



Name : कमलेश दिवशी तानकर

Class / Div : F.Y.B. Com / C Roll No.: 01

Article Title : गुढी पाडवा

गुढी पाडवा चे आध्यात्मिक, नैसर्गिक, सामाजिक महत्व

गुढीपाडव्याचे आध्यात्मिक महत्व

गुढीचा आकार हा मानवी शरीर प्रतीत करतो. गुढीवरील कुलडा हा गोलाकार असून तो मानवी मस्तक आणि कळक (बांबू) हा माणसाचे शरीर किंवा पाठीचा कणा दर्शवतो.

नव्या गोष्टींचा आरंभ म्हणजे पाडवा. पाडव्याच्या दिवशी नवीन कामांना सुरुवात करणे आध्यात्मिकद्विष्टा शुभ मानले जाते. पाडव्याच्या दिवशी सुरु केलेली कामे यशस्वी होतात असे मानले जाते.

असे मानले जाते कि जेव्हा ब्रह्मदेवाने सृष्टी निर्माण केली तो दिवस गुढीपाडव्याचा होता आणि त्याच वेळी सत्ययुगाची सुरुवात झाली. त्यामुळे गुढीपाडव्याला आध्यात्मिक महत्व आहे.

राम ज्या दिवशी आपला वनवास संपवून आणि शवणाचा पराभव करून अयोध्येत परत आले त्यावेळी प्रजेने त्यांचे गुढ्या, तोरणे आणि ध्वज उभारून स्वागत केले. आणि तो दिवस गुढीपाडव्याचा होता असे मानले जाते.



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गुढीपाडव्याने नैसर्गिक महत्त्व

चैत्र महिन्यापासून हिवाळ्याची थंडी कमी होते आणि उन्हाळ्याला सुरुवात होते. गुढीपाडव्याच्या दिवशी कुडुलिंबाची पाने खाल्ली जातात. जी मानवी शरीरासाठी अतिशय लाभदायी आहेत. कुडुलिंबाची पाने अंधोळीच्या पाण्यात टाकल्याने शरीराला थंडावा मिळतो. कुडुलिंब पित्ताचा नाश करते आणि त्वचेसाठीही अतिशय लाभदायक असते.

गुढीपाडव्याच्या दशम्यान हवामान समशीतोष्ण आणि उत्प्राहवर्धक असते. झाडांची पाने हि शिशिर ऋतूमध्ये गळून गेली असतात तर गुढीपाडव्याच्या सुमारास झाडांना नवीन पालवी फुटत असते. सभोवतालची झाडे वृक्षवल्ली टवटवीत दिसतात.

गुढीपाडव्याने सामाजिक महत्त्व

गुढीपाडवा हा अतिशय शुभ दिवस मानला जातो. त्यावेळी हाती घेतलेले काम यशस्वी होते असे मानले जाते.

गुढीपाडव्याच्या दिवाशी लोक आपल्या पारंपरिक पोषाखासह एकत्र समजतात, एकमेकांना शुभेच्छा देतात. ज्यामुळे सामाजिक बांधिलकी जोपासली जाते.



Name : कमलेश दिलीप तानकर

Class / Div : F.Y. B. Com / C Roll No.: 01

Article Title : गृही पाउवा

गृहीपाउव्याच्या दिवाशी पाष्याच्या घड्याचे दान देणे शुभ मानले जाते. त्यातून असे सूचित होते कि गृहीपाउव्याचा दिवाशी लोकांची मत्त आणि दानधर्म करणे शुभ असते.

गृहीपाउवा कासा साजरा केल्या जातो?

चैत्र हा हिंदू पंचांगाचा पहिला महिना. चैत्र महिन्याचा पहिला दिवस म्हणजे गृहीपाउवा. गृहीपाउवा हा एक हिंदू सण असून तो शूप मोठ्या उत्साहाने साजरा केला जातो. गृहीपाउव्याच्या दिवाशी महाराष्ट्रासह्ये लोक आपल्या घराच्या प्रवेशद्वारासमोर गृही उभारून हा दिवस साजरा करतात. त्यादिवशी बांबूच्या लांब काठीच्या वरका टोकाशी लांब्याचा कलश, एक वस्त्र, कुडुलिंबाची पाने आणि साखरेचे बत्ताशी लावून, पूजा करून घराबाहेर दाराजवळ हि गृही उभारली जाते. गृहीभोवती शंभोळी काढली जाते आणि फुले वाहिली जातात. नैवेद्यासाठी गोडघोड बनवले जाते.



Name : NAMRATA.A

Class / Div : XI - SCIENCE Roll No.: 627

Article Title : ATTITUDES.

## ATTITUDES

We live in a world filled with danger.  
Speeding cars, machinery run amok, and other terrors  
Yet the greatest threat to our safety is not from our  
tools

But from our own loose attitudes and unthinking  
errors

Cars are a part of every modern life  
when used with common sense and some skill  
But add a driver intoxicated or careless of others  
and you have a device used to maintain and kill  
Every piece of machinery that is used  
From bulldozer, to power saw to towering crane  
is harmless until it is in the hands of an unthinking user.  
Then it becomes a tool of destruction and pain.  
The greatest threat to anyone's safety  
is the attitude of the careless or the know-it-all  
For those who do not care about the safety of  
Everyone

Are an immediate threat to us all  
An attitude of safety first for all  
Needs to be developed and evident every day  
If we are to prevent accidents and harm to  
Everyone

In each of life's quickly passing days.



