



**our constitution**

*Perspectives...*

*Yesterday, Today & Tomorrow*

*A flipbook on the Indian Constitution by  
Sarv Sahodaya group of schools*



# Foreword

***‘Constitution is not a mere lawyers document, it is a vehicle of life, and its spirit is always the spirit of age.’ -Dr B. R Ambedkar***



**Dear Students, Parents and Fellow Educators,**

**Greetings on the 73rd Republic Day!**

**Let us partake in the celebration of 73 years of the Indian Constitution through a panorama of perspectives from yesterday, today and tomorrow. This publication, through a multitude of media, is our endeavour to pay homage to the sacrifices made by the millions who fought to forge the beautiful country we are proud to call our own.**

**The CBSE, with its landmark initiatives like Ek Bharat Shreshtha Bharat and Azadi ka Amrut Mahotsav, comprising a series of events celebrating the legacy of our illustrious country, propelled the sense of pride every Indian citizen must imbibe in our identity. It is indeed our roots that tether us, yet give us our wings to aspire ever higher, and the students' enthusiastic participation in the AKAM initiative, is gratifying testimony to this aspiration.**

**I extend my heartfelt gratitude to the CBSE for providing educators the platform of Sahodaya School Complexes which allowed our Sarv Sahodaya group of 14 industrious schools of NCR to synergize thoughts and efforts towards the goal of holistic education. ‘Sahodaya’ means ‘rising together’, the perfect manifestation of our efforts.**



**This flipbook shines in the galaxy of collaborative educational projects taken on by the Sarv Sahodaya, upholding the true spirit of sharing.**

**I must thank the grandparents of our school communities for sharing their inspiring narratives and insight. I congratulate the parents who seamlessly bridged the vision of India from yesteryears with the future of boundless potential. I extend love to the students who coloured this magazine in the creative hues of their vibrant imagination. Their commitment leaves me reassured that our beacon of hope shall shine bright for posterity.**

**As educators, our emphasis is on moulding our children into proud citizens of this glorious nation with a deep-rooted understanding of their diverse culture and heritage, practising the tenets of the same globally. My heartfelt appreciation goes to all the principals and teachers who have been instrumental in bringing this project to fruition. We hope this book translates into useful material to scaffold the teaching of our country's history and socio-political fabric in the classroom.**

**Education is the basis of all progress. It is our constant endeavour to nurture humanitarian values in the learners that will help create a harmonious environment and, in turn, a more peaceful society replete with wisdom, compassion and humility. To hone India into a global superpower, we, the citizens of the world's largest democracy, must commit to upholding the Constitution in letter as well as spirit.**

**With hope and resolve,**

***Jai Hind !***

**Dr Ruchi Seth**

**Chairperson, Sarv Sahodaya**

**Principal, Lotus Valley International School, Noida**



## **Member Schools**

- 1. Ambience Public School, Sector 43, Gurugram**
- 2. Bal Bharati Public School, Pitampura, Delhi**
- 3. Chinmaya Vidyalaya, Vasant Vihar, Delhi**
- 4. Delhi Public School, Sector 45, Gurugram**
- 5. General Raj's School, Hauz Khas, Delhi**
- 6. Indraprastha International School, Dwarka, Delhi**
- 7. Lotus Valley International School, Noida**
- 8. Lotus Valley International School, Noida Extension**
- 9. Modern School, Vasant Vihar, Delhi**
- 10. Sadhu Vaswani International School for Girls, Shanti Niketan, Delhi**
- 11. Sanskriti School, Chanakyapuri, Delhi**
- 12. Suncity School, 37D, Gurugram**
- 13. Tagore International School, East of Kailash, Delhi**
- 14. Tagore International School, Vasant Vihar, Delhi**



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# **Artistic Rendition of the Preamble**

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**'The Constitution cannot protect us unless we  
protect the Constitution.'**



# **Evolution of the Indian Flag**

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**'The Indian Flag is the  
symbol of our  
freedom, national pride and  
history.'**



# *Yesterday...*

## ***Narratives of Freedom***

***The struggles and triumphs through the eyes of our  
Grandparents***



## ***My Memories of the Freedom Struggle***

***The Indian freedom struggle has great importance in the history of India. The people of the entire nation struggled a lot to free the country from imperial rule. I can still recall my experiences vividly.***

***I did not face much trouble during my childhood in going to school, playing in the park, etc. When the freedom movement gained momentum, I was in my final years of schooling. There was a university near our school. Suddenly, university students would come out and march shouting 'Inqalab zindabad'.***

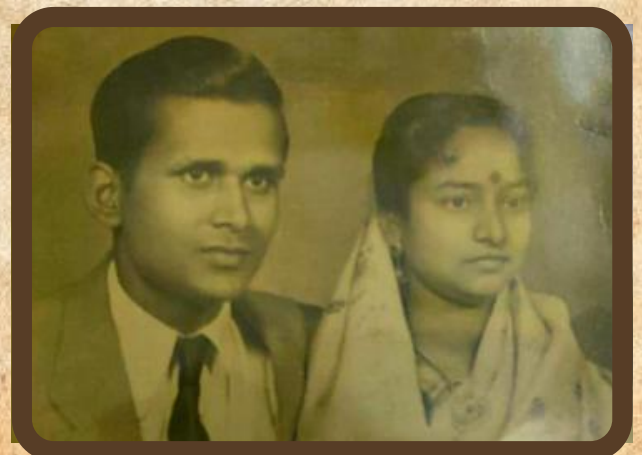
***The police, who were mostly British at that time, used to beat us up and force us to leave school. Almost every day, we would witness civil unrest across town. I had to discontinue my studies for almost three years because of this. However, during the partition, the situation worsened. There was chaos, violence and tension all around. I remember my family and I did not step out for almost a week after the partition. However, after a month, things started to become normal. I completed my university education in Varanasi and later, got a government job in Delhi.***

***India has changed a lot now. Seeing everyone using mobile phones which I never thought would exist really amazes me. Also, women working in almost every occupation and becoming independent makes me happy.***

***Shri Amar Kumar Sarbabhon***

***Grandfather of Subroto Banerjee (11)***

***General Raj's School, Hauz Khas***





## ***A Journey Through Time***

***My name is Meenakshi, born exactly in the middle of the 20th century. Being a grandma to six grandchildren is an unfathomable pleasure. I do not have academics to my credit but am a well-read person with a school career of just a few months. Fortunately, I could acquire a huge wealth of knowledge through self-education and have ensured that my five children got the best education.***

***Belonging to the pre independence era, I have had instances to talk about people who took part in the independence struggle. Some who belonged to my neighbouring villages, some from the family, and all the other valiant leaders from the veer gathas, I had heard about. I was aware of the RSS Movement, which was prevalent in those times and the actions taken by them in the freedom movement.***

***My mother was fortunate to have met Mahatma Gandhi before and after independence. She is greatly influenced by his ideology and tries to remain self-reliant till date and is a role model for all of us. I have tried to emulate her and done my best to serve the community.***

***I believe that Education and actions do not need degrees. Selfless dedication without a need for publicity is Service to mankind and in turn to God. Let your actions speak and preach is my motto. Shubham Astu.***

***Smt Meenakashi Trivedi,  
Grandmother of Devansh M. Trivedi (12)  
General Raj 's School, Hauz Khas***

**My great grandmother and grandmother with other family members**





## ***Humanity is the Greatest Religion***

***India attained freedom from the British regime in the year 1947 because of the bravery and cooperation of the people that constituted the struggle. That was the time when people of all religions fought side-by-side regardless of the diversity that existed. It was the same people that fought among themselves during the partition riots that lead to the massive exodus. My grandmother and her family, residents of Rawalpindi in present day Pakistan, had to face the barbarous circumstances of the partition riots. This is when their neighbours came to their rescue. Mr Hussain and his family helped my grandmother's family by letting them hide in their house, protecting them from the extremists that patrolled outside. Their help and generosity extended beyond the riots in helping my grandmother's family escape Pakistan in a vehicle. This strengthened my belief that 'Humanity is the greatest religion.'***

***Narrated by Smt Lalita Bhargava to her dear granddaughter  
Manasvi Bhargava (11)***

***General Raj 's School, Hauz Khas***





## **An Ode to my Grandfather**

**My great grandfather, Shri. Anant Vasudev Sahasrabudhe, fondly known as Annasaheb Sahasrabudhe, was a great Indian Independence activist who worked closely with Mahatma Gandhi, Dr. Rajendra Prasad, Shri Sardar Vallabhbhai Patel and others. He was arrested by the British for actively participating in various freedom movements, like the Salt March and Quit India Movement. After Independence, he was one of the front line leaders of the Bhoodan movement initiated by Shri Vinoba Bhave. An array of books have been written about the journey of his life. He received the Padma Bhushan in the year 1970, for his contributions to the society.**

**Parteet Kaur Narula (5)  
Delhi Public School, Sector 45,  
Gurugram**



## **Leaving My Childhood Behind...**

**On 15th August 1947, when partition was declared, we had to leave our home in Kasur, Lahore. We left several memories behind as well. We lost our near and dear ones and left several close friends behind. It was a great struggle to resettle in India and start a new life. Witnessing so much violence at a young age left a lasting impression on my mind. The Partition of India, like many other conflicts throughout history, was caused by religious, political, and social turmoil resulting in one of the biggest exodus in modern history.**

**Smt Sashi Sud  
Grandmother of Rhea Singh Sud (11)  
Delhi Public School, Sector 45, Gurugram**





## Nostalgia

*I was born in 1934 when life in India was carefree and spent amidst large supportive joint families. Cities were developing which was a sight to behold for children like me, raised in the remote hinterlands of Tamil Nādu. Technology was limited to the radio which was our window to the outside world. We were content, the village was our community and neighbours our family. The clouds of war hovered over us and the sound of sirens terrified us. We have come a long way and with empathy and equity we would be able to build a stable society.*

**Shri V.Pichumoney**

**Grandfather of Aruna Balaji(12)**

**Delhi Public School, Sector 45, Gurugram**

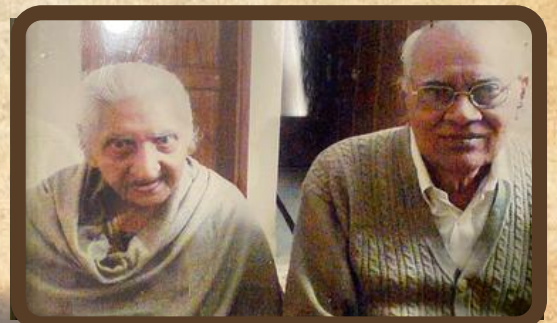


## Great Grandparents and the Partition

*My mother often talks of my maternal great grandparents and their inspiring story. My maternal great grand parents Mr. M.L. Aneja(1927-2010) and Mrs. Rampyari Aneja (1930-2008) lived in Peshawar (Pakistan) when the partition happened in 1947. Communal riots broke out, leading my great grandparents to take the difficult decision to migrate to India with their newborn child. They took shelter in a refugee camp which they could secure only in exchange for gold coins. When they finally reached India, they settled down in Rohtak (Haryana). My great grandfather became a successful businessman and moved to Delhi when my maternal grandfather was in college. A big salute to all those who survived the tough times of the partition.*

