

Ayaas



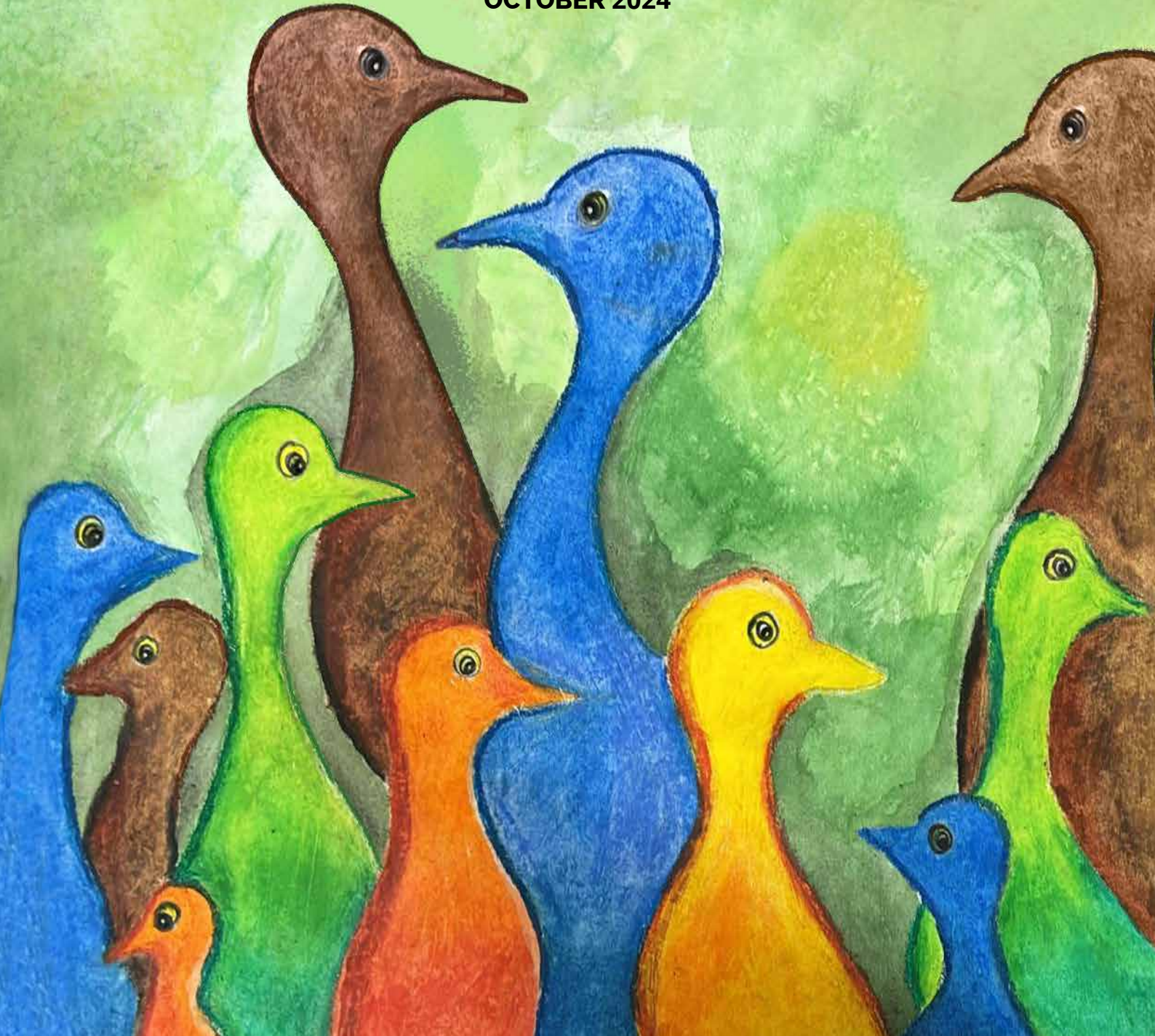
Prayas

# पानेहीरा

नित्य एक नया क्षितिज

JASOLA VIHAR

OCTOBER 2024



*Be yourself, because an original is always worth more than a copy.*

## From the President's Desk



Since a decade, we at Ayaas Prayas, have been publishing our Ayaas Prayas yearly magazine. It's purpose is not only to update about our yearly activities and achievements but also to give a sense of direction to our young students.

However, it's our duty to introspect and see as to what we do, what we lack and where we need to bring about changes and encourage our children for further improvement.

It gives me a sense of great pride and pleasure to see that children are getting deeply aware of the importance of attaining education and avail of subsequent job opportunities that may have been facilitated.

In this technical era, along with attaining educational qualifications, their total attention has been grabbed by Social Media. During Covid their reach and exposure to Mobiles and Computer learning had also increased. This is though a welcome learning, but students today are losing out on the creative part of learning and exploration. The interest in reading physical books and writing creative articles, has been deep drowned. They are forgetting the old methods of sending written messages, which were a form of precis writing. Just imagine the excitement when we received and wrote letters and telegrams. That excitement is nowhere in SMS OR EMAILS. The human touch of letters, vocabulary and expressions adopted from our elders' hand-written letters have completely become a History.

Our vision at Ayaas Prayas is to rekindle and develop their interest in reading and writing; children who can think with sensitivity, pen down their imagination or trace their creative instincts through music, dance or art and translate them into their professional lives.

This magazine showcases and encourages them to look at the society, imagine it's improvement and incorporate that in their in their lives which will give their grown up selves a new direction, a new thought and work towards making an ideal society.

With Warm Regards

**Kaumudi Sharma**

किसी ने एक विद्वान से पूछा कि महान व्यक्ति कौन है ? उन्होंने उत्तर दिया कि महान वह है, जो छोटे-बड़े, ऊंच-नीच को एक साथ लेकर चलता है। इस पर मैंने विचार किया तो समझ आया कि 'संतुलित व्यवस्था' ही महानता की द्योतक है। इसे ज़रा और गहराई से सोचें तो समझ में आता है कि आज हम असंतुलन से घिरे हैं। मानसिक असंतुलन, हमारी सकारात्मकता ऊर्जा को जकड़ लेता है। चारों ओर का वातावरण, पर्यावरण, मुद्रा स्फीति (inflation), व्यावहारिक अनिश्चितता, व्यवसायिक असंतुष्टि, तकनीकी निर्भरता, कल्पना का अभाव, अविश्वास, इन सबने हमें एक ऐसे भंवर में डुबो दिया है कि हम उससे

निकल नहीं पा रहे हैं। ऐसे में विचारों की उथल-पथल मानव के अंतरतम को रुग्ण और नकारात्मक बनाती है। आवश्यकता है इस विकार के निष्कासन की। 'आयास-प्रयास युवाओं को एक संतुलित वक्तित्व में ढालने का प्रयास है। उन्हें शिक्षा, योग, नृत्य, संगीत और चित्रकला आदि विषयों से परिचित करवाकर एक संवेदनशील व्यक्तित्व से संपन्न करना चाहता है। और फिर युवा मानस के स्वस्थ मानसिक विकास के लिए उनकी काल्पनिक विचारधारा को एक तागे में पिरोने का प्रयास सफलता की शिखर तक ले जाता है है। इस तरह तैयार की गई पत्रिका हमारी युवा पीढ़ी का परिमार्जन करके उनके उन विचारों से हमारा साक्षात करवाती है जी उनके और हमारे बीच की खाई को पाटने का काम करते है। हम अपनी वार्षिक पत्रिका को समाज के प्रत्येक वर्ग के दर्पण के रूप में देखते हैं। यहाँ छात्र अपनी कल्पना, लेखन, नृत्य, चित्रकला और गायन को मुद्रित रूप में देख आह्लादित होते हैं और समाज के समृद्ध वर्ग के लेखकों को पढ़कर उनकी सोच, विचारधारा और तौर-तरीकों को सीखकर इतने परिपक्व बनते हैं कि देश और समाज के नव स्वरूप का निर्माण कर सकें।

**कौमुदी शर्मा।**

## My Vision



Our foremost goal is to ensure that the children under our care receive a well-rounded education and holistic development. We believe that education goes beyond textbooks. Our educational focus is designed to provide a strong academic foundation, ensuring that every child has the knowledge and skills to succeed in their studies. However, we recognize that to truly prepare them for the future, we must also focus on their overall development. This includes physical, emotional, and creative growth. To foster physical well-being, we have integrated yoga into their daily routine. Yoga not only keeps them fit but also teaches them discipline, mindfulness, and mental resilience. It helps children stay balanced and calm, improving their ability to focus on their studies and handle life's challenges with a clear mind.

In addition to academics and physical health, we place great importance on nurturing creativity and self-expression. Various skills are taught at Ayaas Prayas, including drawing, music, dance, and other creative activities. These help children discover and develop their talents, build self-confidence, and encourage teamwork and communication skills, which are essential in today's world. A key aspect of our mission is to ensure that these children are not only educated but also empowered to support themselves. Our major interest lies in providing vocational training and skills that allow them to earn while they continue their studies. This is crucial, as it helps them become self-sufficient, gain practical experience, and secure their futures. By learning skills that are in demand, they can balance education with earning opportunities, paving the way for a sustainable and prosperous life.

Ultimately, our vision at Ayaas Prayas is to create an environment where children can thrive academically, physically, and emotionally, while also equipping them with the skills to lead independent and fulfilling lives. We are committed to giving them the best possible foundation, ensuring that they grow into responsible, self-reliant, and well-rounded individuals who can contribute positively to society.

**Charu Lamba -Secretary Ayaas Prayas**

*आपका सपना सच हो, इससे पहले आपको सपना देखना होगा। - एपीजे अब्दुल कलाम*

*The only way to do great work is to love what you do.*



**Dr. Savita Sekhri**  
Director Oscar Medicare Pvt. Ltd.

## The Telescopic Outlook: A Vision of Hope and Hard Work

In a world where the gap between privilege widens every day, there are still pockets of humanity that dedicate themselves to bridging this divide. One such beacon of hope is the NGO - Ayaas Prayas founded by Mrs. Kaumudi Sharma. (Ex DPS Teacher). Their mission is simple, yet powerful: to uplift underprivileged children, offering them the opportunities they deserve, and integrating them into mainstream society with dignity and confidence.

The inspiring figure behind this transformative organization is its founder, Mrs. Kaumudi Sharma. With a vision to bring about meaningful change, she has not only empowered children but also given purpose to the women in the community around her. Recognizing that many women had time on their hands, Kaumudi instilled a new sense of meaning in their lives by involving them in the NGO's noble cause. These women, driven by compassion and a desire to contribute, have now become instrumental in shaping the futures of the children under the NGO's care.

At the heart of this noble endeavor is this army of teachers, many of whom are these very women, dedicating themselves selflessly to the cause. These educators are the backbone of the NGO, working tirelessly not for personal gain but for the brighter futures of the children they serve. Through this collective effort, they are instilling knowledge, values, and a sense of belonging in children who have often been sidelined by society. Their work is not just about education, but empowerment - they are making these children capable of standing on their own feet, polishing their skills, and nurturing their potential.

The NGO also excels at fundraising, ensuring that these children have access to the resources they need. From providing basic education to life skills training, the organization is committed to molding these children into self-sufficient individuals. Many have gone on to achieve great things, and in one shining example, a young student from the program even became an Agniveer, a testament to the strength of character and determination instilled in him. Beyond academics, the NGO emphasizes inclusivity, offering these children exposure to the broader society, where they learn the importance of community and shared responsibility.

With every initiative, this NGO is making a tangible difference, embodying the true essence of "Ayaas Prayas". Thanks to the vision of Kaumudi Sharma and the dedication of the teachers and volunteers, their work is not only a testament to what can be achieved when people come together for a cause, but also a reminder that hard work and compassion can change the world, one child at a time.

*Oscar Medicare wishes you and your team lots of more milestones & good luck!!*

## A Stranger's Perspective on Ayaas Prayas Charitable Trust: A Beacon of Hope for Delhi's Youth

Walking through the bustling streets of New Delhi, one might not immediately notice the quiet yet impactful presence of Ayaas Prayas Charitable Trust. However, for those who take a moment to delve deeper, this NGO reveals itself as a beacon of hope and transformation.



As an outsider, the first encounter with Ayaas Prayas is often through their vibrant online presence. Their website, [ayaasprayas.org](http://ayaasprayas.org), showcases a myriad of activities and initiatives aimed at uplifting underprivileged children through education and holistic development. The site is filled with heartwarming stories and testimonials that speak volumes about the organization's dedication and impact.

Upon visiting their premises, one is greeted by an atmosphere of enthusiasm and learning. The classrooms are abuzz with students of all ages, eagerly participating in lessons. Ayaas Prayas takes pride in its academic programs, offering classes from nursery to class XII. The success stories of their students, many of whom aspire to become Army officers and IAS officers, are a testament to the quality of education and motivation provided here.

Ayaas Prayas is not just about academics. The organization actively engages with the community through various events and competitions. For instance, their drawing competition saw participation from 400 students, with each child receiving recognition for their efforts. Such initiatives foster a sense of achievement and belonging among the children, encouraging them to strive for excellence.

As a stranger, witnessing the work of Ayaas Prayas is both humbling and inspiring. The dedication of Mrs. Kaumudi Sharma, staff, the enthusiasm of the students, and the support from the community create a powerful synergy that drives the organization forward. Ayaas Prayas Charitable Trust is more than just an NGO; it is a testament to the transformative power of education and community support.

In conclusion, Ayaas Prayas Charitable Trust stands as a shining example of how focused efforts and a compassionate approach can bring about significant change. For anyone looking to make a difference, supporting such organizations can be a step towards a brighter, more equitable future.

