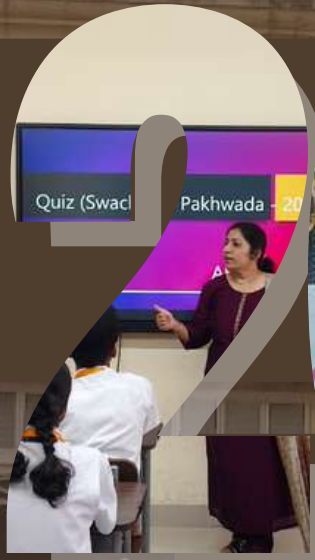


ANUPUSHP



ATOMIC ENERGY CENTRAL SCHOOL-6, MUMBAI

Learning
Today,
Leading
Tomorrow



Together We
Learn,
Together We
Shine

Excellence
is a Habit
Here



Empowering Minds through Education

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सुनील गंजू
अध्यक्ष

परमाणु ऊर्जा शिक्षण संस्था
(भारत सरकार के परमाणु ऊर्जा विभाग का स्वायत्त निकाय)
ATOMIC ENERGY EDUCATION SOCIETY
(An autonomous body under Department of Atomic Energy, Government of India)



Sunil Ganju
Chairman

From the Chairman's Desk

I am delighted to learn about the publication of the E-magazine “**Anupushp-2026**” by *Atomic Energy Central School-6, Mumbai*. Such initiatives beautifully showcase the multifaceted growth of students and the dynamic educational environment of the institution.

The inclusion of academic highlights, major activities, and literary contributions reflects a balanced emphasis on scholastic achievement and creative expression. It is heartening to see students being encouraged to explore their talents beyond textbooks and present their thoughts with confidence and originality.

I commend the school for its continuous efforts in promoting excellence in all spheres of education. My appreciation goes to the Principal, staff, and students for their commitment and enthusiasm in making this publication a success.

May this magazine continue to motivate young learners to dream, create, and achieve greater heights.

With best wishes,


[SUNIL GANJU]



परमाणु ऊर्जा शिक्षण संस्था
(परमाणु ऊर्जा विभाग का स्वायत्त निकाय, भारत सरकार)
ATOMIC ENERGY EDUCATION SOCIETY

(An Autonomous Body under the Department of Atomic Energy, Government of India)



डॉ. ए. के. दुरेजा
सचिव



Dr. A. K. Dureja
Secretary

MESSAGE

It gives me immense pleasure to know that Atomic Energy Central School No. 6, Mumbai is bringing out its E-magazine "Anupushp-2026". This initiative reflects the vibrant academic culture and creative spirit nurtured within the institution.

An e-magazine is not merely a compilation of achievements but a celebration of young minds, their ideas, and their expressions. I am glad to note that this edition encapsulates the academic excellence, co-curricular achievements, and literary talents of both students and teachers. Such platforms play a vital role in fostering creativity, critical thinking, and confidence among learners.

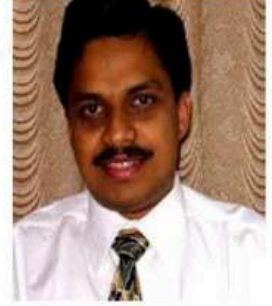
I congratulate the Principal, staff, students, and the editorial team for their dedicated efforts in bringing out this publication. I am confident that Anupushp-2026 will inspire many and stand as a testament to the holistic development imparted by AEES institutions.

I extend my best wishes for the continued success of the school and its future endeavours


(Dr. A. K. Dureja)



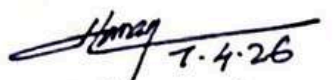
OFFICE OF CHAIRMAN LMC, AECS/JC, MUMBAI
AEJC, Anushaktinagar, Mumbai-400094
दूरभाष/ Telephone : 2556 9755
ईमेलआय .डी ./emailid : - lmcomum2014@yahoo.co.in



MESSAGE

It is a matter of great pride to witness the release of the E-magazine "Anupushp-2026" by Atomic Energy Central School-6, Mumbai. This publication is a reflection of the school's dedication to nurturing not only academic excellence but also creativity and expression among its students. The magazine, with its compilation of academic highlights, significant School activities, and literary works, serves as a mirror of the institution's vibrant culture and achievements. It provides a wonderful platform for students and teachers to showcase their talents and share their perspectives. I extend my heartfelt congratulations to the entire school community, Principal, staff, students, and the editorial board for their sincere efforts in bringing out this commendable publication.

Wishing the school continued success in all its endeavors and many more such creative milestones in the years to come


(Dr.P. A.Hasan)
Chairman LMC
AECS/JC Mumbai

PRINCIPAL'S NOTE

Dear Students, Teachers and Parents,

It gives me immense pleasure to present the E-Magazine of Atomic Energy Central School-6, Mumbai for the Academic Year 2025-26.

This publication is a reflection of the dynamic spirit of our school. Education is not confined to textbooks alone; it blossoms when knowledge meets creativity. Throughout this academic year, our students have demonstrated excellence in academics, sports, cultural activities, scientific inquiry, and literary pursuits. Their achievements stand as a testament to perseverance and guided mentorship.

I am particularly delighted to see the enthusiastic participation in literary activities. The ability to think critically, write creatively, and express confidently is a skill that empowers learners for life. The poems, stories, essays, and articles featured in this magazine reveal the depth of imagination and sensitivity nurtured within our classrooms.

I congratulate the Editorial Board, teachers, and students who have contributed to this meaningful endeavour. May this magazine continue to inspire innovation, creativity, and a lifelong love for learning.

Let us move forward together, committed to excellence, integrity, and holistic development.

With best wishes,
Neeraj Kumar Blahatia
Principal
AECS-6, Mumbai



EDITOR'S NOTE

The Academic Year 2025-26 at Atomic Energy Central School-6, Mumbai, has been a remarkable journey of academic excellence, creativity, discipline, and character building. Each month unfolded new opportunities for our students to learn, lead, and shine.

The year commenced with Investiture Ceremony making a conscious effort to instil leadership qualities in our young leaders. National festivals such as independence Day and Republic Day were celebrated with patriotic fervour, strengthening our sense of unity and responsibility.

Our Annual Day was a grand success, showcasing cultural brilliance and teamwork. The Science Exhibition and Science day celebrations reflected innovation and scientific temper, while literary events such as essay writing, debate, elocution, poetry recitation, and creative writing competitions highlighted the intellectual depth of our students. The celebrations including the Foundation Day of Atomic Energy Education Society, reminded us of our rich scientific legacy. Sports events, Swachhata Pakhwada, Hindi Pakhwada and so on have played a significant role in shaping the personality and character of the students.