**Grandparents of Vanya Gautam(6)**

**Ambience Public School, Sector 43, Gurugram**





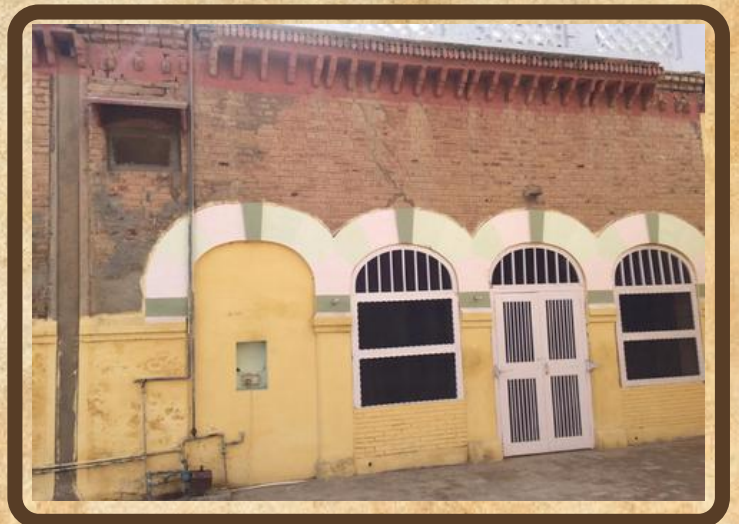
## ***Memories of the Partition***

***The year was 1947; our part of Punjab was called the Raule Wala Saal (Year of the Great Riot/Disturbance). Barely eleven years old, I lived in our haveli with my grandparents, parents and 8 of my siblings, the only pukka house in the entire village. So, when the riots started, the entire village fearing for their lives would sleep on our terrace at night lying close to each other and the guard would shout 'Jaagte Raho' in the dusty lanes. His voice was a reassuring sound indicating all was well. One day, we heard that there were intruders in our farms. So, the villagers went there with their weapons in hand only to realise that these people of the so called 'other' community were also equally scared for their lives, trying to evade attackers. A few days later, my father found a baby floating in a basket in the canal near our farms. We named her Sita and she travelled with me when I got married. Sita was then married off to a man in the nearby village. Today, Sita is a grandmother to several children and her annual visits are a reminder of a time long gone.***

***Smt Kamla Devi***

***Grandmother of Nitara Singh(Nursery) & Rudraveer Singh (II)***

***Ambience Public School, Sector 43, Gurugram***





## ***A Legacy Steeped in Emotions***

***From the narrow and dingy lanes of Amritsar to the bustling Indian Military Academy, my life gave me a plethora of experiences. Born to the parents who participated in the freedom struggle, went to jail, witnessed the drafting of the Constitution and India becoming a Republic, I had a close encounter with the independence era. Though I did not witness the struggle myself, the anecdotes shared by my parents inspired me to join the army. My most prized possession is our handmade national flag that was passed onto me by my grandfather—a legacy enveloped in emotions and patriotism. The fire within me gave me impetus to carry forward the legacy of serving the nation. Today, as I travel down memory lane, the feeling of having served my nation for 37 years fills my heart with pride and gratitude. I still remember my visit to East Pakistan and Bum La Pass. It gave me insight into the sacrifices made by our national heroes, inspiring me to the core. When I retired as Brigadier in 2003, little did I know that my journey would inspire many to serve their homeland. My grandchildren are my biggest strength and their commitment towards the country assures me that my nation is in safe hands.***

***Rtd. Brigadier Sham Mediratta  
Grandfather of Namish Oberoi (8)  
Bal Bharti Public School, Pitampura***



**Draped in Patriotism**



**Childhood Memories**



**Unbreakable Battalion Bond**



## ***The Very First Republic Day***

***Time flies but memories become your legacy. It was a chilly Thursday morning on 26 January 1950. I still remember the excitement and festivities in the air. Delhi had been preparing weeks for this day, the day when India would declare itself a Republic. It's been 72 years and the tales told by my parents and teachers about our very first Republic Day still bring back a wave of patriotism and pride. I was a school-going boy and our teachers talked at length about the relevance of the first Republic Day. A public holiday was declared across the country and people in my locality celebrated with processions and ceremonies to hoist the new national flag for the first time. As a young boy who hardly understood the meaning of being a citizen of an independent sovereign republic, I feel blessed to have witnessed India growing leaps and bounds. This hard-earned legacy is not only to be deeply cherished but also to be preserved so that we can pass on our rich political and cultural heritage to the coming generations***

***Shri Gulshan Kumar Johar***

***Grandfather of Dishita Batra (11)***

***Bal Bharti Public School, Pitampura***





## Understanding Freedom

*I must have been about 14 years old, enough to be able to understand what's freedom. There was fear and exploitation all around yet there was a beacon of hope. We, the adolescents, at every opportunity, would join the main movement in whatever small, insignificant way we possibly could. Holding the flag and moving in small batches across villages singing, shouting slogans of unity and freedom, and conveying messages of freedom fighters from one place to the other. At heart, everyone had the same aspiration, to be free and master one's own destiny as a nation. Even people associated with the kotwali of the area contributed in their own way. These, at times, acted as a hideout for many freedom fighters. My uncle and his colleagues would provide safe shelter at their homes to freedom fighters. The village would also contribute to aid them.*

*Results yielded soon when the tricolour was unfurled replacing the Union Jack on 15 August 1947. I vividly remember everyone gathering around a single radio in the village to hear the PM's speech being broadcasted. It was indeed a colourful celebration with dance, music and the distribution of sweets in every house with an overarching feeling that's hard to express. Even post-independence, with the same zeal, I, with a group of friends, would tour the flood/ drought affected areas and contribute in whatever capacity we could, with a sense of satisfaction.*

**Shri Pitamber Dutt Pandey**  
**Grandfather of Divyaesh Pandey (9)**  
**Bal Bharti Public School, Pitampura**





## ***My Journey to a New India***

***15 August 1947 was indeed a very big day for India. On this day, the two self-governing dominions of India and Pakistan legally came into existence.***

***But this memorable day in history also brought my family to a crossroad; we had to choose between staying in Multan and coming to India. While we knew what had to be done, innumerable 'hows' loomed all around. How were we going to get there? How much money should we carry? Are we being patriotic or stupid? And perhaps most importantly, are we going to survive the journey? At this critical juncture, we didn't have any of the answers.***

***The sun was about to rise and we were all set to leave Multan. After an hour of waiting, we boarded the train but were extremely anxious about our future. I still remember my mother constantly praying for our safe journey; and even if I try to forget the journey, I cannot.***

***While the borders may have so cruelly divided us, perhaps a thread of vulnerability wove us together in our fear and sorrow. By God's grace, my family and I survived. And now, with maturity and the experiences I've had in my spectacular nation, I understand the decision made by my parents. I'm glad we came home, came to India!***

***Shri Chander Bhan Arora***

***Grandfather of Achita Arora (10)***

***Chinmaya Vidyalya, Vasant Vihar***





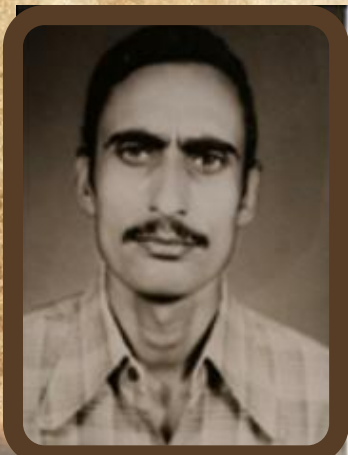
## स्मृति

देश प्रेम के भाव से सराबोर सनन २०२२, प्रतीकात्मक रूप में आज़ादी का अमृत उत्सव मनाया जा रहा मेरे वर्षीय पोते ने आज मुझे इस महोत्सव का अंग बनने की खुशी प्रदान की और अनायास ही मरी लेखनी मेरे बचपन को मूरत रूप देने का उद्यत हो उठी। सन **1948** - आज़ादी की पहली वर्षगाँठ ! उदयचंदपुर (उत्तर प्रदेश) की सड़कों पर उमड़ा आज़ादी के रंग में रंगे देशवासियों का सैलाब - हर्षोल्लास, दमकते चेहरे और निडर आँखें, स्वतंत्रा सेनानियों के प्रति आदर दर्शाता जयघोष और सभी के धड़कते दिलों में स्वतंत्र भारत के लिए 'कुछ' कर दिखाने का जोश। मैं आठ वर्षीय बालक मुझे भी आज समय से पहले ही स्कूल ( बांसवाड़ा प्राइमरी स्कूल ) पहुंचना है, झंडोत्सव में भाग लेना है। पिता का हाथ' थामे 'भारत माता की जय', का नारा लगता, कूदता-फांदता जुलूस का अंग बन गया। विद्यालय पहुँच झंडा फहराने के उपरांत, सीना ताने कदम-से-कदम मिलते परेड का हिस्सा बनने के आनंद की अपूर्व अनुभूति !

