Hansraj Morarji Public School (ICSE)

TATTVA

Vol 2

"... Inkspired through the Students' Lens,
Where expression breathes and moments stay..."



2025-2026







OUR VISION

To inspire and empower students to become thoughtful, innovative, and engaged global citizens.

OUR MISSION

To impart quality education, which is wholesome, affordable, inclusive and which aims at helping students develop an all-round personality to become productive and responsible members of the society.

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From the Principal's desk



It is with ineffable joy that I unveil the second edition of Tattva, our biannual e-magazine—a luminous tapestry, woven with threads of imagination, celebration, and youthful brilliance. This edition gleams as a radiant testament to the inexhaustible vitality and creative fire of our students, who continue to kindle light within the corridors of our institution, transforming them into sanctuaries of artistry and acheivement.

The months gone by have been festooned with jubilant festivities and spirited gatherings across both the Primary and Secondary wings. From the exuberant celebrations that bound our school community in harmonious embrace, to the grand exhibition that unveiled the ingenuity and innovation of our young visionaries, each occasion has been a symphony of laughter, learning, and inspiration—an orchestration of joy that lingers like music in memory.

What renders this edition truly transcendent is its ability to distil the very soul of our school's ethos—nurturing curiosity like a flame, fostering creativity like a blossoming garden, and honouring every child's odyssey of growth. These pages are not mere chronicles of events, but living reflections—mirrors that capture the shimmer of dedication, the cadence of collaboration, and the quiet triumphs that define our shared journey.

As you turn each page, may you feel the heartbeat of our collective enthusiasm, the pride that swells as we shape tomorrow's leaders, and the promise of dreams yet to unfold. My deepest gratitude flows to the editorial board, our devoted teachers, and our ever-supportive parents, whose encouragement is the wind beneath our wings. Together, we continue to cultivate an environment where every child unfurls into the fullness of their potential, like a flower opening to the sun.

With warm regards and renewed hope,
Dr. Nisha Menon
Principal, HMPS ICSE

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Advika Sute



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Meghraj Rathod



Nirmay Shetty



Shanaya Rupani



Keith D’souza

From Possibility to Purpose: A Career Planning Workshop for Students and Parents





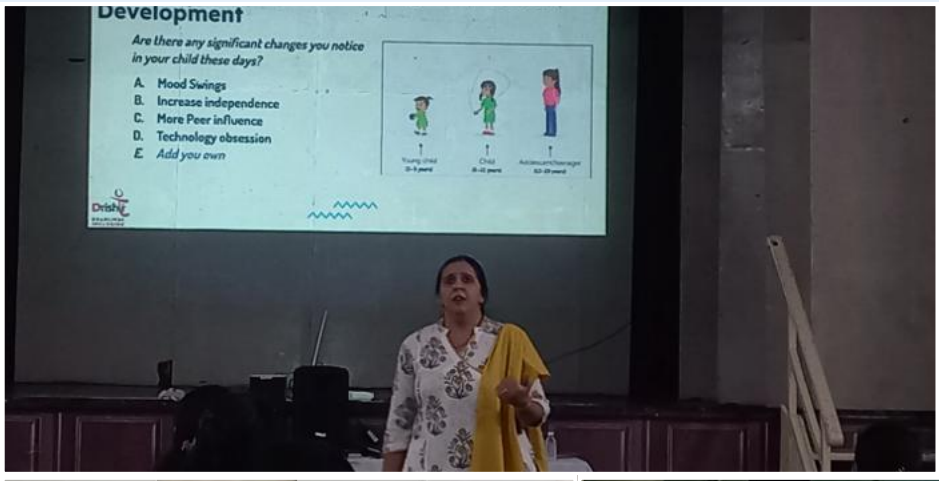








From Potential to Purpose: Smart Parenting Workshop for Resilient & Responsible Teenagers

















Awareness & Growth: Drishti Puberty Workshop













UNDERSTANDING ADOLESCENT DEVELOPMENTS: WORKSHOP BY AYAKSHA











Empowering Students through Creativity & Diplomacy

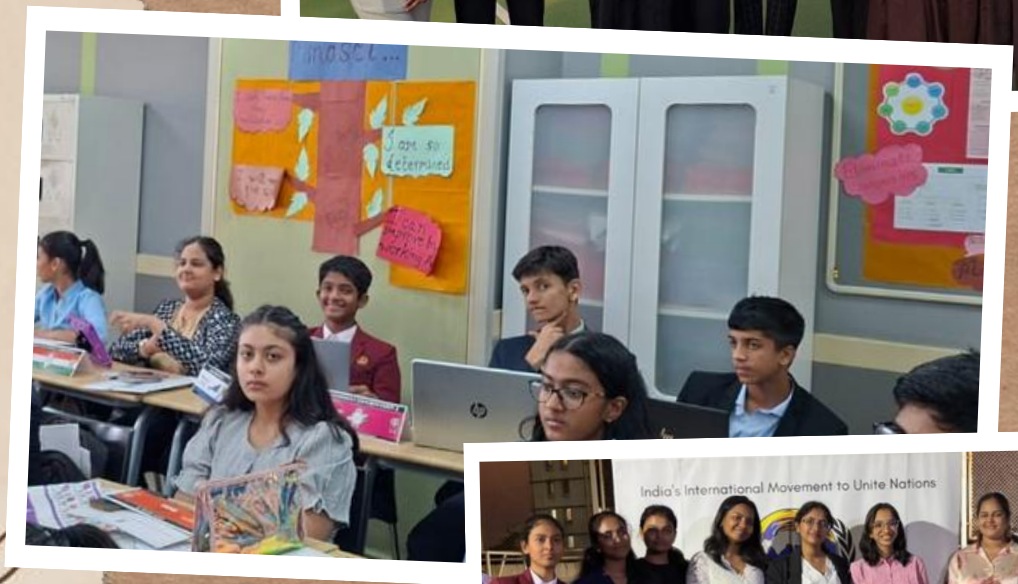


Building Skills. Building Leaders.

I.I.M.U.N
(India's International Movement to Unite Nations)









Our Best Delegates

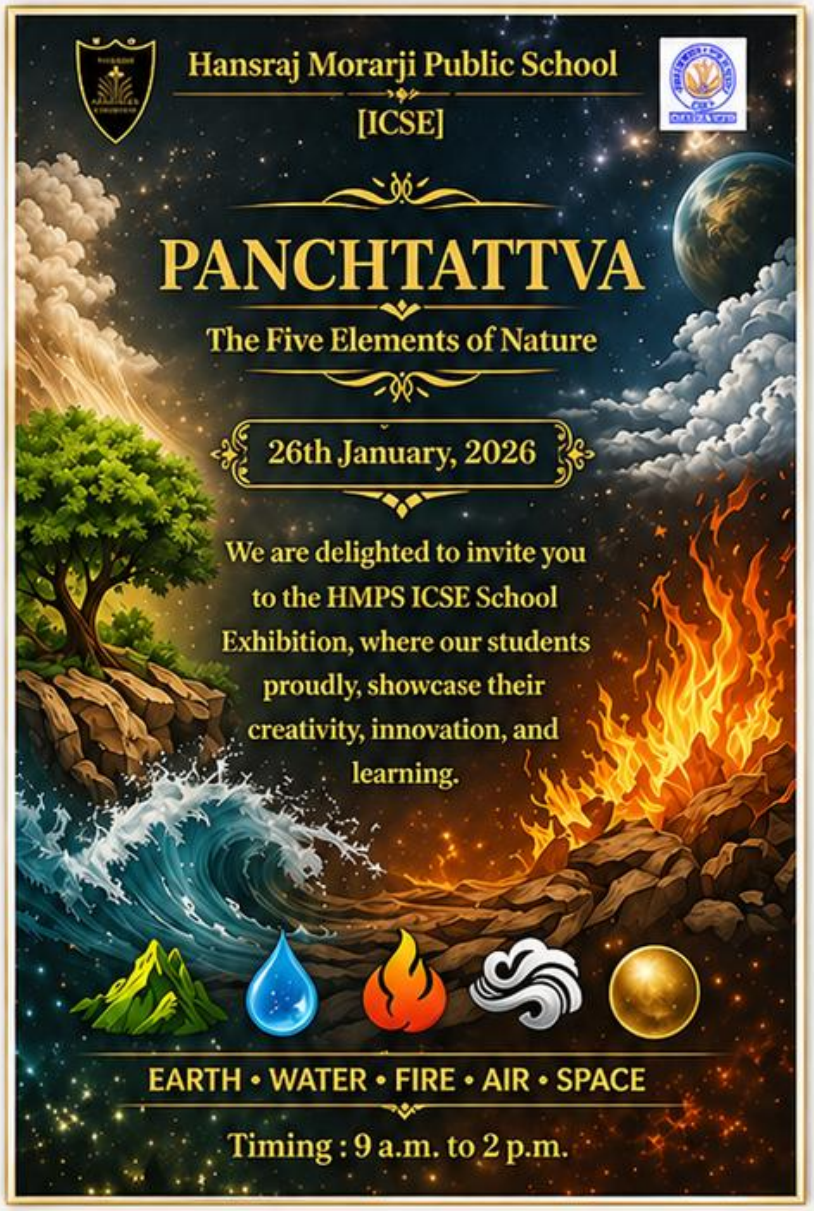


Innovation & Growth

S.T.R.E.A.M. Exhibition integrating science, technology, reading, engineering, arts, and mathematics. Materialistic and Spiritual aspect of Panchatattva

Interdisplinary learning, critical thinking and innovation, hands on engagement, skills (Soft skill development) and future readiness.

