



CANOSSA HIGH SCHOOL  
MAGZINE 2024-25

TO SUCCESS THROUGH EFFORT





**PRINCIPAL**

**Sr. Margaret Sequeira**

### **Embracing Change in Education**

As I reflect on my journey as an educator, I am filled with gratitude for the opportunity to give back to society. It has been my privilege to play a small part in shaping the lives of countless students, and I am humbled by the trust placed in me.

Over the years, I've witnessed the evolution of the education system. In today's fast-paced, technology-driven world, our teaching methods must adapt to meet the diverse needs of our students. Gone are the days of traditional, one-size-fits-all teaching. Modern students require interactive, creative, and technology-integrated learning experiences.

As educators, we must blend traditional values with modern methodologies to prepare students for an ever-changing world. Today's students are active, knowledgeable, and eager to take on challenges. However, it's essential they balance ambition with noble values and social responsibility. As future leaders, they must remember their cultural legacy and give back to their communities.



By embracing change and innovation, we can empower our students to thrive in an increasingly complex world. As educators, I firmly believe it's our responsibility to shape the minds of tomorrow. I hope that my contributions, however modest, have made a positive impact on the lives of those I've served.

As I often say, "Education with a small dose of love, a bit of empathy, and a sprinkle of firmness can go a long way to be a powerful weapon which can change the world." We all need to accept that "Change is inevitable." As I retire, I leave behind a piece of my heart, but I am confident that the school will continue to thrive and evolve, shaping the minds of future generations.

#### Farewell Message

As I bid farewell to this Institution, I want to express my deepest gratitude to the students, teachers, staff, and parents who have supported me throughout my journey. It has been an honour to serve this School, and I will cherish the memories forever. I wish the School continued success and growth, and I pray that the future generations will make a positive impact in the world.

May St. Magdalene our Founderess and Mother bless us all.

Thanks and God Bless.

## “ती” सुरक्षित कशी होणार ?



आजकाल बातम्या पहाव्या किंवा वाचाव्यात तर एक प्रकारची भीती वाटते, काय ठेवलय वाढून ?

स्त्रियांवरील अत्याचाराच्या बातम्या ऐकल्यावर अंगावर काट्य येतो . निर्भया असो की बंगालची डॉक्टर असो अमानवीय विकृती आणि अमानुषतेने उच्चांक गाठला आहे .

आजची परिस्थिती अशी आहे घरातली मुलगी बाहेर गेली तर ती परत येईल का ? आणि आली तरी सुखरूप येईल का ? याची भीती सतत त्यांच्या पातकांच्या मनात असते कारण समाजाच्या सर्व स्तरांवर हे पशू बसलेले आहेत विश्वास ठेवायचा तर कोणावर आणि कसा ? त्यामुळे आता स्त्री म्हणजे दुबळी ही मानसिकता स्त्रीला स्वतःच बदलावी लागेल समाज आणि सरकारवर विसंबून न राहता स्त्रीला स्वतःच रक्षण स्वतःच करता आल पाहिजे आणि याच शिक्षण शाळा आणि घरातून सुरू झाल पाहिजे .

### स्त्री आत्मसंरक्षण :

स्त्रियांना स्वतःच मानसिक आणि शारीरिक बळ वाढवाय लागेल . स्त्रियांना स्वसंरक्षणाचे धडे शाळा व घराघरात दिले गेले पाहिजेत आणि स्त्रियांनीही ते आत्मसात केले पाहिजेत . त्यांना अबला ते सक्ता हा बदल स्वतःच आपणावा लागेल .

### सुरक्षा उपकरण आणि ऑपचा वापर :

हल्ली स्मार्ट फोनचा वापर हा संरक्षणाच साधन म्हणून प्रभावीपणे करता येतो . निर्भया, एस ओ एस आणि विय यू यासारख्या ऑपचा वापर करायला शिकत पाहिजे . फोनचा कॅमेरा आणि रेकॉर्डिंगचा वापरही खबरदारी म्हणून केला पाहिजे .

