



**DELHI PUBLIC SCHOOL**  
**MIHAN, NAGPUR**

# MIHAN MUSINGS

DECEMBER 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**





# ACHIEVEMENTS SECTION



# YOUNG AUTHOR'S ACHIEVEMENTS



We are delighted to share that Vanaisha Khandelwal (Grade V) has achieved a proud literary milestone with her story being published in the anthology 'Stories Between Sunsets'. This wonderful accomplishment reflects her creativity, imagination, and ability to express thoughts beautifully through words. Vanaisha's achievement is a shining example of how young minds can create powerful stories when encouraged to dream and explore their ideas.



DPS MIHAN congratulates Anushka Ghotkar (Grade VIII) for having her story published in the inspiring anthology 'Stories Between Sunsets'. Her imagination, expressive writing, and creative flair have earned her a proud place among the young storytellers of DPS. Anushka's achievement reflects her love for literature and her ability to bring characters and ideas to life through words.





# YOUNG AUTHOR'S ACHIEVEMENTS

DPS MIHAN proudly shares that Vanishaa Verma (Grade V) has reached a wonderful literary milestone with her story being published in the anthology 'Stories Between Sunsets'. This achievement reflects her creativity, imagination, and confidence in expressing ideas through words. Vanishaa's accomplishment is a true inspiration, showcasing how young minds can bring stories to life when nurtured and encouraged.



## ACHIEVEMENTS OF OUR FACULTY MEMBER

We congratulate Ms Praniti Matey, a dedicated and talented faculty member at DPS MIHAN, on her outstanding achievement at the 21st National Masters Aquatic Championship 2025. She secured Second Place in the 50 m Freestyle (RL), Women – Group A, showcasing exceptional skill, discipline, and perseverance. Her success is a true reflection of her commitment to excellence both inside and outside the classroom. Ms. Matey's achievement serves as an inspiration to our students and the entire school community, reinforcing the values of determination, hard work, and a healthy sporting spirit.





# DPS MIHAN GLIDES TO SUCCESS AT THE DISTRICT CROSS COUNTRY CHAMPIONSHIPS 2025



Students of Delhi Public School, MIHAN, brought pride to the school with their hard work and sportsmanship and an outstanding performance at the District Cross Country Championships 2025 held at Reshimbagh Ground, Nagpur on 22nd December 2025.

Ms. Saranya Mirashi of Grade 1st secured 2nd place and got silver Medal in girls U/8 category.

Ms. Sia Batra of Grade 1st secured 3rd place and got bronze medal in girls U/6 category.



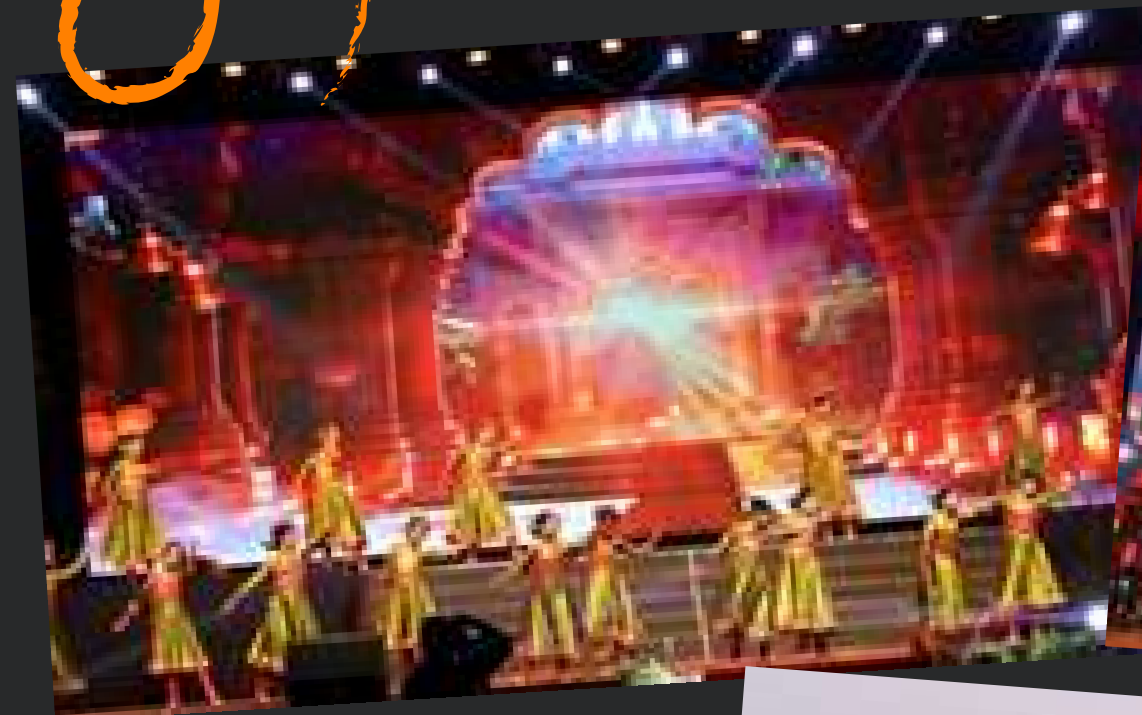


**IMPORTANT  
EVENTS**



# DPS MIHAN CELEBRATES ITS 6TH ANNUAL DAY

DPS MIHAN marked its 6th Annual Day with a spectacular cultural showcase celebrating global unity and diversity. Chief Guest Mr Aniruddha Joshi, celebrated singer and Sa Re Ga Ma Pa winner, graced the occasion and applauded the young performers. The celebration was further enriched by the Annual Awards Ceremony, honoring meritorious students for academic excellence, sportsmanship, discipline, and co-curricular achievements. The stage came alive as young artists from Pre-Nursery to Grade II showcased spectacular dance and choir performances, taking the audience on a musical journey across continents while spreading the message of global harmony. They mesmerized the audience with vibrant dance and choir presentations, beautifully portraying cultures from across the seven continents and celebrating unity in diversity.





## YOUTH FOR NATURE – A CONSERVATION INSIGHT SESSION



IFS officer Mr. Umesh Udai Verma, Additional Director at Chandrapur Forest Academy, conducted an engaging session for Grade VIII on the Role of Youth in Forest and Wildlife Conservation. Students learnt about the Wildlife Protection Act, Project Tiger, IUCN Red List, constitutional Mandate, and protected areas, making the session highly informative and inspiring.

## INAUGURATION OF THE ACCOUNTANCY MUSEUM

DPS MIHAN proudly inaugurated its Accountancy Museum in the esteemed presence of CA. Charanjot Singh Nanda, President of The Institute of Chartered Accountants of India. His distinguished presence elevated the occasion as he unveiled this thoughtfully curated space showcasing the evolution of accounting through historical artefacts and interactive displays, reflecting the school's commitment to future-ready learning.





# CREATIVE WRITING WORKSHOP BY RENOWNED WRITER & AUTHOR MS.TARANA FAZAL



A two-day creative writing workshop was conducted for Grades III to VIII by an accomplished children's book author and the co-founder of The Creative Pens writing services based in Nagpur, Ms. Tarana Fazal. The workshop was designed to inspire young minds, enhance creative expression, and nurture a love for storytelling through engaging and interactive sessions.



# THREADS OF THE FUTURE: EXPLORING CAREERS IN FASHION WITH NIFT



Students of Grades XI-XII gained valuable insights into the dynamic world of fashion during an engaging career guidance session by NIFT under Gensphere 4.0. The interaction introduced learners to diverse career avenues, entrance pathways, and prospects in the fashion industry, inspiring them to envision creative and professional journeys ahead.

# GENSPHERE 4.0 – EXPLORING SPACE, TECHNOLOGY & INNOVATION

Grade XI students of DPS MIHAN visited G. H. Raisoni College of Engineering, where they gained practical insights into satellite communication and start-up culture through the Satellite Ground Station and Technology Business Incubator, enriching their understanding beyond the classroom.







**SPECIAL  
ASSEMBLY**



# NATIONAL POLLUTION CONTROL DAY



DPS MIHAN observed National Pollution Control Day with a creative assembly by Grade IX Students presented a podcast titled “Breathe Easy”, raising awareness about air, water, and other forms of pollution. A student portrayed Jadav Payeng, the Forest Man of India, in an interview that highlighted environmental concerns and practical solutions. The tech-savvy presentation encouraged peers to adopt simple, sustainable habits with the 3 R’s, viz. Reduce, Reuse, and Recycle.

## BE A PEACE HERO

Heroes of Harmony-

Where Peace Begins with Every Child.

Class IV presented a thoughtful assembly on the theme ‘Be a Peace Hero.’ Through affirmations, a skit, and inspiring messages, students demonstrated how kindness, calmness, and understanding can foster peace in their daily lives.





# ASSEMBLY ON HUMAN RIGHTS DAY



Empowering Minds, Embracing Rights - Our Students Lead the Way on Human Rights Day.

Students presented a meaningful assembly highlighting the importance of Human Rights Day. The assembly focused on understanding and valuing the rights that protect every individual.

The Vijay Diwas assembly by Grade IX paid tributes to the bravery of Indian soldiers, with a special focus on Captain Satish Sehgal's inspiring journey during the 1971 war. The assembly blended meaningful segments and patriotic performances to remind students that real victory is defined by courage, resilience, and selfless service to the nation.

