



Prakash College

Name : YASH VITAY BHEKARE

Class / Div : 12<sup>th</sup> B Roll No.: 09

Article Title : गौरीशोत्सव

## गौरीशोत्सव !!!

'कुशाकर्ता दुःखाहर्ता, राजानना श्री गौरीया' अशी आवती कानावक पडायला लागली की आठवती ती गौरीशोत्सव. लोकांमध्ये एकजूटीची भावना जावून व्हावी म्हळून लोकमान्य टिळकांनी कुकन केल्लेला सार्वजनिक सण म्हणजे गौरीशोत्सव होय. आज हा सण अगदी 10-11 दिवसांच्या आनंदोत्सवच म्हणवा लागिले. गौरीशोत्सवचकृतीपूर्वीच धव सजविणे, तीखण बांधणे, वेगवेगळ्या मूर्तींची पहणी कुकन मूर्ती लावकी कुकणे ही कामे कुकन होतात. एकदा बाप्या विराजमान झाला की धवत 10-12 दिवस पूजा - अर्चा, लाडू-मोदक यांच्या प्रसाद यांची मजा कुकन होते. याशिवाय अगववतीच्या कुवाखाले धव जणू मंदिरच आहे, असे वाटते.

गौरीपती ही विद्येची देवता नळे तरे सार्व भक्तांची संकटे दूर कुकणाची देवता आहे. गौरीपतीकुळे त्याचे वाहन असलेला छोटा उंदीर याचेही महत्त्व वाढते. अनंतचतुर्दशीला म्हणजे अकवाण्या दिवशी बाप्याच्या मूर्तीचे विराजन होते. ती सिकवळूक मोठी वाजत गाजत निघते. फराके फोडत गौरीयाचे पाण्यात विराजन होते. त्यावेळी वस्त्रे, सांगासे ठुलालांनी लात झालेली दिखतात. गौरीपती बाप्या मोर्या, पुढच्या वर्षी लवकर या' या वाटांनी आसमंत घुमून जातो. भक्तगण आपल्या गौरीयाला मोर्या दुःखा अंतः कुकणाने निरोप देतात.

॥ गौरीपती बाप्या मोर्या ॥ मंगलमूर्ती मोर्या ॥



Name : स्वातिकेश ठाणपत जाधव

Class / Div : 12<sup>th</sup> / B

Roll No.: eo

Article Title : ठाणेश चतुर्थी

श्री ठाणेश चतुर्थी हे भाद्रपद शुक्ल चतुर्थीला केले जाणारे एक धार्मिक व्रत आहे. ठाणेशाच्या अवतारांपैकी ठाणेश याचा जन्म भाद्रपद शुक्ल चतुर्थीला झाला असे मानले जाते. ठाणेश चतुर्थी किंवा "शिवा" असेही म्हटले जाते. या चतुर्थीला हिंदू धर्मात विशेष महत्व आणि स्थान आहे. असे मानले जाते की, ठाणेशाला तसज्ज केल्याने घरत सुख समृद्धी आणि शांती तस्थापित होते. ठाणेशाला लाडू आणि मोदक अर्पण करतात. त्यामुळेच ठाणेश चतुर्थीला ठाणेशाला मोदक आणि लाडू अर्पण केले जातात. ठाणेश चतुर्थीच्या पहिल्या दिवशी ठाणपतीच्या मूर्तीची प्राणप्रतिष्ठा केली जाते आणि ठाणपतीच्या पूजेनंतर आरती केली जाते. ठाणपत्य संप्रदायाचे हे एक व्रत आहे. आवण शुक्ल चतुर्थी ते भाद्रपद शुक्ल चतुर्थी असे महिनाभर करायचे हे व्रत आहे. नदीकिनारी जाऊन स्थान करून आपल्या हाताच्या उंगळ्याएवढी मालीची ठाणेशमूर्ती हातावरच तयार करावी तिचे सोळा उपचारांनी पुजन करून ती एका नदीतच विसर्जन करावी असे हे व्रत आहे. याला पार्थिव ठाणेश व्रत म्हणतात. महिनाभर जमले नाही तर किमान शेवटच्या दिवशी तरी पार्थिव मूर्तीची पूजा करावी अशी सामान्य धारणा आहे.



