

Echoes - 'Our Stories, Our Voices'



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“LIFE IS AN ECHO. WHAT YOU SEND OUT, COMES BACK. WHAT YOU SOW, YOU REAP. WHAT YOU GIVE, YOU GET. WHAT YOU SEE IN OTHERS, EXISTS IN YOU.

REMEMBER, LIFE IS AN ECHO. IT ALWAYS GETS BACK TO YOU”

These profound words remind us yet again that we humans do not flourish in isolation, rather our mutual interactions within our tribes, our communities and societies contribute to not just our survival but our quality of living. In our world today, communication becomes a double-edged sword. Positive and clear communications can lead to the formation and success of life long relations yet miscommunication, rumours and gossip can lead to the downfall of society.

Once spoken and expressed- words never disappear – they become a part of our legacy and may rear their head anytime to bite back at us. Yet fear should not hold us back from expressing ourselves. What we need to do is find the right balance. Our shastras speak about – “Manasa, Vacha, Kaya” - elevated thoughts lead to realized speech and then naturally constructive deeds.

We, as parents and teachers have been gifted with this precious responsibility of molding young minds and lives. We have to guide our young ones never to use our words, our voices as bitter weapons to hurl and hurt rather as instruments of change. Even ants are attracted to sweetness what to speak of humans? We can inspire others by our stories only if these echo in their own hearts – when these come from a space of genuineness and no duplicity.

This edition of Garden Buzz entitled – “Echoes: Our Stories Our Voices” encourages our contributors and readers to share and open their hearts to positive experiences which are vital influences in cultivating wholesome human beings who are, regrettably, in a state of gradual decline.

As this academic year comes to a close we express our sincere gratitude to all – our Garden Buzz team, students, parents and well-wishers whose support and cooperation make all endeavors at Gopal’s Garden fulfilling and enriching.

Happy Reading!
RAJAS SARDESAI BHOSALE
Principal



“In the material world, everyone is trying to be a master, but in the spiritual world, everyone is trying to be a servant of God.”- A.C. Bhaktivedanta Swami Prabhupada

THE VISION BEHIND THE COVER PAGE

(Every stroke of art tells a story, and the cover page of our magazine is no exception. This artwork designed by our student reflects the theme 'Our Stories, Our Voices', capturing the essence of expression and imagination. Here's a glimpse into the thought process of the young artist who brought the cover page to life.)

I have painted a picture of a girl. She thinks that she is very beautiful. According to the girl in the picture, every child is unique and has a lot of potential. Therefore we should not compare one child to another. The girl likes to be in her world and she is very happy. The girl has many stories to share with all of us – stories of far-away lands, of dense forests, of the mystical moon and many magical moments. In her world, everything is possible. Come one, come all Let's listen to her stories.....

VAMAKSHI ADITYA BHATT
Class: 5 Mahavan (Shravan)



Echoes & Essence - HIS Voice, HIS Stories



Emotions and feelings on display galore,
Across countless mediums that hearts adore.

Indeed it's trendy to check the likes,
On every post that reflects your psyche.

Our voices and our stories are truly interesting,
But on social media, sometimes they turn disgusting.

What do we gain with such a move?
Does it prove that we've truly improved?

Listen to your inner voice that will care,
Then you'll have plenty of stories to share.

Better to follow the Supreme's voice,
And heed His stories with reverent choice.

For HIS VOICE AND HIS STORIES,
Is the best way to attain eternal glories!!

मच्चित्ता मद्गतप्राणा बोधयन्तः परस्परम् ।

कथयन्तश्च मां नित्यं तुष्यन्ति च रमन्ति च ॥ ९ ॥

mac-cittā mad-gata-prāṇā
bodhayantaḥ parasparam
kathayantaś ca mām nityam
tuṣyanti ca ramanti ca

Translation

The thoughts of My pure devotees dwell in Me, their lives are fully devoted to My service, and they derive great satisfaction and bliss from always enlightening one another and conversing about Me.

(BG.10.9)

POOJA SUNIL (PRIYAVRINDA DEVI DASI)
SCD Coordinator
(Spiritual and Cultural Dept.)



SLEEP DISORDERS IN A SCHOOL ENVIRONMENT

In today's fast-paced world, sleep disorders in children have become a significant concern, particularly in school environment. As children navigate the demands of academics, extracurricular activities, and social pressures, many experience difficulties with sleep, leading to negative effects on their health, behavior, and overall well-being. In such situations, educators, parents, and caregivers can act as positive influences—“rainbows” in a child's life - by providing the necessary support, empathy, and understanding. Addressing sleep disorders while offering encouragement requires the application of several key principles to foster a nurturing environment that prioritizes a child's health and success.

1. Recognizing the Importance of Sleep

The first step in addressing sleep disorders in children is recognizing the importance of quality sleep. Sleep plays a crucial role in a child's cognitive development, emotional regulation, and physical health. When children experience insufficient or poor-quality sleep, their ability to focus, learn, and regulate emotions can be significantly impaired.

Teachers and school staff should be aware of how sleep deprivation can manifest as irritability, lack of concentration, or poor academic performance. Acknowledging the profound impact that sleep has on a child's overall development allows educators to better support their students.

2. Fostering a Supportive Environment

Creating a supportive and empathetic school environment is vital in helping children with sleep disorders. Children who struggle with sleep may feel misunderstood or isolated, and they may not fully grasp how their sleep issues are affecting their lives.

A school environment that prioritizes emotional well-being and offers support can help children feel heard and cared for. Educators can serve as a positive influence by offering



encouragement and ensuring that students understand that it's okay to seek help. Building trust and open communication between students and teachers is essential in making children feel comfortable discussing their struggles without fear of judgment.

3. Identifying Sleep Disorders Early

Early intervention is crucial when dealing with sleep disorders in children. Teachers are often the first to notice behavioural signs of sleep deprivation, such as frequent yawning, irritability, or difficulty concentrating in class. Identifying these signs early on and discussing them with parents or guardians can lead to timely diagnosis and treatment. Educators can be instrumental in helping parents recognize the potential underlying causes of sleep issues and guide them toward seeking professional help if necessary.

4. Promoting Healthy Sleep Habits

Schools are in a unique position to educate children about the importance of healthy sleep habits. Teachers can incorporate discussions on sleep hygiene into health or science lessons, teaching children about the importance of maintaining a regular sleep schedule, creating a relaxing bedtime routine, and limiting screen time before bed.

Encouraging children to wind down before bedtime, avoid stimulants like caffeine, and create a quiet, dark sleep environment can significantly improve sleep quality. By teaching children these habits early on, educators help set them on a path toward better overall health and well-being.

5. Providing Flexibility and Understanding

While academic excellence is important, it's essential for educators to be flexible and understanding when a student is dealing with sleep-related challenges. Recognizing that a child may not be performing at their best due to lack of sleep can help teachers make necessary adjustments, such as offering extra time for assignments or being understanding when a child seems distracted or moody.

Being compassionate towards a child's struggles shows that their health and well-being are more important than their academic performance alone. This approach helps children feel supported and reduces the additional stress they may already be experiencing.

6. Building Strong Relationships with Families

A collaborative effort between schools and families is vital when managing sleep disorders in children. Teachers can work with parents to create consistent sleep routines and provide strategies for improving sleep hygiene at home. Regular communication between school and home ensures that both parties are on the same page regarding a child's needs and progress. Sharing resources or offering referrals to healthcare professionals can further assist parents in addressing sleep issues.

