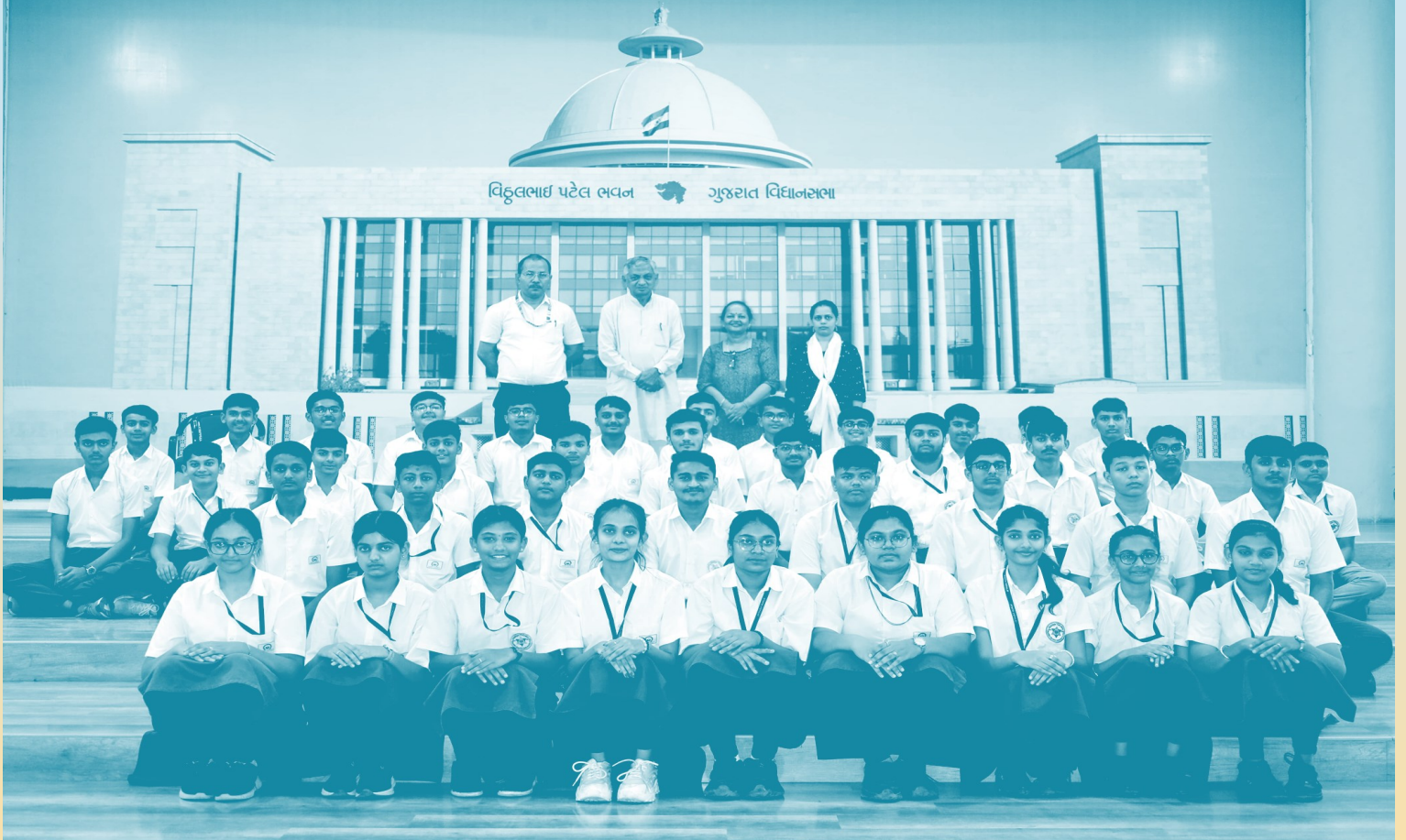


આત્મીય સ્પર્શ

School Monthly Magazine

Volume 01| Issue 08 | April 2025





સ્વામી શીળ



સ્વામીય વિદ્યાલય ના લગભગ બૂલડાંઓના
સેવામાં—

ગુરુદરિ સ્વામીજી તું સ્વામી સદાચર
જિજ્ઞાસી સેવા સ્વામી સૌને મલા છે- તો
સ્વામી સેવા ભગવદ્ભાવના- પ્રેમના-
ઉત્ક્રાંતિ માર્ગો સારિત જિજ્ઞાસુ ગુરુદરિ
સ્વામીજી એ સેવા. સેવા. ની શરૂઆત
કરી ત્યારે સેવા સ્વામીજી પાસે લાગુ
લગુ કે સ્વામી પાસે વિદ્યાલયમાં મારે સ્વામી
ભાવડો સેવા સેવા ભગવાન સ્વામીનારામનું સેવા
ગુરુદરિ સૌજન્ય મળવાના જ આલ સ્વરૂપો કે
સેવા માનને સેવા જિજ્ઞાસુ- તો સ્વામી સેવા
મહાત્મ્ય સ્વામીજી સેવા સેવા સેવા ભાવડોને
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'LOVE RULES THE WORLD'

