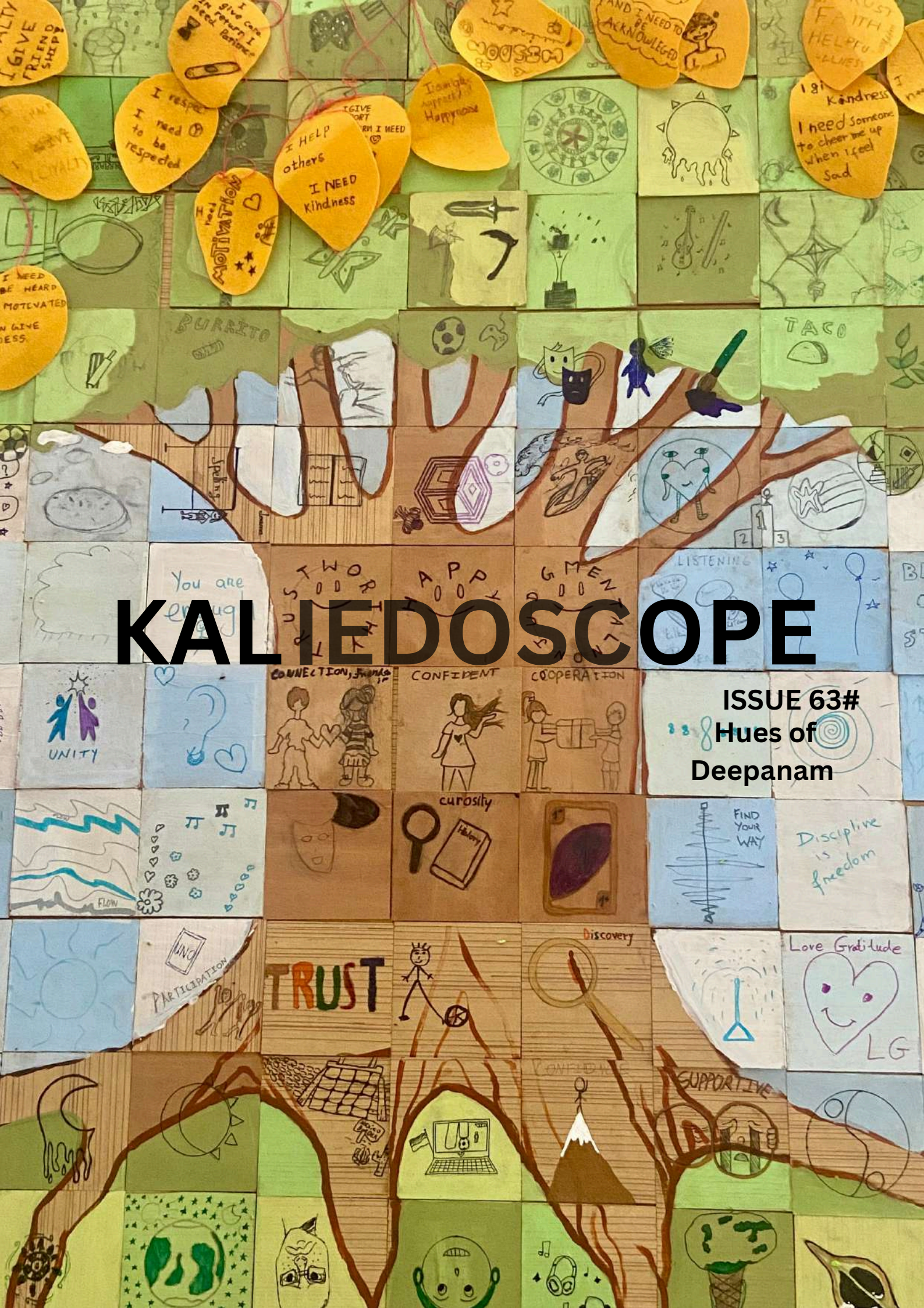


KALIEDOSCOPE

ISSUE 63#

Hues of Deepanam



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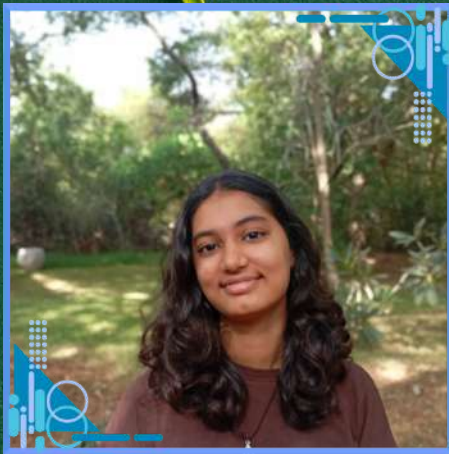
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*Forest is full of trees
In the morning is full of breeze
Forest is green
Some people are mean
Forest is nature
And it's full of creature
People should not cut trees in future
On the tree there are bees
In the forest there are rivers
Near the rivers there are beautiful flowers
Moksha*

