



# The Vincentian

O C T O B E R 2 0 2 2

**"Welcome Back!"**

For it's a new beginning and things will change."

**Smile**



**Practice**



**Inspire**

**Enjoy**



**Dream**

**Experiment**

**Grow**





## The Editorial

As a fatigued sail welcomes the calm after a wrecking storm,  
our hearts rejoiced to be back at school in the physical form.  
The school re-opened to carry out its absolute functions,  
with students and parents experiencing a surge of mixed emotions.

A lapse of two years for students was quite a long time,  
a few of them felt lost, whereas others experienced elation sublime.  
To guide the students and teachers with the right motivations,  
the management organized many trainings and orientations.

It was time for the SCC and HSC toppers' felicitation,  
commendable were their efforts and consistent determination.  
We invoked blessings through the Holy Spirit mass and our morale invigorated,  
To add another feather to our cap, the Nursery School for the tiny-tots was inaugurated.

The 31<sup>st</sup> of July marked the conclusion of the 500<sup>th</sup> Ignatian year,  
the grand closing was celebrated with prayers, competitions, and cheer.  
Remarkable was the year as India celebrated its 75<sup>th</sup> anniversary of independence,  
We at St. Vincent's also resonated with 'Azadi ka Amrit Mahotsav' with resplendence.

Noteworthy was that all the activities in school resumed exhaustively,  
Be it youth camps, or NCC training, our students took part in them wholeheartedly.  
The extracurricular activity platter offered a variety galore,  
elocutions, quizzes, talent shows, a fun fair, and many more.

The class picnics were long awaited by students to rejuvenate,  
more so by grades X and XII for their school years will soon culminate.  
Teachers' Day was celebrated with fervour and passion,  
with students thanking the teachers for their dedication.

The term ended with a splash of colourful performances in a splendid array,  
We celebrated with zest, style and reverberance our Annual Day.  
With gratitude in our hearts for the blessings we have received,  
we present to you 'The Vincentian' that is by our students conceived.

May the festivities of Diwali and Christmas bring you eternal bliss,  
The editorial team will meet you again for the second term to reminisce.







## *From the Principal's Desk...*

The last two academic years were unlike any other. The Covid-19 pandemic took a massive toll on lives and livelihoods and limited our social interaction. Educational institutions had to make emergency arrangements that levied challenging demands on teachers, parents and students.

St. Vincent's has taken extra-productive measures to undermine the repercussions of the disruption caused by the pandemic. This academic year began with various orientations for teachers and students to build skills and competencies. Our school constantly strives to impart quality education to its students. To fulfil this purpose, the staff is always vital, enthusiastic and has a positive approach.

The education imparted at St. Vincent's is for depth and encourages each student to find a balance between his learning and his inner drives to help build a peaceful, joyous and contented life. It is our constant endeavour to ensure that each student imbibes the right skill set and knowledge to be in control of the chariot of his life.

Plato states that the students' rational must be nurtured in the school. A student must find harmony when he faces the opposing pulls and turbulence in life. He points out that Spiritual and appetitive elements exist within oneself. The spiritual element is docile, obedient and ready to learn – the other elements are unbridled. Education should help students to recognize good and bad, right and wrong and to make proper decisions. In the process, the appetitive elements need to be systematically tamed.

In this progression of learning, parents, teachers, society and the institutions work together to shape the lives of the students and to build a better future for all.

**Vincenti Dabitur!**

*Fr. Francis Patekar SJ*



2022-2023

# *Congratulations* *to our Toppers*



## *Std. X*

Rank	Name of the Student	Percentage
First	Heet Umesh Patel	94.80
Second	Neil Ashwin Chitnis	94.60
Third	Anish Amol Kshirsagar	94.40
Fourth	Laksh Pukhraj Oswal	94.00
Fifth	Om Piyush Dugad	94.00







## Std. XII

### *Science Section*

Rank	Name of the Student	Percentage
First	Ashish Nikam	91.33
Second	Shravani Gaikwad	91.17
Third	Varun Savant	89.67
Fourth	Riya Cornel	88.83
Fifth	Mira Sharma	88.5

### *Commerce Section*

Rank	Name of the Student	Percentage
First	Agastya Gandhi	92.17
Second	Darshan Malage	90.67
Third	Harshit Kamdar	89.67
Fourth	Aditi Kalbhor	89.33
Fifth	Saanjh Bansal	89.33

“The recipe for success is  
to study while others  
are sleeping, work while  
others are loafing,  
prepare while others  
are playing,  
and dream while  
others are wishing.”

– William A. Ward



## An Interview with our Toppers

### QUESTIONS

- While preparing for the boards, what was your daily routine?
- How important is time management and how did you effectively manage your time?
- Were you able to strike a good balance between studies and physical activities?
- Were you distracted by social media? If so, how did you deal with this distraction?
- If you were to pass on some valuable suggestions to your juniors, what would they be?



Varun Savant

I was an early riser which got me more time to plan the rest of my day calmly. I exercised for a couple of hours before I started studying. Then a few hours of college were followed by my coaching classes. Afterwards, I would relax a bit while reviewing all the goals I achieved during the day and made the necessary changes for the next day.

During the lockdown, I was affected by the lack of physical activities and outdoor sports but did some indoor exercise. Later on, I incorporated some sports and exercise into my daily routine. I was never into social media from the beginning, except during the lockdown. Hence, I used social media only when I took a break from my studies.

My suggestion to my juniors - Plan your day even your year in advance. Set achievable targets for yourself and motivate yourself every day to achieve those targets without procrastinating. Exams are a learning experience, so don't get disheartened if you get low marks. Instead, reflect on your mistakes and make sure not to repeat them. Be calm and steady, and everything will fall into place. Enjoy your time in college. When you look back at these days with a smile, you will realize that these were some of the best days of your life. Cheers and Godspeed!

Agastya Gandhi



There wasn't a specific daily routine that I followed for the entire academic year, but I made sure that I allocated a part of my day to academics. The months nearing the boards were of utmost importance. I studied theory subjects in the mornings and in the afternoons, accounts, to keep my mind away from the thoughts of napping.

I reserved my evenings for fitness and self-improvement. To that effect, I exercised, went cycling, or just did some fun activities with friends. This relaxation motivated me to study harder after the break. During the night, I could completely focus on my studies, and I was able to complete maximum work at that time. Time management is crucial while preparing for the board examinations. In the mornings, I chalked out the topics to study during the day, and this helped me focus on completing the work I had planned.

I was distracted by social media. Overcoming this distraction is what I learnt during the pre-board months. I dealt with it by limiting social media usage. I used the net as a source of information- watching YouTube lectures instead of using it only for entertainment, which helped me to a great extent.

To my juniors, I suggest setting short-term goals for your long-term purposes. Realise that time is the most valuable aspect of your journey. Never neglect your fitness. Exercise regularly and make meditation a part of your day.

Work hard, especially when you don't feel like it!





## Darshan Malage

Grade XII was a challenge, as we struggled in a Covid-struck world. It was mentally challenging for me to follow a routine without getting bored. During such a crucial year, managing time was a mammoth task. My daily schedule started with Online lectures in the morning. After resting in the afternoon, I would spend some time in self-study. I went out with friends and spent quality time with them before returning to my studies. I tried to finish the day off early by getting some good sleep before attending lectures again the next morning. It was tricky to strike a good balance between studies and physical activities, but the most important thing was to keep myself refreshed, for which I used to go out and play or cycle in the evening with friends.

Social media was another big distraction. I spent a lot of my time on social media but uninstalled it for a while to make myself more productive, especially during exams.

The only valuable suggestion I would pass on to my juniors - If you are consistent and can prioritize studies or any goal you set, there is nothing unachievable. Procrastination won't help you, instead it will create a last-minute panic, which would eventually harm your output, and as a result, you won't be able to reach your full potential.

## Harshit Kamdar



In my daily routine, there was more football and less studying. I had my training twice a day and my classes in the morning. I gave an hour for self-study, and that's it. For the rest of the day, I would usually play games and spend some time with my friends online or meet them. In grade XII, time management is the key. I set a timetable for myself and followed it, which helped me to cover the syllabus and spare some time for revision. It gave me the upper hand to remember everything I had learned. Time management helped me with my studies and to find time for my passion - Football. It is not that difficult to strike a balance between studies and other physical activities. I believe if you have the right plan, you can do much more than just study and stress over the exams. Whenever I studied, I made sure not to get distracted by social media. Avoiding that helps with focus and concentration. Sometimes it is possible to get carried away by social media, but there should be a limit to it so that it does not distract you. A piece of advice I'd like to give to my juniors - Grade XII is easy if you start studying from the beginning rather than mugging everything up at the end. If you understand the concept, it becomes easier to remember. Manage your time wisely so that you get time for your hobbies along with your studies and accomplish fruitful results.



## Heet Patel

Class X is an important year as students are appearing for the first competitive examination of their life. Our year started with another rise in the Covid cases, and schooling was online. Having no interaction with friends and teachers was a setback for many of us. The year started with nervousness and pressure, but my parents and teachers helped me overcome it.

Honestly, I did not have a proper timetable, but I tried to set daily goals and fulfil them. I managed my time effectively and distributed it for all my activities to keep me occupied for the entire day. Solving my doubts immediately with my teachers helped me understand the concepts rather than just mugging them. I read the textbooks, which helped me build confidence to frame my answers for the examinations.

Physical activities play a crucial role in changing the mind set of a student. 'All work and no play make Jack a dull boy.' I played cricket with friends on weekends. I even used to give an hour to my hobbies such as listening to music, cooking, painting etc. Students get distracted by social media and waste their valuable time. I would advise them to allocate a specific time for such activities. I used social media only to communicate and interact with friends and family.

Life is nothing without uncertainties and failures. I advise you to be consistent and focus on your efforts rather than thinking about their impact on your future. Do not imitate others to achieve success. Instead, pave your path and walk on it to make things happen!





## Neil Chitnis

My daily routine was pretty standard, waking up at 5 in the morning, doing some exercises followed by classes, and then later off to school. After school, I used to do my homework or assignments, and at night I would watch something on television.

I think time management is crucial because if one can't maintain a balance between studies and other activities, it could lead to stress and eventually, we lose focus. I had prepared a timetable and tried to follow it as far as possible. I had dedicated time slots, and after every 3 hours of studies, I kept an hour's break; so that I was able to strike a balance between not just studies and physical activities but was also able to pursue my hobbies. I was particularly not interested in social media. I used my breaks to rejuvenate instead of staring at a screen. I would only tell my juniors that grade X is just another stepping stone; give your best, and you shall succeed.

## Anish Kshirsagar

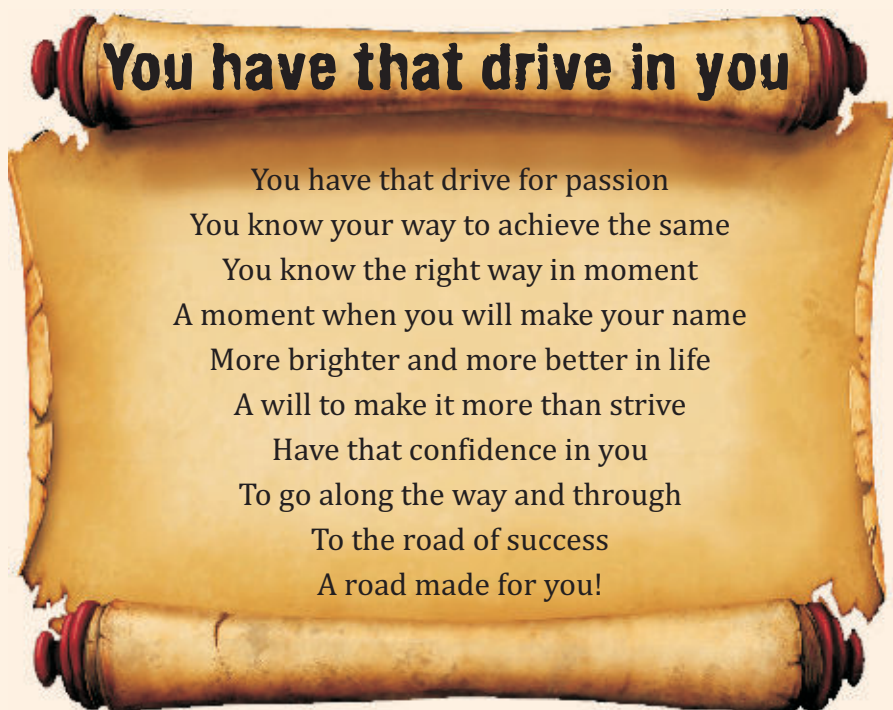


During my grade X, I had my online school from 11 am to 2 pm. I believe that time management is the key to success. I made my timetable considering a minimum of 5-6 hours of study besides school lectures, including 1 hour of study in the morning before school, 2 hours in the afternoon and 2-3 hours at night. Initially, I used to sleep by 10:30 pm, but during the Prelims, I used to study till around midnight. I ensured proper time slots for other activities like playing online games, yoga, cricket and watching T.V.

I tried to maintain a balance between studies and physical activities. I used to do 15-30 minutes of breathing and meditation in the morning to help increase my concentration in my studies.

I admit I did not keep myself away from social media completely, but I had strictly allocated 30-45 minutes for this and followed it sincerely.

My suggestions to my juniors are to plan their study schedule before the start of the academic year, study consistently and pay proper attention to their health and diet. Try to understand the concept and make their own notes. This 'mantra' will definitely lead them to success.





# Achievements

## Varun Savant

St. Vincent's takes great pride in Varun Savant's consecutive successes in the exams he appeared for soon after XII grade. He secured 96 percentiles in JEE Mains 2022 and cleared the NDA and the KVPY exam (Kishore Vaigyanik Protsahan Yojana). The NDA exam encompassed both academic knowledge as well as general. Having qualified, it bore the fruit of appearing for the SSB (Service Selection Board) interview, which assessed the overall personality, social skills and general awareness. The KVPY exam is particularly tricky and requires extensive knowledge of the subject. After clearing the KVPY exam, he qualified for the interview, based on which the scholarships to IISER and other research institutes are given. St. Vincent's wishes him good luck for his future endeavours.



## Arya Dhotre



*'The world is full of diamonds, and we have one of them in our school.'* The 12<sup>th</sup> of July, 2022 was a pleasant morning! The assembly was held in the Oesch Hall. The students of class III began the special assembly with an apt thought for the day, followed by a prayer and hymn. It was time to felicitate our young athlete, Arya Dhotre from Std. II D, for his outstanding performance in sports. At the tender age of seven, Arya created a World Record by running a distance of 10 km in 59 minutes. By setting this World Record, his name will be entered in 'The Book of World Record of Excellence'. Rev. Fr. Patekar felicitated Arya with a bouquet and congratulated him for being an inspiration to all. Hard work and perseverance truly pay off. Congratulations!



## Rajveer Mulik

Rajveer Mulik from Std. VIII represented St. Vincent's School at the District level and stood 4<sup>th</sup> qualifying for the State-level Soft Tennis Championship. Well done!



# BIFT - Bishop's Invitational Football Tournament

The students of St. Vincent's High School participated in the Bishop's Invitational Football Tournament from the 20<sup>th</sup> - 23<sup>rd</sup> of July 2022. In the Under-12 category, Pranav Motwani was the best player in the tournament. Vincent's team lifted the Runner-Up title. In the Under-17 category, Kevin Chatterjee was awarded the trophy for Top Scorer and Best Player of the tournament. Ayush Shewale received the Best Goalkeeper of the tournament award. The students in the Under-17 category were the Champions of the Tournament.

Under - 12



Under - 17





# Scholarship Examination

*In the words of Benjamin Franklin, 'An investment in knowledge pays the best interest.'*

The students at St. Vincent's High School participated wholeheartedly in the Scholarship Examination and did exceptionally well. They secured scholarships in the Pre-Upper Primary Scholarship Examination (Std. V) and the Pre-Secondary Scholarship Examination (Std. VIII), conducted by the Maharashtra State Exam Council, Pune, in August 2021.

## **The winner of the Pre-Secondary**

### **Scholarship Examination was:**

Devansh Anand Jaju

## **The winners of the Pre-Upper Primary**

### **Scholarship Examination were:**

Rugved Rajesh Dhumal

Akshat Sushil Mundada

Sharvin Nilesh Kadam

Soham Nilesh Mahadik



*The teacher in charge: Mr. P. Malik*



## Farewell Father Vikram

St. Vincent's management and staff bid farewell to the Vice Principal, Fr. Vikram Shingare, on the 10<sup>th</sup> of June 2022. Fr. Vikram spent four fruitful years at St. Vincent's High School. The farewell was a short and sweet ceremony. It began with a prayer by the Principal, Fr. Patekar, and the Parish Priest, Fr. Joe D'souza, delivered a speech. Fr. Vikram shared his experiences at St. Vincent's High School and thanked the Vincentian family for their support and cooperation during his tenure. The fraternity wished the best to Fr. Vikram for his new post and responsibilities at St. Xavier's School, Kolhapur.





# Towards a Fruitful Teaching Profession



The summer break for the staff of St. Vincent's culminated with a 2-day seminar conducted by Rev. **Fr. Norbert Menezes**, Rector of St. Michael's Jesuit Community School, and B.Ed. College, Patna, and the coordinator of Education for Patna Province. The seminar was held on the 10<sup>th</sup> and 11<sup>th</sup> of June 2022 at the Gulati Hall for the teachers of St. Vincent's High School and Junior College, Dnyanmata Vidyalaya, Sangamner, and St. Xavier's School, Vitthalwadi.

The main objectives of the seminar were to appreciate the Jesuit Legacy of Education, understand the teaching perspectives of NEP 2020 (New Education Policy), and learn how to become a fruitful Jesuit Educator.



The seminar commenced with a journey into the history of the Jesuit legacy, whereby Fr. Norbert Menezes took the teachers through all the milestones of Jesuit education. He reminded the teachers of *The Universal Apostolic Preferences* and the four Cs: *Conscience, Competence, Compassion, and Commitment*. Subsequently, Fr. Menezes delved into the social responsibility of being a Jesuit educator. He explained how teachers can ignite the love for learning and must be aware of the importance of reflection in life: Reflection in action, on an action, before an action, and beyond action. Educators must help students to examine their consciousness by practising gratitude, guidance, retrospection, seeking forgiveness, and looking forward to a better tomorrow.



The interactive seminar provided an opportunity for all teachers to discuss in groups and share their ideas on how to practise unbiased teaching and encourage sustainable development. The focal point of the discussions was to promote higher-order thinking skills among students, encourage them to maintain a personal journal, participate in group discussions, and share their observations, to name a few.



In conclusion, Fr. Menezes reiterated the global identifiers for Jesuit schools; A Universal Body with a Universal Mission. Jesuit schools believe in interreligious appreciation. They are committed to creating a safe and healthy environment for all, global citizenship, care for all creation, justice, being accessible to all, interculturality, human excellence, and lifelong learning.

After the refreshing and informative seminar, the teachers were motivated to tread the path meant for them and to carry forward the Jesuit legacy to create men and women for others.





## The Mass of the

## *Holy Spirit*

St. Vincent's school set foot in the new academic year in an extraordinary way by invoking God's choicest blessings on the staff and students. The Mass of the Holy Spirit was celebrated at St. Xavier's Church on the 16<sup>th</sup> of June 2022.

During this mass, everyone prayed for the guidance and blessing of the Holy Spirit on the Vincentian family. As part of his homily, the main celebrant, Fr. Agnelo Mascarenhas, Provincial of the Pune Jesuit Province, interacted with the seated congregation. He asked different questions to the students based on the Gospel that made them eager to listen and participate. Fr. Agnelo emphasized the miracles the Holy Spirit can perform in their lives. The celebration of the Eucharist was absolutely a spiritual experience.





# Inauguration of the St. Xavier's Nursery Section

The 16<sup>th</sup> of June 2022 will always be remembered as a red-letter day. On this day, the Nursery section of St. Xavier's Pre-Primary School, affiliated with St. Vincent's High School, was inaugurated by Fr. Agnelo Mascarenhas, the Provincial of the Pune Jesuits Province. The inauguration took place at the Gonzaga Hall, at the Nursery school premises. The staff of St. Vincent's High School and the executive members of VOBA (Vincentian Old Boys Association) and SVSV (St. Vincent's Sports Vision) were present for the inauguration.

It being an auspicious occasion, Fr. Agnelo, accompanied by our Principal Fr. Francis Patekar, was welcomed with a 'tika' on the forehead and a stole. Fr. Joe D'Souza, the Parish Priest of St. Xavier's Church, Fr. Tony, Fr. Valent, Fr. Vikram, Fr. Patrick, and Fr. Francis Lobo were also given a traditional welcome. Fr. Agnelo unveiled the foundation stone and broke a coconut, symbolising new beginnings. A meaningful prayer service invoking the blessings of the Almighty was conducted by the staff.

The ceremonious ribbon was cut at the hands of Fr. Agnelo Mascarenhas and Fr. Francis Patekar. The nursery building and the surrounding area was blessed by Fr. Agnelo Mascarenhas while the blessing hymn was sung. The ceremony ended with the Provincial giving a final blessing and a hymn sung by the staff of the Pre-Primary section to St. Francis Xavier, asking for his intercession. Snacks and refreshments were enjoyed by all as they admired the newly renovated bungalow, that is now, the Nursery School.









Yoga is a great practice for both the body and the mind. It offers peace and mindfulness to its lovers and helps them get through daily stress. Keeping this in mind and to enable the students to have a wholistic development of body and soul, Yoga Day was celebrated at St. Vincent's on the 21<sup>st</sup> of June 2022. Three standing, sleeping and sitting 'asanas', along with 'Surya namaskar' were performed by the students. Chief Officer Dr. Wilson Andrews conducted all the 'asanas', and CTO Ranil Gaikwad assisted. The NCC, Air wing, and Naval cadets participated in the asanas with great enthusiasm.

*Teacher in charge: Dr. W. Andrews*

# Yoga Day



## International Yoga Day



*"Yoga is the golden key that unlocks the door to peace, tranquillity, and joy. It is a light that once lit will never dim. The better your practice the brighter the flame."*

These were the words of the world-renowned yoga practitioner, the late B.K.S Iyengar on the discipline that benefitted the whole world. In today's fast-paced life, people are a part of this so-called 'rat race', forgetting to take care of themselves. This is where yoga comes into play by helping one relax and giving them a sense of calm. With this intention, St. Vincent's Primary Section celebrated International Yoga Day on the 21<sup>st</sup> of June by introducing the students to basic yoga *asanas* and breathing *pranayamas*.

The session was well-planned and executed by the instructor, Chantelle Cabral. Children learnt a few *asanas*, such as *Tadasana* (the mountain pose), *Vrikshasana* (the tree pose), and *Shavasana*, to name a few. Besides these, the students were also introduced to a few breathing techniques, i.e. *pranayamas*, for awareness and relaxation.

The half-hour session helped the students to understand the many benefits of yoga. It is right to say that one must begin their day with yoga and experience wonders as the day unfolds. Let us take a pledge to attain the good health of the mind and body!





## Orientation for the parents of **St. Xavier's Nursery**

The orientation was held on the 27<sup>th</sup> of June 2022 at the St. Vincent's High School - Gulati Hall at 9: 30 a.m. The meeting began with the Principal, Fr. Francis Patekar, leading the prayer, asking for the blessings and guidance of God Almighty on the little boys, their parents and the staff.

