



इंडियन एज्युकेशन सोसायटी



आदर्श गुरुकुल



आदर्श गुरुकुल



















गुरुकुल २०२०

ଓ.ଇ.ଏସ୍. ଇଣ୍ଡିଆନ ଇଡୁକେସନ ସୋସାଇଟି ଲିମିଟେଡ୍
 ଫେବୃଆରୀ ୨୮ ଲୁଗୁନାଗୁରୁ



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१४१.	आर्चन आर्चन	विश्वविद्यालय	विश्वविद्यालय	१४०
१४२.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४०
१४३.	आर्चन आर्चन	आर्चन आर्चन	वि.स. पु. पुस्तकालय	१४१
१४४.	आर्चन आर्चन	विश्वविद्यालय	वि.स. पु. पुस्तकालय	१४१
१४५.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४२
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१४७.	आर्चन आर्चन	आर्चन आर्चन	वि.स. पु. पुस्तकालय	१४३
१४८.	आर्चन आर्चन	आर्चन आर्चन	वि.स. पु. पुस्तकालय	१४३
१४९.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४४
१५०.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४४
१५१.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४४
१५२.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४५
१५३.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४६
१५४.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४७
१५५.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४८
१५६.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१४९
१५७.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१५०
१५८.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१५१
१५९.	आर्चन आर्चन	आर्चन आर्चन	विश्वविद्यालय	१५२

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विमानों की प्रविष्टिपूर्ण प्रतीति द्वारा
उत्सृष्टीय प्रविष्टिपूर्ण. प्रतीति द्वारा विमानों
मिलों की विरलता की विरलता.
की विमानों की विमानों की विमानों

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આદર્શ
ગુરુકુલ





 Türkiye Cumhuriyeti
 Millî Eğitim Bakanlığı



□.□.□. □□□ □□□ □□□ □□□

□



□.□.□. □□□ □□□ □□□ गिस्ट २□□





$\square \square \square \square \rightarrow \square \square \square \square \square \square \rightarrow \square \square \square \square \rightarrow \square \square \square \square \rightarrow \square \square \square \square$

$\square \square \square \square \dots$

“**ପ୍ରାଚୀନ ଗ୍ରନ୍ଥମାନଙ୍କର ଗବେଷଣା**” ଓ **ଶ୍ରୀମଦ୍**
ପ୍ରାଚୀନ ଗ୍ରନ୍ଥମାନଙ୍କର ଗବେଷଣା, ଗ୍ରନ୍ଥ ନାମକ
ପ୍ରାଚୀନ ଗ୍ରନ୍ଥମାନଙ୍କର ଗବେଷଣା ଓ ଶ୍ରୀମଦ୍ ଗ୍ରନ୍ଥ, ଗ୍ରନ୍ଥ
ପ୍ରାଚୀନ ଗ୍ରନ୍ଥମାନଙ୍କର ଗବେଷଣା ଓ ଶ୍ରୀମଦ୍ ଗ୍ରନ୍ଥ
ପ୍ରାଚୀନ ଗ୍ରନ୍ଥମାନଙ୍କର ଗବେଷଣା ଓ ଶ୍ରୀମଦ୍ ଗ୍ରନ୍ଥ
ପ୍ରାଚୀନ ଗ୍ରନ୍ଥମାନଙ୍କର ଗବେଷଣା ଓ ଶ୍ରୀମଦ୍ ଗ୍ରନ୍ଥ

वृत्तान्तम्, कुरु, विविध, वेद, स



॥ ॐ नमो भगवते वासुदेवाय ॥
 ॐ श्रीगणेशाय नमः ॥
 ॐ नमो भगवते वासुदेवाय ॥
 ॐ श्रीगणेशाय नमः ॥
 ॐ नमो भगवते वासुदेवाय ॥
 ॐ श्रीगणेशाय नमः ॥
 ॐ नमो भगवते वासुदेवाय ॥
 ॐ श्रीगणेशाय नमः ॥
 ॐ नमो भगवते वासुदेवाय ॥
 ॐ श्रीगणेशाय नमः ॥



આદર્શ
ઔરુકુલ

સાચા જીવનમાંથી ભૂલો કે વિચિત્રતાઓ
પ્રત્યે સમજાવવાની પ્રવૃત્તિમાં હું, કે તમે
અપારિચયભર્યા પુણ્યો કે. એ સમયે
માની નામની, એ સમયે સમયની પ્રતિબિંબ
સમયે સમયની જાણે તમે સમયની સમયે માન્ય
ન સમયે સમયે સમયે માન્ય સમયે કે નિશ્ચિત
સમયે સમયે સમયે “કે સમયે. કે સમયે
સમયે સમયે.”.

જે સમયે સમયે માન્ય સમયે,
કે સમયે સમયે સમયે !!
જે સમયે સમયે માન્ય સમયે,
કે સમયે સમયે જ્ઞાની સમયે !!
જે સમયે સમયે માન્ય સમયે,
કે સમયે સમયે સમયે !!
કે સમયે સમયે માન્ય સમયે,
કે સમયે સમયે સમયે !!

સમયે ૨૧વું સમયે સમયે સમયે
સમયે સમયે સમયે સમયે સમયે સમયે
કે સમયે સમયે પ્રતિબિંબ સમયે
સમયે સમયે સમયે સમયે માન્ય સમયે
સમયે સમયે સમયે સમયે માન્ય? સમયે
સમયે સમયે સમયે સમયે સમયે સમયે
૪ સમયે સમયે સમયે ૪૦ સમયે સમયે
સમયે સમયે સમયે સમયે સમયે સમયે,

સમયે સમયે... સમયે સમયે સમયે
સમયે સમયે, સમયે સમયે સમયે સમયે
સમયે સમયે સમયે? સમયે સમયે પ્રતિબિંબ
સમયે સમયે સમયે સમયે સમયે સમયે
સમયે સમયે સમયે સમયે સમયે સમયે
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૨૧ વું સમયે સમયે સમયે સમયે
સમયે સમયે, સમયે સમયે સમયે “સમયે” ને
સમયે સમયે, સમયે સમયે સમયે સમયે સમયે
સમયે સમયે સમયે સમયે સમયે સમયે
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સમયે સમયે સમયે સમયે સમયે સમયે

સમયે સમયે,
પ્રતિબિંબ સમયે સમયે સમયે
સમયે સમયે સમયે સમયે સમયે સમયે

સમયે સમયે સમયે
સમયે સમયે સમયે, સમયે સમયે, સમયે



२३



विश्व भूगोल
विश्व भूगोल विज्ञान, वन

२ वी तारीखीस उमटणाऱ्या म

[illegible]

मि आर, निर, वि, प्र, ज्ञान
विज्ञान उ मि प्रविधि वि वि
उ वि तजु वि वि वि वि
वि वि वि

[illegible]

जो [] [] [] []. शिर [] र
[] [] प्रा [] [] [] [], [] []



આદર્શ
ગુરુકુલ



२ वी तारीखीस उमटणाऱ्या म

ॐ नमो भगवते वासुदेवाय ।
नमो भगवते वासुदेवाय ।

[illegible]

ब्र ना रि ज म

रम

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ଗୁଜୁରାଟୀ ମାଧ୍ୟମରେ ଶିକ୍ଷା ଦିଆଯାଉଛି ।
 ଗୁଜୁରାଟୀ ଶିକ୍ଷକ, ଗୁଜୁରାଟୀ ଶିକ୍ଷିକା, ଗୁଜୁରାଟୀ
 ଶିକ୍ଷକ ଶିକ୍ଷିକା ଗୁଜୁରାଟୀ ଶିକ୍ଷକ ନିର୍ଦ୍ଦେଶିକା
 ଗୁଜୁରାଟୀ ଶିକ୍ଷକ ।

ॐ... नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय ... ॐ नमो भगवते वासुदेवाय

[illegible]

ਤੇਜ਼ ਨਿਰੰਨਵਾਨ ਸਿੰਘ... ਸਿੰਘ ਤੇ
 ਚੰਨੀਆਂ, ਜਾਂਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ,
 ਜਿੰਨ੍ਹਾਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ,
 ਜਿੰਨ੍ਹਾਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ...
 ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ...
 ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ...
 ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ, ਚੰਨੀਆਂ...

ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଗୁଣଗୁଡ଼ିକ ମଧ୍ୟ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ
 ଶ୍ରମ ସମ୍ପାଦନା. ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଶ୍ରମ, ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ
 ଶ୍ରମରେ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଶ୍ରମ, ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଶ୍ରମ
 ଶ୍ରମ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଶ୍ରମ

[illegible]

26



आदर्श
ऐरुकुल

निର୍ଦ୍ଦିତ ମାଧ୍ୟମରେ କାମ କରିବାକୁ କା କାମ
କରିବା କାମ କାମ କା କା ୨୧ ବ
କାମକାମ ପ୍ରକାଶକାମକାମ ନେତୃତ୍ୱ ପ୍ରକାଶ କାମ

* ବିଦିତ ମାଧ୍ୟମ - କାମ କାମ କାମ
କାମ ନେତୃତ୍ୱ - ନିର୍ଦ୍ଦିତ ମାଧ୍ୟମ କା କାମ କାମ
କାମକାମ କାମ କାମକାମ କାମ କାମକାମ
କାମକାମ କାମକାମ କାମ ନିର୍ଦ୍ଦିତ କାମ

କାମକାମକାମ କାମ କାମ, କା କାମ
କାମକାମ କାମ କାମ କାମ କାମ କାମ
କାମକାମକାମ କାମକାମ କାମ କାମ
କାମକାମକାମ କାମକାମ କାମ କାମ
କାମକାମକାମ କାମକାମ କାମ କାମ

* ଦ୍ରୌପଦୀ - କାମକାମ କାମ କାମ
କାମକାମ କାମ - କାମକାମ ୧୫ବ କାମକାମ
କାମକାମ କାମକାମ କାମକାମ କାମକାମ
କାମକାମକାମ କାମକାମ କାମକାମ କାମ
କାମକାମ କାମକାମ କାମକାମ କାମ
କାମକାମ କାମକାମ କାମକାମ କାମ
କାମକାମ କାମକାମ କାମକାମ କାମ
କାମକାମ କାମକାମ କାମକାମ କାମ

କାମ କାମ ୨୧ବ କାମକାମ କାମ କାମ
କାମକାମକାମ କାମ, କାମ କାମ କାମ
କାମ, କାମ କାମ କାମ କାମ, କାମ
କାମକାମ କାମ କାମ, କାମକାମ
କାମକାମ କାମକାମ କାମକାମ କାମ

* ବିଦିତ କାମ - କାମକାମକାମ
କାମକାମ କାମ କାମ, କାମ କାମକାମ
କାମ କାମକାମ କାମ କାମ, କାମକାମ
କାମ. କାମ, କାମ, କାମକାମ କାମ
କାମକାମ କାମ କାମ କାମ. କାମ
“କା” କାମ କାମକାମ କାମ, କାମ, କାମ
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गंगा नदी का जल सफाई के लिए उपयुक्त है।



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शब्दांना सत्याची धार प्रहार

શિષ્ટાચાર સમાજામધ્યે આપલે આચરણ કરસે અસાવે યાસંબંધી જે સામાજિક સંકેત, નિયમ અસત્તાત ત્યાંના શિષ્ટાચાર અસે મ્હળતાત. પ્રત્યેક દેશામધ્યે વાગળખાખ્યા પદ્ધતી વેગવેગળ્યા અસતાત. તરીસુદ્ધા મૂલમૂત શિષ્ટાચાર સર્વ ઠિકાણી જવજવજલ એકસરખે અસતાત. જો મનુષ્ય શિષ્ટાચાર પાઠતો ત્યાંખ્યાવિખરી હતરતરે મત ચાંગલે હોતે. શિષ્ટાચાર, સર્વ ચાંગલપણા યાચી સુરુવાત ઘરાપાસુનચ ઝાલી પાહિજે.

ऑफिसमध्ये जाताना, वर्गात जाताना परवानगी घेऊनच जावे, कोणाच्याही घरात जाताना दारावरील बेलचे बटन दाबावे किंवा दारावर टकटक करावे. अगदी स्वतःच्या घरातही तीन-चार खोल्या असतील, तर भाव्यडांच्या, आई-वडिलांच्या खोलीत जाताना दारावर टकटक करावे.

वर्गात किंवा समूहात आपल्या
विचारल्याशिवाय आपले मत
देऊ नये. आपण ऑफिसमध्ये
गेल्यास समोरच्या व्यक्तीने
सांगितल्याशिवाय खुर्चीवर
बसू नये, बसल्यावर
वेडेवाकडे बसू नये.

समोरच्या माणसाबरोबर
बोलताना गोंगल घालून बोलू
नये, जांभई आल्यास तोंडावर
हात ठेवावा, खोकताना
तोंडावर रुमाल धरावा.

दुसऱ्यांच्या वस्तूला न विचारता हात लावू नये, दुसऱ्याची पुस्तके, मासिके न विचारता घेऊ नयेत. दुसऱ्याची डायरी उघडून पाहू नये, वाचू नये.

जेवण झाल्यावर समूहामध्ये डेकर देऊ नये. कोणासमोर बसून आळस देऊ नये. दाखी वाढलेल्या अवस्थेत कुठल्याही महत्वाच्या कामास जाऊ नये. आपल्या घरी भेटण्यास लोक आल्यानंतर टीव्ही बंद करावा. पाहण्याकडे दुर्लक्ष करून टीव्हीकडे लक्ष ही अपमानास्पद वागणूक आहे. याची जाणीव असावी. फार जवळ जाऊन बोललेले लोकांना आवडत नाही. बोलताना

किमान दोन-तीन फुटांचे अंतर ठेवावे
आणि आपल्या तोंडाचा वास त्याला येणार
नाही किंवा उडालेली धंकी त्याच्यापर्यंत

पोहोचणार नाही याची
काळजी घ्यावी.

कोणाच्याही

खाद्यावर पटकन हात

ठेवू नये. हॉटेलला जाऊन
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याचा विचार
अगोदरच
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वेटरला

ठगाचच थांबवून घेऊ नये.

खाताना मचमचे आवाज करू नये. इंग्रजी लिहिणे, बोलणे अनिवार्य असले तरी चुकीचे बोलू नये. मराठीतून सुद्धा चांगला संवाद साधता येतो.

सभासमारंभात बूट,
चप्पल, पादत्राणे ओळीत
ठेवावीत. जीवनामध्ये

आलेल्या संकटांशी हसतमुखाने सामना करावा. सार्वजनिक जीवनामध्ये स्वतःच्या फायद्यासाठी भ्रष्टाचार करू नये. स्वतःच्या फायद्यासाठी गरिबांचे शोषण करू नये, लबाडी करू नये. न्यायाची चाढ व अन्यायाची चौड असली पाहिजे, ही आदर्श शिष्टाचाराची उदाहरणे आहेत.

शिष्टाचार म्हणजे केवळ सध्य बोलणे नव्हे, तर इतरांच्या प्रति सन्मान आणि आपुलकीने वागण्याची कला आहे. समाजात एकत्र राहताना परस्पर संबंध सौहार्दपूर्ण ठेवण्यासाठी शिष्टाचार अत्यंत आवश्यक ठरतो. तो आपल्या संस्कारांची आणि

व्यक्तिमत्त्वाची साक्ष देतो. आजच्या युगात ज्ञान, कौशल्ये, पदवी यांच्याबरोबरच शिष्याचारही तितकाच महत्त्वाचा झाला आहे. ऑफिसमध्ये, शाळेत, घरात किंवा सार्वजनिक ठिकाणी - कुठेही आपण योग्य रीतीने वागलो, बोललो, तर लोक आपल्याला आपोआप आदराने पाहू लागतात. म्हणूनच शिष्याचार हा केवळ बाह्य दिखावा नसून, अंतःकरणातून उमटणारी सुसंस्कृत वागणूक आहे.

शिष्टाचाराचे काही महत्वाचे पैलू :

■ विनम्र भाषा वापरणे :

“कृपया”, “धन्यवाद”, “माफ करा” यांसारखे शब्द संवादात सौंदर्य आणतात.

■ ऐकण्याची सवय :

इतरांचे विचार शांतपणे ऐकणे हा चांगल्या शिष्यचाराचा भाग आहे.

■ स्वच्छता आणि

नीटनेटकेपणा : स्वतःचे व
सभोवतालचे वातावरण स्वच्छ

ठेवणे हे आपल्या शिस्तप्रियतेचे लक्षण आहे.

■ वेळेची पावती : वेळेचे मान ठेवणे आणि ठरलेल्या वेळेला उपस्थित राहणे हे एक महत्वाचे शिष्टाचाराचे अंग आहे.

■ मुलांना शिस्त आणि नम्रता शिकवणे : लहान वयात शिष्टाचार शिकवले, तर ते त्यांच्या स्वभावाचा भाग बनतो.

शिष्टाचाराचे फायदे :

■ चांगले संबंध निर्माण होतात.

■ सामाजिक आणि व्यावसायिक जीवनात यश मिळवण्यासाठी मदत होते.

■ व्यक्तिमत्त्व प्रभावी दिसते.

■ इतरांमध्ये आदर निर्माण होतो.

शेवटी, शिष्याचार म्हणजे एक सामाजिक पूंजी आहे. ती जितकी मनापासून खर्च केली जाते, तितकी ती परत सन्मान, प्रेम आणि सहकार्याच्या रूपाने मिळते.

“संस्कृती ही केवळ ग्रंथातून नव्हे, तर आपल्या वागणुकीतून दिसते आणि त्याला शिष्टाचार म्हणतात!”



Influential Women from 21st Century

**In my DESH Bharat's heart, where ancient wisdom resides,
A new Shakti stirs, with confident strides.
She breaks the chains, she reclaims her grace.
This 21st century woman is defining her space.**

India, a land steeped in rich cultural heritage and ancient traditions, is witnessing a remarkable transformation in the 21st century. At the forefront of this change are its women, who are shattering stereotypes, challenging societal norms, and emerging as powerful forces in every sphere of life. These women are not only shaping the nation's destiny but also redefining its cultural identity.

From politics to business, from sports to science, Indian women are leaving an indelible mark on the world stage. **Nirmala Sitharaman**, the first full time woman Finance Minister of India, is a formidable figure in Indian politics. Her stewardship of the nation's economy and her role in navigating complex economic challenges have earned her respect both at home and abroad.

In the realm of business, women like **Indra Nooyi** have shattered glass ceilings and redefined corporate leadership. As the former CEO of PepsiCo, Nooyi's strategic vision and commitment to sustainability transformed the company into a global powerhouse. Her emphasis on "Performance with Purpose" resonated deeply in a country that is increasingly focused on inclusive and sustainable growth. Indian businesswomen are not just leading multinational corporations; they are also driving innovation and entrepreneurship, creating new opportunities, and contributing to India's economic progress.

India's sporting arena has also seen the rise of extraordinary female athletes who have defied expectations and brought glory to the nation. **P.V. Sindhu**, a world-class badminton champion and the first Indian woman to win two Olympic medals, is a household name in India. Her dedication, talent, and achievements have inspired millions of young girls to pursue their dreams and break barriers in the field of sports. The Phogat sisters in wrestling and other athletes like Mary Kom in boxing, and Mithali Raj in cricket, have also been instrumental in changing the narrative around women in sports.

Science and technology, traditionally male-dominated fields, are also witnessing the rise of Indian women. **Tessy Thomas**, known as the "Missile Woman of India," is a pioneering scientist who played a key role in the development of

India's missile technology. Her achievements have broken stereotypes and paved the way for more women to pursue careers in STEM fields.

Beyond these high-profile achievements, countless other women across India are making a difference in their communities and contributing to the nation's progress. Women like **Sindhutai Sapkal**, a social worker and activist who dedicated her life to raising orphaned children, embody the spirit of compassion and service that is deeply ingrained in Indian culture. These women are working at the grassroots level, empowering marginalized communities, promoting education, and challenging social evils.

The influence of these women extends beyond their individual achievements. They are also playing a crucial role in shaping India's cultural identity. By challenging traditional gender roles, they are creating a more inclusive and equitable society where women have greater agency and freedom. They are also preserving and promoting India's rich cultural heritage through their contributions to art, literature, and music.

The rise of influential women in 21st century India is not without its challenges. Deep-rooted patriarchal attitudes, social inequalities, and lack of access resources to continue to hinder women's progress in many parts of the country. Indian women are increasingly finding their voices, demanding their rights, shaping their own destinies.

In conclusion, the women of 21st century India are a force to be reckoned with. They are breaking barriers, challenging norms, and making significant contributions to every field imaginable. Their contributions will continue to inspire generations to come.

"Where women are honored, there divinity blossoms; and where they are dishonored, all acts remain fruitless."

**JAI HO NAARI, 21ST CENTURY KI
NAARI HAI SAB PAR BHAARI**

Aarti Thakur
PDMP School

Influential Women of 21st Century

India in the 21st century is a vibrant culture, woven with the threads of countless influential women who are reshaping the nation's landscape across diverse fields. Their determination, intellect, and unwavering spirit are not only breaking barriers but also inspiring generations to dream bigger and strive for excellence. Let's delve into the lives of some remarkable women who exemplify this transformative power.

Kiran Bedi, a name synonymous with courage and reform, became India's first woman IPS officer. Her tenure was marked by innovative approaches to policing, a deep commitment to social justice, and an unwavering stance against corruption. A powerful anecdote recounts her daring act of towing away a then-Prime Minister's car for a parking violation, a testament to her commitment to the rule of law, regardless of status. Her later work in prison reform, particularly at Tihar Jail, transformed the lives of inmates through education, vocational training, and a focus on rehabilitation, showcasing her belief in human potential.

The late **Sushma Swaraj** was a formidable political figure, renowned for her eloquent speeches and her empathetic approach as the Minister of External Affairs. She became the go-to person for Indians stranded abroad, responding swiftly to their pleas on social media with a personal touch that transcended political boundaries. Stories abound of her intervening to help individuals secure visas, medical assistance, or safe passage home, earning her the affectionate title of "the people's minister." Her powerful presence in Parliament and her articulate defense of India's interests on the global stage left an indelible mark on Indian diplomacy.

Tessy Thomas, aptly nicknamed "India's Missile Woman," is a pioneering scientist who played a pivotal role in the development of India's ballistic missile program. As the Project Director, for the Agni-IV missile, she shattered stereotypes in a traditionally male-dominated field. Her journey, marked by relentless dedication and technical brilliance, underscores the crucial contribution of women in advancing India's technological prowess. Her ability to lead complex

projects and inspire teams is a testament to her exceptional leadership qualities.

Sudha Murthy, a celebrated author, philanthropist, and chairperson of the Infosys Foundation, embodies compassion and a deep commitment to social welfare. Her work spans diverse areas, including education, healthcare, poverty alleviation, and rural development. Her simple lifestyle and her hands-on approach to addressing societal issues have made her an icon of humility and service. Stories of her quietly funding schools, building hospitals, and empowering marginalized communities highlight her unwavering belief in giving back to society.

Mary Kom, the "Magnificent Mary," is a trailblazing boxer who has defied all odds to become six-time world champion and an Olympic medalist. Hailing from a remote village in Manipur, her journey is a powerful narrative of resilience, determination, and unwavering passion for her sport. Overcoming societal prejudices and limited resources, she carved her own path to international stardom, inspiring countless young women to pursue their dreams against all obstacles.

Nita Ambani, a prominent businesswoman and philanthropist, has significantly contributed to the fields of education, healthcare, and disaster relief through the Reliance Foundation. Her initiatives, particularly in providing quality education and healthcare access to underserved communities, have impacted millions of lives. Her leadership in promoting sports, especially through the Indian Premier League (IPL), has also transformed the sporting landscape in India.

Priyanka Chopra Jonas, a global icon, has seamlessly transitioned from a successful Bollywood actress to a prominent figure in Hollywood. Her achievements in the entertainment industry, coupled with her advocacy for social causes, particularly women's empowerment and children's rights, have made her an influential voice on the global stage. Her journey exemplifies ambition, versatility, and the power of using one's platform for positive change.

Gita Gopinath, the first woman Chief Economist of the International Monetary Fund





आदर्श
शुक्ल

(IMF), is a leading voice in global economics. Her insightful analysis and policy recommendations on critical economic issues have earned her international recognition. Her journey from India to a top global financial institution underscores the intellectual prowess and leadership potential of Indian women in shaping the world's economic discourse.

P. V. Sindhu, a badminton champion and an Olympic medalist, has become an icon of sporting excellence in India. Her dedication, perseverance, and stellar performances on the international stage have inspired a generation of young athletes. Her victories have not only brought glory to the nation but have also highlighted the growing prominence of women in Indian sports.

Indra Nooyi, the former CEO of PepsiCo, is a globally recognized business leader. Her strategic

vision, focus on sustainability and healthier products, and her advocacy for gender equality in the workplace have left an enduring legacy in the corporate world. Her journey as a woman of Indian origin leading a multinational giant serves as an inspiration for aspiring business leaders worldwide.

These are just a few examples of the remarkable women who are India in the 21st century is a vibrant culture, woven with the threads of countless influential women who are reshaping the nation's landscape across diverse fields. Their determination, intellect, and unwavering spirit are not only breaking barriers but also inspiring generations to dream bigger and strive for excellence.

Prakash Patke
PDEM Primary School.

Influential Women from 21st Century

Women are very important members of society. Women help in many ways, like taking care of family, teaching, working in hospitals, and helping communities. In history, women have faced difficulties but still succeeded in different fields like Science, Writing, Politics and Business.

In India, women empowerment in the 21st century focuses on enhancing women's social, economic, and political status, aiming for equality and dignity. This involves promoting education, health care, and economic independence, alongside addressing gender-based violence and workplace discrimination. Initiatives like Beti Bachao Beti Padhao, self-help groups, and reservation policies are crucial for empowering women and enabling their participation in national development.

In the 21st century, women are not just participants in society, but powerful forces shaping its future. Several women have significantly shaped the 21st century, leaving their mark in diverse fields like politics, advocacy, business, entertainment and science. Notable

figure include Malala Yousafzai, a human rights activist and youngest Nobel laureate; Angela Merkel, a former Chancellor of Germany; and Michelle Obama, who, as first Lady, Championed education and health initiatives.

In India, P.V. Sindhu, a badminton champion, and Kiran Bedi the first Indian women IPS officer, have also made significant contributions in sports and law enforcement respectively. Additionally, Indra Nooyi, a prominent business executive, and Sindhutai Sapkal, a humanitarian, exemplify strength and courage in the business and social spheres.

Women in the 21st century have shown the world that they can lead, inspire, and create real change. Their strength, courage, and determination remind us that every woman has the power to make a difference. No dream is too big. The future is full of possibilities - for all women, everywhere.

Subhadra R. Thevar
P.D.E.M.P.

Influential Women from 21st Century

The 21st Century has seen many strong and influential women making a big difference in the world. They had challenged old ways of thinking and inspired many people. From activists to scientists, leaders to entertainers, these women have made a lasting impact and helped bring change. Many Indian women have made the country proud through their hard work, intelligence and courage.

One of the most inspiring women is Kalpana Chawla. She was the first Indian born woman to go to space. She followed her dreams with great passion and showed that even the sky is not the limit. Though she sadly lost her life in a space accident, her journey continue to inspire millions. In sports, Mary Kom, a boxer from Manipur, has won several world championships. Even after becoming a mother she continued her boxing career and proved that women can balance family and dreams. In politics, women like Nirmala Sitharaman, the Finance Minister of India have shown strong leadership. Handling the country's money matters is a tough job but she has done it with great strength. In the business world, women like Kiran Mazumdar -

Shaw, the founder of Biocan, have made a big impact. She is a leading figure in biotechnology health care.

In the field of entertainment and social work Deepika Padukone is an important name. Apart from her successful acting career, she has also spoken openly about her struggles with depression, encouraging people to talk about Mental health without fear.

Young talents like Gitanjali Rao, an Indian-American inventor and Scientist are proof that even teenagers can change the world. She has created tools to help solve problems like water Pollution and cyber bullying.

These influential women remind us that with hardwork, education and courage, anything is possible. They have opened doors for future generations and continue to inspire us to dream big and never give up.

India is truly proud of its daughters who are making a difference in the 21st Century.

Gautami Girish Kamath

Kinder Garten, Bhandup

Influential Women of the 21st Century

Around eras the world has seen women break barriers, challenge societal norms and redefine leadership across various fields. From Politics and Science to sports and activism, women have proven that their contributions shape the world. Their influence extends beyond personal achievements, they inspire generations, advocate for equality and push the boundaries of what's possible. The 21st century has witnessed extraordinary women making history. But while some women receive global recognition, millions of ordinary working women quietly shape the world in their own way balancing jobs, family and personal ambitions.

Malala Yousafzai defied the Taliban to fight for girls education, becoming a global activist. However, in every corner of the world, countless female teachers and social workers uplift students without recognition. Malala fights on a global stage, while teachers fight daily battles in classrooms motivating students, handling underfunded schools, and ensuring every child gets a chance to learn.

Both advocate for education, proving that knowledge is power. Every teacher who encourages a struggling student is creating future Malalas.

Jacinda Arden led New Zealand with grace, empathy and strength, especially in





times of crisis. But in homes and offices world wide, working mothers perform similar feats-managing careers while being emotional pillars for their families. Jacinda balanced running a country with motherhood, while working mothers juggle office deadlines with school runs.

Both make sacrifices, prioritize others, and rarely get the appreciation they deserve. Leadership is not just about politics - every working mother is a leader, shaping lives at home and work.

Serena Williams fought against racism, sexism and unfair treatment in sports while becoming a tennis legend. Similarly, women in workplaces face pay gaps, gender biases and the pressure to prove themselves everyday. Both overcome stereotypes. Serena proving strength in athletics, while working women battle the “glass ceiling” in their careers.

Greta Thunberg is the face of climate activism, but countless women work tirelessly behind the scenes-leading sustainability projects,

running eco-friendly business, or simply teaching their children to respect nature.

Both play crucial roles - one as a global icon, the other as silent changemaker.

The world’s most influential women prove that strength, intelligence and determination can create change. But so do the everyday working women who balance careers, families and dreams-often without recognition.

While the media often highlights well-known figures, countless women continue to shape the 21st Century in less obvious but equally vital ways. By celebrating individuals, we acknowledge that real influence is not about how many headlines one garners but about the lives one transforms. The next time we discuss influential women, perhaps we should look beyond the obvious and celebrate those who, in their quiet persistence are changing the world.

Fame does not impact. Every woman who uplifts another, breaks a barrier, or dares to dream is just as influential.

Swarnalakshmi M. Gounder

English Medium Primary School, Bhandup

Influential Women of the 21st Century

The 21st Century has seen many women from different parts of the world do amazing things. These women have made a big difference in area like education, environment, leadership, media and science. They have shown that with courage and hardwork, anything is possible.

Malala Yousafzai, a young woman from Pakistan stood up for girls' right to go to school. Even after facing a serious attack, she continued to speak out. Her voice became stronger, and she went on to win the Noble Peace Prize, becoming the youngest person to ever receive it.

Greta Thunberg, a teenage from Sweden, is known around the world for her work on climate change. She started by protesting alone outside her school, and her actions grew into a global movement. She has inspired many young people to care about the planet and speak up for change.

Jacinda Ardern, the former Prime Minister of New Zealand, showed that leaders can be both strong and kind. Her calm and caring way of leading her country during tough times won respect across the world.

