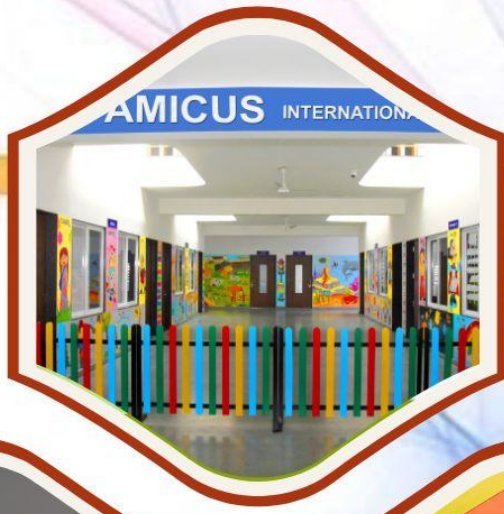




# CELEBRATE LIFE

## E-MAGAZINE

### (2022-2023)







In Education since 1986  
IGBC Green School Award 2020 (Silver Rating)



**AMICUS**<sup>®</sup>  
INTERNATIONAL SCHOOL  
A TRADITION OF EXCELLENCE

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## PREFACE

Life is a celebration of happy moments. It is an attitude that brings out the charm and excitement in people. But we live life in a constant rush of doing things and never really stop to reflect and count our blessings. Let us not wait to have it all.

It's an opportunity to appreciate the positive side of life with joy and gratitude.

We feel that life needs to be celebrated everywhere, either at your home or at your workplace and AISV is always ready to do so. So, here the **TEAM AISV** has penned down their articles & poems about "**CELEBRATE LIFE**".

*Happiness is something that multiplies when being divided – Paulo Coelho*

We all benefit from someone's contribution every day. Celebrations don't have to be limited to a particular occasion. We must understand it is an essential part of living a balanced life.

So, why to wait for a special occasion, **let's read all these articles by our TEAM AISV and let us CELEBRATE LIFE & let us MULTIPLY THIS HAPPINESS.**





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## Principal's Message



### Be Wise!

Celebrate the life, each and every day  
Let us remember the good only and make a way.  
In the past - we have beautiful memories  
Which we should hold  
As the future is awaiting so bold.  
If we deal it with gloom and fear  
There will be nothing to cheer.  
Open your heart, open your mind  
Accept the challenges, it's not a grind.  
God has given us everything  
Let us celebrate by enjoying.  
Be joyful and appreciate what we see around,  
God is the beginning **HE** is the end of all we found.  
Each moment is changed  
Nothing stays the same  
Why to blame,  
There is always something new to behold  
Happily, we will unfold  
Each day is a surprise,  
**Celebrate it and be wise.**

-Dr. Hema Abhiroop



# CELEBRATE LIFE - with Happiness!

Celebration and happiness are good friends and they are always together. This thought makes most of the people think that happiness (riches/success) is the only reason if celebration is to be done!

It is correct?

Let's introspect few aspects from our walk of life where happiness and sorrows are confronted and with whom will celebration mingle to justify its meaning – **to enjoy as something good has happened!**



When a mother is in labour, she goes through great pain and delivers a baby, later she and the family celebrate the birth of the little angel with no bound of joy.

In the same manner when parents marry off their daughter, they have great agony in their heart parting their loved one, but they still celebrate her wedding with no bound of joy.

*Here in both aspect feeling of pain & agony was felt deep and the fountain of joy that immersed through that feeling had no words to express and thus they celebrated life.*

The tears that flow from the eyes of the mother after seeing her new born child and the tears that flow from the eyes of the parents of the bride were celebrating a new life and a new start wherein future is not known but had reasons to be happy.

Joy is felt in each fraction of life, it all depends how we perceive the definition of CELEBRATION and how do we relate the same in our routine life.

*To be content and happy in each phase of life solely depends on us, our thoughts, our deeds, our attitude towards humanity – OUR KARMA!*

So, let's continue living happily and understand we are born to enjoy happiness and sorrows with tears because both lead us to CELEBRATE LIFE – and our birth on this Earth has a purpose to be met which is carved by the Almighty!

**Let's thank the Lord for this wonderful gift on Earth – THE LIFE!**

**-Ms. Anila Abby**  
**Foundational Stage**  
**Sectional Head (Nursery to C2)**



## जी ले मुझे.... में जिंदगी हूं।



इस चुप्पी की तहो में, आत्मा की गहो में,  
बहुत कुछ दबा पड़ा है।  
उन्हे खोलना चाहती हूँ,  
बहुत कुछ बोलना चाहती हूँ।  
खिलखिलाकर हंसना चाहती हूँ,  
खुशियाँ बिखेरना चाहती हूँ।  
राह में आती, हर बाधें। मिटाकर,  
उम्मीदों का आसमान छूना चाहती हूँ।  
मैं जिंदगी हूँ...  
दिल खोल, खुशी से खुद को, मनाना चाहती हूँ....

परिवार के बंधनों से बनी दीवारों से परे,  
सबके बीच अपना भी अस्तित्व बनाना चाहती हूँ।  
ऊँच नीच का भेद मिटाकर,  
हर पल हर किसी में भाई चारा बढ़ाना चाहती हूँ।  
सीमाओं को सुलझाकर, एक विश्व बनाना चाहती हूँ।  
मैं जिंदगी हूँ.....  
दिल खोल, खुशी से खुद को, मानना चाहती हूँ.....

अपने अंदर के आत्मविश्वास को और मजबूत करना चाहती हूँ,  
बंद मुट्ठी में सपने लिए, आशाओं के दीप जलाना चाहती हूँ।  
मायूसियों को मिटाकर, मुस्कान हर होठो पर लाना चाहती हूँ।  
मैं जिंदगी हूँ....  
दिल खोल, खुशी से खुद को, मानना चाहती हूँ.....

क्या मेरा, क्या तुम्हारा, इस एहसास को नकारना चाहती हूँ,  
दो पल की है जिंदगी... जी ले हर पल,  
हर पल ये एहसास दिलाना चाहती हूँ।  
मैं जिंदगी हूँ...  
दिल खोल, खुशी से खुद को, मानना चाहती हूँ.....

दूर है अभी किनारा, पर मोजो में डूबकर मस्ती से तैरना चाहती हूँ,  
मंजिल दूर ही सही, राह में आते हर किसी को दोस्त बनाना चाहती हूँ।  
कुछ सीखना कुछ सिखाना चाहती हूँ...  
मैं जिंदगी हूँ....  
दिल खोल, खुशी से खुद को, मानना चाहती हूँ.....