After introducing the Staff, the Principal reminded the parents to be mindful of the dangers of electronic devices. He encouraged parents to let the boys have a natural learning experience, so that their little minds are free to think for themselves. He reiterated the importance regarding the safety and growth of their children. He stressed on the core values and principles that should be inculcated in the children that would stay on with them as they grow into 'Men of Character'.

Mrs. DeSales gave a brief outline of the system that would be followed in the Nursery. She shared some important instructions to be kept in mind and followed during the course of the academic year. She requested the parents to encourage and motivate their children so as to enable them to grow into confident little boys. Each child is unique and their uniqueness must be nurtured positively. She reminded the parents that together they would help the boys to grow, ready to 'Dare, Do and Win'.

To help the children adjust to the new environment at school, the parents were encouraged to accompany them for an hour during the initial days of school.







## Orientation Day for Std. XII

25<sup>th</sup> June 2022, a bright summer morning, marked the day for the XII graders at St. Vincent's Jr. College for their yearly orientation; a day of learning, meditation, and introspection.

Led by Fr. Francis Lobo at Gulati Hall, there were two main themes of the orientation: the choices one makes in their life, and the effects of peer pressure on a person's decisions.

The event began at 9:30 am sharp when the students were greeted by Fr. Lobo's warm and joyous presence. After a short prayer, the students watched a video that required personal introspection. They were reminded to keep the fire of determination and perseverance burning in their hearts, no matter the hardships in life.

Under Fr. Lobo's guidance, the students learnt to steer their minds toward the right path to success. He pointed out that the good influences in life like parents and teachers are as present and evident as the so-called "devils" of distraction, and the final decision regarding which one to listen to lies with no one but themselves. He elaborated further through a simple game: a few blindfolded students had to make their way from one end of the hall to the other. One set of students placed obstacles in their paths to prevent the blindfolded students from crossing, while another set of students was steering the blindfolded ones by calling out instructions and directions.

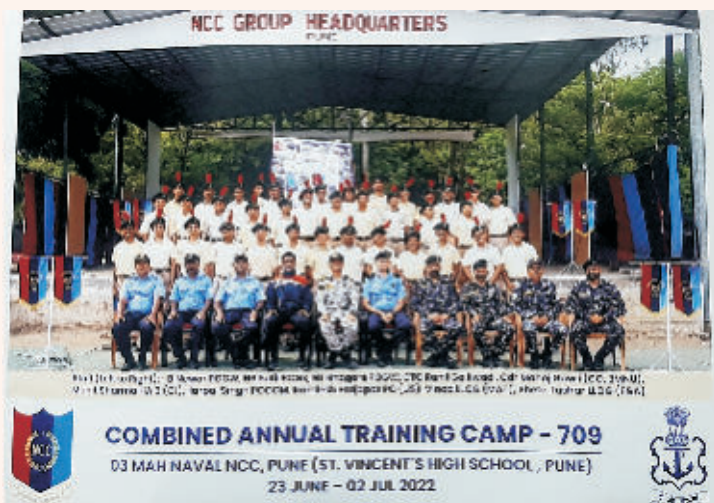
After the game was over, Father explained the deeper meaning behind the game: the blindfolded students represented each student on their path of life: fully capable, yet blind to their future and the trials it holds. The obstacles represented the real and present dangers in life, and the guiding students represented the near and dear ones to whom the dangerous path is evident, yet, they cannot do anything else but guide the young students, for they need to tread their path all by themselves.

After a short break, the students were shown the power of their determination through a second game. Briefly recalling the day's experiences and take away, the students took part in a short fun quiz to conclude the day. At 12:30 pm the students dispersed with a better perspective of their lives and clarity on the choices they needed to make.





# NCC Navy Camp



The NCC Navy Camp was held from the 23<sup>rd</sup> of June to the 2<sup>nd</sup> of July 2022 at the NCC headquarters, Pune. A total of five schools from Maharashtra participated in this camp. Thirty-eight cadets from St. Vincent's attended this camp.

The camp had a packed schedule to keep the cadets on their feet. Cadets experienced a healthy blend of physical training, theoretical lectures, cultural activities and sports. They had to abide by strict rules.

The schools participated in various activities and competitions during the camp. St. Vincent's bagged the winner's trophy in the Tug of war. In the firing competition, Sushrut Shukla from St. Vincent's won a bronze medal.

*The teacher in charge : Mr. Ranil Gaikwad*



Sushrut Shukla



## Orientation for the Parents of Std. X



An orientation programme was organised for the parents of Std. X students, on the 30<sup>th</sup> of June 2022, at 9 am in the Gulati Hall. The Principal, Rev. Fr. Patekar addressed the parents about the need to spend quality time with their children during this crucial year. He emphasized that the school and the parents must work together to bring out the best in the children. The parents and the teachers must guide and monitor the students and help them realize their dream and live up to the school motto to 'Dare, Do and Win'. The meeting culminated at 9.30 am.



A board game activity was conducted on the 1<sup>st</sup> of July 2022 for the students of Standard I – IV where the children got a board game of their choice to play with their classmates in their respective classrooms. The Primary classrooms were filled with laughter, noise, and cheer during that afternoon as the boys enthusiastically played, taught, and shared their games such as Ludo, Snakes and Ladders, Chess and Checkers, Sequel, Monopoly, Scrabble, Business, Puzzles, etc. The motive of this activity was to learn the skill and importance of fair play, the desire to win, and also to accept defeat gracefully.

## A Board Game Activity



## Ignatian Spirituality - A way to inner peace

The Jesuit community conducted three seminars on the 2<sup>nd</sup> of July, 14<sup>th</sup> and 28<sup>th</sup> of August 2022 at Sanjeevan Ashram about Ignatian Spirituality – a way to inner peace. The staff of St. Vincent's High School and Junior College attended this seminar conducted by Fr. Luke and Br. Thomas from the Mumbai Jesuit Province. Both speakers blended well and were successful in their attempt at ways to practise inner peace. Peace of mind generally is a homeostatic psychological state which results in the optimal functioning of the mind. The seminar emphasized this pivotal need for teachers to bring awareness to students who live in a stressful world. It was an eye-opener to many of the teaching fraternity on the simple yet effective ways to inner peace. The methodology of the Ignatian Spirituality helped all to feel more positive emotions, improve their health and deal with adversity differently. The seminar ended with the celebration of the Eucharist. A token of gratitude was expressed for all the efforts rendered by the Jesuit Community.





## Orientation of Self-Discovery for Std. IX

**'You were born to shine; don't ever let anyone steal your light.'**

On the 8<sup>th</sup> of July, the students of Std. IX experienced a true inner discovery of themselves in an Orientation in St. Vincent's High School organised by Father Lawrence. The theme was – **'Becoming a Shining Star on Earth'**. The session emphasized the achievement of true success through education. The students gained insight into how self-esteem and self-confidence are the pillars of an individual's personality. One's attitude and mindset can change their outlook towards life. Father Lawrence explained practically through games the importance of self-discovery. The orientation ended with each student rediscovering their self-esteem and realising that each one is a brightly shining star- an ordinary person doing extraordinary things.



## The NCC Air Wing Camp



St. Vincent's High School boys from class IX (Second Year) attended an NCC **Combined Annual Training Camp** from the 4<sup>th</sup> of July to the 13<sup>th</sup> of July, 2022. The camp comprised an early morning health run, a parade, nutritious meals and lots more. Besides this, cadets took aeromodelling classes where they used balsa wood and principles of flight to make a model aeroplane that flies.

Some other highlights of the camp were rifle shooting and a visit to the FTII (Film and Television Institute of India,) where cadets learnt about how movies are made. On the last day of the camp, various cultural activities were organised, like singing and dancing. Games like volleyball and tug of war were part of sports competitions. St. Vincent's Air Wing boys won the trophy for the Champions of Volleyball.

*Teacher in-charge : Dr. W. Andrews*





*"A leader is one who knows the way, goes the way, and shows the way" - John C. Maxwell*

The Prefect Investiture Ceremony was held at the Gulati Hall of St. Vincent's High School and Junior College on the 7<sup>th</sup> of July 2022 in two sessions for Std. VIII to XII at 10:00 am and for Std. V to VII at 11:30 am. The theme for the occasion was 'Courage to Lead'.

The programme commenced with the lighting of the lamp and invoking God's blessings and guidance through a short prayer service. The Principal, Rev. Fr. Francis Patekar along with Vice Principal Rev. Fr. Raja did the honours of pinning the badges on the stalwart prefect community, where they pledged their loyalty, sincerity, and commitment to the school and all it stands for. They promised to do the duties entrusted to them to the best of their ability.

The ceremony concluded with a speech by the Head Boy Master Nevan D'gama, in which he expressed that being the Head Boy is not just a position, but it is to lead by example through which all the prefects can make a difference. It is to bring about a change by collaborating to achieve the best for the school. To use and not misuse the power invested in them. He encouraged all the prefects to act in unison to keep St. Vincent's flag flying high. The Vote of Thanks was proposed by the Assistant Head Girl Miss Anushka Parulkar followed by the school anthem. The musical accompanists throughout the programme were Noel Furtado on the keyboard alongside Jace D'souza on the violin.







*"If you want to shine like the sun; first, burn like the sun". - Dr. A. P.J. Kalam.*

The Prefect Investiture Ceremony of the Primary Section was held on the 8<sup>th</sup> of July 2022, and the theme for this year's ceremony was, '**Let Your Light Shine**'.

The day brought in a lot of excitement and good cheer as the students of Std. III and IV were eagerly waiting for the junior prefects to take the oath in the presence of their parents, the staff, and their classmates. The junior prefect ceremony has always been the most solemn ceremony of the year and it began with the guard of honour. Like true Vincentians, the boys marched with great poise and escorted the Principal, Vice Principal, and Supervisor into the hall. The ceremony began with the lighting of the lamp that signified the dispelling of darkness and spreading the goodness of light to all those present.

The most awaited moment was when the prefects took the stage while the primary choir melodiously sang the song, 'We are Marching in the Light of God'. Everyone was then led into prayer invoking God's blessings on the junior prefects. It was then time for the young leaders to take the oath – an oath to lead, to be empathetic, to shoulder responsibilities and to make the Vincent's torch burn brighter. The Principal, Rev. Fr. Patekar congratulated and addressed the newly elected prefects with words of encouragement. The ceremony ended with a meaningful song, 'This Little Light of Mine', as a message that our prefects will be beacons of discipline, leadership, and camaraderie.





## G. K. Quiz



A General Knowledge Quiz was organized for standards V - VIII on 12<sup>th</sup> and 13<sup>th</sup> July 2022. The quiz had various rounds like History, Science, Current Affairs, Geography and Audio Visual. The highlight of both the quizzes was the buzzer round and the rapid-fire round. There was also an audience round in which the audience eagerly participated. It was a nail-biting competition as the margin of error was low. The teachers in charge were Mrs. N. Dias, Mrs. S. Anthony, Mrs. R. Singh and Ms. L. Aadhav. The quiz was conducted by Vivaan Malpani, Ishaan Thadikaren, and Neil Joshi from grade X.

**The winners are as follows:**

### **V and VI**

**First place** - Nathan Anthony - V C, Ayush Nair - VI C

**Second place** - Samyak Bhandari - V B, Aarav Agarwal - VI B

### **VII and VIII**

**First place** - Darsh Agarwal - VII A, Saiharshit Mergu - VIII A

**Second place** - Sameet Khivansara VII B, Vikrant Mulay - VIII B







## The Test of Knowledge and Wits

Quiz competitions have always been an exciting activity for students to build a healthy competitive environment and encourage students to be informative. The Math and Science Quiz organized on the 19<sup>th</sup> of July 2022, was a 4-stage competition covering areas of Science and Math. A total of four teams participated, with four members from classes IX and X. The quiz masters were Nevan D'gama and Adrian Martin.

The first round of the competition involved mathematical questions to test the logical reasoning of the participants. In the second round, each team had to answer two questions for 10 points each which were Chemistry based questions. The third round was a challenge to the participants, as it was based on different areas of science and math. The fourth and final round was a Rapid-Fire round in which each team had 30 seconds to answer as many questions as they could. The winners were awarded a trophy and certificates. All in all, the Inter-Class Quiz Competition was a huge success, with the participants answering with great enthusiasm.

The winners of the competition are:

### Std. IX:

Aditya Vaz – IX D

Neelkanth Kedari– IX D

### Std. X:

Shrenik Kothari- X D

Naman Chordiya - X D

*The teachers in charge: Mrs. S. Gurung and Mr. Z. Shaikh*

## Hindi Storytelling Competition



The Hindi Story Telling Competition was conducted for Std. VII and VIII on the 22<sup>nd</sup> of July 2022 in the Gulati Hall. This competition aimed at encouraging the students to speak Hindi and to improve their language skills. The students narrated a story in Hindi and participated enthusiastically. The winners were awarded a certificate and a book.

### *The winners of Std. VII*

1<sup>st</sup> place - Kaushal Kirad (VII D)

2<sup>nd</sup> place - Sameet Khinvasara (VII B)

3<sup>rd</sup> place - Ruturaj Kale (VII D)

### *The winners of Std. VIII*

1<sup>st</sup> place - Ishaan Lokhande (VIII B)

2<sup>nd</sup> place - Atharva Lohar (VIII C)

3<sup>rd</sup> place - Lakshit Patel (VIII D)

*The teachers in charge: Mrs. S. Peters and Mr. P. Malik*



**T**he feast of St. Ignatius of Loyola was celebrated with great enthusiasm at St. Vincent's. This year was very special, as it marked the closing of the **Ignatian Year** - a year to commemorate the **500<sup>th</sup> Anniversary** of an experience that transformed Ignatius of Loyola forever. To observe this great event, many competitions were organised in school right from the 18<sup>th</sup> of July to the 22<sup>nd</sup> of July 2022. Students from Std. V to Std. XII participated enthusiastically in the various events arranged just for them. It was wonderful to watch them learn so much about this great Saint through the different competitions.

A special assembly was held on the 29<sup>th</sup> of July 2022, through which the children learnt about the Canon ball moment that changed the life of St. Ignatius. On the 30<sup>th</sup> of July, a special session was organised for the students of Classes X and XII, as well as for the students of Loyola High School and the youth of St. Xavier's Church. A detailed input on the life of St Ignatius was given by Fr. Doni. Fr. Francis Lobo and Fr. Jesus Raja conducted some lively, fun-filled sessions.

At 2.30 pm, the students proceeded to St. Xavier's Church for an interactive session with the Jesuits who work in different fields to bring about a change in society. The day culminated with the Feast Mass at 3.30 pm. The theme of the mass was 'From Sinner to Saint.' The main celebrant of the mass was Bishop Thomas Dabre. The Provincial, Fr. Agnelo Mascarenhas, was the concelebrant. The Jesuits from the Pune Province gathered in large numbers to be a part of this Eucharistic celebration. In his homily, the Bishop spoke at length about the canon ball moment that transformed the life of St. Ignatius, and how we too experience this moment that brings about a change in our lives. He stressed the need for us to see all things new in Christ. During the mass, the staff and the students prayed for the well-being of all the Jesuits who work tirelessly to make a difference in society. The mass was a beautiful way to conclude this wonderful year-long celebration.

## The Feast of St. Ignatius of Loyola









## Pre-Primary Colour Day

### Green Day

The students of the Pre-Primary section celebrated Colour Day on the 20<sup>th</sup> of July 2022. Taking the ongoing monsoons into consideration, the colour picked was green. Students of both the UKG and LKG came dressed in green coloured t-shirts teamed with their school shorts, socks and shoes. The students of the UKG actively and enthusiastically participated in different craft activities organised, keeping in mind the green theme. They made caterpillars, coconut trees, grape bunches, peacocks and turtles using various materials like paper plates, glaze papers, *bindis* and googly eyes.

The LKG students also participated in the Green Day activity by colouring various pictures like dinosaurs, trees, turtles, parrots and green fruits like custard apples, watermelons and guavas.

The teachers creatively decorated the notice boards in the main hallway and the individual classrooms. The artwork done by the students was displayed in their respective classrooms.

Green Day was indeed a day of fun, with lots of creative learning for all the little students.





# Kargil Vijay Diwas



The cadets of St. Vincent's High School took pride in celebrating Kargil Vijay Divas on the 26<sup>th</sup> of July 2022. Cadet Parth Patel welcomed the Guest of honour, Petty officer Basanta Newar, the Principal, Fr. Patekar, and the Vice Principal, Fr. Raja. The Principal felicitated the guest-of-honour, after which Cadet Neil Varghese briefed the students on the importance of the day. Petty officer Basanta Newar gave an encouraging speech to the cadets. As a mark of respect for the martyrs of the Kargil war, the cadets then stood in silence. Fr. Patekar prayed for the nation and its soldiers. Cadet Parth Patil gave the vote of thanks. It was a wonderful way to pay due respect to all our unsung heroes who work tirelessly to protect the country.

*The teacher in charge: Dr. W. Andrews*

Kargil Vijay Diwas which is celebrated on the 26<sup>th</sup> of July, is a very important day for the Indian Army. On this day, in 1999, India had won against the Pakistani forces along the mountain tops of the northern Kargil district in Ladakh. This day is celebrated all over India. Every year in the national capital- New Delhi, the P. M. of India pays homage to the soldiers at Amar Jawan Jyoti at the India Gate. As cadets of the NCC, it is mandatory to celebrate this historical occasion. As soon as the assembly was over, all the army cadets lined up and headed towards the A.V. room. The cadets stood up to take the oath led by CPL. Kevin Dias. It was followed by the national anthem. To explain the importance of this day, a PPT was presented. The cadets were filled with a sense of pride and love for the country. Photographs were clicked and sent to the NCC headquarters, Pune. On this day, due respect was given to all the soldiers who have laid down their lives for our motherland.

**JAI HIND!**

*The teacher in charge: Mr. P. Munswami*



# Talent Competition

*"Every artist was first an amateur." – Ralph Waldo Emerson*

A Talent Show Competition was organised on the 22<sup>nd</sup> of July 2022 for the Primary students of Std. I to Std. IV. The main reason behind organising this competition was to nurture the intrinsic qualities and talents of the students. Spontaneity and confidence were the hallmarks of this competition. Students exhibited their talent in various categories like singing and playing musical instruments, dancing, mimicry etc.

The winners of the competition were:

**Std. I** - Archie Agarwal, Rajveer Mane and Vinayak Kanwar

**Std. II** - Harsh Kesharwani, Kabir Taware, Aaron Silva and Diyaan Patel

**Std. III** - Raphael Furtado, Ashton Henriques and Daksh Narang

**Std. IV** - Omkar Sinha, Arjun Kholgade and Kshaunish Joshi

The competition culminated with the distribution of certificates to the winners which was followed by the vote of thanks.



## Marathi Speech Competition

On the 5<sup>th</sup> of August 2022, a Marathi Speech Competition was conducted for the students of Std. IX and X. The judges were Ex-Vincentians: Mr. Purvang Shah and Mr. Sumit Pagar. The participants spoke with confidence on various topics as they presented their ideas. They used quotes and poems to enhance their speeches and sought to create awareness about social problems among the students.

The judges appreciated the confidence of the speakers and the quality of their speeches. They reminisced about their school days and encouraged all the students to participate in such competitions. One of the judges remarked that having the courage to speak in front of an audience is a great achievement in itself.

The students thoroughly enjoyed the experience and were looking forward to more events in the future.

**The winners of the competition are:**

**Std. IX:**

1. Neelkanth Kedari- IX D
2. Ojas Sonawane- IX B
- Shreyas Bartakke- IX C

**Std X:**

1. Arya Thopte- XD
2. Solomon Sathe- XC
- Agneya Tambe- XD

*The teachers in charge: Mrs. I. Egawe  
and Mrs. S. D'Cunha*





# Pre-Primary GRANDPARENTS DAY

Grandparents Day is celebrated on 26<sup>th</sup> July, the feast day of Saint Anne and Saint Joachim, the parents of Mother Mary, the mother of Jesus Christ. Grandparents are the foundation of every family, the keepers of family traditions and the stalwarts of family legacies. The staff and students of the Pre-Primary celebrated Grandparents Day with great enthusiasm. All the students assembled at the Gulati Hall along with their grandparents for a special celebration on the 26<sup>th</sup> of July 2022. The students sang two special songs for the grandparents to express their love and affection. Several spot prizes, games and dance activities were organized for everyone. It was wonderful to see the enthusiastic participation from all the grandparents and the Pre-Primary boys. With their energetic dancing and participation, the grandparents proved that age is just a number. There were also a few grandparents who recited poems that they themselves had written. They expressed their heartfelt gratitude to the management and staff of St. Xavier's Pre-Primary School for organizing this fun-filled day. As a token of love, each boy presented a handmade card to his grandparents.





# *Grand Celebrations at* **St. Vincent's** *on the* **75<sup>th</sup> Independence Day**

The students of the Pre-Primary Section, both UKG and LKG celebrated Independence Day on the 12<sup>th</sup> of August, 2022. They enthusiastically participated in art activities organized in class, which involved decorating the map of India and the Indian flag, using their own creativity. The boys decorated these items in traditional tri-colours using various materials like crayons, glitter, wool, colourful cotton balls, food grains and crushed craft paper. All their art work was put on display in the classrooms as well as on the notice board in the main hallway. The students also participated in singing the patriotic song 'Hum Honge Kamyab', which was taught to all the classes as a part of their music class.



The Independence Day was celebrated at St. Xavier's Nursery, with a lot of enthusiasm by the children, parents and teachers. The children came dressed as National leaders, freedom fighters, Indian soldiers or in traditional Indian attire, to commemorate the 75<sup>th</sup> Independence Day of India.

A few patriotic songs like 'Hum Honge Kamyab', 'Nanhe Munne Bachche' were played in class. The children made individual flags decorated with crushed paper balls. They also made an enormous flag with their palm prints on it. The parents sent tri-colour snacks in their tiffins in keeping with the theme.







After a week of preparations, the entire school was decorated in tricolours. A rally of the NCC Wing on the streets of Camp area brought about an awareness of the glorious liberation back in 1947 through banners and slogans on the eve of Independence Day. On the 15<sup>th</sup> of August at 07:30 am, the flag was hoisted by the Principal Rev. Fr. Patekar. The Brass band played the National Anthem. The Principal then took the pledge with the entire school, after which he prayed for our country, followed by speeches in English and Hindi and a melodious rendition of Hindi patriotic songs by the Junior College choir. Finally, the Head Boy, Nevan D'gama, delivered the vote of thanks. The event was hosted by the Assistant Head Boy, Adrian Martin. The celebration was a grand success.





# An adventurous day in Imagicaa



After a gap of two years, the students of grade XII got to experience their class picnic on the 19<sup>th</sup> of August at Imagicaa, a theme park in Khapoli. Students gathered on the school ground early morning at 7 am to board their respective buses. The bus ride was a small picnic within itself. Everyone danced, sang along to their favourite songs, ate breakfast and had a fabulous time. They arrived at their destination at 10 am, welcomed by heavy rains. But that could not deter their spirits in any way. Everyone enjoyed the constant downpour along with the numerous adventure rides, such as “The scream machine”, “Deep Space”, and “The Rajasaurus”. The students also enjoyed playing games like shooting balloons with dart guns, ring toss, etc. All the dare masters waited long to get on the ride “Dare to drop”.

