

RYAN

EXCELLENCE IN EDUCATION
&
ALL ROUND DEVELOPMENT

Commit to the Lord whatever you do, and He will establish your plans. (Proverb 16:3)

ST. JOSEPH'S HIGH SCHOOL, PANVEL - CBSE

RISE AND SHINE



Dr. A.F. Pinto
Chairman, Ryan Group

At the outset, we are delighted to congratulate St. Joseph's High School, Panvel for bringing out the latest issue of their school Newsletter Rise And Shine, which highlights and showcases various world class school events, activities and multifaceted talents of our young and dynamic students. We applaud all our young minds for their achievements in diverse fields and commend their keen interest in developing themselves as leaders of tomorrow. We are proud of them and wish them success in all their endeavours.

We are also grateful to God and all our stakeholders for their constant support as we are happy to announce that the Ryan Group has recently received the 'Leading School Chain (National)' award, at the '14th edition of the World Education Summit' Delhi and was recognized by the prestigious Educators Desk Awards 2019 as 'K12 Educational Group of the Year' by University of London, UK. Congratulations to all our students, teachers and parents!

We urge you dear students to make the best of every opportunity provided to you. You are a King and a Queen in the making in your own area of interest. Wish you an engaging, meaningful and enjoyable learning experience ahead!!

God bless you and your families!



Madam Grace Pinto
MD, Ryan Group

SCHOOL TOPPERS

Hearty Congratulations

CBSE Examination 2019 - 2020



Mst. Abhishek Jose
97.4%



Ms. Nikhila Kunnuthottiyil
96.4%



Mst. Aditya Chalke
94.2%



Ms. Nisha Jain
95.0%



Ms. Irene Emmatty
93.8%



Ms. Samrudhi Shrikhande
92.4%

SCHOOL TOPPERS

Hearty Congratulations

CBSE Examination 2019 - 2020



Anish Sahu



Medha Iyer



Ms. Ayusha Borawakeya Chalke



Mst. Alan Saji



Ms. Madhura Cheke



My experience at St. Joseph's High School has been a memorable one. It has taught to be a responsible human being and to live with integrity. It has given me exposure to various talents like music, dance, sports. Through activities like elocution, extempore competition and compering in assemblies. I have developed a good confidence level. Values given have brought me closer to God. All these have moulded me into a self-confident and bold individual.

IRENE THOMAS EMMATTY
XII - C (COMMERCE)

I have been a part of Ryan for the past 15 years and I was able to overcome my stage fear and also build my confidence. My teachers throughout all these years have helped me and motivated me to be the best version of myself. I am more than grateful and proud to be a Ryanite and thankful for all the amazing opportunities and experiences. Also I would like to thank my parents for their constant support and guidance. Thank you to Chairman Sir and Madam for their constant motivation.

Samrudhi Shrikhande (XII-C)

SCHOOL PARLIAMENT



SR.NO	DESIGNATION	NAME OF THE STUDENT	CLASS
1	PRESIDENT	MS.MEDHA IYER	XI B
2	VICE PRESIDENT	MST.ADVAIT INGOLE	XI B
3	SPEAKER	MST.ANKUR ISOR	XI A
4	DEPUTY SPEAKER	MS.DNYANESHWARI JOSHI	XI B
5	PRIME MINISTER	MS.AYUSHA BORAWAKE	XI B
6	DY. PRIME MINISTER	MS.ROSS ANTHONY	XI A

OPPOSITION

PRIMARY

1.	HEAD BOY	MST. ADITYA NAIR	
2.	HEAD GIRL	MS. KRISHA DESHMUKH	
3.	RED HOUSE CAPTAIN	MST. VEDANT SALVI	
4.	DY.RED HOUSE CAPTAIN	MS.TANISHKA KURBETTI	
5.	BLUE HOUSE CAPTAIN	MS. ADITI PARTE	
6.	DY.BLUE HOUSE CAPTAIN	MST. NIVED NAMBIAR	
7.	YELLOW HOUSE CAPTAIN	MST. SIDDHART SHARMA	
8.	DY.YELLOW HOUSE CAPTAIN	MST. RAJNEESH SINGH	
9.	GREEN HOUSE CAPTAIN	MST. AARYAN BALE	
10	DY.GREEN HOUSE CAPTAIN	MST. PARTH GOGULA	

GLOBAL EXPOSURE

CLASSROOM WITHOUT WALLS



CLASSROOM WITHOUT BORDERS



Structured Students Exchange Programs



Thames Valley Summer School (London)