'.... दादाजी सौ ... शब्द' - सामने खड़े पोते का स्वर मनो दूर से आता सुनाई पड़ा - मैंने आँखें उठाई, सामने ही तो खड़ा है मेरे बचपन का प्रतिबिम्ब, अमृत उत्सव मनाता मेरा देश, मेरे भारत का भविष्य ! गर्व से भरी मेरी आँखें सजल हो उठीं और मैंने उसका माथा चूम लिया।

डॉ राम प्रताप सिंह

दादा जी युग प्रताप सिंह ( कक्षा प्रथम )  
चिन्मय विद्यालय, वसंत विहार



डा राम प्रताप सिंह (आचार्य एवं पूर्व विभागाध्यक्ष मनोविज्ञान  
विभाग, जय नारायण व्यास विश्वविद्यालय, जोधपुर)



## There's Always Hope

*“During the partition, India’s condition was chaotic. Although the government allotted houses, their condition was appalling. My family and I came to India from Gujrawala, Hafizabad. The house allocated to us still had vestiges of suffering. The officials and soldiers were not cooperative. Losses were experienced on both sides; they could have been avoided if the laws had been appropriately enforced. We, along with hundreds of people, left our wealth, burying it in our backyard, hoping that we would return one day but unfortunately, that never happened. I hope to visit Gujrawal again one day.”*

**Shri Raghubir Singh**

**Grandfather of Arshnoor Kaur Chhabra (12)**

**Indraprastha International School, Dwarka**

## हिम्मत

“मैं मुंशी पांडे, उम्र 82 साल, आज की पीढ़ी को बीते समय की दास्तान सुनाना चाहता हूं। बात उस समय की है, जब मेरा देश भारत अंग्रेजों की गुलामी की जंजीरों में जकड़ा था। मैं तो महज़ 7-8 साल का था, परंतु मेरे माता-पिता तो अंग्रेजों के जुल्मों के शिकार थे। मेरे पिताजी और चाचा जी बड़ी-बड़ी स्वतंत्रता रैलियों में जाते थे और लाठियां खाते थे। सन 1947 में आखिर अंग्रेजों की गुलामी से तो स्वतंत्रता मिल गई, परंतु मेरा भारत दो हिस्सों में बंट गया। भयानक हिंसा फैल गई। इस हिंसा ने इतना खौफ़नाक रूप धारण किया कि दोनों ओर से आने-जाने वाली ट्रेनों में बस लाशें ही दिखाई देने लगीं। उम्र के इस आखिरी पड़ाव पर आज भी हम किसी ना किसी परेशानी से जूझ ही रहे हैं, परंतु जिस तरह क्रांतिकारियों ने मिलकर देश को स्वतंत्र करा दिया, उसी तरह हम सभी मिलकर, विपदाओं का सामना कर वातावरण को खुशहाल बना सकते हैं।“

**श्रीमती मुंशी पांडे**

**दादाजी, आद्विक पांडे कक्षा-आठवीं**

**इंद्रप्रस्थ इंटरनेशनल स्कूल, द्वारका**





## एक वीर गाथा - मेरी जुबानी

स्वतंत्रता सेनानी मलावाराम जी का जन्म नूर महल जिला जालंधर, पंजाब में 25 सितंबर 1917 को हुआ था। दिल्ली आने के बाद, एक दिन अचानक गांधी जी के नाई लक्ष्मण जी से उनकी मुलाकात हुई और गांधी जी से आज़ादी की लड़ाई में शामिल होने का आग्रह किया। गांधीजी ने कहा- पहले आज्ञा लेकर आओ और इन्होंने एड़ी चोटी का ज़ोर लगा दिया। 16 अप्रैल 1939 को गांधी जी ने उनके उत्साह को देखकर अरूणा आसफ अली बिग्रेड में शामिल कर लिया। सत्याग्रह के आंदोलन के समय कई बार जेल की यातनाएं सही। 15 अगस्त 1947 को आखिर भारत आज़ाद हो गया। 1972 में स्वतंत्रता की रजत जयंती पर, मेरे दादाजी ने भी राष्ट्रपति जी से ताम्रपत्र ग्रहण किया। वे गांधीजी के आदर्शों पर चलने वाले, सादा जीवन जीने वाले मिलनसार व्यक्ति थे। 4 नवंबर 2011 को उनकी शव यात्रा वीर सेनानियों की भांति निकली। तिरंगे झंडे में लिपटा उनका पार्थिव शरीर सुसज्जित अर्थी पर था और अपार जनसमूह उनके साथ चल रहा था। दादाजी, आपकी कमी हमेशा समाज को खलती रहेगी।

श्रीमती रजनी

मां (नमन सरपाल कक्षा-पांच)

इंद्रप्रस्थ इंटरनेशनल स्कूल , द्वारका



### ***Freedom Forged on the Anvil of Sacrifice***

***“My father, Late Shri Amar Lal, was born in 1919 in Chiniot, Punjab. He was a courageous freedom fighter who participated in several legs of the Civil Disobedience Movement against the British government. In 1941, he was arrested in a Satyagraha and spent eight months in the Gujrat Jail alongside his companions Dev Raj Sethi, Cyan Chand and others. After Independence, he settled in Uttar Pradesh and died an untimely death at 35. My mother, Late Shrimati Laj Wanti, was honoured with the Freedom Fighter Pension until her demise. Our family was also honoured with a medal of Golden Independence 1947-1994.”***

***Shri Satish Kumar Arora***

***Grandfather of Hariank Arora (9)***

***Indraprastha International School, Dwarka***





## Stories of Courage

*What are the stories I remember connected with the Freedom Struggle from my childhood days? As girls in India in the sixties, the story which inspired us the most was 'Jhansi ki Rani'; how Lakshmibai, the Rani of Jhansi, had the opportunity to learn shooting, horse riding, and mallakhamba which enabled her to lead the rebellion against the British so well.*

*During my schooling in Ahmedabad, we often visited the Gandhi ashram at Sabarmati. The story of the famous Dandi March which started from that very place was told and retold. We loved to hear about how Gandhiji picked up a lump of salt on the seashore at Dandi and proclaimed, "With this salt I am shaking the foundation of the British Empire."*

*Smt Niloufer Shroff  
Grandmother of Zara Shroff (7)  
Modern School, Vasant Vihar*



### The Toll of Freedom

*I was born after India attained independence; however, my parents have often told me stories about how their families managed to come to India. My father lived in Lahore before partition and came to India after the riots had broken out. They had to leave behind every single possession, and they faced many hardships while they lived in refugee camps for two years. My mother's family had also lived in Lahore but came to India well in time. My parents were engaged before the partition, but it took their families two years to find each other in India after independence. One of my father's cousins had a near death experience while coming to India from Pakistan. He boarded a train with his friend from Lahore. On the way, the train was attacked and the only two survivors on the train were my uncle and his friend because they hid themselves. Thousands of people sacrificed their lives to free India from the clutches of the British rule.*

*Shri Harvinder Pal Malhotra  
Grandfather of Vedant Malhotra (7)  
Modern School, Vasant Vihar*





## **How India got its freedom**

**I am Adarsh Nayar, Hannah's grandmother (dadi). I was born in 1945 and was hardly two years old when India got its independence. Personally, my memories of Gandhiji being assassinated and his funeral procession may be faint but I clearly remember my mother telling me how her family was very closely related to Gandhiji and his efforts for freedom. My maternal grandmother was also part of the freedom struggle and its rallies along with Gandhiji. Though my nana was a British government Civil surgeon, he always supported his wife. My mother always accompanied her mother as they sang 'Vande Matram'. I remember a line from a beautiful hindi line, 'Ab toh tasle bajaye jayenge unhi taslon pe bandar nachaye jayenge'- We'll make the British jailers dance to the beats of their own prison vessels. This was part of Gandhiji's strategy to embarrass the British and get them out of India sans bloodshed.**

**Smt Adarsh Nayar  
Grandmother of Hannah (8)  
Modern School, Vasant Vihar**



## **The Medium of Freedom**

**Born just a few years after independence, I've heard the stories of India's freedom struggle, and the numerous challenges faced. Experiences of the boycott of English goods, Champaran movement, Dandi March, were told to us to with patriotic fervour. My father attended the birth of the Quit India Movement at August Kranti Maidan, and spoke of the charged patriotism from the speeches of Gandhiji and others; from then, he wore khadi for over 70 years. We value our grandfather's statement that Satyagraha was the medium of freedom and success was due to the Satya (truth) of the path and the concept of a FREE INDIA.**

**Smt Dr. Varsha Vadera  
Grandmother of Rayaana Sachdeva (8)  
Modern School, Vasant Vihar**





## ***A Note to my Grandchildren***

***Dear Siddhant and Arnab***

***I was born after independence but your grandfather was born in 1947 during the independence year. We were too young to know about the agony and ecstasy of the Indian people at that time but there were stories that I heard from my father, who was a freedom fighter. During our family gatherings and as we grew up, he would tell us about the brave patriots who laid down their lives while protesting against British rule.***

***My father, your great grandfather, was a freedom fighter who got pension from the Government of India for taking part in the freedom movement. He also took part in the loot of the armoury in Krishnanagar in West Bengal. My uncles used to say that they were in college and often found signboards saying 'Dogs and Indians not allowed' in clubs and restaurants. Just to protest, they would go into restaurants and eat with their hands. They would burn the mill-made clothes and their daughters would hide the English dolls because they were too young to understand. The lucky few who survived can tell you these stories, but those who have passed would perhaps have had so many more!***

***We are very lucky to have been born free. There is no bondage, no whip to remind us that we are under servitude - this freedom is freedom from fear. So let us all, especially you of the future generation, join hands to make our nation the best in the world.***

***"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right."- Peter Marshall.***

***Jai Hind,***

***Grandma***

***Grandmother- Dr. Chitra Sen (PhD)***

***Grandfather- Air Vice Marshall Deepak Kumar Sen (IAF)  
of Siddhant Nandi (10)***

***Lotus Valley International School, Noida***





## **Recreating Destiny**

**Independence, and the subsequent decade, was a time of tremendous flux in the country. I distinctly remember the underlying sense of hope and excitement that blossomed within every Indian. India in 1947 was a blank canvas, our God-given opportunity to start afresh, to rewrite, indeed, recreate, our destiny. I also clearly remember my parents' generation greeting each other with a sense of pride at what they managed to live through and accomplish. Developments such as Indians getting the right to vote and elect their own government, the nationalization of the railway network, the first general elections, and the first Asian Games in 1951, Asia's first nuclear reactor in 1956, Mother India being the first Indian movie nominated for the Oscars in 1958, were all rapid strides in our country's journey towards self-actualization, celebrated enthusiastically by all Indians. As a young man, I remember most clearly the emotional connect we all felt to one another, and to the country, in testimony to which, the entire nation came together to mourn the death of Mahatma Gandhi (I still remember my father listening to Pt Nehru's radio address announcing the sad news). I also recall seeing all shops and businesses around my house in Karol Bagh spontaneously down shutters as people huddled together and talked in hushed, sorrowful tones after the death of Pandit Nehru, visiting Teen Murti Bhavan to pay homage as his body lay in state, surrounded by luminaries such as Indira Gandhi with Rajiv and Sanjay, Sunil and Nargis Dutt and Sheikh Abdullah.**

**Shri Vinod Atavans**

**Grandfather of Aryan (11) and Arnav Dass (10)**

**Lotus Valley International School, Noida**





The background is an abstract painting with a textured, layered appearance. It features warm tones of yellow, orange, and red, with some cooler blue and purple hues at the top. The brushstrokes are visible, creating a sense of depth and movement. The overall effect is one of a rich, artistic composition.

# *Today...*

***Parents' insight into where we stand as a nation;  
inherited history and the legacy bestowed unto our  
children***



The Preamble provides us reasons we need to live in the country; love and support each other, to grow together as a nation. It also teaches us the value of tolerance of each other's religion, or cultural backgrounds and urges each one of us to contribute towards the common goal which is living with equality and inclusion in this country. The preamble also tells us how the country's mechanism will encourage these tenets in all corners of the beautiful country.

