

# OUR FREEDOM OUR FUTURE

CELEBRATING  
75 YEARS OF  
INDEPENDENCE

talk  
to  
me!

## **Our freedom our future**

To commemorate 75 years of our independence, we requested all our TTM! Mentees to write or draw something to express their thoughts on how to make our country even better.

We compiled all the responses in this e-Book. Your students, our mentees, have amazed us with their creativity and depth of thought. We are so incredibly proud of them, as you will be when you see the range of expression! Enjoy the prose, enjoy the poetry and enjoy the art.

But more than that, revel in the spirit that it embodies, the spirit of a new generation!

## Table of contents

*(Please touch/click on Institute name to jump there)*

• Paying homage to Gandhiji	1
• Inspirations	2
~ Rabindranath Tagore	
~ Mentee Wisdom	
~ Pictures speak a thousand words	
• B.B.B.D.A.V. Moonak	6
• Balvant Rai Mehta Vidya Bhavan	26
• East Point School	31
• Guru Vidya Foundation	35
• Gyan Arambh	39
• Him Jyoti School	42
• Jeet Centre	54
• Literacy India Saket	59
• Mensa India - Gurgaon & Rishikesh	65
• Nai Disha	72
• Purkal Youth Development Society	76
• Saraswati Secondary School	81
• Udyam	94
• Vidya Roshan Charitable Trust	96
• Vidya School	99
• Non-institutional	104
• Acknowledgements	108

## Paying homage to Gandhiji - Father of our nation

**Debika Lahiri**

On Gandhiji's 153rd birth anniversary on 2nd October and on the 75th year of our independence, let us promise ourselves, our communities and our country that each of us will think about the values that Gandhiji lived and died for. What were the qualities that Gandhiji embodied? What do you think of when you think about Gandhiji?

The following are some of the values that I associate with Gandhiji:

- Kindness
- Selflessness
- Respect
- Simplicity
- Honesty
- Perseverance
- Non- violence

Let us take a moment to think about these values. Let them be more than big and difficult words we have to learn. Let us weave these values into our daily lives. As Gandhiji said: "Be the change you want to see in the world".

Stop and think before you act or speak.

Pay a compliment to a friend.

Smile at someone who has hurt you.

Do not hurt people's feelings by saying or doing something unkind.

Be respectful of differences. Whatever we look like, or whatever language we speak and whatever religion we practise, we are all God's children.

Be polite, even though you may not always be in the mood.

Help your friend with homework, if he has missed school.

Offer to walk to school with a friend who is feeling sad.

Be friendly towards the new child in your class.

Pick up trash from the ground and put it in a garbage bin.

These are just examples of how you can start to become more mindful.

At the end of the day, before you fall asleep, think of one thing you did that day that would have made Gandhiji proud of you.



# Inspirations

## Rabindranath Tagore



Where the mind is without fear and the head is held high;  
Where knowledge is free;  
Where the world has not been broken up into fragments by narrow domestic walls;  
Where words come out from the depth of truth;  
Where tireless striving stretches its arms towards perfection;  
Where the clear stream of reason has not lost its way into the dreary desert sand of dead habit;  
Where the mind is led forward by thee into ever-widening thought and action –  
Into that heaven of freedom, my Father, let my country awake.



## Mentee Wisdom

We should pay attention towards cleanliness. This helps the environment to be healthy for birds, animals and humans - Gurneel

Freedom for me is, having no boundaries - live, stay, do whatever I want - Bhawna

No service can be greater than the sacrifice of my life for the protection of our freedom - Nagma

No improvement is really required. The only improvement required is in our mind - Geetanjali

Freedom is when you become comfortable with the pause and silence of all the voices - Rakhi

I want to sing a song about finding good in everything I see. I have a dream, come sing with me - Soni

The real meaning of freedom for me is when people don't discriminate against each other - Asna

For me, freedom means education for women, so that they can live their dreams and achieve their goals - Isha

For me, the real meaning of freedom is empowerment; it is when I can express anything anywhere without hesitation. I have freedom to speak anything, and I stand for myself - Nishu

Youth are the building blocks of a country and I would try my best to prove them as an asset for this country rather than being a liability - Tara

I would like to donate blood and be an example to my friends and classmates, so that they will do the same - Anshu

Trying to make our country better doesn't only mean to change our surroundings, it means to first change ourselves - Nikesh

If we ever cut a tree, we should plant two trees. This will help us in the future - Ayushi

Deforestation is a big concern nowadays so either it should be stopped or to be reforested - Priyanka

By not giving or accepting bribes, we can make gigantic changes in our country - Ojeswi

I would like to make my country better by spreading knowledge so there is no one left who is illiterate - Anshika

Helping people,  
Who have nothing.  
By giving knowledge,  
We make our world  
intelligent  
-Karan

My India IS, WAS and WILL BE an ideal country once again, for us to live in and be proud of!! - Eitika



**B.B.D.A.V.**  
**Moonak**

## My country's freedom and what I can do to make it better

**Venika**

B.B.B.D.A.V. School Moonak, Class 9

1. On the 75th anniversary of our independence, I think how lucky I am to be born in a free country.
2. I remember the courage & sacrifice of our freedom fighters & hope to be a good & worthy citizen of India.
3. India is a peace-loving country and as I am growing up, I shall always try to maintain harmony & help among my friends and neighbours.

## How can I make my country better

**Anshika**

B.B.B.D.A.V. School Moonak, Class 8

I am thankful for the knowledge I am getting and I would like to spread it all around .

Mahatma Gandhi said , "In a gentle way you can shake the world " . I would like to make my country better by spreading knowledge so there is no one left who is illiterate.

"Education is the most powerful weapon you can use to change the world" said Nelson Mandela.

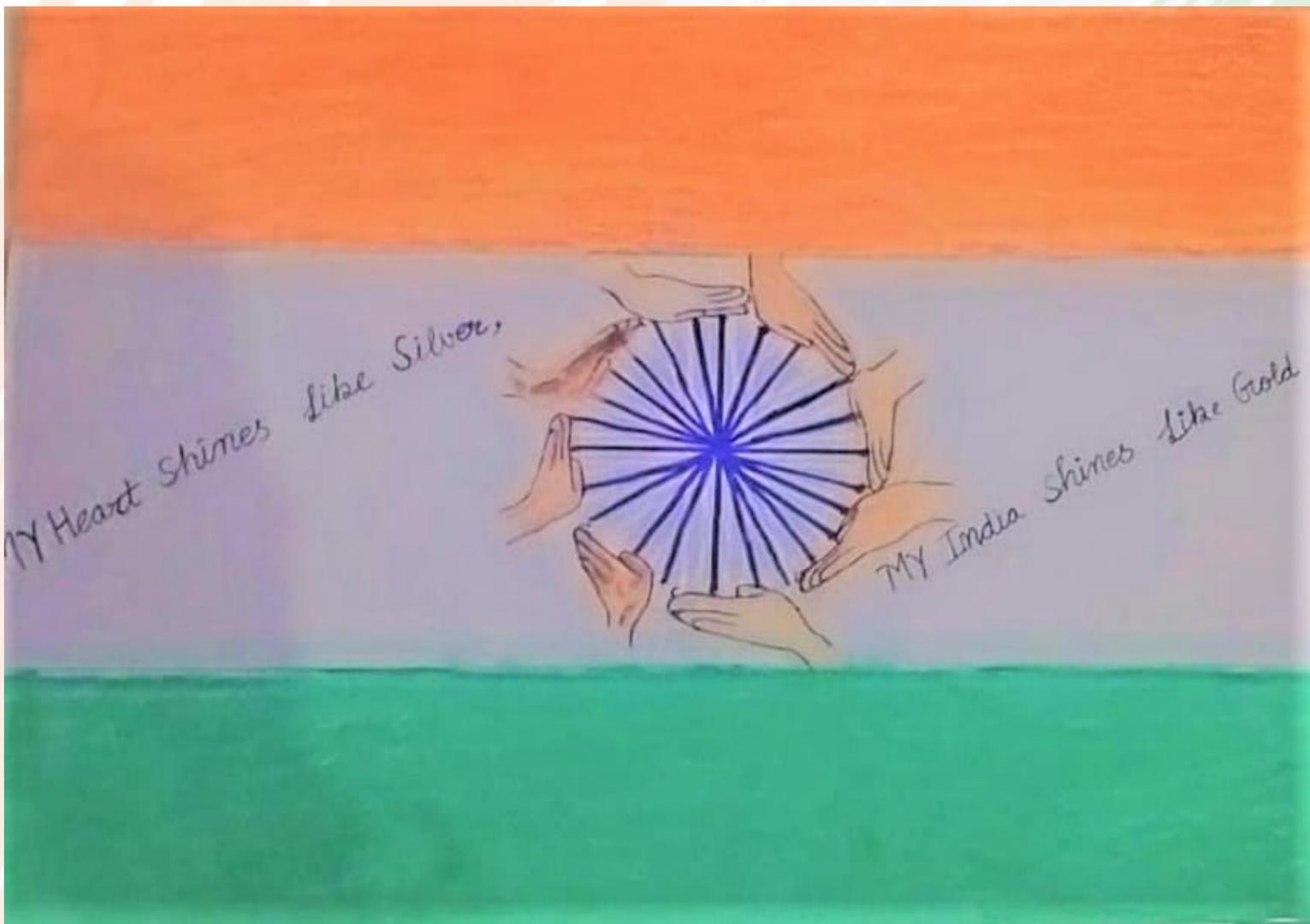
I would also like to better the system for agriculture and for the farmers as they are an important part of our nation. Lastly, I would like to make my country a safe place for women. I am grateful that I was born in this country of brave and strong people and I am proud to be an Indian.

Jai hind

## India shines

Venika

B.B.B.D.A.V. School Moonak, Class 9



## My country's freedom and what I can do to make it better

**Divyam**

B.B.B.D.A.V. School Moonak, Class 9

As we know that India is the second largest country on the basis of population and there are many differences in their culture, religion, language etc. So it is very difficult to run the government. So, I will simplify the process of government.

Another concern is about education. India's literacy rate is 70.4% which is very low. Boys' literacy rate is more than girls'. It is because there are some people with old thinking who do not send the girls to schools. I will try my best to make people aware that girls also have the right to education.

My next concern is about corruption. There are many politicians who are corrupt. They have a lot of black money. The people who are elected to protect the nation are harming us. I will completely remove corruption. Other concern is cleanliness. India has succeeded in this in last years because of a campaign run by our prime minister Mr. Narendra Modi on 2nd October on the occasion of Gandhi Jayanti. But we have to succeed more in this. All these are very big concerns but by uniting we can completely destroy them.

## What can I do to make my country even better

### Aakriti

B.B.B.D.A.V. School Moonak, Class 8

A country is not made of its physical features i.e. lakes, rivers, mountains etc. It is made from the people who are living in it. The citizens make a country better. So it is our duty to improve our country. Here are some contributions which I and all students can make for making our country even better.

