





# STEERING THE SHIP

## From the Principal's Desk



Hello children,

Rev Fr Jason Monis  
M.A., B.Ed

This is a month of holidays and celebration, filled with joy and newness. Along with this, the month also calls us to reflect and renew ourselves as we celebrate the feast of light. Light is a symbol of new life, and we are called to dispel the darkness. This darkness may be our own ignorance, mischief, and other difficulties, or the hidden areas of our limitations that are only known to us.

The holy scriptures of various religions speak about the light:

- "You Are the Light!" (Matthew 5:14, The Bible): This verse is like a pep talk! It tells you that you are the light. It means you should be a good example to others. Your good actions, kindness, and truthfulness are like a bright city on a hill—everyone can see them! Don't hide your goodness; let it shine so it helps guide the people around you.
- "Wisdom is a Lamp!" (Bhagavad Gita 10:11): This verse talks about how a higher power helps us. It teaches that God (Krishna, in this case) is like a lamp of wisdom shining inside your heart. This light helps to get rid of the "darkness born of ignorance," which is just a fancy way of saying it helps you learn, understand what is right, and get rid of confusion or not knowing something. Knowledge is light!
- "God is the Ultimate Light!" (Surah an-Nur 24:36, The Quran): This verse uses a beautiful picture—a lamp in a niche—to describe God (Allah). It shows that God is the source of all the brightest, purest, and most powerful light. This light is guidance and truth. It's like a special, brilliant light that shows people the right path and helps them understand the most important things in life. This light is so strong and clear that it seems to shine all by itself.

To conclude the message from all three scriptures: the divine light is within us, and we are that light. Like the light dispels the darkness and shines forth, we are called to be the light, guiding others toward a blessed life. To be the light, we need to be clean and pure in our inner, spiritual life; only then can we be a guiding and shining light in our outward actions. As the scriptures say that we are light, let us embody the wisdom and knowledge of light.

May the festival of light that we celebrated inspire us to be the true light wherever we go, dispelling the darkness.

God bless you all.



<https://www.youtube.com/channel/UC6pwTlgDdavgCPEhbuzRA1w>





# FROM THE COUNSELOR'S DESK



## FEELING BORED? MAYBE YOUR BRAIN NEEDS A BOOST!

Feeling Bored? Maybe Your Brain Needs a Boost!

As a school counsellor, I often meet students who say,

School feels boring, or I get bored at home – that's why I watch TV or use my mobile when I have nothing else to do. But behind this boredom lies something deeper that is our brain chemistry, especially the role of **serotonin**, the “feel-good” neurotransmitter.

Serotonin helps regulate our mood, motivation, and focus. When serotonin levels are balanced, we feel calm, energetic, and interested. But when they drop, students may feel tired, restless, and easily bored, even with subjects or activities, once they enjoyed. Research from Harvard Medical School (2022) shows that low serotonin is linked to reduced involvement and decreased attention span that is common causes of classroom boredom.

Students often feel bored when lessons seem repetitive, when they lack real-life connection, or when they feel disconnected emotionally. For instance, Amy, a grade 10 student, once told me, “Math used to be fun, but now it feels pointless.” On exploring, we found she was under constant stress, eating poorly, and sleeping late – all of which lowered her serotonin levels and, in turn, lack of motivation. The same thing can happen even at home when students feel bored, disconnected, or spend too much time on screens instead of engaging in meaningful activities.

So, how can students handle boredom effectively?

1. Physical activity – Exercise boosts serotonin. A short walk, stretching, or even dancing can refresh the mind.
2. Mindful breaks – Deep breathing or journaling helps calm the brain and improve focus.
3. Balanced diet – Foods rich in tryptophan (like bananas, eggs, and nuts) naturally raise serotonin.
4. Positive mindset – Setting small daily goals or appreciating small successes increases motivation. One need to self-appraise for little achievements.
5. Connection – Talking with friends, teachers, or counsellors or trusted persons , strengthens emotional well-being.

Boredom is not just laziness – it's often a signal from the brain asking for balance of emotions. When students learn to care for their body and mind, serotonin flows naturally, turning dull moments into opportunities for curiosity and growth. Engage yourself in household activities, explore nature, and develop good hobbies – they all help boost serotonin levels and keep your mind active and happy.

