



ABHIVHAVAKON KI DIL KI BAAT

भारतवर्ष 2020

एक कहर

शुरू हुआ कहर जब से आया
यह नया साल ।
बढ़ता जा रहा कहर जैसे जैसे
बीत रहा ये साल ॥
नहीं रहा ये साल अब
गरीब मजबूतों के लिए ।
ये साल तो है बस
साहसी मजबूतों के लिए ॥
कोरोना के भय से सब का
हाल हुआ बेहाल ।
मजदूरों के पलायन से याद
आया बटवारे का हाला।।
करने बंगाल को तबाह
आया समुन्द्रीतूफान ॥
लोग मरे, पेड़ गिरे,
कर गया सब का नुकसान ॥
ये क्या अब एक नई
मुसीबत आई ।
कहने लगे सब
टिड्डियाँ आईं, टिड्डियाँ आईं ॥
खा गई ये सब फसल
जो किसानों ने थी उगाई ॥
मुसीबत की लंबी
लगी रही कतारा
एक जाती नहीं,
दूसरी सर पर सवारा।।
भरा हुआ है अभी
मुसीबतों का खान ।
लोगों को करने
फिर से परेशान ।
मुम्बई में आया निसर्ग तूफान ।
उड़ा ले गया सब कुछ
पेड़ पौधे हो या निर्बल निर्माण ॥
अंत में बस इतना ही है कहना ।
ऐ काश ना हो अब कोई नई
मुसीबत से सामना ।

- Anis Fatima Jauhar

Mother of Aleema Jauhar of class 5
and Maryam Jauhar of Class 1

The Art of Parenting

In my career span of 15 years, one of the most frequent questions I have been addressing is - **What is the formula for Successful Parenting? How do we decide what is right and what is wrong?**

How do we make sure that they get the best of everything?

Parenting is a lifetime process which needs to be reinvented time and again. There is no 'One Size Fits All' formula. As a parent it is extremely important to understand the physical, emotional and psychological needs of our children at different stages of life. The importance of Nurture can never be under-estimated as what we imbibe as children stays with us forever. Let us give our children the best possible gift ever- **A Way of Life!**

Our Choices will decide

- Whether our children will be Compassionate or Competitive
- Whether they will be Empathetic or Egoistic
- Whether they will have a Success story or a Succession story
- Whether they will be Humble or Harmful

Remember:

Our Deeds will decide

- Whether our children are filled with Conviction or Confusion
- Whether they are raised with Self Belief or Self Doubt
- Whether they are left

feeling Privileged or Poor

- Whether they are bursting with Joy or Jealousy



Our Thoughts will decide

- Whether our children seek Respect or Revenge
- Whether they seek Purpose or Pain
- Whether they seek Strength or Sickness
- Whether they seek Contentment or Resentment

Our Words will decide

- Whether our children will choose Power or Passion
- Whether they choose Wealth or Wisdom
- Whether they choose Love or Lust
- Whether they choose to be a Seclude or to be Social
- Whether they choose to Live and Let Live!!

- Susrutha Mantosh Yadav

Mother of Harshvardhan Yadav Class 10

Dear Parents,

These are truly unprecedented times and our fibre as humans is being challenged in numerous ways. However, what is beautiful to see is the unabashed resilience and positivity with which we keep moving forward. Our children have showed tremendous enthusiasm and joyous engagement as we continue to build the virtual learning program, which may very well be the future of education.

Having said that, none of this would have been possible without the unstinting support of our parent family. It is your support and faith that has led us to ensure that the teaching-learning process continues no matter what.

As a token of gratitude to our pillars- the parents, DPS Panvel would like to introduce a new initiative- Dil ki baat, a bi-monthly newsletter specially curated by our team, celebrating our parents as they share their dil ki baat!

We would like to invite you all to share stories from your lives as an effort to foster connections and a sense of community in the DPSP family. You may feel free to come forward and share any of the following:

- what are you doing differently to cope with lockdown
- your success story
- how you overcame a challenge in your life
- a book/ movie that inspired you
- a small anecdote or experience that brought a smile on your face
- a story from the life of your parents

Or just about anything that will give us our dose of positivity in this time where we're only hearing news we'd rather not. We look forward to all the heart warming stories from all of you, which you may share on editorial@dpspanvel.com and will be curated in the format of an e-Newsletter and shared with all parents twice a month.

Thanking you once again for your support! Let's keep moving forward one step at a time.