7. Encouraging Balance and Self-Care

In today's world, children often face pressure to perform academically and excel in extracurricular activities, leaving little time for rest. Educators should encourage a balanced lifestyle that includes time for rest, relaxation, and play. Teaching children to manage stress and take care of their mental health is essential for their overall well-being.

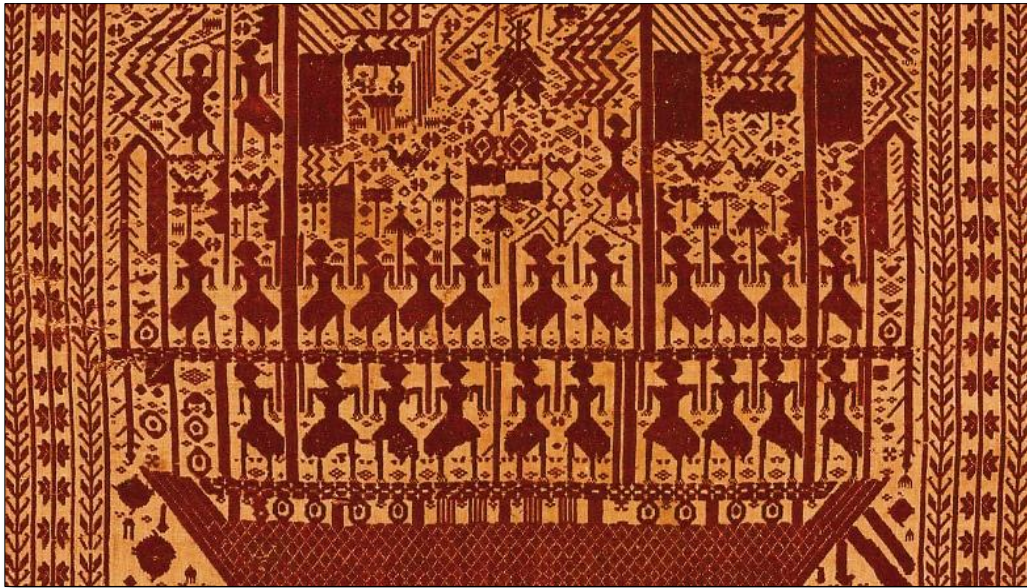


Sleep disorders in school environment require a comprehensive, empathetic approach that involves educators, parents, and caregivers working together to support children's health and well-being. By recognizing the importance of sleep, fostering a supportive environment, and identifying issues early, schools can play a pivotal role in helping children overcome sleep challenges. Promoting healthy sleep habits, providing flexibility, and building strong relationships with families further enhance this support system. Above all, encouraging balance and self-care ensures that children can thrive academically, emotionally and physically, setting them up for success both in and out of the classroom. Through these efforts, we can create an environment that values the well-being of every child, helping them grow into healthy, resilient individuals.

BHUMIKA SHAH
Wellness Department



STORIES: THE THREADS THAT WEAVE OUR LIVES



Stories have always been an inseparable part of human existence. As children, we were enchanted by the tales narrated by parents, grandparents, uncles, and aunts—stories of wonder, wisdom, and adventure. As we grew, we delved into books filled with fables, fairy tales, and folklore, each carrying a lesson, a moral, or a hidden truth. Stories were passed down through ballads and pantomime, echoing through generations, shaping cultures, and preserving traditions.

Once upon a time, we lost ourselves in the magic of myths and legends. Then, as our perspectives widened, we sought meaning in parables, epics, and sagas—tales that carried the weight of history and the depth of human experience.

Poems became a canvas for emotions, reflecting the untold stories of the writer's soul. Even in silence, stories lingered between the lines of unspoken words. But stories are not just confined to books, plays, or folklore. Every meeting, every encounter, every event becomes a memory—a story waiting to be told.

Our lives themselves are unfolding narratives, each moment a chapter, each decision a plot twist. We are both the storytellers and the protagonists of our journeys, shaping our own epics through our choices, struggles and triumphs.

Stories have the power to connect, heal and inspire. They transport us beyond time and space, allowing us to walk in another's shoes, to feel, to understand and to dream.

They shape our identities, influence our beliefs and guide us through life's complexities. Whether written, spoken, or simply lived, stories define who we are. So, what story are you telling today? Do remember to make your story meaningful and worthy to be told.



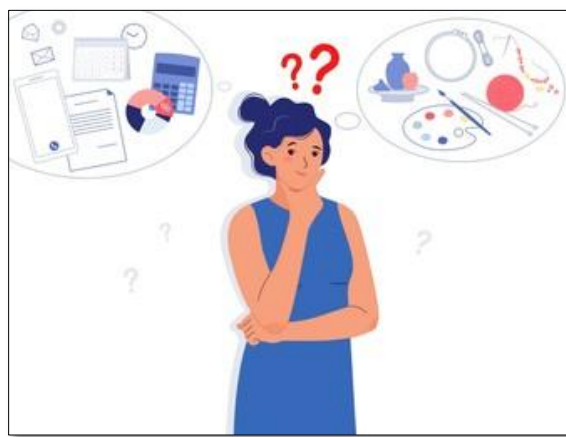
NEETA NAYAK
Secondary Section



THE AGE OLD DILEMMA - PASSION OR PROFESSION

We learn through observation. Observing others and the experiences they go through have taught me a great deal. The choice between passion and profession has been a tough one and often put people in dilemma. This decision is one of the most important decisions of one's life which has the potential to pave your path towards your desire. There has always been a conflict between choosing the wilderness of passion and the stability of profession.

On the basis of reality, we have seen both disasters, as well as pieces of artwork when people choose to follow either of the two. It is generally perceived that people who follow their passion are content and happy with their work, but are unable to meet the expectations of reality and often struggle in meeting their ends in day-to-day life. While people who go after a stable profession are often perceived to be happy with their steady and harmonized growth, they may have no job satisfaction as their hearts hanker towards their passion.



Practicing a profession with a well-maintained and balanced schedule while also having other interests and developing a passion in a particular field will surely help grow a person into a wonderful individual. This not only gives stability, but also gives a chance to evolve as a human being.

Students at various stages of their life wish for different things. In career aspects only a few have actual clarity. It is therefore necessary for them to understand the possible implications of their current thoughts and actions.



Understanding of the environment, implicating and evaluating future changes and anticipating risks involved are some important factors as one chooses to make progress

in their professional lives. At the end of the day, all that matters is ‘stability, growth and happiness’. These three things can be only achieved when there is a balanced bridge between passion and profession.

RASIKA RANGANATHAN

Alumni 2020-21

Sister of Jaydev Ranganathan

Class- 2 Bahulavan (Kirtan)



DREAMS AND DEDICATION- MY PATHWAY TO TEACHING

I come from a family where education was not just a profession but a way of life. My father encouraged my mother to continue her studies after marriage, and she successfully completed her B.A., M.A., and B.Ed. However, she pursued her career much later in life and eventually became the principal of a Gujarati medium school. Her dedication and perseverance inspired me deeply. Growing up, I often accompanied her to school events, where my love for teaching blossomed.

During my college years, I volunteered at an Anganwadi which gave me an opportunity to interact with mothers and children. This experience made me realize that teaching was my true calling. After graduation, I asked my parents for an opportunity to teach at my mother's school, but they refused, encouraging me to find my own path.

I soon secured a teaching position at Baroda High School—the very place where I had studied as a preschooler. It was overwhelming yet fulfilling to work alongside my former teachers, who were now my colleagues. Every day became a learning experience, helping me grow both as a teacher and an individual.

