



# DELHI PUBLIC SCHOOL

## MIHAN, NAGPUR



# MIHAN

## MUSINGS

September  
2025



# From the desk of our President & Pro Vice Chairperson

Greetings and felicitations, my dear students, parents, teachers, and staff ! As I pen my musings for our e-magazine of session 2025-26, I cannot stop myself from being elated! With a dash of poetic license, I sometimes think that we were born under exacting stars, for just as we embarked on our journey in 2018, we confronted a relentless adversary...

The pandemic , but we marched on - chanting, "Per ardua ad astra".."through adversity ...to the stars"! Our award from 'The Education World' , for 'The best emerging school' is a testament to our potential. I congratulate you on your achievement and I am certain that this is only the beginning of a glorious journey ahead. I am sure you will always rise above the curve balls that life throws at us. This pandemic has taught us about resilience and resurgence. It has taught us to charge ahead and also, to pause and to reflect. While we learnt about loss and earning, it also schooled us in valuing what we once took for granted. The lessons are infinite and the learning is timeless. Years from now, when you sit by a fireside, swapping stories of your halcyon school days, I am certain you will look back at this bygone year with reverence, for it gave us more than it took. Above all, it helped us discover ourselves, it helped us build courage and character; and of these were born stories of the invincible spirit. May your Mihan Musings always create effervescent nostalgia.



**God bless!  
Tulika Kedia**



## From the desk of our Director

Ah, but a man's reach should exceed his grasp, or what's a heaven for? With these lines, Robert Browning might well have been referring to Delhi Public School MIHAN's attitude towards learning - ever onward, constantly striving. Learning is perceived as a dynamic process which involves the as much as the educator. At Delhi Public School Mihan ,achieving excellence is a way of life, a credo that every Dipsite lives by, regardless of challenges and obstacles. Our dedicated team of educators under the able mentorship of our President and Vice-Chairperson, Ms Tulika Kedia, have steered the school to new summits of success. Applause and plaudits from various quarters have only served to strengthen our commitment to provide quality education to Nagpur. These have been trying times. Educators and students alike have had to battle not merely the virus, but the inevitable fallout of the pandemic. However, just as iron is forged in the searing heat of the furnace, Delhi Public School has emerged from this crisis stronger than ever before. I laud the endeavour of the institution in releasing the e-magazine as it will reflect the diverse activities undertaken by its students. It is rightly said that "Well begun is half done". Here's to continued success - may our flag fly high!

**Savita Jaiswal**

# From the desk of our principal

Dear Students, Parents, and Faculty,



As we embrace another exciting academic year, I am delighted to share a moment of reflection and anticipation through our school magazine. This publication is more than just a collection of stories and achievements; it is a testament to the hard work, dedication, and vibrant spirit that define our school community. This year, we have embarked on a journey of growth and innovation, striving to create an environment where every student feels inspired to reach their fullest potential. Our dedicated teachers continue to go above and beyond, fostering an atmosphere of curiosity and excellence. Our students, in turn, have demonstrated remarkable resilience and enthusiasm, taking on challenges with courage and creativity. In these pages, you will find highlights of our academic achievements, glimpses of extracurricular endeavours, and stories that celebrate the unique contributions of our students and staff. Each article reflects the collective effort that makes our school a special place to learn and grow. As we look forward to the rest of the year, I encourage everyone to continue embracing the values of respect, responsibility, and resilience. Let us support each other, celebrate our successes, and learn from our experiences. Thank you for your unwavering support and commitment to our school community. Together, we make every day a step toward a brighter future.

**Nidhi Yadav**

*“Action is the foundational key to all success.”*

– Pablo Picasso

# ACHIEVEMENTS SECTION



# DPS MIHAN SKATERS EMERGE AS OVERALL CHAMPIONS



The skaters emerged as overall champions in the 10th Inter-School Skating Championship organized by St. Vincent Pallotti School, with 588 students from 37 schools participating in the competition.



CHAMPIONS ARE BUILT THROUGH PASSION, PERSISTENCE, AND THE COURAGE TO RISE AFTER EVERY FALL.

## 4TH WORLD CUP BEACH WOODBALL CHAMPIONSHIP 2025

Mst. Tanishq Kadam & Mst. Divya Domadiya of Grade IX represented Team India in the Beach Woodball Championship held at Royong, Thailand.



## 26TH STATE LEVEL MASTERS AQUATIC CHAMPIONSHIP 2025

### SIP ABACUS VIDARBHA LEVEL COMPETITION 2025-26



Mst. Vivaan Aurangabadkar, student of Grade IV won 2nd Runner-Up in the SIP Abacus Vidarbha Level Competition 2025-26.



Ms. Praniti Matey, our faculty member, showcased exemplary talent at the 26th State Level Masters Aquatic Championship 2025 held at Sambhaji Nagar, organized by the Maharashtra State Veterans Aquatic Association by securing :

Gold – 50m Freestyle  
Gold – 50m Breaststroke  
Gold – 100m Breaststroke  
Silver – 100m Freestyle  
Silver – 4x50m Medley Relay

TRUE SUCCESS KNOWS NO AGE—WHETHER IN THE CLASSROOM OR THE POOL. DEDICATION ALWAYS MAKES WAVES.