**- Mr Leímapokpam Swastícharan**  
**Parent of Leeríe Leímapokpam(11)**  
**Sanskrití School, Chanakyapuri**



The Constitution of India is a visionary document. The Preamble of the Constitution provides the ideals that we, as a nation, strive to achieve through the various provisions of the Constitution. The Constitution, having been drafted when India was emerging as an independent nation, provided for equality, freedom and rights that Indians wanted for themselves. It provides for unity in the country while also celebrating our diversity. It continues to remain relevant as these are the values that we, as Indians, cherish. The Constitution ensures that the fundamental rights of people are secured, while also providing guidelines to the state. The Preamble has laid down the ideals that are sought to be achieved by India, and these ideals provide hope to the people for a better tomorrow.

**- Mrs Charu Tiwari**  
**Parent of Piyu Upadhyaya (11)**  
**Sanskrití School, Chanakyapuri**





The Preamble to the Indian Constitution sets the aspirations of the citizens of the country as individuals as well as a collective. It gives us an indication of the inclusive nature of our Constitution, which, in turn, reflects the diversity of India. The Constitution not only considers every citizen as equal, but also celebrates diversity. This is exhibited through the Fundamental Rights to Equality, Freedom of Religion and Cultural and Educational Rights. These rights, along with others, give every individual a chance to achieve their best. However, alongside our rights, we must also be aware of our duties and practice them, so as to enjoy the full benefits of our Fundamental Rights and lead India towards a better future!

**- Mrs Sanchita Ghosh**

**Parent of Chiroosree Mitra (9)**

**Sanskriti School, Chanakyapuri**



Our nation's ethos is enshrined in our Constitution, the outcome of years of thought and deliberation. In today's India, the Constitution is as important as ever in an era of societal challenges, opportunities and change. It is the Preamble that contains the basic aims and ideals of the founders of the nation. The preamble is important because it describes, without ambiguity, the vision of India as a sovereign, socialist, secular, democratic republic. I envision India as a nation which is home to people of multiple religions, languages and ideologies, thriving in such diversity. It is this diversity that is the true wealth and strength of India.

**- Mr Prashant Solomon**

**Parent of Tahira Isabella Solomon (11)**

**Sanskriti School, Chanakyapuri**





The Constitution of India serves as the framework for self-governance for citizens. It ensures harmony and growth in the country. For me, it is the pillar which keeps the six fundamental rights as the foundation to protect the liberties and freedom of the citizens. The Constitution is ever evolving. Due to its evolving nature, it's relevance is ever growing. Our constitution emphasizes on balanced distribution of power which can be made more effective by the government. As an individual, I still see issues related to basic rights and equality around me. As the preamble says, fundamental rights ensure that we all have freedom, yet in reality, equality is hard to achieve. The executive branch should ensure the complete and effective implementation of the constitution. Only then can the objectives of the constitution be fully achieved.

**- Mrs Geeta Dhankar**

**Parent of Amaíra Rangí (7)**

**Suncity School, 37D Gurugram**



For me, the preamble of the constitution shows that the people of India are the source of authority. It is not only an introduction to the Constitution which includes the sets of rules and regulations to guide the people of the country, but can also be a driving force for the people of India, to enable them to take onus and come together to help our nation progress. As per my understanding of the preamble and its objectives, I strongly feel that Liberty and Democracy of the state must be sacrosanct and run with equality among citizens. As far as my vision of a better India is concerned, we should strengthen the Four pillars stated in The Preamble of India.

**- Mr Prashast Bhatnagar**

**Parent of Príteesha Bhatnagar (7)**

**Suncity School, 37D Gurugram**





The Constitution for me is not just a rule book. It is the guiding force of my country. A country moves forward with a vision. Today, I see my country as a strong democracy because it was envisioned so, an aim was set and a plan was made; thus the constitution came into existence. Of course, we have had our share of challenges. For example gender equality is still a big challenge, crime against women is on the rise as justice is often delayed. We have to overcome these obstacles. It is unfortunate that not everyone in the country is well-versed with the preamble. It can make India a better place as it insists on equality in all domains, justice to all. Hence, more emphasis should be laid on making people aware of their rights and duties mentioned in the constitution so we can adopt it, enact it and give ourselves a better nation tomorrow.

**- Mr Sanjeev Singh**

**Parent of Vikrant Singh (7)**

**Suncity School, 37D Gurugram**



The Constitution of India is the supreme and lays down the framework that demarcates fundamental political code, and duties of government institutions and sets out fundamental rights, directive principles, and the duties of citizens. It does not grant any power, but it gives direction and purpose to the constitution. Vision for India is very well defined in our preamble. The preamble states that "social, economic, and political justice" is every citizens fundamental right As per me, today's time, protection of minorities, corruption free society need special attention. Stringent laws and their speedy implementation will greatly help achieve the above .

**- Mr Ashish Bhargava**

**Parent of Divyangi Bhargava (8)**

**Suncity School, 37D Gurugram**



The preamble surmises that people of India are the source of authority of the Indian constitution as reflected in the word "We, the people of India" in unambiguous terms. The Preamble to the Constitution is our holy grail. The objectives Justice, Liberty, Equality and Fraternity must be made available to all strata of society irrespective of their class, creed, religion & economic status. It is now imperative that every Indian should develop national character. My vision for our country is an India free from caste, communal and class prejudices..... a

Democracy to be a Democracy-

**Mr D.S Venkatesh (9)**

**Parent of Vaibhav Venkatesh**

**Suncity School, 37D Gurugram**





As parents and as responsible citizens of India, we firmly believe in the preamble of our constitution. By nurturing today's youth with the principles of dignity and respect, sowing the seeds of liberty in every child, society and nation, we can strengthen the pillars of fraternity and democracy. As a citizen of a diverse nation with a liberal mindset, I advocate peace and harmony, without questioning another's faith, belief or religion. By ensuring economic parity, working towards the SDG of Zero Hunger and poverty, I pledge to contribute towards achieving the goal of economic justice. Be it our elders, peers, young children, employees or labourers, we must begin this journey from our homes.

**-Mrs Priya Pandey**

**Parent of Trisha Pandey (6)**

**Lotus Valley International School Noida Extn.**



"The Constitution is not a mere lawyer's document, it is a vehicle of Life, and its spirit is always the spirit of Age."  
As eloquently put by Dr. B.R. Ambedkar, the father of the Indian Constitution, our constitution holds the core values, the ones highlighted in the Preamble, are the fundamental ethics that reflect the spirit of humanity, relevant not just during its creation in the past, applicable in the present, but will hold utmost importance in the years to come. Even after 74 years of independence, we need Liberty, Sovereignty, Secularism, Socialism, Justice and Equality. We need all these to liberate ourselves from the shackles of orthodox and apathetic dogmas, for the smooth functioning of the government and for the prosperity of fraternity. As responsible parents, we should reinforce these core values in our children and feel proud of our motherland.

**-Mrs Tulika Ranjan**

**Parent of Arihant Amrit (8)**

**Lotus Valley International School Noida Extn.**





As per Hindu mythology, the body is the sum of all the elements and the soul is eternal or immortal. If the constitution is the body, the preamble is certainly the spirit or soul behind the same. The Constitution safeguards freedom, widening the meaning to 'Political Democracy' from 'one man one vote' to every citizen being treated justly with regards to his social, economic well-being. In India, where language and culture change every 50-100 km, people have the liberty to follow their faith, belief and religion. The beauty is that the Constitution, with its 395 articles, 8 schedules, and a preamble, which took six months for Mr. Prem Behari Narain Raizada to write, is as relevant as it was when it was envisaged.

**Mr K.J George**

**Parent of Neil George (4)**

**Lotus Valley International School Noída Extn.**



The preamble describes the core values that the constitution seeks to achieve: democratic government, effective governance, justice, freedom and equality. In 1950, when the Constitution came into effect, it had a 73-word preamble.

Today, the preamble is just 52-words and these words are the beautiful opening to a set of laws that we still follow. Today, we must do our best to commit to the rules of the law for justice and liberty to prevail and tranquility to exist in our nation. I believe in ONE NATION ONE LAW and wish for my India to be free from corruption, poverty, illiteracy, and crime. With the Right to Education assuring free education to the poor, the nation is sure to actualize its true potential!

**-Mrs Ekta Arya**

**Parent of Kairavi Verma (5)**

**Lotus Valley International School Noída Extn.**





The great Aryans, Buddha, as well as the rest, have always put women in an equal position with men. For them, gender in religion did not exist. In the Vedas and Upanishads, women received the same veneration as men. Is the soul gendered? Can you identify a soul as a male or female? No, you can't. Then why discriminate the body which is the vessel of the soul? Quoting the Constitution of India, 'Equality of Status and Opportunity', is a state of fairness in which individuals are treated similarly, treating every birth on this planet with the same dignity and respect, unhampered by man-made barriers.

**Mr Pankaj Kapoor**

**Parent of Mishelle Mahesh Kapoor (11)**

**Sadhu Vaswani International School**



Equality in our society has undergone a great evolution since our independence in 1947. With the advent of a more educated society, people are beginning to understand their rights and have begun to treat everyone, irrespective of their economic class, with respect. They do not discriminate against people on the basis of their religion or gender. This is a small but imperative step towards a more egalitarian society. Schemes initiated by the government in spheres of poverty, food and income have paved the way towards meritocracy as well as equity. As we are advancing towards a new world day by day, it is crucial to comprehend that none of us are equal until all of us are equal.

**Mrs Usha Abichandani**

**Parent of Yutika Abhichandani (11)**

**Sadhu Vaswani International School**



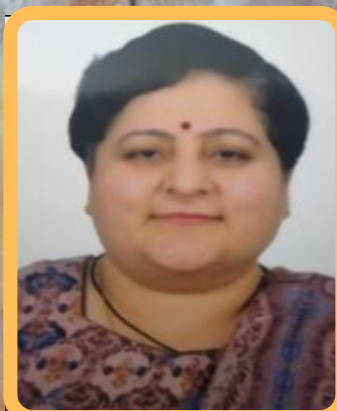


I believe that equality must begin at home. As one of the five daughters of my parents, I have been fortunate enough to enjoy equal opportunities. For instance, just like a boy, a girl must be given an equal right to perform the last rites and rituals of deceased family members. The Covid -19 pandemic has shown clearly that everyone is equal as nobody was spared by the pandemic. So, we must value every life as each life is of paramount importance. As Indians, we need to remove barriers, thus emancipating ourselves from the shackles of age-old beliefs and customs.

**Mrs Meenali Gulati**

**Parent of Sanika Gulati (12)**

**Sadhu Vaswani International School**



Over the span of 30 years, the state of women has reformed substantially. From the abolition of child marriage to men discussing menstruation, India has revamped substantially. Whether it is spreading awareness about breast cancer or advocating for the harshest punishment for heinous crimes like rape, we see a growing revolution amongst men folk. All these acts infuse us with the true essence of the Preamble and reverberate in our hearts. We still have a long tedious journey towards women empowerment and emancipation and only when it is achieved will the true essence of the Preamble be attained.

