

# **VEHS KIDZOPEDIA**

**2025-2026**



**THIRD EDITION - JANUARY TO APRIL**

# Respectful

People remember you the way you treat them therefore it is very important to be respectful towards everyone.





# OUR FOUNDER



**LATE SHRI. HASHU ADWANI**

**FOUNDER OF VIVEKANAND EDUCATION SOCIETY**



## MISSION OF THE SCHOOL

A commitment to "Self-Discovery" and "Service to Others" in our pursuit of excellence

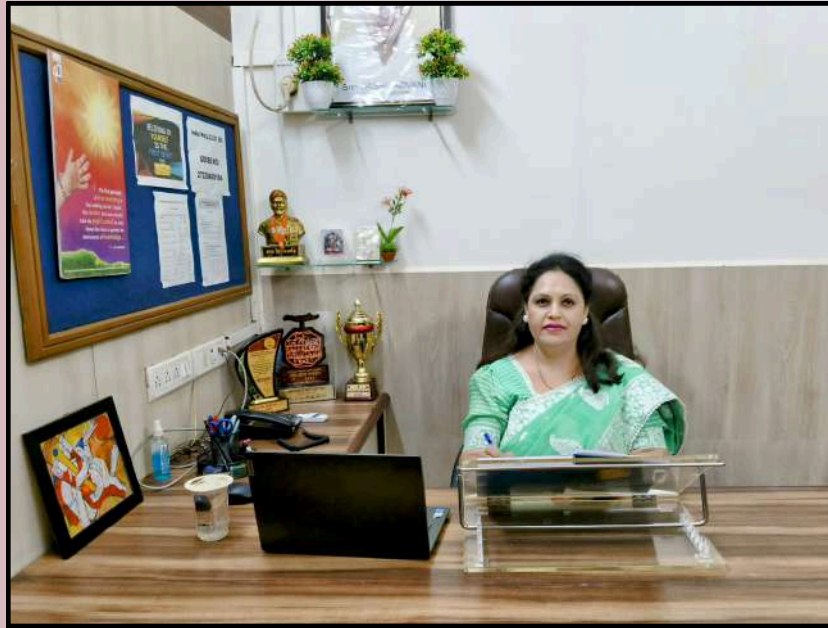


## VISION OF THE SCHOOL

To provide unparalleled academic excellence and widen the intellectual horizons of students through global exposure to activities in the arts, sciences, competitions and social services.

To inculcate the values among the students and the staff to make them understand what it means to be human, what it means to be educated and what it means to live life to the full.

# PRINCIPAL'S DESK



Dear Parents and Students,

It gives me immense pleasure to share that we have aimed to create a safe, positive and healthy yet challenging environment that fosters strong and meaningful relationship among students. The academic year 2025-2026 is coming to an end on a positive note. You will see a reflection of the hard work and creativity of our students. The future belongs to those who believe in the beauty of their dreams. This magazine stands as a testament to your ability to turn these challenges into opportunities. Students should always aim high, stay curious and continue to shine.

This magazine is a collection of articles that reflect the talents and creative spirit of our students. They are always capable of achieving extraordinary things.

Students are the readers of today and leaders of tomorrow. Remember, success starts where you are. School is a journey, not a destination. As you go through the contributions of your peers, we hope you feel inspired to explore your passions. The hard work, imagination, artwork and write-ups showcased here truly highlight the talent within our school.

Dear Parents, the school has achieved success in many co- curricular competitions, academics, and sports. There are challenges ahead of us; however, keeping in mind our school motto "Happiness through Education" will surely make a great difference. I am confident that with the support of our staff, school management, parents and students, the school will reach greater heights in the years to come.

**Sincerely,**  
**Mrs. Vaishali Shevale**  
**Headmistress**  
**VEHS**

# **OUR MENTORS**

## **VES- MANAGING COMMITTEE AND SCHOOL COMMITTEE MEMBERS**



**Shri Suresh Malkhani**  
(President- VES)



**Shri Rajesh Gehani**  
(Sceretarry- 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 Wadhvani**  
(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. Nirmla Maheshwari



Ms. Sravanti Pam



Ms. Neha Devariya



Ms. Nilima Chindarkar



Ms. Neha Rai

## Marathi Language Team



Mr. Satish Bhagat



Ms. Reshma Kamthe



Ms. Prajakta Amritkar



Ms. Kavita Navkar



## Hindi Language Team



Ms. Mona Yadav



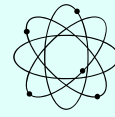
Ms. Neha Yadav



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



Ms. Ujwala More

# VEHS ADMIN STAFF



Ms. Anita Ahuja



Ms. Archana Samala



Ms. Sonali Sawant

# VEHS SUPPORT STAFF



Ms Nisha Shigvan



Ms. Pratibha Pawar



Mr. Arvind Malekar



Mr. Kiran Pawar

# SUBJECT EDITORS

**ENGLISH**

हिन्दी

भरती



**MATH**

**SCIENCE**

*Social Science*

**computer**

**ART**

**Sanskrit**

**Moral Values**

**Yogasana**

**Ms. Shakuntala Mourya**

**Ms. Mona Yadav**

**Mr. Satish Bhagat**

**Mr. Jayprakash Singh**

**Ms. Malathi Murugesan**

**Ms. Pratima Singh**

**Ms. Nirmala Maheshwari**

**Ms. Nita Javale**

**Ms. Ujwala Borkar**

**Ms. Apeksha Tembye**

**Ms Priya Shirodkar**

**Ms. Shakuntala Maurya**

# EDITORIAL TEAM



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



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



**Student Editor :  
Kavish Yadav  
(STD VIII -B)**



**STUDENT EDITOR:  
TANAYA CHAVAN  
(STD VIII-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.

Every page you are about to read carries more than words — it carries effort, emotion, and dedication. What may look like a simple digital magazine is actually the result of teamwork, passion, and many unseen hours of work.

While working on this edition, we were not just collecting articles or arranging designs. We were shaping ideas, encouraging creativity, and giving a platform to voices that deserve to be heard. There were moments of excitement when submissions arrived and moments of pressure as deadlines approached. Drafts were edited, designs were refined, and through every challenge our team remained united.

This edition is special because it marks the third year of our e-magazine, a journey that began in 2023 with a simple dream. What started as a small initiative has grown into a proud tradition of our school — three years of creativity, growth, and student voices finding their space.

Being the Student Editor has been a truly meaningful experience. I have seen how writers, designers, photographers, and editors come together to create something far greater than what any one person could achieve alone.

This magazine is more than a collection of articles — it reflects the spirit of our school: expression, unity, and determination.

To my team, thank you for your dedication. To our teachers and mentors, thank you for your guidance. And to every reader, this magazine belongs to you.

Because three years ago, this was just a thought. Today, it is our voice. Tomorrow, it will be our legacy.