Name : Ishani N. Bihawal

Class / Div : SYJC/A-1

Roll No.: 30

Article Title :

स्वास्थ्य

## ✧ स्वास्थ्य ✧

- स्वास्थ्य व्यक्ति की शारीरिक, मानसिक और सामाजिक बेहतरी को संदर्भित करता है।
- 1948 में डॉ. एच. ओ. ने कहा था कि व्यक्ति की संपूर्ण शारीरिक, मानसिक और सामाजिक स्थिति को स्वास्थ्य में शामिल किया है न कि केवल बीमारी का अभाव।
- प्रत्येक व्यक्ति को अपने मानसिक और भावनात्मक स्वास्थ्य को उतना महत्व देना चाहिए जितना वह अपने शारीरिक स्वास्थ्य को देता है।
- इस बात की कमी की वजह से अवसाद, उच्च रक्तचाप और तनाव जैसी समस्याएँ जन्म ले रही हैं।
- सभी उचित आहार योजना का पालन करें जिसमें सभी आवश्यक माइक्रोन्यूट्रेंट्स शामिल हैं।
- धूम्रपान, शराब पीने और ड्रग्स जैसी हानिकारक नशीले पदार्थों के सेवन से बचें।
- आध्यात्मिक नशीले पदार्थों जीवन के अर्थ को समझने के लिए किसी व्यक्ति को स्वयं के साथ संबंधों की भावना स्थापित करना है।



Name : Nishu Grouind Gupta

Class / Div : XII A-1

Roll No.: 24

Article Title : Health and fitness

Health is wealth, rightly said. Good health is an essential aspect of human life. Fitness is the cornerstone of good health. The best way of living a good life is by maintaining good health and fitness. One can live life to the fullest only by maintaining good health and fitness. Good health and fitness imply both mental and physical well-being. The basic way to good health and fitness is doing workouts. We should always remember that a healthy mind can only be gained by being healthy. In this article, we have provided one brief and one extended piece. Good health is a boon to your body. It helps you physically and mentally. Good health can be maintained by doing regular exercise and maintaining a well-balanced diet. It is imperative to eat proper meals at the appropriate time. The key source of being happy is fit and healthy. It helps us to perform our daily chores properly without being lazy or dull. Regular exercise, a proper routine diet, and healthy requires regular physical exercise with a balanced diet. It is very necessary for all to maintain order to be fit, healthy, fearless of diseases. As said, "Respect your body, it's the only one you got." One should always prioritize his or her health. The word health implies the state of being free from illness and gives the idea of being well. Health and fitness both go hand in hand. Being healthy has a lot of advantages, and there are ways of being healthy and fit in simple terms. Being healthy and fit means taking good care of the body. A healthy mind endures only in a fit and healthy body. A happy mind and a fit body help you maintain the energy to achieve success in life.



Name : Vaishnavi Singol

Class / Div : XII C

Roll No.: 76

Article Title : Save The girl child

वरं शत्रुं देवा, दिली एक कल्या  
मिच्यामुळं माला कळणी ही दुनिया

तुम्हारे चालतना बोलायचे पैजण  
शोभा आली घरा, तिन फुलवलां अंगण

बोबडे तिचे बोल, तिचे केस झुरुझुर  
बाबा आनंदून म्हणती, किती लड करू ?

का वाढू लागली लेक, झाली माझी आई !  
काढू लागली चुका ... म्हणे 'तुला कळत नाही' !

घरभर फिरत असते, खूप तिची बडबड  
'मदत करत तुला' म्हणत करते किती गडबड !

येता - जाता घरात मला मारत असते मिठी  
सदानूकदा नाव तिचेच माझ्यासुद्धा ओठी

खरंत का ही लेक कधी जाईल मला सोडून ?  
नुसत्या विचारानंसुद्धा कंठ येतो दाडून !



Name : Riya Mansukh Giada

Class / Div : C XII

Roll No.: 016

Article Title : SAVE GIRL CHILD.

\* There are specific Laws to fulfil the Constitutional obligation of women empowerment in India passed by our parliamentarians and the judicial system.

\* Some of the important laws that empower women in India are equal remuneration Act 1956, the dowry prohibition Act 1961 and immoral traffic prevention act 1956.