We ensured that every student participated and contributed towards the exhibition.



Highlights of Panchtattva School Exhibition



FIRE

EARTH





WATER



SPACE

Panchatattva explains the meaning five a Vayu (Air) maintaining fluidity and purity. reflects openness and connection. According to an mental, and spiritual well-being, whereas imbalance can cause disturbances. Panchata practices like yoga, Ayurveda, and traditional Indian rituals, emphasizing the deep co and nature.



AIR



SPACE














SPACE TRAVEL
UFO (Unidentified Flying Object)
Satellite
Constellation
Comet
Rocket
Astronaut
Meteor
Rover
OUR SOLAR SYSTEM
SPACE WORK STATION
ON
OFF




ENTRY
DANGER
OFF
ON



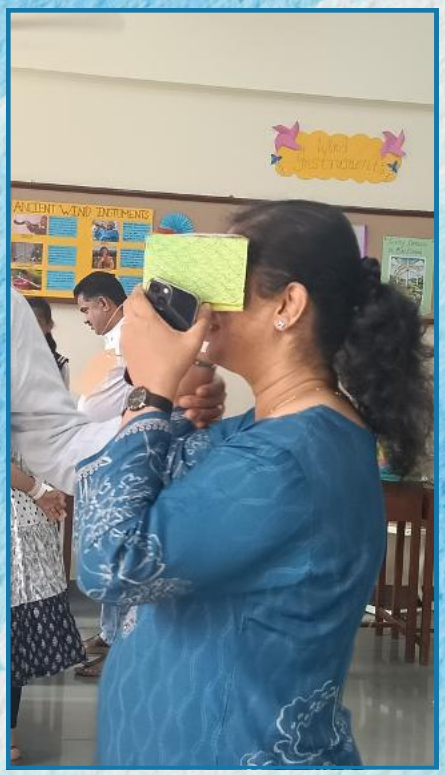








Air


ANCIENT WIND INSTRUMENTS

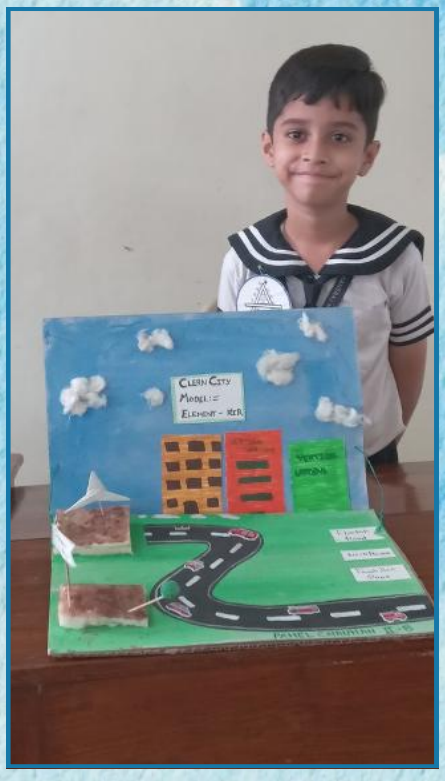











CLEAN CITY
MODEL




HMPS ICSE AIRWAYS





FIRE








Spot Fire Hazard




EVOLUTION OF FIRE


THE SPARK OF CIVILIZATION


PLASTIC TO








SMART CITY










HYPERLOOP
MAGLEV
TRAIN
AQUA
METRO














HOT DESERT
COLD DESERT


EARTH




WATER CONSERVATION
BY
THAR TANKA PROJECT






GRATITUDE





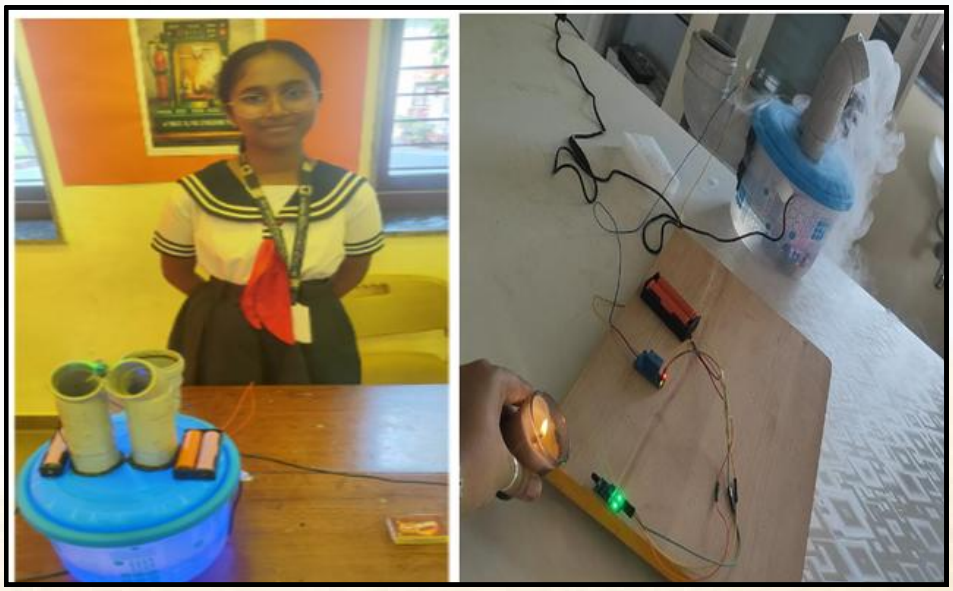
Interactive Working Models



Waste Material to Generate Electricity and Smoke to Ink



LPG Gas Leakage Detection System with Auto Cut off Regulator Using Arduino



Automatic fire Carbon dioxide Extinguishing Project

Automatic Fire Fighting System





Electricity from Rotten Vegetable Fruit Extract



Glowing an Electric Bulb Using an Induction Electric Stove



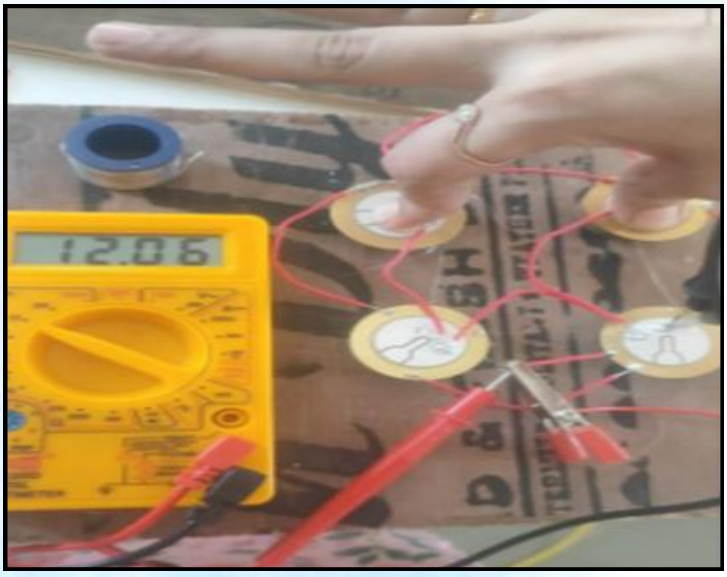
Plastic waste to fuel conversion



Automatic PLANT WATERING System



Parabolic solar cooker



Generating electricity through piezoelectric foot press







Oyster mushroom cultivation



Hydroponics



The Spiritual Aspect of Panchtattva















Reflection Through the Spiritual Aspect of Panchtattva

Food for Thought...

