



ABHIVHAVAKON KI DIL KI BAAT



वो होली

सुनो सुनो ओ सहेलियों
सुन रे हमजोली
आज फाग में याद आ गई
नवोदय की वो होली
कक्षा थी आठवीं
माइग्रेसन का था डर
टूट न जाए जोड़ी
प्यार रहा था उमड़
रात पहले
होलिका थी जलाई
पहली बार गीत लिखे थे
फिल्मी धुन थी चुराई
गौरतलब है कि उस दिन
तू अपनी गीता भी थी गाई
भोर रंग गुलाल उड़ाती जो
मटकती होली आयी
बाल्टी वाले ढोलक से
आंगन में थी हमने महफिल जमाई
अंजलि अनीता पुष्पा निशा
फूल संजन अमृता स्वर्णा
रही न कोई कोरी
रेणु रेवा मीनाक्षी ज्योति संग
श्रुति शबनम प्रांजलि पूनम
लाई गुलाल की झोली
रूबी ब्युटी संध्या रंजना
स्पृहा माधवी दी अन्नपूर्णा
भी न गई थी छोड़ी
मचल मचल कर दूँढ रही थी
फिर किसको मारी पिचकारी
डर से उसके हाथ कहाँ
छिप गई थी चंचल बेचारी
सतरंगी पानी से उस दिन
थे हम खूब नहाए
सुनहरी होली नवोदय की वो
याद बहुत ही आए ।

- Sucheta Gupta

Parent of Aditya Gupta, Class X-B

When I became a mother

The year 2020 will be remembered for struggles, sacrifices, excellent services, and helping hands. Today we are going through a very tough situation that the entire world has come to standstill due to eruption of COVID-19. Doctors, health officials, police personnel, municipality workers are fighting this deadly virus from the front. I sincerely bow my head to their unselfishness services.

Apart from the above, there is one more person whom we always forget; she is none other than a mother. A homemaker or a working mother who works 24*7 for their family. As we have recently celebrated mother's day, I thought of writing this article about a mother, the challenges she faces, and how she overcome those challenges.

A mother who comes from a different background, culture, marries a person who is barely known to her. Leaving a family which she was born and brought up for 23 years also coming and adjust to a new environment itself is a difficult task. From the day she gets married, a word sacrifice falls into her feet. From the day of marriage, she feels that this is my family and she exchanges love, affection, bonding, etc.

Challenges could be different from one mother to another, but the purpose is the same. In my life I too have had faced a lot of challenges, by facing all those challenges, I kept my road and destiny clear, with a positive attitude.

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The buffalo's tail

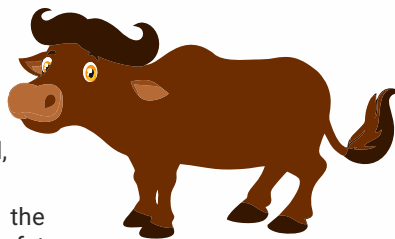
The Buffalo's Tail One day, disciples sat around their Zen master. One of them said, "Oh, Master! Please tell us a story today!"

The master said, "Okay, but I will ask you a question at the end of the story."

In their eagerness to listen to the story, they all said, "Sure! We are ready."

The master began telling the story. "There was one very fat buffalo in a village. Every day it walked past a hut on its way to the fields where it grazed. On the roof of the hut, people had placed many straw bundles to help keep the inside of the hut cool.

The buffalo used to raise its head and pull-down bundles of straw that were within its reach and munch on them.



When it could not reach any more straw bundles on the roof, it thought, "If they have strewn so many straw bundles on the roof of the hut, then how many must be inside? But alas, the window

Dear Reader,

We here bring before you a supplement to our new web-based newsletter "EK NAZAR"

Some of our best ideas come from our students and parents, and we're always happy to hear from you! Dil ki Baat is your very own space to share your stories of inspiration and success.

In this edition,

We bring you beautiful thoughts from our parents in the form of a poem and write-ups in [Abhivbhavakon ki Dil ki Baat](#).

Our [Student's Pen](#) corner, to give you an insight into the creativity and responsiveness of our students published in the NIE, Times student edition.

'YesChef' - a section which will open an array of information and suggestion from the YESCHEF health experts.

Kindly note that the correction to the students' scholar badge report has been updated in the main page of Ek Nazar Vol-I.

We hope that you enjoy reading this edition and share your stories with us in our upcoming issues. We would also love to hear from students their "Dil ki Baat" in the form of poems or write-ups.

Stay safe and healthy!

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Editorial team, DPS Panvel.

of the hut was always closed and the buffalo could not see what was inside.

One day as it was on its way to the fields, the buffalo's eyes sparked in astonishment. The window of the hut was open! The buffalo excitedly went to the window and carefully put

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When I became a mother

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To start with my journey, I was born in Hyderabad as a second daughter. When I was 6 months, my mother got a job and she had to accept that responsibility to support the family. In those days there were no day-care centers, so they had dropped me in my grandmother's house. Since I was brought up with my grandparents, I grew up with a feeling that they are my parents.

