



NEW HORIZON PUBLIC SCHOOL

SECTOR 13, KHANDA COLONY, NEW PANVEL

*RESPECT*

*AND*

*GRATITUDE*

SCHOOL MAGAZINE

2018 ~ 19

## FROM THE PRINCIPAL'S DESK

- Writing is an exploration. You start from nothing and learn as you go. It means sharing things, thoughts, ideas and opinion.
- It is well said "To write well is to think well."
- Writing influences the way we think. Writing enables us to confront issues to define and redefine our own feelings and positions and helps us to express ourselves to others in more effective ways.

Writing has many benefits :

- It helps to express one's personality.
- It helps to foster communication.
- It helps to develop thinking skills.

**DR. PRASHANT BUKKAWAR**

## EDITORIAL

- The art of writing is the art of discovering what you believe. It is an important part of communication.
- Good writing skills allows a student to communicate his/her message with clarity and correctness. It makes good impression on people around you.
- Good writing thus evokes sensation in the reader. It helps us to clarify and refine our thoughts to place them in logical order and to express them in ways that enable others to grasp our thought process and reasoning.

**MS. LEAH MASCARENHAS**



# The Expression of Gratitude

The expression of gratitude,  
A change in your attitude,  
Can bring lots of happiness,  
So much pleasure that you can't guess.

Let all of us believe,  
We have what we had received,  
And express a feeling of contentment,  
Through a gratifying statement.

There's something to be grateful every day,  
Within it are joy and peace that lay,  
Every day just have that expression,  
And also a gratifying session.

More good you start to see in everything,  
More happiness this will bring,  
This change in your attitude,  
Is the expression of gratitude.

Arpita Warriier

IX F



ARYAN . N. JADHAV III J



OMKAR.M.SABLE V A



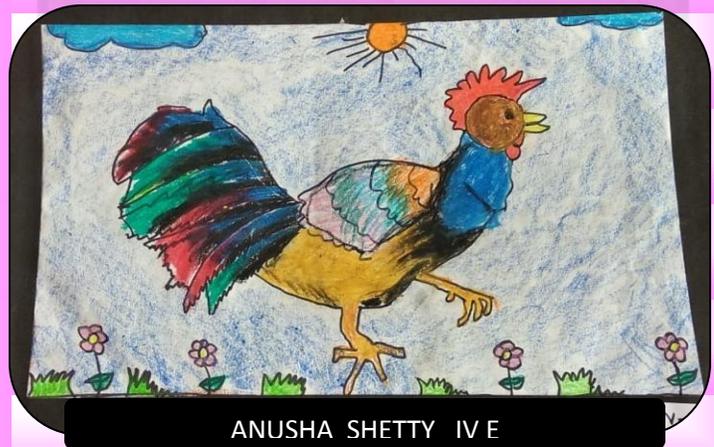
RANVEER V A



KRIZEL DENNIS V G



DEEPSHA DAS V G



ANUSHA SHETTY IV E



# RESPECT

**Respect is something that you should earn**

**It is not a thing that you can burn**

**Respect should be earned in every life**

**Without respect there is no use of life**

**Respect and gratitude is something you should earn**

**Every child should really learn**

**We should give respect to all others**

**Whether they are your sisters or brothers**

**If you give respect you will get it back one day**

**Whether it is today tomorrow or after a few days**

**Respect is something that if you get ,never let it go back**

**If the respect is gone it is hard to get it back.**

**JOBIN JOB**

**VIII - E**

# Does Gratitude Improve Your Mood and Health?

The world's leading expert on gratitude is Dr. Robert Emmons, a professor of psychology at the University of California, Davis. In a 2003 study published in the *Journal of Personality and Social Psychology*, Dr. Emmons and his colleague Michael McCullough from the University of Miami examined the effects of writing gratitude diaries on almost 200 college undergraduates. Students were divided into three groups, and each group wrote 10 weekly diaries focusing on gratitude (blessings), hassles and annoyances, or neutral events. Those in the gratitude group were told:

