



AMANORA
SCHOOL



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September 2024

Grades I to V

From the Director's Desk

Dreams Vs Reality

There comes a point when a dream becomes a reality and reality becomes a dream..

Dreams and reality often exist in a delicate balance, shaping the way we view our lives and our goals. Dreams represent our aspirations; the idealized visions of the future we hope to achieve. They inspire us to reach beyond our current circumstances, encouraging personal growth and ambition. However, while dreams can motivate, they often stand in contrast to the realities we face every day.

Reality, on the other hand, is grounded in the present—what is tangible and achievable in the moment. It includes limitations like time, resources, and obstacles. While dreams fuel our desire for something more, reality challenges us to work within boundaries, sometimes forcing us to adjust or modify our goals.

This contrast between dreams and reality is a common struggle for many people. Dreams represent our deepest hopes and desires, often shaped by imagination and ambition. They allow us to escape the routine of everyday life, offering a glimpse of a future we wish to achieve. However, reality is shaped by the constraints of our environment, resources, and abilities.

The tension between dreams and reality is natural. Many great accomplishments are born from this dynamic. For example, successful individuals often manage to bridge the gap by turning their dreams into actionable plans, working step by step toward their aspirations. As Walt Disney famously said, "All our dreams can come true if we have the courage to pursue them."

However, dreams alone aren't enough. It's essential to ground them in reality by setting realistic, achievable steps. At the same time, reality shouldn't stifle our dreams, but instead serve as a guide to bring them to life. Ultimately, dreams and reality work together. Dreams provide the vision, and reality offers the means to make those dreams a possibility.

Dreams that visit in sleep are mere images, fleeting like a mirage. But the dreams you dare to chase with eyes wide open—those are the ones that shape reality. So, let's keep those eyes wide open, heart engaged, and dreams alive. Who knows what incredible realities will be created!

- Ms. Meera Nair,
Director-Principal



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Quote of the month

"Dreams are the whispers of your soul, showing you what is possible. Reality is the canvas where you must paint them, stroke by stroke, with effort and persistence. The magic happens when you can bridge the two, turning visions into a life well-lived."



Article from Coordinator



I close my eyes and often find myself reflecting on the days when I was constantly dreaming. Now, many of those dreams have become a part of my life. Yet, the irony remains—I'm dreaming again, striving for something more. It feels like a chakravyuh, an endless cycle. If we truly desire something in life, there are no shortcuts. No instant recipe can turn our dreams into reality. The only companions on this journey are hard work, honesty, compassion, generosity and humanity.

Today's generation needs to understand that if they truly wish to see their dreams come to life, they must live and breathe them. Dreams require dedication, patience, and persistence. Without them, life becomes like barren land—devoid of hope, purpose, and motivation. Dreams give us something to aim for, a reason to embrace this beautiful journey.

However, we must also remind ourselves, in the race to chase our dreams, to pause and reflect. Are we neglecting those who love and care for us? If so, we need to reimagine a future where everyone is together. Because once we reach our dreams, the joy of success will be hollow if we have no one to share it with.

So, dream—dream big—but always question the path you choose to turn those dreams into reality.

As Eleanor Roosevelt wisely said, *"The future belongs to those who believe in the beauty of their dreams."*

**- Ms. Pallavi Shukla,
Academic Coordinator, Grades III to V**

Activities @ School



Assemblies (Grades I-IV)

Protecting Our Planet: The Importance of Wildlife Conservation

Our responsibility is not to own planet Earth, but to belong to it and share it with our wildlife." This guiding principle was at the heart of the grade II 'A' students' Wildlife Conservation class assembly, which aimed to heighten awareness about the importance of wildlife preservation and the challenges faced by various species.

Wildlife conservation involves protecting wildlife from over-exploitation and poaching while also educating people about the significance of preserving our natural world. The assembly served as a powerful educational tool, inspiring students to appreciate and safeguard the environment. Through engaging presentations and a lively dance performance, the students not only learned about the critical need for wildlife conservation but also felt motivated to take positive action.

The assembly effectively encouraged students to reflect on the impact of human activities on wildlife and consider solutions to address these issues.

Embracing Truth: The Importance of Honesty

In a class assembly focused on honesty, grade III students delivered a lively and engaging performance. The event began with the Word of the Day, Thought for the Day, and the News. The students thoughtfully explained that honesty means being truthful and transparent in both words and actions.