One of the most memorable moments of my journey was receiving the Best Preschool Teacher Award in front of my parents. This was a deeply personal and an emotional moment for me—a reflection of my dedication and their unwavering support. From that moment, I gained the confidence that I could do even better, pushing myself to grow further and make a greater impact as a teacher.

Looking back, I am grateful for the challenges, the learning, and the joy of teaching. This is my story, my voice—a journey of passion, perseverance, and the fulfilment of a dream.



SWETA SHAH
Pre-Primary Coordinator

LEARNING FROM NATURE

It was the first light of dawn when I woke up to an unusual sound—sharp, unsettling, and unlike any I had ever heard before. The cawing of crows echoed through the air, an alarm that seemed to shake the very stillness of Borivali National Park. Normally, mornings in our home were filled with the peaceful songs of birds and the soft rustling of leaves. But today, something was wrong.



My heart raced as I leapt from bed, the urgency in the crows' calls gnawing at me. I ran to my father's room and urgently told him about the disturbance. Without hesitation, we stepped out onto the gallery and followed the direction of the noise. What we saw sent a chill down my spine. In the distance, a massive python—long enough to match the length of a car—was slithering through the grass. It moved swiftly, heading directly towards the tunnel where a mother dog had hidden her puppies for safety.

A deep worry gripped my chest. I had grown so fond of those puppies—my friends and I had taken care of them, fed them, and protected them. I couldn't bear the thought of them being harmed. I wanted to rush downstairs to help, but my father gently stopped me. "Don't worry," he said, "nothing will happen." But how could I not worry? The snake was moving so quickly, and the situation felt dire.

The cawing of the crows continued, growing louder and more frantic. And then, just as suddenly as it had begun, it stopped. An eerie silence followed, a stillness that felt suffocating. It was as if the forest itself was holding its breath, waiting for the outcome of this quiet battle. I couldn't shake the image of the python, and my heart ached with fear for the puppies who were now in the snake's clutches.

But just when it seemed that all was lost, something unexpected happened. Later that morning, my father allowed me to go outside and check on the puppies. My heart pounded as I ran to the tunnel, desperately hoping for good news. When I arrived, I found no sign of them. Panic began to rise, but just as quickly, the security guard noticed my distress and approached with a reassuring smile. "Don't worry, Shambhavi," he said, "they're all safe."

I could hardly believe it. The guard explained that the puppies, along with their mother, had been moved to a secure spot near the security cabin, away from the python's path. The snake had gone hungry that day.

With immense relief flooding over me, I hurried back upstairs to tell my father the good news. That's when he explained something that changed my perspective forever—the animals of the forest, like the crows and the monkeys, have their own way of communicating.

They don't rely on human words, but on instinct, sound, and an ancient connection to the world around them. The crows had sounded the alarm, alerting the mother dog to the danger. She had swiftly moved her puppies to safety, sparing them from harm.

In that moment, I understood something deeper than I ever had before. Nature, in all its wisdom, has its own protective system, designed to look after those who belong to it. The crows, with their powerful warning calls, had saved the day.

I realized that we, as humans, are not as separate from nature as we might sometimes think. The animals, in their quiet, instinctual ways, have knowledge and understanding that often goes beyond our grasp. Nature is not a chaotic force; it is a web of communication and wisdom, one that works in harmony to protect and preserve life.

As I reflected on the events of that morning, I felt an overwhelming sense of gratitude—for the crows, for the forest, and for the animals who had shown me what true guardianship looks like. Sometimes, the answer to our worries is not found in words, but in the silent language of nature, waiting to be heard.



SHAMBHAVI AKSHAY GANBOTE

Class: 4 Belavan (Kirtan)



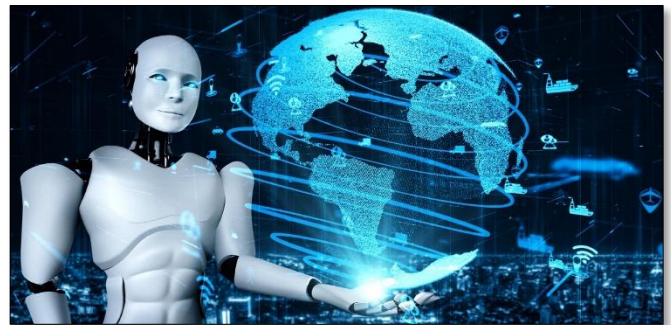
THE FUTURE BECKONS

Sometimes, I wonder what the future will be like and start thinking about it. As my train of thought begins, I realize that the future is the result of our actions today. The future is unpredictable, and one can only guess what lies ahead.



The future will bring substantial changes, with new innovations and traditions emerging all around us. The internet, which already holds immense influence today, could even take over the entire world. Similarly, AI and robots, which are already beginning to take over simple tasks, may replace humans in various roles. Machines are being created to ease human labor, and today, robots and AI are helping with everyday tasks like switching off fans or mopping floors. In the years ahead, AI and robots will likely evolve to take on monumental roles, such as preparing meals and assisting doctors in complex surgeries. We could even see the formation of independent robotic forces.

At the same time, the world will face environmental challenges, with climate change accelerating and potentially causing major shifts in geography and weather patterns. Amidst these changes, there's hope for greater societal unity. As we eliminate inequality, we could also see the end of discrimination and violence, paving the way for a more peaceful world.



There are also many initiatives that will help make the world better, such as the 17 Sustainable Development Goals. These goals aim to end world hunger, provide good health, foster economic growth, and more. If we achieve these goals, we will have conquered the concept of improvement.

"The future remains a mystery, but we have the ability to steer it in a positive direction. This uncertainty makes life more intriguing, as each day brings something new to anticipate. I foresee a future filled with progress, success, and continual growth. While obstacles will arise, they are an inherent part of the process of improvement. As innovation continues, we'll need to adapt to the constant changes that will come. Let's remain optimistic and strive to create a future that is not only bright but also sustainable for everyone."

YUMI SIDHPURA

Class: 7 Kamyavan



THE LITTLE RED BALLOON

Once upon a time, there was a little boy named Ravi who loved balloons. One day, his grandmother gave him a shiny red balloon. Ravi was very happy. He was joyfully playing with the balloon but then it slipped out of his hand and floated away before his eyes.

Ravi was very sad. Tears rolled down his eyes. Ravi's friends, Sita, Jai, and Kavi, saw him and asked what happened. "My red balloon flew away!" said Ravi.

"Let's catch it together!" said Sita. They ran after the balloon, through fields and over hills, until it landed in a tree.

"We found it!" shouted Jai. They carefully climbed the tree and brought the red balloon back to Ravi.

"Thank you, friends!" said Ravi. That is what friendship is all about. Being together, sharing joy and sorrows and coming up with solutions.



RISHI R GUPTA

Class: 2 Bahulavan (Kirtan)



THE MISSING PIECE- WHY SELF-CARE IS CRUCIAL?

Lately, the number of people choosing a healthy lifestyle seems to be increasing. I have been a witness to many friends, relatives and colleagues who are taking small steps towards self-care.

For e.g. I have seen them swapping aerated sugary drinks for water infused with fruits, taking the stairs instead of elevator and exploring healthy recipes. Many have made exercise a routine while others are focusing on meditation and nature trips. It is inspiring to see these positive changes and this motivates me too.

In today's fast paced lifestyle with constant demands and distractions, it is good to see an increasing number of people being 'mindful' of their eating habits and sleeping patterns. Self-care and mindfulness is essential for our physical, mental and emotional well-being. Being mindful helps us to focus on the present moment enabling us to manage ourselves with greater clarity.

