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WELCOME MESSAGE

Hare Krishna!

"Difficulties are meant to rouse not discourage. The human spirit is to grow strong by conflict."

This year has been a challenging one to say the least – and challenging in all spheres of life; physical, mental, emotional, moral, physiological, familial and educational to list a few. No one was spared - babies, children, teenagers, adults and elders Each one of us experienced a range of emotions beginning from confusion to fear and for some even depression.

The Lord through Nature has taught us an important lesson that a moment of time and the power of a super tiny organism is enough to send the human race and its biggest minds scrambling.

But even bigger lessons have been learnt – the values of sacrifice, sharing, working together, resilience and ultimately perseverance. The coin has two sides and there will be terrible days but we keep up the spirit – unitedly, positively and with a heart full of gratitude for even the smallest gifts in life.

That is the biggest lesson the pandemic has taught us all – not to take life, relations and opportunities for granted. Some of us have faced losses or have seen others around us face losses – at times unable to offer any help but prayers. This is in line with the lives of so many saints and great men and women of our diverse culture. They too faced immense challenges in life, but ultimately never gave up their faith and belief in the Almighty.

Over the course of the year we have had to unlearn and relearn some aspects of our lifestyle – even our little ones are adapting and evolving to what we call a "new normal" today. So we don't give up! We take inspiration from our spiritual guides, our elders, even youngsters and our well-wishers. We live and work through our difficulties as a family, as a society and as a nation because it is only in such testing times can our mettle as being humans be displayed.

H.H. Radhanath Swami Maharaj, our spiritual inspiration at Gopal's Garden encourages us-

"Wisdom is to transform curses into blessings, challenges into opportunities; it is just a matter of how we interpret the situation."

Let us not forget that by the Lord's Grace we too like the lotus have the ability to rise from the mud, bloom out of darkness and radiate into the world.

Heartfelt Kudos to our Gopal's Garden family – our wonderful students, their parents, our staff and our supportive management for embodying this spirit of "RISING AGAINST THE ODDS!"

Thank you.

Happy Reading! RAJAS SARDESAI BHOSALE



"It always seems impossible until it's done."-Nelson Mandela



RISING AGAINST ALL ODDS

Once a sparrow laid her eggs on the shore of the ocean, but the big ocean carried away the eggs on its waves. The sparrow became very upset and asked the ocean to return her eggs. The ocean did not even consider her appeal. So the sparrow decided to dry up the ocean. She began to pick out the water in her small beak and everyone laughed at her for her impossible determination. The news of her activity spread and at last Garuda, the gigantic bird carrier of Lord Vishnu, heard it. He became compassionate toward his small sister bird and so he came to see the sparrow. Garuda was very pleased by the determination of the small sparrow and he promised to help. Thus, Garuda at once asked the ocean to return her eggs lest he himself take up the work of the sparrow. The ocean was frightened at this and returned the eggs. Thus, the sparrow became happy by the grace of Garuda.

We are all like little sparrows and the plans that we make to achieve our goals in life are like the eggs. The innumerable and inevitable problems that are constantly being thrown at us are like the waves of the huge ocean called "samsara" or the material world that puts obstacles in achieving our plans. And the invincible grace of the Lord, in the form of scriptural instructions and guidance that is received through His "message carriers", the great devotees of the Lord, is like Garuda, the great bird carrier of Lord Vishnu. These great personalities, by their life's example and teachings, show us the path of receiving the grace of the Lord, in overcoming all the obstacles in the path of achieving one's goal. The qualifications that are needed to achieve this grace is - focus on the goal; determination shown through perseverance; enthusiastic and unceasing hard-work; combined with full faith in the infallible grace of the Lord.

A classic example of the above phenomenon was practically demonstrated in the life of A.C. Bhaktivedanta Swami Prabhupada, the founder of the International Society for Krishna Consciousness (ISKCON), when, in the year 1965, he set out of India with a plan to establish a worldwide mission for spreading the message of true Vedic culture. It seemed an impossible task, since he was 69 years of age, with just 40 rupees in hand, on a free-passage in a cargo ship, going to a foreign land with practically no contacts. His only strength was faith in the order of his guru and the grace of the Lord. And the determination born of this faith helped him to overcome several intense obstacles in the form of two heart-attacks on the cargo ship, sea-sickness, poverty, insults, multiple failed attempts, false allegations etc. But in spite of all of these hurdles, in the next twelve years, before his departure in the year 1977, by RISING AGAINST ALL ODDS, he not only fulfilled his plan of establishing an International Society, but also guided the Society and saw it grow to a worldwide confederation of more than one hundred ashrams, schools, temples, institutes and farm communities.



He also left behind some eighty volumes of authoritative translations, commentaries, and summary studies of the philosophical and religious classics of India.

HIS GRACE RADHA GOPINATH PRABHU Spiritual Mentor and Guide





"Never give up on something that you can't go a day without thinking about."-Winston Churchill

STUDENTS' CREATIVITY

LIFE WITH THE NEW NORMS



Change is the only constant in this ever-changing world. In the distant past, it was believed that the earth was the center of the universe. It was only after several scientists and astronomers proved it otherwise that it was realised that the Sun was the center of our galaxy and all other planets revolved around it. So, what was a norm for centuries could change suddenly or over a period of time. The pandemic (Covid-19) has thrown several well-established norms of social behavior, work etiquette, etc. out of the window. New norms are being established and one may have to live in this `new normal` for a long time.

Due to COVID-19 and lockdown, people are being forced to stay at home. Schools, colleges, offices, shops etc. were closed down. As per the norms laid down by government, it was compulsory to wear masks and people were advised to maintain social distancing and wash hands at regular intervals. As a result, people have to work from home and students have to attend school online. Some students get away by playing hide-n-seek with their teachers during online classes. Some offices have reopened with just 20%-30% of staff but majority of them continue to work from home. Many organizations such as Google have declared that their employees will continue to work from home till September 2021. People had to do most of the shopping online, whether it was for groceries, clothes or accessories. Online shopping may continue for a long time. People who had never tried online shopping also gave it a try as there was no other option. All food courts and restaurants were closed; people did not get junk food to eat and this has made a good impact on their health. Guest lists for weddings are being reduced to 50-100.

In the future as well, this may continue because weddings involving less people have turned out to be much more fun, with

people from the groom's and the bride's side participating in all the rituals together. Viewing a wedding through live streaming on YouTube/ Zoom or attending an online birthday of a friend or a relative is also seen as the new normal.

The public transports such as local trains, rickshaws, buses etc. were only available to the people providing essential services and slowly and gradually it was made available for other categories. Air travel was restricted. Flights within and outside the country had been stopped. Though domestic flights have resumed to some extent with many precautionary measures, things are far from normal. International flights are severely restricted. Normal commercial flights have not yet begun. Hospitality industry is suffering tremendously. People find it unsafe to travel because of travel restrictions and fear of the virus.

Slowly and gradually when schools re-open, there will be 50% or less students in the class. They will neither be able to sit together nor will they be able to share their stationary or lunch packs. Preparing charts for group projects will be all the more difficult keeping the social distancing norms in mind. Canteens in schools, colleges, offices etc. may have to stop functioning. Wearing masks for longer period of time will be suffocating and could prove hazardous for the lungs.

The lockdown and the pandemic have not only caused health issues but caused millions all over the world to lose jobs and several industries (like hospitality, tourism, transport, etc) have been severely impacted. But some industries like pharmacy, medicine, information technology (platforms like Zoom and Google meet), sanitation, etc. have flourished during the pandemic.

Survival of the fittest has always been a norm through the ages. However, the pandemic has thrown a dilemma for authorities worldwide. How to strike a balance between protecting the population from the virus by way of a complete lockdown or to open up and allow economic activity to sustain that very life? For, in this world money is essential to survive. A classic case of what is first - chicken or egg? A Catch-22 situation indeed!

SAMPADA AROLE CLASS 7





A devotee should be enthusiastic and inspired, always ready and energetic. -_Loknath Swami Maharaj

WE SHALL OVERCOME



For years, mankind has seen many such situations where he has faced worldwide challenges. A few examples from history are the 1629 Italian Plague, the 1817 Cholera pandemic and the 1918 Influenza pandemic. Pandemics, adversely affecting and globally distressing, are epidemics or infectious diseases that spread internationally usually affecting people on a global scale. As soon as we hear the word 'pandemic' now, the first thing that comes to our mind is Covid-19, a disease that has impacted everyone around us.

We all have been experiencing difficult times during covid and lockdown. Staying at home, no school, no work, and sanitizing again and again. For most people, covid was like a tsunami that destroyed everything around them and now they feel helpless to do anything. But for some, it was like an opportunity to discover new things and find new interests. Still, we can all agree that it is impossible to live a life like this forever. Therefore, we must overcome this challenge as well, as we always have. Looking back at history, we have witnessed many such pandemics. However, it was not very simple to overcome them during those times. Climatic changes, malnourishment, poor hygiene and less availability of food and water were some of the reasons why pandemics were difficult to handle in the past. As for now, it is much easier to control such situations. Due to the advancement of science and technology, humans are now much more enabled to overcome this pandemic. Social Media has assisted in achieving greater awareness of covid and therefore people are taking more safety precautions against the pandemic. Before the pandemic, we didn't even wash our hands after coming home; but now, we take a bath soon after touching anything. Lockdown restricted students from going to school; however, online classes were introduced and have now become a very effective method to conduct classes from home.

Work was difficult as people weren't going to their respective workplaces, so we came up with the idea of work from home. All of us also developed better habits like eating healthy, sanitizing regularly and improving our immunity. Apart from us upgrading our lifestyle, we have also

adapted to the new normal with new rules and norms dominating our life and this is how we are dealing so bravely with this pandemic.

Covid changed everything, but every change requires time to be adapted. We humans have always turned adversity into opportunity and this is how we fight against covid, by rising against the odds. There's only one simple key to find the solutions to our problems and it is unto us, how we adapt, and how early we adapt.

SANAYA DAS CLASS 8







Those who hear Srimad Bhagvatam regularly and taking matter seriously will have Lord Krishna manifested in their heart within a short time. —Parikshit Maharaj

LIFE POST-PANDEMIC



The whole world is suffering during this Corona pandemic. COVID-19 mainly spreads when an infected person sneezes or coughs due to which thousands of viruses carrying droplets get mixed with the air and infects other healthy people.

The first case of COVID-19 in India was reported on 30 January 2020. The Chinese authorities had identified

human cases with the symptoms in early December 2019 in Wuhan city, China. Various countries have released orders for nationwide lockdown since then.

Due to the current pandemic every person's lifestyle has changed. People started becoming more health conscious and environment friendly. The platform of learning and working has now shifted to a digital arena. But after the vaccines are developed "how will the life go on"? People will still continue to work online. Human beings will definitely be caring more about their immunity and health. They will maintain more cleanliness and keep their surroundings and themselves clean by sanitizing regularly. People will start practicing new hobbies which they might have become fond of during the pandemic. Overcrowding will be avoided.

Mankind has learnt certain new methods and will surely adhere to the new norms of lifestyle learnt and gained as an experience during this pandemic.

AARYA MEWADA CLASS 8





प्रार्थनायाः शक्तिः | [Click on the link to translate]



तेनालिरामनः नाम एकः बालकः आसीत् | तस्य माता सदैव परिश्रमं करोति स्म | एकदा सा तेनालये कुप्यति स्म यत् त्वं तु सदैव खेलिस एव | अहं अत्र परिश्रमं करोमि | त्वं तु किं अपि न करोषि | गच्छ तेनालि गच्छ | येन तेनालेः मनसा मातरं प्रति दया अभवत् | सः वने एकं मुनिम् अपृच्छत् अहं पठनाय इच्छामि" | तस्य पठनाभिलाषा दृष्ट्वा मुनिः अकथयत्, वत्स ! कालिदेव्याः मन्दिरे सहस्त्रवारं काल्याः नामस्मरणं

कुरु | एतत् श्रुत्वा तेनालिः शीघ्रं गतवान् | सः निःस्वार्थभावेन प्रार्थनां कृतवान् | सः वारंवारं कथयति स्म ॐ कालिदेव्यै नमः इति | तस्य प्रार्थनां श्रुत्वा कालिः तत्र प्रकटिता |

सा तं अकथयत् वत्स अहं प्रसन्ना अस्मि "| अहं त्वां द्वे पात्रे यच्छामि | एकस्मिन् पात्रे दुग्धम् अस्ति अपरे दिधः अस्ति | दुग्धेन धनं मिलिष्यित, दध्याः ज्ञानम् च | एकं एव पिब | तेनालिः विचार्य दुग्धं दिधं च अपिबत् | येन कालिः किञ्चित् आश्चर्यण अपश्यत् | तेनालिः अवदत्, मातः ज्ञानं विना धनं नास्ति | ज्ञानं धनं च आवश्यके | कालिः तं प्रसन्नतया अकथयत्, पुत्र, तव चातुर्येण अहं प्रसन्नास्मि | विजयनगरे गच्छ | तत्र राजा कृष्णदेवरायस्य भवनं गच्छ | विजयी भव | एतत् श्रुत्वा तेनालिः तस्य मात्रा सह विजयनगरं गतवान् | तदनन्तरं सः प्रसिद्धः अभवत् |

तात्पर्यः - वयं प्रार्थनया जीवनस्य सर्वान् दुःखान् दूरिकर्तुं शक्नुमः ।

BRAJPRIYA GADHARI CLASS: 9





If we are serious & sincere devotees, the Lord will give us the intelligence to offer prayers properly. - A.C. Bhaktivedanta Swami Prabhupada.

A LETTER TO GOD

From: Aryan Goswami



Address: Planet Earth

Dear Supreme God

"पर्यावरण संरक्षणम्"

In today's world, the mankind did not follow the above Sanskrit shloka. They did not care about Mother Nature and the eternal gifts given free by you, my God. Hence, the world is caged in a big trouble by a "coronavirus". It has killed thousands

of people in the whole world and many are still suffering. Many people realised the value of pure and free air when they paid money for oxygen cylinders. Because of the pandemic, schools are closed. Most of the schools are conducting digital classes on various types of video calls. This is causing headache, obesity, lonely feelings in students and also eyes are paining. We students also realised the importance of school in our life.

