



V E H S KIDZOPEDIA

NOVEMBER AND DECEMBER
EDITION

PRINCIPALS' DESK



Namaskar !!

Happy New Year

“All the world’s a stage. And we are merely players”. -William Shakespeare

A school is one of the first and most essential stages for an individual where one shall learn and get trained for the final and bigger acts later in life. We as teachers and guides, simply play our role in being the path enlighteners, enabling the children to march along until they find their confident footing.

I heartily wish that this year brings to you more strength and more dedication and I do pray that you are able to achieve all your goals with your matchless commitment and sincerity. Students must learn from your past mistakes and accomplish your targets for future with your strength and dedication. No lesson is difficult once you start reading it and no goal is difficult to accomplish once you start working hard. Successful are those who never give up.

Our life is a journey. We learn and experience something new everyday. We not only impart in-depth knowledge of a particular subject but at the same time also ensure competent and constant growth of the students. Problems exist in everyone's life, but we frequently remind the students not to be afraid of failure but strive hard to achieve success for excellence and good leadership.

You, my students, have unmatched potential to do things that are impossible, and I wish that you explore your strengths in this year and enjoy great success in every phase of life. You must try to break a bad habit, learn a new skill, read a new book, and do a good deed every day. Learn to be more active, read more often, see the good, forgive soon, respect your elders and love everyone.

Regards,

Pranati Mitra

Headmistress

Vivekanand English High School

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(STD IX-B)**

DISCLAIMER:

The information / content has been written or compiled from various sources. The information provided is just to enhance the thinking capacity and the creativity of the students and give them a platform to showcase their talents.

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English

Hindi

Marathi

Maths

Science

Social Science

Computer

Art

Sanskrit

Moral Values

Yogasana

Sports

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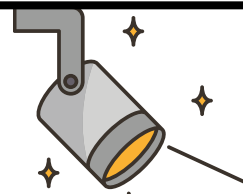
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KIDZOPEDIA



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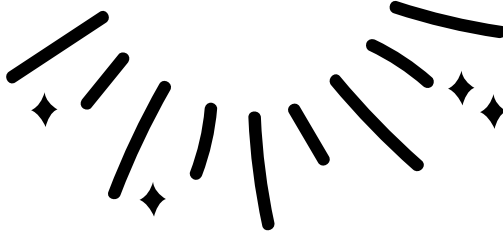
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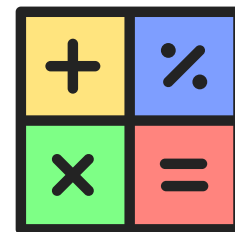
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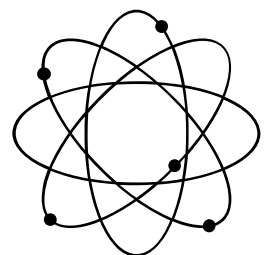
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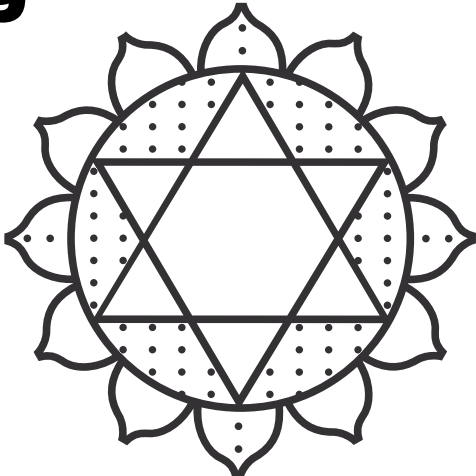
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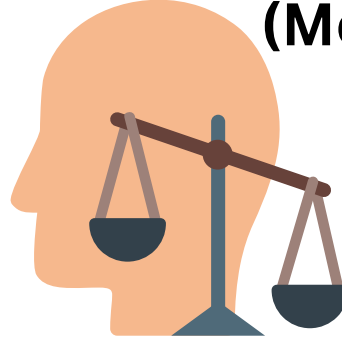


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TOP NOTCH



Interschool Competition



Kirti Devadiga from 9th B bagged 1st prize in Rangoli Competition
Tanvi Gaikar from 10th A bagged 2nd prize in Rangoli Competition





