

# **INCLUSIVE EDUCATION IS NOT AN ALTERNATIVE BUT AN INEVITABILITY**

**BY- TANISHKA NAITHANI VII- D**

Inclusive education, in the contemporary world undoubtedly is an inevitability. With the advancement in teaching learning methodology, and the experience gained over the years, educationists have been devising better and more efficient methods of teaching and learning. Inclusive education is one such new method of providing learning conducive environment to students according to their abilities in the same classroom. God Almighty has created each individual differently with his peculiarities and idiosyncrasies. Each child has unique mental and physical traits. Keeping these differences in mind, the same curriculum cannot be imposed on these differently talented children. It has to be tailor-made for each different child.

For example, some children are prodigies, while the others are very bright; similarly others are moderately brilliant, and some are just average achievers; some are special children with special needs. Inclusive education ensures different curriculum for different children in the same environment. That is each child has the option to pursue his curriculum according to his own talent, potential, and interest. This not only makes education learning more fruitful and productive, but also much more entertaining. So inclusive education should be the adopted by all schools unanimously.

## **The Benefits of Inclusive Education**

### **☑ Families' visions of a typical life for their children can come true.**

All parents want their children to be accepted by their peers, have friends and lead "regular" lives. Inclusive settings can make this vision a reality for many children with disabilities.

### **☑ Children develop a positive understanding of themselves and others.**

When children attend classes that reflect the similarities and differences of people in the real world, they learn to appreciate diversity. Respect and understanding grow when children of differing abilities and cultures play and learn together.

### **☑ Friendships develop.**

Schools are important places for children to develop friendships and learn social skills. Children with and without disabilities learn with and from each other in inclusive classes.

### **☐ Children learn important academic skills.**

In inclusive classrooms, children with and without disabilities are expected to learn to read, write and do math. With higher expectations and good instruction children with disabilities learn academic skills.

### **☐ All children learn by being together.**

Because the philosophy of inclusive education is aimed at helping all children learn, everyone in the class benefits. Children learn at their own pace and style within a nurturing learning environment.

BY- TANISHKA NAITHANI VII- D

## **THE EFFECT OF PEER PRESSURE ON SCHOOL CHILDREN**

There are two main features that seem to distinguish teenagers from adults in their decision making," says Laurence Steinberg, a researcher at Temple University in Philadelphia. "During early adolescence in particular, teenagers are drawn to the immediate rewards of a potential choice and are less attentive to the possible risks. Second, teenagers in general are still learning to control their impulses, to think ahead, and to resist pressure from others." These skills develop gradually, as a teen's ability to control his or her behavior gets better throughout adolescence.

According to Dr. B. J. Casey from the Weill Medical College of Cornell University, teens are very quick and accurate in making judgments and decisions on their own and in situations where they have time to think. However, when they have to make decisions in the heat of the moment or in social situations, their decisions are often influenced by external factors like peers. In a study funded by the National Institute on Drug Abuse (NIDA), teen volunteers played a video driving game, either alone or with friends watching. What the researchers discovered was that the number of risks teens took in the driving game more than doubled when their friends were watching as compared to when the teens played the game alone. This outcome indicates that teens may find it more difficult to control impulsive or risky behaviors when their friends are around, or in situations that are emotionally charged.

While it can be hard for teens to resist peer influence sometimes, especially in the heat of the moment, it can also have a positive effect. Just as people can influence others to make negative choices, they can also influence them to make positive ones. A teen might join a volunteer project because all of his or her friends are doing it, or get good grades because the social group he or she belongs to thinks getting good grades is important. In fact, friends often encourage each other to study, try out for sports, or follow new artistic interests.

In this way, peer influence can lead teens to engage in new activities that can help build strong pathways in the brain. As described in the article ["Teens and Decision Making: What Brain Science Reveals,"](#) neural connections that are weak or seldom used are removed during adolescence through a process called synaptic pruning, allowing the brain to redirect precious resources toward more active connections. This means that teens have the potential, through their choices and the behaviors they engage in, to shape their own brain development. Therefore, skill-building activities—such as those physical, learning, and creative endeavors that teens are often encouraged to try through positive peer influence—not only provide stimulating challenges, but can simultaneously build strong pathways in the brain.

While we are constantly influenced by those around us, ultimately the decision to act (or not to act) is up to us as individuals. So when it comes to decision making, the choice is up to you.

Adolescents can adopt behaviors like changing the kind of clothes they wear or forming negative attitudes to conform to what their peers are influencing them to have. Youth can feel pressured to have sex earlier than they may be ready to because of the influences of their peers. Out-of-the-ordinary behavior can arise because of peer pressure. Physical aggression, committing crimes, or joining gangs are possible outcomes of this possible deviant behavior. However, peer pressure can be prevented. If teenagers are taught how to resist peer pressure adequately they can avoid the many negative outcomes that go hand-and-hand with it. If the youth are taught how to respond correctly when a peer is attempting to persuade them to do something they do not want to do the youth will be more able to resist the peer pressure. Youth should be reminded of their own self-worth to boost their self-esteem. If the teen has good self-esteem, they will not feel the need to be accepted by others as much. It is up to the adults of the community to assist the youth. The responsibility is on the parents, teachers, and other professionals to keep our adolescents on track.

**by – Vaidehi Ingale (VII D)**

## SUCCESS COMES TO THOSE WHO WILL & DARE

Everyone wants to taste success in their lives. To achieve success, it is not sufficient if you just desire for the same. You will need to put *Effort*, *Determination* and *Hard-work*. There are numerous examples of people that have beaten all odds to make a mark for themselves. Let us strive to learn a very few shining examples.

From the streets of Rameswaram , a small town in Tamil Nadu to the Rashtrapati Bhavan in New Delhi as the first citizen of India is the story of our very own *People's President* , Dr. A.P.J.ABDUL KALAM .Dr. Kalam was born in a very poor family. His father was a simple hardworking fisherman and his mother a gentle religious housewife. Dr. Kalam always had a dream to study well. To pay the fees for his education at school, he used to distribute newspapers early in the morning and then study at night under the street light. Later he became a great and also renowned scientist and also the 11<sup>th</sup> Indian President.

No one would have thought a mere tea seller in Gujarat to become the 14<sup>th</sup> Prime Minister of India. Narendrabhai Modi is the current Prime Minister of India. His life was the same case of Dr. Kalam . But today, he is praised by every Indian for his contribution to our country.

In 1999, a seventeen year old, Bharatanatyam Dancer, Mithali Raj made her cricket debut. Eighteen years latter in the yaer 2017, Indian Women's World Cup team entered its second World Cup Finals after 2005 again under Mithali's captaincy. Even though the team didn't win the World Cup but the team captured millions of Indian hearts around the World. Today, she and her team, "THE WOMAN IN BLUE" are the real champions for Millions of Indian.

A Bharatanatyam dancer, Sudha Chandran lost a leg due to gangrene following an accident near Trichy, Tamil Nadu in the year 1981. But two years, she continued her dancing career with the help of a Prosthetic Jaipur Foot. Today she is an established Bharatanatyam dancer and has performed at various places in Europe, Canada, UAE, Doha and Kuwait. She has extended her dancing abilities into acting as well and is a well-known TV personality.

