

## FROM THE PRINCIPAL'S DESK

*Change is the only constant, and our students today are witnessing a world that is evolving faster than ever, as I reflect on the diverse voices that have contributed to this edition of Shashvat, I am filled with pride and admiration for the way our young minds are navigating these changing trends while staying rooted in their values and heritage.*

*Each article and thought expressed by our students reveal a journey of self-discovery, reflection, and connection. Whether writing about their love for our nation or their experiences within the school, their words echo a common theme: growth. They remind us that change is not merely a challenge; it is an opportunity to evolve, to learn, and to contribute meaningfully to the society.*

*Our nation, Bharat, is a land of immense diversity and rich traditions. As we stand at the crossroads of modernity and heritage, it is heartening to see our students acknowledge the importance of staying connected to their roots. Their reflections on national pride reflect not just patriotism but a deep understanding of the values that define us unity in diversity, resilience, and compassion. These are the very principles that Shashvat stands for: timeless values that guide us through the waves of change.*

*At the school level, it is equally inspiring to see the bond students share with their learning environment. Their heartfelt words about LML reflect a sense of belonging and gratitude recognition that school is not just a place of academic pursuit but a nurturing ground for character, dreams, and lifelong*

*friendships. This is where the seeds of their aspirations are sown, and where they learn the importance of empathy, respect, and collaboration.*

*Through this edition, I encourage you all to appreciate the evolving perspectives of our students. They are not just passive observers of change; they are active participants, shaping the future with their ideas, enthusiasm, and sense of responsibility.*

*As educators and mentors, it is our responsibility to support this journey. Let us remind them that while trends may shift, their character and integrity will always be their guiding stars.*

*To our students, I want to say: your voices matter. Your feelings and reflections are powerful, and they have the potential to inspire change, not just within the school but in the world beyond. Continue to express yourselves, stay curious, and never stop learning. Remember, every small action contributes to the larger story of progress and unity.*

*I hope this edition of Shashvat not only showcases the talent and thoughtfulness of our students but also serves as a reminder of our collective journey of embracing change while celebrating the values that define us.*

*Happy reading!*

*Ms. Ranjana Mandan  
Principal*





## A Treat of Alteration

*As years go on, we keep finding new dishes,  
Some are very bland,  
And some are enormously delightful.*

*When I starve, I choose olden recipes at a glance  
But my heart wishes to try rather unique,  
And try to make some new yummy.*

*Many try blending diverse fares,  
To me, flavoursome like priceless tang,  
I feel right amusing when I finish mouthwatering pieces.*



*At the end I grasped,  
In this planet, many dishes are decent,  
But my grandma has a different magic  
And to the world it is disguised.*

**Yaksh Mehta | Class : VII - B**

## Change in Fashion

*With the Indian long kurta and US's denim oversized jeans,  
Makes whispers of big in lower and rusty silk.  
I look long about a hundred teens.*

*In this fusion, I find my voice,  
A symphony of cultures rejoice.*

*When the authentic kimono of Japan is worn with modern European bell bottoms,*

*Kimono's silk enfolds my frame,  
And bell bottoms rustle, a rhythmic claim.*

*It will feel like the falling of cherry blossoms.  
Diverse threads weave my identity,  
A tapestry of harmony.*

*I would like to say, prefer fusion,  
Like Persian elegance and Indian flair,  
African design on Brazilian wear, Northern tradition, pirate's delight.  
Southern fashion shines global light.*



**Kavya Patel | Class : VII - B**

# BE THE CHANGE

## From Millennials to Gen Z

The drastic change in lifestyle happening in our lives recently is considerably unignorable. From the time when we used to play outdoors for 3 - 4 hours everyday and our mothers would scold us for coming late, to the current times, when we are so engrossed in video games and YouTube that we rarely even give a thought to go out and breathe the fresh air. The cases of lifestyle diseases such as obesity, diabetes etc. are increasing 44% every year on an average. The major reason for this is our sedentary lifestyle. The decline in physical activity, and the increase in junk food and oily food has led to a drastic change in our lifestyle. But there have even been some positive lifestyle changes in the recent years like, we have become more careful about hygiene, despite the fact that we don't care much about our health as we are decreasing our physical activities. Some really advanced technological changes have taken place in recent years which have had a really big influence on our lifestyle.

Agastya Yadav | Class : VII - C



## Lifestyle Changes over the Years

Change is an integral part of life. From the past years, we have been observing a lot of lifestyle changes in India. Be it fashion, food or technology, India has observed so many changes.

In the early and late 1900's, traditional clothing like Saree, Kurtis and in Western clothes, bell bottoms or wide leg jeans were widely worn by people and were quite prevalent. Today, jeans, tank tops and dresses have become quite popular.

About food too, we have observed many significant changes. Now, ready-to-eat food items are preferred more than the authentic traditional cuisines as they are less time-consuming.