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

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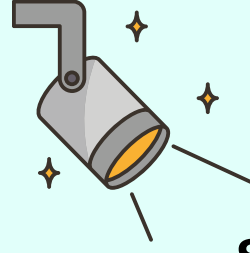
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### Top Notch



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SpotLight

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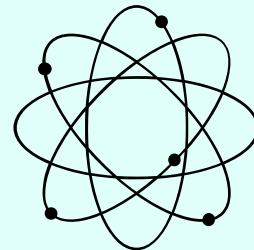


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# TOP NOTCH



Karan Punekar from class 10th secured Bronze Medal in **National level Roll Ball Championship** conducted in Jammu and Kashmir from 28th December to 31st December 2025



## ATAL-District Level Project Exhibition

**FIRST RANK IN THEME BASED PROJECT**

**Project: Life Sentinel**

**Students Name**

Tanmay Awate 9<sup>th</sup> B

Sulaiman Siddhiqui 8<sup>th</sup> A

Anshuman Yadav 8<sup>th</sup> B

Atharv Shriyan 9<sup>th</sup> B

**Guide Teacher - Harshali Mallarap**



## National Bigbang Competition at Coimbatore (Tamil Nadu)

**Project Name:**

Generating electricity by using bicycle

**Student Names:**

Kedar Garware 9th B

Anshuman Yadav 8<sup>th</sup> B

**Guide Teacher - Ms.Harshali Mallarap**



# Inspire Manak Award

3 Project got selected at **State Level** with cash reward of Rs.10,000 each.



Ms. Harshali Mallarap appointed as Judge for **International Codeavour 7.0 Competition** held at Museum of Solutions - Worli



# HACC Essay Writing Competition

- 1st - Suleiman Siddiqui- 8thA
- 2nd- Manisha Rajput- 5th C
- 3rd - Aarav Jain- 5th A
- 3rd - Ankita Yadav- 7th C
- 2nd Consolation - Atharva Shriyan - 9th B



# Camlin Drawing Competition

## JUNIOR GROUP

- 1st Prize**-Purva Angachekar– 6th D
- 1st Prize**-Aaradhya Jaiswal – 6th D
- 2nd Prize**-Swara Gadigaonkar – 6th A
- 2nd Prize**-Yash Tungariya – 5th C
- 3rd Prize**-Trusha Yadav – 6th B
- 3rd Prize**-Rumaysa Ray Miya – 6th A
- Consolation**-Manisha Rajput- 5th C



## SENIOR GROUP

- 1st Prize**-Antara Patil – 7th B
- 1st Prize**-Sidhika Satpute – 8th B
- 2nd Prize**-Saish Gaikar -8th B
- 2nd Prize**-Aarya Chaudhari – 7th B
- 3rd Prize**-Sanvi Jaiswar – 7th A
- 3rd Prize**-Shreya Borade – 8th A
- Consolation**- Teertha Malusare – 7th A



## RTO Drawing Competition

- 1st Prize**- Harshil Barai 7th A
- 2nd Prize**- Vedanti Lubal 7th B
- 3rd Prize**- Tanishka Bobhate 7th B

## Sanskriti Samvardhan Drawing Competition

- 1st Prize**-Yash Tungariya 5th C
- 2nd Prize**- Aaradhya Valekar 5th D
- 3rd Prize**- Aditya Sahu 5th C

- 1st Prize**-Purva Angchekar 6th D
- 2nd Prize**- Swara Ghadigaonkar 6th A
- 3rd Prize**- Ruchita Suvasiya 6th D

- 1st Prize**- Paridhi Gupta 8th A
- 2nd Prize**- Soham Gophane 8th B
- 3rd Prize**- Sulaiman Siddiqui 8th A



# Rangotsav International Level Drawing Competition

**ART MAESTRO  
AWARD-20  
INTERNATIONAL  
MEDAL-26  
CONSOLATION  
PRIZE -8**



**1st Prize- Madhura Pawar 8th B  
Sketching Competition - Jio Laptop  
With Trophy**

**2nd Prize- Chirag Kharade 9th B  
Colouring Competition - Cricket Kit With  
Trophy**



**2nd Prize- Vedanti Lubal 7th B Colouring  
Competition - Cricket Kit With Trophy**





**3rd Prize-** Swarali Gole 6th D  
 Colouring Competition -Zebronic  
 Headphone With Trophy



**Special Award (The Eccentric Performer Award)-** Aaradhya Gupta  
 8th B Sketching Competition - School  
 Bag With Trophy

**Special Award (The Eccentric Performer Award)-** Tanishka Bobhate 7th B Finger  
 And Thumb Competition - School Bag With  
 Trophy



**Best School Award:** Vivekanand  
 English High School  
**Best Principal:** Mrs. Vaishali Shevale  
**Best Art Teacher:** Mrs. Ujwala  
 Vartekar



## 1<sup>st</sup> Level

English - Gold medal of Excellence

1. Kumar Garware

G.K- Gold medal of Excellence

1. Kunjan Patil
2. Shivam Kesarkar
3. Arnav Patil

Maths- Gold medal of Excellence

1. Sulaiman Siddiqui
2. Anshuman Yadav
3. Aaradhya Gupta



## 2<sup>nd</sup> Level Qualifier

Maths- Sulaiman Siddiqui

## Mayor Drawing Competiton



**Best Coordinator-**  
Ms. Shakuntala Maurya



**Mugdha Naik** from class 9<sup>th</sup> B bagged special recognition with cash prize of Rs 500 at ward level.



# Indian Talent Olympiad



## Round 1 : 72 Students cleared Class Toppers

### Subject: English

1. Sae Ghule - 5/B - Class Topper 1
2. Om Rakunde - 7/B - Class Topper 1
3. Aarya Chaudhari - 7/B - Class Topper 2
4. Tiya Manjrekar - 7/A - Class Topper 3

### Subject: G.K

1. Shanvi Tewar - 5/D - Class Topper 1
2. Yash Jadhav - 6/A - Class Topper 1
3. Om Rakunde - 7/B - Class Topper 1
4. Tiya Manjrekar - 7/A - Class Topper 2
3. Lavanya Lambavade - 7/A - Class Topper 3

### Subject: Maths

1. Rimzim Sharma - 5/D - Class Topper 1
2. Shivam Kharsamble - 5/A - Class Topper 2
3. Piyush Sonawane - 5/A - Class Topper 3
4. Mohd. Salimuddin Siddiqui - 6/C - Class Topper 1
5. Mohd Faizal Uddin Molla - 6/C - Class Topper 2
6. Trisha Vishwakarma - 6/C - Class Topper 3
7. Aarya Chaudhari - 7/B - Class Topper 1
8. Om Rakunde - 7/B - Class Topper 2
9. Tanishka Bobhate - 7/B - Class Topper 2

### Subject : Science

1. Tiya Manjrekar - 7/A - Class Topper 1
2. Om Rakunde - 7/B - Class Topper 2
3. Aarya Chaudhari - 7/B - Class Topper 3

### Subject: Essay Writing

1. Avi Singh - 7/A - Class Topper 1



## ITO Round 2 Results.

### Excellence Award Winners

1. Swara Kadam – Class 5/B
2. Mohd. Salimuddin Siddiqui – Class 6/C
3. Sakshi Chavan – Class 6/A
4. Tiya Manjrekar – Class 7/A

### State Toppers

1. Mohd. Zayyan Nyeem Shah (5/D)

State Rank: 6th

Cash Prize: ₹700

2. Aarya Chaudhari (7/B)

State Rank: 3rd

Cash Prize: ₹1200



# HINDI RASHTRABHASHA COMPETITIVE EXAM

Prachar Sanstha is an organization based in Pune, Maharashtra, dedicated to the promotion and dissemination of the Hindi language. The institution is primarily known for organizing competitive Hindi examinations for school students across India. All India Official Language Hindi Examination, a national-level exam conducted for students from Standard I to X to improve Hindi literacy. Akhil Bhartiya Rashtrabhasha Prarambh Pariksha, a specific exam level often held in schools to instill a love for the language.



## Inter School Puraskar

Arnav Singh 9th A  
Rumaysa Miya 6th A  
Antara Patil 7<sup>th</sup> B

## Aadarsh Principal:

Mrs. Vaishali. Shevale

## Aadarsh Teacher:

Ms. Shweta Tiwari



## IGNITED MIND LAB<sup>®</sup>

The Ignited Mind Lab mental math competition is a national-level exam designed to sharpen mathematical speed and analytical skills for students from Grade 1 to Grade 7. It focuses on mental math and logical reasoning through a multi-stage process.

**8 Students are selected for Grand Finale**

## Vidhyarthi Vigyan Manthan Exam

A digital-based and one of the largest science talent search examinations designed for Emerging India, encouraging students to explore the scientific spirit.

**7 Students are selected for 2nd Round**



# GEOGRAPHY TALENT SEARCH EXAMINATION

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.