It is not that these people have succeeded and become famous because they had a will. It is only because they were hardworking and sincere. So come, let us seek inspiration from these great personalities and succeed in our lives.

SRIJAYALAKSHMI .V

VIII – F

## THE FIGURES OF SPEECH

As easy as walking  
Here comes *simile*.  
And just like talking  
There goes *metaphor*.  
Listening to the chatting of the flowers  
Sitting in the corner is *personification*.  
Boasting how the juice was as hot as sun  
Look , look! There is *hyperbole*.  
And saying that the ‘peter piper picked a peck of pickled peppers’  
Is *alliteration*.  
‘A horse is a horse of course of course  
And no one can talk to a horse of course ‘  
Laughing at his own joke was *repetition*.  
‘To err is human , to forgive divine’  
So is seeking the attention, *antithesis*.  
Whatever be it,  
But the *figures of speech*,  
Lived together forever and ever  
Smiling and boasting,  
Happily ever after,  
But always in one story,  
Called....  
The POETRY!

## AN ARTICLE ON... BOOKS

So...what is the first thing that comes in our mind when we

hear the 'books'? Stories and pictures, right ? well, it usually differs from person to person. the people who fancy fantasy think about flying broomsticks and wizards and talking animals etc.. and for whom it is sci-fi, it's someone stranded on mars alone or an apocalypse maybe?

But what books really are , is something that is not just some words printed on a heap of papers. it's something that is so fascinating that even though it's a non living thing , it can act like a person who might change our life completely.

And it *can*. well, not everyone of us likes to befriend a book, but for those who do, it's a completely different world .

As for me , when i read a book, i indulge in it completely.

And i feel like someone put me inside the book.

As if i were a part of it.

The experience is amazing. and once you feel this, i am sure you wont miss any book that contemplates your mind.

It's not only a companion you have when no one's with you, but also a proffessor i'll say. It sometimes teaches you that there are others like you, that still there is hope; while the other times, it acts as a mirror and reflects your perspective towards the world , and the world's perspective towards other things. Well, no one ever wrote a book on books, an in actuality even a series would be less.

They can do things which sometimes even people can't. and one of these things si , changing minds. books have the power to change everything about anything . So I guess I'll have to stop writing now , because there is a book out there waiting for me . And who knows ? Maybe there a thousand waiting for you! so turn the page and keep reading on !!!

## **DIWALI- THE FESTIVAL OF JOY**

Diwali is the festival of light,  
Diyas, lighting and lantern's bright.

Special snacks to munch and eat,  
Time for the relatives to come and meet.

Huge rockets when they fly,  
Sparkling and cracking in the sky.

Pink, Red, Yellow and Blue,  
Beautiful Rangoli's spreading their hue's

Vacation time for having fun,  
Diwali is celebrated by everyone.

Bursting crackers was the past,  
Eco-friendly Diwali will forever last.....

**SMRUTI KASAR**

**VIII "H"**

**ROLL NO. - 22**

# EXAMS ON.....

Boring time started for us,  
Getting up early and boarding on the bus.

Exams are on the way,  
Study time started for the day.

S.S, Science, Hindi and Maths,  
Children are playing op's and bat's.

Studying Studying in the hall,  
Ban on shopping in the mall.

Getting A1 is my goal,  
Good marks will bring peace to my mom's soul.....

**SMRUTI KASAR**

**VIII "H"**

**ROLL NO. - 22**



## NATURE : A GREAT TEACHER

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The nature belongs to us and we belong to the nature. Nature is of utmost importance to us. Today, whatever is present with the people is only obtained from this nature. One of the example is the machines that are available for our service. Just by looking at the nature, the scientists have got ideas for such machines. If the Wright brothers would not have observed the birds, we would not have the aeroplanes now. Humans can get great values by not only looking but by observing nature. Nature is a habitat or all living beings. It is a home to all. Very few may find such values like equality as the nature doesn't do discrimination among people on different basis and considers everybody as equal.

In the way a teacher scolds us on our mistakes, in the same way, the nature indirectly scolds us or threatens us by giving us punishments. One of the example is that, for our mistake of rampant deforestation, the nature punishes us with less rainfall. But the nature even appreciates the humans. The reference is an example is that since we are trying to reduce pollution, the nature encourages us with the result that the ozone layer is getting repaired.

Since we respect our teachers who teach us great things, we should also learn to respect our nature. The nature is threatened by various human activities. Nature will be quite and generous only until we are good to her. Once the humans go beyond their limits, the nature won't even think before she troubles the humans. Nature is like a mirror. You see what you do. This is the time to live in a symbiotic relationship with the nature. Get benefitted from the nature and the nature will get benefitted from you. The nature is way beyond our thinking. Lets widen our thinking instead of shortening the nature.

Soham Pawar

Class VIII F

## **ARE WE REALLY INDEPENDENT?**

I was surfing news channels on this Independence Day with a cup of coffee. As usual a news flashed in that a minister was charged with corruption. A thought hovered my mind, ARE WE REALLY INDEPENDENT? Today's news is filled with cases like a minister slapping a police inspector, bridge collapse, the Chief Minister of a state promising the drought affected people a sum of RS 70,000 and the people receiving only RS 30,000 etc. ARE WE REALLY INDEPENDENT? No, we are not. My mind had answered the next moment.

True that we got freedom on 15 August 1947 from British rule. But today we need to get freedom from a whole lot of social evils and problems that still have their strong hold on India. Corruption has become a way of life. There's a huge amount of black money stashed in foreign countries. We will become INDEPENDENT when we are free from corruption and bribery which has to be wiped out from the grass root level. Awareness needs to be created regarding female foeticide, gender equality amongst the masses to make India really INDEPENDENT. Crime rate against women and girl child is increasing. We need to sensitize people on this.

Another problem which is very severe is of child labour. Unless and until we eradicate these social evils I personally cannot term India as INDEPENDENT. For something as crucial as energy, India cannot call itself INDEPENDENT. We import 82% of our oil needs. We fight with borrowed weapons. We find ourselves indebted to foreign supplies of defence materials. We need to free ourselves from the handcuffs of ever-growing poverty, illiteracy, unemployment, crimes, gender inequality, limited technology, religious fundamentalism and corruption. Only then we can be called a truly INDEPENDENT nation.

**-MEKHALA RANADE**

*VIII-D ROLL NO-13*

*HOUSE-GODAVARI*

# HOW TO SUCCEED IN LIFE

*BY: Kingshuk Ghosh*

Everybody wants to succeed in life. For some success means achieving whatever they desire or dream. For many it is the name, fame and social position. Whatever be the meaning of success, it is the success which makes a man immortal.

All great men have been successful. They are remembered for their spectacular achievements. But it is certain that success comes to those who are sincere, hardworking, dedicated and committed to their goals.

Success has been man's greatest stimulus. It brings pleasure and pride. It gives a sense of fulfillment. It means all around development. It is very difficult to set out a journey without knowing one's goals and destinations. Clarity of the objective is important to succeed in life. Indecision and insincerity are big hurdles on the path to success.

First deserve then desire is a well-known policy. It is the move which decides the future. One should have the capability, capacity and resources to turn one's dreams into reality. Mere desire cannot bring your success. The desire should be weighed against factors like capability and resources. This is the first step of the ladder of success.