जिंदगी तो एक त्योहार है,  
नए लोग नए रूप, नए अनुभवों से बनाती हमारा हर एक दिन कुछ खास है।  
मुसाफिर बन, हर फिक्र मिटा, हर पल को मना,  
कहती हर पल मुझसे ये लहराती फिजा।  
आ...जिले तू भी मेरी तरह, मैं जिंदगी हूँ....  
दिल खोल, खुशी से खुद को, मानना चाहती हूँ.....

- Ms. Shraddha Satve  
Preparatory Stage Head  
(C3 to C5)





## BALANCE OF LIFE



Life is a journey, where, to reach destination should not be the only focus. While we travel through different situations and levels, we should learn and enjoy each and every moment. Does it mean, it is always happy moments that come across our journey? No, life is like a piano having black and white keys, white keys represent happiness, and the black keys represent difficulties, disappointment, and sadness. But both the keys together make music melodious.

Shakespeare once said, I cried when I had no shoes, but I stopped crying when I saw a man without legs. Very truly said materialistic things give us temporary happiness, we should be happy with what we have. Life is full of blessings, sometimes we don't value it. Always remember happiness resides not in possessions and not in gold, happiness dwells in the soul.

We should have a positive state of mind when dealing with problems, even in difficult times, we can feel inner strength, when we are grateful for the support of caring friends and family. When things are beyond your control and there is nothing you can do, why worry? Worry never robs tomorrow of its sorrow, it only saps today of its joy. Success comes to those who learn from the mistakes, instead of cribbing over the problem find out the root cause and work upon it.

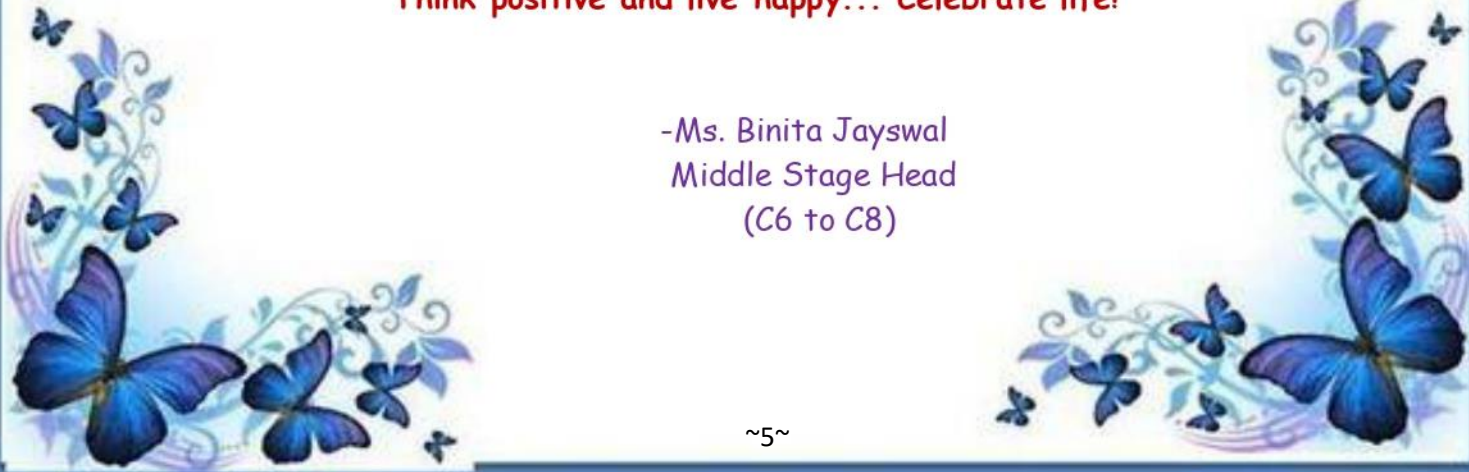
The secret of life is finding a balance: not too much and not too little, differentiating between our wants and needs. We must balance the four crucial areas of our life: our personal life, our relationships, our work life and our social contribution.

Every day is special if you **THINK** so. Every moment is memorable if you **FEEL** so.

Everyone is unique if you **SEE** so. Life is Beautiful if you **LIVE** so.

**Think positive and live happy... Celebrate life!**

-Ms. Binita Jayswal  
Middle Stage Head  
(C6 to C8)







# Celebrate Life

Celebrating life, in my opinion, entails living each moment to the fullest rather than merely coasting through it without a struggle. Most of us get busy just getting by. We don't go out into the world and strive to live our dreams; we just exist. When you work tirelessly to achieve your goals and are content with the results, you are celebrating life. Life is celebrated when every moment is thrilling and heart-pounding. Life is celebrated when you try to construct a better future without looking back at the past and don't dwell on it.



-Ms. Sonali Bakshi  
Secondary Stage Head  
(C9 to C12)





Live life to the fullest!



Do not let it end without living it, without having been a little happier  
Do not be sad by discouragement, do not let anyone to hurt you  
Do not stop to believe that words, laughter and poetry can change the world  
We are human beings, full of passion  
Life is desert and ocean too.  
It knocks us down, it hurts us  
But never stop dreaming  
Because only through dreams, we can get success.  
Do not fall into the worst mistake, Give-up.  
Do not betray your beliefs  
Enjoy the panic that leads you to have the life ahead.  
Live life to the fullest!!  
Learn from those who can teach you  
Think of you as the future with pride, momentum and without fear.  
Do not let the life to passed you over  
Without you living it..."

-Ms. Simpi Sharma  
Admin Executive



Life is short, Live it!



Everyone has their own meanings of Celebration, for me when "Generosity" is born it becomes CELEBRATION!

We are living in a country which is known for its culture and festivals. Those festivals are celebrated around the country and apart too.

Are these festive celebrations are important to us?

We all must be agree, that they bring joy and happiness in our lives. Isn't it??

So to have celebration in our lives, one must possess Happiness, Love, Affection, Sweetness and Joy, which are inherent nature of a human being.

On the other hand, when human goes beyond his inherent nature then he gets into Sorrow, Pain, Annoyance, Bitterness and what not.

As it is rightly said - "Happiness is a matter of temperament", and if a person remains in his inherent nature than each day of his life is a CELEBRATION.

In current scenario people often measure and relate, "Happiness" with substances and materials. But they forget that that is momentary pleasure.