Later I came to know that my biological parents were different and they kept me in my grandparent's house. I was very upset with this, and could not bear up the truth when I asked my mother that how could you do this to me, she was tight-lipped with tears pouring. Later I got married at the age of 23 and now I am a mother of two beautiful daughters, when I had my first daughter I was pursuing my master's in computers. There were two choices in front of me, whether to pursue a degree or take care of my family. I chose both the options, choosing is fine but while delivering, I had to face many challenges. One side I have to give time to my family and on the other side, I have to complete my degree and also get a decent job to support my family. I successfully completed the stipulated period of three years with first class. When my elder daughter was 2 years old, I was blessed with my second daughter that is the time I got a job offer to work as a lecturer in one of the very reputed institutes, again I had two choices whether to take that offer or look after my family. I chose the latter option. At that point in time my relatives asked me whether I can send my daughter so that they look after my daughter for some years. I said no whatever comes I shall

take care of my family.

Looking after two kids who are very young is a very tough task. Till this time my husband was with me, later he was transferred to another plant in another state, and whatever the little help I could get also vanished. By not having my husband physically entire responsibility has fallen on me, many times I was having sleepless nights particularly when my children were ill. I used to get up very early in the morning, then I used to drop them in nearby daycare, and after coming back from my office, I used to go and pick my children and start the rest of the activities.

There were some days, when I was required to be there at the office and my children, were in need of me, at that point of time many of our neighbors used to point out on me "what a kind of mother she is", leaving her children un-noticed and uncared. By hearing those comments many a time I cried like anything. One day I almost have decided to quit my job and called my mother and told her I am quitting, then she – who is a mother of three kids, replied that "as a mother, I always worked to make you independent, strong, courageous, and self-dependent", now it's your turn to do the same. From that day I strongly kept in my mind to take care of family irrespective of all the obstacles, and don't pay any attention to what others are speaking and consistently focusing on giving quality, cultured, and meaning life to children, and to act as a supportive member of a family.

- By A. S. Padmaja

Mother of A. S. Praneetha
class X-B

The buffalo's tail

From Page No. 1

its head inside, expertly moving its head so that its horns do not get in the way. Just as it had expected, there were many bundles of straw stacked in one corner of the hut.

No matter how much it stretched its neck, it could not reach the straw. So, now it tried to squeeze its body in through the same window. His horns, face, and all of his neck was inside, but the straw was still out of reach. Slowly it brought its front legs inside the hut. It pressed its legs on the wall and pulled its body in. Little by little, its huge body broke through the window bars and, now the biggest parts of its body – the hump and stomach – were inside. All that was left were the hind legs. It slowly brought in one leg at a time, steadying itself.

Grunting loudly with its accomplishment, it believed it had fully entered the hut. It stretched its neck to reach the straw, but it could not, because its tail was still stuck!" The master stopped his story here.

He asked, "Is this story possible or not?"

The disciples said, "This is not at all possible." "Why?"

"The smallest part of a buffalo is

its tail. If it could put its head and stomach inside, why couldn't it bring its tail in?"

The master said, "There are many buffaloes amongst you." Sadhguru's explanation:

At times when I look at it, it is so tragic it pains me, "Why are they holding on to something that is so stupid?"

When transitioning from one dimension to another, when entering a land that you are absolutely clueless about, people unconsciously cling to something that is familiar, refusing to let it go. They will hold onto something from the past, or something that they learned, or something that they enjoyed. Even if you take them to heaven, their little finger will still be tightly wrapped around something. It could be something as simple as a cell phone or a bed sheet they use. Or they will think of a certain place as their own and only sit and meditate in that spot. Even if the entire body passes through, this is how just the tail gets stuck. If the tail is cut off at the right time, they will get enlightened.

- By Ajay Thakkar

Father of Abhidha, Class - X
& Abhishree, Class - IV

YESCHEF



Most asked questions by the parents during YesChef webinars

Q. : What to give as an alternative to milk if my child doesn't like milk?

Ans. : Try the following dairy alternatives if your child doesn't like drinking milk:

1. Buttermilk – Best body cooler and helps in digestion of food. Add mint leaves, jeera powder, chaat masala, black salt to enhance the taste even more
2. Fresh Curd
3. Blend curd and fruit into a fruit smoothie
4. Offer paneer with fresh fruit or add in your favourite curries

Q. : Is sugar consumption bad for my child?

Ans. : Excess sugar consumption is bad for your child because:

1. Foods or beverages with sugar give excess calories and almost no nutrients
2. Sugar rich foods might make your child feel full thus leaving less room for consumption of healthy foods
3. Eating too much sugar can develop 'sugar addiction' and lead to dental caries
4. Excess sugar consumption might result into behavioural problems and hyperactivity

STUDENT'S PEN

Students are the stars that shine in the skyline of every School. What is a school without students and their jubilant presence which make life vibrant and dynamic. The students of DPSP have been utilising the lockdown period in the most fruitful way learning, creating and sharing. Our little writer's and reporters have made their voice heard to many through the different publication's of NIE, Times Students edition. Go to the link to read each of the wonderful and thoughtful write-ups by them.

<https://www.dpspanvel.com/students-pen.html>