One needs to pursue one's goals with all his sincerity and passion. Lack of such spirit leads to inferiority complex which is a big hurdle on the path to success. Time is also a deciding factor. Time is opportunity, so grab the time with all the promptness and activity. Rest is the rust of life. Only the punctual and committed have succeeded in life..

Failures are the pillars of success. They point to the drawbacks which need to be removed. The losers are doomed to fail everywhere in life. Those who believe in hard work will never seek fail as fortune favors the brave!

# QUALITY EDUCATION: Need of the hour

- HARSHINI IYER

Education is defined as 'the understanding and interpretation of knowledge' and also said to be an important aspect of one's life. It is the only thing which has a power to change one's life, fate and leads to success. But today the thing which is more important is Quality Education. Educated people contribute towards their country in a positive way and form a civilised society while uneducated can't contribute much as compared to educated people or contribute in a negative way. This affects the economy and development of a country. Therefore quality education is important for development of country. Quality and value based education make quality and civilised people. It is needless to say that 'Quality Education' is the need of the hour. Students go through the learning process to make themselves employable. Quality education is what makes this learning process a sheer joy by building attractive features into it, and 'quality' forms the core of this delivery mechanism. Students would like to gain knowledge, acquire skills, an ability to differentiate and finally to develop own character so as to become a useful member of the society. Quality education is the one which guarantees the students in achieving all these four objectives while ironically emphasis is laid only on the first two by most of the educational institutions. This results in students remaining unemployable or satisfying themselves with jobs totally unrelated to their developed skills. This is where the need arises for quality education.

# EDUCATION

by Anshul Purandare

Now-a-days education is given a lot of importance and is generally considered as bookish knowledge by majority of students. Well, no, just bookish knowledge does not mean education. Then the question arises, as to what is education exactly ? It is the process of facilitating or the acquisition of knowledge, skills, moral values beliefs and mostly about experiencing life. As the saying goes "Education is not the preparation for life , education is life itself."

Education is an essential tool for everyone to get success in life and earn respect and recognition. There is a famous quote that says "Education is the key to the golden door of success." Generally, most of the students consider studies or attaining education as a boring and do not like it. They always think that why is this education or studies so important in my life? What is the purpose of education ? Well , here I must tell you that education is self-empowerment . Receiving proper education helps you to empower yourself thus making you stronger enough to take you out of difficult situations in life. It keeps you aware about the world outside. It also plays an important role in bringing positive thoughts and effects on the human mind. Without education, life becomes aimless and tough. It is the easiest and best way to enhance your knowledge and expand your skills. It helps the progress of an individual as well as the country. Education helps you understand yourself better, it helps you realize your potential and your qualities as a human being. It helps you to tap into latent talent, so that you can sharpen your skills . But it needs much patience. Hardwork is obviously an important factor to achieve good education. As the famous saying goes "The roots of education are bitter but the fruit is sweet". It is just these 15-20 years of hardwork and then your whole life full of happiness and luxury. The choice is yours whether to work hard for these 15-20 years and then luxury the rest of your life or you want to work hard the rest of life by wasting this precious time. Make your choice wisely ! Once gone it won't come again.

Lastly, I would like to tell you that the most important thing is to become a good human being. This is the real aim or you can say objective of education. So keeping this in mind use and execute your knowledge and skills accordingly in life.

# **A NEW REFORMED EDUCATION**

• By Akshay Shetty

Of the many things that technology has improved and helped, the most significant help was gained by education. Technology has completely reformed the meticulous system of education, making it far easier for students.

Nearly all schools in Thane have updated their teaching system by implementing smartboards for showing various clips of different topics to students. Students have benefited from this style of teaching. Students find lessons much more interesting and easier to remember when they are shown on a screen in the form of a video. Almost all schools have noticed a drastic decrease in the number of failures after smartboards were added in their school. Education is not what it used to be. This is a better and updated version that not only imparts knowledge but also does it in a fun way that doesn't bore students. According to a recent survey, 71% of parents feel that this is an ideal form of education. Nowadays, education is also imparted through various apps like byju's and NCERT Solutions etc. Technology has truly refined as well as redefined education.

'All the changes that happen, happen for good.' Well, this change is for good too. Education is truly a tool for the development of the nation. Students are faring well, which, in the long run, will certainly help in the development of the nation. This is truly the ideal idea of education.

## **THE HEART CAN SEE WHAT IS INVISIBLE TO THE EYE**

Every day on my way to school I come across few stores which satiate the ever ending thirst of today's young generation. The stores are usually thronged by people who are engrossed in consuming all luxurious things of life. Over the years, my eyes have got used to this scene and hence, it doesn't fascinate me anymore. Until one day, an unnatural thing caught my eye. I noticed a beggar sitting in front of one of the shops, in tattered clothes, shivering (it was a windy day) and begging. Let me clarify one thing, it wasn't for the first time that I had seen a beggar on the street, but it was surely the first time that I had seen a beggar on my way to school; or maybe the beggar had always been there but my eyes

failed to reach him as they were trained to see these posh shops and not a helpless beggar on the street.

We are always used to seeing things with our eyes and not with our heart. This upcoming generation is filled with self centred, selfish, mechanical individuals, who are responsible for the social and moral decadence. This is extremely pernicious to the overall well being of the mankind.

The people have made money as their basic necessity rather than developing kindness, courage, honesty . People have become afraid of failure and hence opt for a shortcut to settle down easily in their lives, without facing any hardships or struggles. The society is filled with individuals who follow a mechanical life without looking back and bothering about the changes going around them because they believe that the world revolves around them. This world has become a competitive streak for everyone. Some individuals are ready to face the challenges while some are not. The one's who aren't yet ready to enter the battlefield, choose an alternative route and follow destructive means for a living.

Needless to mention terrorism, riots, violence is always on a rise as people are progressively losing their connection with the heart. Killings have increased on large scale over the years. The hatred among people due to religion, caste, nationality and some other mysterious reasons has resulted in the death of several people around the globe. It is quite saddening to state that people find the best way to get over their personal grief by killing a bunch of innocent people belonging to the same community. India witnessed the maximum bombings in the world last year, even more than war-torn Iraq and Afghanistan, according to a report. The main reason of these bombings is due to the tense border relationship between India and its neighbouring country Pakistan. We have always learnt that everybody is our brother and sister. Similarly, we must consider Pakistan as our brother and not as our enemy. Tit for tat is a common idiom and trusted by most of us, for we believe that we must always repay the harm caused to us, by our enemies, by following their footsteps which results in losing the feeling of brotherhood. Killing a Pakistani soldier doesn't imply that we have won the match but it states that we have lost a brother.

In this world, nobody knows where they are going to take birth, in which culture, religion, tradition . Thus it doesn't make sense that we harm those innocent people who do not play any role in terrorism but belong to the same religion or nationality. People have lost the touch of sensitivity from themselves which is leading to this hazardous world. But it can always be retouched by taking a pause, praying to God and hence purifying our souls. This would always help us to build better human connect. Each time we open the newspaper we find the news filled with tragedy but don't find the need to sympathize with the victim.