**1st Prize in Solo Singing
Ananya Pawar 9B**



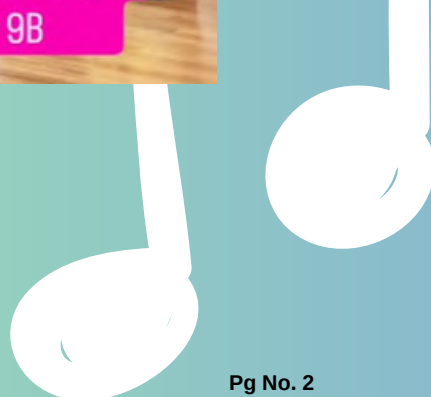
**Ananya Pawar from 9th B bagged 1st Prize in Solo Singing Competition.
Yukta Jadhav from 9th B bagged 1st Consolation Prize in Solo Singing Competition.
Vedanti Maheshwari from 10th bagged 2nd Consolation Prize in Solo Singing Competition.**

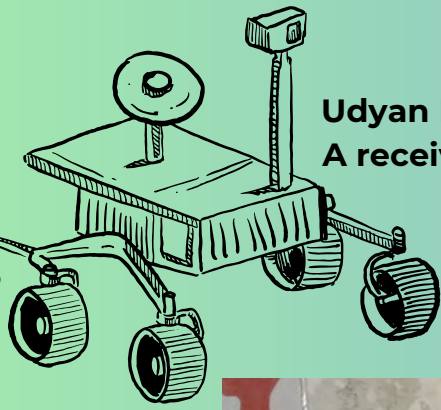


**1st Consolation In Solo Singing
Yukta Jadhav 9B**

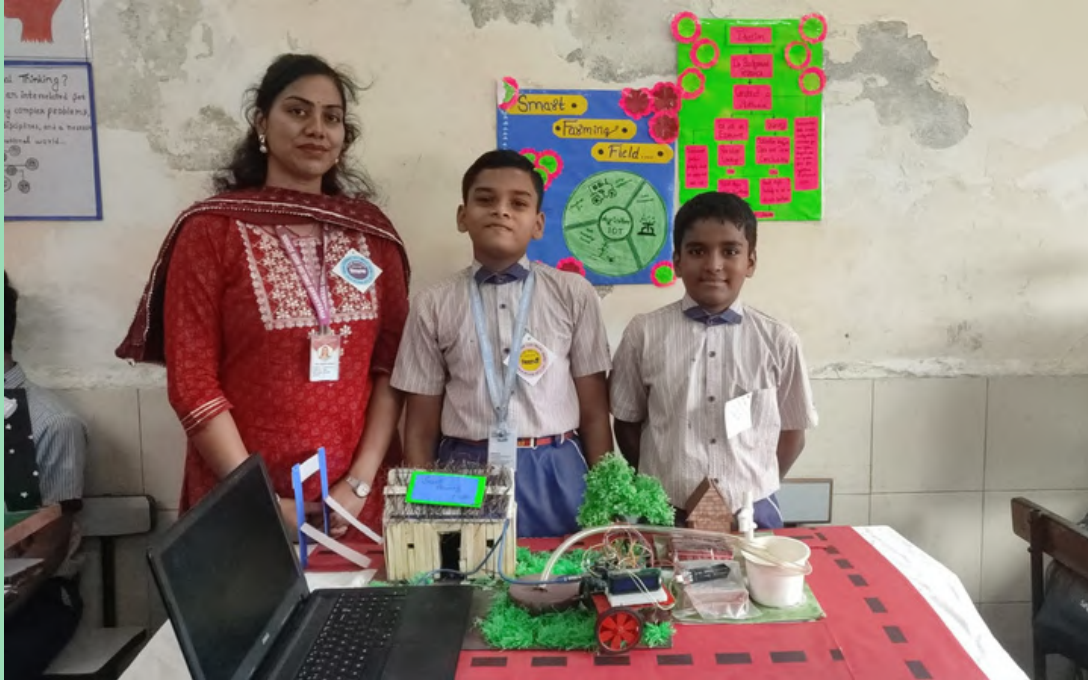


**2nd Consolation In Solo Singing
Vedanti Maheshwari 10B**





Udyan Mane from 7th A and Rishikesh Mandhare from 7th A received Consolation Prize in L-Ward Science Exhibition



DSO Roll Ball

Under 14 Boys and Girls Category Won Gold medal.

Under 17 Boys and Girls Category Won Gold medal.
















