



Udaan

time to fly

Action speaks louder than words

Words have power, but it is our actions that truly define us. Promises and intentions mean little if they are not backed by effort and discipline. Success is not about what we say we will do, but what we actually do.

Your dedication to learning, respect for teachers, kindness toward friends, and honesty in your work will shape your future more than any speech or excuse ever will. Let your actions set an example, let your hard work speak for you, and let your perseverance be your voice.

Strive to be the kind of student who doesn't just dream but works tirelessly to achieve. Remember, real change begins when you stop talking about what you will do and start doing it.

Introduction

Good Morning!

Today I want to share with all of you the importance of the English language which holds a significant place in the modern world, serving as a global lingua franca that bridges diverse cultures and facilitates international communication. English is the most widely spoken language globally, both as a native and a second language. You already know that it acts as a common medium for people from different linguistic backgrounds to interact. This universality makes it essential for individuals aiming to participate in the global community.

So many times, during the lesson, we keep on discussing how a significant portion of the world's educational resources, including textbooks, research papers, and online courses, are available in English. So, proficiency in English opens up access to these vast reservoirs of knowledge, enabling students and professionals to stay updated with the latest developments in their fields.

The Gen Z is the smartest generation, and the language of the internet is predominantly English. Understanding English allows you to leverage these technologies effectively, participate in tech communities, and stay ahead in the fast-evolving digital landscape. English serves as a bridge for cultural exchange, allowing people to appreciate and understand the literature, music, films, and traditions of different English-speaking countries. This cultural immersion fosters global understanding and tolerance, enriching your worldview.

As we keep on discussing the strategies to improve our English proficiency, let's go through some ways to master it. The first and the foremost important method is to practice regularly. Consistency is the key in language learning. Get engaged in regular reading, writing, listening, and speaking activities. Reading newspapers, books, and online articles can enhance vocabulary and comprehension.

Immersion is an effective way to learn a language. Surround yourself with English through movies, TV shows, music, and podcasts. This exposure helps in understanding colloquial expressions, pronunciation, and context usage.

Speaking regularly is crucial for gaining fluency. We are not native speakers, we can and have a right to make mistakes, that should not be deterrent to speak English with confidence. Use language learning apps that offer speaking exercises and real-time feedback.

Reading is the most important exercise; a loud reading helps in improving pronunciation and fluency. Recording your speech and listening to it can help in identifying areas for improvement. This practice also builds confidence in speaking. Expand your vocabulary by learning new words daily. Use flashcards, word games, and vocabulary apps. Practice using new words in sentences to reinforce learning of those new words.

The importance of English in today's interconnected world, cannot be overstated. It serves as a vital tool for communication, education, economic opportunities, and cultural exchange. Mastery of English opens doors to a world of opportunities, making it an invaluable asset in the modern era and for your successful career.

Happy learning!!!



- Ms. Vineeta S.

Effective communication is crucial for business success, and the rise of innovative communication tools and apps are transforming how teams collaborate. Several new professional apps, websites and platforms are making a major impact, enhancing collaboration, communication, and boosting productivity in various business settings. These tools cater to diverse communication needs in various work settings, making it easier for people in business, office and various market sectors! Here are my top four choices and about them.

- 1. Slack Connect :** Slack Connect allows businesses to communicate and share files securely with clients, partners, and vendors directly within their Slack workspace. It basically bridges the gap between internal and external communication, enabling flawless collaboration while maintaining high security.
 - 2. Twist :** Twist is a messaging platform designed specifically for remote teams (a group of people who collaborate and share information from different locations virtually.) emphasizing, organized and synchronized communication by grouping conversations into threads. It is especially suitable for distributed teams working across different time zones!
 - 3. Loom :** Loom enables professionals to create quick video messages that are easy to share, providing a solution that reduces the need for long meetings.
 - 4. Beekeeper :** Beekeeper is a mobile-first internal communication platform (an app designed primarily for access on mobile.) designed for non-desk workers, such as those in retail, hospitality, and manufacturing
- In conclusion, I chose these four tools to tell you how it demonstrates unique features designed to enhance different aspects of business communication, ranging from connecting external partners to supporting remote teams and non-desk workers. By integrating these tools, businesses can significantly improve their communication efficiency, productivity, and collaboration.

- Alaina Dubey 7B

कवी,लेखक विष्णु वामन शिरवाडकर

म्हणजे वि.वा.शिरवाडकर यांचा 27 फेब्रुवारी हा दिवस जन्मदिवस आहे. हा दिवस 'मराठी गौरव भाषा दिन' म्हणून साजरा केला जातो. वि.वा.शिरवाडकर यांना वि.स. खांडेकर यांच्यानंतर मराठी साहित्यात ज्ञानपीठ पुरस्कार प्रदान करण्यात आला.

वि.वा.शिरवाडकर यांना कुसुमाग्रज या नावाने देखील संबोधले जाते. त्यांनी हे टोपणनाव का धारण केलं. त्यामागची रंजक कथा जाणून घेणार आहोत.

