

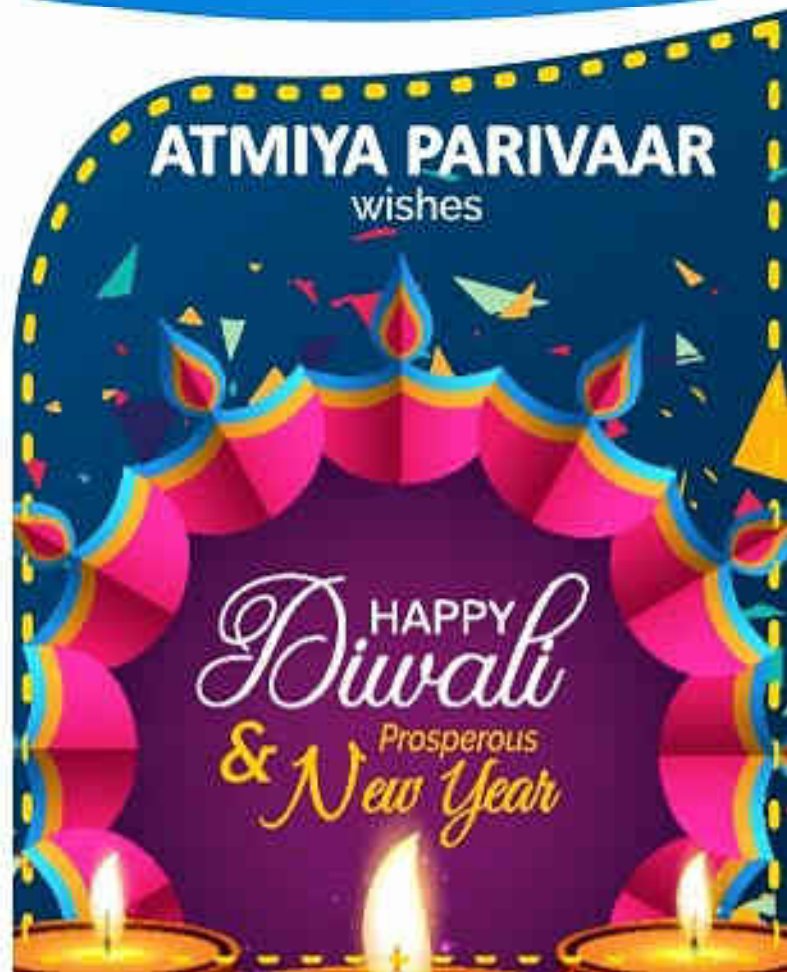


ATMIYA *Times*



**Quarterly
NEWSLETTER**

DISCOVER | INNOVATE | IMPROVISE



From the Desk of Chairman



Mr. VINOD CHAVDA
Chairman (M.A., B.Ed., C.T.E.)

“The end is where we start from.”. T.S Eliot.

ATMIYA VIDYAPEETH holds the distinction to implement digital learning modules. We are committed to create a safe and secure environment, conducive to the complete development of young minds and have been successful in doing so in the past 13 years. We strongly believe that the world class education is all about bringing the best in every child. Our academic curriculum combined with a multitude of co-curricular activities , devoted teachers, best in class facilities and Sports Infrastructure – all go into creating an 'Inspiring learning environment' that naturally brings out the best in every child.

We immensely value our traditional ethos and structure of education, which is at par with global standards. Atmiya Vidyapeeth meets both these aspirations of prospective “Parents” through the adoption of best methods of teaching & skilled teachers. We have plants giving the school an exceptional ambience. The carefully cultivated lawns and flowerbeds further enhance the feel of being one with nature. One will feel the peace and calmness, breathing fresh air in sylvan surrounding, so necessary for a good educational environment. In these times, when many schools have become box-like structures, Atmiya Vidyapeeth is a heaven for holistic development of the body, mind and spirit.

To us your child is unique, we are committed to groom your ward into a strong and disciplined individual who will excel in academics as well as in co curricular activities and will shape out as leaders and responsible citizens of tomorrow.

I believe “Teaching is not a profession but a passion..” and...thereby, I cultivate the same in my teachers.



Thank You ! Parents



We are immensely proud of our Parents.

Students, parents and teachers have all embraced the situation with positivity and used it as a growth opportunity. Parents have been hugely supportive; our teachers and leaders have given energy, passion and time to make this new way of learning work; and our students, as usual, have delighted us with the creative, intelligent and thoughtful work they have produced.

From the beginning, our mantra as a Educational Leadership Team has been:

- **Clarity**
- **Simplicity**
- **Well-being**

The closing of the school and the concerns around the pandemic were unsettling and frightening. Our approach is to act calmly, compassionately and decisively. The Educational Director Mr. Vinod Chavda meet daily with teachers and coordinators individually or as a team to make plans, give feedback on the quality of the lessons monitored and to find new ways to make sure the learning is relevant and challenging. Parents even in a stressful situation, having to manage their own emotions, balancing work and looking after their children. Our parents have been incredible. They have leapt with enthusiasm, dedication and creativity into this new way of learning.

10 Aug
Janmashtami



"Janmashtami" - Birth of lord Krishna was celebrated with great zeal and fervour. Ms. Margaret Ronald, Respected Principal Mrs. Madhuri Devanani & Mrs. Madhavi Srivastava presented a wonderful speech followed by a marvellous anchoring and Dance performance (raas) by the teachers of Atmiya Vidyapeeth & Atmiya Kids.



15th August
Independence Day

*Freedom in the Mind,
Faith in the words,
Pride in our souls ...*

The 74th Independence Day was celebrated with great zeal and fervour. The programme started with Flag Hoisting by honourable Chairman Mr. Vinod Chawda, respected Managing Trustee Mr. & Mrs. Hemant Kachadiya, Principal Mrs. Madhuri Devnani, Vice Principal Mrs. Sreevidya Byju, sectional co-ordinators and all teachers. Mr. Vinod Chawda inspired and ignited all Atmiyans with his mesmerising patriotic words. The programme concluded up with the Vote of thanks by Mrs. Vanaja Mantri.



11th AUG RAKSHA BANDHAN & INDEPENDENCE Day COMPETITION

"To practice any art, no matter how well or badly is a way to make your soul grow. So do it.- Kurt Vonnegut
On the account of Raksha Bandhan & Independence day , a competition was planned for the students to eliminate their boredom during the time of the pandemic. Students were honoured with E-certificate. Activities were as

**Std I to V- Eco friendly Rakhi making (Girls)
and Gift wrapping competition(Boys).**



Std VI to IX&XI :

Thali decoration (girls)
Rang De Basanti Chola
(Paint self in freedom
color -boys)



21st
Aug

WORLD SENIOR CITIZENS DAY

World senior citizens Day aims to raise awareness about issues that affect the lives of older adults and to acknowledge their contributions to society. Atmiya Vidyapeeth celebrated Senior Citizen's Day by organizing an activity for the students. Students had to shoot a short video of 2 minutes depicting love & care between the child & senior citizen around them.



**YOUTH is the
GIFT OF
NATURE, but
AGE IS A WORK
OF ART!**



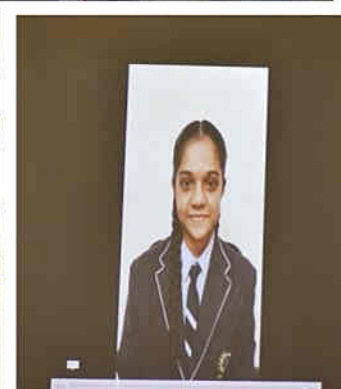
ONAM
(Thiruvonam)
31st Aug

Atmiyans celebrated Onam festival in a joyous manner . Onam festival is celebrated to honour the kind-hearted King Mahabali, who is believed to return to Kerala during this festival.



"Teachers encourage minds to think, hands to create & hearts to love!"

Atmiya Vidyapeeth had celebrated Teacher's Day with full zeal and enthusiasm. In the wake of coronavirus students and teachers celebrated Teachers' Day 2020 virtually. The day started with the assembly and the teachers were greeted by the CCA team with Tilak and Flowers. The programme started by offering prayers. All the dignitaries along with the teachers were welcomed by Anamika Singh (Class X) virtually. The show witnessed live anchoring by Prince Chaubey (Class X). The virtual programme started by showing the slides of Atmiya kids wishing Teachers' Day . To emphasize on the importance of teachers in life, a short message was given by the students of Atmiya kids and Primary section. The programme was then followed by a wonderful speech which emphasised the role of teacher in one's life by Ditsa Patel (19-20 Batch X Topper) and Swagata Maiti (Class 6B). A live portrait of Dr. Sarvepalli Radhakrishnan was demonstrated by Yadu Krishna(XI SCI). A short speech was given by Mrs. Sridevi Venugopal (Faculty of English & Humanities Department) on the present scenario of reflecting the pros and cons of teaching in this pandemic situation. At last, a pre recorded funny skit was presented depicting the present scenario of the live classes by the students. All the teachers were overwhelmed by the sincere efforts and love showered by their students. To honour the hard work and sincere dedication of teachers, an award ceremony was organised. All the teachers were presented a memento of appreciation by the dignitaries.