**Rohit Sharma**

*अगर आप गलत हैं तो माफी मांग ले, अपने गलत कार्य को सही साबित करने के लिए तर्क ना दें ।*

*Happiness is not by chance, but by choice.*

## Unity is Beauty



**KAUMUDI SHARMA**  
President



**SUPRIYA AGARWAL**  
Vice-President



**CHARU LAMBA**  
General Secretary



**SONIA JAIN**  
Treasurer



**VANDITA DIXIT**  
Co-Treasurer



**JAYA KUMAR**  
Software Editor



**ISHPREET SAHNI**  
Editor



**BHAVNA KHEMANI**  
Public Relation Officer



**RAJSHREE SEEM**  
Theater Director



**ANITA SAINI**  
Public Relation Advisor



**GITIKA MUNJAL**  
Environment Advisor



**SHALINI AGARWAL**  
Art Designer

*छोटा लक्ष्य अपराध है, लक्ष्य बड़ा रखें। - एपीजे अब्दुल कलाम*

*Kindness is the language which the deaf can hear and the blind can see.*

## Unity is Beauty



**PADMA SRINIVASAN**  
Advisor



**KIRAN CHAWLA**  
Yoga Specialist



**DOLLY TYAGI**  
Yoga Specialist



**VEENU ARORA**  
Educational Advisor



**GEETA AGGARWAL**  
Media Advisor



**SONIA DADOO**  
Art Analyst



**BANISHA SETHI**  
Special Teacher

## Our Brilliant Associates



**Sheetal (Music)**



**Harun**  
(Dance)



**Gunjan Dutta**  
(Computers)



**Ankita Singh**  
(Trainee)



**Amrit Kapoor**  
(Drawing)

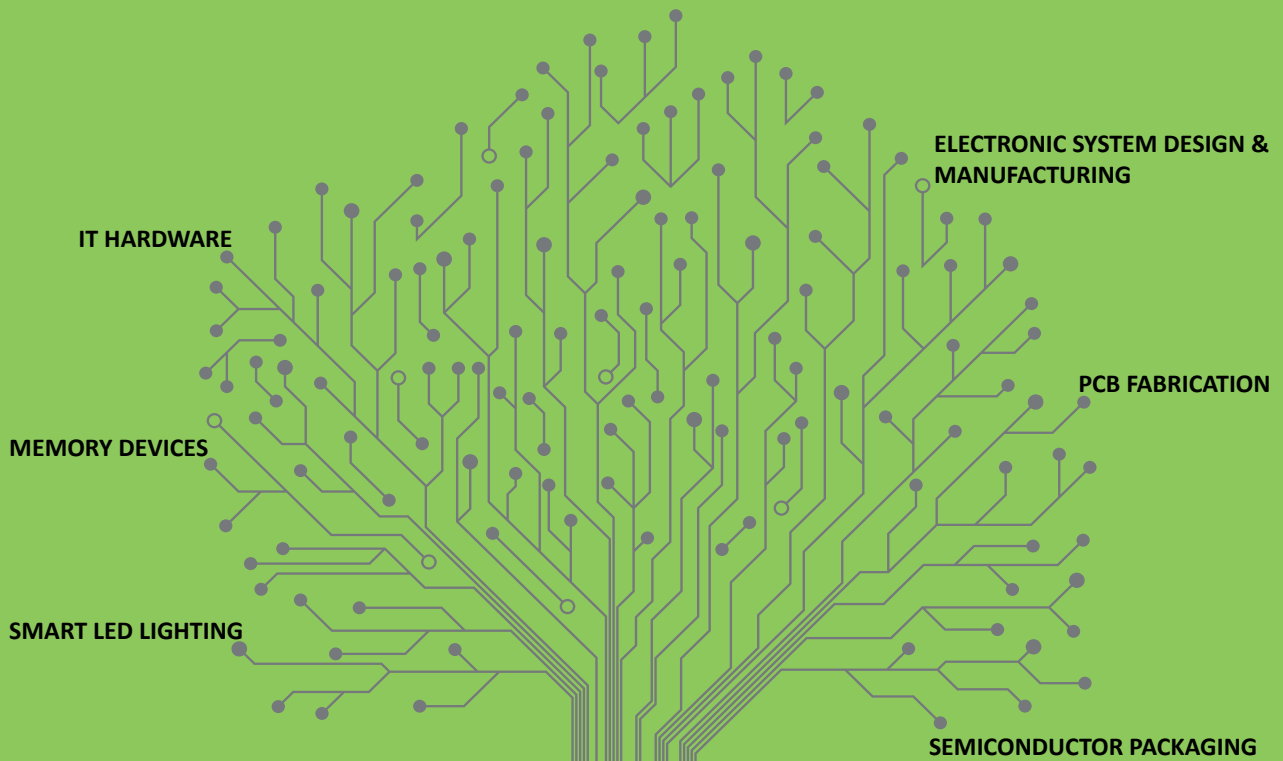
*जीवन एक मुश्किल खेल है। आप इंसान होने के अपने जन्मजात अधिकार को बरकरार रखते हुए ही इसे जीत सकते हैं। - एपीजे अब्दुल कलाम*



# Piramal

*With best wishes  
for Navratri  
and Diwali*



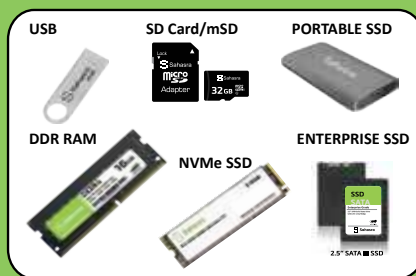


# Sahasra

## IT HARDWARE



## MEMORY DEVICES



## SMART LED LIGHTING



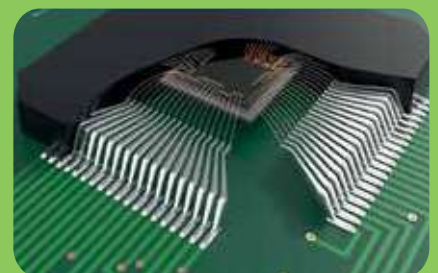
## ELECTRONIC SYSTEM DESIGN & MANUFACTURING



## PCB FABRICATION



## SEMICONDUCTOR PACKAGING



[www.sahasraelectronics.com](http://www.sahasraelectronics.com)

*You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.*

## CHILDREN IN ACTION YOGA



## PLANTATION DRIVE



*यदि आप सूरज की तरह चमकना चाहते हैं, तो पहले सूरज की तरह जलें। - एपीजे अब्दुल कलाम*

*You don't have to be perfect to be amazing.*

## Organ Donation

I believe that ensuring children lead a healthy life should be a top priority. One of the key elements of a healthy lifestyle is the practice of yoga, which not only improves physical strength but also nurtures mental well-being. Yoga helps children develop discipline, flexibility, and mindfulness, allowing them to cope with the stresses of modern life.

However, a growing concern today is the impact of unhealthy lifestyles, which can lead to chronic diseases and organ damage. It's essential for children to understand that neglecting their health can have long-term consequences, including the need for organ transplantation. Unfortunately, there is a shortage of organs available for transplant, and this highlights the critical importance of organ donation.

Organ donation is a powerful act of kindness and humanity, where one person's gift can save or significantly improve the lives of others. In many cases, individuals suffering from life-threatening conditions such as kidney failure, liver disease, or heart problems depend on organ transplants for survival. However, the unfortunate reality is that there is a severe shortage of available organs, leaving many patients on waiting lists with uncertain futures.

This is why raising awareness about organ donation, especially among children and young people, is so important. It's essential that they understand how lifestyle choices can affect their health and the health of their organs. By maintaining good health, they reduce their risk of requiring organ transplants later in life. But beyond that, they can also make a tremendous difference by learning about organ donation and potentially registering as donors when they are of age.

Organ donation is not just a medical decision—it is a profound act of altruism that transcends barriers of age, race, or nationality. A single donor can save up to eight lives through organ donation and improve the lives of many more through tissue donation. Educating children from a young age about this selfless act will cultivate a more compassionate society that values life and understands the critical need for organ donors.

By instilling these values in our children, we can create a future where fewer lives are lost due to the unavailability of organs and more individuals are empowered to make informed decisions about their health and the well-being of others.

**Charu Lamba**



## The Magic of Gratitude

In a world often dominated by stress and negativity, the simple act of gratitude can be a powerful antidote. The magic of gratitude lies not just in the feeling it evokes but in the profound effects it can have on our mental, emotional, and even physical well-being.

### Why is gratitude magical?

Research consistently shows that practicing gratitude can lead to improved mental health.

Individuals who regularly express gratitude report higher levels of happiness and lower levels of depression. This is largely because gratitude shifts our focus from what we lack to what we have, fostering a positive outlook on life.

Gratitude also impacts our physical health. Grateful individuals tend to engage in healthier behaviors, such as exercising regularly and attending routine check-ups. They report fewer ailments and experience more energy, making gratitude not just a mental exercise but a holistic one.

### How can we practice gratitude?

1. Gratitude Journaling: Set aside a few minutes each day to write down three things you're grateful for. This practice helps reinforce positive thinking and encourages mindfulness.
2. Express Appreciation: Take time to express your gratitude to others, whether through a handwritten note, a text, or a heartfelt conversation.
3. Mindful Reflection: Spend a moment each day reflecting on the positive experiences you encountered. This could be as simple as appreciating a warm cup of coffee or a kind word from a friend.
4. Gratitude Rituals: Incorporate gratitude into existing routines. For example, share what you're grateful for during family meals.

Incorporating gratitude into our daily life can transform our perspective, fostering a more positive and fulfilling existence.

**RUCHIKA AGARWAL**

*"कुछ लोग सफलता का सपना देखते हैं, जबकि अन्य लोग हर सुबह उठकर इसे पूरा करते हैं।" ~वेन हुइजेंगा*

## एक व्यंग

“मैं तेरा खून पी जाऊँगा”, उसने सीधा मेरे कान के पास यह खतरनाक एलान कर दिया था। मैं सकते में आ गया। हिम्मत करके मैंने उससे पूछा - क्यों भाई मैंने ऐसा क्या कर दिया कि तुम आपसे बाहर हुए जा रहे हो।

‘अपने गिरेबान में झाँक कर देखो और फिर बताओ, तुमने क्या किया था’।

मुझे याद आया मैंने उसके तीन साथियों को मसल कर खतम कर दिया था।

‘अब आया याद’

‘लेकिन मैंने अपने बचाव में ऐसा किया था।’

वह भड़क गया - ‘और तुमसे उम्मीद भी क्या की जा सकती है, कायर इंसान, भूख से बेहाल तीन जन को तुमने बिना किसी वॉर्निंग के कुचल दिया। एकदम बेरहम हो तुम’।

‘अरे यार इतना गुस्सा मत करो, यह तो हम लोगों का नॉर्मल बर्ताव होता है।’

‘वाह वाह, क्या बढ़िया नॉर्मल है, यह क्यों नहीं कहते कि तुम हम लोगों को जीने ही नहीं देना चाहते। नयी नयी टर्म बनाकर अपने आपको उचित ठहराना चाहते हो। शर्म आनी चाहिए’।

‘कमाल है, तुम हमारा खून पी लो और हम तुम्हें सज़ा भी ना दें?’

‘सज़ा !, वह चीख उठा, तुम होते कौन हो हमें सज़ा देने वाले। किसने तुम्हें यह हक दिया है?’

‘हक हमें किसी से नहीं चाहिए, हम खुद सक्षम हैं।’

‘क्या बात है, यह बोलो कि अपने से कमजोर क्रौम को खत्म करना ही तुम्हारी चाहत है। बेरहम हो तुम सब।’

‘रहम की बात तो तुम करो ही मत। तुम तो छोटे मासूम बच्चों का भी खून मज़े लेकर चूसते हो’।

‘बस बस रहने दो यह झूठी दलीलें अपने पास। हम तो भूलकर भी बच्चों को ना छुएँ, पर, तुम्हीं ने हमें मजबूर किया है।’

‘वो कैसे’, मैं अवाक हो गया इस आरोप पर।

‘समझाता हूँ। यह तो तुम नकार नहीं सकते कि तुम हो चुके हो मोटी चमड़ी वाले और चिकने घड़े। कौन खून चूस सकता है ऐसे लोगों का। अब बोलो क्या रास्ता छोड़ा है तुमने हमारे लिए।’

‘अच्छा !!! सारी गलती हमारी है और तुम्हारे

सज़ा !, वह चीख उठा, तुम होते कौन हो हमें सज़ा देने वाले। किसने तुम्हें यह हक दिया है?’

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अच्छा !!! सारी गलती हमारी है और तुम्हारे लालच का क्या? पेट भर जाये, फट जाये, पर खून चूसना नहीं छोड़ोगे।’

अब वह थोड़ा नरम हुआ - ‘इसमें हमारा कोई कसूर नहीं है। तुम्हें पता है कि हमारी ज़िन्दगी सिर्फ़ तीन दिन की होती है और उसमें भी कभी कभी भूखे पेट

मरना होता है। तुम लोगों की तरह हम किसी का हक नहीं मारते और ना ही किसी को लूट सकते हैं।’

‘जब भगवान ने ही तुम्हें ऐसा बनाया है तो हमारा क्या दोष’।

‘ओ पापात्मा, भगवान का नाम वो ले जो उसे माने, तुम जैसे पाखंडी नहीं।’

क्या? क्या मतलब?’

‘तुम सिर्फ़ मंदिर बनवाते हो केवल अपने पाप छिपाने के लिए। और असल में क्या हो? दुनिया भर का झूठ, फ़रेब, लालच, कहाँ तक गिनवाऊँ।’

‘कितने ही बल्कि तुम व्यापार करते हो। पैसा इसीलिए चढ़ाते हो कि भगवान से मुनाफ़ा लपक लो। या फिर अखबार, टीवी पर तुम्हारी तारीफ़ छपे। असल में तुमसे बड़ा पाखंडी, बेरहम और भावना शून्य कोई हो ही नहीं सकता।’

‘अरे अरे, यह नए नए इल्ज़ाम किस बिना पर?’

तो सुनो - हमारे साथ क्या करते हो? कभी मसलते हो, कभी गैस, कभी खतरनाक केमिकल और जाने क्या-क्या स्प्रे करते हो हम पर। और अब तो इलेक्ट्रिक करंट लगाने में भी अपना खेल समझते हो। यह सब क्या कोई इंसान कर सकता है। इसीलिए तुम हैवान हो और कुछ नहीं।’

मैं हैरान, परेशान उसकी बातें सुन रहा था। वह बोलता ही गया, और तुमसे भी आगे निकल गए हैं अमरीका जैसे देश जो कहने को बहुत तरक्की कर चुके हैं। ‘अब कहाँ की कहाँ उड़ान भर रहे हो। किया क्या है उन देशों ने?’