This E-Magazine stands as a testimony to the vibrant literary culture of our school. Within these pages, readers will discover poems filled with emotion, imaginative short stories, reflective essays, insightful articles, and artistic expressions contributed by both students and teachers. Every piece reflects originality, thoughtfulness, and passion.



We firmly believe that nurturing creativity is as essential as academic achievement. Writing builds confidence, sharpens thinking, and encourages empathy. Through literature, our students learn not only to express but also to understand the world around them.

We extend our heartfelt appreciation to all contributors, mentors, and the Editorial Team whose dedication has brought this publication to life. May this edition inspire many more voices to explore the beauty of expression and creativity.

“Let us remember: One book, one pen, one child and one teacher can change the world.”

-Malala Yousafzai

With pride and gratitude,
Joseph M A , TGT

SHRI NEERAJ KUMAR BLAHATIA ,PRINCIPAL : PATRON

SHRI AJAY KUMAR, HEADMASTER : ADVISOR

SHRI JOSEPH M A, TGT : EDITOR-IN-CHIEF

DESIGN & COMPOSITION

SMT SUNITA SAKYA PRT : EDITOR

SHRI FRANCIS ALOOR, PRT : EDITOR

ACADEMIC EXCELLENCE

CBSE CLASS TOPPERS 2024-25



Ashutosh Tiwari

96.2%

Rank 1



Sakshi Yadav

95.4%

Rank 2



Madhusudan Choudhary

95.2%

Rank 3

CBSE SUBJECT TOPPERS 2024-25



Sakshi Yadav

**English: 98/100, AI:
100/100, Science:
97/100**



Vallari Mahesh Kamble

English: 98/100



Medhansh Sharma

English: 98/100



Gayatri Nandlal Dusane

Marathi: 98/100



Rachit Singh

Mathematics: 100/100



Madhusudan Choudhary

**Mathematics: 100/100,
AI: 100/100**



Samiksha Adyanthaya

Science: 97/100



Sae Arvind Chavan

**Social Science: 98/100,
AI: 100/100**

CBSE SUBJECT TOPPERS 2024-25



Ashutosh Tiwari
AI: 100/100, Social
Science: 98/100



Shashank Vaibhav
AI: 100/100



Jhanvi Gopalka
AI: 100/100



Sauma R Medar
AI: 100/100



Aditya Patil
AI: 100/100



Lani Thorat
AI: 100/100



Shreya Kunnath
AI: 100/100

RANK HOLDERS 2024-25



Archit Kishor Tonge

6 N

98.5%



Sae Vikrant Ghanekar

6 N

97.8%



Ashutosh Majhi

6 N

95.6%



Krutika Rathore

7 M

95.25%



Ashee Blessing Lana

7 N

94.9%



Inaya Saifi

7 N

94.54%



Sarthak Modi

8 M

98.56%



J Sri Naga Sahithi

8 M

98%



Granth Jain

8 N

97.92%



Arka Roy

9 N

99.4%



Aastha Rathore

9 M

97.4%



Varad Navanath Ingale

9 M

97.20%

ACHIEVEMENTS AND PARTICIPATIONS

ALL INDIA INTER-AECS CULTURAL (MUSIC) MEET (21-23 JULY 2025)



Sharmad Shivendu Chandwadkar of Class 9 secured the Fifth Position.

ALL INDIA INTER-AECS GENERAL KNOWLEDGE QUIZ COMPETITION (23-25 SEPTEMBER 2025)



The AECS-6, Mumbai team of Saatvik Sunil Kumar Singh and Bipramaan Das secured the Second position at the All India Inter AECS Zonal Level General Knowledge Quiz Competition for class 8 organised by AECS Indore from 23 to 25 September, 2025.

वेदमाता गायत्री ट्रस्ट शांतिकुंज हरिद्वार
द्वारा आयोजित 'भारतीय संस्कृती ज्ञान
परीक्षा' (07/11/2025)



ईश कुमार (कक्षा 9 अ)
जिला स्तर पर प्रथम



शिवानी सुरेश (कक्षा 10ब)
जिला स्तर पर तृतीय



अर्चित किशोर टोंगे (कक्षा 7ब)
जिला स्तर पर तृतीय

ALL INDIA INTER-AECS ATHLETIC MEET (11-14 OCTOBER 2025)



Snehal Sachin Phad (9-B) bagged the First Position under 19 Girls Category in Shotput held at AECS-2, Kalpakkam from 11 October 2025 to 14 October 2025.

A RISING STAR IN THE POOL ! SHLOK ALPESH PHULARE (VII A)



13th Rank at 2 km Open Water Swimathon held on March, 2026 at waldevi Dam, Nashik, Maharashtra

24th Rank at Sunk Rock Light House to Gateway of India Ocean swimathon organised by Mharashtra State Amateur Aquatic Association on 22nd February 2026 at Gateway of India, Mumbai Maharashtra





Gold medals in 50m, 100m and 200m Swimming (Under 14 Category)
Silver medals in 50m, 100m and 200m Swimming (Under 16 Category) Organized by ASMC on 25 Dec 2026 on the occasion of Veer Bal Diwas.

WINNERS OF ALL INDIA INTER AEGCS/ JC ART COMPETITION 2025-26



SAANVI RATH (BV-3) -CONSOLATION-2ND

LAVANYA SHARMA(1X A) CONSOLATION-2ND

MADHAVI PRADHAN (BV-2) -SECOND POSITION

STUDENT EMPOWERMENT SESSIONS

A TALK ON "TIME MANAGEMENT" BY MR SANTOSH TAKLE SOCH) BARC, MUMBAI ON 15 OCTOBER 2025



A TALK ON “SOCIAL MEDIA ADDICTION” BY DR SAIGITA CHITTURU, ASSISTANT PROFESSOR TISS, MUMBAI ON 30 OCTOBER 2025



A TALK ON “SCIENCE THROUGH THE AGES” BY PADMA BHUSHAN PROF.M S RAGHUNATHAN ON 27 NOVEMBER 2025 AT DAE CONVENTION CENTRE, MUMBAI



ZONAL/NATIONAL EVENT(S) ORGANIZED BY AECS-6 MUMBAI

ALL INDIA INTER AECS/AEJC RASHTRIYA BAL VAIGYANIK PRADARSHANI & TEACHING AIDS EXHIBITION (6-7 DECEMBER 2025)





STUDENT COUNSELLING



Dr. Divya Ramdas, Department of Psychology, BARC Hospital visits our school every 1st Thursday of the month to provide expert guidance to the students in mental health and well being and thus promoting their holistic development.

