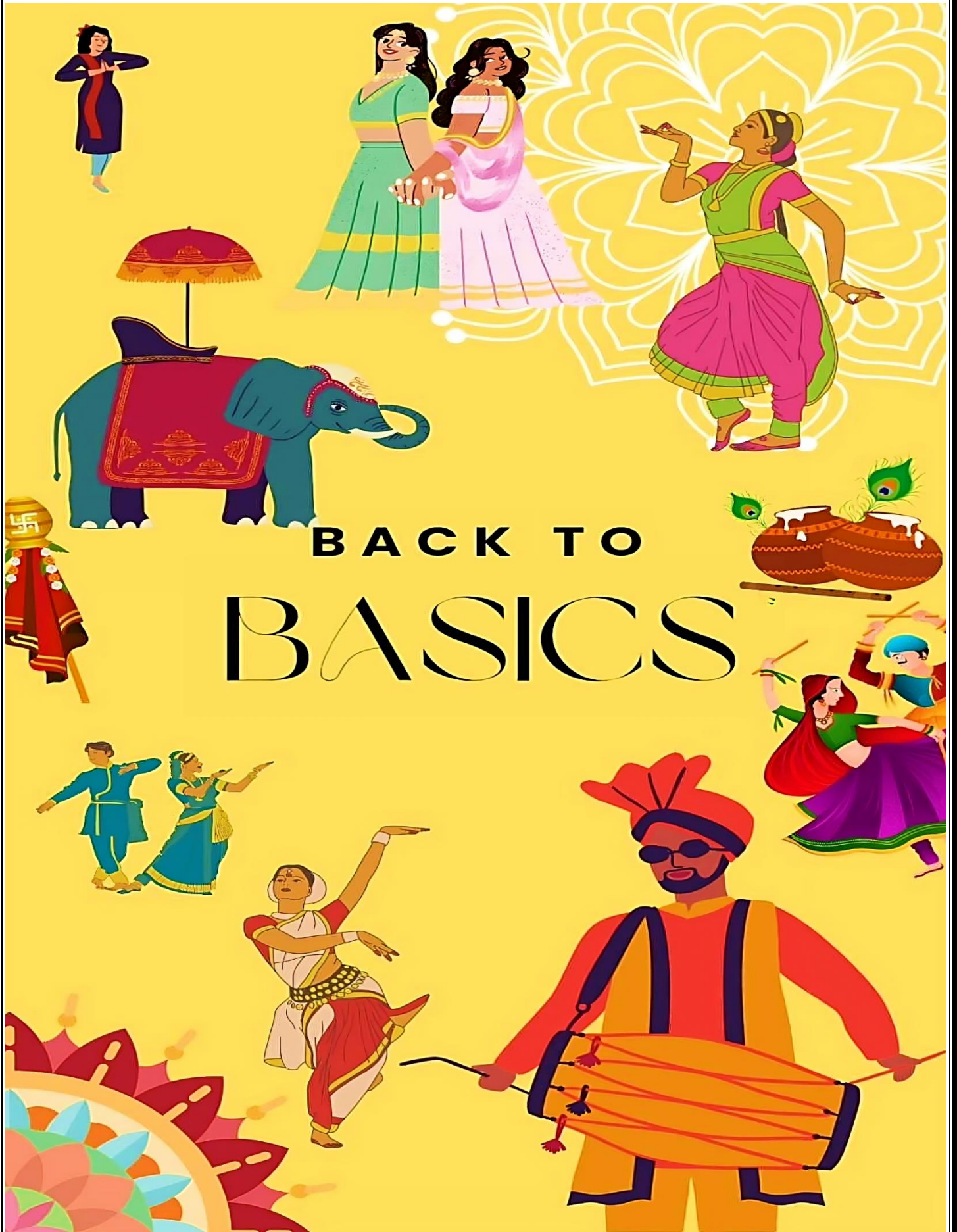




GOPAL'S GARDEN HIGH SCHOOL

Plot.No.1, Kulupwadi, Near National Park, Borivali (East), Mumbai-400066



BACK TO BASICS

INDEX

✚ Editorial

✚ Decoding the Artist's Vision

✚ Soulful Insights – Going Back to Basics: The Way to Find Our Eternal Home

✚ Key Reads:

➤ Back To Basics: Exploring Traditional Crafts, Recipes & Cultural Heritage

➤ World Heritage Sites In India

➤ Bombay To Mumbai – A Saga of Evolution and Diversity

➤ Following Traditions – Celebrating Ganesh Chaturthi

➤ Chaitra Navratri: A Major Festival In North India

➤ Exploring Traditional Recipes

○ मोदक

○ पातोळी आणि फणसाची भाजी

○ Suji Halwa

○ Ghewar

○ Churma na Ladoo

➤ Back to Our Ancient Food

➤ Sattu – The Original Protein Shake of India

➤ Nourishing Fundamentals: Buddha Bowls to Burrito Bowls

➤ India's Rich Cultural Tapestry

➤ Arangetram and Revering The Guru

➤ Embracing Cultural Identity

➤ The Importance of a Strong Foundation

➤ The Timeless Art of Handicrafts

➤ Embracing The Richness of Indian Heritage

➤ Celebrating Simplicity

➤ Understanding Wrestling: From Akhada to Modern Rings

 Literary Expressions:

➤ In Harmony with Nature

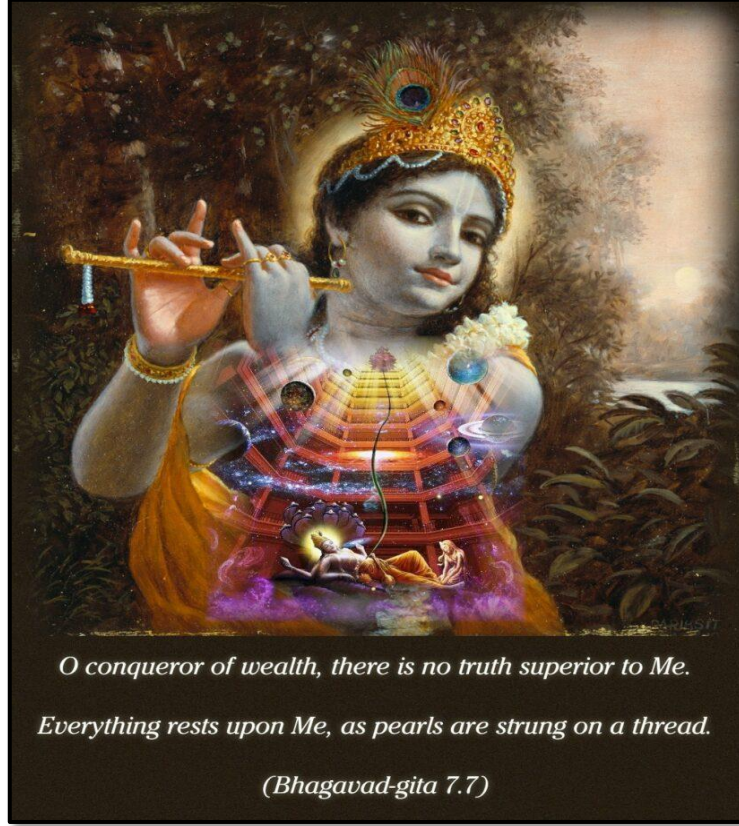
➤ Acrostic poem

➤ प्रकृति

 Artwork

mattaḥ parataraṁ nānyat kiñchid asti dhanañjaya
mayi sarvam idaṁ protaṁ sūtre maṇi-gaṇā iva

- Bhagavad Gita chapter 7 verse 7



When we admire the beauty and the value of a pearl necklace rarely do we pay attention to the chain on which these pearls are woven onto.

But it is this string that holds the pearls together and lets their grace shine for the world to see. Beneath the glitter is something uniquely strong in its foundation and steadfast in its service. If and when this base breaks the external crumbles and what we are left with is a broken artifact.

The same is so true for anything and everything in life. Every society grows and flourishes on the basis of its culture, legacy and ethical system. When we lead our lives based on a tapestry which is interwoven with these values, integrity and ideals we will together create an involved society where all are advocates and ambassadors of healthy principled living.

In an environment devoid of these basic principles of culture, tradition and morals we can only expect a society – shallow in its ideologies, inherently selfish, focused on ‘I, me and mine’ with the pursuit of name, fame, power and position as the only goals of acquisition.

So as our ancient scriptures wisely advise us, let us live our lives as kites -soaring in the air but firmly guided by the hands of a master who is rooted and connected to our Bharatiya philosophy so that we may not get entangled at any moment in time and continue to give and spread joy to all the onlookers who happen our way.

This edition of Garden Buzz does just that- remind us of our glorious base of the Great Indian heritage. Every article will invoke pride about the variegatedness of India which genuinely exemplifies the principle of unity in diversity. Our philosophy is so encompassing it can truly offer all solutions and give clear perspectives to living only if we choose to embrace it wholeheartedly.

Let us learn and imbibe the new practices of management from the West but let us never forget our roots – our basics. Let us contribute in letting the world glimpse the bright and beautiful Sanatan dharma of India.

Happy Reading!

RAJAS SARDESAI BHOSALE
Principal



“It is impossible to make a sustainable change in society without a corresponding change in people’s behaviour, values and philosophy.” – H H Radhanath Swami Maharaj

DECODING THE ARTIST'S VISION

India is one of the most religiously and ethnically diverse nations in the world, with some of the most deeply religious societies and cultures. Our rich culture has become our identity which is reflected in our traditions, art, festivals, food and language. India with its diverse culture includes all the rituals, beliefs, values, habits, lifestyle and knowledge exhibited by the people. This Indian culture resembles a huge tree with roots anchored deep into the soil. We all Indians need to know our roots – the very basic that moulds us into who we are.