In this world we don't have the time to look back and think about our journey as we are only concerned with ourselves and our future. It is quite painful to see that instead of being progressive our society is being regressive. Earlier, the enmity among the countries, who were seeking for power, resulted in the historic wars. Several lives were lost during those wars but it is only a few who remember their sacrifice for most of us are only concerned with the cause and the result of the war. Over the years the wars have got evolved and mankind have toiled hard to sharpen their warring skills only for self destruction.

With humanity long gone from our sleeves, it is quite difficult to use words such as kindness, respect , gratefulness to describe an individual for it is not present in us anymore. Therefore we must always thrive to see through the world not with our outer eye but through our inner eye. So I would like to mention that biggest healer of humanity is a clean soul. It would be a bigger responsibility of the young generation and millennial to develop the largesse to help each other , uplift the needy and always look beyond their own selves.

As one of the greatest sages, Swami Vivekananda said, "You have to grow from inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul."

BY : ADRIJA CHAUDHURI    Class IX I



## **SMALL STEPS OF FUEL CONSERVATION CAN MAKE A BIG CHANGE**

**DON'T BE CRUEL, CONSERVE YOUR FUEL!!!**

**Fuel** is one of the most important factor used in our day to day life. In scientific terms fuel is any material that can be made to react with other substances so that it releases chemical or nuclear energy as heat.

Fuels are mainly of two types primary and secondary [man-made] and are present in three different states i.e solid, liquid and gaseous states.

Nowadays due to growing industrialization and urbanization the fuel are being excessively used all over the world regardless to the thought of getting depleted completely. The over usage of fuels have caused reduction of this factor. People have started using fuel in the way they want that is in a greedy or simply due to the availability of fuel. All of us are wasting this precious thing without giving any thought to the future.

For such an reason fuels need to be conserved. Conservation is an effort to conserve or restrict the use of limited resources. In context of fuel, conservation encompasses efforts to increase fuel efficiency, reduce fuel consumption and switch to more sustainable fuel alternatives.

Everyone of us are wasting fuel in an cruel manner. Fuels are being wasted due to engine inefficiency that is caused due to improper maintainance of the vehicle by noot oiling it time to time or by avoiding the services. This leads to over consumption of fuel. another reason is keeping the engine on in traffic or during signal leads to flow of fuel in an undecent manner. And even the one who is driving the car should have the proper and efficient knowledge about the clutches and brakes to avoid the wastage of fuel. These are some of the very small reasons of how fuel is being wasted daily.

Fuel shortages keep occuring time to time. Most of the countries like venezuela, russia export fuels to various countries like india and us. Other than shortages, even the prices of fuels keep on fluctuting from time to time. fuels are being used at subsidized rates. On such occasions, oil dependent countries are

badly affected. In 2008, a similar scenario arose and prices shot up so much that it created a panic. Long queues were seen outside petrol bunks and there were fewer vehicles on the roads because there was no fuel to tank up on.

Since 1850, burning of fossil fuels, coal, oil and natural gas has increased 100 times to produce energy as the world has industrialized to serve the world's more than 6 billion and growing population.

For these we have to start conserving fuels. We can save fuel by simple methods like avoiding long idling. Idling for long periods of time, whether at a railroad crossing or pulling off the road to make a cell phone call, consumes that could be saved by simple turning off engine. Even by cleaning out the trunk and by eliminating unnecessary weight as vehicles get much better mileage when they are not loaded with necessary weight. Most drivers accumulate material in their vehicle, such as unneeded tools or tools. This leads to over consumption of fuels. This excessive fuel consumption affects the environment adversely. Therefore we should stop wasting fuel to save our environment for our better future.

We should therefore save fuel today to secure your tomorrow. We don't want to protect the environment. We have to create a world where the environment doesn't need protection.

What you nurture,  
Is fuel for future...  
Try to decrease your carbon footprints,  
Give energy resources a wonderful tint...  
Save energy from your side,  
Using deliberately you should abide...  
Imagine- without fuel will you survive?  
Energy is the base that keeps us alive...  
Now that the energy resources are depleting,  
Wasting in vain, isn't that cheating?  
There will be such a day,

No fuel all your way...  
So i would give a good advice,  
Using resources judiciously will be wise...  
So take a small resolution,  
And stop fuel depletion...  
Its time for us to take a step and hence,  
Our small step can make a big difference...

Pratiksha Limbulkar  
9<sup>th</sup> H

## **SIMPLE LIVING AND HIGH THINKING: THE ART OF LIVING**

### **"SIMPLICITY IS THE ULTIMATE SOPHISTICATION"**

**- LEONARDO DA VINCI**

Simple living, high thinking is a well-known formula. But it is very rare to find someone who sincerely follows it to the best one can. Although it seems to be very simple, many people fail to follow it because it requires them to make great sacrifices. Most of the people are not ready to make this sacrifice and by doing so they do not follow, although it is the greatest, actually the only secret of success.

What is simple living?

### **"less is the new more"**

Simple living is basically need-based living. We all have some needs and we seek to fulfill them. The problem arises when one doesn't remain satisfied with one's needs being fulfilled and instead gets caught up in greed. Unlike need, greed has no limit. If one starts chasing unlimited greed, one will never be content. Simple living means living according to limited needs, not unlimited greed. It is a

safeguard from all kinds of distractions. It results in saving of time, energy, money and other resources, which can be put to optimum use, for one's development.

Distractions lead to destruction of life. Today the common people are surrounded with loads of distractions- outings, movies, shopping etc. And anything else that is a part of the entertainment culture. Most of the people are wasting off their lives in this manner. Intellectually, they are dwarfs. One cannot discuss any serious issues with them, they only know about their desires, fantasies, their comforts, luxuries and what not. And distractions are a giant obstacle in one's progress and development. It is an unwise step. Given that we have very limited resources, we simply cannot afford to waste them on distractions.

What is high thinking?

**"don't fix your problems, fix your thinking,**

**Then problems fix themselves"**

**- louise h. Hay**

High thinking means to think beyond one's desires, surroundings and immediate attractions. It makes a person wise and safeguards one from going into the jungle of trivialities. People's minds are generally entangled in trivialities. They don't think about the serious issues of the society. This happens because such people fail to develop their minds. Only someone with developed minds can be safe from getting bogged down in fantasies. The greatest task for us is to completely focus on developing our minds.

The mind can be developed through study, intellectual exchange on serious matters and through thinking. All these are tools for developing minds. This is what is the concept of high thinking it about.

The concept of simple living, high thinking is relevant in every aspect of life. It is the best art of living. The art of life management is every person's need.

simple living and high thinking are interrelated. High thinking is a result of simple living. Therefore, it is not a mere moral or an ethical formula, rather it is a key principle for a successful life.

**By ADVAIT IYER**

## **“INDIA IS KNOWN THROUGH THE AGES FOR ITS GLORIOUS AS WELL AS INGLORIOUS HISTORY.”**

Glorious because many ancient rulers, travellers have left their traces in several parts of the country during their reign, which has gone down in the annals of history. Inglorious due to the birth of casteism in the Vedic period, class struggle, inhumane treatment towards the lower classes have inflicted this country over the ages.

India being a spiritual country over the ages has resulted in the immense blind faith, the curse of untouchability and the resistance to modernise, has left India in tatters and is hindering its progress. This social stigma of superstition and blind faith has not helped India in overcoming casteism, class struggle but has just complemented it.