वि.वा.शिरवाडकर यांचा जन्म नाशिकमध्ये झाला. त्यांचे मूळ नाव गजानन रंगनाथ शिरवाडकर. त्यांचे काका वामन शिरवाडकर यांनी त्यांना दत्तक घेतले आणि नाव बदलले. तेव्हा त्यांचं नाव विष्णु वामन शिरवाडकर असं झालं. वडिल पेशाने वकिल होते आणि वकिलाच्या व्यवसायासाठी ते पिंपळगाव बसवंत येथे स्थायिक झाले. वि.वा.शिरवाडकर यांना सहा भाऊ आणि एक बहिण होती. तिचं नाव कुसुम. लाडक्या बहिणीचं नाव कुसुम आणि तिचे अग्रज म्हणजे 'कुसुमाग्रज' असे त्यांनी नाव धारण केले. तेव्हापासून कुसुमाग्रज या टोपणनावाने ओळखले जाऊ लागले.

लाभले आम्हास भाग्य बोलतो मराठी
जाहलो खरेच धन्य ऐकतो मराठी
धर्म , पंथ , जात एक जाणतो मराठी
एवढ्या जगात माय मानतो मराठी

आमुच्या मनामनात दंगते मराठी
आमुच्या रंगारंगत रंगते मराठी
आमुच्या उराराउरात स्पंदते मराठी
आमुच्या नसानसात नाचते मराठी

आमुच्या पिलापिलात जन्मते मराठी
आमुच्या लहानग्यात रंगते मराठी
आमुच्या मुलामुलीत खेळते मराठी
आमुच्या घराघरात वाहते मराठी

आमुच्या कुलाकुलात नांदते मराठी
येथल्या फुलाफुलात हासते मराठी
येथल्या दिशादिशात दाटते मराठी
येथल्या नगानगात गर्जते मराठी

येथल्या दरीदरीत हिंडते मराठी
येथल्या वनावनात गुंजते मराठी
येथल्या तरुलतात साजते मराठी
येथल्या कळीकळीत लाजते मराठी

येथल्या नभामधून वर्षते मराठी
येथल्या पिकांमधून डोलते मराठी
येथल्या नद्यांमधून वाहते मराठी
येथल्या चराचरात राहते मराठी

पाहुणे जरी असंख्य पोसते मराठी
आपुल्या घरात हाल सोसते मराठी हे असे
कितीक खेळ पाहते मराठी शेवटी मदांध
तखा फोडते मराठी

कवी - सुरेश भट

Sports' Day



Our school held The Annual Sports Day with great enthusiasm and excitement. The event took place on the school playground where students, teachers and parents gathered to witness a day filled with energy, teamwork and sportsmanship.

The day began with a captivity display of Yoga, where students demonstrated various Asanas with pose and precision, highlighting the mental and physical benefits of this ancient practice.

A well-balanced pyramid drill formation showcased the importance of a strong foundation, team work and mutual support. It inculcates the value of life that the base must be solid to lift higher in life. The students performed the variety of drills to make the movement lively and energetic.

The competitive event included an exciting lineup from Relay races to Hurdle races. Each race was made with enthusiastic cheers from the audience as the participants showcased not only their speed but also their determination and sportsmanship.

The honored guest highlighted that the students should play with passion, strive for excellence and stay disciplined. Regular physical activity contributes to overall well-being helping students remain sharp and energized in their academic and personal endeavour.

Principal ma'am played an inspiring role throughout the event by personally encouraging every participant. She reminded everyone that sports teach resilience discipline and value of a healthy lifestyle.

Sapphire house showed an exceptional performance who emerged as the overall winner of the sports Meet. Their dedication, teamwork and athletic prowess were evident in every event they participated in, ultimately leading them to win the Coveted Cup.

The Sports Meet concluded with a prize distribution ceremony where the winners were celebrated for their achievement. It left a lasting impression on everyone involved, reinforcing the schools mission to nurture well-rounded individuals who value both education and physical fitness.

Northern Rivers

Northern Rivers As Their Names Speaks, Originate In Or Flow Through The Northern Geographical Regions Of India. They Are Also Called "imalayan Rivers" As They Are Mainly From Small Tributaries Originating From Himalaya Mountains.

Major Characteristics

Their Main Source Of Water Are The Glaciers. These Rivers Have Long Duration Forces From Their Source To The Sea.

Major Norther River :

	Indus River	Ganges Rover	Brahmaputra River 1
Origin point	Lake Mansarovar (Tibet_China)	Gangotri Glacier (Uttarakhand_India)	Angsi Glacier (Tibet_China)
Length (India)	1114 Kms	2525 Kms	914 Kms
Major Tributaries	Jhelum, Chenab, Ravi, Beas, Sutlej	Yamuna, Gharghara, Gandak, Ram Ganga, Kosi, Mahananda	Manas, Subansiri, Teesta, Dhansiri
Surprise facts	The largest Delta in the world formed by two major rivers viz. Ganga and Brahmaputra, which converge on the Bengal basil.		



Ishika Mukherjee - 4th A

- Shaarvi Mulay - 4 B

ABOUT THE AIR FORCE

- The Air Force is a branch of the military that protects the skies and helps keep our country safe.
- The Air Force has pilots who fly fighter jets, cargo planes, and refueling aircraft.
- There are also people who work on computers, fix planes, and gather important information.