Kalpana Chawla, an astronaut of Indian origin, followed her dream of going to space. Though her life ended too soon, her journey continues to inspire many young girls to explore science and believe in themselves.

These are just a few examples. Across the world, there are many women famous and not so famous, who are helping to make the world a better place every day.

Gurmit Kaur R. Matharu

English Medium Primary School, Bhandup

Influential Women of the 21st Century



Defined by no man, you are your own story.
Blazing through the world, turning history into
her story.

And when they dare to tell you about
all the things you cannot be,
You smile and tell them,
I am both war and woman
and you cannot stop me.

From science to the cricket pitch, literature
to cinema, Indian women are everywhere. India
has a long history of determined female achiever
who have marked their presence in various
fields through the stellar achievements towards
making India proud.

Avani Chaturvedi - sky warrior became
the first Indian proud woman to fly a solo fighter
aircraft. She flew a MIG-21 Bison an aircraft
known for its highest landing and take off speed
in the world.

Mithali Raj - Lady Tendulkar of Indian
woman's cricket, during India's series against
New Zealand women-become the first Indian
woman who made her country proud by playing
in 200 ODI matches.

Mary Kom - Ms. Knock-out became world
Amateur boxing champion for a record six times,
and the first woman from country to win a medal
in boxing at the Olympics.

Saina Nehwal - became the first Indian
woman to secure number one position in world
Badminton ranking in 2015.

Gita Gopinath - The fiscal scholar. An
Indian - American economist, she became
the first woman chief economist at the IMF
(International monetary fund)

Arunima Sinha became the world's first
woman amputee to climb Mount Everest in 2013.

Garima Arora became the first Indian
female chef to be conferred with the Michelin
star.

Tessay Thomas - Missile woman of India.
She became the first woman who made India
proud to head on Indian missile project. Adding
to it, with the successful launch of the Agni-V
Missile project, she also achieved a career
milestone.

Nirmala Sitharaman is India's Minister of
finance and Corporate Affairs. She become the
first woman to hold these roles full time in 2019
and was reappointed in 2024. Managing India's
\$4 trillion economy, she projects that India will
soon become the third large economy by 2027.

Roshni Nadar Malhotra is the chairperson
of HCL technologies and CEO of HCL
corporation, she is a trustee of The Shiv Nadar
Foundation and founded The Habitats Trust to
conserve natural habitats.

Kiran Mazumdar - Shaw is the founder of
Biocon, a leading biopharmaceutical company.
She expand Biocon globally including one of the
Asia's largest insulin facilities. Despite initially
aspiring to be doctor, she became a successful
entrepreneur and philanthropist, donating \$75
million to can research in 2019.

Nita Ambani is an Indian businesswoman
and philanthropist. She also worked as a teacher
in early days is the chairperson and founder of
the Reliance Foundation, Dhirubhai Ambani
International school and a director of Reliance
Industries. She is also an art collector and the
owner of the IPL cricket team Mumbai Indians.
She became the first Indian woman member of
the International Olympic committee in 2016.

India is blessed to have such female achiever
who went across all odds in different professions
and accomplished them.

Shilpa Nikhil Kasar

English Medium Primary School, Bhandup





Influential Women from 21st Century

The 21st Century has seen the rise of many influential women who have made significant contribution in various fields such as politics, science, education activism and entertainment. These women have broken barriers, challenged stereotypes, and inspired millions around the world.

One such woman is Malala Yousafzai, a Pakistani education activist and the youngest ever Nobel Peace Prize laureate. Despite being attacked by extremists, she continued to fight for girls education globally. Greta Thunberg a young Swedish activist, has become a strong voice in the fight against climate change.

From India, several remarkable women have made the nation proud. Kalpana Chawla, though born earlier continues to inspire as the first Indian born woman in space. PV Sindhu, an

Olympic medal winning badminton player, has brought global recognition to Indian sports. Kiran Mazumdar-Shaw, a leading entrepreneur, has shown that Indian women can lead in Science and business. In politics, Nirmala Sitharaman, India's Finance Minister, plays a key role in shaping the country's economy.

These women have shown courage, determination and intelligence. They remind us that gender should never limit potential and that women have the power to bring about great change, both in India and around the world.

As former US first lady Michelle Obama once said, "There is no limit to what we, as women, can accomplish."

Chetna Puneet Vig
Orion



IES NAVI MUMBAI HIGH SCHOOL VASHI

The senior teacher of our school, **Dr. Sanjay Prahlad Kale**, has been working as a 'Teacher' since 28th December 1994. M.A.B.E.D RASHTRA BHASHA PANDIT (PUNE) D.S.M HONORARY DOCTRATE in HINDI LITERATURE (from KASHI VIDYAPEETH, VARANASI, UTTAR PRADESH)



In the ACADEMIC YEAR 2024-2025.

Dr. Sanjay Kale received two Awards

1. **Desh Ratna Award 2025**
From (Bharati Yuva welfare Association at Bhavan Kamani Auditorium – New Delhi.)
2. **Maharashtra Gaurav Award 2025**
For Academic and social work
From Yuva Maharashtra Foundation – Pune.

Influential Women from 21st Century

‘ब्रह्मसूत्रम्
रक्षन् ब्रह्मः’

Indian culture and society always follow this. The shlok emphasizes the importance of respecting women and highlights the positive impact it has on society. The outproduce of this positive impact are the influential women from our society.

India has always been a land of strong and determined women, but the 21st century has truly seen a powerful wave of female voices rise across all walks of life. From politics to science, sports to cinema, Indian women have not only made their mark but have also inspired millions.

One name that instantly comes to mind is Kalpana Chawla, the first woman of Indian origin in space. Although, she lost her life in the Columbia space shuttle disaster in 2003, her journey continues to inspire young girls to dream beyond their limits and to aim to a 'star' in the space.

In the world of sports, Mary Kom the boxing champion from Manipur, has shown that with determination, even a woman from a small town can take on the world. A five time world champion and an Olympic medalist, she has become a symbol of strength, especially for young women in rural India.

The another figure is Kiran Mazumdar Shaw, a pioneering entrepreneur in the biotech

industry. She had played a major role in making healthcare more affordable in India.

The another role model for me is the social worker and activist; Medha Patkar. She has been a fearless voice for the environment and displaced communities especially through the 'Narmada Bachao Andolan'. Similarly Smt. Arundhati Roy, primarily known as an author, has also been an outspoken voice on social and political issues, challenging norms through her powerful words and activism.

In politics, Smt. Nirmala Sitharaman and Late Smt. Sushma Swaraj and Smt. Smriti Irani. Such women are the strongest pillar of Indian administration and politics.

These are just a few examples. The 21st century has seen women rise not because they were given the opportunities but because they created their own ways of success.

They are the role model; a changing narrative for the generations to come. They are proving their talent courage and conviction.

The influence of Indian women in this century is still growing movement. Whether known or unknown, famous or working quietly in the background, women across India are shaping the future of India and the world.

Manisha S Vichare

English Medium Primary School, Charkop



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Influential Women of the 21st Century

There are opportunities everywhere in everyday circumstances and in any location. One needs to look at it from a not so general perspective to create an impact in the world. Women with thus natural instinct to protect and provide stability can be great achievers and influencers in their environment.

Kiran Bedi was a proficient tennis player who won several Asian Championship and went on to become the first woman to join the Indian Police Service (IPS) in 1972. She introduced prison reform in India. In 2003, she became the first Indian and first woman to be appointed United Nations civilian police adviser. She is the founder of Navjyoti and India Vision Foundation, both non governmental organisations focusing on primary education adult literacy programs, vocational training for women, drug rehabilitation for prisoners.

Indra Nooyi is an Indian born American consistently ranked among the world's 100 most powerful women. A business leader and strategic thinker, she was the first immigrant to become the CEO of Pepsico for 12 years. According to Nooyi the 5 Cs for effective leadership are competency, courage and confidence, communication, consistency and a strong ethical compass. She is considered to be a great leader because she collaborates with her critics and involves them in the development of the company's strategy.

Neha Narkhede, is a software engineer who helped develop Apache kafka, the open-source messaging system to handle the networking site LinkedIn's massive influx of data. In 2014 she founded confluent which helps organisation process large amounts of data on Apache Kafka. In March 2023, Neha Narkhede co-founded a fraud detection firm Oscilar.

Mangte Chungneijang "Mary" Kom nicknamed 'Magnificent Mary' is an Indian olympic boxer, politician and former member of Rajya Sabha. Arising from her humble origin as the daughter of tenant farmers in Manipur, she went on to pursue athletics and then boxing. She is the only female boxer who has a medal in each one of the first seven world championship, and the only boxer (male or female) to win

light world championship medals. She is the only woman to win the World Amateur Boxing Championship six times. She became the first Indian female boxer to win a gold medal in the 2014 Asian Games at Incheon, S. Korea and the first Indian female boxer to win gold at the 2018 Common Wealth Games. She is an animal rights activist and supports people for the Ethical Treatment of Animals (PETA).

Padma Shri Dr. Sindhutai Sapkal (Maai) was a destitute who became a 'Mother of orphans' and an inspirations for millions. She received the Padma Shri in 2021. Her life story is stranger than fiction. Her prayer "God please teach us to smile, but never let us forget we had cried." Born in a poor family of cattle grazers in Pimpri Meghe village, she was an unwanted child and called 'Chindi'. She dropped out of school in the 4th std and was married to a man twenty years older than her. She was bold and complained to the district officer against the village chief for not paying the dues of the villager. Embroiled in this issue, a pregnant Sindhutai was abandoned by her husband. She gave birth in a cowshed, severing the umbilical cord herself with a sharp-edged stone. She spent nights in a crematorium to protect herself and her baby and fed on food that was offered as part of the funeral ceremonies. Often she contemplated suicide but struggle to survive. It was when she began to notice people who were in a much worse situation than hers that she was inspired to forget her troubles and save their lives. She begged to make a living for herself, her child and the orphaned around her. After much struggle and help from donors, she formed and registered her first NGO Savitribai Phule Girls Hostel under the foundation Vanwasi Gopalkrushna Bahudeshiy Mandal, Chikhaldara in Amravati. Mamta Bal Bhawan and Gopika Gai Rakshan Kendra are the other NGO's formed by her.

It is when one looks beyond the obvious and have high aspirations that one is able to achieve great heights and Inspire others.

Annie Paul

V. N. Sule Guruji

Influential Women of the 21st Century

"If you educate a man, you educate an individual, but if you educate a woman, you educate a nation" what a powerful line and so true. Women play an important role in society, from family, and work to politics. You name any field, one will find strong woman leader. Nirmala Sitharaman as a Minister of Finance and the Minister of Corporate Affairs, Indra Nooyi former chairman and chief executive officer of the food and beverage industry behemoth, PepsiCo, Sindhutai Sapkal: raising orphaned children, PV Sindhu, the first Indian woman to win an Olympic silver medal in 2016 and a gold medal in 2020 in the sport of badminton, Gunjan Saxena, First woman Indian Air Force officer to fly in a combat zone during the Kargil War. They are caregivers, mothers, leaders, entrepreneurs, and activists. They are the pillars of the family and community. These are just few names which we know however there are many unseen, unsung, unknown women who has made crucial impact on the society, they fought for human rights, women education, they worked hard to break typical mentality of the society, they raised voice against injustice, they stood solid strong against all odds and become influencer from 21st century. For me our President Smt. Murmu and Dr. Rani Bang are great influential women from 21st century due to their work for the society. Both women strongly believed in Simple Living and High Thinking. They used their knowledge, education for upliftment of underprivileged people, for their rights and for their basic needs.

Hon'ble President of India, Smt. Droupadi Murmu:

In civics subject, we learnt that President of India is the first citizen of nation. And today we have a woman Smt. Droupadi Murmu as our President. There is a saying that women are the backbone of the family and the bedrock of a nation. And this is absolutely true. Smt. Murmu was born in a Santhali tribal family at Uparbeda village, Mayurbhanj, Odisha. Smt. Murmu's early life was marked by hardships and struggle. On completion of primary education from the village school, she went to Bhubaneswar on her own initiative to continue her studies. She earned

the degree of Bachelor of Arts from Ramadevi Women's College, Bhubaneswar and became the first woman from her village to receive college education. Raised in a rural village, she overcame numerous challenges and obstacles to pursue her education, eventually becoming a teacher and dedicating herself to serving her community. As a teacher, she played a pivotal role in shaping the lives of students, instilling in them the values of knowledge, resilience, and compassion. Her dedication and commitment to education has left a lasting impact on generations of young Indians, empowering them to dream big and pursue their aspirations.

Unlike other politicians, she didn't have any family background or support still she became the first woman Governor of Jharkhand. She was the first female tribal leader from Odisha to be appointed as a Governor of the Indian State. One of the very important bill amendment she fought for tribal people. The bill sought to give rights to the Tribals to make commercial use of their land, while also ensuring that the ownership of land does not change. Her journey from grassroots activism to the presidency symbolizes the potential for women to achieve leadership positions and make meaningful contributions to society. Throughout her political career, President Murmu has raised her voice and fought for the rights and welfare of tribal and rural areas. She has worked to address the socio-economic differences faced by these communities to support and amending policies and initiatives aimed at promoting inclusive development, social justice, and empowerment.

She is a symbol of Hope and Resilience. President Murmu's journey is an inspiration for millions of women and girls across India. Her journey demonstrate the resilience, determination, patience and courage required to overcome adversity and achieve greatness. As the first woman from a tribal background to hold the highest office in the land, she embodies the spirit of empowerment and inclusion that is essential for building a more equitable and prosperous society.

Dr. Rani Bang:

More than 60% of India's population live





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in rural areas. Rural areas face a multitude of challenges including poverty, limited access to essential services like healthcare and education, poor infrastructure, and economic disparities. These challenges often lead to lower quality of life, reduced opportunities, and increased social and economic inequalities compared to urban areas. When there is a problem, solution also follows it. Similarly, Dr. Rani Bang along with her husband, Dr. Abhay Bang walked as a light in the life of these people.

Dr. Rani Bang was born in 1951 in Chandrapur with a different family background. Her father was a teacher, and her mother was a homemaker, instilling in her the values of hard work, education, and empathy. Rani excelled academically and developed a strong passion for medicine. Her path intersected with Abhay's at Nagpur University, where they were both pursuing medical studies. They shared a common vision of using their medical knowledge to serve the underprivileged. After completing their medical education, Dr. Bang and his wife Rani, started their medical practice in the village of Kanhapur near Wardha. However, their initial approach was focusing solely on medical treatment. However they recognized that effectively addressing the root causes of health issues required a comprehensive understanding of the social and economic contexts within the villages. They both then completed Masters in Public Health from Johns Hopkins University, Baltimore, United States, in 1984. Following Gandhian principles, the couple returned to India following their masters to work with the underprivileged people. They selected Gadchiroli, poor tribal area in Maharashtra, to start their work. They created the Society for Education, Action, and Research in Community Health (SEARCH), Gadchiroli, and began their mission to learn about and help the tribal people with their health problems.

The journey wasn't easy. They faced many problems from tribal people like building trust, fear of local saint/sadhu, cultural barrier, language issue. Dr's, uniform. The infant mortality rate was alarmingly high, and the state of maternal

health was bad, the majority of women in the community were suffering from severe gynecological conditions but had no access to adequate treatment facilities. Cultural and traditional practices, like keeping women who are menstruating away from others, and relying on traditional healers instead of doctors, made it even harder for people to get modern healthcare.

So they started working with infant mortality issue first. The Home Based Neonatal Care (HBNC) model developed by Bang has resulted in a reduction in infant mortality in the study villages of Gadchiroli. They identified 18 possible causes of such an infant's death, including poverty, diarrhea, infection, pneumonia, or lack of a hospital. They trained village women in neonatal care, called as Arogyadoots or health messengers. The result - The infant mortality rate, which was initially very high, significantly decreased. The experiment demonstrated that it was possible to provide effective newborn care at a low cost and within the community. Dr. Rani Bang also faced major issues in gynaecological area. Through educational initiatives like the Women's Awareness and Health Fair, she broke down taboos surrounding women's health, fostering open dialogue and empowering women to seek care. With medical and health support Dr. Bang's work was also to empower women, giving them a voice and rights. Her efforts led to a paradigm shift in how women's health was perceived and addressed, impacting not only Gadchiroli but also influencing global health policies. She proved that even in resource-limited settings, significant improvements in women's health were possible through community-based, culturally relevant intervention.

Both are influential women with their dedication and innovative spirit continue to inspire people around the world, reminding us that everyone deserves access to equality, quality healthcare, no matter where they live.

Anagha Anaokar

KG and Balodyan, Hindu Colony, Dadar



Power Moves - Influential Women of the 21st Century

In the 21st century, the role of women in society has changed significantly. Instead of being confined to traditional roles, women are now actively participating in revolutions, history, and the future. They have advanced forward in numerous professions such as politics, business, science, journalism, and entertainment, leading to the breaking of barriers, societal norms, and fighting for equity, justice, and fairness. Women are now being accepted for holding high rank positions and are leveraging spaces which were previously dominated by men.

Jacinda Ardern, the New Zealand Prime Minister, along with Angela Merkel, the German Chancellor, have gained the respect and admiration internationally. Considered the 'ideal leaders', these women are tremendously intelligent, compassionate and strong. Their leadership is a mix of political acumen with empathy while incorporating policies that enhance the betterment of society.

Other than the political pioneers, other women such as Malala Yousafzai and Greta Thunberg have risen as advocates for education and environmental protection, respectively. Malala has been on the front line of fighting for girls' right to education, whereas Greta is steering the movement against climate change.

Their example has empowered millions of particularly the younger generation to also raise their voices on behalf of the voiceless, and to take action on some of the world's most pressing problems like rising global temperatures and the need for education to be universally accessible.

The work force has also changed significantly in the business world, with women taking major roles. Wonder women entrepreneurs like Oprah Winfrey and Sheryl Sandberg not only created empires, they leveraged their platforms to advance women's empowerment, diversity, and inclusion. At media and corporate helms, they demonstrated women can push not only economic-change but social progress, tackling issues such as workplace inequality.

Women are still breaking new ground in science and technology. Frances Arnold, the

Nobel Prize-winning chemist, and Radia Perlman, a pioneering software designer often called the "Mother of the Internet," have forged new paths in male-dominated arenas. Their successes have opened doors for future generations of women in science and technology - and highlighted the important role women have always played in scientific progress.

Entertainment figures like Beyonce, Serena Williams and Emma Watson have also stirred feelings. By questioning social norms, fighting for change, and using their influence to motivate others, they've demonstrated that success is about more than talent—it's about using one's platform to make the world a better place.

These women, and so many like them, are powerful examples of leadership, activism and advocacy. They are toppling the world as we know it and showing that women have the power not just to be successful in their careers, but to transform the world.

These women, and countless more like them, are powerful leaders, activists and advocates. They are knocking over the world as we know it, and proving that not only can women succeed, but they can change the world. They still inspire, teach, and set an example, demonstrating to generations to come that there are no bounds to what women can accomplish.

Still, its easy to forget that all women, whether they've attained success in their field or are widely recognized, have sway. Each woman, whether she is a mother, a teacher, a community leader, or a friend is making a distinctive contribution through her actions, values, and voice. Every woman who raises the next generation, fights for fairness, or simply stands up to injustice has a ripple effect that shifts the course of the future in ways that are sometimes invisible but always profound. Each woman is, in her own way, a part of a larger movement of change and progress in the show business, proving that influence in the show business doesn't have a gender bias.

Lubna A. Khan

KG & Balodyan, Hindu Colony, Dadar





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Influential Women from 21st Century

Influence is the power to have an important effect on someone or something to begin with the most influential women in my life is my mother.

The way she faced her struggles in life and still coping with her physical health has really influenced me in many ways.

Now talking about influential women from 21st century, first on my list is an acid attack survivor who is inspiring millions of women in India to fight for their dreams, Laxmi Agarwal. She is also the director of an NGO named "Chhanv Foundation", Which helps the victims of the acid attacks.

She motivates women by saying that more than just dreaming about your goal, go ahead face your fears and achieve your desires and goal.

Laxmi Agarwal's story is of a survivor. In spite of the attack which led to severe burns and disfigurement requiring multiple surgeries, Lakshmi emerged as a strong woman influencing others and proving her metal. She became a leading figure for the "Stop Acid Attack" groups in India. In 2014 US first Lady Michelle Obama gave Laxmi an international women of courage award.

What we can take from Lakshmi Agarwal's story is come what may never ever accept defeat and keep moving on your path and thus achieve your goal.

Next in my list is none other than the first Indian woman in space and a role model, Kalpana Chawla.

Kalpana Chawla's achievements have without a doubt made India proud born in Haryana, Kalpana had always been fascinated by the stars and was an inquisitive girl. She came from poverty stricken family, but neither that nor the fact that no Indian women had been in space before. A role model for country Indian women,

Kalpana was an ordinary girl from Karnal whose dreams and courage took her to space.

Just like her name, Kalpana was a highly creative and imaginative child.

As a little girl, Kalpana would stay awake for hours to watch the twinkling stars in the night sky. Such was her fascination with stars that once when her classmates built a geographical map of India on the floor of their classroom she covered the ceiling completely with stars-little sparkling dots on black chart papers.

Thus Kalpana Chawla's unwavering dedication to her dreams despite facing numerous challenges, will always inspire us to stay focussed and never give up on your goals.

Next on my list is a novelist, motivational speaker author, philanthropist and Rajya Sabha member my favorite Sudha Murthy.

Sudha Murthy never gave up on her career on her family, even during challenging times. Her unwavering support for her family during the early days of Infosys showcases her determinate and commitment. Her ability to manage both her career and personal responsibility set an example for others.

What has highly influenced me is her dedication to empowering women and supporting the less privileged.

Dr. Sudha Murthy believes learning is a lifelong process that keeps us youthful. According to her "the day you stopped learning is the day you become old."

The values that I have taken from all the above women is always be confident ambitious, respectful and compassionate.

To conclude 'A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong.'

Avanti Dikshit

KG & Balodyan, Hindu Colony

Influential Women from 21st Century

Women, have always been the strongest pillar of the household, are now making their marks in the professional world.

Women today have achieved unprecedented feats and have had a profound impact on humankind.

Apart from technological advancements and the rapid growth of cities, our world has observed some significant societal growth. Owing to this revolution in human society, we have achieved some commendable feats in varied fields of human endeavor.

The role of women in the 21st century has not evolved over night. There have been struggles, differences in opinion, realizations, redefining of roles and so much more.

Women play an essential role in our lives. They are the backbone of society, nurturing families as mothers, sisters, and daughters, while also contributing significantly to society - economically and politically. Their empathy, resilience, and strength are invaluable, and their contributions extend beyond traditional roles, breaking barriers in every field.

To bring radical change in a society the people should be educated. Education assists in altering the attitude of people in the right direction by which people can fight superstitions, traditional beliefs, prejudices etc. It helps in creating the right kind of institutions which in turn assist in changing a new pattern of group relationship in the society and hence, my influential women from 21st century is a teacher and I pay my tributes to all teachers, & one such special teacher is "Savitribai Phule."

She is the pioneer of women education in India, who made significant contributions to the advancement of India. Savitribai Phule, a poet, educator, and social reformer has made tremendous contribution in the field of Education. Savitribai was an extraordinary person who became the country's first female educator.

Acknowledging the historical lack of access to education for women, particularly in Indian

society, makes her contribution even more remarkable. Her story inspired a generation of Indian women to pursue higher education.

The country honors Savitribai Phule for her outstanding contributions to education and societal change. By her actions, Savitribai Phule dispelled many stereotypes and became a living example of what women could achieve with education and determination.

Indian history is beleaguered with many pioneers who broke down gender barriers and fought for their rights in fields such as politics, the arts, science, law and many more.

From Savitribai Phule becoming the very first female teacher back in 1848 to Niimla Sitharaman becoming the first full-time female Finance Minister in the twenty-first century, Indian women have been making history at different points in time.

Women, play a pivotal role in our education system by serving as role models, mentors, and leaders. Women educators and administrators bring diverse perspectives and approaches to teaching, promoting inclusive learning environments that address the needs of all students. They are always inspiring and empowering students. With their presence, they are challenging traditional gender norms and demonstrating that leadership and expertise are not confined by gender. Influential women in education support policies and practices that promote gender equity, ensuring that both boys and girls receive the support they need to succeed. They mentor young women, encouraging them to pursue careers in various fields, including those traditionally dominated by men. By highlighting the achievements of women in history, science, literature, and other areas, these help break stereotypes and broaden students' horizons. The impact of influential women extends beyond academic success, as they also instill confidence, resilience, and a sense of possibility in the next generation, contributing to a more equitable and just society.





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The role of women has been impacted and affected because of globalization and it has, to a very great extent, contributed in bringing women into the fore front and in making them a major part of the work force.

Today, because of globalization, the contribution of women in the total GDP of our country has also been an impressive one, however globalization at the same time makes women vulnerable to exploitation and the measures so taken to guarantee their safety is not sufficient. Therefore the contribution of women has to be made effective only then the interest of women is guaranteed and their contribution is valued.

The growing role of women in politics, their contribution in different areas like equality and the role of women in society, education of girl child, the rights of the prostitutes and the need for their rehabilitation are also some of the shifts that has been seen in recent years.

“You can’t do that because you are a girl!” How often have we heard this sentence being hurled at us to stop us from doing things that are considered ‘uncharacteristic’ for a woman?

For a majority of women from two generation ago, getting education was a no-no. For most women from the previous generation, stepping out of the house to build a career was not supported. For years, the boundaries have been drawn around women to keep the society’s rules and code of conduct in-check.

In the contemporary world, the role of women and their place in the economy has become the subject of concern. Theoretically, women have a place of honour and great respect; but, in reality, they are discriminated against at every stage of their lives and at every level. They are considered to be the weaker sections of the population, hence generally governmental policies and programs to assist the women are more welfare oriented than development oriented like “ladki bahna”, “Beti Bachao Beti Padhao” Pradhan Mantri “Matru Vandana Yojana” etc. It takes women double the effort to achieve success despite there being no particular legal/ political barriers. There are times when women are often not provided with

adequate resources and support to excel in their respective fields of work.

Still women have not only created history but have also paved the way for other women to grow and achieve their dreams. The most powerful thing an organization can do is to create a culture of 'Conscious Inclusion' to allow women from diverse roles & backgrounds to come together and share their stories of struggles, accomplishments, and achievements. Organizations today are bringing-in policies that are women-friendly, it is also important for women to understand it, embrace it and leverage it so that they are able to fulfil their professional dreams, keeping their individuality intact. It is as much upon every woman to climb the ladder of success, as much as it is for organizations to make the journey conducive for her. And this is what I call true women empowerment.

India ranks third in the world when it comes to women being in the taskforce at senior management positions, according to The Grant Thornton's "Women in Business" report reveals that 36.5% of senior management positions in Indian mid market businesses are held by women in 2025, up from 33.9% in 2024. The percentage of women in senior management roles has increased globally, with 32% of senior management positions held by women in mid-market businesses. While that is promising, there is still a lot of scope for reducing the gender gap within every organization.

With increasing inclusion of women in the leadership roles, providing a platform to voice their demands or suggestions is an important factor to promote women empowerment. Women make half of the world's talent pool. A platform like that for those in the leadership roles can be a tool to motivate those women who look up to them.

In India, women have risen to the highest in every walk of life as entrepreneurs, industrialists, civil servants, police officers, airline pilots, scientists, engineers, and in many other fields.

Women empowerment inculcates ability and capability to take their own decisions by breaking all personal limitations of the society and family.

Without women, the planet and humanity's existence are incomplete as a civilization. The world continually yearns for the comprehensiveness that women naturally possess as creators.

India has been fortunate enough to produce many remarkable women in various disciplines, including art, literature, and science. Some of them have made significant contributions to the educational landscape. Their efforts have motivated women of all generations to fight for their legal entitlement to education and contribute to society's betterment.

Their strength represents women all over the globe who work every single day to make the world a better place, provide for others and be the change they wish to see. As we celebrate

Women's Day each year, let us not only honor their contribution but gift them to be supporting and uplifting the women of today who are going to continue to shape the future.

The legacy of these influential women serves as a testament to the power of women to make a difference and to create a positive impact on the world. Women constitute 50% of India's population. The role of women has also changed in the 21st century. Leaving HER behind is not an option if the nation wants to become **"Viksit Bharat @2047"**.

Gitanjali Patel

KG & Balodyan, Hindu Colony



Influential Women from 21st Century

**"Khoob ladi Mardani thi woh,
Jhansi wali Rani thi woh."**

Several Indian women have given their significant contribution in history to leave their lasting impact in various field. The great personalities such as Smt. Indira Gandhi, our nightingale Sarojini Naidu, Kalpana Chawla, an astronaut and aerospace, engineer, our great author Arundhati Roy, Savitribai Phule, Kiran Bedi our social activist and many more the list is endless.

The role of these great women in the 21st century has not evolved over night. It took years they have been struggling for differences in opinions, castes, religions, realisations etc. to bring changes in every field.

Women who have always been the strongest pillar of the household are now making significant role in the professional world. Women of today have achieved unprecedented feats and have had a profound impact on humankind.

With the help of these great influential women's exceptionally important in 21st Century, our society have drive tremendous changes one of great example is Sindhutai Sapkal, a social

activist known particularly for her work in raising, orphaned children & was known as "Mother of ophanded."

With the help of all these great nationalist, personalities we have achieved social, economic and political changes & are able to face challenges with traditional power structure & inspire new generation to step ahead in new century.

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Chanchal R Obhan

Kindergarten, Ashlane, Dadar





Indian Influential Women of the 21st Century

India is a nation where women have long been influential in building society. Right from freedom fighters in the history to contemporary times, women have left their mark. In the 21st Century, numerous Indian women have emerged as global icons of strength, intelligence, and accomplishment. They belong to various walks of life such as sports, politics, business, education, space and social work.

These women not only attained personal achievement but also motivated millions of others. Their life stories teach us that anything is possible with bravery, diligence and commitment.

"There is no limit to what we, as women, can accomplish." - Michelle Obama

Here are some of the most inspiring women of India in the 21st Century and how they are transforming the world around us.

1. **Mary Kom** - A Ring champion

Mary Kom is a Manipur boxer. She is the "Magnificent Mary." She has won six world championships in boxing and an Olympic Medal. Despite becoming a mother, she still trained and won matches. Her life is a story of determination and never giving up.

"Dream, Dare, Deliver - Be like Mary Kom !"

Mary Kom taught us that being a mother or a woman should not hold anyone back from achieving what they want.

2. **Kalpana Chawla** - Touching the sky

Kalpana Chawla was the first Indian Woman to travel to space. She was born in Haryana and worked hard to become an astronaut. She was on a mission with the space shuttle Columbia. Unfortunately, she met with a tragic death when the shuttle exploded on return. But even her life inspires students and scientists worldwide.

"The path from dreams to success does exist." - Kalpana Chawla.

"Fly high, reach beyond" - Kalpana shows the way. Her life shows us that effort and education dreams can come true.

3. **Sudha Murty** - A woman of words and wisdom. Sudha Murty is a writer, educator, and social worker. She pens beautiful and easy to understand stories for children

and adults. She also collaborates with the Infosys Foundation to assist people in need, particularly in rural regions. She has assisted in education, healthcare and libraries in various regions of India. "Kindness is power - walk the path of Sudha Murty."

Sudha Murty proves that one does not need to be loud to make a difference. Here quiet work has helped thousands of people.

4. **Indra Nooyi** - A Global Business Leader.