The great social reformist and educationist, BR Ambedkar , was the man behind quota reservations for schedule caste in India. Mahatma Gandhi, the father of the nation as well as the nation builder, always worked hard to protect the interests of the under privileged, also vehemently protested against casteism but had a different take on reservation.

BR Ambedkar believed that special measures, reforms must be introduced to protect the oppressed sections of the society from the ill treatment by the higher castes. On the contrary, Mahatma Gandhi believed that the oppressed sections of the society must be introduced to the mainstream for their betterment and the upliftment of the weaker sections of the society.

Two commissions that have to be introduced as we talk about reservation are: Mandal Commission and Simon Commission. Simon Commission was introduced pre-partition. Simon Commission, a group appointed in November 1927 by the British Conservative government under Stanley Baldwin to report on the working of the Indian constitution established by the Government of India Act of 1919. The commission wasn't much of a success. The Mandal Commission was introduced post-partition. It adopted various methods and techniques to collect the necessary

data and evidence to identify one as “other backward class”, the commission adopted eleven criteria which could be grouped under three major headings: Social, Educational and Economic. The Mandal Commission was quite a success. The ultimate politicisation of Mandal Commission happened with the fall of VP Singh led National Front Coalition Government. Thus, it is very clear that over the years the political parties have leveraged and exploited reservation and caste politics to remain in power.

There was hardly any real social development and eradication of poverty due to Reservation. Rather, the essence of reservation was never clearly understood by the people of India due to lack of education and understanding.

India the country of Vedas and the seat of education had given birth to scholars like Aryabhata, the father of Mathematics and Sushruta, the father of Modern Medicine. Despite, being the home of such eminent scholars, India has not been able to blossom due to casteism and class struggle.

I have been deeply touched by the reforms taken by the recent government such as Demonetisation, GST and would be obliged if the same government would introduce reforms for eradicating the reservation policy and maintaining them for the BPL population (Below Poverty Line).

BY:ADRIJA CHAUDHURI

## MY MOTHERLAND

BY VED KHATU

SOME WHERE MOUNTAINS SOME WHERE SANDS,

SOME WHERE PLATEAU AND SOME PLAIN LANDS

FAITH IN GOD IS THERE IN ONE AND ALL,

NO MATTER WHICH RELIGION AND CASTE YOU FALL.

AIR IS FULL OF LOVE WHERE-EVER YOU STAND,

IT' NONE OTHER THAN MY OWN MOTHERLAND.

COVERED WITH WATER ON ALL THREE SIDES,

AND ENORMOUS SHIPS ON THEY RIDE.

THERE IS DIFFERENCE IN CLOTHING ,LANGUAGE AND FOOD,

BUT ALL HERE LIVES WITH A COMMON BROTHERHOOD.

TWO LITTLE ISLANDS ON BOTH THE SIDES OF THE MAINLAND,

IT'S NONE OTHER THAN MY OWN MOTHERLAND.

IN NORTHERN HEMISPHERE IT COMPLETELY LIES,

IN ARUNACHAL PRADESH THE SUN FIRST RISE.

BEST IN CRICKET AND IS ALSO THE FAVOURITE GAME,

TIGER PEACOCK AND RHINO ARE ALSO IN FAME.

LEAD IN MILITARY ,ALSO EDUCATION IN COMMAND,

IT'S NONE OTHER THAN MY OWN MOTHERLAND.

THANK YOU

# IMPORTANCE OF EDUCATION

BY ADWAIT MENON

IX - I

"Education is what remains in the mind after one has forgotten what one has studied in school"- said Albert Einstein. Education, if looked at beyond its conventional boundaries, forms the very essence of all our actions; what we do is what we know and have learned, either through instructions or through observation and assimilation. Education is what makes a human being complete. In the rat race of life in the present times, education is no more a luxury, it is a necessity. But while most feel that education is a necessity, they tend to use it as a tool for reaching a specific target or personal mark, after which there is no further need to seek greater education. Nonetheless, the importance of education in society is indispensable, which is why society and knowledge cannot be ever separated into two distinct elements.

But unfortunately in India, education, especially for girls, is not given the required importance and is considered a monetary waste. People in India are unemployed due to lack of education, which leads to an ultimate social waste of human resource. The situation of literacy has reached such, that it is only accessible and available to the privileged middle and upper classes. Investments must be made in education, both by the initiative of parents and the government as even elementary education is the foundation and stepping stone to development individually, and a nation as a whole. Literacy and other components of human resources like health, employment, etc. are interlinked in the sense that only education makes citizens aware of the importance of life by itself.

So, steps are taken and have to be taken further to impart at least elementary education to those who do not avail it, either owing to economical crises, or due to human negligence. The government must make the parents aware of the need of education in today's world, so that they can provide education to their children, the future generations of India. Because an investment in education yields the best interest.



# ACCURATE PICK

By Khushi Gupta

X - D

The birds tweedled merrily, as the bright sun varnished the pitch-black curtain draped over the sky with slight hue of crimson. The cool breeze sifting through the drapes disturbed the slumber of a teenage girl, wrapped in the duvet, covering her face. She jerked away the quilt in annoyance revealing her extremely juvenile features. Stretching herself, she came out of her bed and moved towards the balcony to witness the picturesque sunrise. She rubbed her brown orbs, the managed to obliterate her maturity under their innocence. Soon enough, through with her delight to watch nature, she freshened up and geared for school.

Disha Sharma is a fifteen year old young lady with an affable yet introversive nature. Accustomed to her age, she was very ambitious but also muzzy about her life and career, just like any other adolescent striving through this phase would be. Not willing to take up a 9 to 5 job, commerce was never an option for her. Being the noetic person that she was, her family, friends and teachers had always expected her to study science and become a doctor. While this notion appealed her as well, she was doing great in studies. Breaking the stereotypy that studious children are proud and boring, she was pleasantly mischievous and an open-book, at least for her parents. Besides having a pull towards science, Disha always possessed a peerless liking for literature. She often indulged in reading and writing in her leisure time. Taking her tenth standard examinations, she had a swirl of thoughts and emotions that desired to break through her larynx, but just couldn't. She was befuddled enough to talk to anyone, not even her parents and hence, indited her mentation in a diary- her little secret-keeper.

Disha heaved a sigh of relief as she handed-over the last examination paper- Mathematics, to the invigilator. Bidding a final adieu to all her friends and classmates, she reached home by noon and was greeted warmly by her mother as her father was in the office. They discussed their vacation plans over lunch. Mrs. Sharma was like a friend to Disha, but at the same time a very affectionate, caring and understanding mother as well. So was her father. As Disha went to her

friend's place to spend the afternoon, Mrs. Sharma decided to clean her daughter's messy room. Amidst the whirring of the vacuum cleaner, she was totally lost in her chore when a diary caught her attention. She paused her work and glanced at it. Tinted with all sorts of neon colors, the diary showed Disha's creative side as well. Out of curiosity she picked it up and hoping to find something interesting, flipped through the pages. She continued reading, giggling at Disha's childishness until she reached the latest entry, which was a day before her examinations started.