When I contemplated on the cover page, I envisioned India's prominent festivals and functions. For me, our roots lie in our festivals. Celebration of festivals is linked to a part of the ancient history. Janmashtami marks the celebration of the birth of Sri Krishna. Navratri is linked to the worship of the Mother Goddess - Sri Durga and the 'Garba' dance accompanied by songs in praise of the goddess. Most of the dance forms in India have evolved out of local traditions and enact stories from mythology.

The cover page is my attempt to depict the roots, the base that conceptualizes India.

AARTI CHOPRA
Class: 10



GOING BACK TO BASICS – THE WAY TO FIND OUR ETERNAL HOME

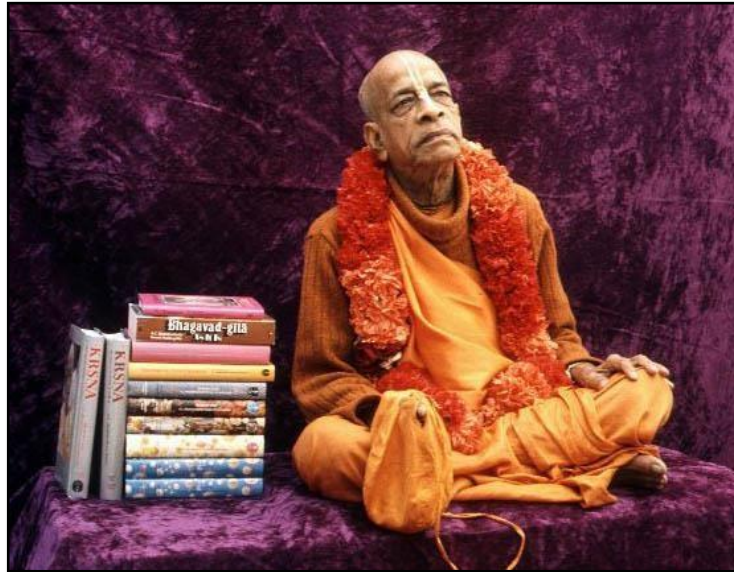
बहूनां जन्मनामन्ते ज्ञानवान्मां प्रपद्यते ।
वासुदेवः सर्वमिति स महात्मा सुदुर्लभः ॥ १९ ॥

(BG – 7:19)

Translation:

After many births and deaths, he who is actually in knowledge surrenders unto Me, knowing Me to be the cause of all causes and all that is. Such a great soul is very rare.

Achieving material gains, comforts and luxuries along with growth is an endeavour that comes naturally to all those who wish to advance in life. But when this desire to advance in life makes us forget the lotus feet of the Lord, it should be a matter of concern. While we go on to climb the ladder of progress and advancement, it is important to continue religiously with our spiritual practices. We all need to reflect and introspect where we are heading in the journey of our life. If something is amiss, we need to go back to basics.



What are the basics of spiritual life?

These basics are chanting, reading scriptures, following the four regulative principles and association. Holding on to our Guru and Gaurang always, especially when we lose sight of the horizon during the challenging times, also forms a basis of

spiritual life. Following these basics require austerity, which means voluntarily accepting inconvenience for the pleasure of the Lord. Hence, there is a need to follow the instructions laid down by our acharyas.

Let us all, who aspire to find our way back to Goloka Vrindavan - our eternal home - remember Chaitanya Mahaprabhu, Namacharya Haridas Thakur, Srila Prabhupada and all other exalted devotees of the Lord as examples to lead us back to Godhead.

VAIBHAV BASTWADKAR
Spiritual Care Department



BACK TO BASICS

Exploring Traditional Crafts, Recipes and Cultural Heritage



In today's fast-paced, modern and technology driven world, it's easy to get engrossed in the latest trends and forget about the beauty of traditional crafts, recipes and cultural heritage. However, by revisiting and rediscovering these heritage gems, we can reconnect with our past, appreciate the present and build a stronger sense of community. Let's embark on a journey to explore the importance of traditional crafts, recipes and cultural heritage and how they can enrich our lives.

TRADITIONAL CRAFTS

Traditional crafts have been an integral part of human culture for centuries. From weaving and pottery to woodworking and embroidery, these crafts have not only provided us with functional items but also served as a means of artistic expression. By learning traditional crafts, we can: -

- Develop new skills and techniques
- Appreciate the value of handmade items
- Connect with our cultural heritage
- Create unique and meaningful gifts
- Unwind ourselves through creative expression

RECIPES

Traditional recipes have been passed down through generations, often carrying stories and memories of family gatherings, cultural celebrations and historic events. By cooking and sharing traditional recipes, we can: -

- Preserve cultural heritage and family traditions
- Explore new flavours and ingredients
- Create meaningful connections with family and friends
- Learn about different cultures and practices
- Enjoy the comfort and warmth of homemade meals

CULTURAL HERITAGE

Cultural Heritage encompasses the customs, beliefs and traditions that define a community's identity. By exploring and appreciating cultural heritage we can: -

- Understand the history and significance of cultural practices
- Develop a deeper appreciation for diversity and inclusivity
- Connect with our community and build stronger relationships
- Learn about different customs and traditions
- Preserve cultural heritage for future generations

Finally, we conclude that exploring traditional crafts, recipes and cultural heritage offers a wealth of benefits, from developing new skills and appreciating cultural diversity to creating meaningful connections and preserving history. By embracing these ageless wonders, we can enrich our lives, build stronger communities and ensure that these traditions continue to thrive for generations to come.

NAME: MANASI AGARKAR

Mother of Amay- 2 B



“Cultivation of mind should be the ultimate aim of human existence.”- B. R. Ambedkar

WORLD HERITAGE SITES IN INDIA

India is home to several significant 'World Heritage Sites' that reflect its rich cultural and historical heritage. Some of these are discussed in this article.

1. Kaziranga National Park (Assam)

Significance: Kaziranga National Park is known for its high population of the Indian one-horned rhinoceros. The park is a biodiversity hotspot, supporting diverse flora and fauna, including tigers, elephants, and various bird species. It plays a crucial role in wildlife conservation and is a vital habitat for many endangered species.

UNESCO Status: Inscribed as a World Heritage Site in 1985.

2. Rock Shelters of Bhimbetka (Madhya Pradesh)

Significance: The Rock Shelters of Bhimbetka are an archaeological treasure, showcasing one of the earliest traces of human life in India. These shelters contain a series of prehistoric rock paintings that date back to the Paleolithic era, around 30,000 years ago. The paintings depict various scenes of hunting, dancing, and everyday life, offering invaluable insights into the lives of early humans and their interaction with the environment. Bhimbetka is also significant for its continuous occupation from the Stone Age to the historical period.

UNESCO Status: Inscribed as a World Heritage Site in 2003.

3. Rani-ki-Vav – 'The Queen's Stepwell' (Patan, Gujarat)

Significance: Rani-ki-Vav is an intricately constructed stepwell built during the 11th century by Queen Udayamati in memory of her husband, King Bhima I of the Solanki dynasty. The stepwell is renowned for its elaborate architecture, featuring seven levels of stairs with more than 500 principal sculptures and over a thousand minor ones. These sculptures depict various deities, including Vishnu in his various avatars, and scenes from Hindu mythology. The stepwell was designed not only to store water but also as a place of social and religious significance.

The new lavender ₹ 100 currency note displays a photograph of 'Rani-ki-vav' (The Queen's Stepwell).

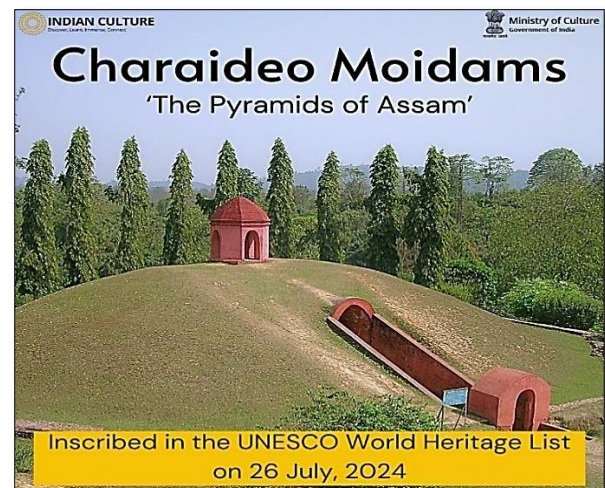
UNESCO Status: Inscribed as a World Heritage Site in 2014.

4. Moidams – 'Royal Tombs of Ahom Dynasty' (Charaideo, Assam)

Significance: The Moidams are the burial grounds of the Ahom dynasty, which ruled Assam for over six centuries. These royal tombs are known for their unique architectural style, combining the indigenous traditions of the Tai-Ahom people with local Hindu practices. The Moidams consist of earthen mounds over brick or stone vaults, resembling the ancient pyramids of Egypt in structure. They are a testament

to the rich cultural heritage and historical significance of the Ahom kingdom, reflecting the dynasty's contributions to the region's culture, architecture, and history.

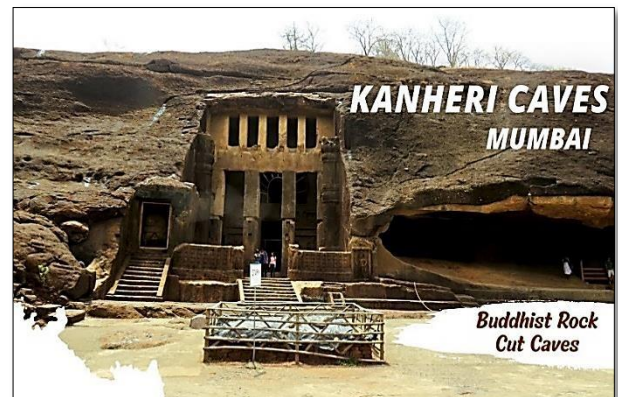
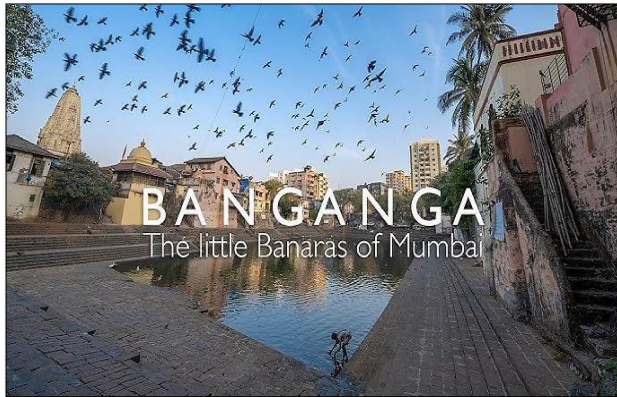
UNESCO Tentative List: The Moidams have been included in the tentative list for UNESCO World Heritage Sites, recognizing their potential universal value and importance in heritage conservation.



