



SAI SUKRITI



(An initiative by students of Sri Sathya Sai Vidya Vihar, Indore)

Bi-Monthly E-Magazine

May, 2025 Edition



Sanjita Kahali

XIA





EDITORIAL BOARD (TEACHERS)



Mrs. Parul Sachdeva



Mrs. Tanzeem Naqvi



Mrs. Roopali Jalota



Mrs. Swati Ojha



Ms. Preeti Iijnodiya

EDITORIAL BOARD (STUDENTS)



Anvi Gupta XII F



Priyani Jain XII C



Ritvika Gupta XII C



**Pratyasha Chaturvedi
XII F**



Shreeya Chaube XI A



Diya Bicholia XI B



Kamyra Khurana IX F



**Garvita Shrivastava
IX A**



**Kavya Nair
IX F**



**Pranavi Panga
IX A**

GOOD PARENTING WORKSHOP



A Good Parenting Workshop was organised on Sunday, 23rd March, 2025 for the parents of the children of Balvatika , who have been admitted to the school in the session 2025-26 to apprise them about the philosophy of the school and the principles of Educare as envisioned by our beloved Sri Sathya Sai Baba.

The session began with Omkaar and School prayer song.



Principal, Dr. Anju Chopra welcomed the parents and enlightened them about the teaching learning activities and the achievements of the school and the children.



The day was replete with thought provoking Nukkad Natak by the senior children, an impressive puppet show highlighting the importance of family time and digital detoxification. There were demonstrations of the beautiful integration of the 5 teaching techniques of Educare with academics.

It was a great way for the parents to understand the strategies used in school so as to support the children at home. The session was much appreciated by all.



Formal Inauguration **Sri Sathya Sai Vidya Vihar, Ratlam**



Sri Sathya Sai Vidya Vihar a premier educational institution in Madhya Pradesh has been imparting values-based quality education in Indore for more than 4 decades and in Guna for around 3 decades. Here academic brilliance is matched with human and social values. It is a moment of pride that with the bountiful blessings of our beloved Lord, we have achieved a milestone of coming up with another temple of education at Ratlam.

The formal inauguration of Sri Sathya Sai Vidya Vihar, Ratlam was held on 18th April, 2025 with Honourable Shri Jyotiraditya Scindia, Union Minister of Communications & Minister of Development of North Eastern Region as the Chief Guest. Shri R J Rathnakar, Managing Trustee, Sri Sathya Sai Central Trust was the Guest of Honour. Shri Jyotiraditya Scindia and

Shri R J Rathnakar unveiled the inauguration plaque in the benign presence of the members of the School Management, Chairman, Dr. Ramesh Baheti, Honorary Secretary, Shri Tribhuvan Sachdeva, Honorary Treasurer, CA Shyam Bhatia & other eminent guests. In their speech they lauded the initiative for nurturing responsible and compassionate citizens. It was a proud moment as we celebrated this exciting landmark in education.

ॐ श्रीगणेशाय नमः



Address by Respected Shri R. J. Rathnakar

Shri R.J. Rathnakar, the esteemed Managing Trustee of the Sri Sathya Sai Central Trust, Puttaparthi, delivered a profoundly moving address to the school faculty and the members of the Sai Samiti of Indore on Friday, 18th April 2025. The event was graced by the presence of Dr. Ramesh Baheti, esteemed Chairman, Shri Tribhuvan Sachdeva, Honorary Secretary, C.A Shyam Bhatia, Honorary Treasurer and Dr. Anju Chopra, Principal of Sri Sathya Sai Vidya Vihar, Indore.



In his speech, Shri Rathnakar shared illuminating insights gleaned from his personal journey alongside Bhagawan Sri Sathya Sai Baba. With remarkable simplicity and eloquence, he wove together a tapestry of captivating anecdotes, each one a luminous thread that served to elucidate the deeper concepts of Sai's core values.



These were not mere stories, but rather, potent parables that resonated deeply with the audience. Through them, he masterfully unfolded the path to leading a life imbued with morality and unwavering ethical principles. His words served as a gentle invitation, encouraging all present to embrace these timeless teachings and integrate them into the very fabric of their daily existence. The address left an indelible mark on the hearts and minds of those fortunate enough to be present.