Students gave impactful speeches on the significance of honesty in our lives and performed a rhythmic dance that captivated the audience. The assembly emphasized that honesty is not just about following rules but also about building trust and showing respect for others. The teacher



Activities @ School



reinforced this message in her talk, underlining the importance of honesty in everyday interactions.

The assembly provided a meaningful opportunity for the students to reflect on the value of honesty and its role in shaping strong, respectful relationships.

Celebrating Teachers: A Heartfelt Tribute by Grade III

Grade III students participated in a thoughtful and engaging assembly on Teachers' Day, beginning with morning prayers that set a reflective tone. The assembly included the latest news updates, making it both informative and meaningful.

The highlight of the event was a heartfelt skit celebrating the multifaceted role of teachers. The students beautifully demonstrated that teachers do much more than just impart academic knowledge—they nurture values, build confidence, and inspire their students to dream big. Their confident and joyful performances truly expressed deep gratitude for the dedication and hard work of their teachers.

The assembly concluded with the class teacher's remarks, emphasizing the vital role education plays in shaping the future, reinforcing the importance of the day's theme.

Literacy Matters: World Literacy Day

Grade III 'E' & 'F' students took part in an inspiring assembly on World Literacy Day. The skit highlighted the importance of literacy, illustrating how reading is a new adventure waiting to be discovered. The students conveyed that reading helps us learn, imagine, and grow.

Their confident and joyful performances effectively communicated the skit's message. After the skit, the teacher emphasized the ongoing challenges many individuals face regarding access to literacy. The teacher encouraged students



Assemblies at a Glance



to promote literacy for all by donating books and educational resources, reinforcing the day's theme and reminding everyone that each contribution can make a difference. It was an inspiring day that underscored the importance of literacy and encouraged students to take action.

The Spirit of Sportsmanship: National Sports Day

Grade V 'I' students hosted a vibrant and memorable assembly in celebration of Sports Day on 4th September 2024. The event began with an inspiring speech emphasizing the importance of sports in fostering teamwork, discipline, and resilience. The students highlighted how participation in sports contributes to both physical and mental well-being.

Following the speech, a group of students performed an energetic dance routine that celebrated physical strength and coordination as well as reflecting the values learned through sports. The assembly's highlight was a skit set in a sports academy, where young athletes trained hard, faced challenges, and embraced the spirit of persistence and teamwork. The skit, filled with humour and drama, delivered powerful messages about dedication and the pursuit of excellence.

The event concluded with the class teacher encouraging students to carry the lessons of teamwork, perseverance, and fair play into their everyday lives. The assembly was a true celebration of sportsmanship and inspiration.

Embrace Harmony and Unity: International Peace Day

Grade V 'F' conducted a meaningful assembly on International Peace Day, focusing on the importance of handling conflict peacefully. The assembly began with a prayer by the choir group, setting a reflective tone. A quiz program raised awareness about peace and conflict resolution, promoting teamwork and discussion among peers.



Assemblies at a Glance



Students also sang a song dedicated to peace, inspiring everyone to embrace unity and understanding. The power of music was evident as it fostered a sense of emotional connection and harmony.

Observed annually on 21st September, Peace Day reminds us of the importance of kindness, cooperation, and mutual respect. The assembly created a positive atmosphere where every individual felt valued, reinforcing the idea that together, we can make our school and community a better place.

Lasting Legacies: Social Reformers of Maharashtra

“Be the change you want to see in the world”

On 30th September 2024, Grade V 'A' students presented an insightful assembly on the Social Reformers of Maharashtra. Dressed as notable reformers, they highlighted the contributions of figures such as Lokhitwadi, Jagannath Shankar Sheth, Savarkar, Shahu Maharaj, Dr. Babasaheb Ambedkar, Sindhutai Sapkal, Dr. Abhay and Dr. Rani Bang, Baba Amte, and Dr. Prakash and Dr. Mandakini Amte. Each portrayal emphasized the reformers' roles in promoting social justice, healthcare, and education.

The assembly successfully raised awareness about the reformers' lasting legacies and their impact on Maharashtra's society. It inspired the audience to appreciate the historical and contemporary contributions of these great figures. The event concluded with an energetic dance performance to the song Jai Jai Maharashtra Maza, adding a patriotic and vibrant finish to the assembly.