Name: Kanajiya Sonu

Class / Div: FYJC / G1 Roll No.: 73

Article Title: On the Road to School.

On the Road to School.

There comes the break of dawn,  
Get up children, as it is morn.

Now, you should get ready and go to school,  
With the bag, books, Tiffin and Water cool.

On the road to school, be very careful.  
Walk on the footpath and don't be playful.  
No running when you walk on the road,  
Use only the zebra Crossing to cross the road.  
Be cautious and Obey the golden rule,  
First, look to your right  
Then, look to your left  
Look to the right again  
Walk and cross if no traffic  
Reach your school safe and sound.



Name : Gourav Rajal Akhilesh

Class / Div : F.Y.T.C/6 Roll No.: 37

Article Title : Use the Zebra Crossing

## Use the Zebra Crossing.

When you cross the road  
to the other side,  
Always use the Zebra Crossing  
Remember the rules to abide.

Stripes of Black and white laid on road.  
As in the skin of Zebra  
Stretching next to the traffic light  
And this is Zebra Crossing

When the light is red  
and the traffic stops  
Walk on the Zebra Crossing,  
never run or hop.



Name: Arushī Tukaram Joshi

Class / Div: FYB Com / A Roll No.: 51

Article Title: World Health Day

World Health Day isn't all about hand-washing and healthy eating. It is a day observed worldwide by government and non-government health organizations focusing on promoting healthier living habits that increase the life expectancy of people around the world. There are organized activities, pledges and support plan such as conferences for health workers, briefings for local politicians, informational displays for children and young people, public marches and demonstrations, as well as free or easy access to medical tests. Debates on related topics, art exhibitions, essay writing competitions and award ceremonies also take place on World Health Day. This special day has become a collective action aimed at globally human health and well-being.

\* World Health Day @ Work.

Having a living doesn't need to cost you your health. There are plenty of things you can do to make sure you stay healthy and happy at work.



Name : Arushii Jitkumar Joshi

Class / Div : FY. Bcom / A Roll No.: 51

Article Title : World Health Day

\* Stay germ free! Wash your hands. Thousands of germs are just waiting to make you sick. Get out the disinfectant and clean your phone, keyboard and anything else that you use frequently. Avoid direct contact with coworkers who are sick.

\* Eat breakfast:

It has been proven that people who eat breakfast are healthier.

\* Think exercise:

If you take public transportation, get off one stop early, take the stairs instead of the elevator, park further in the lot.

\* Drink water:

Staying hydrated keep you energized and prevents you from thinking you're hungry.

\* Don't skip lunch:

Eating a healthy lunch is an important part of a balance diet.





Name: Arushika Tukaram Joshi

Class / Div: FY B Com/A Roll No.: 51

Article Title: World Health Day

\* Plan ahead and keep healthy snacks handy: Dark chocolate (yes chocolate), almonds, raisins and fresh fruit are not only delicious but also boost your immune system.

\* Be Beware of mental fatigue: Keep beautiful and personal objects in sight - they have a way of relaxing frayed nerves.

\* Don't ignore stress: Symptoms include a pounding heart or palpitations, a dry mouth, headaches, odd aches and pains.

\* Avoid overworked muscles and take regular breaks: Repetitive strain injury (RSI) is more likely to occur if you spend long period without a break. Sit properly and use a speaker-phone, a shoulder cradle, or use a headset at work when you're on the phone.



Name : अमोल .के. पाटील

Class / Div : F.Y.B.com / C Roll No.: 73

Article Title : BEST FRIEND

मना वाढायचं तिचं माझ्यावर जिवोपाड प्रेम आहे,  
फक्त मी विचारायची देरी हे आहे ...

मनाही ती प्रचंड आवडायची

जेव्हा ती मना आपला 'BEST FRIEND' म्हणायची,

मनातलं बुध्दित फोडायची,

नाडात येणून बीनायची,

मटकं रागावायची,

माझ्याशी भांडायची,

शप्पा मारायची

माझ्या कविता हुकायची,

त्मांना उत्सुकते दाद घायची.

माझ्यावर प्रेम करायची ...

पण मना माहित नव्हतं, ती मना

फक्त आपला 'BEST FRIEND' मानायची.



Name: MEHTA MEET JAGDISH

Class / Div: FYBCom - A Roll No.: 63

Article Title:

વૃત્તગમલ

છેલ્લે ખિસ્સામાં તપાસ કરતાં પોકા વચ્ચે નીકળે,  
એ રીતે પકાકયાં રમેશ, ઘરમાં ખુલ્લી જગા નીકળે!

ગીચો ગીચ ગલી અવાજ ઘરનાં ટોળા અને માકગસો,  
છે કોની મગદૂર આ નગરની સામસામા નીકળે!

આ મારુ ઘર હોયને ઘરનીને ખાલોશિયું,  
તો એમાં વરસાદ કયાંક વરસ્યા જેવી ખિન્ના નીકળે.

રસ્તાઓ રજા કરે નગરમાં મંજર સર્પો સામા,  
ને એની અપટીય કોઈ ઘરમાંથી ના દવા નીકળે.

પોતાનાં જુદીક સ્વપ્ન લઈને આ કાફલા વાચ છે,  
એની અંતરિયાળ લૂંટ કરવા રસ્તા બધા નીકળે.

દુર્યા તાબકતોજ રીતસરના વેચાય એના રમેશ,  
હમો જે ક્યારેક આ નગરમાં આંસુ વર્ષા નીકળે.