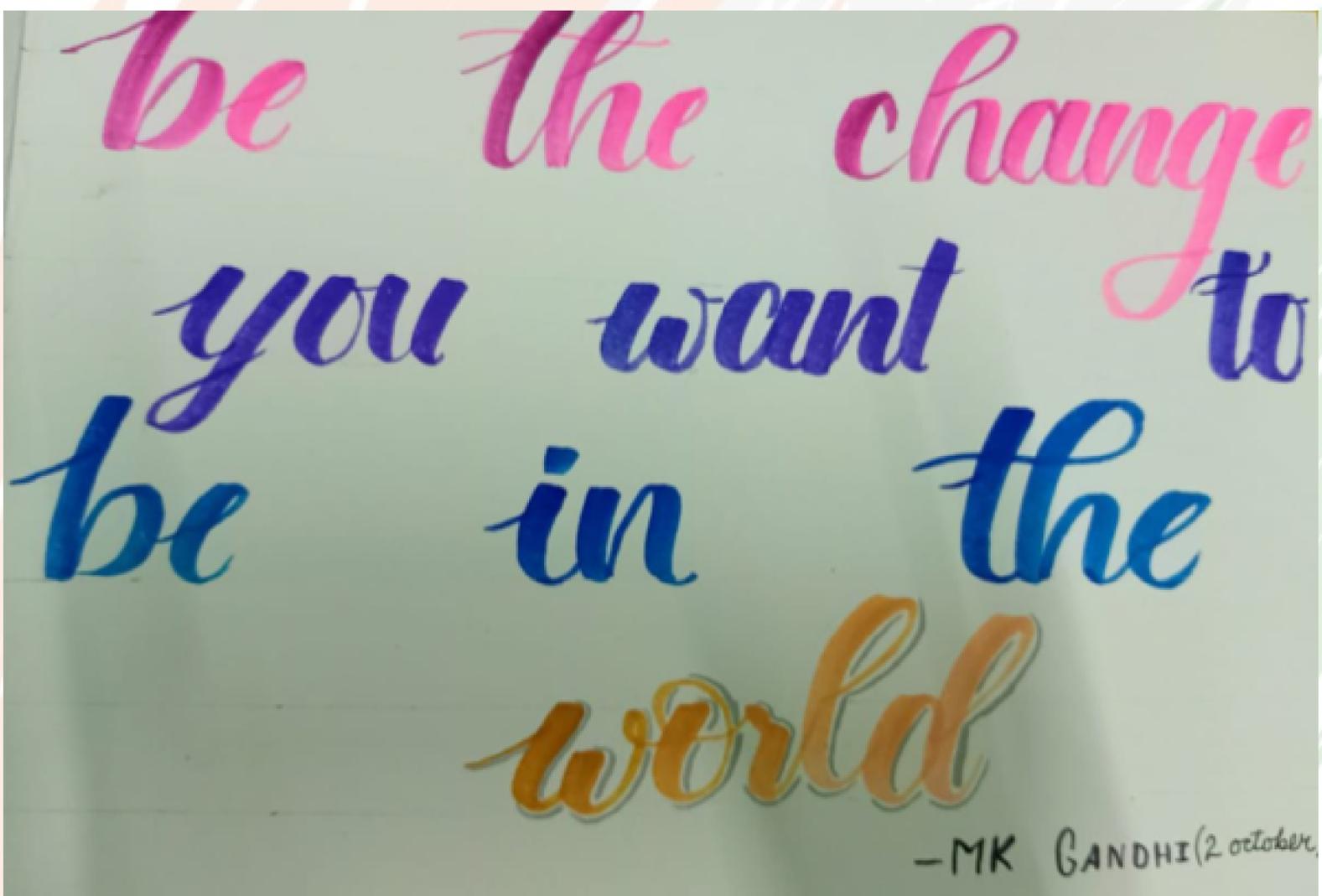
The very first contribution I can make is to study hard and be a successful person in life. because our country needs well-educated citizens for the development of the country. I should keep my country clean, which will prevent diseases, soil and water pollution. This can be my second contribution. I should be environmentally friendly by planting trees and not burning crackers on Diwali. This will be my third contribution. My fourth contribution is to help needy children in their education. As some children can't get an education, I can help them by giving free tutions to them, which will help make our country better. We all should be good neighbours because it will create harmony and peace in the neighbourhood. This will be my fifth contribution. The next contribution is to pledge to donate my organs because there are many people in our country who are suffering from diseases which can be corrected by replacement of organs. My other contribution is to not disgrace my country by my speech and action because this degrades our country.

All can follow these little contributions to make our country even better and we should help all those people who need it, without thinking they are of a different caste, gender, religion, or community. We are all one, we all are Indians.

## Be the change

**Aakriti**

B.B.B.D.A.V. School Moonak, Class 8



be the change  
you want to  
be in the  
world

-MK GANDHI (2 october)

## What can I do for making my country even better

**Anshika**

B.B.B.D.A.V. School Moonak, Class 8



## The legacy of Gandhiji

### Gitanshu

B.B.B.D.A.V. School Moonak, Class 9

Mohandas Karamchand Gandhi, the father of our nation, was born on 2nd October 1869. He left us on 30th Jan 1948. The world still celebrates his birth on 2nd October every year. The United Nations have announced 2nd October to be International Day of non violence. On this day, there is a holiday in all schools and colleges. Mahamata means a great soul. Gandhi was one of the biggest contributors to India's freedom movement. He is even called the Father of the Nation. That is why his legacy is honoured, not only in India but all over the world.

## Clean-up drive

### Gurneel

B.B.B.D.A.V. School Moonak, Class 8

We all know that cleanliness is most important for our whole world. It is the thing with which we have a good breath. If you want to be healthy, you should take care of yourself, and keep your room, class, school, and surroundings clean. This will help you to be comfortable and confident for interacting with anyone else. If you maintain cleanliness, you can prevent diseases and lead a healthy life. In the view of cleanliness, a clean drive was started in our school's neighborhood. In this drive the volunteers came forward and started cleaning the streets and some people took responsibility for cleaning the streets from time to time. In this drive, we encouraged people by giving speeches about the importance of cleanliness. We also joined this drive and gave some motivational speeches to the people. This drive helped in regards to cleanliness.

We should pay attention towards cleanliness. This helps the environment to be healthy for birds, animals and humans.

## My country's freedom and what I can do to make it better

**Harshita**

B.B.B.D.A.V. School Moonak, Class 8

To make our country even better we have to do so many changes like clean our surroundings, follow traffic rules, provide education to every poor student, stop child labour, stop killing girl child and also so many things we can change.

Humans have to bring change in herself or himself everyday. There are some missions nowadays like Swachh Bharat campaign for cleanliness etc. We should not do bad things like giving or taking bribes, smoking, cutting trees, wasting water; we need to make it even better.

India is blessed with many useful natural resources but human beings do not use them properly. There are a lots of life-threatening diseases in hospital for which a patient requires blood so we should donate blood once a year .

We also have the right to vote. After every 5 years, when there are elections we must vote in the elections.

Finally, I want to say that there are some reasons we need change. In the first place the population of our country is huge which is why changing people is happening very less.

We need to change our country to make it even better.

# Happy Gandhi Jayanti

Harshita

B.B.B.D.A.V. School Moonak, Class 8



## My country's freedom and what I can do to make it better

**Harshita**

B.B.B.D.A.V. School Moonak, Class 9

We can improve our country  
By promoting non violence  
By promoting cleanliness  
And promoting harmony, equality and brotherhood

## Contribution to my country

**Madhur**

B.B.B.D.A.V. School Moonak, Class 9

- Donate food to poor people.
- Stop participating in corruption.
- Help needy people.
- Be environment-friendly.
- Use battery vehicles.
- Stop wasting food in India.
- Stop use of plastic products.
- Improve and renovate the roads.
- Run education and hospital treatment for free.

## My country's freedom and what I can do to make it better

**Karan**

B.B.B.D.A.V. School Moonak, Class 9

If we imagine our country,  
It is very dirty.  
If we stop litter,  
We make it better.

Plant more trees,  
It will give more oxygen.  
By using public transport,  
We can save from pollution.

Helping people,  
Who have nothing.  
By giving knowledge,  
We make our world intelligent.

Close taps to save water,  
For drinking.  
Donating blood or donating food,  
We can save another's life and give meaning.

By doing all this,  
I can make my country even better.

## My country's freedom and what I can do to make it better

Ojesvi

B.B.B.D.A.V. School Moonak, Class 9

There are many problems in our country that need to be fixed. We complain about these problems to the government. We should stop this blame game and start doing something for our country.

### **(1) Stop littering around.**

We should provide dustbins at every place so that people can throw trash in it only. And if they find trash in their surroundings then they must clean it. They should not use plastic or polythene as they do not decompose and roam around our surroundings. It also creates problems for animals.

### **(2) Be environmentally friendly.**

If we watch news, we come to know about Delhi becoming a very polluted city. To reduce the pollution and to make our air better, we should use public transport or use less vehicles, plant more and more trees etc.

### **(3) Help support a child's education.**

If any poor person does not have much money for education and we have much money to help others, then we should help them by investing our money for their education. So, the people become educated and do some work for the welfare of our country.

### **(4) Stop participating in corruption.**

We should not accept bribes and give bribes. We should not give bribes for not paying the challan. By not giving or accepting bribes, we can make gigantic changes in our country.

### **(5) Help those in need.**

If you know any violence is happening around you, you must help them so that it does not become a big disaster. Or sometimes anybody is in a situation/problem, you should ask their problem and if you are able to help then you should help them.

## My country's freedom and what I can do to make it better

**Pranjal**

B.B.B.D.A.V. School Moonak, Class 8

Our country is doing very well but it can improve in many ways. We have pollution in many forms. Air pollution causes many dangerous diseases like lung cancer, respiratory problems, etc. Water pollution from the factories pollutes the land and creates foul smells. So, we should take some steps to control air, water and land pollution. Our Earth is very precious. So, we must look after our environment, by stopping cutting down trees and growing more trees. We should put up boards to alert people about the importance of trees. There is illiteracy, child labour, corruption, starvation, poverty, inequality among gender etc. As school children, we can make books available for illiterate children.

We can put up some boards against child labour. On our birthdays, we can give treats to those children who live in slums and on the road instead of our friends. We can go to an old age home and make all people happy by giving new clothes, and sing and dance for them. We should not participate in corruption in any way. We should donate blood in hospitals who need it. People who are above 18 years should go to vote after every 5 years. We should help the needy peoples by giving clothes, food, medicines etc. In this way, we can make our country better.

**HAPPY GANDHI JAYANTI !**

## My country's freedom and what I can do to make it better

**Ria**

B.B.B.D.A.V. School Moonak, Class 7

I help poor children to study. I open the school for poor children and arrange the teachers. I told the sweeper that he should clean the street and we should throw garbage in dustbin. We should help those people who are suffering from handicaps like rickets and those people who need the blood and we should donate the blood. If there are many situations like train accidents etc .

My points are:

1. Stop littering around.
2. Be environmentally friendly.
3. Help support children's education
4. Stop participating in corruption
5. Be better neighbours
6. Pledge to donate our blood

Our country will then be a better place to live in.

