

PARENTS' TRIDENT

Quarterly Newsletter of Shiv Nadar School, Faridabad

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Title: Blue Morpho

(The Morpho is among the largest butterflies in the world with wings spanning from five to eight inches)

Medium: Mixed Media

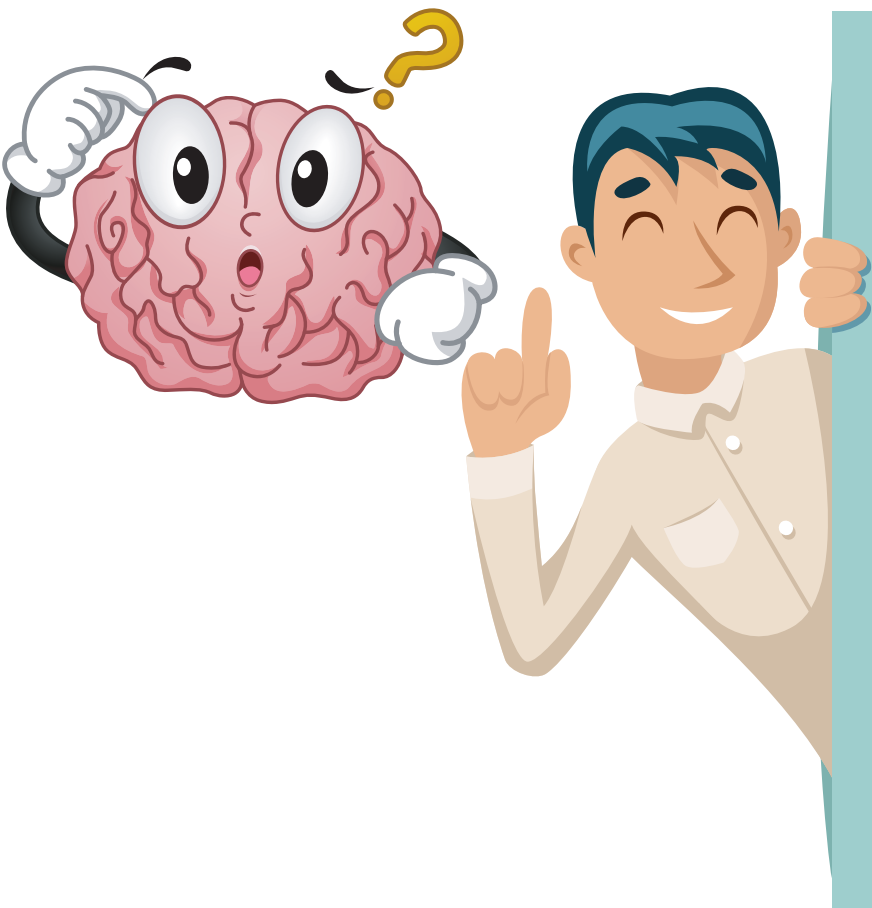
Artist: Navya Nagaich

M/o of Vedanshi Chaturvedi/ V Sariska

Intellectual Nourishment

BY EARL NIGHTINGALE

Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality. If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.



Why I Am Always Hidden

by Saurabh Chopra
F/o Samiya Chopra/4 Corbett

I am always hidden because I don't know
about the world

Would like to learn even though I get
straightened and curled

I am a snail; I am slow but mindful and
slimy

If you see me, you'll say I am tiny

Usually, I am happy
But sometimes I do get grumpy
I am cautious of my actions
And aware of my reactions!!



"Children are like wet
cement: whatever falls
on them makes an
impression."

Dr. Haim Ginott

"To me a lush carpet of
pine needles or spongy
grass is more welcome
than the most luxurious
Persian rug."

Helen Keller



Virtual Wayfarer

Experiencing nature through immersive virtual environments!!!

by Raghav Jindal

F/o Aarav Jindal/ Nursery Gir



“We don’t inherit the earth from our ancestors, we borrow it from our children.”

Lester Brown

Nature can be found at all levels, even from the window of a high-rise apartment you can find natural environment everywhere. It is everyone’s perception how you look at things. My visit to Banff National Park (Canada) in 2019 is a perfect example of natural beauty. Let me take you all to a virtual wayfarer tour.





A picture says it all.

