



ACTiZEN[®]
An Initiative by DESH APNAYEN



Hope Notes

***Poems & Letters on
Hope and Happiness***

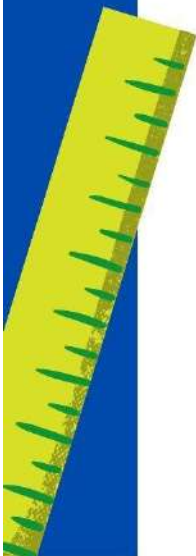


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Introduction

In times of distress and dejection, hope is what keeps us afloat. The Coronavirus pandemic has disrupted many aspects of our lives. In challenging times like these, it is important to believe that there is light at the end of the tunnel.

We at Desh Apnayen Sahayog Foundation invited students, teachers and parents from across India to write messages of hope and happiness in the form of a poem or a letter - in English or Hindi.

We are delighted to bring to you over 160 'Hope Notes' penned down by our contributors. We hope they bring a smile on your face and instil a sense of hope in you, our dear readers.

We would like to thank the schools that participated in this activity:

1. Agurchand Manmull Jain School, Chennai
2. Appasaheb Bhaurao Patil School, Satara
3. Calorx Public School, Ghatlodia, Ahmedabad
4. Calorx Public School, Rajula
5. Children's Academy, Thakur Complex, Mumbai
6. Children's Academy, Ashok Nagar, Mumbai
7. DC Model International School, Ferozepur
8. DCM School, Ambala Cantt.
9. DCM Presidency School, Ludhiana
10. Delhi Public School, Bopal, Ahmedabad
11. HVB Global Academy, Mumbai
12. Lodha World School, Palava
13. Lodha World School, Thane
14. Mukul Madhav Vidyalaya, Ratnagiri
15. Narmada Calorx Public School, Bharuch
16. Our Lady of the Rosary High School, Goa
17. Pawar Public School, Bhandup, Mumbai
18. Pawar Public School, Chandivali, Mumbai
19. Pawar Public School, Dombivali, Mumbai
20. Shri Pragya Public School, Bijainagar, Ajmer
21. St. John's Universal School, Mumbai
22. St. Mary's High School (SSC), Mumbai
23. The PSBB Millennium School, Gerugambakkam, Chennai
24. The PSBB Millennium School, OMR, Chennai

Happy reading!

Riya Avasarmal

"We don't grow when things are easy; we grow when we face challenges." life is full of challenges.

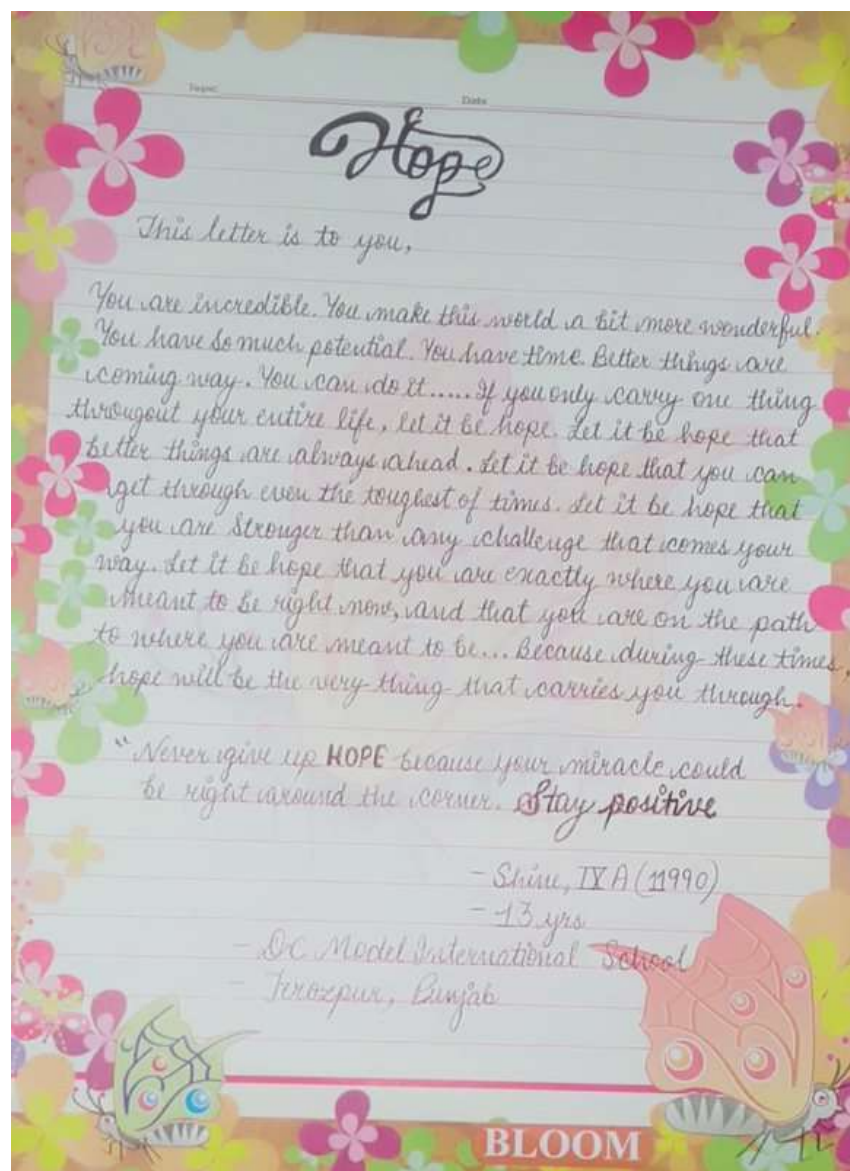
Joy of Life

Joy is here joy is there
It never fades because we care
Why worry when things go wrong
When joy can help
Keep growing strong
There is no joy in selfish living
No real happiness is found
But when our time is spent in giving
It brings joy along
True joy is found in serving
Reaching out a hand to give
May we help our brothers & sisters
As long as we breathe
As long as we live
Joy is here joy is there
It never fades because we care

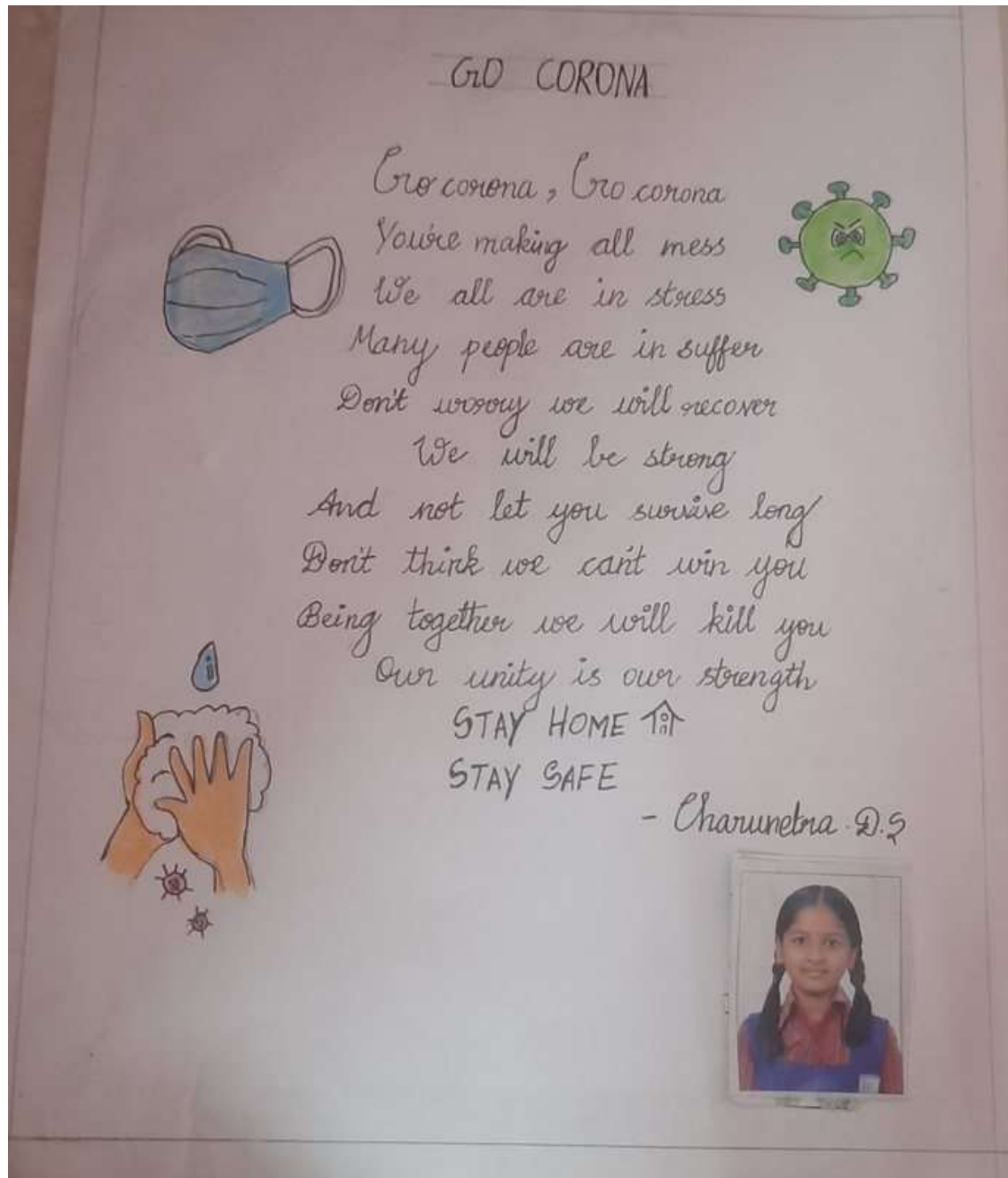
RIYA YUVRAJ AVASARMAL
STD - VIII / E (AGE - 13)
CHILDRENS ACADEMY
THAKUR COMPLEX



Shine



Charunetra D S




Tanvi Hingrajiya

NAME - TANVI HINGRAJIYA
School - CALORX PUBLIC SCHOOL

- III - D

★ BE POSITIVE ★



Be positive in your life if you fail successes
try again and be positive don't give up
My dear if you don't find a way don't get
depressed talk to somebody share share
your problems God will do the rest
it's always good to share whether you
happy or sad sharing is caring
having problems is not bad it happened once
I
I was sad I couldn't swim in the pool my parents
Motivated me and even the coach in a swim school
and do you know what happened next
I swim myself so great my coach and my

Parents were proud and I was loved by
my
Schoolmates finding solution is the best
Way to deal with whatever is wrong do
not drop just be brave love yourself and
be strong being positive is very good it
takes you to better of you be Positive
love and smile and please support others
to be positive always don't give up my dear
be positive always and defeat away your
fear

Thank you



G Melvin Daniel


HOPE - POEM

I Hope that you find a reason to smile ,
I hope you stay happy all the while
Don't lose hope as things
Would change soon.
Don't give up to your pain ,
If you don't lose hope ,
Things will be fine
Everything will fall into place on time!



G. MELVIN DANIEL
VII 'F'
A.M. Jain school

AYUSH MB
9-C
PAWAR PUBLIC SCHOOL,
DOMBIVALI



A RAY OF HOPE

When I feel sad, or feel upset,
Or when my mind is not so well,
What makes me think of happiness
Is a ray of hope.

When I think of those, who lost
their dear ones,
Be it their mothers, brothers,
sisters or sons,
What makes me remain positive,
That my dear ones are safe,
Is a ray of hope.

When I think of the poor on the
road,
Begging for food and water,
searching for homes,
On the streets, they beg and roam,
What makes me feel good,
When I see kind souls helping
them,
And think that they will be fine,
Is a ray of hope.

When I am sad over all these things,
And overthink of them,
What helps me to be happy
and joyful,
Is always a ray of hope.

A ray of hope is a thing with
feathers,
That perches the soul,
And sings a tune without words
Just like the lovely, chirping
birds.

When life is dark, and every
thing is at standstill,
When everywhere, people are
suffering,
What spreads light, and
makes us tough,
What promotes joy, and keeps
us safe,
What spreads happiness, and
helps us smile,
Is a ray of hope.

Ishita Trivedi

A Ray of Hope.

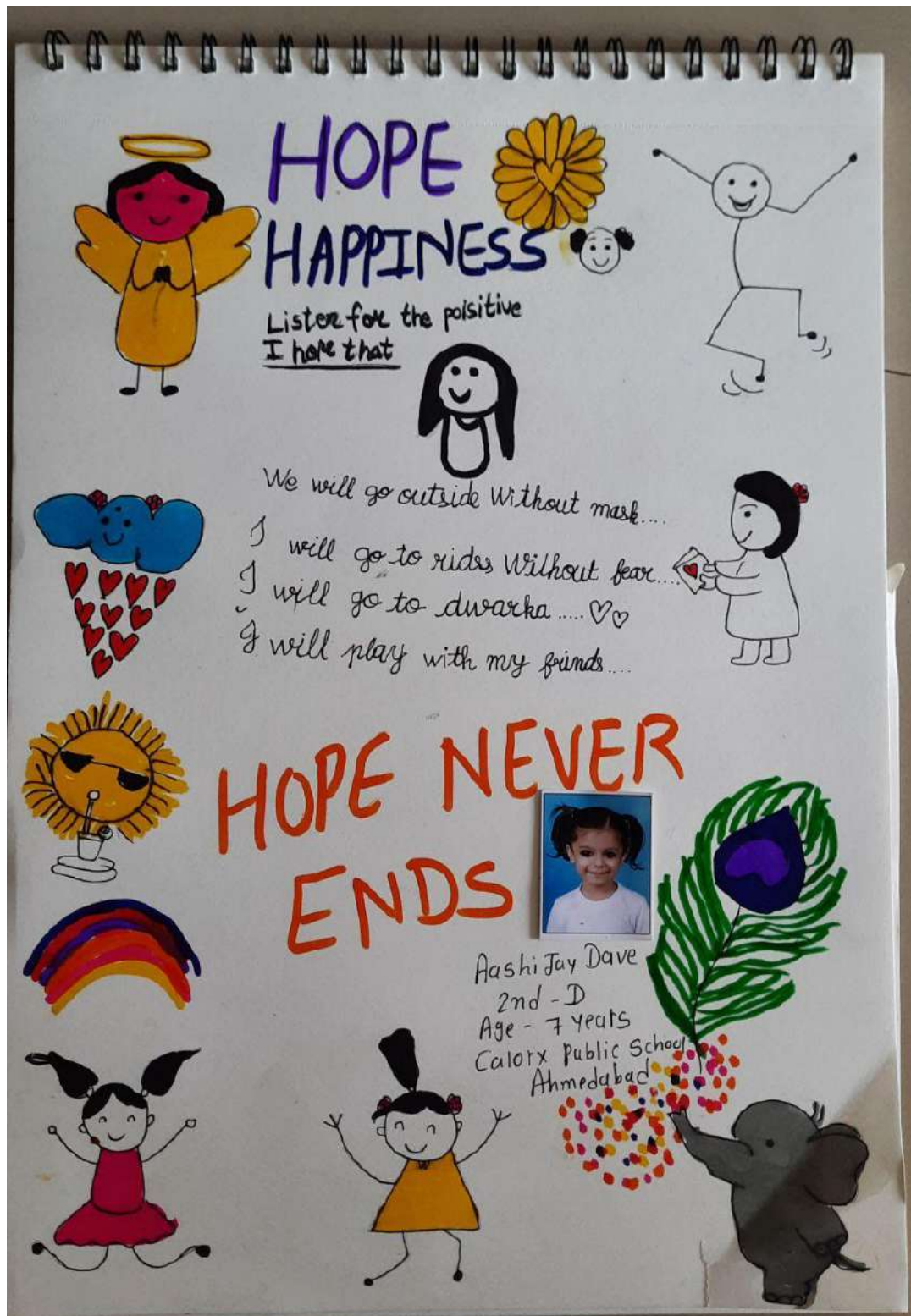
A ray of hope
Can make a person
into the mood of slope.

A smile in low times,
And a helper sometimes
Can make one feel better,
And Sadness would be shatter.

To Backstep in dark Phase
& loose our Confidence
Make our Future in Ruin.


This hard time will pass
For that we have to unite,
We have to face, we have to be firm,
Only a big heart and smiling
heart we need.

Laughter is the best medicine
Only, this I can Advice.
And a ray of hope,
Can save One's life.



R Anu Roshini

classmate
Date: _____
Page: _____



Hope and Happiness
Desk: Anayam preyanam

Name: R Anu Roshini
School: A.M. Jain
Age: 16 years Std: XI

"If you hope for happiness in the world, hope for it from God, and not from the world."

Hope can erode when we perceive threats to our way of life, and these days, plenty are out there. As we age, we may struggle with a tragic loss or chronic disease. As we watch the news, we see our political system polarized, hopelessly locked in chaos. The coronavirus spreads wider daily; U.S. markets signaled a lack of hope with a Dow Jones five fall. Losing hope sometimes leads to suicide. When there is no hope when people cannot pictured a desired end to their struggles they lose the motivation to endure. As professor emeritus at Virginia Commonwealth University, I've studied positive psychology, forgiveness, wellness and the science of hope for more than 40 years. My website offers free resources and tools to help its readers live as more hopeful life.

First, hope is not Pollyannaish optimism the assumption that a positive outcome is inevitable. Instead, hope is a motivation to persevere towards a goal or end state, even if we are skeptical that a positive outcomes is likely. Psychologists tell us hope involves activity, a can do attitude and a belief that we have a pathway to our desired outcomes. Hope is the willpower to change and the way-power to bring about that change. With teens and with young or middle-aged adults, hope is a bit easier. But for older adults, it's a bit harder. Aging often means

classmate
Date _____
Page _____


running up against obstacles that appear unyielding like recovering health or financial or family issues that just don't seem to go away. Hope for older adults has to be "sticky"; persevering, a mature hope.

Now the good news: this study, from Harvard's "Human Flourishing Program"; recently published. Researchers examined the impact of hope on nearly 13,000 people with an average age of 66. They found those with more hope throughout their lives had better physical health, better health behaviours, better social support and a longer life. Hope also led to fewer chronic health problems, less depression, less anxiety and a lower risk of cancer. So if maintaining hope in the long run is so good for us, how do we increase it? Or build hope if it's MIA? Here are my four suggestions:

Regardless of how hard we try, we cannot eliminate threats to hope. Bad stuff happens. But here are the end points of persistence hope: we become healthier and our relationship are happier. We can bring about that hope by moving, our willpower, bolstering our persistence, finding pathways to our goals and dreams and looking for signs of hope. And just perhaps, one day, we too can be such a hero.

"It is necessary to hope, for the hope itself is happiness."

B Dharshini

NAME : B DHARSHINI	
SCHOOL : A - M JAIN SCHOOL	
AGE : 15	
LETTER (Desh apnaye)	
Macmillan colony Nanganallur Chennai - 61	CLASS : XI 'A'
27 th May 2021	
Desh Apnaye team Sahayog Foundation Mumbai	
Subject : Message of hope & happiness.	
Sir / Madam,	
<p>Today, the world is facing the coronavirus crisis, a pandemic that has changed life for millions of people. In times like these, hope can be a powerful source of reassurance. Many who are locked at home, others who are working to help and prevent the virus, also need the reassurance and the hope that "WE SHALL OVERCOME THIS".</p> <p>None are completely wretched but those who are without hope. It makes life worthwhile and induces other virtues like courage, perseverance and will to live. It brings smile to parched lips and laughter to desperate hearts.</p> <p>"I don't think of all the misery, but of the beauty that still remains."</p> <p>- ANNE FRANK</p> <p>Always try to see the beauty and positive side of the situation.</p>	

To stay positive, you can try

- * Writing down 5 things you're grateful for, every morning.
- * Learning something new.
- * Cherishing time with the people around you and deepen connections.

Tough situations build strong people. Don't lose hope.
We are all in this together.

Thank you


Yours sincerely
Dharsini

Harini Priya M

MESSAGE OF HOPE & HAPPINESS - DESH APNAYEN	HARINI PRIYAM A.M. JAIN 15 years - XI A
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Hope is an aspiration and desire to want an outcome for better and greater opportunities. It is more than just a positive outlook towards life. It is what that keeps us afloat during crisis.

Having hope is an optimistic characteristic. An optimistic attitude ~~brings~~ helps us to be happier, more successful and healthier. It increases our self-esteem and confidence.



Although, opening a Pandora's box will only lead to disappointment and pain. False expectation is worse than no expectation; as it is nothing but self-deluding that might lead to one's destruction.

Today, amidst all the problems and a global pandemic crisis, hope and faith with resilience is what keeps us moving forward in our lives. It makes us strong and confident enough to face the challenges. So let's all not give up and move forward because "It is necessary to hope, for hope itself is happiness."

Mythreyi Vasudevan



NAME: MYTHREYI
VASUDEVAN
A.M-JAIN
SCHOOL
AGE: 15 YEARS

91, College road
Nanganallur
Chennai

1st June 2021

Desh Apnaye Team
India

Subject: Message of Hope and happiness

Spreading positivity around people is something that each and everyone of us should try. In the time of distress, we need to be calm and be a symbol of strength for others. Staying hopeful of a better future ahead is definitely a way. Usually, we find happiness when we do things

that we love. During this pandemic, we can stay at home and ~~let~~ develop our interests and find new hobbies.

Here are a few things which helped me stay calm over the Pandemic:-

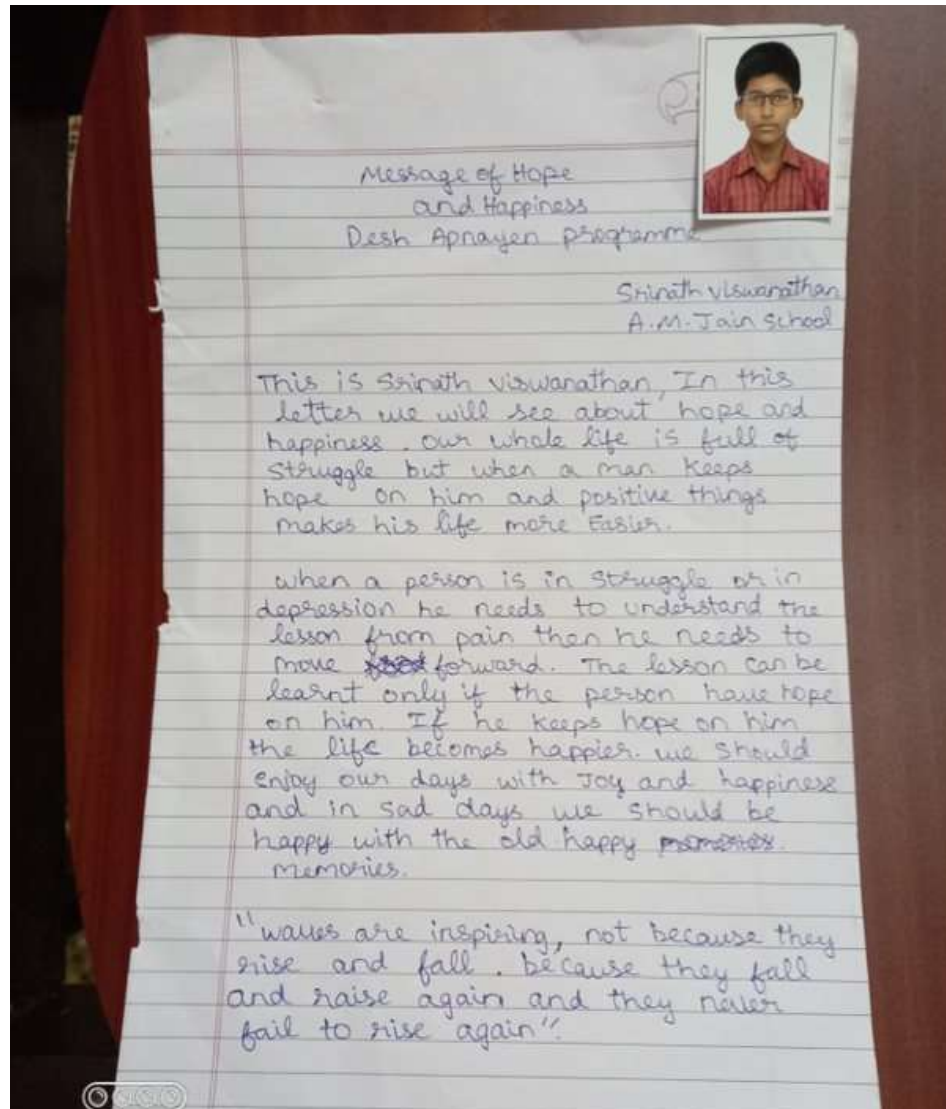
- ⇒ Doing Meditation everyday
- ⇒ Waking up early.
- ⇒ Finding new hobbies like painting
- ⇒ Spending lots of time with my family, which I wouldn't do, otherwise
- ⇒ Talking to my friends through video calls

These habits helped me stay calm and composed and I hope that these help you too.

Yours Sincerely,

Mythreyi Vasudevan

Srinath Viswanathan





U Harini

HOPE AND HAPPINESS

Hope is the feeling of wanting something to happen and thinking that it will. It is the only thing that will boost our life, and bring happiness. For every human being hope is important to live their life happily.

In today's Covid Pandemic situation everyone in the society is facing problems both mentally and financially. In this worst situation, Hope is the only thing which improves peace in our life. Even if we can't meet our friends and relatives in person, we can connect with them by using latest technology like Whatsapp, Zoom etc and can gain the happiness.

We can improve our hope in life by engaging in the below given activities:

- (i) Practicing Gratefulness
- (ii) Working on Fitness
- (iii) Having sound sleep
- (iv) Helping people around us
- (v) Focusing on broadening
- (vi) Setting a personal goal and working for it.

(vii) Engaging oneself to improve positivity

(viii) Choosing things which gives us positive vibes.

These are some ideas which gives us tons of happiness and positivity. Hope is of two types, Positive and Negative. It depends on one person's attitude and thinking.

If we focus on good things, we ^{can} gain energy, if not then we may loose of confidence.

I would also like to share the great hope we have on Doctors, Nurses and every Frontline workers. They keep their life in risks and working to save our life. This is only because of their Hope and helping nature, which brings them Happiness.

Thus, Hope is meant to Happiness. We should develop our hope in life by having these people as our Role models.

"The great essentials for Happiness in this life are something to do and something to Hope for..."

Hope is Good. Ensure that your life is Good.

Thanking You

Vishali Rekha V

A Poem About Hope And Happiness

What is happiness, the happy feeling in us,
Happiness is a cup of tea and,
Spending time with our loved ones,
Happiness is walking in the rain,
Happiness is walking with no pain,
Happiness is a family with joy,
Happiness is once more being free,
Happiness is always filled in our life.
Hope is a walking dream,
Hope gives us a strength to our
life

Done by:
Vishali Rekha V
Xi

D Yogithaa



Hope and happiness
Desh Apnayan programme

NAME: D. Yogithaa
SCHOOL: A.H. Saini school
AGE: 15

I am

"Plant needs of happiness, hope, success and love, it will all come back to you in abundance. This is the law of nature".

Our whole life is full of struggle but when a person keeps hope in him. Happiness is found inside you not with other person or things. Now a days people thinks that, when a poor thinks, they might be happy if they have good job and money for their needs. But when it comes with a ~~business~~ high class person, they feel happiness comes from luxurious life with great facilities like big building, good food, vehicles etc. No body ~~the~~ feel happy with what they have they have to earn more money... etc. And at the last without being happy their life ends. Thus happiness comes ~~is~~ from a person's heart not from the things.

