



MISSOURI AMONG THE GARHWAL HIMALAYAN MOUNTAIN RANGE

Mussoorie is a beautiful hill station in Uttarakhand, India, known for its stunning natural beauty and rich cultural heritage.

The town is situated in the foothills of the Himalayas and is often referred to as the 'Queen of the Hills'. One of the most popular attractions in Mussoorie is the Kempty Falls, a breathtaking waterfall that is perfect for picnics and trekking. The town is also home to several other scenic spots, including Lal Tibba, Gun Hill Point, and Cloud's End, which offer stunning views of the surrounding mountains and valleys. Mussoorie is also a popular destination for adventure seekers, with activities like trekking, rock climbing, and paragliding available. The town has a number of trekking trails, including the popular Camel's Back Road, which offers breathtaking views of the Himalayas. For those looking for a more relaxing experience, Mussoorie has a number of hotels and resorts that offer comfortable accommodations and stunning views. In addition to its natural beauty, Mussoorie is also known for its rich cultural heritage. The town is home to a number of historical landmarks, including the Sir George Everest's House and the Christ Church. Mussoorie is also a popular destination for foodies, with a number of restaurants and cafes that serve a range of delicious dishes, including traditional Indian cuisine and international flavours. Mussoorie is also a popular destination for foodies, with a number of restaurants and cafes that serve a range of delicious dishes, including traditional Indian cuisine and international flavours.



Amar Chand Bural





THE DREAM

Seven long years it took to become a reality. Finally, I drove along the red laterite unmetalled road that pierced through the dense woods of Garbatha, on a early winter morn. It was piercing cold outside; but spring within me. I hummed a tune of Denver, one of my favorites, as I looked at the forest vegetation of deciduous and evergreen trees on either side. On such sojourns, I love to dine in the rustic inns, of country hamlets, which serve steaming rice, green chilies, peeled onions, pickle, boiled potatoes, spinach and dal, on green Sal or Colocasia leaves. The bamboo benches and tables are added attractions. I was on my way towards Gangani, the Grand Canyon of Bengal. River Silabati had cut deep gorges over the years; the multicolored layers of rocks which come up in flames during sunset had earned the name. "Gangani" in Bengali means bright red hot coal fire. It is in Bankura district, a land of plateaus, hills and knolls and meandering rivers. I climbed down quite a number of steps to reach the canyon. I went gingerly over the boulders and loose stones feasting my eyes on everything that the scenery offered. It was captivating. Nature, the master sculptor had sculpted lions, tigers, snakes and other exotic figures out of these rocks. As I strolled along, I saw the sculpture of Lord Shiva in a yogic posture deep in meditation. It stunned me. What the crude sculpture figures out to be, depends on one's perspective and imagination. The loosely held rocks and boulders slipped, but nothing could stop me from climbing up. I came upon dark caves that wound its way deep inside. The musty smell breathed mystery. Outside, the rocks eroded to form standing statues of sentinels. Misty blue Silabati rippled along dreamily.



The sun was now on the western horizon. As its slanting red beams fell one by one the rocks began to light up in flaming red. The view was breathtaking. I came to know the sight becomes still better during summer months. I tore myself away, and as the birds began to fly to roost in trees, I began to climb up the many steps that I had climbed down.



Anirudha Gupta



Ye stars! Which are the poetry of heaven

I am often asked why I became a teacher or chose education as my profession. Well, the reasons for taking up this profession are as clear as crystal to me. The answer lies in the innocent smiles, the unconditional love, unquestioning faith and trust, carefree and cheerfulness, the throaty laughter and witty one-liners of the young children.

Needless to say that working closely with children, keeps you young at heart as well!

Children you all are like stars, twinkling in the sea of humanity, the ones that shine with utmost clarity and sparkle.

As stars then, may you shine on till eternity. May you brighten lives with love and compassion. May you work for not just your good but for the common good of all humanity, peace and harmony between all spheres of life.



Inderani Elizabeth Das





A Curse

His weathered face calm yet intense, the sage sat cross-legged at the grand hall. The firelight played across his features as the court assembled sat in silence, listening. Shivering with fear, the reigning monarch had called upon him to learn what threatened to cover the land in darkness.