*Your mind is calm...
The winds flow...
you can not understand what you're
feeling...
till now, and before...
your eyes see things that others have
never seen before. see yourself wondering
if its true or false...
flawless leaves on trees, left and right...
Why doesn't it feel.. sad?
Kent*



Hi, my name is Aditi, I'm 12 years old (almost 13) and my favourite colour is blue. I like horses, playing piano, drawing and crocheting. I have black hair and black eyes, which are actually brown. My favourite artists are Ryan Mack, Alec Benjamin, Robert Grace, Alex Warren, NF and much much much more. When I grow up, I want to be either an artist or a writer. I once dyed my hair red, but now it's faded. Goodbye! (:

Hi, hello, my name is Romaya. I have lots of hobbies. My most recent ones are sewing, drawing, playing guitar and crocheting. I like to do horse riding and tennis. I love music and anything to do with the ocean. My favourite colour is yellow. My favourite animals are giraffes, rhinos, jellyfish, fish and anglerfish. If you read this far, thank you so much <3



Hey my name is Salvador, I'm really artistic in a way that i express myself by singing or acting. I'm energetic and really enthusiastic. I love drawing faces. I love cooking and sleeping.

I'm really weird in a good way.....

My favourite artists are: Beabadoobee and Tyler the creator.

I love playing badminton, swimming, and love playing

I love looking at people when they are getting a haircut

My favourite smells: vanilla cream, petrol, lavender and the smell of new shoes

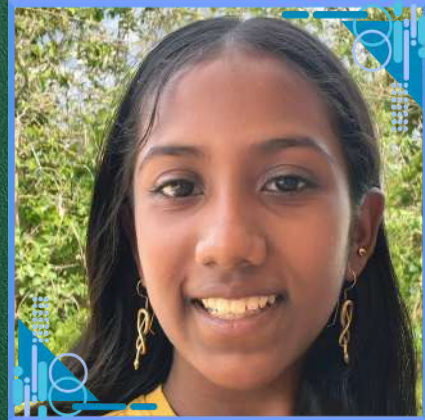
My favourite songs: glue song by: Beabadoobee, see you again, like him by: Tyler the creator



Hello, my name is Eloise , I am 12 years old, this is my first year in Deepanam and my second in Auroville. I am French and I love baking (with my sisters) ,reading ,hanging out with friends, talking with my sisters . My favorite movie are Jurassic park and a french movie c'est quoi cette famille (what that family).



Hi, my name is Vaibhavi. I am 13 years old. I love reading a lot, especially romance and a little bit of fiction. My other hobbies are crocheting and anything that has to do with my hands like knitting, stitching and embroidery, cycling around Auroville, circus and I play the violin. I am really excited to be working on the Kaleidoscope and I hope you like and enjoy reading the articles in the magazines.



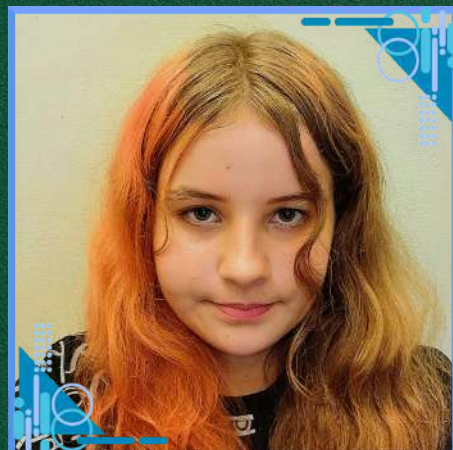
I am Ayish, I am 12 and I love anything that can keep my hands busy and me. I don't have that much free time, but in my free time I spend time with my family or friends. My parents are Manisha, Lakshay and Aurevan, my best friend is Mihiran. Otherwise what keeps me busy during the day is Batminton, Swimming or mixed sports

Hi, I'm Leoni, I'm 13 years old, and I'm in Faith group.

