

# EXPRESSIONS

ANNUAL MAGAZINE - 2016



*of all things you wear, your expression is the most noticeable*



Bunts Sangha's  
S. M. SHETTY INTERNATIONAL SCHOOL & JR. COLLEGE  
AN IB WORLD SCHOOL



सरस्वती नमस्तुभ्यं, वरदे कामरूपिणी ।  
विद्यारम्भं करिष्यामि, सिद्धिर्भवतु मे सदा ॥



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## THE EDITORIAL



### Educational Skills in the 21st Century

Today there is unquenchable thirst for quality education. An education that works with and for the students. This is often imparted in an institution where evidence is evaluated and deliberated, where arguments analysed and accepted as a crucial part of critical thinking. Challenges open avenues to opportunities and hypotheses stimulate research. These are some of the key skills which engage students and add to the power house of knowledge. The current education scenario allows pupils to question and inquire the validity of facts available. This in turn replenishes the already existing wealth of knowledge leading to innovation and advancement in the world of education.

The digital age is an interesting era for education where learners can span continents and learn so much more from across the globe. Indigenous knowledge when shared across the continents allows parallels to be drawn and learning to be shared in limited time and that too effortlessly. Learning becomes joyful and interesting. In fact, catering to multiple senses which ultimately benefits every kind of learner.

There has been a positive attitude towards inclusive education where learning and skills are integrated in a way in which the learner is involved, loved and provided stimulus to allow self-dependence.

At Bunts Sangha's S.M. Shetty International School and Jr. College strive to equip our learners with expertise to take on challenges. From IQ to EQ to CQ (Cultural Quotient) there has been a convergence of cultures that have had a profound impact on learning and social behavior enabling positive progress and viable human connections across the globe.



## PRESIDENT'S VISION

■ PRABHAKAR L. SHETTY

**“As we look ahead into the next century, leaders will be those who empower others”.**

**Bill Gates**

In today's world, acquiring education is not only limited to acquiring facts and information. It also entails acquiring values which will improve the different facets of mankind.

We at Bunts Sangha's S. M. Shetty International School and Jr. College, endeavour to equip our teachers and students with a great value system which will enable them to empower others.

With each passing year our institution has worked towards building an education system that can act as a catalyst in shaping the future of our students. The school curriculum is oriented to bolster the physical, emotional, social and cultural needs of the students. All our school activities are based on a participatory spirit, that reduces the inhibitions of the students and help them to be aware of their potentials.

In today's Dynamic world, a 360 degree development and grooming is of supreme importance. Therefore, we are committed to creating an environment for future leaders, entrepreneurs and professionals who possess an array of skills and aptitudes.

Our competent team of Heads of various sections and their teachers strive to provide to the students, a platform where our students can take up the challenge to do things they are capable of and go beyond the expectations. A school is like a miniature world, where one receives a training for life.

As an educational institution we impart learning to the students which will assist them in their professional aspirations, but at the same time it is of utmost importance that they evolve into beautiful human beings.

I conclude with these inspiring words as a message to my dear students,

**“A dream doesn't become a reality through magic; it takes sweat, determination, and hard work.”**

**Colin Powell**



## CHAIRMAN'S VIEWS

JAYARAM N. SHETTY

**"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."**

Being the Chairman of Bunts Sangha's S. M. Shetty Institutions- Powai, it has been a great and overwhelming experience for me in the last 5 years. However, I would like to quote that the experience of taking decisions in business and taking decisions in education is poles apart. And I have been immensely enjoying this unique experience as the leader of such a great group of Institutions founded by Bunts Sangha, Mumbai.

I have been experiencing a different but a wonderful, enriching experience, understanding the culture of the education sector with variety of dimensions to deal and solve the problems faced in the field of education. The saying that 'learning never ends, it has no age bar' stands true to all of us. One should be ready to explore and dive into the vast ocean of learning. I would like to say that education is an industry wherein we have the raw and tender buds expected to be blossomed and moulded into the future leaders of tomorrow. And I assure you that this is what our institutions have set its sights on, fuelled and propelled by our institutions' mission and vision. We articulate this clearly and forcefully with a firm and determined conviction and this is our barometer to excellence.