1. Swara Deshpandey (X)- Gold medal.
2. Suleiman Siddiqui (VIII) - Silver medal
3. Somesh Gupta (X) - Bronze medal.



**Most Active Principal-**  
Mrs. Vaishali Shevale



**Most Active Teacher-**  
Mrs. Neha Sharma

## JAYWARDHEE RALLY

School Guide bagged 1<sup>st</sup> prize



School Band bagged 1<sup>st</sup> prize



# SPOTLIGHT

## ATL TEACHERS TRAINING – AGRICULTURE



The session focused on important agricultural practices and their practical applications. The training began with an explanation of seed treatment methods and their importance in preventing diseases and improving germination. A hands-on demonstration using jaggery and salt was conducted to provide practical understanding. Various irrigation techniques were discussed, emphasizing water conservation and proper crop management. Nursery techniques were also explained in detail, including preparation methods and maintenance of seedlings. Teachers actively participated in preparing a nursery using coco peat and learned the process of grafting as a method of plant propagation.

## ATL TINKERING CLUSTER TEACHER TRAINING PROGRAMME



The TOT 5 training by Lend A Hand was attended by ATL teachers. Mr. Sarthak introduced MIT App Inventor for mobile app development. Teachers created a Calculation App to learn basic logic and UI design. A Translation App showed language translation features. An Accelerometer App demonstrated the use of mobile sensors.

The session was interactive and hands-on. It helped teachers improve innovation and coding skills in ATL activities.

## ATL TEACHERS TRAINING – DIGITAL LITERACY

The TOT 5 training programme was conducted by Lend A Hand and attended by ATL teachers from different schools. The session was led by Mr. Sarthak, who introduced participants to MIT App Inventor, a block-based platform used to create mobile applications. During the training, teachers learned to design simple apps such as a Calculation App, a Translation App, and an Accelerometer App.

These activities helped participants understand basic programming logic, user interface design, language translation features, and the use of mobile sensors. The session was interactive and hands-on, allowing teachers to actively develop apps and understand practical coding concepts. Overall, the training was informative and useful, helping teachers build confidence in using technology and innovation in ATL activities.



# EYE CHECK-UP CAMP



An Eye Check-up Camp was organized in the school for Students, teaching and non-teaching staff. Specialists from Dr. Agarwal Eye Hospital conducted eye examinations and gave guidance on proper eye care. The camp helped in early detection of eye problems and created awareness about maintaining good eye health.

# STRESS MANAGEMENT SESSION



A Stress Management Session was conducted on 24/01/2026 by the VESLARC Team at Vivekanand English High School. Resource person Purvashri Anil Bandekar explained the causes and solutions of stress. Teachers participated in fun activities like Musical Chair and a Bottle Game, making the session informative and refreshing.

# SESSION ON SCIENCE & TECHNOLOGY

A session on Science and Technology Awareness was conducted to guide students on effective learning methods. The speaker emphasized the importance of balancing conceptual knowledge with exam preparation and encouraged students to develop curiosity, analytical thinking, and proper use of technology. The session highlighted that dedication, time management, and a clear understanding of concepts are key to success in academics and real life.



# CPR AWARENESS PROGRAM

A CPR Awareness and Training Session was organized for the students and teachers of Vivekanand English High School in association with the Medicolleague Foundation, Mumbai. The session aimed to spread awareness about sudden cardiac arrest and teach participants important life-saving skills.

Medical professionals explained the warning signs of cardiac arrest and the importance of giving immediate help before medical assistance arrives. The program included an informative talk, a live CPR demonstration, and supervised practice, helping students and teachers learn basic CPR techniques in a safe and simple manner.



## ATL TEACHERS TRAINING – AGRICULTURE



On 2nd February 2026, an ATL Teachers Training session was conducted at S.C.D.B High School from 10:30 a.m. to 5:30 p.m. under the guidance of Mr. Wasim and Mr. Sarthak.

The training included a hands-on activity of making a candle stand, which encouraged creativity and design thinking. A recap of previous sessions was also conducted to strengthen understanding. The speakers explained the importance of updating the ATL dashboard and shared information about upcoming exhibitions and preparation guidelines to help teachers guide students effectively.

## SHELL NXPLORERS REFRESHER- TRAINING OF TRAINERS (TOT)

A one-day refresher training under the Shell NXplorers initiative was held on 4 February 2026 in Mumbai at B.N. Agarwal Commercial Complex. The session was conducted by master trainers Ms. Amruta and Ms. Suchitra for teachers and officials.

The training included a recap of the NXplorers program and sessions on the Explore, Create, and Change modules, helping participants identify problems, develop ideas, and plan solutions. Discussions on energy club activities, workshop planning, and project development were also held.

The session was interactive and engaging, with quizzes and group activities for better understanding. The program concluded with feedback from participants and a vote of thanks.



# ROAD SAFETY AWARENESS

On 06/02/2026, the RTO Department organized a Road Safety Workshop and Drawing Competition at Vivekananda English High School. The session was conducted by RTO Officer Sujal Owhale Sir to create awareness about road safety among students. Students learned important traffic rules and expressed their understanding through drawings showing messages like obeying traffic signals, safe road crossing, and using helmets and seat belts. The activity was informative and helped students creatively understand the importance of road safety.



## SESSION ON EXPECTED SCIENCE QUESTIONS FOR CLASS 10 BOARD EXAMINATION

On 4/12/2025, Mr. Rahul Galande from Hema Foundation conducted an informative session for Class 10 students to guide them for the upcoming Science Board Examination. He explained important chapters, common question patterns, numerical problems, diagrams, and case-study questions. Students also learned how to structure long answers and label diagrams properly. The session was interactive, helped clear doubts, reduced exam stress, and boosted students' confidence for the board exam.





# ROTI BANK



Former Maharashtra DGP Mr. D. Sivanandhan, dedicated to eradicate hunger by providing nutritious meals to those in need by establishing ROTI BANK FOUNDATION. 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, They established their own kitchen in January 2020 to offer freshly cooked meals. Today, they have dedicated to serving the most deprived areas of the Mumbai Metropolitan Region. Beyond their efforts in Mumbai, they have expanded to Nagpur, Ahmedabad, Chennai, Hyderabad, Coimbatore, Cuttack aiming to tackle malnutrition and ensure that no one goes hungry.

On the blissful occasion of the 101st Birth Anniversary of our revered Founder, Late Shri Hashu Advaniji, the school paid a heartfelt tribute by reaffirming his noble vision of service to humanity.

Inspired by his motto, "Serving Society," the Vivekanand English High School continued its long-standing association with Roti Bank, contributing grains to support the needy. Students, teaching, and non-teaching staff wholeheartedly participated in this noble initiative.

This act of service stands as a true tribute to his inspiring legacy, guiding us always towards selfless service and compassion.



# INTERACT CLUB



**Investiture Ceremony**

The Interact Club is a service-based organization for students, usually between the ages of 12 to 18, sponsored by the Rotary International. It provides young people with a platform to develop leadership skills, build friendships, and contribute positively to society.

An Interact Club is a student-led group that works on various community service and school-based projects. The word “Interact” itself comes from “International Action”, which reflects its global vision of unity and service.

This club is guided by Rotary Club but are managed by students, giving them the opportunity to take responsibility, organize events, and make decisions.



**Quiz Competition**

**Fun Games & Activities**



# HONK-FREE SCHOOL ZONE

Vivekanand English High School has actively participated in Honk-Free School Zone initiatives are gaining traction across India, aiming to reduce noise pollution and promote road safety. Many cities of India have created "Safe Zone for Schools" initiative has transformed school entrances with speed-calming measures, pedestrian crossings, and awareness campaigns.

Objective:

- To create awareness among students about basic road safety rules and traffic regulations.
- To educate students on the role and responsibilities of the RTO in ensuring safe transportation.
- To encourage safe road practices such as obeying traffic signals, using helmets and seat belts, and following road discipline.
- To promote creative expression among students by using art as a medium to convey road safety messages.
- To develop a sense of responsibility and safety consciousness in students from an early age.
- To reinforce learning through interactive and engaging activities for better understanding and retention.