The pandemic has caused heavy financial losses all across the world. Majority of the people had to sign out from their jobs. Daily wage workers, farmers, labourers are the most hit due to lack of income, food and shelter.

God, please make our world free from this pandemic. Bring our lives back to normalcy. We are ashamed that we were harming our Mother Earth and Environment (Prakriti).

After the world will get freedom from this pandemic, the people on this world will never cause any harm to our Mother Nature and this is *the promise*.

This world needs your help.

Please Help, God!!!

Your favourite child ARYAN GOSWAMI CLASS 6





By once serving Lord Damodara in Mathura during Karttika, the people can easily attain pure devotional service to Lord Hari.- Rupa Goswami

GOD, I SEEK YOUR HELP!

From: Hriday Shah

Address: Somewhere in this beautiful world. (you know where)

Dearest Almighty God

I always wanted to meet you. I really don't

know how to thank you! I feel I am blessed that you created me, gave a human avatar and have been showering your love onto me each day, each second.

I pray to you with folded hands and a bowed head to help us in this crisis of covid pandemic. Please forgive us for all the sins we have been doing each day. This pandemic has made us realize that we humans have never respected rather we have been damaging our own planet which is your own creation and a gift to all the living beings.

But now, we need help. We need your blessings and miracles that help us lead our life normally and no more people lose their lives or their loved ones.

Please bless us all with some good sense that we value what you have gifted us. I also pray that you give peace to the souls and their families, who have lost their lives during this crisis.

At last, on behalf of all humans, I would like to say sorry for all the sins we have been committing. I hope that you will listen to our prayers and help us get back on our feet. May your mercy always be with us and you keep supporting us all the time. You are the Almighty and your powers know no bounds. We, your children, plead you to guide us to the right path of life.

I promise to be a good child and never ever take your gift for granted.

With prayers for help

HRIDAY SHAH CLASS 6

Your Child, on behalf of many others like me.





We are serious & sincere devotees, the Lord will give us the intelligence to offer prayers properly. - A.C. Bhaktivedanta Swami Prabhupada.

THIS TOO SHALL PASS

Nothing in this world is permanent. Tides shift, days change into nights which in turn become days. Summer has come and gone and now winter has come to take its place. Empires have risen and fallen in the past; so much has happened. But does it stick around for long? Every now and then, some new power claims this world.



Let's look at what happened this year. The Novel Coronavirus has claimed the lives of many. Hundreds of thousands of new COVID 19 cases are reported every day. Many of us are confined in our homes praying that it won't come knocking on our doors. It is very easy to lose hope in such situation and feel frustrated. For those hot - headed, rebellious ones among us, waiting to socialize recklessly, I am requesting you all to have patience. The Government is trying hard to find a vaccine. Soon after, we will be able to go out and reunite with our long - lost friends while following the Government norms.

Even the darkest of clouds is bound to have a silver lining. We just have to hold on long enough to find it. As the saying goes, "This, too, shall pass." Good times will soon come upon us.

JANHAVI BHAGDE CLASS 7





"I Shall Leave the World a Better Place, Then it was When I entered it. – HG Gaur Gopal

HUMANS – CHANGE OR PERISH

Hello there! My name is Coronavirus. This name is given to me by the United Nations Organization. You can call me Corona for short. My family, the Corona family, has been on this planet for the past few centuries. For example, my brother, SARS Coronavirus, was identified a little more than a decade back. In the month of January 2020, I was officially identified and the disease caused due to me was named "Corona Virus Infectious Disease". Everybody in the world now fears me. Everyone curses me something or the other, like students say that due to me their academic year got affected, labourers and office workers say that due to me their salary got deducted, people say that many have died due to me. The fact has been established that humans are very selfish. If they get success due to any object, they will praise and glorify it. But if they get harmed by it then they will criticize and condemn it. Today I want to tell you the truth about my appearance.

I was present for the past several decades in animals and used to affect them. I did no harm to any human. It is the humans who are so greedy that they have been eating animals for their food. As you already know, I have my origins in Wuhan, China and bats in particular stay unaffected with my presence. It is through interaction between humans and bats in the live seafood market in Wuhan that I multiplied across the globe.

Humans have a tendency to blame others for their own mistakes and this is their biggest drawback which may in future lead to their downfall. In the process of justice, the points of view of both the sides are heard before announcing the guilty. So now you only decide, impartially, who is guilty, me, or the humans.

Before leaving you, I would like to give a word of advice to the humans. Stop polluting this planet and destroying nature. All these diseases have not come into existence by accident. These are the results of the humans flouting the laws of nature and polluting nature.

Do the needful or be prepared for your downfall.

VEDANT AKLUJKAR CLASS 10





LOCKDOWN DIARIES



Thursday, 19th March 2020

9.23 pm

Dear Diary

Do you know my friend, today our Honourable Prime Minister Shri Narendra Modi announced 'Janata curfew' across the country on 22nd March 2020 due to spread of Corona Virus (Covid-19)? I am shocked to know this news but also happy as my school will be closed and I can enjoy the whole day playing games. My father called up his friend and told him that he will not be able to attend the wedding function of his son which is scheduled on 22nd March because of Janta curfew.



My father explained to me that on the day of Janata curfew no one should come out of their houses from 9:00 am to 9:00 pm and cooperate with the government in this self-imposed curfew. He also said that this virus spreads from one person to another person very fast; so if we want to stop the spread of this disease, we must restrict ourselves in coming in contact with different people and

by maintaining social distancing. Most of the countries in the world have imposed lockdowns and people are not allowed to come out of their homes to stop the spread of this disease.

I pray to God to help us come out of this situation and that everyone on this planet lives a healthy life.

Bye and stay safe.

PRATHAMESH JAKHMOLA CLASS 7







Tuesday, 14th April 2020

9:45 pm

My dearest diary

The lockdown has been extended for two more weeks as the coronavirus cases are rising in India. My family is taking all precautionary measures, we all are staying home and are not going out. The city looks like a ghost town with no people roaming around. But the nature is flourishing, the plants in my garden seem to grow a few inches every day! I still have little hope about schools reopening even though it does not seem like they will open anytime soon. I hope this lockdown is removed soon because people have lost their jobs and are in a very bad position. The migrant labourers' issue is very upsetting. I really hope things get better.

SAI DEEPANJALI CLASS 7





Hard earned money is kept in fixed deposit in the Banks and we are used to Credit Cards. Similarly deposit your faith in fixed deposit of the Lord, and chant every day. A. C Bhaktivedanta Swami Prabhupada

Monday, 8th June 2020

11.09 pm

Dear diary

Today I am late in speaking to you but one thing made my day very important. I was thinking how important school is for us and the hard work our teachers put in to make our studies more interesting and easier to understand.



You know my online classes have started last week and it is a new experience. At the starting of the lockdown, we all got rest but our teachers spent most of their time preparing worksheets and audio files for us so that we could learn something at home. All the students should be grateful to our teachers who work day and night preparing lessons for us so that our concepts are clear.

Thank you, all the teachers!

JANKI VYAS CLASS 7





Every moment is an opportunity to practically express our gratitude, and that is how we make spiritual progress. HH Radhanath Swami Maharaj.



Wednesday, 19th August 2020

11.19 pm

My Sweet Diary

Today, I was doing a project given by my teachers for internal assessment and I suddenly was reminded of the time when my friends and I used to do it during the last period and discuss ideas for the same. It made me think that school was not just a place to learn but also meet different kinds of people and learn how to act and talk, grooming us to survive in the world where not just friends but rivals, enemies and associates would make you what you are or try to break you. It makes us social and well versed with types of people around and whom we should save ourselves from; like fair weather friends, people who only stay with us to benefit from us or backstabbing friends. I, at this moment, terribly miss my friends and teachers. I have learned their value and realised how important they are in our daily lives. I just wish for this virus to be eradicated and things to go back to being safe and normal. Don't you?

MIHIKA JOSHI CLASS 8





There is one quality that makes the mercy of guru and Krishna accessible – and that is GRATITUDE. HH Radhanath Swami Maharaj.



Monday, 14th September 2020

9:15 pm

My dear diary

You know what? Today was my first online exam. I was excited because I could learn more technology by uploading the paper but a little anxious too. I feel online exams are a little scary because if some technical glitch occurs during the exam, then all my hard work will go waste.

The question paper came on the screen and I was praying that it would be easy for me to attempt. While attempting, I was getting a feeling like I am in school. I successfully uploaded my answer sheet and took a seat to revise for the next exam. It was a wonderful day, today.



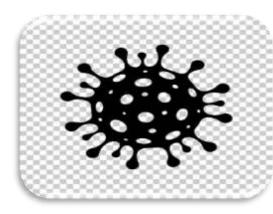
DIKSHA JHA CLASS 7





Gratitude is to honor, recognise and appreciate everyone and everything for a higher purpose. HH Radhanath Swami Maharaj.

Saturday, 19th September 2020 Dear Diary 10:10 pm



The Covid-19 cases are increasing day by day maybe because people are ignoring the safety norms during these unlock times.

Today my periodic tests were over. It was an unimaginable experience appearing for exams online. The question paper came in the morning online and then we had to write answers on a foolscap paper, scan it and upload it.

I have mastered the art of appearing for

exams online. Hahahaha!

Yesterday, two corona cases were found in our building which was a cause of extra caution for all of us. Yes, we all need to follow the new norms of wearing a mask, maintaining distance and using sanitizers frequently. We all are adjusting to a new world with new norms. Hoping all remain safe.

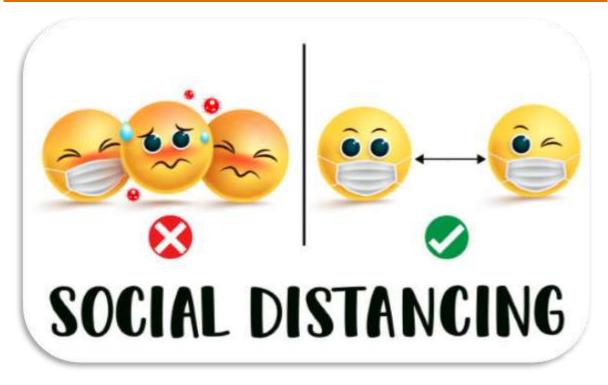


JAINAM SAVLA CLASS 7





Every situation is an appropriate opportunity to celebrate the glory and mercy of God. HH Radhanath Swami Maharaj.



Sunday, 25^{th} October 2020

10:48 pm

Dear diary

I am so excited to tell you that under the unlock guidelines, restrictions have been lifted for theatres, malls, metro, etc. Today, at last I stepped out of my apartment. I'm so happy and I'm feeling very fresh. I went for a walk in the park. I noticed that many people were not maintaining social distancing. I even noticed that few people were not wearing masks. I found a lonely corner in the park and that's where I spent my evening. And then, my friend came the moment, when I went out for dinner with my parents. Ohh! What a feeling!! As if life is back to normal. But as you know that safety comes first. So, I have decided that I will reduce the frequency of going out till the pandemic ends. I hope to go back to school soooooon. I just miss my classmates and teachers.

SAHANA. R CLASS 8





Beginning of all knowledge comes from humility. HH Radhanath Swami Maharaj.

SSSSHHHHHHHHH.....

Umm, Hey there! You know me? Hahahaha!! What a question I have asked, who doesn't know a demoniac creature like me? I am Coronavirus!

Getting a bit more formal "I'll introduce myself." No, I don't need to do so.

Everyone goes bananas hearing about me. I am the reason for interruption, disruption and changes in people's life. As said, 'Every coin has two sides" the same way even I am really fatal and menacing but I am the one who is bringing positive changes in the environment. Nature is redeveloping itself.

You all who were too busy to care for yourself and your families should thank my arrival. I have forced you all to rebond with your families and prioritise your lives.

Hmmm, talking about my origin, people believe I am 'The Gift of China'. Some reports trace the earliest cases back to a seafood and an animal market in Wuhan. I actually am a zoonotic.I am so very small but see the drastic effect I have caused. It is rightly said "Even small things make a big difference." I've made all of you remain indoors and let all animals out. Do each one of you now realize how it feels to be packed inside a tiny space (as in a cage)?

It's so hilarious to see the reaction of people when someone coughs sitting beside them. I can say that everyone fears me but for some people it's water under the bridge now. People are so lazy that they don't follow the precautionary measures. And on the other side, scientists are burning the

candle at both ends for developing a vaccine and strongly believe that every cloud has a silver lining.

Also, let me tell you that I'm such a great teacher! I have been teaching people a lot of things for instance: being more creative, giving time to self-care, establishing family ties and so on. The world is grappling with an invisible deadly enemy - "Me of course." I have been like a rollercoaster in some ways really difficult but in other ways I have made people really productive.

Oh! I have been reminded of an idiom which would rightly fit in here: "What goes around comes around." The selfish deeds of humanity and the negligence towards the planet has upset the balance of nature. Nature is teaching humanity a lesson through me. I feel I am a blessing in disguise for the mankind.

Remember to thank me.... Ssssssshhhhhhh.....

ALANKRITA CHOUDHARY CLASS 8



By once serving Lord Damodara in Mathura during Karttika, the people can easily attain pure devotional service to Lord Hari.- Rupa Goswami

LESSONS FOR THE WORLD FROM COVID-19 PANDEMIC

Covid-19 has brought the world to a grinding halt. It has left a trail of tears and uncertainty. This pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War II. It has the potential to create devastating social, economical and political effects that will leave long-standing scars. Everyday people are losing their jobs and income with no way of knowing when normality will return.



As rightly said "never let a crisis go in waste" we have a lot of lessons to learn from this pandemic.

- 1. Firstly, this global suffering has led to introspection. We are learning to be kind to ourselves and others.
- 2. We have also learnt that life is unpredictable.
- 3. With the economic pressure, we have learnt the value of prudence with finances and savings. "Save for a rainy day" is a timely proverb for this time.
- 4. The world at large has recognized the selfless service of health care workers during these dire times.
- 5. We have also understood to appreciate the gift of freedom. In the quarantine period all of us are confined and isolated at home, which explains how important freedom is and how it feels to have a restricted movement.

6. Many people have found comfort in prayers during this pandemic. Uncertainty that leads to prayers, is a refuge of hope. People have found hope and solace in praying to the Supreme being.