14 SEP

"Hindi is the soul of Indian culture." - Kamlapati Tripathi

On this day in 1949, the constituent Assembly of India adopted Hindi as the official language of the Republic of India. The school celebrated Hindi Diwas to mark the importance of the country's most widely spoken language. A debate was organized- "Vaad Vivaad" for the teachers of Hindi. The topic of debate was- "Hindi ka Mahatva". The debate started in the presence of dignitaries by the anchor-Mrs.Asha.Srivastava. The debate was lively with plethora of arguments and counter arguments. Both the team exhibited great oratorical skills. Also, for the students an online quiz competition was held through Google form. The winners were honoured by e- certificate.



Be a
CHEF
Healthy Dietary
Recipe Contest



National
NUTRITION
Month
Under #PoshanMaah2020,



MANAGE YOUR DIET, SAVE LIVES. Atmiya Vidyapeeth celebrated Nutrition month, by organizing **BE A CHEF - HEALTHY DIETARY RECIPE CONTEST FOR PARENTS (Male/Female)** of Std I to XII to bring out the cookery talents & let the aroma of their scrumptious cuisine reach to everyone. A diminutive video(fast forward) was to be shot. It was mandatory to use healthy food products only. The best video was uploaded on You tube channel of the school also the winners and participants were honoured by e- certificate. Winners of the competition were
Position 1 : Reshma Pathan m/o Nishat Pathan (Std VI) **Position 2 : Heeral Bujad m/o Kavya Bujad (Std III)**

"ONE RUN CAN CHANGE YOUR DAY, MANY RUNS CAN CHANGE YOUR LIFE."

Fit India Movement was conducted "Fit India Freedom Run" till 2nd October, 2020 to encourage fitness & help citizens to get freedom from obesity, laziness, stress, anxiety, diseases etc. Our school had actively participated in this competition to attract everyone towards the physical exercise in the times of covid-19. The main motto of organising this competition was to make aware about the physical and mental fitness as nowadays children remain stick with gadgets and spoil their health due to lack of physical activity.

Following points were to be considered for the competition:

- Run a route of your choice, at a time that suits you.
- Break-up your runs.
- Run your own race at your pace.
- Track your kms manually or by using any tracking app or GPS watch.



Achievements





A Unit of Atmiya Group

ATMIYA VIDYAPEETH

(C.B.S.E. AFFILIATED CO-EDUCATIONAL DAY SCHOOL UPTO SENIOR SECONDARY)

CONGRATULATES

our students who won laurels for school in



राष्ट्रीय भाषण प्रतियोगिता

Organised by

MARWADI YUVA MANCH GANDHIDHAM

1st Position
**JANVI
BHUPTANI**
(XI - HUM)



1st Position
**ANGEL
SINGH**
(VI C)



NAITIK BHUPTANI (VI A)
2nd Position



NISHAT PATHAN (VII A)
3rd Position



MANAV JHA (VIII B)
3rd Position



ATMIYA VIDYAPEETH

(C.B.S.E. AFFILIATED CO-EDUCATIONAL DAY SCHOOL UPTO SENIOR SECONDARY)

A Unit of Atmiya Group

Triumphs again in

राष्ट्रीय चित्रांकन प्रतियोगिता (Online National Drawing Competition 20Sep,2020)

Organised by
MARWADI YUVA MANCH GANDHIDHAM
(Under Yuva Vikas Pratiyogita 2020)

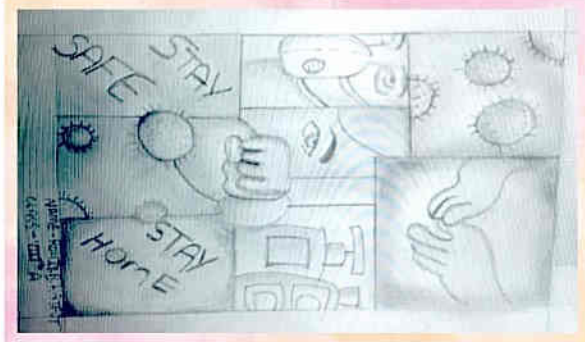
Congratulations!

to our students who bought laureate for school

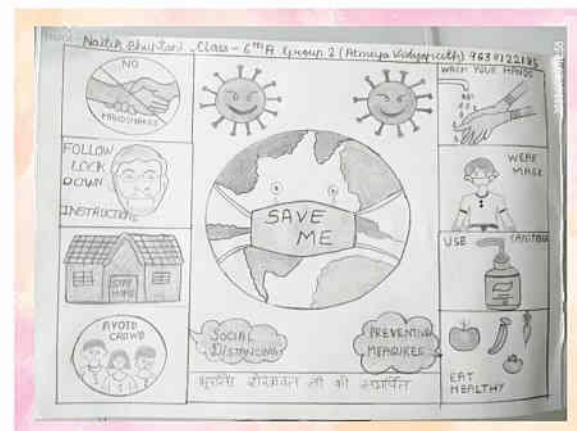
Swaroop Tiwari (III A)
2nd Position



Rohit Rajput (VIII A)
2nd Position



Naitik Bhuptani (VI A)
3rd Position



The Department of Drinking Water and Sanitation (DDWS) had organised a week-long behaviour change campaign called '**GANDAGI MUKT BHARAT**' (GMB) from 8th to 15th August 2020. As the name implies, the campaign aims to reaffirm commitment towards building a cleaner and healthier future. A special week long campaign was organised in which all the schools affiliated to CBSE were requested to participate in the online competition for the students. The winners for the competition were to be felicitated at National level on 2nd October, 2020.



FRUIT DAY

"An apple a day keeps the doctor away"

5B Branch



Fruit is the supplement of all other eatables. Atmiyans celebrated fruit day by dressing up as a fruit they like. Through this they explained importance of nutrition & vitamins with the intake of fruits in our diet.

2B Branch



Anjar Branch



Tiny Tots of Atmiya Kids celebrated Janmashtami by making matki greeting cards and showed excellent "Krishna Bhakti"

2B Branch



5B Branch



Anjar Branch



Shinay Branch



2B Branch



5B Branch



Shinay Branch



2B Branch



5B Branch



5B Branch



Shinay Branch



Latent Talent of Pre Primary Teachers



- [Click to view](#) **Vaishali Rathod**
2B Branch Coordinator
- [Click to view](#) **Bhagyashree Devariya**
- [Click to view](#) **Dipti Gupta**
- [Click to view](#) **Hirva Mamtora**
- [Click to view](#) **Madhushree Dutta**
- [Click to view](#) **Mrs Monika Rathod**
- [Click to view](#) **Roshni vedant**



Best Family Pictures

2B BRANCH



5 B BRANCH

Best Family Pictures

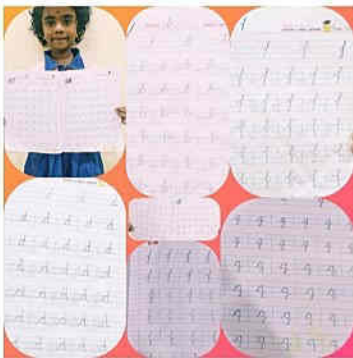


Best
Family Pictures

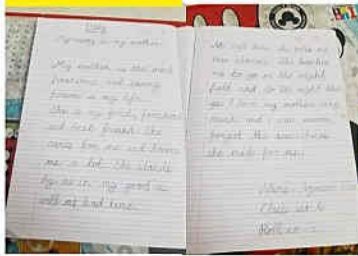
Shinay Branch



Latent Talent



Class I



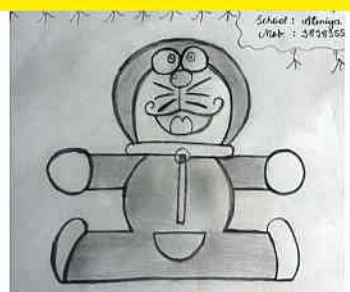
Class I to V



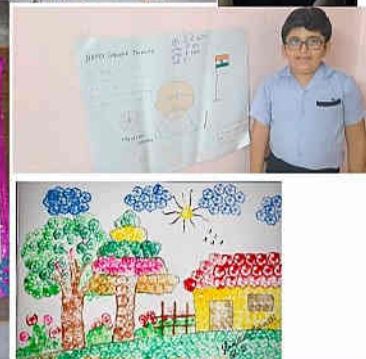
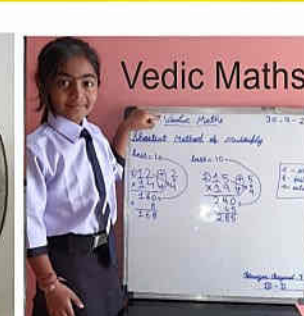
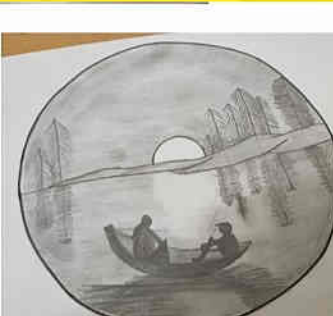
Class II



Students utilized pandemic period constructively by exhibiting their **LATENT TALENTS**.