Celebrating Hindi Diwas: Our National Language

Hindi is a language rich in history and culture, but its usage is gradually declining. While this decline may not seem



Assemblies at a Glance



alarming, it is concerning, which is why we celebrate Hindi Diwas—a day to cherish and pay tribute to the Hindi language.

The students of grades I to V presented assemblies to mark this occasion. The assemblies featured meaningful poems that highlighted the importance of Hindi as a language of communication for many. To further emphasize the significance of Hindi, the students performed skits showcasing the rich culture and heritage of our country.

The assemblies concluded with vibrant displays of music and dance, beautifully symbolising unity in diversity. Their captivating performances made Hindi Diwas a memorable occasion, reminding everyone of the cultural significance and the need to preserve and promote the Hindi language.

CCA Activities (Grades I to V)

Hindi Poem Recitation Competition

"Language is the medium through which we can convey the feelings of our hearts to the world." Embracing this thought, the grade I and II students had a golden opportunity to participate in a Hindi Recitation Competition. Through this event, the children not only honed their skills of expression but also connected deeply with the beauty and emotional depth of the Hindi language.

Each poem recited highlighted the power of words and the joy of speaking, allowing students to share their emotions confidently on stage. The competition encouraged linguistic development while also enhancing their public speaking skills. As they recited the poems, the children experienced the richness of the language and learned how to express their thoughts effectively in Hindi. This experience not only boosted their language abilities but also nurtured their personal growth, making them more confident and articulate.



Class Activities



Inter-House Word Masters Quiz Competition

At Amanora School, we witnessed incredible moments during the 'Inter-house Word Masters Quiz Competition,' where students from grades III, IV, and V put their vocabulary skills to the test! Participants were encouraged to study ahead of time, mastering the meanings, spellings, and grammar of various words. House teams competed fiercely for the coveted "Word Masters" title, showcasing their quick thinking and command on language.

The event was a thrilling and challenging experience for both the participants and the audience, leaving everyone in awe of the students' impressive word prowess. This competition proved that learning could be both fun and educational. The enthusiasm and dedication displayed by our students were truly inspiring.



Mastering Articles: A Fun and Interactive Mushroom Activity

A fun and interactive activity was organized to help students master the correct use of the articles "a" and "an," which are essential for clear and fluent speech. In this creative exercise, students were asked to draw two mushrooms in their drawing books, labeling one with "a" and the other with "an."

The teacher then wrote various words on the board, and students sorted them, placing words that go with "a" in the "a" mushroom and those that go with "an" in the "an" mushroom. Once the sorting was complete, the students got to color their mushrooms, adding a playful touch to the learning experience. This activity not only reinforced language skills but also promoted creativity and engagement.



Class Activities



Exploring Nature - A Learning Adventure

The grade I and II students embarked on a nature walk around the school campus, offering them a unique chance to focus their attention and explore the world around them. This outdoor experience allowed them to observe the changing seasons and the beauty of plants, sparking their curiosity and sense of wonder.

Each nature walk provided something new to discover, even along familiar paths, making it both refreshing and engaging. What made this activity particularly special was how it effortlessly combined learning with fun. Without even realizing it, the students practiced math by counting leaves, explored science by observing natural elements, and improved their language skills by describing their surroundings.

This seamless blend of subjects turned the walk into an enjoyable and educational experience. It also encouraged mindfulness, helping the children to pay attention to the details around them while staying present in the moment.

Club Activities

Food Club: Crafting Peanut Laddus

The Food and Nutrition club students of grades III and IV decided to embark on a delicious adventure: Making peanut laddus.

Through this activity, students learned the importance of measurement and sequencing in cooking. Students understood that following a recipe requires attention to detail and patience. The students enjoyed their self-made treat together, savouring the crunchy peanuts and the rich,



Class Activities



sweet flavour of jaggery. Students also got creative with shaping their laddus into different designs, making the activity enjoyable and interactive. This hands-on experience not only taught the students a new recipe but also promoted teamwork, creativity and healthy eating habits.