Although, among all these, the biggest leap was of technology. 5G and AI have left all of us dumbstruck, because people who used keypad phones never imagined ChatGPT taking toll on the world.

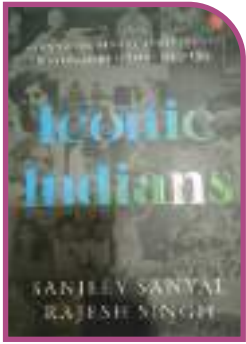
Change is inevitable but what we need to learn is how to accept it. Change is not always supposed to be nice but something that shouldn't change is our perspective as the quote says 'our perspective towards life makes it beautiful.'

Diya Sheth | Class : VIII - A





# BOOK REVIEWS



**Title-** Iconic Indians

**Author-** Sanjeev Sanyal & Rajesh Singh

**Publisher-** Rupa Publications India Pvt. Ltd

*Imagine reading a book full of some heroes who have changed the history of our country. Iconic Indians is a book that tells us about 75 Indians who have contributed for the upliftment of the country. From freedom fighters to political leaders, scientists, artists, sports personalities and many more. This book was written during the 75<sup>th</sup> independence of*

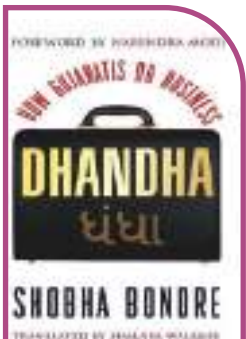
*India and is a tribute to 75 Indians who have shaped the modern India. This book helps people to recall the remarkable men and women who gave India a new identity. All these Indians inspire us to work for our motherland and help in its development.*

**Strength-** *This book is inspiring and especially for students and teenagers and to know more about the country. It also has an engaging storyline.*

**Weakness-** *I think that the book lacked some images or pictures to break the text and develop more interest in readers.*

**My opinion-** *From my perspective I think that people of every age group should read this book especially teachers students people interested in history, culture, people seeking inspiration and motivation. In the end I want to conclude by mentioning one of my favourite quotes from the book – “The best way to predict future is to create it” (Chapter 14 Dr. A.P.J. Abdul Kalam).*

**Krishnaanshi Sharma | Class : VIII - B**



**Dhandha- How Gujaratis' Do Business**

*Business is not just a way of life, but a way of being. For Gujaratis, business is not just about making money, but about building relationships, taking risks, and living life to the fullest. A couple of months ago, I read this book, 'Dhandha' (means business in Gujarati) by Shobha Bondre, and I found it quite interesting.*

*The book is about five businessmen, who have taken risks in order to ace their fields. But do you know what was common in all these people? It was their ability of never giving up, even in the toughest situations. Their inspiring stories are an epitome of always working hard and making efforts. One key lesson from "Dhandha" is the importance of asking for opportunities. The businessmen featured in the book were not afraid to seek help or take risks. They understood that success often requires stepping out of one's comfort zone. This teaches us that we should not shy away from pursuing our goals, even if it seems daunting.*

*I would like to recommend this book to all the teenagers who are fond of reading books as it would make a big difference in their lives.*

**Diya Sheth | Class : VIII - A**



# Read for Good



**Artemis Fowl | Author : Eoin Colfer | No. of Books in the Series : Eight**

*Protagonist and criminal prodigy Artemis Fowl discovers an underground world of fairies and ends up in a deadly battle with them.*

**Keeper of the Lost Cities | Author : Shannon Messenger**

**No. of Books in the Series : Ten**

*Secretly Telepath Sophie Foster discovers that she is an Elf and forced to move to The Lost Cities where a covert villainous group is hunting for her.*

**The Isle of the Lost | Author : Melissa De La Cruz**

**No. of Books in the Series : Five**

*The Disney Princes and Princesses had a happily ever after, locking away their nemeses. Sixteen years later, the villains' children are rebellious and plan to avenge their parents. What happens when their worlds collide?*

**The Land of Stories | Author : Chris Colfer**

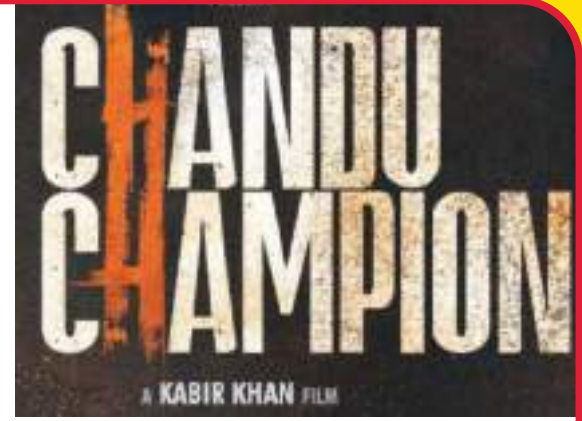
**No. of Books in the Series : Six**

*Twins Alex and Conner Bailey open their Grandmother's gifted story book which transports them to the fairy tale world of magic and happiness. Adventurous paths await them and Villains are not far behind...*