Every person cannot run his life without sadness. Sadness and happiness are part of life. Some person might over come their struggle easily, but some feel frustrated, ~~at~~ depressed and hopeless because they are not strong enough mind wise to handle the situation. A person might be physically



strong to handle the pain of wound. ~~The wound~~
the healing of wounds will takes place. But
when a person is wounded mentally it
takes long long time to get rid of it. If the
person is mentally strong, but the wound cannot
be healed if the person is mentally strong.
This mental mind strength is created when you
keep a hope on you. This hope makes you
to feel that there is next opportunity to
express you. When you keep hope on one
~~other~~ person ~~that~~ they will never leave
you alone they will also hope the same.
You can change a person with your hope,
not just you can change other person
you ~~can~~ can change and motivate
yourself. The best medicine to get rid of
any mind problem you have to ~~think of~~
~~the~~ go for sleep. you have to relax your
mind and body. when you looks up you will
find the solution for the problem.

D Hersithaa



Name : D Hersithaa
Class : VI 'H'
School : A.M. Jain school
Age : 11

Hope and happiness

There are wounds that never show on the body that are deeper and more heartfelt than anything that bleeds -

- Lowell K. Hamilton


Sometimes horrible things happen to good people. Life isn't fair. And it can be heart wrenching. And if you are having one of those dark days, it's okay to feel that darkness. When challenges and issues come back to back, and it seems like "Something is after me, something is attacking me, my journey." Look for the lesson in it all. You will grow through what you go through. Are you willing to go through it? When those bad things happen, what are you going to do? Are you going to let this horrible situation dictate the way you feel and the way you handle it. Are you going to fall over and fall down and fall apart or are you going to face this issue with courage and with resolution? You know darkness. So embrace the darkness.

Immanuel Iniyan A

1

DESH APNAYEN

Message of Hope and Happiness



Name: Immanuel Iniyan A.
School: A. M. Jain School
Grade: VI
Age : 10 years.

Dear Friends,

The novel coronavirus (COVID-19) pandemic had upended day-to-day lives across the globe. The pandemic has changed how we learn, work and interact as social distancing guidelines have led to a more virtual existence. Unsurprisingly, the pandemic has triggered a wave of mental health issues like stress, addiction, depression or social isolation.

During this difficult moment, hope is the ray of light which completely eradicates hopeless times. Hope is

associated with many positive outcomes, including greater happiness, better academic achievement and even lowered risk of death. Family and friends give words of encouragement and support, but still tough to pull ourselves out of despair, anger, disappointment and frustration.

"We must accept finite disappointment,
but we must never lose infinite hope"

- Martin Luther King, Jr.

Friends, I always hope at almighty God to receive light to overcome darkness of hopeless past. During difficult situations, I visualize a better future and the will to find ways to make it so. I prefer to see the things like "glass half full" instead of "half empty". I am not more pessimistic, especially during hard times, always find ways to cultivate optimism: Focus on my strengths, not

my weaknesses, try to maximize my successes and not to think of my failures, challenge self-sabotaging thought patterns that empower me, and look at all the possibilities in my life, not the limitations.

It not only help to make the tough present situation more bearable but also can eventually improve our lives because envisioning a better future motivates us to take the steps to make it happen. Whether we think about it or not, hope is a part of everyone's life. We all hope for something.

We all need hope during dark times, difficult relationships and daily struggles. We need to do the following to restore hope

- ▶ Reach out to others (virtually)
- ▶ Stay focused, flexible and productive in both good and bad times.

- 4
- ▶ Express gratitude
 - ▶ Take Care of yourself
 - ▶ Engage in meaningful action
 - ▶ Strengthen your relationships and improve your communication skills, especially under pressure
 - ▶ Bolster your self-esteem
pursue your hobbies and interest
 - ▶ Be confident, which will eventually find a solution to a problem.

The above tips will help us face hardships with more confidence, better cope with these tumultuous times, and make it through to the brighter, more hopeful days ahead.

I've also found it interesting that many influential leaders have at one point in their life experienced great personal challenges, even tragedies. They not only survive them, but shape them into a meaningful form of inspiration and motivation.

Friends, Believe in yourself, trust your gut, surround yourself with resilient people who inspire us to be better and work hard. Hope and resilience is the willingness to not quit, to challenge your habits, and to stay determined to make a difference - first for yourself and then for the rest of the world.

Your loving friend,
Immanuel Inyan. A.
~

Hope is the last thing ever lost



The covid-19 pandemic has instilled some sort of fear in the minds of human beings world-wide. Likewise this has been obvious among the masses whether they are rich or poor, educated or uneducated and young or old. The only remedy to get out of this is to stay positive and strong. One such positive thinking is to bear in mind that if there is a beginning for anything there ought to be an end too! We have been living in the midst of almost $1\frac{1}{2}$ year of coronas existence and still we stand in a fighting spirit isn't it? We are able to stay connected with our near and dear through unmyriad methods of

R. Magizhar

VI - F

AM Jain School

modern communication. We are also in constant touch with our family and friends to share our feeling. The confinement to home has also helped to strengthen the bonding among the family members. Listening to news and reading about the statistics of the pandemic situation again and again gives more fear and anxiety which has to be avoided. It is also advisable to stay away from bad elements leading to fear and anxiety.

Listening to good music is a great stress buster. It relaxes our nerves giving a soothing feeling. Likewise listening to motivating speeches by great scholars give us a lot of hope. To indulge in hobbies we like most is also one way to combat loneliness and boredom. Nature has given us

abundant resources for us to enjoy. We rise every morning hoping for good things to happen. We can still enjoy sunrise and sunset, the pinkish evening sky in the twilight and the moon light in the night. We can also gaze at the twinkling stars!

There is an old English poem written by William Wordsworth saying thus:

"What is this life full of care

We have no time to stand and stare"

We all have the time now to enjoy nature which gives us a lot of hope and strength. Above all if we keep ourselves busy through the day there won't be any time to think and worry about any situation that surround us.

We can still live in the hope of seeing better days. Just close your eyes and imagine that you are now living in an atmosphere free from pandemic

and everything is as normal as it used to be. Indulge in such sweet thoughts for some time and when you come back to the real world you will feel more energetic and hope for the best to come.

S Mariya Priyadarshini

Hope and Happiness

Hope is like the flicker of light in the darkness of the world. Hope gives faith to the people.

Hope gives happiness.

Hope is the key to the hidden treasures of success. Hope is like the first drizzle of the monsoon which indicates the best to come. In the current scenario of the pandemic, where in millions of people are affected leaving thousands dead. Our only hope is the vaccination which will protect us. Our future generation's happiness depends upon the hope that this situation is going to end soon.

I hope.... My country overcomes this pandemic situation and becomes the best in the world.

I hope.... I shall go to school soon again, see my friends and have a great future in my studies

I hope..... I will be happy again



S. MARIYA PRIYADARSHINI

VI STD B' sec

A.M JAIN SCHOOL

R Aswath Krishna

12.1 A letter of hope


Dear Everyone,

"They say a person needs just three things to be happy in this world: someone to love, something to do and something to hope for."

- Tom Bodett

Covid-19 has had many impacts on our lifestyle. Initially when the lock down was announced, I felt very happy. I had an opportunity to be with my family for a longer time. It gave happier moments. I cooked foods like Poori and Masal, baked a cake, fried French fries with my mother. I was playing games, talking about games and watching TV together with my brother. Things were going fine,

But at one point, I started realizing that I was missing so many things like playing and, talking with friends, live classes with teachers, & playing on the school ground. My brother who is in 12th std is also suffering. He is studying 12th std for about 1 1/2 years, that no body had experienced. Similarly,



, So many people lost their jobs, incurred a huge loss in their business and were clueless. However, things began to change.

People found time to recreate themselves in positive ways. People began eating healthy foods. They started to have healthy and hygienic habits. Jobless people found their own solution. for ex: Tailors stitched masks instead of chudidars, home tuition teachers started taking online classes, many house wives became entrepreneurs by making and supplying ~~pick~~ pickles, home-made snacks, tiffin and meals for covid people

Along with these, invention of vaccines gives us hope to ~~live~~ eradicate this corona virus. So let us all have hope to live in this beautiful world hale and healthy.

Yours lovingly,
R. Aswath Krishna
A.M. Jain school

PS: You are not alone 😊

Bala Sahasra

HOPE & HAPPINESS



Hope is expecting & Believing that we desire will happen which is not seen immediately.

Our life will be happy & prosperous when we have a strong hope that good things will happen to us.

Hope should be backed up by action to accomplish the goal we would intend to reach.

The positive hope will create of sense of satisfaction & process of accomplishing the hopes & desires provides the happiness.

NAME: Bala Sahasra
SCHOOL NAME: A.M. Jain
AGE: 10

A & Monish

Hohe

Life should go on, should not give up till end.

There lived three frogs jumping around. All of a sudden, three of frogs fell into well. The frogs jumped trying to get out but couldn't. Three frogs made noise while jumping and hearing the noise another two frogs came from the edge of the well. And said to give up because well is so deep and they gone on there way. Two frogs jumped few more time, everytime, lower and lower. They felt discourage and thought that two frogs that were telling them not to jump. There ~~is~~ no use in trying ~~any~~ anymore.

The third frog continued jumping. It felt very strong, felt that every new jump was bringing the frog ~~high~~ higher and higher. And all of sudden the frog jumped so higher that it reached the ground. It made it!

Why did the third ~~of~~ frog ~~sucess~~ succeeded?

The third frog was ~~to~~ deaf! When it saw the two frogs speaking ~~to~~, the frog thought

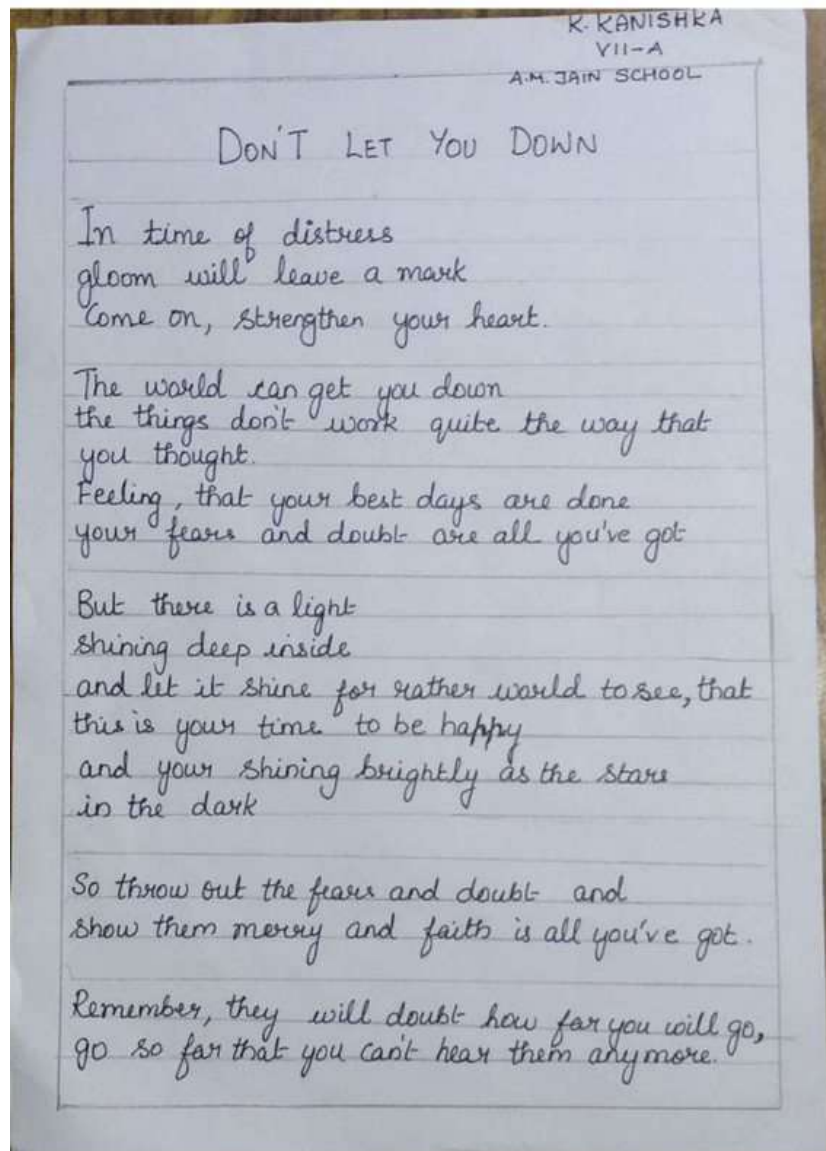
thought that they were saying, to jump higher. The third frog saw the reflection of success in everyone and ~~every~~ every thing around it. The world is just like ~~we~~ we ~~can~~ excited it to be.

"He who cannot endure the bad will not live to see good".

A.V. Monish TthA

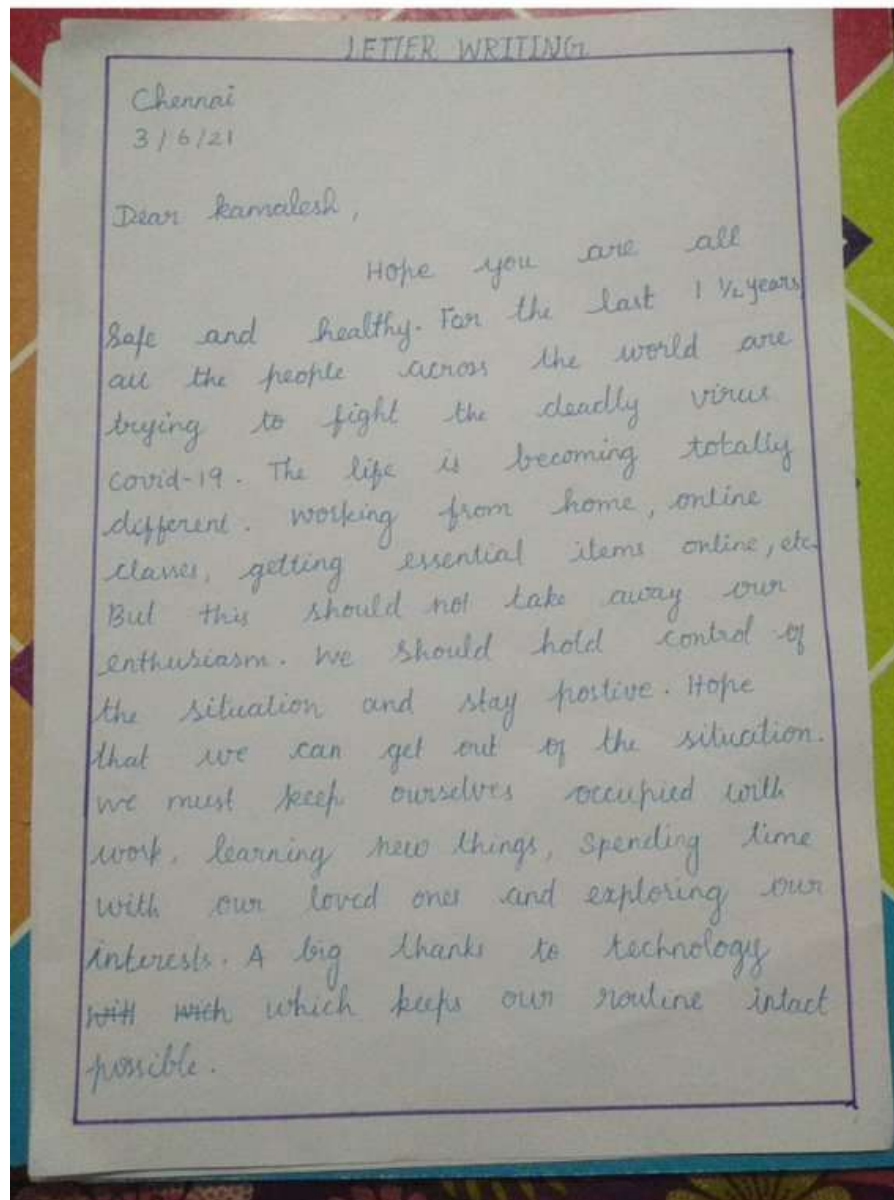


K Kanishka





V Vinith



Hope and positive attitude
is what keeps us fit and healthy.

Proverb: Hope is being able to
see that there is light despite
all ~~own~~ of the darkness.

Get vaccinated on your turn.

Address on the envelope

To

Stamp

Mr. Kamallesh,
Plot no:1, Door No: B2,
Vaibavi apartment
Thiruvallur St,
Worigur,
Trichy - 620 003.

Aravinda Lochanan

AGE:- 12	NAME = ARAVINDA LOCHANAN	SCHOOL
	STD = VIII	AUGURCHAND MANMULL JAIN SCHOOL
	SEC = D	

POEM
TONIGHT

WHEN IT IS TIME TO TAKE REST,
I WILL BE THINKING ABOUT THE PAST,
AND GOING TO HAPPEN NEXT.

ALL NIGHT ARE BRIGHT WITHOUT LIGHT,
WHEN I AM DECIDING MY IMMINENT.

I HOPE TO BE AWAKE,
TO DO SOMETHING UNIQUE.

ARAVINDA LOCHANAN.M

EXPLANATION

PARAGRAPH = 1

When it is time to take rest for me, I will be thinking about the past and will be setting a timetable for future, that is tomorrow.



PARAGRAPH = 2

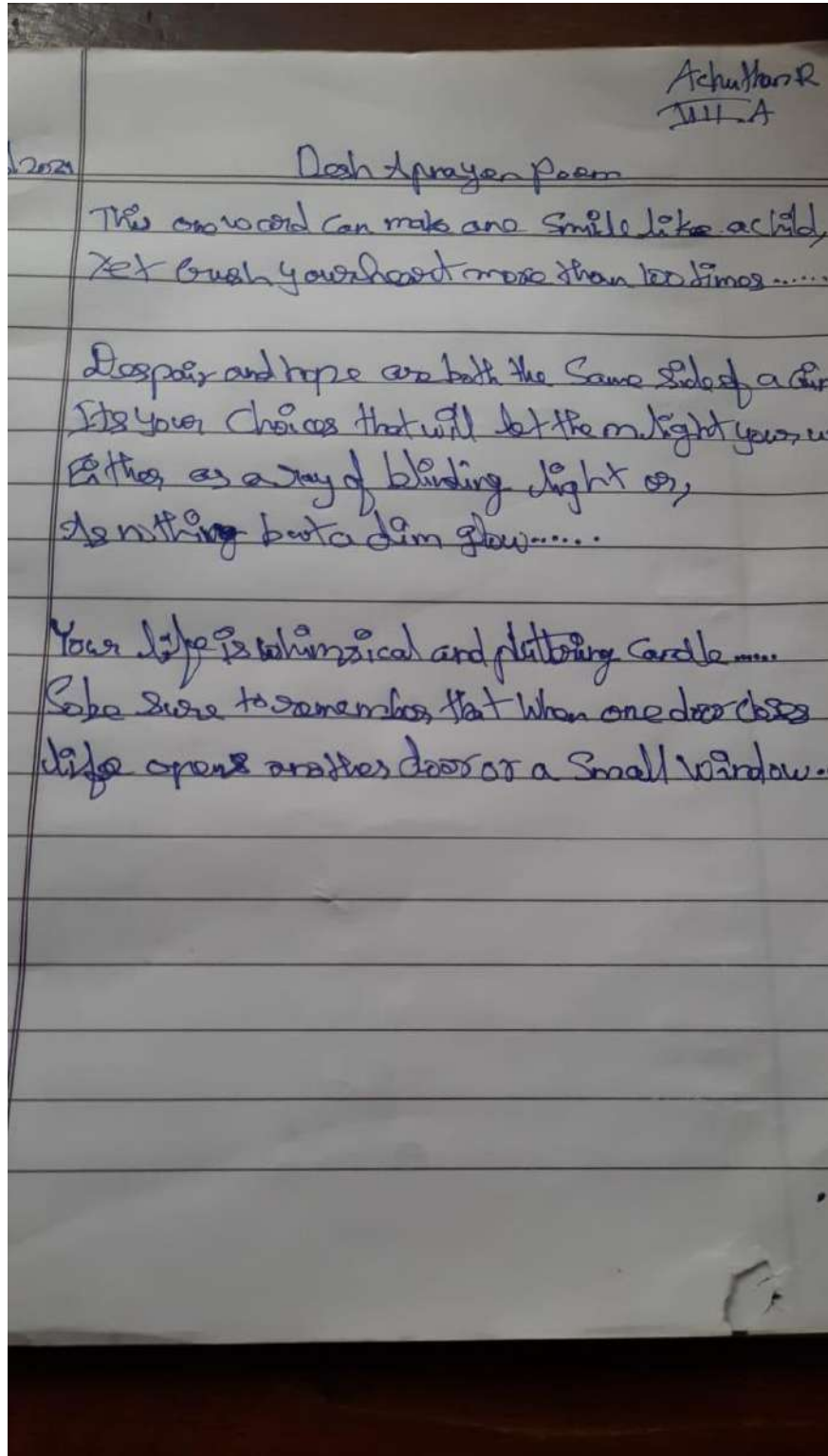
While I am setting the time table for future, I try to dream it. I dream everyday at night. My dreams at night are always to achieve something tomorrow. When we dream, that too when we dream in our favour, we will be more happy. Then, just try to imagine if your dreams come true, how much happy will you be. So, I have mentioned that "all nights are bright without light."

PARAGRAPH = 3

I desire to live to achieve something unique in this world. As I said in last paragraph, I need to achieve more in my lifespan as I dream at night. At the end, I try to say a thought related to the poem.

"WHO YOU ARE TOMORROW BEGINS WITH TODAY"

Achuthan R





Kavesh M P

Poem - Hope

I played cricket
but I loosed my wicket
I felt sad for while
but realised I should not be fragile
I have skill
So I have to be chill
I have to hurry
to say goodbye to worry
I have to train
to let my confidence to gain
I have trained hard
So I have received my steward
Now I have courage
to go against discouragement
Hope is the first step to
SUCCESS !!!

D Lathangi

Activity-1 Poem On Hope

Hope

Hope was but a timid girl;
She sat without the grated door,
Watching how my fate would bend,
Even as selfish-hearted men.

She was cruel in her fear;
Through the bars one dreary day,
I looked out to see her there,
And she turned her face away!

Like a false friend, false watch-keeping;
Still, in strife, she whispered peace;
She would sing while I was weeping;
If I listened, she would cease.

D. Lathangi, VIII std
Art. Jain School.

Lekhalaya S S

5/6/2021
Saturday

POEM
LOCKDOWN

* My home is now a cage, where time seems to wait,
For something unknown, For a untold date



* I miss the Freedom, which used to be mine,
Now I just sit indoors, come rain or shine

* I miss my friends, Their laughs and their smiles.
To see them once more, I can walk for miles.

* Will all things ever be the same? That's all I want to
know,
As I sit by the window, to see how flowers grow

X

LEKHALAYA S.S.
VIII 'F'
A.M. JAIN School
Age - 12





R K Nehavardhini

HOPE FOR THE LIFE

Life is an boom seize the day
Enjoy each day to the fullest

Life is not a model but a Journey
to be travel till the end

Life is a Gift accept it, enjoy it
and be happy with it

Life is a Challenge, but Challenge
Can always be Overcome

Life is to be lived not to
be dreamed

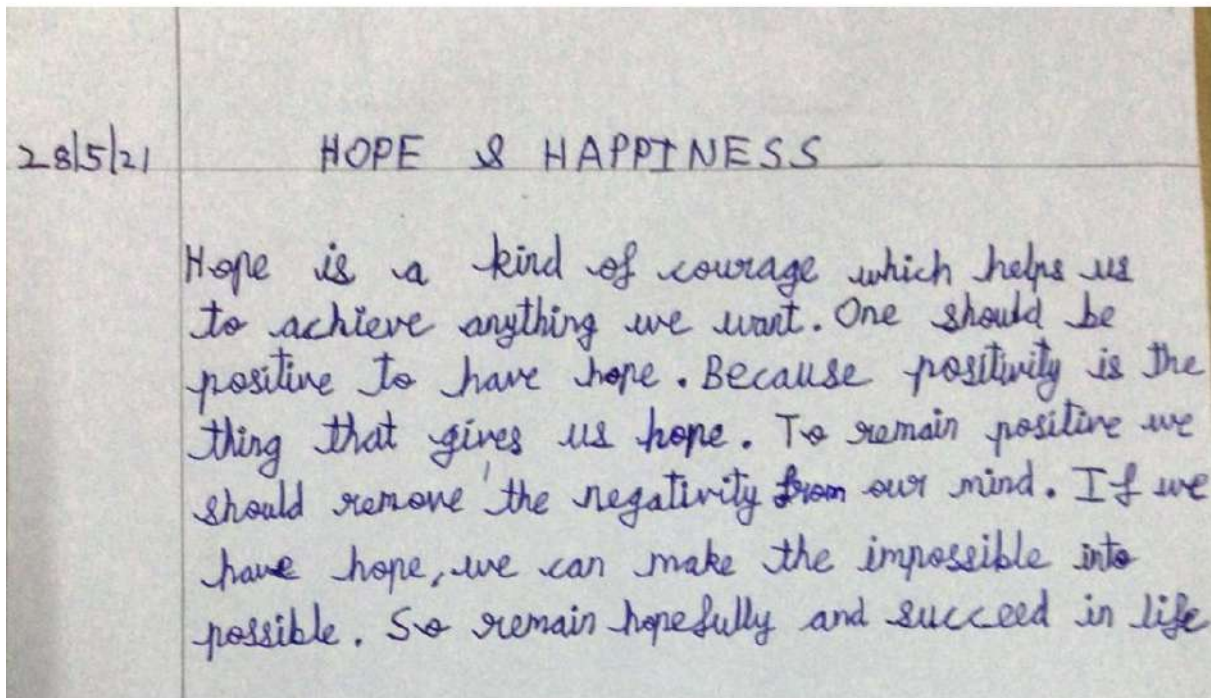
Life is a wonder if you sit
back and be thankful

Life is a decision each of us makes
to be happy or sad

Life is a time for new beginning
and ending

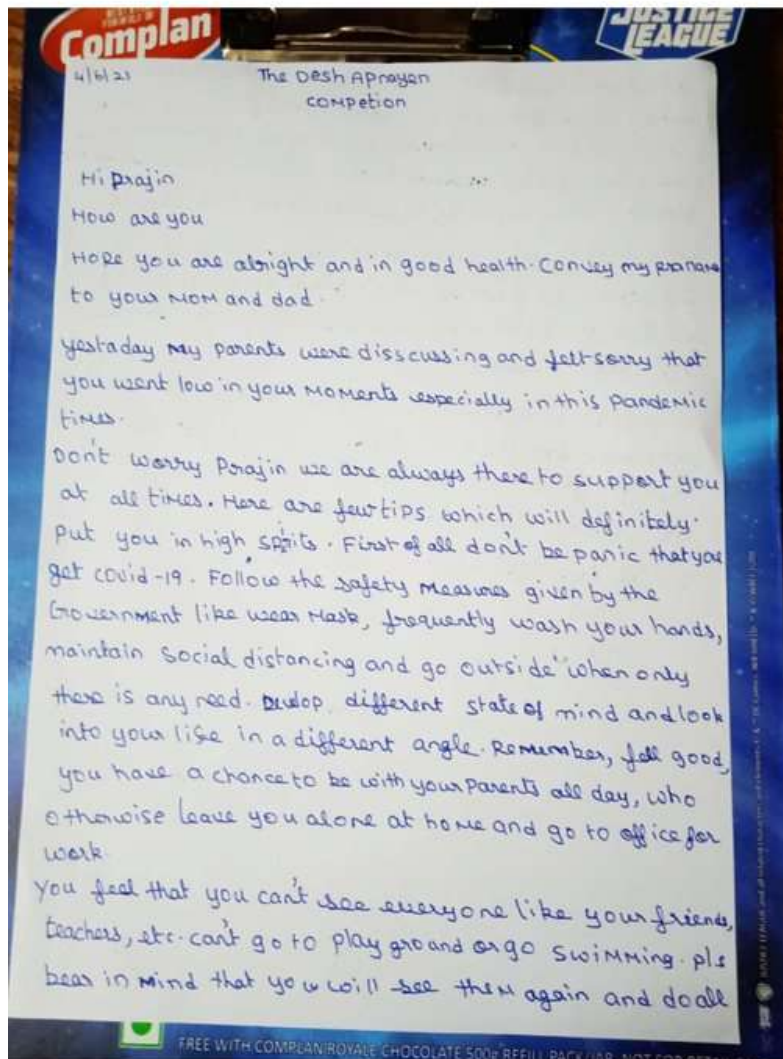


R Sakthivel





A Rengarajan





your favorite things again. Give hugs and high fives to the people who live in your house. You can read story books and play video games and chat with friends and play other family members through online. I have ~~no follow~~ that you done a fun daily routine chart and I try to follow that you can also make similar one for you and follow that. Do exercise which ~~be~~ gives you immunity and keep you fit physically and mentally. If you remember our yoga ~~class~~ lessons pls do.