CELEBRATIONS, ACTIVITIES AND OBSERVANCES

INVESTITURE CEREMONY (30 APRIL 2025)



CCA ACTIVITIES



ALL INDIA AEES ART COMPETITION & EXHIBITION (29 OCTOBER 2025)



BALVATIKA SPECIAL ACTIVITIES



MONSOON ACTIVITY



CELEBRATION OF FESTIVALS : INDEPENDENCE DAY , RAKSHABANDHAN , JANMASTAMI , EID , DUSSHERA , DIWALI , CHILDREN'S DAY WERE CELEBRATED



A FIELDTRIP TO THE VEGETABLES AND FRUIT MARKET AND PROVISION STORE IN THE VICINITY



CHILDREN'S DAY: A SPECIAL PROGRAM OF PUPPET SHOW ORGANISED FOR THE BALVATIKA STUDENTS.

INTERNATIONAL YOGA DAY (21 JUNE 2025)



NATIONAL SCIENCE DAY (28 FEB 2025)



VAN MAHOTSAV (7 JULY 2025)



NO BAG DAY ACTIVITY



POT PAINTING WORKSHOP



WORLD MUSIC DAY (21 JUNE 2025)



INDEPENDENCE DAY (15 AUGUST 2025)



SADBHAVANA DIWAS (20 AUGUST 2025)



TEACHERS' DAY (5 SEPTEMBER 2025)



VIGILANCE AWARENESS WEEK (31 OCTOBER - 5 NOVEMBER 2025)



HINDI PAKHWADA (14-28 SEPTEMBER 2025)



CHILDREN'S DAY (14 NOVEMBER-2025)



CONSTITUTION DAY (26 NOVEMBER 2025)



SWACHHATA PAKHWADA (16-28 FEBRUARY 2026)



AEES FOUNDATION DAY (21 FEBRUARY 2026)



ENRICHMENT PROGRAMMES



Mr. Neeraj Kumar Blahatia Principal AECS 6, Mumbai attended

- **A Seminar on 'Two Board Examination in Class 10 from 2026 conducted by CBSE New Delhi at B K Birla Centre for Education, Pune on 12 August 2025**
- **Hindi Diwas 2025 and 5th All India 'Rajbhasha Sammelan' in Gandhinagar, Gujarat on 14th and 15th September, 2025.**
- **Two Days Workshop of Coordinators of Rajya stariya Bal Vaigyanik Pradarshani of States/UTs/ Organisations at the Regional Institute of Education (RIE), Bhopal, MP on 18 and 19 November, 2025.**



Smt Kanakvalli J Ram (Balwatika Teacher) and Smt. Vasantha Nagraj (Balwatika Teacher) attended the training programme on 'Teaching in Balwatika Class' at NCERT, New Delhifrom 9 June 2025 to 11 June 2025.



Smt Shuchita Sharma (Special Educator) attended 'Training of Trainers(ToT) Certification Course conducted jointly by the ISTM, DoPT, Government of India and CBSE at Delhi Public School, Panvel on 25 and 26 April, 2025. Orientation Programme on Entrance Examinations and Career Pathways for Counselors at PM SHRI Kendriya Vidyalay IIT Powai on 11 July, 2025.



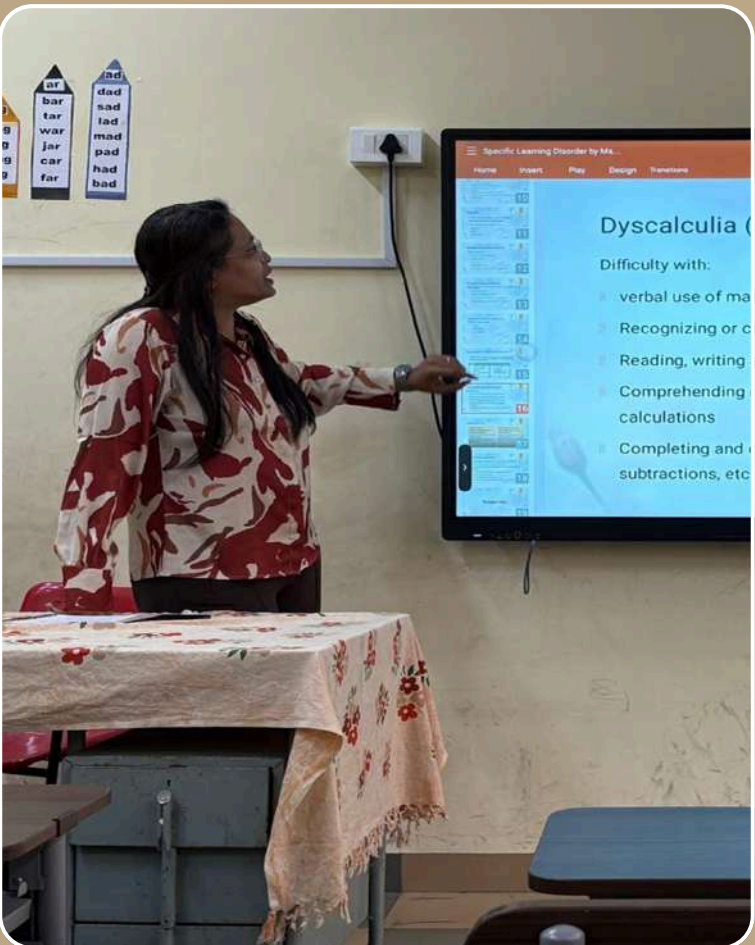
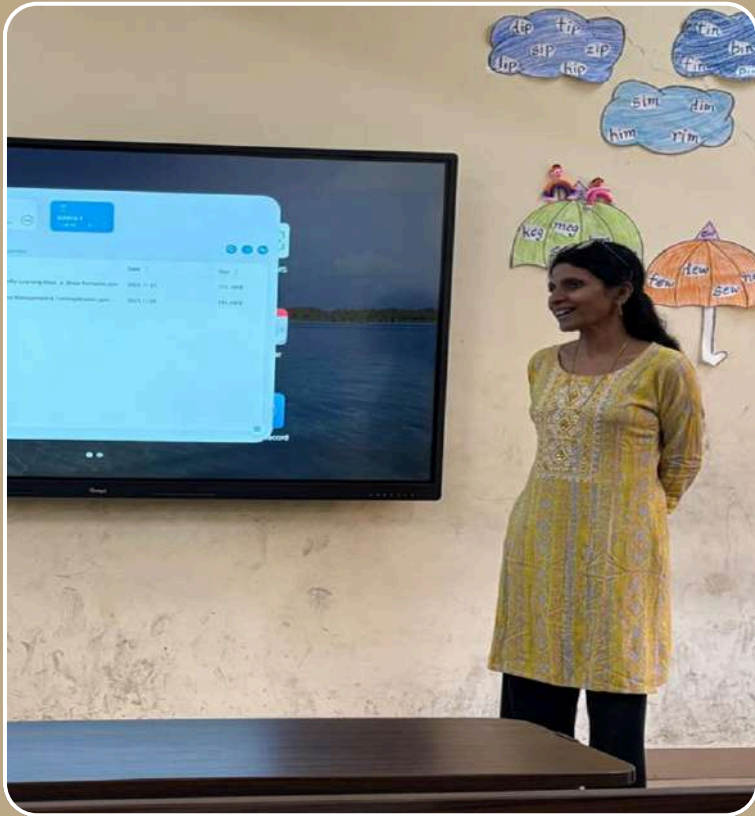
Shri. Jagdish Maharaj Ise, librarian attended a Five Day Workshop on 'Role of Libraries in perspective of NEP 2020 and NCF 2023' at KVS ZIET, Gwalior from 08/12/2025 to 12/12/2025.



