

VEHS KIDZOPEDIA

2025



THIRD EDITION - DECEMBER TO APRIL



OUR FOUNDER



LATE SHRI. HASHU ADWANI

FOUNDER OF VIVEKANAND EDUCATION SOCIETY



OUR VISION

“We are dedicated to mould children into world citizens of tomorrow equipped with state-of-the-art knowledge, moral attributes, spiritual insight, dedication and love for the human kind through application of latest educational tools and personality development programmes in frequent collaboration with like-minded institutions. With international teaching standards, a team motivated to perform, and continuous striving towards excellence, we wish to provide an environment that leads to wholesome unfolding of a student's potentials.”

These aims are to be achieved by:

- Creating an environment where relationships are consistent and based on mutual respect.
- Promoting moral values and encouraging an awareness and understanding of different ways of life.
- Ensuring that pupils understand what is expected of them, in particular to be considerate, courteous and honest.
- Guiding pupils' behavior and progress in such a way that praise and encouragement are much more common than reprimands and sanctions.
- Ensuring that the needs of individual pupils are identified and that each pupil knows he has access to teachers who will give guidance on pastoral or academic matters.
- Providing opportunities for pupils to extend their personal interests and experiences and to develop both self reliance and social and cultural awareness.
- Organizing activities which allow for co-operative effect, good-tempered competition and the development of loyalty and leadership.
- Providing a liberal education through a curriculum that is broad and as balanced as possible.
- Delivering stimulating lessons which promote academic rigour and enable pupils to show high achievement.
- Setting and assessing homework on a regular basis.
- Creating an orderly environment where pupils respond to challenge, where they work hard with a sense of commitment and enjoyment, where they take pride in their work and appreciate the value of what they are learning.
- Involving parents fully in the education of their children by making communication easy, informative and effective.
- Encouraging parents to support the life of the School in general.
- Continuing to develop links with the local and wider communities, through outreach programmes and the bursary schemes.
- Recruiting and retaining staff of high standards and providing satisfying and stimulating careers, through continuing professional development training.
- Ensuring that the School is a safe and healthy community.
- Ensuring that all pupils are afforded equal opportunities.

PRINCIPAL'S DESK

As I reflect on the Academic year 2024 -25, I am filled with pride and gratitude for the achievements and contributions of our students and teachers. The e-magazine is a testament to the hard work and dedication that has made our school a vibrant and inclusive community.

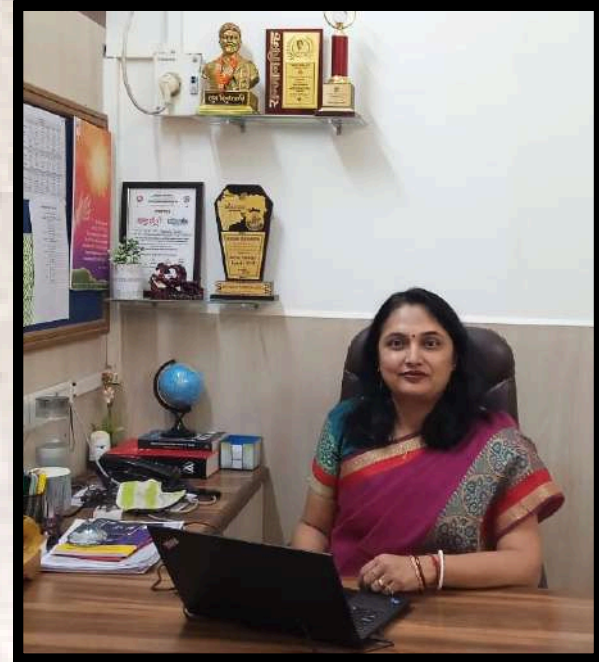
Dear Students, as we come to the end of another academic year, I want to congratulate each one of you on your hard work and achievements. Keep shining bright! You all are the future leaders, innovators, and change-makers. Always stay positive and make a positive impact in the world.

Education is not just about academics; it's about developing character, empathy, and strength. Remember to always be kind, compassionate, and true to yourself.

Dear Parents, we are committed to providing a safe, supportive, and inclusive environment for all students.

I want to express my gratitude for your continued support. Your partnership has been invaluable in helping our students grow and thrive.

This 3rd Edition of the student's magazine showcases the talents, creativity, and accomplishments of our students. I hope you enjoy reading about the exciting events, achievements, and experiences that have made this year so special.



Stay Healthy, Stay Fit
Pranati Mitra
Principal -VEHS

OUR MENTORS

VES- MANAGING COMMITTEE AND SCHOOL COMMITTEE MEMBERS



Shri Suresh Malkhani
(President- VES)



Shri Rajesh Gehani
(Secretary- VES)



Dr. (Shri) Prakash Lulla
(Treasurer- VES)



Shri Ladharam Nagwani
(Managing Trustee- VES)



Ms. Sangeeta Shahani
(Managing Trustee- VES)



Ms. Chanda Jagesia
(Managing Trustee- VES)



Mr. Papan Saheja
(Trustee- VES)



Mr. Haresh Wadhwani
(Trustee- VES)



Ms. Kavita Valecha
(Associate Trustee- VES)



Ms. Rita Vazirani
(Executive Coordinator - VES)

VEHS MENTORS



English Language & Social Science Team



Ms. Neha Sharma



Ms. Shakuntala Maurya



Ms. Poonam Singh



Ms. Nirmala Maheshwari



Ms. Sravanti Pam



Ms. Neha Devariya



Ms. Riya Chaubey

अ Marathi Language Team आ



Mr. Satish Bhagat



Ms. Reshma Kamthe



Ms. Prajakta Amritkar

इ Hindi Language Team ई



Ms. Mona Yadav



Ms. Neha Yadav



Ms. Shweta Tiwari



Maths & Science Team



Ms. Pushpalata Gupta



Ms. Shraddha Singh



Ms. Pratima Singh



Ms. Priya Shirodkar



Ms. Sujata Sankpal



Ms. Malathi Murugesan



Ms. Priya Rathod



Ms. Shivani Gaikwad



Ms. Jamuna Alle



Sports and Arts



Drawing Teacher

Sports Teacher

Sanskrit & Music 



Ms. Ujwala Vartekar



Mr. Jayprakash Singh



Ms. Apeksha Tembye

Computer & ATL Team



Ms. Nita Jawale



Ms. Harshali Mallarap

VEHS ADMIN STAFF



Ms. Anita Ahuja



Ms. Archana Samala



Ms. Sonali Sawant

VEHS SUPPORT STAFF



Late Mr. Sachin Shigvan



Ms. Pratibha Pawar



Mr. Arvind Malekar

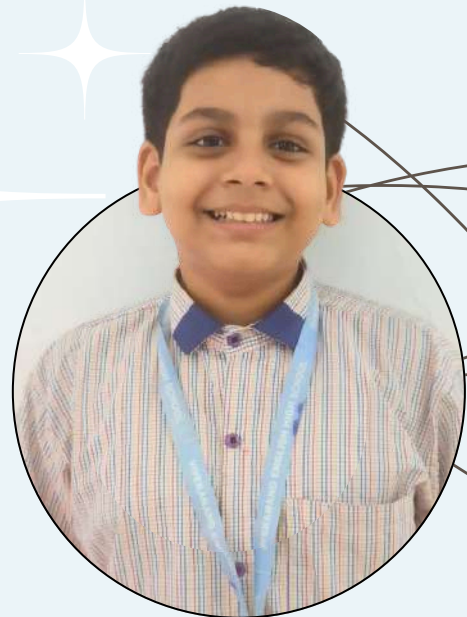


Mr. Sagar Tribhuvan

EDITORIAL TEAM



**CHIEF EDITOR:
MS. PRIYA SHIRODKAR
(TEACHER)**



**STUDENT EDITOR:
SHIVAM KESARKAR
(STD VIII-B)**



**STUDENT EDITOR:
TANAYA CHAVAN
(STD VII-A)**

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.



