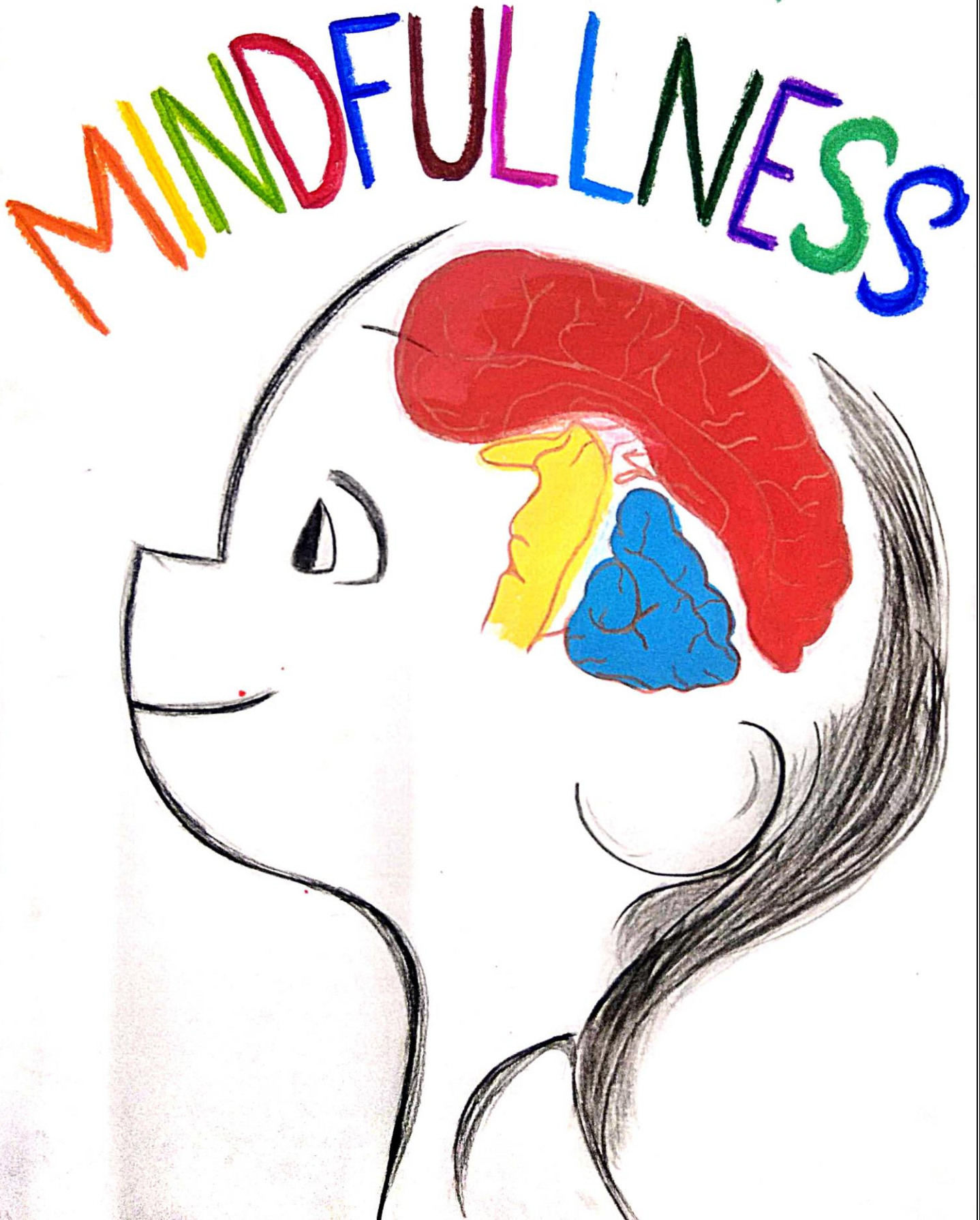




GOPAL'S GARDEN HIGH SCHOOL

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



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*bandhur ātmātmanas tasya yenātmaivātmanā jitaḥ
anātmanas tu śhatrutve vartetātmaiva śhatru-vat*

In the Bhagavad-Gita Lord Krsna elucidates on the nature of the mind. “For those who have conquered the mind, it is their friend. For those who have failed to do so, the mind works like an enemy.”

Dominating the mind is no mere feat. Our scriptures talk about it, our sadhus talk about it, and even Yoga encourages us to practice this. A controlled mind optimizes life while an uncontrolled one derails it. With the kind of sensory bombardment the world is inflicting on us these days – this verse becomes very relevant. It becomes of paramount importance to instill in our children the art of being in the present.

Although our society extols the virtues of multitasking, many a times there is a need to step back, reset and optimally focus on one activity at a time. Refreshingly this would add on to our productivity making us more aware, conscious and positive during the day.

Our scriptures often highlight this phenomenon of ‘mindfulness’ using examples of great personalities like Arjun and his focus on the target. This gave him the edge to become the greatest archer in the dynasty, something that he is revered for even today. Even in the face of intense trials and tribulation he was able to maintain his aura of calm and composure because of this quality.

Post Covid-19, we particularly see a great amount of screen addiction in our children. When the screen is taken away to set boundaries we see a lot of restlessness, sometimes aggression, at times even boredom. As a community we have to come together to expose our children to higher planes of development. Practicing mindfulness in the family, at home, in the workplace, at school will help root us as individual and family units and differentiate the essentials vs. the trimmings. Studies have shown that mindfulness aids in self-understanding and ultimately wisdom.

We often pray – Krsna grant me the serenity to accept the things I cannot change, courage to change the things I can change; and wisdom to know the difference.

Practicing mindfulness will help us in the realization of the above prayer. A mindful individual is patient, accepting and has the ability to let go. These principles enrich our life allowing us to rise above the grinds of a society that often encourages power games, position and wealth. One of the qualities most appreciated by the Lord is surrender (practiced by the greatest devotees) - which mindfulness inculcates. When we surrender our heart becomes a vessel to receive grace and blessings which go a long way in enhancing and grooming us in becoming real human beings- an inspiration for others.

So let us consciously encourage the cultivation of mindfulness slowly and steadily so that through our children we leave behind a legacy and culture of – Living in Excellence and giving in Benevolence.

Happy Reading!

RAJAS SARDESAI BHOSALE

Principal



When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place. ~Bhagavad Gita

NATURE OF THE MIND

The senses are so strong and impetuous, O Arjuna, that they forcibly carry away the mind even of a man of discrimination who is endeavoring to control them.
Bhagavad-gita 2.60, Translation, A. C. Bhaktivedanta Swami Prabhupada



Mindfulness encourages us to pay attention to our experiences in the present moment. Our awareness of the present moment is enriched by knowing that God is present with us. We can't find happiness in this material world without knowing him. Meditation helps us to regulate our senses and mind to attain inner peace. This is an opportunity to take a closer look at what meditation is all about. For that we need to understand the mind first.

The mind is sometimes compared to a monkey that jumps from one branch to another. It is also sometimes compared to a child who is very restless. The mind is never satisfied no matter how many of its desires you try to fulfill.

Even a great personality like Arjuna admitted that the mind is very difficult to control. In the Bhagavad Gita (BG 6.34) Arjuna says:

***cañcalaṁ hi manaḥ kṛṣṇa
pramāṇi balavad dṛḍham
tasyāhaṁ nigrahaṁ manye
vāyor iva su-duṣkaram***

“The mind is restless, turbulent, obstinate and very strong, O Kṛṣṇa, and to subdue it, I think, is more difficult than controlling the wind”.

Arjuna was such an expert warrior that he thought it could have been possible for him to control the wind with weapons, but in his battle against the mind he felt he had no hope. Now you may be thinking that if it is so difficult to control the mind for Arjuna then how can we control this?

In the Bhagavad Gita (BG 6.6) Lord Krishna says:

***bandhur ātmā tmanas tasya
yenā tmaivā tmanā jitaḥ
anā tmanas tu śatruve
vartetā tmaiva śatru-vat***

“For him who has conquered the mind, the mind is the best of friends; but for one who has failed to do so, his mind will remain the greatest enemy”.

Thus, the disposition of the mind determines one's happiness or distress. The mind can be compared to a sharpened knife. If it is in the hands of a surgeon, it can save lives but if it is in the hands of a thief then it may cause violence. The knife in itself is neither good nor bad.

In the Bhagavad Gita, the Lord also explains the nature of the uncontrolled mind. Such mind is always making plans to enjoy the different sense pleasures. Example: A child wants a toy and he develops attachment for it. This attachment develops a strong desire to have that toy and then anger arises if he is unable to get it. From anger complete delusion arises, and from delusion bewilderment of memory. When memory is bewildered, intelligence is lost and when intelligence is lost, everything is out of control. Thus, the uncontrolled mind is the cause of all the sufferings we experience in this world. And if the mind is controlled, one achieves the highest perfection in life.

So, to develop good qualities and be really happy in the life one must control the mind. Lord Krishna says in the Bhagavad Gita (BG 2.58)

*yadā saṁharate cāyaṁ
kūrmo 'ṅgānīva sarvaśaḥ
indriyāṇīndriyārthebhyas
tasya prajñā pratiṣṭhitā*

“One who is able to withdraw his senses from sense objects, as the tortoise draws its limbs within the shell, is firmly fixed in perfect consciousness”.

The example of the tortoise given by the Lord is very appropriate. The tortoise can at any moment wind up his senses and exhibit them again as per the situation.

The senses are so strong that they forcibly carry away mind even if you are endeavoring to control them. So, it is very important to engage the senses in superior spiritual activities.

Now you may question how to control the mind?

The word ‘Mantra’ means deliverer of the ‘Mind’ from material illusions and anxieties. ‘Mantra Meditation’ is a process of repeated recitation of an authorized name of God. There are hundreds of names of God and all of them are very powerful. But when we go to the medical shop, although there are hundreds of medicines available, we only take the specific medicine prescribed by the doctor. Similarly, in this age of Kali Yuga, Hare Krishna ‘Mahamantra’ is prescribed.

This is confirmed in the Brhad- Naradiya Purana:

harer nāma harer nāma
harer nāmaiva kevalam
kalau nāsty eva nāsty eva
nāsty eva gatir anyathā

"In this age of quarrel and hypocrisy, the only means of deliverance is chanting the holy name of the Lord. There is no other way. There is no other way. There is no other way."