- 7. Every plan made by the smartest people out there has gone for a toss. This tells us it's not the one with the plan that wins but the ability to change the plan whenever required that wins.
- 8. We have learnt the concept of minimalism as we know that we must have "simple living and high thinking". Covid has taught us how to survive in bare minimum and also brought to light the concept of self-reliance.
- 9. The concept of work from home and how well people can collaborate even after sitting far away at home is being tried out frantically.
- 10.It has taught us to value relationships physically distanced but at the same time socially connected.
- 11. We have started focusing on our health and priorities.
- 12. The selfless services of the doctors as well as the menial workers have shown us who the real heroes are.
- 13. Nature has once again proved that it cannot be overpowered.
- 14. Health is Wealth. This proverb is proved by this pandemic at its best, and the only way out of this is to keep immunity at its optimum level.



Lastly, to conclude I would say that "Sometimes it is hard to see the hidden sunshine behind the dark clouds. But, with the firm conviction of hope, faith and time the sunshine will brighten the world all over again".

JANHAVI YADAV CLASS 10





God, our Creator, has stored within our minds and personalities, great potential, strength and ability. Prayer helps us tap and develop these powers. -A. P. J. Abdul Kalam

WHAT HAS THE PANDEMIC TAUGHT US

We have all been living the fast life where there is always something to do, somewhere to go or someone to meet. But now, it is like the pause button has been pressed. We cannot go out like we used to. Meeting people is only possible online through screens and we are all at home, sometimes working but mostly in a more relaxed state than earlier. We have been forced to slow down our lives at a pace that was never possible earlier.

This virus has also given us the opportunity to reflect and introspect for which people never had time earlier. One thing is for sure that life always goes on. Even with such a pandemic raging, our life has never come to a standstill but yes, it has slowed down dramatically. We have been forced to adjust to the new norms which must be abided.



Another plus point from the pandemic is that people have got time to spend with their families. For example, parents who could not give their children time due to their high-stress jobs now have the opportunity to do so. We also have had the opportunity to learn new skills which is quite something to be grateful for. We must also accept that certain things are beyond our control and there is nothing that can be done about it. We all eventually learn to adapt to a new life. If we were to add all the COVID-19 virus from around the world, it would weigh just 5 grams. It would be unfathomable to even think that 5 grams of something can bring 7 billion people to their knees but that is what just happened. The learning lesson here is to expect the unexpected. Also let us remember, 'Tough times don't last, tough people do.'

Though this pandemic has caused a lot of inconvenience, we must look at the positive side of this unimaginable experience and savour it as opportunities like we all are now doing.

When we look at the positives amid this gloomy situation, we realize that a lot of learning has taken place for our own good.

Life has slowed down enabling us to do the things we love. We are spending time with our families. We have learnt new ways to survive. Who would have thought that work from home can be possible; online schools, colleges and exam would be possible; weddings would go virtual and there would be nobody at the funeral. The wonder of wonders is - life still goes on.



It is surely the survival of the fittest. Learn to adapt or die and leave forever. It is also true that since eons we have learnt to adapt and we have evolved successfully to a new level, every time humanity was on the verge of collapse. That's what is happening now and will be so in the future. We will evolve and survive and move on to the next level.

RADHANATH CHADHA CLASS 10





Religion is the manifestation of the Divinity already in man. - Swami Vivekananda

IT'S ME !!!

Hello everyone, my name is Coronavirus. My nickname is COVID-19. I am not sure of my origin but people say that I was born in a certain city of China called Wuhan. I am the most dangerous of my species. I am good at Math and hence multiply swiftly. I can travel throughout the world without a visa or a passport. I have a special ability to go into people's body but still not let them realize that I am present so that I can travel easily through them, but as everyone I also have an enemy. I am not able to enter someone's body if my arch-enemy the immune system is in good health, I always get defeated by him. Luckily, most of the people do not have strong immune systems as me. I am that invisible and an invincible force that has created the most lethal pandemic the world has ever seen. It is due to me that the entire world has come to an indefinite halt.



I have become a role model for many of my fellow viruses. All other diseases have seemed to disappear from the face of the Earth. Many well-known high-profile diseases such as Malaria, Dengue, Cancer, etc. have started to envy me. By creating havoc in the world, I have gained a lot of name, fame and popularity. I have forced governments to impose lockdown in their country. I have stranded all the people inside the four walls of their house. Students are grateful to me for it is because of me that their exams had been cancelled and the school timings were limited, though my sympathy goes with them as they cannot meet their friends and relatives like before. I have completely stopped both international

and domestic travels. I have forced human kind to use technology beyond their capacity. I have forced people to practice cleanliness as they have never done before. They frequently wash their hands with a soap or use a sanitizer due to my fear. I have helped Mother Nature to purify her atmosphere. Due to the imposed lockdown many industries and factories have been shut because of which pollution in the environment has decreased and rivers have been cleansed. Many animals have started coming out fearlessly and plants can breathe fresh air now. I am especially dangerous to co-morbid patients who have respiratory diseases, diabetes, blood pressure and many more. I have not just infected common people but also made my way into lives of famous people associated with sports, films, politics and royalty. Prince Charles, Prime Minister Boris Johnson, Hollywood Actor Tom Hanks, former US President Donald Trump are to name a few.



International organisations such as WHO are looking for a way to defeat me. They seem to believe that they will defeat me with a puny thing called vaccine. Companies like Pfizer, Serum Institute, etc. have claimed to develop these vaccines but only time will tell how effective they are against me. I cannot be defeated on land neither in water nor in the sky but I can easily be defeated by mask, sanitization and most importantly social distancing. Unfortunately, human beings are so careless that they cannot follow these simple measures because of which I will continue to rise and rule over the face of the Earth.

LALITA SUNDARI DUBEY CLASS 8





Hope sees the invisible, feels the intangible and achieves the impossible. - Helen Keller.

Away Away Goes My Student Life...

Away away goes my student life, And advances my dreary adult life.

Work and work to live my life,
And then I must get a wife,
I crave for another chance,
To relive my student life,
But away away goes my student life,
And now comes my dreary adult life.

I wish to reuse my pranks & jokes,
And be back with my fellow mates.
I wish to reinvoke,
The spirit of a student's life.
But away away goes my student life,
And advances my dreary adult life.

Now that I grow, I have no choice,
But to raise myself with my chin held high,
To face life's ups and downs.
And cherish the memory of playing on the school's grounds,
And sometimes the penalty of running rounds.
And so away away goes my student's life,
As I come to face my adult life.

Once very dreary but now no more,
As my school's memories turn bitter to sweet,
And make fun out of the dreary.
Thus I say to all the students out there,
To enjoy your life and make memories here and there.
For the memories will get you through your downs,

And always makes your downs into ups.

Remember students my advice to you,

Make memories for the betterment of you!!!

RADHANATH CHADHA CLASS 10





"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."- Socrates.

IN CONVERSATION WITH MOHAN NATUSKAR (SECURITY SUPERVISOR)

{The lockdown began. He was unable to go home and meet his family. He stayed in the school premises all throughout the lockdown.}

Aarnav: Mohan Prabhuji, Haribol!

Mohan Prabhuji: Haribol!

Aarnav: At the outset, I just want to know how you are?

Mohan Prabhuji: I am fine. By the mercy of God everything is fine till now.

Aarnav: Everything is fine, that's good to hear. So when the lockdown was announced it was shocking for all of us. So, what was your reaction to the announcement?

Mohan Prabhuji: Well in the beginning we did not take it much seriously and thought it would fade away in a week or two.

Aarnay: Ohh! Then?

Mohan Prabhuji: But nothing like that happened, instead everything turned topsy-turvy. We were very tense as there was no transport and no other services were functioning and we were stuck in the school.

Aarnav: So, when you got to know that you won't get to go home then what did you do? You might have been even more tense?

Mohan Prabhuji: Yes, I was more worried about my family (wife and children) and how they would manage without me under such cataclysmic conditions. There was no one to look after them. I was responsible for bringing regular ration and other necessities; but now I had no idea what they would do.

Aarnav: Oh! Okay, then what about you?

Mohan Prabhuji: At that moment, living in the school seemed appropriate as there was no other place that was safer. Besides, school had all the facilities. It was the best option.

Aarnav: Who looked after your family and how did they manage without you?

Mohan Prabhuji: My wife and daughter somehow managed the entire show.

Aarnav: Wow! Great! You said that living in the school during these uncertain times was the best option. Could you elaborate on your statement, please?

Mohan Prabhuji: School ke support ke bina to hum reh hi nahi paate. They helped us a lot and ensured that all our needs were met. We were a group of three security personnel: Ravinder Prabhuji, Chandrakant Prabhuji and me. We lived together in the school premises. The school made arrangements for all necessities. They would bring weekly ration and provided us with gas to cook. Also, Raghunath Charan Prabhuji would send fruits from his home and would also call us regularly to make sure all our needs are met and that we are safe. He would treat us like his extended family. The support from the school put all our anxiety to rest.

Aarnav: That was fantastic! Good to hear that. What was your daily routine during the lockdown?

Mohan Prabhuji: My duty was from 6 am to 3 pm. So, I would wake up in the morning and prepare breakfast for all three of us. Then after breakfast, we would rest for a while and start preparing for lunch. We were novices but our cooking skills improved during the lockdown. I would cook *sabji* and *dal*, the other prabhuji would prepare *roti* and *rice* while the third one would wash the utensils.



Aarnav: That's a fabulous example of teamwork! How did you keep yourself entertained during the gloomy days when all the roads were empty and all others around you were at home?

Mohan Prabhuji: We would use the phone to call our families but all the scary news would put us off. We had the three of us for company. Looking back, now I understand that cooking also kept us entertained as we were experimenting and learning.

Aarnav: You look ready to prepare meals and treat your family. What kept you going all these days?

Mohan Prabhuji: All three of us are over fifty now and so we had to take extra care. But we all knew that we were strong and nothing wrong would happen to us. We were living in hygienic conditions, everything was taken care of by the school. The mind has to be convinced; and our positive attitude, our strong belief that 'all is well' kept us going.

Aarnav: Great! Tell me something more about your lockdown experience.

Mohan Prabhuji: We would call our families thrice a day - at 9:00 am, 1 pm and 6 pm. Over the call we would discuss what we did in the day and keep informing each other. News of somebody known getting affected with corona would scare us but life continued. Talking to our families was calming and relaxing.





Aarnav: Yes, Prabhuji. I do agree that mobile phones are a necessity particularly during lockdown. I would like to tell you that I am personally inspired by you and your dedication. What message would you like to give to other people?

Mohan Prabhuji: I would like to say that we all should be strong from the inside. Only then can we move ahead when all that we hear around us is frightening. We should also encourage others if they are having some problems. Always wear mask and take precautions. Pray to the Lord in whatever way you can. We were here for eight months, so daily we would pray and offer our services to Sri Sri N*imai Nitai*, the presiding deities of Gopal's Garden High School.

Aarnav: Thank you so much Prabhuji for sharing your experience with us. Aapki seva bhavna ko shat shat naman. Haribol!

AARNAV SHEDGE CLASS 9



MOHAN NATUSKAR SECURITY SUPERVISOR (Enjoys listening to Bhakti Sangeet)





Learn from yesterday, Live for today, hope for tomorrow. – Albert Einstein.

कोरोना का जीवनशैली पर सकारात्मक प्रभाव [Click on the link to translate]

"जीवन चलने का नाम, चलते रहो सुबहों- शाम

कि रस्ता कट जाएगा मितवा ,िक बादल छट जाएगा मितवा।। "

अरे रुकिए ! मैं आपको कोई कविता या गीत नहीं सुना रही हूं ,बल्कि आज की वर्तमान परिस्थिति और मानवों की वास्तविकता का परिचय दे रही हूं। मानव ने कोरोना संकट काल में मायूसी को अपने मन में जगह न देकर कठिन समय को सकारात्मक विचारों के साथ जीना और आगे बढ़ने के बारे में सोचा ।

अब आप सोचेंगे कैसे ..? तो मेरे कुछ विचारों पर आप भी अमल कीजिए।

" जन्म सार्थक करी, कर परोपकार "

मानवता, भलाई, एक-दूसरे की दिल से सच्ची श्रद्धा के साथ की गई सहायता आज हमें साफ - साफ दिखाई दे रही है। शुरू में हमें लगा कि हमारी जिंदगी कहीं आकर रुक - सी गई है। आगे क्या होगा ? पता नहीं, पर कहते हैं ना कि हर बुराई में कहीं ना कहीं कोई अच्छाई छुपी होती है।

मानवता की बात करें तो अपने जीवन में आस- पास के बह्त से लोग हैं जिनको हमेशा हम उपेक्षित ही रखते हैं जैसे सफाई - कर्मी, डिलीवरी वाले, सब्जी वाले, इलेक्ट्रिशियन, प्लंबर, पानी सप्लाई वाले इत्यादि। इन्होंने हमें सिखा दिया कि कोई छोटा या बड़ा नहीं होता , जाति धर्म कोई मायने नहीं रखता । समय आने पर एक - दूसरे की मदद अथार्थ मानवता ही काम आती है। इनके अलावा डॉक्टर, नर्स, पुलिसकर्मी इन्होंने तो अपनी जान की बाजी लगा दी ।जब हम लाचार घरों में बैठे थे। हमारे शिक्षक हम विद्यार्थियों को हमारे लक्ष्य में आगे बढ़ाने के लिए दिन-रात मेहनत कर रहे हैं।

वहीं दूसरी तरफ हमारी प्रकृति ने भी बह्त कुछ सीखा दिया...