Always be thankful to the god and your parents for the wonderful day you had. Every night jot down three things you are thankful off everyday. Do creative art, listen to your favorite music, have fun!!!

lot of love, from your dear friends

Raj



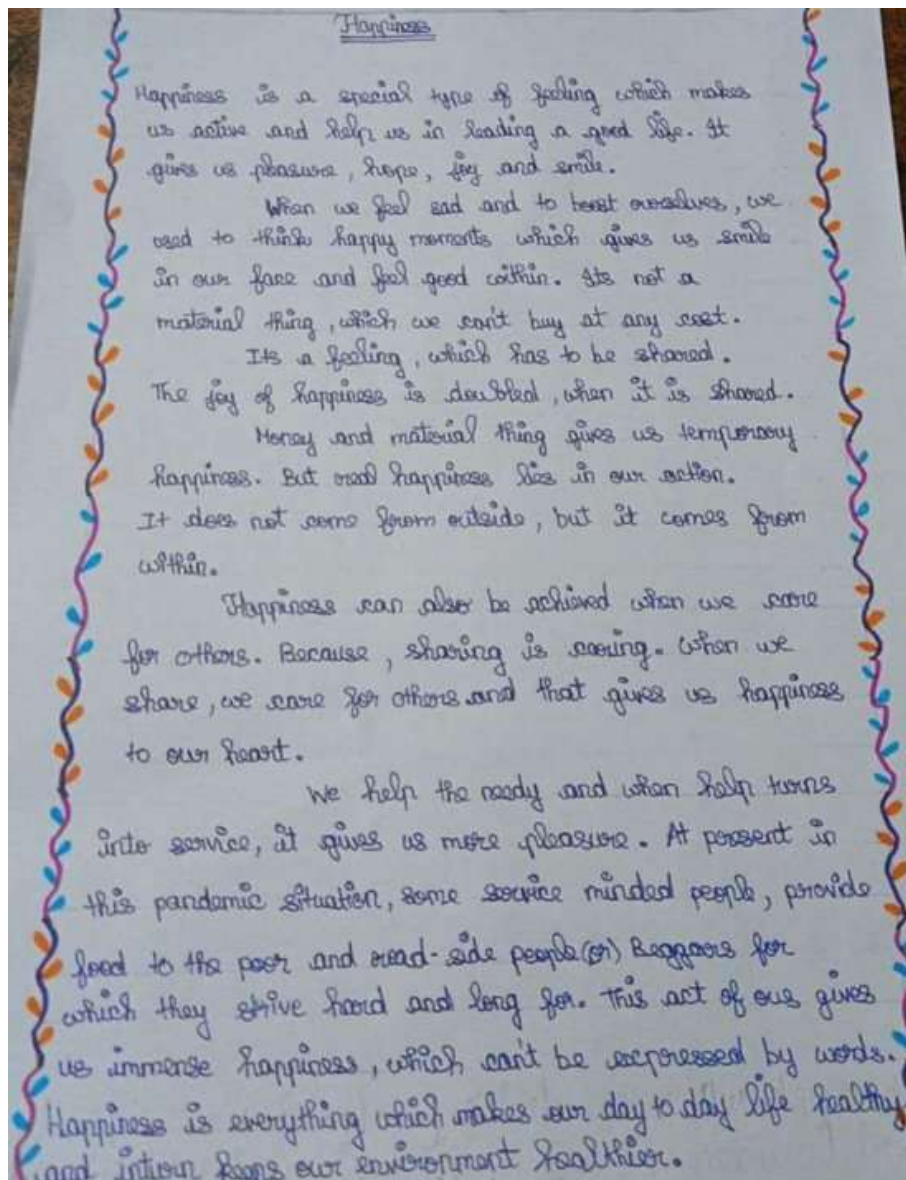
A Rengasajan

xiii F

A.M.JAIN School

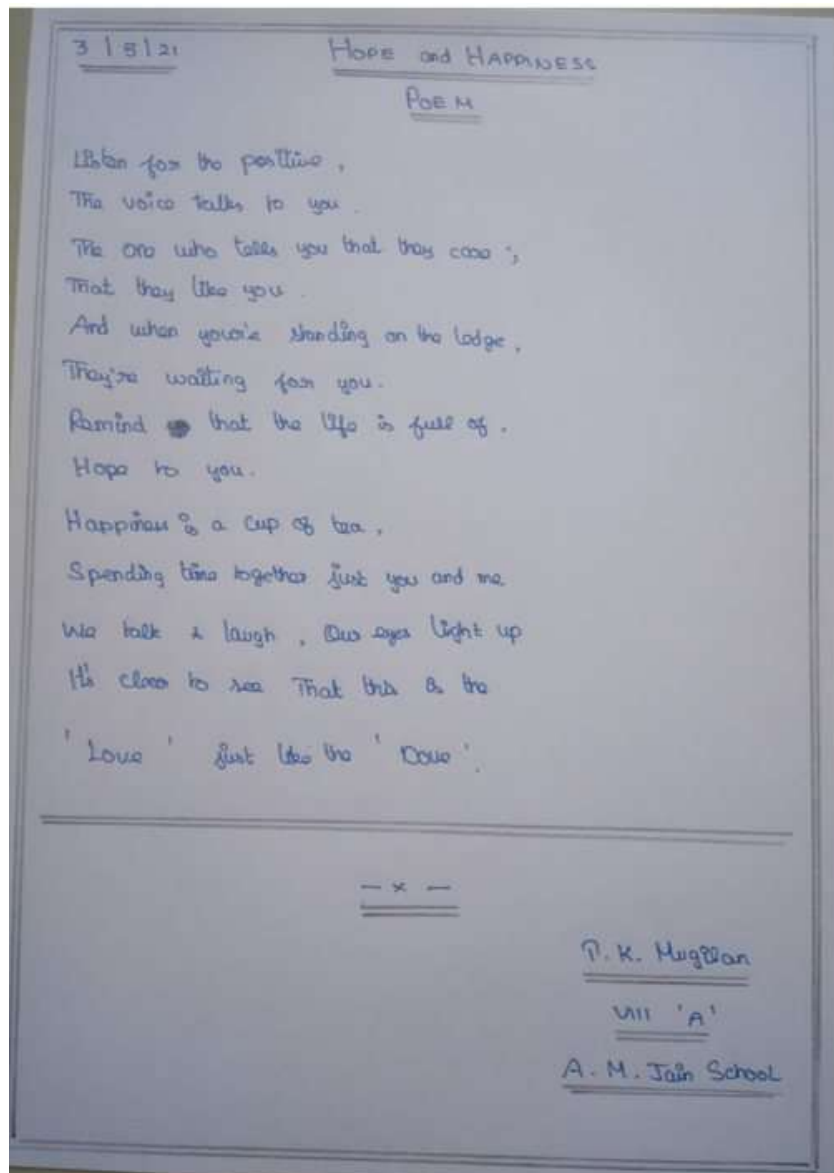


S Hridhayashree





TK Mugilan





V M Prasitha

Desh, A Bhayen

1. Children feel secure and loved when they have strong and positive family relationships.
2. Positive family relationships help families resolve conflict, work as a team and enjoy each other's company.
3. Positive family relationships are built on quality time, communication, teamwork and appreciation of each other.
4. Help children feel secure and loved, which gives them confidence to explore their world, try new things and learn.
5. Strong and positive family relationships are enjoyable for their own sake. It just feels good to be part of a warm and loving family.
6. Use every day time together to talk and share a laugh. Family meals and car travel can be great times to catch up on the day.
7. When your child or partner wants to talk, try to stop what you're doing and listen with full attention. Give people time to express their points of view or feelings.
8. You might let your 12-year old child decide whether to walk or cycle home from school.
9. Give children the skills they need to build healthy relationships of their own.
10. Do regular fun activities to own kids, always be together as a family. This can be as simple as a family soccer game.

Name: V.M. Prasitha
Class: 8 Sec: F
Age: 12.
School: Agurchand Mannur
Tain School.

S V Chetna

29/05/2021

Poem

You are your Hope

S.V. chetna IX B
A.H. Jain School
13 years old.

Even if we know that we are
living a life which is uncertain,
We set alarm every night before sleeping
Hoping to wake up in the Morning.

Tomorrow gives us hope
Of what we always dream of
No matter how today goes,
Tomorrow never knows.

Even if we know we ourselves
have to face the consequences
and cross the hurdles of life,
We pray the almighty
Hoping for some hope.

Be strong now because
things will get better
It might be stormy now but it
can't rain forever.

God is the only one
who can make
A Vally of trouble,
A door of hope.

Ultimately it is only the Hope in you
which keeps you alive,
"Hoping for the best is far better
than fear of the Worst"!!!

- S.V. chetna





S Jayaharshavardhan

classmate
Date _____
Page _____

Hope Story
S. Jayaharshavardhan
IX A

Hope :-

Hope is the essence of life. Many of us could not even live a life of peace without having hope deep inside the heart. Life is unpredictable, hard and quite notorious at times. Things go out of hand and beyond of our control many times. Hope helps us keep the fight on and improves the chances of making our life keeps our eyes wide open for an improved future. I know it's very hard keeping up with the inner faith during the most critical times, but, those who never leave hope, actually make it till the end.

Now I am going to tell about a story of hope and positivity.

There is a guy name is Ramesh. he was working in marketing for ten years. he think that he want to start a new company. Then he started a company first 2 month that company is going good after that the company gain a great loss. Ramesh became very poor, and he decide to close the company. he has been hope less but his

classmate
Date _____
Page _____

friends are tried to give him hope and help. But Ramu did not taken the help of his friends. So all the friends leave Ramu.

One day Ramu got a parcel in that there is a letter and cd. In that letter there is a cd which give you lot of hope while watching so please watch the cd, it will help you a lot. Then Ramu played the cd. In that a wild buffalo and a baby buffalo, they are traveling in a group of buffaloes. Then lion group was attacking the buffalo group. The baby and mother buffalo are separated from the group. Then lion group was attacking the 2 buffalo. The mother buffalo defending the baby buffalo from the lion, and mother buffalo never lose its hope. Finally mother buffalo saved her baby from the lion attacking and join in the buffalo group.

After Ramu watched this cd, he gain a new hope, Again with his new hope he started a new company with new strategy and hope. And he put its whole effort in development of the company. Finally he got the success in that company. And he is searching that who has send the parcel. he found out that his mother has been send the

Date _____
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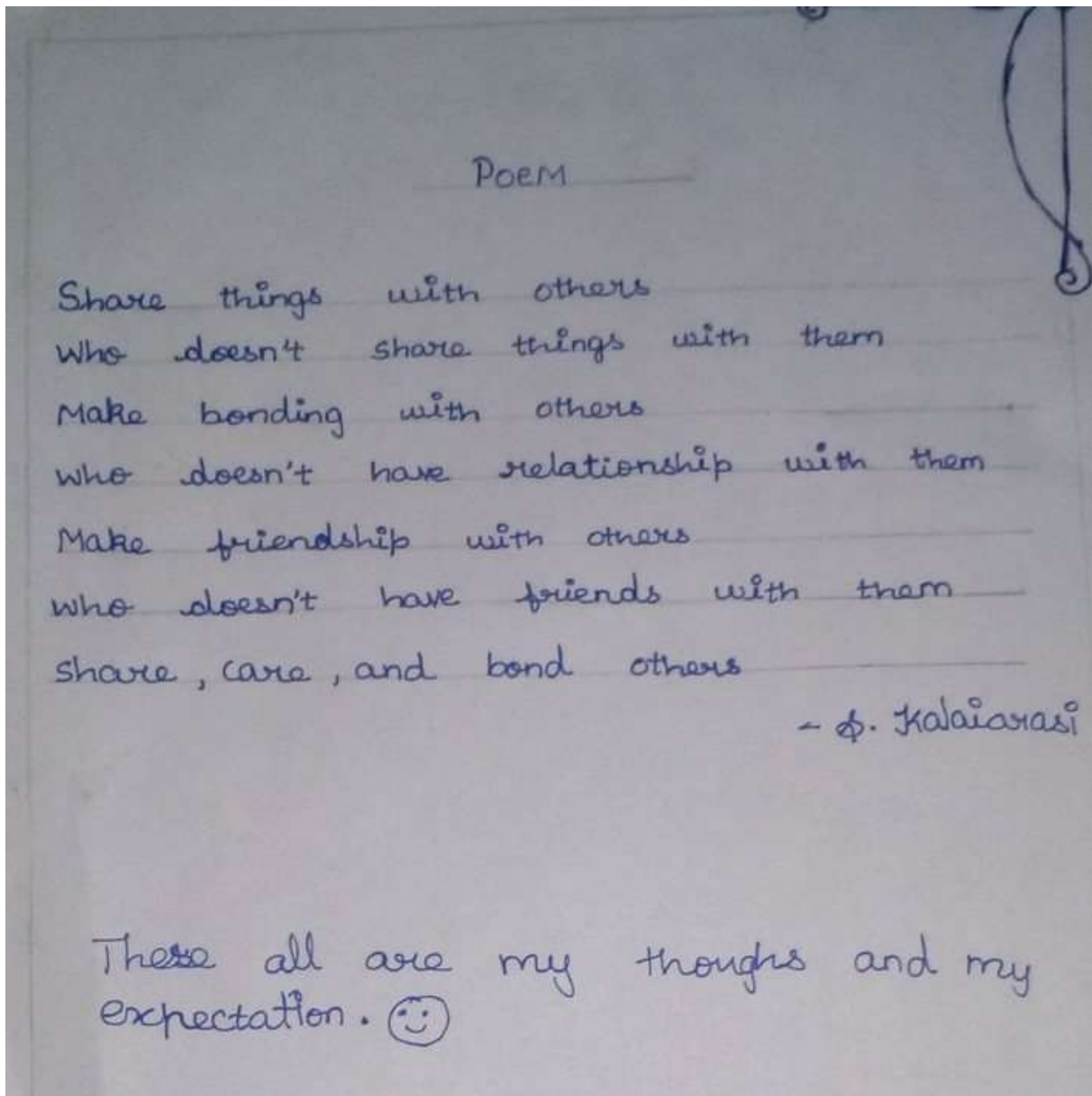
Parcel.

Above story tell about that "Never loss your hope in any situation."

Name :- S. Jayashchavardhan



S Kalaiarasi



R Raghuraman



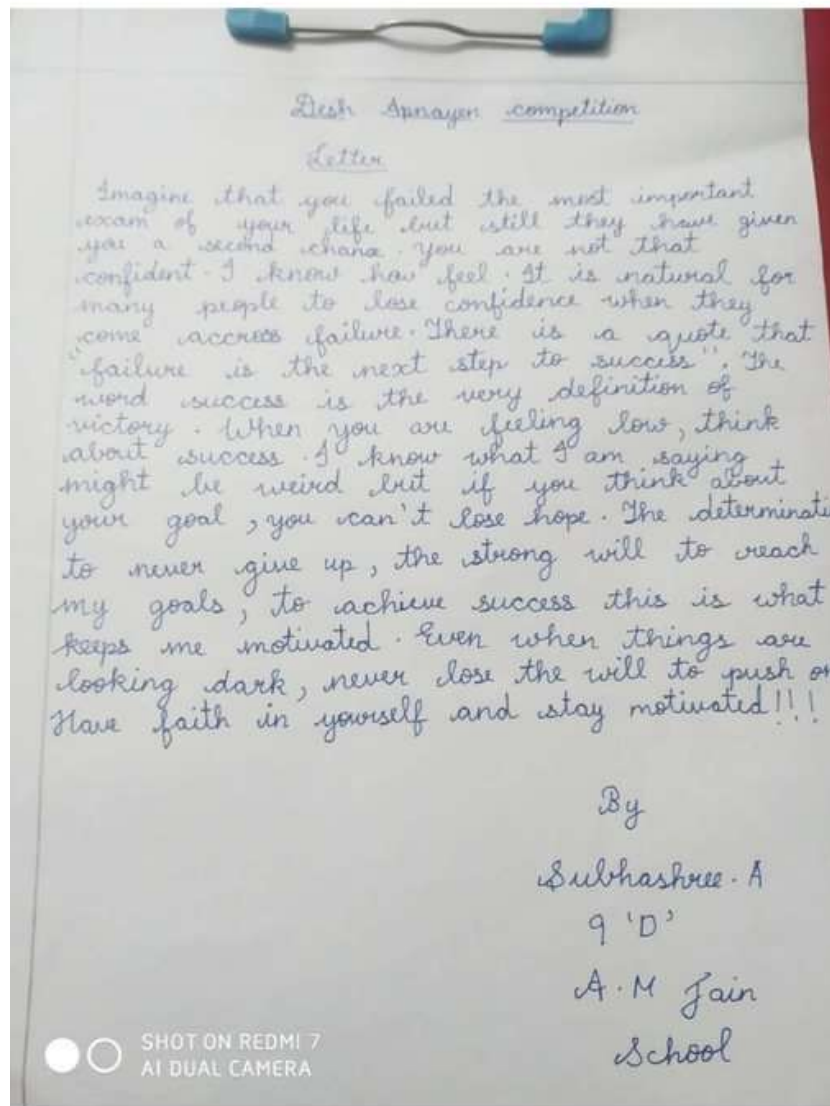
Dear Friend

we're having a rough situation right Now, 2020 and 2021 has been very tough for us, but we got more time to spend with our family. Even though we couldn't go outside and see our friends and relatives we can still talk and chat with them through whatsapp, Skype etc. Instead of going outside in this scorching sun we're able to attend classes in our home with comfort. I learned lots of new stuffs in this lockdown like Digital art, Digital Designing, Editing videos, Crafts and learned to cook new dishes. I even grew so many flowers and plants like Rose, Hibiscus, watermelon, Tomato, Brinjal and much more. We must use this opportunity to learn new stuffs and I hope that the pandemic ends soon and we can meet each other in real life.

Yours affectionately
R. Raghuraman.



Subhashree A





Varsha D

DESH APNAYEN

Message of Hope & Happiness

If you only carry one thing throughout your life,
let it be hope. Let it be hope that better things
are always ahead. Let it be hope that you can
get through even the toughest of times. **Let it be
hope** that you are stronger than any challenge that
comes your way. **Let it be hope** that you are
exactly where you are meant to be right now,
and that you are on the path to where you are
meant to be ... Because during these times, **HOPE**
will be the very thing that carries you through
HAPPINESS ...

- Varsha. D
IX-B



Yashika N

HOPE AND HAPPINESS COVID-19 (2021)

Our faith can be challenged, and it can be hard to see where God fits in which this new normal. We have pulled together some of our favorite prayers, poems, inspirational quotes and reflections to provide hope to you and your loved ones during this time. While reading these messages of hope, take some time to quietly reflect on the words as well as the emotions they bring out in you.

2020 - 2021

This year has been marked with reflection and change.
Some days feel good and others feel strange.
We've learned to work differently;
and love more unconditionally.
We try to tune out the stress;
but sometimes life still feels like a mess.
We find ways to travel to less-traveled places;
and we meet our friends with covered faces.
Hopefully this year has been filled with opportunity;
and we will learn to embrace and strengthen our immunity.
2020 hasn't been like we expected;
but we've found new ways to stay connected.
Hug your kids and enjoy the outdoors;
worry less about the very small chances.

Things will get better because they usually do;
Enjoy what you love and learn something new.
Don't forget to pray and always be kind;
try to stay positive and learn to unwind.
The story has been written, good wins in the end;

**PRAYERS FOR ALL MY FAMILY
AND FRIENDS !!**

QUOTES...

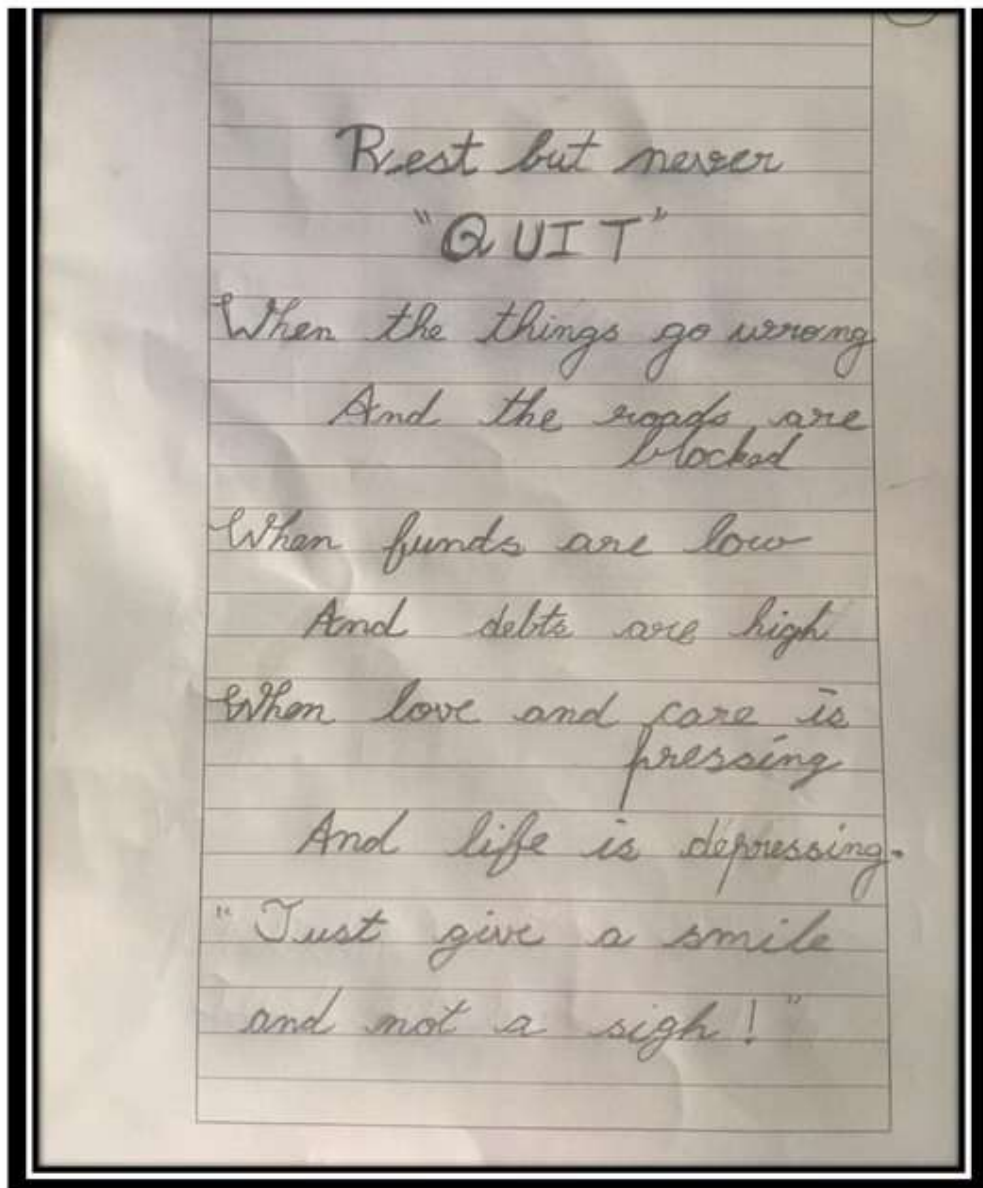
- * Live life to the fullest, focus on the positive - Matt Cameron
- * Always turn a negative situation into a positive situation - Michael Jordan
- * Your smile gives you a positive countenance that will make people feel comfortable around you - Les Brown

STAY HOME

STAY SAFE !!



S J Annav



Death in the North
And in the South
Death in the East
And in the West
When death is increasing
And the population is
decreasing
"Just wait for the
silver lining on the
dark sky!"
When there is no fun
And there is no
one
When roads are dry
As deaths are high

When spirits are low
And nowhere to go
"Just wait with a grin
and not a frown!"

When there is no care
And only worry ^{everywhere}

When there is no joy
Play with your toy
With hope and generosity
And without animosity

"Just sit back and think
^{but}
Don't you ever "SINK"!"

by Mom & Me

V Nethraa

Message of hope and happiness

• What is hope?

Hope is a trust we keep on someone or someone keep on us. If we misuse it their hope will never come back again.

• How to be hopeful and happy in this pandemic situation?

- Do yoga asanas and pranayama to relax yourself.

- Have hope that doctors can save us all from this Covid-19

- Spend more time with your dearest ones to be happy.

- Be positive never get negative thoughts in to your mind.

★ Tips to be positive

- We should think that we are healthy and eat healthy.

- Listen to mythological stories from the person we like.

- Believe in yourself and do deep inhale and exhale.

- Obey elders words and be honest and have self confidence.

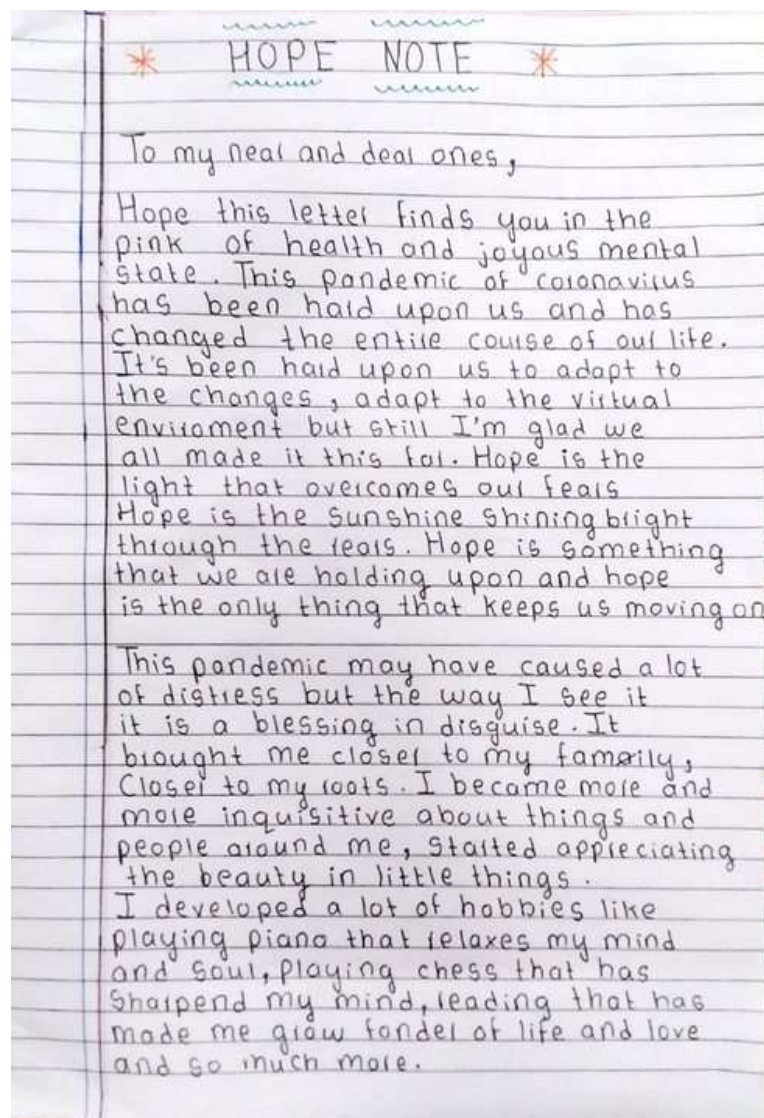
- Never see and listen to negative story.

