

CHRONICLES

JULY -AUGUST, 2026





Hiranandani
Foundation School
Mens Sana in Corpore Sano

**Sports Activities
Hosted
By
HFS, Thane**

CISCE Zone A Table Tennis Tournament 2026-2027

Event: CISCE Zone A Table Tennis Tournament 2026-2027

Host School: Hiranandani Foundation School, Thane

Dates: 8th July 2026 to 10th July 2026

Introduction

Hiranandani Foundation School, Thane, had the distinct privilege of hosting the CISCE Zone A Table Tennis Tournament 2026-2027 from 8th July to 10th July 2026. The three-day championship was organised with meticulous planning, efficient coordination, and a strong commitment to excellence under the guidance of the School Management and Principal.

The tournament brought together talented young paddlers from 31 CISCE schools, with a total participation of 262 student athletes competing across six age categories in both Individual and Team Events. The championship provided an outstanding platform for students to demonstrate promoting the values of discipline, determination, teamwork, resilience, sportsmanship, and mutual respect. The event created a vibrant sporting atmosphere and reflected the school's continued commitment to nurturing excellence in sports.

Tournament Overview

The championship was conducted in the following categories:

- * Under-14 Boys – 93 Participants
- * Under-14 Girls – 53 Participants
- * Under-17 Boys – 74 Participants
- * Under-17 Girls – 32 Participants
- * Under-19 Boys – 21 Participants
- * Under-19 Girls – 5 Participants

Total Participants: 262



CISCE ZONAL LEVEL TABLE TENNIS TOURNAMENT (ZONE A) 2026-27

Hosted by : Hiranandani Foundation School, Thane

Team U/14 Girls			
Sr.No.	Player Name	School Name	Position
1	NAIRA SAMUDRA L.C.DHA (MA006)	Cathedral & John Connon School (MA006)	1st
2	ZARA ZIRAK MARKER (MA006)	Cathedral & John Connon School (MA006)	
3	SHANAYA RISHI DARDA (MA006)	Cathedral & John Connon School (MA006)	
4	SHARANYA NIFUN KALRA (MA006)	Cathedral & John Connon School (MA006)	
5	DIYINA RAHUL HAKANI (MA006)	Cathedral & John Connon School (MA006)	
1	PRISHA RISHI MALIK (MA061)	Hiranandani Foundation School (MA061)	2nd
2	TVISHAA AMEYA SUVARNA (MA061)	Hiranandani Foundation School (MA061)	
3	KLANA RONEY TILWANI (MA061)	Hiranandani Foundation School (MA061)	
4	RAYRA ASWAD KULKARNI (MA061)	Hiranandani Foundation School (MA061)	
5	AADHYA SHOBHIT SAXENA (MA061)	Hiranandani Foundation School (MA061)	

Team U/14 Boys			
Sr.No.	Player Name	School Name	Position
1	YUVAAN SINGH WALLA (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	1st
2	AVYAAN WALLA (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	
3	ABIR AGRAWAL (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	
4	ARJUN RIYA (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	
5	YUVAAN ABHYANKAR (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	
1	YASHAN RUMI KOLAH (MA016)	St. Mary's School (MA016)	2nd
2	ZEUS KAYZAD KARBARIA (MA016)	St. Mary's School (MA016)	
3	ANUSH PRANAV GOKHALE (MA016)	St. Mary's School (MA016)	
4	JERICK SHAKUKH PATEL (MA016)	St. Mary's School (MA016)	
5	SHLOK KEDAR KASBEKAR (MA016)	St. Mary's School (MA016)	

Team U/17 Girls			
Sr.No.	Player Name	School Name	Position
1	AYUSHI SACHIN SHIRGAONKAR (MA075)	P. G. Garedia School (I. C. S. E.) (MA075)	1st
2	THEYANA NIGAM SHAH (MA075)	P. G. Garedia School (I. C. S. E.) (MA075)	
3	AKSHARAA DEVEN JOSHI (MA075)	P. G. Garedia School (I. C. S. E.) (MA075)	
1	DANIA ARUN VASWANI (MA141)	N E S National Public School (MA141)	2nd
2	PRISHA JIGAR VORA (MA141)	N E S National Public School (MA141)	
3	ASMI CHINTAN JOSHI (MA141)	N E S National Public School (MA141)	

Team U/17 Boys			
Sr.No.	Player Name	School Name	Position
1	JEHAN RUMI KOLAH (MA016)	St. Mary's School (MA016)	1st
2	DIVYT BAJORIA (MA016)	St. Mary's School (MA016)	
3	VIRHAAN SHAH (MA016)	St. Mary's School (MA016)	
1	ANAY BATHWAL (MA006)	Cathedral & John Connon School (MA006)	2nd
2	AARAV SARAF (MA006)	Cathedral & John Connon School (MA006)	
3	ZAYN ZIRAK MARKER (MA006)	Cathedral & John Connon School (MA006)	

Team U/19 Girls			
Sr.No.	Player Name	School Name	Position
1	NAVHITA VIPUL SHAH (MA006)	Cathedral & John Connon School (MA006)	1st
2	AASHI PIYUSH BURNIA (MA006)	Cathedral & John Connon School (MA006)	
3	ANUSHKA VIJAY CHHARRIA (MA006)	Cathedral & John Connon School (MA006)	
4	AANVI SHYAMSUKHA (MA006)	Cathedral & John Connon School (MA006)	
5	SAMEEHA NARULA (MA006)	Cathedral & John Connon School (MA006)	

Team U/19 Boys			
Sr.No.	Player Name	School Name	Position
1	KABIR BIRBAL KURUWA (MA006)	Cathedral & John Connon School (MA006)	1st
2	AARAV YASHRAJ SANGHVI (MA006)	Cathedral & John Connon School (MA006)	
3	AARAV NISHIL SHAH (MA006)	Cathedral & John Connon School (MA006)	
1	ANMOL KAMPANI (MA004)	Bombay Scottish School (MA004)	2nd
2	SHAAN SIMAL KANUGA (MA004)	Bombay Scottish School (MA004)	
3	SHADRYA SACHIN CHHADAWA (MA004)	Bombay Scottish School (MA004)	

Individual Event Results

CISCE ZONAL LEVEL TABLE TENNIS TOURNAMENT (ZONE A) 2026-27

Hosted by : Hiranandani Foundation School, Thane

Individual U/14 Girls			
Sr.No.	Player Name	School Name	Position
1	PRISHA RISHI MALIK (MA061)	Hiranandani Foundation School (MA061)	1st
2	SHANAYA PAREKH (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	2nd
3	ANAISHA ABHYANKAR (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	3rd
4	SHAURI WAGLE (MA015)	Queen Mary School (MA015)	4th
5	KAIRA NIRAV MEHTA (MA236)	The Green Acres Academy (MA236)	5th

Individual U/14 Boys			
Sr.No.	Player Name	School Name	Position
1	AVYAAN WALLA (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	1st
2	YUVAAN SINGH WALLA (MA062)	Vasudev C. Wadhwa Arya Vidya Mandir (MA062)	2nd
3	YASHAN RUMI KOLAH (MA016)	St. Mary's School (MA016)	3rd
4	AARAV KENIYA (MA061)	Hiranandani Foundation School (MA061)	4th
5	LIKHIL GANDHI (MA061)	Hiranandani Foundation School (MA061)	5th

Individual U/17 Girls			
Sr.No.	Player Name	School Name	Position
1	AYUSHI SACHIN SHIRGAONKAR (MA075)	P. G. Garedia School (I. C. S. E.) (MA075)	1st
2	AVANTIKA TARUN AHUJA (MA006)	Cathedral & John Connon School (MA006)	2nd
3	SHAH RIDDHIMA J (MA009)	Greenlawns High School (MA009)	3rd
4	ANANYA UPADHYAY (MA061)	Hiranandani Foundation School (MA061)	4th
5	PRISHA JIGAR VORA (MA141)	N E S National Public School (MA141)	5th

Individual U/17 Boys			
Sr.No.	Player Name	School Name	Position
1	JEHAN RUMI KOLAH (MA016)	St. Mary's School (MA016)	1st
2	ADITYA HONNESH (MA004)	Bombay Scottish School (MA004)	2nd
3	PRANAV JAIN (MA004)	Bombay Scottish School (MA004)	3rd
4	JALADITYA SANJEEV SHAH (MA116)	Shishuvan (MA116)	4th
5	DIVYANSH HITESH RATHOD (MA018)	The Scholar High School (MA018)	5th

Individual U/19 Girls			
Sr.No.	Player Name	School Name	Position
1	NAVHITA VIPUL SHAH (MA006)	Cathedral & John Connon School (MA006)	1st
2	AASHI PIYUSH BURNIA (MA006)	Cathedral & John Connon School (MA006)	2nd
3	ANUSHKA VIJAY CHHARRIA (MA006)	Cathedral & John Connon School (MA006)	3rd
4	AANVI SHYAMSUKHA (MA006)	Cathedral & John Connon School (MA006)	4th
5	SAMEEHA NARULA (MA006)	Cathedral & John Connon School (MA006)	5th

Individual U/19 Boys			
Sr.No.	Player Name	School Name	Position
1	ANMOL KAMPANI (MA004)	Bombay Scottish School (MA004)	1st
2	DHRUV PARESH VASAIKAR (MA061)	Hiranandani Foundation School (MA061)	2nd
3	KABIR BIRBAL KURUWA (MA006)	Cathedral & John Connon School (MA006)	3rd
4	AARAV NISHIL SHAH (MA006)	Cathedral & John Connon School (MA006)	4th
5	SHAAN SIMAL KANUGA (MA004)	Bombay Scottish School (MA004)	5th

Inauguration Ceremony



Prize Distribution Ceremony



Thrilling Matches in Progress



Tournament Officials and Referees



**We sincerely thank our
esteemed Trustee and Principal Ma'am
for gracing the occasion with their presence
and
inspiring encouragement.**



Conclusion

The successful hosting of the CISCE Zone A Table Tennis Tournament 2026-2027 marks another significant milestone in Hiranandani Foundation School, Thane's commitment to promoting sporting excellence and holistic student development.

Throughout the three-day championship, the tournament was conducted with exceptional professionalism, discipline, and efficiency. The excellent organisation, warm hospitality, and smooth execution received appreciation from participating schools, referees, coaches, officials, parents, and students.

