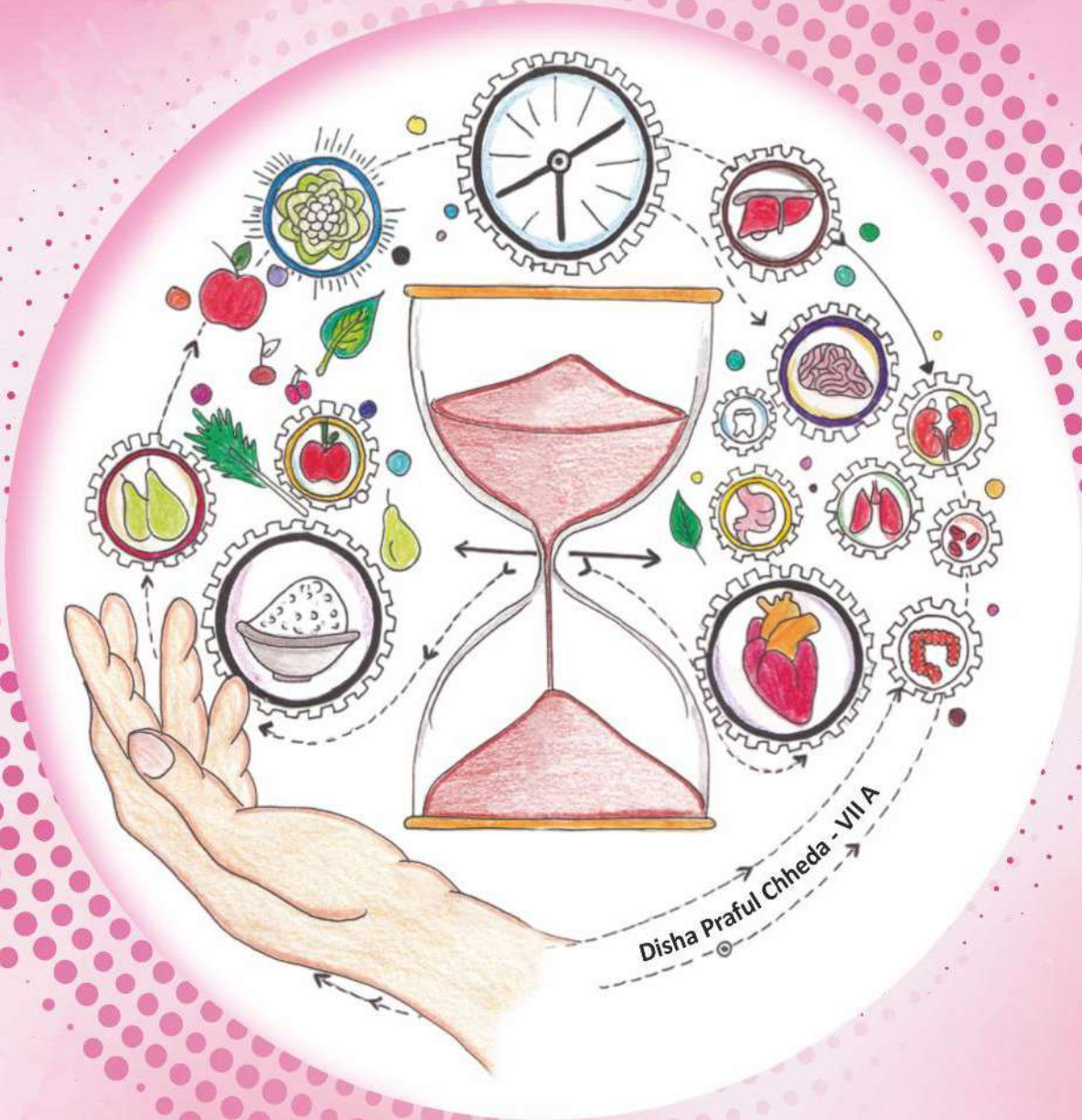




VANI VIDYALAYA SCHOOL & JUNIOR COLLEGE



J. N. Road, Mulund (W), Mumbai-400 080.
Email : vanividyalaya55@gmail.com



Embrace Well-being - Empower Life



WELL-BEING सुभूति:



YUVA VANI
2024-25



OUR VISION

EDUCATE | EMPOWER | ELEVATE

OUR MISSION



Venturing Into
New Vista of Education



Awakening Architects
of Modern India



Nurturing the Youth to be
the Salt-N-Light of the World



In Pursuit of
Growth excellence

THE MANAGEMENT OF VANI VIDYALAYA is grateful to all Founder Members, Past Presidents, Members of The Managing Committee, Principals and Staff Members, All Donors, Parents, SIO members Sister Organisations and Charitable Trusts and the selfless band of workers from its inception for their Dedicated and Devoted services, Valuable Assistance and Support to this Institution, towards its outstanding growth excellence in the cause of Education.

President and Members of the Managing Committee
The South Indians' Organisation (Regd.)





CITADEL OF EDUCATION – VANI VIDYALAYA

Vani Vidyalaya, an institution with the hallmark of excellence was established in 1955, by a team of enthusiastic visionaries with radical ideas who dreamt of providing and promoting quality education. Though encountered with inconsistent and turbulent times, it didn't take long to line with the other educational giants in the other parts of the suburb. The institution not only stands testimony to the growth of its infrastructure but also to the rich reservoir of qualified human resource whose only mission is the pursuit of growth excellence. The management and various leaders of the institution have always walked the extra mile in supporting, felicitating and appreciating everyone associated with it and the community around. It offers a student targeted, activity based State curriculum from Pre-Primary section to Higher Secondary section. It continues its journey with growth legacy and delivers outstanding results year after year. It is on the threshold of emerging as not only a renowned center of education, but also a preferred institution among the parents and students in this part of the Suburb. We aim to instill in our pupils the core life skills and value - based education interspersed with quality education thus transforming today's student community into tomorrow's global leaders..





SIO'S MANAGING COMMITTEE 2024 – 2025



PRESIDENT
SHRI C.V.SRINIVASAN



VICE PRESIDENT
SHRI P.P.SUBRAMANIAN



HON. SECRETARY
SHRI P.V.JAYARAMAN



HON. JOINT SECRETARY
SHRI A.MURALIKRISHNAN



HON. TREASURER
SHRI V.VISHWANATHAN



HON. ASST. TREASURER
SHRI SHIVA MUTHUSWAMY

Committee Members



SHRI S. RAJAGOPALAN



SHRI N.K.NAGANATHAN



SHRI C.R.RAMAKRISHNAN



SHRI VENKATESH S. IYER



SHRI R.KRISHNAPRASAD





SIO'S
VANI VIDYALAYA
SCHOOL & JUNIOR COLLEGE

Established	1955
Year of Recognition	1960
Recognition No.	A/13-BSD (NEW) 24/06/1960
S.S.C. Index No.	S.33.06.046
H.S.C .Index No.	J.33.06.005
Name of the Management	The South Indians' Organisation (Regd)

STRENGTH OF STAFF		STRENGTH OF STUDENTS	
Pre-Primary	6	Pre-Primary	252
Primary	15	Primary	592
Secondary	39	Secondary	1600
Junior College	29	Junior College	1018
Non-Teaching staff	17		
Office Staffs	6		
Watchman	6		



<https://www.siovanividyalaya.org>

vanividyalaya55@gmail.com





FROM THE PRESIDENT'S DESK



Dear Well-Wishers

With our greeting to all of you,

From the solid foundation laid down by a few visionaries in 1955-56, after passing through the years overcoming all those difficulties that had come in the way of progress, SIO's VANI VIDYALAYA today has reached to a high degree of excellence not only in the field of academics but also in the field of extra-circular activities.

Today it is a landmark in the suburbs.

In this era of international interdependence when science and technology have reached to the zenith of its glory, it is absolutely necessary that we have to cope with the situation. So, we are giving enough training to the students for making them well equipped to face the challenges in the process. We have computerized the system, and we are happy to inform you that we have inaugurated our new Information Technology lab this year.

We have already completed the redevelopment process for the building last year. Now we have enough classrooms, other rooms as per the plan, and also an auditorium on the 7th floor. Our dream now is to have a full-fledged Degree College and we hope by the grace of God and with the support of you all concerned our dream will become a reality as early as possible.

Thank You & Regards

Shri C.V.Srinivasan

President



**FROM THE HON.SECRETARYS' DESK**

Established in the year 1955-56, it is an incredible journey of 70 years during which our school, Vani Vidyalaya, has churned out great achievers, year after year. This is a matter of great pride for our Institution. Our staff members have walked extra miles in this journey of great achievement. Kudos to all the teaching staff, past and present. The need of the present times for the students is to be digitally savvy to become successful in whatever career they choose. Our teachers are outstanding in this direction. We extend our Best Wishes to all the students and staff of our beloved Vani Vidyalaya.

Coming to the theme for this year, the term SUBHUTHI means WELL BEING or Good existence. It is a well thought out term in the life of everybody, especially the students. It encompasses a person's physical, mental, emotional and health factors. For physical well being, one has to be physically active. This is achievable to a certain level for everybody, especially by the students as they always keep themselves active by their extracurricular activities. This also paves the way for physical well being. Mental and emotional factors can be achieved through keeping oneself cool and calm. The factors, Contentment, Calmness, Compassion, Courage and Clarity are the FIVE ESSENTIALS for achieving SUBHUTHI.

With the adage “ लोकाः समस्ताः सुखिनो भवन्तु ” which means “May all beings everywhere be happy and free”, We conclude.

With Best Wishes for the Well Being of all,

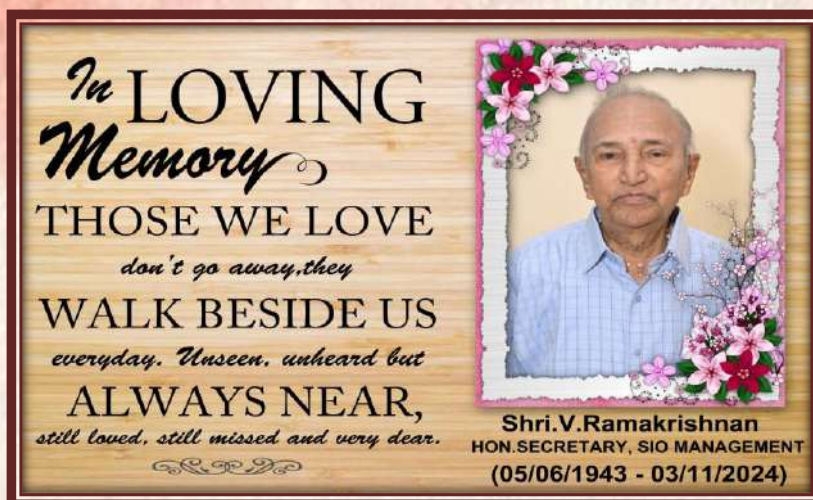
Shri P.V. Jayaraman
Hon. Secretary

Shri A. Muralikrishnan
Hon. Joint Secretary





A TRIBUTE TO OUR BELOVED HON.SECRETARY



We bow our heads with reverence in remembrance of **OUR BELOVED HON.SECRETARY LATE. MR. V.RAMAKRISHNAN**. He was a true visionary, one who poured his heart and soul into everything he did. He leaves behind a legacy that speaks volumes about his character and unwavered loyalty to the cause of growth and development of the school. His work ethic was unmatched, a testament to his discipline and commitment. He lived with integrity, kindness, and generosity, inspiring others to do the same. His actions always spoke louder than words, and his values guided him in every decision he made. In remembering him, we honour not just what he accomplished, but the person he was, someone whose presence made a difference in many lives. While he may no longer walk among us, his legacy endures, reminding us all of the power of perseverance, the importance of precision, and the strength of virtue.

ELEGY TO OUR BELOVED RAMAKRISHNAN SIR

In a world that often rushes by
There was a soul who heard every sigh,
With ears that listened, heart that knew,
The woes of others, and their view.

A smile that lit the darkest days,
A gentle touch and kindest ways,
No judgment passed, no tall claim,
Just open arms and a humble frame.

Compassion was his quiet grace,
A refuge we found in his gaze,
For every voice, for every need,
He planted hope, a loving seed.

He saw the worth in every soul,
Respected each, and made him whole,
A friend to all, no stranger known,
His heart a place where love had grown.

Approachable, with welcoming ways,
His laughter brightened all our days.
A listener true, no words too small,
He heard it all, He gave his all.

Though time may pass, and seasons change,
The warmth he gave will not estrange,
For in the hearts he touched so deep,
A legacy of love will we always keep.





CHIEF GUEST

**SHRI V. CHANDRASEKHARAN**

Managing Director
Ferbon Products Pvt. Ltd

Shri Chandrasekharan is a distinguished chemical engineer and entrepreneur. He holds a graduate degree in Chemical Engineering from the University of Madras.

Professionally, Shri Chandrasekharan has had a illustrious career spanning project management, process design, R&D, marketing, and technical services in renowned organizations such as FACT, ACC, and Sudchemie India Ltd., both in India and abroad.

As a successful entrepreneur, he is the proprietor of M/s. Ferbon Products and Managing Director of Ferbon Products Pvt Ltd, specializing in specialty performance chemicals. Shri Chandrasekharan is also a dedicated philanthropist and community leader.

He has served as Past President of the Rotary Club of Thane Hills and is currently the President of Kala Mandal, Thane, a fine arts society. Under his leadership, Kala Mandal has flourished, and he has nurtured his passion for music by establishing the only Music Sabha in Thane city.

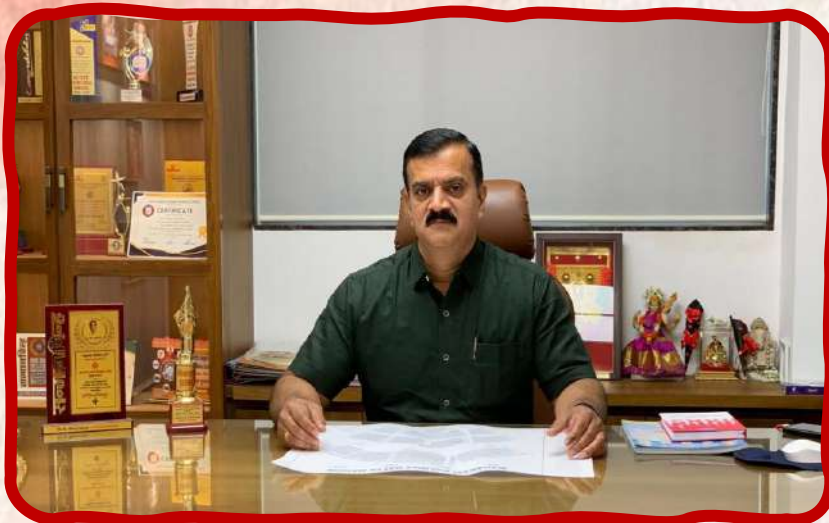
Shri Chandrasekharan is an accomplished musician associated with Mulund Fine Arts also.

He is married to Shyamala, a science graduate and former employee of Indian Overseas Bank, who is now a dedicated homemaker.





FROM THE PRINCIPAL'S DESK



WELL-BEING - सुभूति:

Greetings to All,

In a world where challenges are a constant, it is crucial that we prioritize our Well-being.

As we embark on another enriching year at our school, I would like to take a moment to reflect on a theme that is becoming increasingly vital in today's fast-paced world - **Well-being**. In a time when academic excellence and extracurricular achievements are often the focal points of education, it is equally important to recognize that true success lies in the holistic Well-being of every individual within our school community. It is about finding balance in our lives and nurturing an environment everyone feels supported, valued and heard.

At our school, we are committed to promoting an atmosphere where **Well-being** is prioritized through our academic programs, extracurricular activities, and support systems. We want our students to not only excel academically but to also be equipped with life skills that help them manage stress, build positive relationships, and embrace challenges with confidence.

As we continue to grow as a community, let us remember that Well-being is a shared responsibility. It requires compassion, understanding, and a commitment to create an environment where every individual feels safe and respected. Together, we can build a nurturing space where learning and **Well-being** go hand in hand, empowering each one of us to reach our fullest potential.

Wishing you all a year of growth, happiness, and **Well-being**.

**"Health is the greatest gift, contentment the greatest wealth,
faithfulness the best relationship."**

Venkatachalam

Thank you & Regards
T.K.Venkatachalam





FROM THE PRE-PRIMARY HEADMISTRESS'S DESK

“ When we unite as a team, we create a circle of Strength that nurtures the Well-being of all.”

WELL-BEING THROUGH TEAMWORK:- THRIVING TOGETHER



Teamwork is the cornerstone of success in every endeavor, and when we work together, we promote not only collective achievement but also individual Well-being just as each part of a puzzle is essential to complete the picture, every member of Vani Vidyalaya plays a vital role in reaching shared goals. We encourage collaboration, mutual support, and the joy of working in harmony.

As Helen Keller once said “Alone we can do so little, together we can do so much”.

This simple truth reminds us that a healthy team environment fosters trust, reduces, stress and nurtures a sense of belonging. Well-being is not just about personal health but about the environment we create together- an environment where every child feels valued, heard and empowered to contribute. Let us build teams that lift each other up, celebrate success, and grow stronger with each shared experience through teamwork, we create a supportive atmosphere where Well-being thrives, enabling our students to flourish and grow not only academically but emotionally and socially as well.

“True Well-being is found in teamwork, when we uplift one another and grow stronger together, creating a harmony that allows everyone to thrive.”

Regards,
Mrs. Lovely Shaju

FROM THE PRIMARY HEADMISTRESS'S DESK

“Respect is the bridge that connects understanding and harmony in a school”



RESPECT AND WELL-BEING: A UNITED GOAL

A respectful environment is one where people are open to each other's ideas, leading to a sense of belonging and a shared joy in learning. **"When we respect others, we find peace within ourselves."** Let's commit to nurturing respect in every interaction, knowing that each act of kindness and understanding contributes to a happier, healthier school community for all.

Well-being blossoms in an environment built on mutual respect, where each person feels seen, valued, and understood. By showing respect to one another, we lay the foundation for a school community that is both supportive and joyful. Respect is more than just politeness; it's an attitude of appreciation for the unique qualities each person brings. As we practice kindness and empathy, we create a space where happiness can flourish, and everyone feels safe to express themselves.

Mutual respect also teaches us to be to understand of different perspectives, encouraging us to work together and build lasting friendships. As the saying goes, **"Respect is a two-way street; if you want to get it, you've got to give it."** This approach strengthens our school spirit and enriches our learning environment, helping everyone feel connected

Regards,
Mrs. Kavita Pophale





FROM THE ASSISTANT HEADMISTRESS'S DESK



Embracing Holistic Self Well-being !!

Greetings to all !!

I'm the most selfish person in the world.
I want to be the happiest person in the world.
I want to be the richest person.
I want to be the healthiest and long- living person in the world.
I want to be the wisest and the most intelligent person in the world.

All the above wants I visualise in my daily prayers where I ask-

Everyone should be happy. No one should be under any shade of sorrow
My happiness remains untouched.

Everyone should be rich and wealthy. No one should be indebted and under obligations.
My richness and wealth remain untouched.

Everyone should be healthy and living a long life. No one should be disabled and dependent.
My harmony remains at peace.

Everyone should have wisdom and intelligence. No one should be cheated, tormented, suppressed, and exploited.
My wisdom and intelligence remain enriched.