TASKS CARRIED OUT BY AIR FORCE

- One of the main jobs of the Air Force is to defend the country from threats in the air.
- They also help during emergencies, like hurricanes or wildfires, by bringing supplies and rescuing people.
- The Air Force even explores space with special technology!
- Air Force bases are located all over the world, and Airmen must train hard to be ready for any mission.
- Their motto is "Aim High, Fly-Fight-Win!" If you love airplanes, teamwork, and helping others, you might want to join the Air Force one day!

- SHRIYA JAMB 5 - A

Rani Laxmi Bai

Born in Kashi, Rani Laxmi Bai was the epitome of courage and bravery. As a child, she was called Manikarna and married Raja Gangadhar Rao, the king of Jhansi. In 1838 Gangadhar Rao died due to the shock of the death of their newborn son, and Rani Laxmi Bai became the queen of Jhansi. Gangadhar Rao wanted their adopted son, Damodar Rao to become the king, but the British govt. refused it under the doctrine of Lapse policy. Rani Laxmi Bai didn't want Jhansi to become an English state and refused their demands. Rani Laxmi Bai formed an army and fought with the British. She had her adopted son tied to her back on the battlefield. Rani Laxmi Bai died a martyr and inspired several people to fight for their rights and freedom. She is truly an inspiring figure in history and an inspiration to many women to fight for their rights.

Chamak uthi san santavan mein Woh talwar purani thi Bundele
Harbon ke mukh se humne suni kahani thi Khub ladi mardani,
Woh toh Jhansi ki rani thi - KASHI VERMA - 4 D

SAVITRIBAI PHULE

Born- 3rd Jan 1831

Died- 10th Mar 1897 (Age 66)

Spouse- Jyotiba Phule (Jyotirao)

Occupation- Teacher, Activist, Social reformer

Organization - Satya Shodhak Samaj
- Known for girl's education

By: Reyan Desai - 4C

Savitribai Phule, the first female teacher, was born in Naigaon (Sataro). She was a teacher, social reformer, poet who played a crucial part in advancing women's rights in India. She is also recognized as a pioneer of India's feminist movement.

She along with her husband had started their first school for girls in 1848 in Pune. She strived to abolish discrimination and unfair treatment of people based on caste and gender. By the end of 1851, Savitribai and Jyotirao Phule were running three different girls' schools in Pune.

Women's education day is celebrated on Savitribai Phule's jayanti to honor her contributions to women's education and social equality.

- REYAN DESAI - 4 C

Heritage Of Rajasthan

Born in Kashi, Rani Laxmi Bai was the epitome of courage and bravery. As a child, she was called Manikarna and married Raja Gangadhar Rao, the king of Jhansi. In 1838 Gangadhar Rao died due to the shock of the death of their newborn son, and Rani Laxmi Bai became the queen of Jhansi. Gangadhar Rao wanted their adopted son, Damodar Rao to become the king, but the British govt. refused it under the doctrine of Lapse policy. Rani Laxmi Bai didn't want Jhansi to become an English state and refused their demands. Rani Laxmi Bai formed an army and fought with the British. She had her adopted son tied to her back on the battlefield. Rani Laxmi Bai died a martyr and inspired several people to fight for their rights and freedom. She is truly an inspiring figure in history and an inspiration to many women to fight for their rights.



Majestic Forts, Palaces, and Stepwells: Rajasthan is home to many grand forts and palaces that portray the glory of the Rajput rulers. Some famous places include:

- Amer Fort
- Mehrangarh Fort
- City Palace
- Hawa Mahal
- Jaisalmer Fort
- Kumbhal Gad

Beautiful Handicrafts: Rajasthan is known for its block printing, blue pottery, embroidered outfits, and intricate jewelry. Tourists love to buy these unique handicrafts as souvenirs.

Camel and Elephant Rides: Tourists enjoy camel rides in the Thar Desert and elephant rides in historic forts.

Folk Music and Dance: Rajasthan is famous for its vibrant folk music and dance like:

- Ghoomar Dance
- Kalbelia Dance
- Tera Tali Dance

These art forms are an integral part of Rajasthani festivals such as Pushkar Fair and Teej Festival.

Delicious Cuisine: Rajasthani cuisine is known for its rich flavors and includes popular dishes such as:

- Dal Baati Churma
- Ker Sangri
- Gatte ki Sabzi
- Laal Maas

Brave History: Rajasthan has a rich history of valor, with legendary rulers like Maharana Pratap and Prithviraj Chauhan. Rajasthan's culture is a blend of history, art, and traditions that make it one of India's most colorful states.

- NIDHI PATIL - 4 A

Poem-Math

Subject which is not easy but not hard is called Math.
So easy to understand once if you take bath.
You can count the meters if walking on a footpath.
I can count animals if it is a rat.
I can take them as "x" only if they throw my trash.
If the cannot, I will count and give them a smash.
If math has gas it will be burst like my cash.
You would know the answer with just a dash.
If you hate math you should give it a chance.
If you love math just laugh and dance

- Swasti Sharma - 7 A

Doubtnut is an educational platform that was founded by Tanushree Nagori and Aditya Shankar in 2016. The platform uses image recognition technology to provide instant solutions to students' doubts in subjects like Maths, Science, and more. Students can simply upload a picture of the question they're struggling with, and Doubtnut's AI and ML algorithms will find a match in its database of pre-answered questions, providing a video solution. Doubtnut is particularly popular for its 24/7 doubt-solving feature, making it a go-to resource for students preparing for competitive exams like IIT JEE and NEET. The app offers detailed video solutions, live classes, and a vast library of study materials.