" तरुवर फल निहं खात है, सरोवर पियत न पान किह रहीम पर काज हित संपति संचई सुजान"

कविवर रहीम कहते हैं कि जिस तरह पेड़ कभी स्वयं अपने फल नहीं खाते और तालाब कभी अपना पानी नहीं पीते उसी तरह सज्जन लोग दूसरे के हित के लिए संपत्ति का संचय करते हैं।

प्रकृति जिस पर हमने जाने अनजाने में बहुत अत्याचार किए हैं, सोचिए कुछ दिन हमारे घर

में रहने से निदयों का जल, हवा, सड़क, बाजार सब काफी हद तक स्वच्छ हो गए बिना हमारे कुछ किए। मानो जैसे प्रकृति का संदेश है कि हमें उसके साथ कैसा व्यवहार करना चाहिए।

परिवार , सबसे अच्छी बात इस कोरोना संकटकाल में घर पर रहने से यह हुई कि हमें हमारे परिवार के साथ और भी ज्यादा वक्त गुजारने का मौका मिला। हमारी जीवनशैली ऐसी हो गई थी कि मां-बाप को बच्चों के साथ या परिवार के अन्य सदस्यों को एक दूसरे के साथ बात करने का भी समय नहीं था जिससे कई बार गलतफहमियां भी हो जाती थी क्योंकि रिश्तो में सुधार और संस्कार होने के लिए बड़े और छोटों का परिवार में तालमेल होना बहुत जरूरी है और यह तभी मुमकिन है जब हमें एक दूसरे के साथ समय बिताने का मौका मिले, और यह समय हमें घर पर रहने से मिला है।

खानपान और स्वास्थ्य की बात करें तो हम इतने सतर्क हो गए हैं कि जंक फूड को छोड़िए,



बाहर का कुछ भी बना हुआ लोग खाने से डरने लगे, योगा करने लगे । साफ - सफाई का ध्यान देने लगे। हमारी तो पुरानी परंपरा है बाहर से आने पर हाथ पैर धुलने की जो हम भूल चुके थे और करोना ने हमें फिर से सिखा दिया।

अर्थव्यवस्था की चिंता तो है ,पर अगर हम इसे एक मौका, यह चुनौती के रूप में लें तो एक संपन्न राष्ट्र बनने की ओर अग्रसर हो सकते हैं। बस अपने अंदर की प्रतिभा को बाहर निकालना होगा और परिश्रम से मिल-ज्ल कर काम

करना होगा। खर्चे की बात करें तो ऐसी बहुत सी चीजे है जो हम बेवजह ही खरीद लेते हैं। हमें इन कुछ दिनों में यह भी समझ में आ गया है कि क्या हमारे लिए क्या आवश्यक है और क्या नहीं तो इसी तरह हम अपने खर्चे को काफी हद तक कम भी कर सकते हैं। इतिहास गवाह है कि जब भी हम एकजुट हुए हैं बड़े-बड़े संकटों को भी दूर भगाया है। आज भी हमें एकजुट होकर करोना इस विश्वस्तरीय संकट से लड़ना है और जीतना है और इससे मिली जो अच्छी सीखे हैं उनको हमेशा याद रखना है।

ARPITA RAI CLASS 10





If you cannot do great things then do small things in a great way. – Napoleon Hill.

JUST FOR LAUGHS



Can't believe that a Chinese product could be so long lasting.

In the current scenario, the word 'Positive' has a fearful meaning.

"This is your pilot speaking. I'm working from home today."

- "I shall be going on a long leave once this lockdown ends."
- Parents who bunked their classes decades ago, are now attending their kids' online classes with them.
- Families have learnt the art of spending 'Quarantine Quality Time' with one another.
- The lockdown is right. I really need to stay in and save money.
- "Hello HR. I am Covid positive and request you to grant me a paid leave for 20 days else I will come to office to hand over my leave application personally."
- Never dreamt of: 'One day I would be going to the bank wearing a mask and the cashier would give me the money'.
- I miss those days when someone sneezed and people would say, 'Bless you'; coz these days they yell, 'Stay away from me.'
- Only essential services to be available during lock-down. Schools, colleges, universities and all types of education is missing from the essential list.

 I realized how many years of my life did I waste on non-essential activities.
- Me: Uncle, Dettol hai?
 Shopkeeper: Haan...Hai
 Me: Toh haath dho kar ek packet chips dena.



However difficult life may seem, there is always something you can do and succeed at. – Stephen Hawking.

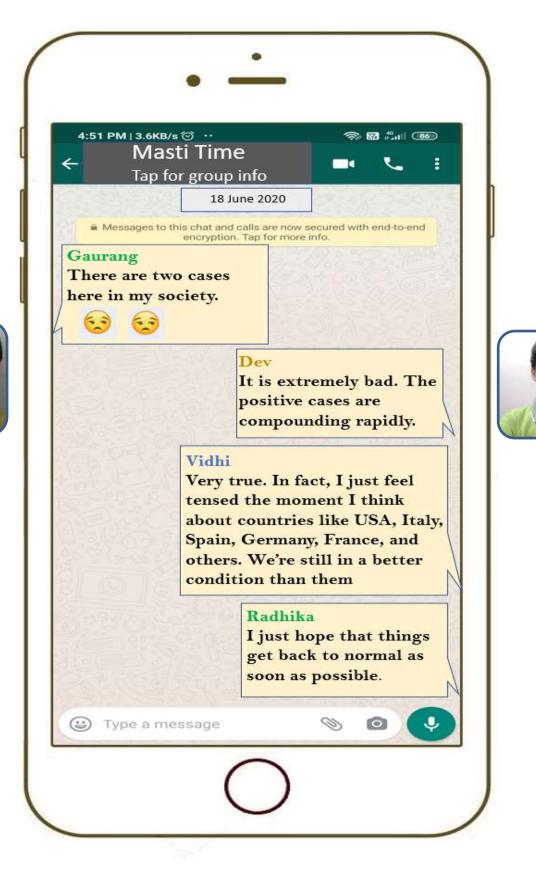
SOCIAL MEDIA CHATS LEAKED....







If you look at what you have in life, you will always have more. If you look at what you don't have in life, you will never have enough. – Oprah Winfrey.





Believe you can and you are halfway there. - Theodore Roosevelt.







All our dreams can come true if we have the courage to pursue them. – Walt Disney.

PARENT'S CONTRIBUTION

A MEMORABLE EXPERIENCE



Schools worldwide closed their doors in March 2020 to limit viral infections after the Covid-19 pandemic. School closures have affected pupils, their families, and their teachers' everyday lives. Many teachers, families, and students were unprepared for this drastic transition.

Our school opted to take remote

zoom courses in the aftermath of the lockout due to the pandemic. During stressful cycles of lockdown, the online class was a new novelty for all of us. Teachers have tried hard through online classes to complete the syllabus, while it is difficult to fully understand each subject online, the teachers have tried their hardest to make students understand each topic clearly. It has made me discover a profound appreciation for teachers, how hard they work for their pupils, to see my daughter doing distant learning. I remember when she had her first online assessment, she couldn't upload her paper, she got too scared and broke down crying.

But the school did its best to address this problem even in such a scenario. The teachers were able to complete the syllabus successfully in such a brief and challenging situation. The lockdown has provided a lot of experience for each one of us, some positive and some negative. The positive aspect of the lockdown was that my daughter had more time than she had during regular school for self-study.

2020 is the year that all kids can recall as the year they never went to school.

MANISHA NARESH KAPADIA PARENT OF VISHAKHA Very fond of cooking





It is a bold step to say 'I'm a devotee of Krsna' because then you will have to prove it by your actions.—Sacinandan Swami Maharaj

LIFE IN THE SHADOWS

When emergency breaks are applied to a high-speed train, sparks of fire spread out of the flanges on inside edge of the drive wheels, the air around the train no more experiences the drag, the locomotive no more propels the movement of train and the out loud screaming train comes to a complete stand still. No station, no hawkers, absolutely no one around, all anxious passengers in the train hit a state of suspension, an uncanny situation of uncertainty about "what next".

Corona Virus threw a compelling force on the humanity and applied emergency breaks to the lives of the people all over the planet almost simultaneously; we could not but accept the insurmountable force of Mother Nature to halt all our activities. Three returning students from Wuhan on 30 January and fourteen Italian tourist travelling in the state of Rajasthan on 4 March reported to carry the virus and a silent cataclysm seeped into land of "Bharatvarsh" at the very onset of the year 2020. A state of fear, shock, dismay and unacceptance prevailed for a long time.



In view of slowing down the "spread-out" of the pandemic, eventually, Government of India declared nationwide lock-down with "Stay at home Orders". With one restriction after another, my family members and I lost normal sense of every day freedom.

It was unthinkable as to how shall we now operate. With three energetic children and two co-morbid

parents, my wife and I were house arrested by this lethal virus. Getting up early in the morning to get the kids ready for school, cooking breakfast for them, ensuring the night before we all sleep on time, getting myself ready for office, planning the travels and many such everyday chores were not to be done any more. It was relieving not to have the intense routine yet we were full of anxiety trying to discover the new normal.

Many unanswered questions were staring at us as to what will happen to the studies of children, how will I work remotely, where will we buy everyday essentials, how long will this situation last? What will happen to thousands who worked every day to earn their living?

As soon as we accepted that the changed circumstances are here to stay, amazingly human resilience within responded in a very optimistic way. Society enabled life with a new vision and started to work with technology supporting remote working (WFH- work from home) & remote education. MS Teams, Zoom, Google Meet became new lifelines. Wi-fi seemingly gained as much importance as air & water, the essentials for survival of life. Schools, professional institutions and society picked up the new ways of working within no time. I had a challenge to arrange

three devices, three separate places for study for children and a place to work for me. A new routine kicked in our lives, children became happier again with suitable engagement with the teachers and classmates. All of a sudden, a new 'Avatar' of digital globalization appeared right here in our homes on our lap tops and hand phone screens. Not only academics but almost every learning was streamed online. Soon after, there was an abundance of choices to build digital engagement calendar and pursue the areas of interest, all online. Lock down restriction was saving



several hours of travel time allowing us being together as a family. We could multiple cohesively do together which we were always longing for; study of books at home library, view digital pictures from archive, recollect memories of the past and share beautiful experiences, follow a newer, better and routine easier which was not compressing our lives in the frame of

time. This extra time presented opportunities to learn new skills such as music, writing articles, and training on soft skills, and last but not the least - refining the culinary skills. Menus of breakfast, lunch and dinners were discussed from a' la carte to buffet covering Indian & Continentals. It also allowed time for meditation, yoga, group kirtans, group reading of scriptures, praying together and eventually being together in almost all the activities at home. Lock down thus gave an opportunity to form strong bonding with children and parents.

Although inwardly we kept ourselves busy with positive engagements, we were cognizant that pandemic is casting darkness in many families and our sympathies and prayers were being sent to these families as and when we heard the extreme cases of loss of life or otherwise. We became sad, extremely sorrowful when we lost our Spiritual Master HH Bhakti Caru Swami Maharaj on 4 July; recovery from this unfortunate event is a lifetime healing.

Our heartfelt condolences go to all our sisters & brothers who are victimized by irrecoverable loss of life of their dear and near ones.

With the vaccination coming through, there is a great hope of normalcy back into our lives. Once again, the locomotive will pull forward the train of life to a newer and faster speed.

MANOJ DUBEY PARENT OF LALITA SUNDARI AND UPANANDA

Fond of reading, travelling, training & coaching. Likes to dine with family and friends.



How shall I chant with one tongue and how shall I hear with two ears? Had it been millions of tongue and trillions of ear, then I could enjoy it.- Rupa Goswami

प्रार्थना नी शक्ति [Click on the link to translate]

પ્રાર્થના એટલે ઈશ્વરને કરાતી વિનંતી. બીજી રીતે જોઈએ તો પ્રાર્થના એટલે શ્રધ્ધા સાથે કરવામાં આવતો ઈશ્વર સાથેનો સીધો સંવાદ.

બધાં ધર્મોમાં પ્રાર્થનાની પ્રથા છે. એવું જરુરી નથી કે પ્રાર્થનામાં કશી માંગણી હોય જ. માંગણી વગર પણ માત્ર આત્મસંતોષ કે આત્મશાંતી માટે પણ પ્રાર્થના કરવામાં આવે છે.

પ્રાર્થનાનો મૂળ આધાર ઈશ્વર પ્રત્યેની આસ્થા કે શ્રધ્ધા છે. ઈશ્વર મારી વાત સાંભળશે અને મને સહાય કરશે એવી અતૂટ શ્રધ્ધા માનવીને પ્રાર્થના કરવા પ્રેરે છે.

સામાન્ય માનવી પ્રાર્થના દ્વારા ઈશ્વર પાસે ધન, સંપત્તિ, યશ, કીર્તિ, બળ, આયુષ્ય, સંતાન, આદિની માંગણી કરે છે.

ઈશ્વર કદાચ દરેકની બધી માંગણી પૂરી ના પણ કરે એવું બને. પરંતુ પ્રાર્થના થી મન નિર્મળ બને છે, ચિત્ત શુધ્ધ થાય છે, દુઃખ નો ઉકેલ જડે છે કે પછી દુઃખ કે આપત્તિ સહન કરવાનું બળ મળે છે. એ રીતે જોઈએ તો સાચા મનથી કરવામાં આવતી પ્રાર્થના વ્યર્થ જતી નથી.

માનવી એ પોતાના જીવનમાં કંઈક ખોટું કર્યું હોય અને ખોટું કર્યાં નો જ્યારે તેને પસ્તાવો થાય, ત્યારે પશ્ચાતાપથી પણ માનવી ક્ષમા માટે પ્રભુને પ્રાર્થના કરે છે, અને તેને પોતાની ભૂલ સુધારવાનો મોકો મળે છે. અંતે પાપી પાપનાં માર્ગેથી પાછો પણ વળી શકે છે.

પ્રાર્થના નો એ અર્થ બીલકુલ નથી કે પોતાની વિવિધ માંગણી ની પૂર્તિ અર્થે પોતાનાં ઘરે કે ધર્મસ્થાનકમાં જઈને ઢોલ - મંજીરા કે પછી દીવા ની આરતી લઈને સતત પ્રાર્થનામાં લીન રહી ને માત્ર પોતાની માંગણી સંતોષાવાની રાહ જોતાં બેસી રહેવું.

ખરી રીતે જોઈએ તો બુધ્ધિમાન મનુષ્ય કેવળ પ્રાર્થના માં રસ્યો-પચ્યો રહેતો નથી કે પ્રાર્થના કરીને અટકી જતો નથી. સાચું તો એ છે, કે તે પહેલાં પોતાની બુધ્ધિ, આવડત કે શક્તિ મુજબ પ્રયત્ન કે પુરુષાર્થ કરે છે અને પછી પોતાનું કાર્ય પાર પાડવા માટે ઈશ્વરને પ્રાર્થના કરે છે.

