



**GOPAL'S GARDEN HIGH SCHOOL**

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

**Be a**

**RAINBOW**

**In someone's cloud**

Happiness

Kindness

Gratitude

Respect

Faith

Humility

Patience



# INDEX

✚ Editorial

✚ Decoding the Artists' Vision

✚ Soulful Insights - The Colourful Rainbow in My Cloud

✚ Creative Chronicles

➤ Literary Expressions (Stories & Poems)

- Uplifting Spirits

- Count Your Blessings

- Radiant Rescuer

- Lighting Up Lives

- Spreading Light in Dark Times

- The Beauty of Kindness: Being a Rainbow in Someone's Cloud

- Let's Be Shades of Support

- आशा की एक किरण

- मुंबईची किमया

- Maya Angelou – An Inspiration

- And Still I Rise

- AI and Benevolence – Is this Intersection Possible?

- Finding Light Within: Being Your Own Rainbow

- इन्द्रधनुषस्य योगदानम्

- जीवनातील इन्द्रधनुष्य

- Your Faith is Your Rainbow

- सुविचार

- कृष्ण के कितने रंग

- Reciprocal Rainbow Connections

- Rainbow Bridges: Extending Assistance to the NGOs
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- Radiant Intentions: Becoming a Rainbow through Actions
--

- Chromatic Creations: Exploring Art as a Rainbow
---

- Cultivating Rainbow Minds – Promoting Positive Attitude in Schools
--

 Happenings
--

- School Events and Activities
--------------------------------

 Web Links
---

In the fifth chapter of the Bhagvad Gita verse 29 Lord Krsna says that He is 'Suhridam Sarva Bhutanam' - the well-wisher and a selfless friend of all living entities. Time and again the Lord either through His words or His deeds and those of His associates - has shown us what it means to extend ourselves in the service of others.

What better way than learning and getting inspired from the Supreme Lord and His associates - an important quality that gives meaning to our existence. Every small gesture matters - be it a smile, a pat on the back, a word of appreciation or even an extravagant act which goes a long way in adding a positive breath of life in someone else's journey.

In a world glamorized by money, power and politics ushering a change by giving rather than constantly taking is so noble and dignified. This resonates with our school's mission statement too- Janma Sarthak Kari Kara Paropakar'

At the close of the academic year let us reminisce - have we added at least a small colour in someones' life? If not, let us resolve that this year we will consciously take efforts in contributing genuine light to someone's darkness.

This issue of Garden Buzz expands and explores this soulful concept of being a rainbow in someone's cloud with interesting and thought provoking articles, poems, quotes etc. This edition will help widen our ideologies and motivate us to do better.

Happy Reading!  
RAJAS SARDESAI BHOSALE  
Principal



Beginning of all knowledge comes from humility – A.C. Bhaktivedanta Swami Prabhupada

## Decoding the Artists' Vision

The theme of this edition is 'Be a Rainbow in Someone's Cloud'. A rainbow is often a sign of hope, the beauty after the storm and good fortune that follows after a tough time. A rainbow is a beautiful natural phenomena symbolizing happiness, kindness, gratitude, respect, faith, humility, patience and many other good qualities.

While designing the cover page of the magazine, we considered showing seven hands symbolizing the curiosity of the children to embrace the positive qualities of the rainbow. This idea struck us, when we thought of all those children who jump joyfully as if trying to touch the rainbow.

**RADHIKA SHARMA & LABHANSHI JAIN**

Class 8



## The Colourful Rainbow in My Cloud

When Compassion is the garland of a kind soul,  
Does'nt Kindness play a keyrole?  
If not for the compassionate Guru Narad Muni.  
Would we ever get the 'Ramayan' from Valmiki Muni!!

If Benevolence is the true nature of Mother Earth,  
Isn't Gratitude its true worth?  
So what should our Gratitude to the Great Mahakaal be,  
For his eternal Benevolence on the ever erring Mankind!!

When Honesty treads the path of righteousness,  
Then truth surely showers happiness.  
If not for the life of Dharma of the Pandavas,  
Would The Supreme ever support their every move!!

As the Lord's Mercy dawns on the devoted,  
Will not the living entity be surely transformed?  
My life would have remained a thick thunderstorm  
'My Lord'!!! If not for you being the Rainbow in my Cloud!!

ETERNALLY GRATEFUL TO MY SPIRITUAL MASTER  
FOR REVEALING THIS COLOUFUL RAINBOW IN MY CLOUD!!!

PRIYAVRINDA DD  
Spiritual Care Department



## CREATIVE CHRONICLES

### LITERARY EXPRESSIONS (STORIES & POEMS)

#### Uplifting Spirits

Oh, this land!  
A realm of illusion  
Where everything is depressed  
But the people well dressed  
Where the clouds of tears are ready to burst,  
And the oceans of joy are heavily cursed.

Green lands or barren ones,  
The people here have few roses but huge guns.  
Guns of words or action  
Firing those serves them satisfaction.

Find a person who gets you roses,  
Help someone and be the one.  
With a friendly spirit, brightly spun  
A rainbow of joy in the life of a cloudy one.  
Burdens and stress in the life of someone  
Will vanish away, just crack a pun.

Negativity and discouraging beliefs  
Give them up,  
To be a beacon of relief.

Let's illuminate someone's gloomy skies  
With kindness that uplifts and never denies.

ADHIKAR TALGAONKAR  
Class 8





## Count Your Blessings

Every year I celebrate my birthday with my friends and family. My mother makes delicious cake at home and my father brings gifts for my friends as a token of gratitude. I get so many gifts from my friends and parents which makes me happy and joyous.

This year on my birthday, I had a very beautiful experience. My birthday fell on the day of Diwali and I was all the more excited. There was celebration everywhere. On the morning of my birthday, I had been for shopping with my parents and suddenly saw one poor couple selling marigold flowers on the roadside. Their kids were playing with used fireworks thrown in the garbage bin and trying to light them up again. I saw those kids and asked my parents whether we could buy fireworks for them. My parents bought some sweets and fireworks for those kids to brighten up their Diwali.

My mother always tells me about the hard work and struggle of orphans and underprivileged children. To understand life of these children, this year I celebrated my birthday in an orphanage. In the evening, we went to an orphanage where all children were happy to see us. My mother had baked a delicious cake for them and my father had brought some gifts. We cut the cake with all the children around. Then we played alphabet game which they liked a lot and they became more comfortable with us. Snacks were served and gifts were distributed to them with love and care.

It was a humble experience to spend an important day of my life with these underprivileged children. I understood the worth of every small happiness in life and the value of the blessings that we take for granted. Most of all, I realised what it is to be a rainbow in someone's cloud.

KAVYA TEJAS PAWASKAR

Class 3





## Radiant Rescuer

In a world full of sorrow,  
Where life feels hollow.  
Where many seem selfish,  
And the place pretty hellish.

There comes a man out of the blue,  
With intentions true,  
To salvage the few,  
What wonder he could do  
No one knew.

As soon as he stepped in to work,  
The barren land became green,  
The happiness was everywhere seen.  
A new hope began to sprout,  
In the land of sadness and doubt.

In the world of dark  
He was a spark  
Fading away the negativity

All the hatred gone  
A new world was born  
He became a radiant rescuer in everybody's cloud  
To cheer up the crowd.

HRISHANT DAVE  
Class 8



## Lighting Up Lives

In the stormy days,  
Moments of darkness  
Periods of uncertainty.

May your presence be,  
A beacon of hope,  
A source of comfort,  
A world of difference.

Not needed  
Grand gestures or heroic deeds.  
Will suffice  
Small acts of kindness and compassion  
A shoulder to lean on  
A helping hand  
A genuine smile  
The power to uplift and inspire.

Be a rainbow bright,  
In someone's cloud, a guiding light,  
Spread warmth,  
Spread joy,  
Show the way  
Where once darkness lay....

SHYAMAGOPI UPADHYAY  
Class 9



## Spreading Light in Dark Times

In times of the cloudy patches in the otherwise sunny canvas of our lives, people who show up and support us are like the rainbow. These people can offer help, advice or some support that is required in those challenging times. Those who appear as a rainbow could be our parents, teachers, relatives, family members, instructors, well-wishers or also a random stranger appearing unexpectedly. They are willing to put their problems aside to support and guide us with their comforting words or by just being there.

A very significant example of this instance from our scriptures relates to the epic of Mahabharata when the great warrior prince Arjun was in a state of dilemma and confusion. Just before the start of the battle, he dropped his weapons and sat down wondering how killing all his near and dear ones was going to benefit him or anybody else. In such a state of utter helplessness, Lord Krishna comforted him with words filled with wisdom reminding Arjun that his social responsibility as a warrior was to fight for upholding righteousness. Lord Krishna guided Arjun throughout the battle and thereafter and Prince Arjun accepted this guidance with complete faith.

God himself acts as a beacon of hope in times of misery. When things go down in life, we always take shelter of the Lord with utmost faith. It is this faith that guides us like a sparkling beam of light.

In conclusion, we should be grateful for all the rainbows in different cloudy phases of our life and value their presence with happiness. We should also try to be a rainbow in others' lives for this is what humanity is all about.

DAYITA HARIHARAN

Class 9



## The Beauty of Kindness: Being a Rainbow in Someone's Cloud

I feel it's safe to say that each and every one of us has had some bad days where we felt like just quitting everything and giving up. We can all agree that life is not always filled with sunshine. You have had these clouds in your life and days where the rain just wouldn't stop falling. Well, the clouds don't matter when you see a rainbow appearing with all its soothing colours. When you are going through tough times and you have someone by your side to uplift you – you are blessed.