- Always manage to be as happy and positive as you could, and trust and keep a hope that you we can be saved from covid-19.
- We can stand as a border to our earth and save our earth from Corona virus.
- Trust the vaccine of covid-19 and every citizen should make the vaccine as their protecting shield and stay happy and healthy with your family.
- Love your environment and start planting trees, herbs, shrubs and vegetable plants. Make a home garden area. Or If you have a pet play with it talk to it.
- Do drawing, craft, listen to stories and music, learn new art dance freely, watch movies and talk to everyone

V. Nethraa, 3RD STD
SAN ACADEMY



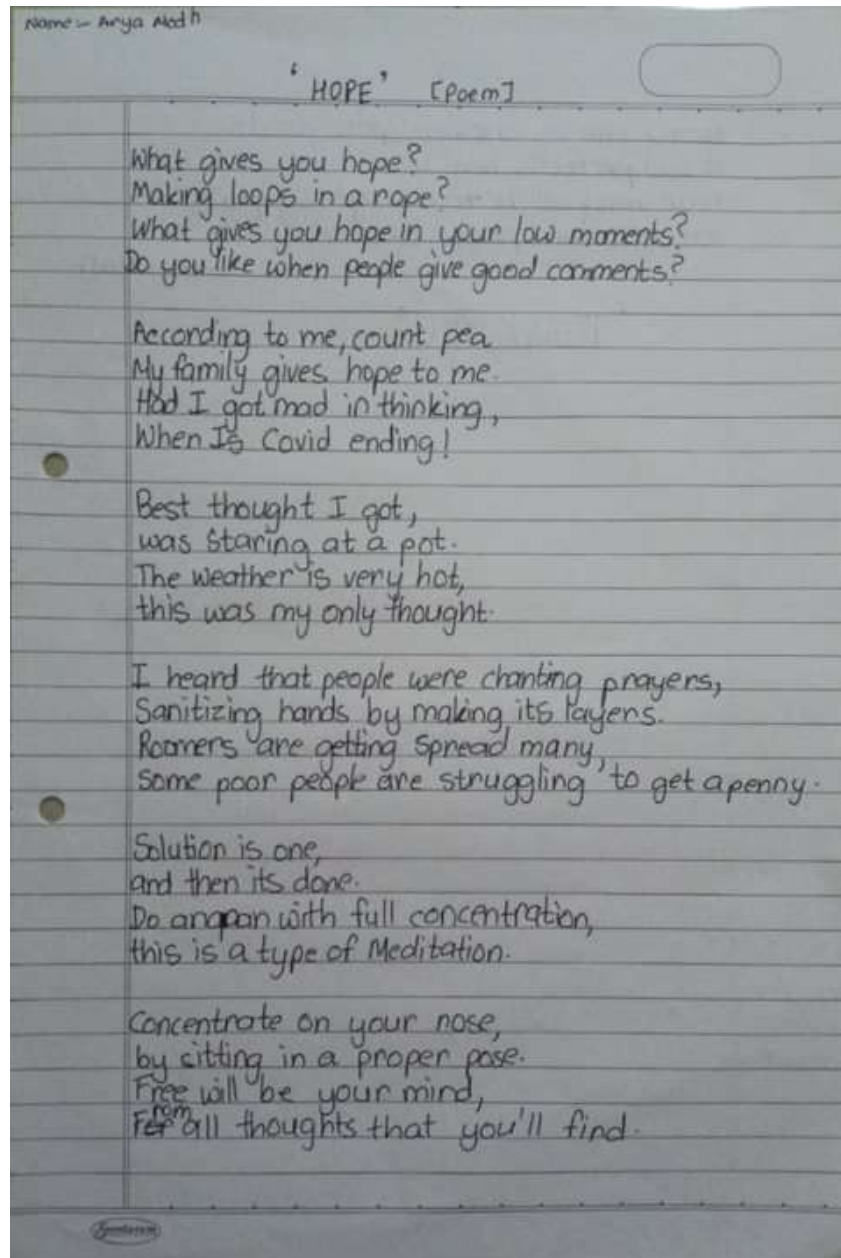
Manan Sanghani



Lastly I'm so grateful to the doctors and the entire medical staff for they have been fighting a battle outside for us to be safe in our homes. The least we can do to respect their sacrifice is not to lose hope and keep fighting and going ahead no matter what. Let us hang in there for a little while for all this is going to come to an end soon. After this pandemic, I think I'll emerge as a better person.
With lots of love and good wishes,
Manan Sanghani
~~~~~



# Arya Modh



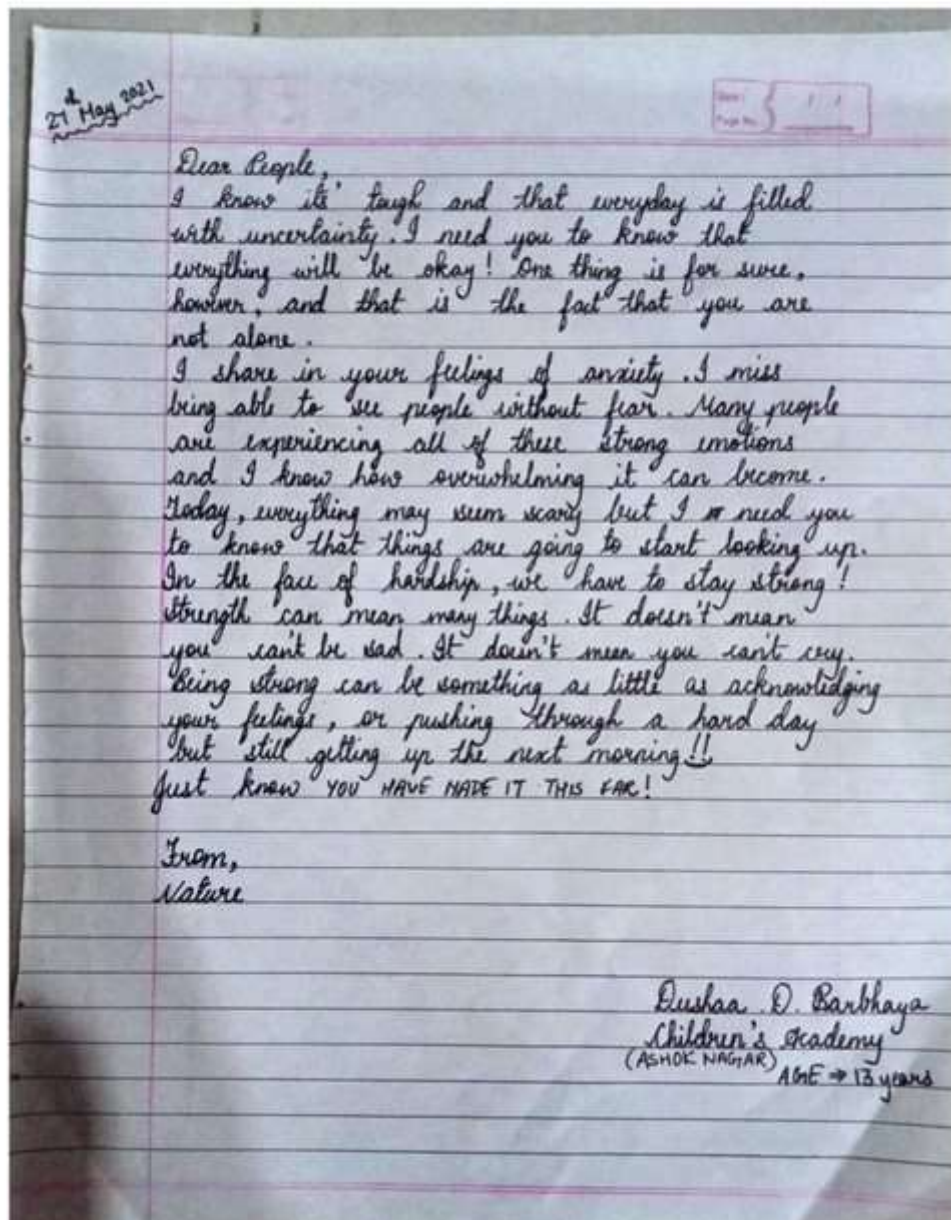
Pranayam is another option to do,  
it will perfectly heal you.  
Your mind will be free completely pure,  
You do it daily please be sure.

~ Arya Modh

'THANK YOU'



Deeshaa Barbhaya



## Vihaan Kapadia

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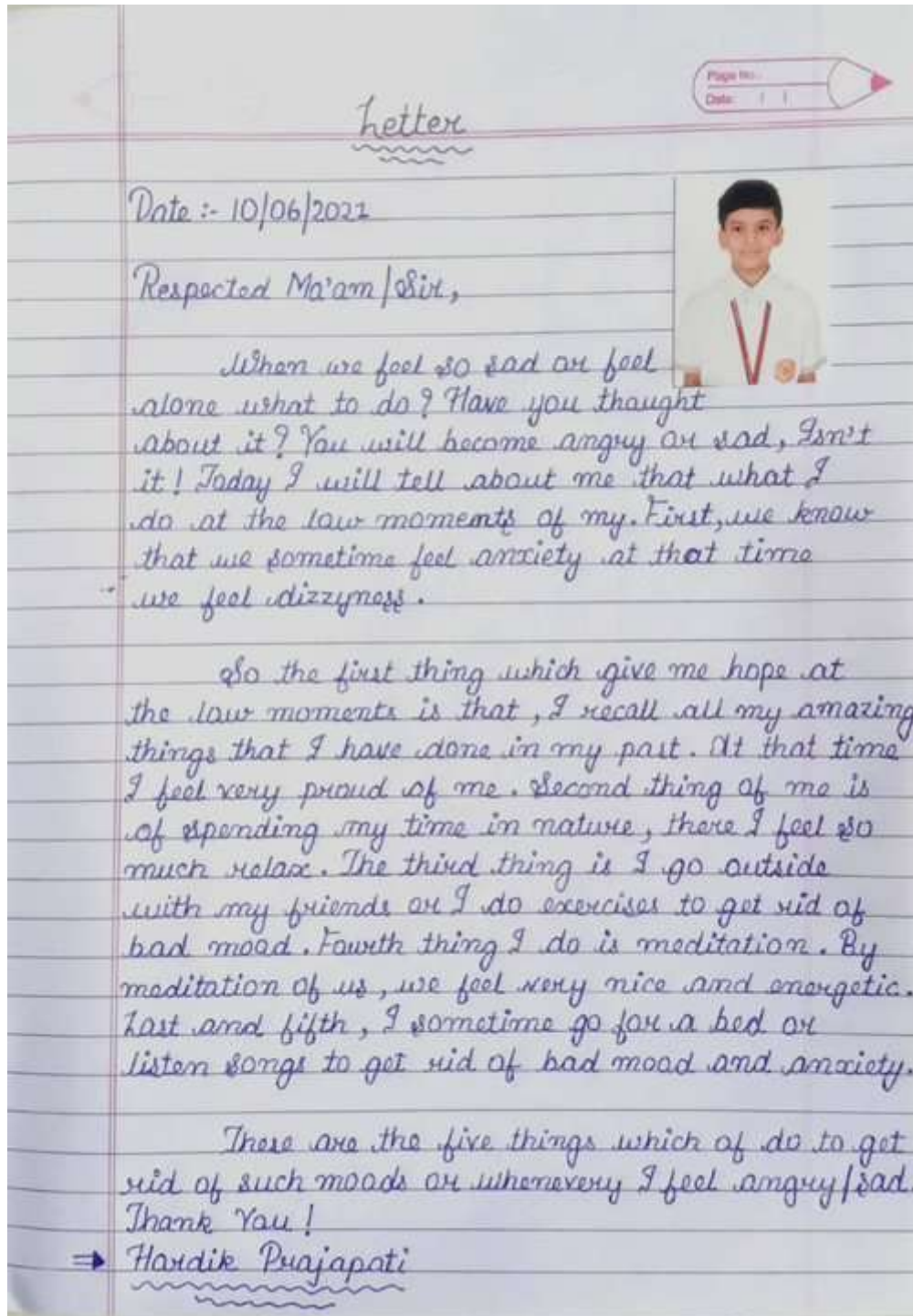
### The Hope Song

In times of distress and dejection  
Hope is the only injection  
It is like a vaccine ; don't let it fail  
As if it does you will not be able to prevail  
It is a remedy ; it is a cause  
You just have to let the time pause  
Hope gives you faith and faith makes you happy  
With hope your character of person would be far less snappy  
Hope can be achieved in different circumstances  
It also helps in life's most dangerous branches  
Your belief gives you hope ; your God gives you hope  
That's why in every situation, you just don't start to mope  
Your blessings give you hope ; your deeds give you hope  
In the toughest times, just think of a joke  
Hope will save you ; it will keep you going  
Just like the water on the rocks, flowing

- Vihaan Kapadia



# Hardik Prajapati



## Kruti Sharma

### LETTER OF HOPE

I'm a girl of only 11, studying in class 7<sup>th</sup>. But these two years have taught me such an important lesson of my life which I would never be able to forget.

In the beginning, during March when the schools were declared to be closed due to Covid pandemic, I felt delighted to have the vacations once again as I was unaware of the seriousness of the situation.

I enjoyed attending the activities and online classes at home. I went to U P during winters and for the first time in my life time I saw the dense fog and felt the freezing breeze at my grandfather's house. But the day came when we had to again return to Ahmedabad. However, everything was same as usual. I got busy with my examinations and an year passed by. But with the onset of new session a change suddenly occurred. I started to miss my school friends, my teachers, my lunch break time and much more than that my freedom to play and roam about in my society.

My sadness began to grow deeper and deeper. I was getting upset heavily to see everybody being afraid of infection and also of dying. Then, one day as I was sitting alone, looking outside my window, remembering the old times when I used to play and run

with my friends and ride my bicycle all day long  
freely in my society; a sudden thought came to my  
mind. As I was admiring a flock of pigeons I started  
thinking that these birds didn't know what was going  
to happen with them the next moment or the next day  
yet they did what they had to do.

Instantly, I got boosted up with that thought  
that I had no reason of getting upset as I was also  
not the one who knew that what was going to happen  
with me or whether the world was going to finish or  
not. Instead, I had several reasons to enjoy my  
each and every moment of life. From that day, I never  
was bothered with the current situation and started  
to divert my mind by - doing meditation, enjoying  
cartoons on T.V., learning dance, drawing, music etc.

Now, I'm really thankful to God for  
encouraging me and making me strong to overcome  
this critical situation, the whole world is facing.  
I shall always value this life given to me as a  
blessing by the Supreme Power.

Thanking you,  
Karti Sharma, (11 yrs)  
VIT A  
Galaxy Public School.





## Nitanshu Patel



06-06-2021

"All kids need is a little help, a little hope, and somebody who believes in them".

I, Nitanshu Patel, would like to share one of my bad days... rather than saying it a bad day or a low moment, let me say an inspirational talk on overcoming obstacles in my life.

It is very difficult for any of the hardworking or career focused student to get lower grade in a particular co-curricular subject, because when the final result announces, you feel bad that due to lack of creativity you achieved 'B', though you have 'A' in all other subjects.

2021/6/9 14:58



It was a day when I received my final marksheet of class VIII, which was showing my poor result in drawing, at the same time I achieved great grades in all other subjects. I felt so low that due to my drawing I got poor grade and it was so terrible for me to convince myself. My friends were also teasing me that studying and speaking creatively is not everything. We all can perform better than you in drawing, art and craft. It was one of the low moment for me.

When I was upset and was feeling demotivated, my mother came and asked about my worries. I explained her my problems and calmly she set beside me and started the conversation. She explained me and helped me to overcome my shyness and suggest me that how can I focus and learn more during my drawing classes. She said one very

motivational sentences which I have adapted  
and would like to share with all  
of you that —

"Let your hopes not your hurts shape  
your futures."

Nitanshu Patel  
IX C  
Calora Public School  
Ghatlodi, Ahmedabad

## Palash Meghani



Name: Palash R. Meghani  
School: Narayana Public School  
Age: 14

Depression is much less discussed topic. But recently in this pandemic situation during lockdown everyone had a glimpse of it.

If anyone had any illness or any defect in body which can be seen or diagnosed it easy to express or discuss with medical professionals. But depression is a feeling which can be felt by any normal looking person or healthy person. This is a mental condition which is very difficult to express with others. Also, many are very reluctant to talk about their situation as if it is directly connected to mental stability. As per one study one in every ten people is suffering from depression.

Now, how to overcome this problem? This is the biggest thing where you have to suffer on yourself only. But, the good news is that the solution of this is also with us only.

Whenever you feel down and out you should immediately call your friends and talk with them. You should do the things which you like the most.

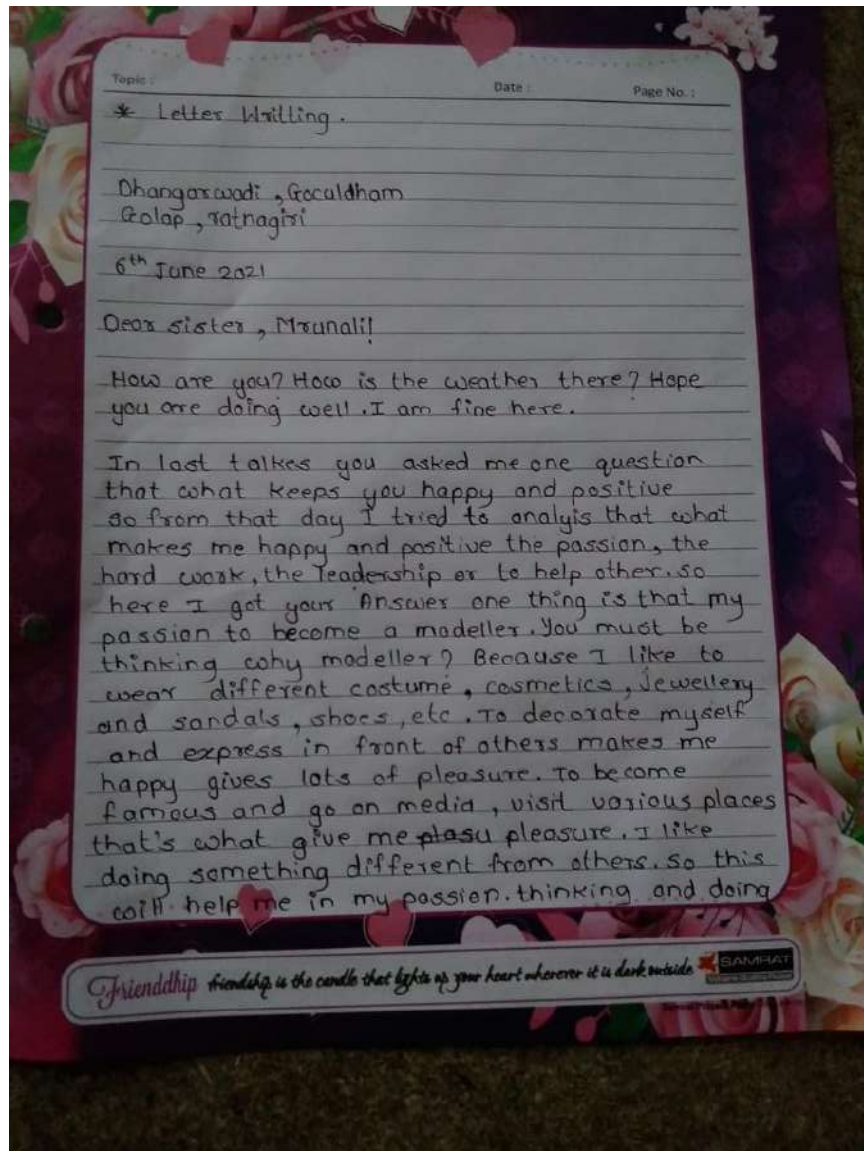
I like listening to music or playing some games.

These are the things which I want to express about depression.

With Best Regards,  
Palash Meghani



# Rutuja Kokare



Topic :

Date :

Page No. :

all this makes me happy and positive.

Other one thing more thing is that helping to grandparents and helping the needy people with the basic needs makes me happy.

I like to make myself gorgeous, so that I may become someones role model.

My role model is one of the famous actresses Deepika padukone. Who is very passionate to her work and does hardwork for her passion.

Being around people has been shown to improve self-esteem and increase my chances of reaching goals. surround myself with people who will lift me up and help me see the bright side. This success and hardwork makes me happy and positive. Now I like to stop here. Thankyou!

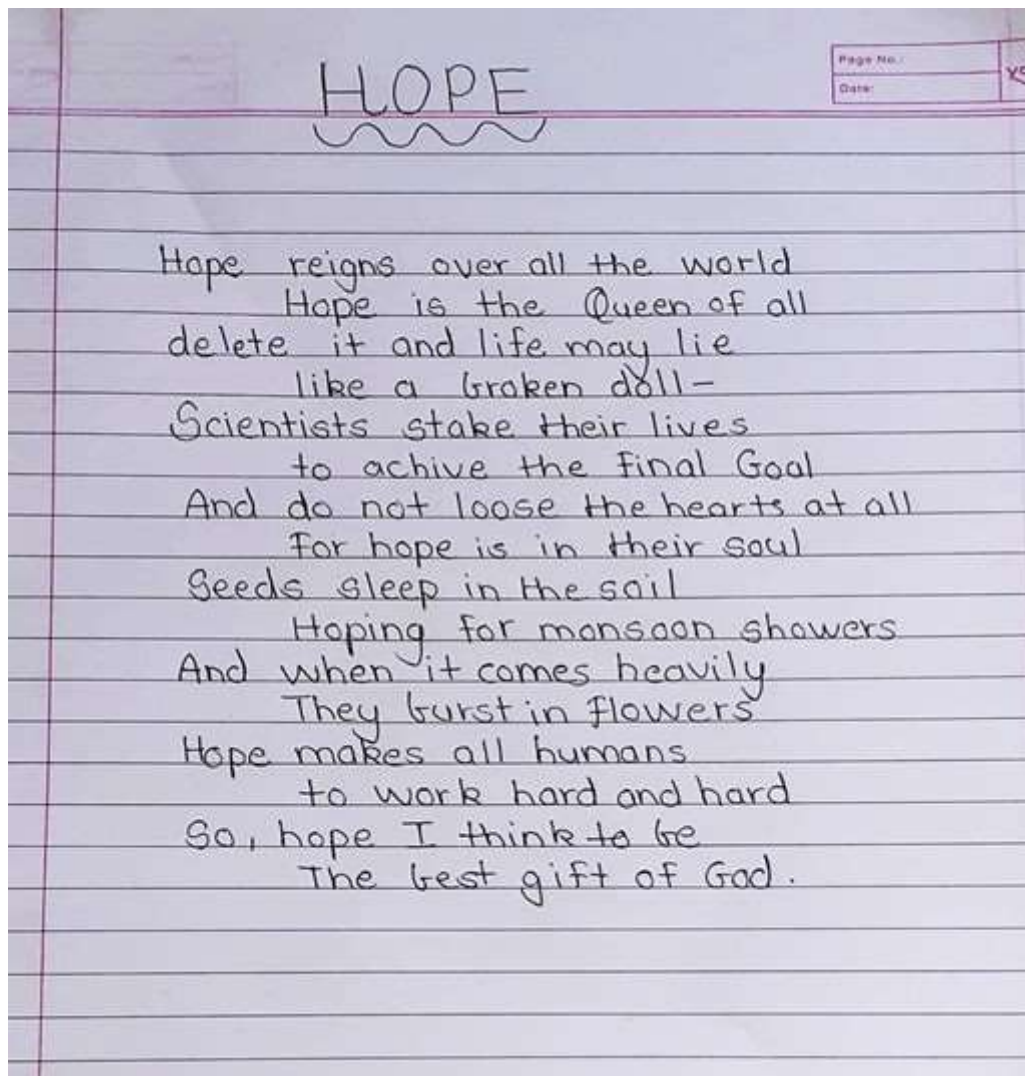
your loving sister,  
Rutuja.

Friendship friendship is the candle that lights up your heart wherever it is dark outside

SAMRAT



*Sharvani Damle*





*Shravani Ambre*

---

XYZ

A/18, Dattodis Society  
Kolap, Ratnagiri - 415659  
1 June, 2021

Dear Rubina,

I hope this letter finds you in the pink of your health.

I heard about you from your father that you have lose your hope in your studies. My dear friend I know that you are a genius. To proof this word genius you should believe on in yourself. This is most important. There are many tips to study and get good marks in class paper.

We should always pay attention in class. Take good notes. Plan ahead for tests and projects. If you have a bunch of stuff to learn, break it into smaller chunks. Ask for help if you get stuck and most important have a good night's sleep. This all tips will help you to increase your hope in studies. From my side I thing that self studying will help you more. Don't be afraid of studies. I know you will try your best. Do you know that some -



times I also lose my hope. But my parents brings my hope again to me. They also tells me the importance of 'Believe in yourself'. So, now you must have understood how to work with your studies. All the best for your studies.

Yours lovingly  
XYZ



Shreya Petkar

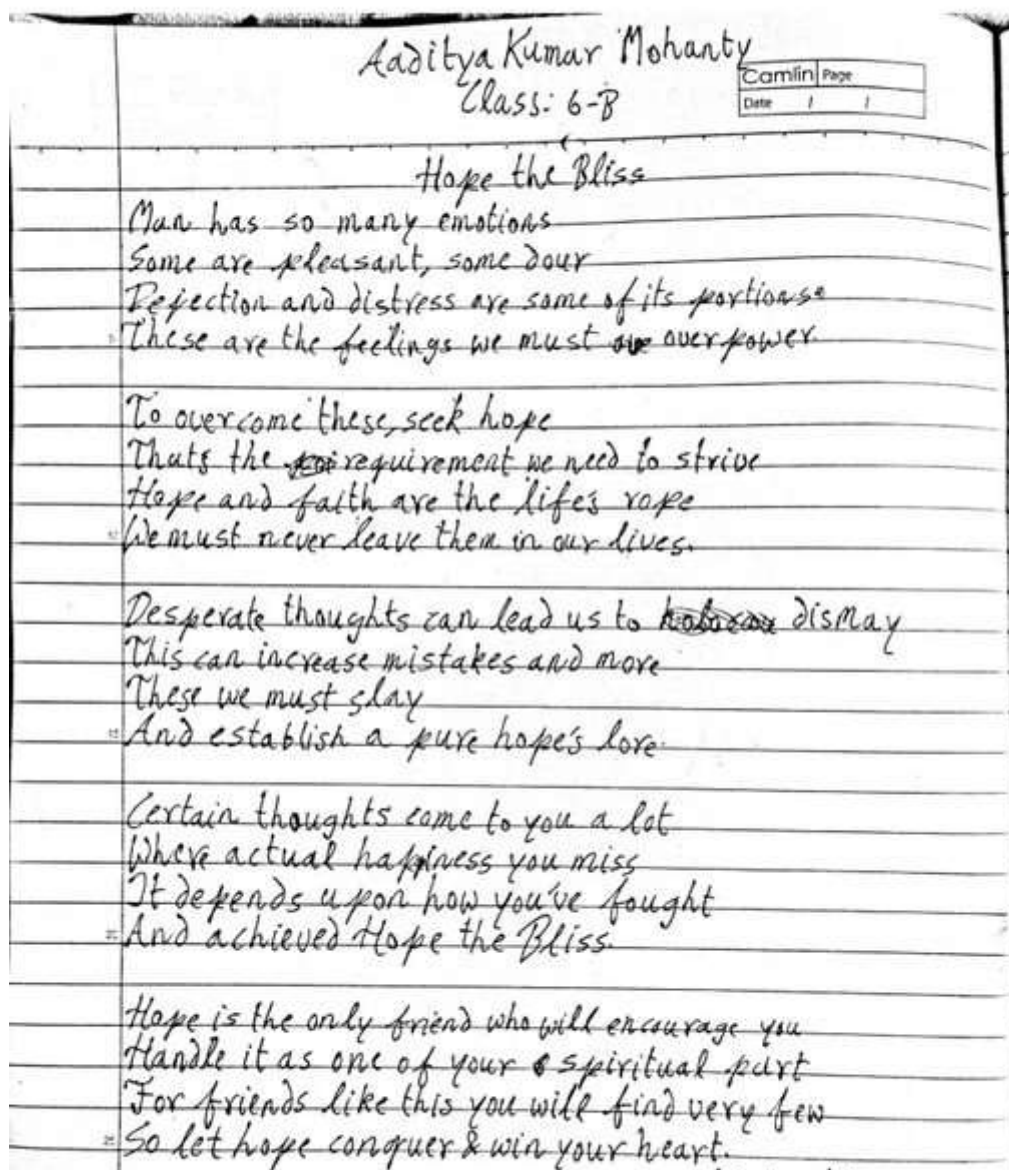
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| Date                      |       |

Q.1) My experience of how u can keep yourself happy and positive during the time of stress.

- 1) We should be always grateful.
- 2) We should create a positive environment.
- 3) To stay positive means being self aware and in touch with your feelings be mindful.
- 4) Create a positive environment for yourself.
- 5) Take this slow, and don't be so hard on yourself. Learning to stay positive is process.
- 6) Bring Positivity to others. Be gorgeous with others, be respectful, be open-minded, and all of that good energy will surely make its way back to you.
- 7) A Healthy Body Makes a Healthy Mind. To bring positivity into your life, working on a regular basis, eating a balanced diet, meditating and getting sufficient sleep are all great ways to make for a healthy body and mind.
- 8) Listen to Music bring always a wonderful way to bring more positivity into your life.
- 9) Smile it also makes you happy. Practise smiling even when you don't feel like it. Smiling is key when it comes to how to stay positive in a negative environment.



Aaditya Mohanty





Avaneesh Penumaka

Topic:

In times of distress and dejection, hope is what keeps us afloat and resilience is the element that helps us achieve our dreams and overcome our fears.

- There were more pandemics in our history like cholera, Malaria and Polio for children. But without losing hope we fought against them and now we are free of germs.

Example Taking under consideration of history we came to know how much our Indians had struggled to make our country free without losing hope.

- The early human stage was the hopest and discoveriest stage. People started to invent things like wheel, bulb, fire etc without losing hope.
- From the above examples, we came to know that nothing will last long. With this confidence I spend my time with my grandparents, watching TV and other things.

Never lose our hope and we should stay focused till we succeed.



We should never lose our hope, stay  
focused till you succeed.

Look at the ants, working very hard  
stores the food for one more year.

|| we should ||

Look at the birds, flying so long  
looks for insects around the world.


|| we should ||

Look at the fish, swimming in the river  
struggle for its life from the giant ones.

|| we should ||

Look at the tortoise, walking so slowly  
covers its shell while near predators.

## Jigyasa Mishra

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |        | <b>PAWAR PUBLIC SCHOOL</b> |                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------|----------------|
| Date                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 8.6.21 | Name                       | Jigyasa Mishra |
| Grade                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 6      | Div                        | A              |
| Roll No.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 8      | Page No.                   |                |
| <u>Letter</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |        |                            |                |
| <u>HOPE</u> ~                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |        |                            |                |
| Dear Friend,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |        |                            |                |
| <p>It's been more than a year and we all have been through one of the most challenging times in the life of mankind. Pandemic struck in the beginning of 2020 and every one has been forced to stay within the 4 walls of their respective home. Every day we would keep looking at the news articles and TV news channels broadcasting the horrifying news around the world. Our own country was no different - we have one of the highest population in the world and the nature of this virus is such that it gets transmitted within no time in the <del>most</del> crowd and social gatherings. Hence the lockdown was the only way to contain this virus transmission. Once the lockdown was imposed, it was looking interesting in the beginning, but as the situation dragged on, it</p> |        |                            |                |

started becoming more and more challenging for us to cope with the new way of life.

For elders it was home office, whereas for younger ones it was online classes as the new operating model. Every one was struggling to keep the momentum going. Kids were struggling in submitting their school assignment and writing exam papers. As the time went on, the monotony prolonged and kids had no good way to channelize their bundle of energy.

It was important that we look for happiness through small things in life during this period since celebrations and festivals had vanished from our lives.


So, we started to do things differently in our day to day life to keep us positive and motivated. We used to try new recipes from YouTube and Facebook. We used to play indoor games like carrom board and Ludo. Other hobbies like dancing, painting, yoga, etc. also kept us stronger during these challenging times.

Nature teaches us many ways to be positive even in the darkest hours in our lives. As there is onset of morning after the night, in the same way there has to be end to this long drawn battle with pandemic. All we need to do is to be careful and put our guards on. Vaccination campaign by government can restore normalcy in our lives. Till then let's be positive, cheer up and boost our immune system.

Yours,  
Jigyasa.



## Ishita Banare

 **PAWAR PUBLIC SCHOOL**

Date: 7/6/21 Name: Ishita Banare Grade: 6 Div.: D Roll No.: 02 Page No. 01

Deesh Apnaien

# Hope Letter

Casa Rio Gold,  
Palava City,  
Dombivali (E) 421204,

7<sup>th</sup> June, 2021,

Dear Friend

I know you had a rough week. I came to know that you lost your grandfather, a day before yesterday. I was indeed shocked to hear the news.

I can totally understand your feelings, as well as your family's state. But, donot be sad, you have to be more positive in this difficult time. It is obvious that you may be missing him but this cycle is a part of human life. We should accept the reality and move ahead

It would be a better idea to divert your mind towards other interesting



things around us. Remember the good that we friends used to do in our school, how we used to share our lunch with a lots of goosips around the table, how we used to do our homework jointly. We can organize a joint video meeting with our friends even now, and play games.

You may also engage yourself in other activities like drawing, or listen to your joyful music or songs, do some yoga, read quotes and books, do plantation, wear different clothes etc.

Spend good time with your parents and grandma, as they may be missing your grandfather the most. I hope you may feel more better after doing this so.


I will be back home very soon next month, and will come to meet you

Cherish yourself and lets move ahead leaving the past behind. Take good care of yourself and your family

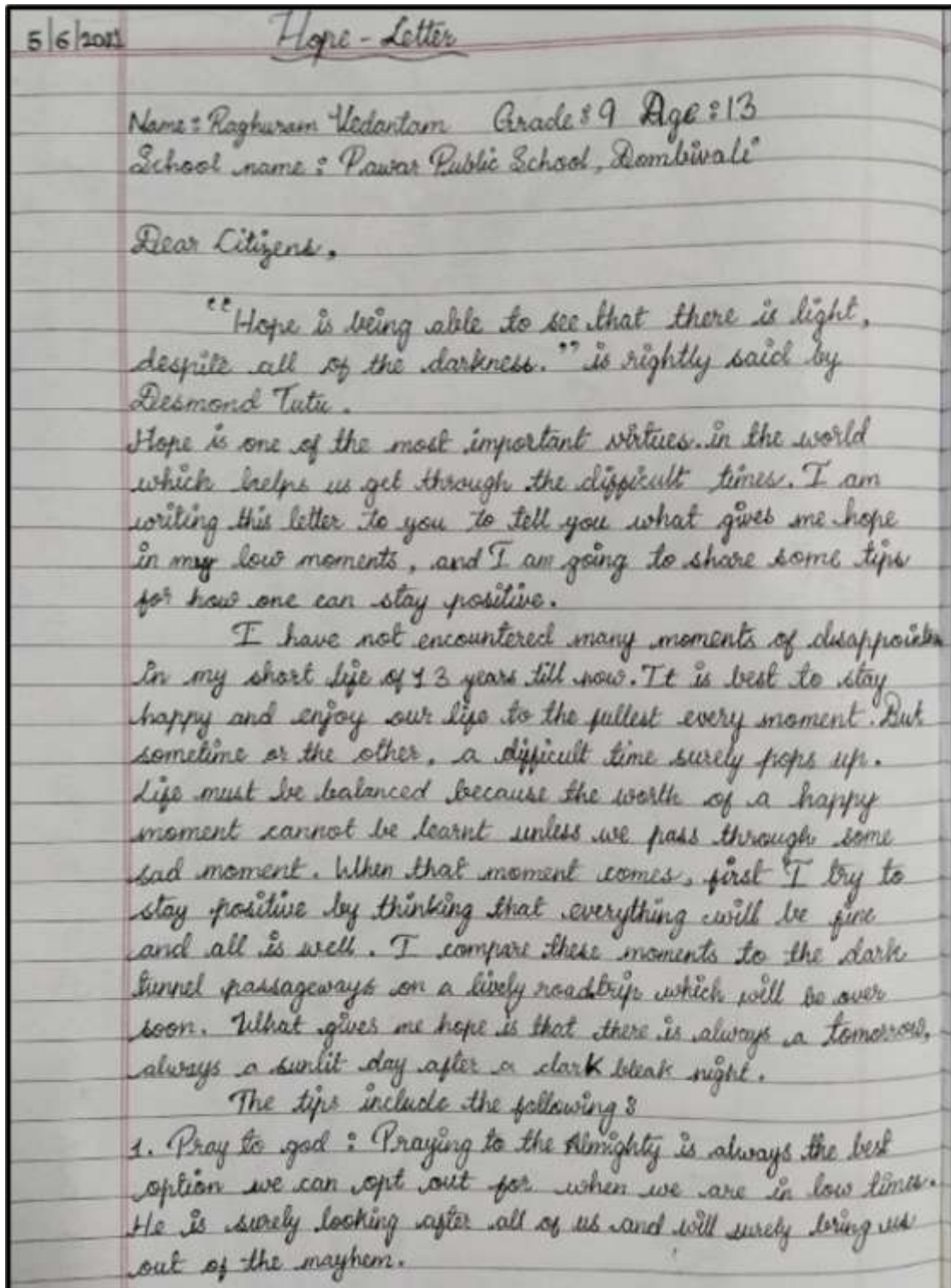
Looking forward for your sweet message

Yours affectionately,  
Ishita

## Snithik Swar

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                     |                            |         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----------------------------|---------|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                     | <b>PAWAR PUBLIC SCHOOL</b> |         |
| Date<br>6/6/21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Name : Snithik Swar | Grade: 7                   | Div.: E |
| Age - 11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                     | Roll No.: 37               | Page    |