Indra Nooyi is perhaps the most successful businesswoman in the world. She was the Chief Executive Officer at Pepsico, a leading global firm. She was born in Chennai and educated in India before immigrating to the United States of America. She rose to become one of the leading executive in the business world and was famous for her leadership and good values.

"Leadership is hard to define, and good leadership even harder." - Indra Nooyi
"Lead with heart, lead with strength - Follow Indra's path."

She proved that Indian women can lead the world of business and remain connected to their heritage.

5. **Droupadi Murmu** - The People's president.

In 2022, Droupadi Murmu was elected as the 15th President of India. She is the first tribal woman President of India. She belongs to a small village in Odisha and has encountered numerous challenges in life. But she didn't give up on her studies and served the people with sincerity and devotion.

"From a hut to the top post - Droupadi Murmu inspires the most !"

Her life teaches us that no aspiration is too large and no origin too humble.

6. **Gita Gopinath** - A Brilliant Economist.

Gita Gopinath is among the world's best economists. She was the Chief Economist of the International Monetary Fund (IMF). She was born in Kerala and educated in India as well as overseas. Her efforts educate nations about global finance and policy.

"Smart minds shape nations - Gita Gopinath leads with knowledge."

She is a prime example of how education can bring women onto the international platform.

* **Conclusion -**

India is glad to have so many intelligent and fearless women in the 21st century. They are shattering old norms and creating new narratives. They are scientists, athletes, leaders, teachers and businesswomen. They are indicating to us that gender doesn't determine achievement - effort, fearlessness and integrity do.

"Empowered women build an empowered Nation."

As students and teachers, we need to learn from these women. We need to respect girls, believe in their dreams, and provide them with equal opportunities. Any girls can shine like Mary Kom, Kalpana Chawla, Sudha Murty or Droupadi Murmu.

Let us commit to creating a future where every girl in India feel secure, powerful and nurtured. That is how we build a better world (India) - together.

Sarita S Rane

Orion

Indian Influential Women from 21st Century

The 21st Century has witnessed a remarkable rise in the prominence and impact of Indian women across various domains. From politics and science to sports, business, activism and space research, Indian women have broken barriers, challenged stereotypes and become global icons. Their journeys are not only inspiring but also represent the evolving landscape of gender equality in modern India. Among these trailblazers, Mary Kom, Lata Mangeshkar, Kalpana Chawla, Saina Nehwal, Sunita Williams are noteworthy for creating their legacies.

Sunita Williams is a distinguished American astronaut of Indian heritage, renowned for her extensive contributions to space exploration. A retired U.S. Navy officer, she has accumulated over 608 days in space, making her one of the most experienced astronauts globally.

In the World of sports, Mary Kom stands as an enduring symbol of resilience and excellence. Hailing from a small village in Manipur, she became a six time world champion boxer and the first Indian woman to win a medal in boxing at the olympics.

Lata Mangeshkar, often referred to as the "Nightingale of India." was one of the most iconic and famous playback singers in the history of Indian Music. Her career spanned over seven

decades and her contributions are immense. She recorded over 25,000 songs in more than 36 languages, including Hindi, Marathi, Bengali, Tamil and more. Sang for four generations of Bollywood actresses, from the 1940s to the 2000s.

Kalpana Chawla was a remarkable astronaut and aerospace engineer and she holds a special place in history as the first woman of Indian origin to go to space. Her life is a powerful symbol of courage, perseverance and dreams that reach beyond the stars.

Saina Nehwal is one of India's most renowned badminton players, widely credited with popularizing the sport in the country. She has achieved many historic first and inspired a new generation of athletes.

In conclusion, the 21st Century has been a magnificent era which witnessed Indian women rise as leaders, innovators and change makers. These women not only represent the progress India has made but also the potential it holds for a more inclusive and empowered future.

Shilpa S Samala

Orion





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Indian Influential Women from 21st Century

The 21st century has witnessed a drastic change in women's role across the world. Their achievements are redefining what leadership, courage and innovation looks like in modern society. Their voices and actions have changed the global perspectives and empowered a new generation to dream bigger and fight harder.

India, a country rich in history and culture has seen its women break barriers and established themselves as entrepreneurs, politicians, athletes, artists, researchers and social activists. The stories of women like Indra Nooyi, Kiran Bedi, Sindhutai Sapkal and others are powerful examples of how women can succeed in any domain.

Indra Nooyi, served as the CEO and chairperson of Pepsi Co from 2006 to 2018, making her one of the most powerful women in the global corporate world. Kiran Mazumdar Shaw, the founder of one of the India's largest pharmaceutical companies, Biocon Limited is one of the leading figures in global healthcare. Mary Kom, also known as "Magnificent Mary" is an Indian boxer who has brought numerous accolades, including six world championship titles and an olympic bronze medal.

PV Sindhu an eminent name in the world of sports is the first Indian women to win an Olympic silver medal in 2016 and a bronze medal in 2020.

Beside business and sports, women has also contributed to public services. Kiran Bedi, the former Lieutenant Governor of Pondicherry is a social activist and a retired IPS officer who served in the police force for 35 years and took voluntary retirement as DGP in the year 2007. She continues to strive for improving the livelihood of people through her social work.

Another women who has emerged as one of the most influential social activist of the century and is widely known for raising orphan children in India is Sindhutai Sapkal. She was an epitome of a strong and courageous women in the 21st century. She was rewarded with multiple awards for her unconditional social work, including the Mother Teresa Award, Nari Shakti Puraskar and Padmashri.

As rightly quoted by Avani Chaturvedi, a flying officer, "A fighter aircraft is a machine. It doesn't know if the pilot is a man or woman." She is the first Indian Woman to fly solo fighter aircraft MIG-21. 'Bison' known for its highest landing and take-off speed. In the work women have contributed marvelously in defense and armed forces too. Tessy Thomas the first Indian woman who made India proud to head an Indian missile project. Adding to it, with the successful launch of the Agni-V missile project, she also achieved a career milestone. Seema Rao, popularly known as wonder woman of India is India's first female special forces trainer who has been awarded the highest civilian award for the women 'Nari Shakti Puraskar' for her dedicated service in the betterment of the defense cadets.

These women have not only excelled in their respective fields but have also paved the way for future generations of Indian women to challenge norms and realize their potential. They serve as symbols of courage, determination and resilience, inspiring young girls to believe that they too can break barriers and achieve greatness in any arena.

Sandhya Mane

Orion



Indian Influential Women from 21st Century

Women of 21st century are strong, independent and empowered. They have broken many barriers that once limited their roles in society. Unlike in the past, today's women are well educated, career-oriented and actively involved in decision making at home, at work and in government. They are scientists, doctor, engineers, artists, entrepreneurs and leaders making a difference around the world and leaving a lasting impact.

Some of the women who have made India proud are :

1) **Sudha Murthy** has made India proud through her tireless work in philanthropy, education and literature. As chairperson of the Infosys Foundation, she has led initiatives to build libraries, schools, hospitals and sanitation facilities across the rural India. Her dedication to empowering underprivileged communities especially women and children has transformed countless lives. A best selling author, she has written stories that celebrate Indian values and ethics, inspiring readers of all ages. In 2023, she was awarded the Padma Bhushan and nominated to the Rajya Sabha for her service. Sudha Murthy remains a symbol of humility, compassion and nation-building through education and service.

2) Squadron leader **Avani Chaturvedi** has made India proud by braking barriers in the Indian Air Force (IAF) and inspiring countless women to pursue careers in defense. In February 2018 she became the first Indian woman to fly a fighter jet solo, piloting a MiG-21 Bison for a 30 minute sortie form the Jamnagar Air force station. This achievement marked a significant milestone in the IAF's commitment to gender equality and showcased the capabilities of women in comb at roles. Avani was part of the pioneering group of female fighter pilots inducted into the IAF

in 2016. A historic move that opened combat roles to women in the armed forces. Through her accomplishments, Avani chaturvedi, has not only advance her career but has also become a symbol of empowerment encouraging women across India to pursue their dreams in fields traditionally dominated by men.

3) **Falguni Navar** has made India proud through her transformative leadership in the beauty and e-commerce sectors. In 2012 at the age of 50, she founded Nykaa, India's first women - led unicorn startup, revolutionizing the beauty and wellness industry by offering a vast range of products online and through physical stores. Under her guidance, Nykaa became the largest speciality beauty and personal care platform in India. The company's initial public offering (IPO) in the November 2021 was a resounding success listing at Rs. 2,018 nearly doubling its issue price and achieving a market capitalization of over Rs 1 lakh crore, making Nykaa the first profitable Indian startup unicorn to go public. The milestone propelled Nayar to become India's wealthiest, self-made billionaire with a net worth of approximately 6.5 billion dollars. Her achievements have not only broken gender barriers in India's startup ecosystem but have also positioned her as a role model for aspiring entrepreneurs, particularly women inspiring them to peruse their entrepreneurial dreams.

There are many more such women all over the globe who pave the way for a more equitable and inclusive world. Their impact continues to echo, proving that women's contribution are integral to shaping a better future.

Rajeshri Patil

Orion





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Indian Influential Women from 21st Century

The 21st century has seen women across the world, including India rise to prominence across diverse fields, breaking stereotypes and leaving an indelible mark on the world. From politics and business to sports and social activism, these women have redefined success and inspired millions.

One of the most recognized names is Kiran Mazumdar - Shaw, the founder of Biocon, one of India's leading biotechnology companies. As a pioneering entrepreneur, she broke into a male-dominated industry and became richest self-made women in the world.

In the field of sports, P. V. Sindhu, India's badminton star, has brought international glory by winning Olympic medals and world championships. Her achievements have not only elevated the status of Indian sportswomen but also inspired young girls across the country to pursue athletics.

Nirmala Sitharaman, India's current finance minister has become one of the most powerful women in Indian politics. She plays a critical role in shaping the economic policies of the country

and has made history as the first full-time female Finance Minister of India.

Falguni Nayar, the founder of Nykaa, represents the new generation of female entrepreneurs. After a successful career in banking she launched an e-commerce platform that revolutionized beauty retail in India, becoming one of the first self-made female billionaires in.

Another notable figure is Gita Gopinath, who served as the Chief Economist of the International Monetary Fund (IMF) and is now the First Deputy Managing Director. Her expertise in global economics has positioned her as one of the most respected voices in international finance.

These Indian women, among many others have shaped the 21st century through vision, determination, and impact. Their journeys continue to challenge conventions and pave the way for future generations to dream bigger and aim higher.

Ajita Supal
Orion



Indian Influential Women from 21st Century

"She remembered who she was and the game changed."

– Lalah Delia

Women are daughters, mothers, leaders, creators, thinkers and builders of communities and nations. Despite centuries of challenges and inequality, the 21st century has witnessed the rise of extraordinary women who have shattered barriers, redefined leadership and championed causes that have transformed societies. From technology and politics to activism and entertainment, from arts and sports to becoming a business woman, these trailblazers have not only advanced their respective industries but have also pushed the boundaries of gender equality

and social justice. Their resilience, innovation and courage continue to inspire generations.

In our dynamic world where change is imminent, the 21st century has prompted a radical change in the way our world works. The modern era has revamped the face of our world in its entirety.

Below are some of the most influential women of the 21st century, their works and the impact they have made on society.

- 1) **Malala Yousafzai** : Advocate for Girl's education she emerged as a global symbol of resistance against oppression and an advocate for girls education after surviving a Taliban assassination attempt in 2012.



At just 15 years old, she was targeted for speaking out about the right of girls to receive an education in Pakistan. Her courage and activism led her to co-author 'I am Malala' and establish the Malala fund which supports education initiatives around the world. In 2014, she became the youngest ever Nobel Peace Prize laureate. Malala's impact is profound, she has inspired a global movement to fight for education equality, especially in regions affected by conflicts and gender discrimination.

2) **PV Sindhu :** She is India's most celebrated athletes and a global icon in the sport of Badminton, she won a silver medal at the 2016 Rio Olympics, followed with a bronze medal in 2020 Tokyo Olympics, making her 1st Indian woman to win two Olympic medals in events. Beyond her titles, Sindhu's work ethic, humility and perseverance have made her a role model for millions. Sindhu actively promotes fitness education and women's empowerment. She has broken gender stereotypes and encouraged the idea that women can achieve global excellence in sports. Through public appearances, campaigns and endorsements, she has consistently advocated for the importance of sports in shaping a healthy confident and empowered youth.

3) **Gita Gopinath:** She is a distinguished Indian - American economist who made history by becoming the first woman to serve as the Chief Economist of IMF in 2019. She later rose to an even higher position as the first Deputy Managing Director of the IMF. She has played a crucial role in shaping

international responses to economic crises, especially during the COVID-19 pandemic. Her analysis and policy recommendations helped countries manage inflation, recovery plans and economic stability in the face of unprecedented challenges. Her achievements reflect the power of intellect, education and hard work and she is often seen as a symbol of global Indian excellence.

4) **Falaguni Nayar :** She is self made entrepreneur and the founder of Nykaa, India's leading beauty and lifestyle brand. After a successful career in investment banking, she launched Nykaa at the age of 50 in 2012. Her work transformed the beauty industry by making products accessible across India, especially in smaller towns. Falguni's journey broke age and gender stereotypes, inspiring women to pursue entrepreneurship at any stage in life.

5) **Kiran Bedi :** She is India's first female officer in the IPS, joining in 1972. Known for her bold and reformist approach, she gained national recognition for her work in traffic control, prison reform and anti-corruption efforts. As inspector general of prisons in Tihar jail, she introduced major reforms focused on rehabilitation - bringing in education, yoga, vocational training and self-improvement programs for inmates. Her leadership has inspired generations of women to enter law enforcement and public services. Her fearless attitude, discipline and commitment to justice made her a symbol of integrity and empowerment.

Prachi Chauhan
Orion





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Indian Influential Women from 21st Century

"As women achieve power, the barriers will fall and will all be better off for it." - Sandra Day O' Connor

In today's world, women are doing amazing things like leading countries, changing laws, inventing new things, winning medals and inspiring millions. But who are these, "Influential women." ?

Honestly, every woman can be influential, whether it is your mother, teacher, friend or someone famous. Influence does not always mean being in the spotlight. It means making a difference in someones life or in the world.

Let us look at some women who are making a big difference in the 21st centry from are own motherland 'INDIA'.

Kalpana Chawla was first Indian woman to go to space. She worked very hard and showed the world that dream have no limits. Even after her tragic demise during a space mission, she continues to inspire many young students to reach for the stars.

Kiran Mazumdar Shaw founder of Biocon, a big biotech company in India. Despite entering a male-dominated industry, she built one of India's leading pharmaceutical firms and become one of the world's most influential entrepreneur. Her commitment to affordable healthcare and innovation makes her a true change maker.

Mary Kom is a world champion boxer from our motherland. She continued her career even becoming a mother. She inspires young girls by proving that with determination, hard work and resilience, woman can break barriers and achieve greatness in any field, including sports.

Our finance minister, Nirmala Sitharaman plays a big role, drives India's economic growth. Her remarkable contributions through progressive reforms in our budget and focusing on womens economic empowerment, aimed at achieving 'Vikshit Bharat 2047' are notable.

PV Sindu, India's badminton star, has won many international medals. With her Olympic medals and relentless drive, she has not only

brought global glory to India but also inspired young girls to take up sports with pride and confidence.

Purnima Devi Barman formed an all women group to protect endangered species of birds and the environment along with empowering women. Her pioneering efforts to save the endangered greater adjutant stork (Hargila) and for creating the Hargila Army, an all-female conservation group dedicated to protecting the species and its habitat are remarkable.

Falguni Nayar left her finance career to start her popular beauty brands Nykaa. Today, Nykaa is a household name and Falguni is one of India's wealthiest self-made female entrepreneurs, proving that ambition, vision, and timing can redefine industries.

Roshni Nadar Malhotra the chairperson of HCL Tech, the first woman to lead a listed IT firm. She drives tech globally, philanthropy and education through the Shiv Nadar foundation and VidyaGyan. She is also actively involved in wildlife conservation and sustainability through The Habitats Trust.

Nita Ambani's 'Circle Initiative' and her contribution to the Cultural Diplomacy of India are admired and appreciated globally.

From other parts of the world –

Kamala Harris made history as the first black woman and first South Asian Vice President of the United States. Her commitment to justice, reproductive rights, and global alliances, as well as her steady rise to one of the highest offices in the world, has inspired countless, women and girls to believe that leadership is not out of reach, it is possible.

Malala Yousafzai, a young girl from Pakistan who stood up for her right to education when many believed she should stay silent. Malala did not stop, even after facing life threatening violence. She turned her pain into purpose and became the youngest Nobel prize laureate. Her courage reminds us that age or background does not define your ability to bring change.



Gisele Pelicot from France and Fatou Baldeh from Gambia are working to stop violence against women. Their actions are helping communities and nature.

In the world of sports, Serena Williams is a shining example. More than just a tennis champion, she broke records and stereotypes. She faced criticism, racism and doubts but she never gave up. Her strength on and off the court has opened doors for the youth everywhere especially girls to dream bigger and aim higher in sports and beyond.

Greta Thunberg, a teenage, climate activist from Sweden. She began alone, by holding a strike outside her school to protest climate inaction. Today, she is a global voice for the environment, challenging world leaders and reminding all of us that even one small voice can echo across the world. Greta shows us that influence does not always come with titles, sometimes, it comes with strong beliefs and a brave heart.

Oprah Winfrey is one of the most powerful women in Media. From a tough childhood, she

became a global icon. She promotes kindness mental health and personal growth.

Turning to business, Hana AL Rostamani is the first female CEO of first Abu Dhabi Bank. FAB is the largest bank in the U.A.E. transforming Gulf finance by financing SMES under her leadership.

All of them show that women can be strong in every way.

What makes these Women special ? Their never give up spirit. They believed in themselves and helped others. Some had fame, but many just had the courage to do the right thing. They prove that women don't need to be superheroes to make a difference, but should have strong hearts and clear goals.

The 21st Century belongs to women who dare to dream and act. Whether it is in a village or an a world stage, women are shaping a better future. Their stories remind us that anyone can be influential, not just by what they do, but by the positive change they create.

Smita Sulakhe
Orion

Indian Influential Women from 21st Century

The 21st Century has been marked by a significant transformation in the roles and representation of women across various spheres of life. From politics and science to arts and activism, women have emerged as powerful voices shaping the world's future. The impact of influential women in this century goes beyond personal achievements - they have become symbol of empowerment, resilience and change. This essay explores a few remarkable women who have an indelible mark on society.

Tessy Thomas, named after Mother Teresa (Terry being a derivative of Teresa), is the first woman scientist to lead India's missile project. Tessy joined the Defence Research and Development Organisation (DRDO) in 1988 and

is now an Indian Scientist and Director General of Aeronautical Systems. The former Project Director of Agni - IV missile in DRDO has played a vital role in making India self-reliant in the field of missile technology.

Arundhati Bhattacharya, the former first woman chairman of State Bank of India, was declared as the 25th most powerful woman by Forbes in the year 2016. She was honoured as the 19th most powerful person by the India Today Magazine in 2017. She believes that woman and AI can together deliver far greater efficiency and productivity.

Indra Nooyi is an Indian - born American business executive who was the chairman and chief executive officer of Pepsico from 2006 to





Indian Influential Women from 21st Century

Not from the page of history but from the heart of today's generation 21st Century. She who rise with dreams in her eyes, confidence in her voice and purpose in her stride. As women are no longer waiting for opportunities but creating them. Across the field like science, sport, politics and entrepreneurship women are setting new benchmark and inspiring a generation to believe in the impossible.

As a woman of 21st Century is not just breaking barriers but are about to build bridges for other to cross. Recent example of Sunita Williams touched the star showing that no sky is far for women's dream. Also in boxing Mary Kom not just fought with opponents but expectations inspiring millions with her grit. PV Sindhu have brought international pride through her shear

determination and discipline. In science women Ritu Karidhal the brain behind Mars mission are providing that leadership in space isn't just a man's world. Also Kiran Bedi opened doors in a system long closed to women.

These women are not just exceptions but they are examples. Their journey reflects anything is possible when determination meet opportunities. As they rise they uplift other women of 21st Century as they influence them for better future and making them true icons of 21st Century.

Shraddha Dhuri

Orion

Indian Influential Women from 21st Century

Trailblazers of the 21st Century -

Women who shaped our world.

"In the 21st Century, women are not just breaking glass ceilings - They are building entire new worlds, one idea, one action, one revolution at a time."

The 21st Century has witnessed the rise of remarkable women who have shaped the world through leadership, innovation and creativity.

From politics to Science to Arts to Activism the contribution of the influential women have left an indelible mark on the modern history.

Women have influenced us in many spheres of life. First and foremost I would like to mention the role of mothers - who transform families and communities. A mothers love is a catalyst for transformation shaping not only future of her family but the very fabric of her community. Not only this but the rise of social media and digital platforms have allowed many homemakers to leverage their creativity and passion into successful entrepreneurial ventures.

One of the most iconic figure of the 21st Century is Malala Yousafzai, Pakistani education activist. Her courage and determination sparked international movements promoting educational rights.

In the world of environment and media Oprah Winfrey continues to be a beacon of influence. As a media mogul, philanthropist and producer, Oprah has used her platform to address issues ranging from mental health.

Sheryl Sandberg - former COO of meta (Facebook) rise to prominence. Through her book LeanIn and advocacy work, she has sparked conversation about women in leadership and workplace equality.

Women in 21st Century represent the diversity strength and potential of female leadership in the 21st Century. There stories are not only inspirational but also essential in shaping a more equable and progressive world. It is vital to recognize support and celebrate contribution of women who are making history every day.

These women show that leadership and courage come in different forms. They remind us that one voice can make a difference and that women are leading the way towards better fairer world.

The 21st Century truly marks the rise of womens power. These women not only serve as a role models but also lead a path towards a brighter more inclusive future for all.

Geeta Kumar

Orion





Influential Women from the 21st Century: Architects of a New World

The 21st century is not merely witnessing women rising; it is witnessing women rewriting the story of humanity. These are not just influential individuals; they are architects of a new consciousness, building a world where dreams have no gender, where voices do not need permission to be loud, and where leadership wears compassion as its crown.

In this century, influence is no longer defined by thrones or titles. It is measured by the courage to be different. It is Malala Yousafzai carrying a book instead of a weapon, fighting bullets with words. It is Jacinda Ardern embracing both vulnerability and strength in politics, proving that empathy is a form of power. It is Greta Thunberg refusing to be 'the future' and instead demanding to be the present, reminding us that urgency has no age. And it is women from India, standing tall in every corner of life, reshaping narratives that once kept them silent.

It is in Kiran Mazumdar-Shaw, who transformed a small garage startup into Biocon, one of India's largest biotech companies, inspiring generations of women to innovate fearlessly. It is in Mary Kom, punching through stereotypes inside and outside the boxing ring, showing young girls from the remotest villages that dreams are not a privilege but a right. It is in Falguni Nayar, who built Nykaa and shattered myths that success belongs only to the young. Her journey proved that reinvention knows no age.

Influential women today are not creating revolutions with grand speeches alone; they are creating quiet, relentless storms. In laboratories, in classrooms, on stages, in courtrooms, and in villages forgotten by maps, women are reclaiming spaces that history once denied them. They are scientists like Katalin Kariko, and they are also Indian trailblazers like Gagandeep Kang, the first

Indian woman to be elected Fellow of the Royal Society, who stands tall among the world's leading vaccine researchers.

In the world of arts and activism, it is writers like Arundhati Roy who use their pen like a sword, and actors like Deepika Padukone who open public conversations about mental health that once stayed hidden behind closed doors. It is Droupadi Murmu becoming India's first tribal woman President, redefining who can represent the voice of a billion people.

But perhaps the greatest influence these women exert is invisible. It is the seed they plant in the minds of millions of young girls. You do not have to ask for a seat at the table; you can build your own table. You can question, you can lead, you can exist unapologetically.

These women have taught the world that influence is not about overpowering others, but about lifting others up. They have redefined success as not personal glory, but collective progress. They are proof that leadership can wear a sari, a suit, a lab coat, a hijab, a uniform — or nothing but a consciousness fierce spirit.

The 21st-century woman does not wait for change. She is the change. She crafts it, she nurtures it, she defends it fiercely. She knows that the glass ceiling is not just to be cracked, but shattered so completely that no one remembers it ever existed.

Their influence is not the echo of a single voice; it is the symphony of millions, rising together.

And as this century unfolds, one thing becomes certain: the future is not just female. The future is fearless.

Dipti D Shah
Kinder Garten, Bhandup



Influential Women of 21st Century

Influential women of 21st century aren't just a role model they are architects of change, building a more inclusive, just an innovative world. The 21st century belongs to women who refuse to be limited by convention. Whether through politics, sciences, activism or culture. They have transform societies and continue to inspire change around the world.

They have been marked by remarkable progress in gender equality, women empowerment, girls education, girl child birth etc. from politics and science to arts, activism and technology, women of 21st century are not just a participants in history- they are the authors of it. Right from rolling chapatis in the kitchen to reach Chandrayan they have proved

their potential. Women like Kamala Harris (First female U.S. Vice president), Greta Thunberg and Tarana Burke (founder of Me too movement) Jennifer Doudna and Reshma Saujani (founder of Girls Who Code) etc. worked effortlessly to reflect in the mirror.

The role of the women has been impacted and affected because of globalisation and it has a very large extent. Their present effort and contribution predicts about future success. Not only proved themselves in four wall room but also in the four directions of the planet. I feel proud to be a woman of this century and would like to good influential women in society.

Shital Manoj Dubey
G.N.V. Titwala



The Most Influential Women of 21st Century

If a story about the most influential women of all time were written 100 years ago, the choices would have been limited. For centuries, women have faced numerous barriers and stereotypes that have limited their opportunities and silenced their voices. Despite comprising over half the world's population, women have historically been under represented in leadership positions. However, the 21st century has witnessed a seismic shift in the global landscape, with women increasingly taking the reins in politics, business, science, and social justice and other diverse background and fields have shattered glass ceilings and defied convention. Women now are taking centre stage, driving positive change and inspiring a new generation of leaders and changemakers.

Also due to the fact that technological advancement and the rapid growth of cities, our world has observed some significant societal growth. Owing to this revolution in human society, we have achieved some commendable feats in varied fields of human endeavour. Women,

who have always been the strongest pillar of the household, are now making their marks in the professional world. Women today have achieved unprecedented feats and have had a profound impact on humankind.

The world now boasts a rich history, full of remarkable stories of women who have defied norms, shattered barriers, and left an indelible mark on the pages of our history. From Amelia Earhart the first female pilot, to Ada Lovelace the first computer programmer, to Rosa Parks the women who started civil rights movement, to Indira Gandhi the first female and the only women Prime Minister of India, to Kalpana Chawla the first woman of Indian origin to go to space, to Lata Mangeshkar one of India's most revered singer, to Kiran Bedi the first female police officer and the list goes on and on... From ancient times to the present day, many of these women faced significant challenges including gender discrimination, societal expectations, and political opposition. These tough women have





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overcome the obstacles and illuminated the paths of many and inspired generations globally with their courage, intelligence, and resilience.

Now many women have left their impact on me, given the numerous outstanding choices, narrowing down to one single influential woman is a difficult and daunting task but still if I had to choose,

I being a certified potterhead, will choose J.K Rowling- A LITERARY ICON the author of the immensely popular Harry Potter series

Now you must be thinking how can a writer such as Rowling, change the world?

There are many different ways of changing the world. Some, do mighty deeds, and create wondrous new things, and some use the power of words to transform, and change our thinking. She has changed the world because she has reached a massive audience with her books, and by reaching out to children, she has been credited with getting young children reading again, simply because of the joy that her writing has created. So, the appropriate introduction for her will be-

Women Who Changed The World – J. K Rowling & Harry Potter & The Power of Reading and Writing...

“The power of reading is a gift that all of us can share in. And it does not matter that you are young or old, rich or poor, humble or esteemed, reading is open to everyone.”

For me Rowling's books carry messages of courage, love, and loyalty. What I find fascinating is that although her maiden name was Joanne Rowling, she used her initials only, J.K. Rowling out of concerns that she was a female author. Imagine that. The important thing was not that she was a world class writer; but that she was a woman and that might have negatively impacted on book sales. Her name is synonymous with magic, imagination, and inspiration. As one of the most influential women of the 21st century, Rowling has left an indelible mark on the literary world, popular culture, and the lives of millions of people around the globe.

From Humble Beginnings to Literary Stardom - She grew up in a family that struggled financially. Her parents' divorce and her own experiences as a single mother living on welfare benefits deeply influenced her writing. After graduating she moved to London and began working as a researcher and bilingual secretary.

It was during this period that she conceived the idea for Harry Potter, a story that would eventually become a global phenomenon. Despite facing rejection from twelve publishers, she persevered, and in 1997, Bloomsbury agreed to publish the first book in the series, "Harry Potter and the Philosopher's Stone."

The Harry Potter Series: A Cultural Touchstone - The Harry Potter series has become a cultural touchstone, inspiring a devoted fan base across the globe. The books have been translated into over 80 languages, sold more than 50 crores copies worldwide, and spawned a successful film franchise. The series' impact extends far beyond the literary world, with its themes of friendship, love, and the struggle between good and evil resonating with readers of all ages. Her **writing has been credited with helping children develop empathy, self-awareness, and a love for reading.** The series has also been praised for its portrayal of complex characters, moral ambiguity, and the human condition.

Philanthropy and Giving Back - Her success has not only brought her wealth and fame but also a sense of responsibility to give back. She has been a long-time supporter of multiple sclerosis research, literacy programs, and poverty alleviation initiatives. In 2000, she founded Lumos, a charity that works to end the institutionalization of children worldwide. She has also donated millions of dollars to various charities, including Comic Relief, One Parent Families, and the Multiple Sclerosis Research Foundation. Her philanthropic efforts have made a tangible difference in the lives of countless individuals and families, demonstrating her commitment to using her platform for good.



Entrepreneurial Spirit and Creative Innovation - In addition to her literary and philanthropic pursuits, she has demonstrated remarkable entrepreneurial spirit. She has launched several successful businesses, including Pottermore, a digital platform that offers interactive experiences, games, and e-books based on the Harry Potter series.

She has also founded Wizarding World Digital, a joint venture with Warner Bros. Entertainment. This innovative platform allows fans to engage with the wizarding world in new and immersive ways, further cementing her reputation as a **creative and forward thinking entrepreneur**.

So if you ask what is so great about JKR. You decide..... whether it is her grit and determination....or her brains.....or her struggle to fight against all odds..... or her belief in herself and her talent....that makes her one of the **most phenomenal writers of the century**. She really changed the trend around here. She defined an entire generation. I, firmly believe that JKR's

influence extends far beyond the literary world. As a philanthropist, entrepreneur, and role model, she has inspired millions of people around the globe. Her remarkable journey, from humble beginnings to international acclaim, serves as a testament to the power of imagination, creativity, and determination. As a beacon of inspiration for women and girls everywhere, her legacy continues to empower future generations to pursue their passions, challenge conventional norms, and strive for excellence. **As Albus Dumbledore, the headmaster of Hogwarts said, "Happiness can be found even in the darkest of times if one only remembers to turn on the light."** JKR's life and work serve as a shining example of this wisdom, illuminating the path for all those who follow in her footsteps.

Hats off to you, J.K.Rowling the magical story teller...