We know that balance leads to health.
We know that yoga can transform us.
We know that spirituality begins within.
And yet, most of us do nothing about it.

Why?

Is it a lack of time — or a lack of priority?

Is it ignorance — or resistance to change?

Is it fear of discipline —
or fear of knowing ourselves deeply?

Perhaps the real imbalance is not in the elements...

...but in the choices we make.

THE REFLECTION

The body is the doorway.
The breath is the bridge.

Balance is the key.
Awareness is the destination.

The question is not "Do we know?"

The question is—When will we begin?

ANNUAL SPORTS DAY

A Celebration of Strength, Spirit & School Pride

The Annual Sports Day at Hansraj Morarji Public School (ICSE) was a vibrant celebration of energy, teamwork, discipline, and determination. From the grand march past and torch-lighting ceremony to thrilling races, lively performances, and proud award ceremony, students showcased exceptional sportsmanship and dedication throughout the event.

GRAND MARCH PAST & TORCH LIGHTING CEREMONY

Where Every Step Counts











MEMORABLE MOMENTS & CHAMPIONS

"A day filled with excitement, teamwork, and unforgettable memories."



















Grade 6 Student Shubh S. Dongrikar Wins Second Place at National Full Contact Karate Championship – Clinches the Prestigious ROYAMA CUP





Kushal Kamat (Std II B) proudly represented India in Sri Lanka, achieving a commendable milestone in international football.



Chahat Thakur secured a Silver Medal 🥈 at the DSO National Level in Lawn Tennis (Team Event) 🎾

RISING STAR IN THE SPOTLIGHT!





Ayush Daswani (Class 4A) was featured in an Apollo Tyres advertisement, portraying a young Rohit Sharma and representing Team India.

Highlights at a Glance!

Our Best Bits

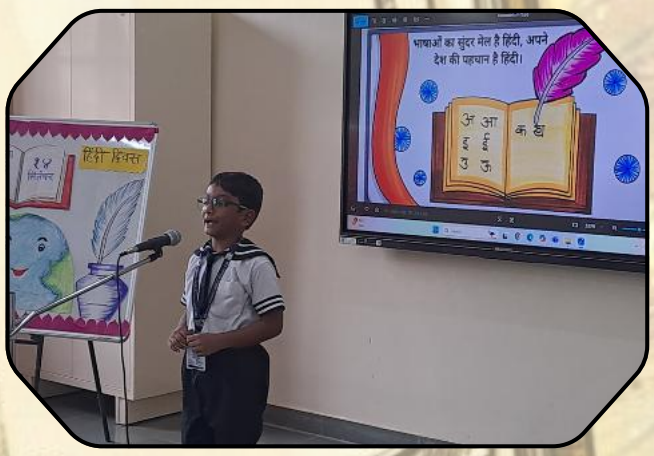
हिंदी – संस्कृति की धरोहर : Celebrating Hindi Diwas















ORBITING KNOWLEDGE

An Educational trip to Nehru Planetarium













THE GREEN ESCAPE

A visit to Bhavna's Nature Camp













INNOVATE.CREATE.COMPETE

At STEM Competition













Little Stars, Big Talent

The Talent Hunt Competition

















Rising Stars, Limitless Talent

The Talent Hunt Competition

















Diwali Delights: A Festival of Lights & Joy











Radiance of Diwali: Joy in Every Corner











MATH IN MOTION

Math Relay Race- Grades 1 and 2













RACE WITH NUMBERS: MATH RELAY













Picnic Paradise: MUSO (Grades 5–7)