My prayers are to manifest the welfare of the entire living being without any exception.
My selfishness shall achieve all that I want and desire through goodwill, love, kindness, compassion and benevolence because these are nothing but the best renderings of well being for myself and all others with whom I share this world so that I enjoy the ultimate bliss.

Best wishes to everyone.

Regards,
Mrs. Swati Shinde

FROM THE VICE-PRINCIPAL'S DESK



"The mind and body are not separate. What affects one, affects the other "

Well-being is an act of practicing healthy habits in all areas of your life, including health, fitness, mindfulness, mental health and social Well-being.

Students Well-being has always been crucial for the holistic development of young minds. Vani Vidyalaya has been fostering a positive environment for students which not only supports students academic success but also boosts their confidence, self-esteem and ability to form healthy relationships with peers and adults.

The areas which is taken care by the teachers in Vani Vidyalaya for students Well-being emphasized on -

- * Making the students feel valued for who they are one, acknowledging their individuality and contributions and making them understand that school and life have meaning and purpose.
- * Creating and developing a welcoming atmosphere where each child feels safe and supported.
- * Promoting a positive classroom climate where teachers model kindness, empathy and respect in their interactions with students.
- * Teaching social and emotional skills which can help them to navigate their emotions and build positive relationships with others in the society.

Vani's gentle hands have planted seeds of **Well-being**, nurturing minds, hearts, and spirits to flourish.

A haven of safety, belonging, and purpose, achievement and success.

Regards
Mrs.Preeta Gireesan





FROM THE SCHOLASTIC PROGRAM CO-ORDINATOR'S DESK



Warm greetings to all

Positive School culture

"The strength of a culture is determined by interactions among all members of a school community".

A positive school culture is essential for the holistic growth and Well-being of students. The environment in which a student spends a significant portion of their formative years plays a pivotal role in their emotional, social and intellectual development..

Creating and maintaining a positive school culture is one of the key factors behind a successful school. For such a culture to thrive, every member of the school community must understand their role and feel valued in contributing to the shared vision. Achieving this requires a steadfast commitment from everyone involved. Even when a school culture is positive, it doesn't simply remain that way without intentional effort. Human dynamics within a school are constantly shifting, so maintaining a healthy culture necessitates consistent monitoring, nurturing, and adaptation.

Our school has spent years keeping school culture at the forefront of decisions. We have placed a strong emphasis on cultivating a positive culture, and are incredibly proud of the results that have emerged from this focus. However, we understand that fostering a positive school culture is not a one-time achievement - it is a continuous work in progress.

Regards,

Mrs. Phulva Vinod

FROM THE ACADEMIC CO-ORDINATOR'S DESK



Greetings to all,

In today's fast paced world, where stress, work pressure and health issues are becoming increasingly prevalent the concept of Well-being has gained significant attention.

Well being is the state of thriving in various aspects of life, encompassing physical, mental, emotional and social health.

It is not merely the absence of illness but the presence of positive emotions, fulfilment and resilience. People with good physical, mental and emotional well being are able to handle life's ups and downs, maintaining resilience in the face of adversity.

As a family, Vani Vidyalaya caters to all the above aspects so that we can produce not only educated individuals but also valuable human beings who are cherished and balanced.

'Cast all your anxiety on Him, for He cares for you!'

Regards,

Mrs. Susan N.S.





FROM THE SUPERVISORS' DESK

“Well-being is the complete integration of body, mind and spirit.” - Greg Anderson



Well-being or Well-being is the state of being healthy and happy. It's the harmony between what you think, what you say and what you do. Well-being is the sum total of a person's physical, mental, emotional and social health. These four components of Well-being are closely inter-dependent and inter-connected. Let us consider one component of Well-being, namely, mental health.

Today's life is full of challenges like difficulty in time management, technological distractions, social isolation, lifestyle diseases, lack of interest and motivation in the tasks undertaken and so on. Having a sense of self worth, building positive relationships, being physically active, eating healthy, pursuing hobbies, taking up new responsibilities, caring for oneself and others and being empathetic will help in building a positive mental health. A person with a balanced mental health will be physically fit, emotionally stable and socially active with enhanced memory, improved sleep, better decision-making skills and increased self esteem, thus contributing to the overall Well-being.

As we invest in our personal Well-being, let us remember to contribute to the Well-being of the society too by reaching out to the underprivileged and lending a helping hand to those in need, thus making this earth a happier place to live in.

Wishing everyone a happy and prosperous New Year 2025 with enhanced Well-being.

Regards,

Mrs. Sajitha Sudheer



“If you want to change your life change the way you think.” – Mike Ross

Dear Readers,

Greetings to all, In keeping with the theme of this year which is 'Well-being', I would like to draw your attention to Mental and Emotional Well-being. In order to promote the Well-being of body, mind and spirit, it is important that we prioritize self-care. Taking time for yourself is not a luxury, it's a necessity. Self-care replenishes your energy and helps you stay grounded.

In today's highly digitalized world with overwhelming information all around us, it is easy to get distracted. Mindfulness-being present in the moment-is a powerful tool for reducing stress and cultivating a sense of peace. Practicing mindfulness also helps in excelling in every task we undertake in our lives.

In an era of social media, it is important to build positive relationships that uplift and support our emotional self. Healthy relationships, whether with friends, family, or peers, contribute significantly to our mental Well-being.

Remember that your mental and emotional health is as important as your academic or professional achievements. Take time to nourish both your mind and soul, and know that it's okay to pause, reset, and focus on your Well-being.

You are worthy of care, kindness, and peace. Keep going with love for yourself and the world around you.

Wishing you all the goodness of a healthy body, clear and calm mind, peace and prosperity always.

Regards,

Mrs. Savita Harish



**STAFF MEMBERS OF VANI VIDYALAYA****PRINCIPAL****Mr. T. K. Venkatachalam****(M.Sc (Analytical Chemistry), B.Ed, M.A(Edu.), DSM)****SCHOLASTIC PROGRAM CO-ORDINATOR****Mrs. Phulva Vinod****(M.Sc.,B.Ed, M.Phil)****PRE - PRIMARY SECTION****HEAD MISTRESS****Mrs. Lovely Shaju - B.A., D.Ed.**

NAME	QUALIFICATION
Mrs. Kalpana Karmalekar	B.A., MTT
Mrs. Malti Gosrani	B.A., MTT
Mrs. Veena Shinde	B.A., MTT
Mrs. Sanjivani Almeda	HSC., ECC Ed.
Mrs. Saranya Santosh	B.Com PGDBA (Finance) ECCED
Mrs. Sai Sawant	B.A., ECC Ed.

PRIMARY SECTION**HEAD MISTRESS****Mrs. Kavita Pophale - B.Com., D.Ed.**

NAME	QUALIFICATION	NAME	QUALIFICATION
Mrs. Madhuri Mishra	M.Com., M.P.Ed.	Miss. Selvapriti Jebamani	B.A.,D.Ed.
Mrs. Radhika Ramesh	B.A.,B.Ed., PGDGC	Mrs. Harimuthu Vanu Konar	M.A., B.Ed.
Mrs. Geetha Shivkumar	HSC., D.Ed.	Mrs. Marypushpalatha	H.S.C., D.Ed.
Mrs. Deva Paul	B.A., D.Ed.	Mrs. Remya Rahulan	B.SC., ECC Ed.
Mrs. Smitha Anishkumar	M.A., (Edu.) B.Ed.	Mrs. Jyothi Ramanathan	B.A., ECC Ed., B.Ed
Mrs. Netra Deokar	B.A., D.Ed.	Mrs. Nirmala Valmiki	HSC., ECC Ed., D.Ed
Mrs. Anitha Prabhakaran	B.A., D.Ed.		





SECONDARY SECTION

ASSISTANT HEAD MISTRESS

Mrs. Swati Shinde – M.A., B.Ed, DSM

SUPERVISORS

Mrs. Sajitha Sudheer – M.Sc., B.Ed., Dip V.G,DSM

Mrs. Savita Harish – M.A., B.Ed

ASSISTANT TEACHERS

NAME	QUALIFICATION	NAME	QUALIFICATION
Mrs. Madhuri Bondale	M.A., B.Ed	Mrs. Rohini Chitte	M.A., B.Ed.
Mrs. Pratibha Kesarkar	M.A., B.Ed., Dip.V.G	Mr. Shivkumar Pandey	M.A., B.Ed
Mrs. Pushpa Hate	B.A., D.Ed	Mrs. Anisa Samad Shaikh	M.A., B.Ed
Mrs. Sudha Rajesh	B.A., B.Ed	Mr. Nirmesh Prajapati	M.Sc., B.Ed, L.L.B
Mrs. Manisha Bidkar	B.A.,B.Ed	Mrs. Priyanka K Jirapure	M.A., D.Ed
Mrs. Kalaiaarasi	M.A,D.Ed	Ms. Rupa Subedar Yadav	M.A., B.Ed
Mrs. Archana Tushar Garud	M.A., D.Ed	Mr. Amol Suryavanshi	M.Sc., B.Ed
Mrs. Geeta Mali	B.A., D.Ed	Mr. Sachin Jadhav	H.Sc., D.Ed
Mrs. Leena Rahul	M.Sc., B.Ed, M.A (Ed)	Mrs. Sindu R. Nair	M.A.,B.Ed
Mr. Sharad Pandit	M.A.,B.Ed	Mrs. Subhasathya Vasanthan	B.Sc., B.Ed
Mrs. Mamatha Ramakrishnan	B.Sc., B.Ed	Mr. Vishal R. Iyer	M.Sc., B.Ed
Mrs. Rachana Singhania	M.A., D.Ed	Mrs. Rani Gamare	B.Sc., B.Ed
Mrs. Smital Mangesh Patil	M.A.,D.Ed,M.A	Mrs. Aruna Koyande	B.A., B.Ed
Mrs. Harpinder Kaur Sohal	M.Com., D.Ed	Mr. Sanjay Bhoir	M.A., B.Ed
Mrs. Kiran Vishwakarma	M.A., D.Ed, DSM	Mrs. Sonal Sawant	B.Com
Mrs. Gayathri Ganesh Iyer	M.A., B.Ed, DSM	Mrs. Swati Patil	M.A.(Sociology), B.Ed, ATD
Mrs. Augusta Selvaraj	M.A., B.Ed, DSM	Ms. Krutika Pacharane	B.M.S (finance)
Mrs. Ranjana Badgujar	M.A., B.Ed		





JUNIOR COLLEGE SECTION

VICE PRINCIPAL

Mrs. Preeta Gireesan - M.Sc., B.Ed., M.Ed

ACADEMIC CO-ORDINATOR

Mrs. Susan N.S. - M.Sc., B.Ed., M.A(Education)

ASSISTANT TEACHERS

NAME	QUALIFICATION	NAME	QUALIFICATION
Mr. Abhaykant Tiwari	M.Com,B.Ed., M.Phil	Mrs. Akshada Pradhan	M.Sc., B.Ed
Mr. Ravindra P. Bhadane	M.Com., B.Ed	Mr. Prashant Patil	M.A., B.Ed
Dr. Mrs. Rekha Sharma	M.A., B.Ed, Ph.D	Mrs. Priyanka Motwani	M.Com., Ed
Mrs. Nisha Thomas	M.A., B.Ed, M.A(Education)	Mrs. Bhavana Thombre	M.Sc., B.Ed
Mrs. Daljeet Kaur	M.Sc., B.Ed	Mrs. Gajal Mishra	M.Sc., B.Ed
Mr. Suresh Subramanian	M.Sc., B.Ed	Mr. Amol M. Nikum	M.P.Ed
Mrs. Asmita Jagtap	M.Sc.,B.Ed., M.Phil	Mr. Hitesh Parmar	M.Com., B.Ed
Mrs. Sreena Narayanan	M.Sc.,B.Ed., M.Sc (Psychotherapy and Counselling), PGDTTE	Mr. Sumedh Thakaji Dhiwar	M.Sc., B.Ed
Mrs. Nisha Harikumar	M.A., B.Ed	Mr. Saurabh Prajapati	M.Sc., B.Ed
Mrs. Sunita Nale	M.Sc., B.Ed	Mr. Nagesh Bachha	M.Sc., M.Ed.,(KSET)
Mrs. Jaymala Patil	M.Sc.,B.Ed., PGDCDM	Mrs. Prachi Kulkarni	M.A.,(Sanskrit) M.A.,(Marathi), B.Ed
Mrs. Suryaprabha P	M.Sc., B.Ed	Mrs. Deepali Pillai	M.C.A.
Mr. Bhanudas Thombre	M.A., B.Ed	Ms. Kajal Goswami	M.Com., B.Ed
Mrs. Pragya Tiwari	M.A., B.Ed	Mrs. Swathi Rajiv	M.Com., B.Ed



**OFFICE STAFF**

NAME	QUALIFICATION	NAME	QUALIFICATION
Mr. Pravin Kadam	B.A	Mrs. Velammal Yadhavar	M.Com
Mrs. Urmila Parab	B.Com	Mr. Aditya Bidkar	B.Com
Mr. Sanket Ujagare	B.A	Ms. Bhakti Padaya	B.M.S

LAB ASSISTANT**LIBRARIAN**

Mr. Jitesh Kamble	Diploma In Civil Engg, M.A(Eco)	Mrs. Meenakshi Ghodekar	B.A, M.Lib.Sci.
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NON TEACHING STAFF**SECURITY**

Mr. Babruvan Humbe	Mr. Paul Dharmaraj
Mrs. Ramalaxmi Nadar	Mr. Rajan Gamre
Mr. Santosh Raut	Mr. Ramesh Parab
Mr. Mahesh Murari	Mrs. Asha Solanki
Mrs. Geeta Raut	Mrs. Manisha Somase
Mrs. Sumathi Arulraj	Mr. Dinesh Gadshi
Mrs. Esskiammal	Mrs. Pechiammal
Mrs. Kalaiarasi	

Mr. Ahmed Khan
Mr. Kisan Shinde
Mr. Shridhar Pednekar
Mr. Prabhakar Pardale
Mr. Yashwant Ghode

ROBOTICS TEAM

NAME	QUALIFICATION	NAME	QUALIFICATION
Mrs. Hemlata Jadav	HSC., ECC Ed.,	Ms. Indu Jaiswal	B.Sc(Phy)
Mr. Pratik Solunke	B.Sc(CS)	Mrs. Vaishali Salve	B.C.A
Ms. Aastha Gupta	B.Sc(CS)	Mrs. Tripti Maru	B.Sc(CS)
Mr. Manav Alag	B.Sc(IT)		

SPORTS TEAM

NAME	QUALIFICATION	NAME	QUALIFICATION
Mr. Sarvesh Khamkar	B.Com	Ms. Anjali Kanoja	B.Com
Mrs. Sangeeta Kasle	H.S.C.	Ms. Rutuja Bhand	B.Com
Mr. Suraj Jaiswal	B.C.A	Mr. Rushikesh Ballai	H.S.C.
Mr. Amol Sanap	H.Sc., D.Licence	Mr. Ajit Sagekar	3D masters
Mr. Anish Sukhdare	H.S.C. (arts)	Mr. Ashish Mokashi	H.S.C. (com)





The Power of WELL-BEING: Unbolting a Life of Abundance and Fulfillment.

Well-being is the combination of feeling good and functioning well; the experience of contentment as well as the development of one's potential, exercising control, leading a purposeful and pro-social life & experiencing positive relationships. In today's challenging times, Well-being is as necessary as oxygen, for humans to live.

The World Health Organization (WHO) defines Well-being as "a state of complete physical, mental and social Well-being and not merely the absence of disease or infirmity"

It is experiencing the peace that surpasses human understanding, being anointed with the oil of joy and being crowned with loving-kindness. Our Well-being reflects our stewardship of the bodies and minds the Almighty has entrusted to us. Hence delving on this subject is of utmost significance.

Well-being encompasses not just physical health, but also mental, emotional, and spiritual vitality. Let's delve deeper into each of these multi-dimensional ideas.

- **Physical Well-being:** *Caring for our bodily temples.*

Focusing on improved physical health reduces the risk of chronic diseases, boosts immunity and enhances cognitive function. Engaging in activities that bring joy, such as walking, dancing etc ensures that we house a strong mind in a sound body.

- **Mental Well-being:** *Fostering Emotional intelligence, resilience and mental health.*

This involves renewing our minds and finding peace. Regular mindfulness practice reduces stress and increases self-awareness. Schedule time for relaxation, hobbies, and gratitude practice by reflecting on daily blessings cultivates positivity.

- **Spiritual Well-being:** *Seeking guidance and peace through prayer and meditation.*

It equips us to face trials and tribulations by aligning ourselves with the Supreme to fulfill the purpose, meaning and connection to the Divine which in turn helps us to serve others. This enables to experience a wholesome life, handle adversity and bounce back from challenges of life.

- **Social Well-being:** *Healthy connections with family, friends, and community.*

Promoting empathy, kindness, and social skills by celebrating diversity, imbibing essential skills for independent living and creating safe spaces for sharing concerns and receiving support can create a legacy for harmonious community living.

Well-being is thus a journey, not a destination. By prioritizing physical, mental, emotional, and spiritual vitality, we can unlock a life of purpose, fulfillment, and happiness. As individuals, educators, and community members, let's strive to create a culture of Well-being that supports the growth and flourishing of all.

- Nisha Thomas





SSC RESULT 2023-24

TOTAL APPEARED	266
TOTAL PASS	265
PASS PERCENTAGE	99.62 %

HSC RESULT 2023-24

SCIENCE		COMMERCE	
TOTAL APPEARED	234	TOTAL APPEARED	231
TOTAL PASS	234	TOTAL PASS	228
PASS PERCENTAGE	100%	PASS PERCENTAGE	98.70%

TOP RANKERS - SSC

I	BHAGAT KRISHNA KUMAR KAUSHAL KUMAR	473	94.60%
II	KESARIYA JIL JAGDISH	461	92.20%
III	TEWAR SHRUTI MURUGAN	457	91.20%

TOP RANKERS - HSC - SCIENCE

I	SINGH DARSHANA RAKESH	534	89%
II	SUTRADHAR SONIA RABI	522	87%
III	ATHARVA ANUPKUMAR	515	85.83%

TOP RANKERS - HSC - COMMERCE

I	PADAYA MEHAR NARESH	558	93%
II	KUMAVAT VAISHNAVI PAWAN	553	92.17%
III	YADAV ANSHIKA VIJAY	547	91.17%



SSC TOPPER
BHAGAT KRISHNAKUMAR K.
94.6%



HSC TOPPER - SCIENCE
SINGH DARSHANA RAKESH
89%



HSC TOPPER - COMMERCE
PADAYA MEHAR NARESH
93%





TOP RANKERS FOR THE ACADEMIC YEAR (2023 – 2024)

GEMS OF VANI



AGARAN VIVEKANANDA
JR KG.A



GHARVE DIYA DIPESH
JR.KG. A



ARYAN RINU
SR.KG. B



ANVI AVINASH
I C



SHARMA MAITHILI O.
II B



MISAL DEVIKA N.
III B



SHENOY KHUSHI G.
IV C



KHATRI ADITI V.
V B



DEEKONDA HARSHA R.
VI C



JOSHI VEDANT A.
VII C



ADHYAPAK KSHAMA
VIII C



PANCHAL DRISHTI
VIII C



ANANYA RAJENDRA PISAL
IX B



PATEL TRIPTI M.
XI B (SCI)



ARCHANA BALAJI
XI F (COM)

"Success is a Journey , not a Destination."





