



**GOPAL'S GARDEN HIGH SCHOOL**

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

**GARDEN BUZZ**

**POWER OF PRAYERS**



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## Welcome Message

The other day I was travelling with a group of devotees. At the beginning of the journey we all sang *Narasimha* Aarati for protection. After that, most of us started chanting silently on our beads. And of course, before breakfast we enthusiastically chanted Mahaprasade prayers.

For a majority of us, prayers form a part of our daily routine. Most of these prayers have been learnt in school, local temples or from our grandparents and parents. We often recite prayers as a formality or a ritual and thus miss out the real benefits.

Should we pray only for our daily bread? Certainly, it is true that the Lord provides all our daily necessities, but He can grant us much more. We can learn this from the story of Dhruva Maharaja.

Young Prince Dhruva felt insulted by the behaviour of his stepmother. Burning with anger and vowing to take revenge, he went to the forest to perform severe penance and to pray for a kingdom bigger than his grandfather. However, when he finally came face to face with the Lord, he was rendered speechless and tears ran down his face.

By the Lord's empowerment, he started offering prayers of glorification. He also realised that what he was aspiring for, was worthless. "O Lord please forgive me. Your darshan is like a priceless diamond and I was just looking for broken pieces of glass. My dear Lord, I am begging You to grant me the opportunity to always be in the association of those devotees who are constantly engaged in describing Your glories," prayed Prince Dhruv.

There are nine processes of devotional service, out of which one of them is Vandanam which means prayers. Our acharyas like Bhaktivinoda Thakur, Narottama Das Thakur and the Goswamis expressed their spiritual emotions in the form of beautiful prayers. The Vedic literatures are full of prayers which have been recited, chanted and sung by sages and philosophers for thousands of years.

Amongst these are prayers of Brahma, Indra, Bhishmadeva, Queen Kunti, Gajendra, Naga Patnis....in fact the list is almost endless. We cannot imitate these great souls, but we can follow in their footsteps and invoke the Lord's mercy in our lives.

Hiranyakashipu was a cruel demon who performed severe austerities and recited many prayers to Lord Brahma. His desire was to become immortal and conquer the whole world. He even tortured his son Prahlad, who was a pure devotee of the Lord. Eventually Lord Narasimha appeared to save Prahlad.

Little Prahlad recited many wonderful prayers. The essence of these prayers is 'O Lord you are so kind and merciful. Thank you for sending Narada Muni as my spiritual master to teach me about you. O Lord please forgive my father for whatever he has done.

The only benediction I pray for is as long as anyone in the material world forgets you, let me remain here to bring them back to you."

These wonderful prayers teach us how great devotees pray even in the most difficult situations.

The best way of offering worship to the Supreme Lord is by remembering His transcendental pastimes, qualities and activities. These prayers help to purify and uplift our consciousness. In the Srimad Bhagavatam (10.31.1-19) we find the heart touching prayers of the gopis in the mood of separation from Krishna.

One of the prayers is “The nectar of your words and the description of your activities are the life and soul of those suffering in this material world. These narrations transmitted by learned sages eradicate one’s sinful reactions and bestow good fortune upon whoever hears them.” What powerful prayers! Just meditating on these prayers can remove our misery.

In 1965 Srila Prabhupada was 65 years old. He was travelling all alone on a cargo ship called Jaladuta. He was trying to follow the instructions of his spiritual master to take Vedic wisdom to the West. He had no money and no contacts. In those days there was no internet and mobiles which meant no Google and WhatsApp. The journey took 32 days and he suffered seasickness and two heart attacks during this period. Srila Prabhupada was a renowned vedic scholar and author. Yet his prayers were in the mood of total humility and surrender..... “I am very unqualified and most fallen. If you like you can make my power of speaking suitable for their understanding. O Lord, I am just like a puppet in your hands. So if you have brought me here to dance, then make me dance, make me dance, O Lord, make me dance as you like.”

Five hundred years ago, Lord Chaitanya came to earth. He is Lord Krishna, Himself, in the guise of a devotee. He travelled all over the country, preaching about the glories of Lord Krishna and his Holy names. Lord Chaitanya wrote eight prayers named Shikshashtakam. These eight profound verses encompass the entire Vaishnava philosophy.

One of these prayers says, ‘One should chant the holy name in a humble state of mind, thinking of oneself to be lower than the straw in the street. One should be more tolerant than a tree, devoid of all sense of false prestige, one should be ready to offer all respect to others. In such a state of mind one can chant the name of the Lord constantly.’

In this age the simplest and most profound prayer is the mahamantra  
Hare Krishna Hare Krishna Krishna Krishna Hare Hare! Hare Rama Hare Rama  
Rama Rama Hare Hare!

Srila Prabhupada transformed the lives of thousands by teaching them to chant and dance during Harinam Sankirtana. From ‘hippies’ they were changed to ‘happies’. This gives an insight in to the most powerful prayer - The chanting of the Lord’s holy names.

**RAJ CHOPRA** and **RADHIKA MATAJI**

DIRECTOR

SPIRITUAL COUNSELLOR AND AUTHOR



Oh dear Lord, let those who misrepresent you not disturb my faith in those who represent you properly. - Radhanath Swami.

# STUDENTS' CREATIVITY

## Prayers are Powerful



Prayers are very powerful. There are many examples of people who have achieved grand success by continuously praying to the Lord. I would like to give example of few devotees who achieved perfection in life through prayers.

First is Dhruva Maharaj. He went to his mother crying because he could not sit in his father's lap. His mother advised him to pray to Lord Narayana. He left the house at the tender age of five looking for Lord Narayana. Seeing the determination and sincerity of Dhruva Maharaj,

Narada Muni wanted to help Dhruva Maharaj even though he had a material desire of getting a kingdom bigger than his father and forefathers. Narada Muni helped him with prayers. Due to the power of his intense prayers, he not only got his material desire fulfilled but also got pure devotion to Lord Krishna. This is the power of prayers to Lord Vishnu.

Another example is Prahlad Maharaj. He was only five years old. He always prayed to the Lord whenever he was put under any difficulty. Then Lord Krishna in the form of Lord Narasimha came to protect him because He could not tolerate the difficulties faced by His pure devotees.

Akrura represents the process of vandanam. Vandanam means prayers in glorification of the Supreme Lord Krishna.

Queen Kunti was the mother of the Pandavas. She thought that if she was always happy then she would not be able to remember Lord Krishna. So she always prayed to Lord Krishna to give her more and more difficulties so that she could always remember the Lord.

Lord Chaitanya Mahaprabhu was Lord Krishna Himself who came in the form of His devotee to propagate the Yuga dharma in the age of Kali. The best prayer for this age of Kali is to chant the Hare Krishna Mahamantra:

Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare!

Lord Sri Chaitanya Mahaprabhu came to teach the people how to chant. His chanting was so intense that all the people got transformed into devotees. The power of His prayers was so devotional that it awakened the dormant love even in animals. I pray that I may get taste in chanting this Hare Krishna Mahamantra. If we all chant this prayer, we will all experience success in our life. Such success would not only be material success in terms of getting our desire fulfilled but also we can get pure love for the Lord.

DAYITA HARIHARASUBRAMANIAM  
CLASS: 7



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

## Prayers for All



The mighty, the weak, the smart and the lazy,  
 Decided to pray to the Lord like crazy.  
 The mighty - prayed to the Almighty  
 The weak - prayed to the Lord of Greek  
 The smart prayed to the Lord of the cart (Jaganath)  
 The lazy - prayed for something easy.  
 They each asked for their hearts desires,  
 Some to keep others homes warm with fire.  
 The best was that they did not ask these prayers for themselves  
 God was happy that they were being selfless.  
 So He granted their boon,  
 So very soon.  
 Do you reckon why?  
 It was not only because of their selflessness,  
 But also because of the Power of Prayers.

RASIKA RANGANATHAN  
 Ex-student



If there is some earthquake or there is some danger, naturally, spontaneously, we pray but we forget it. The tendency of offering prayer to the Lord at the time of danger is automatic. So we should know that we are in danger. We are in this material condition of life means we are in danger. Therefore, we should pray.- A.C. Bhaktivedanta Swami Prabhupada



### प्रार्थना में शक्ति [Click on the link to translate]

प्रार्थना ईश्वर से संपर्क स्थापित करने का एक तरीका है। प्रार्थना की अपनी एक भाषा होती है वो आम तौर पर बिना आवाज की होती है इसमें शब्द होते हैं भाव होते हैं।

प्रार्थना वैसे तो किसी भी समय पर की जा सकती है क्योंकि उस समय पर हम हमारे परमपिता परमेश्वर को याद कर रहे होते हैं।

प्रार्थना के ५ मुख्य कारण :

यदि हम ईश्वर में विश्वास रखते हैं तो सच्चे मन से की गई प्रार्थना ईश्वर जरूर सुनते हैं। प्रार्थना में ऐसी शक्ति है ,जिससे कोई भी प्राण ईश्वर से अपने मन की बात पहुंचा सकता है । प्रार्थना हमें धैर्य रखने का पाठ पढ़ाती हैं, जीवन में सुख दुख निरंतर आते- जाते रहते हैं, उस समय सभी परिस्थितियों का डटकर मुकाबला करने की क्षमता प्रदान करने की शक्ति केवल प्रार्थना से ही मिलती है।

ALEESHA KOTHARI  
CLASS: 10



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

## [भक्ति में आस्था](#) [Click on the link to translate]

प्रार्थना क्या है? मेरे मन में यह एक बड़ा सवाल था। मुझे कभी भी यह एहसास नहीं होगा कि मेरी माँ मुझे क्यों भगवान से प्रार्थना करने के लिए कहती है, जब हम रोज़ सुबह उठते हैं तो हमें पवित्र नाम जपना चाहिए।

महान भक्तिवादियों के अनुसार प्रार्थना या प्राणनाथ (संस्कृत में) यह शब्द दो शब्दों



'शब्द' और 'अर्थ' से लिया गया है, जिसका अर्थ है उत्कट रूप से प्रार्थना करना। दूसरे शब्दों में, यह ईश्वर से तीव्र तड़प के साथ कुछ माँग रहा है। प्रार्थना में सम्मान, प्रेम, विनती और विश्वास शामिल है। प्रार्थना करने से, हम अपनी असहायता को व्यक्त करते हैं और परमेश्वर को एक कार्य करने की प्रेरणा देते हैं। यह साधना में एक आधारशिला है क्योंकि यह भगवान के नाम का जाप करने की शक्ति को बढ़ाती है, अहंकार को कम करती है और हमारे विश्वास को बढ़ाती है।

यह हमारी आध्यात्मिक भावना (भाव) को जागृत करने और इसके परिणामस्वरूप होनेवाले भगवान और आनंद के साथ साम्य का अनुभव करने का एक प्रभावी साधन है।

वे कहते हैं कि प्रार्थना में बहुत शक्ति है। मेरे परिवार के सदस्यों ने हमेशा मेरी प्रार्थना के लिए की गई किसी भी उपलब्धि का श्रेय मुझे दिया। मैं बस इसे अनदेखा करूँगा और उन्हें कहने दूँगा लेकिन मेरे दिल में मेरे विचार से यह सब मेरे ही प्रयासों की वजह से होगा। मुझे लगता है कि मेरी उपलब्धि में प्रार्थनाओं का क्या करना होगा। लेकिन मेरे जीवन में एक घटना घटी जिसके कारण मैं प्रार्थनाओं में विश्वास करने से खुद को रोक नहीं पाया।

मेरा एक दोस्त जो हर दिन सुबह और एक बार शाम को नृसिंह की प्रार्थना करता था।

लेकिन अपने दुर्भाग्य के कारण वह एक दुर्घटना के साथ मिले। कहानी सुनते समय मैं पूरी तरह सस्पेंस में था। मैं जानना चाहता था कि मेरे मित्र का भगवान नृसिंह के साथ क्या संबंध था।

मुझे बताया गया कि मेरा दोस्त एक हाईवे पार कर रहा था और ऐसा करते समय उसकी रफ्तार से भरी ट्रक ने उसे टक्कर मार दी। देवताओं के भाग्य से उसे चोट नहीं आई क्योंकि वह गिर गया और वह सीधे हीरो के स्टंट की तरह ट्रक के चार टायरों के बीच जा गिरा। हाँ, वह আহत था और अस्पताल में भर्ती कराया गया था और जब ऑपरेशन किया गया था तो परिणाम काफी आश्चर्यजनक था। पता चला कि उसके शरीर पर शेर के पंजे के निशान थे। जब मेरे दोस्त ने आंशिक रूप से बरामद किया था तो उसने मुझे बताया कि क्या हुआ था। उन्होंने कहा कि जब उन्होंने ट्रक को अपनी ओर भागते हुए देखा तो उन्होंने पूरे डर के साथ सच्ची श्रद्धा से भगवान नृसिंह का नाम पुकारा और उनके आश्चर्य में उन्होंने एक सुपर शेर के चेहरे और नाखूनों के साथ पाया लेकिन एक मानव शरीर की संरचना उसने मुझे जल्दी से मेरी छाती पर धकेल दिया। वह सड़क पर गिर गया।

यह सुनकर कोई भी कह सकता है कि यह एक काल्पनिक कहानी है जो केवल सपने देखने के द्वारा बनाई गई थी लेकिन यह एकमात्र घटना थी जिसने मेरे पैरों की जमीन को हिला दिया और मुझे प्रार्थना न करने की मेरी महान गलतियों का एहसास कराया।



मेरे जीवन की इस घटना ने मुझे प्रार्थना करने की शक्ति और हमारे जप करने की शक्ति का ज्ञान कराया।

KAUSTUBH LADE  
Ex-student



We should pray that we become a sincere and bonafide student. - Bhakti Swarup Damodar Swami.