Remember: A healthy mind learns better, lives happier, and finds joy even in ordinary activities.



# WISDOM FROM THE STAFFROOM

## ದೀಪಾವಳಿ ಆಚರಣೆ - ಅಂದು ಮತ್ತು ಇಂದು



ಭಾರತವು ಹಬ್ಬಗಳ ನಾಡು ಎಂದು ಪ್ರಸಿದ್ಧವಾಗಿದೆ.

ವರ್ಷ ಪೂರ್ವ ಅನೇಕ ಹಬ್ಬಗಳು ಇಲ್ಲಿ ಆಚರಿಸಲ್ಪಡುತ್ತವೆ.

ಅವುಗಳಲ್ಲಿ ಅತ್ಯಂತ ಜನಪ್ರಿಯ ಮತ್ತು ಮಹತ್ವಪೂರ್ವಾದ ಹಬ್ಬವೆಂದರೆ ದೀಪಾವಳಿ ಅಥವಾ ದೀಪೋತ್ಸವ.

ಈ ಹಬ್ಬವು ಬೆಳಕಿನ ಹಬ್ಬವಾಗಿದ್ದು, ಕತ್ತಲೆಯ ಮೇಲಿ ಬೆಳಕಿನ ಜಯವನ್ನು ಹಾಗೂ ದುಷ್ಪರ ಮೇಲಿ ಶಿಷ್ಟರ ವಿಜಯವನ್ನು ಪ್ರತಿನಿಧಿಸುತ್ತದೆ.

ದೀಪಾವಳಿ ಹಬ್ಬದ ಹಿಂದೆ ಅನೇಕ ಹೌರಾಟಿಕ ಕಂಫೆಗಳು ಇವೆ. ಅತ್ಯಂತ ಪ್ರಸಿದ್ಧವಾದುದು — ಶ್ರೀರಾಮ ರಾವಣನನ್ನು ಸಂಹರಿಸಿ ಲಂಕೆಯಿಂದ ಅಯೋಧ್ಯೆಗೆ ವಾಪಸ್ಸುದಾಗ, ಅವರ ಆಗಮನದ ಸಂತೋಷದಲ್ಲಿ ಅಯೋಧ್ಯೆಯ ಜನರು ಮನೆಮನಿಗಳಲ್ಲಿ ದೀಪಗಳನ್ನು ಬೆಳಗಿಸಿದರು ಎನ್ನಲಿಲ್ಲ. ಆದರಿಂದಲೇ ಈ ಹಬ್ಬವನ್ನು "ದೀಪಾವಳಿ" ಎಂದು ಕರೆಯಲಾಯಿತು. ಕೆಲವರು ಇದನ್ನು ಲಕ್ಷ್ಮೀ ಪೂಜೆಯ ಹಬ್ಬವೆಂದೂ ನಂಬುತ್ತಾರೆ, ಅಂದರೆ ಸಂಪತ್ತಿನ ದೇವಿ ಲಕ್ಷ್ಮೀ ದೇವಿಯನ್ನು ಆರಾಧಿಸುವ ದಿನವೆಂದು ಪರಿಗಣಿಸುತ್ತಾರೆ.

### ಅಂದು ದೀಪಾವಳಿ ಆಚರಣೆ

ಹಳೆಯ ಕಾಲದಲ್ಲಿ ದೀಪಾವಳಿಯನ್ನು ಅತ್ಯಂತ ಸರಳ, ಭಕ್ತಿಪೂರ್ವ ಹಾಗೂ ಪರಿಸರ ಸ್ವೇಹಿಯಾಗಿ ಆಚರಿಸಲಾಗುತ್ತಿತ್ತು. ಜನರು ತಮ್ಮ ಮನೆಗಳನ್ನು ಮುಂಚಿತವಾಗಿ ಶುದ್ಧಿಗೊಳಿಸಿ, ಹಿತ್ತಲಲ್ಲಿ ಹಸಿರು ಎಲೆಗಳಿಂದ ಅಲಂಕರಿಸಿ, ಬಣ್ಣದ ರಂಗೋಲಿ ಹಾಕುತ್ತಿದ್ದರು. ಸಂಜೀ ವೇಳಿಗೆ ಮಣಿನ ದೀಪಗಳನ್ನು ತೈಲದಿಂದ ತುಂಬಿ ಬೆಳಗಿಸಿ ಮನೆಮನಿಗಳಲ್ಲಿ ಇಡಲಾಗುತ್ತಿತ್ತು. ಈ ಬೆಳಕಿನ ಕಿರಣಗಳು ಕತ್ತಲೆಯ ರಾತ್ರಿ ಪ್ರಕಾಶಮಾನವಾಗಿಸುತ್ತಿದ್ದವು.