| Dash Approxian                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                     |                            |         |
| <u>Hope</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                     |                            |         |
| <p>Hope is a feeling of expectation,<br/>when all seems dull it's what brings us a<br/>desire to achieve perfection<br/>Whether it is lack of motivation or a series<br/>of obstacles,<br/>Hope is what makes all the impossible seem<br/>possible<br/>When I feel upset and low,<br/>It's my family that keeps me on the go<br/>they are my number one support system,<br/>and are always there for me when I need a<br/>few pieces of wisdom<br/>Together for me for my ups and downs<br/>being my strength and home all time round<br/>one can find their hope in anything,<br/>a person, a place or simply a feeling<br/>from within<br/>All you have to do is have faith and<br/>belief and you will beautifully succeed<br/>never lose hope is the ultimate mantra,<br/>to live a life of happiness and prosperity</p> |                     |                            |         |

# Raghuram Vedantam





2. Talk with your friends and family members : Talking with our family members and friends about the trouble we are facing, is also a great option to gain hope. Listening to their viewpoints and talking to them, lightens the load of stress and instills hope in us.

3. Do not think about the problem : Thinking about the problem causes unnecessary anxiety and disconnects us from hope.

Last but not the least, I wish we are out of this pandemic as soon as possible. Together, we can make a difference, so let us stay home and stay safe. I am sure these tips will help you out in hoping for the best in everything.

Thanking you,

Yours affectionately,

Raghuram Vedantam.



## Samidha Shetty

---

### Hope

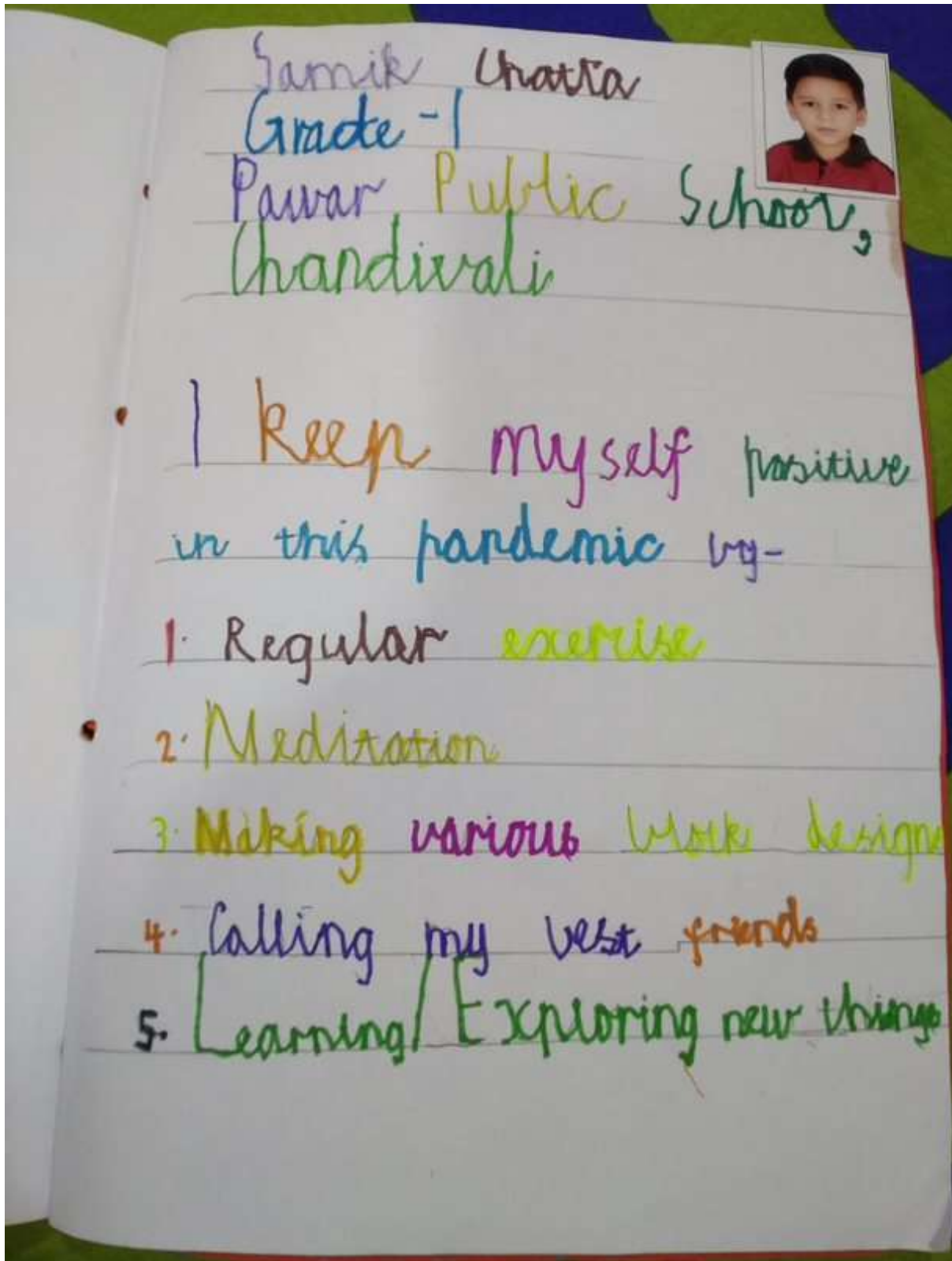
Hope for tomorrow  
It's another day to smile  
And be Happy  
Though there's darkness here  
There would be sunshine tomorrow

We all have faced pain and sorrow  
But if we are wise, we know that  
There is always tomorrow.

Our Friends and Family are our pillars  
We all support and love each other  
And we would continue to do so  
Even when there is a new tomorrow.

## Samik Chatla

---





Asin

*Dear Friend,*



*WE ARE HUMANS. WE'LL HAVE SAD TIMES BUT THEY WILL SOON END AND BRING HAPPY TIMES. NOTHING STAYS LONG. JUST WE NEED IS INNER PEACE AND HAPPINESS AND HOPE. HOPE TO SOON GET RID OF IT. IT'S NOT EASY. EVEN I LOSE MY HOPE. I GET FED UP OF THE DIFFICULTIES BUT THEN I REMEMBER THE PEOPLE WHOM I IDOLIZE. I ASK MYSELF A VERY SIMPLE QUESTION THAT "IF I KNOW THAT THIS TIME WILL PASS AWAY, THEN WHY TO CRY, THEN WHY TO WORRY AND STRESS MYSELF FOR A PROBLEM WHICH IS TEMPORARY?" BUT, WHENEVER YOU ARE GOING UNDER DIFFICULT TIMES THEN JUST SMILE AND RELAX AND STOP WORRYING. JUST NEVER LOSE HOPE BECAUSE HOPE IS THE ONE THING THAT CAN HELP US GET THROUGH OUR DARKEST TIMES.*

**Asin**  
**DCM Presidency School**  
**7-Daffodils**

## Vishvrajsinh Parmar

---

In my low moments, I tell myself-

*"Everything happens for good only,  
God will do the best for everyone."*

After saying these two lines, I am filled with lots of hope. Moreover, I spend time listening to my favourite songs, reading books, engaging in gardening with my family and watching inspirational movies. I frequently have conversations with myself to figure out my mistakes and find solutions. I remind myself that mistakes are an opportunity to learn something new and the important thing is to not repeat them. This is how me and my family members stayed positive and motivated during the pandemic.





*G U Madhurima*

---

Dear friend,

I know we haven't met but I'm thinking of you. I know exactly what you're feeling. We have been walking in the same shoes. I just wanted to let you know that it gets better. The world may have changed rapidly in the last few weeks, but the ability to learn and stay positive has not. As people everywhere struggle to feel connected, limiting social media and news updates may not seem like an option. It can be hard to keep a positive perspective regarding work and life in these tough times. Eventually all things will fall into place. Until then, laugh at the confusion and live for the moments. Always remember that you have control over how you feel even if you can't control what's going on around you.

Here are a few tips to stay positive and free yourself from boredom and negativity-

1. Start your day right. Meditate, work out, journal, listen to a podcast, make a healthy breakfast or simply turn on your favourite playlist.
2. Do good for someone else. Send out an encouraging email or write a handwritten 'thank you' card.
3. Strengthen your social circle and practice gratitude.
4. Pin positive quotes on your walls/board.
5. Take advice from books and guides. Consult a therapist if you feel that you need someone to talk to.

MIND (a mental health organisation) states that spending time in nature helps with anxiety and depression. It's called ecotherapy and has immense benefits. Good nutrition is necessary - it changes the way we think.

My hope is that all of you are staying safe, healthy and are thankful for what you've got. In extraordinarily challenging and unpredictable times like these, it really helps to slow down, take a breath and remember what is most important to the well-being of your family and community. Now is the time to be hopeful about the future. The word 'HOPE' says it all-

Hold On, Pain Ends. You've never been alone. Right now, it's time to keep calm and carry on. Best wishes, always.

Yours lovingly,  
Madhurima



*K Dharshini*

---

Here are a few tips to remain hopeful-

1. Don't blame yourself when things don't go your way. Relax and think about what you should do next.
2. Remember that whatever is happening right now is temporary and will pass. Focus on the future.
3. If you lose hope because of failure, remember that failure is the first step towards success.

## *Ms. B Vidya (Parent)*

---

Yes, we are facing tough times now! Not being normal has become the new normal but times like these have made a few revelations.

Until now I thought the restaurant served tasty food, but eating together as a family was something a little extra special!

Until now I thought buying costly toys made my son's eyes glitter, but his dad's handmade paper kite was something a little extra special!

Until now I thought the bakery-bought fresh cream cake made my son happy, but his grandma's homemade kesari cake was something a little extra special!

Until now I thought relationships were about fancy celebrations which ended with perfect selfies, but just being there supporting each other during tough times like these was something a little extra special!



*Diya Ranawat*

---

I know it is a very tough situation and the conditions that people are facing are very severe. But the only thing that can help a person is kind words. I am sure that we have all faced low moments in our lives where we get depressed and the motivation to do something is washed away.

I have penned down a few things that really helped me.

First, always be grateful for having the essentials.

Second, spend time with your loved ones.

Be positive and hope for the best.

The one thing that can work is being in nature. Nothing pleases me more than being surrounded by plants. My soul just connects with the lush green trees, the birds chirping and the Sun.

Everything is going to be alright and we are all going to bloom as flowers bloom in spring.

Yours faithfully,  
Diya Ranawat





Saipurva U

---

Dear friend,

The coronavirus has fundamentally changed the way our society works.

People are getting restless. People are losing their jobs. People are dealing with challenges they never thought they'd have to face. In times like these, it feels impossible to maintain any sense of hope.

What is this 'hope' that we speak of? In general, having hope is having an expectation that something good will happen in the future. Being hopeful makes you feel optimistic and fills you up with the confidence that you are capable of attaining the desired goals.

Being hopeful has psychological benefits. Hope helps build resilience -- the ability to quickly recover from events that are challenging.

I used to feel low and hopeless in some moments during this pandemic. The only thing that kept me going in those times was the realisation that I want to give up on those problems and not on a better future.

Chatting with relatives or friends and stress management techniques like meditation and garden walks helped me a lot.

Other ways to stay positive-

- Set some goals.
- Seek support from adults.
- Learn how to take criticism in a healthy way.
- Determine what is out of your control.

I hope these methods will help you to stay positive during these tough moments.

Take care.

Yours lovingly,  
Saipurva V



*Jayathre Sriram*

---

Hi world,

We are going through hard times. In order to achieve our dreams and overcome these obstacles, we need to be resilient. Don't allow yourself to be pulled down by negative thoughts. Mental health will lead to physical health. Try to be happy so that you can fend off the negative energy around you.

I got affected by these negative emotions when the pandemic started. But in those times, I always told myself that I am always going to be happy no matter what. Eventually, I started to let go of the negative emotions and started to feel my inner happiness. I was my own companion.

To stay positive, you should-

1. Clear your mind and cheer for yourself.
2. Believe in yourself.
3. Think about the good times you have gone through.
4. Be ardent towards your happiness and well-being.
5. Talk to everybody and share your energy.

Always be happy and have hope in yourself.

Thanking you,  
Jayathre Sriram



*G K Ishaan*

---

Follow your dream.  
Take one step at a time and  
don't settle for less.  
Just continue to climb.  
Follow your dream.  
If you stumble, don't stop and  
lose sight of your goal.  
Push to the top.  
For only on the top can we see  
the whole view.  
We can see what we've done and  
what we can do.  
We can then have the vision to seek  
something new.  
Push yourself.  
Follow your dream, friend.



## Hridant Mehta

---

When the smoke of sorrow fills the air,  
which you can't repair.

Then you will need a shot of hope,  
that will help you cope.

Just sing happily and freely,  
then you will be happy when you are lonely.

You just need wings of positivity,  
and you will fly away from the black tree of negativity.

When you get the disease of depression and pessimism,  
try calling the doctor of optimism.

Inhale some good fresh air,  
for all the challenges, be prepared.

We all will soon get rid of this virus,  
till then our ambition and faith will guide us.

## *Kashvi Bawa*

---

During this time of the pandemic,  
there is a lot of distress.  
Hold on, and have faith,  
you will surely come out of this mess.

Don't give up in dark times,  
always keep on smiling.  
Shake off the blues,  
and you will see the silver lining.

Life is beautiful,  
there is cheer in the air.  
Be thankful and be glad,  
there is no time for despair.

The more storms you face,  
the stronger you will be.  
You will always find a helping hand,  
as the world is your family.



*Prathyush Kamat*

---

Hope lies where happiness exists,  
but they are both covered in mist.  
If you find one, you find all,  
first you should await their call.

Hope is something akin to a light,  
which helps you move forward by your side.  
Happiness is akin to a singing bird,  
which spreads your wings and lets your cry be heard.

Hope is a key with which your heart talks,  
and happiness is a door with multiple locks.  
If you find the key, then you must choose a lock,  
but choose wrong and your path is blocked.

When you struggle to find one, don't search for the other,  
because one stone can't kill two birds which dither.  
Life is like a maze with puzzles,  
to move forward you must pick an emotion to muzzle.

But I assure you this,  
never regretting your choices can't lead you amiss.  
And so, to conclude,  
keep moving and be renewed.

## *Rushil Agrawal*

---

Let's hope that these days will end.  
We are missing our family and friends.  
Let's hope that we will soon be able to go out.  
Roam freely, eat and touch without any doubt.

Let's be grateful for what we have and start spreading happiness.  
Let's stop reading negative news and make our life a mess.  
Some people don't have shelter and food to eat.  
They are the ones who are facing the heat.

Now, let's take our vaccinations.  
Kick this virus out from our lovely nation.  
We will soon be going back to school.  
Keep yourselves happy and cool.

"I am feeling like I am in jail" -- we say.  
Instead, we have things to keep us entertained.  
We should wash away all our negativity with soap.  
Instead, we should spread happiness and hope.



## Veddiika Shetty

---

Locked in these four walls,  
looking through the window  
right at the sky.  
Drifting away so high,  
I wonder, I think  
these thoughts in which I sink.  
Will those droplets ever form snow?  
Will it be now?  
How fast? How slow?  
At times I placidly see,  
what the next moment might be.  
But then alluring, vicious thoughts creep in.  
What if it's just a futile try?  
I think in the bed I lay,  
just as I sink deep.  
My heart takes a leap,  
something cold, yet warm.  
It falls once, once again and again and again.  
Myriads of them kiss and embrace me.  
Like a mother to its womb.  
A cry of satisfaction,  
in my heart blooms.  
My first snow poured,  
as I danced along its blissful amity.  
Just as I was about to look at the sky,  
it opened, it was my eye.  
It was what it was.  
A dream, a beautiful memory.  
So what if I don't know how the sky looks?  
There are still many more nights to go.  
Many more experiences to be felt.  
And that's all I know.

## Star Dey

---

Why do you lose hope?  
There is still scope.  
You can still try.  
And there is no need to cry.  
Never be sad,  
as you still have Mom and Dad.  
It is they who helped you,  
when you had experiences few.  
One day your life will be devoid of distress,  
and you will always have loads of success.

## *Tarini Gharat*

---

Let's kick this Corona aside and enjoy our ride.  
Let's come out of our homes with a mask on.

It's the time to meet our friends with social distancing.  
Let us cheer everyone on and win over this pandemic which we are all facing.

Let's take a walk and forget all our problems except the important tasks,  
using sanitisers and masks.

We should do our favourite activities and dance.  
Let us all enjoy this chance.

Let's use advanced technologies for our career and studies.  
After all, they are our future buddies.

Let's kick this sadness.  
And fill our lives with gladness.



*Rutva Shah*

---

The COVID has gone mad,  
making many families sad.  
'STAY HOME, STAY SAFE' is the quote,  
but it has gone to float.

Adults and children are at home,  
and looking at their phone.  
Happiness is what to find,  
because it has gone blind.

Parents ask -- "What has happened, my dear child?"  
The answer is -- "Negativity has made us go wild."  
Home seems like jail.  
In the future, we will all fail.

Wake up and do meditation,  
it will help free yourself from your tension.  
Talk with family and friends,  
they will not make you tense.

Smile even behind your mask,  
leave all your worries in a flask.  
Maintain your physical health by doing exercise,  
it will maintain you and your size.

Take a break from your work,  
it will not give you a jerk.  
Get proper sleep,  
so the next day you can think deep.

Stay positive and healthy,  
don't worry about being wealthy.  
If you are ONLY and ONLY positive,  
then HAPPILY HAPPILY you can live!

*Dev Ruparelia*

---

If there had been only day,  
and the dark night never arose,  
how would we witness that moment -  
when to defeat the dark, the sun rose?

If the flowers never withered,  
and the trees bore flowers galore,  
how would the fruit be relished  
and from its seeds sprout trees more?

If the rivers never dried,  
and flowed forever with water blue,  
how would the rain mitigate earth  
and render lush greenery anew?

Why then, the fear, agony and turmoil?  
When all the pain he undergoes,  
would render him wit and success,  
and the courage to conquer his lows?





*Aryan Rawat*

---

Sadness will surpass the pain.

Sadness will surpass your pain one day.

You will surely find your light and way.

Sorrow does not stay forever in life.

There is no reason for strife.

But tomorrow, you will get what was deprived.

Don't feel sad and hope for the best.

Think that the best is yet to come.

Think about the memories that you have spent.

And that too all in the sun.

Think about the times you have had.

Forget being lonely and be glad your hope will take you a long way.

Where you shall find only happiness and be gay.

So be hopeful, all the way.



*Tanishka Patel*

---

This isn't the first time you've come to haunt us,  
and it won't be the last either.

You thought you could break the species,  
but all you did was bring us together.

We may act selfishly sometimes,  
but in a catastrophe, we refrain from helping no one.  