“स्टॅंट इन सेव्ह” यासारख्या मनगटी घड्याळ्यांचा वापर पोलिस मदत मिळवण्यासाठी केला पाहिजे . “बुमन सेफ्टी” ह्या ॲप्लिकेशनच्याने आपला कुटुंब, नातेवाईक आणि मित्रमंडळी यांना सहाय्यता सेवेत फाटवून मदत मागवता येईल पण यासाठी ही ॲप आपल्या मोबाईलमध्ये असणे आणि ती कशी वापरावी याची माहिती असणे हे ही तितकच महत्वाच आहे .

### स्त्रियांची मानसिकता आणि गोष्टींच भान :

अजूनही स्त्री ही स्वतःच्या रक्षणासाठी पुस्तकावर अवलंबून आहे ही मानसिकता बदलायला हवी . परिस्थितीच काळवेळाच भान ठेवणे, त्यानुसार योग्य ती खबरदारी घेणे, स्वरक्षणाचे धडे घेणे, स्वसंरक्षणाची साधन मिरची पुड, पेपर से इ . बाळगणे आणि प्रसंगी त्यांचा प्रभावी वापर करणे या गोष्टी स्त्रियांना कराव्याच लागतील .



### पुरुष मानसिकतेत बयल :

कुटुंबात स्त्री म्हणून जेवढी बंधन घातली जातात तेवढीच बंधन पुरुषांवरही हवी. स्त्रियांवरील अत्याचार थांबवायचे तर पुरुष मानसिकतेत बयल हा अत्यावश्यक आहे. प्रत्येक पालकाने स्वतःच्या पात्याला महिला सन्मान आणि स्त्रीपुरुष समानतेचे घडे दिलेच पाहिजेत त्यासाठी कुटुंब, शाळा आणि महाविद्यालयात संस्कार, प्रबोधन आणि समुपदेशनाची नितांत गरज आहे.

### अत्याचाराविरोध आवाज उठवणे :

स्त्रीवर जर मानसिक, शारीरिक आणि लैंगिक अत्याचार होत असतील तर तिने ते घाबस्त गुपचुप सहन न करता त्याविरोध तत्काळ तेथल्या तेथेच आवाज उठवला पाहिजे आणि तेव्हा समजानेही तिला पाठिंबा दिलाच पाहिजे तरच तिला न्याय मिळेल आणि समजातील विकृत घटकांना आणि घटनांना आळा बसेल नाहीतर जेवढे दबाव तेवढे जास्त शोषण होत राहील.

### कडक कायदा :

मुलींचा महिलांचा विकास आणि संरक्षण हे शासनाने कर्तव्य आहे. महिलांना समाजात मानाने आणि सन्मानाने जगता यावे यासाठी सुरक्षित समाज आणि वातावरण उपलब्ध करून देणे ही शासनाबरोबरच आपली ही जबाबदारी आहे ह्यासाठी कडक कायदे आणि त्याची कठोर आणि जलद अंमलबजावणी झालीच पाहिजे की गुन्हेगारांच्या मनात ऐवढी भीती निर्माण झाली पाहिजे की गुन्हा करायला तो धजून नये. कुटुंबाने आणि समजानेही पिढीत स्त्री प्रती संवेदना आणि अस्या गुन्हेगारां प्रति तिरस्कर दर्शवला पाहिजे मग तो कोणीही आणि कितीही मोठा असो.

### समारोप :

स्त्री सुरक्षित तर घर व कुटुंब सुरक्षित, समाज आणि देश सुरक्षित. शासन, प्रशासन, समाज आणि कुटुंब यांनी त्यांच्या संरक्षणासाठी कटीबद्ध आणि समर्पित असले पाहिजे त्याच बरोबर स्वतः महिलांनीही स्वतःच जबाब न राहता सबला बनलेच पाहिजे. आपल्या देवीही जबाब न राहता त्यांच्याही हातात शस्त्र आणि त्यांच्या टाचेव्याली राखस आहे. आता स्त्रियांनीही “मी सुरक्षित होणार” म्हणत अन्नपूर्णा, लक्ष्मी आणि सरस्वतीबरोबरच वेळप्रसंगी कालीही बनलेच पाहिजे.

जेव्हा समानाची मानसिकता बदलणार, जेव्हा समाज सुसंस्कृत होणार, जेव्हा स्त्री स्वतः कणखर बनणार आणि शासन व कायदे कठोर होणार तेव्हाच “ती” सुरक्षित होणार.