*"Important events are the turning points where ordinary moments become history."*

# IMPORTANT EVENTS



# DPS MIHAN HOSTS LITERARY ODYSSEY – CELEBRATING LANGUAGE & EXPRESSION



From powerful performances in Monologue Mosaic to quick thinking in Battle of the Wits, and the rhythmic beauty of Poetry in Motion, the Literary Odyssey 2025 was a vibrant showcase of creativity, confidence, and clever expression. Students brought words to life—through speech, wit, and movement—making it a true feast for the mind.

WHEN WORDS MEET EXPRESSION AND THOUGHT MEETS VOICE.  
CREATIVITY UNFOLDS IN ITS TRUEST FORM.

## GARBA GALORE FOR GRADES III-XII

Students from Grades III-XII celebrated Navratri with vibrant Garba performances, colorful traditional attire, and joyful rhythms that filled the campus with festive spirit and togetherness.



FESTIVALS ARE THE THREADS THAT WEAVE JOY, CULTURE, AND COMMUNITY TOGETHER.

## GARBA CELEBRATION BY GRADES I & II

Grade I and II students joyfully celebrated Navratri with vibrant Garba performances, colorful attire, and festive cheer, embracing tradition with enthusiasm and unity. The lively celebration was filled with music, smiles, and the spirit of togetherness.



FESTIVALS LIKE NAVRATRI TEACH US TO DANCE THROUGH LIFE WITH JOY, COLOUR, AND UNITY.



## GRANDPARENTS' DAY – VISIT TO PANCHAWATI VRIDDHASHRAM



On Grandparents' Day, students visited Panchawati Vriddhashram, sharing songs, cards, and warm moments. Their heartfelt gestures brought joy and made the day truly memorable for the elderly.

A MOMENT OF KINDNESS CAN LIGHT UP A LIFETIME OF MEMORIES.

## HINDI DIWAS – A CELEBRATION OF OUR ROOTS



Young learners celebrated Hindi Diwas with creativity and pride, honoring the beauty of a language that connects hearts.

HINDI IS NOT JUST A LANGUAGE. IT'S THE SOUL OF OUR EXPRESSION.

## INTERNATIONAL OZONE DAY

### SPIC MACAY PROGRAM – SHOWCASES THE GRACE OF BHARATNATYAM



Grades III–V celebrated International Ozone Day with hands-on activities promoting awareness and responsibility, while Grades VI–VIII expressed their creativity through poster making, pledging to protect the ozone layer.

**SMALL ACTIONS TODAY PROTECT THE EARTH FOR TOMORROW.**

In collaboration with SPIC MACAY, an enchanting Bharatanatyam recital by Arupa Lahiry was hosted, allowing students to experience the grace of Indian classical dance through Pushpanjali, Shiv Panchakshar Stotra, and Hari Bhajan.

**"DANCE IS THE HIDDEN LANGUAGE OF THE SOUL."** –  
MARTHA GRAHAM

## GENSPHERE 4.0 – GUIDING FUTURES, SHAPING CAREERS



An enlightening session by Mr. Yash Mehta guided Grades X-XII on the scope, challenges, and opportunities in Company Secretaryship, empowering informed career decisions.



## INTERNATIONAL PEACE DAY

International  
Day of Peace



Students celebrated International Peace Day with pledges, creativity, and hope, learning that every step towards harmony matters. Together, they envisioned a world where peace can truly prevail.

"PEACE BEGINS WITH A SMILE." – MOTHER TERESA

## SEVA PARV: PROTECTING OUR ENVIRONMENT

### SWACHH BHARAT ABHIYAN CONDUCTED AT ANGANWADI KHAPRI



As part of Seva Parv, Grade V students took part in a slogan writing competition on environmental conservation, organized by IFGTB, Coimbatore. Winners were awarded trophies, and all students pledged to protect our forests.

**"THE ENVIRONMENT IS WHERE WE ALL MEET: IT IS THE ONE THING WE ALL SHARE."**  
— LADY BIRD JOHNSON

Students celebrated Swachh Bharat Abhiyan with an inspiring outreach at Anganwadi, Khapri, through awareness sessions, street play, plantation, and a pledge for a cleaner, greener future.

**CLEANLINESS IS NOT JUST A DUTY. IT'S A WAY TO SHOW RESPECT FOR OUR ENVIRONMENT.**

# WORLD ENVIRONMENTAL HEALTH DAY



Grades III to V celebrated World Environmental Health Day with activities promoting eco-friendly habits. From thought-sharing to the Eco Craft Challenge, students displayed creativity and a commitment to a greener planet.

A HEALTHY PLANET STARTS WITH MINDFUL ACTIONS.

Students of Grades VII and VIII marked the day with creativity and reflection—Class VII created posters to raise awareness, while Class VIII showcased critical thinking through review writing on environmental health. Together, they pledged to build a healthier, greener future.

"THE GREATEST THREAT TO OUR PLANET IS THE BELIEF THAT SOMEONE ELSE WILL SAVE IT."  
— ROBERT SWAN

# SPECIAL ASSEMBLY





## HONORING OUR GUIDING LIGHTS – A HEARTFELT TEACHER'S DAY ASSEMBLY



Students celebrated Teacher's Day with soulful songs, vibrant dances, skits, and heartfelt tributes, making it a truly memorable occasion for their mentors.