Planet Pal Club: Every Day is Earth Day

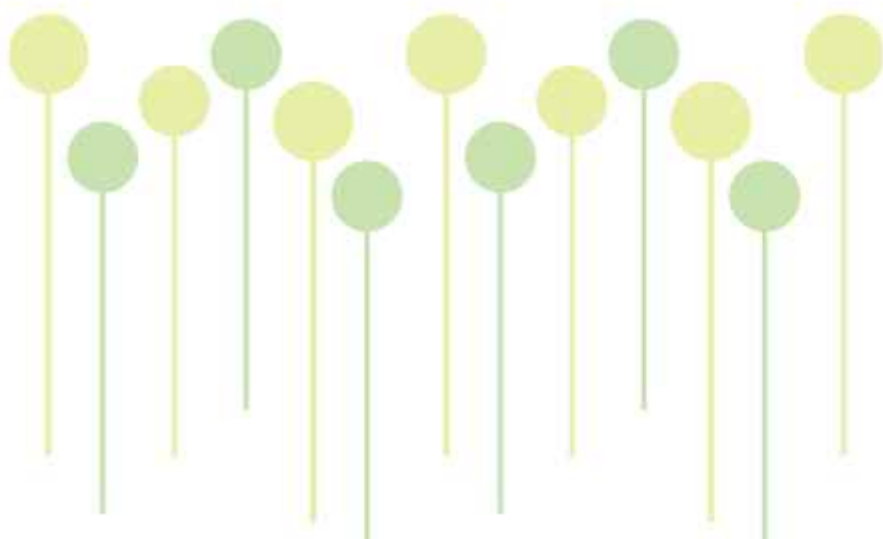
Students from the Planet Pal Club in grades III and IV participated in an activity titled "Every Day is Earth Day," aimed at promoting environmental awareness. The session began with a PowerPoint presentation and a video on conservation efforts, highlighting the importance of preserving natural resources.



After the presentations, students enthusiastically expressed their understanding through drawing and poster-making. Their artwork focused on environmental issues like pollution, water conservation, and energy saving. They also wrote catchy slogans to go with their artwork.



Overall, it was an engaging activity, which blended educational presentations with hands-on artistic expression to emphasize the importance of safeguarding our planet for future generations.



Social Studies Activities



Our Government in Action: A Fun Learning Experience

The students of grade III actively participated in a Social Studies activity on the topic Our Government. Through an engaging role play, they brought the concept of government to life, portraying different roles and responsibilities within the various levels of government. This interactive approach made it easier for the young learners to grasp complex ideas in a fun and simplified manner. The students showcased their understanding of how government functions at the local, state, and national levels, making connections to real-life scenarios.

The hands-on experience helped the students build a foundational knowledge of the structure and responsibilities of the government of India. This activity not only fostered a deeper understanding but also encouraged teamwork, creativity, and communication among the students. The role-play proved to be an effective educational tool, preparing the students for more advanced discussions about the Indian government in the future.

Model Making Activity: Deserts and Islands

"In every work of art, the artist reveals a piece of their soul."

Grade IV students participated in a desert and island model-making activity. This hands-on individual activity was both fun and highly educational. Each student crafted detailed models showcasing the unique features of desert and island landscapes. The primary objective of the activity was to deepen students' knowledge of the distinctive features and ecosystems of deserts and islands. Students used various materials to create their models, including cardboard, cutouts of trees and plants, sand, small rocks, and twigs to add realism to the models. Further, they also used paints and markers to add colour and detail to the landscapes.



Class Activities



Each model displayed a range of features representing the chosen ecosystem: rolling dunes, cacti, desert animals, tropical flora, and marine life. After completing their models, each student presented their work to the class. They described the unique aspects of their ecosystems, explaining the significance of various features. By blending fun with education, students engaged deeply with essential concepts in geography and ecology, fostering a lasting interest in the natural world.

Yardstick Activities

Food Chain

Grade III students participated in an engaging yardstick activity where they learned about different food habits of animals and their food chain. In this activity pictures of different plants and animals were given to students and they were asked to connect these pictures based on who eats whom, for example; grass-rabbit-snake-hawk. A series of sequences of links showing how nutrients and energy pass from one organism to another were identified.

The flow of nutrients and energy from one organism to another at different trophic levels forms a food chain. This experiment helped them understand different food habits of animals and how they are dependent on each other for food. They also learnt the difference between a prey and predator and their ability to survive in nature.

Types of Forces

"Learning by doing makes ideas real"

In this fun yardstick activity, grade IV students jumped into the exciting world of forces using hands-on tools. With



Class Activities



syringes and tubes, they explored push and pull forces and watched how pressure changes moved objects. Magnets made it even more interesting, as floating paper pins showed how magnetic and gravitational forces work together. The excitement grew when the students made parachutes to learn about gravity, eagerly watching their creations float to the ground.

