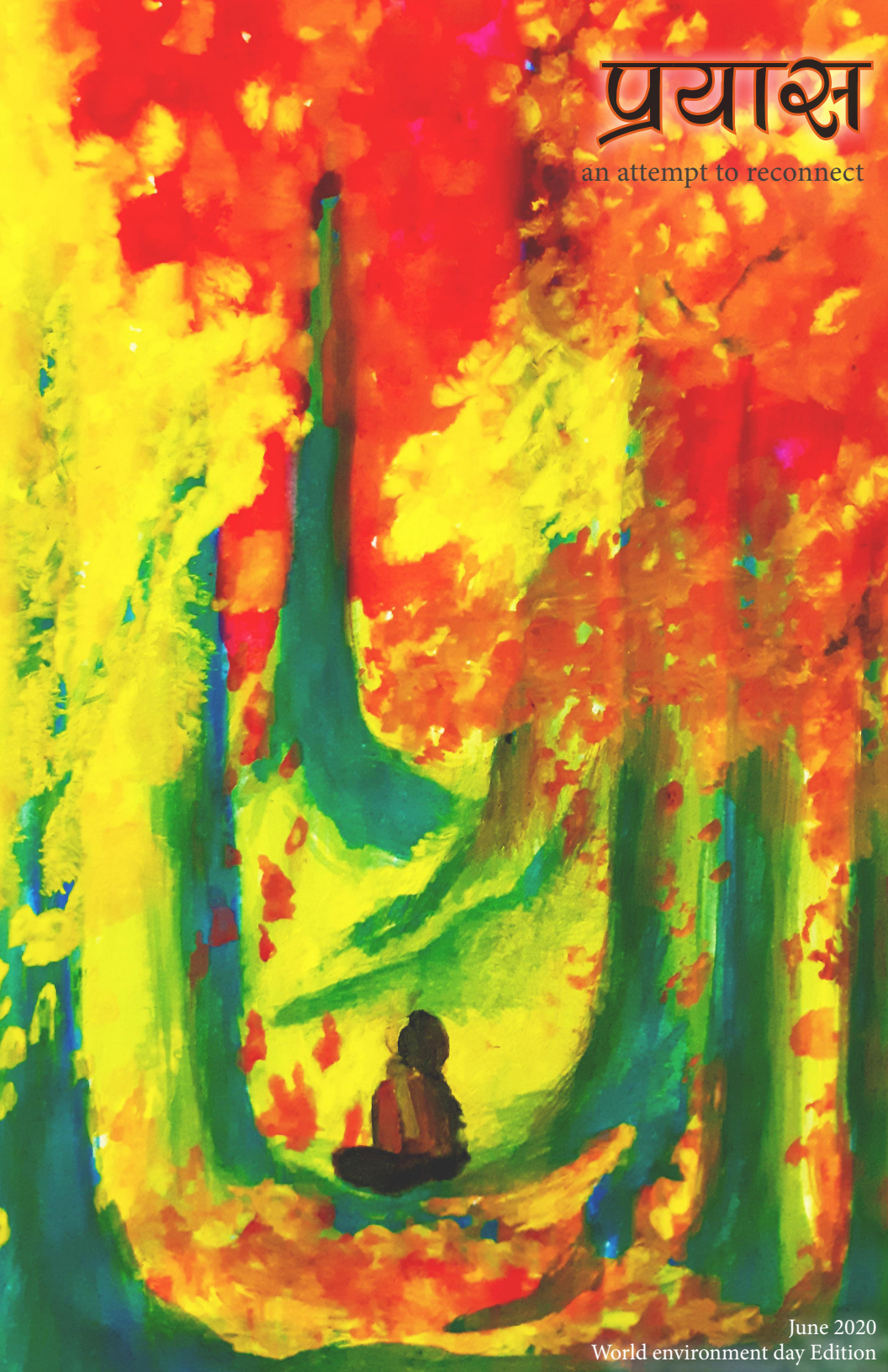


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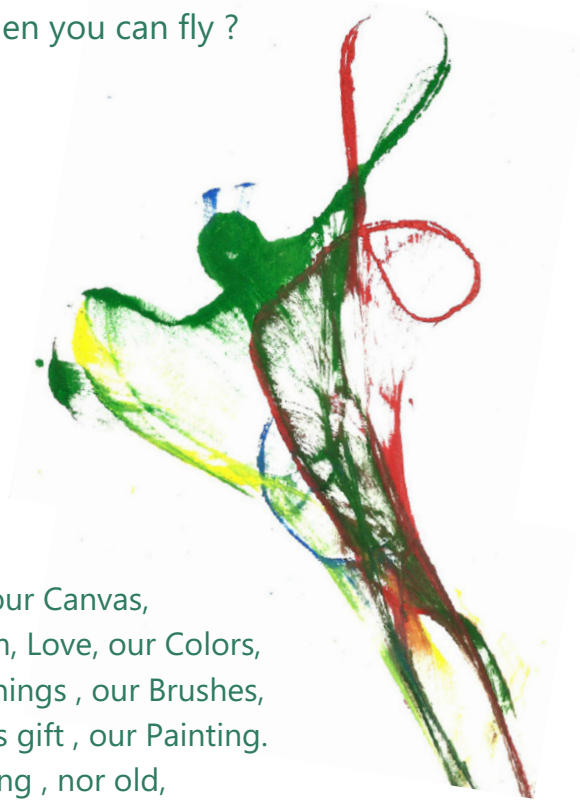
an attempt to reconnect



June 2020

World environment day Edition

Why crawl when you can fly ?



Life is our Canvas,
Truth , Freedom, Love, our Colors,
Thoughts, Learnings , our Brushes,
How we live this gift , our Painting.

Not young , nor old,
Not rich , nor poor
Not yours, nor theirs

WE ARE

The Summer Blossoms

We are an art initiative which aims at preserving and encouraging the raw intuition, the 'child' in all of us, while exploring our connections in Nature. Imagination, creativity, sensitivity, expression, playfulness, curiosity, all centered around inclusiveness, is what the Summer Blossoms workshop works towards. Painting, Play and Nature are our tools to explore Truth, Freedom, Learning, Joy, Compassion, Fear, Failure, and Life.

We welcome anyone who wishes to explore his/herself in various dimensions; Age no Bar. For anyone with financial difficulties, the fee is waived off. However, a commitment to learning, and an openness to discovering oneself is necessary.

Founded in Bangalore with focus on financially and emotionally under-privileged children, over the last 3 years we have been associated with Shishukunj International School here in Bhuj.

Thread-art by **Rakshit**, 9 , Bangalore

What connects us all?

About the magazine

The cycles of nature, that's right!

At the end of the day, there's one thing which binds us all and weaves us together - the multi-colored threads of nature, be it air, water, soil.

This magazine aims to make us pause a bit and look back at what connects us - the life around and within us. On a personal note, this project is also something which brings a few of our passions together - nature, art, learning, teaching, creativity, connecting with children and cycling.

In the increasing pace of life, nature gives us a reminder to slow down and work on our balance, the very thing we are struggling with right now as a species, don't you think so? Wouldn't it be a delight, to be able to appreciate what we take for granted - rainfall, sunshine, fresh air, the fragrance of flowers and the chirping of birds; to observe the vast wealth of species we have and how delicate and powerful the forces are within our biosphere?

Having lived for many centuries in close ties with the natural world, we feel that we now need to go back a bit towards that kind of setting in our life. After all, it is a part of us already isn't it? Why do we feel relaxed automatically when we are in a natural setting?

Nature comes naturally to us, doesn't it?

What do you think? Let us know, but first, go ahead and read the magazine!

- Priyasha and Rutvid
The Summer Blossoms



"I can't imagine anything more important than air, water, soil, energy and biodiversity. These are the things that keep us alive." – David Suzuki

Our problems are

but

our **solutions are in nature.**

(Fill in with as many words you need)

This bit, which says that "**our solutions are in nature**", was the theme U.N. came up with for International Day for Biological Diversity, celebrated on May 22, closely linked to World Environment Day , June 5.

The theme spoke about each of our friends who are stakeholders (stakeholders are people who are benefitted and impacted by something they have a connection with).

So, let's say that this year, we have a poor monsoon, that will impact the farmer and the consumer, since both of us are stakeholders of monsoon. That means that, directly and indirectly, we are stakeholders of Biodiveristy too, whether we live in villages or cities.

Let's come together and share some gratitude with the people who are working on these broad, individual themes. **A big 'Thank you' and lots of energy to everyone involved.**





The mother
is excited to share
something magical,
but it's summer
and lockdown;
the child is dreaming
of climbing the mango
trees of his school and
eating fresh, juicy
mangoes
with friends !

"उठ उठ छोड़, खोल जल्दी पलकें !

आज तुझे जादू दिखाती हूँ !"

माँ ने उठाया , पर मैं उठ न पाया,

सपने में थी दुनिया, जहाँ स्कूल था एक मैदान,

और हम पेड़ पर खा रहे थे आम !

"आम तो खाने दो माँ ! "

पर माँ थी गायब ,

तो मैंने पेड़ से लगाई छलांग ,

"माँ इतनी जल्दी मान गयी ?

क्या सच में चमत्कार देखा उन्होंने ?!"

मैं भागा उनके पीछे ,मिर्चीं वे तट पे....



Read aloud !!

*"Ma, you look very happy,
what happened? "*

Ma: Ah,
you're up, do
you know what
happened?! I read
a tweet by a Forest
officer, who said that
he spotted two dolphins
recently in the river !