NEETA NAYAK
Secondary Section



BOMBAY TO MUMBAI – A SAGA OF EVOLUTION AND DIVERSITY



- 'Mumbai' formerly known as 'Bombay' is the capital city of the Indian state of Maharashtra.
- Long ago, in the third century BCE, the island of Mumbai was ruled by the Maurya Empire under Emperor Ashoka of Magadha. Buddhist monks, scholars, and artists created the artwork, inscriptions, and sculpture of the **Kanheri Caves** in the mid third century BCE.
- The port of Sopara (present-day **Nala Sopara**) was an important trading centre of the Satavahana dynasty during the first century BCE having trade contacts with Rome
- The Silhara dynasty of Konkan ruled the region between 810 and 1260. The **Walkeshwar Temple** was constructed during the 10th century and the **Banganga Tank** during the 12th century under the patronage of the Silhara rulers.
- King Bhimdev founded his kingdom in this region in the late 13th century and established his capital in Mahikawati (present day Mahim). He built the first **Babulnath temple** in the region and introduced many fruit-bearing trees, including coconut palms to the islands.
- Portuguese explorer Francisco de Almeida's ship sailed into the deep natural harbour of the island in 1508, and he called it **Bom baía (Good Bay)**.
- In 1526, the Portuguese established their factory at **Bassein (Vasai)**.
- The San Miguel (**St. Michael Church**) in **Mahim**, one of the oldest churches in Bombay, was built by the Portuguese in 1540.
- Castella de Aguada (**Bandra Fort**) was built by the Portuguese at Bandra in 1640 as a watchtower overlooking the Mahim Bay, the Arabian Sea and the southern island of Mahim.
- The marriage treaty of Charles II of England and Catherine of Portugal on 8 May 1661 placed Bombay in British possession as a part of Catherine's dowry to Prince Charles.

- In 1838, the islands of Colaba and Little Colaba were connected to Bombay by the **Colaba Causeway**.
- **The University of Bombay** was the first modern institution of higher education to be established in India in 1857.
- The present day city was built on what was originally an archipelago of seven islands of Mumbai Island, Parel, Mazagaon, Mahim, Colaba, Worli, and Old Woman's Island (also known as Little Colaba). The islands were coalesced into a single landmass by the Hornby Vellard engineering project in 1784.
- The name of the city, **Mumbai** is derived from patron deity the Mother Goddess **Mumba Devi**, worshiped by the earliest inhabitants - the Kolis. (the name Bombay was officially changed to Mumbai in November 1995)
- Mumbai's cultural life reflects its ethnically diverse population. The city has a number of museums, libraries, literary organizations, art galleries, theaters, and other cultural institutions.
- Mumbai is referred to as 'the city of dreams', 'the melting pot', 'the city that never sleeps' and 'Mayanagari' depicting its diversity, the razzle-dazzle and relentless spirit.

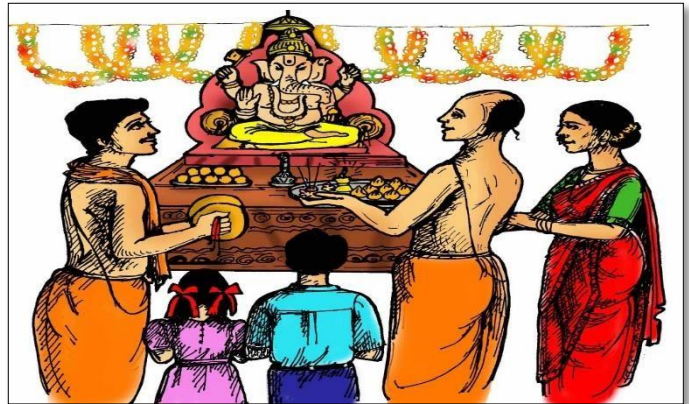
(Source: History of Mumbai, Wikipedia)



KEJAL MEHTA
Pre Primary Co-ordinator

FOLLOWING TRADITIONS – CELEBRATING GANESH CHATURTHI

We often hear and use the word 'tradition'. It is very important for us to understand what we mean by tradition. Traditions are often presumed to be practices which are ancient, un-alterable and deeply important. Since, we all reside in the state of Maharashtra, it is important for us to know some of the deep-rooted traditions of this state.



One such tradition is the 'Ganesh Chaturthi' festival. This festival is celebrated with much fervour in recent times but has its roots in the Indian freedom struggle. During the British rule, Indians were not allowed to freely mingle and the government clamped down on any kind of gatherings. To protest against this unjust British rule, Lokmanya Balgangadhar Tilak popularized the Ganesh festival as a public festival and invited an anti-colonial freedom movement. This tradition is deeply rooted since then and has been popularized as an annual celebration. The first such festival was held in the year 1893. It was a means to establish national identity and rebel against the British rule. Many activities like reading of religious text, feasting, athletic and martial art competitions were held to increase public participation. Lokmanya Bal gangadhar Tilak also used his newspaper 'Kesari' to praise and popularize the celebration.

Since then, the Ganesh festival is celebrated as a public festival all across the country especially in Mumbai and Maharashtra.

DIYA JOKHAKAR
Class 5A



CHAITRA NAVRATRI: A MAJOR FESTIVAL IN NORTH INDIA

Chaitra Navratri, celebrated during March-April, is one of the most significant festivals in North India. Dedicated to the worship of Mata Bhagwati, this festival spans nine days and is marked by devotion, rituals and community gatherings.



Key Rituals and Practices:

- **Fasting and Worship:**
Devotees observe a rigorous fast throughout the festival, reflecting both spiritual dedication and physical discipline.
- **Planting Barley Seeds:**
At the festival's start, barley seeds are sown. This tradition symbolizes growth and prosperity accompanied by prayers to the Mother Goddess.
- **Kanya Puja:**
On the ninth day, Kanya Puja is performed. Nine young girls, representing the nine forms of Goddess Durga are invited at homes. They receive gifts and are honoured with Halwa-Chana, a sweet and savoury dish, as a mark of respect and devotion.
- **Hawan:**
A major event is the Hawan, a ritual involving offerings to the fire deity. This ceremony takes place at home, with family, friends and neighbours joining in. Halwa-Chana is distributed as prasadam and many people break their fast on this day.
- **Ram Navami:**
The festival concludes with Ram Navami celebrating the birth of Lord Rama. Devotees wear new clothes and attend Ramayan shows which are staged in auditoriums and attract families and communities.
- **Fun Fair and New Year Celebrations:**
Some regions host fun fairs, providing entertainment for children and families. The festival also marks the Hindu New Year, and farmers cut their crops, signifying the start of a new agricultural season.

Chaitra Navratri is not only a religious observance but also a time for community bonding. The festival's blend of devotion, celebration and togetherness makes it a cherished event in North India.

NIVEDITA YADAV

Class 4B



EXPLORING TRADITIONAL RECIPES

A 'recipe' is a set of instructions that describes how to prepare and cook a particular dish or meal. A recipe serves as a guide to help cooks of all levels create a dish ensuring consistency, accuracy and successful results.

Traditional recipes are the culinary roots that connect us to our cultural heritage and the practices of our ancestors. They embody the wisdom of generations and provide a window into the history, geography and social customs of different regions. Returning to the basics of traditional recipes can be both a nostalgic journey and a rewarding educational experience. Here's an exploration of why and how we can embrace the fundamentals of traditional cooking.

1. Understanding Traditional Ingredients.

At the heart of traditional recipes are the ingredients that have been used for centuries. These ingredients are often locally sourced and seasonal reflecting the environment and the agricultural practices of a region.

2. Mastering Essential Cooking Techniques.

Traditional cooking techniques are time-tested methods that have been refined over generations. Some fundamental techniques include - stir-frying, boiling, simmering, baking, roasting and fermenting.

3. Exploring Regional Variations.

Traditional recipes vary widely from one region to another, even within the same country. Each region's cuisine is influenced by its climate, geography and cultural history. For example:

- (i) North Indian Cuisine: known for its rich, creamy dishes and use of dairy products.
- (ii) South Indian Cuisine: features rice, coconut and tamarind prominently.

4. Balancing Flavours and Aromatics.

Traditional recipes often achieve a harmonious balance of flavours - sweet, salty, sour, bitter and astringent. Mastering this balance is the key to recreating authentic dishes. In Indian cuisine, for instance - spices and herbs are used in complex combinations to create layers of flavour.

5. Utilizing Proper Kitchen Tools.

Traditional cooking often involves using specific kitchen tools and equipment that have been used for generations. This includes:

- (i) Mortar and Pestle: used for grinding spices and making pastes.
- (ii) Cast Iron Skillets and Clay Pots: ideal for slow-cooking and developing deep flavors.
- (iii) Hand-Cranked Mills: For grinding grains and spices.

Using these tools can enhance the authenticity of traditional recipes and improve the overall cooking experience.



6. Adapting and Preserving Recipes.

While it's important to respect the authenticity of traditional recipes, adaptation is sometimes necessary to accommodate modern lifestyles and available ingredients. Documenting and sharing traditional recipes help preserve them for future generations.