I've been in Auroville for 9 years, and in Deepanam for 1 year (6th grade), but I've been here before, in 4th grade, and then I took a break and joined late for 6th, and now I'm in Faith.

Some of my favorite hobbies are swimming, reading, and writing.

I really like Faith, it's better than Grace (in my opinion), and I think this will be the best year





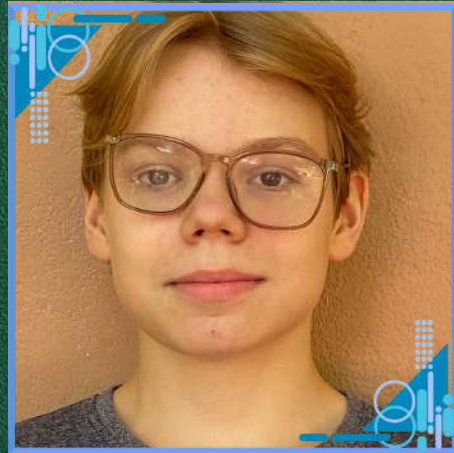
Hi my name is Raaya. I've been in Auroville for the past 2 and a half years and this is my last year at deepanam. There isn't much to me, I like video games, playing football and talking to people. In my free time I do a lot of things, I play video games, some of my favorites being Minecraft, Roblox and my favorite Terraria, I also like to go to certitude to play football in the evenings. My favorite color is vermillion, my favorite band is the Arctic monkeys & my favorite book is Heroes of Olympus house of hades, which brings me to my favorite book series which is Percy Jackson.

Sup, my name is Kirill. I am 14, and I have been in Auroville for 6 years. This is my last year in Deepanam.

I love playing football in Certitude, and I am obsessed with video games. I have a lot of games, but the main ones I play are Minecraft and Roblox.

I like animals, especially dogs. My favorite colors are purple and black, because they look cool on cars :)

Also, my goal is to participate in a football tournament :) And one more thing—I am basically blind (I can't see without my glasses) :)



Hi, my name is Yam. I'm thirteen years old and have lived in Auroville since I was eleven months old. When I first came to Auroville, I lived in Sadhana Forest, and I'm pretty sure I stayed there for about three years. From there, we heard about Auroville, so we decided to move and live here. When I was six, I joined my first school, TLC, where I spent most of my life. But in January, I switched schools to Deepanam.

Anyway, now I'll say what I like and what I do. I like sports, animals, travelling, writing, and food. The things I do are swimming and football (yes, football twice, because I really love it!). I also hang out with friends, but that's not really important to say since everyone does that.

My name is Moksha. I am 14 years old. I joined Deepanam in 3rd grade. I have been in Deepanam for 6 years. My favorite sports are badminton and frisbee. My favorite animal is the cat, and I have two cats in my house. I really like Deepanam School very much.





I have been in Deepanam for almost 8 years, starting from the first grade, and I have learned so much here. I am hoping that next year I'll get to go to Mexico to be with my dad. I want to have more opportunities to travel to many places, like the USA or Switzerland—anywhere outside of India.

Hi! My name is Kent. I'm 13 years old and I'm in 8th grade at Deepanam School in Auroville. I absolutely love markers and drawing, and also sports like football and a little volleyball—but not basketball.

Hi my name is Durga .I am 13 years old I like to play guitar. I love playing sports. I have been in Auroville for the past 2 weeks. I came here from Rio Grande do Sul in Brazil. In school my favorite things to do are reading and playing sports. My favorite book genres are action, fantasy and adventure . I am in Hope group.



My name is Uday Adhitya. I am 12 years old and I live in Pondicherry. I was a home schooler until last year. I have a twin brother and a little sister who is 6 Years old. My interests are Resin art, baking, photography, football, cricket, And gaming. Me and my friends run a stall in an organic market in Chennai

Hi, my name is Ioana. I am from Romania. I am 14 years old and I am in the Hope group. I joined Deepanam in January 2025. My hobbies are dancing,baking, horse riding and reading books. My favorite sport is futsal and my favorite pet is dog.



My Experience In Deepanam

In my 3 weeks of experience, i learned and explored alot of different things. I enjoyed all the activities we did, i it was fun having the experience to mix 2 grades, hope and faith. I loved the first week of back to school program, i loved it cause i got a chance to interact with my classmates, I made alot of new friends in the first week.