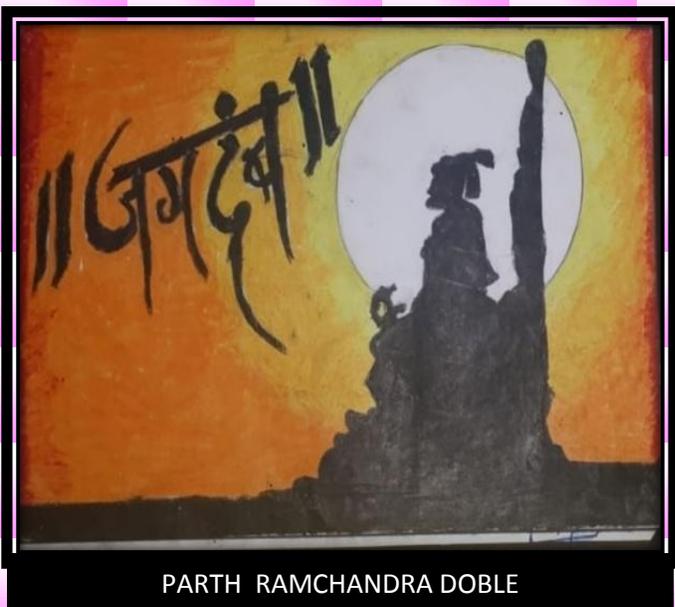
*“There are many things in our lives, both large and small, that we might be grateful about. Think back over the past week and write down ... up to five things in your life that you are grateful or thankful for.”*

At the end of 10 weeks, those in the gratitude condition reported feeling more positive about their lives as a whole, more optimistic about the upcoming week, having fewer physical symptoms, and spending more time exercising. Yet the gratitude condition did not lead to a more positive affect, as the researchers had anticipated.

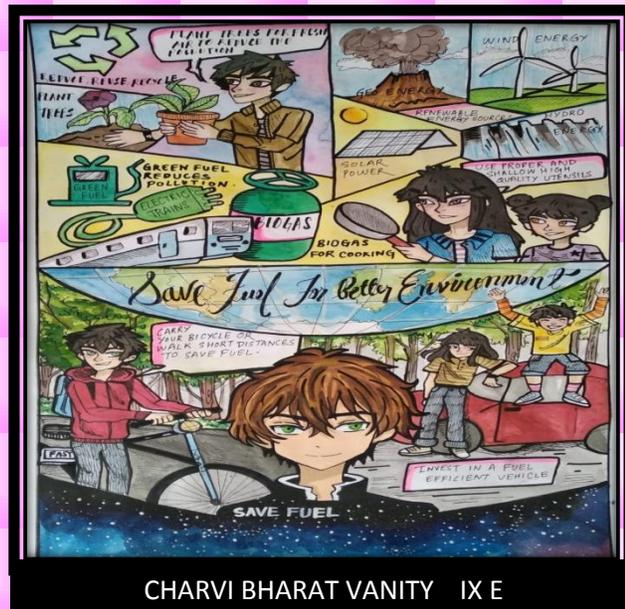
Perhaps focusing on gratitude only once a week was not frequent enough to change mood. Therefore, the researchers conducted a second study which increased the frequency of the diaries to once daily (for two weeks). They also replaced the neutral life events group with one in which participants wrote about the ways they were better off than other people (known as downward social comparison). These instructions were superficially similar to the gratitude instructions, but not likely to have the same benefits.