SUBJECT EDITORS

English

Ms. Neha Devariya

हिन्दी
भरती

Ms. Shweta Tiwari

SPORT

Mr. Satish Bhagat

Mr. Jayprakash Singh

MATH

Ms. Shivani Gaikwad

Science

Ms. Jamuna Alle

Social Science

Ms. Sravanti Mergu

computer

Ms. Harshali Mallarap

ART

Ms. Ujwala Borkar

Sanskrit

Ms. Apeksha Tembye

Moral Values

Ms. Priya Shirodkar

Yogasana

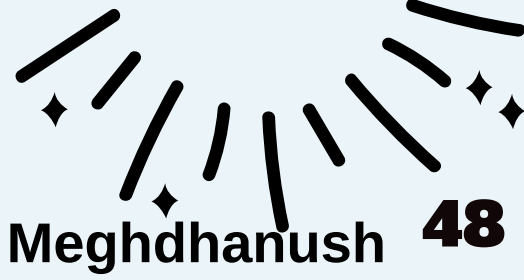
Ms. Shakuntala Mourya

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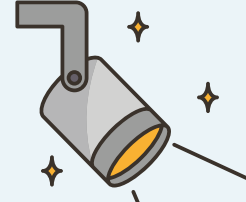


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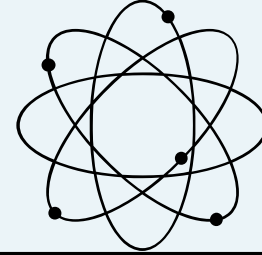
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TOP NOTCH



KHEL UTSAV AND AKANKSHA 9.0 COMPETITION

- Shivam Kesarkar from VIII-B Bagged 1st prize in Elocution Competition
- Meet Naik from V-B Bagged 1st prize in Running Competition
- Kirti Kuradiya from V-D Bagged 1st prize in Chess Competition
- Sulaiman Siddique from VII-A Bagged 1st prize in Drawing and Painting Competition
- Lochan Gawade from VIII-B Bagged 2nd prize in Badminton Competition
- School's Girls Dodge Ball team bagged 1st prize

CHAITANYA MUSIC COMPETITION



Ishwari Lohote from VII A got the prize in Chaitanya Music Competition



Udayan Mane from VIII B got the prize in Chaitanya Music Competition

MINI UNDER 11 MAHARASHTRA STATE ROLL BALL CHAMPIONSHIPS 2024 - 2025



Boys Under-11 Bagged First Prize

Girls Under-11 Bagged First Prize



INTER-SCHOOL FOOTBALL CHAMPIONSHIP

Football Match- School won against St. Xavier's School



DSO STATE LEVEL ROLL BALL CHAMPIONSHIPS 2024-25



Girls won 2nd prize at DSO state level Roll Ball Championships 2024-25

GEETA CHANTING



Final Round Winner's:

Avi Singh 6th-A
Trisha Vishwakarma 5th-C
Riya Kharwal 5th-C
Chinmayee Gaonkar 5th-A

HINDI RASHTRA BHASHA



Final Round Winner's:

Ayushi Chavan 5th-A
Saish Gaikar 7th-A
Kshitija Jathar 9th-B
Vedanti Mhatre 10th-B

MAYOR DRAWING COMPETITION

Mugdha Naik from VIII-B and Atharva Tarde from IX-B won prize in Drawing Competition under Best Drawing Category





SANSKRUTI SAMVARDHAN PRATISHTHAN GOLD MEDAL PRIZE WINNERS

- Shlok Kamble V-A
- Pranjal Kadam VI-B
- Anshuman Yadav VII-A
- Swaroop Chaudhary VIII-B



GEOGRAPHY TALENT RESEARCH EXAM

Bhumika patil (X)- Gold medal

Sarrah Barwalawala (IX) - Silver medal.

Tanishka Shinde(X) - Bronze medal.



JAYWARDHEE RALLY



Scout received 1st prize in March Past



Guide received 3rd prize in March Past

BAL MAHAOTSAV COMPETITION

Hrishika Nabajiya from IX-A won prize in Solo Singing Competition





SPORTS DAY



Under 12 Best Athlete- Boy



Under 12 Best Athlete- Girl



Under 14 Best Athlete- Boy



Under 14 Best Athlete- Girl



Under 16 Best Athlete- Boy



Under 16 Best Athlete- Girl



Co-curricular Activity Winner- Sapphire House



Sports Winner- Sapphire House



Overall Championship Winner- Sapphire House

FELICITATION CEREMONY



CAMLIN ART CONTEST



IML MEDAL WINNERS



VASUDEV SANRAKSHAK TEAM



SWACHHTA MONITORS



ATL TEAM



VEHS KIDZOPEDIA- EDITORIAL TEAM



ART AND CRAFT COMMITTEE



**SANSKRUTI SAMVARDHAN EXAM
GOLD MEDALIST**



100% ATTENDANCE



MUSIC COMMITTEE



SPORTS CHAMPIONS



**WINNERS FOR BURN PREVENTION
AND SKIN DONATION NGO**



MOST ACTIVE AND CREATIVE STUDENTS



**SOF- GOLD MEDAL OF EXCELLENCE
(ENGLISH)**



**SOF- GOLD MEDAL OF EXCELLENCE
(SCIENCE)**



**SOF- GOLD MEDAL OF EXCELLENCE
(MATH)**

TALUKASTARIYA QUALITY EDUCATIONAL VIDEO MAKING COMPETITION



Ms. Shraddha Singh won the 2nd position in STD 3rd to 5th category for E.V.S subject with award of Rs 2000 as cash prize.

Ms. Nirmala Maheshwari won the 3rd position in STD 9th to 10th category for Social Studies subject with award of Rs 1500 as cash prize.



SPOTLIGHT

Date: 3/12/24

Day: 1 Inauguration

L-WARD SCIENCE EXHIBITION



Day 2: Judging Day

Date: 4/12/24







FIRE AND ROAD SAFETY

Date : 10/12/24



Organization: Rashtriya Chemical and Fertilizers

The school organized a comprehensive training session on Fire Safety and Road Safety, conducted by RCF (Rashtriya Chemical and Fertilizers) experts. The training aimed at enhancing the awareness and preparedness of students, faculty, and staff in dealing with emergencies related to fire hazards and road accidents



DENTAL CHECKUP



Date- 20/12/2024



Organization: Tiny Tots Dental Hub

Vivekanand English High School organized a free dental checkup and awareness camp in the school premises. where Dr. Heer Kadhi with her team gave free dental checkup to students. The aim of the camp was to check, regulate and maintain the dental wellness of the students and spread awareness regarding dental health and hygiene, They taught students about good oral hygiene and suggested them ways to maintain it .





MOBILE AND YOU WORKSHOP

Date: 21/12/2024



Organization: Lakshya Academy

A "Mobile and You" workshop for students can focus on helping them understand how mobile devices (smartphones and tablets) impact their daily lives, learning, and future careers. The purpose of the parent Network workshop was to help parents better understand how their kids are using social networking and to provide them with tips and tools they can use to help them minimize negative experiences and maximize the positive opportunities that social media has to offer.



STRESS MANAGEMENT

Date: 02/01/2025

Organization: Miss Delnaz Irani

Vivekanand English High School in Kurla hosted a workshop on understanding and expressing emotions for students of class IX, which was conducted by Miss Delnaz Irani. The session aimed to help students recognize and manage their emotions in a healthy way.

Miss Irani explained the importance of expressing emotions for better mental health and relationships. She also differentiated between short-term emotions, like anger, and long-term ones, like love. An interesting activity focused on reading emotions through facial expressions and eyes.



The "Emotion Wheel" was introduced as a tool to identify various feelings, such as joy and fear. Overall, the workshop was informative and left students with a better understanding of how to manage and communicate their emotions effectively.



CAREER GUIDANCE (POLYTECHNIC) Date: 11/01/2025

A Career Guidance session was arranged in Vivekanand English High School on 11th January, 2025 for the students of Class 10th. The professor Mr. Prasad sir of VES Polytechnic College were the main speaker of this session. The main topic of the session was engineering through the route of Diploma. They explained the benefits of studying engineering through Diploma instead of HSC.



WORKSHOP ON SCHOOL CONNECT 2.0 FOR NEP-2020

Date: 13/01/25



A workshop on the National Education Policy (NEP) and various Government Schemes were conducted by Mrs. Anita Kanwar, the Principal of VES College of Arts, Science and Commerce, for the students of Std 9 and Std. 10 at Vivekanand English High School, Kurla on 13th January 2025.