However, thanks for reminding us to leave wildlife alone,  
otherwise, all we will have left to do is mourn.

Be like the moth, which circles the lamp and offers its body.  
Be like the deer, which, on hearing the horn offers its head to the hunter.  
Be like the partridge, which swallows burning coal in the love of the moon.  
Be like the fish, which yields up its life when separated from the sea.  
O small, unwholesome sofa, keep me safe.  
Don't make me scroll again for risk and grief.

## Angelpreet Kaur

---

I'm busy,  
but not in the way  
most people accept.  
I'm busy calming my fear,  
and finding my courage.  
I'm busy listening to my kids.  
I'm busy getting in touch  
with what is real.  
I'm busy growing things,  
and connecting with the natural world.  
I'm busy questioning my answers.  
I'm busy being present in my life.

## Anushka

---

What if peace spread like a plague?  
From person to person,  
city to city,  
country to country.  
Where everyone was under  
a strict order  
to love their neighbour  
as themselves  
& uphold loving kindness  
with their whole heart,  
their whole mind,  
their whole soul,  
& with all of their strength?  
A pandemic of peace would sweep the world.

## *Angel Khurana*

---

Death is not the end,  
nor the final word.  
Death is separation,  
temporarily unheard.  
Death has no power,  
to keep apart.  
A love forged so deeply,  
in a person's heart.  
Death creates a veil,  
and shields us from view.  
But death can do nothing,  
to disconnect me from you.

## *Asees Kaur*

---

Don't go into stress.  
Because it will create a mess.  
Don't lose your confidence.  
Because you are full of intelligence.  
Don't be upset.  
Play badminton with a badminton net.  
Don't be sad.  
Gain knowledge and be glad.  
Don't go into depression.  
Be happy and know your passion.

## Sidak Singh

---

When things begin to get a little crumbled,  
don't feel a lot more jumbled.  
I know it's been a little hard,  
but things are no longer going to be apart.  
Don't forget it rains only when the clouds get dark,  
and it doesn't happen in the absence of an arc.  
The arc of hope,  
the arc that leads to a better globe.  
The arc of light,  
and a future bright.



Shivanshi Gaur

---

When nothing goes right,  
and happiness is not on your side,  
don't be shattered,  
as music is the way forward.

When you are surrounded by negativity,  
and positiveness feels out of reach,  
don't be slaughtered,  
as meditation is the way forward.

When others seem much splendid,  
and self-doubt is all you feel,  
don't be disenchanted,  
as loving yourself is the way forward.





*Saanvi Gupta*

---

The time will come, when with full ease,  
you will greet yourself.  
You will smile at someone's welcome.  
And say -- sit here, eat, have a drink and bread.

You will give your heart to the fullest.  
You will give life to those whom you ignored.  
You will take photographs.  
You will capture the best moments of your life.  
To make a feast of your life.

*Guragam Singh*

---

Do not lose the hope in your heart,  
even on days when success seems far.  
Even when all the doors are closed,  
check for windows which are left ajar.  
For, my dear friends, success is actually  
failure turned inside out.  
Remember this, whenever you find yourself  
discouraged or in doubt.

## Pratham Singh

---

When everything's dark,  
and you feel so alone.  
When the rain doesn't stop,  
and you can't make it home.  
When it feels all is lost,  
and you just want to run.  
It can't rain forever,  
just wait for the sun.

When the family is in pain,  
and when friends can't be found.  
When you just want to scream,  
but you can't find the sound.  
When it's all your fault,  
and you feel like you're done.  
Just wait for the sun,  
the sunshine will come.

The storm always passes,  
it won't last forever.  
The rain always stops,  
and gives way to good weather.  
The brightest and warmest of days,  
still to come.  
Please wait for the sun,  
the sunshine will come.

People who need you,  
people who still love you.  
Can warm up your soul,  
like the sunshine above you.  
You're never alone,  
no matter what's done.  
Wait for the sun,  
just wait for the sun.

Dark clouds always pass.  
I promise you, hun.  
We're all waiting with you.

## *Nandini Aggarwal*

---

Behind the mask is a patient in fear, unsure what will happen after being brought here.  
Behind the mask is someone special who was born for this moment to take care of you.  
Behind the mask is someone's son or daughter, guiding you through these uncharted waters.  
Behind the mask, someone comes to you in prayer, full of mission and faith, guiding your care.  
Behind the mask, someone is leading the way, planning and supporting the staff through the day.  
Behind the mask, someone silently prepares, clean rooms, or meals, even meds for your care.  
Behind the mask, someone can come where you live, bringing care, meds or equipment, more passion to give.  
Behind the mask, there is one ministry for all, no role is too big, no position too small.  
Behind the mask is our promise to you, we answered the call, it's what we were all meant to do.

# Meherjot Singh

---

Every time I feel low,  
I love to do what I know.  
Reading-writing in my flow,  
just to mark the pace of low.  
  
I'm a boy strong to know,  
Fight all problems in a blow.  
Laughing is all that I know,  
Making memories even in the low.  
  
My parents are my buddy bro,  
I talk to them and they console.  
Sisters help me become strong and grow,  
Ha! Ha! Ha! -- is in my flow.  
Always stand up again to reach the goal.



*Japleen Kaur*

---

I've faced many difficulties in life. There were times when I fell and then stood up. There were times when luck wasn't in my favour, but I never lost my sight. I was strong enough to fight with all the difficulties and problems. I painted to relieve stress. Remember that success always comes with failures. So yes, I've learnt to fall and stand again with even more zest and zeal. I've always welcomed difficulties and given them a good fight.



*Divyanshi Aggarwal*

---

Dear Friends,

I am well aware of the conditions across the globe. The world is at stake now. The human race is locked in the battle against something which is 5 million times smaller than us. The outbreak of a catastrophic pandemic caught the world in a blink of an eye.

People have been isolated from their loved ones and family members. Emotions of loneliness, anguish, loss and grief are overpowering people's hearts and minds. During these



times, people should volunteer not as individuals but as a society to bring change. Instead of being so absorbed in our loss and suffering, we should try to help humanity by spreading smiles and the hope for a better future which awaits us after this pandemic. More than ever before, we require solidarity, hope and political will. Instead of spreading fear among people about the covid-19 situation, we should spread positivity and be optimistic. As Martin Luther King Jr. said --- "Carve a tunnel of hope through the dark mountain of disappointment."

There is still loss. There is grief. There is still hope for eternal life.

*Chaitanya Kale*

---

Life is hope.  
Hope is life.  
Rise above the storm and you will find sunshine.  
Each hope counts.  
Courage makes your life twinkling fine.  
Life is hope.  
Hope is life.

World is suffering.  
People are in distress.  
What should we do when we are in stress?  
Life is hope.  
Hope is life.  
Said my fellow DCMites.

Stop talking about these tough times.  
And how these times have been treating us.  
Just say you are infinite and feel hope.  
There are a lot of good guys in these distressing times.  
So let's be grateful for all that.  
Life is hope.  
Hope is life.



*Ms. Arti Dua Kapoor, Narmada  
Calorx Public School, Bharuch  
(Principal Director)*

---

**आशां जनय... Generate HOPE**

Hope is the eternal flame that never extinguishes in our lives. It is the only thing we cannot live without. But trying to hold onto hope can consume all your energy. When you're in deep despair, logical thinking won't help. You need something more than logic. Something intangible yet rock solid.

That's when Hope acts as the beacon and restores trust in one's own abilities to see the day through. Faith in God's power, and the belief that if we act decisively with hope, the desired blessings will manifest and wishes will be fulfilled in the future.

Let me assure you, pretence doesn't work. Deep-rooted faith and undying Hope works. Sometimes, only when you hit rock-bottom, you find that Hope saves the day for you. Sometimes, after having faced the darkest night, you experience the power of faith.

So never lose Hope, and face adversity with stoic calm and fortitude. Look for something positive in each day, even if some days you have to look a little harder.

## Deepthi Singh

---

Pandora, as the legend goes,  
had been gifted 'curiosity';  
along with a heavy box,  
not meant for humanity.

Pandora, as the legend says,  
was told not to open it;  
the box would call her name,  
she could no longer hold in.

Pandora, as the legend travels,  
was faced with horror;  
when the box let out evils,  
& filled the world with sorrow.

Pandora, as the legend has it,  
was now broken apart,  
but in the box, one tiny light,

brought solace to her heart.

The light is the reason,  
humans continue to exist;  
take this light called hope,  
& illuminate our existence.



*Aarna Bhatia*

---

Hope is a possibility, hope is a desire.  
To escape this cage like life, I aspire.  
The world is ridden from this horrible malady.  
Let's engage and strive to find a suitable remedy.

Our lives have suddenly come to a standstill and a mess.  
As though other sufferings weren't enough to stress.  
Crisis of hunger and starvation.  
This ailment has further created a life-threatening situation.

The familiar friendly faces beckon me everyday.  
On the streets with whom I used to hop and play.  
Where from upon this earth this tragedy has befallen.  
Dampening our spirits and making our faces sullen.

Lives are locked up at homes everywhere.  
No one is free to venture out anywhere.  
I hope the joy returns to every land.  
I can build sandcastles again on the damp sand.

Our hearts and lives will soon fill with laughter and cheer.  
The days of darkness and despair will never reappear.  
Hope is our only saviour; hope will help us make amend.  
The monster of disease and death will meet its end.





## *M Kavya*

---

When you're in distress, always keep your hope.  
It cleans up all the distress like soap.  
Hope gives you glee.  
Like the spectacular sea.  
When we hurt insects and make them immobile,  
with hope they move their legs and try to get mobile.  
Those tiny creatures can do it.  
Can't we do it?  
To win a running race,  
you need hope to grab the first place.  
Start your hope from birth,  
but don't lose hope even in death.  
See the daybreak which keeps the earth's balance.  
If it loses hope, the world will weep whole gallons.



*Sreenandhini*

---

Ways to stay positive in Covid times-

- 1) If your friend or family member is scared of covid, give them moral support.
- 2) If you find someone who is stressed, interact with them.
- 3) Surround yourself with positive people.
- 4) Smile (even behind your mask 🤖)
- 5) Say hello to friends and family.
- 6) Make time for the things you enjoy.
- 7) Remember covid will not be here forever.
- 8) Learn new things.
- 9) Practice gratefulness.
- 10) Exercise daily.
- 11) Remember you are not alone.
- 12) Get good rest.
- 13) Do not stop learning.
- 14) Stay connected with friends and family.



*Harini Jandhyala*

---

Inside there's too many.  
It's getting suffocating.  
Finally, I stepped out.  
For the moment I've been waiting.

I stepped on to the street.  
The path was dark.  
A few lights are discreet.  
And that's all I needed.

As shadow from one.  
A second from another.  
I was out-numbered.  
Now, four to one.  
Still, I kept walking.  
But there were too many.  
I tried and I tried.  
Space to stand, there wasn't any.

I was out all night.  
I stood right there.  
'til the sunrise's sight.  
And that's when it happened.

Slowly they faded.  
One after the other.  
And they all just merged.  
Behind me, one shadow.

As I looked ahead.  
Not looking back.  
I saw myself.  
Full of spirit, full of colour.



*Vaishavi D*

---

Everything has drowned.  
Rocks around my ankle  
pull me deeper into the abyss.  
Fall on my knees and play victim.

Loved and lost,  
tried and failed,  
lived and died,  
pain fuels me.  
Igniting the fire,  
lighting those thoughts up into flames.

Reborn like the Phoenix.  
Blinding warm sunshine  
glazes my skin,  
as I take on the breath of hope.

Hope,  
is water seeping to the roots  
of the flower within you,  
yet to bloom.

With the blooming hope,  
I embark on exploring.  
With hope I find life.  
With life I find power.  
With power I find me.



*Yogini Kabin*

---

HOPE - the word that instils desire within us.  
The word that makes us smile when it is used.  
It is the same word that makes our life worth living,  
by filling it with colourful, sparkling hues.

Hope can be aroused from anything.  
Be it an object, person or feeling.  
Because in spite of being a simple four-letter word,  
it does a great job of healing.

It gives us strength and ability to aspire.  
In the most difficult and trying times.  
By becoming a wall of support,  
thereby letting us surpass all these situations while staying sane.

In the current pandemic situation, everything seems to deteriorate.  
We still possess hope and ought to be clever.  
By staying home and staying safe,  
as it is very well-said- "It is better than never."

Such situations come, such situations go.  
Some of them become too difficult for us to cope.  
But in the end, every cloud has a silver lining,  
as we possess the greatest weapon in the word - The HOPE.



## *Nupur Vardhan*

---

Hope is the thing with a shell,  
That munches in the soul.  
It walks very slowly,  
But, never ever stops!

## *Aditi Shah*

---

The sun still shines bright.  
Stars appear angelic at night.  
The sky looks best in blue.  
Us staying locked in our houses is a trend so new.

The once crowded playground now looks bleak.  
No comfort of the breeze outside can we seek.  
Children not going to school anymore.  
We now dread even opening our door.

How we enjoyed giggling while play.  
The times we spent with friends all day.

Soon this phase too will pass and won't last long.  
We will be free to move outside, right where we belong.  
So, let's all hope for the best.  
And leave everything to God for the rest.



*Daraksha Surve*

---

The highs are too high.  
The lows are too low.  
But little did we all know.  
About the pandemic.  
It started off slowly.  
It seemed pretty fine.  
Now it has been too much.  
We've suffered enough.  
Haven't we?

But remember a few things.  
You aren't the only one who's lonely.  
You aren't the only one who's frustrated.  
The times are tough.  
The waters are rough.  
Maybe you lost a close person.  
Maybe your family needs medical help.  
Maybe you're sad about something.  
Talk, communicate.

Ask your friends and family if they're doing fine.  
Listen to their problems.  
Maybe even share a few of yours?  
Hold fast to dreams because if dreams die,  
life is a broken-winged bird that cannot fly.

You are beautiful.  
Not in what you look.  
Not in what you say.

But in what you are.  
Self-confidence will help you get through darkness.  
Hope will help you get through chaos.  
So ensure you maintain both of them in your life.

At the end of the day.  
Only you and your thoughts matter, anyway.  
So take care of your three homes.  
Your planet, your mind and your heart.  
You can be solitary and be happy at the same time.  
It's just the way you perceive things.  
You're trying and it shows.

So keep your head up.  
Because this pain wouldn't last forever.  
Because seven billion people experienced today in different ways.  
Because you matter.  
Because you're loved.  
Because hope is the only thing which needs to stay.  
Because this too shall pass.



*Neha Nauriyal*

---

**Hope - the need of the hour!**

Hope is the last thing ever lost.

Free of cost.

It is a divine faith.

Understand it as soon as possible, my mate.

Hope is the light in darkness.

A need for all, not only ones with blindness.

It is the power within you and me.

Difference is some see it whereas some don't see.

It is a set positive thought.

Unaffected by people of any doubt.

Hope is the need of the hour.

With you in your heart, not too far.

Understand it, mate.

Before it is too late.

It is the power within you and me.

Difference is some see it whereas some don't see.

## *Divya Shree*

---

You must look within yourself, when bad times are with  
you.  
You will find that happiness lives always  
within you.

Happiness is found everywhere,  
it is a part of life.  
Never be sad or lose hope,  
even when the situations are full of strife.

When you have to climb a mountain,  
but very steep is its slope,  
There comes a thing to help you,  
and that's your hope.

Never lose hope,  
when the situations are strenuous.  