“It’s a romance that goes back and forth, the mountains and people. The reason for the national parks is so we can pass on this beauty.”

John Muir



The best of all (personally). Quite, calm, peaceful are the words for Moraine Lake. After doing a trail of about 1.8 miles you reach this beautiful lake.

THE GONDOLA RIDE

Halm Ginott

Visitors can take in views of the Bow Valley and downtown Banff, which is reached in eight minutes by gondola. Totally a new experience.

Summary.

Always inspired by Nature. I find a connection in nature and kids. As I earlier said children are the future generations of the earth. Nature enhances a sense of peace and often brings out nurturing qualities in children. The only way to enable children to grow comfortable in nature is to open the door and let them out to explore the wonder and awe of the natural world. Nature isn't the problem; it's the solution.



आयी बरसात सुहानी

by Nishu Garg
M/o Shreya Garg/9 Gir



बड़ा सुहाना बड़ा सुहाना,
बिजली कड़की बादल गरजा
आसमान हो गया है कजरा,
काले बादल काले बादल
घिर-घिर घिर-घिर आये बादल,
धीमी-धीमी चली हवाएँ
मीठी-मीठी लोरी गाए
हम सबको भी हैं रिझाएँ,
टिप-टिप टिप-टिप वर्षा आई,
देखो भाई देखो भाई
इन्द्रधनुष को साथ है लाई,
पेड़ों पर हरियाली छाई,
रंग-बिरंगे फूल है लाई,
हम सबने है धूम मचाई,
पक्षियों की आवाज़ से
आकाश सारा गूँजा भाई,
कोयल ने भी तान लगाई





The Inner Battle

By Swarna Dua
M/o Mahira Dua / 1 Sariska

We all have at some point of life faced a situation where our external surroundings and situations drive and mold our behavior, character and overall personality. Though a neutral and endearing person remains the same in favorable or adverse situations such examples are rare to find. When I was a child, I was deeply moved by the story of Michelangelo.

The story revolves around a very eminent Italian painter, sculptor and artist Michelangelo, whose work was well-established in the Renaissance paint. The Pope had administered him the task to fresco the walls of the Sistine Chapel taking examples and characters from the Holy Bible.

The characters of his paintings were not fictional faces but real-life models whom he depicted with utmost perfection. Michelangelo had portrayed his own mother's face as Mother Mary's as he found resemblance in both.

Choosing the most angelic face for Baby Jesus was not difficult either, as Michelangelo found that innocence in the face of a little urchin who helped the peanut vendor in serving customers

The Sistine Chapel's painting was not completed for many years as Michelangelo could not search the right face for Judas - the apostle who had the Last Supper with Lord Jesus and betrayed him. Other apostles like Thomas, Peter who have been shown with different expressions in the paintings by Leonardo da Vinci in his iconic painting "The Last Supper" were found, but where could Michelangelo find a shrewd, treacherous face to give to Judas?

"No one knows your inner battle. No one knows the challenge you face. No one knows the sacrifice it takes to do what you do. But you're not alone."

Richie Norton

BATTLE

“Your worth and value are not based on the outward things: they are based on God's love for you. Receive his love, learn to love and value yourself, and you will begin to produce better fruit in your life.”

CS Lewis



“There can be no keener revelation of a society's soul than the way in which it treats its children.”

Nelson Mandela

So yes, we all have both Christ and Judas in us. The innocence of childhood is overpowered by the society's conditioning and external factors. However, this is not to justify that every wrong behaviour or character is attributed to unfavourable circumstances. Lord Krishna once explained to Karna in the Mahabharat that since Karna faced hardships and faced biases since his childhood there was no justification for him to support the treacherous Kauravas.

So the battle is inward, because our life experiences have a mix of both good and bad (uncontrollable at our end) but our character is definitely our own choice.

What If I had Stayed On ?

by Richa Malhotra
M/o Subeer 4/ Vian KG

Haim Ginott

The sky would still be moody
Sometimes bright and divine
at times dark and cloudy
The sun wouldn't lose its shine.

The rain would still fall
In showers or in sprinkles
The stars would still be gleaming
At times sparkling or just a twinkle.