Little Champs at Pokido

















Young Explorers at KidZania

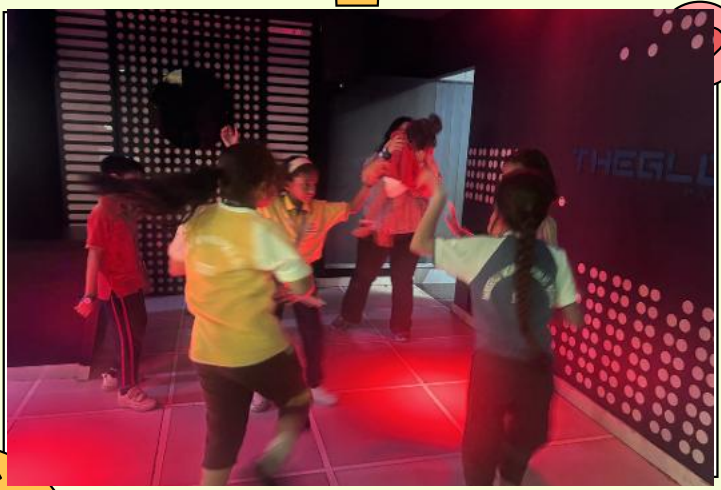












Sharing Love & Care: Old Age Home Visit











Young Guardians of Nature: Beach Clean Drive













Sparkle & Shine: Christmas Celebration













Fun Beyond Daylight: Overnight Trip to Spree Monteria Resort

Grades 8–9









Honouring Seth Shri Hansraj Morarji on His Death Anniversary













Honouring Shrimati Bai Kabibai on Her Death Anniversary
















Shades &
Strokes



Aayushi Abhilash
7B



Tanvi Parab
7A



Yonit Chhari
5B



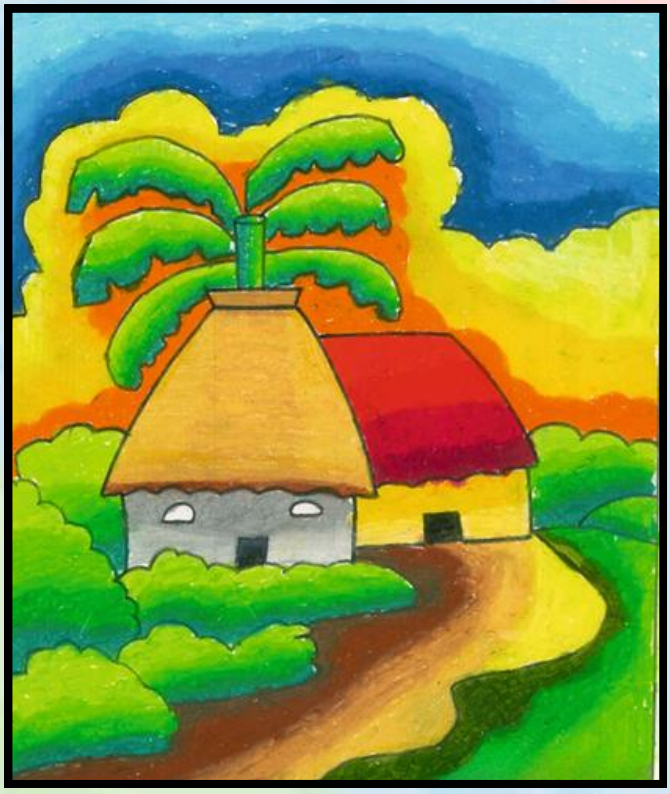
Tanish Vichare
9A



Gargi Mane
9A



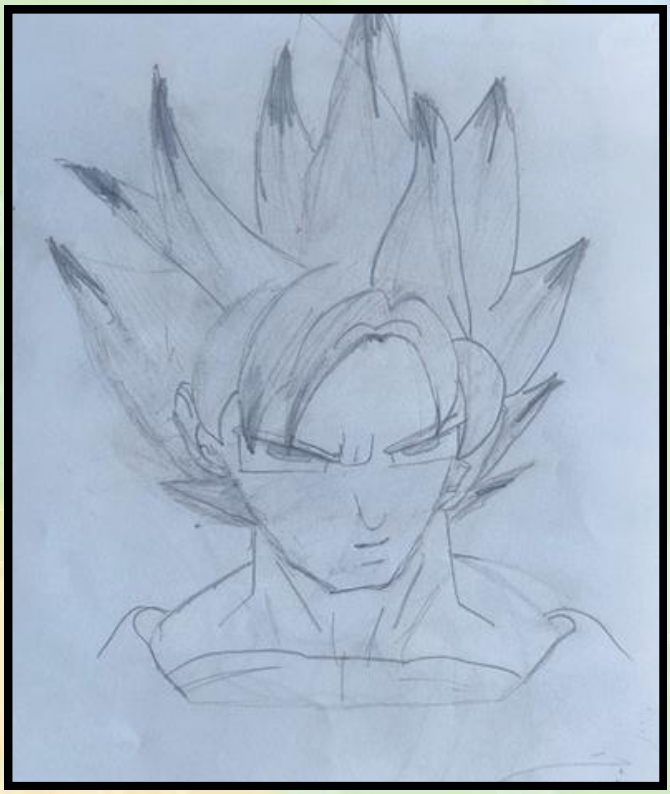
Utkarsh V Gupta
4C



DARSH PANDEY
4C



Ayesha Ansari
2B



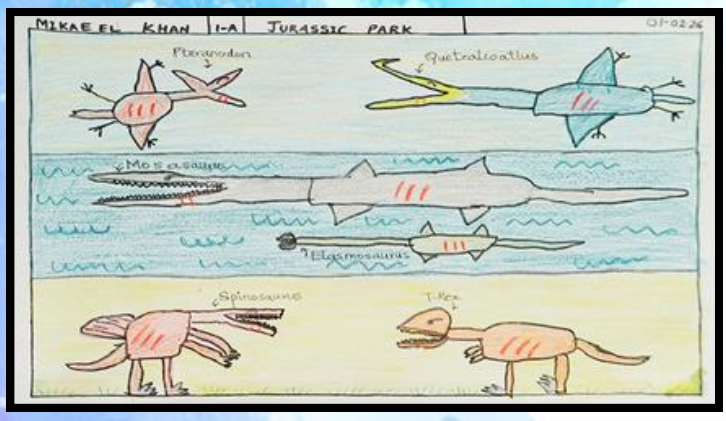
Avyaan Desai
2A



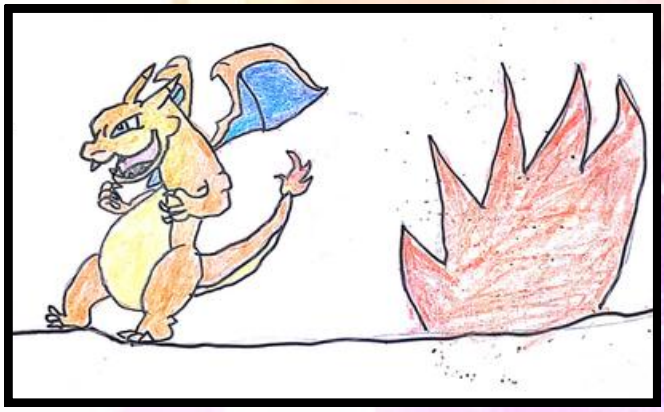
Durva Chachad
7A



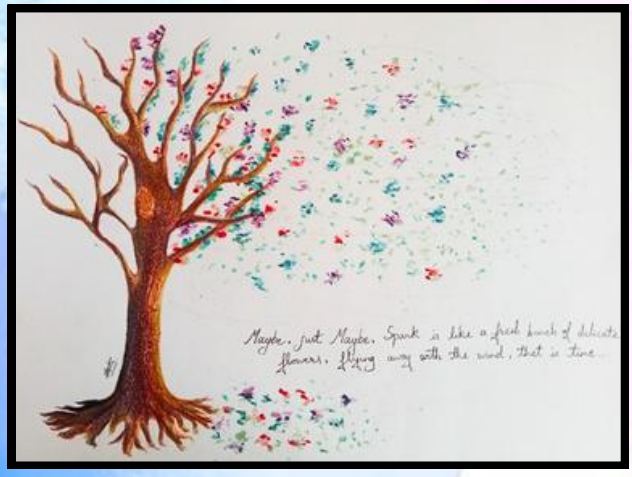
Eva Rebeiro
7A



Mikaeel Khan
1A



Trishan Das
4B



Advika Sute
9A



Abdul Rahman
2B



ARVIKA SHETTY
2C



Shivanya S Wagle
4B



Keyara Kotal
5A



Prisha Gala
6A


The
Literary
Corner

Small Steps, Big Impact

My journey with plants started with a simple realization that even a smallest effort can make a difference. It all started when my grandfather and I used to water plants in my society. I loved the way he took care of them. I used to look at the plants and think, how does this plant grow and survive? That curiosity made me interested in planting trees.

Once, I took a small Peepal sapling and planted it on open land. I also planted a mango plant and saw someone planting a coconut tree, which made me very excited. Slowly, my interest in plants increased.

To learn more, I started watching YouTube videos about growing different plants. I began collecting seeds and called my collection a "seed bank". I experimented with many seeds and waited patiently for them to sprout. Some plants survived, and some did not, but I never stopped trying.

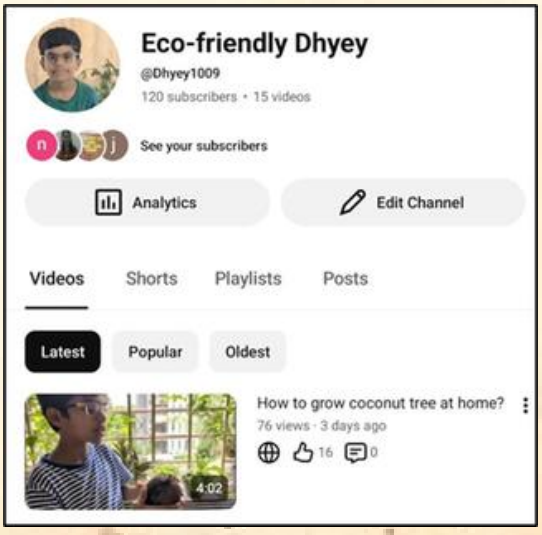
Last year, while talking with my parents, I got an idea to start my own YouTube channel, I named it "Eco-friendly Dhyey". On this channel, I share how I grow different plants and show the plants I have grown. I have uploaded 15 videos and crossed 100 subscribers.

If you ask me:

· A plant that I have grown most and still do: Money plant
· A tree I waited for the longest: Coconut
· A plant I repotted in my friend's garden: Avocado
· Plants that did not survive: Pomegranate and Sweet Lime

My journey continues, and my love for plants keeps growing every day. I want to make my YouTube channel popular and keep sharing more and more knowledge about growing plants and composting.





By Dhyey Haria
4A



The Impact of Social Media on Young Minds

Social media poses significant risks to children's mental health, safety, and overall development. It leads to addictive behavior, facilitates cyberbullying, and increases anxiety through constant social comparison. Its design often leads to reduced sleep quality and disrupts the development of essential social skills. Additionally, algorithms can expose young users to inappropriate or violent content, as well as potential predatory behavior.

Social media can act as a trigger for anxiety and depression in children, often caused by an unhealthy focus on appearance and constant comparison with the carefully curated and unrealistic lifestyles of others. When children repeatedly view such content and modify their own posts based on feedback, it can result in negative body image and low self-esteem. The pressure to gain "likes" may also create emotional dependency, affecting their mental well-being.

One of the most serious concerns is cyberbullying. Studies suggest that 1 in 5 children experience online harassment, exclusion, or trolling. Unlike traditional bullying, cyberbullying can follow children into their homes, leaving them with no safe space and potentially leading to depression or even self-harm.

Moreover, excessive reliance on digital communication can hinder the development of face-to-face social skills, empathy, and effective interpersonal communication, making real-life interactions feel overwhelming.

Social media platforms can also expose children to inappropriate content, including unpleasant or violent material, which may distort their understanding of reality. Many children are not fully aware of online privacy and safety, making them vulnerable to predators and scams. In addition, advertisers often track user behavior to target children, taking advantage of their impressionable minds.

The addictive nature of social media contributes to excessive screen time, replacing essential activities such as sleep, physical exercise, and academic work. Poor sleep habits caused by late-night scrolling are closely linked to increased anxiety and lower academic performance.

While social media does offer certain benefits, its unregulated use can be harmful to children. To reduce these risks, parents and educators should set clear screen-time limits, encourage offline activities, and guide children toward responsible and safe digital behavior to support their healthy development.



By Eliza Rodricks
7B

The Sleeping Beauty: A Twisted Tale

We all know about Sleeping Beauty, Aurora. She pricked her finger on a spindle of a spinning wheel on her 16th birthday due to a curse set by an evil fairy, Maleficent, and fell asleep for a hundred years. She was later awakened by true love's kiss. But what if I told you something else happened...?