Following activities were undertaken:



**No-Honk Pledge with students**

## Poster Making Competition



**Posters created to promote Road Safety Awareness**



# मराठी भाषा गौरव दिन

दिनांक २८ फेब्रुवारी आमच्या विद्यालयात ज्येष्ठ कवी कुसुमाग्रज यांच्या जयंतीनिमित्त मराठी भाषा गौरव दिन अत्यंत जल्लोषात व उत्साहात साजरा करण्यात आला. कार्यक्रमात मराठीचे महत्व काव्यवाचन सांस्कृतिक कार्यक्रम झाले आमच्या मुख्याध्यापिका श्रीमती वैशाली शेवाळे यांनी विद्यार्थ्यांना मार्गदर्शन पर भाषण केले. कार्यक्रमाची सुरुवात दीप प्रज्वलन करून झाली लाभले आम्हास भाग्य बोलतो मराठी हे गीत विद्यार्थिनींनी सुमधुर स्वरात सादर केले. वेशभूषा, काव्यवाचन तसेच नृत्य सादरीकरणाने कार्यक्रमाचा आनंद द्विगुणीत झाला. मराठी संस्कृतीच्या विविध छटा विद्यार्थ्यांना या निमित्ताने पाहायला मिळाला त्यामुळे मराठी भाषा संवर्धनासाठी हा कार्यक्रम प्रेरणादायी ठरला.



# CLASS STILL



## Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



V-A

Year-2025-26



## Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



V-B

Year-2025-26





# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



V-C

Year-2025-26



# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



V-D

Year-2025-26





# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VI-A



# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VI-B





# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VI-C



# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VI-D





# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VII-A



# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VII-B





# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VII-C





# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VIII-A



# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

VIII-B





# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

IX-A



# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

IX-B





# Vivekanand English High School



Year-2025-26

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24

X-A



# Vivekanand English High School



Year-2025-26

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24

X-B





# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

Band



# Vivekanand English High School

Shiv Shrushti Road, Nehru Nagar, Kurla {E} Mumbai-24



Year-2025-26

Council Member





**VEHS Staff**



**VEHS Office Staff**

# SCOUT & GUIDE CAMP



**Class:** 5th and 6th  
**Venue:** Vivekanand English High School assembly hall





**Class:** 7th and 8th  
**Venue:** Sahjeevan Park



# LITERARY ALLIANCE

## ENGLISH


### EASY TRICKS FOR CLAUSES





Identify the clause type by looking at its function in the sentence.

#### Types of Sentences using Independent Clause

**A Simple Sentence**  
is formed with just one independent clause.

 The cat sleeps.  
(S) (V)

 She swims every morning.  
(S) (V)

 I like pizza.  
(S) (V)

Independent clause can be joined with semicolons or commas + coordinating conjunctions

#### RELATIVE CLAUSES

This is the person who helped me.

This is the tool which I use.

That's the dog whose bone this is.

I remember the day when we met.

This is the school where I study.

Tell me the reason why you are late.

All modified

Relative clauses can be restrictive (no commas) or non-restrictive (with commas).



#### Types of Clauses using Independent Clauses


**A Dependent Clause**  
does **not** express a complete thought and **needs an** independent clause to make sense.

Because it was raining.  
(S) (V)

While I was studying.  
(S) (V)

If you eat too much candy.  
(S) (V)

 Leaves you asking, "What happens next?"

Dependent clause often start with subordinating conjunctions like when, while, if.

**A SUBORDINATE CLAUSE CANNOT STAND ON ITS OWN.**


Subordinate clauses can come before or after the main clause.

# LITERARY ALLIANCE

## MARATHI

### संत गाडगे बाबा

**जन्म:** २३ फेब्रुवारी १८७६

**जन्मस्थान:** अमरावती जिल्ह्यातील शेणगाव

**निधन:** २० डिसेंबर १९५६

संत गाडगे बाबा हे महाराष्ट्रातील महान संत, समाजसुधारक आणि कीर्तनकार होते. त्यांचे मूळ नाव देबूजी झिंगराजी जानोरकर असे होते.

गाडगे बाबा अतिशय साधे जीवन जगत असत. ते अंगावर फाटकी वस्त्रे घालत आणि हातात नेहमी झाडू ठेवत असत.

#### स्वच्छता व समाजकार्य

संत गाडगे बाबा स्वच्छतेचे मोठे पुरस्कर्ते होते. ते ज्या गावात जात असत, तेथे प्रथम स्वतः झाडू मारून गाव स्वच्छ करत. त्यांनी लोकांना अंधश्रद्धा, व्यसन, जातिभेद यांपासून दूर राहण्याचा संदेश दिला.

त्यांनी धर्मशाळा, विद्यार्थी वसतिगृहे, रुग्णालये आणि गोशाळा उभारण्यासाठी आपले आयुष्य अर्पण केले.

#### शिकवण

“स्वच्छता हीच सेवा”

अंधश्रद्धा सोडा आणि शिक्षण घ्या

सर्व धर्मांचा आदर करा

गरीब आणि गरजू लोकांची मदत करा

#### सन्मान

त्यांच्या कार्याच्या स्मरणार्थ संत गाडगे बाबा अमरावती विद्यापीठ यांना त्यांचे नाव देण्यात आले आहे.

संत गाडगे बाबा यांनी समाजात स्वच्छता, समता आणि मानवतेचा संदेश दिला. त्यांचे कार्य आजही प्रेरणादायी आहे.





## HINDI

### सपनों की उड़ान



छोटे-छोटे सपने लेकर,  
हम आगे बढ़ते जाते हैं।  
मेहनत की रोशनी से हम,  
अपनी राह बनाते हैं।

नीला-नीला खुला गगन है,  
ऊँची अपनी उड़ान करें।  
हिम्मत, मेहनत और लगन से,  
हर सपना आसान करें।

कभी न डरें कठिनाई से,  
कभी न हिम्मत हारें हम।  
मेहनत से जो कदम बढ़ाएँ,  
एक दिन चमकें तारे हम।

Compiled by -Ankita Yadav 7th C

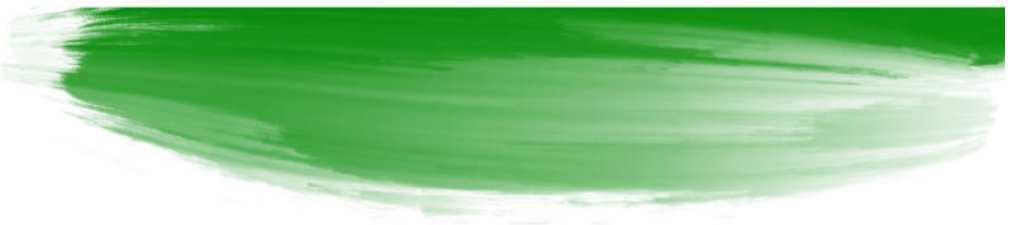
### देश की शान

मिट्टी की खुशबू में बसी है पहचान हमारी,  
हर कण में गूँजती है कहानी हमारी।  
सरहद पर जो खड़े हैं सीना तान के,  
उनसे ही है ये आज़ादी, ये ज़िंदगी हमारी।

नदियों की धारा, पर्वतों की ऊँचाई,  
हर रंग में दिखती है भारत की सच्चाई।  
भाषाएँ अनेक, पर दिल एक है,  
यही तो है अपने देश की गहराई।

जब तिरंगा लहराए आसमान में,  
दिल गर्व से भर जाता है मान में।  
हम सब मिलकर वादा ये करें,  
देश की रक्षा करेंगे हर जान में।

ना झुकेगा ये सिर, ना रुकेगा ये कदम,  
भारत माँ के लिए जीएंगे हर दम।  
एकता की शक्ति से बढ़ते रहेंगे,  
यही है हमारा सच्चा धरम।