A TEACHER TAKES A HAND, OPENS A MIND, AND TOUCHES A HEART.

## SPECIAL ASSEMBLY ON HINDI DIWAS



Hindi Diwas was celebrated with a special assembly featuring poems, thoughts, and performances that showcased the beauty of the language. The event promoted love for Hindi and unity in diversity.

HINDI IS NOT JUST A LANGUAGE. IT'S THE VOICE OF OUR CULTURE.

## ASSEMBLY ON THE THEME 'PERSEVERANCE'

### SPECIAL ASSEMBLY ON INTERNATIONAL LITERACY DAY



International Literacy Day was marked by a special assembly where Grade IV students shared poems, thoughts, and performances, highlighting literacy as a bridge to hope. A vibrant dance, a soulful choir, and a Reading Pledge made the day impactful and inspiring.

"LITERACY IS THE MOST BASIC CURRENCY OF THE KNOWLEDGE ECONOMY." – BARACK OBAMA



Grade II Scarlet students presented a Morning Assembly on Perseverance with a thoughtful skit, inspiring thought of the day, and a lively dance performance. Their efforts reflected the true spirit of not giving up.

"PERSEVERANCE IS NOT A LONG RACE: IT IS MANY SHORT RACES ONE AFTER THE OTHER."

– WALTER ELLIOT

## ASSEMBLY ON THE THEME 'SHAPES'



Class I Aster conducted a joyful morning assembly on Shapes, featuring a lively skit and an energetic dance that highlighted how shapes are all around us. The performance made learning fun and engaging.

**SHAPES ARE THE BUILDING BLOCKS OF  
EVERYTHING WE SEE.**

## HINDI DIWAS



Grade VIII students celebrated Hindi Diwas with a vibrant assembly, showcasing the richness of our language and heritage. Their performances reminded us how Hindi connects us to our roots and identity.

**OUR LANGUAGE IS THE ROAD MAP OF  
OUR CULTURE.**

## INTERNATIONAL OZONE DAY

### WORLD DEMOCRACY DAY



World Democracy Day was celebrated with performances highlighting freedom, equality, and participation. The event emphasized nurturing responsible citizens who uphold democratic values.

DEMOCRACY IS NOT JUST A SYSTEM, BUT A WAY OF LIFE.

Class IV's assembly highlighted the ozone layer's role in protecting life and urged everyone to care for the environment. Students shared messages encouraging responsibility for a healthy planet.

THE EARTH DOES NOT BELONG TO US; WE BELONG TO THE EARTH.



## TOUR INDIA IN A DAY



Grade III presented a colorful assembly celebrating India's rich cultural heritage, traditions, and languages. The students showcased the country's unity in diversity with joy and pride.

**UNITY IN DIVERSITY IS THE BEAUTY OF INDIA.**

## LITTLE BUILDERS, BIG DREAM'S



Grade V's assembly highlighted the power of determination, hard work, and imagination in shaping a bright future.

Students showed that even small efforts can create strong foundations.

**"GREAT THINGS ARE DONE BY A SERIES OF SMALL THINGS BROUGHT TOGETHER." — VINCENT VAN GOGH**

## GREENER SCHOOL FOR A GREENER TOMORROW

### EARTH'S LITTLE GUARDIANS



Grade III students lit up the stage with poems and dance, celebrating nature's tiniest heroes with joy and creativity, spreading awareness and love for our planet.

"IN EVERY WALK WITH NATURE, ONE RECEIVES FAR MORE THAN HE SEEKS." – JOHN MUIR



Grade VI students inspired all with their assembly, spreading the message of sustainability and responsibility for building a brighter and a greener future.

"THE FUTURE DEPENDS ON WHAT WE DO IN THE PRESENT." – MAHATMA GANDHI

## FESTIVALS -OUR CULTURAL TREASURES



Grade I students joyfully celebrated India's festivals through a vibrant assembly with dance, skit, affirmations, and an inspiring thought. The event reflected unity, joy, and cultural togetherness.

**FESTIVALS ARE THE HEARTBEATS OF OUR CULTURE. BRINGING PEOPLE TOGETHER IN JOY AND UNITY.**

## RESPECT – THE FOUNDATION OF ALL VALUES



Grade VIII students conducted a thoughtful assembly on 'Respect – The Foundation of All Values,' reminding all that true respect is shown through kindness, gratitude, and appreciation.

**RESPECT IS EARNED BY BEING KIND, HUMBLE, AND THOUGHTFUL IN ALL WE DO.**



## THE POWER OF THE WORD 'YET'

### HUMBLE HEARTS. BRIGHT MINDS



Grade II Plumeria presented a thoughtful assembly on 'Humble Hearts, Bright Minds', sharing that kindness and wisdom shape strong, positive personalities.

A WARM HEART AND A WISE MIND CAN  
LIGHT THE WAY FOR OTHERS.

Grade III conducted a morning assembly on 'The Power of Yet,' showing that challenges become opportunities through perseverance and a positive mindset.

GROWTH BEGINS WHEN WE BELIEVE IN THE  
POWER OF YET.



## MISTAKES THAT MADE HISTORY



Grade IV students presented a morning assembly on 'Mistakes that Made History,' highlighting how errors and challenges shaped the world and taught important lessons.