# MY PRAYERS

Dear God

Please forgive me for all the sins I committed. Forgive me if I thought badly of others. Please forgive everyone and shower your love and grace always. Bless the needy and the poor. Let the whole world be peaceful and happy. Thank you for everything you have given to me.

SAI DEEPANJALI  
CLASS: 8



Please make me and my thoughts positive.  
Keep me and my family happy.  
I have many bad habits. So please help me overcome them and show me the right path.  
Please make me a good human. Please bless me with a successful career.  
Bless me so that I can take care of my family in future.  
Help the poor ones as they are suffering in this material world.  
Thank you for all the happiness and good health. Thank you for each and everything.

Thank you once again.

MADHUMATI GOHEL  
CLASS: 8



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





Oh God! I pray that I will become a successful person and I will always respect my parents & teachers.

I pray that I am able to control my anger and learn tolerance.

I pray for good association always and be able to go to the temple regularly.

Oh God! Please bless me with good qualities.

Dear God! May I always remember you.

PRATHAMESH JAKHMOLA

CLASS: 8



Dear Lord,

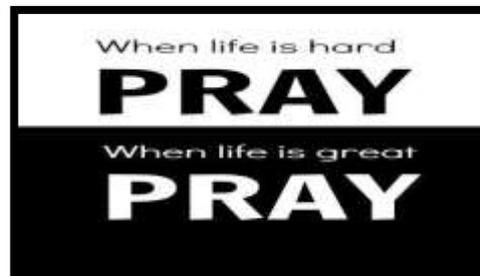
I pray to you

Please remove my gluten allergy.

I want to be like normal children and eat everything.

Please forgive me if I have done some mistakes.

Please bless me.



NAMASVI LINESWALA

CLASS:8



All holy places and all holy rivers, streams and lakes reside in the circle of Mathura during Karttika. - Rupa Goswami

Oh, Divine! I am one of the best devotees as I pray to you every day.  
I want to serve you and want to touch your miraculous feet.  
Please shower blessings on me, make my life long and take failures away from me.  
I have full faith on you that you will grant my wish in some or the other way.

JAINAM SAVLA  
CLASS: 8



Do not make prayer a monologue...make it a conversation. - Author Unknown



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

हे देवा! मला शब्दांच्या रुपाने शक्ती दे,

आणि भावांच्या रुपाने भक्ती दे.

मला प्रगतीचे पंख दे.

हे देवा! मला आशीर्वाद दे की,

मी सदैव तुझी भक्ती करेन.

माझ्या कुटुंबाला आशीर्वाद दे की,

आम्ही सदैव सुखी राहू.

हे देवा! या जगात खूप लोक असे आहेत

ज्यांना खूप दुःख आहे, जे गरीब आहेत,

आजारी आहेत, त्यांची काळजी घे.

हे देवा! तू सर्वात मोठा आहेस,

मला नेहमी तुझ्या चरणांपाशी ठेव.

JANHAVI BHAGDE  
CLASS:8



There is no misery as great as attachment. There is no happiness as fine as detachment. -  
Sacinandan Swami

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

माझा आजचा दिवस चांगला जाऊ दे.  
परीक्षा असेल तर, माझा आजचा पेपर निर्विघ्नपणे पार पडू दे.  
मला सगळी उत्तरे अचूक लिहिता येऊ दे.  
माझ्याकडून शाळेत अशा चुका होऊ देऊ नकोस ज्यामुळे माझे शिक्षक मला ओरडतील.  
मला व माझ्या परिवाराला सुरक्षित ठेव, हिच विनंती.

SAMPADA AROLE  
CLASS:8



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

माझा आजचा दिवस सुखात जाऊ दे. मला सदी होऊ देऊ नको.माझी अशी प्रार्थना आहे की, आज माझ्या कोणत्याही शिक्षकांनी मला रागावू नये.

आज मला माझ्या आईबाबांनी रागावू नये. माझ्या मैत्रीणींचे व त्यांच्या आईवडिलांचे आरोग्य चांगले रहावे. आज माझी सगळी कामे निर्विघ्नपणे पार पडू दे.

BAGESHREE SUBHEDAR  
CLASS: 8



Servant of the Servants – this is the higher position. Our bhakti should reach Krishna's Servant. - Loknath Swami Maharaj

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

हे ! ईश्वर मेरी यह प्रार्थना है कि ,  
गरीबों को सुख मिले ।  
प्रदूषण का नामो निशान मिट जाए !!!

TRISHTA JANI  
CLASS: 8



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

हे ईश्वर मुझे विद्या दो ।  
मुझे बल दो ।  
और मदद करने की शक्ति दो ।  
मुझे लड़ने की शक्ति दो हर समस्या से ।  
शुक्रिया ईश्वर आपने मुझे यह जीवन दिया !!

ISHAN PARYA  
CLASS: 8



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

# PARENTS' CONTRIBUTION



## Prayers Have the Highest Potency

Prayers have the highest potency  
 To make us rise from our complacency  
 And attain the eternal blissful state by mercy of the Lord so kind  
 Provided we pray with the right objective in mind  
 It is possible to reach that abode of eternal joy for which we have waited  
 And perform service to Their Lordships that is uninterrupted and unmotivated  
 So, let's chant, sing and dance  
 And pray intensely for the Lord's merciful glance  
 For the pleasure of the Supreme Lord  
 And to re-establish with Him our relationship cord  
 So, let us perform prayers lovingly and sincerely  
 And dance with the devotees joyfully and gracefully  
 In the mood of perseverance and humility  
 To experience the much-needed bliss and tranquility  
 Let us pray, Let us pray  
 To the Lord to show us the way  
 Hip Hip Hurray! Hip Hip Hurray!  
 Jai Shri Radhe! Jai Shri Radhe!  
 Prayers have the power to take us to the ultimate destination  
 To render service to Lord Krishna and His devotees with devotion  
 It is only possible by the mercy of Guru and Gauranga  
 And the mercy can flow only in the association of devotees – sadhu sanga  
 So, let us pray for the mercy of Lord Chaitanya and Panchatattva  
 To understand and follow the principles of Guru and Gauranga Tattva  
 Prayer is the best process to beg for grace from Lord Krishna and work towards  
 life's aim  
 Oh Lord! If You like, please grant us the taste to offenselessly chant Your Holy  
 Name!

MEERA HARIHARA SUBRAMANIAM  
 PARENT OF DHANYA AND DAYITA  
 Likes to swim & play table tennis and  
 enjoys solving crossword & sudoku puzzles.



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

## What Happens When We Pray?



Prayer is nothing but the meditation to control our mind. The concentration of the mind comes through the prayer. Prayer is to watch our mind and the thoughts that prevail.

What happens when we pray?

When we pray we learn how to remain calm and discharge our duties in a responsible way.

Prayer guides us towards a possible solution to the challenges and struggles.

Prayer is communicating with God before beginning your day.

Regular prayers help us subdue our ego. Prayer teaches us that we can rise above misunderstandings and leave control over people and situations.

**BIREN KUMAR MISHRA**  
**PARENT OF SWASTIK**  
Fond of trekking & cycling.



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

## ॐ ના જાપ ના ફાયદા [Click on the link to translate]



\*ૐ નું ઉચ્ચારણ કરવાથી શરીરને 12 મહત્વના ફાયદા થાય છે તે પણ મફતમાં\*

\*ૐ ના જાપથી ગળામાં વાઈબ્રેશન થવાથી થાઈરોઈડ પ્રોબ્લેમ દૂર થાય છે\*

\*ૐ ના જાપથી ગભરામણ જેવી સમસ્યા દૂર થાય છે\*

\*ૐ ના જાપથી માનસિક શાંતિ, સ્ટ્રેસ અને ટેન્શનમાંથી કાયમી મુક્તિ મળે છે\*

\*ૐ ના જાપથી બોડીમાં બ્લડસર્ક્યુલેશન યોગ્ય રીતે થાય છે\*

\*ૐ ના જાપથી બીપી નોર્મલ રહે છે જેથી હાઈ એટેકથી બચી શકાય છે\*

\*ૐ ના જાપથી પેટમાં વાઈબ્રેશન થાય છે જેથી પાચનશક્તિ મજબૂત બને છે\*

\*ૐ ના જાપથી લંગ્સને વધારે ઓક્સીઝન મળવાથી એનર્જી સારી મળે છે\*

\*ૐ ના જાપથી થાક દૂર થાય છે જેથી ફેશનેસનો અનુભવ થાય છે\*

\*ૐ નો સુતા પહેલા ઉચ્ચારણ કરવાથી ઊંઘ તરત ને સારી આવે છે\*

\*ૐ ના જાપથી શરીરમાં લંગ્સ ની ક્ષમતામાં વધારો થવાથી બોડીમાં ઓક્સિજન વધારે મળે છે\*

\*ૐ ના ઉચ્ચારણથી સ્પાઈનલ કોર્ડમાં વાઈબ્રેશન થાય છે જેથી કરોડરજ્જુ મજબૂત બને છે જેના કારણે કમરની તકલીફ દૂર થાય\*

\*ૐ ના ઉચ્ચારણથી બ્રેઈનમાં વાઈબ્રેશન થાય છે જેથી એકાગ્રતા વધે છે અને માઈન્ડ પાવર વધે જેથી યાદશક્તિ વધે છે\*

\*આમ રેગ્યુલર ૐ નો સતત જાપ કે ઊંડા શ્વાસ લઈને જો ઉચ્ચારણ કરવામાં આવે તો આપ ઘણાબધા રોગ મફતમાં દૂર કરી શકો છો\*

\*જો ૐનું ઉચ્ચારણ નિયમિત ફક્ત દસ મિનિટ કરશો તો મોટી હોસ્પિટલમાં ઓક્સિજનના બાટલા નહીં ચઢાવવા પડે\*

\*તો ચાલો, આજથીજ ૐ નું ઉચ્ચારણ નિયમિત ચાલુ કરીને રોગમુક્ત રહેવાનો પ્રયત્ન જરૂરથી કરીએ\*

\*વંદે માતરમ, સર્વે સન્તુ નિરામયા, ૐ શાંતિ\*

**AARTI KOTHARI**  
PARENT OF ALEESHA AND VEDIKA  
Loves listening to music and extend a  
helping hand to the needy.



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

## [પ્રાર્થના ની અપાર શક્તિ](#) [Click on the link to translate]



"પ્રાર્થના" શબ્દ સાંભળતા જ આપણી સમક્ષ ઈશ્વર ની છબી, ઈશ્વર ની યાદ અને ઈશ્વર ની ભક્તિ આવી જાય છે તો આવો આપણે જાણીએ શું છે આ પ્રાર્થના અને એની શક્તિ. પ્રાર્થના એ મનુષ્ય ની અંતર આત્મા થી નીકળેલા ઈશ્વર માટે "શબ્દ અને ભાવ". આ જગત માં ભાગ્યે જ કોઈ મનુષ્ય હશે જેમણે ઈશ્વર ને પ્રાર્થના ના કરી હોય. પ્રાર્થના એ મનુષ્ય અને ઈશ્વર વચ્ચે નો 'સંવાદ' એ શબ્દો માં પણ હોઈ શકે અને મૌન પણ હોઈ શકે. જ્યારે કોઈ મનુષ્ય પોતાના અંતર આત્મા થી સંપૂર્ણ ભાવ અને વિશ્વાસ થી કરેલી પ્રવૃત્તિ. પ્રાર્થના ઘણા પ્રકાર ની હોઈ શકે. દરેક મનુષ્ય પોતાની ભિન્ન ભિન્ન પ્રકાર થી પ્રભુ ની પ્રાર્થના કરે છે. કોઈ મંત્ર થી તો કોઈ શ્લોક થી તો કોઈ આરતી થી, તો કોઈ મૌન રહી ને ઈશ્વર ને મન: પૂર્વક સંપૂર્ણ શ્રદ્ધા ભાવ થી કરેલી આજીજી એટલે પ્રાર્થના. ઈશ્વર પણ પોતાના ભક્તો ની પ્રાર્થના સાંભળી ને એમની મનોઈચ્છા પૂર્ણ કરે છે. જે મનુષ્ય આ સત્ય ને સમજી લીધું છે તે પોતાના અહમ્ અહંકાર ઈર્ષ્યા નફરત છોડી ને ઈશ્વર ની ભક્તિ માં તલ્લીન થઈ જાય જે શબ્દ વાચા થી સંપૂર્ણ ઈશ્વર ના ગુણ ગાન ગાય છે. તે મનુષ્ય ને પોતાના આશીર્વાદ થી સંપૂર્ણ સુખ ના સદભાગી બનાવી દે છે. આ જ છે પ્રાર્થના ની શક્તિ સામાન્ય મનુષ્ય ને પણ ઈશ્વર સમાન સંપૂર્ણ બનાવી દે છે. આવા મનુષ્ય જગત ને સત્ય, સેવા અહિંસા અને સાચા ચરિત્ર ગુણ સમજાવી આ જગત ને સાચું માર્ગદર્શન આપી આ જગત ને ગુલાબ ની સુગંધ અને મધ ની મધુરતા ભરી દે છે. તો આ જ છે પ્રાર્થના ની શક્તિ.