The championship not only recognised sporting excellence but also fostered friendship, healthy competition, integrity, perseverance, teamwork, and mutual respect among young athletes from across Zone A.

Hiranandani Foundation School, Thane, expresses its heartfelt gratitude to the Trustees, School Management, Principal, CISCE Sports Committee, referees, coaches, participating schools, teachers, student volunteers, support staff, and parents for their invaluable support and cooperation. Their collective efforts played a vital role in making the championship a memorable, professionally conducted, and resounding success.

We also extend our sincere gratitude to our esteemed Trustee and Principal Ma'am for gracing the occasion with their presence, inspiring the participants through their encouraging words, and motivating every athlete to strive for excellence both on and off the table.

CISCE Zonal Level Handball Tournament

Event : CISCE Zone-A Handball Tournament 2026

Dates : 13th to 15th July 2026

Venue : Janakidevi Public School, Andheri

Hosted by : Janakidevi Public School, Andheri

The CISCE Zone-A Handball Tournament 2026 was successfully conducted from 13th to 15th July 2026 at Janakidevi Public School, Andheri. The tournament featured competitions in the Under-14, Under-17, and Under-19 categories for both boys and girls. The championship provided an excellent platform for students to demonstrate their skills, teamwork, discipline, and sportsmanship.

Our school teams delivered an outstanding performance across all age groups, securing three Championship titles and three Third-Place finishes, reflecting the dedication of the players and the guidance of the coaching staff.

**Zone-A
2026-2027**



CISCE Zonal Level Handball Tournament

Overall Achievement

The tournament concluded on a highly successful note for our school with the following achievements:

- * 1st Place: Under-17 Boys, Under-17 Girls, Under-19 Boys
- * 3rd Place: Under-14 Boys, Under-14 Girls, Under-19 Girls

Total Achievement: Six podium finishes across six categories.

**Zone-A
2026-2027**



The CISCE Zone-A Handball Tournament 2026 concluded on a highly successful note for Hiranandani Foundation School, Thane. The students demonstrated exceptional teamwork, discipline, resilience, and sportsmanship throughout the competition.

Securing 1st Place in three categories and 3rd Place in three categories, with all six teams finishing on the podium, is a remarkable achievement that reflects the dedication of the players and the tireless efforts of the coaching staff.

The outstanding performance brought great pride and honour to the school and further strengthened its legacy of sporting excellence.

CISCE Zone A Football Tournament 2026-2027

Hosted by : Hiranandani Foundation School, Thane

Venue : All Saints High School Turf Ground, Bhawale Village,Pise , Bhiwandi, Thane 421302.

Dates of Competition : 21st July to 30th July 2026

Introduction

The CISCE Football Tournament 2026 was successfully hosted by Hiranandani Foundation School, Thane, from 21st July to 30th July 2026 at All Saints Turf Ground, Bhiwandi, Thane. The tournament brought together talented football teams from CISCE schools across the region, providing a platform for young footballers to showcase their skills, teamwork, discipline and sportsmanship.

Opening Ceremony

The tournament commenced with a grand Opening Ceremony, inaugurated by Mrs. Neelu Lamba Ma'am Principal, Hiranandani Foundation School, Thane. She welcomed all the participating schools, coaches, officials, and students and encouraged the players to compete with determination, integrity, and the true spirit of sportsmanship. The ceremony marked the official beginning of an exciting and highly competitive football championship.



Tournament Results

Under-14 Boys

- * **Winners:** Hiranandani Foundation School, Thane
- * **Runners-up:** Bombay Scottish School, Powai
- * **Third Place:** C.N.M. School

Under-14 Girls

- * **Winners:** Bombay Scottish School, Mahim
- * **Runners-up:** Christ Church School, Byculla
- * **Third Place:** Cathedral and John Connon School

Under-17 Boys

- * **Winners:** Cathedral and John Connon School
- * **Runners-up:** Hiranandani Foundation School, Thane
- * **Third Place:** Bombay Scottish School, Mahim

Under-17 Girls

- * **Winners:** Hiranandani Foundation School, Thane
- * **Runners-up:** Bombay Scottish School, Powai
- * **Third Place:** Christ Church School, Byculla

Under-19 Boys

- * **Winners:** Cathedral and John Connon School
- * **Runners-up:** Hiranandani Foundation School, Thane
- * **Third Place:** Bombay Scottish School, Mahim

Under-19 Girls

- * **Winners:** Cathedral and John Connon School
- * **Runners-up:** Hiranandani Foundation School, Thane
- * **Third Place:** Bombay Scottish School, Mahim

Performance of Hiranandani Foundation School, Thane

Hiranandani Foundation School, Thane delivered an exceptional performance throughout the tournament by securing:

- * **Champions – Under-14 Boys**
- * **Champions – Under-17 Girls**
- * **Runners-up – Under-17 Boys**
- * **Runners-up – Under-19 Boys**
- * **Runners-up – Under-19 Girls**

These achievements reflect the dedication, perseverance, and team spirit of our players, along with the constant guidance and encouragement of the coaches and school management.

Prize Distribution Ceremony

The tournament concluded with a Prize Distribution Ceremony, where the winning teams and outstanding performers were felicitated with trophies, medals, and certificates in recognition of their excellent performances. The ceremony celebrated the achievements of the young footballers and acknowledged the dedication and sportsmanship displayed by all the participating teams. It also expressed appreciation for the sincere efforts of the coaches, referees, technical officials and the organising committee in making the tournament a grand success.

CISCE Zone A Swimming Championship 2026-2027

Hosted by : Hiranandani Foundation School, Thane

Venue : Olympic Sports Centre, Lakeshore Greens, Palava Phase II, Off Badlapur-Katai Road,
Taloje Bypass Phata, Palava City, Usarghar Gaon, Dombivli East, Maharashtra – 421204

Dates : 28th & 29th July 2026

Introduction

Hiranandani Foundation School, Thane, had the honour of hosting the CISCE Zone A Swimming Championship 2026 on 28th and 29th July 2026 at the Olympic Sports Centre, Lakeshore Greens, Dombivli East. The championship witnessed enthusiastic participation from 37 schools across Zone A, with 173 swimmers registered in the Under-14, Under-17, and Under-19 categories for both boys and girls.

The championship aimed to provide a competitive platform for young swimmers to showcase their talent, develop their skills, and promote the values of discipline, determination, teamwork, and sportsmanship. The event also served as a qualifying platform for higher-level CISCE competitions.

Participation

The championship received an overwhelming response from schools across the zone. A total of 37 schools participated in the competition, reflecting the growing enthusiasm for swimming among students.

A nominal registration fee of ₹500 per participant was charged for the championship.

Out of 173 registered participants, 156 swimmers reported and actively participated in the championship, while 17 swimmers remained absent.



CISCE ZONAL LEVEL ATHLETICS COMPETITION

2026-2027



Hosted by : Jasudben M. L. School, Khar West
Venue : Wings Sports Arena, Bandra Reclamation
Dates : 29th & 30th July 2026



Girls Under-17

- * Arya Kachave – 🥉 Bronze Medal (3rd Place), Long Jump
- * Anvi Kode – 🥉 Bronze Medal (3rd Place), 100 Metres Finals
- * Rishima Gupta – 🥉 Bronze Medal (3rd Place), High Jump

Girls Under-17 Relay

- * 🥇 Gold Medal (1st Place) – Time: 1:00 minute
 - * Arya Kachave
 - * Vrushti Gupta
 - * Rishima Gupta
 - * Anvi Kode



CISCE ZONAL LEVEL ATHLETICS COMPETITION

2026-2027

Boys Under-17

* Aarush Shetty – 🥈 Silver Medal (2nd Place), Shot Put (Throw: 10.12 m)

Girls Under-19

* Priyanka Bhoir – 🥉 Bronze Medal (3rd Place), Shot Put (Throw: 6.35 m)

Boys Under-19

* Dev Thakkar – 🥇 Gold Medal (1st Place), Shot Put (Throw: 10.57 m)



Medal Summary

- * 🥇 Gold Medals: 5
- * 🥈 Silver Medals: 1
- * 🥉 Bronze Medals: 5
- * 🏆 Total Medals Won: 8



CISCE REGIONAL LEVEL GYMNASTICS COMPETITION – 2026

Competition : CISCE Regional Gymnastics Competition

Hosted by : Lilawati Poddar School, Santacruz, Mumbai

Venue : BPCA's College of Physical Education, Bharatiya Kreea Mandir,
Naigaum Cross Road, Wadala West, Mumbai, Maharashtra – 400031

Date : 30 July 2026 And 06 August 2026

Students' Achievements

U/19 Girls -Artistic Gymnastics

Tvisha Rakhe – XI-A

- * 🥇 1 Gold Medal
- * 🥈 3 Silver Medals
- * 🥉 1 Bronze Medal

Spruha Hadkar – VII-G

- * 🥈 1 Silver Medal
- * 🥉 2 Bronze Medals

U/19 Boys - Acrobatics Gymnastics

Yuvaan Singh Karki – VII-D

- * 🥈 1 Silver Medal

U/19 Girls - Acrobatics Gymnastics

- * Ishani Dwivedi – VI-B – 🥈 1 Silver Medal
- * Ackruti Yerunkar – VI-A – 🥈 1 Silver Medal
- * Anvi – VII-G – 🥈 1 Silver Medal
- * Kyra Gupta – VI-H – 🥈 1 Silver Medal
- * Yashi Maheshwari – VIII-C – 🥉 1 Bronze Medal
- * Reonika Bhuwania – VII-A – 🥉 1 Bronze Medal

Overall Medal Tally

🥇 Gold - 01

🥈 Silver - 09

🥉 Bronze - 06

Total Medals - 16

CISCE REGIONAL LEVEL GYMNASTICS COMPETITION – 2026



Selection for CISCE National Competition

We are proud to announce that Tvisha Rakhe (XI-A) and Spruha Hadkar (VII-G) have been selected to represent Hiranandani Foundation School at the CISCE National Gymnastics Competition.

Their selection at the National level is a significant achievement and a matter of great pride for the school.

Gymnastics Champions - Proudly Representing HFST



CISCE Regional Table Tennis Championship 2026-27

Event : CISCE Regional Table Tennis Championship 2026-27

Hosted By : Hiranandani Foundation School, Thane

Venue : Hiranandani Foundation School, Thane

Dates : 4th & 5th August 2026

Tournament Schedule

The championship was conducted over two days in a systematic and well-organised manner:

- * 4th August 2026: Girls' events – Under-14, Under-17 and Under-19.
- * 5th August 2026: Boys' events – Under-14, Under-17 and Under-19.