So, Let us chant the holy name and be happy
Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Ram Hare Ram Ram Ram Hare Hare!

ANNAPURNA MAHALAXMI DEVI DASI
VAC Teacher
Fond of cooking and singing.



STUDENTS' CREATIVITY



WHAT IS BEAUTY?

Peaceful Mind

The art of mindfulness,
Is full of peacefulness.

It's full of meaning,
It cares about others' feelings;
It helps us with life's dealings.

The art of mindfulness
Is full of peacefulness.

Free of any contradiction,
There's no scope of any confusion;

It cares about our mind's tension.

The art of mindfulness
Is full of peacefulness.

CHAITANYA SINGH
CLASS: 9



PRACTISING MINDFULNESS



‘Mindfulness’ is a wider concept and deeper term. In simple terms it means to be attentive, to be aware, to let go, to live in the present without worrying about the future. It is a meaningful concept if we apply this in our lives.

Now the questions arise, is it easy to practice mindfulness? Is it a natural gift or can be acquired? How can we acquire or bring mindfulness in our life? The answer to all these questions is... Mindfulness can be acquired through constant efforts. There are different means to achieve mindfulness like yoga, meditation, self-love, understanding of soul, kindness, knowledge of scriptures, faith, spirituality, etc. But using any of these definitely requires constant effort and practice because our mind never sticks to one place; it is always wandering and wavering. Through constant effort we can train our mind to be positive, happy and joyful, and focus on the personality we want to be.

How does mindfulness improve our life?

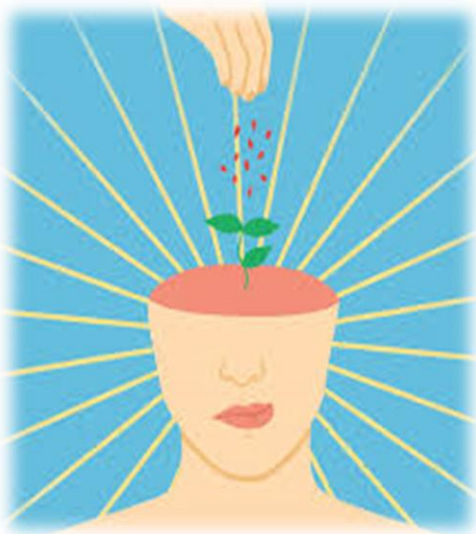
- 1) Enhances our focus and determination.
- 2) Brings dedication to our goal and helps us achieve it.
- 3) Makes us worry-free, stress-free and keeps us away from depression, anxiety, etc.
- 4) Makes our life joyful and meaningful.

If, we as students become mindful, we can surely unwind our unlimited potential.

YASH THAKKER
CLASS: 9



BETTER LIVES WITH MINDFULNESS



We, as humans do not live in the present. We are always living under stress of competing and comparing with others. We are often sad mostly due to our thoughts about the past or fears about the future. Most of the times, we are disconnected with the present moment around us. The art of mindfulness reminds us to revive the lost connection.

To live happily, we must adhere to the art of mindfulness. How to achieve the art of mindfulness? If we follow simple techniques in our lives, we will live a good and peaceful life. For example, we should not judge anyone. By judging others, we are disturbing our mind with negative thoughts. We should have patience and avoid overthinking; this will remove all

the anxiety. We should keep trust, which makes us calm and removes our doubts. When we were young, we accepted everything easily. As a kid, we were fascinated by small things, how happy we stayed, I am recalling myself with innocent smile, and everything was smooth, without worries, without negative thoughts at the back of our minds.

I recall seeing one photograph published in the newspaper. The Indian cricket Team had won and they were holding the trophy. Everybody was either clicking photos or making videos with their mobile phone but one old lady was looking at them very proudly, her eyes were beaming with happiness, she was enjoying and living those moments. Just like her, we should also learn to live every moment with awareness in our mind.

This life is unpredictable and we don't know what lies in our future. Hence, practice the art of mindfulness to bring calmness, happiness and positive changes in your life.

NAMASVI LINESWALA
CLASS: 9



WAYS TO BE MINDFUL

What does it mean to be Mindful?

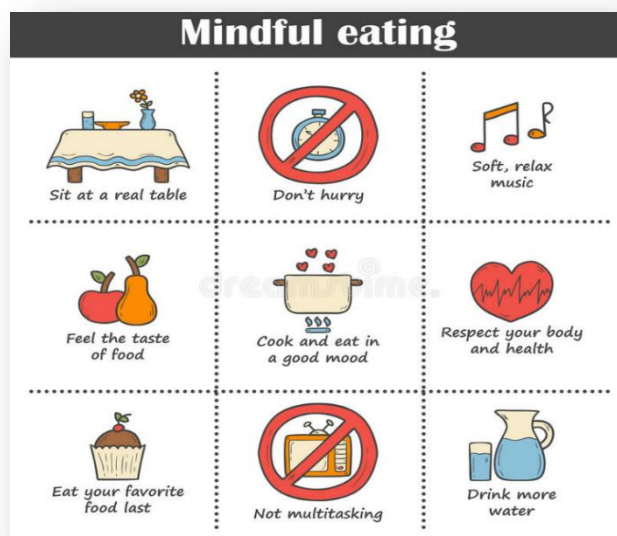
Being mindful means training consciousness.

Here are some Ways to be Mindful

1. Meditation – Meditating for even 5-10 minutes is very helpful not only for the mind but also for the body as it provides fresh air, improves blood circulation and helps us feel conscious about what we are doing.

The most effective meditation of all the time is chanting the Mighty Hare Krishna Mahamantra:

“Hare Kṛṣṇa Hare Kṛṣṇa Kṛṣṇa Kṛṣṇa Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare”



- 1. Focus on one thing at a time instead of multitasking**– Studies and Researches have found out that people who tend to do more than one work at a time are 50% slower than people who focus on one task at a time. Doing one task at a time helps to reduce stress.
- 2. Eat Mindfully** – Eating meals without watching TV and other online entertainment platforms not only helps us to get better taste of food but also helps us to feel more energetic as we tend to be aware of what we eat and how much we eat.

3. Spend time with nature – The nature is very beautiful but we really don't pay attention to it as we are ever busy living in the four walls of an air-conditioned room. Spending time in nature will help us to appreciate our world better than we do now.

4.Be humble – The word humble comes from the *Latin* word '*humilis*' which literally means grounders. Hence, we must always try to be humble, polite and grounded.



MOKSH THAKAR
CLASS: 9



GIFT YOURSELF THE PRESENT

Are you the one who is always rushing and multitasking? If yes, you need to slow down to notice what you are really doing.



When you notice what you are doing, you are being pulled into the present moment. You are being mindful of the 'now'. Many a times we make hasty decisions in a rush, or say things that we do not mean in the heat of a moment, or ignore simple things like taking time to appreciate the food we eat, and registering its taste, smell, etc. In such cases, we have lost touch with ourselves. We have forgotten to appreciate the things that truly matter.

Let's create self-awareness. Buddhism, Vipassana, and Zen stress on being aware of the present moment and living it fully.

Let's enjoy the simplest of things, and to learn to appreciate things that we may be ignoring.

There is also evidence that suggests; engaging in mindful meditation may influence physical health. For example, the habit of repeatedly dwelling on stressful thoughts affects our health in the long run. When one learns to calm the mind and silence the chatter, health improves.

Let go of the past. Train your mind to be present in the current moment. Take joy in the 'now'. Present yourself to the present and see how life changes for the better.

MIHIKA JOSHI

Class: 10



TRAIN YOUR MIND – BE MINDFUL



Definition:

It means paying complete attention to something. It also means slowing down and really noticing what you 'redoing'.

Introduction:

Being mindful is the opposite of rushing or multitasking. When you are mindful, you're taking your time and doing things at a comfortable pace. You're focusing in a relaxed and easy way.

Why Do People Need Mindfulness?

Being Mindful helps you to:

- pay attention in a better way
- be less distracted
- learn more
- stay calm under stress
- avoid becoming upset about things
- slow down instead of rushing
- listen better to others
- be more patient
- get along better
- feel happier and enjoy things more

HOW DOES MINDFULNESS WORK?



Notice when your mind wanders away instead of paying attention to your breath. Maybe you start thinking about what's for lunch or whether you remembered to bring a new football or that funny joke someone had told you at recess. That's your mind wandering and getting distracted! It's natural; our mind does this all the time.

Whenever you notice your attention has wandered, gently remind yourselves to pay attention on breathing again. That's how you train your mind to focus and be attentive. Keep breathing, keep relaxing. Can you feel the place where the air tickles your nostrils? Do you notice how the breath gently moves in and out of your body?

Can you pay attention on your belly or your chest moving as you breathe? Keep focusing on the breathing every time your mind wanders. Try to do this for 5 minutes every day.

That's it! There are a lot of other ways to practice mindfulness, like eating mindfully or even mindful walking.

Conclusion:

The calm focus, the way of paying attention to what we are doing, taking our time, taking it easy - that's what is being mindful. And being mindful just helps everyone to give their best shot.

ARJUN NANIVDEKAR
CLASS: 6



LEARNING TO BE MINDFUL



Are you mentally present in the class when the teacher is teaching? If your answer is 'no', then you need to learn to be 'mindful'. 'Being mindful' means being aware of what we are doing at the moment.

To me, mindfulness means bringing my wandering mind to the present level. For example, if you are in the class and your teacher is teaching, it is important that you are mentally present as well. If your mind is somewhere else, then you need to be aware of it and then bring the mind back to what your teacher teaches. This is how one should practice mindfulness in all aspects.

Let us make it a habit to be aware of the present moment, trying to absorb and experience the moment in a better way.