VINOD SIDHPURA  
PARENT OF SANJANA AND YUMI  
Fond of swimming & cycling and  
values Indian culture.



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

## [નિષ્કામ ભાવ થી પ્રાર્થના કરો](#) [Click on the link to translate]



પ્રાર્થના મનુષ્ય ની શ્રેષ્ઠતા નુ પ્રતીક છે, કારણ કે પ્રાર્થના ઇશ્વર પ્રત્યે મનુષ્ય ના ઘનિષ્ટ સબંધો ને દર્શાવે છે. પ્રાર્થના ને મોક્ષ નો દ્વાર કહેવામા આવે છે.

નિષ્કામ ભાવ સાથે કરેલી પ્રાર્થના દોષરહિત છે અને મનુષ્ય માટે ભકિતનુ સાધન છે. મનની શાંતી માટે, બુદ્ધિ ને એકાગ્ર કરવા, સંસ્કારો ને શ્રેષ્ઠ બનાવવા, તથા આત્મવિશ્વાસ પ્રાપ્ત કરવા પ્રાર્થના કરવી જરૂરી છે.

જેની પ્રાર્થના નિષ્કામ ભાવ સહિત છે તેના ઉપર ભગવાન પોતાનો વિશેષ અનુગૃહ વર્સાવે છે અને તમામ માનસિક દુઃખો થી મુક્ત કરે છે અને આ જન્મ, મૃત્યુરૂપ સંસારથી ઉગારી લે છે. જેને પ્રાર્થના અને ભકિત નો રંગ લાગે છે તે ભલે રાક્ષસ હોઈ તો પણ બ્રહ્માદી દેવતાઓ દ્વારા પુજનીય થાય છે.

ભક્તરાજ પ્રહલાદ જે દેત્યવંશ મા જન્મ્યો તો પણ એને નારદમુનિ ના સંબંધ થી વિષ્ણુભકિત નો રંગ લાગ્યો અને બાલ્યાવસ્થા થી જ તમામ દુઃખો થી મુક્ત થયો . પ્રાર્થના અસભંવ ને પણ સભંવ કરે છે અને ખરાબ વિચારો નો નાશ કરે છે.

**MANISHA BALDHA**  
**PARENT OF DHRUVI BALDHA**  
 Fond of cooking and enjoys listening  
 to lectures on life-skills.



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

## Powerful Mantra

The story of Maha mrityunjaya mantra ...Shiva mantra is a story of how fervent prayer can conquer death.

The young sage Markendeya wrote and chanted this powerful mantra to free himself from the grip of Yama-the hindu god of death. The chanting of this mantra provides long life.

Sage Mrikandu and Marudvati had no children. Mrikandu rishi was a great devotee of Shiva. His day started and ended with Shiva but he never asked for any boon.



The couple was childless and looking at his wife pining for a child, he decided to ask Shiva to bless them with a child.

Shiva is Bholenath who is always ready to help his devotee. Shiva appeared in front of the sage and gave him an option - choose what you desire - either 100 foolish sons or one son who will be intelligent but short lived, living only for sixteen years.

Sage Mrikandu chose the latter and soon a son was born. They named him Markandeya and he excelled in all shastras and vedas from early childhood. But Markandeya realized that his parents were never happy with his effort. Soon his parents revealed the reason for his sadness that he would live only for sixteen years. Markandeya was sure that Shiva would give him a solution.

Markandeya soon created a Shivling and started offering worship and composed a mantra which he chanted continuously.

This was the Mahamrityunjaya mantra which is as follows:

'Om trya-ambakam yajamahe sugandhim pushti vardhanam urvarukamiva bandhanan mrityor-mukshiya mamritat!'

On Markandeya's sixteenth birthday, Yama - the god of death, appeared to take his life. Markandeya hugged the shivling and kept chanting the mantra.

When Yama used force, Shiva appeared and saved Markandeya from the clutches of death. Thus young Markandeya was blessed with long life.

It is said that this **Maha Mrityunjaya Mantra** generates divine vibrations that ward off all the negative and evil forces and creates a powerful protective shield.

**SANDEEP OZA**  
**PARENT OF HANISHA OZA**  
 Fond of playing cricket and  
 loves listening to music.



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 DO MENTORS SAY

## Pray Always.....

PRAYER is a conversation you have with God about things he can change.

WORRY is a conversation you have with yourself about things you cannot change.

India is a country blessed with several castes, creeds, sects and religions. There are Hindus, Muslims, Sikhs, Christians, Buddhists, Jains and Parsis. All religions teach us to pray to God. The place of their prayers may be different, their ways may be different yet all the paths lead to one God.

But what is a prayer? Why should we pray? Does God listen to our prayers? What should we pray for?

Let us try to find the answers to these questions.

Prayer is a channel or a medium through which we share our innermost thoughts with the Supreme Divine Power. It is an unfolding of our pure and honest feelings and awareness. It is a connection between our heart and soul with the Lord in an un-pretentious mood. When we pray, we remember God or think of Him, which in itself is very purifying and elevating. A prayer is effective only when it is prayed with sincerity and with the whole being participating in it. He can and will answer us, according to His perfect will and timing.

In the 7th Chapter of Shrimad Bhagavad Gita, Krishna describes the four types of people who pray to Him -

catur-vidha bhajante mam  
janah sukrtino 'rjuna  
arto jijnasur artharthi  
jnani ca bharatarsabha

Translation: O best among the Bharatas [Arjuna], four kinds of pious men render devotional service unto me—the distressed, the desirer for wealth, the inquisitive, and he who is searching for knowledge of the Absolute.

On the whole, when the distressed, the inquisitive, the seekers of knowledge, and those who are in need of money are free from all material desires, and when they fully understand that material remuneration has nothing to do with spiritual improvement, they become pure devotees. That is the real power of prayers.

Shrimad Bhagwatam has many examples depicting the power of prayer -- Prayers of Dhruva Maharaj, Queen Kunti, Queen Draupadi, Prahlad Maharaj,

Bheeshma's prayers, Chatushloki Bhagwat prayers, Ajamila Prayers, Gajendra prayers etc.

All these prayers are considered very powerful because all these prayers talk of 'surrendering at the lotus feet of the Lord'.

There are many ways by which we can connect to God.... chanting of the Lord's Holy Name, singing his bhajans, kirtans and reading & listening to the scriptures. Shravanam, Vandanam, Kirtanam, Archanam, Smaranam, Padasevanam etc. are the practices that bring us nearer to Him. But the easiest mode is that of 'Vandanam' - offering prayers.

To understand the power of prayer, here's a short story.

Dr. Mark, a well-known cancer specialist, was once on his way to an important conference in another city where he was to be awarded in the field of medical research.

However, two hours after the plane took off, the plane made an emergency landing at the nearest airport due to some technical snag. Afraid, that he wouldn't make it in time for the conference; Dr. Mark immediately went to the reception and found that the next flight to the destination was after ten hours. The receptionist suggested him to rent a car and drive himself down to the conference city which was only four hours away.

Dr. Mark rented a car and started his journey. However, soon after he left, the weather suddenly changed and a heavy storm began. Driving in the heavy rain on a deserted road, feeling hungry and tired, he frantically began to look for any sign of civilization. After some time, he finally came across a small tattered house.

Desperate, he got out of the car and knocked on the door. A lady opened the door and told the doctor to come inside and wait till the weather improved.

Hungry, wet and exhausted, the doctor accepted her kind offer and walked in.

The lady gave him hot tea and something to eat. The lady told him that he can join her for prayer. But, Dr. Mark smiled and said that he believed in hard work and told her to continue with her prayers. Sitting on the table and sipping the tea, the doctor watched the woman in the dim light of the lamp as she prayed next to what appeared to be a small baby crib. Every time she finished a prayer, she would start another one.

Thinking the woman might be in need of help, the doctor enquired about the small child in the crib for whom she was apparently praying. The lady gave a sad smile and said that the child in the crib is her son who is suffering from a rare type of cancer and there is only one doctor- Dr. Mark who can cure him but she doesn't have money to afford his fee and moreover Dr. Mark lives in another far off town.



Stunned and speechless Dr. Mark was in tears. He whispered, 'God is great!' and recollected the sequence of events. ....there was malfunction in the plane, a thunderstorm hit and he lost his way; and all of this happened because God did not just answer the lady's prayers but also gave him a chance to help poor people who have nothing but rich prayers.

Always be prepared to do what God has prepared for you. It was the 'power of prayer' that transformed dacoit Ratnakar to one of the greatest sages Rishi Valmiki who gave us 'The Ramayan' and it was the 'power of prayer' that helped Hanuman cross the vast ocean and find Mother Sita... There is no power in the world other than the power of prayer that can take us so close to the heart of God and connect us to Him in ways that we cannot even imagine. We can change our lives and our destinies, using the power of prayers. Even the most difficult tasks can be performed with confidence when we unite the spiritual power of our prayers with the power of our intentions. The best prayer is the one which is offered for the benefit and progress of humanity. Our Vedic Scriptures are embellished with many such prayers. Let us all come together and say this shanti prayer for the welfare of the universe.

Sarvey Bhavantu Sukhin: Survey Santu Niramaya:

Sarvey Bhadrani Pashyantu Maa Kashchid Dukh Bhagbhevet.

ॐ Shanti: Shanti: Shanti: Meaning - "May all be happy, be free from all diseases, be witness to all auspicious events and no one has to be a part of sorrow."

*"God speaks to those who take time to listen and He listens to those who take time to pray."*

MAYURI HERKAL

Vice Principal

Likes to read and understand Vedic Scriptures



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

## प्रार्थना - एक आधार [Click on the link to translate]

माणसाने आपल्या देवतेला किंवा श्रेष्ठ शक्तीला उद्देशून विनम्र भावनेने आणि धार्मिक श्रद्धेने केलेला निःशब्द असे स्तवन, स्मरण, पश्चातापाचे निवेदन किंवा याचना म्हणजे 'प्रार्थना'. प्रार्थना हा शब्द 'प्र+अर्थ' धातुपासून बनलेला आहे.त्याचा अर्थ "प्रकर्षाने याचना करणे."

प्रार्थना ही मानवी जीवनशैलीचा एक भाग बनली आहे. तिचे अंतरंग व बाह्यरंग प्रत्येक धर्मात, जातिपंथात वेगवेगळे दिसून येतात. प्रार्थनांमध्ये प्रचंड ताकद असल्यामुळे ऋषीमुनींना व संताना देखील त्यांचे महत्व पटले आहे.

प्रार्थना म्हणजे जणू काही मनाची आंघोळच, प्रत्येक शुभकार्याच्या प्रारंभी ती केली जाते. शालेय विद्यार्थ्यांचा अभ्यास प्रार्थना केल्यानंतरच सुरु होतो. चोवीस तासात एकदा तरी प्रार्थना करावी. ती जप, माळ, पुजा व संगीत इत्यादी साधनांनी मनःपूर्वक करावी.

प्रार्थनेचे फायदे-

- १) प्रार्थनेमुळे तणाव दूर होऊन मनःशांती मिळते.
- २) कठीण प्रसंगी योग्य निर्णय घेण्यास मदत होते.

३) प्रार्थनेमुळे नकारात्मक ऊर्जा ( राग, अहंकार ) नाहिशी होऊन सकारात्मक ऊर्जा प्राप्त होते.

४) प्रार्थनेतून एक प्रबळ शक्ती मिळते.

थोडक्यात, प्रार्थनेचा मूळ उद्देश हा याचना नसून देवाचे स्मरण असावी. सुखात किंवा दुःखात देवाला न विसरणे ही कृतज्ञतेची भावना सदैव मनात असावी. अशी ही 'प्रार्थना' म्हणजे आपल्या मनाला मिळणारा आधारच आहे.

DIPTI CHAVAN  
Sports Teacher  
Fond of trekking  
and loves to dance.



### Pray With Devotion

During the Second World War, Germany fought Russia and all the German ladies prayed to God that their husbands come back safely from war but Germany lost; many German soldiers died and all those German widows became atheist. Hence, whenever we talk of prayers we generally think of asking something from God. But we should understand that God is not our order supplier. He is like a loving parent, a friend and our eternal well-wisher.

When we pray we are talking to God. When we read words spoken by God, for example - the Bhagavad Gita, it is God who is talking to us. Few questions may arise, such as - Which language does God respond to at the earliest? Does God hear our prayers? Is God Hindu, Muslim, Christian or something else? The answer to these questions was given by an old sage. He said that just like a faithful dog can recognize his master in any type of dress, whether shirt- pant, suit- boot or swimming shorts similarly any mature devotee understands that God is one. HE responds to everyone belonging to any caste, creed or culture - who calls out to Him and prays with devotion.



MANISH RAJAN PACHER  
VAC Coordinator  
Enjoys music & dramatics and likes  
to read books on philosophy.