Sagar Parmar & Priya Parmar

Parents of Mishti – 1A



मोदक

जो पदार्थ खाऊन आनंद मिळतो त्याला 'मोदक' असे म्हंटले जाते. मोदक हा महाराष्ट्रात व दक्षिण भारतात प्रचलित असलेला गोड खाद्यपदार्थ आहे. महाराष्ट्रामध्ये विशेष पूजाप्रसंगी गणपतीला मोदकांचा नैवेद्य दाखविला जातो. गणेश चतुर्थीला गणपतीच्या नैवेद्यासाठी उकडीचे मोदक करण्याची परंपरा आहे.



अनंत चतुर्दशीला किंवा संकष्ट चतुर्थीला तळणीचे मोदक करण्याची प्रथा आहे. तळलेले मोदक हे वेलचीसह गव्हाचे पीठ, साखर आणि खोबरे यांचे बनलेले असतात तर उकडीच्या मोदकांमध्ये ओले खोबरे व गुळाच्या सारणासह तांदळाच्या पिठाच्या उकडीचे आवरण असते.

RADHA GODSE
Marathi Teacher



पातोळी आणि फणसाची भाजी

श्रावणमासी हर्ष मानसी हिरवळ दाटे चोहीकडे,
क्षणात येते सरसर शिरवे क्षणात फिरुनी ऊन पडे.

—बालकवी

➤ पातोळी

श्रावण महिन्याची सुरुवात नागपंचमीच्या सणाने होते. कोकणात नागपंचमीच्या दिवशी केला जाणारा गोड पदार्थ म्हणजे 'पातोळी'. हळदीच्या पानात केल्या जाणाऱ्या या पाककृतीला फार वर्षांची परंपरा आहे.

घटक:

- १ कप तांदूळ पीठ
- १ १/२ कप किसलेले ओले खोबरे
- १/२ कप गूळ
- २ छोटे चमचे तूप
- १/४ चमचा वेलची पूड
- ४-५ काजूचे तुकडे
- ३-४ हळदीची पाने
- मीठ (चवीनुसार)



कृती:

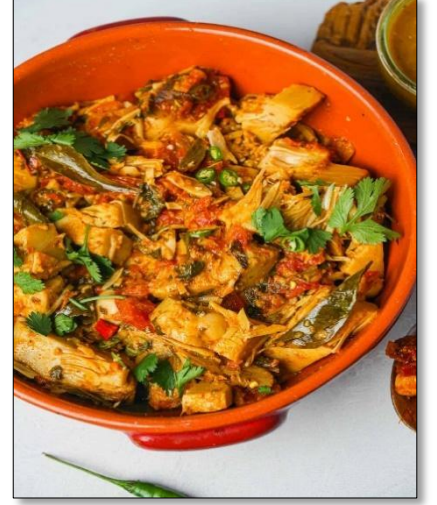
प्रथम कढईत तूप घालून ते गरम झाल्यावर त्यात किसलेले खोबरे, गूळ, काजूचे तुकडे व वेलचीपूड घालून सारण बनवून घेणे. तांदळाच्या पीठात थोडे मीठ घालून साध्या पाण्याने सैलसर मळून घेणे (मोदकाच्या पीठाप्रमाणे उकड काढण्याची गरज नाही). हळदीची पाने धुवून आणि पुसून घ्यावीत. हळदीचे पान पाटावर ठेऊन मळून घेतलेल्या तांदळाच्या पीठाचा छोटा भाग त्यावर एकसारखा लावून घ्यावा. सारण भरून उभे दुमडून कडा बंद कराव्यात. मोदकपात्रात पाणी घालून मोदकाप्रमाणे उकडून घेणे. हळदीचा छान असा सुगंध पातोळ्यांना येतो.

➤ फणसाची भाजी

कोंकण म्हणजे अथांग सागर किनारे, नारळी पोफळीच्या बागा, आंबा, काजू आणि फणस या फळांचे माहेरघर. उन्हाळ्यात हमखास केली जाणारी कच्च्या फणसाची भाजी उकड्या तांदळाच्या पेजेबरोबर किंवा तांदळाच्या भाकरी सोबत खाल्ली जाते.

घटक:

- २ कप कच्च्या फणसाचे उभे चिरलेले गरे
- ८-१० कापलेल्या आठळ्या (फणसाच्या बिया)
- २ छोटे चमचे तेल
- मोहरी
- हिंग
- कढीपत्ता
- २ छोटे चमचे गरम मसाला
- १ छोटा चमचा तिखट
- १/२ छोटा चमचा हळद
- १ छोटी वाटी किसलेले ओले खोबरे
- १ छोटी वाटी बारीक चिरलेली कोथिंबीर
- मीठ (चवीनुसार)

**कृती:**

कढईत तेल गरम करावे. गरम तेलात मोहरी, कढीपत्ता, हिंग घालून छान फोडणी तयार करावी. त्यात गरम मसाला, तिखट व हळद घालून परतावे. नंतर कापलेल्या आठळ्या परतून घ्याव्या. थोडेसे पाणी घालून कढईवर झाकण ठेऊन आठळ्या शिजवत ठेवाव्यात. आठळ्या अर्ध्या कच्च्या शिजत आल्यावर त्यात कच्च्या फणसाचे चिरलेले गरे घालून नीट परतून घ्यावे. चवीनुसार मीठ आणि किंचित पाणी घालून पुन्हा झाकण ठेऊन भाजी वाफेवर शिजवावी. शेवटी किसलेले ओले खोबरे व कोथिंबीर भाजीत मिसळून घ्यावे.

MANALI RANE
Primary Teacher



"India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great-grandmother of tradition."
- Swami Vivekananda

SUJI HALWA

Ingredients:

- 3 spoons ghee/ clarified butter
- 1 Bowl suji/rava
- 1/2 Bowl sugar
- 2 tea spoons cardamom powder
- few strands of saffron and some dry fruits
- 1 Bowl milk
- 1 Bowl water

Preparation:

Take a pan, heat ghee, add suji (rava) and saute for some time till it turns a little brown and aromatic. Add milk, sugar, cardamom powder, dry fruits and saffron. Saute for some time and cover the lid for a minute. Delicious halwa is ready. Serve in bowls and enjoy.



YAHAVI GHEEWALA
Class 4B



"The power, the knowledge and the influence that we have are beautiful gifts from GOD to be utilised to serve each other unconditionally."- H.H Radhanath Swami Maharaj

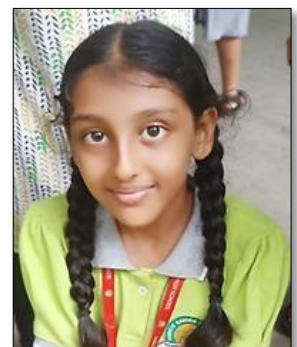
GHEWAR: RAJASTHANI DELICACY



Ghewar is a traditional Indian dessert that originated in Rajasthan and has a history that goes back centuries. The origin of Ghewar can be traced back to the royal courts of Rajasthan where chefs crafted this delicacy for the Maharajas, before eventually making its way to the common people of Rajasthan and India. Today, ghewar is closely associated with the festivals of Teej and Raksha Bandhan and is considered a symbol of celebration and unity.

Ghewar, a sweet confection, takes the form of a circular cake created from a blend of flour and milk, fried in ghee and then soaked in sugar syrup. To craft it - a mixture of flour, ghee, milk and water is prepared forming a batter. This batter is gently poured into ghee in a disc-shaped form and fried until it attains a delightful honeycomb-like appearance. Ghewar is often garnished with various toppings like saffron, spices and an assortment of nuts to enhance its flavour and presentation.

AAROHI BANDI
Class 5A



ચૂર્મા ના લાડુ

ચૂરમા ના લાડુ એ આપણા ગુજરાત ની ખાસ વાનગી છે જે આપણે દરેક સારા પ્રસંગે બનાવી શકીએ છે. આ વાનગી પૌષ્ટિક અને સ્વાદિષ્ટ પણ છે, જે નાના મોટા બધાને ભાવતી અને મનગમતી છે.

સામગ્રી:

- ૧) ઘઉં નો જાડો લોટ- ૧/૨ કિલો
- ૨) ઘી (મોણ માટે)- ૧/૪ કપ (મુઠી પડતું હોવું જોઈએ)
- ૩) ઘી (તળવા માટે)- ૧/૨ કિલો
- ૪) કાજુ, બદામ, પિસ્તા, કેસર (જરૂર અને સ્વાદ મુજબ)
- ૫) ગરમ પાણી લોટ બાંધવા માટે (જરૂર મુજબ)
- ૬) પીસેલી સાકર - ૧/૨ કિલો
- ૭) ખસખસ (જરૂર મુજબ)
- ૮) ચારોળી (જરૂર મુજબ)
- ૯) એલચી અને જાયફળ (સ્વાદ મુજબ)



રીત:

લાડવા નો લોટ લઈ, તેને ઘઉં ના લોટ ની ચારણી થી ચાળી લેવો. મોણ માટે ઘી ગરમ કરવું, લોટ માં નાખી ને મુઠી વળે એ જોઈ લેવું. ત્યાર બાદ તેમાં નવશેકું પાણી લઈ ને લોટ બાંધતા જવું અને તેના મુઠીયા વાળતા જવું. ઘી ગરમ કરવા માટે મૂકી દેવું. બરાબર ગરમ થઈ જાય એટલે મધ્યમ તાપ પર મુઠીયા તળી લેવા. મુઠીયા ખોલી ને ટુકડા કરી ને ઠંડા કરવા માટે મૂકવા. ત્યાર બાદ મુઠીયા ને મિક્સર માં પીસી લેવા. ઝીણું પીસવું. જેટલો લોટ હોય એટલી પીસેલી સાકર લેવી, લોટ નો ૧/૪ ભાગ જેટલું ડ્રાય ફ્રૂટ લેવું અને ૮-૧૦ તાંતણા કેસર ના હાથ માં પીસી ને લેવા, એલચી અને જાયફળ (સ્વાદ મુજબ ઉમેરવા) અને બધું ભેગું કરવું. પછી ઘી ને નવશેકું ગરમ કરી ઉપર બનાવેલ મિશ્રણ માં ઉમેરવું. જરૂર મુજબ ની સાઈઝ ના લાડવા વાળવા. પછી થી હાથ માં ખસખસ લઈ ને લાડવા પર લગાડવી અને દરેક લાડવા પર એક એક ચારોળી લગાડવી. સજાવટ માટે લાડવા પર બદામ અને પિસ્તા ની કતરણ લગાડવી.