Happy Birthday



The school reverberated with joy, as students and teachers gathered to celebrate the birthday of our beloved Principal, Dr. Anju Chopra. Amidst cheers and heartfelt wishes, the atmosphere was filled with warmth and happiness. A beautiful bouquet and sweets were presented to Ma'am. The school came alive with smiles all around and unforgettable memories were created on this special day.

HOSPITALITY ENROUTE RATLAM

THANK YOU

We are extremely grateful
to our parents

Mr. Nilesh Patwa, Mr.
Sarvesh Mandlecha, Mr.
Sandeep Vermecha and
our teacher Mr. Pradeep
Vermecha who accorded
a grand welcome to 'Sri
Sathya Sai, Indore staff
and band children at
Badnawar, enroute
Ratlam while going for the
Ratlam school's
inauguration by Shri.
Jyotiraditya Scindia and
Shri. R J Rathnagar.

Thank you for the
yummilicious snacks
blended with wonderful
hospitality!



New Session 2025-26



The new session 2025-26 began with gaiety and gratitude for the abundant blessings. It was a pleasure to see the happy faces of the children beaming with enthusiasm and excitement as they stepped into the new session, new class and new friends.





The day began with bhajans and the teachers presented a short skit to welcome the children.



Principal, Dr. Anju Chopra motivated the children with her inspiring words to make 2025 a year of 'Super Achievements and Accolades'.



Amen to a bright and successful new beginning!



Bonsai Exhibition



A captivating Bonsai Exhibition, featuring the elegant Jade Plant was organised in the school, showcasing the creativity and patience of Bonsai Masters, Mrs. Padma Kalani, Mrs. Indumati Maheshewari & Mrs. Neelam Tapadia, Members, Board of Governors, Sri Sathya Sai Vidya Vihar, Indore, through beautifully nurtured miniature trees. Each bonsai reflected meticulous care, artistic vision, and a deep appreciation for nature.



The exhibition aimed to inspire environmental awareness and artistic expression among children. The children were enchanted by the serene beauty of the jade plants and the dedication behind each creation.



BONSAI WORKSHOP

In a creative and eco-conscious first ever initiative in Madhya Pradesh, our school recently organized a Bonsai Workshop for children, where students were introduced to the fascinating art of bonsai- making using the Jade plant.

This innovative step aimed to blend environmental education with hands-on learning, encouraging children to engage with nature in a meaningful and artistic way. Under the expert guidance, of eminent Bonsai Masters of the city and our Governing Board Members- Mrs. Padma Premswaroop Kalani, Mrs. Indumati Ravi Mohan Maheshwari, Mrs. Neelam Vijay Tapadia & Mrs. Pankaj Soni, the children learnt the techniques of pruning, shaping, and nurturing their own miniature trees, gaining insight into the values of patience, responsibility, and sustainability.



Aradhana Mahotsavam



April 24, Aradhana Mahotsavam, is the sacred day on which our dear Swami chose to leave his Mortal coil. Yet, his divine presence continues to guide, inspire and bless us every moment.

With hearts full of love and reverence a special assembly was organized to observe the Maha Samadhi Day of our most beloved Bhagawan Sri Sathya Sai Baba.

The day began with melodious chanting of bhajans, invoking his Divine name and filling the atmosphere with love and devotion.

A short video of a discourse by our beloved Bhagwan was also shown to the young Sai Messengers.

The school choir group offered a heartfelt musical tribute, expressing their love and devotion through a soulful song dedicated to our revered Baba.

Following the adage; 'Service to mankind is service to God', the children of class XI had visited the Aastha Old Age Home to spend quality time with the inmates there. A video of their pious act of Narayan Seva was shown in the assembly to motivate all to share and care selflessly.

Principal, Dr. Anju Chopra encouraged the children to be good and bring to the fore the inherent humane values to establish peace and harmony in the world.

Principal Ma'am offered Aarti at the Lotus Feet of our Divine Master.



RAM NAVAMI

The pious festival of Ram Navami marks the birth of Lord Rama. It reminds us to walk the path of truth, righteousness, and compassion. In a special assembly the children showcased through a beautiful skit that the values of Lord Rama are still alive in everyone in today's competitive world and to bring these inherent values to the fore is the need of the hour.

Wishing everyone a blessed Ram Navami.