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

## [“प्रकर्षेण याचना इति प्रार्थना |”](#) [Click on the link to translate]

प्रार्थना शब्दस्य शब्दकोशे अर्थः - विशिष्ट कार्यसिध्यर्थम्, स्तुतिकरणार्थम्, याचनार्थं प्रार्थना शब्दस्य प्रयोगः क्रियते | प्रार्थना शब्दस्य उत्पत्तिः ‘प्र+अर्थ’ धात्वे निर्मितम् | तस्य अर्थः अस्ति, “प्रकर्षेण याचना इति प्रार्थना |”

मानवजीवने आरब्धात् एव अनेकेन रूपेण, माध्यमेन च प्रार्थना शब्दस्य अर्थः वर्तते | मनुष्याः प्रार्थना कीदृशं कुर्यात्? अस्य उत्तरं प्रत्येकमनुष्यस्य कृते भिन्नं वर्तते | परमेश्वरस्य प्रार्थना मनःपूर्वकं कुर्यात् प्रार्थना अर्थात् ईश्वरस्य अभिष्टं चिन्तनं-वन्दनं च | प्रार्थनेः ईश्वरं प्रति परमादरभावं निर्मियते | प्रार्थना मानवजीवने परमावश्यकं अनिवार्यं च, इति जनाः मन्यन्ते | प्रार्थना मानवजीवनशैल्यां एकं अभिन्नं अङ्गं वर्तते | प्रार्थना सर्वत्र क्रियते मन्दिरे, गिरिजागृहे, चर्चे, चैत्ये, मस्जिदे, विद्यालये, गृहे, समूहे, वाटिकायां च | कश्चित् शुभकार्ये, रोगनिवारणार्थम्, मृतात्मानं सद्गतिं प्राप्स्यर्थं च प्रार्थना क्रियते |

मनुष्यः स्वइष्टदेवं अथवा अन्यां श्रेष्ठशक्तिं विनम्रभावेन, धार्मिकश्रद्धया निःशब्देन अथवा शब्दमाध्यमेन तस्य स्मरणम्, स्तवनम्, उपकारम्, पश्चात्तापस्य निवेदनं अथवा याचनां क्रियते सा प्रार्थना | परं प्रार्थनाः केवलम् ईश्वरस्य स्तुतिः नास्ति अपितु स्वस्य मनोकामना पूर्णार्थम्, कश्चित् कार्ये सफलतां प्राप्स्यर्थं जनैः ईश्वरः स्तूयते प्रार्थना च क्रियते |

संपूर्णे विश्वे, सर्वेषां धर्मे, सर्वेषां देशे, सर्वासु भाषासु अनेकाः उत्तमोत्तमाः प्रार्थनाः स्वरबद्धाः तालबद्धाः च सन्ति | वस्तुतः प्रार्थना शब्दस्य तरङ्गे, स्पन्दने अधिकं महत्त्वं न दत्त्वा तस्य समर्पणभावनायां महत्त्वं दातव्यं अत्यावश्यकम् | तस्याः अन्तरङ्गं तथा च बाह्यरङ्गं प्रत्येकं धर्मे, सम्प्रदाये भिन्नविभिन्नं अस्ति इति दृश्यते |

या प्रार्थना निःशब्दरूपेण क्रियते सा अधिका प्रभावकारी | प्रार्थनायाः कृते स्थाननियमकालस्य आवश्यकता नास्ति | स्वस्य विस्मरणं तथा ईश्वरस्य स्मरणम् आवश्यकम् |



ॐ सह नावतु । सह नौ भुनक्तु । सह वीर्यं करवावहे ।

तेजस्वि नावधीतमस्तु मा विद्विषावहे ।

ॐ शान्तिः शान्तिः शान्तिः॥

Om! May He protect us both together; may He nourish us both together; May we work conjointly with great energy, May our study be vigorous and effective;

May we not mutually dispute (or may we not hate any).

Aum! Let there be peace in me!

Let there be peace in my environment!

Let there be peace in the forces that act on me!

AISHWARYA PRATIK PATIL  
Primary Teacher  
Fond of travelling and an avid foodie.



Devotional service begins with the chanting of the Hare Krishna mantra and side by side trying to understand Krishna in truth. – A C Bhaktivedanta Swami Maharaj

# Happenings

## GUDI PADWA CELEBRATION



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



## गुढीपाडवा [Click on the link to translate]

**गुढीपाडवा** हा एक भारतीय सण असून तो हिंदू दिनदर्शिकेप्रमाणे चैत्र शुद्ध प्रतिपदेला महाराष्ट्रात साजरा केला जातो.शालिवाहन संवत्सराचा हा पहिला दिवस आहे.

वेदांग ज्योतिष या ग्रंथात सांगितलेल्या साडेतीन मुहूर्तांपैकी हा एक मुहूर्त आहे. या दिवशी नवीन वस्तू खरेदी, व्यवसाय प्रारंभ, नवीन उपक्रमांचा प्रारंभ, सुवर्ण खरेदी इत्यादी गोष्टी केल्या जातात. दारी उभारलेली गुढी हे विजय आणि समृद्धीचे प्रतीक आहे असे मानले जाते.

या दिवशी महाराष्ट्रात लोक घराच्या प्रवेशद्वारी उंचावर गुढी उभारतात.उंच बांबूला कडूनिंबाची डहाळी, रेशमी वस्त्र अथवा साडी गुंडाळतात. फुलांचा आणि साखरेच्या बत्ताश्यांचा हार बांधून त्यावर तांब्याचे /धातूचे भांडे बसवले जाते, गुढीचा बांबू पाटावर उभा केला जातो, तयार केलेली गुढी दारात,उंच गच्चीवर लावतात.

गुढीला गंध ,फुले ,अक्षता वाहतात व निरांजन लावून उदबत्ती दाखवतात. दुपारी गोडाचा नैवेद्य दाखवून संध्याकाळी पुन्हा हळद-कुंकू फुले वाहून गुढी उतरवली जाते. यादिवशी आनंद साजरा करीत आप्तेष्टांना नववर्षाच्या शुभेच्छा दिल्या जातात.

गोपालस गार्डन हायस्कूल मध्ये ही १४ एप्रिल २०२१ रोजी गुढीपाडवा हा सण मोठ्या उत्साहात व्हर्च्युअली साजरा करण्यात आला. या कार्यक्रमाची सुरुवात इयत्ता ८ वीचा चैतन्य सिंग आणि त्याची आई, या दोघांच्या छोट्याशा नाटिकेद्वारे झाली . त्यांनी गुढी पाडवा या सणाचे महत्व समजावले . इयत्ता ९ वी च्या - सनया दास, ललितासुंदरी दुबे, मिहीका जोशी, इप्सिता जैस्वाल, आर.सहाना आणि देवांशी केरकर या सर्वांनी नववर्षाचे सुरेख गाणे सादर केले. तसेच आमच्या सहकारी शिक्षिका मनाली दीदींनी, गुढी कशी उभारावी व गुढी पाडवा सणाचे महत्व, सर्वांना समजावून सांगितले. सर्वात शेवटी गुढी पाडवा मिरवणुकीचा युट्यूब विडियो दाखवण्यात आला .

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



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

# RAM NAVAMI CELEBRATION



The more we come out and do good to others, the more our hearts will be purified, and God will be in them. -Swami Vivekananda

## GGHS Celebrates Virtual Ram Navami



Ram Navami is a Hindu spring festival that celebrates the birthday of Lord Rama, the seventh avatar of the Lord Vishnu. Lord Rama was born to King Dasharath and Queen Kaushalya in Ayodhya in the Treta Yug. He is also known as 'Maryada Purusottama' and is the emblem of righteousness. The festival commemorates the birth of Lord Rama on the ninth day of Chaitra Navratri in the Shukla Paksha of the Chaitra month of the Hindu calendar.

Ram Navami is celebrated in several ways. On this day, devotees pray for peace, prosperity and success and seek divine blessings from Lord Rama. Hindus also perform the rituals of Kanya Puja on this day, where 9 girls are invited at home and paid respect as Hindus believe that they are the manifestation of the Devi. Some devotees bathe and dress up miniature idols of Lord Rama, light a lamp in front of the idols and then place them in a cradle to mark his birth and prepare 'Kheer'- a dessert, as an offering to God. At Gopal's Garden High School, the festival of Ram Navami was celebrated virtually with great enthusiasm and excitement on 21<sup>st</sup> April 2021. The celebration was initiated with the Abhishek video of Lord Rama. HG Krishna Gopal Prabhuji thrilled the preprimary kids with wonderful stories from Ramayana. The students of classes 1 to 4 played Pictionary Game as well as chanted 'Ram Raksha Shlokas'. Kartik Agrawal of 4<sup>th</sup> grade made the atmosphere pious with a song related to the festival. Our director Raghunath Charan Prabhuji enacted the role of the greatest devotee of Lord Rama- Shri Hanumanji, narrated many of his pastimes to motivate the primary children into service and devotion to the Supreme. Selected students from grade 5 to 8 spoke about their favourite Ramayana characters. Our Honourable Trustee HG Rohini Nandan Prabhuji inspired the secondary students with a melodious Bhajan and a meaningful talk on lessons from Ramayana. Finally, the celebrations culminated with an engaging Naam Sankirtan video and filled the atmosphere with the spirit of devotion and love for Lord Rama.

Reported by  
**PREETI VORA**  
 Secondary Teacher  
 Fond of listening to music and travelling.



Vrindavan-dhama is merciful to the unqualified because Vrindavan is the land where love rules. - Sacinandan Swami Maharaj

## INTRA SCHOOL COMPETITION -EVENT 1

It is true that our attention is easily captured by a picture rather than a group of words. **Images not only help us learn, but also grab attention, explain tough concepts, and inspire.**

To enhance students thinking power and creativity, Gopal's Garden High School had organized an Intra -School competition for classes 1 to 10 on Thursday 29<sup>th</sup> April 2021. The event was based on pictures as they are powerful and an interesting way to get attention. It helped our children to develop the quality of interpretation and also inculcated the importance of communication and illustrations.

It was our first competition for the academic session 2021-22. The competition was held on a virtual platform via Zoom App. The little creative minds were at their enthusiastic best and played it with much fervour. Not only our children, their parents and teachers who conducted the competition enjoyed it a lot. We had HG Mahaprakash prabhu (Mr Manish Advani) as the judge who helped us in selecting our winners.

On Friday 30<sup>th</sup> April 2021, we had a prize distribution ceremony for the same which was again held on the virtual platform. HG Mahaprakash prabhuji shared his thoughts about our competition and even enlightened the audience with various examples from Ramayana and contemporary history. He was spellbound with the creativity and in-depth knowledge of our students. He expressed his happiness in connecting with us and congratulated the team for nurturing young minds.

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

### Glimpses:

<https://drive.google.com/file/d/12YNxUjTWHPdx5ooB0VhzEsDBb0WE06ho/view?usp=sharing>

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



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

## INTERNATIONAL YOGA DAY



‘Yoga is the journey of the self through the self to the self.’

Yoga is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation and poses designed to encourage relaxations and reduce stress. Meditation rejuvenates the body and mind. With this aim in mind, we at Gopal’s Garden High School celebrated virtual International Yoga Day (IYD) on 21 st June 2021 with great fervor and enthusiasm.

The entire Yoga day program was planned by Dipti Miss very meticulously.

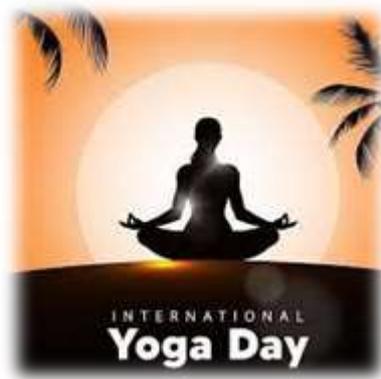
IYD program was celebrated by Primary section and Secondary section separately. This was a great opportunity for the students to imbibe the value of discipline. In the Primary section, the program was commenced by Welcoming our Chief Guest “Mrs Janaki Dadhichiji” and all our dear students. Subsequently Namish Pardeshi from class 5 led the Yoga prayers. Dipti Miss along with Gaurangi Kookani, Jaigopal and Jahnvi of class four demonstrated Surya namaskar. All the students performed sitting and standing asanas, importance of these were explained simultaneously.

Then Drishti Hingarh wonderfully described the importance of Yoga in our life . After that Class 5 students presented a melodious song on Yoga. Our chief guest “Janaki Dadhichiji” enlightened all of us with her wisdom on yoga. She encouraged students to practice regular yoga to remain fit and improve concentration and emphasized on the importance of healthy living and high thinking. We had a wonderful musical yoga demonstration by Hanisha and Anisha Oza’s family. At the end, we witnessed advance yoga asanas by Pranjali Baid. Our Director Raj Chopraji and Principal Rasrani Ma’am also graced the occasion.

The IYD celebration of secondary section commenced with the recitation of Yoga prayers by Sahana from class 9, followed by demonstration of asanas and breathing exercises by Dipti Miss, Sampada and Janki. The boundless peace of performing the asanas was amply visible from the faces of the students. Chief guest “Pradip Parmarji” graced the occasion and enlightened us on the importance of practicing yoga in our day-to-day life.

Then Class 10 students presented a beautiful song on Yoga followed by Diksha Jha’s inspiring speech. After that Aarya Mevada and Nandini Sharma’s family showed us the benefits of practicing Yoga with family members. The students garnered a sense of connection to life, truly knowing that we are all connected and going through life together. At the end we witnessed stunning Yoga postures by Darsh Biyani. The excitement of the students was palpable on screen as they geared up to celebrate the International Day of Yoga.

The program culminated by giving vote of thanks to our Chief guest, all the students and parents for enthusiastically participating in this celebration. The experience was really amazing and important for all.



### Glimpses:

<https://drive.google.com/drive/folders/17NRHg5qjOW6F5wqzVmPc5znMqE BhNw3U?usp=sharing>

Reported by  
ANUPRIYA DHOTRE  
Primary Teacher  
Likes to cook and listen to spiritual discourses.