Investing in self-care and mindfulness is an investment in a happier, healthier future. Let us all keep in mind that nurturing and spending time on ourselves isn't being selfish.



(Image Courtesy - Scottsdale Recovery Center)

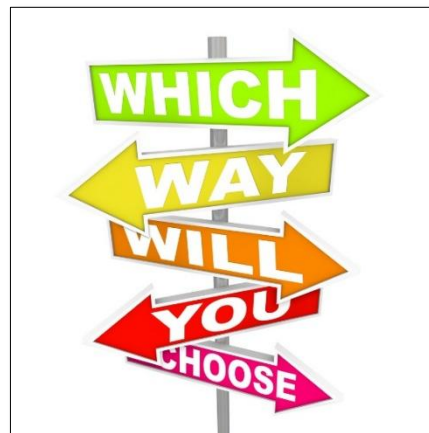


SHRUTI BHANDARY

Class 7 Kamyavan

THE WHOLENESS TOOL

Our lives are based on the choices we make and that resonates throughout our existence. The instrument of these choices are our voices. These voices whether external or internal, shape our perspective, influence our decisions and ultimately contribute to the echoes we create. Navigating the musical interplay between our choices and our voices is a lifelong journey. The choices we make, whether consciously or unconsciously, shape the trajectory of our lives. From very mundane to profound choices & how we choose to live - each choice sets in motion a chain reaction. Our choices are not made in isolation. They are intertwined with the voices that surround us and the whispers of our consciousness and emotions arise from this creation.



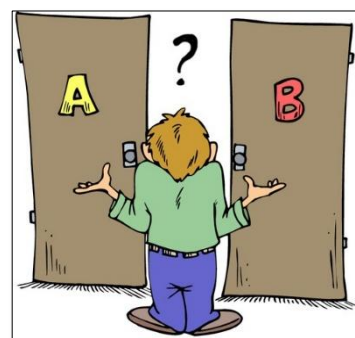
Today with a small activity let us try to give a new perspective to our inner voice. We often label ourselves with adjectives based on our expressed traits. List down at least five of such traits to describe yourselves. Now just next to the above list write the opposite of those qualities that you have written"

"I am...."

- shy
- honest
- lazy
- fearful

"I am not"

- confident
- dishonest
- hard worker
- fearless



As you mindfully write the second list, you'll be reminded of incidents when you expressed the opposite of what you'd say you simply were. But that was the best way you chose to act at that moment. Remember nothing is very right or nothing is very wrong. Accept yourself as the complete you with no judgement and this acceptance would help manage your emotions consciously. Only when you accept yourself completely, you will be able to choose to be kind, lovable and compassionate over other emotions. Our emotions are a catalyst of how we respond to the given situations. Therefore accepting ourselves in our wholeness is very important. So next time whenever our inner voice tries to label ourselves, just re-think about the complete you and reflect. And then we will not limit ourselves with the beliefs we have created based on the past experiences.

Dr. NIKITA SHAH
Mother of Krishna Hemant Shah
Class: 1 Bhandiravan (Shravan)



"The best way to be happy? Try making someone else happy." - Gauranga Das

TELL YOUR TALES

In quiet nights, echoes rise,
Telling tales beneath the skies.
Dreams we chase, fears we hide,
Voices strong, standing with pride.

Every whisper, every sound,
Carries meaning, deep and profound.
Laughs, tears, moments bright,
Echoes of us, in day and night.

So share your tale, let it flow,
Your voice matters, let it show.
For in our echoes, the world will find,
Stories of heart, soul, and mind.



ADITYA UPADHYAY
Class: 4 Belavan (Shravan)



FRAGMENTS OF STRENGTH

Scared to show a heart in shatter,
Yet every piece- oh, they still matter.
I won't rebuild, won't realign,
Cause it is a piece of art that shines.

This heart's not a puzzle - needing a cure,
It's a masterpiece - raw, imperfect and pure.
Each scar, a colour, each wound a stroke,
Painting resilience words never spoke.

You call them flaws, I call them fire.
A fierce beauty, a hidden desire.
The parts you hide - afraid to show,
That's where the rarest wildflowers grow.

Cherish these pieces one by one,
Dancing like the stars and the sun
Know that, they're not debris -
They're fragments;
Strength waiting patiently.



SUPRIYA SINGH
Class: 9 Bhadravan



PAINTING MY PATH TO CONFIDENCE

(The parent has written this article from the child's perspective)

There was a day not long ago when I uncovered a truth that changed everything: I stumbled upon the fact that I was an artist. It all began with a painting competition at school. My friends Diyasa, Angad, Swara, and Kimaya were buzzing with excitement, eagerly sharing their ideas for the competition:

- Diyasa said, "I'm going to paint a beautiful hut."
- Angad replied, "I'll paint a lion that roars."
- Swara added, "I'm going to paint a dancing girl."
- Kimaya said, "I'll paint a beautiful flower in the garden."

As I listened to them, I felt a pang of insecurity. What could I paint? I wasn't sure I had the skills. Slowly, the doubt crept in, and I felt tears forming. I quietly stepped aside, not wanting my friends to see my fear.

Swara, always the caring friend, noticed my insecurity and asked, "Niyati, what's wrong? Why are you crying?" With a heavy heart, I admitted, "I don't know how to paint. Maybe I shouldn't even try. I don't think I belong in this competition."

Just then, Shweta Didi and Kejal Didi, the judges for the competition, overheard our conversation. They paused and walked over to me with warm smiles. Shweta Didi gently said, "Niyati, remember, it's not about winning. What matters is the courage to participate and the joy of expressing yourself."

Her words struck a chord deep within me. In that moment, I realized that the true essence of the competition wasn't about the prize, but about discovering my own voice. With newfound courage, I decided to paint a butterfly - small, delicate, but full of life.

When I finished, I was delighted to see how it had turned out. It wasn't about the prize or the recognition; it was about the joy of creation, the joy of participating, and discovering a part of myself I didn't know existed.

Though Diyasa won the first prize and proudly received her medal, the real victory for me was internal. The real win was the courage to try, the joy of creating something with my own hands, and the realization that I was indeed an artist in my own right. That day, I learned an invaluable lesson: It's not about the prize; it's about the passion, the process, and the willingness to show up and try your best. From then on, I've never been afraid to embrace new challenges, knowing that every attempt is a step toward growth and self-discovery.

NIYATI MISTRY

Class: Sr Kg - Parijat



CROCHET: WEAVING CREATIVITY AND RELAXATION



Knitting has always been more than just a hobby. For me, it is a creative outlet, enabling me to express my imagination and turning it into something unique and personal. The yarn weaving warmth, care and joy into clothes, bags, toys, décor is a magic coming to life. I enjoy every minute of knitting and it is something I look forward to in my spare time.



MANALI RANE
Primary Teacher



“When we learn to hear the voice of our soul, we realize that we are part of the divine whole.”
- H.H Radhanath Swami

NOSTALGIA: CHALK, BOARD & ENDLESS MEMORIES



(School is not just a place of learning; it's a home of memories, friendships, and values that stay with us forever. In this heartfelt piece, one of our ex-students, Surabhi takes us on a journey back to the school days, sharing how the lessons learned and values instilled continue to shape their path in life.)

A guest at the *Siddharth Nagar housing society, could be well forgiven for wondering if a minor earthquake was in progress but most old-timer residents have resigned themselves. For once every few weeks dozens of footsteps descend to the common room shaking the very bones of the old building.