No darkness will stay forever,  
light will surely arrive however.





*Pratilee Mishra*

---

During these horrible times,  
many of us are losing our loved ones.  
We want this period to be over as fast as it could,  
we just want to rejoice and reunite like we used to.

During these horrible times,  
some of us, who live alone,  
don't have someone to rely on.  
But still, we shouldn't lose HOPE.

Hope, that one day this will be over.  
Hope, that one day we'll be together.  
Hope, that one day family and friends will reunite.  
Hope, that one day everything will be fine.

I know things won't go back to how they were.  
But, we can still hope.  
And we will not lose it,  
Because we just got it!



## *Deev and Mitti Jain*

---

Things will sometimes be wrong,  
you need to face them and learn to be strong.  
Life will take some turns,  
but all we need to do is learn from those turns.  
Do things that give you motivation,  
try going on a vacation.  
Spend some me-time,  
try making a new rhyme.  
I love to dance and sing,  
you are yourself a queen or a king.  
Bring smile on others' face,  
this will help you win life's race.  
Keep moving forward,  
and stop giving strain to your brain.  
Do not lose hope, have fun and play,  
and that is all I have to say.



## *Maahir Shah*

---

Hope, a word that tells about itself,  
that helps us be positive in our moments low.

Aspiration, longing, craving and desire,  
hope is a key to the fulfilment of what you want.

Do not lose hope, come what may,  
relax and be positive, no matter what you feel.  
Think of what you like as forests and trees,  
the smell of the fresh pine tree leaves.

Never lose your desire and never get depressed,  
for these are the keys to failure, not success.

Just calm your mind and only divert it,  
if in a situation as frightening as can be.

Never lose faith in yourself and God,  
do not sit and cry saying "I can't do."

You can do it and that is what  
hope says is true and it is not wrong.

Think of the best moments in your lives,  
when you think you are depressed or losing hope.

It will help and I am not wrong.  
It will calm your mind and freshen you up.

Never say "I can't, it is impossible",  
cause 'impossible' is a word in the coward's dictionary.  
Cowards don't have hope - just sadness and gloom,  
so be brave and hope, just hope.  
Hope that your dreams come true,  
hope that what you want shall come to you.  
One day soon as a boon of hope,  
your dreams will come true and what you want shall be got.

In a helpless situation when you are out of your wits,  
regain them and hope for all to get better.  
Think about the happy moments spent with whom you love,  
friends, parents, brothers and sisters.  
Some un-optimistic people say,  
hope is a humbug, but I daresay,  
they are wrong and will always be,  
the results of hope you alone shall see!

In pandemics, epidemics and war,  
only the ray of hope has given the will to all.  
The hope that all will be good and over,  
has helped us to get out of all that is bad, big or small.

A ray of hope is like a ray of sunshine,  
destroying worries and darkness is good and fine.  
It supports us in our downs in life,  
helping us overcome our troubles forever and ever.  
Thus, say if I should, I can, and I will,

I will never lose hope and never get depressed.

My hope is mine and I shall always keep it,  
no one, no one can make me hopeless.



## *Simarjeet Kaur Batra*

---

Hope is what keeps a man going,  
it is the silver lining around a dark cloud.  
It helps man in realising and knowing,  
that to a hopeful person is happiness vowed.  
In the times of desperation,  
cling to hope,  
but not to a rope.  
There is always a rosier tomorrow.  
You never give up,  
but give life a thumbs up.  
Hope is eternal,  
despair is ephemeral!

## *Ayesha Mohanty*

---

In these times of despair we are in today,  
there are just a few things I'd like to say.

Although these days seem long,  
together as a country, we'll stay strong.  
Spend the precious times with your family—  
read, play games, watch movies, be silly.  
Take your time to enjoy all the little things.  
Take your time to enjoy the pleasure it brings.

Good or bad, come what may,  
have faith, don't forget to pray.

But most importantly,  
take the right measures, and we'll soon be free!



*U Thejashri*

---

Life is a beautiful journey and we are travellers with different experiences, memories and with different destinations but sharing a common motive "to live happily" without any hatred and ego in the society and exploring new possibilities and hope. But this sense of happiness varies between individuals depending on how they perceive life. This leads to ups and downs in their life resulting in joy of living and the difficulties they face at the time of distress and dejections. Hope is what keeps us afloat and resilience is the element that helps us achieve our dreams and overcome our fears. During low moments, the world is surrounded with negative thoughts and news which results in low morale that affects our health mentally, physically and emotionally.

This can be overcome with self-confidence and with positive thoughts and ideas. We can exercise daily by staying fit and getting rid of unwanted negative thoughts. We need to believe in ourselves that we can do it and we will do it. By these strong and positive words, we can do any work without any fear or hesitation.

There are different ways and means in finding a place for peace at the time of distress and dejections. Some may find solace in writing poetry which mends their heart. Others may find solace in sharing with others what they have. During one's low moments, painting reduces their inner worries which overcomes the pain and sufferings. Contentedness leads to satisfaction and further leads to happiness.

Even in the worst of times, one should not resort to quitting. Life can never be perfect, but we must learn to accept the difficult times and live for the beautiful moments during our short period in this world.

## Sarthak Sherde

---

The wind rustled, the shores were quiet.  
With the calling, resisted with our fake, empty smiles.

The light was fading away, our hearts started to lose their way.  
Our world was empty and locked, poisoned with regret and doubt.

The radio whispered to stay home, an unseen threat, impeded to roam.  
We shut ourselves under wooden doors,  
but hid away our joy on the other side of hope.

The world wanted to disagree, disagree where people had fallen.  
For how could the great, heralded humanity get stuck behind lock and key,  
and fall victim to being forgotten?

But maybe we could stumble and fall.  
For we are not the same, force that shock heaven, and earth though, weakened by time,  
our spirit held strong.

Maybe we are invincible, not omnipotent.  
Maybe we can lose, gain no prize, but we fall only to rise.

So, let's get closer with our feelings, and explore our unknown soul.  
For the sky was never the limit here.  
We, humanity, had no limits, ever.

These times might seem overwhelming, drowned in sadness and agony.  
Hold on to the slim ray of hope, and make it through reality.  
The calling heeds the shores.



*Dhvani Maniyar*

---

To myself-- who is lost today.  
Who is under the storm and clouds.  
Who feels ignored.  
Who has a bunch of problems.  
NEVER LOSE HOPE.

To myself-- who has no idea,  
for how long I have to hold on.  
Or keep blaming myself,  
for every wrong happening.  
To myself-- who has lost trust,  
faith and love in everything.  
NEVER LOSE HOPE.

To myself, and to everyone.  
Hope is a ray of sunlight in a dark room.  
Medicine for your injury.  
Cure for your depression.  
So LOVE YOURSELF, everyone.  
And NEVER LOSE HOPE.





## *Kanishka Gulabani*

---

Even if this world is shattering apart.  
And we all live with a broken heart.  
I'll give us all a fresh start.  
To sprinkle happiness at every part.

This life has already become a game.  
Like a joke, good or lame.  
But I will restart this round again.  
To get a win worth the fame.

This rollercoaster ride is strange.  
I go up and down in a small cage.  
I still don't know when things will change.  
But I sit back and take the happiness dosage.

Before the melody of life gets any sadder.  
Let's bring the sun to your dark sick day.  
All of this is getting tougher.  
But we'll surely find a way.

This wheel of life,  
will start functioning perfectly again.  
As smooth as butter, happy as a flower,  
we'll all have a take-off again.

So in this battle of struggles,  
I'll be a happy soldier to cope.  
So while facing all these ups and downs,  
I will be full of hope.



*Puranjay Dubey*

---

Hope -- what is it?  
The path to happiness.  
Hope -- what can it do?  
It can turn enmities into faithfulness.

When you are in the darkness of defeat.  
Hope becomes the sun and lightens you.  
It can bring opportunities from any street!  
It helps you and guides you if anything's new!

When there is nothing left,  
hope turns the tables!  
You should do the thing that you think is right,  
even if it's like fables!

Where there is hope,  
there's a way.  
Don't neglect it,  
or you'll have to pay!



*Aadhya Tyagi*

---

Don't lose hope.  
I don't know what tomorrow's going to bring.  
Will it be good or bad?  
But I don't lose hope.  
It is what makes everyone sad.

Don't lose hope.  
Don't lose your strength.  
Don't lose hope.  
Don't be tense.

Don't surrender when you lose control.  
Talk to someone who is true to you.  
Take help from friends and family.  
They will help you fight through.

Don't lose hope.  
Don't lose your strength.  
Don't lose hope.  
Don't be tense.

When you feel upset.  
When things are wrong.  
Let hope rise in you.  
It will make you strong.

Don't lose hope.  
Don't lose your strength.  
Don't lose hope.  
Don't be tense.



*Devya Srivastava*

---

Keep marching ahead, my friends.  
Keep marching ahead.  
We are the future.  
We cannot sulk, we cannot stay dull.  
Remove all fear.  
Tighten up your gear.  
Storms like Covid-19 will come and go.  
But we need to keep the flow.  
Safety is the key.  
Whether it is wearing a mask, washing hands regularly and social distancing, you see.  
Cleanliness is the need of the hour.  
Whether it is our body, mind or soul.  
Or our environment and surroundings for sure.  
Keep exercising, doing yoga and meditation.  
Creating awareness in masses needs to be our new passion.  
We all are one.  
Let our love flow, it's fun.  
Forget all enmity and hatred, don't frown.  
Embrace everyone like your own.  
Remember Krishna said in Bhagwad Gita.  
"As you sow, so shall you reap."  
Let's become messengers of Hope and Love for Humanity, go deep.  
We children can change the world,  
if we stand in Unity, it's the Truth that has emerged.  
So let's get ready, my friends, to achieve our goal.  
To heal Mother Earth, to heal every soul.  
We will bring the new dawn here at this hour.

Rays of new hope will brighten up each heart and give their soul power.

I can see all this happening, in synergy.

Mother Earth smiling after gaining new energy.

All "viruses" and negative forces,  
losing their strength, returning to their sources.

As we vibrate with love and hope in our God consciousness.

We will become the creator of our destiny, in all righteousness.

Let people wake up to this new reality.

Higher plane of existence and magical faculty.

Keep marching ahead, my friends.

Keep marching ahead.





*Ayush Singh*

---

Hope is the scope.  
Strong like a rope.  
And you can be brave.  
To handle every wave.  
Think positive.  
Be positive.  
And you can succeed.  
Do hard work.  
And some teamwork.  
To plant hope's seed.  
Aristotle once quoted out of his mind.  
And the world had been divine.  
To never give up and be kind.  
If you're fallen.  
Don't surrender.  
Face your problems fair and square.  
And show to others.  
How much you care.

## *Keerthana Jana*

---

During these times of covid,  
we're all filled with hope.  
We're trying to stay happy,  
and that's how we cope.

You can't go to school.  
You can't go to the salon.  
If you try to do so,  
they might call you a fool.

Such things make us sad,  
and we don't know what to do.  
So here is one tip,  
to stay happy and positive.

I'm happy when I do my hobbies.  
I read, paint and sing.  
I also like to do bird watching.  
Observing their pretty wings.

We're all waiting for this pandemic to end.  
We might not be able to meet our friends.  
Wish for the virus to go away.  
Covid might go away quickly, it may.



*Agam Pandey*

---

Hope is a rope,  
in the darkness or on the slope.  
It keeps us on the top,  
when we are lost and flop.

Hope is a ray,  
giving wings in the sleigh.  
When we get fray,  
it keeps our sorrow away.

*Kavya Yewale*

---

I like to study when I'm sad.  
My parents always give me confidence when I'm sad.  
We all know that confidence is the thing we need to always have.  
When I'm sad I always look for confidence, I dance and I play.  
I sing and do many other things and I encourage myself too.  
This is how I kill my sadness and my parents give me confidence.  
This is how I motivate myself.



*Khushboo Solanki*

---

Everything is locked,  
but not stopped.

Happiness is always with us,  
a feeling without rust or dust.

A sunshine with a golden glow,  
and family time is overflow.

Online classes with teachers and friends,  
a frolic time we have spent.

Reading books of all kinds,  
imagining with our heart and mind.

Washing hands every minute, every second,  
treated it like our beloved friend.

Having video calls with family,  
a tech year which was spent happily.

## *Labdhi Koradia*

---

During this pandemic, everyone might have suffered from times of distress, depression and dejection. Being positive is always an important thing. Here's a letter of hope for all the citizens and the people of this country.

Hope is a walking dream. Hope is the one thing that can help us get through the darkest times of life. I've always noticed people with a negative nature and a negative environment around them always suffer from distress and dejection. To avoid this, always adopt a positive nature.

Hope does not only mean to support someone during tough situations but also to support them during happy times. Everyone compares themselves to someone or the other but a wise person once told me to always compare yourself with yourself.

I hope that my letter would convey to people that they should pay as much attention to their mental health as they do to their physical health.

Last but not the least, I would like to end my letter with a small quote -- "Hope is seeing light in spite of being surrounded by darkness."



*K Nikhil*

---

Although many problems let us down, we should still hope that everything will fall into place eventually. Whenever I feel depressed, I try to change my mood by watching some cooking shows. Then, I try to make those recipes myself. Earlier, I was scared of using the stove and the knife, but now I am pretty good at it. Cooking is a stressbuster for me.



*Pranjal Bhimpuria*

---

Let's all believe there is a ray of hope even in these worst times.  
Let's all together overcome this situation by following the guidelines.  
Let's all salute all the people working hard in these difficult situations.  
Let's not get depressed and stay positive by thinking positive.





*Ayannaa Singh*

---

Hope is like a ray of the Sun.  
Hope is life.

When everything does not seem to be bright,  
hope is like a shadow in the night.

Hope makes you strong,  
gives solutions so you do no wrong.  
Hope gives you wings to fly,  
so high across the sky.

Hope motivates and inspires people,  
to live.

*Ms. Megha Pawar, Appasaheb Bhaurao Patil  
School, Satara (Principal)*

---

Every day is a new beginning.  
Every minute is a new learning.  
Every dark night has a beautiful shiny morning.  
Every grief has an end with experience and understanding.  
Peace, patience and persistence are ornaments of life.  
The wheel of time never stops, but it makes us live and survive.  
Let's learn from it to not be afraid,  
sad and deprived.  
A ray of hope is present in everyone's heart,  
let's make it enlight.



## *Ms. Chitra Rola, Pawar Public School, Chandivali, (Teacher)*

---

What is hope?

Hope is waking up every morning,  
taking on the world one step at a time.  
Facing battles with steady fists near your face,  
and a heart full of faith.

Hope is watering a little seedling,  
not knowing whether its dainty leaves,  
would stand green and wide,  
or decay into brown and wither.

Hope is providing nourishment to the needy,  
extending a helping hand to the falling,  
with the intent to ease their minds a bit,  
helping them overcome their own struggles.

Hope is persevering in hard times,  
taking care of your body and soul,  
in whatever ways you can,  
to live to see the highs that proceed the lows.

Hope comes in many forms,  
it holds no fear and brings joy,  
present at all moments, waiting to be sought,  
hope is embedded in our soul.



*Ms. Anupama Dube, Pawar Public  
School, Chandivali (Teacher)*

---

A virus that has locked us down, every soul in the town!

Days and weeks are passing by, keeping us wondering why oh why?