All matches were conducted as per CISCE rules and regulations. The tournament progressed smoothly with excellent coordination, disciplined participation, and efficient match management.



National Championship Qualification

The top five players from each category earned qualification for the CISCE National Table Tennis Championship, which will be held in Kerala.

Hiranandani Foundation School, Thane is proud to announce that the following students have qualified for the National Championship:

- * Prisha Malik – Under-14 Girls
- * Dhruv Vasekar – Under-19 Boys

Their remarkable performance and consistent efforts have brought pride to the school and we wish them continued success at the National Championship.







Hiranandani
Foundation School
Mens Sana in Corpore Sano

INTERSCHOOL COMPETITIONS



IMMACULATA 26

4th July 2026

St. Mary's ICSE School, Mazgaon.

- A contingent comprising of 87 students from the ICSE section participated in the event.
- The students, along with five teachers, reached their destination on time and were quickly ushered into the respective classrooms.
- The events began as per schedule and our students participated with great enthusiasm and positive spirit.
- We won the second place in kho kho and for the skit, "Beyond the Label"
- Some of the most prestigious South Mumbai schools like Campion, Cathedral and John Connon, J B Petit, J.B Vachha, St. Xavier's, and St. Anne's participated in this event.
- Beyond the competitions, the event gave our students an opportunity to interact with peers from renowned South Mumbai schools and inspired them to embrace adaptability, resilience, and the spirit of giving their best despite the challenging weather.



CRESCENDO GOLDCREST HIGH, VASHI 4 JULY 2026

The events included a celebration of the nine rasas of classical Indian aesthetics expressed through art, literature, technology and sports.

There were 8 other schools who participated in this competition.

1. Anchorwala Education Academy
2. CP Goenka International School, Ulwe
3. Tilak Public School, Nerul
4. Smt. Sushila Devi Deshmukh Vidyalaya
5. Presentation Convent School
6. Goldcrest High Vashi
7. Euro School, Airoli
8. Delhi Public School, Panvel

In all there were 22 events, out of which we bagged prizes in 15 events. We bagged the first position in 8 events, and second and third positions in the remaining 7 events. The students displayed remarkable creativity and sportsmanship in all the events with discipline. They followed all the instructions given by the host school. The students displayed a true spirit of healthy competition.. It was indeed remarkable to see our young participants from grades 1 to 4 showcasing their talent with confidence and excelling virtually in all the events.



Sr. No	Position	Name of the Event	Name of the Participant	Std / Div
1.	1 st and 2 nd	Emotion Mandala – A Mandala Art event	1. Avnee Upadhyay, 2. Riya Kashyap	V F and V D
2.	3 rd	Folk Expressions – Warli with Lippon Art	1. Preesha Borse, 2. Ananya Maheshwari	V F and V F
3.	1 st	Navras Canvas – Madhubani Art	1. Anaya Pillai	VII F
4.	1 st	Story in Shades – Narrative Panels	1. Reonika Bhuwania, 2. Abeer Vohra	VII A , VII C
5.	3 rd	Write with Expression – Handwriting Competition	1. Ivaan Sojanya	2 H
6.	1 st	Emotion Express – Creative Writing	1. Vidita Gupta	VII G
7.	1 st	Suron Mein Ehsaas – singing	1. Aadya Bisaria	VI
8.	2 nd	Ad Mad Show	1. Jasmika Bharadwaj , 2. Vrisanya Vichare 3. Avni Vaishnav, 4. Ishaan Kallakuri 5. Riya Kunte, 6. Taashvi Srivastava	V C, VI V F, V H IV E, IV B
9	3 rd	Silent stories – Mime Act	1. Navika Das, 2. Reet Tiwari 3. Amber Dsouza, 4. Sparsh Posture 5. Aadya Deshpande, 6. Aarav Deshpande	VII B, VII A VII A, VII H VI I, VI H
10	1 st and 2 nd	Ek Bhav Abhinay – Monologue	1. Krishant Iyer, 2. Saanvi Karan	VI H, VI F
11	2 nd	Robo Builders – Robot making	1. Rudra Agarwal, 2. Shlok Kumar 3. Kartikeya Dhoot, 4. Lavanya Kolhe	VII C, VII F VII B, VII A
12	2 nd	Team Spirit Games – 1 min challenge	1. Aryan Saoji, 2. Vivaan Mishra 3. Anurag Shaw, 4. Kiaan Malu 5. Aaryan Tolani, 6. Yog Agivale	VI A VI A VII A
13	2 nd	Ras Reflection Board – Collage Display	1. Shreyank Naik, 2. Geethisha Bhargava 3. Raghav Mishra, 4. Kaira Gupta	V G, VB V E, V B
14	1 st	Expressions Unplugged – Home Video	1. Aadya Lapalika, 2. Krishvi Lathe 3. Vidisha Kamble, 4. Anaya Kangude 5. Sanaya Jain	VII D, VII H VII D, VII E VII C,
15	1 st	Spotlight Round – Kitchen Band	1. Raayan Gupta , 2. Vallabh Niturkar 3. Shaurya Shenoy, 4. Viraj Ghuge 5. Shaurya Jasoriya	VI D, VII B VII D, VII C VII C



CRESCENDO
GOLDCREST HIGH, VASHI
4 JULY 2026

Melange Total 5

G. D. Somani High School, Cuffe Parade

11 July 2026



- The event brought together 28 participating schools, featuring a total contingency strength of 154 students who represented the institution across a wide range of academic, artistic, strategic, dramatic, and athletic disciplines.
- Under the guidance of teachers in-charge Mrs. Kamini Srivastava and Mrs. Nidhi Patil, along with accompanying teachers Mrs. Rucha Rajyopadhey and Mr. Baldev Rathore, the contingent delivered stellar performances that ultimately secured the Overall Championship.
- The participants demonstrated exceptional skill and sportsmanship across various competitions, earning top honors in team sports, performing arts, and creative challenges.



Melange Total 5

G. D. Somani High School, Cuffe Parade

11 July 2026



Position / Category	Event Name	Event Domain / Description
1st Place	Strike the Net (Girls)	Handball
1st Place	Bounce n Blaze (Girls)	Basketball
1st Place	Bounce n Blaze (Boys)	Basketball
2nd Place (Runners-Up)	Untold Endings	Drama
2nd Place	Four Fold Challenge	Art
2nd Place	Turf Tyrants (Boys)	Football
2nd Place	Turf Tyrants (Girls)	Football
3rd Place	Trail of Triumph	Obstacle Race (out of 21 schools)
3rd Place	Ultimate XI	Sports / Gaming
3rd Place	Rush Hour	Treasure Hunt
3rd Place	The Final Stance	Dance
Participant Category	Broken Lullabies	Dance
Participant Category	Strategy Stride	Strategy-driven Business and Decision Making
Participant Category	Strike the Net (Boys)	Handball
Special Personality Event	Charisma	Winner: Purav Patil (Title: Best Showstopper)

The Albert Barrow Memorial All India Inter-School Creative Writing Competition
XI and XII
Hiranandani Foundation School, Thane
13 JULY 2026

- The sealed envelope containing the topics and the answer scripts was received from the Council, a week before the aforesaid competition.
- The following students participated in the competition -
 1. Utkarsha Chatterjee from Smt. Sulochanadevi Singhanian School (MA046)
 2. Aaryaman Rastogi from Euro School ,Thane (MA205)
 3. Mayank Bhide from C P Goenka International School (MA235)
 4. Arisia Grafton Mathias from Lodha World School (MA200)
 - 5 .Ananya Dev from Pawar Public School (MA208)
 6. The Shri Ram Universal School, Palava Dombivli (MA 204) did not participate in the competition.

The Albert Barrow Memorial All India Inter-School Creative Writing Competition XI and XII Hiranandani Foundation School, Thane 13 JULY 2026



The Albert Barrow Memorial All India Inter-School Creative Writing Competition XI and XII Hiranandani Foundation School, Thane 13 JULY 2026

- The event began with a brief reading on Mr. Albert Barrow after which the instructions were read out for the benefit of the participants.
- The Principal, Mrs. Neelu Lamba, opened the sealed envelope and announced the topics at 9:30 a.m. following which the students were given half an hour as preparatory time.
 - The topics were as follows-
 - The illusion of endless resources
 - A Day in the life of a climate refugee
 - A conversation among the rivers Ganges, Yamuna and Saraswati
 - 2050: The world we will inhabit
- The students had to write on any one topic.
- The students started writing at 10:00 am and continued till 11:00 am.
- The students were expected to write around 750 to 1000 words after which the answer scripts were packed and couriered to the Council office in Kolkata.

Frank Anthony Memorial All India Inter School Debate 24 July 2026

Category : 1(ISC)

Venue:

Pawar Public School, Dombivili

Result:

➤ Siya Bhalerao - Best Speaker



Category : 2(ICSE)

Venue:

Smt. Sulochanadevi Singhanian School, Thane

Result:

➤ Winning Team and Qualified for Zonal Round.

➤ Shubha Hede - Best Speaker



Frank Anthony Memorial All-India Inter-School Debate

24th July 2026

The Frank Anthony Memorial All-India Inter-School Debate Competition, organised annually by the Council for the Indian School Certificate Examinations (CISCE), was held on 24th July 2026.

Hiranandani Foundation School, Thane participated in both Category I (Classes XI and XII) and Category II (Classes IX and X). The Category I competition was hosted at Pawar Public School, Dombivli. While the Category II competition was held at Smt. Sulochanadevi Singhanian School, Thane. The topic for Category I was “Countries that pollute more should pay higher environmental penalties,” while Category II debated on “Ecotourism is more harmful than beneficial in practice.” The topics challenged the participants to think critically and prepare their arguments within the limited time.

Representing the school in Category I were Siya Bhalerao and Riddhi Khanvilkar, while Shubha Hede and Anishka Nanda represented the school in Category II. The students prepared diligently, organized their thoughts, developed persuasive arguments, and anticipated possible rebuttals with remarkable composure. The debate witnessed compelling speeches, thoughtful analysis, and spirited exchanges. The participants displayed confidence, clarity, and a strong understanding of their respective topics while presenting their viewpoints with conviction.