*Janita Jacob  
XI-B*



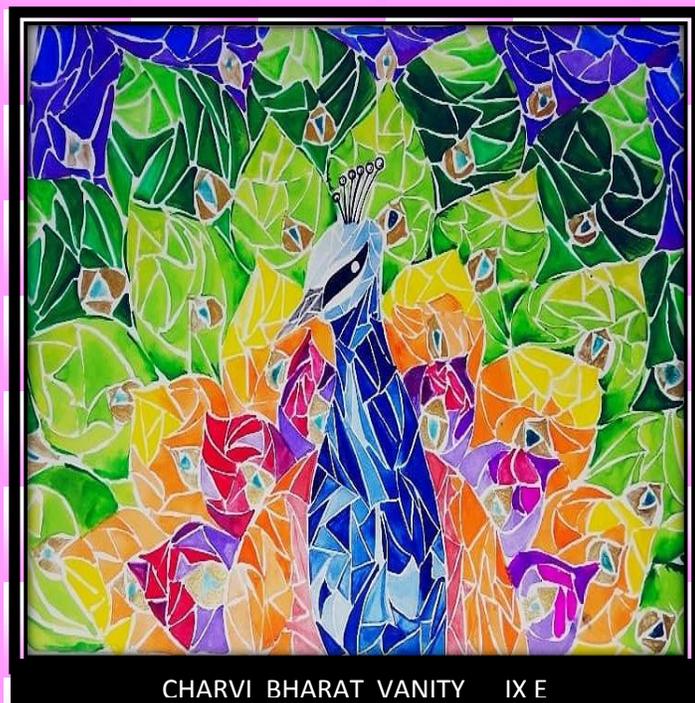
PARTH RAMCHANDRA DOBLE



CHARVI BHARAT VANITY IX E



PRAJAKTA VISHWANATH KUSHE IX E



CHARVI BHARAT VANITY IX E



## **RESPECT FOR EVERYONE**

**Respect each peer**

**Respect each foe**

**Attributes stand next to your**

**Conscious core**

**Respect each night**

**Respect each day**

**Actions reveal your character**

**In every way**

**Respect each colour**

**Respect each race**

**Equality speaks only of mercy and grace**

**Respect each river**

**Respect each pond**

**Mother nature conveys her great wonders and  
beyond**

**Walk into each day,**

**With your heart soaked in hope and joy**

**As each day fades and night endures**

**Respect will never destroy**

**Diya Shetty**

**X G**

## MOM

I just wanted to let you know,  
That you mean the world to me.

A mother who always cares,  
A mother who's always there.

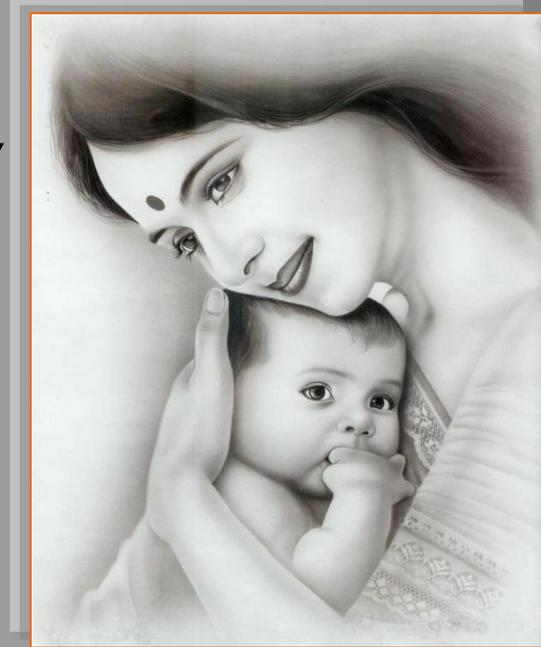
You are pollent and prepotent,  
You are juvenescent.

A tender smile to guide  
my way,

You're the sunshine to light  
my way.

My friends ask me why my mum is the best,  
I give them a list and told that  
'I am blessed.'

I want to hug you and say thank you,  
For all those things you've done for me,  
For all those pains you've taken for me.  
I simply love you mom.



Aarya XI A

# ***Respect***

Albert Einstein once said, " *I speak to everyone in the same way whether he is a garbage man or the president of the university.*"

A person is a person....no matter how big or small he is. Therefore, as a human being it is our duty to respect each and every one on this planet. We should be respectful to everyone in every aspect of our life.

# ***Gratitude***

Gratitude can be defined as "*the quality of being thankful and ready to show appreciation*". It is extremely important in one's life.

When we thank someone, we do it from the bottom of our hearts.

We should always be thankful. This encourages the other person to do better.

Even we feel good when someone thanks us.

*"Gratitude is not only the greatest of virtues, but the parent of all the others."*

*- Marcus Jullius Cicero*

# **Do You.....?**

**Do you show Respect and Gratitude to your family?  
Who invest time and energy for you tirelessly,  
Against all odds loves you unconditionally.  
Please learn to show Respect and Gratitude.**

**Do you show Respect and Gratitude to your friends?  
Who will be your shadow till the end,  
When you are in trouble their ears they will lend.  
Please learn to show Respect and Gratitude.**

**Do you show Respect and Gratitude to your teachers?  
Who are not only guides but also motivators,  
Channelising our energy as good directors.  
Please learn to show Respect and Gratitude.**