"Why is it a surprise, don't these anyways live in water? "

Ma: Oh, yes, they do, but they are endangered - they are often caught by
mistake during fishing, this is called bycatch.

"Oh, that must be painful. Ma, are dolphins dangerous, like sharks?"

Ma: I'll let you think about that and then you can tell me. All I will say is
that a dolphin is a reliable indicator of the health of the entire river ecosys-
tem - if there are dolphins, it means your river is quite healthy.

*"Hmm. Ma I'll need to think more on this, I'm wondering if all people are
dangerous? But right now, I want to watch them play. I feel happy when I
see them. "*

Ma: Yes, let's just watch them right now.

Ma: By the way, I have a question which is playing on repeat in my mind
" Like a song?"

Ma: Haha! Yes, just like a song. When this question came to my mind, I realised that the Ganga is more than 2,500 kilometres long - that's more than 50 times the distance from our house to your favourite mama's house.

" Oh! That's a long river!"

Ma: Do you know where the river Ganga starts?

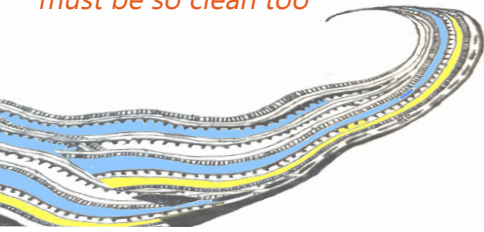
"Don't all rivers start in a mountain? "

Ma: Well, almost always, true. The Ganges begins by melting of snow in the high Himalayan mountains.

"Oh, but, if it is 2,500 km long, there must be so much snow there! And how does it flow throughout the year? Snow must be melting there only in summer and monsoon, no? "

Ma: I knew you would ask me more questions before I ask you mine! Do hold on to your questions, we'll discuss those too. But you're absolutely right when you say there's so much snow there which keeps melting.

"I can imagine it must be cold there. And at the start of the river, the water must be so clean too"



Ma: Yes, that's what I keep thinking about too..my question is if a river can clean itself ?

"Hmm..if the water is clean..then when it is flowing..it will take some mud also and maybe rocks, because there are big slopes on the mountain..but that much should be ok, I think..and also sometimes trees fall into the river, and animals also die..but that won't be a problem I think because the river is long and I have seen photos where it turns a lot, so the floating things are pushed onto the river banks.."

Ma: Uh-huh, go on!

"Also if the water at the start is clean..and like you tell me that if I am careful, I can keep my white canvas shoes clean, so if no one pollutes the river along the way, then maybe... it should be able to remain clean!! "

Ma: I think you are thinking deeply now - keep doing that.. and let the discussions continue!



Dear reader, what do you think? Write back to us!

Do you think a river can clean itself?

If yes, then how?

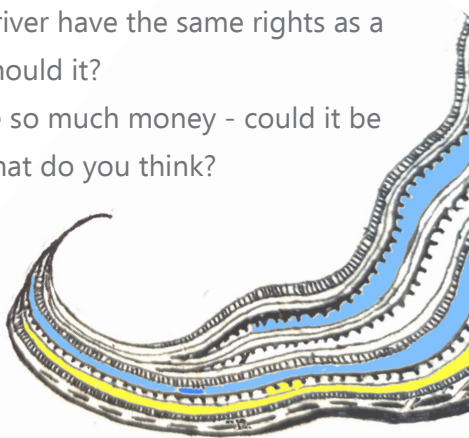
Does it seem impossible for it to do so? If so, how much time would it take to repair itself?

Can you guess how much money has been spent on cleaning only the Ganga river? (Hint: The answer has more than 11 zeroes)

How can we prevent our rivers from dying? That is, if you think a river is a living being? Wait a minute, can a river have the same rights as a human being? Should it?

Imagine if the governments could save so much money - could it be used somewhere else? What do you think?

“Do people still not understand that a live fish is more valuable than a dead one?”



Team - Rutvid, Priyasha | dolphin painting by Karan

Activity 1: Imagine a bank account and a river.

Which are the resources you are using in both these sources? Do we operate both these accounts in the same way? Discuss.

Activity 2: Measure how much plastic waste is generated in your house. How much of it do you think falls under the R-R-R-R methods? Read the next page to find out more.

Make a table and maintain it for one month, and share with us how you did in each category.

We all know that tackling Plastic Pollution is one of the bigger challenges of our generations. But you know what, the good news is , together we all can control it.

Do you see any environment friendly products here?

Which of these ten do you use in your daily life ?



Where does this waste go ?

What happens to it once it gets collected?

Track your waste and write to us about its life-cycle.

R -R -R -R , What are the Rs, what do they mean ?

When someone offers to package in a piece of plastic, **Refuse** it .

This might need self-discipline and focus on the environment.

"Aah, but that favorite chocolate ! what do I do ?"

If you cannot Refuse, **Reduce**; one less chocolate at a time ?

"But I had to take a plastic bag, forgot the cloth bag at home."

We might forget sometime or the other, these are lessons. What can we do ?

Re-member the lesson to avoid forgetting again, **Re-mind** others as well.

Re-Use this plastic well, make it last - much like our other belongings .

R
EFUSE
EDUCE
E-USE
E-CYCLE
EMEMBER
EMIND

"But what about the plastic I can't reuse ?

Kinderjoy, Chocolate Wrappers?"

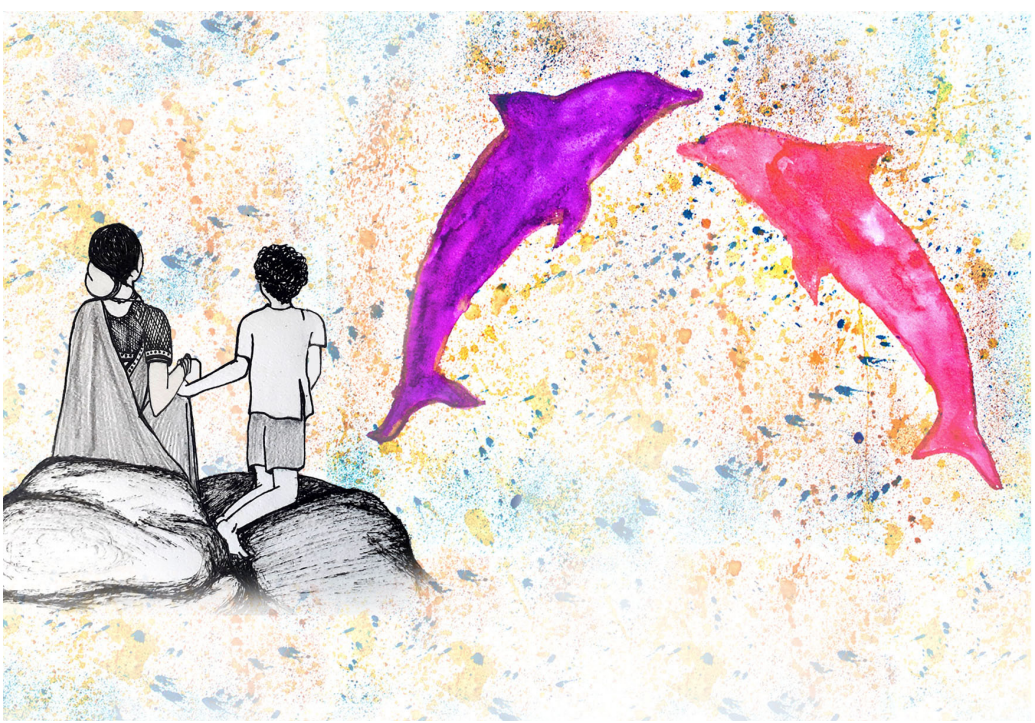
"Isn't the garbage bag also plastic? Aren't manmade things also 'natural' ?

What IS plastic ?" To be continued....

*Till then , let's **Re-vise** the Rs, **Re-visit** our habits , and stay **Responsible !***

Team - Chirayu , Priyasha

Chirayu is a parent ,an engineer and an eco-buddy who is passionate about classical music.



Tell me Ma, what's a pandemic?

Let's look for the meaning in the word. Greek language is the origin of the word. *Pandemos* is the actual word. '*pan*' means '*All*' and '*demos*' means '*people*'. So basically a pandemic would be...

I know! It means something that affects the world, affects all people.

Yes, a disease that can potentially affect a lot of people. It is possible that people who do not have the disease also suffer. People lost jobs, migrants walked home and many do not have a cover. There is no food security.

Ma, what's food security?

I always think of it as the 3As - Availability, Accessibility and Affordability. It means there should be enough food available and accessible for all to eat. Everyone should be able to buy food. That's how simple life should be.

So, what aspect of food security is a challenge right now?

Our farmers work very hard to grow food for all of us. After all, they are the ones who feed us. This time round, however, there was no transportation available for them, to send their produce to us, the consumers.

The lockdown affected the supply of fruits and vegetables the most into cities, as only a limited number of trucks were allowed to ply. This is part of the supply chain.

You know, some of our farmers had to actually throw a lot of their produce, which is so unfortunate. So, it is a problem of accessibility - Food is available where it is produced but people are unable to access to it.

This makes me sad, Ma. What is it that I can do to help this situation?

During the pandemic, it is important that we help those who are more in need than us.

I urge you to never waste food, never throw it away.

Always respect food. Food is energy.

Be grateful that we have enough to eat.

I am grateful, Ma. I promise I will never waste food.

I will only take that much in my plate which I can finish.

I will also try and share food with those who don't have enough.

