



FIRST EDITION : APRIL '24- JULY '24



EUPHORIA

Strengthening Minds, Building Futures.

**A HEALTHY
OUTSIDE
STARTS
FROM THE
INSIDE**

MESSAGE FROM THE PRINCIPAL

Dear Students, teachers, and parents,

Welcome to the inaugural edition of our school newsletter - '**Euphoria**'!

Our theme, '**Strengthening Minds, Building Futures**', reflects our commitment to fostering a supportive and enriching environment for all.

As we embark on this new journey, we aim to highlight the incredible achievements of our students, share innovative teaching practices, and keep you informed about upcoming events and opportunities. Education is a collaborative effort, and this newsletter is a testament to our united dedication to excellence.

Strengthening minds is at the heart of our educational philosophy. We believe in nurturing critical thinking, creativity, and a lifelong love of learning. By providing diverse and challenging experiences, we empower our students to become independent thinkers and compassionate leaders.

Building futures is equally important. Our goal is to equip our students with the skills and knowledge they need to navigate an ever-changing world. Through academic rigor, extracurricular activities, and community involvement, we prepare them to pursue their dreams and make meaningful contributions to society.

Together, we will inspire each other to reach new heights, embrace challenges, and celebrate successes. Thank you for being an integral part of our community. Let's continue to strengthen minds and build futures, one step at a time.

With Warm Regards,

Mrs. Ritu Dubey

Principal - Rajhans Vidyalaya

HMP School Campus, D.N. Road,

near Bhavan's College, Munshi Nagar, Andheri West,

Mumbai, Maharashtra 400058.



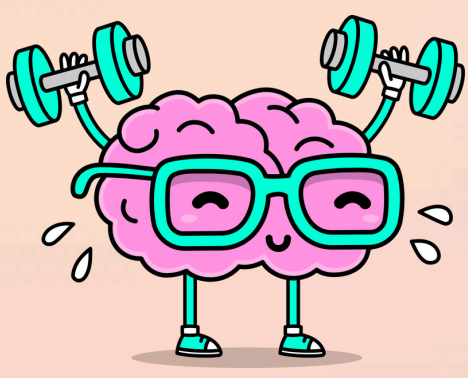
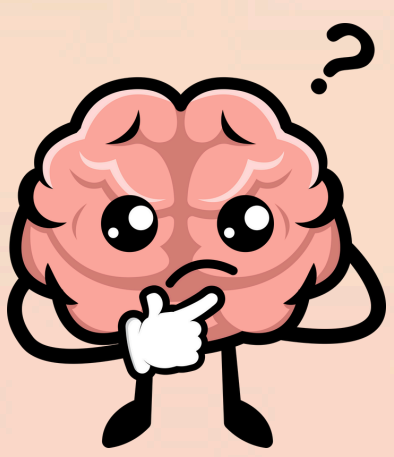


COVER STORY

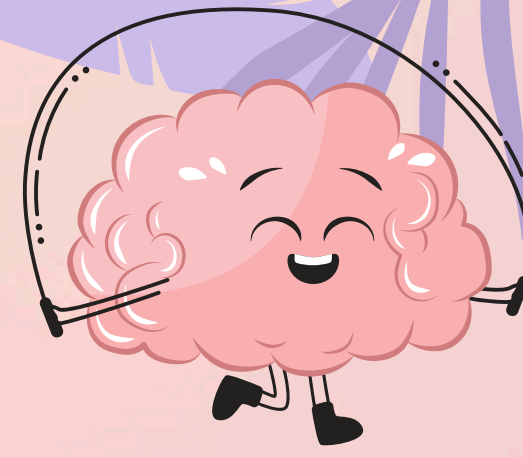


Eat healthy and stay healthy.





THE MIND



Everyone has the capacity to think and act accordingly. This is one of the greatest gifts God has given to every human being. After you make an entry into this great world, you are the architect of your life. Right from the very stage of infancy, adulthood and thereafter, you shape your future, by the influences you come across and the thought process that takes place in the great storehouse of every individual, called the mind. Eventually the power displayed through your interaction, work, personality is in direct relationship to the influence which is drawn from the mind.

What is the mind? I have made a simple analysis of the mind as follows:

- M** - Member of the human body which takes residence in a place called the brain, inside the head.
- I** - Intellectual reservoir of knowledge, thoughts, emotions, feelings, memories and much more.
- N** - Never tires or takes rest, as it continues to feel, perceive, think, will and especially reason.
- D** - Directs actions, which have consequences good or not good.

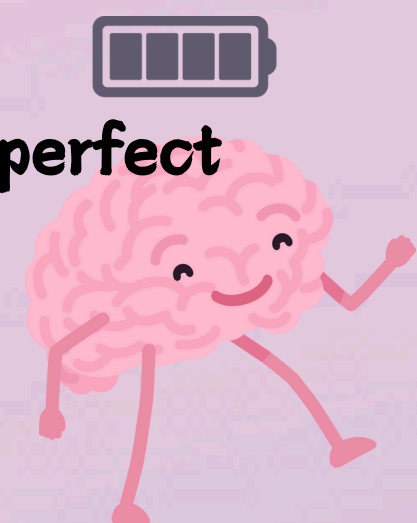
If you consider this statement carefully, you will understand the power of the mind. **"Great Minds discuss issues. Petty Minds discuss people."** This gives us an opportunity to make an analysis of the wellness of the mind or how does one keep your mind healthy? Here are a few suggestions:

- **Stay Cool** - man is in the habit of panic. Think of any unusual situation you may have had and recall your reaction at that time.
- **Get Going** - we normally spend time in excessive thinking and preparing for action.
- **Spend Energy on Solutions** - much time and energy is wasted on unwanted emotions.
- **Don't Let Strengths Become Weaknesses** - rely on what you do best, stick to well-developed habits where you really shine.
- **Have Faith in the Opportunities** - rather than believing in the problem or situation.
- **Take Personal Responsibility for Fixing Things** - blame game, the famous game we love to play.
- **Act Like a Child** - children insist on variety and enjoy doing things, mostly taking them in their stride.



Let's consider this statement by Jack Handey, **"Sometimes I think the world has gone completely mad. And then I think, Aw, who cares? And then I think, Hey, what's for supper?"**

Trust this is a beginning to a better life, where the mind is in control and the body is in perfect harmony.



MR. CHRISTOPHER QUADROS - FREELANCE TRAINER, WRITER AND SPEAKER. PREVIOUSLY, THE PROPRIETOR OF CHRIS' ACADEMY, TRAINING INDIVIDUALS AND CORPORATE HOUSES IN ENGLISH, PUBLIC SPEAKING AND PERSONALITY DEVELOPMENT. AN INDIVIDUAL WITH A ZEST FOR LIFE.

Message from the Counsellor

MENTAL HEALTH AND WELLBEING A PERSPECTIVE

What mental health needs is more sunlight more candor more understanding and open conversation

Mental Health and psychosocial wellbeing are one of the most neglected areas in our country. The National Mental Health Survey reports almost one hundred fifty million citizens of our country needing care and support for their mental health wellbeing.



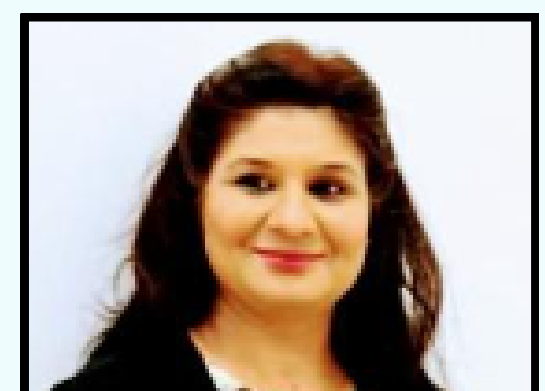
Emotional stress and other concerns are a major contributing factor for most of the physical illnesses. The most important feature of mental health is adaptability, the ability to cope with daily life challenges effectively, lets know the risk factors of mental health conditions.