For it is *Golden Time, and we've all been looking forward with anticipation that is now reaching a fevered pitch. We all pile into the room faces alight as our teacher announces the movie we are to watch.

All of us enthralled by 'Finding Nemo': our clown-fish hero and his father's adventures across the sea. Marlin (the father) learns to face his fears, while Nemo discovers that he is so much more capable than he thought - once he learns to stop defining himself by his limitations.

His Holiness Radhanath Maharaj is visiting! It is a day to offer gratitude to this revered personality who is the reason this school exists and means so much to us. The whole school glistens spotlessly, a vibrant panorama of rangoli and streamers.

As Maharaj steps out of the car he is welcomed by a fragrant flower shower, the red and orange petals in sharp contrast with his soft saffron chadar. He looks up as we launch into our most heartfelt rendition of a song composed freshly for the occasion.

The grade 10 classroom gets pens gifted from Maharaj and all playfully compete to serve the most neer dosas to him. Handcrafted cards galore as we wait for a little smile, offer obeisance and scurry away...

The countdown to 108 day has begun. Like Golden time but we all get to stay overnight at school! We leave home with pajamas packed alongside our books and pencils. On this day I get to live out all the boarding school stories that I've only ever read about.

Playing cricket in the little ground at the back, having midnight feasts around bonfires, late night candle lit kirtans, the odd complaint from the neighbours about lights blazing all the night, yapping with the besties till wee hours of the dawn, finally attending mangala arti and heading back home to crash for the rest of the day...

Endless memories continue to flood me. The unique morning assemblies; the gentle glow of arati lamp dancing upon the golden-yellow forms of Sri Sri Nimai Nitai. Scarfing down my lunch so that I could run up to the library and gulp down as many pages as I could before the bell rang.

Thought provoking wisdom classes and adventurous hikes with senior brahmacharis. And our teachers, oh our dear wonderful teachers! They taught us to think critically but also temper rationality with compassion, to be resilient - how to really dig in deep when you think all is lost.

I gained much love and respect for subjects I detested and learnt hope in the face of fear. They scolded us, encouraged us, and loved us as pigtails tuned to ponytails and shorts turned to trousers. I'm very conscious of the fact that I have been blessed with the greatest teachers one could ever have.

As we make our way across many seas, we face our share of challenges—whether navigating difficult coursework, facing personal setbacks, or simply finding our place in the world. I look back at my time at Gopal's Garden High School and see that culture and consciousness it instilled in me helps me make sense of a world that careens forward at a blinding speed.

The strong spiritual roots I received here showed me that this inner journey has a deep sense of joy and adventure and does not have to be boring or oppressive. The lessons I learned in giving back at this school helps me find my anchor to remain kinder when I'm feeling fraught.

Like Nemo and his father come to realize, who you're with makes the journey all the more worthwhile; I created some of the best bonding moments and precious lifelong friendships in this school. So here's to the journey ahead, to the lessons learnt, to the teachers who shaped us and to the friendships that warm our hearts. In the words of the wise Dory, "Just keep swimming!"



(*The Siddharth Nagar complex is where Gopal's Garden school first began, each room in the apartment was a classroom and some of our most treasured memories began there.
 *Golden time-the classes ended earlier and all the students would assemble in the common room to watch a movie together at the end of the school day. A high point in our lives!)



SURABHI RATHOD
 Alumni 2006-07



एकलव्य

जो एकलव्य होते हैं, वो द्रोण का इंतजार नहीं करते,
 साध लेते हैं धनुष, खुद की वो दुत्कार नहीं करते।
 जो एकलव्य होते हैं, वो द्रोण का इंतजार नहीं करते।
 झोंक देते हैं भुजाओं को, सुर्ख भट्टी में,
 दुनिया से आंसुओं की, गुहार नहीं करते।
 जो एकलव्य होते हैं, वो द्रोण का इंतजार नहीं करते।
 बिखर जाते हैं ढलनें, और बन ने जो भी है ठाना,
 किसी से सांचों की वो मनुहार नहीं करते।
 जो एकलव्य होते हैं, वो द्रोण का इंतजार नहीं करते।
 भरे सैलाब से हैं, पर रखें तासीर पानी सी,
 दुनिया से दुश्मनी की, ललकार नहीं करते।
 जो एकलव्य होते हैं, वो द्रोण का इंतजार नहीं करते।
 निखर कर फिर वो आते हैं, चमकने जैसे ध्रुव तारा,
 जो कोई मांगे अंगूठा भी, तो इनकार नहीं करते।
 जो एकलव्य होते हैं, वो द्रोण का इंतजार नहीं करते।



SOURABH PATHAK
 Father of Kabir Pathak
 Class: 4 Belavan (Kirtan)



आस्था और अध्यात्म का महासंगम 'महाकुंभ'

सोचिए तीस लाख लोग भगवान सूर्य को जल देने के लिए एक साथ गंगा नदी में उतर जाएँ तो, पाँच करोड़ लोग एक साथ प्रचंड जय घोष के साथ हर-हर महादेव का जयकारा लगाएँ तो और तीस करोड़ लोग एक टेंट सिटी में पैतालिस दिनों के लिए एक साथ ठहर जाएँ तो ? तो आप इसे अजूबा ही कहेंगे न या फिर चमत्कार और इस चमत्कार का नाम है- 'महाकुंभ'। बारह वर्षों की लंबी प्रतीक्षा के बाद महाकुंभ आता है क्योंकि महाकुंभ कोई 'Man made festival' नहीं है। ये ब्रह्मांड के अनगिनत ग्रहों नक्षत्रों का दुर्लभ संयोग है। Its rare alignment of the Universe. महाकुंभ कब होगा? कहाँ होगा? ये हम नहीं हमारा सोलर सिस्टम तय करता है।

सूर्य और बृहस्पति तय करते हैं। जब सूर्य, मकर राशि में और बृहस्पति, वृषभ राशि में प्रवेश करते हैं तब प्रयागराज में गंगा, यमुना, सरस्वती के त्रिवेणी संगम पर महाकुंभ आयोजित होता है। ये एक 'metaphysical cosmic event' है और इससे हमारी धरती का एक specific area directly cosmic energy से जुड़ जाता है। अर्थात् direct connection with God . ईश्वर तो कण-कण में व्याप्त है इसको तो हम सभी जानते हैं।

महाकुंभ के बारे में महापंडित गोस्वामी तुलसीदास श्री रामचरितमानस में लिखते हैं-

माघ मकरगत रवि जब होई।

तीरथपतिहि आव सब कोई ॥

देव दनुज किंनर नर श्रेणी ।

सादर मज्जहिं सकल त्रिवेनीं ।।।

प्रयाग में होने वाले महाकुंभ का विज्ञान सरल शब्दों में समझते हैं - 45 दिनों तक दैवीय शक्तियों की सारी सेटलाइट्स उनके सारे सिगनल्स संगम तट पर focused रहेंगे। हमारे यहाँ कहा जाता है कि - अश्वमेध सहस्राणि वाजपेय शतानि च ।

लक्ष प्रदक्षिणा भूमेः कुंभस्नानेन तत्फलम् ॥

अर्थात् , एक हजार अश्वमेध कर लीजिए या सौ वाजपेय यज्ञ कर लीजिए या फिर एक लाख बार इस पृथ्वी की परिक्रमा कर लीजिए उसके बाद जो फल प्राप्त होता है वही फल इस मनुष्य शरीर को कुंभ स्नान से मिलता है।