I have more questions Ma.

How do our farmers produce enough for everyone?

How do they know where to send it?

Do they themselves have enough to eat?

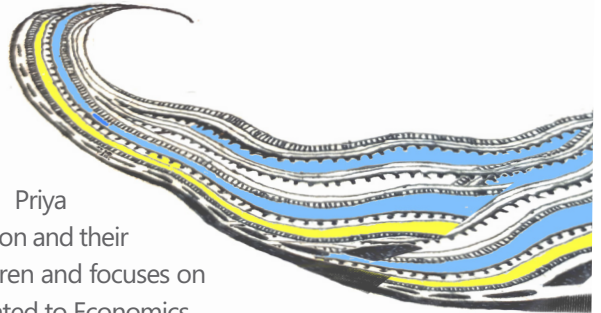
Please tell me na..

I have to make dinner now. Why don't I tell you these things once you finish your Home-Work, beta?

(To be continued...)

- by Priya Rampal

An Assistant Professor of Economics at Sharda University, Priya does research on agriculture, nutrition and their linkages. She loves writing for children and focuses on early childhood in her research related to Economics.



Do all questions have answers?

The Whys, Hows, Cans which children have asked over the past few years - what do you think the answers could be?

What are the questions that come to your mind?

Why can't we grow our own forest?

Why can't we cycle to school?

Can we send our waste to space?

Why do companies not collect their waste back?

Can it not be that we can use technology to create less pollution?

Why do people cut trees? Do they feel pain (the trees)?

Is there a place we can buy chocolates which come without packaging?

Why do people sound the horn so much?

How can people live near the places where waste is burnt?

Sometimes, even in the same family, people go to the same place in

different cars, can they not car pool?

Why do people buy use-and-throw cutlery and pens?

Can we make phone covers and shoes out of tyre tubes?

Can we collect rainwater and put it back in the borewell?

Why do people immerse so many idols of Gods which are not eco

friendly (the statues are not eco friendly)?

Shouldn't the government do more to reduce pollution?

Can we do eco clubs in all schools?



painting by **Janardhan**, Bangalore

"In the forests and mountains, **animals do not leave trash,**
humans do.
Please behave like animals"

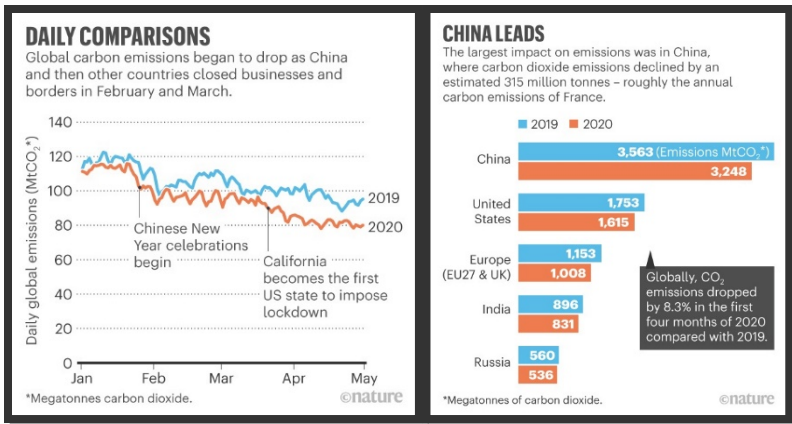
Lockdown Has Unlocked The Master Key to All Environmental Issues

by Dr. Mrugesh H. Trivedi, Assistant Professor in Environmental Science

I know "Lock down" cannot be the solution to match with our carbon emission reduction targets. However, it can be the strong lesson to learn and talk something beyond economic growth only. In last two months (March - April 2020) people are mostly happy with family or friends, I am not overruling the worries about the future in people's mind due to several crisis. I just want to recall about COP 21 at Paris, where world leaders have compared the growth of the economy with the fast running train. They have predicted that there is a sharp turn ahead on the track and if the driver doesn't reduce the speed of the train, the chances of falling down cannot be ignored. The driver in the above mentioned story is nobody else but we all are. Nature knows that we will accept to fall down but will never reduce the speed. Therefore, according to my perception "The nature has slowdown or control the speed of the train by it own". The question arises that what we have learned out of lockdown and what will be our master plan to protect the environment in post COVID 19. Are we going to run the train with double the speed to compensate the loss of economy? Or will think to control the speed to sustainably conserve the nature?

I am representing the data herewith to open our eyes on what the lockdown has given us in terms of environmental protection. The fact is that, the scale of the reduction in emissions this year could be similar to the annual emissions reductions that would be required in order to meet the objectives of the 2015 Paris climate agreement, which seeks to limit global warming to 1.5 to 2°C above preindustrial levels. If the 2008 economic recession is any guide, however, emissions could recover quickly. The question is whether societies will change, and whether governments will advance a low-carbon energy agenda as they seek to stimulate the economy, says Philippe Ciais, a carbon-cycle researcher at the Laboratory of Climate and Environmental Sciences in Gif-sur-Yvette, France, who is leading a second effort to monitor global emissions in near-real time. "With this kind of data, we hope to look for answers." Ciais's team is building a prototype monitoring system that operates on timescales of days to weeks. They analysed energy data from more than 400 cities and 130 countries as well as weather data across the globe to produce daily estimates of carbon emissions for 2019 and 2020. According to their preliminary estimates, global emissions started to significantly diverge from last year's in March, as countries around the world began shutting down businesses and enforcing social-distancing measures (see 'Daily comparisons').

China, unsurprisingly, led the decline (see 'China leads'). Figures from the world's largest producer of greenhouse gases started to fall sharply in January, but much of that decline coincided with an annual reduction in energy consumption at the start of the Chinese New Year. Lockdowns in China helped to maintain lower emission levels in the country, accounting for a 10% reduction until the end of March compared with last year. As economic activity picked up in China, other countries went into lockdown mode, depressing global emissions throughout April.



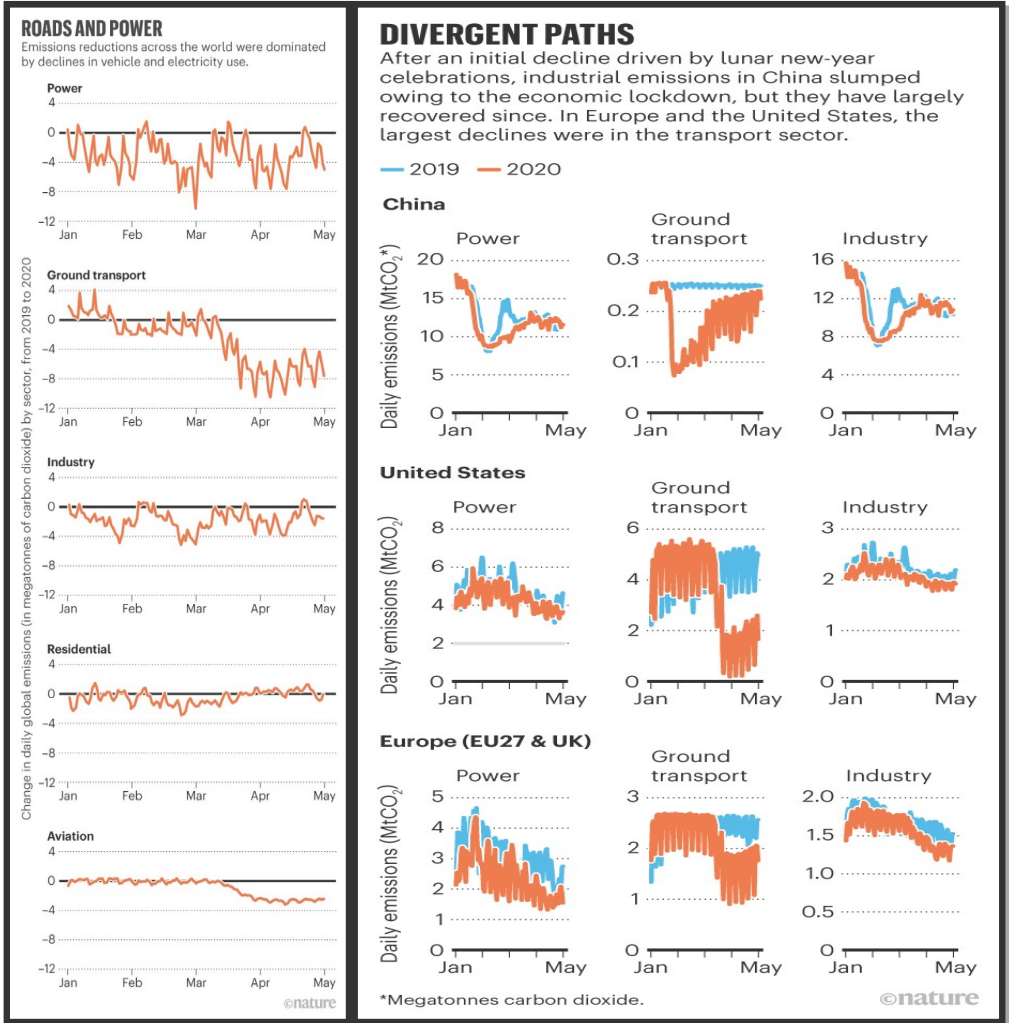
The aviation industry experienced the a dramatic decline, with emissions falling by more than 21% in the first four months of the year, but the largest emission reductions in absolute numbers were in the electric power and ground transport sectors (see 'Roads and power'). The commercial and industrial demand for electricity dropped off as businesses closed down, and people all over the world parked their cars and stayed at home (see 'Divergent paths'). The data clearly revealed that such emission control can restrict the rise in global temperature by 1.5 to 2 °C and may save the earth from possible impact of climate change. It is all about the change of mind set of people and they have to choose between nature and material from the world.