Every day we witness the growth and development taking place in our students at various stages right from the Tiny Tots of the day care & playschool to the teenagers, adolescents and adults. Here each and every employee moves in the same direction to achieve excellence for a common goal. The achievements of our School in a time span of 18 years stand as testimony to our efforts and commitment to excellence. The inception of the educational institute was with 240 students in the year 1998 and now we have almost 2900 students seeking quality education in our premises. We have worked hard from time to time by not only enhancing and upgrading our skills but also

changing with the times. Our Complex is a pride in itself with the techno savvy classrooms and state of the art infrastructure. We have been in to designing and developing our facilities and human resources to meet up the global standards and set a benchmark forever for all other educational institutions.

I am immensely happy to see the growth of my educational institution in the varied dimensions of academics, co- curricular, literary, arts and sports with a lot of new ventures coming into play day by day. I am indeed delighted to say that our magazine will be showcasing what we are at present and what we are up to. It's our mission to bring students closer to their ambitions and guide them with modern and contemporary education and conducive learning facilities. With the mission of Personality Development for Nation Building, we strive to provide the best of education while developing global perspectives for our future leaders who are the makers of our nation.

For parent readers, your most important responsibility is to recognize your wards' strengths and help them use these strengths in the right spirit as the little ignorance towards their interests and strengths may lead them to the destructive path. To see your child perform well in every field, be it academics, music or sports we have to give them the gift of confidence first. Confidence is a gift because parents can do best in building confidence in children. It should be taught to them that topping only in class tests and end-term exams does not bring pride but honing other skills can also fetch good results. You need to be sensitive enough to identify their potential and act as a guiding light for them.

We believe that there is a star in every child hence for us everyone counts. Let us nurture this wonderful gift of God and join our hands to bring out the best in every juvenile.

Excellence is not a destination; it is a continuous journey that never ends.



## FROM THE SECRETARY'S DESK

■ NITYANAND HEGDE

**“The whole art of teaching is only the art of awakening the natural curiosity of young minds for the purpose of satisfying it afterwards.”-Anatole France**

To awaken the natural curiosity of the young minds, the Management and the Educators at Bunts Sangha's S. M. Shetty Institutions constantly strive, articulate and manifest novel ventures all the time. Our Educational Institution is a place for excellent education where the mutual trust and faith among the management, teachers and students has manifested in grooming men and women of high social and moral values. It can be proudly quoted that the highest possible level of care is taken in our institution to ensure that every individual enjoys and grows in an absolutely stress free learning atmosphere created by the staff of ,our institution. As our mission statement reflects ' Personality Development for Nation Building, our complete focus has been on the students to train them become responsible as well as accountable global citizens.

To aid the effectiveness of learning, additional facilities such as language lab, well equipped IT Labs, an exhaustively stocked library, specific Science laboratories, play area, counseling centre, dance and dramatics centre, art room, auditorium, play ground etc. have not only been developed but also improvised with changing needs of time year after year. When one talks about holistic development of an individual, it includes developing mind, body and soul through literary, cultural, arts, music and sports activities as these are required to strengthen the mind and body of our present generation and generations ahead. And we can say that with timely guidance, intervention and conviction of Bunts Sangha Mumbai and Powai Education Committee, we are boldly marching towards fulfilling the needs of the students, expectations of the parents in particular and society at large. Our aim has always been to train our

children to achieve human excellence through our four pillars: Dedication, Devotion, Discipline and Determination.

In these 18 years of its existence, Bunts Sangha's S. M. Shetty Educational Institutions have achieved many milestones all across the sectors of education. To name a few of the greatest achievements of this academic year, we have got 100 % pass result in SSC Board exam for the 14th consecutive time right from the first batch in 2003. Another milestone achievement is to receive the Best School Award for the 6th consecutive year at the Brihanmumbai Sahshaley North Zone 'S' Ward level.