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सौ. मृणाल संतोष इंदप

## स्वप्न -

स्वप्न संघर्ष आणि यशाचा प्रवास  
पाहूया स्वप्न मोकळ्या स्वच्छ प्रकाशात ,  
उडवूया स्वप्नाचा रथ उंच उंच आकाशात  
देऊया बळ त्याला, प्रयत्न व धाडसाचे ॥  
पाठलाग कर स्वप्नाचा ठेवुनी मनी आशा  
या आशेच्या पंखांने देऊनी नवी दिशा  
करूया साकार स्वप्न आपुलिया ध्येयाचे ॥  
हेच माझे स्वप्न हाच माझा श्वास,  
त्यातच आहे यश कीर्तीचा प्रवास  
पाहूया त्यातून स्वप्न अथक संघर्षाचे ॥



Saee Kudtarkar – 8-C



## Healthy habits Happy kids exercise is the bids



**MS.VRUSHALI MALAP**

### **Why Physical Exercises Important for Children????**

**In an era dominated by technology, the alarming lack of physical activity among the younger generation is a growing concern. Physical activities or exercises plays a very important role in the growth and development of children. The lack of physical activities contributes to a host of health issues. Children who don't engage in regular exercises are more prone to obesity, cardio-vascular problems, and weakened bones and muscles. Physical Exercises can have immediate and long-term health benefits. It improves your quality of life.**

**Beyond the physical impacts, sedentary behaviour also affects children's mental health. It indicates a link between lack of physical activity and issues such as Anxiety and Depression in children. The connection between physical activity and mental health is well-established. Exercises release Endorphins, the feel good hormones, which play a crucial role in mood regulation. A lack of exercise increases the risk of anxiety and depression in children. Exercise enhances cognitive function, including attention, memory, and problem-solving skills. Children engaging in regular physical activity may experience improvement in academic performance.**

**For the healthy development of children, they should engage in a minimum of 60 minutes of exercises each day. These exercises can take various forms like football or basketball, running or even simple workouts like jumping jacks, high knees and aerobics.**

**The key is to keep them moving and active as regular exercise not only contributes to physical health by building strong muscles and bones, but also plays a crucial role in fostering mental well-being.**

**So, parents support your child by encouraging outdoor play, organising family outdoor activities, setting positive examples through their own active lifestyle, making it fun, limiting screen time, making exercises a habit in day to day life, and very important, by "Being Supportive".**

# आई

आई म्हणजे काय,  
आई दुधावरची साय.



आई एवढी सक्षम असते,  
कि ती एकटीच कुटुंबाला सांभाळू शकते.

देवाने किती विचार करून तिला घडवले  
आणि आई नाव दिले.  
आणि आपण बोलतो आई म्हणजे काय ,  
जी आपल्या जीवनाला सुंदर बनवते ती म्हणजे आई.

आई आपल्या पाठीशी एखाद्या मोठ्या झाडासारखी  
उभी असते, उन्हा सारख्या संकटाला तोड देते.

आई जगातील किती मौल्यवान गोष्ट आहे.  
आणि बोलतात आई म्हणजे काय.

नाव: अनन्या रेडेकर VII-B



# THE WAY OF SUCCESS



*The story of life*

*Is the work progress*

*Hard work is the key of your goal Let it go on the way of  
success*

*The way of success is too long*

*And to achieve it you must be strong  
Aim to the way of success Do not fear*

*Let your vision be clear  
Say no to the river of sorrow Look to the right way*

*For a better tomorrow  
Stop dreaming*

*Just trust yourself and Start working*

*Face the struggles , learn from each fall Rise again and hear  
For success everyday gives you a call*

*Vanessa . Valerian . Rodrigues 7A*



# Crochet,

Crochet, a craft as old as time, is more than just weaving yarn with a hook; it's a tangible expression of creativity and a soothing balm for the soul. With a simple hook and a skein of yarn, one can conjure intricate patterns, cozy blankets, stylish garments, and adorable amigurumi. This art form, passed down through generations, allows for endless possibilities, from delicate lace to chunky textures. Whether you're a seasoned artisan or a







curious beginner, crochet offers a meditative escape, a chance to create something beautiful with your own hands. It's a craft that fosters patience, encourages mindfulness, and results in unique, handmade treasures that bring warmth and joy to both the maker and the recipient