**MISTAKES ARE PROOF THAT YOU ARE TRYING AND LEARNING.**

## HEALTHY HEART, HEALTHY LIVES



Grade V students conducted a lively assembly on 'Healthy Heart, Healthy Lives,' emphasizing good nutrition, activity, and positivity for a joyful life.

**A HEALTHY HEART IS THE GATEWAY TO A HAPPY LIFE.**

## DISCOVERING MAHARASHTRA

### CLOTHES THAT SPEAK



Grade II students took the audience on a delightful virtual tour, exploring scenic spots and cultural treasures of the state. The journey ended with a captivating dance performance that mesmerized all.

TRAVEL ISN'T ALWAYS ABOUT DISTANCE —  
IT'S ABOUT DISCOVERING THE WORLD, EVEN  
FROM WHERE YOU ARE.

Grade I Oleander brought the theme 'Clothes – Our Need and Pride' to life, showcasing unity in uniforms and cultural richness through traditional attire with confidence and creativity.

CLOTHING IS NOT JUST WHAT WE WEAR, BUT  
A REFLECTION OF WHO WE ARE.

## PRICELESS INDIAN HERITAGE



Grade VI students conducted an assembly on 'Priceless Indian Heritage,' showcasing India's cultural and natural legacy through speeches, skits, and UNESCO site presentations. Dr. Rekha and her team from IFGTB inspired students to value and conserve our natural heritage.

**"A NATION'S CULTURE RESIDES IN THE HEARTS AND IN THE SOUL OF ITS PEOPLE." – MAHATMA GANDHI**

Class VIII conducted a special assembly on World Tourism Day with a skit on cultural heritage and a video on sustainable tourism, promoting responsible travel and celebrating the theme "Tourism and Culture."

**"TRAVEL MAKES ONE MODEST — YOU SEE WHAT A TINY PLACE YOU OCCUPY IN THE WORLD." – GUSTAVE FLAUBERT**

## VOICES OF EXPRESSION

### WORLD HEART DAY



Small steps, big impact! Grade IX students spread awareness on World Heart Day, reminding everyone that a healthy heart leads to a happier, more energetic life.

TAKE CARE OF YOUR HEART—IT'S THE RHYTHM OF YOUR LIFE.



Grade II held an Intra-Section English Elocution Competition on the theme “If I Were a Butterfly/ Dolphin/ Wolf/ Panda/Octopus.” Young speakers confidently showcased their imagination and creativity, bringing these creatures to life with charm.

IMAGINATION IS THE HIGHEST KITE ONE CAN FLY.



# LET'S HAVE FUN WITH ACTIVITIES



# EXPERIENTIAL LEARNING FOR HINDI LITERATURE



## 'SHARING BOX' ACTIVITY



Grade II students explored 'Badal Kaise Bante Hain' through a fun live experiment, turning abstract concepts into real-life learning. This hands-on activity made science joyful and memorable.

TELL ME AND I FORGET. SHOW ME AND I REMEMBER. INVOLVE ME AND I LEARN.

Grade III students took part in a joyful 'Sharing Box' activity during their Value Education class. They learned that even small acts of giving can spread happiness and build strong friendships.

"HAPPINESS DOESN'T RESULT FROM WHAT WE GET, BUT FROM WHAT WE GIVE." – BEN CARSON

## WORLD RHINO DAY

### TURNING WASTE INTO WONDER - COMPOST PIT



Grades I & II celebrated World Rhino Day with fun activities and awareness drives, learning the importance of protecting this mighty marvel of nature.

They proudly shared the message:  
Protect the Rhino, Protect Our Planet!

SAVING ONE SPECIES MEANS SAVING THE WORLD WE SHARE.

Our Eco Club members actively took part in a Compost Pit Making Activity, learning how biodegradable waste transforms into nutrient-rich compost. The experience promoted eco-awareness and sustainable living among students.

"NATURE DOESN'T HURRY, YET EVERYTHING GETS DONE."  
- LAO TZU

HEALTHY HANDS, HAPPY  
HEARTS –

A STEP TOWARDS NUTRITIOUS LIVING



Grade V's little chefs became health champions by crafting colorful, nutritious plates with fruits and veggies.

The activity sparked creativity and promoted the joy of healthy eating and wellness.

HEALTHY HABITS ARE THE RECIPE  
FOR A HAPPY LIFE.

EXPRESS, EXPLORE, ENHANCE –  
EMOJI FUN FOR GRADE III



Grade III students turned emojis into a fun learning experience, sharpening their fine motor skills while expressing creativity, emotions, and imagination!

"CREATIVITY IS INTELLIGENCE HAVING FUN."  
– ALBERT EINSTEIN

"Activities that help students develop skills and personality alongside studies."

# CO-CURRICULAR ACTIVITIES AND COMPETITIONS



## CREATIVE STRINGS OF IMAGINATION – PUPPETRY COMPETITION BY GRADE II



Our talented Grade II students brought stories to life through expressive puppetry, showcasing creativity, confidence, and a flair for storytelling.

## ANTI-BULLYING



Grade IV students actively took part in the Anti-Bullying Workshop, learning the value of kindness, empathy, and respect. The session empowered them to recognize and stand against bullying.

KINDNESS IS THE STRONGEST SHIELD AGAINST BULLYING.