## HONOURING COURAGE. CELEBRATING VALUES – VIJAY DIWAS





# DIGITAL SAFETY – BEING SMART ONLINE



Grade V presented a meaningful morning assembly on the theme 'Digital Safety – Being Smart Online,' highlighting the importance of safe, responsible, and kind behaviour in the digital world. Through positive affirmations, a thought-provoking message, an engaging skit, and impactful placards, students spread awareness about cyber safety, privacy, and respectful online conduct.

# GROWING MINDS. MOVING BODIES: A MORNING OF MINDSET AND MOVEMENT

Students of Grade VI presented an inspiring assembly on Cultivating a Growth Mindset, helping peers understand the power of positive thinking, perseverance, and learning from mistakes. The assembly was followed by an energetic Zumba session conducted by representatives from Dainik Bhaskar, who also sensitised students of Grades V–VII to the importance of outdoor games and an active lifestyle.





# SPECIAL ASSEMBLY WRAPPED IN JOY AND CHRISTMAS MAGIC



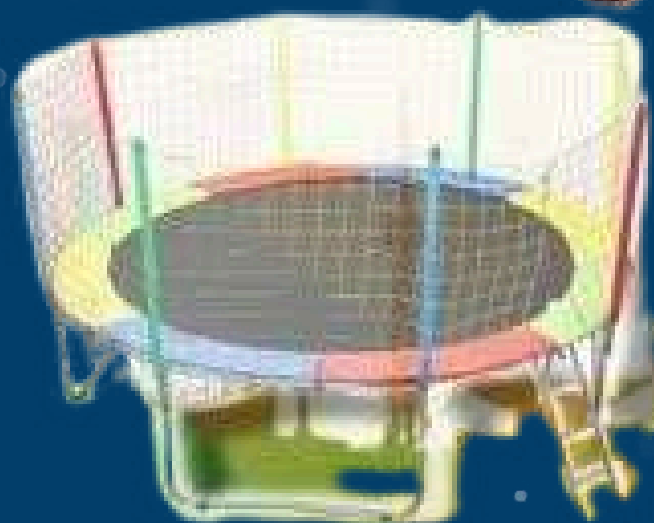
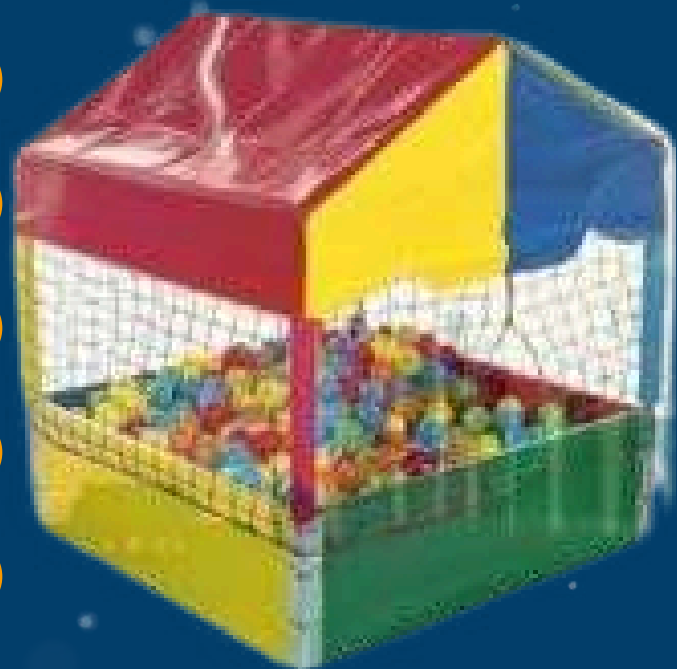
A Special Assembly on Christmas was conducted where students presented a delightful skit conveying the true spirit of the festival. The celebration was further enriched by melodious carol singing by teachers and a scintillating dance performance by the students of Grade I and II, filling the atmosphere with joy, cheer, and festive enthusiasm.

Delhi Public School, MIHAN, marked the International Day for Biological Diversity with a theme-based morning assembly presented by the students of Grade IX. Through a creatively staged International Conference, students portrayed official representatives from different countries, highlighting the vital role of every living organism in sustaining the ecosystem. The presentation powerfully conveyed the message of protecting and preserving biodiversity for a balanced and thriving planet.

## UNITED FOR BIODIVERSITY, UNITED FOR LIFE







**LET'S HAVE FUN  
WITH  
ACTIVITIES**



## SEED ART ACTIVITY



Class III students explored the world of seeds through a fun and creative Seed Art Activity during their EVS period. Using a variety of edible and non-edible seeds, children crafted beautiful artwork while learning about seed types, textures, and sizes.

The hands-on task not only boosted their creativity and fine motor skills but also strengthened their connection to nature. Activities like these make learning engaging, meaningful, and full of joyful discovery.



## YOUNG EXPLORERS IN THE PHYSIC GARDEN – DISCOVERING NATURE'S PHARMACY

Class V students of DPS MIHAN explored the world of medicinal plants through a hands-on EVS activity at the Physic Garden. Children observed, identified, and learned about natural herbs and their healing properties, making the lesson both meaningful and memorable.



Students of Classes III to V at DPS MIHAN celebrated World Soil Day through engaging EVS activities, including creative clay modelling, a simple soil erosion experiment, and short presentations on soil types and conservation. The activities helped students understand the importance of soil in a fun, interactive, and meaningful way.

## SOIL EXPLORERS – HANDS-ON LEARNING FOR WORLD SOIL DAY



## CELEBRATING CONSERVATION THROUGH CREATIVITY FOR GRADE VI-VIII



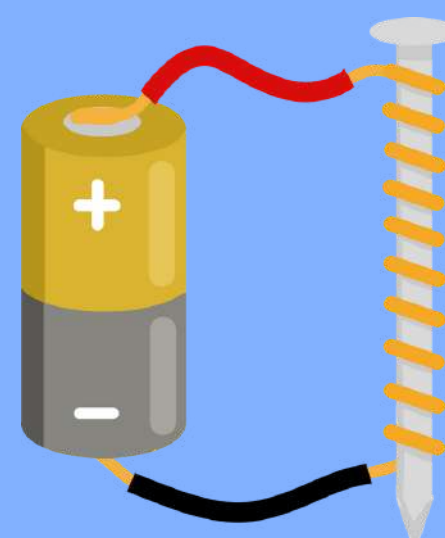
Students of Grades VI, VII, and VIII participated in engaging wildlife conservation activities, including puzzle-solving, footprint identification, and poster-making. Through these hands-on tasks, they learned about animal species, their features, and the importance of protecting wildlife and our environment.





## POWER OF ELECTROMAGNETISM

Students of Grade V of DPS MIHAN were engaged in an exciting hands-on EVS activity to explore the concept of electromagnetism. Using simple materials, they observed how an electromagnet works, promoting curiosity, critical thinking, and a deeper understanding of real-world science.



Class VI students explored the Beginning of Indian Civilization through a hands-on Subject Enrichment Activity, where they created a colorful timeline featuring the Mesopotamian, Egyptian, Indus Valley, and Chinese civilizations. By marking key periods and highlighting unique features of each, learners visually compared how these ancient cultures grew across different regions - strengthening their historical understanding, sequencing skills, and presentation abilities.

## TRACING TIME'S TRAIL – A JOURNEY THROUGH EARLY CIVILIZATIONS



# NATIONAL ENERGY CONSERVATION DAY



DPS MIHAN celebrated National Energy Conservation Day with engaging and thoughtful activities for Grades VI–VIII. Students showcased innovative ideas on reducing energy waste and learned practical ways to protect our planet.



## BUBBLE SCIENCE UNLEASHED: GRADE XI DISCOVERS THE POWER OF SURFACE TENSION

Grade XI students explored the concept of surface tension through hands-on experiments. By adding glycerin to a soap solution, they observed how surface tension increased and created a strong “bubble trampoline.”





# PLACE VALUE MADE EASY WITH ABACUS MAGIC



Grade I students enthusiastically explored the concept of place value using the abacus. By moving colorful beads, children learned to identify ones and tens in a hands-on and engaging way. The activity strengthened number sense, improved concentration, and made learning mathematics fun and meaningful.



## NATIONAL MATHEMATICS DAY

Students of DPS MIHAN participated in engaging activities such as Fraction Fun Fiesta, Mystery of Magic Squares, Maths in a Card, Ramanujan's Rapid Sum Challenge, Journey of a Genius, and Unlocking the Hardy-Ramanujan Number to celebrate the birth anniversary of legendary Mathematician Srinivasa Ramanujan which encouraged logical thinking, problem-solving, and a deeper appreciation for the beauty of mathematics.