- Spruha Dhage - 7 A

Professional Technology Apps Used In The Markets

• Canva - Graphic design made easy

Canva is a design tool that helps people to create presentations, posters and social media post. It has already made templates which makes design easy without graphic design experience.

• Git Hub – A Hub for coders

Git Hub is an essential platform for software developers. It helps programmers to collaborate with teams, share their codes and track changes in their projects. Many companies and developers use Git Hub to built and improve their softwares.

Thank you

- Priya Pophale - 7 A

Toppr helps students prepare for various school, board, and competitive exams. Able with artificial intelligence, machine learning, and big data, They study student behaviour and create adaptive learning paths with infinite combinations. This ensures that every student has a unique and personalized learning experience.

- By Pal Kasundra - 7th A

LET'S RECYCLE

Look Around,
There's So Much
Plastic.
Let's Recycle,
It's Fantastic.

Don't Forget,
About Paper and Glass.
Recycle Together,
With Your Entire Class.

We'll Make Sure,
We Never Litter.
Let's Recycle,
We're Not Quitters.

When We Place Our
Garbage,
In The Right Bin,
Both Us and Nature,
Will Clearly Win.

Thanks For Keeping the
Environment,
Healthy And Clean.
Recycling Is Fun,
And Also Quite Green.

By. Shreshtha Singh (6-D)

Workvivo : A Modern Approach to Professional Communication
In today's digital workplace, effective communication is key to success. Workvivo is a modern communication platform designed to improve internal communication within organizations. Unlike traditional messaging apps, Workvivo combines professional communication with a social media-like experience, making it more engaging for employees.

Key Features of Workvivo:

1. Social Feed – Employees can post updates, share achievements, and interact with colleagues, similar to how social media platforms work.
2. Live Streaming & Podcasting – Leaders can directly communicate with teams through live video sessions and company podcasts.

Janavi Pathak - 7 B

1. Duolingo: Language Lessons Duolingo is the most downloaded app for language learning. The app is interactive, gamified, and so engaging that a person of any age can easily learn new languages with it.

With interactive lessons, quizzes, and real-time feedback, it maintains a steady level of progress while keeping things light and enjoyable. You can learn a variety of new languages at your own pace in small modules

2. PW (Physics Wallah): JEE/NEET, UPSC, GATE, SSC PW, founded by Alakh Pandey, is a platform where students can prepare for competitive exams like JEE, NEET, UPSC, and GATE. This app is popular for its video lectures, study materials and live classes, which are offered at affordable rates and of the highest quality, guiding students towards academic excellence.

3. Seekho: Short Learning videos
SeekhoApp specializes in short impactful videos focusing on skill enhancement and career development. From business skills to personal growth, its microlearning format caters to learners looking for quick actionable insights that fits into busy schedules.

Vachaspati Puranik
7th A

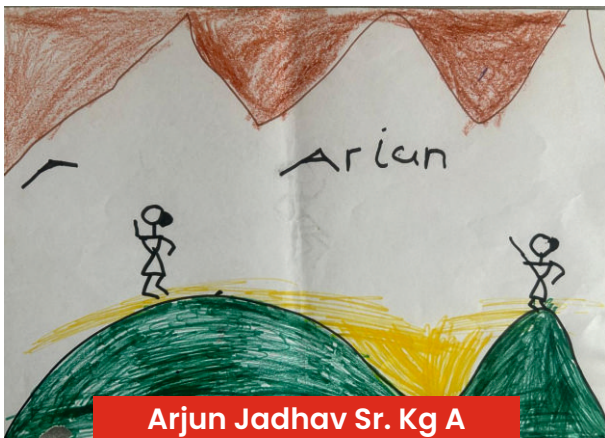
Trello – "The Ultimate Kanban Project Management Tool"

Trello boards consist of lists and cards that represent different stages of a workflow. Users can move cards between lists to track progress visually.

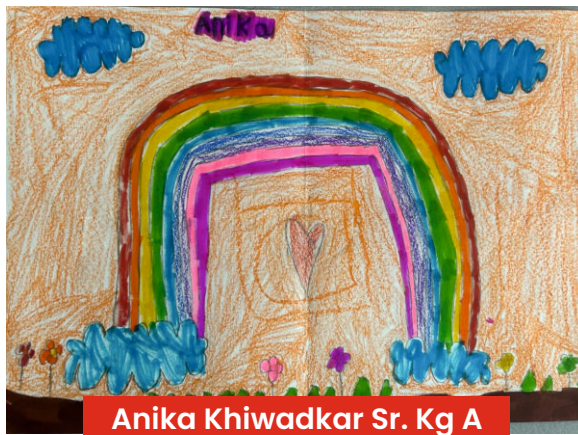
It is a visual project management and team collaboration platform.

Team members can comment, attach files, and tag others for updates.