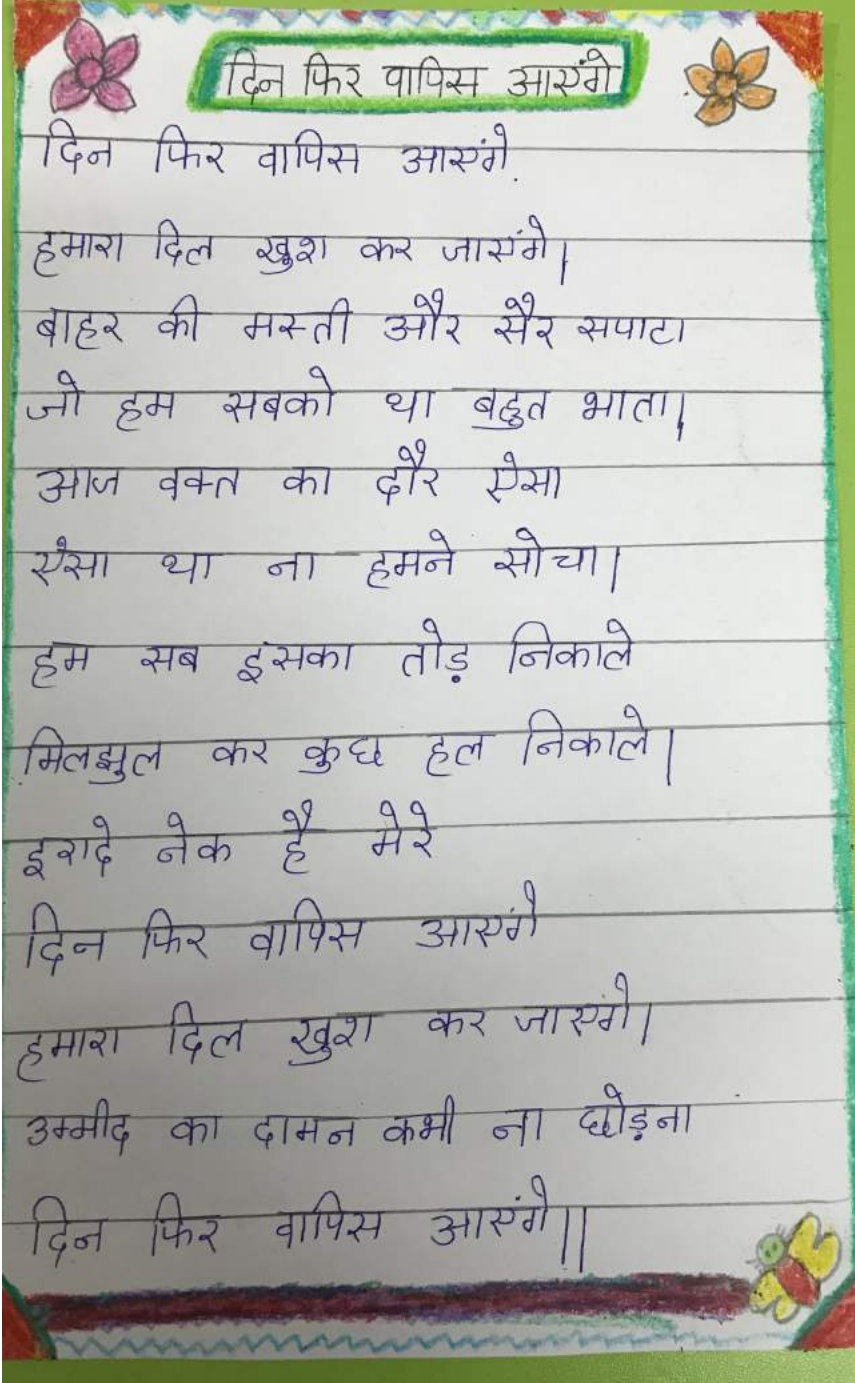
Would the birds stop singing?
Or the peacock stop its dance?
The seasons would not change
Their pattern or romance.

Then why do you weep my mother?
When all seems just the same?
People around still laughing
The world still plays its game.

But I know, oh mother mine
That your eyes see not these things
Those vacant eyes just look through them
Our home will never be the same again.