AWARDS & ACCOLADES

BEST SCHOOL AWARD - 2024



CONGRATULATIONS to Vani Vidyalaya for being adjudged as the **First Runner up for 'BEST SCHOOL' award** by The LIONS CLUB, THANE for our unwavering commitment to excellence in education for over 69 years. Since our inception in 1955, we have dedicated ourselves to providing quality education to all, especially catering to the needs of poor and backward students, as well as linguistic minorities. This accolade is a testament to the hard work, dedication, and vision that has guided us through nearly seven decades of educational service. We remain committed to our cause, striving to build an inclusive, empowering, and nurturing environment for all our students. Thank you to all our students, staff, teacher's faculty, parents and our well wishers for being a part of our incredible journey. We look forward to many more years of success and service to the student community.

KUDOS... TO VANI FAMILY

BEST PRINCIPAL AWARD - 2024.



"Leadership is the capacity to translate vision into reality"

Shri T.K Venkatachalam - a person who envisages leadership as a grand vision, a future oriented perspective that can guide organization to reach pinnacle of success. Recognising his efficient leadership qualities and the ability to empower others, Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya honoured him with Best Principal Award.





AWARDS & ACCOLADES OF STAFF

SHIKSHA RATNA AWARD

"The only way to do great work is to love what you do."

Heartiest Congratulations to **Mrs. Swati Shinde** (AHM-Secondary Section) for being awarded the 'Shiksha Ratna Award' by the Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya. A well-deserved award for a highly disciplined, conscientious, dedicated and ideal leader. She is an inspiration to many students and a true guide and mentor to many. Wishing her a wonderful and successful journey ahead !!!



BEST TEACHER AWARD

"Success isn't Always about Greatness. It's about Consistency"

Congratulations to **Mrs. Sajitha Sudheer** (Supervisor-Secondary Section) for being conferred the 'BEST TEACHER' award by The Lion's Club -Mulund, for her selfless service. Her dedication and perfection in work coupled with her passion to teach and strong ideals, have paved the way for her success and achievements. Wishing her many more years of glorious achievement and accolades ahead in life.



CHIEF MODERATOR

Mr. Ravindra Bhadane, a distinguished Teacher from the Junior College (Commerce Section) has been honoured with the prestigious role of Chief Moderator for the subject of Book Keeping and Accountancy. This recognition highlights his experience, dedication and expertise in the field.



SHIKSHA RATNA AWARD

"Talent is what you possess; Genius is what possesses you."

Shri. Suresh Subramanian a genius mathematician who sparks the inner fire within the students that triggers them to reach their goals. His generosity in sharing knowledge has bagged him the honour of 'Shiksha Ratna Award' given by Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya.



SHIKSHA RATNA AWARD

Mrs. Geetha Shivkumar was honoured with the 'Shiksha Ratna Award' for Excellence in teaching given by Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya.



1st PRIZE IN TEACHING AID COMPETITION

Mrs. Selvapriti Jebamani secured First Prize in the HOLY MARTHOMA SCHOOL SILVER JUBILEE Teaching Aid Competition, showcasing her innovative approach to education.





MILESTONE AWARDS

In appreciation and in recognition of the sterling rendered towards the cause of education by our Staff, the Management has instituted long service awards for 25 & 15 years. Following members of the staff are being felicitated at this 68th annual day celebrations on 4th December, 2024.

25 YEARS LONG SERVICE



**Mrs. Deva
Dayavu Paul**



**Mrs. Smitha
Anishkumar**

15 YEARS LONG SERVICE



**Mrs. Veena
Shinde**



**Mrs. Rachana
Singhania**

ADIEU



“One who breathes life into knowledge, so that it takes new form in progress and civilization.” - Hellen Keller

Mrs. Beena Gopakumar A dedicated and talented teacher creative and compassionate human being, meticulous and efficient leader, a graceful classical dancer and a writer (poet). Her extra ordinary abilities to bring out the talents in students helped them to shape their future. As a Headmistress she was a true leader, with her vision and thorough planning she took the primary section to its pinnacle. She retired on 30th April 2024 after her memorable service in Vani Vidyalaya for 29 years.



Mrs. Mini S. Warriar An Exceptional Physics Teacher – The impact of a great teacher lasts a lifetime. Your passion for teaching has left an indelible mark on our hearts and minds. With love, dedication and devotion she served the educational community and retired on 31st May 2023, leaving a legacy of inspiration.



Mrs. Jayshri Lugade, who served Vani Vidyalaya for the past 20 years as a supporting staff, got retired on 31.05.2023. She is highly appreciated for her valuable service, loyalty to the management and taking care of all the belongings of the institution with much Love. It's often said that the true strength of any institution lies in its people, and she has certainly exemplified this through consistent dedication and reliability.

“HAPPY RETIREMENT AND BEST WISHES TO ALL OF YOU!”

OUR SOULFUL TRIBUTE



Vani Vidyalaya is deeply saddened by the untimely demise of our Art Teacher **Ms. Rekha Bhaskar Kotian**. (24.06.2003 to 26.06.2024).

She will always be remembered as a dedicated teacher of our Secondary Section, who gave her service to the school for more than two decades. Her dedication for the betterment of students and Institution will always be treasured. May her soul rest in eternal peace.





ACHIEVERS OF VANI

All India Open Mathematics Scholarship Exam & Brain Development Scholarship Exam Conducted by Gore's Education - Gold Medal And Cash Award Winner

Maithili Omprakash Sharma : STD II

Brain Development Scholarship Exam Conducted by Gore's Education - Bronze Medal Winner

Saachi Chirag Vasa : STD II

All India Open Mathematics Scholarship Exam

Jeet Thakkar : STD X B



KARATE TOURNAMENT -1ST PRIZE IN DIVISIONAL LEVEL

Yugank Dipak Buchande X-A

Won the first prize in Karate at DSO, then went in to win the first prize at the Divisional level. He is now selected for the State level competition.



DSO KARATE TOURNAMENT



1ST PRIZE

Shweta Naiker X-A



3RD PRIZE

Shreya Naiker X-A

"T - WARD" COMPETITION WINNERS



Elocution

1st prize

Vipul Shankar Dalvi
XII A



Instrumental Music

2nd prize

Krishna Pranav Prasad
XII C



Drawing competition

2nd prize

Mansi Rakesh Singh
XII B



English Elocution

3rd prize

Aditi Khatri
VI-B





HIGHLIGHTS OF THE YEAR

INAUGURATION OF ANNAPOORNESHWARI AUDITORIUM



**"A PLATFORM FOR
BRILLIANCE,
INNOVATION, AND
EXCEPTIONAL
PERFORMANCES
AHEAD."**

INAUGURATION OF IT LAB

**"IGNITING CURIOSITY,
ONE CLICK AT A TIME:
WELCOME TO OUR NEW
IT LAB!"**



INAUGURATION OF SPORTS GROUND



**"A NEW ERA IN SPORTS
BEGINS WITH SYNTHETIC
TURF INNOVATION."**





ROBOTICS

"UNLEASHING INNOVATION: BUILDING FUTURE CREATORS THROUGH ROBOTICS!"



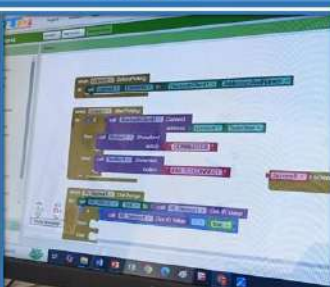
PRE-PRIMARY SECTION ROBOTICS



PRIMARY SECTION



ROBOTICS SECONDARY SECTION





SKILL DEVELOPMENT : SPORTS

"FUELING PASSION, TEAMWORK, AND EXCELLENCE
THROUGH THE SPIRIT OF SPORTS!"





ANNUAL DAY 2023-2024



**Releasing of
Yuva Vani
2023 - 24
magazine**

**VASUDHAIVA
KUTUMBAKAM**





ELECTRIFYING PERFORMANCES



HARMONY AMONG NATIONS







FELICITATION CEREMONY 2024-25

"Celebrating the achievements of all grade toppers, whose dedication and excellence inspire us all."





CELEBRATING YOGA DAY 2024-25

"YOGA HELPS US
STRETCH, BREATHE,
AND FEEL HAPPY!"



"AN ARTWORK OF
AWARENESS ON
THE CANVAS OF
BODY & SOUL "

"BRINGS HARMONY
BETWEEN BODY
AND MIND"



"BREATHE IN
PEACE, BREATHE
OUT STRESS:
CELEBRATE YOGA
DAY!"

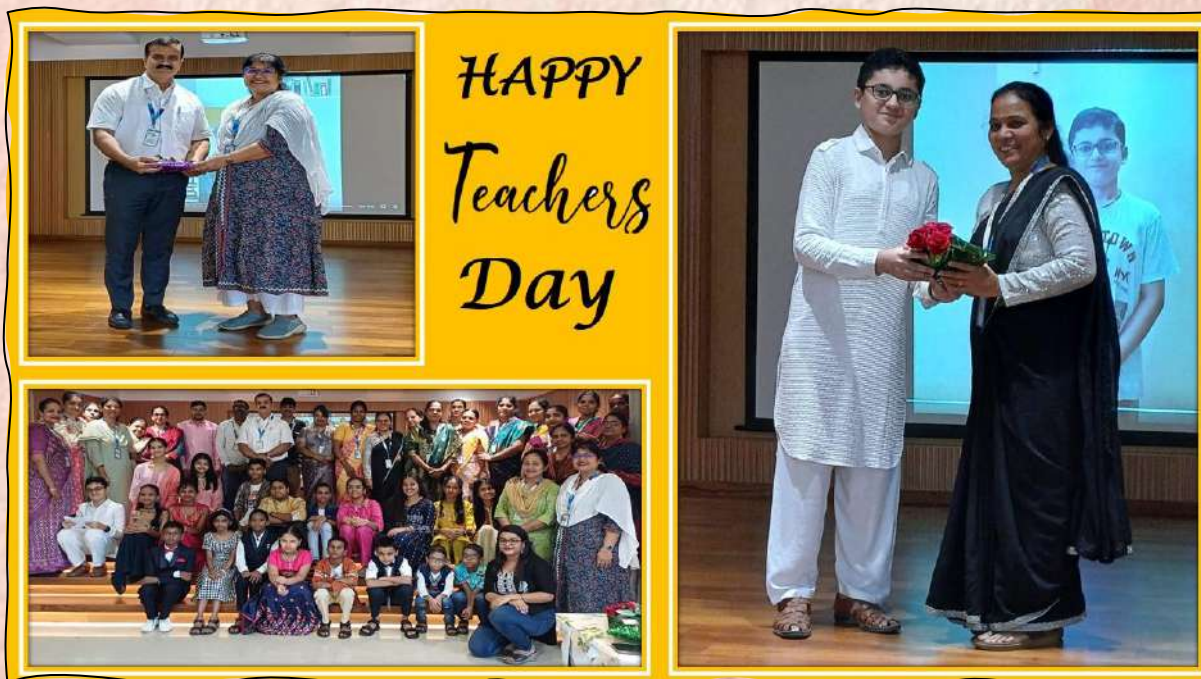




**“PATRIOTISM IS A FEELING OF LOVE, DEVOTION, AND SUPPORT
FOR ONE'S COUNTRY”**



TEACHERS' HARD WORK AND DEDICATION ARE TRULY ADMIRABLE.





CELEBRATIONS OF PRE - PRIMARY 2024 - 2025

PRAVESH UTSAV

"TINY TOTS MEET FAIRY TALE FRIENDS ON THEIR FIRST DAY OF SCHOOL!"



"GREEN ADVOCATES"

"WE SOW SEEDS OF HOPE, NURTURING YOUNG MINDS WITH CARE."



"COLOURFUL CREATIONS"

A CELEBRATION OF IMAGINATION AND JOY!"



TEAR THE PAPER "ARRANGE, EXPLORE"

COUNT CREATIVE COUNTING THROUGH ART!"





FESTIVE VIBES

DEVOUT PILGRIMS

"ADORNED AS WARKARIS, THEY SANG AND WALKED DEVOTION'S PATH."



GOKUL CHARM

"LITTLE KRISHNAS, RADHAS SPREAD GOKUL'S JOY AND DIVINITY."



POOKALAM JOY

"POOKALAMS, SMILES, AND TRADITIONS BRING KERALA'S VIBRANT ESSENCE TO LIFE AT SCHOOL."





PATRIOTIC ZEAL

"PATRIOTISM BLOOMS AS LITTLE ONES HONOUR THE TRICOLOUR."



GANESH CHATURTHI

"WITH CLAY IDOLS AND ECO-FRIENDLY HEARTS, WE WELCOME BAPPA WITH DEVOTION"



VIBRANT DANDIYA

"DANDIYA BEATS AND VIBRANT COLOURS MAKE NAVRATRI UNFORGETTABLE!"





DIWALI DELIGHT

"LIGHTS, RANGOLI, AND JOY FILL THE SCHOOL AS WE CELEBRATE THE TRIUMPH OF GOOD."

"SIBLING BOND OF LOVE"

"RAKHI TIES, LOVE, AND JOY STRENGTHEN SIBLING BONDS."



"DAZZLING CHARACTERS"

"CREATIVITY SHINES AS CHILDREN SING JINGLES THROUGH COSTUMES."





CELEBRATIONS OF PRIMARY SECTION 2024 - 2025



ASHADI EKADASHI

HONORING
DEVOTION AND
TRADITION WITH
JOY

GOKULASHTAMI

PLAYFUL SPIRIT OF
LORD KRISHNA WITH A
LIVELY DAHI HANDI



ONAM

"A FESTIVAL TO CHERISH,
REVIVING THE PAST OF
PROSPERITY AND
GOODNESS."





NAVRATRI

VIBRANT RHYMES OF GARBA RAAS



CHILDREN'S DAY

LITTLE ARTISTS SPREADING COLORS OF WELL-BEING AND JOY.



ANAND MELA

A DAY OF JOY AND TOGETHERNESS FUN, FOOD, AND GAMES CREATING MEMORIES TOGETHER!





HUMANITARIAN DAY



**"CELEBRATE
KINDNESS, COMPASSION,
AND HUMANITY
EVERY DAY!"**

RAKSHABHANDAN

**"BOND OF LOVE,
CARE, AND PROTECTION
FOREVER
CELEBRATED!"**



TREE PLANTATION

**"PLANT TREES
TODAY,
NURTURE LIFE FOR A
BETTER
TOMORROW!"**





GRAND OPENING OF SPORTS CARNIVAL OF
PRE-PRIMARY & PRIMARY SECTION

“THE STAGE IS SET, THE PLAYERS ARE READY- LET SPORTS
CARNIVAL BEGIN!”





EVENTS OF SECONDARY SECTION 2024 - 25

VOTING FOR CAPTAINSHIP

**CAMPAIGNING WITH
CONFIDENCE AND TEAMWORK!
VOTE FOR THE BEST!
CANVASSING IN FULL SWING.**



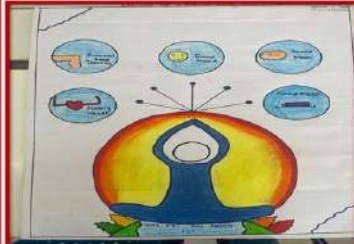
INVESTITURE CEREMONY

**A MOMENT OF
COMMITMENT AND
LEADERSHIP.**



POSTER MAKING

"ART SPEAKS WHERE WORDS ARE SILENT!"





SINGING COMPETITION

**HARMONY IN ACTION!
OUR TALENTED SINGERS
ROCKING THE STAGE...**



"महावाचन उत्सव- २०२४"



**"ज्ञान की आभा,
शब्दों का सागर!"**

DANCE COMPETITION

**"FEEL THE BEAT, BEAT THE
COMPETITION."**





गणपती उत्सव - ॥ गणपती बाप्पा मोरया ॥



RANGOLI COMPETITION



SLOGAN COMPETITION





मराठी दिवस



ANTI DRUG DAY





TIME MANAGEMENT AND ANXIETY



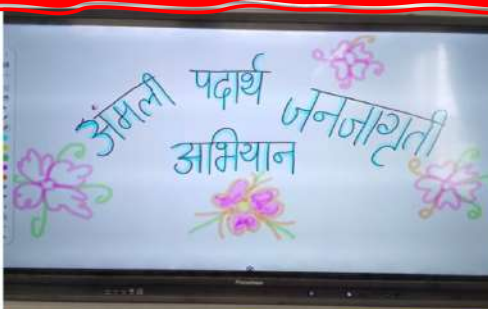
TIME MANAGEMENT
IS VITAL FOR YOUR
MENTAL HEALTH



TIME MANAGEMENT AND ANXIETY



अमली पदार्थ जनजागृती अभियान





JUNIOR COLLEGE



SCIENCE CLUB

**“SCIENCE EXHIBITION:
WHERE YOUNG MINDS
DISPLAY THE
POWER OF SCIENCE
AND
INNOVATION!”**



मराठी भाषा दिवस





X'TRAVAGANZA

CREATIVE QUARTERS



COVER PAGE COMPETITION

"CREATIVE QUARTERS: WHERE TALENT MEETS EXPRESSION IN EVERY STROKE!"





HISTORICAL FIGURES DRESS UP COMPETITION



OUTSTANDING STUDENTS OF THE YEAR 2024 - 25



PREETICA S. ANAND
IV A



SHWETA A. NAIKER
X A



SANIKA NAGINE
XI F

BUDDING SCIENTIST AWARD 2024 - 25

This award is instituted by SIO management in memory of
BHARAT RATNA A.P.J. ABDUL KALAM, FORMER PRESIDENT OF INDIA



ARUSHI JITENDRA YADAV
IX D





INTER-SCHOOL COMPETITION WINNERS

PRIMARY SECTION

1. **Anay Aynipully** STD: II A
Secured Second Prize in Story telling competition
Conducted by St.Mary's Convent School, Mulund (W)



2. **Chavya Kumawat** STD: II A
Secured Second prize in Solo Singing competition
Conducted by Seven Isles School Mulund (E)



THE FOLLOWING STUDENTS SECURED SECONDARY SCHOLARSHIP IN THE ACADEMIC YEAR 2024-25

STUDENTS SECURED PRE – UPPER PRIMARY SCHOLARSHIP IN THE ACADEMIC YEAR 2023-24

- 1) Nidhi Prajay Jadhav STD V C

STUDENTS SECURED PRE – SECONDARY SCHOLARSHIP IN THE ACADEMIC YEAR 2023 – 24

1. Arup Ranjit Nair STD VIII B 3. Arup Ganapathy STD VIII B
2. Kartik Chandrabhan Bhagat STD VIII A 4. Kshama Sanjeev Adhyapak STD VIII C

STUDENTS SECURED SCHOLARSHIP IN NATIONAL MEANS_CUM_MERIT SCHOLARSHIP.