Hiranandani Foundation School, Thane achieved notable success at the competition. Category II emerged victorious in the Preliminary Round and qualified for the Zonal Round. In addition, Siya Bhalerao (Category I) and Shubha Hede (Category II) were honoured with the Best Speaker Award for their outstanding performances.

The competition proved to be a valuable learning experience, fostering critical thinking, public speaking, and respectful discourse. It encouraged students to articulate their ideas confidently while appreciating diverse perspectives, making the event an enriching opportunity to learn, grow, and experience the power of words.



PERSEVERANTIA BOMBAY SCOTTISH SCHOOL, MAHIM 7-8 AUGUST 2026

Number of Participating Schools : 41
Number of Students from Our School : 175



Event : Football
Category : Girls Under 19
Position : 1st

Event : Football
Category : Girls Under 16
Position : 2nd

Event : Tug of War
Category : Boys Under 16
Position : 1st

Event : Tug of War
Category : Girls Under 16
Position : 1st

Event : Tug of War
Category : Boys Under 19
Position : 3rd

Event : Basketball
Category : Girls Under 19
Position : 1st

Event : Chess
Category : Boys
Position : 1st

Event : Artem
Category : Category 1 – Art
Position : 1st

Event : Fortuna
Category : Pitching Event
Position : 3rd

Event : Fabula
Category : Reel-Making Event
Position : 3rd

Event : Admeta
Category : Category 1 – Debate
Position : 2nd

PERSEVERANTIA BOMBAY SCOTTISH SCHOOL, MAHIM 7-8 AUGUST 2026



Overall Achievement

Our school achieved an Overall 1st Runner-Up position in the competition, which is a remarkable accomplishment considering the participation of 41 schools.



Hiranandani
Foundation School
Mens Sana in Corpore Sano

IN SCHOOL ACTIVITIES

Inter House English Elocution Competition

Std VII – VIII

3rd July 2026



- Four participants from each house were selected for the final round of the competition.
- The event witnessed enthusiastic participation, with students captivating the audience through their eloquence, confidence, and expressive delivery.
- The students enthralled the audience with their impressive recitations of poems such as The Tummy Beast, Chicago, The Throne, The Lady's Giant Hat, The Inchcape Rock, and Snow White and the Seven Dwarfs, among many others.
- Their confident delivery, expressive gestures, and impeccable diction brought each piece vividly to life.



Inter House Debate

Std IX and X

20 July 2026

The event provided an excellent platform for young orators to showcase their critical thinking, public speaking, and persuasive communication skills.

The participants debated passionately on the topic, 'Elders have an ethical right to monitor their teenagers' private text messages and search their mobile history for their own safety.'

The participants' eloquence, clarity of expression, and presence of mind reflected the time and effort invested in the preparation of the debate.

Mrs. Suchanda Palit and Mrs. Ruma Ghosh judged the speakers on the following points:

- Content, delivery, language, demeanour and rebuttal.
- They awarded the Best Team award to
 - Joanna Lewis from class IX G and Anishka Nanda from class X F
- The runner up team comprised of
 - Jenelia Joseph from class X F and Rayirth Ruwali from class IX F
- The best speaker award was bagged by Jenelia Joseph from class X F



ISC Debate

24th July 2026

The importance of debate competitions in schools can be enumerated by Hubert H. Humphrey's quote, 'Freedom is hammered out on the anvil of discussion, dissent and debate'. The aim is to inculcate a passion for debate in students.

The I.S.C. Debate Competition was conducted like every year, at the school Assembly Hall at 8:45 A.M. in Hiranandani Foundation School Thane. The teams consisted of one student of std. XI paired with one student from std. XII. There were six teams in all. Two experienced teachers were assigned to judge the event.

The topic of the debate was: Social - Media is More Destructive than Effective. It was a relevant topic as it had a great scope for argument both ways. The participants could have done better justice to the topic, given its wider scope by not playing too safe. They did argue effectively by using many examples like me too movement, black lives matter or even the CJP protests. However, they did not dwell much on the impact of these movements both positive or negative. The participants displayed confidence, poise and eloquence while assertively delivering their speech.

The best speaker for the event was Vivaan Kundetkar and Lara Fernandes was the runner up speaker. The best team was awarded to Rishabh Singh and Avina Karande with the runners up team consisting of Vivaan Kundetkar and Anandita Singh. The competition culminated with the judges giving their feedback, Principal madam's words of encouragement to the participants and declaration of the results followed by the prize distribution ceremony. Last was the vote of thanks given by the students compering the event.



English Elocution Competition

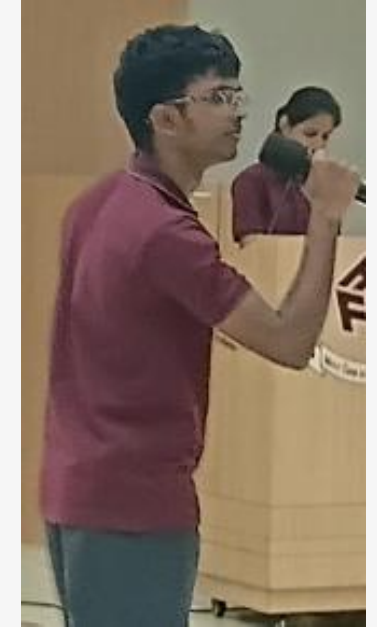
Std IX and X
27 July 2026

Robert Frost had said that a poem begins with delight and ends in wisdom. This virtually came true in the performance of std. IX students who recited the classical poems with great dexterity that brought out the beauty of the language expressly.

Two experienced teachers judged the event. Daksh Gupta stood first with his rendition of the poem 'What Counts' by Edgar A. Guest, followed by Vedanshi Kartik with her rendition of the poem 'The Patriot' by Robert Browning and the third position was secured by Tanisha Kundu with the rendition of the poem 'Casabianca' by Dorothea Felicia.

The house positions :

Beta first,
Alpha second,
Sigma third and
Delta fourth.



English Elocution Competition

Std IX and X

27 July 2026



Dale Carnegie said that great speakers are not born they are trained. This was clearly seen in the declamation performance of std. X students. They delivered their speech with great eloquence and poise.

Stuti Jain stood first with her rendition of Charlie Chaplin's speech Dictatorship followed by Vihaan Vanam who chose Joseph Stalin's speech. The third position was shared between Saanvi Shah who chose Rise of India by Palki Sharma and Ananya Yadav who chose The True Strength of India by Oprah Winfrey. The house wise position for the declamation competition was Alpha first, Delta second, Sigma third and Beta fourth.

The participants were highly praised by our Principal madam for their choice of poems and speeches. The competition concluded with the Judge's feedback followed by the prize distribution ceremony and a vote of thanks.



PTA

AGM

24 JULY 2026



INTER- HOUSE DANCE COMPETITION

31 JULY 2026

‘Dance is an emotion that transcends the soul’. This thought reverberated our Assembly Hall when students from class V to XII rose to the challenges of the Inter-house Dance Competition and brought the Dance floor alive with their scintillating dance moves. Our Assembly Hall echoed with the vibrant music and dance presented by the students of the four houses combined with the enthusiasm of the ISC students.

The theme for this year’s Dance Competition was ‘A Tribute to the Music Maestros’. Each house had to perform on the songs or music composition of the Music Composer or Singer assigned to them. The Alpha house gave a superb performance on the evergreen songs of ‘Usha Uthoop’ taking us down the memory lane with songs like ‘Ramba Ho ho ho.....’ and many more. The Beta House and the Delta house narrated the journey of the lives of the singers, ‘Sunidhi Chauhan’ and music composer ‘AR Rehman’ respectively, as they performed to a medley of their most famous songs. The Sigma house performed to the energetic songs of ‘Sukhwinder Singh’ setting the stage on fire with songs like ‘ Chak de India ...’ and many more. The students of the ISC section also participated enthusiastically and performed on the themes titled ‘ Beats of Bollywood ‘ and ‘ Jab We Met’. Each and every performance deserved a standing ovation as the students had put in so many hours of practice, perfecting each and every step.

This event was judged by a team of judges who are teachers and choreographers in various esteemed institutions. Two dancers from each performance was awarded the best dancer prize. Beta House won the 1 st Prize followed by Alpha, Sigma and Delta. A big congratulation to each and every participant! Overall, the Competition was a wonderful event put up by the efforts of our dance teachers and in-charge teachers of each house to make this event a befitting tribute to our ‘Music Maestros ‘.



INTER- HOUSE DANCE COMPETITION

31 July 2026



INTER- HOUSE DANCE COMPETITION

31 July 2026





INTER- HOUSE DANCE COMPETITION 31 July 2026



INTER- HOUSE DANCE COMPETITION

31 July 2026



INTER- HOUSE DANCE COMPETITION

31 July 2026



INTERACT INSTALLATION 10 AUGUST 2026



The Interact Club Installation Ceremony was held with great enthusiasm and dignity on 10th August 2026 at Hiranandani Foundation School, Thane, in the presence of esteemed members of the Rotary Club of Hiranandani Estate.

The ceremony marked the beginning of a new term of service, leadership and community engagement for the student members of the Interact Club.

The programme commenced with a warm welcome to the Principal, dignitaries, teachers and students. Shubha Hede, the outgoing President, addressed the assembly and recounted the activities done by the Interact Club members in the year 2025-26.

Ananya Yadav, the Secretary of the outgoing committee presented the Annual Financial Report. The highlight of the ceremony was the installation of the newly elected office-bearers by the Rotary President and the Youth Director. The newly appointed President, Secretary and other members of the core team were formally inducted and entrusted with the responsibilities.

The members of the Rotary Club gifted beautiful Milton tumblers to the newly inducted interact members and a cheque of rupees five thousand towards the activities to be conducted through the year. The Rotary Club President, Mr. Anil Gidwani, addressed the gathering and encouraged the students to become responsible leaders and active contributors to society. He emphasized that true leadership lies not merely in holding a position but in serving others with empathy and integrity.

The newly installed President, Vedanshi Kartik, delivered a motivating address, expressing gratitude for the trust placed in the team and outlining the club's vision for the coming year.

The outgoing office-bearers were acknowledged for their dedication and contributions during the previous term by our Principal, Mrs. Neelu Lamba, followed by her inspiring words of advice to the student body. She encouraged the students to do their duty towards their country and serve their nation. The ceremony concluded with a vote of thanks, followed by the National Anthem.