**Nancy Drew and the Hardy Boys : Super Mystery**

**Author : Carolyn Keene and Franklin Dixon | No. of Books in the Series : Six**

*Three of the best teenage sleuths join hands to solve super mysteries in the newest crossover. Beware criminals, for Nancy Drew, Joe and Frank Hardy are on your tails!*



### *Film Review: Chandu Champion*

*Movie Type: Sports - Action*

*Cast: Kartik Aryan, Vijay Raaz, Bhuvan Arora, Rajpal Yadav, Aniruddh Dave, Shreyas Talpade*

*Director: Kabir Khan*

*“Chandu Champion” is a sports based picturization on the life of Murlikant Petnakar, India’s first individual Paralympic gold winner. He had a dream of being an Olympic gold medalist, and so in his village, Islampur, a small town in Maharashtra everyone laughed at Murli. Nonetheless he did not break down of many hurdles and joined army. He achieved many triumphs from silver medal in International Military Games to boxing matches. He was just a step away from going to his dream Olympics but he was struck by six bullets in a war and lost control over his legs. Despite such loss, he continued his journey in sports. With the guidance and support from his coach, he proudly secured gold medal in swimming in Paralympics held at Munich, West Germany. Much later he was honored with Padma Shri by the president in the year 2017.*

*To me, this is a must watch movie with wonderful blend of emotions, drama and action. This film also instils to move ahead with spirit in any odd condition that arises on the way to our dreams. Also it impressively depicts to disregard destructive opinions of people around us. His journey from Islampur to Munich is a great inspiration for the young aspirants in desired endeavor.*

**Yaksh Mehta | Class : VII - B**

5.0



### *Laapataa Ladies:*

*India’s Oscar Nominee Shines with Humour and Heart*

*Kiran Rao’s Laapataa Ladies has earned an Oscar nomination, bringing pride to India. This captivating comedy-drama offers a fresh take on patriarchal practices, addressing societal customs like the parda system, which restricts women to domestic roles.*

*The plot tells us how the two newlywed brides who get accidentally swapped with each other’s husbands. What follows further is a charming tale of resilience and self-discovery as the women fight to reclaim their identities. With humour and heart, the film delivers a powerful message on empowerment.*

*Laapataa Ladies strikes a perfect balance between entertainment and social commentary, resonating with audience worldwide. Its engaging narrative, layered with witty moments, keeps viewers hooked while inviting reflection on gender roles. The music further enriches the storytelling, adding emotional depth.*

*A must-watch for its blend of humour and meaning, this film leaves you laughing, thinking, and inspired by the journey of these spirited women.*

**Labhya Pant | Class : X-C**



# Extinction of Libraries

*Libraries are a gateway to excess great pits of expertness. Librarians make sure that these gateway keep spreading knowledge all over the world.*

*I am really tensed about our coming times. The libraries which provide great source of knowledge are shrinking day by day. Libraries are spices which add fruitful knowledge in our mind.*

*The expansion of technology has overcome our ancient source of sharpening our vocabulary and knowledge. People spending maximum time online is the reason why people are seen in libraries once in a blue moon . Thoughts of gen-z say that libraries are old fashioned which is a reason for libraries slowly disappearing. Another reason for libraries vanishing is that people do not want to get out from their comfort zone and cannot put the efforts of going till the library . The main reason of decline in usage of libraries is that the government isn't spending money or increasing library budget which causes decrease in patronage .libraries are old but a good source of books.*

*At last I would like to conclude that libraries should be preserved and persevered to be considered as a good place for reading books as a wise man said libraries stores the energy that fuels the imagination*

**Prisha Jain | Class : VII - C**

*O Dear me! The sight of empty chairs! It was once bustling with people holding books close to their hearts. Nowadays there are hardly any children who come to me running around, hitting the shelves and flapping the books. Nor the sight of students taking last minute notes before the exams.*

*Children's eyes are glued to technology. Those who read, do so through '-Books', and I barely have any visitors left! The librarian looks after me well, dusting my shelves every day expecting guests but alas, they never come. She too misses saying her favourite dialogue silence Please!'*

*Come again O Dear as there is no scent like the one of new pages, exploring new realms awaits. Books are your lifetime companion. Even though lesser and lesser children come, I still share with them the same amount of knowledge I did years ago.*

**Chitrakshi Vatyani | Class : VII - B**



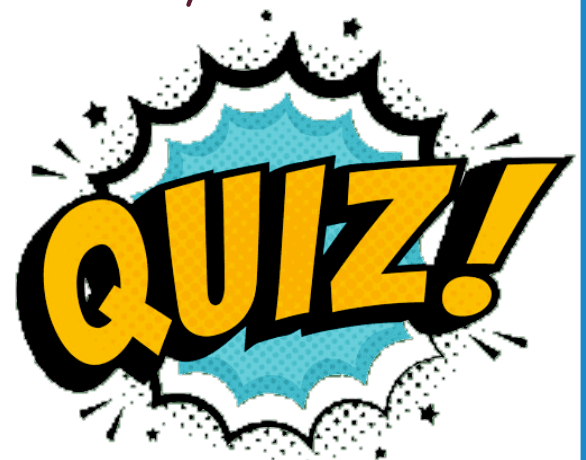
# DID YOU KNOW?