श्रद्धा के इस विराट महोत्सव का शुभारंभ कैसे होता है - तेरह अखाड़ों के 15 लाख से ज्यादा साधु-संत संगम की पवित्र धरती पर पाँव रखते हैं तब 'महाकुंभ' का शंखनाद होता है। इस महाआयोजन में हर बार पचास हजार से ज्यादा नागा और अघोरी साधु शामिल होते हैं। ये वैरागी बारह साल में सिर्फ और सिर्फ एक बार महाकुंभ के लिए हिमालय की गुफाओं, कंदराओं और घने जंगलों से बाहर निकलते हैं, पर्वतों की चोटियों से नीचे उतरते हैं और अपनी महासमाधि को तोड़कर आँखे खोलते हैं। इन महात्माओं के दर्शन का पुण्य यदि महाकुंभ में नहीं कमाया तो शायद कभी ना कमा पाए क्योंकि ये महायोगी एक बार अपने स्थान पर वापस लौट गए तो लौट गए ।

इनको हमारे बीच लाने की शक्ति सूर्य और बृहस्पति के सिवाय किसी और में नहीं है । ब्रह्ममुहूर्त में लाखों साधु संतो का राजसी स्नान, ढोल नगाड़ों के साथ प्रयागराज में उनका राजसी प्रवेश कोई सामान्य

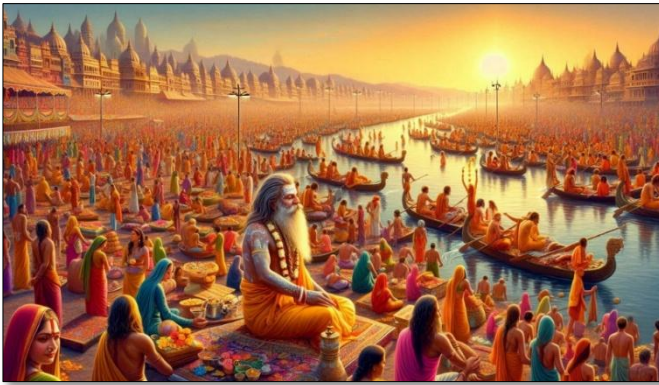
घटना नहीं है ये एक अद्भुत, अलौकिक एक अविस्मरणीय अनुभव है। इसलिए आप खुद आकर देखिए। किसी, किताब, किसी भाषा, किसी शब्द और किसी साहित्य में वो ताकत नहीं है कि महाकुंभ का अनुभव बता सके। कोई सोशल मिडिया, अखबार और टी.वी. महाकुंभ की वास्तविक ऊर्जा आप तक नहीं पहुंचा सकता। क्या दीवार पर दिए की फोटो लटका देने से घर में उजाला हो सकता है ? नहीं। क्या कागज के फूल मंदिर को सुगंध से भर सकते हैं? नहीं।

तो फिर कुछ मिनटों का कोई वीडियो महाकुंभ का वास्तविक अनुभव कैसे दे सकता है। भाग्यशाली है हम कि 12 वर्षों बाद ब्रह्मांड ने हमारे लिए संभावनाओं के द्वार खोले हैं। इस द्वार में प्रवेश करने का सौभाग्य हम छोड़ दें इतने नासमझ तो हम नहीं हैं। इस बार महाकुंभ प्रयागराज में आयोजित हुआ था। शुभारंभ 13-01-25 को और समापन 26-02-25 | प्रयागराज आपकी श्रद्धा के लिए भी शुभ है और यहाँ आपकी आँखों के लिए भी बहुत कुछ है।

त्रिवेणी- संगम, रामघाट, गंगा आरती, मनकामेश्वर मंदिर, सरस्वती घाट, इलाहाबाद म्यूजियम, इलाहाबाद किला, आनंद भवन, चंद्रशेखर आजाद पार्क और हजारों लाखों की संख्या में दिवारों पर उकेरी गई कलाकृतियाँ। इसलिए कहते हैं कि महाकुंभ नहीं देखा, तो भारत नहीं देखा।

यहाँ राग है न द्वेष है ये अवसर बेहद विशेष है।

12 वर्ष बाद तीर्थराज प्रयागराज की पावन धरती पर उतरा है महाकुंभ ।



SHAILJA SHUKLA
Secondary Teacher



मम कथा मम स्वरः

प्रत्येकस्य मनुष्यस्य जीवनं स्वकथारूपेण एव अस्ति – कदाचित् संघर्षस्य, कदाचित् विजयस्य, कदाचित् प्रेमस्य, कदाचित् पराजयस्य च। परं प्रायः एताः कथाः अनुक्ताः एव भवन्ति, यतः समाजे श्रोतारः न सन्ति वा वक्तारः साहसं न कुर्वन्ति। "मम कथा मम स्वरः" अस्य संकल्पनायाः उद्देश्यम् अस्ति यत् ताः अनुक्तकथाः जगतः पुरतः आनयितुम्, येन प्रत्येकस्य स्वस्य स्वरः श्रूयेत्।

कथाः केवलं शब्दानां समूहः न, अपितु अनुभवानां, भावनानां च प्रवाहः एव। कथा जनान् प्रेरयति, तान् मेलयति, समाजे परिवर्तनं च जनयति। यदा कश्चित् स्वकथां साहसपूर्वकं कथयति, तदा सः केवलं आत्मविश्वासं वर्धयति, अपितु अन्येषां मार्गदर्शनं प्रेरणां च अपि करोति। कथा अस्ति एकस्य बालकस्य अद्भुतसाहसस्य।



एकः बालकः एकस्मिन् नगरे निवसति स्म। सः अतीव मेधावी आसीत्, किन्तु तस्य जीवनं बहु संघर्षमयम् आसीत्। तस्य पितरौ अपि अतीव निर्धनौ आस्ताम्, ये दैनिकजीवनाय आवश्यकधनं अपि कष्टेन प्राप्नुवन्ति स्म। किन्तु तस्य बालकस्य स्वप्नं महत् आसीत् – सः अभियन्ता (इंजीनियर) भवितुं कामयति स्म, येन तस्य परिवारस्य दारिद्र्यं निवारयितुं शक्येत्। प्रतिदिनं विद्यालये गत्वा सः कष्टेन पठति स्म। गृहे अध्ययनाय उचितं प्रकाशं अपि नासीत्, अतः सः मार्गे दीपप्रकाशे पाठं पठति स्म। तस्य संघर्षः सर्वेषां मध्ये विशेषचर्चायाः विषयः आसीत्।

एकदा विद्यालये छात्रवृत्त्याः परीक्षायाः सूचना अभवत्, या उत्कृष्टछात्रेभ्यः निःशुल्कशिक्षायाः अवसरं ददाति स्म। सः बालकः उत्साहेन अध्ययनम् आरब्धवान्। सः प्रतिदिनं प्रातःकालात् रात्रिपर्यन्तं सः पठति स्म, न कदापि विश्रामं न च आलस्यं करोति स्म। परीक्षायाः दिनं आगतम्। सः बालकः आत्मविश्वासेन परीक्षां लिखितवान्। किन्तु तस्य मनसि सन्देहः अपि आसीत् – "किं मम प्रयत्नः पर्याप्तः अस्ति?"