1. Arup Ganapathy STD VIII B 3. Dipesh Murthy Pillai STD VIII B
2. Arup Ranjit Nair STD VIII B 4. Anishka Ganesh Kandhuri STD VIII A



NIDHI JADHAV



ARUP GANAPATHY



ARYAN NAIR



KARTIK BHAGAT



KSHAMA ADHYAPAK



DIPESH PILLAI



ANISHKA KANDHURI





THE SCHOOL SENATE

HEAD BOY



PARTH SUNIL RATHOD

X C

HEAD GIRL



AAYUSHI SURAJ YADAV

X A

RED JAGAURS

Captain : Anushka Menon

IX D

Vice-Captain : Aryan Mane

VIII D

BLUE PANTHERS

Captain : Riya Suryavanshi

IX B

Vice-Captain : Daksh Pandidhar

VIII C

GREEN TIGERS

Captain : Ayush Sawant

IX C

Vice-Captain : Pratham Joshi

VIII C

YELLOW LEOPARDS

Captain : Kutul Dhakoliya

IX D

Vice-Captain : Aarya Jagtap

VIII D

SCIENCE CLUB

Secretary : Drishti Panchal

IX C

Joint-Secretary : Shivkumar Esakiraj

VIII A

SPORTS

Captain (Boy) : Premnarayan Gupta

VIII C

Captain (Girl) : Yatri Patel

IX A

RSP HEAD

Boy : Adarsh Varma

IX A

Girl : Sarvi Jain

IX B

The President & Vice-President of various houses were:

HOUSE	PRESIDENT	VICE-PRESIDENT
RED JAGAU'S	Mrs. Ranjana Jadhav	Mr. Vishal Iyer
BLUE PANTHER'S	Mrs. Pushpa Hate	Mrs. Anisa Shaikh
GREEN TIGER'S	Mrs. Augusta Selvaraj	Mrs. Rohini Shimpi
YELLOW LEOPARD'S	Mrs. Archana Garud	Mr. Sachin Jadhav

CONVENORS OF SCIENCE CLUB

Mr.Nirmesh Prajapati & Mr.Amol Suryavanshi





**PRIMARY SECTION
CO-CURRICULAR – ACTIVITIES**

WINNERS OF DRAWING COMPETITION

Std: I A – MAURYA KASHVI PRAMOD I B – PILLAI SREEJITH JAGDISH I C – RAO GRITI ADARSH	Std: III A – KONAR SOUMIDH PETCHIDAS III B – SINGH ARYA PRAMOD III C – GOVALE BHOOMI VIJAY
Std: II A – R.S.M DANYEKALA II B – KUMAWAT CHAVYA MUKESH II C – CHAVAN AVENIR YOGESH	Std: IV A – PREETICA SANTOSH ANAND IV B – NAIR ANITH SREEJITH IV C – PRAJAPATI DIVYA RAJESH

WINNERS OF RECITATION COMPETITION

Std: I

First Prize - DONGRE BHUVI NITESH - I C
Second Prize - JENA HARSH RANJIT - I C
Third Prize - PILLAI SREEJITH JAGDISH - I B
Consolation Prize - TOKARE AAROHI SURESH - I B

Std: II

First Prize - KUMAWAT CHAVYA MUKESH - II B
Second Prize - PATIL SANSKRUTI NITIN - II A
Third Prize - DHURI PARINITI SWAPNIL - II B
Consolation Prize - THUKRUI DURVA SACHIN - II A

WINNERS OF STORY TELLING COMPETITION

Std: I

First Prize - BHARATHI YADNESH ANAND - I A
Second Prize - KHATRI AMOHA VINOD - I B
Third Prize - PILLAI SREEJITH JAGDISH - I B
Consolation Prize - THEVAR ARUNSUDHAN MANIKANDAN - I C

Std: II

First Prize - AYNIPULLY ANEY ABHISHEK - II B
Second Prize - GOSWAMI MANNGIRI JOGESH - II B
Third Prize - R.S.M. DANYEKALA - II A

WINNERS OF MARATHI READING COMPOSITION

First Prize - SHARMA MAITHILI OMPRAKASH - III B
Second Prize - JABARE MANAS MAHASEV - III C
Third Prize - SHIVSHARAN TAKSHVI KAMLESH - III B
Consolation Prize - AGASKAR AKSHAY NINAD - III C

First Prize - PADWAL PREKSHA PRAMOD - IV C
Second Prize - MISAL DEVIKA NILESH - IV B
Third Prize - GAWADE SARTHAK SUNIL - IV C
Third Prize - GAMBHIRE DEVANSH MILIND - IV B



**WINNERS OF ENGLISH READING COMPETITION****Std: I**

- First Prize - ARYAN RINU - I B
Second Prize - BHARATHI YADNESH ANAND - I A
Third Prize - NADAR MESHACH PAUL DHARMA - I C
Third Prize - THEVAR ARUNSUDHAN MANIKANDAN - I C

Std: II

- First Prize - AYNIPULLY ANAY ABHISHEK - II B
Second Prize - KUMAWAT CHAVYA MUKESH - II B
Third Prize - SHUKLA SHIVANSH MAHESH - II A
Third Prize - YADAVAR SUDARSHAN KOMBAJAH - II C

Std: III

- First Prize - ADVAITH R.K. - III C
Second Prize - SHARMA MAITHILI OMPRAKASH - III B
Third Prize - KHARAT RIYAAN RAJENDRA - III B
Consolation Prize - KANDUKURI VANSH GANESH - III A

Std: IV

- First Prize - PREETHICA SANTOSH ANAND - IV A
Second Prize - JADHAV AARADHYA SANTOSH - IV B
Third Prize - NAIR ANITH SREEJITH - IV B
Consolation Prize - DHAKOLIYA CHAVI KANHAYYA - IV C

WINNERS OF FANCY DRESS COMPETITION**Std: I**

- First Prize - KHATRI AMOHA VINOD - I B
Second Prize - PILLAI SREEJITH JAGDISH - I B
Second Prize - GOUNDER KOUSHIK SUNDARAM - I A
Third Prize - ARYAN RINU - I B
Third Prize - PANCHAL RIDHANSH KIRAN - I A
Consolation Prize - GUPTA ARYA DHARMENDRA - I C

Std: II

- First Prize - VIAAN HARSHAD PARAD - II C
Second Prize - ANAY ABHISHEK AYNIPULLY - II B
Third Prize - YAASHVI HARSHAD PRAJAPATI - II C
Third Prize - AADHYA SUNIL - II B
Consolation Prize - NIDHI VIKRAM PRAJAPATI - II A
Consolation Prize - ROHIT ASHWANTHKUMAR VANNIYAR - II C

Std: III

- First Prize - SHARMA MAITHILI OMPRAKASH - III B
First Prize - MAURYA AAYUSHI SUNIL - III A
Second Prize - JADHAV SHANAY JITENDRA - III C
Third Prize - MANANI SMIT VIJAY - III C
Third Prize - BAVISHA NEELAVEL MURUGAN - III C
Consolation Prize - SHIVSHARAN TAKSHVI KAMLESH - III B



**Std: IV**

First Prize - PANIKAR RIYA ALAGESH - IV A
First Prize - NAIR ANITH SREEJITH - IV B
Second Prize - MISAL DEVIKA NILESH - IV B
Third Prize - PRAJAPATI PRISHA DASHRATH - IV C
Consolation Prize - GAMBHIRE DEVANSH MILIND - IV B

ENGLISH ELOCUTION COMPETITION

First Prize - BHAVISHA NEELAVELMURUGAN - III C
Second Prize - NADAR RISHANK KRISHNAMURTHY - III C
Third Prize - ADVATH R. K - III C
Third Prize - NADAR LOKESH MARIMUTHU - IIIA

First Prize - PANIKER RIYA ALAGESH - IV A
Second Prize - PREETICA SANTHOSH ANAND - IV A
Third Prize - NAIR ANITH SREEJITH - IV B
Third Prize - APKAR HITANSHI UDAY - IV B
Consolation Prize - PRAJAPATI PRISHA DASHRATH - IV C

MARATHI ELOCUTION COMPETITION

First Prize - JADHAV SHANAY JITENDRA - III C
First Prize - KOLAMBKAR OM MANISH - III A
Second Prize - GHARVE BHAVISHA PRAKASH - III C
Third Prize - PATIL SWARA RAJESH - IIIA

First Prize - PATIL DEEPIKA ANIL - IV C
Second Prize - GAIKWD OVI VIJAY - IV B
Third Prize - MAURYA TRISHA HEMANTHKUMAR - IV A

SINGING COMPETITION

First Prize - JADHAV SHANAY JITENDRA - III C
Second Prize - AGASKAR AKSHAY NINAD - III C
Third Prize - POOJARI PARINIDHI RATNAKAR - III B

First Prize - NAIR ANITH SREEJITH - IV B
Second Prize - PREETICA SANTOSH ANAND - IV A
Third Prize - GAIKWAD OVI VIJAY - IV B





SECONDARY SECTION CO-CURRICULAR – ACTIVITIES RESULTS OF INDIVIDUAL COMPETITION – JUNIOR GROUP

HANDWRITING

PRIZE	NAME OF THE STUDENT	STD/DIV	HOUSE
ENGLISH			
I	SOURAV KRISHNA S.	V B	GREEN
II	NANDINI V. MHASADE	VII D	RED
III	VAISHNAVI V. PAWAR	VI D	BLUE
HINDI			
I	AASTHA JADHAV	VII C	YELLOW
II	SIDDHI SHINDE	VII C	RED
III	RAHUL REWALE	VI C	GREEN
MARATHI			
I	SWARA S. MHAMUNKAR	VII C	RED
II	NANDINI V. MHASADE	VII D	RED
III	SWARA KADAM	VI C	BLUE
TAMIL			
I	BABY THIBERAL	V A	BLUE
II	S. ROSHAN NADAR	VII A	YELLOW
III	JAGDISH RAJA KAUNDAR	VI A	RED
MALAYALAM			
I	JAISHNA SHREEDHARA	VII B	BLUE
II	ADITHYA PILLAI	VII B	RED
III	SOURAV KRISHNA S.	V B	GREEN

STORY - TELLING

PRIZE	NAME OF THE STUDENT	STD/DIV	HOUSE
ENGLISH			
I	KHUSHI SHENOY	V C	GREEN
II	SHIKSHA SINGH	VI D	YELLOW
III	ADITI KHATRI	VI B	RED
HINDI			
I	SACHI YADAV	VI D	GREEN
II	LAKSHMI KUMBHAR	V D	BLUE
III	HIMANSHU SHARMA	V C	RED
MARATHI			
I	PRANJAL NIKUMBH	V A	YELLOW
II	RUDRA KOLAMBE	VI C	BLUE
III	VEDANT KADAM	VI C	BLUE
TAMIL			
I	SAINAVEEN PETCHIDAS KONAR	VII A	YELLOW
II	PERIYAN KARTIK ANBAZHAGAN	VI A	GREEN
III	HARSHADA SARAVANAN MUDALIYAR	V A	GREEN





PRIZE	NAME OF THE STUDENT	STD/DIV	HOUSE
<u>MALAYALAM</u>			
I	SOURAV KRISHNA	V B	YELLOW
II	ANIKA AYNIPULLY	V B	GREEN
III	ADITYA PILLAI	VII B	YELLOW
<u>FANCY DRESS</u>			
I	ANIKA ABHISHEK AYUIPULLY	V B	GREEN
II	SHIKSHA DILIP SINGH	VI D	YELLOW
III	KHUSHI GANESH SHENOY	V C	GREEN
<u>SOLO SINGING</u>			
I	AASTHA YADAV	V C	RED
II	JASLEEN KAUR	VII B	RED
III	KHUSHI GANESH SHENOY	V C	GREEN
<u>SOLO DANCE</u>			
I	ADITI VINOD KHATRI	VI B	RED
II	SAANVI SATISH PANDEY	VII C	YELLOW
III	KHUSHI GANESH SHENOY	V C	GREEN
<u>THIRUKURAL CHANTING</u>			
I	JESSY JEYAKARAN JOHNRAJA	V A	YELLOW
II	VAISHNAVI RAMAKRISHANAN	VI B	GREEN
III	SAINAVEEN PETCHIDAS KONAR	VII A	YELLOW

SENIOR GROUP - INDIVIDUAL COMPETITONS

ELOCUTION

PRIZE	NAME OF THE STUDENT	STD/DIV	HOUSE
<u>ENGLISH</u>			
I	VEDANT JOSHI	VIII C	BLUE
II	ANUSHKA MENON	IX D	RED
III	SHWETA NAIKAR	X A	BLUE
	BHUPATHI THEVAR	VIII C	YELLOW
<u>HINDI</u>			
I	RUKHSAR ANSARI	IX B	YELLOW
II	VEDANT JOSHI	VIII C	BLUE
III	AAYUSHI YADAV	X A	GREEN
<u>MARATHI</u>			
I	VEDANT JOSHI	VIII C	BLUE
II	ANANYA PISAL	X B	YELLOW
III	RIYA SURYAWANSHI	IX B	BLUE
<u>TAMIL</u>			
I	BHARATKANNAN SUNDERRAJ	VIII A	RED
II	KIRTHIKA T. AI KONAR	VIII B	GREEN
III	AIWARYA MARIAPPAN KONAR	IX B	RED
<u>MALAYALAM</u>			
I	AARAV NAIR	VIII B	RED
II	ANILA PILLAI	IX B	YELLOW
III	AKSHARA ANEESH	IX B	RED





PRIZE	NAME OF THE STUDENT	STD/DIV	HOUSE
<u>MONO ACTING</u>			
I	SHRAVANI THUKRAL	IX B	RED
II	RIYA SURYAWANSHI	IX B	BLUE
III	RUKHSAR ANSARI	IX B	YELLOW
<u>SOLO SINGING</u>			
I	SANSKRUTI KULKARNI	IX C	YELLOW
II	ARYA MORE	IX B	GREEN
III	MIHIKA RAHUL	IX C	BLUE
<u>SOLO DANCE</u>			
I	MIHIKA RAHUL	IX C	BLUE
II	ARPITA PANCHAL	X A	GREEN
III	AANEEQA SHAIKH	VIII C	BLUE
<u>THIRUKURAL CHANTING</u>			
I	BHARAT KANNAN SUNDERRAJ	VIII A	RED
II	KRISHNAVENI ESSAKKY KONAR	IX A	YELLOW
III	REKSHAN SUNDARAPERUMAL NADAR	IX A	RED

ESSAY- WRITING

PRIZE	NAME OF THE STUDENT	STD/DIV	HOUSE
<u>ENGLISH</u>			
I	AAYUSHI YADAV	X A	GREEN
II	ANVIKSHIKI PILLAI	IX C	RED
III	JANVI JADHAV	IX A	BLUE
	MIHIKA RAHUL	IX C	BLUE
<u>MALAYALAM</u>			
I	ARJUN RATHEESH BABU	X B	GREEN
II	ROHITH RADHAKRISHNAN	X B	BLUE
III	AKSHARA ANEESH	IX B	RED

JUNIOR GROUP COMPETITONS

GROUP SINGING

I PRIZE : GREEN HOUSE	NAME OF THE STUDENT	STD/DIV
	KHUSHI SHENOY	V C
	MAYUR PANCHAL	VI A
	KRISHA CHANDE	VI B
	YASH YADAV	VI B
	MANAVI CHOUGALE	VI D
	VAISHNAVI TIWARI	VII A
	YASHIKA MALVE	VII B
	SHREYA SHARMA	VII D





II PRIZE : BLUE HOUSE	NAME OF THE STUDENT	STD/DIV
	AADISHREE LAKHAN	VI B
	VAISHNAVI PAWAR	VI D
	KIMAYA RANE	VII A
	AARYA DHAYALKAR	VII B
	SWARA PATIL	VII B
	RAGINI SHARMA	VII C
	KSHITIJ AATHVALE	VII C
	SNEHA GADHAVI	VII C
III PRIZE : RED HOUSE	SHARAN SHETTY	V A
	ANKIT YADAV	V C
	ADITI KHATRI	VI B
	ANAY SATHIKUMAR	VI B
	AADITYA PILLAI	VII B
	JASLEEN KAUR	VII B
	NANDINI MHASADE	VII D
	YESHIKA BHANUSHALI	VII D

GROUP DANCE

I PRIZE : RED HOUSE	NAME OF THE STUDENT	STD/DIV
	ADITI KHATRI	VI B
	YESHIKA BHANUSHALI	VII D
	JIYA MOHITE	VII D
	NANDINI MAHASDE	VIID
	BHARAT GAUDA	VII A
II PRIZE : GREEN HOUSE	JASLEEN KAUR SOHAL	VII A
	YASHIKA MALVE	VII B
	SWARA KHAIRE	VII B
	SHREYA SHARMA	VII D
	SANSKRUTI YADAV	VII D
	KRIKA GAWDE	VII C
	MANJIRI PATIL	VII D
	KRISHA CHANDE	VI B
	KAVYA RATNANI	VI B
	KHUSHI SHENOY	V C
III PRIZE : YELLOW HOUSE	YASHIKA MALVE	VII B
	ARNAV NARVEKAR	VI D
	SARTHAK THORAT	VI D
	JAY RAMPARIYA	VII A
	SANVI PANDI	VII A
	KAVYA TETGURE	VII B
	SHLOK PURKAR	VII C
	ANVI LONKAR	VII D
	PRANITI DESHMUKH	VI B
	SHREYA SHINDE	VI B
	NITI JOSHI	V C





GROUP RANGOLI MAKING

	NAME OF THE STUDENT	STD/DIV
I PRIZE : GREEN HOUSE	KHUSHI GANESH SHENOY	V C
	KAVYA ROHIT RATNANI	VI B
	VAISHNAVI NILESH TIWARI	VII A
	YASHIKA DNYANESH MALVE	VII B
	AACHAL YATISH SHINDE	VII B
	SWAR HEMCHANDRA KHAIRE	VII B
	JAINI SUNIL KHATRI	VII B
	SHREYA RAVINDRA SHARMA	VII D
II PRIZE : YELLOW HOUSE	PRANJAL PRASAD NIKUMBH	V A
	VIBHUTI SACHIN KAJLE	VI B
	SHREYA TUSHAR SHINDE	VI B
	SANVI SATISH PANDEY	VII A
	JAY HITESH RAMPARIYA	VII A
	ROSHAN S. NADAR	VII A
	KAVYA SANDIP TETGURE	VII B
	AASTHA HARIDWAR YADAV	V C
III PRIZE : RED HOUSE	VEERA VIJAY GAWALI	V C
	NITYASHREE NEELAVEL MURUGAN	VI A
	ADITI VINOD KHATRI	VI B
	ISHA JAYESH RAMPARIYA	VII A
	SWARA SACHIN MHAMUNKAR	VII C
	YASHASHRI UMESH PATIL	VII C
	NANDINI VRUSHAL MHASADE	VII D
	AASTHA JITENDRA JADHAV	VII C

SENIOR GROUP COMPETITONS

GROUP SINGING

	NAME OF THE STUDENT	STD/DIV
I PRIZE : YELLOW HOUSE	AARYA JAGTAP	VIII D
	SIDDH MORE	VIII D
	SANNSKRUTI KULKARNI	IX C
	KUTUL DHAKOLIYA	IX D
	SHREYA JOSHI	IX D
	DHRUMI PANCHAL	IX D
	KEETAKI RANE	X A
	YAMUNA MUDDIYAR	X B
II PRIZE : GREEN HOUSE	ISHA GOPIKUMAR	IX A
	KSHAMA ADYAPAK	IX C
	SAMIKSHA CHAVAN	IX C
	AAYUSHI YADAV	X A
	KARTIK NAIYAKAR	X A
	NAKSHATRA NAIR	X B
	ARYA MORE	X B
	AKANKSHA PANDEY	X D
III PRIZE : BLUE HOUSE	JILL MANDALIYA	VIII B
	SANJANA SHARMA	VIII D
	RIYA SURYAWANSHI	IX B
	LAVANYA HARIJAN	IX B
	MIHIKA RAHUL	IX C
	BHOOMI WAGHMARE	X A
	SHREYA GUPTA	X B
	SHWETA NAIKAR	X B