# CRAFTING CHRISTMAS WITH CREATIVITY AND CHEER FOR GRADE I & II

Grade I and Grade II students enthusiastically participated in a Christmas craft activity, celebrating the festive spirit through colours, creativity, and joyful expression. The students created vibrant and imaginative festive artwork, reflecting their holiday cheer and excitement. The activity helped enhance fine motor skills, imagination, and artistic expression while filling the classroom with warmth, creativity, and Christmas joy. 🌲 ✨

**MERRY  
CHRISTMAS**





## ACTIVITY ON LIVING AND NON-LIVING THINGS

Grade II students of DPS MIHAN enjoyed a fun activity on Living and Non-Living Things. Students turned into curious explorers, sorting objects by checking life clues like growth, movement, and breathing. This lively hands-on activity sparked excitement and made the difference between living and non-living things easy to understand.



## BEYOND THE SIGHT – EXPLORING THE WORLD UP CLOSE

Grade I students took a fascinating learning journey through the activity “Beyond the Sight,” where they were introduced to the basic use of a terrestrial telescope. With proper guidance, students observed distant objects, learned to differentiate between near and far, and followed safety rules. This hands-on experience sparked curiosity and strengthened their observational skills through joyful exploration.







## LAYERS OF LEARNING- WHEN LIQUIDS BRING SCIENCE TO LIFE

Grade V students explored the concept of density by observing layers of different liquids. This hands-on EVS activity encouraged inquiry, comparison, and deeper scientific understanding through experiential learning.

Grade II students visited the Physic Garden and explored a variety of plants. Through close observation and interaction, the children explored a variety of medicinal and edible plants, carefully observing their shapes, textures, and names while understanding their importance in our daily lives.

## LEARNING BEYOND THE CLASSROOM – A VISIT TO THE PHYSIC GARDEN



## PICTURES THAT SPEAK, VOICES THAT THINK

Through a Picture Talk activity for Grade II, students observed visual prompts and confidently expressed their thoughts in two to five sentences. The activity encouraged imagination, vocabulary building, and fluent spoken expression.





# CO-CURRICULAR ACTIVITIES AND COMPETITIONS



# MOOT COURT COMPETITION



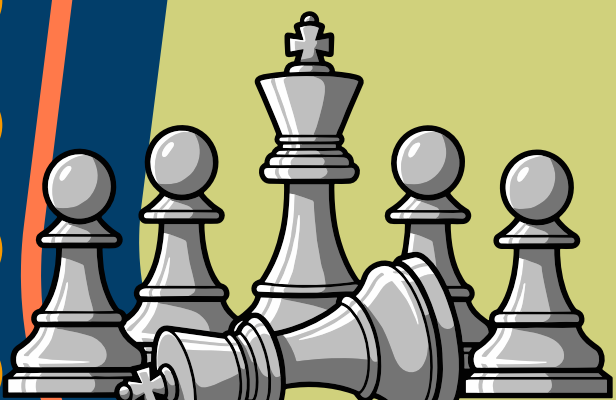
DPS MIHAN held a lively Moot Court Competition for Grades VI-IX, where students confidently presented arguments, showcased strong research, and enacted real courtroom roles. Guided by the Judge, Mr Prasanna Choudhary of Prayas, the event beautifully fostered confidence, clarity, and legal awareness.



# INTER-HOUSE CHESS COMPETITION

Young Strategists' Challenge

Students battled it out on the chessboard with strategy, focus, and sportsmanship. The Inter-House Chess Competition highlighted sharp minds and smart moves. Congratulations to all participants!





# INTER-HOUSE VOLLEYBALL COMPETITION

DPS MIHAN hosted an energetic Inter-House Volleyball Competition where students showcased teamwork, skill, and strong sportsmanship. With powerful serves and exciting rallies, the event brought out the best in every team.



# INTER-HOUSE QUIZ COMPETITION

DPS MIHAN hosted an exciting Inter-House Quiz Competition filled with energy, teamwork, and sharp thinking. Students from all houses displayed impressive knowledge, quick responses, and true sportsmanship. Congratulations to the winners, and well done to all participants for their enthusiastic efforts!





# ANTI-BULLYING AWARENESS WORKSHOP



DPS MIHAN conducted an impactful Anti-Bullying Workshop where students learned about kindness, empathy, and safe ways to address bullying. Through discussions and activities, they understood the importance of respect and the power of speaking up. A meaningful step towards building a safer, kinder school community.

**BULLY-FREE  
ZONE**

## COLOURS OF TRADITION – FOLK ART WORKSHOP

Grade IV students explored the beauty of Indian folk art on the ground stage, experimenting with traditional patterns and vibrant colours. The workshop gave them a joyful space to express creativity while learning about cultural heritage.





## MINDFUL MOMENTS: GRADE III WELLNESS PICNIC

Grade III students enjoyed a refreshing Mental Health Picnic with a 40-minute session on emotional regulation and gratitude. They created Gratitude Doodle Journals and calming mandala art, making the day a joyful blend of creativity, reflection, and emotional growth.



## INTER-HOUSE POEM RECITATION COMPETITION

The Inter-House Poem Recitation Competition for Grades III to V offered students a wonderful opportunity to showcase their articulation, confidence, and emotional expression. Through rhythm, voice modulation, and meaningful delivery, participants brought poems to life, reflecting creativity, linguistic skills, and stage presence. The event encouraged a love for poetry while nurturing self-expression and healthy competition.





# INTER HOUSE STORY TELLING COMPETITION



The Inter-House Storytelling Competition for Grades III to V provided a vibrant platform for students to showcase their imagination, confidence, and expressive skills. Through engaging narratives, voice modulation, and captivating expressions, participants brought stories to life while promoting creativity, communication skills, and stage confidence. The competition fostered healthy competition and a love for storytelling among young learners.

## INTER-HOUSE QUIZ COMPETITION

The Inter-House Quiz Competition for Grades VI to VIII witnessed enthusiastic participation as students tested their knowledge, presence of mind, and teamwork. The quiz fostered healthy competition, critical thinking, and confidence while making learning engaging, interactive, and fun.





## WORKSHOP ON INNOVATION AND DESIGN THINKING

Delhi Public School, MIHAN, Nagpur conducted an engaging Workshop on Design Thinking for students of Classes VI & VII, introducing them to innovative problem-solving through hands-on learning. Through interactive activities like Paper Tower Making and Lemon Battery Making, students explored creativity, teamwork, empathy, and critical thinking while applying the five steps of Design Thinking—Empathize, Define, Ideate, Prototype, and Test.



## WORKSHOP ON NUTRITION AND HYGIENE

An informative workshop on Nutrition and Hygiene was conducted to create awareness among students about healthy eating habits and personal cleanliness. The session highlighted the importance of balanced nutrition, hand hygiene, and daily healthy practices, encouraging children to adopt habits that support overall well-being.





# STAND TOGETHER, SPEAK UP, STAY KIND-ANTI-BULLYING WORKSHOP



The Grade VI students participated in a meaningful Anti-Bullying Workshop which highlighted empathy, respect, and responsible behavior, empowering students to create a safe, supportive, and inclusive school environment.

# STOP BULLYING

## THINKING BEYOND BOUNDARIES – INNOVATION & DESIGN WORKSHOP

Students of Grade IV and V actively participated in an engaging Innovation and Design Workshop, where they explored creative thinking and problem-solving through hands-on activities. The Paper Tower Making Challenge encouraged teamwork and structural thinking, while the Lemon Battery Making Activity introduced basic scientific concepts by creating a simple electric circuit, linking classroom learning to real-life applications.





## NURTURING MINDS, EMPOWERING HEARTS – MENTAL HEALTH AWARENESS SESSION

The Mental Health Awareness Session offered students a safe space to understand their emotions, manage stress positively, and discover the power of self-awareness, helping them grow stronger from within.



## RESPECTING DIFFERENCES, BUILDING EQUALITY – GENDER SENSITIVITY WORKSHOP

Students took part in an insightful Gender Sensitivity Workshop that emphasised awareness, equality, and respect for all. The session encouraged thoughtful dialogue on social responsibility and fostered an understanding of inclusivity in the modern world.