After building a good appetite during the rides, the students devoured the delicious meal after a tiring day. Imagicaa offers a plethora of exciting activities for everyone. After a few more hours of fun and games, the students gathered at the exit gate of the park. The teachers took attendance of the students to ensure no one was left behind.

The students and teachers left the park at 6 pm and embarked on a quiet ride home after spending an eventful and memorable day with their friends.





# A Trip to Imagicaa



After sitting at home for the past two years, the very word 'picnic' created great excitement among the students of Class X. The students were patiently waiting for this great day of extraordinary fun, immense joy, and thrill. They experienced it all at Imagicaa Theme Park this year. The departure from school was at 8:00 in the morning. During the enjoyable journey, they served samosas and sandwiches. When they reached the theme park at about 10:30am, they were given entry passes and a bright pink wrist band. The first ride that most experienced was the Nitro roller coaster. The scared faces of many quickly turned into thrilled expressions after feeling the air on their faces at 105km/hr. Before lunch, rides such as Scream Machine, Gold Rush, Dare 2 Drop and Splash Ahoy were exciting experiences which were thoroughly enjoyed. At 12:30pm, a scrumptious meal of Pav Bhaji and Fried Rice was served which was relished by the ravenous boys. This was topped by an ice cream pop. During the second half of the day, the popular attractions included Deep Space, I for India, and Salimgarh. At 4:00 in the evening, the students were summoned to their buses, and they departed at 5:00pm. On the bus, the exhausted children were given some mango juice, burgers and choco pies. The buses reached the gates of St. Vincent's long after sunset. It was an exhilarating, fun-filled, adrenaline-packed day which both the students and teachers thoroughly enjoyed.



## Inter-school Elocution Competition



S.P.M. English School, in Sadashiv Peth, conducted their 25<sup>th</sup> Inter-school Elocution Competition *Marcus Cato* on the 23<sup>rd</sup> of August 2022. A total of 11 schools participated. Entries to this competition were open to the students of Std. IX and X. The children had to speak on the topic- *What does freedom mean to me?*

Aditya Vaz and Toshaan Banerjee represented St. Vincent 's High School. The competition began at 1.00 pm. The students from different schools delivered their speeches with great confidence. It was fascinating to know what freedom means to the present generation of young India. It was a mammoth task for the judges to select the winners, as each student had a different perspective on freedom, and they expressed their views to perfection. It was an afternoon well spent, and the students had a treasure of memories to take home.

*Teacher in charge: Mrs. S. Gurung*

## English Group Elocution Competition

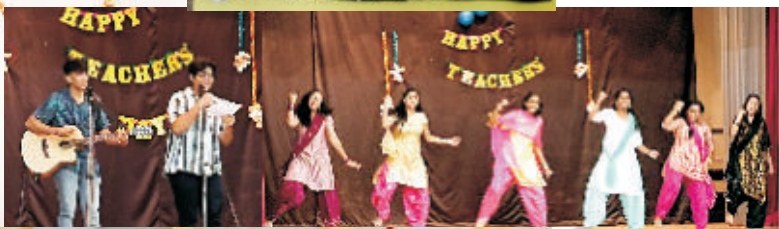
**'Poetry is a gateway to develop the aesthetic sense.'**

An English group elocution competition was held on the 24<sup>th</sup> of August 2022 for Std. VII and VIII, in the Gulati Hall. The students had a golden opportunity to recite a poem as a group. A wide range of poems had been selected for the competition. The excellence with which each class recited their poem exhibited the students' skill in memorising and in delivering their selected pieces with confidence. The judges were thoroughly impressed, and the audience enjoyed the great experience. The winners were Std. VII B and Std. VIII A. Surely, the enthusiasm with which the students presented every poem was worth applauding!

*Teachers incharge : Mrs. J. Joy and Mrs. T. Lobo*







Teaching is a noble profession that shapes the character, calibre, and future of a student. Every teacher manifests genuine enthusiasm and pride in teaching. On the 5<sup>th</sup> of September 2022, the students of grade XII organised the Teachers' Day Programme for the teachers of St. Vincent's High School and Junior College.

The celebrations began in the morning with a special assembly held at the school quadrangle to honour the teachers. The students expressed an 'atomic explosion of love' towards their teachers and presented them with a spiritual bouquet of prayers, blessings, graces and a special outpouring of the Holy Spirit.

The students remarked that the teachers are a stellar cast, and each is 'A Pearl of Great Price'. They wished every teacher "Shalom" - an integral whole- of mind, body and soul. The choir rendered the hymns, 'O May the Son of God Enfold You' and 'The Lord will bless you'. The assembly majorly emphasised the importance of teachers in a student's life and how they help the students to unlock their true potential. There could have been no better start to a special day than by receiving God's choicest blessings and listening to the heartfelt renditions of the choir. After the assembly, the teachers went to their respective classrooms, where their students wished them.

To continue the celebrations, another event was planned for all the teachers in the Gulati Hall. The students of Std. XII put up many bewitching stage performances such as Bollywood mashups, beatboxing, jive and a joyous mixture of evergreen Bollywood songs. After watching the hypnotising performances, it was the teachers' turn to play a few games such as musical chairs and treasure hunt. Nothing is more joyous than a pleasant surprise every once in a while. That's why there are spot prizes! Numerous teachers won the spot prizes, and they were delighted.

The cherry on the cake was the students' request to all the teachers to come up on the dance floor, which they did wholeheartedly. The program concluded with the Head boy Master Nevan D'gama delivering the vote of thanks. He sincerely thanked all the teachers for their dedication and passion for teaching.

After such an eventful afternoon, it was natural that everyone had built up a good appetite. Father Kenneth Misquitta said the Grace before the meal. Everyone then enjoyed the scrumptious banquet.

After a gap of two years owing to the lockdown, the Teachers' Day celebration was long overdue. The teachers thanked and commended the students for their zealous efforts in making their day enjoyable and memorable.



## Internship Programme at St. Vincent's Junior College



On the 25<sup>th</sup> of August, a Book Fair was organised by the Interns of St. Vincent's Junior College Commerce section; an opportunity provided by Scholastic India. The event was held in the Oesch Hall from 8:30 am till 1:00 pm. A total of eleven students participated in this event: Shivang Lala (Group Leader), Jiya Nair (Assistant Leader), Zaara Memon, Adley D'souza, Hasmith Nahar, Veeha Dhere, Alston Joseph, Riya Gandhi, Krutika Dave, Husain Manasawala, and Abner D'souza.

The interns conducted a few activities before the actual fair to promote their event among the students by making it more interactive and engaging. These included a colouring event on 17<sup>th</sup> August for the Primary Section and a poster-making competition on the 23<sup>rd</sup>-24<sup>th</sup> of August for the Secondary students. To intensify the reverberance of the Book Fair, they included games, such as 'Guess Who??' and 'Lucky Draw'. They also arranged a Graffiti wall where students and parents could write their feedback. The highlight of the book fair was a Doremon mascot that enchanted the younger students.

This Internship benefitted the students to gain vast knowledge about various things outside their subjective books. They learnt how to implement new and improved skills under professional guidance. It was a wholesome experience rendering a sense of professionalism.

*Teachers in charge: Mrs. N. Irani and Ms. S. D'souza*





# A Scout Camp at Andharban



A Scout Camp was organised from the 10<sup>th</sup> - 12<sup>th</sup> of September 2022 for students of standards VIII and IX at the Andharban Campsite near Tamhini Ghat. This adventurous camp was arranged by Mr. Melvyn Mascarenhas and Mr. Vikrant Gaud (Scout Masters) and some Ex-Vincentians (Assistant Scout Masters - ASM) who accompanied them.

44 Scouts assembled in the school on 10<sup>th</sup> September at 6:30 am and left for the campsite by bus. The scouts reached their destination at 10:20 am. During the 3 days of the camp, the scouts enjoyed various activities such as learning about different knots and their uses in real life, pitching tents, playing a lot of games between the patrols, not to mention the scenic hike. During the campfire, the 8 patrols performed various skits and acts. The ASMs also got to display their talent. This camp was held after two long years and was a great success. All the scouts had a wonderful time and were looking forward to more such challenging camps in the future.

*Teacher in charge: Mr. V. Gaikwad*





# National Sports Day of India

on 29<sup>th</sup> August, the birth anniversary

St. Xavier's Pre-Primary school celebrated National Sports Day with great fervour on the 25<sup>th</sup> of August 2022 with the students and their families. A fun sports fair was organized at The Gulati Hall in two batches for the UKG and LKG separately. The students and parents of the UKG attended this event from 8:30 am to 11:00 am, while the LKG batch attended the event from 11:15 am to 1:00 pm. The event was inaugurated by the Principal Rev. Fr. Francis Patekar in a traditional ribbon-cutting ceremony.

The sports fair had a variety of games for both the students and the parents, such as Hopscotch, Basketball, Hockey shootout, Car Racing, Break the Pyramid, Bowling, Fishing the Bottle, Roller Coaster and Ring Toss. There were snack counters outside the hall, which sold tasty treats like cupcakes, sandwiches, bhel, cream rolls, puff pastries, juice and tea. There was great energy and enthusiasm in everyone throughout the sports fair. All the young students and their families had an exciting and memorable time at the event.





# Celebrated at St. Vincent's

## of hockey legend Major Dhyan Chand Singh

A sports event was organized on the 29<sup>th</sup> and 30<sup>th</sup> of August for the students of the Primary Section. The main objective was to promote sportsmanship among the students. The event was inaugurated by our Vice Principal, Reverend Fr. Raja.

The Gulati Hall was filled with the sweet sound of laughter of the little ones as they participated enthusiastically in different sports activities like Hockey, Football and Handball shootout. The children also enjoyed games like Holding the Brick, Fishing the Bottle, Broad Jumping, Hopscotch, Breaking the Pyramid, Car Racing and many more. There was excitement in the air as the children played all the games and won many prizes. To add to the excitement there were food stalls with all their favourite snacks and drinks. Every child went back to class with a smile on his face and a wish on his lips that more events like these should be organised, where all children can enjoy and have loads of fun.





## English Elocution Competition



The English Elocution Competition was held on the 1<sup>st</sup> of September, 2022 in the Gulati Hall for the students of Std. V and Std. VI. The Chief Guests for this competition were Mrs. Hazel Faria and Mrs. Susan Rodrigues. Each class selected a wonderful poem, which they presented confidently. After all the astounding performances, the English Elocution Competition ended with a vote of thanks.

The winners of the competition were:

Std. V D and Std. VI A

*The teachers in charge-*

*Mrs. M. Mascarenhas and Ms. V. Vaz*



The VOBA organised a seminar for the Commerce students on the 22<sup>nd</sup> of July, 2022. The guest speakers, Mr. Porus Navale and Mr. Bakir Cherawala addressed the students about career options after class XII.

Mr. Porus Navale from the batch of 2013, who has completed his B. Com. from the BMCC and a Chartered Accountant by profession, gave real-world insights into various fields available. Students posed queries relating to government jobs such as IPS or IAS. They then realized the spectrum of opportunities open to them.

The second speaker, Mr. Bakir Cherawala, an ex-Vincentian, and a member of the Institute of the Chartered Accountants of India (ICAI), mentioned the privileges students enjoy as Vincentians and the amount of goodwill attached to it. The seminar ended with a question-and-answer session, and all the students were motivated to work harder for the boards and their entrance exams.

## A Seminar for the Commerce Students







# Youth Language Camp



A Youth Camp was organized by the Goethe Institute, Pune, and PASCH from the 19<sup>th</sup> - 21<sup>st</sup> of August 2022 **at the Nisarg Resort, Kolhapur**. The camp comprised 24 students from different Junior Colleges in Pune. The main objective of the 3-day all-inclusive camp was to introduce students to the cultural aspects of Germany, such as customs and traditions.

After a selection process, the German teacher, Ms. Manila Williams, finalized three students from the Junior College- Shivang Lala, Pratham Mantri and Sarvesh Alkonda. The students were accompanied by Ms. Andrea Walter, PASCH South Asia Head, Ms. Shivali Gore, PASCH BOD Project Manager, and Ms. Naina Pawar, PASCH BOD Project Coordinator.

The students had an opportunity to discuss various topics, such as the impact of social media on the youth. They also learnt about German culture and many German songs. With dancing, singing and interactions galore, Pasch camps offer a unique learning experience for the participants. All the students received a certificate of participation.

- Teacher incharge: Ms. Manila Williams

## Youth Camp to Panchgani by Goethe Institute

PASCH and Goethe Institute, Pune, organised a youth camp in Panchgani from 23<sup>rd</sup> - 25<sup>th</sup> July 2022. Ishaan Thadikaren and Parth Varma from St. Vincent's High School participated in the camp.

All the participants gathered at Max-Mueller Bhavan at 6.00 am on D-day, received a Goethe Institute umbrella and cap and journeyed to Hotel Prospect, Panchgani, by bus. The weather was highly misty, rainy and foggy, which was hardly a deterrent to the enthusiasm of all the participants.

PASCH project manager Ms. Shivali Gore and Coordinator Ms. Naina Pawar arranged many activities for the students. The participants were divided into two groups to ensure even participation. Their creativity was encouraged in almost all the activities, such as choreographing a German song. The highlight of the camp was a Treasure Hunt, in which all the clues were in German. The winning team received a Goethe Institute badge, a bag, snacks, and a wristband. The second prize was keychains.

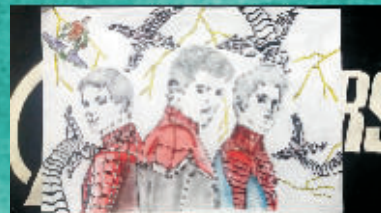
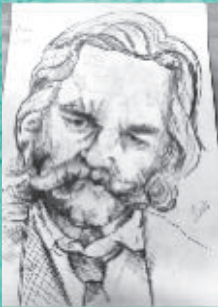
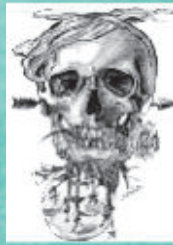
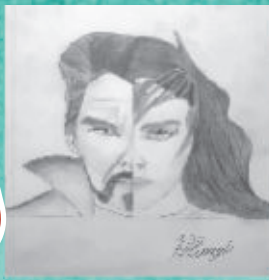
The next day, Ms. Andrea Walter, the South Asia head of PASCH organised a workshop. After many fun-filled activities, students returned home with fond memories and unique experiences.

- Teacher incharge: Ms. Manila Williams





# Budding Artists





*"Celebrations infuse life with passion and purpose. They summon the human spirit." - Terrence E. Deal*

St. Vincent's fraternity celebrated its 155th Annual Day on the 17<sup>th</sup> and 18<sup>th</sup> of September 2022 with immense zeal and grandeur. The guests of honour for the ceremony on the 17<sup>th</sup> of September were Rev. Fr. Bhausahab Sansare, Rev. Fr. Francis D'souza, Rev. Fr. Valent Fernandes and Rev. Fr. Dr. Kenneth Misquitta. On the 18<sup>th</sup> of September, the chief guests were Dr. Kamlesh Bokil, Dr. Sabrina Bokil, and Rev. Fr. Kenneth Misquitta.

The evening commenced with the lighting of the lamp, followed by the school anthem sung by the school choir. Where words fail, music speaks - the school choir mesmerised the audience with their angelic voices by singing 'Here Comes the Sun' by the Beatles and 'Heal the World' by Michael Jackson. These songs illuminated hope and reminded everyone to be a ray of warm sunshine to make this world a better place to live in.

Thereafter, the Principal, Rev. Fr. Francis Patekar, presented the Annual School Report. It was followed by the Annual Prize Distribution ceremony to felicitate the meritorious students and all-rounders in academics and sports. Subsequently, the students presented an array of exemplary performances that left the audience spellbound. The artistic diversification began with a stunning beatboxing duet session. The brass band rendered masterpieces - 'Battle Hymn of the Republic', 'Take Five', 'Potpourri', and 'Polka No. 12'.

Augusto Boal said, "Theatre is the art of looking at ourselves". Through the two plays, the budding artists created magic on stage. The English play by the young-talented dramatists tickled the funny bone with their marvellous portrayal of IT nerds. Laughter filled the hall when they enacted an excerpt from the television series 'The IT Crowd'.

The Marathi play 'Sarpanchbai Jorat', showcased the evils of a superficial society in which people treat their ulterior motives as supreme. Though a hilarious play, it came with a strong message. Continuing with the laughter vacation, a budding stand-up comedian added a barrel of laughs to the evening.

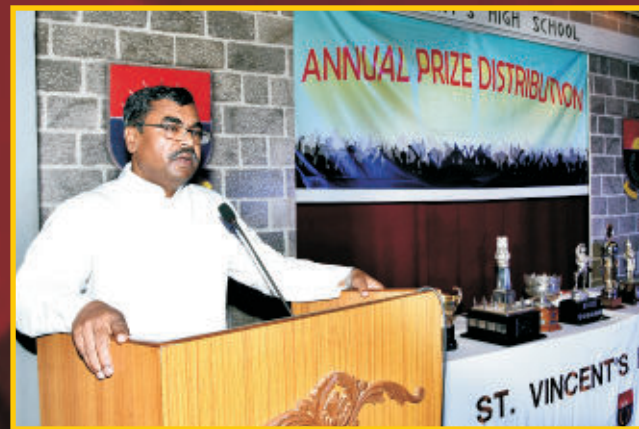
The next scintillating performance was an Indian Folk Fusion dance, synchronised to the foot-tapping music representing India's ethnicity and folk dances of 5 different states, promoting peace and harmony. The Junior College band rocked the audience with songs like 'Maps', and 'We Will Rock you'.

The tiny tots of the Primary presented a musical with a meaningful theme - Believe in Yourself. Through their acting and singing, they reinstated the importance of inner strength that everyone possesses and needs to cultivate.

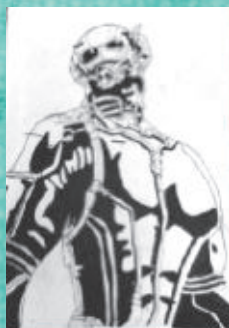
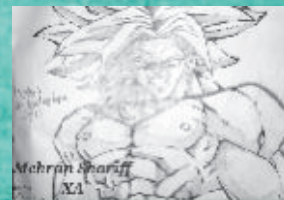
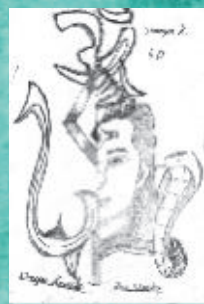
The grand finale for the evening was a tribute to the soldiers of the Indian Armed Forces, who sacrificed their whole being so that the Indian flag always flies high. The dance performance created a frisson of aesthetic chills in the audience.

The bedazzling evening culminated with the Vote of Thanks by the Head Boy, followed by the National Anthem. Everyone left with a sense of pride in their hearts and a smile on their faces.

## The Annual Day Celebration 2022









# Red Day

The Nursery section organized a 'Red Day' on Friday, 26<sup>th</sup> August 2022. The little boys came to school dressed in red. Fun activities like mosaic fruits, palm printing and action songs based on the theme of red were organised for them by the teachers, who were also dressed in red. Another highlight of the day was the scrumptious red snacks, lovingly prepared and packed for the boys by their enthusiastic parents. The little boys thoroughly enjoyed the day.



## Hindi Mono Acting Competition

St. Vincent's High School strives to cater to the all-round development of the students, including the improvement of their soft skills. With this intention in mind, a Hindi Mono Acting Competition was organised for classes IX and X on the 2<sup>nd</sup> of September 2022.

Mono acting is a riveting form of art that involves a perfect blend of acting, speaking and performance. It helps the students to develop their personalities and enables them to communicate their thoughts effectively in a unique style, resulting in a boost of confidence in the students. The enthusiastic participation

of the students, coupled with their hard work and dedication, impressed everyone. The competition offered an apt platform to the contestants to exhibit their extraordinary skills.

The judges for the competition were Mr. Joseprinay Thomson and Mr. Rishikesh Nair.

The winners of the competition were:

Std. IX:

1<sup>st</sup> - Subramaniam Iyer (IXA)

2<sup>nd</sup> - Bhavya Furia (IX B)

Std. X:

1<sup>st</sup> - Suyash Dhumal (XA)

2<sup>nd</sup> - PaarthPanhale (XD)



Teacher in charge: Mrs. S. Bodke



## *Our Experience as Interns*

On the 25<sup>th</sup> of August 2022, a Book Fair was organised by the interns of St. Vincent's Junior College from Class XIIC. This opportunity of interning for the Book Fair was provided by Scholastics. The event was conducted in the Oesch Hall. There were 11 of us who participated in this programme. The names are as follows: Shivang Lala (Group Leader), Jiya Nair (Assistant Leader), Zaara Memon, Adley D'Souza, Hasmith Nahar, Veeha Dhere, Alston Joseph, Riya Gandhi, Krutika Dave, Husain Manasawala and Abner D'Souza.

Scholastics provided us with this opportunity to help us learn more about what goes into making an event, to explore different areas of work and learn more about them e.g. finance, marketing, advertising, etc.

To ensure that the event was a success, preparations commenced well in advance, right from our first meet with Scholastics on the 3<sup>rd</sup> of August, where Mr. Naveen along with Ms. Roopali; introduced us to the programme and explained at length what was expected from us while executing this project. From there, we started to conduct discussions and came up with different ideas and activities to help promote the Book Fair which would be our final project that was to be conducted at the end of this programme. With various meets held by different personnel of Scholastics, we were able to comprehend the various aspects that helped us in arranging the Book Fair. We came up with the theme 'Read and Chill' and the reasons behind this selection was we wanted it to coincide with the Netflix theme 'Netflix and Chill'.

On the 17<sup>th</sup> of August 2022, we conducted our first activity with Std. III and Std. IV. The activity was a colouring event where we provided the students with sketches of various book characters, and they had to use their imagination and colour them. Through this activity, we were able to draw the attention of primary students towards the Book Fair.

On the 23<sup>rd</sup> of August 2022, we conducted our second activity with the High School students i. e. from Std. V to Std. VIII. The activity was a poster making competition and the topic was 'Reading'. The students used their imagination and made creative posters. The next day, i. e. 24<sup>th</sup> of August, we conducted the poster making competition with the students of Std. IX and Std. X. The topic was related to the theme- 'Read and Chill'.

On the day of the Book Fair, at 8:30 in the morning, the event was inaugurated by the Vice Principal, Father Raja.



With parents and children slowly trickling in, and the children excitedly looking for their favourite books, the event was beginning to gain momentum. To make the event more interactive and enjoyable, we organised a game called 'Guess Who??' for all the students.

One of the main attractions of the Book Fair was the Doremon mascot. The parents and students were delighted to interact with the mascot, and they captured this magical moment on camera. The other major attraction was the Graffiti Wall. This gave the parents and children a golden opportunity to write the quotes from their best loved book or the names of their favourite author or to draw their treasured characters. The parents were also kind enough to give their feedback. We interns worked round the clock to ensure that everything went off smoothly.

The Book Fair came to an end at 1:00 in the afternoon. We interns were able to take home a lot of memories and loads of experiences with us.

This internship was extremely beneficial for us as we were able to gain immense knowledge on various aspects outside our textbooks. We also got an opportunity to interact with people more professionally which was very exciting. Organising this event helped us realise what effort it takes to be successful, which was also very intriguing for us.

On behalf of our entire team, I would like to extend my gratitude towards the Scholastics Team for giving us this opportunity to be a part of this programme and for guiding and mentoring us whenever needed. I would also like to thank the school for providing us with this opening and supporting us all the way.