SPOTLIGHT



Student Of Month

Vivekanand English High School
YEAR 2023-24
STUDENT OF THE
MONTH - NOV- DECEMBER

STD	NAME	STD	NAME
V	 Mika Rathod	 Dhiraj Mhatre	 Aakriti Yadav
VIII	 Aditi Sawanya	 Akshay Sawant	
VI	 Yashika Manojkar	 Shantree Magaveer	 Kartik Latare
IX		 Ananya Pawar	
VII	 Sachi Pagare	 Sumanth Keyal	 Muskan Sawanya
X		 Aashish Patil	

Swacch Class



IX/B 1st Rank



V/A 2nd Rank

DIWALI CELEBRATION

Date: 09/11/2023



ANNUAL DAY CELEBRATION



Theme: Taal Tarang





Anchors!



Welcome Song



Dance form of Assam



Class- IX : Dance form of Rajasthan



Class- X : Dance form of Gujarat



Class- VI : Sufi Dance



Class- VII : Dance form of South India



Class- VIII : Shiv Tandav



Class- V : Folk Dance of Maharashtra



Choir Group



Hindi Drama



Marathi Drama



Teaching and Non-Teaching Staff



Meghdhanush



Why do the stars twinkle?

The scientific name for the twinkling of stars is stellar scintillation (or astronomical scintillation). Stars twinkle when we see them from the Earth's surface because we are viewing them through thick layers of turbulent (moving) air in the Earth's atmosphere

Stars (except for the Sun) appear as tiny dots in the sky; as their light travels through the many layers of the Earth's atmosphere, the light of the star is bent (refracted) many times and in random directions (light is bent when it hits a change in density - like a pocket of cold air or hot air). This random refraction results in the star winking out (it looks as though the star moves a bit, and our eye interprets this as twinkling).

Stars closer to the horizon appear to twinkle more than stars that are overhead - this is because the light of stars near the horizon has to travel through more air than the light of stars overhead and so is subject to more refraction. Also, planets do not usually twinkle, because they are so close to us; they appear big enough that the twinkling is not noticeable (except when the air is extremely turbulent).

Stars would not appear to twinkle if we viewed them from outer space (or from a planet/moon that didn't have an atmosphere). On a clear, dark night, our eyes can see about 6,000 or so stars in the sky. They seem to twinkle, or change their brightness, all the time. In fact, most of the stars are shining with a steady light. The movement of air (sometimes called turbulence) in the atmosphere of Earth causes the starlight to get slightly bent as it travels from the distant star through the atmosphere down to us on the ground. This means that some of the light reaches us directly and some gets bent slightly away. To our eyes, this makes the star seem to twinkle.

SPORTZ

SPELL YOUR NAME

WORKOUT CHALLENGE

- A** - 50 Jumping Jacks
- B** - 20 Crunches
- C** - 30 Squats
- D** - 15 Push ups
- E** - 1 min wall sit
- F** - 10 Burpees
- G** - 20 Arm Circles
- H** - 20 Squats
- I** - 30 Jumping Jacks
- J** - 15 Crunches
- K** - 10 Push ups
- L** - 2 min wall sit
- M** - 20 Burpees

- N** - 40 Jumping Jacks
- O** - 25 Burpees
- P** - 15 Arm Circles
- Q** - 30 Crunches
- R** - 15 Push ups
- S** - 30 Burpees
- T** - 15 Squats
- U** - 3 min wall sit
- V** - 20 Burpees
- W** - 60 Jumping Jacks
- X** - 10 Crunches
- Y** - 20 Push ups
- Z** - 10 Squats

Compiled By :
Mr. Jayprakash Singh

LITERARY ALLIANCE (ENGLISH)

Happy New Year

A bright, shiny new year,
empty, neat, pristine,
waiting, ready
for us to get it right.
Another chance
to love and forgive.
Another chance
to make a real effort
to give more than we get.
Another chance
to make a difference.
A good new year.
A Happy New Year!

Compiled BY:
Ms. Vijaya Kharat

LITERARY ALLIANCE (MARATHI)



डॉ. बाबासाहेब आंबेडकर

डॉ. बाबासाहेब आंबेडकर यांचा अल्प परिचय

डॉ. बाबासाहेब आंबेडकर यांचे संपूर्ण नाव भीमराव रामजी सकपाळ असे होते. त्यांचा जन्म मध्य प्रदेशातील महु या गावी १४ एप्रिल, १८९१ रोजी झाला. त्यांचे मूळ गाव महाराष्ट्राच्या रत्नागिरी जिल्ह्यातील आंबावडे हे होय. बाबासाहेबांचे वडील लष्करात सुभेदार म्हणून नोकरीस होते. पुढे ते सातारा येथे स्थायिक झाले. त्यामुळे बाबासाहेबांचे बालपण सातारा येथेच गेले. त्यानंतर त्यांच्या वडिलांनी मुलांच्या शिक्षणासाठी मुंबईस स्थलांतर केले.