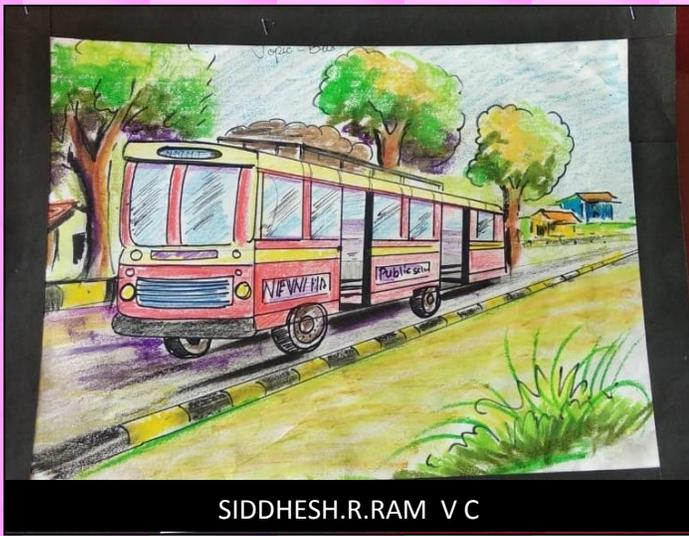
**Do you show Respect and Gratitude to the community workers?  
Who are in a way a great contributors,  
For our smooth life, they are our supporters.  
Please learn to show Respect and Gratitude.**

**Do you show Respect and Gratitude towards nature?  
Be it the sun, moon or grassy pastures,  
Spreading beauty and value to make us richer.  
Please learn to show Respect and Gratitude.**

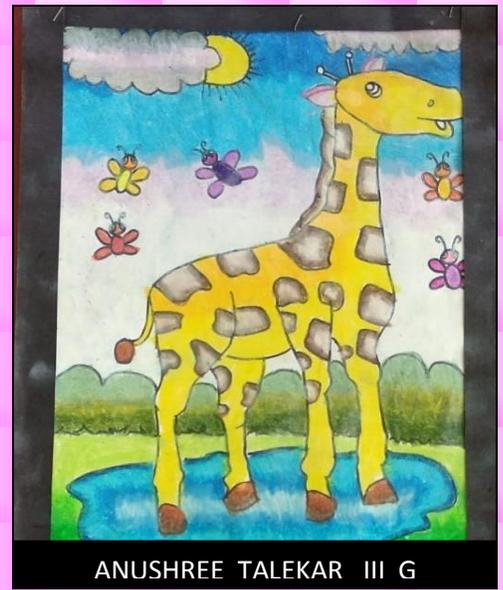
**Do you show Respect and Gratitude to our beloved creator?  
Whose blessing fall like a gentle shower,  
Bow down on Knees and say a prayer.  
Please learn to show Respect and Gratitude.**