*Jiya Nair, XII C*



## German Language Camp in Kolhapur

In the first week of June, our German teacher Ms. Manila Williams informed us about a 3-day language camp conducted by the Goethe institute, Pune. We were excited about it, but there was a catch- only three students could be selected. Our teacher shortlisted the names based on marks, and the final three students were selected based on a class test. I was privileged to be selected and enjoy a lifetime experience.

Then on the 19<sup>th</sup> of August, we reported at the Goethe institute at 7 am. The buses departed for Kolhapur, and after a quick halt in Satara, we reached there. Firstly, we checked into the room, and after lunch, we had a lecture with Ms. Andrea Walter, the head of the South Asian Division of PASCH, during which we were allowed to converse only in German. Our first task was to make a mind map on social media. We discussed the advantages and disadvantages of social media and whether it is good to use a Phone and the Internet. After the lecture, the students had free time to interact, dance and have fun. After dinner, everyone retired to their rooms and slept off as they were exhausted. The next day, we had breakfast at 9 am, followed by a lecture, in which we danced to some German songs along with the teachers and had a lot of fun. Later, we made a presentation on 'Migration and integration reasons in Germany'. We left the resort the next day after breakfast and are grateful to PASCH for giving us this opportunity.

- Pratham Mantri, XII C

### Fare thee well, ALMA MATER!

The walls of grey stone,  
That saw me grow,  
Twin trees that glorious shrivel,  
The benches scribbled with ink  
And dentures that held  
names and books,  
The board, scribed with chalk,  
Whom knowledge shone through,  
The halls of pomp and grandeur,  
Where dance and music live.  
The grassy field played upon,  
And trodden,  
The stadiums where we watched sports,  
The jungle gym of loud holler,  
The hallways and isles  
and their lengthening pride.  
How I wish I could cease time and never  
grew up to leave my second Home,  
Fare thee well,  
My Alma Mater,  
With tears, a heavy heart,  
For Life's journey  
To ensue.

- Douglas Fernandes, XII A

### The Story of my CHOSEN DESTINY

A chariot from the Moon,  
Came to me as a boon,  
Because in it, elite warriors rode,  
Battering down in their stormy mode.  
They were the Mighty ones,  
Who, in my dreams, made me stunned,  
With the ruthless willpower of their legion infantry,  
And armed with swords and spears, their cavalry.  
It was so bright,  
Not even a mark of fright,  
With the glory of a victorious leader,  
With a clear-headed sense,  
Creating the efficacy of terror.  
My heart beating faster with long breaths as I flew,  
The air was so warm I could feel the heat,  
Then a bang and the next moment it wasn't there.  
I searched for it everywhere,  
The faces went fainter and fainter,  
But a voice louder and louder.  
Now I recognize the message of the voice,  
A new fate to become a warrior was my choice,  
It was my conscience,  
Shouting out loud-that this life is to safeguard  
My nation's skies, where my future lies.

- Shravani Barkade, XII B



## Progressing Technology and the Future of our Careers

Every day, with new technological advancements, and new career requirements, the world grows a tad bit more. Automation has made life easier. Artificial Intelligence continues to advance and amaze the world. On the flip side, millions of people question their job security. But are our jobs really in danger? The answer to this dilemma is 'yes' and 'no'. Technology advances rapidly, and many jobs that the previous generations used to have, are now practically non-existent. Tell me, when was the last time you saw a group of men trying to demolish a small building or house by hand? Your answer would probably be 'never'. Now we have man-operated machines doing such jobs. If you ask your parents or grandparents if there were any interior designers during their time, their answer would also be 'no'. In those days, people relied more on *Vastu Shastra*.

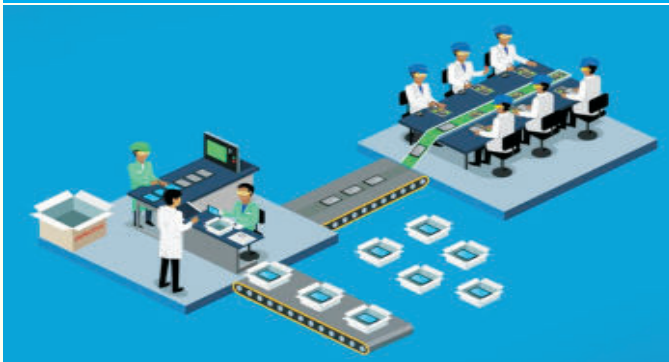
Although some careers have gone for good, many new career options have emerged. I think of that as a refinement process. Job requirements tend to adapt to the latest technology at the time. As Darwin once said, "It's not the strongest species that survive, nor the most intelligent, but the one most responsive to change." Professions that could not withstand change are gone.

These days salaries have increased tremendously. People are progressively getting richer, and diverse fields are discovered in various careers. In my opinion, there is barely a chance of career shortage. I believe that a hiring boom will arrive very soon.

- Khush Mehta, XA



## The Process of Manufacturing a Cellphone



We have been using smartphones for many years, but do we know how they are manufactured? Right from the conception of the idea to the outcome of the product, the journey is enthralling.

All cell phone manufacturers start the process in the conceptual phase, in which numerous sketches and wireframes are created, using different design features and user interface options. These sketches also determine the weight, scale, size, and portability of the mobile phone. This is the most intensive phase because the goal of most phones is to be compact and portable. During this process, a team shortlists the designs for prototypes. These prototypes are fashioned from plastic, styrofoam and other reusable materials. Once the final design is fabricated, the concept is forwarded to engineers, who decide the necessary electronics.

The key to every phone is electronics, as it controls

everything from the phone display, calls, location information and more. Based on the features determined during the conceptual phase, different electronics are used. The three key components in a cellphone are a printed circuit board, a battery, and a screen. In addition to the hardware, the software plays an important role. The software is designed by a series of programmers who develop the design of the interface and other features. After these components and software are finalized, the phone is assembled.

Each piece of the cell phone is created separately. First, the casing for the phone is made from either plastic, glass or metal by a process called 'injection moulding'. Thereafter, the printed circuit board is made and loaded with the necessary software. It is then placed in the casing with a series of eyeglass screws. Next, other components such as a screen, microphone and speakers are added to the phone. Once the phone is assembled, it moves on to the testing phase, during which a worker checks the battery, power button functionality and reception. The necessary documentation for the phone is printed and packed with the phone. After the final verification, the phone is packaged and shipped to distributors, stockists, and retailers across the globe. Finally, the customers purchase their handsets from the retailers.

- Clayton D'cunha, XB



# The Vincentian

*a magazine that runs in the blood of everyone  
who has walked through the corridors  
of St. Vincent's High School.*

In this article, I would like to talk about '**The Vincentian**', the mouthpiece of every Vincentian, which selects and publishes articles written by students in English, Hindi, Marathi and German. Teachers, both retired and current, also contribute to the magazine. Here is how '**The Vincentian**' that you are reading today came into existence.

**The origin:** The magazine was started in 1923 by the then Principal of the school, the dynamic Fr. Charles Ghezzi. After 1929, it stopped for a few years. It was resurrected in 1964 by Vice-Principal Fr. Romuald and continued till 2016 without any break.

**The content:** The articles for the magazine sent by the students can be poems, jokes, experiences, drawings, illustrations and any other creative aspect that crosses the mind of any student. It gives a glimpse of a student's life inside and outside the campus.

Even reports of matches won by the school, and cultural programmes, are woven into the magazine. Every year, two issues of the magazine are released. The last few pages feature drawings sent by the students.

*Life is a series of meetings and parting...*

*We **meet** to create memories*

*And **part** to preserve them.*

Whenever a member of the Vincentian family retires, their farewell is printed. Their journey always inspires the readers apart from filling their eyes with tears.

*'We miss you and remember you with smiles, not tears,  
for all the joyful experiences through all the years.'*

There are times when a person known to us passes away. Sometimes, even members of the Vincentian family (staff members and students) pass away, leaving behind a lot of sorrow. Pages of some issues are a tribute to commemorate the departed souls.

So you see, it is not just any regular magazine, but a journey for all of us. Each issue of this magazine tells the story of both the writer and the reader. Yes, '**The Vincentian**' is a part of you and me.

*- Glenn George, XII A*





## The Anti Vaccination Movement

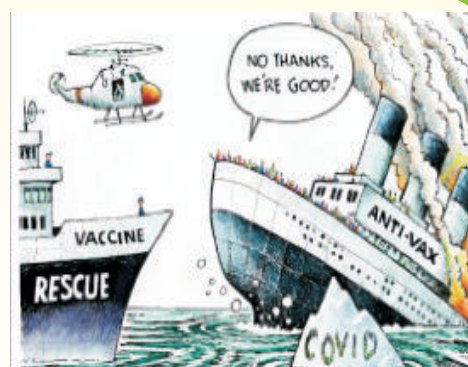
### *A True Plague*

In a world where most people would give anything to access high-quality healthcare, it is shocking to hear of people rejecting it. The Anti Vaccination Movement started primarily in the developed world, where medical facilities are plentiful and virtually free. It consists of a group of people who reject vaccines, thereby, endangering people with immunodeficiency disorders and children who are already vulnerable to diseases.

Most of the people involved in this group are parents who wish not to vaccinate their children. The movement claims that vaccines cause mental and physical defects in children, some even going a step further to say that they cause autism. However, their claims are not factual and wander into the realm of pseudoscience.

This type of misinformation is especially dangerous as it can deceive gullible people. Since this information is on the internet, it is easily accessible and even more perilous. The Movement has spread across the world and has the potential of affecting children in all countries. What an irony that in a world where the less fortunate struggle to get even a shred of the wonders of modern medicine, the ones who have it in plenty choose to ignore it!

- Aditya Lotlikar, X C



### *My Best Memories*

## 10 Glorious Years of our School Life

As the academic year ends, so does a decade spent in the glorious institution of St. Vincent's High School. Ten years ago, I entered this school for admissions as a small boy. Little did I know then that these massive buildings with a colossal playground would become my second home. A school, I thought, was just a place where children went to study, but as the years passed, I came to know the real meaning of school.

Friends and mischief became an integral part of my being. These memories are the most valuable treasures of my life. Now I realize why my father often said, "Enjoy your school days now as they will not come back". I am satisfied as I will leave my school with fond memories of funfair, picnics, time spent with friends, keeping quiet when the Principal was on his rounds, last-minute exam preparations, and much more.

I thank the teachers, school staff, and fellow students who were with me throughout this memorable journey of 10 years. I truly feel blessed to be a part of St. Vincent's.

I conclude with the following verse,

*School life is not just about books and learning,  
but also, about friends, creativity, and yearning.  
Those are the days when we live life like stories,  
School days will always be my best memories.*

- Arnav Tamhankar, X C

### Importance of books in life

Books play a significant role in our life. When you open a book, you open a new world. Books are an integral part of many people's daily routine. They are like best friends who will never walk away from you. Books have been and will remain an integral part of man.

Books contain knowledge, insights into a happy life, lessons and many different emotions expressed in words. Books help to improve reading skills and vocabulary. There's no doubt that books are one of the best ways to keep learning. The right book at the right time can cause your life to change drastically, for the better or for the worse.

Modern technology has changed our interaction with books. Reading books helps us know about the past and present and mould our future. As the quest for knowledge continues, books will find their relevance in every generation.

- John Francis, IX B





# The Art of Time Management

Time Management is more than just planning or managing one's time spent on various activities in the day. Since time is limited, we must plan our time wisely and make the most of it. We can't travel back in time to retrieve the lost moments. We should learn to use each second effectively if we need to manage our time properly.

In school, we indulge in so many activities due to which time management has become the need of the hour. So, we must keep in mind a few techniques to manage our time effectively to finish the tasks at hand. Some tips for time management for beginners are:

- Set simple goals that are achievable and measurable.
- Learn to set priorities.
- Set a time limit using a timetable to complete the task.
- Organize your desk and mind.
- Eliminate unnecessary activities and distractions.
- Finally, the schedule needs to be practical in a learning-friendly environment.



Get it right, and you will work smarter, not harder, to get more work done in less time, even when pressures are high. Go ahead and implement your own Time Management Matrix to achieve the perfect recipe for success.

- Nathan Rose, X B

## Anime

**Anime** is a Japanese animated series meant for a young audience, based on a specific type of comic series known as **Manga**. Anime is not only popular in *Japan* but also in many other countries. It has created a sturdy fandom, of which I am a part. Anime is well-known for its excellent storyline, fast-paced action scenes, character development, stunning animation quality, etc. It has a variety of genres such as *Shounen*, *Mecha*, *Slice of Life*, *High School*, *Supernatural*, etc. and just like any other genre, it too consists of its great works such as: -



- ❖ **NARUTO** (by Masashi Kishimoto) – The story of a young boy who wants to grow up to become the strongest ninja in his village.
- ❖ **DEATH NOTE** (by Tsugumi Ohba) – is about a High School kid who gets his hands on a supernatural notebook, which has the power to kill.
- ❖ **DRAGON BALL** (by Akira Toriyama) – considered the most popular anime of all time, dragon ball features a Saiyan named Goku and the adventures of his life.
- ❖ **DEMON SLAYER** (by Koyoharu Goutoge) – features a demon slayer named Tanjiro who is searching for a way to cure his sister.
- ❖ **ATTACK ON TITAN** (by Hajime Isayama) – Eren Jaeger wants to free humanity from the rule of the Titans.

I recommend people to watch anime since it is a guaranteed source of entertainment and inspires your creativity and imagination. It keeps you engaged with the story-telling in different scenarios and keeps you spellbound till the final episode.

Some anime may consist of 12 to 25 episodes others, 500 to 700 episodes. But the unique experience is worth your time. You would enjoy watching animated story writing with lots of special effects and wonderfully arranged action sequences. One of my all-time favourites is *Demon Slayer*.

Enjoy watching and Sayonara! さようなら

- Mehran Shariff, X A



# Youth camp to Panchgani by Goethe Institute

PASCH and Goethe Institute – Max Mueller Bhavan organised a weekend youth camp in Panchgani. Ishaan Thadikaren and Parth Varma got selected from our school.

All the participants gathered at Max-Mueller Bhavan at 6.00 am on Saturday, 23<sup>rd</sup> July. All the participants received a Goethe Institute umbrella and cap and journeyed to Hotel Prospect, Panchgani. We ate breakfast on the bus and arrived at around 9:00 am. The hotel was clean and decent, and we were allotted rooms on a triple-share basis. The weather was highly misty, rainy and foggy. We were divided into two groups. After refreshments, my group went to the conference room, while Group II went to the 'Play Station'. I was with Ms. Naina Pawar, Project Coordinator and Ms. Shivali Gore, Project Manager. Before lunch, in 'Hu la la Land Teil 1', the participants sang and danced to various German songs and poems. For lunch, everyone enjoyed a sumptuous meal with soup, veg and non-veg starters, chicken biriyani, a variety of veg and non-veg dishes, dessert, etc. After lunch, we continued with 'Hu la la Land Teil 2' and choreographed a German song for a group performance on Sunday.

The following day a treasure hunt was organised, where all the clues were in German. The winning team had won a Goethe Institute badge, a bag, snacks, and a wristband. The second prize was keychains. Dinner was a vast spread consisting of various dishes with starters, main course, dessert, etc. After dinner, all the participants played a game of dumb charades organised by the students.

The next day, Group 1 went to the 'Play Station' where Ms. Andrea Walter, the South Asian head of PASCH organised a workshop. After lunch, each person wrote a German word on a placard. Based on these words, the students had to make a story, read, and enact it. After the workshop, everyone had tea and muffins. The members of the winning team won a JBL/Boat speaker each. The following day, after breakfast, we boarded the bus and returned home with truly, deeply memorable, and eternal experiences.

- Ishaan Thadikaran, X C

## My Journey with Video Games

Video games are the ire of parents and an eternal haven for kids to enjoy themselves. Whilst the world was fighting the pandemic of COVID, video games provided companionship to many people, and for many, it was likely the first time with these intriguing games. I have been in touch with video games since my lower Kindergarten days. It began with a chance encounter on my old PC, and I don't know why, but I got hooked on the idea of video games. It wasn't until my high school days that I realized what I truly enjoyed about video games was that one could visit seemingly impossible worlds in real life from the living room of their home, become anybody and anything, and so forth. The freedom that one could also have a sense of "My Choice" in many video games is quite fascinating.



It's a new experience to feel guilty not only about a regrettable choice but also to feel content for making a correct one. It's exciting to become a gravity-defying fighter pilot or a police officer on patrol in big cities. The fact that one can travel to beautiful places that seem so far away from home is a great thing too. Video games also can have beautiful stories and characters in them with meaningful morals. The unique part of video games is that the player can affect and change the world, the characters around them and events like real life. They also place you often in moral dilemmas: - Do I save my family or others while on a time limit as I serve my job as a landlord spy sent by a totalitarian government? Games can also be very thought-provoking; Is the villain I fight a true villain or am I fighting someone who has different views from me? Am I truly the hero or the villain, blinded by my point of view and bias? I have also experienced many great games with my friends. Video games are great fun when playing with friends. It's fun to devise tactics and execute them fluidly with friends like a dance play on stage. As video games have been my source of entertainment, they continue to have a special place in my heart even today.

- Richie Agarwal, X D



# My Class X Picnic Memories

I was bursting with excitement and joy when the day finally arrived. It was the monumental day of our class picnic.

We were going to visit Imagicaa- one of the most famous adventure theme parks in India.

Once we reached there, we first took a class photo to preserve this as a long-lasting memory and rushed towards the entry for our tickets. My first ride in Imagicaa was 'Gold Rush', which gives you an adrenaline rush and then to the most dreaded ride, i.e. the fastest roller coaster in India, the one and only 'Nitro'. The experience was indescribable, with so many twists and turns and loops while going at a speed of 105km per hour. It was mentally and physically challenging (I was not able to stand for about ten minutes after the completion of this particular ride).

Later I went to the 'D2D-Dare to Drop' ride, in which you are thrown up and get a feeling of being thrown out of your seat and land in a free fall. The next ride I went on was the 'Scream Machine' - in this ride, you are swung from one end to the other while being rotated. After going on all these thrilling rides, it was time for some tasty lunch in buffet service.

After lunch, we went to the lighter attractions like 'Splash Ahoy', 'I for India' and the 'Mr. India'. Then I went to 'Salimgarh', a haunted castle filled with jump scares, and later to the 'Alibaba aur Challis Chor' ride. This ride was filled with targets to shoot at, and whoever had the highest score won. The last ride I enjoyed was 'Deep Space', an indoor roller coaster, which gives you the feeling of zero gravity.

After such an exciting and fun-filled day, we assembled near the exit and bought souvenirs. Post that, we boarded our respective buses, where refreshments were served. Although it was a tiring day, everyone felt energized, so we danced to the tunes of popular songs and went home with memories to cherish for life. This one-day picnic with my classmates was an amazing experience for all of us.

- Arin Anil, X B



## My most memorable experience as the class prefect



It was a regular day and online classes were as scheduled. As every student, I was excited to have entered 8th grade, but the day had to surprise me with something more exciting! As the day dawned, my mom received a text message from my class teacher informing her that I was appointed the prefect of my class. This news was euphoric for me. A few weeks later, we had our Prefect Investiture Ceremony in the Gulati Hall, where we got the badges - the tokens of our responsibility and commitment. The Prefect's Oath instilled the best feeling as it described my tasks officially, as I pledged my loyalty and determination. I was introduced by the class teacher to my classmates on my first day as a Prefect. During online classes, I could not do much as a Prefect, but about 3-4 months later, when schools reopened, I could take upon the duties of being the Prefect and perform them. From helping students and teachers to handling the class until teachers entered, I got an opportunity to show my leadership qualities and understand my ability to take on responsibility as the representative of my class. I was able to recognise that teamwork helps to make tasks easier and more effective. The Prefect badge made me feel confident and reminded me of my work towards improving and contributing to the betterment of my school. It helped me stand out and represent my responsibility and duties to others. The experience was wholesome and unique to me. It helped me discover my hidden abilities and made me more confident and prouder. I am very grateful to my teachers and my classmates for giving me this opportunity to make my school, teachers and parents proud. It makes me even jubilant to have served my class and school during my tenure as the prefect last year.

- Parth Bhosale, IX D



# What is *Adolescence?*



Adolescence is one of the most difficult periods to know, understand, and work with. This applies not only to the grown-ups who are associated with young people but also to the adolescent himself. Mental health at any age is based on respect for oneself, out of which emerges real and healthy regard for the needs and demands of social living.

When the individual reaches the period of adolescence, a host of changes occur.

Then, suddenly, the world begins to rock and quake. A well-built, sturdy youngster suddenly begins to sprout in all directions as he faces a crucial stage of transformation both in physical and psychological development. There is a real task to be dealt with, and the child handles it with the resources available. These resources include the family, the community, and most important of all, the character structure which has been established through the first decade of his life. It is the most unique stage of human life and an important time to lay the foundation for good health. Though teenagers struggle with their identity it has always been the love and understanding that they receive in this phase of adulthood which would sustain them lifelong.

- Redit Thakkar, IX A

## *A Debt that can never be Paid-off*



The most substantial debt that you have to pay,  
Is to a person whose name I mustn't say.

Never address her by her name,  
And do not ever think that she is lame.  
In this world, your first lessons were taught by her,  
She is your shield against any person you fear!

The most substantial debt that you have to pay,  
Is to a person whose name I mustn't say.

With her around, you don't have to worry about anything,  
Without her, life is like a bird without wings.  
Every time she has got your back,  
Oh, she is the best, and that's a fact!

The most substantial debt that you have to pay,  
Is to a person whose name I mustn't say.

She carried you around for nine whole months,  
Did you think about thanking her even once?  
When you cry, she cries behind,  
All she's been to you is kind.



The most substantial debt that you have to pay,  
Is to a person whose name I mustn't say.

Don't try to win her with money,  
Or try to give her rewards.  
Be grateful that you have your mummy,  
For her, knights shall fall upon their swords.

The most substantial debt that you have to pay,  
Is to a person whose name I mustn't say.

When you will think of those,  
Whom you know and love,  
You'd give the stars from up above,  
For just a little of mummy's love.

The most substantial debt that you have to pay,  
Is to a person whose name I mustn't say.

You already know whom I talk about by now,  
Even the earth and heaven to her they bow.  
In her absence, all you have is a frown,  
Because of her, you have your crown.



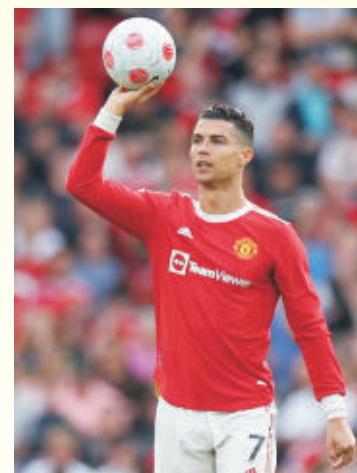
- Aryaan Merchant, IX C



# The Changed Perception of Sports

Sports, which started as a hobby and a way to keep you fit, a few generations ago, is now very different from back then. Nowadays, people earn a living by playing sports. It is more than just a game to keep oneself active. Today, the sports industry has become extremely competitive. Even for the viewers, it is more than just a form of entertainment. Millions of fans spend a lot of money to watch matches and buy jerseys of a particular player from their favourite team. There are a lot of mixed emotions attached to sports. To pursue a sport one needs talent, skill, and understanding of the game. The downsides of sports may dampen the spirits occasionally: injuries, weather issues, health issues, and expenses, to name a few, but a determined heart overcomes all these obstacles. An inclination toward sports at school helps an individual to learn self-discipline, which prepares one to face various challenges in life. The sport-centric film genre is yet another factor featured prominently in this generation. Sports is a vast topic, and people have different views on it. I think the competitiveness in sports has peaked in the last few decades. It continues to be an exciting field with plenty of opportunities, and I hope it stays that way.