This hands-on experience helped them understand forces better while encouraging teamwork, critical thinking, and a love for science. From pushing and pulling to exploring gravity and magnetism, the students enjoyed discovering how different forces affect movement. They measured, observed, and shared their findings, connecting what they learned in class to real life.

Skeletal System Model

To make learning interesting, joyful and enriching. Grade V students participated in an exciting and interactive Yardstick activity—creating a model of the skeletal system. The students constructed a skeletal model that included different types of joints. The objective was to design the model, observe the position of bones and joints and understand how they work together. Students explored the movement of different bones, learned about cartilage and ligaments and discovered how the skeletal system provides shape to the body while protecting vital internal organs. Students thoroughly enjoyed the hands-on experience.

Hindi Activity: Envelope Making

The art of letter writing is not just about putting pen to paper, it's about connecting hearts through words."

In this spirit, grade IV students embarked on a delightful and creative journey with an envelope-making activity. Each student crafted colourful envelopes from paper, showcasing both their artistic flair and their understanding of the letter-writing process. This project was not merely a



Class Activities



craft exercise but a meaningful extension of their recent Hindi chapter.

In this chapter, students explored informal letter writing through the exchange of letters between two friends. This story highlighted the importance of letters in personal communication. By creating their own envelopes, the students gained a deeper understanding of how these essential holders of messages play a crucial role in delivering heartfelt notes, thus bringing their Hindi lesson to life in a fun and practical way.

Creating Symmetrical Patterns by Thread Painting

Grade V students engaged in a thread painting activity to reinforce the concept of symmetry in Math. They dipped a thread in a color of their choice and placed it on paper in a specific pattern. The paper was then folded and gently pressed. As the thread was slowly removed, students unfolded the paper to reveal beautiful symmetrical designs.

This fun and creative activity resulted in numerous pieces that students can frame and display in their rooms. Thread painting is a wonderful blend of art and math, and the results were both engaging and visually stunning.

CBSE Swachhata Pakhwada

"A clean place is a happy space."

As part of the campaign for Swachh Bharat - CBSE directed Swachhata Pakhwada, Amanora School conducted a series of activities for its students to encourage the spirit of cleanliness and hygiene.

Students enthusiastically participated in activities such as Swachhata pledge, poster making, various competitions



Class Activities



and quizzes, demonstrating creativity and a commitment to making their surroundings cleaner.

Key Highlights:

- **Swachhata Pledge:** Students across grades took a pledge to uphold cleanliness and hygiene in their daily lives.
- **Creative Competitions:** Poster-making and slogan-writing competitions allowed students to express their views on cleanliness, showcasing both creativity and awareness.
- **Quizzes and Debates:** Interactive quizzes and debates across grades helped deepen students' understanding of sanitation practices and environmental care.
- **Hands-on Activities:** Students participated in clean-up drives and workshops, learning practical ways to keep their environment clean.
- **Collaborative Efforts:** Teachers and students collaborated to spread the message of Swachhata beyond the classroom, encouraging community involvement.



The initiative not only nurtured awareness but also empowered students to take responsibility for their surroundings, promoting sustainable habits for a cleaner future.



Events



Teachers Day Celebration and Long Service Award

"The true teachers are those who help us think for ourselves." - Dr. Sarvepalli Radhakrishnan, Former President of India.

To pay tribute to this great leader, and to all teachers who dedicate themselves to educating and guiding students, Teacher's Day is celebrated across India on 5th September. At Amanora School, we celebrated Teacher's Day with great joy and gratitude! The day began with honouring our nineteen dedicated teachers with the long service award. Our Director-Principal Ms.Meera Nair and Academic Excellence Officer Ms. Madulikka Sharma expressed heartfelt gratitude to all teachers for their unwavering commitment and passion in shaping young minds.

The celebration continued with delightful music and dance performances, filling the air with energy and excitement. A special lunch was arranged, giving everyone a chance to relax and enjoy together. Overall, it was a wonderful celebration that honored the hard work and dedication of our teachers!



Staff Engagement Programme Fun Fit Day

Amanora School recently hosted an exciting Fun Fit Day for its staff, blending wellness, creativity, and teamwork. The event offered a variety of physical and artistic activities, ensuring something for everyone to enjoy.