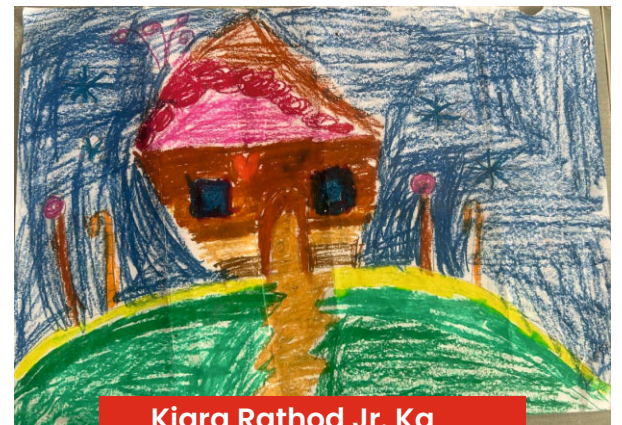
Ananya S Agarwal - 7 B



Arjun Jadhav Sr. Kg A



Anika Khiwadkar Sr. Kg A



Kiara Rathod Jr. Kg



Vyaan C 1-B



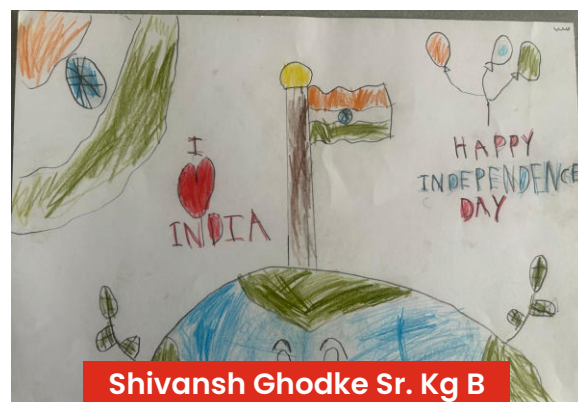
Shaarvi Shirkhe - 1D



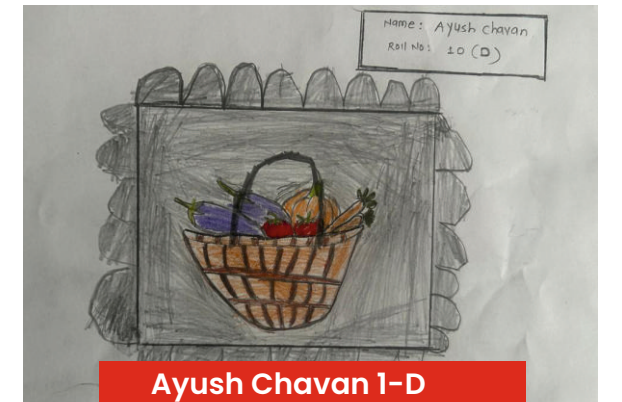
Vedant Kulkarni 1-A



Vaidehi Fulzele Sr. Kg A



Shivansh Ghodke Sr. Kg B



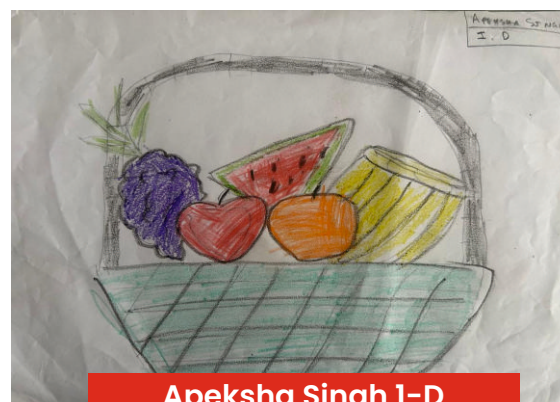
Ayush Chavan 1-D



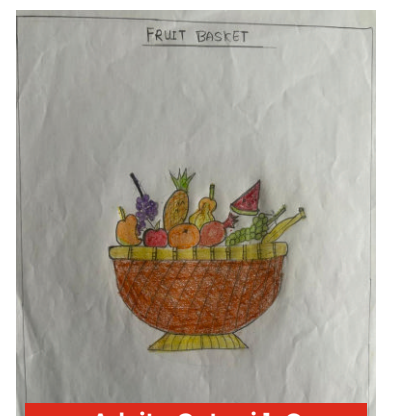
Prahi Nahar Jr. Kg



Shreeya Bhingarde 1-A

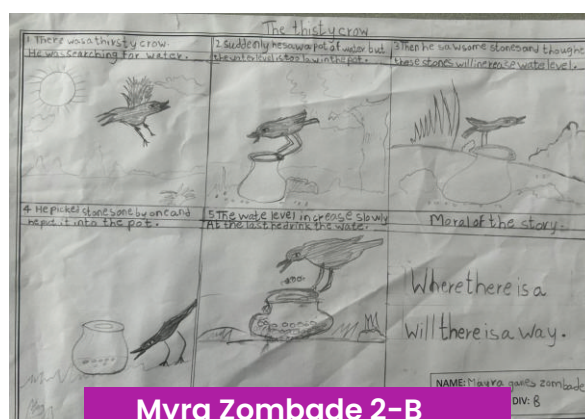


Apeksha Singh 1-D

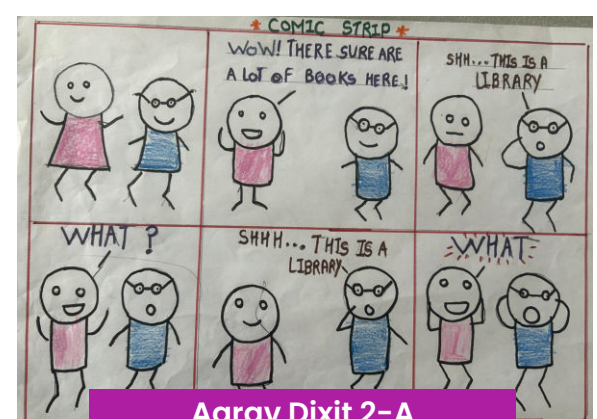


Advita Gotagi 1-C

Comic Strips



Myra Zombade 2-B



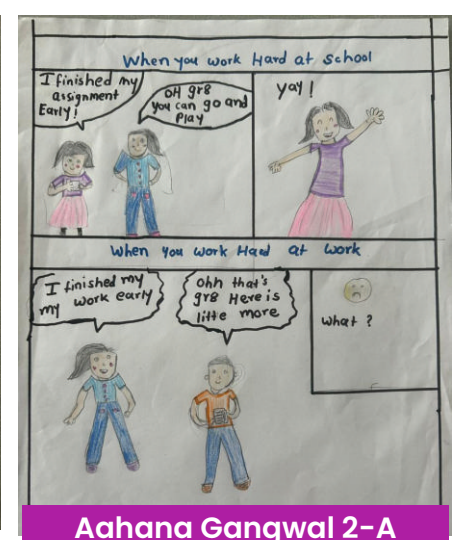
Aarav Dixit 2-A



Nayra Vetal 2-C



Riddhi Gidavir 2-D



Aahana Gangwal 2-A

BIZARRE FACTS

- I) Never hold your nose and cover your mouth while sneezing as it can blow out your eye balls.
- II) The term 'drowning' refers to the process of taking water into the lungs, not death caused by immersion.
- III) On an average 12 new born will be given to the wrong parents.
- IV) Even after the death Jeremy Bentham, a British philosopher attended board meeting for 92 years with a wax mask and cloth covering his skeleton.
- V) Mosquito repellents don't repel, they hide you. The spray blocks the mosquito's sensors so they don't locate your presence.
- VI) A shrimp's heart is in its head.
- VII) If you sneeze too hard, you could fracture a rib.
- VIII) “Dreamt” is the only English word that ends in the letters “mt”.
- IX) Los Angeles' full name is 'El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula'.
- X) A cat has 32 muscles in each ear.

-Saumya Doke 6 - C
-Shivanshi Badram 6 - C

CROSSWORD

Know Your Solar System

Across
1) Planet which has largest moon.
5) Planet with maximum number of moons.

Down
2)Third largest Planet.
3)Planet which spins in opposite direction of earth.
4)Planet which has no moon.

4) Mercury 5)Saturn
1)Jupiter 2) Uranus 3)Venus

Answer

Anushree Palse - 6 C

CROSSWORD

Know Your Solar System

Across
3. The Point About Which Down Pivots.
4. A Ramp
6. This Simple Company About Car & Bike Roll

Down
1. A Roll Over Which a Rope or Belt is Passed
2. A Spiral Version of 4 Across
5. There are three basics simple types of Machine