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

## INTRA SCHOOL COMPETITION -EVENT2

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

On 11<sup>th</sup> June 2021 Gopal’s Garden High School, following the CBSE guidelines organized the second competition for the academic year 2021-22. This competition was held to express our gratitude towards the Pandemic Warriors and to create awareness of some vital information that would help us to deal with the rise in COVID -19 pandemic crisis. The sacrifice that they make every day for the safety and welfare of the humanity is invaluable and earns our life long gratitude.

The competition was divided into various activities. Classes 1 and 2 did an art activity by decorating a mask. A very creative presentation was showcased by the talented artists while preparing splendid masks using different decorative material. Classes 3 to 5 created awareness by making slogans and expressed their emotions, feelings and innovative thoughts on different topics like- Health in Our Hands, Shield Yourself and God helps those who help themselves. Similarly, the secondary group presented a tribute to these ‘Heroes’ in the form of dance, song, skit, advertisement, poem recitation and so on. Little hands with imaginative minds came together in a creative burst of energy and the stupendous students demonstrated astonishing and mind-blowing ideas. A fabulous participation of all the students was observed during this joyful competition. We had external judges to evaluate the competition. We are very grateful to them for giving us their valuable time.

It was concluded by the prize distribution ceremony on Friday, 18<sup>th</sup> of June. Our Managing Trustee Maheshwari Sir and HG Satyanand Prabhu graced the occasion in primary and secondary classes respectively. The competition was a fusion of talent, imagination, creativity and alertness. The students left everyone awe-struck as they presented their talent immaculately and effortlessly.

### Glimpses:

[https://drive.google.com/drive/folders/146Vb9F-YgPYwmeDdY-rymdd\\_2zhXZgzI?usp=sharing](https://drive.google.com/drive/folders/146Vb9F-YgPYwmeDdY-rymdd_2zhXZgzI?usp=sharing)

Reported by  
**PREETI DEVESHWAR**  
 Primary Teacher  
 Passionate about drawing & travelling.



One will develop ruchi (liking) for chanting of the holy names, when one has compassion for each and every living being. - Loknath Swami Maharaj

## FELICITATION CEREMONY REPORT



Bidding Adieu .....

'May your troubles all be small ones and your fortune ten times ten.  
May the Good Lord bless and keep you till we meet again.

GGHS bid farewell to the batch of Class 10 with the felicitation ceremony held on the virtual platform on Saturday, 7th August 2021.

The event started with a welcome address by our Honourable trustees Mr. Maheshwari and Mr. Hrishikesh Mafatlal.

Nostalgic memories were revived by our respected Principal and Vice principal Ms. Rajas Sardesai Bhosale and Mrs. Mayuri Herkal respectively. Memories of the years spent together, made joyful with the various celebrations and outings were shared. Teachers, students and parents added to these experiences and memories. Blessings were showered on the students along with best wishes for their journey ahead. Scriptural wisdom stressing the significance of following the right path along with right conduct was brought out by our spiritual guide and mentor HG Radhagopinath Prabhuji.

The session culminated with a vote of thanks by our Director Mr Raj Chopra.

Reported by  
NEETA NAYAK  
Secondary Teacher  
Likes to travel and read books.



Krishna supports us by giving us the strength to go through our learning tasks. -  
Sacinandan Swami

## जगन्नाथ रथयात्रा उत्सव [Click on the link to translate]



भारतातील चार प्रमुख तीर्थस्थळांपैकी एक म्हणजे पूर्वेला असलेल्या 'ओरिसा' राज्यातील 'श्री जगन्नाथ पुरी धाम'. जगन्नाथ म्हणजे साक्षात श्रीकृष्ण. जगन्नाथ पुरीच्या मंदिरात श्रीकृष्णांसह त्यांचे ज्येष्ठ बंधू बलदेव व धाकटी बहीण सुभद्राही असतात. आषाढ शुद्ध द्वितीयेच्या दिवशी पुरी येथे जगन्नाथांची त्यांच्या भावंडांसह रथयात्रा निघते.

याच रथयात्रेचे प्रतिकात्मक स्वरूप म्हणजे 'गोपाल्स गार्डन हायस्कूल' मध्ये साजरा होणारा रथायात्रेचा उत्सव होय. या वर्षी हा उत्सव शुक्रवार दिनांक २३ जुलै २०२१ रोजी आंतरजालावरील 'झूम'वर साजरा करण्यात आला.

सकाळी १०:४५ ते ११:२५ या दरम्यान पूर्व प्राथमिक वर्गामध्ये रथयात्रा झाली. या उत्सवात सर्व लहानग्यांनी आपल्या पालकांसह उत्सफुर्तपणे सहभागी होत जगन्नाथांची आरती केली. त्यांना नैवेद्य अर्पण केला. त्यानंतर संगीतमय 'जगन्नाथाष्टकम्' स्तोत्रावरील, प्राथमिक व माध्यमिक वर्गामधील मुलींच्या सुंदर 'ओडिसी नृत्याचे' सादरीकरण दाखविण्यात आले. पुढे भजनानंतर जगन्नाथपुरी विषयी विस्मयकारी सत्यांची माहिती पूर्वप्राथमिक व प्राथमिक वर्गातील मुलांनी दिली. सरते शेवटी शाळेच्या मुख्याध्यापिका 'रासराणी दीदी' यांनी सांगितलेल्या मायपूर येथील राजापूरच्या जगन्नाथ कथेने सर्वांचे मन मोहून घेतले.

दुपारी १२:१५ ते १२:५५ या दरम्यान प्राथमिक वर्गामध्ये रथयात्रा झाली. या उत्सवात पहिली ते पाचवीच्या सर्व विद्यार्थ्यांनी जगन्नाथांची आरती, नैवेद्य, भजन, ओडिसी नृत्य व जगन्नाथपुरी विषयी विस्मयकारी सत्यांसह, 'जगन्नाथ प्रिय'या जगन्नाथांच्या आविर्भावाची कथा कथन करणाऱ्या संगीत नाटिकेचाही आनंद घेतला. प्राथमिक व माध्यमिक

वर्गामधील विद्यार्थ्यांनी ही नाटिका सादर केली. त्याच बरोबर जगन्नाथ पुरीतील जगन्नाथांचे सेवक रोज संध्याकाळी मंदिराच्या कळसावरील ध्वज कसा बदलतात, जगन्नाथ पुरीमधील रथयात्रा आणि गोपालस गार्डन हायस्कूलमध्ये काही वर्षांपूर्वी झालेला रथयात्रा उत्सव यांच्याही चित्रफिती दाखवण्यात आल्या. त्यानंतर शाळेच्या उपमुख्याध्यापिका 'मयूरी मॅडम' यांनी या उत्सवात सहभागी होऊन आपला अनुभव आणि आनंद व्यक्त केला.

दुपारी १:३० ते २:३० दरम्यान माध्यमिक वर्गामध्ये रथयात्रा झाली. या उत्सवात सहावी ते दहावीच्या सर्व विद्यार्थ्यांनी वरील सर्व कार्यक्रमाचा आनंद घेतला. या संपूर्ण उत्सवाचे ठळक वैशिष्ट्य म्हणजे, प्राथमिक आणि माध्यमिक वर्गातील मुलांनी आत्यंतिक उत्साहाने स्वतःच या संपूर्ण कार्यक्रमाचे निवेदन केले. अशाप्रकारे 'जगन्नाथ रथयात्रा' उत्सव मोठ्या उत्साहाने, आनंदाने आणि विद्यार्थ्यांच्या उत्स्फूर्त सहभागाने संपन्न झाला.



### Glimpses:

<https://drive.google.com/drive/folders/1ZMUKpzlAwMuaXRE-Htn0Ih6xbF0vv81K?usp=sharing>

Reported by  
RADHA GODSE  
Primary Teacher  
Fond of trekking and loves to sing.



To give pleasure to a single heart by a single act is better than a thousand heads bowing in prayer. - Mahatma Gandhi

## INDEPENDENCE DAY REPORT

### आभासी मंच पर -स्वतंत्रता दिवस समारोह

[Click on the link to translate]

हरे -कृष्णा ...!

तिरंगा देश की शान है, हर भारतीय का स्वाभिमान है,  
यही है गंगा, यही है हिमालय, यही हिन्द की जान है,  
तीन रंगों में रंगा हुआ ये अपना हिंदुस्तान है ...||"

'१५ अगस्त ' यह केवल एक तारीख नहीं है बल्कि यह हम सभी भारतीयों का अभिमान है , जिसे पाने के लिए अथाह खून की नदियाँ बही, प्राणों का बलिदान किया गया तब जाकर हम सब ने इस आजादी के सुख को महसूस किया।

कोरोना महामारी के फलस्वरूप पिछले वर्ष की तरह इस वर्ष भी आजादी का ७५वाँ वर्ष आभासी मंच पर " स्वतंत्रता दिवस समारोह" कार्यालयी विभाग व कुछ शिक्षकों द्वारा विद्यालय में प्रत्यक्ष उपस्थिति ,सभी शिक्षकों की व पांचवीं से दसवीं के विद्यार्थियों की ऑनलाइन उपस्थिति में मनाया गया । माननीय प्रबंधक महोदय , क्रीड़ा विभाग की शिक्षिका द्वारा ध्वजारोहण किया गया । साथ ही कक्षा ५वीं,८वीं और ९वीं के छात्र - छात्राओं द्वारा भाषण, गायन प्रस्तुत किया गया ।इस वर्ष १५ अगस्त का दिन विद्यालय के लिए गौरवशाली रहा ,जब रेवती सिंह और चिंतामणि पालेजा(शैक्षणिक सत्र- २०१९-२०२०) को सी.बी.एस.ई बोर्ड द्वारा प्रेषित 'योग्यता प्रमाण पत्र ' प्रबंधक 'श्री० महेश्वरी जी ' के माध्यम से सज्जित किया गया । यह पल वास्तव में अविस्मरणीय क्षण रहा । तत्पश्चात माननीय 'श्री. कृष्ण गोपाल प्रभु जी' द्वारा विद्यार्थियों को प्रोत्साहन से भरी जानकारी दी गई ।

आज के इस शुभ अवसर पर आदरणीय अतिथि "श्री० श्रीनिवास घाडगे जी " ने अपना अमूल्य समय देकर विद्यालय का मान बढ़ाया। वर्तमान समय में 'श्रीनिवास जी' पुणे शहर में अपराध शाखा के पुलिस उपआयुक्त हैं, जिन्हें अनगिनत बार गौरवशाली पुरस्कारों के साथ सम्मानित किया गया है । उन्होंने अपने विचारों को व्यक्त करते हुए संपूर्ण आजादी की परिभाषा व उसकी महत्ता को समझाया । साथ ही समय -पाबंदी, अनुशासन व अपने कामों के प्रति जिम्मेदारी के बारे में बताते हुए विद्यार्थियों को जीवन में आगे बढ़ने के लिए प्रोत्साहित किया ।

उन्होंने अपने जीवन कार्य प्रणाली दरम्यान आए विशेष व कठिन परिस्थितियों के अनुभव को साँझा करते हुए मुश्किलों का निडरतापूर्वक सामना करने की प्रेरणा दी। इतना ही नहीं 'घाडगे जी' ने विद्यार्थियों को सच्चे, बलिदानी देशभक्त का अर्थ व मौजूदा परिस्थिति में ऐसे देशभक्त की अति आवश्यकता के प्रति ध्यान केंद्रित करते हुए विद्यार्थियों को देश के लिए आगे आने का आहवाहन दिया। उन्होंने बहुत ही सरल, विनम्र और उत्साहवर्धक तथा सकारात्मक वाक्यों की ताकत से हम 'गोपल्स गार्डन' के सभी सदस्यों को अपनी अनमोल वाणी से कृतार्थ किया। हम तहे दिल से उनका आभार मानते हैं। अंत में वंदे मातरम के साथ १५ अगस्त के कार्यक्रम का समापन सकारात्मक विचार व उल्लास के साथ संपन्न हुआ।



### Glimpses:

<https://drive.google.com/drive/folders/1sz9HaCkjQOvvDwHB6PqxU0FNusaH36fk?usp=sharing>

Reported by  
MALA SINGH  
Secondary Teacher  
Fond of reading & writing.



Sing the names of the Lord and in this way always think of Him and keep Him in your heart. -Sacinandan Swami

**MENTAL HEALTH AWARENESS**

# Mental Health Awareness

### How do we react to stress..?

Understanding the 3 stress responses

**Fight**  
**Flight**  
**Freeze**

### What could stress do to us?

- Fatigue
- Increased blood pressure
- Loss of focus
- Irritability
- Lack of motivation
- Depression
- BURNOUT
- Unhappy/Person

### Teacher's perspective

It's a thing of delinquency to change the class. The child is a nuisance

Show in the child. Parents too child

Tension, Anger, Frustration

### To sum up ..

**Problem focused**

- What's wrong?
- Blame & control
- Focuses on Past
- Weaknesses

**Solution focused**

- What's needed now?
- Progress
- Present and future
- Strengths

### Let's respond to stress:

S- Stop (what you are doing)

T- Take (few deep breaths)

O- Observe (what's going on)

P- Proceed (with compassion, kindness and awareness)

### Let's talk about stressors

- Managing household chores (dealing with managing kids)
- Managing school related duties
- Constantly occupied
- Lack of structure
- Working in (social) isolation
- Increase in screen time
- Financial burden
- Constant fear of getting infected with covid-19



The silence of the Lord is only something created by our perception. - Sacinandan Swami

## MENTAL HEALTH AWARENESS REPORT

“If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don’t exist, then maybe we’ll leave the world a better place than we found it.”