Being most spiritually developed country, it is our responsibility to develop the moral and spiritual values of Mother Nature. Growth is an endless phenomena while satisfaction is an internal phenomena. Lockdown has taught us to breath with limited space and growth, if we develop this as an attitude, we can save our future generation. Soon, we can breathe the nature without mask, if we naturally care the nature.

Disclaimer: The objective behind writing the article is to create environmental awareness without commercial interest. The author of the article deeply acknowledges the Springer Nature Limited for publishing high merit research.

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2. Liu, Z. et al. Preprint at <https://arxiv.org/abs/2004.13614> (2020)
3. briefing@nature.com



Dr. Mrugesh H. Trivedi, is an Assistant Professor in Environmental Science, Department of Earth and Environmental Science, KSKV Kachchh University, Email: drmugesh.trivedi@gmail.com

The background is a vibrant painting of a tree with a dark trunk and branches, set against a warm, orange and red sky. A bright yellow sun is visible in the upper left quadrant. The overall style is expressive and textured.

Young Trees

Aditya Nabial

The onset of monsoon, what respite
in chorus, these young trees sway in delight
You've seen them grow from hesitant saplings
into promises that will hold for centuries

We gazed upon them on our daily walks
my excitement palpable at the spreading boughs
I was reluctant as you reached out for the leaves
To my surprise, you held them with delicate ease

Your strong hands, so assertive at play
resembled angelic hands immersed in prayer
What guides these fingers to bestow such grace
like your mother mapping the contours of your face

Gaining colour, the just appearing leaves
may have felt a dew drop dancing to the breeze

We haven't come around to teaching you this
there is so much you keep us busy with
So this must be wisdom, coded into our cells
one young tree wishing another well

Maahir's tree

I like sitting on trees in general. Once when I was sitting on a tree, I thought why not make this a better and comfortable place?! I told my father about my idea. He told me to think the design and sketch it. So I started collecting big and strong sticks, tied them to make a 'raft'. Then I made a frame on the tree and tied the raft to it. My father helped me in everything. Then another thought came to my mind, Why not make a backrest so I can probably take a nap'. So I again collected some sticks (cutting them was a nightmare. My hands were full of blisters, and splinters). Then my hidey hole/machan/tree house/watch tower/royal seat was complete. I spend half the time on the tree now. Then I figured that it was not only me using the tree house but other creepy crawlies too. Every one who saw it told me it was very good. I never read books in my house now, only on the machan. (Book = only Harry potter).



by **Maahir, Bangalore** - an avid reader, he enjoys theatre , sports and his own company.
Lots to learn from him everytime we meet.

Perennially,
inside us,
within each bud,
a Forest of possibilities,
growing with each water droplet.

THE FOREST

Rutvid Dholakia

<https://gabbartrip.wordpress.com/>



Us in Nature and Nature in Us

“Life and cosmos are full of mysteries, mysteries which we can barely fathom. We don’t know how exactly Mountains, Rivers, Lakes are created but what can’t be doubted is our inner urge to explore and experience the Nature around us .There is something within us that longs to be merged with the Nature; with the unseen. Our relationship with Nature has always been an enigma but it’s very likely that there is no two separate entity -Nature & Us, instead it may very well be just Nature. **We are Nature and Nature is.**”

by **Debyoti Paul, Bangalore.** A mountaineer, an artist, an engineer, a seeker.

The tree.... 3 years ago, after shifting to our new house, we planted trees around the house.... One among them was the tree of shriparni. That tree was very weak while planting but still we planted it and took care of it. As the time passed by, that tree seem to grow up very quickly and strong... Within 2 years, it grew as tall as our house is and soon flowers and fruits also came on it but last year, it's leaves started falling before the time they were supposed to fall. And soon within few months only few leaves were left at its top and the whole tree was dried up! We all were worried about it, we gave fertilizer and manure and what not but till one year it seemed to have no use... We also thought to cut some of its branches but nothing would help... We had to keep patience for whole year. It was difficult but we could do nothing... However the best way to save nature is to do nothing to it! So after one year a miracle did happen... All of sudden and from nowhere sprouted few leaves and within 2 weeks, the tree became same old Giant and leafy tree!

by **Khushi, Bhuj** - an enthusiastic dancer , writer, reader, painter.
It has always been a pleasure watching her create.

My experience with water....

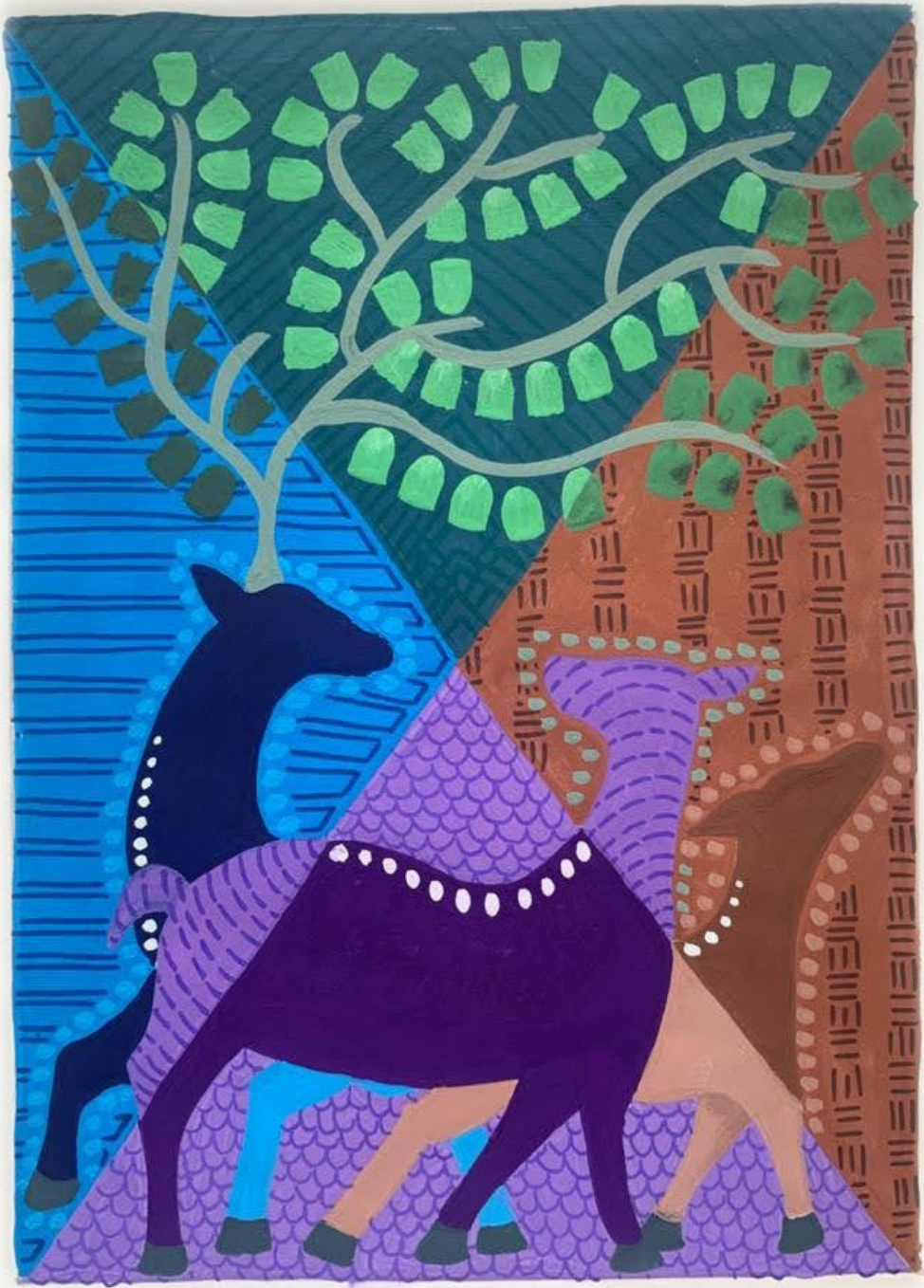
Water is one of the important substance needed for plants and animals.. One day, in fresh evening me and my friends we're playing cricket on my neighbors terrace. Suddenly I heard some disturbing noise. Firstly I ignored it. But the noise started getting more noisy and loud. Then I just turned around and saw that the water-tank was overflowing. I said to my friends to go and tell every one about the whole situation.

I was waiting for them to come but already 3-4mins had passed and the water was still flowing from the tank. I started finding out some vessels to collect water but i didn't get something.

I used both of my palm as a bowl and started pouring to the plants. It took some time, some sweat and some hardwork.

But All's well that ends well.. A DROP OF WATER IS WORTH MORE THAN A SACK OF GOLD TO A THIRSTY MAN. SAVE WATER. SAVE EARTH.

by **Parneet , Delhi** - a passionate cricketer currently training in Delhi, her journey continues to inspire. She enjoys painting as well.



painting by **Ninaad Shah**

His works are a part of UN Children's Art Competition, Prague

WATER

Priyasha Sharma

In the scent of the earth as she bathes,
and the roar of the sea when she waves
In the stillness of the river as oars strike,
and the wetness of dew as sun awakes
 In the thirst of the man lost at sea,
 and the farmer's smile as spells break
In the dreams that set sail as boats float,
and the splash in mudpiles as kids play
 In the soft tryst with snow as it fades,
and the sweet sound of drops as trees sway
In the fate of the leaves as seasons change,
and the wells of emotions tears break
 You are.
 Therefore I am,
 ALIVE.