Biological factors - Mental health has been associated with the performance of nerve cells or neural pathways that connect various parts of the brain defects or injury to certain areas of the brain have been associated to many mental health conditions.

Psychological factors - like traumatic events, neglect of the care giver, insecure attachment in the primary development years.

Environmental factors - certain stressors can trigger mental health condition. These stressors include events like loss of the loved one, social and cultural expectations, expectations set by media, substance abuse.

Mental health is an integral part of a holistic wellbeing and should be prioritized. Promoting mental health awareness, fostering supportive environments, we can enhance overall mental wellbeing and improve the quality of life for individuals.



- YOGEEETA KHANNA (COUNSELLOR)

HOW TO SELF CARE MENTAL HEALTH

There are many ways to practice self-care for your mental health

1 EXERCISE



2 MEDITATION



3 TALKING TO A THERAPIST



4 GETTING ENOUGH SLEEP



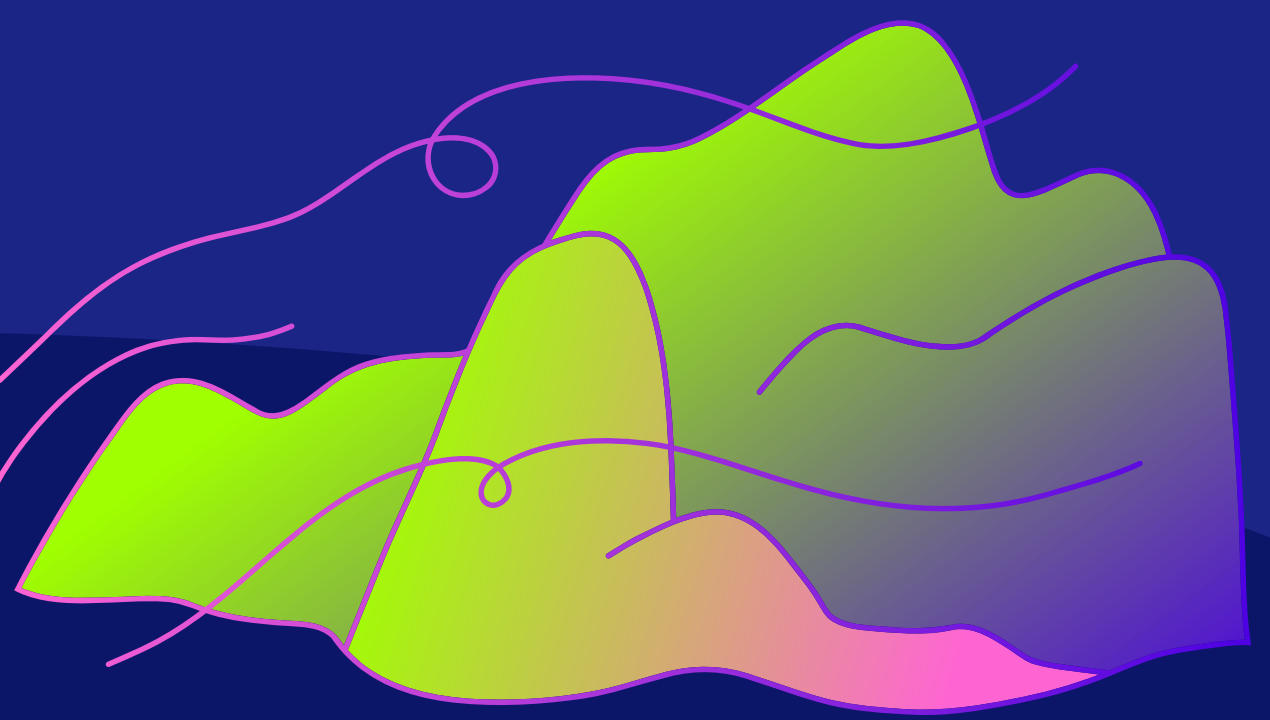
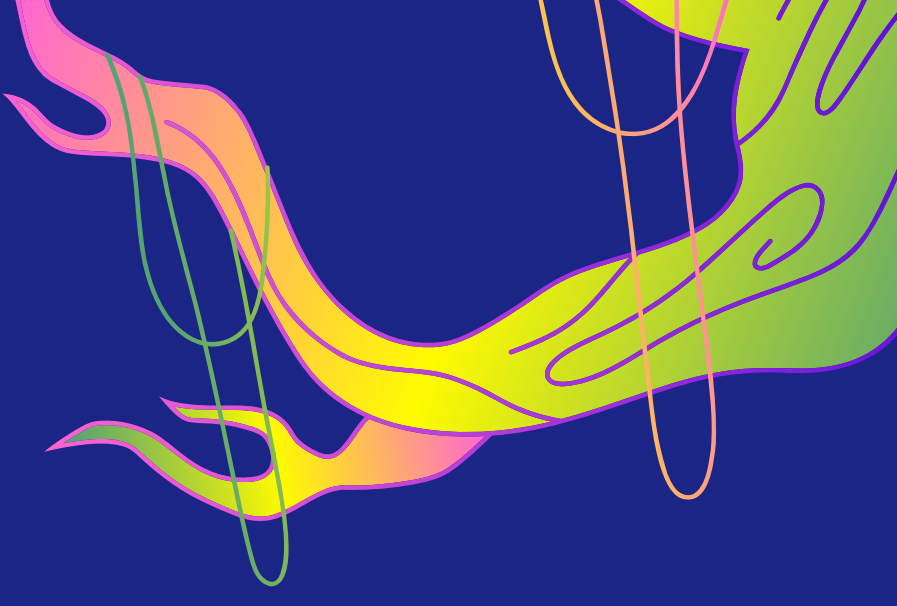
5 ENGAGING ACTIVITIES THAT BRING YOU JOY



6 EATING NOURISHING FOODS



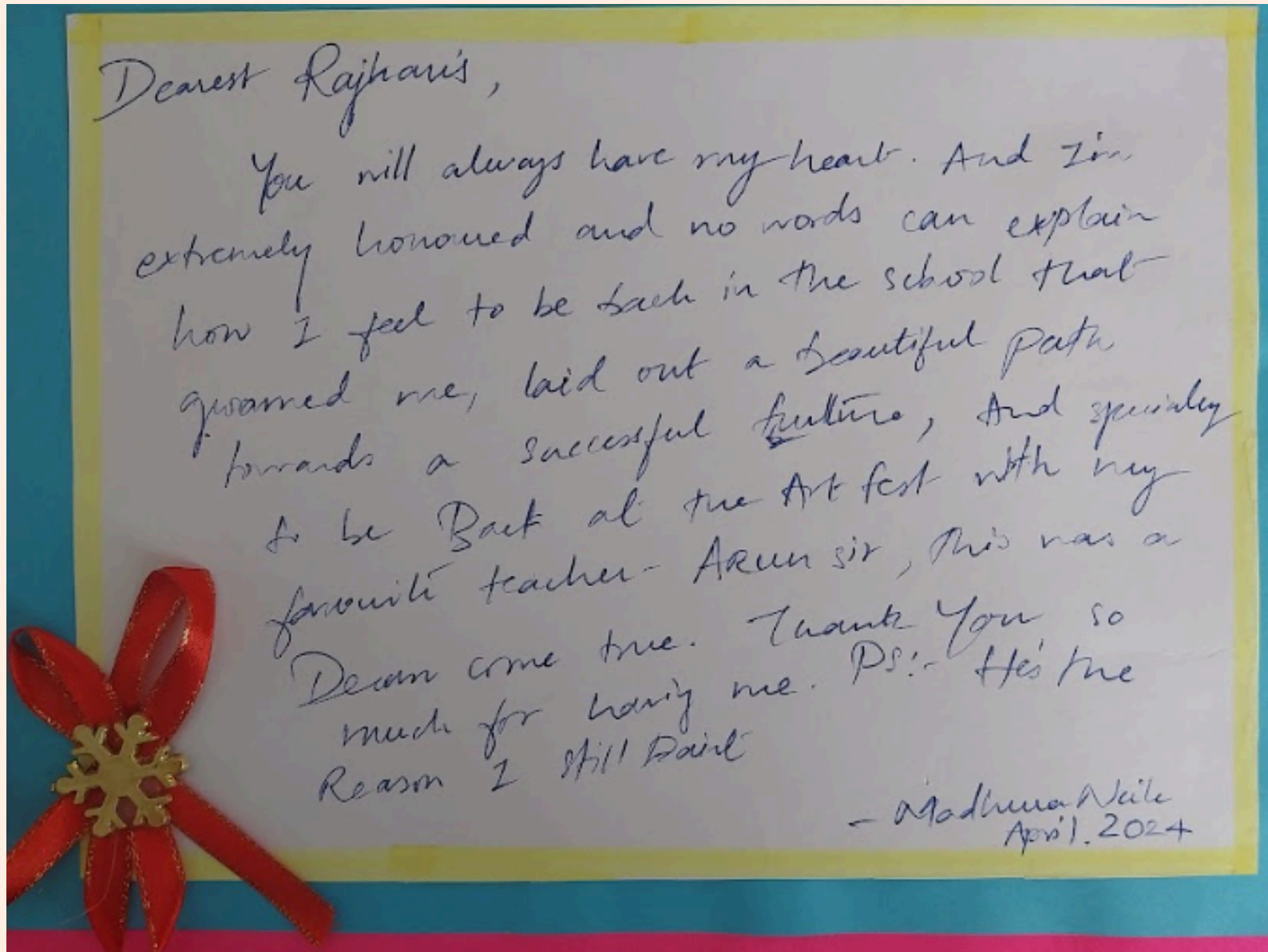
It's important to prioritize taking care of yourself and seeking help when needed