GRISHMA GANDHI

Secondary Teacher



BACK TO OUR ANCIENT FOOD



People used to use honey and dates to make sweets. Honey was the first sweetener to be discovered by humans in ancient times. It remained the main sweetener in Europe until Alexander - the Great's visit to India in 326 BCE, when he came across the sweet juice-producing sugarcane.

Jaggery is a traditional non-centrifugal cane sugar consumed in the Indian subcontinent. Regular sugar has empty calories and it contains high amounts of sucrose and is devoid of significant nutrients.

The ayurvedic text 'Ashtanga Hrudayam Sutrasthana' explains that regular consumption of jaggery decreases Kapha dosha and serves as a diuretic. Unrefined jaggery on the other hand balances vata and pitta doshas besides serving as a natural blood purifier thereby boosting strength.

Our ancestors used it for ages but gradually it was replaced with refined sugar. We have now realized the harmful effects of white sugar on our health. Therefore, most of us are going back to basics- we are now again using jaggery, dates and honey.

ARTH PARMAR
Class 7



"In character, in manner, in style, in all things, the supreme excellence is simplicity."
- Henry Wordsworth Longfellow

SATTU – THE ORIGINAL PROTEIN SHAKE OF INDIA



Our basic humble ‘sattu’, the original protein shake of India, is a power house of proteins and nutrients. Modern protein shakes are not only loaded with chemicals but also have various ill effects on our health. Our locally available ‘sattu’ is simple, nutritious and easy on the pocket. It is so affordable that it is consumed by the rich as well as the poor. Our ancestors consumed this drink especially in the summers to beat the scorching heat.

Our grandparents, doctors and health freaks highly recommend this drink. With growing awareness and thanks to social media, people are now accepting that getting back to basics is not only affordable but also healthy in many ways. This drink is rich in all essential nutrients like magnesium, iron and protein which will strengthen your immune system. Consuming it on a daily basis helps the body ward off infections and illness, keeping you very healthy and fit. So, the next time someone asks you the secret of your energy, just tell them it’s all Sattu!

Now that we know how beneficial it is, let’s learn how to make this power drink.

Ingredients:

- 1 tbsp sattu flour
- ½ tsp red chilli powder
- black salt as per taste
- ½ tsp roasted cumin seeds powder
- ¼ tsp chaat masala
- 1 lemon
- 1 tsp chopped coriander leaves
- 1 tsp mint leaves
- 1.5 cup chilled water

**Recipe:**

First, take sattu powder/flour and add it in 3 spoons of water. Then add red chilli powder, black salt, cumin seeds powder and chaat masala to it. Mix to form a paste without lumps. Add chilled water, lemon juice and mix it. Transfer it in a glass. Top it with chopped chillies, coriander and mint leaves. Sattu is ready.

DIVYANSHI V. PANDEY
Class 8



NOURISHING FUNDAMENTALS: BUDDHA BOWLS TO BURRITO BOWLS

The concept of a Buddha bowl and the preparation of a burrito bowl both emphasize simplicity, wholesomeness and a return to basic, nourishing foods. At their core, both dishes celebrate fresh, whole ingredients and a balanced approach to eating.

Buddha Bowl - Back to Basics:

A Buddha bowl is a one-dish meal that typically consists of grains, vegetables, protein and a dressing. The name 'Buddha bowl' evokes a sense of mindfulness and simplicity, encouraging the person eating to focus on the individual ingredients while savoring the natural flavors and textures of the ingredients.

A Mindful Connection:

Both 'Buddha Bowls' and 'Burrito Bowls' exemplify the idea of getting back to the basics, by focusing on simple, whole ingredients. They encourage mindful eating, where each component is appreciated for its taste and nutritional value. These bowls are versatile and customizable, allowing individuals to create meals that suit their tastes and dietary needs while staying grounded in the fundamentals of wholesome eating.

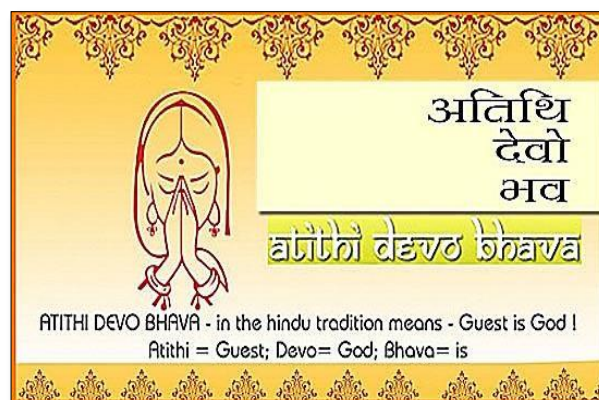
In essence, whether you're enjoying a Buddha bowl or a burrito bowl, you're embracing a philosophy that values simplicity, nourishment and the inherent goodness of fresh, unprocessed foods.

Gandharvika Shanbhag
Pre-primary Teacher

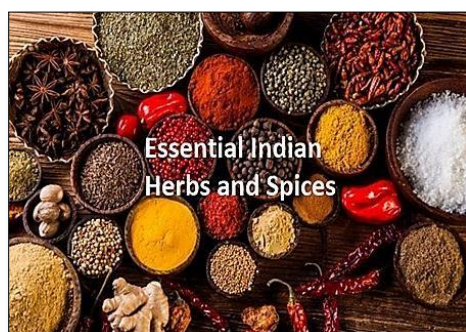


INDIA'S RICH CULTURAL TAPESTRY

India is a diverse country with a multicultural, multilingual, multi-ethnic and multi-religious society. We celebrate a variety of festivals, reflecting our strong sense of familial ties and belief in unity in diversity. The saying 'Atithi Devo Bhava' which means 'The guest is equivalent to God' highlights our respect for hospitality. Our heritage dates back to the Indus Valley Civilization.



Indian culture is renowned for its unique, traditional handicrafts and handloom arts which have been practiced since ancient times. These include wood carving, stone masonry, Warli painting, Bengal Pat, Kanchipuram sarees, Pashmina shawls, Kolhapuri chappals and much more. Indian handicrafts are admired worldwide for their tradition and quality.



With 28 states and 8 union territories, India offers a wide array of regional cuisines - each with its own local herbs, spices, fruits, grains, lentils, and vegetables. Staple foods include rice, wheat and lentils, and no Indian dish is complete without spices. Indian cuisine combines all six tastes - sweet, sour, salty, bitter, spicy and astringent.

India's rich diversity in culture, crafts and cuisine reflects a deep heritage and tradition that continues to be celebrated and admired. This 'unity in diversity' is a testament to the strength and beauty of our multifaceted society.

SWETA DESAI

Mother of Prayan – 1B



ARANGETRAM & REVERING THE GURU

Indian music, with its deep roots and rich traditions, offers a profound connection to the cultural heritage of the subcontinent. At its core, Indian music is a celebration of simplicity with an emphasis on fundamental elements like rhythm, melody, and emotion.

Classical Foundations:

Indian classical music is divided into two major traditions: Hindustani (North Indian) and Carnatic (South Indian). Both are built on intricate systems of ragas (melodic frameworks) and talas (rhythmic cycles). These classical forms emphasize improvisation within structured guidelines, allowing for personal expression while maintaining traditional integrity.

Arangetram: A Milestone in Classical Dance

Arangetram is a significant event in the world of Indian classical dance, marking the debut solo performance of a student after years of rigorous training. The term 'Arangetram' translates to 'ascending the stage', symbolizing the dancer's transition from a student to a performer in the classical dance tradition.

This event is not just a recital; it represents the culmination of intense preparation, discipline, and dedication. The dancer, often a young student, performs a series of choreographed pieces that showcase their mastery of technique, expression, and artistry.

The performance is typically held in the presence of family, friends and esteemed members of the dance community, highlighting the dancer's accomplishments and the importance of tradition in their art form.



Revering the Guru: The Heart of the Tradition

In Indian classical dance and music, the role of the guru (teacher) is paramount. The guru imparts not only technical skills but also the philosophical and cultural aspects of the art form. Revering the guru is a fundamental principle, reflecting deep respect and gratitude for their guidance and mentorship.

The relationship between the guru and the student is built on mutual respect and trust. The guru nurtures the talent and character of his students, helping them develop a profound understanding of their art. In return, students honour their guru through their dedication, performance, and continued practice. This reverence is often expressed during the Arangetram ceremony where the student may offer a formal tribute to their guru as a mark of respect and gratitude.

In conclusion, Arangetram and the tradition of revering the guru is integral to the Indian classical arts. Arangetram symbolizes a dancer's readiness to share his/her art with the world, while the reverence for the guru underscores the deep respect for the transmission of knowledge and tradition. Together, these practices celebrate the journey of learning and the timeless bond between teacher and student.

AMRITA RAI
Music Teacher



EMBRACING CULTURAL IDENTITY

When I think about 'cultural identity', I see it as a fundamental part of who I am. It influences everything in my life, from the moment I wake up to when I go to bed. My culture shapes how I eat, speak, worship, and interact with others.

I'm very proud of my rich heritage. My ethnicity is a major part of my identity. I come from a traditional Indian family where my parents grew up in India. We have a small shrine in our home for important ceremonies. My beliefs in karma and reincarnation, central to Hinduism, impact my daily life. I often think about how our actions in this life affect our future lives and how the ultimate goal is to achieve 'Moksha' (liberation).

India's vibrant arts and crafts are a key part of its culture. These traditional crafts which have been around for centuries not only showcase the country's rich heritage but also provide a livelihood for many artisans. They attract tourists and offer a window into the nation's history and customs.