Traumer, Tanzer und Artisten, Hannover, Germany



Adelaide, Australia



Ryanites at Theater Werkstatt Zitronengelb, Brixen, Italy



Ryanites at Switzerland

INMUN

"INMUN was one of the best experiences I have had in my Ryan journey. It also gave me a chance of personality development and gaining a lot of knowledge about the happenings around the world . It gives a fair opportunity of speaking to each and every delegate about their views and perspective towards the world issues . My experience at INMUN gave me a lot of confidence in public speaking . I would like to conclude by saying INMUN is an experience worth to have"



TEEN CAMP

RYAN Teen Camp 2019 based on the theme "Courage to Conquer" provides a perfect opportunity for us to showcase our talents in music, dance, drama, leadership, learn life skills and develop our personality. Understanding the need to raise contributing citizens for the good of the nation and society at large, The Ryan International Group of Schools spearheaded by Founder- Chairman, Dr. A F Pinto and Managing Director, Madam Grace Pinto, has evolved compelling methods to engage us beyond the traditional classroom. Teen Camp is one such exciting and cherished episode in our lives at Ryan that helps us deepen our maturity, broaden our horizons and enhance our leadership qualities.



RYAN TV

India's only schools offering Media Studies with full-fledged TV studios. Our show telecasts on multiple TV channels in India.



BEYOND BREAKING NEWS

A course for the benefit of those students interested in TV News Presentation & Production. Over 3000 students have completed this course so far.



YOUNG JOURKNOWS



Ryanites interview the celebrities.



IAFA

Ryan Group's media initiative to encourage creativity amongst children. Students create 1 min PSA Ads in categories like Women Empowerment, Child Nutrition, Water Conservation, Health & Beauty, Environment & Safety. Registrations open for this year's IAFA. More than 1500 children have registered so far.



YOUNG DIRECTORS



One Day Course covering the basics of creative short film making using a cell phone. The components are - Story conceptualization & Storyboarding, Lighting, Camera Operations, Framing, Basic Stop Animation & Ryan's IAFA Workshop. Students also get a certificate & media toolkit inclusive of Gorilla pod (flexible tripod) and clamp, 3 add on lenses, a stylus multi purpose pen and a course hand book for future reference. Over 8500 students have participated in Young Director so far.



GRADUATION CEREMONY

The theme of the event, "BE THE CHANGE", seemed to be reverberating in the lively and joyous atmosphere throughout. The highlight of the extravaganza event was a Musical Skit on the theme "Pirates VS Mermaids" put up by the students of Mont 3 and Grade 2. The stage was beautifully decorated in tandem with the act. The formal Graduation ceremony of the Montessori III students was conducted and guests were invited on the stage to do the honours. The spectacular performances immersed the audience in mesmerizing music and scintillating dance performances. The program was a display of excellence; the students resplendent in various vibrant and shimmering costumes enraptured the audience with their talents.



EVENTS & HAPPENINGS



WORLD HEALTH DAY

A special assembly was conducted by the teachers wherein the teachers gave a demonstration of dental hygiene and personal hygiene. The students came dressed as Doctors/Nurses. Dr. Jaydeo Kalbhor visited all the Mont 3 classes, explained the benefits of eating healthy food to the students and advised them to brush their teeth twice a day. Activities such as Yummy in my tummy, Healthy teeth activity and Healthy habits activity was conducted to imbibe healthy habits in children.

FATHER'S DAY

Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds and the influence of fathers in society. To provide an opportunity to express love and respect for their father, we celebrated Father's Day on 14.06.2019. Fathers were very happy to be part of this joyful celebration.s and the various dances mesmerized the audience.



EARTH DAY

World Earth Day was celebrated in the Montessori section with great enthusiasm. The Mont students came dressed up in blue/green attires with the theme of 'Go Green'.

MOTHER'S DAY

The school celebrated a grand event 'Mom N Me' on 12th May 2019. All the mommies of Mont I, II & III participated enthusiastically in the event. Special games were arranged for the mommies and their kids. Mommies danced joyfully to the beats along with their kids. The event conducted on a positive note. It truly resonated the purpose that mommies should spend quality time with their children.



EVENTS & HAPPENINGS



WORLD ENVIRONMENT DAY

"Plant a tree for your tomorrow; make a promise to the Mother Earth". Environment being one of the visions of our respected Chairman Sir Dr. A. F Pinto, we at St. Joseph's High School, CBSE Panvel gladly observed the Environment week from 1st July to 8th July 2019 in awe of celebrating nature and spreading awareness towards protecting Mother Earth.