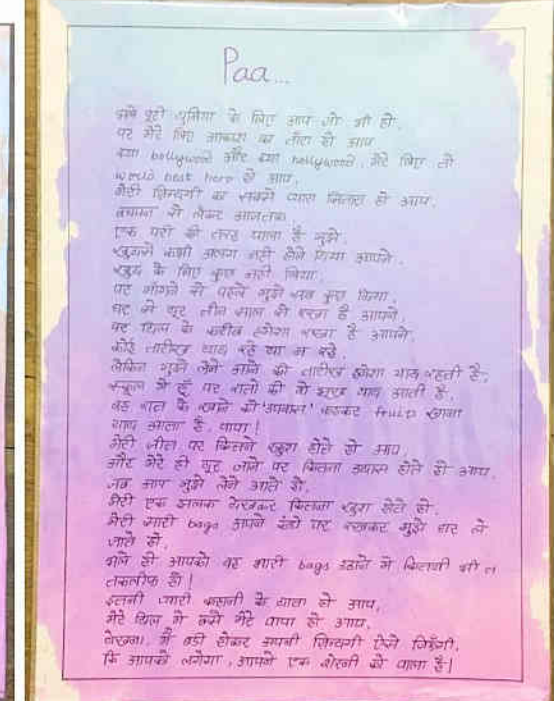
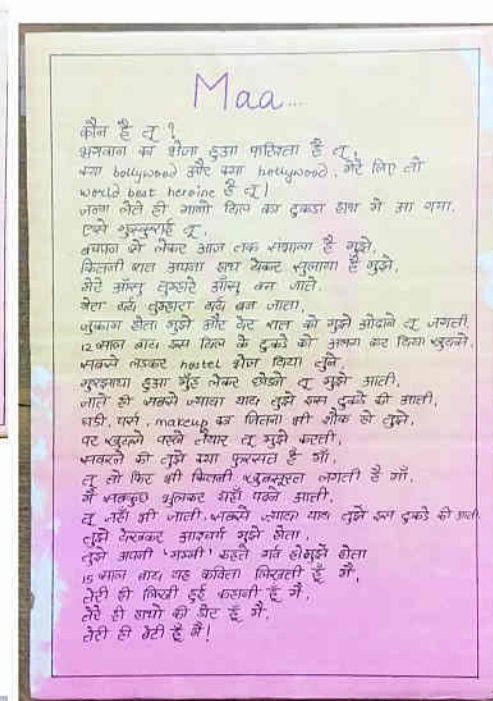
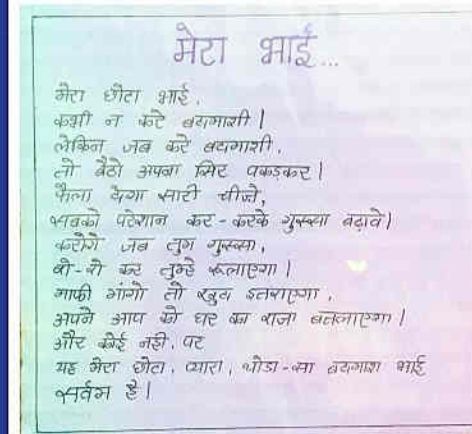
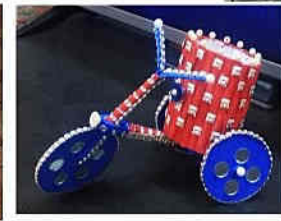
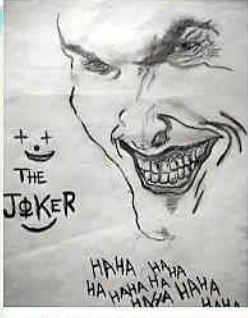


Class III



Class V

Class IX to XII

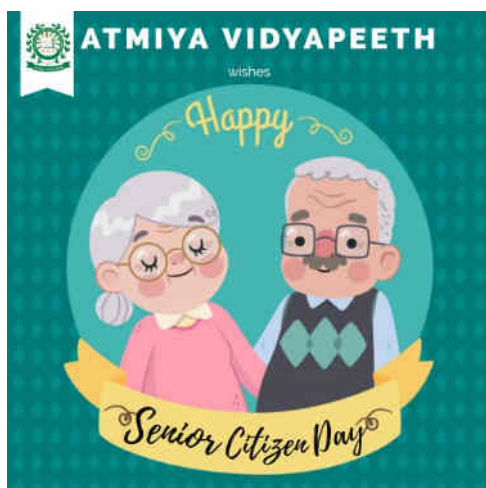


BY STUDENTS

We believe in igniting the spark of interest in students to explore possible talents & passion through various

Subject Enrichment Activities (S.E.A.)

Student Name	Link
Class 6 - Hindi Reading-Govind Kumar Yadav	View
Class 6 - Hindi-Chand se thodi si gape-Naitik Bhuptani	View
Class 10 - English Literature Presentation by Hitanshi Chavda	View
Class 8 - Science Activity by Karishma	View



They expect love, care, affection, respect & most importantly our time. Our Atmiya Students are trying to do the same to make them feel special

Senior Citizen Day Celebration (8TH aug)

Student Name	Link
Jayraj Evariya (Std.1-D)	Click/Tap Here to View
Siddh Dhabhi (Std.4-C)	Click/Tap Here to View
Kavya Bhjad (Std.3-D)	Click/Tap Here to View
Rohit Boda (Std.1-B)	Click/Tap Here to View
Shuvashree Dutta (Std.1-D)	Click/Tap Here to View
Ridhi Upadhayaya (Std.3-C)	Click/Tap Here to View



Ganesh Chaturthi Celebration

We Let's pray to the epitome of wisdom the
"Pratham Pujaniya, Mahakay, Gajananam"

Student Name	Link
Aadhya Bhatia (Std 1A)	Click/Tap Here to View
Ananaya Parmar (Std 1D)	Click/Tap Here to View
Naksh Patel (Std 3D)	Click/Tap Here to View
Het Raiyani (Std 4B)	Click/Tap Here to View
Hardik Dave (Std 4C)	Click/Tap Here to View
Priyanshu Khanna (Std 5A)	Click/Tap Here to View
Swara More (Std 5B)	Click/Tap Here to View
Naitik Bhuptani (Std 6A)	Click/Tap Here to View
Shubhra Pandey (Std 7A)	Click/Tap Here to View
Sumit Sihani (Std 7C)	Click/Tap Here to View
Diya Jimulia Std (11-Com)	Click/Tap Here to View
Somesh Raval Std (11-Com)	Click/Tap Here to View



SAMVATSARI (22nd Aug)

Last day of Paryushan Parv

Importance explained
by Shiv Krishna (Std. 5)

[Click / Tap Here to View](#)



**An online celebration of
Hindi Diwas (14Sep)**
Undulating our students
with Wave of
" राष्ट्रीय भाषा हिन्दी "

Student Name	Link
Swaroop Tiwari [STD 3-A]	Click/Tap Here to View
Anushka Verma [STD 3-D]	Click/Tap Here to View
ABHINAV NAIR [STD 5]	Click/Tap Here to View
SAKSHI SINGH [STD 10-A]	Click/Tap Here to View
DIPTI RATHOR [STD 10-A]	Click/Tap Here to View
RICHA THAKKAR [STD 10-A]	Click/Tap Here to View
KHUSHBOO SAROVA [STD 10-A]	Click/Tap Here to View
ANAMIKA SINGH [STD 10-A]	Click/Tap Here to View
HITANSHI CHAVDA [STD 10-A]	Click/Tap Here to View



11th October-International Day of the Girl Child
speech by Manav Jha(VIII B) and Naitik Bhuptani(VI A) ;

[Click Here to View](#)

BY TEACHERS



INTERNATIONAL LITERACY DAY 8th September 2020

By Sana Mam [Click to view](#)



WORLD SUICIDE PREVENTION DAY (WSPD)

By Dhananjay Sir [10th September 2020] [Click to view](#)



WORLD FIRST AID DAY 12th September 2020

By Shila Dutta Mam [Click to view](#)



HINDI DIWAS 14th September 2020

By Anshu Kushwaha Madam [Click to view](#)



INTERNATIONAL DAY OF DEMOCRACY 15th September 2020

By Sathyapriya Madam [Click to view](#)