REPUBLIC DAY CELEBRATION

Date: 26/01/25



SCOUT GUIDE CAMP 8TH STD

Date: 15/02/25



SCOUT GUIDE CAMP 7TH STD

Date: 17/02/25



SCOUT GUIDE CAMP 5TH STD

Date: 17/02/25



SCOUT GUIDE CAMP 6TH STD

Date: 28/03/25



SHRI HASHU ADVANI CENTENARY CELEBRATION



**VIVEKANAND
EDUCATION SOCIETY**

FEBRUARY 2025



SHRI HASHU ADVANI CENTENARY CELEBRATIONS 100 YEARS OF LEGACY



**SATYNARAYAN POOJA
(MAHAPRASAD) &
CCYM ANNUAL DAY**

22 FEB

VESIT AMPHITHEATRE,
HAMC, COLLECTOR COLONY
10:00 AM ONWARDS



**HASHU ADVANI
LEGACY RUN**
23 FEB



REGISTER NOW

VES DEGREE COLLEGE GROUND,
SINDHI SOCIETY
05:15 AM ONWARDS



**MEDICAL
CAMP**
24 FEB



REGISTER NOW
VES DEGREE COLLEGE
SINDHI SOCIETY
09:00 AM ONWARDS



**VES
TALKS**
25 FEB

VES BUSINESS SCHOOL,
AUDITORIUM, HAMC,
COLLECTOR COLONY
10:00 AM ONWARDS



**SINDHIS
GOT TALENT**
26 FEB

VES DEGREE COLLEGE GROUND,
SINDHI SOCIETY
06:00 PM ONWARDS



**MUSICAL TRIBUTE BY
MOHIT SHEWANI**
27 FEB

VES DEGREE COLLEGE GROUND,
SINDHI SOCIETY
06:00 PM ONWARDS



**CULTURAL
PROGRAM &
SINDHI FOOD
FESTIVAL**
28 FEB

VES DEGREE COLLEGE GROUND,
SINDHI SOCIETY
06:00 PM ONWARDS

SATYANARAYAN PUJA

Date: 22/02/25



HASHU ADVANI LEGACY RUN

Date: 23/02/25



MEDICAL CAMP

Date: 24/02/25



VES TALKS

Date: 25/02/25



CHIEF MINISTER'S VISIT

Date: 26/02/25



SINDHIS GOT TALENT

Date: 26/02/25



MUSICAL TRIBUTE BY MOHIT SHEWANI

Date: 27/02/25



CULTURAL PROGRAM AND SINDHI FOOD FESTIVAL

Date: 28/02/25



MARATHI RAJBHASHA DIWAS

Date: 27/02/25





SCIENCE FEST



Date: 28/02/25



V-A/B STANDARD



V-C/D STANDARD



VI-A/B STANDARD



VI-C STANDARD



VII STANDARD



VIII STANDARD

BAL GOKULAM

The Balgokulam Value Education sessions for 5th to 8th grades aimed to nurture students' overall development by blending spiritual learning, moral values, physical well-being, and social engagement. The curriculum also incorporated Moral Value Videos, Tithi awareness, Shlok recitation, Ashtang Yog, songs, etc. focused on important virtues and enhanced social skills, helping students become more empathetic and responsible individuals.

It also promotes social awareness and collective involvement which included social activities that encourage students to contribute to their communities, and apply the values they learned in real-life scenarios. Overall, the Balgokulam V.E. sessions provided a comprehensive approach to education, combining spiritual, moral, physical, and social learning to help students grow into well-rounded, compassionate individuals.



-Headed by:
Ms. Pushpalata Gupta (Supervisor)

GEETA CHANTING

The Bhagavad Gita is one of the most revered scriptures in Hindu philosophy, offering profound wisdom on life, duty, and spirituality. It is a conversation between Lord Krishna and Arjuna on the battlefield of Kurukshetra, addressing Arjuna's moral dilemma about fighting in the war.



-Headed by:
Ms. Prajakta Amritkar (Teacher)



FUN FAIR





ROTARY CLUB: CYCLE DONATION BY THE INTERACT CLUB

The **Interact Club** members of **Vivekanand English High School** distributed bicycles to **schoolgirls in rural Karjat**, who faced daily challenges in **commuting to school due to the lack of transportation, often walking long distances**. The initiative, funded by the revenue from the school's **Fun Fair**, aimed to ease their journey to education and encourage regular school attendance. Seeing the joy and gratitude on the students' faces was truly heartwarming, reinforcing the impact of small efforts in transforming lives and promoting education.



-Headed by:
Ms. Pushpalata Gupta (Supervisor)



GEOGRAPHY TALENT RESEARCH EXAM



Vivekanand English High School conducted the highly anticipated Geography Talent Research Exam, a platform designed to ignite curiosity and showcase the geographical talents of our students. The exam aimed to test their understanding for the subject, as well as their ability to analyse and solve real-world geographical problems. Students from Std VI to X participated with great enthusiasm, engaging with complex maps, and environmental scenarios. The Geography Talent Research Exam proved to be an enriching experience for all the participated Students from class 9th and 10th bagged medals and appreciation certificates. School Principal was awarded with the appreciation certificate and Geography teacher received creative and active geography teacher award with the appreciation certificate.



-Headed by:
Ms. Neha Sharma (Teacher)

HINDI RASHTRA BHASHA

Just like every year, this year also MAHATMA GANDHI RAJ BHASHA HINDI PRACHAR SANSTHA had conducted AKHIL BHARATIYA RAJ BHASHA HINDI COMPETITION - EXAM -2024 -2025 on behalf of 75th year of freedom of diamond jubilee. But this year's HINDI RAJBHASHA EXAMINATION project is proving to be a unique project in the whole country. Every student involved in this Hindi Examination is being honoured by the organisation by giving medals and certificates, event like this has never been happened in this country before.



This Exam was conducted for girls and boys studying in standard 1st to 10th the purpose of conducting this exam was to promote the Hindi language between students.

To achieve the aim of "FATHER OF NATION" MAHATMA GANDHI the work of MAHATMA GANDHI RAJBHASHA HINDI PRACHAR SANSTHA, PUNE has been to make propaganda and dissemination of National language/Rajbhasha since last sixteen years.

-Headed by:
Ms. Shweta Tiwari (Teacher)



EDUCATIONAL TRIP TO THANE CREEK FLAMINGO SANCTUARY

Date: 11th February 2025

School organized an **educational field trip** with association by **Paryavaran Dakshata Mandal** on 11 February 2025 to the **Airoli Mangroves** for **54 students** of Std. **9th**. The excursion aimed to provide students with a hands-on learning experience about **biodiversity**, **wetland ecosystems**, and **bird conservation**. The trip aimed to enhance awareness about **migratory birds**, especially **flamingos**, and their **habitat**.



The day began with an informative speech by Ms. Sakshi Sawant, highlighting the ecological significance of mangroves. This was followed by a short film showcasing the unique flora and fauna of the Thane Creek mangrove region. Students then explored an exhibition, where they learned about diverse species such as crabs, flamingos, and aquatic fish native to the ecosystem.

Ms. Pornima Shilgaokar, an expert guide, led the students on an insightful mangrove walk. During the walk, students observed the skeleton of a baby whale, sparking discussions about marine conservation. Ms. Shilgaokar explained the ecological roles of mangrove species like *Sonneratia alba* (mangrove apple) and *Avicennia officinalis* (grey mangrove), emphasizing their unique adaptations and importance in coastal protection. The students spotted crabs, mudskippers, and other small creatures that thrive in this ecosystem. Students also learned about the threats faced by the sanctuary due to pollution and urbanization.

The trip to Thane Creek Flamingo Sanctuary was an enriching experience for all students. It deepened their understanding of bird migration, wetland conservation, and the importance of protecting natural habitats. The visit inspired them to be more responsible towards the environment and take small steps to contribute to wildlife conservation.

Such educational trips should be conducted regularly to enhance experiential learning and environmental awareness among students.

It's wonderful that the Principal, Pranati Mitra Madam, supports such initiatives, creating meaningful experiences for the students.