KRISHNA DONGRE

Class: 10



चेतनायुक्त जीवन[Click on the link to translate]

अपना दैनिक जीवन, विवेकपूर्ण होने के अभ्यास को शामिल करके पूरा किया जा सकता है। सचेतन होना अनिवार्य रूप से होशपूर्वक अपना ध्यान वर्तमान पर केंद्रित करने का अभ्यास है। ठीक होने के लिए, किसी की बीमारी के मूल कारण तक पहुँचना होता है। किसी भी बीमारी का मूल कारण उसकी मानसिकता होती है। शरीर वही मानेगा जो मन मानता है इसलिए मन को समझाने के लिए नकारात्मक विचारों को स्वीकार करते हुए सकारात्मक विचारों को भी सोचना समझना चाहिए।

जब कोई वर्तमान में रहता है और चीजों को अच्छा या बुरा नहीं मानता है, तो यह दिमाग पर कम दबाव डालता है। यह कुछ ऐसा नहीं है जिसे आप एक दिन में सीख सकते हैं, लेकिन आप अपनी दिनचर्या में कुछ सरल अभ्यासों को अपनाकर अपने जीवन में उल्लेखनीय बदलाव ला सकते हैं। चेतना नकारात्मक विचारों को जागरूकता में लाने में मदद करती है। जब आप अपनी पीड़ा और नकारात्मक ऊर्जा को स्वीकार करते हैं तो यह मन और शरीर के स्वास्थ्य को प्रभावित करता है और इस प्रकार उपचार प्रक्रिया को मजबूत करता है।

चेतना की परिभाषा किसी के अपने विचारों, भावनाओं, शारीरिक संवेदनाओं और पर्यावरण के बारे में पल-पल की जागरूकता है। हालांकि चेतना ध्यान का एक स्वाभाविक परिणाम है। हम स्वयं भी चेतना का अभ्यास कर सकते हैं। और हमारा दैनिक ध्यान का अभ्यास इसे और भी आसान बना देता है। कोई भी क्षण जिसमें हमारा मन वर्तमान क्षण में होता है, एक सचेत क्षण होता है। यह कभी भी हो सकता है - खाना बनाते समय, हमारा पसंदीदा संगीत, वाद्ययंत्र बजाते हुए, गाड़ी चलाते हुए, पौधों को पानी देते हुए, सुबह चाय का पहला प्याला पीते समय, विचार भी गतिविधि में पूरी तरह से शामिल होता है और नए सिरे से सामने आता है।

शुरू करने का एक शानदार तरीका सिर्फ अपनी आंखें बंद करने और सांस लेने के लिए खुद को समय समर्पित करना है। इसके लिए अभ्यास की आवश्यकता होगी, क्योंकि हम सभी के दिमाग में दिन के हर सेकेंड में लाखों चीजें चलती हैं। बस एक शांत जगह खोजें, अपनी आँखें बंद करें और मन को शांत करने का प्रयास करें। ऐसी गतिविधियाँ करना जिनसे हमारे मन को शांत करने व मन को साफ करने में मदद मिले और यह चेतनापूर्ण जीवन प्राप्त करने का एक बहुत ही आसान मार्ग है।

इस अवधारणा को अपने जीवन में शामिल करके और कुछ सुझाई गई प्रथाओं को जोड़कर, एक खुश और स्वस्थ व्यक्ति बनने के लिए पहला कदम उठाना है। अपने विचारों को समझें और अपने भीतर की शक्ति को ध्यान से समझें।

सधन्यवाद...!

DHRUVI DESAI

Class:8



If you want to change, you have to be willing to be uncomfortable.

PARENTS' CONTRIBUTION

[जागरूकता](#) [Click on the link to translate]



जागरूकता म्हणजे आपल्या सभोवताली ज्या काही घटना, प्रसंग घडत आहेत त्यांवर किंवा आपण काय करीत आहोत यावर संपूर्णपणे मन लावून लक्ष केंद्रित करणे. आपण याला मूलभूत मानवी क्षमता म्हणू शकतो ज्यात मानवाला कोणत्याही प्रसंगी संपूर्णपणे सचेत राहण्याची, जागरूक राहण्याची, मन शांत ठेवून सारासार विचार करत आपण कोठे आहोत आणि आपण नेमकं काय करीत आहोत याची निष्पक्षपणे जाणीव होत असते. सभोवताली जे काही घडत आहे किंवा एखादा प्रसंग

समोर आला तर त्यावर अतिसंवेदनशील न होता, जास्त भारावून न जाता किंवा आक्रस्ताळेपणे प्रतिक्रिया न देता समंजसपणे निर्णय घेणे.

आपण जर जीवनाचा विचार केला तर आपल्या जीवनात दुःख आणि सुख नेहमीच असते; परंतु जेवढे आनंदाचे क्षण असतात ते आपण मनापासून जगले पाहिजेत. काही लोकांचा स्वभावच असा असतो, की ते तुरुंगात जरी राहिले तरी तिथेही आनंदी असतात आणि काहींचा स्वभाव असा असतो, त्यांना महालात जरी ठेवले तरी ते कायम दुःखी असतात.

जागरूकता म्हणजे एक ध्यानाचा प्रकारच आहे; पण ही ध्यान करताना तुम्ही तुमचे सगळे लक्ष आता जी वर्तमान स्थिती आहे त्यात लावता. थोडक्यात सांगायचे झाले तर, जागरूकता म्हणजे वर्तमान स्थितीत जगणे. काही लोक आपल्या भूतकाळात जगतात, तर काही लोक आपल्या भविष्यकाळात जगतात. आपल्याला जर आनंदी राहायचे असेल तर आपण वर्तमानात जगले पाहिजे आणि आताचा क्षण जगला पाहिजे. आपण सत्याला जेवढे स्वीकारू तेवढे अधिक आनंदी राहू. आपण परिस्थिती नियंत्रित करू शकत नाही; पण त्या परिस्थितीकडे बघण्याचा आपला दृष्टिकोन नक्कीच बदलू शकतो.

PARBATI KARMOKAR
PARENT OF JAIGOPAL KARMOKAR
Likes to listen to music.



Every day is another chance to get stronger, to eat better, to live healthier, and to be the best version of you."

BE MINDFUL



What is Mindfulness?

Maintaining an awareness of our thoughts, feelings, bodily sensations and surrounding environment through a gentle and nurturing lens is being mindful.

It is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Mindfulness practices can help us increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also help us to focus our attention as well as to observe our thoughts and feelings without being judgmental. It also reduces the negative effects of stress and increase students' ability to stay engaged, helping them stay on track academically and avoid behavioral problems. Without any second thought we all should try this out.

Hare Krsna!

POOJA KOSADIA

PARENT OF PARIKSHIT KOSADIA

Excels in chocolate making and soap making.

Likes to listen to music.



KIDS AND MINDFULNESS



We talk a lot about mindfulness these days. But it's really just paying careful attention to your body, your thoughts, and what's around you. And it can give kids, techniques for calming themselves down when their emotions are out of control. Mindfulness is a simple and powerful tool to quiet the mind and deal with stress. And kids can often do it better than the adults!

Mindfulness is great for any child who has a hard time paying attention. It helps kids get a grip on their feelings and thinking process.

Mindfulness can help in transition times, when kids have trouble shifting their focus from something they're involved in to do something new. It can reduce meltdowns and stop fights.

Starting off with mindfulness skills early can also make things easier for the kids and their teachers as they get older. It turns behavioral problems into experiences where the children and their teachers can learn. Teachers can ask questions like, "Was that a mindful decision? Did you think about that choice?" They can also remind kids to simply stop for the moment and breathe. When kids and teachers act mindfully, they can use these skills to cope up with stressful situations.

The ultimate goal of mindfulness is to teach kids and teens to have awareness about their emotions and then to learn how to control them in a better way.

Hence, mindfulness is all about learning to train your mind to pay attention to the present moment without dwelling on what has happened in the past or worrying about the future.

MRS.ANUKRITI SHARMA
PARENT OF MEERA SHARMA
Likes to do yoga & crochet.



LIVING IN THE PRESENT



Ah! What a topic to grasp in these times and age! Today, we are literally running after materialistic things. But where are we heading towards? Nobody knows. We blindly follow the crowd. But after the corona pandemic, we have slowed down a little and started giving more attention to ourselves, our health and body and also our environment. We must realize that we are not permanent in this material world and that God has given us stipulated time in this world. So, we must focus on what we want to achieve rather than running after everything which is not important.

We should focus on our own as well as society's well-being, because if we are happy and contented, we can keep our family and society also happy and blissful. We, as individuals, should try to enjoy the present moment and situation, rather than worrying about the past or the future. Some thoughts about past and future tend to remain in our mind, but they should not affect our present situation. Being happy in the current situation and enjoying the moment, thereby giving happiness to those who are near us, should be our motive. This way we can practice the art of mindfulness.

In my view, the art of mindfulness is nothing but a mental state, achieved by focusing on one's awareness about the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations. In short, live and let live.

MRS. SONIA KELKAR.

PARENT OF MASTER SARTHAK SKELKAR

Fond of listening to music and drawing.



MINDFUL MEDITATION



Mindfulness is, broadly speaking, the conscious awareness of what we are doing, why we are doing it, what we are thinking and why we are thinking it. Being mindful can check our thoughts from going off in unhealthy directions. Mindfulness is the miracle by which we master and restore ourselves. Consider, for example: a magician who cuts his body into many parts and places each part in a different region—hands in the south, arms in the east, legs in the north, and then by some miraculous power lets forth a cry which reassembles the whole part of his body. Mindfulness is like that—it is a way which can call back in a flash our dispersed mind and restore it to wholeness so that we can live each minute of our life. Mindfulness brings about various positive psychological effects, including increased subjective well-being, reduced psychological symptoms, emotional reactivity and improved behavioral regulation.

Our present awareness of life is shaped by the modes of material nature infecting us. In the modes of passion and ignorance, we are caught in fantasizing about future worldly pleasures or lamenting about past worldly sorrows. In the mode of goodness, we become aware of the reality of things around us: we perceive material reality better, and we start perceiving spiritual reality. As we move from goodness toward transcendence, our perception of spiritual reality expands.

Very often, students and professionals suffer from the inability to focus or complain of being absent-minded in their classes. In our times, the kali-yuga (the age of rampant quarrel, greed, cheating and hypocrisy), the most potent and satisfying meditation is meditation on God's holy names.