## NUKKAD NATAK

### RJ HUNT



The RJ Hunt for Grade VI showcased budding anchors who impressed with their creativity, confidence, and engaging presentations, keeping the audience entertained throughout.

CONFIDENCE AND CREATIVITY MAKE EVERY VOICE WORTH HEARING.

Grade III students delivered powerful street plays on social themes, using expressive dialogues and drama to leave a lasting impact on the audience.

"ART IS NOT A MIRROR TO REFLECT REALITY. BUT A HAMMER TO SHAPE IT." – BERTOLT BRECHT



## FUTSAL COMPETITION



The football ground buzzed with excitement during the Inter-House Futsal Competition for Grades VIII and IX, showcasing teamwork, strategy, and sportsmanship.

**"TALENT WINS GAMES. BUT TEAMWORK AND INTELLIGENCE WIN CHAMPIONSHIPS."** – MICHAEL JORDAN

## ENGLISH DEBATE



Grade V students showcased passion and logic in the English Debate, impressing the audience and sharpening their critical thinking skills.

**THE ART OF DEBATE IS THE ART OF THINKING CLEARLY AND SPEAKING CONFIDENTLY.**

# STUDENTS' AND PARENTS' CORNER



# संघर्ष से जीत तक

रहे मुश्किल, धूप कड़ी,  
फिर भी हमारे कदम रुके नहीं ।  
हर बार गिरने पर सीखा हमने,  
हर हार के आगे हम झुके नहीं ।

मेहनत की आग जलती रही,  
सपनों की लौ बुझती नहीं ।  
हर अँधेरी रात बीत गई,  
तो सवेरा आने में देर नहीं ।

हौसला वो पानी है,  
जो चट्टानों में राह बना दे ।  
हिम्मत वो आग है,  
जो तूफानों में भी लौ जला दे ।

संघर्ष की लकीरें नहीं,  
जीत की तस्वीर होगी।  
जो आज काँटे हैं,  
कल वही तकदीर होगी।  
ये आज नहीं, तो कल होगी।

लिशा अगरवाल  
X "A"

## BAPU – THE MAN OF PEACE

Mahatma Gandhi, gentle and wise,  
Always told us never to lie.  
With a stick in hand, he walked so far,  
Chasing freedom like a star.

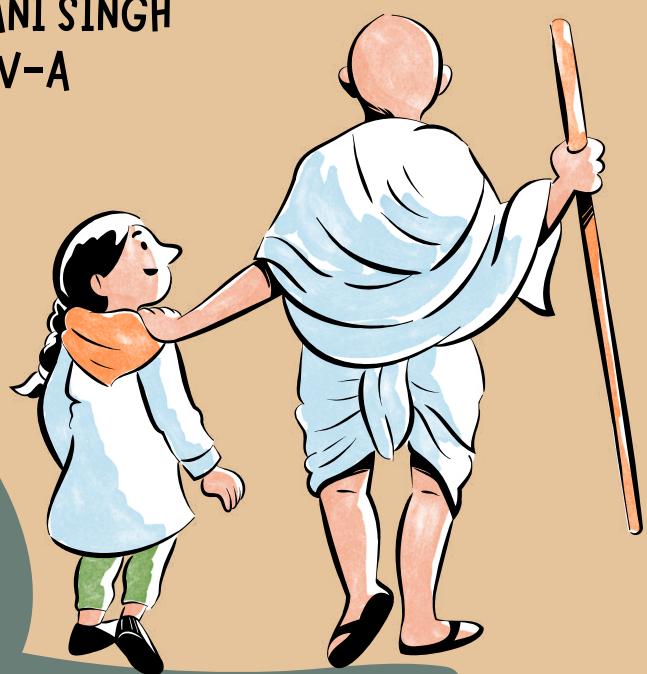
He wore khadi, simple and white,  
And showed the world the path so right.  
No violence, no fight, no sword,  
Just peaceful truth was his strong word.

He marched for salt, he led with care,  
For justice, he was always fair.  
Though he was small and soft in tone,  
He had a courage all his own.

We remember him every year,  
His message still remains so clear.  
Bapu, your light will always shine,  
In every heart, for all of time.

AISHANI SINGH

V-A



# SUPER SNAKES

Super snakes are masters of disguise, skilled hunters, and champion eaters! With more than 3,000 species of these slithery reptiles around the world, snakes are full of surprises. Check out these cool and creepy facts about them:

## 1) Snakes Smell With Their Tongue

A snake uses its tongue to smell! It flicks its long, forked tongue to pick up tiny chemical molecules from the air, ground, or water. Then, the tongue brings these molecules to two small openings in the roof of the mouth, called Jacobson's organs. These organs help the snake "analyze" the smells and understand what's around it—like where food or danger might be!

## 2) Snakes don't have eyelids!

Unlike humans, snakes can't blink or close their eyes. Instead, a clear protective scale called a spectacle covers and shields their eyes, helping them stay moist and safe while hunting or resting.

## 3) Shedding Their Skin

Snakes don't grow like we do—they shed their skin! Every few months, depending on their age and species, a snake will shed its old skin to make room for a new one. First, the old skin becomes dull and the eyes may look cloudy. Then, the snake rubs its head against rocks or branches to tear the skin open. Slowly, the snake wriggles out, turning the skin inside out like pulling off a sock!