'Dharu, the boy who followed his heart'

A small children's story inspired from a real-life incident, written by Sarasvati and illustrated by Lakshyya.

More about their initiative at <https://www.aashram.space/publications>.

This is the story of a little boy named Dharu. Dharu loved to love everyone, the earth, the seeds, the insects, the plants and trees, every person he met and people he lived with. He also loved eating many fruits and vegetables but especially he loved coconuts and bananas that grew on their farm and he wanted to help them grow when he himself grew big.

He wanted to become a farmer so that he could add the love inside him into the fruits and vegetables that grew on the farm.





Dharu became big dreaming to become this farmer, a good farmer who will do what his heart tells him. So he learnt to think from his heart. When Dharu became big like the little banana tree besides the well in his house, he wanted to go to the farm so he could learn and live his dream. He took excited steps towards the first full day at the farm. Dharu had never spent even one complete day at the farm because of school and homework. He had never known that potatoes grow under the earth.

Dharu was once told by his great grandpa that rajma could grow in all 220 shades and colours like precious stones in the earth. Imagine his surprise when he found that his farm doesn't have many colours of anything.

He almost cried when he saw people spraying poisonous chemicals on the trees to kill insects. How can he spread the love with killing, why should anyone kill little creatures and he started crying loudly thinking this.

Everyone came up to Dharu with much concern for him and when he shared his pain they laughed at him, "What kind of farmer will he be, he didn't even know that insects are not friends but enemies and enemies should be killed?" haha hehe they rolled with laughter over his ignorance.



Dharu went home ashamed and confused, what should he do though, how will he ever know what is right and what is wrong and he remembered when he thinks from his heart it feels right.

Dharu's heart told him all killing is harmful, what should he do now, should he follow his heart or the world. They were both strong contenders, his heart on one side and the world on the other, but finally his heart won and dharu decided to live his dream come whatever may.

He started growing a farm where he loved all the plants, trees, seeds, insects and the mother earth. It took some time though for the plants, trees, seeds, insects and the earth mother to listen to him and trust him.





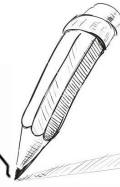
One day lots of a certain insect came to his farm and the farms around (maybe they were moving to another place, maybe they were confused by all the people who hated them for existing, but god had made them same as everyone). They needed lots of food for survival too, so all the coconuts around started disappearing which scared the people and they started killing the insects. All this misunderstanding made Dharu very sad, he decided not to kill instead he thought he will speak to the insects and understand what the matter is. He started by telling them not to be scared of him, for he wasn't going to kill them but then he also needed to live and so he could spare only a few coconuts for them. Initially there was confusion but then they reached an understanding, the insects also reached this message of Dharu to all the organisms, even the micro ones at the farm and it became a very happy farm.



The Seasoning Beauty

by **Kush** from Bhuj

autumn marching towards the way,
telling flowers 'that's end of your day.'
gardens shining with yellow leaves,
full of caterpillars like the thieves.
spring unwrapping vibrant flowers,
rain gives them growing powers.
flowers make glee among the hills,
and set the meadows
dancing with thrills.
winter with the flowing breeze,
making the flowers freeze.
summer with it's drastic dry climate,
ting, ting, ting its time to play
with our classmate.
summer with the parched flowers,
deserts have thorny towers.
yes my brother said nature,
it's a cactus with a flower.



Let's take the pencil
for a morning walk ,
shall we ?!

Here's how it works -
keep a pencil and a paper
ready , no eraser; yes,
you read correctly ,
no eraser !

Like Kush here , who has
captured his experince of
seasons by taking words for
a walk in a poem,
we are going to
capture our everyday
experiences , every
morning , by taking
a line for a walk in a
drawing !



Here's the catch - the line goes for a
looooooong walk - it doesn't stop, so
you cannot break the line once you
start ! All set ?

What does 'eARTh' mean to you?

Share with us.

universe

uni : single, verse : arrangement having a rhythm

Art for me is an experience of this rhythm inside us all -
a medium to stay connected to the artist/creator/nature/
life-energy inside.

Let me also share another experience of art - exploring oneself;
much like an adventurer travelling and exploring the world
around, an artist travels and explores
the world within.

I I I I I i i inward travel

"Every child is an artist.
The problem is
how to remain an artist
once he grows up"
- Pablo Picasso

'Seeing planet Earth from space can cause
a shift in awareness, according to a NASA
astronaut. This state of mental clarity is
known as **'the overview-effect'**, in which
the viewer becomes overwhelmed and
awed by the size of Earth.'

oil pastels on paper
content , painting - Priyasha





Ranjith aka 'Prabhaas' , 10 years
poster colours on cotton paper, 2 hours

Insights into the artwork This particular piece by Prabhaas was done with Haider's 'Ajaaon na' song on a continuous loop. No words were exchanged ; he came , asked me to make parathas for him, and then we painted together. This is his original composition. He enjoys going into flow states, and doesn't like to be disturbed. His technique involves use of thick primaries and secondaries, less water. He enjoys the colour orange and climbing trees.

Thank you Denis , for sharing this song with us . Denis is a wise, joy-filled soul, a teacher at Waldorf school U.K. since over 20 years.

Spring has now unwrapped the flowers,
Day is fast reviving,
Life in all her growing powers
Towards the light is striving:
Gone the iron touch of cold,
Winter time and frost time,
Seedlings, working through the mould,
Now make up for lost time.

Herb and plant that winter long,
Slumbered at their leisure,
Now be stirring, green and strong,
Find in growth their pleasure:
All the world with beauty fills,
Gold the green enhancing;
Flowers make glee among the hills,
Set the meadows dancing.

Through each wonder of fair days
God Himself expresses;
Beauty follows all His ways,
As the world He blesses:
So, as He renews the earth,
Artist without rival,
In His grace of glad new birth
We must seek revival.



ART, MEDITATION , LEARNING AND LIFE

by Priyasha Sharma , 2019



'Art' is a word I use to express the process which connects us with the beauty that surrounds us, the beauty of existence. *It exists in the way we live this gift of life, the way we move through the various views it offers us, in the way we smile or hold someone along the way, the way we move from darkness towards the light.* The process is just this - *a deep union, a connection with every moment;* a simple thing to do, but not necessarily the easiest - depends on us. Staying connected to the energy source, is where creativity stems from - this needs deep involvement (note - involvement, not entanglement); a clear connection without distractions.

Being human has 4 dimensions, **body, mind, emotions, energy/spirit.** Hence there are 4 main growths involved - mental, physical, emotional, spiritual.

When these four work together, there is a union, a yoga.

An art facilitator works towards this, this is the sadhana, and this is the growth s/he is responsible for in a child. Music, dance, painting, weaving, martial-arts, writing, cooking , and others - these are processes that enable this connection. **They create spaces of silence within us so that we can experience this connection and immerse ourselves in it.**

This is probably the only role of the facilitator - *to show possibilities of such connections, and to create an atmosphere of learning through silence - through non-judgment, compassion, truth, playfulness, self-discipline, fearlessness. (silence does not mean 'not-talking' . words create silences as well.)*

Every seed has a potential to become a plant, a shrub, a tree. Depending on the seed, the atmosphere needed to grow might be different. So it becomes important for the care-taker to have a good understanding of the seed, and to provide it the natural environment for a healthy growth. The role of the care-taker is not protection, but to provide the necessities that enable the seed to grow independently and bear more seeds if possible. Whether that happens or not, depends on the care-taker, the seed, the environment of growth as well as the environment outside it.

The role of the facilitator is not to make learning comfortable for the child, though it might be necessary in the beginning. The role of the facilitator is to make the pupil comfortable with learning, where the pupil learns how to be comfortable everywhere, thereby learning to become a joyful, fearless, humble, loving life-long learner.

This requires, first and foremost, that the facilitator be a joyful, fearless, humble, loving learner. This requires that the facilitator exercise non-judgment, truth, self-discipline, playfulness and humility.

There is a sadhana involved, an experience-based learning which comes from immersing oneself in life - it is a process one gets involved in willingly, driven from the love of life, a love for learning, guided by a source much bigger than one's temporary physical existence.

"If I am still learning, is my ignorance a hindrance in the child's growth? My experiences and awareness are very limited though growing, so how much can I guide or mentor? When do I share myself and how much do I guide? Am I leading or guiding or observing, and which of these is required at the moment? How much time do I give - when is too soon or too long?"

These are questions which have become a part of facilitation for me, answers to which come from clarity born out of silence. The answers evolve, but one learning keeps getting reinforced - **the more silent, humble, compassionate, joy-filled I am, the more joyful the process becomes, not just for me but for everyone around me.**



Priyasha
paintings - poster colour on paper

the sculptor and the sculpted

Dust and water
that's what makes us,
and then air breathes itself into us,
but it is the sculptor inside
that moulds us to live,
sculpting us on this wheel of time;
He sculpts various forms
so that we may learn,
more about the dust,
the water and the air
which we are;

He destroys all these forms
so that we may learn,
to not worship the castle
but the soil that makes it,
the water that binds it,
the air that holds it;

He keeps sculpting on
till we are one -
the Sculptor and the Sculpted

priyasha



Painting by **Vishnu Raj** from Bangalore, an artist have had the pleasure of meeting in passing. This series of poems is never complete without this painting , **thank you Vishnu.**

Some call it manifestation, some call it imagination, but
in the world of witches and wizards,
the world of Potterheads, the word is

'MAGIC'

MAGIC

Group

U
N
I
C
O
R
N

Keep your wands ready ,
join us for some Harry Potter
'Defence against Dark Arts'
lessons next time!