- Do you know you can make homemade cheese out of paneer. We have to make the paneer at home only. You can make it easily at home. That way you will stay fit and healthy.
- Do you know Indian use over 30 spices while cooking food. That is why our food is the tastiest.
- Do you know that all over India people eat with their hands. This is a traditional practice which is very healthy.
- Do you know in South of India, food is still served on Banana Leaves. It makes the food more flavourful & Healthy.



- What is a soft round and white food that is eaten with chutney and sambhar?
  - a. Dosa
  - b. Idli
  - c. Chapati
- Which is the Indian food that looks like Doughnut?
  - a. Samosa
  - b. Pani puri
  - c. Medu vada
- Which are the Healthy noodles, made from rice and eaten in breakfast?
  - a. Idiyappam
  - b. Hakka Noodles
  - c. Spagetti





# QUIZ on

# Changing



1. Who starts changing trends?

- A - Machines
- B - Innovators
- C - Common people
- D - None of these

2. Who invented fashion trends in modern era ?

- A - James Thomas
- B - Noah Lia
- C - Charles Fredrick
- D - Liam Thomas

3. What is the driving force behind innovation in changing trends in technology ?

- A - Turbulent world
- B - Market conditions
- C - Company strategies
- D - All of these

4. Which is the new engineering that is trending now ?

- A - Civil engineering
- B - Robotics engineering
- C - Mechanical engineering
- D - Electrical engineering

5. Which is not the changing trend in sports ?

- A - Fan engagement
- B - Sports equipment
- C - Fitness
- D - Technology



Freya Patel | Class : VII - B

# The Way We **Modify** The Way of **Living**

*I am proud to say,  
That in India I stay.*

*A country having speciality,  
In it's modernity.*

*Jammu and Kashmir being known in winters,  
With heat gadgets, sports and great tourism.*

*Ladakh improving,  
When it's beauty is being seen.*

*Then comes the other northern states,  
Where agriculture and infrastructure flourish.*

*Next we have our political hub - Delhi,  
Where future dreams come lively.*

*As we head to western India,  
We see culture and industry thriving.*

*In the east, we have our seven sisters,  
The region of education and social togetherness.*

*At last we go to southern India,  
Where gender equality is the change in people's minds.*

*Here the story of Change in Lifestyle's ends,  
So, lets make this modern lifestyle our friend.*



Charvi Pathak | Class : VII - D



# Winter QUIZ

Winters are beginning to set in. Take this quiz and learn something about the latest trends for winters.

1. Which of the following products used in winters reduces dryness and helps in brightening the skin?
  - a. Turmeric
  - b. Honey and Oatmeal Scrub
  - c. Neem and Tulsi
  - d. Coconut Oil
2. Which of the following fabrics is not used in producing clothes trending during winters?
  - a. Wool
  - b. Silk
  - c. Cotton
  - d. Faux Fur
3. Which of the following Sabzi is not in trend during winters?
  - a. Sarson Ka Saag
  - b. Bitter Gourd
  - c. Palak sabzi
  - d. Undhiyo
4. Which of the following footwear is not in trend during winters?
  - a. Loafers
  - b. Boots
  - c. Chappal
  - d. Sandal
5. Which dessert is not in trend during winters?
  - a. Chikki
  - b. Kachariyu
  - c. Dry fruits halwa
  - d. All of these
6. Which fruits and vegetables are available during winter in abundance?
  - a. Carrots
  - b. Amla
  - c. Radish
  - d. All of these



1. a. Turmeric
2. c. Cotton
3. b. Bitter Gourd
4. c. Chappal
5. d. All of these
6. d. All of these



Electronic waste, or e-waste, refers to the disposal of electronic devices that have reached the end of their useful life. India generates over two million tonnes of electronic waste annually.