Lord Krishna also says in the Bhagvad Gita, "One who can control his senses by practicing the regulated principles of freedom can obtain the complete mercy of the Lord and thus become free from all attachment and aversion. For the one who is so situated in the Divine consciousness, the threefold miseries of material existence exist no longer; in such a happy state, one's intelligence soon becomes steady."(BG as it is-2:64-65)

The process of bhakti-yoga helps us become aware not just of the reality around us, as does mindfulness. It also helps us become aware of the ultimate reality, Krishna, in whom we are situated and who is situated in us. Krishna, being the all-attractive Supreme, is both the foundation of the highest reality and the source of the highest joy. It also helps us to see God working in our lives and to reawaken our relationship with that Supreme Transcendent Personality.

Especially recommended is the maha-mantra, the great mantra of peace: Hare Kṛṣṇa, Hare Kṛṣṇa, Kṛṣṇa Kṛṣṇa, Hare Hare/ Hare Rāma, Hare Rāma, Rāma Rāma, Hare Hare. It's freely given. It can be sung, chanted softly on pray beads or it can even enhance one's silent meditation by saying the mantra in the mind.



The mantra meditation is most effective when performed with humility and gratitude, and complimented with works of devotion. Mantra meditation helps us to regulate our senses and mind to attain inner peace. Practicing mindful meditation for a few minutes each day can actually boost will power by building up grey matter in areas of the brain that regulate emotions and govern decision making.

(Inspired by HH Chaitanya Charan prabhuji)

MRS.SHILPA SALUJA.
PARENT OF BRIJESH SALUJA
Fond of listening to music and drawing.



LIVE THE MOMENT – BE MINDFUL

Mindfulness is a state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations, used as a therapeutic technique.

Imagine: You are attending a lecture but at the end of it you can't really remember what was taught. Or you are performing a familiar or a repetitive task, for example –while going to school you've reached your destination but you can't recall the route you took or the things you saw along the way.

If you have experienced this, have you ever wondered why it happened? You might have noticed that there were a number of thoughts going through your mind. Possibly you were worrying about some upcoming events, day dreaming or thinking about any other thing. Whatever may be the reason for not paying attention, it may be said that you were performing the task in a 'mindless' manner. Not paying attention while performing a task can get you in trouble. On the other hand, imagine in the above example, if you were fully present and paying attention while performing the task. Do you think your behaviour, thoughts and feelings might have been different?

Mindfulness helps to focus on the 'Here and Now'. It means living in the present and being fully engaged in the task that you are performing rather ruminating about the past or entertaining the anxieties and wishful thinking about the future. The aspect of mindfulness is the intention to cultivate awareness, attention to what is occurring in the present moment, attitude that is non-judgmental, curious and kind.

Mindfulness encompasses awareness and acceptance which can help people understand and cope with uncomfortable emotions, allowing to gain control and relief. For example- when you eat your favourite food, take time to smell, taste and truly enjoy it you actually 'LIVE THE MOMENT'. Find joy in simple pleasures.

There are some principles of mindfulness

- a) Not judging – be an impartial witness to your experience.
- b) Patience – as the saying goes 'Patience is Virtue'
- c) Beginner's mind – it's easy to lose oneself if you begin to believe that you have heard, seen and experienced everything.
- d) Trusting
- e) Non striving
- f) Acceptance
- g) Letting go

Mindfulness can be enhanced by mindfulness exercise, mindfulness breathing, concentration, awareness of your body, releasing tension, walking meditation. There is a saying "Breathe in deeply to bring your mind home to your body" by THICH NHAT HANH.

Meditation is the main key to mindfulness. Mindfulness benefits in self- control, objectivity, affects tolerance, enhances flexibility, equanimity, improved concentration, mental clarity, emotional intelligence and the ability to relate to others and one's self with kindness, acceptance and compassion. Self -regulation and self -control of our behaviour increases due to mindfulness. This results in growth and happiness.

A mindful person is insightful and open minded. They are able to see the world with great clarity, without attachment to preconceived ideas about people, places and things. This enables them to observe the world without jumping to conclusions. So let us put in some efforts and encourage ourselves to be mindful and give ourselves a world of supreme living.



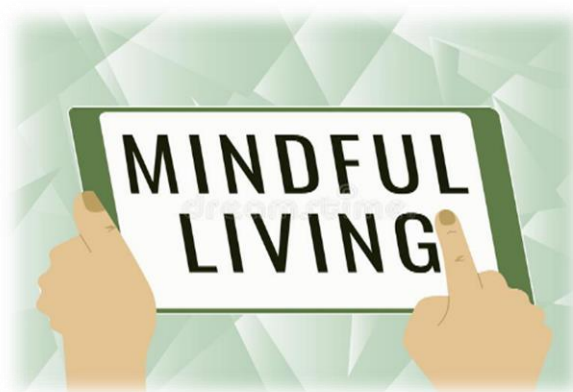
Happy Reading!

MRS. NISHA DHARMESH NANDU
PARENT OF KEISHA NANDU.

Nature admirer and loves to perpetrate creative things.



MINDFUL LIVING



Mindfulness is about being in the present and being fully aware and conscious of our surroundings and the events happening around us. Mindfulness is also about not getting affected too much, either positively or negatively, by anything that happens around us and always being calm and objective.

Mindfulness has several benefits, not only for the person practicing it but for everyone around that person. If a person practices mindfulness, he or she will be happy and content, have positive energy, which will directly result in better health of mind, body and soul. He or she will be highly productive and create a positive environment around him or her that will have cascading effect on everyone else.

Mindfulness is a buzz word today, but our Indian scriptures have always spoken about these in many ways even thousands of years ago. Bhagwad Gita has taught us conscious living and training our mind. It has given us tools like meditation to achieve this. It speaks of the quality of being 'Sthitpragnya' which means 'being of steady unaffected conscious mind'.

By practicing mindfulness, ourselves as well as teaching our children, we can help create a better, happier and healthier future for our children.

Mr. OMKAR PHADNIS
PARENTS OF CHAITANYA PHADNIS
Likes to teach & play violin.



MAKE MINDFULNESS A REGULAR ACTIVITY

Have you ever heard of the word- Mindfulness? Do you know what it means? Well, in simple terms, it means to be much more involved with the present, happening moments rather than dwelling on thoughts that may have occurred in the past, or might happen in the future. This may be beneficial to us in many ways, and you would indeed be quite surprised to know how....

Suppose you are a student and just completing your homework, or completing a task assigned by your boss, in this case that you're an adult – would your mind be completely engrossed within your work, or would it drift on to some other thoughts? For the most of us, I suppose it may as well be the latter. Although wouldn't things get over even faster, if you had your thoughts glued on to your task? The answer is yes, and we even try our best to concentrate, but we can't. So how can we? One way is by practicing mindfulness.

There are many methods, in which we can practice mindfulness, but meditation is a great way, it even acts as a stress buster, and makes us calm. To start with meditation, you can begin by sitting in a cross-legged position, with your back comfortably straight, and your hands rested on your legs, while bringing your thumb and ring finger together, in a *mudra* position. Then you can start by taking a few deep breaths, or chanting a mantra, such as 'om', while keeping your mind fully attached to it. You can also use a beaded necklace containing 108 beads, known as a '*mala*', to keep yourself actively engaged as you move your fingers across it. This way of meditating is also known as spiritual meditation, and you can also chant a *shloka*.

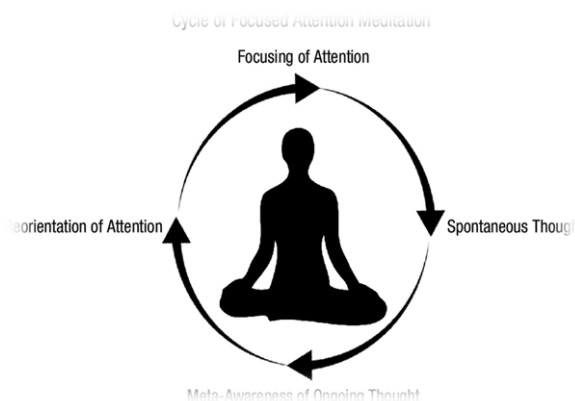
Coming back to the benefits of practicing mindfulness, another way is practicing self-compassion, allowing you to think with a clearer mind, improving your relationship with others, helping with any sleep disorders and also enhancing your immunity, which is quite crucial for your health.

Thus, looking at all the benefits, I would suggest that everyone should start practicing mindfulness as a regular activity, no matter how busy their schedule gets.

AISHWARYA LADE

MITHIL LADE'S ELDER SISTER

Fond of dancing and listening to music.



MINDFULNESS – STEPS TOWARDS SELF-IMPROVEMENT



‘The world is small’. Many of us have heard this phrase. The world has come closer and more awakened due to the digital media and technology. Though everyone is aware about the happenings in the world, people seem to be unaware of the happenings in their own houses. The geographical distances are decreasing and the distances in relationships are increasing. We are isolating from our own self and our own people. We are progressing towards self-destruction which is happening unknowingly due to excessive use of

digital technologies and lazy habits.

To overcome this serious problem, one should become mindful about the present. Being mindful is not just becoming aware of the happenings in the world, or situations.

It is more about knowing the self, knowing the body and inner strength. Today many are struggling with anxiety or depression. It is easy to be distracted or hard to concentrate on a particular milestone, which results into negative thoughts. Stressful life has become a habit and no one has time for practicing self-compassion. Relationships are becoming weak and no stronger bonds within families.

In such times and circumstances where life is fast, practising mindfulness can help in relieving anxiety, stress and bad thoughts. One can cultivate the skill of concentrating on breathing and learning to focus on every activity. This will help in improving mental stability and lead to overall good health.

These small steps towards mindfulness will breathe space into your daily life.

MRS. TANAYA TEJAS PAWASKAR
PARENT OF KAVYA TEJAS PAWASKAR
Likes to dance and draw.



LIVING WITH MINDFULNESS



Mindfulness means being completely aware of our thoughts, feelings, bodily sensations and surrounding environment. It means living in the present moment, being more awake and aware about each moment. It is the practice of purposely focusing your attention on the present moment, and accepting it without judgment. It is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness.

Mindfulness improves mental and physical health, thereby improving the general well-being of a person. It is a very good practice for students as it will help them to concentrate on their studies, remain calm during examinations and also focus on their goals and ambitions.

Mindfulness also plays an important part in building stronger relationships as it helps us to accept the flaws of people instead of trying to judge them. It helps and teaches us to accept the fact that nobody is perfect.