दिन फिर वापस आएंगे

by Yogita Chowdhary
M/o Vihaan Chowdhary/ 4 Kanha



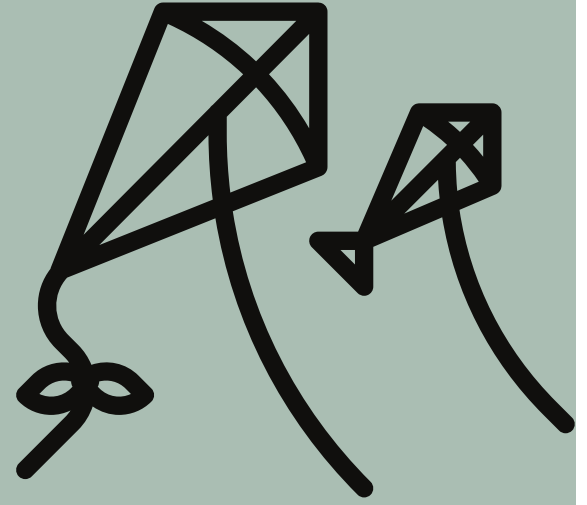
ना कुछ पाने की आशा ना कुछ खोने का डर,

काश मिल जाए फिर मुझे वो बचपन के दिन!



रोने की वजह भी न थी, न हंसने
का बहाना था,
क्यो हो गए हम इतने बडे,
इससे अच्छा तो वो ► बचपन
का जमाना था.

प्रेमचंद





“It is amazing just where you can source that extra time. Even taking a child to school can be a time of togetherness where you can talk to each other.”

Eden Williams

“Human subtlety will never devise an invention more beautiful, more simple or more direct than does nature because in her inventions nothing is lacking, and nothing is superfluous.”

Leonardo Da Vinci



Looking for Nursery Tuition

By Dr. Rohini Khattar

M/o Myrah Khattar/ 4 Ranthambore

I recently came across this post on a social media platform and it took me a few minutes to comprehend this first! I double checked the advertisement as numerous thoughts crossed my mind. What must be so difficult that a ‘3-something tiny tot’ would need tuitions to cope with?

Working parents? No help in the current pandemic? My ‘small logical brain’ was working at its best! I still could not find any justified reason as to why a kid so young would need tuitions??

In my profession, I come across a wide variety of people from diverse backgrounds. All parents have lots of aspirations and high ambitions for their children. My child should know A-Z before he/she goes to school. He/she should colour perfectly. He/she should be able to write from 1 to 10 correctly! Should be able to recite poems perfectly. The list is endless.

We begin our formal schooling at 3.6 years of age and have a long tedious journey ahead. Early years are formative years for our children. Most of the brain development wherein the child imbibes a lot of things from the environment is till about 8 years of age. Once they reach middle school, the academic pursuits tend to increase exponentially.

Have we ever considered-why and when our children need tutoring or are we blindly following social media? Being a very diligent parent, we love to set up back to back classes for our kids! Dropping and picking them from one class to the other: Do we ever stop and ponder, what our child is really learning out of all this?

It’s incorrect to compare our own childhood with theirs since the pace of life has changed drastically. But amidst all this, the entity of living beings remains the same. The balance of mind and body still remains the same. The external environment has changed 360 degrees -- there are pros and at the same time there are cons!

An ocean of information is available with a single click in a matter of seconds! Do we not miss the fun of sitting with parents going through books collecting information on projects? We have so much in our hands now that we are eating way more than we can digest. It is a rush to make our children “Jack of all traits, master of none!”