ANVIKA TIWARI  
VI-G

# FORGOTTEN GAMES

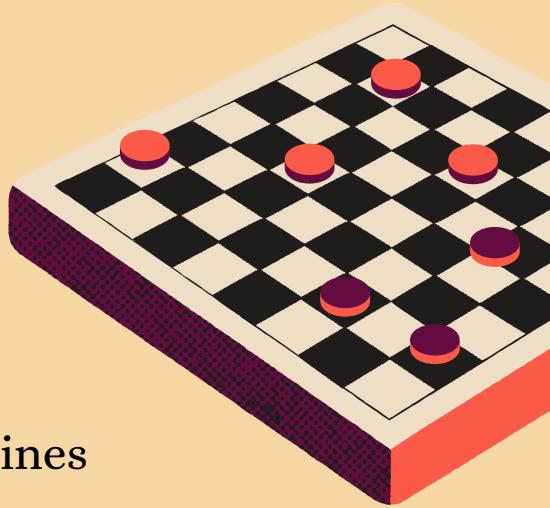
Once, laughter resounded in the courtyard  
hands clapped out rhythm  
Songs of marbles, kites and cards  
The world was play  
Now the toys collect dust.

The swing creaks to be one  
the board waits patiently  
but no footsteps arrive .  
The children who once  
implored to play  
now rush by with briefcases .  
Their voices drowned by deadlines  
their smiles stolen by time .

The old sit still  
hearts burdened by hours  
watching door that never open  
awaiting company that never comes  
They ask for Little  
only a touch on the dice a tale resumed.

A game again  
but the world does not have time  
and so they play by themselves  
with recollections or their companions  
and emptiness as their reward.

BY: AARAV RAJ  
VIII-E

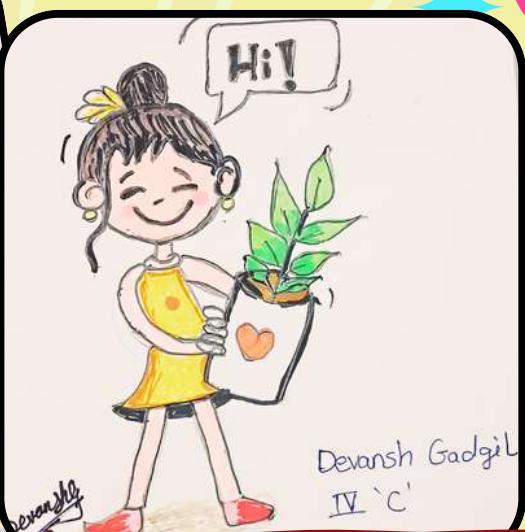


# STUDENTS' AND PARENTS' ART GALLERY





DR.PRGYA JAIN  
MOTHER - DIVYAM JAIN  
IV-C



Devansh Gadgil  
IV 'C'

DEVANSH GADGIL  
IV-C



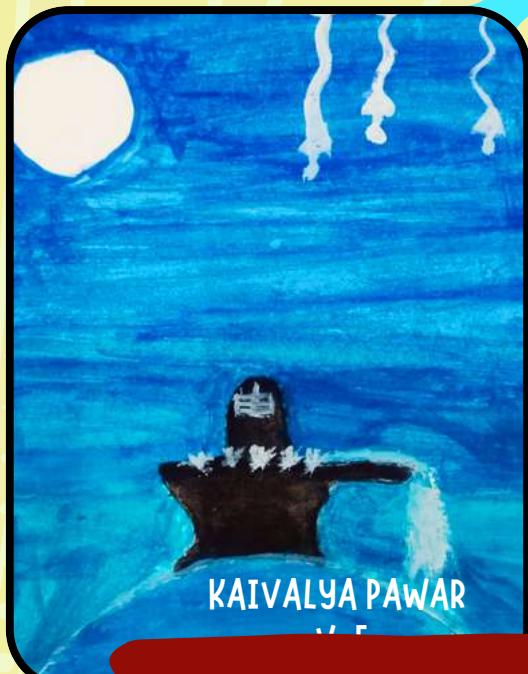
NAYONIKA RATHORE  
VIII-E



KASHIK  
V-E



AAKANKSHA GAJBHIYE  
VII C



JIYA GWALVANSI  
V-F



PIHU  
VI-E



VAIDEHI BELOKAR  
III-F



SHLOK PATEL  
VI-E



SHLOK PATEL  
III G



DIVYSNSHEE PANT  
VA

# EDUCATOR'S THOUGHTS





# EXAM ANXIETY: UNDERSTANDING AND COPING TOGETHER

Exams are often seen as milestones of growth, but for many children, they can also become a source of worry, stress, and sleepless nights. It is natural to feel nervous before an exam—just like how we might feel butterflies in the stomach before going on stage or meeting someone new. This nervousness is our body's way of telling us that we care about

what is coming. However, when these feelings grow too big, they can turn into exam anxiety, which makes it harder to focus, remember what has been studied, or even sit calmly in the examination hall.

Children may experience exam anxiety in different ways—some might complain of stomach aches, headaches, or restlessness; others might become irritable, cry easily, or

withdraw into silence. As parents and teachers, it is important to recognize that these

behaviors are not “laziness” or “excuses” but a cry for support. Instead of adding more pressure, we can respond with empathy and reassurance. Reminding children that their worth is not measured by marks alone gives them the courage to try without the fear of failure.