卐

卐

卐



जय
श्रीराम



जय श्रीराम



Solar-Powered Room: A Step Towards Sustainability



Our newly equipped solar-powered room exemplifies our commitment to reducing electricity consumption.

Harnessing clean and renewable solar energy, this room significantly cuts down on conventional power usage, promoting an eco-friendly environment. The solar panels efficiently convert sunlight into electricity, powering lights and essential devices.

This initiative sets a positive example of responsible resource utilization.



A step towards a greener, more sustainable future under the mentorship of our Principal, Dr. Anju Chopra, Brand Ambassador for the Indore Climate Mission.

Walking down Memory Lane with Batch of 2003



Memories <3



It was so heartwarming to welcome the alumni of batch 2003 to their alma mater. The day was filled with nostalgia, joy, and inspiration. Walking through familiar corridors, they fondly recalled their cherished memories, reconnecting with teachers and friends.



Revisiting the memory lane they enjoyed sumptuous snacks and rajma chawal in the dining hall.

Witnessing their journey from students to accomplished individuals, carrying forward the legacy of knowledge, discipline, values and excellence was a matter of great pride.



SCHOLASTIC BOOK FAIR



Reading books enriches knowledge, enhances imagination, and improves language skills leading to enhanced creativity, critical thinking and lifelong learning.

A Scholastic Book Fair was organised in the school from 3rd April – 5th April, 2025 to encourage young minds to explore the world through books, inspiring a love for reading and offering students access to diverse literature and a wide variety of genres.

The Book Fair was inaugurated by Principal, Dr. Anju Chopra amidst cheers of our children.

WATER HUTS



Bhagwan Baba says "Love all Serve all".

Keeping this in mind a Water Hut was inaugurated on 9th April, 2025 at the School Main Gate, providing a refreshing stop for passersby amidst the scorching summer heat of Indore.



As temperatures soar in Indore during the summer months, this 'Water Hut' will serve as a welcome respite for those seeking relief from the heat.



**Compassion is the greatest gift
we can share.**



**Helping others is a powerful way to bring
light into someone's life. We connect with
hearts and uplift spirits through community
service.**

**As a part of our 'Joy of Giving' program
children of class XI spent quality time with
the inmates of old age home, singing bhajans,
listening to their anecdotes and distributing
goodies. They brought home stories,
laughter and warmth from their visit.**



Science Exhibition



Every great discovery begins with an idea.

-Sir C. V. Raman

Sir Sathya Sai Vidya Vihar, Indore organised a Science Exhibition on the occasion of National Science Day on 28 February, 2025 to celebrate the achievements of the famous Indian scientist Sir C. V. Raman.

The exhibition was inaugurated by Principal, Dr. Anju Chopra.

The children of classes V to IX displayed interactive and innovative science projects in the exhibition. They also presented live scientific activities including a Helicopter activity based on Bernoulli's theorem, hydraulic gate, Newton cradle etc.

The children also displayed hands on activities like volcano, puffer, lava lamp, coloured shadows, invisible ink etc.

It was exciting and wonderful to see the young scientific minds ready to lead the nation in future endeavours.

The effort of the children and their mentors in putting up such a grand show is really praiseworthy.



NATIONAL SCIENCE DAY

On the occasion of National Science Day i.e. 28 February, 2025, the students of Class XI visited SGSITS Indore to witness practical demonstrations of advanced scientific concepts.

Faculty and researchers conducted engaging experiments, enhancing students' understanding of science and technology.

Key demonstrations included Laser Technology, Newton's Rings, Interference and Diffraction of Light, Standing Waves, and Semiconductors. Students observed Fuel Cell Working, Optical Fiber Sensors, Electron Gun, and the effects of Liquid Nitrogen.

Innovations like Holograms, an Advanced Blind Stick, and a Magnetic Levitation Pendulum showcased real-world applications of science.

This visit provided hands-on learning, bridging theoretical knowledge with practical applications, and inspiring students toward scientific exploration.





Visit to IIT Indore – Talk by Prof. H.C. Verma

The visit to IIT, Indore on 28th March, 2025 was a memorable experience, highlighted by a thought-provoking session by Prof. H.C. Verma.

He shared his journey in Physics, emphasizing the role of experiments in learning and how curiosity drives scientific discovery.