**Mrs Sangeeta Singh**

**Parent of Niharika (10)**

**Sadhu Vaswani International School**





Our constitution is the epitome of democracy. The opening lines of the Preamble 'We, the people of INDIA' and the concluding lines 'give to ourselves this Constitution' depict its democratic spirit. The people of our country hold a very important right i.e. 'right to vote' which empowers our citizens to elect our governments at all levels. The governing principle of the Indian Constitution highly signifies that the power is vested in the hands of the citizens of INDIA. Hence, it is our utmost responsibility to perform this duty with full dedication and awareness. Our selection of the government will shape our country and future.



**Mrs Chairasree Nandi**

**Parent of Aishani Nandi (8)**

**Tagore International School, East of Kailash**

The Constitution is the true embodiment of individual values rightfully gifted to the people of a sovereign country in letter, spirit, and action. The Preamble complements the very values depicted in the Constitution and bestows all its citizens with equal rights irrespective of their gender, caste, and background (social and economic). Indian citizens from Siachen to Kanyakumari; from Arunachal Pradesh to the Rann of Kutch are bestowed with rightful opportunities in terms of education, job opportunities and civil rights and to prove their mettle in the field of medicine, politics, entrepreneurship etc.



**Mr Ajay Kumar.T.G**

**Parent of Mayank T A (7)**

**Tagore International School, East of Kailash**



Today's perspective of the Constitution and the Preamble has restricted it to just books and an aid to the Judiciary, while we, as citizens and more so as parents, have failed to realize that not only can it serve as a measure of a good citizen but also of a good human being and a great parent.

The strong resolve expressed by the Preamble as our guiding light can fortify our resolve as a nation to be stronger and clearer than ever and for us as citizens to help create a better India.

**Mr Vineet Kumar**

**Parent of Ayaansh Korana (KG)**

**Tagore International School, East of Kailash**



The Constitution is the life and blood of our nation. The longest handwritten constitution of the world has stood the test of time. One can only be amazed at the foresight of our leaders who drafted it to suit the diversity and federal structure of our nation while keeping enough provisions to preserve its unity and integrity, like the provision for amendments. It has bestowed fundamental rights on all the citizens and the duties, though non-binding, guide us to be worthy citizens of our country. The beauty and spirit of the constitution is enshrined in the Preamble which is the guiding light of our constitution.

**Ms Rashmi Sharma**

**Parent of Havisha (8)**

**Tagore International School, East of Kailash**





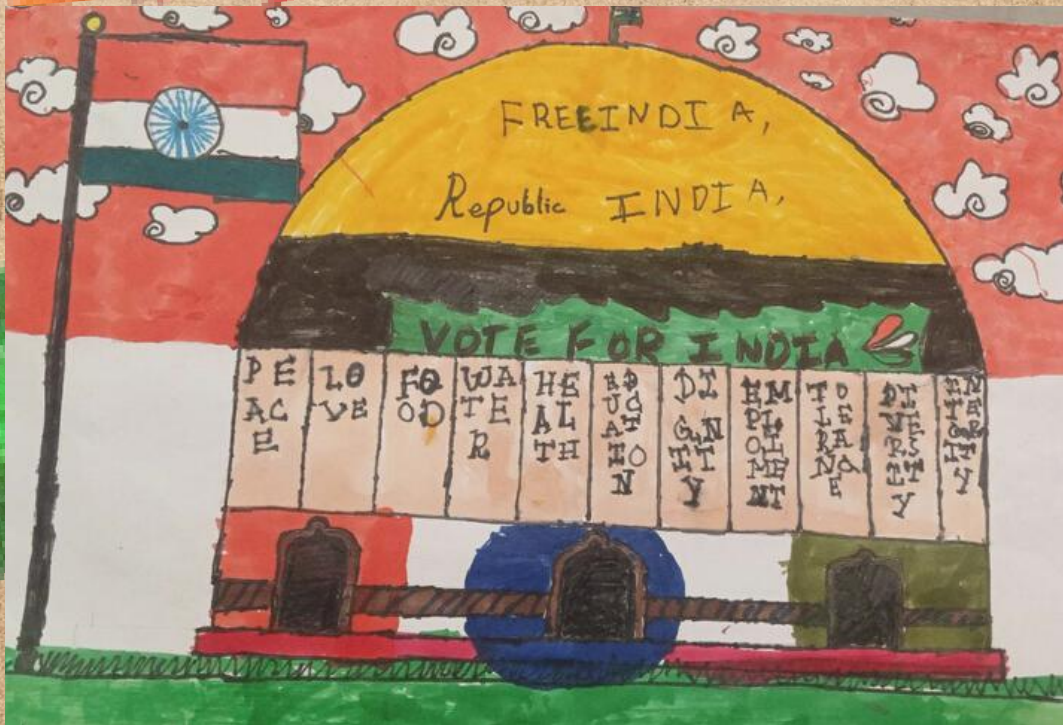


# *Tomorrow...*

*A pictorial journey through the Preamble by the  
future leaders of our country*



# WE, THE PEOPLE OF INDIA,



Avyaan Bansal (4).



Gargi Gaur (5).



# WE, THE PEOPLE OF INDIA,

UNITED  
WE STAND



DIVIDED  
WE FALL

Yashita  
Grade-3A

Yashita (3)

Rachel (4)



WE THE PEOPLE



Rudraveer Singh (2)



...having solemnly resolved to constitute India into a



Siddhi Garg (10)



Ifrah Khan (12)



...having solemnly resolved to constitute India into a



Aadya Gupta (10)



Niyati Rana (12)

Bal Bharti Public School, Pitampura



# SOVEREIGN



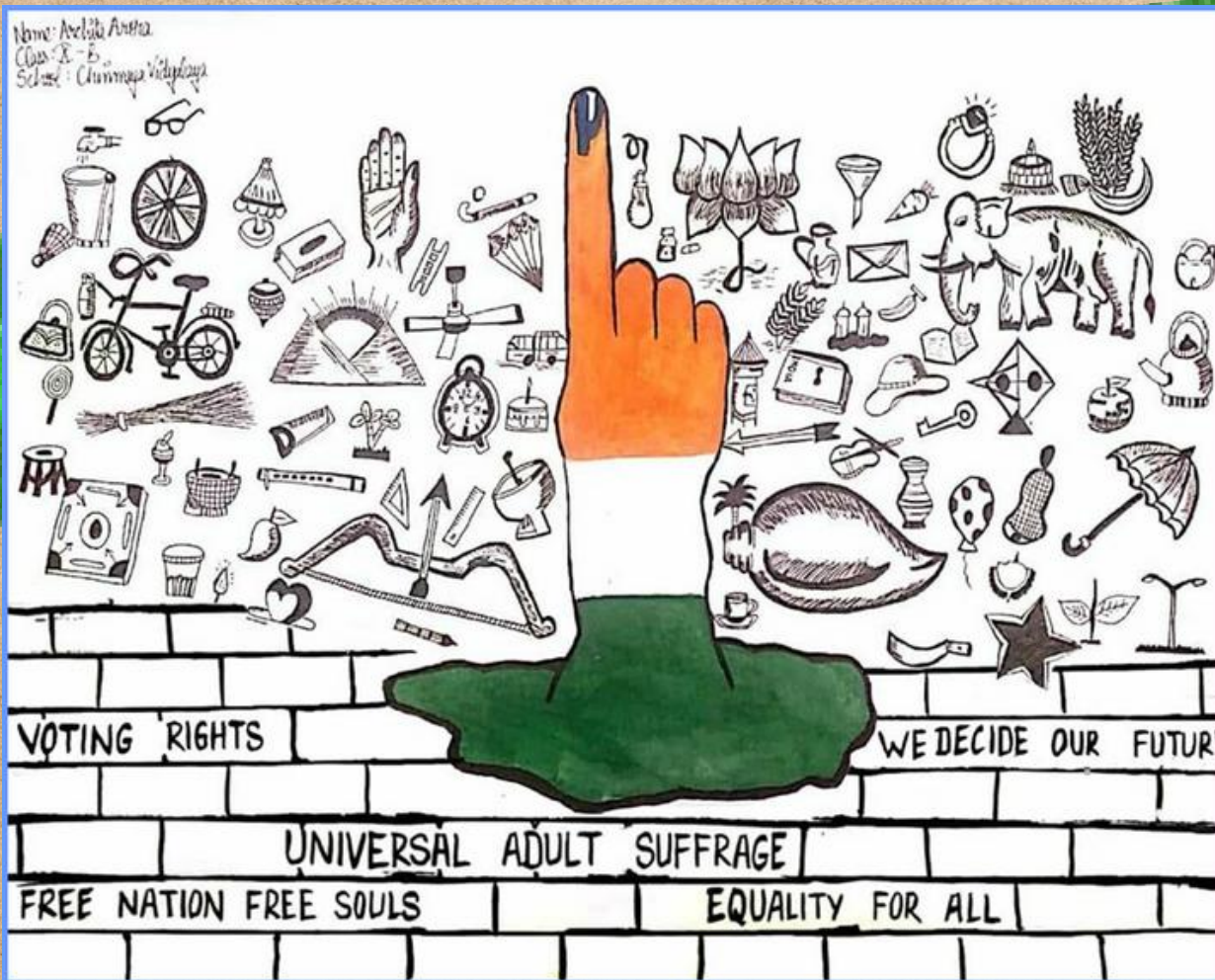
**Vaanya  
Verma (8)**



**Aarav  
Verma (10)**



# SOVEREIGN



Archita Arora (10)

Vanshika Bhardwaj  
(10)





# SOCIALIST



Anahita Roy (11)



# SOCIALIST



Nandini Chanana (11)



Pratyush Lall (8)



# SECULAR



Simar Kaur (11)