‘इतने भोले ना बनो, तुम अच्छी तरह जानते हो। अमरीका जैसे देशों ने ने तो हमारी पूरी क्रौम ही खत्म कर दी। ऐसों से उम्मीद भी क्या करें जिन्होंने अपने असली पूर्वज रेड इंडियंस को ही खत्म कर दिया। वहाँ हमारी कौन सुनेगा।’

‘यह सब बात फ़िज़ूल है। उनका अपना गॉड, अपने कर्म; उनसे हमें क्या मतलब?’

‘चलो ठीक है, तुम अपने ही कर्म से ही मतलब रखो। अब हमें पैदा किया है तुमने, तो पालना भी तुम्हीं को पड़ेगा।’

‘यह क्या नयी बकवास शुरू कर दी है तुमने’।

‘कमाल है, पहले हमें पैदा करते हो, फिर मानने से भी मना करते हो। वैसे ही, जैसे तुम अपने नाजायज़ बच्चे, खास कर बेटियाँ, पैदा करने पर उन्हें अपना नहीं मानते और खत्म करने की तरिके सोचते रहते हो।’

‘अब तो हद ही कर दी है तुमने, क्या अंट संट बके जा रहे हो? तुम्हारे पैदा होने से मेरा क्या रिश्ता है।’

बड़े व्यंग से वह बोला, ‘क्यों हर जगह गंदगी क्या हम फैलाते हैं या कि तुम? नालियाँ कौन साफ़ नहीं करता? नालों में पानी कौन सड़ने देता है? हद कर दी है तुमने, गंगा जैसी पवित्र नदी को भी नहीं छोड़ा, हर शहर की गंदगी उसमें डालते ही जा रहे हो।’

‘चुप रहो, यह सब मेरा नहीं सरकार का काम है’।

‘तुम कहाँ कुछ मानने वाले हो। वैसे भी अब और ज़्यादा बहस करने का ना तो टाइम है और मैं भूख से मरने वाला हूँ। अगर भगवान पर तुम्हारा रती भर भी विश्वास है, तो मुझे अपनी मन पसंद जगह से अपना पेट भर लेने दो। बाक़ी बहस फिर कभी कर लेंगे।’

मेरे कुछ कहने से पहले ही 5-6 मच्छर मेरे दोनों गालों पर चिपक गए और ताबड़तोड़ मेरा खून चूसना शुरू कर दिया। यानी कि जो कहा कर के दिखाया। मेरे गुस्से की सीमा ना रही। मैंने अपने दोनों हाथों से अपने गालों पर तमाचा दे मारा। सारे मच्छर एक वार में ही मर गए। शायद वे इस भ्रम में थे की इतनी बहस की बाद मेरी अंतरात्मा जागृत हो गयी होगी और मैं ऐसा कुछ नहीं करूँगा।

अपने दोनों हाथों में अपना खून देखकर मेरे होठों पर विजयी होने की कुटिल मुस्कान थी.

विजय

सफल लोग कोई अलग काम नहीं करते वह बस अलग तरीके से काम करते हैं।

*The more you read, the more things you will know. The more that you learn, the more places you'll go.*

## DRAMA



## BIRTHDAY CELEBRATION



*जो लोग मन से काम नहीं कर सकते, उन्हें जो सफलता मिलती है वो खोखली और आधी-अधूरी होती है जिससे आसपास कड़वाहट फैलती है। - एपीजे अब्दुल कलाम*

*It's not what you look at that matters, it's what you see.*

## AYAAS PRAYAS AT OTHER ORGANISATIONS OLD HOME VISIT



## DRAWING COMPETITION

at Gopal Sanskriti Kala Mandal, Kalkaji (Regd.)



On the occasion of  
**Krishna Janamashtami**  
at RCD Manthan in association with Ayaas Prayas  
organised Ice Cream Bhandara in Jasola



## Ayass Prayas Honored by WORK



*इंसान को मुश्किलों की जरूरत पड़ती है क्योंकि सफलता का आनंद उठाने के लिए ये मुश्किल बहुत ज़रूरी हैं। - एपीजे अब्दुल कलाम*

*Every day is a new adventure. Make the most of it.*

## Drawing Competition at Inner Wheel Club, District 301



## Children Adopted by Ayaas Prayas at Welfare Home for children, Sarita Vihar



## Bag Distribution at Sai Probidhini

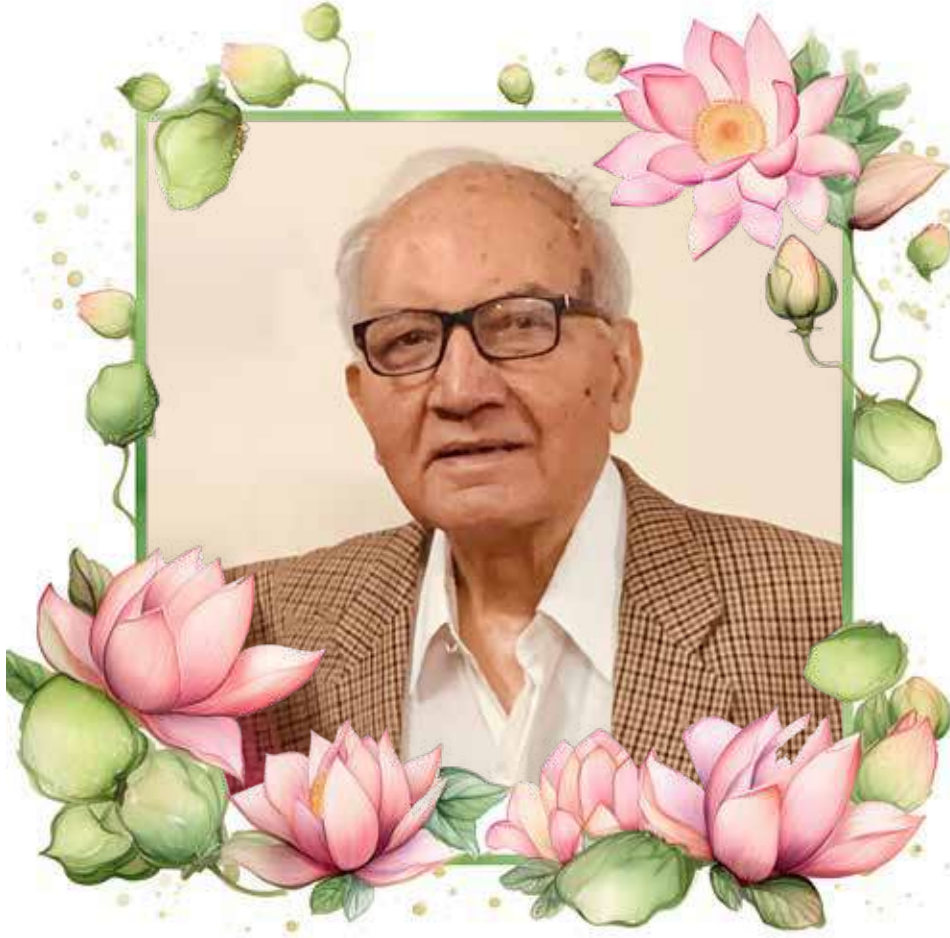


## Ayaas Prayas Teachers being honored by IWD 301



आसमान की तरफ देखिए। हम अकेले नहीं हैं। पूरा ब्रह्मांड हमारा दोस्त है और वो उन्हीं को सबसे सर्वोत्तम देता है जो सपने देखते हैं, मेहनत करते हैं - एपीजे अब्दुल कलाम

*Imagination is more important than knowledge.*



## In the Memory of Mr. Surinder Sharma

### ऐसी घड़ी

कैसी घड़ी है ये जीवन की अंतिम कड़ी है  
जब कोइ चाहने वाला साथ छोड़ जाता है  
अपना मुस्कराहट भरा चेहरा, यादों में बसा जाता है  
उच्चकोटि का दर्जा और विचार  
ऊंचा कद्दार, प्रतिमा हो जैसे किसी  
फ़िल्मी कलाकार की  
गल्लत नहीं होगा अगर  
अपने कालेज टाईम में  
प्रेम चोपड़ा कहलाते थे।  
सुनी थी यह बात आपके ही हसते होंठों से  
कुछ आपके संग बीते पल,  
फिर बातों में दोहराएंगे  
दिल में बसी आपकी छवि  
चित्र देखकर ही प्रसन्न हो जायेंगे  
आपको शत-शत नमन कर अपना शीश झुकायेंगे।

सोनिया के शब्द आयास-प्रयास सदस्यों के भाव

### श्रद्धांजलि

बहुत याद आते हैं आप  
आप यहाँ हैं, यहाँ हैं, यहाँ हैं,  
आप कहाँ नहीं हैं ?  
आयास-प्रयास के ज़र्रे-ज़र्रे में बसे हैं।  
द्वार खुलते ही दिखने वाला मुस्कराता चेहरा  
आँखों के सामने आता है  
आपका न होना  
हर पल मन गहराता है  
आपके आशीष, आपके भाव, आपके विचार  
आज भी हमारी सोच को देते हैं नई धार  
कौन कहता है कि आप नहीं हैं हमारे साथ?

*"खुशी कुछ तैयार नहीं होती, यह आपकी खुद की क्रियाओं से आती है।" – दलाई लामा*

*A little progress each day adds up to big results.*

## PERSONAL NARRATIVE - VYOM SHARMA



"It was the best of times, it was the worst of times." Charles Dickens probably wrote this quote for me because that's how I felt when I started playing tennis. My name is Vyom Sharma and I know how it feels to lose one of your favorite passions to do something else in your life. When I started playing tennis, I left my soccer team which I have played on for 4 years without a goalie. At that time, soccer and table tennis were my favorite passions in the world. I wanted to be a pro ping pong and soccer goalie. When I started to play tennis, my whole life changed.

I have signed up for a rather ambitious goal in a challenging sport, so I want to tell you about the people who are helping me get there. My mom is a pretty normal mom. She is probably the most well-read person I have met yet. She also reminds me about the value of health, fitness, and friendships. On the other hand, my dad is a totally different story. While my mom studies a lot, he is a case of sports. Usually, every day in the morning, he takes me to play tennis for an hour and a half at 6:00 at Hamilton park. He helps me in the gym and never lets me skip a day of tennis.

Moguli, better known as Bogulis, is a master at barking. If someone drops a tissue outside our door, he will bark until they leave. He is the tiniest dog in the world but probably has the biggest mouth. Sometimes, it's just funny, and sometimes

frustrating. So his bed is right next to mine, and my mom and dad are in the other room. For some reason, he comes to me and starts barking. Every night. It's just so annoying. Honestly, I don't know what I would do without him.

Do you like sports? I do. I am an all-star at tennis and just cranked to the top 25 in the state. I play every day and I have a UTR (universal tennis ranking) of 3.6. I used to play soccer and was the starting goalie on my team. I also play table tennis and have already won some tournaments in that sport!

If you think I don't have a life and all I do is tennis, then you're wrong. I love music and my favorite band is Coldplay. I also play video games with my friends a lot too. I'm great at Brawl Stars, Minecraft, Roblox, and Fortnite. I have a YouTube channel called VRJ that I made a few weeks ago. It's not doing great, but I'm pretty sure it will get much better in the future. Also, if tennis doesn't work out for me, then I aspire to be a lawyer. A lot of my friends tell me that I'm very good at arguing. I take that as a compliment and my first step to being a great lawyer.

Well, that is all there is to say about myself. What do you do in your life? Do you play sports, or do you aspire to be a lawyer, or other things? Whatever it is, good luck, and see you next time!

## INDEPENDENCE DAY CELEBRATION



*"तीन शब्दों में मैंने जो जीवन के बारे में सीखा है, वह है - it goes on (जिंदगी चलती रहती है)" - रोबर्ट फ्रॉस्ट*

# With Best Wishes

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## मेरी पहली मोबाइल फिल्म

फिल्म बनाना एक सपना होता है, और मैंने अपना ये सपना बिना किसी खर्च के पूरा किया। मेरी पहली मोबाइल फिल्म का सफर शुरू हुआ जब मैंने देखा कि आज कल हर किसी के पास स्मार्टफोन है। इसने मुझे प्रेरित किया कि क्यों ना मैं भी अपने ख्यालों को एक कहानी में बदल दूँ।

मैंने सोचा कि एक सिंपल कहानी ले कर आगे बढ़ूंगा। मेरी फिल्म का प्लॉट एक छोटी सी गांव की कहानी पर आधारित था, जहां एक लड़का अपने सपने के पीछे भागता है। मैंने अपने दोस्त और परिवार को कास्ट किया, क्योंकि उन्होंने मैंने किसी पैसे का भविष्य नहीं दिया था। सबने इस आइडिया को सपोर्ट किया और हमने अपनी फिल्म की शूटिंग शुरू की।

मुझे पता था कि संसाधन सीमित हैं, लेकिन रचनात्मकता कोई नहीं होती। मैंने अपने स्मार्टफोन का कैमरा इस्तमाल किया है, जो आज कल काफी अच्छी क्वालिटी का हो गया है। दोस्तों के साथ मिल कर मैंने अलग-अलग लोकेशन चुनी—गांव के खुले खेत, नदी के किनारे, और छत पर। हर सीन को बिना किसी बजट के, खुद से डिजाइन किया गया।

शूटिंग के बाद, मैंने वीडियो एडिटिंग ऐप्स का सहारा लिया, जो फ्री हैं। मैंने अपने फोन पर ही फुटेज को एडिट किया, म्यूजिक और साउंड इफेक्ट्स भी फ्री सोर्स के लिए लिए। एडिटिंग के दौरान मैंने देखा कि किस तरह से छोटी-छोटी बातें फिल्म को बेहतर बना सकती हैं।

शूटिंग के बाद, मैंने वीडियो एडिटिंग ऐप्स का सहारा लिया, जो फ्री हैं। मैंने अपने फोन पर ही फुटेज को एडिट किया, म्यूजिक और साउंड इफेक्ट्स मेरे पसंदीदा स्थानों में से एक है “हिमालय”। हर साल, मैं वहाँ की अद्भुत प्राकृतिक सुंदरता और शांति का अनुभव करने के लिए जाता हूँ। जब मैं हिमालय पहुंचता हूँ, तो मुझे बर्फ से ढके पहाड़, हरे-भरे वन और साफ हवा का आनंद मिलता है। यहाँ की ठंडी जलवायु और ताजगी मेरे मन को भा जाती है।