RAJHANS ART FEST

RETROSPACE ART FEST 2024-2025 - 26 APRIL 2024

Rajhans Vidyalaya, hosted an exhilarating event, annual ART FEST 2024-25: RETROSPACE – TIME TRAVEL THROUGH ART on April 26, 2024. The event showcased the creative prowess of the school's budding artists and engaging art enthusiasts in a journey through time via art. The Fest was a resounding success, captivating attendees with its blend of creativity, talent, and nostalgia.



Centre

Centre

Centre





INTERNATIONAL YOGA DAY

International Yoga Day, celebrated on June 21st, promotes global awareness of the benefits of practicing yoga for health and well-being.



Y
O
G
A
DAY







RAJHANS PRIMARY SCHOOL EVENT HIGHLIGHTS



SCHOOL EVENTS HIGHLIGHTS - PRIMARY SEC

INTERNATIONAL YOGA DAY AND WORLD MUSIC DAY - 21 JUNE, 2024

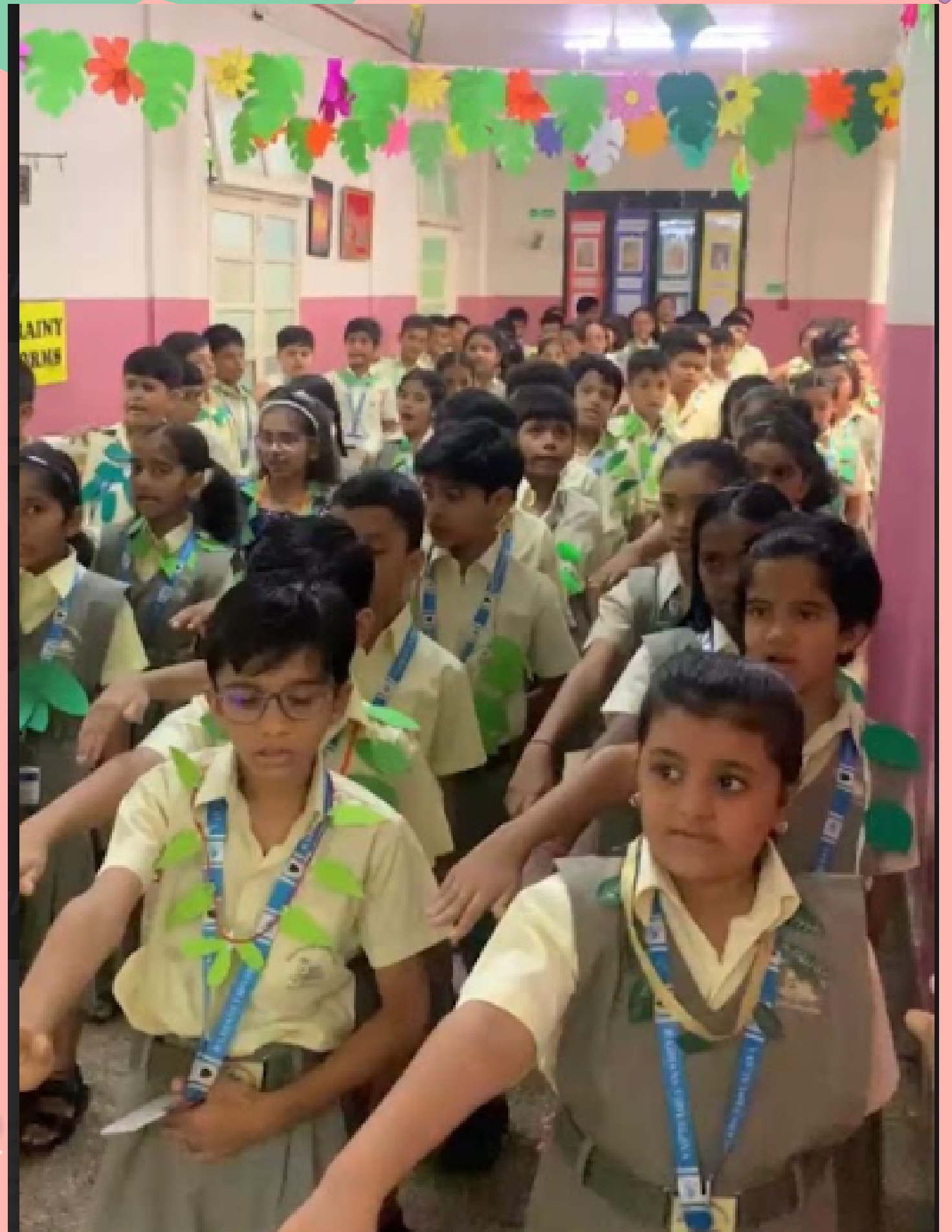
On June 21, 2024, International Yoga Day and World Music Day were celebrated with great enthusiasm at Rajhans Vidyalaya (Primary section). Keeping in mind the benefits of yoga and music, children were encouraged to participate and experience the importance of this day. Both activities helped the students feel part of the group. This celebration was a global event dedicated to promoting the practice of yoga and music among our students. It was well planned and organized by the primary teachers.



SCHOOL EVENTS HIGHLIGHTS - PRIMARY SEC

VAN MAHOTSAV CELEBRATION - 4 JULY, 2024

The day was celebrated at Rajhans Vidyalaya Primary Section with great enthusiasm. A teacher gave a speech about the benefits of trees, the importance of protecting them, and the harms caused by deforestation. Students wore garlands made of paper leaves and took a pledge to protect existing trees and plant more. They also sang a song dedicated to Van Mahotsav. To culminate the event, a sapling was planted by our school Principal, Mrs. Ritu Dubey, and some teachers in the presence of the fourth grade students. The students cheered this moment with loud applause.



SCHOOL EVENTS HIGHLIGHTS - PRIMARY SEC

GURU PURNIMA CELEBRATION- JULY 22, 2024

This day was celebrated on July 22, 2024 during assembly in the primary section. A speech was given by a student from grade 1, followed by a song sung by the students. The objective of celebrating this day was to create awareness among students that a guru (teacher) not only imparts knowledge but also helps them to become better human beings. This auspicious day was celebrated in order to bring awareness among students and to honor the Guru, who plays a crucial role in guiding them on the path of knowledge and enlightenment.