He demonstrated simple yet powerful experiments, showing how hands-on experience enhances conceptual clarity.

Prof. Verma discussed the impact of AI in education, explaining how AI-based simulations can help visualize abstract Physics concepts and provide personalized learning. He also stressed the importance of situational learning, where real-life scenarios help students understand theoretical concepts more effectively.



Another key lesson was the importance of observation and attention to detail.

He encouraged students to explore Physics in daily life, making learning more engaging and meaningful.

His approach to joyful learning emphasized that Physics is not about memorization but about understanding and discovery.

Our students also interacted with IIT students, who shared valuable JEE preparation strategies, including conceptual clarity, time management, and consistent practice.



Inspiring Workshop by Padmashri Prof. H.C. Verma



The legendary physicist Padma Shri Prof. H.C. Verma conducted a workshop for Physics teachers on 29th March 2025.

The session was a masterclass in experiential learning, where Prof. Verma captivated the audience with Physics experiments, demonstrating profound scientific principles using nothing more than simple household objects.

He emphasized that true learning goes beyond securing high marks—it is about developing a deep, conceptual understanding of the subject. He also introduced NAEST (National Anveshika Experimental Skill Test), a free platform for teachers and students, designed to foster a hands-on approach to Physics.

One of the most fascinating insights he shared was how everyday kitchen items can be utilized to illustrate fundamental concepts like moment of inertia, torque, and rotational dynamics. His innovative methods left the audience in awe, proving that Physics is all around us, waiting to be explored.

With around 80 educators from various schools across Indore in attendance, the workshop was not just an event—it was an eye-opening journey into the essence of scientific discovery.

The event was attended by Mr. Mohit Dubey (Vice Principal) and Mr. Kapil Jain (PGT Physics).



Research on Mahakumbh



Kumbh is considered to be one of the most sacred and significant Hindu pilgrimage festival, held every 12 years. Mahakumbh 2025, a monumental event that had taken place in Prayagraj [formerly Allahabad], India, from 13th January to 26th February, 2025. This spectacular event is a celebration of spirituality, culture, and tradition, attracting millions of devotees, ascetics, and tourists from around the world.

As a step towards Research Based Learning, the children of class V were given a plethora of activities namely preparing interactive presentations, posters, paintings, drawings, and collages based on comprehensive research on the history, significance and cultural practices in Mahakumbh. The children created scale models of the Mahakumbh fairgrounds, including replicas of temples, ghats, and other important landmarks, presented a skit, dance and rendition of beautiful songs.

The students enthusiastically participated in the activities and their contributions were praiseworthy.





MOOT COURT



Children of class XI Humanities stream organised a moot court in class.

Topic Fundamental Rights- Right to Constitutional Remedies

Case study : D K Basu versus State of West Bengal

Participants

Sharanya Gupta-- As Judge

Divisha Jain -Lawyer 1

Anushree Dwivedi- Lawyer 2

Gauri Sharma- Police officer

Miraya Parashar- Victim's Sister

Jaya Koshti

Tarnika Vaish



TRIP TO GRAND MACHAL

240 students of classes I and II and 35 teachers and staff went on an adventure to The Grand Machal.

The school has always believed in joyful learning that creates lasting memories. This excursion added another beautiful chapter to their journey, ensuring the learning lessons and experiences that would stay in their hearts forever.



LET'S GO

ADVENTURE



Trip to MANDAV

Happy and excited Sai children of classes III & IV and staff enjoyed a fun-filled and a much awaited day trip to MANDAV.



TRIP TO KUMBHALGARH

The children of class VII enjoyed an exciting educational excursion to Kumbhalgarh, a historic fort renowned for its architectural marvel and rich heritage.

The trip offered a unique learning experience, blending history and adventure.

They explored the majestic fort, learned about its significance, and admired the world's second-longest wall after the Great Wall of China.

Fun and sumptuous food at the hotel added on to the energy and happiness of the children.





UDAIPUR-KUMBHALGARH EXCURSION~

LET'S GO

ADVENTURE

We thank the parents of Jharna Jakheta for treating our teachers and children to a lovely dinner blended with awesome hospitality, thus making the evening special & memorable @ their Farmhouse! (Chittorgarh) during the Udaipur-Kumbhalgarh excursion.