## What I can do to make my country better

**Rishi**

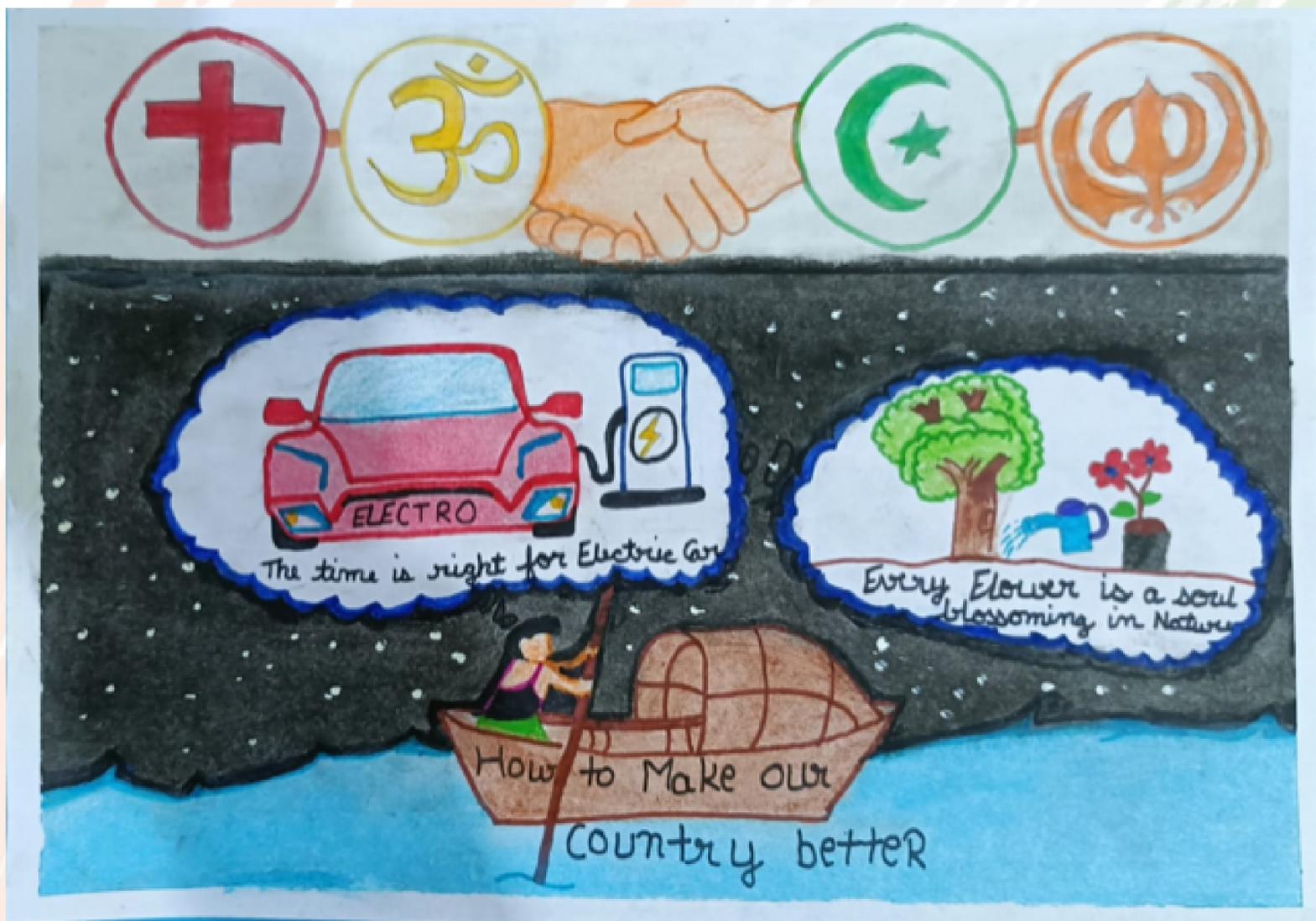
B.B.B.D.A.V. School Moonak, Class 9

We can help to improve our country through small actions like not throwing garbage here and there. We should be environment friendly and not use plastic bags. We should not only end child labour, but also support free education of poor children. We should also put an end to corruption, donate blood free of cost, vote wisely, donate our organs after death and always help needy persons. By these small contributions, we can help to improve our country.

## How to make our country better

### Saatwik

B.B.B.D.A.V. School Moonak, Class 8



# How to make our country better

Sukriti

B.B.B.D.A.V. School Moonak, Class 9



## Freedom

### Arpanjeet

B.B.B.D.A.V. School Moonak, Class 9

Hearty thanks to those who gave us freedom,  
It should be dealt with wisdom.  
What actually is independence,  
Should always be in your sense.  
Let the girl come forward and see the world ,  
like a beautiful bird spreading new found wings of a beautiful bird .  
We all follow a different religion,  
Whereas God is one in every region.  
To our freedom fighters and soldiers who save our tiranga,  
To make India proud and bettering the nation is my real agenda.  
For justice and liberty,  
Let us celebrate with joy and humility.  
Into that world of freedom  
Let my country awake,  
For your sake and my sake.



## My country's freedom

Deepesh

B.B.B.D.A.V. School Moonak, Class 8

India is my country, my motherland. I am proud to say that I am an Indian. I am proud to be an Indian because I have freedom to speak, write, to choose any profession and protest against violation. I am lucky to say that I am an Indian as well as all religions enjoy equal freedom.

In the last 75 years, India has changed from an enslaved country that was ruled by the British for over 200 years to a self-reliant nation. Though there are many things that make India special, it does have its own share of problems. Poverty, corruption and crime are just some of the concerns that trouble this country. Despite these problems I am still optimistic for my country.

Someone said that “A journey of a thousand miles must begin with a single step.” Therefore, each individual should do his best to make our country better. As a student I will give my best and will always value education and utilize my time in school to broaden my knowledge. I will not harm school property, I will practice badminton to be a good player and win medals and prizes for our school and nation.

I will ensure free tuition classes for children who cannot study in school and have no money to take tuition. Without education we cannot think of being a developed nation. Second, I will pick up pieces of litter from roads, I will use paper bags instead of plastic bags and I will always remind my mother to take a cloth bag when she goes to market.

## My country's freedom and what I can do to make it better

### Gunish

B.B.B.D.A.V. School Moonak, Class 9

India is part of the developing countries of the world. But in India there are so many problems like corruption, pollution and illiteracy. Nowadays people are aware about cleanliness. Gandhiji is known as the father of the nation as he was the leader of the freedom struggle of India's independence. His dream was that India would be at the top in cleanliness and we are improving by not polluting rivers and sky. In earlier times everywhere on roads and parks there was trash and garbage but nowadays everywhere is dustbins. I have done so many things to make my country better. If someone throws garbage out of the dustbin I will teach him about the mission of clean India and green India.



# **Balvant Rai Mehta**

## **Vidya Bhavan**

## Unity and peace

### Sakshi

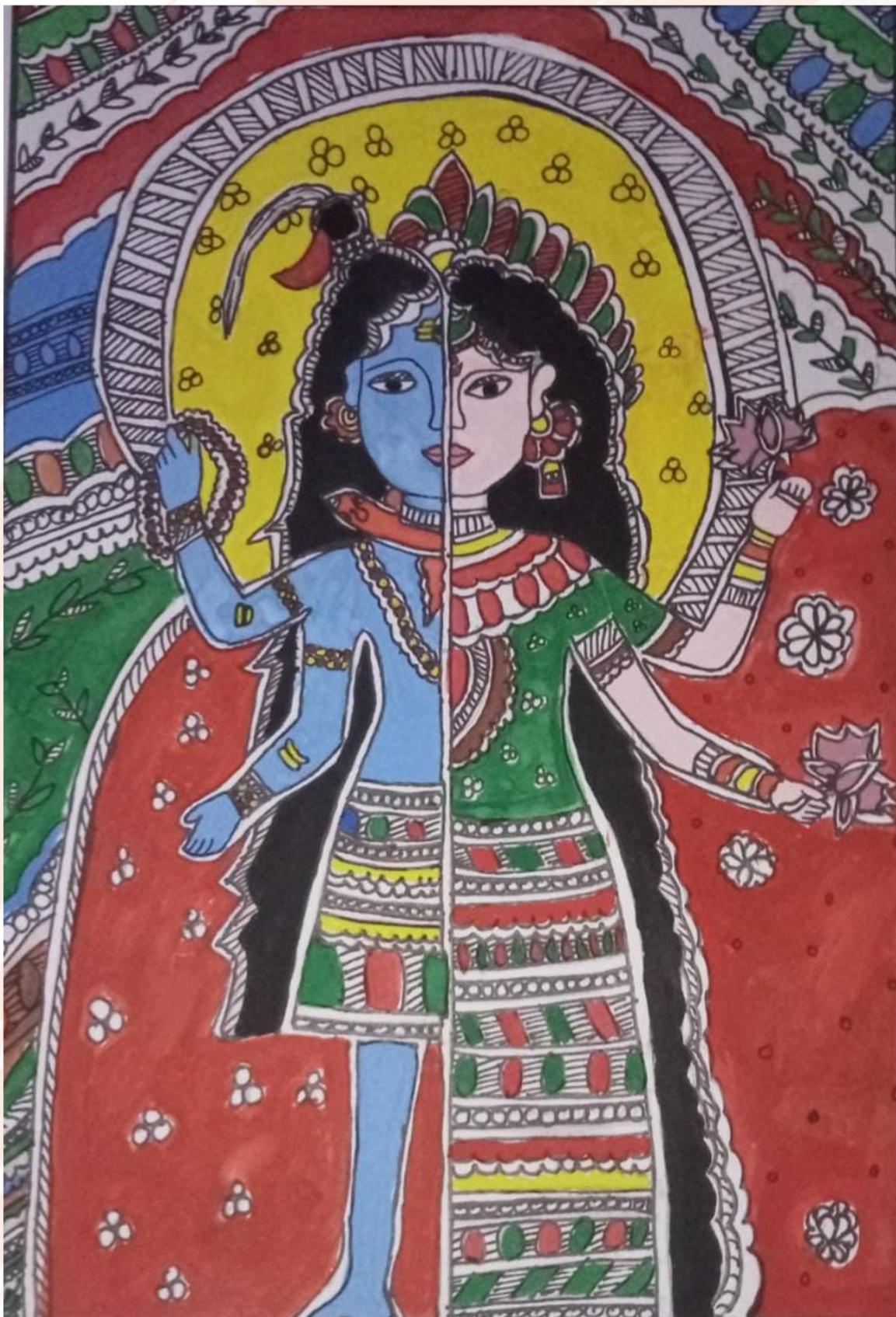
Balvant Rai Mehta Vidya Bhavan, Class 11



## Unity in diversity

### Anshika

Balvant Rai Mehta Vidya Bhavan, Class 8



Ardhanarishvara represents the synthesis of masculine and feminine energies of the universe, signifying oneness.

Madhubani is an art commonly made in Bihar, with finger tips, nib-pens, natural dyes, etc.

I chose this painting because of the complexities in its design.

## What can I do to make my country better

**Priyanka**

Balvant Rai Mehta Vidya Bhavan, Class 8

First to change myself then only I will be able to change people and country.

Everyone should strictly follow the Swachh Bharat Abhiyan to keep our streets and city clean.

If we encourage our people to buy indigenous products then it will help our economy to grow.

By using more biodegradable commodities we can help to save our earth.

Deforestation is a big concern nowadays so either it should be stopped or to be reforested.