To me, being a rainbow in someone else's cloud means bringing a smile and positivity with you as you interact with others. It is in knowing that not everyone's bad mood, frustration or how they are feeling may have absolutely nothing to do with you.

You should always think from this perspective that each and every person you meet is fighting battles you know nothing about whether it be internal or external. Every person is dealing with something that is challenging for them, so always try to be a rainbow in someone else's cloud – the least we could do is to be kind. When we are kind to others and humble as well, we learn that we are powerful and we have the strength to impact the world around us.

Being a rainbow in someone else's cloud does not mean you have to take away the pain they are going through or fight their battles for them. It simply means to be there as support and be their strength. Let us remember how Shri Krishna was there to guide Arjun through his battles. We all can be kind and spread happiness with our simple acts of kindness, a phone call to a loved one, helping people in need or just smiling at a person passing by.

This concluding quote by Maya Angelou says it all - I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. Let people and all living beings feel the warmth of your kindness.

DHRUVI DESAI  
Class 9



Forgiveness is not an occasional act, it is a permanent attitude – Martin Luther King Junior

## Let's Be Shades of Support

“The best way to cheer yourself is to try to cheer someone else.” – Mark Twain

In the journey of life, we often experience mixed emotions, various difficulties, challenges and grief. All these things obscure the brightness of our journey of life. At such times, it is normal for us to feel low, defeated and under-confident. We feel like escaping the complex state of recurring sadness as soon as we can but it all gets much easier if we have a helping hand at such times. Some wise words, a little kindness and a sense of concern expressed towards us by someone else can be transformative. It is a reminder that even amidst the dark clouds of sadness and despair, there is a shining light that guides us to a happier place.

In today's world, the opportunities to be a rainbow in someone's cloud are quite abundant. There are many different things we can do, like helping a friend in need, helping a colleague professionally, helping a neighbor in need etc. Each act of kindness, no matter how small or big, contributes to a never-ending effect of kindness and positivity. Also, the digital age has made it even easier to help others! We can connect with people on social media platforms and make an impact at a global level by inspiring people, sharing positive and productive thoughts, thus being a rainbow in multiple people's lives.

One very good instance which summarizes the above is when wealthy people, social workers and the medical staff came together to help communities during the Covid pandemic. Food and medical assistance was provided on a large scale. Many tales of individuals, groups, organizations who came out to support those in distress during the pandemic were truly inspiring. People who had very limited means to make their ends meet surely felt a 'rainbow in their dark cloud' moments.

In lifting others up, we too are lifted, our perspectives are broadened, our heart is expanded to include others and our life is enriched. By helping others, we not only illuminate the lives of others but we also illuminate our own life by creating a world where good rules over the bad and kindness reigns supreme.

HRIDAY SHAH

Class 9



When you have a higher purpose in life, small things can't distract you - Bhagvad Gita



## आशा की एक किरण

नेकी व्यर्थ नहीं जाती, हरि लेखा-जोखा रखते हैं।  
औरों को फूल दिए जिसने, उसके भी हाथ महकते हैं ॥

अर्थात् जैसा दूसरों के लिए करते हैं, सोचते हैं, वही हमें प्रारब्ध रूप में पुनः मिलता है। मानव का परमधर्म होता है कि वह जरूरतमंद की समय पड़ने पर सहायता करे और उसके लिए सूर्य की किरण बनकर आए। क्योंकि कभी-कभी जीवन के अंधकार को दूर करने के लिए और अपनी राह ढूँढ़ने के लिए वह एक किरण ही काफी होती है। मुझे लगता है कि हर किसी के जीवन में कोई न कोई ऐसा जरूर होता है, जो कभी न कभी उसके जीवन में वह रोशनी बनकर आया होगा। ऐसी ही एक सच्ची कहानी का उल्लेख मैं आज करना चाहूँगी, जो मेरे जीवन से जुड़ी हुई है।

मुझे बचपन से संगीत का बहुत शौक था। मेरे पिताजी भी संगीत का ज्ञान रखते थे। बचपन में ही उन्होंने मेरी संगीत की शिक्षा प्रारंभ कर दी। पाँच सालों तक मैं घर में अभ्यास करती रही, पर मुझे हमेशा से बाहर जाकर किसी बड़े गुरु के सान्निध्य में रहकर आगे की शिक्षा पूरी करनी थी और लोगों के समक्ष अपनी कला का प्रदर्शन करना था। क्योंकि गाँव में रहने के कारण न तो मुझे वह मौका मिल सकता था न ही मेरे अंदर का डर खत्म हो सकता था। मेरे अंदर आत्मविश्वास की भी बहुत कमी थी। मैं लड़की थी इसलिए मुझे बाहर रहकर सीखने की इजाजत बिल्कुल नहीं थी। पिताजी भी सख्त मिजाज के थे तो हिम्मत ही नहीं थी उनके सामने ज़िद करने की। धीरे-धीरे मेरा शौक खत्म होने लगा। अभ्यास में भी मन नहीं लगता था। एक बार गर्मी की छुट्टियों में मेरे बड़े भाई जो कि आगरा में प्रोफेसर थे, वे घर आए तो वे मुझे एक महीने के लिए आगरा घुमाने के लिए लेकर चले गए। संकोची स्वभाव के कारण बहुत हिम्मत करके मैंने उनको अपनी इच्छा बताई और उन्होंने एक बहुत ही प्रसिद्ध गुरु जी से बात की जो उनके मित्र भी थे। गुरु जी मुझे घर पर ही आकर सिखाने लगे। गुरुजी जैसा जुनून से भरा हुआ इंसान मैंने आज तक नहीं देखा। एक घंटे की क्लास को तीन घंटे में खत्म करते थे। हर रोज कुछ नया सीखने के लिए मिलता था, मेरी दिलचस्पी भी बढ़ने लगी। मैं बहुत मेहनत और लगन से सीखने लगी। यह देखकर मेरे भाई ने मुझे वहीं रोक लिया और अच्छे संगीत विद्यालय में अडमिशन करा दिया, जिससे मुझे संगीत की कला के साथ डिग्री भी मिल सके। भाई का घर था तो पिताजी भी मान गए। गुरु जी ने न केवल मुझे संगीत की शिक्षा दी अपितु मेरे अंदर एक आत्मविश्वास भी भरा। अपने साथ हर प्रोग्राम में लेकर जाते थे और गायन का अवसर भी प्रदान करते थे। जिससे मेरा डर भी खत्म हो गया। उन्होंने मुझसे कभी भी कोई फीस नहीं ली। जब भी किसी बड़े प्रख्यात संगीतकार का कार्यक्रम होता तो मुझे वहाँ जरूर लेकर जाते थे। जब भी उनको समय मिलता था तो मुझे आकर अभ्यास भी करवाते थे।

जब मैंने यह सोच लिया था कि मुझे संगीत नहीं सीखना उस समय वे मेरे जीवन में एक इंद्रधनुष की किरण बनकर आए। फिर से मन में एक उत्साह भरा और संगीत की शिक्षा पूर्ण की। मैं जीवन में दो लोगों को कभी नहीं भूल सकती हूँ, एक मेरे भाई को और दूसरे गुरुजी को। इन दोनों के लिए शब्दों में धन्यवाद करना नामुमकिन है। शत-शत नमन और शुभकामनाएँ सदैव रहेंगी और जब भी मुझे जरूरतमंद की मदद करने का मौका मिलेगा तो मैं अवश्य करूँगी।

धन्यवाद!

AMRITA RAI  
Music Teacher



Humility is a natural symptom of those who love God - H. H Radhanath Swami Maharaj



## मुंबईची किमया

माझं बालपण खेड्यात गेलं. ते अतिशय निसर्गरम्य होतं. त्याच खेड्यात मी लहानाची मोठी झाले. तशी घरातली परिस्थितीही यथातथाच होती. घरात बाबांच्या निधनामुळे घर सांभाळतांना आईची तारेवरची कसरत मला बऱ्याच गोष्टी शिकवून गेली. मोठं झाल्यावर आपण आपल्या पायावर उभे राहावे, ही इच्छा लहानपणापासून अंगी होती. आईची पण तशी शिकवण होती. मुलींनी आपल्या पायावर उभे राहावे, कशीही परिस्थिती आली तरी मुलींना ताठ मानेने जगता यावे. कारण तीही त्याच परिस्थितीतून जात होती.

एकविसाव्या वर्षी लग्नानंतर मी नशिबाने मुंबईला आले. घड्याळांच्या काट्यावर धावणारी मुंबई अनुभवली. कामाला जाणाऱ्या स्त्रियांचे जीवन अनुभवले. मला सुद्धा इतर स्त्रियांप्रमाणे घराबाहेर पडून त्यांच्या सारखे जीवन जगायचे होते. तेथूनच जीवनाला नवी कलाटणी मिळाली.

पण आता घराबाहेर पडायचे म्हणजे करायचे काय? शिक्षकी पेशातच काम करायचे हे माझे स्वप्न होते. समाजशास्त्रात पदवी घेतल्यानंतर तोच विषय असणारे महाविद्यालय मी शोधत होते. मी राहाते त्या ठिकाणी तसे महाविद्यालय नव्हते. परत प्रश्न.. आता काय? मग मी ठरवले की, आपण बी. एड्. करायचे. त्यामुळे जवळील कुठल्याही शाळेमध्ये आपल्याला काम करता येईल. माझ्या जोडीदाराचे सुद्धा त्यात महत्वाचे योगदान होते. ते प्रत्येक गोष्टीत मला आधार द्यायचे. कालांतराने माझे स्वप्न पूर्ण झाले. आज मी मुंबईच्या नामांकित शाळेमध्ये शिक्षिका म्हणून काम करते.