Ashwini A Kamble

Ashlane Eng. Pri. School, Dadar



Influential Women from the 21st Century

‘Yatra Naaryastu Vandite, Poojyanthe Ramanthe Tatra Devata’ is a shloka from the ancient Manusmriti, which means that where women are respected, the Gods dwell there happily. Our ancient scriptures are abundant with the glories of women who have influenced civilizations and led them to great heights. Gargi, Maitreyi, Sita, Draupadi, Mandodari are some of the names that resonate with tremendous courage and have changed the course of the society in ancient times.

Women by birth give more at everything they indulge in, more caring, more loving, more value oriented and of course embodiments of strength and resilience. The highly influential women of the 21st century are the ones who possess most or almost all the above qualities. It is a basic requisite from the ancient days and not just limited to the 21st Century. Society where

women are worshipped is the one that flourishes in abundance.

When we take a look at the women in the 21st century, we recall highly acclaimed names like Sunita Williams, the Indian born astronaut who is a mascot of humility and spirituality. She is trending all over the internet with her idol of Lord Ganesha and a copy of the holy Bhagwad Gita. Aishwarya Rai, Miss World a few decades back, is still recalled as a beauty with brains. She made Bharat proud with her brainy answers and mesmerizing beauty and is a living legend of our Indian values and upbringing. Oprah Winfrey, the world famous, TV host with her gift of the gab interviewed world famous celebrities and made them visible on the small screen in the living rooms around the world.

With due respect to all women all over the universe, the most influential one still being the



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mother and will continue to be till infinity. Mothers continue to influence their off springs from the time they conceive till the time they depart from the world. The values and upbringing they imbibe into their children stay with them life-long. It goes without saying that there may be a hundred ways to leave the world but the only entry into this world is through the womb of a mother. Even Lord Vishnu, the protector of the universe had to invoke the blessings of a mother every time. HE had to be incarnated as a mortal on the Earth.

Every woman today, is an influencer in her own way, managing the tight ropewalk at home, workplace and at the same time going the extra mile for her children. She is a symbol of great inner strength and perseverance. She is contributing to her family in her own unique way towards the enrichment of her family. Rarely will you see a woman succumbing to pressure and giving up on her ideals and principles. Similarly one will scarcely come across a woman who will justify an addiction nor be irresponsible towards her family, especially her children. Her priorities are always sorted out. Nothing can come between her and her chosen path.

Just as there cannot be **Chatrapati Shivaji Maharaj** without the upbringing of JIJABAI, there cannot be a son or a daughter who makes the motherland proud without the influence of a mother. The seeds of patriotism, fair play, loyalty and sacrifice are all qualities that a child learns from his parents, especially the mother.

I have always been in awe of my mother. But the day I myself became a mother, it increased manifold! I realized that her love for me was the most unconditional and precious to me. She has

never ceased to surprise me with her unending perfection in everything that she undertook. Her minute detailing in each and every chore was a reflection of her tenacity for precision. Though she was not literate in the real sense of the word, she was farfetched than most of the highly educated lot. Her enthusiasm for everything she did was unparalleled.

I feel, rather I'm sure she was a better mother than me because she has been more influential on my children than me, their own mother! She has imbibed all the possible good mannerisms and values in them. She was available to her children, grandchildren and other needy family members round the clock. Her qualitative and quantitative contribution to the well-being of family members had always been her first priority. Maybe that is why we have been influenced by her ordeals through our growing days.

She saw to it that we went to the best school unlike the other children in our community. She was far ahead of her times. Her out of the box thinking process has been the greatest influence on our growing years. That might be the reason why we are so deeply grounded to our roots. She had no second thoughts about her skills in parenting. She knew she was the best and did the best for everyone around without any ulterior motive.

It's her influence that though uneducated in the literal sense, she has been an exceptional mother, her children are at highly influential positions and leading a very happy and fulfilled life.

Karuna Gajjalla

Ashlane Eng. Med. Prim. School



Influential Women from 21st Century

"A 'woman's' influence isn't measured by noise but by the lives she lifts with her light."

Indeed strength, patience and vision have always been woven into the spirit of women. Across centuries and cultures women have led revolutions, welcomed change and built futures often without recognition. The inspiration is continuous and unending born from resilience, compassion and courage to dream beyond boundaries.

But the story of 21st century women is not the beginning, its a continuation from being the silent architect of one of India's graced empire as Jijamata or from the battlefield of Jhansi to the classrooms of Savitribai Phule, Indian history is rich with women dared who lead.

While the world celebrate renowned achievers, my inspiration often comes from the quiet strength of women around us-most of us the mothers who raise their children with unwavering love and courage, holding their ground with independent thoughts and firm values despite life's many hardships.

Then there's a neighbour, a woman in her sixties who selflessly cares for her ninety year old bedridden mother along with successfully carrying her duties as a wife, mother, mother-in-law and grandmother with unmatched patience and dignity - a living example of devotion to be influenced with. I also admire a retired teacher in my community who begins each day with a jog, defying age and ends her evenings teaching underprivileged children with the same passion. She once brought to her classroom. Their quiet acts of compassion and determination leaves an indelible mark on everyone around them including me.

Thus a women walks softly, but her influence echoes through generations.

In today's interconnected world, social media has emerged as a powerful platform where women are not just participating but have become influencer from fashion and fitness to mental health, education, entrepreneurship, reforms and social justice. Today we have women guardians of the land, climate activists, scientists, tech empires, astronauts, athletes paraolympics, medalist, journalists, leaders and innovators. All these influencers are shaping narratives, breaking stereotypes and using their voices to inspire millions. But amidst genuine voices and multiple choices, its important to choose the right ones.

Thus from the quiet classrooms to the loud protests, from the kitchen to the global platform, women have always brought change, shaping the present.

Though the strength of a woman is defined by the century she lives in, its an eternal force that propels us all towards a future where equality, opportunity and justice reign. The future is female, because it always has been.

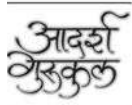
Hence there is no limit to what we, as women can accomplish. Not all influencer are famous - every woman who lives with purpose and grace leaves a mark on the world.

Here's to strong women
May we know them,
May we be them.
May we raise them

Gulrukh Nazim Khan

Marol Primary English Medium School





Influential Women from 21st Century

Twenty first century is an era of science and technology. In the field of science and technology we can see constant growth. There is advancement in every field. We have developed advanced milestone, nuclear power, machines and techniques.

The role of women has also changed in the twenty first century. They are no more restricted to cooking, washing clothes, doing household works and looking after their children and family.

Today women are leading in every field and society. Whether it be sports, commerce and industry, education, health, politics, technology, navy, army and agriculture.

Twenty first century has witnessed a surge of influential women who have made significant contribution to various fields, shaping the world and inspiring future generation.

Some of remarkable women who left an indelible mark are.

Malala Yousafzai :

Malala Yousafzai is the youngest Noble prize laureate the world has ever seen. This incredible women overcame an assassination attempt by the Taliban in occupied Pakistan at the age of fifteen, to campaign for women's rights and children's rights to an education.

Through the Malala Fund, she supports girls education world wide, particularly in developing countries. Her work with the United Nations Girls' Education Initiatives (UNGEI) promotes safe and free education for girls. She says that –

"I tell my story not because it is unique, but because it is the story of many girls."

Angela Merkel :

Angela Merkel, Germany's former chancellor (2005-2021), left an indelible mark on the country's history. As the first and only women to hold the position, she demonstrated exceptional leadership, guiding Germany through the 2008 financial crisis and strengthening its role in the European Union. Her decision to welcome over a million refugees showcased her commitment

to humanitarian values. Merkel's international relationships, including with former President Barack Obama, fostered global co-operation. Her trailblazing roles, including leading the Christian Democratic Union, cemented her legacy. Recognized as Time Magazine's "Person of the Year" in 2015, Merkel's vision for the future inspires - "for those who fear the future. We must make this time of change our time, and shape the future."

Jennifer Doudna and Emmanuelle :

Jennifer Doudna and Emmanuelle Charpentier pioneered CRISPR - Cas a gene-editing technology winning the 2020 Noble prize in Chemistry. Their innovation holds promise for curing diseases and improving agriculture, revolutionizing science.

Greta Thunberg :

Greta Thunberg is a Swedish climate activist who has inspired global youth to fight against climate change. She started "Fridays for future" movement, delivering a passionate speech at the U.N. Climate Action summit and was named "Time Magazines person of the Year" in 2019. Her activism has put pressure on world leaders to address climate change.

Ruth Bader Ginsburg :

Ruth Bader Ginsburg was pioneering Supreme Court justice who championed woman's rights and equality. She co-founded the Women's Rights Project at the ACLU and became a landmark figure in American law. Her legacy continues to inspire, as reflected in her words - "Fight for the things that you care about in a way that will lead others to join you."

Serena Williams :

Serena Williams is a tennis legend with 23 Grand Slam singles titles and decorated athlete. She's also a philanthropist and advocate for gender equality and racial justice. Her legacy extends beyond sports, inspiring others with her words. "Every woman's success should be an inspiration to another."



Oprah Winfrey :

Oprah Winfrey is a media icon, philanthropist and inspiration to millions. Through her talk show, productions, and advocacy, she addressed topics like education, mental health, and social justice. Her legacy continues to empower others, as reflected in her words - "The biggest adventure can take us to live the life of your drama."

Tawakkol Karman :

Tawakkol Karman is a Yemeni journalist and human rights activist known as the "Mother of the Revolution". She led pro-democracy movements and advocated for women's rights, winning the Nobel Peace Prize in 2011. Karman founded women journalists without chains, promoting press freedom and human rights in Yemen.

Beyonce :

Beyonce is a multi talented artist, entrepreneur, and advocate for gender equality and social change. With 35 Grammy wins and 99 nominations, she's a trailblazer in music and beyond. Her philanthropy and message of self - empowerment inspires others :-

"Don't try to lessen yourself for the world, let the world catch up to you."

Simone Biles :

Simone Biles is the most decorated gymnast in history, known for her incredible skill and athleticism. She is also a mental health advocate and survivor of sexual abuse, using her platform to raise awareness and support others. Her courage and resilience inspire many, as reflected in her word - "I'd rather regret the risks that didn't work out than the chances I didn't take at all."

Holly Tucker :

Holly Tucker co-founded "Not on the High street" and "champions women in business." She displayed her entrepreneurial talent from a young age. Running a school trick shop in her youth, it wasn't long until she was making waves in the real world of business. As well as helping co-found. Not on the High street, Holly also runs a business consultancy and advice platform where she shares her tips on how to succeed in the demanding industry something

she can also share at her speaking events. Her words - "I'm passionate about shining a light and championing women in business, in what continues to be a male-dominated landscape" keep inspiring us.

Laura Kenny :

Laura Kenny says - "Nothing is too big an achievement."

The most successful female Olympian in British history as well as the most successful female track cyclist in the sport's history - Laura Kenny is an inspirational female Olympic speaker and who is seemingly unbreakable.

She teaches women and girls across the globe that their aspirations are valid, their heart is strong and glass ceilings were built to be shattered by female achievements.

Tanni Grey Thompson :

Tanni Grey Thompson won 11 gold medals, four silver medals and a bronze medal over five Paralympic games to become one of the UK's most successful paralympian of all time.

Competing in short distance event to wheelchair marathons, this superstar has become a popular figure on the television and as a crossbench peer in the House of Lords.

Joanna Shields :

One of the leading names in the technology and security sectors, Joanna Shields acts as the UK Prime Minister's Special Representative on Internet safety, after serving as Minister of Internet Safety and Security under David Cameron. She has been lauded as an inspirational leader and top tech personality.

Her inspiring words are - "Our lives are being transformed by technology and the pace of change is unprecedented and you, the great women here tonight, are at the center of that creative disruption."

Leanna Shuttleworth :

From the youngest women ever to have climbed the great heights of Everest, to her successor for the title. Leanna Shuttleworth climbed to the summit of Everest at just 19 years of age in 2012, two years after Bonita, before





becoming, the youngest British female to have completed the "seven Summits."

Zaha Hadid :

One of the world's most innovative architects, Zaha Hadid has conceptualized and realised the process, from planning through to execution, of some of the most enticing buildings world wide.

She is an award winner titan of the industry and a truly inspiring woman.

She said - "I don't think that architecture is only about shelter, is only about a very simple enclosure. It should be able to excite you, to calm you, to make you think."

Sunita William :

Sunita William is an influential figure known for her remarkable achievements as an astronaut, particularly for her record breaking space walks and extensive time spent in space. She is the first woman to pilot a space craft flight test for an orbital mission. Williams career serves

as an inspiration, particularly for young people, and she has become a role model for diversity in NASA's space program.

These women, among many others, have demonstrated remarkable resilience, determination, and leadership, paving the way for future generations of women to pursue their passions and make a difference in the world.

All of these women have made and continued to make their mark in history. Their strength represents women all over the globe who work every single day to make the world a better place, provide for others and be the change they wish to see. Hats off to these most influential women of 21st Century. Let us not only honor their contribution, but also commit to supporting and uplifting the women of today who are going to continue to shape the future.

Nigar A Khan

English Medium Primary School, Marol

Influential Women from 21st Century

According to Hindu philosophy, the world is made up of four main "Yugas". These four yugas are the Satya Yuga, the Treta Yuga, the Dwapara Yuga and lastly, the Kali Yuga. Each of these four Yugas involves stages of change; of evolution; one in which not only the physical universe undergoes change, but the whole thought process and consciousness of mankind metamorphoses either for better or for worse, depending upon that particular Yuga. The entire cycle of a Yuga starts from its highest point, the Golden Age of enlightenment. Each subsequent age is witness to a gradual decline of wisdom, knowledge, intellect, life span, physical and spiritual strength in humankind as a whole. This automatically also implies decline and destruction of dharma or righteousness as well as the status of women's in different yuga.

In Satya-Yuga, women occupied a key position in every matter. Every decision was taken after consulting woman.

The social status of women in TretaYuga, also occupied key position but they were not the part of decision-making. The holy book Ramayana tells us that the Sita was the role model of sacrifice, which is why she emerged as the final moral touchstone of the epic.

In the Dwapar Yuga, being able to choose a life partner of her choice was a very big power given to women. For example, in Draupadi's swayamvar, she said that she did not want to marry a sutaputra.

Women are said to be physically weaker and emotionally stronger than men. Women tend to focus on setting high standards of performance and the attainment of results.



Women are far more apt to organize and work in a structured way in multi-tasking situations. Women are inherently good. They're morally superior and don't hurt people. There've been women political leaders throughout history.

“God, please teach us to smile, but never let us forget we had cried.”

These were the inspiring words of Padma Shri awardee Dr. Sindhutai Sapkal -Maai as she was popularly called by her children who found shelter under her wings. The life of Sindhutai Sapkal exemplifies the dictum that sometimes facts are stranger than fiction. She was, she is and will always remain as one of the influential women of 21st century.

Sindhutai was born in a poor, cattle-grazer family in November, 1948 in Pimpri Meghe village, in Wardha district, India. She was an unwanted child and called Chindi (worthless in the local dialect). She was just literate with her formal education ending when she was in 4th standard. She was married in her childhood to Shrihari Sapkal, 20 years older than her. She was a mother of two and expecting the third at the age of 20. Despite lacking formal education, Sindhutai had a mind of her own and was bold enough to say her thoughts. This enraged her husband and in-laws who could not come to terms with a young wife speaking her mind. She once complained to the district officer against the village chief for not paying the dues of villagers. The village chief got even with her by insinuating to her husband that the child she was expecting was not his. Sindhutai was thrown out of her husband's house. Homeless and destitute, she had to beg on railway platforms to feed herself and her child.

Fate took her to Chikhaldara where she found that there were so many orphans and destitute who were leading cursed lives on the streets and railway platforms. The first NGO to be formed and registered by her was the **Savitribai Phule Girls' Hostel** under the foundation Vanwasi Gopalkrushna Babhudeshiy Mandal, Chikhaldara in Chikhaldara in Amravati. Her first adopted son Deepak, who refused to leave her on growing up

named the second NGO **Mamata Bal Bhawan**, after her daughter, Mamata. Her children run the other NGOs and handle her social work as unlike in other orphanages, her children stay with Sindhutai till they get a job and get married. Sindhu Tai's compassion extended to animals as well and she founded the shelter, **Gopika Gai Rakshan Kendra** to save old cows from being sent to the cow slaughter-house.

Recognition of her work was universal as is testified by the numerous awards and felicitations that she received. She was conferred the Padma Shree, the fourth highest civilian award of the Republic of India, in the year 2021. She received hundreds of awards from various social organizations and trusts of which she used the award money to further her noble cause.

Compassion, empathy, altruism and social concern are the sterling qualities that set apart Sindhutai and made her the icon that she was. Today, her extended family has hundreds of sons-in-law and daughters-in law. She has raised more than 2100+ children in 45 years. While government aid was not forthcoming, donations from people and organizations made possible the herculean task that she undertook and the feats that she accomplished. She also made money by speaking about her life struggle and inspiring the audience. Life turned one full circle when Sindhutai was felicitated by her in-laws. Her husband, now lonely and destitute, wept through the entire program. Sindhutai invited him to her orphanage to live as one of her children. She proudly introduced him as her eldest child. The husband who took her home as his wife was now a responsibility of Tai.

Now that she has left behind her earthly struggles and embarked on the journey to eternity, it remains the responsibility of her children and other like-minded people to keep her mission going and she will keep inspiring them with her example.

Vaishali N Tawade
Manik Vidyamandir, Bandra





आदर्श
शिक्षक

“Beyond The Classroom: How Teachers use Empathy to Shape Student Mental Health”

Teachers do far more than simply teach lessons. They are more like guiding lights, assisting students not only in their schoolwork but also in their emotions and feelings. In today's hectic and sometimes stressful world, emotional health is as crucial as good grades. That's why teachers are so vital in assisting students in becoming strong, compassionate, and confident individuals.

“Teachers light the way for brighter futures.” They teach students how to manage life's adversities and provide them with encouragement to persevere.

“Empowering students today, for a stronger tomorrow.” As the legendary educator Haim Ginott used to say: “Teachers are like candles, they consume themselves to light the way for others.” Let's examine some of the most critical ways teachers assist in supporting students mental health.

1) Creating a safe space : “Where students feel safe, Mind flourish.”

A classroom must be a warm and safe environment. Students must feel respected, cared for, and safe to be themselves. When teachers establish a peaceful and accepting environment, students are more likely to voice their opinions, ask for assistance, and tell them how they feel.

A safe space is the cornerstone of a healthy mind.

Cred Rogers, the wise and kind educator, said: “Anything that's human is mentionable, and anything that is mentionable can be more manageable.”

It implies that if students are motivated to share their feelings, they are better positioned to recognize and control them.

2) Fostering Open Discussions : “Speak, Listen, Heal”

A Simple listening sometimes does the trick. Teachers who get students talking with them about their feelings make all the difference.

These casual, open talks communicate to students that they are not alone and what they are thinking is important. Even a short chat can do away with concern, stress or sorrow.

“Speaking out is the first step to healing.” Words have been spoken by Carl Rogers, a renowned psychologist, “The curious paradox is that when I accept myself just as I am, then I can change.” It means that if students feel accepted by their teachers, they begin to accept themselves too and that's when learning occurs.

3) Spotting the Signs : “Recognize the change, offer support.”

Teachers observe their students on a daily basis. That's why they usually see when something is different. A student can stop smiling, lose interest in school work, or withdraw from friends. These could be the signs that the student is struggling. Since teachers are trained and experienced, they usually know when a student needs assistance. Rita Pierson, an inspiring teacher, stated: “Every child deserve a champion- an adult who will never give up on them.”

Teachers are that champion. They see somethings amiss and intervene with kindness and understanding.

4) Building Confidence : “Believe in yourself, Anything is possible.”

The language teachers has the power to influence the way students view themselves. Just one “I believe in you” can turn a student around. When teachers cheer, acknowledge and celebrate student's progress, regardless of how insignificant it seems, they encourage students to feel capable and proud. This enhances their confidence and encourages them to deal with problems fearlessly.

“A little encouragement can create big changes.” A motivational speaker named Jim Rohn said: “You are the average of the five people you spend the most time with.”



That is, the people we surround ourselves with shape who we are. When teachers provide positive words and encouragement, they help mold students into positive, confident individuals.

5) Encouraging Healthy coping skills : “Stress less, Live More.”

We all deal with stress, and students are no exception. There are tests, relationships, family issues and other stressors. But it's not about the stress. It's about how we handle it. Teachers can model healthy stress management for students. This can be taking a few deep breaths, writing it down, seeking help, or breaking a problem down into steps.

“Provide students with the coping skills they require, and observe them flourish.”

When students are taught how to cope with stress in a positive manner, they become stronger and better equipped to handle the challenges of life.

Conclusion : The Unsung Heroes of Mental Health Teachers teach so much more than math, reading or science. Teachers assist students in becoming happy, healthy and strong individual. Teachers:

- Provide safe and loving classroom environments
- Listen empathetically
- Pay attention when something is a miss
- Encourage students.
- Educate for stress management

“The power a teacher has on mental wellness can last an entire lifetime.”

These days, when mental well-being is increasingly paramount, teachers are the unsung heroes we sometimes overlook. But their generosity, compassion and kindness mold students in profound ways - both intellectually and emotionally.

“Teachers sow the seeds of mental resilience that endure a lifetime.”

Sarita S Rane
Orion



Contribution of Teachers to Uplift The Mental Health of Students

Teachers can significantly contribute to students mental well - being by fostering positive relationships, providing supportive environments and promoting mental health awareness. By recognizing early signs of distress, offering, guidance and collaborating with parents and school professionals, teachers can make a lasting impact on students emotional and psychological health.

The vital role of teachers in uplifting students Mental Health. In the ever - evolving landscape of education, the role of a teacher extends far beyond text books and classrooms. Today, educators are not just knowledge providers - they are mentors, counselors and a crucial support system in promoting and protecting the mental health of students. As mental health challenges among children and adolescents continue to rise

globally, the contribution of teachers has become more important than ever.

Recognizing Early Signs

One of the most impactful ways teacher's support mental health is through early identification spending several hours a day with students allows teachers to notice subtle changes in behavior, mood or academic performance. Teachers who are trained can guide these students towards the help they need.

Creating A Safe & Supportive Environment:

Classrooms are a source of innovation, wisdom and excitement. Teachers who foster an inclusive, respectful and emotionally safe classroom environment contribute immensely to student well - being. When students feel safe, heard and valued, their self - esteem grows and anxiety levels decrease.





Encouraging Open Conversations:

Breaking the stigma around mental health begins with conversation. Teachers who normalize discussions about feelings, stress and well-being encourage students to be more open about their mental health.

Integrating Mental Health into Curriculum:

Some educators go a step further by incorporating elements of social-emotional learning (SEL) into their teaching.

Shilpa S Samala
Orion

Contribution of Teachers to Uplift The Mental Health of Students

“The purpose of education is to make good human beings with skill and expertise. Enlightened human beings can be created by teachers.”

By Dr. A. P. J. Abdul Kalam

In today's fast-paced and competitive world, students are often under immense pressure to perform well academically, socially and personally. This can lead to stress anxiety and emotional struggles. In such a scenario teachers play vital role in supporting and uplifting the mental health of their students. A supportive and understanding teacher can make a big difference in helping students cope with these challenges.

By creating positive and inclusive classroom environment, teachers help students feel safe, valued and heard. Encouragement from a teacher can boost a child's self-esteem and confidence.

Through open communication, empathy, and kindness, teachers teach students how to manage emotions, build resilience, and stay mentally strong. They also promote mindfulness and positive thinking through various classroom activities.

As Albert Einstein once said, “It is supreme art of the teachers to awaken joy in creative expression and knowledge.” That joy is at the heart of good mental health.

In every step, teachers contribute silently but powerfully to the emotional growth of their students, helping them become strong, happy and balanced individuals.

Chetna Puneet Vig
Orion, Primary Section

**"A woman is like a
tea bag – you never
know how strong she
is until she gets in
hot water."**



Contribution of Teachers to Uplift The Mental Health of Students

Teachers are among the most influential figures in a child's life. Beyond academics, they play a crucial role in shaping a child's emotional and mental well-being. As children spend a large part of their day at school, teacher's often become second parents, monotones and emotional anchors. In recent years the importance of mental health has been increasingly recognized, and teacher are now seen as key players in promoting and uplifting the mental health of children.

Teachers are often the first to notice when a child is struggling emotionally. Changes in behaviour, withdrawal from activities, lack of concentration, or sudden aggression can all be signs of mental distress. Early intervention is critical in preventing minor issues from becoming serious mental health problems.

A positive classroom environment plays a huge role in a child's mental well-being. Teachers who foster kindness acceptance, and co-operation help reduce feelings of from isolations and anxiety. When children know they are safe and accepted they are more likely to open up about their feelings and seek help when needed.

Teachers can directly uplift mental health by leaching students how to understand and manage their emotions. Activities like group discussions, journaling, story telling and role playing help children identify their feelings and develop empathy. Encouraging mindfulness gratitude, and stress - relief exercises can also equip students with tools to handle challenges calmly and positively.

Positive reinforcement from teachers helps build children's self - esteem. When teachers acknowledge effort, celebrate progress and treat mistakes as learning opportunities children gain the confidence to face difficulties. Resilience, or the ability to bounce back from failure is a key component of good mental health and teachers play a central role in nurturing it.

Unrealistic academic expectations can cause stress, anxiety and fear of failure. Understanding teachers balances academic rigor with emotional support. They create flexible students centered teaching methods that consider individual learning needs and avoid comparing students. This approach helps reduce pressure and promotes a healthier learning atmosphere.

Teachers themselves are role models of emotional maturity and kindness. The way a teacher handles stress, conflict and mistakes teaches children how to do same. A calm, patient and understanding teacher inspires children to adopt similar behaviors, creating a ripple effect of emotional wellness.

In the journey of a child's mental development, teachers hold a place of deep significance. By being attentive, caring and proactive, they can make a lasting impact on a child's emotional health. Their contribution not only helps students perform better academically but also grow into balanced, resilient and emotionally healthy individuals. In supporting the mental health of children, teachers shape not just the minds of the future, but also the hearts.

Urvi Borkar
Orion, ICSE





Contribution of Teachers to Uplift The Mental Health of Students

“The heart behind the chalkboard : Teachers and mental well-being of the students”

The above phrase captures the deep emotional commitment teachers bring into the classroom everyday. It is said that behind every lesson plan and every piece of homework, there is a heart that beats for the well-being of students - not just for their academic growth, but for their emotional and mental health as well.

In a world where students face increasing stress, anxiety and social pressures, the role of teachers has expanded beyond academics. Teachers are now care givers, mentors and mental health allies. They create safe spaces where students can feel heard, valued and supported. The classroom is no longer just a place of learning- its a place of healing encouragements and emotional growth led by the heart behind the chalkboard. Students today face many pressures - academic expectations, peer relationship social media and sometimes even struggles at home. All of these can affect how a student feels, learns and grows. When mental health suffers, so does everything else-grades drop, motivation fades and even friendships can break down. That's why mental health is just as important as physical health. And in this journey of supporting students mental well-being, teachers play a powerful and special role. Teachers are the one who notices when someone seems quieter than usual, more anxious or distracted. Sometimes a teacher is the first to ask, “Are you okay?” and that question can change everything.

Teachers do much more than just teach

lessons. They create safe and welcoming classrooms. They encourage kindness, patience and respect. They give students the confidence to speak up, to try again and to believe in themselves. Many teachers include emotional learning in their classrooms-helping students manage stress, handle emotions and build positive relationships. These are life skills that stay with students long after the school bell rings. Sometimes when students need more support, teachers often work with counselors and families to make sure no one is left lonely. In this way teachers become bridges of care. So in true sense, mental health is a foundation for success and teachers are the builders of that foundation. Through their compassion, dedication and understanding teachers don't just educate minds - they uplift hearts. Teachers act as a bridge, offering insights and helping connect students to the right support system. Teachers promote emotional skills through classroom discussions, group work and by setting examples of kindness and empathy.

A simple gesture - a kind word, a patient ear or encouragement can make a world of difference to a student who feels overwhelm or unseen. A thoughtful conversation, a kind gesture or simply being a good listener can help a student feel seen and supported. Teachers efforts to uplift the mental health of students have a profound and lasting impact. As society continues to prioritize mental health, it is essential to recognize and support the vital role teachers play in nurturing the minds and hearts of our future generations.

Sumedha P Apte
Orion (ICSE)



ॐ नमो भगवते वासुदेवाय ॥ श्रीगणेशाय नमः ॥
ॐ नमो भगवते वासुदेवाय ॥ श्रीगणेशाय नमः ॥







Field Visit to Matoshri Vrudhashram, Khadvali

IES Ganesh Nagar Vidyalaya, English Medium Primary, Titwala, organized a field visit for the 7th standard students to Matoshri Vrudhashram, Khadvali on Saturday, 29th March. The students were accompanied by Mrs. Minal Attarde (Incharge), Mrs. Anita Mahale, and Mrs. Nirmala Gore (Class Teachers), along with Mr Vaishnav Jagtap (P.T sir) Mr. Bharat Kharat and Mr. Rutik Salve (Peons). The journey began at 9:00 AM by bus, and the group reached Khadvali by 9:45 am. The first stop was Shree Swami Samarth Math, where the students had a peaceful darshan and spent time meditating in the serene surroundings. Afterward, they enjoyed their tiffins near the Math, listening to the melodious calls of the cuckoo.

Following this, the group proceeded to the Old Age Home, located half a kilometer away. There, they were warmly welcomed by Assistant Manager, Ms. Nanda Ghotankar, who guided them to a hall where the students received detailed information about the facility and its residents.

To bring joy to the elderly, the students and teachers organized a series of entertaining performances. The senior citizens were deeply touched when the children presented them with flowers and handmade greeting cards. The heartfelt exchange led to warm hugs and affectionate blessings, making it a truly emotional moment. Overwhelmed by the love and kindness, the elderly residents expressed their gratitude and requested the students to visit again.

As a gesture of support, the students donated various pulses to the home, which were handed over to the manager in the office. The visit concluded with warm wishes, and the group departed at 11:45 AM, reaching school safely by 12:30 PM.

This field visit was a profound experience, reinforcing the importance of love and bonding with grandparents while also highlighting the harsh realities faced by many elderly individuals in society.



Exciting News!!!

We at IES Orion are excited to share that Master Sumedh V. Musale of Std. V Carnation has been awarded the 'Best Global Selling Author' at the BriBooks Summer Book Writing Festival 2024-25 for his second book, "Kanha, the Jungle Safari"! His debut book was, "My First Travel Diary"

The award ceremony was held on March 29th 2025, at The Apparel House, Gurugram, where Sumedh received a Certificate and a Trophy, securing an impressive 52nd 'All India Rank'.

In an interview with BriBooks, Sumedh expressed his heartfelt gratitude to IES Orion for supporting his writing journey.

And there is more to celebrate! Sumedh's book advertisement was featured on Disney's International Channel, and the book was also available at Crosswords, Juhu!

We at IES Orion are proud of Sumedh's remarkable writing achievement at such a young age!