### Environmental Impact

*E-waste contains toxic chemicals like lead, mercury, cadmium, barium, and lithium. Improper disposal of e-waste can cause pollution, contaminate food sources and harm wildlife. When electronics are improperly disposed off, toxic chemicals are released, negatively impacting the air, soil, and water.*

### Health Impact

*The negative health effects of toxins on humans include brain, heart, liver, kidney, and skeletal system damage. It can also considerably affect the nervous and reproductive systems of the human body, leading to disease and birth defects.*

*To avoid these toxic effects, it is crucial to re-cycle e-waste properly, so that items can be recycled, refurbished, resold or reused.*

### Importance of E-Waste

*E-waste is a rich source of metals such as gold, silver, and copper, which can be recovered and brought back into the production cycle. Efficient recovery of these materials can unlock significant economic potential and create income-generating opportunities for both individuals and enterprises.*

### E-Waste Management

*E-waste management involves collecting e-waste, recovering and recycling materials through safe methods, and disposing of waste using suitable techniques to reduce its adverse impacts on environment.*

Tanish Chhunchha | Class : III - C





# The Power of Struggles in Students' Life

*Struggles are an inherent part of life. Each phase brings its unique challenges and through these struggles that we discover life's true meaning. They create a transformative environment, strengthening us and preparing us for the future.*

*I recall sharing my life experiences with my 10-year-old daughter during our special mother-daughter time. As I narrated the struggles I faced, she innocently asked, 'Mumma, will I face the same struggles too?'*

*I paused, then replied, 'Yes, everyone who's alive faces struggles, including you.'*

*I continued, 'But remember, struggles make us resilient and wiser. They teach us valuable lessons, shaping us into stronger individuals.'*

*'So, my dear students, don't fear struggles. Face them head-on, learn from them and grow stronger.'*

*Schools serve as vital agents of socialization, nurturing future generations to achieve greatness and bring pride to the nation. Each school develops innovative approaches to empower students, equipping them to thrive beyond the sheltered environments of family and school.*

*Upon graduation, students enter a world filled with limitless opportunities and challenges. Schools prepare them for this transition, fostering resilience, adaptability and determination.*

*We at LML school too are committed to empowering students with the skills and resilience needed to overcome life's challenges. Our mission is to equip them with the tools necessary to triumph over adversity, ensuring they emerge victorious in every stage of their lives.*

*We were honoured to partner with Life School Foundation and facilitate sessions for our students of class X through their Keep Moving Movement initiative.*

*Recognizing Class X as a pivotal milestone in a student's life, we understood the significance of overcoming this critical juncture. Successfully navigating this stage can profoundly boost a student's confidence and motivation.*

*The Keep Moving Movement sessions were expertly designed to equip our students with essential skills and mindset, maximizing their potential for success.*

*The sessions imparted invaluable life lessons, including finding the voice of hope during darkest moments. No matter how daunting struggles may seem, the powerful magic of HOPE can transform difficulties into opportunities.*

*The sessions also honed student's communication skills, recognizing the vital role effective communication plays in today's world. Through interactive exercises, students learnt to articulate their thoughts and express themselves confidently across various forms of communication.*

*The session on 'Percussa Resurgo' - meaning 'Shake it off and rise', resonated deeply with students. This empowering mantra taught them to shake off negativity and self-doubt; focus on goals with unwavering determination.*

*The Keep Moving Movement (KMM) sessions proved incredibly enriching, offering valuable insights that resonated deeply with students. The interactive and engaging format made the experience thoroughly enjoyable for all participants.*

*When discussing future readiness, I would also like to highlight the vital role of NIE here, which enriches our knowledge and empowers us with diverse information. Indeed, my dear students, NIE is the foundation of your success story. So, keep reading and keep growing!*

**Meetu Tewari | Academic Coordinator**



*My school moving further on the path of success day by day, gives me a reason to love it more every day. It has provided me opportunities to carve out a better version of myself in many fields. The teachers here have always gone out of the way in indulging better*

*I love my school for how it has shaped me as an individual. The quality of education that it provides, invaluable lessons through various skills will always be helpful for my next chapter of life. My school holds a sense of comfort and solace which I feel between walls, the homely feeling, the care of each*

*qualities in us. The location of our school makes it difference from others giving a pleasant green environment. Celebration of all festivals together adds the spirit of joy in life. The bunch of values and memories will remain forever.*

**Jansi Patel | Class : XI - B**  
*teacher, Love of my Principal for all of us, is immense which I will forever be indebted to this place for the countless experiences. Unity among all which helps us to grow more as a better version. For me it is not just an institution but a family.*

**Preet Gulabani | Class : XII - B**



*I love my school as they provide us with a lot of facility, especially with all the sports, career counselling sessions and the wonderful events they organise. The quality of education is at par, they are helping hand in shaping us in many ways. The reading habits which they focus on by providing us*

*School is a place where a child spends most of the time. I love my school as it has given Me chance to express myself in various competitions, tournaments to participate. LML has helped me to overcome the stage fear and also to come out of my comfort zone. Special attention with less ratio*

*students edition NIE has developed interest within me as a good reader. Having spacious classrooms with greenery all around and by providing the best Lab and delicious food by taking care of our health and hygiene. My second home my LML.*

**Dharmi Patel | Class : XI - B**  
*of students in the class makes me feel comfortable and secure. Hygienic food and RO water adds a cherry on the cake. The liberty to understand our concepts by teachers is always welcomed. LML will always be in my heart.*