सांगायचे तात्पर्य की, मनात इच्छा असेल आणि जर परिस्थितीची साथ असेल तर आपले जीवन इंद्रधनुष्याप्रमाणे सुंदर बनवायला वेळ लागत नाही. मला मुंबई या शहराने खूप काही दिलं. अनेक सकारात्मक बदल माझ्यात झाले. जीवनाचा अर्थ कळला. वेळेचे महत्व शिकवले. म्हणूनच मुंबई ही माझ्यासाठी माझ्या जीवनातील इंद्रधनुष्य ठरले. माझ्या जीवनात मुंबई शहराचे फार महत्वाचे स्थान आहे. हे मी कधीच विसरणार नाही.

SHUBHANGI CHOPDE  
Marathi Teacher





## Maya Angelou – An Inspiration



Maya Angelou was born Marguerite Johnson in St. Louis, Missouri, on April 4, 1928.

She grew up in St. Louis and Stamps, Arkansas.

She was an author, poet, historian, songwriter, playwright, dancer, stage and screen producer, director, performer, singer, and civil rights activist.

She was best known for her seven autobiographical books:

- Mom & Me & Mom (2013)
- Letter to My Daughter (2008)
- All God's Children Need Traveling Shoes (1986)
- The Heart of a Woman (1981)
- Singin' and Swingin' and Gettin' Merry Like Christmas (1976)
- Gather Together in My Name (1974)
- I Know Why the Caged Bird Sings (1969), (which was nominated for the National Book Award)

The first black woman director in Hollywood, Angelou wrote, produced, directed, and starred in productions for stage, film, and television. In 1971, she wrote the original screenplay and musical score for the film 'Georgia'. It was the first script by a black woman to be made into a Hollywood movie. She also wrote and produced several prize-winning documentaries, including "Afro-Americans in the Arts".

Compiled by  
NEETA NAYAK  
Secondary Teacher



## And Still I Rise

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops.  
Weakened by my soulful cries.

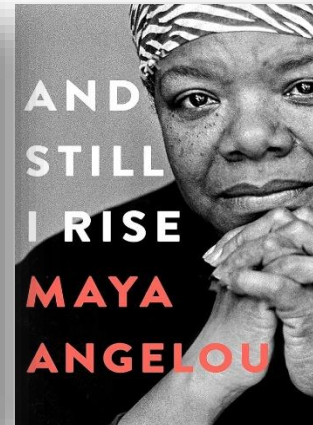
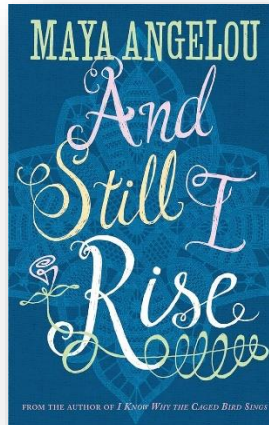
Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own back yard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

These verses of the famous poem by Maya Angelou give a glimpse into the fearless and bold personality of the writer. As a staunch civil rights activist, “And Still I Rise” can be taken as a powerful statement specifically against anti-black racism in America. At the same time, it’s a celebration of dignity in the face of oppression.

This poem is a reminder to be strong, never give up, building our self-esteem and overcoming challenges with dignity.

NEETA NAYAK  
Secondary Teacher



## AI and Benevolence – Is this Intersection Possible?

Artificial Intelligence (AI) has emerged as one of the most transformational technologies of the twenty-first century, changing many parts of our lives. As it continues to advance at a rapid pace, questions about its impact on society and its alignment with benevolent principles become increasingly significant. Can AI, a product of human creation, include benevolence? This article explores the potential for AI to contribute positively to humanity while upholding benevolent values.

The evolution of AI has been marked by remarkable achievements in various fields, from healthcare and education to finance and transportation. However, with its advancements come ethical considerations regarding its use and potential consequences. Can AI be programmed keeping in mind 'benevolence' in its decision-making processes?

A multifaceted approach will be required while designing AI systems if 'benevolence' is a criteria to be upheld. Developers must blend principles of fairness, transparency, and accountability into AI algorithms to ensure they serve the common good. In healthcare, enhancing patient outcomes and improving access to quality care can be achieved with proper diagnostics and treatment planning powered by AI. Likewise, in education too, personalized learning platforms driven by AI can cater to individual student needs, promoting academic success and holistic development.

As these AI systems become increasingly integrated into society, ethical considerations and safeguards will also become necessary to reduce the potential risks. Implementation of the right mechanisms to prevent misuse of AI and safeguard against the rising consequences will be of utmost importance. Ongoing research necessary to tackle ethical dilemmas will also be a requirement to ensure AI remains aligned with benevolent principles.

To sum up, we can say while AI can help magnify human capabilities and facilitate progress, it is not a substitute for human empathy and judgment. Therefore, the responsibility for shaping a benevolent AI future rests in human hands. Using foresight and considering ethics in designing and implementing benevolent outcomes could help in creating a future where technology supports humanity.

NIKITA SINGH  
Computer Teacher





### **Finding Light Within: Being Your Own Rainbow**

From a child's perspective, we all have been fascinated with Mother Nature especially while seeing greenery, rain and rainbows with clouds in the sky. But as we grow up, we go away from nature and lose touch with all the beauty that nature has to offer.

We do grow up but we always want someone who can be our rainbow – someone who will see, hear, respect and even love us despite knowing our fears and insecurities. Our hope and light in life sometimes gets attached with how we are treated, appreciated and acknowledged. Sometimes the rainbow in us starts fading away due to our not so good experiences and circumstances. But we need to remember - 'We are our own torchbearers and it doesn't matter how dark it is ahead. We are not going to be the victims of our own insecurities and others' perception towards us.' Self-care and self love is also of utmost importance. We need to start pouring into our own cup rather than filling someone else's cup. When we ourselves are abundant enough, it really isn't a concern who is going to be there for us.

Remember if no one else is there for us - God, Universe and Mother Nature will always be our rainbow standing beside us to support each step. Learn to value yourself and treat yourself with kindness, gratitude and empathy. You will be an extension of what you are. You will radiate love and compassion for all beings thus being a radiant rainbow for others.

**KRITI SINGH**  
Pre-Primary Teacher



## इन्द्रधनुषस्य योगदानम्

मानवजीवनमतीव बहुमूल्यमस्ति। अस्य जीवनस्य सार्थकता तदैवास्ति यदा वयं अनेन शरीरेण कस्याश्चित् साहाय्यं कुर्मः, समर्पिताः भवेम, सुखदुःखयोः भागं गृह्णामः वेति। मानवधर्मः, मानवसेवा, समाजसेवा च सर्वोपरि इति कथ्यन्ते जनाः। यथा केचन बालाः जनाः च स्वजीवनेऽतीव प्रहर्षिताः, प्रमुदिताः, आनन्दिताः च भवन्ति तथा च केचन बालाः जनाः च स्वजीवने दुःखिताः एव तिष्ठन्ति, अस्य कारणमवश्यमस्ति यत् तेषां पूर्वजन्मानां कर्मैव कथ्यन्तेऽपि “गहनाकर्मणः गतिः”।

बालकाः जनाः च ये दुःखिताः सन्ति, ते सर्वे इच्छन्ति यत् तेषां जीवने कश्चन चमत्कारः भवतु, तेन सर्वं सुष्ठु भूयात् अथवा तेषां पुरतः कोऽपि आगच्छेत् यो सर्वाणि दुःखानि क्षणमात्रेणैव नाशयेत्, परन्तु एतन्न भवतीति विश्वासोऽस्ति सर्वत्र। अत्यल्पाः जनाः सन्ति ये निरर्थकेभ्यः सार्थकरूपप्रदानं, निराकारस्य साकाररूपप्रदानादिकं कार्यं कुर्वन्ति। मुम्बईनगरे स्थितः गरिमामयः, गौरवपूर्णः, हिमालयसदृशप्रतिभाशाली “गोपाल्स गार्डन हाईस्कूल” एकः एतादृशः विद्यालयोऽस्ति यः सदैव समाजस्य जनानां बालकानाञ्च इन्द्रधनुषवत् सहायतां करोति अर्थात् निर्वर्णजगतं वर्णयुक्तं कृत्वा, जीवनस्य कलां शिक्षयति, सन्मार्गं प्रददाति, वस्त्राभाविनां वस्त्रदानं, पठनार्थिभ्यः पुस्तकानि, लेखनपुस्तिकादीनां वितरणम्, क्षुधार्तानां भोजनादिकं, निर्धनेभ्यः धनादिकस्य व्यवस्थां सदैव कुर्वन् अस्ति। यतः एषः विद्यालयः “समर्पणेन सेवनम्”, “जन्म सार्थकं करि करं परोपकारं” चेति आदर्शवाक्यौ स्वीकृतमस्ति। सामाजिकं, सांस्कृतिकं, व्यावहारिकं शैक्षिककलां वा भवतु। आजीविकायाः आलक्ष्यात् मोक्षमार्गमपि सर्वविधगतिविधि माध्यमेन सुलभं निर्माति। “गोपाल्स गार्डन हाईस्कूल” विद्यालयेनापि एतादृशानि बहूनि कार्याणि कृतानि येन अयं विद्यालयः अद्यत्वेऽपि इन्द्रधनुषस्य भूमिकां निर्वहति। एतदस्माकं सौभाग्यस्य विषयोऽस्ति। समाजसेवायै ‘गोपाल्स गार्डन हाईस्कूल’ यादृशीसत्संस्थासु सम्मिलितो भूत्वा ‘गौ, गीता, गोपालकानां’ सेवां कृत्वा स्वजीवनमवश्यमेव सार्थकं करणीयम्। उच्यते च यत् –