परिणामदिवसे सः बालकः सर्वोच्चस्थानं प्राप्तवान्। विद्यालये तस्य जयः घोषितः अभवत्, सर्वे तं अभिनन्दितवन्तः। कथामाध्यमेन अहं वक्तुमिच्छामि यत् तस्य बालकस्य कथां श्रुत्वा नगरे अन्येऽपि बालकाः प्रेरिताः अभवन्। तस्य साहसम् आत्मविश्वासं च दृष्ट्वा सर्वैः बहु किमपि शिक्षितवन्तः।

"परिस्थितिः कथम् अपि अस्तु, संकल्पः दृढः चेत् विजयः निश्चयः।"

"स्वप्नानां पूर्त्यर्थं कष्टं कर्तव्यम्।" इति नियमः अस्त्येव।

यदि मनुष्यस्य धैर्यं दृढसङ्कल्पं च अस्ति, तर्हि कोऽपि विघ्नः तं बाधयितुं न शक्नोति।

एषा कथा अन्येषां जीवनं परिवर्तयितुं शक्नोति। दारिद्र्यं, अन्धकारं च निवारयति, जीवनं प्रकाशयति। अद्यतनसमाजे बहवः बालकाः सन्ति, ये संघर्षं कुर्वन्ति किन्तु तेषां कथाः अनुक्ताः एव भवन्ति। अत्र बालकस्य कथा केवलं तस्य एव न, अपितु सर्वेषां बालकानां बालिकानां च कथा अस्ति, ये स्वप्नान् पश्यन्ति, स्वप्नान् पूर्त्यर्थं साहसम् अपि कुर्वन्ति च।

"मम कथा मम स्वरः" केवलं एका संकल्पना न अस्ति, अपितु एका क्रान्तिः अस्ति – परिवर्तनस्य, सशक्तिकरणस्य, सम्मानस्य च। यत्र जनाः स्वकथाः स्वच्छन्देन वदिष्यन्ति, तदा समाजे एका नवचिन्तायाः नूतनानां सकारात्मकविचाराणाम् उत्पत्तिः भविष्यति, यत्र प्रत्येकस्य स्वरस्य महत्वं भविष्यति।



LAXMIKANT MISHRA
Secondary Teacher



‘क्यों बनूँ आखिर मैं पुरुष’??

क्यों बनूँ आखिर मैं पुरुष, कोई बताए तो सही।
 क्या कमी है मेरी, नारी होने में,
 मैं तो बहुत खुश हूँ, नारी का अस्तित्व स्वीकारने में।
 नहीं बनना है मुझे पुरुष, मैं खुद समर्थ हूँ और मुझे नारी ही रहना है।
 प्रकृति की सबसे सुंदर रचना, जो खरे सोने जैसी है शुद्ध।
 आखिर क्यों बनूँ मैं राम और क्यों बनूँ मैं बुद्ध।
 यशोधरा के त्याग ने ही तो, गौतम को बुद्ध बनाया।
 सीता जैसी पत्नी के त्याग ने ही, श्री राम को प्रभु राम कहलवाया।
 हर महान पुरुष को महान बनाने में, नारी का मिला है पूरा सहयोग।
 मैं हमेशा हौसला और ढाँढ़स बन
 भाई, पिता, पति और बेटे के साथ में खड़ी रहूँगी।
 मैं नारी थी, नारी हूँ और नारी बनकर ही रहूँगी।
 सभी रिश्तों में माँ, बहन, पत्नी, बेटी बनकर मैं प्यार लुटाती रहूँगी।
 हर परिस्थिति में अपनों का साथ डटकर निभाती रहूँगी।
 तुम कितना ही कह लो, नारी है, क्या कर सकती है ?
 पर याद रखो यह नारी है जो सब कुछ कह सकती है। वही है जो,
 सीता की तरह परीक्षा देकर सभी को माफ , और राधा की तरह
 बिछड़ कर भी विरह में रह सकती है।
 कोई बताए मुझे क्यों बनूँ आखिर मैं पुरुष ?
 यदि नारी में इतनी शक्ति है।
 पुरुष की ताकत बनकर यदि नारी साथ उसका दे
 सकती है।
 क्यों बनूँ मैं पुरुष, आखिर क्यों बनूँ मैं पुरुष????



SHAILJA SHUKLA
 Secondary Teacher



"The simplest things in life give the greatest joy." - APJ Abdul Kalam

હરે કૃષ્ણ.

દિવાળીના આ નવા વર્ષે ભગવાન શ્રી કૃષ્ણને 'Thank You' કહી, તેમનો આભાર માનવા માટે કંઈક ભેટ આપવાનું મન થયું. પણ શું આપું તે સમજાતું નહોતું. આ દ્રષ્ટિની બહારની જે સૃષ્ટિ છે; જો તેમાંથી કંઈ આપું તો, તે તો તેનું જ આપેલું છે. ફળ, ફૂલ, પાન બધું તેનું જ આપેલું છે. આ બધી જ વસ્તુઓ અને આ જીવન ને ચલાવવા માટેના શ્વાસ સુધ્ધાં, ભગવાન શ્રીકૃષ્ણએ જ આપેલા છે.

તો તેનું જ બધું આપેલું અને તે માંથી હું તેને જ પાછું અર્પણ 'શું' કરી શકું ? છતાં હવે આપવાની વારી મારી છે... તો આમ આ વિચારના અંત સુધી આ કવિતાની રચના થઈ છે. હરે કૃષ્ણ.

હવે વારી મારી

પ્રભુ એ મને ખૂબ આપ્યું,
પ્રેમથી ભરેલું મને જીવન આપ્યું,
જ્ઞાનથી ભરેલું મને વચન આપ્યું,
બુદ્ધિથી ભરેલું મને બળ આપ્યું...

પ્રભુ એ તો મને ખૂબ જ આપ્યું,
પણ હવે આપવાની જવાબદારી મારી,
શું આપું તને હવે માંગવાની વારી તારી...

તન આપું તો ચિતાએ બળાય,
ચિત્ત આપું તો ચોરી થાય,
બુદ્ધિ આપું તો બળી જાય...

અહંકાર આપું તો પ્રશ્ન પુછાય,
મન આપું તો મેળા માં જાય,
હરી નામથી જ તો જીવન સફળ થાય...

ચિત્તના અહંકારથી નવું જીવન સર્જાય,
મનથી તનના ભગવદ્ કાર્ય કરાય,
સંકલ્પથી યોગ ભ્રષ્ટ ભક્ત સિદ્ધ થાય...

આત્મજ્ઞાનથી આત્માની ઓળખ થાય,
હરી - હરી કરતાં હરખનો સમય,
'દીપા' ને એનો દામોદર મળી જાય...

: - દીપાલી કૃષ્ણાર્થી

DIPALI PARMAR

Mother of Arth Parmar (Class: 7 Kamyavan)

Vice-Chairperson of the PTA (2024-25)



દુનિયામાં તું તારી જાત ને માણ.

બીજાના વિચારોને સમજ;
સાથે તારા વિચારોને દુનિયામાં માંડ. (મુક)

પડવા દે પડઘા દુનિયામાં તારા હૃદયના.....તારા વિચારોના

હશેઘણા વિચારો આવીને જશે

કોઈ એક વિચારને પકડીને આગળ ચાલ;

રાખ વિશ્વાસ ખુદ (તારા) પર

જાત મહેનત કરીને સુધાર તારો હાલ (તારી જાત)

પડવા દે પડઘા દુનિયામાં તારી ચાલના..... (.તારા હૃદય નાં તારા વિચારોના)

લેશે પરીક્ષા જીવન દરેક પળ;

કરી મુશ્કેલીને નિષ્ફળ...(કરી)

રાખ શ્રદ્ધા પ્રભુ પર અને

બનાવ જીવનને તું સફળ

પડવા દે પડઘા દુનિયામાં તારા વિશ્વાસ નાં...તારી શ્રદ્ધાના ...તારી શ્રદ્ધાના. .