અંતે કહી શકાય કે પ્રાર્થના એ પુરુષાર્થનાં ફળને પામવા માટે ઈશ્વરને મદદ કરવા માટે આહ્વાહન કરવાનો રસ્તો છે. પ્રાર્થના કર્યાં બાદ ધાર્યું ફળ મળે જ એ જરુરી નથી, પરંતુ ધાર્યું ફળ મેળવવા માટે વધું પ્રયત્ન કે પુરુષાર્થ કરવા શક્તિ કે પ્રેરણાં જરુર મળે છે.

BELA JATIN JANI PARENT OF DEVRAJ & DRASHTI JANI Enjoys Indian folk dance and likes to spend time with children.





HONESTLY SPEAKING

It was the month of March,2020. We were very happy and excited about the new school of our daughter Kimaya. She had visited the school once for the fun fair and was thrilled to see the school building, playing area, the teachers and so many kids all around. It was going to be her first big school experience and we were very



excited about it. Little did we know about the things that were to unfold. In the third week of March a lockdown was declared in the state due to the pandemic and all the schools were shut for an indefinite period. The excitement turned into tension and then into agony as the lockdown continued. The next two months were very tough as I lost my projects and we were all home, jobless and threatened by the increasing cases of COVID. It was a very tough time for

the kids as well. They were forced to be at home all the time, restricted to the boundaries of the their home without school, relatives, friends and fun. Kimaya was missing her new school already. With passing time, things improved a bit and schools started conducting online teaching sessions for all the students. This was good news for most of us but we were not really happy with the idea of online schooling. We were not willing because it involved technology, infrastructure and a lot of exposure to mobile/laptop screens which is not good from the children's point of view. Also, we were not able to digest this new idea of online classes as we had never done this before in our lives. And since this was Kimaya's first year with the school, we were looking forward to the real experience that school has to offer. This was a very confusing time.

However the school was constantly sending us mails/messages and giving clarity about their approach towards online teaching. Through their mails we understood the importance of not having a long break in the process of learning. The state government also provided clarity on the timings of the online classes to be held for the various age groups. All this helped us to be positive towards this new era of education. And after a lot of debate the online learning seems to be the new norm. Kimaya on the other hand was very happy with the news of online learning merely for the fact that she will now have an access to her mother's laptop. The first few online sessions were very difficult and confusing as we never had any experience about online classes. Lot of people speaking at one time, mute/unmute thing not known to most of us, kids shouting, parents asking too many questions, teachers not knowing how to control all these things online etc. were the scenes of first few classes. Kimaya found it very boring because everyone was seen in small window and she was not able to concentrate.

Inconsistent network added to our woes. We had to convince or literally force her to attend the online sessions.

However, in spite of all these difficulties the teachers were very patient and tried their best to keep the students engaged. The lectures were interactive and all the teachers encouraged students to participate. This helped and slowly Kimaya started enjoying online classes. The morning prayer, use of photos and videos, lot of objects, rhymes and other interactive methods made learning interesting and even we started enjoying being in the class with Kimaya. The 40 minutes time limit was perfect for the age group.

What started as a substitute to classroom teaching later turned into a daily ritual for all of us and we started enjoying it. The credit must be given to the management and teachers of our school who took tremendous efforts to make teaching successful in these uncertain times. Kimaya is yet to enter her classroom, we are yet to meet her teachers personally, the school buses are yet to be filled with the kids and the school bell is yet to ring.... However, the learning continues. And this is the one good thing amidst this unpleasant pandemic period. I am really happy to be part of the GGHS family and I wish everyone happy and healthy times ahead.



UDAY GOVIND NENE
PARENT OF KIMAYA
Fond of travelling and playing cricket.
Loves to spend time with family and friends.





The best prayer- "Krishna I am yours. How can I serve you?"-H.H.Radhanath Swami Maharaj

TO BE PONDERED UPON...



Never have I seen such a mess in life.

The air is so pure but wearing a mask is mandatory.

Roads are empty but it is impossible to go on a long drive.

People have clean hands but there is a ban on shaking hands.

Friends have time to sit together virtually but they cannot get together

The cook inside you is crazy, but you cannot call anyone to lunch or dinner.

On every Monday, the heart longs for the office but the weekend does not seem to end.

Those who have money have no way to spend it.
Those who don't have money have no way to earn it.

There is enough time on hand but you cannot fulfil your dreams.

The culprit is all around but cannot be seen. Stay safe.

Follow the New Norms.

Anonymous





Happiness is not something readymade. It comes from your own actions – Dalai Lama.

WHAT DO MENTORS SAY

WE HAVE ARRIVED



The corona pandemic struck and the lockdown has been ruling our lives ever since then. But how long will we refrain ourselves from not opening schools and colleges - was a big question. And so, online arrived at education each student's desk. This method can be accessed from anywhere in the world because all you need is a network connection and smartphone or a pc. There might be network problems many times but rather than just sitting at home and wasting time, the method of virtual

classes is a very good idea. Teachers started teaching from home, with all the more trouble of creating audio files, video clips, etc. The teaching fraternity embraced this platform of imparting education to the students as a new norm. Such efforts made by teachers make the student feel so comfortable and feel as if a student is sitting in an actual classroom. Teachers' interaction with students helped them to understand better and many schools and colleges have started taking exams online to boost up the child on having the knowledge of what is being taught in the virtual class. With no signs or instructions of opening schools and colleges soon during this pandemic, this work from home or rather teach from home and learn from home has now become a big reality.

I feel we have definitely arrived in an era of virtual lifestyle.

This online classes system has even made the parents also confident working online as schools are conducting online parents' teachers meet. There are many other benefits of teaching / work / learn from home. The students can access the videos posted by the teachers any time they want and study according to their comfortable schedule. The teacher and the student have the plus point of teaching and learning from home without the inconvenience of travelling in different weathers. The learner has the option of connecting to portals of different libraries, e-magazines, e-journals, etc. The professional working from home uses a variety of online platforms compared to the traditional office environment.



This teaching – learning process will be an interesting experience in the future. The conservative chalk-n-talk methodology will gradually move towards extinction and the plethora of online teaching tools will become a milestone in the upcoming virtual platform of imparting education. Students and teachers will get accustomed to it. This corona lockdown has been a whistle-blower in announcing that we have arrived in a virtual world.

AJAY NATHWANI SECONDARY TEACHER (Nature admirer and loves to cook)





I attribute my success to this; I never gave or took any excuse. – Florence Nightingale.

LIVING WITH COVID-19

They say, 'When one door closes, God opens another door'. The doors of internet opened wide and welcomed all of us in, when life came to a sudden stand-still with the demon of Covid19 hovering over the globe. None of us were given a choice. The best part is we not only adapted ourselves to the 'lockdown' but also learnt to enjoy this phase. Many recipes have been tried, supermarkets have been emptied to bake cookies and pastries, pizzas and pastas; the pictures posted on the social media boasting of culinary expertise. Who would have thought the Covid19 pandemic would bring out the dormant talents of people who were otherwise super busy?

Teachers suddenly found students inside the laptop instead of the classrooms. Students did not lose any opportunity to use the 'online learning' platform to explore their new found freedom. Children became laid back, they literally laid back on the couch, sofa and chair. Many of them preferred to be like the Almighty – 'Invisible' and 'Mute'. While teachers were fumbling to learn the tricks of zoom meetings, some left no stone unturned to scribble on the shared screen till the day the teacher found the trick of 'disable annotation'. Thus, learning during the pandemic became a two- way process – The children learning in an online setting and the teachers learning the tools and the tricks of the trade. Amidst all this, life turned 'online' – schools with their competitions, events, exams, parent forums along with social gatherings such as family get-togethers, marriages etc.

In the school called 'The World', exams come as a surprise and the result is the lessons learnt. With the dreadful year 2020 coming to an end and all of us - individuals, groups, societies and nations - have learnt our lessons. The 'new normal' of self-discipline and self-care is finally sinking in. Grown-ups have realized the need to prioritize their lives, that lavish parties and celebrations can wait and it is actually possible to do so, that life has much more meaning than being super busy and to stop taking your own self for granted. Children were given enough freedom to learn for themselves, the values of responsibility and integrity.



We all are so exhausted with learning to live with Covid19 that we sincerely pray there wouldn't be any 'surprise test' from the Universe in the near future. There are enough lessons learnt to last for a very long time.

Happy Learning!

NEETA NAYAK SECONDARY TEACHER Likes to travel and read books.





"Prayer is not an old woman's amusement. Properly understood and applied, it is the most potent instrument of action."- Mahatma Gandhi

MY EXPERIENCE OF THE PANDEMIC

Everything was usual and normal until, the Government announced complete lockdown in the month of March, to prevent the spread of COVID-19. In the beginning, everything seemed well as everyone got the much awaited 'rest from work'. The seriousness of the disease was not known till then and hence, everyone appreciated the move of complete lockdown. No one was aware of the serious repercussions which this pandemic would result into. Everyone was at calm and peace. But soon, this 'rest from work' was "transformed" into 'work from home' which led to new struggles and new experiences.



The very first problem which I faced was learning new technological skills and their use. It was not easy for me to adapt to online mode of teaching. I didn't know how to use the online teaching platform - Zoom. So firstly, we all were trained to get familiar with the online mode of teaching. Then, we started with our lectures from the month of June. Appreciatively, all these challenges were tackled with the equal co-operation from both sides. Students contributed equally in making these lectures successful. This is how I managed the professional aspect of my life.

Being a mother of two daughters brought several challenges in itself and that too when both of them have to prepare for boards in this pandemic period. Yes! My elder daughter is in 12th standard and the younger one is in 10th standard. Making them psychologically stronger was very important. So, I advised them to engage in other activities as well, apart from regular studies. They also guided me in taking online lectures.

All this was about my roles in life. But I, as an individual also had to tackle some challenges. Physical meeting with friends and relatives was not possible so, we met virtually via phone calls and video calls. This helped in reducing stress and motivated all of us to fight this challenge unitedly and positively. In fact, I attended two online weddings as well. This experience was very unique. This made me realize that no problems in life can stop us from celebrating our journey if we are determined. Being patient and ever grateful were some of the lessons that this pandemic taught me. Patience to wait for this time to pass and gratefulness because there are many who suffered a lot, which we can't even imagine.



Now, I am eagerly waiting for the vaccine so that we can get back to our 'old normal'. Although, one thing I am sure of is that things won't remain the same. I pray for everyone's wellbeing and good health.

Hare Krishna!

AMRITA RAI
MUSIC TEACHER
Passionate about singing and music,
Loves to travel





कोरोना काळ [Click on the link to translate]

मानवाने स्वतःला जगविण्यासाठी किंवा स्वतःची प्रगती करण्यासाठी नेहमीच निसर्गावर अत्याचार केले. इतिहास साक्षी आहे की, मानवाने केलेल्या अत्याचाराचा बिमोड करण्यासाठी किंवा त्याला धडा शिकवण्यासाठी निसर्ग नरसंहार सुरू करतो. शंभर वर्षांपूर्वी आलेली प्लेगची साथ आणि आता कोव्हिड-१९ विषाणूंचा संसर्ग, ही उदाहरणे आपल्या डोळ्यापुढेच आहेत.



कोव्हिड-१९ विषाणू अतिसूक्ष्म आणि डोळ्याने न दिसणारा असला तरी त्याने भारतासह संपूर्णजगाला हदारवून सोडले. गरीब-श्रीमंत, लहान-मोठा, तरुण-वृद्ध, काळा-गोरा, जात-पात, धर्म-पंथ, असा कोणताही भेदभाव न करता तो कुणालाही आपल्या विळख्यात ओढू लागला.

आपली शाळा १८ मार्चला बंद झाली. आम्हाला आठवड्याची सुट्टी जाहीर झाली. पण २२ मार्च पासून पंधरा दिवसांचा पाहिली टाळेबंदी सुरू झाली. आम्हाला वाटत होते १ एप्रिल पासून सर्वकाही ठीक होईल. पण टाळेबंदी होतच राहिली. सर्वत्र भीतीचे वातावरण निर्माण झाले होते. सुरुवातीच्या काळात तर किराणा माल सुद्धा मिळत नव्हता. डॉक्टर नाहीत; दळणवळण बंद. अशात कोणता मोठा आजार झाला तर काय करायच ? कसं जगायचं ? बातम्यांमध्ये कोरोना रुग्णांची संख्या वाढत जात असल्याचे समजत होते. सगळीकडे केवळ कोरोना, कोरोना आणि कोरोनाबद्दलच ऐकू येत

होते. काही नतेवाईकांचा कोरोनामुळे तर काहींचा इतर आजारांवर उपचार घेण्यासाठी डॉक्टर उपलब्ध नसल्याने मृत्यू झाला. आमचं मनोबल खचत चाललं होतं. आम्ही सर्व एकमेकांना फोन करून खुशाली विचारत होतो. 'ही परिस्थिती कधी सरणार ?', असे झाले होते. शाळेच्या सर्वच कर्मचाऱ्यांची हीच स्थिती होती. आमचे विरष्ठ मात्र थोड्या-थोड्या दिवसांनी फोन करून आमचे

आत्मबल वाढवत होते. आमची काळजी घेत होते. इतर ठिकाणी या काळात अनेकांच्या नोकऱ्या गेल्या; पगार बंद झाले. पण आपल्या शाळेने आमच्या डोक्यावरचा हात काढून घेतला नाही. अशा कठीण प्रसंगात आम्हाला सावरले, त्याबद्दल आम्ही सर्व कर्मचारी शाळेचे ऋणी आहोत.

आता परिस्थिती सुधारली आहे. आम्ही सर्व थोड्या-थोड्या दिवसांसाठी शाळेत येऊन सफसफाईची कामे करत आहोत. जर शाळा सुरू झाली तर, कोरोना विषाणूंशी दोन हात कसे करावे याची तयारी चालू आहे.

कोव्हिड-१९ चा संपूर्ण नायनाट व्हावा, पूर्वीचे दिवस पुन्हा यावेत, शाळा पूर्ववत व्हावी,' हीच भगवंतांना प्रार्थना! हरे कृष्ण!

SANTOSH SADASHIV CHAVAN HOUSE-KEEPING IN CHARGE Fond of swimming and likes to read



When you look for transformation in spiritual life, it's not the transformation of the hairstyle, the dress, or the language. The transformation in spiritual life is in the heart. Sacinandan Swami

WHAT AN EXPERIENCE !!!