WORLD OZONE DAY 16th September 2020

By Viral Parmar Madam [Click to view](#)



INTERNATIONAL DAY OF PEACE 21st September 2020

By Seema Kingrani Mam [Click to view](#)



WORLD HEART DAY 29th September 2020

By Akansha Shahdadpuri Mam [Click to view](#)



INDIAN AIRFORCE DAY 8th October 2020

By Juhi Sharma Mam [Click to view](#)

Tribute by Teachers on 02 October 2020 - 151st Birth Anniversary of Mahatma Gandhiji



[SPEECH](#)



[TRIBUTE](#)



GLOBAL HANDWASHING DAY 15th October 2020

By Margaret Mam [Click to view](#)

TOPIC : WE ARE NOT AFRAID OF CORONA



Aarna Sharma Class 2A

In this 'Corona Kaal' we can live corona free life if we are committed to adopt new and changed lifestyle. By adopting those we will not only save our family members but also the whole community. Our government has taken good initiatives of educating and advising people in the recent past. In order to protect people government had to penalize the defaulters as and when. A small action can be as simple as practicing good personal hygiene like hand wash to reduce the risk of spreading corona virus. We should follow social distancing and help elderly neighbours with grocery delivery. We all can do small little things that collectively will have a big impact. It is very well said by Mahatma Gandhi, "Strength does not come from physical capacity. It comes from an indomitable will."

Mask is the vaccine, Distance is immunity, Hand wash is the medicine.



Aazam Ali Khan Class 3A

We should not be afraid if we can stop spreading the infection. Covid-19 has caused pandemic & is spreading very fast human to human. But we should not be afraid. We can stop spreading the infection

with following useful tips:

1. **Wear a MASK**- Corona will not spread if we cover nose and mouth with mask whenever we interact with someone or go to public place.
2. **Avoid touching body parts**- Don't touch your eyes, nose, and mouth with unwashed hands.
3. **Wear hand gloves**- Wear gloves when using ATM or shopping cart or any other items outside.
4. **Hygiene hands** - Washing your hands with soap and water for 20 seconds (or using a hand sanitizer with at least 60% alcohol).
5. **Social distancing**- Keep at least 6 feet distance from others.
6. **No spitting**- Avoid spitting at any public place.

By following the above easy steps we can defeat corona and hence, there will be no good reason to be afraid of this devil.



Jiyan Gulati Class 2A

We can control the spread of Corona Virus by taking simple precautions. First step, we need to be clean and maintain cleanliness around us. We must use hand sanitizer and wash hands properly. Second step, we should cover our face with mask when go in crowded places. Third step, we should greet in our traditional ways like Namaste. We should avoid greeting by shaking hands or giving hugs. Fourth step, we should maintain social distancing when we go in crowded places. We should avoid travelling, if not urgent. Together we can defeat CORONA Virus by following the simple steps & be the Hero by preventing disease.



Utkarsh Bawane Class 3C

"Humanity is dying gradually under the fear of virus." We are living currently in a pandemic situation which is new to all of us. World is threatened by its effects on the mankind. Today nobody wants to touch a corona patient. Every healthy person is frightened of a sick person in a doubt that he or she might be suffering from Corona. Humanity is dying gradually under the fear of virus. Being afraid and getting disturbed will bring no good solution. Rather we need to follow few rules and practice them. We can prevent corona virus by using following preventive measures.

1. Use mask when we go out.
2. Wash hands for at least 20 seconds.
3. Keep social distance to avoid getting infection.
4. Stay home and stay safe.



Jonathan Alex Class 2C

We should believe that one day everything will be back to normal. The year 2020 has started with a wave of pandemic throughout the globe and testing the sustainability of mankind in this world. To most of us it's a novel disease and so the challenges also be in tough. The entire mankind has a pandemic fear. The media is gripped by corona virus. It is right that there is a deep concern and mass planning for worst scenarios but I would like to say that we must not panic. There are causes for optimism. We can certainly contain and defeat the virus. In the initial stages of the spread we were unaware of the characteristics and impact of this virus. But today our scientific experts are much aware about what the virus is and the way to detect it. Moreover the study shows that nearly 80% of the affected people are getting cured and the people can recuperate. The entire scientific world is on the way to discover new vaccines by which we can curb this pandemic. The ray of hope is high and optimistic. On the other hand our Government system is on high alert to protect its people from the pandemic. Various measures have been adopted by the Government to control this disease. Awareness programmes by the Government sectors have been highly effective and it resulted in reducing the death rates in India comparatively in the entire world. Moreover, our new practices such as wearing mask, sanitizing hands, obeying social distancing etc can really control the spread of this pandemic. We should never panic. We have to be always aware of the situation and follow the rules stipulated by Government. We have to strengthen our minds mentally too. We should believe that one day everything will be back to normal. We should muster up courage to say corona virus cannot frighten us and we are not afraid of it."

Jerusha Sunil Class 3D



"Fears are nothing more than a state of mind". The word "CORONA" has entered the minds of everyone now, be it the kids, teens, youth and the old at the same time. It has aroused a fear and terror in all homes. But is there such a reason to fear? Is the world facing a pandemic the first time? Can we never get over this frightful situation? Napoleon Hill said "Fears are nothing more than a state of mind". When we allow the fear of corona to get on our mind, we let it control us. Look around your homes. Don't we miss the kids playing happily in the parks, ladies chit chatting outside their homes, families dining out and shopping in malls? Surely this situation can end, if we take the required precautions. The world has faced a few pandemics long before Covid -19 too. But we have survived. "I strongly believe it in the earth's own system of refreshing itself" So, why fear? Adjust, adapt and survive. Follow the rules and regulations provided by the health officer. Maintain hygiene and healthy lifestyle. The earth is for the fittest as the theory says "The survival of the fittest." In conclusion, I would urge everyone to drive out the fears and unwanted thoughts about the affects of corona and rather fight back with the measures given to us by our government and let's win over the pandemic. Charles Darwin said – "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."



Kunjan Sahu Class 3D

Precaution is the best medicine to chase away the subject ' virus'. Currently the whole world is under the clutch of pandemic Covid 19. It is caused by the virus named 'Corona'. It started from China and now it has affected the whole world. As a responsible member of our families and society at large we should not be afraid of the situation, rather fight against the deadly corona with strong will and patience. Precaution is the best medicine to chase away with the subject virus. So first of all we must stay at home to the extent possible unless any emergency compels us to go out. We must have mask on face, sanitize our hands at regular intervals, avoid gathering in a crowd and maintain social distance. Above all we must have proper diet including vitamin C, warm water and avoid junk food. This virus usually affects the respiratory system of the human beings. So proper yoga and exercise will keep our respiratory system healthy. If we include all these things in our daily routine life, then any kind of virus cannot frighten us. So I request you all not to be afraid of this disease. We must be strong enough mentally, physically and emotionally to fight against the pandemic corona.



Laasya Mantri Class 3B

"Be aware and don't panic".

Nowadays the corona virus is inciting panic for a number of reasons as there is no specific vaccine or medicine for this virus. Its novelty means that scientists are not sure that how it behaves. People are being influenced by one another and letting emotions dictate their behaviour instead of taking a rational approach. The only thing to overcome this fear is to "Be aware and don't panic". In order to overcome this fear and keep oneself calm amid a wave of panic we can follow few things for our mental health.

1. Stay away from social media and up to the minute news.
2. Know the facts.
3. Follow the constructive precautions like staying away from large crowds, disinfecting surfaces using sanitizers and washing hands regularly.
4. Create a new routine and do things that are low contact, enjoyable and healthy.
5. Occupy one's mind with relaxing hobbies.
6. And of utmost important, remind oneself of reasons not to worry. It's human to be anxious, but at the same time there are lots of reasons not to be scared. "Be reasonable and be cautious, but don't be frightened"

: TOPIC :

HOW FAR HAS CORONA CHANGED US AND OUR BEHAVIOR?



Nishat Pathan - Class 7A

As far as we have seen corona has taken its shape all over the world. It just took a few months to spread all around but according to some recent studies, it may need years to heal. Right now scientists are engaged in discovering the vaccine while doctors are working for hours restlessly. Nowadays people are strictly using masks and sanitizer as their security guards. Every day scientist is discovering new symptoms of corona. Before this pandemic, people never kept sanitization as a part of their daily lives. There are number of people who had never listened the word quarantine, curfew and sanitizer. People are alert now as they are seeing thousands of people dying. The year 2020 has taught us so many lessons which were only possible due to corona. In India the spreading rate of corona is still less as compared to America and Iran and this was possible only because of lockdown and curfew. We should not forget the hard work that our corona warriors did both the doctors and the entire police force. I salute our prime minister Shri Narendra Modi for his great decisions. Corona has impacted our behavior in many ways. It totally changed the pattern of teaching and learning. No one would have imagined online learning in developing countries but nowadays it is a fact like sunlight. It affected employment from workers to organizations. We had to adopt the feature of work from home which was not effective as the previous style of working and because of lack of interaction many big organization gave up and removed thousands of workers and employees. This cause increase in number of unemployment for 2020. Being depressed number of people attempted suicide. People started dying also due to hunger and the reason was sudden lockdown, people who migrated to other states for employment were stuck there, all transports were closed so poor people decided to take this problem as a challenge and tried to come back to their hometown by walking. They walked much but many of them died. Not only is this but nowadays people celebrating all festival online it includes weddings, birthdays and ceremonies. People nowadays even sanitize vegetable which is must. Each and everything brought from outside must be sanitized. It is funny but some people even sanitize the person who goes out for any purpose. We must eat healthy food and stay away from hospitals.