Regards,
Editorial Team



STUDENT'S PEN

A hearty hello to everyone. I am Thanmaya Manoj, from Class 5-C. With the current pandemic, we are all at home as a safety measure against the virus. Today I'd like to share my thoughts about the book that really

inspired me and will hopefully inspire you too. It is also a very helpful article to bear the lockdown boredom. The book's name is *Jacky Daydream*, written by my favorite author Jacqueline Wilson. Before I tell you about the book I would like to brief on the author a bit. Jacqueline Aitken was born on 17th December, 1945 in Bath, Somerset, England. Her mother, Biddy, was a housewife and her father, Harry, was a civil servant. Jacqueline loved reading Enid Blyton and books like *What Katy Did* and *Little Women*. She was very dreamy and imaginative, that she earned the nickname *Jacky Daydream* which she used as the title for this book. After completing her



The book that really inspired me

education at Lee Manor, Latchmere and Coombe Girls School, at 16 she began training as a secretary, but then started writing articles for magazines. Her thriller hit was the *Tracy Beaker* series and following it were *Illustrated Mum* among others. Jacqueline Wilson has written two auto-biographies, *Jacky Daydream* and *My Secret Diary*. Rest of her books are for children. She has written over 100 books. Dame Jacqueline Wilson had also written a few crime novels for adults. The reason why I love her books is her ability to capture her reader's attention with her words. They are also easy to read but also

able to portray the essence of the topic, be it friendship or anything else.

She has organized her own website for children, where they can showcase their writing talents, enter competitions, give diary entries and also get their short stories published onto her online library. But the most interesting part about her books is the fact that it is the words of a girl who had decided on her future from a young age. Having known that she has writing talent in her, Jacqueline decided she would become a writer. She wrote her first unpublished story *Meet the Maggots*, when she

was 9, which was 21 pages long. Reading her books have another advantage: They re-enlive your imagination powers and will give you an idea on how a story is written. Her book was also about her schools, friends, family, books, hobbies and teachers. Did you know she had many imaginary friends? She would take lone characters from her books and then change their personalities. I am recommending this book to every aspiring writer, reader and student. Jacqueline Wilson has received many awards for her work. She is currently 74 years old and lives in Kingston-upon-Thames in the UK, in her Victorian-style Villa. She has a daughter named Emma Wilson. All of Jacqueline's books are very interesting but *Jacky Daydream* is my most recommended.

- Thanmaya Manoj, 5C

Quarantine

The boredom throughout the day,
And the classes eating our brain,
We have started to pray,
To let this quarantine drain.

The everlasting May and April,
Made me think of the word "Mapril",
This enhanced my skills,
Which made me question my will.

I hope this doesn't make me commit a crime,
Sitting on the table and rolling my wind chime,
However, I admit I had some family time,
I hope it helps my relationship shine.

It looks like the time has stopped outside,
But still the empty life is going on inside,
I hope my friend joins me in this ride,
In this never ending circle of my life.

- Ridhi Sharma and Ananya Manglani - 8

The Importance of Shrewdness

Not many people understand the fact that in today's world, you cannot go far just being "the virtuous person". The definition of virtue has always kept changing with time, shrewdness is a virtue recently in requirement to be successful.

To clear the stereotypes for the word shrewd from everyone's minds, being shrewd doesn't mean to be dishonest or conspiring, you are not a shrewd person if you are swindling and bamboozling other people. Being shrewd is to be smart, saying alert and being sharp to get yourself out of any fix. Many hardworking people lose their credit in a particular task or job just because they can't speak for themselves, letting others to go over them. A shrewd person knows how to get out of problems, take and get his own identity and not let other people fool them and go over others by outwitting them. Note that outwitting doesn't mean fooling

them, but it refers to having a better presence of mind and common sense. There is this cryptic idiom I heard in a book, "in an apocalypse, the good person shall be remembered as a hero, the bad person as the villain, but the shrewd person will live to tell the story."

This means that in a life-threatening situation the good and bad will perish but the shrewd shall stay. Only by being shrewd, a good person can succeed and a bad person can become worse. No one generally cares about this little virtue but it has the strength to make a humongous difference in our lives. The difference of being the master and the employee. I hope all my friends reading this will try to inculcate this in their value set, making them more productive for both themselves and the country.

Thank you!

- Shambo Mukherjee, 10

QUARANTINE

QUARANTINE

पेड़ और प्रकृति

पेड़ प्रकृति की वो देन है जिसका कोई विकल्प उपलब्ध नहीं है। पेड़ हमारा सबसे घनिष्ठ मित्र है। हमारे द्वारा लगाया गया पेड़ सिर्फ हमें ही लाभ नहीं पहुँचाता बल्कि आने वाली कई पीढ़ियों को लाभ पहुँचाता है।

हवा, पानी, खाने-पीने की सामग्री, ईंधन, वस्त्र, जानवरों का चारा अन्य कार्यों में प्रयोग करने के लिए लकड़ी सब हमें पेड़ों से ही मिलता है। पेड़ पर्यावरण से कार्बन डाईऑक्साईड लेकर बदले में ऑक्सीजन देते हैं।