Our souvenir 'Kaleidoscope' has been giving a great platform to the young inspiring minds an opportunity to spread their gleam and reach every mind and heart associated with the institution. A spark is always needed to kindle a fire. A spark, at all times, gives a start if ignited positively. The Kaleidoscope provides that spark to ignite the mind and soul of our students so that they come out with what they possess in a matured and confident manner.

To sum up, I would like to mention that what we are today is a result of collaborative efforts of all the stake holders who have been working with joined hands towards the same, single goal of creating and nurturing future of our country. Hence, on behalf of the management and through the medium of the school magazine, I congratulate the heads, teaching and non teaching staff, students, parents and other stakeholders associated with us directly or indirectly for being great contributors towards the noble cause of education and expect the same level of support, cooperation, enthusiasm, willingness and efforts in coming future too.

"Alone we can do so little; together we can do so much."

- Helen Keller





## OUR CHIEF GUEST ANNUAL DAY FUNCTION

■ SHRI KAUSTUBH DHAVSE  
Joint secretary and officer on special duty (OSD) to Hon. Chief Minister.

Shri Kaustubh Dhavse is Joint Secretary in the Government of Maharashtra designated as Officer on Special Duty to the Chief Minister, Govt. of Maharashtra. In this role he drives Technology and Infrastructure in the state via various programs and Special Projects.

Sir is credited for establishing "Aaple Sarkar" Portal which is the Government's interface for citizen's grievances, Govt. services and collaboration. In this endeavour, he works closely with Department of Information Technology to devise long term strategy for the portal. He also runs the "CM's War Room" which is a unit under the CM to monitor and drive key projects in Maharashtra.

Shri Kaustubh Dhavse is also a Member Secretary and convenor of a high level Task Force established jointly between Government of India and Government of Maharashtra for building world class International Financial Services Centre (IFSC) in Mumbai. In addition, he was recently appointed as a Director on the Maharashtra IT Corporation (MITC), a unit under the Govt. of Maharashtra to execute large scale projects across the state.

Prior to joining the Government, sir, had a successful stint in the corporate world where he worked in companies like Solectron Inc., HP Inc. and Frost and Sullivan. He is a known expert on Technology Strategy and Management consulting.

Shri Kaustubh Dhavse is an Electronics Engineer from D.J Sanghvi College of Engineering, Mumbai University. He also has a MBA from SP Jain Institute of Management Studies and was on the Dean's Merit list and the graduating valedictorian. He also has a Public Policy Degree from the Kennedy School of Government, Harvard University.

# EXPRESSIONS

## MEMBERS OF BUNTS SANGHA'S POWAI EDUCATION COMMITTEE



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Jayaram N Shetty  
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Ratnakar Shetty Mundkur  
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Mahesh S. Shetty



CA Harish Shetty



Ravindranath Bhandary



Dinkar N. Shetty



Harish S. Shetty



## PRINCIPAL SPEAKS

■ MRS. LEENA PIMPLEY

### Professional Development – Need of the hour.

'If we teach today's students how we taught yesterday's students we rob them of future.'

**John Dewey**

At SM Shetty International School and Junior College 'Student learning' is at the heart of anything and everything we do. They deserve the best of all to achieve their maximum potential. Among the major factors that contribute to high quality student learning is quality of teaching. However, teaching in a 21st century



classroom is not an easy job, rather it is becoming more and more challenging with each passing day. Today's teachers are preparing the students for challenges of unknown and unpredictable tomorrow. The classroom is no longer a place where the teacher transfers her knowledge to the students. Instead it is a place that accommodates students with diverse learning needs and learning pace. The information revolution has made data available in abundance. The need of the hour is to transfer right skills among students to process the information using critical and analytical thinking in order to construct knowledge and design creative solutions. For a teacher to be relevant in today's education system, learning to learn, unlearn and relearn are the most essential attributes. Improving quality of student learning is the ultimate goal as we have to nurture aware, committed, responsible, compassionate and happy members for tomorrow's society.