-Headed by:
Ms. Sujata Sankpal (Teacher)

Vasudhaiva Sanrakshak. With the enthusiastic support of students and parents, we have partnered with **Sampurna Earth and Bintix organization** to ensure the success of this drive. Together, we are making significant strides toward a more **sustainable future**. This initiative was launched in **June 2024**



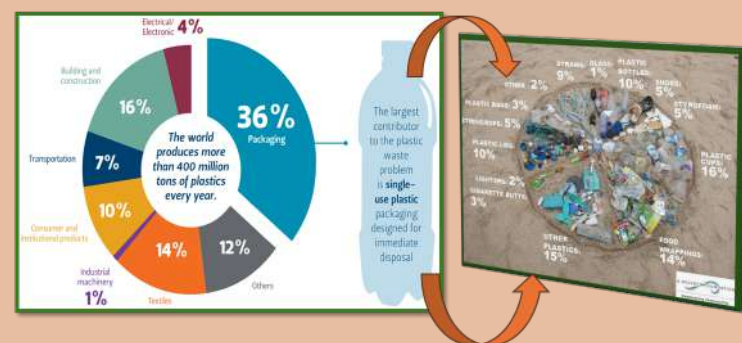
We have played a crucial role in **reducing plastic pollution** by educating students about the environmental impact of **plastic waste** and **promoting sustainable practices**. We have an important role in combating this problem, not only through education but also by leading by example.

1st STEP: INVESTIGATION

The campaign was launched as part of the school's environmental awareness initiative.

The primary objectives were:

- * To educate students about the dangers of plastic pollution.
- * To assess students' current awareness and behaviors regarding plastic use in daily life.
- * To encourage students to reduce their plastic consumption.



2nd STEP: AWARENESS

Conducted parent meetings and students seminar by Paryavaran Dakshata Mandal which include how to reduce plastic pollution and best use of eco- bricks.

The plastic collection plan will have a direct impact on the environment. The results are Cleaner air and water

More forested land and Less pollution
Reduced greenhouse gases
Conserve Natural Resources and Energy



3rd STEP: ACTION

Prepared the google form and circulated in all the social group of the school

Plan the location accessibility for pick up point of plastic collection.

Plastic will be collected by a van from Sampurna Earth on every 1st Saturday of the month.

Additionally, we have received the document from the Maharashtra Pollution Control Board related to Sampurna Earth for the reference

4th STEP: EARNING REWARDS

Earn rewards while making a change!

Turn Your Plastic Trash into DIGITAL PAYMENT

Guaranteed recycling/up-/downcycling for every kg. of dry waste picked up. Zero waste to landfill promise



5th STEP: ACCOMPLISHMENT



6th STEP: BE PART OF THE MOVEMENT

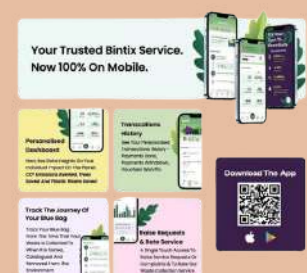
Total of 112 families are part of the Vasudhaiva Sanraksh drive

Download the app which is available on:

Play Store (android):

<https://play.google.com/store/apps/details?id=com.bintix>

App Store (IOS): <https://apps.apple.com/in/app/bintix/id6462084662>



-Headed by:

Mrs. Sujata Sankpal (Teacher)



EXPLORING THE COSMOS: A SCHOOLS TELESCOPE ADVENTURE

School got an exciting opportunity to observe the wonders of the night sky through a telescope. In the association with **ASSC (Astronomy and Spaces Science Centre)**, they learned how to properly use the telescope and focused on different planets visible in the night sky.



One of the most fascinating things they learnt about comets. These icy bodies, often traveling across the sky with **bright tails**, are remnants from the **early solar system**. They learned that comets have orbits that bring them close to the sun, **causing the sun's heat to vaporize their ice and create those stunning glowing tails**.

Additionally, they discussed the **phenomenon** of eclipses. They also learnt that an eclipse happens when one celestial body, such as the moon, blocks the light from the sun, casting a shadow on Earth. **Solar** and **lunar** eclipses occur at specific times and are **rare events**, making them even more **exciting** to watch.

This experience not only deepened their understanding of the universe but also sparked a sense of curiosity and wonder about space and its many mysteries

The session included 🌟🌟🌟

1. Power point presentation on **Astronomical Phenomenon**. 🌟
2. Observation of **Moon, Jupiter**, its **satellite**, phases of **Venus** and other **celestial objects** through the **telescope**. 🔭
3. Live demonstration and explanation of **telescope handling**. 🛠️

-Headed by:

Ms. Sujata Sankpal (Teacher)

SANSKRUTI SAMVARDHAN MORAL EDUCATION

Sanskriti Samvardhan Prastisthan (SSP) through its various innovative activities and programme like collective Shlokas Recitation, Anand Kendra (Weekly Sanskar Classes), Kutumb Prabodhan and Value Education Projects, SSP inculcate the moral and cultural values through various stories from the Ramayana and the Mahabharata.



SANSKRUTI SAMVARDHAN PRATISHTHAN EXAM FOR TEACHERS BASED ON RAMAYANA



SANSKRUTI SAMVARDHAN PRASTISTHAN (SSP) WRITTEN EXAM FOR V -VIII STD



-Headed by:
Ms. Reshma Kamthe (Teacher)



ROTI BANK

Mumbai Roti Bank, founded in December 2017 under the leadership of former Maharashtra DGP Mr. D. Sivanandhan, is dedicated to eradicating hunger by providing nutritious meals to those in need. They believe access to food is a basic human right and envision a healthier Bharat where every child can flourish. Initially focused on collecting excess food from events and delivering it to vulnerable communities, now they established their own kitchen to offer freshly cooked meals.

To commemorate the birth anniversary of our esteemed founder, Shri Hashu Advaniji, on 22nd February, Vivekanand English High School took pride in celebrating Founder's Day, a momentous occasion that reminds us of his invaluable contributions to education and society. Shri Hashu Advaniji was a visionary leader whose dedication to learning, service, and community upliftment continues to inspire us.

On this special day, we not only pay tribute to his legacy but also reinforce his ideals of compassion and generosity. As a part of our Founder's Day Celebration, we had organized a Food Grain Donation Drive in collaboration with Roti Bank Mumbai NGO, an organization committed to feeding the needy and reducing hunger. Through this initiative, we seek to extend a helping hand to those less fortunate and encourage our students to develop a sense of social responsibility.

We firmly believe that small acts of kindness can create a significant impact. By participating in this drive, our students will not only learn the importance of giving but also experience the joy of helping others.



-Headed by:
Ms. Priya Shiodkar (Teacher)



SWACHH CLASS

December



1st Prize- VI-A



2nd Prize- VII-B

January



1st Prize- V-A



2nd Prize- IX-A

February



1st Prize- VI-A



2nd Prize- VIII-B

March



1st Prize- VI-C



2nd Prize- VII-A

CLASS STILL



V-A



V-B



V-C



V-D



VI-A



VI-B



VI-C



VII-A



VII-B



VIII-A



VIII-B



IX-A



IX-B



X-A



X-B



School Council Members



School Band Students



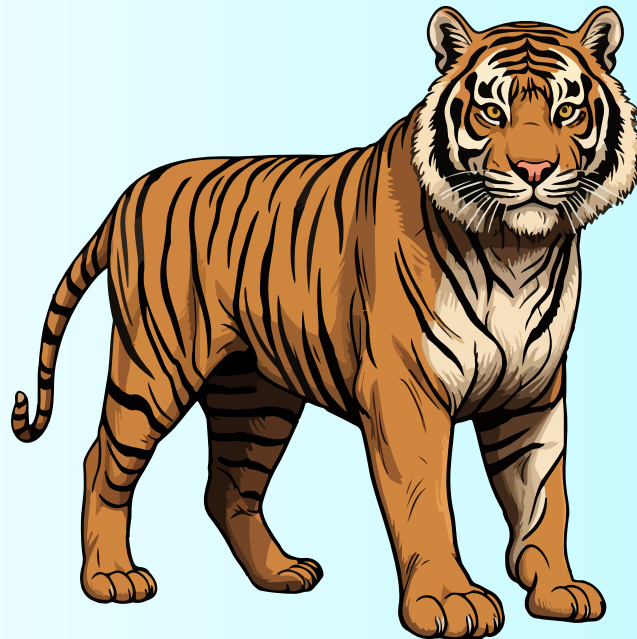
Teaching Staff

MEGHIDHANUSH



HOW YOUR FUTURE IS LINKED TO THAT OF THE TIGER?