पेड़ों पर कई जीव-जन्तु अपना घर बनाते हैं। यदि पेड़ न हों तो हम इन सब चीजों की कल्पना तक नहीं कर सकते।

लेकिन क्या मनुष्य इस प्राकृतिक संसाधन से अपना लाभ लेना ही जानता है या वह इसके संरक्षण और संवर्द्धन की ओर भी जागरूक है? वर्तमान की स्थिति

देखकर ऐसा लगता है कि हम पेड़ों को बचाना तो चाहते हैं पर शायद उतना प्रयास नहीं कर पा रहे हैं जितना आवश्यक है।

ऐसी परिस्थिति धीरे-धीरे प्रकृति का संतुलन बिगड़ता जायेगा और हम प्रकृति की इस अमूल्य सम्पदा को धीरे-धीरे अन्य प्रजातियों को लुप्त कर देंगे। इस प्रकार इस धरती पर न जीवन होगा न जीव।

अतः हमें चाहिये कि हमारे आसपास हमें जितनी भी खाली भूमि दिखाई दे हम वहाँ पौधारोपण करें और कुछ न अपने घर में गमलों में ही इस अमूल्य धरोहर को संरक्षित करें। यदि यह छोटा सा कदम हर व्यक्ति उठायेगा तो यह धरती और धरती पर जीवन सब खुशहाल रहेगा।

- Ishika Rohilla, 8B

Me and my mother



What comes to your mind when you hear the word "MOTHER"? Words that comes to my mind are love, care, respect, compassion, honesty, self respect, generous, supportive, etc etc.

No one can take my mother's place. She always cares for me, loves me. She helps me in every step of my life. She is my First Teacher who helped me walk, speak and climb over every

difficulty of my life. Every child requires his mother's hand.

I like my mother not only because she is my mother but also because she took care of me, helped in taking my first step and fed me with her own hands.

A mother doesn't expect anything great from her child but only that he or she will take care of her at her time of need and she will get returns of all good deeds that she did for her son.

The truth is that you need not require a reason to like your mother because she is **'YOUR MOTHER'**. **"A MOTHER IS YOUR FIRST FRIEND, BEST FRIEND AND FOREVER FRIEND"**

- Smeeta Sorte, 10

YOU WILL ALWAYS NEED A FAMILY

Our life, I think is full of ups and downs, it's never the same and nothing stays for long. You will come across various phases which might be Tranquilizing or horrifying or depressing or irritating. So what you will always need to pull through this journey is a driving force, support, love and confidence. And you will get this all from your family.

Everybody needs a person who has strong faith in them and for me it's my mamma. She believes in me more than anybody else. She always tells me to never give up and give my best in whatever I do whether I like it or not. She has always been my inspiration and will always be. I remember that day when I was feeling low and was crying a lot, she didn't say much but only one thing that when I was born I didn't cry and everybody was perturbed. I got anxious when she said that. So I asked her and she said "If you didn't cry then, why now. Never ever cry again because you are born to be a fighter." And this is why she is my source of energy.

My dad, is not really a person who expresses his feelings but I know that he loves me a lot. I have observed that in any situation he is always calm and does not over react and that is



how he solves every problem he comes across because he does not panic and keeps cool. He tells me if you have presence of mind, you will get through any situation. He says that it's okay to make mistakes but it's not okay to repeat them. And I think when you make a mistake it's only your family which makes you realize your mistake and then supports you to do better without repeating it And finally my little baby sister. Cliché, but she is my sunshine. Even if I've had a stressful day just looking at her makes me happy. Her innocence and the things she does and everything about her gives me strength to do anything because I know at the end of the day my little baby is going to shower me with lots of love and it's going to make me forget everything that makes me sad.

This is what I get from my family and I think this is what everybody gets from their family. In this situation where the whole world is suffering and is surrounded by sorrow, fear and depression, I know I am going to be safe and happy because I have my family with me.