- Aarav Divate, IX B



## The 10-Day Combined Annual Training Camp

It was our first day at the camp; 27 cadets settled in the barracks, some chatting, others in deep thought about how time will pass. I was extremely excited as it was my first time staying with friends. The barracks were quite large and could hold a substantial number of people. Once settled, we all started talking about how can we survive without mobile phones and various other amenities. We were happy that the food was good. We had to walk a little to reach the Mess, which was some distance away from the barracks. That taught us our first lesson- *Nothing is easy to obtain in this world*. There was nothing much else to do on that day except talk and wait for dinner. We had to follow strict orders at all times and observe discipline.

The next day we woke up at 5 in the morning- the earliest I have ever awoken. We brushed our teeth and started the health run. We had breakfast in the morning, then a parade and then classes on various topics, including how a plane flies. One day instead of classes, we had aeromodelling, where we created a plane of our own.

The one thing we all looked forward to was rifle shooting. We got to fire a 0.22-inch gun.

On one of the days, we had games and challenges such as tug of war, volleyball and drill competition. We even visited the FTII (Film and Television Institute of India), established in Pune in 1960. On the last day, we had cultural activities such as dance and singing.

We learnt many valuable lessons during the ten days, such as the importance of family, teamwork, dedication and strict discipline. I won't forget these days in my life.

- Aryaan Merchant, IX C





## Fritz Haber The father of chemical warfare

Fritz Haber is the scientist who arguably transformed the world. He found a way to do Nitrogen fixation artificially in a lab through the Haber process, which might not sound significant until you know that Nitrogen fixation is one of the most crucial factors in growing crops! When the roots of the plants are looking for nutrients, nitrogen is one of the elements. But it needs to be broken

down into nitrite, nitrate and ammonia. The bacteria in the soil help break down the nitrogen. If plants are grown in the same soil for years, the nitrogen decreases and plants get an insufficient amount, resulting in low yields. Another way to harvest nitrogen is through guano-seabird faeces, but that is not easy either. William Crooks, a British chemist, made a dire prophecy in 1898 that with the world's growing population and the dwindling supply of nitrogen, we stand in deadly peril of not having enough to eat. In 30 years, people might die of hunger, and scientists should fix this problem.

Fritz Haber, a German chemist, was interested in solving this problem in 1904. He knew that to break the nitrogen bonds, he would need pressure as powerful as a lightning bolt or bacteria, but he took a different approach. The idea was to combine hydrogen with high pressure at a high temperature inside a catalyst. In March of 1909, he placed osmium metal in this pressure chamber and followed through with the process. Under pressure, the triple bonds of nitrogen broke down and combined with the hydrogen creating 6% of ammonia. He had done it! After his process got commercialized by one of Germany's biggest companies, farmers could grow four times as much on the same land with the fertilizers. Haber won the noble prize for chemistry in 1918.

- Atharv Patravale, IX A

## The Greatest Battle in History

At the stroke of midday hour, when the whole class was doing their work in a free period, the greatest battle in history took place in the classroom. Neither the 'Battle of Panipat' nor 'The Uprising of 1857', **but the infamous Pen Fight.** A fight where zero soldiers got martyred and billions of lives escaped harm. Both the warriors were ready on the uneven wooden desk after an intense workout. Both being masters of their kind. On the right stood the mighty Trimax, with a fearless tigress attitude set to destroy the opponent. On the other side stood the great Pilot, taking the knee position gesturing his empowerment to the 'Black Lives Matter campaign'.

The period started, and the battle began at the stroke of the bell. Both the warriors ran towards each other and crashed, which led all the dust out from the desk. Legend has it that the crash resonated till the next classroom. At times, Trimax was hitting Pilot, and at times Pilot had injured Trimax. It was such an intense battle that both pens were severely wounded and oozing ink. But as an author once quoted, 'The future world is women dominated', so was this battle. Trimax stood up and showed the world her power; she ran towards the wounded Pilot and smashed him, such that the Pilot fell off the desk, and his body could not be found. With the aggressive Bruce Lee flying kick of Trimax, she won against The Great Pilot. The battle was fought between the Pilot-a representative of the Black community, trying to empower his movement and Trimax-a woman showing her strength to the world. No doubt, this was the greatest battle of history ever fought.

- SaiHarshit Mergu, VIII A

## My Experience at the Math and Science Quiz

I was excited to know that I got selected to participate in the Math and Science Quiz, to be held on 19<sup>th</sup> July, 2022 in the Gulati Hall. Even though this was my first time, I was confident and didn't face any signs of nervousness. Each team had four students. Our team consisted of Shrenik Kothari and Naman Chordiya from X D and Aditya Vaz and Neelkanth Kedari from IX D. The teachers in charge were Mr. Zakir Shaikh and Mrs. Shipra Gurung. We were well prepared and gave our best. We were on a roll from the time the first question was asked. We answered without hesitation. And yes! It was correct! We kept on answering all the questions correctly until the rapid-fire round. We missed our points in this round. Nonetheless, we won by a remarkable margin. When the final scores were announced, we were ecstatic. We congratulated each other- a true spirit of sportsmanship. All that starts well, ends well. We were delighted to be the winners of the quiz. Overall, it was a splendid experience of teamwork.

- Aditya Vaz, IX D





## Challenges Faced by Teenagers

The teenage years are a time of rapid growth and change- be it physical, mental, or emotional. Teenagers are the ones who try desperately to fulfil the expectations of their peers and family. They face innumerable problems daily. The transition from childhood into adulthood has always been an awkward stage. The attitude they develop largely depends on the environment they live in. There is a lot of pressure on them to perform well academically, the expectations of their parents, decisions about subjects to choose and finally their careers. These challenges make teenagers feel stressed and uneasy. Pessimism brings down their confidence, which mostly results in poor decision-making. Youth go through identity crises 'Who am I?' In a quest for that answer, various avenues are sought after. The challenges that youth face along with its solutions include:

1)Depression: Depressed people feel sad, anxious, empty, worthless, guilty, angry or restless.

Solution: For people to overcome depression, counselling is needed, the brain needs to rewire itself in positive ways and a routine needs to be developed that will gradually lead to happiness.

2)Drugs: Many teenagers make the first attempt out of curiosity but end up getting addicted.

Solution: To deal with this problem, therapy, rehabilitation centres, music and physical activities need to be sought after. Every life is precious, and it should be lived with caution.

3)Peer Pressure: Teenagers are pressurized by either dares or threats. Friends become their role models.

Solution: Maintaining a balance between family and friends is very important. Respecting others for who they are and not pressurising them to do something they should not ideally do is the prerequisite to maintaining healthy relationships among friends.

4)Communication Gap: Communication is valued when it is used effectively. Today, the youth feel that a generation gap has become a barrier to expressing their views.

Solution: Open-mindedness coupled with the correct attitude and body language can develop a rapport between adults and children. Honesty and transparency are the key factors in bridging this gap. I believe that the youth of India should be confident rather than confused. I am convinced that I am my 'Nation Builder' with intense energy to ensure the development of the society that I live in. This feeling brings strength to face numerous challenges in life.

- Ayaan Pawar, IX B

## A Little Magic

Somewhere in the darkness,  
Waiting with its wings,  
Lives a little magic,  
That might make your heart sing.

You can't exactly find it,  
Just invite it to appear,  
You might not even sense it,  
When it is near.

It is a combination  
Of preparedness and trust,  
That the universe is watching,  
So, believe in that you must.

Try not to focus  
On where you might get stuck,  
Instead, welcome the magic,  
And discover your luck.

- Kushal Oswal, IX C

## Travel

I like to travel to different places,  
And meet new people wherever I go.  
Whether it's by train, bus or car,  
To new places, high or low.

The beaches are fun; the sun, the  
sand and the water are divine,  
Splashing around with my family and  
having a good time.

The hills bring us closer to nature, to  
enjoy the fresh air.  
Then there are lakes and valleys,  
where there is greenery everywhere.

So please let me travel to places far  
and wide,  
With a smile on my face and true joy  
inside.

- Vivaan Felfeli, VI B



## A Glimpse of the NCC Navy Camp

The NCC Navy Camp was held from the 23<sup>rd</sup> of June to the 2<sup>nd</sup> of July 2022 at the NCC headquarters, Pune. A total of five schools from Maharashtra participated in this camp. Thirty-eight cadets from St. Vincent's attended this camp under the guidance of CTO Mr. Ranil Gaikwad. On arrival, the cadets had to register themselves before they were shown their respective barracks. For lunch, piping hot food was served at the dining hall, and then parade practice was taken. After dinner, the cadets had time to practise for the Cultural Programme. The actual camp began at 6:00 am the following day with a challenging routine. The day started with intensive physical training, after which the cadets were served a sumptuous breakfast. Three hours went towards the Parade practice. During the day, the cadets attended lectures covering a wide spectrum of topics varying from ships, boats, guns, and snakes to valuable inputs on the NCC and Navy. Throughout the camp, the cadets had to abide by strict rules. The schools participated in various activities and competitions during the camp. St. Vincent's bagged the winner's trophy in Tug of War. In the firing competition, Sushrut Shukla, a IX standard student from St. Vincent's School won the bronze medal. The last day of the camp was for cultural programmes. Everyone enjoyed themselves and learnt numerous things. The next day, the cadets cleaned their barracks and departed for their homes with a lifetime of delightful memories. The cadets of St. Vincent's school are grateful to Mr. Ranil Gaikwad for imbibing the Vincentian spirit in everyone- TO DARE, DO AND WIN.



- Atharva Dinde, IX B

## How COVID changed my life

The Covid pandemic started over two years ago, affecting millions of lives. Many people lost their loved ones due to the virus. Industries collapsed, rendering people unemployed, damaging the economy of the country and the world at large. The last couple of years have been hard for a lot of people. Personally, it has changed my life forever. I was 11 when the pandemic hit, and the world went into lockdown. It was a scary time for everyone, but luckily, I had amazing friends and family who supported me.

Before quarantine and self-isolation started, I was quite an outgoing person. It was easy for me to make friends. I was a social butterfly, and everyone adored me for that. But during quarantine, I realised I had transformed into an introverted version of myself. I never left the house, and it became difficult for me to make new friends. I started to dislike talking to people, which I loved doing before Covid. I also fell victim to obesity which lowered my confidence further. All I did throughout the day was sit in my room and play video games, and I also never paid attention during online classes, due to which my grades suffered. Ever since the pandemic ended and the school reopened, I have had the motivation to get my life back on track. I started playing different sports, lost some weight, and gained my lost confidence. I also started paying attention in class, did my homework regularly and got good grades. I have learnt a lot during the pandemic. Now I know how to value relations among my family and friends. Not only have I understood the value of money, but also learnt to use it wisely and responsibly. I also mastered a few hobbies and have learnt a new language.

In conclusion, I would like to say that the last two years were quite fruitful, as I discovered new hobbies and skills. This experience taught me that *life continuously throws obstacles our way, but we should know when to dodge or embrace them.*

- Kkanav Chandwani, VIII A



## Bahirji Naik

Bahirji Naik, (original name Bhairavnath Jadhav), was a 17<sup>th</sup> century Indian spy and military commander in the army of Chhatrapati Shivaji Maharaj. He was born in the village of Shingave Naik Tal Nagar, Ahmednagar.

He was honoured by Shivaji Maharaj with the title 'Naik' for his great work in intelligence and he was appointed as Chief of Intelligence. His expeditions and adventures as a spy in Shivaji Maharaj's army greatly contributed to the success of the Maratha Empire.

He was a key person in Shivaji Maharaj's many surprise attacks, victories, and escapes. Eg. Afzalkhan's Vadh, escape from Agra, Shahistakhan's attack, Surat loot, etc. He was a very smart and intelligent person with great skills in changing get-ups, speaking various languages, using guerrilla warfare, etc.

- Vedant Bhagwat, IV D



# Underwater Bliss

What comes to your mind when I say 'Ocean'? The sand, the sea or the shells?

Oh! But there is so much more! An ocean is a place where paradise dwells. Probably the best way to explore it, indulge in its beauty and be mesmerised by it, is to go Scuba Diving.

SCUBA (Self-Contained Underwater Breathing Apparatus) Diving is a sport which allows us to explore the underwater world in a safe way. We become a part of the aquatic world. Anyone who does not fear water and is curious about the underwater world can try Scuba Diving. It is also an excellent way to momentarily avoid the commotion and confusion of the city and indulge in absolute peace and tranquillity. Scuba Diving takes us to where we originally came from, the birthplace of all living things: 'The Sea'. Subsea life is a wonderland of complex living organisms. For example, in the depths of the sea, some creatures can change their colour and hide in the smallest nooks and crannies. Or, what if I told you that some aquatic animals are alive but without a brain. Sadly, we know more about the surface of the moon than we do about the depths of the ocean. Such curiosities about the underwater world popularised Scuba Diving.

My introduction to Scuba happened during the summer vacation when I visited the marvellous islands of Lakshadweep, a Union Territory of India located in the Arabian Sea. It is famous for its underwater beauty and pristine waters. Far-flung from the mainland, it is the best place for relaxation. There, I let my curiosity take over and did the Discover Scuba Diving (DSD) activity. DSD is a way to experience Scuba Diving for the first time under expert supervision. It is a guided dive in shallow waters of about 12 metres. It is safe for even inexperienced divers. Eventually, you might enjoy doing a full-fledged certificate course to dive independently.

Initially, I was petrified because of my lack of previous experience in Scuba Diving - which was none at all. Although I was assured that it was extremely safe and there would be no accidents, I was still anxious. The Scuba gear was intimidating, which included a mask that covered my eyes and nose, and a heavy cylinder that rested on my back. I always thought the cylinder contained oxygen, but it was just regular air filled in a tank under high pressure. A Buoyancy Control Device (BCD) would allow me to navigate the depths, and the regulator supplied air to my lungs through my mouth. It was all a bit daunting. But all my worries melted away in the ocean when I took my first breath underwater. What an experience it was! Seeing such a beautiful life in a dreamy location, swimming with the colourful reef fish, and admiring the corals, felt like a 4D marine documentary. I had never experienced anything like it before. I felt like an alien in this world – a vulnerable visitor. I realised that once you enter the liquid world, it governs you.

Scuba Diving is a fantastic way of being close to nature. When you see tiny or sometimes fairly large fish swimming around you, the colourful corals and sponges, when you see something extraordinary, you feel proud of yourself for living on planet Earth. You feel grateful that Earth is full of life; it is not barren. You live on the 'Blue Planet.'

However rich we may be, the ocean is always richer than us. It is richer in life, and that is superior to being monetarily rich. A glimpse of the richness was what I experienced when I tried Scuba Diving. It was an unforgettable experience!

- Vikrant Mulay, VIII B







## My Trek to the Tajubai Waterfall

I have recently discovered this newfound passion for mountaineering and mountain climbing. The journey is enjoyable, and you feel self-satisfied when you reach the summit of the mountain. My recent trip was to the Tajubai temple peak. On the 3rd of July, I woke up at 5:30 am even though it was SUNDAY! I was extremely excited about this trip and

boarded the bus at 6:30 am sharp. Instantly, I made friends on the bus; Rama, Rahul and Harshit. We sat on the very first seat and chatted about our destination. The person leading us throughout this trip was Mr. Param, a highly trained mountaineer, who has recently successfully climbed the Manaslu mountain-the eighth highest peak in the world!

At 9:30 am, we reached the Tajubai temple. It was raining heavily. We made three groups: Blue, White and Orange. My friends and I were in 2 different groups. Our leader announced if we wanted to join our friends, we could. I was super happy to be with my friends. We then prayed at the Tajubai temple and started hiking. The Tajubai waterfall was very far, and we kept climbing the steep hill. When we reached the top of the mountain, we had lunch. We also ate blackberries locally called *karvanda*. Mr. Param told us some interesting facts about the Tattoo plant. If we press the leaf of this plant on our hand, it makes a temporary tattoo. If we rub it, the tattoo disappears! When I observed the waterfall closely, I felt like I would forget all my problems and get engrossed in the beauty of the water tumbling down the mountain. It was extremely exhilarating to stand there and witness the marvellous creation of nature. My friend and I had a nice cold shower under the waterfall, and we thoroughly enjoyed ourselves! As we climbed down, we found some porcupine quills and whistling shells. Every journey has something new to teach us, and I had many takeaways from this one. It was an enlightening trip, and I learned a great deal from the challenges I faced on my trekking expedition. We were exhausted on the way back, and we ate *wada pav* and drank tea. Everyone was happy to return home safe and sound.

- Vedant Shinde, VII B

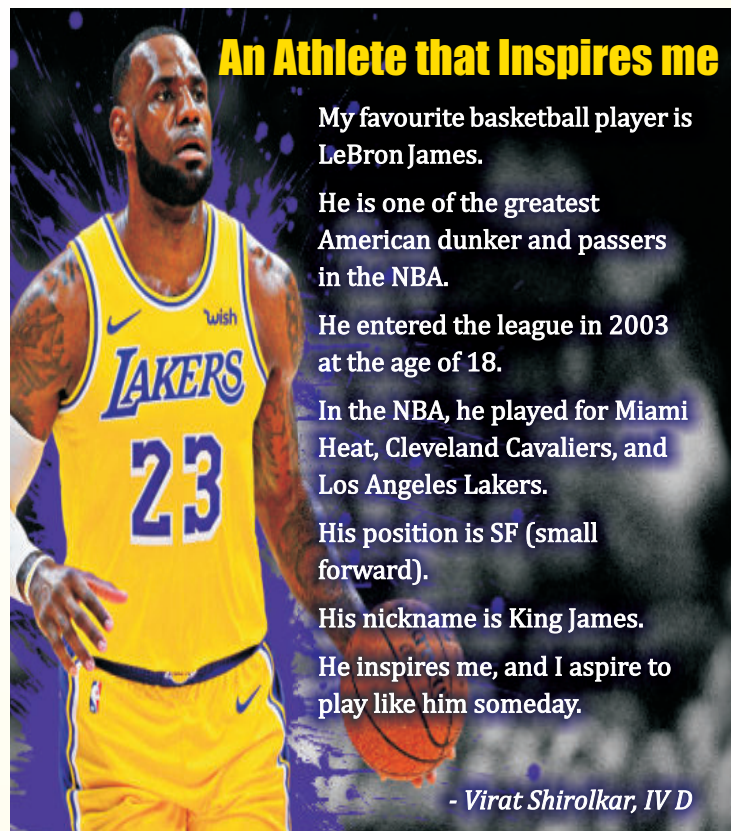
## My Trip to Velankanni Church

After my final exams, my parents decided to spend the summer holidays with the entire family. So, we planned a trip to Velankanni, a small town, in Tamil Nadu, along with my cousins.

Velankanni church is in the Nagapattinam district in Tamil Nadu. Velankanni means the 'Virgin of Velai'. This church is considered as one of the holiest Christian Pilgrimage destinations dedicated to Mother Mary. The main church in Velankanni is the 'Basilica of Our Lady of Good Health.' It is a place which houses many churches in one location. The architecture of the church is alluring, surrounded by beautiful gardens. Many people of other faiths also visit Velankanni and experience miracles. September 8<sup>th</sup> is the feast of the Nativity of Mary, also commemorated as the feast of Our Lady of Velankanni.

I enjoyed the trip to Velankanni. I am thankful to my parents for this opportunity. I prayed for my family, teachers and friends. It was a blessed, enjoyable and unforgettable trip that I will always remember.

- Sherwin Dsouza, VII B



## An Athlete that Inspires me

My favourite basketball player is LeBron James.

He is one of the greatest American dunker and passers in the NBA.

He entered the league in 2003 at the age of 18.

In the NBA, he played for Miami Heat, Cleveland Cavaliers, and Los Angeles Lakers.

His position is SF (small forward).

His nickname is King James.

He inspires me, and I aspire to play like him someday.

- Virat Shirolkar, IV D



# NCC Air Wing Camp

The NCC motto is 'Unity and Discipline'. NCC is a national youth development programme, that disciplines students and unites them as citizens of India. The NCC Air Wing Camp was organised for the Std. IX Air Wing cadets at the NCC Group Headquarters, Senapati Bapat Road, Pune, from the 4th- 13th July, 2022.

All of us reached the headquarters on the 4th of July at 11 am. After our breakfast, we went to the barracks and spent most of our time settling in. Many of us felt weird as we were not accustomed to sleeping on mattresses, sleeping bags, etc. We had to wake up at 5.30 am daily after which we had to go for a morning health run and exercise session which lasted for around an hour and a half. Due to the incessant rain, we missed many activities. To compensate for that, we had extra classes where we learnt about the parts of an aircraft, parts of a gun, 3 golden rules of firing, etc. We had drill practice daily. We were taught everything from basic movements to marching. We had an aeromodelling class in which we made a chuck glider and learnt the principles of flight. The food served was healthy and nutritious. We were winners in the volleyball tournament. On the second-last day, a cultural program was organised. All the schools did their best.

I personally learned many things from this camp. This was the first time that I was away from home for 10 days. The camp took me out of my comfort zone, and I got accustomed to following discipline. I have learned how to be responsible and independent. I am thankful to our ANO, Mr. Wilson Andrews and the Commanding Officer Mr. R. S. Jadhav who gave us the opportunity to be a part of this camp. We owe our superlative performance to Mr. Wilson. It was one of the best experiences of my life. We returned with a lifetime of memories.

Parth Patil, IX C



## The Container of Treasures - *Te Papa Tongarewa*

Museums play a crucial role in preserving the local culture by carefully documenting and preserving artefacts. The cultural information in museums can be shared, studied, and analysed by those from different cultural backgrounds. The largest museums are found in major cities, while thousands of local museums exist in smaller cities, towns, and

rural areas. A museum that I visited is the National Museum of New Zealand: *Te Papa Tongarewa*. Sprawling over five floors, I experienced New Zealand in the most interactive and fun way possible. Spanning over five different sections - Art, History, Pacific, Māori, and Natural Environment, the museum also has audio guides and tours. In the Art section of the museum, I enjoyed the paintings from the early twentieth century, British watercolours, international and early New Zealand photography.

The stamp collection in the History section was quite intriguing. I loved the display of over 20,000 stamps, historical weapons, coins, medals, and ceramics from the old world and modern New Zealand. In the third and fourth sections I was able to unravel the treasures and stories of the Pacific people and the Māori tribe.

The fifth section was for Natural Environment, with more than 1 million collections of marine mammals, reptiles, amphibians, plants and birds. I learned about all the different species of animals and plants on display.

There was an extremely well-done exhibit on Gallipoli, which was quite gripping and illustrated the pointless, bloody battle between ANZAC forces and the Turks.

Attractions for the young children were the giant fern-shaped Xylophone and the dinosaur fossils digging pit. The Cafe at Te Pappa was a treat for the palette. I tried the delicious Chicken Schnitzel with salad and fried chips. One cannot miss the unforgettable Viewing Terrace on Level 6 for a panoramic view of Wellington.

