



# 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 करी होणार ?



आजकल बातच्या पात्राचा किंवा वाचाव्यात तर एक प्रकारची भीती वाटते, काय ठेवल्या काढून ?

स्त्रीयांचे अल्पालांगाच्या बातच्या ऐकल्यावर अंगावर काटा येतो . निर्भया असू की बंगलाची डॉक्टर असू उपायाची विजृती आणि अमरुपतेने उच्चांक नाहता आहे .

आजकी परिस्थिती अदी आहे घरातली गुलारी बाहेर गेली तर ती परत येईल का ? आणि आसू तरी सुखस्सा येईल का ? याची भीती सुतत त्यांच्या पातकांच्या मनात असते काऱ्य सुकाजाच्या सर्व स्तरांवर हे पश्च बघलेले आहेत विश्वास ठेवायचा तर कोणावर आणि कसा ? त्यानुके आता स्त्री म्हणजे दुष्कृती ही वानस्पिक्ता इतीला स्वतंत्र बदलाची लागेल सकाज आणि सरकारवर विसंबून न रसाता स्त्रीला स्वतंत्र रक्खण स्वतंत्र करता आल पाहिजे आणि याच विकाश शाळा आणि घरातून सुरु जाल पाहिजे .

स्त्री आत्मसंरक्षण :

विधांना स्वतंत्र मानसिक आणि शारीरीक बळ वाढवाव लागेल . विधांना स्वसंरक्षणाचे घडे याचा व घरावरात दिले गेले पाहिजेत आणि विधांनीही ते आत्मसात केले पाहिजेत . त्यांना अवला ते सकला या बदल स्वतंत्र जाणावा लागेल .

सुरक्षा उपकरण आणि अॅपचा वापर :

हल्ती स्टार्ट फोनचा वापर या संरक्षणाचे साधन काढून प्रमाणीताचे करता येतो . निर्भया, एस ओ एस आणि विद्य यू यासारख्या अॅपचा वापर करायला किळत पाहिजे . फोनचा कंपीरा आणि रेकॉर्डिंगचा वापरही अवलंबती काढून केला पाहिजे .

“स्पॉट इन सेक” यासारख्या मनमती घडाळयांचा वापर पोलिस मदत मिळवण्याचाली केला पाहिजे . “बुमन रेप्ली” ह्या अॅप्लिकेशनव्यारे आपल कुटुंब, नातेवाईक आणि निवांड्यांची यांना उदायता सुदेह पाठवून मदत सापेक्षत येईल पण यांवाली ही अॅप आपल्य मोबाईलच्ये उपर्यं आणि ती कळी वापराची याची वाहिती असून ही रितकून याहवाच आहे .

विधांनी वानस्पिक्ता आणि गोल्डीच मान :

अनूवांशी स्त्री ही स्वतंत्र रक्खणासाठी पुल्कावर अवलंबून आहे ही वानस्पिक्ता बदलायला हवी . परिस्थितीच काळकेलाच मान ठेवणे, त्यानुसार योग्य ती खबरावारी येणे, स्वतंत्राचे घडे येणे, स्वरांखणाची साधन नित्यी पुढ, ऐपर सो इ . बदलाचे आणि प्रसंगी त्यांचा प्रभावी वापर करणे या गोल्डी विधांना कराव्याच लागतीत .

## पुरुष मानसिकतेत बदल १

कुटुंबात स्त्री महणून जेवढी बंधन घातली जातात तेवढीच बंधन पुलांवरही हवी. छियांवरील अत्याचार घांबवापवे तर पुरुष मानसिकतेत बदल हा अत्यावद्यक आहे. प्रत्येक पालकाने स्वतःच्या पाल्यात्ता महिला सन्मान आणि स्त्रीपुरुष समानतेचे घडे दिलेच पाहिजेत त्यांचांची कुटुंब, शास्त्र आणि महाविद्यात्त्यात संस्कार, प्रबोधन आणि समुपदेशानाची नितांत गत्य आहे.