हिमालय में स्थित छोटे-छोटे गाँवों की सादगी और वहाँ के लोगों की मेहमाननवाजी मुझे बहुत पसंद है। मैंने वहाँ ट्रेकिंग की है, जो एक रोमांचक अनुभव होता है। ट्रेकिंग करते समय, मैं खूबसूरत झीलों और फूलों के बागों के बीच से गुजरता हूँ। यहाँ की शांति मुझे मानसिक सुकून देती है।

सुबह की पहली किरणों के साथ जब सूरज उगता है, तो पहाड़ों का नजारा देखने लायक होता है। मैं अक्सर वहाँ की स्थानीय संस्कृति और खान-पान का भी आनंद लेता हूँ। हिमालय की चाय और स्थानीय भोजन का स्वाद अद्वितीय होता है।

मेरे लिए, हिमालय केवल एक पर्यटन स्थल नहीं है, बल्कि यह एक स्थान है जहाँ मैं खुद को खोजता हूँ। वहाँ की प्राकृतिक सुंदरता और शांति ने मेरे दिल में एक खास जगह बना ली है। मैं हमेशा वहाँ लौटने की इच्छा रखता हूँ, ताकि फिर से उस अद्भुत अनुभव का आनंद ले सकूँ।

भी फ्री सोर्स के लिए लिए। एडिटिंग के दौरान मैंने देखा कि किस तरह से छोटी-छोटी बातें फिल्म को बेहतर बना सकती हैं।

मेरी पहली मोबाइल फिल्म से मुझे ये सीखने को मिला कि अगर आपके पास समर्थन और जुनून है, तो कोई भी बात आपको रोक नहीं सकती। आज के डिजिटल दौर में, हर किसी के पास फिल्म निर्माण के लिए जरूरी उपकरण हैं। बस एक अच्छी कहानी और थोड़ी रचनात्मकता चाहिए।

ये सफर सिर्फ एक शुरुआत थी। मैंने सोचा है कि अगला प्रोजेक्ट और भी बेहतर बनाने की कोशिश करूंगा। आखिर, हर फिल्म एक नया अनुभव है!

सत्यम कुमार

## The most memorable day of my life

“I went to a cricket stadium and had a very special day. When I got there, I saw many people excited and cheering for their team. I was cheering for my team too!

Before the game started, I walked around and saw how big and nice the stadium was. There were thousands of people all excited about cricket!

When the game ended, my team won! I was so happy and proud of them. This was one of the best days of my life and I'll always remember it.”

Mayank Maurya, Class -11th

## I met a person working on machine who was physically challenged

As I watched, a remarkable individual worked tirelessly on a machine, their hands moving deftly despite the physical challenges they faced. Born with a condition that affected their mobility, this person had never let their disability define them. Instead, they had developed incredible adaptability and resilience, learning to navigate the world in their own unique way. With a fierce determination in their eyes, they worked with precision and skill, their hands moving in a blur of motion as they coaxed the machine to life. It was a testament to their unwavering spirit and unrelenting passion that they had not only learned to overcome their physical limitations but had also discovered a sense of purpose and belonging in their work. As I observed, I felt a deep sense of admiration and respect for this individual, who embodied the true meaning of strength and perseverance. Their story served as a powerful reminder that physical challenges do not dictate one's potential and that with courage, determination, and a refusal to be limited, anything is possible.

“I feel extremely inspired and moved when I think about him. His determination and fighting spirit have deeply impacted me. I am inspired by his courage and confidence, which motivated him to overcome his physical limitations and achieve his goals.

I have deep respect and admiration for him, who didn't let his disability define his life. His story reminds me that no challenge in life can stop us if we have determination and a fighting spirit.

I am inspired by his hard work and dedication, which helped him achieve his goals. I am grateful to meet people like him and be inspired by their stories, which help me see life from a new perspective.”

Abhinav Kumar Singh, Class-7th

*“उठो जागो और लक्ष्य प्राप्ति तक मत रुको।” – स्वामी विवेकानंद*

*Every child is a different kind of flower, and all together make this world a beautiful garden.*

# ART



*दीयों से नहीं, अपनी ओर दूसरों की ज़िंदगी सिर्फ और सिर्फ शिक्षा से ही रौशन कर सकते है।*

*Believe you can, and you're halfway there.*



## When I Met Bhargav: A Lesson in Strength and Determination

As a learner and acquirer of knowledge, I often hear stories about overcoming challenges, but meeting Bhargav, a 22-year-old software developer, left a lasting impact on me. Bhargav, who was born with a defect in his legs and uses a wheelchair, works with such incredible efficiency and focus that I forgot about his physical condition while watching him.

I met Bhargav during a school visit to his office on Wednesday. I was always excited to learn about the world of technology, but I didn't expect to meet someone as inspiring as him. Despite his physical challenges, Bhargav was confident, approachable, and extremely skilled at his job. As I observed him at his desk, I saw him move swiftly between tasks, coding complex software without missing a beat. His ability to concentrate and deliver results impressed not only me but his colleagues too.

During our conversation, Bhargav opened up about his struggles. "I've had difficulty walking since birth due to a defect in my legs. I rely on a wheelchair for mobility, but I've never let that hold me back," he shared. Hearing this was both humbling and inspiring because, at my age, I often complain about small things. Here was someone who had faced a life-long challenge but chose to focus on his abilities rather than his limitations.

Bhargav's routine also struck me. He starts his day early, exercising to keep himself physically fit. He told me that regular exercise helps him stay strong and independent. By the time he reaches work, he's ready to dive into his tasks with full concentration. I asked him how he manages to stay motivated despite the difficulties. He smiled and said, "The more people

doubt me, the more determined I become to prove them wrong. My legs may not support me, but my mind is free, and that's what matters most."

Bhargav's words resonated with me deeply. He doesn't view his condition as an obstacle but rather as something that fuels his desire to succeed. He shared stories of how he faced teasing and doubt growing up, but instead of letting those moments break him, they made him stronger. His achievements today are a reflection of his hard work and mindset.

Before I left, Bhargav gave me some advice that I will never forget. He said, "Life will always throw challenges your way, but you can either let them define you or use them to grow. I choose the latter." His words echoed in my mind long after I left his office.

Meeting Bhargav made me realize that physical challenges don't define a person's success—attitude and determination do. His ability to rise above his difficulties has changed the way I see my own challenges. Whenever I struggle with schoolwork or feel discouraged, I now remember Bhargav and how he never let his disability stop him. If he can overcome such great odds, I can certainly push through my smaller problems.

Bhargav's journey is a reminder to all of us that no challenge is too big if you have the willpower to overcome it. He taught me that true strength isn't about physical ability; it's about mental toughness and the belief that you can achieve anything you set your mind to. I will always carry his story with me as a source of inspiration and motivation.

**Rohit Kumar Yadav**

*"बड़ा काम करने का एकमात्र रास्ता है, वह है आपके काम से प्यार करना।" – स्टीव जॉब्स*

**Rotary**



*With Best Wishes*

**Rotary Club of Delhi Gurgaon**

**Rotary**



*With Best Wishes*

**Rotary Club of Faridabad Arth**

*With Best Wishes*

**Renu Mudgil  
&  
Dev Mudgil**



*With best wishes*

**MEDILAB**

*With best wishes*



**Inner Wheel Club of  
Delhi Greater Kailash**

*With best wishes*

**Semantics  
Trans Pvt. Ltd.**

**Translation Services  
New Delhi**

*With best wishes*

**MALARISHI**

## आयास-प्रयास मेरे लिए...

### ...दूसरी माँ का ममत्व है

आयास-प्रयास वह संस्था है, जिसने मुझसे मेरी पहचान करवाई। मैं एक introvert लडकी थी। आत्मविश्वास की कमी के कारण बहुत कम बोलती थी। मैं अपनी ही कुशलताओं से अपरिचित थी। आयास-प्रयास में प्रवेश किया तो जाना कि मैं अच्छा अभिनय कर सकती हूँ। ड्राइंग और पेंटिंग के मुझमें गुण हैं। यह जानकार तो मैं और भी अचंभित थी कि मैं सभा संचालन करने के भी गुण रखती हूँ। आयास-प्रयास ने मुझे माँ की तरह अपनी गोद में बिठाकर मेरे गुणों को संवारा। कुछ ही समय पहले मी दादी की मृत्यु हुई। घर के सभी सदस्य रो रहे थे, परन्तु मेरी आँखों में एक भी आंसू नहीं था, शायद इसका कारण था कि मुझे आयास-प्रयास में कौमुदी मैम के रूप में मेरी दादी मुझे मिल चुकी थीं। रिश्ते जन्म से ही नहीं दिल से भी बनते हैं। यह रिश्ता मेरा प्यार का रिश्ता है, दिल का रिश्ता है। मुझे सम्पूर्ण जीवन का सुख देने के लिए आयास-प्रयास को जितना धन्यवाद कहूँ, उतना कम है।



दीपिका (ग्यारहवीं)

### ...मंदिर है

आयास-प्रयास मेरे लिए एक ऐसी संस्था है जिसके समक्ष मैं नतमस्तक हूँ। आयास-प्रयास ने मुझे केवल पढ़ना ही नहीं सिखाया, अपितु अनेक गतिविधियाँ भी सीखकर उनमें प्रतियोगिता स्तर पर हिस्सा भी लिया। कभी जीतकर मुस्कराई और कभी हारकर रोई। दोनों ही स्थितिओं में अलग तरह की सीख थी। यहाँ आकर मैंने स्वयं को जाना कि मैं जो स्वयं को गुणहीन समझती हूँ, उसमें बहुत से गुण छेपे थे जो धीरे-धीरे दिखाई देने लगे हिन। यहाँ की अध्यापिकाएँ सद्व्यवहार, व्यक्तित्व-विकास करवाती हैं। शुरू में मैं यहाँ आते हुए घबराती थी, परन्तु अब गर्व महसूस करती हूँ। मैं आयास-प्रयास को शुक्रिया अदा करना चाहती हूँ। आयास-प्रयास वास्तव में पाठशाला नहीं हमारे लिए मंदिर है।



मुस्कान (ग्यारहवीं)

### ...Masti Ki Pathshala

We often use this expression, without knowing it's meaning. When I joined Ayaas Prayas and spent a few days here. I realized here I am learning, enjoying and having a fun too. Where else can we have so much of Masti along with studies. We don't even come to know, how our syllabus is covered, when do we learn? one thing is for sure that we are always happy at Ayaas Prayas. There what we learn, we couldn't have learnt any where else. Recently, I was asked to participate in the puppet show, in which we were suppose to create our own puppets and then narrate a motivating story. This was the first time I wrote and narrated a story in the public. After this Ayaas Prayas gave me a chance to prepare my PPT on sports and showcase in the Public. This was first time I learnt how to make PPT. The more fun was I won second prize in the competition. I love Ayaas Prayas. I enjoy every single minute here. If all schools were like this the learning would have been a fun for all the children, not a burden.



Manisha

### ...मेरा स्वाभिमान

आयास-प्रयास ने मेरी छिपी प्रतिभाओं को सक्रिय किया और मुझे वह सब करने को प्रेरित किया, जो मुझमें कहीं न कहीं छिपी थीं। मैं जब बहुत छोटी थी तब बहुत शौक से ड्राइंग करती थी। समय के बीतने के साथ-साथ मैंने इसे भुला दिया था। आयास प्रयास में आने के बाद मैंने जाना कि यह कला मेरे अन्दर अभी भी अंगड़ाई ले रही थी और यहाँ की अध्यापिकाओं ने इसे अब इतना निखार दिया है कि व्यावसायिक दक्षता ग्रहण करने लगी है। इसके अतिरिक्त मैं अभिनय और नृत्य में भी स्वयं को बहुत कुशल पाती हूँ। इस से मेरा आत्मविश्वास बढ़ने लगा है और अब इससे मेरे स्वाभिमान को भी बल मिल रहा है।



काजल

## सर्व गुण संपन्न अयास प्रयास

मैं जब अयास प्रयास से जुड़ा तो मैं 9 वी कक्षा में था। उस समय मेरा मन पढ़ाई में बिल्कुल भी नहीं लगता था। मैं स्कूल जाना भी छोड़ दिया था। उसके बाद मैं आयास प्रयास से जुड़ा, यहाँ आने के बाद मुझे लगा कि जिंदगी में पढ़ाई ही सब कुछ नहीं है। क्योंकि यहाँ पर बच्चों को पढ़ाई के साथ साथ खेल-कूद, चित्र बनाना, नाचना, गाना, कंप्यूटर, सिलाई इत्यादि ऐसे बहुत से चीज सिखाई जाती है। और मैं खुद यहाँ पर बहुत सी चीजे सीखता हूँ।

विवेक पांडेय

### ...My personality building institute

My personality building institute when I joined ayaas prayas I new only I part of my personality that was going to school coming back and aboy the elders after joining this institute I realised my birth and understood my skills in different activities how should I be great full to ayaas prayas who has made me a complete human who has a personality to be love now I am confident a dance and actor and a public speaker to I and my parents feel proud to see me develop in a desirable attractive human. Thank you Ayaas Prayas

Mayank

### ...My Family for Me

'Don't judge a book by it's cover' I have heard it many times and understand the meaning after coming to Ayaas Prayas. Kaumudi Sharma running the NGO looks strict and short tempered, but after coming in her contact I found her just the opposite. She is a kind of person who gave me the feeling of the head of the family and us her own family. The beauty of this NGO lies in the atmosphere at Ayaas Prayas, the feeling of own-ness to all the students they cater. Each and every child is important to all the teachers of Ayaas Prayas Trust. They look after us as their own children and develop our skills in all possible fields. Above all here we are learning to be worldly wise- the most important part of life.

In nutshell Ayaas Prayas is not just a Trust, this is our home and I am a member OF THIS BEAUTIFUL FAMILY..