Mindfulness can be cultivated through mindful meditation - a systematic method of focusing your attention. Practicing mindful meditation can help us enhance the quality of our sleep quality, lowering stress levels, increasing our attention span and reducing anxiety.

Mindfulness is easy to implement and requires no tools to practice. Making it a daily routine will help us improve our quality of living and lead a better and fulfilling life.

ADITI JHAVERI
PARENT OF ARYA SANTOSH JHAVERI
Likes to dance and draw.





Children today face humongous amount of stress at a very early stage of their life. The anxiety level in them is also alarming. Primary reasons responsible for the stress and anxiety are - academic pressures, nuclear family model, working parents spending less time at home and less outdoor activities. A negative mental health is a real issue here and the antidote to all these issues is –

MINDFULNESS

What is Mindfulness?

Mindfulness means paying full attention to something, which you are doing. Being mindful is the opposite of rushing or multitasking. When you are mindful, you are taking your time to be focused and relaxed, and you are not dwelling on the past, future, or something else.

Why we need it?

Pay better attention	Be less distractible	Learn more
Stay calm under stress	Listen better to others	Be more patient
Get along better	Feel happier and enjoy things more	

How to teach your children mindfulness?

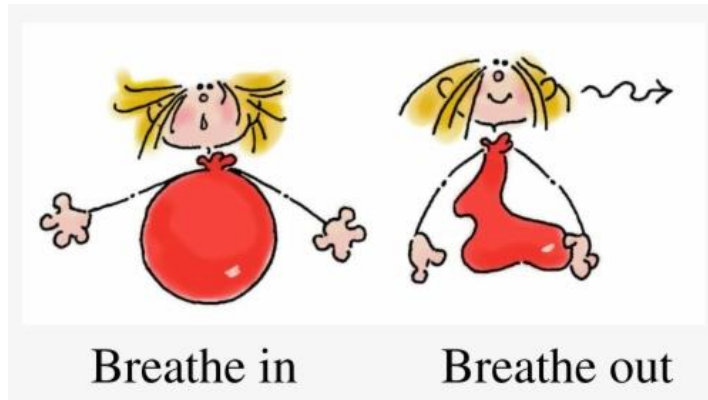
Encouraging children to read books

Learn to practice the art of meditation.

Play breathing exercises with your children (Finger Counting Breaths)

Our role as parents

Parents who can remain aware and accepting of their child's needs through using mindfulness practices can create a family context that allows for more enduring satisfaction and enjoyment in the parent–child relationship.



Listening with full attention

Non-judgmental acceptance of self and child

Emotional awareness of self and child

Compassion for self and child

MRS.RANGONA PAUL
PARENT OF AGASTYA MAZUMDAR
Fond of reading & teaching.



MINDFULNESS FOR SUCCESS AND HAPPINESS



This is what I believe ... Mindfulness is being in the here and now - being present in mind and spirit in **WHATEVER** you are doing at the moment, whether it is cooking, sitting for meditation, having tea, reading, bathing or even gardening...

Many people claim that they meditate for long periods of time. It is not easy to keep our minds totally free of thoughts for a prolonged time. Our mind tends to wander - at other pending chores, especially for a housewife. If a doorbell rings, there could be other people to attend to it, but the housewife who is sitting for meditation will focus her thoughts on - who is at the door at this time of the day - etc.

Mindfulness, just like meditation, is training your mind to **FOCUS** on the task at hand, so that the task becomes enjoyable and automatically stress free.

In today's times of multi-tasking, gone are the days when after sending the kids to school, you enjoyed your cup of tea in the solitude of your house. People are busy running - running after jobs, salaries, promotions, household chores, maids, running to compete with whoever, whatever comes their way. And it is high time for all of us to be 'Mindful' of what we are doing.

Mindfulness is being at peace with yourself, loving yourself, admiring yourself and in turn all this reflects in your work, your kids and your surroundings. Our kids subconsciously imbibe whatever they see and observe. And to make them happy, confident and successful each one of us will have to accept mindfulness.

Mindfulness decreases your risk of diseases and helps you to rise to the top. Mindfulness is acceptance of your thoughts and feelings without judging. It is living your life every moment rather than rehashing the past or imagining the future.

So, step away from the rat race, indulge in mindfulness and soar on the wings of success and happiness.

DOLLY MAYUR VORA
PARENT OF PANASH VORA
 Fond of reading & Painting.



FOCUS ON 'THE NOW'

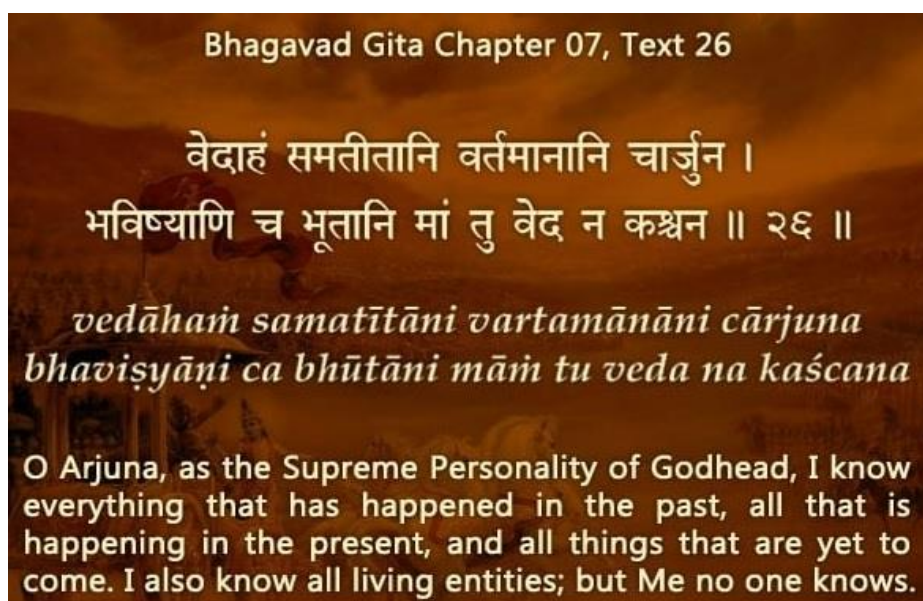
Hare Krishna

We are often told by experts that the Present is essentially the only thing that matters. "Focus on the now", as we can't change what has already happened and the future is yet to be.

Many waste their time endlessly brooding over the past and day dreaming about the future. How sad! Thinking over past mistakes, we lose the joy of the present as well.

Do you all know?

Lord Krishna sees things differently from us. We see present and plan the future, whereas He sees the future and plans the present.



The Bhagavad Gita (07.26) states that He knows past, present and future. He knows what present action will lead to what complications and treats us accordingly.

Shri Krishna did not ask Arjuna to brood over the causes that led to the battle of Kurukshetra. Nor did He ask Arjuna to think about the future, should he win or lose the battle. He pointedly told Arjuna to fight the battle on the spot and with full concentration.

Thus the term "**Mindfulness**" is nothing but living in the present.

Bhagavad Gita provides both the principle and practice of mindfulness. The **Chapter 6 of Bhagvad Gita**, also called '**Dhayana Yoga**' or the '**Yoga of Meditation**' explains the philosophy and practice of meditation.

Our mind is always busy. It can't stop thinking about the past and the future. And in this process we miss the present. Meditation and yoga are for helping us rise above the mind's chatter. What we meditate on now creates our future life.

For Mindful Meditation- Mantra Meditation is what the Vedas prescribe for this day and age.

The single most highly recommended mantra with the greatest ability to uplift our consciousness is –

Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare



MRS.HEMLATA SHAILESH SATAM
PARENT OF RUDRA SATAM
Fond of reading and watching movies.



ARE WE MINDFUL OR IS OUR MIND FULL?

We live in a busy world. We fold the laundry while keeping one eye on the kids and another on the food being cooked on the gas. We plan our day while cooking in the kitchen and commuting to work, and then plan our weekend. But in the rush to accomplish necessary tasks, we may find ourselves losing our connection with the present moment—missing out on what we're doing and how we're feeling. We have lost connection with ourselves in the race of life and therefore the need to be **mindful**....

It is a very difficult task to settle our mind which is always wandering in the past or in the future taking away the precious present moment. Most of the time our mind is full of thoughts, stories and narratives that don't necessarily have anything to do with what's actually happening at the moment. Consciously focusing our mind on the present offers rest to the busy mind. We should make it a regular practice to do so. This is mindful practice.

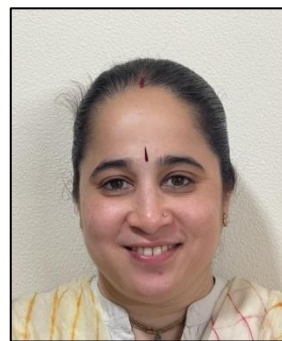
On the other hand, a full mind means you're not rooted in the present moment and you are allowing your mind to think, analyze and figure out things over and over again. A mind full of unnecessary thoughts about the past and the future takes us away from the reality.

Mindfulness practice is a way to gently retrain the mind to settle into the present moment instead of having a mind full of thoughts.

A known way to bring the wandering mind back is to chant mantras or the holy name of the Lord. Concentrating on your breath through pranayam is also another way.

If we make mindfulness a habit, we will be savouring the present moment which in turn will lead to improvement in physical health, a calm mind, stress reduction and overall happiness.

AARTI CHADHA
PARENT OF KRISHNAPRIYA CHADHA
Likes to read and play sports.



Every morning we are born again. What we do today is what matters most. - Buddha

WHAT DO MENTORS' SAY

LABYRINTHS

Have you ever seen a labyrinth?

A labyrinth is like a maze having a meandering path. The difference is, it has a singular pathway leading to the center whereas a maze has many choices of path and dead-ends.

A labyrinth is used symbolically as a walking meditation or a site of rituals and ceremony. It is also looked upon as a tool for personal, psychological and spiritual transformation besides enhancing right-brain activity. Labyrinths have ancient roots. You can find them on Greek pottery, Spanish rock carvings and on the floors of medieval cathedrals in Europe.

When you walk a labyrinth, you have to be mindful, present in the moment, for you are seeking the center. This requires focus and attention which is usually absent in our daily grind. The monkey mind which is so used to wandering is brought back to focusing upon finding the way to the center and out again. Those who walk the labyrinth speak of a calming effect or of having a spiritual experience sometimes.