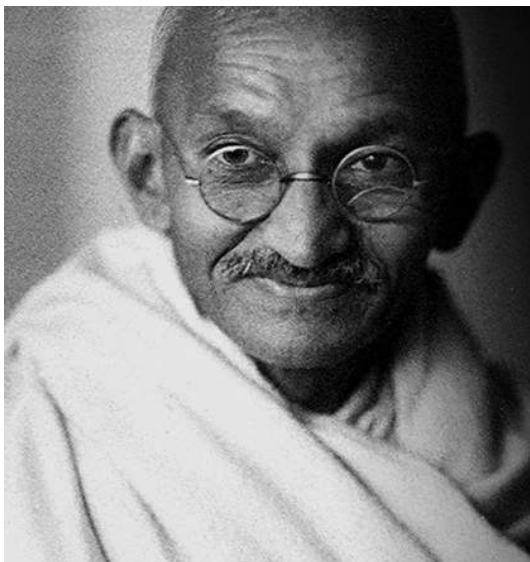
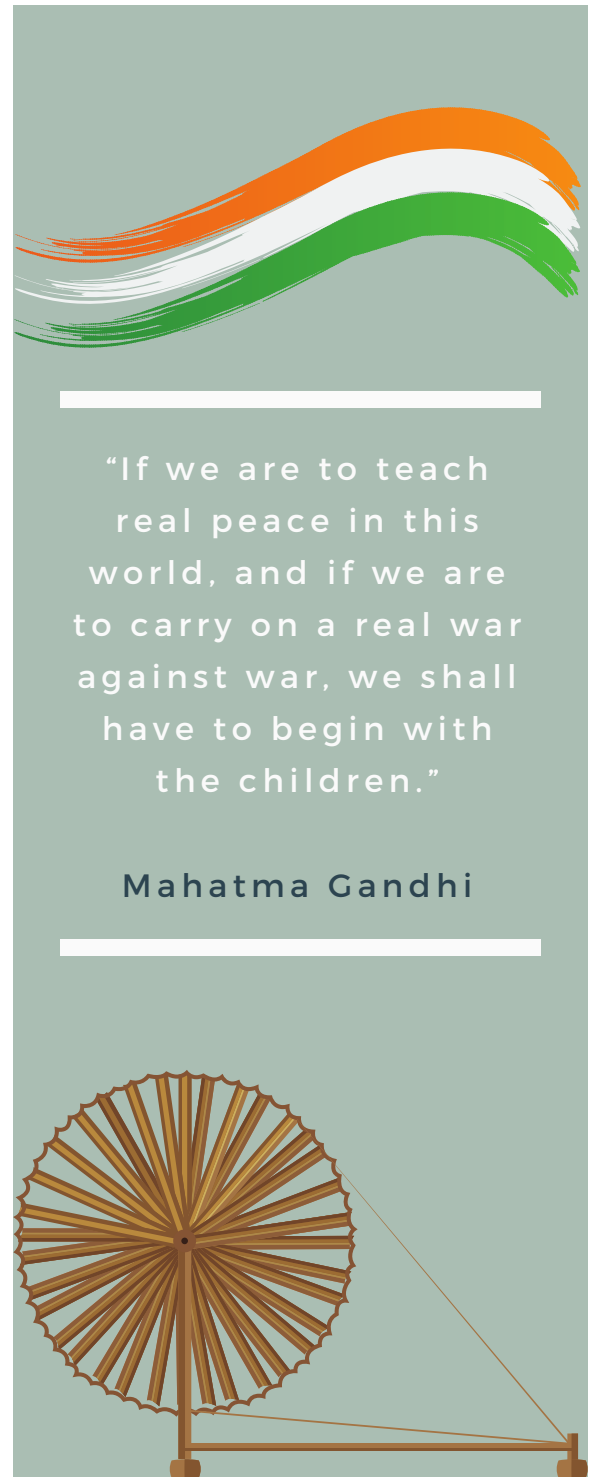
What would have Gandhi Done!

- Parijat Ghosh
F/o Ritanya Pal/2 Kanha

The whole world is struggling to tackle the unprecedented crisis aroused by the COVID-19 pandemic. It has worsened the global economic crisis, compounded by the several already existing problems making this an extremely challenging scenario for the global leadership to respond to. I often think that in this situation what would have Mahatma Gandhi done? First, as he used to say that “my life is my message”, he would have tried to not merely preach, but act. Second, he would have begun action locally, not chase the world to change it, as he always believed in more empowered local bodies, such as the idea of Gram Swaraj. Third, he would have begun with actions that initially looked small and silly. Picking a pinch of salt, for example, that eventually changed history. Fourth, he would have encouraged various experiments depending on the local contexts.

Care of the sick: During the epidemics in India, Gandhi nursed the sick in his ashrams. He did not fear nursing people with extremely contagious diseases, like leprosy. Hundreds of people sick with COVID-19 need physical care, nursing, and medical care. Gandhi, without fear, would have personally nursed them. Many patients with other illnesses who also need medical care are being unattended because COVID-19 has crowded them out of healthcare centres and hospitals. The medical industry’s supply of health care has proven inadequate. Gandhi’s emphasis on healthy lifestyle, empowerment for self-care, and care in the community would make perfect sense.