\* Girls play an important role not only in building a family but in building a just society.

\* It is the 21<sup>st</sup> Century and it goes without saying that equal rights should be given to the both men and women in our society.

\* In many parts of the country, the gender of the baby is known before the delivery and hence parents decide to or kill the girl child.

\* SAVE THE GIRL CHILD \*



Name : Sayali V. Sagwekar

Class / Div : XII / A-1

Roll No.: 49

Article Title : Education.

The value of education at a ~~so~~ much younger age. Our first trust with learning begins at home, & our first teachers are our parents, grandparents, & often siblings. The importance of education lies in its continuity. Learning is a lifetime process that will stop with our death. It is the foundation for the development of healthy individual & society. Our world cannot have a bright future if our culture lacks education.

Education is the key to change. It is an important tool that allows a person to understand his or her rights & responsibilities to his or her family, society & nation. It improves a person's ability to view the world and to fight against misdoings such as injustice, corruption, & violence, among other things.

Education is meant to hone talent, sharpen our mindsets and educate us on a myriad of things. In school, we cover a variety of topics such as history, arithmetic, ~~geogora~~ geography, politics & so on. These subjects sharpen children's minds & allow the kid to absorb knowledge from all subjects, his or ~~her~~ her mental level is increased. Here are some cognitive benefits of learning and education that ensure growth & development in children: Stability, financial security, self-dependency, Equality, confidence,



Name: Vaasan Raja Nadar

Class / Div: C/12th Roll No.: 61

Article Title: "Memories of school to college"

Memories are the part and parcel of every one's life. A man always remembers the good days he has passed. There are some good memories and some bad memories in life. The good memories are the good experience one gets in one's life. The good memories includes; school life memories including primary and high school life memories. The memories of school life period, are definitely the treasure to cherish for the rest of your life. The school continuously plays an effective role in our later life period. The school life is the best life. A man, who has been the student, knows what school life is. The school life is the golden time period of learning. It truly impacts the life of students. The importance of school life can never be negated.





Prakash College

Name : Disha Manish Grewale

Class / Div : SYTC 'B' Roll No.: 15

Article Title : 'Navratri'

'Navratri' is one of the most significant festival of Hindus celebrated all across the world. This is one of the most ancient festival dating back to the times immemorial. The word 'Navratri' is derived from the two Sanskrit words - 'nava' meaning nine and 'ratri' meaning night. The nine day festival would be observed from September to October. So, each day of Navratri different avatars of Goddess Durga is worshipped. Dussehra is a famous festival celebrated in our country India. It marks the day on which Lord Rama defeated the demon king Ravan. The celebration is to remember that the good and holy always wins over evil. The members of the families dress up and come together to spend time with each other on Dussehra by eating good food and watching fireworks. The first nine days are celebrated as Navratri and the tenth day when Ravana is killed 'Dussehra' is celebrated.



Name : Neha Vasant Bolje

Class / Div : 12<sup>th</sup> B Roll No.: 33

Article Title : दशहरा

दशहरा प्रधान त्योहारों में से एक है। यह आश्विन मास की शुक्ल पक्ष दशमी तिथि को मनाया जाता है। इस दिन श्री राम ने रावण पर विजय पाई थी। भगवान् राम के वनवास के बों को दिनों में रावण छल से सीता को हर कर ले गया था। राम ने हनुमान और सुग्रीव आदि मित्रों व धार की सहायता से लंका पर हमला किया तथा रावण को मार कर लंका पर विजय पाई। तभी से यह त्योहार मनाया जाता है। दशहरा रामलीला का आखिरी दिन होता है। भिन्न - भिन्न स्थानों में अलग - अलग प्रकार से यह दिन मनाया जाता है। बड़े-बड़े नगरों में रामायण के पात्रों की सांक्रियाँ निकाली जाती हैं। दशहरे के दिन रावण, कुम्भकर्ण तथा मेघनाद के कागड़ के पुतले बनाए जाते हैं। बहुत आसंकास के समय राम और रावण के दलों में बनावटी लड़ाई होती है।



Name : Sayali V. Sagwekar

Class / Div : XII / A-1

Roll No.: 49

Article Title : Education

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