परोपकाराय फलन्ति वृक्षाः,  
परोपकाराय वहन्ति नद्यः।  
परोपकाराय दुहन्ति गावः,  
“परोपकारार्थमिदं शरीरम्”॥

LAXMIKANT MISHRA  
Sanskrit Teacher







## जीवनातील इंद्रधनुष्य

एका गावात एक नवीन जोडपे राहत होते. ते जोडपे खूप आनंदी असायचे. पण खूप वर्ष झाले त्यांना मुले नव्हती होत. काही दिवसांनी त्या जोडप्यांना एक मुलगा झाला. पण त्याचे दुर्दैव असं की, त्या मुलाला एक डोळा नव्हता आणि त्यामुळे त्या आई-वडिलांना खूप टेन्शन आले होते. डॉक्टरांनी एक सल्ला दिला होता की, कोणी या बाळाला एक डोळा दिला तर तो बघू शकतो, तुमच्यापैकी एकाने तरी आपला एक डोळा तुमच्या बाळाला देत असाल तर बघा, तेव्हा आईने कोणताच विचार न करता म्हणाली की, डॉक्टर काही झालं तरी चालेल, पण माझा मुलाला बघता येईल असं करा. मी माझा एक डोळा त्याला द्यायला तयार आहे.

आईच्या सांगण्यावरून डॉक्टरांनी त्या आईचा डोळा मुलाला लावला आणि तेव्हापासून आई दिसायला विद्रूप झाली. पण हे तेवढेच खरं की या जगात आई आणि परमेश्वराशिवाय कोणीच आपली मदत नाही करू शकत. काही वर्षांनी त्या स्त्रीच्या नवऱ्याचे निधन झाले आणि ती त्या बाळाला एकटी सांभाळू लागली. मुलगा आता मोठा झाला. आता त्या आईला कधी आपल्या मुलाच्या शाळेत जावे लागे. पण त्या मुलाच्या मित्राने त्याच्या आईला बघितल्यावर बोलायचे की तुझे आई कशी दिसते. तिच्याकडे बघून खूप भीती वाटते. आता या गोष्टीचा त्या मुलाला खूप राग यायचा. त्याने त्याच्या आईला सांगितलं की तू माझ्या शाळेत येऊ नको. तुला बघितल्यावर माझे मित्र घाबरतात. त्यामुळे मला तुला शाळेत न्यायला आवडणार नाही. कारण तू चांगली दिसत नाही.

खूप वर्ष झाले मुलाला कष्ट करून, खूप शिकवून आता मुलगा खूप मोठा झाला. बाहेरगावी कामाला लागला आणि तो आता तिथे स्थायिक झाला. आपली आई आपली खूप वाट बघत आहे हेही त्याला माहिती नव्हते. कारण त्याला आईला डोळा नसल्यामुळे त्याला ती आवडत नव्हती. आता ती आई शेवटचे क्षण मोजत होती. मरणाच्या दारात होती. तेव्हा तिने आपल्या मुलाला एक चिठ्ठी लिहून ठेवली होती. तुला तुझी आई विद्रूप वाटायची याचे कारण तू आहे. कारण लहान असताना तुला एक डोळा नव्हता तेव्हा डॉक्टरांनी सांगितले होते की, या बाळाला कोणी एक डोळा दिला तर बाळ बघू शकेल. हे जग खूप सुंदर आहे, ते बघण्याकरीत मी तुला एक डोळा दिला आणि तुझी आई विद्रूप झाली. चिठ्ठी वाचताच मुलाचे डोळे पाणावले. पण हातातून वेळ केव्हाच निघून गेली होती. आपली आई आपल्यासाठी इंद्रधनुष्यासारखी जीवनात रंग भरून गेली, पण ते मला कधी कळलेच नाही. म्हणून कोणीतरी म्हणाले की, जेव्हा आपल्याला कोणीतरी मदत करत असते तेव्हा साक्षात भगवंताच्या रूपात असतात. पण जेव्हा आपल्याला हे कळते, तेव्हा वेळ निघून गेलेली असते.

**SUSHMA KOLEKAR**

Housekeeping Staff



What wisdom can you find that is greater than kindness? — Jean-Jacques Rousseau

## Your Faith is Your Rainbow

Life as we all know is not always blooming flowers, sunshine and an effortless walk. We all face challenging times and everyone has a story about their own tough encounters. In the face of adversity, our self-worth may waver yet these challenging times offer invaluable lessons leading to personal growth.

Many of these experiences teach us humility, compassion, and empathy. The question remains, do we take these lessons with us throughout our lives? Or do we forget them when the circumstances turn around favourably.

When we do take these life experiences ahead, we tend to become more generous, more compassionate beings. We become a source of hope and happiness, of positivity and patience. This leads us to become a rainbow when someone else is surmounted with problems. All that we have to do, is become a prism through which the ray of light passes and turns into a full-blown rainbow. This can be the smallest act, whether conscious or unconscious, that affects everyone around.

Maybe helping someone to do a certain task can ease their burden or sharing your own experience can help them to complete their task with ease. Sometimes, a few encouraging words can push them to do their best. Even giving your silent understanding is sometimes helpful. These gestures can make a significant difference in someone's life. These small acts of kindness can have the ripple effect of positivity where the people surrounding the person are also touched.

And when nothing else works during your own tough times, turn yourself inwards. Become your own source of light. Let your devotion to Lord be your ray of light. Your Guru will become your biggest prism and your life will turn into visible spectrum of spectral colours, the colours of the rainbow.

**SONAL KARVE**

Parent of Saatvik Karve (Sr KG)



It is the characteristic of the magnanimous man to ask no favour but to be ready to do kindness to others — Aristotle



# સુવિચાર

એ ખબર મને પડે

મેઘધનુષમા રંગ કેટલા આને ક્યાં તે ખબર નથી,  
પણ સહુની જિંદગીમાં ખુશીના રંગ કેમ પુરવા એ ખબર છે મને.  
સહુને શું તકલીફ છે તે ખબર નથી,  
પણ પ્રભુ કૃપાથી તેને નસીબ કેવી રીતે બનાવવું એ ખબર છે મને.  
મારી જેમ બધા એકબીજાને મદદ કરે તે ખબર નથી,  
પણ પ્રભુ પર જો વિશ્વાસ હોય તો તે મદદ કરે એ ખબર છે મને.

AMI DHAMI

Parent of Arham Dhami (Class 6)



## कृष्ण के कितने रंग

कृष्ण की लीलाएँ तो हम सब जानते ही हैं। भारत के हर छोटे बच्चे भी कृष्ण को जानते हैं, क्योंकि उनकी कथाएँ तो बच्चे बचपन से ही पालने में झूला झूलते समय से सुनते आए हैं - छत्रपति शिवाजी की तरह।

लेकिन आज हम बात करेंगे कृष्ण की लीलाओं के रंगों के बारे में। कृष्ण स्वयं इंद्रधनुष के रंगों की तरह रंगीन हैं। जिनका जैसा भाव वे वही रंग उनको दिखते हैं।

### ● लाल रंग - सौभाग्य का प्रतीक

द्वारका में रुक्मिणी, अष्ट पटरानियाँ और बाँकी १६१०० पत्नियों के लिए सौभाग्य का लाल रंग। कृष्ण ने अपनी पत्नियों को सौभाग्य संपन्न समृद्धि का लाल रंग दिखाया।

सांसारिक युगल के सुखी वैवाहिक जीवन के लिए, नये अज्ञात संबंधों को खून के रिश्तों के जैसे निभाने के लिए गहरा लाल रंग। नवयुगल का जीवन लाल रंग के जैसे सौभाग्य, वैभव और समृद्धि से भर जाएँ।

### ● केसरी रंग - ज्ञान का प्रतीक

महाभारत के युद्ध की शुरुआत के पहले ही अर्जुन मोहवश गांडीव छोड़कर रथ में उदास बैठ गए। तब कृष्ण ने गुरु बनके अर्जुन को ज्ञानोपदेश दे कर अपना केसरी रंग दिखाया।

सनातन धर्म में केसरी रंग को ज्ञान का प्रतीक माना गया है। इसलिए संन्यासी केसरी रंग के कपड़े धारण करते हैं।

### ● पीला रंग - प्रगति का प्रतीक

पांडवों को जब शून्य से शुरुआत करनी थी, तब प्रगति करने की शक्ति के लिए कृष्ण ने पांडवों को पीला रंग दिखाया।

बीज में जब अंकुर निकलते हैं, तब उसका रंग भी पीला होता है, जो कि एक नयी सृष्टि के सृजन को दर्शाता है। पृथ्वी का भूगर्भ भाग भी पीला होता है। पीला रंग सृजनात्मक प्रकृति को दर्शाता है।

### ● हरा रंग - उदारता का प्रतीक

जब सुदामा पोरबंदर से द्वारका कृष्ण से मिलने गए थे, तब सुदामा के अनकहे शब्दों को भी कृष्ण ने सुन लिया था। कृष्ण ने पृथ्वी की हरियाली के जैसे अपनी मित्रता निभाकर सुदामा को उदारता का हरा रंग दिखाया।