Tigers live in India, and in other part of Asia. There are tigers in Iran, Mongolia, Siberia, Korea, Tibet, China, and Thailand. Tigers are also found in Java, Sumatra and the Malay Peninsula. Sadly, although tigers once lived in so many places, they are now very rare everywhere.



Tiger-hunting was once considered the 'sports of kings'. Hunters shot tigers by the dozen and used their heads and skins as trophies. Although hunting has decreased, tigers are dying because we are destroying their habitat – the forests and jungles in which they live. This is why thousands of British children gathered half a million pounds 20 years ago to save the tiger. This money was used to launch Project Tiger in India.

The future of the tiger is closely linked to yours because both you and the tiger need natural forests to survive. Such forests control world climate and house the biodiversity upon which life on earth is based. At the Earth Summit which was held in Brazil in June 1992, the leaders of the world pledged to save the world's forests, and animals like the tiger, for the benefit of future generations.

LITERARY ALLIANCE: ENGLISH



"IMPORTANCE OF REPUBLIC DAY"

Republic day is celebrated in India on January 26 every year to honour the day when the constitution of India came into effect in 1950. This day marks the transition of India from British Dominion to a "Republic". It means India adopted a system of governance in which the people hold the ultimate power through their elected representatives.

On January 26, 1950 the Constitution of India was adopted which laid down the framework for the country's political system, fundamental rights and duties of citizens. Significance of the date was chosen to commemorate the "Purna Swaraj" declaration on 26 January 1930, when the Indian National Congress proclaimed complete independence from British rule. Republic day is celebrated with great enthusiasm across the country. The main celebration takes place in New Delhi, where grand parade showcases India's cultural diversity, military strength and achievements. Various states also hold their own parades and cultural programs. On this day, the President of India presents various awards including the "Padma awards" to recognise the achievements of individuals in different fields.

Our Constitution gives us important values such as justice, liberty, equality and fraternity. Overall, Republic Day is a significant occasion for Indians to reflect on their rights and responsibilities as citizens of a democratic nation and to celebrate the spirit of unity and integrity.

-Compiled by:
Chinmayi Gaonkar V A

LITERARY ALLIANCE: MARATHI



छत्रपती शिवाजी महाराज: स्वराज्याचे शिल्पकार

शिवाजी शहाजी भोसले (१९ फेब्रुवारी, १६३० - ३ एप्रिल १६८०), छत्रपती शिवाजी महाराज हे मराठा साम्राज्याचे संस्थापक होते. विजापूरच्या ढासळत्या आदिलशाहीमधून शिवरायांनी स्वतःचे स्वतंत्र राज्य निर्माण करून मराठा साम्राज्याची स्थापना केली. इ.स. १६७४ मध्ये रायगड किल्ल्यावर औपचारिकपणे छत्रपती म्हणून त्यांचा राज्याभिषेक करण्यात आला. आपल्या कारकीर्दीत शिवाजी महाराजांनी मुघल साम्राज्य, गोवळकोंड्याची कुतुबशाही, विजापूरची आदिलशाही आणि युरोपियन वसाहतवादी शक्तींशी युती व शत्रुत्व दोन्ही केले. शिस्तबद्ध लष्कर व सुसंघटित प्रशासकीय यंत्रणेच्या बळावर छत्रपती शिवाजी महाराजांनी एक सामर्थ्यशाली आणि प्रागतिक राज्य उभे केले. किनारी आणि अंतर्गत प्रदेशातील किल्ल्यांची डागडुजी करण्यासोबतच त्यांनी अनेक नवे किल्लेही उभारले. शिवरायांनी शिस्तबद्ध प्रशासकीय संघटनांसह सक्षम आणि प्रगतीशील नागरी शासन स्थापन केले. त्यांनी प्राचीन हिंदू राजकीय परंपरा, न्यायालयीन अधिवेशने पुनरुज्जीवित केली.



प्रदेशातील भूभागाची इत्यंभूत माहिती, आश्चर्यजनक वेगवान हालचाली आणि गनिमी काव्याचे तंत्र यांच्या सहाय्याने त्यांनी थोडक्या फौजेच्या सहाय्याने बलाढ्य अशा मुघल व आदिलशाही फौजांचा यशस्वीपणे सामना केला. राज्यकारभारात तत्कालीन रूढ असलेल्या पारशी भाषेऐवजी मराठी आणि संस्कृत भाषेचा वापर करण्यास त्यांनी प्रोत्साहन दिले. भारतीय स्वातंत्र्यलढ्यात राष्ट्रवादी नेत्यांनी शिवाजी महाराजांच्या पराक्रमी कथांचा वापर लोकांना एकत्रित आणण्यासाठी आणि त्यांचे मनोबल वाढवण्यासाठी करून घेतला. शिवाजी महाराजांचा वारसा निरीक्षक आणि काळानुसार बदलत होता. परंतु त्यांच्या मृत्यूनंतर सुमारे दोन शतकांनंतर, भारतीय स्वातंत्र्य चळवळीच्या उदयाबरोबर त्यांचे अधिक महत्त्व वाढण्यास सुरुवात झाली कारण अनेक भारतीय स्वातंत्र्यसैनिकांनी त्यांना आद्य-राष्ट्रवादी आणि हिंदूंचे नायक मानले. महाराष्ट्राच्या सामाजिक आणि राजकीय इतिहासामध्ये शिवाजी महाराजांचा मोठा प्रभाव आहे. शिवाजी महाराज हे मराठी लोकांच्या अस्मितेचा एक अविभाज्य भाग आहेत. शिवाजी महाराजांचा जन्मदिवस हा शिवजयंती म्हणून साजरा होतो.

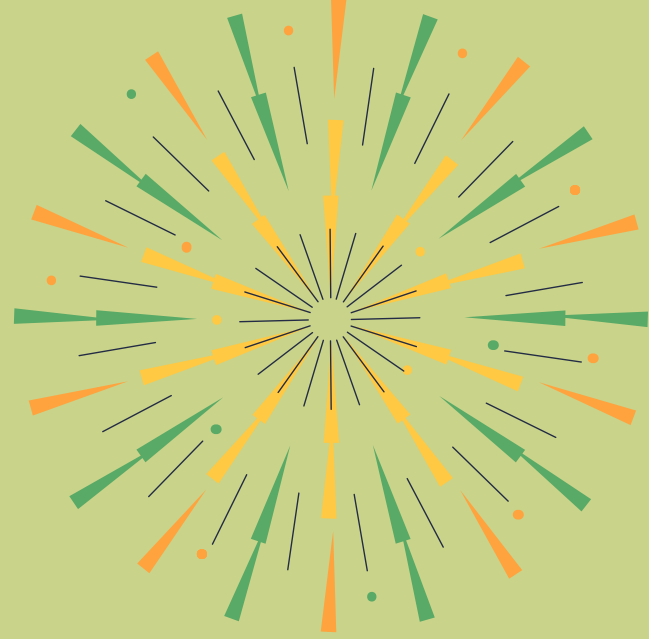
-Compiled by:
Satish Bhagat (Teacher)

LITERARY ALLIANCE: HINDI



देश का गौरव

सौ सालों की गुलामी, अब बीती बात,
स्वतंत्र हुआ भारत, लेकर अपनों का साथ।
वीरों ने लड़ी लड़ाई, खून पसीना बहाकर,
जीवन अपना त्यागा देश को बचाकर।



गणतंत्र दिवस आया, नव जीवन ले आया,
देश में खुशहाली लाया।
समानता, बंधुत्व, का संदेश दिया,
नया युग आया, देश ने प्रगति की ओर प्रस्थान किया।

एकता में शक्ति, यह सत्य हमारा,
सब मिलकर बढ़ेंगे, भारत देश हमारा।
ज्ञान विज्ञान की राह, हम अपनाएंगे,
नई ऊँचाइयों को, हम छुजाएँगे।
देश प्रेम की भावना, दिल में जगाएँगे,
भारत को विश्व गुरु, हम सब बनाएँगे।
जय हिंद !