A PERSONALIZED ALPHABET ADVENTURE

ABC

We are glad to share a unique personalized alphabet book which will serve as a special companion for the children on their learning journey. Each page introduces a new letter, accompanied by fun illustrations and engaging activities.

'Alphabet Adventure' is a keepsake that children will treasure, filled with memories of their early learning days. These books are designed by our own Nursery teachers. The children will discover:

1. Alphabet recognition
2. Vocabulary building
3. Get a personalised connect to the literary world



Crowning Ceremony !

We witnessed a momentous occasion - the Crowning Ceremony of our tiny tots from Balvatika!

With beaming smiles and twinkling eyes, the shining stars walked up to the stage, ready to receive their well-deserved crowns.

As the crowns were placed on their heads, our young achievers radiated confidence and joy.



Crowning Ceremony !

Classes I to IV

A Crowning Ceremony was held at Bal Mandir for the children of classes 1-4, honouring those who displayed exemplary discipline and courteous conversation. The deserving children were adorned with crowns. With pride and joy on their faces, the crowned students embodied the values of hard work and good conduct, fostering a positive and motivating atmosphere for all.





Rhymes and Songs by the Tiny Tots

The little stars of Balvatika 1 stepped onto the stage for the Balsabha session. With their bright smiles and twinkling eyes, they were eager to showcase their talents. Through rhymes and songs, they performed with confidence and joy, making the session a truly memorable experience!





Parnika Agrawal - Balvatika 3 B
celebrated India's victory with
Corduroy and even took him for a
drive.



Paviksha Jain, Balvatika 1 C had
Corduroy as a day guest, a
glimpse of the day spent.



Adiva Dhakad of
Bal Vatika 3 A
shared her
experiences with
Corduroy



Bhavira Mehta of
Bal Vatika 3 C
shared her
experiences with
Corduroy



Tiny fingers in Action

Our Nursery stars explored pre-writing skills through playful fine motor development activities.

Focus Areas: Finger strength, pincer grip, and hand coordination.

Teaching Aids Used:

Craft Paper – tearing into small pieces to strengthen finger muscles and improve grip.

Pencil & Crayons – rolling and twisting exercises to enhance little finger control and fine motor precision.

A fun-filled day of building the foundation for confident writing!



Swirling Earth in a Bowl!

Our tiny explorers of Balvatika 2 turned into little scientists as they created a magical Earth using just milk, dish soap, and a splash of imagination!

Relating the Experiment to Earth:

The swirling patterns created by the blue and green food colouring in milk represent how Earth looks from space, with blue for oceans and green for land. As the colours mix and move, children can imagine how Earth is a living, dynamic planet—always changing and full of movement like the swirling seas and blowing winds.

This experiment shows how small actions (like a drop of soap) can cause big reactions, we teach children that small actions in real life—like taking care of nature—can make a big difference for our planet.

Focus Area:

- Science Exploration
- Colour Mixing & Sensory Play
- Fine Motor Skills
- Understanding Cause & Effect

Teaching Aids Used:

- Full cream milk
- Food colouring (blue & green)
- Dish soap
- Cotton buds
- Shallow Bowl
- Earth reference



MAGIC MILK

science experiment





Colour Quest: Balance & Match

Our tiny tots of Balvatika 1 went on a colourful adventure with the Colour Quest activity! With cups in hand, they carefully balanced vibrant balls, walked steadily, and dropped each ball into its matching colour tray. This delightful activity wasn't just about fun—it helped sharpen their colour recognition, concentration, and fine motor coordination. Step by step, ball by ball, they learned with joy and precision!

Focus Area:

- Colour recognition
- Hand-eye coordination
- Fine motor skill development
- Patience and concentration

Teaching Aids
Used:

- Colourful balls
- Colourful trays



P5 PLUS



6 3 0 6



P5 PLUS





SPINNING INTO EMOTIONS!



**OUR LITTLE ONES OF BALVATIKA 1, 2 AND 3
EXPLORED THEIR FEELINGS WITH THE
FEELINGS WHEEL AND EMOTIONS FLASH
CARDS- A FUNILLED AND INTERACTIVE
WAY TO RECOGNIZE AND EXPRESS
EMOTIONS!**



**WITH JUST A SPIN, WE TALKED ABOUT
FEELING HAPPY, SAD, EXCITED, WORRIED,
AND MORE – HELPING KIDS BUILD
EMOTIONAL VOCABULARY AND LEARN THAT
ALL FEELINGS ARE OKAY!**



Little Hands, Big Impact: A Day with Nature at Bal Vatika

Our Bal Vatika kids embraced nature with enthusiasm through a fun-filled day of environmental activities!