6. A Modified Version of 4 across, it can be found in blade of a kine or an axe.

2. Screw, 5. Lever, 6. Wedge
6. Wheel and Axle, 1. Pulley,
3. Fulcrum, 4. Inclined plane.


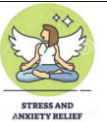




Answers :

Hridhaan Agrawal - 6A

Classification: Public

Importance of Regular Exercise

“Push harder than yesterday if you want a different tomorrow.” – Vincent Williams Sr.
“The body achieves what the mind believes.” – Napoleon Hill

	Improved Functional Mobility : Regular exercise improves the person's ability to move to accomplish daily living tasks and activities.
	Stress and anxiety relief : Physical activity helps improve the production of your brain's feel-good neurotransmitters, called endorphin. This reduces the stress and anxiety level.
	Higher self-esteem : Research has found that exercising and feeling 'an improvement in physical conditioning' enhance the self-esteem.
	Improved sleep: Aerobic exercise, resistance training, stretching, and yoga have been linked to better sleep. When you do each of these types of exercise it will have a substantial impact on the quality of your sleep.
	Increased energy level: Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improves, you have more energy to tackle daily chores.
	Improved overall health : Regular exercise improves your muscle strength and boosts your endurance. Also, it reduces the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease.

Aarush A Kumbhar - 5th C

The More You Take

Riddle: The more you take, the more you leave behind. What am I?
Answer: Footsteps.

I Speak Without a Mouth

Riddle: I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?
Answer: An echo.

The Person Who Makes It

Riddle: I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
Answer: Fire.

What Comes Once in a Minute

Riddle: What comes once in a minute, twice in a moment, but never in a thousand years?
Answer: The letter "M".

The Father and Son Puzzle

Riddle: A father is 30 years older than his son. In 10 years, he will be twice as old as his son. How old are they now?
Answer: The father is 40, and the son is 10.

The Unseen Thing

Riddle: What can travel around the world while staying in the corner?
Answer: A stamp.