The paradigm shift in the classroom scenario from teacher being the giver of knowledge and student being the receiver to teacher facilitating and guiding students in their quest for knowledge and generating ideas has created the necessity to have a comprehensive professional development program for teachers to equip them to address needs of changing classrooms of the 21st century.

**'The most valuable resource all teachers have is each other. Without collaboration we are limited to our own perspectives' - Robert John Meehan.**

Continuous Teacher Professional Development also serves as a platform for teachers to collaborate with their peers thereby keeping them updated on the current trends in education. Communication, collaboration and cooperation are very important parts of Professional Development for teachers. If we want students to take action to solve problems and achieve sustainable growth in future we as



teachers need to take action and acquire new skills of teaching today.

With this objective in mind we have launched Cambridge Teacher Training Centre offering Cambridge Professional Development Qualifications; Cambridge International Certificate and Diploma in Teaching and Learning as we firmly believe that one enlightened teacher can inspire generations of learners.



## FROM THE CHIEF COORDINATOR & IBDP COORDINATOR

■ MRS. MILDRED LOBO

### Appreciative Inquiry.

Recently while attending a workshop on Core Skills in school I heard the phrase “Appreciative Inquiry”. Being a strong proponent of the power of positive thinking I was interested in knowing more about this approach which sounded quite similar. What I learnt was an eye opener.

“Appreciative Inquiry is an approach ... based on strengths rather than weaknesses, on a vision of what is possible rather than an analysis of what is not.” --David Cooperrider

Most of us have had a moment when a word of appreciation has impacted our lives in some way. Using the Appreciative Inquiry approach we can choose to seek out what is already good and right about the individual, team, or organization. This approach challenges us to find examples that highlight strengths instead of focusing on weaknesses.

Positive examples reinforce what we as individuals and as teams are capable of accomplishing. It builds success because members are appreciated and valued for their qualities, contributions and achievements. When we celebrate success, we begin to repeat success and build on it because we know it worked. How much easier then to dream and design an even better future- a future that is possible because it comes from examples of a positive past.

Appreciative Inquiry works best through stories – stories that lead people to understand that things are possible. In our faculty meetings we share our success stories- a lesson well executed, a teaching strategy that worked, stories about students progress- and these

stories inspire us to think of ways we can implement the same or adapt it to our situations. We have begun to shift from a Problem Solving approach in which we identify a problem (what we want **less** of) to an Appreciative Inquiry approach (what we want **more** of).

Does this mean that we pretend that a problem does not exist? Most definitely not! What we need to do is to start moving beyond the problems that we are trying so hard to solve.

The Swiss psychotherapist, Carl Jung said, “All of the greatest and most important problems of life are fundamentally insoluble. They can never be solved, but only outgrown... Some higher or wider interest appeared on the horizon and through this broadening of outlook the insoluble problem lost its urgency. It was not solved logically in its own terms but faded when confronted with a new and stronger life urge.”

As teachers and parents we must become leaders in the Appreciative Inquiry approach. We need to begin by believing that our children have tremendous constructive capacity and that they can move towards greater good. We must appreciate and value the best of what they are. Let us start by asking questions that strengthen positive potential. Let us invest in building hope around a greater purpose and creating systems for learning and improvement. Let us build on past success and amplify positive forces. Only then can we create a better world that is full of vitality and possibility.