RAJHANS SECONDARY EVENT HIGHLIGHTS

SCHOOL EVENTS HIGHLIGHTS - SECONDARY SEC

INTERNATIONAL YOGA DAY - 21 JUNE, 2024

YOGA IS A GATEWAY TO HAPPINESS AND A SECRET TO A HEALTHY MIND! INTERNATIONAL YOGA DAY WAS CELEBRATED IN RAJHANS VIDYALAYA WITH GREAT FERVOUR AND ENTHUSIASM. STUDENTS OF GRADE V TO X DID VARIOUS ACTIVITIES BASED ON THE THEME OF YOGA LIKE QUIZ, COLOURING, SPEECH, ESSAY WRITING. THEY WERE SHOWN THE VIDEOS ON THE IMPORTANCE OF YOGA AND MEDITATION. STUDENTS WERE MADE TO DO 'ASANAS 'AND WERE TOLD THEIR IMPORTANCE IN DAY-TO-DAY LIFE. THE CELEBRATIONS ENDED WITH A HUGE SUCCESS UNDER THE SUPERVISION OF THE TEACHERS AND THE STAFF.



SCHOOL EVENTS HIGHLIGHTS - SECONDARY SEC

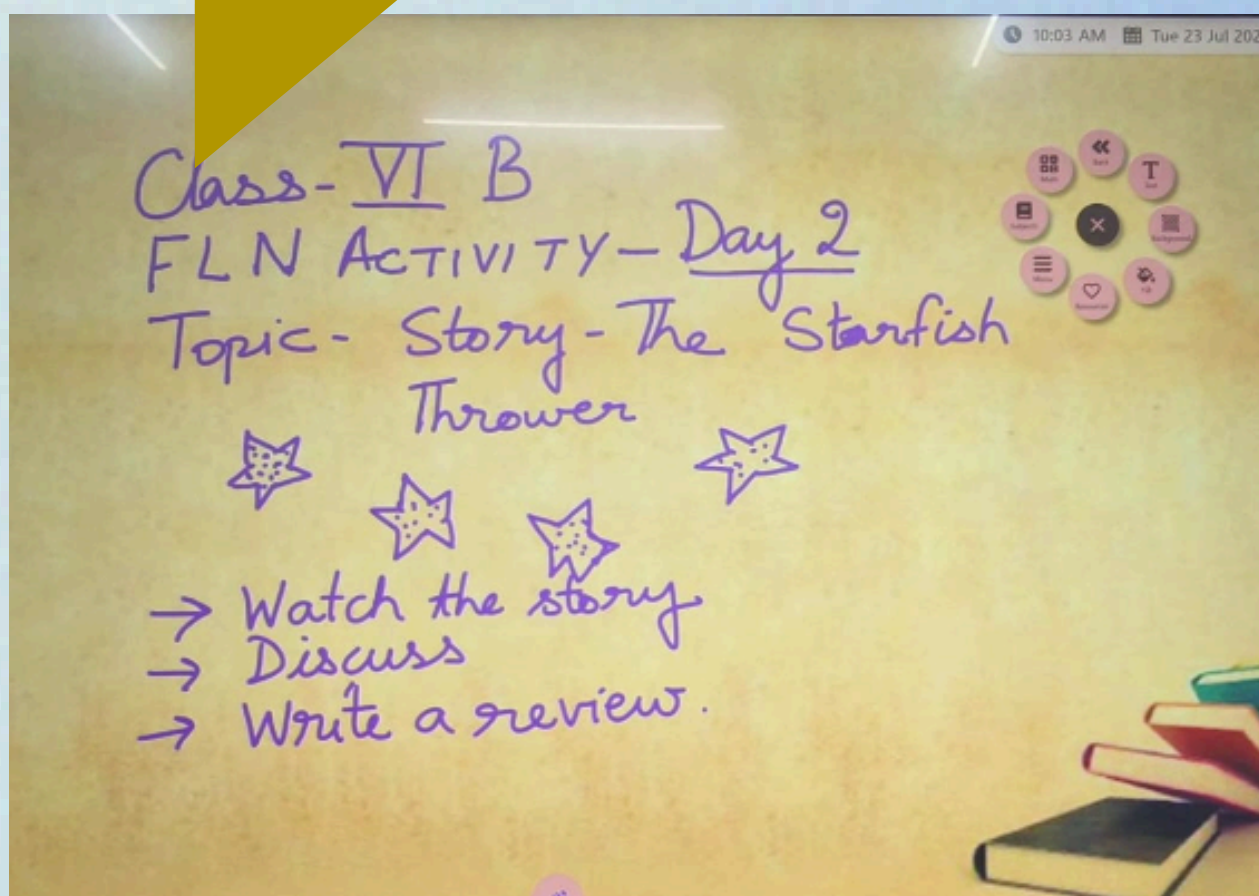
CELEBRATION OF SHIKSHA SAPTAH - DAY 2 - 23 JULY 2024

SHIKSHA SAPTAH WAS CELEBRATED AT RAJHANS VIDYALAYA WITH GREAT ENTHUSIASM.

THE SECOND DAY OF THE WEEK-LONG CELEBRATION WAS FLN DAY.

STUDENTS OF STD. VI WATCHED THE VIDEO OF THE STORY "THE STARFISH THROWER."

AFTER VIEWING THE VIDEO, A DISCUSSION WAS CONDUCTED TO GAUGE THEIR UNDERSTANDING OF THE STORY AND THE LESSONS THEY LEARNED FROM IT. THEY WROTE ABOUT THE PART OF THE STORY THEY LIKED, THE MESSAGE OR MORAL OF THE STORY, AND ASSESSED THE STORY ON A SCALE OF 1 TO 5.



SCHOOL EVENTS HIGHLIGHTS - SECONDARY SEC

KARGIL DIWAS - 26 JULY 2024



RAJHANS VIDYALAYA COMMEMORATED KARGIL VIJAY DIWAS ON 26TH JULY 2023, TO REKINDLE THE PRIDE AND VALOUR OF THE SOLDIERS WHO TOOK PART IN OPERATION VIJAY. STUDENTS ALSO GAVE POWERFUL SPEECHES AND RECITED POEMS IN HINDI AND ENGLISH, INSTILLING PATRIOTISM AND RESPECT FOR OUR ARMED FORCES, REMINDING US OF THE VALUE OF FREEDOM AND THE COURAGE OF OUR SOLDIERS. OUR HEARTS WERE FILLED WITH PATRIOTIC FERVOUR AND INSTILLED AN OVERWHELMING SENSE OF PRIDE IN EVERY HEART.

RAJHANS SR.
SECONDARY
EVENT
HIGHLIGHTS

SCHOOL EVENTS HIGHLIGHTS - SR. SECONDARY SEC

STD. XII FAREWELL 2023-2024 18 APRIL 2024

Filled with curiosity and zeal, the farewell ceremony for the students of Grade XII [23-24 Batch] was organized by the students, teachers, staff and management of Rajhans Vidyalaya on 18th April 2024 in the Theatre Hall. The farewell day for Grade XII students was a heartfelt event, filled with memories, laughter, and bittersweet goodbyes. Ms. Aayushi Patel was awarded the title of Ms. Rajhans while Mr. Meet Parikh was declared Mr. Rajhans.



SCHOOL EVENTS HIGHLIGHTS - SR. SECONDARY SEC

INTERNATIONAL YOGA DAY - 21 JUNE, 2024

International Yoga Day aims to help youth and children understand the importance of yoga in their lives, teaching them how to maintain harmony between body and mind. As part of the celebrations, a "Yoga for Healthy Lifestyle" competition was organized for senior secondary students. An elimination round in the form of a quiz was held on June 28th, 2024, Friday. The selected students were asked to perform various yoga asanas on Saturday. Winners were chosen based on their performance in executing the yoga asanas.



SCHOOL EVENT HIGHLIGHTS – SR. SECONDARY SEC

CELEBRATION OF SHIKSHA SAPTAH 22 - 23 JULY 2024

Shiksha Saptah, or Education Week, is a dedicated period focused on enhancing educational awareness, promoting literacy, and recognizing the importance of education in community development. This initiative aims to involve students, teachers, parents, and the community in various educational activities and discussions. The various activities and programs conducted during the week fostered a deeper appreciation for education and its transformative power.