A little princess was born to the king and queen of the "Kingdom of the Rose." The little girl's name was Aurora—such a beautiful name, yet such a bleak future. But only one person could see that. Who, you might be asking? Well, you will find out later in the story.

Three to seven fairies came to her christening and blessed her with good wishes, but an evil fairy named Maleficent was left out. Furious, she placed a curse on the poor girl, declaring that on her 16th birthday, she would prick her finger and fall asleep for a hundred years. Fortunately, another fairy was able to soften the curse, ensuring that she could awaken with true love's kiss.

Despite the king's efforts to burn every single spinning wheel, Aurora somehow finds one in a remote tower on her 16th birthday. The good fairies put the entire kingdom to sleep so that the princess would not wake up alone. The tale of Aurora spread far and wide, but no one knew about the whereabouts of Maleficent.

Exactly 100 years later, a prince decides to brave the massive forest of thorns to find the castle and save the princess. When he finally reaches her, he does not find a monster or anything frightening guarding her, but instead sees a sad, weeping Maleficent sitting beside Aurora.

As he draws his sword to kill her, she touches his hand, and suddenly, he sees a flood of memories from Maleficent's childhood. He sees her being bullied throughout her life —teased by other fairies, ignored by her family, and even betrayed by her love—and realizes the truth.

Maleficent, too, had wished for Aurora's happiness. She had seen the future and realized that Aurora would suffer the same hardships she had faced. She had come to the christening to make things right and change her ways, hoping to surprise the king and queen. However, when she arrived a day early, she overheard the king insulting her and ordering his soldiers to find and kill her, believing she would be a bad influence on his daughter. Heartbroken, Maleficent acted out of pain—but still could not bear to let Aurora suffer as she had.

The prince realizes that the 100-year sleep was not a punishment, but an attempt to protect Aurora—to freeze time so she would not have to endure such a life. Instead of killing Maleficent, he offers her a hand of friendship.

Suddenly, the thorny forest transforms into a garden of blooming flowers, and the curse is lifted—not because a hero saved the day, but because a villain was finally understood for who she truly was.



By Aashna Shelankar
6B



जल ही जीवन है

पानी से ही जीवन सारा।
पानी से ही संसार हमारा।
पानी से ही खिला जन सारा।
पानी ही है आधार हमारा।
धरती पर अमृत है सारा।
पानी बिन नहीं कोई चारा।
जग में अगर उन्नति है लानी,
फिर क्यों नहीं बचाना पानी?



By Sriansh Prabhu
2 A

प्यारी मां

प्यारी मां, मुझ को तेरी दुआ चाहिए
तेरे आंचल की ठंडी हवा चाहिए
लोरी गा गा के मुझ को सुलाती है तू
मुस्कुरा कर सवेरे जगाती है तू
मुझ को इस के सिवा और क्या चाहिए
प्यारी मां, मुझ को तेरी दुआ चाहिए
तेरी ममता के साए में फूलों फलों
थाम कर तेरी उंगली में बढ़ता चलूं
आसरा मैं तेरे प्यार का चाहिए
प्यारी मां, मुझ को तेरी दुआ चाहिए
तेरी खिदमत से दुनिया में इज़्ज़त मेरी
तेरे क़दमों के नीचे है जन्नत मेरी
उम्र भर सर पर साया तेरा चाहिए
प्यारी मां, मुझ को तेरी दुआ चाहिए

By Minha Uppal
1 C



निसर्ग



निसर्ग हा आपल्या जीवनाचा आधार असतो. खान-पान, कपडे, घर, हे सर्व निसर्गाची देण आहे. निसर्गाला जपणे हे आपले प्रथम कर्तव्य आहे. जसे आपली आई आपली काळजी घेते, तसेच निसर्ग आपली आई होऊन काळजी घेतो. पालन-पोषण करतो.

निसर्गाकडून आपल्याला किती गोष्टी मिळतात. उदा. भाज्या, फळे, कापूस, लाकूड, इत्यादी. हे सर्व मिळत असतानाही आपण निसर्गाला किती त्रास देतो. आपल्याला भाजी-पोळी, वरण-भात रोज हवा असतो. पण, हे सर्व देणा-या निसर्ग मातेची काळजी नाही घ्यायची? असं का ? आपण आपल्या आईची काळजी घेतो ना, मग निसर्ग मातेची काळजी का नाही?

आम्ही माणसे आपल्या स्वार्थासाठी झाडे कापतो, कचरा रस्त्यावर टाकतो, पान खाऊन भिंतींवर थुंकतो. का आपण आपल्या स्वार्थासाठी निसर्गावर अन्याय करतो, तरीही, निसर्ग नि:स्वार्थीपणाने आपल्याला भेट देतच असतो. ह्या सगळ्याचा आपल्यावरच परिणाम होणार. झाडे कापल्यामुळे वातावरणात उष्णता वाढते. अश्या अनेक गोष्टी आहेत.

निसर्गाचे रक्षण करणे हे आपले कर्तव्यच आहे. वर्तमान व भविष्य सुरक्षित करण्यासाठी आपल्याला आत्तापासूनच काळजी घ्यावी लागणार.

"निसर्गाचे रक्षण करू आम्ही,
वर्तमान, भविष्य सुरक्षित करू आम्ही."

By Swara Kamat
7A



What is Success?



Success is not just about having talent; it also requires hard work.
Success is not defined by beauty, but by values, ethics, and discipline.
Success is not being born into a royal family, but making your family proud.
Success is not about earning millions, but earning enough to live comfortably.
Success is not about wearing fashionable clothes, but wearing clothes that make you feel comfortable.
Success is not living in a huge mansion, but living in a home that brings you comfort.
Success is not about making deals with the rich, but about helping others through acts of kindness and charity.
Success is not about becoming a doctor, lawyer, or entrepreneur, but about following your passion.
Success is not doing what others tell you to do, but doing what you believe is right.
Success is making yourself happy before making others happy.

By Nirmay Shetty
7A

Samsara

"A Place of Wonder and Imagination"

Where the sky meets
The land and sea,
There is a place
That everyone can remember.
The plants
Grow as tall as buildings,
And species that were extinct
Come alive together.
Humans cannot see this place,
For they cannot comprehend,
With simple minds,
Something so deep and complex.
Stone giants,
As strong as any beings that have ever existed,
Protect this place
From anyone trying to harm it.
They say,
"We hope to see the Earth
The way we see it—
The God of beautiful places."



By Aabha Manjrekar
5A

The Boy with Ink-Stained Hands (and Walls that Remember Them)

There lived a boy, taciturn and noiseless, whose splendid hands spilled drawings and dreams like viscous blood—elation pouring through each stroke of dark charcoal and each restless click of his pen. The boy with stained hands was never found without a tool—a medium to express his creativity—always scratching his worries away onto paper with a small, content smile on his face.

Most people adored his art. Be it his peculiar, grinning little creatures or his awe-inspiring landscapes, their keen eyes took in every detail with the eagerness of a flower turning to the sun after a particularly bitter winter.

His family, on the other hand, was a different story. Every minute spent away from his books—time not spent working towards a better future—was deemed "misbehaviour." His dreams of being an artist crumpled and fell to the ground alongside his art.

His drawings, created with so much love, spoke to him—kind, affectionate words for their creator's deteriorating mental state. Yet, tears and equations soaked his pages instead of ink.

The shift began slowly.

Soft encouragement turned to desperate pleas, and eventually, knife-sharp silence.

They were getting tired of his wallowing, despite his swollen, red-rimmed eyes, the lines of exhaustion marring his face, and the purple bruises covering his arms, legs, and every other place the world wouldn't notice.

The boy yearned to draw once more, with the fluidity of a swallow in fresh, cool spring air.All he was granted were harsh words and the occasional slap that left red welts on his cheek.

That's when the screaming began.

Loud, raging cries that left his ears ringing and his cheeks stained with tears. No matter where he went, the voices followed like an omnipresent shadow. He lost sleep, snapping at those he held close. His grades plummeted from his usual A's to C's and D's, yet no one noticed his cries for help. His own scream clawed at his hoarse throat, but he swallowed it down, even when every word pierced his fragile heart and lodged itself deep within his chest like shattered shards of glass.

One day, he begged. With ringing ears and shaking hands, he wept before his drawings, asking them what they wanted from him.

"More. More space."