ಜನರು ಕುಟುಂಬದೊಂದಿಗೆ ಸೇರಿ ಸಿಹಿತಿಂಡಿಗಳನ್ನು ತಯಾರಿಸಿ ನೆರಿಮನೆಯವರಿಗೆ ಹಂಚಿಕೊಳ್ಳುತ್ತಿದ್ದರು. ಹಬ್ಬದ ಉತ್ಸಾಹ ನಾಡಾ ಹೃದಯದ ಸಂತೋಷದಲ್ಲಿ ವ್ಯಕ್ತವಾಗುತ್ತಿತ್ತು. ಪಟಾಕಿಗಳು ಆ ಸಮಯದಲ್ಲಿ ಬಹಳ ಕಡಿಮೆ ಇರುತ್ತಿದ್ದವು, ಮತ್ತು ಜನರು ಪರಿಸರ ಹಾನಿಯಲ್ಲದ ಹಬ್ಬವನ್ನು ಆಚರಿಸುತ್ತಿದ್ದರು. ಎಲ್ಲಿಡೆ ಭಕ್ತಿಭಾವ, ಒಗ್ಗಟ್ಟು ಮತ್ತು ಸಂತೋಷದ ವಾತಾವರಣ ಇತ್ತು.

### ಇಂದು ದೀಪಾವಳಿ ಆಚರಣೆ

ಇಂದಿನ ಕಾಲದಲ್ಲಿ ದೀಪಾವಳಿ ಆಚರಣೆ ಬಹಳ ಬದಲಾಗಿದೆ. ತಂತ್ರಜ್ಞಾನ ಮತ್ತು ಆಧುನಿಕ ಜೀವನಶೈಲಿಯ ಪ್ರಭಾವದಿಂದ ಹಬ್ಬದ ಸ್ವರೂಪದಲ್ಲಿ ಹೊಸ ರೂಪಗಳು ಕಾಣಿಸುತ್ತಿವೆ. ಮನೆಗಳನ್ನು ವಿದ್ಯುತ್ ದೀಪಗಳು, ಬಣ್ಣದ ಸರಗಳು ಮತ್ತು ಕೃತಕ ಅಲಂಕಾರಗಳಿಂದ ಅಲಂಕರಿಸಲಾಗುತ್ತದೆ. ನಾಮಾಜಿಕ ಜಾಲತಾಣಗಳಲ್ಲಿ ಶುಭಾಶಯ ಸಂದೇಶಗಳು ಹರಿದುಬರುತ್ತವೆ.

ಮತ್ತು ಈ ಪಟಾಕಿ ಸಿಹಿತಿಂಡಿಗಳನ್ನು ಉತ್ಸಾಹದಿಂದ ಹಬ್ಬವನ್ನು ಆಚರಿಸುತ್ತಾರೆ. ಮಾರುಕಟ್ಟೆಗಳಲ್ಲಿ ಹೊಸ ಬಟ್ಟೆ, ಉಡುಗೊರೆ ಮತ್ತು ಸಿಹಿತಿಂಡಿಗಳ ಖರೀದಿಯಲ್ಲಿ ಜನರು ತೊಡಗಿರುತ್ತಾರೆ. ಹಬ್ಬದ ಉತ್ಸಾಹ ಹೆಚ್ಚಿದರೂ, ಪಟಾಕಿಗಳಿಂದ ಉಂಟಾಗುವ ಶಬ್ದ ಮತ್ತು ವಾಯು ಮಾಲಿನ್ಯ ಪರಿಸರಕ್ಕೆ ಹಾನಿಯುಂಟುಮಾಡುತ್ತಿದೆ. ಇಂದಿನ ಹಬ್ಬವು ಬಹುಮಟ್ಟಿಗೆ ವಾಣಿಜ್ಯೀಕರಣಗೊಂಡಿದೆ. ಹೀಗಾಗೆ ಹಬ್ಬದ ನಿಜವಾದ ಆತ್ಮ - ಶಾಂತಿ, ಪ್ರೀತಿ ಮತ್ತು ಮಾನವೀಯತೆ - ಕೆಲವೊಮ್ಮೆ ಮರೀಮಾಡಲ್ಪಡುತ್ತಿದೆ.