GROUP RANGOLI MAKING

	NAME OF THE STUDENT	STD/DIV
I PRIZE : GREEN HOUSE	ISHA GOPIKUMAR	IX A
	KSHAMA SANJEEV ADHYAPAK	IX C
	DHRUVI KANAIYA PANCHAL	IX D
	AAYUSHI SURAJ YADAV	X A
	DHRITI MANOJ RATHOD	X A
	ARYA SANDEEP MORE	X B
	NAKSHATRA JAYAKRISHNAN NAIR	X B
	PRIYA SHANKAR PANCHAL	X D
II PRIZE : BLUE HOUSE	ISHIKA BABLU CHAUDHARI	VIII A
	VAISHNAVI THETE	IX A
	RIYA SURYAVANSHI	IX B
	MIHIKA RAHUL	IX C
	PREM SHYAM KHAMBE	X B
	BHAVYA SURESH KALLINGAL	X B
	SHREYA RAJARAM GUPTA	X B
	SIDDHARTH SHIVSHANKAR RANA	X B
III PRIZE : RED HOUSE	YATRI UMESH PATEL	IX A
	DRISHTI MUKESH PANCHAL	IX B
	ANVISHKI RADHAKRISHNAN	IX C
	SANVI JAGANNATH SHETTY	IX D
	SHREELAKSHMI T. SIJU	X B
	CHAIRMAHARINI K.	X B
	PARTH SUNIL RATHOD	X C
	NETRA ANAND SINGH	X D

GROUP DANCE

	NAME OF THE STUDENT	STD/DIV
I PRIZE : RED HOUSE	AKSHA PANCHAL	IX A
	YATRI PATEL	IX A
	ANUSHKA MENON	IX D
	SHRAVANI THUKRUL	IX D
	AKSHARA ANEESH	IX B
	RIDDHI DAWAL	IX D
II PRIZE : GREEN HOUSE	KSHAMA ADHYAPAK	IX C
	SHRAVANI PARLE	IX C
	EESHA GOPIKUMAR	IX A
	SWANKITA DABADE	X C
	AAYUSHI YADAV	X A
	SOHA SHAIKH	X D
	PRIYA PANCHAL	X D
	SHREYA NAIKAR	X D
	ARPITA PANCHAL	X A
III PRIZE : YELLOW HOUSE	DHRITI RATHOD	X A
	KUTUL DHAKOLIYA	IX D
	DHRUMI PANCHAL	IX D
	TANISHKA THORAT	X B
	YAMUNA MUDALIYAR	X B
	SANSKRUTI KULKARNI	IX C
	SHREYA JOSHI	IX D
	AARYA JAGTAP	VIII D
	PRINCY YADAV	IX D



**REPORT ON EXTERNAL COMPETITIONS FOR THE ACADEMIC YEAR 2024-25
SECONDARY SECTION****NGSC (National Group Song Competition) – 1st prize**

Aanvikshiki Radhakrishnan Pillai : IX-C

Kimaya Amol Rane : VII-A

Kshama Sanjeev Adhyapak : IX-C
VIII-D

Siddh Sandeep Adhyapak :

Sankruti Bhushan Kulkarni : IX-C

Mihika Rahul : IX-C

Aditya Rajaneendran Pillai : VII-B

Inter-School Kobudo Championship 2024 – 1st prize

Kashish R Asteya : X-B

National WFSKO Open Karate Championship 2024 – 1st prize

i) Mukesh K Harijan : VIII-A

ii) Uday Dorai Konar : VII-A

SOF - International Mathematics Olympiad - Gold medal at the school level

Harsha Raju Dekonda : VII-C

Brilliant Brains Abacus academy -1st prize

Yashika Dnyanesh Malve : VII-B

Suburban Mumbai district Taekwondo Championship 2024 - Gold medal

Thakur Darpan Narendra : VIII-D

**Brihanmumbai Jilha Gymnastics Sanghatana's Gymnastics meet 2024 -
secured A+**

Asmi Karande : VII-A

**District sports organization (DSO) Kick-boxing Championship district level
competition - 2nd Prize**

Shweta Naikar : X-A

Kala Children academy - State level Art project Competition - Silver medal

Bhumi Mahindra Dundle : IX-C

Walnut mental Maths Championship 2024 - Bronze medal in Abacus level 5

Aryan Pramod Deshmukh : VIII-D

Suburban Mumbai District Taekwondo Championship 2024 - Bronze medal

Koli Adarsh Arun : VIII-C

National Open Karate Championship - 2nd prize

Kashish R Asteya : X-B

Inter-school Badminton Tournament 2024 - 2nd prize

Aryan Nair : IX-B

All India Open Mathematics Scholarship Examinations**All India merit rank – 83 (Cash award winner)**

Jeet Thakkar : X-B

Bharat Ko Jano (BKJ) Quiz (Junior level, group competition) - 2nd prize

Shivakumar : VIII-A

Vedant Joshi : VIII-C

**Lions Club of Thane (Elocution competitions in English, Hindi, and Marathi
languages) - 2nd prize in English elocution**

Vedant Joshi : VIII-C





REPORTS

PRE-PRIMARY SECTION

CREATIVE EXPLORATIONS:- A SNAPSHOT OF PRE PRIMARY FUN AND LEARNING. "TRUE EDUCATION EMPOWERS INDIVIDUAL TO LEAD FULFILLING LIVES, BALANCING KNOWLEDGE WITH EMOTIONAL AND MENTAL Well-being".

A review of the activities of Pre primary section helps capture significant events and initiatives reflecting the learning outcome and inspiring readers with the progress made.

→ **SUMMER VACATION TRANSITION:-**

Pre Primary Children returned to beautifully decorated classrooms filled with educational themes. The ambience inspired curiosity making the start of the year exciting and welcoming.

→ **ORIENTATION PROGRAM:-**

An informative orientation program for Nursery and Junior KG parents outlined the academic goals, teaching strategies and ways to support children's overall development.

→ **REOPENING OF ACTIVE MINDZ NURSERY:-**

Our Active Minds Nursery reopened with a specially designed playroom featuring innovative toys and learning aids promoting creativity and nurturing hands-on exploration.

"Every child deserves a grand beginning to a new chapter in their learning journey".

→ **PRAVESH UTSAV:-**

Primary students dressed in fairy-tale characters welcomed our tiny tots on their first day of school. Selfie point created with fairy tale characters of cheerful decoration became a popular spot for parents and students who took selfies of their wards on the first day in school. Pathway adorned with colourful balloons added to the festive mood.

→ **YOGA DAY:-**

Yoga day focused on enhancing flexibility and mindfulness. Teachers demonstrated simple yoga poses and students actively participated, understanding the importance of health and calmness

"Nurturing skills at a young age builds confident learners".

→ Introduction of Sparky the robo brought joy to learning => Songs, Directions, Shapes, Puzzles made robotics learning exciting. A new play area on the turf encouraged the students to develop their motor skills and team based play guided by expert coaches.

"Festivals Unite hearts and spread joy while teaching cultural values".

→ **Festive Vibes:-**

Pre Primary section celebrated Ashadhi Ekadashi, Independence day, Onam, Navratri and Diwali with enthusiasm. Activities like storytelling, taking a procession with Palkhi of Vithobha, breaking pot for Gokulashtami, colorful display with tricolor dupatta, Fashion show with National symbols, Navratri dandiya dance and craft work of diya made the children aware of the cultural and tradition and emphasized its significance. The festive vibes brought joy, unity and creativity filling the atmosphere with excitement of cheer.

→ **INHOUSE COMPETITION:-**

Every competition is a stepping stone to discovering talents and boosting self-esteem.

Children enthusiastically took part in fancy dress recitation, object talk and picture talk competitions, enhancing their creativity, language and presentation skills. "COLOURS INSPIRE IMAGINATION AND ADD BRIGHTNESS TO LIFE".

→ Colour days were celebrated enthusiastically- red, green, violet, orange and yellow themes brightened the classrooms. On Children's Day Sr. Kg & Nursery Wore orange and Junior kg wore Yellow dress. Colour day Celebration was always lively and boosted student's confidence as they explored, spoke and played with colourful objects. → "A healthy mind thrives in an active body".

→ The vibrant Sports Week (Victory Vibes) began with a grand opening ceremony. The lighting of the torch and releasing of colourful balloons set the stage for a spirited celebration.





A captivating March past and PT display enthralled the audience. Nursery students charmed everyone with their adorable participation followed by a delightful Mother Child game. Over the next two days Junior and Senior kg sports brought joy and excitement. The event culminated in a heartfelt closing ceremony honouring winners with medals and certificates.

→ Pre-primary section thrived with joyful activities, enriching learning and opportunities for exploration. This year exemplified the essence of holistic education, leaving lasting impressions on young minds.

PRIMARY SECTION

“Education lights the path to limitless possibilities. “

Education is fun when learning goes hand in hand with little activity, that gives children an arena to show their inherent talent.

After the summer vacation, the school re opened with a warm and heartfelt welcome, extended by the teachers and staff members to all the students.

‘Celebrate each moment, for making it a cherished memory. ‘

Yoga Day was celebrated in a unique and engaging way. One of our distinguished alumni, Mrs. Mathangi , a certified yoga instructor conducted a training session for all the students. Her expertise made the session thoroughly enjoyable and accessible for the beginners.

Shikshan Saptah : Inspired by the guidance of NEP 2020, Shikshan Saptah was celebrated with great enthusiasm, by our talented teachers, showcasing innovative teaching learning materials.

Literacy and numeracy day highlighted various student-created teaching aids, emphasizing creativity and learning.

Mahavachan Utsav was celebrated by organizing an exhibition of books, read by the students ; which was encouraging reading and thoughtful analysis. Students shared book reviews in English, Hindi and Marathi ,discussing content and the author insights.

Sports Day was celebrated with enthusiasm, featuring traditional Indian games in which students actively participated and competed.

Under the Eco-Club’s **“Mission Life “ initiative**, students participated in a tree plantation drive, dedicating each sapling as a gift for their mothers, symbolizing love and commitment to a greener future.

Maji Shala; Sundar Shala!

On community involvement day parents generously donated electronic/ technological aids and a parent, who is a trained classical dancer offered free classical dance training to the students. Many parents donated story books.

Innovative learning unveiled.

*Robotics has been introduced this academic year to nurture curiosity, creativity and technical skills in students from the early age itself. Through hands on learning, students will develop critical thinking and problem solving abilities, which will help to build a foundation for future technological advancements.

*Sports is elevated with expert coaching ,a new turf and exciting tournaments.

Blissful Saturday

“Embrace the joy, savor the moments and let your day fill with smiles.

As a part of joyful learning, many art,craft, work Experience, EVS activities are conducted on every Saturday, which helps to develop the psychomotor skills in students.

‘Festivals unite, Celebrate diversity ‘

A vibrant array of festivals was celebrated with unmatched zeal and enthusiasm, embracing the spirit of each occasion through colourful events, performances and joyful participation.

A drawing Competition on ‘ well being ‘ was held on the school turf, in connection with children’s day celebration.





SECONDARY SECTION

CONVENERS REPORT 2024 – 2025

The true Success of education lies in shaping well-rounded individuals

-A.P.J. Abdul Kalam .

Various competition are held in Vani Vidyalaya to encourage students participation and show-case their talents in different areas, fostering the spirit of healthy competition and learning.

Yoga day was celebrated on 21st June 2024 to promote physical and mental well being through the practice of yoga .

Anti drug day was celebrated on 26th June 2024. Anti drug day was marked by Impactful awareness session and student led activities promoting a drug free life style. The student performed a skit during Anti-Drug Day, effectively conveying the importance of staying drug-free through creative expression.

Full fledged grand inauguration of IT lab was held on 27th June 2024 in significant step towards enhancing digital IT lab and providing students with advanced technology resources.

The election of the senate members was held on 10th July 2024 followed by investiture ceremony on 20th July 2024 . The senate members took the oath of integrity, honesty and sportsmanship.

Felicitation program was organized for SSC meritorious students on 27th July 2024 celebrating their academic achievements. Event was well-received with inspiring speeches and the distribution of awards of excellence.

A workshop on time management and anxiety was successfully conducted on 9th August 2024, focusing on practical strategies to improve productivity and reduce stress. Participants engaged in interactive sessions, learning techniques to manage their schedules effectively and cope with anxiety.

15th August, Independence Day was celebrated with great pride in Vani Vidyalaya including flag hoisting ceremony, patriotic performance and speeches honoring our Nations freedom.

The 'T' ward singing competition which was held on 25th September 2024 in Vani Vidyalaya was a proud moment, where students enthusiastically participated from various schools .The event was a great musical success, showcasing young and encouraging artistic expression in our community.

The happiness program was conducted on 10th October 2024 by Mr. Ramdas Shenoy, where he engaged all the staff.

In conclusion, all activities outlined this year were successfully conducted, thanks to the unwavering support and guidance of our Principal, Mr.T.K. Venkatachalam, A.H.M. Mrs. Swati Shinde, Supervisors Mrs. Sajitha Sudheer and Mrs. Savita Harish Their leadership and dedication were instrumental in ensuring the smooth execution of every initiative.

Conveners: Mr. Sharad Pandit.

Mrs. Smital M.Patil.





REPORT OF SCIENCE CLUB

"A clean environment fosters a curious mind, essential for scientific discovery".

Curiosity, skepticism, open-mindedness and creativity are the positive attitudes. These are the features that characterize scientific thinking.

In Science Club various activities were organised to attract students who share the same interest in music, arts or sports. These activities help students develop sense of unity and teamwork, learning how to work with others in reaching the same goals.

The Science Club election was held on **08.07.2024**. The Investiture ceremony took place on **20.07.2024**. For the academic year **2024-25**, the following students were declared elected.

1. SECRETARY : DRISHTI MUKESH PANCHAL IX C
2. JOINT SECRETARY : SHIVKUMAR ESAKIRAJ VIII A

Science club aims to organize project exhibition and competitions like poster making , slogan writing, elocution, quiz, essay writing etc.

The science club thanks the SIO Management, Principal Mr. T.K.Venkatachalam, Admins , all teaching and non-teaching staff and students for helping us to organize all the events successfully.

SCIENCE CLUB CONVENORS Mr. Nirmesh Prajapati & Mr. Amol Suryawanshi

STUDY CELL REPORT

"Failures do not define who one is, but what the next step one takes after encountering a setback is what paves the way to success."

The academic success of a student in the journey of learning has many ups and downs and is influenced by various factors. Each student is a different individual with different perspectives and experiences and come with varied understanding capacity and different levels of struggles to cope with academic stress and challenges they face.

Keeping these factors in mind, we have the Study Cell where personalised tutoring was given to the underachievers as well as academically good students.

This year study cell activities started in the month of July itself. Students of Standard X were divided into three groups, namely Excel group, academically weak and average based on their IX Standard performance. Special coaching was given on every Saturday in all subjects by the respective subject teachers so that they gain more knowledge and develop more interest in the subjects. Again, based on first unit test performance, students were regrouped, and coaching was given.

As a part of the study cell, one to one interaction with the academically weak students of all classes of Std V to X as well as the Excel students (Std X) along with their parents was conducted under the able guidance of the Principal. Also , the individual subject teachers coached the academically weak students of all classes to help them cope with their studies and improve their performance. Coaching for std X will be continued till February 2025, giving more emphasis on solving previous years' question papers.

With all these efforts, we aim to achieve 100% results in the forthcoming SSC examination.

Teacher In-charge : Mrs Sajitha Sudheer

REPORT ON EXTERNAL COMPETITIONS

Competition is the fuel that ignites innovation. It strengthens students' character and reveals their true potential.

This year, the brightest pupils of SIO Vani Vidyalaya, Mulund, brought glory to our institution with their exemplary achievements. Their success will be etched in the school's folklore and is a testament to our beliefs in young and aspiring children.

On the basis of students' overall score, Vani Vidyalaya was awarded the 2nd prize for the Best School Award.

Under the guidance and support of able teachers, students of Vani Vidyalaya have proven their mettle once again. May these accolades inspire many others to bring acclaim to our prestigious institution.

Teachers-in-charge : Mrs. Rachana Singhania and Mrs. Sindu R Nair





JUNIOR COLLEGE SECTION

CONVENER'S REPORT

Vani Vidyalaya is a premier institution of higher learning, fostering academic excellence, innovative research, and critical thinking. Our rigorous academic programs, renowned faculty, and state-of-the-art facilities empower students to achieve their full potential.

Beyond academics, our campus offers a rich tapestry of extracurricular activities, cultural events, and leadership opportunities. Students can explore their passions, develop new skills, and build lifelong connections.

The academic year 2024-2025 started on 15th June 2024.

An awareness program was arranged with respect to "SAY NO TO DRUGS & SAY YES TO LIFE" on 26 June 2024 where in junior college students presented a beautiful skit to make this drive more engaging and meaningful.

International Yoga day was celebrated on 21st June 2024 wherein the yoga expert Mrs Matangi inspired everyone towards physical & mental well-being.

The Felicitation program (23-24) for the HSC meritorious students which was held on 27th August 2024 in the Annapoorneshwari auditorium truly became a memorable one.

For the first time ever, the Orientation program held for standard 11 was filled with fun and excitement where in students were introduced to various extracurricular activities on 10 August 2024 at the basement of the school by their seniors.

15th August Independence Day was celebrated in our school with great élat. On this occasion the theme of this year 2024 "WELL BEING - SUBHUTHI" was announced by our beloved Principal.

On 13th & 14th September 2024 ELOCUTION & POSTER Making Competition was well organized based on the slogan "एक कदम स्वच्छता की ओर".

It was a prestigious matter for our school to host T- ward level group singing competition on 25th September 2024.

Each and every event was flawlessly delivered under the visionary expertise of the SIO Management, Principal Shri T.K.Venkatachalam, Vice Principal Mrs.Preeta Gireesan and Academic Co-ordinator Mrs.Susan N.S.

Incharge Teachers : Mrs. Surya Prabha & Mrs. Gajal Mishra

NSS ANNUAL REPORT **"NOT ME BUT YOU"**

The NSS Unit of Vani Vidyalaya Jr. College is committed towards value education and all-round development of the students. The NSS activities for the academic year 2024-25 begun with "International Yoga Day" celebration on 21st June, 2024

An Orientation program for new entrance was held on 28th August, 2024. The volunteers were explained about the need and importance of NSS during their student life emphasizing of the slogan "NOT ME BUT YOU". The students were briefed about the annual activities and other information regarding NSS.

Various activities like tree plantation, cleanliness drive were carried out in the college premises. NSS Foundation Day was celebrated on 24 September, 2024 Poster Making and Elocution competition were held during academic year citing the importance of global warming.

In January 2025, 25 NSS students (volunteers) will participate for 7 days in an upcoming NSS Camp which will be conducted at Ambarpada Dahiwal (Neral), Tal. Karjat, Dist. Raigad, for the purpose of environmental growth and protection.

Incharge Teachers : Mr. Prashant Patil & Miss Kajal Goswami





CULTURAL REPORT

“The concept of total Well-being recognizes that over every thought, word and behavior affects our greater health and Well-being. And we, in turn are affected not only emotionally but also physically and spiritually.”- Greg Anderson

The Institution Vani Vidyalaya always believed in a holistic approach for the development of students which is primarily related to happiness and development of student potential. Keeping the theme “Well-Being”, various activities were showcased in the cultural forum which believed in portraying the dominance of positive, emotional and social feelings through cultural activities.