Desperation fueled his every brushstroke as he covered every piece of paper he could find with drawings. He moved to the walls, floors, and even his bedsheets, until every surface was covered.

It wasn't enough.

With clawed hands and gleaming eyes, his creations—the very ones he once nurtured with care—pulled him into their realm. All that was left of the boy with ink-stained hands and a blood-stained chest was a single ruffled brush, its bristles stiff with the dried remains of paint.

Every day, the boy draws until his hands bleed. While his creations are preoccupied, he claws at the walls until the futility of escape embeds itself into his mind. But even with the scars on his hands and the agony in his chest, his creatures caress their maker and utter a single word that makes his entire body shudder in pure, undiluted terror:

"More."

By Kiara Pinto
9A

Echoes of a Mumbai Monsoon

Rain hammers grandmother's sill like war drums,
Crowds surge undaunted—a human flood's hum.
Vada pav hawkers shout through the gale's bite,
Chai cups clutched fiercely in the flickering light.



Puddles explode under thousands of feet,
Barefoot warriors, no time for retreat.
Umbrellas clash like swords in the neon-streaked fray,
Marine Drive pulses, alive with the spray.
Thunder cracks open the sky's iron gate,
Faces alight—defiant, elate.
Rickshaws weave like serpents through bodies that throng,
Voices rise, thunderous—a defiant song.
Hawkers and dreamers, the soaked and the bold,
In monsoon madness, their stories retold.
Crowds carve the chaos, unbreaking, unbound—
Mumbai's fierce heartbeat in rain's roaring sound.

By Nandini Singh
9A

My School, My Second Home

Every morning, I walk into my school with a happy smile. My school is not just a building with classrooms; it is a place where I learn new things and become a better person every day.

My teachers are very kind and caring. They teach me lessons from books and also teach me good habits. When I make mistakes, they help me patiently. When I do well, they praise me and motivate me to do even better.

School is more fun because of my friends. We study together, play together, and help each other. I enjoy the morning assembly, laughing during recess, and doing activities in the classroom. These moments make my school days special.

My school teaches me to believe in myself and dream big. It helps me grow not only in my studies but also as a person.

Moral: With loving teachers and helpful friends, my school truly feels like my second home.

By Henil Gala
4A

Education- A Gift

Education and knowledge are something we all require to grow
We all require these two elements to become strong from the head to the toe.

Most of us don't know who granted education to us,
This poem is to celebrate and thank them thus.

I would like to thank them for giving us such a valuable gift,
And also, for teaching us that while studying our attention shouldn't shift.

Mahatma Jyotirao Phule granted education to us along with his wife,
This gift by them has drastically changed our lives.

(This poem is dedicated to Mahatma Jyotirao Phule and Smt. Savitribai Phule)

By Swara Kamat
7A

REACHING THE STARS

Every child is one of a kind,
With special gifts and a curious mind.
Different talents, dreams so bright,
Each one shining with their own light.

They can change the world each day,
In little steps, their own true way.
With kindness, courage, strong and true,
They show what caring hearts can do.

With hope to guide them near and far,
They reach for dreams like a shining star.
Believing in who they truly are,
Every child can reach the stars. ⭐✨

By Darsh Pandey
4C

Connection or Correction

As educators, our role extends far beyond delivering lessons and correcting mistakes. In the primary years especially, children thrive not just on instruction, but on meaningful relationships. Building a strong connection with students often proves far more impactful than continuous correction. When children feel seen, heard, and valued, they become more receptive to learning. A warm smile, a few words of encouragement, or simply listening to their thoughts can create a safe and supportive environment. In such a space, students are more willing to take risks, ask questions and learn from their mistakes without fear.

While correction is an essential part of teaching, excessive focus on errors can sometimes discourage young learners. It may affect their confidence and reduce their enthusiasm for learning. On the other hand, when correction is balanced with empathy and understanding, it becomes constructive rather than critical.

Connection builds trust and trust enhances learning. When students trust their teachers, they are more likely to accept guidance and improve willingly. A connected classroom fosters positivity, cooperation, and a genuine love for learning.

As a primary coordinator, I strongly believe that nurturing relationships with our students should remain at the heart of our teaching practices. When we connect first and correct thoughtfully, we not only teach better—we inspire better learners.

By Ms.Neha Das
Primary Coordinator

The Dying Dog

It was December 2012. I had gone with my mother to my native place, Perdoor, for my grandmother's Vaikuntha Samaradhane, a ceremony marking the day the Atman leaves this world and unites with the Parmatman. I was never particularly close to this grandmother of mine, but my mother insisted, and I decided to tag along. I also needed the break. I had just walked away from a toxic job at a multinational company and was craving the kind of freedom that only open skies and unhurried days can offer.

My leisure days passed gently, walking through open fields, chatting with cousins, visiting temples. But as those quiet days were drawing to a close, I came across our pet dog, Bolli, lying in a shallow mud pit, groaning in a low eerie sound and staring up at the sky. Bolli had grown very old and frail. The once beautiful white dog had become a grey bundle of sticks, a shadow of the lively creature I once knew.

Being a dog lover, I had always played freely with dogs. But the sight of Bolli stirred something uncomfortable in me. My shallow self recoiled from approaching her. Unable to bear the sound, I stopped my uncle who was passing by and asked, "Why is Bolli howling?" He glanced over, said simply that she was dying and talking to God, and walked on, as casually as if it were nothing new.

That moment stopped me cold. Something shifted inside me that I had never felt before. I thought about how we are all connected, and yet how we each leave this mortal world utterly alone. I imagined Bolli quietly recounting her life, surrendering herself to the Parmatman without resistance, without clinging.

And then I thought about us, humans. How we beg people to stay by our deathbeds. How, till our very last breath, we think of those we are leaving behind rather than the spirit within us that is finally ready to be free. Bolli, in her quiet surrender, seemed more at peace with dying than most of us ever are with living.

By Ms. Sucheta Shetty
Secondary Coordinator

माझ्या भावना

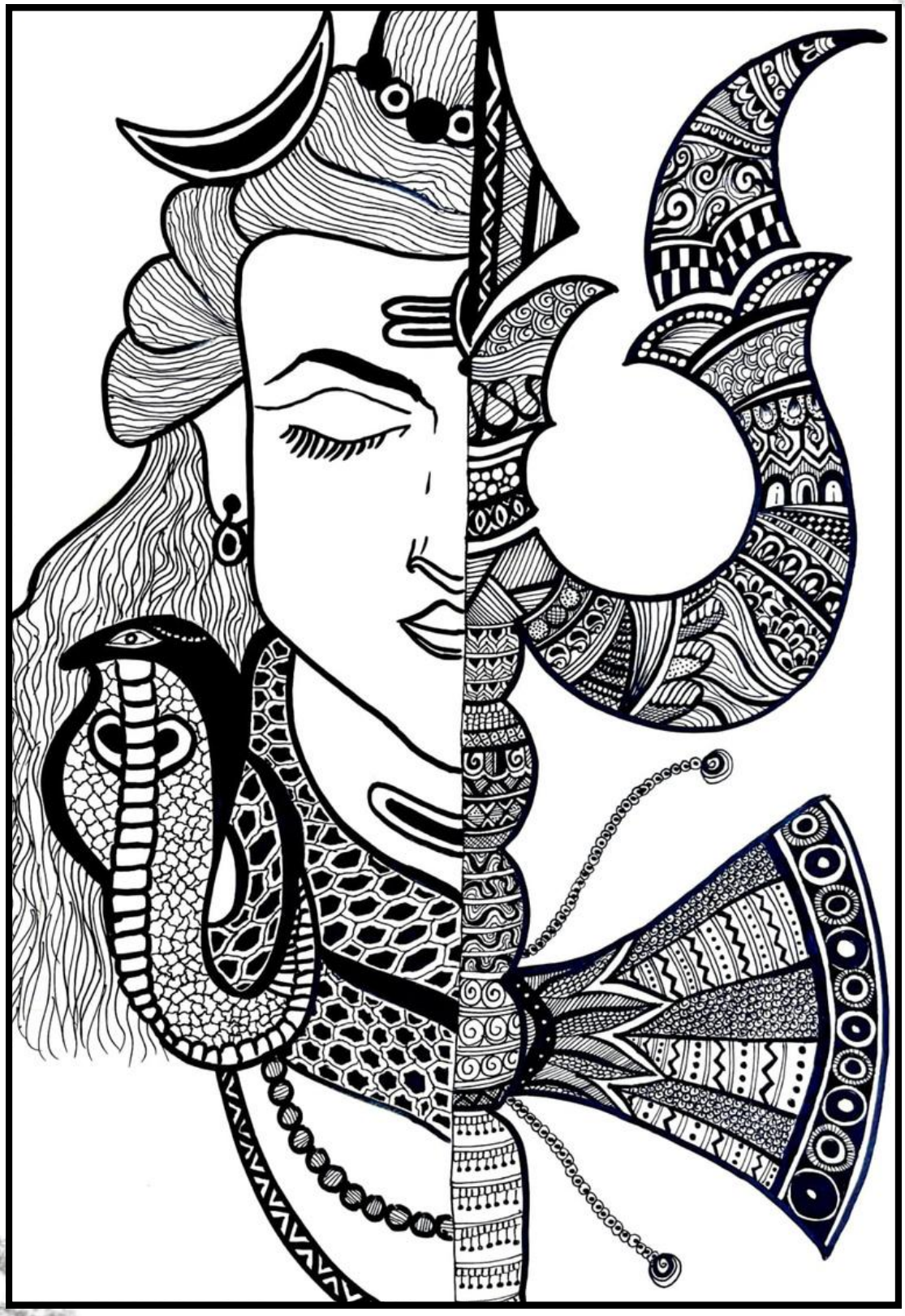
माझ्या भावना निळ्या आकाशाच्या काठावर
हलकेच तरंगणाऱ्या ढगांसारख्या,
कधी रुपेरी उन्हात चमकणाऱ्या,
कधी पावसाच्या सरींनी ओलावणाऱ्या।