Bhumika XI



"विश्वास करो कि आप कर सकते हो, तब आप आधी यात्रा पूर्ण कर चुके हो।" - थेंडोर रूजवेल्ट

*The world is full of magic. You just have to believe in it.*

## **FUN TIME**



## **GENDER EQUALITY**



*“शिक्षा सबसे शक्तिशाली हथियार है जिसे आप दुनिया को बदलने के उपयोग कर सकते हो।” – नेल्सन मंडेला*

*Never stop dreaming, because dreams do come true.*

# A SCINTILLATING, STARRY AND SPARKLING GARBA NIGHT !!

## NAVRATRI CELEBRATION



Garba is done by women and men dancers from Gujarat to celebrate Navaratri, a nine-day festival to worship feminine energy. The image of Amba is placed at the centre and the dance is performed around the mother goddess. In Ayaas Prayaas, the Garba brings the students and adults from the economically and socially deprived sections to enjoy a dance with inhabitants of Jasola Vihar and surrounding areas.

It is a community dance in the clockwise direction around the centre with simple movements that can be copied and followed by other dancers who follow them in the line. The foot-tapping beats of the music, sung live or played out by the DJ, are so infectious that non-dancers too want to join in and shake their legs, especially when the tempo slowly builds up during the course of the evening.

This energising dance truly represents inclusion in every sense. Garba, a ritualistic and a devotional dance, is known to foster social equality by diluting socio-economic, gender and religious structures. It has always nurtured inclusiveness of diverse and marginalized communities, thus strengthening social bonds. It is indeed a matter of pride that both Garba and Ramlila, which are performed at the annual function of Ayaas Prayaas, are included in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity.

Though this high-energy folk dance originated in Gujarat, it is performed with enthusiasm and fervour by non-Gujaratis all over the world. It has managed to attract people from all over the world because of its unique vibrance and the multicoloured Garba outfit. Garba is indeed another name for celebrations.

This Garba event organised by Ayaas Prayaas is completely free of cost and anyone from within or outside Jasola Vihar can come and partake in the celebrations. To maintain a lively atmosphere, a live orchestra is engaged to play the best Garba music. It is our endeavour at Ayaas Prayaas to encourage all who live around this area and beyond to come and join us with family and friends in the lighthearted festivities of this energetic Garba and Ram Lila performances which make people bond with each other.

It takes over a month of rigorous practice and preparation for the children of Jasola village and the ladies of Ayaas Prayaas to organise this spectacular event every year.

Though this high-energy folk dance originated in Gujarat, it is performed with enthusiasm and fervour by non-Gujaratis all over the world. It has managed to attract people from all over the world because of its unique vibrance and the multicoloured Garba outfit. Garba is indeed another name for celebrations.

**Padma Srinivasan**

*अगर नियत अच्छी हो तो, नसीब कभी बुरा नहीं होता।*

*You are never too small to make a difference.*

## WHEN ITS ALL ABOUT DHOOM DHAMAKA AND MASTI



**DANDIYA KIS AVSAR PAR DHOOM MACHAO**



**...AUR SABKO NACHAO**



*सीखने की कोई उम्र नहीं होती है, इसलिए रोज कुछ न कुछ नया सीखते रहें।*

*With every new day comes new strength and new thoughts.*

## **GARBA KI MASTI MEIN KHO JAO , BAAKI SAB BHOOL JAO!**



**SWEETNESS AND DANDIYA VIBES IN THE AIR**



*दूसरों की नजरों में अच्छा बनने से अच्छा है, खुद की नजरों में अच्छा बने।*

*In a world where you can be anything, be kind.*

## LETS NACHO !!!



**THE DANCE FLOOR IS CALLING ,**

Rejoiced our hearts out at the most awaited time of the year with spirits soaked in fun, laughter and good times !!!

Like every year, last year too, Garba and Dandiya Celebrations was held in the sprawling lawns of Jasola with much fervour and enthusiasm.

Garba is a dance of devotion, love and togetherness. It is performed during Navratri (nine nights) season honouring Hindu deity, Durga. Its another special day for the people to play dress up and look their absolute best!

As audience, it was a treat to the eyes to watch the vibrant women of Jasola adorned in their ghagras and cholis, dancing their hearts out to the beats of Garba. The atmosphere was electrifying and brimming with excitement. The mesmerizing dance with twirling and whirling was truly the highlight of the show. It was be coupled with spectacular stage performances by talented children of Ayaas Prayas.

The stalls put up ranging from clothes, jewellery and festive decoratives were truly a crowd puller. Stimulating games indeed added to the fun and excitement.

There were various food stalls offering mouth watering dishes ranging from street chaat to jalebis.

The riveting performance, imagination, creativity, hard work and immaculate organisation was the essence of the whole function. The event culminated with a Lucky Draw.

Team Aayas Prayas worked hard binding everyone together and bringing much energy and liveliness to the festivity !!!

**By Bani Sethi**



**LET THE DANDIA MAGIC BEGIN!**



## WHAT A DAZZLING NIGHT !!!!

*यदी आप सच कहते हैं, तो आपको कुछ याद रखने की जरूरत नहीं रहती।*

*The more we share, the more we have.*

## **DANDIYA KI RAAT MEIN , ZINDAGI KA HAR RANG HAI KHILA KHILA**



**WAH! KYA TAMASHA HAI...**



*दीयों से नहीं, अपनी ओर दूसरों की जिंदगी सिर्फ और सिर्फ शिक्षा से ही रोशन कर सकते है।*



## मेरे पसंदीदा स्थान की यात्रा

मेरे पसंदीदा स्थानों में से एक है "हिमालय"। हर साल, मैं वहाँ की अद्भुत प्राकृतिक सुंदरता और शांति का अनुभव करने के लिए जाता हूँ। जब मैं हिमालय पहुंचता हूँ, तो मुझे बर्फ से ढके पहाड़, हरे-भरे वन और साफ हवा का आनंद मिलता है। यहाँ की ठंडी जलवायु और ताजगी मेरे मन को भा जाती है।

हिमालय में स्थित छोटे-छोटे गाँवों की सादगी और वहाँ के लोगों की मेहमाननवाजी मुझे बहुत पसंद है। मैंने वहाँ ट्रेकिंग की है, जो एक रोमांचक अनुभव होता है। ट्रेकिंग करते समय, मैं खूबसूरत झीलों और फूलों के बागों के बीच से गुजरता हूँ। यहाँ की शांति मुझे मानसिक सुकून देती है।

सुबह की पहली किरणों के साथ जब सूरज उगता है, तो पहाड़ों का नजारा देखने लायक होता है। मैं अक्सर वहाँ की स्थानीय संस्कृति और खान-पान का भी आनंद लेता हूँ। हिमालय की चाय और स्थानीय भोजन का स्वाद अद्वितीय होता है।

मेरे लिए, हिमालय केवल एक पर्यटन स्थल नहीं है, बल्कि यह एक स्थान है जहाँ मैं खुद को खोजता हूँ। वहाँ की प्राकृतिक सुंदरता और शांति ने मेरे दिल में एक खास जगह बना ली है। मैं हमेशा वहाँ लौटने की इच्छा रखता हूँ, ताकि फिर से उस अद्भुत अनुभव का आनंद ले सकूँ।

**Thank You Rotary Club of Delhi  
Safdarjung for donating text books  
to Ayaas Prayas children**



## मैं और मेरा बंदर

मेरे बंदर के बारे में है। मेरे बंदर का नाम टोटो है। टोटो बहुत शरारती और चंचल है। एक दिन, मैंने टोटो के साथ पार्क जाने का सोचा। पार्क में उसने कई मजेदार हरकतें कीं।



जब हम पार्क पहुंचे, तो टोटो ने सबसे पहले एक बच्चे का चॉकलेट छीन लिया। बच्चा रोने लगा, लेकिन मैंने उसे समझाया कि टोटो सिर्फ मजे कर रहा है। फिर टोटो ने झूले पर चढ़ने की कोशिश की, लेकिन गिर पड़ा। मैंने उसे उठाया और हंसते हुए कहा, "तुम हमेशा ऐसा करते हो।"

फिर, टोटो ने एक साइकिल सवार का बैग चुरा लिया। मैंने उसे दौड़कर पकड़ लिया और टोटो ने मुस्कराते हुए मुझे देखा। उसकी मासूमियत ने मेरी सारी परेशानी भुला दी।

दोपहर को, हमने एक पेड़ के नीचे बैठकर ठंडा पानी पीया। टोटो ने मुझे देखकर चिढ़ाने के लिए पानी में छलांग लगा दी। मैंने सोचा, "यह तो सच में एक अनोखा दोस्त है।"

टोटो की शरारतों से मेरी ज़िंदगी में हमेशा हंसी और खुशियाँ रहती हैं। मुझे यकीन है कि उसके बिना मेरी ज़िंदगी अधूरी होती। इस तरह, मैंने सीखा कि दोस्ती में मस्ती और शरारतें जरूरी होती हैं, जो ज़िंदगी को और भी मजेदार बनाती हैं।

**सीशांत कुमार, कक्षा सातवीं**

## Hospital build in my area with helipad on its roof

Nestled amidst rolling hills and lush green fields, my favorite village is a haven of tranquility and timeless charm. As I step through its narrow, winding streets, the scent of fresh earth and blooming wildflowers fills the air, instantly soothing my senses. The village, with its quaint cottages and cobblestone paths, seems to whisper stories of a bygone era. Each visit feels like a journey back in time, where the pace of life slows, and the simple joys of community and nature take center stage. Here, life unfolds at a gentler rhythm, punctuated by the laughter of children playing in the meadows and the soft murmur of conversations at the local pub. This blend of natural beauty, historical richness, and heartfelt connections makes the village a sanctuary where I can escape the complexities of modern life and reconnect with what truly matters. I love my village very much.

**Himansh, Class 8th**

*"आप दुनिया में जो बदलाव देखना चाहते हैं, वह बदलाव आप ही बनिए।" – महात्मा गांधी*

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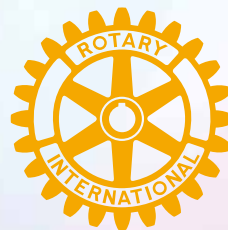
*With best wishes*

**Dinesh Jain,  
Sainik Farms**

*With best wishes*

**Geeta Khanna**

**Rotary**  
District 3011



*With best wishes*

**Rtn Ravinder Gugnani**  
District Governor Elect 2025-26

*Always be a first-rate version of yourself, instead of a second-rate version of somebody else.*

## **NAYI RAHEIN, NAYI SOCH** **SUMMER CAMP** **WORLD CUP**



### **RAAHGIRI**



*दीयों से नहीं, अपनी ओर दूसरों की जिंदगी सिर्फ और सिर्फ शिक्षा से ही रोशन कर सकते है।*

*The only limit to your impact is your imagination and commitment.*

## DICHOTOMY OF REELS - #PauseBeforeLoss

Children are the backbone of any country's demography. Their education and health are prioritized in all developed nations. But are developmental policies and expenditures alone enough to stimulate children's interest in education?



Let me share my journey to help you understand my perspective on this question. In my 20 years as a teacher, I've been fortunate to share my knowledge with kids from all sections of society. Setting aside the traditional concerns of a lack of quality teachers, insufficient infrastructure, and widespread disinterest in education, I've noticed a dangerous trend lately. The culprit? "Reels."

At first glance, these 20- to 60-second videos seem harmless, offering brief entertainment and a break from the monotony of daily life. But let's take a closer look from the perspective of a student from a less privileged background. These students rarely have access to quality video lessons or top faculty, yet thanks to incredibly cheap internet and free access to social media, mind-numbing reels have permeated their lives.

Recently, I encountered a 6th-grade student from a nearby impoverished area who struggled with basic arithmetic and couldn't compose two sentences in English, yet had exceptional reel-making skills. Reels, no doubt, have their benefits. They can be educational, creative, and serve as powerful tools for spreading information quickly. They offer a platform for businesses, artists, and educators to reach wide audiences in an engaging format. When used thoughtfully, reels can enhance learning, provide quick tutorials, and showcase talent.

But what's wrong with reels, and why am I so opposed to them?

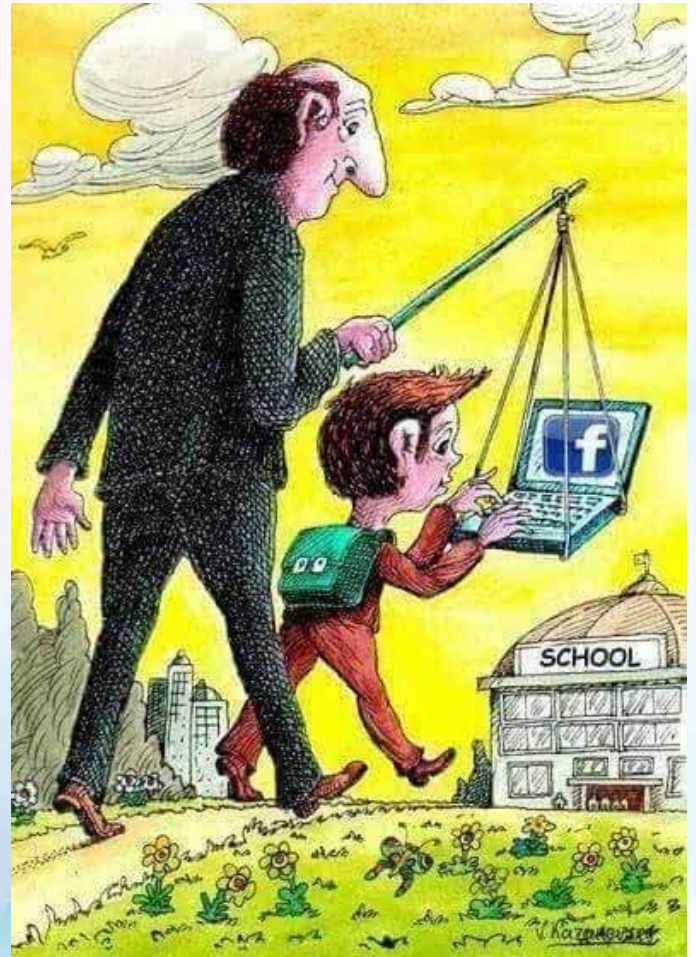
Reels contribute to decreased attention spans, promote superficial content, and can be addictive. For students, they shift focus away from deeper learning and productive activities, fostering a habit of constant distraction. The endless stream of fast-paced, entertainment-driven reels can also affect mental health, promoting comparison, overstimulation, and a reduced ability to focus on tasks that require sustained effort. Students, at this critical stage of their lives, need to devote sustained attention to academics, making this decline in concentration a very serious issue.