*"Celebration" can become an everyday affair if we go with these tiny steps:*

- Show up with a **"SMILE"**. Always. Whether you feel like it or not. It makes everything better and makes every day feel like a celebration. Act like every day is a special day!
- Always listen to **your "TRUE Self"** and do not let yourself become distracted by anything and remind yourself that you are on a mission to celebrate life, whether it is workplace or your home.
- Live with your **"Purpose"** you need to change or accomplish. One should be ready with their purpose every day and focus on it.
- Always **"Think BIG"**. Visit new places, love people, do good things, smell flowers, climb mountains even its hard to climb, and swim whether it is river or a swimming pool. Well, you get the idea, right?
- **"FRIENDS"**, are real happiness of your life "inke bina kya jeena yaro", social health is very important as physical, mental and spiritual health. In a fast paced life don't let friendship go wayside. Find an occasion to celebrate with your friends!

It's a **BIG PICTURE** in terms, to conclude I can say that - "Happiness is direct proportional to Knowledge, Wisdom and Truthfulness which are key ingredients of a Happy Life which ultimately leads to CELEBRATION OF LIFE.

**"Life is short, Live it!"**

-Ms. Harshita Shah  
Admin Executive





# LIFE IS A BLESSING



Be the one to make the world happy as your life is a message to the world. Make sure it is worth learning.

Create more memories but do not forget to live the moment today itself until it becomes a memory. Smile as the moments u have earned.

Be grateful, for every little happy moment when you have smiled. Be sorry for the mistakes done while learning to make life better. Value relationships Lord has gifted you with, coz are on the way to fulfillment of the words spoken to you by the Lord.

Be motivated so that you can replace the fear and hopelessness with joy and helpfulness. Life is a blessing that is worth to celebrate.

Be the sailor of your own boat, be the queen of your own happiness, coz happy life is a collection of good moments.

-Ms.Amrin Umallawala  
Foundational Stage Educator





## HAPPINESS...



To celebrate life with happiness one must keep working and never get retired because when you have a purpose to get up in the morning.. It makes a day worth it!

In today's fast life - we need to learn to be slow to enjoy and also surround ourselves with good friends to make life happier.

One more thing we all should learn is to smile freely and connect ourselves with nature. And last but not the least. "Live in the moment!"

I believe if we can follow some of the above we are celebrating life with happiness!!

-Ms. Chandni Bhatt  
Foundational Stage Educator





## Take a break



Live life happily and positively. It has many colours, some are happy and some are sad. Life is about how you live, behavior and your nature.

God has given life to serve others. Celebrate your life every single minute. Get in touch with your inner self and see what a difference it makes.

Celebrations are often reasons for bringing family and friends together, thereby creating a strong bond of togetherness. It is never too late to start celebrating every step of our journey. Life is full of opportunities. Let us use it to create a life that feels good on the inside and not just the one that looks good on the outside.

Life can be challenging for many of us but how you celebrate it is in our hands. Never give up.

"Take a break and celebrate yourself."

-Ms. Snehal Sheth  
Foundational Stage Educator



## *Purpose of our Life*



In order to write about life first you must live it. The purpose of our lives is to be happy. Celebrating life is to celebrate the little joys in life. Little joys in life are to be celebrated, as life is a series of happy moments, and happiness is a celebration of life. Life is meant to be lived as a celebration.

The importance of celebrating life is reflected in physical and mental health, community and family relationships. Same way celebrating school, personal milestones not only helps people acknowledge their successes, it also provides opportunities to strengthen bonds with family, friends and coworkers.

Sing like no one is listening, love like you've never been hurt, dance like nobody's watching and live like it's heaven on earth. Not how long, but how well you have lived is the main thing.

I celebrate each and every moment of life with happiness. I start my day thanking God for giving me such a beautiful life. The reason for celebrating my life (my happiness) is my family.

We need to celebrate life in all small little things - starting from smile of a baby, their laughters, teaching them, the joy of celebrating festivals, listening music, dancing on the best tunes, happiness in making drawing, doing some art and craft activity, going for shopping, going for holidays, clicking photographs, the water sound on beaches, the sound of chirping birds, pleasure of baking and cooking, a perfect complement, a good cup of coffee, watching series and movies, surprise gifts, long walks and long rides, - all these are things that bring me great joy.

-Ms. Vidhi Shah  
Foundational Stage Educator



**Life is what you celebrate!  
However it is, even it's the end!**



Life is a celebration with each moment! Be happy for this moment. This moment is your life! Whether it's good or bad but it is a learning one as we always learn from every experience! No matter whatever obstacles are there, you must live a happy life! It comes with the most unexpected twists and turns at any moment, but you have to be strong enough to celebrate it with whole heart!

We should always have a positive attitude towards every aspect of life! That's how we can be happy forever!

Happiness is a source of energy for each coming adventure in life! It attracts good vibes to achieve more success! By spreading happiness, we can have that feeling of contentment! If it makes you happy, no one else's opinion should matter.

***"Life should not be lived, it should be celebrated"***

-Ms. Mayuri Thkor  
Foundational Stage Educator



## જિંદગી ને માણો



આમ તો જિંદગી જીવી ને માણવાના ઘણાં બધાં પરિબળો છે. જેના અનુસધાનમાં અલગ-અલગ વ્યક્તિ તેમનાં તેમની રોજિંદી જીવન શૈલી માં ઉમેરો કરતાં હોય છે. કારણ કે જિંદગી માણનાર દરેક વ્યક્તિ ખુશ રહે છે. તેના માં અલગ જ તાજગી અને ખુશી જોવા મળે છે. જેથી મનુષ્ય નાં આયુષ્ય માં વધારો થાય છે. બીન જરૂરી રોગો થતાં નથી. તેમજ જિંદગી માં ઘણું પરિવર્તન આવે છે. તેમજ બીન જરૂરી વાદવિવાદ થતાં નથી અને પોતાના સંબંધો માં આત્મીયતા - નિખાલસતા ત્યાગ વગેરે જોવા મળે છે.