Mental health is important at every stage of life, from childhood and adolescence through adulthood. It also helps determine how we handle stress, relate to others, and make healthy choices. Keeping this view in mind, a session on Mental Health Awareness was organized by the HUB of schools on Saturday 14th August 2021 for teachers.

The session was rich in content and started with an ice breaker activity ‘Fist to Five’ where the teachers had to rate their emotional level from 0 to 5 to know whether they were happy or stressed. The activities throughout the session were very interactive. The resource persons, school counsellors Ms. Shweta Khandkar (Sacred Heart School) and Ms. Melvita Tripathi (St. Lawrence International School) spoke about various stressors like managing household chores to managing school duties, lack of structure, more screen time, fear of getting infected with Covid-19 and its consequences that affects the health and behaviour of a teacher. It was wonderfully explained how we generally react to stress and how ideally we should respond to stress.

Ms Melvita explained the cognitive strategy which emphasized how we can explore our feelings, thoughts and behaviour and improve our mental health by untrapping trapped thoughts for the betterment of the students. It was an activity to reframe pessimistic thoughts to optimistic. It was accentuated why the mental health for teachers also is of an utmost importance. Ms Shweta gave an insight on how we should not judge anyone- we all handle things differently, that is what makes us unique. Various suggestions were given for healthy lifestyle which leads to healthy mind. Behavioural strategies were discussed for maintaining mental health, to try to carve out some time to prioritize the other things that help us feel balanced: for some, it is exercise, for others, it is reading, meditation, or spending time doing a hobby.

Mental health training equipped teachers with methods for reaching out to students who may be developing substance abuse or mental health problems, while deepening their understanding of why early intervention matters.

The session ended with a beautiful video to discover oneself and be stress-free. It was a lively and fruitful session. Such a session helps a teacher to strike a balance between the personal and professional life and also helps to remind them about how important it is to handle the stress, to explore one's own self and that some amount of stress is required to achieve the goal. One should have a solution focused approach instead of a problem focused one. There is no rule when it comes to mental health. The training was very informative.



Reported by  
MANALI RANE  
Pre-Primary Teacher  
Fond of exploring places & listening to music.



Utilize your spare time to read Bhagavad Gita, memorize as much as possible for preaching also. - Bhakti Swarup Damodar Swami

# GROOMING AND BUILDING RELATIONSHIPS SESSION

# Grooming and Building Relationships

### Problems faced by teenagers



- Anger
- Grades
- Bullying
- Physical changes
- Psychological changes
- Self-esteem
- Self-conscious
- Peer influence
- Buying trends

### Problems faced by parents



- Do not listen
- High school stress
- Using problems
- Do not sit with us
- Do not listen to me
- Heavy demanding
- Not responsible

### Types of parents



**Strict parents**

**Neglecting parents**

**Lenient parents**

**Helicopter parents**

**Balanced parents**



### Ways to build healthy bonding - Teens

- Be respectful
- Understand their parents' situation
- Care for them
- Don't over react
- Listen to parents

### Ways to build healthy bonding - Parents

- Update yourself
- No lecture- Be specific
- No criticism but introspection
- Don't focus on anger, focus on the source
- Give options but don't expect just be a guide
- Listen & don't over react

### 3 phases of teenage

- Early teenage - 10 to 13 years
- Middle teenage - 14 to 18 years
- Late teenage - 19 years to 21 years





Whatever knowledge we acquire should be used in Krishna consciousness. - Bhakti Swarup Damodar Swami

## **GROOMING AND BUILDING RELATIONSHIPS REPORT**

The ability to effectively communicate is crucial in every sphere of life, but one of the most important aspects where communication plays a vital role is in the development of the parent-child relationship.

The workshop on grooming and building relationship was organised by HUB of schools on July 24, 2021. The workshop was meant for reducing the friction and strengthening the relationship between children and parents. It was meant for all the students of age 13 and above. Nearly 90 students and their parents attended the workshop from different schools of the HUB.

Ms. Swati Singh started the programme with a brief introduction that healthy family relationships can foster a feeling of love and security in all family members. It can be one of the greatest boons parents can give to their children – a nurturing and caring environment which helps them grow into well-balanced, happy and successful adults. The workshop was conducted by Dr. Mihir Parikh, Psychologist who gave students the space to share the problems presently faced by them. All the students actively participated and messaged their problems in the chat. He said that teenage brings its own beauty with challenges. He explicated five different types of parents – Strict parent, Lenient parent, Neglecting parent, Helicopter parent and Balanced parent as well as elaborated how these parenting styles affect the child. He emphasized that to develop a positive and nurturing parent-child relationship that can bring a world of difference to the child's growth and development, one needs to give options to the child and let them decide and own their decisions.

He discussed about the three phases of teenage – early teens (10 – 13 years), middle teenage (14 – 18 years), late teenagers / early adults (19 – 21) years. He asked parents to message the problems they face with their teenage children. On the basis of the points given by parents, he explained to the parents about the problems faced by teenagers – emotional regulation / self-regulation, anger, psychological and peer influence. He said that children in early teens have issues with impulse control as their pre frontal cortex is still in developing stage. He suggested students ways to build healthy bonding with parents – be respectful, care for them, understand the parents' situation, don't over react, listen to parents. Similarly, he also guided the parents to practise some steps to build healthy bonding with kids like update yourself, give freedom, no lecture, be a parent only, no criticism but introspection, focus on source and not on anger. He even added that relationships get better with understanding.



Greater openness is important to establish a good parent-child relationship. He asked the parents to communicate with their children openly and let them talk back about things that bother them. It is necessary for parents to encourage their children to talk and express their emotions and feelings about whatever concerns they have.

The talk was followed by a lively 'question & answer' session. The speaker answered all the queries of the participants patiently. Many parents asked about the solution to exposure of devices. Many of them asked about the exercise and weight gain of kids. He gave tips on ways to control weight gain and to show their children that they understand their emotions, and reassure them of helping them in times of trouble. The workshop ended with a vote of thanks to the speaker and the participants.

Reported by

**NIYATI SHANBHAG**

Class 7



**PRATHAMESH JAKHMOLA**

Class 8



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

[नरसिंहजयन्त्या: वृत्तान्तः ।](#) [Click on the link to translate]



जुलै मासस्य चतुर्थे दिने गोपाल्स गार्डन विद्यालयेन डिजीटल माध्यमेन नरसिंह जयन्त्या: आयोजनं कृतम् । विद्यालयस्य त्रिषु विभागेषु (शिशुवर्गे, प्राथमिकविभागे, माध्यमिकविभागे च) कार्यक्रमः सञ्जातः ।

त्रिषु विभागेषु भगवान् नरसिंहस्य अभिषेकेन कार्यक्रमस्य प्रारम्भः जातः । शिशुवर्गे छात्राः भगवतः नरसिंहस्य प्रकटरूपस्य दर्शनं (video) अकुर्वन् । प्राथमिकवर्गे छात्राः सिंहाचलस्य नरसिंहस्य च दर्शनं (video) अकुर्वन् । तत्पश्चात् अतिथि राधारानी महोदया छात्रेभ्यः नरसिंहदेवस्य कथां अश्रावयत् । माध्यमिक विभागे अतिथिः मुरलीधरः महोदयः छात्रेभ्यः भगवतः उग्रसिंहस्य कथां अश्रावयत् । तत्पश्चात् गौराङ्गः नित्यानन्दः ( कक्षा १० छात्रौ ) नरसिंहकवचं अगायताम् । अन्ते सर्वेषु विभागेषु नरसिंहदेवस्य पूजनं कृत्वा कार्यक्रमस्य समापनं जातम् ।

धन्यवादः ।

### Glimpses:

[https://drive.google.com/drive/folders/1GZ24deKvRWFZz\\_mBMfsupxNUnVgFA9vT?usp=sharing](https://drive.google.com/drive/folders/1GZ24deKvRWFZz_mBMfsupxNUnVgFA9vT?usp=sharing)

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



In bhakti, we depend on Krishna's strength, not our own. - Mahanidhi Swami



## **JANMASHTAMI CELEBRATION**

Janmashtami refers to the day to celebrate the appearance of the Supreme Lord Krishna. It is the celebration of joy, love, and divinity. The image of baby Krishna is the image of unbridled love.

On the day of Sri Krishna Janmashtami, it is imperative that one visits the temple, where the festivities are in full swing.

Radha Krishna deity is decorated with beautiful flowers and impressive decorations, and the celebration is carried out with love and dedication.

Prasadam is prepared for the devotees, first offered to the Supreme Lord and then distributed. Some temples hold contests, games, and various activities for children.

Gopal's Garden High School too, celebrated this auspicious festival, virtually on 28<sup>th</sup> August 2021 with enthusiasm and joy.

Stealing, being one of the transcendental qualities of the lord, this festival was named 'The 'Divine Thief' which highlighted this wonderful nature of the Supreme Lord.

The celebrations were held in all the three sections with the video clippings of Abhishek of the deities, Dance performance, Musical drama and a skit on varieties of pastimes of the Lord like stealing butter (Maakhan chor), stealing the hearts of the exalted Gopis (Chit chor) and even stealing Kheer for one of his devotee (Kheer chor). Finally Aarti with Chaurashtakam was played.

All the performances were directed by the teachers and enacted by the students. The wonderful student emcees kept the audience glued to their screen throughout the celebrations in the Primary and Secondary sections.

The chief guests of honour in all the three sections namely Ms. Anjali Mafatlal, HG Gopal Lila Prabhuji and HG Madhu Madhav Prabhuji respectively shared enlightening and mesmerizing pastimes of the Lord and also conducted activities for the children focusing on the various divine qualities of the Lord. They urged the children to pray to the Lord to steal away the unwanted desires, habits and all the problems and obstacles in our life and provide us with the strength and willingness to connect to Him always.

The celebrations ended with a feeling of blessings and grace being showered on us by our one and only 'Divine Thief' - Lord Krishna.



### Glimpses:

Part 1

<https://drive.google.com/drive/folders/1stWrQav-o-QiCMziPMhLyb5C-h2ykV3S?usp=sharing>

Part 2

<https://drive.google.com/drive/folders/1J4Rsi0tvcKLNDViKoPN9VRL2JcRvfVQH?usp=sharing>

Reported by  
SANGEETA RAJANI  
Primary Teacher  
Likes to draw, paint &  
listening to music.



The tongue should express what is in the heart. – Swami Dayanand Saraswati

## गृहे गृहे च संस्कृतम् ।



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

भारते प्रतिवर्षे श्रावणीपूर्णिमा अवसरे संस्कृतदिवसः सम्पन्नः भवति । श्रावणीपूर्णिमा अर्थात् रक्षाबन्धनं ऋषिणां स्मरणस्य पूजनस्य समर्पणस्य च दिवसं मान्यते । वैदिक साहित्ये श्रावणी इति वदन्ति स्म । एतस्मिन् दिने गुरुकुलेषु वेदाध्ययनात् पूर्वं यज्ञोपवीतधारणं कारयन्ति।

१९६९ तमे वर्षे भारत सर्वकारस्य शिक्षा मन्त्रालयस्य आदेशेन केन्द्रीयस्तरेषु राज्यस्तरेषु च संस्कृत दिवसं निर्मातुं निर्देशः कृतः । ततः सम्पूर्णे भारते संस्कृतदिवसः श्रावणपूर्णिमायां भवति।

अगस्तमासस्य चतुर्विंशतिदिनाङ्के गोपालस गार्डन विद्यालये प्रथमकक्षातः

दशमीकक्षापर्यन्तं छात्राः संस्कृतदिनसमारोहे सहभागिनः अभवन्। गार्गी तथा अर्जुनः अनयोः सूत्रसञ्चालनेन कार्यक्रमस्य आरम्भः अभवत्। प्रथमतः पञ्चमकक्षानां छात्राः सुभाषितमाला अगायन्। 'भागडे' बान्धवाः 'श्यामची आई' अस्य मराठी पुस्तकस्य एकेन प्रसङ्गेन मनसः स्वच्छतायाः महत्त्वं ज्ञापितवन्तः। भारतीयपरम्परया जन्मदिनस्य आचरणसन्देशः पर्व-प्रभव-प्राङ्गी एते सपरिवारेण दत्तवन्तः। 'मैत्री भजत' , कृष्णः नृत्यति' इत्यादीनां संस्कृतगीतानां सादरीकरणम् अभवत्।

कालिदासोपरि एकं गीतं षष्ठीकक्षायाः 'निमाईहरि' सादरं अकरोत्।  
 हास्यकविसम्मेलनेनद्वारा संस्कृतभाषायाः मधुरता श्रोतारः आस्वादितवन्तः।  
 अष्टमकक्षा तथा नवमकक्षयोः विद्यार्थिनः शिवताण्डवद्वारा सर्वेषां  
 मनःहतवन्तः। दशमकक्षायाः विद्यार्थिनः तेषां संस्कृतप्रवासः उत्तमरित्या  
 प्रस्थापितवन्तः। कार्यक्रमस्य समापनं प्रमुखातिथिः श्रीमान् सत्यानन्द दासप्रभोः  
 अमृतवचनैः अभवत्। सः संस्कृतभाषायाः आध्यात्मिकमहत्त्वं उक्तवान्।  
 पञ्चविंशतिदिनाङ्के पूर्वप्राथमिकविभागः प्रथमवारमेव संस्कृतदिनं आचरत्। सर्वासां  
 कक्षाणां छात्राणां प्रार्थनया कार्यक्रमः आरब्धः। Jr.Kg छात्राः तथा Sr. Kg छात्राः  
 संस्कृतेन स्वपरिचयं दत्तवन्तः। बालाः संस्कृतेन सम्भाषणं कुर्वन्ति इति दृष्ट्वा सर्वे  
 चकिताः अभवन्। 'अस्ति- नास्ति' एषा लघुनाटिका Sr.kg छात्राः प्रस्तुतवन्तः।  
 'Nursery' छात्राः 'हस्तकुटुम्बम्' इति कवितां सादरम् अकुर्वन्। अगस्तस्य यशवीरस्य  
 च दूरवाणीभाषणेन सर्वे आकर्षिताः अभवन्। अस्मिन् समारोहे पालकानां उत्साहः तथा  
 सादरीकरणं प्रशंसनीयम् आसीत्। विद्यालयस्य ट्रस्टी श्रीमान् रामबाबु महेश्वरि तथा  
 मुख्याध्यापिकायाः कौतुकसुमनैः छात्राणाम् अभिप्रेणम् अकरोत्। एतेन भाषणेन एव  
 समारोहस्य समापनम् अभवत्।  
 धन्यवादः |

### Glimpses:

[https://drive.google.com/drive/folders/15qIqcB9oPM6Ner7xeKO\\_Lqhh2rHUAU-?usp=sharing](https://drive.google.com/drive/folders/15qIqcB9oPM6Ner7xeKO_Lqhh2rHUAU-?usp=sharing)

Reported by  
 AISHWARYA PRATIK PATIL  
 Primary Teacher  
 Fond of traveling & an avid foodie.