**Aditya Vyas | Class : X - C**



# How to Write A Statement of Purpose (SOP)

*A Statement of Purpose (SOP) is a self-reflective essay of a student highlighting the academic and professional qualifications, accomplishment and goals when a student applies to a particular college/university. It is a miniature introduction of the student along with the reason why only that particular university/college*

## How different from personal profile

*A personal profile is specific. It tells about the attributes and qualities of the student which includes personal traits, hobbies, academics, co-curricular activities and aspirations. It is a part of the SOP.*

## The Elements of SOP

*Introduction describes about the student (use two adjectives) and the course applied for and the importance of the course. The student can mention a personal anecdote which shows the inclination towards a particular subject which motivated the student to pursue it at the college/university level.*

## The Content

*Here the student has to be very honest. The student can describe how the institute selected satisfies his goals. The student can mention the infrastructure, mentors and the alumni which was the driving force*

*behind the selection. Here a detailed account of how the institute can guide the student to excel should be discussed.*

*The student has to describe his achievements and co-curricular activities. In short the personal profile which will add value. The student must refrain from exaggerating and all the testimonials must be attached to validate the profile.*

## Conclusion

*The student can conclude on a positive note citing that the selection to the course and university will reaffirm the goals.*

*As the SOP is the first communication with the college/university it is imperative the student sticks to the word limit and the language has to be simple without clutter.*

**Namita Sinha | English Educator**



## Winter Glam

*As winter knocks upon the door, we all wish to style in an elegant and chic trend. Here are some styling tips that can make your winter classy and stylish.*

*Our main aim during winter is to keep ourselves warm. Tight fitted clothes are the ideal option. Skinny jeans, knitted sweaters and chunky boots can always make up your day.*

*Cardigans are warm and comfy sweaters which when paired with a long sleeved shirt and wide leg pants can give you a comfy look. Oversized coats are the latest trend. These coats when paired with turtleneck sweaters and knee high boots can prove to be a heavenly combination*

*Scarves , mufflers and gloves can give an enhanced touch to your outfit. Not only do they keep you warm, but provide a soft touch to the overall look. These are the perfect accessories for any outfit you choose*

*Dark and deep colours are usually the best choice to keep you snugly during winter. But don't worry...black, grey and blue aren't the only picks. Burgundy, beige, violet, navy, sapphire and deep green are some unique colour choices.*

*With these styling inspirations, you can surely notch up this winter by looking exceptional and classy.*

*Happy Winters!!*

**Divya Patel | Class : IX - B**

## IQ & EQ Both are Important

*"While educating the minds of the youth, one must not forget to educate their hearts too." Such were the thoughts of Dalai Lama on emotional education, and true too, for what really matters up until the very end is how good of a human one really was. Keeping this in mind, "kills for growing and skills for adolescence" which is a part of the curriculum, has been introduced by the National Education Policy.*

*It is crucial for us to understand that emotional quotient is just as important as an individual's intelligence quotient. The connections we build are equally valuable as our scores on paper, if not more.*

*With the motive to ignite, inspire and impact, the "quest program" for character development,*

*Self-awareness, anti-bullying campaigns, drug and alcohol awareness and service learning were held with the aim to inculcate in the students the important skills of responsible decision making, social and self-awareness as well as management. It is a well-known fact that family, school and the community are all equally responsible for a thriving individual and to balance all of them. Stability among these three pillars ensures that children are nurtured, educated and prepared for future challenges in a supportive and consistent environment.*

*The youth today should be responsible for what they do and accountable in their actions and hence it is a necessity to bring them up in that manner.*

*During this transition from childhood to adulthood, to navigate this complex path carefully, so that they are better equipped to face the complexities of life with confidence and resilience. The quest proved to be a fair success in further strengthening the community. After all, as a wise man once said, "The younger generation must learn to share their calm in order to cease the chaos."*

**Apurva Jhunhunwala | Class : XII-A**





# SPORTS DAY





# *Handwriting Competition*





# Mom & Me





# *Grand Parents Day*





# *Nauratri Celebration*





## वाणी का महत्व

वाणी हमारी सबसे बड़ी शक्ति है। यह न केवल हमारे विचार और भावनाओं को व्यक्त करती है, बल्कि दूसरों के दिलों और मन पर गहरा प्रभाव डालती है। मीठी और संयमित वाणी से हम दूसरों का दिल जीत सकते हैं, जबकि कटु वाणी से रिश्तों में खटास आ सकती है।

वाणी का सही उपयोग करने वाला व्यक्ति अपने व्यक्तित्व को निरखारता है और समाज में सम्मान पाता है। इसलिए, बोलने से पहले हमेशा सोचें और शब्दों को समझदारी से चुनें। शांत और सकारात्मक वाणी सच्ची सफलता की कुंजी है। "पहले सोचें, फिर बोलें" यही वाणी का सबसे बड़ा नियम है।