Mr. Saumia Nair TGT (Maths/Phy) and Mrs. Ruchi Sharma completed 40 weeks online Diploma course on "Teaching of Science at Middle Stage conducted by the Department of Education in Science and Mathematics, NIE, NCERT, New Delhi during November 2024 to August, 2025.



Dr.Divya Ramdas, BARC conducted a session "Children with Neurodevelopment disorders" exclusively for the Balvatika and Primary teachers and another on "Stress management and communication" for all the staff of the school on 29 November, 2025.



WORKSHOP ON PEDAGOGICAL APPROACHS FOR FOSTERING JOYFUL LEARNING IN FOUNDATIONAL AND PREPARATORY STAGES FOR PRTS OF AEES HELD AT ZIET, BHUBANESWAR



Mr FRANCIS ALOOR PRT
16 -20th February 2026



Mrs PARAMJIT KAUR PRT
09 -13th February 2026



Mrs PARUL S K Jain PRT
23 -27th February 2026



Miss SERIFA PINHEIRO PRT
23 -27th February 2026



Mrs SUNITA SAKYA PRT
09 -13th February 2026



Mrs MEENAL PATIL PRT
16 -20th March 2026

WORKSHOP ON PEDAGOGICAL LEADERSHIP IN FOUNDATIONAL AND PREPARATORY STAGES FOR HMs OF AEEs HELD AT ZEIT, BHUBANESHWAR



Mr AJAY KUMAR HM
23 -27th February
2026

THREE DAY CAPACITY BUILDING PROGRAM ON PHYSICAL EDUCATION AND WELL BEING ORGANIZED BY DEPARTMENT OF DCS&D AND DESS AT NCERT, NEW DELHI FOR AEEs



Ms NISHU JAISWAL PET
09 -11th February 2026

WORKSHOP ON ENHANCING ENGLISH TEACHING THROUGH COMPETANCY BASED LEARNING APPROACH FOR TGTs (ENG) OF AEEs HELD AT ZIET , BHUBANESHWAR



Mrs MAMTA MISHRA TGT
23 -27th February 2026

FIVE DAYS TRAINING ON 'हिंदी भाषा शिक्षण में वैकल्पिक पद्धती का प्रयोग' FOR TGTs (HINDI) OF AEEs HELD AT ZIET , MYSURU



Mr PRADIP A SHENDE TGT
19 -23rd January 2026

NEW STAFF AND TRANSFERS

STAFF JOINED AECS-6 FAMILY



Mr. Neeraj Kumar
Blahatia Principal From
AECS Jaduguda



Mr. Senthilnathan TGT
(Art)
Academic Unit, Mumbai.



Mrs. Nitika TGT
(Maths/Physics)
(Contract)



Mr. Akshay Kumar
TGT (PET) (Contract)



Mrs. Suman Kanojia TGT
(Hindi/Sanskrit)
(Contract)



Miss. Aditi Vinayan
(Counsellor) (Contract)



Mrs. Sujata Zanzane
PRT (Contract)



Mrs. Saini Jasprit Kaur
Balvatika (Contract)



Mrs. Jyoti Grover
PRT (Contract)

TRANSFERRED TO OTHER SCHOOLS



Mr. Ramdas Vasudevan
AECS-1, Mumbai



Mr. Bandu Meshram,
Vice-principal AECS-3,
Mumbai



Mrs. Anjana Majhi
TGT(Hindi/Sanskrit)
AECS, Indore



Mrs.Sujata Homray (PRT)
AECS-1, Mumbai



Mrs. Suman Kanojia TGT
(Hindi/Sanskrit) (Contract)
AECS-2, Mumbai



Mr.Senthilnathan TGT
(Art)
AECS-5, Mumbai.

SUPERANNUATION



Dr. Anand Kumar, Principal, AECS 6 Mumbai on 30 June 2025



Mr. Giridhar Yemgekar (PRT) AECS 6 Mumbai on 29 November, 2025.

FOURTEEN AND LOST

A 14-year-old child.

Living in a world of lies,
blinded by fake smiles.

They don't know what to do
or what to say,
They just act as if they are
in a play.

Faking all the smiles
and controlling all the cries.

Then the soul breaks,
revealing all the ugly trace.

Hard-working parents and their
silent expressions.

Killing us with hitting realisation.

Now that we are on this page,
neither a child nor of grown age.

Life hits hard for that newly
mature fawn.



Lavanya Pansare
Class - 10th B

NOTE:

*This piece was crafted when I was 14(14 May 2024),
reflecting the insights and perspectives that were
forming during that period of my life.*

A KALEIDOSCOPE OF COLOR

The world is made of sun and sky,
And fleeting clouds that wander by.
But in this fleeting, shifting scene,
You are the constant, steadfast queen.
And I, a ship on a restless sea,
Am anchored and made whole by thee
Before you, colors seemed a blur,
A muted world, a sleepy stir.
But now the simple scent of rain,
Or sunlight warming a windowpane,
Is charged with meaning, sharp and clear,
Because your loving heart is near.
I see the universe in your eyes,
A home beneath familiar skies.
I've learned to love the way you frown,
When words are lost and spirits down.
For in those moments, small and true,
The deep, unending love shines through.
Not just the grand and sweeping phrase,
But daily love in simple ways
The quiet comfort of yours,
A silent look we both understand.



Anvi Nikam
Class - 10th A

This isn't just a romance told,
But a story of two hearts of old,
That found each other, bound by grace,
And time itself in one embrace.
So let the seasons turn and fade,
Let every blossom be unmade.
My love for you, a constant light,
Will guide me through the endless night.