मनाच्या गाभाऱ्यात दडलेली स्वप्ने
गंधित फुलांसारखी उमलतात,
आशेच्या किरणांनी स्पर्श होताच
ती नव्या उमेदीनं खुलतात।

कधी आनंदाचा सागर उसळतो,
तर कधी दुःखाची शांत लाट येते;
पण प्रत्येक भावनेतून माझं मन
जगण्याचं नवं गाणं गाते।

माझ्या भावना म्हणजे इंद्रधनुष्य—
रंग वेगवेगळे, अर्थ निराळे;
त्यांच्यामुळेच जीवन माझं
सुंदर, समृद्ध आणि उजळलेले।

श्रीमती. मानसी मिलिंद टेंबे



By Ms. Kanchi Hindocha


Veggie Delights
Healthy & Flavorful Recipes
"Super-Power" Rajma
Pita Bread Veggie Pizza
Delicious & Nutritious!
Rajma & Sweet Potato Tikkis

Pita Bread Veggie Pizza 🍕

A healthy twist to pizza—crispy, quick, and loaded with veggies!
A perfect snack option that combines taste and nutrition, making it a favourite for children.

🛒 **Ingredients**

2-4 pita bread rounds
½ cup pizza sauce (or tomato ketchup)
1 cup grated cheese
½ cup chopped vegetables (capsicum, onions, tomatoes, corn, olives)
1 tsp mixed herbs / oregano
½ tsp chilli flakes (optional)
Salt to taste

👩‍🍳 **Method**

1. Preheat
 Preheat the oven to 180°C. (You can also use a pan or tawa as an alternative.)
2. Base Preparation
 Place the pita bread rounds on a baking tray.
3. Spread the Sauce
 Evenly spread pizza sauce or ketchup over each pita base.
4. Add Veggies
 Top with chopped vegetables of your choice.
5. Cheese Layer
 Sprinkle grated cheese generously over the toppings.
6. Seasoning
 Add oregano, chilli flakes (optional), and a pinch of salt.
7. Bake
 Bake for 8-10 minutes until the cheese melts and the edges turn crispy.
8. Serve
 Slice into pieces and serve hot.

🍱 Tiffin Tip

Pack mini slices for easy eating
Add a small dip (ketchup or mayo)
Include fresh fruits for a balanced meal



By Mavis Dsouza
Supervisor
HMPS ICSE

The "Super-Power" Rajma & Zesty Sweet Potato Tikkis

A healthy, delicious snack packed with energy and goodness! These tikkis are the ultimate playground fuel—rich in fiber and protein, yet irresistibly crispy and tasty. A perfect addition to your child's tiffin!



🛒 **Ingredients** (The Power-Pack Inventory)

- The Muscle: 200g rajma (kidney beans), soaked
- The Energy: 3 sweet potatoes
- The Crunch: 2 onions, finely chopped
- The Aromatics: 6 garlic cloves (minced) & fresh coriander (a handful)
    - The Spice Squad:Salt
    - Chilly powder
    - Garam masala
    - Coriander powder
    - Chaat masala
    - A pinch of turmeric



👨‍🍳 **Method** (The Game Plan)

1. The Soften-Up

Pressure cook the rajma and sweet potatoes until soft and easy to mash.

Pro Tip: Peel the sweet potatoes while they are still warm—it's quick and easy!

2. The Mash-Up Party

In a large bowl, mash the cooked rajma and sweet potatoes into a smooth, lump-free mixture.

3. Spice It Up

Add chopped onions, garlic, and fresh coriander. Mix in all the spices—turmeric, chilly powder, salt, coriander powder, and garam masala. Finish with chaat masala for a tangy twist.

4. Shape & Coat

Form small lemon-sized balls and flatten them into evenly shaped tikkis.

5. The Sizzle

Heat a little oil in a pan and cook the tikkis on medium flame. Flip gently until both sides turn golden brown and crisp.



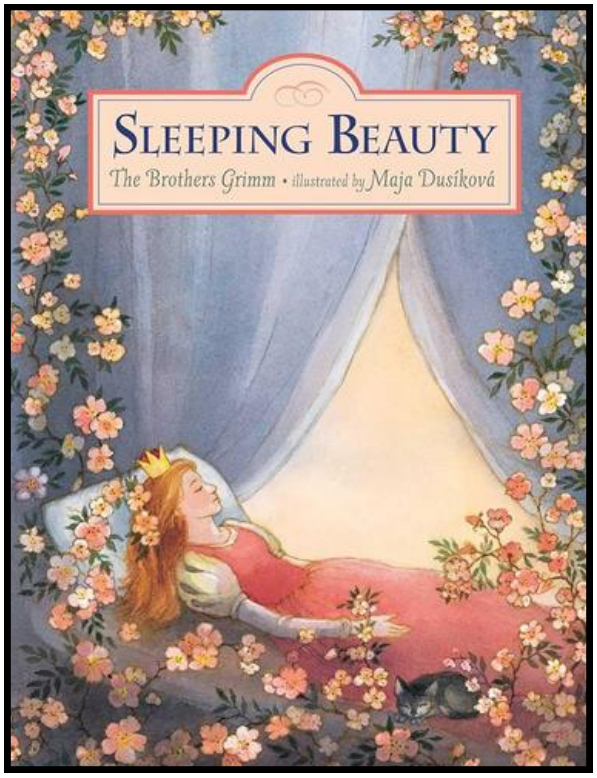
🍱 Tiffin Assembly Ideas

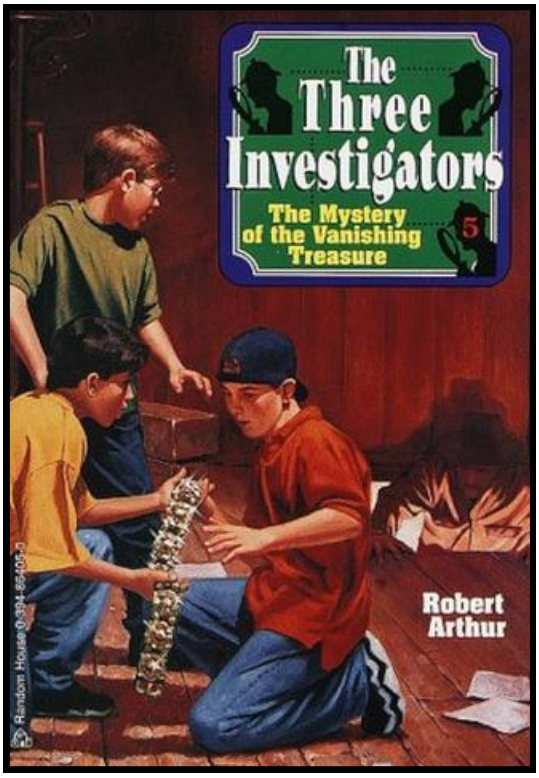
- Main: 3-4 warm tikkis
- Side: Mint chutney or ketchup
- Sweet Treat: Fresh fruits like apple slices or grapes