મારી દૃષ્ટિ એ જિંદગી ઘણી મોટી છે એને માણવી જોઈ એ એને કેવી રીતે માણવી એ આપણા પર આધાર હોય છે. ભગવાન ને આપેલું આ સુંદર જીવન નો સારો ઉપયોગ કરવો જોઈએ. બીજા ને મદદ કરવી જોઈએ સ્વાર્થી પણ નો ત્યાગ કરવો જોઈએ... શું લાવ્યા હતા? અને શું લઈ ને જશો? જરા એ વિચારજો ભગવાને આપણને ખાલી હાથે મોકલ્યા હતાં અને ખાલી હાથે જ જવાનું છે તો શું કામ આ મારું છે આ તારું છે એ છોડી દો એ જવાદો અને જીવન માં કંઈક સારું કરવાની ભાવના, વૃત્તિ રાખવી જોઈએ.

એકબીજા સાથે નું સારું ખરાબ વર્તન આ બધું જ આપણા જીવન જીવવાની કળા પર આધાર હોય છે. "પાણી વગર હોડી ના ચાલી શકે એ હકીકત છે પણ હોડી માં પાણી આવી જાય ત્યારે પ્રોબ્લેમ થાય છે."

**"સંબંધ વિના માનવી અધૂરો છે એ હકીકત છે, પણ પોતાનું માણસ રડાવી જાય ત્યારે પ્રોબ્લેમ થાય છે."** આ એક ઉદાહરણ છે પણ પ્રોબ્લેમ ને પકડી ને બેસી રહે તો જીવન જીવવાની મજા બગડી જાય છે એ વસ્તુ પોત - પોતાના સ્વભાવ પર આધાર હોય છે તો પછી સમજ્યા કે હું શું કહું છું? છોડો બધી ચિંતા અને જીવન ને હસતાં - હસતાં માણવાનો પ્રયત્ન કરો પોતે ખુશ રહો અને બીજા ને પણ ખુશ રાખવાનો પ્રયત્ન કરો ક્યારે ભગવાન આપણને બોલાવી વેશે શું ખબર આપણને...તો શું કહું છું હમેશાં ખુશ રહો અને જીવન ને અને જીવન ની પળો ને માણો તમારા જીવન સાથે સંકળાયેલા દરેક વ્યક્તિ ઘર ના હોય કે બહાર ના હોય હમેશાં હસતાં અને હસાવતાં રહો જીવન ને ખુશી થી માણો. કોઈ વ્યક્તિ પોતે સર્વ-જ્ઞાની નથી એ હકીકત છે પરંતુ કોઈ ને પણ પોતાનાથી નીચા ન સમજવા એ વાત પણ સત્ય છે. "વિશ્વાસ રાખ્યા વગર ચાલતું નથી એ વાત સાચી છે, પરંતુ સાથે એ વાત ધ્યાન રાખવી જોઈએ કે આપણા વિશ્વાસ નો કોઈ ગેરલાભ ન ઉઠાવી જાય એ પણ જરૂરી છે."

માટે જ પોતાની રોજિંદી જીવન શૈલી માં પોતાના મન ને આ મન મંદિર ને સુંદર રાખવા મન ગમતી પ્રવૃત્તિ માં રસ રાખવો, વ્યસ્ત સમય માંથી થોડો સમય પોતાના બા - બાપુજી - વડીલો તેમજ ખાસ કુદરત નાં ખોળે સમય આપવો - તદ્દુપરાંત વૃક્ષો - છોડ ઉછેરવા તેની જાળવણી કરવી - નાનાં બાળકો ને સમય આપવો તેની સાથે રમવું - પોતાને સાફ રાખવું - સુગંધિત દ્રવ્ય નો ઉપયોગ કરવો - ફળ ખાવાથી પણ મન પ્રફુલ્લિત થાય છે - ખુશ રહેવું વિગેરે નો સમન્વય નો જો જીવન શૈલી માં ઉમેરો કરવામાં આવે તો ૧૦૦% મન સ્થિર રહે છે. ચહેરા પર ખુશી - તાજગી શારીરિક તબિયત વિગેરે ઘણી જ positive જીવનશૈલી માણી શકાય છે.

-Ms. Dhara Upadhyay  
Foundational Stage Educator



## Internal Happiness



Life, which is a precious gift from God, when a woman gives birth to a child from that moment celebration is there as ups and downs are coming and going, it's our way of dealing and letting our heart and how we make our beloved ones happy. This life that we love, hate and despite sometimes was given to us as a gift, to be, lived to its highest potential of being a human being.

Celebration of life begins when we accept what we are? From outer and from inner the way God has made to us and others.

Never mind what type of body we have ,skin ,colour etc. we have... throw away any trace of negative body image, enjoy the same and set an example to others with motivation to explore life .

So, make the end of all toxic relationships which are worthless, or anyone who makes you feel low or less in life just throw away all the clutters of your life which make you clean from inside a clean soul, a clean heart, which reflects the sunshine of your way.

“Take Life not as a struggle, but a challenge,

Take life not as suffering, but always to express emotions, joys.”

Keep smiling and make others a reason to smile.

-Ms. Abha Singh  
Foundational Stage Educator



## Enjoy the life



### **"Life is all about celebrating little things"**

Celebration of life means we should not only live the life, we should enjoy it. In our life each day is special so we should live each moment happily.

Life is a mixture of joy and sorrow. Happy times give us memories and sad times give us lessons.

Happy times are the times which we spend with our loving ones, parents and friends. These moments give us lots of joy and happiness. The love of a family in life is a greatest blessing.

We should always keep ourselves motivated and celebrate life with all its colours. The more we praise and celebrate our life, the more there is in life to celebrate.

- Ms. Gunja Vatsa  
Foundational Stage Educator



## Festivals and Celebrations

Celebrations are for joy and happiness which can be the most profound aspects of life. In India many festivals are celebrated during the year and these festivals are tools to bring our life to a state of enjoyment and happiness. There is a significance and importance of festivals in our life. Festivals keep us active and enthusiastic in so many ways. Imagine if festivals are not there then human beings will just eat, sleep and grow up without concern for another human being.



So, the festivals are the tool which make us approachable to everything in a celebratory way and we learn to get absolutely involved in celebration.

There are few harvest festivals like Makar Sankranti, Baisakhi, Lohri, Bhogli Bihu. Diwali, the grand festival of lights marks the return of lord Rama along with his wife Sita and brother Lakshmana after a long exile of 14 years. Holi, the vibrant festival of colours, is a victory of good over evil and arrival of spring.

Many other festivals which make us energetic to get up early in the morning and lots of things happen all over the house. All the family members get involved in decoration, preparing special food and wearing new clothes. People meet together and talk, share, laugh and spend their time with each other which gives them joy and happiness.

That's why the festivals and celebrations are the most important part of our life.

