

## Student Council

- By Arsh and Ishita (school prefects)

STUCO is an integral part of any school. It is like a student government, elected by the students, for the students, of the students. We as the school prefects of this school Would like to take this opportunity to introduce you to our fellow STUCO members. But before that, we would like to introduce ourselves, The newly elected school prefects; Ishita Jethwani and Arsh Singh. We are very honoured to be trusted with such an important position. As school prefects we are the backbone of any student government and it is our job to enforce discipline and good nature in the students of our school.

We are ever so glad that we can rely on our fellow sports prefects, **Kashvi Naik** and **Daksh**. Though we might have similar roles, the sports prefects will focus on their Sports related responsibilities. We also have vice prefects for both sports and school. Our vice sports prefect are Shreya Waghre and Ajinkya Bobde and Asmita Kalate and Rajveer Paigude for school.

Our school is broadly divided into two houses: sapphire and ruby. These houses may have a long standing rivalry, but in times of need they stand together as a school. This won't be possible without their amazing leaders. Each house has 2 house captains, Riddhi Rane and Aarav Kapoor of RUBY and Sharvari Kalate and Shivansh Verma of SAPPHIRE.

Then of course there is a vital part of the STUCO, the editorial team. The pen is sharper than the sword, and the editorial team harnesses the power of writing to even make this article possible. If the prefects are the backbone, editorial is the right hand of the STUCO. In the editorial team, we have Aarshia Sadanand and Anish Wadnerkar from 8th A and Siddhika Shivani and Ishan Dalvi from grade 7.

We, the school and sports prefects, work constantly to try and enhance the overall school experience for every student. Our mission is to create a positive and inclusive environment where all students feel supported, valued, and encouraged to reach their full potential. To balance this out we need our own hobbies and interests. We ourselves have many extracurricular interests.

I **Ishita Jethwani**, am thrilled to share with you my passions and the incredible journey that lies within the realm of basketball and dancing. These hobbies have become an integral part of my life, shaping me as an individual and providing me with invaluable experiences and life lessons. I love playing matches with my fellow friends and teammates. Recently I have decided to explore a brand new hobby in hopes of finding new passions and leaning new life lessons by joinin bharatnatyam. Even at age 12 when most people have already been studying it for many years. It has enabled me to learn so much more.

I **Arsh Singh** and I am delighted to unravel the extraordinary tapestry of my life, adorned with the vibrant hues of football and the soulful melodies of singing. These two passions have sculpted my character, led me on exhilarating adventures, and enriched my life in ways beyond measure. My hobby in football has enabled me to physically fit while thoroughly enjoying myself. Singing helps me relieve any stress I face through the day and gives me joy.

Our two fellow sports prefects are also highly engaged in sports and the arts, showcasing their talent and dedication in various activities. Kashvi Naik, our sports prefect, is a true embodiment of versatility and talent. Her passion for sports and the arts knows no bounds as she excels in a multitude of activities. From captivating dance performances that leave the audience mesmerised to showcasing her skills on the basketball court with finesse, Kashvi's dedication and proficiency are truly awe-inspiring. Her exceptional abilities in both sports and the arts make her an invaluable asset to our student council and a role model for her peers.

And **Daksh**, our other sports prefect, prides himself for his talents in many games like tennis and dance. His passion for sports knows no bounds, and he wholeheartedly dedicates himself to excel in every endeavour. Daksh's enthusiasm and love for sports and dance are contagious, inspiring others to embrace an active and healthy lifestyle. With his incredible dedication and skills, he undoubtedly brings an exciting and dynamic energy to our sports programs.

With the whole student council working in unity, and trying our best every step of the way, we know that we will be able to help this school soar to new heights and achieve the unachievable.

And now we would like to sign off with a quote,

**"A great leader's courage to fulfil their vision comes from passion, not position."**

Thank you.



LEARN  
TO SAY  
NO!

In the journey of personal growth, learning to say 'NO' is as important as learning to say 'yes'. In a world that constantly demands our attention and time, the ability to say "NO" is an empowering tool. By setting boundaries, prioritizing well-being, focussing on goals and overcoming guilt, we can navigate life's demands with grace and confidence.



Learning to say "NO" isn't a sign of weakness; rather, it's a sign of wisdom and self-awareness that leads to a more fulfilling and purposeful life. Balancing commitments with self-care and expressing refusal with respect ensures that personal well-being, creating a richer and more fulfilling life journey filled with self respect and inner peace.

As students you may face peer pressure to conform to certain behaviours or activities. Politely declining by stating personal values or boundaries can be a powerful way to stand up for oneself. Saying 'No' is an invaluable skill, a symphony of self respect and a guardian of personal boundaries.

- From Principal 's desk

## LEARN TO SAY "NO"

In today's fast-paced and demanding world, learning to say "No" has become an essential skill for personal and professional wellbeing. Many of us find ourselves overwhelmed with commitments, obligations, and requests, often leaving little time for ourselves.

However, saying no is not a sign of weakness or selfishness; it is an act of self-preservation and setting healthy boundaries.

Saying no allows us to protect our time, energy, and mental health. It empowers us to prioritize our own needs and goals, ensuring that we allocate our resources to activities that truly align with our values and aspirations. By saying no, we create space for self-care, personal growth, and meaningful relationships.

Overcoming the fear of disappointing others or being perceived as unhelpful is a significant hurdle in saying no. However, it's important to remember that we can't please everyone all the time, and saying no is a necessary act of self-respect. It's crucial to communicate our boundaries clearly and assertively, expressing gratitude for the opportunity while kindly explaining our inability to accommodate the request.

Ultimately, learning to say no is about reclaiming control over our lives and focussing on what truly matters. It enables us to avoid burnout, maintain a healthy work-life balance, and lead a more fulfilling and authentic existence.

So, let us embrace the power of saying no and prioritize our well-being.