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Love Rules the World



CBSE Affiliation Number: 430426 School Number: 11322

Beside Atmiyadham, Nr Avadhoot Railway Crossing

Manjalpur 390011

Vadodara 390011 Phone 7433978755

આત્મીય સ્પર્શ

Founder	P.P. Hariprasad Swamiji Maharaj
President	P.P. Premswaroop Swamiji Maharaj
Inspiration	P.P. Tyagvallabh Swamiji
Publishing Committee	Teachers
Eighth Edition	April 2025

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Editorial

Dear Students, Parents and Well-Wishers !

As we turn the pages of this month magazine, we are not merely flipping through paper; we are traversing a vibrant tapestry woven with the threads of our collective experiences. Within these pages, you will find a kaleidoscope of moments – triumphs and tribulations, laughter and reflection, creativity and camaraderie – that have defined our journey together.

This month has been a symphony of growth. We have witnessed the blossoming of new talents, the strengthening of old friendships, and the forging of unbreakable bonds. In the classrooms, we have challenged ourselves with complex concepts and explored the depths of knowledge. On the sports fields, we have pushed our physical limits, celebrating victories and learning from defeats.

This magazine is a testament to the diverse voices that make our school so unique. From insightful essays that delve into pressing issues to captivating stories that transport us to fantastical worlds, from vibrant artwork that speaks volumes without words to candid interviews that reveal the heart of our community, each contribution reflects the individuality and spirit of our students.

We have learned that true strength lies not only in individual achievement but also in our ability to support and uplift one another. We have witnessed the power of collaboration, the importance of empathy, and the beauty of shared experiences. We have discovered that learning extends beyond textbooks and classrooms, encompassing the lessons we learn from each other and the world around us.

As we look back on the year, let us take a moment to appreciate the journey we have shared. Let us celebrate the moments that have shaped us, the lessons we have learned, and the memories we have created. Let us also look forward to the future with hope and anticipation, ready to embrace the new opportunities and challenges that lie ahead.

This magazine is a snapshot of our time together, a collection of moments frozen in time. May it serve as a reminder of the extraordinary things we can achieve when we come together as a community.

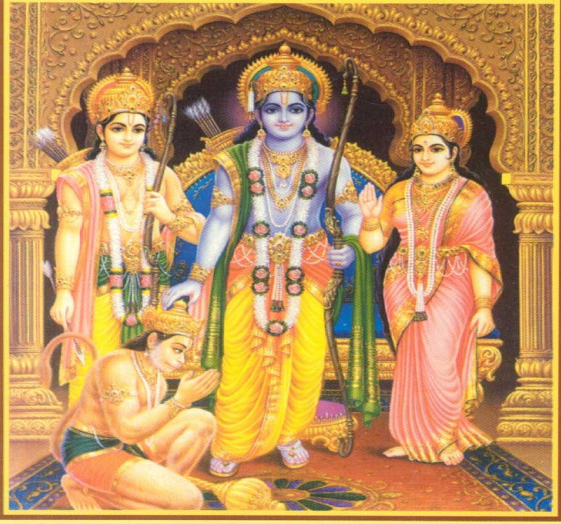
Finally, a heartfelt thank you to everyone who contributed to this magazine – the writers, the artists, the photographers, the editors, and the faculty advisors. Your dedication and hard work have made this publication a true reflection of our school's spirit.

Let this magazine be a cherished keepsake, a reminder of the remarkable year we have shared.