Enough of the complaints; let's focus on solutions.

First, regulating data limits could be highly effective. Limiting access to data or social media may curb overuse,

particularly among young people who struggle with self-control in a world of instant gratification. Government regulations on data consumption could significantly improve focus and mental well-being, especially in educational contexts. Without legal intervention, it's difficult for young people to practice self-restraint in such an environment.

Second, schools can play a key role by incorporating digital



literacy programs that teach students the importance of moderation in screen time and the value of focus. They can also promote activities that don't rely on constant digital engagement.

Finally, schools should encourage non-digital activities to counteract the negative effects of overexposure to screens and social media. Engaging students in physical activities, creative thinking, and social interaction can help restore balance.

This dichotomy surrounding reels is central to many concerns about social media today. Reels have the potential for both good and harm, depending on how they're consumed and the boundaries set around their use. Let's advocate for judicious use and ensure a brighter future for our students!

**Vandita Dixit**

*कोई भी व्यक्ति शिक्षा के बिना, ऊंचाईयों को नहीं छू सकता।*

# FOOD FOR THOUGHT

## Morning Charms

In today's competitive world interpersonal skills are the key to success. I remember in my childhood school days ..Meeting new people used to terrify me. My confidence would dwindle and I would feel incredibly self-conscious. But as I grew my school teachers stood by me and I discovered the power of body language. I realised that, just by modifying the way I stand, gesture, or look at someone, I could dramatically change the impression I made on others. Mastering these body language tricks transformed my interactions with new people I came across in my life. Let me share them with you some important strategies which are subtle, yet powerful. They won't make you feel fake or insincere. Instead, they'll help you present your best self to others. I distinctly remember.. Initially I used to approach new people with my arms crossed, not because I was closed off and introvert, but because I didn't know what else to do instead. I didn't realise that this body language was sending a message that I was unapproachable, unfriendly or defensive. It wasn't until I learned about the concept of 'open embrace' that things started to change my life completely. The 'open embrace' means standing with your arms at your sides, your shoulders back and your chest open. This body language comes across as a friendly gesture really approachable and confident. It's a small emotional adjustment, but it can make a world of difference in the impression you make on others. It became a pattern with me and I made sure to adopt an 'open embrace' whenever I meet someone new. It's a simple magical trick, but it did wonders and worked on my confidence and the way people perceived me. Then comes the powerful power

of 'Eye contact'. Ah, the power of eye contact - something I used to struggle with massively. I used to shy away from making direct eye contact when meeting new people as a kid. I'd constantly look away or down, a clear sign of my lack of confidence. As I grew I understood that the importance of eye contact in conveying confidence and building connections. I decided to give it a try and started practicing maintaining eye contact during conversations. This was a magical move in my personality and I felt enlightened indeed. As I met new people in my life and engaged in conversations, I made sure to maintain eye contact. It was not a straight stare-down, but a respectful level of eye contact that showed I was genuinely interested in the conversation. The result of it was tremendous? People responded positively. They seemed more engaged in our discussions and even mirrored my body language. Mirroring is a subtle body language trick that involves copying the gestures, expressions, or speech patterns of the person you're talking to. It's a master key often used by negotiators and therapists to build rapport and make the other person feel understood. Incorporating mirroring into my interactions with fellow friends and colleagues has been incredibly effective in building rapport and making others feel comfortable around me. It's not about mimicking every move or word, but subtly reflecting back their energy and engagement. This not only makes them feel good, but it also boosts my own confidence knowing I'm creating a positive impression. This enlightens the whole environment and you become a Center of attraction. #inspiration #morningprayer #bedifferent #creative #MorningCharms

**Neelam Bedi Sondh**

## एक गीत-समय

समय बड़ा बलवान  
समय बड़ा बलवान।।

कोई रोक ना पाया इसको  
कोई जीत ना पाया इसको  
कोई समझ ना पाया इसको  
सारी दुनिया मानती है,  
इसकी अनमिट शान।  
समय बड़ा बलवान।।

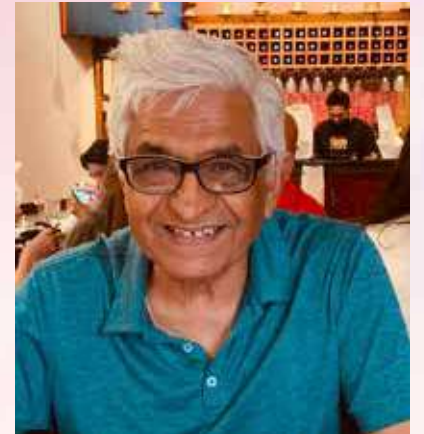
समय ही खेल खिलाता तुमको  
समय ही खेल जिताता तुमको  
समय ही खेल हराता तुमको  
समय ही देकर जाता तुमको  
इस जीवन का ज्ञान।  
समय बड़ा बलवान।।

किसी को कुछ देकर जाता  
किसी से कुछ लेकर जाता  
सुख दुःख के पहियों पर चलता  
असली धनवान वही है,  
जिसे हर पल का ध्यान।  
समय बड़ा बलवान।।

कोई कहता किस्मत इसको  
कोई कहता छलावा इसको  
जो खुद को भी ना पहचाने,  
समय की क्रीमत कैसे जाने,  
देर हो जाएगी जब होगा इसका भान  
समय बड़ा बलवान।।

सोते रहकर मत पछताना,  
कभी ना रुकना, चलते जाना,  
जागो समय की क्रीमत जानो,  
अपने कर्म की महिमा पहचानो,  
अपनी किस्मत बनाओ, छोड़ो तान।  
समय बड़ा बलवान।।

**अरविंद शर्मा**



*"आत्मविश्वास और कड़ी मेहनत आपको हमेशा सफलता दिलाएगी!" ~विराट कोहली*

*It's not the size of the person in the fight, it's the size of the fight in the person.*

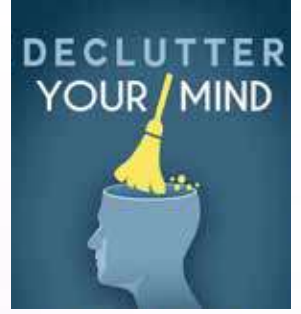
## Declutter Your Emotional Space

Our emotional well-being, like our physical environment, requires regular maintenance and care. We often focus on external cleanliness but forget that our inner emotional landscape needs attention too. Decluttering your emotional space is a process of recognizing, understanding, and letting go of unnecessary emotional baggage. Cleaning up an emotional house can be different for everybody. It took me many years of my life to discover yoga, for example, and how the elements of movement and personal freedom brings me to a special place.

Here are some practical strategies to help you clean your emotional house and achieve greater mental clarity and peace.

1. Identify Emotional Clutter: The first step is to become aware of the emotions that weigh you down. These could be negative thoughts, unresolved conflicts, or past experiences that trigger pain, fear, or resentment. Journaling can help bring these hidden feelings to the surface, allowing you to recognize recurring patterns.
2. Practice Emotional Acceptance: Once you've identified emotional clutter, accept your emotions without judgment. Avoid pushing them away or suppressing them, as this only leads to greater inner turmoil. Mindfulness meditation can help you observe your feelings from a distance, without getting overwhelmed by them.
3. Let Go of the Past: A significant portion of emotional clutter comes from holding onto the past—old grudges, disappointments, or regrets. Forgiveness, both for yourself and others, is a powerful tool for releasing emotional baggage. It's not about excusing past actions but freeing yourself from the burden of carrying those emotions.
4. Listening: Music is one thing; the world around us is another. I hear water, melting off roofs and down drains. I hear birdsong. I hear how water sounds whooshing off car tires. I hear conversations outside on the sidewalk through my bedroom window. Much of the time, cleaning my emotional house means opening the windows and listening to the world breath.
5. Set Healthy Boundaries: Emotional clutter can also come from people who drain your energy or violate your personal space. Learn to set healthy emotional boundaries by clearly communicating your limits and expectations. Surround yourself with positive influences that uplift you rather than bring you down.
6. Focus on Self-Care: Regular self-care practices, such as exercise, creative hobbies, and spending time in nature, are essential for emotional well-being. These activities help you recharge and refocus, allowing you to maintain emotional balance. Prioritizing yourself is not selfish; it's necessary to clear emotional clutter.
7. Slowing down: I am always in a hurry. And honestly, it gives me hives. The minute I wake up, I'm on my

phone checking Twitter, CHOWING down a piece of toast and butter, rushing out the door, checking my Waze App to see how long it's going to take me to get to work in traffic, refilling my tank like someone that's going to murder me is close behind, and slamming down the gauntlet to respond to



every email I receive in less than ten minutes. It's... unhealthy. When I take the mental break, even in the middle of the day, to slow myself down, I am washed of the stress. I am clean. Things like physically walking slower during work, or physically getting my lunch ready slowly. It sounds a little ridiculous typing it out now, but when I physically move slower, slug-mode style, I feel exponentially better.

8. Practicing Rituals: Travel. Writing. Painting. Volunteering. We all have rituals. And we should keep them. We should make more of them. My rituals make me happy and they promise routine. I practice gratitude writing. I thought about referring to these as "hobbies" but those seemed less functional than rituals are. Rituals are tiny promises that we're doing things to keep our hearts full and clean with joy.

Taking care of your emotional house isn't just about showing up to clean. Personal care is a lifestyle. It's about being in the here-and-now of your soul makings. It's about accepting who you are. By following these strategies, we can declutter our emotional space and create room for growth, joy, and inner peace. Regular emotional housekeeping will leave you feeling lighter, more centered, and prepared to handle life's challenges with greater resilience.

**Dr. Veenu Arora**

### जीवन-भूमि

जीवन की रणभूमि में गीता जन्मी थी,  
जिस दिन उसे समझ जाओगे,  
खुद से जूझना बंद कर दोगे।  
जीवन की कर्मभूमि में लक्ष्मीबाई मर्दानी बनी,  
जिस दिन अबला की मर्दानगी समझ जाओगे,  
अपनी ही नज़रों में तुम सुलझ जाओगे।  
जीवन की धर्मभूमि में सीता उपजी थी,  
जिस दिन उस की पवित्रता पर प्रश्नचिन्ह नहीं होगा,  
उस दिन इस धरती पर अग्नि-परीक्षा का प्रतिबिंब नहीं होगा।  
फट जाने दो धरती को इक बार फिर,  
और समा जाने दो उन सब संस्कारों को,  
जो अहंकारों के अँधेरों में ग्रसित हैं।  
दे दो जननी को भी इक जन्म,  
प्यार और इज़्जत से भरा।

**चीना सिक्का**

**पैसा ही नहीं एक मात्र Measurement है सफलता की**

## Framing Confidence: Through the lens

*“The eyes are the window to the soul, and glasses are the frame that enhances that view.”*

There's a long-standing belief that glasses somehow detract from one's appearance, especially in social settings like parties. People often suggest, with good intentions, that removing glasses might reveal a hidden charm, as though beauty is more authentic without them. But what they fail to realize is that glasses do more than simply improve sight—they frame the way people view the world and, in turn, the way the world views them.

As Dorothy Parker famously quipped, “Men seldom make passes at girls who wear glasses.” Yet, this outdated notion has been consistently challenged. Today, glasses are not just a practical tool; they are an extension of one's personality, a reflection of confidence. For many, glasses aren't something to hide behind—they are worn with pride, enhancing both their vision and sense of self.

Society may still associate glasses with stereotypes like being overly intellectual, shy, or introverted. However, these lenses don't dull a person's spirit; they sharpen their perspective. To some, glasses might seem like a mere accessory, easily discarded. But for those who wear them, glasses are a vital part of their identity, shaping how they navigate the world.

Think of Mahatma Gandhi, whose glasses have become an enduring symbol of wisdom and vision, even appearing on currency notes. His glasses did not diminish his greatness but, instead, became a powerful emblem of clarity and purpose. Today, many influencers wear glasses proudly, challenging conventional standards of beauty and proving that confidence is not defined by bare faces, but by authenticity.

So when people suggest that glasses be removed for the sake of appearance, especially in social gatherings, it's important to remember that true beauty and confidence come from embracing what makes a person unique. As the saying goes, “Beauty is in the eye of the beholder”—and for many, those eyes are best seen through the lens of glasses, worn with pride wherever they go.

Ishpreet

## ममता – एक आगाज़

क्यों मेरा हृदय यकायक दहल उठा, किसकी करुण पुकार से मैं ठिठक गई मेरा आँचल किन बंद मुट्टियों के आगोश में जकड़ कर लहराना भूल गया क्या यह वही चिर-परिचित आवाज़ नहीं जो बार-बार हृदय की गति बाधित करती है क्या यह वही जानी-पहचानी प्यास नहीं जो दो बूँद दूध को तरसती है और कितनी ऐसी आवाज़ें मेरे दिल को छलनी कर मुझे थिक्कारेंगी और कितने बेजुबानों को माँ के आँचल के बिना पहचान बनानी होगी आँखों में तर गया वह खाली पालना, जिसमें रोज़ एक नई ज़िन्दगी जीती है जहाँ मैं आए दिन एक नए जीवन को संज्ञा देने की खातिर एक घंटी बजाती हूँ घंटी की आवाज़ से उस अनजान परित्यक्त को मिल जाते हैं अनेक साथी घंटी की आवाज़ में छिपी है ममता, जिसके आँचल में सजता है एक नया साथी

झूम उठता है सारा माहौल, थिरक उठते हैं थमे पाँव, नए अतिथि का स्वागत है एक पालना उसके नाम हो जाता है, बन जाता वह एक विशेष अभ्यागत है, भीग उठती हैं उस अनजान नारी की आँखें और खुल जाती हैं प्रेमपूर्ण पांखें कुछ अजब सा रिश्ता बन जाता है, मानो उसी की कोख की नई पौध है आँचल से ममता के रूप में दूध बहने लगता है, स्नेहमयी आँखों का कैसा औघ है छोटी छोटी बातों का ध्यान रखा जाता है, इंजेक्शन, दवाएँ सबका प्रबंध है खिलौने, स्कूल, किताबें सब कुछ समय पर उपलब्ध है, मित्र हैं साथी हैं और माँ है अच्छा सवास्थ्य, सद्व्यवहार, दैनिक कौशल नए – नए आयाम और खेल मुहैया है

वो कौन है जो अपने जिगर के टुकड़े को अपनी कोख से अलग करता है ! वह कौन है जो नौ महीने पालकर अपने अनमोल हिस्से को कतरन समझ फेंकता है! क्या आदमी का भय इतना अधिक है कि आदमी ही उससे डरकर मजबूर होगा उसका अपना ही फूल किसी पशु, किसी इन्फेक्शन या बीमारी से ग्रस्त होगा एक सामान्य जीवन के साथ एक दिन विशेष योग्यता का विशेषण विभूषित होगा हे मानव थम जा ! सोच, क्या बड़ा है? तेरी अनजाने में की गई गलती या एक ज़िंदगी ! वह भी तो है जिसका पालना हर किसी को अपना बनाने को बेताब है जिसकी घंटी जय-जय वंती के मधुर स्वरो से हर आंगतुक का स्वागत करती है यदि अपनी गलती छुपानी ही है तो कम से कम उस पालने तक तो पहुंचा दो जहाँ बीमारी नहीं प्यार मिलेगा, तिरस्कार नहीं आदर होगा, घृणा नहीं ममत्व मिलेगा

कौमुदी शर्मा

## BOOK CLUB

The feel of a Book in my hand ... the most satisfying experience. Even today my fingers itch to turn pages and not scroll on a laptop or phone. A book should be lying handy all the time. It increases my vocabulary, enhances my imagination, it strengthens the thought process and most important saves my eye sight from wear and tear. Continuous reading has made people excel in conversation with correct grammar usage.