-Compiled by:
Anshuman Yadav VII-A



ज्ञानस्य सम्पदा

महाशिवरात्रिः

ॐ तत्पुरुषाय विद्महे महादेवाय धीमहि तन्नो रुद्रः प्रचोदयात् ॥

महाशिवरात्री भारतस्य महत्त्वपूर्णेषु आध्यात्मिकमहोत्सवेषु अन्यतमः अस्ति । महाशिवरात्रीं हिन्दुधर्मस्य सर्वाधिकं शक्तिशालिनः देवतासु अन्यतमस्य भगवान् शिवस्य सम्मानार्थं आचर्यते। महाशिवरात्री इति नाम "शिवस्य महान् रात्रिः" इति अर्थः । इदं फाल्गुना मासे नवीन चन्द्रस्य १३ तमे रात्रौ पतति, यत् सामान्यतया फेब्रुवारी-मासस्य वा मार्च-मासस्य वा भवति । अस्मिन् दिने सम्पूर्णे विश्वे भक्ताः उपवासस्य प्रार्थनायाश्च एकरात्रं पश्यन्ति, जागृताः भवन्ति, भगवान् शिवं प्रार्थनाः च अर्पयन्ति, तस्य आशीर्वादस्य कृते।

महाशिवरात्री आचर्यते यतोहि एतत् दिवसस्य चिह्नं भवति यदा शिवः देवीं विवाहितवान् इति कथ्यते। भगवान् शिवः अस्मिन् रात्रौ "तण्डव" नृत्यं कृतवान्, यत् ब्रह्माण्डस्य सृष्टि, संरक्षणं, विनाशं च प्रतीकं भवति ।

महाशिवरात्रि

Maha Shivratri is one of the most important and spiritual festivals of India. Maha Shivratri is celebrated to honour Bhagwan Shiva, one of the most powerful deities in Hinduism. The name Maha Shivratri means "The Great Night of Shiva." It falls on the 13th night of the new moon in the month of Phalguna, which is typically February or March. On this day, devotees all over the world observe a night of fasting and praying, staying awake and offering prayers to Bhagwan Shiva, for his blessings.

Maha Shivratri is celebrated because it marks the day when Shiva Ji is said to have married Goddess Parvati. Bhagwan Shiva performed the "Tandava" dance on this night, which symbolizes the creation, preservation, and destruction of the universe.

-Compiled by:
Ms Apeksha Tembye (Teacher)



EPIC PULSE

EXPLORING THE INDIAN VEDAS INTO THEIR TYPES AND SIGNIFICANCE

Introduction to the Vedas:

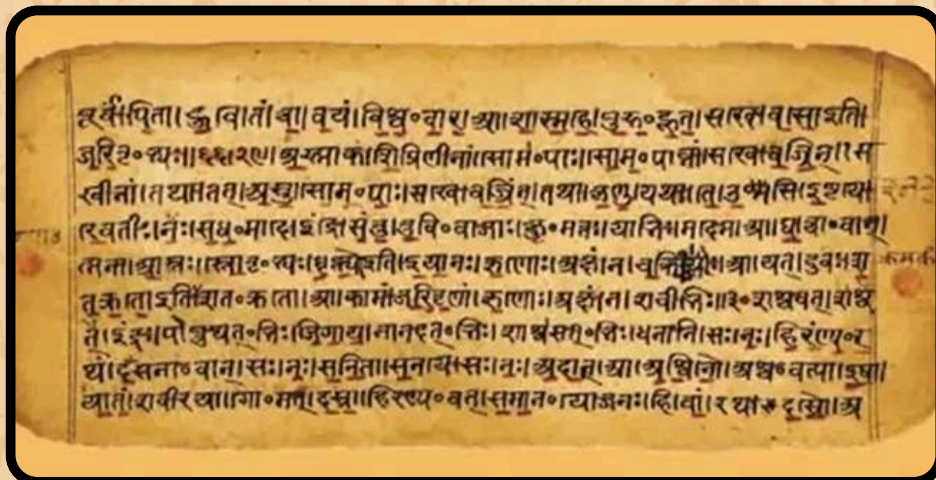
Vedas are the oldest sacred texts of Hinduism, composed in Sanskrit. They encompass a vast body of knowledge, Including philosophy, rituals, and hymns.



The Vedas are divided into four main types: Rigveda, Samaveda, Yajurveda, and Atharvaveda. Each type serves a unique purpose, from hymns to rituals, showcasing the diverse aspects of Vedic knowledge and spirituality.

Rigveda Overview:

The Rigveda is the oldest and most important Veda, consisting of 1028 hymns dedicated to various deities. It lays the foundation for Vedic philosophy and rituals, emphasizing the importance of sacrifice and devotion.



Samaveda Overview:

The Samaveda is a sacred Hindu text that contains chants and melodies. It has three main parts: hymns (Samhita), explanations (Brahmana), and philosophical texts (Upanishads).

The Samaveda laid the foundation for Indian music.

सुभ्रवतिवासासिवाएतेच्छदोपरतिष्ठदावारणनीवरत्ताः स्वरणा
यतनातिनयप्यास्वमरणमभयेनातिक्रमेवाद्गतनेहैसप्तपद्यसु
भवतिसमयेच्छदसिवतुङ्गगतितव्यासर्वैच्छदोभिरभयेनातिका
मेजाद्गततत्पत्रिचवनकविः अतिः पदानिधिः सामादृतवतु
विः अतिश्चतुर्विः अतिरहेमासाः संवत्सरः संवत्सरः संवत्सरः
साम्बतस्यवाएतेसंवत्सरस्य साम्बोः होरात्रिणिहिकारोद्देमासाः
चक्ष्माविमासाश्चादिहेतवङ्गह्यः पौर्णमास्यः प्रतिहारोः ४
काउपह्वोः सावास्याविधनेतस्यवाएतेसंवत्सरस्यसाम्बोवसे

Yajurveda Overview:

Yajurveda contains yagya/rituals related to suktas. The Yajur Veda is divided into two parts – the white or "pure" Yajur Veda known as Shukla, and the black or "dark" Yajur Veda known as Krishna. The white Yajur Veda deals with prayers and specific instructions for devotional sacrifices, whereas the black Yajur Veda deals with sacrificial rituals.

ॐ श्री गणेशाय नमः ॥ ॐ म ॥ गुणानान्ता ॥ गुणपति ॐ
हवामहे प्रियाणान्त्वा प्रियपति ॐ हवामहे निधीनान्ता
निधिपति ॐ हवामहे वसोमम ॥ आहमं जानिगर्ज्यमा
त्तमं जासिगर्ज्यम ॥ १ ॥ गायत्री त्रिष्टुप् ॥ गायत्री त्रि
ष्टुप् गायत्री त्रिष्टुप् ॥ गायत्री त्रिष्टुप् ॥ गायत्री त्रिष्टुप् ॥
भिः शम्यन्तत्वा ॥ २ ॥ द्विपदायाः ॥ द्विपदायाश्चतुष्पदासि

पदायाश्चतुष्पदाः ॥ विच्छन्दायाश्चसच्छन्दाः सूचीभिः श
म्यन्तत्वा ॥ ३ ॥ सुहस्त्रिमाः सुहच्छन्दसः ॥ सुहस्त्रिमाः सु
हच्छन्दसः ॥ आहतः सहस्रमाः ऋषयः सप्तदेव्याः ॥ ४
॥ वेष्टाम्यस्यामनुहृष्यपथीराः ॥ अन्वालेभिरेरुणानर
ण्मीन ॥ ५ ॥ यजागृतः ॥ यजागृतो हरमुदेति देवन्तडस
प्रस्यतथेवेति ॥ हरङ् मज्ज्योतिषाज्ज्योतिरेकन्तन्मेम

Atharvaveda Overview:

Atharvaveda contains hymns and spells for everyday life, addressing health, prosperity, and protection. It reflects the practical aspects of Vedic thought, showcasing the integration of spirituality into daily existence.