The first thing she did after reading was to call Mr. Sharma who instantly obliged to his wife's request to come back home, sensing some urgency in her tone. The evening was spent in contemplating Disha's words in the diary, which were left incomplete. Finally the couple decided to confront her. It was seven in the evening when Disha arrived, with a happy face which soon frowned seeing her father, all worked up, and sitting on the sofa with one hand massaging his temples. As she approached him and had managed to keep her hand on his shoulder, she was aghast to hear her mother standing on the staircase, walking towards them- "Writing has always been my forte, something I am passionate about. I wish my little library is soon filled with my own literary works. But science has become an obstacle in achieving my dream. How I just want to get rid of those dense books and lengthy chapters, but I can't. Every time I tend to forget something or the other. Literature gives me the liberty to read and write stuffs with my own imagination. But alas! I have already set a goal for myself and so have my parents....."

Disha was at sea and stood there with her head hung low. "Why didn't you tell us earlier Disha?" her father growled, "Do you think we are forcing you to choose a career you are not passionate about?" She was bemused and took a second to register his words then replied instantly, "It's not how you think Dad." She had conceived that her parents would be angry at her for 'apparently' not liking science, but here she was being scolded not alleging her dreams. "Then how is it?" this time it was her mother who spoke, "You think we wouldn't have supported you?" Listening to this, Disha dragged her and made her sit beside her father and spoke, before the situation could get displeasing. She held one of their hands and

said with a convincing smile, "I have always been a confused soul regarding my future. I have a lot of interests and hobbies but prioritizing any one of them as a career was very difficult. I very well know that you want me to become a doctor not because the world conditions it to be the best career option for a 'girl', but you find me capable enough to heal others." Her parents knew that she was a good writer. She used to receive prizes at school. They had read quite a few of her works too, articles and short stories they remembered. But today they came to know that she had a heart for writing and could beautifully etch her thoughts into words. Confounded with her diary, Mr. Sharma asked her, "If you are not forced, then why do you fear science? Disha! You like biology, you love to know about human body and moreover, you are very considerate and cannot see anyone in pain. So we thought that you could become a doctor. But if to feel forced and don't want to..." But he was cut by Disha, "I am not forced Dad." She took a deep breath and continued between her sobs as she was overwhelmed seeing her very supportive parents, "For an instance I was just dazed at the thought of devoting ten years in career-building but failing. I dreaded the thought of being unsuccessful in achieving my goal and shattering your dream to address me as Dr. Disha Sharma." Her parents smiled as she continued, "As the fear of failure enveloped me, I wrote the diary because I had lost faith in myself. But then I knew that I always have my parents, strong as the backbone, to guide and support me. I was just confused if I could do it, not that I didn't want to."

At that moment her parents knew that she trusts them. Writing has always been her hobby and will continue to be, her parent will make sure of that. But being a doctor is a dream that all three of them see and are hopeful to live it someday. The incomplete part of her diary was completed with her honest words.

Sometimes, when one's heart is mazed between choices, it is right to listen to the ones who understand him. Sacrifice is not always the only option, accommodation is a way too. Parents' love can neither be measured, nor repaid. Their affection can just be rendered with small actions of care and understanding which gives them happiness. This is what Disha did.

May be Disha was still a child, but mature enough to respect and understand her parents' decisions. The smile that adorned the couple's face said it all- that they

had made 'An Accurate Pick'. Having freedom to choose a stream of career is important but what is equally necessary is to at least consider one's parents' opinion because they know and understand their children like nobody else does. The fear is standard but how one overcomes it is what really matters.

## THE RIVER

In my first sleep,  
I came to the river,  
And looked down  
Through the clear water...

Only in dream,  
Water so clean.....

One last look,  
Into that bright stream,  
As morning shook...  
the doors to my dream....

Trouts there were,  
Moving nowhere like a loon,  
And clear on the bottom there!!!  
A monster crayfish that threatened,  
to eat up the moon!!!

In my second dream,  
Pure I was and free.....

But alas !  
For what I saw was not the stream,  
That I saw in my first dream!!!

The river below us ,  
Full of perilous chemicals,

Was no longer the favourite place of children and the lass.....  
who came daily to tread on the soft grass...

Dioxins from the paper mills,  
Oblivious to it's symptoms which could kill !!!

Until a cross bone and skull sign warns,  
Of the poisons that now runs the course of it's slim body,  
Writhing like a patient.....  
Admitted for treatment !!!

And suddenly I am left all alone ,  
To recover the mere memory of 'The River'...  
That once coursed through my dreams,  
Giving our silent screams ....  
Of pain and agony !!!  
Through the now dead stems of once evergreen ebony.....

The world is governed by money and pleasure,  
Nobody even cares a little about mother nature....  
Choking and dying day-by-day !!!  
But nobody to nurture , care and lay !!!

Now flows in the dungarees of my childhood,  
Once splashing and thriving,  
Now has disappeared somewhere in the wood,  
As the mankind has made it hard for it's incessant surviving...!!!

By- Soumili Das  
X - D

# FIRDAUS

*I am Kashmir. I am a woman and this is my story.*

Raja Hari Singh sat on the opulent divan-gazing at his royal chamber. It was an enormous perfect circle with ceiling to floor windows at the all four cardinal points. He looked at the room with malicious contempt. No one else could-for it was beautiful- but he had his reasons.

Where a mahogany bed with a headboard on which the Dogra dynasty's coat of arms should have been, stood a honey-oak four poster bed with latticed Victorian lace hangings. He could see elegantly painted fleurs-de-lis on the skirting of the walls, but beneath them were faint traces of Indian motifs- their swirls begging for acknowledgement and attention. Where a gilded copper bowl with tender buds of jasmine had stood 25 years ago now stood a filigree vase with tulips.

The room looked imposing and glorious. But he still loathed it. He chuckled to himself with scorn. England had seeped through the veins of India like opium diffusing through the body.

He looked out of the north window, eyeing the sprawling valley of Jammu, nestled like an infant between nourishing folds of the all-encompassing mountains. She was peaceful for the moment- the bright fire torches casting a shimmering glow throughout the capitol city. But it was the calm before the storm. He was as sure of it as the floor plan of the palace.

He also knew that he was to be the last sovereign of Kashmir. The English were going to leave India for good, yet his subconscious told him it wasn't going to be that easy and simple. With a wave relief, India would have freedom at midnight- well earned freedom-figures like Gandhi and Nehru had said. But he had an impending sense of doom that with this freedom, claustrophobic confinement was sure to ensue.

In one of the less reputable alleys of the market stood a hostile mob- some with emerald and some with saffron robes- their heads covered with a black veil. But there was one who did not need a veil. He had the authority and audacity to show his face

openly. Governor-general Thomas Munro. He was one of the few who couldn't tolerate India slipping away from the hands of Her Royal Highness. All he felt was platonic hatred towards this land. "We carry it out tonight. This is our only chance to deepen the feud between the National Conference Party and Muslim Conference party. You will attack the Muslim quarters and you, the Hindu."

*These political parties were fighting over which dominion to join. They were barely holding it together. Had they looked beyond their prudential reasons they would have found the perfect solution. But I was a topic to be fought over. I was, apparently a femme fatale.*

.....