Harry Potter reading & quiz club , started in 2018
by SIS students Krishiv, Kush, Vedant, Priyasha

Harry Potter
reading group

MagicArts

Natural colours

by **Nikita Gandhi**, a natural colour artist who is passionate about nature, Nikita runs an art and craft space 'Hands & Heart' in Tiruvannamalai.

Look around , are there any natural colours around you ?



Natural colours or colours derived from nature have become very popular in the last few years due to awareness about other synthetic colours' toxicity for humans and mother Earth. Natural colours are used in food industry, apparel industry and art industry.

Here in this series I will be sharing with you my journey as an artist and the world of natural colours.

Today we will look at what are natural colours.

Natural colours/paints basically have three parts:

Pigment - colour

Binder - glue or liquid part

Filler- which gives the colour it's viscosity

Natural colours can be made into different mediums based on what you add to them. For eg.

Water colours- pigment+ water

Oil colours- pigment+ oil+ filler

Crayons- pigment+ beeswax/soya wax

Tempura- pigment+ egg yolk

Wall paints- pigment+milk/flour based glue.

Pigment - The colour or pigment can be derived from nature in three ways:

- Plants - turmeric, neem leaves, charcoal, indigo leaves, madder tree bark, beetroot, berries, etc
- Animals - butterfly wings, squid ink, etc
- Mineral - rocks, clay, mud, earth, stones, etc.

Binder - This is the liquid part of the colour and also that which helps the pigment stick to the canvas, which can be paper, canvas, wall, wood. Sometimes this can also help in viscosity of the paint.

Some natural binders that I know of are:

- Water
- Plant based glue- Gum arabica, soya milk, maida, rice starch, sabudana, etc
- Milk- one element in the milk after processing is a good binder.
- Oil- linseed, safflower, coconut, etc
- Eggs- the yolk of the egg

Filler - this part is used depending on the nature of the pigment. If it is very liquid and runny, it needs a filler to combine and give it volume, viscosity.

- Chalk powder
- Fine clay

For eg. Charcoal powder needs to be mullied with chalk powder.

In the next article we will look at how to procure, process and use natural pigment for water colour.

What are the resources we use for painting?
How does this affect the environment around us?
Are we using our resources carefully?
Can we reuse the paint water ? Filter it ?
Can we reuse our papers ?

Do send in you thoughts, experineces and suggestions.

MONA MEETS A PRAYING MANTIS

Leela Gour Broome is a teacher and committed environmentalist. She has published numerous short stories, a series of pun cartoons, and a cartoon strip for a children's magazine. She is the author of three books: **Flute in the Forest**, **Red Kite Adventure** and **The Anaishola Chronicle**.

https://www.goodreads.com/author/show/6559348.Leela_Gour_Broome



Mona was excited. Uncle Samar was coming over for the day.

Everyone was happy - except Mama.

Uncle Samar was a scientist. He loved creepy crawlies.

'**UGH!**' said Mama.

Creepy crawlies made Uncle Samar smile. He brought them home in little boxes...and jars...and cartons... sometimes even in his pockets.

Then he put his Very Special Creepy-Crawlies under a **big** magnifying glass to get a closer look at them.

He even gave them funny names.

He had a spider called **Spiderman**,

A bug called **Ouch**,

A cricket called **Sachin**,

And a grasshopper called **Grouch!**

Mona opened the door when she heard Uncle Samar's big booming laughter and his skippy walk from the little front gate.

'**Hi there, kiddo!**' boomed Uncle Samar as he hugged Mona.

But Mama saw his bulging pockets and said; '**Oh,oh!**' She quickly stepped back two paces.

'Don't worry, Meena,' chuckled Uncle Samar. 'I only have a **great Preying Mantis** in this pocket, and a **dead silk moth** in the other.'

Mona laughed as Mama took **another** two steps back.

'A preying mantis! **EEEEEEKS!** What's that?' Mama screamed in fright. 'It sounds horrid. Hurry, put it away into a jar, Samar!'

Mona clapped her hands in glee as Uncle carefully held the mantis between his fingers and put it gently into a glass jar. He shut it and made some holes in the lid for it to breathe.

Mona put the **mantis jar** on the table, and Uncle Samar took out his very important **magnifying glass**.

'Look at its head!' he whispered, as they peeked at the **green** creature. It had a large **heart-shaped head**, six long **spiky legs**, a thin neck and four **beautiful wings**.

'What **ENORMOUS eyes!**' said Mona. 'Look! He moved his head around to stare at us. His wings look like pink and white rose petals!'

Uncle nodded and grinned. Mona stared at the little mantis.

'Did you see its front legs, kiddo?' asked Uncle Samar.

Mona nodded, puzzled. 'Is it **praying?**'

'Haha,' laughed Uncle Samar.

'I think it's begging us not to kill it!' said Mona. Many of her friends killed insects when they saw them.

Uncle Samar shook his head. 'Oh no. It isn't praying. Those legs are for grabbing his prey. That's why it's called **a preying** mantis.'

Mama who had just come in heard Uncle. 'Are you joking? What does it eat?'

Uncle was happy to see his sister was not so scared of the little creature now.

'He's looking for prey...a nice juicy insect to eat!'

Mona stared. Hmmm. It did look a little hungry.

She turned to Mama. '**Mama, please, please?**

Can I give it some CHEESE?'

'Not my precious cheese, dear!' Mama shook her head. 'How about a fly or a spider...?'

'Exactly!' boomed Uncle Samar, and ran to the dustbin. In a trice he was back with **a big fly**. He pushed it into the mantis jar.

The mantis grabbed the fly with his front legs and gobbled it up. **Chomp! Chomp!**

'Goodness!' said Mama, smiling. 'This mantis is hungry! He ate up the pest in a second.'

'Right,' said Uncle Samar. 'It's much safer than all those poison sprays!'

The mantis in the bottle seemed to nod its big head. He wiped his jaws and said:

'That was really very YUM!

D'you have more for my hungry TUM?'

Uncle Samar's day was soon over.

'Bye,' he shouted to Mona from the gate as his taxi came by.

'Don't forget your new little pet!' he smiled, hopping into the car, and waving through the window.

'No, we won't forget Manty,' said Mona as they waved goodbye.

They left the mantis free in the garden hedge. It stayed all **summer**.

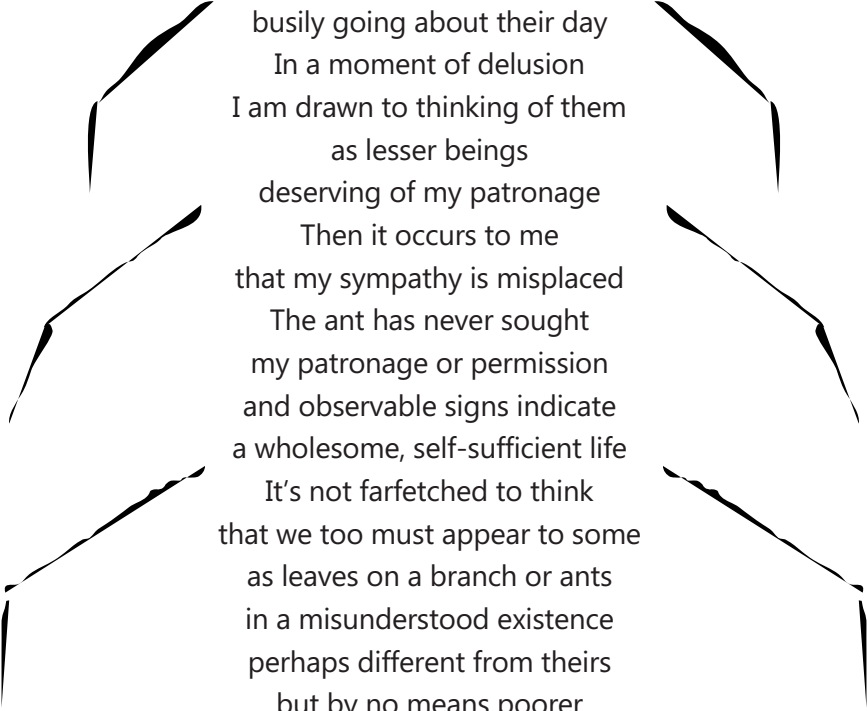
'I have an amazing insect as a new pet!' said Mona to her friends. Do you know that many of their friends came to admire it too?