Sadhana Rai Class 7C

The current covid – 19 pandemic is unprecedented. But it is not the biological characteristics of the virus that are most dangerous. Rather, it is how people behave towards it that really matters. I'm a biological anthropologist interested in how humans influence and adapt to changing environment conditions. As part of my work, I look at the risks posed to people's health when

healthcare systems are disrupted or overrun by conflict. Covid -19 has shown it has the ability to healthcare systems around the world. So how people behave in response to the real and perceived risks they face is a key factor in tackling the pandemic. Indeed, history shows that behavioral factors can play a large part in slowing and stopping disease spread.



Vidushi Class 8B

Over the past few months, Corona virus has completely changed our lives. While the environment began to heal, people were caged indoors. Major lifestyle changes were seen. Societies where people love social interaction were forbidden from it. People began to adapt, and now, a new way of living has emerged. Whether you've realized it or not, there have been so many changes in our everyday lives because of corona virus that would have never happened. While some like the change, some do not. Here's how COVID 19 has changed your everyday life :

1 Greetings-We greet people on a daily basis in some way or the other. During the pre-corona days, greetings were in the forms of handshakes. Now, with the corona virus, people are either switching to verbal greetings, the traditional "namaste," or finding other innovative ways to greet people without any physical contact.

2- Work-One of the major changes we've seen is work from home. Even for students, online classes have begun. Meetings and lectures are now done through video calls. Work from home lets people spend more time with their family.

3- Washing Hands-The best thing that has come out of this entire situation of COVID 19, is an improvement in personal hygiene. All those who never liked washing their hands or who believed their hands were always clean, now have to wash it multiple times in a day. Sanitizers went out of stock because of the sudden increase in demand.

4-Crowd-Remember going anywhere and having a huge crowd around you? The streets were always busy, spaces was always filled with people. During peak hours especially, walking on crowded sidewalks was always a problem. Well now, that has completely changed. The busiest streets looked the emptiest during the lockdown. Most people are indoors only, so whenever you step out now, the roads are usually empty!

5- Masks-Wearing a mask is now mandatory when stepping out. Earlier we would associate masks with doctors, but now they are the new normal. Although it may have felt a little odd at first, everyone's got used to it now. With the increase in demand, the price of masks shot up. From DIY masks for daily wear, to fancy masks for weddings, we've seen it all. It's like our accessories have now been replaced by masks! In the future, we will find a return to normalcy in many aspects of life. But there's no question that many things will change, possibly forever. COVID-19 has altered the experience of being a customer, an employee, a citizen and a human. Expect to see behavior shifts for some time to come.

: TOPIC :

HOW FAR HAS CORONA CHANGED
US AND OUR BEHAVIOR?



Shivkrishna - Class 5 c

WHO ने COVID-19 को एक महामारी के रूप में चिन्हित किया है, लेकिन इसका मतलब यह नहीं है कि आपको घबराने की जरूरत है अगर हम इन पर ध्यान दें तो हम covid 19 से लड़ सकते हैं। रचनात्मक सावधानी बरतने के लिए बड़ी भीड़ से दूर रहना, सतहों को कीटाणुरहित करना और बार-बार हाथ धोना शामिल है। हम सभी अपने घरों में COVID-19 के प्रसार के कारण अपने परिवारों के साथ हैं। क्या हम इस लोकडाउन अवधि में कुछ मूल्य नहीं सीख रहे हैं? सबसे पहले, यह हमें बाधाओं के बावजूद स्थिति का सामना करना सिखा रहा है। दूसरा, हम सीख रहे हैं कि एकता कुछ भी संभव कर सकती है। अगर हम कोविड -19 से लड़ने के लिए एकजुट होते हैं, तो हम निश्चित रूप से जीत मिलेंगे। तीसरा, यह हमें सिखाता है कि हमें आत्म निर्भर होने की आवश्यकता है। चौथा, यह हमें एक-दूसरे की देखभाल करना सिखा रहा है। डॉक्टर, नर्स और पुलिसकर्मी समाज और लोगों की देखभाल कर रहे हैं। इसलिए दोस्तों जागरूक रहे लेकिन डरे नहीं।



Parth Borgaonkar Class 2C

"कोरोना से डरो ना"

दुनियाभर में कोरोना वायरस के कारण होनेवाली बीमारी कोविड-19 का कहर जारी है। लाखों लोग इससे संक्रमित हैं और हजारों लोगों की मौत हो चुकी है। भारत में भी कोरोना वायरस के मामले लगातार सामने आ रहे हैं। चूंकि इसका इलाज या टीका अब तक खोजा नहीं जा सका है।

मौसम तेजी से बदल रहा है ऐसे में सर्दी -जुकाम और सामान्य फ्लू होना आम बात है। अगर हम इन पर ध्यान दें तो हम covid 19 से लड़ सकते हैं।

*सार्वजनिक वाहन जैसे बस, ट्रेन, ऑटो या टैक्सी से यात्रा न करें।

*घर में मेहमान न बुलाएं।

*घर का सामान किसी और से मंगाएं।

*ऑफिस, स्कूल या सार्वजनिक जगहों पर न जाएं।

*अगर आप और भी लोगों के साथ रह रहे हैं, तो ज्यादा सतर्कता बरतें।

*विश्व स्वास्थ्य संगठन WHO और सभी बड़े वैज्ञानिक बार बार यही बात कह रहे हैं कि कोरोना वायरस को दूर भगाने के लिए अपने हाथों को अच्छी तरह से साफ करें।

*घर से बाहर निकलते तो 2 गज की दूरी बनाए रखें।

*घर से बाहर निकलते वक़्त मास्क का प्रयोग जरूर करें।



Shubh Patel Class 3A

"कोरोना से डरो ना" - कोरोना एक गंभीर बीमारी है। लाखों लोग इससे संक्रमित हैं और हजारों लोगों की मौत हो चुकी है। भारत में भी कोरोना वायरस के मामले लगातार सामने आ रहे हैं लेकिन अब इस "कोरोना वायरस" ने सभी लोगों के मन में डर का माहौल पैदा कर दिया है पर हमें इस से डरना नहीं, लड़ना है। थोड़ी सी सावधानी हमें कोरोना से लड़ने में मदद कर सकती है, और अपने परिवार को इस गंभीर बीमारी से बचा सकती है। कोरोनावायरस का कोई भी लक्षण अपने या अपने परिवार में दिखे तो सरकार द्वारा दिए गए नंबर 104 पर तुरंत संपर्क करें। मैं शुभ पटेल आपसे अनुरोध करता हूँ, कि हम कोरोना वायरस को मिलकर भगाएंगे, लड़ेंगे और बंधेंगे। धन्यवाद।



Variya Ladkani Class 3D

"कोरोना से ना डरे" - मैं वर्या लाडकानी इस समय फैली महामारी कोरोना वायरस को इस कविता के माध्यम से बता रही हूँ, हमें क्या-क्या करना चाहिए, और इस बीमारी से कैसे बचना चाहिए। इस बीमारी से हमें डरने की जरूरत नहीं पर उसमें बताए गए नियमों का पालन करना जरूरी है।

लोग ये पुछें ,क्या है कोरोना?

मैं कहती, इसे याद करो ना;
सामने आकर, नाक से घुसता ;
मास्क नाक पर ,अगर पहनो ना ..

घर के बाहर ,जहाँ भीड़ हो;
बिना काम बाहर टहलो ना;
दूरी 2 गज की आपस में;
बनी रहे ,इतना तो करो ना..

अहम बात है बार-बार तुम;
नाक को आपने, कभी छुओ ना ;
मन से डर को ,दूर भगाओ ;
भूल जाओ ,उसे याद करो ना..

उल्टा पढ़ कर देखो इसको;
नारों को अलविदा करोना..