डॉ. बाबासाहेब आंबेडकर हे त्यांच्या आई वडिलांचे चौदावे अपत्य होते. त्यांपैकी गंगा, रमा, मंजुळा आणि तुळसा या मुली आणि बाळाराम, आनंदराव व भीमराव हे मुलं जगली. भीमराव सगळ्यात लहान होते.

डॉ. बाबासाहेब आंबेडकर यांचे शिक्षण

डॉ. बाबासाहेब आंबेडकर यांचे मॅट्रिकपर्यंतचे शिक्षण दापोली, सातारा व मुंबई या ठिकाणी झाले. मुंबईच्या एल्फिन्स्टन हायस्कूलमधून ते १९०७ मध्ये मॅट्रिकची परीक्षा उत्तीर्ण झाले. त्यांचा जन्म महार जातीत झाला असल्याने त्यांना अगदी बालपणापासूनच अस्पृश्यतेचे चटके बसले होते. शैक्षणिक जीवनात त्यांना अनेक प्रकारच्या कटू अनुभवांतून जावे लागले होते. वर्गातील बरोबरीच्या मुलांकडून त्यांना अवहेलना सहन करावी लागली होती. सातारा येथील शाळेत शिकत असताना त्यांनी संस्कृत विषय घेण्याचे ठरविले; परंतु त्या शाळेतील संस्कृतच्या शिक्षकाने 'मी महाराच्या मुलाला संस्कृत शिकविणार नाही,' असे सांगून त्यांचा मनोभंग केला. त्या प्रसंगी बाबासाहेबांच्या संवेदनक्षम मनाला किती यातना झाल्या असतील याची आपण कल्पना करू शकतो.

मॅट्रिक झाल्यावर बाबासाहेबांनी पुढील शिक्षणासाठी मुंबईच्या एल्फिन्स्टन कॉलेजात प्रवेश घेतला. कॉलेजच्या शिक्षणासाठी त्यांना बडोद्याचे महाराज सयाजीराव गायकवाड यांनी शिष्यवृत्ती दिली. नोव्हेंबर, १९१२ मध्ये ते एल्फिन्स्टन कॉलेजातून बी. ए. ची परीक्षा उत्तीर्ण झाले.

डॉ. बाबासाहेब आंबेडकर कोलंबिया इथे असताना जून, १९१३ मध्ये आंबेडकर उच्च शिक्षणासाठी अमेरिकेला रवाना झाले. या प्रसंगीही त्यांना महाराज सयाजीराव गायकवाडांनी मदत केली होती.

Compiled BY:
Mr. Satish Bhagat

निसर्ग आणि प्रदूषण

शेती म्हातारी झाली कारखाने जन्मले
हवेत वायू सोडून कित्येक भोपळी मेले

सायकली गेल्या मोटारी चालू लागल्या
धुरांड्या त्यांच्या नाकाला लोबु लागल्या

पाण्याचा माठ मातीतच गेला
शीतगृहातला वायु ओझोन चिरत गेला

छतावरचा पंखा आता निपचित पडून असतो
ए. सी. मात्र दिवसरात्र गालात हसत असतो

हे विभिन्न वायू सारे आजूबाजूलाच वसतात शरीरात घुसून हळूच आयुष्याचे गणित चुकवतात

Written By:
Vaidehi Dawale VII A

LITERARY ALLIANCE (HINDI)



हाय रे पैसा



हाय रे पैसा
छीना तूने हर रिश्ते
छिन ली सारी खुशिया
कुछ ही दिन पहले जो थे अपने
अब हो गए वो पराये