Compiled by - Anshuman Yadav 8th B

# LITERARY ALLIANCE



## SANSKRIT



### एकाग्रतायाः महत्त्वम्



महाभारत महाकाव्ये अनेकाः प्रेरणादायकाः प्रसंगाः सन्ति। तेषु एकः प्रसिद्धः प्रसंगः अर्जुनस्य पक्षिणः नेत्रलक्ष्यभेदनस्य अस्ति। एकदा द्रोणाचार्य स्वान् शिष्यान् परीक्षितुम् इच्छति स्म। तेन वृक्षस्य उपरि पक्षिणः प्रतिमा स्थापिता। ततः सः सर्वान् शिष्यान् धनुष्बाणं गृहित्वा पक्षिणः नेत्रे लक्ष्यं कर्तुं आज्ञापयत्। प्रथमं युधिष्ठिर आहूतः। द्रोणाचार्यः अपृच्छत् – “त्वं किं पश्यसि?” सः अवदत् – “अहं वृक्षं शाखाः च पक्षिणं च पश्यामि।” तस्मात् द्रोणाचार्यः तं बाणं मोक्तुं न अनुमन्यत। अनन्तरं अन्ये शिष्याः अपि पृष्ठाः, किन्तु ते अपि वृक्षं वा पक्षिणं वा पश्यन्ति इति अवदन्। अन्ते अर्जुनः आहूतः। द्रोणाचार्यः अपृच्छत् – “अर्जुन, त्वं किं पश्यसि?” अर्जुनः अवदत् – “अहं केवलं पक्षिणः नेत्रम् एव पश्यामि।” एतत् श्रुत्वा द्रोणाचार्यः अतीव प्रसन्नः अभवत्। ततः सः अर्जुनाय बाणं मोक्तुं अनुमतिं दत्तवान्। अर्जुनः अचूकतया लक्ष्यं भित्त्वा पक्षिणः नेत्रं भेदितवान्।

अस्मात् प्रसंगात् एकाग्रतायाः महत्त्वम् ज्ञायते।

#### Translation:

Mahabharata is a great Indian epic that contains many inspiring incidents. One of the most famous among them is the story of Arjuna and the bird's eye.

Once Dronacharya wanted to test the skills of his students. He placed a model of a bird on a tree and asked all the students to take their bows and arrows and aim at the bird's eye. First, Yudhishtira was called. Dronacharya asked him, "What do you see?" He replied, "I see the tree, its branches, and the bird." Therefore, Dronacharya did not allow him to shoot the arrow.

After that, the other students were also asked the same question, but they too said that they could see the tree or the bird. Finally, Arjuna was called. Dronacharya asked, "Arjuna, what do you see?" Arjuna replied, "I can see only the eye of the bird." Hearing this, Dronacharya was very pleased and allowed him to shoot the arrow. Arjuna then shot the arrow accurately and hit the bird's eye.

This incident teaches us the importance of focus, concentration, and dedication.

Compiled by-Advika Shardule 8th B



# SPORTZ



## Imperatives

Listen to how to stay healthy!

It is easy to stay healthy. Please listen to this message and follow my ideas for being healthy.

### 1) Diet

Eat a healthy diet. **Eat lots** of fruits and vegetables. Don't eat fast food or lots of sugar. **Stay away** from fried foods too. Drink lots of water. **Don't drink** too much caffeine or sugary drinks like soda.

### 2) Sleep

Get plenty of rest. **Sleep at** least six hours a night. Do not go to sleep too late. **Go to** bed and wake up at the same time every day. Don't eat in bed. Also, don't check your phone from bed.

### 3) Stress

Do not stress too much. Each day, **find time** to relax. Take a walk, sit and **watch the** sunset, talk with friends and family. Don't spend too much time on social media.

### 4) Exercise

Get some exercise at least three times a week. Go for run, join a gym, or **play on** a sports team. Walk to work if you can. Buy a bicycle and **take long** bike rides. Go hiking on weekends. Just don't sit on the couch and watch TV.

### 5) Health

See a doctor once a year. **Listen to** your doctor. **Follow her** advice. Don't wait to **see a** doctor if you feel sick.

Do these things and you can be happy and healthy too!

## Quiz

1) Eat lots of \_\_\_\_\_. ✓

- a) vegetables
- b) vitamins

2) Sleep at least \_\_\_\_ hours. ✓

- a) six
- b) seven

3) Do not stress \_\_\_\_\_. ✓

- a) too much
- b) at all

4) Exercise \_\_\_\_ times a week. ✓

- a) three
- b) five

## Grammar Challenge

Fill in the blanks with the correct word.

find time	Eat lots	play on	Listen to
watch the	Sleep at	take long	Go to
Don't drink	Follow her	Stay away	see a

## Speaking Challenge

Match the answers with the questions.

- 1) Say your name.
- 2) Spell your name for me.
- 3) Count to ten in English
- 4) Open and close your eyes three times.
- 5) Name three animals from your country!

- [ 3 ] 1,2,3,4,5,6,7,8,9,10.
- [ 4 ] OK, here it goes. 1, 2, 3.
- [ 5 ] Let's see. A rabbit, A bear, and an eagle.
- [ 1 ] Kelly Steele
- [ 2 ] Last name Steele. S-T-E-E-L-E. Three E's.

**What about you?** Share your answers to the questions.

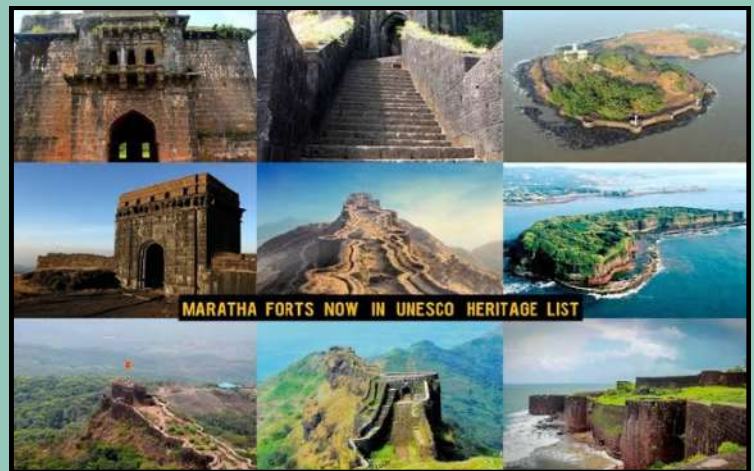


The river known as the ‘Sorrow of Bihar’ is the Kosi River. It has earned this title because of its frequent and destructive floods that impact millions of people in Bihar almost every year.

Flowing down from the Himalayas through Nepal into India, the Kosi is one of the most unpredictable rivers in the country. Over the past 200 years, it has shifted its path westward by over 100 kilometres. This shifting riverbed leads to sudden flooding, washing away villages, crops and infrastructure.

Because of repeated flood devastation, loss of life, and displacement of lakhs of people, locals began referring to it as the ‘Sorrow of Bihar’.

## THE MARATHA MILITARY LANDSCAPES OF INDIA



The Maratha Military Landscapes of India are a group of 12 forts that were occupied and developed by the Maratha rulers between the 17th and 19th-century. These include Salher, Shivneri Fort, Lohagad, Khanderi, Raigad Fort, Rajgad Fort, Pratapgad, Suvarnadurg, Panhala Fort, Vijaydurg Fort, Sindhudurg Fort, all located in Maharashtra and Gingee Fort in Tamil Nadu. Spread across various geographical terrains, represent the strategic military vision of the Maratha Empire between the 17th and 19th centuries. It was declared as a World Heritage Site in 2025

Maratha Military Landscapes of India’ got inscribed on the UNESCO World Heritage List at the 47th Session of the World Heritage Committee. It became India’s 44th World Heritage site.

The Maratha Military Landscape of India was nominated under cultural criteria for exemplifying living heritage, architectural excellence, and deep historical significance.