Bano woke up to the sound of ceramic being broken and the inhuman screams of her mother in agony. Frantically she got out of bed and raced down the stairwell across the hall and into the kitchen, her palpitations increasing with each step. She was a strong and confident girl- outspoken, but polite at the same time. She had a lot of nerve as compared to other maidens, yet her senses were numbed this time. She was scared to death. It didn't take much time to traverse through the house. And when she opened the door, she stopped dead in her tracks. A saffron robed figure with a hooded face grasped her mother roughly, while the other was slitting her father's throat.

"NO!" she lunged for the men, with nothing but an earthen pot. Her reflexes were faster than they had anticipated. She managed to slam the pot on the head of one, shattering the calm of the night.

But before she could turn she was pushed out of the back door curtly. But the hands were gentle, and she suddenly realized what had happened- her mother had pushed her out of the house before they could lay their hands on her, but she had ended up sacrificing herself. Bano's mother was lost. It was as if on cue that similar shrieks and wails followed, and a dim wavering glow could be seen within a few houses-fire. She stood rooted to the spot, paralyzed with shock. She was still processing what she had

seen. Her father- her father was in there, being murdered and she could do nothing. She screamed - now more in frustration than fear.

*That the night was lit up with a million such symphonies-symphonies that had an appalling aura which chilled the bones to the point of freezing. Sadly though, most were unheard.*

He was her first thought. She had to get to Nouran. The streets were crammed with distraught men women and children alike, but Bano was deft. She picked her way out of the frantic citizens and raced towards the richer neighborhoods of Jammu. She found the enormous double door entrance of the haveli with familiarity. She had memories associated with Nouran and his home. She knew this door for as long as she remembered. She recollected both of them eating corns-on-the-cob in the crisp winter right where she stood today. His parents had died just after he was born but their families had old ties. Both of them had learned to walk together. They had practically spent their childhood together-never separate even for a moment.

She was zapped out of the daze suddenly. She'd have time for reminiscences later. She banged the brass knocker impatiently. This neighborhood was apparently unaffected by the plague of terror, for which Bano was thankful. She rattled the knocker again.

And the massive doors opened revealing a boy of 20, his sharp angular features highlighted from the lamps that were hung on the street. "Bano! What is it?" he was shocked and clearly he didn't make any effort to hide it. It was then that she realized why. Her arms and legs were bruised and her face had an angry welt. She came in. The moment she entered, he shouted at her again. "Look at me! Tell me what happened!" She related the entire episode with trembling hands and he listened. His face was sapped of color. When she finished, he didn't say anything. He didn't say anything because every word had hit him like arrows being shot with sharp precision.

She murmured softly, "Nouran". He flinched at his own name. "We have to get to Asha Ji" he said. "I don't want to go anywhere else"

"Bano listen to me. They haven't come here yet, but they will. Our only option is to get to Asha Ji sooner or later. She is a Kashmiri Pandit. A Hindu. Of course we will be safe there."



She didn't say anything. Nouran took her silence for approval. He rushed to his room, hurriedly opened the locker and stuffed all its contents in a duffle bag- they would need all the money they had. She was waiting for him in the inner courtyard. She could hear faint shouts and the glow of torches from the peep hole of the main door. She uttered a silent cry of despair. Just then Nouran entered the scene- the bag over his shoulder and face set with grim determination. Bano pointed towards the window.

"They have reached Safdar Circle. They can be here any minute. We *have* to move."

.....

Usually going to Amar Bagh (which was in lower Jammu) area was easy. After all, the Hindu aristocracy was keen on maintaining an easy connection between their pristine neighborhood and the city's central markets and The Safdar Circle was an important connecting upper and lower Jammu.

But this was not a usual incidence. Bano and Nouran had to take another, less treaded and tougher route to Amar Bagh so that they could reach Asha Ji. The only problem was that this path was dangerously close to the roundabouts of the Circle and the only medium of concealment was a scruffy row of birch trees- it was going to be a risky business after all.

When they reached near the Safdar Circle, their footsteps automatically slowed down. The night was lit up with blazing torches and the anger emanating from the mob. Keeping to the shadows was a must.

With painfully slow steps they made their way around the circle, towards the road beyond. The shrubbery was thicker here yet Bano couldn't get rid of the feeling that someone was following them. She urged a confidently walking Nouran to be careful. "Do not turn and look behind. Empty whatever you have in the sack and be on your way" a gruff voice rang out. But on instinct Nouran whirled around and so did Bano.

The voice was that of a muscular man, who held a callously sharp sword and a bright emerald scarf, both of which were stained crimson. "Nouran give it to him. We cannot risk it" pleaded Bano. And to her shock as well as relief, he threw away the bag at the attacker's feet without a word of protest. The man grabbed it like piranhas feeding on flesh and ran away.

When he finally disappeared, he answered Bano's doubt.

"He was a Muslim"

"I still don't get you. Vagrants are known to ambush and mug citizens.'

"He wasn't a vagrant. He was part of a mob- a different mob. He wore just a green scarf. His robes were black. What I mean is, it's not just a mere coincidence that the night we are attacked by Hindus, we meet one of our own who has clearly committed a sin. Something doesn't add up."

.....

"What do you want?" the woman asked

Asha Ji was known to be sarcastic and jesting. But her tone was more wary than light. It had certain edginess to it.

"What happened here?" asked Bano clearly indicating the courtyard. Tables overturned, porcelain shattered, flowers strewn all over the place and she realized with a gasp, 2 dead men and a sword lying near them in a pool of blood. "You dare ask me what happened after what your kind did. I heard your people were worried about the partition but it was scandalous to take it out on us!" Asha Ji stormed.

"We should ask you the same thing" Nouran said visibly enraged. And it was at this point that stories were exchanged. Asha Ji had had a similar incident, but with Muslims as had the rest of the neighborhood. But they had handled it pretty well, because the attackers were very few.

"And yo- you killed them?" stammered an awestruck and shocked Bano. "My father taught me well" was the only reply that came. "And clearly I know what is happening. The British have planned this. A last kick before they leave us. It's a plan to shatter our unity."

It didn't surprise the couple that of all the people Asha Ji knew this. Well, she had a pretty good network of people and was virtually omniscient. "Well clearly it's working. Given the way we turned on each other." Commented Nouran

“I knew something like this would happen. I have arranged for a way to get myself out of Jammu to Kathua. None of us are safe here. I guess I have room for two more” Asha Ji said.

“And abandon our people here?” Nouran shouted. “My dear there won’t be anyone left to be abandon in a few hours and we must leave Jammu right away!” she said. Nouran searched Bano’s visage desperately for an answer. “She is right Nouran. You are my only family now. I cannot risk losing you too.”

“So be it. Asha Ji, I am ready”

.....

*I am Noor. I am Firdaus. I am beauty. I am paradise. If I am a babbling brook, then I’m a flood to take place. If I am gentle snowfall then I am also a blizzard destined to bury you. I am the red of the maple but also the green of the poison ivy. Funny, how you battle over me. How you mutilate me. I was born to be free and I live to be free.*

*Gar Firdaus bar- ruhe zameenast, haminastu, haminastu, haminastu. If there is paradise on earth, it is here, it is here. It is here. I am ice waiting to be broken. I am a political controversy. I am a national concern.*

I am Kashmir.