### ದೀಪಾವಳಿಯ ನಿಜವಾದ ಅಧಿಕಾರಿಗಳಿಗೆ

ದೀಪಾವಳಿ ಕೇವಲ ಪಟಾಕಿಗಳ ಹಬ್ಬವಲ್ಲ; ಅದು ಜೀವನದ ಬೆಳಕಿನ ಹಬ್ಬವಾಗಿದೆ. ಇದು ನವೋಜಗಿನ ಕತ್ತಲೆಯನ್ನು ದೂರಮಾಡಿ ಜ್ಞಾನ, ಪ್ರೀತಿ, ಸಹಾನುಭೂತಿ ಮತ್ತು ಶಾಂತಿಯ ಬೆಳಕನ್ನು ಹಬ್ಬವ ದಿನವಾಗಿದೆ. ಈ ದಿನದಲ್ಲಿ ನಾವು ಬಡವರಿಗೆ ಸಹಾಯಮಾಡಿ, ಪ್ರಕೃತಿಯನ್ನು ಕಾಪಾಡಿ, ಕುಟುಂಬದೊಂದಿಗೆ ಸಮಯ ಕಲೆಯಬೇಕು.

ಹಬ್ಬದ ನಿಜವಾದ ಸಂತೋಷವು ದೀಪಗಳ ಬೆಳಕಿನ ನಿರ್ಮಾಣದ ಒಳಗೆ ಬೆಳಕನ್ನು ಹಬ್ಬವುದರಲ್ಲಿ ಇದೆ. ಅಂದಿನ ಸರಳತೆ ಮತ್ತು ಇಂದಿನ ಆಧುನಿಕತೆ ಎರಡರಲ್ಲಿಯೂ ಈ ಹಬ್ಬದ ಸಾರ ಒಂದೇ — "ಬೆಳಕನ್ನು ಹರಡುವುದು, ಪ್ರೀತಿಯನ್ನು ಹಂಚಿಕೊಳ್ಳುವುದು ಮತ್ತು ಸಹಾತ್ಮಕತೆಯೊಂದಿಗೆ ಬದುಕು ನಾಗಿಸುವುದು."

ದೀಪಾವಳಿ ಅಂದು ಸರಳತೆ ಮತ್ತು ಭಕ್ತಿಯಿಂದ ತುಂಬಿತ್ತು; ಇಂದು ಆಧುನಿಕತೆ ಮತ್ತು ಉತ್ಸಾಹದಿಂದ ಪ್ರಕಾಶಿಸುತ್ತಿದೆ. ಯಾವ ರೂಪದಲ್ಲಿದ್ದರೂ, ಅದರ ಮೂಲ ಸಂದೇಶ ಒಂದೇ — ಕತ್ತಲೆಯ ಮೇಲಿ ಬೆಳಕಿನ ಜಯ ಮತ್ತು ಮಾನವತೆಯ ಬೆಳಕು ಸದಾ ಹೊಳೆಯಲಿ ಎಂಬುದು.



# FOUNDATION OF FUN

## FOOD THAT MATTERS A HEALTHY EATING



A special awareness programme on the theme “Food That Matters”.

The resource person of the day, School Counsellor Mrs. Maria Mildred Dsouza, spoke a few encouraging words to the children. She explained in simple language that fruits and vegetables are natural gifts which make us strong and energetic, while junk food harms our health. She motivated the little learners to always choose healthy food over junk food.

The programme was graced by our Principal, Rev. Fr. Jason Vijay Monis, who addressed the tiny tots and emphasized the importance of healthy eating habits from a young age. He encouraged the children to enjoy seasonal fruits daily, reminding them that “good food makes a good mind and a good body.”