-Ms. Aarti Mehta  
Foundational Stage Educator



## Phases of life



Life..... actually life is very incredulous. We really are not able to assume what will happen in just the next moment. Sometimes we think that it would be better if we were alone but the reality is we are nothing without our friends and family.

We all always want to live each and every moment of our life but the reality is it can't be possible because time never stops for any one.

We're completely surrounded by responsibilities but still able to find happiness, This is life.

To be happy in the happiness of others even while compromising yourself, This is life.

Knowing that I did not commit any mistake, but still keep quiet, This is life.

Forget yourself for someone's happiness, This is life.

Even after supporting every moment of life, listening at any one moment "what you have done for us" and yet to fulfill our all responsibilities without any expectations, This is life.

In my life, nothing is going well but still I am saying that everything is good bcoz there are some lovable personalities in my life who are always there with me to make my life happy and those small small moments actually become the power booster for me.

At the end there are endless words to say about this beautiful or incredulous life so, in short, fight with the problems and again start the journey of life with the new hope from the new point with the new targets and energy.

-Ms. Preeti M. Yadav  
Foundational Stage Educator



"Be Happy..."



The real foundation of life starts when one gets to know who he is and what the purpose of his life is. Sometimes we want to curb the noise around us and need to listen to the inner voice that guides us. If we could connect the intention and purpose of life, we would eventually get lost in the fast-moving world. We see the world through our eyes and not through anyone else's. The one who leaves the egocentric body and views the world from someone else's eyes and for others' happiness or gives someone else some joy we receive or get, what people say is true happiness. We sometimes tend to neglect the importance of small things in our life, but the power lies in potential not size. Once we set our goals very high we can achieve anything when aided with hard work.

*The most pleasant 5-letter word is SMILE.*

*'The art of being happy is to be satisfied with what you have '*

*Happiness is a choice, not a condition*

*Life is not perfect, it has challenges in every field, so accept the challenge and deal with it.*

-Ms. Anita Patil  
Foundational Stage Educator



## Wonder of life!



Life is to be treasured each day !

Look life in the face and rejoice!

Live, give thanks don't dismay!

Let daily gratitude be your choice!

If you have life ,you are richely blessed !

In every moment, it's life you should seek!

In every situation , choosed not to be stressed!

In all things, be strong not weak !

Feel all the joy along the way!

Forget your trouble as you greet each mom!

Focus on living to the fullest each day!

For living is the reasons you were born !

Exclame on the wonder of life!

Enjoy each and every mile!

Every day choose life without strife!

Embrace each day with a smile!

-Ms. Pooja Purohit  
Foundational Stage Educator



## Be Thankful



Are you also someone who waits for some special day to celebrate life for example birthdays, father's day, mother day and many more?

I think every day is a special occasion. Whenever I am happy and smiling for no particular reason, I consider that as my celebration of my life. I am thankful for this life given to me by the supreme power. My list of gratitude includes-

1. I am thankful for this blessed life.
2. I am thankful for the good health of my own, my family and my friends.
3. I am thankful for a new day and new opportunity.

A sense of being grateful and paying gratitude is all units to celebrate your life. Be thankful for what we have already. Paying gratitude fills you with a sense of full figment and contentment that yes, I am enough.

Have you ever thought of celebrating life? Nothing special, but the thought that this life that you are living is not be taken for granted. Life is not always perfect, but it's always what you make it. So make it count, make it memorable and never let anyone steal your happiness. Life is not so difficult to be happy. Celebrate life with happiness.

-Ms. Bhagyashree Kumari  
Foundational Stage Educator



जिंदगी



अंत नही आरंभ है जिंदगी  
आसन नही उत्सव है जिंदगी  
मानो तो सुख, न मानो तो दुःख है जिंदगी  
उतार-चढ़ाव है जिंदगी  
जिये तो जान है, वर्ना बेजान है जिंदगी  
सफल भी है, असफल भी है जिंदगी  
मानो तो हर एक दिन जिना है जिंदगी  
न मानो तो बस काट दि है जिंदगी  
जिंदा हु तो एक उत्सव हे जिंदगी ।।

-Ms. Asha Mistry  
Foundational Stage Educator





Happiness is more than a good feeling or a yellow smiley face. It's the feeling of truly enjoying your life, and the desire to make the very best of it. Happiness is the "secret sauce" that can help us be and do our best.

### **The Three Keys to Happiness:**

Scientists have found that the three things that make people most happy are PLEASURE (doing things you enjoy), ENGAGEMENT (feeling interested in your activities and connected to others), and MEANING (feeling like what you do matters).

### **Celebrate Life:**

Care for others and share whatever you have with those less fortunate than you. Broaden your vision, for the whole world belongs to you. Happiness requires that we celebrate the positive sides of life. Peace requires that we accept both the positive and the negative outcomes of life and move on. Celebrating your achievements and applauding your triumphs is a sure way to refuel your enthusiasm and keep yourself motivated for your future endeavors. The importance of celebrating life is reflected in physical and mental health, community and family relationships and a healthy self-concept. Little joys in life should be celebrated, as life is a series of happy moments, and happiness is a celebration of life and a celebration of being alive. Happiness is not something which can be postponed for enjoyment at a later date.

**"Yesterday is history, tomorrow is a mystery. Today is a gift—that's why it is called the present."**

How true! Life can be lived only one day at a time. Human nature being what it is, we fear over the past and worries about the future . . . yet in the process we miss out on today's gift. We live life in a constant rush of doing things and rushing from one point to another in our lives, accomplishing much but never really standing still to count our blessings. It is when we are faced with our mortality or the loss of things we have always taken for granted that we look for little joys in life. Most of us would be familiar with the immortal lines of the W H Davies poem, "What is this life if full of care, we have no time to stand and stare."

**Many people lose the little joys in the hope for the big happiness. ~ Pearl S. Buck.**

Those lines express the bane of our modern life: we run fast to get more of everything—higher salaries, bigger houses, better cars, the dream of a secure future—in the process we rush through our day without stopping to smell the roses. What happened to the little joys in life that once made your life so fun and alive?

Happiness prevents children from being the kind of kids who cause problems. It prevents tantrums, defiance and rebellious behavior. It relieves anxiety, depression and a whole host of other emotional problems. Happiness in children creates a wonderful parent-child relationship in a much more pleasant family atmosphere.