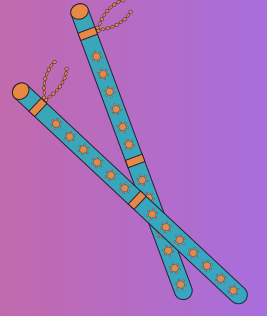
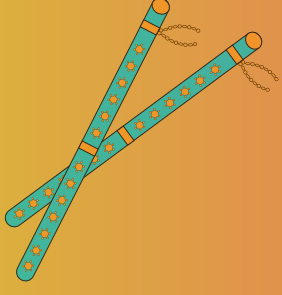
हाय रे पैसा
हर ली तूने हर सद्बुद्धि, देदी क्यों इतनी दुर्बुद्धि। क्यों हुआ
लालच का इतना बोल बाला, कहा गया वो अपनापन और वो
भाईचारा।

हाय रे पैसा
सवारने में, जो लोग लगे थे जीवन, जीवन उजाड़ने में, आज
लगे है वो ही लोग

हाय रे पैसा।
काश पैसे आज्ञाए इतने मेरे पास जिसको मैं भर दू अपनी के मुँह
मे और वो हो जाए मालामाल। फिर से हो सबके जीवन में
खुशियाँ आज्ञाये हर रिश्तों में बहार।

Written By:
Ms. Mona Yadav

नवरात्रि



नवरात्रि हिंदुओं का एक प्रमुख पर्व है। नवरात्रि एक संस्कृत शब्द है, जिसका अर्थ होता है नौरातों। इन नौ रातों और दस दिनों के दौरान, शक्ति / देवी के नौ रूपों की पूजा की जाती है। दसवाँ दिन दशहरा के नाम से प्रसिद्ध है। नवरात्रि वर्ष में चार बार आता है। माघ, चैत्र, आषाढ, अश्विन मास में प्रतिपदा से नवमी तक मनाया जाता है। नवरात्रि के नौ रातों में तीन देवियों - महालक्ष्मी, महासरस्वती या सरस्वती और महाकाली के नौ स्वरूपों की पूजा होती है जिनके नाम और स्थान क्रमशः इस प्रकार हैं नन्दा देवी योगमाया (विन्ध्यवासिनी शक्तिपीठ), रक्तदंतिका (सथूर), माता शाकुम्भरी देवी सिद्धपीठ (सहारनपुर), दुर्गा (काशी), भीमा (पिंजौर) और भ्रामरी (भ्रमराम्बा शक्तिपीठ) नवदुर्गा कहते हैं। नवरात्रि एक महत्वपूर्ण प्रमुख त्योहार है जिसे पूरे भारत में महान उत्साह के साथ मनाया जाता है।

नौ देवियाँ:

- शैलपुत्री
 - ब्रह्मचारिणी
 - चंद्रघंटा
 - कूष्माण्डा
 - स्कन्दमाता
 - कात्यायनी
 - कालरात्रि
 - महागौरी
 - सिद्धिदात्री
- दशहरे पर रावण का जलना

Compiled By:
Tanmay Awate VII-B

EPIC PULSE

Top 5 Tallest Statues In The World

Across diverse cultures throughout history, statues have been skillfully created, with their origins stretching from ancient periods to the modern age. The oldest known statue, dating back roughly 30,000 years, attests to the timeless human practice of sculpture. These artistic creations come in a wide array of forms, representing various beings, both real and fantastical and frequently grace public spaces as manifestations of public art.



1. Tallest Statue in the World: Statue of Unity

- Height: 182m (597 ft.)
- Location: Sardar Sarovar Dam, Kevadiya, Narmada district, Gujarat, India.
- Country: India
- Depiction: Vallabhbhai Patel
- Year of completion: 2018



2. Second Tallest Statue in the World: Spring Temple Buddha

- Height: 128 m (420 ft.)
- Location: Lushan, Henan
- Country: China
- Depiction: Buddha (Vairocana)
- Year of completion: 2008



3. Third Tallest Statue in the World: Laykyun Sekkya

- Height: 115.8 m (380 ft.)
- Location: Khatakan Taun, near Monywa, Sagaing Division, Myanmar
- Country: Myanmar
- Depiction: Buddha (Gautama)
- Year of completion: 2008



4. Statue of Belief (Vishwas Swaroopam)

- Height: 106 m (348 ft.)
- Location: Nathdwara, Rajasthan
- Country: India
- Depiction: Lord Shiva
- Year of completion: 2020



5. Ushiku Daibutsu

- Height: 100 m (330 ft.)
- Location: Ushiku, Ibaraki Prefecture
- Country: Japan
- Depiction: Buddha (Amitabha)
- Year of completion: 1993



Compiled by:
Ms. Sravanti Pam



Mathlets



Fun with Mathematics Mnemonic Devices

Best for: Helping learners remember math facts, equations and sequences.