# MATHLETS

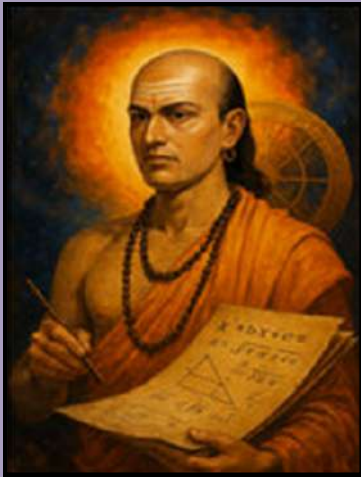
## SRINIVASA RAMANUJAN (1887–1920)



### Creation & Mathematical Contributions:

Srinivasa Ramanujan was a self-taught prodigy whose work in the early 20th century redefined modern number theory and mathematical analysis. Despite a lack of formal training, he produced thousands of original theorems, most notably his revolutionary infinite series for  $\pi$  and his work on partition functions. His "Mock Theta functions," discovered in his final letters, continue to influence advanced physics and string theory today, while the "Hardy-Ramanujan number" (1729) remains a famous symbol of his unique numerical intuition.

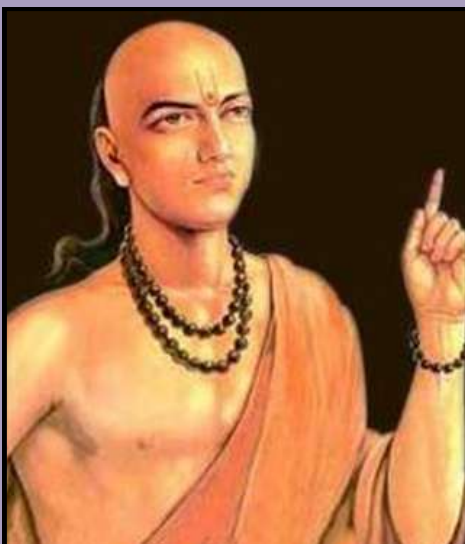
## BRAHMAGUPTA (598–668 CE)



### Creation & Mathematical Contributions:

Brahmagupta was a 7th-century scholar whose greatest legacy was the formalization of zero as a number rather than just a placeholder. In his treatise *Brahmasphutasiddhanta*, he established the first systematic rules for arithmetic involving zero and negative numbers, which he conceptually treated as "debts." He also made massive strides in geometry, developing a famous formula for the area of a cyclic quadrilateral and providing early solutions for quadratic equations that laid the groundwork for modern algebra.

## ARYABHATA (476–550 CE)



### Creation & Mathematical Contributions:

Aryabhata, active during the 5th century, is often called the "Father of Indian Mathematics" for bridging the gap between math and astronomy. In his seminal work, the *Aryabhatiya*, he calculated the value of  $\pi$  to four decimal places (3.1416) and introduced the concept of sine (*Ardha-jya*), which is the foundation of modern trigonometry. He was also a visionary astronomer who correctly proposed that the Earth is a sphere that rotates on its own axis, providing a scientific explanation for solar and lunar eclipses centuries before they were accepted globally.

Compiled by Naksh Chaurasiya 7th C



## THE SCIENCE BEHIND TRADITION



### How age-old customs align with modern science



Throughout history, traditions have shaped the way communities eat, heal, celebrate, and live. While many of these practices may appear symbolic or purely cultural, modern science increasingly reveals that they often have practical foundations rooted in health, psychology, environmental awareness, and social cohesion. Understanding the science behind traditions offers new respect for the ways in which ancestral wisdom aligns with contemporary research.



Traditional diets across cultures were not randomly developed—they evolved through generations of observation, adaptation, and experience. In Indian cooking, spices like turmeric, cumin, and ginger were used daily, not only for flavor but also for their health-promoting properties. Today, science confirms their anti-inflammatory and antioxidant effects, supporting digestive and immune health.

Similarly, fermented foods—such as kimchi in Korea, sauerkraut in Germany, or miso in Japan—were developed as preservation techniques but are now celebrated for their probiotic content. These beneficial bacteria support gut health, which in turn affects everything from digestion to mood regulation. The Mediterranean diet, based on olive oil, legumes, fish, and fresh produce, has also gained recognition from nutritionists for its cardiovascular and anti-aging benefits. These traditions reflect a keen understanding of balance, seasonal eating, and the therapeutic value of food.

Many ancient rituals, once seen purely as spiritual or religious, are now shown to support mental health and emotional well-being. Practices like meditation, chanting, and breathwork—long part of Eastern spiritual traditions—are known today to reduce stress, enhance focus, and regulate emotions. These effects are backed by neuroscience, which shows that such practices can influence brain wave patterns and stimulate relaxation responses.



Group rituals and festivals, too, serve a deeper purpose than just celebration. They create social bonds, elevate mood through collective joy, and foster a sense of belonging. Psychological research shows that shared rituals release neurotransmitters like oxytocin and dopamine, promoting trust and happiness. Even mourning rituals and rites of passage help individuals process grief or life transitions by providing structure, symbolism, and community support.

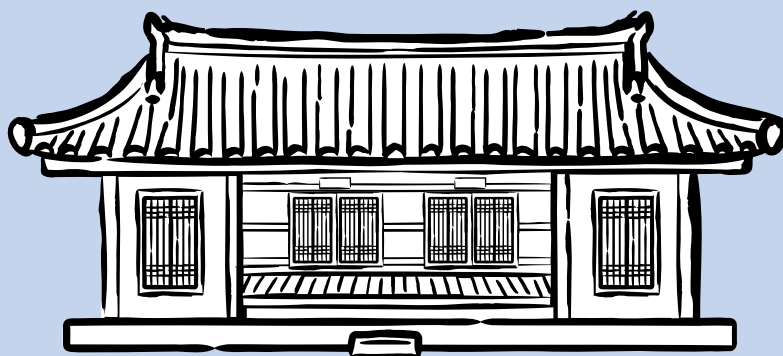
Long before the discovery of germs or the invention of soap, many cultures had cleanliness woven into their daily practices. RituGroup rituals and festivals, too, serve a deeper purpose than just celebration. They create social bonds, elevate mood through collective joy, and foster a sense of belonging. Psychological research shows that shared rituals release neurotransmitters like oxytocin and dopamine, promoting trust and happiness. Even mourning rituals and rites of passage help individuals process grief or life transitions by providing structure, symbolism, and community support.

Even architecture reflected health awareness. Many temples, mosques, and traditional homes were designed with ventilation, natural light, and open courtyards—features that help regulate indoor air quality and reduce disease transmission, concepts that align with modern environmental health.

Traditional societies often lived in harmony with nature—not because of environmental policy, but because their survival depended on it. Indigenous farming methods, such as crop rotation, terrace farming, and polyculture, are now recognized as sustainable and environmentally friendly. These methods improved soil fertility, minimized pest outbreaks, and ensured food security.

Many communities also preserved sacred groves, rivers, or mountains as part of their spiritual beliefs. These cultural taboos often had the unintended effect of conserving biodiversity and protecting ecosystems. Similarly, ancient water management systems—like India’s stepwells or Peru’s canal networks—demonstrated deep knowledge of hydrology and climate, offering solutions that modern engineers still study.

These traditions reflect a holistic view of health, one that integrates body, mind, and spirit. They offer alternatives to high-impact or fast-paced workouts, focusing instead on longevity, injury prevention, and internal energy balance.



Science and tradition are not opposites—they are companions in understanding life. While not every old practice is scientifically sound, many have stood the test of time precisely because they worked. Our ancestors may not have had microscopes or clinical trials, but they had observation, wisdom, and community experience.

By revisiting traditions through a scientific lens, we can rediscover valuable practices that improve health, strengthen communities, and protect the planet. Tradition, in many cases, is not outdated—it’s simply undiscovered science.



## NAVIGATING THE WORLD WITH PERPLEXITY AI

In an era where "googling" has become a reflex, the sheer volume of web results can often feel like a digital maze. For students and researchers, the challenge isn't finding information - it's finding the right information without spending hours filtering through ads and irrelevant blogs. Enter Perplexity AI, a revolutionary "answer engine" that is fundamentally changing how we interact with the internet.