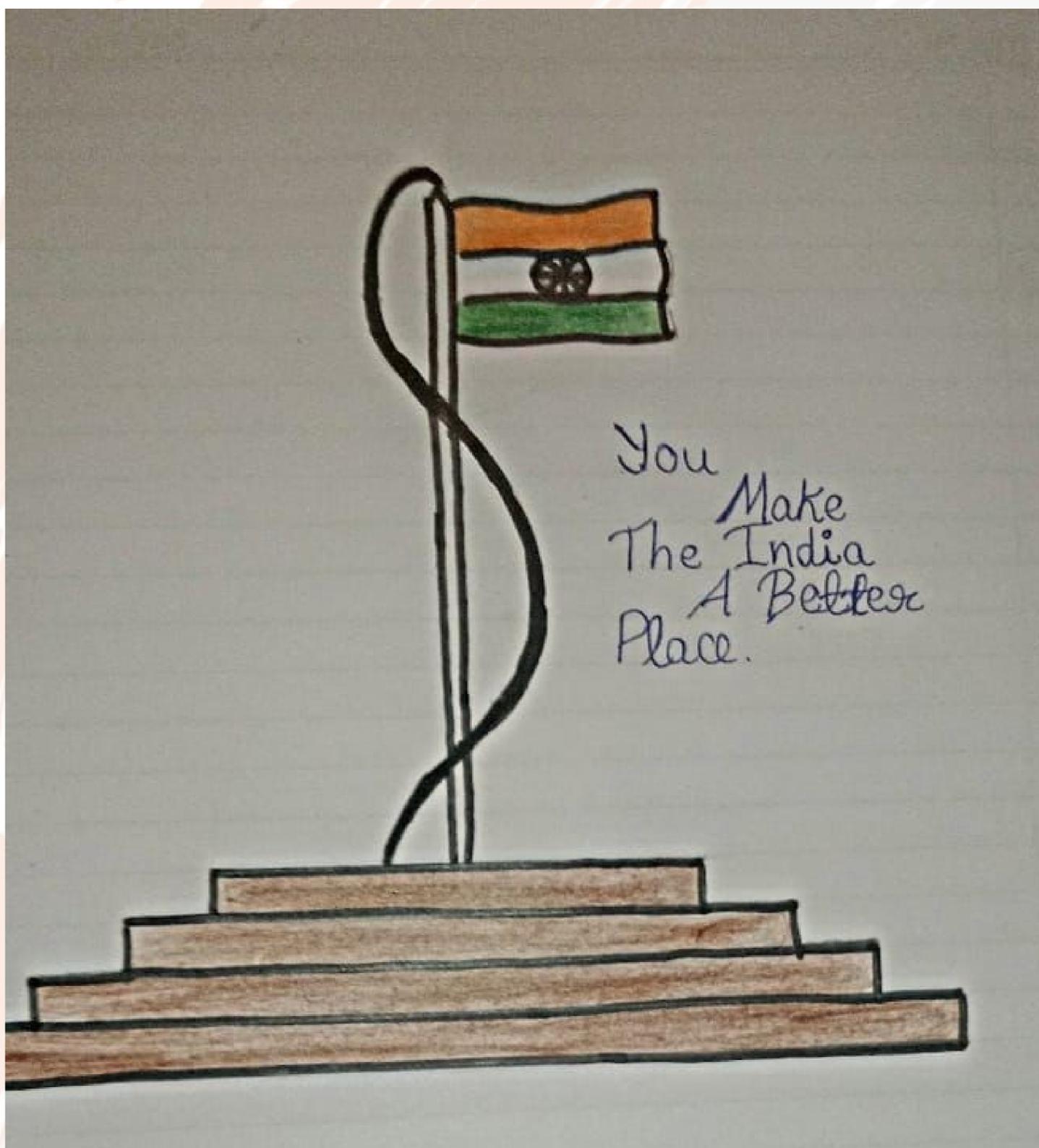
Education plays a big role for the betterment of our country; it will create good opportunities for our citizens. If every adult is employed then our country will be No 1.

These are small steps and every step counts to make our country better.

## Make India a better place

**Shailendra**

Balvant Rai Mehta Vidya Bhavan, Class 9





# East Point School

## What we did to help our country

### Geetanjali

East Point School, Class 9

We as students played a big role to help our country. India is a vast, huge and diverse country. It is the second largest populous country after China. People think it is very difficult for a big country to maintain cleanliness although it is very easy for us.

We as students did such a big job to maintain this. We played “nukkad natak”, made many advertisements, and wrote self-composed poems. We also set up different dustbins, but no improvement. We thought that we have to make mechanical dustbins and put them in different places, which will scan the garbage and collect them on their own. But there might be no improvement as they will also get tired of doing their job and garbage will not get over.

No improvement is really required. The only improvement required is in our mind. If we throw garbage in dustbins, our own cleanliness will be maintained. Maintaining cleanliness is in our hands. We all request you to throw garbage in dustbins only.

## How to make our country better

### Arushi

East Point School, Class 7

We can make our country better by not littering around. Be environment friendly. Donate money. Donating money is not like that you have to donate money every time. You can help beggars by giving them food or fruits instead of money. Make sure to follow the rules. Try to educate people as much as you can. Mahatma Gandhi once said: "Be the change you want to see in the world". It means that if we want to see change in the world we have to try to make it happen.

## How to make our country better

**Naman**

East Point School, Class 8

We can make our country even better by doing simple things like taking care of the environment, adopting certain values as a family, supporting each other, especially the womenfolk with respect. These will go a long way in contributing to the development of the nation.

India is one of the most diverse nations in the world when it comes to culture and religion. Over the past few years, it has become home to a number of start-ups, thanks to a rapidly growing economy. As citizens of this great country, it is up to us to do our best to make India a better place to live in — for us and for future generations.

## Cleanliness

**Dhruv**

East Point School, Class 9

All of us live in a neighbourhood or surrounding area. We must keep our surroundings neat and clean. This will help us to lead a healthy life. Keeping our surroundings clean will help in the betterment of society. Waste or garbage should not be thrown anywhere, but only in trash bins. Throwing garbage all over the place will dirty our surroundings and pollute the environment. Controlling the use of plastic bags will help to keep our surroundings clean. One should use recycled and eco-friendly products like paper and jute bags instead of other material. Littering causes land, air and water pollution. Greener surroundings look beautiful and reduce pollution. Dirtying our surroundings will cause harm to us. So let us keep the surroundings clean, lead happy and healthy lives.

## “What can I do to make our country even better”

**Aryan**

East Point School, Class 7

When we are talking about our country, everyone in the world wants their country to be a good place to live in. Unfortunately, they do not know the way to make their country a better place to live in. The important thing is that we must take care of our environment. This step will make our country even better. We can clean our local environment such as streets, roads, cities and free it of litter and garbage. We should use less cars, bikes etc. We should use electric vehicles because they reduce air pollution and make our country a better place to live. We must buy only that much food, which we will consume and not throw the rest of the meal away which we don't eat. We should reduce, reuse and recycle as well to help lower the amount of waste. Another way is that everyone should try to maintain cordial relations with one's neighbours and fellow citizens. It is important because it makes a good relationship between people. Don't hate anyone, instead try to understand their points of view. We should respect other people's culture, religion etc.

These kinds of things are very important for making our country even better.



# **Guru Vidya Foundation**

## Offerings to my country

### Mahak

Guru Vidya Foundation, Class 11

I OFFER MY COUNTRY MY TIME;  
To keep it very clean;  
To plant trees and make them green!

I OFFER MY COUNTRY MY DREAMS;  
To learn and to educate;  
The young, old and illiterate!

I OFFER MY COUNTRY MY PRAYERS;  
To bless with nourishment and sound health;  
To instill values of goodness, courage and strength!

LASTLY I OFFER MY COUNTRY MY TRUST;  
In its legislative, executive and judiciary pillars of constitution;  
And forever, may the democratic values thrive in my nation !



## Together, we can make India better

### Rupali

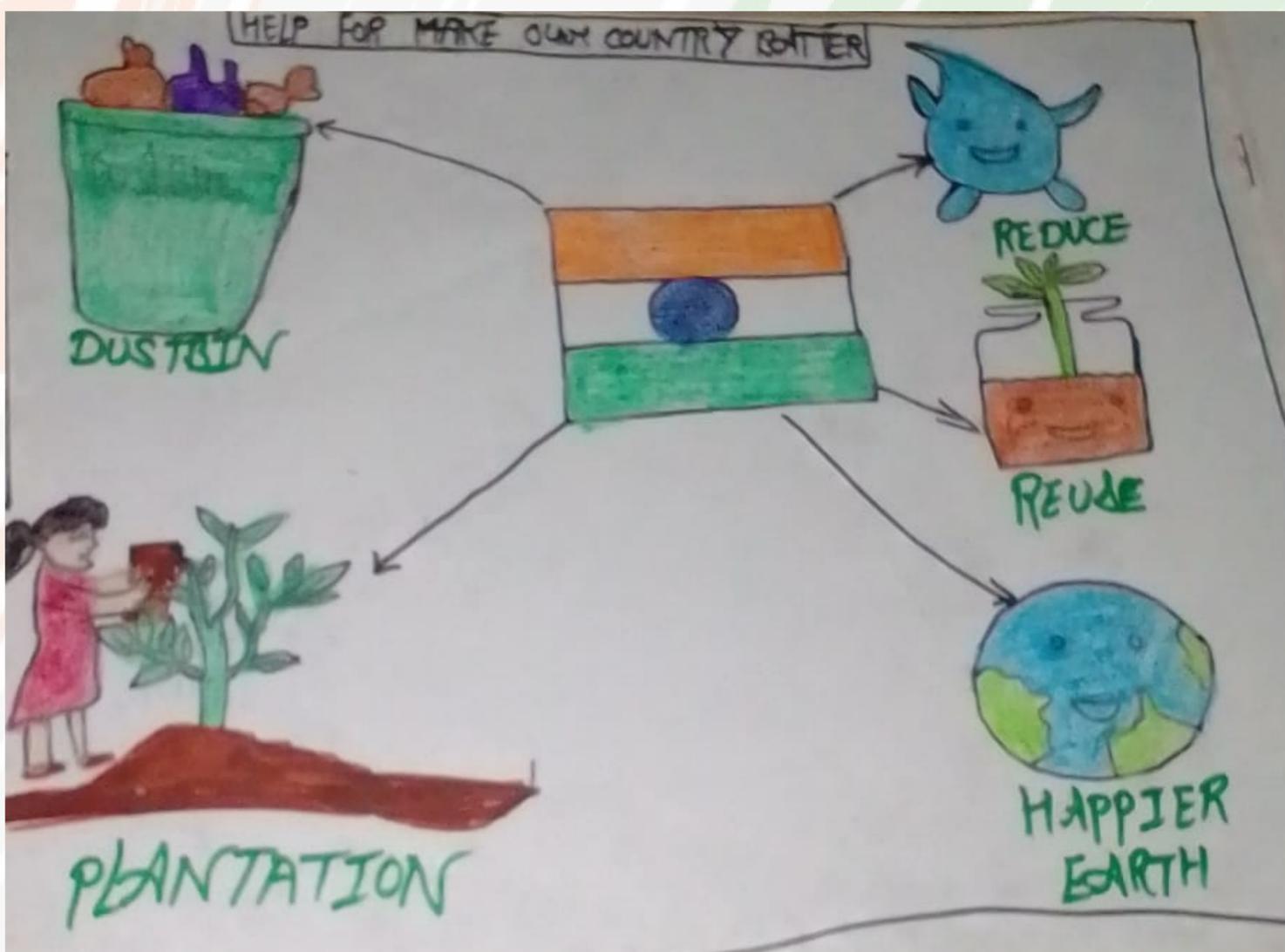
Guru Vidya Foundation, Class 8

India won Independence from the British in 1947. This year India celebrated the 75th independence Day. India has made great progress to become one of the greatest countries in the world. As citizens of India, We all have roles to play for the betterment of our country.