From planting saplings and crafting seed balls to churning buttermilk and adopting bird feeders, every moment was a step toward nurturing empathy, sustainability, and love for our environment.

Focus Area: Experiential learning, environmental stewardship, and holistic development.





The Magic of Buttermilk: A Cool CCI Experience!



Our little ones explored the refreshing world of buttermilk—learning to churn, mix and sip this traditional summer drink. A hands-on activity that blended fun with learning and a sip of good health!





Blossoming Summers: Little Steps Towards Big Dreams

Our cutie pies of Balvatika enjoyed a joyful 'Circle Time' activity focused on how to spend the summer vacations in a meaningful and productive way.

Through lively discussions and storytelling, they were encouraged to:

- dive into the magical world of books
- cherish precious moments with their grandparents
- experience the joy of gardening and caring for plants
- explore the colourful world of art and craft
- engage in many more fun and enriching summer activities

It was really a fulfilled and engaging session.

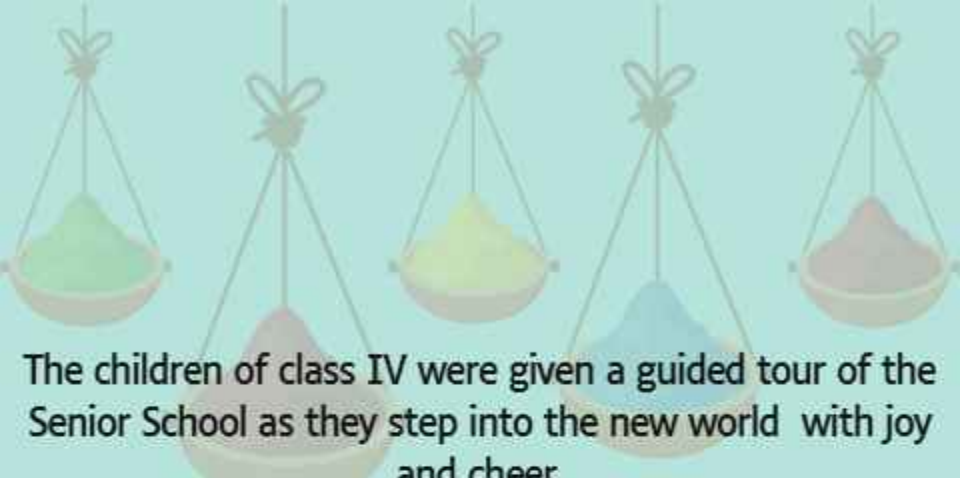


Dance Performance

Balvatika I A

The cutie pies of Balvatika I A gave an amazing dance performance.





The children of class IV were given a guided tour of the Senior School as they step into the new world with joy and cheer.

The Principal and teachers blessed them abundantly and gave them interesting books, chocolates and ice cream.



Dear Children, a warm welcome to a world of learning and fun.



Shining Bright Together



Glimpse of an impressive presentation of the shining stars of Sri Sathya Sai Vidya Vihar and Women Empowerment in the assembly.



CHANGE
is in
HER
HANDS

FEARLESS, FIERCE
& FABULOUS





Sri Sathya Sai Vidya Vihar marked Earth Day on April 22nd, 2025, with an engaging and educational initiative. Under the able guidance of their Principal and teachers, students enthusiastically surveyed the school's flora, identifying and cataloguing each plant species. This hands-on activity involved numbering trees and developing a database that included important characteristics like fruit-bearing status and medicinal properties. To further enhance learning and interaction, students created unique QR codes for each tree, which were then displayed on placards placed near the respective trees. The day proved to be a highly informative experience for all the students involved.





Earth Day



Children came together to celebrate Earth Day with great enthusiasm and zeal. The event aimed to raise awareness about the importance of protecting our planet and its natural resources.

Activities conducted were:

Pledge for Sustainability

Eco-Friendly Crafts-poster making, colouring and book mark making

Learning about Medicinal plants

Beautiful Earth friendly takeaways were given to Balvatika children.