- Arti Singh







### The Indian Army

The Indian Armed Forces land-based branch is the Indian Army. This battalion of unwavering troops is the world's 2nd largest standing army.

The army origins go back to the times when India was ruled by the British East India Company. One of the company's armies eventually became the 'British Indian Army' on 1st April 1895

The Indian Army has a total of 65 regiments.

One of the most famous ones out of them is The Garhwal Rifles.

The Army has fought battles with China and Pakistan.

Apart from defending the nation, the army is also involved in several peacekeeping missions organised by the United Nations.

India is the 3rd largest contributor to these missions with 7,860 troops deployed for 10 missions.

The Army's camouflage uniform is used by troops in forest environments. Personnel positioned in desert areas have a slightly different coloured camouflage uniform designed to blend in with their surroundings.

All this assures us that the Indian Army is prepared for any situation and will defend the country with all their might!!

Sharv A Pai 7A

### Medals Awarded for Bravery



## Heart touching poem by a soldier

If I die in war zone,  
Box me up and send me home.

Put my medals on my chest,  
Tell my mom I did my best.

Tell my dad not to bow,  
He won't get tension from me now.

Tell my bro to study Perfectly,  
The key to my bike will be his permanently.

Tell my sister not to be upset,  
Her bro will take a long sleep after sunset

Tell my nation not to cry...  
Because I'm a soldier born to...

- Aditi Thorat 5B



## Dr. Vikram Ambalal Sarabhai

### Introduction

Vikram Sarabhai, in full Vikram Ambalal Sarabhai, (born August 12, 1919, Ahmadabad, India—died December 30, 1971, Kovalam), Indian physicist and industrialist who initiated space research and helped develop nuclear power in India.

Dr. Sarabhai was born into a family of industrialists. He attended Gujarat College, Ahmadabad, but later shifted to the University of Cambridge, England, where he took his tripos in natural sciences in 1940.

Dr. Sarabhai was one of the greatest scientists of India. He is considered as the 'Father of the Indian Space Program'. Apart from being a scientist, he was a rare combination of an innovator, industrialist and visionary. Dr. Sarabhai founded the Physical Research Laboratory (PRL) in Ahmedabad on November 11, 1947.

Dr. Sarabhai did research on the time variations of cosmic rays and concluded that meteorological effects could not entirely effect the observed daily variations of cosmic rays. Dr. Sarabhai visualized a new field of research opening up in solar and interplanetary physics. Dr. Sarabhai in setting up the first rocket launching station

Thumba Equatorial Rocket Launching Station (TERLS) in India. This centre was established at Thumba near

Thiruvananthapuram on the coast of the Arabian Sea, primarily because of its proximity to the equator. Dr. Sarabhai initiated programs to take education to remote villages through satellite communication and called for the development of satellite-based remote sensing of natural resources.

Dr. Sarabhai was appointed Chairman of the Atomic Energy Commission in May 1966. He initiated India's space program, which today is renowned all over the world.

### Award

•Dr. Sarabhai was awarded India's highest honours, the Padma Bhushan (1966)

•Padma Vibhushan  
(awarded posthumously in 1972)  
- Swasti Sharma 6B



# MAHARANA PRATAP SINGH

Maharana Pratap born on 9TH may 1540 was one of the bravest warrior in Indian history.

## HISTORY OF MAHARANA PRATAP:

Pratap Singh 1st or famously known as Maharana Pratap was the 13th king of Mewar. He was born in SISODIA Clan of Rajput's of Mewar to Udai Singh. 2nd Jayawanta Bai on 9th may 1540. He is remembered for the resistance and the great valor that he bow down to them like his other Rajput peers.

## IMPORTANT EVENTS IN THE EARLY LIFE OF MAHARANA PRATAP:

Udai Singh 2nd father of Maharana Pratap founded the city of Udaipur in 1559. The siege of Chittorgarh in 1567-1568 led to the Mughals gaining control over the productive eastern part of Mewar. The death of Udai Singh in 1572, saw prince pratap ascend the throne as Maharana Pratap, the 13th king of Mewar.

## MAHARANA PRATAP IN THE BATTLE OF HALDIGHATI:

On 18th June 1576 the mighty force of the Mughal empire led by Man Singh 1st clashed with the army of rana of Mewar, Maharana Pratap.

## BACKGROUND OF BATTLE OF HADIGARH:

The Mughal policy of expansion under the rule of Akbar had turned its eyes towards the Rajputana religion. Though various tools such as Alliance, Diplomacy and use of force the Mughal empire succeeded in the subordination of many Rajputana kingdoms. Though one religion of mewar still stood tall which led to the siege of Chittorgarh in 1568. After Maharana Pratap become the ruler of Mewar, there were many diplomatic attempts by Akbar to make Mewar its wassal as the Mughals wanted access to Gujrat and the rest of Mewar. This was seen as an economic compulsion for Mughals. As the mission to sway Maharana Pratap failed under Raja Bhagwat Das as well as Raja Todar Mal, war was the only option left.

## LEGACY OF MAHARANA PRATAP:

At the age of 56 in 1597 Maharana Pratap passed away due to some injuries. Amar Singh 1st the eldest son of Maharana Pratap succeeded his father.

## PERSONAL LIFE :

Maharana Pratap married 11 princesses from various kingdoms. He had 17 sons and 5 daughters. Among his 11 wives, Maharani Ajabde Punwar was his favorite wife. The first marriage with Punwar was held in 1557, and Amar Singh the first son born in 1559. In these days, the kings followed matrimonial relations with neighbouring kingdoms to strengthen their domains. So that Maharana Pratap Singh also married another 10 princesses to improve the Rajput Unity. However, he spent many years in the forest to defy Mughal empire to protect the



Mewar kingdom. While spending in the words. The family even struggles to get proper food to appease starvation. Some scriptures said that his family made the chapatti's with grass to survive the life.