As a school student, I can do a few things towards my country's betterment. I can show respect to our national anthem, national song, national flag and national heritage and also encourage my friends, family, and my neighbourhood to do the same. I can save water, save plants, save electricity and also maintain greenery in our surroundings for good health. I can create awareness that rules and laws are followed for peace and harmony.

If we all citizens of our country follow these things, then we can make our country even better.

Jai Hind!



## India's Independence Day

### Pooja

Guru Vidya Foundation, Class 11

15th August is celebrated as our Independence day. It is written in history as a glorious day. 75 years back Indians breathed air of freedom.

Gandhiji and Ahimsa were the words for victory. Nehru, Sardar Patel and Subhash Chandra Bose were the other petals of 'Indian' flower along with many more.

Today we must not forget our national heroes. We should pay our gratitude to their beautiful souls, who faced immense difficulties and worked selflessly for our freedom of India.

Let's find solution for our difficulties and remove obstacles with patience, love and tolerance as this is the real meaning of our 'Independence'.

"WE ARE ONE"

## Independence Day

### Sapna

Guru Vidya Foundation, Class 8

Our country celebrates many events. It also includes Independence Day as it is a very sacred day because on this day we were free from the British. India won independence on the 15 th of August, 1947 and it is the 75th Independence Day.

The great Mahatma Gandhi and other leaders - we should thank them because they fought for us so we can breathe peacefully. These leaders said truth lies in this - we must become the change that we want to see in the world. So I really want everyone to be united. We should live in peace and we should be polite. We should take care of garbage by using garbage bins so that we can keep our environment clean and reduce pollution.



# Gyan Arambh

## Our National Flag and I

### Prince

Gyan Arambh, Class 9

The flag is the symbol of a free country. Our National Flag was adopted in its present form during the meeting of The Constitutional Assembly, held on the 22 of July, 1947. Our National Flag is designed by Pingali Venkaiya. It has three distinct colours, orange, white and green. That's why it's called Tricolour or Tiranga.

Orange stands for strength and courage, so that if someone attacks our country then we can face it and I should be ready to sacrifice my life for my country. White stands for truth, peace and non-violence. That means that I should never lie, should maintain peace in my neighborhood and school and must not create violence at home or school. Green symbolises growth and agriculture. I must plant trees and shrubs and must not waste food, because India is primarily an agrarian country and around 80% of the people are farmers who produce our food.

This year, when our National Flag was unfurled at the Red Fort by our Prime Minister, I felt very proud, as it is the 75th Anniversary of India's independence. I shouldn't misuse or misbehave with our National Flag. Because our National Flag is everything for us - mother, family, country, trees, greenery and people. So we should always respect our National Flag.

## Our National Flag and Gandhiji

### Prince

Gyan Arambh, Class 9





# Him Jyoti School

## Freedom

Priyanka

Him Jyoti School, Class 7

No restrictions  
Free to go wherever I want  
Free to dress the way I like  
Free to choose my future  
Free to live where I want  
Free to choose my life partner  
To be trusted to play with boys  
To be able to serve the nation.....  
This is FREEDOM to me.

What does freedom really mean to me?

Everyone says I live in a free country and I should be happy for the freedom I have. However, I don't think I am free.

I can't go wherever I want, especially after dark. I can't wear the clothes I like. I live in a hostel with a lot of rules. I can't go around my village alone.

I think the birds in the sky are free, the butterflies are free. The day the girls in this country can study a course of their choice, dress in any way they want, travel alone safely and fulfill their desires, this country will truly be free for me.

## What can I do to make my country better

**Mansi**

Him Jyoti School, Class 7

My country's name is India. India is a very good country but I have to do more changes to make my country even better. I want to make my country a beautiful temple. First change I want in my country is I want peace in my country and there should be no violence. If anyone fights, I will explain that it is wrong and I will tell them that we have to be polite with everyone. Every citizen of my country should live their life with peace and happiness and enjoy it. I want my country to be cleaner. If anybody dirties rivers, roads and everywhere then I will stop them and tell them to throw in the dustbin. I want every citizen of my country to help each other. In my country every citizen should be educated. There should be no discrimination whether someone is poor or rich.

## How to make my country even better

**Himani**

Him Jyoti School, Class 7

I love my country.

We can do the following to make our country better.

- 1) We can donate our blood so that anyone who needs it can get it directly from the blood centre or hospital.
- 2) We all need oxygen so we should grow plants and trees.
- 3) Recycling of plastic as a local recycling centre so that we get new things from waste plastic.
- 4) I would like to help the needy people by opening a free kitchen and home for the poor.
- 5) I would like to keep my community and surroundings clean by making people aware of how important cleanliness is.

## What does freedom really mean to me

**Bhawna**

Him Jyoti School, Class 7

Freedom is very important for everyone. Freedom is very important for me also. Freedom to me means I am able to do what I want and become anything I want to.

When I will grow up I will become a Police Officer.

As a police officer I will help everybody who cannot help themselves. When I will become a Police Officer I will not tolerate anyone weak to be overpowered and I will help them free themselves.

Even as a student I can stop people from cutting trees around us. I will separate dry waste and wet waste into different dustbins. I will stop people from smoking.

I will help poor family members. I can give them the extra food in my house. I can teach small poor children.

It is my dream to make my country better and I will do everything for it.



# Independence day

**Mansi**

Him Jyoti School, Class 7



# Independence day

Ritika

Him Jyoti School, Class 7



## Why I love my country

**Ritika**

Him Jyoti School, Class 7

I love my country because in my country there are many religions and people live together.

I love my country because in India there are many festivals and all are equal.

I love my country because in my country there is democracy which means all are equal and all have rights.

I love my country because there are very famous tourist places, like Agra is famous for Taj Mahal . Mumbai is the commercial capital of India, Delhi is famous for Red Fort, Jantar Mantar and India Gate. Lucknow is famous for Chikankari work.

What can I do for my country ?

For my country, I am studying to become a big officer and will make my country proud, just like Vijay Lakshmi.

For my country, I want to spread this message to others that don't use bikes or cars because it causes pollution and pollution is harmful for humans, plants and animals, basically for the whole environment.

# What can I do to make India even better

## Vaishali

Him Jyoti School, Class 7



## What can I do to make our country even better

### Yogita

Him Jyoti School, Class 7

All the students come,  
And pick up the dust,  
And the garbage,  
And do your best.

When you will give your best,  
Later you can take a rest.

All should go on foot,  
And not use any toot.

You should not use vehicle today,  
And you will breathe clean air tomorrow.

All the students go,  
To stop the woodcutter,  
From cutting the trees.

Save the Trees !  
Save the Trees !  
And you will get,  
Food to eat.

Next come together  
To make India Clean.  
So you get a country  
That is green.

## What can I do to make our country even better

**Yogita**

Him Jyoti School, Class 7



# Independence

## Samriddhi

Him Jyoti School, Class 7

T.T.M. H.W.

Independence

- Write a poem about Independence:

\* Proud of my country India,  
Love my country India,  
There are so many countries,  
And one of them is India,  
Love my country India,  
Beautiful country India,  
Proud of my country India,  
Love my country India.



## How can I appreciate my country for the freedom I enjoy

**Anjali**

Him Jyoti School, Class 7

I can show appreciation to my country for the freedom I enjoy by serving my country. It is my dream to become an army officer and defend my motherland. I will also tell my younger brother when he grows up to join the army, navy or air force.

I can help the people who are physically challenged by listening to them and asking if they need my help. Also tell the government to help them get jobs.

If I become rich, I will help the needy and poor people.

I will teach the children who cannot go to school to speak English.

I will do my best to help everyone in my country.



# Jeet Centre

## Points to ponder

### Chanda

Jeet Centre, B.Com 2nd year

This year, India is celebrating 75th years of freedom from our British Colonizers and a wave of nationalism spreads across our Nation. We get freedom from them and it brings responsibility among us to protect our country and to develop our country.

#### **1) What does freedom really mean to me?**

Freedom for me is, having no boundaries - live, stay, do whatever I want.

- Freedom brings joy, sweetness and fresh air to breathe.
- Freedom is, not following harsh orders from the British colonizers or being treated badly and controlled by others.
- Our India is an Independent Country and has been for the last 75 years - we just stepped onto our 76th Glorious year of Freedom!!!
- We are free to do our work in the way we choose to, able to vote and raise voices against any wrongdoings.

#### **2) How do I show my appreciation to my Nation for the freedom that has been fought by our great noble right doers which now I enjoy?**

By showing my appreciation to my Nation with humble gratitude. I feel proud when I say My Nation. We Indians feel proud and a great amount of love while singing our National Anthem.

I appreciate my Nation in many other ways too:

1. For the education – no bar - at any age
2. The Government, NGOs, and many other faculties who are providing and fulfilling our various needs.
3. India has been developing at such a fast speed - in coming years, we will be a fully grown developed country.

It is a proud moment and the happiest feeling when on 15th August, Soldiers parade, salute the nation, sing songs and show their skills doing various stunts and performances – hoisting Indian tiranga Flag, people setting flags on their vehicles, taking rides in big groups, students, especially younger ones, waving flags and singing the National Anthem in their schools.

All of these bring immense satisfaction to my heart and make me love my country more than ever before.

### 3) How can I give back to my society and community in which I live?

By doing some simple acts of kindness to my neighbors, offering biscuit packets, bread or toffees to the children at the traffic lights begging for food, bringing a smile to their eager faces, providing them education by my humble charity with a small amount, making their parents aware of the importance of education – gathering like-minded people to form a proper plan and appealing to our Government to help/give employment, basic food and shelter to the parents – to enable them to send their children to free schools and not sit idle and indulge in bad habits.

It is also as important to conserve water, electricity, and energy to protect our dear Mother Nature by:

- Not polluting air, water and land
- Not destroying trees
- Not using plastics
- Not littering garbage – gain knowledge of how to separate kitchen waste and throw in the proper dustbins.
- Plant trees - follow waste management.
- Take public transport to reduce pollution caused by the harmful emission of gases from too many vehicles on the road.

### 4) How can I make a difference? By being kinder and more sensitive to those who are different – physically, socially, intellectually and religion wise?

Be more sensitive to people. I should not treat others badly because they are physically/socially different – or because they come from a different background and follow other religions – instead, I should be tolerant and see their viewpoints.



## I have a dream for India

**Soni**

Jeet Centre, Class 9

I want to have a dream, but I am not asleep. I want to add a little bit of my share to make it a better place for me and my younger friends yet to come into this world.

I want to talk to the Education Minister, as if I am talking to my elderly friend, sharing my aspirations - to have a school in my village, a clean garden in my locality for me to plant saplings of mango, jamun, roses and jasmine. I want to have sands to play with and a pond with coloured fish in it.