The name *Te Papa Tongarewa* translates to *the container of treasures*, which is an apt description. It would take you a whole day to see, but I can guarantee it will not be a waste of time. You will leave with beautiful memories to cherish.

- Rylan D'sousa, VII D



# My Favourite Book

In world literature, various books are available in different languages and genres like fantasy, novel, fiction, melodrama, adventure, etc. One of my hobbies is reading. I love reading a plethora of books by various authors, of which I enjoy reading Jeff Kinney, R.L. Stine, and J.K. Rowling. Of the many books I have read, J. K. Rowling's 'Harry Potter' series is my favourite.



The 'Harry Potter' series consists of 7 books. There are eight movies based on these books. Out of the set of 7, my favourite is the 6<sup>th</sup> volume, *Harry Potter and the Half-Blood Prince*. The series is about a boy named Harry Potter. He studies in a magical school, Hogwarts. Harry always enjoys adventures with his friends Ron and Hermione. He is also good at sports. They use magic to fight the dark side. This book is interesting because it gives an insight into what it feels like when you are different from the rest.

J.K. Rowling began to write these books in the 1990s. She wrote her first book, 'Rabbit' when she was six years old. Rowling got the idea for Harry Potter while she was delayed on a train travelling from Manchester to London's King's Cross in 1990. Over the next few years, she began to plan the seven books in the series. The books on Harry Potter have broken many records since then. Harry Potter and the Deathly Hallows became the fastest-selling book, selling 2.65 million copies in the first 24 hours. The Harry Potter series, published in 80 languages, had over 500 million copies sold. So, if you like reading and want a unique book to read, I recommend the Harry Potter series.

- Rugved Dhumal, VII D

## Is Technology a Boon or Bane for Gen-Alpha?



I am going to throw some light on Gen-Alpha.

Generation Alpha is the demographic born between 2010-2025. This generation is also known as the iGeneration. The children born in this generation are raised with attention-seeking gadgets and electronics, which cost an arm and a leg. The schools these children will go to will have digital facilities such as iPads instead of books, lifts instead of staircases, motion sensor doors instead of manual, Artificial Intelligence, etc. In my opinion, some parents will even choose their child's name based on what is available online. Generation Alpha will account for 2 billion of the global population and will be the most technologically influenced and up-to-date cohort. This generation will co-live with advanced Artificial Intelligence. Gen-Alpha is growing up with the familiar voice of Siri and Alexa as their best buddies, and soon their brains will start to deteriorate as the grey matter will be less utilized. Now, I leave you to decide for yourself whether technology is a boon or a bane.

- Mayank Vaswani, VIII A

## BOOKS ARE OUR COMPANIONS

From the first day of school, a child is happy with his new bag and books. A student meets his books before he meets his teacher and friends in school. These books are the best companions in one's life.

Books make a child aware of the world around him, for they are the treasure of knowledge and wisdom. Reading books strengthens our minds, broadens our outlook, and brings us joy. Books never let anyone feel lonely. They never misguide us. They make us noble and gentle and help to build our character. They give us joy. A person who has the habit of reading always loves the variety of books. A good book in one's hand will never make him feel alone even if he is on a long journey, as the book is his companion.

- Joel Pinto, V A

## Air, Noise and Water Pollution

Our home Earth provides us with a clean environment. Man has made great advancement with the development of science. But we are polluting our environment in many ways. The air we breathe and the water we drink are both polluted. Industries throw waste into rivers which harm aquatic animals. Chimneys from industries create a lot of smoke, causing air pollution. People show happiness by putting on loud music and create noise pollution. Our vehicles are also a great source of this kind of pollution. We must take some steps to minimize pollution, or else it will be impossible to live a healthy life on our planet EARTH!

Mayank A. Mehta, III B



## My Trip to Lonavala and Khandala During the Summer Vacation

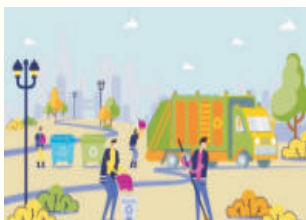
The summer vacation is my favourite time of the year because I can relax and explore new things and places. This year during the summer vacation, I visited Lonavala and Khandala with my family. Lonavala and Khandala are adjacent twin hill stations situated between Pune and Mumbai. In Lonavala, we visited the Wax Museum started by Mr. Sunil Kandaloore. It is one of the famous tourist attractions of Lonavala. It consists of a collection of wax sculptures representing famous people from different fields like politics, art, entertainment, sports, etc. We clicked many photographs inside the wax museum with the wax statues of some of my favourite cricketers like Mahendra Singh Dhoni, Virat Kohli and Kapil Dev. We then visited the other famous picnic spots in Lonavala like Tiger Point and the Bushi Dam. We also went to Ryewood Park, situated in the middle of Lonavala city.

In Khandala, we saw Sunset Point and Rajmachi Point. We also spent some time at Khandala lake. In the end, we visited the beautiful Narayani Dham Temple in Lonavala. In Lonavala, we ate the famous Lonavala Chikki. It was very yummy and tasty. I enjoyed this trip very much.



Akshay Kesharwani, IV A

## Waste Management



To create awareness on how to save our environment, let us understand what Waste Management is.

Waste management is the management of unwanted garbage by disposing and recycling it. There are several techniques to dispose off waste. Let me quickly take you through these.

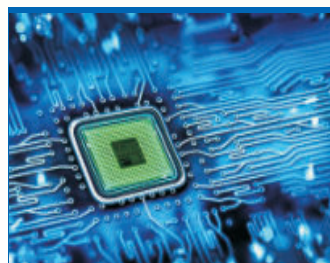
- ❖ **Reduce / Waste Minimization** – Reducing the amount of trash thrown prevents waste from piling up in the first place.
- ❖ **Reuse** – Reusing items can save energy and money. It also prolongs the life of the item.
- ❖ **Recycle** – Recycling saves money, energy, and the environment.
- ❖ **Composting** – Composting is nature's way of recycling organics.
- ❖ **Landfills** – Landfills are constructed and operated to follow strict environmental standards.

Let us always remember the 3Rs of waste management –

**Reduce, Reuse and Recycle.**

If each of us follow simple waste strategies, we can help to save the environment.

- Taher Pancha, III B



## The Tiny Brain

I'd like to share some information on semiconductor chips with you. When I first learnt about semiconductor chips on YouTube, I was fascinated. Such a small piece of equipment can be so vital!

A semiconductor chip - also called an IC chip, is the heart of most modern electronic devices we use; computers, mobiles, radios, microwaves, cars and medical equipment. Almost every device has a semiconductor chip inside it. These chips process all instructions and logic and are the heart and brain of the devices.

A semiconductor conducts electricity more than an insulator like glass but less than a pure conductor like copper. A small chip can have billions of transistors. Scientists continuously strive to make these chips smaller, faster and cheaper.

Intel, Samsung and TSMC are the largest and most well-known manufacturers of semiconductor chips. Understanding their importance, the Government of India has set up an incentive scheme for manufacturing semiconductor chips in India, which will create new factories and labs in the near future. Working in the semiconductor industry can be a good career option for us, who are the next generation.

- Anish Dashputre, IV D



# Benefits of Yoga for Kids

Today, we are very busy with our studies and other activities; therefore, all the children need to take some time out and do YOGA...

## Physical benefits of Yoga

**Full-body workout** - Yoga improves overall fitness with a full-body workout.

**Flexibility** - Children are born natural yogis. By practising yoga, they can retain their flexibility, which most people tend to lose with age.

**Increases immunity** - The immune system plays a significant role in a child's development. The initial years are the building blocks for a healthy future. Yoga is a natural booster that improves resistance and helps us to build a strong defence mechanism, thereby improving immunity.

**Improves body posture** - The sedentary lifestyle led by kids leads to many health issues. Most children are glued to the screen, making them overweight and obese. Yoga is a great way to improve one's body posture.

## Emotional benefits of Yoga

**Develops confidence and a sense of achievement** - Endorphins released during yoga practice help to release stress and make you feel good, psychologically boosting confidence.

**Increases attention span and concentration** - Children today are restless and impatient. Yoga teaches focusing on every single movement or breath, which helps to increase the attention span and builds their power of concentration.

**Positive thinking** - Yoga teaches you that the entire universe is connected and that each day is another chance to surf on the waves of life. The positive mindset created with yoga helps children to stay happy and contented.

- Neev Sawant, II D

## Becoming a Prefect

The word 'Prefect' had been on my mind since I was in the 1<sup>st</sup> grade. I always wanted to be a leader, in school or among friends. It was my dream to become a prefect someday. On the 8<sup>th</sup> of July 2022 when the Prefect Investiture Ceremony was organised, my dream finally came true. I was going to be the prefect of Std. IV. I was very excited on that day because my parents were also present during the ceremony. I was happy to make them proud, and I could see that on their faces. The theme for the ceremony was 'Light', just what Prefects are; a beacon of light, guiding our fellow companions. I was honoured with the prefect badge by the Principal, and later all the elected prefects took the oath, where we promised to do our duties towards the school. The ceremony ended with the school anthem and with words of encouragement from our Principal. I hope to carry out the responsibilities given to me by my teachers, and I thank them for trusting me with this responsibility.

- Mufaddal Adeeb, IV A

## Back to School

Due to the sudden outbreak of Covid -19, the government declared a lockdown. All the schools, shops, and everything else were closed, and we had to stay home. But my education continued because our school started the online classes on Zoom. In the beginning, it was fun to get up five minutes before the class, wash my face, and be ready for the online session. If I wanted to eat, I just turned the camera off! But, after spending a whole academic year online, I was glued to the screen all the time even though my eyes hurt. Not meeting my friends made me feel sad. Every day I used to pray for the school to re-open. As the academic year of 2021-2022 came to an end, my prayers were answered. The school re-opened, and I was happy to meet my teachers and friends. It felt wonderful to be BACK AT SCHOOL!

- Pruthviraj Pingale, IV D



# MY HOBBY

*One should find goodness in everything.*

Yes, I am talking about the pandemic. When all of us were at home for the whole day and soon got bored watching cartoons and playing indoor games. I like playing with toy vehicles and then one day I thought of drawing one. And yes, I was successful. It was then I discovered my new hobby - drawing. My parents appreciated my drawings and encouraged me to draw more. I started drawing more vehicles daily. Drawing refreshes my mind, and I get happiness by spending hours doing it. It is my dream to own those vehicles when I grow up.

I want to design some cars in the future. On the Open Day at school, I was inspired by my class teacher's words. She called me a 'Budding Engineer'. Since then, I have drawn many other pictures, gradually developing my skill in art. I hope you will see me as a full-fledged Engineer someday.

*- Soham Pawar, II D*



Immunity is the inbuilt system of our body that fights against various diseases. A few months ago, most of us suffered from Covid 19 and were so scared of it; since then, everyone has tried to boost their immunity. It is proven that a person with a strong immunity can fight against Covid 19 easily. Most people think that immunity comes with vaccines but it is not so. Primarily, our immunity is strengthened by healthy food habits, regular exercise and good habits like proper sleep.

Healthy food habits include the use of fresh and organic or natural vegetables, fruits and meat. There is a need to avoid using preserved and junk foods like ready-to-eat packets.

Exercise boosts immunity if done regularly. Any physical activity which improves fitness, such as walking, running, cycling and playing outdoor games is good for health.

Good habits start with getting up early in the morning, bathing, eating healthy food and drinking plenty of water on time and going to bed on time. One spoon of 'Chyavanprash' and honey daily will help to boost our immunity. By following the above habits we can fight against diseases like Covid 19. After all, 'Health is Wealth'.

*- Preenan Jadhav, III C*

**So that's how the**

## MOON changes its shape!

Do you ever look up at the moon and wonder why the moon can't make up its mind about its shape? Sometimes the moon is a bright circle and we call it a full moon. But on some nights, it looks more like a half circle or a crescent. And some nights, you can't see it at all! How does the moon change its shape? It doesn't! It is always a big ball of rock with neither air nor water, so people, animals and plants can't live there! But you see only the part of the moon that's lit. The rest is too dark to see. Yet it's there! Then why the entire moon doesn't shine every night? Because the moon doesn't shine at all! It's the sun that shines on the moon and lights it up. We say that the moon reflects the sunlight. Even though the sun is on the other side of the Earth at night, where you can't see it, its rays may still reach the moon and make it glow. The moon is always travelling in a big circle around the Earth. Depending on where the sun and moon are in the sky, we may see some part of the moon, the entire moon or none. So that's how the moon seems to change its shape! Next time you think you see the moon shining, remember you're looking at the sunshine!

*- Raphael Furtado, III C*







## The Game of Focus and Concentration

Archery is the practice of using a bow to shoot arrows. Archery has been used in hunting since the invention of the bow and arrow. A person practising archery is called an archer.

As my father is a sportsman. I started with archery when I was five. Since the lockdown, I have been practising under the guidance of my archery coach. My grandfather works hard with my daily practice. I got selected for the state-level competition by participating in the under-nine age group competition held in the Satara district. I participated in the Mini Sub Junior Maharashtra State archery championship held at Hingoli, Maharashtra, from the 16<sup>th</sup> to the 18<sup>th</sup> of May 2022. I tried my best in this competition but did not win a medal. Nonetheless, I learnt a lot from this competition. I promise that in the future, I will practise hard and rise to the top in this sport of archery.

*Advait Shirke, II A*



## Save the Soil

"There can be no life without soil and no soil without life; they have evolved together"

If there is no soil, where will plants grow? And, without plants there will be no oxygen. Can we all survive without oxygen? Definitely not. So, let's take a pledge to save our soil- The home to various animals like snakes, insects etc. I'd like to end with the words of Franklin D. Roosevelt,

*"The nation that destroys its soil destroys itself"*

*-Vivaan Bafna, II D*

## Fun time



On 1<sup>st</sup> July 2022, we had to bring board games to school. I had taken two games, Snakes and Ladders, and Ludo. When

the teacher told us to play with our friends, my friend Ahmed Molu and I decided to play Snakes and Ladders.

Ahmed was the one who had started the game and he had almost won when he was on 97. He needed 3 to reach 100 and win the game, but he rolled the dice and it was 2, and I won that game.

After that, one more friend of ours decided to join us to play. We were half-way through the game and the period got over. We had a lot of fun that day.

*- Mohd Gaus Anam, II A*

## My Favourite Hobby is Playing Chess



Chess is one of my favourite games. I play chess in my free time. I always watch the chess matches of Mikhail Tal and Magnus Carlson on YouTube.

Chess helps me to improve my thinking and concentration power. Magnus Carlson is the current world champion and Viswanathan Anand became the first Grandmaster of India. I played in various tournaments at the District and State levels. I even got certificates and won a trophy in the tournament. I wish to become a professional chess player in the future.

*- Tirth Kodre, II D*





## मानवता

धर्माबद्दल वेगवेगळे मतप्रवाह असतील परंतु मानवता हीच सगळ्या धर्मांची शिकवण आहे. ईश्वराने मानव निर्माण केला म्हणून आपण मिळून - मिसळून राहणे हेच खरे धर्मपालन आहे.

उपासना निरनिराळ्या रुपात असतील परंतु उपासनेची शक्ती अफाट आहे कारण प्रत्येक धर्मात सत्याला किंमत आहे. सर्वाविषयी आदरभाव, प्रेम, आस्था व विश्वास असणे तसेच एखादी गोष्ट करताना आपण भेदभाव केला नाही पाहिजे. मानवता जपण्यासाठी अनेक लोकांनी प्रयत्न केले

त्यामधील एक म्हणजे साने गुरुजी. त्यांनी आपल्या कवितेतून सांगण्याचा प्रयत्न केला. ते म्हणजे “खरा तो एकच धर्म जगाला प्रेम अर्पावे.”

जागतिक मानवतावादी दिवस प्रत्येक वर्षी १९ ऑगस्ट रोजी साजरा केला जातो. सर्व जगातील लोक आपले आहेत असे आपल्याला वाटले पाहिजे म्हणून जेव्हा एका देशावर एखादी आपत्ती ओढवली जाते तर सगळ्या देशांमधून मदतीचा हात मिळतो. आपण सर्वांनी मदर टेरेसाचे नाव नक्कीच ऐकले असेल. त्यांनी कोलकत्तामधील गरीब व असहाय्य लोकांची मदत केली व कुष्ठरोग्यांची सेवा केली. आपण मदर टेरेसा यांच्याकडून मानवतेची शिकवण नक्कीच घ्यावी. मी शेवटी हेच म्हणून की जर आपल्याला या जगात बदल करायचा असेल तर आपल्याला आपल्यामधील मानवतेला जपणे हे खूप आवश्यक आहे. धन्यवाद !

- साहिल खोसे, १० ब



## पर्यावरण दिन

बालकवींची एक कविता मन नेहमी प्रसन्न करते त्याच कवितेतल्या चारोळींनी मी लेखनाची सुरुवात करतो.

“हिरवे हिरवे गार गालिचे, हरित तृणांच्या मखमालीचे

त्या सुंदर मखमालीवरती फुलराणी ती डोलत होती.”

मित्रांनो ह्या चार ओळी ऐकल्या तरी आपले मन किती आनंदित होते, एक वेगळाच अनुभव आपल्या डोळ्यांसमोर येतो.

पण माझा सर्वांना एक प्रश्न आहे, किती जण ह्या निसर्गाला जपण्याचा प्रयत्न करतात ? म्हणूनच हा विषय मला तुमच्यापुढे मांडावासा वाटतो.

आज काल जेव्हा जेव्हा आपण बातम्या ऐकतो त्यात निसर्गाचे रौद्र रूप धारण केलेल्या बातम्या असतात. कुठे उष्णतेची लाट, कुठे पूर तर कुठे दुष्काळ, जरा आपण विचार करूयात. याला कारणीभूत कोण - मानवच ना ? मग हे थांबवण्याचा आपणच प्रयत्न केला पाहिजे.

याचाच एक भाग म्हणून सर्व देशांनी ५ जून १९७२ रोजी स्वीडन येथे पर्यावरण जपण्यासाठी पहिली बैठक झाली आणि त्यानंतर ५ जून हा दिवस पर्यावरण दिन म्हणजे ‘World Environment Day’ म्हणून साजरा होतो. दरवर्षी पर्यावरण दिनाची एक थीम असते या वर्षी जागतिक पर्यावरण दिन २०२२ ची थीम आहे, ‘Only One Earth’ म्हणजे निसर्गाशी एकरूप होऊन जगणे.

पण हा एकच दिवस पुरेसा आहे का ? तर नाही. पर्यावरण जपणे, सांभाळणे हे देशाच्या प्रत्येक नागरिकाचे कर्तव्य आहे. त्यासाठी प्रत्येकाने सारखे प्रयत्न सुरू ठेवलेच पाहिजेत.

मित्रांनो आपणच जर पर्यावरणाची काळजी घेतली तरच ते आपली काळजी घेईल. याचसाठी वृक्षलागवड, त्यांचे संवर्धन, वृक्ष तोड न करणे, स्वच्छता ठेवणे, जंगल प्राणी-पक्षी संरक्षण, जैविक खतांचा वापर, पाणी आडवा-पाणी जिरवा यासारखे अनेक प्रयत्न आपण केले पाहिजेत.

देणाऱ्याने देत जावे - घेणाऱ्याने घेत जावे हे जरी खरे असले तरी एखाद्याच्या देण्याचा कधीही गैरफायदा घेऊ नये....

जसे निसर्ग आपल्याला भरपूर काही देतो.. पण त्याचा वापर काळजीपूर्वक नाही झाला तर पर्यावरणाबरोबरच मानवाचेदेखील नुकसान होते. म्हणूनच जवळपास पाच दशकांपासून हा दिन साजरा होतो, पण आपण याच्याकडे एक दिन म्हणून नाही तर रोजच यासाठी प्रयत्न केलेच पाहिजेत.

तुकारामांच्या अभंगातील दोन ओळी येथे लिहाव्याशा वाटतात,

“वृक्षवल्ली आम्हा सोयरे वनचरे,

पक्षीही सुस्वरे आळविती.”

- आदित्य घंटे, १० ब





# मानवता किती महत्त्वाची ?

‘खरा तो एकची धर्म, जगाला प्रेम अर्पावे’ हे साने गुरुजींनी लिहिलेल्या या ओळींतून मानवता हाच खरा धर्म आहे हेच समजते. ‘परमेश्वर’ म्हणजे विश्वनिर्मितीमागील अव्यक्त शक्ती ! महात्मा फुले हे निर्मिक कल्पनेचे पुरस्कर्ते ! ‘जसा चंद्र एक आहे, सूर्य एक आहे, हवा एकच आहे ! सर्व प्राणिमात्रांसाठी या गोष्टी एकच आहेत. तसा

सर्व मानवजातीचा धर्म एकच आहे असे ते मानतात, हाच तो मानवधर्म म्हणजे मानवता हाच धर्म !! हीच मानवता आजच्या जगात महत्त्वाची आहे.

‘हे विश्वचि माझे घर’ संत ज्ञानेश्वरांनी वर्णिलेलं हे एक संतांचं लक्षण ! संत विभूतींना सारे विश्व हेच आपले कुटुंब वाटे. परंतु आजच्या जगात प्रत्येक माणसामाणसात उमटते आहे-एकच ईर्ष्या - ‘हे घर हेच माझं विश्व !’ एकतेच्या क्षितिजाला आज सीमा फुटू लागल्या आहेत. प्रत्येक धर्मात, प्रत्येक जातीत, प्रत्येक पंथात, प्रत्येक समाजात, प्रत्येक देशात फुटीरतेचं बीज फोफावू लागलं आहे. सर्व राष्ट्रांमध्ये जणू शस्त्रास्त्र स्पर्धा सुरू आहे. या परिस्थितीत कुठे गेले ते संतांचे ‘हे विश्वचि माझे घर’ याचा प्रश्न पडतो. माणसामाणसात दुरावा निर्माण झाला आहे. त्यासाठी माणसामाणसातील तुटलेल्या प्रेमळ धाग्यांना ममतेच्या दोरीने जोडण्याची, हातात हात सांधण्याची, माणुसकीचे दुवे सांधण्याची गरज आहे. जर आपण मानवतेच्या नात्याने ह्या सर्वांची एकजूट केली तर त्या दिवशी सारे विश्व हे कुटुंब बनेल.

मानवता धर्माचे ब्रीद आचार्य विनोबा भावे सोप्या सुंदर शब्दात सांगतात, ‘माणसाने माणसाशी माणसासारखे वागणे म्हणजेच मानवता’ त्यात सदाचार वर्तन म्हणजे मानवधर्म ! दुसऱ्याच्या दुःखाने दुःखी होणे ही माणुसकी, पण दुसऱ्याच्या सुखाने आनंदी होणे ही खरी मानवतेची कसोटी. माणूस इथे घसरतो, मत्सर त्याला ग्रासतो. दुसऱ्याच्या वैभवाने मत्सर न वाटता आनंद वाटणे हे खरे आपल्या अंतःकरणाचे वैभव ! ते ज्याने प्राप्त केले तो खरा मानवधर्म शिकला.