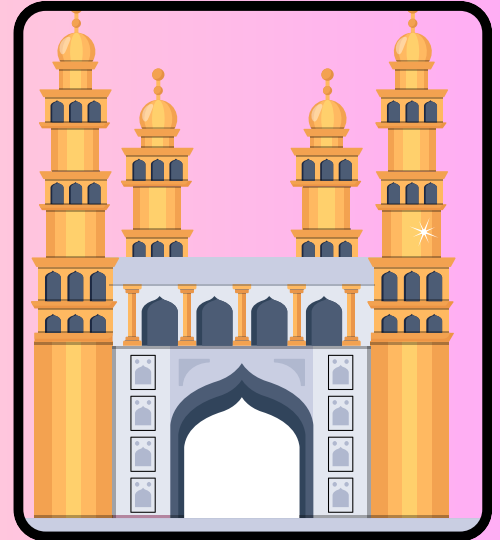
ॐ श्री गणेशाय नमः ॐ नमः ॐ शरीरमरः शरीरमिदं शरीरं
शरीरमुदयते शरीरमशरीरमाशयशरीरमेवावशिष्यते ।
ॐ शोतिः शोतिः शोतिः ॥ शोवासिमिदं सर्वं यकि च
न गत्यान्वगत तेन तत्कैवभुञ्जीथामारयः कस्यसि
दनम ॥ ऊर्ववेवेदकमोपिनिमोविद्येच्छतं ससाः
यवन्तपिनायेतोस्तिनकुर्मन्तिपतेनो ॥ यमुणीना
मनेलोकायन्तेनमसाहेताः तास्तेपेयाभिगच्छन्ति ॥



THE HIDDEN MATHEMATICS BEHIND ANCIENT INDIAN TEMPLE

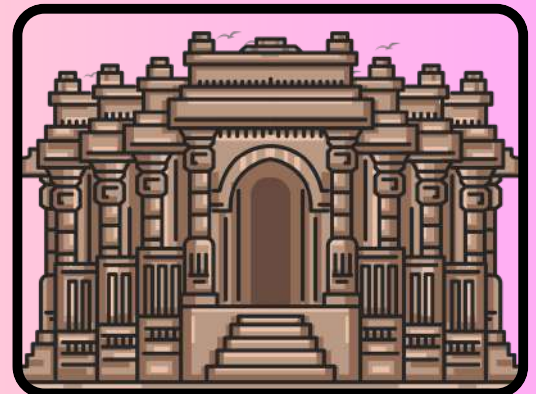
CHARMINAR:

Made in 1591 BC in Hyderabad. It's known as monument as well as a mosque. It is built on a square structure and has 4 grand arches and 4 minarets in each corner that are attached into the main structure. It is amazing to know that the number 'char' or four (4), its multiples can feature upto 22 spots on the design of the monument.



MODHERA SUN TEMPLE:

Built in 1026 BC in Gujarat by Bhimdev, a Solanki king. This temple has 52 densely carved pillars organized in a geometrical pattern to signify 52 weeks of the year which is divided into 7 parts for 7 days of the week. The axis of the complex is designed so that the rising sun's rays fall directly onto the idol on the vernal.



SAMRAT YANTRA:

Made in the 1800s in Rajasthan. It is the biggest sundial in the world. It is also known for its accuracy in measuring time and also tells local time with an accuracy of nearly 2 seconds from the shadows of the sunlight. Its shape is a giant triangle or a gnomon that's 88 feet (27 meters) high! The shadow of this moves at a slow rate of 1 millimeter per second.



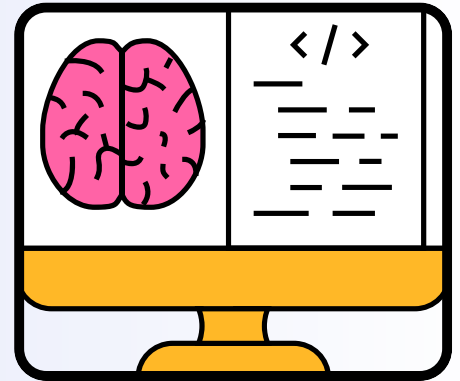
-Compiled by:
Om Rakhunde VI-B



NEUROSCIENCE AND PSYCHOLOGY: UNDERSTANDING THE MIND

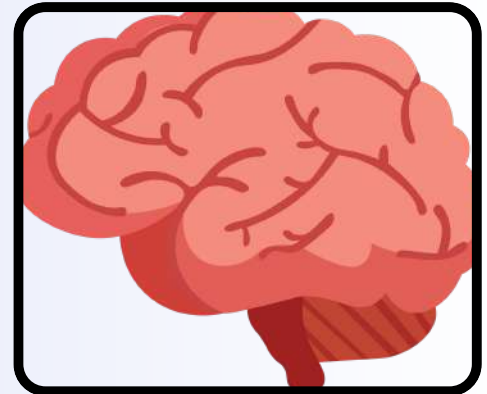
Introduction to Neuroscience and Psychology:

Neuroscience and psychology are two interconnected fields that study the human mind and behavior. Neuroscience focuses on the biological mechanisms of the brain and nervous system, while psychology explores mental processes, emotions, and behavior. Together, they help us understand how the brain influences thoughts, actions, and mental health.



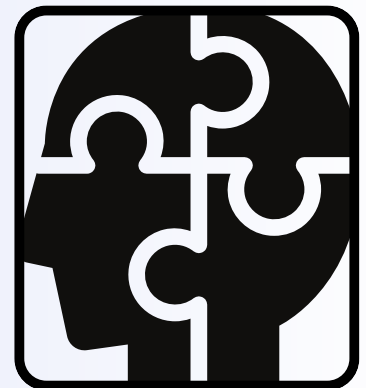
How the Brain Influences Behavior:

The brain controls all aspects of behavior, from decision-making to emotional responses. Different brain regions play specific roles: the prefrontal cortex manages reasoning, the amygdala controls fear and emotions, and the hippocampus is responsible for memory. Psychologists study how brain activity translates into behavior and personality traits.



Cognitive Functions and Mental Processes:

Cognitive functions include memory, learning, problem-solving, and perception. Neuroscientists use brain imaging techniques like fMRI to study how different regions of the brain work together to process information and influence decision-making.



Applications in Medicine, AI, and Therapy:

Neuroscience and psychology are applied in various fields.

Medicine: Treating neurological and mental health disorders.

AI: Developing artificial intelligence based on human cognition.

Therapy: Using psychological principles to improve mental well-being.



-Compiled by:

Tanmay Awate and Mugdha Naik VIII-B



CHEMISTRY AND MATERIAL SCIENCE

Chemistry and Material Science are interconnected fields that explore the properties, structures, and applications of matter. In Chemistry, the focus is on understanding the fundamental building blocks of substances, their reactions, and the laws governing them. Material Science extends this knowledge to develop new materials with specific properties for diverse applications. This synergy drives advancements in electronics, healthcare, energy storage, and more.



Innovations in material science are often guided by chemical principles. For example, nanotechnology leverages the unique behaviors of materials at the atomic and molecular levels, leading to breakthroughs in drug delivery systems, superconductors, and flexible electronics. By manipulating chemical bonds and structures, scientists design materials that are lighter, stronger, and more sustainable. This continuous evolution fuels technological growth and solves complex global challenges.



CYBERSECURITY: SAFEGUARDING OUR DIGITAL FUTURE

Introduction:

This article explores the current state of cybersecurity, common threats, best practices for protection, and the future of this vital field.

The Current State of Cybersecurity:

Cybersecurity encompasses a wide range of practices, technologies, and processes designed to protect networks, devices, and data from unauthorized access, attacks, or damage. According to recent reports, cyberattacks have increased by over 400% since the onset of the COVID-19 pandemic, highlighting the urgent need for robust cybersecurity measures.

The Future of Cybersecurity:

As technology continues to advance, so too will the methods employed by cybercriminals. The future of cybersecurity will likely involve:

- Artificial Intelligence (AI) and Machine Learning: These technologies can enhance threat detection and response capabilities, allowing organizations to identify and mitigate risks more effectively.
- Zero Trust Architecture: This security model assumes that threats could be both external and internal, requiring strict verification for every user and device attempting to access resources.
- Increased Regulation: Governments are likely to implement stricter regulations regarding data protection and privacy, compelling organizations to adopt more robust cybersecurity measures.
- Cybersecurity Skills Gap: The demand for cybersecurity professionals is expected to grow, highlighting the need for education and training programs to prepare the next generation of experts.

Conclusion:

In a world where digital threats are ever-present, understanding and prioritizing cybersecurity is essential for everyone. As we look to the future, a proactive approach to cybersecurity will be crucial in safeguarding our digital lives and ensuring a secure online environment for all.