**By. Ms. Valentina Pinto**



## " रात्र "

" दिन सरला

रात्र दाटली "

" सूर्य मावळला

चंद्र उगवला "

" चांदण्याही नभात

टिम टीमू लागल्या "

" स्वच्छंद आकाशात

भ्रमण करू लागल्या "

" अंधारातील इवल्याश्या प्रकाशात

सुंदर स्वप्ने रंगवू लागल्या. "

" दिन क्रमाचा थकवा विसरून

मनुष्यास शांत निजवू लागल्या."



VANDANA PAWAR



## ART

**Art has always been a way for humans to express themselves, share stories, and reflect their emotions and surroundings. Over time, art has evolved, and it can be divided into two main periods: ancient and modern times.**



**Art in Ancient Times:** In ancient times, art was often used to communicate and serve practical purposes. Early humans created cave paintings and carvings to tell stories about hunting, daily life, and their beliefs. These were usually made on walls in caves, using natural materials like charcoal and pigments. The paintings were simple but powerful, showing animals and humans in motion.



**Sculpture was also an important art form in ancient civilizations like Egypt, Greece, and Rome. People carved statues of gods, kings, and important figures from stone or marble. These statues were meant to honour the subjects and were often placed in temples or public spaces.**

**Ancient art was not just about decoration but also had religious and cultural significance. For example, in Egypt, art was used to prepare for the afterlife, with tombs being decorated with detailed paintings and carvings of the deceased's journey after death.**





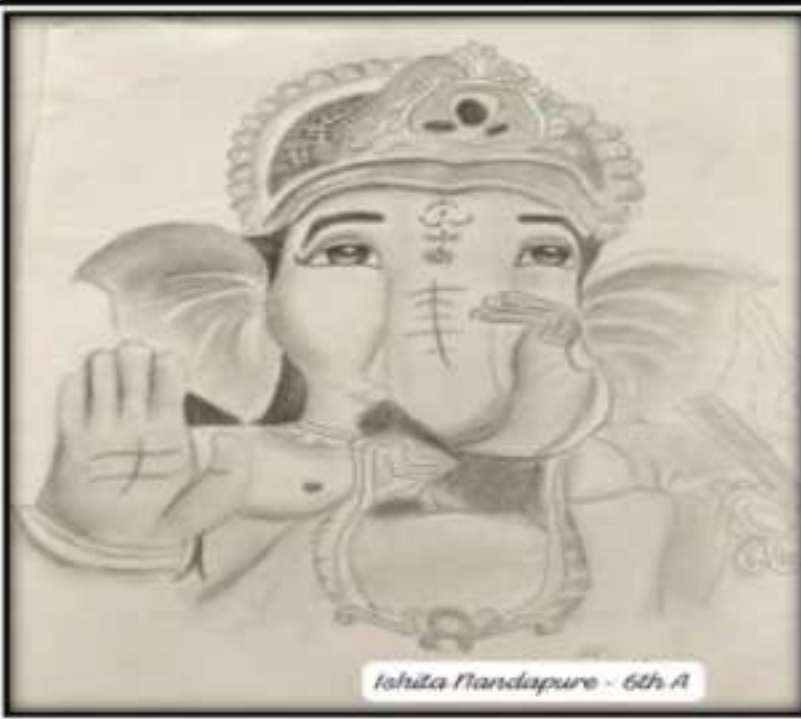


**Art in Modern Times:** As time passed, art became more diverse and complex. In modern times, artists began to explore new ideas and materials. They experimented with new techniques like abstract art, where shapes and colours are used to express emotions or ideas without representing real objects.

One of the most significant changes in modern art was the use of photography and film. These new technologies allowed artists to capture the world in ways that were not possible before. Paintings and sculptures also became more varied, with artists moving away from realistic depictions to focus on personal expression, feelings, and social issues.