TOPIC 1

"ADVERSITY BRINGS PROSPERITY"



Mrs. YASHSHREE. T

Faculty of Social Science
& CCA Incharge

In these changing times everyone around the world is struggling to survive but, how has this situation emerged that is a big question for which the mankind would never get a satisfying answer. So, what has to be done? Well the only answer to this is "acceptance". Once when we do accept the situation even though adverse we would realize that nature would give an opportunity to be part of greater cause called "transformation". The world has witnessed many adversities but, I would like to talk about the pandemics here 1817 Cholera, 1918 Spanish flu, 2020Covid19 etc. Although there had been many severe viral/bacterial spread diseases throughout human history but these are the most dreaded pandemics of human history if you notice the time period of these diseases you may find a strange coincidence that all these deadly diseases occur at an interval of around 100 years. This same coincidence has been mentioned in many current articles and when you do search out this would tend to be true. Anyways we would have to focus more on to tincture of problem/ adversity. It is nature who keeps us reminding how mighty and powerful it is than we foolish humans who are prone to believe that they are masters of everything around. We just have to accept this fact that we being logical beings always try to figure out the scientific cause but, there is no mechanism of transformation it just happens and we need to accept it.

आपूर्यमाणमचलप्रतिष्ठं समुद्रमापः प्रविशन्ति यद्वत् तदवत्कामायं प्रविशन्ति सर्वे स शान्तिमाप्नोति न कामकामी ||
*āpūryamāṇam achala-
pratiṣṭhāmsamudram āpaḥ
praviśhanti yadvat tadvat
kāma yaṁ praviśhanti sarve sa
śhāntim āpnoti na kāma-kāmī*

Just as the ocean remains undisturbed by the incessant flow of waters from rivers merging into it, likewise the sage who is unmoved despite the flow of desirable objects all around him attains peace, and not the person who strives to satisfy desires. The above shlok is from **Bhagvat Geeta Chapter Verse 70**. If once we do remain calm, standstill, peaceful instead of panicking, spreading rumors and gossiping we could easily solve our problems just as ocean remains calm even after huge pouring from rivers it never cross its boundaries and manages the water to remain in it. Likewise, we could also solve our problems ourselves. The best example of this is a very small country Japan which manages to be the third largest economy in world even after being just 1/4th of North America the leading world economy. If you research more you would find that Japan has to face atleast 1500 earthquakes yearly but, still even after facing nature's curse Japan has always managed to be the preeminent countries in the world. The only rationale behind this is their **acceptance**; they have learned to be calm even in unpropitious situations. They have always tried to be in harmony with nature instead of questioning and cursing nature and they have got a wonderful result that is "prosperity".



Palak Parmar

(Faculty of EVS)

The history of the world is the story of the survival of the fittest, a story of those who fought against adverse circumstances and achieved great victories. The people who faced adversities bravely eventually won, and became an inspiration for the generations to follow. It is in the very nature of adversity to bring out the best in the man, develop his latent abilities, and lead him on to a path of prosperity and progress. Since the dawn of time, it was adversity coupled with necessity, which gave rise to inventions. From fire to antibiotics, it was man's intrinsic quality of rising to the challenge, which made humanity the top inheritor of the earth. Necessity is the mother of invention and adversity brings out all the survival instincts to the fore. It makes man humble, patient and self-reliant. Thus adversity teaches us more about life, compared to prosperity.



Juhi Sharma.

Faculty of mathematics,
Primary section

Adversity introduces a man to himself-Albert Einstein

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit. It is in the very nature of adversity to bring out the best in man, develop his latent abilities and lead him on to a path of prosperity and progress. Since the dawn of time it was adversity coupled with necessity, which gave rise to inventions. As is said, Necessity is the mother of invention and adversity brings out all the survival instincts to the fore. It makes man humble, patient and self care.

When a simple stone is exposed to high heat and cut off then only it becomes diamond, thus out of every adversity comes out triumph. In the current situation, we can see the whole world is facing adverse situation of COVID-19, but this adversity gave birth to prosperity and inventions. In India, we can see the large production of PPE kits, more production of Local products. The teaching which was done in class has turned to online education. This adversity gave birth to the new era of education and teaching.

Thus it is very well said, Comfort and luxury have never enriched the world as much as adversity has.



K. Vinayakam

(Faculty of Mathematics)

Adversity is prosperity to those who possess a great attitude. It is one of the most powerful forces in life. It can bring out our best or worst. Ultimately, it is up to us. The reality is that when we take away adversity, we also take away one of the most important ingredients to greatness. Yes Adversity is the fuel of greatness! Here are 7 keyways to reframe adversity that creates the opportunity for growth-

- 1) **Build Character**-Overcoming adversity is character building. It creates the confidence to overcome and the learning mechanism to deal with the things that don't go our way.
- 2) **Create Resilience**- Every challenge we face and navigate strengthens our will, confidence, and our ability to conquer future obstacles.
- 3) **Learn from Discomfort**- We learn the most from discomfort and rethink what's required to be successful.
- 4) **Draw out our True strengths** -Adversity has the effect of drawing out our strengths and qualities that would have laid dormant without it.
- 5) **Accept It**-Accept that adversity is inevitable...it is a part of life. To avoid it, it will only make it come back in bigger ways. Better yet see it and embrace it as a true gift on the road to getting better.
- 6) **Build External Resources**- Adversity help us find a buddy.
- 7) **We succeed Because of It**-Make no mistake. We don't succeed in spite of our challenges.
- 8) When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.
- 9) **No Adversity, No Growth.**

Kavita Ketha

(Faculty of EVS)



Adversity and prosperity are the two eyes we all have. Adversity leads us inward to correct and prefect our life. Prosperity leads us outward to illuminate and immortalize our human birth. In prosperity our inner strength remains static. In adversity our inner strength becomes dynamic. Adversity brings out all the qualities in man. It makes him humble, patient and self – reliant. Adversity proves to be a much better school than prosperity.

The uses of adversity are really sweet and blessed. Outwardly adversity is as ugly and venomous as toad, but inwardly it is as precious as a jewel. Tagore wants students to lead a life of voluntary poverty so that they might have better chances of becoming great. Adversity shapes men better than any thing else. It brings out the best of them. It makes them aware of their real friends, gives them Self -Knowledge and Self – confidence. Prosperity makes people passive. Adversity makes people active. It tests a man's Self – Confidence, fortitude and patience. It elicits talents which remains dormant in prosperity. Jawaharlal Nehru might not have become what he became if the British had not massacred thousands of Indians in 1991. It is only the test our qualities, but also polishes them. One should be an optimist. Adversity is not forever. It lasts for a short time. One should face it with Confidence. Adversity teaches us the great lesson of humanity. On the other hand prosperity makes us conceited and vain.

TOPIC 2 : "POSITIVITY AN ART TO RELISH OUR LIFE"



Mr. G. Jilani Shah.

(Faculty of Physics)

and my life".

Being positive does not mean ignoring difficulties and bad experiences. It means acknowledging them, learning from them, doing better, and using the knowledge gained to improve.

If I give my real life experience then I can narrate about present conditions of NEWS channels which make us often hear negative stories and negative news. Nowadays the news headlines start with Negative sentence which makes great impact on our mind and hence by our life.

Negative news sells, and that is why we encounter negative news so often and in so many places. Negative news awakens emotions of anger and fear, which are powerful emotions. If we allow these emotions to arise in us, they soon grow into huge snowballs that affect our life and the life of the people around us.

If we let them seep into our conscious mind and into our subconscious mind, we are allowing negativity to rule our life. This happens often, because of the negative information that finds its way into our mind, and which we encounter in daily life, on TV, the newspapers and the Internet. We should resist this negative information and let it take over our mind, feelings and life.

Negative thoughts and emotions are contagious. We have to resist them and stay away from them.

I am not telling you to avoid listening, reading or watching the news. I am telling you to reduce your intake of it and take care that it does not affect your state of mind. You should not let it fill your mind. Instead, fill your mind with positivity, with positive thoughts and positive emotions.

Here I would like to quote a law, called law of attraction:

"The Law of Attraction states that whatever you focus on, think about, read about, and talk about intensely, you're going to attract more of into your life." – Jack Canfield.

To make you understand the law in better way I will quote a dialogue from a movie 'Om Shanti Om'

"Itni shiddat se maine tumhe papne ki koshish ki hai ki har zarre ne mujhe tumse milane ki shajish ki hai"

Here the Bollywood actor 'SHAH RUKH KHAN' says in the movie that whatever you wish you can get into your life provided that the passion of getting it is very intense.

At the end I suggest you to make yourself surrounded by positive thoughts, positive person and over all positive atmosphere which will make your life full of positivity and happiness.



Madhavi Upadhyay.

(Faculty of Chemistry Secondary
& Higher Secondary Section)

Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people in the end." Negative situations happen all the time. We can't avoid them, so how can we counteract their negative effect on our lives and our attitudes? LEARNING THE POWER OF POSITIVE THINKING helps us stay positive even in the midst of tragedy. Learning how to stay positive in negative situations is invaluable in leading a healthy lifestyle. Here are 5 ways you can achieve this:

1. Have a Positive Support Group - It's important to have a positive support group that will help each member through difficult times. Notice that I said a "positive" support group. Surrounding yourself with positive people will help you stay positive when in a negative situation. There are plenty of negative people out there—avoid them! Their negative attitudes will only bring you down and be counterproductive to what you are trying to achieve by practicing positive thinking. Learn more about the power of people around you: [The Hidden Power of Every Single Person Around You](#).