SCHOOL EVENT HIGHLIGHTS – SR. SECONDARY SEC

STUDENT INTERACTION WITH ARJUN TANWAR- 18 JULY 2024



On 18th July 2024, Mr. Arjun Tanwar an ex-student of HMP school visited Rajhans Vidyalaya to interact & reveal his latest song album 'Banjare', creating a buzz of excitement among the students of Grades XI & XII. The event, was a perfect blend of music, interaction, and inspiration, drawing a large crowd eager to meet the celebrated performer.

SO
MUCH
FUN



SHOW
TIME

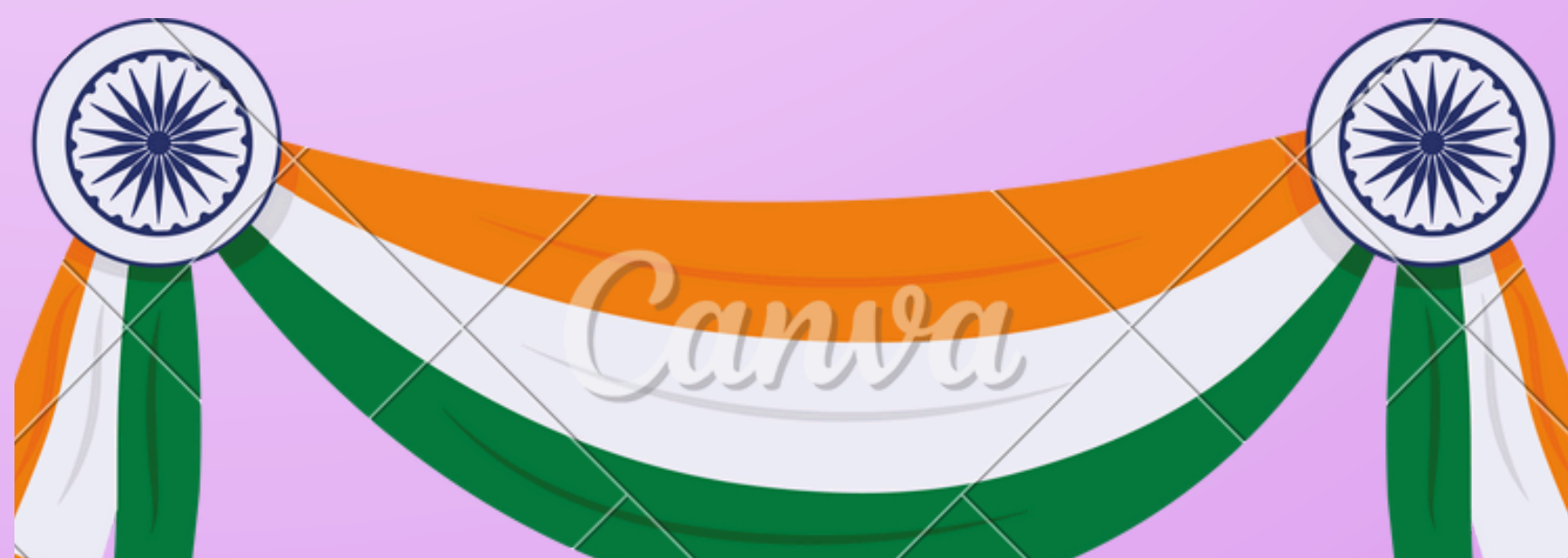


SCHOOL EVENTS HIGHLIGHTS - SR. SECONDARY SEC



KARGIL DIWAS - 26 JULY 2024

**RAJHANS VIDYALAYA
COMMEMORATED KARGIL
VIJAY DIWAS ON 26TH
JULY 2023, TO
REKINDLE THE PRIDE AND
VALOUR OF THE SOLDIERS
WHO TOOK PART IN
OPERATION VIJAY.
KARGIL VIJAY DIWAS
STANDS AS A TESTAMENT
TO THE INDOMITABLE
BRAVERY AND
DETERMINATION OF
INDIAN SOLDIERS.. A
SHORT VIDEO ON THE
KARGIL WAR AND THE
GREAT
MARTYRS WAS SHOWN TO
THE STUDENTS OF STD V
TO XII**





Congratulations

**For this brilliant achievement. May success always
accompany you.**



SCHOOL TOPPERS

AISSCE STD. XII 2023-2024

SCIENCE OVERALL TOPPER

OM RAJDEV- 96%

COMMERCE OVERALL TOPPER

SAASWATHI NEERAJ - 97.6%

STUDENTS SCORING 90% AND ABOVE

IN THE SCIENCE STREAM

OM RAJDEV

96%

AADITYA RALHAN

94%

SOWMYA

GOVINDHARAJAN

93.6%

HARSH

INNAWALLI

93.4%

MISBAAH

ILYAS GHASWALA

90.2%

STUDENTS SCORING 90% AND ABOVE

IN THE COMMERCE STREAM

SAASWATHI NEERAJ

97.6%

TAMANNA SHARMA

95%

ANANYA MEHLA

94.8%

ADRIJA DAS

93.2%

SHEETAL SWAIN

93%



SCHOOL TOPPER
AISSE STD. X 2023-2024

SCHOOL TOPPER
SHAURYA SHAILESH SUVARNA- 99%



STUDENTS SCORING 95% AND ABOVE



MOHAK SWAPNIL
SANKHE – 98.60%



SAMRIDDHI
PURUSHOTHAM
KAMATH – 97.80%



DHRUVYAN NILESH
KANTHARIA – 97.40%



OSHAN CHERIS
MEHTA – 97.40%



ARJUN AGARWAL
97.00%



NEOMI LOKESH JAIN
– 96.80%



TIRTH DEVANG
SHETH– 96.80%



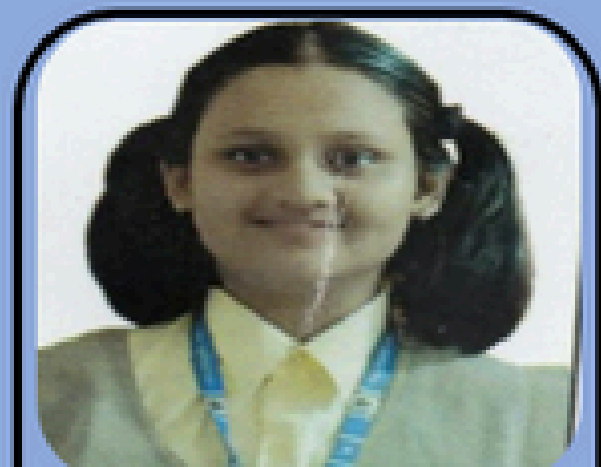
UNNATI GAUTAM
GALA– 96.80%



TANAY CHIRAG MEHTA
– 96.60%



HARSH BARUN SINGH –
96.20%



DHWANI JANI – 96.00%

Congratulations!



SCHOOL ACCOLADES





RAJHANS SPORTS HIGHLIGHTS

SPORTS NEWS

JOSHUA JACOB - Std. XII won Gold Medal at Juniors National Kickboxing Championship 2024 held at Siliguri, West Bengal.



PAHAL ANKIT KARIA of Std. VI has won a Gold Medal in Navi Mumbai Open Inter School Karate Championships 2024.



Divit Mehta(7A) got selected for Inter District Sub Junior Football championship held at Dhule-Shripur.



SPORTS NEWS

Boys U12 won the Mumbai Zone of Major League Baseball and got selected for All India Major Baseball League to be held in Bangalore.