The first event of Vani Vidyalaya Junior College Cultural Association was an awareness programme of **“SAY NO TO DRUGS”** which took place on 26th June, 2024. The event had skit performances of XII grade students. The event was attended by prominent personalities of police department Mr. Arun Jadhav (Police Sub-Inspector, APC officer) Mrs. Deepali Karkande (Sub- Inspector) and Mr. Popalpat (Police inspector) along with principal Shri T.K Venkatachalam, Vice Principal- Mrs. Preetha Gireesan, Academic coordinator Mrs. Susan Thomas, teachers and students. The message of this event -**“SAY NO TO DRUGS, SAY YES TO LIFE”** was applauded at its fullest.

A famous quote which says, **“I believe that every person is born with talent.”- Maya Angelou.**

This platform of “Talent Hunt” programme was organised on 23rd August, 2024 for 11th grade students. There was a tidal wave of participants who put their heart and soul in various events such as Literary events, Science club, Singing, Dancing, Music, Arts and Crafts which included Mehendi, Poster competition, Food carving, Nail art, Cover page, Photography, Tattoo making including Sports Idea factory, Guidance and Counselling by 12th grade students. This grand event witnessed an ocean of hidden talent amongst students and it became a huge success under the able guidance of our Principal, Shri T.K Venkatachalam, Vice Principal Mrs. Preetha Gireesan, Academic coordinator Mrs. Susan N.S. and Scholastic Program Coordinator Mrs. Phulva Vinod.

On 13th and 14th September, Elocution and Poster making competition was well organized on the slogan “एक कदम स्वच्छता की ओर”.

The cultural fest of Vani Vidyalaya college “Vani X’travaganza” 2024 had showcased its events with great pomp and show, leaving no stone unturned to ensure its success. On 23rd November, 2024 a melting pot of talent and creativity was witnessed in various events such as Face painting, Nail Art and Mehendi Competition. Each design and creativity was a feast for the eyes and ears showcasing the students talent. This Youth festival is highly awaited in the month of December as the fest offers a wide array of events on the following days:

Day 1: 13th December, 2024

- a. Mono Acting
- b. Rangoli Competition
- c. Vegetable/Fruit Carving Competition
- d. Trash to Art

Day 2: 14th December, 2024 (Traditional Day)

- a. Solo dance and Group Dance
- b. Fun-Fair
- c. Singing Competition
- d. Prize Distribution Ceremony.

Overall the Cultural Fest will be a resounding success as it will reflect the vibrant spirit of every Vanian.

Cultural club is grateful to all teachers and students for their cooperation and participation during all activities as it fostered every student’s social, mental, emotional and cultural connections and helped the students to navigate a wide range of emotions leading to holistic well-being for their overall development.

Incharge Teachers : Mrs. Daljeet Kaur & Mrs Nisha Harikumar





STUDY CELL REPORT – SCIENCE STREAM

The study cell of Vani Vidyalaya junior college aims to install hope and confidence in academically underperforming students. Students who face difficulty in grasping topics in a classroom are given different educational strategies like refined practice, repetition of content and clarification. Whereas in some cases individual attention is provided so that the topic is easily picked up by the students. In study cell the role of the teacher is vital and it has been noted that these ideas can act as guiding principals for creating effective learnings. Objectives of study cell program to support students who are performing properly in comparison to their peers. A teacher provides learning activities and practical experiences to students depending on their skills and requirement using the curriculum and teaching techniques used in the school. Study cells help students develop positive attitudes and values, establishes the foundation for lifelong learning and gets them ready for further education and the workforce. These classes play a crucial role in helping students overcome academic challenges and achieve success. By improving student performance boosting confidence and self esteem and preparing students for college. Study cell can make significant difference in student's academic journey and help them reach their full potential.

Incharge Teachers : Mrs.Susan N.S., Mr.Suresh Subramanian & Mrs.Jaymala Patil

STUDY CELL REPORT - COMMERCE STREAM

Vani Vidyalaya believes in lifting up every student towards their potential. This year, the Commerce Study Cell at Vani Vidyalaya has been a hub of motivation, guidance, and learning for our Commerce students. Created to offer additional support, resources, and mentorship, the Study Cell has become a valuable asset for students navigating the challenges of Accounting, Business Studies, and Economics. The Study Cell lectures commenced its work right after the reopening of college in the month of June 2024.

The Principal and Vice Principal decided to hold a Parent Teachers meeting for the weaker students in which parents were highlighted about the role of Study Cell and a complete action plan was given to the students. The Commerce Study Cell conducted lectures, test series and offered invaluable mentorship to students guiding them in their academic pursuits. This approach had encouraged the students to perform better in their academics and continue the hard work. Re-exam was arranged for the students who underperformed in the First Semester Exams from 13th November, 2024. The responses from students reflect the positive impact the Commerce Study Cell has had on their academic growth. As board exams approach, we want to extend our heartfelt wishes to all the students and we hope that the students will perform well in forthcoming H.S.C Board Examinations.

Incharge Teachers : Mrs.Priyanka Motawani ,Mr.Nagesh Bachha & Mr.Hitesh Parmar

SCIENCE CLUB REPORT

“A properly organized science club is the one that ignites curiosity, sparks imagination and fuels innovation amongst the students”. The science club caters to freedom for expression whereas the classroom atmosphere leads to conformity and repression. Active participation in science club help the students to organize their thoughts and translate these into action, thereby helping to develop a zealous enthusiasm to strive for cause of scientific temperament.

The Inaugural event of science club which comprised of Power point presentation was organized on 3rd September 2024. A total of 13 groups were screened, out of which 6 groups were selected for the competition.

Another activity of science club was Science Exhibition held on 23rd November 2024. The exhibits were incredibly well researched and nicely presented. Science club was blessed to have SIO management members along with all the admins and staff of Vani Vidyalaya.

All the above events were planned and executed successfully with great support of our Principal, Vice-Principal and Academic co-ordinator.

Incharge Teachers : Mrs.Bhavna Thombre & Mrs.Akshada Pradhan.





ARTICLES

WELL BEING

Take a breath, feel the air, Life is gentle, life is fair
Listen closely, hear your heart,
Well being is there, where you start.
Sun shines bright, moon at night; Peace, joy and shining light,
Take the steps one by one,
Well-being grows under the sun. Smile a bit, let worries go,
Let your heart be calm and fine,
In the silence, hear the song of peace, It brings joy in everything.

-Soumidh Konar – III A

I'M SPECIAL, SO ARE YOU

When I look in the mirror What do I see?
My face, my hair, just me! No one walks the way I walk,
No one talks the way I talk.
Together we can laugh and play, But you do things your own way.
I like to sing, you like to run;
That's what makes the world so fun.
I help you to sing the song, You help me to join along, I am special! So are you!
And we are friends, through and through.

FARMER

A gem in God's creations
Who feeds the world by cultivation
Works hard in the field
To get a good yield
His efforts goes in vain
When it does not rain.

Vyan – IV C

WELL BEING

Connect with those around you; family, friends and colleagues. Look to spend quality time with people every day, instead of sending messages. Talk with people, arrange a catch up with friends, join a group of people who share common interests and really listen to them when they talk to you. This will support and enrich your life every day. Look for ways to be active every day. Discover a physical activity you enjoy and that suits your level of mobility and fitness. Being active brings positive changes in your brain. Exercising makes you feel good. Notice the changes in nature in different seasons. Be curious and enjoy the life!!

FOLLOW YOUR DREAMS

Follow your dreams,
Take one step at a time and don't settle for less, Just continue to climb.
Follow your dreams,
If you stumble, don't stop and lose hope
Press on to the top,
From only on top can we see the whole view.
We can see what we have done and what we can do
We can have the vision to seek something new Press on, follow your dreams.

Yashwanth Anand – I A





SUCCESS

Born to shine, Shine like the sun
Life is a moon
Growing and shrinking
Calm like the earth
When you are stepped on by someone
Be like a star
Always twinkle with a smile

Shine, Dream, Smile
Let us light up the world with happiness
Starlight shines in the darkest night
You are the master of your world
Life goes on, let's live on
Focus on for bright future
It's the secret of success.

Bharathi Yadnesh Anand – I A

ME AND WELL BEING

Well being is, feeling happy and bright,
It's having good health and sleeping tight.
Eating good food and playing all day
Laughing with friends in a fun, happy way.
Being kind to others and being kind to me
Taking care of my mind, and just being free.
Well being is when you feel full of cheer
Living each day without worry or fear.

Harsh Ranjit Jena – I C

Well-being

Well-being is a multifaceted concept that encompasses Physical, Emotional, mental and social aspects of an individual's life. It is a vital component of overall health and quality of life. In today's fast-paced, stress-filled world, maintaining Well-being is crucial for individuals to lead happy, productive and fulfilling lives.

Physical Well-being

Physical Well-being involves maintaining a healthy body through regular exercise, balanced nutrition, and adequate sleep. Engaging in physical activities such as Sports improves cardiovascular health, boosts mood and enhances cognitive function. A healthy diet rich in fruits, vegetables and whole grains provides essential nutrients for optimal functioning.

Emotional Well-being

Emotional Well-being involves cultivating positive relationships, managing stress and developing emotional resilience. Practicing mindfulness, meditation and gratitude helps regulate emotions, reduce anxiety and foster empathy. Building strong connections with family, friends and community Supports mental health and overall Well-being.

Mental Well-being

Mental Well-being encompasses Cognitive function, self- awareness and mental resilience. Engaging in mentally stimulating activities such as reading or Puzzles enhances Cognitive function and reduces the risk of Dementia. Developing self-awareness through journaling, therapy of self-reflection enables individuals to recognize and manage thoughts, emotions and behaviors.

Social Well-being

Social Well-being involves building and maintaining positive relationships, feeling connected to others and contributing the community. Volunteering, joining clubs or organizations and participating in group activities fosters social connections, empathy and a sense of belonging.

In conclusion, Well-being is a vital aspect of modern life, influencing Physical, Emotional, Mental and Social Health. By prioritizing self-care, building positive relationships and engaging in activities that promote Well-being, individuals can lead happier, healthier and more fulfilling lives. As the Ancient Greek Philosopher Aristotle said, Happiness is the meaning and the purpose of human life, the whole aim and the end of human existence.

Shivkumar. E – VIII A





GARDEN OF LIFE

Well-being, a garden we have to tend,
Ever so often we forget to mend
A balance of our body and soul
Gives us power to shape the mold
For our life's a tapestry
That our bodies harmoniously weave.

Our bodies' loyal workers true
Obey the minds command and cue.
But thoughts we shall nurture like tender seeds
As they can bloom in wonderful deeds.
So let's tend this garden,
We often forget to mend,
For Well-being is our life's only best friend.

Aanvikshiki.R.Pillai – IX C

THE DANCE OF LIFE

In stillness, the soul finds its way,
Guided by light at the break of day
The mind seeks wisdom, ever so bright,
Chasing the truth, embracing the light
The heart beats softly, full of grace,
Sharing Kindness in every space.
The body moves with strength and might,
Dancing through life, day and night.
Health is the treasure we hold so dear,
In balance, we find our path clear.
The earth, our home, we cherish and care,
For in its beauty, all life shares.
Together we rise in harmony true,
Nurturing the world, me and you.

Jayesh Waghela – X A

HARMONY WITH OUR WORLD

Beneath wide skies, so pure and bright,
Our earth awakens bathed in light.
From mountain high to ocean deep,
A sacred promise we must keep.

The trees stand tall, their branches sway,
In gentle winds that dance and play.
Fields of green and river wide,
Nature's gifts on every side.

Each bird that sings, each flower's bloom,
Chases shadows, clears the gloom.
In every breeze and morning dew,
A world of wonder, fresh and true.

But all we see, we must defend,
To guard and cherish, till the end.
From cities vast to forest green,
To keep our world pure and serene.

Let's walk with care, respect her grace,
In every step, in every place.
For in her peace, our peace is found,
With thriving life all around.

So plant the seeds, protect the air,
Show our world the love we bear.
A future bright, and gentle hand,
Harmony woven through the land.

Kutul Dhokoliya – IX D

THE JOURNEY OF OUR LIFE

Every living being living in this world has to survive and face many obstacle in their life. There are many difficulties in our life. Sometime we think of giving up. But that's not the option. We win: We had a victor, we lost: we learn. What do you think? It is easy to live in this world....?

A common man has fear of his career, fear of his death and his safety. A studying child has fear of his studies and future. How to face this all? If you ask me. I would say by 'Well-being'. Well-being is not only absence of illness but it is also positive thinking, happiness, having good health etc.

It's all about your mind set. Well- being can change your thought and bring you up. After failing once, Start again with new confidence and well preparation, then no one can stop you. Just stop thinking negative and stop having negative emotions. Then every positive thing will cheer you up. Having love for yourself will bring you to Well-being and Well-being will give you a good beginning to your life. "Just forget the past and think positive"

Shravani .S. Thukrul – IX-B





THE PATH TO WELL-BEING

In the quite of the morning light,
We seek our peace, our hearts ignite.
The soul whispers gently, calm and clear,
A path of Well-being, drawing near.

The mind's, a garden, full of thoughts,
With seeds of knowledge, wisdom sought.
Each step we take, the body strong,
Moves us closer where we belong.

Health is nurtured, day by day,
In restful nights and work, we sway.
The heart with love, beats true and deep,
It guides our souls, it helps us keep.

In nature's arms, we find our grace,
The world around us, a sacred space.
Each breath we take, a gift, a prayer,
For Well-being found everywhere.

So walk the path, with gentle stride,
with hope, with peace and love as guide.
For Well-being blooms, in heart,
A life in balance, sweetly kind.

Aayushi.S.Yadav – X A

THE GARDEN OF WELL-BEING

In the garden of your mind,
Plant seeds of peace, and you will find,
A bloom of joy, a sprout of cheer,
A healthy heart when love is near.

Nurture thoughts, both kind and bright,
And let them grow in gentle light.
Water your soul with rest and care,
And breathe the air, without despair.

Move with grace, Let laughter flow,
A happy body starts to glow.
Balance work with play and rest,
And you will be living at your best.

Remember, Well-being is a choice,
A song of health, a peaceful voice.
So tend the garden deep inside,
And let your spirit's light abide.

Ummekulsom Ambawala X D

WELL-BEING

Good health is not just in body but mind, a balance that's positively combined.

A holistic approach to let you see, how good all over one can be

Of course its Well-being and also known as well- being

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. More generally, Well-being is just feeling well. But it's not always Well-being of health; it's also about Well-being of environment, mind etc. Environmental Well-being is valuing the relationship between ourselves and the spaces we live and work in, while mental Well-being is a state of being that allows people to cope with life's stresses, work well, and contribute to their community-

Well-being is a multifaceted concept that involves taking care of the body, mind, emotions, spirit, environment etc. Well-being offers a deeper, more enduring form of success-one that Sustains happiness and inner peace

It's truly said: - Nurture the Spirit, heal the mind,

In softness, strength is intertwined;

For in our Well-being, pure and true,

The world will transform with every hue.

Ketakee Sachin Rane – X A





WELL-BEING OF THE SOUL: IT'S ONE LIFE...

The world is competitive nowadays....

Above is the reason why we, the future of our country and the world, are told to emphasis on studies. We are so desperate to get into this competition, that we forget what our soul wants. We are familiar with certain sentences like 'Get out of your comfort zone, 'sacrifice your wants to achieve something' Have you ever wondered if this is the actual reason you are working so hard for? What would have happened if we the 'hard workers' were told to get in the world's competition. So that we will our own hearts and win ourselves?

What if we were told to emphasize the most on the Well-being of our soul as we have only one life? Just focusing on the Well-being of your soul, encompasses nurturing your spiritual and emotional health. Soul is supposed to be deeply cherished. Soul is the spiritual part of a human being, regarded as immortal. It is an emotional or intellectual energy or intensity, especially as revealed in a work of art or an artistic performance. It is the essence or embodiment of a specified quality.

Well-being of the soul can be considered as the need of the hour as the harmony of soul is the essence of true Well-being; Nourishing, your whining soul is the essence of true Well-being. Uplifting your soul with purpose and passion, fostering balance, happiness and resilience is the essence of true Well-being.

mediate, pray, journal something, connect with nature, focus on blessings, show compassion. forgive love whole heartedly, be aware of yourself, grow your inner spirituality, have mindfulness, examine the 'you', value yourself, accept yourself, care for yourself, cope with stress, adversity and trauma, have positive relations and have the results of prioritizing the Well-being of your soul.

Being a student, let yourself know, why are you in this competition?

Being an adult; let yourself know, why are you stressing when once it was also one of your dreams?

Being an aged man, let yourself know, why nourishing your Well-being of soul was so important? Just know the purpose and keep up the Well-being of your soul....

Bhoomi D Waghamare – X A

WELL-BEING – A LIFE OF BALANCE AND HARMONY

Well-being is living life to its fullest potential being grateful, waking up each morning with purpose, feeling for the simple things, and finding joy in everyday moments.

A life of Well-being is built on balance. Our bodies need nourishment. Nourish to stay healthy. Self-care for is essential to Well-being. Taking care of ourselves, engaging in activities that time bring happiness, and practicing mindfulness help us to stay grounded. Positive relationship also play vital role. Surrounding ourselves with supportive people, practicing empathy, and communicating effectively foster sense of belonging.

Well-being is not perfection its progress. It's embracing imperfections and learning from mistakes, growing every day.

By Prioritizing Well-being we:

- Cultivate resilience
- Radiate positivity
- Inspire others

Well-being a journey, not a destination.

Aayush Manoj Sawant – X C





WELL - BEING

Well- Being is a Quiet, gentle breeze,
A moment's peace, a heart at ease.

In every breath, in joy we find.
A calmness, that connect the mind.

Well, being blooms in quiet grace.
In movements still, in gentle space,
It whispers soft, a calming light,
A balance found in day and night.

To care for heart, to ease the mind,
In simple joys, true peace we find,
With love and patience, we renew,
A steady path in all we do.

Akshara Remant Maurya – XI B

STEPS TO WELL-BEING

Well- Being means feeling good,
Taking care like we all should.
Rest and laugh, breathe in deep,
Find some peace before we sleep.

Move your body, clear your mind,
Kindness for yourself, be kind.
Little steps to feel just right
Healthy, happy, calm and light.

Eat good food and drink what's pure,
Helps you feel strong and secure.
Talk to friends, share some chee,
Feel their love when they are near.

Take a walk beneath the sky,
Let your worries slowly fly.
Carring heart and peaceful way,
Builds Well-being every day.

Janhavi Ajit Pawar – XI F

WELL-BEING

In today's life, everything's happening so rapidly and the time is running so fast that we don't realise about our Well-being. In simple words about our happiness mental health, self love, personality development, etc. Well-being is not just about absence of diseases and illness. It is a combination and mostly focused on the person's physical, mental, emotional and social health factors. Well-being is also mainly focused on our happiness, as in prioritizing your own self. It is about how you feel for yourself and for your life.

Sometimes people ignore their mental health, avoid going to therapists and continue to bottle up their emotions this leads them to be disturbed all the time because of the society. Society associates the word 'mental health' with negativity and can't make going for therapy normal even when it is normal. Infact it is very necessary when needed. And it is not only about mental health but when we mentally start to feel good, automatically our physical, emotional and social health is going to get better And it always starts from loving yourself. Once we Start loving ourselves, everything gets better.

Once we have a positive mindset. we are on the right track. Also by the negative mindset we will never get the positivity also known as happiness. It changes our perspective towards life and gives us the positive change. Well-being is not only about settling in what you have, it is about accepting things, learning from the mistakes, and growing in a positive manner and it all starts from ourselves. When talking about Well-being, everyone has their own different perspectives and this was mine.