IES Sports Centre Activity



Smt. Nirmala Kotnis (Ex IES & International Badminton Player) honored by Shri. Satish M. Lotlikar on IES Annual Sports Felicitation Ceremony 2024-25 held on 15th April, 2025



Society Office - Champion of IES Staff Tennis Cricket Cup Tournament 2024-25, Held on 18th & 20th April, 2025 at IES Raja Shivaji Vidyasankul Campus



IES Orion - Champion of IES Women Staff Throwball Tournament 2024-25, Held on 22nd March, 2025 at IES Raja Shivaji Vidyasankul Campus

IES Sports Centre Activity



CPV English & Marathi Medium (Primary) – Champion of IES Annual Athletic Meet 2024-25, held on 20th January, 2025 at Mumbai University Ground, Marine lines



V N Sule Guruji English Medium School (Secondary) – Champion of IES Annual Athletic Meet 2024-25, held on 20th January, 2025 at Mumbai University Ground, Marine lines



IES Suryanamaskar Yoga Camp 2025-26, Teachers trained by Shri. Jaikishan Jinde & Pooja Kothari held on 14th June, 2025 at IES Nabar Guruji Assembly Hall-1, Dadar (E)



Celebration of Yoga Day By IES Society office staff held on 19th July, 2025 at IES Nabar Guruji Assembly Hall-1, Dadar (E)

IES Sports Centre Activity



Dr. Mangesh Potdar (Ex IES & Dental Surgen) Honoring IES Madhav Mantri Cricket Cup Winner Trophy (New English School) held on 27th February, 2025 at New Hind Sporting Club



Navi Mumbai High School – Champion of IES Girls Cricket Cup Tournament 2024-25 held on 20th February 2025 at IES Raja Shivaji Vidyasankul Campus



Smt. Nirmala Kotnis (Ex IES & International Badminton Player) honored CPV Meritorious Students on IES Annual Sports Felicitation Ceremony 2024-25 held on 15th April, 2025

IES Sports Centre Activity



The prestigious CISCE Zone 'A' Carrom Tournament 2025 was successfully hosted by IES Orion (ICSE) School, Hindu Colony, Dadar, on Friday, 11th July 2025 under the able leadership of Smt. Smita Sulakhe, Head of IES Orion School. A total of 69 students from 11 ICSE schools across Mumbai participated in the tournament. All matches were officiated under the expert guidance of Chief Referee Shri Ketan Shah, along with a team of referees from the Mumbai District Carrom Association. The Student Council members and volunteers played a vital role in managing the event.



The event was graced by esteemed Chief Guest – Shri Hiranman Shivram Bhor, President of New Hind Sports Club and Narsimha Coop Credit Society. Also present in the later part of the day were Chief Guests Shri Arun Kedar, Honorary Secretary of the Maharashtra Carrom Association, and Shri Yatin Thakur, Vice President of Maharashtra Carrom Association and a proud IES's alumnus. It was a moment of immense pride for the host school as four students from IES Orion qualified for the Regional Level Carrom Tournament.

Dr. Sunil Rajadhyaksha (Alumnus IES & Oncologist) honored Winners of Table Tennis Tournament 2025-26 held on 12th July 2025 at IES Orion D-Block, Dadar (E).

ता.०.ए. संशोधन विभागाचे सूचितचिठ्ठा
संशोधन विभाग दि. २० जुलै २०२३



**डा०.ए. आर्तिता चव्हा एंर्तिता
ऑफ ऑरिअर रि. २००५-२०२०**



Contribution of Teachers to Uplift The Mental Health of Students

In recent year, mental health has emerged as a central component of school culture, extending well beyond the boundaries of clinical care. As the primary points of contacts for students, teachers play pivotal role in supporting their mental well - being. Their impact reaches beyond academic instruction. They help create a supportive and inclusive environment that fosters emotional growth, builds resilience, and contributes meaningfully to addressing mental health challenges within the school community.

As an “everyday” figure in children’s lives, and as an essential part of the educational community, teachers nowadays have a platform to observe the changes that students could present as symptoms that something is not going well with them concerning mental well being among other dimensions.

Teachers could be among the first person in hearing the alarm call of students with problems affecting their well-being and even identify some of the signals they send, sometime could be ignored at home. This could happen because schools are one of the principal places where students could express their struggles related to their mental health state and this make teachers privileged witnesses due to their contact in the classroom.

From an approach that considers children as integral and multidimensional human beings, mental health and wellness, issues among young people are essential development elements. students with low levels of mental health or well-being can experience difficulties that could lead to problematic behaviours and unsatisfactory outcome.

To achieve the new approach of education supporting the well-being and the mental health sphere, school had to rethink the ways they work and the role of the teachers that face this new objective with the students and the method to create a supportive community. Hence even when teachers importance has always been central in education.

Therefore, teacher role in children and young people mental well-being. It is fundamental to rethink the role, consequences, and possibilities that the teachers offer to support their students in what is related to academic issues.

With the constant interaction in the educational environment teachers can even take the “Significant other” role in their students. This relation could become even tighter when the students are in the middle of problem students could reach to their teachers. It allows teachers to become a bridge between educational and health institution. With this, the visualization of mental health problem gains ground to issues related directly to academic performance.

Teacher could recognize signals of mental health issues as depressions due to symptoms that could be shown in the educational environment and that could be attributed to characteristics related to changes appearing during the teenage years.

Due to the relationship that teachers can establish with parents through their childrens education, parents can also see teachers as a resource to look for support or advice when they have doubts about their children’s mental well - being.

Thus, the teacher role is crucial as the first door of the students identifying specific symptoms to receive professional attention in the mental health sphere. They can prevent students exposition to dangerous situations or support them in getting help to prevent a possible mental breakdown.

Following are the steps teacher can take to uplift the mental health of students :

- Building strong relationships.
- Creating an Inclusive learning Environment
- Recognizing signs of Distress
- Promoting open discussion about Mental Health
- Encouraging healthy coping strategies.

As society continues to prioritize mental health, the role of teachers as advocates, mentors and support systems will be more crucial than ever, play a vital role in shaping the mental well-being of their students.

Investing in teacher training and resources related to mental health is essential to empower educators in this critical aspect of their role and ultimately uplift the mental health of future generations.

Riya R. Kanojia
Orion





Contribution of Teachers to Uplift The Mental Health of Students

Guru is verily the representative of Brahma, Vishnu and Shiva. He creates, sustains knowledge and destroys the weeds of ignorance. I salute such a Guru.

In the bustling corridors and vibrant classrooms of our school, teachers are more than just educators imparting knowledge. They are mentors, confidantes and often, silent pillars of support for the mental well-being of their students. In a world that increasingly presents challenges to young minds, the contribution of teachers in fostering positive mental health is invaluable and deserves recognition. They are often the first individual to notice changes in a student's behavior, mood or engagement, making them key figures in identifying and addressing mental health challenges.

The classroom, under the guidance of a caring teachers, can be a sanctuary. Teachers create a safe and inclusive environment where students feel comfortable expressing themselves without fear of judgment. A simple act of acknowledging a student's feeling, validating their concerns or fostering a sense of belonging can make a world of difference. When students feel seen and heard, it builds trust and encourages them to reach out when they are struggling. By being observant and approachable, teachers can initiate conversation, offer support, and guide students towards appropriate resources, whether it's talking to a school counselor or confiding in their parents.

Teachers play a crucial role in building student's self-esteem and resilience. Through positive reinforcement, constructive feedback and celebrating individual strengths, they empower students to believe in themselves. Encouraging a growth mindset, where mistakes are seen as learning opportunities helps students develop coping mechanism and navigate setbacks with greater confidence.

The strong relationships that teachers build with their students are a cornerstone of their positive impact on mental health. When students

feel connected to their teachers, they are more likely to confide in them and seek guidance. They can actively integrate mental well-being into their lessons and classroom activities.

Teachers promote inclusivity by supporting students with diverse needs, ensuring no child feels isolated or left behind. Through their guidance, students learn to navigate life's challenges with confidence and emotional strength.

A Sanskrit shloka that emphasizes the transformative power of teachers is:

गुरुः शिष्यं ज्ञानं प्रददाति ।
गुरुः शिष्यं ज्ञानं प्रददाति ॥

I bow to the Guru who opens the eyes of one blinded by ignorance using the ointment of knowledge.

This verse underscores how teachers illuminate the path for students, helping them overcome ignorance and emotional struggles.

In conclusion, teachers shape how children think, how they feel about themselves, and how they relate to the world around them. Every encouraging smile, every patient explanation and every kind words helps build a student's emotional strength. The contribution of teachers to the mental health of students extends far beyond the traditional role of instruction. They are the guiding lights, creating safe spaces and providing crucial support during formative years. Teachers are instrumental in uplifting student's mental health through their unwavering support, wisdom and dedication. By recognizing their invaluable contribution and providing them with adequate resources and training society can empower teachers to continue shaping healthier and happier generation. Their dedication and care in shaping a generation that is not only academically successful but also mentally strong and well - equipped to navigate the complexities of life.

Aditi Surve
Orion

Contribution of Teachers to Uplift The Mental Health of Students

Teachers are often regarded as second parent to children especially during their formative years. While their primary responsibility is to educate, teachers also play a vital role in shaping a child's emotional and mental well-being. A child spends a significant portion of their day in school, and the environment a teacher creates can either uplift or damage a student's mental status. Therefore, it becomes essential for teachers to foster a safe, caring and inclusive space that supports not only academic growth but also emotional development.

One of the most effective ways a teacher can uplift child's mental health is by creating a positive and respectful classroom environment. When child feels safe and accepted, they are more likely to participate actively, express themselves freely and build confidence. A supportive environment reduces fear, anxiety and the pressure to be perfect. This lays the foundation for emotional security, which is essential for mental well-being.

More over teachers can act as attentive listeners, often children do not voice their worries or fears at home but they may feel more comfortable speaking to a trusted teacher. By listening without judgment, offering empathy and validating their feelings, teachers help students feel understood and supported. Sometimes just being heard can relieve a child's stress and boost their mental state.

Teachers are also in a good position to notice early signs of emotional distress. A sudden drop in academic performance, changes in behaviour or withdrawal from activities could be indicators that a child is struggling mentally. A sensitive teacher will observe such changes and take appropriate steps- such as initiating a gentle conversation, informing their parents, or

referring the child to a school counselor. Timely intervention is another way which can prevent bigger problems later.

Positive reinforcement is another powerful tool that teacher can use. Encouraging words, appreciation of efforts and celebrating small achievements help build a child's self esteem. When students believe in their own potential they are less likely to feel anxious, discouraged or hopeless. Teachers who focus on effort rather than just results help children develop a growth mindset, which is essential for resilience.

In addition, teachers can teach students practical coping skills, simple strategies like deep breathing, journaling time management or mindfulness activities can help students handle stress effectively. These skills not only help students during school years but also prepare them to face life's future challenges with strength and confidence

Lastly teachers act as role models. A calm, respectful and emotionally balanced teacher sets an example for students to follow. Children often mimic the behavior they see, so a teacher's attitude and approach to stress failure and relationships greatly influence their students mental habits.

In conclusion, teachers have the unique opportunity to uplift the mental status of children through kindness, patience, and guidance. By being emotionally aware and proactive, teachers can make a lasting difference in a child's life - not just academically, but emotionally and mentally. A teacher who supports a child's mental health is truly shaping a healthier, happier and a more successful future.

Rajeshri Patel

Orion





Contribution of Teachers to Uplift The Mental Health of Students

For most of us, the most treasured memories of our childhood are often connected to our school days. And then almost always, there is that one teacher we fondly remember. The one who made a difference; who left a lasting impact on our lives? This alone speaks volumes about the influential role that teachers play in a student's life.

But why do teachers hold such a special place in our hearts? One of the key reasons is the amount of time students spend at school, nearly 7 to 8 hours each day. In this time, teachers become more than educators. They take on the role of mentors, caregivers, and in many ways, second parents.

In today's world, family dynamics have shifted. Most households are now nuclear families, with both parents working. Children are often in the care of creches, house helps or grandparents. Many grow up as single children, with limited peer interaction and increasing exposure to screens over outdoor play. These evolving social structures have a significant impact on the mental and emotional well-being of children.

In this context, teachers become a vital support system. They are often the first to notice changes in a student's behaviour, mood, or academic performance and the first ones to step in with empathy and encouragement. Their ability to connect with students allows them to identify emotional struggles early and offer timely support.

Teachers today are much more than subject matter experts. They play the role of counselors, helping students manage academic stress, peer pressure, and emotional ups and downs. By creating a safe space for dialogue, they help students open up about their concerns. Performance improvement sessions, stress management techniques, and personalized guidance are some ways in which teachers make a difference.

For students who may feel isolated or left out, teachers foster inclusion through group activities that promote teamwork and empathy. These activities help build emotional intelligence and ensure every student feels valued. Teachers also serve as a bridge between students and parents. Through parenting workshops and interactive sessions, they provide caregivers with insights and practical tools to support their children's mental and emotional needs more effectively.

Field trips and educational tours often organized by schools in alignment with the National Education Policy (NEP) 2020 not only enhance learning but also serve as opportunities for students to build stronger bonds with their teachers. These shared experiences allow students to open up emotionally and feel supported outside the traditional classroom setting.

Life skills education in alignment with National Education Policy (NEP) 2020 is yet another powerful tool used by teachers. These sessions prepare students for real-world challenges, helping them build confidence, resilience, and a positive mind-set. Teachers ensure that every child gets the opportunity to participate in events such as Annual Day programmes, Annual sports meet, Inter-house Literary competitions, exhibitions, etc. which fosters creativity, collaboration and a strong sense of self.

Today's educators are not just shaping students academically, they are nurturing well-rounded individuals equipped to face life with courage and compassion. They are the 'UNSUNG HEROES' behind every student's emotional and mental well-being. Indeed, teachers remain the most important pillars in a student's journey toward holistic development.

Smita Sulakhe
Orion

Contribution of Teachers to Uplift The Mental Health of Students



“It takes a big heart to help shape little minds”

Teachers play a crucial role in shaping not only the academic success of students but also their emotional and mental well being. With increasing concerns about student stress, anxiety and depression, educators are now recognized as key influencer in fostering a positive mental health environment.

Teachers are not only the sources of knowledge, but also mentors, guides and emotional anchors for many students. A kind word, a listening ear, or a thoughtful gesture from a teacher can go a long way in helping a student feel seen heard and valued.

Teachers contribute to student's mental well-being by fostering an inclusive and supportive classroom atmosphere. Studies show that a positive classroom climate can reduce stress and enhance student's emotional resilience.

For example : research by Hamre and Pianta (2001) found that students who experience positive teacher - student relationship in early education exhibit lower levels of anxiety and higher academic motivation.

Students may not always communicate their emotional difficulties verbally. However, behavioural changes - such as withdrawal, aggression, sudden academic decline or changes in social interaction - often speak volumes. Teachers, who spend hours with students daily, are often the first adults to notice these shifts.

The Adverse childhood experiences study (fetitti) offers crucial insights. It reveals how early trauma-including abuse, neglect and household dysfunction - can have long term effects on mental and physical health. Learning abilities and even life expectancy. This underscores the importance of teachers in spotting early warning signs and connecting students with the help they need.

Many schools integrate mindfulness programs to help students, manage stress. Research by Davidson & Mc Even (2012) indicates that mindfulness exercises improve students' focus

and emotional regulation. Teachers trained in mindfulness practices, such as deep breathing exercises or guided meditation, help students cultivate self-awareness and resilience.

Teacher can help reduce academic stress of the students by designing balanced workloads and avoiding excessive assignments, also by encouraging effort over perfection and promoting a growth mindset believing that intelligence can be developed through hard work and perseverance. The work of the psychologist Carol Dweck (2006) highlights that students with a growth mindset experience lower stress levels and higher motivation.

Extracurricular activities (ECA's):

From sports and dance to drama and debate are more than just “extra”. They are essential components of a student's mental and emotional development.

- Enhance self esteem
- Fosters social connections
- Provides stress relief
- Holistic development

When teachers actively support and promote participation in extra curricular, the results are transformative. A teacher who notices a shy student may encourage them to try drama club. A stressed out child might be guided towards yoga or music. Moreover, ECA's give teachers informal settings to interact with students, allowing for deeper bonds and better understanding of their emotional needs.

Teachers are not alone in supporting students mental health collaborating with parents, counselors, and mental health professionals ensures a comprehensive support system. Open lines of communication with parents help build trust and create a consistent approach to mental health care across schools and home environments.

Real world Examples :

India's Mental Health Curriculum Initiative: the Indian Government introduced mental health

Contribution of Teachers to Uplift The Mental Health of Students

In today's fast - paced and pressure - driven academic world, the mental health of students has emerged as a pressing concern. While textbooks and syllabi prepare students for exams, it is often teachers who prepare them for life. Beyond academics, a teacher's most profound impact is often invisible - uplifting the mental well-being of their students.

The Hidden Curriculum : Emotional Support : Teachers often become the first line of emotional support in a student's life. A kind word, a patient ear, or even a simple "Are you Okay?" can make all the difference to a child silently struggling with anxiety, bullying, academic pressure or issues at home. By fostering trust and safety in the classroom, teachers create an environment where students feel seen, heard and valued - not just graded.

Creating safe spaces in the classroom:

A mentally healthy classroom is not one that ignores struggles, but one that acknowledges them. Many teachers today incorporate mindfulness stress management strategies and emotional check-ins into their daily routines. This not only normalizes conversations around mental health but also reduces the stigma that students often face when expressing their emotions.

Role modeling and Empathy :

Students mirror the adults around them when teachers model resilience, empathy and healthy coping mechanisms, they sub consciously teach students how to navigate challenges. Teachers who openly express emotions responsibly, admit mistakes, and handle stress with grace send a powerful message - that it is okay to be human.

Identifying Warning Signs Early:

Teachers are uniquely positioned to notice changes in student behavior. Sudden withdrawal, decline in grades, aggression, or absenteeism are not just disciplinary issues, they are often cries for help. A teacher's timely intervention or referral to a counselor can prevent long-term psychological damage.

Integrating Mental Health with Learning :

Progressive educators integrate mental well-being with academics. They promote balanced workloads, exchange creative expression, and avoid fear - based motivation. They help students understand their failure is not the opposite of success but a part of it such positive reinforcement builds confidence and reduces performance related stress.

The Pandemic Effect and Teacher Evolution:

During the Covid - 19 pandemic, when isolation and uncertainty affected students deeply, teachers evolved overnight, becoming virtual mentors, counselors and motivators. Their message of hope and connection became lifelines for many students battling loneliness and depression.

Challenges faced by Teachers:

It is important to acknowledge that teachers themselves are under immense pressure often juggling large class sizes, administrative demands and limited mental health training, their emotional labour goes unnoticed. Supporting teachers with mental health resource and professional development is equally essential to sustain this positive cycle.

Conclusion : The Torch bearers of Mental Wellness.

In the journey of education, teachers are not just academic instructors, they are mental health advocates, role models and emotional anchors. By listening more than lecturing, understanding more than evaluating and guiding more than instructing, teachers light the way for students not just to succeed but to thrive.

As we continue to address mental health in schools, let us remember : The curriculum can teach lessons, but it is the teacher who teaches life.

Shradha Parmar

Orion





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शुक्ल

Contribution of Teachers to Uplift The Mental Health of Students

It is rightly said that 'Parents nurture children with love, but teachers guide them towards wisdom.' A student mind is like wet clay, ready to be shaped and teachers play a crucial role in molding it in the right way. Beyond academics teachers are the one who significantly influence students mental health by providing support encouragement and a safe learning environment.

As negative speech has an undeniable psychological impact. A powerful scene from Taare Zameen Par highlights how a tree exposed to consistent negative energy begin to die without single axe blow. The same applies to students. A negative comment can scar, while a kind word

can heal. Students blossom in an environment of love, support and belief. A teachers words and support hold great power. As it become sunlight for a student to grow, thrive and succeed.

Teachers play a key role in shaping not just a students academic success but also their emotional well being. By fostering confidence providing emotional support and offering encouragement teachers can help students grow. Just like a tree needs care and nourishment to flourish students need understanding and motivation to succeed in life.

Shraddha Dhuri
Orion



Contribution of Teachers to Uplift The Mental Health of Students

Teachers play a very important role in the lives of students. They are not just experts who teach subjects like Maths, English or Science. They also help in shaping the minds and Hearts of young learners. Today mental health has become as important as physical health. Good mental health helps students to learn better, they stay happy and grow as a confident and independent individuals $EQ + SQ = IQ$.

Teachers can make a big difference in uplifting the mental health of their students.

Teachers create a safe and positive environment where every child feels safe and loved. When students feel secure they are more open to learning & expressing themselves. A positive classroom can also help shy, scared introvert students who will also feel better & more confident.

Teachers listening to students may also help to uplift the mental health of students, sometimes students just need someone to listen to them. Teachers who listen patiently to their students help them feel important and understood. This can reduce stress and build

a strong bond between students and teachers. Teachers become 'trusted guardians.'

Teachers encourage students to openly communicate with her like share their thoughts feelings and problems. Teachers assure them that it is okay to talk about their worries. This helps students not to keep their problems inside their heart and mind and ask help from teachers.

Teachers also teaches important life skills like that all emotions are good. These skills make student stronger mentally and they become ready to face different challenges in life.

Teachers identifies when a student is feeling sad, behaving differently in class, or the class is happy. Teachers can read different emotions of students. They can help to solve small problems of students so that they don't become big problems in future.

Teachers are role model of students as they look up to them, their kindness, patience, honesty and strength. Students learn to behave in it same manner. This builds a healthy, supportive atmosphere for everyone in the classroom.

Teacher can help students by helping them to reduce and manage stress by sharing realistic goals and implementing in classroom. Encouraging efforts over perfections. Teachers teach students that it is okay to make mistakes and that learning is more important than winning or getting high marks in exams. Participation, try to make an attempt is more greater than winning or be a perfect student.

Teacher are the pillars who supports not only the education but also the mental well being of their students, By being caring, patient and understanding teachers help students grow into happy, healthy & strong individuals. Their contribution to students mental health is truly priceless.

Rajvi Gala

K.G. Hindu Colony, Dadar



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Contribution of Teachers to Uplift The Mental Health of Students

**‘Gurur Brahma Gurur Vishnu
Gurur Devo Maheshwara.
Gurur Saakshat Parabrahm
Tasmai Shri Guruve Namah.’**

The above shloka essentially quotes the Guru with the three deities. (Brahma, Vishnu and Shiva) symbolizing the Guru’s role as creator, preserver and destroyer of ignorance.

Thus Guru is

Brahma - Creator, who brings forth knowledge and wisdom.

Vishnu - the preserver, who guides and protects on the path of learning and spiritual growth.

Maheshwara - who removes ignorance and illusions paving the way for enlightenment. Teacher plays a significant role in over all development of students.

Teachers can be positive role models for their students.

It is rightly said, “Teachers shape brains.” That’s right - teachers design classroom in a particular way, forming conducive environment to learn. The lessons crafted by teachers are interesting providing platform for the children to learn and enjoy their lessons.

Teacher also contributes to holistic development of the students.

Teachers pass on knowledge, foster critical thinking skills and not only inspire students but their parents as well.

One of the most significant benefit of mental health is teaching students effective coping mechanisms for managing their emotions.

When a child has mental issues, he or she faces many challenges such as stress, anxiety and depression.

This indeed has a long lasting effect on their future.

Physically and mentally healthy child grows abundantly and thus becomes a good citizen and contributes to the well being of the society.

However it is not only teacher’s responsibility but also parents responsibility to provide positive, safe and supportive environment for child’s mental and physical growth.

Additionally parents can significant impact child’s emotional well being by being emotionally available fostering open communication and spending quality time.

In today’s era, it is thus very important for parents and teachers to work hand-in-hand for the over all progress of children and thus this will lead to a society where children will contribute for its well being and rise and shine as global citizen.

Avanti Dikshit

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आदर्श
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Our Unsung Heroes – The Contribution of Teachers To The Mental Health of Children

Teachers, as we all know, play a crucial role in nurturing and advancing the well-being and development of children. Away from each classroom's colourful and energetic chatter, there is an unspoken current: the teachers' steadfast, unflagging support aimed toward assisting their students in every possible way.

Effective teachers are able to make students feel safe and understood by creating positive and inclusive spaces. These classrooms and other surroundings encourage acceptance, whether socially or personally, which is vital for mental development. For example, a teacher may stay back after class just to listen to a student talk about their concerns or they may begin the class with a feelings check-in where students are allowed to express how they truly feel. These actions help foster a safe emotional space for the student.

Good teachers care for their students and notice details that may often go overlooked. These changes can be as tiny as a shoulder droop, silence from a normally talkative student or anxious foot tapping when taking an exam. Paying attention to these cues allows for timely interventions. Teachers, in collaboration with parents and school counsellors or psychologists, create tailored support plans for each student so that no child is left to deal with mental health issues alone.

In addition, teachers demonstrate the concepts of emotional self-regulation and resilience by showing how to handle stress and challenges. For example, teachers incorporate social-emotional learning (SEE) into their lessons which allows students to learn important concepts like empathy, self-awareness, and communication. These lessons enable children to understand their emotions better and manage them effectively which is important for their mental health throughout their life.

Any child that is given the attention they need is sure to flourish. The impact a teacher has on a child extends way beyond lesson plans and assessments. It is in the often-unseen gestures of a teacher staying behind after school to lend an ear to a worried parent or brainstorming days and nights over how to engage a distant child. But the effects of these actions understatedly last a lifetime.

Unarguably, the elements a teacher demonstrates of being devoted even from the sidelines impacts a child helping them to become emotionally balanced, mentally astute, self-assured. As a result, resilient people are produced who can continue to function professionally in society even in uncontrolled settings.

Lubna A Khan

KG & Balodyan, Hindu Colony, Dadar.



Contribution of Teachers to Uplift The Mental Health of Students

Children's mental health encompasses how they feel, how they interact with others and how they behave in various situations. It is a vital part of a child's overall well-being and development. Good mental health positive impacts a child's ability to learn, focus and succeed in school.

The very first day of the school teacher can establish emotional connect with the students in her class by speaking to each and everyone of them, and ask them how they to get used to talking and sharing their feelings and know that their teacher is always there to listen to them. As teacher it is essential to listen to student's concern and demonstrate understanding as well as empathy.

Present day children are extensively expose to social media. Excessive screen time may negatively impact cognitive function, including attention span and memory which can further affect well being. Teacher can guide the parents to establish clean boundaries around screen time to avoid overuse and encourage physical activities outdoor games.

Teacher can speak to parents and share important tips to develop mental health of students. Allow the children to have 8 to 10 hours of quality sleep per night. Teacher can insist the parents to send nutrient rich food for the school tiffin, limit processed and sugary food as more unhealthy fats you eat the worse your physical and mental health.

When the school begins teacher can make sure that every student is singing the school prayer everyday. Along with digital learning process teacher can play rhyme songs, tables, shlokas, moral stories for joyful learning. As music therapy can help to reduce stress, improve their mood and increase self esteem and enhance communication skills. Teachers can encourage the students to drink plenty of water throughout the day during school hours. In between the lectures give 2 minutes short burst of physical activity to boost their mood. Teacher can engage students in group activities so that they can support each other to catch up on learning. Teacher should show respect to each and every person around her including students. Explain them importance of cleanliness and thankfulness. Teacher can take a note all good things done by the students in the class. If a child gives correct answer to a question, applaud and appreciate them celebrate small victory to make them happy.

Teachers play a vital role in uplifting mental health of students by explaining importance of reducing screen time, healthy eating habits, music therapy, good manners, engaging in physical activity taking notice of your surrounding, learning new things and giving back to others promotes well - being and significantly enhance overall mental health.

Shilpa N Kasar

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Contribution of Teachers to Uplift The Mental Health of Students

In a world where students face increasing pressures from academics, social expectations and personal struggles, teachers become pillars of support guiding them through challenges beyond the classroom. They are often the first to notice signs of stress, anxiety or emotional distress stepping in as mentors, listeners and motivators. This article drives into the profound impact teachers have on students' well being, exploring how their empathy, encouragement, daily interactions create a safe space for growth.

* Recognizing warning signs :-

Teachers, often spending significant time with their students, can observe changes in behaviour that may indicate mental health issues. Whether it's a decline in academic performance, withdrawal from social interactions, or signs of anxiety and depression, educators are often the first to notice such changes.

* Human Connection and Emotional Support :-

AI can assist in learning, may analyses test scores, but only a teacher can see beyond the scores. One of the fundamental contributions teachers make is creating a safe and inclusive classroom environment. A trusting atmosphere encourages students to share their concerns, whether they relate to academic pressures or personal challenges. By actively listening and validating their emotions, teachers help students feel valued and understood. This supportive dynamic is the first step in addressing mental health struggles.

* Parents : The Tug of war between pampering and pressure :-

Parents want the best for their children, but sometimes, their expectations become invisible chains. Teachers host mental health awareness sessions for parents. Encourage holistic success beyond marks - celebrate creativity, kindness and effort. Speak up for students who can't express their struggles at home.

* Balancing Academic Pressure with Mental Wellness :-

Education systems emphasize grades and performance, leading to student stress. Teachers help by : 1) Reducing unnecessary pressure through supportive teaching methods. 2) Encouraging holistic development, including extracurricular activities. 3) Promoting stress management techniques such as mindfulness and relaxation exercises.

* The Teacher's Role as a Mentor and Counselor :-

Beyond academics, teachers act as mentors who; recognize signs of mental distress in students and offer support. Build confidence through motivation and positive reinforcement. Also creates an inclusive environment where every student feels valued.

Conclusion :-

In conclusion, the contribution of teachers to the upliftment of student's mental health cannot be understated. Through creating supportive environment, recognizing warning signs, integrating mental health into the curriculum, fostering engagement, promoting balanced lifestyles and collaborating with families. Teachers play an indispensable role in nurturing healthy minds. In an increasing complex world, the power of understanding and addressing the mental health of students will determine not only their academic success but their overall happiness and functionality of thriving individuals.

A student may forget a formula, a history date, or a science law. But they never forget, the teacher who smiled at them or who believed in them before they believed in themselves. Thus, the teachers don't just teach subjects - they shape lives. Although in this new era, with AI, the role of teachers is changing but their impact remains, irreplaceable in the overall development of students.

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Contribution of Teachers to Uplift The Mental Health of Students

Teachers :

They see our fears, they ease our pain,
Like sunshine after heavy rain
They teach us more than books can say.
They shape our hearts in every way.

In the past, students had moderate academic pressure, strong social interactions and limited technology exposure with family and community providing emotional support. Today students face high competition, increased screen time, greater parental expectations, due to which rising mental health challenges. The rise of nuclear families and both parents working often leave students feeling lonely and stressed. The lack of constant guidance and emotional bonding affects their mental well - being making them more dependent on digital distractions and external validation.

The mental state of students today is a growing concern due to increasing academic pressure, social media influence and personal challenges. Many students experience stress, anxiety and even depression due to high expectations, competitions and lack of proper emotional support.

A teacher plays a vital role in uplifting students' mental health by providing a nurturing and safe environment. They means teachers offer emotional support, encourage self-expression and build student's confidence through appreciation and positive reinforcement. By identifying signs of stress or anxiety early, they can guide students towards healthy coping strategies. Through engaging activities, story - telling and interactive learning, they make school enjoyable reducing pressure and fear. Additionally, they teach essential life skills like empathy, patience and team-work laying the foundation for strong mental well -being from young age.

Apart from motivating students to be

positive, teachers will also include Yoga short relaxation sessions in her daily routine to help students to stay calm and focused. Outdoor games can also be included in daily schedule to encourage teamwork, reduce screen addiction and provide a healthy outlet for stress. By making these activities regular and enjoyable, teachers help students to develop resilience, concentration and positive mindset. Reading reduces stress, enhances focus and fosters emotional intelligence by helping students explore different perspectives and express their feelings. Teachers can cultivate reading habits by introducing engaging stories, creating a reading friendly environment.