सशक्त भारत

भारत है सशक्त, संपूर्ण सामर्थ्य का धनी
विज्ञान, तकनीक, आविष्कार जिसकी है अमूल्य निधि।
वीरों की धरती, बलिदानों की निशानी
भारत लिख रहा है रोज़, भविष्य की नई कहानी।
धरती से लेकर आकाश तक, मंगल हो या चंद्रयान
गौरव और अभियान से भारत ले रहा है नई उड़ान।
किंतु अब भी राह में बाधाएं हैं अनेक।
भ्रष्टाचार अन्याय और भेदभाव के लेख।
नारी को मिले सम्मान, संस्कृति अपनी बनी रहे
भारत के कोने-कोने में, सौहार्दता बनी रहे।
गरीबी की मार, मासूमों को है सताती
असमानता की दीवारें प्रगति को रोकती जातीं।
स्वच्छ रहें हर गली मोहल्ला, निर्मल हो सब का अंतर्मन
युवाओं के उत्साह से बने सशक्त भारत का संगम।
सशक्त भारत की पहचान तभी सशक्त कहलाएगी
जब संपूर्ण भारतवासियों पर एक समान दृष्टि डाली
जाएगी।
आओ मिल कर सभी बढ़ाएं एक कदम
कमियों को ताकत बनाकर, करें नवीन भारत का
आगमन
एकता की शक्ति से इतिहास नया रचा जाएगा
सशक्त भारत का परचम पूरे विश्व में लहराएगा।



इनाया सैफ़ी
कक्षा-आठवीं

MY SCHOOL

My school is a happy place,
Full of smiles on every face.
Big bright classrooms, clean and
neat,
Teachers kind and friends so
sweet.

Morning prayers start our day,
We learn new things in every way.
Reading, writing, math and art,
Knowledge grows within my heart.
Playground wide where we run
fast,

Fun and laughter always last.
Library full of books to read,
Helping every child succeed.
My school teaches what is right,
Guides us like a shining light.
I feel proud each single day,
I truly love my school always.



Krutika Rathode
Class - 8th B



THE POWER OF SMALL EFFORTS



Abhilash Venu
Class – 8th B

Small efforts may seem unimportant at first, but they can lead to big achievements in life. Every great success begins with small steps. When we work hard daily and stay consistent, even small actions can create a big impact over time.

For students like us, big achievements start with simple habits like completing homework on time, listening carefully in class, and practicing every day. If we stay focused and never give up, we can achieve our dreams. In the end, it is not one big action but many small efforts that lead to success.

Success is not only about marks or trophies. It is about improving ourselves every single day. When we choose to work hard even when no one is watching, we are building our future. Small efforts teach us discipline, responsibility, and determination. These qualities help us not only in school but also in life. Step by step, we move closer to our dreams.

No one starts as a champion. Every successful person was once a beginner who decided not to quit. If we stay patient and keep trying, even our smallest efforts will turn into something meaningful. With determination and hard work, we can achieve anything we truly desire.

In conclusion, success is not a single big step but a journey made of many small efforts. Every day gives us a new chance to improve and move forward. If we stay consistent and believe in ourselves, we will slowly turn our goals into reality. Small efforts today truly become the foundation of big achievements tomorrow.

Small efforts today truly become the foundation of big achievements tomorrow.



MIDNIGHT FRIENDS

When the world is fast asleep,
And silence sings so soft and deep,
Under the silver shining moon,
Midnight friends arrive so soon.
Glory laughs like a twinkling star,
Shining bright from near and far,
Mitrayi whispers dreams so light,
Floating softly through the night.
Aditi's smile glows like the moon,
Calm and gentle, a silver tune,
Srushti dances with the breeze,
Moving lightly through the trees.
Keemaya's voice is soft and kind,
Like a peaceful, glowing mind,
Together we share secrets tight,
Wrapped in the arms of a silent night.
When morning comes with a golden ray,
Our midnight magic fades away,
But every night beneath the sky,
My midnight friends return nearby.



Aaradhya Kamble
Class - 7th B

A SISTER OR A MISTER

While the entire world desires a mango, I desire an apple. The world is 99%, I am 1%. I am one of those lucky people whose wish is more powerful than 99%.

My name is Advika Chauhan and I am 6 years old. I am writing this note to you the people of the future! My mother, Babita Asthana is pregnant with a baby! And my father, Atul Chauhan is practically jumping about, in joy but I am in a very sour mood.



Advika Chauhan

Class - 5th B

In a couple of months I would be stuck with another child for the rest of my life! But to my surprise, this feeling lasted for only a few weeks. Now I am very excited for the arrival of my sibling and in a couple of months I would be an elder sister! I even nicknamed it 'Appy.' But now I am having a nagging fear which always tags me around.



What if the baby was a boy? Then I would be stuck with a brother for the rest of my life! I hoped and hoped for a baby girl but my grandparents hoped for a baby boy and my grandparents knew my heart's desire. I found myself being persuaded by my grandparents to pray for a boy.

But to their greatest annoyance, they failed to change my mind and I am the very first child whose mind my grandparents failed to pollute. Their minds were already the victims of what we call, "GENDER DISCRIMINATION, MIND POLLUTION." So now, I found myself locked in a battle with my grandparents. BOY or GIRL?

If the baby would be a girl, I would be very pleased. But {My heart came to rest somewhere between my ribs just thinking about it} if the baby was a boy..... well then I would try to make a bond with him. I do not believe in gender discrimination and nor do my parents. I mean, girls can do great things and God didn't send girls on Earth to get married, have kids and end up becoming nothing but an individual dependent on others. "A woman is the mother who gives birth to a man." This is exactly what orthodox people fail to notice. My grandmother said to my mother, "I am sure the baby will be a boy." {to my horror} At long last, the day for the baby to arrive came and me, my parents and my family were very tensed about the baby's gender. When I reached the hospital, I saw that my father was smiling. Obviously the baby was born and my father knew the results. My father beckoned me closer and obeying his summons I came closer. Is the baby a boy? My heart sank horribly at the very thought. My father showed me a picture of the baby and said "Isn't she beautiful?" "She? She? It's a girl! It's a girl!" I cried in joy swirling around the room like a tiny tornado. I was very pleased. When my mother was brought in the room, I ran to greet her and after that I went to see the baby. I took her in my arms and said "Welcome to this world little one and welcome to this fantastic family."



I was very happy that the battle with the baby's gender had ended! Now there was only one problem left, what would be the baby's name? Finally, after many arguments I implied the name Anika and we all agreed to it. We threw a splendid party in honor of Anika and we invited all our relatives and Oh! You should've seen the look on my paternal grandparents face! It certainly was some sight.

They were clearly very disappointed that the baby was a girl. All my relatives were singing and dancing.