**In addition, modern art includes music, dance, theatre , and digital art, where technology plays a big role. With the internet and social media, artists today can share their work with a global audience, making art more accessible and diverse.**



*Ishika Nandapure - 6th A*



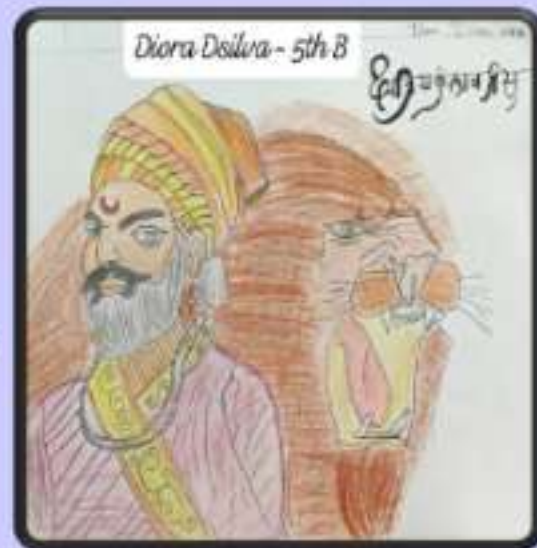
*Mishika Dhanuki - 6th A*



*Aarja Sindage - 6th B*



**Conclusion : While art in ancient times was often about survival, spirituality, and honouring the past, modern art is about personal expression, exploring new ideas, and breaking boundaries. Both ancient and modern art forms reflect the changing lives of humans and the way they understand the world around them**



## Echoes of the Past: Shaping Our Future

History, quite simply, is the story of us. It's the chronicle of our ancestors, their triumphs, and their sacrifices, leaving behind a remarkable legacy that guides us today.

Consider the indomitable spirit of Shivaji Maharaj, who envisioned and established

Swaraj, a beacon of self-rule. Recall the unwavering dedication of Sambhaji Maharaj, who, with royal pride, gave his life for the nation. It wasn't just the men who fought; the women of our land stood shoulder to shoulder, their courage and valour a testament to their unwavering patriotism.

We must also acknowledge the long and arduous years of British rule, a period marked by struggle and resilience. Our freedom fighters, with unwavering determination, endured unimaginable hardships to secure our liberty. Their sacrifices culminated in the momentous day of August 15th, 1947, when India finally gained its independence.

History, therefore, is not a mere subject confined to textbooks. It is the living, breathing record of the countless struggles our ancestors endured for our freedom and well-being. It is the very foundation upon which our present and future are built.

As proud Indian citizens, it is our duty to uphold the values and principles our ancestors bequeathed to us. Let us honor their sacrifices by striving to build a nation that lives up to their dreams. Let us work together, with dedication and unity, to transform India from a developing nation into a developed one, a nation where every citizen can thrive and prosper. Let us ensure that the echoes of our past resonate in a future filled with progress and prosperity.





## TECHNNICAL RIDDLES



1. What has a key but can not open it?
2. I am a programming language named after a snake. Who am I?
3. I'm a global web, a net that is vast, connecting the world oh so fast. What am I?
4. What has a motherboard but no family?
5. I'm silent but I click, I scroll up and down
6. I AM a set of computer programs that instruct computers what to do ?
7. I can sit on your lap, but I'm not a pet; instead, I'll help you surf the net. What am I?
8. I'm small and portable, a keeper of files. Take me anywhere,  
What am I?
9. I talk in zeroes and in ones, in my language computing runs.  
What am I?
10. Who chases computer criminals ?

## **Tea Tales: Exploring the Health Benefits of India's Favourite Brews**

In many households across India, tea is not just a drink—it's a tradition passed down through generations. Beyond its comforting warmth and inviting aroma, tea holds a wealth of health benefits that can support overall well-being. Various teas, infused with natural herbs and spices, offer more than just a refreshing taste. Scientific studies have shown that many types of tea are rich in antioxidants, vitamins, and bioactive compounds, which contribute to a healthier lifestyle. Let's take a closer look at some of the most popular and beneficial teas in India and how they can be a positive addition to our daily routines.

### **1. Green Tea**

Green tea is packed with antioxidants called catechins that boost metabolism, aid weight loss, and reduce the risk of heart disease. The amino acid L-theanine promotes relaxation and better brain function. Studies suggest that green tea may also help prevent certain types of cancer due to its high polyphenol content. For an innovative twist, try matcha, a powdered form of green tea with even higher antioxidant levels, perfect for lattes or smoothies.