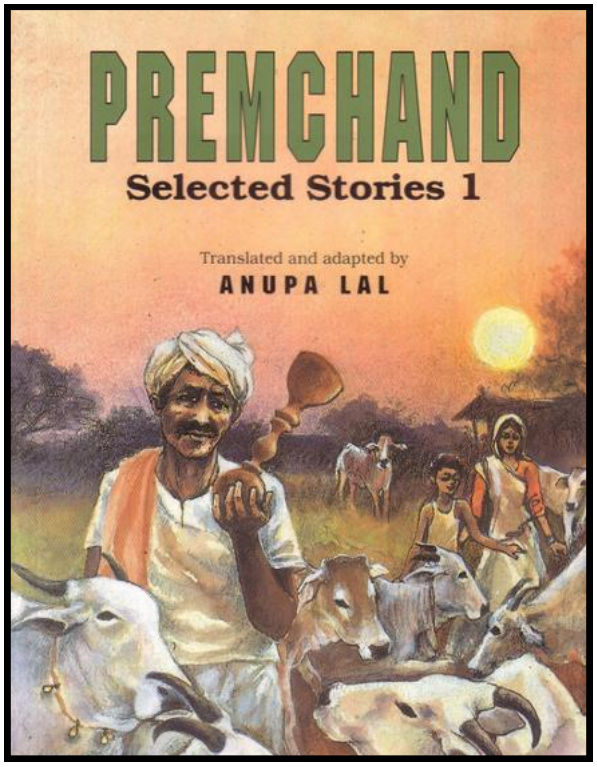
By Dharra Thakkar
Parent of Dhunn & Dharmann
Grade 3

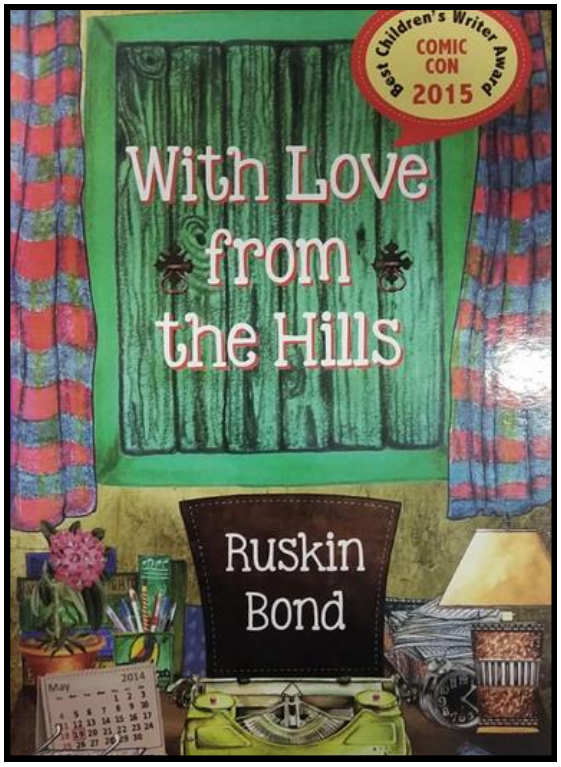

Library
Treasures:
Unlock the Joy
of Reading

Trending on Our Shelves



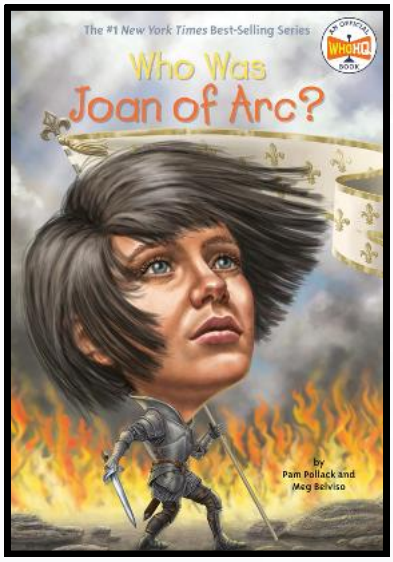


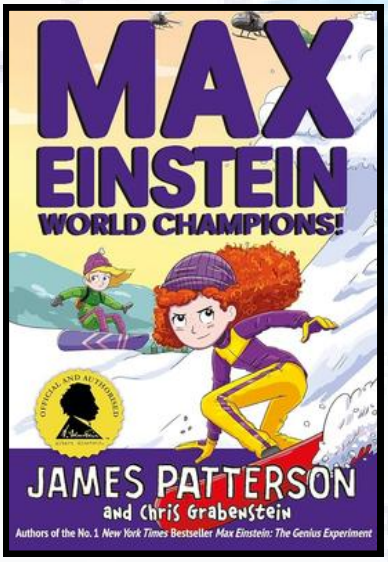




Explore & Read: New Arrivals

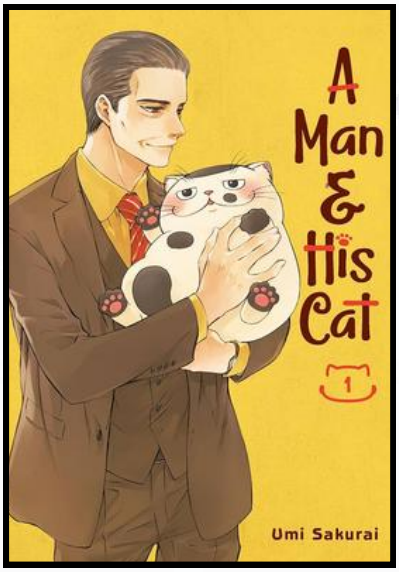




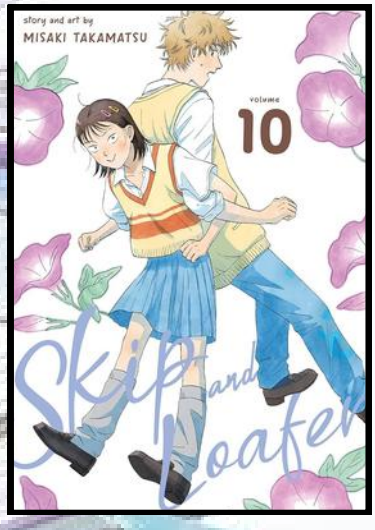




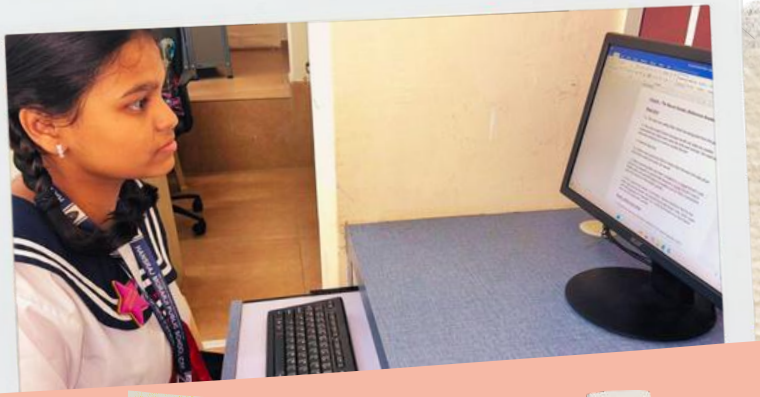














editorial team

And just like that, Tattva 2.0 is a wrap.

Honestly, we cannot believe how fast this year went. The late nights, the endless edits, the last minute panics... and somehow, here we are at the final page.

To everyone who contributed, whether it was an article, a photograph, a recipe, or just an idea you were not sure about, thank you. This chronicle was never really ours. It was always yours. We just put it together.

We hope something in these pages made you smile, think, or maybe even head straight to the kitchen. Every bit of it was made with care and, admittedly, a fair bit of chaos.

A massive thank you to Dharni teacher and Ashwini teacher for keeping us on track throughout. We genuinely could not have done it without them.

Scan the QR code below and let us know what you loved and what you would like to see next time. We are already excited for what is coming.

Until then, keep creating and keep sharing your stories.

With love,
The Editorial Team,
Tattva








Learning,
growing,
expressing
तत्त्वस्य
आत्मा
प्रवर्तते।
The spirit of Tattva continues...