I will work hard and gift these to my friends yet to come. I want to clean the surroundings of hate, anger, senseless competitions, loud noise, smoke and unnecessary drugs .

I am sure it will come true one day!! My dream will be true one day!! Nature's love and goodwill are there for me and others. I want to sing a song about finding good in everything I see.

I have a dream - come sing with me.

## What can I do to make our India better for the future

**Sonu**

Jeet Centre, Class 9

I can inspire people to keep our surroundings clean, to follow the "Swachh Bharat Abhiyan" initiative run by our Prime Minister, Shri Narendra Modi. I can tell people in our village to use improved seeds for better growth of crops with better quality, so that the food produced has more nutritional value. I can tell my parents and children about traffic rules which, if they follow, will reduce accidents in India.

# Unity in diversity

## Swati

Jeet Centre, Class 9





# Literacy India Saket

## Points to ponder

### Asna

#### Literacy India Saket

#### **1. What does freedom really mean to me?**

Freedom does not only mean that our country has become free from British rule. The real meaning of freedom for me is when people don't discriminate against each other; where all basic needs are equally met for all of us, eg when every child in the country gets an equally good education; when the whole country gets freedom from corruption; when domestic violence ends; when girls can feel safe at night and when people bring freedom in their thinking, eg people should not just talk about equality but also follow it.

#### **2. How can I show my appreciation for the freedom I enjoy?**

I can show my appreciation to my nation for the freedom I enjoy by being a responsible citizen, by exercising my fundamental rights, eg right to vote and I can vote without being biased, right to education etc; by not encouraging bribes; by protecting public property and not causing damage, eg by not messing up the parks, or damaging public property like public transport.

Whatever freedom we are enjoying, we should not harm the freedom of others, by being kind to my fellow citizens, by respecting whatever faith and culture they believe in; by not polluting our environment, eg by not throwing garbage on here and there on the roads and in the rivers, ponds etc; by stopping using plastic; by saving our natural resources, reducing waste, reusing stuff and planting trees.

#### **3. In what ways can I give back to society and the community in which I live?**

I can give back to the society and community in which I live in many ways.

I can give back to being kind to my fellow citizens, by respecting elders, helping old people, by spending some time with them so they do not feel lonely and make them smile, by keeping my society neat and clean. I don't damage public property or let anyone do it. Planting trees will help reduce pollution, using public transport instead of private vehicles.

We shouldn't hurt animals and birds and provide water and food to street dogs and birds.

I teach some kids - I teach them to be a good person. I can teach them not to throw garbage here and there. I can teach them to respect our elders. I can teach them when you grow up, do something for the country.

**4. How can I make a difference? Is it by being kinder and more sensitive to those who are different physically, socially, intellectually and in the faith they follow ?**

I can make a difference by being kinder or more sensitive to those who are different. I can respect them, by helping them with their basic needs. Helping those who are physically weak, eg by giving seats to handicapped or needy in the bus.

Our faith and belief should not hurt other people, eg by not playing loud music since it can hurt other people.

By not giving money to beggars so that they can be encouraged to work. By not suppressing those who are physically, mentally or in any way weaker than us.

**5. What can I do to make our country even better?**

I can serve my country by doing my duty well. As a youth I can encourage my fellow youth to be cooperative and to be generous to others, help or support children in education, by encouraging them, by teaching them moral values, and by encouraging them to do something for their country. By making people aware about organ donation, joining blood donation camps and planting more trees.

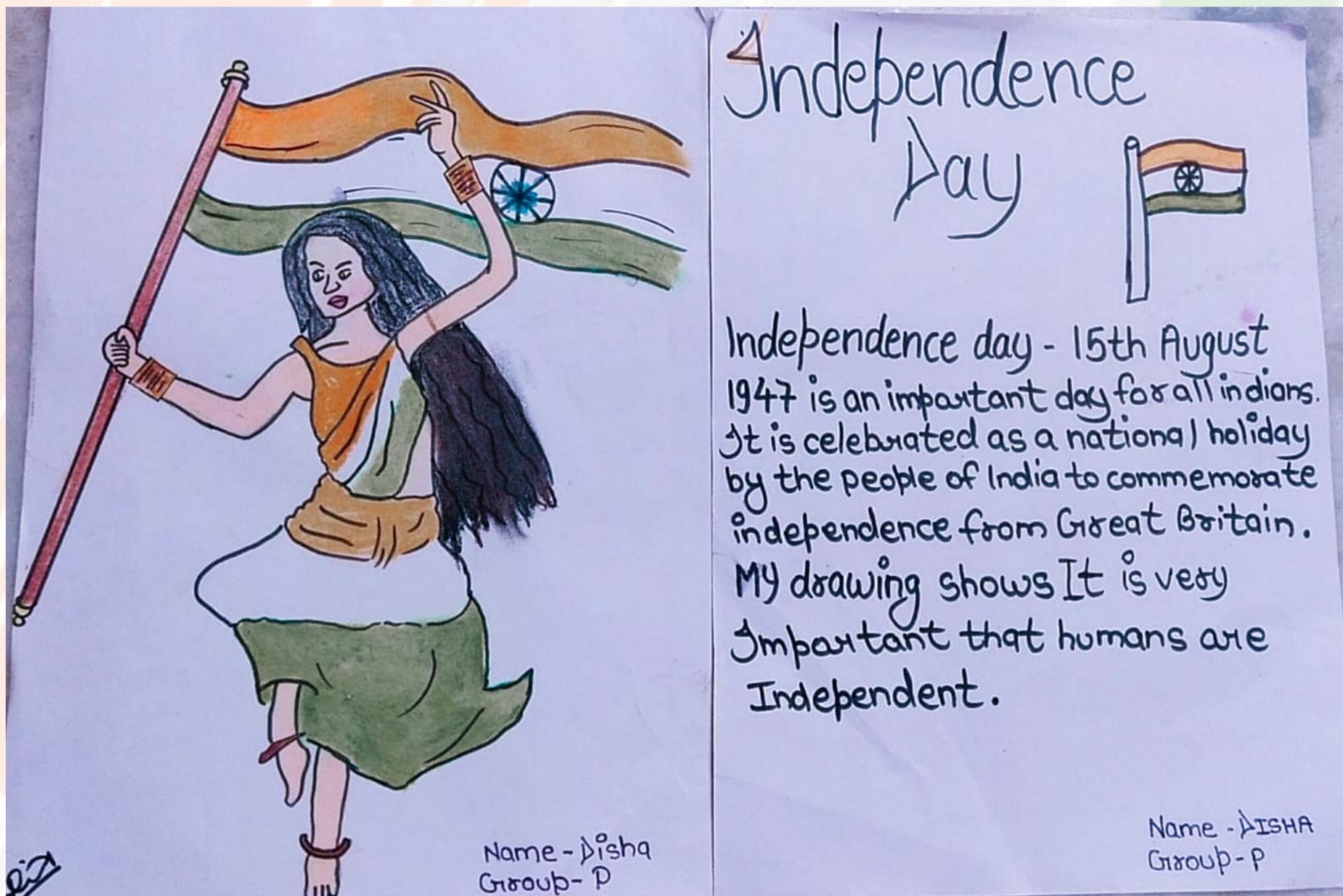
By helping needy people. By making our country neat and clean and making others aware of it.

By not promoting corruption I can make my country better.

## Independence Day

Disha

Literacy India Saket, Class 8



## Saving water

### Eitika

Literacy India Saket, Class 9

I would like to save water and teach others around me how to do this.

It is so simple.

Plug the sink instead of running the water to rinse your razor, which can save up to 300 gallons of water a month!! Turn off the water while washing your hair and save up to 150 gallons a month. Take a bucket bath, instead of using the shower.

Other simple ways to save water:

- Check your toilet for leaks.
- Install water-saving shower heads or flow-restrictors.
- Turn off the water while brushing your teeth and shaving.
- Use a bowl in the sink when washing fruit, vegetables.
- Wait until you have a full load before using your washing machine.
- Repair leaky taps or toilets immediately.
- Wash your vehicles with buckets of water and not with pipes.

Just imagine – if all of us start following these simple rules, how much we all would benefit!!

In our villages or small towns, this is how we live – it's only in the urban areas, with big buildings and apartments, so much water is wasted daily!!!

I intend to teach even the children in my area these simple methods, so that it becomes a habit with everybody. I hope I will be successful and make my India as beautiful as it used to be centuries back when we did not follow the West blindly and come to this stage!!!

My India IS, WAS and WILL BE an ideal country once again, for us to live in and be proud of!!

## Points to ponder

### Nishu

Literacy India Saket, Class 11

#### **What does freedom really mean to me?**

Freedom or Azadi is ubiquitous post-independence. We felt we are all free from the shackles of British rule, but the word freedom for me goes much beyond and deeper when we view it from the lens of its true meaning! For me, the real meaning of freedom is empowerment; it is when I can express anything anywhere without hesitation. I have freedom to speak anything, and I stand for myself. So, our Indian constitution, by outlining our rights and duties empowers us and gives us freedom to be ourselves and do anything and achieve greatness in ways we truly desire!

#### **How can I show my appreciation to my nation for the freedom I enjoy?**

I feel my nation is very beautiful, and my nation gives us immense freedom that we enjoy.

I believe we have gender equality, where women and men and others are treated with fairness and have the same rights as each other.

As a girl myself, I feel there may be biases from some social groups but there are also examples in Olympics and Defense where there is true gender equality and no discrimination. We all have equal rights to follow our dreams and do things we want to – and that is how proud I am of our nation. We can all be good citizens and make our nation proud and that is how we can appreciate our nation.

#### **In what ways can I give back to society and the community in which I live?**

As and after I complete my education well, I wish I would give back to my society and community in which I live. Firstly, being a good person and doing good for people that surround me, at home and at school and my surroundings. Later, being able to chase my dream by becoming a civil servant and serving our nation and society as a civil servant and do lots of work for women improvement, child education and more.

#### **How can I make a difference?**

I want to work for those people who are different from me – physically, socially, intellectually. Firstly, make a difference to those people and instill in them to have faith in themselves. To encourage them and to have a dialogue with them that gets them to think that they are not different from other people and can do anything they wish to. To share the message to trust yourself – that is it.

# **Mensa India Gurgaon & Rishikesh**

## Freedom

**Tanya**

Mensa India Gurgaon, Class 11

To think my thoughts are hers,  
Not one of hers is mine;  
She laughs — while I must sigh;  
She sighs — while I must whine.

She eats — while I must fast;  
She reads — while I am blind;  
She sleeps — while I must wake;  
Free — I no freedom find.

To think the world for me  
Contains but her alone,  
And that her eyes prefer  
Some ribbon, scarf, or stone.

## How can we make our country even better after 75 years

**Nikesh**

Mensa India Gurgaon, Class 11

Trying to make our country better doesn't only mean to change our surroundings, it means to first change ourselves, change our habits, our behaviors - because if we cannot change ourselves, then how can we expect others to change according to us!! As Gandhi Ji once said "You must be the change you want to see in the world."

According to me, knowledge is the key to a good future, not just for one's family but also for our country.

If we gain more knowledge then we also gain the ability to solve more problems.

## What can I do to make my country better

**Jyoti**

Mensa India Gurgaon, Class 10

We are littering the environment by using a lot of things made of plastic. We should avoid using plastic too much and help the Government clean our environment.