## CHETAK DEATH:

The Akbar army was 2 lakhs soldiers, and rana prataps had only 22 thousand soldiers. Rana pratap and his soldiers fought with great courage like a great warriors, but Akbar's army did not wholly defeat Rana Pratap Singh. Rana Pratap's "Chetak" horse also became immortal in this battle. "Chetak" was seriously injured in this battle, but he saves his masters life by jumping over a big canal. As soon as the channel crossed "Chetak" fell, died. Akbar participated in the war, but after 6 months of fighting the battle, he could not catch Rana Pratap and return to Delhi.

SREJAL PIMPURNE 6A



## HERITAGE OF KERALA

- The heritage and culture of Kerala is unique. It has accommodated both Indians and Dravidians.
- The state of Kerala and its culture and its heritage originated from Dravidian ethos, religious and reform movements against caste.
- The state has unspoiled tropical beauty, so it is also known as "God's Own Country".
- "Kera" means coconut. That is why the literary meaning of Kerala is "land of Coconuts"
- The state has rich wildlife, lots of temples, and beautiful mountain ranges. The sites are fascinating, peaceful, and intense.
- It is the treasure of historical sites, architectural monuments, and heritage centres.
- It is famous for its beaches. Some of the important beaches are Alappuzha, Kollam, Bekal

Fort Beach, Kappil Beach, Pallikere Beach, etc.

- Thrissur is the rich heritage capital of Kerala as it is enriched by Indians, Europeans, and Arab sources.
- Western ghats are paradise on Earth.
- Kalpathy is the first heritage village of Kerala.
- Anchuthengu Fort is the oldest heritage destination.
- Mattancherry Palace, Kochi, Ernakulum is a UNESCO world heritage centre.
- Krishnapuram Palace and Leela Palace are worth visiting.
- The Museum of History and Heritage [Keralam] is situated in Thiruvananthapuram.
- Kerala is also famous for its temple. Anantha Padmanabha Swamy temple has both religious and architectural importance.

- Rishi Ranjan 5D




## Sinhagad

Sinhagad, also known as the Lion Fort, is a historic fortress located near Pune, Maharashtra, India. Perched on a hilltop in the Western Ghats, it holds immense significance in Indian history and is a popular tourist destination. The fort has witnessed several battles and has been ruled by various dynasties, including the Marathas and the British. Today, it stands as a testament to the valour and courage of the warriors who defended it. Sinhagad offers breathtaking views of the surrounding landscape, including lush green valleys and the city of Pune. Visitors can explore the fort's ancient architecture, including gates, bastions, and a memorial dedicated to the legendary Maratha warrior, Tanaji Malusare. It was initially known as Kondhana Fort and was later renamed Sinhagad, meaning "Lion Fort," in honour of the bravery displayed by Tanaji Malusare, a prominent Maratha warrior, during the Battle of Sinhagad in 1670. Trekking enthusiasts often undertake the exhilarating journey to Sinhagad to experience its historical grandeur and natural beauty.

- Neil Bongirwar - 7




# Cluster of knowledge




**Roopa Pai**

**Book Name:** The Gita For Children  
**About Author:** Roopa Pai is children author and Journalist living in Bangalore India. She has over 20 Published books.




**Sowmya Rajendran**

**Book Name:** Wings to Fly  
**About Author:** Sowmya Rajendran is an Indian Writer. She is the Winner of Sahitya Akademi.




**Mohit Parikh**

**Book Name:** Manan  
**About Author:** Mahit Parikh's works have Published in Identity Theory, Specs Journal of Arts and Culture, Out of Print Magazine, The Bombay Literary Magazine and others.




**Richa Jha**

**About Author:** Richa Jha is an Indian children's author and Picture book enthusiast. Her book won a Popular award.  
**Book Name:** Manic Panic




**Sudha Murthy**

**Book Name:** Magic Drum  
**About Author:** She an educator, author and chairPerson of Infosys Foundation. In 2023, she was awarded the Padma Bhushan.




**R.K Narayan**

**Book Name:** Malgudi days  
**About Author:** He was writer and novelist known of his work in south Indian town of Malgudi.



**Ranjit Lal**

**Book Name:** The Tigers of Taboo Valley  
**About Author:** He was born in Kolkata. He said, I got about writing for children because I enjoy it more than writing for adults.



**Paro Anand**

**Book Name:** The tree with a treaveling heart  
**About Author:** She is Indian author of books for children and adults including novels, short stories and plays. She won the Bal Sahitya Puruskar in 2017



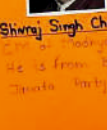


Manasvi Dholariya 3D

**MINISTRY OF HEALTH**  
Health Ministers of states (10)

 Tanjaji Sawant (Maharashtra)	 Rushikesh Patel (Gujrat)	 Keshab M. (Assam)	 Sapam Ranjan sikh (Manipur)	 Raghu Sharma (Rajasthan)
 Balbir Singh (Punjab)	 Vidada Rajini (Andhra Pradesh)	 Sri Dimish Gundu Rao (Karnataka)	 T. Harish Rao (Telangana)	 Ma. Subramanian (Tamil Nadu)






Isha Thakkar 3E

NAME: AAROHI CHAUDHARI III 'E' ROLL No: 2  
PROJECT NAME: CHIEF MINISTERS OF STATES IN INDIA - 1

 Pranath Shinde He is from 19th century He is from 19th century	 K. Chandrababur Rao He is from 19th century He is from 19th century
 Shivraj Singh Chouhan He is from 19th century He is from 19th century	 Bhupendra Bhav Patel He is from 19th century He is from 19th century
 Yog Adityanath He is from 19th century He is from 19th century	

Aarohi Chaudhari 3E

NAME: AAROHI CHAUDHARI III 'E' ROLL No: 2  
PROJECT NAME: CHIEF MINISTERS OF STATES IN INDIA - 2

 Ashok Gehlot He is from 19th century He is from 19th century	 Himanta Sarma He is from 19th century He is from 19th century
 Bhagwant Mann He is from 19th century He is from 19th century	 Sukhwinder Singh Sukhu He is from 19th century He is from 19th century
 Hemant Soren He is from 19th century He is from 19th century	

Aarohi Chaudhari 3E

**INDIAN MUSICAL INSTRUMENTS**

**Tabla:** This is long necked string instrument, originating in India. It is invented in the late 16th century by a Raj Maharaja.