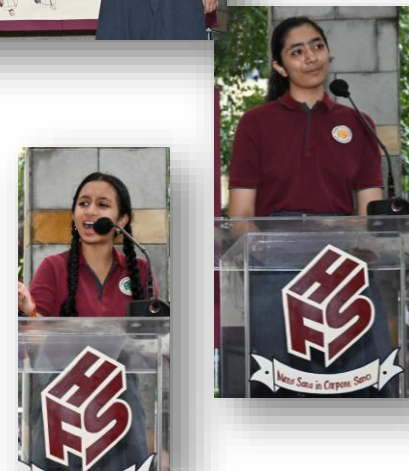
The Installation Ceremony was an inspiring and meaningful occasion that reminded everyone that leadership is not about power, but about service and responsibility. The newly installed team looks forward to carrying forward the spirit of service and making a positive difference in the school and the community.



Independence Day 2026

A Celebration of Decades of Hard-Won Freedom

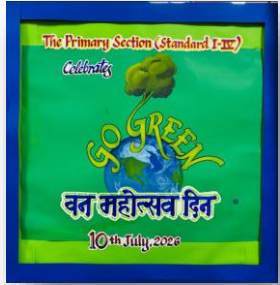
August 15, 2026, marked the completion of 79 full years since independence and stepping into the 80th year of a free nation. At Hiranandani Foundation School Thane, it was celebrated with pride and faith. The event commenced with the flag hoisting ceremony performed by our Principal madam followed by the National Anthem performed by the school band. The council body presented a March Past Drill in an orderly and disciplined manner. Then a pledge of allegiance to the country was administered by Principal. The theme of this year's celebration centred around a tribute to the unsung heroes. The students participated in cultural programmes including Maharashtra Rajya Geet, patriotic songs and dances along with patriotic speeches in Hindi, English and Marathi, focusing on national unity and the journey toward the vision of India's future. Days before the Independence Day, creative activities were conducted like poetry writing and recitation and letters to the soldiers protecting our borders. The programme culminated with Principal madam's inspirational speech on shared human values and a call to action for the youth to render meaningful service to the nation in their own capacity.





Hiranandani
Foundation School
Mens Sana in Corpore Sano

PRIMARY SECTION



Go Green Day – Van Mahotsav Celebration Std III and Std IV 10 July 2026

- Van Mohotsav Din, also observed as Go Green Day, was celebrated on 10th July 2026 during the school hours.
- The purpose of observing Van Mohotsav Din / Go Green Day was to instil lawareness among students about the importance of conserving trees and natural resources. The celebration proved to be both meaningful and engaging, providing students with a platform to express their commitment to environmental conservation.
- As part of the celebrations, a bookmark-making activity was organized for the students of Classes III and IV. The students showcased their creativity through drawing, colouring, and decorating bookmarks with nature-themed designs and messages.
- During the short break, students brought vegetarian food items that were predominantly green in colour. The dishes were prepared primarily from leafy vegetables and plants such as palak, methi, and green peas.
- Students enthusiastically shared items like methi paratha, palak cheela, and green peas cutlets with their peers, reinforcing the theme of the day.
- The activities were not only enjoyable but also thought-provoking. They helped students understand their responsibility towards protecting the environment and preserving our most vital natural resource.



Go Green Day – Van Mahotsav Celebration

Std I and Std II

10 July 2026

- Go Green Day – Van Mahotsav was celebrated in the Primary Section Classes to create awareness about environmental conservation and inspire students to care for nature through meaningful and enjoyable activities.
- The school foyer was beautifully decorated with a ‘Go Green’ display. Teachers dressed in green, while students brought healthy green food items, adding colour and cheer to the celebration.
- An interactive presentation on the 3Rs – Reduce, Reuse and Recycle helped students understand how small actions can make a positive difference to the environment.
- Grades I - II coloured nature-themed worksheets, which were later laminated into attractive table mats, reinforcing the concept of reuse.
- The celebration was a joyful learning experience, inspiring students to appreciate nature and take small steps towards a greener and more sustainable future.



Lab Visit

Std II

15-16 July 2026

- Topic: Types of Plants
- The Grade 2 students visited the Science Lab to reinforce their understanding of the different types of plants based on their size and stems.
- During the activity, the teachers displayed real plant specimens for observation. These included a money plant (climber), rose (shrub), coriander and mint (herbs). The students were also shown watermelon and muskmelon to understand the concept of creepers.
- The teachers encouraged the students to touch and feel the stems of the rose plant and the herbs to help them differentiate between a woody stem and a soft, green stem.
- This hands-on experience enabled the students to understand the unique characteristics of different types of plants.
- The students carefully observed each plant and actively participated in identifying and placing it under the correct category—herb, shrub, climber, or creeper.
- This interactive activity strengthened their observation and classification skills. To reinforce the concept, the students completed a worksheet based on the lab activity under the guidance of their teachers. The experiential learning session made the concept more meaningful, enjoyable, and easy to remember.





Hindi Elocution Competition

Std II

20 July 2026

To nurture communication skills and provide a platform for students to express their love for poetry, a Hindi Elocution Competition was organized for the students of Grade II at Hiranandani Foundation School. The event was graced by the presence of the Principal, Mrs. Neelu Lamba, along with the Academic Supervisor and Primary Co-ordinators.

The panel of judge comprised Mrs. Vandna Singh esteemed faculty members of the school. The competition, held on 20th July 2026, witnessed an overwhelming response from the participants. The young orators displayed remarkable confidence, clarity, and expression, making the event engaging and memorable.

The winners of the competition were:

- 1st Position: Manvay salekar (II – D), Aadya Halder (II – G)

- 2nd Position:

Pratyush Motghare(II –D), Ananya (II – F), Nakshatra Menon (II –B)

- 3rd Position:

SivaayKapoor (II –E), Anaisha Sawant (II –G), Bhumi Patil (II –H), Mishka Mehta (II –H), Jiana Joshi (II –A)

All participants and winners were awarded certificates in recognition of their efforts. The competition concluded with words of praise and encouragement from the Principal and the judges. The confidence, energy, and oratory skills of the young students made the occasion truly memorable.



English Elocution Competition

Std II

21 July 2026

The English Elocution Competition is a wonderful platform for students to build confidence and improve their speaking abilities. It encourages them to speak clearly, use expressions, and communicate effectively in front of an audience. With this goal in mind, an English Elocution Competition was organized for the students of Grade II at Hiranandani Foundation School, Thane, on 21st July 2026.

The main objective of the competition was to strengthen the students' English-speaking skills, focusing on proper pronunciation, expressive delivery, and voice modulation. The event was led by our school Principal

Mrs. Neelu Lamba and was attended by our Primary Supervisor Preeti Ma'am, Primary Co-Ordinator Meghana Ma'am, and our teachers. The judge for the event were Mrs. Radhika Gurmurthy and Devyani Sathe, a respected faculty members of the school.

The auditions for the competition began on 1 st of July 2026. From each class, five students were selected to take part in the final round, which was held on 21 st July 2026.

The show was wonderfully hosted by our own Grade II students, who confidently and cheerfully guided the event. All the participants spoke with great excitement and shared their poems using clear voices, proper expressions, and fun actions.

Here are some of the winners of the competition:

First Position – Shaurya Chouhan, Kaira Gupta

Second Position – Dharit Manera, Krishiv Thakur, Kiara Rao, Aahana Puthran

Third Position – Anaish Meena, Samaiyra Kedare, Lavanya Dukka

The event ended with kind words of encouragement and praise from the judge.



English Elocution Competition Std IV 24 July 2026

- To promote self-expression and enhance oratory skills, Hiranandani Foundation School organized an English Elocution Competition for the students of Grade IV.
- The event provided a wonderful opportunity for young learners to showcase their passion for poetry. The competition was held in the presence the Academic Supervisor, and the Primary Co-ordinator.
- Esteemed judge Mrs. Suchanda Palit evaluated the participants and commended their enthusiastic and articulate presentations. The competition was held on 24th of July, 2026. Our talented Grade IV students took on the role of compères and carried out the event with great energy and excitement. The participants recited their poems with confidence, using effective voice modulation, expressive gestures, and heartfelt emotion to bring their verses to life.
- The winners of the competition were
 - First Position – Hitanshi Shah , Taadhvi Srivastava and Malhar Pedhya
 - Second Position – Joshua Lewis, Anaya Singhanian and Advika Bhatnagar
 - Third Position – Rhea Hari Haran and Meera Dalvi
- The winners were given the certificates. The competition concluded with words of appreciation and encouragement from the judge. The confidence, enthusiasm, expressive delivery, and oratory skills displayed by the young participants made the event truly memorable.



Science Laboratory Visit

Std IV

28 - 31 July 2026

From 28th to 31st July 2026, the students of Grade IV visited the Science Laboratory for practical learning under the guidance of their Science teacher. During the sessions, students learned about laboratory equipment and safety rules.

The teacher demonstrated the processes of sedimentation, decantation, and filtration, helping students understand simple methods of separating insoluble substances from water. Students observed the experiments with great interest and actively participated in discussions.

The students actively observed the demonstrations, participated in discussions, and completed a Laboratory Worksheet to reinforce their learning.