As the students learn more by observing and imitating the teacher, the teacher should herself practice empathy, patience, kindness and resilience. While helping students grow and achieve all - round development, teachers must gain parents' confidence and keep them informed about their child's mental well-being. They should also guide parents to seek help from a counselor if needed.

Teachers play a vital role in shaping not just a student's academic growth but also their mental well - being. By creating a positive environment, incorporating activities like yoga, outdoor games, reading and leading by example they help students develop resilience and confidence. Collaboration with parents and counselor ensures timely support and guidance for students facing emotional challenges. A mentally healthy student is happier, more focused and better prepared for life, making the teacher's contribution invaluable in building a strong and balanced future generation.

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The Contribution of Teachers in Uplifting Students Mental Health

“Behind every confident student stands a teacher who not only teaches from the book but also shares lessons of life, love and understanding.”

A teacher plays a vital role in the life of every student. In today's world, where we can join multiple classes or google anything, nothing can replace the warmth, care and guidance of a teacher who uplifts her student's mental health. She is rightly called a second mother - someone who nurtures, shapes and moulds young minds like a gardener tending to a beautiful plant. A classroom is not just a space for academic learning; it is a safe and supportive environment where students learn to express themselves, feel heard, and grow emotionally and teachers are the heart of this environment, who offers kindness, patience and understanding. Sometimes, just a smile, a few encouraging words or simply listening without judgment can make a world of difference to a child who is feeling overwhelmed.

Teachers are the silent pillars of strength in a student's life. They are often the first person to notice changes in a child's behaviour, social interaction or academic performance, who timely support and gently intervene, that help to prevent more serious issues from taking root. Teacher, by encouraging students to speak about their thoughts and feelings, help to break the stigma around mental health. They build trust, promote open communication and offer emotional safety. In the face of common school challenges like, failures, peer pressure, exam

stress and bullying-teachers become emotional anchors. A great teacher sees beyond marks and percentages. She recognizes each child's unique strengths and encourages them to shine. Celebrating small victories, offering constructive feedback and appreciating every child helps to build self - esteem and confidence.

When needed, teachers act as a bridge between students and professional help. Even a small efforts, like incorporating meditation, breathing exercises or short relaxation routines goes a long way in calming anxious minds. Where students learn how to manage emotions, handle disagreements, etc. Most importantly, teachers inspire through their own behaviour. Children mirror what they see-learning to express feelings, manage stress and remain hopeful in the face of adversity.

In the end, teachers are not just educators, but they are mentors, caregivers and silent helpers. Their daily acts of love, patience and care contribute immensely to the mental and emotional well - being of every child. In a world that is slowly learning the importance of mental wellness, the role of a teacher has never been more powerful or meaningful.

So, it is truly said that, “Teacher's plant seeds of knowledge with love and students bloom with confidence.” They don't just educate minds but, they nurture hearts, build character and uplift souls.

Sarita D Vast

P. D.E.M.P. School, Dadar



Contribution of Teachers to Uplift The Mental Health of Students

From the time, a child is born, he feels, sees and learns from the people around - his mother, father, grandparents, siblings etc. And next is the teacher in his school.

All that the baby thinks, does, talks or the way he behaves is influenced by his family, friends and his teachers. Especially, the child grasps more from his teacher as she is his role model. For the child, the teacher is a "Supernatural "being. He believes that she can never be wrong or that she knows everything. He follows his teacher blindly especially in the initial stages of his growth i.e. Pre-primary and Primary School.

So, the responsibility of a teacher does not restrict to just teach the subjects in the syllabus but most importantly she takes care of the feelings, habits and the emotional well-being of the students.

A teacher in the lower standards has to consider the pupils' mood/ interest on a particular day or time before teaching any topic. She goes beyond the teacher-student relationship and talks to the child about his problems (silly as it may be), listens to his relevant/irrelevant stories and builds a bond with him.

Hence, the teacher deals with the mind of the student - makes him happy, satisfied or viceversa. The image that she creates in front of a child about herself - her smiling face, way of talking, confidence, care she gives, etc. - everything makes an impression on her students or rather makes up the child's personality. Simple acts such as praising the students' efforts and offering constructive feedback can boost their self esteem and motivation. When students feel capable and appreciated, their mental resilience strengthens.

Furthermore, the fact remains that the students are there with the teachers for about five long hours in Primary. Their close interaction with the students allows them to notice the behavioural changes or signs of distress in the students.

Here, it reminds me of a beautiful story I had read -

In a small town, a quiet and reserved boy named Ravi sat in the back benches of the classroom. He rarely spoke to anyone and scored poor grades in academics.

Noticing his unusual behaviour, Mrs. Meera, his English teacher approached him after class one day. With warmth and patience, she asked him if everything was Ok. At first, Ravi said nothing. But overtime, he opened up. His mother had recently passed away and his father was working for long hours. He had no one to talk with or take care of him at home.

Mrs. Meera learned that Ravi was lonely and he felt hopeless and unloved. She started spending time with Ravi and checked on him regularly. After school, Mrs. Meera used to walk with Ravi for about a mile till his home saying that her house was on the same route which was not true though.

Ravi loved this routine. He was filled with hope. Everyday, he waited patiently for this time after the school hours when his teacher accompanied him on the way back home, chatted with him and laughed with him. Ravi used to share all his day's events with her. He saw a close friend, a mother in his teacher, Ms. Meera.

Life became beautiful for him. He developed positivity towards life and improved in his studies as well. Most importantly, he started being happy. That was how Ms. Meera made wonders just by walking an extra mile with her student.

Thus, by fostering trust, showing compassion and counselling the children over their small issues, teachers play a significant role in uplifting the mental health of the young minds they nurture.

In today's fast paced and demanding world. **Mental health** has become a severe issue among the young generations who often face academic pressure and emotional or social challenges. All students whether big or small are hooked onto digital gadgets like mobiles, laptops, computers or television. They feel that they are connected to the world via the gadgets but cannot replace the physical interaction and the warmth of being together and discussing about some topic. Hence, it becomes imperative to integrate mindfulness and mental well- being of the students into the class curriculum. One extra lecture can be added as ' **Mental well-being** ' class - Here, you don't talk about academics but discuss on any





topic that interests the students like sports, their home routine, what they do after school, what they would like to do for society, etc. This will encourage the students to open up and become more confident in their abilities. It will also de-stress them and teach them social skills while reducing their digital screen time.

Therefore, by integrating different stress management techniques in the curriculum, the

students can be equipped with life-long stress coping skills.

Thus, apart from being academic instructors, the teachers today are the key contributors to bringing up mentally strong and abled citizens to this world.

Revati S Vurukonda

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Contribution of Teachers To Uplift The Mental Health of Students

Teachers play a very important role in shaping not just the minds but also the hearts of children.

While the main job to teach Maths, Science and language, they also have big responsibility to support the mental health of their students. A child's school years are crucial for emotional growth and teachers can help create a safe, happy and positive environment where children feel valued and understood. This can be done by

Creating a safe and supporting atmosphere :-

A classroom should be a place where children feel safe to express themselves without fear of being judged. Kind and caring teacher helps students by encouraging them to share their thoughts comfortably. When a child knows that their teacher is patient and understanding, they are more likely to open up about their worries and struggles.

Building confidence and Self-Esteem:-

Teachers have the power to boost a child's confidence through praises, encouragement and positive reinforcement. When teacher recognize a student's efforts they feel confident which is very important for good mental health. She can use simple words like 'I believe in you', 'Well done !' etc.

Teaching emotional skills :-

Children often face emotions like anger, sadness or frustration, but they may always know how to handle them. Teachers can guide them by emotional skills such as deep breathing. Activities like story telling, Group discussion and role playing can help children understand and manage their emotions better.

Being a role model:-

Children learn by watching adults. A teacher who stay calm and patient and even positive ever during difficult times teaches students how to handle stress in a healthy way. When teacher shows love and empathy children learn to do the same for others.

Teachers do much more than just teach lessons. They help shape emotionally healthy and confident children. By creating a loving classroom, boosting, self-esteem, teaching emotional skills and being supportive, teachers make a huge difference in the mental well being of their students. Every child deserves a teacher who not only educates but also cares for their heart and mind.

A great teacher plants seeds of knowledge and kindness that grow.

Kawaljeet K Malhotra

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Contribution of Teachers To Uplift The Mental Health of Students

Teachers are not just educators; they are mentors and advocates for students well being, helping them navigate challenges and fostering a positive, healthy learning atmosphere.

In today's world, students face numerous challenges that can significantly impact their emotional well being. Academic pressure, social dynamics, bullying and personal struggles are just a few examples of the hurdles, students may encounter. When mental health is neglected, it can harm student's academic performance, overall well being and long term success.

Teachers can significantly contribute to student's mental well being by creating a supportive and inclusive classroom environment, providing extra support and encouragement and educating students about mental health. They can also play a crucial role in identifying potential mental health concerns and connecting students with necessary resources.

Here's a more detailed look at how teachers can uplift students mental health.

1. Familiarize yourself with common signs.

Teachers should familiarize themselves with common mental health concerns and the signs that they could be emerging to identify students who may be struggling. Common warning signs include significant behaviour changes, withdrawal from social interactions, persistent sadness or irritability, difficulty in concentrating, declining academic performance and more.

2. Maintain Open Communication.

Teachers should foster a supportive and trusting relationship with their students. Teachers should encourage open communication by creating a safe, non - judgemental space where students feel comfortable expressing their feeling and concerns. Children might not be free to

express themselves at home, so having a safe space at school can be life changing.

3. Collaborate with other school professionals.

As a teacher it will be beneficial to establish a collaborative relationship with school counselors, psychologists and other support staff to ensure a comprehensive approach to student well - being.

4. Educate yourself on resources.

Teachers should be prepared to provide students or parents and guardians with information and referrals to appropriate professionals or organization offering specialized help.

5. Practice Empathy and understanding.

When students exhibit signs of mental health concerns, teacher's response with empathy and understanding is crucial. Teacher should actively validate their experiences and assure them that seeking help is a sign of strength. Teacher should be able to offer support and reassurance that they are not alone in their struggles. She should create a caring and supportive environment that encourages students to seek help from trained professionals.

In short a teacher is an instructor, mentor, facilitator, role model, evaluator, counselor and a communicator. They have a pivotal role in effectively managing and responding to the diverse mental health needs of students. Therefore, it is essential to empower teachers with the necessary resources and knowledge to enhance their sensitivity, understanding and competencies in fostering a supportive environment.

Kavitha Ganesh
PDMP School





Contribution of Teachers To Uplift The Mental Health of Students

Every year, as we prepare for the re-opening of schools and the commencement of a new academic year, our attention is drawn to the various challenges facing academia. The teachers refining curricula and students bracing themselves for yet another year underscore the hectic pace at which Education operates. Amidst all this activist the school understands, how important it is to take a moment to consider how we can help our students on their mental and academic growth or journey. Our commitment extends beyond mere intellectual development, we are equally concerned with nurturing the emotion moral and spiritual growth of our students. Our students deserve affirmation and understanding, not burden some expectation, that breed anxiety. We recognize the importance of equipping our student with the tools to navigate academic challenges with resilience and adversity. Academic competence alone is insufficient. Our duty as teachers is to instill in our children a sense of hope, motivation and faith, which will enable them to navigate life obstacles with grace and perseverance.

In today's educational landscape the statistic of student facing depression or anxiety. According to data, 4 out 10 students encounter mental health challenges with nearly 50 million children experiencing some form of mental disorder. The World Health Organization (WHO) notes that approximately 10-20% of children and adolescents world wide experience metal disorder. Among the contributing factors, are issues such as lack of interest, fear of failure, external pressures low self - esteem and distractions.

A teacher can contribute in various ways to uplift the mental health of students.

1) Accepting Failure :- Failure shouldn't be looked at as something that cripples us and that should be avoided at all times, we should instead view failure as an opportunity for more success, more growth and more experience. We should make it very clear to students, that we cannot live our lives avoiding or being scared of failure.

2) Stay calm stay focused stay Balanced:-

Encourage students to maintain a calm demeanor when faced with academic challenges. For example, if they receive a lower grade than expected, guide them to take a deep breath and evaluate the situation without panic. Suggest that they take a short break, perhaps by engaging in a favourite hobby, to help them regain focus.

3) Create a plan :- Help students to create a study plan that targets their areas of improvement for example, if they struggle with Math, work with them to set specific goals, such as mastering Algebraic concepts over a two week period. Break the material into smaller manageable segments like tackling one topic at a time. This structural approach reduces the feeling of overwhelm and help them track progress.

4) Practice and Active Engagement :-

Encourage students to actively engage with their study materials, for instance, if they are preparing for a History exam, suggest they create Flash card with key dates and events, or take notes while reading to reinforce learning. Encourage them to form a study group with classmates to discuss and explain concepts to each other which enhances understanding.

5) Stay Persistent :- Teach students the value of perseverance, even when progress seem slow. Share stories of successful individuals, who face setbacks but remained determined. For example you could recount Thomas Edison's numerous attempts to create the light bulb, emphasis in that failure can be a stepping stone to success. If students struggle with a challenging assignment, remind them that it's okey to make mistakes and that persistent will ultimately lead to improvement.

6) Faith and Prayer :- Guide students to pray and incorporate faith in their approach to overcome academic challenges. Encourage them to pray, meditate, for guidance, strength and patience for instance, if they are feeling anxious before an exam, suggest they take a moment to pray for calmness and clarity.



By integrating these strategies with unwavering faith and resilience, students can transform setbacks into opportunities for growth and eventual success.

Today, the darkness experienced by our student's is incredibly frightening. These student require assistance, hope and most importantly, someone who believes in their potential to achieve something meaningful in life. Despite having access to a vast ocean of knowledge, they lack awareness of how, when and where to apply it effectively, intelligently and wisely.

Our fixation on external benchmark often neglect the individual needs and aspiration of our children hindering their development of self - esteem. By fostering supportive environment centered on their aspiration providing guidance to a trusted friend. We can empowers the next generation to forge their path to success. Its time to reconsider and give hope to the kids to walk through a world which has a lot of opportunities waiting to embrace them.

Annie Paul
V. N. Sule Gururji



Contribution of Teachers To Uplift The Mental Health of Students

Teachers have a pivotal role in effectively managing and responding to the diverse mental health needs of students. Then it is essential to empower teachers with the necessary resources and knowledge to enhance their sensitivity, understanding, and competencies in fostering a supportive environment.

As a teacher, it is important to listen and empathize with student's concern. Give students a chance to talk one - on - one with the teacher so they reconnect and discuss anything. If children share something that is of concern, contact the concerned persons who can take action. Before initiating academia, teachers and school should take time to assess the child's mental well being. Teachers must realize that children may have difficulty concentrating initially and may need sufficient time to acclimatize into a schooling routine. Teachers have to provide children with the opportunity to relax, more around and reconnect with friends and peers. Teachers first create a safe and friendly classroom. When students feel safe they can speak freely and share their ideas. This help them become more confident and happy. Secondly, teachers listen to students. Sometimes students feel sad, worried or stress. A teacher who listens to them

can make a big difference. By showing kindness and understanding, teachers make students feel better.

Third, teachers encourage students to do their best. They praise students for their efforts, not just their results. This builds the students self esteem and motivate them to keep trying even when things are hard. She also teaches important life skills like solving problems and working together. If a student is feeling very upset, teacher help them by talking to parents or counselors.

Teachers do more than teach subjects. They also help students feel happy and confident. A good teacher creates a safe and friendly classroom where every one feels welcome.

To conclude Teachers are like guide and supporters. Their love, care and encouragement help students grow not just in studies, but also in mind and heart. A good teacher uplifts the mental health of students and help them become happy strong and successful people.

In short teachers play a big role in making students mentally healthy, happy and ready for life.

Gautami G Kamath
KG, Bhandup



Contribution of Teachers To Uplift The Mental Health of Students

In today's fast-changing and challenging world, the role of a teacher extends far beyond delivering academic lessons. Teachers have become silent guardians of their students' emotional and mental well-being, contributing significantly to shaping balanced and resilient individuals. The school environment is often a second home for children, and within this space, teachers serve as mentors, listeners, guides, and at times, healers.

By fostering trust and offering a safe, supportive atmosphere in their classrooms, teachers create an emotional shelter where students feel accepted, respected, and valued. A kind word, a patient ear, or even a simple acknowledgment of a student's feelings can go a long way in reducing anxiety and building self-esteem. When a child senses that their emotions are understood without judgment, it becomes easier for them to open up, reflect, and find the strength to address their internal struggles.

Teachers are often the first to notice subtle changes in a student's behavior — a sudden drop in participation, withdrawal from peers, or signs of stress and irritability. Their daily observations enable early identification of mental health issues, allowing timely interventions that can prevent larger problems in the future. In collaboration with counselors, parents, and mental health professionals, teachers become bridges of support, ensuring that students do not feel isolated or unheard during their most vulnerable times.

Beyond reactive measures, teachers actively build students' emotional resilience by teaching

life skills such as empathy, self-regulation, and positive coping strategies. Through everyday interactions and creative classroom activities, they subtly guide students towards developing emotional intelligence, which is crucial for facing both academic and personal challenges. A classroom discussion about emotions, a story that explores mental strength, or even a casual conversation about handling failure can leave a lasting impact on a young mind.

Today, many educators are integrating mental health awareness naturally into their curriculum, not as a separate subject but as a value woven into the fabric of daily learning. They challenge the stigma around mental health by encouraging openness, normalizing conversations around feelings, and teaching students that seeking help is a sign of strength, not weakness. By doing so, teachers help create a generation that understands, respects, and nurtures mental health as much as academic success.

The influence of a teacher on a student's mental well-being is profound and lasting. Long after students leave their classrooms, they carry forward the lessons of empathy, resilience, and self-worth that their teachers imparted. In shaping minds and healing hearts, teachers are silently but powerfully uplifting the mental health of the next generation a contribution that is as vital as it is immeasurable.

Dipti D Shah
KG, Bhandup



Contribution of Teachers To Uplift The Mental Health of Students

'A good teacher is like a candle it consumes itself to light the way for others'. Very rightly said, A good teacher tries to find out all the hidden talents of the students. While doing so, the teacher comes across many types of students, who come from difficult and different backgrounds. Not all students in a class come with good families. Whether it is a good family or a deprived family all face many challenges in their school life. As a teacher, we have to be more careful about many things such as the way we approach the student, our behavior towards them and the things or feelings which is going on in the students heart and mind.

Teacher play a vital role in shaping or moulding a child into a happy and satisfying student. There are various areas how a teacher can contribute towards uplifting the mental health of students.

- 1) **Caring** : - To show the caring side, where the child feels wanted. He/She must think and know that I am being cared by my teachers. "Pat the child" when they are lonely, keep out calling their names when other are eager to answer.
- 2) **Sharing** : - Knowing about a very few students who face mental health issues share things personally with them. Keep frequent contact with them. When a teacher shares something to students, they actually feel special.
- 3) **Communication** : - Communication is the best method, how teachers can uplift a child. The teacher should use calm, soft words with proper gesture to make a child be at ease. Speaking loudly or in a bad tone can be distractive for a student. Keeping in mind the mental health of a child, each teacher should plan her communication. No one should be hurt by any word they use. a) "Can we?", "You can," "If you do I will be very happy." Kind words can make a drastic change in the life of a child.
- 4) **School Environment** : - Trying to keep the child having mental issue happy in class or school. He/She should always feel like coming to school because of the environment which the teacher creates. Joyful learning sessions like singing, dancing along with children can create a positive and cheerful

environment in school. School plays a very important role in developing the all round development of a child. Academics, sports, cultural activities etc. Each child should be allowed to participate in the activities conducted by school. All this can help to strenghten the child's moral. A stressed child can be eased out of stress by conducting activities like games which all would like to play. Making children enjoy dumbsharad, hide and seek, badminton, running races with many obstacles etc. A school should at least make a child's dream of happiness come true each and everyday.

- 5) **Awareness of healthy mind** : - Everyday teacher should have a discussion on different topic and concluding with awareness of healthy mind and body. Students should be told the pros and cons of every good or bad habit which has developed or might develop into them. Teachers should have meditation sessions at intervals to keep up the child concentration and to make the child have a habit of meditating in difficult situations. Prayer along with meditation can work wonders in the life of a child with mental health. Reciting shlok or enchanting name of god is an unique way where peace and a mind can come at rest. Children can learn songs, hymns etc. which has values and good lyrics, mind, mobiles are a boon and a disaster to the lives of children. Each parent too must limit the use of mobiles of the children. Use of mobiles and the time limit of screen seeing are the main causes of the mental distress which children are facing now a days. Children get irritated, angry, harsh behaviour, stubborn behavior, because of which they have eating disorder sleep disorders, Psychological disorder etc. A teacher can conduct sessions where the use of mobile should be given awareness. The misuse can harm the children and demonstrations about the same can be given to children by the teacher.

Mental health to me means

M - Making	H - Helping
E - Efforts to	E - Each to
N - Nuture	A - Attain
T - Talent	L - Learning





A - Acquired

L - with Love

T - Through

H - Happiness

I conclude by saying "Each child has the right to live with happiness and respect" in this stressful world and a good teacher can always support the children who face with mental health.

Love, Kindness and Prayers are the goods which has to develop in children with mental health.

Minal M Chapde

Eng. Med. KG & Primary School, Charkop.

Contribution of Teachers To Uplift The Mental Health of Students

‘मनो बुद्धिः सन्निवृत्तिः’

means "All suffering is born in the mind." This shloka emphasizes that the mental resilience and a positive mindset can help to overcome the life challenges.

Teachers play a crucial role in building this positive mindset of their students.

Teachers not only shape the academic success of students but also supports students mental and emotional environment. Students often face immense pressure from studies, social media and even their personal issues. Now a days teachers are increasingly becoming the first line of support for students struggling with mental health challenges.

Teachers are often the first to notice when something is not right with the student. Whether it's a drop in performance, sudden withdrawal from activities or even one small change in behaviour or attitude of any student; a good teacher always identifies the problem and pays attention to it.

"Are you okay?" "Do you want to talk to me?" such questions (Supportive concern) or just offering a listening ear can make a world of difference for a student who is struggling to express but does not know how to express his or her innermost thoughts.

Beyond just noticing the signs, many teachers actively create a classroom environment where students feel safe, supported and respected. This emotional support and safety can be the turning point of his/her life. When students know they won't be judged or ignored they are more likely to open up or at least feel a little less alone.

Teachers who show kindness, patience and understanding can have a lasting impact, not

just on a students academics, but on their overall confidence and emotional strength.

Moreover many teachers help students to build healthy coping strategies without even realizing it. Encouraging creativity, teamwork, open discussions, or even just giving students a little breathing exercises during stressful times. Such small actions can go a long way; a long lasting effect on students mind and body. Teachers incorporate mindfulness. mental health awareness or stress relief activities into their daily routines, helping students to build emotional resilience. Of course teachers are not trained therapists. They cannot solve all problems but they can be the trusted adults in student's life. They can be the mentors, the role model and the guiding lamp.

Sometimes, just having someone believe in you when you are going through a tough time can be incredibly powerful.

In conclusion, teachers contribute to the mental health of students in countless ways - ie. through their compassion, their daily support and the environment they create. Their impact might not always be written in grades or achievements or certificates; but for many students, it is written in how they feel, seen, heard and valued.

A true teacher always pray for her/ his students.

‘मनो बुद्धिः सन्निवृत्तिः’
‘मनो बुद्धिः सन्निवृत्तिः’
‘मनो बुद्धिः सन्निवृत्तिः’
‘मनो बुद्धिः सन्निवृत्तिः’

Manisha S Vichare

English Medium Primary School, Charkop

Contribution of Teachers To Uplift The Mental Health of Students

“Teaching is not just a profession, it’s a calling that requires heart, passion and dedication.”

In my early years of teaching experience, I could sense the importance of mental health of student in teaching - learning process. A story and case study of a small boy studying in std III. He was simple and an introvert. But had an habit of digging holes on every bench he sat. I was surprised and annoyed by his weird behaviour. We consulted his parents we could sense a problem. His mother was suffering from a incurable illness, so the child missed his mother & removed all his depressed feeling and anger in the form of making holes with rounder in the bench, thereafter we could talk to the child, made him comfortable about the feelings he was going through. Many remedial steps were taken and child could become better & better day by day.

Being a teacher it is important to have empathy in our mind that connect us to the heart of student.

School is the second home of child. A teacher plays a significant role in uplifting the mental health of students. In school for a child, a teacher is the most trusted person. A good teacher always listens to the child’s concerns, feelings and experiences.

Teacher should have a positive approach towards emotional needs of students. Teacher should be well - versed with the pedagogy related to mental health issues of students.

A teacher can create a supportive learning environment by following strategies.

- 1. Trauma - informed teaching :-** Recognize the impact of trauma on students learning and behaviour.
- 2. Emotional Safety :-** Establish a safe, non - judgmental space for students to express them selves.
- 3. Positive Relationships:-** Foster strong, supportive relationships between teachers and students.

Following are the supporting strategies for students mental health.

- 1. Mindfulness and self-regulation :-** Incorporate mindfulness practices to help students manage stress and emotions.
- 2. Social - Emotional learning :-** Teach skills like empathy, self-awareness and conflict resolution.
- 3. Crisis intervention:-** Develop a protocols for responding to students in crisis.

Adapting instruction for student’s needs.

- 1. Differentiated instruction:** Tailor instruction to meet diverse learning needs and styles.
- 2. Flexible Pacing:-** Allow students to work at their own pace, reducing stress and anxiety.
- 3. Accommodations and modifications :-** Provide support for students with mental health conditions or disabilities.

Few collaboration and Referral techniques.

- 1. Collaboration with mental health professionals :-** Work with school counselors, therapists, or outside professionals to support students.
- 2. Referral to resources:-** Connect students and families with community resources, support groups, or mental health services.

For above strategies a teacher should be able to prioritize her well - being and should carryout self-care strategies like stress management and burnout prevention.

By incorporating these pedagogical approaches, educators can create a supportive learning - environment that promotes student’s mental health and well being. Teaching is not just a profession, but a vocation. As rightly said, “A teacher’s role is not just to impart knowledge, but to nuture the mind, heart and soul of each student.” To conclude, “Mental health is just as important as physical health, we must priotize both.

Vidya S. Kamble

Katrap Vidyalaya, Primary Section, Badlapur





The Guiding Light: Teachers Nurturing Students' Mental Well-being

A child's behavioural patterns are inextricably linked to their cognitive abilities. Just as a plant needs fertile soil to flourish, a young mind requires a nurturing emotional environment to reach its full intellectual potential. Anxiety, fear, or a persistent sense of inadequacy can act as formidable barriers, hindering concentration, creativity, and the very process of learning. Therefore, fostering the emotional well-being of students is not merely a supplementary aspect of education; it is a foundational prerequisite for their holistic development and academic success.

The significance of mental health spans across all age groups, yet it holds particular importance during childhood and adolescence - formative years marked by rapid physical, emotional, and social changes. A child's sense of emotional safety within their environment profoundly impacts their behavioural patterns. When a child feels secure, understood, and valued, they are more likely to exhibit positive behaviours, engage actively in learning, and develop healthy social relationships. Conversely, a lack of emotional safety can manifest in various negative behaviours, including withdrawal, aggression, difficulty concentrating, and even physical symptoms stemming from stress. Recognizing and addressing these emotional needs early on is crucial in preventing long-term mental health challenges.

A child's daily routine involves interactions with a diverse range of individuals, yet the majority of their time outside the home is typically spent within the school environment, interacting with teachers and peers. While family plays an undeniable primary role, teachers occupy a significant space in a child's social and emotional landscape. They are not just purveyors of knowledge; they are also role models, confidantes, and often, the first point of contact for a child facing emotional distress outside their immediate family circle. The school, therefore, becomes a critical setting for fostering positive mental health and providing early intervention when needed.

The student-teacher relationship holds immense power in shaping a child's cognitive progress. A teacher who cultivates a supportive

and trusting environment can significantly enhance a child's confidence and willingness to learn. Simple yet impactful actions, such as active listening, providing constructive feedback, acknowledging effort, and creating opportunities for students to express themselves, can make a profound difference. Teachers can help children develop crucial cognitive skills like problem-solving and critical thinking by encouraging open discussions, fostering a growth mind-set that embraces mistakes as learning opportunities, and tailoring their teaching methods to cater to diverse learning styles. For instance, incorporating project-based learning, a globally recognized pedagogical approach, allows students to explore concepts in a more engaging and self-directed manner, boosting their confidence and problem-solving abilities. In Indian classrooms, the ancient tradition of storytelling can be adapted to teach complex concepts while also fostering emotional connection and empathy.

To effectively uplift the mental health of students and help them discover their true potential, teachers need to possess a specific set of qualities, encompassing both emotional and cognitive characteristics. Empathy lies at the heart of this. A teacher who can genuinely understand and share the feelings of their students can create a safe and supportive space where children feel heard and validated. Patience, understanding, and the ability to recognize subtle signs of distress are equally crucial. Cognitively, teachers need to be adaptable, innovative, and equipped with the knowledge of child development and basic mental health awareness. They should be able to differentiate instruction, provide appropriate challenges, and foster a sense of belonging within the classroom.

Countless examples illustrate the profound impact of good teachers on students' emotional well-being. Consider the story of Anand Kumar, the founder of Super 30 in India, who not only imparts rigorous academic training to underprivileged students but also provides them with unwavering emotional support and belief in their abilities, helping them overcome immense personal challenges. Globally, initiatives like

the "Mindfulness in Schools Project" in the UK demonstrate how teachers trained in mindfulness techniques can equip students with valuable coping mechanisms for stress and anxiety. These examples highlight how teachers who go beyond the traditional curriculum to address the emotional needs of their students can unlock their true potential and empower them to lead fulfilling lives.

The landscape of education and teaching methodologies has evolved significantly, shifting towards more student-centric and friendly approaches. The recognition that a student's emotional well-being is integral to their learning journey is increasingly gaining traction worldwide. An integrated approach, where mental health

support is seamlessly woven into the fabric of the educational system, holds immense promise. This includes providing teachers with adequate training in mental health first aid. Also, fostering collaboration between teachers, counsellors, and parents to create a school culture that prioritizes emotional literacy and well-being.

By embracing this holistic perspective, we can empower teachers to become not just educators, but also crucial pillars of support in nurturing the mental health and overall development of their students, preparing them to thrive in an increasingly complex world.

Rupal Vyas
Manik Vidyamandir



Contribution of Teachers To Uplift The Mental Health of Students

"They may forget what you said, but they will never forget how you made them feel."

- Carl W. Buehner

In the 21st century, when the competition to excel academically has become fierce and relentless, a quiet crisis hangs over the horizon - the declining mental well-being of students. Overburdened with expectations, pressure to perform, and emotional issues, most students today are overwhelmed and lonely. Under such circumstances, the teacher's role is not just to impart curriculum—it is to be a mentor, a guide, and at times, a life-saver.

Teachers are also responsible for establishing a warm and emotionally supportive learning environment. Students' second home is usually the classroom. If a teacher welcomes the students warmly, hears them without prejudice, and provides support, the difference is immense. A kind word or gesture of kindness can inspire a distressed child beyond our thought. Teachers can transform classrooms into safety nests, where the students are heard, seen, and valued.