**STUDENTS' AND  
PARENTS' CORNER**

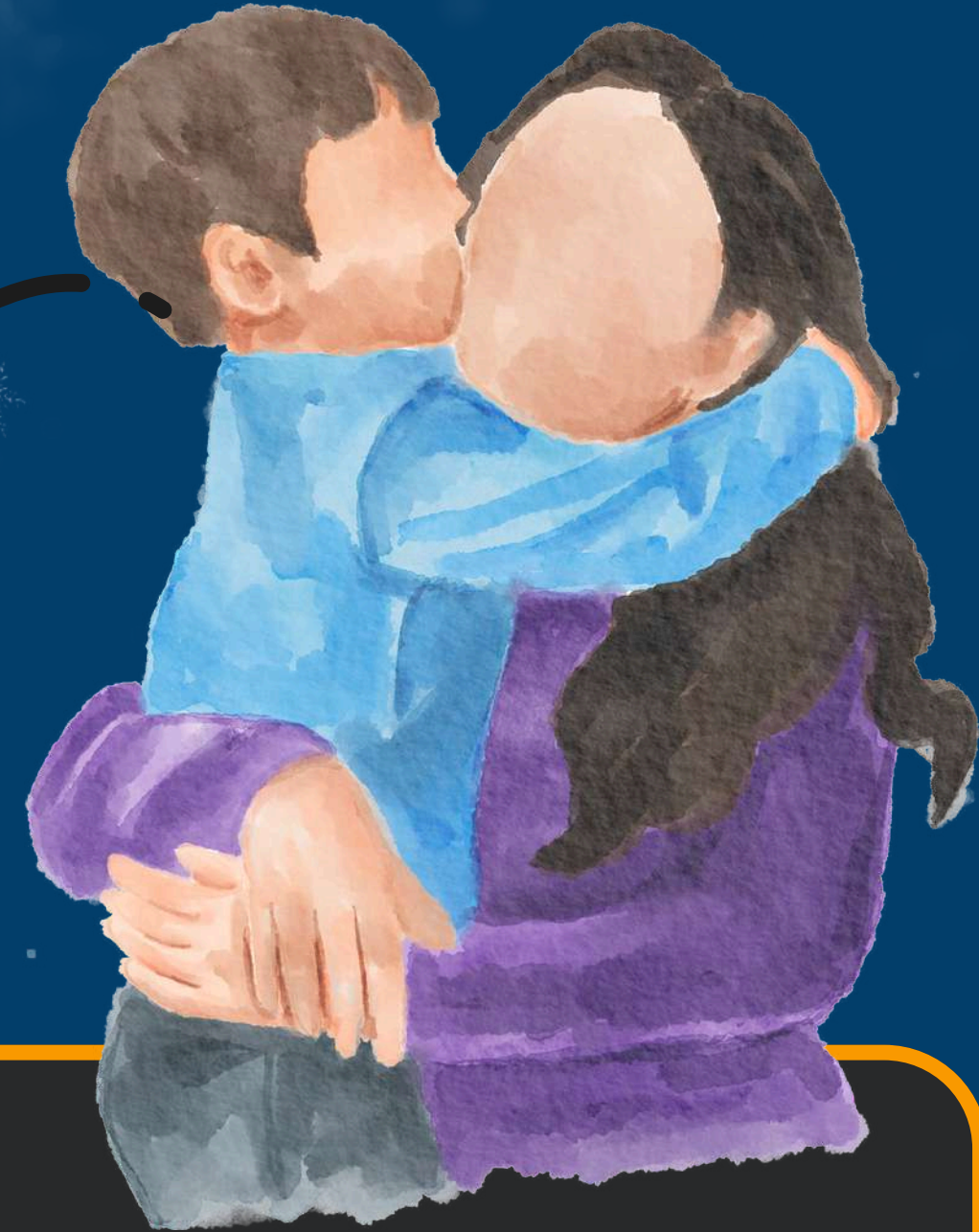


## मेरा देश

प्यारा-प्यारा मेरा देश,  
सबसे न्यारा मेरा देश।  
दुनिया जिस पर गर्व करे,  
ऐसा सितारा मेरा देश।

चाँदी-सोना मेरा देश,  
सफल होगा मेरा देश।  
आगे बढ़े मेरा देश,  
नाम बढ़ाए मेरा देश।

हृदया देशमुख  
III-F



## माँ

मेरी माँ है कितनी प्यारी  
सबसे सुंदर सबसे न्यारी  
मीठी- मीठी लोरी गाती  
लोरी गाकर मुझे सुलाती  
मुझे पढ़ाती मुझे लिखाती  
पहले खाना मुझे खिलाती  
सच बोलना मुझे सिखाती  
सच्ची राह मुझे दिखलाती

आरुष गाडगे  
VII-F



## ये मैं हूँ

मैं खुद से ही शुरू हूँ, खुद पर ही खत्म.  
मेरे हर सवाल का जवाब मैं खुद हूँ L  
दुनिया जो समझे वह उसकी सोच सही,  
मगर जो मैं हूँ अंदर से वह सिर्फ मैं खुद हूँ L  
मैंने देखा है खुद को टूटते हुए,  
फिर उसी टूटी हालत में जुड़ते हुए L  
हर दर्द ने मुझे थोड़ा मजबूत बनाया,  
मैं खड़ी रही हालात से लड़ते हुए L  
मेरी खामोशी को कमजोरी मत समझो,  
ये वक्त की दी हुई समझदारी है L  
हर बात कह देना फितरत नहीं,  
कुछ बातें सिर्फ खुद से निभानी है L  
आज भी चल रही हूँ थकी जरूर हूँ,  
पर रुकी नहीं -ये मेरी पहचान है L  
मैं जैसी हूँ वैसी ही काफी हूँ,  
मेरा होना ही मेरी सबसे बड़ी शान है,  
हाँ ये मैं हूँ L

-रिद्धी  
VII-C



## "लहराती हवा की सुंदरता"

जलती नहीं, लहराती हवा,  
जगाती मन में नई-सी आशा।

लोगों के मन को उठाती है,  
सबके भीतर उम्मीद जगाती है।

कहाँ से आती है यह सुंदरता,  
लहराकर जाती है कहाँ यह हवा?

सूने बागों में रंग भर जाती,  
झिल-मिल हरियाली संग मुस्काती।

देखेंगे हम यह सुंदरता,  
महसूस करेंगे यह सुंदरता।

-अनुष अपराजित  
VII-E





# THE REVENGE AGAINST THE WEREWOLF HUNTERS (WHG)

## Part - I

Once there was a boy named Nick. He did not know he was an alfa werewolf until he was 10. He went to fight with the other werewolves to see who is the strongest. Nick won every match because he was the alfa werewolf. One day, Nick came across a stone that had some kind of carvings that made him go on the news but the water around the stone that made him alfa werewolf. The werewolves most biggest attack was the 'golden bite'.

The 'werewolf hunter group' also known as W.H.G., they were battling the werewolves for years but the werewolves were going to get revenge; so the werewolves were arranging their army to fight the werewolf hunters. Nick was put in the first line of the army because he was the alfa werewolf. When the fight started, Nick used the attack 'golden bite' first because he was an alfa werewolf. He took down the commander of 'werewolf hunters' which made them weak. Fred, the friend of Nick, killed the first row of werewolf hunters. The werewolf hunters were losing the battle because of the attack of 'golden bite'. The werewolf hunters had gone down to one hunter and the hunter died because of Nick. The werewolves won the battle.

To be Continued..

By Rivaan Zambe  
III-D





# MINDFUL READING :-

## A SMALL HABIT WITH POWERFULL BENEFITS

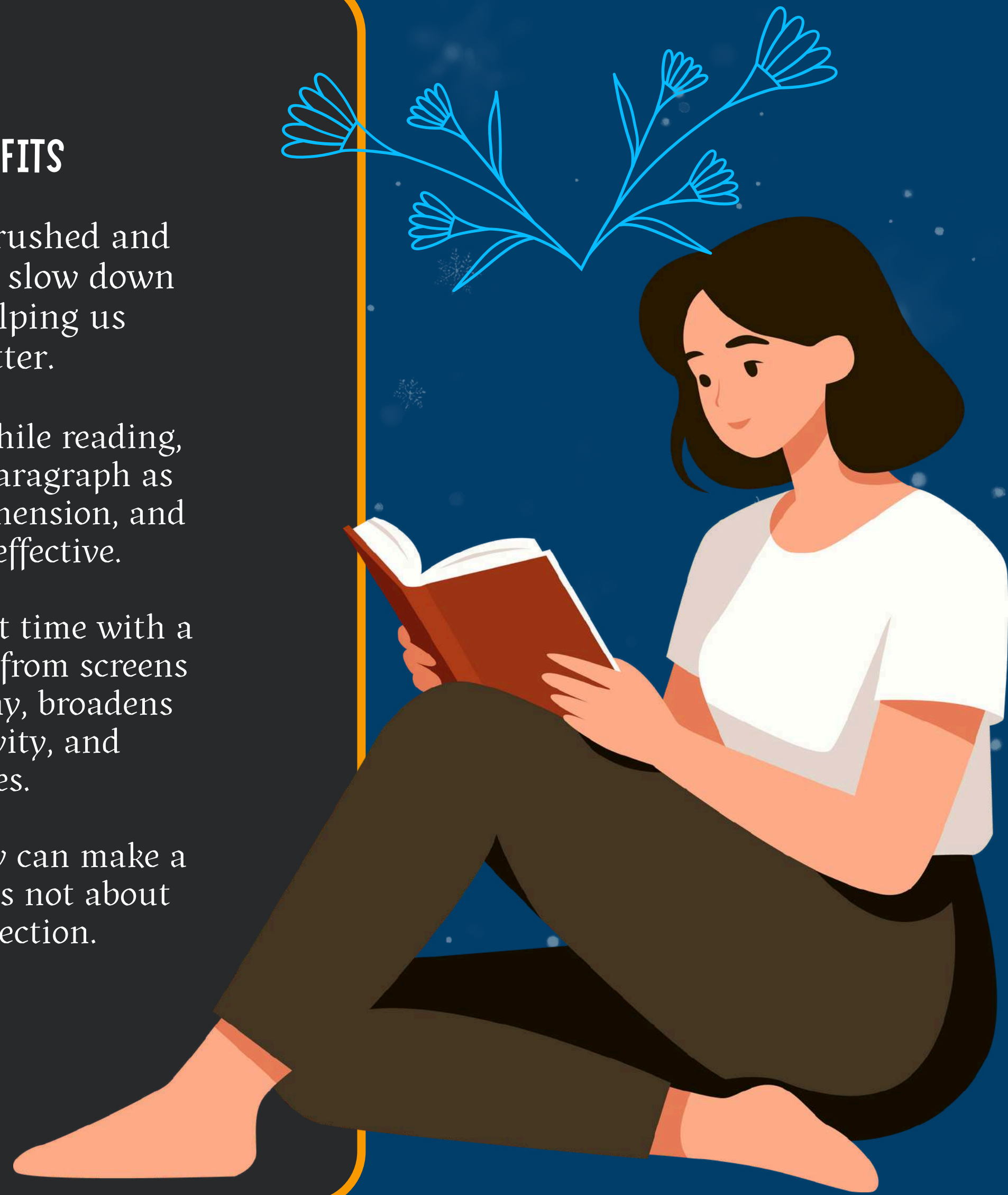
In today's fast-paced world, reading is often rushed and distracted. Mindful reading encourages us to slow down and focus completely on what we read, helping us understand and enjoy the content better.