“It is a story of the distant past,” the old sage began, his deep voice reverberating. “A tale of greed, betrayal, and a curse that remains to this day on this land. Listen well.”

The court leaned forward as the old man closed his eyes, drawing them into the story.

Decades ago, when a noble king sat upon the kingdom, it prospers in every way, but after the noble king dies, his only daughter, Raani, occupies his seat. He initially seemed quite a just ruler; he said nice things; the promises made were sweet as honey, and her beauty dazed the courts, and her people loved her and did not have the faintest hint that something far more sinister dwelled beneath such polished skin.

Raani’s ambition knew no bounds. She surrounded herself with sycophants who fed her ego and silenced those who dared to oppose her. Taxes rose, even as harvests failed. Those who questioned her, disappeared, their voices silenced forever. Villages burned under her orders, and families mourned in silence, fearful of her ever-watchful spies.

For years, the kingdom suffered under Raani’s rule. The people’s hope dwindled, but their desperation eventually ignited rebellion. In secret, a group of brave soldiers and villagers plotted to overthrow the tyrant. They were led by a fearless warrior named Raghav, who vowed to free the kingdom from Raani’s iron grip.

One stormy night, the rebels attacked. Armed with whatever weapons they could find, they stormed the palace. The loyal guards fought hard, but the rebels’ numbers and resolve overwhelmed them. The sound of clashing steel echoed through the palace halls. By the time they reached the throne room, Raani had vanished. Deep beneath the palace,



Raani fled through a hidden tunnel—a secret she had guarded closely. The damp, earthen tunnel wound its way to the forest, far from the chaos above. As she ran, the sound of battle faded, replaced by the rhythmic thud of her heart and the whisper of her footsteps. Her silk robes dragged through the mud, but she paid no mind. Fear drove her forward.

In the quiet of the tunnel, memories flooded her mind: from her rise to power as a young queen with dreams of glory, her hunger for control had consumed her. She had betrayed allies, crushed rivals, convinced of her own greatness. Yet now, as she fled, she felt the weight of her choices pressing down on her.

She stopped for a moment, resting against the dank walls of the tunnel. Her reflection, splashed by a puddle at her feet, shocked her. Once radiant and bewitching, her face is now warped and grotesque, her eyes wild with fury and fear. Her beauty, once her greatest weapon, had now become a mask of terror. For a moment, she clawed at her face as if to peel away the horror staring back at her. But the reflection remained, and she turned away trembling.

When Raani emerged into the forest, the storm had begun to wane. She collapsed onto the damp earth, her body trembling. For the first time in years, tears streamed down her face. She lifted up her eyes and cried out, her voice, full of wrath and despair, to the heavens. ‘Let me curse this land! And all who succeed me! To taste the sweetness of betrayal! The agony of ruin! So let their thrones crumble as mine is crumbling!’

And she spoke to the darkness around her, to the frightened trees in the forest, to the trembling water puddles and to the disappearing palace behind her. Her voice carried on the wind, a howl like a lonely ghost. For one moment, time held its breath; then an unsettling stillness blanketed the landscape.

The old man opened his eyes and resumed his speech, speaking in a deep, mournful voice.

And so it came to pass. Raani’s successors inherited not just her throne, but her curse. Each ruler met a tragic end. One fell to a sudden illness, another drowned in calm waters, and yet another choked on a feast prepared in celebration. To the outside world, these deaths seemed natural, but to those who remembered Raani’s fury, it was clear that her curse lingered.’



The court sat in stunned silence. The current king's face was pale, his hands trembling. 'What must we do to break this curse?' he whispered.

The seer's eyes pierced through him. 'Raani's curse was born of her pain and guilt. You will have to confront the source of her anguish and right the wrongs of the past if you want to lift it.'

The sage led the king and his advisors to the forest, to the overgrown entrance of the tunnel. Together, they descended into its dark depths, guided by the sage's glowing lamp. Deep within, they found a small chamber. At its centre lay a cracked stone tablet, etched with Raani's final words of malediction.

The sage knelt before the tablet, lighting a ceremonial fire. He began to chant, his voice rising and falling in a hypnotic rhythm. The air grew thick with energy as the flames danced higher. The ground trembled, and with a final, resonant chant, the tablet shattered into dust.