धरती माता अपनी हरियाली छाँव में कितना कुछ समेट कर रखती है। धरती के हर जीवों के लिए कितना कुछ बाँटती रहती है फिर भी बदले में किसीसे कुछ नहीं माँगती।

### ● आसमानी नीला रंग - रक्षा का प्रतीक

द्रोपदी को जब भी अपने सखा की जरूरत पड़ी तो कृष्ण हमेशा आसमान की तरह उनकी रक्षा करते थे। फिर चाहे द्यूत क्रीडा में चीर-हरण हो या दुर्वासा ऋषि का दस हजार शिष्यों के साथ परीक्षा करना। कृष्ण ने हमेशा द्रोपदी को रक्षा का आसमानी नीला रंग दिखाया।

आसमान हमेशा हमारी रक्षा करता है। सूर्य की तेज गर्म किरणों से रक्षा करता है और जल की हमारी जरूरत को वर्षा रूपी अमृत से सींचकर पूरी करता है। आसमानी नीला रंग रक्षा और पोषण का प्रतीक है।

- गहरा नीला रंग - काल का प्रतीक

महाभारत युद्ध के समय कृष्ण ने काल का रूप धरके कितने राजा, महाराजा, सेनापति और सैनिकों को भूतकाल में विसर्जित कर दिया। इसलिए अधर्म का साथ देने वालों के लिए गहरा नीला काल स्वरूप रंग दिखाया।

यमराज समय चक्र में मनुष्य को अपने कर्मों के अनुसार उनको दंड देते हैं। भक्ति मार्ग में मन की माया मरने के बाद ही सर्वोच्च भक्ति प्राप्त होती है। जब तक मन इन्द्रिय विषय सुख में लगा रहता है। तब तक मोहन की भक्ति के लायक हम नहीं बन पाते, इसलिए हमें इनपर काल की तरह विजय पानी होगी।

- बैंगनी रंग - बचपन की यादों का प्रतीक

इंद्रधनुष के सभी रंगों में सर्वोत्तम रंग तो कृष्ण की बचपन की यादों का है, जो सिर्फ ब्रजवासी ने ही देखा है। माता यशोदा - नंद बाबा के पास कृष्ण के बचपन के प्यार की यादें हैं। गोप बालों के पास कृष्ण के साथ माखन चुराने की, गायों को चराने की और साथ में खेलने की यादें हैं। गोपियों के पास कृष्ण के रास की यादें हैं।

युवा कृष्ण इतने आकर्षक हैं, तो बाल-कृष्ण तो और अधिक प्यारे होंगे ही। उनके कमलनयन, मधुर वाणी, सुंदर चेहरा, फूलों सा सुकोमल स्पर्श, नटखट बातें ...वो कितना मनमोहक रूप होगा। हम तो बस मात्र आँखें बंद करके उन्हें याद करके मन में अपने कृष्ण का दर्शन कर सकते हैं।

- सुनहरा रंग - प्रेम का प्रतीक

इंद्रधनुष के सात रंगों को पार करने के बाद बनता है, राधा का चमकीला सुनहरा गौर रंग। इसलिए श्रीमती राधारानी का और एक नाम "गौरांगी" भी है। कृष्ण ने अपने प्रेम का जो रंग राधा रानी को दिखाया, शायद ही कोई वो रंग देख पाया होगा।

कांचन जो रंग अपने आप में ही चमकता है और सुनहरे सोने की कीमत पृथ्वी के हर द्रव्य से अधिक ऊपर है क्योंकि हजारों - लाखों सालों तक भूमि के अंदर रखने के बाद भी इसको जंग नहीं लगता। खरा सोना कितने ही समय के बाद भी शुद्ध ही रहता है – राधा

DIPALI PARMAR

Parent of Arth Parmar (Class 6)



Knowledge becomes evil if the aim be not virtuous – Plato

## Reciprocal Rainbow Connections

We all desire to have someone with whom we can bare our heart and soul. This individual, often referred to as a 'rainbow person' adds vibrant colours to our lives. Such a person brightens our day and illuminates our path. We feel very comfortable with these rainbow people. They are like the smell of the earth after the first rain, like a sweet shower after a rough day, like a morning cup of hot coffee bringing solace to our lives.

Sometimes it's just about who stays and listens to your rant about the life while sitting on a sofa without judging you, or someone who lets you cry on their shoulder when you are feeling down. It's a bond of understanding and believing in you when nobody else does. It can be anyone - your friend, your partner, your siblings or parents. It's them who you call a blessing.

We too have the power to be a rainbow in someone's life. A simple compliment, an encouraging word, offering understanding without judgment, making others feel heard and valued brings comfort to those in distress.

Small gestures can have a big impact. Perform acts of kindness, share your passions and celebrate the achievements of those around you. This creates a tapestry of positivity and connection. Reliability and expressing gratitude builds trust, fostering a sense of security. In challenging times, stay positive and encourage resilience. By allowing self-expression, embracing diversity, and incorporating these practices, you become a beacon of colour in the lives of others, contributing to a brighter, more vibrant world.

Life comes a full circle when you have rainbow people in your life and you too try to add colours to the lives of others.

PUJA BIYANI

Parent of Darsh Biyani (Class 8)





Govardhan Dada with Kids at 'Pasaydan'



Smt. Bharati's initiative 'Narmadalya'

### **Rainbow Bridges: Extending Assistance to the NGOs**

Actions speak louder than words. I have been blessed seeing my parents extending their helping hands to two NGOs – a living example of how you can be a rainbow in people's lives.

NARMADALYA (Nimar Abhudaya Rural Management and Development Association) is a spiritually oriented service mission founded by Smt. Bharati Thakur for the holistic education of the dropouts and aspiring children deprived of basic formal and informal education. During the course of 'Narmada Parikarama' undertaken by Smt. Bharati Thakur which lasted for three months, she encountered poor tribals staying in Narmada ravines, deprived of basic food, education and health. After completing the parikarama, she decided to quit her defence job and started teaching few children in the small temple of Lepa village situated on the banks of river Narmada. There she faced many problems like space, transportation, funds etc which she could overcome with the help of surrounding villagers. Smt. Bharati is also the author of the best seller Marathi Book, 'Narmada Parikarama, Ek Anteryatra'. This NGO has blossomed from a small sapling into a mighty tree, reaching new heights in its impact and outreach. Numerous students are not only making a mark in their own lives but also actively striving to expand their horizons and uplift others along the way. Thus Bharati Tai is certainly a rainbow of support and encouragement in the lives of the children in the Narmada ravines.

Another NGO, PASAYDAN, founded by Govardhan Darade is situated in the village of Dhekanmohol in the Marathwada region of Maharashtra. Govardhan Dada, as he is fondly called, is a son of a labour working in the sugarcane farms (ऊस तोड कामगार). The labourers must move from village to village in every season wherever the work is available. So there is no proper education to the children of these labours and they mostly follow in the footsteps of their parents landing up in sugarcane farms.

Govardhan dada who had received some formal education founded the 'Pasaydan Seva Prkalp' to uplift and empower farmers' children and the orphans of this region. For the last 14 years, Govardhan dada has been working tirelessly to break the cycle of suffering and provide a brighter future for those who have lost their way. His compassion and undying desire to help those in need has created a world of difference. Govardhan Dada too has emerged as a rainbow in the lives of these children.

We can always help in our own small way by offering our services in cash or in kind to such organizations that we connect with.

**NAMITA VINOD SIDHPURA**  
Parent of Yumi Sidhpura (Class 6)



The eternality of our relationship with God is based on service – H.H Mahanidhi Swami Maharaj



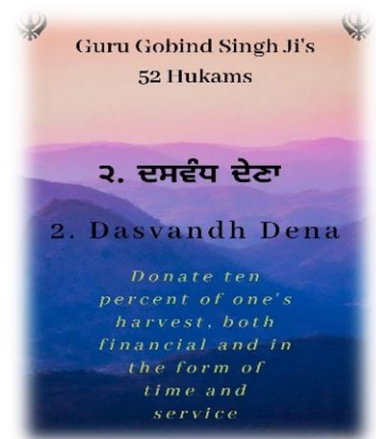
## Radiant Intentions: Becoming a Rainbow through Actions

'Be a rainbow in someone's cloud' is a famous quote by Maya Angelou, referring to the idea of bringing ray of hope, optimism, justice and comfort to someone who is going through a difficult time.

A rainbow always comes after the rain. It means after every difficult phase of life, there is always a silver lining which is full of energy, positivity, enthusiasm and vitality. It is not merely our intentions but our actions that decide what the result will be. Someone has rightly said 'The road to hell is paved with good intentions, and the road to heaven is paved with good actions'.

The above quote shares the value of trust, empathy, expectations and communication.

- **Trust** offers faith and displays confidence in other's intentions and character.
- **Empathy** is putting yourself in other people's shoes and understand them, their perspective and act accordingly.
- **Expectation** is an element of fair process. We need to learn to bridge the gap between expectation and reality.
- **Effective Communication** fosters a desired positive perception and when consistently reinforced, this perception shapes our reality.
- **Personal Example where I believe and follow the above-mentioned quote** -In Sikhism, Dasvandh, is a fundamental principle that emphasizes the importance of giving one-tenth of one's earnings to support the community and the needy. There are many other reasons as given below :
  1. Self-less service for collective welfare of community
  2. It also teaches us equality and sharing
  3. It is endorsed by all Sikh Gurus
  4. It supports the community
  5. It also fosters qualities like compassion, generosity and detachment from tangible material things.