Mindful reading means paying full attention while reading, without distractions. Students focus on each paragraph as they read. This improves concentration, comprehension, and memory, making learning easier and more effective.

Another benefit is reduced stress. Spending quiet time with a book helps the mind relax and provides a break from screens and daily pressure. Reading also builds empathy, broadens ideas, and develops critical thinking, creativity, and understanding of different perspectives.

Even a few minutes of mindful reading each day can make a positive difference. It reminds us that reading is not about speed, but about understanding and connection.

By  
Raavi Raut  
VI-G





# MEMORIES

Memories, like the leaves of a tree,  
are shed—old ones fall,  
and new ones grow.

Good memories  
are sweet like honey.  
Thinking of them turns our faces  
from a frown into a smile.

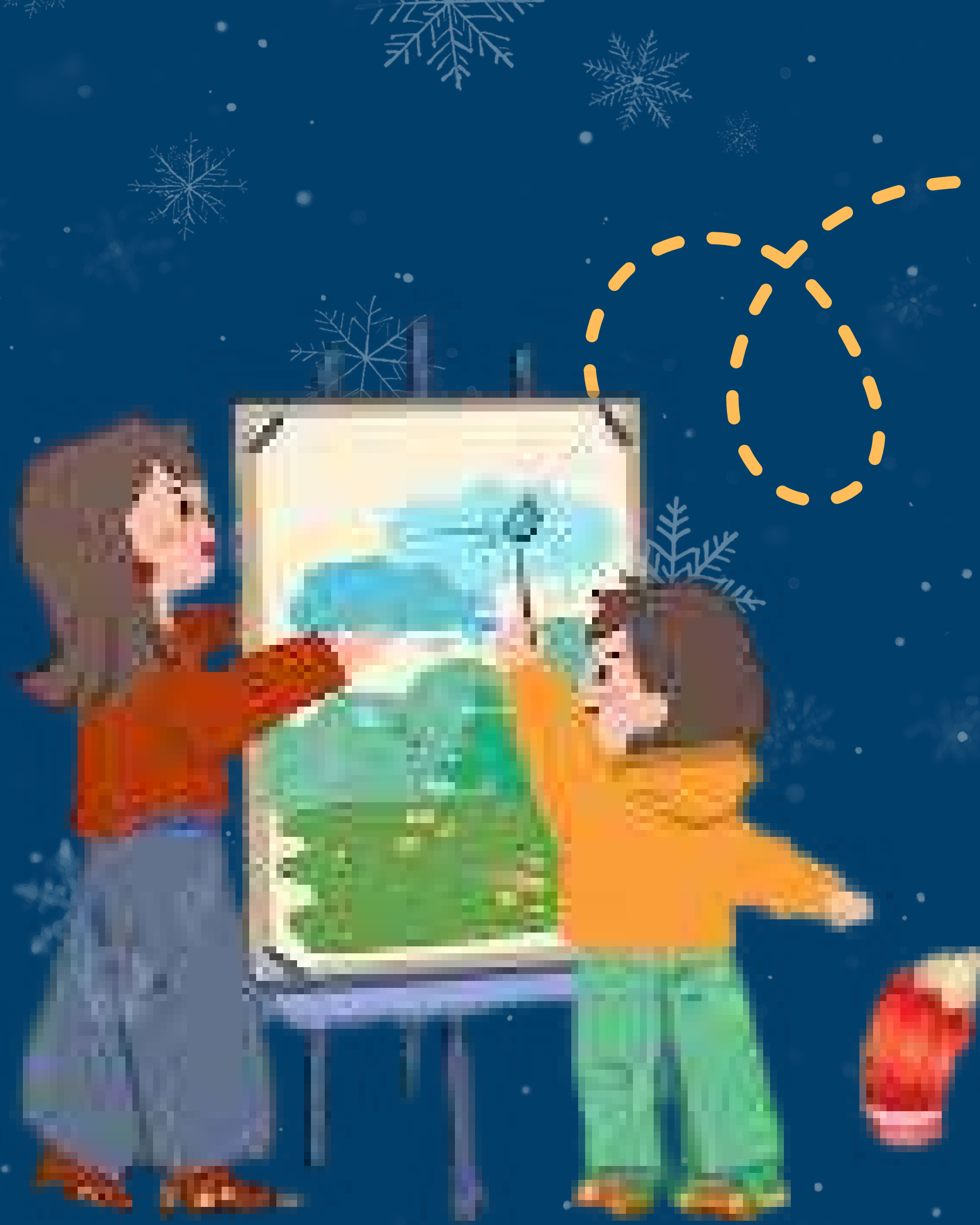
Funny memories  
are like comedy movies;  
when we think of them,  
we start laughing in no time.

Bad memories  
are like diseases  
that we wish would go away  
as soon as possible.  
Thinking of them makes our mood drop.  
Memories are like smoke from a fire;  
they float in our minds forever.