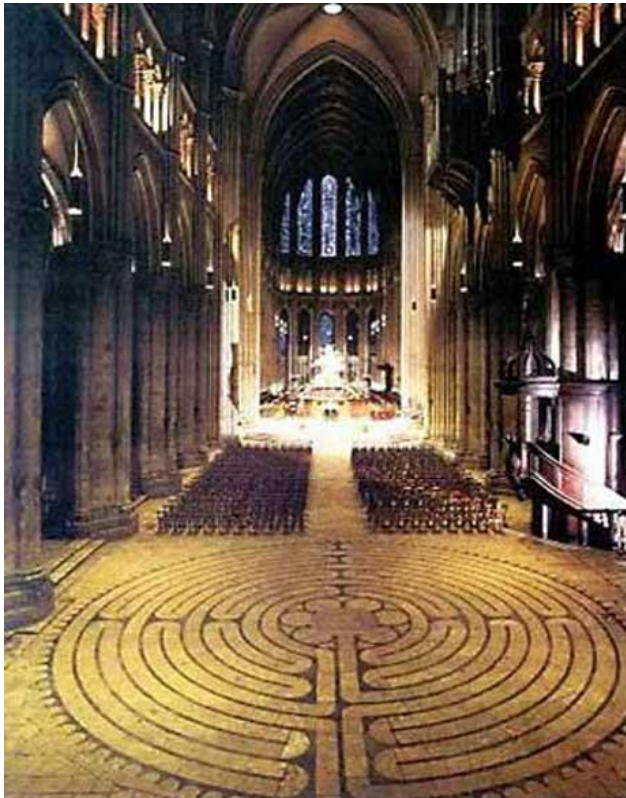
'The Edge' at Hogsback, South Africa is a eleven circuit labyrinth and the distance of the walk to the center and out is about 14 kilometers.

The Cathedral of Notre Dame at Chartres in France is another site recognized for its divine atmosphere and for the labyrinth set into its floor. It has long been the tradition at the cathedral to remove the chairs (the labyrinth is usually covered in chairs as it's part of the cathedral floor) and uncover the labyrinth, to allow it to be walked, on mid-summer day, 21st June.

Symbolising a path to spiritual discovery and fulfilment, walking the labyrinth is meant to enhance prayer and meditation, with the path leading inwards symbolising forgiveness and moving on, and the outgoing ones representing empowerment and healing.

Our desire to live a so-called fulfilled life has taken us away from our centre. We have lost connection with our own being. Walking a labyrinth helps to bring back the lost connection simply because it slows down our racing mind, the most needed requirement to meet our own self. Many look at it as a spiritual experience, some intentionally pray while walking a labyrinth, some gain insights on their life's journey and many others do it for the sake of experience.

Experiences may differ but the learning remains the same: 'Be Present – Here and Now' to unravel the mysteries, to tap into the potential that lies within you.



NEETA NAYAK
SECONDARY TEACHER
Likes to travel and read books.



SANKALP AND INVESTITURE CEREMONY

The most awaited day – Sankalp taking and Investiture Ceremony was held on Tuesday, April 12th 2022. It was a perfect amalgamation of responsibilities, spirituality and confidence in the Students' Council.

The programme was very well hosted by one of our Secondary teachers, Ms Priti Vora. The programme began with the school prayer and was followed by the pledge.

Next, we had Saraswati Puja conducted by our Chief Guest and Spiritual Mentor HG Radha Gopinath Prabhuji with the students singing Saraswati prayer in the background. It was indeed devotional.

We had a formal introduction of our spiritual mentor HG Radha Gopinath Prabhuji before his motivational address.

What to say about his style of address, the entire narration was well picturesque! We had many takeaways, let me try to list a few:

1. Our first prayers should be offered to Maa Saraswati as we reach our temple of learning.
2. Her mercy always remains on scholars who preach humbly.
3. One should always be aware of the presence of the Lord in all our endeavours and about the skills He has bestowed on us.

After the speech, it was time for taking Sankalps. Sankalps were taken by three students each from the Pre-Primary, Primary and Secondary section under the following heads: Academic, Behaviour and Social.

This was followed by 'The Investiture ceremony' which was graced by our spiritual mentor HG Radha Gopinath Prabhuji and HG Satyanand Prabhuji.

The Investiture ceremony signifies the reliance and confidence that the school consigns in the newly invested office bearers. Donning the mantle of accountability, the student council also pledged to bestow their duties to the best of their abilities.

At the end of the programme, a surprise was planned for our spiritual mentor HG Radha Gopinath Prabhuji, who was turning 60 years on 14th April 2022.

A lot of gratitude was shared for his apt guidance in moulding the lives of many for the betterment of mankind. Some of the thankful souls included our own Managing trustee Shri Rambabu Maheshwari, Principal Ms Rajas Sardesai Bhosale and our senior teachers. The icing on the cake was sharing of experiences by our own ex-students along with singing of Geet Ramayana.

The session concluded with a vote of thanks to all the teaching staff, non-teaching staff, admin staff, students and all the authorities of the school.

Reported by

SHARVARI DICHOLKAR

Secondary Teacher

Likes to read books and play badminton



Sadly, in the name of progress, we have polluted the air, water, soil and the food we eat. – HH Radhanath Swami Maharaj

NARSIMHA JAYANTI CELEBRATION



Narsimha Jayanti was celebrated with great zeal and enthusiasm in the school, during the assembly on Tuesday, 14th June 2022.

The students of Class 8 presented a skit - '**Give me my eyes back**' depicting the glorious pastime of Ugra Narsimha of Mayapur Dham.

After the skit, the students of Class 10 sang Narsimha Karavalambam strotram written by Adi Shankaracharya. The celebration concluded with Kirtan and Narsimha Aarti.

Reported by
KUNJAN SOSA
Primary Teacher

Likes to explore new places & is fond of reading.



76TH INDEPENDENCE DAY CELEBRATIONS AT GGHS

The children assembled outside Prabhupada lobby by 07:40 am. The flag hoisting was done by the chief guest followed by the song Vijaya Vishwa Tiranga Pyara, the National Anthem, pledge and Saare Jahan se achha. Everyone sang enthusiastically and with a patriotic fervour.

The students then assembled on the fourth floor for the next part of the celebrations. After an eloquent speech on Independence Day, there was a cultural presentation which included a song and a skit. Then the chief guest addressed the gathering. Sweets were distributed to all before dispersal.

Indeed, it was a day of joy, a day to love and respect our country, make it a better place for Indians to live and experience the freedom, peace and unity in diversity.



Jai Hind.

रामनवमी और हनुमान जयंती समारोह [Click on the link to translate]



"राम नाम अति दीप धरु जीह देहरी द्वार।
तुलसी भीतर बाहेरहुँ जों चाहसि उजियार॥"

तुलसी जी के अनुसार मनुष्य यदि अपने अंदर और बाहर दोनों तरफ उजाला चाहते हैं तो अपने मुखरूपी द्वार की जीभरूपी देहलीज़ पर राम नामरूपी मणिदीप को रखें। अर्थात् श्री राम जी की भक्ति में डूबने के लिए केवल सच्चे मन से राम नाम का उच्चारण मात्र ही काफी है। इसी प्रकार की भक्ति में सराबोर कार्यक्रम गोपाल गार्डन विद्यालय के प्रांगण में किया गया।

"दुनिया चले न श्री राम के बिना,
राम जी चले ना हनुमान के बिना॥"

उपर्युक्त काव्यांश की पंक्ति की ही तरह दिनांक १९ अप्रैल को रामनवमी और हनुमान जयंती को एक साथ बहुत ही उत्साह के साथ मनाया गया। सर्वप्रथम दैनंदिन प्रातः समय की प्रार्थना, प्रतिज्ञा से कार्यक्रम की शुरुआत की गई। तत्पश्चात कक्षा दसवीं की छात्रा 'निधि दुबे' ने कार्यक्रम को दिशा दी। कक्षा छठीं से लेकर नौवीं के विद्यार्थियों ने शिक्षिका श्रीमती. अमृता के संचालन व निर्देशन में उनके द्वारा स्वरचित चौपाई, रामायण की चौपाई, नवधा भक्ति पर आधारित भक्ति प्रेम, भगवान और भक्त के मिलन तथा उनकी उदारता को शबरी के निच्छल प्रेम भावना को श्री राम और शबरी के मिलन को सुंदर अभिनय द्वारा प्रस्तुत किया गया।

इसमें बहुत ही सुंदर संदेश दिया गया कि यदि आस्था और विचार दोनों सच्चे और अच्छे हो तो भगवान और भक्त के मिलन को कोई भी नहीं रोक सकता।

"धन्य धन्य शबरी तुझे, प्रभु जी मिलने आया।
भगवान सबरी देख के मधुर नेह बरसाया॥"

श्री राम जी के हर भक्त में विशेष बात होती है । उसी प्रकार उनके परम भक्त हनुमान जी को राम नाम से जानते हैं जिन्होंने अपने हृदय को चीर कर पूरे ब्रह्मांड को दिखा दिया था कि उनके हृदय में केवल श्री राम और माता सीता की ही छवि बसती है । जिनके पास यह अनमोल खजाना है उन्हें संसार की किसी भी कीमती वस्तु का लोभ नहीं । अतः उनकी महिमा को दर्शाते हुए कक्षा पांचवी और छठी के विद्यार्थियों द्वारा हनुमान भजन को बड़े उत्साह के साथ प्रस्तुत किया गया ।



"पवनतनय संकट हरन, मंगल मूर्ति रूप।

राम लखन सीता सहित, हृदय बसहु सुर भूप॥

राम नाम को याद करते समय हनुमान जी का स्मरण करने से ही श्री. राम सभी संकटों को हर लेते हैं । अंत में राष्ट्रगान के साथ कार्यक्रम का समापन हुआ।

जय श्री राम!!

धन्यवाद...!!!

Reported by
MALA SINGH
Secondary Teacher
Likes to read and travel.



TALENT SHOW COMPETITION 2022-2023

**"We are born unique. We all have different talents and abilities.
When we exercise our talents they will multiply."**



Gopal's Garden High School always strives to nurture the inherent potential of each and every student. With the same spirit, the first 'In House' event of 2022-2023 'The Talent Show' competition was organized.