## अत्याचाराविस्त्रय आवाज उठवणे १

छोवर जर मानसिक, शारीरिक आणि सैंप्रिक अत्याचार होत असतील तर तिने ते घावस्त गुपचूप सहन न करता त्याविस्त्रय तस्काळ तेवळ्या तेवळ्या आवाज उठवला पाहिजे आणि तेव्हा समाजानेही तिला पाठिंवा दिलाच पाहिजे तरच तिला न्याय मिळेल आणि समाजातील विकृत घटकांना आणि घटनांना आवा बरेल नाहीतर जेवढे दबाल तेवढे जास्त झोण्या होत राहील.

## कडक काशण १

मुर्लीचा महिलांचा विकास आणि संरक्षण हे जास्तनाऱ्ये कर्तव्य आहे. महिलांना समझात मानाने आणि सन्मानाने जगता येवे यांची सुरक्षित समाज आणि वातावरण उपलब्ध कराल देण ही जास्तनावरोवरच आपली ही जबाबद्यारी आहे. यांचांची कडक काशदे जाणि त्यांची कठोर आणि जलद तांबलवनावणी झालीच पाहिजे की गुंडेगाराच्या कनात ऐवडी भीती निर्णय झाली पाहिजे की गुंडा करायला तो घजूल नये. कुटुंबाने आणि समाजानेही पिढीत स्त्री प्रती सवेदना आणि अस्या गुंडेगारां प्रति तिरस्कार दर्शवता पाहिजे वग तो कोणीही आणि कितीही घोटा असो.

## सुमारोप १

स्त्री सुरक्षित तर घर व कुटुंब सुरक्षित, समाज आणि देश सुरक्षित. जासून, प्रशासन, समाज आणि कुटुंब यांनी त्यांच्या संरक्षणाचांची कटीवद्य आणि स्वर्गित असल पाहिजे त्याच बरेवर स्वतः महिलांनीही स्वतः अवला न राहता सुवला बनलच पाहिजे. आपल्या देवीही अवला नाहीत त्यांच्यांनी हातात झाल आणि त्यांच्या टावेखाली राखा आहे. आता छियांनीही “मी सुरक्षित होणार” म्हणत अन्पुर्ण, लक्षी आणि सरखतीबरोवरच वेळपुसंगी कल्लीही बनलच पाहिजे.

जेव्हा समाजाची मानसिकता बदलणार, जेव्हा समाज सुसंरकृत होणार, जेव्हा स्त्री स्वतः कणक्वर बनणार आणि जासून व काशदे कठोर होणार तेवळच “तो” सुरक्षित होणार.

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सौ. मृणाल संतोष इंद्रप

## स्वप्र -

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



## Healthy habits Happy kids exercise is the bids



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

MS.VRUSHALI MALAP

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 मोळ्या झाडासारखी  
उभी असते, उन्हा सारख्या संकटाला तोड देते.

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

नाव: अनन्या रेळेकर 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 आंकाशात

भ्रमण करू लागल्या ”

“बंधारातील 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.**

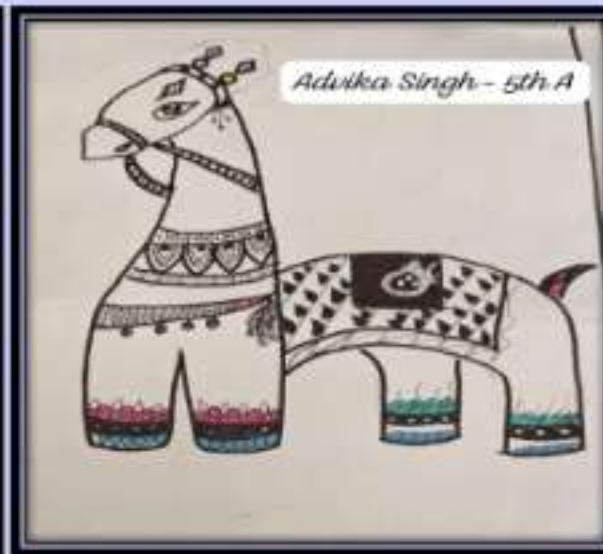
**Ancient art was not just about decoration but also had religious and cultural significance. For example, in Egypt, art was used to prepare for the afterlife, with tombs being decorated with detailed paintings and carvings of the deceased's journey after death.**