## જીવનની મજા માણો....



ખૂબ જ સુંદર છે આ પૃથ્વી ...  
ખૂબ જ સુંદર છે આપણને મળેલ આ જીવન ....  
ખૂબ જ સુંદર છે આપણને મળેલ આ જીવન ની દરેક પળ...  
તો કેમ ન મજા માણીએ આ જીવનની.....?  
એક જ વખત મળે છે આપણને આ સમય,  
જે છે જીવન નો ખૂબ કિંમતી ....  
એક જ વખત મળે છે આપણને આ બાળપણ,  
જે છે ખૂબ મહત્વનું પ્રેમાળ .....  
તો કેમ ન મજા માણીએ આ જીવનના બાળપણની.....?  
વીતી ગયેલ બાળપણ નથી આવવાનું ફરી,  
તો કેમ બાળકોને તેનું બાળપણ ન માણવા દઈએ.....?  
એક જ તો છે આ જીંદગી,  
મળેલ જીવન છે ખૂબ કિંમતી ....  
તો કેમ ન મજા માણીએ આ જીવનની.....?  
બધું જ હોવા છતાં,  
સંતુષ્ટ નથી આ માણસની અંદરનું મન ખબર છે બધાને....  
તો જે છે તેમાં જ ખુશ રહીને મજા કેમ ન મજા માણીએ આ જીવનની.....?

મળેલ પરિવાર જન્મોજન્મ મળવાનો નથી ખબર છે...  
તો અત્યારે પોતાના જ પરિવાર સાથે સંતુષ્ટ જીવન જીવી જાણીને ...  
કેમ ન મજા માણીએ આ જીવનની.....?  
બાળપણ થી વૃધ્ધાવસ્થાનું જીવન મળે છે એક જ વાર,  
તેને જોવું - માણવું મળે છે પણ એક જ વાર,  
તો કેમ ન મજા માણીએ આ જીવનની પણ .....?

"આપણે આપણી ક્ષમતા પ્રમાણે ના માપથી જીવન જીવી લેવું, જીવી જાણવું,  
તેને માણી લેવું તે જ છે જિંદગી."  
- એટલે જ કહેવાયુ છે કે મળેલ જીવનની મજા માણો.

Ms. Hetal Mahera  
Middle Stage Educator



## Life is beautiful



A man is made by his beliefs  
As he believes, so he becomes  
God has given us one life,  
So why to waste it in believing the things  
That are never going to happen.  
Each stage of life is beautiful with new experiences.  
**Try to celebrate life with Joy,**  
**Compassion, Devotion and Humility.**  
If you truly want to celebrate your life with happiness,  
Do everything you want to do, but Not with Greed,  
Not with Ego, Not with Lust, Not with Envy.  
Always have a belief that...  
**Little by Little, Day by Day,**  
**What is meant for you will find its way.**

-Ms. Punam Patel  
Middle stage Educator





## Vibes



*"Happiness is in the quiet, ordinary things, like wondering on the places, dissolving in the cotton blue sky, looking at the trees after the rain and absorbing the greens the nature is wearing..."*

If I can give any advice about making life a little happier every day is to look out for the little things. Like listening to your favorite song over and over until it cheers you, or looking at the sunset, or seeing a pet do something cute and taking pictures of it. It's remembering sweet things other people do and being reminded there is still good out there, and trying to be kind to yourself by noticing one nice thing about yourself, giving yourself credit or letting your body enjoy relaxing when you have a break. Life is about those little moments, those little things, and it does help you feel more content if notice them, if you seek them out, even if it is just for a moment, you can feel grateful that for a second today you were happy about something.

*The little things?? The little moments??  
They aren't little...*

-Ms. Anjali Bisht  
Middle Stage Educator



## हर पल में उत्सव



जीवन के की हर पल को उत्सव बनाएं। क्योंकि हमारे जीवन में अगले पल क्या होने वाला है , यह हम नहीं जानते, ना हम अपने भविष्य के बारे में जानते है, ना तो हम अपने अतीत को बदल सकते हैं , इसलिए जीवन के हर पल को उत्सव बनाना वह हमारे हाथ में है ।छोटी-छोटी खुशी का जश्न मना कर हम खुशियां मना सकते हैं ।जीवन के हर पल को उत्सव बनाने के लिए छोटी सी तकलीफ हो या बड़ी उसमें भी मुमकिन हो तो खुशियां ढूंढ निकालो , अपने जीवन और अपनी खुशियों से बहुत प्यार करो । हम हमेशा किसी त्योहार या खास दिन पर खुश रहने के मौके की तलाश करते हैं, परंतु त्यौहार या किसी खास दिन पर नहीं हर रोज खुश रहने की कोशिश करें इससे जीवन में सकारात्मकता आती है और हम जीवन का भरपूर आनंद उठा सकते हैं ।सुख और दुख जीवन के दो पहलू हैं ।जीवन में हर पल सकारात्मक सोचना चाहिए ।इससे अपने जीवन और खुशी को सबसे ज्यादा महत्व दे और हमेशा खुश रहे ,क्योंकि खुशी ही जीवन का असली उत्सव है ।जरूरी नहीं कि जीवन में हमें सब मिल जाए ,बल्कि जरूरी यह है कि जो मिला उसको उसमें से ही हमें अधिक से अधिक खुशी कैसे मिले वह सोचकर जीवन में खुशियां को मनाएं।

-Ms. Anita Parmar  
Middle Stage Educator



## Life is Celebration



"Life comes from the earth and Life returns to the earth."

Every day we wake in the morning, it means God has given us a day to live a good and happy life. Whenever I am happy and smiling for no particular reason, I consider that my Celebration of life" moment. Life is a journey between Death and birth. Between this Death and Birth the events we are celebrating are the happiness of our life. Generally we use celebration as an excuse to gather with friends and family to remember the things in life that truly matter. We don't know what will happen the next moment and that next moment is a moment to celebrate my life. Passing the Good vibrations to others and getting the same is the moment is the time to celebrate. Life is own itself celebration for me.

"When Celebration becomes service, there is no guilt,  
When Service becomes a celebration, there is no pride."