**Harmonium:** Also called Reed organ. It is a keyboard instrument. It is used in church, school, and other places. It is very difficult to learn.

**Tabla:** A Tabla is a pair of hand drums. It is made of wood and has a double yoke at one end and metal at other end.

**Bansuri:** A Bansuri is a small flute. It is made of bamboo. It is used in Indian music. It is very difficult to learn.

**Sitar:** This is a long-necked stringed instrument. It is the most popular instrument in Indian music. It is made of wood and has a double yoke at one end and metal at other end.

**Shehnai:** This instrument is originated from India. It is made of wood and has a double yoke at one end and metal at other end.









**Pakhavaj:** The Pakhavaj is a barrel-shaped two-headed drum. It is made of wood and has a double yoke at one end and metal at other end.

**Dhol:** This is a large drum. It is used in Indian music. It is made of wood and has a double yoke at one end and metal at other end.

**Swarmandal:** This is a small drum. It is used in Indian music. It is made of wood and has a double yoke at one end and metal at other end.






Radhika Karera 3C

**EDUCATION MINISTERS OF INDIA**

 M. K. Murmu He is from 19th century He is from 19th century	 K. J. Somaiya He is from 19th century He is from 19th century
 D. V. Joshi He is from 19th century He is from 19th century	 S. K. Patil He is from 19th century He is from 19th century
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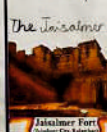
Rudran Rewatkar 3E

NAME: MAHI GARG III 'B' ROLL No: 2  
PROJECT NAME: FAMOUS PERSONALITIES - SPACE TECHNOLOGY

 Kalpana Chawla She was the first Indian woman to go into space. She died on 28 Feb 2003 on space shuttle mission (aged 40).	 M. G. M. Srinivas He is known as the 'Moon man of India'. He is also the person behind the launch of Mangalyaan in first attempt. He is listed as top 100 Indians.
 A. P. J. Abdul Kalam He is known as the 'Missile Man of India'. He was an Indian aerospace and statesman who served as 11th President of India. He was recipient of Bharat Ratna award.	 Rakesh Sharma He is the only Indian citizen to travel in space on Soyuz T-11 spacecraft. He spent 28 days, 21 hours and 48 minutes aboard conducting 43 experimental missions.
 Vikram Sarabhai He was an Indian physicist and astronomer who initiated space research and helped develop nuclear power in India. He is the founder of Indian Space Research Organisation.	

Mahi Garg 3B

**Hridhaan Dhoot 3A**  
**MONUMENTS OF INDIA**

 Taj Mahal This is a 17th century mausoleum. It is an important symbol of the southern regional style of Indo-Islamic architecture.	 Ajanta Caves The Ajanta Caves are a group of 30 rock-cut Buddhist石窟 in the Western Ghats of Maharashtra, India.
 Ellora Caves This is a group of 34 rock-cut Buddhist石窟 in the Western Ghats of Maharashtra, India.	 Karnah Temple The Karnah Temple is a Hindu temple in the Western Ghats of Maharashtra, India.
 Vijaya Vittala Temple The Vijaya Vittala Temple is a Hindu temple in the Western Ghats of Maharashtra, India.	 Tanjore Temple The Tanjore Temple is a Hindu temple in the Western Ghats of Maharashtra, India.
 Vishnu Temple The Vishnu Temple is a Hindu temple in the Western Ghats of Maharashtra, India.	 Vishnu Temple The Vishnu Temple is a Hindu temple in the Western Ghats of Maharashtra, India.
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Hridhaan Dhoot 3A



LEARN  
TO SAY  
NO!



Everyone ought to practice perfecting this essential skill of learning to say no. Despite any potential obstacles it may encounter along the way, the advantages it offers to our lives cannot be disregarded. Having the confidence and ability to say "no" to requests or conditions comes from setting boundaries and prioritizing our own needs and health. Saying no becomes a sort of self-care and a way to confirm that our choices are consistent with our values and aspirations for personal growth. Let's take a closer look at this commonly overlooked 'superpower'.

Because it keeps us from taking on too much, saying no is crucial. The amount of homework, extracurricular activities, and social commitments that we have can often feel overwhelming. Out of a fear of failing people or missing out, we could wind ourselves agreeing to everything even though we are already overwhelmed. However, by declining extra responsibilities or requests that don't align with our priorities, we can prevent burnout and maintain a good balance in our lives.