Teachers participated in energetic competitions like Badminton, Skipping, and the amusing Lemon and Spoon Race. Activities such as Ball Juggling, Book Balancing, Chess, and Carrom added both fun and skill-based challenges, while Hula Hoop brought out laughter and playful competition.

In addition to sports, the event featured an Art and Drawing session, where staff members tapped into their creativity, producing vibrant artwork and showcasing their artistic flair. This mix of physical and creative activities provided a well-rounded experience.

At the end, winners were announced across all competitions. They were cheered on by their colleagues and awarded gifts in recognition of their achievements.

The Fun Fit Day fostered a sense of camaraderie, encouraged healthy competition, and allowed the staff to unwind in a positive and engaging atmosphere. It was a perfect reminder of the importance of physical activity, creativity, and teamwork in maintaining a balanced work environment.





Teacher's Corner

Dreams vs Reality: Bridging the Gap

Dreams and reality are two contrasting states that shape our lives. Dreams represent our aspirations, desires, and ideals, while reality presents us with challenges, limitations, and harsh truths. Often, the gap between the two seems insurmountable. Dreams inspire us to strive for excellence, to innovate, to push boundaries and even step out of our comfort zones. They fuel our passions, motivating us to take risks and pursue our goals. However, reality checks our enthusiasm, forcing us to confront obstacles, setbacks and uncertainties.

But must dreams and reality be mutually exclusive? Can't we find a middle ground?

Bridging the Gap

- **Set realistic goals:** Break down dreams into achievable milestones.
- **Embrace challenges:** View obstacles as opportunities for growth.
- **Stay flexible:** Adapt to changing circumstances.
- **Learn from failures:** Use setbacks to refine your approach.
- **Stay focused:** Maintain a clear vision, yet remain open to adjustments.

By acknowledging the tension between dreams and reality, we can temper our expectations, cultivate resilience, foster creativity and develop practical solutions

Dreams and reality are not mutually exclusive. By embracing both, we can turn our aspirations into achievements, creating a fulfilling life that balances idealism with pragmatism. The bridge between dreams and reality is built on determination, adaptability, and hard work.

-Ms. Deepali Jain,
Teacher Lead - Grade V

Students Speak



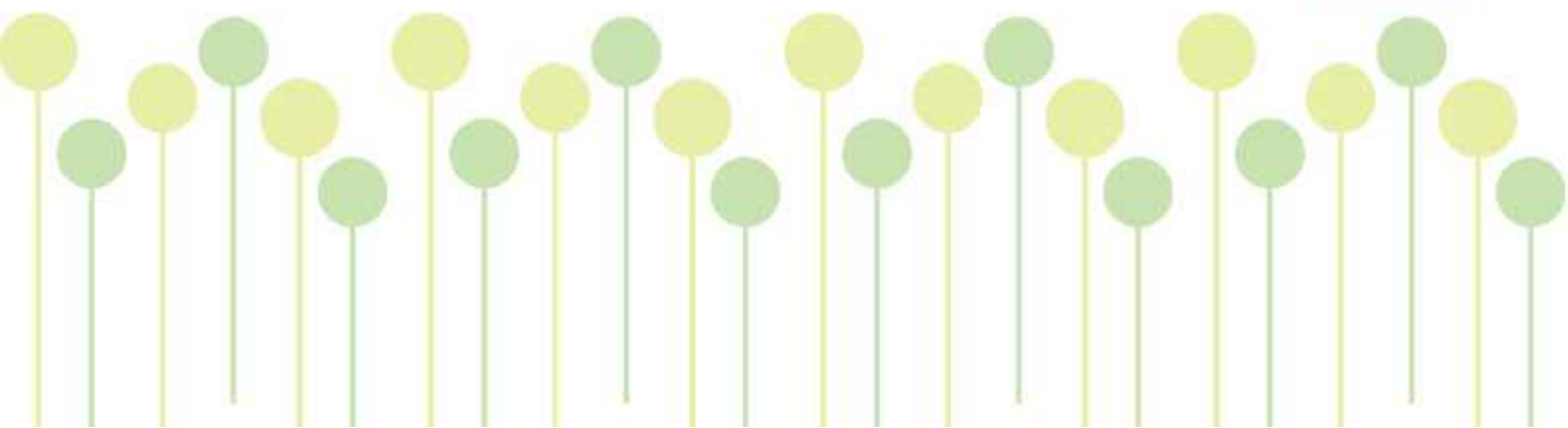
Dreams Vs Reality

Dreams are like beautiful things in our mind. We dream of flying in the sky, like superheroes, to explore the world of chocolate and candies. Most of the time dreams and reality are quite different from each other. Dreams are nothing but virtual reality.