### **2. Masala Chai**

A popular Indian tea, masala chai is made with black tea and spices like ginger, cardamom, cinnamon, and cloves. These spices contain anti-inflammatory properties that support digestion and immunity. Gingerol in ginger aids digestion, while cinnamon helps regulate blood sugar levels, making masala chai both delicious and healthy. For a creative spin, try golden masala chai, which includes turmeric for additional anti-inflammatory benefits.



### 3. Tulsi Tea

Tulsi (holy basil) tea is a natural stress reliever and respiratory aid. It has antimicrobial and anti-inflammatory properties, helping to strengthen immunity. Tulsi contains eugenol, which supports heart health and acts as a natural detoxifier for the body. Experiment with floral tulsi tea by adding rose petals or lavender for a calming, aromatic experience.



### 4. Lemon Tea



Lemon tea is refreshing and rich in vitamin C, which enhances immunity and promotes glowing skin. Its citric acid content aids digestion and detoxifies the body. Research also suggests that the flavonoids in lemon tea have antioxidant properties that help reduce stress and inflammation. Iced lemon-mint tea is a great summer alternative for hydration and detoxification.

### 5. Hibiscus Tea

Hibiscus tea is caffeine-free and rich in anthocyanins, antioxidants known for lowering blood pressure and cholesterol. This tea is also beneficial for liver health and supports weight management. The high vitamin C content helps in strengthening the immune system and improving skin health. For a refreshing and health-boosting drink, mix hibiscus tea with pomegranate juice for an extra dose of antioxidants.



## 6. Homemade Teas for Children

Children can enjoy mild, caffeine-free teas with natural ingredients that support their growing bodies:

- **Honey and Lemon Tea:** Soothes sore throats, fights infections, and boosts immunity.
- **Chamomile Tea:** Contains apigenin, a natural compound that helps with relaxation and better sleep.
- **Apple Cinnamon Tea:** Supports digestion, regulates blood sugar, and provides a naturally sweet taste.
- **Mint Tea:** Cools the body, aids digestion, and relieves headaches.
- **Turmeric Milk Tea:** Provides curcumin, a powerful anti-inflammatory compound that strengthens immunity and promotes brain health.
- **Berry-Infused Herbal Tea:** Adding strawberries or blueberries to herbal tea enhances both the flavour and antioxidant content, making it an enjoyable drink for kids.

Tea is not just a comforting drink; it's a scientifically backed health enhancer. Whether it's green tea for metabolism, tulsi tea for stress relief, or homemade teas for children, every cup is packed with benefits. To make tea-drinking more exciting, try fusion teas by combining traditional ingredients with new flavours. So, the next time you sip your tea, know that you're also nourishing your body in a natural and delicious way!



**SIMRAN ALMEIDA**



## THE UNIVERSE'S EXPLOSIVE BEGINNING



**Have you ever wondered about how the universe was formed or how the stars in the sky were formed?**

The **simple answer** to this question is the big bang theory. Which explains us about the universe and how it was formed.

To understand this let us imagine a time when the entire universe everything we see- the stars, the planets even you and me were squeezed into an incredibly tiny, hot, and dense point. Then, in a fraction of second, this point began to expand, not into something, but into space itself stretched and cooled. This incredible event, which happened approximately 13.8 billion years ago is what scientists call as the Big bang.

**What evidence supports the Big Bang?**

**The expansion of the universe:** Imagine blowing a balloon with some dots drawn on it. As the balloon is blown, the dots indicating the distant galaxies of the universe show that they are moving away from us, and the further they are, the faster they are receding. This expansion suggests that the universe was once much smaller and denser, just like the dots were in the balloon.

**What the Big Bang theory doesn't explain?**

**What caused the Big Bang Theory:** The theory explains the expansion of the universe from a very hot and dense state. But it doesn't explain what initiated this state or what existed before it.