One of the most valuable contributions that teachers make is their observation and identification of behaviour changes. A student

who used to be smiling but suddenly withdraws, or a child who persistently performs below par in spite of effort, could be quietly struggling with anxiety, depression, or self-doubt. Teachers tend to pick up on such cues first and respond—either by providing assistance themselves or sending the student to a counsellor. This early response can be a game-changer.

"When small people are overwhelmed by big emotions, it's our job to share our calm, not add to their chaos."

- LR. Knost

Outside of lesson plans, educators who practice empathy and emotional intelligence forge long-term relationships with their students. Students will sometimes turn to educators in times of emotional crisis, and by doing so, be made to feel secure. A good listener and an understanding heart can serve to lighten the loads that are too much for students to bear alone. Teachers in this way become the emotional mooring in the lives of many students.

Integrating mental health awareness into everyday schooling is another force to be reckoned with. Through narratives, dialogue, artwork, mindfulness training, and moral science classes,



educators can instill emotional intelligence, resilience, and healthy coping mechanisms.

These small but steady steps make discussions about mental health the norm and diminish the stigma usually surrounding emotional issues.

Teachers also serve as go-betweens among children, parents, and professionals. Through open lines of communication with families and drawing on school counsellors as needed, they make sure no child gets lost in the cracks. Mental health is not something one person does; it is a team effort-and that person is frequently the glue holding that team together.

"What we teach children to love and respect can be as important as what we teach them to know."

— **Fred Rogers**

Teachers model most importantly. Students watch how teachers handle obstacles, stress, and failures. A calm, optimistic, and kind teacher

who maintains these traits even in challenging circumstances models strength. These unspoken lessons in strength and grace linger with students long after the curriculum is finished.

"Teaching is the one profession that creates all other professions."

- **Unknown**

Teachers are not only academic educators—they are emotional architects. They do not just create what students understand, but how they feel about the world and themselves. Through every act of kindness, each moment of patience, and each attempt to get it, teachers are making strong contributions to students' mental well-being. In our dreams for a better, kinder world, let us never forget: it starts with the classroom—with a caring teacher.

Rizwana Khan

Manik Vidyamandir, Bandra



Contribution of Teachers To Uplift The Mental Health of Students

In today's fast-paced world, mental health has become a crucial aspect of a student's overall development. As an educator, our role is not limited to imparting academic knowledge; we also have a responsibility to nurture the emotional and mental well-being of our students. A healthy mind is the foundation of effective learning, and teachers are often the first line of support when students face emotional challenges.

Over the years, I have observed that a student's performance is deeply connected to their mental state. Anxiety, low self-esteem, peer pressure, and family issues can heavily affect their academic as well as their personal growth. Recognizing this, I believe that promoting mental health should be an integral part of our teaching practices. A student who feels emotionally secure is more likely to engage in learning, take healthy risks, and develop into a confident individual.

Teachers play a significant role in creating a safe and supportive environment for students. In

my classroom, I strive to build a culture of trust and respect where every child feels valued. By maintaining open communication, encouraging students to express themselves and showing empathy, I try to ensure that no student feels isolated or neglected.

Simple practices like greeting students warmly, acknowledging their efforts, and being attentive to changes in their behavior can make a big difference. Sometimes, just being available to listen without judgment can ease a student's burden considerably. I have learned that being approachable and patient often opens the door for students to share their struggles.

One of the ways I support my students' mental health is by encouraging emotional expression. Activity like group discussions or even dedicating a few minutes to talk about their feelings help students to develop emotional awareness.

In addition, integrating positive mindfulness exercises or small moments of relaxation during

a hectic school day has proven to help students to manage their anxiety better. It is these small, consistent efforts that slowly create a positive impact on their emotional well-being. By celebrating efforts and not just outcomes, we help students to view challenges as opportunities rather than failures. In my experience, encouraging students to believe in their ability to improve helps them overcome fear and self-doubt, both of which are significant barriers to mental wellness.

In conclusion, teachers are powerful influencers in the lives of students, not just academically but emotionally as well. By creating a supportive, understanding, and positive environment, we can play a vital role in uplifting their mental health. I personally feel that if, through my actions, I can help even one student feel stronger, more confident, and emotionally secure, then I have truly fulfilled my role as an educator.

Preeti Bhat

Manik Vidyamandir, Bandra



Contribution of Teachers To Uplift The Mental Health of Students

Supporting Minds - Teacher's Role in Enhancing well being of a student.

Mental Health plays a pivotal role in the overall development of students. Among many influencer in a student's life teachers hold a unique position - not only as educators but also as mentors, supporters and role models.

Teachers have the ability to create a class room environment that feels safe inclusive and supportive. Teachers spend significant time with students and can often be the first to notice signs of stress, anxiety, depression a mental health concerns. When educators openly discuss stress

management, coping strategies or even share their own experiences they make it easier for students to speak up about their struggles.

Teacher play a critical role in fostering teamwork, empathy and respectful peer relationship. Teachers often bridge gap between students and parents.

In today's fast paced high pressure academic environment role of teachers in supporting students mental health is crucial than ever.

Geeta Kumar

Orion



Contribution of Teachers To Uplift The Mental Health of Students

A teacher has a person who plays a vital role in a student's life, one who inspires, motivates and encourages their pupils. A teacher develops the minds of able learners, guides them to make a positive impact on the world around them.

A teacher is an individual who excels in imparting knowledge, fostering learning among the students. Beyond imparting academic knowledge, they have a profound impact on the mental health of their students.

A teacher's contribution in shaping the mental health of a student can be life-changing. Teachers

foster their students, develop confidence in them which definitely play a very important role in enhancing their emotional well-being. Teachers are the one who make their students feel secured by creating a very supportive environment for them in different ways. Teachers encourage their students to communicate, help them to become good and active listeners. They also help them to identify their own (student's) emotions through which students can foster positive relationships, learn to build trust and due to which they are able to empathize with the people around them. The



teacher helps the students to develop the quality of acceptance in a diverse manner.

Teachers are the one who can spontaneously identify the change in their pupils' behaviour, mood, attitude, they read the warning signs in their students related to any problems which their students are going through and readily provide them their individualized support. Teachers are the ones who collaborate with parents, counsellors.

Teachers are the one who develop eminent life skills in their students like self-awareness, problem-solving, emotional regulation, critical thinking and help them to develop a broader decision-making attitude, this helps them to enhance their social skills. Teachers infuse positive thinking in their teaching by integrating various skills like encouraging open discussions and conversations, teach them to conduct debates and arguments with a model healthy behaviour that helps the child to maintain a certain level of grace in their thinking and this directly is reflected in their personality.

As we say teachers are mentors, role models, a friend, philosopher and a guide, they understand their students' needs and make an everlasting impact on their students' life.

Let us acknowledge this fact that teachers play an important role in shaping a healthy mind and body of our students.

A teacher is someone who helps students to be sharp, vibrant, honest, calm and caring.

The curriculum itself can be a powerful tool in promoting mental well-being. Teachers who integrate social and emotional learning into their lessons equip students with essential life skills such

as self-awareness, self-regulation, social skills, empathy, and responsible decision-making. These skills not only enhance academic performance but also provide students with the tools they need to navigate challenges, build healthy relationships, and manage their emotions effectively.

Moreover, teachers often serve as role models, demonstrating resilience, empathy, and a positive outlook. Their own emotional intelligence and well-being can significantly influence their students. A teacher who manages stress effectively, communicates openly, and shows compassion sets a powerful example for their students to emulate.

In conclusion, the contribution of teachers to the mental health of their students is multifaceted and profound. They are not just purveyors of knowledge but also architects of emotional well-being. By creating safe and supportive environments, fostering resilience, building self-esteem, integrating social and emotional learning, and serving as positive role models, teachers act as crucial anchors in the lives of young people. Recognizing and valuing this vital role is paramount, and providing teachers with the necessary training and support to effectively address the mental health needs of their students is an investment in the future well-being of society as a whole. The guiding light of a caring and perceptive teacher can illuminate the path towards a brighter and mentally healthier future for every student.

Manoj S Mahajan

Navi Mumbai High School, Vashi



Contribution of Teachers To Uplift The Mental Health of Students

Teachers always have a strong impact on the personality of students. Children start their educational journey at the tender age of 2 and half or 3 and since then many teachers touch their lives. These teachers teach them, guide them and also nurture their inbuilt talents.

While children spend most of their active time of the day in school, the probability that they will have a strong impact of personality and behaviour of teachers on their lives is very high.

Children are said to be like a tissue paper. They observe and either imitate or sometimes carry just an impression of everything they experience. These observations is an ongoing process and even carried out when they are attending a lecture. Although they are expected to focus on the contents, whole lecture they may observe teachers minutely. These observations range from how do teachers dress, hairstyle, their personality, features, gestures, tone, language, content, knowledge, entertainment factor, witty jokes, contemporary and relevant examples and what not. The list is long and varied. Hence a teacher, let he or she be having many years of experience of teaching the subject, is always aware of this fact and is thus prepared for any random reactions or questions on any topic, let the topic be not even getting discussed. The whole act impact students some or other way.

The impact of teachers' personality on children is different at different age.

An effect of personality of teacher on minds of pre-primary students varies from what it's on primary students and to what on high school students. If I want to sum this up in terms of science, I would say it's a function of age and grasping as well as demographic and cultural background of student. In simple words there will be different effect on different students.

Here I would like to give my personal example. While learning Sanskrit and English from same teacher in school, I had an opportunity to have more time spent with our teacher. I used to be amazed with the fluency, command and in depth knowledge that he had in both the

languages. The ease of explaining and tactics of teaching had always mesmerized me. And now I am, having passed 25 years of school still drooling over the school time, remembering my teacher vividly. Although he had an image of being very strict teacher never stopped us approaching him for doubts. As we had understood that behind the strict face he carried an ocean of knowledge and willingness to share it. The another extraordinary teacher I met was my German teacher who taught us German for first entire month without using a single word of any other language. She taught us only with gestures, actions and context. Of course that was a class of grown up students who were learning foreign language with some motive and hence had super dedication. The whole process and this teacher had a great impact on my mind.

Every teacher has a different personality, has different ways to handle situations but what they have is always unique. Although I had strong impressions of my teachers, I couldn't replicate their style. Because I have my own personality which doesn't let me be strict all the time and carry seriousness on face. But the legacy which my teachers passed on to me, I sincerely try to live up to it. And that is about having in depth subject knowledge, open for suggestions and patience to teach repetitively unless the last student in class understands.

The students in a class are having different IQs and grasping. A teacher has to cater all these students to accomplish the motive: 'Everybody should understand the concepts and what has been taught'. The response of students to each concept or question is different as per their ability. A student with higher IQ responds quickly and is most of the times ready with an answer the moment question is asked. Whereas a weaker student might require more time firstly to analyse the question and secondly to find relative solution. Here is the delicate area of action. Whether to give chance to this clever one to answer and finish the portion quickly or motivate other relatively lower IQ students with slower grasping to think and respond. Giving fair chance to all will create





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a sense of equality among students and they are motivated to at least to think on the given topics. If the scenario is otherwise they may develop an inferiority complex. Such negative thoughts definitely hamper or in some cases ruin further growth of a student, since mental boost and conditions develop the personalities.

If the learning is activity based learning, involvement of students will be more and learning would be quicker and effective, the students themselves discover a solution by the end of the activity hence the concept are clearer and learning is long lasting. Working in a groups can have a positive effect on student's mind. They learn to delegate. When the weaker students are motivated to think and respond, they too develop sense of belongingness and responsibility. They understand the responsibility assigned to them, they learn to prepare independently for their part, they brainstorm with teammates for better solutions, they discuss suggestions and effectiveness of the same, intermediate intervention and quality check for better results, being owner of the responsibility and even owning the errors as well.

In a way it's totally a great learning process. Such group activities are nothing but small projects. These projects can be easily handled by students and thus can have a successful execution as well as positive outcome. This whole act boost students' confidence. The teachers who encourage such activities and motivate students to think, build and operate on their own will-always be remembered by students throughout their lives.

In short the teacher's treatment in a class or overall in life has been of ultimate importance.

Students remember and learn from such instances. They learn importance of equality, dedication towards work, creativity, delegation of work and many more. What more a teacher desires than this?

The testimonials that teachers receive from their students are the mirrors which show how teachers have had impacted lives of students and how students have grown up as successful and responsible citizens. And thus a teacher realizes that he has shaped a clay which has turned into a beautiful sculpture.

Leena Sathe
NES Bandra (E)



Contribution of Teachers To Uplift The Mental Health of Students

In India, teachers have always held a revered place in society, often regarded as "Guru" - a guide not only in academics but also in life. In today's fast-changing world, where students face increasing academic pressure and mental health challenges, the role of teachers as kind mentors is more crucial than ever. Teachers are seen as second parents, responsible for shaping not just the intellect but also the character of their students. This cultural respect creates a strong foundation for kindness, where teachers are expected to be patient, empathetic, and nurturing.

Taking time to remember students' names, backgrounds, and interests. By gently guiding students through mistakes and challenges, teachers foster resilience and confidence. This compassionate approach echoes the teachings

of great Indian educators like Dr. Sarvepalli Radhakrishnan, who believed in nurturing the children with kindness. Celebrating festivals and cultural events together also promotes belonging and emotional connection, it brings more interaction between the teacher and students through extracurricular means, whilst shaping them through values and tradition. Teachers who engage with parents respectfully and share positive feedback create a strong support system.

Understanding and respecting students' backgrounds also shows kindness and inclusivity, making students feel valued and understood. Simple gestures like helping a struggling student after class, sharing motivational stories from history or mythology, or encouraging students to practice exercise through yoga and meditation

creates calmness. Teachers facilitating group tasks, activities, play, and physical activities helps students reconnect socially and build supportive relationships with classmates. Introducing simple mindfulness exercises like breathing, or relaxation breaks can help students manage stress and improve focus. Flexibility with homework, providing clear written instructions, and making lessons game like can reduce anxiety and help students stay engaged.

Every day, without a special title or recognition, teachers offer more than lessons. They offer a listening ear, a watchful eye, and a heart that notices when a student is moving into silence or stress.

Teachers can uplift a student just by believing in them. They create classrooms where mistakes are okay, where questions are welcome, and where showing up is enough on the hardest days. They pick up on the small signals, the quiet cries for help that even the student might not recognize yet. And with a kind word, a second chance, or a gentle conversation after class, they can make all the difference. Beyond teaching subjects, teachers shape emotional resilience, nurture self-worth, and create environments where mental well-being can grow. One of the key ways teachers uplift mental health is by creating a safe, welcoming classroom atmosphere. When students feel accepted and respected, their fear decreases, and their confidence rises. A kind comment, an understanding tone, or simply acknowledging a student's presence can help them feel seen and valued.

Teachers are also among the first to recognize when a student is struggling. Through daily interaction, they notice changes in behavior or falling grades, that might signal emotional distress. By reaching out early, offering support, or guiding students toward counselling, teachers often prevent small issues from becoming serious crises. Teachers actively build students' self-

esteem. Encouragement, positive feedback, and genuine belief in a student's abilities can reframe a student's mindset from self-doubt to confidence. Effective teachers recognize and nurture the unique strengths and talents of each student.

Through constructive feedback and encouragement, they help students build healthy self-esteem and confidence, which lowers the risk of mental health issues such as anxiety, fear of failure and under confidence. Dedicate time for students to share stories about kindness and life success stories, showing inspirational videos, messages or read books that highlight empathy and compassion.

Teachers also use springboards for discussions and role-playing activities sparking interest among students and creating a light environment. Such efforts and appreciating accomplishments with genuine, specific praise, modeling respectful and caring behavior sets a powerful example for students to follow. Asking students about their interests, experiences, or how their weekend was, by responding to students' mistakes or frustrations with patience and understanding rather than punishment or criticism. This helps build trust and emotional safety. Teachers also send positive remarks in diary or calls home to share good news about students, and invite parents to meetings, which strengthens the support network around each student.

Teachers serve as role models for their students, and their behavior sets the tone for the classroom culture. Demonstrating kindness by listening attentively, responding with patience, and treating everyone with respect teachers uplifts students mental health. Thus, teachers are major role players to shape the mental well being of students positively and nurture their emotional states.

Asha H Chavan

Navi Mumbai Primary School, Vashi





Contribution of Teachers To Uplift The Mental Health of Students

Teachers play an integral role in taking care of students throughout their time in school. Teachers are the biggest influence for students. They are the part of the school system that has the strongest impact on student lives. Therefore, teachers play the most important role in supporting students with their social-emotional and mental health well-being along with academics. Sometimes it's hard to know what to do/say and how to help.

Following are the points that teachers can do to help students with Mental Health :-

1. **Building a healthy environment** :-

Ask students for ideas of how to make the classroom a safe, welcoming, comfortable space for everyone. Encourage students to listen to each other and check-in with each other. Include activities with the purpose of getting to know each other better, creating a sense of understanding and shared belonging. Help them build healthy habits related to sleep, nutrition, exercise.

2. **Listen to them** :- Oftentimes, students want to be heard and feel seen more than anything else. If students approach you for help, they probably trust you and feel comfortable with you.

In these situations, teachers need not worry about solving problems or giving the perfect advice, you can solely focus on giving the student your full attention to listening to their experience and feelings.

3. **Check-in with students** :- Some students might display disruptive behaviours such as shouting in class, getting into fights, teasing peers etc. It's helpful to think of these behaviours as the students attempt at communicating their distress and inability to do what they need to. Looking at it from this perspective, teachers can check-in with the student, try to identify/understand what support the student needs and then help them get that support. Most times students feel cared for and relieved when someone notices and asks them what's going on.

4. **Be a role model** :- Teachers are role models for students. Students are always watching teachers, observing them, experiencing their energy and learning from them. They will observe you and learn the skills you use to deal with difficult situations. Try to be as calm, kind and honest as you can be. Take care of your own mental health and mention to your students that it's something you give importance to and practise daily, in order to deal with stressors and lead a healthy life. Teachers have a special relationship with students. In order to create a safe and supportive learning environment, it's vital to know how to support your students' mental health well-being and your own.

Purnima P Dawkhare

Navi Mumbai Primary School, Vashi



Contribution of Teachers To Uplift The Mental Health of The Students

Guru Brahma, Guru Vishnu, Guru Devo Maheshwara, Guru Sakshaat Parbrahm, Taismai Shree Guruve namaha. This is the dignity allotted to teachers in our ancient, holy scriptures. When we recall names of great teachers who have inspired their students to go beyond the call of duty and rise above human limitations, few names are immortal. Guru Dronacharya, Guru Sandipani, Guru Vashisht, Guru Vishwamitra being some of them. As they are teachers whose efforts have been the culminating point of creations like the Pandavas, Jagatguru Shri Hari and Lord Shri Ram.

Nobody can deny that teachers and students both form a pivotal bond during the teaching learning process. Research has proved time and again that the mental enhancement of the students is directly proportional to the efforts of their teachers. In his book, *The Wings of fire* and *The Ignited minds*, the late President of Bharat and a teacher throughout life, Dr. Abdul Kalam has expressed immense gratitude and highly applauded the efforts taken by his school teachers, in making conceptual learning a long lasting one by actually giving them real, long lasting, life learning experiences. For e.g by actually taking them to visualize the flight of birds on the sea shore, which in turn stimulated his observation skills, especially navigation in birds. In his book, Dr. Kalam, states that these real life experiences have proved very beneficial in his experiments as an aeronautical scientist. It had an everlasting impression on his thinking process, channelized his curiosity, highlighted his hidden potentials into probable capabilities and developed leadership traits. A small town, newspaper boy metamorphosed into a world class scientist and leader of the world's second largest democracy, speaks volumes about the efforts taken by his teachers and his own dedication as well.

Another great name that comes to our mind, when we talk about great teachers is of Dr. Sarvapalli Radhakrishnan. He was one of the greatest teachers that the country has witnessed till date, a great Mathematician and Philosopher of his times. It is in his honour that we celebrate his birthday, the 5th day of September as Teachers day all over the nation. He firmly believed

that “teachers should be the best minds in the country.”

Gurudev Rabindranath Tagore was a name that is highly respected, the founder of Shanti Niketan, a rural, residential school and art centre for students but with a difference. This school conducted classes in the open greenery and was not confined to the four walls of the classroom. The elite Indians, in those days, who had respect for Indian values of life enrolled their children there. The author of literary masterpieces and the national anthem, *Jana Gana Mana*, he was the only non-European and the first Indian at that time to be bestowed with the nobel prize for literature in the year 1913 which he refused.

Smt Savitrimai Phule and Mahatma Jyotiba Phule, the pioneers of women education are actually the true pillars of women empowerment. At a time, when gender and caste discrimination was its peak, both of them laid the foundation of empowering women by educating them. Their contribution to uplift the entire women community speaks volumes about their trials and tribulations for the betterment of women in society. Women from every strata of the society, right from the homemaker to the present day President of our country (Smt Draupadi Murmu), owe their success only to their education. This stands as a testimony to the endless efforts of these selfless souls. Today the entire women fraternity is indebted to them for whatever big or small milestones they have achieved in their particular domain.

Swami Vivekananda, still popular as the youth icon, is a name that totally reaches out on a different level. In his historic speech at the Parliament of World Religions, held at Chicago in the year 1893, this iconic youth rocked the international audience with his Indian values and traditions. He continues to hold a place of pride among his fellow countrymen even after more than a century of his death.

I always feel that apart from these iconic, larger than life and goal oriented teachers, the ones who touch their student's lives every year in the classrooms and help them overcome their fears and shape them are the real living legends. Today, I look back with gratitude at my





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kindergarten teacher, Miss Kaamini Kapoor from Guru Nanak School, who was an angel in my life and made me realize that education was the only way to break free from the curse of an under privileged life. She had a special affection for me, as I was a bright student in her class. She has been a guiding force in my life and I owe all my success to her. Had it not been for her, I too would have been a non entity like thousands of others from my community in some remote village or slum. My journey from Dharavi to Dadar has been a remarkable one only because of a mentor like her. Her only intention was to uplift me and give me a good life without any selfish motive. She held my hand in every possible way, mentally, financially, emotionally, morally and the list continues. Though not connected biologically, she was more than a mother. My hands join in prayers and tears flow down my cheeks whenever I recall her goodness. For me, she is a living God! She is the one who has practiced what others only preached and the proverb that charity begins at home is

coined only for her. My only guru dakshina to her was to carry on the legacy which had been initiated by her and live upto her great ideals.

In my career of more than thirty four years in IES, my only wish is that my students too remember me as someone who has touched their lives and contributed to their mental wellbeing in my own simple way. The happiness in their voice when they call out to me in the middle of nowhere, the way they hug me when they suddenly bump into me, the twinkle in their eyes when they relive a certain mischief they had been up to and I had chosen to ignore, the sense of pride when they introduce me to their friends as “she is my teacher about whom I told you the other day” and endless such incidents speak out loud that I have done my job to the best of my ability ! Not just as a job but with a genuine passion with love for teaching and students as well.

Karuna Gajjala

Ashlane English Primary School



Contribution of Teachers To Uplift The Mental Health of Students

In today's world burdensome educational environment, mental health challenges among students easily visible. Anxiety, depression, academic stress and feeling of isolation are affecting learners across the world. The educators through their daily interactions and teaching practices, have a profound influence on students mental health. An educator can also treat such problems without disturbing their schedule. Mental health of a students can be uplifted by many ways such as-

1) Creating healthy environment : - Teachers who cultivate a safe inclusive and respectful environment, it helps to reduce anxiety and foster belongings. When students feel seen and heard and accepted their mental and emotional resilience grow.

2) Encouraging Emotional Intelligence : - Good teaching extends beyond the textbooks. Classroom discussion around feelings, conflict resolution contribute to better mental health awareness and coping mechanism.

3) Reducing Academic Pressure:- While academic success is important, teachers who are flexible offer support during challenges and emphasize learning over perfection help lessen the burden of academic stress on the students.

4) Involving mental health into the curriculum:- Many schools are introducing mental health in their curriculum. When teachers openly address mental health topics by various means, it normalizes conversation, reduces stigma and empowers students to seek help when needed.

Teaching is not just about imparting knowledge, its about nurturing human potential. Educators are in unique position to make a lasting impact on their students lives-academically, emotionally and mentally. By embracing this responsibility, they become key allies in the collective effort to uplift students mental health and build more healthier, more compassionate generations.

Shital M Dubey

Ganesh Nagar Vidyalyay Primary, Titwala.

Contribution of Teachers To Uplift The Mental Health of Students

Teachers who prioritize their mental health can play a critical role in promoting students mental health. Teachers are the positive role models for their students. Be calm, honest, caring and demonstrate a positive attitude to children.

The saying “a healthy mind in a healthy body” emphasizes the strong connection between physical and mental well-being. A healthy mind is more likely to be found in a physically healthy body and vice-versa. Optimal mental and spiritual health, as demonstrated by science, plays an essential role in physical health. Finding the perfect balance between mind and body will open the doors to a healthier and more joyful life.

As a teacher, we all know what is right and wrong for our student. But I feel as a teacher we should all keep following things in our mind.

* Mental health is not a destination, but a process. This emphasizes that mental health is a journey of continuous growth and self care not a fixed endpoint.

* You can't always get what you want - this means sometimes students may face setbacks or challenges that are outside of their control and it's important to accept these situation and focus on what they can control.

* It's okay not to be okay - it acknowledges that life can be difficult and they are not alone in their struggles.

* Your struggles do not define you - It implies that while challenges and hardships are a part of life. They don't ultimately determine who you are as a person or your worth.

* You are worthy of happiness and peace of mind - Always give yourself peace of mind. You deserve to be happy and delight.

* You are not alone in your struggles - it suggests that shared experiences can help build a sense of community and reduce feelings of isolation.

* It's okay to ask for support - when you need it. Always remember asking for help doesn't make you weak, needy or a burden.

As a teacher, keep these things in mind. Support and encourage our students explore their interests. Being active, creative, learning new things and being a part of a team helps connect us and boost our students mental well being.

Sara R Shinde

Ashlane Primary School



**Good teacher are the
ones who can challenge
young minds without
losing their own.**



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Contribution of Teachers To Uplift The Mental Health of Students

“A Child’s Mental health
is just as important as
his physical health and
deserves the same quality of support.”

As the above quote, physical health and mental health are truly inseparable. Just as the physical health is cared, it is equally essential to pay attention to the mental health of students for it impacts them in all aspects. Hence the teachers play a pivotal role in uplifting the mental health of the students. Students who are closely connected to the teachers, feel free to express their views and emotions and not distressed to carry out the given activity or comprehend the concept taught. In fact, the students grasp the concepts easily and quickly in the healthy environment. So, the teachers should create a pleasant and conducive environment for the students to learn. Teachers should be easily approachable to pay heed to the issues and solve the problems of the students. The feelings of the students should be respected and dealt with care and concern. They should be offered words of encouragement and hope. Teachers should be a source of support which will inspire the students to feel safe and secure and develop a healthy and an intimate relationship. Students should be motivated to learn with interest and curiosity without the fear of judgment. Teachers should be the positive role models as the students always observe and imitate them and imbibe the same attitude in themselves. Teachers who are calm,

honest, sincere, kind and polite and demonstrate a positive attitude, the students who observe them daily would also develop similar qualities in them.

The teachers should deal efficiently with the stressful situations and also should empower the students to manage stress strategically, thus providing learning strategies to deal with anxiety, frustration and any challenging situations. Teachers should significantly prioritize the needs of the students and guide them appropriately. If any change in students behaviour or attitude is noticed, teachers should intervene at once and offer help and moral support to develop confidence by collaborating with parents and counselors to get rid of the frustration. Teachers should gain the trust of the students to open up freely and give hope to feel valued. Teachers should inspire the students to foster a positive mindset and healthy habits. Students should be engaged in activities that promote their well - being. Thus teachers play a crucial role in uplifting the mental health of students.

I would like to conclude it by stating that
There is no health without mental health?

Hence it is rightly said as below.

“Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.”

Annamuthu Michael
New Eng. School, Bandra



Blessing in Disguise

Water is an eternal blessing in disguise
without which the earth will be
deprived of life.

The presence of water on this earth
is an answer to a long penance
year's of prayers and devotion of sages
has blessed our earth with Mother Ganges.
Don't be the reason of its disappearance
by any mistake or by any chance.

The sweat on our forehead and our dried lips
everyone pleads to save water
whether buds, flower's or trees
or somewhere deep under the ground
some dried buried seeds.

Every individual life needs water
to quench its thirst
whether trees, humans, animals or birds
listen to the unheard cries of mother earth
to save the greenery on its crust.

Blooming of flowers on our land
is possible only until the water and the earth
go hand in hand
when the trees grow tall
they will raise their hands and pray for rainfall
protecting trees will not go in vain
it may turn our tear's into the drops of rain

Be generous to fill some pots
and quench some thirst
to maintain the chirpness of the birds
and keep alive humanity on this earth.

Chetna Varma
KG, Marol

Water

WATER a small ward,
But important life sustaining factor,
It covers 2 cm on paper
But covers 71% of earth surface
and comprises nearly 70% of human body
Where there is water, there is Life.
Plants are flourished and Animals are cherished
Without water no one will perish.
Today where we are exploring space and ocean
Many of women walk miles to fetch water.
Water - a precious commodity
Is contaminated and wasted
As we are good for nothing,
to do rain harvesting.
Water is needed from birth to death
whether its Ganga Jal or holy Zam Zam
Our day starts with water,
And ends with water.
Life's essential part is water.
Wastage of water is to be checked
Elsewhere our future offspring will be wrecked.

Nazma Qureshi

V. N. Sule Guruji E. M. Sec. School





Water Conservation

Water conservation is the practice of using water efficiently and responsibly to reduce waste and protect this vital resource.

Here are some ways to conserve water

1. Fix leaks - Repair leaks faucets, toilets, and pipes to avoid wasting water.
2. Use low-flow fixtures : Install low-flow Showerheads, faucets, and toilets to reduce water usage.
3. Take Shorter Showers : Be mindful of your shower time and try to reduce it.
4. Use water efficient appliances : Choose appliance with low water consumption, such as dishwashers and washing machines.
5. Harvest rainwater : Collect rainwater in a barrel or tank to use for watering plants or washing cars.
6. Use drought-resistant plants in your garden to reduce water usage.
7. Monitor water usage : Keep track of your water usage and identify areas for improvement

By conserving water, we can:

1. Reduce water bills.
2. Protect aquatic ecosystems.
3. Ensure water availability for future generations.
4. Mitigate the impacts of droughts and water Scarcity.

Premanand P. Naik
PDEMP



Importance of Water

Turn on the tap
and the water flows.
Does anyone know
where the water goes?

Turn on the tap
and the water comes.
Does anyone know
Where the water is from?

Water is clean
and water is cool,
living in rivers
and raining in pools.

Yet water can trickle
and wells can dry up
Till there's nothing left
to fill the cup

Today there is water
When we turn the tap on.
But what will we do
when the water is gone.

Kavitha Ganesh
P.D.E.M.P School

Water – As a Life

I am the water, which you need;
Which is an important liquid.
I am healthy, natural and pure;
I have no colour and odour.

I am the water, which is all around;
Save my every drop, that can be found!
My scarcity can not to be dangerous though,
So try not to let it go.

I am wasted in lot of ways;
watering the plants in sunny days.
Like a bath instead of a shower;
Leaving the tap on full power.

I am the water, which you need;
Which is an important liquid.
World water day is celebrated on 16th March
To Spread awareness about,
water as a life.