Dreams are limitless, boundary less, shape less and size less. It is a world of imagination and desire. Dreams are altogether a different kind of world. It may give a smile on the face or fear. Once I had a dream of an Indian team cricketer, with a cheerful moment I woke up and realised that to make the dream come true I need to take a lot of efforts and practice. Reality is our daily life ,where we go to school, play with our friends and all the facts we face. Sometimes our dreams are impossible to happen, but if we work hard it is possible and turn it to reality. Just like planting a seed and nurturing it to grow into a beautiful flower, our dreams can blossom into real-life achievement. So,let us make our dreams come true.

India's beloved ex-president Dr.A.P.J.Abdul Kalam once said, "A dream is not that which you see while sleeping, it is something that doesn't let you sleep..."

- Vihaan Vinay Kulthe,
Grade - IV 'A'



Parent Speak



Dreams vs. Reality: A Balancing Act

Dreams and reality often stand in stark contrast, embodying the aspirations we chase and the constraints we face. While dreams can be inspiring and provide us with creative ideas, it's essential to understand the differences between dreams and reality. First and foremost, dreams are products of our imagination, while reality is the world as it exists around us.

Well, dreams are our thoughts seen under closed eyes but reality is our thoughts seen by open eyes. Dreams can surely be converted to reality by believing in our talent, skills and abilities and knowing what it takes to succeed.

Secondly, we should create a mission and make a plan. To achieve this one should visualize himself/herself, creating an achievable plan to get there. Though dreams and reality are on two opposite sides, it's not impossible to make our dreams a reality.

There is no perfect formula or easy way to live the life we want, but if we strive for a perfect amalgamation of reality and dreams, it's sure that the combination would lead to a great life.

**- Ms. Amrita Mohapatra,
Parent to Advik Das - Grade V 'D'**



Fun Facts and Trivia



- **Lucid Dreaming:** Lucid dreaming occurs when you are aware that you are dreaming while still in the dream. Some people can even control their actions and the environment in their dreams, blurring the lines between dreams and reality. This ability can be developed with practice.
- **False Awakening:** Ever dream about waking up, getting ready for the day, only to find out you're still asleep? That's a "false awakening." It's a vivid dream where you think you're awake, but you're still inside the dream world.
- **Dream Incorporation:** Have you ever heard a noise in real life, like an alarm, and had your brain incorporate it into your dream scenario? This phenomenon shows how real-world stimuli can influence and blend into our dreams, making the boundary between dream and reality even fuzzier.
- **Paradox of the Brain During Dreams:** While we sleep and dream, the brain's prefrontal cortex (the part responsible for logic and reasoning) is less active. This is why even the most bizarre dreams often feel completely normal while they're happening. Reality checks don't work because the brain's critical thinking is "turned off."
- **Dreams Can Influence Real-Life Problem-Solving:** Many people, including famous figures like Albert Einstein and Dmitri Mendeleev (creator of the periodic table), credit dreams with providing solutions to real-world problems. The dreaming brain processes information differently, allowing creative connections to emerge.
- **Dream Rebound Effect:** If you try to suppress thoughts during the day, there's a higher chance you'll dream about them at night. This "rebound" effect shows how unprocessed emotions or thoughts can return in dreams and act as a bridge between our dream lives and waking reality.
- **Colors in Dreams:** Not everyone dreams in color. Some people report dreaming only in black and white, and research suggests that older generations who grew up with black-and-white TV may dream more frequently in monochrome, while younger generations tend to dream in color.
- **Déjà Vu:** This sensation, the feeling that you have experienced something before, may be tied to fragments of dreams. Some psychologists suggest that certain instances of déjà vu could be memories of similar dream scenarios that your brain subconsciously recalls.

The interplay between dreams and reality is complex, with each influencing the other in ways that are both scientific and mysterious!

Students Art Work



P Arjun Rao - Grade V 'G'



Mariam Memon - Grade V 'G'



Yadnyasha Mazire - Grade V 'F'