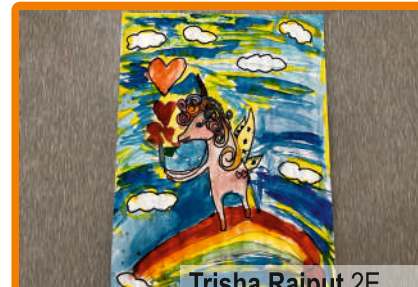
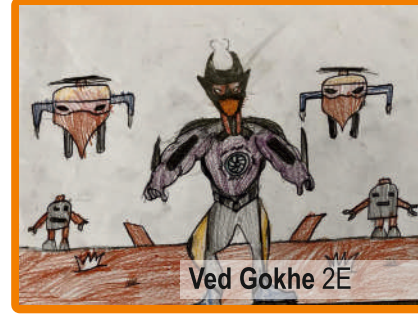
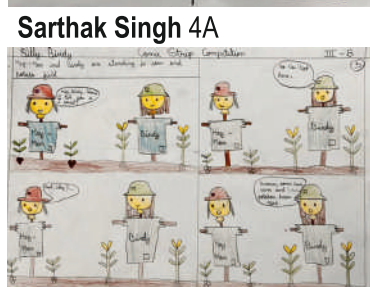
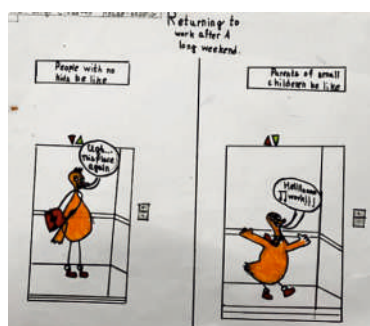
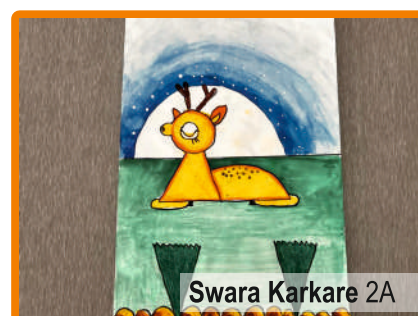
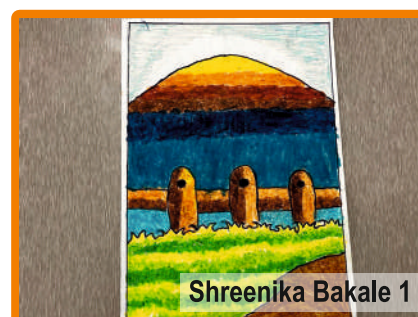
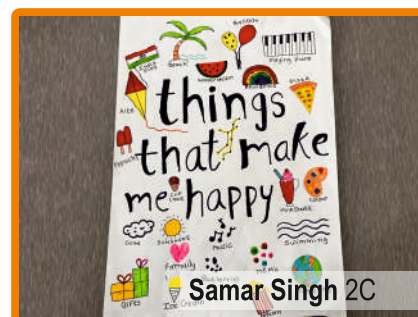
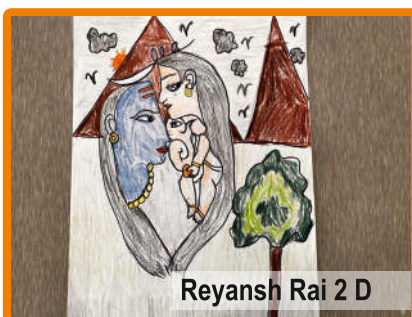
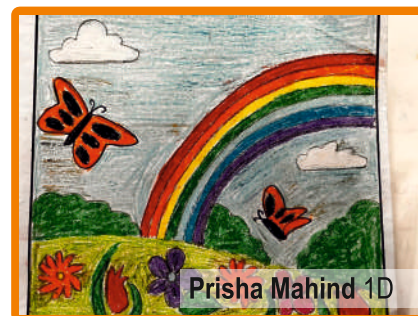
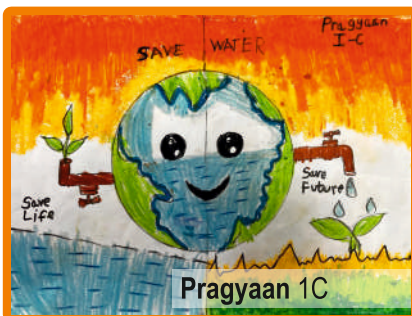
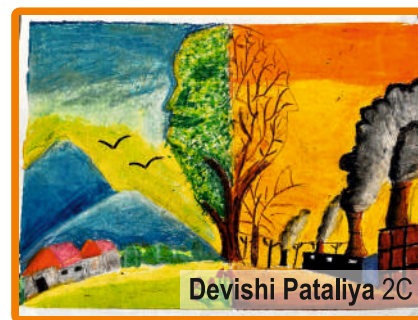
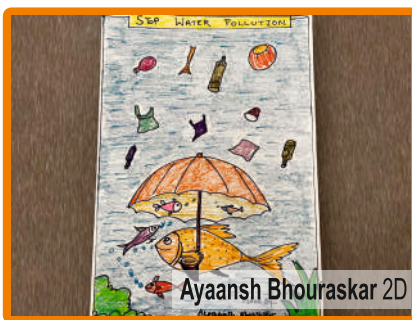
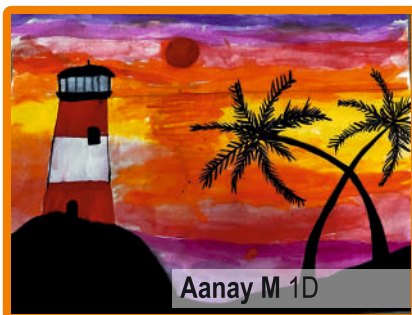
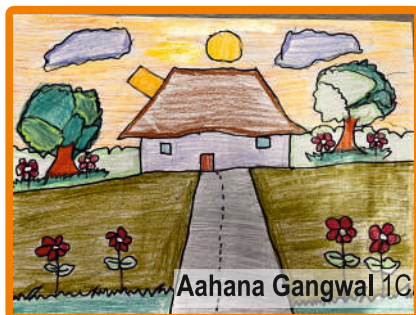
Saying "no" encourages us to prioritize our needs. Taking care of our physical, mental, and emotional health is crucial. When we say no to things that drain our energy or cause stress, we make room for activities that benefit our health. This includes taking breaks, getting appropriate rest, engaging in our hobbies or interests, as well as spending time with friends and family. When we prioritize self-care, we are better equipped to handle the challenges and responsibilities that come our way. While preventing us from taking on too much, saying no allows us to concentrate on the things that bring us happiness and fulfilment.

Another advantage of learning to say no is that it teaches us how to be assertive because being able to articulate ourselves and say no also helps us do so. There is a lot of pressure on students to belong or gain favour with others. However, when we establish our limits and use the word "no" when necessary, we gain the confidence and respect of others. Understanding how to politely and considerately say no is a necessary skill for developing good relationships based on respect and understanding. Additionally, it establishes expectations for how we ought to be treated by others and highlights the need of attending to their needs.