# SECULAR



**Akshay Solanki (11)**



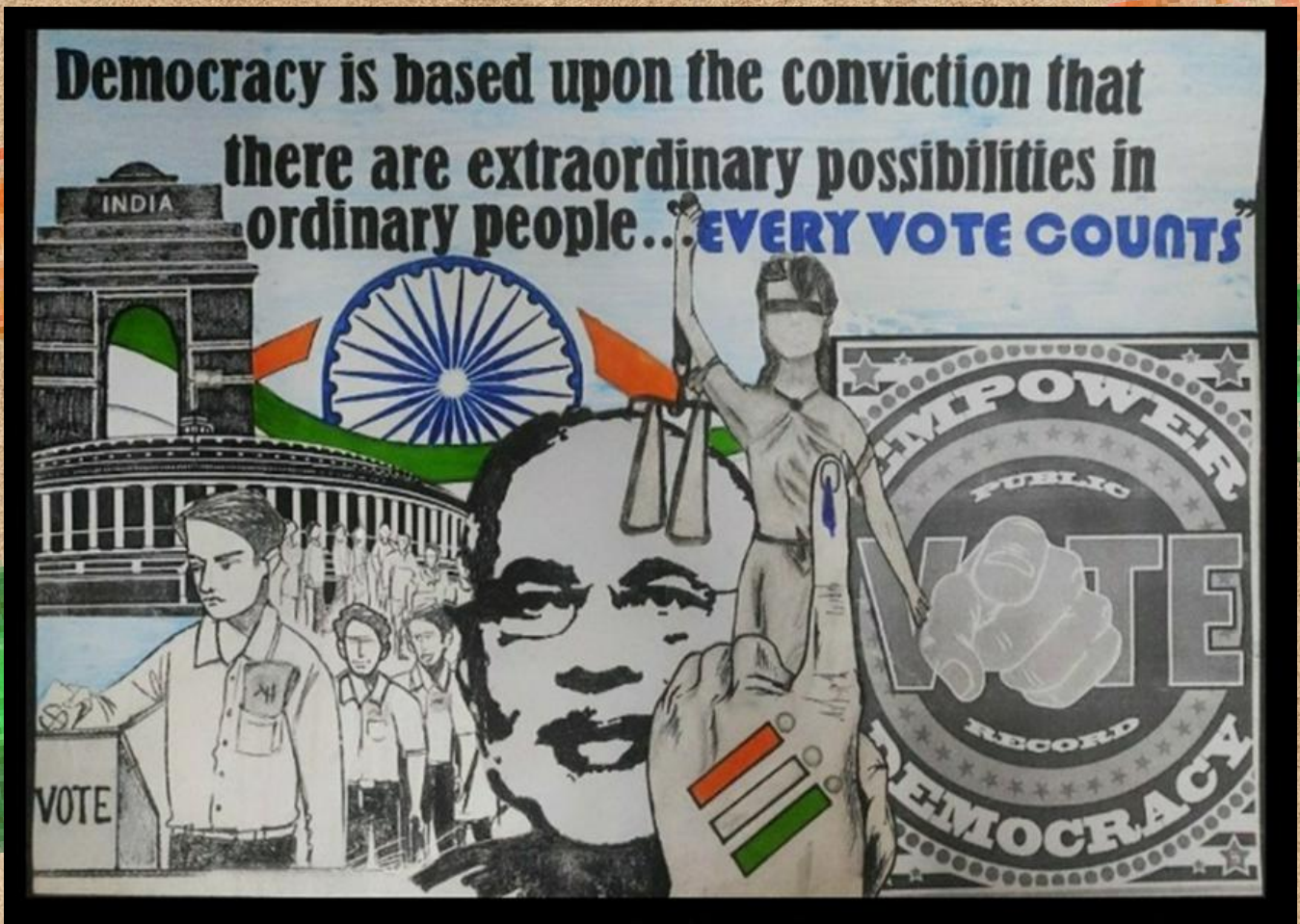
**Prakathi S Acharya (11)**



# DEMOCRATIC



Samaira Sachdeva (11)



Palak Chopra (7)



# DEMOCRATIC



Mehak Chopra (11)



Uditi Aggarwal (5)



# REPUBLIC



**R Mehul Tewari (8)**

*In a republic, sovereignty rests  
with the people and not a monarch.*



# REPUBLIC



**Chanda (8)**

*For me, a Republic is where I can enjoy my basic rights.*



**Arsh Ali (8)**

*The head of the state is always elected for a fixed tenure. If people find laws unfair, they can elect other leaders who can change those laws.*



...and to secure to all its citizens: **JUSTICE**, social,  
economic and political;

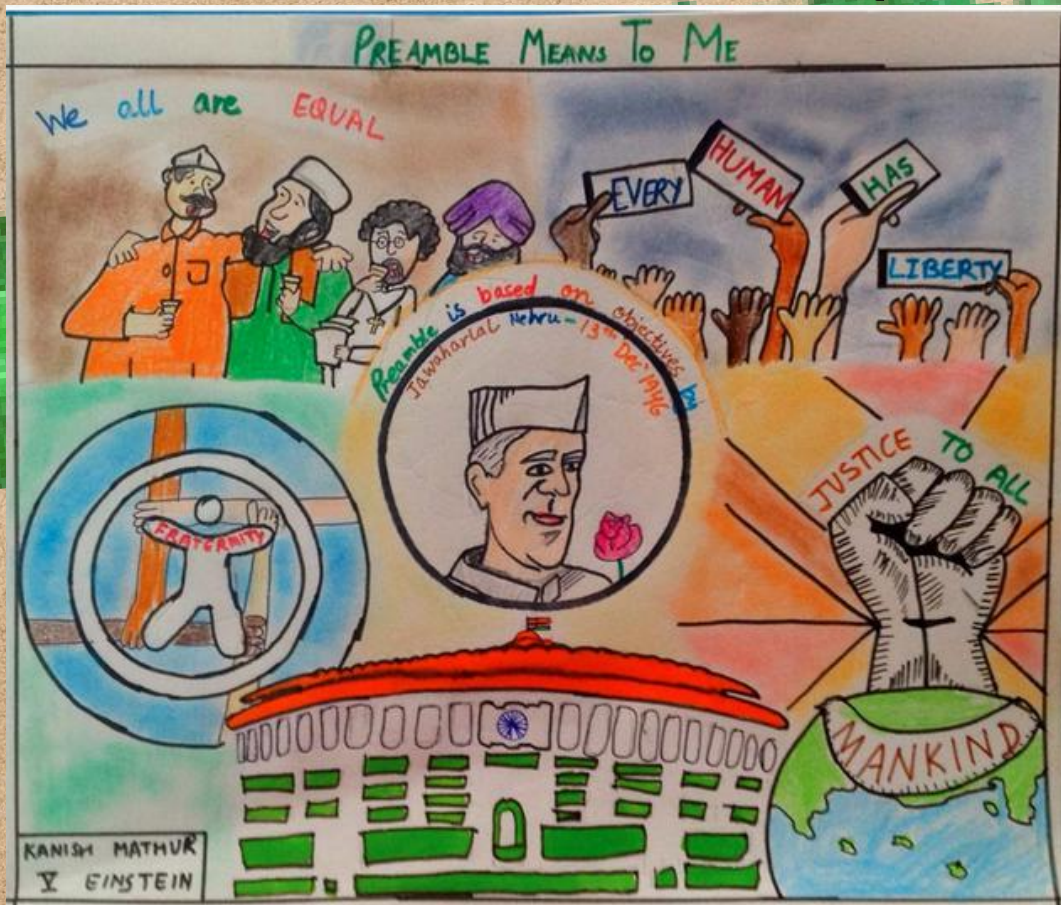


Lorena Chugh (9)

Lotus Valley International School, Noida Extension



...and to secure to all its citizens: JUSTICE, social, economic and political;



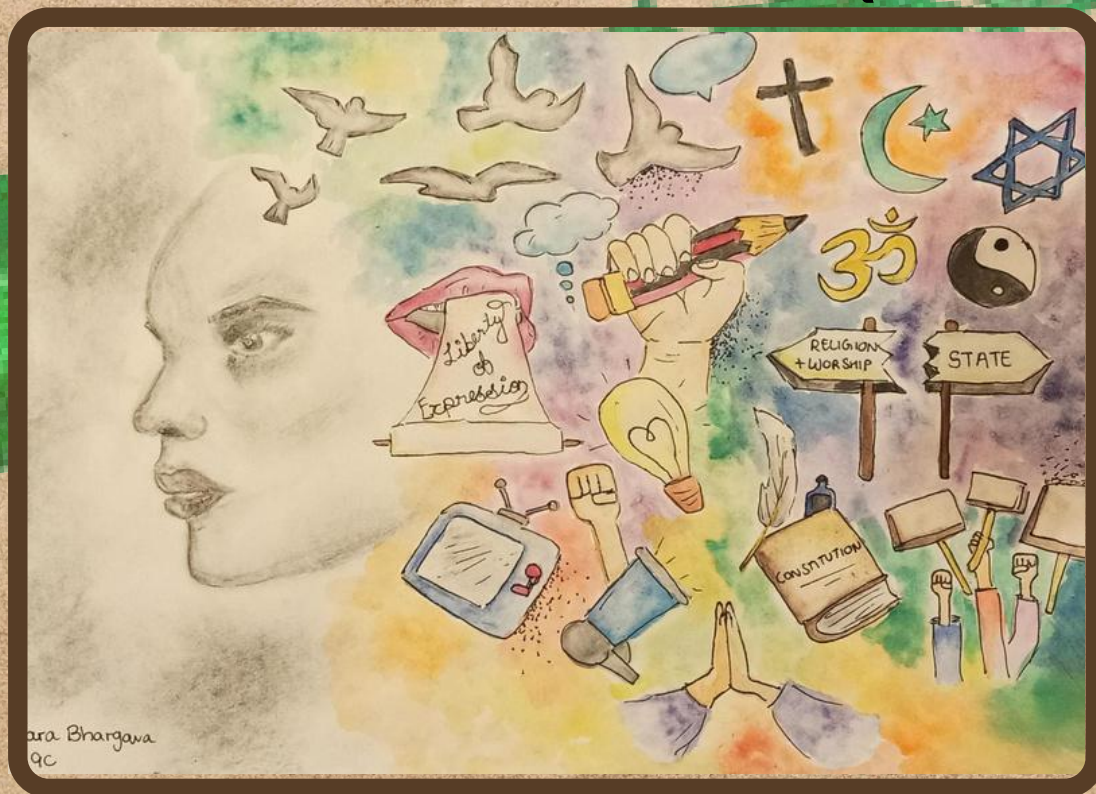
Kanish Mathur (5)