Dedicate time for students to create mnemonic devices – cues such as rhymes and acronyms – to help recall math facts.

A popular example is “Bob And Don Move A Step” mnemonic of BODMAS. Such cues should be rhymes or quick stories that release larger chunks of information, always using tangible objects or scenarios to make them memorable.



Although you can think of mnemonic devices yourself and share them with students, it's beneficial to run an activity that gets them to make their own. They'll likely find it easier to remember ones they create.

Compiled By :
Ms. Sujata Sankpal

Brainy Blogs

Rare Species and their details



1. Javan Rhino

Scientific name: *Rhinoceros sondaicus*

Status: Critically Endangered



Details: It is mainly found in Ujung Kulon National Park in Java, Indonesia. With a population of less than 70 individuals, this species is critically endangered due to habitat loss and potential disease transmission

2. Vaquita:

Scientific name: *Phocoena sinus*

Status: Critically Endangered

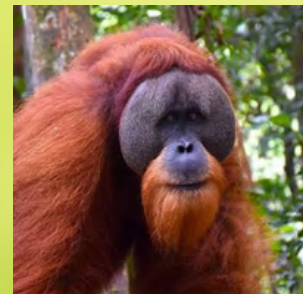


Details: The Vaquita is a small porpoise inhabiting the Gulf of California. With a population estimated to be fewer than 10 individuals, it is the most endangered marine mammal. The main threat to their survival is bycatch in illegal gillnets used for fishing the totoaba fish.

3. Sumatran Orangutan:

Scientific name: *Pongo abelii*

Status: Critically Endangered

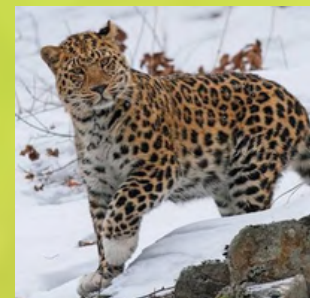


Details: Native to the island of Sumatra in Indonesia, the Sumatran Orangutan faces severe threats from habitat destruction due to palm oil plantations, illegal logging, and human encroachment. Their population has declined significantly over the years.

4. Amur Leopard:

Scientific name: *Panthera pardus orientalis*

• **Status:** Critically Endangered



Details: The Amur Leopard is one of the rarest big cats, native to the Russian Far East and parts of China. With less than 100 individuals remaining in the wild, their population is threatened by habitat loss, poaching for their beautiful fur, and a decline in prey.

MOST RARE ANIMAL IN THE WORLD

1. HIROLA

THE SCIENTIFIC NAME OF HIROLA IS :

BEATRAGUS HUNTERI

DETAIL ABOUT HIROLA:

THE IS CRITICALLY ENDANGER ANTELOPE SPECIES FOUND ON BORDER BETWEEN KENYA AND SOMALIA IT WAS FIRST DESCRIBED BY THE BIG GAME HUNTER AND ZOOLGIST H.C.V. HUNTER IN 1888.



HIROLA

WEIGHT: 79KG

MAXIMUM LIFE: 10.2 YEARS

MAXIMUM HEIGHT: 1000 TO 1250 MM

THE HIROLA ARE LEFT IN VERY LESS NUMBER.

-Compiled By: Yug Tiwari VI-B



Tech Zoo



+ NUMBER SYSTEM +

In earlier days, when there were no means of counting, people used to count with the help of fingers, stones, pebbles, sticks, etc. These methods were not adequate and had many limitations. To overcome these limitations, many number systems were introduced with time, like:

- Binary number system
- Hexadecimal number system
- Decimal number system
- Octal number system

A number system is a set of values used to represent different quantities, such as number of students in a class, number of viewers watching a particular show, etc. We use the decimal number system in our day-to-day lives, whereas a computer represents all kinds of data and information (text, numbers, graphics, etc.) in the binary number system. The total number of digits used in a number system is called its Base or Radix. The base is written after the number as a subscript, for example, 15 raise to 10