NASA'S ANNIVERSARY DAY

On account of World NASA Day, the tiny tots were excited to know about exploration of the solar system and universe and expressed their wish to become engineers, scientists, astronauts and contribute to space science.

NASA DAY

NASA, the agency of the United States government, has the mission to pioneer the future in space exploration, scientific discovery and aeronautics research. To stir up and cultivate an encouraging, peaceful applications in space science, the school celebrated World NASA Day on the 29th July, where students of class VI to IX were engaged with various activities like collage making and model making of different space related objects like satellite models, spacecraft models etc. where their ideas winged into new creation.



YOGA DAY

International Yoga Day was celebrated with great fervor on June 21, 2019. Students performed various asanas under the guidance and instructions of our guest Yoga Expert Ms. Soni Tarve.

EVENTS & HAPPENINGS



WORLD POPULATION DAY

World Population day is an annual event, observed on July 11 every year, which seeks to raise awareness of global population issues. The day is aimed to shift the focus towards the urgency and the significance of issues related to population. To spread this awareness St. Joseph's High School CBSE, Panvel celebrated 'World Population day' in the school by conducting Drawing competition and Elocution competition for the students of STD VI to IX.



FRIENDSHIP DAY

"Friends are the most important ingredient in the recipe of life". Glimpses of Friendship Day celebrated by SJHS CBSE Montessori Section.

INDEPENDENCE DAY

St. Joseph's High School-CBSE Panvel, celebrated Independence Day with great patriotism on 15th August 2019. Cultural events beautifully rendered to the spirit of belongingness and respect to our great nation - INDIA on this occasion.



FOUNDER'S DAY

We celebrated Founder's Day with great zeal and enthusiasm on 28th August 2018 to mark the birthday of our Respected Chairman Sir, Dr. A.F Pinto. His vision has guided our school through excellence. Students presented their wishes and prayers to Sir through various activities.

EVENTS & HAPPENINGS

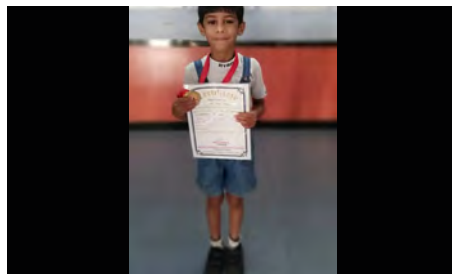


ANNUAL SPORTS DAY

Annual Sports Day is an important event in the life of every school. Sports themselves have a vital role in making a child sound physically as well as mentally. Annual Sports Grand Finale of Montessori was conducted on 20.12.18 with zealous participation by tiny tots.

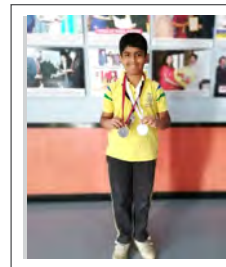
ACHIEVEMENTS

SKATING CHAMPIONSHIP



Mst. Nikunj Mehta, Mont III
First Position in District Level Roller Skating Championship (Inline) U/6 Boys held at YAK, Khopoli on 26.01.2019

KUNG-FU CHAMPIONSHIP



Mst. Riddesh Dosale, V B
Silver & Bronze Medal in Maharashtra State Kung Fu Championship and selected for National Level

ACHIEVEMENTS

ATHLETIC CHAMP



Ms. Leena Nair
Silver Medal in Long Jump
& 200 m
Bronze Medal I in 100m
running in DSO Panvel
Municipal Co-operation
Atheletic Competition.

MAHARASHTRA STATE RANKING PLAY



Ms. Armani Nalavade, Class VII
No.1 Maharashtra State Ranking
Player and selected for National
Coaching batch at Altovel
Alexander Waske Tennis University,
Ahmedabad.

KUNG-FU CHAMPIONSHIP



Ms. Riya Singh, Class IX
2 Silver Medals in 3rd Maharashtra
State Level Kung-fu Championship
2019 held at Aurangabad on
06.01.2019

MARTIAL ARTS CHAMPIONSHIP



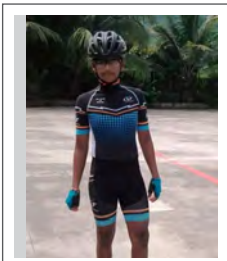
Mst. Prateek Kumar, Class II
F
Gold Medal in Gymnastics in
19th State level IMF Martial
Arts Championship 2019
organised by Indian Martial
Art Federation held at Don
Bosco School, Navi Mumbai
on 9 & 10 feb. 2019.