### What Sets Perplexity Apart ?

Unlike traditional search engines that provide a list of blue links, Perplexity AI uses advanced artificial intelligence to read the internet in real time. When you ask a question, it scans multiple high-quality sources, synthesizes the information, and writes a coherent conversational response.



### Conclusion:

Perplexity AI is more than just a search tool; it is a gateway to a more efficient and informed way of learning. By providing direct answers with clear evidence, it empowers us to become better researchers and more critical consumers of information. As we move further into the digital age, maturing tools like Perplexity will be the key to staying ahead in an increasingly complex world.

Compiled by-  
Shrungarika Owale 5th/B

# CHATGPT

## What is ChatGPT?

ChatGPT is an advanced Artificial Intelligence (AI) system designed to understand and generate human-like text. It can answer questions, explain concepts, assist with writing, solve problems, and engage in meaningful conversations.

It is built using a technology called a "language model," which has been trained on a large amount of text data to understand patterns in language, context, and meaning.

## ChatGPT can:

- Answer general knowledge questions
- Help with writing and editing
- Explain difficult topics in simple language
- Generate ideas and creative content
- Assist with learning and research



## How Does ChatGPT Work?

ChatGPT works by analyzing the words you type, understanding the context, and predicting the most relevant and useful response. It does not "think" like a human, but it processes patterns in language to provide intelligent and meaningful replies.

## It can adapt its responses depending on:

- The type of question asked
- The level of detail requested
- The tone (formal, casual, professional, etc.)

## How is ChatGPT Useful?

1. Learning & Studying
2. Writing & Content Creation
3. Coding & Technical Help
4. Brainstorming & Ideas
5. Everyday Problem Solving
6. Language Help
7. Saving Time

ChatGPT acts like a teacher + assistant + writer + researcher in one place.

Compiled by-  
Shraddha Prabhu 5th B

# ART GALLORE

## Nandalal Bose

Nandalal Bose (1882–1966) was a towering figure in modern Indian art and a key pioneer of the Bengal School of Art. Known as "Master Moshai," he played a vital role in creating a nationalistic artistic identity for India, blending traditional Indian techniques with folk motifs and a modern aesthetic.

### Key Contributions & Legacy

**The Indian Constitution:** At the request of Jawaharlal Nehru, Bose and his students at Santiniketan hand-illustrated the original manuscript of the Constitution of India, decorating it with 22 images that reflect India's historical journey.

**National Emblems:** He designed the emblems for India's highest civilian awards, including the Bharat Ratna and the Padma Shri.

**Kala Bhavana:** Bose served as the principal of Kala Bhavana at Visva-Bharati University, Santiniketan, from 1922 to 1951, where he mentored generations of influential Indian artists.

### Notable Artworks

**Sati (1907):** One of his earliest and most famous paintings, created while studying under Abanindranath Tagore.

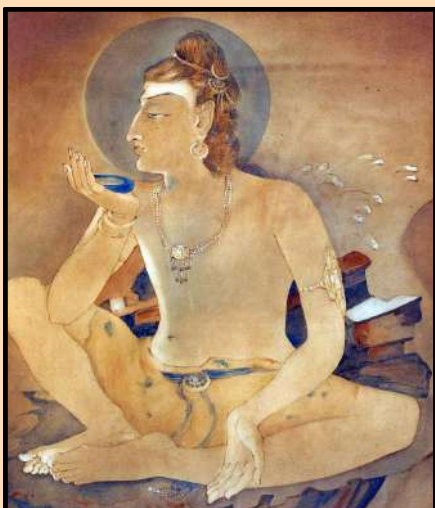
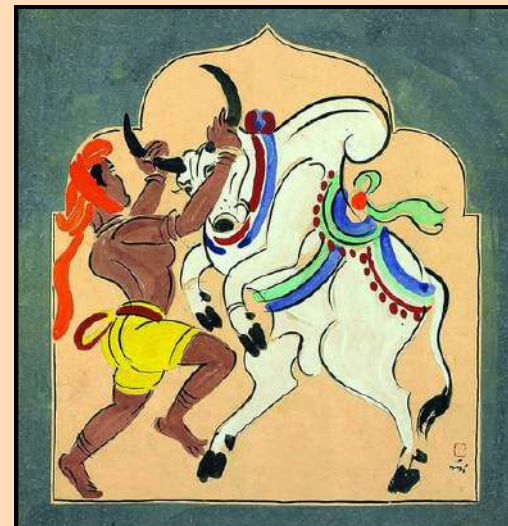
**Haripura Panels:** A series of tempera paintings depicting the dignity of common Indian life—such as cobblers, musicians, and farmers—commissioned by Gandhi.

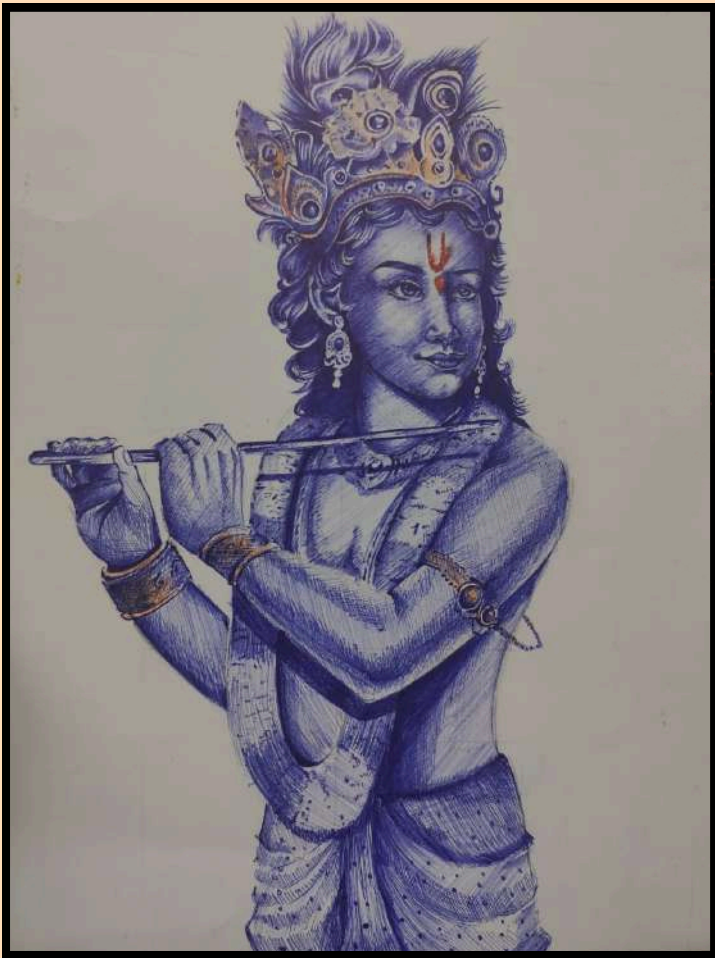
**Sahaj Path Illustrations:** He created the timeless linocut illustrations for Rabindranath Tagore's Bengali primer for children.

**Other Classics:** Radha's Viraha, New Clouds, and Siva Drinking World Poison.

### Recognition

Bose was the first artist to receive the Padma Vibhushan in 1954. In 1976, the Archaeological Survey of India declared his work as a National Treasure, meaning it cannot be taken out of the country without government permission.