BHAGYASHREE PATEL
Mother of Manan Patel
Class: 1 Bhandiravan (Kirtan)



आषाढी एकादशी



पंढरपूरचा विठोबा हा अवघ्या महाराष्ट्राचे दैवत असून आषाढी एकादशीला इथे वारकऱ्यांचा मोठा मेळा भरतो. महाराष्ट्राच्या काना-कोपऱ्यातून ठिकठिकाणाहून लाखो भाविक लोक विठ्ठल नामाचा गजर करीत आषाढी एकादशीला पायी चालत येतात. हिलाच आषाढी वारी म्हणतात. आषाढ महिन्यातील शुक्ल पक्षात येणाऱ्या एकादशीला 'देवशयनी आषाढी एकादशी' असे म्हणतात. आध्यात्मिक व धार्मिक दृष्टिकोनातून या दिवसाला खूप महत्त्व आहे. या दिवशी देव निद्रिस्त होतात अशी समजूत आहे.

श्रीविठ्ठलाबद्दल निरपेक्ष प्रेमभाव हे असाधारण बळ प्रदान करणारे ठरते. आषाढी एकादशीला लाखो लोक विठोबाचे दर्शन घेण्यास मंगलमय वारीत सहभागी होतात. त्याचे एकमात्र कारण **विठ्ठलाचे प्रेमस्वरूप नाम ॥विठोबाचे नाम सुलभ सोपारे॥ तारी एकसरें भवसिंधु॥** येणा-या प्रत्येकावर समानभावाने प्रेम करणारा व भवसिंधु तरुन जाण्यास तळमळीने साह्यभुत होणारा विठ्ठल हाच सकलांचा आधार ठरतो. हरिस्मरण हाच मुख्य धर्म आहे असे मानणे व त्यानुसार आचरण करणे मानवास सात्विक बनवते.

आषाढीला या दिवशी पंढरपुरास शेगाव येथून पूर्णब्रह्म अधिकारी श्री संत गजानन महाराजांची आळंदीहून ज्ञानेश्वरांची, देहूहून तुकारामांची, त्र्यंबकेश्वराहून निवृत्तीनाथांची, पैठणहून एकनाथांची, उत्तर भारतातून कबिराची

पालखी येते. या दिवशी वारकरी संप्रदायात उपवास करण्याचे विशेष महत्त्व आहे. दर आषाढी एकादशीला वारकरी संप्रदाय वारी घेऊन पंढरपुरात येण्याची परंपरा आठशे वर्षांपेक्षाही अधिक काळापासून सुरू असल्याचे सांगण्यात येते.

आषाढी एकादशीच्या व्रतामध्ये सर्व देवतांचे तेज एकवटलेले असते असा समज आहे. म्हणून सर्व व्रतांमध्ये आषाढी एकादशीच्या व्रताला अनन्यसाधारण महत्त्व आहे. पंढरपूरला अदृश्य भगवंताच्या अस्तित्वाचा पुरावा मिळतो तसेच वैकुंठभूमीच्या आधीपासूनच पंढरपूर अस्तित्वात आले असा लोकांचा समज आहेत. म्हणूनच पृथ्वीवरील सर्वात पुरातन अशा तीर्थक्षेत्राचा पंढरपूर असा उल्लेख केला गेला आहे.

आषाढी एकादशीला व्रत- उपवास करण्याची पद्धत आहे. काही लोक निर्जळ तर काही उपवासाचे पदार्थ खाऊन व्रत ठेवतात. हा संपूर्ण दिवस उपवास करावा. रात्री हरिभजन करत जागरण करावे. विठ्ठल नामाचा जयघोष करत संपूर्ण दिवस देवाच्या नामस्मरणात घालवावा.

आहारशास्त्राचा विचार केला तर लंघन करणे हे शरीरास आरोग्यदायक ठरते, जसे शरीराचे आरोग्य आवश्यक आहे तसेच मनास सामर्थ्यसंपन्न करण्यासाठी एकादशीस हरिस्मरण करणे हितकारक ठरते. एकादशीचे व्रत करावयाचे असेल तर दशमीच्या रात्री उपवास सुरू करून एकादशीस पूर्ण दिवस उपवास करून व्वादशीस महानैवेद्य दाखवून उपास सोडावा.

प्रातःस्मरणीय तुकाराम महाराजांचे एकादशी संदर्भातील पुढील अभंग या संदर्भात प्रेरणादायी आहेत-

एकादशीस अन्न पान । जे नर करिती भोजन ।
 श्वानविष्टेसमान । अधम जन तो एक ॥
 ऐका व्रताचें महिमान । नेमैं आचरती जन ।
 गाती ऐकती हरिकीर्तन । ते समान विष्णूशी ॥
 अशुद्ध विटालशींचे खळ । विडा भक्षिंती तांबूला
 सांपडे सबळ । काळाहार्तीं न सुटे ॥
 शेज बाज विलास भोग । करि कामिनीशीं संग ।
 तया जोडे क्षयरोग । जन्मव्याधी बळिवंत ॥
 आपण न वजे हरिकीर्तन । आणिकां वारी जातां जन ।
 त्याच्या पापा जाणा । ठेंगणा महामेरु तो ॥
 तया दंडी यमदूत । झाले तयाचे अंकित ।
 तुका म्हणे व्रत । एकादशी चुकलीया ॥

MANALI RANE
 Primary Teacher



"The story of your life is written by the choices you make. Make your choices based on the teachings of the Bhagavad-gita." - A.C. Bhaktivedanta Swami Prabhupada

THROUGH THE ARTIST'S EYES – UNIQUE INSIGHTS OF THE COVER PAGE

(Art is more than just colours on a canvas – it is a voice, a story and a reflection of emotions. The cover page is a collective masterpiece shaped by the creativity of these students who have shared their insights through their art, each bringing their vision to life. These paintings are not just illustrations but personal expressions of the artists that add depth to the theme ‘Our Stories, Our Voices’.)



This painting tells my story—who I am, what I do, how I feel, and the friendships I cherish. (This painting reminds us that every child has a unique story to share, woven with emotions, experiences, and dreams)

MANASHREE PHADTARE
Class: 5 Mahavan (Shravan)





While I was working on this painting, I reflected on how people today are caught up in their busy lives, often disconnected from nature. However, there are still some who remain grounded and make an effort to preserve the environment for future generations.

I hope the coming generations not only experience the beauty of Mother Nature but also take responsibility for protecting and sustaining it for those who follow.

KAVYA VAISHYA
Class: 7 Kamyavan





This painting is inspired by the quote, 'Not everyone has to be the same.' It reflects the idea that each person has a unique perspective, but not all perspectives are positive. While everyone's vision is different, it is important to cultivate a positive outlook. A positive vision leads to a joyful, happy, and fulfilling life.

KRUSHNA SHINDE

Class: 7 Kamyavan



"Life is a journey, and each of us has our own path to walk. But the purpose of every path is to return to the divine." – H.H Radhanath Swami

A Very Special Thanks to



SANJEEVANI SONAVANE
(Hindi, Marathi & Sanskrit)



SWETA SHAH
(Gujarati)

For Their Valuable Support.

GARDEN BUZZ TEAM



NEETA NAYAK



NEHA CHADHA



NIKITA RAWAT



DEEPSHIKHA



NIKITA SINGH