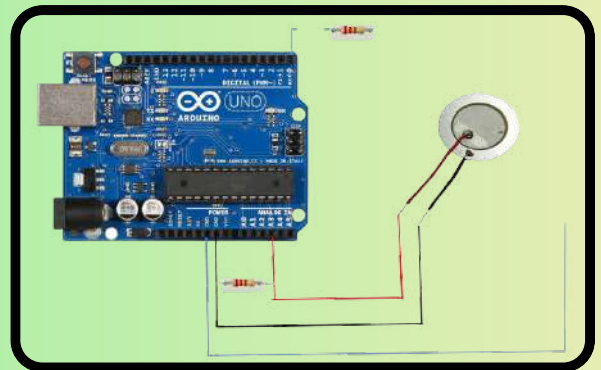
EXPLORING THE WORLD OF PIEZO SENSORS: THE FUTURE OF SENSING TECHNOLOGY

Introduction

In the realm of modern technology, sensors play a pivotal role in bridging the gap between the physical and digital worlds. This article delves into the fundamentals of piezo sensors, their applications, advantages, and the future of this innovative technology.

What is a Piezo Sensor?

A piezo sensor, or piezoelectric sensor, is a device that utilizes the piezoelectric effect to measure changes in pressure, acceleration, temperature, or force by converting them into an electrical charge. The piezoelectric effect occurs in certain materials, such as quartz crystals and ceramics, which generate an electric charge when subjected to mechanical stress.



The Future of Piezo Sensors

As technology continues to advance, the future of piezo sensors looks promising. Innovations in materials science, such as the development of new piezoelectric materials and nanotechnology, are expected to enhance the performance and versatility of piezo sensors. Additionally, the integration of piezo sensors with IoT (Internet of Things) devices will enable real-time monitoring and data collection, paving the way for smarter and more efficient systems across various industries.

Challenges and Limitations

While piezo sensors offer numerous advantages, they also come with certain limitations:

- **Temperature Sensitivity:** The performance of piezo sensors can be affected by temperature changes, which may require compensation in certain applications.
- **Static Load Limitations:** Piezo sensors are primarily designed for dynamic measurements and may not perform well under static loads, as they can lose their charge over time.
- **Cost:** High-quality piezoelectric materials can be expensive, which may limit their use in cost-sensitive applications.

Conclusion

Piezo sensors are a remarkable example of how technology can transform mechanical energy into valuable data. Their wide range of applications, from industrial automation to healthcare, highlights their importance in today's tech-driven world. As we continue to explore the potential of piezo sensors, we can expect to see even more innovative uses that will shape the future of sensing technology.

Compiled by:
Tanmay Awatee & Varad Mhatre
VIII-B

ART GALLORE



Devanshi Barai - VIII-B



Paridhi Gupta - VII-A



Atharva Tarade-IX-B

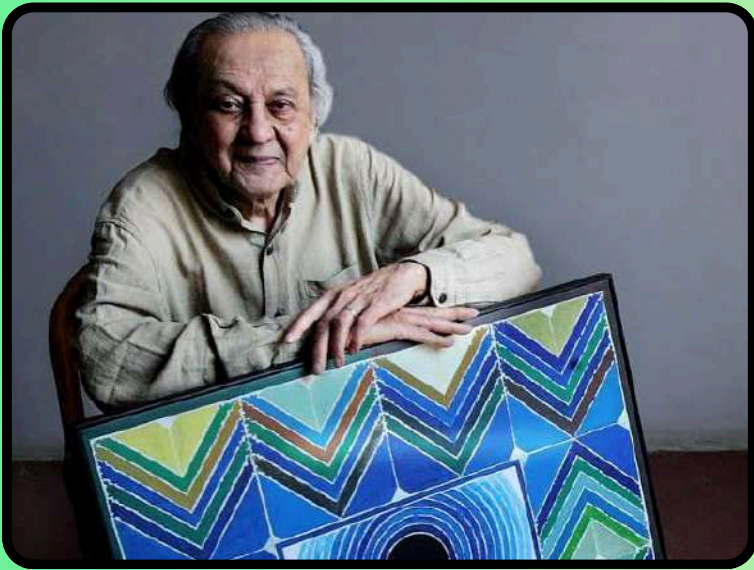


Pranjal Kadam-VI-B



S.H.RAZA: THE MASTER OF ABSTRACT ART

Syed Haider Raza (1922-2016) was a renowned Indian painter known for his abstract art and deep exploration of Indian spiritual themes. Born in Madhya Pradesh, he studied at the Sir J.J. School of Art and later in France. He co-founded the Progressive Artists' Group (PAG) in 1947, modernizing Indian art.

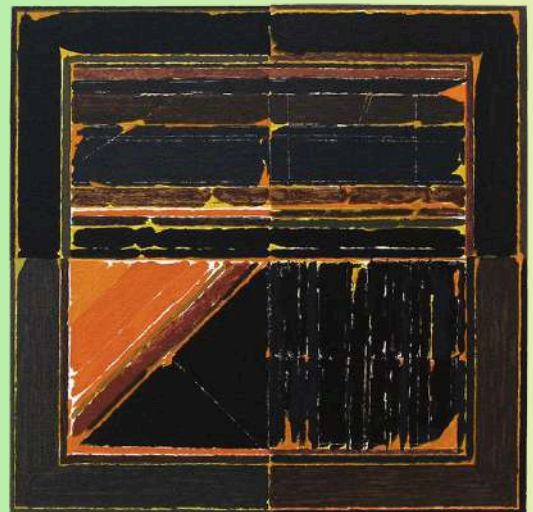


ACHIEVEMENTS

Padma Vibhushan (2013) – India's second-highest civilian honor.

Legion of Honour (2015) – France's top civilian award.

Prix de la Critique (1956) – First Indian to receive this French art award.



FAMOUS WORKS

Bindu – His signature motif, symbolizing cosmic energy.

Saurashtra – Sold for ₹16.42 crores at an auction.

La Terre – A celebrated abstract masterpiece.



-Compiled by:
Mugdha Naik VIII-B



SPORTZ



WIN OR LOSE



It is no rocket science that **psychologically**, losing has a **greater impact** on the **athlete** than **winning**. When athletes lose a game, they are **overwhelmed** by extreme **emotions** and will eventually enter a **never-ending overthinking continuum**, starting to doubt every single step they've taken that has led up to their **defeat**.



“Don't lose faith in your dreams, keep fighting for what you love, and if you always give everything you have, you'll be happy no matter what the outcome.”

-Compiled by:
Mr. Jayprakash Singh (Teacher)



YOGASANA

BENEFITS OF VAJRASANA



- Vajrasana is a versatile pose with various applications in yoga and daily life:
- **Digestive Disorders:** Enhances digestion and alleviates constipation.
- **Acidity and Heartburn:** Reduces symptoms of acidity and heartburn.
- **Back Pain:** Eases lower back pain and improves spinal alignment.
- **Stress and Anxiety:** Promotes relaxation and reduces stress levels.
- **Post-Meal Discomfort:** Helps with post-meal bloating and discomfort.
- **Improves Posture:** Strengthens core and back muscles for better posture.
- **Diabetes Management:** Supports metabolic health and digestion.
- **Weight Management:** Assists in reducing abdominal fat and managing weight.
- **Menstrual Pain:** Relieves menstrual cramps and pelvic discomfort.
- **Pregnancy Support:** Eases back pain and digestive issues during pregnancy.
- **Meditation Preparation:** The pose is often used as a preparatory posture for meditation and pranayama practices.
- **Post-Prandial Relaxation:** Ideal for practicing after meals to support digestion and reduce bloating.



-Compiled by:
Ms. Shakuntala Mourya
(Teacher)

ASPIRE ZONE



A GLASS OF MILK



The story revolves around a boy who worked various jobs to support his education. One day, feeling extremely hungry, he approached a house and asked a girl for a glass of water. Instead, she offered him a glass of milk, which he gratefully accepted. This act of kindness left a lasting impression on him.

Years later, the girl fell ill and was treated by a doctor successfully. The girl was shocked to know that her medical bills were paid already. A note on the bill revealed that it had been paid long ago with the glass of milk she had given to the boy.

Moral of the Story: No good deed goes unrewarded.

-Compiled by:
Ms. Priya Shiroidkar (Teacher)

VEHS KIDZOPEDIA