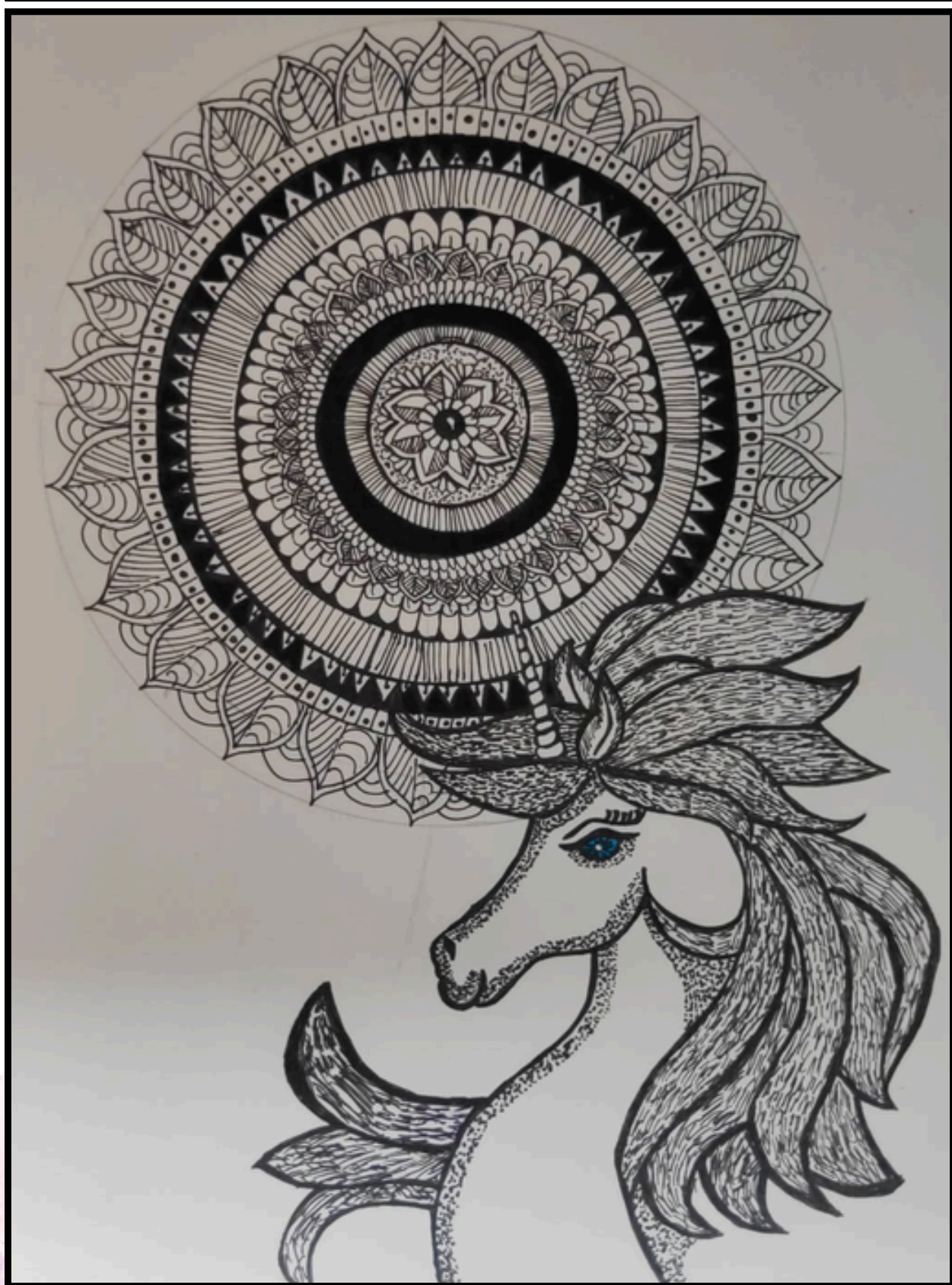
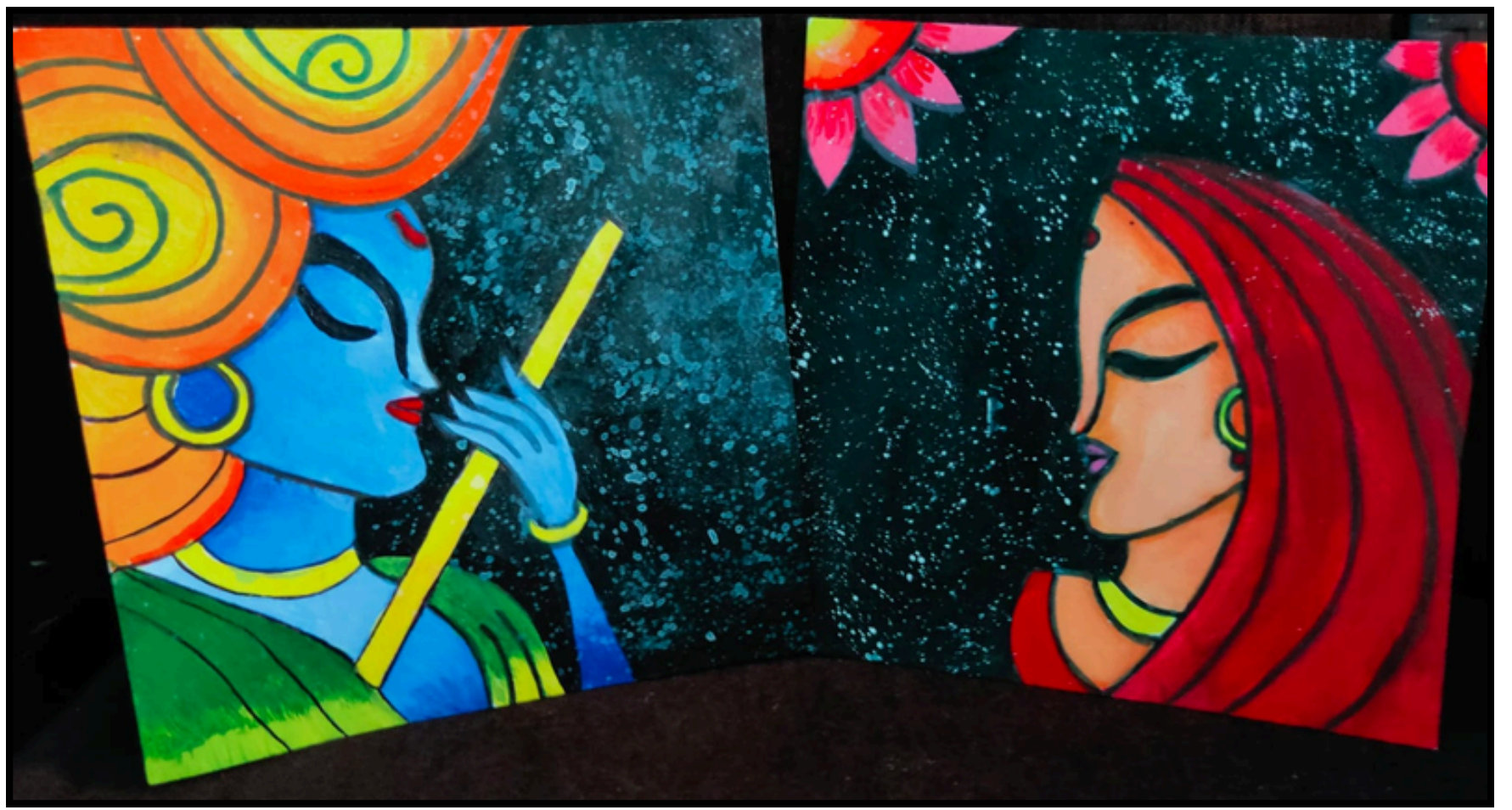
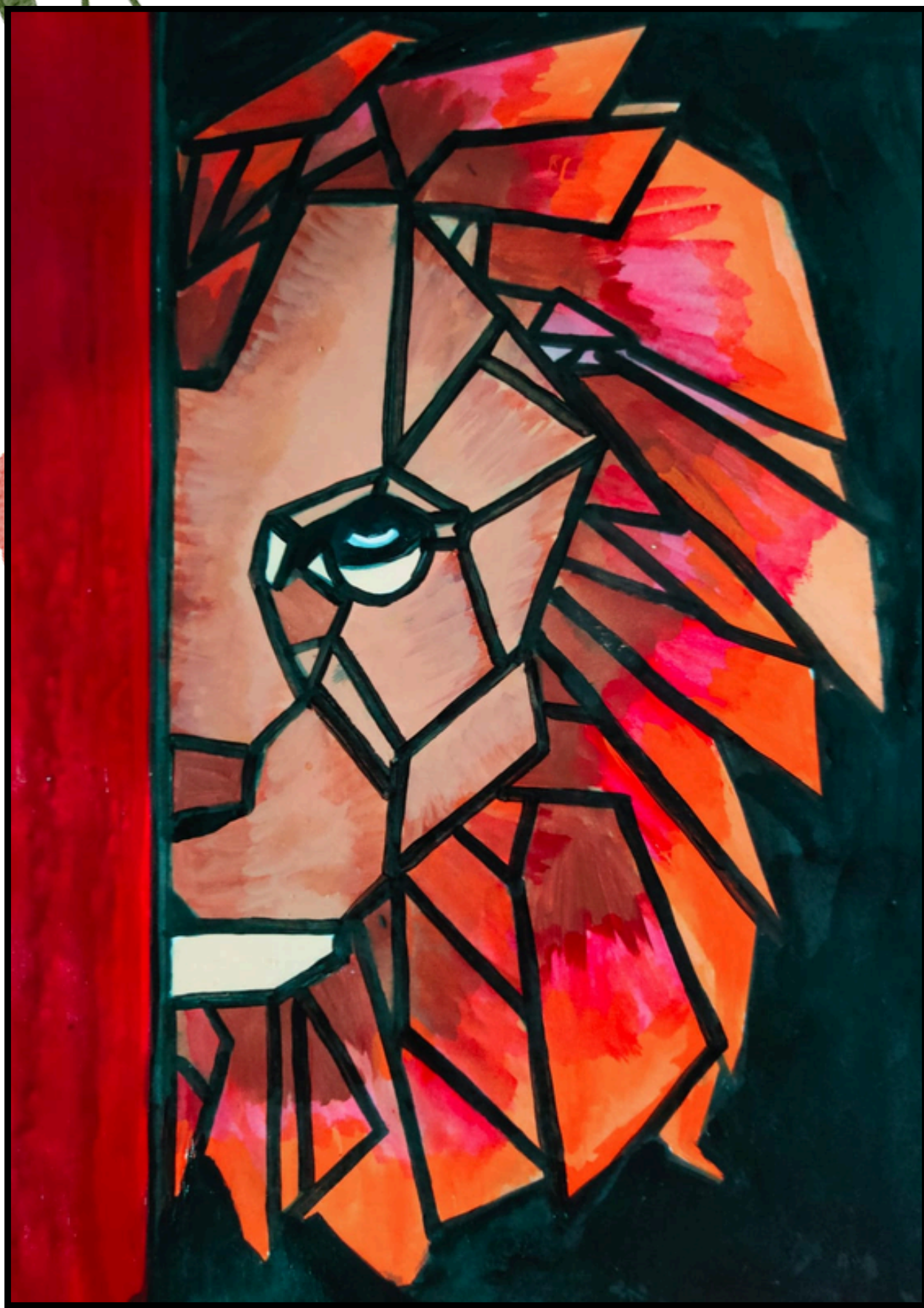
Girls U14 stood 3rd place at the state level Cricket Tournament.