અમૃત પાન

શ્રી રામચરિતમાનસ સુત્રામૃત

Sri Ram Charit Manas

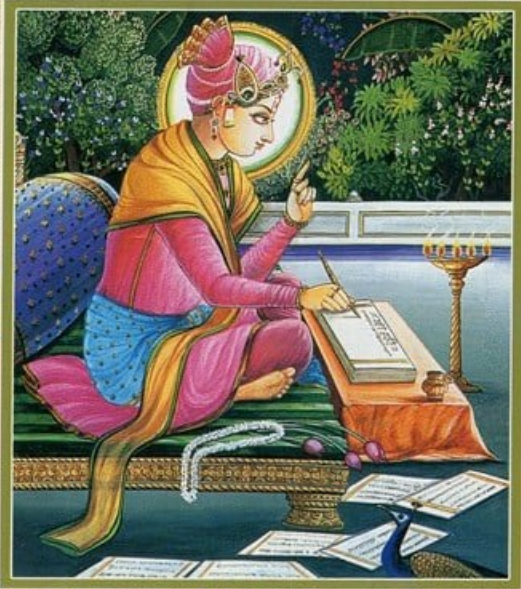


હોઈહિ સોઈ જો રામ રચિ રાખા। કો કરિ તર્ક
બઢાવૈ સાખા॥

અસ કહિ લગે જપન હરિનામા। ગઈ સતી જહૈ
પ્રભુ સુખધામા॥

પ્રભુ રામની જે ઈચ્છા હોય, એ જ પ્રમાણે થાય તો
પછી ખોટી ચિંતા કરીને સંતાપનો વિસ્તાર શું
વધારવો ? આમ કહીને હરિનું ભજન કરવા લાગ્યા
અને જ્યાં સુખના ધામ એવા ભગવાન હતા ત્યાં સતી
ગયા.

શિક્ષાપત્રી



શિક્ષાપત્રીનાં
આજ્ઞાવચનો
(મૂળ શ્લોકો સહિત)

યે પાલયન્તિ મનુજાઃ
સચ્ચાસ્ત્રપ્રતિપાદિતાન્ ।

સદાચારાન્ સદા તેઽત્ર પરત્ર ચ
મહાસુખાઃ ॥૮॥

અને શ્રીમદ્ ભાગવત પુરાણ આદિક જે સત્શાસ્ત્ર
તેમણે જીવનાં કલ્યાણને અર્થે પ્રતિપાદન કર્યા
એવા જે અહિંસા આદિક સદાચાર તેમને જે
મનુષ્ય પાળે છે તે મનુષ્ય જે તે આ લોક ને
પરલોકને વિશે મહાસુખિયા થાય છે. (૮)

Academic Excellence Activity

Date: 05-03-2025

Title: Academic Excellence Activity (KG to Grade 2)

Venue: Atmiya Vidyalyaya, Manjalpur, Vadodara

Introduction:

The Excellence Activity was organized to promote holistic development among students from Nursery to Grade 2. This initiative aimed at enhancing their cognitive, creative, social, and physical skills through a series of fun and engaging activities. The event focused on fostering creativity, building teamwork, and encouraging excellence in various areas, ensuring that all children had an opportunity to showcase their potential.



Objectives:

- To encourage creativity and self-expression among young learners.
- To enhance problem-solving and critical thinking skills.
- To promote physical activity and teamwork.
- To build confidence and self-esteem through individual and group tasks.
- To create an environment that celebrates learning and personal growth.



The Excellence Activity was a resounding success, with students from Nursery to Grade 2 not only learning new concepts but also having fun while doing so. The event encouraged curiosity, teamwork, and self-expression, and we look forward to organizing similar activities to continue fostering excellence in our students.

Educational Trip

Date: 25-03-2025

Title: Educational Trip to Gujarat Vidhan Sabha/Legislative Assembly

Venue: Gujarat Vidhan Sabha, Gandhinagar, Gujarat

Objective of the Visit:

The purpose of the educational trip was to provide students with firsthand experience of the legislative process, enhance their understanding of how laws are made, and observe the functioning of a democratic government in action.

On 25-03-2025, students of Standard 10 and 12 visited the **Gujarat Legislative Assembly (Vidhan Sabha)** in Gandhinagar as a part of an educational excursion. The trip began early in the morning, and the students were accompanied by teachers.



Upon reaching the Assembly complex, the students were welcomed by the officials. A guided tour was organized, beginning with an informative session in which students were briefed on the history, structure, and functions of the Vidhan Sabha. The officials explained the **legislative process**, the **roles of MLAs**, and the **importance of debates and discussions** in a democratic setup.



Students were then given the opportunity to visit the **main Assembly Hall**, where they observed the layout and seating arrangements of the Speaker, Chief Minister, Ministers, and other Members of the Legislative Assembly. If the Assembly was in session, they got to witness live proceedings, which gave them a real-time view of how discussions and question hours are conducted.