However, the onslaught of TV programmes has kept books at bay for many. Digital viewing has made everyone a dumb Jack. Many prefer Digital reading to save paper. But it's no fun for me at least. We decided to form a Book club. It made compulsory reading to enable one discuss the many nuances. This broadened the various aspects of any Book. Interactions were more to understand a particular book. Everybody has a different perspective of the matter and the Author. For me, I find it easier to select which book to read. Sometimes, an Author takes months and years to complete a Book which we finish reading at one go. We should respect writers for their invaluable contribution to the society through their various books. Every Book Club meeting makes me read and read more. It also enables me to buy books for which I could take pride in retaining for rereading at a later date.

Do join a Book Club for personal satisfaction.

Mala Rishi

अपनी पीठ की मजबूती को बढ़ाए, शाबाशी और धोखा दोनों पीछे से ही मिलते हैं।

*Success is not final, failure is not fatal: It is the courage to continue that counts.*

## Becoming A Grandmom!!

Perfect love sometimes does not come until the first grandchild." – Welsh Proverb

"Grandmother opens up a new world of change, challenge, and celebration in a woman's life." – Rebecca Barlow

Unconditional love, without the responsibilities is what grandmom is all about..

New grandparents will experience lots of different feelings. The expectation might be that your family's new bundle of joy brings you nothing but happiness and excitement. The truth is that many grandparents feel nervous, overwhelmed, or sad when faced with this transition. And that's okay!

Being a grandparent can be a joyful experience that's full of love, laughter, and learning:

I also had the pleasure of being a grandma earlier this year and it is with sheer happiness and pleasure that I am loving every moment..

One of the greatest joys of being a grandmother is witnessing the milestones and growth of my grandchildren. From their first steps to their first words, each achievement becomes a cherished memory etched in my heart.

Being a grandmother allows me to tap into my inner child once again. Through playtime and imaginative adventures, I find myself embracing a sense of joy, wonder, and curiosity. Whether it's playing board games, creating art projects, or reading bedtime stories, I am reminded of the simple pleasures in life and the importance of embracing the present moment.

In short, being a grandmother is a role that fills my heart with immense love, joy, and purpose. It has allowed me to form deep connections with my grandchild and witness the beauty of life through his eyes. From the unconditional love we share to the wisdom and support I offer, being a grandmother has enriched my life in ways I never thought possible. It's a journey filled with laughter, tears, and a profound sense of gratitude. Embracing this role has not only shaped the life of my grandchild but has also transformed me into a better person, reminding me of the beauty and preciousness of family bonds..

Seeing this child—and falling in love with him immediately—was an experience like nothing else. I wanted to protect him. To love him. To hug and kiss him. I wanted to be there for every moment, big or small. Every milestone. Always.

His hugs, snuggles and smiles melt my heart every time. The way he lights up when he sees me is truly the best medicine. I could be having the worst day, and his little face is able to turn it right around. The gleam in his eyes and a shy smile is enough to make me fall in love with him all over again...

Being a grandparent means something different to everyone. To me, being a grandparent is...

...being able to play all day.

...singing SO loud, even though I can't carry a tune - but

not caring.

...laughing uncontrollably at his baby belly laughs.

....melting at the sight of him.

...missing him when I don't see him...even if it's just a day.

...not getting enough of him.

...seeing the world totally anew through his tiny brown eyes.

I have truly won the lottery. My little buddy is the best gift ever! And I am so blessed and grateful for this time in my life.

In the end, being a grandmother is about love and connection. It's a love that extends beyond boundaries, beyond time. It's a role that enriches us, makes us better. We become custodians of traditions, givers of unconditional love, and holders of wisdom. We experience the world anew through the eyes of our grandchildren.

To all the grandmothers out there, I would say this: Cherish every moment, every giggle, every shared secret, every question. Guide them, love them, but also let them find their own way. Be there to support them, to cheer them on. The journey of being a grandmother is a voyage of discovery, a voyage that brings its own joys, challenges, and rewards. And in the process, you might find you learn as much from them as they do from you.

"Grandchildren fill a space in your heart that you never knew was empty." – Unknown

**Gitika Munjal**

## छात्र से शिक्षक बनने की मेरी यात्रा क्या कभी पूरी होगी...

साधारण परिवार में जन्मी मैं छात्र भी साधारण थी। साधारण तो थी, परन्तु इस अवस्था का भरपूर आनंद लिया। पढ़ाई की, शैतानी की और वह सब किया, जिससे एक छात्र-जीवन सम्पूर्ण होता है। गुरुओं की बातों और व्यवहार ने कुछ ऐसा प्रेरित किया कि अध्यापक के व्यवसाय के प्रति एक आदर तो ज़रूर पैदा हुआ।

समय बीता और विद्यालय के साथ महाविद्यालय का अनुभव भी जीवन की अमूल्य दौलत बन गया। बहुत कुछ नया-नया सीखा, नया करने के लिए प्रेरित भी हुई। रोज़ नया लक्ष्य बनता और टूटता।

घर की आर्थिक स्थिति तो बहुत अच्छी हो – ऐसा समय मैंने नहीं देखा। कालेज के दिनों में घर के हालात कुछ ज्यादा ही खराब थे। पैसे के अभाव और दादी की बीमारी से पापा परेशान थे। तभी मेरी भांजी जो किसी ट्रस्ट में पढ़ती थी, उसने मुझसे कहा कि उनकी ट्रस्ट में किसी शिक्षक की आवश्यकता है। शिक्षक बनने की मेरी बहुत तीव्र इच्छा तो नहीं थी परन्तु मौका ऐसा था कि लालच छोड़ा नहीं गया। ट्रस्ट में भी मुझसे कुछ अधिक नहीं पूछा, क्योंकि शायद वे जानते थे कि मैं प्रशिक्षित नहीं हूँ, परन्तु उनका पढ़ाने और सिखाने का तरीका बहुत सरल और अच्छा है।

मैंने पढ़ाना शुरू किया। मैं अभिभूत थी इस ट्रस्ट और इनके सिखाने के ढंग से। सब कुछ खेल के माध्यम से, अखबार के माध्यम से तो कभी जी.के. माध्यम से कैसे इतना बड़ा विषय पूरा हो जाता है – पता ही नहीं चलता। एक साल हो गया पढ़ाते हुए अभी तक मैं सीख ही रही हूँ और मुझे लगता है जीवनभर सीखकर भी एक सफल अध्यापिका नहीं बन पाऊँगी...

**अंकिता सिंह**

*जिंदगी में कामयाबी हाथों की लकीरो से नहीं, मेहनत के पसीने से मिलती है।*



## Growing use of Artificial Intelligence in India

Artificial Intelligence (AI) is changing the world at a rapid pace. AI is fast emerging and becoming more and more real everyday not just in developing countries but also in developing countries like India.

India is thriving centre for AI research and is beginning to apply AI in many interesting ways .

AI is everywhere- it helps farmers choose when to sow their crops, simplifies arithmetic for children and even make our roadways safer.

It is not only a slogan in India but also an opportunity for change. General population and professionals are becoming aware of it.

AI can improve various aspects of life like healthcare, banking , agriculture, education , etc

AI in healthcare has the potential to improve treatment accessibility by enabling more accurate disease diagnosis.

\*\*AI in agriculture \*\* has the capability to directly help millions of farmers by forecasting weather patterns, monitoring crop health and increasing productivity.

AI in banking included fraud detection, personalisation of banking services etc.

\*AI in education promises tailored instructions, providing experiential learnings and increasing effectiveness and engagement of students nationwide.

Government of India has started several initiatives directed at bringing drastic advancements in technology and changing patterns of Research and Development.

AI helps to overcome some of major difficult problems.

To create a smarter India , this journey is all about adapting to changes by utilizing new concepts and changes.

**Bani Sethi**

## Preservatives and its impact on everyday lives

With the growing and rattling lifestyles these days, Preservatives have become an integral part of our lives.

A preservative is a substance or a chemical that is added to products like food, beverages, cosmetics, pharmaceutical drugs, and many other products to prevent decomposition and increase their shelf life.

While natural food preservatives such as salt, sugar, rosemary extract and onions are considered good for health and do not cause any harm to our bodies, chemical food preservatives have been termed as the most commonly used and detrimental in nature. These harmful preservatives have been the reason of many health hazards ranging from mild headaches, breathing problems like Asthma , obesity, indigestion; to serious health issues like Cancer, cardiovascular diseases and other degenerative conditions.

Recently, surveys backed by medical sciences show that children can be the most adversely affected amongst all.

Excessive consumption of baked food items, Jams, packed juices and adulterated drinks, sweets and candies, chips, frozen food and chocolates can lead to serious health issues.

These include, loss of proper nutritional values, weakened heart tissues, hyperactive behaviour in children, decreased energy levels, alterations in mental concentration, and hampers overall growth of the child.

Ironically, food & beverage sector companies and MNC's are not only investing greatly but also promoting these 'High on Preservatives' products with the help of fancy advertisements and great PR strategies in order to increase their sales and earn more profits, ignoring its pernicious impact on people and the environment as a whole.

Thus, in order to prevent further damage, public awareness about food preservatives needs to be promoted .

Eating healthy food, reviewing ingredients in food & beverages and preferring FDA approved products can all help in curbing side effects of preservatives and help us lead a healthy and unimpaired life ahead.

**Sahiba Sethi**

*You are braver than you believe, stronger than you seem, and smarter than you think.*

## Shakti

I was wondering what I should write about when I came across all the beautiful posts about the nine avatars of Maa Durga. What struck me most was that right from childhood - (Shailputri Devi) a daughter, to Brahmacharini - a student learner to Chandraghanta - married woman, to mother as Kushmanda, to Katyayani- the slayer of Mahishasur , to Kaalratri and then Mahagauri and Siddhidhatri ...her journey is really all her own.

This is so inspirational, yet so real. The struggles, challenges, responsibilities of Maa Durga are truly the struggles of women down the ages - from time immemorial. Perhaps the eight arms depict the responsibilities and tasks that all women must juggle as mothers, daughters, working women, sisters, daughters- in-law, mothers- in -law etc.

The slaying of Mahishasur is perhaps symbolic of killing both - the negatives within and the evil in society. Would it be wrong to recognize this 'shakti' in ordinary women we see around us today? Does Vinesh Phogat have this shakti? Women courageously, fearlessly, protesting against the sordid real life, 'Dirty Picture' of the Malayalam film industry, which is the reality everywhere!! Do they display this shakti?

Just as Maa Durga slays all evil - on her own, without the aid of any male presence - at least in the nine avatars journey as depicted, is a message that all women need to imbibe and internalise. This shakti resides in us all. We need to be our own best friends...our own Durgas!

Maa Durga's Journey does not end when she becomes a mother. The journey continues.... till she becomes Mahagauri.... Siddhidhatri - one who cleanses, enriches society. Maa's nine avatars and many more, teach us the most valuable lessons as women - All the shaktis lie within us ...All the forms reside within us, be it the most gentle love of a mother, or the fierce 'roop' of Katyayani, when she is threatened, or Siddhidharti - reforming society.

Looking back in our lives, I am sure we see traces of some of these shaktis in ourselves - the courage we showed when our children or loved ones were ill or hurt, when family needed tremendous nurturing, when we fought against 'demons' which threatened our children or family (as Kaali), when we had to stand up for ourselves (even if rarely!)

Perhaps the world today needs all women to ignite the Durga shaktis within themselves -to restore balance, peace and security in the world we live in today!

The true avatar is the ordinary woman embodying all the Shaktis because Durga Maa lives more Within us than Without! JAI SHAKTI!!