- Tanishka Hase, 10A

- Aarav Bhattacharjee, 5C



My mother my superpower

To begin with, this is no drama , sci-fi or a comic story. This is a real life incident and it is about me and my mother. She is my friend and my world. She is the STEM of my life . STEM refers to Strength, Transformation, Energy and Modesty. She is the sugar to my sweet. She is an extremely kind, generous, compassionate, and an optimistic being. She is the one who has always encouraged me . All the super qualities that I possess are a boon from her and my father. My mother is my mentor. At times I trouble and irritate her. But she exactly knows how to handle me and my tantrums. It was on 28th July 2018 a bright Sunday morning , I decided to ride my bicycle in our building premises. I went downstairs, took my cycle and I

was riding it as fast as I could . I came across a slope which was tough and high and decided to ride. No sooner did I reach the midway of the slope, I lost my control over the cycle and fell down on my left hand. Due to the fall a few bones were displaced and broken as the slope was too steep and made up of concrete. The pain was unbearable as I had begun to feel unconscious . A security guard came running towards me . He helped me to get up, took my cycle and helped me get home. My mother was shocked to see my bleeding hand. I told her that it was painful and I can't resist it any more. My parents hurriedly took me to an orthopaedic surgeon . As The surgeon was not available at that moment the nurses gave me a painkiller and temporarily

managed to keep my hand stable . Next day the surgeon checked the hand and informed my parents that I have to undergo a small surgery to join the bones. After 4 days of hospitalization I was finally discharged . It took two months for the hand to recover completely and I couldn't attend school as the doctor had advised so.

During that period my mother encouraged me to start writing with my right hand as I am a left handed person. At that time I felt it was impossible for me to write with my right hand. I was worried about my academics since Mid Term exams were hardly a month away. I had no other choice as I was aiming for SCHOLAR BADGE and was not ready to give up on it. That's when I learnt the most important lesson from my mother - & quot; NEVER EVER GIVE UP IN LIFE". Come what may always Believe in yourself she had said." I am ok if you get less marks , I have no problem with that . Mark's are not important, what is more important is what you learn from

different situations and how you face them. How you interpret a situation in your life is essential than the result". Her words pierced my mind and I decided to start practicing writing with my right hand. With all my dedication and effort I could write a few sentences which were atleast readable.

She sowed the seed of self confidence, determination and hard work in my mind. I felt more energized and determined towards achieving my goal and finally that year I bagged the Scholar badge. That moment I realised that challenges are opportunities that give us the strength to deal with any situation . That episode taught me to believe in myself and my capabilities. We must always feel grateful for everything we have in our lives.

Thank you MOM and love you for everything . Thank you for being my STEM.

-Harshvardhan Yadav, 10

TEACHER'S PEN

TRUST is a term that makes or breaks a person. It is something that is one on one. One person's trust on another person becomes the responsibility of the other person to maintain that trust. TRUST is a universally reliable factor needed for strengthening relationships. When it comes to a family, one knows to trust the other members. It's an instinct. But what about our extended family-the institution where each one of us builds oneself in a holistic way, especially the students? Here TRUST plays a major role.

In our profession it is seen that TRUST plays an important role in Teacher-Student relation, Teacher-Parent relation and Teacher-Teacher relation. Every child is different. Once the child is in our hands, it becomes our duty to follow the 5 factors of TRUST:

- Tangibility of thoughts
- Respect for the child
- Understanding the child
- Safeguarding the child's secrets
- Truthful towards the child

These factors imply for all the

above these relations. TRUST helps in building relations, co-ordination, sharing of thoughts and experiences without fear, etc. and these in turn help in giving extraordinary outputs in the form of optimistic development.

But nowadays most of us, especially children, are seen trusting the virtual world and not the real world. They are being drifted, away from their near and dear ones, towards the virtual arena of social media, weird video games, etc. It has become difficult to make them realize what is good and what is bad. A teacher's job has become more challenging. We have to be more alert and supportive towards our children so that they start trusting the real world as well as themselves.

My article stands incomplete without the mention of a few inspirational quotes:

"Trust starts with truth and ends with truth." - Santosh Kalwar

"Trust is earned when actions meet words." - Chris Butler

THANK YOU!

- Sushmita ma'am

YESCHEF



Most asked questions by the parents during YesChef webinars



Q. : What is the alternative to dal??

Ans. : Plant based protein are not only good sources of protein but also fibre thus improving bowel movement and keeping children energetic through the day

1. Go for beans as they are closest alternatives to dal like chickpeas, rajma, black eyed peas, whole moong, soy beans, etc. You can stir fry these beans with vegetables making it a healthier choice
2. Soy granules or soy chunks are an excellent source of plant protein and can be added in curries or stir fries
3. Hara or red or kala chana can be made into exciting salads and chaats
4. You can sprout the above alternatives to increase nutrient content, lowering anti-nutrient level and ease digestion.

Q. : My child doesn't eat green vegetables, what can I do?

- Ans. :**
1. Try giving a small portion of vegetables as it might take 10-12 or more tries before a child accepts a new food.
 2. Pair veggies with something you know your child likes
 3. Set a good example by having family meals together and let your child watch you eating a variety of vegetables yourself as kids are also more likely to eat what their parents eat
 4. Try serving vegetables in the form of cutlets, vegetable paratha, vegetable rice, prepare a gravy with finely chopped vegetables and they can be used in the grated form in rotis.