The Talent Show competition was held on Tuesday, April 26th, 2022 for primary section and Thursday, April 28th, 2022 for secondary section. The students got a platform to showcase their various talents such as dance and drama, song and speech, magic and much more.

Each participant had two minutes to exhibit their talent. All the participants took the audience into their spell through their truly creative and enchanting acts. The participants left the judges speechless with their performances and made it difficult for them to select the best.

Events like these not only help the participating students to showcase their abilities but also motivate other students to come forward and exhibit their hidden potential. It was a great opportunity for the students to raise and shine.

The event was a grand success. We extend a lot of appreciation and gratitude to the parents and our dear students for the same.

Reported by
JENNIE PARMAR
Primary Teacher
Fond of gardening and painting.



जन्माष्टमी[Click on the link to translate]

जन्माष्टमी पर्व को भगवान श्री कृष्ण के जन्मदिन के रूप में मनाया जाता है । यह पर्व संपूर्ण विश्व में पूर्ण आस्था एवं श्रद्धा के साथ मनाया जाता है । जन्माष्टमी को भारत में ही नहीं , बल्कि विदेशों में बसे भारतीय भी पूरी आस्था और उल्लास से मनाते हैं ।श्री कृष्ण युगों -युगों से हमारी आस्था के केंद्र रहे हैं ।वे कभी यशोदा मैया के लाल होते हैं ,तो कभी ब्रज के नटखट कान्हा ।

भगवान श्री कृष्ण के जन्मोत्सव का दिन बड़ी धूमधाम से मनाया जाता है । जन्माष्टमी पर्व भगवान श्री कृष्ण के जन्मदिन के रूप में मनाया जाता है जो रक्षाबंधन के बाद भाद्रपद माह के कृष्ण पक्ष की अष्टमी तिथि को मनाया जाता है । गोपाल्स गार्डन हायस्कूल में भी श्री कृष्ण जन्माष्टमी का त्योहार १६ अगस्त के दिन बड़े ही धूमधाम से मनाया गया । इस कार्यक्रम की शुरुवात भजन और कीर्तन के साथ हुई । फिर अभिषेक किया गया। अभिषेक के बाद छात्र २ री से लेकर ६ वी तक के छात्रों ने संगीतमय रूप से कृष्ण भगवान के बाल लीलाओं को दिखाया जो बहुत ही मधुरम था । प्रमुख अतिथि मुकुंद माला प्रभुजी और सत्यानंद प्रभुजी थे ।मुकुंद माला प्रभुजी ने भी छात्रों को कृष्ण भगवान के बालरूप की अनेक गाथाएँ बताई । अंत में आरती संपन्न हुई ।आरती के बाद इस बार हमारे स्कूल में एक दहीहंडी का आयोजन किया था ।जिसके लिए चार हाउस के कप्तान और उनके टीम ने बहुत प्रयास करके अलग अलग प्रकार की चार चिट्ठियाँ खोजकर लाई इसमें सर्व प्रथम शंख हाउस ने सब चार चिट्ठियाँ सबसे पहले लाई इसलिए हंडी फोड़ने का मौका उन्हें मिला ।

इस प्रकार अंत में सभी ने प्रसाद का आस्वाद लिया और कार्यक्रम संपन्न हुआ ।

Reported by
PALLAVI SHETAGE
Primary Teacher
Likes to read and is fond of travelling.



“Be happy in the moment, that’s enough, each moment is all we need, not more.”-Mother Teresa

RATH YATRA FESTIVAL AT GGHS



It is believed that the Jagannath Rath Yatra is the oldest Rath Yatra and the largest Chariot Procession in the world. It marks the procession of Lord Jagannath, his elder brother Baladeva and younger sister Subhadra from their home to the 'Gundecha Temple', their aunt's home.

Confined to the temple throughout the year, the *abhisheka* and the grand procession allows Jagannātha, Baladeva, and Subhadra the rare chance to leave Their altar to be more widely viewed and glorified by the public. Instead of having to travel to the temple to attain a glimpse of their forms, the deities come out, specifically to make themselves more accessible to the public. This shows Lord Jagannath's compassion for His devotees which is unmatched.

Srila Prabhupada, once said taking part in this festival means taking a step forward in the path of self-realization.

'Rathe ca vamanam dhrstva punar janma na vidyate' which means 'Just a glimpse of the Lord on the chariot, helps one to make advancement in spiritual life and stop the repetition of the cycle of birth and death.'

At Gopal's Garden High School, the Pre-Primary section celebrated this festival on Friday, 1st July 2022 and the Main school celebrated it on Saturday, 2nd July 2022. Pre- Primary celebrations included offering of the bhoga to the Lord brought by the tiny-tots, a story of Lord Jagannath by the chief guest who was an ex-student of the school and aarti followed by pulling of the rath amidst dancing and kirtan in the praise of the Lord. Last but not the least; the children were served prasadam arranged by the school.

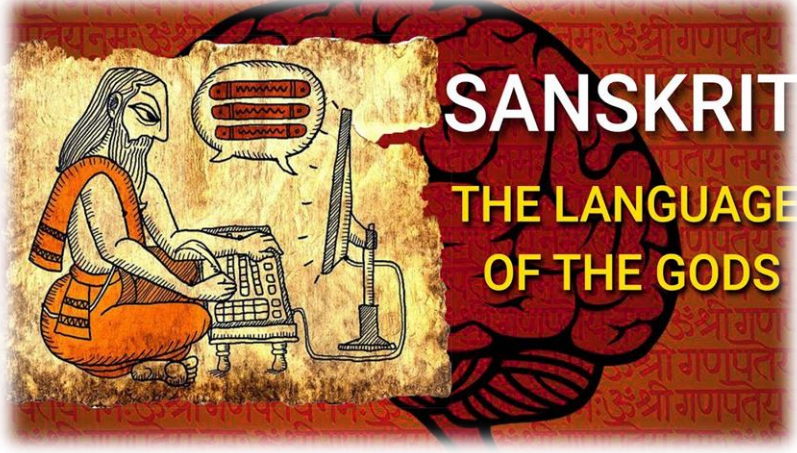


The main school also celebrated the festival with great fervor. The aarti was performed and the Lord was offered 56 bhogas – chhappan bhog, which was arranged for by the students and the entire staff with love and devotion. A short drama was performed by the students to show how young Abhay (Srila Prabhupada) organized the Rath Yatra along with his friends. A dance performance was also presented by students. Then the chief guest gave a talk which was followed by the aarti and the Rath was pulled with the deities of Lord Jagannath, Baladev and goddess Subhadra by the students and all the staff members amid the kirtan which kept everyone involved in the magnificent procession as it gave the feeling of bliss and being blessed by Their Lordships. An amazingly spiritual atmosphere of gratitude to the Lord was created. It was an intriguing sight and a joyful experience. In line with the tradition the Lordships visited each and every classroom and blessed everyone present in the school premises. Later all were blessed with the prasadam and the maha bhoga arranged by the school authorities. We all returned enchanted by the Lord's love.

Reported by
SANGEETA RAJANI.
PRIMARY TEACHER
Fond of listening to music and drawing.



[जयतु संस्कृतम्](#) [Click on the link to translate]



संस्कृतभाषा भारतस्य जगतः :वा भाषासु एकतमा प्राचीनतमा। भारती, सुरभारती, अमरभारती, अमरवाणी, सुरवाणी, गीर्वाणवाणी, गीर्वाणी, देववाणी, देवभाषा, संस्कृतावाक्, दैवीवाक्, इत्यादिभिः नामभिः एषा भाषा प्रसिद्धा।

भारते प्रतिवर्षं श्रावणी पूर्णिमाअवसरे संस्कृत दिवसं आचर्यते । श्रावणी पूर्णिमा अर्थात् रक्षा बन्धनं ऋषीणां स्मरणं पूजनं समर्पणं दिवसं च मानयन्ति । वैदिक साहित्ये श्रावणी इति वदन्ति स्म । एतस्मिन् दिने गुरुकुलेषु वेदाध्ययनात् पूर्वं यज्ञोपवीतधारणं कारयन्ति ।

१९६९ तमे वर्षे भारत सर्वकारस्य शिक्षा मन्त्रालयस्य आदेशेन केन्द्रीयस्तरेषु राज्यस्तरेषु च संस्कृत दिवसं निर्मातुं निर्देशः कृतः । ततः सम्पूर्णं भारते संस्कृत दिवसं श्रावण पूर्णिमा दिने कुर्वन्ति ।

अस्माकं गोपल्स गार्डन हायस्कूलमध्ये अपि प्रथम कक्षातः दशमीकक्षापर्यन्तं सर्वे छात्राः अगस्तमासस्य नवदिनाङ्के संस्कृतदिनस्य कार्यक्रमः कृतवन्तः। तथा अनयोः सूत्रसञ्चालनेन कार्यक्रमस्य आरम्भः अभवत्। प्रथमतः पञ्चमकक्षाणां छात्राः लघुकथा नाटिकायां स्पष्टीकृतवन्तः। नवदशसंकल्पस्योपरि एकं गीतं चतुर्थी पञ्चमी कक्षायाः छात्राः सादरं कृतवन्तः। द्वितीयाकक्षातः पञ्चमीकक्षापर्यन्तं छात्राः सुभाषितैः मनःहतवन्तः। दशदिनाङ्के पूर्वप्राथमिकविभागः बुधवासरे संस्कृतदिनं आचरत्। शिशु वर्गाणां छात्राः संस्कृत प्रार्थनया कार्यक्रमः आरब्धः। बालवर्गाणां छात्राः संस्कृतेन स्वपरिचयं दत्तवन्तः। शिशु वर्गाणां छात्राः 'विपणिः' इति गीतं सादरम् अकुर्वन्।

विद्यालयस्य मुख्याध्यापिका कौतुकसुमनैः छात्राणाम् अभिप्रेणम् अकरोत्। कार्यक्रमस्य समापनं प्रमुखातिथिः श्रीमान् सत्यानन्ददासप्रभोः अमृतवचनैः अभवत्। सः संस्कृतभाषायाः आध्यात्मिकमहत्त्वं उक्तवान्।

धन्यवादः |

Reported by
SANJEEVANI SONAVANE
Secondary Teacher
Fond of reading and cooking.