I can plant more trees as they give us fruits, wood, and free oxygen.

I can pay my taxes on time so that the Government can use the money to do something - like they can provide electricity without any interruption, give regular water supply, clean drains, and repair water pipes to stop leakage.

I can stand up against crime without any fear.

I can stop taking and giving bribes.

So, there are some things I will do, some things that you will do, and some things, our Government will do and we will see our country change and improve.

## How to make India better - points to ponder

Isha

Mensa India Rishikesh, Class 11

“Be the change you want to see in the world”, said Mahatama Gandhi. India is a beautiful land full of wonders and beautiful landscapes. It is a unique country with diversity and is recognized the world over.

Given a chance I would like to address a few issues to make our country better.

Nelson Mandela once said, “Education is the most powerful weapon we can use to change the world”. Education is a process of learning. It enhances the intellect, brings maturity and teaches us to live in the ever changing world. It gives us the ability to differentiate between good and bad.

By empowering women and equalizing academic opportunities, we educate a nation. We can do this by opening more schools in rural areas so that children of farmers do not have to walk for hours each day to get to school and young girls can study too. I am grateful to our Government to have taken the initiative to educate the girl child.

People in our country are careless in following rules, for example not following traffic rules, littering, encroachment etc. We have policies but implementation is poor. I would like to improve that.

For me, freedom means education for women, so that they can live their dreams and achieve their goals. I am grateful that I have the right to study and make my own decisions. I want to study hard and become a cardiologist. We need to care for, heal and help others to make our society a better place.

I want to give back to society the knowledge that I have gained from my teachers. I want to make people feel loved and trusted by being kind and sensitive to them.

Jai Hind !

# Happy Independence Day

## Vikas

Mensa India Rishikesh, Class 11



## When I Say 'I Love My Nation'

**Ashutosh**

Mensa India Rishikesh, Class 11

When I say I love my nation, I  
Feel nothing but admiration; my  
Heart fills up with passion; I  
Build a better foundation, for I  
Can make it better by compassion.

When I say I love my nation, I  
Feel like I'm in meditation with my  
Divine source and His creation, for I  
Feel a growing sensation that I  
Can make it better by connection.

When I say I love my nation, I  
Feel like a power station; my  
Energy is served in formation for high  
Levels of true education, so that I  
Can finally make a contribution.

# When I Say 'I Love My Nation'

Ashutosh

Mensa India Rishikesh, Class 11





# Nai Disha

## Freedom

### Bhavna

Nai Disha, Class 10



## What can I do to make our country even better

**Anshu**

Nai Disha, Class 9

There are many steps I can take to make our country even better.

I would like to be environmentally friendly. I will make sure all the garbage is thrown in dustbins, and the area outside my house is clean. By doing this, I can set an example to all my neighbours, so that our entire area is clean and hygienic. I will reduce the use of all plastics and ask my classmates and neighbours to recycle their waste. I would like to plant trees and I will make sure that no one cuts trees in my colony. I would also like to conserve water, and not waste water in my house. If all of us do this, we can decrease the effect of pollution.

I would like to discourage cheating and corruption, by being honest and not participating in any corrupt activities.

Blood donation is important in our country, as many people die because they do not get blood at the right time. I would like to donate blood and be an example to my friends and classmates, so that they will do the same.

By taking these small steps we can make a difference to our lives and to our country. We need to work together to make our country better.

## How can I make my country better

### Disha

Nai Disha, Class 9

I can make my country better by cleaning our surroundings and neighbourhood too. We shouldn't throw garbage on the road, streets etc. And this habit can make a big difference in our society. I can bring awareness to society by educating people around me. I can help poor people. Secondly, by being environment friendly. We can plant more trees in surroundings like: gardens, parks, schools etc. We should use less vehicles in our daily life because it harms our nature very badly. Except using cars, motorcycles, vans etc. We use cycles, metro, bus, train, etc. We should go walking - it's good for our health too. We should share our knowledge with others, so it will help them in future. We should help our senior citizens by lifting their bags or crossing the road etc. We should never judge anybody by their skin, colour, body, height, weight and salary because we all are the same, we all live on the same planet. I can also teach small children to help each other and share their stationery and lunch with their friends. We should respect our elders, flag and soldiers too because they save us all day and night without caring for themselves.

This way, I can be a good citizen of my community and also for our country.

# **Purkul Youth Development Society**

## Independence Day

### Mayank

Purkul Youth Development Society, Class 7

Ours is a land of sages  
Known for bravery of ages.

None can with it compete  
Its culture none can beat.

Whatever caste or religion,  
All live here in unison.

With rivers, sweet fountains,  
It's a land of high mountains.

Its green forests are pretty  
And our source of prosperity.

Let's for it work hard  
For its safety be on guard.

## What can we do to make our country a better place

### Ayushi

Purkul Youth Development Society, Class 7

I, Ayushi Sharma, will tell you things we can do to make our country a better place

We have to be sure about the choices we make in our life. What type of things do we use – plastic, paper or something else?

We should always try to teach our children how to behave with girls as well as boys. This is very important. If we only teach a boy how to treat a girl, but not a girl how to treat a boy, it would be discrimination and we don't want to do that.

Make sure that whenever we brush our teeth, we turn off the tap when we don't need it. Also, if the tap is leaking, we must get it repaired so that water is not wasted.

If you have to use plastic be careful where you throw it, or try to re-use it.

Try to avoid doing things that are harmful to the environment. Whenever possible try to use a bicycle and not a car.

If we ever cut a tree, we should plant two trees. This will help us in the future.

We should not use the skin or other parts of endangered animals so that we can help to protect them.

Other ways to help our country is to always be truthful and honest.

These are some things that can help to make our country a better place.

## What can we do to make our country even better

### Rishika

Purkul Youth Development Society, Class 8

We can do many things to make our country even better.

We should not do any type of discrimination such as gender, caste, religion. We should respect our national things and give all people equal respect.

We should know our fundamental rights and duties. Ministers elected by us should not misuse their power. People should not misuse the things given to them by the government.

The dying soldiers at the border should be respected as we are safe because of them.

Playing holi with our family and enjoying ourselves with each other we can come together to support our country for the sake of both our future.

## Independence Day 2022

Ishita

Purkul Youth Development Society, Class 9

On August 2022, India celebrated its 75th Independence Day. The Prime Minister of India hoisted the Tricolour from the Red Fort in Old Delhi.

We celebrate the Independence Day to remember the sacrifices of our brave Indian freedom fighters.

After hoisting, the flag received a salute. The band played the National Anthem. This is followed by an honorary 21-gun salute. After this the Prime Minister delivered a speech in which he talked about the development and achievements of the past years. The parade by the Indian Army and the Paramilitary forces was followed by the speech.

Independence Day is observed with great honour at all the government and private institutions, schools and colleges. Students take part in parades and sing patriotic songs. Some historical buildings are specially decorated with lights. Special programs like planting trees are taken up on this day. Another interesting feature of the celebration is the kite flying event that is held all over the country. Kites of various colours, shapes and sizes are flown with great zeal.

Some television channels and radio programs are charged with patriotism.

This time the auspicious day is being celebrated as “75 Azaadi ka Amrit Mahotsav 2011”. Through this “75 Azaadi ka Amrit Mahotsav 2011” India will commemorate its past, this Independence Day and will also lay the future plans for the country.

# **Saraswati Secondary School**

## What can I do to make our country even better

### Rakhi

Saraswati Secondary School, Class 9

India is a country full of peace, colours, cultures, languages, people, animals, plants, and also holy places, rivers, temples etc. This makes us proud to be an Indian. But I want to see India as the top nation on the planet in terms of development and education. Every citizen of India must get basic education and facilities to live and develop.

For me, freedom is not just saying and doing whatever you want. Freedom is when you become comfortable with the pause and silence of all the voices. Freedom is not just that you are free to do everything with others. We can show our appreciation to be an active citizen, focus on current events, focus on what is going on in the world and how our country is involved in it as well. We can also study the history of our country and what are some of the things people have done for our country. We should give respect to the families who lost their father, brother, son and daughter. We should be thankful to leaders like Mahatma Gandhi, Rabindranath Tagore and Dr Ambedkar that they fought so much to get our country free. We can give back to society and community by planting trees, helping others when they need, being a good human being and behaving nicely. We need to be kind to others who are disabled and are different from us. Our schools, educational institutions and offices should have special facilities such as ramps and special washrooms for disabled people. To do all this, we have to be a good citizen first.

Now I am going to end my prose with a few lines.

The future will belong to  
Those who have passion  
And are willing to  
Make our country better

## How to contribute to the development of our country

**Palak**

Saraswati Secondary School, Class 9

### **1) Stop littering around:**

Yes, we should learn from the Swachchha Bharat campaign.

### **2) Be environment-friendly:**

Plant a tree, use eco-friendly material in your daily life, use public transport, get your vehicle checked for pollution control.

### **3) Help support a child's education:**

If you are in a comfortable financial position in your life and career, you could take out a nominal amount to help a poor kid's education. It would help the country's future in a big way.

### **4) Be better neighbours:**

Being good neighbours to each other gives us a sense of community.

### **5) Donate blood:**

The problem could be solved if 1-2% more of the population would donate blood.

### **6) Go out and vote:**

Voting has a direct impact in making our country better.

### **7) Help those in need:**

Helping someone in need simply means you are kind enough to care about other people.

### **8) Control rapidly increasing population:**

India is the second most populous country after China. It is the highest hindrance to the progress of our country.

## How to contribute to the development of our country

### Nagma

Saraswati Secondary School, Class 9

#### 1) Stop littering around:

Yes, we should learn from the Swachchha Bharat campaign.

#### 2) Be environment-friendly:

Plant a tree, use eco-friendly material in your daily life, use public transport, get your vehicle checked for pollution control.

#### 3) Help support a child's education:

If you are in a comfortable financial position in your life and career, you could take out a nominal amount to help a poor kid's education. It would help the country's future in a big way.

#### 4) Be better neighbours:

Being good neighbours to each other gives us a sense of community.

#### 5) Donate blood:

The problem could be solved if 1-2% more of the population would donate blood.

#### 6) Go out and vote:

Voting has a direct impact in making our country better.

#### 7) Help those in need:

Helping someone in need simply means you are kind enough to care about other people.

#### 8) Control rapidly increasing population:

India is the second most populous country after China. It is the highest hindrance to the progress of our country.

## What can I do to make our country even better

### Aanchal

Saraswati Secondary School, Class 7

There are many ways we can contribute to the development of our country. For example, we must take part in cleanliness campaigns. We should clean our local areas to stop various germs and diseases from spreading. We should prevent dirty water from collecting. We should also conserve rain water.

We should provide food, medical and educational services for those who cannot afford them. We should also plant trees. Planting trees reduces pollution and prevents global warming. We should use public transport to reduce pollution and cost of fuel. We should not throw things on the road. We should teach poor children who are not able to go to school.

These are the ways in which I can make our country better.

## Independence Day speech

### Abhilasha

Saraswati Secondary School, Class 9

As Indian citizens, we should not consider this day for distributing sweets.

The independence Day of India should not be taken for granted as people often forget the true meaning behind the celebration.

India's economic, social and political developments are showcased on a global basis when people come to know about the Independence Day.