2. Express What You Are Grateful For - Even in the worst of times, most of us realize that we still have things in our lives for which we are grateful. Voice those blessings! Practice gratitude ([heres how](#).) Talk about the things you are grateful for with your closest friends, your support group. Keep a [gratitude journal](#) to capture the thankfulness you feel for what you have on a daily basis. Actively acknowledging what you're grateful for will help you to always have a grateful mind and heart, even when bad things happen.

3. Retrain Your Mind - Are you a person who continually beats yourself up mentally? Do you constantly question your actions? Believe me, I've been there. Nobody needs to call me stupid, because I can do that just fine myself! Retrain your brain to stop doing that to yourself. The more you talk negatively to yourself, the more that negativity will become a part of you. Instead, practice the power of positive thinking. Any time a negative thought comes into your mind, replace it with a positive one. At some point, this will become more natural as your brain automatically turns a negative into a positive. Try these [15 Ways to Practice Positive Self-Talk for Success](#).

4. Exercise Your Body And Mind - We know that exercise is good for our bodies, but what about our minds? Sure, it is! It releases those natural endorphins in our brains that make us feel better. Exercise has physical as well as mental and emotional benefits. Getting out there and moving around will keep your body in better shape, as well as boosting your self-esteem for having the discipline to exercise. You might try [adding yoga into your exercise routine](#) now and then to help you learn to really focus and meditate. Exercise is an excellent way to fight the negative effects of bad situations.

5. Accept and Find Solutions - Many of us are [resistant to changes](#) in our lives. What we must do is learn to accept that change will happen. Haven't you heard that "the only constant in life is change"? There is a lot of truth to that, as we continually go through changes, whether good or bad. Accepting that changes are a part of life can help us to relax and be more accepting. Try to look for the positive aspect. For example, if you're in a bad job situation, what do you do? Accept it and try to make it better? Possibly. Or maybe this is the chance to make a change for yourself and look for that job you really want.



Manish Ratnani.

(Faculty of Economics)

If u look at what you have in life you will ALWAYS HAVE MORE-
Oprah Winfrey.

The power of positive thinking is remarkable. In fact, the idea that your mind can change your world almost seems too good to be true. You might be tempted to know the magic of positivity can actually help you to achieve success, have better health, and enjoy happiness which is the basics to live a happy life. But the question arises, "How to be Positive?" Positive thinking doesn't mean avoiding the bad things, instead it involves making the most of the bad situations, trying to see the beat in the other people and viewing yourself and your abilities in an optimistic light. Developing a positive attitude is very easy. You can do it by finding more reasons to smile, by believing in yourself, eating healthy, exercising regularly and by surrounding yourself with positive people.

In the times of a global pandemic, we have faced many challenges. The circumstances are hard to change but a ray of hope can make your life better. The situation is calling for "Social Distancing" not "Emotional Distancing". Using technology to connect people can help you and your dear ones to uplift their spirits. With a positive approach, we expect the best and live to the fullest. A beautiful life begins with a beautiful mindset ,so feed yourself with positivity and witness the miracles.



Bhagyashree K. Devaria
[Pre-Primary Teacher]

Failure need not be a total loss, we're told, because we can learn from it and apply those lessons in the future. "Our society celebrates failure as a teachable moment," write the study's authors, Prof. Ayelet Fishbach and postdoctoral fellow Lauren Eskreis-Winkler, who found in a series of experiments that "failure did the opposite: It undermined learning." Their research is forthcoming in the journal *Psychological Science*.

"We are taught to learn from failure, to celebrate failure, to fail forward," said Fishbach, a renowned expert on motivation and decision making. "Graduation speeches often talk about how much you should dare to fail and learn from your failures. And managers talk about the lessons that they personally had from failures. If you just listen to public speaking, you would think that we are pretty tuned in to failures. However, this is not the case."

The researchers conducted five experiments in which each of the 1,600-plus participants answered a series of binary-choice questions. In one experiment, researchers asked telemarketers how much money U.S. companies lose annually due to poor customer service. The choices were either "approximately \$90 billion" or "approximately \$60 billion."

Because there were only two possible answers, once participants received feedback on their answer, they should have known the correct answer—whether they guessed correctly or not. Next, participants were retested on the content of the initial questions to see whether they had learned from the feedback. Consistently, participants learned less from failure than from success—even when the task was redesigned to make learning from failure less cognitively taxing, and even when learning was incentivized. Those who received failure feedback also remembered fewer of their answer choices.

"With more experiments, what we were able to see is that it's really a matter of self-esteem," Fishbach said. "It just doesn't feel good to fail, so people tune out."

In another experiment, the researchers removed ego from failure by having participants observe someone else's successes and failures. Although people learned less from personal failure than from personal success, they learned just as much from others' failures as from others' successes. In other words, when failure is removed from the self, people tune in and learn from failure.



Ms. Priya Kasa.
[Pre-Primary Teacher]

Failure is another stepping stone to greatness Success which we want to see but failure which we don't want to face but failure is much better than success. Failure gives us courage, strength and one goal...actually failure is high way to success. In our world so many winner are there but they all are come from a failure. How we react to failure will define the final outcome. If we give up and loss hope we are defeated but if we persevere we will eventually win and be successful. Failure is the opportunity to begin again with renewed determination. A failure is not the end of the road. A failure does not mean everything is over for us. A failure is like stumbling and falling from which we must get up and continue towards our goal with renewed determination. Success and failure are a part and parcel of human life. We need not be afraid of failure because it is the part of the path to success. We must realize failure to our advantage so that we can success ultimately. Success is the result of bad experiences in life the path to success is filled with difficulties and hurdles. Bad experiences in life teach many valuable lessons and to be successful. It is imperative to learn from the mistakes and avoid them in the future. One of the most important sense most human posses is pain. Pain allow us to learn very quickly from our mistakes. Picking up a sharp object, falling over, bumping in to things, dropping something on your foot the pain involved quickly allows that not to do these things. Without the pain we would not learn through their failures without this failure they would not learn how to success. The main example is : Thomas Alva Edison he met failure in his life about 10,000 times in invention of bulb at last after all failure he got success. So, every person in this world will come from a failure to get success... when a baby was born after some days he try to walk in this try he fall down many times in this ground after this all falling only he get walk. Overall success of an individual comes from his mistakes in life by learning from bad experiences, human being can achieve big things in life..
Failure is a key of success... ..



Vaibhav Thakker
(Faculty of Physics)

In 2020 the most negative word emerged in whole world is 'POSITIVE'. Due to corona virus pandemic this word 'positive' has become very scary & undesirable. But we should realize that life is not fragile, during evolution life has gone through many obstacles & every time it has raised itself against all the odds. To human, life has given one boon to fight with negativity and that is 'art'. 'Art' is nothing but just expression of thoughts and emotions of people and reflection of their culture. Your boldness, your anger, your love, your passion, your insecurities, all these things you can exhibit with any form of 'art'. An Art can show the flames you are having in you. Art makes you expressive and bold as well. If you handover yourself to art, art will distinguish your fear. Art has power to heal your scars and enrich the soul. Art like dance teaches you to go with the flow. Science has proven that if you have connected yourself with any form of art that will release anxiety and stress & will tend to make you a better human being. Now a days '**music therapy**' has emerged as one of the best medicine for human. In seventeenth century English dramatist William Congreve was way ahead of his time when he wrote, "Music has charms to soothe the savage breast, to soften rocks, or bend a knotted oak." Or maybe he was just the first music therapist. It is scientifically proved that some instruments like 'violin' can make you cry and release the anger and bitterness. Here some **ragas of Indian classical music** are stated which are extremely **helpful to cure various disease**.

- 1.) Raga Pooriya Dhansari – evokes sweet, deep, heavy, cloudy and stable state of mind and prevents acidity.
2. Raga Bageshri – arouses a feeling of darkness, stability, depths and calmness. This raga is also used in treatment of diabetes and hypertension.
3. Raga Darbari (Darbari Kanada) – is considered very effective in easing tension. It is a late night raga composed by Tansen for Akbar to relieve his tension after hectic schedule of the daily court life.
4. Raga Todi – give tremendous relief to patients of high blood pressure.
5. Raga Ahir-Bhairav (Chakravakam) – is supposed to sustain chords which automatically bring down blood pressure.
6. Raga Malkauns – helps to cure low blood pressure.
7. Raga Bhairavi – Provides relief T.B, Cancer, Severe Cold, Phlegm, Sinus, toothache.
8. Raga Malhar – Useful in the treatment of asthma and sunstroke.
9. Raga Todi – Provides relief from cold and headache.
10. Raga Hindol & Marava – These ragas are useful in blood purification.