The sage rose and turned to the king. "The curse is lifted," he said. "But remember, power must be wielded with wisdom and humility. Greed and cruelty bring ruin. Let this kingdom learn from Raani's fall, lest history repeat itself.'

The group emerged from the tunnel as the first rays of dawn broke through the trees. The air felt lighter, as though a great weight had been lifted. Over time, the kingdom began to heal. Crops flourished, the people prospered, and peace returned. Yet the story of Raani lived on, retold as both a cautionary tale and a reminder of the consequences of unchecked ambition.

And so, the sage concluded, "Let this lesson guide you, for the fate of this land rests in your hands."



Debasish Bhattacharya





Multitasking- The need of the time

Parents and teachers both play a very vital role in helping the child's holistic growth. In today's fast- paced world the role of parents as well as teachers has become more challenging.

Multitasking is what we need to teach the children. It is the key to success. In this scenario it is the utmost need to understand our role in shaping our children's lives.

Here are a few aspects of our role:

1. Emotional support

- Providing a secure and loving environment, where the child feels loved and accepted to develop healthy self-esteem.
- Encouraging healthy habits like healthy eating, regular exercise / games and sufficient sleep which will help the child in the overall well-being.
- Instilling strong moral values like honesty, kindness, respect, self-discipline and responsibility.

2. Navigating the digital world.

- Guiding children on responsible use of technology, including online safety.
- Controlling screen time and encouraging real world interaction and outdoor activities.
- Inculcating digital etiquette like respect for others online.
- 3. Fostering growth and development. Creating a conducive learning environment at home which encourages curiosity and a love for learning. Helping the children develop empathy, communication and problem solving skills to build healthy relationships. Gradually encouraging independence and prepare them to face challenges calmly and be self confident.





4. Adapting to change.

Maintaining open and honest communication with children.

Being flexible to their needs and interests and providing consistent guidance and support.

Teaching children to embrace diversity and inclusivity. Thus respecting and valuing people from all backgrounds.

By fulfilling these roles, we can empower our children to thrive in today's complex and ever-changing world, paving their way to success.



Leena Patel

The Heart's Superpower

Kindness is the sun on a cloudy day,
It brightens the world in its own quiet way.
A smile, a hug, a helping hand,
It costs you nothing but feels so grand.
Sure, practicality has its place, it's true,
But being kind? That's the better you.
You can plan and calculate all you like,
But kindness hits harder than a logic spike!
It's holding the door, it's sharing your snack,
It's picking someone up when life gives them a whack.
It's laughing at jokes that aren't even funny,
And giving away your last drop of honey.
Kindness is magic, it spreads and grows,
It warms the heart like nobody knows.
You don't need a reason, you don't need a plan,
Just be the best human you possibly can.
So go on, be kind, give it a try,
Help someone out, let them reach for the sky.
Because when kindness takes root, it's plain to see,
It changes the world—for you and for me.



Shireen Dias





STRESS LESS AND SMILE MORE

STRESS is a natural part of our lives and kids are of no exceptions. As a parent, teacher or a caretaker it's heartbreaking to see children struggle with stress. But the good news is that there are many simple and effective ways to help kids manage stress and anxiety. Here are 7 fun and easy techniques to try:

1. **Deep Breathing:** Encourage children to take slow, deep breaths in through their nose and out through their mouth. This can help calm their body and mind.
2. **Physical Activity:** Encourage your child to engage in physical activities they enjoy, such as dancing, running, or swimming. Exercise can help reduce stress and anxiety.
3. **Mindfulness:** Practice mindfulness with your child by paying attention to the present moment. You can do this by focusing on your breath, body language, tone or surroundings.
4. **Art Therapy:** Encourage your child to express their feelings through art. Drawing, painting, or colouring can be a great way to reduce stress and anxiety.
5. **Talk It Out:** Sometimes, all your child needs is someone to talk to. Encourage them to express their feelings and concerns, and listen attentively to what they have to say.
6. **Yoga and Meditation:** Introduce your child to simple yoga poses and meditation techniques. These can help calm their mind and body.
7. **Playtime:** Make time for play! Engage in activities your child enjoys, such as playing games, reading books, or building with blocks. Play can help reduce stress and anxiety.