ZONAL ATHLETIC MEET

1st RUNNER UP Trophy

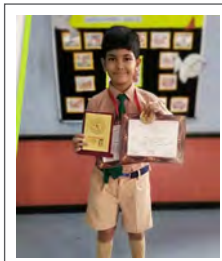


SKATING COMPETITION



Devesh Shigvan
First Place in 500m &
1000m inline rink race
in DSO Panvel
Mahanagar Palika
Skating Competition
2018

MARTIAL ARTS CHAMPIONSHIP



Mst. Saksham Sinha, V-G
2 Gold Medals in High Jumpkick & Shadow Sparring in 19th
State level IMF Martial Arts Championship 2019 organized
by Indian Martial Art Federation held at Don Bosco School,
Navi Mumbai on 9 & 10 feb. 2019

ACHIEVEMENTS

MARTIAL ART COMPETITION

Mst. Samyak Kamble, Class VIII



Gold Medal in National Level IMF Martial Art Competition held on 3rd March 2019 at MES Vidya Mandir, Navi Mumbai

State Level Championship Trophy - Title of IMF Soldier organized by Indian Martial Art Federation on 14th April 2019 held at Navi Mumbai.

2 Gold Medals, Trophy and 3 certificates for commendable performance in 19th State Level IMF Martial Championship 2019 organized by Indian Martial Art Federation on 9th & 10th Feb. 2019 held at Don Bosco School, Navi Mumbai.

LITTLE MASTER CUP T-21



RENNIE LOUIS FERNANDES, Class VII

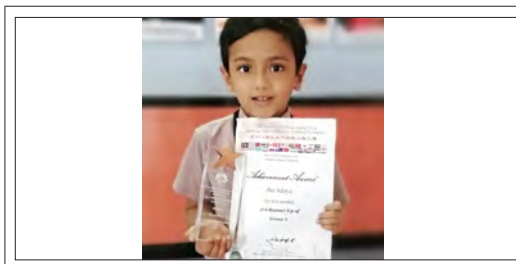
Best Bowler U/12 Little Master Cup T-21 2019 tournament trophy held at Panvel Cricket Sports Academy on 10th June 2019 Tennis University, Ahmedabad.

ABACUS CHAMP



Mst. Adinath Madhu, Class III D Regional Achiever Prize in C2 Group in 13th EDU SMART INC, National Competition of Abacus Mental Arithmetic Program held at Mumbai on 28th Jan. 2019 06.01.2019

GLOBAL ABACUS



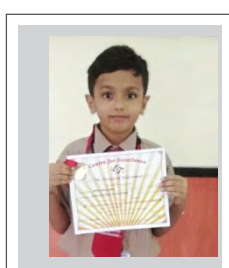
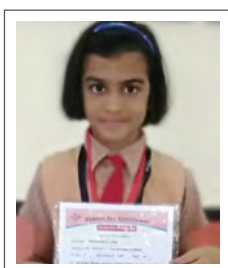
Aditya Jha, Class II 3rd Runner Up (Group A) in 18th Pama Global Abacus Mental Arithmetic competition held at Malaysia on 30th Dec. 2018

PUSHKAR KUMAR SINGH & ADHIRAJ INDRAJIT PAL (STD. VII)

2nd Rank (97.5%) in the 8th National Level ECAT (English Competency Analytical Test) Grand finale 2018-19 conducted by NELTAS and were awarded Medal, Trophy & Certificate.



ALL INDIA MATHS AND SCIENCE TALENT EXAMINATION

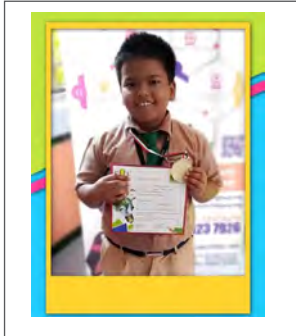


Ms. Swapnasi Jena, Class III
Mst. Aditya Sharad Jha, Class II
MANASWI ASHTOSH PRASAD, Class I

Gold Medal and Certificate

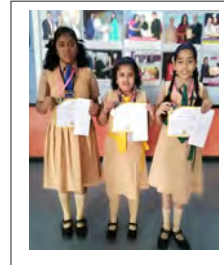
ACHIEVEMENTS

SOF NATIONAL SCIENCE OLYMPIAD



Mst. Anshuman Sethy,
Class II
Rank 20 in Maharashtra,
Goa Zone in the 1st Level
of SOF National Science
Olympiad held during
Nov. 2018.