My paternal grandparents readily joined in. It was an enraptured day, nothing could upset me today, the air was filled with laughter as my cousins and I played together and everyone congratulated us and I felt like I was on the top of the world. I was the most active one in the celebrations and everyone knew the reason behind it, my wish for a sister was granted and everyone was buzzing about the fact that even when the majority was on a boy and only one person {me} wished for a girl then how come the baby be a girl even when the majority was on a boy? When asked, I admitted that I didn't know so for now it all remains a big mystery.

“Sisters and brothers are the truest, purest forms of love, family, and friendship, knowing when to hold you and when to challenge you, but always being a part of you.”

– Carol Ann Albright-Eastman

NATURE'S NEST: THE OTHER SIDE OF GOA

Hi everyone! My name is Pihu, and today, I'm showing you the other side of Goa.

I was walking past our room, when I heard my Pappa and Amma talk about a trip to Goa. We packed our suitcases and waited for our bus. I was really excited, as it was my first trip to Goa. It was night and I fell asleep. In the morning, Pappa woke me up and said we had reached Madgaon. When he said Madgaon, I remembered the lesson Omana's journey in our 4th standard EVS textbook.



Pihu Patil
Class - 5th A

When we got off at Madgaon, Pappa told me that it was Gandhi Jayanti. We got in our cab. The driver was telling us all about Goa. Amma loved the beautiful old houses. I was looking outside my window, and I saw many coconut and palm trees. We saw the biggest spice plantation in Goa, the Sahakari spice plantation. And yes, many people drink coffee, right? Especially Nescafé's factory. And we also saw the creambell factory. Soon, we reached our resort. The entrance was FLOODED with beautiful, huge and colourful butterflies. At the reception, there was a cute little dog with a red collar around her. What's its name? I asked the receptionist. She said that her name was Paapdi. I said hi to her. They gave us a welcome drink. It was Kokam Sharbat. For people who don't know what's Kokum Sharbat, it is a nice drink made out of Kokum. Kokum is a plant (Garcinia Indica). It is dried and people make juice of it.

We went to our room, room no. 2, Jambhal.

Jambhal was the name of our room. Jambhal is a fruit, also known as Jamun. We rested for some time. There was a bubble stream near us. Amma and I asked a staff member, that what was the bubble stream. He said, the bubble stream is a stream that when you clap, bubbles will emerge out of the water. Amma said that there will also be a natural fish pedicure. They basically eat your dead skin. It's a win-win situation. You get a pedicure, and they get food.



For lunch, I had Polle (Goan Dosa) with sabzi. At nighttime, we went for our night safari at Bhagavan Mahavir sanctuary. We saw a Slender Loris, a nightjar, some scorpions, magical looking mushrooms and many more things. I made a new friend. His name was Ishaan. The next day, we watched a video about conserving water and protecting animals in the wild. So, please save water. It was really funny watching curious wild animals watch the camera, or some even licked it! Just then an uncle came with a venomous snake in a jar. Then, we had dinner and we went to bed. The next day, we left.

We went to another place, but now, it was a hotel. I had fun especially in the swimming pool and play area.

Then, I started to play with a cat. In the evening, we went to a beach. It was sad seeing dead fishes and starfishes. . I just picked up a seashell, when some moving sand came on my hand. Just then, I realised that that was not sand, but LIVE, tiny little crabs. I shook them off my hand and ran away. The next day, they had a breakfast buffet. The place was crowded with foreigners. I ate breakfast, and we checked out. We bought chocolates and Bebinca, a Goan sweet. This time, Pappa had booked a train. Not just any train, but a train with movable seats! In the afternoon, we bought soup and drank it. We solved crossword puzzles on the newspaper and looked out at the most beautiful scenery. And just like that, we reached home sweet home, Mumbai.



WHISPERS OF THE EARTH

Flowers rise from waiting soil,
Carrying colour in their hands,
They learn the heat of morning light
And bow lightly to the rain.

Some flower in wide and open fields,
Some hide along gone roads,
Yet every petal keeps a story
Only patience ever knows.

Birds cross skies without a map,
Leaving shadows on the blue,
They carry seeds and silent songs
From what has been to what is new.

Trees stand still through passing years,
Reading time in rings and bark,
They hold the sun, the wind, the storm,
And keep their faith even in dark.



Priyasha Gupta
Class – 5th A

Rivers travel endlessly,
Never stopping to explain,
Teaching us that moving on
Is not the same as loss or pain.

The earth remembers every step,
Every fall, every rise,
Life grows strongest where it learns
To bend, to change, to try.



मराठी भाषा गौरव दिन

प्रस्तावना: मराठी दिवस म्हणजे काय?

मराठी भाषा गौरव दिन' हा महाराष्ट्रातील एक अत्यंत महत्त्वाचा सांस्कृतिक उत्सव आहे. आपली मातृभाषा 'मराठी' हिचा आदर करण्यासाठी आणि तिचा वारसा जपण्यासाठी हा दिवस मोठ्या उत्साहात साजरा केला जातो. हा दिवस आपल्याला आपल्या भाषेच्या समृद्ध इतिहासाची आठवण करून देतो.



Saumya Sachin Dolas

7th A

कधी साजरा केला जातो?

दरवर्षी २७ फेब्रुवारी हा दिवस संपूर्ण महाराष्ट्र आणि जगभरातील मराठी भाषिक 'मराठी भाषा गौरव दिन' म्हणून साजरा करतात.

हा दिवस का साजरा केला जातो?

हा दिवस प्रसिद्ध मराठी कवी, नाटककार आणि लेखक विष्णू वामन शिरवाडकर, जे 'कुसुमाग्रज' या नावाने ओळखले जातात, त्यांचा जन्मदिवस आहे. कुसुमाग्रज यांनी मराठी साहित्यात मोलाचे योगदान दिले आहे. त्यांच्या साहित्यातील कार्याचा सन्मान करण्यासाठी महाराष्ट्र सरकारने त्यांचा जन्मदिवस 'मराठी भाषा गौरव दिन' म्हणून घोषित केला आहे.

महाराष्ट्रात मराठी भाषेचे महत्त्व

मराठी ही महाराष्ट्राची राजभाषा आहे. संत ज्ञानेश्वर, संत तुकाराम आणि छत्रपती शिवाजी महाराज यांच्या विचारांनी ही भाषा समृद्ध झाली आहे. मराठी भाषा ही केवळ संवादाचे साधन नसून ती आपली संस्कृती, परंपरा आणि अस्मितेचे प्रतीक आहे.