TOPIC 3 : "YOU LEARN MORE FROM FAILURE THAN FROM SUCCESS"



Hirva Mamtara
Atmiya kids (Jr.Kg)
2B branch

Failure is a success if we learn from it, is this always so in your past experience. As humans, we feel that making mistakes determines our capability. Many people are afraid of making mistakes as society views people who commit mistakes as failures. Many a times situation like these prevent humans from exceeding their utmost potential, but it is through mistakes that people learn. Committing mistakes is a sign that we are on our pathway

to success. Through committing mistakes is only half way, so to completely succeed we need to learn from our mistakes. To me, success is when I learn from my mistakes and not allowing myself to give up. By not allowing myself to give up, I will persevere and ultimately accomplish my targets. This struggle is a form of success to me. success has many forms of definitions but to me, success is when things turn out to be better than before and there is a change in my progress. Hence, in this article I will share how failure is a success if we learn from it. I learned that we must not allow failure to define our capabilities. Let me share with you the noble story of Thomas Edison. When Thomas Edison was a kid, he was often bullied and despised by his teachers as his teachers who taught him deemed him as a fool, that he was incapable of learning anything. As a child, Thomas Edison did not go to school. However, he was famous for inventing the light bulbs, he is also an inspiration because he failed during elementary school, but he manages to succeed as he grew older because he refused to give up. he seized every opportunity he had and did not allow the teachers 'remarks' to define his capabilities. Failures are opportunity for success because failures show you where your mistakes are and we can learn from our mistakes to improve ourselves. Failure should not determine our capability but it determines our opportunity to learn from our mistakes and success.



Madhushree Dutta
[Pre-Primary teacher]

Failure is a part of our life. All of us, at some point in our life, have witnessed failure. Well, we have a notion that failure is a bad thing to happen in our life. However, we would like you to know that failure is an essential thing. It teaches us numerous things in life. Compared to success, failure will show you a numerous things. So learn from failure and go ahead.



Mrs. Dipti Gupta
[Pre-Primary Teacher-5B]

सफलता से ज्यादा हमें असफलता सीख देती है-असफलता ही सफलता का आधार है। यह कथन एकदम सत्य है। आज की इस दुनिया में हर कोई सफल होना चाहता है, असफल कोई नहीं होना चाहता। हम लोग जब भी कोई काम करते हैं तो हमेशा सफल नहीं होते हैं। कभी सफलता पहले मिल जाती है और कभी बाद में। हमें हमेशा अपना कार्य अच्छे से करना चाहिए। सभी के जीवन में एक समय ऐसा भी आता है जब सभी चीजें आपके विरोध में हो रही हो और हर तरफ से निराशा मिल रही हो। चाहे आप एक प्रोब्लमर हो या कुछ और, आप जीवन के उस मोड़ पर खड़े होते हैं जहाँ सब कुछ गलत तो रहा होता है। अब चाहे ये कोई प्रोजेक्ट हो या कोई फैसला जिसे सभी ने रिजेक्ट कर दिया हो। लेकिन सही मायने में, विफलता सफलता से ज्यादा महत्वपूर्ण होती है। हमारे इतिहास में जितने भी बिजनेसमैन, साइंटिस्ट और महापुरुष हुए हैं वो जीवन में सफल बनने से पहले लगातार कई बार फेल हुए हैं। जब हम बहुत सारे काम कर रहे हो तो ये जरूरी नहीं की सब कुछ सही ही होगा। जो भी लोग अपने जिंदगी में महान बने हैं उनके हाथ असफलता सबसे ज्यादा लगी है, उसके बाद ही वो सफल हुए हैं। हेनरी फोर्ड, जो विलियम और विश्व प्रसिद्ध फोर्ड मोटर कंपनी की मालिक है। सफल बनने से पहले फोर्ड पांच अन्य बिजनेस में फेल हुए थे और कर्ज में डूबते गए थे। अगर वो इस विफलता से टूट जाते तो आज फोर्ड कंपनी के मालिक नहीं होते। अगर विफलता की बात करें तो थॉमस अल्वा एडिशन का नाम सबसे पहले आता है। लइट बल्ब बनाने से पहले उसने लगभग 1000 विफल प्रयोग किए थे। अल्बर्ट आइंस्टाइन जो 4 साल तक बोल नहीं सकते थे और 6 साल तक निराशर थे। लोग उनको दिमागी रूप से कमजोर मानते थे लेकिन अपनी थ्योरी और सिद्धान्तों के बल पर वो दुनिया का सबसे बड़े साइंटिस्ट बने। अब जरा सोचो अगर हेनरी फोर्ड 4 बिजनेस में फेल होने के बाद निरास होकर बैठ जाते या एडिशन 1000 असफल प्रयोग के बाद उम्मीद छोड़ देते और आइंस्टाइन भी खुद की दिमागी कमजोर मान के बैठ जाते तो हम बहुत सारी महान प्रतिभाओं और अविष्कारों से वंचित रह जाते। इसलिए असफलता सफलता से कहीं ज्यादा महत्व रखती है। असफलता ईसान को सफलता का मार्ग दिखाती है। ए पी जे अब्दुल कलाम ने क्या खूब कहा है - "सफलता की कहानियां मत पढ़ो उससे आपको केवल सन्देश मिलेगा। असफलता की कहानियां पढ़ो उससे आपको सफल होने के कुछ विचार मिलेंगे। जब तक असफलता के कांटे परो में नहीं चुभते तब तक सफलता के फूल नहीं खिलते। अगर किसी काम में असफल हो भी गए तो क्या हुआ ये अंत तो नहीं है ना, फिर से कोशिश करो, क्योंकि कोशिश करने वालों की कभी हार नहीं होती। असफलता तो सफलता की एक शुरुआत है, इससे घबराना नहीं चाहिए, बल्कि पूरे जोश के साथ फिर से प्रयास करना चाहिए। अतः हम कह सकते हैं की सफलता से ज्यादा हमें असफलता सीख देती है।



Ms. Neha Paryani
[Pre-Primary Teacher]

"सफलता से ज्यादा हमें असफलता सीख देती है"- सारी सफलताएँ असफलताओं से बनी है। ये मत समझना कि सफलता और असफलता 2 अलग-अलग रास्ते हैं, बस इतना याद रखना कि हमेशा सफलता का रास्ता असफलता से होकर गुजरता है।

"उदय किसी का भी अचानक नहीं होता,

सूर्य भी धीरे-धीरे निकलता है और उठता है,

धैर्य और तपस्या जिसमें है,

अपने जीवन को प्रकाशित कर सकता है"

"जिन्दगी में कुछ पाना हो तो तरीके बदलो इरादे नहीं।"

अधिकतर महान लोगों ने सफलता, अपने सबसे बड़ी विफलता के बाद हासिल की है।

वंदना लूथरा - (फउनडर ऑफ VLCC), अब्राहम लिंकन और शारदा शर्मा, आदि।

एक इच्छा से कुछ नहीं बदलता, एक निर्णय से थोड़ा कुछ बदलता है, एक निश्चय सब-कुछ बदल देता है।

"जिस तरह पानी की एक बूँद गर्म तवे पर पड़े तो मिट जाती है।

कमल के पते पर गिरे तो मोती की तरह चमकने लगती हैं।

शीप में आये तो मोती बन जाती हैं, पानी की बूँद तो वही हैं बस संगत का फर्क है।

उसी तरह सफलता तब मिलती है जब आपके सपने आपके बहानों से बड़े हो जाते हैं। जीवन में सफल होने के लिए आपको 2 चीजों की जरूरत है - ज्ञान और आत्मविश्वास। यदि तन और मन में संतुलन है तो जीवन में सफलता अवश्य मिलेगी, हारता वही है जो संतुलन खो देता है। बिना किताबों के जो पढ़ाई सीखी जाती है उसे "जिन्दगी" कहते हैं।

"हार एक सबक है, जो खुद को सुधारने का मौका देती है। लगातार असफलता मिलने पर भी अपने उत्साह को न खोना सफलता है।

इन्ही रातों के दामन से सुनहरा कल भी निकलेगा। जीतने से पहले जीत और हारने से पहले हार कभी नहीं माननी चाहिए। हमारी गलती ही हमारी सफलता का राज है।

संघर्ष में आदमी अकेला होता है,

सफलता में दुनिया उसके साथ होती है,

जिस-जिस पर ये जग हँसा है,

उसने ही इतिहास रचा है...

"जब चारों तरफ काला अँधेरा छा जाये,

रोशनी की कोई किरण नज़र भी न आये,

तो पूछना खुद से क्यों चल रहा था तू?

और अगर जवाब दिल को छू जाए,

तो एक बार फिर उठना और चलना

इसी से ही सफलता मिलती है।