## FROM THE IGCSE COORDINATOR'S DESK

■ MRS. YOGITA WAMANSE

### Recipe for a Happy Life

A student's life is like a roller coaster balancing numerous tasks, responsibilities, aspirations and challenges. It is a mélange of joys, happiness, adjustments, sharing, learning and performing better each new day. It is, thus, not a cake walk for one to be at par with the current global academic standards and social norms. It requires meticulous planning, self determination, grit and perseverance to stand tall and be ahead in this competitive world. Schools play a very important role in laying the strong foundation for the holistic development of the students building their self esteem and self respect enabling them to be confident and socially responsible global citizens. Aristotle has very correctly said, "Educating the mind

without educating the heart is no education at all." With this philosophy in mind, we at Bunts Sangha's S M Shetty International School and Junior College believe in instilling moral values and humane attributes in our students so that they will develop sound moral reasoning to be able to face the ethical realities and personal choices the 21st century demands, and be empowered to embrace the worthy adventure of living a moral, ethical Life!.

So dear students always strive to be just in your actions, determined towards your goals, go the extra mile, follow self-discipline, and be ready to learn every day because learning never stops. Be righteous and dignified in your behavior so that you lead a happy and joyous life.

Remember...

Positive Minds,  
Motivated Hearts,  
Inspired Souls and,  
Winning Actions

Are the ingredients of a happy and successful life!



## FROM THE SECONDARY CHECKPOINT COORDINATOR'S DESK

■ MRS. ANAMIKA SHARMA

### Ecology, Ethicacy and Efficacy.

The highest education is that which does not merely give us information but makes our life in harmony with all existence - Rabindranath Tagore

This quote stands so true in this age of information explosion where the knowledge is growing manifolds each day. So what is it that we need our children to learn? The answer to this is educating the students about the three 'e's.

Ecology, Ethicacy and Efficacy.

Our children need to develop the skill to live sustainably - involving living responsibly to take account of other people, other species and the environment. Therefore, ecology - care for people and planet. Children also

need to work with intentions to be successful together rather than competing with others. Learning should develop in them the ability to make sound and ethical judgements and to act ethically. Ability to take responsible and effective actions is nothing but efficacy - the skill of getting things done.

To achieve this, we at SMSISJ believe in Dialogic pedagogy where teachers and students share control. The classroom instruction is directed towards exploring possibilities together and where 'wrong' answers and risk taking are valued. More emphasis is on open-ended questioning with inclusive participation of students.

To conclude I quote Jane Good all who says '**You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.**'



## FROM THE PRIMARY CHECKPOINT COORDINATOR'S DESK

■ MRS. NEETHA SHETTY

### Teaching Gen Z...

Gen Z...sounds cool, doesn't it? When I say generation Z, technology is the primary thing that comes to our mind. The first cohort be raised in the era of smart phones. Information at the click of a mouse- Anything, everything, anytime, every time. Be it an algorithm or a synonym, everything is easily and infinitely available. As history's first "always connected" generation, they are steeped in digital technology and social media. They communicate openly with each other through text messages, blogs, and tweets. This is by far the most tech savvy and self-educated group. Virtual schools seem much to be a possibility now than merely an idea. E Classrooms are already a norm in many universities. So where does this place educators?

Educators today not only have to compete with the information overload on the seamless internet but also have to engage, entertain and thus educate young mavericks. Classrooms which merely are an extension of data exchange will be hauled down by gen Z. What probably would interest them and keep them coming

to the classrooms would be a warm, pleasant and earnest teacher who goes beyond books, theorems and formulae. One who can excite, motivate and stimulate their mind and body, one who can perceive the anxiety, fear, dilemma, insecurity, ecstasy, dreams, ambition and apprehensions behind the façade of a cool, confident kid. No app has yet been created to gauge or detect any of these. Teaching Gen Z is more of an amalgamation of collaboration, empathy, creativity and loads and loads of compassion which is beyond any form of circuits and wires. Gen Z also battles various issues which were non-existent for the Gen Y forerunners. Real issues like gadget addiction (this tops the list), single parenting (steadily on the rise), Prematurely mature (physically and mentally), self-centred individualism (owing to shrinking family size), materialism and many more. Handling these issues with soft gloves to ensure a smooth academic year is a challenge as educators have to undertake with much conviction and passion. Educators and mentors have to create an atmosphere such that they can grasp values, ethics, customs and derivative principles, each of which can easily be lost in the gizmo-gadget dominant world. A listening ear, a warm look, a reassuring smile and a nonchalant accolade always makes a difference to any student be Gen X, Y or Z. These are irreplaceable is what I believe.