By  
Anvita Tiwari  
VI-G

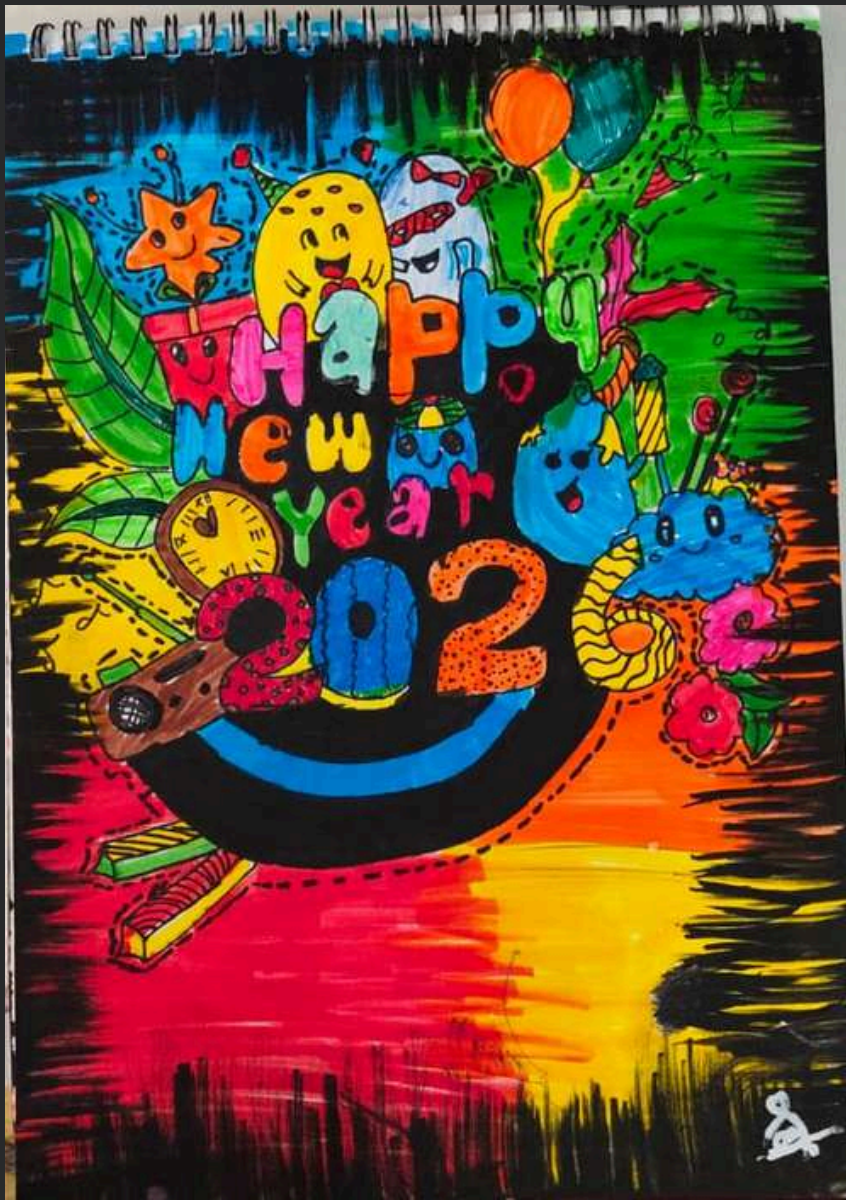






**STUDENTS' AND  
PARENTS' ART  
GALLERY**





SHIVANSH THAWKAR  
VI E



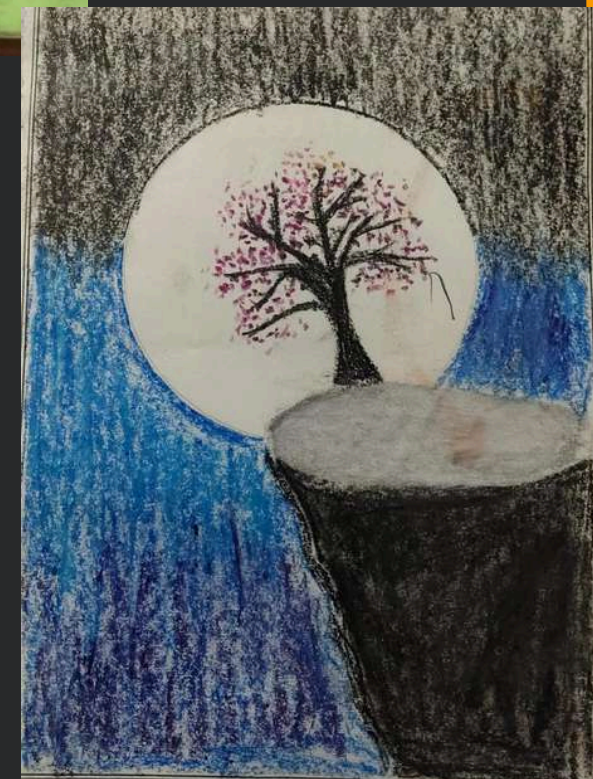
AARNIK SHUKLA  
VI E



DIVYAM JAIN  
IV-C



ASHVIKA MALIK  
IV-D



REYANSH PATIL  
IV-A



SWEKSHA GAUTAM  
VI B

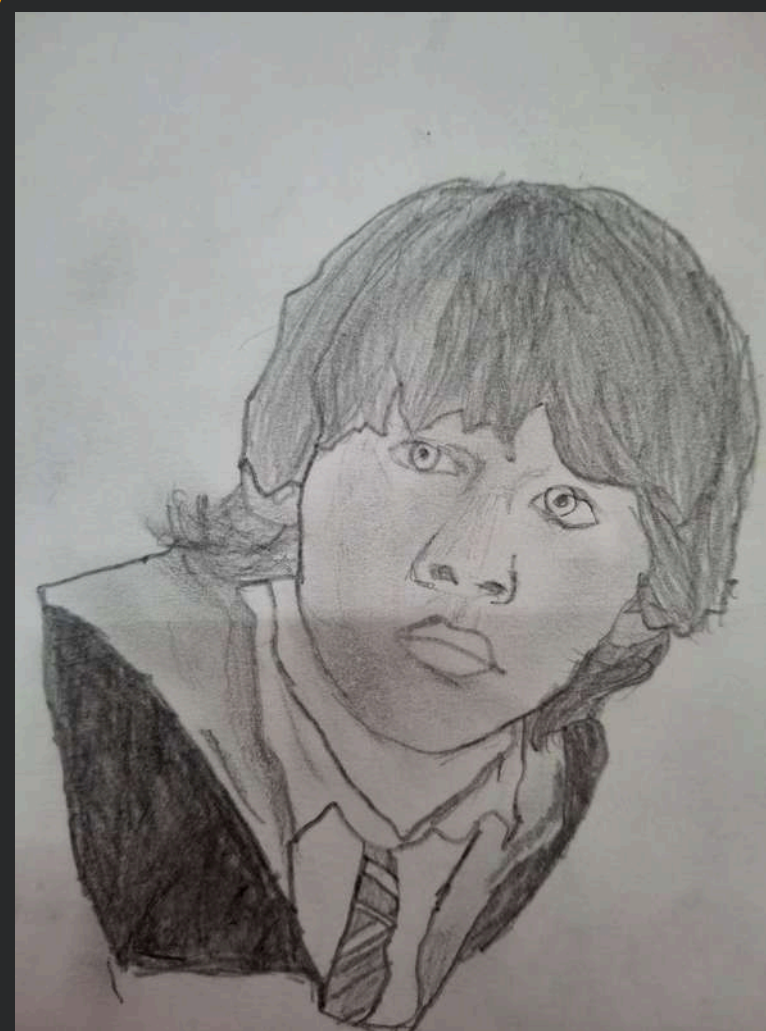


AYANSH PATHAK  
IV-D





**ZAYAN CHAUDHARY**  
VII B



**ARCHIT NANEKAR**  
VII F



**SAANVI DIORE**  
VI-A  
  
**AND**  
**MEERA DIORE**  
(GRANDPARENT)



**YUGANT NAGRADE**  
VII F



**PRISHA RATHI**  
IV-A



**YATHARTH S**  
III-F



**ANUSHREE SHRIVASTAV**  
V-C





**EDUCATOR'S  
THOUGHTS**



# IMPACT OF SOCIAL MEDIA ON SELF-ESTEEM AND MENTAL HEALTH

Social media has become a huge part of young people's lives. While platforms like Instagram, TikTok, Facebook, and Snapchat help us stay connected, they can also influence how we feel about ourselves and our mental well-being

## Negative Impact on Self-Esteem

One of the most commonly reported effects of social media is a drop in self-esteem, especially among teens and young adults. Research shows that:

Social comparisons — seeing idealized pictures and posts of others — can lead people to feel like they don't measure up, which reduces self-worth

A study among young adults found a strong link between high social media use and lower self-esteem and increased appearance anxiety.

Frequent social media engagement was also linked with lower state self-esteem and issues in emotional and health adjustment.

This happens partly because people tend to post their best moments, not everyday struggles, leading others to compare themselves unfairly. The pressure to gain likes, comments, and followers can make self-worth feel tied to online feedback.

## 2. Mental Health Concerns

Besides self-esteem, social media can also affect mental health in a few key ways:

### Anxiety and Depression

Many studies report that heavy or unbalanced social media use is associated with higher levels of anxiety, stress, and depression symptoms. This may be due to constant comparison, cyberbullying, or pressure to present a perfect image.

### Feelings of Loneliness

Even though people are "connected" online, excessive social media can make users feel isolated or lonely because online interactions are often less emotionally fulfilling than face-to-face ones.

Body Image Worries  
Seeing edited and perfect-looking photos can lead to body dissatisfaction, especially in young people, which negatively affects self-confidence and mental well-being.



BY-  
**NIVEDITA J.**  
**SPECIAL EDUCATOR**



## पद आणि अहंकार

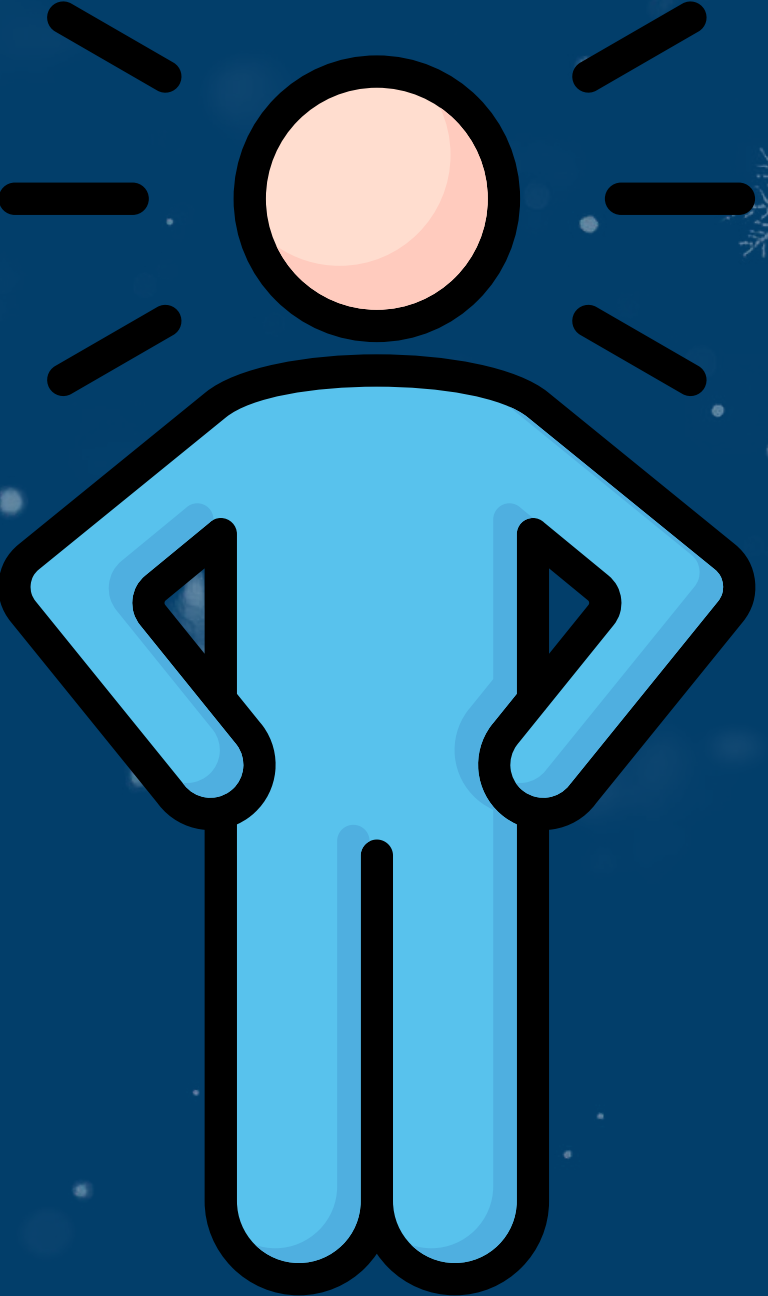
पद म्हणजे समाजात मिळणारी जबाबदारी आणि मान.पद मिळाल्यावर माणसाची ओळख अधिक व्यापक होते. परंतु पदाबरोबरच अहंकार येण्याची शक्यता असते.अहंकार म्हणजे स्वतःला इतरांपेक्षा श्रेष्ठ समजणे.पद योग्य वापरले तर समाजाचे भले होते.पण अहंकार वाढला तर माणूस चुकीचे निर्णय घेतो.अहंकारी व्यक्ती इतरांचे मत ऐकत नाही.त्यामुळे त्याचे नातेसंबंध बिघडतात.खरे नेतृत्व नम्रतेतून घडते.