**Ananya Santosh Kurup X G**





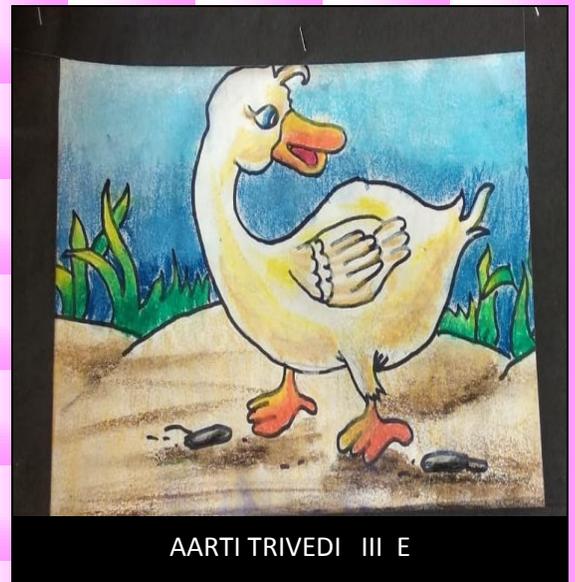
SIDDHESH.R.RAM V C



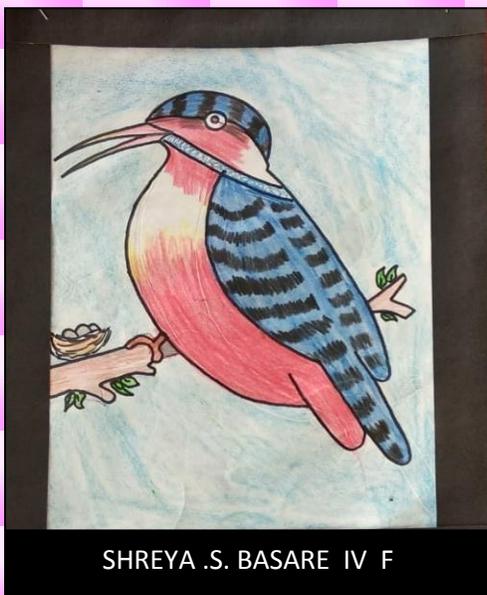
ANUSHREE TALEKAR III G



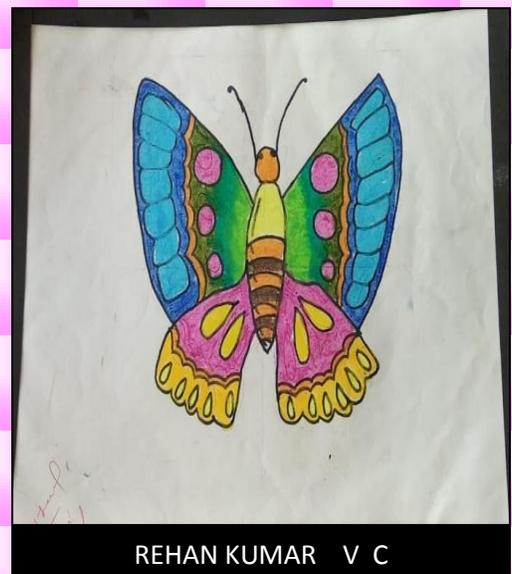
PARTH MAHAJAN V A



AARTI TRIVEDI III E



SHREYA .S. BASARE IV F



REHAN KUMAR V C

## GRATITUDE - THE FOUNDATION

Anger, Cynicism, and fear have replaced respect and gratitude for many people , leading to division and far-reaching cultural consequences that are manifesting in a variety of ways. Sadly, we continue to see extreme examples of disrespect in the senseless shootings and attacks that have taken in the lives of too many innocent people. There clearly has been a breakdown of basic regard for one another, and if we continue on this path, it's going to lead to a fundamental breakdown of our society. The good news, however, is that we each have the opportunity to set a different, better example that can help correct this course. All of us together can make a big impact. It starts with showing respect- because as much as we all want to be respected, we have to first earn it by demonstrating it through our own words and actions. We need to lead by example, teaching our children to show difference to their teachers, caregivers, coaches, parents, and elders, as well as their families, homes, and the law. One great practice is to first list all the good, positive things an individual has accomplished , and demonstrate gratitude and respect for that, as opposed to sharing only what we don't agree with and find unacceptable. Every positive word we speak and every positive action we take – no matter how big or small it might be – can help rebuild the foundation of a more generous, accepting, loving, grateful, and respectful society. That's something we can be proud to pass on to the next generation.

STEFFY MATHEW X G

## Mom my Mom

*Mom my mom.  
She is a glowing light,  
Who helps me at every sight.  
She is very strict,  
But she gives me a good treat.  
She is a magical seed,  
Who grows for other need.  
Mom my mom.*

*My heart beat,  
In her kit,  
She is old,  
But looks like shinning gold.  
Mom my mom.*

*Samrudhi VI B*

## Respect And Gratitude

Everyone expects respect

No matter who they are

If we can not respect another

How can we expect them to respect us

Here comes into picture, the gratitude

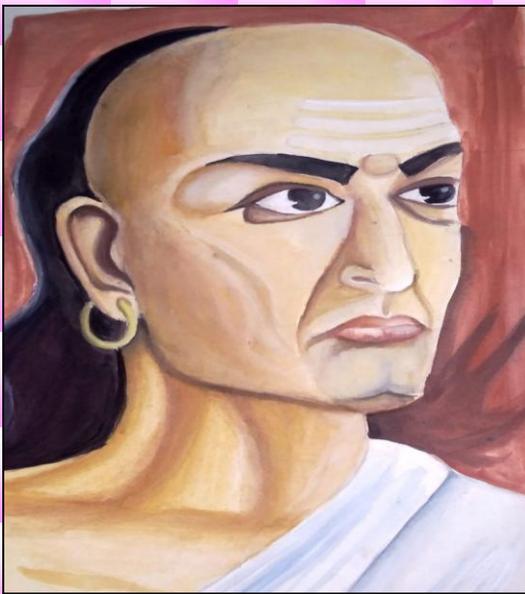
The only way to get respect is by showing gratitude