## HONORING THE LEGACY OF MAHATMA GANDHI:

Gandhi Jayanti was observed with reverence at Loreto English Medium High School, CBSE, Loreto. A floral tribute was offered to the Father of the Nation, Mahatma Gandhi. The ceremony was graced by our respected Principal, Rev. Fr. Jason Vijay Monis, along with the staff members, who paid homage to Gandhiji and reflected on his enduring message of truth and non-violence.

Speaking on the occasion, the Principal highlighted that Gandhiji sacrificed everything for the country, dedicating his life to the ideals of peace, unity, and selfless service.



## GROWING UP SMART AND SAFE

In observance of World Mental Health Day, Loreto English Medium School, under the CBSE Mode and Spoke Hub of Learning initiative, organized an enlightening session on GROWING UP: SMART AND SAFE, for the students of Grades 6 and 7. The session aimed to guide students through the crucial phase of adolescence with awareness on mental health and digital hygiene.

The school counselor, Mrs. Maria Mildred D'Souza, conducted separate interactive sessions for boys and girls to ensure a comfortable and open atmosphere. Students were introduced to the meaning and significance of puberty and the various physical changes that occur in boys and girls during this period of growth.



# FOUNDATION OF FUN



## HEALTHY BODY, HEALTHY HABITS

In observance of World Mental Health Day, Loreto English Medium School, under the CBSE Mode and Spoke Hub of Learning initiative, organized an enlightening session titled “Growing Up: Smart and Safe” for the students of Grades 4 and 5. The session was designed to guide young students through the pivotal phase of adolescence, focusing on mental health awareness, digital hygiene, and overall well-being.

The discussion began with an exploration of Healthy Body, Healthy Habits, where students learned the importance of maintaining good physical health through balanced diets, regular exercise, and adequate sleep. Mrs. D’Souza emphasized that taking care of their bodies not only promotes physical well-being but also plays a significant role in mental health, encouraging students to establish healthy habits early in life.

## LITTLE WRITERS, TIMELESS BEGINNINGS:

Tiny Writer’s Day with great joy and excitement. The event marked a very special milestone for the nursery students, as they were introduced to the beautiful journey of writing for the very first time.

A ceremonious symbolic activity was held, where the children traced their first letters in rice, a traditional and auspicious beginning to their educational journey. The Principal, Rev. Fr. Jason Vijay Monis, held the tiny hands of the children and guided them in writing, making it a memorable and cherished experience for all.

The Principal distributed pencils and notebooks to the children, marking the beginning of their learning journey. The event beautifully captured the theme “One child, one teacher, one book, one pen can change the world.”





# SCHOOL NEWS

## FESTIVAL OF LIGHTS SPARKLE



Loreto English Medium High School, CBSE, celebrated Deepavali with immense joy and enthusiasm. The event was graced by School Manager Fr. Francis Crasta, Principal Fr. Jason Vijay Monis, PTA Vice-President Mr. Rodney Ivan D'Souza, and Vice-Principal Mrs. Anitha Pais.

The celebration began with the dignitaries lighting the lamp, symbolizing the auspicious start. Fr. Jason Vijay Monis, in his address, wished everyone a joyous Deepavali, encouraging students to shine brightly like the festival's lamps through good deeds and knowledge. Fr. Francis Crasta spoke on the spiritual significance of Deepavali, highlighting the rewards of following the right path.

The cultural programme featured vibrant dances, soulful songs, and beautiful displays of rangoli and diyas. Students also showcased their creativity in a lantern-making competition, with many artistic Gudu deepas on display.

The event was compered by Dhanvitha of Grade IX, with Ashel delivering the welcome address, Junaida speaking on the significance of the day, and Anvika offering the vote of thanks.

It was a celebration of light, joy, and creativity, spreading festive cheer across the school.



### ACTION SONG COMPETITION

The Loreto English Medium High school CBSE, Pre-Primary Section conducted an Action Song Competition with great enthusiasm. This event provided an opportunity for the young students to showcase their rhythm, coordination, and creativity through music and movement.

Students from Nursery, L.K.G., and U.K.G. participated with lively and energetic performances, demonstrating their expressive skills and teamwork. The competition helped boost their confidence while making the learning experience both enjoyable and interactive.