The hoisting of the flag in every house is popular on the day of independence.

## A sense of freedom

### Aarti

Saraswati Secondary School, Class 9



**Save biodiversity save yourself**

**Amrita**

Saraswati Secondary School, Class 7



## What can I do to make my country better

**Anita**

Saraswati Secondary School, Class 7

India's population is 17.5% of the world's population. But India has only 2.42% of the world's land, due to which the population has been increased on the land of India. We should take measures to reduce this population. Instead of having children, we should be adopting more.

With small steps we can make our country better. For example, if the fan or light is on in a room, then turn it off. If any tap is open then close it. Plant more trees and protect them. Throw the garbage in the dustbin. Use less plastic. We need to make everyone aware of all these things.

Nowadays there is a lot of separation between the rich and the poor. The poor have no money because of which they steal and it is not a permanent solution. If the government solves it then surely our country will become even better.

**Save water before it is too late**

**Anita**

Saraswati Secondary School, Class 7



## Freedom

Ankit

Saraswati Secondary School, Class 9



# Independence Day

Deepak

Saraswati Secondary School, Class 9



## Contentment

### Rashi

Saraswati Secondary School, Class 9



## Independence Day

### Sangeeta

Saraswati Secondary School, Class 9

On Independence Day,  
We remember the years past,  
We honour this day,  
By saluting our flag.

We are a country known for bravery;  
None can compete with us.

Our culture is unique,  
And people of all castes and religions  
Live here in unison.

With rivers and high mountains,  
Our green forests are our wealth.

Let's work hard for our country,  
And celebrate our independence with joy.  
Happy Independence Day!!!



# Udyam

## Champa

Udyam, Graduate

One More Year Of Freedom,  
One More Year Of Hope,  
And One More Year Of Happiness,

Behind All This Freedom, Hope, And  
Happiness, The People, Who  
Sacrificed Their Lives  
To Build This Free Nation.

On This 75th Of Independence Day Let's Salute Those  
People Who Were Martyred For The Freedom Of Our  
Country,  
Let's Salute Those Soldiers Who Are Always Ready To  
Protect Us, And Proudly Say We're Indian.

Written by Ms. Champa Rawat



**HAPPY 75TH INDEPENDENCE DAY**

# **Vidya Roshan Charitable Trust**

## What does freedom mean

### Alpana

Vidya Roshan Charitable Trust

“SLEEPING IS THE ONLY TIME TO FEEL REAL FREEDOM AS THERE’S NO RULE IN DREAMING.”

Is it the freedom to choose what girls want to do in life? Is it the freedom to be able to walk in the streets without being catcalled or harassed? Is it the freedom to choose their own partner or not get married at all? Is it the freedom to speak up, loud and clear, and not be afraid of naysayers telling them that women should be “docile and gentle”? For freedom does not mean celebrating independence achieved from the Britishers. It means so much more for a country and its women, as we move forward. Why are men considered superior to women? It’s all in our brains. We have been taught that women are not capable of doing things, men are able to.

Being a girl, for me, freedom means to be at peace with myself and not feel guilty or shameful of certain things just because they do not fit into societal norms, This includes freedom to study, freedom to choose a career option later in life and change into another when needed, freedom to live freely on my own terms after I turn 18, and freedom to learn new thought, more important.

In 75 years of independence, India has several achievements to its credit. It has built a modern economy (second fastest growing economy), remained a democracy, lifted millions out of poverty, has become a space and nuclear power and developed a robust foreign policy.

As a responsible person, select using your vote power. Earn fame in your life of activity and get recognized to yourself as well as your country.

Don’t encourage anti nationals and corrupt people. To make our country proud it is not necessary for us to join the army or win a gold medal in the Olympics.

## What can I do to make my country better

### Tannu

Vidya Roshan Charitable Trust

I should take care of the environment like I must clean my house and street. I must also clean my surrounding areas and throw the garbage daily in the garbage van because if we throw garbage on the street it will spread diseases like dengue, malaria, fever etc.

To make my country better, I want a good education. After my education I can get a good job that will make my life better. I will be able to fulfill my and my family's needs. More importantly, I will be an educated citizen for my country. Then I can also help my tuition students to get a better education because students are the future of the country. If I am educated and more of my students are educated then it can change the thinking in the country. We can help to change the old thinking of the older generation so that's why I think education is the most important way to make my country better. If people are educated then they will get employment and it will be good for the country's economy. We will also get better technology if people are educated.

My biggest contribution to my country will be to teach my students better. If they are all educated they will have a good future and my country's future will also be bright.

# Vidya School

## A Special Day

### Racheet

Vidya School, Class 8

15th August is a very special day. On this day, in 1947, India got freedom from the British who had ruled us for more than 200 years. This day reminds us of our freedom fighters' sacrifices. They gave us the right to think, speak and act with freedom. Our National Flag is a symbol of our freedom. We celebrate Independence Day with pride and joy in school, offices and parks. We forget our cultural differences. We should try and always forget our differences, so that we remain united and become the nation that our freedom fighters fought for.

## What Change I can bring

### Ragini

Vidya School, Class 8

All of us are a part of our country, so let us all work to improve and make our country better and better. Our freedom fighters fought against the British and made India free in 1947. Like them, we should start with ourselves to together improve our country.

Do meditation, look after yourself and see the treasure of blessings. Then look after your parents, friends, society and community. I can work together with our society and tell them that all people are the same and all religions are equal. Education is very important for everybody. I can help the poor children who have no money, and tell them about the advantages of learning. This education can also help our future generations. Education means a form of learning, in which knowledge, skills and habits are transferred from one generation to another generation.

As a member of society we all have responsibility to help others and improve the state of the community and world that we live in.

These days, pollution and deforestation have affected our earth. We should encourage people to grow more trees and plants.

This is a way we can make our country better.

## Gandhiji's Strong Weapon of non-violence

Shreya

Vidya School, Class 8

“ Non- violence is the summit of bravery” said Gandhiji.

On 15th August, 1947, our country gained independence. It is the day when India got its freedom after more than 200 years of British rule. It was a hard and long struggle in which many freedom fighters and great men sacrificed their lives for our beloved motherland. Some of the great freedom fighters involved in the freedom struggle were Bhagat Singh, Rani Lakshmi Bai, Kunwar Singh and many more . Today we will talk about Mahatma Gandhi, Father of the Nation.

Gandhiji was born in Porbandar, a town in Gujarat in western India on 2nd October 1869. His full name was Mohandas Karamchand Gandhi. He was born in a middle class Hindu family.

He received his early education in India. Then he went to London where he qualified as a barrister at law.

Mahatma Gandhi, often considered the founder of the modern nonviolence movement, spread the concept of ahimsa through his movements and writings, which then inspired other nonviolent people. Like Buddha and Jesus Christ, he also believed in the victory of nonviolence.

He declared war on all the forces of unrighteousness, untruth, and injustice.

Gandhiji demonstrated acts of truth and nonviolence in South Africa and put into practice his movement of 'Satyagrah' in both South Africa and in India. He firmly believed that freedom can be achieved in a peaceful manner.

Gandhiji was an angelic being and source of inspiration for many people worldwide. His spirit of non violence, peace and love is immortal.

## What I can do to make this country even better

**Tara**

Vidya School, Class 9

India got its independence in 1947. There has been huge development in every field since that time. Almost everyone is getting an education for their bright future. But, in some areas there are still some young children who are suffering because of the lack of education.

India is a democratic country and this has enhanced the dignity of each and every citizen of India.

I would like to make some changes in the lives of those who do not have sufficient resources for their livelihood. I would like to contribute to the education of poor children who cannot afford to go to school for gaining knowledge, by opening free education institutions for them. Youth are the building blocks of a country and I would try my best to prove them as an asset for this country rather than being a liability. I would like to make some contribution in the field of employment so that everyone can be employed. I want to make my country neat and clean so that there will be no spread of diseases. Free healthcare, good quality free education, employment opportunities are some of the basic rights of each individual.

Now in the field of technology, India has made great advancements and I would also like to develop some more technologies for the development of my country. India is a developing country but by taking small steps we all can make it a developed country. India is a country in which everyone has equal rights to voice their opinions in front of the government. So I would like to say to everyone that try to involve yourselves in the development of our country. India's development means our development.

Jai Hind.

# 75th Independence Day

Ved

Vidya School, Class 8





# **Non-institutional**

## What can I do to make our country even better

**Amreen**

Non-institutional

Indian Independence Day is a hugely significant national holiday. India got independence in 1947 from British rule. This year on 15th August 2022, we celebrated our 75th Independence Day. India is a secular country. I am an Indian first then I belong to any caste or religion. We must all have respect for our national flag, our national anthem and be proud of our country. Mahatma Gandhi got us independence through non-violence and satyagraha. Many important people lost their lives in getting India independence.

What does independence really mean?

It means that we are free of foreign rule. We can live with dignity, honour and can hold our heads high.

As citizens of independent India, the constitution gives us many rights. Along with rights comes responsibilities. Rights and responsibilities are the two sides of the same coin.

The most important right is the right to vote to select our government. We should not select our leader on the basis of his caste or creed. We should select somebody who can lead the country to progress.

We have a right to education. So, it is our duty to study well and teach and help the poor students in their education. We can also donate our books to poor children.

We have the right to good health. Government provides the poor people free or sometimes subsidies medical treatment. Then we must also take medical responsibility. A healthy person can donate blood. We should pledge our body organs for donation and help to save the lives of other people.

As we have the right to safety and security then we must show respect to our army, navy and air force. Young people can enroll in these forces and help to secure the nation.

Government has provided us with many public places like parks, hospitals etc. We are responsible to protect these places. We should not destroy public property.

We have the right to justice. Government provides a free lawyer if needed. To have this advantage, it's our responsibility to be a law abiding citizen.

We have freedom of speech. We should never give hate speeches or incite communal violence.

Then comes our responsibility towards the environment. As a responsible citizen, we should save water and electricity. There should be no theft of electricity. Instead we must pay all the bills on time. People can use solar panels if possible. We must segregate our wet and dry waste to keep the environment clean.

If we are free to enjoy and celebrate our lives, we must ensure that we should not disturb others.

Our teachers have always taught us to give more. 'The more you give, the more you receive.' Therefore, we must help by distributing food to poor people who are starving and can donate clothes to the needy people and take the blessings in return.

As Indians, we need to learn that nationalism means solidarity towards our own country. Whatever religion we come from, we are the citizens of the same country. We all must live our lives peacefully with each other.

**JAI HIND**

## United India

### Anjali

Non-institutional

India is a multi-lingual, multi-ethnic, multi-cultural and multi-religious country: "We all people belong from various religions, casts or ethnic groups. But we all are commonly known as Indians. The religious conflicts that had taken place in our country such as separation of India and Pakistan, Ayodhya dispute has resulted to a great loss. And if more such issues would prevail, there might be more destruction. So let us celebrate this 75th Independence Day as a United India in a huge diversity. Let us all be together and make our unique and beautiful identity as INDIANS...



## Acknowledgements

*We extend our heartfelt thanks to*

*All the TTM! Mentees for their contribution*

*All Group Heads and Mentors for their guidance*

*Bridget Ganguly & Rajat Ray for producing the book*

*&*

*Sumir Ganguly for an inspired cover design*