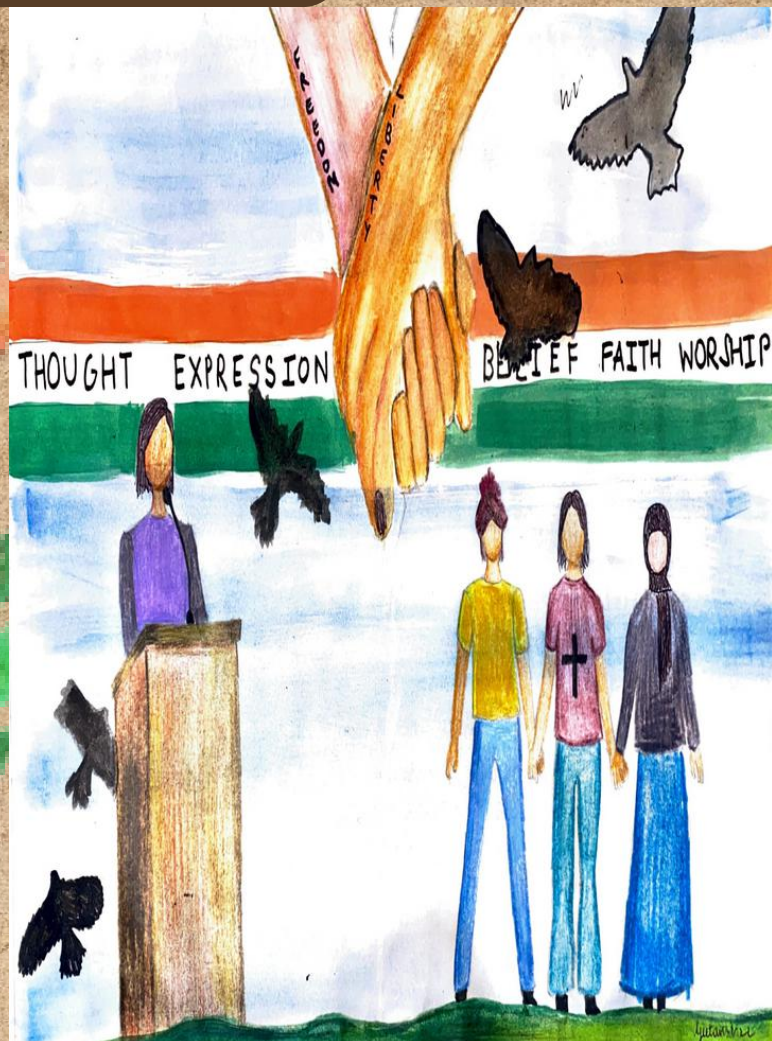
Aashita Rastogi (5)



# LIBERTY of thought, expression, belief, faith and worship;



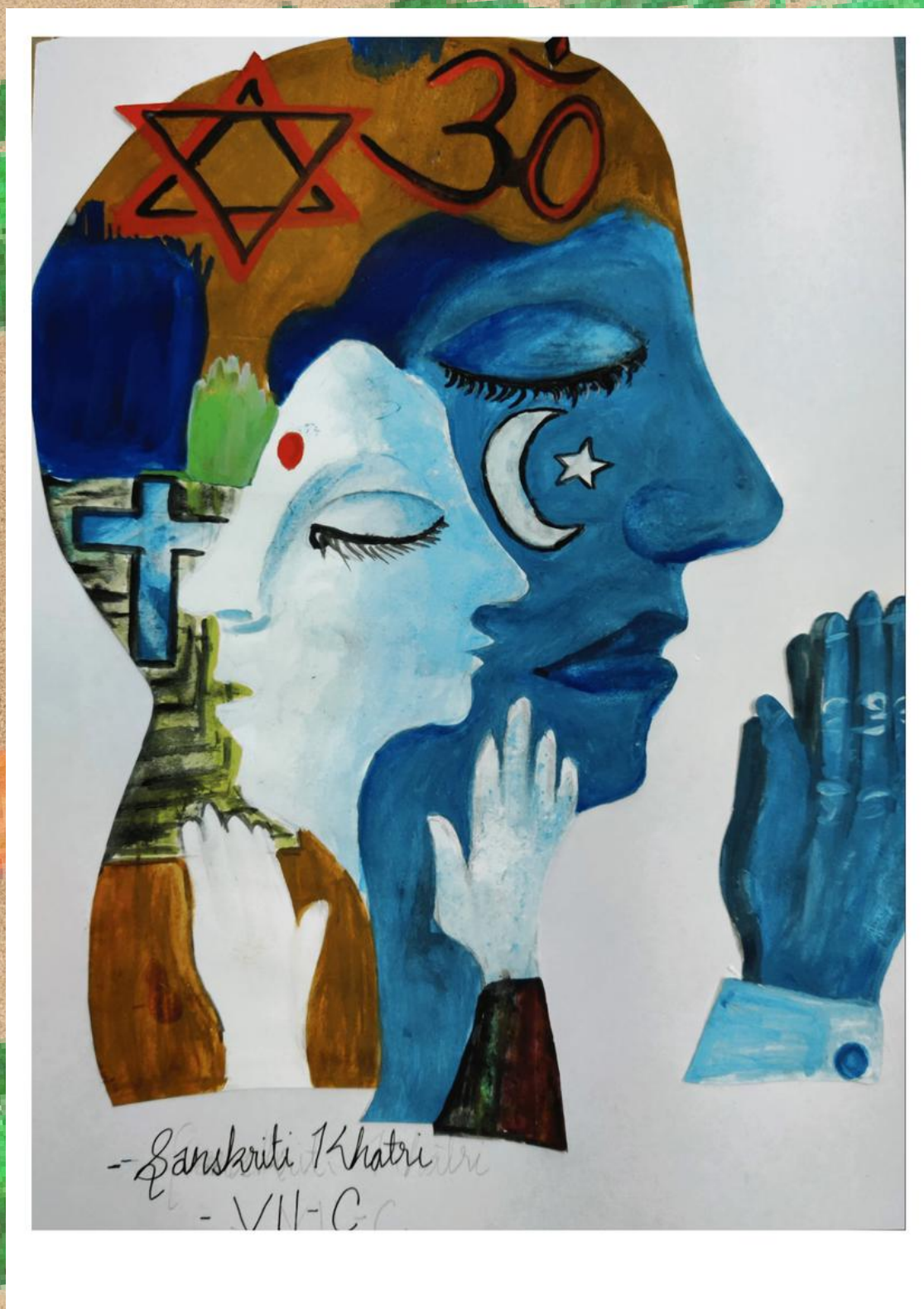
**Sara Bhargava (9)**



**Geetanshu Gulati (9)**



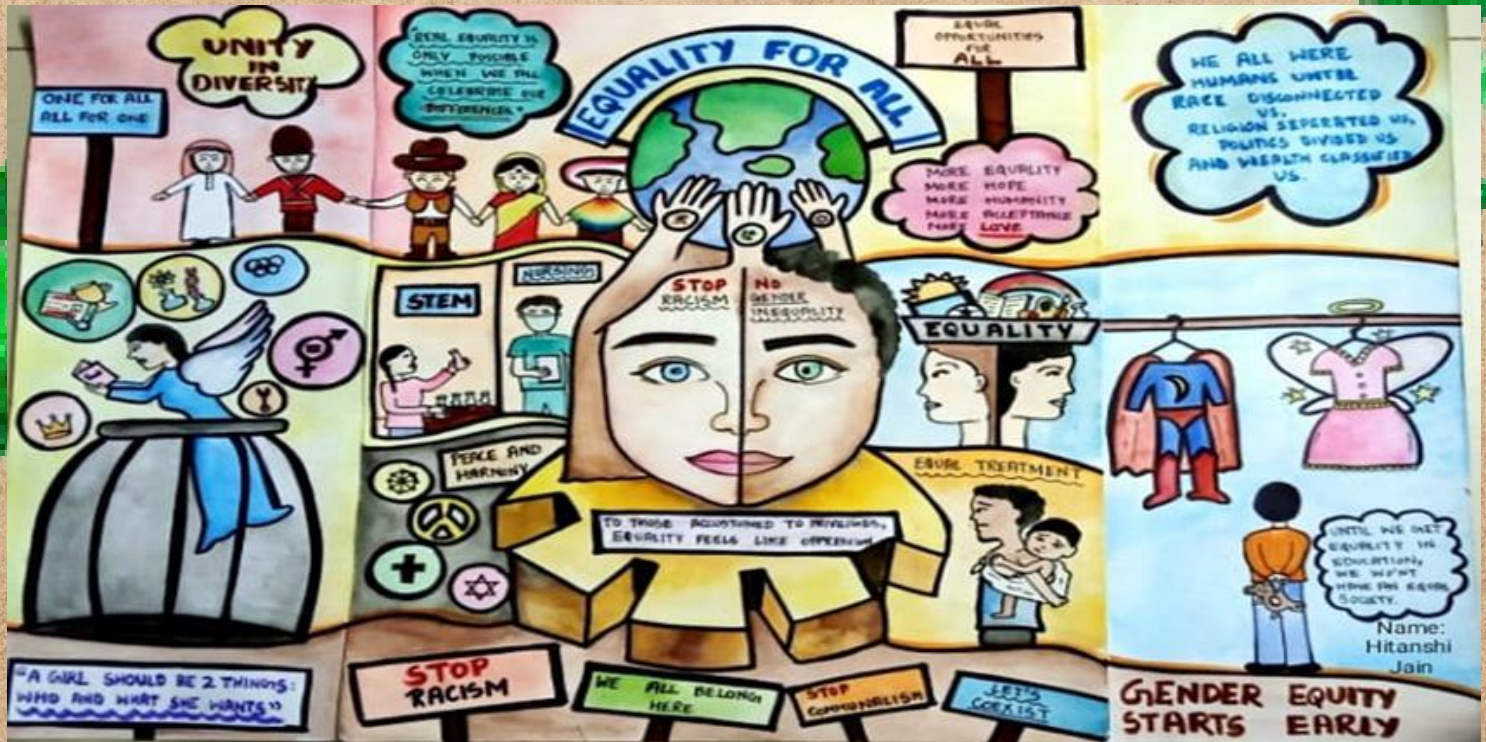
**LIBERTY of thought, expression, belief, faith and  
worship;**