आस्तिक शर्मा | कक्षा : ६ - ब

## तकनीकी बदलाव

तकनीक ने हमारी दुनिया को असाधारण तरीकों से नया रूप दिया है। अब हम दुनिया भर के लोगों से तुरंत जुड़ सकते हैं कुछ ही टैप से ढेरसारी जानकारी प्राप्त कर सकते हैं और उन्नत स्वास्थ्य सेवा उपचारों का आनंद ले सकते हैं। कृत्रिम बुद्धिमत्ता (आर्टिफिशियल इंटेलिजेंस) और संचालित उद्योगों में क्रांति ला रहे हैं जिससे कार्य अधिक कुशल और सटीक हो रहे हैं। मनोरंजन से लेकर शिक्षा तक तकनीक ने हमारे जीवन को समृद्ध किया है। नए अवसर और अनुभव प्रदान किए हैं। जैसे जैसे प्रौद्योगिकी विकसित होती जा रही है, हम केवल कल्पना ही कर सकते हैं कि आगे कितनी रोमांचक संभावनाएँ हैं।

हमारे संवाद करने का तरीका काफी बदल गया है। विडियो और लैंगलाइन फ़ोन के दिन बदल गए हैं। आज हम दोस्तों और परिवार से जुड़ने जानकारी साझा करने और व्यवसाय करने के लिए स्मार्टफ़ोन और इंटरनेट पर निर्भर हैं। सोशल मीडिया प्लेटफ़ॉर्म ने एक दूसरे के साथ बातचीत करने के हमारे तरीके को बदल दिया है जिस से हम मौजूदा घटनाओं से जुड़े रह सकते हैं।

शिक्षा के क्षेत्र में प्रौद्योगिकी ने सीखने की प्रक्रिया में क्रांति ला दी है। ऑनलाइन पाठ्यक्रम शैक्षिक ऐप और वर्चुअल कक्षाओं ने सीखने को और अधिक सुलभ और लचीला बना दिया है। छात्र अपनी गति से सीख सकते हैं विविध विषयों का पता लगा सकते हैं और दुनिया भर के साथियों के साथ सहयोग कर सकते हैं। प्रौद्योगिकी ने स्वास्थ्य सेवामें भी काफी सुधार किया है। उन्नत चिकित्सा उपकरण और टेलीमेडिसिन ने स्वास्थ्य सेवा को और अधिक सुलभ और कुशल बना दिया है। जैसे जैसे तकनीक आगे बढ़ रही है हम आने वाले वर्षों में और भी बड़ी सफलताओं की उम्मीद कर सकते हैं।

दिया शेठ | कक्षा : ८ - अ

## फैशन की दुनिया में बदलते रुझान

फैशन एक ऐसी चीज़ है जो हमारे जीवन में बहुत बड़ी भूमिका निभाती है। यह न केवल हमारे कपड़ों में दिखाई देती है, बल्कि यह हमारे बालों, जूतों, गहनों और यहां तक कि स्कूल बैग में भी दिखाई देती है। मेरे विचार में, फैशन हमारे व्यक्तित्व को दर्शाता है। यह हमें अपनी पसंद और अपनी पहचान को व्यक्त करने का एक तरीका देता है।

आजकल, फैशन के रुझान बहुत तेजी से बदलते हैं। लोग नए फैशन ट्रेंड्स को अपनाने और उन्हें अपने दैनिक जीवन में शामिल करने के लिए हमेशा तैयार रहते हैं। फैशन हमें अपने आत्मविश्वास को बढ़ाने में मदद कर सकता है। यह हमें अपने लक्ष्यों को प्राप्त करने और अपने सपनों को पूरा करने के लिए प्रेरित करता है। फैशन के माध्यम से हम अपनी खुद की पहचान बना सकते हैं और अपने व्यक्तित्व को विकसित कर सकते हैं।

फैशन का महत्व हमारे जीवन में बहुत अधिक है। यह हमें अपने आप को व्यक्त करने का एक तरीका देता है।

कृष्णांशी शर्मा | कक्षा : ८ - ब



## रिश्तों का सुखद बदलाव

मेरे रिश्ते सबसे प्यारे, कुछ खट्टे-कुछ मीठे।  
कुछ आसमान से ऊँचे रिश्ते, कुछ सागर से गहरे रिश्ते।  
किस्मत वाला है जिसके पास हैं इतने प्यारे-प्यारे रिश्ते।  
किसी से प्यार का तो किसी से दर्द का रिश्ता।  
शबनमी अहसास है ये रिश्ता, अटल विश्वास है ये रिश्ता।  
दिल को दर्पण को दर्शाते ये रिश्ते, बिना किसी  
शर्त के समर्पित हैं ये रिश्ते।  
बड़े अनमोल हैं ये रिश्ते।