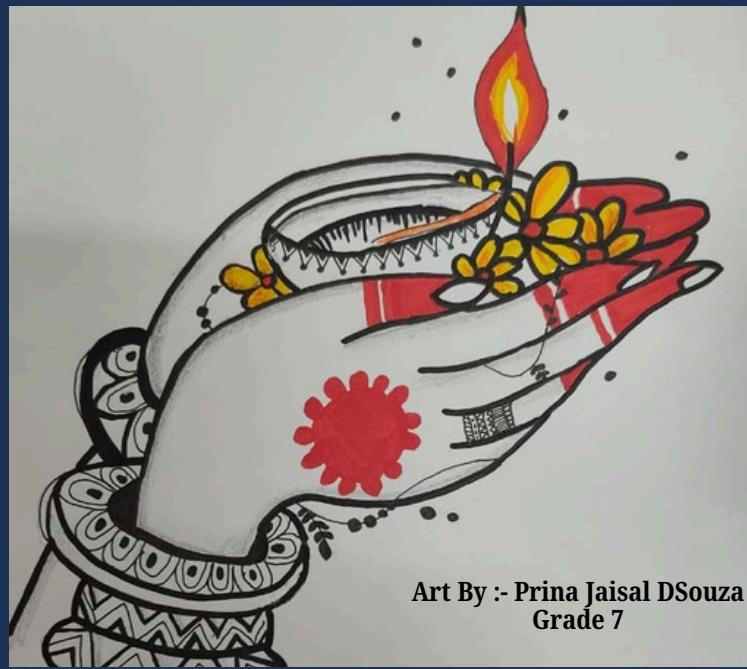
The event concluded with applause for the students and heartfelt appreciation for the teachers who helped make the event a grand success.



# ART GALLERY



Art By: Ms. Kavitha



Art By :- Prina Jaisal DSouza  
Grade 7



By Adel Lisha Barbosa  
Xem Sid



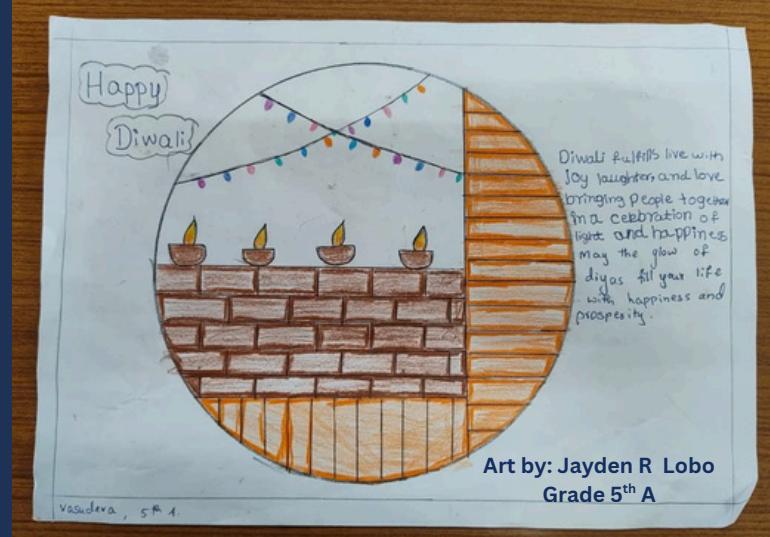
Art by: Aiman M K  
Grade 9



Happy  
Diwali

Diwali

Vishalini Mendis  
5th B



Vasudena, 5th A

Art by: Jayden R Lobo  
Grade 5th A



# LITTLE MINDS LOUD SPOKEN

## DEEPAVALI – THE SONG OF LIGHTS

When twilight drapes the world in dreams,  
A thousand lamps awake in streams.  
Each flame a voice, so soft, so bright,  
Together they sing – “let there be light.”  
The moon smiles down on every door,  
As hearts grow rich, though hands be poor.  
Laughter spills through every lane,  
Washing the earth of sorrow and pain.  
Rangolis bloom like dawn on earth,  
Each swirl a wish, each hue rebirth.  
Sweet scents drift, and voices blend,  
In joy that seems to never end.  
But Deepavali is more than a show,  
It's the light within that makes us glow.  
A spark of love, a touch, a smile –  
That makes this life so pure, worthwhile.