शाळा आणि समाजात साजरीकरण

या दिवशी शाळा आणि महाविद्यालयांमध्ये विविध कार्यक्रमांचे आयोजन केले जाते. विद्यार्थी मराठी कविता वाचन, निबंध स्पर्धा, वक्तृत्व स्पर्धा आणि ग्रंथ दिंडीमध्ये सहभागी होतात. लोक मराठी गाणी ऐकतात आणि एकमेकांना मराठी दिनाच्या शुभेच्छा देतात. अनेक ठिकाणी पुस्तकांचे प्रदर्शन भरवले जाते, जेणेकरून नवीन पिढीला मराठी साहित्याची ओळख व्हावी.

निष्कर्ष: मातृभाषेचे जतन

आपली मातृभाषा ही आपली पहिली ओळख असते. आपण कितीही इतर भाषा शिकलो तरी मराठीचा आपल्याला अभिमान असायला हवा. आपण मराठीत बोलले पाहिजे, मराठी पुस्तके वाचली पाहिजेत आणि आपली भाषा समृद्ध करण्यासाठी प्रयत्न केले पाहिजेत. आपल्या मातृभाषेचा आदर करणे हे प्रत्येक मराठी माणसाचे कर्तव्य आहे.



भावनाएँ और कला: मन की भाषा समझने का सुंदर माध्यम

"जहाँ शब्द कम पड़ जाते हैं, वहाँ कला हमारे दिल की आवाज़ बन जाती है।"

हम सभी के जीवन में भावनाएँ बहुत महत्वपूर्ण होती हैं। हर दिन हम कई तरह की भावनाओं का अनुभव करते हैं—खुशी, दुख, उत्साह, डर, गुस्सा, आश्चर्य और कभी-कभी उलझन भी। खासकर स्कूल के छात्रों के जीवन में पढ़ाई, परीक्षाएँ, दोस्ती, प्रतियोगिता और नई जिम्मेदारियाँ होती हैं। इन सबके कारण मन में अलग-अलग भावनाएँ पैदा होती हैं। कई बार ऐसा होता है कि हम अपने मन की बात शब्दों में ठीक से नहीं कह पाते। ऐसे समय में कला हमारे लिए एक बहुत अच्छा माध्यम बन जाती है, जिसके द्वारा हम अपनी भावनाओं को आसानी से व्यक्त कर सकते हैं।



KALYANI K UPADHYE

TGT (ART)

कला एक ऐसी भाषा है जिसे हर कोई समझ सकता है। इसमें शब्दों की जरूरत कम होती है, लेकिन भावनाएँ गहराई से दिखाई देती हैं। चित्रकला, रंगों का प्रयोग, संगीत, नृत्य, कविता, कहानी लेखन, हस्तकला (क्राफ्ट) और नाटक जैसे कई रूप कला का हिस्सा हैं। जब हम इन गतिविधियों में भाग लेते हैं, तो हम अपने मन की बात बिना झिझक के व्यक्त कर पाते हैं।

रंगों का हमारी भावनाओं से गहरा संबंध होता है। उदाहरण के लिए, जब हम खुश होते हैं तो अक्सर चमकीले और हल्के रंगों का उपयोग करते हैं। जब हम शांत महसूस करते हैं तो हम संतुलित और सरल चित्र बनाते हैं। कभी-कभी उदासी या चिंता की भावना भी हमारे चित्रों और रंगों में दिखाई देती है। इस तरह कला हमारे मन की स्थिति को व्यक्त करने का एक स्वाभाविक और सुंदर तरीका बन जाती है।

कला के माध्यम से भावनाओं को समझने और व्यक्त करने की इस प्रक्रिया को 'आर्ट थेरेपी' कहा जाता है। आर्ट थेरेपी का अर्थ है—कला का उपयोग करके अपने मन की भावनाओं को पहचानना, समझना और उन्हें सकारात्मक तरीके से बाहर लाना। यह केवल बड़े लोगों के लिए ही नहीं, बल्कि बच्चों और छात्रों के लिए भी बहुत लाभदायक होती है।

आर्ट थेरेपी में छात्रों को बिना किसी डर या दबाव के अपनी कल्पना और भावनाओं को व्यक्त करने का मौका मिलता है। उदाहरण के लिए, शिक्षक छात्रों से कह सकते हैं कि वे 'हमारा मन कैसे दिखता होगा?' इस विषय पर एक चित्र बनाएं। इस गतिविधि से छात्र अपने मन की भावनाओं को रंगों और आकृतियों के माध्यम से दिखा सकते हैं। इससे उनका मन हल्का होता है और वे अपने आप को बेहतर समझ पाते हैं।

आज के समय में छात्रों के जीवन में पढ़ाई का दबाव और परीक्षा का तनाव बढ़ गया है। कई बार बच्चे चिंतित या परेशान भी हो जाते हैं। ऐसे में कला एक ऐसी गतिविधि है जो मन को शांति देती है। जब हम चित्र बनाते हैं, रंग भरते हैं, संगीत सुनते हैं या नृत्य करते हैं, तो हमारा ध्यान कुछ समय के लिए तनाव से हट जाता है। इससे हमारे मन को आराम मिलता है और हम सकारात्मक महसूस करते हैं।

कला छात्रों के आत्मविश्वास को बढ़ाने में भी महत्वपूर्ण भूमिका निभाती है। जब कोई छात्र अपने हाथों से एक सुंदर चित्र बनाता है या कोई क्राफ्ट तैयार करता है, तो उसे खुशी और गर्व महसूस होता है। जब शिक्षक और मित्र उसकी सराहना करते हैं, तो उसका आत्मविश्वास और भी बढ़ जाता है। इससे छात्र अपनी प्रतिभा को पहचानने लगता है और आगे बढ़ने के लिए प्रेरित होता है।

कला रचनात्मकता (Creativity) को भी विकसित करती है। हर छात्र की सोच अलग होती है, और कला उन्हें अपनी कल्पना को खुलकर व्यक्त करने का अवसर देती है। कोई छात्र प्रकृति के चित्र बनाना पसंद करता है, तो कोई रंगों के साथ प्रयोग करना पसंद करता है। कुछ छात्रों को संगीत में रुचि होती है, तो कुछ को नृत्य या लेखन में। कला हमें यह समझने में मदद करती है कि हर व्यक्ति की प्रतिभा खास होती है और हर प्रतिभा का सम्मान करना चाहिए।

स्कूल में यदि नियमित रूप से कला से जुड़ी गतिविधियाँ आयोजित की जाएँ, तो छात्रों को बहुत लाभ मिलता है। जैसे—चित्रकला प्रतियोगिता, पोस्टर बनाना, संगीत कार्यक्रम, नृत्य प्रस्तुति, नाटक और हस्तकला कार्यशाला। इन गतिविधियों के माध्यम से छात्र न केवल अपनी कला को प्रदर्शित करते हैं, बल्कि सहयोग और टीमवर्क भी सीखते हैं।