The Key That Can Open

Riddle: What has keys but can't open locks?
Answer: A piano.

Riddles- Aditi Thorat 6B

Motivational Story : Title : How Flicker Found His Glow

The little firefly, Flicker was afraid of dark. All the other fireflies in his colony loved nighttime. They'd zip and zoom through the inky sky, their lights flashing like tiny stars, creating a dazzling spectacle. But Flicker stayed hidden amongst the tall blades of grass, his light a tiny, hesitant glimmer. He worried his light wasn't bright enough, that the other fireflies would laugh at him, or worse, that he'd get lost in the vast darkness.

One night the annual glow worm festival was approaching. It was the biggest event of the year, a night where fireflies from all over the meadow gathered to put on a magnificent light show. Flicker desperately wanted to go, but his fear held him back. He imagined the hundreds of fireflies, their lights blazing, and he felt his own little glimmer pale in comparison.

Flicker, a firefly afraid of dark, confided in his grandmother Sparkle. "What if my light isn't enough?", he worried. Sparkle smiled, "Every light adds to the beauty of night. Sometimes, the smallest lights guide the way." Inspired, Flicker overcame his fear and joined the other fireflies at the festival, realizing his unique glimmer was a valuable part of the whole.

By -Aarya Parmar - 6B

Riddles

1.I am always coming, but never arriving.

I steal from everyone, yet I have nothing to take.

I am feared by some, and longed for by others.

What am I?

2.The more you take, the more you leave behind.

What am I?

3.What is always heavy, but never weighs anything?

What am I?

4.I have no beginning, end, or middle.

I am always changing, yet always the same.

What am I?

5.I have no life,

But I can die. What am I?

6.I always break, though without falling.

What am I?

7.What bank has no money?

Answers
1. Time
2. Footsteps
3. A Thought
4. A Circle
5. Battery
6. Day
7. Riverbank

SCIENCE G.K. QUIZ

Answer these quiz questions for some more G.K. facts!

1.A blue whale's tongue is heavier than:

a) a rhino b) a hippo c) an elephant d) 6 lions

2.A blue whale can fit around _____ people in its mouth

a) 300 b) 400-500 c) 900-1000 d) 700

3.A blue whale is as big as

a) 2 buses b) an average tunnel c) 7 small cars d) 3 buses

4.Octopuses have _____ hearts and _____ blood

a) 3, blue b) 1, red c) 7, red d) 6, blue

Navya Singh - 6 A

KABADDI

When I thought about kabaddi, the first thing that came to my mind was strength.

I sat with my father to talk about it, and that's when I discovered it's not it.

He told me there is quickness, stamina and distraction, And every moment is filled with action.

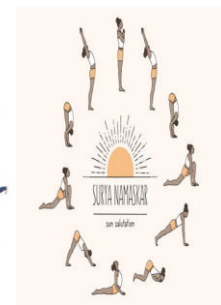
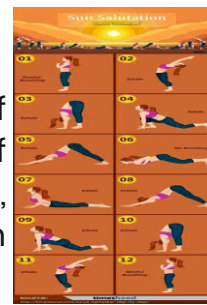
In the start of the game it's all easy, And at the last moment, it gets tricky.

Kabaddi was invented in our country itself, That's why we should be proud of ourself.

Pancham Trivedi 3-A

Surya Namaskar

- Surya Namaskar provides all of the key health benefits of yoga in a very succinct package. The obvious advantage of Surya Namaskar is the workout it provides for the muscles, but it also benefits joints, ligaments and the skeletal system by improving posture, flexibility and balance.
- In addition to these physical benefits, Surya Namaskar practice stimulates and conditions virtually every system in the body. It is good for the heart and stimulates the cardiovascular system. It oxygenates the blood and helps strengthen the heart. Sun Salutations are good for the digestive system and the nervous system. It stimulates the lymphatic system and supports respiratory system health, as well.
- Practicing Surya Namaskar also benefits the hormone system and enables the various hormonal glands to function properly.
- Like most forms of exercise, Surya Namaskar provides mental benefits to regular practitioners. A person will feel wonderful after performing the Sun Salutations. It is relaxing and rejuvenating, and tension, stress and anxiety melt away as you perform Surya Namaskar.



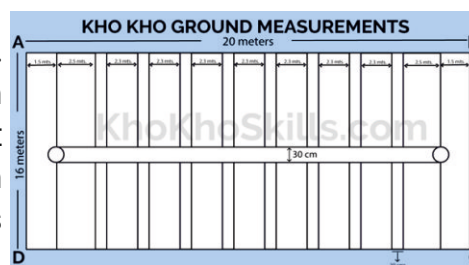
Kho – Kho

Kho-Kho is a traditional Indian sport game. Kho-Kho is originated in India, specifically in state of Maharashtra. 'Rathra' is the ancient name of Kho-Kho. It is played since 4th centuries BC. Lokmanya Bal Gangadhar Tilak is the father of Kho-Kho.

How to play?