The Earth Day Celebration served as a reminder of the importance of protecting our planet. The children learned valuable lessons about sustainability, conservation, and the role they can play in preserving the environment.





NATIONAL SCIENCE DAY

Bal Vatika

"The pursuit of Science is a divine worship."

National Science day marks the discovery of the Raman Effect by Sir C.V. Raman, a renowned Indian Physicist. Our little scientists celebrated the National Science Day with great enthusiasm and excitement at Bal Mandir.

Our children , guided by their teachers, conducted various experiments that showcased the wonders of Science and Technology.

A knowledge walk was also conducted to enrich young minds to various topics related to Science.

National Science Day was a huge success, with our children demonstrating their scientific skills and creativity.





Role Plays



IMPORTANCE OF BODY PARTS

Balvatika 2 B



Tiny tots of Bal Vatika 2 B presented a
role play on the
Importance of Body Parts.



THE MAJESTIC TREE

Balvatika 2 C

*Tiny tots of
Balvatika 2 C
presented a role play
on
'The Majestic Tree'*



No Gadget Day

Balvatika 3 A





GO GREEN

Balvatika 3 B

***Children presented a Role
Play on***

Save Energy and Go Green



THE COLOUR PARADE

Balvatika 3 C



***Children
presented a
role play on
THE COLOUR
PARADE***



Cherishing Grandparents

Balvatika 3 D

Grandparents possess attentive ears, comforting arms that embrace and support, an everlasting love and a heart of gold.

The children of Balvatika 3 D showcased a roleplay entitled

"To Be Good to Grandparents"





MANNERS MAKETH A MAN

BALVATIKA 3 E

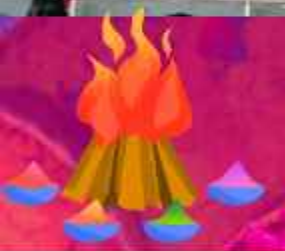


**Tiny tots of
Balvatika 3 E
presented a role play on
Good Manners**



Happy Holi

HOLI CELEBRATIONS IN BAL MANDIR



**"Work and play, night and day,
Balance it right and you'll find your way"**

"My Behaviour Check Challenge "



Under this programme, we bring you some short and simple pointers to help kids balance studies and daily routine effectively

- Follow a daily timetable with study, play and rest time.
- Finish studies first, then move to revision.
- Take short breaks- A 5-10-minute break after 30-40 minutes of study keeps the mind fresh.
- Stay organized- Keep books, notes and study materials in order.
- Reduce distractions from TV, mobile and games during study hours.
- Sleep well- Ensure proper sleep for better concentration.
- Eat healthy and engage yourself in physical activity for better growth.
- Spend quality time with family members.
- Do things that you love keeps you motivated.

Balancing studies and daily routine are the key to a happy and successful life. With a little planning and discipline, you can enjoy learning while still having fun.



Shreya Sarda XII E

This genre, this era—it's a season of showcasing. But showcasing what, exactly?

A life to gleam with joy, a social calendar bursting at the seams, a busyness on borders of what we call "glamorous". Yet we know, don't we? Behind smooth skin lies a gloss of creams, behind stretchy arms, the sweat of effort. It's human nature to display the best of ourselves, to adorn and unveil, to let the world see the sheen and strength we want it to see.

But there's a boundary, a delicate line. Beyond it, the layers unravel, and the shine begins to dull. Knowing when to step back, to pause before the performance becomes a parade—ah, there's the wisdom. Because, after all, there's more that meets the eye behind every flawless facade.

Go wild. dance, chant, lose yourself in the moment—but let it be for you. Not swayed by the currents of influence, not as echo of others. This age calls for something rare: the courage to satisfy ourselves, to seek happiness that feels true, to live by our own rhythms.

Today's obsession? That Coldplay concert, or maybe Diljit Dosanjh's latest tour. We all saw the endless reels, the crying emojis, the frenzy for tickets.

But why? Is it passion, or just the pull of the crowd? For some, maybe, it's real. For others, perhaps, just the latest in a long line of "must-do" trends. And if that trend promises something meaningful, a memory you'll cherish? Sure, that's worth a nod. But when it's Indian rupee 18,000 for a two-hour concert, swaying in a sea of phones (moving to and fro)...is it worth? Because that same sum could fill your life with a thousand new stories, adventures beyond the screen.