• DECIMAL NUMBER SYSTEM

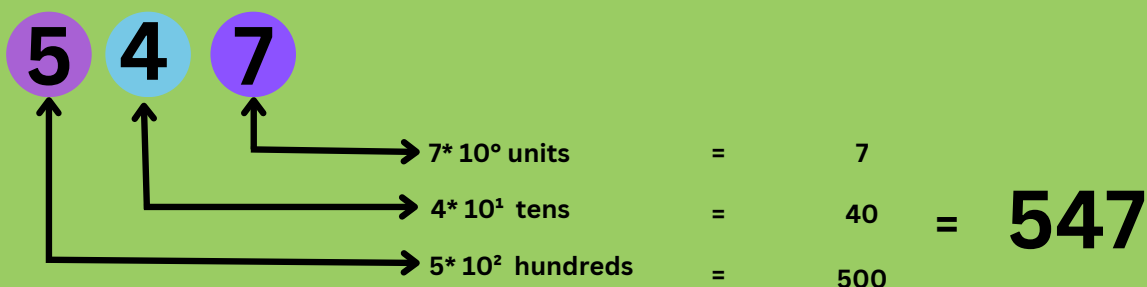
The need for counting paved the way to introduce the Decimal number system, in which 0,1,2,3...9 are used to form any number. Most of our arithmetic operations are performed with decimal numbers.

The Decimal number system consists of ten digits, i.e., 0 to 9 with the base 10. Each number can be used individually or they can be grouped to form a numeric value, e.g., 82, -256, 52.87, etc. The value of each digit in a number depends upon the following:

- The face value of the digit
- The position of the digit in the number
- The base of the number system

Each position represents a specific power of the base (10). The right most digit of a number is called Least Significant Digit, whereas the left most digit is called Most Significant Digit. For example, the number 547 can be represented in the following way:

• For Example



• OBSERVATION

The positional value of each digit increases ten folds as we move from right to left. In the above-mentioned example 5, 4, and 7 are the face values and their place values are hundreds, tens, and units, respectively. The place value of a digit depends on its position in the number.

Now let us discuss the various types of number systems that are used in a computer.

• Binary Number System

The Binary number system consists of only two digits, i.e., zero and one (0 and 1). Since this system uses two digits, it has the base 2. All digital computers use this number system and convert the input data from the decimal format into its binary equivalent.

• WHY BINARY?

A computer can not understand human language. Rather, it understands only the binary code. Therefore, the data that is entered into a computer is converted into its binary equivalent. It further converts the binary result into its decimal equivalent to generate an output

-Compiled by: Shivam Kesarkar VII-B



Art Gallore



Raja Ravi Varma Biography



- Born: 29 April 1848, Kilimanoor
- Died: 2 October 1906, Attingal
- Children: Kerala Varma, Rama Varma, Mahaprabha Amma, Cheria Kochamma, Uma Amma
- Period: Academic art
- Award: Kaisar-i-Hind Medal