The visit to the Gujarat Vidhan Sabha was a valuable learning experience for the students. It not only enhanced their academic knowledge but also instilled a sense of civic responsibility. The school thanks the Vidhan Sabha officials for their warm hospitality and encourages more such educational interactions in the future.

Educator's Achievement

Gold Medal Victory by Mrs. Vanshika Shah at the Commonwealth Games in 2024



Mrs. Vanshika Shah has made history by clinching the **gold medal** at the prestigious Commonwealth in **Powerlifting** held at **South Africa**, Sun City from 4 to 13 October **2024**. Her outstanding performance has captured the attention of sports enthusiasts and brought pride to her country. This victory not only underscores her athletic talent but also her dedication and hard work leading up to the event.

Mrs. Shah's Journey to Victory

Mrs. Shah participated in the Powerlifting where she faced off against some of the best athletes in the Commonwealth. Her remarkable skills, perseverance, and mental strength were on full display as she secured a top spot in the competition.



It sounds like Mrs. Shah displayed remarkable discipline and endurance during the competition. Her commitment to achieving the 57kg weight class by going **24 hours without water and completing a 5 km run without hydration** is impressive. That level of dedication and perseverance certainly shows her strength, both mentally and physically. How did she feel about the experience afterward?

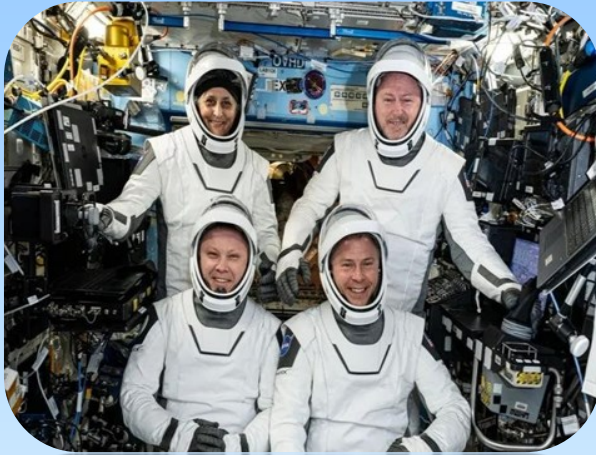
Mrs. Vanshika Shah's resume speaks for itself! Her accomplishments are truly inspiring:

- **Commonwealth Powerlifting Gold Medallist 2024:** A huge achievement, showcasing her excellence on the international stage.
- **Two-time National Bench Press Silver Medallist:** This highlights her consistency and skill in the bench press category.
- **One-time National Bench Press Bronze Medallist:** Even more proof of her high-level performance in national competitions.
- **Represents Madhya Pradesh at National Powerlifting Championship:** It's impressive to represent your state at such a prestigious event.
- **Represents All India Inter University (2 times in Powerlifting and 2 times in Weightlifting):** Competing at the university level in two different lifting disciplines shows her versatility and elite status in the sport.

With her remarkable accomplishments and dedication to her craft, Mrs. Shah is sure to continue making waves in the world of powerlifting. The gold medal at the Commonwealth Championship is just one of many milestones in her journey, and her future in the sport looks brighter than ever.

As she continues to push herself toward even greater achievements, Mrs. Vanshika Shah remains an inspiration to athletes everywhere, proving that with determination and hard work, anything is possible.

The Famous Personalities



Early Life and Education

Sunita Lyn Williams was born on September 19, 1965, in Euclid, Ohio, USA. She was raised in Needham, Massachusetts. Her father, Deepak Pandya, is of Indian descent from Gujarat, and her mother, Ursuline Bonnie Pandya, is of Slovenian heritage.

Sunita attended Needham High School and later earned a Bachelor of Science degree in Physical Science from the United States Naval Academy in 1987. She also obtained a Master of Science degree in Engineering Management from the Florida Institute of Technology in 1995.

Naval Career

Williams was commissioned as an officer in the U.S. Navy in 1987. She became a helicopter pilot and served in various missions, including Operation Desert Shield and Operation Provide Comfort. Later, she became a test pilot before being selected as an astronaut.

NASA Career and Space Missions

In 1998, Sunita Williams was selected as a NASA astronaut. She has participated in multiple space missions:

1. Expedition 14/15 (2006-2007) – She spent 195 days aboard the International Space Station (ISS), setting a record for the longest spaceflight by a woman at the time. She also conducted four spacewalks totaling 29 hours and 17 minutes.
2. Expedition 32/33 (2012) – Williams commanded the ISS during this mission, making her the second woman to do so. She completed three more spacewalks, bringing her total EVA (extravehicular activity) time to over 50 hours. Williams was also selected for NASA's Boeing Starliner Program under the Commercial Crew Program, and she is expected to fly on upcoming missions.