CREATIVE ZONE





ART BY SUKHPAL - XII E

***BOOK REVIEW ON 'THE POWER OF YOUR
SUBCONSCIOUS MIND' - JOSEPH MURPHY
BY NIBHA BELNEKAR - XII D***



Dr. Joseph Murphy's revolutionary book "The Power of Your Subconscious Mind" explores the significant impact the subconscious mind has on a variety of aspects of daily life. Murphy, a pioneer in the self-help and personal development fields, says that our world is shaped by our thoughts, both conscious and subconscious. The idea that the subconscious mind is a powerful instrument that can actualize wishes, heal the body, and accomplish personal and professional goals is fundamental to his philosophy. The book presents a strong case for the effectiveness of positive thinking and visualization by merging psychological knowledge with spiritual understanding. Murphy illustrates how people have used their subconscious to overcome challenges, recover from illnesses, and change their lives through a mixture of anecdotes, case studies, and scientific principles. His writing is understandable, making difficult concepts pleasant to a wide audience. He also offers useful methods, including affirmations, visualization, and mental imagery, for accessing the subconscious. By swapping out negative thought patterns with positive ones, these techniques aim to renew the mind and promote happier, more prosperous lives. Murphy highlights the significance of faith and belief in the process, implying that a strong belief in the subconscious ability to effect amazing changes can be helpful. The popularity of the book indicates to its influence and relevance, despite critics who claim it oversimplifies the complexities of life's issues and the workings of the human mind. Millions of people have found resonance in the book's blend of practical guidance and philosophical ideas, which offers a guide for unlocking one's hidden potential. Murphy's message of encouragement and optimistic tone appeals especially to people who want to reach their goals and enhance their mental health. All things considered, "The Power of Your Subconscious Mind" is a thought provoking and inspirational book that provides insightful information on the potential of the human mind that has not yet been realized. It also acts as a manual for those who want to discover their inner strength and improve their lives.

**BOOK REVIEW ON 'A THOUSAND SPLENDID SUNS' -
KHALED HOSSEINI
BY ROHINI GULERIA XII B**



The book is a work of art. It took me only about 3 days to devour this gripping tale written by the maestro Khaled Hosseini. The story follows a young girl Mariam who had to submit to the societal norms, sacrifice her childhood and embrace a new life as a young bride. Nearly two decades later, in war torn Afghanistan, where the Taliban takes over, Mariam makes a new friend, the local teenager Laila. Amidst the catastrophe situation of hardship, bloodshed and death what happens to the two friends? As Hosseini says : "Yet love can move people to act in unexpected ways and move them to overcome the most daunting obstacles with startling heroism." This sentiment is vividly illustrated in their journey, demonstrating how love and bravery can shine through the darkest times.

Phone addiction and Procrastination among today's youth

By Vedant Desai XII D



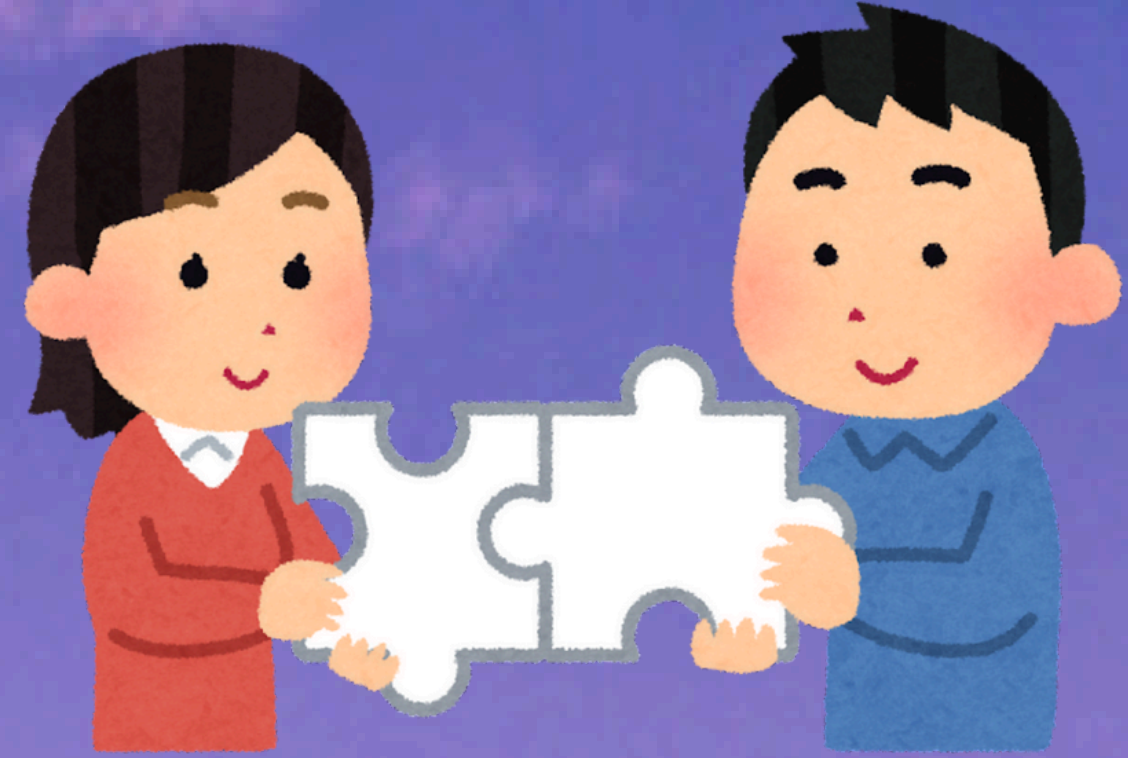
In today's digital age, smartphones have become indispensable tools, providing constant connectivity, entertainment, and information. However, their ubiquitous presence has also led to the rise of phone addiction and procrastination. Phone addiction, characterised by excessive use of smartphones, has become a prevalent problem. The allure of social media, games, and apps creates a compelling urge to check notifications and updates incessantly. The brain releases dopamine, a neurotransmitter associated with pleasure, every time we receive a like, comment, or message. Over time, this leads to a dependency on the device for instant gratification, making it challenging to disconnect even for short periods. Being glued to the phones and not completing tasks on time by delaying them leads to procrastination, which is the act of delaying tasks or decisions, often opting for more enjoyable activities instead of those that are necessary or less pleasant. Smartphones provide a perfect avenue for procrastination, offering a wide spectrum of distractions at our fingertips. Instead of focusing on work or study, individuals find themselves scrolling through social media, watching videos, or playing games, leading to a significant waste of time. Addressing phone addiction and procrastination requires conscious effort and discipline. Setting specific time limits for phone use and using productivity apps that block distracting sites can help mitigate these issues. In conclusion, while smartphones are valuable tools, their misuse can lead to phone addiction and procrastination, hindering productivity and well-being. By adopting healthier phone habits and improving time management skills, individuals can break free from this cycle and enhance their overall quality of life.