Atharva Tarde VIII B



Atharva Tarde VIII B



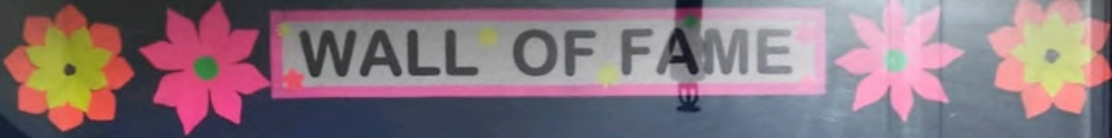
Harshita Chug 7th B

Compiled By :
Ms. Ujwala Vartekar

K A L A N I K E T A N

KALA NIKETAN

WALL OF FAME



ज्ञानस्य सम्पदा

दुर्गा

दुर्गा, (संस्कृत: “अगम्यः”) हिन्दुधर्मे, देवी-शक्ति इति अपि प्रसिद्धा देवी-प्रधानरूपम्। रक्षण-बल-मातृत्व- विनाश-युद्धैः सह सम्बद्धा अस्ति। दुर्गायाः आख्यायिका दुष्टानां, आसुरीशक्तीनां च विरुद्धं युद्धं परितः अस्ति, ये शान्तिं, समृद्धिं, धर्मं च धमकीकृत्य, दुष्टस्य उपरि सदशक्तिं प्रतिनिधियन्ति परन्तु महिषासुरस्य उपरि तस्याः विजयः अद्यापि वर्तमानकाले एव वयं किमर्थं उत्सवं कुर्मः? आख्यायिकानुसारं, देवी दुर्गा महिषासुरस्य दुष्टराक्षसस्य विरुद्धं युद्धाय निर्मितवती। ब्रह्मविष्णुशिवयोः त्रिमूर्तिः मिलित्वा दशभुजां शक्तिशालिनीं स्त्रीरूपं सृजति स्म। यदा दुर्गा पवित्रगङ्गाजलात् आत्मारूपेण निर्गतवती तदा तस्याः सर्वैः देवैः एकत्रितैः भौतिकरूपं दत्तम्। हिन्दुशास्त्रानुसारम् अयं उत्सवः आकृतिपरिवर्तनशीलस्य असुरस्य महिषासुरस्य विरुद्धं युद्धे देवी दुर्गायाः विजयस्य चिह्नं भवति। एवं च उत्सवः शुभस्य दुष्टस्य विजयस्य प्रतिरूपः अस्ति, यद्यपि एषः उत्सवः अपि अंशतः जीवनस्य सृष्टेः च पृष्ठतः मातृशक्तिरूपेण देवीम् आयोजयन् फलानां उत्सवः अस्ति दुर्गापूजा हिन्दुधर्मस्य अन्यपरम्पराभिः आचरितैः नवरात्रि-दशहरा-उत्सवैः सह सङ्गच्छते। दुर्गापूजा न केवलं सम्पूर्णं भारते अपितु विदेशेषु अपि आचर्यते।

Translation:

Durga, (Sanskrit: “the Inaccessible”) in Hinduism, a principal form of the Goddess, also known as Devi and Shakti. She is associated with protection, strength, motherhood, destruction, and wars. Durga’s legend centres around combating evils and demonic forces that threaten peace, prosperity, and dharma, representing the power of good over evil. But why we Celebrate her victory over Mahishasur still in present? According to legend, Goddess Durga was created to combat the evil demon Mahishasur. The trinity of Brahma, Vishnu and Shiva came together to create a powerful female form with ten arms. When Durga emerged from the waters of the holy Ganga as a spirit, she was given a physical form by all the gods put together. As per Hindu scriptures, the festival marks the victory of goddess Durga in her battle against the shape-shifting asura, Mahishasur. Thus, the festival epitomizes the victory of good over evil, though it is also in part a harvest festival celebrating the goddess as the motherly power behind all of life and creation. Durga Puja coincides with Navaratri and Dussehra celebrations observed by other traditions of Hinduism. The Durga pooja is celebrated not only all over india but in foreign countries as well.

ASPIRE ZONE



Act of Forgiveness

Once a teacher had decided to let her class play a game. She told each child in her class to bring along a plastic bag containing few potatoes.

She asked children that each potato will represent the person that child hates. So the number of potatoes to be kept in that plastic bag depends on the number of person that child hates.

So when the decided day came, she asked children to bring those potatoes which represent the persons they hate. Teacher noticed that some had 2 potatoes in that plastic bag and some had 3 and some had 5 potatoes in that plastic bag.

Now, she told them that they have to carry that plastic bag with them for a week, wherever they go. After 3-4 days passed children started to complain because of the unpleasant smell that was coming from rotten potato.

Beside, those kids who had 5 potatoes had to carry heavier bags. After one week all children were relieved because the game was finally ended.

Now at week end teacher asked children, How did you feel while carrying these potatoes with you for one week

Children started complaining about the trouble they had to got through because of those rotten potatoes and their unpleasant smell, wherever they go.

Now after all complaining and discussion at last teacher asked all children to sit silent and told them the hidden meaning behind the game.

Teacher said, This is exactly the situation when you carry hatred for somebody inside your heart. This stench of hatred will contaminate purity of your heart and you will carry it with you wherever you go.

Teacher continued, Now think for second, if you can not tolerate the unpleasant smell of rotten potatoes for just a week, can you imagine what it would be like to live with stench of hatred in your heart for lifetime

Moral : Forgiving others is Best attitude to Live a Peaceful and Happy Life.

Compiled By:
Ms. Shakuntala Maurya

YOGA ASANA OF THE MONTH

Garudasana or Eagle pose is a standing asana in modern yoga as exercise. The name was used in medieval hatha yoga for a different pose.

Garudasana is an asymmetric position in which one leg, say the left is crossed over the right, while the arm on the opposite side, say the right is crossed over the left and the palms are pressed together.

Like all poses on one leg, it demands, and may help to build, balance and concentration.

According to Satyananda Saraswati, the two palms pressed together resemble the eagle's beak. The gaze is directed at a fixed point in front



Compiled By:
Ms. Shakuntala Maurya



VEHS KIDZOPEDIA

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