नम्र व्यक्ती पदावर असूनही साधेपण जपत असतो.पद हे कायमचे नसते, ते बदलणारे असते. अहंकार मात्र माणसाला अधोगतीकडे घेऊन जातो. इतिहासात अनेक अहंकारी व्यक्ती अपयशी ठरल्या आहेत. पदाचा उपयोग सेवा करण्यासाठी करावा. सेवाभावाने काम केल्यास समाजात आदर वाढतो. अहंकाराने मिळणारा मान टिकत नाही. नम्रतेने मिळवलेला सन्मान दीर्घकाळ राहतो. म्हणून पद आणि अहंकार यांत फरक ओळखणे गरजेचे आहे.

पद हे साधन आहे. ध्येय नाही. अहंकार टाळून पदाचा योग्य उपयोग करणे हेच खरे यश आहे. पद मिळाल्यावर संयम ठेवणे फार महत्त्वाचे असते. संयमी व्यक्तीच पदाची खरी किंमत ओळखू शकते. अहंकारामुळे माणूस एकाकी पडतो. नम्रतेमुळे मात्र माणूस लोकांच्या जवळ राहतो. पदाचा गर्व न करता कर्तव्य पार पाडणे आवश्यक आहे. अहंकार बुद्धीला आंधळे करतो. नम्रता माणसाला सतत शिकण्याची संधी देते. पद गेले तरी व्यक्तिमत्त्व टिकले पाहिजे. अहंकार संपला की माणूस खऱ्या अर्थाने मोठा होतो. म्हणून पदापेक्षा सद्गुणांना अधिक महत्त्व द्यावे. पद हे तात्पुरते असते, पण स्वभाव कायम राहतो.

चांगला स्वभाव माणसाला सर्वत्र मान मिळवून देतो. अहंकारामुळे केलेली चूक मोठे नुकसान करू शकते. नम्र माणूस चुकांतूनही शिकतो. पदाचा योग्य वापर समाजाला दिशा देतो. अहंकारामुळे मिळालेले यश क्षणिक ठरते. म्हणून नम्रता आणि सद्दिवेक जपणे आवश्यक आहे.

- अनिल बेलोकर  
शिक्षक





# अवसाद : एक समस्या

अवसाद आज के समय की एक गंभीर लेकिन समझी जा सकने वाली समस्या है। यह केवल बड़ों तक ही सीमित नहीं है, बल्कि 5 वर्ष से 18 वर्ष तक के बच्चे भी इससे प्रभावित हो सकते हैं। बच्चों का मन बहुत कोमल होता है, इसलिए छोटी-छोटी बातें भी उनके मन पर गहरा प्रभाव डालती हैं।

अवसाद का अर्थ केवल उदासी होना नहीं है। जब कोई बच्चा लंबे समय तक चुप रहने लगे, खेलना पसंद न करे, पढ़ाई में मन न लगाए, बार-बार डर या गुस्सा दिखाए, या खुद को अकेला महसूस करने लगे, तो यह अवसाद के संकेत हो सकते हैं। छोटे बच्चों में यह रोने, चिड़चिड़ेपन या ज़िद के रूप में दिखाई देता है, जबकि बड़े बच्चों और किशोरों में यह अकेले रहने, नकारात्मक सोच या आत्मविश्वास की कमी के रूप में दिख सकता है।

अवसाद के कई कारण हो सकते हैं, जैसे पढ़ाई का दबाव, माता-पिता या दोस्तों से दूरी, मोबाइल और टीवी का अधिक उपयोग, तुलना किया जाना, किसी प्रिय व्यक्ति का खो जाना, पारिवारिक क्लेश, माता-पिता की तलाक संबंधी बढ़ती समस्याएँ, माता-पिता दोनों का नौकरी इत्यादि में व्यस्त होना और अपने बच्चों को समय ना देना। कई बार बच्चे अपनी परेशानी खुलकर बता नहीं पाते और मन ही मन दुखी रहते हैं।

इस समस्या से बचाव के लिए बच्चों को प्रेम, समझ और सुरक्षा की सबसे अधिक आवश्यकता होती है। माता-पिता और शिक्षक यदि बच्चों से खुलकर बात करें, उनकी बात ध्यान से सुनें और उन्हें अपनी भावनाएँ व्यक्त करने का अवसर दें, तो अवसाद को काफी हद तक कम किया जा सकता है। खेल, संगीत, चित्रकला, योग और नियमित दिनचर्या बच्चों के मन को प्रसन्न रखने में मदद करती है।

यह ज़रूरी है कि हम बच्चों को यह समझाएँ कि दुखी होना गलत नहीं है और मदद माँगना कमजोरी नहीं, बल्कि समझदारी है। समय पर पहचान और सही मार्गदर्शन से अवसाद जैसी समस्या को हराया जा सकता है और बच्चों का बचपन फिर से खुशहाल बनाया जा सकता है।

"अवसाद कमजोरी नहीं, एक ऐसी स्थिति है जिसे समझ, सहानुभूति और सहारे की ज़रूरत होती है।"