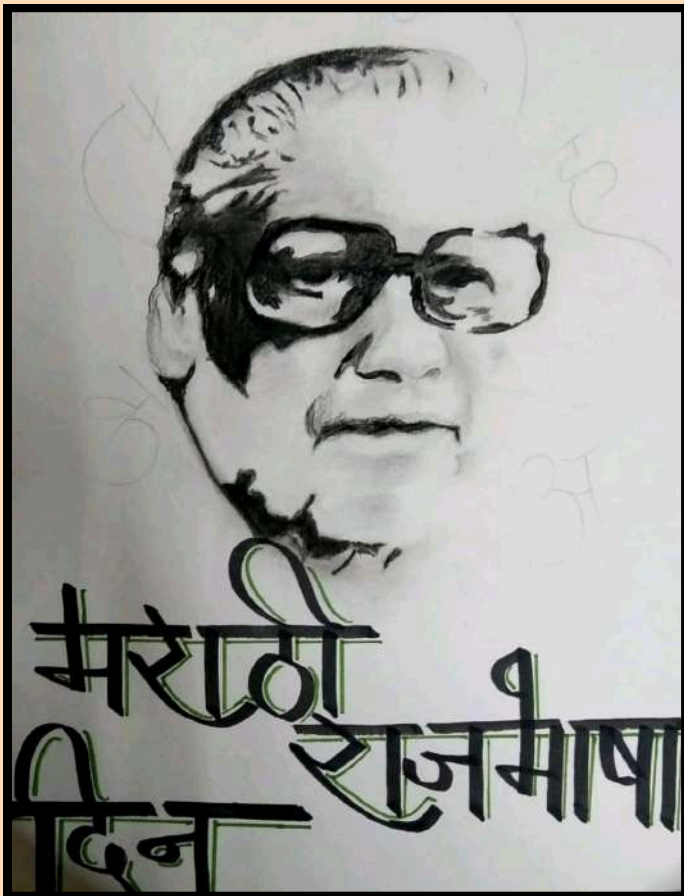




Madhura Pawar 8th B



Kartik Mishra 8th B



Atharva Tarade 10th B



Vihang 6th A



**Madhura Pawar 8th B**



**Swasti Solkar 7th A**



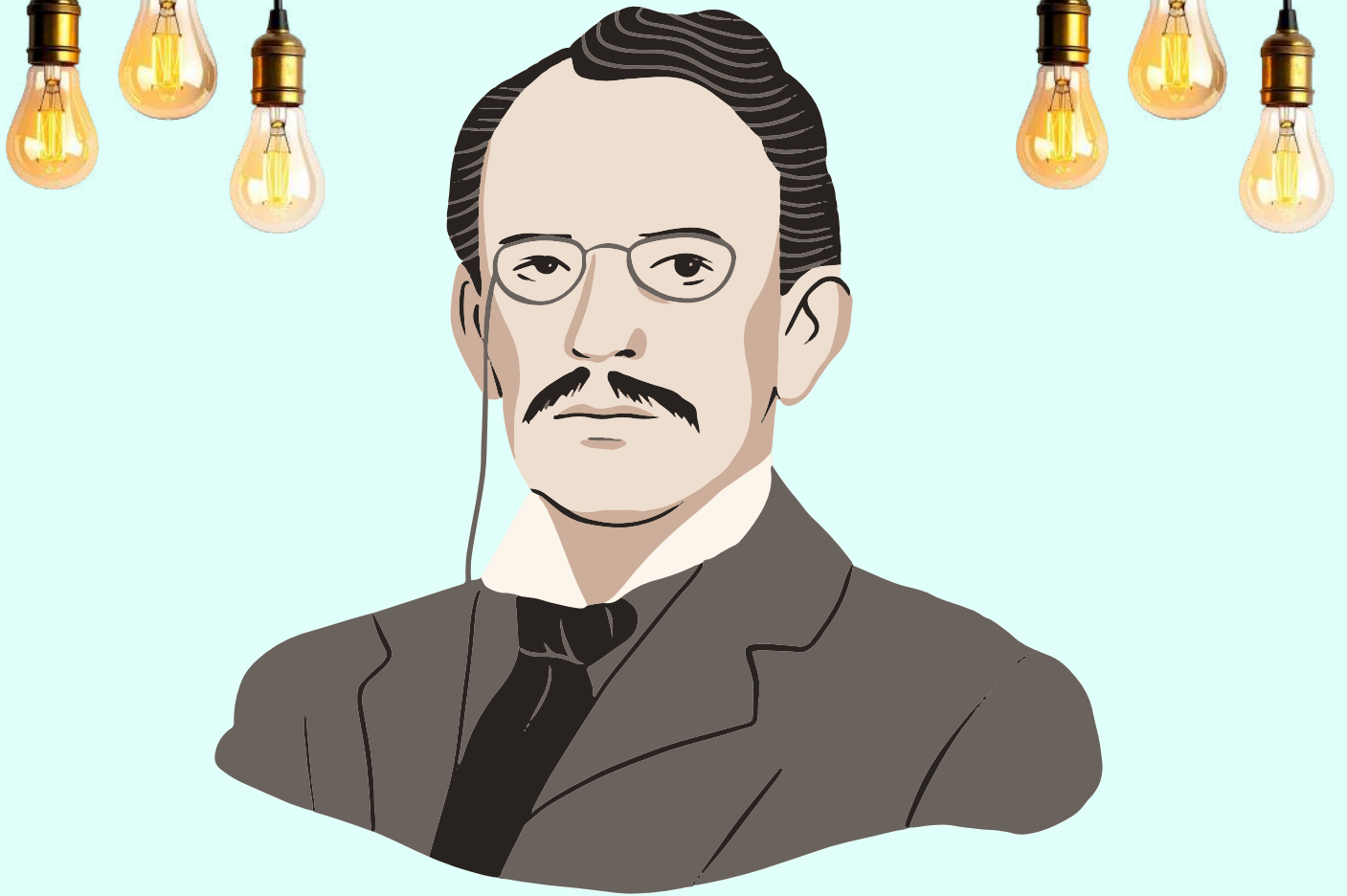
**Sulaiman Siddiqui 8th B**

**Yash Tungariya 5th C**



# ASPIRE ZONE

## THOMAS EDISON



Sir Thomas Edison isn't as intelligent as you thought he was. In fact, during his early days, even his teachers told him that he's "too dumb to learn anything and there's no hope for him."

He even stopped his formal education at the age of 12. Not only that, he also failed more or less a thousand times with his inventions. Likewise, he even got fired from his first two jobs — after leaking acid on to his boss' desk, but he didn't give up and he didn't let those failures drag him down.

Instead, he ignored those criticisms and despite being almost penniless, he turned out to be the most successful inventor of his generation. Having a great influence from motion picture cameras to creating the light bulb.

Come to think of it, if he did give up, you'll probably be using candles up to now.

One of his famous quotes is, "Every wrong attempt discarded, is another step forward."

**Compiled by- Ms. Priya Shirodkar (Teacher)**

# YOGASANA

## TRIKONASANA



Trikonasana (Triangle Pose) is one of the most important standing yoga postures in which the body forms a triangle shape. To perform this asana, the legs are spread wide apart with one foot turned outward and the other slightly inward. The body bends sideways at the waist so that one hand reaches down to touch the ankle, while the other arm stretches upward, forming a straight line. This pose helps in stretching and strengthening the legs, hips, and waist, increases the flexibility of the spine, and opens up the chest and shoulders. It also improves overall balance, stability, and posture, making it beneficial for both physical fitness and body alignment.

In addition to its physical benefits, Trikonasana supports better digestion, relieves mild stress, and enhances concentration and focus. Regular practice can help reduce stiffness in the spine and waist, improve blood circulation, and promote mental calmness. Although suitable for people of all ages, beginners should practice it carefully under guidance to avoid strain or injury. With consistent practice, Trikonasana strengthens the body, increases flexibility, and develops a sense of balance, making it an essential asana in daily yoga routines and a valuable addition to any yoga session or school project on yoga.

Compiled by -Ms. Shakuntala Mourya (Teacher)



- 1 Focus on 'We' not 'I'
- 2 Accept Full Responsibility
- 3 Do the Right Thing
- 4 Be a Visionary
- 5 Be Passionate About Winning

- 6 Keep a Positive Attitude
- 7 Build Strong Relationships
- 8 Be Composed During Tough Times
- 9 Listens to Others
- 10 Celebrate Progress



# **VEHS KIDZOPEDIA**

**2025-2026**



**THIRD EDITION - JANUARY TO APRIL**