कला का एक और महत्वपूर्ण पहलू यह है कि यह हमें अपनी भावनाओं को सकारात्मक तरीके से व्यक्त करना सिखाती है। कभी-कभी हमें गुस्सा या निराशा महसूस होती है। अगर हम इन भावनाओं को दबाकर रखते हैं, तो इससे मन में तनाव बढ़ सकता है। लेकिन यदि हम इन्हें कला के माध्यम से व्यक्त करें—जैसे चित्र बनाकर, लिखकर या संगीत के जरिए—तो हम बेहतर महसूस करते हैं।

कई विशेषज्ञ मानते हैं कि कला मानसिक स्वास्थ्य के लिए बहुत उपयोगी होती है। यह हमारे मन को शांत करती है, एकाग्रता बढ़ाती है और हमें अपने आप से जुड़ने का अवसर देती है। जब हम कला करते हैं, तो हम वर्तमान क्षण में जीना सीखते हैं, और यही हमें खुश रहने में मदद करता है।

अंत में हम कह सकते हैं कि कला हमारे जीवन को रंगों से भर देती है और हमें अपनी भावनाओं को समझने का अवसर देती है। इसलिए छात्रों को पढ़ाई के साथ-साथ कला गतिविधियों में भी भाग लेना चाहिए। कला केवल एक शौक नहीं है, बल्कि यह हमारे मन और भावनाओं को समझने और व्यक्त करने का एक सुंदर और सशक्त माध्यम है।



SILENCE: A POWERFUL TOOL

EXPLORING THE STRENGTH AND VALUE OF SILENCE IN MODERN LIFE

In a world that rewards speed, noise, and instant reactions, silence is often misunderstood. Many people associate silence with weakness, hesitation, or fear. In reality, silence can be a powerful form of strength. It is not the absence of thought or feeling, but the presence of control. The ability to remain silent when emotions rise is one of the clearest signs of inner discipline and maturity. Silence allows us to control our reactions rather than be controlled by them.

Modern life encourages immediate responses—quick replies, instant opinions, and emotional reactions. Yet the strongest individuals understand the value of delay. They pause, reflect, and then choose their words carefully. This moment of silence between stimulus and response is where wisdom begins. When a person speaks less but thinks more, their words gain weight. Silence often makes communication more meaningful because it filters out impulsive responses. People who talk constantly may unintentionally reveal insecurity, while those who remain calm and quiet often appear confident and composed. Silence carries an authority that loudness rarely achieves.

Silence also strengthens emotional intelligence. When we stop speaking, we start observing. We notice tone, body language, and the deeper emotions behind words. In disagreements, silence can act like a mirror, encouraging the other person to reveal more than they intended. Rather than escalating conflict, silence slows it down and creates space for understanding.



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Another important aspect of silence is its effect on the mind. Speaking impulsively may provide temporary relief, but it often intensifies emotional reactions. Silence, on the other hand, calms the mind and reduces emotional reactivity. It signals to the brain that the situation is under control. Over time, this habit develops resilience, patience, and self-mastery.

Silence is also closely linked to confidence. A person who is comfortable with silence does not constantly seek validation or attention. They understand that not every situation requires a response. Sometimes the most powerful statement is the one left unsaid. This does not mean withdrawing from communication; rather, it means choosing the right moment and the right words.

Importantly, silence should not be confused with passivity. Remaining silent requires discipline, awareness, and inner strength. It is an active choice, not an absence of action. Many influential leaders and thoughtful individuals are known not for speaking often, but for speaking with precision and purpose when they do. Those who rush to fill every silence often do so because they fear being overlooked or misunderstood. In contrast, people who are secure in themselves can allow silence to exist without discomfort. They understand that silence can communicate confidence, reflection, and control.

Ultimately, silence is not arrogance or indifference. It is a quiet expression of self-respect and emotional balance. When practiced wisely, silence communicates three powerful messages: that we are in control of our emotions, that our words are chosen with care, and that our presence does not depend on constant noise. In a noisy world, silence becomes a rare and valuable skill. It allows us to think clearly, respond thoughtfully, and understand others more deeply. Far from being a weakness, silence is one of the most profound forms of strength a person can develop.

महिला सशक्तिकरण: रानी की कहानी

राजस्थान के एक छोटे से गाँव में रानी नाम की एक लड़की रहती थी। उसके पिता एक किसान थे और माँ घर संभालती थीं। रानी को पढ़ने का बहुत शौक था, लेकिन गाँव में लड़कियों को ज्यादा पढ़ाने की परंपरा नहीं थी।

एक दिन, रानी ने अपने पिता से कहा, "पापा, मैं डॉक्टर बनना चाहती हूँ।" पिता ने कहा, "बेटी, लड़कियों को ज्यादा पढ़ाने से क्या फायदा? शादी करवा देंगे, घर संभालेगी।"

लेकिन रानी ने हार नहीं मानी। उसने अपनी मेहनत से पढ़ाई की और सरकारी स्कॉलरशिप पाकर MBBS में एडमिशन लिया। उसने अपने गाँव की लड़कियों को प्रेरित किया और उन्हें पढ़ने के लिए प्रोत्साहित किया।

आज रानी एक सफल डॉक्टर हैं और गाँव की लड़कियों को पढ़ाती हैं। वह महिलाओं के अधिकारों के लिए लड़ती हैं और समाज में बदलाव लाने के लिए काम करती हैं।

रानी की कहानी हमें सिखाती है कि अगर हम अपने सपनों को पूरा करने के लिए मेहनत करें और हार न मानें, तो कुछ भी असंभव नहीं है। महिला सशक्तिकरण सिर्फ एक शब्द नहीं है, यह एक आंदोलन है जो महिलाओं को अपने अधिकारों के लिए लड़ने और समाज में बदलाव लाने के लिए प्रेरित करता है।



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महिला सशक्तिकरण के लिए क्या करें?

- लड़कियों को पढ़ाएं और उन्हें अपने सपनों को पूरा करने के लिए प्रोत्साहित करें।

- महिलाओं के अधिकारों के लिए लड़ें और समाज में बदलाव लाने के लिए काम करें।

- महिलाओं को आत्मनिर्भर बनने के लिए प्रेरित करें और उन्हें आर्थिक रूप से मजबूत बनाएं।

- समाज में महिलाओं के प्रति भेदभाव को खत्म करने के लिए काम करें।

आ आइए, हम सभी मिलकर महिला सशक्तिकरण के लिए काम करें और समाज में बदलाव लाएं !