~ Uday

My first few weeks in Deepanam were great. I made new friends and met new people. Even though we're all different, we all try to understand each other better. Personally, I feel that it would be better if the entire class was more open with each other and be more together, not just with friends. One of the highlights throughout my time here was the joy me and others felt when we accomplish something either alone or together.

~Aditi

Hello, my name is Eloise. You read my introduction, so I don't have to talk about myself. Ok, let's start talking about my amazing experience in deepanam. It's cool and my classmates are nice. I love the classes, and so far my favourite ones are science and clay. It's been 1 year since I've been there, and I enjoy Auroville a lot. Before I was travelling in the world, and we stopped in Auroville for 10 days, but after going to Sri Lanka, my parents decided to go back to Auroville, so now I am here, bye.

~Eloise

Fopes Opinion

What does Interconnectedness means to you

Interconnectedness means coming together in a pair or group and understanding each other in a deeper level. It also means having similarities, since that makes it understand each other.

You can have a connection with many people, your family, your classmates, and even strangers.

Interconnection brings people together. You can make great friends if you connect.

~Leoni

What interconnectedness means to me is having the same feelings as someone or many people, as if you were lost pieces of a puzzle connecting back together, connecting is a moment, a moment when you get a feeling that you and other people are connected, interconnectedness is more than just a feeling, as i said it's a moment.

As we were learning about interconnectedness we were trying to learn about each other, our differences, our similar interests, and so on, at the end of our week of interconnectedness we used the activities we learned to parents who came on that day, we made them do the alphabet backwards, we told them to find similarities with each other, and many more, sadly we were short on time, but in the end interconnectedness brought us together.

-
Ennio

Interconnection to me is when you share a bond with one or more people when you are connected or linked to one another because of blood or friendship or other relationships you share with them. To me it also means that you understand a person better, you feel what they feel and you are very closely connected to that person. I also feel like when somebody says interconnected I always imagine it like a bee hive where all the little hexagons are connected to others or like a spider web where all the strings are interconnected to make a big spider web. That is what Interconnection means to me.

~ Vaibhavi

well for me its like having a friend then getting more friends to makes a group! and that's how i got mine. Well my group only has 3 of my best friends, but that doesn't really matter though 😊 if we are together then it will be alright! after all i have more than 1 friend then only having three of course.

but of course back to the topic. Interconnectedness is something new for me to understand, but i get to know what it means so i start thinking and thinking like, "wow its really something i kind of am!" : meaning i like to me social with others*.

oh yeah, i remembered something! when there was summer break, and school was about to start, i started thinking should i change my self for who a were before... i was none interactive with no one, didn't like be with others and being rude... But i changed now, being someone else where i can talk with others and not be in my own shell, sleeping like its my prison for my own grief. Now I'm just a chill guy 😊 -Kent

First Week of School

Monday: Today was the first day of school & we learnt that during the first week of we would be collecting puzzle pieces & the way we would earn a puzzle piece is that during a class we would do an activity, if we failed we would earn a blank piece and if we successfully did the assigned task we would earn a colored one. We started by writing an item and a word that represents us. We took a ball of yarn and we threw it to one another while saying our two words. By the end we had created a web that represented connections we then filled out a worksheet. We learned the main theme of these seven days and today we started with roots so we took root pieces and drew objects that represent us.

*2nd day we started by doing a bingo and we crossed out traits of other people we learnt about each other's differences & then we came into 2 circles and rolled a dice to decide the topic whether it be in background or in belief when we found a difference between ourselves we would exchange beads
By the end all of us had a bracelet. We did the leaves of the tree today and we took 2 of the panels and drew things that make us unique.*

On the 3rd day today we did the bark of the tree which is something that unites us. We split into 5 groups of 3 and each group chose an attribute that they all shared. For example, we are kind. We completed 2 statements about how and when we feel good those 2 statements were: I feel safe/ happy when & I wish people would. examples of those statements. I feel good when people express themselves and I wish people would be more considerate. We filled out a form about how we felt about our class atmosphere.

4th day on the fourth day we finished the puzzle and all of our colored pieces read cover in tamil and there was also a set of co-ordinates we at the co-ordinates we found a paper with a location icon and nine hands surrounding it that told us where we would be going and the place was Nine Palms. We then met up with the Grace group who were also joining us. We discussed how to get there. We decided that since only 6 people knew the way they would be spread out by having 2 in the middle 2 in the back and 2 in the front we also did branches.