Traditional Indian cooking is also an important aspect of our culture. Recipes passed down through generations are simple but full of flavour. Each meal is a reminder of family gatherings and special occasions. In today's busy world, these traditional dishes help us reconnect with cherished memories and simpler times.

Our beliefs are a reflection of our culture. Whenever in doubt, we need to go back to our roots and we shall find all the answers that we seek.

SUSHMA SHRINIVAS AMIN
Mother of Ahan- 1B



THE IMPORTANCE OF A STRONG FOUNDATION

A strong foundation is crucial, not just for buildings, but for all aspects of life. Today, we're seeing many problems- like rising health issues, early puberty and earlier menopause- reflecting a world in distress.

Life seems to be getting shorter. We often focus on trends and neglect the basics. For example - we may prioritize new and unique things but forget to cherish our grandparents, old teachers, or family.

We're drawn to high-calorie foods like mayo, forgetting nourishing traditional dishes like khichdi and sweets made by our grandmothers. Similarly, we often value friends over family during celebrations and use online invitations which can weaken our family bonds.

While change is important for growth, it's essential to keep our foundational values in mind. True evolution involves balancing personal growth with good intentions. This means taking family responsibilities, playing for national pride, considering the nation in business decisions or teaching with a genuine desire to educate.

In essence, don't just grow - but 'evolve'. To truly progress, remember to go back to basics.

HIRAL CHEDDA
Mother of Dhrisha -2B



THE TIMELESS ART OF HANDICRAFTS



Handicrafts are unique expressions of a culture or community, showcasing local craftsmanship and materials. Craft is the process of turning an idea into something tangible and beautiful using skill, vision, and aesthetics. It's a universal language that speaks for itself.

India boasts a rich heritage of craft that has evolved over centuries. Craft embodies patience, imagination, and endurance, transforming materials like willow into baskets, stone into sculptures, wood into furniture, and sound into poetry. One of India's oldest crafts is Dhokra art, which involves creating jewelry and sculptures from metal—a tradition that dates back 4,000 years.

However, the rise of urbanization and globalization has posed challenges to traditional crafts. To support and revitalize this heritage, the Indian government promotes crafts by providing markets, training, and technical knowledge. Many crafts also contribute to environmental sustainability by recycling waste materials, reducing hazardous byproducts, and focusing on biodegradability.

Embracing and evolving our rich craft heritage, while staying true to its roots, not only supports economic growth but also preserves our cultural legacy and benefits the environment. It is crucial to value and nurture these traditional arts as they continue to enrich our society and contribute to the global economy.

NEHA TRIVEDI
Mother of Khushi- 2A



EMBRACING THE RICHNESS OF INDIAN HERITAGE

Culture is the fabric that weaves together the intricacies of human existence, shaping our identities, beliefs, and values. It is the cornerstone of our society, influencing every aspect of our lives, from the way we think and behave to the way we interact with others. Culture provides a sense of belonging, connecting us to our roots and heritage, and plays a crucial role in forming our identity. It shapes our values, beliefs, and worldview, making us who we are.

Indian culture, in particular, boasts a rich and diverse heritage, spanning over 5,000 years. It has made significant philosophical contributions, including Buddhism, Jainism, and Hinduism, which have had a profound impact on human thought and philosophy. Indian culture is renowned for its vibrant artistic expressions, including music, dance, literature, and visual arts, which have captivated the world with their beauty and elegance. The country's cuisine is celebrated worldwide for its diversity and richness, reflecting the cultural tapestry of India.

The importance of culture cannot be overstated. It brings people together, fostering social cohesion and community bonding. It helps preserve traditions, customs, and practices, passing them down to future generations. Culture celebrates diversity, encouraging tolerance, understanding, and acceptance. In a world where globalization and modernization are increasingly prevalent, it is essential to hold on to our cultural heritage, embracing and celebrating our unique traditions and customs.

In India, festivals and celebrations are an integral part of the cultural landscape. Vibrant and colourful, they promote joy, harmony and togetherness, bringing people together in a shared experience. From the lights of Diwali to the colours of Holi, Indian festivals are a testament to the country's rich cultural diversity. By embracing and celebrating our cultural heritage, we can foster a deeper sense of belonging, identity, and community, ultimately enriching our lives and the world around us.

KANUPRIYA SHARMA
Secondary Section



"The basic necessity of life is happiness." - Sri Sri Ravi Shankar

CELEBRATING SIMPLICITY

We often hear our grandparents say, 'Ah, those were the golden days'. They have a point—there's value in returning to simpler ways of living. Here's how going back to basics can benefit us:

Eating Habits: To improve our diet, we should focus on eating simple, fresh vegetables, grains, and fruits. Minimizing food processing helps preserve essential minerals and vitamins. Farming without chemical fertilizers and pesticides, using only organic manure, can produce healthier food.



Learning: Education should be straightforward, covering fundamental subjects like arithmetic, history, and grammar. Learning in open spaces, combined with outdoor play, fosters a better thought process and nurtures children more effectively than sitting indoors with gadgets.

Physical Activity: Modern transportation has reduced our walking habits, negatively impacting our health. Walking more and engaging in physical activities not only exercises our bodies but also reduces our reliance on medicines and supplements.

Human Connection: In the past, people frequently visited neighbours and relatives to exchange greetings or messages. Today, mobile phones have replaced much of this direct human interaction.

Modern life offers many luxuries but we often miss the simplicity of the past. Balancing our lives by incorporating these basic principles can lead to greater happiness and better health.

POOJA KOSADIA
Mother of Parikshit 5 B



UNDERSTANDING WRESTLING: FROM AKHADA TO MODERN RINGS

Wrestling is a martial art and combat sport that involves grappling with an opponent to gain a position of advantage through various throws, techniques, and holds, all within a set of rules. It includes grappling techniques such as clinch fighting, throws, takedowns, joint locks, pins, and other holds.

Types of Wrestling:

- Akhada Wrestling
- Mat Wrestling
- WWE Wrestling Ring
- UFC Wrestling Ring

What is an Akhada?

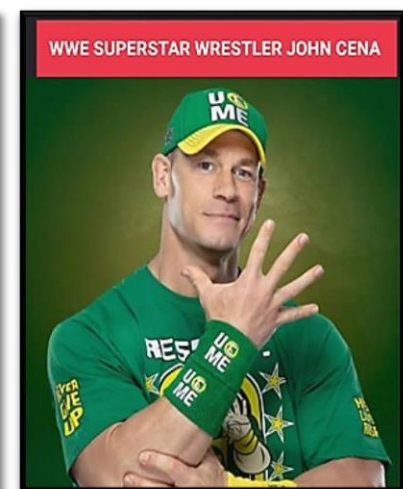
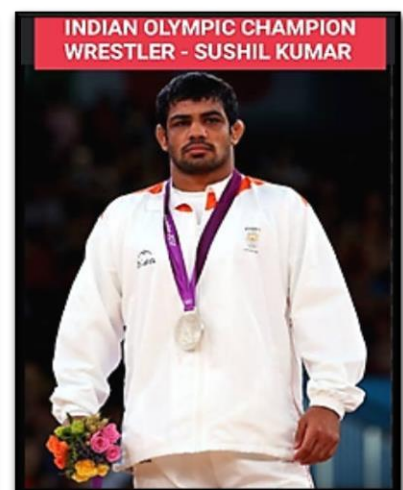
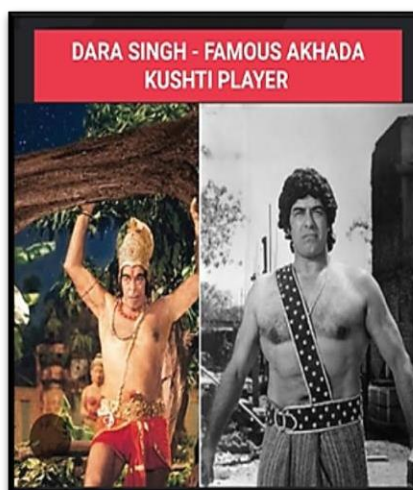
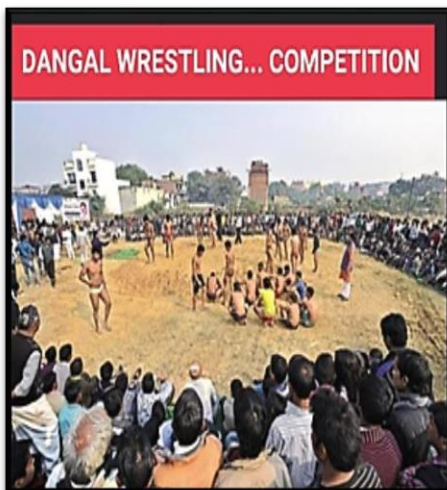
An akhada is a traditional Indian gymnasium designed for practicing Kushti, a form of wrestling. Also known as Pehlwani or Dangal, Kushti is more than a sport; it embodies a way of life steeped in discipline and a significant part of Indian culture for centuries. It combines elements of physical training with spiritual and cultural practices. In an akhada, wrestlers, known as Pehlwans, train rigorously under the guidance of a coach or Ustad, who is revered as a guru. The practice involves competing in a clay pit, symbolizing Mother Earth, which is renewed every two years. Wrestlers aim to pin their opponents' shoulders to the ground while adhering to traditional rules that prohibit striking or choking.

Mall Yuddh has been mentioned in the Ramayana epic, where there is an account of combat wrestling between Bali and Ravana. This depicts that the Indian wrestling sport Kushti has existed in the continent since ancient times.

Today's wrestling, whether on a mat or in rings like those used in WWE and UFC, retains the essence of grappling and competitive spirit from akhada wrestling. The transition from the traditional akhada to modern wrestling highlights a return to basics, emphasizing foundational skills, discipline, and the art of grappling.

Thus, understanding akhada wrestling provides valuable insights into the roots of modern wrestling, illustrating how ancient practices continue to influence and enrich contemporary sports.