TALENT CONTEST



Ms. Harshita Pujari, Pari Gosavi,
Lipsa Sankhva
Third Prize in 18th All India HOPE
Talent Contest (ESSAY & ART).

NATIONAL ABACUS COMPETITION

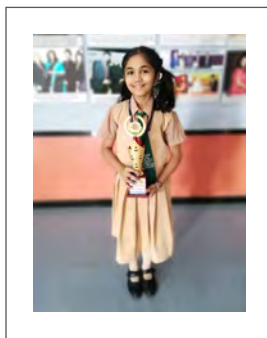


Ms. Sneha Shetty, Class VIII
Champion of Champion Trophy in
6th PAMA INDIA NATIONAL
ABACUS COMPETITION 2019 held
at Pune on 06.06.2019

MAHARASHTRA TALENT SEARCH



NAIK MAHESH BHARAT, Class
IX
Meritorious performance in
Maharashtra Talent Search
conducted at State Level on
27th April 2019 (Rank 22)



ABACUS & VEDIC MATHS COMPETITION

Ms. Shrutika Rai, VI E
Second Position in Abacus &
Vedic Maths Competition
2018 (Level 3)



ARCHERY COMPETITION

Aniket Anil Wandre
First Position (Score 276) in
DSO Panvel Mahanagar Palika
Archery Competition 2018
(U/14 Boys)

SCHOLARSHIP EXAM



Mst. Shreyas Patil, Class
VI
Rank 12 at State Merit
and Rank 2 in Raigad of
Pre Upper Primary
Scholarship Examination

ATHLETIC COMPETITION



Mst. Naveen Ramesh
First Position in 200m &
400m running (U/17
Boys) in DSO Panvel
Municipal Corporation
Athletic Competition

ACHIEVEMENTS

BRAINFEED SCHOOL EXCELLENCE AWARD 2019



TCS iON INTELLIGEM



Ms. Ayushi Pandey, IXF & Mst. Mahesh Naik, IXE
Awarded the certificate of distinction and bronze medal for a laudable performance in the round two of TCS iON IntelliGem - Ethics, Values and Life Skills held on 7th Jan 2019.

BEST CHILD ACTOR



Mst. ELISH JOHN MARK, VIII
BEST CHILD ACTOR for HALAAT Short Film at First State Short Film Festival 2018-19 organized by Vikalp Acting Point Classes on 24.04.2019.

DANCE COMPETITION



Mst. Ashwin Anand, Class VIII
Reached the 7th round of Dance Competition - #D5Junior #MazhavilManorama

ABEAUTY CONTEST:



Ms. Kavya Soneta, Mont II E
1. Jr. Princess of Navi Mumbai 2018 held on 30-4-2018 ,
2. Panvel Princess 2018 organised by Panvel Smart Mommies
3. 1st prize in Raghuvanshi Milan Talent contest (national level-dance) 2018 held on 14-01-2018

ZONAL CAROL SINGING COMPETITION

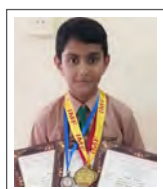


Second Runner Up
Zonal Carol Singing Competition 2018-19

EXPRESSION OF THOUGHTS

IMF MARTIAL ARTS CHAMPIONSHIPS

PRANEET KUMAR, Class V
2 Gold & 1 Silver Medal
Speed Puncher - Gold & Certificate
Fist Breaking - Gold & Certificate
Shadow Sparring - Silver & Certificate
in 19th State Level IMF Martial Arts Championship
2019 held at Don Bosco School, Navi Mumbai on 9th
& 10th Feb. 2019



Mst. Kunal Mahajan (VIII-C)

TAEKWONDO CHAMP

Mst. AADITYA RAMRAME, Class IX
SILVER MEDAL in 2nd Open International
Taekwondo Championship 2019 organized
by Taekwondo Federation of India held at
Gachiboli Stadium, Hyderabad from 11th to
16th June 2019.



Ms. Medha Iyer (X-E)

AQUATIC CHAMPIONSHIPS

EESHA DE, Class VI
4 Gold Medals in various categories in Sub Junior &
Junior District Aquatic championships 2019 held at
Karnala Sports Academy, Panvel on 13th May 2019



Ms. Meghana Bhatt (VIII-A)

AQUATIC CHAMPIONSHIPS

TEERTHA DHENE, Class VI
1 Gold and 3 Silver Medals under various
categories in Sub Junior & Junior District
Aquatic championships 2019 held at
Karnala Sports Academy, Panvel on 13th
May 2019



Ms. Ayesha Mapkar (XI-B)

EXPRESSION OF THOUGHTS

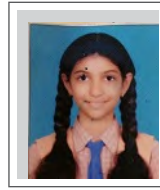
SHOOTING STAR

A view came into my sight
As It was watching the mesmerizing night
In the sky, far very far,
I wish to see a shooting star

I was sitting on my terrace
Wondering about the Moon-Palace
Oh! My shooting star,
Are you still very far?