For children, small daily practices can ease anxiety. Breaking study material into smaller, achievable goals instead of attempting everything at once prevents feelings of being overwhelmed. Regular short breaks with movement, deep breathing, or listening to music help the mind refresh. Simple relaxation exercises, like taking slow breaths or imagining a calm place, can bring the body back into balance. Encouraging children to get enough sleep, eat nourishing food, and maintain a routine creates a sense of stability during exam days.

Parents too play a vital role in reducing exam stress. Creating a supportive environment at home—where effort is praised as much as achievement—helps children feel secure.

Gentle reminders to rest, offering a listening ear when the child expresses worry, or even sitting quietly beside them while they study can be powerful forms of encouragement.

Avoiding harsh comparisons with siblings, relatives, or friends allows children to feel accepted for who they are. Most importantly, parents can model calmness themselves, showing that exams are important but not life-defining events.

Together, children and parents can view exams as opportunities to learn and grow, not as final judgments. When anxiety is approached with kindness, patience, and teamwork, children feel less alone and more capable of doing their best. And even if results do not turn out as expected, the skills of resilience, self-care, and emotional balance will serve them throughout life.

MUSKAN KAUR CHOPRA  
SPECIAL EDUCATOR



## जीवने अनुशासनस्य आवश्यकता

मानवजीवनं नियमेन अनुशासनश्च विना न सुव्यवस्थितं भवति । अनुशासनं जीवनस्य सौन्दर्यं, शोभा च । अस्य पालनं कर्तव्यबोधं, मर्यादाबुद्धिं, कर्तव्यपरायणतां च जनयति । यत्र अनुशासनं भवति, तत्र निश्चितं प्रगतिर्भवति ।

विद्यालये अनुशासनस्य महत्त्वं परमम् अस्ति । यदि विद्यार्थीः समयपालनं करोति, गुरुजनानां वचनं शृणोति, नियमं पालनं करोति च, तर्हि सः उत्तमः नागरिकः भवति । अनुशासनविहीनः विद्यार्थीः शिक्षायाः फलम् न प्राप्नोति ।

गृहे अपि अनुशासनस्य पालनं आवश्यकम् । यदि बालकाः पितृमातृवचनं न शृणवन्ति, यदि स्वेच्छया सर्वं कुर्वन्ति, तर्हि गृहे अशान्तिः उत्पद्यते । किन्तु यत्र बालकाः अनुशासिताः, तत्र गृहम् अपि स्वर्गसदृशं भवति ।

राष्ट्रे अपि अनुशासनं नागरिकानां कर्तव्यानां पूर्तो मूलं भवति । यदि सर्वे स्वधर्मपालनं कुर्वन्ति, नियमं न लङ्घयन्ति, तर्हि राष्ट्रं बलिष्ठं, सम्पन्नं च भवति ।

अनुशासनं यथा जीवनस्य दीपः । दीपः तमः निवारयति, तस्मात् अनुशासनं अज्ञानं, अव्यवस्था च दूरं करोति । अतः अस्माभिः सर्वदा अनुशासनं पालनीयम् ।

श्लोकः -

"अनुशासनं हि पुरुषस्य शोभा,  
अनुशासनं हि सफलस्य मूलम् ।  
अनुशासनं विना जीवनं शन्यं,  
तस्मात् सर्वदा तत् अनुवर्तनीयम् ॥"

अमौल महाजन  
शिक्षक

## आयुष्यात शिस्त असावी

'शिस्त' हे आपल्या यशस्वी जीवनाचे गमक आहे. शिस्त म्हणजे नियम पाळणे, जबाबदारीने वागणे. शिस्तीने वागणारा व्यक्ती आपले आयुष्य योग्य रीतीने जगतो व प्रगतीच्या दिशेने वाटचाल करतो. शिस्त ही प्रत्येक ठिकाणी आवश्यक असते मग ती शाळा असो, घर किंवा कार्यालय असो किंवा समाज. सर्वत्र शिस्त ठेवावीच लागते. विद्यार्थ्यांनी वेळेवर अभ्यास करणे. शिक्षकांचा आदर करणे. नियमांचे पालन करणे. आई-वडिलांचे ऐकणे. या सर्व गोष्टीतही मुलांची शिस्त दिसून येते. शिस्त असलेल्या समाजामध्ये गोंधळ नसतो. तिथे असतो आदर, नियम आणि शांतता असते.

जर आपल्या आयुष्यात शिस्त नसेल तर कोणतेही कार्य योग्य वेळी योग्य रीतीने पूर्ण होत नाही किंवा त्या कार्यास महत्त्व प्राप्त होत नाही.

त्यामुळे प्रत्येकाने शिस्त ठेवणे गरजेचे आहे. शिस्त ही यशस्वी व सुसंस्कृत आयुष्याची गुरुकिल्ली आहे. म्हणून सर्वांनी नेहमीच शिस्तीने वागले पाहिजे. त्यामुळे आपले आयुष्य उन्नत होते.