Yes, memories matter. A day out, a memento to hold in your hand—that's all beautiful. But if it's only for the photo, only for the post, that's when you should pause. I've seen teens, barely fourteen (okay whatever I'm also 15) pleading to parents with a puppy face for a ticket. And behind every indulgent "yes" is a parent cutting corners, skipping out on their own dreams to meet that one desire.

Look deeper, darling. Aesthetic photos and pastel feeds might look nice. But the colours that matter are the ones you wear in your heart, the ones in how you live, how you treat others. That's what makes you stand out. So, take a moment, ask yourself why. Does this truly bring joy? Or is it just another way to fit in? The answers are waiting, and only you can decide which path leaves you whole.

My Inner Self

I adore my inner self
A selfless loving realm

Where the melody meets the divine

And sets everything just fine
Supported by the rays of hope

For sadness there's no scope

All it needs is self-trust

In me, it will shine very first

No home for wincing nor crying

Will make me keep trying

Positivity's inner form

Neither too cold nor too warm

The place where dreams are born

Pages of emotions here aren't torn

Mankind named it heaven

Where emotions fill the hues seven

Breaking the ties of disbelief

Giving only joy, no grief

Dwelling in this land shall be my goal

Let the good times since then roll.



Gurneet Kaur Bhatia
VII E



The Essence of Friendship



Always try to be a good friend,
If you don't want your friendship to end.

If someone is in trouble and you assist,
You would get a new friend as a gift.

Be a friend the pay is bigger,
Though it is not written in a figure.

Just the will to give or lend,
This will make you someone's friend.

Don't ever make your friend sad,
This will make your day go bad.

You will be the richest at the end,
If you have a friend.

Tanushree Gupta
VII D



The Wonder of Creation

WONDERFUL!

How did the rivers learn to flow,
So soft, so free, where do they go?
Who told the sun to gently rise,
And paint the world in golden dyes?

How do the winds know when to sing,
And wrap the earth in whispers thin?
Who taught the stars to light the skies,
To dance like dreams in endless highs?

The flowers bloom, the seasons turn,
The oceans breathe, the fireflies burn.
But who first whispered, "Let it all be pretty.. "
And shaped this world so perfectly?

I marvel at these gifts so odd,
And sometimes ask—who made God?
If He made all, both grand and small,
Then who first stood to make Him tall?

The things we see, the life we weave,
We take them all and just believe.
But pause a while, and you will see—
The world is wrapped in mystery.



Laasya Pillai
X D



Exams



During exams I can't play
During exams I need to study everyday
I can't have my favourite snack
During exams I can't have extra nap.

My hands shiver while writing test
I wish that I score the best
My mood depends upon my remarks
My hopes always wish for good marks

EXAM!

The days were long
The nights were short
The days were making me strong
I need to revise everything that was taught.

Everything was hard to learn
Good marks were difficult to earn
The days were full of stress
But at the end I got success.



Ishika Narang
VI A



हमारा देश भारत

देश हमारा कितना न्यारा,
प्यारा हिंदुस्तान है।

ऊंचे-ऊंचे पर्वत सुंदर, इसके पहरेदार हैं।
गंगा, जमुना और नर्मदा भारत की पहचान हैं।
अलग-अलग धर्म और भाषाएँ विविधता का
प्रमाण हैं,
अनुपम संस्कृति और सभ्यता की यह खान है।
अध्यात्म को विज्ञान से जोड़, कर रहा नए युग
का निर्माण है।

जिस देश का गुणगान कर रहा सारा संसार है,
उसे देश का वासी होने पर मुझे बहुत अभिमान
है।



रुद्राक्षी सिंह

७ ई



ART CORNER



Avishka Vijayvargiya
VII A



Aradhya Bansal
VIII E



Divisha Gopwani
VII C





Riya Audichya
XE



Priya Mamtani
XA



Ditya Jain

IID



Laisha Kaila

VF



Manika Jain

VC





Reyansh Saxena

III B



Rushali Saxena

III C





Trisha Agrawal
Nursery C

ART



Kaira Bhasin
III C



Keyur Agrawal
IV D



Keyur Agrawal

IV D