Roads look deserted, streets isolated, is this a situation we ever anticipated?

Dying breathless, living in quarantine, swallowing immunity pills is the mantra of time!

A ticking bomb somewhere has been placed, is it waiting for us all to be replaced?

A time to ask ourselves and not debate, are we doing enough to change our fate?

Anxiety remains, what will happen next? Hope-filled envelopes wishing all the best!

Inside our hearts, we know with time, everything around will turn out just fine.

This ray of hope will make us feel divine, with an oath to keep Mother Nature alive.

We shall revive ourselves and rise and shine, with love and care for all mankind.

*Ms. Gopika N, The PSSB Millennium School,  
OMR, Chennai (Teacher)*

---

Dear God,

Life is tough. Times are trying. But this too shall pass.

I have learnt to live and to strive, also to lift people around me.

What if I cannot go out or meet people? I am never going to give up.

I try new ways to reach out to those around me.

'Sharing is caring' goes the famous saying which has given the hope and belief that life is worth living.

I share my knowledge through my computer with the budding souls who thrive by that.  
I share food and clothing with the needy as and when I can. This act kindles hope and trust that life is still better, amidst all the chaos.

'Where are you?' ask the people.

I say, you are in the form of those who can understand the pain of others.

You are in the form of those who serve others at the cost of their lives.

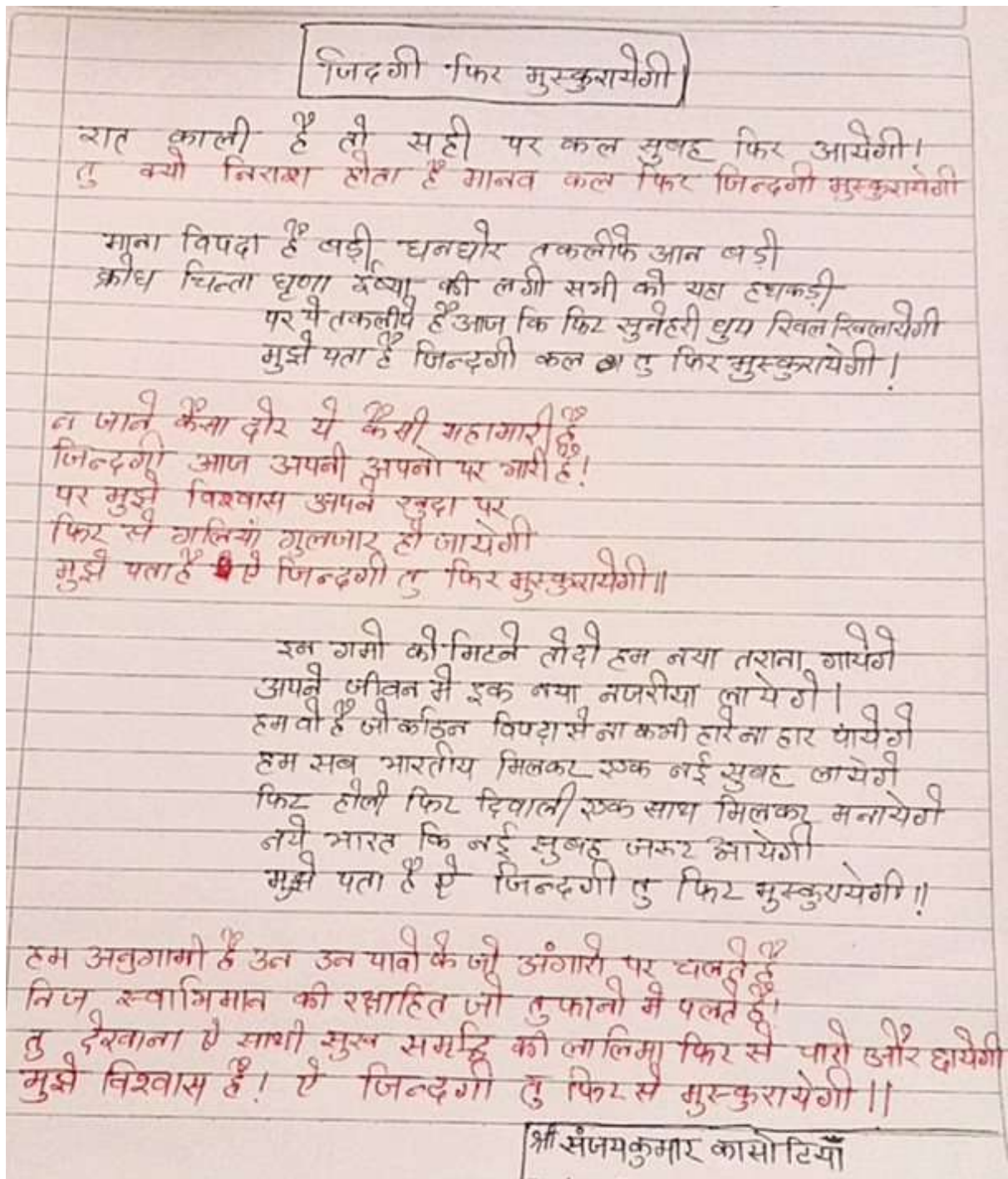
You are in the form of those who with a smiling face, confront suffering.

You are in the form of those who can extend their support to make a living for the needy.

The human race is on a roller coaster ride, rising and falling along with the tide.

With your grace, let me be the lighthouse and keep the hopes high for the ones who are near and dear to me.

Mr. Sanjaykumar Kasotiya, Shri Pragya Public  
School, Ajmer (Teacher)





## छोटी सी आशा..

जब आशा का सूरज ढल जाए,  
जब अंधकार तले छिपी हो प्रगति की दिशाएँ,  
जब पिछले जखमों के दर्द उभर जाएँ,  
जब अगामी भविष्य का चित्र धुमिल हो जाए,  
तब उस गर्भवती माँ को तुम याद कर लेना ।  
जिसने नौ महिने कष्ट के विष का किया पान ,  
जिसे मृत्यु लगी प्रसव पीड़ा से आसान ,  
जिसने कच्ची उमर से हर महिने बहाया अपना खून ।  
याद रखना परिस्थितियाँ हमेरा होती नहीं अनुकूल,  
तूफानों के बादल देखकर विशाल पेड़ भी हों जाते  
हैं व्याकुल ।  
अडिग रहते हैं वह जो आशावादी होते हैं ,  
आज आसान नहीं था पर कल से नहीं डरते हैं ।

आज सारे जहाँ में मची है त्राहि-त्राहि ,  
काल से भयभीत समस्त मानव आबाद्धि,  
अपनों को खोकर परिवारों को मिले दारुण दुख,  
करुण याद बनकर रह गए आज कई मुख ।  
शायद करने से कहना , ज्यादा आसान है ,  
पर कल के दर्द पर रोनी कमजोरी का निशान है ।  
आँसुओं को पोछकर , अब फिर खड़े हो जाओ तुम ,  
सामने दिख रहे गहने अंधकार से निराश मत हो जाओ तुम  
कोयले की खान में ही मिलते हैं धीरे , अतमील ,  
परिस्थितियों ने की है मेघ - गर्जना , आशावादी भाषा  
तू भी बोल ।

औफराह विनफ्री, राउलिंग ने देखें जीवन के बहुत ऊँच-नीच  
 कलाम का जन्म हुआ था गरीबी के बीच  
 आशा का दामन पकड़, बुलंदी को हासिल कर दिखाया  
 मर तो सभी जाते हैं, जीवन जीना इन्होंने सिखाया  
 अंत में मेरी हैं आपसे बस यही आशा,  
 जब जीवन ले परीक्षा, विष से घातक है निराशा।

- रीति शुक्ला

धन्यवाद

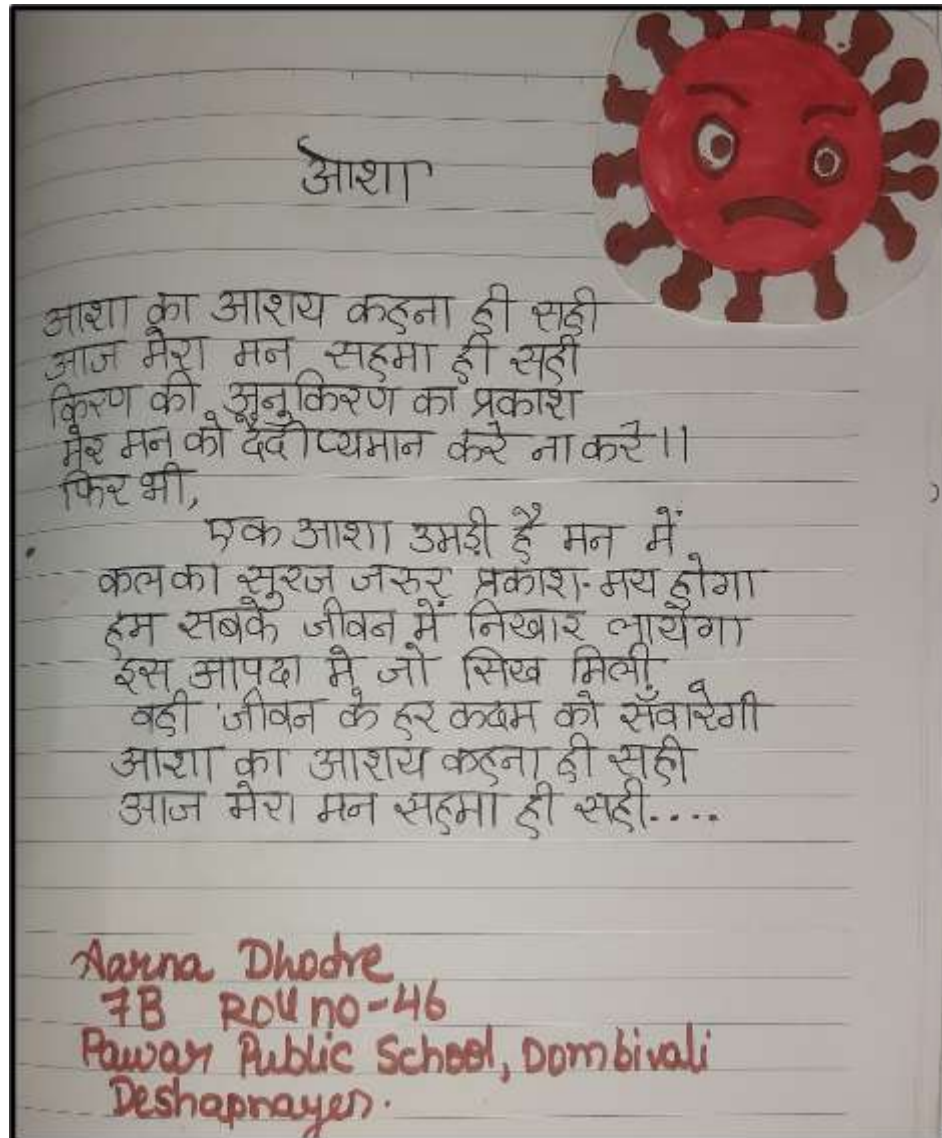
Written by: Riti Shukla, Grade 9, Pawas Public School Dombivli

## आशा की शक्ति

चुनौतियों की चादर में बोए गए थे दो-नहे बीज  
 एक की चाहत थी आसमान छूने की, दूसरे की दुनिया  
 अपनी कोमल कमीज़  
 एक दिन बातों-बातों में निकल आई एक बात  
 दूसरे ने पूछा पटले से, 'माई अकुरित होकर क्या करेंगे  
 आप ?'  
 आशावादी बीज ने दिया मन मोहक जवाब  
 बोला अपनी कोमल पत्तियों को आसमान दिखाऊँगा,  
 अपने सुगंधित फूलों से सबको लुभाऊँगा  
 अपनी पत्तियों पर पड़ी ओस से किरणों को दर्पण दिखाऊँगा  
 श्रुष्टि को फल-फूल-वायु प्रदान कर अपना दायित्व  
 निभाऊँगा  
 दूसरे ने रख लिया सिर पर हाथ  
 बोला, "इतना सब कुछ एक साथ ॥"  
 "क्या होगा अगर हो गई मेरे कोमल शरीर को क्षति ?"  
 "और अगर औंधी, तूफान, पत्थरों ने बिगाड़ दी मेरे फूलों  
 की आकृति ?"  
 "नहीं... नहीं, अच्छा होगा अगर धमिली में ही रह जाऊँ मैं,  
 परिस्थितियों के सामने हाथ जोड़ लेता हूँ, कहीं वापस  
 इस मिट्टी में ना गिर जाऊँ मैं।"  
 मनुष्य परिस्थिति से नहीं, अपनी निराशा से दारता है,  
 जिसने एक बार घुटने टेक लिया वो फिर नहीं उठ पाता है।  
 आशावादी बीज ने ली आसमान में उड़ान, आशा की  
 शक्ति पर देख पाया विजय की विहान।  
 दूसरे निराश बीज का हुआ बड़ा बुरा हाल,  
 मुर्गी के रूप में स्वयं प्रकट हुआ उसका काल,  
 इतजार करते करते वह बन गया मुर्गी का आहार,  
 आशा बिन जीवन है बिल्कुल निराधार।

- रीति शुक्ला, 9C, PPSPD

## Aarna Dhodre







Pratishtha Arora

Date: \_\_\_\_\_ Page: \_\_\_\_\_  
 Topic: \_\_\_\_\_

## कविता → खुशी

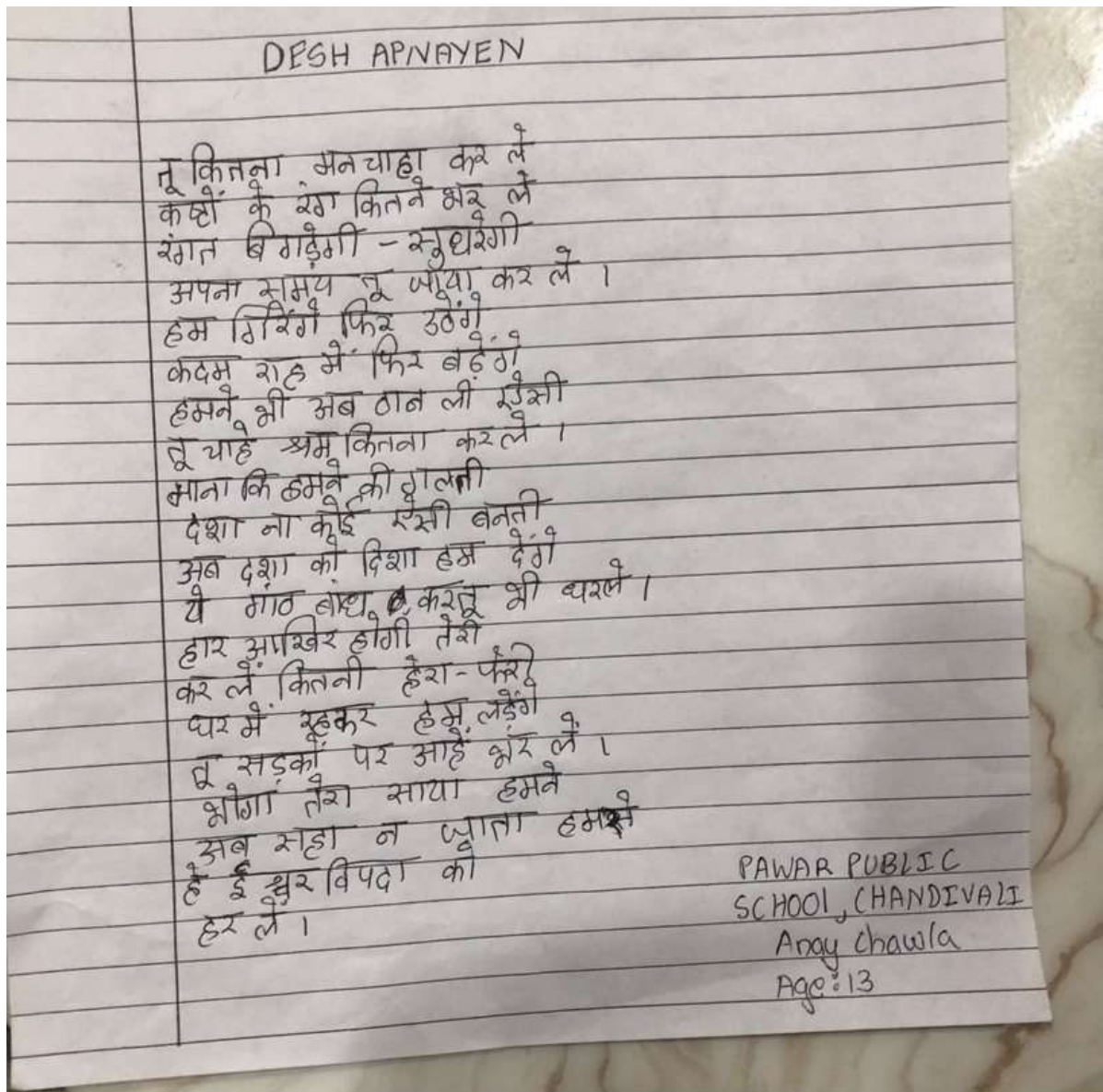
जीवन संघर्ष से उलझती महाद्वार है।  
 खुशी जीवन जीने का अंगार है॥  
 अच्छी सोच से संचित की जाती है खुशी।  
 जीवन जीने का रसमान कराती है खुशी॥  
 प्रकृति की शैम्यता में है समाती खुशी।  
 मानव जीवन का आधार स्तम्भ कहलाती है खुशी॥  
 उमरों के द्वार से मिल पाती है खुशी।  
 जो सपनों को पूरा कर मिल जाती वो है खुशी॥  
 तम मिटाती राम भगाती चिन्ता दूर कर जाती है।  
 दुर्ष और उल्लास का सागर भर जाती है॥  
 जब प्यार से प्यारा कोई मिल जाता है।  
 दिल में बस खुशी का अंबार नज़र आता है॥  
 मुस्कुराहट के अन्तः कर्ण में घुम जाती है।  
 हसीन मलों की याद करो, उजागर हो जाती है॥  
 चलो सब मिलकर एक नया इतिहास रचाते हैं।  
 संगल वेल के गीतों से खुशी को आज पाते हैं॥  
 खुशी से किया हर अहसास खुशनुमा कर जाये।  
 तब ही सार्थक होगा जब हम हर मल खुश बूढ़ पायें॥  
 जिन्दा दिली से जीने का एक उपहार है।  
 राष्ट्र निर्माण का खुशी एक अन्ध आधार है॥  
 अगर राष्ट्र को सुशहाल बनाना है।  
 खुशी से सबको मिलकर कौरीना दूर भगाना है॥

नाम → प्रतिष्ठा-अरीड़ा
कक्षा → 10
उम्र → 15

विद्यालय → श्री प्राज्ञ मल्लिक
स्कूल, विजयनगर।

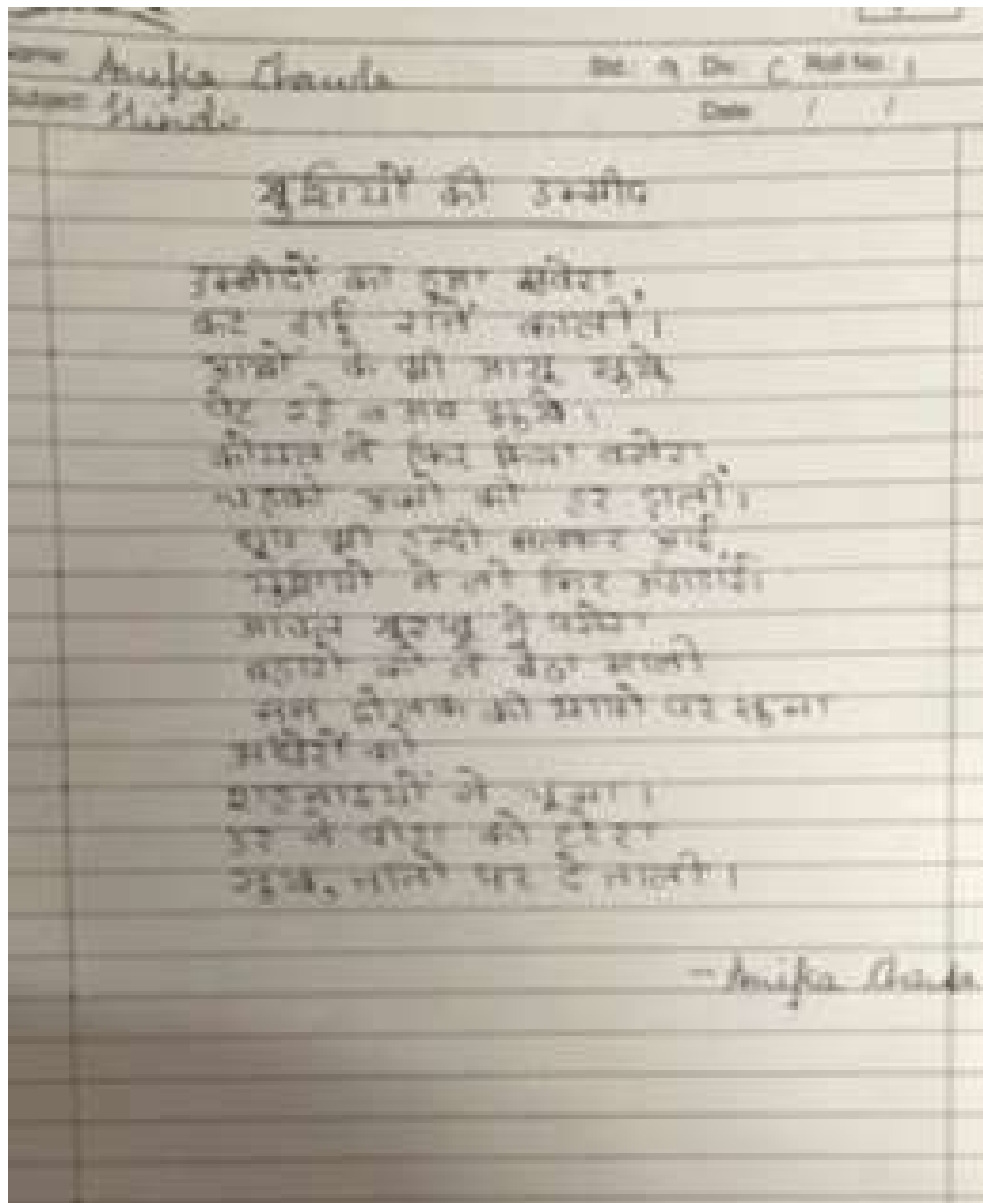


Anay Chawla



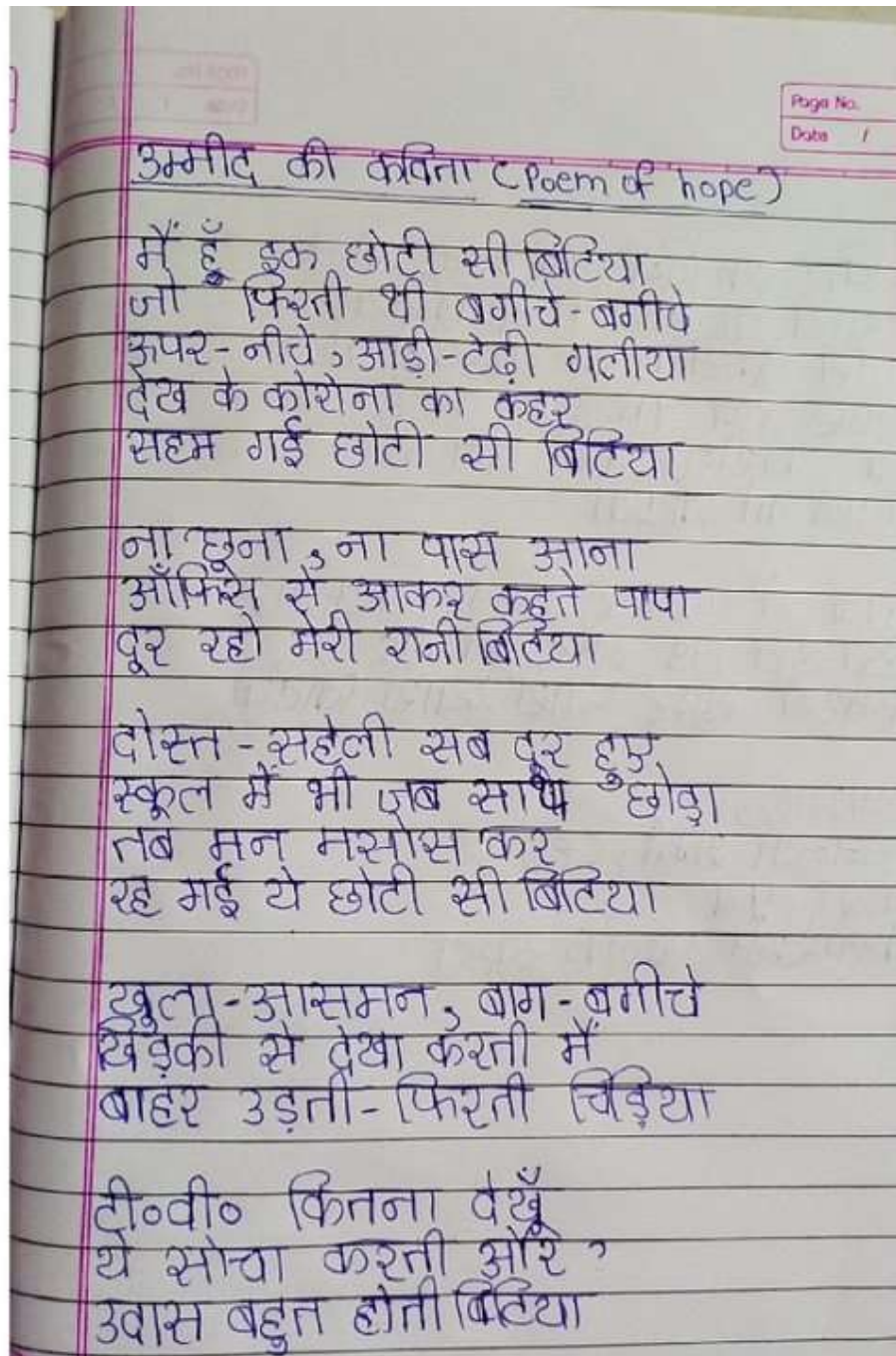


Anika Chawla





## Ananya Sharma




फिर एक दिन जब नानू बोले  
 आस ना हो प्यारी बिलिया  
 जैसे वैक्सन आ गई, वैसी ही  
 अच्छे दिन भी आने को हैं  
 ये कोरोना वाले दिन हैं  
 जाने को बिलिया

जब मैं जाकर खेल-खिल गई  
 हँस-हँस गई और बन गई  
 फिरसे सुंदर प्यारी प्यारी बिलिया

आभार,  
 अनन्या शर्मा, (८६)  
 कक्षा - पूब  
 कैलारेक्स पब्लिक स्कूल



## Shivam Chavan

 **ST. MARY'S HIGH SCHOOL SSC**

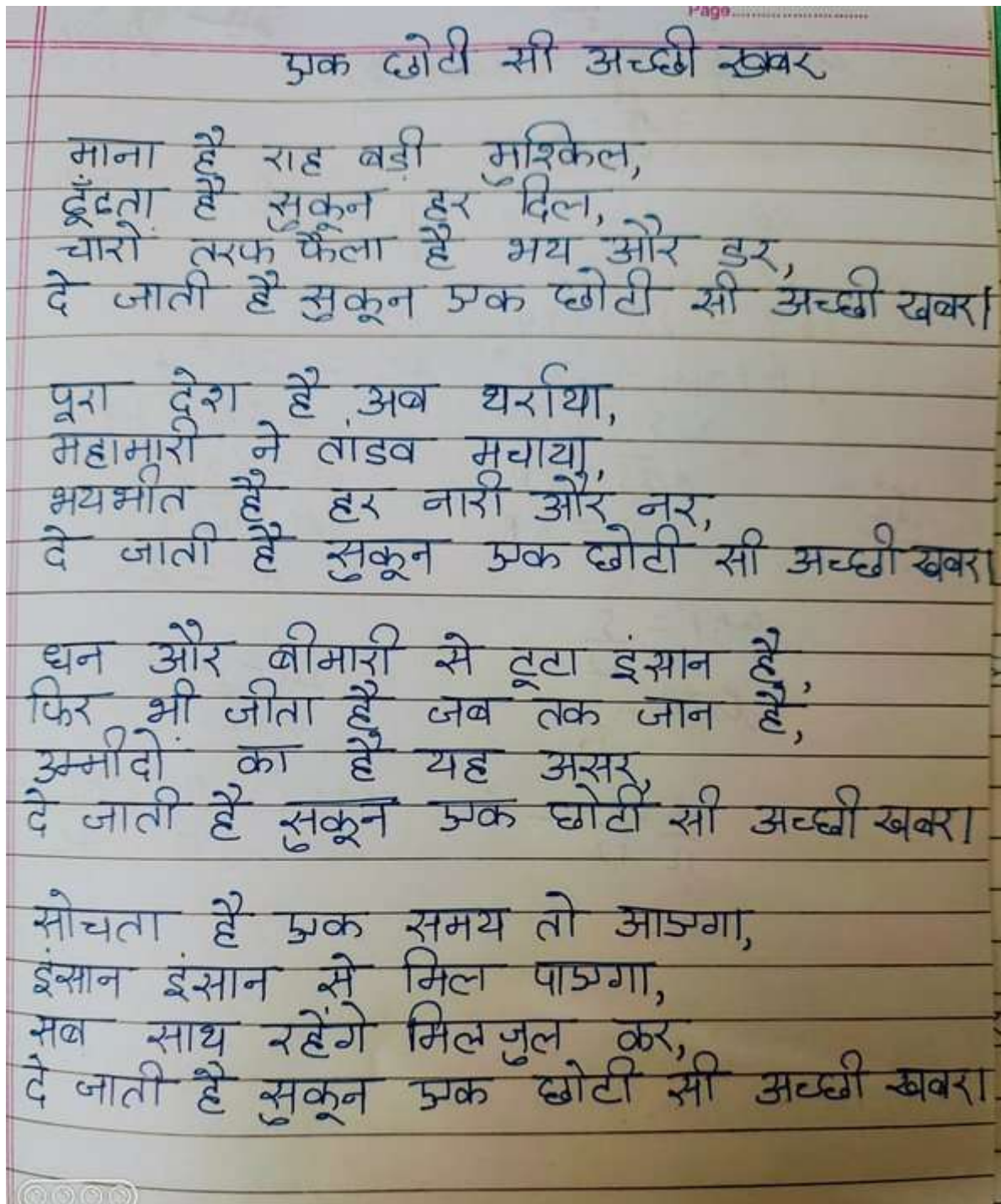
Name: Shivam Vinay Chavan Sub: Hindi  
Class: VIII Div: B Roll No: 10 Date: 07/06/2021

आशा  
मैं जब मैदान में दौड़ लगाता हूँ  
तब जीतने की होती है आशा।  
जब मैं परीक्षा देता हूँ  
तब अच्छे अंक पाने की होती है आशा।  
जब मेरा होता है जन्मदिन  
तब कुछ अच्छा उपहार मिलने की होती है आशा।  
जब मैं सिखता हूँ कोई नई पाठा  
तब कामयाबी पाने की होती है आशा।  
जब मैं होता हूँ दुःख में  
तब दुःख मिटाने की होती है आशा।  
रात के अंधेरे के बाद  
दिन का उजाला होने की होती है आशा।  
जब मैं सपने देखता हूँ  
तब उसे पूरा करने की होती है आशा।  
आज नहीं तो कल सही  
कुछ खलने का विश्वास दिखाती है आशा।

— शिवम चवण



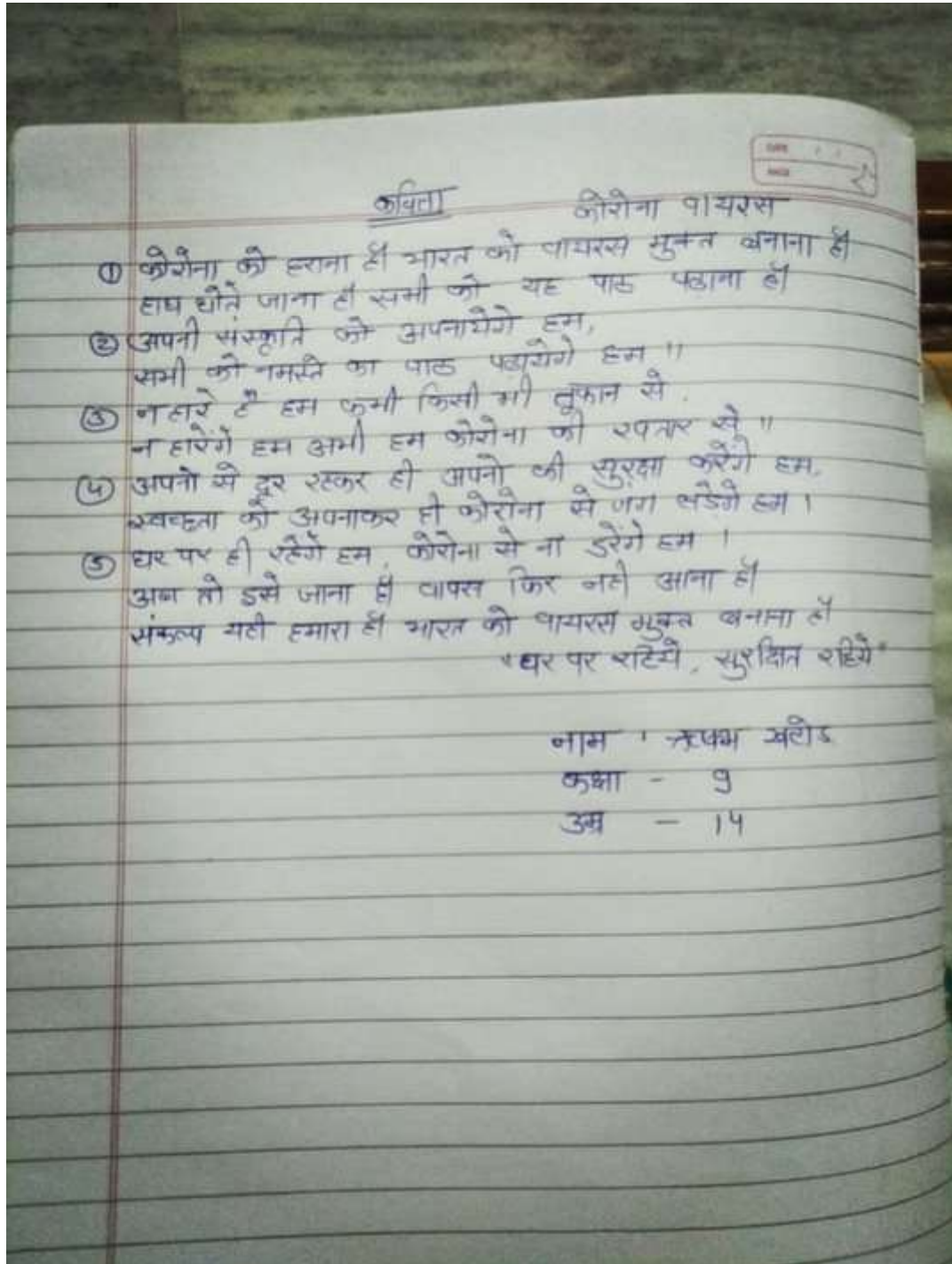
## Ms. Rakhi Gupta (Parent)



कविता

तू डर मत ये, वक्त भी निकल जाएगा।  
तू रख होसला ये, वक्त भी निकल जाएगा ॥  
आज मुश्किल है, कल थोड़ा बेहतर होगा।  
वस उम्मीद मत छोड़ना, भविष्य जरूर बेहतर ही होगा ॥  
तू डर मत ये, वक्त भी निकल जाएगा।  
तू रख होसला ये, वक्त भी निकल जाएगा ॥  
तू होसला और होसला मत छोड़।  
सब ठीक हो जाएगा ॥  
तू रख हीमत ये, वक्त भी निकल जाएगा ॥

- कामिनी सिखवाल



कविता

कोरोना वायरस

- ① कोरोना को हराना ही भारत को वायरस मुक्त बनाना है  
हाथ धोते जाना ही सभी को यह पाठ पढ़ाना है
- ② अपनी संस्कृति को अपनायेंगे हम,  
सभी को नमस्ते का पाठ पढ़ाएंगे हम ॥
- ③ न हारे हैं हम कभी किसी भी लूकान से,  
न हारेगें हम अभी हम कोरोना को रफ्तार से ॥
- ④ अपने से दूर रहकर ही अपने की सुरक्षा करेंगे हम,  
स्वच्छता को अपनाकर ही कोरोना से जग बँडेगें हम ।
- ⑤ घर पर ही रहेंगे हम, कोरोना से ना डरेगें हम ।  
अब तो इसे जाना ही वापस फिर नही आना है  
संकल्प गली हमारा ही भारत को वायरस मुक्त बनाना है  
"घर पर रहिये, सुरक्षित रहिये"


नाम - ऋषभ खटोड

कक्षा - 9

अस - 14



## Swara Sonje

 **PAWAR PUBLIC SCHOOL** Page No.

Name: Swara Jagdish Sonje Std. 3 Div. C Roll No. 18  
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न रहे नाशज लॉकडाऊन में।  
जल्दही छुटकारा पायेंगे इस महामारी से।  
ऑनलाईन स्कूल से खुश हो जाते हैं,  
पर स्कूल जाना का मन कुंठा है।  
आज तक महामारी से लड़कर है safe  
ऐसीही लड़ते रहेंगे जब तक पूरी तरह हो न जाए safe  
देकर राखी होमला मिलार energy positive  
इसीसे है कोरोना की रिपोर्ट आयेगी negative  
जो लड़ रहे हैं इस विगारी से  
उनहा होसला बढ़ाके उनसे बसाव करो प्यार से।  
मास्क लगाकर लोडो कोरोना की चैन,  
लसीकरण करके लाओ जीवन में सुख चैन।  
सब मिलके देते है एकदूसरे को वचन,  
विश्वभारी का नही होने देग पुनर्वसन।



*Jayaditya Singh*

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आशा की पतंग

उम्मीद की इस डोर को,  
न टूटने दो, न छूटने दो।  
रात के बाद के उजाले की,  
छटा बिखेर दो - छटा बिखेर दो॥

महामारी ये दम तोड़ेगी,  
हौसला न खोने दो - खोने दो।  
एक नई सुबह का शंक नाद,  
तुम कर दो - हाँ कर दो॥

बादलो से भरे इस आकाश,  
को साफ कर दो - हाँ, कर दो।  
निराशा को अपने मन से,  
निकाल दो - निकाल दो॥

धैर्य रखो इंतज़ार करो,  
अच्छा समय आने दो, आने दो।  
अपने आशा की पतंग को,  
तब तक उड़ने दो - हाँ उड़ने दो॥

### मन की आशा

आशा ही मन का विश्वास है  
इसके होने से जीवन में आस है  
रहो आशावान सदा, अंधेरा तो कुछ देर का है  
होगी रोशनी, रखो विश्वास, हमें फिर से हंसना है  
है कठिन समय परीक्षा का, पर विश्वास है  
दोस्तों और परिवार का संबल  
देगा मानवता के दुश्मन को हरा  
कभी मन का संशय घेर लेता नकारात्मक विचारों से  
पर फिर आशा की छोटी सी किरण भर देती उम्मीद विचारों में  
है मानवता के लिए जरूरी  
सदा ही आशा भरते रहना  
करना किसी जरूरतमंद की मदद  
और मन को संयम में रखना  
छोटी सी मुस्कान दे जाती आशा जीवन में  
किसी का आशीर्वाद भर देता नया सवेरा सृजन में, आओ मानव मन में उमंग जगाएँ  
निराशा के तम में आशा का दीप जलाए  
रे मन ! तू रख आशा  
की फिर से पूरी होगी हम सबकी अभिलाषा



*Sahel Karimi*

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हर एक ने अपनों को खोया  
मां-बाप बहनों का दिल रोया  
रहते थे सब निस्पृह-निर्भय  
आ गया कोरोना का समय

टीकाकरण का है सहारा  
मर रहा है गरीब बेचारा  
लड़ रही है दुनिया सारी  
फैल रही है यह बीमारी

बंद करो अब मिलना जुलना  
डरी हुई है दुनिया सारी  
लॉकडाउन में घर में बिठाया  
इस बीमारी से हमें बचाया

भीड़-भाड़ में मत जाओ  
खुद को और परिवार को बचाओ  
आओ मिलकर करते हैं सामना  
घर-घर बच्चे कर रहे हैं प्रार्थना



*Amrutesh Verma*

वक्त जो उसने दिया  
बना कर टांग दी  
हमारे हौसलों ने  
हर मुश्किलों को हांक दी

दामन में थे हजारों  
पथरीले रास्ते  
हुंकार हमने भरी और  
हर रास्ते को नाप ली

जब लगा निशाना तीर का  
वन, पशु, पाषाण भी  
झुककर हटे और  
सारी खुशियाँ बाँट दीं

कोंधी एक बिजली  
मन के हर कोने में  
अहंकार, अधिकार की,  
धरा-गगन में सेंध मार दी

खेल, खिलौने और तरंगे  
मोबाइल-लैपटॉप की ये रस्में  
हर राह में डिजिटल कीलें  
ली हथौड़ी, मार दी  
पेड़ काटे, पशु-पक्षी मारे  
सारी बंधन तोड़ दी  
स्वर्ग-सधी धरती को  
गगनचुम्बी भवन से पाट दी

माँ तो माँ होती है, मगर  
इसकी सहचरी (प्रकृति) ने  
क्रोध के आवेश में आकर  
प्रकोप की लहर प्रगाढ़ दी

चलो जो हुआ सो हुआ  
अब आगे बढ़ो और ढाल लो  
नए सूर्योदय की आगाज़ है  
आशा की किरण को थाम लो

अपने वृषभ कंधो को  
हल की पहचान दो  
जल, जंगल, तालाब-पोखर  
पशु-पक्षी को उसका अधिकार दो

हरी सुनहरी घास पर बैठो  
अरुणिमा को योग का उपहार दो  
देख जंगल पुलकित मन हो  
ऐसा सभी को आभास दो

देखना तिमिर के बीच में  
दीप, आशा का खिला है  
मत खेलो ऐश्वर्य साधनों से  
सीखो, जानो और सम्मान दो





*Aarohi Tiwari*

होगा होगा  
Corona अब दूर होगा  
हम सब फिर खेलेंगे  
घूमेंगे मौज करेंगे  
पहले जैसे दिन लौटेंगे

होगा होगा  
Corona अब दूर होगा  
मानेंगे नहीं हम हार  
होना नहीं है मायूस हमें  
रखनी होगी आस हमें  
एकता का परिचय है देना  
सुरक्षा के साथ है हमें जीना

होगा होगा  
Corona अब दूर होगा  
आप सब से यही है कहना  
Vaccine आप सब ज़रूर लगवाना  
इस virus से नहीं डरेंगे  
Social distance में चलेंगे  
सारे rules को follow करेंगे  
तभी corona की छुट्टी होगी  
हम सबको उससे मुक्ति मिलेगी  
होगा होगा  
Corona अब जल्द दूर होगा ❤️



## *Ms. Bina Kumari, A M Jain School, Chennai (Teacher)*

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आशा क्या है?

आशा है एक मां को

उसको उसका बेटा

ज़िन्दगी में सफल बनाएगा

आशा है एक पिता को

वह आगे चलकर

जिम्मेदारियों को उठाएगा

आशा है एक बहन को

उसका भाई उसकी

जीवनभर रक्षा करेगा

आशा है हर एक इंसान को

उसके सपने पूरे हो जायेंगे

आशा है एक किसान को

उसके फसल अच्छे होंगे

आशा है एक गरीब को

उसे आज दो वक़्त की

रोटी जरूर नसीब होगी

आशा है निराशा भी है

आशा और निराशा

एक सिक्के के दो पहलू हैं  
निराशा से भरे मन को  
हम सब को खाली करना होगा  
उस खाली पड़े मन में  
हमें आशाओं को भरना होगा  
हारकर जीतने की आशा  
यही है जीवन की परिभाषा  
निराशा से भरे सागर में  
हमें दृढ़ निश्चय होकर तैरना होगा  
जीवन में आएगा संकट  
इन कठिनाइयों का हल ढूँढ़ कर  
हमें निरंतर आगे बढ़ना होगा  
आशा की किरण जगाये रखना होगा  
आशाओं के दीप जलाए रखना होगा  
निराशा से भरे मन को  
हम सब को खाली करना होगा  
उस खाली पड़े मन में  
हमें आशाओं को भरना होगा  
हमें आशाओं को भरना होगा  
आज हमारा नहीं है तो  
कल को अपना करना होगा  
हमें आशाओं को भरना होगा  
हम सब को आशाओं को ज्वलंत करना होगा  
आशाओं का सन्देश  
हमें हर कल में भरना होगा  
जिस तरह हर अँधेरे के बाद  
उजाला होता है  
उस तरह निराशा के बाद  
आशाओं की खुशियों का

इंतज़ार करना होगा

उम्मीद और विश्वास पर ही दुनिया कायम है  
अपने हृदय में अपने परिवार में आशाओं के दीप जलाएं रखें  
इसी उम्मीद के साथ मैं बीणा कुमारी अपनी लेखनी को विराम देती हूँ.



*Ms. Pooja Sharma, DCM School,  
Ambala Cantt. (Teacher)*

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आशा एक ऐसा शब्द  
जो जीवन में उमंग भर दे  
तूफानों में बुझते हुए  
दिये में फिर से रोशनी भर दे  
जो डॉक्टर की जुबाँ में समझे  
तो मरते हुए मरीज के जिस्म में  
सांसे भर दे

आशा एक ऐसा शब्द  
जो अंधेरे से भरे जीवन को  
ऊँचाइयों की ओर मोड़ दे  
आशा ही तो एक अध्यापक में  
नया जोश जगाती है  
जो अपने नालायक विद्यार्थी को  
लायक बनाते है  
आशा है तो रेगिस्तान में  
तपती हुई रेत में पानी की

उम्मीद की जाती है  
आशा है तो आज इतनी बड़ी  
आपदा आने पर भी लोग  
एक-दूसरे के साथ खड़े हैं  
सहारा बनकर



तौकते ने आके कर दिया है अंधेर,  
लेकिन मानवता की भावना कर सकती है मेल।

बिजली नहीं , पानी भी नहीं खाने को दाना भी नहीं,  
गरीब हो गया और गरीब।

पतरा उड़ा, नडिया टूटा, नहीं रहा मकान का पाया,  
कैसी ये गुजरात की माया नहीं रही वृक्ष की भी छाया।

माता-पिता को हिम्मत देके घरों को फिर से जोड़िये,  
परिवारजनों के साथ से जीवन नया बसाइये।

सब के घरों में देखो संकट पड़ा है मोटा,  
जीवित रहे जो आज तो कल दुःख होगा छोटा।

समय है सवकार का समय है उपकार का,  
चलो साथ सवकार के गुजरात नया बसाइये!

आ ही गए हो तो नज़रे भी चुरा सकते नहीं,  
हाथ जोड़कर करते हैं स्वागत,  
हाथ हम मिला सकते नहीं,  
परम्परा है अतिथियों का सत्कार करने की,  
इसलिए नज़रे तुमसे चुरा सकते नहीं,  
हाथ जोड़कर करते हैं स्वागत,  
हाथ हम मिला सकते नहीं,  
तेरे आने से देश में मायूसी सी छाई है,  
जैसे एक आंधी, काली घटा घेर लायी है,  
फिर भी नहीं डरेंगे तुमसे,  
क्योंकि चिकित्सा पद्धति सबसे पहले भारत में ही आयी है,  
निपटने का तुझसे हर सम्भव प्रयास जारी है,  
तुमने तो फैला लिया अपना कहर,  
अब निपटने की आयी तुम्हारी बारी है,  
निकाल फेंकेंगे तुझको इस देश की जड़ों से हम,  
जैसे तुम कभी यहां आये ही न थे,  
डॉक्टर की मेहनत से बेफिक्र हो जाएगा,  
यहां का हर एक नागरिक,  
जैसे वो इससे कभी घबराए ही न थे,  
डॉक्टर की मेहनत, समर्पण, और उनके इस जज़्बे को मैं दिल से सलाम करता हूं,  
कोई कितना भी करले अपमानित आपको,

पर मैं इस दुख की घड़ी में आपकी मेहनत को सत सत प्रणाम करता हूँ,  
मेरे देश पे आके तूने ए वाइरस नज़रे जो गढ़ा दी,  
यहां तो पहले से ही थी लोगो में नजदीकियां बहुत कम,  
तूने तो आके दूरिया और बढ़ा दी,  
डरने लगा है आदमी-आदमी को गले लगाने से,  
इससे ज्यादा बुरा दृश्य इन आंखों के लिए और क्या होगा,  
भगाएंगे तुझको यहां से ऐसे जैसे न तू यहां था न यहां होगा,  
जो जहां है वही रुक गया है, ना कोई कहीं आ रहा है ना जा रहा है,  
तेरी वजह से कितना परेशां ये इंसा हो रहा है,  
कितनो की ज़िन्दगी छीन ली है तूने,  
कितनो के घर उजाड़े हैं तूने,  
चहल-पहल रहती थी जहां चारो और,  
सब ठिकाने तेरे कहर से हो गए हैं सूने-सूने,  
है ईश्वर है अल्लाह इस दुख की घड़ी से बचा दुनिया को,  
जैसे निवारण करता है कष्टो का वेसे ही निपटा दे इस महामारी को,  
हर जनमानस की प्रतिरक्षा की शक्ति बढ़ा देना तू,  
वाइरस के हमले से पहले,  
वाइरस को ही मिटा देना तू.



*Saifrina Walia*

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हम साथ साथ है

सबको मिले हिम्मत

सबको मिले शक्ति

चुनौती पर है चुराना

हम साथ साथ तो क्यों डरना

वक्त हो जितना मुश्किल

ना लो कोई तनाव

ना लो कोई खिंचाव

हम साथ साथ तो क्यों है दबाव

चलो भगाए इस डर को

थामो अपने माता-पिता का हाथ

और कहो

हम साथ साथ है

हम साथ साथ है



*Ekam Kaur*

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### Hope का दीप

जब कोरोना की महामारी के कारण  
Health, wealth और education के दीप थे बुझने के समीप  
तब hope के दीप ने कहा  
तुम सब क्यों घबराते हो  
जब मैं हूँ तुम्हारे साथ  
तो बुझने की क्या बात

फिर hope का दीप wealth के दीप से कहता है  
lockdown में घर परिवार में बैठे हम  
कुछ खर्चे भी हुए कम  
कम हुई जरूरतें  
lockdown में हमने भूखों को खाना खिला दिया  
यह कहते ही hope के दीप ने  
wealth के दीप को जगा दिया

फिर hope का दीप education के दीप को बोलता है  
digitalisation ने study को online करवा दिया  
यह कहते हुए hope के दीप ने  
education के दीप को भी जला दिया

फिर hope का दीप health के दीप को कहता है  
कोरोना की महामारी के कारण अगर मौतों का आँकड़ा बढ़ा  
तो बाकी बीमारियों का आँकड़ा घटा भी है  
कम हुए accident  
कम हुआ प्रदूषण  
lockdown ने वातावरण को महका दिया

यह कहते हुए hope के दीप ने  
health के दीप को भी जगा दिया

अतः शाखाएँ हैं तो पत्ते भी आयेंगे  
बुरे दिन हैं तो अच्छे भी आयेंगे

Never Give Up.  
Have Hope.



**Since 2015, Desh Apnayan Sahayog Foundation has been offering a variety of programmes to schools across India at no cost - with an aim to make students alert, informed and active students – ACTIZENS.**

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