On the last day we went to nine palms where we played infected and ate snacks. Once we came back we knew the parents would be coming so the groups we formed on the 3rd day were going to present what all activities we did. The 1st group would do the roots 2nd the leaves 3rd the bark 4th the branches. For example, we made the parents do one of our own puzzles we had to do in order to get a puzzle piece so we made them count backwards from a to z without interrupting each other (spoiler they failed). We ended by doing the final element of the tree which was the air so the parents took the pieces of the sky and drew on them as we had done with the rest of the tree

Raaya



A Trip we had; NINE PALMS

When Ananda's parents arrived in Auroville, they met with the Mother to seek guidance on what to name their new home. After listening to them, the Mother suggested they call it "9 Palms," inspired by the nine elegant palm trees that stood on the land like silent sentinels. It was a name that held both simplicity and symbolism—a reflection of nature and presence. Ananda was one of seven children, each lovingly named from a Sanskrit dictionary. The names were chosen with care, each resonating with meaning rooted in ancient tradition, connecting them to the timeless essence of India's spiritual heritage.

At the time of Ananda's birth, their entire property was barren. The dry, open land stretched far enough that from their house, you could see the golden dome of the Matrimandir glowing in the distance. Determined to transform the land, the family began planting trees—dozens, then hundreds—slowly turning the bare ground into a thriving sanctuary. With devotion and patience, what was once empty became lush and green, a testament to the quiet power of nurturing dreams into reality.

By Uday

Cobra VS Moongose

In Auroville you often find mongoose fighting with cobras.

Once, I even saw a fight between them which triggered my curiosity to search for more information.

I was shocked that a small, cute animal can have the courage to attack the King Cobra. How come? I wondered.



A mongoose has a special resistance to the cobras venom, that makes him get easier to his favourite food.

Also, he is very fast - that helps him because the cobra can't spray him with his venom.

Most of the times mongooses win the battle.

Another interesting information I found out is that cobras do not attack the mongooses, instead they get hunted by these small creatures. Cobras' venom is their weapon, so for them their venom is very precious and they use it only when necessary.

By Ioana



What are Trees

Definition of trees:

A woody perennial plant, typically having a single stem or trunk growing to a considerable height

What is the impacts on trees:

Trees have a significant positive impact on both the environment and human well-being. They are crucial for producing oxygen, regulating climate, preventing soil erosion, and providing habitats for wildlife. Additionally, trees improve air and water quality, reduce stress, and contribute to the economy.

Trees can be part of a larger habitat or can be the entire habitat for some organisms. They provide food, water, shelter, and space for many species, including insects, birds, mammals, and even other plants. Trees also create microhabitats, like bark crevices, cavities, and branches, that support a diverse array of life

Trees are found across the globe, but they thrive in diverse environments. Tropical regions, particularly rainforests, host the greatest number of tree species and harbor the most biodiversity. However, temperate zones and boreal forests (coniferous forests in colder regions) also have significant tree populations.

Trees are truly amazing organisms! They provide us with oxygen, help regulate the climate, and are vital for many ecosystems. Here are some fun facts about trees:

Trees have a long lifespan:

Some trees, like the Bristlecone Pines, can live for thousands of years.

Trees help fight climate change:

They absorb carbon dioxide and release oxygen, making them essential for combating climate change.

Trees reduce stress:

Spending time around trees can lower stress levels and improve overall well-being.

Trees can grow on the moon:

Seeds from the Apollo 14 mission were planted on the moon to see if they would grow differently, and they did.

The Angel Who Sought Revenge

Chapter 1

Once upon a time, there was an angel, the sole survivor of his family line. His family had been killed, and burning with fury, he fled for his life.

Three years later, he was living a normal life, attending college, and was around 17 years old.

He started noticing the first changes during his third period, math class, when his back began to ache as if something wanted to sprout. He asked his math teacher for a restroom break, and his teacher nodded.

The angel sped through the corridors, where he met his best friend, Ron, who was half British and half American. When their eyes met, Ron asked, "Where are you going, James?" That was his cover name. The angel simply replied with a nod and headed for the bathroom.

By the time he entered the bathroom, his back was burning. He tore off his t-shirt.

They were wings, bright white. He touched them; they were burning but soft, as soft as cotton, yet razor-sharp at the same time.