“Sanitation is more important than independence”: driven by this belief he would be meticulous about hygiene, cleaning, hand washing, and mask use. Since medical science does not have a single proven effective treatment for COVID-19, Gandhi’s use of Nature Cure, letting the body recover with nature’s healing power, would make sense in most cases.



Live as if you were to die tomorrow.
Learn as if you were to
live forever.

- Mahatma Gandhi

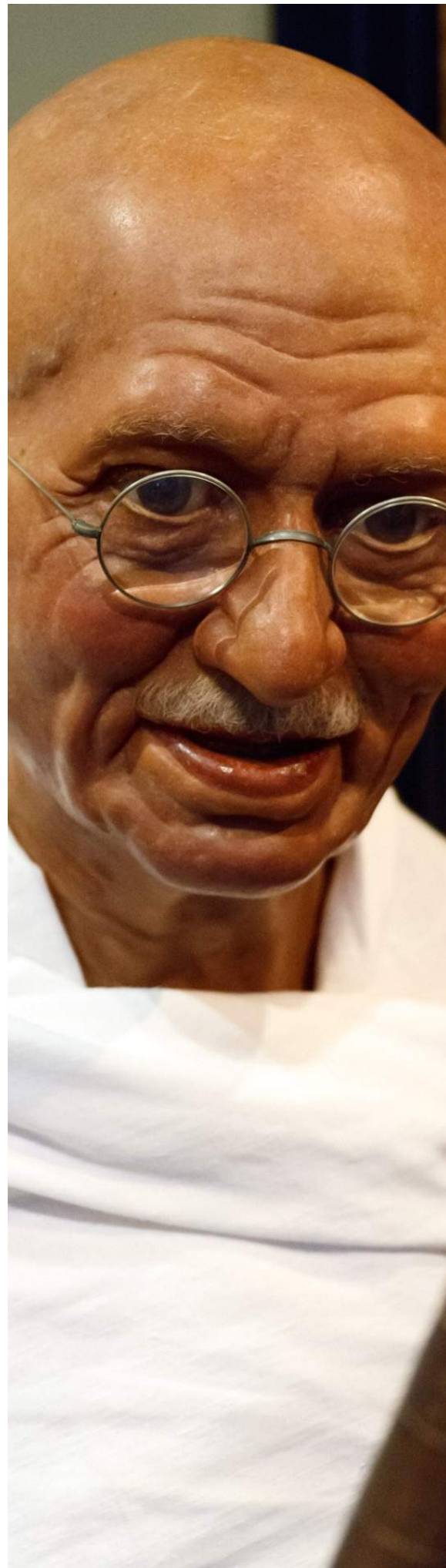
Fear of coronavirus and the strict lockdown have forced people to shut their doors and shun contact with neighbours. Gandhi would not approve of this. He would say, "I am responsible for my neighbours. That is my Swa-dharma, my duty to love and serve them especially in this hour." Though he would have practiced physical distancing, he would have vehemently opposed the term 'social distancing'. In the time of crisis, it is even more vital to rise as a society, be with each other taking care of mental and physical health.

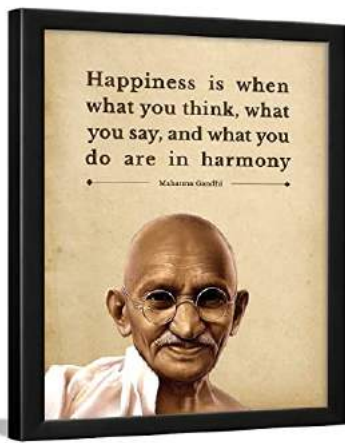
The displaced urban labourers, hungry and humiliated, walking towards their villages, dying on their way, would unquestionably be his concern. Gandhi observed similar misery in his final days spent among the millions of displaced victims of the partition of India. Gandhi would rush to them, arrange for food, shelter and medicines; but most importantly, he would have helped preserve their dignity and hope. Finally, he would have joined the walking bands of displaced labourers as a symbol of unity with them and protest against the government's apathy and irresponsibility. That would be his New Dandi March

Inter-faith and social unity: Gandhi was deeply wounded by how Hindus and Muslims turned against each other with hatred and violence, leading to the Partition. Even when the number of people infected with the coronavirus were at its peak some were busy stoking communal hatred. They blamed one or the other religious sect for the spread of the infection. Affected by this communal division, Gandhi would have tried to unite people from different religions, sects and sections by living with them in their colonies, serving the sick among them, and sending them as volunteers to serve in each other's areas, even if such efforts to unite would risk his second assassination.