THINK OUTSIDE THE BOX





Witty Whirlwinds: The Puzzle Playbook



WORLD GEOGRAPHY

Emphasize unusual place names, geographical features, and capital cities.



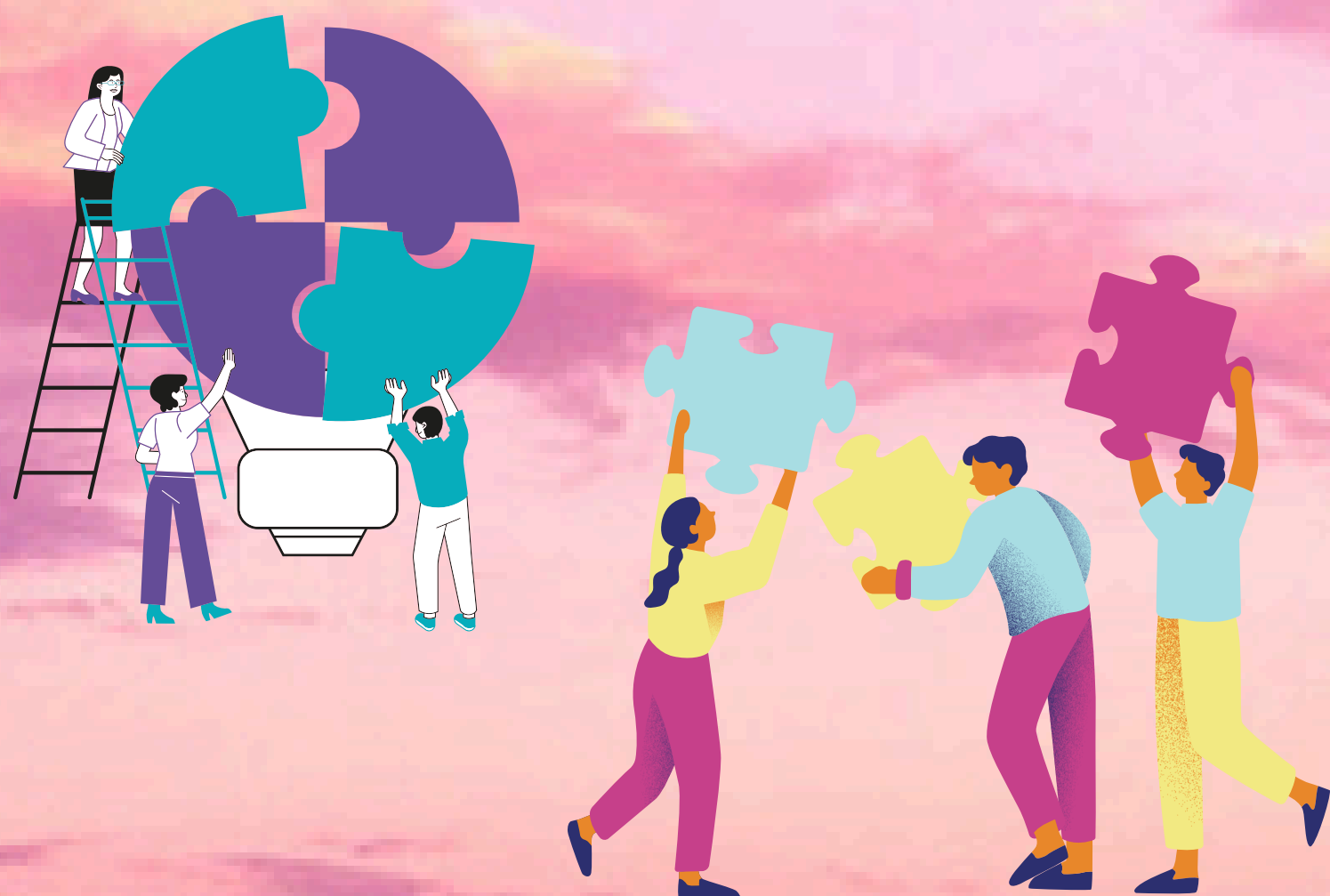
Down

1. European country known for its historic cities like Warsaw and Krakow.
2. Capital city of Germany, known for its historic landmarks and vibrant cultural scene.
4. Popular tourist destination in Indonesia, known for its forested volcanic mountains and beaches.
5. Famous city in Catalonia, known for its architecture by Antoni Gaudí.
8. Largest city in Australia, famous for its Opera House and Harbour Bridge.

Across

3. Major city in Japan, known for its modern architecture, nightlife, and street food.
6. Famous city in Brazil known for its Carnival festival and the Christ the Redeemer statue.
7. Major city in South Africa, known for its Table Mountain and Robben Island
9. High-altitude region in northern India, known for its Buddhist monasteries and stunning landscapes.
10. Major global financial hub in China, known for its modern skyline.

LUCKY WINNERS WILL BE PUBLISHED IN THE NEXT EDITION.



**PUZZLE BY VIGHNESH HANCHATE -
XII C**

Message from the Editorial Board

Dear Readers

We are delighted to present this collection of write-ups, each a testament to the creativity, insight, and dedication of our contributors. Our team has worked diligently to select pieces that not only reflect the chosen themes but also resonate with a wide range of perspectives and experiences.

The criteria for selection were rigorous, focusing on originality, clarity, depth of analysis, and overall impact. We are proud to showcase work that upholds these standards, offering you content that is both engaging and thought-provoking.

Our contributors have poured their passion into these write-ups, addressing relevant issues with nuance and care. Whether delving into complex analyses or sharing personal stories, each piece embodies the spirit of inquiry and expression that we aim to foster.

We hope to inspire you, provoke thought, and encourage meaningful dialogue. Thank you for being part of our community, and for supporting the voices that strive to make a difference through the power of the written word.

Sincerely

The Editorial Board



MS. RITU DUBEY
PRINCIPAL - RAJHANS VIDYALAYA



MS. RUCIA D JACKSON
SR. SEC



MS. MANISHA PINTO
SR. SEC