James was scared.

Chapter 2

James was stunned; he had almost forgotten about his angelic side, as he usually kept it hidden.

James poked his head out of the bathroom door. Nobody was there. He spotted the exit, took a breath, and ran out, still bare-chested.

He reached his apartment, breathless, opened the door, and went inside.

Now his wings were burning much worse.

To cool them down, he tried ice, water, and various other methods.

None worked.

Chapter 3

He lay in pain on his bed as hours flew by. Then he heard a knock on the door. He panicked and put on his bathrobe, eager to hide his wings.

He opened the door to find a girl. She introduced herself as Caddy and added that he could call her Cad.

Without asking, she slipped into the apartment through the gap between him and the door. As she stepped past him, the door slammed shut behind him, even though he didn't flinch a muscle.

Surprised, he asked her, "Did you see that?" She answered with a simple nod, then added that she had caused the strange phenomenon.

He blacked out, he didn't faint he just couldn't see, without his sight he panicked.

He felt his body getting ripped into a million pieces

TO BE CONTINUED
TO BE CONTINUED

~Ayish



Movie Review: F1

Rating: ★★★★★ (4/5)

If you're a fan of high-speed thrills and the intensity of motorsport, F1 delivers the adrenaline rush you're looking for. Brad Pitt takes the wheel—literally and figuratively—in this action-packed racing drama that blends personal redemption with the world's fastest sport.

Sonny is a retired Formula 1 driver who used to be on top before a serious crash ruined his life. Now older and retired, he races on lesser circuits in America, far from F1's glamour. Life goes on—until an old buddy, now a team owner, comes with an offer: help revive a failing F1 team.

Initially, Pitt's character is reluctant. He knows the risks and the physical and mental strain involved. But something within him—pride, unfinished business, or love for the race—won't let him walk away. So he accepts, knowing it won't be easy. The film does a superb job showing the effort it takes to return to peak form: training, testing, doubts, and pressure both inside the team and from the F1 world.

Some say the storyline is a bit predictable, especially if you're familiar with comeback sports films. And yes, the beats are familiar—the reluctant hero, training montage, race-day tension—but it still works. Brad Pitt brings a grounded, authentic energy to the role, making his character more than a stereotype. He's flawed but likable, experienced yet still learning.

The racing footage is a genuine highlight. The filmmakers clearly paid attention to detail—from engine roars to in-cockpit realism. If you like the technical aspects of F1 or simply appreciate well-executed action, you'll be impressed. It's filmed with respect for the sport that fans will notice and enjoy.

Overall, F1 is a fun, solid movie that blends drama and action with the right emotional tone. It doesn't try to reinvent the genre, but it doesn't need to. Brad Pitt is excellent, the racing is exhilarating, and the story hits the right beats for anyone who loves a good redemption arc.

Final verdict: Whether you're an F1 fan or just love a great sports movie, F1 is worth watching. It'll keep you on the edge of your seat.

Fun facts: Six different cars were used to create realistic visuals. Actors did warm-up laps with real drivers. Actual F2 cars were used, and yes—Lewis Hamilton and his dog were on the production team.

By Milo...

Games at Deepanam Throughout the years

Throughout the years here in Deepanam, we've always enjoyed this place, but when there was not any work to do or anything to think of, we always had our football ground. I have been here for almost 8 years, and I have noticed the change of games people have played in this school.

"We always had our football ground" — A place of joy and connection.

Back in 2019, kids were playing not only sports that involved sports balls, but games. One of the first games I have known since 1st grade, was Lock and Key. Lock and Key was a version of Cops vs Robbers, but you catch the person then they're locked, unless someone who is a key comes and unlocks the person.

Lock and Key — A childhood favorite, full of imagination and teamwork.

Now onto second grade, we played Thief and Police, it is basically Cops and Robbers, just the name changes. But now here's where things get interesting...

Thief and Police — Same fun, different name.

In 3rd grade, a football had shown up to school. The kids played with the football (I was one of them). We played every time during snack and lunch break, even when we were let go early we chose to play football.

Arrival of the football! Football became the heartbeat of break times.

As for 4th grade, nothing has changed much, but a new version of Wolf game had appeared — Infected. One person was infected and had to infect the other people. It's more used than Wolf game because the name sounded cool.

Infected — "Tag" with a twist! The cooler name made it a hit.