-Ms. Aekta Barot  
Middle Stage Educator





**Be Happy**



*“Life is a beautiful gift of God’s creation!*

*Life is just like a **Rose Flower**, where sometimes we feel a little salty and sometimes a little sweet. The path of life is not so difficult, not so easy. It is a very beautiful journey wherein we cry, we laugh, we are sad and sometimes we celebrate.*

*The **Rose Flower** is very beautiful. If we want that; we have to cross all the thorns present in the plant. Slowly.....gradually...carefully crossing the thorns and finally we get that Beautiful Rose flower.*

*Like the **Rose, flower** life is very beautiful. Sometimes we face difficulties and sometimes happiness.*

*Life is God’s beautiful gift. Every moment we enjoy it. Whatever god gives us, accept it and try to be happy always.....!*

*-Ms. Rojalín Tripathy  
Middle Stage Educator*



**"It is never too late to  
Start celebrating.."**



**Happiness is something that multiplies when being divided  
- Paulo Coelho~**

LIFE is full of celebration. It is an attitude that brings out charm and excitement in people with beautiful memories. But we live life in a constant rush of doing things and never stop to reflect and count our blessings. This is the opportunity to appreciate the positive side of life with joy and gratitude. Celebrations are the reasons for bringing our family, friends together, wherein to create a strong bond of togetherness. It is never too late to start celebrating each and every moment of your walk with talk, smile and happiness which can create new memories. Life is full of opportunities to create happiness while eating with our entire family, dancing with our kids, watching movies with our loved ones and outing with our colleagues. Create beautiful memories with such things so that in sadness also there will be celebration of love towards others and happiness in their MIND.

Adding value into the lives of others shows that we care without the expectation of a return on our investment (Parent to children). An act of expressing one's joy is to share it with peers around us. We all benefit from someone's contribution every day. Therefore, it is indeed to pay forward by adding value to the people in celebration. Celebrations don't have to be limited to a particular occasion. We must understand it is an essential part of living a balanced life.

**"LEARN, LIVE, LOVE from LIFE, each moment will be created  
with happiness." - Celebrate Life.**

**-Ms. Nishi Abin  
Secondary Stage Educator**



## The Beauty of Life



**The more you praise and celebrate your life, the more there is in life to celebrate."**

**- Oprah Winfrey**

Life is beautiful and full of celebrations. It is a celebration of happy moments. However you should always be ready to face adversity and challenges. Life is the most precious gift of God. It is a treasure of jewels whose worth is immeasurable. Life shows all its colours and shades which may be dark and bright. The dark shades of life make us realize the depth of life because life is just not just a bed of roses. The pains and sufferings in life make us judge the importance of pleasure that is the beauty of life. When we are confronted with the idea of giving up at that point of time that helpless situation perhaps is opening new doors for us as life is full of surprises and possibilities. When we are shattered and lose courage, God helps us to pray and by praying we become humbler and tolerant in life. The more we pray the more optimistic and vibrant we become in life. Then we see the colourful shades of life the joy, the ecstasy, the rhythm, the humour, the love. It makes us rejoice and celebrate. Celebrate just because we have made all the lovely things around us happen, the smile we give to our friends, the kind words we say to the people around us.

That is the beauty of life to see the sunshine which brightens our day and fills us with new vigour and strength. Each day is a new day to accomplish new tasks and usher with a new vision. Embrace the moment with tenderness and innocence and life will become a garden of mesmerizing flowers.

**Life is to forget and forgive. Move ahead with faith and conviction then only we can realize our dreams. Life will truly unfold its magic and bring good luck and happiness.**

**So, live life wholeheartedly as this day is yours and tomorrow may be more wonderful.**

**-Ms. Dalee Yadav  
Secondary Stage Educator**



## आनंद ही उत्सव है



आनंद ही उत्सव है और उत्सव ही आनंद हैं।  
आनंद भीतर से उमगता है तो उत्सव जन्म लेता है।  
या यूँ कहें कि आनंदित मन से उत्सव अपने आप निकलता है।  
क्योंकि आनंद कहीं बाहर से नहीं आता, आनंद भीतर से ही उठता है।  
इसी को मैंने अपने जीवन में अनुभव भी किया है।  
जब मैं अपने बारे में अच्छा महसूस करती हूँ तो बेहतर काम भी करती हूँ।  
घर हो या विद्यालय सभी रिश्ते अच्छे लगने लगते हैं।  
इसी कारण छोटी-छोटी बातें भी हमें खुश कर देती है  
और चिड़ियों का चह-चहाना बच्चों की शरारते, मस्तिहा,  
उनका झगड़ा तक सभी अच्छा लगने लगता है।  
जीवन छोटा है। जीवन के सारे रस स्तुत हमारे हाथों में ही है  
यह हम पर निर्भर करता है  
कि हम उन्हें कैसे अपने जीवन में ग्रहण करें।  
अगर सकारात्मक सोच हमारे साथ होगी तो हर क्षण उत्सव है।

-Ms. Sangeeta Singh  
Secondary Stage Educator





## The Recipe of Happiness

2 Heaped cups of patience  
1 Heart full of love  
2 Hands full of Generosity  
A dash of laughter  
1 Head full of understanding  
Add plenty of faith and mix well  
Spread over a period of a lifetime and serve everyone you meet...  
We are the creators, the builders of Happiness.

### Happiness

It is yours, forever yours to keep  
Don't let them take something so deep,  
You must look within yourself,  
When times are blue,  
Because Happiness is a thing,  
That lives in you.....

-Ms. Anshupa Swaroopa  
Secondary Stage Educator





## "Thankful for the blessings"

The pursuit of happiness is everyman's virtue. It is often misinterpreted as the lack of pain/unpleasant moments in the life. It rather is finding reasons to be humble and thankful for the blessings one has.

So, always ask this question: Does happiness really depend on self-delusion?

-Ms. Swetha Mohandas  
Secondary Stage Educator





## Shades of life



Every moment counts: big and small, messy or planned. Surprising, emotional - even dangerous. Life is an accumulation of all kinds of individual moments. Like the moment when disappointment is put into perspective. The moment we do something for the last time. The moment we allow ourselves to pause and just be.

We're living in a world that's changing faster than ever, and not all moments are ones we'd want to re-experience. But they're our moments - and that's what makes each one invaluable.


We all celebrate festivals, success, new arrivals, anniversary, birthday, etc... Which all are excuses for us to celebrate.

In life each and every day is not the same for all. In life all types of colors one can see. One can see bright colors in the form of success, one can see dark shades in the form of sorrow, and one can see very attractive colors to show their expression towards any event. One can see sunrise, sunset, and also in the form of seasons like blossom, summer, winter, rain.

These all are shades of life and we happily accept it and celebrate. By sharing, caring, giving, gathering, can be the mode of celebration.

Celebration means colors, lights, music, joy, happiness and when we celebrate each and every day with all of this then it becomes a Celebrate of Life.