Gratitude is a power which turns denial into acceptance, chaos into order,  
confusion into clarity

It can turn a meal into feast, a house into home, a stranger into friend

Respect and Gratitude go hand in hand and can turn an existence into real life.

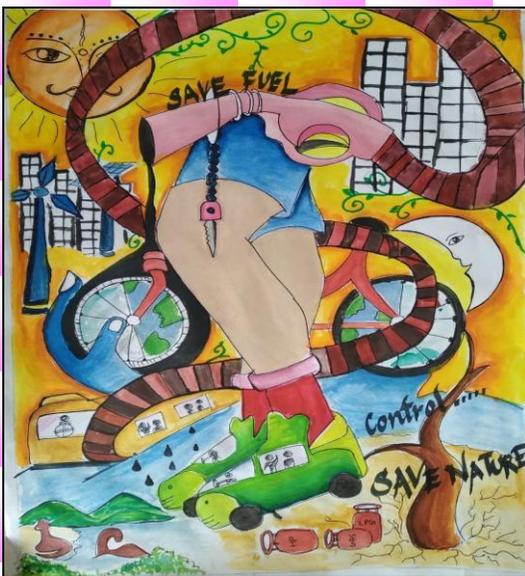
Abhinav Joshi XI - B



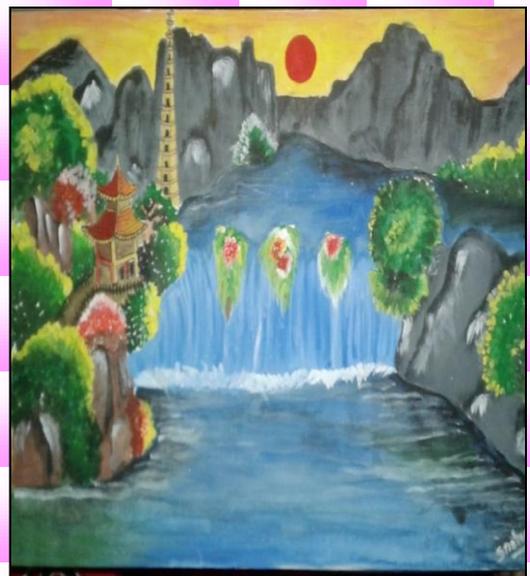
DURBAN EKNATH DONGRE IX H



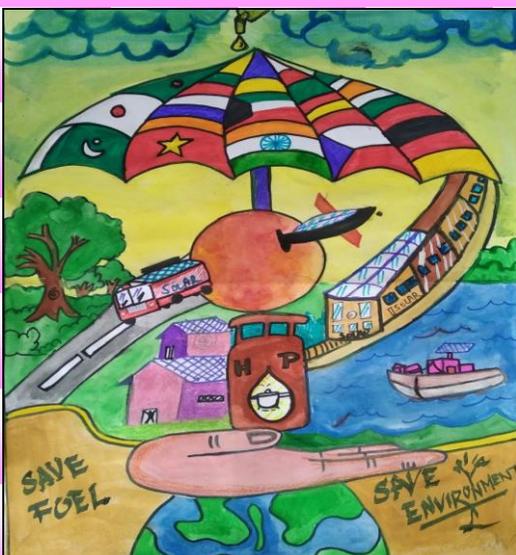
REEVA .R. SHETTIGAR VIII E



HRISHITA SACHIN VII D



SNFHA PARMAR VIII G



SOHAM NILESH ZANJAD VI D



ISHAN SHAH X G

## **Respect - What You Expect from Others.**

Once upon a time in a school a boy named Harry, was very naughty but clever and he never respected anyone in the school. He didn't have any friends as he never respected anyone. Once the school organized a picnic to a resort.