Samruddhi Solanki – XI E





RIDDLES ABOUT WELL-BEING

1) I am something you feel, I'm not always clear. Too much of me is bad, but a little is dear. When you managed me well, I bring you balance and cheer, what am I?

Ans: - Stress

2) I am with you each night, though you might not recall. I help you recharge and recover from it all. Without me, your mind may start to stall, what am I?

Ans: - Sleep

3) I can lift you up or bring you down. I am contagious and spread all around. Thought unseen I am felt and I Shape your day. Who am I?

Ans: - Mood

4) I am part of your mind, though not easy to see. I help you relax and set your breath and quiet, I bring you calmness and peace. What am I?

Ans: - Meditation

5) You do me when stressed, though sometimes you hide. I help you release what's building inside. A healthy outlet, I am quite needed Indeed. What Am I?

Ans: - Crying

6) I am invisible yet powerful and you feel me inside, I fuel your day, I keep you alive. Thought you cannot touch me, I am the key to thrive. What am I?

Ans: - Energy

7) I am sometimes loud, and I follow you around. My rhythm can slow, or speed up and pound. Though others can hear me, only you know the sound. What am I?

Ans: - Heartbeat

8) I am a habit that is healthy and makes you feel great. A few minutes a day keeps sickness away. You get stronger each time, though you may sweat and ache. What am I?

Ans: - Exercise

9) I help you feel better, even on tough days. I am something you do, and I come in all ways. Through helping other, I will help you too. What am I?

Ans: - Kindness

10) I am easy to overlook but vital, it's true. I help clear mind, give life to you. I am simple yet refreshing, part of each breath you take what am I?

Ans: - Fresh Air

Rudra Chaudhari – IX A

நல் வாழ்வு

நம் உடல் மனம் ஆன்மா இவை
சித்திரம் வரையப்பட்ட சுவர்
அதில் வண்ணங்கள்
அன்பு அமைதி அனுசரணை
அதன் தூண்கள்
தன்னம்பிக்கை மற்றும் விடாமுயற்சி
இவற்றோடு உடலில் உறுதி
உள்ளத்தில் அமைதி அறிவில் விரிவு
தொலைநோக்குபார்வை நேர்மை
செயலில்சிறப்பு
வாக்கில் வன்மைக்கொண்டு
தனித்திருப்போம்;விழித்திருப்போம்.
எல்லோரும்எல்லாமும் பெற்று
அகிலம் இன்புற நல்வாழ்வு வாழ
இறைவன் தாள் வணங்குவோம்...



**நல்வாழ்வு****முன்னுரை-**

நல்வாழ்வு என்பது மனித வாழ்வின் அடிப்படைக் கூறு. இது நமது உடல், மன மற்றும் சமூக நலன்களை உறுதிப்படுத்துகிறது.

நல்வாழ்வின் கூறுகள்-

1. உடல் நலம்: உடல் ஆரோக்கியம் மற்றும் உடற்பயிற்சி.
2. மன நலம்: மன அமைதி, மனநிறைவு மற்றும் மனநல ஆரோக்கியம்.
3. சமூக நலம்: குடும்பம், நண்பர்கள் மற்றும் சமூக உறவுகள்.
4. பொருளாதார நலம்: பொருளாதார நிலைத்தன்மை மற்றும் வேலைவாய்ப்பு.

நல்வாழ்வை பேணுவதற்கான வழிமுறைகள்-

1. உடற்பயிற்சி: நியமித்த உடற்பயிற்சி மூலம் உடல் ஆரோக்கியத்தைப் பேணுதல்.
2. சமநிலையான உணவு: பலவகையான உணவுகளை உண்பதன் மூலம் சமநிலையான ஊட்டச்சத்துக்களைப் பெறுதல்.
3. மன அமைதி: யோகா, தியானம், மற்றும் பிராணயாமம் மூலம் மன அமைதியைப் பெறுதல்.
4. போதுமான தூக்கம்: ஒரு நாளைக்கு 7-8 மணி நேரம் தூக்கம் கிடைத்தல்.
5. சமூக உறவுகள்: குடும்பம் மற்றும் நண்பர்களுடன் சமூக உறவுகளைப் பேணுதல்.

நல்வாழ்வின் முக்கியத்துவம்-

1. நோய்களைத் தடுத்தல்
2. வாழ்க்கைத் தரத்தை மேம்படுத்தல்
3. மனநிறைவைப் பெறுதல்
4. சமூக உறவுகளை வலுப்படுத்தல்
5. பொருளாதார நிலைத்தன்மையை அடைதல்

நல்வாழ்வை பேணுவதற்கான சிறந்த நூல்கள்-

1. "நல்வாழ்வு" - டாக்டர் வ. கலியாணசுந்தரனார்
2. "வாழ்க்கை வழிகாட்டி" - டாக்டர் எம். எஸ். உதயமூர்த்தி
3. "உடல் மற்றும் மன ஆரோக்கியம்" - டாக்டர் கே. எஸ். மகாதேவன்

நல்வாழ்வு பற்றிய நீதிகள்-

1. "நல்வாழ்வு என்பது உடல், மன மற்றும் ஆன்மாவின் சமநிலையான வாழ்க்கையாகும்." - மகாத்மா காந்தி
2. "வாழ்க்கையின் நோக்கம் நல்வாழ்வு அடைவதாகும்." - அரிஸ்டாட்டில்
3. "நல்வாழ்வு என்பது நமது செயல்களின் விளைவாகும்." - எபிக்டெட்டஸ்

நல்வாழ்வுக்கான அரசு சாதனைகள்-

1. தேசிய சுகாதார திட்டம்.
2. ஆயுஷ் திட்டம்.
3. மகளிர் மற்றும் குழந்தைகள் நலத் திட்டம்.
4. உடல் ஊனமுற்றோர் நலத் திட்டம்.
5. மன நலத் திட்டம்.

முடிவுரை-

நல்வாழ்வு என்பது ஒருவரின் உடல், மன மற்றும் சமூக நலன்களின் அடிப்படையில் அமைந்திருக்கும் ஒரு நிலையாகும். நல்வாழ்வு பேணுவதற்கு நாம் ஒவ்வொருவரும் பொறுப்பெடுத்துக் கொள்ள வேண்டும்.





വിദ്യാർത്ഥി ജീവിതത്തിലെ സൗശീല്യങ്ങൾ

മനുഷ്യായുസ്സിലെ സുവർണ്ണ കാലഘട്ടമാണ് വിദ്യാർത്ഥി ജീവിതം. അതിനെ പോഷിപ്പിക്കുന്നതിനും മഹത്തരമാക്കി തീർക്കുന്നതിനുമുള്ള ചില രഹസ്യങ്ങൾ ഇതാ..

കാക്കക്കണ്ണ് : ഒരു വിദ്യാർത്ഥിക്ക് വേണ്ടത് ഒരു കാക്കയുടേതു പോലുള്ള കാഴ്ചപ്പാടാണ്. സ്വന്തം ദാഹം ശമിപ്പിക്കുന്നതിന് കുടത്തിനു താഴെ കിട്ടുന്നിരുന്ന തെളിനീരിനെ സ്വായത്തമാക്കിയ കാക്കയുടെ അതേ വിദ്യയാണ് ഓരോ വിദ്യാർത്ഥിയും പരിശീലിക്കേണ്ടത്. അറിവിനെ തന്നിലേക്ക് എത്തിക്കാനുള്ള എല്ലാ വഴികളും ഒരു വിദ്യാർത്ഥി കണ്ടുപിടിക്കണം. അറിവ് സ്വാംശീകരിക്കാനുള്ള പ്രവർത്തനങ്ങൾ സ്വയം നെയ്തെടുക്കണം. അതിനുവേണ്ടി അക്ഷീണം പ്രവർത്തിക്കുകയും വേണം.

കൊക്കിൻ ധ്യാനം: ബാല്യ കൗമാര കാലത്താണ് മനസ്സ് ഏറെ ഉഴറി നടക്കാറുള്ളത്. തന്നിരു വേണ്ട ഇരയെ കിട്ടുന്നതുവരെ ധ്യാനത്തിൽ ഇരിക്കുന്ന കൊക്കിനെ നാം കണ്ടിട്ടില്ലേ? കാലിനിടയിലൂടെ നീന്തി കടക്കുന്ന കൊച്ചു മത്സ്യങ്ങളെ അവൻ ശ്രദ്ധിക്കാറില്ല. തന്റെ ഇര തന്നിലേക്ക് അടുത്തുവരുന്നതുവരെ, അല്ലെങ്കിൽ തന്റെ ലക്ഷ്യം സഫലമാകുന്നത് വരെ ഈ ധ്യാനത്തിന് കോട്ടമില്ല. വിദ്യാർത്ഥികൾ ഈ അചഞ്ചലമായ മനസ്സിനെയാണ് നേടിയെടുക്കേണ്ടത്.

ഉറങ്ങാത്ത നായ: സദാ ജാഗരൂകനായ നായയല്ലേ നമ്മുടെ കാവൽക്കാരൻ? ഉറക്കത്തിലും ഉണർച്ചയുടെ തെളിമ അവന്റെ കുർമബുദ്ധിയെയാണ് കാണിച്ചുതന്നത്. വിദ്യാർത്ഥികൾക്ക് അവശ്യം വേണ്ട ഒരു ഗുണമാണിത്. ശരീരം ഉറങ്ങുമ്പോഴും ഉണർന്നിരിക്കുന്ന മനസ്സ്. അലസമായ മനസ്സ് ആരുടെ പണിപ്പുരയാണെന്ന് പറയേണ്ടതില്ലല്ലോ!

മിതാഹാരം: അമിതമായ ഭക്ഷണരീതി ശരീരത്തെ ഉണർത്തുന്നതിനു പകരം തളർത്തുകയാണ് പലപ്പോഴും ചെയ്യാറുള്ളത്. കിട്ടുന്നതെല്ലാം കഴിക്കുക എന്നത് ദഹനത്തെ പരോക്ഷമായി ബാധിക്കും. അതുപോലെ തന്നെ ഏറെ പ്രധാനമാണ് എന്തു കേൾക്കണം എത്ര കേൾക്കണം എന്ന് തീരുമാനിക്കുന്നത്. അനാവശ്യമായവ കേൾക്കാതിരിക്കുകയും ഉൾക്കൊള്ളാതിരിക്കുകയും ചെയ്യുക എന്നത് ഒരു വിദ്യാർത്ഥിയെ ഏറെ ഗുണം ചെയ്യും.

സൗഖ്യം

Sreejith Sasidharan -XB

നാടിൻ സൗഖ്യം നന്മകൾ നിറയും
കുഞ്ഞു മനസ്സല്ലേ
വീടിൻ സൗഖ്യം പുഞ്ചിരി വിടരും
അമ്മ മനസ്സല്ലേ
പ്രകൃതിയുണരും കിളിത്തൻ നാദം
പ്രപഞ്ച സൗഭാഗ്യം
ജനകോടികളുടെ സൗഖ്യത്തിൻ
പ്രതിരൂപം താനല്ലേ
ഹൃദയത്തിൻ കനിവുറും സ്നേഹം
സൗഹാർദ്ദവുമല്ലേ
ഈശൻ നൽകിയ ജീവിതമെന്നും
പ്രകാശമാക്കീടാൻ
മാനവസൗഖ്യം മറന്നിടാതെ
കാക്കണമെന്നും നാം
പ്രകൃതിയുമീശനുമൊന്നായിത്താൻ
കാണണമെന്നും നാം...

Parthiv Pillai - IX-B



**सुखावस्था: एक व्यापक दृष्टिकोण**

सुखावस्था एक ऐसा शब्द है जो हमारे जीवन का एक महत्वपूर्ण पहलू है। यह न केवल शारीरिक स्वास्थ्य और मानसिक शांति से संबंधित है, बल्कि सामाजिक संबंध, आर्थिक सुरक्षा और पर्यावरणीय संतुलन से भी जुड़ा हुआ है। सुखावस्था एक बहु आयामी अवधारणा है, जिसका प्रभाव हमारे समग्र जीवन पर पड़ता है।

शारीरिक स्वास्थ्य : नियमित व्यायाम संतुलित आहार और पर्याप्त नींद शारीरिक स्वास्थ्य को एक बनाए रखने में महत्वपूर्ण भूमिका निभाते हैं। इसके साथ ही समय-समय पर स्वास्थ्य जांच करवाना भी आवश्यक है, ताकि किसी भी स्वास्थ्य समस्या का समय पर पता चल सके और उपचार किया जा सके।

मानसिक स्वास्थ्य : तनाव, चिंता और अवसाद जैसे मानसिक स्वास्थ्य समस्या हमारे जीवन की गुणवत्ता को प्रभावित कर सकती है। योग, ध्यान और मनन जैसी तकनीकी मानसिक शांति और तनाव प्रबंधन में सहायक हो सकती है।

सामाजिक संबंध : मजबूत सामाजिक संबंध हमें खुश और संतुष्ट रखने में मदद करते हैं। परिवार दोस्तों और समुदाय के साथ समय बिताना सामाजिक गतिविधियों में भाग लेना और दूसरों की मदद करना हमारे मानसिक स्वास्थ्य को बढ़ावा देता है।

आर्थिक सुरक्षा : आर्थिक तंगी तनाव और चिंता का कारण बन सकती है, जो हमारे मानसिक स्वास्थ्य को प्रभावित करती है। इसलिए वित्तीय योजना बनाना, बचत करना और निवेश करना महत्वपूर्ण है।

पर्यावरणीय संतुलन : स्वच्छ हवा, स्वच्छ पानी और स्वच्छ पर्यावरण हमारे शारीरिक और मानसिक स्वास्थ्य को प्रभावित करते हैं। इसलिए पर्यावरण संरक्षण के प्रयासों में भाग लेना और पर्यावरण हितैषी जीवन शैली अपनाना महत्वपूर्ण हैं।

जब हम अपने आप को स्वीकार करते हैं और अपनी क्षमताओं में विश्वास करते हैं तो हम अधिक खुश और संतुष्ट महसूस करते हैं। आत्मविश्वास के लिए पढ़ना, लिखना, सीखना और नए अनुभव प्राप्त करना महत्वपूर्ण है।

अन्वी निशा धावड़े पांचवी / क

स्वच्छता

स्वच्छता है देवता का रूप,
मन की निर्मलता का अनूप।
जहां स्वच्छता रहती है सदा,
वहीं बसता है सुख शांति का वादा।

स्वच्छता है जीवन की जान,
इससे बनता है सुंदर जहां।
साफ हवा और निर्मल जल,
स्वच्छता से मिटेगा हर छल।

घर हो साफ और गल्ली हो प्यारी,
न गंदगी हो कहीं हमारी।
हर कचरे को सही जगह डालो,
धरती मां का कर्ज उतारो।

हार्थों को धोना है आदत बनाओ,
स्वच्छता से बीमारियां दूर भगाओ।
स्वच्छता से ही जीवन मिलेगा,
रोग वादी से बचाव मिलेगा।

मिलजुलकर हम सबको चलना है,
स्वच्छ भारत का सपना सजाना है।
आओ हम सब मिलकर यह वादा निभाए,
स्वच्छता को अपनी पहचान बनाएं।

स्वच्छता है एक बड़ा अभियान,
आप भी दे अपना योगदान।

तनिष्का इशानं कुमान पांचवी / क



**स्वच्छतेचे महत्त्व**

स्वच्छता आपली सवय बनायला हवी. चांगले पर्यावरण आणि संस्कारासाठी स्वच्छता महत्त्वाची आहे. सामाजिक आणि वैचारिक स्वास्थ्यासाठी आजूबाजूच्या पर्यावरणाच्या स्वच्छतेकडे लक्ष द्यायला हवे.

घाण ही खूप सान्या प्राणघातक रोगांना आमंत्रण देते. वेगवेगळे बॅक्टेरिया आणि व्हायरस स्वच्छतेतून निर्माण होतात. म्हणून आपण सर्वांनी नियमित रूपाने शरीर व आपल्या सभोवताच्या परिसराची स्वच्छता करायला हवी. जेवण करण्याआधी हातांना स्वच्छ धुवायला हवे. कपडेसुद्धा स्वच्छ व नीटनेटके परिधान करायला हवेत. स्वच्छता ही आत्मविश्वासासोबत आत्मसन्मान देखील वाढवते. स्वच्छ आणि नीटनेटकी जीवन पद्धतीसाठी स्वच्छता ही फार उपयुक्त आहे.

स्वच्छता ठेवण्याने जीवनात आनंद वाढतो. जे देश स्वच्छ असतात तिथे पर्यटन वाढते आणि देशाचा आर्थिक विकास होतो. आपण सर्वांनी स्वच्छतेला एक जन आंदोलन बनवायला हवे. आपल्या सभोवताच्या लोकांना जागृत करून स्वच्छतेचे महत्त्व समजावायला हवे. स्वच्छतेला आपली सवय बनवल्याने खूप सान्या नकारात्मक प्रभावापासून आपण वाचवू शकतो.

स्वच्छता ठेवणे हे प्रत्येक नागरिकाचे कर्तव्य आहे. स्वच्छता ही सभ्य आणि सुसंस्कृत समाजाचे लक्षण आहे.

रोज काढा केर, विषाणूंना करा ढेर,
करूया असे काम, वाढेल देशाची छान,
चला स्वच्छतेबद्दल बोलूया, अधिकाधिक लोकांना जागृत करूया,
पृथ्वी, पाणी, हवा ठेवा साफ, नाहीतर येणारी पिढी करणार नाही माफ,
स्वच्छतेची ठेवा जाण, स्वच्छतेने बनेल देश महान,
स्वच्छता असे जेथे, आरोग्य वसे तेथे.

वैभवी भोसले ७/अ

स्वच्छता (कविता)

स्वच्छ करू गाव आपला, स्वच्छ करू देश,
मळलेले कपडे काढून टाका, घाला नवीन वेश,
अनुशासन पाळा सगळे मोडू नका कायदे,
सगळे राहू शिस्तीत तर होईल आपलेच फायदे,
स्वच्छ करून परिसर आणि रोगराईला घालू आळा,
स्वच्छतेचे नियम आपण सगळे मिळून पाळा,
परप्रांतीयांच्या तुलनेत आपण आहोत खूप मागे,
कारण आहे एकच म्हणून आता तरी व्हा जागा,
सुरुवात केली राजाने तर प्रजाही देणार साथ,
एकजुटीने आपण सगळे देऊ त्यांना हात,
आता वाटते देशात आपल्या काहीतरी छान होणार,
रोज सकाळी प्राथमिक बरोबर सगळे स्वच्छतेची शपथ घेणार,
सुंदर स्वच्छ भारताचे स्वप्न करू आपण साकार,
घाण पसरवत असेल कोणी तर करा त्याला नकार,
तेव्हा आपला देश मग जाईल बघा पुढे आणि सौंदर्य आपल्या देशाचे बघून पर्यटक पण होतील वेडे.

श्रावणी दुर्गेश ७ /अ





आयुष्याला दयावे उत्तर ..