Pooja Gawade
P.D.E.M.P School

Importance of Water

The leaky tap drips a day and night
Just fix it right or seal it tight.
Water is the liquid of life.
It's important in many ways.
It is called as the survival of all life on earth.

Many regions face water shortages
So using water carefully and
recharging ground water is our duty.
So we should not waste water
during brushing teeth, shaving, bathing,
washing clothes and other activities

Water helps to keep us clean.
Our bodies and our clothes clean.
Using water in these ways.
Keep us smelling like a rose.

We need water for everything we do
Water is important for me and for you.

So save water
And do your part
It's not a game
Let the water last.

Swarakshi Ghawde
P.D.E.M.P. School

* Water for life *

Water, water everywhere
Yet not a drop that's clean or fair.
Plants, birds and every man who live.
All rely on you - the life you give.

Nature's gift, so pure and free.
We took you for granted endlessly.
You flowed in abundance across the land,
Now you're wasted by careless hand.

Once you danced in streams so wide.
Fulfilling dreams with every tide.
But now we beg, we fight, we plead,
For every drop we truly need.

A precious treasure, bright and clear,
We've wasted you year after year.
You quenched our thirst, made gardens bloom,
But now we fear a future of gloom.

You're life itself - so pure, so true -
It's time we care and honour you.
Let's mend our ways and make things right,
To keep you flowing clear and bright

Let's pledge today, both young and old.
To value you like gem and gold.
To save each drop, to clean each stream,
And bring back nature's shining dream.

Sunanda S Ramadhin
P.D.E.M.P. School





WATER - As a Life

A shimmer, a tear, water in the eyes,
A feeling so pure, where ecstasy lies.
Flowing is life, a current so free.
Like water we journey, for all souls to see.
With open heart wide, water embraces the land.
Each contour it touches, held gently in hand.
It accepts all freely, the pebble, the stone,
No judgment it carries, it makes all its own.
No high and low people, to water exist,
It quenches all thirsts, with a soft, cooling mist.
In its nature, equality brightly does gleam,
A leveler true, in life's flowing stream.
The importance of water, a truth we all know.
Without its dear presence, no life can e'er grow.
No fee does it ask, no tax by nature imposed,
A gift freely given, divinely composed.
It becomes one with colour, reflecting the sky,
Or clear as a crystal, as moments drift by.
In states ever-changing, from vapor to ice,
A lesson it teaches, with elegant vice.
For time flows like water, a constant cascade.
Each second a ripple, a journey we've made.
So make good use wisely, of moments so fleet.
And cherish each instant, both bitter and sweet.

Rekha Karpe
P.D.E.M.P. School

Water is Life. Like You and Me

Water is more than just a stream,
It holds our breath, our every dream.
It cries like us, in rain that falls,
It listens when the silence calls.

It's born in clouds, so soft, so high,
Then falls to earth, just like a sigh
It learns to heal, it learns to give,
It teaches us what it means to live

It holds a mother's whispered prayer.
It rests in tears we cannot bear.
It flows through veins of child and tree.
It is what we were meant to be.

Like us, it stumbles, finds its course,
With quiet strength, with endless force.
It breaks through stone, yet stays so kind
Just like the love we hope to find.

So hold it close, this gift so true -
For water lives in me and you
Protect it well, let kindness flow,
For where it goes, all life will grow.

Nutan V Nalawade
P.D.E.M.P. School

WATER, Our Life... !

So simple, so pure,
yet water is very essential, for sure,
For each life to live,
every drop carries a hope to survive.

Can't imagine our world,
Without water to run..
Those thirsty eyes wondering,
for miles under the scorching sun.
Where farmers watching helplessly,
as their field crumbles into dust..
Let's act with wisdom
before situation gets more worst.

No flowers, no nature, no crops, no future
Without water, how our planet will nurture?
Now, it's time to realize,
Saving water is only way to make our planet
survive..
Because, it's not just a part but,
WATER, itself is our Life.

Priyanka P Shirke

English Medium Primary School, Bhandup

Water as a Life

I rush in rivers, I fall as rain,
I fill the wells, I feed the grain:
I dance in waves, I shine as dew,
A gift of life for all of you.

But when you waste me, I feel so small,
Drops that vanish, hurt us all.
Polluted streams, a drying land,
A thirsty world with empty hands.

Every drop that goes in vain,
Leaves the earth in thirst and pain.
Please don't pollute me, keep me pure,
So life on earth will stay secure.

If you use me right, I'll be your friend
Helping life till the very end.
Keep me clean and use me a wise,
For I'm a gift-life's greatest prize!

Swarnalakshmi M. Gounder

English Med. Primary School, Bhandup





आदर्श
उत्कृष्ट

Water is Life, Everybody Knows..

From tall mountains, to the plain meadows it flows

In hot sunshine, cold moonlight it glows
Birds quenching thirst, sparrows and crows,
water is life, everybody knows.....

To make his living, a fisherman rows
To catch some fishes, a net he throws
To cook, clean, bath we all need water bowls.
Humans should conserve it, but are not even close
water is life, everybody knows.....

The technique of conservation, let me disclose
Turn off the tap, when the bucket overflows
Plant more trees, mango, banyan and rose
water is life, everybody knows....

Dig some wells where the rainwater goes
water the garden with a can, not a hose
Collect, reuse and see, how the idea grows
water is life everybody knows...

Thats how we will be able to see rainbows
Following these steps, we will become heroes,
And that is why I say this of course
Water is life, everybody knows....
Water is life, everybody knows.....

Karuna S Dikonda
Katrap Vidyalaya



Conserve Water

Water, Oh water !
So precious and fine,
Essential for life,
In every single mind.

You quench our thirst,
and nourish our health.
A vital resource that
always runs within.

You're a gift from nature
so pure and divine,
Water Oh, water!
So precious and fine.

Rivers flow with water wide,
But pollution stains won't subside !
Let's take a vow, to keep them clean !
Let them be pure and shining bright.

Tomorrow holds a big secret
will water scarcity sting all of us?
Lets act today, with mindful care.
And save water with utmost fair.
Water Oh ! water

Every drop counts, to make
mighty ocean sound,
A single drop, yet precious bound
Let's conserve it, with every
single count
Generation next, will
learn from us
Water Oh ! water
You are a treasure

You are our life and
its so true
Let's save it for me
and you.
Water Oh ! water.

Vidya. S. Kamble
Katrap Vidyalaya Primary Section, Badlapur.



Importance of Water

I flow in rivers, calm and wide
I dance with waves and ocean's tide
I fall as rain from skies so blue
A gift of life - forever true.

In every drop, a tale I hold,
Of ancient springs and glacial cold.
I feed the roots, I quench the land,
I shape the earth with gentle hand.

I rise with steam, I float as cloud,
I sing through brooks, not loud, but proud.
From morning tea to evening bath,
I walk with you on every path.

Yet still you waste, and still I cry,
While fields go bare and rivers dry.
One day I might not flow so free -
What then, dear friend, will become of me?

So care for me, I ask no more,
Close every tap, let kindness pour.
For I'm not endless, wild or vain -
I'm water and I feel your pain.

Manisha S Vichare

Eng. Med. Primary School, Charkop

Water is Life, Life is Water

Water, Oh water.
You are our great sustainer of life.
Transparent, tasteless, odourless, shapeless
In the form of liquid.
But very very essential for our life.

Your life begins, from the jatas of shiva,
You made your way to reach the earth,
Through mountains, valleys, rivers and lake.
To bless the human's life,
As a holy spirit of life.

You blossomed the human's life,
with great love and pride,
Presenting all the wonder's of life.
By filling the Universe with,
All the essence of life.

Oh Water without you,
We can't imagine the source of our life.
Your greatness has made the situation
So live,
The brightness in life,
The Kindness. in life.
Is all because of you,
So one can rightly say,
"Water is life, life is water."

Chanchal R Obhan

Kindergarten, Ashlane, Dadar



Water is Treasure.

Save it with Pleasure!



आदर्श
शुक्ल

Water --- As Life

What is water?
Asked the child in me.
Here's the answer to it.
Snowcapped mountains,
in sublime state,
standing tall in the sun.
for their fate!
slowly and gradually as they gait,
from mountain tops to valleys below.
Joyfully dancing with lots of wealth,
masked within to collaborate.
Agile rivers as they gently flow,
crossing borders and touching souls,
satiating all happily with bonding goals !
Merrily as it amalgamates to lakes and ponds,
with stillness let its habitat float.
In the reservoirs as it hoards,
each drop as precious as precious can be,
runs down my tap I know,
all my chores and hopes rest in thee
Animals and birds dance with glee.
I wake in despair from my dream
Oh! It's the sound of rain on my roof top,
quenching the mother earth blithely.
Appeasing me with the aromatic petrichor.
In glee, I jump to hold the drops,
water you're as precious as life,
gift of God I thank thee!

Gitanjali Patel
KG & Balodyan

Water - As Life

Water is a wandering soul,
It dances, drifts, one and makes things whole.
A mirror made of melting skies,
It falls as tears when soft wind cries.

It's nature's breath, so cool, so clean,
A silver thread in fields of green.
It carves the hills, it paints the sand,
It holds the earth in gentle hand.

Like glass that flows, like time that flies,
It twirls in storms, it sleeps in ice.
A mother lullaby at night,
It sings to stars in soft moonlight.

Without it, flowers close their eyes.
The birds fall silent, nothing flies.
The thirsty roots, the cloudless sky,
Remind us life can fade and die.

So guard it well, this liquid gold,
More dear than treasure we can hold
For water's not just stream or rain.
It is the song of life's refrain.

Chetna P Vig
Orion



Water – The Elixir of Life

It weaves through stones, as a silver thread
from Mountain springs to ocean wide
A drop that falls from skies so high.
can wake the earth and lift the sky
It feeds the beasts, the birds in flight.
It nourishes all from fishes tiny.
To Giraffes so tall, a gift of grace
that gently touches all.
A holy gift, all must defend
from first steps to the last step of life.
So lets us all, remember and remind
to save water, as least its loss becomes our grave.

Prachi Chauhan
Orion



Water Our Life

Drop of water, drop of water
let's not waste it, let's not waste it
As it carry livelihood, As it carries livelihoods
for us, animals and trees, for us, animals
and trees,

Water needs for regular, (2)
washing clothes and utensils, (2)
and also for commerical (2)
occupations, fields and factories. (2)

What we will do if
there is no water on earth (2)
how we will survive with
extreme hot and thirst (2)

Let's not waste it, let's all save it
for now and future. (2)
and all living being on earth (2)
to peaceful nurture (2)

Gurmit Kaur R Matharu

English Medium Primary School, Bhandup

Water - As a Life

Life is water, Water is life,
Ask a woman who walks miles
Carrying an empty pot
and her face with a smile.
Passing by with a walk full of style.

Life is water, water is life
Ask a farmer who waits for rain with a fife
With dreams in his eyes
and hopes for his life.

Life is water, water is life
Ask the sailor who
Sails on water throughout life
And on the shore with faith in mind
waits his wife.
Life is water, water is life !!

Anagha K Anaokar
KG & Balodyan



Water

Clear as crystal deep as night,
water flows with endless might,
From Mountain peaks to ocean's shore,
It whispers secrete, ancient love.

It cools the earth and warms the soul,
Fills the cup, and makes us whole,
Without its touch, life would cease.
In water's flow. we find our peace.

The oceans wide, the lakes that gleam,
Rivers that twist a flowing dream,
To lose this gift is to lose our way,
For water guides both night and day.

So guard it well, this liquid gold,
In every drop a story is being told,
Respect the source and you will find,
Water's the thread that links mankind.

Geeta Kumar
Orion





Water – As a Life Water : Breath of Life

From Mountain peaks to ocean wide,
In every stream where currents glide,
Water whispers through the land,
A gift poured from creation's hand.

It dances in the morning dew,
And paints the skies in shades of blue.
It feeds the roots, it cools the flame.
And gives all living things a name.

In every drop, a world resides,
With life and hope it gently rides.
A quiet force, both strong and still,
That blends to none, yet shapes the will.

It carves through stone with patient grace,
And finds a path in every place.
It mirrors stars, reflects the moon,
And hums a soft, eternal tune.

From mother's womb to river's shore.
It holds the life that we adore.
It heals, it cleanses, makes things grow,
The pulse beneath all things we know.

Without its touch, the fields turn bare,
The skies go dry, there's no fresh air.
It binds the world in silent thread,
And speaks for those who cannot tread.

In desert thirst or rainy song,
It teaches where we all belong.
From tears we cry to sweat we shed,
Water walks where life has led.

A Sacred trust, a fragile vein,
we drained it fast, yet still complain.
It pleads with us in floods and drought,
To choice what we can't live without.

So let us guard this flowing grace,
This lifeblood of the human race.
For in each drop, a story's told,
Of Earth, and dreams, and love of old.

Oh water, soul of every land,
Held gently is creations hand,
May we revere your crystal might,
And walk with you in truth and light.

Mayure K Potdar
Orion

Water – As a Life

As mist, I'm born in morning's sigh,
A whispered promise, potential high.
I rise as vapor, ethereal dance,
A dream of life, in celestial trance.

As clouds condense, I take my form,
Droplets merge, and raindrops storm.
I fall to earth, a rhythmic beat,
Nourishing seeds, a newlife's treat.

As streams, I flow, a gentle breeze,
Reflecting sunbeams, in shimmering ease.
I crave my path, through rocks and stone,
A journey's start, to places unknown.

As rivers wide, I flow with might,
Supporting life, in morning light.
I merge with seas, in endless blue,
A world of wonders, both old and new.

As ocean deep, I'm vast and wide,
A realm of mystery, where secrets reside.
I hold the past in coral's sway,
And whisper tales, of a bygone day.

Poonam A. Narkar
Orion



Water, The Pulse of Life

From mountain peaks to oceans deep,
A silver thread where rivers sweep.
Life begins where waters flows,
A sacred dance, a gentle glow.

Each droplet sings a whispered tune,
Of monsoon rains and silver moon.
A thirst it quenches, souls revive,
Without its touch, none can survive.

In morning mist and midnight dew,
A miracle both old and new,
From seed to bloom, from earth to sky,
Water lifts all, it lets us fly.

It carves the stone, it soothes the flame,
A timeless force with many names.
It fuels the fields, it feeds the seas,
A gift of love, a whispered breeze.

Yet need this call, this precious stream,
Protect its flow, preserve its gleam
For water gives and water takes,
A fragile thread the future makes.

So honor well this liquid gold,
A tale of life, forever told.
For in its waves, in tides so free,
Lives the heart of you and me.

Prachi Chauhan
Orion

Water Conservation

Every drop counts, every drop cries,
Save us, humans, before we dry.
We're the lifeblood of the earth below,
Conserve us, please, don't let us go.

In rivers, lakes, and oceans wide.
We're home to life, side by side.
But pollution chokes, and waste does flow.
Save us, humans, before we say no.

Every drop counts, every drop cries,
Save us, humans, before we dry.
We're the source of life, pure and clean,
Preserve us, future, for what's unseen.

In every wave, a story's told.
Of life and death, young and old.
We're the essence of existence true.
Conserve us, humans, for me and you.

Every drop counts, every drop cries.
Save us, humans, before we dry.

Lubna A. Khan
KG & Balodyan





Water Conservation/Water - As A Life / Importance of Water

Who better than someone who is thirsty or then a farmer,
Can really tell us how truly valuable is water?

We see it today in rivers, oceans, and springs,
But tomorrow who knows what shortage it brings?

We drink, wash, bathe, and also cook our meal,
But one day, it might vanish, it is a fear that feel's real.

What came through hoses yesterday?
Is available only in buckets today.

As drop by drop it fades,
We must act now before nature's debt is paid.

As the scarcity of water mounts,
We realize every single drop counts.

Before it so too late. Let us all any further not wait
Start today and start doing what is right, before it is too late.

Let every person on this Earth take part,
To save water now, let that be our start
so our children can see, not just imagine or hear,
The beauty of water, flowing bright and clear.

Smita Sulakhe
Orion



Importance of Water

The best things in life are deemed to be free just like water,
But not everything free is available forever.
Water is free but not for everyone, It's clean but not everywhere.
It's in our rivers, our seas and our oceans but not too long and not for long.
It's available today but may not be tomorrow, But right now it's free and so we exploit it.
It's free, so we keep the tap running ever when we don't need it,
It's free so we take these extremely long showers and sometimes even twice a day.
It's free, so we pollute our rivers and our seas, It's free so we use it to do all those
unnecessary things that we shouldn't.
It's free so we waste it.
It's free that's why we don't care.
The best things in life are deemed to be free, just like water,
But not everything free will be available forever.

Aparajita Sarkar
Orion

Water, The Song of Life

Water dances soft and clear,
Whispers songs we long to wear.
From silver stream to oceans deep,
She sings the world into her keep.

She kisses leaves in morning dew,
Paints the skies in shades of blue.
She holds the stars, she moves the tide,
She cradles life on every side.

She hums beneath the falling rain,
She heals the earth, she soothes the flame.
In every droplet, breath is spun.
The pulse of life, the work undone.

She feeds the roots, she fills the air,
She lingers soft every prayer.
A lullaby a sacred thread,
By her we're born, by her we're led.

Oh, water flows where life begins,
Through desert dust and forest winds.
A gentle time, forever played,
The soul of earth, in blue arrayed.

Durga Patkar
Orion



Water – as a Life

Before we spoke or learned to write,
Water flowed in silent might.
It shaped the earth, it carved the land,
A gentle force, a guiding hand.

It feeds the roots, it lifts the boat,
It fills the sky, the cloud, the moat.
It sings in streams, it dances rain,
It cools the heat, it soothes the pain.

It's not just drops that quench our thirst,
It's where we came from - water first
In every cell, in every breath,
It walks with life and weeps with death.

We bottle it, we let it waste,
We poison it with greed and haste,
We call it "ours", yet it runs free
A gift we borrowed from the sea.

In ancient tales, we called it god,
It ruled the sky, the soil we trod.
But now we trade it, drain its soul
And still expect it to be whole.

Ask a flower why it grows -
It's water's touch the blossom knows.
Ask a glacier why it weeps -
It's warming winds that steal its sleep.

But water waits, it doesn't flight,
It holds the moon, reflect the light.
It asks for care, not for command.
A sacred bond we must remand.

This isn't just a tale or plea -
It's truth as deep as any sea.
We don't just drink or bathe or swim -
We live through water, limb by limb.

So here's a vow we all must make,
To give back more than what we take.
For if we guard it, day and night,
Then water won't just live-it'll light.

Shradha Parmar
Orion





Let's Take Care

It's transparent and clear,
No shape, no colour.
Solid, liquid or gaseous,
Really priceless and precious
It's life's gift
Save it, save it

Tap or river,
By Nature holy and pure.
No race, no creed.
No caste, no religion.
Belongs to everyone.
Love it, save it.

Cool, fresh or hot,
It's earth's gift.
For male and female,
It belongs to whole.
Let's take care of all.

Day and night.
Even in desert.
Past and future,
Water is treasure.
Let's take care.

Capture the rain.
Don't let it drain.
Let's protect this gift so grand,
Keep it safe for every land.

Surekha M Madake

Navi Mumbai High School, Vashi.

"The Call of Water"

I flow in lake and sea
Save each drop, protect me
Can quench thirst, faces glee
I am water, please save me

I calm your fire and desire,
You drink my gift, and leave me drier
My voice grow weaker, with each plea
I am water, please save me,

I am more than what you see
It is the root of you and me
Close the tap, if need not be
I am water please save me

Let's cherish water, in every part
And guard it well with a mindful heart,
Give me promise, keep me clean.
Oh! human don't be mean
I am water please save me

Shital Manoj Dubey

G N V Primary

Importance of Water

Water's gentle flow, a soothing sight
Quenching thirst, and nourishing life
Essential for all, day and night
A precious resource, a treasure bright

It grows our food, and quenches our soul
Supports all life, making it whole
From oceans deep, to rivers wide
Water's importance, we can't hide

Let's conserve and save with care
This vital resource, we must share
Every drop counts, in every place
Water's importance, we must embrace

So let's protect, and preserve with might
This gift of life, shining bright
For a brighter future, we'll strive
With water's importance, we'll thrive and survive

Reshma Palan

Manik Vidyamandir

Universal Solvent for Life (H₂O)!

Water Oh water! muted and rough
I see your allotropes yes you make me tough,
Japanese say 'mizu ni nagasu'
forgive and forget past grievance, learn from you

Currents on the lake, Summer's tender peck
Moonlight dancing, on the graceful waves
Tides of bliss, surfs of pain
Dropping, efflorescing, not ever the same

Water's symbolised, a mystery to boldface
A reflection of the emotions', souls of darkest place
The ripples of thoughts, a story sworn
Of dreams and fears, of young and timeworn

Water's splendour, pure and true,
A gift to us, forever but new.
Water's cycle, from ages a healing talisman.
Quenching, soothing thirst,
dinosaur to Homo-sapiens

carves its path, through stone and light
A witness to diligence in violent night
Water's resilience, a lesson to share
Adapting, decrepitating, its evolutionary badinage

An ice of hope, vapours is clone
Of trials faced, and victories won
To chase our goals, and plant our seeds
It motivates us, to move ahead

Like water's pour, our visions unfold
Stubborn, strong, never to grow old
Through life's obstacles, we find our way
And rise above, come what may

the smallest drop and tiniest globule saved
Protecting water, shows how much we care
For hope's sake, for earth's scrape
Let's preserve, this valuable page

Arti Velde
Manik Vidyamandir

Water for Life

Water, water, water!
A translucent, crystal and clear,
Is a thing, which is very dear.

It is our life,
Without which there will be a strife,
And we won't be able to survive.

When it is not around,
There is no pitter-patter sound.
Everywhere there will be drought,
No crop will sprout.

In the scorching heat of the sun,
When we walk or run,
Our mouths are parched,
And have languid throats,
Then water is the most searched source.

Water, water, water,
Where have you been?
That hardly seen.
You are so sparse,
Without you the condition will get worse.

From overflowing to scanty,
We want you in bounty.
You are our treasure,
Don't waste for your pleasure.

There is a need to save,
Else people will crave.
For this necessity,
Before it turns into a scarcity.

Preeti Chadha
Manik Vidyamandir





Whispers of Water

I am not only a drop.
I am the first cradle your body ever knew—
rocking you softly in your mother's womb,
before you had a name,
before you could cry,
I was holding you already.
I am the silence in morning fog,
the laughter in children's pursuit of rain,
the prayer in every broken palm
awaiting a well that never arrives.
I flow through rivers, veins, and years—
in your sweat, your tears,
the peace you keep and the blood you spill.
I have seen empires rise with me...
and fall when I depart.
But you forget me.
You misused me as if I will always return.
But I can feel the choking plastic,
the poison in my stream,
the droughts that steal my voice.
Still—I try.
I try to be kind.
To kiss your fields, to heal your wounds,
to dance upon your skin when joy returns.
I bear no hate—only remembrance.
I recall the girl who walked miles with a clay jug.
I recall the storm that stole a father's final breath.
I recall the boy who starred at a dry faucet
and didn't get it.
I am not merely water.
I am every start.
Every end.
So listen,
before I am silence,
hold me,
before I lose myself.
Because I am not merely a drop.
I am life.

Sunita Rasghania

Manik Vidyamandir, Bandra West

Whispers of Water

Every drop of mine is crucial,
For every being on the earth,
I am important and truly vital,
A gift beyond all measure and worth.

I help to grow the life you see,
I help to quench your deepest thirst,
You need me at each stage of time,
Yet treat me often as the worst.

You have decreased my true importance,
Making many suffer flood and drought,
You assume I'm just a part of need,
But I am life itself-no doubt.

Stop, dear friends, please stop this wrong,
Spoiling me, Contaminating or letting me die,
Your money can't buy a drop of me,
For I'm no product you can buy

Yet hope still flows in every stream,
Where humans act with miser hands,
They save, they clean, they reuse me,
And plant the seeds in thirsty lands.

Valuing things is seldom taught,
But nature's gifts must not be lost,
Preserve me well, respect my worth
Or bear the burden of the cost.

At last. I plead, with heart sincere,
Protect me well, hold me near,
I'm not just need or passing pleasure,
I am your life-your endless treasure

Akshata Shetty

Eng. Med. Primary School, Marol



















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ॐ नमो भगवते वासुदेवाय, जगत्प्रसाद,
 ॐ नमो भगवते वासुदेवाय, नमो भगवते !

गुह्य - दू, अनेनेने,
अन रा, अत नेनेने !

विज्ञान गिरा, वी गिर
गिराने, गिर गिर !

ॐ नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय,
 ॐ नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय !

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श्रीगणेशाय नमः
ॐ नमो भगवते वासुदेवाय




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ॐ नमो भगवते वासुदेवाय ॥ १ ॥
 ॐ नमो भगवते वासुदेवाय ॥ २ ॥
 ॐ नमो भगवते वासुदेवाय ॥ ३ ॥
 ॐ नमो भगवते वासुदेवाय ॥ ४ ॥

ତିନି ଦିନ, ତିନି ରାତିର ଗୋଟିଏ
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 ଗୋଟିଏ, ପ୍ରାୟ, ଗୋଟିଏ - ଦୁଇଗୁଣିଆ
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उ०॥ ॐ नमो भगवते वासुदेवाय ॥
नमः, नमो भगवते वासुदेवाय ॥
ॐ नमो भगवते वासुदेवाय ॥
महामायां भगवते वासुदेवाय ॥ ३ ॥

ॐ ह्रीं ना ॐ शुं ना
 सुं ना ॐ ह्रीं ना
 ॐ ह्रीं ना ॐ शुं ना ॐ ह्रीं ना ॐ शुं ना
 ॐ ह्रीं ना ॐ शुं ना ॐ ह्रीं ना ॐ शुं ना ॥ ४ ॥

ल ग प्र णि रो र

व न. उ रु रि रि री रू















































गंगा मो
















ॐ नमो भगवते वासुदेवाय, शिरो मुक्ताय नमः,
 नमो भगवते वासुदेवाय, नमो भगवते वासुदेवाय



प्रमाणित करिता, उन्नीसवीं










०००० म०००० ००००, ०० ०००००००० ०००००००० ?
 ०००००० ००० ००००, ०००० ०० ०००००० ?




ॐ नमो भगवते वासुदेवाय, नमो भगवते वासुदेवाय,
 नमो भगवते वासुदेवाय, नमो भगवते वासुदेवाय, नमो भगवते वासुदेवाय

ਜਗਤ ਦੇ ਸਭ ਤੋਂ ਵੱਡੇ ਸ਼ਹਿਰਾਂ ਵਿੱਚੋਂ ਇੱਕ ਹੈ, ਜਿਸ ਵਿੱਚ
ਸਭ ਤੋਂ ਵੱਡੇ ਸ਼ਹਿਰਾਂ ਵਿੱਚੋਂ ਇੱਕ ਹੈ।

_____तः _____न, _____मुद्रा _____
 _____की _____, _____इ _____

रा. नि.

१. रा. नि., तं



उत्तर प्रदेश प्रश्न

[illegible]

पुण्यं पुण्यं, पुण्यं पुण्यं
पुण्यं पुण्यं न रत्नं पुण्यं,
नृणां नृणां पुण्यं पुण्यं
सर्वेषां पुण्यं पुण्यं पुत्रं,
पुण्यं पुण्यं निरूपेण पुण्यं रत्नं
पुण्यं पुण्यं पुण्यं पुण्यं प्रत्ति ॥२॥

गङ्गाधर उवाच
 गङ्गाधर उवाच
 गङ्गाधर नित्यं नेत्रे
 निद्रायां चित्तं प्रोक्षते,
 गङ्गाधर निद्रायामपि रत्न
 गङ्गाधरप्रदत्तं च प्रतिष्ठम् ॥३॥

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 उ□ □□□ □□□□ □□,
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गणित विमर्श

१. ००००००, ०००००००







આદર્શ
ગુરુકુલ

ॐ नमो भगवते वासुदेवाय ।
 भगवत्पदोद्धारं कुरु भगवत्पदोद्धारं ?
 नमो, भगवत्पदोद्धारं भगवत्पदोद्धारं ?
 ॐ नमो भगवते वासुदेवाय ।

ଚାରେ ଗୁଣ, ଗୁଣ ଚାଲି ଚାଲି
 ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ
 ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ
 ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ ଗୁଣ

ਧਿਆਨ ਨਾਲ ਪੜ੍ਹੋ, ਫਿਰ ਸਿੱਖੋ ਅਤੇ
 ਸਿੱਖਣ ਨਾਲ, ਫਿਰ ਪ੍ਰਭੂ ਦੇ
 ਹੱਥ-ਪਾਈਆਂ ਦੇ ਅੰਤਰਾਲ ਵਿੱਚ,
 ਪ੍ਰਭੂ ਸਾਡੀਆਂ ਹੱਥ-ਪਾਈਆਂ ਵਿੱਚ

[illegible]

‘पञ्चम’, ते पञ्चमचतुर्मे पञ्चम
रक्षे चतुर्मे पञ्चम, पञ्चम पञ्च
पञ्च रक्षे, पञ्च पञ्चम
पञ्चमे पञ्चमपञ्चमपञ्चम.

॥ ॐ, ॐ, ॐ, ॐ
 ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ
 ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ
 ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ ॐ

शिरा मरुतु मरुतु शिरा मरुतु,
 मरुतु मरुतु मरुतु मरुतु,
 मरुतु मरुतु मरुतु मरुतु.

ପୁରୀ ଜିଲ୍ଲା ଗୁରୁ ଗୋବିନ୍ଦ ଚନ୍ଦ୍ର
 ଗୁପ୍ତା ଶିକ୍ଷା ଚଳାଉଛନ୍ତି ଯେଉଁଠି

ગાંધીજી ગાંધીજી હૂં શિવો નારે,
 શિવો તું શિવો, શરણે, બાળકોને શિવના.
 જે ગાંધીજી શિવો
 બિહારીયોને શિવ

□□ □□□□, □□□□ □□□□.
□□□□ □□□□ □□□□□□□□ □□□□.

 नमस्ते प्रणाम, _____

□ f □ □ r □ □ ff □ □ r □ □

□ □ □ f □ □ r □ □ r □ □ □ □

[illegible]





आदर्श
ऐरुकुल

आदर्श मस्तर

आदर्श मस्तर

जैन आदर्शमस्तर

आदर्श मस्तर विष्णु

आदर्श मस्तर विष्णु,

आदर्श मस्तर विष्णु

आदर्श २४ आ

आदर्शमस्तर र

आदर्शमस्तर र

जैन विष्णुमस्तर

जैन नमस्तर विष्णु

आदर्शमस्तर आ

जैन विष्णुमस्तर

विष्णुमस्तर उ

उ

आदर्शमस्तर

आदर्शमस्तर ना

आदर्शमस्तर र

जैन विष्णुमस्तर

जैन आदर्शमस्तर

आदर्शमस्तर आ

जैन विष्णुमस्तर

आदर्शमस्तर न

आदर्शमस्तर आ

आदर्शमस्तर आ

आदर्शमस्तर ...

आदर्श मस्तर

आदर्श मस्तर आदर्शमस्तर...

आदर्श मस्तर ने आदर्शमस्तर,

आदर्श मस्तर

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर ।

आदर्शमस्तर आदर्शमस्तर...

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर ना आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर....

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर...

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर....

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर

आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर, आदर्शमस्तर.

आदर्शमस्तर

आदर्शमस्तर आदर्शमस्तर

[illegible]