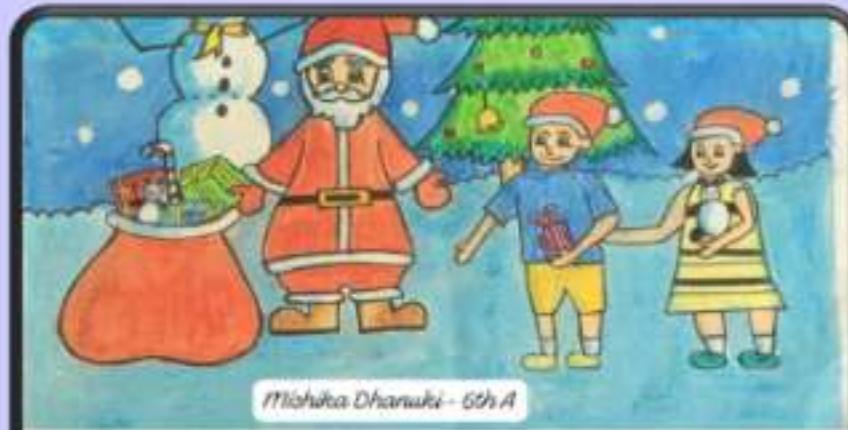


**Art in Modern Times:** As time passed, art became more diverse and complex. In modern times, artists began to explore new ideas and materials. They experimented with new techniques like abstract art, where shapes and colours are used to express emotions or ideas without representing real objects.

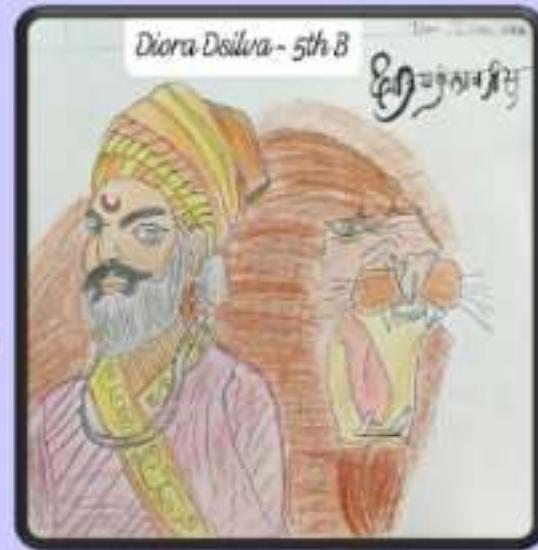
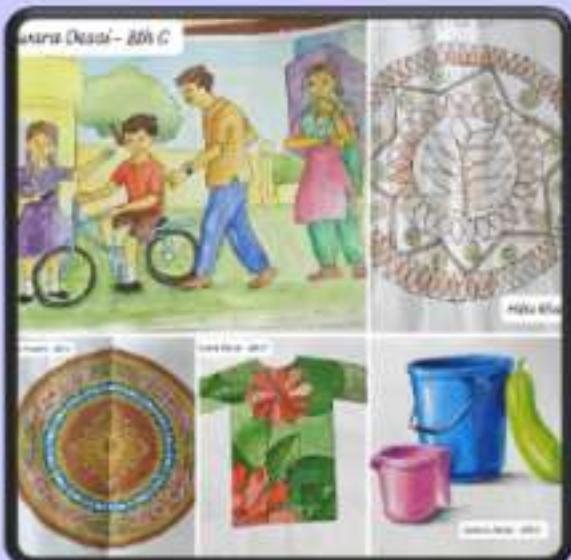
One of the most significant changes in modern art was the use of photography and film. These new technologies allowed artists to capture the world in ways that were not possible before. Paintings and sculptures also became more varied, with artists moving away from realistic depictions to focus on personal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



**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

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MS. SARITA FERNANDES

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३. दिन - समानार्थी शब्द / बुद्धि समानार्थी शब्द

४. त्योहार - समानार्थी शब्द

५. आदर - समानार्थी शब्द

६. गांधीजी को प्यार से यह कहते थे ।

७. अपूर्ण - विरोधी शब्द

८. नमस्कार -समानार्थी शब्द

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	G	F	N	C	T	N	G
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	G	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.

## **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 air  
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