When they reached the resort no one played with him. Then after sometime he got lost in the resort. No one noticed that he was missing. Then he shouted and called his classmates, Joseph, Henry, Thomas, James, where are you? I am lost please Help! Help!, he called his teachers. Then after sometime the teachers realized that Harry was missing. Then the teachers asked the students that, why they didn't be with Harry. The students said "We aren't his friends as he always disrespected us, so we didn't stay with him". The teacher said if anyone is not giving respect to us still we should respect them.

Then all of them started searching for him. After some time they got Harry. His classmates said sorry to him, they said, "It was our fault that we didn't stay with you. Sorry!" Then Harry said, "It was not your mistake it was my mistake that I didn't respect you".

Moral : We Should Always Respect Others...

Riddhisha Umesh Bhatkar IV H

## **RESPECT AND GRATITUDE**

### **What is this?**

Once, an old father and his son were sitting on a bench in their garden. The son was reading a newspaper and the father was just sitting and watching the surroundings.

The father pointed towards a Sparrow and asked his son "What is this?". The son glimpsed at the bird and answered "A Sparrow". Once more, the father asked the same question. The son once again answered "A Sparrow". Once more, the father asked the same question. This time, the son said angrily "What happened to you father? It is a Sparrow. S-P-A-R-R-O-W". The father went inside the house and came out again with his diary. He opened a page and gave his son to read the diary which he had written. The son read "Today, I was sitting with my three year old son in the park. My son pointed towards a Sparrow and asked me 21times "What is this?" and I answered him all the time, hugging him each and everytime he asked me the question, without getting frustrated". The son finished reading and hugged his father. He felt sorry and realised his mistake.

MORAL - We should always respect everyone and shouldn't be angry at them.

Asmita Mitra V G

# RESPECT AND GRATITUDE.

Respect is very important in the modern society. Since childhood we are taught to respect the elders so that they are able to exist in the society. But nowadays, people are becoming more and more evil and selfish. It is even said that if you want to gain respect then you should try to learn to give respect. One should even respect himself/herself which means having his/her opinions and lifting his/her head high. Respect can be shown in many ways either by helping, listening to a person's point of view, respecting other religions, and other people irrespective of their posts e.g. fellow workers, sweepers, peons etc. Listening to a person's point of view is one of the best ways of showing respect. Apparently, from time to time, you might not always agree with one another on every topic but allowing each to have and express views is a sign of respect. How you respect people varies typically depending on how you view each person and how they respect themselves.

**“If you want to be respected by others, the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you.”**

- *Fyodor Dostoyevsky*

We should be grateful for all that we have in life. Being grateful is one of the key to happiness. Happy people are those who look on the things that they already have in life and sad ones are those who tend to forget that happiness which doesn't come as a result of getting something they don't have, but rather of recognizing and appreciating what they already have. In other words 'Gratitude' simply indicates ones awareness of his/her own blessings. Being grateful also have some benefits on the health such as it helps in the improvement of overall physical and mental health, quality of sleep and lowers the levels of depression.

**“Feeling gratitude and not expressing it is like wrapping a present and not giving it”**

- *William Arthur Ward*

# Respect

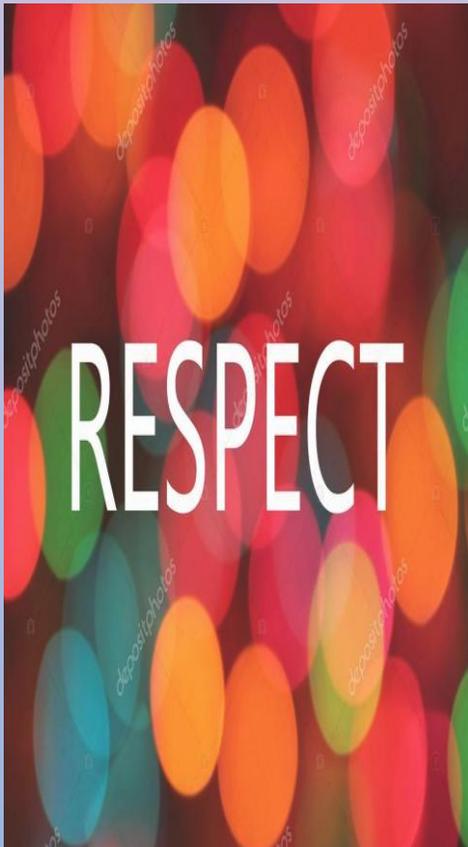
As you do to others,  
It will be done to you.  
Respect is the way to show  
Our feelings and love,  
Which always return  
Back to you.  
Respect your family,  
Respect your friend,  
Respect our Nature,  
Respect our world.  
And you will get  
Love and respect in back.  
Show your respect to others  
It will be back to you.