दीपाली दुबे  
मराठी शिक्षिका





# LIBRARY AND FUN SECTION

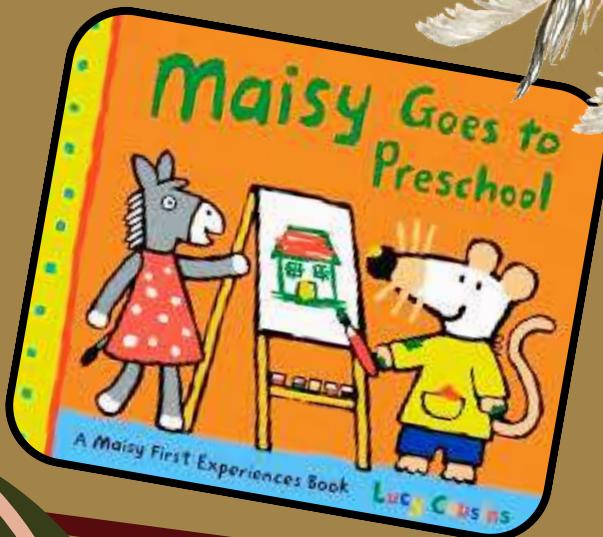
**FUN**



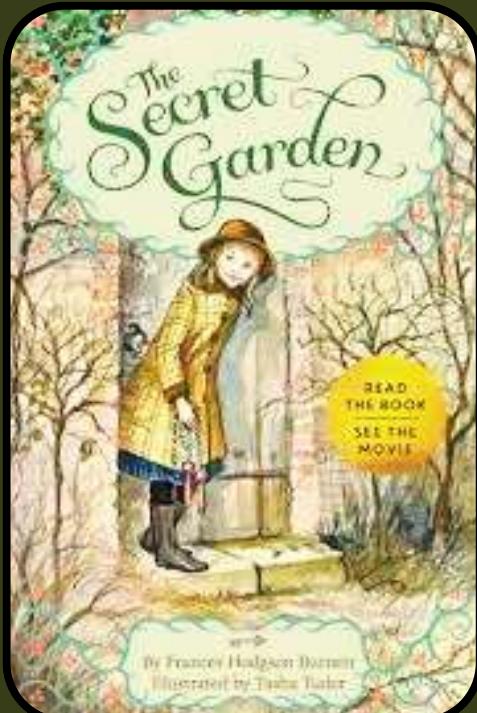
# LIBRARY

# Review

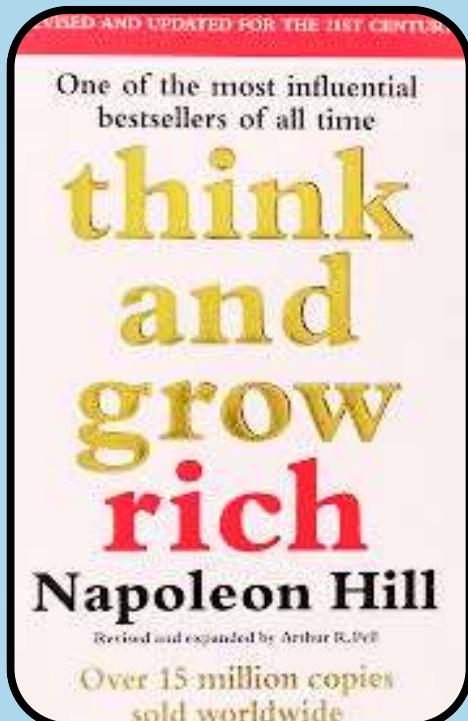
Preschool for Maisy means a day filled with friends and things to do, from the time she hangs her coat on a special peg to the time she says goodbye. There's painting and snack time, stories and nap time (and a bathroom break in between). Soon everyone's ready to haul out the instruments and make some noise, then head outside for a turn at the sandbox or slide.



The Secret Garden, tells the story of two lonely and difficult children, Mary Lennox and Colin Craven, who find healing and friendship while bringing a long-abandoned garden back to life.



Think and Grow Rich is an influential 1937 self-help book by Napoleon Hill, which argues that success, particularly financial wealth, is achieved by focusing thoughts, cultivating a positive mindset, and transforming one's subconscious belief system through concepts like burning desire, faith, and persistence. The book provides 13 principles for achieving success, derived from interviews with 500 wealthy and successful individuals like Andrew Carnegie and Henry Ford.



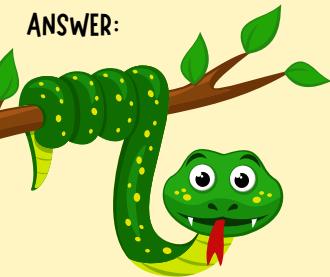
# Brain BENDERS

## 1) Riddle Me This:

I have no legs, but I can slither.  
I don't have ears, but I can hear.  
I shed my skin, but stay alive.  
What am I?



ANSWER:



## 2) Tongue Twister Challenge:

Say this five times fast:  
"Seven slippery snakes silently slither south."  
Can you do it without getting your tongue twisted?



ANSWER:



## 3) The Odd One Out

Which is the odd one out: April, May, June, July?



## 4) Who Is It?

A father and son were in a car accident. The father died. The son was rushed to the hospital. The surgeon said, "I can't operate on this boy — he's my son!" How is this possible?

## 5) Farm Puzzle

A farmer has 17 sheep. All but 9 run away. How many does he have left?