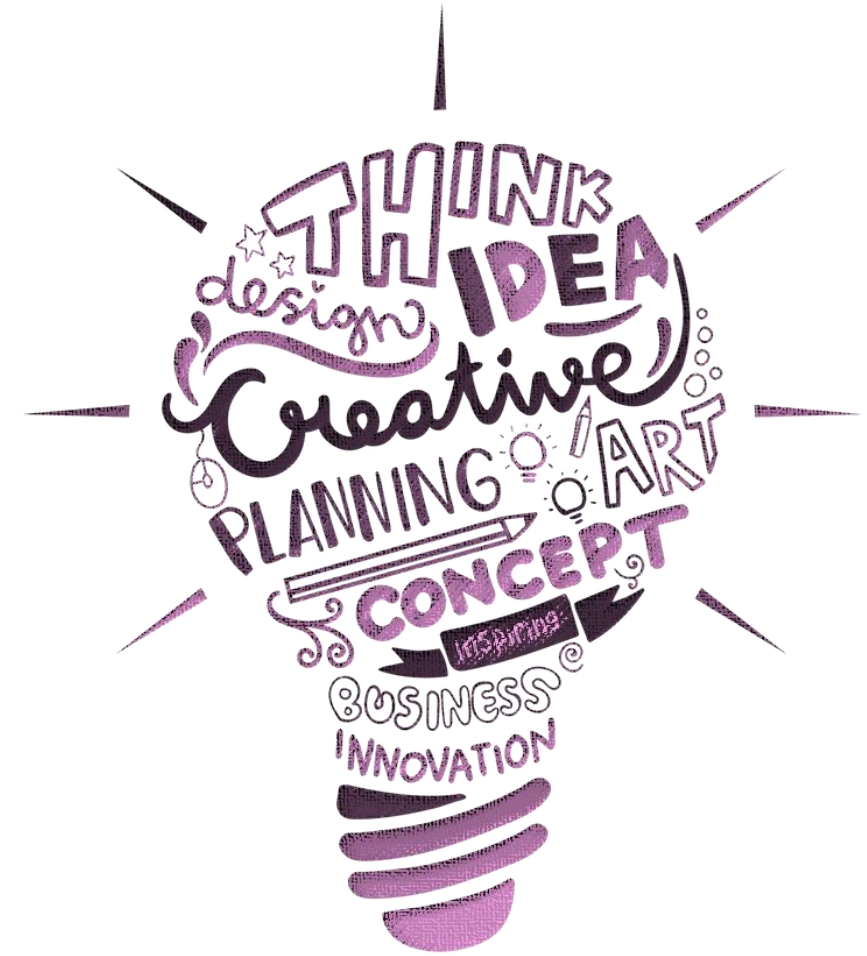
The lab visits were informative, engaging, and strengthened the students' understanding of science through hands-on learning. Overall, the Science Lab visits were a successful and enriching experience for all the Grade IV students.



From The Reuters Desk



Hiranandani
Foundation School
Mens Sana in Corpore Sano



JULY -AUGUST, 2026

"The Wi-Fi is down!" my younger sister shouted one evening. Everyone in the house looked up from their phones, with a frown on their face. My grandmother smiled and said, "Now perhaps we'll remember how to talk to each other." We laughed, but as the evening went on, we realised she was right. It was surprising that it took a lost internet connection to reconnect our family.

Technology has become an essential part of our lives. With just a few taps, we can attend online classes, talk to relatives living across the globe, learn new skills, and find information within seconds. Social media helps us stay in touch with friends and share happy moments. There is no doubt that technology has made life easier and brought the world closer.

However, while we are connected to people far away, we are slowly becoming disconnected from those sitting right beside us. At dinner tables, family members often look at their phones instead of talking to one another. Friends meet but spend more time taking selfies and uploading them on social media platforms rather than enjoying each other's company. We may have hundreds of online followers, yet very few people with whom we can truly share our feelings.



Too much screen time also affects our health. It can cause eye strain, poor sleep, lack of exercise, and difficulty concentrating. Constant notifications distract us from our studies, and comparing ourselves with the "perfect" lives we see online can sometimes make us feel unhappy or less confident.

The answer is not to stop using technology but to use it wisely. We should set limits on screen time, enjoy outdoor games, read books, pursue hobbies, and spend quality time with our family and friends. A real conversation or a shared laugh is worth far more than a hundred likes on social media.

That evening without Wi-Fi became one of our happiest family evenings. We talked, played games, and shared stories. By the time the internet returned, we had rediscovered something much more valuable: each other.

Technology should bring people closer, not drive them apart. In a world filled with notifications and passwords, let us remember that the strongest connection is not the internet; it is the bond we share with the people who truly matter.

Adhita Srirangarajan - VII E



Neel Shringarpure - VII-E

India, a remarkable nation, will complete 100 years of independence in 2047. It will surely be a day written in golden letters in the pages of history. The dreams of India on this day will come true.

My India will be a democratic and secular country. I hope every child will get the same quality of education regardless of their background and financial condition. Every university in India will be like Harvard University. The youth will be taught skills, and India can become innovative. Everyone will get access to modern technology to discover and develop their talents. India in 2047 will become a hub of technology.

In my vision, technology and artificial intelligence will be the driving force behind India's progress. People from foreign countries will come to India for a better life. Safety of citizens will become the foremost priority. Women will live in a safe environment, and every child will be raised in a world free from fear and discrimination. India will be free from corruption, and corruption will become a thing of the past. I hope in 2047 India will be free from any discrimination based on caste, colour, religion, and creed. Everyone will be living in unity. By 2047, India can become the world's cleanest country. We will plant more trees and create beautiful gardens to build a Green India. My India will stand on three fundamental principles-Equality, Liberty, and Fraternity.

By 2047, India will become one of the best countries in the world. However, this bright future cannot be achieved by the government alone. It depends on each one of us. If our generation comes together with determination, we can create a better India for everyone. By then, India will be a truly blessed nation where every citizen leads a happier and healthier life. Let us all work together to make this vision a reality.

Have you ever heard the saying, "Technology is a wonderful servant but a terrible master"? Have you ever picked up your mobile phone 'just for a minute' only to realise that an hour has passed or sat with your family around the table with everyone engrossed in their own screens? If these situations sound familiar, you are certainly not alone. This has become a part of our everyday life. We have come to a point where mobile phones, tablets and laptops are an integral part of our lives. They help us learn, communicate and entertain ourselves. However, when screen time is excessive, it can impact our health, studies and relationships. That is why digital wellbeing is so important.

Technology has transformed education in many positive ways. Students have easier access to online classes, educational videos, information and project work than ever before. Digital devices also aid learning in an emergency without disruption. Apart from helping us in our studies, technology also enables us to stay connected with friends and family, even when they are far away. Ironically, the very technology that connects us with people across the world can sometimes distance us from the people sitting right beside us.

Excessive screen time does have some disadvantages. Students get lost in hours of video games, social media and videos and don't even realize they wasted their time. One video leads to another, and before we realise it, our homework remains unfinished and bedtime is delayed. This can reduce concentration, disturb sleep and leave little time for outdoor games, reading or hobbies. Long hours in front of screens may also cause eye strain, headaches and poor posture. There is also the risk of an excessive use of the Internet that can lead to a decrease in personal, in-person contact and loneliness.

Fortunately, technology can be used wisely. Students should set limits on their recreational screen time and should not use screen devices before bedtime or at mealtimes. Short breaks during screen-based learning help to protect the eyes and enhance concentration. It is equally important to balance digital activities with offline hobbies such as reading, playing sports, drawing and spending time with family.

Schools and parents can work together to encourage healthy digital habits. Schools can remind students that life exists beyond the online world by organising awareness programmes, sports events and cultural activities. Technology must be used responsibly and this should be inculcated since childhood to learn how technology can be used rather than how it can be misused.

While technology is a great tool, it should not be our master. With a balance of screen time and real-life activities, we can enjoy the benefits of technology without compromising our physical and mental health. After all, the most memorable moments in life are not found on a screen—they are created in the world around us. So, the next time you reach for your phone, ask yourself a simple question: 'Am I using technology, or is technology using me?'



Ishaan Powale - IX H

Way beneath the surface of the ocean,
Where the light can't reach and never has,
Where the waves don't crash and never will,
And the water? The water stills and flows without a sound.
There in the darkness lives the embodiment of the ocean, herself,
With her glittery pale skin, her pitch-black eyes, and algae rich hair,
Flowing and fluttering around her like a wondrous seaweed veil.
Hidden from the world in a clam, she lives without a sound,
Her freedom lies in her existence never ever found,
Never searched for, never spoken of, and never ever conspired against.
Her powers? Her powers lie with the whispers of the ocean,
The whispers carries across the current of the world,
The thoughts of the people and of the land, itself,
Their prayers, their wishes, their dreams, and their secrets.
In the darkness of the deep mysterious blue,

Aura- Pristine Pearls
The One We Don't See
-Annika Sule

Our secrets do indeed leave a hue,
of pink and of green, of yellow and of red, and a million
resplendent shades
of blue,
Shaped into pearls, woven into corals
These secrets of ours start to resemble a wreath of
laurels, crowned upon
her head.
Our dreams? Our dreams float around in bubbles,
Like those very souls in asphodel, who keep
Waiting and wandering, waiting and wondering, waiting
and wandering
For the moment of judgement, for that very moment of
peace
That just never seems to come.



When My Heart Grasps Solace

VIDITA GUPTA - VII G



**When cherubic birds in the sky chirp free,
Not caged and trapped in a slaving cave,
As mighty as the purest freedom could be,
This is when my heart grasps solace...**

**When justice towers as tall as an edifice,
Not cries in injustice by those departed souls,
When lawful victory triumphs over malice,
Not leaving them in jittery like burning coals...**

**When equality speaks out louder than patriarchy,
Not guarded misery hidden down there,
If a girl is not being differed from a boy,
Celebration of rich, dazzled joy is possible anywhere...**

**When great aspirations do not cower just because of poverty,
When they cross limits, unaware of the impending horizon,
When cowardice does not beseech to differ from normalcy,
Then every worldly citizen to celebrate has a reason...**

**When acts of compassion occupy memory's space,
When assailing words know they have no place,
This is when my heart grasps solace,
This is when the world to me is nothing but amaze...**

A Day in the Life of a Climate Refugee - Avina Karande, XII A

Every morning I wake up to silence. Not the kind where I would wake up to the sound of birds chirping, children playing. Now, I wake up, seeing unfamiliar faces, temporary shelters and the uncertainty of having a permanent place to stay. I am seventeen years old. I do not carry a passport stamped with exotic destinations or memories of adventurous journeys, like the other children. The only “adventurous journey” I know is one where I struggle to find a stable roof over my head. The people who volunteer at the shelter call me a climate refugee. Is that all I am? A refugee, like the ones they talk about in wars. However, I didn’t move due to man-made wars. I had to leave the one place I loved the most because of natural disasters.

Before the floods came, everything was right. My father was a fisherman, while my mother weaved baskets. Every morning, before the sun would rise, he would leave with his small wooden boat while my mother prepared breakfast. I would cycle to school with my younger brother, racing him along roads lined with coconut trees. The evenings were spent with my entire family, watching the sunset and talking about our day. The sea was our natural provider. We had everything we needed, and were ever grateful to have prosperous years. We never expected it to be the reason of our village’s extinction.

The elders spoke of rising temperatures and changing weather patterns due to climate change, but we never paid heed to it, thinking it might only ruin the urban cities. Then the tides began creeping further inland each year. The rains became unpredictable. Still, we stayed. We had nowhere else to go. Then one night the rain roared. Storms and lightning filled our skies. The winds were monstrous, destroying everything we had ever built. I remember clutching my little brother’s hand as the water rushed into our home. My father told us to run. We could not pack anything, leaving the place with only what we wore. Behind us, our house disappeared in the floodwater.