When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place. -Bhagavad Gita

DUSSEHRA CELEBRATION



Hare Krsna!

Dussehra, which is also called Vijayadashami is one of the most important and popular festivals in India. Dussehra festival has two popular legends behind it. According to one legend Lord Ram killed the ten headed Ravana, who abducted mother Sita. As per second legend, Goddess Durga killed the demon Mahishasura on this day.

We at Gopal's Garden High School celebrated Dussehra festival during the assembly on 4th October 2022, Tuesday with great excitement and enthusiasm.

The celebration started with the speech of HG Satyanand Prabhuji. Students from class 10 shared some lesser known facts about Dussehra. Students from class 9 presented a skit on Ram-Ravan yudh. A mesmerizing Bharatnatyam dance was presented by girls of class 10 which is the most widely practiced of Indian classical dances.

The program concluded with expressing gratitude to all the dignitaries, teachers and parents for their valuable support and guidance. The students who hosted the event, kept the audience enrapt throughout the celebration.

Reported by
RADHA GODSE
 Primary Teacher
 Fond of trekking and singing.



NITYANAND TRAYODASI CELEBRATIONS

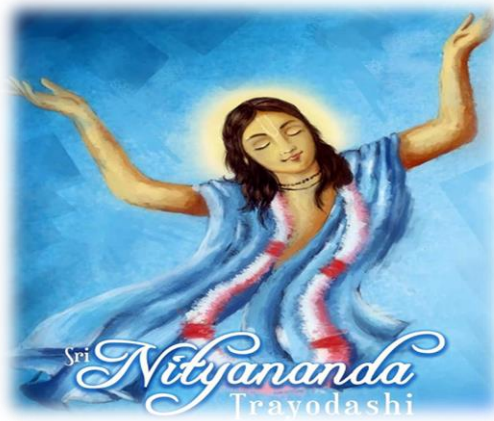
The birth of Lord Nityananda Prabhu is marked as 'Nityananda Trayodasi' which takes place in the auspicious Magha maas (February-March), just after Vasant Panchami.

Nityananda Prabhu is an incarnation of Lord Balarama, the very first expansion of Lord Krishna Himself. Lord Nityananda is considered as the adiguru who propagated the harinaam sankirtan.

This year the auspicious day of Lord Nityananda's advent was on Friday, 03rd February 2023. At Gopal's Garden High School, we celebrated this festival on Tuesday, 07th February 2023. The day started with singing kirtan with great fervour during the assembly. Later, in the last two periods, the primary school students performed abhishek of the deities with fruit juices, yogurt, milk and coconut water while being engrossed in blissful Kirtan.

Next the aarti was performed and bhoga brought by students was offered to the Lord. It was an intriguing sight and a joyful experience. The atmosphere was filled with spirituality and gratitude towards the Lord.

Last but not the least, all were blessed with a sumptuous prasadam arranged by the school authorities.



Reported by
ANCHAL TAORI
Primary Teacher
Fond of travelling and Reading.



You are where your mind is – Radhanath Swami Maharaj

REPUBLIC DAY CELEBRATION

On the auspicious morning of 26th January 2023, Gopal's Garden High School celebrated 74th Republic Day in the school premises. It was a matter of pride for all of us.

The principal, teachers and students left no stone unturned in making this monumental day a memorable one. The program began at 8am with the flag hoisting by our chief guest, Ex-Navy Commander - Mr. Rajinder Dutta .

This was followed by the National anthem, taking the pledge and cultural performances by the students of the school. The chief guest motivated the students with a talk on the right conduct, culture and spirit of love for the country. A patriotic video was shown encouraging us towards our responsibility to our country. The celebration concluded with the distribution of sweets to all the students.



Reported by
MAMTA GIRI
Primary Teacher
Fond of dancing and gardening.



Teach them Krishna Conscious Art at early age, so they may advance in devotional service - A.C
Bhaktivedanta Swami Prabhupada

PUSHYA ABHISHEK

The most exciting day of Pushya Abhishek was held on 17th January 2023.

It was an assembly of devotees gathered to exhibit their love to the Lord by showering of flowers .We at Gopal's Garden High School, collected different variety of colourful flowers for the Abhishek. The deities were brought by two of our students from their home. It was the grace of the Lord Krsna and our spiritual guru that we were able to celebrate the 'Pushya Abhishek' .We had students of grade 6 onwards coming class wise to offer flowers to the deity. Our spiritual mentor, HG Satyanand Prabhuji, our Managing trustee Mr. Rambabu Maheshwari, Director Raj Chopra, Principal Rajas Sardesai Bhosale, Vice Principal Mayuri Herkal , Coordinators and all teachers as well as staff also offered flowers to the deities.

The most exciting part was when children showered flowers on one another for some time. The entire hall was filled with fragrance of flowers and the floor was like the carpet ready for the Lord to walk over it. Overall it was a simple yet elegant service offered at the lotus feet of Lord Krishna.



**patram pushpam phalam toyam yo me bhaktya prayachchhati
tadaham bhaktyupahritam ashnamī prayatatmanah**

Lord Krishna says "If one offers Me with love and devotion a leaf, a flower, fruit or water I will accept it." – BG 9.26

Reported by
SHARVARI DICHOLKAR
Secondary Teacher
Likes to read books and play badminton



मराठी भाषा दिवसाचा अनुपम्य सोहळा

गोपल्स गार्डन हायस्कूलमध्ये २८ फेब्रुवारी रोजी सकाळी ७:४५ वाजता 'मराठी भाषा दिन' साजरा करण्यात आला. मुलांचा उत्साहपूर्ण सहभाग आणि अमराठी मुलांची सादरीकरणे हे या कार्यक्रमाची ठळक वैशिष्ट्ये होती. इयत्ता पहिली ते आठवीच्या विद्यार्थ्यांनी यात सहभाग घेतला.

माननीय श्रीमान सत्यानंद प्रभू, श्रीमान राज चोप्रा सर आणि मुख्याध्यापिका श्रीमती रासरानी दिदी यांच्या उपस्थितीत हा कार्यक्रम साजरा झाला. पहिली, दुसरी आणि तिसरीच्या विद्यार्थ्यांनी गायलेले 'मी मराठी' गाणे आणि झिम्मा, फुगडी, पिंगा यांचे मराठी मनातील स्थान दाखवणारे नृत्य फारच विलोभनीय होते. चौथी, पाचवी आणि सहावीच्या विद्यार्थ्यांनी सादर केलेला 'तानाजी मालुसरे' यांच्या जीवनावरील पोवाडा म्हणजे मुलांच्या अथक परिश्रमाचे द्योतक होते. सातवी, पाचवी आणि चौथीच्या विद्यार्थ्यांनी सादर केलेली लघुनाटिका आणि मराठी भाषेचे स्वरूप अधोरेखित करणाऱ्या 'रॅप' गायन प्रकाराने रसिक विद्यार्थ्यांना मंत्रमुग्ध केले. इयत्ता आठवीच्या विद्यार्थिनींनी या कार्यक्रमाच्या निवेदनाची धुरा समर्थपणे पेलली.



Reported by
RADHA GODSE
Primary Teacher
Fond of trekking and singing.



LINKS

INVESTITURE CEREMONY

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NARSIMHA JAYANTI

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HUB SESSION - SOCIAL AWARENESS

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INDEPENDENCE DAY

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RAM NAVMI & HANUMAN JAYANTI

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TALENT SHOW COMPETITION

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SANSKRIT DAY

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RATH YATRA

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SPORTS DAY

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MARATHI DIWAS

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PUSHYA ABHISHEK

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REPUBLIC DAY CELEBRATION

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NITYANAND TRAYODASHI

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One has to ascertain the right path for his activities by following in the footsteps of great saintly persons and books of knowledge under the guidance of a spiritual master.”
- A. C. Bhaktivedanta Swami Prabhupada

A Very Special Thanks to



Sanjeevani Sonavane (Sanskrit)



Mala Singh (Hindi)



Radha Godse (Marathi)

For Their Valuable Support.



If you are unwell, don't ask to be healed, instead ask to be restored to that perfection from which you emanated.-Wayne Dyer.

GARDEN BUZZ TEAM



Priya Yerunkar



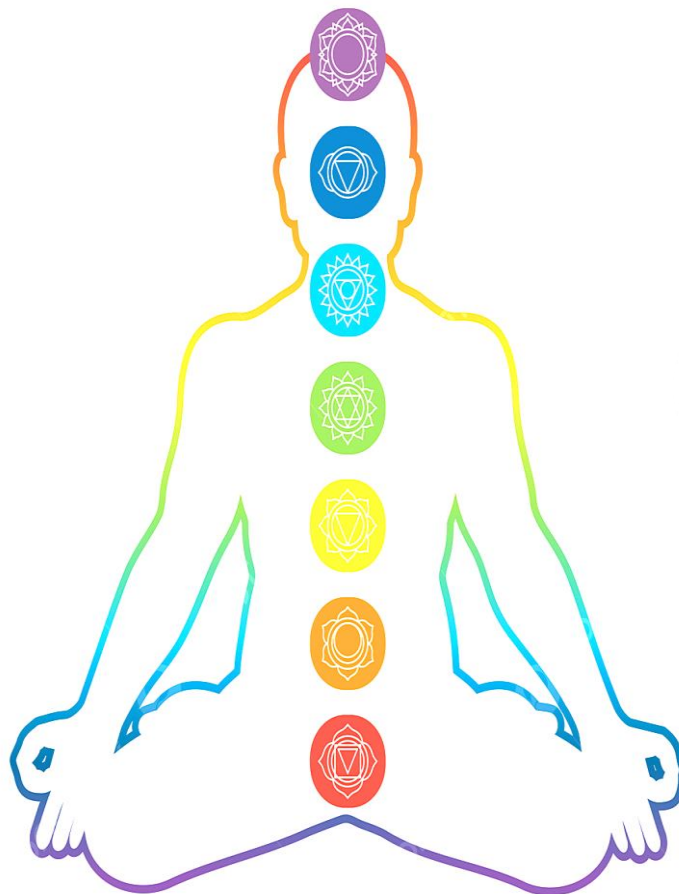
Neeta Nayak



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