PRADEEP SINGH

Parent of Sultan Singh (Class 6)



When we give cheerfully and accept gratefully, everyone is blessed - Maya Angelou



## Chromatic Creations: Exploring Art as a Rainbow

The creative process is a process of surrender, not control. Art has long been recognized as a powerful tool for healing and self-expression. Art is often used as a therapeutic tool offering a pathway to wellness. There are various ways in which art serves as a form of therapy – it is meditative, promotes emotional healing, self-discovery and personal growth.

Artistic expression is a fundamental part of being human. Engaging with art and exploring one's creative abilities can profoundly impact personal growth and self-discovery. By engaging with art, people can develop empathy, cultivate mindfulness and foster resilience in adversity. Psychology says 'overthinking keeps your mind awake even when you are sleeping'. Art as a form of meditative therapy calms the monkey mind that constantly jumps from one thought to another. Artists immerse themselves into the canvas for hours – they are bringing into life their creation and therefore there is no space for random thoughts. Art thus has the power to be a therapeutic tool. According to art aesthetician, art therapy is used to reduce conflicts and distress, improve cognitive functions, foster self-esteem and social skills as it engages the mind and body. Art builds fine motor skills and neural connections as well.

Art is a non-verbal way of expressing one-self by providing an outlet for emotions that may be difficult to articulate. For example – engaging in artistic expressions such as painting, drawing or sculpting can provide a healthy outlet for emotional release. Exploring themes and symbols in their artwork can lead to greater self-awareness and insight. Art promotes mindfulness, offers relaxation, it provides opportunities for safe catharsis thereby healing the mind and the body. Participating in art therapy groups can foster social connections too.

Overall, art therapy offers a holistic approach to healing. It is thus a rainbow to all those who practice it.

SHAMAL BHOIR

Art Teacher



## Cultivating Rainbow Minds – Promoting Positive Attitude in Schools



Building positive friendships in a school environment while aiming to be a rainbow in someone's life involves several key principles:

- **Kindness and Empathy:** Show genuine care and concern for others. Be attentive to their needs, feelings, and experiences. Offer support and understanding when they're going through tough times.
- **Inclusivity and Acceptance:** Embrace diversity and celebrate differences. Create an inclusive environment where everyone feels welcome and valued regardless of their background, interests, or identity.
- **Respect and Support:** Treat others with respect and dignity. Encourage and uplift your peers, acknowledging their strengths and accomplishments. Offer encouragement and motivation when they face challenges.
- **Positive Influence:** Be a positive role model by demonstrating good values and behaviours. Inspire others through your actions, words and attitudes. Encourage optimism and a growth mind-set among your peers.
- **Communication and Listening:** Foster open and honest communication. Listen actively to others, showing genuine interest in their thoughts and feelings. Be willing to share your own experiences and perspectives as well.
- **Collaboration and Cooperation:** Work together with your peers to achieve common goals. Collaborate on projects, participate in group activities, and support each other's endeavours.

- **Random Acts of Kindness:** Spread positivity through random acts of kindness. Whether it's offering a compliment, helping with schoolwork, or simply being there for someone who needs a friend, small gestures can make a big difference in someone's life.
- **Authenticity and Trustworthiness:** Be genuine and authentic in your interactions. Build trust with your peers by being reliable, honest, and true to yourself. Let your sincerity shine through in your friendships.
- **Conflict Resolution:** Handle conflicts and misunderstandings constructively. Approach disagreements with patience, empathy, and a willingness to find common ground. Communication and compromise are key in resolving conflicts and strengthening friendships.
- **Continued Support:** Be there for your friends through both the good times and the bad. Cultivate long-lasting friendships by consistently showing care, support, and appreciation for the people in your life.

By embodying these principles, you can not only build positive friendships within your school environment but also be a source of light and positivity for those around you, like a rainbow brightening someone's life.

BHUMIKA SHAH  
Wellness Officer



## HAPPENINGS

### School Events and Activities

#### ‘Bharat धामेभूमि’ – A Recap of Garden Mellows Function

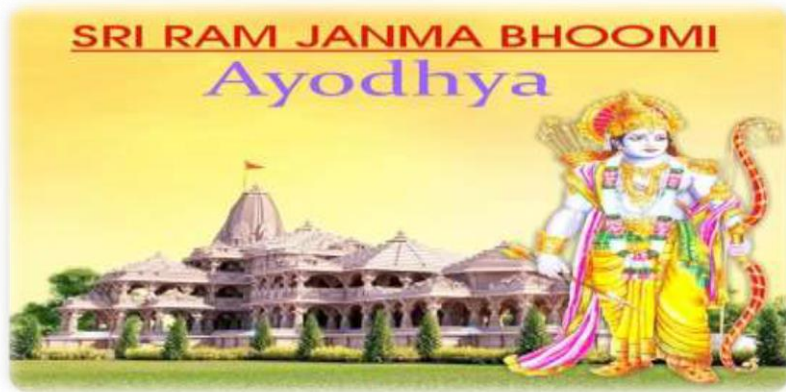
Garden Mellows, our biennial event, is not merely a celebration of performances but also a platform for fostering cultural understanding and appreciation. It is the most awaited event for all the Gopalites and that time of the year when students of all age groups combine, showcase their talents through captivating performances, including dances, songs, miming, dramas, one-act plays, and many more. This year each performance highlighted the cultural richness of our theme “Bharat: धामेभूमि” focusing on religious lands across India, adding a profound dimension to the festivities. The event held on Saturday, 4th November, 2023 at the esteemed Lata Mangeshkar auditorium unfolded with grace and fervour. We were honoured to welcome as our guest “H.H Shri Radhanath Swami”, our Guru Maharaj - a holy figure revered for wisdom and spiritual insights. Maharaj’s presence infused the event with spiritual energy, as his words resonated with the children, teachers and audience, inspiring a sense of unity and reverence for our cultural heritage.

The auditorium echoed with applause as the Gopalites brilliantly brought to life the essence of various religious lands through their artistic expressions. These sacred lands (the dhams) - Barsana, Hampi, Puri, Mewad, Navadwip, Ahobilam, Dwarka, Kashi, Vrindavan, Ujjain, Sri Rangam, Ambaji, Ayodhya, Gangotri and Pandharpur - were vividly depicted through mesmerizing dance and drama presentations, illuminating their spiritual and cultural significance.

The event left an indelible mark, celebrating both the talent of our young performers and the richness of India's religious tapestry.

LATIKA REWALE  
Primary Teacher





“ हर हृदय में प्रकाशित हो रहा  
विचार, पुरुषोत्तम राम का  
घर में दीपक को जलाकर,  
करते हैं स्वागत श्री राम का

अयोध्या में राम मंदिर महोत्सव का कार्यक्रम हमारे विद्यालय में २३ जनवरी २०२४, को मनाया गया। यह कार्यक्रम विद्यार्थियों की उपस्थिति में काफी धूमधाम से मनाया गया।

कार्यक्रम की शुरुआत " जय श्री राम " की गूँज से हुई। जहाँ पर अंगद औचित्य और हनुमान पुरव बने छात्रों ने श्री परम पूज्य राधानाथ स्वामी जी का वीडियो दिखाया जहाँ पर उन्होंने राम जन्म भूमि के बारे में जानकारी प्रदान की। आगे कार्यक्रम की शोभा बढ़ाते हुए आदरणीय रोहिणी नंदन प्रभुजीने श्री रामजी के भजन गाए और साथ ही आदरणीया प्रधानाचार्या मॅडमजी के द्वारा आरती की गई, प्रार्थना के समापन के बाद कक्षा चौथी और पाँचवी के छात्रों द्वारा रामायण की कथा नाट्य और संगीत द्वारा प्रस्तुत की गई। यह सुनकर बच्चों में उत्साह की लहर दौड़ गई।

तत्पश्चात् आदरणीय रोहिणी नंदन प्रभुजीने पुनः राम जी के आदर्शों व जीवन मूल्यों को विद्यार्थियों से साझा किया। अंत में बच्चों ने कविता की कुछ विशेष पंक्तियों के साथ कार्यक्रम का समापन किया।

"प्रेम मय हो हृदय उसका,  
श्री राम बसे जिसके मन में,  
भव सागर वो पार करे  
जो अनुसरण करे" राम "का जीवन में"