MANYA JATIN DANG IV D

# GRATITUDE

Two magical words  
My father used to tell  
Honesty and Gratitude  
Will take you to high altitude  
Honesty can change destiny  
Imply it even in small deeds  
Will reap whatever have sown as seeds.  
Throw away all greeds  
Be honest for all caste and creeds  
God has created all  
Show him your gratitude  
By bowing down without attitude  
Life will be like heaven  
If we will inculcate only these two even.

YASHICA DHANANJAI BISHT V F



## Respect and Gratitude

What is respect? Is it a feeling we experience only when we are around venerable people? Or is it the noble kind of feeling that we all come across when we touch the feet of our parents and seek their blessings? Well, as we come to know, these two incidences can't quite explain the emotion of respect. It comes from the heart, and as we all say, matters of the heart are quite complicated. In many aspects of our lives, respect simply equals love, it equals care. Respect is when you love your children, parents and siblings to bits. Respect is when you love and accept your friends with all their flaws and imperfections, as they always say that "Real Beauty lies in imperfections". Respect is when you feel bad for that hungry, old beggar walking on the streets, and all of a sudden, you walk up to him to give him food. Respect is when you are humble and polite and accept someone's thoughts and feelings the way they are, even when they are not in agreement with you.

Being grateful for whatever you have is also an important element of a positive attitude and a positive outlook towards life. The feeling of gratitude helps us to remain grounded, and at the same time, it teaches us to value the sacrifices committed by the people around us for our good sake. It is like the powerful light of the sun, which guides us and shines through the grey clouds of ego that take over the sky of our mind. It is that emotion which keeps us away from the negative feelings of arrogance and pride, and teaches us the art of appreciation towards our fellow human beings.

Today, as we dig into the realities of life, we realize that these two emotions have gone quite extinct in the hearts of the people. Negativity has sort of taken monopoly over the lives of people. It seems as if the world is drowning into a pool of gloom and sorrow. The endless reports of various crimes and social disorders make us worried and conscious of the morality of the people around the world. And as soon as we notice these things, we come to the realization of how important these two little emotions are in our lives. Their presence brings in the much needed happiness, contentedness and cheer back into our life. They encourage healthy social and political relationships between people, and are a function of a healthy mind and heart.

Hence, we as individuals should ensure that we encourage a healthy and positive attitude in the hearts of the people around us, and inculcate the same in the upcoming generations to gift them the treasure of values. Arrogance, ego and a variety of other negative emotions have the capacity to doom our lives and souls. Therefore, we should always find scope for eradicating these negativities of life to lay foundation for a more loving, caring and most importantly, a respectful and grateful future.

## Gratitude - The Essential Part of Life

The part of one's life includes the importance of a health relationship with your relative or anyone in the society. The society must accept you and your views, it is so maintained by giving respect. Respect is merited particularly by those who are our elders, because knowledge, insight and wisdom often are hard won through a lifetime of discipline and learning. Gaining respect as a virtue does not mean insisting that all ideas, beliefs, or actions are respect-worthy. It does mean that we recognize the basic human dignity of others, even when their ideas or values are different than our own. One is respected as he or she has to first earn it by demonstrating it through our own words and actions.

The Gratitude is an inherent element of giving and receiving respect. Gratitude shifts our mindset in a more positive direction and helps us to see the good. Gratitude helps in creating a positive effect and makes one realize the negative deeds. Gratitude is the sense of pleasing feature in one to express to other. Expressing gratitude is a rewarding habit that affirms the grace of the giver. Gratitude opens our hearts, encourages us to savour each gift that comes our way, and magically frees us from jealously guarding our possessions. It lets us celebrate today rather than waiting for the next level of accomplishment or wealth. Once you become oriented toward looking for things to be grateful for, you will find that you begin to appreciate simple pleasures and things that you previously took for granted.

Anshuman Das XG