In conclusion, developing the ability to say no is a crucial talent that can help us immensely in a variety of facets of life. It allows us to avoid feeling overwhelmed, give self-care top priority, and improve our confidence. In order to live a full, healthy life, we must establish boundaries and make decisions that are consistent with our values. So let's keep in mind that saying no is an act of self-care and personal development rather than being impolite or selfish. Being able to say no will help us make decisions that support our wellbeing and allow us to live happier, healthier, and more enjoyable lives.

- Editorial Team

## MY CANVAS







## National symbols of India

There are seventeen national symbols of India namely Tiranga, Jana Gana Mana, Saka Calendar, Vande Mataram, National Emblem of India, Mango, Ganga, Royal Bengal Tiger, Indian Banyan, Ganges River Dolphin, Indian Peacock, Indian Rupee, King Cobra, Indian Elephant, Lotus, Pumpkin and National Pledge.

The national symbol exemplify the rich cultural fibre that resides at the core of country, infuse a deep sense of pride in the hearts of citizens, represent a quality unique to India and its citizens. Lets discuss some of the important national symbols.

### 1. National Flag (Tiranga)

Tiranga is the national flag of India. The top saffron colour, indicates the strength and courage of the country. The white middle band indicates peace and truth with Dharma Chakra. The green colour shows the fertility, growth and auspiciousness of the land. Its design is that of the wheel which appears

on the abacus of the Sarnath Lion Capital of Ashoka. Its diameter approximates to the width of the white band and it has 24 spokes. The design of the National Flag was adopted by the Constituent Assembly of India on 22 July 1947.

### 2. National Emblem (State Emblem of India)

The national emblem of India is adopted from Lion Capital of Ashoka at Sarnath. Its motto is Satyameva Jayate; ("Truth Alone Triumphs"). It features four Asiatic lions standing back to back, mounted on an abacus with a frieze carrying sculptures in high relief of an elephant, a galloping horse, a bull and a lion separated by intervening wheels over a bell-shaped lotus. The National Emblem symbolizes power, courage, and confidence and at the bottom is a horse and a bull with beautiful wheel Dharma chakra at centre.

### 3. National Anthem (Jana Gana Mana)

The National Anthem of India Jana-gana-mana, composed originally in Bengali by Rabindranath Tagore, was adopted in its Hindi version by the Constituent Assembly as the National Anthem of

India on 24 January 1950. The complete song consists of five stanzas. The first stanza contains the full version of the National Anthem.

### 4. National Currency (Indian Rupee)

The Indian rupee (ISO code: INR) is the official currency of the Republic of India. The issuance of the currency is controlled by the Reserve Bank of India. The Indian rupee symbol is derived from the Devanagari consonant "र" (ra) and the Latin letter "R" was adopted in 2010. The INR depicts an equality sign that symbolizes the nation's desire to reduce economic disparity.

### 5. National Animal (Bengal Tiger)

Royal Bengal Tiger is the national animal of India and ranks among the biggest cats in the world. It was adopted as the national animal of India in April 1973 due to the dwindling population of the tigers. Prior to the tiger the national animal of India was the Lion.

### 6. Oath of Allegiance (National Pledge)

The National Pledge is an oath of allegiance to the Republic Of India. It is commonly recited by Indians in unison at public events, especially in schools, and during the Independence Day and Republic Day celebrations.

-Swara Deshpande 5A

### Q1. What is the national sport of Japan?

Ans: Sumo wrestling

### Q2. Which is Europe's longest river?

Ans. Volga River. It is 3688 kms from Russia to the Caspian Sea.

### Q3. What is the scale to measure loudness of sound?

Ans. Decibel

### Q4. What is the name of a medical branch that specializes in the care of children?

Ans. Paediatrics

### Q5. Which intestine is longer: small intestine or large intestine?

Ans. Small intestine. It

measures around 6.5m while the large intestine is only 1.8m long

### Q6. By what name is the star Sol better known?

Ans. Sun

### Q7. How long is a year on Mars?

Ans. 687 Earth days

### Q8. In football, what is a goalkeeper's punt?

Ans. A kick in which the goalkeeper gathers the ball, drops it and kicks it before it can hit the ground.

Shreyans Lalan 4A

## Believe it or not - Facts.

1. If you tried a new variety of apple every day, it would take more than 20 years to try them all.
2. Elephant can "hear" with their feet.
3. Cotton candy was invented by a dentist.
4. There are three different types of smiles.
5. The bumblebee bat is the world's smallest mammal.
6. The largest cup of coffee was more than 18,000 liters.
7. Cats can be allergic to people.
8. Belgium once employed trained cats to deliver mail.
9. Some lily pads can support the weight of small child.
10. There's a lake in Australia that's bright pink.
11. May 29th is "Put a Pillow on your Fridge" day.
12. Your fingernails grow faster when you are cold.
13. 20% of all the oxygen you breathe is used by your brain.
14. Your small intestine is the largest internal organ in your body.
15. Cats are not able to taste anything that is sweet.
16. Snails take the longest naps with some lasting as long as three years.

- Spruha Wairagade 4C

## Riddles

1. I am a non-living thing, but I am a hand?
2. What is half of two plus two?
3. People buy me to eat but never eat it.
4. What five-letter word becomes shorter when you add two letters to it?