Records and Achievements

Second woman to command the ISS.

Held the record for the longest spaceflight by a woman (195 days) until it was broken in 2015.

Conducted seven spacewalks, totaling more than 50 hours.

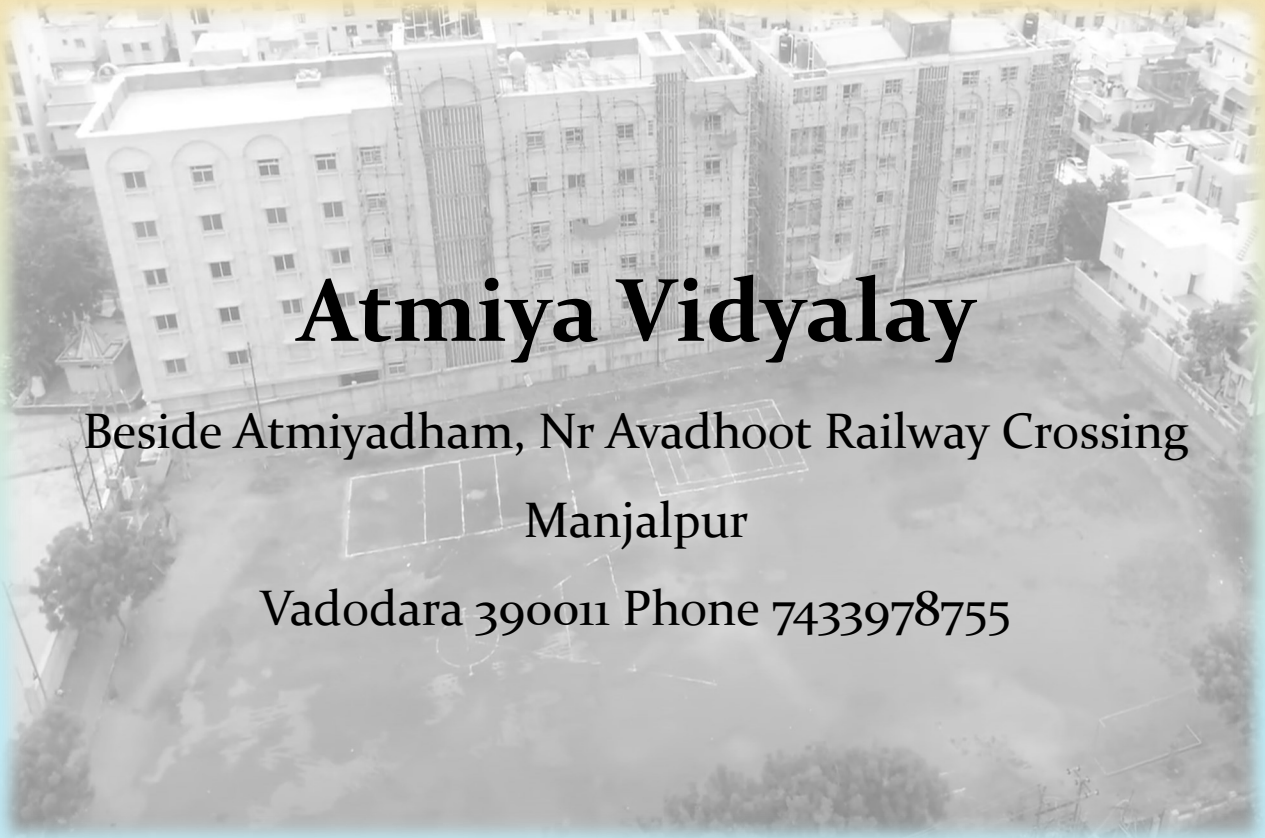
Received multiple military and NASA awards for her contributions.

Personal Life

Sunita Williams is married to Michael J. Williams. She enjoys outdoor activities like running, swimming, and biking. She has also completed marathons while aboard the ISS.

Legacy and Inspiration

As one of the most prominent women in space exploration, Sunita Williams continues to inspire people worldwide, especially women in STEM (Science, Technology, Engineering, and Mathematics).



Atmiya Vidyalay

Beside Atmiyadham, Nr Avadhoot Railway Crossing

Manjalpur

Vadodara 390011 Phone 7433978755