SHASHIKALA PANDEY  
Hindi Teacher





## 26th January 2024

### 75th Republic Day Celebration

२६ जनवरी सन् १९५० में संविधान लागू हुआ था। समूचा भारत इसी दिन को गणतंत्र दिवस के नाम से संबोधित करता है। इस वर्ष ७५ वाँ गणतंत्र दिवस मनाया जा रहा है। सम्पूर्ण भारत में यह दिन बड़े ही उत्साह और हर्षोल्लास के साथ मनाया जाता है। मुम्बई में स्थित गोपालस गार्डन हाईस्कूल में भी यह दिवस बड़े ही उत्साह के साथ मनाया गया। सर्वप्रथम सभी छात्र प्रातः ७.४० बजे ध्वजस्थल पर उपस्थित हुए। वहाँ की साज-सज्जा अतीव मनोहर थी। कुछ क्षण पश्चात् श्री महेश्वरी जी और विद्यालय की प्रधानाचार्या जी श्रीमती राजस सरदेसाई भोसले जी उपस्थित थे। श्री महेश्वरी जी ने ध्वजारोहण किया उसके बाद “विजयी विश्व तिरंगा प्यारा”, “राष्ट्रगान” और “सारे जहाँ से अच्छा” का गायन सभी ने बड़ी ही उत्सुकता के साथ एक स्वर में किया और प्रतिज्ञा भी ग्रहण की। तत्पश्चात् सांस्कृतिक कार्यक्रम का प्रारम्भ छात्रों ने संवाद के रूप में किया। छात्र और छात्राओं ने मिलकर “We are India” प्रस्तावना गीत का गायन किया। संविधान के छह अनुच्छेदों को आधार मानकर छात्रों ने अभिनय के साथ सभी को समानता का अधिकार (Act 15. Right to Equality), स्वतंत्रता का अधिकार (Act 19. Right to Freedom), जीवन और स्वतंत्रता का अधिकार (Act 21. Right to Life and Liberty), शिक्षा का अधिकार (Act 21 A. Right to Education), शोषण के खिलाफ अधिकार (Act 24. Right against Exploitation) का सर्वोत्तम संदेश प्रदान किया। भारत जैसे बृहद् देश में रहन-सहन, खान-पान, संस्कृति, समुदाय, जात-पाँत, ऊँच-नीच आदि सभी भिन्न हैं फिर भी भारत किस प्रकार से विविधता में एकता संजोए हुए है इसकी झलक भारत के मानचित्र में जो राज्य जिस स्थान पर स्थित है उसी प्रकार भारत के मानचित्र के अनुसार ही छात्रों ने इसकी झलक विस्तृत रूप से सभी के समक्ष प्रस्तुत की। उसके बाद देशभक्ति गीत पर एक नृत्य प्रस्तुत किया गया और धन्यवाद ज्ञापन किया गया। तत्पश्चात् श्रीमहेश्वरी जी ने रामायण का सन्दर्भ देते हुए रामराज्य स्थापित करने के लिए प्रेरित किया। इसमें महेश्वरी जी ने बताया कि हम कोई भी कर्म करने से पहले यह सोच लें कि मैं जो भी कर्म कर रहा हूँ क्या उस कर्म से हमारे भगवान, माता-पिता, और गुरु खुश होंगे? तो हमें हमेशा ही ऐसे कर्म करने चाहिए जिससे दूसरों को खुशी प्राप्त हो। श्रीमती प्रधानाचार्या जी ने सभी प्रतिभागियों की सराहना करते हुए उपस्थित सभी के लिए धन्यवाद प्रदान किए।

हमें हमारे देश के प्रति समर्पण भाव प्रकट करने का दिन था और भारत में स्वतंत्रता, शांति और एकता अनुभव करने के लिए यह एक विशेष दिन था। सच में यह दिन खुशी और प्रसन्नता से परिपूर्ण रहा।

LAXMIKANT MISHRA  
Sanskrit Teacher



Happy people build their inner world; unhappy people blame their outer world – Dalai Lama

## नित्यानंद त्रयोदशी

**नित्यानंदं अहं नौमि सर्वानंद-करं परम्  
हरि-नाम-प्रदं देवं अवधूत-शिरोमणिं**

श्री नित्यानंद प्रभु के जन्म दिवस को 'नित्यानंद त्रयोदशी' के नाम से जाना जाता है। श्री नित्यानंद प्रभु श्री चैतन्य महाप्रभु के नित्य संगी थे। इन्हें नितार्ई भी कहा जाता है। श्री नित्यानंद प्रभु भगवान कृष्ण के साथ उनके प्रिय भाई बलराम के रूप में, तथा भगवान श्री राम के साथ उनके छोटे भाई लक्ष्मण के रूप में अवतरित हुए हैं।

गोपाल्स गार्डन हाई स्कूल में 'नित्यानंद त्रयोदशी' समारोह का आयोजन बुधवार, १४ फरवरी २०२४ को किया गया था। कु. श्रुति और कु. विष्णुप्रिया इन छात्राओं ने समारोह का सूत्रसंचालन करते हुए कार्यक्रम की शुरुआत की। मुख्य अतिथि के रूप में पूज्य श्री राधा गोपीनाथ प्रभुजी, पूज्य श्री सत्यानंद प्रभुजी और सुनिती देवी जी, सिंघानिया विद्यालय की प्राचार्या श्रीमती लक्ष्मी मधुसुदन जी उपस्थित थे। आयोजित उत्सव प्रातः दस बजे कीर्तन एवं श्री नित्यानंद प्रभु के पंचद्रव्य अभिषेक से प्रारंभ हुआ। आमंत्रित अतिथि गण, विद्यालय के उच्च पदाधिकारी, प्राथमिक विभाग के विद्यार्थी और शिक्षक अभिषेक विधि में भक्तिभाव से सम्मिलित हुए। इस मध्य हरे कृष्ण महामंत्र का अनवरत कीर्तन विद्यार्थियों द्वारा चलता रहा।

छात्रों द्वारा 'नितार्ई एंथम' नृत्य का उत्साहपूर्वक प्रदर्शन किया गया। नाटिका 'चिड़ा-दही उत्सव' के माध्यम से श्री नित्यानंद प्रभु के असीमित कृपा का सार छात्रों द्वारा दर्शाया गया। इस शुभ अवसर पर पूज्य श्री राधा गोपीनाथ प्रभुजी ने विद्यार्थियों को अपने अमूल्य विचारों से संबोधित किया। कार्यक्रम को आगे बढ़ाते हुए नित्यानंद प्रभु के जीवनकाल पर आधारित 'नितार्ई प्रश्नोत्तरी प्रतियोगिता' का आयोजन किया गया था। विद्यालय के छात्रों ने इस प्रतियोगिता में उत्साहपूर्वक सहभाग लेते हुए प्रशंसनीय गुण प्राप्त किए। विभिन्न व्यंजनों का भोग अर्पण व विशेष आरती और कीर्तन का आयोजन किया गया।

कार्यक्रम के अंतिम चरण में सभी को महाप्रसाद वितरित किया गया। जिसमें प्रभु को अर्पित व्यंजनों का सभी ने आनंद लिया। श्री नित्यानंद त्रयोदशी महोत्सव को बड़े ही हर्षोल्लास के साथ मनाया गया।

MANALI RANE  
Primary Teacher



Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved – Helen Keller



## Nityananda Trayodashi (Pre-Primary Section)

The auspicious day of Sri Nityananda Prabhu's advent is known as Sri Nityananda Trayodashi. In our school, we celebrate this festival with immense love and enthusiasm. The process is initiated well in advance with respect to readiness of the assembly hall where the celebration takes place along with the decoration of the altar.

The festival commenced with bathing of Nimai Nitai deities called 'abhishek'. It was done with panchamrut and various sweet fresh fruit juices. All students and staff members got a chance to bathe the deities on this auspicious day. The Lordships Sri Sri Nimai Nitai were offered various bhogas brought by children and were dressed in fine garments decorated with ornaments and fragrant flowers.

Our most dear and respected chief guest H.G Radhagopinath prabhuji enlightened everyone with mesmerising pastimes of the Lordships. This was followed by many cultural programs like drama, singing of Vaishnava songs, quiz contest etc in which the children participated gleefully. Finally the children enjoyed sumptuous prasadam served by grade 9 students and assisted by teachers and support staff with love and devotion. All children went home with happy memories.

To conclude, by the mercy of Nityananda Prabhu, we get to know about Lord Chaitanya Mahaprabhu's life and pastimes. Thus Nityananda Trayodashi is of utmost importance to all those who aspire for Krishna prem.

MEGHANA SHAH  
Pre-Primary Teacher



## Pushya Abhishek Ceremony

‘If one offers me with love and devotion a leaf, a flower, fruit or water, I will accept it.’  
– BG 9.26

Pushya Abhishek is a ceremony to bathe the deities profusely with flowers as a mark of our love and devotion. On January 25, 2024, Shri Krishna Pushya Abhishek was celebrated in our school with great fervour. Our enthusiastic students, staff and parents showered nearly twenty-five kilograms of fresh marigold, rose and aster petals on Their Lordships Sri Jagannath, Baladev and Subhadra Devi during the abhishek ceremony. The accompanying kirtan and the enchanting atmosphere left everybody spell-bound as the festival commenced gracefully.

The fragrance of the flowers filled the auditorium and to add to the bliss, the students showered flowers on each other too while swaying to the tunes of the melodious kirtan. The eyes of the deities, full of compassion seemed to bless each one for their collective efforts and the services rendered.

Overall, the event was a divine experience.

DEEPSHIKHA  
Primary Teacher



## Gita Jayanti Shobha Yatra

Gita Jayanti marks the auspicious occasion of the advent of Srimad Bhagvad-Gita. It honors the pivotal moment when Lord Krishna conveyed the divine wisdom of the Bhagvad Gita to Arjuna on the battlefield of Kurukshetra during the Mahabharata.

It is celebrated on Mokshda Ekadashi every year. This year it was celebrated on Saturday, 23rd December 2023, with great zeal and enthusiasm in our school. All the students, teaching and non-teaching staff participated in this celebration actively.

In accordance with the 'Shobha Yatra' that was planned in the nearby area, firstly our holy book- the Bhagvad Gita was placed in the rath and then the arti was performed by our guide and mentor, HG Satyanand Prabhuji. Thereafter, the yatra (procession) began at 8.00 am from the school premises accompanied by the kirtan party of students singing the Hare Krishna mahamantra. The Shobha yatra went through the Raheja Park and then the BMC garden where the students recited Purushottam Yog, chapter 15 from the Bhagvad Gita collectively. All the people in the garden witnessed this event and some also joined in singing the mahamantra. The procession returned back to school amidst recitation of shlokas and kirtans by 9.00a.m. On reaching the school, students gathered in the assembly hall for an inspiring speech by HG Satyanand Prabhuji. The significance of chapter 15 of the Bhagvad Gita was highlighted in the speech.