**In Conclusion the Big bang isn't about the literal bang that we see on the earth. Instead, it's the best scientific explanation we have for how our universe was originated and how it has evolved over billions of years. It's a cornerstone of modern cosmology, the study of the universe.**

## ART AND MY LIFE AS AN ARTIST

Art is a way of expressing yourself. Art is something that you have to do with patience and a clear mind. If you believe in yourself and trust the process, the result will be beautiful! Drawing or painting can calm our mind and can be a good therapy for us. Our mind becomes more creative when we make our own paintings or drawings. There are different types of art now-a-days. There is digital art, animation, illustration, painter, etc. The field of art is quite fascinating if you look into it. Every piece of art has a different story behind it. Not all paintings or drawings though.

As far as I can remember, the thought of becoming an artist came into my mind when I was around the age of 6, in grade I<sup>st</sup>. After years of practice, I have finally become confident in my skill. As a kid I was always praised for my art work. At that time I was quite fond of it and I didn't know why but now I am certain that this is what I choose to do. It is a good thing that I have saved all of my art work so that I can look back at how much I have grown as an artist.



STEPHANY D'SOUZA - IX-C



## Agent Orange



Agent Orange was a chemical that was used during the Vietnam war by the US. Much of it contained a hazardous chemical called Dioxin. Dioxin is a byproduct of herbicide production and is extremely dangerous even in small amounts. It is a highly toxic and persistent organic pollutant linked to cancers, diabetes, birth defects and other disabilities. The production of this chemical was stopped in the 1970s and is no longer in use.

Agent Orange was sprayed in the southern parts of Vietnam to destroy the forest and other vegetation. However, this chemical was used carelessly and was sprayed 20 times the concentration which the manufacturers had recommended for killing plants. Thus, causing a severe long term health and environmental impacts.

The Red Cross estimates that about 3 million Vietnamese have been infected by Dioxin including at least 150,000 children born with serious birth defects and other disabilities. The search results to not provide information as to whether the rivers or any other water bodies had been directly contaminated by Agent Orange but if so, then most of the lives in Vietnam would vanish. If water contaminated by Agent Orange were to be consumed, it could lead to a range of serious health defects, heart diseases, hormone disruption, dysfunction in the muscular and immune system.

SIANNE RODRIGUES

# शब्दों की अंताक्षरी

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८. नमस्कार • समानार्थी शब्द



MS. SARITA FERNANDES

९. सरिता • समानार्थी शब्द



## Word search

➤ Can you find the following veggies in the forward, backward diagonally , up or down.

X	M	U	S	H	R	O	O	M	E	S
Q	T	O	M	A	T	O	U	E	U	Y
L	O	Z	U	C	A	U	N	O	T	R
C	N	K	J	L	Z	A	B	U	E	T
G	A	R	L	I	C	S	R	W	S	G
M	W	W	O	T	W	X	O	T	O	C
U	Q	E	H	C	X	L	C	V	A	U
C	O	R	G	C	F	N	C	T	N	C
I	S	T	F	I	V	M	O	A	W	U
S	B	Y	L	B	N	K	L	R	L	M
P	M	U	D	M	O	Y	I	R	T	B
A	A	I	S	P	O	N	I	O	N	E
C	O	P	A	O	J	Q	W	C	E	R

1. *Cucumber,*

2. *Cauliflower,*

3. *Broccoli,*

4. *Tomato,*

5. *Capsicum,*

6. *Corn,*

7. *Garlic,*

8. *Mushroom.*

RISHITA SAHA VII-A





## **MAHAKUMBH 2025: A Spiritual and Culture Vision**

The Mahakumbh is one of the most holy and largest gatherings of pilgrims in the world. Held every 144 years, the Mahakumbh is a celebration of spirituality, culture and faith. Millions of people come to Prayagraj to attend it.

The Mahakumbh recollects this event and offers devotees a chance to attain spiritual enlightenment and purification. People come to take a holy dip in the river Ganga. They believe that this dip will wash away their sins.

The government makes big arrangements for the festival. There are many stalls selling food and handicrafts. People hear spiritual talks and watch cultural programs. The arrangements are made to help people have a comfortable and enjoyable experience. The Mahakumbh 2025 will be a great event. People from all over the country will attend this Mahakumbh. The festival will bring people together and create a sense of unity.

In conclusion, the Mahakumbh 2025 promises to be an unforgettable experience, offering a unique blend of spirituality culture and entertainment. As millions of devotees gather on the banks of the Ganges, they will be united in their quest for spiritual growth self-discovery and enlightenment.