**Meeta Kumar**

## आठवीं पास

राघव एक मेधावी छात्र था। अपने छोटे से गाँव के स्कूल में सदा प्रथम स्थान प्राप्त करता था। निर्धनता के कारण उसे अपने पिता के साथ पास ही के शहर में क्रशर में जाकर काम करना पड़ा।

वहाँ वो दिन-रात मेहनत करता, रेती धोता, झाड़ू लगाता, मालिकों को चाय पिलाता और रात के वक्त वो अपने मालिक के पूरे शरीर की मालिश करता, जबकि उसका खुद का शरीर थक कर टूट जाता था।

इतना सब करने के बाद भी उसका मालिक उससे खुश नहीं रहता था। राघव को उसका खूंखार शेर की तरह लगता था।

एक दिन राघव ने देखा कि उसका क्रूर मालिक किसी के सामने गिडगिडा रहा है तो उसे बड़ा मज़ा आया, उसने अपने साथे से पूछा कि 'ये कौन साहब हैं ?' उसके साथी ने बताया कि ये इनकम टैक्स ऑफिसर हैं राघव को लगा कि अगर उसे मालिक और उसके जैसे बदमाश लोगों को डराना है और उनसे ऊपर उठना है तो उसे भी IRS अफसर बनना पड़ेगा। उसने कुछ परिचित बुद्धिमान लोगों से पूछा कि इसके लिए क्या करना पड़ेगा ? अब परिचित भी उसी के जैसे थे जानते कुछ नहीं थे। उसका उपहास उड़ाया और कहा कि कोचिंग JOIN कर लो। उसने अपनी सारी जमा-पूँजी लगाकर अत्यंत गंभीर रूप से कोचिंग JOIN की। उसे वहन कुछ भी समझ नहीं आता था। कोचिंग वालों ने भी लालच के चक्कर में पैसे ले लिए और उसे बताया ही नहीं कि इस प्रतियोगिता के लिए दसवीं, बारहवीं और बी.ए की डिग्री लेनी होगी।

राघव दिन में कारखाने में काम करता और शाम को कोचिंग जाता था और रात को मालिक की मालिश करता था। इस सब के चलते और क्रशर में काम करने के कारण उस मासूम के फेफड़े कब टी बी ग्रस्त हो गए उसे पता ही नहीं चला।

वो दिन भर खांसता और रात दिन IRS बनाने के सपने देखा करता कि कब वह बड़ा अफसर बने और कब अपने मालिक की क्रूरता का बदला ले ? खांसते-खांसते कब वह क्रूर सिस्टम का शिकारी बनकर क्रूर सिंह रूपी सिस्टम के भोजन का शिकार बन गया, वह समझ भी नहीं पाया।

सिस्टम ने तो उस मासूम के साथ भद्दा मज़ाक किया ही, इस और भी ध्यान देना ज़रूरी है कि राघव ने अपनी चाहत में जो लक्ष्य पाल रखा था, वह सरासर स्वार्थ और गलत इरादे की उपज थी। यदि हमारे इरादे सही हों तो राह स्वयमेव ही सही दिखाई देती है।

**राजश्री सीम**

## प्रकृति

सूर्य की ऊर्जा, चाँद की शीतलता  
माँ की ममता, पिता का पितृत्व  
अनेक धर्म एक मूलमंत्र  
पाँचों उँगलियाँ एक हाथ,  
नहीं एक सार।

एक से दिखे सब मानव, अंतरात्मा भिन्न-भिन्न प्रकार  
कोइ जान की बाजी खेले,  
सैनिक बन रक्षा करे दिन-रात।  
कोइ करे डाक्टरी, दुखियों का करे इलाज।  
वकालत कर किसी ने किया जजमेंट पार।  
अनेकों ने ग्रंथी वेदों का किया प्रचार।  
है ईश्वर सिद्ध करे हर कोई  
इस अमूल्य जीवन में करे नेकी अपरम्पार।

**सोनिया जैन**

*सफलता उस आदमी के पैरों तले नहीं आती जो सोते रहते हैं।*

*To the world, you may be one person, but to one person, you may be the world.*

## Aspire High

**Exceeding a client's expectations, especially one who distrusts vendors, requires a mix of transparency, genuine engagement, and consistent delivery on promises. Building trust in this scenario can take time, but by adopting the right approach, it is possible to shift the relationship from one of skepticism to long-term loyalty. Here's a comprehensive guide on how to navigate this delicate situation.**

### 1. Start with Absolute Transparency

A client who distrusts vendors likely has past experiences that have led them to be cautious. Your initial step should be to lay everything out in the open. Whether it's pricing, deliverables, timelines, or potential risks, transparency is key. Provide a detailed breakdown of your process, explain how decisions are made, and offer clarity on any areas of concern. Clients appreciate honesty, especially when it involves difficult topics like unforeseen challenges or potential delays. It's better to over-communicate than to leave room for doubt.

For example, in pricing, avoid vague quotes. Provide detailed estimates that break down each cost and explain the rationale behind it. If there's a chance of additional costs down the line, inform the client about it early on. By setting realistic expectations and making sure they understand every step, you reduce the chances of misunderstandings, which often lead to distrust.

### 2. Listen to Their Concerns Actively

Distrust often stems from feeling unheard or undervalued. To overcome this, you must actively listen to your client's concerns. Ask open-ended questions to understand the roots of their distrust. Are they worried about poor communication, unexpected price hikes, or missed deadlines? By uncovering the specific issues they've faced with previous vendors, you can tailor your approach to address their concerns directly.

Listening goes beyond just hearing their complaints; it involves demonstrating empathy and showing that you value their input. Paraphrase their concerns to show you understand, and ensure you follow up with actionable solutions. For instance, if the client is concerned about delays, you can offer regular progress updates and implement milestone-based reporting.

### 3. Provide Concrete Proof of Competence

Clients who distrust vendors often need evidence that you can deliver on your promises. Provide case studies, testimonials, or any relevant metrics that showcase your ability to perform. Real-life examples of how you've helped other clients—especially if they were initially skeptical—can reassure this client that you are capable of fulfilling their needs.

You can also demonstrate competence through a small pilot project or a phased approach to the work. Instead of asking for complete trust upfront, suggest starting with a smaller, lower-risk part of the project. Use that opportunity to prove your reliability and skill, giving the client a reason to trust you with more significant portions of the work over time.

### 4. Be Consistent in Communication and Delivery

Inconsistent communication is a major factor in vendor-client relationships breaking down. If a client distrusts

vendors, you must be proactive in keeping them informed. Establish a regular cadence of communication that includes weekly or bi-weekly updates, even if there's no major news. These updates should detail progress, challenges, and next steps, ensuring the client feels involved in the process.

Consistency also applies to delivery. Avoid over-promising and under-delivering. It's better to set conservative timelines and finish early than to promise rapid results and fall short. The goal is to build a track record of reliability, where the client begins to expect quality work delivered on time, every time.

### 5. Offer Warranties and Flexibility

Offering a guarantee or a warranty can go a long way in reassuring a client that you are confident in your abilities and committed to their satisfaction. For example, offer a satisfaction guarantee where you agree to revise or rework deliverables until they meet the client's expectations. This removes the perception of risk from the client's end and demonstrates your commitment to their success.

Flexibility is another tool to exceed expectations. While you should have clear boundaries and contracts, showing a willingness to adapt to the client's needs will make you stand out. For instance, if the client wants to adjust the project's scope mid-way, instead of outright rejecting the idea, work with them to explore how it can be integrated without derailing the timeline or budget.

### 6. Build Long-Term Value

Instead of focusing solely on the immediate project or deliverable, look for ways to add value in the long term. This could involve providing insights beyond the scope of the current engagement or offering advice on industry trends that may impact the client's business in the future. If you show that your relationship with the client goes beyond transactional interactions, they'll begin to see you as a partner rather than just a vendor.

Additionally, offering post-project support can be a significant value add. Once the project is completed, check in periodically to ensure everything is working as expected. Offering to provide further assistance or guidance, free of charge, reinforces the notion that you are committed to the client's long-term success, not just making a quick profit.

### 7. Ask for Feedback and Act on It

Finally, to continuously exceed a client's expectations, ask for feedback regularly. Whether it's after each milestone or at the project's end, solicit their opinions on how things are going and what you could improve. Crucially, act on their feedback. If a client sees you making changes based on their suggestions, they'll feel valued, and trust will start to build.

### Conclusion

Earning the trust of a client who distrusts vendors is not an overnight process. It requires careful planning, consistent action, and a genuine commitment to transparency and quality. By being transparent, listening actively, providing proof of competence, communicating consistently, offering flexibility, and seeking to build long-term value, you can turn even the most skeptical clients into loyal advocates.

**Gunjan Dutta**

**सफलता का मुख्य आधार ! सकारात्मक सोच और निरंतर प्रयास है !!**

*You don't need magic to disappear, all you need is a destination.*

## ART - It's Essence

The term "A R T" comes from the Latin word "ARS", which means art, skill, or craft.

Art gives meaning to our lives and helps us understand our world. It is an essential part of our culture because it allows us to have a deeper understanding of our emotions; it increases our self-awareness, and also allows us to be open to new ideas and experiences.

Art can communicate information, shape our everyday lives, make a social statement and be enjoyed for aesthetic beauty.

Painting, sculpture, music, literature, and other forms of art are frequently regarded as repositories of a society's collective memory. In ancient India, good art symbolised the wealth of several empires.

Art is also a cultural product. Art works can help us to remember what matters; they also lend us hope; they dignify sorrow; they expand our horizons; they help us to understand ourselves; they rebalance us. Through art, we can chronicle history, embody societal values, and comment on political or social events.

Art can bring awareness to social issues and foster a sense of acceptance — bringing people together regardless of background. Art is not only a form of expression but also an invitation to problem-solve and grow within ourselves and our communities. It has positive effects on cognition, mental health, visual perception, and how people absorb information from their surroundings allowing us to connect with ourselves on a deeper level.

The arts fulfill diverse roles in society: from fine arts expressing imagination and aesthetics...art has aesthetic, moral, cognitive, and political value.

Art brings the society together through its capacity to tell a community's shared story, to inspire reflection, and form connections that transcend differences.

Balance, emphasis, movement, proportion, rhythm, unity, and variety; the means an artist uses to organize elements within a work of art. Creativity -the arts fuel our ability to imagine, devise original ideas and think outside the box. Confidence - learning and mastering skills builds confidence.

Art and cultural expressions can for example be in the form of theatre, literature, painting, sculpture, poetry, music, dance, architecture, story telling, spirituality and rituals.

The three fine arts of painting, sculpture, and architecture are sometimes also called the "major arts", with "minor arts" referring to commercial or decorative art styles. Architecture is the only form of fine visual art with a sense of utility or elements of practicality. The seven elements of art are line, shape, space, value, form, texture, and color.

Prehistoric rock art in India, an early art form consisting of

carvings or drawings on cave rocks. The oldest examples are the Bhimbetka petroglyphs found in central India and believed to be at least 290,000 years old.

Traditional Indian painting styles and forms are a testament to the vibrant and diverse culture of India which are to be preserved now. They range from Madhubani and Kalamkari to Warli and Pattachitra, Tanjore & Mysore Art etc. These art forms are slowly disappearing to be replaced by Modern Contemporary styles.

Our daily lives have emerged from Arts so much so that today we have made them intrinsic subjects of study.

**Art defines careers...** Arts subjects include Economics, History, Political Science, Geography, Sociology, Philosophy, Psychology, Computer Science, Hindi, Regional Language, etc. There are plenty of careers after the Arts stream, which ranges from Journalism and Literary Studies to Law and Hotel Management.

**Future arts is...** where art and technology create synergetic spaces to collaborate, innovate, and break the systems that bind us. We should become futuristic where art becomes synergistic and sustainable to rebuild a strong society.

**Sonia Daddoo**



*आदतों को सफल बनाओ, आप खुद ब खुद सफल हो जाओगे।*

*A journey of a thousand miles begins with a single step.*

## **HAPPY CLASSROOM SKILL DEVELOPMENT PICS**



**MUSIC CLASS**

**DRAMA CLASS**



**PAINTING CLASS**



*हवाओं ने मुझे हताश करने की बहुत कोशिश की, मैं वह परिंदा बना जिसने ऊंची उड़ान भरना सही समझा।*

*The secret to getting ahead is getting started.*

## NEW TEACHERS TEACHING



## LIBRARY



## HEALTH CAMP



*अपार आशाओं का खेल था सारा, मैंने इस खेल को समझा और देखते ही देखते जीत मेरी ही हुई!*

*Think happy, be happy.*

## Embracing the Power of Expression

At Ayaas Prayas, we believe in nurturing not just the minds of young children but also their creativity and individual voices. As co-editor of this magazine, it fills me with pride to witness how, through words, our children and members are shaping new narratives, exploring ideas, and sharing perspectives that challenge, inspire, and uplift.

This edition brings together a diverse collection of articles—each a testament to the creativity that flourishes when given the right platform. Our young contributors were encouraged to explore a variety of topics, drawing from their experiences, dreams, and concerns. Their writing reflects the unique energy and potential of the next generation. From essays on environmental conservation to stories of kindness and unity, these pieces are windows into their vibrant thoughts and ideas.

Meanwhile, others have shared reflections on life, wisdom from their journeys, and insights into society's evolving challenges. With the freedom to choose their topics, they've provided us with a rich tapestry of ideas that complement the youthful voices in this issue.

The pages that follow are more than just words—they are the beating heart of Ayaas Prayas. Together, we celebrate not only education but the power of expression and the way it builds connections across generations.

Happy reading!

Warm regards,

**Ishpreet**



## My Journey as a picture editor at Ayaas Prayas Magazine

As the picture editor for the magazine, selecting and editing the children's event photos was a careful and rewarding process. I began by reviewing hundreds of images from the event, focusing on those that captured the joy, energy, and candid moments of the children. I looked for diversity in expressions and activities to represent the variety of experiences. May it be Yoga day, Independence Day, Christmas, Sports day, Dandiya or any kind of celebrations or summer activities, pictures from every event was meticulously refined to bring out the essence of the event and the emotions of the children.

Throughout the journey the joy of working as a photo editor and the connection between me and the story of the message behind the photo was incredibly fulfilling.

**Jaya Kumar**



*जो अपने कदमों की काबिलियत पर विश्वास रखते हैं, वो ही अक्सर मंजिल पर पहुंचते हैं।*

*Let your smile change the world, but don't let the world change your smile.*

# Thank You for Your Support & Contribution

Thanks to Atul Maheshwari  
for paying every month for a student.

Sponsoring a child for training  
Kiran and Dr. Subhash Chawla.

Jaya and Bhavna  
for sharing fees.

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Manju Vohra

Bani Sethi

Asha Pandey

Mr. & Mrs. Abrol

Poonam Tahiliani

Mrs. Sangeeta Bohra

*आज रास्ता बना लिया है, तो कल मंज़िल भी मिल जाएगी! होसलों से भरी ये कोशिश एक दिन जरूर रंग लाएगी!!*



**AYAAS PRAYAS**  
JASOLA VIHAR

लम्बे सफ़र का बीड़ा,  
लेकर चला ये पंखिडा।