The Coronavirus spread to over 200 countries and territories across the globe, and was characterized as a pandemic by the World Health Organization (WHO) on 11 March 2020. Gradually, the whole country was locked down. No one of our generation ever faced such a traumatic experience. Everything came to a standstill. For the very first time the local trains were not running in Mumbai which is the lifeline of Mumbai city.

Of course, how come Gopal's Garden High School can remain unaffected by this lockdown.

I remember a sudden buzz in the office, which made me curious. An urgent meeting was called upon, and there you go, the official announcement was made about all of us resorting to working from home until the threat of Coronavirus subsides. The surging cases in the city had begun to create a sense of fear and anxiety, hence we were all relieved to receive the message conveying the work from the home structure for employees.

When the first few cases of Coronavirus were detected in Mumbai, none of us expected it to be the hotspot of the virus. The first few days went by as normally as it could. In fact, I was happy that my family and I would now get to spend ample time together.

We were trying to add some fun elements into our lives by watching Ramayan and Mahabharat series and few motivational movies giving us a large dose of entertainment. Having said that, we tend to make our household chores fun-filled as well. In fact, I thought of utilizing this free time to learn cooking. For someone like me who hardly enters into the kitchen, it was an opportunity to impress my MasterChef wife with some delicacies. Frankly, hectic schedules never permitted me to flip through novels and books, but that is finally changing and I got to read some interesting books, which has enriched my knowledge about several aspects of life

Needless to add, I was quite aware of the happenings in the world and the sad reality which added to my anxiety. We found ways to engage our minds in some meditation and productive activities like doing some charity for the poor people who were suffering so that we stay positive throughout.

I realize this extended lockdown has taken a toll on many, but from where I see the world, it needs time to reboot and we should just wait for its grand opening again. But the show cannot stop, it must go on. Being a Manager, I was responsible to deliver the salaries on the 5th of every month, even if there was lockdown. Myself along with our Director, Mr. Raj Chopraji would go to office and make sure that the salary was credited to bank accounts of all the employees. Though it was risky to get out of the house in the lock down, our family members supported us and never discouraged us from executing our duties. The fast paced Borivali area wore an empty and vacant look. Reaching office was like an adventure as we were

stopped by police authorities at every junction and told to go back home. After lot of discussions with them they would allow us to go ahead.

During the lockdown, one of our drivers was down with pneumonia and he was very critical. He was not getting admitted in any hospital without covid19 report. So the school coordinated with his family members and got him tested and fortunately his report was negative. Next day we coordinated with Bhakti Vedanta Hospital and he was admitted there. By the Lord's grace he got cured within a week.



When the unlocking began, we started calling few house-keeping staff for cleaning services. I would like to appreciate our Housekeeping staff who always supported us during this lockdown by performing their services fearlessly. I also express my gratitude along with other staff members to the Trustees of the Gopal's Garden High School who did not deduct our salaries during the lock down. Though slowly and steadily we are coming out of this pandemic, I would really thank all the staff members who supported us in executing our services during this lock down.

I pray to Lord that our future generations should not go through such a pandemic that we have suffered. Hope the world will learn from this and harmonize their lives with spiritual values to create peace and prosperity for everyone.

KAILASH VYAS
COMMERCIAL MANAGER
Fond of hiking
and a voracious reader





"God speaks in the silence of the heart. Listening is the beginning of prayer."- Mother Teresa

WHAT I WENT THROUGH DURING THE PANDEMIC

March – May 2020: Many of my neighbors and colleagues enjoyed a vacation but not me. My routine did change but became more challenging – preparing tiffin, breakfast, lunch and dinner and standing in long queues for veggies and groceries. As my husband works for Bhakti Vedanta Hospital (BVH), he has always been on duty more so during lockdown. Additional stress as he was instrumental in setting up the covid wards in Themba hospital for covid patients and training staff there. There was always the fear that he would be infected. Another source of stress was the thought that my father in-law who is an octogenarian could get infected anytime through my husband.

My husband isolated himself from the family to protect all of us. He was so worried that he would not even talk to us for fear of infecting the family members. It felt as though the three of us were living in one house and my husband in the another. It was emotionally very taxing for all of us. But that phase passed.

On 31st May, I had to undergo surgery for my right wrist which was being over strained due to additional load on it and lack of alternate help at home. I was dysfunctional for almost three weeks after my surgery. My knight in shining armour turned out to be my daughter who was a great help and support during those tough times. We bonded even more during this period. I am grateful to her for her unconditional support and care. She took care of me, my father in-law and my husband along with the household duties for quite sometime.

As soon as I recovered from my surgery, my husband was diagnosed covid positive. Four days later I fell sick again. My lungs were infected and I was asked to stop all communication with the outside world. No talking for 15-20 days as the infection could grow. I had tested positive too. I was also down with high fever, dry cough for a couple of days which left me weak and tired. I barely recovered and my daughter Tanvi got infected. All three of us miraculously recovered within the next 15-20 days not causing any further damage. We were all very anxious that my father in-law would get infected too but by the Lord's grace he was safe.

To get back to house work with an injured right wrist was difficult but my daughter and my husband supported me. I got used to it and slowly we got back to routine.

There was a time when all grocery shops in our area were closed and nothing was available online as well. My old grocery vendor was a great help in this whole period and we had to travel to a place thirty minutes away from the house to buy grocery. He had suggested to just send a list one day prior and asked us to come and pick it up the next day so that we didn't have to stand in queue after travelling that far.

I was on leave for a month from school and I resumed duty in July.

On the request of BVH, I had arranged for a few of my counselor friends to talk to covid patients (suspected, infected and recovered) I too happened to call a few of them and counselled them. Some of the stories were heart wrenching and some invoked anger and compassion.



I would like to share one story that touched my heart.

A two-month-old baby was in NICU at Wockhardt and the covid positive parents were in PV Doshi Hospital. A team from Bhakti Vedanta Hospital and Research Center coordinated with the lady's mother who lived in Palghar to come and

stay with the baby and take care of it. There was so much anxiety and helplessness we saw in the parents of the baby.

There are many other incidents which inspired me to help these patients by providing them emotional support. I am grateful to the spiritual care department of BVH who gave me this opportunity to understand that the pain, anxiety and stress that I underwent was nothing compared to this.

Talking to these patients, I would pray and thank Lord Jagannath for giving us such a fulfilling life with all facilities, finances and also a loving family. Many of the staff from BVH also gave support to families in buying groceries and veggies. My domestic help's husband said, "Madam, aap bahar mat jaao. Aapko jo chahiye, main aapko la kar dunga" (Don't go out. I will bring for you all that you need) The initial struggles seemed very petty with what support I was getting now. I am eternally grateful to all those people who supported us during this period.

My realization on the whole experience is that we have no control over anything at any given time and still we fight over petty things and issues. Life is so short. It's better to forgive and forget any misdemeanors caused by others, rather than hold grudges. It is very important to value people and relationships that make a difference and add value to our lives.

USHA GAONKAR
WELLNESS OFFICER & SCHOOL COUNSELOR
(Enjoys reading and listening to music)





"No matter what, never underestimate the power of prayer, love and faith". - Anurag Prakash Ray

YAAD RAKHNA [Click on the link to translate]



जा रहा हूँ, मैं हूँ साल दो हज़ार बीस, क्षमा करना, नफ़रत स्वाभाविक है, छीना जो है बहुत कुछ, बच्चों से पिता को, बहन से भाई को, पत्नी से पति को. ना जाने कितने रिश्तों से रिश्तों को. कारोबार, ऐशो आराम, सुख चैन, फ़ेहरिस्त लंबी है, द्वेष है, क्रोध है, नाराज़गी है, इच्छा यह सभी की है, कब जाओगे, कब आएगी चैन की नींद, जा रहा हूँ, मैं हूँ साल दो हज़ार बीस॥

लौटाया भी है बहुत कुछ मैंने, नदियों को साफ़ पानी, पेड़ों को हरियाली, पहाड़ों को झरने,



बेघर पशु-पिक्षयों को घर, धड़कनों को सांसें, जीवन को अर्थ, रिश्तों को प्यार, बागों में फूलों की बहार, सर्दी की बर्फ़, गर्मी को ठंडी हवाएं, सूखे को बरसात, ज़िंदगी को मौसमी सौगात, रखना याद हर हार के बाद है जीत, जा रहा हूँ,

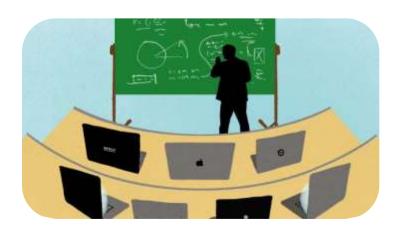
दुखों को नहीं
खुशियों को याद रखना,
मिली है जो सीख,
उसे संभाल रखना,
प्रकृति से
अब और मत खेलना,
संसार सब का है,
याद रखना,
ज़्यादा नहीं,थोड़े की है ज़रूरत,
लालच भरी ज़िंदगी की,
बदलनी है सूरत,
खुशियों से भरा साल
दो हज़ार इक्कीस है नज़दीक,
जा रहा हूँ,
मैं हूँ साल दो हज़ार बीस॥

PRIYA YERUNKAR COMPUTER TEACHER (Loves to cook and travel)





THE SHOW MUST GO ON



The Corona pandemic has made a global impact in the past months and continues to hit most of the sectors, with education being one of the most affected one. The situation has forced the schools to shut down and the students to stay home. Online teaching is slowly making inroads as it offers an opportunity to conduct virtual classrooms and provides a learning platform, by being in the confines of our homes. As a Nursery Teacher, I am learning to go from real to virtual teaching just like all the other teachers around the world.

I believe that just as we must salute the efforts of all the Covid warriors like doctors, medical support staff, municipal officials, other essential service providers; we must also recognize the endeavours of teachers, students and all the parents. It is correctly said that parenting is a full-time job and it will be unjust not to acknowledge the efforts taken by all the parents during these demanding situations. My experience in these testing times has been pleasantly surprising. Kids have been extremely supportive. They have very well acclimatized to the virtual platform of learning. However, one major challenge of this virtual learning is the lack of connection. Every day at least one child tells me that they miss me or their friends and want to go back to school. They are craving for interaction with their classmates and teachers.

The new normal will soon set in and also no matter what "The show must go on". Hoping and praying to Sri Sri Nimai Nitai for better days ahead. Let's stay positive and keep our fingers crossed. Hare Krishna.

POOJA KOTAK MAKWANA PRE-PRIMARY TEACHER (Loves to paint and dance)





"God shapes the world by prayer. The more praying there is in the world the better the world will be, the mightier the forces against evil." - Mother Teresa

MY REALIZATION OF LOCKDOWN

There is always a brighter side. Those who didn't believe in climate change can now see the "before" and "after" of how nature is healing. But the reality is that the quarantine has not been easy for most of us. We've seen small businesses close, people we love getting ill and worse, our routines too were dramatically altered. We feared the future, we put our plans on hold, some lost the means of their incomes, some their homes... That's a lot on our plate to feel low.

If we were fortunate enough, we now had the chance to spend time doing things we liked - learning a course, spending time with family... and the truth is we are social beings; we like being together. But the quarantine has forced us to take a break and look at the world in introspection.

1. What's Important

If you have a home, food on the table, people who love you and good health, you have everything.

Being a resident of Vasai, all of my relatives stay very close to each other, but because of this pandemic all the visits took a standstill and it made me realize how important 'Family' is. I also missed my extended family - my school - all my GGHS team and my dear children.

2. Be Present

Enjoy the present moment, anything can change within a fraction of time. Hence, we need to embrace what we have and appreciate as well as enjoy our blessings.

3. We really don't need much to live:

The current scenario has proved that social life like parties, get-togethers and shopping are really not the primary need. We can survive and live happily without it. It has forced us and made us realize how important food, water, shelter, medicine and the technology is, to survive this current pandemic. It also taught us to be grateful for what we get, because some of the families were deprived or didn't even get the three meals a day.

4. Telecommuting is possible:

The scenario, indeed was a challenge for the teaching fraternity to conduct classes. 'Necessity is the Mother of Inventions' goes the saying and this is when the concept of smart teaching, digital technology and online teaching came to the rescue. Teaching online has been both challenging and comforting. There is comfort in the absence of the long commute through a crowded city. There is surprising peace and the quietness of neighbourhood has been conducive for positive contemplation.

5. We are living beyond the planet's boundaries: Mother Earth Deserves Better

It is crazy to believe that a shutdown could give the nature a much-required chance to rejuvenate but this is what exactly happened. The rapid return of clear blue skies and the evening skies painted in beautiful shades were mesmerising. The breathtakingly fresh air, clean water in rivers; the chirping of birds, sighting wild animals in urban areas, arrival of dolphins in the coastal regions, and even rapid healing of the ozone layer re-establish that we are messing with nature.



Nature even gave us time to heal...no headaches, no stomach upsets and no acidity.

Yes, Karma exists and everything we do comes back. We have mistreated our planet, but nature has time and again proved its power. Hence, let us pledge together to take care of our Mother nature more than before. This involves us all.

Last but not the least,

6. The Real Heroes

The doctors, nurses, police faculty and the frontline workers proved to be real heroes by simply wearing gloves, face masks and having a big heart willing to sacrifice and help.

I've learnt a lot from all the ups and downs of this unusual time. Although there have been many challenges, there has also been a huge amount of positivity that has come out. Now I'm really looking forward to my workplace. But I hope we'll all look back and take something constructive from this experience, which will shape the way we live our lives so that we all feel more grateful for what we have and what we do.