Name: Ikshita Kushwaha

Std: 7<sup>th</sup> Div: A



## **IMPORTANCE OF READING**

- ❖ Reading is important because it helps learn new things.
- ❖ We can learn about different places in the world
- ❖ We can. learn about animals and plants
- ❖ We can learn about history and people who lived a long time ago
- ❖ Reading helps us understand what people are saying
- ❖ Reading helps us write better too
- ❖ Reading is also fun and helps us use our imagination
- ❖ Reading can help us do better school
- ❖ we can learn new words and how to spell them.
- ❖ Reading can help us be better readers when we grow up.



Mrs. Olida Carvalho

## Environmental Science



The word environment is derived from the French word "environ" which means "to encircle or surround", in which all things live and exist. Environment consists of living and non-living things, scientifically called biotic and abiotic things. Environment can be defined as a sum of all social, economic, biological, physical or chemical factors which constitutes all surroundings of man and living organisms, who are both the creators and moderators. Environmental science is the application of scientific knowledge from various disciplines to study and solve environmental problems like pollution, climate change, biodiversity loss, and resource management, aiming to understand how human activities impact the environment and develop solutions to mitigate those impacts. Biology, Geology, Chemistry, Physics, Meteorology and many other disciplines are included in environmental science. Mathematics and Statistics and Computer science also help in modeling and management of environment. The environmental science is, therefore, a multidisciplinary science, which requires attention of experts from different branches of science. The pace of progress in agriculture, industry, transportation and technology by humans have created an adverse effect on the environment. Today environment has become very polluted, contaminated, unpleasant and harmful for the Earthlings.

DEBORA H GOMES  
VI-B



## Hydroponics: The Future of Urban Gardening

In today's urban settings, where space is a luxury, growing one's own kitchen garden might seem impossible. However, Hydroponics—a method of growing plants without soil, —comes into play here. This technique allows people to grow fresh vegetables in limited spaces like balconies and indoors.

In this method, the water can be infused with organic nutrients, ensuring that the plants receive nutrition, leading to faster growth and higher yields compared to traditional soil-based gardening. Unlike traditional farming, hydroponics allows gardening in any season, as it is not dependent on soil quality or climate conditions.

Beginners can start with easy-to-grow kitchen garden plants such as coriander, spinach, basil, mint, and tomatoes. Numerous tutorials on YouTube provide a step-by-step guide for setting up a hydroponic garden at home. By choosing this practice of hydroponics, people can save money on store-bought vegetables, and also contribute to a greener environment.

It also guarantees fresh produce right from your own garden which is free of toxins.

Do give it a try and experience the joy of growing your vegetables right at home!



LISA CORREIA

## WHEN I FLY TOWARDS MY DREAM ✈

I dream to fly up in the sky ,  
As a cabin crew, so high and bright;  
I'll help people, with a smile so wide,  
Taking them on a joyful ride;

I'll visit and see new places, far and near ;

With every flight ,I'll learn and grow ,  
And share the love wherever I go;  
Cabin crew is my dream as you see ,  
To fly above ,wild and free;



Latiksha Poojarli 9 th B



## To free or not to free



To free or not to free was the White man's dilemma,  
For the 'barbarians' had proved their strong will power.  
Nonviolence as weapons, we rose in unity,  
And the 'Gora Sahib' witnessed India marching towards self-identity.

Oppressed although we were, faint-hearted we refused to be,  
Unrelenting men and women caused the fall of the 'East India Company'.  
No longer burdened under the yoke of slavery,  
India marched towards establishing a democracy.

'White Man's burden' we once were, revolutionaries we later became,  
For no knees no longer bent, heads no longer bowed down in shame.  
And the 'British Raj' lost its crown and kingdom,  
As our motherland India, marched towards freedom.

Ms. Janice Lobo

## The Beauty of Nature



*Nature loves me*

*Nature and humans Should together be  
A happy and caring family*

*Please don't cut trees  
Don't litter roads*

*Otherwise we will have  
To carry heavy loads*

*Trees give us ir  
To help us breathe*

*They also give us  
The food that we need*

*So plant trees Love them too  
And then in return They will help you*

**Mariah Dsilva, Class VB**