In conclusion, this shobha yatra organized by our school served as a vibrant expression of our cultural heritage and instilled a sense of devotion among the participants.

GRISHMA GANDHI  
Secondary Teacher



## Bhagavad Gita Competition

Bhagavad Gita Shloka Competition was organized on 23rd January 2024 in the school with the aim of celebrating and promoting the rich cultural and spiritual heritage embedded in the teachings of this sacred scripture. Participants not only showcased their ability to recite the shlokas flawlessly but also demonstrated a deep comprehension of the philosophical concepts.

An esteemed panel of judges from the Radha Gopinath Temple, well-versed in the teaching of the scriptures, carefully evaluated each participant on the basis of pronunciation, clarity, and participants' understanding of the shlokas.

The competition was structured based on the class level of the students. Class 1 students recited seven shlokas from Gita Mahatmya, while class 2 students recited a set of 7 shlokas from Bhagavad Gita - chapter 9. Eidetic students of class 3 & 4 recited the shlokas from chapter 12 & 15 respectively as soon as the judges called out the number of the shloka. Competition grew tougher for class 5 students when they recited the before and after shlokas on listening to a single line narration from the judges. The students of Class 6 had to recite shlokas on the basis of the heading given to them, while class 7 students recited shlokas when a part of translation was explained to them. Class 8 students delved into deeper reflection on the key teachings of Bhagavad Gita through skit presentations while class 9 students weaved a meaningful chain of concepts using five shlokas from Bhagavad Gita.

To add an element of fun and teamwork, a Shloka Antakshari was organized at the end of the competition. Participants were grouped according to their houses. The Antakshari format allowed students to showcase their quick thinking and familiarity with a variety of shlokas. The competition served as a valuable initiative to promote and develop an interest in learning shlokas from the scriptures.

This endeavour served as a stimulus in kindling the interest of the young minds towards our rich scriptural heritage.

ANNAPURNA MUDGAL  
VAC Teacher



## **Kridathon 2023-24**

“Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose- it teaches you about life.” – Billie Jean King

Amidst a lot of fun and frolic, on 6th December’2023, Gopal’s Garden High School organised Kridathon - the Annual Sports Day at Goregaon Sports Club. Ms. Aparna Chauhan, ex-cricketer in the Indian National Team was the chief guest of the event.

The morning was filled with great zeal, excitement and frolicsome atmosphere. The event started with the invocation and diya lighting in front of the deities. March past parade was conducted by the four houses followed by the oath taking ceremony. The school song was melodiously sung by all – students, teachers and parents. The Chief Guest motivated everyone with her inspiring talks.

The highlights of the day included the captivating drill and yoga display, kung-fu, gymnastics and lezim presentation. Then the races commenced, eliciting applause from the spectators as the budding sports stars dashed towards the finish line with determination. All the winners were awarded certificates and medals based on their performances.

It was a day filled with sportsmanship, enthusiasm and memories to cherish. A pleasing smile and contentment on the faces of kids as well as parents spoke volumes about the success of the event.

**KANUPRIYA SHARMA**  
Secondary Teacher



## मराठी भाषा दिवस

दरवर्षीप्रमाणे यावर्षीही गोपालस गार्डन हायस्कूलमध्ये २७ फेब्रुवारी रोजी मराठी भाषा दिन साजरा करण्यात आला. मुलांचा उत्साहपूर्ण सहभाग आणि अमराठी मुलांची सादरीकरणे ही या कार्यक्रमाची ठळक वैशिष्ट्ये होती. इयत्ता पहिली ते आठवीच्या विद्यार्थ्यांनी यात सहभाग घेतला.

शाळेच्या मुख्याध्यापिका मा. राजस सरदेसाई भोसले व प्रमुख पाहुण्या म्हणून मा. वैशाली सरगुले मॅडम उपस्थित होत्या. दिपप्रज्वलनाने कार्यक्रमाची सुरुवात झाली. इयत्ता चौथीच्या विद्यार्थ्यांनी मराठी गाणे सादर केले. बालगीतांवर आधारित नृत्याच्या सादरीकरणावर तर विद्यार्थी गुणगुणू लागले. मराठी भाषेचे महत्त्व दर्शविणारी नाटिका इयत्ता आठवीच्या विद्यार्थ्यांनी सादर केली. इयत्ता दुसरी, तिसरी व चौथीच्या विद्यार्थ्यांनी काढलेल्या मराठी ग्रंथ दिंडीने रसिक मंत्रमुग्ध झाले. आलेल्या पाहुण्यांनी विद्यार्थ्यांचे कौतुक करून मराठी भाषेचे सौंदर्य व मराठी भाषेची व्यापकता सांगितली. इयत्ता चौथी व सहावीच्या विद्यार्थ्यांनी या कार्यक्रमाच्या निवेदनाची धुरा समर्थपणे पेलली. इयत्ता आठवीचा विद्यार्थी अधिकार तळगावकर याने सहभागीवृंदाचे, विद्यार्थ्यांचे, पाहुण्यांचे आभारप्रदर्शन केले. अशाप्रकारे कार्यक्रम उत्तमरीत्या पार पडला.

SHUBHANGI CHOPDE  
Marathi Teacher





### **Kudos to Karadi Learning**

Learning something new adds to our knowledge and hones our communication as well as creative skills. Karadi programme adopted by our school is an effective and interactive technology based module that enhances learning at different levels. The skills that the students of primary section (class 1 to 4) have acquired through the Karadi path of learning were displayed during the school assembly and the session continued for ten days.

Participants created stories from random pictures and had dialogues based on themes such as saving trees as a part of this activity. The session on tongue twister brought in a lot of excitement and fun for the participants as well as the students. Enacting stories through songs and sounds were also appreciated.

These remarkable performances during the assembly were a testimony to the enriching learning experiences of students showcasing their confidence.

DEEPSHIKHA  
Primary Teacher



## Field Trip to the Post Office

Indian post was once an indispensable part of the communication system. However, the development of technology and the advent of electronic media has overshadowed the importance of postal services. The new generation resorts to conveying messages via emails and other advanced communication media.

An educational field trip was organized for the students of Class 3 on 10th February 2024 to the Post Office located at Carter Road, Borivali East. The objective was to enable them to experience, explore and learn about this traditional system of postal service.

The children and teachers were welcomed warmly by the staff at the post-office. They were taken around to see how letters are collected, segregated, stamped, and then stored in pigeon holes for the postmen to collect. It was altogether a great learning experience especially when electronic media is the norm.

The students visited the counter selling stamps, envelopes and postcards. They were acquainted with the methods and modes of delivering national and international parcels as well as an understanding of how post office provides the service of making Aadhar card.

The trip was full of fun, excitement, and great learning experience for the children to understand how a post office functions especially when this means of communication is becoming obsolete today.

LATIKA REWALE

Primary Teacher



To show them special mercy, I, dwelling in their hearts, destroy with the shining lamp of knowledge the darkness born of ignorance - Bhagavad Gita 10.11

## Field Trip to Jijamata Udhyan

Our school embarked on an exciting field trip to Jijamata Udhyan, Byculla on 30th September, 2023 for classes 2, 3 and 4. The purpose of this trip was to provide our students with a hands-on learning experience about wild life, conservation and the diverse animal species that are inhabitants of our planet. The students appreciated the opportunity to see the animals they had only read about in books and to witness their behavior firsthand.

### **Activities and Highlights:-**

**Animal encounters:** - Our students were thrilled to see a wide variety of animals, including tigers, elephants, hippo, penguins, aquatic birds and more. They observed these creatures in their naturalistic habitats, which sparked their curiosity and led to many insightful questions. Our students noted various facts about the birds and animals.

**Conservation message:** - Throughout the zoo, there were displays and signage emphasizing the need for wildlife conservation. The importance of preserving biodiversity, protecting endangered species and promoting sustainable practices to ensure the long-term health of ecosystems was brought out during this field visit.

This field trip fostered a deeper appreciation for the diverse species inhabiting our planet.

LATIKA REWALE  
Primary Teacher



# LINKS

‘BHARAT धामेभूमि’ – A RECAP OF GARDEN MELLOWS FUNCTION

<https://drive.google.com/drive/folders/1zzkNn1eUFc9URqiRHhteY2yzbJ2ST5e3?usp=sharing>

LORD RAM PRANPRATISHTHA

<https://drive.google.com/drive/folders/1OVI69nTKfHQnfXwlJcEFV3G9XU9tp5bk?usp=sharing>

REPUBLIC DAY CELEBRATION

[https://drive.google.com/drive/folders/1zI1xPw1boe8hQ7EckocHHDltq8\\_JfM5D?usp=sharing](https://drive.google.com/drive/folders/1zI1xPw1boe8hQ7EckocHHDltq8_JfM5D?usp=sharing)

NITYANAND TRAYODASHI

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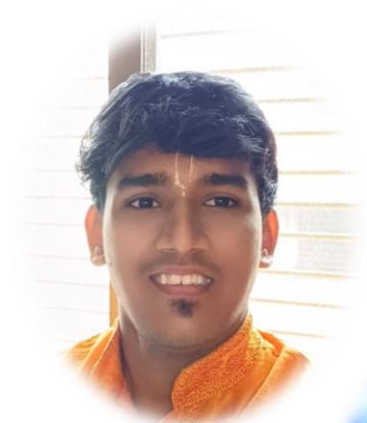
SWETA SHAH (Gujrati)



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## For Their Valuable Support.

# GARDEN BUZZ TEAM



**YASH DALVI**



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