JENNIE PARMAR
PRE-PRIMARY TEACHER
(Fond of gardening and painting)





EVENTS & ACTIVITIES

INDEPENDENCE DAY CELEBRATION







A humble servant of the spiritual master is the best preacher. - Sankirtan Prabhu

TEACHER'S DAY CELEBRATIONS







Just meditating on Gaura lila in the mind will purify us so much, because there is no question of committing offences. - Mahanidhi Swami

DAMODARASTAKAM DEEP DAAN



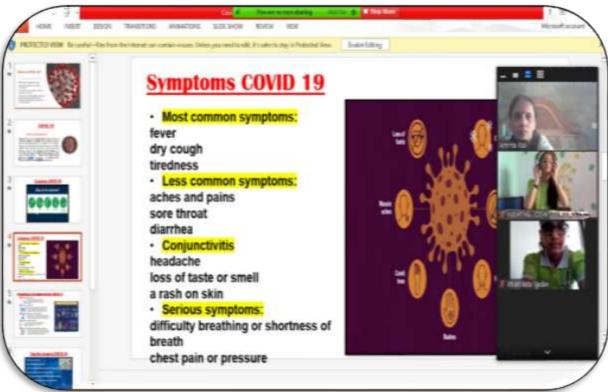




If we take shelter of the lotus feet of the spiritual master, we can become free from illusion, fear and distress. If we wholeheartedly beg for his mercy without any deceit then the spiritual master bestows all auspiciousness upon us.- Bhaktisiddhanta Sarasvati Thakura

COVID AWARENESS





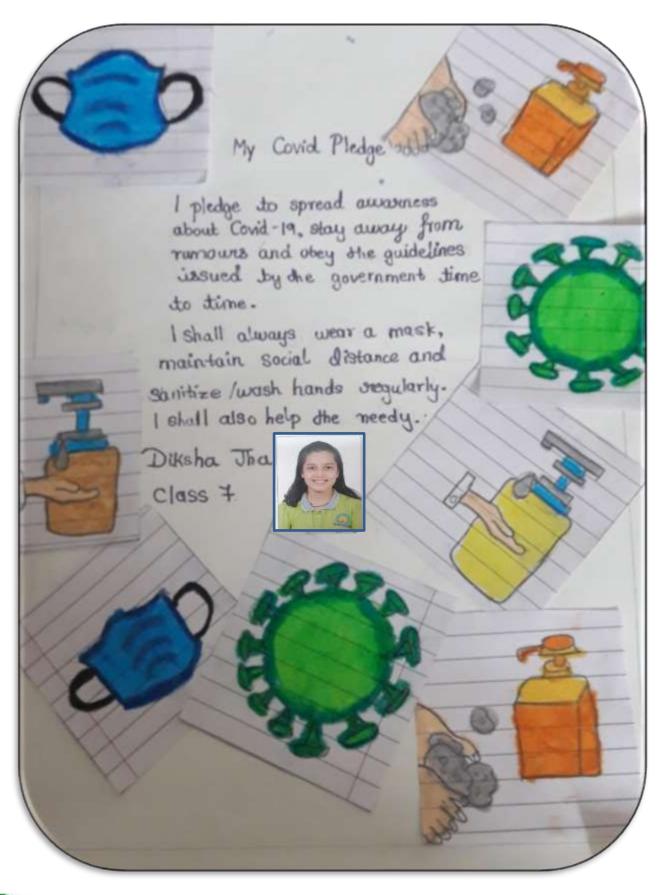








In the Bhagavat culture worship of the spiritual master plays a very important role in our life.- Bhakti Swarup Damodar Swami





Humility is the greatest devotional magnet which attracts Radha and Krishna.- $\underline{\text{Mahanidhi}}$ $\underline{\text{Swami}}$







One must follow directions of the spiritual master 100%.- Bhakti Swarup Damodar Swami

GUEST LECTURE CLASS 8







"God has not called me to be successful. He called me to be faithful." — Mother Teresa

AABHAR 2020





It is a curious phenomenon that God has made the hearts of the poor, rich and those of the rich, poor. - Vinoba Bhave

<u>"आभार"</u> [Click on the link to translate]

एक - दूसरे का साथ पाकर मन पुलिकत हो गया है , एक दूजे का स्नेह पाकर अंतर्मन मुदित हो गया है । असमंजस में गिरते हैं, जब हम कभी भी एक -दूजे के मार्गदर्शन में नविकरण भी उदित हो जाता है ।।

"आभारी हैं हम उस ईश्वर "के

कब, कैसे यह संबंध इतना पावन अटूट हो गया है।

उपर्युक्त पंक्तियों के भाव जब व्यक्ति किसी के प्रति रखते हैं या अपने लिए सुनते हैं तो एक असीम सुख की अनुभूति होती है और इसी सुख का अनुभव हम "गोपल्स गार्डन विद्यालय" रूपी "संयुक्त परिवार" के सदस्यों ने ०७-११-२०२० को महसूस किया ।

जिस तरह एक खुशहाल "संयुक्त परिवार" में सभी सदस्य मिलकर किसी भी खुशी या जिटल समस्या का मिल बांटकर समाधान करते हैं और एक दूसरे के आगे बढ़ने और उनके कार्यों व प्रयत्नों की साथ में सराहना भी करते हैं, उसी प्रकार हमारा विद्यालय रूपी परिवार भी जिसमें सभी बड़े -बुजुर्ग ,प्रभुजी, मावशी, दीदी व अन्य सदस्य हैं । ये सभी अपने परिवार का इस विषम परिस्थिति में भी आवश्यक मार्गदर्शन, प्रोत्साहन और हौसला बनाए रखने में अहम भूमिका निभाते आ रहे हैं । यह कोई अतिश्योक्ति नहीं है बल्कि साक्षात प्रमाण है कि "आभार कार्यक्रम " के माध्यम से विद्यालय के सभी उच्च पदाधिकारी, शिक्षक व अन्य सदस्यों ने अपने मन के भाव एक- दूसरे के साथ सांझा किए । साथ ही सभी का मनोबल बढ़ाया । इतना ही नहीं 'श्री राधागोपीनाथ प्रभुजी' ने भी अपने सुनहरे शब्दों के साथ वाक्यों की लिड़यों और उसकी वास्तविकता से , सभी को आगे बढ़ते रहने की प्रेरणा दी । यह क्षण हम सभी के लिए अनमोल रहा और यह एक अद्भुत विश्वास कायम हुआ कि किसी भी प्रकार की परिस्थिति हो लेकिन ,जब हम आपस में एक -दूसरे के विचारों से जुड़े होते हैं ,उन पर अटूट विश्वास होता है तो हर रास्ता मुश्किल ही सही पर साफ नजर आता है ।

अंत में....

" जो सच्चाई , विश्वास ,हौसला ,

उम्मीद और अपनेपन का एहसास दिलाता है।

'आभार ' यह तीन अक्षर का केवल शब्द नहीं

है अनमोल शब्द यह,

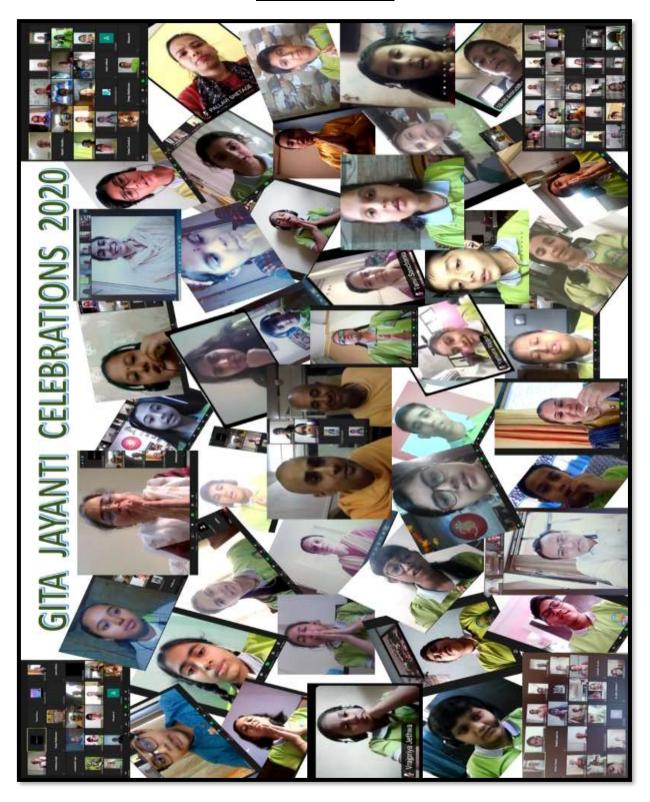
जिसे केवल महसूस किया जाता है ,बस महसूस किया जाता है ।। " सधन्यवाद !

Reported by MALA SINGH (fond of reading and writing)





GITA JAYANTI





A delayed decision is better than a wrong decision. - HG Radha Gopinath Prabhu

GITA JAYANTI CELEBRATIONS

Hare Krishna!

With the grace of the Lord, though online, GGHS celebrated Gita Jayanti on a bigger scale for the first time during the year 2020.

With a view to make the students read and experience the Bhagavad Gita, age-appropriate online competitions were planned. It included the recitation of Chapter 12 and 15 for classes 6,7 and classes 8,9 respectively, recitation of any of their favourite shlokas with translations for classes 3,4,5 and recitation of the names of all the 18 Chapters of Bhagavad Gita in English and Sanskrit for classes 1,2. Preschool students too recited the BG shlokas and participated in a quiz related to the same.

The GGHS teachers' team consisting of Pooja Miss, Sanjeevani Miss, Amrita Miss and Aishwarya Miss planned and executed the event along with the designing of the invite and the thank you card.

The competitions were spread over two days with the kind judges:

HG Satyanand Das, HG Keshavchandra Das, HG KrishnaGopal Das and

HG Brajswamini Devi Dasi, who graciously accepted our invitation to judge the events.

Out of the 120 children who had registered, about 90 of them participated with eager interest.

The Preschool students enthusiastically participated in the Kirtan post the celebrations.

The encouragement and hard work of the parents of classes 1,2 in making their wards memorize the chapter names was commendable. 'My favourite Shlokas' session for classes 3,4,5 left all of us wonderstruck at the enthusiasm of the kids, who even requested for such events with Bhagavatam Shlokas in the future. The judges expressed their amazement at the clarity, confidence and rhythmic meter in which Chapter 12 and 15 were recited by the senior students.

Indeed, this Gita Jayanti Celebration has paved a path for many more such culturally laden events in the future which will help us stand true to our mission statement!

We seek the prayers and blessings of this team.

Thank You!

Reported By

POOJA SUNIL

(Voracious reader and likes to listen to music)



"I shall leave the world a better place, than it was when I entered it".- HG Gaur Gopal Das

HUBMUM 2020





This is no world. It is God Himself. In delusion we call it world. - Swami Vivekananda.

NITYANAND TRAYODASHI CELEBRATIONS 2021





"Do what you can with what you have, where you are."-Theodore Roosevelt.

MY EXPERIENCE WITH HUBMUN 2020

I am truly glad that I have represented my school and a country like Sudan at MUN. This experience added to my confidence and I understood the working of UN at the international level. It was a golden opportunity for me to enhance my learning.

Jainam Savla

MUN – Modal United Nation. This prestigious event was one of the best experiences in my life and also one of the most memorable one. I firstly want to thank my teachers for giving me this wonderful opportunity.

The research and fact finding was really very interesting. My research was fair enough and so I was able to even answer the toughest of questions asked and debate with confidence.

Rasika Ranganathan

The entire conference was a great experience. The chairs were extremely enthusiastic and supportive. I learnt a lot through the process of being a delegate.

Chaitanya Singh

It taught me many useful skills. I learnt to be spontaneous. It helped me increase my awareness on multiple ,global and local affairs.

Sanaya Das

Being a delegate at MUN enhanced my confidence and honed my skills in critical thinking and public speaking. I also got to know a lot about Sikkim and the directives taken by the government.

Dev Unadkat

The discipline and protocol was such that it literally felt as if I was participating at the UN Security Council. It was a one-of-a-kind experience attending the virtual conference from home.

Chaitanya Chavan

This particular MUN was my first attempt and I am delighted to say that it was a very enjoyable, thought provoking and stimulating experience. The EB members and the Chair were both extremely efficient and helpful in all ways possible.

Radhanath Chadha

I wish to thank the school management and teachers for having selected me to participate in 2020 MUN program. This is the first time I participated in MUN and it gave me a unique

experience on public speaking, international relations, issues and politics. I could read about different countries, politics around the world and how they manage issues through dialogues and resolutions.

R. Sahana

I attended my first MUN which was a really good experience and a nice memory. At first I was really tensed and a bit nervous but halfway through on the first day all my nervousness disappeared as I gained confidence and put forward my points.

Gaurang Ramteke

Model United Nations was a great experience for me as a delegate. It has all the capability to enhance skills like speaking, communication, debate, lobbying and much more. I would like to say that each and every student should participate in MUN to gain experience and learn from it.

Kaustub Lade

At HUBMUN, I learnt about the functioning of the United Nations and how the countries resolve issues. It pushed me to think outside of the box. I researched many things which otherwise I would have never explored. MUN enhanced my critical thinking and debating skills. We had to interact and co-operate with our fellow delegates. This really required me to scale up my networking skills.

Lalita Sundari Dubey

The MUN conference was a very informative competition for me. I learnt many things not only on the day of MUN but also before MUN when we were supposed to research on our topic. In the process, I studied about my country and got to learn many things that I didn't know before.

Sankarshan Memane

Participating in MUN gave me an opportunity to learn a lot from everyone. Honestly speaking, earlier I had no idea about how United Nations functioned at the international level. But in a very less time I could flow in with the proceedings and could participate comfortably. Looking forward to participating in such competitions in future as well.

Jai Sardhara

I had the best experience with MUN as the Chairs were very cooperative and helped us all the time. It was tough participating and debating but I enjoyed it.

Moksh Thakar

My experience with MUN was amazing. Besides being online, the conference was informative and I learnt a lot from it. It was more of an understanding than putting your foot forward and speaking. It connected me with an extraordinarily talented pool of youngsters. It helped me to get a boost of self-confidence. I would recommend each and every student to attend MUN.

Niyati Shanbhag

My first experience of MUN gave me confidence required to participate next year as well. Initially, I was very nervous and was very confused with what to research about the topic. There were debates and discussions. It is very different debating at MUN and debating in school. Overall it was a very good experience where I understood the protocol, proceedings and functioning of the UN.

Ameya Shetti

At first, I was hesitant to participate but I gave it a try. I was anxious and I did not know what to do. But later on, it was a lot of fun presenting my points. This particular MUN has made me more confident and a bold person. It was an insightful experience. It has unfolded my perspective and given me focus. It was a delightful opportunity for personal growth.

Manjari Muley

I was very excited for getting this opportunity to participate in MUN. This conference led to the realization that any concept can be understood easily if we do it practically rather than doing it theoretically. I also learnt how protocol needs to be followed. I am very grateful to my principal and the teachers who have guided me for this opportunity to participate in this conference.