-Ms. Jignasa Pandya.  
Secondary Stage Educator







**We are the souls on earth,  
Celebrating Life.**

The colourful rainbow vibes,  
Emotions, Passions & Surprise, Sometimes low & sometimes hike,  
We are the souls, here to celebrate life.

The nature in beautiful suffice,  
The memories we live so nice,  
With all opportunities & no deprive,  
If we look into how we receive alic,   
We are the souls on earth, Celebrating Life.

-Ms. Mahima Yadav  
Secondary Stage Educator



A decorative border featuring yellow sunflowers, green leaves, and butterflies, with small yellow dots scattered throughout.

I will enjoy...



This is my life, and I will celebrate it,  
This is the journey of my soul, and I will enjoy it.  
I will enjoy each and every phase of aliveness,  
And celebrate small wins for my happiness.  
I will have a conversation with myself every day,  
To know myself in a better way.

-Ms. Jyoti Sharma  
Secondary Stage Educator



## Gratitude



There are so many things to celebrate life. Face each task with interest since you know that today's day will never come again. We should spend some time with ourselves about something we need to improve. Don't be anxious. We should maintain an area just for us where we can quietly reflect on our day.. Let go of your anxieties, fears, regrets etc.

Celebrating life will bring you peace, satisfaction and happiness every single day. As these feelings grow we will learn to be more active, mindful and also it will help to gain more knowledge not only about the life but also self-love and in future, eventually, we will learn to see the various little things that will give us a reason to celebrate life. Act like every day is a special day, so keep smiling. Each morning, we can decide rather, we should decide today's goal. Always be open minded. Celebrate whatever happens. Always think big. Always find happiness in small things. Do the things that you like and want to do. Gratitude is one of the best ways of celebrating life. When you are grateful, everyday becomes a celebration.

-Ms. Ira Varshney  
Secondary Stage Educator



## Celebration in the small wonders



A life without struggle is no good! Just because there are problems in life, we have to keep ourselves motivated to be happy. Problems tend to multiply if we are sad, downcast and generally supportive of a sad mind. Problems grow like leaves on a tree if you water the roots i.e. pay attention, the problems bloom. So being happy and radiant about everything in life is a sure antidote to sadness.

Enjoy the little joys in life that come your way each day! Not all of us are destined for great things. Most of us live perfectly ordinary lives, doing ordinary things. It is up to us to make this life count. Try to do simple things that bring you joy and satisfaction even for a day or just a few hours.

We need to celebrate life in the smallest of wonders—the smile of a baby, the smell of the first raindrops on parched earth, the smell of the sweet dish on the stove, the beauty of the colourful Rangoli, the sound of the chirping birds early in the morning, the smell of paper in a new book, the abandon with which children greet the last bell signalling the end of a school day, their laughter on a playground—all these are everyday things that bring me great joy.

**"Life can be quite simple, happy and saddening at times and maybe full of struggle. Our challenge is to embrace, appreciate and celebrate it every day."**

**-Ms. Sheetal Bhardwaj  
Secondary Stage Educator**



## जी लो जिन्दगी



फूल बनकर मुस्कुराना जिन्दगी,  
मुस्कुरा के गम भुलाना जिन्दगी,  
जीत कर कोई खशु हो तो क्या हुआ,  
हार कर खशिशियाँ मनाना भी जिन्दगी।  
छोटी छोटी खुशियाँ ही तो जीनेका सहारा बनती है।  
ख्वाहिशों का क्या! वो तो पल-पल बदलती है।  
हर पल में प्यार है, हर लम्हे में खुशी है,  
कह दो तो यादें हैं, जी लो तो जिन्दगी है..  
हमेशा खुश व सकारात्मक रहें,  
दिल से मात्र यही एक दुआ है।

-Ms. Mitali Agrawal  
Middle Stage Educator



**Keep Smiling**



Life is a gift, rush it and dance with it. Every day is a celebration of life, every day is a new journey and new day. We lose something and gain something in life as our journey starts but we should not lose our wisdom. When we see life with eyes of wisdom we learn to let go of negative emotions and live with a smile which emerges from the core of our heart and it lights up our life and the life of others with happiness.

Take life not as a struggle, but as a challenge. Take life not as suffering but as a way to express emotions.

"Keep smiling and spread the happiness"

-Ms. Divya Somasundram  
Middle Stage Educator





## Illuminate your life



Life is a celebration. It is a cycle of harmony, of good and bad.

Happiness and sadness are like day and night. They come one after another.

One faces so many ups and downs in life and it's something all of us need to deal with at some points in our life. And we should be grateful for each day.

Each of us has faced many long nights but we shouldn't be too scared of them because a dazzling bright sunny day will follow the dark night and they shall illuminate our life with its brightness.

So, always wait for that bright sunny day which would heal your any kind of night. To their parents, their children are like flower buds. They want them to grow up to turn into beautiful flowers. The fragrances of their children touch their hearts and it fuels happiness into their lives just like aromatherapy does.

So many ups and downs in life each one of us has to deal with. But we should be grateful for each day.

Each of us has faced many long nights but is not too scared of them because a dazzling bright sunny day will make your day pleasurable. So, always wait for that bright sunny day which can heal any kind of night.

Problems never stay long, they just put the tick mark in the experience book of your life and move away.

So one must always celebrate life, the good and the bad.

-Ms. Padma Singh  
Middle Stage Educator



## Melange



Melange means a mixture of varied. Life is also full of a mixture of varied aspects like phases of life, members of family, seasons, places of travel, people you meet, food you eat, festivals you celebrate etc. Can you imagine life without this variety? It would be dull and dry. This mixture of variety makes life a celebration.

Celebrations are part of life and this celebration gives life to our lives. It's not just a festive thing to do, it's a way to take a pause, cherish and reaffirm the things that we value in our lives.

Celebrations are in fact a brilliant and joyful way to teach our children what we believe in. And these celebrations become more effective when we include nature and outdoor play into our celebrations, it will depict the importance of the natural world in our lives and our connection with it. And these little things will become memories to cherish our life. Celebrations include sweet pleasures like food, music, games, and fun, and it brings a feeling of togetherness. These celebrations become more memorable and meaningful when each one in the family contributes to his/her part. Results don't matter here, but efforts do.

*"Let's embrace and enjoy this variety to make life a celebration".*

*-Ms Roshni Trivedi  
Preparatory Stage Educator*





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