Once I sat on my roof
I couldn't believe the truth,
It raced as fast as fast as a car,
I knew it was a shooting star.

I repeated my wish very fast,
I hope our friendship will long last
As I was done, the doorbell rang
I went to check out who was there,
And oh, it's my best friend here.



Ms. Rani Kheemani
7th-A

THANK YOU JACK!

There was a sailor,
Jack was his name,
To impress Jill,
Was his biggest aim.

Before leaving,
He promised,
"Wherever I'll go,
I'll bring a gift to show."

After gifting lots
He reached Guinea Bissau
And then thought,
About gifting a Macaw.

Macaw was vibrant,
Red, green and blue a bit,
Was also well-versed,
In English and Sanskrit.

Then came Jill's letter,
"Your macaw tasted better,
When added with
Spices, salt and paper."



Ms. Manyata Sahu (VI-A)

EXPRESSION OF THOUGHTS

FRIENDS OF THE EARTH

We are blessed with mountains, oceans and trees
Such wondrous sources of beauty but they are ruined by disasters like oil spills,
Man's greed only knows to destroy and kill!
Recycle paper, glass and plastic wherever you can;
Save Mother Earth from harmful creation of man.
Refuse harmful things, reuse whatever you can,
For a greener tomorrow, today we must plan.
Respect our limited resources-hang the clothes to dry,
Switch off unused lights-you can save electricity if you try.
The effects of Global warming are fast becoming visible
Unless we act to save our planet, may not be possible.
Our wonderful planet may soon face her end. There is still hope though if you become her friend.



Ms. Medha Iyer (XI B)

SHAPING TOMORROW

We the young Generation,
Have declared a proclamation,
For there is a need to change the Nation,
Listen closely to this declaration,
For the world needs removal of sorrow,
We are here for shaping tomorrow.

We can change the mindsets,
We can change the concepts,
We can do improvements,
We can expel all the differences,
There will be no need to lift up an arrow,
We are here for shaping tomorrow.

New future, New awaiting aspirations,
A better world, Many expectations,
For everyone has unique imaginations,
To do, there won't be left any corrections,
We will make that our thinking doesn't narrow,
We are here for shaping tomorrow



Ms. Lavanya Hajare (IX-E)

EXPRESSION OF THOUGHTS

DARK SIDE OF ME

Tell me why the sky is blue?
Is it because to yourself you are true?
Not really, I must say
You are a liar, stay out of my way!
When I look at you, I feel so sad
Your walk and your talk make me mad!
I hate that malicious smile on your face;
To get away from you I hasten my pace.
Night and day you follow me;
You are not the one I want to be;
I am never happy when I am with you,
You make me do things I never wish to do.
I am going to fight you till you run away
And never after will I feel dismay;
I will buy you down someday, I will
And hurt you from atop a hill.
'Cause you are twisted from head to toe;
You are the devil within me
-My deadliest foe.



Ms. Medha Iyer (XI B)

ENVIRONMENT:- THE NATURE'S BEAUTY

Trees, trees, trees, trees give us life,
Without the trees we can't even thrive,
Every morning they say Hi!
Oh, without them we would die.
Trees are all around,
When they rustle they make a beautiful sound.
Flowers make me cheer,
When they break I wipe away a tear.
The sun's rays are very shiny,
When I look at it I feel very tiny.



Ms. Madhura Gaware (VI-E)

EXPRESSION OF THOUGHTS

A MISUSED WORD

Coming across misusing, we humans have misused a lot of things. Let us talk about a word which is misused. It's "Sorry". Sorry is misused a lot. We express our feelings as we have committed a mistake through "sorry". But now, it is totally different we do it just for satisfaction. Imagine you had a fight with your friend, and you are very angry on him/her, your mother asks you to say sorry to him/her, but do you really mean it? When you say sorry, do you even think what is your mistake? You would just do it for someone's sake? Sometimes, the answer is yes, that you realize your mistake. But this frequency is not good enough to support Humanity. We should use sorry when we mean it and not for satisfaction.