Gandhi would have been truthful, ready to accept his mistakes just the way he admitted that he committed a Himalayan blunder in launching a national movement against the British in 1920, believing that India was ready to practice non-violence. India was not. It was entirely his error of judgement, he felt. He owned it and withdrew the national movement called by him.

Gram-Swaraj: In the past 12 years, from the recession of 2008 to the economic crisis of 2020, we have seen that a globalized economy is too fragile. It crumbles in the face of local tremors like the real estate scam in the USA or the emergence of a new virus in Wuhan. Gandhi would remind us of the humaneness and stability of local production, local consumption, and local community of relationships. He called it Gram-Swaraj. Such change in economy would invariably be accompanied by the decentralization of political power. Globalization has produced authoritarian political leaders everywhere. For Gandhi, the true democracy, responsibility, and relationship can be better practised locally.





He would have reiterated the difference between greed and need. The unlimited desire to consume, the insatiable demand for the 24 hour sensory pleasures, is not a need but an artificial, unnatural habit implanted in the mind. The ability to discriminate between need and greed, the ability to provide for everybody's need, but the self-control and socioeconomic design to minimize greed this is what Gandhi would lead us to. If we would limit our greed, excessive production, unnecessary consumption, hedonistic travel, and mad transport, the smoke and dust would start clearing. Life would become peaceful. Skies and rivers would turn clean and blue. We would realize that we can happily live without several excesses of modern society. We have seen glimpses of this in the past year, while the world has stood still.

Last but not the least he would have advocated for being free from fear, just the way he asked Indians to shed the fear of the British. More than the coronavirus, we are gripped by fear. We have become paranoid out of this fear leading us to become the ones we are not!

Gandhi's ideas are still with us and we see examples around us who are playing the role of Gandhi today. What if we all connect with the Gandhi within us and start acting!

Beauteous Flashback

By :- [Ashi Kandoi](#)
[M/o Shiven Raj Kandoi/6 Gir](#)

Celebrating the misty eyed nostalgia
Of my sprightly day's aura
In my trembling arms you play
An affection of joy, a charming portray
Befit just so intact in chippers
The first time amiable jitters
Nourishing and molly coddle talks
The bouncy and amble walks
Crafting me into motheress
You are the pink star chock full of glaze
Beaded in my reverie of life
Your grins ameliorate contrive
My forlorn troubled fervor
In blazing ponderous sky murmur
Your twinkles serves as myriad silver stars
Blossoming into mothership as superstar
Skills distinctive and indelible
Woven closely with you as twin pedicle
Brimming with delight and praise
Dreaming of countless prospects appraise
You are now a conspicuous tree of diffusion.