- **Famous Indian Wrestlers:** 1) Sushil Kumar 2) Yogeshwar Dutt 3) Geeta Phogat 4) Sakshi Malik
- **Famous WWF Wrestlers:** 1) The Rock 2) John Cena



RAJENDRA YADAV
PT Teacher



अनार्यतः आर्यं प्रति

कर्तव्यमाचरं कामं, कर्तव्यमनाचरम् ।

तिष्ठति प्राकृताचारो य स ॥ :आर्य इति :

भारते इति शब्दस्य प्रयोगः श्रेष्ठानां कृते उपयुज्यन्ते "आर्य" स्म । प्रसिद्धस्य 'आर्यस्य' केचन लक्षणानि व्याख्यातानिसुष्ठु, सत्कर्म करोति) यः कर्तव्यं करोति - कार्यं करोतिकरोति (अकार्यं) न च कदापि दुष्कृतं (स एव आर्यः इति । संक्षेपेण वक्तुं शक्यन्ते यत् यः धर्ममाचरति सः एव आर्यः । 'आर्य' इति कस्यापि जातेः प्रतिबिम्बं न भवति । आर्य तु अस्माकं संस्कृतेः धरोहरः भवति । अस्माकं वेदाः अपि अस्मान् उपदिशन्ति यत् “ समानो मन्त्रः समितिसमानी । समा :नं मनः सह-चित्तम् एषाम् ।” अस्माकं विचाराः, अस्माकं संकल्पाः, अस्माकं हृदयं च एकीकृतं भवेत् । मानव एकतायाः एषः आह्वानः अस्माकं आध्यात्मिकतायाः मूलविचारः । यः एतादृशी भावना चिन्तयति धारयति च सः एव आर्यः ।

परन्तु अद्यत्वे जनाः आधुनिकतायां एतावन्तः मग्नाः अभवन् यत् ते स्वकर्तव्यं, स्वलक्ष्यं परित्यज्य आत्मसिद्धौ एव व्यस्ताः सन्ति । एष एव अवनतिमार्गः । अत एव प्रत्येकः व्यक्तिः स्वकर्मणानुसारं दुःखितम् अस्ति । वयं सर्वे पश्यामः यत् जगति कियद् अनाचाराः अत्याचाराः समुद्भूताः । एतस्य सर्वस्य कारणं केवलम् एकम् एव – संस्कृतिसंस्कार-परम्पराभ्यां विरक्तत्वम् । वयं आर्यतः अनार्याः संजाताः । संस्कृतिसंस्कार-परम्परां च त्यक्त्वा नास्तिकतां प्रति उन्मुखम् अस्माकं कर्तव्यं नास्ति । अस्माकं कर्तव्यमस्ति यत् श्रूयतां “ – धर्मं सर्वस्वं श्रुत्वा चैव अनुवर्त्यताम् । आत्मनः प्रतिकूलानि , परेषां न समाचरेत् ॥”

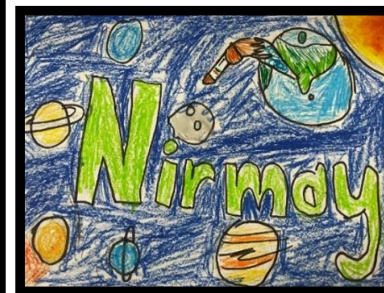
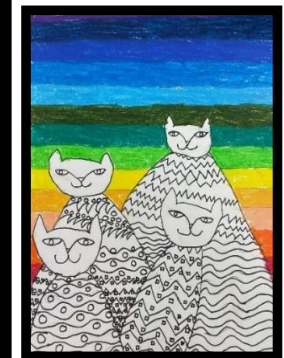
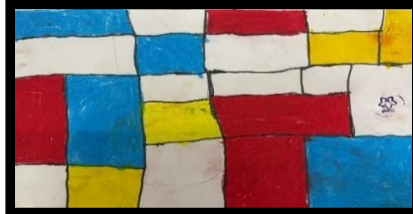
श्रीमद्भगवद्गीतायामुक्तं यत् भवतः कार्यमस्ति कर्मस्य कर्तव्यं, परन्तु कर्मे विलीनः न इति ।

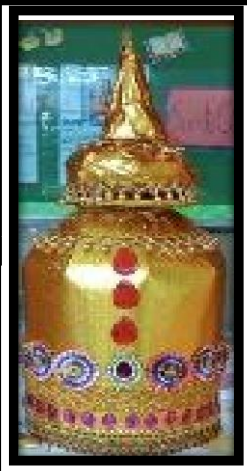
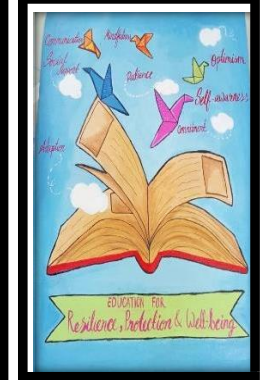
अद्य पुनः सः एव समयः आगतः यत् यदि वयं स्वदेशं देशवासिनं च सुरक्षितं स्थापयितुम् इच्छामः चेत् , तर्हि वेदपुराणानां उपदेशान् (संस्कृतेः मूल्यान्) प्रति गत्वा पुनः आर्यत्वस्य जागरणं कर्तव्यमिति ।

लक्ष्मीकान्त मिश्रः

Secondary Section



ARTWORK: PRIMARY

ARTWORK: SECONDARY

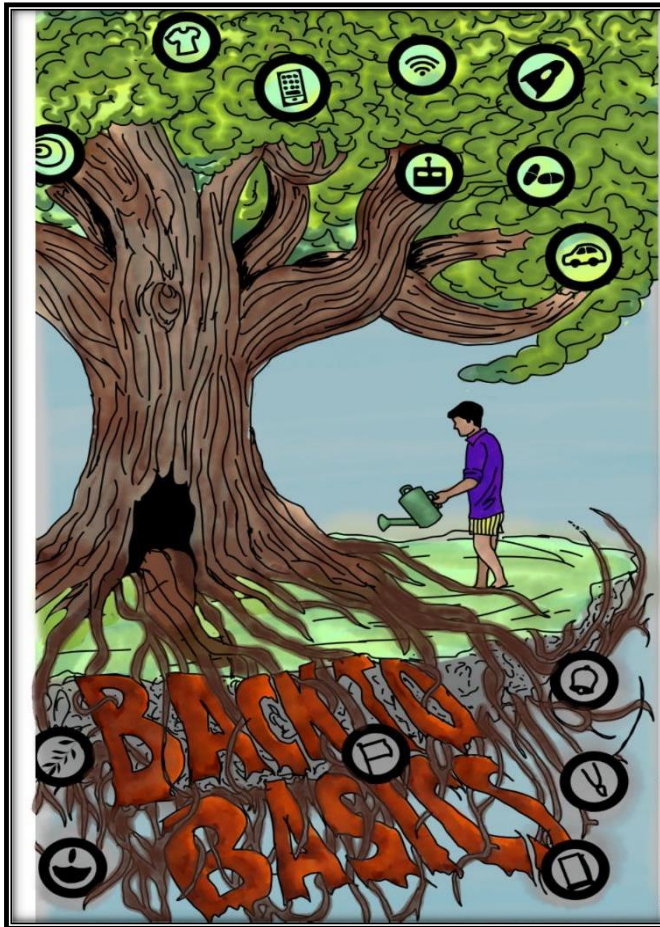
ENDURANCE



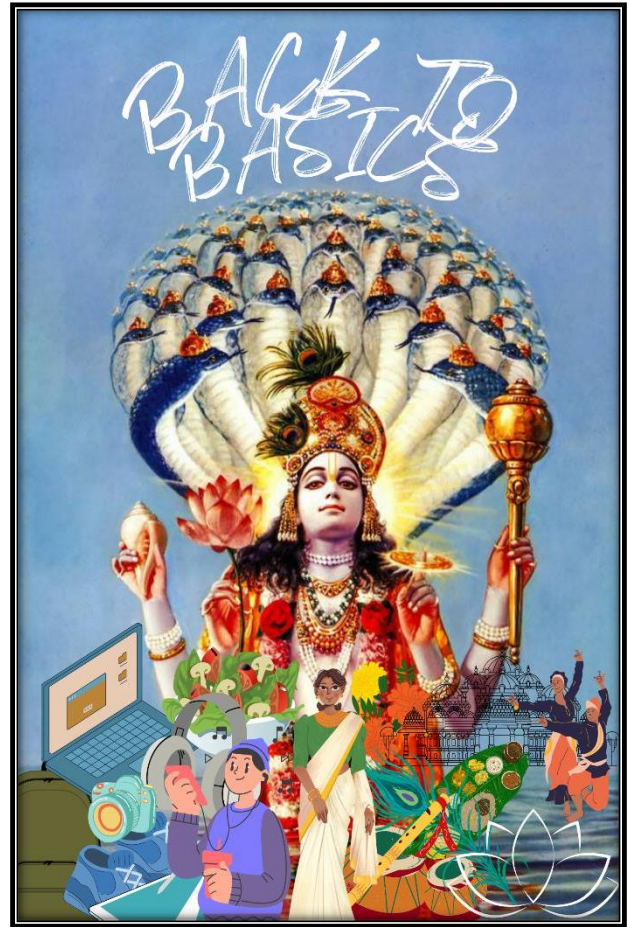
Just like the seasons on Earth, our lives too go through different phases. Life changes as the seasons do. We should be prepared to embrace the next phase of life and let go of the old. In the sketch, the house endures the changes that different seasons bring. The house in the picture is a symbol of our resilience through the transitions in life.