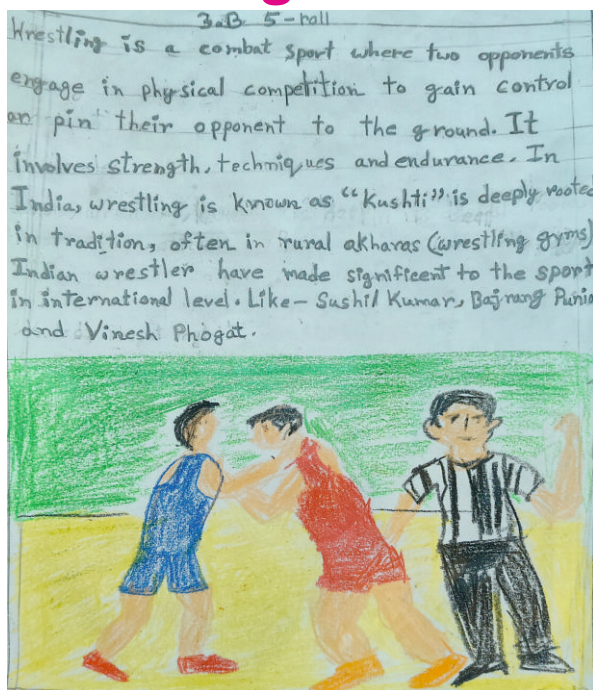
The game is played between two teams of twelve players each. Nine players from one team sitting in a row, facing opposite directions. The other team send some players at a time to run and escape from the chasers. When chaser wants to pass the chase to a teammate, they tap them on the back and say "KHO" loudly. This signals the next player to start chasing the runner. The repetition of this call is how the game got its name.

Arshiya T Gosavi – 3 C



Nevan Sahu – 3 C

Wrestling



Ahri Chakraborty – 3 B

Maintaining A Healthy Diet

Maintaining A Healthy Diet Is Crucial For Overall Health And Well Being. what We Eat Has A Direct Impact On How We Feel ,both Physically And Mentally. a Balanced Diet Provides The Essential Nutrients Our Body Needs To Function Properly , Improving Energy Levels , And Supporting Immune Health. A Diet Doesn't Only Mean Cutting Off Food From Your Life, But It Means To Cut Off Junk And Introduce Healthy Eating Into Life. A Healthy diet Also Has A Positive Impact On Your Mood Making You Less Angry And Letting You Find Life Satisfaction. To Make Planning A Diet More Easy, Lets Explore A Simple Diet :

Kabaddi

Kabaddi is a traditional team sport from India that is particularly popular in Tamil Nadu. The game is played between two teams, each consisting of seven players. Kabaddi originated over 4000 years ago in the southern part of India- Tamil Nadu. Kabaddi has many names like in Tamil Nadu it is called "kai-pidi". The game is called Chedugudu in Andhra Pradesh, Kabaddi in Maharashtra, Punjab, Karnataka and Kerala. Hu-tu-tu or Ha-du-du in West Bengal. Kabaddi has numerous benefits. It improves physical fitness, enhances decision-making and promotes teamwork. Kabaddi has been prevalent since ancient times. It is said that Gautam Buddha also played Kabaddi.

Saraswi Mirche – 3 A

Breakfast : Oatmeal With Berries Nuts And Seeds
Morning Snack : Dryfruits Paired With Fruits
Lunch : Salad With Mixed Greens And A Flatbread
Evening Snack: Salad And A Cup Of Milk
Dinner : Steamed Broccoli And A Flatbread
Hydration : Drink Atleast 8 Glasses Of Water

AARYA JHA – 5 B



A healthy diet is essential for maintaining overall well-being and preventing various health issues. It includes a balanced intake of nutrients such as carbohydrates, proteins, healthy fats, vitamins and minerals. Eating such a variety of fresh fruits, vegetables, whole grains, and lean proteins helps support energy levels, boost immunity, and promote proper body functions. Staying hydrated and avoiding excessive sugar, salt and processed foods also play a crucial role in maintaining good health. Hydration is equally important, as water helps regulate body temperature, transport nutrients, and flush out toxins. Avoiding excessive processed foods, sugary drinks, and unhealthy fats can significantly reduce the risk of obesity, diabetes and heart diseases.



- Shrinika Joshi – 5 B



ROBOTIC EXHIBITION



ROBOTIC EXHIBITION



ROBOTIC EXHIBITION



ART EXHIBITION



ART EXHIBITION



ART EXHIBITION



ROBOTIC EXHIBITION



ROBOTIC EXHIBITION



SHIV JAYANTI



SCIENCE EXHIBITION



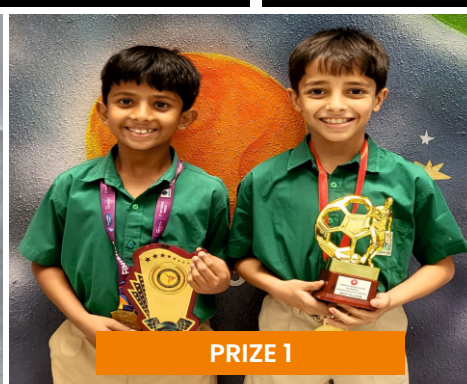
SCIENCE EXHIBITION



RAMLEELA



PRIZE



PRIZE 1



PRIZE 2



RAMLEELA



PKP



SYMPHONY OF STATES



PKP



DAAN UTSAV



STORIES COME ALIVE 1



SYMPHONY OF STATES



PKP



STORIES COME ALIVE