



**Mrs. Padma**  
Lohiya  
Member



**Mr. Neeraj**  
Modani  
Member



**Mr. Kantilal Badale**  
Member



**Mr. Sachin Malpani**  
Member



**Mr. Amit Chandak**  
Ex-Officio