प्रशस्ति आडितिया | कक्षा : ८ - ड

## अनोखा बंधन

कभी खट्टे कभी मीठे,  
जैसे होली के रंगों के छींटे।  
कोई भी विपदा हो खड़ी,  
सुलझा देते घुमाकर अपनी जादुई छड़ी।  
हर हाल में देते साथ,  
हर मुश्किल में थाम लेते हाथ।  
ये कोई और नहीं ये हैं हमारे प्रिय मित्र,  
जो हैं हमारे जीवन के अनोखे चित्र।

मृणमयी ढलवी | कक्षा: ८ - क

## फ़िल्म समीक्षा



फिल्म का नाम - ओपेन हाइमर

निर्देशक - क्रिस्टोफ़र नोलन

क्रिस्टोफ़र नोलन द्वारा निर्देशित, 'ओपेन हाइमर' एक महत्वाकांक्षी और असाधारण जीवनी नाटक है जो अमेरिकी भौतिक विज्ञानी जे रॉबर्ट ओपेन हाइमर के जीवन और विरासत की पड़ताल करता है, जिन्होंने द्वितीय विश्व युद्ध के दौरान परमाणु बम के विकास में महत्वपूर्ण भूमिका निभाई थी। सिलियन मर्फी के नेतृत्व में, 'ओपेन हाइमर' ओपेन हाइमर की वैज्ञानिक प्रतिभा और मानवता पर उनके काम के दूरगामी प्रभावों के बारे में गहन जानकारी प्रदान करता है।

फिल्म एक गैर रेखीय संरचना में सामने आती है, जो भौतिकी के छात्र के रूप में ओपेन हाइमर के शुरुआती वर्षों, मैनहट्टन प्रोजेक्ट में उनके नेतृत्व और बम के निर्माण के बाद के बीच बदलती रहती है। यह सिर्फ एक जीवनी पर आधारित फिल्म नहीं है; यह कला का एक काम है जो परमाणु बम के निर्माण और इसके निर्माण के बाद जे रॉबर्ट ओपेन हाइमर और मानवता द्वारा सामना किए जाने वाले विनाशकारी परिणामों को दर्शाता है।

फिल्म के केंद्र में रॉबर्ट ओपेन हाइमर का शानदार लेकिन गहरा विरोधाभासी चरित्र है, जिसे सिलियन मर्फी के प्रदर्शन ने जीवंत कर दिया है। फिल्म न केवल ओपेन हाइमर को एक मात्र वैज्ञानिक के रूप में दिखाती है, बल्कि उसे एक ऐसे व्यक्तिके रूप में चित्रित करती है जो ज्ञान की खोज और अपनी खोजों के नैतिक प्रभावों के बीच बाहरी संघर्ष में फंसा हुआ है। परमाणु बम का चेहरा ओपेन हाइमर कभीभी इसका इस्तेमाल विनाश के लिए नहीं, बल्कि युद्ध रोकने के लिए करना चाहता था। फिर भी, जैसे ही बम की विनाशकारी शक्ति और उसका उपयोग वास्तविकता बन जाता है, ओपेन हाइमर का मन अपराध बोध के बोझ तले दब जाता है और उसे नागासाकी और हिरोशिमा की यादें हमेशा के लिए सताने लगती हैं।

फिल्म ओपेन हाइमर के काम की जटिलता से दूर नहीं है, यह दर्शाती है कि कैसे उनका दिमाग एक अलग तरीके से काम करता था और वास्तव में कुछ सामान्य नहीं था। यह यह भी दर्शाता है कि कैसे ओपेन हाइमर राजनीति के युद्ध में फंसा गया था, मानवता पर इसके विनाश को रोकने के लिए परमाणुबम की सुरक्षा मंजूरी प्राप्त करने की कोशिश कर रहा था।

ओपेन हाइमर एक शक्तिशाली और विचारोत्तेजक फिल्म है जो दर्शकों को परमाणु बम के परिणामों और उसके निर्माता की आंतरिक उथल-पुथल पर विचार करने की चुनौती देती है। यदि आपको ऐतिहासिक फिल्में पसंद हैं जो लंबे समय तक प्रभाव छोड़ती हैं, तो मैं निश्चित रूप से ओपेन हाइमर की सिफारिश करूंगा।

जगजोधसिंह बरूशी | कक्षा : ८ - अ



# Lalji Mehrotra Lions School

Managed By : Karnavati Lions Education Foundation

B/h Lions Eye Hospital, Off Sardar Patel Ring Road, Ognaj, Ahmedabad – 380060.  
Tele. : 63590 58666 • E-mail: [lmischool08@gmail.com](mailto:lmischool08@gmail.com) • Website: [www.lmischool.com](http://www.lmischool.com)

**Anuj Mehta**  
*Chairman*

**Sanjeev Chhajer**  
*Hon. Secretary*

**Ranjana Mandan**  
*Principal*