रखरखत्या वाळवंटात अंत्यजाच्या मुलाला उचलणाऱ्या एकनाथांचा, अनाथ मुलांची सेवा करणाऱ्या मदर टेरेसांचा, अस्पृश्यता दूर करणाऱ्या आंबेडकरांचा, कुष्ठरोग्यांची सेवा करणाऱ्या बाबा आमटेचा, आदिवासी डोंगराळ भागातील मुलांना शिकविणाऱ्या अनुताई वाघ व ताराबाई मोडक यांचा धर्म कोणता ? तर मानवधर्म. हे सर्व माणुसकीचे गहिवर म्हणजे मानवधर्माचे पालन.

आजच्या स्पर्धेच्या, सत्तेच्या, यंत्राच्या, विज्ञानाच्या युगात हा मानवधर्म कुठेतरी हरवला आहे, असे वाटते. म्हणून बहिणाबाई प्रश्न विचारते - ‘अरे मानसा, मानसा कधी व्हेशील मानूस ?’ स्वातंत्र्य, समता, विश्वबंधुत्व ही या मानवधर्माची त्रिसूत्री आहे. मला जसे स्वातंत्र्य हवे तसे इतरांचे स्वातंत्र्य ही मानले पाहिजे. आपपर भाव न राखता श्रेष्ठ कनिष्ठ असे जातिभेद न मानता, समता ही स्विकारली पाहिजे. जगातील सारे मानव माझे बांधव आहेत हे मानताना प्रांतिक संकुचितपणा, हेवेदावे, भांडण, लढाया, आक्रमणे, जुलूम, क्रौर्य सारे विराम पावेल. आकाशाच्या एकाच छताखाली अवधी मानवजात सुखाने नांदेल.

शेवटी मला एवढेच सांगायचे आहे की, ‘मानवता हाच खरा धर्म आहे’ आजच्या जगात मनुष्यातील पाशवी वृत्ती नष्ट होऊन देवत्वाच्या अविष्काराची अनुभूती माणसांना यावी आणि ‘एक देव, एक देश, एक भाषा, एक जात, एक धर्म, एक आशा’ याचा संदेश सर्वांना मिळावा असे वाटते.

“हीच अमुची प्रार्थना अन् हेच अमुचे मागणे, माणसाने माणसाशी माणसासम वागणे”

- अलविन फर्नांडस, १० अ





## आरोग्य व शारीरिक शिक्षण

खेळ व खेळाचे महत्त्व

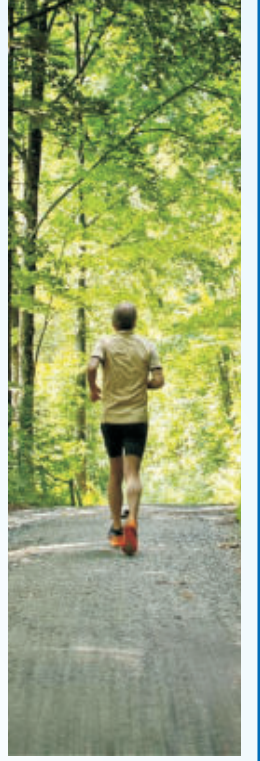
निरोगी शरीरात निरोगी मन वास करते. चांगले आरोग्य आपणास खेळामुळे प्राप्त होते. नियमित खेळामुळे शरीर निरोगी, सुदृढ तसेच तंदुरुस्त बनते. खेळामुळे शारीरिक तसेच मानसिक विकास चांगल्या प्रकारे होतो. खेळामुळे, शरीरातील प्रत्येक अवयवाची हालचाल होऊन ते अधिक चांगल्या प्रकारे कार्य करतात.

आपल्या अगदी बालपणापासून ते वृद्धावस्थेपर्यंत खेळ महत्त्वाचे ठरतात. शालेय जीवनातील क्रीडा स्पर्धा, क्रीडा महोत्सव, शारीरिक शिक्षणाचे तास यामुळे विद्यार्थ्यांमध्ये चांगल्या गुणांची वाढ होते. खेळामुळे जिद्द, चिकाटी, सहकार्याची वृत्ती, समूहभावना इ. गुणांची वाढ होते. शालेय स्तरापासून ऑलिंपिकपर्यंत अनेक प्रकारचे खेळ होतात. त्यामुळे देशाच्या भावी आदर्श खेळाडूंचा शोध लागतो. चांगल्या, योग्य मार्गदर्शनामुळे खेळास, खेळाडूस योग्य प्रोत्साहन मिळते.

आपल्याला खेळामुळे हार-जीत कळते. खेळात हरल्यानंतर नाराज न होता आपण पुन्हा नव्या उमेदीने खेळतो तसेच जिंकल्यावर हुरळून न जाता आपले कौशल्य वाढवत राहतो. यातून भावी जीवनात कितीही मोठे संकट आले तरी आपण धैर्याने राहतो. खिलाडू वृत्तीचा खरा विकास खेळामुळे होतो. शालेय जीवनामध्ये विद्यार्थ्यांना खऱ्या अर्थाने घडविण्याचे काम खेळ करतो. खेळामुळे विद्यार्थ्यांचा शारीरिक व मानसिक विकास होतो.

सचिन तेंडुलकर, सौरभ गांगुली, पी. टी. उषा, सानिया मिर्झा, अभिनव ब्रिंद्रा, कविता राऊत, सायना नेहवाल इ. अनेक खेळाडूंनी आपल्या देशाचे नाव जगात गाजविले आहे. भारत देशामध्ये अनेक प्रकारांच्या खेळात अनेक खेळाडूंनी आपले तसेच देशाचे नाव अलौकिक केले आहे. आजच्या धकाधकीच्या जीवनात खेळाचे महत्त्व अमूल्य आहे. जीवनाला योग्य वळण लावण्याचे काम खेळ करतो. आजची मुले, विद्यार्थी उद्याच्या भावी देशाचे यशस्वी नागरिक असल्यामुळे त्यांच्या आयुष्यात खेळाचे महत्त्व खूप अनन्य साधारण आहे. हे विसरून चालणार नाही.

- आरुष संतोष शिळीमकर, ७ अ



## सोशल मिडीया

सोशल मिडीया हे सध्याच्या काळात सर्वात जास्त वेगाने पसरत आहे. याचा विस्तार जगातल्या प्रत्येक काना कोपऱ्यात पसरलेला आहे. इतकेच काय सोशल मिडीया हा लोकांच्या दैनंदिन जीवनातला अविभाज्य भाग बनला आहे. वर्ष २००४ नंतर फेसबुक, त्यानंतर युट्यूब आल्यापासून भारतीय लोकांमध्ये सोशल मिडीयाचे आकर्षण जरा जास्तच वाढले आहे. नंतरच्या काळातील ट्विटर, व्हाट्सअप, इंस्टा आणि टिक-टॉक यांनी तर त्यात अजूनच भर घातली आहे.

सोशल मिडीयाचे मुख्य फायदे असे की, आपण आपल्या दूरच्या नातेवाईकांशी आणि मित्र मैत्रिणींशी जोडले गेलेो आहोत. तुम्ही पाहत असालच की, आजकाल तर जुन्या शाळेतील विद्यार्थी १० वी ची बॅच, १२ वी ची बॅच असे ग्रुप करून भेटून जुन्या आठवणींना उजाळा देतात. बऱ्याच लोकांना सोशल मिडीया हे उत्पन्नाचे चांगले साधन मिळाले आहे. त्याच्या मार्फत त्यांना आपले कलागुण, कौशल्य आणि ज्ञान वाढण्यास फार मोलाची मदत होत आहे. आपणही त्याच्या मार्फत विविध भाषेमध्ये ती माहिती हवी तेव्हा मिळवू शकतो. सोशल मिडीया हे मनोरंजनाचे एक चांगले साधन आहे. हे आपण सर्वांनीच लॉकडाऊनच्या काळात चांगलेच अनुभवले असेल.

पण मित्रांनो एक सांगू का जसे सोशल मिडीयाचे फायदे आहेत तसे काही तोटेही आपल्याला अनुभवास येत आहेत. आपणच याच्या अति वापरामुळे आळशी बनत आहोत आणि अनेकांना मानसिक आजार व डोळ्यांचे विकार देखील होत आहेत. सोशल मिडीयाच्या माध्यमातून अनेकदा अफवा पसरल्यामुळे आपलीच दिशाभूल होते. हेच सायबर क्राइम्सचे देखील कारण आहे.

एका पाहणी अनुसार प्रत्येक माणूस सरासरी एक ते दीड तास सोशल मिडीयावरती घालवतो त्यामुळे त्यांचा अमूल्य वेळ वाया जातो.

मित्रांनो सुरुवातीला म्हटल्याप्रमाणे सोशल मिडीया हा एक शोध असल्यामुळे त्याला आपण शाप म्हणू शकत नाही. कारण कोणत्याही गोष्टीचा वापर आपण कसा करतो त्यावरती हे शाप की वरदान हे ठरते.

तुम्हा सर्वांना इतकीच विनंती आहे की, सोशल मिडीयाचा अति वापर आपण टाळला पाहिजे आणि त्यावरील मिळणाऱ्या चांगल्या ज्ञानाचा आपण सदुपयोग केला पाहिजे.

मनोरंजनाचा आधार त्याला सोशल मिडीयाचा विस्तार ||

भावनांची देवाणघेवाण त्यांना इमोजींचे उधाण ||

- श्रेयस मनोज बारटके, ९ क



# ‘पर्यावरण दिन’ केवल ५ जूनलाच ?

हिरवे हिरवे गार गालिचे, हरितृणाच्या मखमालीचे  
त्या सुंदर मखमालीवरती, फुलराणी ही खेळत होती !

वरील बाल कवींनी लिहिलेल्या ओळी वाचून आपल्या मनात एक शब्द तर नक्कीच आला असेल तो शब्द म्हणजे पर्यावरण. पर्यावरण हा शब्द ऐकताच नजरेसमोर येते ते म्हणजे सुंदर हिरवाई, उंच पहाड आणि खळखळ वाहणारी नदी. या सर्व गोष्टी आपल्या मनाला आनंद देतात. पण या पर्यावरणासाठी आपण कधी काही करतो का ? फक्त ५ जूनलाच पर्यावरणाला आपण डोक्यावर घेऊन नाचतो आणि बाकीच्या उरलेल्या सर्व दिवशी आपण निसर्गाकडे दुर्लक्षित करतो. आता मित्रांनो, तुम्हीच विचार करा की जर फक्त तुमच्या वाढदिवसाला तुमचे लाड पुरवले गेले आणि इतर सर्व दिवशी तुमच्याकडे कानाडोळा केला गेला तर तुम्हाला कसे वाटेल ? अर्थातच तुम्हाला खूप वाईट वाटेल. मग एकदा फक्त विचार करा की, त्या पर्यावरणाला कसे वाटत असेल ? फक्त त्याला बोलता येत नाही म्हणून किती अंत पाहण्याचा त्याचा ? पण आता तो ही स्वतःला व्यक्त करतो आहे. सतत येणारा पूर, वणवा, पाण्याची पातळी आणि जागतिक तापमान जलद गतीने वाढणे, ओझोनच्या स्तरात फट निर्माण होणे या सर्व घटना हेच सांगतात की आता पर्यावरणाला त्रास होत आहे. त्याच्या सहनशक्तीचा अंत होत आहे. काही अहवाल तर हे ही सांगतात की, जर जागतिक तापमान आणि पाण्याची पातळी ह्याच गतीने वाढत राहिली तर काही दशकात संपूर्ण जग जलमय होऊन जाईल !

आता घाबरून जाऊ नका. आपण हे थांबवू शकतो. यासाठी फक्त एक साधी गोष्ट करायची आणि ती म्हणजे पर्यावरण दिवस दररोज साजरा करायचा. आता दररोज साजरा करणे म्हणजे दररोज सेलिब्रेशन करणे नव्हे हं ! साजरा करणे म्हणजे प्रत्येक दिवशी या निसर्गाची काळजी घेणे. आता तुम्हाला प्रश्न पडला असेल की हे कसे करावे ? तर सोपे आहे.

- १) प्लॉस्टिकचा वापर बंद करा.
- २) कचऱ्याची निसर्गाला हानी न पोहोचवता योग्य प्रकारे विल्हेवाट लावा.
- ३) प्रदूषण कमी करा आणि
- ४) पाण्याचा योग्य प्रकारे वापर करा.

हे करणे फार काही कठीण नाही, पण यामुळे आपण पर्यावरणाची काळजी घेऊ शकू. ज्याप्रकारे आपल्या घराला आपण स्वच्छ ठेतो, त्याची काळजी घेतो त्याच प्रकारे आपण या भूतलावरील सर्व जीव-जंतूंच्या घराची म्हणजे पर्यावरणाची काळजी घेतली पाहिजे, त्याला स्वच्छ ठेवले पाहिजे. देवाने मनुष्याला बाकी सर्व प्राण्यांपेक्षा सर्वश्रेष्ठ बनवले. मनुष्याला हुशार बनवून त्याने आपल्यावर खूप मोठी जबाबदारी टाकली आणि ती म्हणजे या पर्यावरणाची राखणदारी करणे, त्याची काळजी घेणे, म्हणूनच पर्यावरणाची काळजी फक्त ५ जून पुरतीच मर्यादित न ठेवता दररोज केली पाहिजे कारण जर रोजचा दिवस ५ जून झाला तरच आणि तेव्हाच आपण ही धरती वाचवू शकू.

संत तुकारामांच्या ओळींनी सांगता करतो,  
‘वृक्षवल्ली आम्हां सोयरी वनचरें, पक्षीही सुस्वरें आळविती’  
धन्यवाद ! जय हिंद ! जय महाराष्ट्र !!!

- ओजस सोनवणे, ९ ब

## द जतरल शर्मन - अ हॅपी जायंट

एके दिवशी कैक शतकांपूर्वी...

पडला मी खाली चिऊताईच्या चोचीतून,

रुतलो मातीत आणि फुललो आनंद घेऊन,

दोन हिरवीगार पानांची पाकळी आणि पावसाची ती  
पहिलीच सर,

माझ्या या नव्या जीवनातली,

मातीचा तो मनमोहक सुगंध दरवळला माझ्या प्रत्येक  
श्वासामधी

वाढविले ज्या मातीने मज मानतो तिचे सदा आभार !

शिकवले मज निसर्गात जगण्याचा प्रवास,

बनवित माझ्या लाकडांवर एक सुंदर निर्मळ सृष्टी,

ती पाखरे, ते प्राण, कैक जीव जंतू राहती सदा आनंदानी

मानतो आभार परमेश्वराचे...

दिला मज जीवनाचा प्रवास

शिकलो जीवन जगायला दररोज घेत आयुष्याचा नवा पाठ

जन्मलो बनून एक छोटेसे पान,

जगलो मग मी बेभान

आता एकच इच्छा व प्रार्थना ईश्वरास

जगू दे निसर्गाच्या सहवासात, करीत व्यतीत

माझ्या जीवनाचा आनंदी प्रवास....

संपवतो इथेच हा अध्याय,

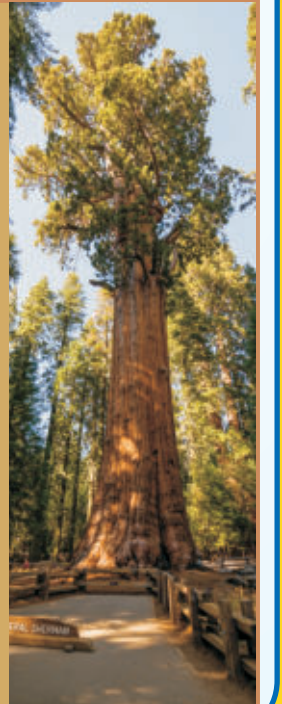
इच्छा पूर्ती झाली पहाय

पृथ्वीवरील प्रत्येक प्राण्यास हीच माझी विनंती

सदा द्या एकमेकांस साथ,

ईश्वराने दिलेल्या जन्माचा हाच आहे खरा प्रवास !

- तनिष जिवराजानी, १० क





## मानवता किती महत्वाची

“खरा तो एकची धर्म, जगाला प्रेम अपावे”

हे साने गुरुजींचे वाक्य मनाला भावून जाते.

जगामध्ये भारत एक असा देश आहे जेथे सर्व धर्मांचे लोक गुण्यागोविंदाने नांदतात. येथे सर्व धर्म समभाव आहे. मानवाने आपल्या सोयीसाठी विविध धर्म तयार केले. पण कोणताच धर्म दुसऱ्या धर्माविषयी द्वेष किंवा तिरस्कार करायला सांगत नाही. धर्म म्हणजे सत्याचे ज्ञान. धर्म हा आदर्श जीवनाचा आधार आहे. सर्वात श्रेष्ठ धर्म असेल तर तो आहे मानवता धर्म.

“दिव्याने दिवा लावत गेलं कि दिव्यांची एक “दिपमाळ” तयार होते, फुलाला फुलं जोडत गेलं कि फुलांचा एक “फुलहार” तयार होतो आणि माणसाला माणूस जोडत गेलं की “माणुसकीचं” एक सुंदर नातं तयार होतं.”

जे स्वतःला हवे असे वाटते ते दुसऱ्याला देणे म्हणजे माणुसकी होय. एकमेकांवर प्रेम करणे, मदत करणे, प्रत्येकाविषयी सहानुभुती, आदर, कुणालाही तुच्छ न लेखणे, गरीब-श्रीमंत, वर्ण-जात धर्म न करणे, मनुष्यावर असो किंवा कुठल्यातरी प्राणीमात्रांवर असो आपल्या मनात त्या विषयी कोणताही भेदभाव नसणे हाच खरा मानवधर्म होय. पण मित्रांनो हे ध्यानात ठेवा, देव दगडात नाही तर माणसात असतो. आपण महाराष्ट्रातल्या पुण्यनगरीत राहतो. आपल्या अनेक संतांनी जसे ज्ञानेश्वर महाराज, तुकाराम महाराज यांनी लोकांना शेकडो वर्षांपूर्वी मानवतेचे महत्त्व पटवून देण्यात त्यांचे आयुष्य घालवले. पण आजच्या या विज्ञान युगात जग खूप जवळ आले आहे पण टि.व्ही. व मोबाईलमुळे आपुलकीची माणसे दुरावली आहेत.

“धर्म धर्म करता करता, अधर्म करती सारे  
माणुसकीत खरा धर्म समजून घे, जरा, मानवा रे ”  
माणुसकीच्या शत्रूसंगे  
युद्ध आमचे सुरु  
जिंक किंवा मरू.....”

- आर्य परेश थोपटे, १० ड



## मेरा सच्चा मित्र

प्रस्तावना - सच्चा मित्र वही होता है जो जीवन के हर मोड़ पर आपके साथ खड़ा हो। जीवन के हर मुश्किल परिस्थिति में आपके संग खड़ा हो और आपको सबसे बेहतर समझे वह सच्चा मित्र कहलाता है। जीवन के हर सुख-दुख में आपके साथ हो, और अपने मित्र की हर परेशानी में हाजिर हो जाए वह होता है, सच्चा मित्र अपने दोस्त का हमेशा भला चाहता है।

जिन्दगी में आधी रात को भी मित्र की जरूरत पड़े उसके लिए दौड़कर चला आता है। जीवन में वह व्यक्ति खुशनासीब होता है जिसे सच्चा मित्र मिलता है। वह सच में भाग्यशाली होता है। आज के दिनों में सच्चा मित्र पाना मुश्किल हो गया है। सच्चा मित्र कभी भी स्वार्थी नहीं होता है, वह अपने मित्र के लिए अपनी सारी खुशियों का त्याग कर सकता है।

सच्चा दोस्त हमेशा अपने मित्र का आत्मविश्वास बढ़ाता है।

- माधवन नटराजन, ७ अ

## समय का महत्त्व

“समय” एक ऐसी चीज है जो भिकारी को राजा और राजा को भिखारी बना सकती है। समय सबसे शक्तिशाली हथियार है, जिसके आगे दुसरे हथियार बेकार हैं। समय एक ऐसी चीज है जो हीरे-सोने से भी महँगी है, समय की किमत पैसे से ज्यादा है, समय किसी भी दुश्मन से ज्यादा ताकतवार है, समय से बेहतर कोई नहीं सिखा सकता।

स्वामी विवेकानंद ने समय के बारे में क्या खूब कहा था की जो कल का काम है वो आज करो और आज का अभी। क्योंकि समय पर किया गया कार्य मनुष्य के जीवन को आसान बना देता है। और क्या पता आपका जीवन कुछ ही पलों में खत्म हो जाए। क्योंकि मृत्यु का कोई निश्चित समय नहीं है। इसलिए हमें हमारे जीवन के हर पल को आनंद से जीना चाहिए और हमेशा खुश रहने की कोशिश करनी चाहिए।

हमारे महात्मा गाँधीजी समय का बहुत ही सावधानी और बुद्धिमानी से उपयोग करते थे। इसलिए वे एक सफल स्वतंत्रता सेनानी थे और बाद में हमारे राष्ट्रपिता और विश्व के महान पुरुष भी बने। इसके अलावा विश्व के सबसे बड़े वैज्ञानिक थॉमस अल्वा एडिसन भी बचपन में सब्जियाँ बेचकर अपना गुजारा करते थे। लेकिन जब उन्होंने समय का सदुपयोग किया तो वह विश्व के सबसे बड़े वैज्ञानिक बने। इसलिए हमें हमेशा समय का सदुपयोग करना चाहिए।

- ऋग्वेद कोकाटे, ९ अ



## गर्मी की छुट्टियाँ



आखरी परीक्षा खत्म हो गई और गर्मी की छुट्टियाँ प्रारंभ हो गई। दो दिन के बाद मैं और मेरा परिवार नानी के घर जानेवाले थे। मेरे पास धैर्य नहीं था। वहाँ जाने के बाद मैं अपनी छोटी बहन के साथ खेलना चाहता था। मैं अपने दोस्तों के साथ भी खेलना चाहता था। मैं अपने मामा के साथ उनके कारखाने में जाना चाहता था, क्योंकि वह एक चॉकलेट का कारखाना था। वहाँ जाने के बाद मैं बहुत सारे चॉकलेट खाने वाला था। मेरी मामी एक केक विशेषज्ञ थी। मैं उनसे केक बनाना सिखना चाहता था। इतना ही नहीं मैंने अपनी छोटी बहन के लिए एक उपहार भी चुनके रखा था। सबसे रोमांचक बात यह थी कि मैं अपने गाँव पहली बार हवाई जहाज में जाने वाला था।

वह दिन आ गया जिस दिन मैं अपने गाँव जानेवाला था। हम हवाई अड्डे पर पहुँचे। उसके बाद हमने टिकट निकाला। टिकट दिखाने के बाद हमने हवाई जहाज में प्रवेश किया। हम गाँव पहुँचे। मैंने बहुत मजे किए। जब गर्मी की छुट्टियाँ खत्म होने को आई तब ऐसे लगा की गर्मी की छुट्टियाँ अभी शुरू हुई हैं। फिर से हवाई जहाज में बैठकर मैं घर वापस आ गया।

- श्लोक कटारिया, ७ अ

## पानी बचाओ, जीवन बचाओ



पानी के बिना अपना जीवन अधुरा है। पानी सभी जीवों के लिए अति महत्वपूर्ण है। उदा. किसान, जानवर, पेड़-पौधे आदि। इस धरती मात्र ०.३ पानी का उपलब्ध है। पानी को इस जीवन में महत्व दिया गया है। हम हमारे जीवन में पानी का बहुत उपयोग करते हैं। जैसे कि नहाने के लिए, रसोई के लिए, साफ-सफाई के लिए, वृक्षारोपण के लिए आदि सभी कार्यों के लिए पानी का उपयोग किया जाता है। समंदर के पानी का उपयोग बिजली बनाने के लिए होता है। ज्यादातर शहर नदियों के किनारे बसे होते हैं क्योंकि प्रत्येक उद्योग को विभिन्न प्रकार के उत्पादन के लिए जल की आवश्यकता है। धरती का ७१% भाग पानी से ढका हुआ है। अपने राष्ट्र द्वारा २२ मार्च को विश्व जल दिवस मनाया जाता है। इसलिए पानी की महत्त्वता को समझके जल है तो जीवन है ऐसा कहना चाहिए।