### Answers

1. A Glove
2. Three
3. A Plate
4. Short

- Aaradhya Rahul Betkar 4B

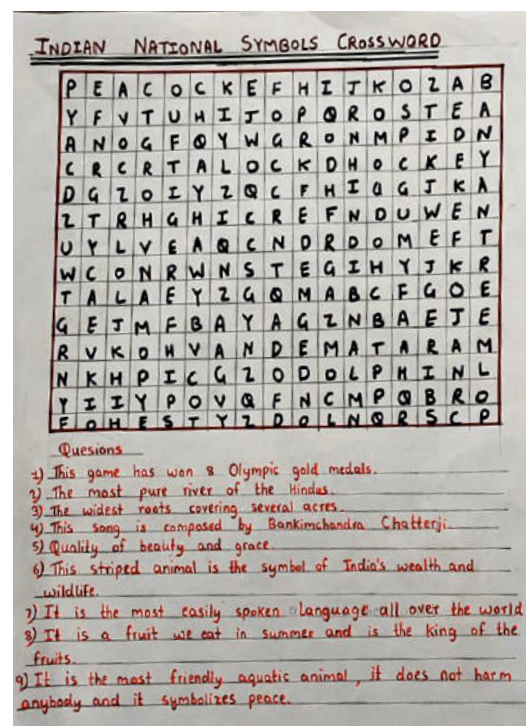
## General Knowledge - Questions

1. Name the densest jungle in the world?
2. Name the longest river on the earth?
3. Who is the first citizen of India?
4. How much time does the Sunlight takes to reach the Earth?
5. Which planets have the most Moon?

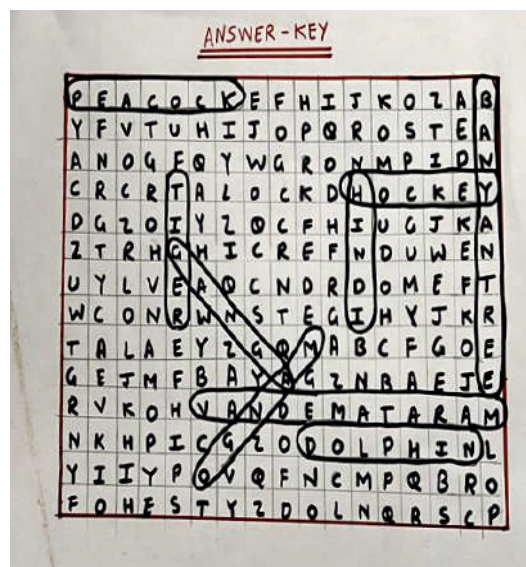
### Answers

1. The Amazon rainforest.
2. Nile
3. The President of India.
4. 8 mins and 20 sec.
5. Saturn.

- Rashi Kshrisagar 4D



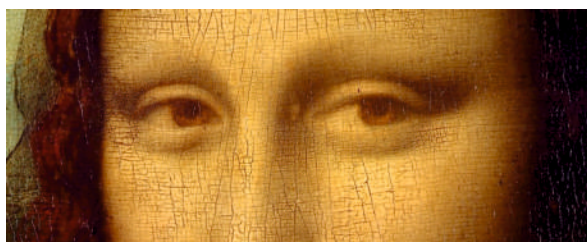
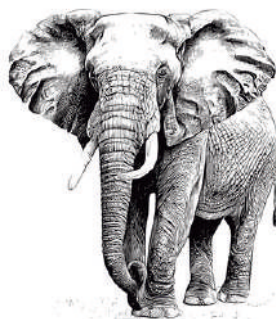
Aria Agarwal 5A



## Believe it or not

1. A hippo's jaw opens wide enough to fit a sports car inside.
2. The shortest commercial flight in the world lasts just 57 seconds.
3. Elephants can hear with their feet.
4. Hot water will turn into ice faster than cold water.
5. The Mona Lisa has no eyebrows.
6. The strongest muscle in the body is the tongue.
7. If you tried a new variety of apple everyday it would take more than 20 years to try them all.
8. Cotton candy was invented by a dentist.
9. Some lily pods can support the weight of a small child.
10. Ants take rest for around 8 minutes in 12-hour period.

- Dhruvika Mittal 4C





## Importance of Hockey

Hockey is a well-known game which is the national game of India. It is the oldest game in the country. Hockey is played with a hockey stick to control a ball and drive it in the opposition's goal post to score for their team. We can play hockey on an outdoor field, sheet of ice or dry floor such as the gymnasium. There are 11 players on a team

There are few importance and benefits of hockey-

- Hockey helps develop leadership skills, discipline and teamwork in the players.
- Hockey improves your lower and upper body muscle strength.
- Hockey can improve your hand eye coordination, balance and agility.
- It can also improve your breathing and cellular

activity.

- Hockey improves your communication through eyes and gestures.

- Hockey enhances your mental strength.

- Hockey boosts your endurance.

So that is why hockey is the national sport of India because it has a lot of benefits and can make you stronger.

- Spruha Savant - 5C



## Fruit Salad

### Ingredients

#### FOR THE DRESSING

- 15 ml -honey
- 15 ml -freshly squeezed orange juice
- Zest of 1 lemon

#### FOR THE SALAD

- 200 to 250 g.- Berries (Strawberry, Raspberry, Blueberry, etc.)
- 1 -kiwis, peeled and sliced (optional)
- 1 -orange, peeled and wedges cut in half
- 1 -apples, peeled and chopped
- 1 -mango, peeled and chopped (optional)
- 5 to 10 -grapes

#### HOW TO MAKE: -

In a small bowl whisk together honey, orange juice, and lemon zest. Add fruit to a large bowl and pour over dressing, tossing gently to combine. Chill until ready to serve.

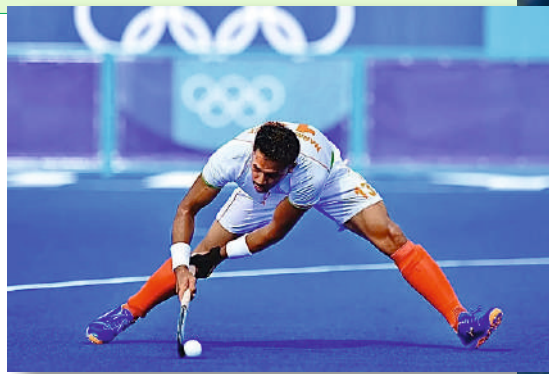
-Bhargavi Morankar 7A



### Warrior I (Virabhadrasana I)

1. Step into a high lunge, bending the front leg at a 90° angle.
2. Bring the back foot flat to the ground at a 45° angle.
3. Bring the arms up to the sky, keeping the hips squared.
4. Hold for a few breaths.