Now 5th grade, again nothing much has changed, it felt the same as 4th, but yet another game appeared — Mafia. It involved quite a bit of people, as there were a specific amount of roles people had. I don't want to yap about it as it would take a lot of space.

Mafia — A game of mystery, roles, and storytelling.

Now for 6th grade. 6th grade introduced Four Square. Four Square was about there being a square divided into four boxes, and each box had a role: Peasant, Knight, Minister, and King. For the people waiting outside — they are called worms. The goal of the game is to knock the ball into the other person's box. If it hits outside, you're out. It has to bounce 2 times in one person's court for them to be out. As the king starts with the ball, there are lots of rules.

Four Square — A structured game with hierarchy and strategy.

About games we've played over the years — I think the games we play are starting to have more rules than to really just play the game. From simple fun to structured play — A reflection on how games have evolved.

By Ennio

Book review

The boy who harnessed the wind is based on a true story, about going through tough times in life. The base of the story is in Malawi, a small village in Africa, which is next to Zambia, Mozambique, and Tanzania. The main person in the book is called, William Kamkwamba. William Kamkwamba had six sisters and his parents, his mother Agnes Kamkwamba, and father Trywell Kamkwamba. The village they lived in consisted of about ten houses made out of mud bricks and grass as roofs.

The book's agenda is, sustainable development, education, overcoming poverty, and the power of innovation. Also, the boy who harnessed the wind, when William Kamkwamba was fourteen years old he did not have enough money to go to school so he had to self study which in our school we are working on right now.

The book was published on 29th September 2009. Anyways I really liked the book since it had a lot of character, and since it's a real story and not just a made up one that is just there to entertain you, which by the way aren't bad books. I'm just saying when I read the boy who harnessed the wind I thought to myself WOW this actually happened to someone, which in this case is crazy.

Obviously the name of the story The Boy Who Harnessed The Wind isn't there for no reason. Basically in the time where William Kamkwamba didn't have enough money for school he went to the library for his self study time, there he learnt about science by a book called using energy, in that book he learnt all kinds of things that bring electricity to people's houses and one of those things was a windmill. So when he was fourteen years old he built the windmill which took him several months to complete, but when he was done he provided his family with electricity which caught the attention of the people living around him, and also the people outside Africa, one of them being emeka okafor who was the director of the TED conference in Arusha a city in the north of Tanzania.

So William Kamkwamba was invited to speak at the conference about his time building the windmill. And it is pretty rare because only 100 people from all around the world. So those people including William Kamkwamba were gonna attend the conference from June fourth to June seventh. After arriving in Arusha, William Kamkwamba took a bus ride to Ngurdoto Mountain Lodge where the conference was held. When he came he met Tom Rielly who was in charge of organizing all corporations at the conference. After he got set in his hotel room he went to speak in front of the people, but since he didn't know a lot of English it was hard for him but he still managed. But anyways I don't want to spoil the whole book since the point of a book review is making other people see how good the book is, so I guess that's it. So yeah you should read it.

By Yam

7 Nut Cupcake

To make this awesome cupcake (it's really simple, and tasty).

1: Take, Cashews, Pistachio, wall nuts, almonds, peanuts, and sunflower seeds. (Use about 5-6 Pistachios and the sunflower seeds about 6, for the others at least 1-2)

2: Grind the nuts into coarse powder, (use a mortar and pestle) don't make them too small to see, make sure they are as small as a fingernail.

3: Place the nuts into separate bowls so they don't get mixed up.

4: Now you can use any kind of soft bread as long as it's soft, so you take the stuffing out of the soft bread and put it into your mortar and pestle and grind it into a powder, make sure you grind about a quarter of a teacup of it.

5: And now you need a kind of cake paste because its a cupcake, so you take out some bananas and you cut them into small pieces, you then put a bowl out for the eggs and you crack 2 eggs into the bowl, now take out your flour and put it into a small bowl, make sure to fill it a quarter of the small bowl, then put your chopped up bananas into the blender, following with your eggs, then your flour, now blend it for about 10-25 seconds, till it becomes a Banana paste. (put that in a bowl as well)

6: Now your gonna wanna put the nuts at the bottom of the cupcake holder, then following half of your bread powder, then add a tiny bit of honey in the middle, then following up with your banana paste, if you have either already melted chocolate or Nutella to cover the top, and then finally adding the rest of your bread powder on the top.