- यशवीर संचेती, ६ अ

## मेरा पसंदिदा खेल

दुनिया में सबसे ज्यादा देखा जाने वाला खेल है फुटबॉल। इस कारण हमारी दुनिया के लाखों लोगों की तहर में भी फुटबॉल को पसंद करता हूँ। इस खेल में २ टीम के बीच सामना होता है। हर टीम में ग्यारह लोग होते हैं। इस खेल का मकसद है कि इन खिलाड़ियों को एक बॉल दुसरे टीम के गोल में डालना होता है। ग्यारह खिलाड़ियों में से सिर्फ एक खिलाड़ी गोल बचाने के लिए अपने हाथों का इस्तेमाल कर सकता है। बाकी खिलाड़ियों के हात पर अगर बॉल लगा तो उसे 'फाऊल' माना जाता है।



यह खेल के वजह से हमारी मानसिक और शारीरिक ताकद बढ़ती है। हमारे अंदर एकता और अनुशासन के गुण बढ़ते हैं। हमारी सहनशीलता बढ़ती है। हमें जीत चखने का मौका मिलता है। लेकिन कड़वी हार भी मिलती है।

मैं ननवी कक्षा में पढ़ता हूँ और जैसा कि आप जानते ही होंगे मुझे क्लासेस के बाद सोने का भी टाईम नहीं मिलता तो फुटबॉल खेलना तो दूर की बात। फिर भी आखिर दस मिनट ही क्यों ना हो, मैं दोस्तों के साथ यह खेल खेलता हूँ। मुझे फुटबॉल में बहुत मजा आता है और मुझे बहुत सीखने को भी मिलता है। इस कारण यह मेरा पसंदिदा खेल है।

- तोषन बॅनर्जी, ९ अ



## सद्गुण

बेहतर समाज बनाने में जितना अच्छे गुणों एवं मूल्यों का महत्व है, उतना और किसी का भी नहीं है। जिस तरह से एक महकने यानी खुशबू बिखरने वाली फूल आस पास का माहौल को खुशनुसा कर देता है और सबका चहेता बना जाता है उसी तरह एक सद्गुणी इंसान अपने सद्गुण रुपी खुशबू से सबका चहेता बनकर वाहवाही पाता है।

सद्गुण में नैतिक सद्गुण और बौद्धिक सद्गुण जैसे दो प्रकार होते हैं। बौद्धिक सद्गुण प्राप्त करने के लिए, इंसान को सिखना पढ़ना चाहिए। बौद्धिक सद्गुण व्यक्ती को सही-गलत का परिचय नहीं दिलाता है लेकिन नैतिक सद्गुण व्यक्ती को सही काम करने के लिए प्रोत्साहित करता है।

- आर्यन मर्चंट, ९ क



## मेरी माँ

भगवान हर जगह नहीं पहुँच सकता, इसलिए भगवान ने माँ बनाई। माँ शब्द का अर्थ जननी है। अर्थात् जनम देने वाली। माँ के बिना जीवन की उम्मीद नहीं की जा सकती। अगर माँ न होती तो हमारा अस्तित्व ही न होता। इस दुनिया में माँ दुनिया का सबसे आसान शब्द है। मगर इस नाम में भगवान खुद वास करते हैं।

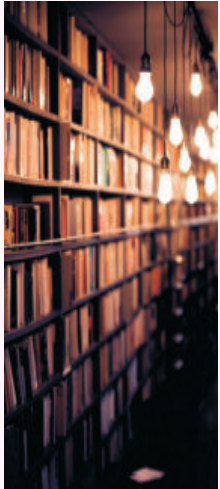
माँ मेरे जीवन में पूर्ण भूमिकाएँ, मेरी माँ दुसरे माँओं जैसी ही है। वह मेरी प्रथम शिक्षक तथा जीवन भर के लिए मार्गदर्शक है। मेरी माँ मुझे बहुत सारी कहानियाँ सुनाती है जिससे बोध हो। मेरी माँ का नाम राजश्री है, वह बहुत ही हसमुख और प्यारी है। मेरी माँ घर में सबका खयाल रखती है। मेरी जरा सी भी परेशानी उसे देखी नहीं जाती है। माँ मुझे पढ़ाती है। और वह मुझे एक अच्छा इन्सान बनाना चाहती है।

मेरी माँ मुझे हमेशा कहती है की माँ किसी की भी हो उसका आदर करना चाहिए। उसे सम्मान देना चाहिए। माँ एक ही है जो हमेशा अपने बच्चों का हित ही सोचती है। मेरी माँ जब भी मैं कुछ अच्छा करता हूँ तो प्रोत्साहन देती है। मेरी माँ सहनशील है। वह हमेशा मुझे संकटों से लड़ने का साहस देती है। हर एक के लिए माँ क्या है मैं नहीं जानता पर मेरे लिए मेरी माँ दुनिया है। मैं अपनी माँ से बहुत प्यार करता हूँ।

- शुभम काशिकर, ६



## पुस्तक सच्चे मित्र



पुस्तकें हमारे सच्चे मित्र होते हैं। ये मैं अपने पुरे दिल से मानता हूँ। पुस्तकें हमारा साथ कभी नहीं छोड़ती। आपका कोई दोस्त साथ छोड़ दे, पर पुस्तकें कभी साथ नहीं छोड़ती। हर हालात में पुस्तक आपका साथ देगा, दुख-सुख में हैंसी-खुशी में भी। वे हमारे सच्चे मित्र बनकर हमारा साथ निभाते हैं।

पुस्तकें हमें ज्ञान प्रदान करती हैं। हमें अच्छी बातें भी सिखाती हैं, जिससे हमें अच्छे बुरे कि समझ आती है। पुस्तकें भले ही बोलती ना हो लेकिन वह बिना बोले ही हमें बहुत कुछ मदद कर देती है।

आज के इस आधुनिक युग में बहुत से लोग ऐसे हैं जो अकेले रहते हैं। जो बहुत ही बोअरींग महसूस करते हैं, लेकिन पुस्तकें एक मित्र की भाँति उनका मनोरंजन करते हैं। पुस्तकों से पाया गया ज्ञान हमें सफलता की उँचाई तक पहुँचाने में हमारी मदद करता है। पुस्तकों से हमें इतिहास और विज्ञान का ज्ञान होता है। जीवन में हम उस सीख और ज्ञान का उपयोग करके आगे बढ़ते जाना चाहिए।

हम सभी को पुस्तकों को एक अच्छे मित्र की तरह समझकर उनकी देखभाल करना चाहिए और उनको पढ़ना चाहिए। उनके द्वारा दिए गए ज्ञान को अपने अंदर उतारकर ज्ञानवान बनना चाहिए। हमें पुस्तकों से कभी भी दोस्ती नहीं तोड़नी चाहिए। इसमें ही हमारा भला है।

- जोनाह अंबात, ६ अ

## टेक्नोलॉजी के फायदे

पिछले कुछ सालों में, मानवता टेक्नोलॉजी पर निर्भर होती जा रही है। इतना ज्यादा की, हमारे दैनिक जीवन में कई कार्य आधुनिक तंत्रज्ञान के बिना करना असंभव लगने लगा है। टेक्नोलॉजी और भिन्न-भिन्न प्रकार के मशीनों की वजह से हमारा जीवन बहुत आसान हो गया है।

टेक्नोलॉजी के कई उदाहरण हमारे जीवन में जरूर होते हैं। घर के काम में, अपनों से वार्तालाब करने में, शिक्षा प्राप्त करने में, हम कई मशीनों और तंत्रज्ञानों का उपयोग करते हैं। टेक्नोलॉजी की वजह से शिक्षण भी आसान हो चुका है। पिछले दो से तीन सालों में कोरोना महामारी की वजह से विद्यार्थी पाठशाला तक जा नहीं सकते थे। ऐसे कठीण समय में 'ऑनलाईन स्कूलिंग' हमें एक वरदान जैसा था।

यह टेक्नोलॉजी हमारे देश के विकास में भी योगदान देती है। टेक्नोलॉजी के माध्यम से हमारे नेता और समाज सुधारक जनता की परेशानी को बारीकीसे समझ के सुलझा सकते हैं। टेक्नोलॉजी ने रोजगार और कौशल बढ़ाया है। हमारी सरकार 'Skill India' और ऐसे कई माध्यमों और अभियान का उपयोग करके देश का विकास नई उँचाई तक पहुँचाया है।

- रणवीर जगताप, ९ अ





## समय का सदुपयोग

समय प्रत्येक व्यक्ती के जीवन में बहुत महत्वपूर्ण है, समय सफलता की कूँजी है। जो व्यक्ती अपना सारा काम समय पर करता है, सफलता उसके कदम चुमती है। हमें प्रत्येक कार्य समय पर करना चाहिए। आज का काम कल पर नहीं टालना चाहिए और समय का सही तरीके से प्रयोग करना चाहिए। हमें समय का सदुपयोग करना प्रकृतिसे सीखना चाहिए, क्योंकि वह अपने सभी कार्य नियमित रूप से करती है। अगर हम कोई भी कार्य समय पर नहीं करते हैं तो हमारा नुकसान होता है और हम विफल हो जाते हैं। व्यक्ती चाहे कितनी भी मेहनत क्यों न करले लेकिन अगर वह सही समय पर नहीं की तो व्यर्थ है। अगर फसल सही समय पर न काटी जाए तो वह नष्ट हो जाती है और सारी मेहनत बेकार हो जाती है।

मनुष्य को समय का सदुपयोग करना आना चाहिए, क्योंकि आज तक जितने भी महापुरुष हुए हैं उसकी सफलता का रहस्य समय का सदुपयोग ही रहा है, हर व्यक्ती को बचपन से ही समय के सदुपयोग की आदत डालनी चाहिए। हमें अपने शेष समय में कोई न कोई पुस्तक आदि पढ़ते रहना चाहिए क्योंकि पता नहीं लगता किस समय किया गया कार्य कब काम आ जाए। हम सबको समय का पाबंद होना चाहिए।

- शहजान खान, ९ ब



## मेरी गर्मी की छुट्टी



गर्मी की छुट्टियाँ हर छात्र के लिए साल का सबसे बहुप्रतिक्षित समय होता है। मैंने अपनी पिछली गर्मी की छुट्टी अपने घर पर अपने माता-पिता के साथ बिताई। हम इस साल किसी भी टूर और ट्रिप पर नहीं गए। मैंने अपने दोस्तों के साथ बहुत खेला और अपने माता-पिता की मदद से गर्मियों की छुट्टियों का होमवर्क पूरा किया। मैंने ज्यादातर समय किताबें पढ़ने और नृत्य और कराटे का अभ्यास करने में बिताया। मेरे चाचा के परिवार ने हमसे अचानक मुलाकात की और मुझे छोटे चचेरे भाई से मिलकर बहुत खुशी हुई। हम एक फिल्म और पास के एक पार्क में गए। यह सबसे अधिक बदलने वाली और यादगार गर्मी की छुट्टियों में से एक थी। मेरे चाचा और उनका परिवार चला गया क्योंकि मेरे चचेरे भाई को स्कूल जाना था।

जेरेमिह ६, अ



## पानी बचाओ, जीवन बचाओ।

अपने जीवन में पानी सबसे आवश्यक है। बिना पानी हम सब पशु, पक्षी आदि नहीं जी सकते। हम पानी का उपयोग पीने के लिए, बरतन, कपड़े आदि साफ करने के लिए करते हैं। पानी नहीं होगा तो हर तरफ सुखा पड़ जाएगा। बिना पानी हम जिंदा नहीं रह सकते हैं। अगर हम पानी नहीं बचाएँगे तो हमारा जीवन खतरे में आ जाएगा।

पानी बचाने के लिये हमें हमेशा तैयार और सतर्क रहना होगा। पानी को बरबाद ना करे। पानी का सही से उपयोग करना चाहिए। अगर कोई काम कम पानी का उपयोग करके हो रहा हो तो कम - से कम पानी इस्तेमाल करना चाहिए। बारीश के पानी को भी जमा कर के उसका उपयोग करना चाहिए। पानी बचाएँगे तो हम अपना जीवन आसानी से जी सकेंगे। धन्यवाद।

- रायन जॉर्ज, ६ अ

## सुबह

गरम गरम लट्ठू - सूरज  
लिपटा बैठा लाली में।  
सुबह- सुबह रख आया कौन  
इसे आसमान की थाली में ॥

तभी आ गई फुदक - फुदक कर  
एक तितलियों की टोली।  
मधुमक्खियों ने मदुरस लेकर  
भर डाली अपनी झाली ॥

मूँदी आँख खोली कलियों ने  
चिड़िया ने गाया गाना।  
गुन-गुन करते भँवरों ने  
खिले फूलों को पहचाना ॥

उठो - उठो हम लगे काम पर  
तब आगे बढ़ पाएँगे।  
वे क्या जीवन में पाएँगे ?  
जो सोते रह जाएँगे ॥

- नील सस्ते, ७ अ



## Der Aga Khan Palast

Der Aga Khan Palast wurde von Sultan Muhammed Shah Aga Khan III in Pune, Indien, erbaut. Der Aga Khan Palast ist ein majestätisches Gebäude. Der Palast ist eng mit der indischen Freiheitsbewegung verbunden, da er als Gefängnis für Mahatma Gandhi und Kasturba Gandhi diente. Er ist auch der Ort, an dem Kasturba Gandhi starb. Im Jahr 2003 erklärte der „Archaeological Survey of India“ (ASI) den Palast zu einem Denkmal von nationaler Bedeutung. Der Aga Khan Palast ist eine Hauptattraktion für Fotografen, aufgrund seiner besonderen Architektur, grüne Umgebung und perfekter Beleuchtung für die Fotografie. Um Geschichte zu studieren, sind hier verschiedene Sachen, Gemälde, Fotografien und viele andere Dinge konserviert. Im Aga Khan Palast können wir verschiedene Sachen und Dokumente finden, die uns Informationen über das Leben von Mahatma Gandhi geben. Das Gebäude umfasst fünf Hallen. Es umfasst eine Fläche von 19 Hektar. Der Palast ist auch der Hauptsitz der Gandhi National Memorial Society.



*Ishaan Thadikaren, X C*

## Dialekte im Deutsch

Wenn wir an eine Sprache denken, vergessen wir oft ihre Dialekte. Deutsch hat nicht nur in Deutschland, sondern auch in der Schweiz und in Österreich andere Dialekte. In Deutschland ist Hochdeutsch am häufigsten gesprochen. Es gibt Hochdeutsch in Österreich und der Schweiz auch, aber es ist anders als die in Deutschland gesprochen wird. Niederdeutsch ist im Nord Deutschland und Schwäbisch in Schwabenland (Württemberg) gesprochen. In der Schweiz wird Allemanisch gesprochen und in Mitteldeutschland und das Rheinland sprechen die Leute Frankisch und Thüringisch.

Es gibt kleine, aber merkliche Unterschiede in Dialekten und Akzenten, da die Sprache die geografischen Grenzen überquert. Zum Beispiel sagt man in Deutschland 'Hallo' oder 'Grüße' zu grüßen, aber in Österreich sagt man 'Servus'. Manchmal können wir die Vokabeln in den Dialekten nicht verstehen, aber das ist die Schönheit der Sprachen, sie ändern sich überall.

*Aditya Lotlikar, X C*

## PASCH

Die Initiative „Schulen: Partner der Zukunft“ (PASCH) wurde im Februar 2008 vom Auswärtigen Amt ins Leben gerufen. PASCH stärkt und schafft ein globales Netzwerk von mehr als 2.000 PASCH-Schulen mit besonderem Bezug zu Deutschland. Das Goethe-Institut unterstützt rund 600 PASCH-Schulen in den nationalen Bildungssystemen von über 100 Ländern.



Diese Initiative wird vom Auswärtigen Amt koordiniert und in Zusammenarbeit mit der Zentralstelle für das Auslandsschulwesen (ZfA), dem Goethe-Institut, dem Deutschen Akademischen Austauschdienst und dem Pädagogischen Austauschdienst der Kultusministerkonferenz durchgeführt. Angelegenheiten der Länder in der Bundesrepublik Deutschland.

Das Netz der Deutschen Auslandsschulen und Schulen mit dem Deutschen Sprachzertifikat wird gestärkt. Darüber hinaus wird die Zusammenarbeit mit Schulen intensiviert, um Deutsch als Fremdsprache stärker in den nationalen Bildungssystemen zu verankern.

Zusätzlich werden Stipendien für ein Studium in Deutschland sowie Möglichkeiten für Schüleraustausch und -partnerschaften zur Verfügung gestellt.

*Ishaan Thadikaren, X C*





## Eine unvergessliche Reise

Jaipur ist mein Lieblingsurlaubsziel, weil ich immer meine Zeit hier genieße. Die Reise, der Aufenthalt, das Essen und die Sehenswürdigkeiten sind bewundernswert. Letztes Jahr bin ich mit meiner Familie im Winter nach Jaipur mit dem Flug geflogen. Das ist die beste Reisezeit. Das Wetter war kalt aber angenehm und wir konnten viel unternehmen. Jaipur nennt

man als „The Pink City“ (die rosa Stadt) und ist eine sehr schöne Stadt mit tief verwurzelter Kultur.

Jaipur ist bekannt für seine Paläste und Schlösser. Wir haben auch in einem Palast übernachtet und das war eine wunderbare Erfahrung. Die Palast Führung und der Aufenthalt waren echt Klasse! Während unseres Aufenthaltes besuchten wir viele weltberühmte Sehenswürdigkeiten, zum Beispiel Hawa Mahal, Amber Fort und Palace, Jal Mahal, Jaigarh Fort, Jantar Mantar, Birla Tempel und Albert Hall Museum. Wir besuchten auch den Jhalana Panther Safari Park. Ich liebte es. Fotografieren macht in Jaipur sehr viel Spaß und die Paläste hier sind unglaublich schön.

Die Highlights unserer Reise waren das Essen und Einkaufen. Jaipur ist für sein typisches Essen bekannt, deshalb besuchten wir Chokhi Dhani. Das Essen war großartig und hat uns sehr gut geschmeckt. Die Märkte waren alle bunt und schön. Zur Erinnerung haben wir Souvenirs für unsere Freunde und Verwandten gekauft. Am meisten kauften meine Mutter und meine Tante. Typische Frauen, nicht wahr?

Nach zehn Tagen und mit vielen schönen Erinnerungen bin ich wieder nach Hause geflogen. Das war wirklich eine unvergessliche Reise. Ich möchte nochmals Jaipur besuchen.

*Vivaan Malpani, X C*

## Sollen die Kinder Handys benutzen?

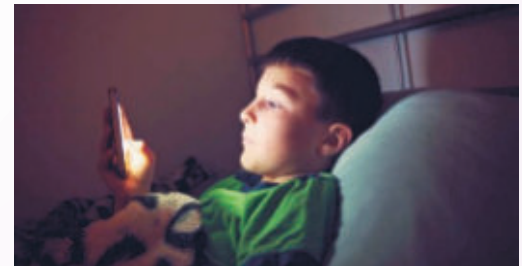
Heute würde ich gern meine Meinung zu einem aktuellen Thema äußern: „Sollten Kinder Handys benutzen?“. Heutzutage braucht jeder Handy, weil wir auf alle Informationen leicht zu greifen können und wir auch mehr mit Handys arbeiten. Während der Pandemie, als Kinder nicht zur Schule gehen durften, benötigten sie Handys zum Online-Lernen. Andere Verwendungszwecke eines Handys sind Online-Shopping und Kontaktpflege mit Freunden. Wie jede Münze zwei Seiten hat, so gibt es auch für das Handy Vor- und Nachteile. Einer der Nachteile ist Zeitverschwendung.

Die Kinder spielen stundenlang Videospiele und lernen nichts. Sie chatten mit ihren Freunden und verbringen Zeit in den sozialen Medien. Manchmal erhalten sie Informationen, die ihrem Alter nicht entsprechen. Eltern dürfen den Kindern nicht erlauben, ein Handy für längere Zeit zu benutzen. In der Vergangenheit hatten die Menschen keine Handys, aber sie hatten Zeit, viele Ziele zu erreichen.

Ein Handy hat viele Vorteile, wenn es richtig benutzt wird. Es macht unser Leben einfacher und hilft uns, unsere Aufgaben sofort zu erledigen. Man ist sozial gut vernetzt und technisch versierter. Kinder können auf vielen Apps online lernen, was ihnen hilft, Konzepte zu verstehen, die sie in der Schule nicht verstehen können. Eltern können ihre Kinder jederzeit anrufen, um zu wissen, ob es ihnen gut geht.

Meiner Meinung nach sollte es Kindern erlaubt sein, Handys zu benutzen. Vielen Dank für Ihre Aufmerksamkeit für das Lesen meines Textes.

*Ayaan Pawar, IX B*





# Sucht nach sozialen Medien

Das Überprüfen und Scrollen durch soziale Medien ist in den letzten zehn Jahren zu einer immer beliebteren Aktivität geworden. Obwohl die Mehrheit der Menschen soziale Medien ohne Probleme nutzt, gibt es einen kleinen Prozentsatz von Nutzern, die süchtig nach sozialen Netzwerkseiten werden und sich übermäßig engagieren.

Social-Media-Sucht ist eine Verhaltenssucht, die als übermäßig besorgt über Social Media und so viel Zeit und Mühe für Social Media aufgewendet wird, dass andere wichtige Lebensbereiche beeinträchtigt werden. Diese Social-Media-Unternehmen haben diese Apps entwickelt, um Dopamin frei zu setzen.

Dopamin ist eine Art Neurotransmitter, den der Körper herstellt. Das Nervensystem verwendet es, um Nachrichten zwischen Nervenzellen zu senden. Aus diesem Grund wird es manchmal auch als chemischer Botenstoff bezeichnet. Dopamin spielt eine Rolle dabei, wie wir Freude empfinden.

Es ist ein großer Teil unserer einzigartigen menschlichen Fähigkeit zu denken und zu planen. Es hilft uns, uns zu konzentrieren und Dinge interessant zu finden. Unser Körper verteilt es über vier Hauptwege im Gehirn. Wie die meisten anderen Systeme in unserem Körper erkennen wir nicht, dass es existiert, bis es ein Problem gibt.

Social-Media-Plattformen wie Facebook, Snapchat, Instagram und Twitter produzieren die gleichen neuronalen Schaltkreise, die durch Glücksspiele und Drogen erzeugt werden, um die Verbraucher dazu zu verleiten, ihre Produkte so oft wie möglich zu verwenden.

Untersuchungen haben gezeigt, dass die ständigen Tweets, Likes und Shares von diesen Websites dazu führen, dass das Gehirn die gleiche Art von chemischer Reaktion auslöst, die bei Drogen beobachtet wird. Die Verwendung dieser Apps macht es uns leichter, süchtig nach ihnen zu werden.

*Sumedh Sonawane, XII A*





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