KRUSHNA SHINDE
Class 7

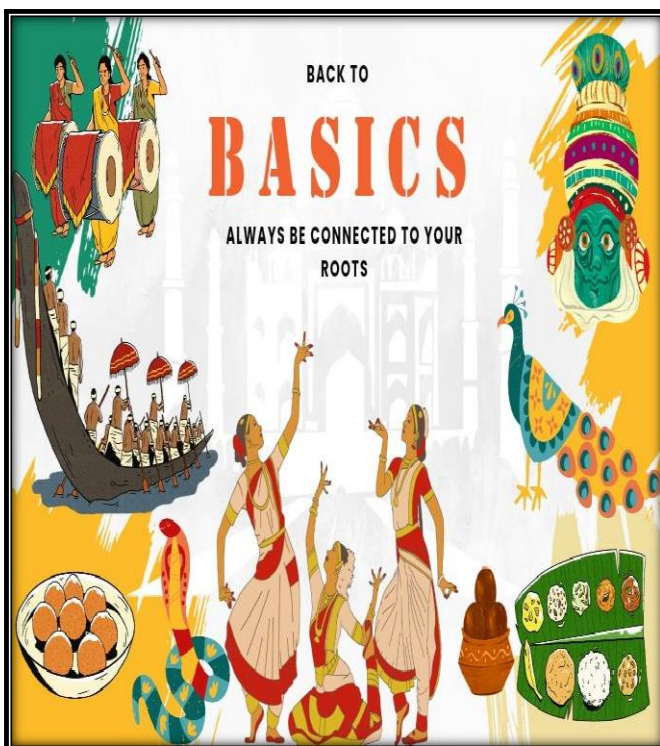


CREATIVE VISIONS: VARIED PERSPECTIVES OF THE COVER PAGE

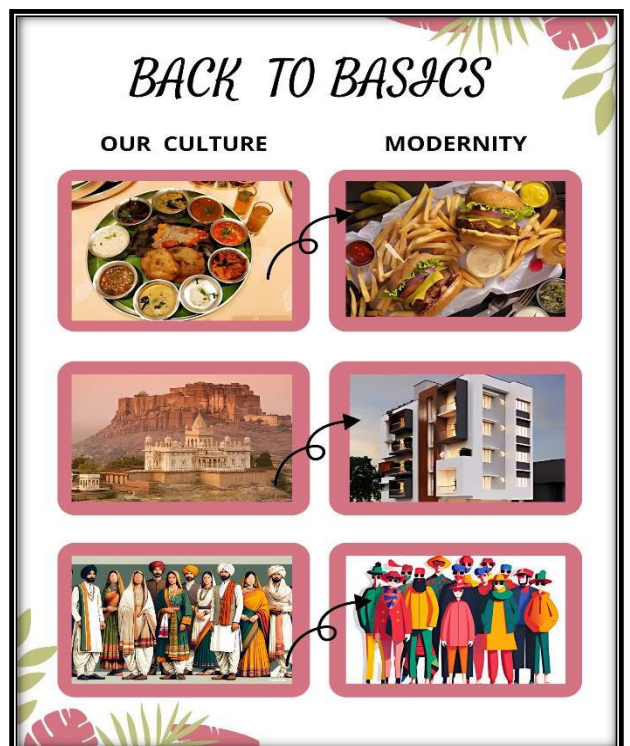
Gaurang Bhagde – Class 10



Nidhi Dubey – Class 10



Bhaktilata Yadav – Class 10



Jaagrat Singhal – Class 10

LITERARY EXPRESSIONS

Despite the modernity and the fast paced development, we must remember that the foundation of life - clean air, water and fertile soil - is irreplaceable. This poem is a call to humanity to come together to safeguard our planet, to go back to basics. (This poem was composed by Hrishant Dave as a part of Geography project on the topic 'Wildlife'.)

IN HARMONY WITH NATURE

Cutting of forests everywhere

Do animals have a place to go anywhere?

Cutting forests for mining,

Animals are dying.

Chemicals added in crops,

It's harmful even a drop.

Take one step to protect,

Take one step to connect.

We will do it together,

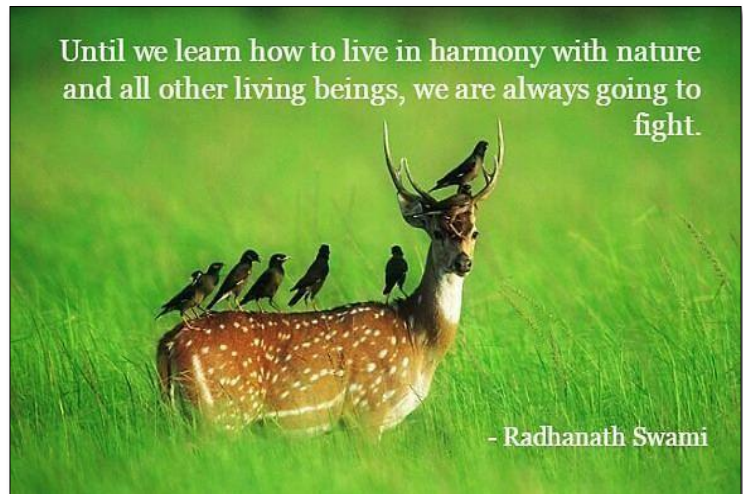
To make our world better.

Plant a tree, save the land,

Lend nature a helping hand.

Together we can heal and grow,

A greener Earth, let's all bestow.

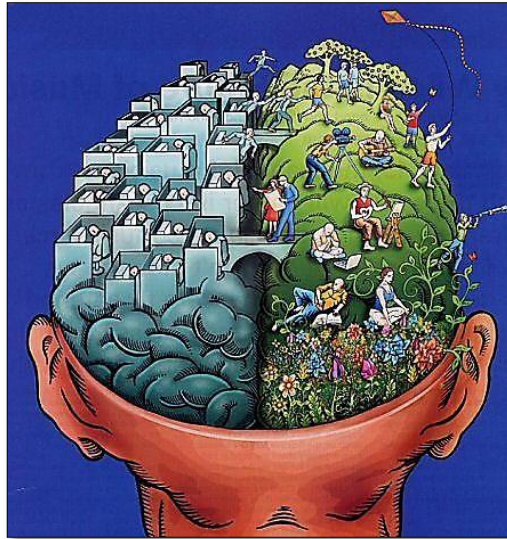


HRISHANT DAVE

Class 9



BACK TO BASICS



Build a foundation strong and true,
Align your priorities, seeking things anew.
Clarity of thought, simplicity in sight,
KeeP it uncomplicated, day and night.
Timeless wisdom, encumbered by fray,
Original intentions, guide the way.
Balance in life, a harmonious blend,
Authenticity, a true and honest friend.
Strip away the unnecessary, reveal the core,
Integrity, standing strong and sure
Compassion, a heart open and pure.

KHANAK V. PANDEY
Class 6



प्रकृति



ऋषियों ने और गुरुओं ने भी तुम्हें है सराहा,
तुम्हीं ने सारे जग को स्वयं ही सँभाला।
तुम्हीं हो असल बुनियादी धरोहर की प्रतीक,
तुम ही हो सिखाती, की करें हम अपना जीवन सटीक॥

क्या तुमने अपने आप को कभी पाया बेसहारा?
क्या प्रकृति तुम जान पायी कौन है अपना और पराया?
अवश्य ही हमारे दुर्व्यवहार से दुःख में तुम गयी हो डूब,
हे प्रकृति लगता है तुम मनुष्य की काली नीतियों से गयी हो ऊब,

समय बदलेगा, पर यही कहेगा, “हे प्रकृति तुमने अपनी पारी निभाई है बहुत ही खूब”।

LALSA VINDUPRAKASH PANDEY

Mother of:

Divyanshi Pandey 8

Khanak Pandey 6

Atiksh Pandey 2B



A Very Special Thanks to



SANJEEVANI SONAVANE
(Hindi, Marathi & Sanskrit)



PRITI VORA
(Gujarati)



POOJA SUNIL
(Spiritual Article)

For Their Valuable Support.

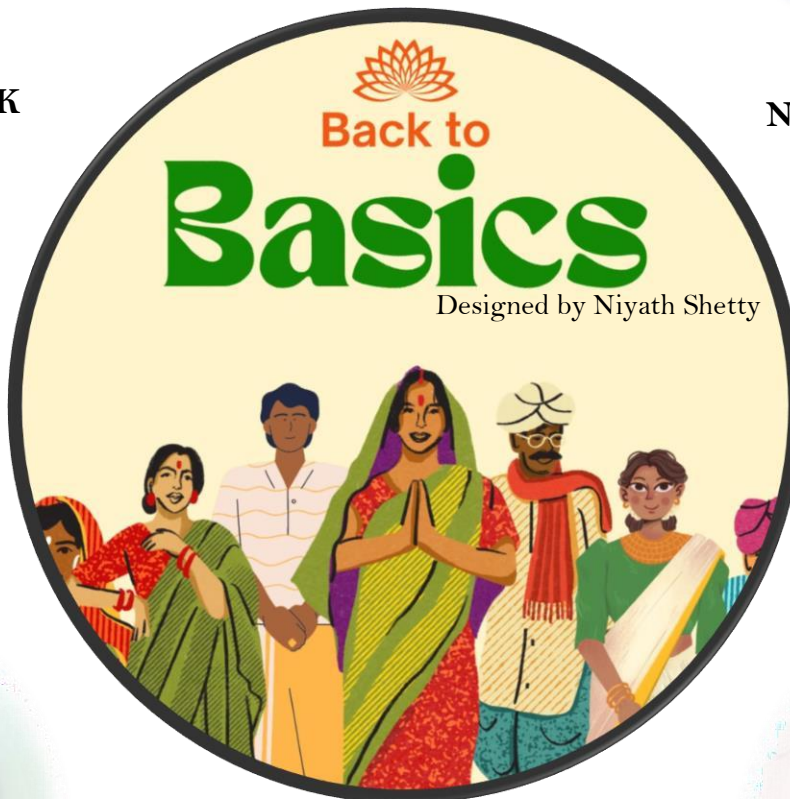
GARDEN BUZZ TEAM



NEETA NAYAK



NEHA CHADHA



NIKITA RAWAT



NIKITA SINGH



DEEPSHIKHA