Home. A small word, but it carries a lot of meaning. Home is where I took my first steps, where my mother taught me to bake bread, where I celebrated all of my birthdays. Now, that home is gone. The floods took such a memorable thing for me, one that I can never retrieve. Now, the home I live in is a crowded camp several hundred kilometres away.

Every day begins with water needed to be collected before the queues become impossibly long. We wait patiently with plastic containers, hoping there will be enough for everyone. Water, something I once wasted without thought, has become more precious than anything in this camp. Breakfast is simple. Rice, lentils or donated bread. If the contributors are generous, we receive fruit. Hunger has taught me to appreciate meals I once considered ordinary.

School is no longer a building with students running around and laughing, but a tent where all of us make space to learn. We do our best with donated books, but it just isn’t the same anymore. The hardest part of my day is answering one simple question. Our teachers remind us that education is something no flood can wash away. Volunteers plant trees around the camp, explaining that every small action matters. Engineers visit to discuss stronger homes and better flood defences. Scientists continue searching for cleaner sources of energy and ways to slow climate change. These people have taught me that although the climate may change, humanity still possesses the power to change with it.

At night, I dream of returning to my village. I know that it will never happen, the sea has claimed it forever. Now, I am unsure of how long I will have to stay here before the next shifting happens. My brother and I lost our parents to the storm that night, and soon after, I got separated from him too. My one wish is not to become a doctor, or an engineer, but just to be reunited with my family once more, to cherish the moments we had, before the nature took it away from us. Behind every graph is someone like me. Someone who once had a home, who remembers the smell of rain before it became something to fear. Someone who carries an address that no longer exists, almost like Atlantis.

Now, I am what they call a climate refugee, but before that, I was simply a child with a home, a family and a future. What hurts me the most is that I am not the only one whose home got shattered, and in the years to come, there will be many others, like me. I do hope that in the future, another child will never have to introduce themselves as a climate refugee. I hope they can live in a world that acted before it was too late—a world where governments valued the environment more than their wealth, where forests were protected, where oceans were respected.

The Courtroom Where the Earth Puts Humanity on Trial - Jenelia Joseph, XI F

The year is 3050 A.D. Our Earth, the 'blue planet'; that we call home, is almost uninhabitable. The effects of global warming have left a drastic and irreversible impact upon our planet. Dire climatic conditions have put human beings on the brink of extinction. Global temperatures have increased by an average of 20°C, resulting in the melting of polar ice caps, submergence of most island countries and the disappearance of most organisms. Almost all species of flora and fauna have been wiped out, with the sole exception of humans. Quite ironically, the very beings who had inflicted such harm upon the Earth are among the last ones standing on it.

The planet that we once called home has now become a blazing, desolate piece of rock. This is a result of our own actions, our own greed for luxury and our own desire for comfort. It is evident that we never truly learn from our mistakes, because even if we inhabit other planets in the name of 'scientific development'; we would leave them in the same barren state as we did with our home planet. Technological advancements may help our species sustain itself, but it is not long before we get wiped out too. I am deeply saddened by the realisation that we are the sole cause of the suffering and devastation caused to our planet as well as countless species. Our fate now lies like that of Pandora, who, in her greed for materialistic ideals, suffered a horrendous destiny. In the courtroom where the Earth puts humanity on trial, injustice always prevails. It is incredibly heartbreaking to know that Mother Earth had to pass such a judgement. Perhaps it is her vengeance against her children who have left her barren. Crops no longer grow in her fields, causing malnutrition among many of our loved ones and leading them into the abode of death.

The Earth is our Mother. We take birth in her lap and die at her feet. Doing such injustice to our Mother is simply inhumane. We no longer experience the bliss of the first monsoon showers, the petrichor and the joy of nestling in the lap of nature. Sometimes I sit and ponder about the many ways in which we could have shown our Mother love and affection. I realized that we did not need air conditioners, nor did we need nuclear weapons. I wish we had shown our Mother gratitude, respect and care while she was still beautiful. As Wendell Berry rightly said, "The Earth is what we all have in common"; And what good is humanity if we cannot live in harmony?

‘अनेकता में एकता: भारत के त्योहार’

भारत एक ऐसा देश है, जहाँ अनेकता में एकता की अद्भुत मिसाल देखने को मिलती है। यहाँ अनेक धर्मों और संस्कृतियों के लोग रहते हैं। इसी कारण यहाँ अनेक प्रकार के त्योहार मनाए जाते हैं, जैसे दीपावली, होली, ईद, क्रिसमस आदि। विभिन्न धर्मों और संस्कृतियों के लोग अपने-अपने त्योहार मिल-जुलकर प्रेमपूर्वक मनाते हैं।

हर त्योहार की अपनी अलग पहचान और विशेषता होती है। त्योहार लोगों को एक-दूसरे के निकट लाते हैं। वे खुशियों को बढ़ाने तथा आपसी प्रेम, भाईचारे और मित्रता का माध्यम बनते हैं। सभी धर्मों के लोग अपने दुख और तकलीफों को भूलकर प्रसन्नता के साथ त्योहार मनाते हैं। प्रत्येक त्योहार किसी-न-किसी धर्म के लिए विशेष महत्त्व रखता है। जैसे हिंदुओं के लिए होली और दीपावली, मुसलमानों के लिए ईद तथा ईसाइयों के लिए क्रिसमस। हर त्योहार को मनाने के लिए कुछ रीति-रिवाजों का पालन करना आवश्यक होता है। जैसे दीपावली पर लक्ष्मी-गणेश की पूजा की जाती है, होली पर रंग खेला जाता है तथा क्रिसमस पर क्रिसमस ट्री सजाया जाता है। इन रीति-रिवाजों का पालन करना भी प्रत्येक त्योहार का एक महत्त्वपूर्ण भाग है।

त्योहार केवल खुशियों मनाने का अवसर ही नहीं होते, बल्कि वे आपसी मनमुटाव को दूर करने का भी माध्यम हैं। वे लोगों के बीच प्रेम, भाईचारे और सद्भाव की भावना बढ़ाते हैं। त्योहार हमें एक-दूसरे का सम्मान करना, मिल-जुलकर रहना तथा समाज में एकता बनाए रखना भी सिखाते हैं। अनेकता में एकता भारतीय संस्कृति की पहचान है। हमारे जीवन में त्योहारों का बहुत महत्त्व है। हमें सभी त्योहार प्रेम, सौहार्द और उत्साह के साथ मनाने चाहिए क्योंकि यही हमारी संस्कृति की सबसे बड़ी विशेषता है। “त्योहार मनाओ, खुशियों को बुलाओ।”

‘त्योहारों का महत्त्व’

यदि मैं हिंदू, पारसी या मुस्लिम धर्म का नाम लूँ तो विभिन्न प्रकार के त्योहार मुझे स्मरण होते हैं। कभी ईद, कभी दीपावली, गुरु नानक जयंती तो कभी बुद्ध पूर्णिमा। वास्तव में किसी भी महीने में कोई-न-कोई पर्व अथवा त्योहार होता है, जो हमें जीवन के किसी-न-किसी सत्य से परिचित कराता है। परंतु क्या त्योहारों का महत्त्व केवल इतना ही है?

आपको ऐसा लगेगा कि मैं किसी अनजान दिशा की ओर जा रही हूँ और त्योहारों के पीछे परियों की कहानी बना रही हूँ। पर यह बात सत्य नहीं है। हम त्योहारों के बारे में कई प्राचीन कथा सुनते हैं। जैसे श्रवण कुमार, श्री राम और पांडवों के जीवन से जुड़ी घटनाएँ आदि। लेकिन ये कथाएँ सबसे महत्त्वपूर्ण नहीं हैं। महत्त्वपूर्ण तो वे सीखें हैं जो इन कथाओं से हमें मिलती हैं। सीख जो इस पृथ्वी की हर समस्या का समाधान बन सकती है। बुराई पर अच्छाई की जीत, अँधेरे में दीपक का प्रकाश - पहली दृष्टि में ये बातें साधारण लग सकती हैं, परंतु गहराई से समझने पर यही संदेश हमारे जीवन की समस्याओं पर ऐसा प्रकाश डालती हैं जो कोई और नहीं डाल सकता। पर क्या त्योहारों का महत्त्व इतना ही है? आपस में मिलना-जुलना, मिठाइयाँ बाँटना और बातें करना- आपने कभी सोचा कि हम ऐसा क्यों करते हैं? यह प्रश्न आपके मन में भी आता होगा।

त्योहार केवल भगवान की उपासना का अवसर नहीं, बल्कि वे हमारे जीवन में खुशियों की बहार लेकर आते हैं। आज के समय में परिवार के बीच भी बातें केवल चार दीवारों तक सीमित रह गई हैं। ऐसे में त्योहार केवल परिवार का मिलन नहीं कराते, बल्कि अनेक अनजान लोगों के बीच स्नेह और दोस्ती का संबंध बना देते हैं। यही कारण है कि संसार की अनेक कठिनाइयाँ कुछ समय के लिए ही सही पर हल्की अवश्य हो जाती हैं। त्योहार वह साधन है, जो लोगों को साथ मिलकर रहना सिखाता है।

‘मेरे जीवन में शिक्षक का महत्त्व’

जीवन में अनेक ऐसे लोग होते हैं जिनसे हम प्रभावित होते हैं। ऐसे ही एक महत्त्वपूर्ण व्यक्ति हमारे अध्यापक होते हैं। हमारे जीवन में अध्यापकों का अत्यंत महत्त्वपूर्ण स्थान होता है। वे बचपन से ही हमारा मार्गदर्शन कर रहे हैं। उनके मार्गदर्शन और प्रेरणा के कारण ही हम जीवन में सफलता प्राप्त कर पाते हैं। हमारे माता-पिता हमारे प्रथम गुरु होते हैं। वे हमें बोलना तथा जीवन के प्रारंभिक संस्कार सिखाते हैं।