Lucky little **Manty!**



The Ant Story

Aditya Nabial

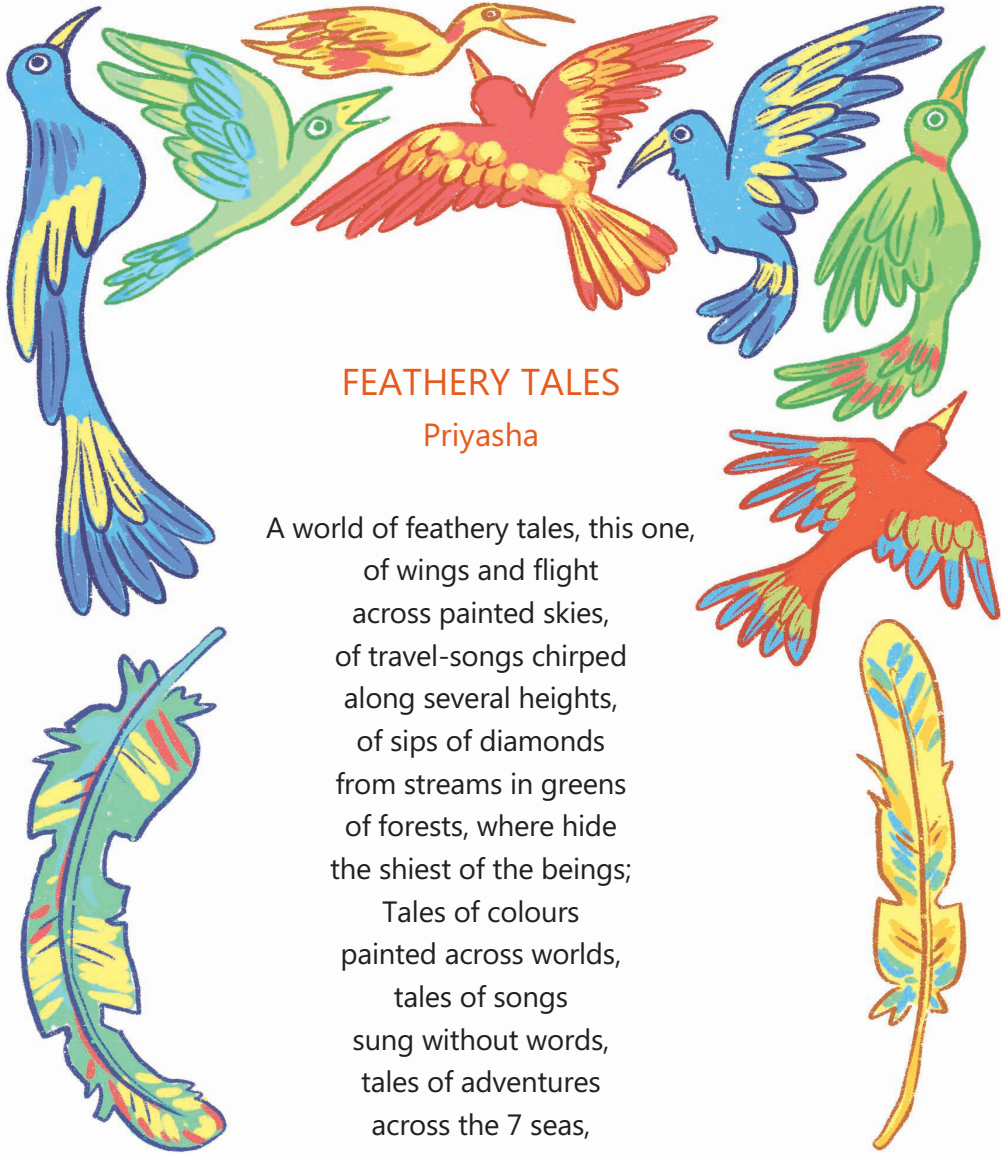


I look at ants
busily going about their day
In a moment of delusion
I am drawn to thinking of them
as lesser beings
deserving of my patronage
Then it occurs to me
that my sympathy is misplaced
The ant has never sought
my patronage or permission
and observable signs indicate
a wholesome, self-sufficient life
It's not farfetched to think
that we too must appear to some
as leaves on a branch or ants
in a misunderstood existence
perhaps different from theirs
but by no means poorer

'Dear Child: Letters and Reflections', a book of poems by **Aditya Nabial**, captures that fleeting window of early parenthood - the joy, the fears, the toil and the magic. Aditya has spent his formative years in Uttarakhand and feels most at home in the mountains.

<https://www.goodreads.com/book/show/35120029-dear-child>

Illustration by Rutvid , Priyasha



FEATHERY TALES

Priyasha

A world of feathery tales, this one,
of wings and flight
across painted skies,
of travel-songs chirped
along several heights,
of sips of diamonds
from streams in greens
of forests, where hide
the shiest of the beings;
Tales of colours
painted across worlds,
tales of songs
sung without words,
tales of adventures
across the 7 seas,
tales of creations,
who define flight for me.

This world of feathery tales may we live,
with love-struck hearts , and eyes wonder-filled.

BIRDWATCHING - The lockdown has been a time for personal reflection and growth. And one of the things it allowed me to do is to resume a hobby of spending time with birds. Time truly slows down when observing these creatures . Found out that some students have been observing birds as well !

Illustration by **Rajasee Ray**, who is an artist, illustrator, graphic designer and co-founder at www.ladyfingersco.com/



FRIENDS
Prema

Time rewinds, years dissolve,
Moments fly,
Memories mesmerize,
When you meet old ones.
Life becomes beautiful,
World turns colorful,
Future looks wonderful,
Conversations are meaningful,
When you make new ones.
Make Friends with
Butterflies, birds,
Plants, flowers,
Tress, squirrels,
Even ants,
And the Best of All,
Your THOUGHTS
and your BREATH
If you have none.

Stardust

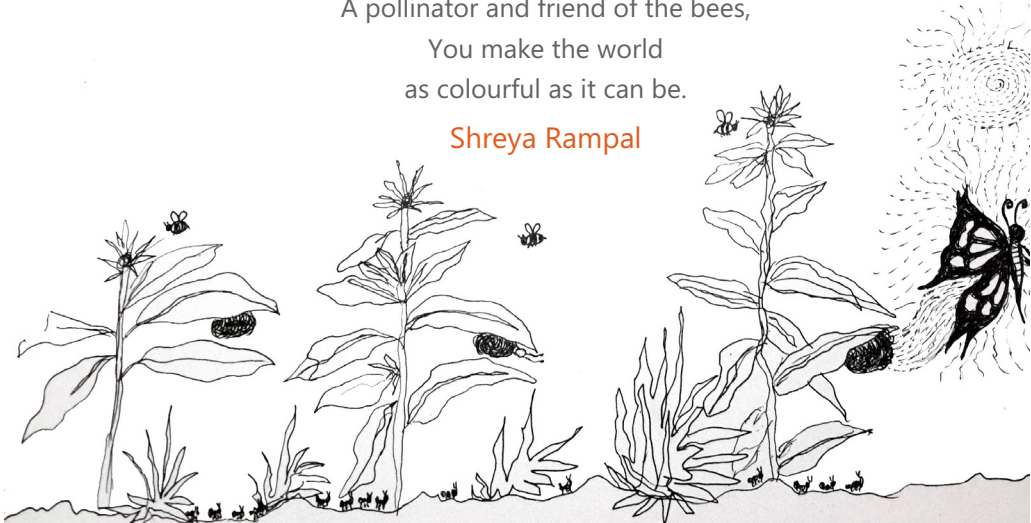
Aditya Nabial

There are still safe havens in this city
where butterflies dance without a care
fluttering just out of the reach of little children
who in their innocence
intentionally clamp their fingers a moment late
for they sense that even their silken touch
will rub off the star dust off butterfly wings



Hello butterfly,
In the rain or when it's dry.
Yellow, orange, red or grey,
Sighting you makes my day.
Sitting on the flowers, sucking the nectar.
Oh, who would have thought, you were a caterpillar.
Broke the cocoon with your hard work, transformed yourself into a
beautiful soul.
A pollinator and friend of the bees,
You make the world
as colourful as it can be.

Shreya Rampal



Shreya Rampal is a teacher & a Political Science post graduate, who is very passionate about singing & danc-

Illustrations by Nikita Gandhi

You all know of the mobile device that you charge.
But have you heard of the mobile device that charges
you?

You guessed it right, it is the humble and mighty bicycle!



The mobile device
that charges you.

Cycling is proven to reduce our stress and anxiety, proven to make us happier by releasing certain chemicals in our blood, it increases our breathing and improves our energy levels. It is a fairly low impact exercise and helps us save money too.

It reduces noise pollution, and cycling 7 km saves 1 kg of CO₂ from being produced as compared to a car. We know that greenhouse gases are responsible for global warming, and if a lot of us started taking small steps, wouldn't it make a difference?

Cycles and cyclists **need lesser road and parking space**, and cycles **don't consume harmful chemicals** in the form of coolants, engine oils, batteries etc.

Cycling is a healthy social activity too and research shows that it adds several months to our lives!





STOP DE KINDERMOORD!

Stop de Kindermoord! ("Stop the Murder of Children!") logo.

Cycles are safer than other heavier vehicles, partly because they travel at lesser speeds. **Hundreds of thousands of people die every year in road accidents and this led to a movement in the Netherlands called "stop de kindermoord" or "stop the murder of children".**

Netherlands is one of the more cycle friendly countries now. It's neighbour, **Germany is building a 100 km highway, called the 'Radschnellweg' only for bicyclists, which will help remove 50,000 cars from the road.**

Coming to India, did you know that for a 1,000 people, there are less than 100 bicycles, but more than 250 mobile phones sold? It's food for thought, isn't it?

How do you visualise your lifestyle? How would you want the roads in your cities to be like? Would you like quieter and calmer roads, with fitter people and less dangerous traffic?

The author H.G.Wells said **"Everytime I see an adult on a bicycle, I no longer despair for the future of the human race."**

It's time to give more power to the pedal, don't you think?



CRITICAL MASS

Images sourced from internet, artists unknown.

“Humphreys is clearly slightly bonkers and this is a wonderful thing”
- Geographical Magazine

Alastair Humphreys is an adventurer, blogger, author, speaker, and film maker. Alastair is a National Geographic Adventurer of the Year and has written 12 books, one is a book series for children ,

‘The boy who biked the world.’