असे जगावे दुनियामध्ये, आव्हानाचे लावून अत्तर,
नजर रोखूनी नजरेमध्ये, आयुष्याला द्यावे उत्तर....
नको गुलामी नक्षत्रांची भीती आंधळी तान्यांची,
आयुष्याला भिडतानाही, चैन करावी स्वप्नाची.
असो दांडगी इच्छा ज्यांची, मार्ग त्याला मिळती
सतत नजर रोखूनी नजरेमध्ये, आयुष्याला दयावे उत्तर....
पाय असावे जमीनवरती, कवेत अंबर घेताना,
हसु असावे ओठावरती, काळाचे क्रंदन बघताना,
करून जावे असेही काही, दुनियेतुनी या जाताना
गहिवर यावा जगास साऱ्या, निरोप शेवटचा देताना,
स्वर कठोर त्या काळाचाही, क्षणभर व्हावा -कातर
नजर रोखूनी नजरेमध्ये, आयुष्याला दयावे उत्तर.....

Priya Akhush Ranwale - XI G

कल्याण

चांगुलपणा म्हणजे प्रेमाची एक गोष्ट,
जिथे दिलासा आधार आणि स्नेहाची गोष्ट
जुन्या मित्रांचा साज, नवा उगवता सूर,
सर्वांच्या हृदयात चांगुलपणाचा पूर
चांगुलपणाची ही एक गोड गोष्ट,
सर्वांच्या जीवनात येईल उज्वल आयुष्य
आपण जिथे जाऊ, तिथे चांगुलपणा पसरवू
संपूर्ण जगाला प्रेमाने भरून टाकू.
चांगुलपणा म्हणजे जीवनाची शान,
याच्यात आहे खरी सुखाची जाण...

Shreya ladkat - XI A

धर्मदीप

धर्म हा आपला दीप आहे , सत्कर्मचा तो साधा स्वरूप आहे,
संस्कृतीने तो साजरा करावा , प्रेम,श्रद्धेने देवास वंदावा ।
वेद, उपनिषदांची शिकवण खरी, धर्म आपल्या मनाची शुद्धी खरी,
दिव्य मनाने मार्ग दाखवतो, हिंदू धर्म आपल्याला नवी दिशा देतो।
अहिंसेचा विचार जिथे सर्वोच्च ठरतो, जैन धर्म तो शांतीचा मार्ग धरतो,
सत्य,तप,संयमाची शिकवण देतो, आत्मशुद्धीचा मंत्र जैन साधू सांगतो ।
बुद्धाच्या विचारांचा प्रकाश पडे, शांतीचा संदेश तो कधीही न कळे,
करुणेच्या मार्गाने चालू सारे, बौद्ध धर्मात जगण्याचे अर्थ उघडते ।
सेवा,सत्य आणि समतेची शिकवण खरी, शीख धर्मात करुणा आणि धैर्य भारी,
गुरुवचनांच्या मार्गाने चालावे आपण,सर्वांना जोडणारा हा एक प्रेमाचा पूल ।
प्रेम,क्षमा आणि सेवा महान ,ख्रिश्चन धर्माचा तो संदेश प्रधान,
येशूने दिला तारणाचा मार्ग खरा, सर्वांच्या हृदयात उघडतो प्रेमाचा दरवाजा।
अग्नि आणि पवित्रतेची आहे शिकवण,पारशी धर्माचा मार्ग सत्कर्म प्रधान,
अहुरा मज्दा प्रकाशात जगण्याची आस, सत्य, नीती आणि प्रेमाचा दिला त्यांनी वास।
इस्लाम शिकवतो प्रेम, शांती, समानता, सच्च्या मार्गावर चालण्याची आहे शिकवण,
अल्लाहची भक्ती आणि नमाज प्रधान, त्याग, करुणा, हा धर्माचा महान पैगाम।

Parnay Jitender Pawar - XI A

चांगुलपणा म्हणजे नक्की तरी काय?

चांगुलपणा म्हणजे नक्की तरी काय? हा प्रश्न आताच्या पिढीला पडण सहजिकच आहे. कारण जसजसे आपण Technology and Internet च्या स्वप्नाळू जगात रमत चाललो आहोत तसतसे चांगुलपणा आणि कल्याणकारी वृत्ती म्हणजे नक्की तरी काय हेच विसरत चाललो आहोत.

कधी कधी असं वाटत आता चांगुलपणा फक्त You Tube च्या shorts आणि Instagram च्या Reels मधेच तर नाही ना राहून जाणार.... पण तसं होऊन कस चालेल कारण चांगुलपणा, निसर्गच आपल्याला शिकवत असतो. कारण आपण जरी एकमेकांची मदत करणे कमी केले असले तरी झाड वेलीला वाढण्यासाठी, डोंगर नदीला वाहण्यासाठी, ढग पक्ष्यांना उडण्यासाठी मदत करतच आहेत. चांगुलपणा हा गुण सर्वांमधे असतो गरज असते ती फक्त त्याला प्रत्यक्षात कृती मध्ये आणायची.

वेगळ्या स्तरावर राहून चांगुलपणाचे अस्तित्व राखण्यासाठी झगडत आहेत. चांगुलपणा जरी आपल्याला शोधावा लागत असेल तरी त्याच अस्तित्व मात्र अजूनही संपलेल नाहीये फक्त गरज आहे थोडेसे प्रयत्न करण्याची जगाला नव्याने चांगुलपणाची ओळख करून देण्याची या तंत्रज्ञानाच्या जगामध्ये प्रगती करताना स्वतःला विसरून न जाता व आपल्या गुणांना ओळखून त्यांना जोपासण्याची चांगुलपणा म्हणजे मनाचा मोठेपणा हे दाखवून देणे नव्हे तर निस्वार्थी भावनेने दुसऱ्याची मदत करून त्याचा मोबदला न मागणे हा चांगुलपणा असतो हे समजलं तर आपण नक्कीच चांगुलपणाचे अस्तित्व भक्कम करू शकतो.

ज्या दिवशी आपण चांगुलपणाचा खरा अर्थ समजून घेऊ त्यादिवशी आपल्याला "माणसाने माणसाशी माणसासम वागणे" या पंक्ती मधील चांगुलपणाची शिकवण देणारा भावही समजेल.

Shraddha Ramchandra Bagal - XI B





स्वास्थ्य और कल्याण

हमारे जीवन का सबसे महत्वपूर्ण पहलू हमारा स्वास्थ्य और कल्याण है। एक स्वस्थ शरीर और शांत मन ही हमें जीवन में सभी प्रकार के कार्यों को संपादित करने में सक्षम बनाते हैं। स्वास्थ्य का मतलब केवल शारीरिक रूप से स्वस्थ होना ही नहीं है, बल्कि मानसिक और भावनात्मक रूप से भी संतुलित होना आवश्यक है। व्यक्ति का संपूर्ण स्वास्थ्य कई बातों पर निर्भर करता है, जैसे स्वस्थ भोजन, नियमित व्यायाम, सही मात्रा में नींद, और तनाव से मुक्ति। इन सभी का हमारे शारीरिक और मानसिक स्वास्थ्य पर गहरा प्रभाव पड़ता है।

आज की भागदौड़ भरी जिंदगी में हम अकसर अपने स्वास्थ्य को नजरअंदाज कर देते हैं, लेकिन जब हम अपने स्वास्थ्य का ध्यान रखते हैं, तो हम न केवल बेहतर काम कर पाते हैं बल्कि अपने परिवार और समाज के लिए भी बेहतर साबित होते हैं। इसलिए, हमें अपनी दिनचर्या में ऐसे कार्यों को शामिल करना चाहिए, जो हमें तनाव से दूर रखें और हमें स्वस्थ बनाए रखें।

कल्याण के पाँच पहलू: मानसिक, भावनात्मक, आध्यात्मिक, शारीरिक और सामाजिक हमारा जीवन और सुख-शांति केवल शारीरिक स्वास्थ्य पर निर्भर नहीं करते; बल्कि यह मानसिक, भावनात्मक, आध्यात्मिक, शारीरिक और सामाजिक कल्याण के मेल से ही संभव है। इन पाँचों का संतुलन ही एक स्वस्थ और संपूर्ण जीवन का आधार है। आइए इन सभी पहलुओं को विस्तार से समझते हैं।

1. मानसिक कल्याण :- मानसिक स्वास्थ्य हमारे मस्तिष्क और मानसिक कार्यप्रणाली का सही संचालन है। जब हमारा मानसिक स्वास्थ्य अच्छा होता है, तो हम तनाव, चिंता, अवसाद आदि से दूर रहते हैं और अपनी समस्याओं को आसानी से हल कर पाते हैं।

सुझाव :- ध्यान और योग के अभ्यास से मानसिक शांति प्राप्त होती है। इसके अलावा, सकारात्मक सोच, खुद को व्यक्त करना, और आराम के लिए समय निकालना भी मानसिक स्वास्थ्य के लिए लाभदायक होता है।

2. भावनात्मक कल्याण :- भावनात्मक स्वास्थ्य का मतलब है कि हम अपनी भावनाओं को समझें, स्वीकारें और सही तरीके से व्यक्त करें। यह हमारी भावनाओं के प्रति हमारे दृष्टिकोण और उनसे निपटने की क्षमता पर निर्भर करता है।

सुझाव: अपनी भावनाओं को व्यक्त करने में संकोच न करें। अपने दोस्तों और परिवार से बात करें, डायरी लिखें, और सकारात्मक दृष्टिकोण बनाए रखें।

3. आध्यात्मिक कल्याण :- आध्यात्मिक स्वास्थ्य का मतलब है आत्मा की शांति, और जीवन के उद्देश्य को समझना। यह हमारी आस्थाओं, मूल्यों, और आत्मज्ञान पर आधारित होता है, जो हमें जीवन के सही मायने बताते हैं।

सुझाव: आत्म-चिंतन करें, ध्यान लगाएं, और धर्म या आध्यात्मिकता का अभ्यास करें। जीवन में सेवा भाव अपनाएं और सकारात्मक सोच को बनाए रखें।

4. शारीरिक कल्याण :- शारीरिक स्वास्थ्य हमारे शरीर की फिटनेस और मजबूती से जुड़ा है। जब हम शारीरिक रूप से स्वस्थ होते हैं, तो हमारे पास ऊर्जा होती है, जिससे हम जीवन के कार्यों को सक्रियता से कर सकते हैं।

सुझाव: नियमित व्यायाम करें, पौष्टिक भोजन लें, पर्याप्त मात्रा में पानी पिएं, और नींद को पूरा रखें। स्वास्थ्य समस्याओं से बचने के लिए नियमित रूप से मेडिकल चेकअप भी करवाएं।

5. सामाजिक कल्याण :- सामाजिक स्वास्थ्य का मतलब है हमारे संबंध और सामाजिक जीवन। जब हमारे रिश्ते मजबूत और स्वस्थ होते हैं, तो हमें जीवन में सुरक्षा और खुशी का अनुभव होता है।

सुझाव: समय-समय पर अपने दोस्तों और परिवार से मिलें। नए लोगों से मिलें और नए अनुभव प्राप्त करें। सामूहिक गतिविधियों में भाग लें और समाज में एक सक्रिय सदस्य बनें।

एक छोटी सी कविता

स्वास्थ्य ही असली धन है,
इससे बढ़कर कुछ नहीं।
तन स्वस्थ और मन शांत हो,
जीवन में फिर क्या गम है।

व्यायाम और भोजन सही,
हर दिन की हो ये नई।
मस्त रहें और स्वस्थ रहें,
यही असली जीवन की सच्चाई।

इसलिए, हमें अपने जीवन में नियमित रूप से अच्छी आदतें अपनाकर अपने स्वास्थ्य को प्राथमिकता देनी चाहिए।

गार्गी मेस्ती , १२वी - ई





स्वास्थ्य

स्वास्थ्य, जीवन का महत्वपूर्ण हिस्सा है। यह मान्यता भी है कि स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का निवास होता है। इसलिए अधिकांश लोग स्वास्थ्य की चिंता भी करते हैं और नियमित डॉक्टरों से सलाह भी लेते हैं। स्वस्थ पैदा होना एक वरदान है, हालांकि, इससे अति आत्मविश्वास या आत्मसंतुष्टि पैदा नहीं होनी चाहिए। स्वास्थ्य एक व्यापक अवधारणा है, जिसमें शारीरिक तंदुरुस्ती, मानसिक तंदुरुस्ती, और सामाजिक स्थिरता शामिल है।

एक स्वस्थ व्यक्ति ध्यान और दृढ़ संकल्प प्रदर्शित करता है, जिससे एक पूर्ण जीवन प्राप्त होता है। ऐतिहासिक रूप से, मनुष्यों के लिए सबसे मूल्यवान संपत्ति अच्छा स्वास्थ्य और शांत मन रहा है। मानसिक स्वास्थ्य, शारीरिक शक्ति और सहनशक्ति को प्रभावित करता है। केवल एक तनाव-मुक्त मन और सकारात्मक मानसिकता ही अच्छे शारीरिक स्वास्थ्य को बढ़ावा दे सकती है। यह संयोजन सच्ची खुशी का अनुभव करने की अनुमति देता है। बच्चों के रूप में, हमें एक स्वस्थ जीवन शैली का महत्व सिखाया जाता है, लेकिन जैसे-जैसे हम बड़े होते हैं, हम मानसिक स्वास्थ्य के लिए आत्मनिरीक्षण, आत्मजागरूकता और चिंतन के महत्व को समझते हैं।

ये गुण शारीरिक तंदुरुस्ती में योगदान करते हैं। इन प्रथाओं की अनुपस्थिति नकारात्मक सोच को जन्म दे सकती है, जिससे मुद्दों की पहचान करने में असमर्थता हो सकती है। इसलिए, समग्र व्यक्तित्व विकास और जीवन के प्रति दृष्टिकोण के लिए अच्छे स्वास्थ्य को बनाए रखना महत्वपूर्ण है।

चैत्राली सिंह - ११वीं ग

स्वास्थ्य और सुख

स्वास्थ्य है जीवन की पहली निधि,
सुख का इसमें बसता हर बिंदू।
सच्चा सुख है मन का संतुलन,
जहाँ हो आशाएँ और अनुशासन।

तन मे स्फूर्ति मन मे शांति,
हर दिन जीवन में आये क्रांति।
खुशियों का हो सरल विस्तार,
सपनों से जुड़े हर संसार।

प्रकृति की गोद में बस जाए,
सूरज की किरण से बल पाएं।
नैतिकता, अनुशासन की हो बुनियाद,
सच्चे कल्याण का यही है संवाद।

हर कठिनाई में मुस्काएं हम,
स्वस्थ और सुख से जीवन सजाएं हम।
सच्चे अर्थों में सुख का हो साथ,
जीवन में हो कल्याण का प्रभात।

स्नेहा गुप्ता १२वीं - ई

कुछ करना है, तो डटकर चल

कुछ करना है तो, डट कर चल।
थोड़ा दुनिया से हटकर चल।
लीक पर तो सभी चलते हैं।
कभी इतिहास को पलट कर चल।

बिना काम के मुकाम कैसा ?
बिना मेहनत के दाम कैसा ?
जब तक ना हासिल हो मंज़िल,
तो राह में, आराम कैसा ?
अर्जुन सा, निशाना राख !
मन में, ना कोई बहाना रख !

लक्ष्य सामने है, बस उसी पर अपना ठिकाना रख ॥

सोच मत, साकार कर।
अपने कर्मों से प्यार कर।
मिलेगा तेरी मेहनत का फल।
किसी और का ना इंतज़ार कर,
जो चले थे अकेले उनके पीछे आज मेले हैं।
जो करते रहे इंतज़ार उनकी,
जिंदगी में आज भी झमेले हैं ॥

मिस्बा अनम ज़मीर शेख १२वीं - ई

तन के साथ मन का स्वास्थ्य होना जरूरी है।

बहुत से लोग स्वस्थ व तंदुरुस्त रहने के महत्व को कम आंकते हैं। जबकि अच्छी सेहत से बड़ा कोई दान नहीं है। बहुत से लोग स्वस्थ व तंदुरुस्त रहने के महत्व का कम आंकते हैं। जबकि अच्छी सेहत से बड़ा कोई धन संपत्ति नहीं है। कुछ ही लोग अपने जीवन में सेहत मंद रहने के नियमों का पालन करते हैं। स्वस्थ और तंदुरुस्त रहना हमारे दैनिक कार्यों को पूरा करने में मदद करता है।

स्वस्थ रहने का अर्थ रोग रहित तन का होना ही नहीं, बल्कि तनावमुक्त मन का होना भी है। यदि एक व्यक्ति अस्वस्थ मन रखता है, तो वह अपने शरीर को स्वस्थ नहीं रख सकता है। शरीर और मन दोनों की स्वस्थता आनंदमय जीवन जीने का सूत्र है। अच्छा मानसिक स्वास्थ्य हमें अच्छा महसूस कराने के साथ शारीरिक क्षमता और आत्म विश्वास प्रदान करता है।

अच्छा शारीरिक स्वास्थ्य हमारी परेशानियों के समय में मदद करता है, वहीं बेकार या खराब शारीरिक स्वास्थ्य हमें अधिक कमजोर बनाता है और हमारे लिए बीमारियों का खतरा बढ़ाता है। हमें अपने शरीर और मन दोनों को स्वस्थ रखने के लिए सभी बिंदुओं के बारे में जागरूक होने की आवश्यकता है। कुछ लोग बहुत अच्छे से जानते हैं कि शरीर को साफ-सुथरा और स्वस्थ कैसे रखा जाता है, लेकिन मन में घूम रही परेशानियों की वजह से उन्हें स्वस्थ रहने के लाभ नहीं मिल पाते हैं।

मानसिक तनाव धीरे-धीरे शारीरिक स्वास्थ्य को कमजोर कर देता है। ऐसे में जरूरी है कि हम शारीरिक स्वास्थ्य के साथ मानसिक स्वास्थ्य को लेकर भी गंभीर रहे। इसके लिए आलस्य को त्यागकर ध्यान व व्यायाम दोनों का सहारा लिया जाना चाहिए।

तपस्या पाण्डेय ११वीं - ई





HAPPINESS WORKSHOP

"EMPOWERING TEACHERS WITH JOY AND MINDFULNESS TO
CREATE A POSITIVE, ENRICHING LEARNING ENVIRONMENT."





TOGETHER WE ROCK.....



STD. X - A

**“TRUE FRIENDSHIP IS WHEN TWO FRIENDS CAN WALK
IN OPPOSITE DIRECTIONS, YET REMAIN SIDE BY SIDE”**



STD. X - B





GOOD TIME WITH MY FAVOURITES.....



STD. X - C

"A GOOD FRIEND IS A CONNECTION TO LIFE - A TIE TO THE PAST, A ROAD TO THE FUTURE, THE KEY TO SANITY IN A TOTALLY INSANE WORLD".



STD. X - D





ALWAYS TOGETHER.....



STD. XII - A

**"FRIENDSHIP IS THE GOLDEN THREAD THAT
TIES THE HEART OF ALL THE WORLD"**



STD. XII - B





BLESSED WITH THE BEST.....



STD. XII - C

**"FRIENDSHIP MARKS A LIFE EVEN MORE DEEPLY THAN LOVE.
LOVE RISKS DEGENERATING INTO OBSESSION, FRIENDSHIP
IS NEVER ANYTHING BUT SHARING".**



STD. XII - E





NOSTALGIC MEMORIES.....



STD. XII - F

"A GOOD FRIEND IS A CONNECTION TO LIFE - A TIE TO THE PAST, A ROAD TO THE FUTURE, THE KEY TO SANITY IN A TOTALLY INSANE WORLD"



STD. XII - G





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SIO'S VANI VIDYALAYA
A BIG THANK YOU TO ALL!



Spend Time
with Family



Be
Active



Get enough
Sleep



Well Being
Give to Others



Keep Learning



Keep Moving