Ms. Meisha Manoj Jain (VIIA)

JOURNEY OF COLORS

The sun was shining bright with warm yellow and orange colors indicating the arrival of a new colorful day except for the one girl who was mourning on the death of her family. Orthodox villagers believed that the black phase in your life will lead to flow of red color from bodies of your five close persons. In her miserable days, only two colors surrounded her. White, adorned in her body at the tender age of 7 and black, now the only part of her life was like her shadow following her everywhere. The gracious green fields of her father which always thrilled her, were now dull yellow wanting to share her sorrow. Like every other child, she wanted colors in her life, but her fate made her grow before age. She never liked Holi, as they had all together a different meaning for her. Red, a color of hatred, violet - fiery, green - full of sorrow, blue - hopelessness, yellow-dullness and white- memory of painful past.

But who are we to define them. They change their definition according to their will. A new white canvas sheet was thrown to life to change the girl's destiny and refill it with bright new colors by her only left brother of 20 years. He made her believe that all colors together disappear to bring white, like in a color spectrum. With his dedication and hard work, they shifted to another village and he gifted her a colorful speaking parrot to divert her. He motivated her to make her own beautiful destiny on the canvas with beautiful strokes of heart whelming colors.

The beautiful parrot spoke " The world would be full of blindness without colors."



Ms. Shruti Negi (XII-C)

EXPRESSION OF THOUGHTS

OVERCOMING OUR FEARS

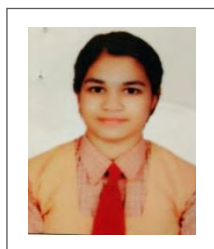
Nothing scares people more than their fear . Why? Because it only exists within the mind, and most of us would rather avoid conquering that beast than try taming it. We make fear real by focusing on those fears so much that they manifest before us. I feel just as much anxiety and fear as the next person or you guys. That is completely normal. But instead of thinking of that fear as a negative thing, look at it as though you are on the brink of brilliance. Fears during your school life range from silly things like getting scolded for not doing homework or some serious things like pursuing stream of your choice against family decision. In few years we'll be passing out school and entering real world, realizing how petty our fears were during school in front of scary monsters of reality. But overcoming those petty fears during our school days gives us some sense of confidence. The fear of failure is something we all struggle with. It's a battle that begins at a young age, and it's one that will probably last a lifetime. if you want to conquer your fears don't sit at home and think, go get out and get busy. Feel the fear and do it anyways because the fears we won't face will become our limits. Everything you want is on the other side of the fear. One is never afraid of unknown but is afraid of known coming to an end. I would like to conclude by saying that the real success comes from conquering the fear of being unsuccessful, have that courage to conquer.



Ms. Adhishree Patil (XII B)

NEED OF AWARENESS FOR HEALTH CARE

In a recently released survey report it has been reported that we are becoming a nation of under achievers. It is because of eating good, rich and heavy food and doing no physical exercise. At the same time many people suffer from shocking vitamins and mineral deficiencies which lead to diseases like loss of vision due to the deficiency of vitamin A. Anemia is a very common disease which is caused due to many reasons but one main cause is deficiency of iron in the body. Then our sedentary lifestyle leads to obesity. Diseases like diabetes and heart problems have become common now. Due to better standard of living now ,people are eating nutritious food . It is among the upper and middle classes. These classes do not do any physical labor. As a consequence their eating habits become a cause for obesity. Other diseases like heart problems , diabetes and high blood pressure start troubling them. It is time that awareness for health care reaches these people. There is a great need for this awareness among the children. The school curriculum should have lessons about healthy food. The Delhi government has banned fried food like samosas, pakoras, burgers etc. and cold drinks in school canteens. In many schools these stuffs are banned. It is rightly said that – Health is Wealth.



Ms. Suhani Dhiman (XII-C)

EXPRESSION OF THOUGHTS

LEGACY OF MANKIND

Would we last long enough,
To see science prevail?
Would we last long enough,
To see nature fail?

Would we enjoy the happiness,
That our past generation did long ago?
Would we enjoy the breath of life,
That our mother nature created without ego?

We saw unity break,
And saw it regrow.
We saw a world with happiness,
But let's not exclude sorrow.

We saw frail crumbling hearts,
We saw hope and peace fade.
Let's not make a future,
That lives under technology shade

Our minds are the same.
Our feet walk on the same fertility.
Beneath all faith lies,
One faith, one personality.

Let's stand together,
For we can bring a change,
Because we don't have another,
Planet to exchange.