Remember, every child is different, so let us all try few different techniques to see what works best for our children. With patience, love, and support. Together we can help our children manage stress and anxiety.



Manpreet Kaur





Ten Years of Teaching, One Year of Beginnings!

Completing my tenth year of teaching at St. Joseph's College fills my heart with joy and pride. This year has been extra special because I started teaching Nursery children for the first time. It's a completely new experience, full of creativity and colourful moments. I love making different colourful, vibrant charts, flash cards, arranging the activity corner, book corner as per their needs. From organizing colouring and craft activities to dressing the children as freedom fighters for Independence Day, every day feels magical. Guiding them for the Junior School Concert, where they performed the opening dance, 'All Things Bright and Beautiful,' was truly memorable. The smiles and excitement of the children make every effort so meaningful.

I love seeing my little ones grow and learn. Watching them go from writing their first letters to confidently learning numbers has been amazing. Coaching them for events like the Fancy Dress competition and the 'I am a Rhymers' competition has been such a joyful journey. I even selected rhymes for each child, wrote in their diaries, and seeing them perform with confidence warmed my heart. I truly appreciate the support and love from the parents, who have worked hard to make these moments so special for their children.

This year has reminded me that teaching is much more than just lessons. It's about creating a happy, nurturing space where children feel loved and inspired. Each child's smile, their little achievements and their eagerness to learn fills me with gratitude. As I celebrate this tenth year, I feel lucky to be part of their journey, shaping their first steps into the world with care and love.



Sutanay Dey





हमारी हिन्दी

हिन्दी हमारी मातृभाषा है। हम हिन्दी में बातचीत करते हैं अपने विचारों का आदान-प्रदान करते हैं, किंतु क्या हमें हिन्दी भाषा के बारे में जानकारी है...

नहीं, हिन्दी भाषा के बारे में हमारी जानकारी पर्याप्त नहीं है। हिन्दी भाषा के कई ऐसे तथ्य हैं जिससे हम सब अनजान हैं। आइए कुछ सामान्य किंतु रोचक तथ्यों के बारे में जानते हैं:

1. हिन्दी भाषा भारत की आधिकारिक भाषाओं और दुनिया में सबसे अधिक बोले जाने वाली भाषाओं में से एक है।
2. हिन्दी भाषा का इतिहास लगभग 1000 वर्ष पुराना है यह भाषा संस्कृत और प्राकृतिक भाषाओं से विकसित हुई है।
3. हिन्दी भाषा भारत की एकता का प्रतीक है यह देश के विभिन्न क्षेत्रों और समुदायों को एक साथ जोड़ती है।
4. हिन्दी भाषा भारत की राज भाषा है यह विश्व में चौथी सबसे अधिक बोले जाने वाली भाषा है।
5. 'हिन्दी' नाम फारसी शब्द हिंद से लिया गया है जिसका अर्थ है 'भारत'।
6. हिन्दी भाषा बहुत ही लचीला है इस कारण कई अन्य भाषाओं के शब्दों को भी इसमें सहज ही शामिल कर लिया गया है।
7. हिन्दी भाषा का उपयोग न केवल भारत बल्कि विश्व के कई अन्य देशों में भी किया जाता है जैसे कि नेपाल, भूटान और मॉरीशस।
8. 14 सितंबर 1949 को हिन्दी को भारत की राजभाषा घोषित किया गया था इस दिन अर्थात् 14 सितंबर को हम हिन्दी दिवस के रूप में मनाते हैं।
9. पूरी दुनिया में हिन्दी के प्रचार प्रसार को बढ़ावा देने और हिन्दी को अंतरराष्ट्रीय पहचान दिलाने के उद्देश्य से प्रत्येक वर्ष 10 जनवरी को विश्व हिन्दी दिवस के रूप में मनाया जाता है।

हिन्दी केवल एक भाषा नहीं बल्कि अपने देश की पहचान और गौरव है। हिन्दी हमारी धरोहर है, इसे सुरक्षित रखना और बढ़ावा देना हम सभी का कर्तव्य है।



Bandana Singh