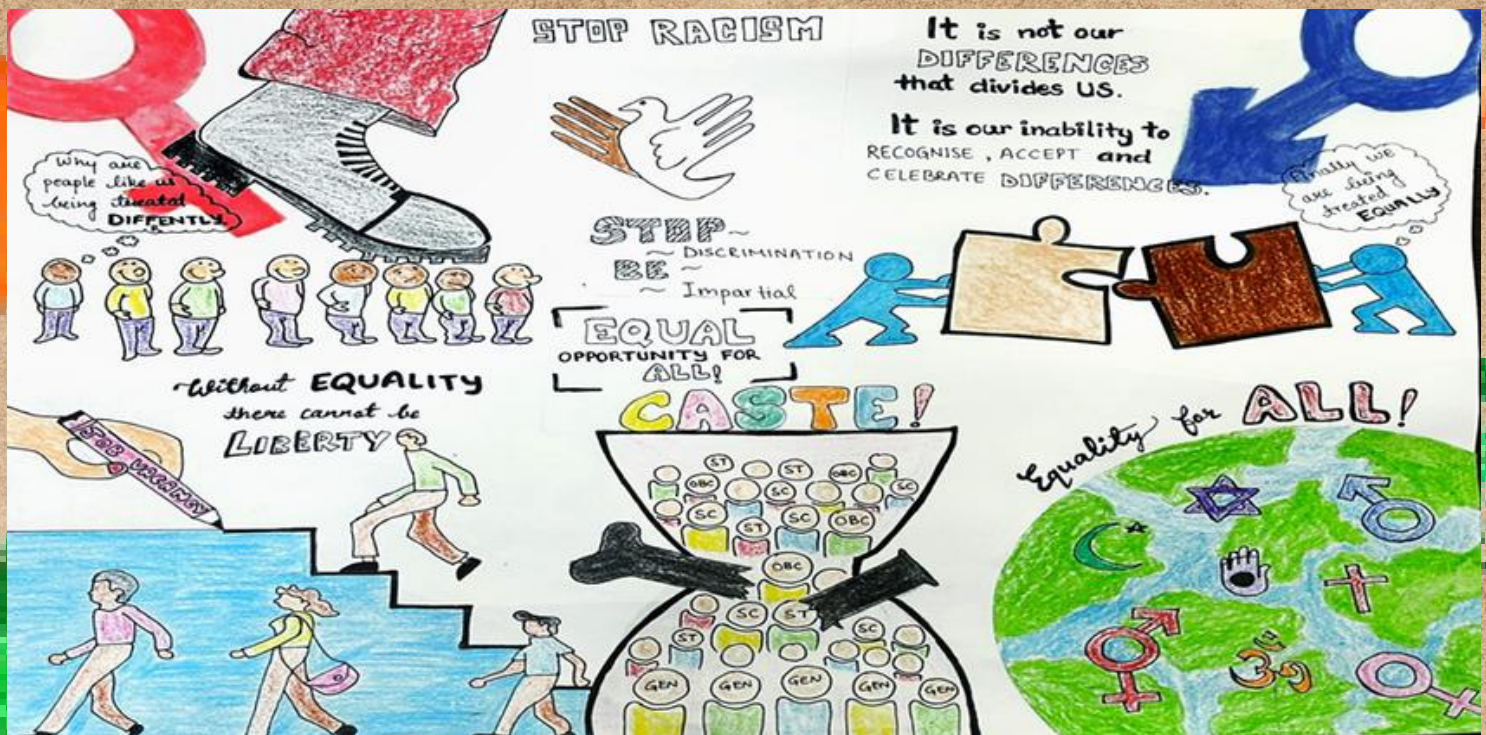
**Sanskriti Khatri (7)**



# EQUALITY of status and opportunity



Hitanshi Jain (11)



Manasvi Garia (10)



# EQUALITY of status and opportunity



Leisha Ambwani (11)



Vaishnavi Malhotra (11)



...and to promote among them all FRATERNITY  
assuring the dignity of the individual and the unity  
and integrity of the Nation;



**Katyayani Sharma (12)**



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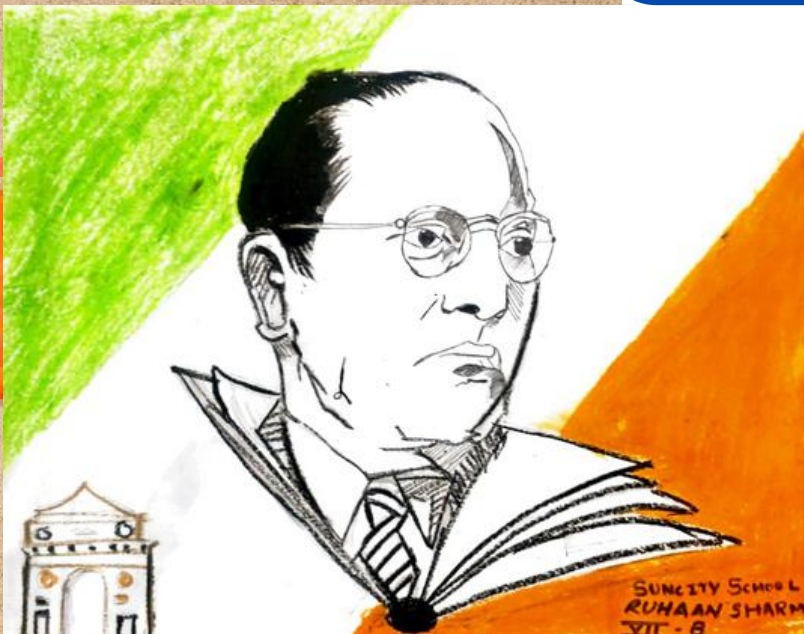
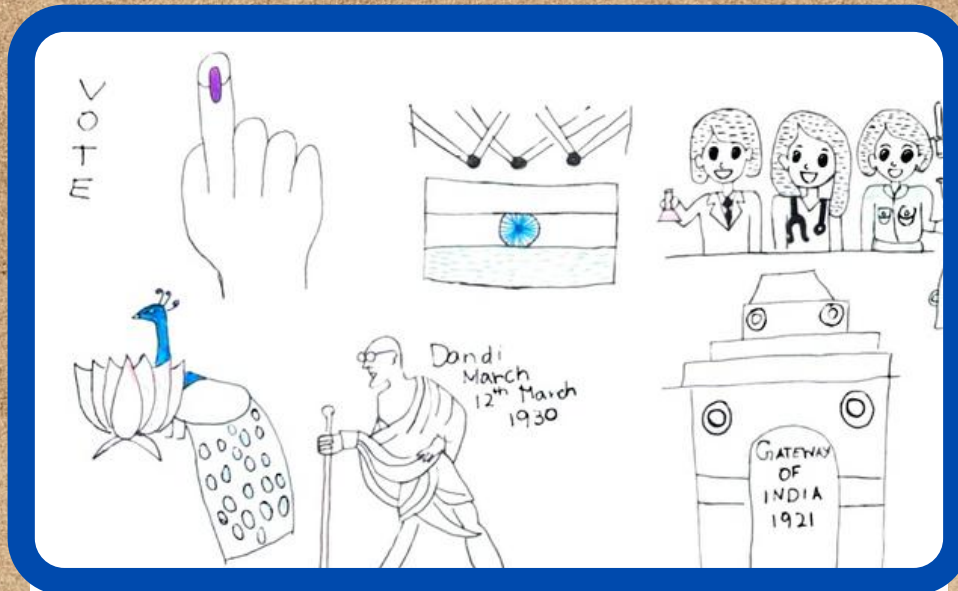


**...do HEREBY ADOPT, ENACT AND GIVE TO  
OURSELVES THIS CONSTITUTION**



**Divya (7)**

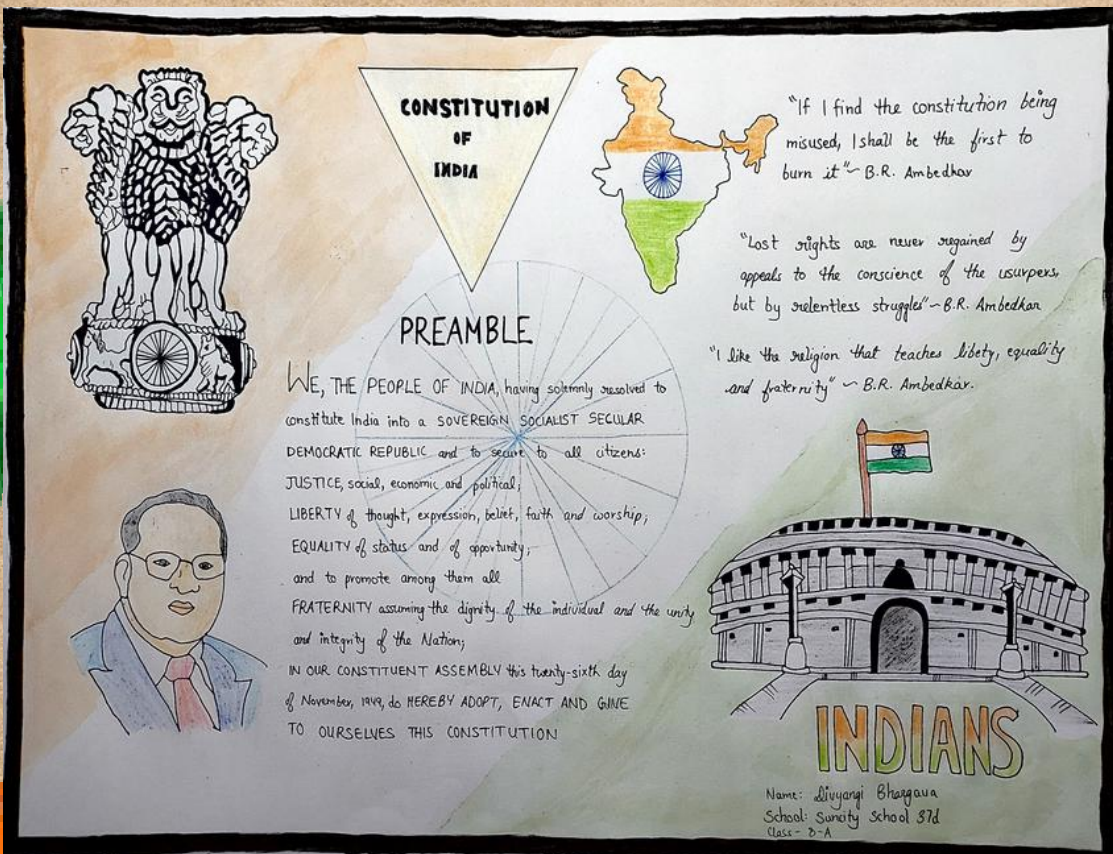
**Preesha Pandey (7)**



**Ruhaan Sharma (7)**



# ...do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION



**Devyangi  
Bhargava (7)**



**Amaira Rangi (7)**





# **Proud to be an Indian**

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**'Be proud that thou art an Indian, and proudly proclaim,  
"I am an Indian, every Indian is my brother." '**  
**-Swami Vivekananda**



# National Anthem

---

'A great vision is like a National Anthem, it has the power to pull together, emotionally connect and inspire great things.'



# **SPECIAL CREDITS**

## **Videos and Cover Page Design**

**Lotus Valley International School, Noida**

### *Cover Page*

**Tejal Gupta (6)**

**Raamaansh Gupta (10)**

**Ashna Gupta (10)**

**Shragvi Chandranathan (11)**

**Ananya Gupta (11)**

### *Preamble Video*

#### **Narrators**

**Veerangana Sinha (6)**

**Md Ibraheem (6)**

**Elika Berry (7)**

**Gopika Menon (8)**

**Ridit Goyal (8)**

**Ekansh Vij (8)**

**Anshuman Nagar (7)**

#### **Dancers**

**Aanya Gupta (6)**

**Mishika Bhandari (7)**

**Aarika Rustagi (7)**

**Jhanak Sharma (6)**

**Aditi Varshney (10)**

**Kinjal Nath (10)**

### *National Anthem Video*

#### **Painting**

**Twisha Kumar Kashi (5)**

#### **Sign Language**

**Shambhala Verma (5)**

#### **Vocals**

**Special thanks to the mellifluous students of  
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