Ms. Eva Mohapatra (IX B)

THE GIGANTIC BALL OF GAS

Jupiter is the fifth planet from the sun and is located beyond the four rocky planets:-Mercury, Venus, Earth and Mars. Jupiter, a gas giant, is also the largest planet in the solar system with a diameter of 1,42,984 km. Jupiter is 778 million kilometers from the sun– which is equal to the distance of flying 20,000 times around the Earth. Jupiter has the strongest magnetic field, which helps it in holding its 63 moons together. The asteroids in the asteroid belt between Mars and Jupiter are held in place by the gravitational pull of Jupiter. This prevents the asteroids from flying towards the Earth. A day in Jupiter is only 9 hours and 50 minutes long. This is because Jupiter is the fastest spinner among all the other planets in the Solar System. The time it takes for Jupiter for completing one rotation is known as "Jovian Day" whereas time taken to complete one revolution is known as "Jovian Year". Due to a very large orbit, Jupiter takes roughly 12 years to complete one revolution. The weather on Jupiter is very stormy, near the "Great Red Spot", winds blow at a whooping speed of 400 kilometers per hour! This makes it difficult to send landers on the surface of Jupiter. The Jupiter system is among the most complex systems in the Solar Systems. Among the 63 Moons, the fourth largest moon, also known as "Galilean Moon", are the major Moons of Jupiter. These Galilean Moons include Io, Europa, Ganymede and "Callisto". "Ganymede" is the largest moon in the Solar System, with a diameter greater than Mercury and Pluto. "Ganymede" has an icy interior, which gives it its weak magnetic field. The Galilean Moon closest to Jupiter, Io, is completely covered with active volcanoes which continuously renew its surface. The outermost Galilean Moon, Callisto, is a Dark World covered with brilliant white craters. The gravity of Jupiter holds the Galilean as well as other moons of the Jupiter system together. The Jupiter, along with its moons, from a unique and plays an important role in the amazing Solar System. that awareness for health care reaches these people.

There is a great need for this awareness among the children. The school curriculum should have lessons about healthy food. The Delhi government has banned fried food like samosas, pakoras, burgers etc. and cold drinks in school canteens. In many schools these stuffs are banned. It is rightly said that – Health is Wealth.



Ms. Atharva Pandit (IX-E)

EXPRESSION OF THOUGHTS

'IS IT ALL WHAT MATTERS?'

Thinking about her future replica, She brightly smiled,
The excitement of being a future mother was not at all mild.
She was patiently seated but restless was her mind,
That how will she take care of her very first child.

Suddenly an unusual pain was experienced by her,
It wasn't a strong kick neither a labour severe..
Instead it was a feeble sound of someone screaming in her womb, It was nothing else but a voice saying "mum"

She understood and asked, "Are you my baby ? ,
"who kicked me a thousands of time and made me feel lazy?"
It answered from within, "mum, you are right!"
Since, it was high time, I couldn't keep quite."

The mother was filled with joy,
But her family expected to have a boy.
She thought about the society and with a deep inhale,
Asked the child, "Are you a male or female?"
Answering this question in a wonderful manner said she,
"I 'm a beautiful person just as thee.
I'm tolerant, wise and caring as well,
And courageous enough to save my family from any hell .
I think it will make you dance and swirl,
Cause you'll be happy to know that I am a girl."

"I am not courageous neither are you,"
She said to her unborn daughter.
"Here no one has a value for our tears or laughter.
They say we are of no worth,
Rather a useless creature existing on earth."

"We can't even move freely and have a right to sit,
All what we expected to do is 'Complete the daily chores' and stay lit,
We don't have any right to rejoice ,
Their one scream is enough to suppress our voice."
We are always said from our childhood,
"You are a girl and that is all what matters and these words
Should be enough for your dreams to be shattered.

The mother said, "Always remember , 'I love thee',
I don't want the things to happen to you as they are to me.
Better you stay in my womb forever and let me feel every beat of Your heart, Cause the world out here is surely a graveyard."

The daughter said boldly to her mom, "please give me birth!,
I wish to survive rather live in the graveyard, the 'SO CALLED -THE EARTH.' I will prove that our existence here stays no longer a mystery,
moreover we are blessed to create a meaningful history."

"If I get equal opportunities and chance, I can change this world with par excellence , grace and stance. Then the globe will realize that women
are not things to be stammered, and then being a girl won't be ' ALL WHAT MATTERS'.



Ms. Ayushi Pandey (X-F)

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Sector 11, Khanda Colony, New Panvel (W), Dist. Raigad- 410 206.