- Ujwala Nirkhe



### Harmanpreet Singh

Harmanpreet Singh is an Indian hockey player. He plays as a defender for the Indian National team. He was a part of the Hockey team that won bronze medal for India in Tokyo 2020 Summer Olympics Games.

Harmanpreet was born on 6th January 1996 in outskirts of Amritsar. When he was 15 years old, he joined the Surjit Singh Hockey Academy. He started playing for India Under 19 team when he scored 9 goals at the Sultan of Johor Cup in Malaysia. For his outstanding performance he was awarded by Man of Tournament Award.

He is frequently in opposition third celebrating his stunning goals with his teammates.

He was named men's "Player of the year" at FIH- Player of the Year Awards for the year 2020-2021 and has conferred the Arjuna Award..

He will be the captain of India at the 2023 FIH- Hockey World Cup.

Heral Patil 5C



### Manpreet Singh

Manpreet Singh Pawar is an Indian field hockey player. He plays as halfback. He led the Indian field hockey team to the bronze medal at Tokyo 2020 Olympics.

He was born on 26th June 1992 in the village of Mithapur near Jalandhar.

Born to a farming family in rural Panjab, Manpreet took to playing hockey when he was 9 years old. The opportunity to win trophies attracted him to the sports.

His first big tournament was when he represented India at 2012 Games in London.

He captained the Junior National team at the 2013 Men's Hockey Junior World Cup and again at Sultan of Johor Cup, where he won his first gold medal.

He went on to win gold medal with the national team at 2014 Asian Games and 2016 Asian Men's Hockey Champions Trophy.

In 2017, he was captain of the Indian National hockey team and went to lead the team to Gold at 2017 Men's Hockey Asia Cup.

And so on...He was won many medal.

Later in 2021, he was awarded the Khel Ratna, the highest honour given to sportspersons in India.

### PERSONAL HYGIENE ALERT !!

- 1) Do you know dirtiness / germ is a kind of mathematics. One germ can multiply into 8 million germs in a day. So, stop the germ and maintain a good hygiene.
- 2) If you love to scroll the TV channel so often, then stay alert! Because remote control contributes to around lacs of hospitalization.
- 3) Keep your hands always dry. Use hand dryers, towel or tissue paper to dry hand as wet hand is 1000 times more prone to spread bacteria.
- 4) Stop touching so many things. 80% of contagious diseases are transmitted by touch. Hand washing can prevent it. - KASHVI GOSWAMI 4A





Investiture Ceremony



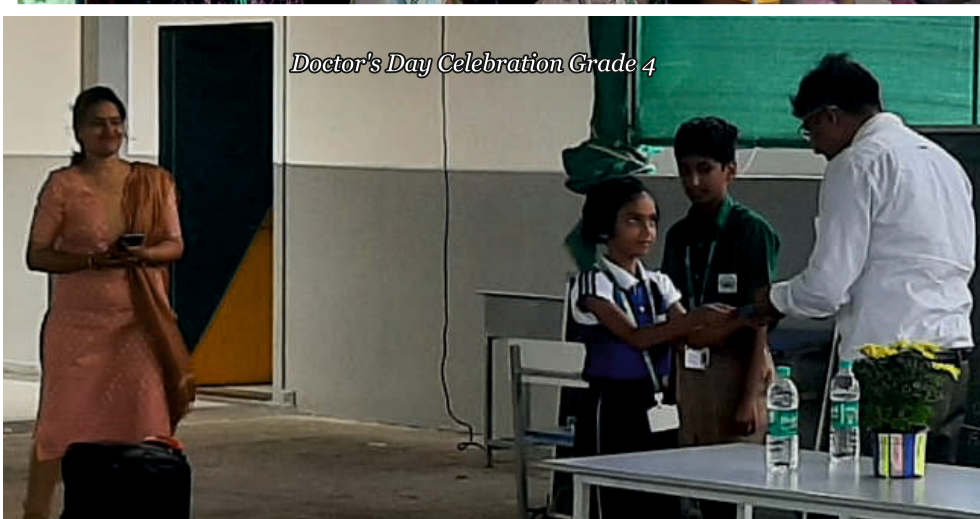
Stuco Oath



Lit Fest



Elocution



Doctor's Day Celebration Grade 4



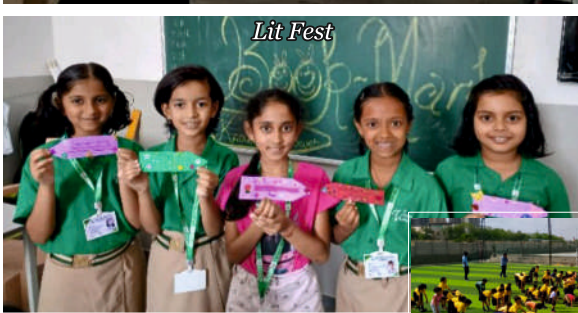
Stuco Voting



Stuco Election



Spellbee Grade 5



Lit Fest



Extempore Winners



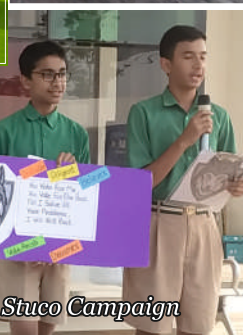
Palkhi Celebration



Spellbee Grade 4



Yoga Day



Stuco Campaign



Investiture



Extempore finalist



Lit Fest role play



Spell bee Grade 6



Aashadi Ekadashi Preprimary Celebration



Stuco campaign (1)



street-play1



Spellbee Grade 3