Dayita Hariharasubramaniam

First of all, this competition was on a different level altogether. It pushes you to stay alert and give your best. Secondly, the things you learn within the span of two days is priceless. We not only learn things related to academics, but also administration, politics and protocols at the international level. Overall my experience was exasperating and exciting.

Aarnav Shedge

The MUN experience was stimulating bringing out the importance of research and healthy debate. This competition allows us to think out of the box and deliver speeches or prepare for the debate on the spot. I am looking forward to participate in many more MUN competitions. I am really grateful to the school for giving me this opportunity.

Arpita Rai

I thank my school for providing me this special opportunity to participate in a very prestigious conference- Model United Nations (MUN). It wasn't a usual elocution but a journey towards representing a country and resolving issues as delegates. This grand event taught me about the power of decision making. It has also helped me improve my general awareness.

Brajpriya Gadhari





I may worship the image of the Lord; but that act is worthless if it is not accompanied with devotion. In the absence of devotion, the idol will just be a piece of stone, and so shall I; and the worship will only mean that a stone is facing a stone! - Vinoba Bhave

उज्ज्वल भविष्य का अभिनंदन..! अभिनंदन..! [Click on the link to translate]

२०१९-२० इस वर्ष की दसवीं कक्षा के परिणाम १५ जुलाई २०२० को घोषित किए गए | गोपाल्स गार्डन हाईस्कूल के १४ विद्यार्थियों ने CBSE Board की परीक्षा दी थी। विद्यालय के द्वारा इन छात्रों के सत्कार के लिए "ऑनलाइन सत्कार समारोह कार्यक्रम" १८ जुलाई २०२० को आयोजित किया गया। सर्वप्रथम विद्यालय के प्रबंधक ट्रस्टी श्रीयुत महेश्वरीजी ने छात्रों का अभिनन्दन करते हुए उन्हें प्रगति पथ पर आगे बढ़ने के लिए प्रोत्साहित किया |तत्पश्चात् प्रधानाचार्या श्रीमती राजस भोसलेजी ने छात्रों को परिश्रम का महत्व बताते हुए उनके प्रति अपनी प्रेरणादायी भावनाएँ प्रकट की साथ ही उप.प्रधानाचार्या श्रीमती मयूरी हेरकलजी ने सभी विद्यार्थियों का अभिनंदन करते हुए उनके उज्ज्वल भविष्य की हार्दिक शुभकामनाएँ दी। विद्यालय के कुछ शिक्षकों ने छात्रों को बधाई देते हुए अपने अनुभव साँझा किए। दसवीं के कुछ छात्रों ने भी किस तरह से पढाई की ? शिक्षकों का मार्गदर्शन किस प्रकार मिला ? इन मुख्य बातों पर अपने विचार -अनुभव व्यक्त किए | कुछ पालकों ने भी शिक्षकों को धन्यवाद देते हुए अपने अनुभव बताए |

तत्पश्चात् जिनकी वाणी सुनने से सभी को सकारात्मक ऊर्जा मिलती है, जो गोपाल्स गार्डन के आध्यात्मिक मार्गदर्शक है- माननीय 'राधा गोपीनाथ प्रभुजी' ने उनके विचार व्यक्त करते हुए विद्यार्थियों के जीवन में आवश्यक ऐसे ५ सूत्र बताएँ जो निम्नलिखित है|

Purpose of GGHS is to train each student to be: (प्रत्येक छात्र को प्रशिक्षित करने केलिए GGHS) का उददेश्य है कि)

Physically – Able (शारीरिक रूप से- सक्षम)

Emotionally – stable (भावनात्मक रूप से –स्थिर)

Intellectually – Knowledgeable (बौद्धिक रूप से जानकार)

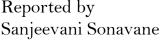
Socially – Responsible (सामाजिक रूप से जिम्मेदार)

Spiritually – Humble (आध्यात्मिक रूप से विनम्र)

अंत में श्रीयुत राज चोप्रा जी ने सभी का आभार व्यक्त करते हुए कार्यक्रम का समापन किया।

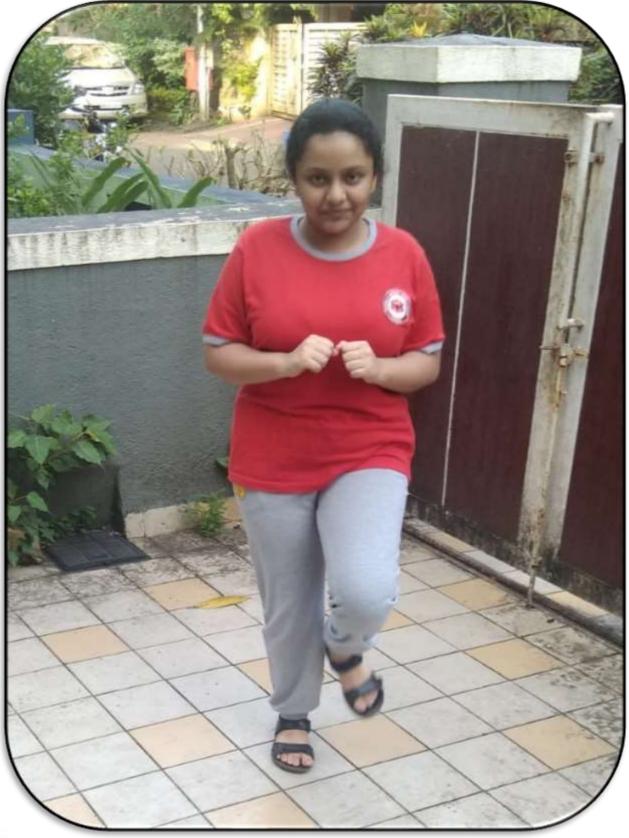
श्रीमती संजीवनी सोनावणे जी ने कार्यक्रम का निवेदन किया |





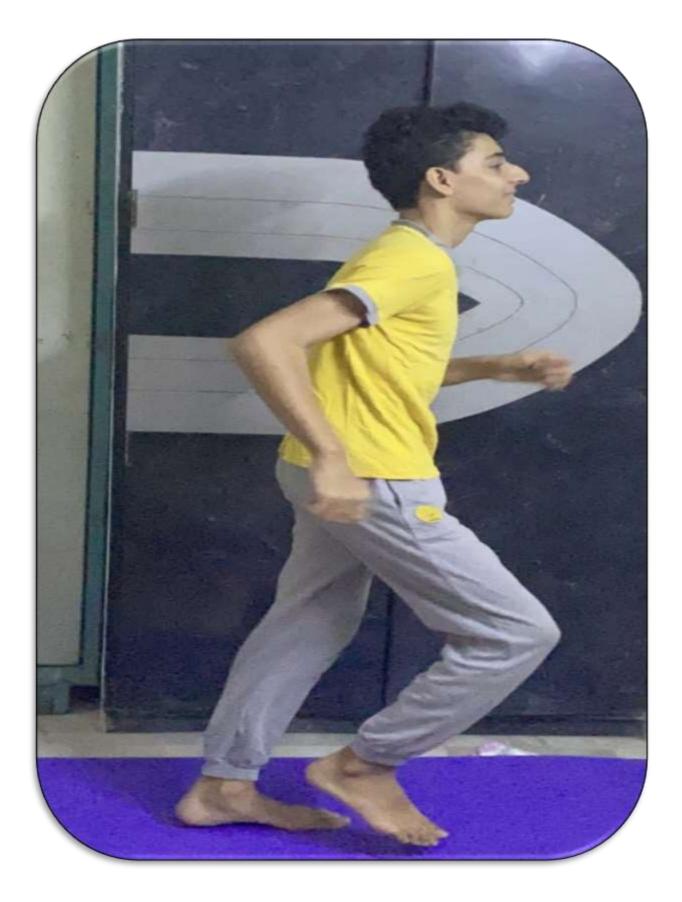
It does not matter how slowly you go as long as you do not stop."-Confucius

FIT INDIA - ON THE SPOT JOGGING





"Prayer is the key of the morning and the bolt of the evening."- Mahatma Gandhi





"If you fall behind, run faster. Never give up, never surrender, and rise up against the odds."-Jesse Jackson

LINKS

PHYSICAL EXERCISE & YOGA ACTIVITY

NIRAL BICHARE

CLASS 1

https://drive.google.com/file/d/19QX6-yD0ss3EvrtelHjoBoTmIUS2q5EH/view?usp=sharing

NAMASVI LINESWALA

CLASS 7

https://drive.google.com/file/d/1i6vHyClm rtpCxRKBJzfXyC4fRVz8oug/view?usp=sharing

UPANANDA DUBEY

CLASS 5

https://drive.google.com/file/d/1HWK95iUb mOaRsLx-4FfHVWQyzgiNstU/view?usp=sharing

MUSIC ACTIVITY

RASIKA RANGANATHAN

CLASS 10

https://drive.google.com/file/d/13pDVJO6H5gLXXqVSku0XQdFxMzomsqXW/view?usp=sharing

RUDRA SATAM

CLASS 1

https://drive.google.com/file/d/1HWK95iUb mOaRsLx-4FfHVWQyzgiNstU/view?usp=sharing

CHAITANYA TELA

CLASS 4

https://drive.google.com/file/d/1AE-kyCSbBYnkzisBonizFNgEL98M2dUW/view?usp=sharing

DAYITA HARIHARASUBRAMANIAM

CLASS 6

https://drive.google.com/file/d/1SO-1k5QltPtqu6Gh5WW-lkX7a24 7oM3/view?usp=sharing



It is a curious phenomenon that God has made the hearts of the poor, rich and those of the rich, poor. - Vinoba Bhave

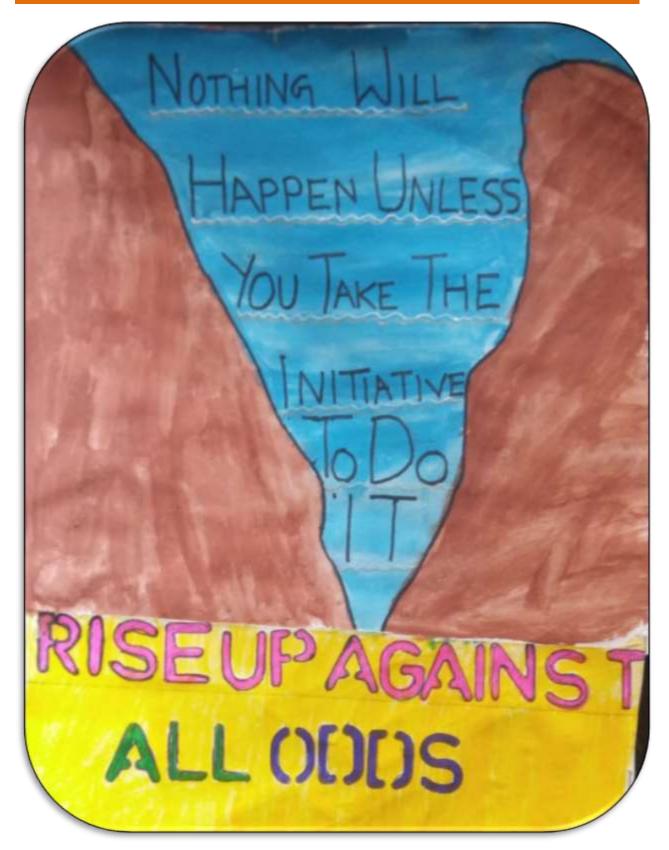
Colourful Message



NEEL DAVE CLASS:8



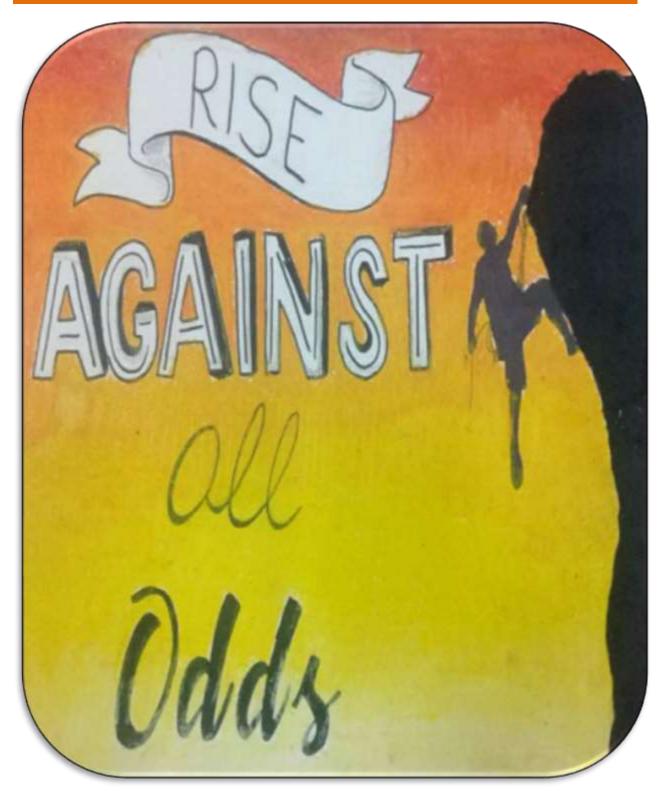
"No task is impossible; no path is difficult; if our resolution is strong. We have to be dedicated to make ourselves self-reliant."-PM Narendra Modi.



GAURANG RAMTAKE CLASS:8



"The idea is not to test the limits of our planet and find out how much more damage it can take, but to come together and begin restoration and reversal."-Ratan Tata.



JAINAM SALVA CLASS:7



"Nothing in life is to be feared; it is only to be understood. Now is the time to understand more, so that we may fear less."-Marie Curie

A Very Special Thanks to



Sanjeevani Sonavane (Sanskrit)



Mala Singh (Hindi)



Radha Godse (Marathi)



Binal Shah (Gujarati)

For Their Valuable Support.



"God, our Creator, has stored within our minds and personalities, great potential strength and ability. Prayer helps us tap and develop these powers." - A. P. J. Abdul Kalam

EDITION 1 2020-21

GARDEN BUZZ TEAM

Ajay Nathwani

Neeta Nayak





Be Work NO NEED SANITIZE





Tanvi Sanchania



God guides us from within. He does nothing more than that. There is no charm in God shaping us like a potter. We are not earthen wares; we are beings full of consciousness. - Vinoba Bhave