- स्वाती मोहरे  
शिक्षिका







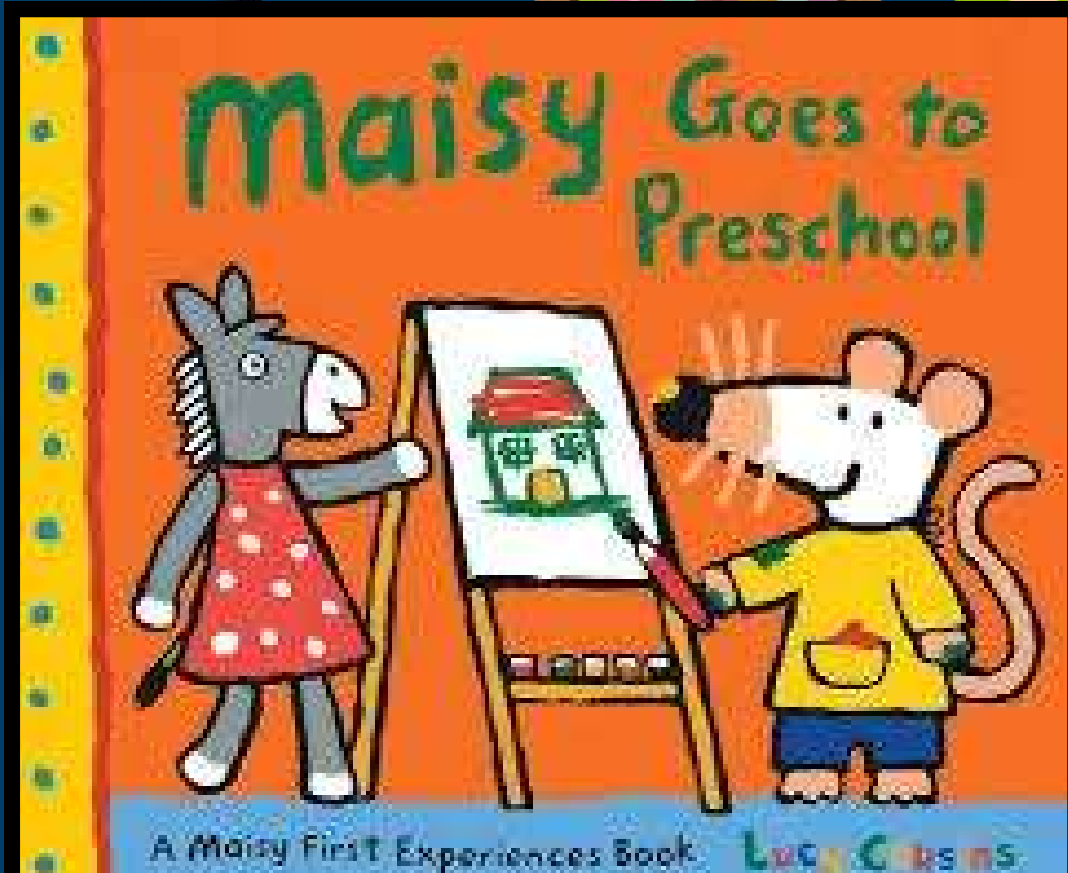
★FUN★



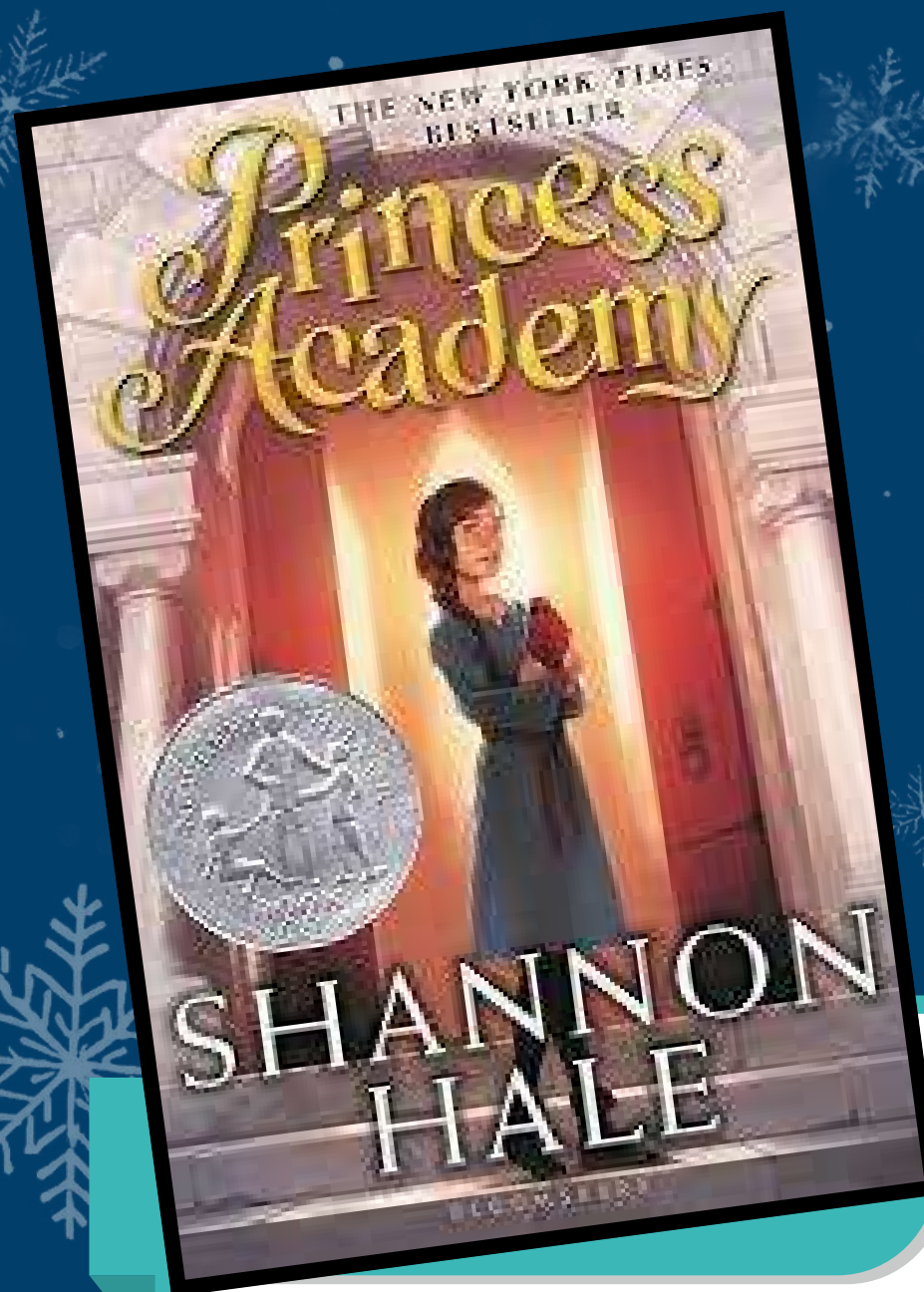
**LIBRARY AND  
FUN SECTION**



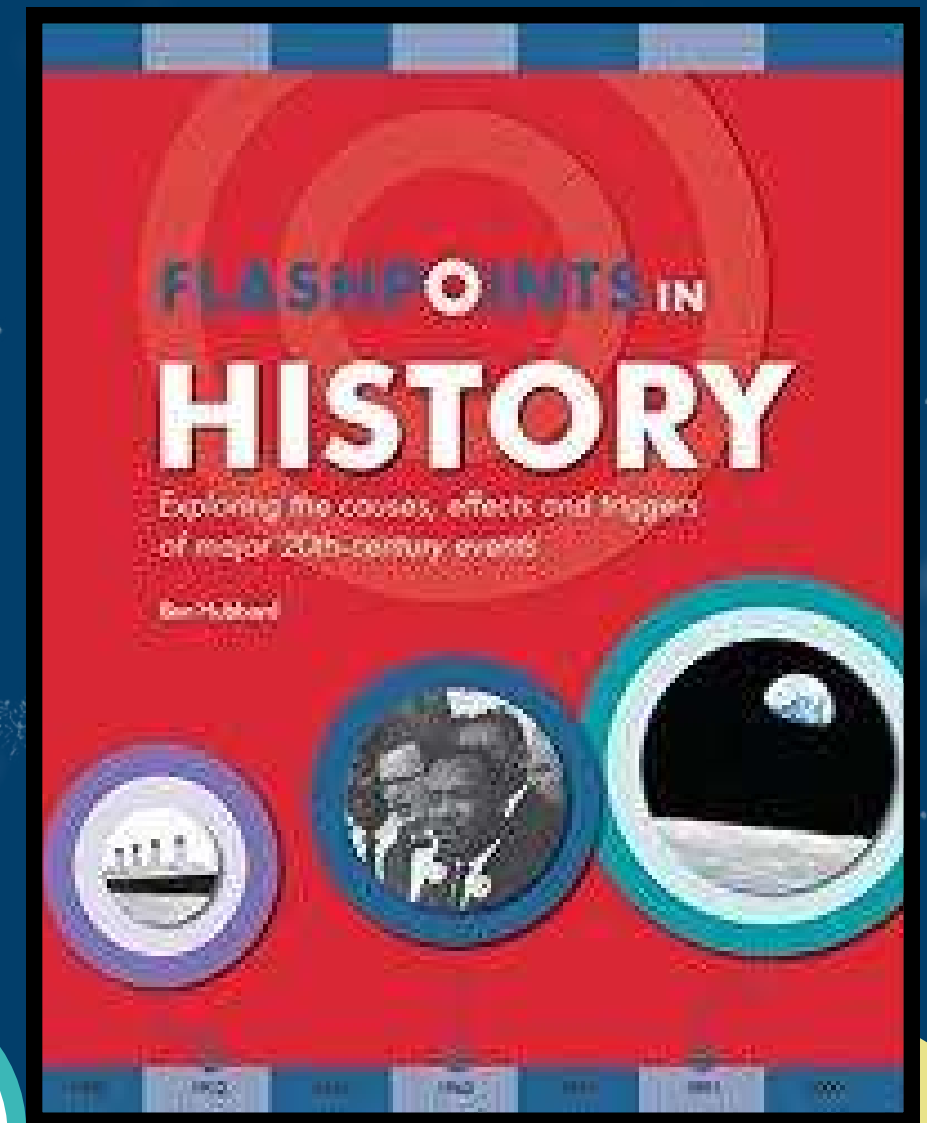




Maisy Goes to Preschool, are highly praised for easing children's anxiety about starting school with their bright illustrations, simple text, and relatable depiction of daily routines like painting, storytime, and snack time, making them excellent tools for introducing new experiences and fostering early learning through play and social interaction



Princess Academy is a fantasy novel exploring themes of families, relationships, and education by Shannon Hale published on June 16, 2005, by Bloomsbury. It tells the story of fourteen-year-old Miri who attends a princess academy that will determine who wins the hand of the prince



Ben Hubbard's Flashpoints in History is praised as an accessible, visually engaging introduction to pivotal 20th-century moments, using bite-sized overviews, timelines, and photos to explain defining events and figures from Hiroshima to Beatlemania, making complex history understandable and highlighting key triggers and turning points. Reviews highlight its clear structure, covering politics, science, war, and culture, making it great for general readers wanting to grasp history's "big moments".



## HINDI RIDDLES



नाक पर चढ़ता कान को पकड़ता

1. वह कौन है, जो नाक पर चढ़ता है, और कान पकड़कर पड़ाता है?  
(ANSWER चश्मा)

100 लोग जाते हैं, 99 वापिस आते-पहेली

2. ऐसी कौन सी जगह है, जहा अगर 100 लोग जाते हैं, तो 99 ही वापिस आते हैं? (ANSWER - शमशान घाट)

जो हम दिन में बार बार उठाते हैं

3. ऐसी कौन सी चीज है, जिसे हम दिन में कई बार उठाते हैं, और कई बार रखते हैं? (ANSWER - कदम)

अंत कटे तो बंद हो जाऊँ

4. प्रथम कटे तो दर हो जाऊँ, अंत कटे तो बंद हो जाऊँ, केला मिले तो खाता जाऊँ, बताओ मैं हूँ कौन? | ANSWER - बंदर)