Name : Naimisha Shetty  
Grade: 5B

## SPARKLE AND SHINE

Lights of Deepavali, shine so bright,  
Dancing in Darkness, banishing night.  
Joy and laughter, love and cheer,  
A festival of light, fills every year.  
May the lights of Deepavali, guide you through,  
Life's Journey, with love and joy a new.  
Wishing you happiness, prosperity and cheer,  
On this festival of lights, brings you a Bright

Name : Janice Lenora Crasta  
Grade: 7



SHARE

LUVVIMINDA

Deepavali Teaches us that truth always wins over lies and good over evil. It reminds us to remove darkness from our hearts and fill them with light, love and kindness . When we share joy with others, we make the world – brighter just like the lamps of Deepavali!

Name : Crystal Lyssa Miranda  
Grade : 4



## DEEPAVALI

Deepavali is a festival of light  
It is celebrated in India  
Decorate their house  
It is a Festival of joy  
Exchange sweets .  
We wear new dress  
They put rangoli  
They light Diyas  
They burn crackers  
They worship goddess Lakshmi  
It comes in October or November  
They go to neighbours, Cousins ,  
Families houses  
They go to friends house.



Name : Ayisha Liyana  
Grade: 5

## Deepavali– The Festival of Lights

Diwali, also known as Deepavali, is one of the most widely celebrated festivals in India.  
It is called “the Festival of Lights” because people light oil lamps and decorate their homes to mark the victory of light over darkness.

The festival has its roots in ancient Hindu mythology. According to the Ramayana, Lord Rama returned to Ayodhya after 14 years of exile, and the people of the city welcomed him by lighting rows of lamps. Diwali is also associated with Goddess Lakshmi, the goddess of wealth and prosperity, who is worshipped by millions of devotees.

During Diwali, families clean and decorate their homes, exchange gifts and sweets, wear new clothes, and enjoy fireworks. Children especially love bursting crackers and brightly illuminated lights, creating a joyful and festive atmosphere.

However, in modern times, it is important to celebrate Diwali in an eco-friendly way by minimizing the use of firecrackers.

The true essence of Diwali lies in sharing love, spreading happiness, and lighting the lamp of kindness in our hearts.

Name : Mohammed Muhammin Khader  
Grade : 7

## The Meaning of Deepavali



# LITTLE MINDS LOUD SPOKEN

## DEEPAVALI

The deepavali diya is a symbol of light and joy. It represents the triumph of light over darkness. The diya is a source of warmth and illumination. It light up the surroundings with its gentle glow. The flame of the diya is a beacon of hope. It guides us through the darkness of ignorance. The diya is often lit during diwali prayers. It adds to the festive atmosphere of the celebration. The light of the diya is a symbol of knowledge. It dispels the darkness of ignorance and fear. The diya is a reminder of the power of light. The light of the diya is a guiding force. The diya is a beautiful symbol of diwali. It adds to the magic of the festival.

By: Devayani  
Grade : 5B



## DEEPAVALI

Diwali is the festival of light. It is one of the biggest festival celebrated in India. Diwali is celebrated as Lord Rama returned to Ayodhya after 14 years. People worship goddess Lakshmi and Lord Ganesha on Diwali. Children burn firecrackers and enjoy themselves with their friends. People light candles and decorate their homes with Rangoli. People eat sweets and share gifts with friends and neighbors. Children get long school holidays to celebrate Diwali. People also do lots of Diwali shopping on Dhanteras. Diwali is the most loved and we enjoy it very much.

By: Alina Shannon Lobo  
Grade : 5B



## LIGHT WITHIN - A DEEPAVALI POEM

A thousand Lamps may shine tonight,  
But the brightest glow is inner light  
Not just in homes, but in the heart,  
Let love and kindness play their part.

The dark may come, it always will,  
Yet hope can make the night stand still.  
For every shadow fades away,  
When truth and peace begin to stay

Crackers burst and laughter rings,  
Joy in every heart that sings.  
But more than sound or sight or hue,  
Let every flame that dances high,  
Touch a heart and lift it to the sky.

Deepavali glow is not just fire,  
Its dreams, compassion , and desire.  
To live , to love,to understand  
To light the world with heart and hand.

By: Mohammed Mazin  
Grade : 4



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