He is responsible for the rise of the idea of **the microadventure** .

A microadventure is an adventure that is short, simple, local, cheap - yet still fun, exciting, challenging, refreshing and rewarding. The appeal of microadventures is that they make adventure accessible to people who may have very little outdoor experience.

More about him here - <https://alastairhumphreys.com/>

‘The boy who biked the world’ book review by Param and Nilay, 13 year old boys from Bhuj who have formed a cycling group for children, called SCG.

Amazing and inspiring book - about the difficult adventure cycling round the world which Tom had done, his difficulties and how he solved them. Different languages and its word are also mentioned. There were many information about places, food, technology, daily routine..

The book has three parts. It is for all ages, because it is sharing that appreciate your child if he wants to explore things or do something different. The 1st part especially is talking about this.

*My favourite scene is in the 2nd part, when there was scary Hill Climbing which was very hard but Tom did it by Telling one thing to himself ‘**ONLY ONE MILE LEFT, AFTER THIS I’LL TAKE A BREAK,**’ - by telling this to himself, he crossed the whole Hill Climb!*

Imagine that me, A Boy who read once in a Week or 2, just read the whole 113 pages Book in one day! My goal now is to do a solo 1422 kilometers Ride which I will 100% complete in my life!

Here's a short, breathless story of how SCG formed - SCG equals Sunday Cycling Group and as we start this ride, I will share more. Starting Ride!

Two children from Grade 8, Param (me) and Nilay..huff puff..and Rutvid sir were talking about cycling one day..huff puff..I used to go to Tabla classes on cycle already..huff puff..and Rutvid sir used to cycle quite regularly..huff puff..Nilay is my best friend, and we both joined him..huff puff..Nilay bought a new cycle..huff puff..we planned our first ride, excitedly told a lot of our friends in school and many of us went..huff puff..and then one of our friends fell down ..huff puff..he protected his important body parts but could not avoid falling on his hand and fractured it..huff puff..we then decided we should start with a small group..huff puff..and that's how Sunday Cycling Group got formed! Yay! Huff puff..Now, we go regularly, and we add only one member at a time so that it is safe..huff puff..and we look after each other and stop at lakes and eat breakfast which we bring from home..huff puff..we started with a 16 km ride and have touched 60 km till now..huff puff! See you later, need to focus on riding now!



Cycle-art by Rutvid. This painting was done using his cycle tyre marks.

Heartfelt **Gratitude** to the **Team**

A group of individuals coming together out of commitment and love for a common cause - Nature, at short notice, has been inspiring. The love and support which we have received, fills us with gratitude, and reminds us of what is possible.

THANK YOU

Rajasee	Priya	Nirali	Nikita
Shreya	Debjyoti	Charlie	Prema
Chirayu	Sarasvati	Leela	Aditya
Mrugesh	Vishnu Raj	Karan	Janardhan
Prabhaas	Hetal	Riya	Nilay
Param	Nishi	Kush	Maahir
Khushi	Parneet	Krishiv	Vedant
Ninaad	Mansi	Ankita	Rakshit

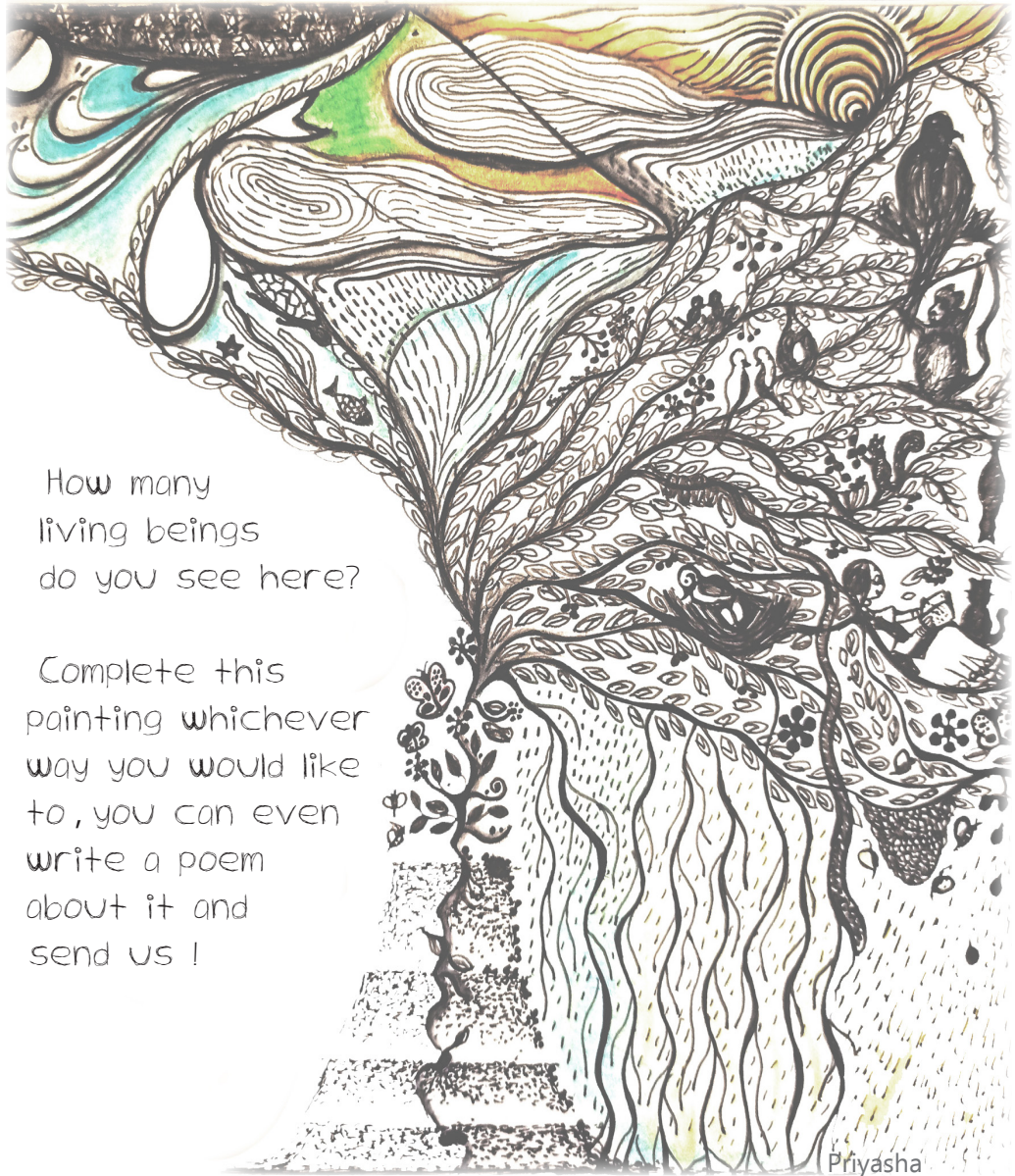


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Warli painting by Nishi, Bhuj,
who enjoys cooking and badminton.

Cover painting by Priyasha

शुक्रिया



How many
living beings
do you see here?

Complete this
painting whichever
way you would like
to, you can even
write a poem
about it and
send us !

by

The Summer Blossoms Art Initiative

<https://www.facebook.com/thesummerblossoms/>

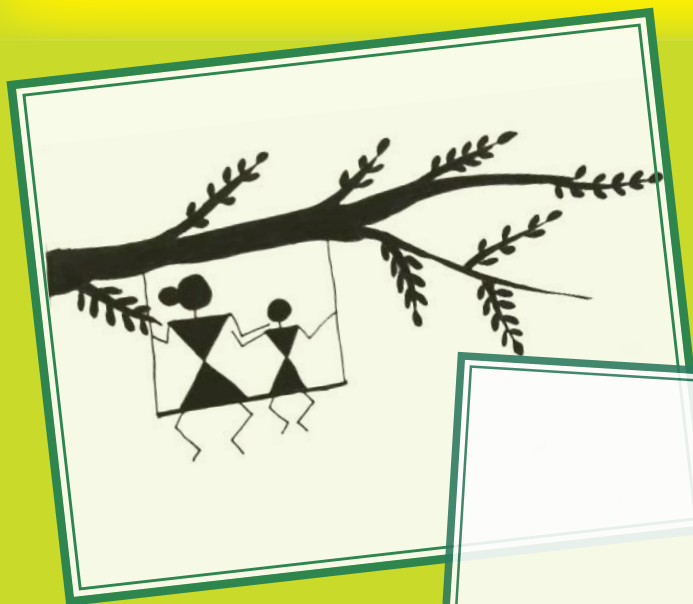
https://www.instagram.com/priyasha_summerblossoms/

nature photography - <https://www.instagram.com/rutvid.dholakia/>

Priyasha Sharma , Rutvid Dholakia | thesummerblossoms@gmail.com

Monsoon is almost here, and it is raining clouds,
fresh-water, showering nourishment upon the plants.

Imagine the soft , fragrant soil, the explosion in greenery , and think
of the opportunities to not only plant, but also raise a plant.
Imagine seeing it grow, with you, making you wonder and filling you
with awe - *how a tiny seed, no bigger than your fingernail, grows
into a gentle giant! There is magic to be sown !*



Go ahead, **RAISE** a tree -
mark its height on a wall in
your room, mark the number
of branches, track its growth
and learn its language.

**Take a selfie, or rather
'groupie' with the tree
every time it's the tree's
birthday, and share it
with us!**