God is merciful to those whom He sees struggling heart and soul for realization. – Swami Vivekananda

## **MATH AND SCIENCE EXHIBITION**

Gopal's Garden High School, hosted a one of its kind virtual Science & Math exhibition. Students from classes I to X participated in the exhibition that was held from August 16 to August 20 wherein students showcased static and working models which can be used for learning various scientific concepts.

On the day of inauguration some selected projects were displayed. It was inaugurated by His Grace Pavanshewar Prabhuji. He praised the efforts of the students and congratulated them for putting their best foot forward. He appreciated the hard work of the students and how he thinks that the future of the kids was bright. He hailed the confidence and asked the students to keep up the good work.

The exhibition offered the students much needed opportunity to connect with fellow peers and to showcase their creativity, innovation, and scientific temperament on the virtual platform. Students were encouraged to connect virtually with their team members to coordinate collaborate and present threaded ideas, without any physical association. Students were given the flexibility to participate individually or in small groups and present projects which were research-based and can be presented with PowerPoint slides.

Creativity and imagination, Innovative ideas, out-of-box thinking, logical explanation, new method of problem solving, originality of ideas and scientific and mathematical innovation were the parameters for the projects.

The objective was not only to inculcate a scientific attitude and research-mindedness. It involved students to participate in activities so as to understand the cognitive, affective and psychomotor aspects of the task.

Students presented their ideas virtually which comprised of amazing models, coupled with wall charts and PowerPoint presentations. Students displayed many self-designed working scientific models and projects.





दिनांक १५ सितंबर २०२१ को गोपल्स गार्डन हाईस्कूल में आभासी मंच पर (zoom) के माध्यम से हिंदी दिवस हर्षोल्लास से मनाया गया | हिंदी दिवस १४ सितंबर को होता है ,किन्तु उस दिन गणपती अवकाश होने के कारण विद्यालय में दूसरे दिन कार्यक्रम का आयोजन किया गया |

शिक्षकों के मार्गदर्शन में प्रारंभिक ,प्राथमिक और माध्यमिक विद्यालय के छात्र - छात्राओं ने बड़े ही उत्साह के साथ सहभाग लेकर अनेको रंगा - रंग कार्यक्रम प्रस्तुत कर कार्यक्रम को सफल बनाया | विविधता में एकता ,साक्षात्कार ,जीवन का पहाड़ा ,पथनाट्य ,जीभ अमेठुआ ,गीत ,शब्दज्ञान, नृत्य तथा दोहावली के माध्यम से विद्यार्थियों ने विद्यालय बगिया को हिंदी की विमल वाणी से पुलकित कर दिया|

कार्यक्रम में विशेष अतिथि के रूप में 'श्रीमती.पूर्वी मिस्त्री जी' और 'प्रो. राज कुमार वर्मा जी' शामिल हुए थे |'श्रीमती. पूर्वी जी' ने छात्रों को हिंदी भाषा के महत्व को समझाया तथा 'प्रो. राज कुमार वर्मा जी' ने छात्रों को अभ्यास ,प्रयास तथा आत्मविश्वास इन तीन शब्दों के अर्थ और महत्व को स्पष्ट किया |अर्जुन और एकलव्य के उदाहरण के मध्यम से अभ्यास का जीवन में उपयोगिता को समझाकर, छात्रों को स्वयं पर विश्वास रखने और जीवन में आगे बढ़ने की सलाह दी|

विशेष अतिथि , विद्यालय के संचालक जी ,प्रधानाचार्या जी,उपप्रधानाचार्य जी व सभी शिक्षकों ने अपनी उपस्थिती देकर विद्यार्थियों को प्रोत्साहित किया। अंत में निमिता और निशिता ने सभी के प्रति आभार प्रकट किया और 'हिंदी दिवस' का शानदार समारोह समाप्त हुआ ।

सोंधी सुगंध , मीठी सी भाषा , गर्व से कहो हिंदी है मेरी भाषा ।

सधन्यवाद ...!!!

### Glimpses:

[https://drive.google.com/drive/folders/1nytA9FTgk\\_0fAZUweQCBVYuuE4U0pvT1?usp=sharing](https://drive.google.com/drive/folders/1nytA9FTgk_0fAZUweQCBVYuuE4U0pvT1?usp=sharing)

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



Harinaam is so powerful that once chanting, immediately vanquishes the accumulated sinful reaction of millions of lives. -A C Bhaktivedanta Swami Prabhupada

## PRE-PRIMARY ACTIVITIES

Preschool children are enthusiastic about learning and acquire their knowledge through experiences and playing. Their motor, social, emotional, cognitive, and language skills all developing, as they try to gain inner control. Our curriculum focuses on the holistic development of the child and is suitably mapped to age-appropriate objectives and outcomes.

Gopal's Garden Pre-school creates a multi-sensory environment that includes activities like art, cooking experience, field visits, games and events like International Yoga Day, Grandparents Day, Sanskrit Divas, Hindi Divas etc. As we all know, due to the Covid pandemic education has changed dramatically with the distinctive rise of online learning and hence we have celebrated all the events virtually. The happiness on the children's and grandparents' faces was evident during Grandparents' Day celebration.

**Education is not about memorization. Education is about transformation, to bring out what is within children. If children are happy and love to learn and in their learning actually gain experience that gives them positive transformations that will remain with them, they will be stable, productive and have integrity.**

*Rathanath Swami*

Parents and children found it quite fun to do art activities and cooking experiences together. It was great to see children performing dance, songs and dramas during Hindi Divas and Sanskrit Divas despite the circumstances and limitations that we all are experiencing today. Seeing them smile again reminds us that it is worth making an effort so that moments as important as these continue to encourage and impact their lives. Through this celebrations children had a fun time from the comfort of their homes, taking advantage of technology and virtual platforms to make their day unforgettable and showing them that they are precious to Lord and to their teachers and all the staff who work at the school with much love.

Reported by  
MEGHANA SHAH  
Pre-Primary Teacher  
Fond of listening to music and a nature admirer.



Srimad Bhagavatam does not allow its followers to ask anything from God except eternal love towards Him. - Bhaktivinoda Thakur

## **A GUIDE FOR CAREER**

Career decisions play an essential role in shaping the future growth and development of students. It has rightly been stated that the guidance of the parents along with the teachers can flawlessly assist a child in the most crucial life changing years of school. It is then vital that those pillars meet and recognize what's satisfactory for their children.

In pursuit of the same, a Career Guidance Workshop was organized by Santhome Public School on 17<sup>th</sup> of September 2021, under the aegis of HUB of schools. The program focused on career guidance for the students who are about to give the Class 10 Board Exams.

The session began at 3:00 pm with prayers. The orator of the session was Dr Dinu Matthew, a well experienced psychologist who has guided over more than 20,000 students. The students got an opportunity to discover their abilities in different fields such as numeric, logical reasons, creative ability, verbal and mechanical abilities. She suggested varied ways to opt for career in one's life depending on the capabilities and potential. She talked about how to focus on the chosen career and the efforts to be put in, to make that dream come true. Furthermore, she added that one should first decide how long they would consider studying further after class ten and thinking about interest, job opportunity and consenting parents. She even spoke about how to focus on the chosen career and to keep back up plans in life. She gave us examples of various successful people how they have achieved the status in spite of having lack of facilities and financial support and their journeys thereafter. Further being a guide, she taught us to do a mapping practise for career and goal.

In today's environment of multiple options, knowing about choices available helps children in their decision-making process. She also apprised the students with various career options in many fields like medicine/dentistry, home science and economics, para medical courses, military, engineering, ITI courses, teaching areas, careers in arts and commerce, Indian institutes and UPSC along with the diploma courses available in these fields. She motivated the students to be confident and communicative in life. An open question answer session was held in the end to resolve all the queries in the minds of students.

Career Counselling acted as a torchbearer for the students and that can be made aware of the industrial changes in advance so as to hone their skills accordingly and be prepared for the upcoming changes.

This was an extremely enriching experience.

**Glimpses:**

[https://drive.google.com/drive/folders/1H60Vp-08HEcRKZ\\_aklBMHS1ynHQPMGTf?usp=sharing](https://drive.google.com/drive/folders/1H60Vp-08HEcRKZ_aklBMHS1ynHQPMGTf?usp=sharing)

Reported by

NEETI VYAS  
Class 10



NIYATI PADIA  
Class 10



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

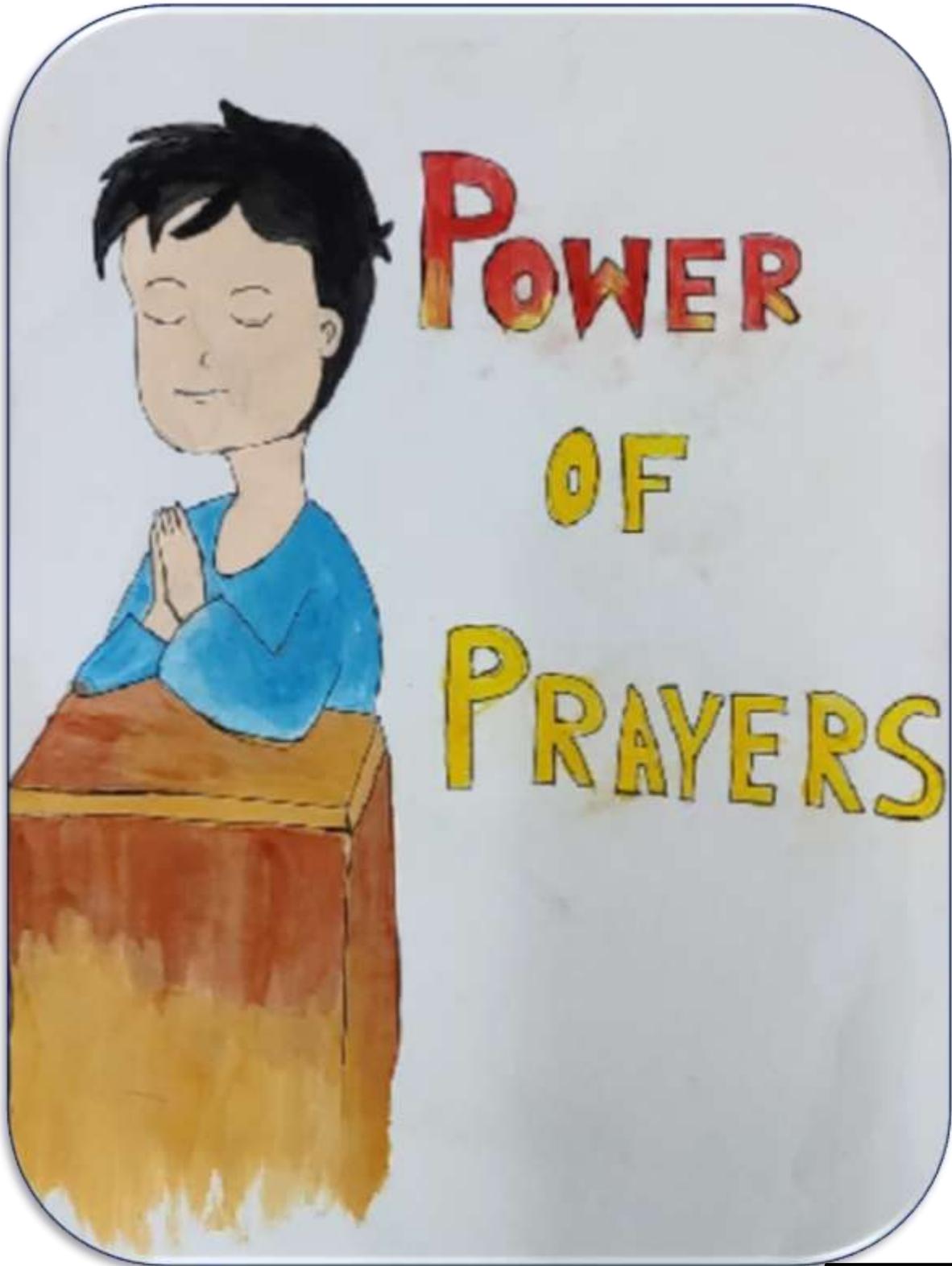
# ART WORK



SHRADHA SINGH  
CLASS: 7



Prayer enlarges the heart until it is capable of containing God's gift of himself. - Mother Teresa