7: Then put your cupcake into the oven and put a timer for about 25-28 minutes, then after it's done take it out and you have a delicious 7 Nut Cupcake, 7 nuts, 7 steps

-Ennio.

Teens Connect: Conversations on Well-being, Education, and Community with Udayan

In "Teens Connect Episode 16," hosts Raaya and Ayish from Deepanam school interview Udayan, a psychologist and former national Ultimate Frisbee coach. Udayan shares his journey into psychology, which began with a last-minute switch from chemistry in school. He found that he enjoyed working with teenagers and understanding people, which ultimately led him to the profession



When asked about advice for his younger self, Udayan would assure him that life is going well and to trust his intuition.. He emphasizes doing things he likes and enjoys, allowing that to lead to a job, rather than having a fixed dream job.

Auroville's Influence: Finding Peace and Purpose

Udayan discusses his experience in Auroville, where he has been volunteering with Matram, a mental health organization, for six months. He describes Auroville as more beautiful, calm, and less rushed than city life, with a tighter community and a sense of belonging. His time there has helped him shift his perspective, making him realize the importance of slowing down and valuing quality over productivity. He was originally a busy person in city life but has found more peace and ease in Auroville. He came to Auroville with his wife for a gap year, a practice he strongly recommends everyone take twice in their lives: once after school/college and once in their 30s.

Before Auroville, Udayan worked as a counselor in two schools in India, helping teenagers with their mental health and developing life skills. He appreciates the freedom and balance between freedom and responsibility given to students at Deepanam, noting the absence of fear, punishment, or reward, which he believes fosters genuine learning.

The Spirit of Ultimate Frisbee: More Than Just a Game

Ultimate Frisbee is described as a non-contact sport combining elements of football, basketball, and rugby, played seven on seven, often mixed-gender. Udayan was drawn to its self-refereed nature and the "spirit circle" after games, where teams give feedback, fostering fair-mindedness, athleticism, and community. He discovered the sport in college in Mumbai and continued playing with a club.

Navigating Anxiety: A Psychologist's Advice for Students

As a psychologist, Udayan finds the best part of his job is seeing students gain insights and undergo transformations that make them better individuals. For students experiencing anxiety, he suggests various approaches, including "just chilling" by taking a break or engaging in movement, naming emotions to better deal with them, and using breathing and grounding techniques to stay present.

Rethinking Education: The Deepanam School Approach

Udayan chose to return to Deepanam School for a second program after a positive experience with the students and the chance to co-create a non-academic, meaningful program centered on interconnectedness, symbolized by a tree. A highlight of the two weeks was seeing students resolve a chaotic situation independently by forming a circle and respectfully sharing their perspectives.

He admired the students' energy and joy, and believes discipline isn't about quietness but about mutual understanding and the freedom to be oneself. The biggest challenge during the program was managing the tight schedule and balancing many activities.

The tree was used as a symbol of interconnectedness: roots represent origins, bark signifies class agreements, leaves stand for diversity, and branches represent aspirations. Udayan felt especially connected with Auroville students, appreciating their openness and directness.

He would overhaul the reward and punishment systems in modern education, advocating for a better balance of competition and collaboration. He opposes fear-based approaches that create hostility, and instead supports systems that foster growth. Though he doesn't propose major changes at Deepanam, he suggests adding more structure and intentionality to projects.

Udayan envisions a world where schools resemble Deepanam—with less focus on capitalism and materialism, and more on peace and meaningful work. He believes early exposure to such an environment would have supported a healthier adult life.

Fond memories from his own school days include playing cricket, spending time with friends, and a pivotal moment when his principal allowed him to switch subjects—a change that had a lasting impact. His passion for working with students and counseling began during a 10-day residential program that emphasized curiosity, collaboration, and resilience. Through shared activities and games like Ultimate Frisbee, he built deep connections with students.

Udayan now feels a strong pull to return to Auroville, inspired by its values and the fulfilling experiences he's had at Deepanam.

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Student Voices: Experiences and Hopes

Raaya found the back-to-school program helpful for getting to know her new classmates and feeling comfortable with them. Ayish enjoyed the program for interacting with every student and building future connections. On how the world would be if all schools were like Auroville, Raaya believes people would be more content and follow their passions, while Ayish thinks it would be more peaceful with less conflict. Raaya wishes teachers would encourage students to step up more and take on new experiences, citing his positive experience as an editor.



Auroville Radio

The Voices of Auroville