अब तो समझो

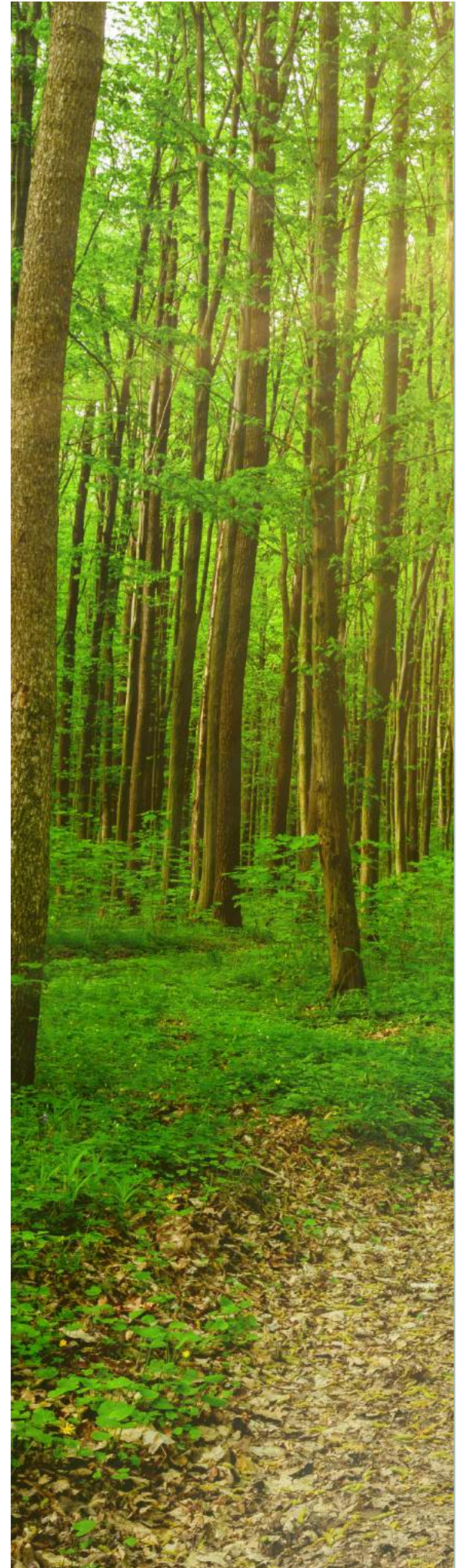
by Monica Malik

M/o Aarohan Gupta / 1 Ranthambore

अब तो समझो नर नारी
पेड़ लगाना है ज़रूरी
ऑक्सिजन cylinder नहीं है समाधान
वृक्षारोपण ही है रामबाण
समझो अपना और पेड़ों का सम्बंध
पेड़ काटने पर अब तो लगाओ प्रतिबंध

आज तो प्रकृति दे रही ज्ञान
हम सब कर रहे भुगतान
अब नहीं उठाया कदम
तो आनेवाली पीढ़ी पूछेगी प्रश्न?

ना छोड़ी हवा ना पानी
इंसान ने ना जाने क्या करने की ठानी
अब हो गयी हो बहुत मनमानी
तो आज से ही शुरू करें नयी कहानी
चलो अब प्रकृति की साथ मिलकर चलते हैं
हम भी अब अपने पूरे सामर्थ्य के साथ खिलते हैं।



Dashavtar

by Rinku Sood

M/o Yatharth Jain/I Sariska

The concept used for the Mandala art is inspired from Lord Vishnu's avatar also called as Dashavtar. The term Dashavatar refers to the ten incarnations of Lord Vishnu, the Hindu God of preservation. The ten incarnations are matsya(fish), kurma(tortoise), varaha(boar), narasimha (lion-man), vaman (dwarf), Parashuram, Ram, Krishna, Buddha and Kalki. Other inspirations are drawn from the rich architecture of Hindu temples which are marvels of our ancestors left behind for us to be inspired, learn & bind us together. In earlier times temples were centre of an entire ecosystem of the city/town. Before building one there was research for years of site, soil, direction of Sun many factors were accounted before finalizing the place of worship.

The architect builder of temple was called 'Sthapati' under whose guidance all the research, construction and carving progressed.

Besides being a scholar in areas of architecture, carving, tool making, chiselling, metallurgy, chemistry, Shastra, Puranas a Sthapati had to be expert in knowledge of 'Natya Shastra' tool to be able to express through gestures/mudras, facial expressions, body posture. Common people from all walks would donate for construction and upkeep. Temples kept the society together, guided them towards 'Moksh' the main principle and doctrine of Sanatan Dharma. Temple construction and management was a branch of study in itself, an art and science which is one of the gems of our rich heritage and hence is our responsibility to preserve for our future generations to come as these temples tell a story who doesn't love a beautiful story!

The word mandala literally translates to "circle" in Sanskrit. Each circle in a mandala also holds its own symbolism. The outermost circle represents a ring of fire that prevents impurities from entering. The next circle represents indestructibility and is, appropriately, made of diamonds.



Editorial Members

With more than seventeen years in content, editing and publishing, Neelam Narula is Managing Editor, Roli Books. And of course, she is also an SNS(F) mom.

Child's name - Aarav Peter in Grade 9



With more than fifteen years as a Learning & Development Specialist, Etiquette Enhancer, Performance Coach. An avid reader. And of course, she is also an SNS(F) mom.

Child's name - Samiddha Bhatia Grade 5 and Agasthya Bhatia in KG



Title: Title: Beauty With Speed
Medium: Mixed Media
Artist: Navya Nagaich
M/o of Vedanshi Chaturvedi/ V Sariska



Thank You!