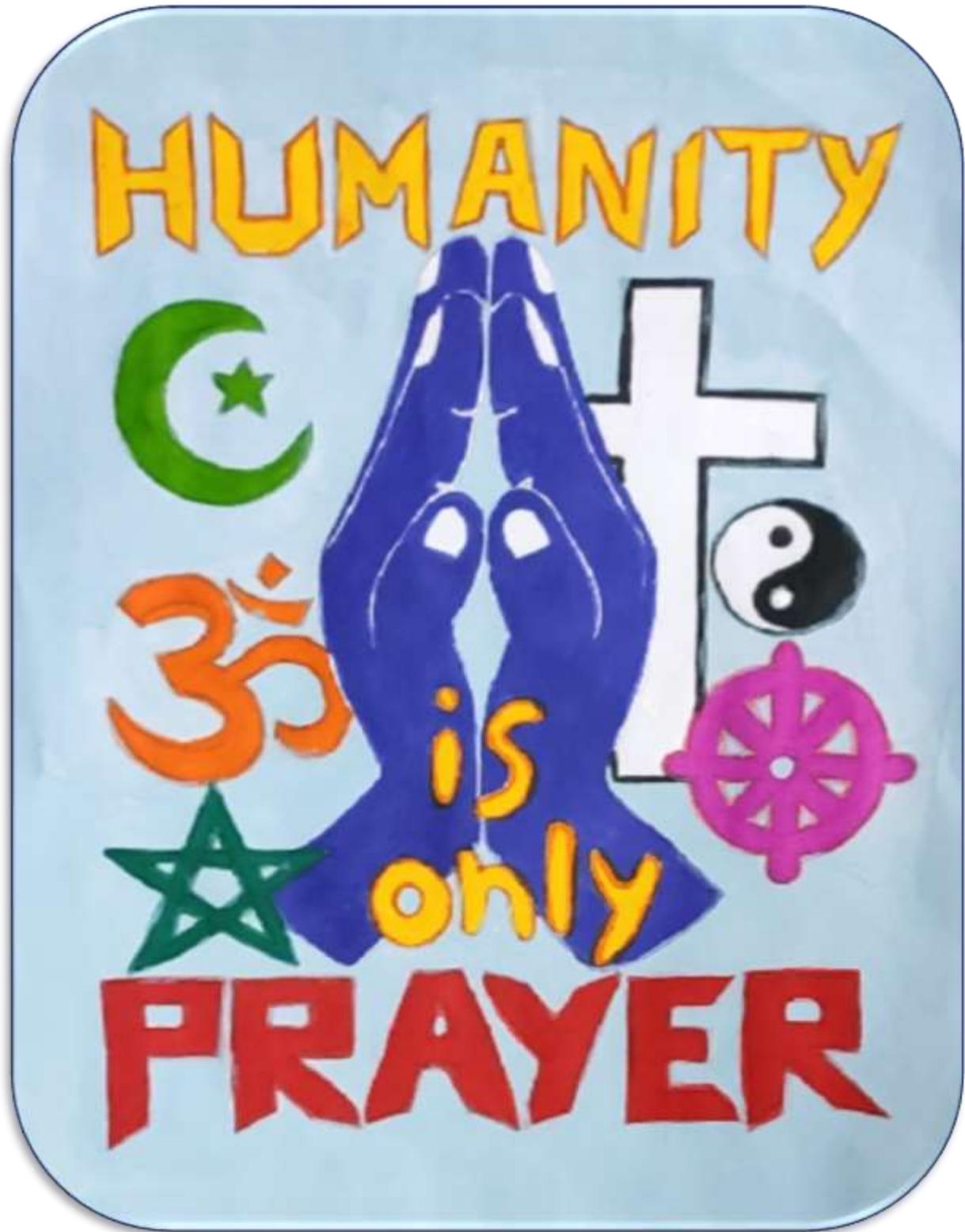


VIDHI DUBEY

CLASS: 9



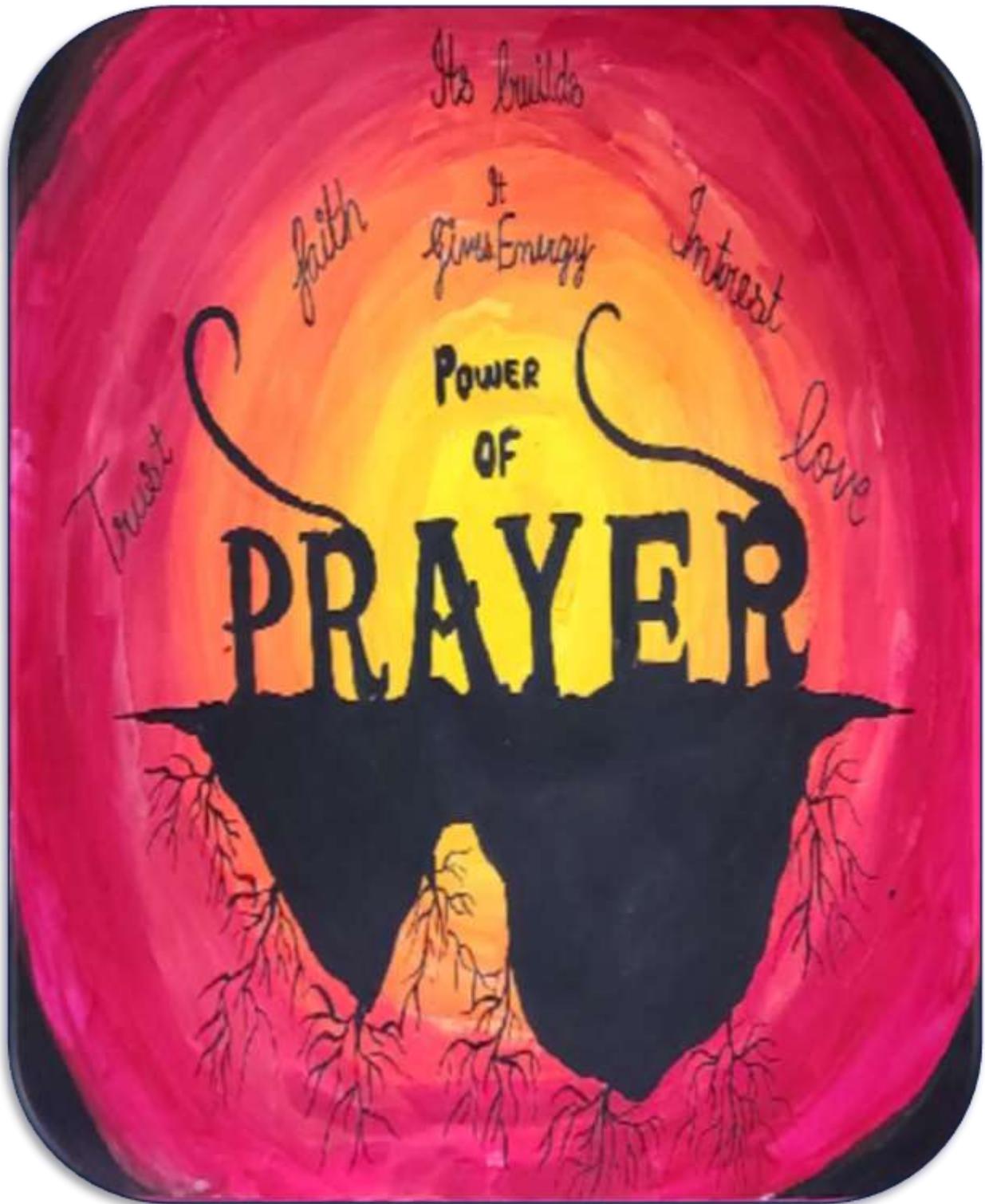
Let me not pray to be sheltered from dangers, but to be fearless in facing them. Let me not beg for the stilling of my pain, but for the heart to conquer it. – Rabindranath Tagore



RUDRESH PARMAR  
CLASS: 10



It is better in prayer to have a heart without words than words without heart.  
- Mahatma Gandhi



DHRUVI BALDHA  
CLASS: 10



Faith means... unflinching trust in something sublime. - A.C. Bhaktivedanta Swami Prabhupada



SAHANA R.  
CLASS: 9



Talks on the Gita' is the story of my life, and it is also my message. - Vinoba Bhave

## A Very Special Thanks to



Sanjeevani Sonavane (Sanskrit)



Mala Singh (Hindi)



Radha Godse (Marathi)



Binal Shah (Gujarati)

## For Their Valuable Support.

Except for the uncontrolled and the misguided mind, there is no enemy within this world.-A C Bhaktivedanta Swami Prabhupada



# GARDEN BUZZ TEAM

**Neeta Nayak**



**Priya Yerunkar**



**Ajay Nathwani**



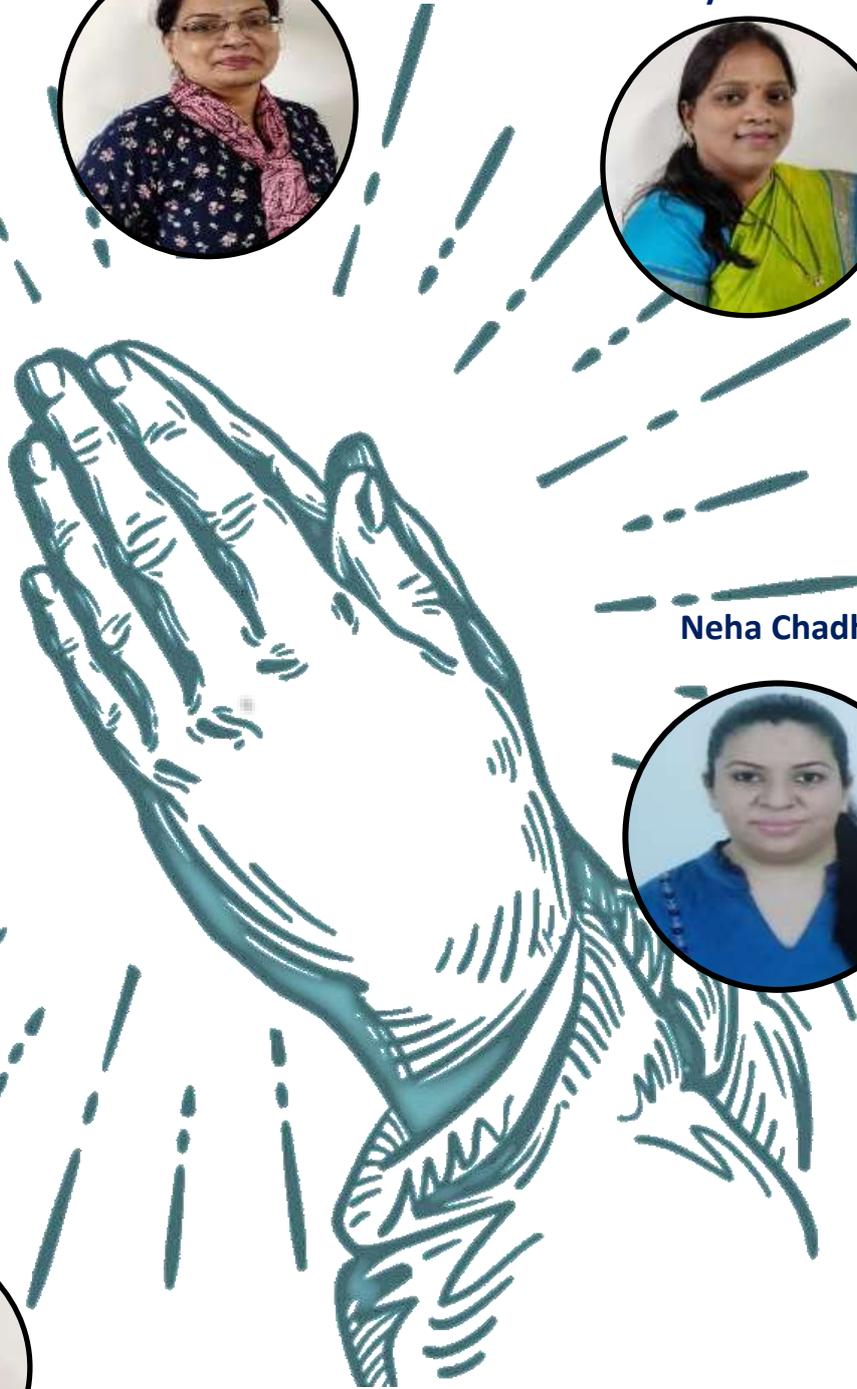
**Jyoti Chavan**



**Neha Chadha**



**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