Rohit P.Paranjape  
X-E R.n 51  
D.A.V PUBLIC SCHOOL, THANE

## SIMPLE LIVING , HIGH THINKING.....

From time immemorial, thinkers from every corner of the world have emphasized the importance of simple living, high thinking-----the advice based on the fact that human wants are limitless. Human wants multiply and keep increasing if psychologically encouraged. They make man a selfish slave and bring him down to the narrow cycle of worldly pursuits. They adversely affect his devotion, concentration to higher ideals of life such as service to fellow beings.

**“Simple living makes one a wise person who can manage resources in a proper manner.”** The way one leads his or her life defines their personality. Does simple living only mean need-based living? No, it rather means exploring the world, the purpose of life without paying heed to materialistic pleasures.

Then what does high thinking refer to? Isn't it somewhere contrasting? **“High thinking means to think beyond ones desires, transcending surroundings and immediate action and attraction. It makes a person wise and safeguards one from going stray in the jungle of trivialities.”** High thinking involves, something we can do but we are unable to do. For instance, thinking for somebody else's progress i.e. something other than “me”, something for the society.

Great men of the world have preached that simple living, high thinking should be the golden principle of life. Most of the men in the annals of history have practiced this principle and shook the world by their intellectual thinking. Inspirations such as Swami Vivekananda, Mahatma Gandhi are epitome of simplicity and intellectualism. They sacrificed all the riches and luxuries that they had for the greater good.

In this atomic era, the harmony between the ideals of simple living and high thinking has come down. Many feel that elaborate living is more conducive to the service of humanity than simple living. As is well known that Gandhiji and Swami Vivekananda never dressed up elaborately, but their words moved the world. These personalities led unsophisticated lives, yet they became idols of the people as philosophers, poets and leaders. They could lead the people to great deeds and achievements not only in the spiritual fields but worldly affairs too.

Ananya Sinha

X-D

# THE POWER OF EDUCATION

BY RIA X- G

Why are some people well off and others drown in poverty? How do some people seem to get all the breaks and others can get a fair shake? Do you ask yourself these questions? I did for a while until I learnt the power of education.

I learnt that if I can pick up a book, read a website, and learn all that I can about a certain topic, I can change my circumstances. People are lazy and will do anything to avoid stretching their minds by reading. If it's not on TV or on the radio they avoid it. Most people want information spoon-fed to them and will not take steps to work for the information that can change their lives.

Maybe it began in school. Having to read "boring" textbooks and listen to a teacher drone on and on about a topic that you will never have to see again in real life may be the culprit. Or maybe it's the easy access to television and mobile phones where entertainment is more fun than reading a book.

Unfortunately, this mindset leaves the individual woefully unprepared for life and left behind when it comes to good fortune. Instead of getting a great job or starting a business, life is spent slaving away as a grocery store clerk or fast food worker. Jealousy and bitterness sets in against those who have while they have-not. It seems that the haves get all the breaks but that is the case for a very small percentage of people. The rest of the haves get where they are because they take the time to study, read, and work hard to create their ideal life.

The list of examples of people who transformed their lives with the power of education is endless. In our own country, we have people like Srikant Jichkar, Raghuram Rajan, Ratan Tata, Sundar Pichai, etc. who, with the help of education have made their lives worth living. Education does not mean you have to go back to school and suffer through theory classes, it simply means you pick up a book and read. It means you take a course that interests you and will help you advance. It means that you become curious about the world and stop waiting for someone to hand it to you.

Everyone has the opportunity to become educated. You may not always get a degree for your labor, but you get something far more valuable; hope. With your education, determination and ambition you can reach all of your goals. Instead of being a person

who whines and complains about what you don't have, you begin planning a way to get a better job, home and savings account.

With the internet there are no excuses for not learning and being educated. There are so many free educational resources online that it would take years to go through them all. The more you know the more powerful you are to change your world. There is no excuse for not being the best you possible. Now is the time to change your life, regain the power you have given away because you are waiting for someone else to fix things for you, and get what you know you deserve. So what are you waiting for?

## **ELOCUTION COMPETITION**

Miss Khushi Singh of standard IX<sup>th</sup> F won the First Prize in the 14<sup>th</sup> M.R.Pai Elocution Competition conducted by Former of Free Enterprise on 10<sup>th</sup> oct, 17.

## **MY ROLE MODEL**

A word used occasionally and amongst the 30000 most commonly used words in the dictionary – 'Vorbild' in German, 'Modele' in French , 'Modelo' in Portuguese , " in Hindi and 'Role Model' in English.

The term 'role model' was coined by a sociologist Robert.K.Merton who hypothesized that individuals compare themselves to people who occupy social role to which the individuals aspires.

Dictionary explains role model is someone you aspire, someone you admire, someone who inspires, someone looked to as a great example, someone who is really worthy of imitations – A person who serves as a perfect example of values, behavior, responsibilities, conduct and care; a person who can be emulated by other; a person who is though, influential and leaves a impact,a

I do respect them, I respect them a lot. But over the years as I grew just to realize that it's not only the HIGHLY DECORATED big names but also the average people that can make an exceptional impact on our lives. It might be someone whom you meet and interact at daily basis or someone whom you have never met.

Two names did not find place in this list of internationally acclaimed celebrities- Varsha Singh and Satish Singh- my mom and dad.

Maybe because they are not superhumans but humans, maybe there not extraordinary but ordinary, maybe they are not acclaimed worldwide but are world to me....

No! no! I don't mean my parents are perfect but they carry out almost all qualities of a parent a child could wish for.

MOM a real role model because of the time she spares and the way she cares. Many women aspire to become models but only a blessed few turn out to become role models.

By the time I go to sleep she is busy with her daily course and early in the morning when I get up for school, she is already busy into herculean task of making tiffin for us. What energy man! I really don't understand why carbohydrate is paying extra blessings on her or why Mrs. Oxygen is lenient towards her metabolism.

It's she who inspires me to think more, dream more, do more and achieve more. It's she who inspires me to run when I can't fly, walk when I can't run and crawl when I can't walk but keeps me moving forward. Her beauty doesn't lie in makeup, mascara, lipstick or lip gloss but from how beautiful she is within. She has all the qualities to be dependent on to shape up my qualities. Her mere existence is an inspiration and confirmation of all possibilities that – “Yes, I can do this” when I may have every reason to doubt. My world is she, she is someone – whom I can look up to and say – “You know what! Because of you I didn't give up.” It's very correctly said that –

## **MOTHERS ARE MOTHERS AND OTHERS ARE OTHERS**

Whereas dad, dadzoo, papa, pops, daddy – someone whom daughter sets as a benchmark of standard against which she judges all men. Anyone can contribute in delivering a child but it takes special men to be a father. Someone who has deeply influenced me by his example.

As Sir Albert Schweitzer says- “Example is not the main thing in influencing others, it’s the only thing. Example is leadership.” And leadership is not a position or a title but an action or example.

It’s very often that fathers get so caught up to make a living that they forget to make a life. But for him I am never a distraction from his more important work, in fact I am his most important work. As human tendency there are times when he fails but in my eyes, in my heart, in my soul he is my superdad. He is the one who is selfless, one who is responsible, one who is reliable, one who is my role model.

At times he becomes Amitabh from Baghbaan, very loving and caring and at times he gets transformed to Amir Khan from the movie of Dangal trying to discipline me.

After all I feel very blessed and blissed to have this opportunity of living with my real role models in flesh and blood...

**Thank you!!**