अध्यापक बनना सरल नहीं है। एक व्यक्ति को अध्यापक बनने के लिए बहुत परिश्रम करना पड़ता है। अध्यापकों में अनेक ऐसे गुण होते हैं, जिनके बारे में हम सामान्यतः सोच ही नहीं पाते। यही कारण है कि वे हमें इतने प्रिय लगते हैं। एक अध्यापक का स्वभाव शांत, धैर्यवान और विनम्र होना चाहिए। हम प्रतिदिन अपने अध्यापकों को देखकर उनके शांत स्वभाव से बहुत कुछ सीखते हैं। अध्यापकों में अनुशासन की भावना कूट-कूटकर भरी होती है। वे विद्यार्थियों को पढ़ाने से पहले विभिन्न विषयों का गहन अध्ययन करते हैं और स्वयं को निरंतर अध्येता बनाए रखते हैं। एक अध्यापक को न्यायप्रिय भी होना चाहिए। यदि विद्यालय या कक्षा में किसी विद्यार्थी को कोई नुकसान पहुँचता है अथवा उसकी कोई वस्तु खो हो जाती है, तो अध्यापक का कर्तव्य है कि वह उसकी सहायता करे और उचित मार्गदर्शन करे। यदि मैं बड़ी होकर कभी अध्यापिका बनूँ तो मुझमें भी ये सभी गुण होंगे। सबसे पहले मुझे भ्रष्टाचार से दूर रहना होगा। एक शिक्षक को सदैव सत्य, ईमानदारी और निष्पक्षता के मार्ग पर चलना चाहिए। एक अध्यापक को सभी विद्यार्थियों के साथ समान व्यवहार करना चाहिए। यदि कोई विद्यार्थी गलती करे तो उसे उचित दंड देना आवश्यक है, किंतु बिना किसी कारण के किसी विद्यार्थी को दंड देना अन्याय है।

एक अध्यापक का हमारे जीवन में होना अत्यंत आवश्यक है। हम अपने गुरु के बिना ज्ञान प्राप्त नहीं कर सकते। यदि हम जीवन में सफलता प्राप्त करते हैं तो उसमें हमारे अध्यापकों का बहुत बड़ा योगदान होता है। इसलिए हमें अपने अध्यापकों का सदैव सम्मान करना चाहिए, उनकी बातों का पालन करना चाहिए तथा उनके प्रति आदर और कृतज्ञता का भाव बनाए रखना चाहिए।

- अराध्या गुप्ता (IX B)

‘पुस्तकों का महत्त्व’

पुस्तकें केवल कागज़ पर अक्षर नहीं, बल्कि एक नई दुनिया को अनुभव करने का मार्ग है। किताबों से हमें बहुत सीख मिलती है। इसलिए किताबों को मानव का सबसे प्रिय दोस्त माना गया है।

मैंने जीवन में अनेक किताबें पढ़ी हैं, परंतु उनमें से मेरी सबसे प्रिय कृति ‘महाभारत’ की कथा है। यह वीरता और शौर्य की अमर मिसाल है क्योंकि इसमें अनेक योद्धाओं ने सच्चाई और धर्म की स्थापना के लिए युद्ध किया। इस कथा से हमें अपने डर का सामना करने की सीख मिलती है। अर्जुन के संदेह में भगवान श्री कृष्ण हमें भी आसानी से समझा देते हैं कि आध्यात्मिक शांति एवं चिंतन-स्वभाव से हम अपने कर्तव्य को निभा सकते हैं। दुर्योधन के अहंकार से हम सीखते हैं कि ईर्ष्या और घमंड अकेले ही एक शक्तिशाली व्यक्ति का पतन करने के लिए पर्याप्त है। यही उच्च संस्कार एवं मनोबल आज लोगों के चरित्र-निर्माण के लिए आवश्यक है। हमारी संस्कृति की प्रतीक ये कहानियाँ हमें अपने पूर्वजों की जीवनशैली के बारे में जानकारी भी प्रदान करती हैं।

इस कथा में मेरा सबसे प्रिय भाग भगवान श्री कृष्ण और अर्जुन की बातचीत थी। अर्जुन एक महान योद्धा थे, परंतु उन्हें अपने भाई कौरवों को मारने में संकोच हो रहा था। तब श्री कृष्ण ने उन्हें शांत मन से एक सच्चे मित्र की तरह समझाया कि यदि हम मनोभावों को कर्तव्य के मार्ग में आने देंगे तो हमें अँधेरे एवं बुराई का शिकार होना पड़ेगा। अंत में, मुझे पता चलता है कि एक कथा सिर्फ मनोरंजन ही नहीं प्रदान करती है, बल्कि जीवन के लिए ऐसे उद्देश्य देती है जो जीवन में सुधार लाने के साथ चरित्र-निर्माण और मानव जाति को विश्व गुरु बनने की ओर प्रेरित करती हैं।

- महती रामकुमार (IX H)

‘जनसंख्या वृद्धि - महँगाई की जड़’

भारत में कई सारी समस्याएँ हैं लेकिन इनमें से जनसंख्या वृद्धि और भ्रष्टाचार सबसे बड़ी समस्या है। जनसंख्या वृद्धि और भ्रष्टाचार सिर्फ समस्या ही नहीं हैं, परंतु अन्य कई समस्याओं की जड़ भी हैं। जनसंख्या वृद्धि से समाज में महँगाई बढ़ती है और नौकरी की कमी की वजह से समाज में बेरोजगारी बढ़ती है।

जनसंख्या वृद्धि का अर्थ है देश की आबादी का तेजी से बढ़ना। इससे हमारे समाज में कई सारी समस्याएँ जन्म लेती हैं। अगर आजकल हमारे देश में एक नौकरी के स्थान के लिए कम-से-कम सौ लोगों ने अपना नाम लिखा होगा क्योंकि नौकरियों सिर्फ मुट्ठी भर ही हैं और हमारी जनसंख्या एक विशाल समूह के समान है। आजकल के युवा अधिकतर बेरोजगारी की समस्या से जूझ रहे हैं। हमारे देश की आबादी बढ़ती जा रही है और हमारे संसाधन जैसे खाद्य-पदार्थ, आवास और वस्त्र बहुत कम मात्रा में हैं। जनसंख्या वृद्धि से हमारे समाज में प्रदूषण भी बढ़ता है। अधिक आबादी होने के कारण रास्तों पर ज्यादा गाड़ियाँ चलने लगी हैं, जिससे वायु प्रदूषण नहीं बल्कि सिग्नलों पर ट्रैफिक जाम होने के कारण ध्वनि प्रदूषण भी होता है। इससे कई लोगों को सिरदर्द होता है और कुछ लोग बहरे भी हो सकते हैं।

महँगाई बढ़ने से गरीब लोग आम संसाधन जैसे कपड़ा, मकान, शुद्ध भोजन और शिक्षा भी प्राप्त नहीं कर पाते हैं। जनसंख्या वृद्धि का कारण जन्म दर का बढ़ना और मृत्यु दर का कम होना है। देश के गरीब और लाचार लोगों को ऐसा लगता है कि अधिक बच्चे होने से घर में ज्यादा कमाने वाले रहेंगे, पर उन्हें यह नहीं दिखता कि उन्हें ज्यादा बच्चों का पेट भी भरना होगा। इससे बचने के लिए सरकार और लोगों को हमारे संसाधनों का समान बँटवारा करना पड़ेगा। हमें अपने सभी संसाधनों को मिल-बाँटकर रखना चाहिए। इससे सभी लोगों को उनके हक के आम संसाधन प्राप्त होंगे। सरकार को ‘हम दो, हमारे दो’ का नारा और बुलंद करना चाहिए।

“जब तक मनुज-मनुज का यह
सुख भाग नहीं सम होगा
शमित ना होगा कोलाहल
संघर्ष नहीं कम होगा।”

- यश रोहिरा (X D)

‘भाग्य और पुरुषार्थ’

बात अगर मानव जाति के उत्थान की हो तो प्रश्न उठता है कि मनुष्य की उन्नति में उसके भाग्य का हाथ है या फिर पुरुषार्थ का ? कुछ लोगों का मानना है कि वे भाग्य के बल पर अपनी सभी इच्छाओं की पूर्ति करते हैं, वहीं कुछ मनुष्य पुरुषार्थ की शक्ति में विश्वास करते हैं। मैं इन लोगों में से एक हूँ। मेरा मानना है कि पुरुषार्थ भाग्य से कहीं ज्यादा महत्वपूर्ण होता है।

मेरी मान्यता है कि भाग्य पर ज्यादा विश्वास करने वाले लोग अति आत्मविश्वासी बन जाते हैं। वे सिर्फ भाग्य के बारे में सोचते रहते हैं और इसका परिणाम हमेशा खराब होता है। मेरा यह विचार है कि भाग्य अवसरों का दरवाजा खड़ा कर सकता है, मगर सिर्फ पुरुषार्थ तुम्हारे अंदर उसे प्राप्त करने की क्षमता पैदा करता है। भाग्य के बल पर कुछ काम तो जरूर हो सकते हैं पर सफलता नहीं पाई जा सकती है। यह बहुत कम समय तक चलता है और भाग्य उस आदमी का साथ देना बंद कर देता है, जो उस पर निर्भर रहता है। इतिहास में ऐसे अनेक उदाहरण हैं जिसमें लोगों ने सिर्फ अपने पुरुषार्थ के बल पर सफलता पाई है। इसका एक जीवंत उदाहरण है विदेशी गायक एड शीरन। एड शीरन को बचपन में बिल्कुल गाना नहीं आता था। उन्होंने अपने पुरुषार्थ, मेहनत तथा कड़ी कोशिशों के बल पर अपने हुनर को बेहतर बनाया और आज कोहिनूर के जैसे वे दुनिया के सबसे मशहूर गायकों में से एक हैं। कवि सोहनलाल द्विवेदी जी भी कहते हैं-

“कोशिश करने वालों की हार नहीं होती
लहरों से डरकर नैया पार नहीं होती।”

मुझे लगता है कि अगर नौका अपने भाग्य के बल पर ही चलती, तो वह अवश्य लहरों से डरकर एक दिन आगे न बढ़ती। भाग्यवादी लोगों के मन में एक अस्थिरता होती है, मगर पुरुषार्थवादी ही अपने कार्य पर अड़े रहते हैं और सफलता प्राप्त करते हैं। सफलता का एक ही मंत्र और रहस्य होता है। वह है कड़ी मेहनत और पुरुषार्थ। इसलिए हमारे जीवन का मकसद एक ही होना चाहिए कि हम आत्मनिर्भर बनें, भाग्य पर ज्यादा विश्वास न करें और मेहनत के बल पर सफलता पाएँ।

- शुभा हेदे (X F)



Thank You

...Till Next Time