Here at Bunts Sangha's S M Shetty International school and Junior college we strive to provide the sturdy scaffolding that Gen Z need to be sensitive, productive and valuable global citizens. Teaching Gen Z though challenging is most enjoyable because children will be children and a teacher will always be a teacher...



## FROM THE CP I & II COORDINATOR'S DESK

■ MRS. NILAMBARI KOLWALKAR

### VALUES FOR LIFE

"Try not to become a person of success, but rather try to become a person of value." -- Albert Einstein

Inculcating good values or good sanskar in children is the prime responsibility of elders. It is just as important as teaching them reading, comprehension or mathematical skills. The values imparted to them go a long way in shaping their character and personality.

One of the best ways to teach good values to the children is to lead by example. We as elders need to strive for these qualities within us if we want them to grow up to be respectful, compassionate and honest. The lessons we teach them will be forgotten if the children see us contradict what we try to teach.

As children grow, influences friends, media etc can teach them to lie. We should counteract this by reinforcing the value of honesty. Appreciate and applaud their courage for speaking the truth under any circumstances.

It is very important to teach children to be courteous and respectful and so that they learn to respect the others' opinion and property to create healthy relationships. Respect for others should include respecting different religions, races, ideas, and life styles.

We generally take people and things for granted rather than appreciating and feeling blessed. The children should be made to understand the importance of gratitude and learn to count their blessings.

Compassion is defined as being sensitive to the needs of people. If there was more compassion in the world, there would be less homeless, hunger, wars, and unhappiness. The child should learn to empathize and not sympathize.

We as educators and parents need to emphasize on being happy and not bitter and resentful. Teaching them to forgive makes it easier to fuel a healthier mind-set among children. Anger in most cases is caused by an unwillingness to forgive. There would be less violence and fighting in if they could learn this moral virtue.

The lessons in persistence start as and when we try to walk, eat or speak. Children should be encouraged to continue to be persistent in all their endeavors as there is no substitute to hard work.

To achieve a common goal, it is necessary for all people to work together. If this is not done, a few people may profit, but the end result for everyone will be a failure. I still believe in the motto, "united we stand and divided we fall". Cooperation is the key to success.

I can say that when we live our lives according to moral values that are based on honesty, compassion, courage, modesty, and forgiveness, then we can also form positive bonds with other people. We as educators and parents can teach our children the same.



## FROM THE IPC COORDINATOR'S DESK

■ MRS. MADHUBAN GHOSH

**Kindness Resilience Honesty -  
Value based learning**

The need of the hour is to ensure an all-round development of our children – physical, intellectual, social and emotional – which will help them lead a balanced, active and productive lifestyle.

In the pre-primary years education develops three aspects- physique, mentality and character. Even though the first two are important, they are menaces without the third because character is the greatest of these. Value based learning plays a huge role precisely in this area.

Through Value based learning children learn to value her/his identity, develop her/his character, self-confidence and a positive attitude in life. They develop empathy, good relationships with others and are aware of her/his responsibilities. They learn to appreciate and respect the natural environment.

IPC curriculum comprises of care and education to support children's balanced growth, development and learning. It emphasizes on the child's individuality and the significance of value based learning and the importance of acting as a group member. It stresses on the child's own knowledge, skills and experiences. Its focus is on play and a positive outlook on life. Another central consideration is to promote the child's own initiative and to emphasize its significance as the foundation for all activities.

Sadly the meaning of Education has been reduced to the fact that it will go on to become the source of bread and butter- nothing more and nothing less. Is this what education stands for in our life? Is not education a way to make life better? Education is not an accessory to life but it is a necessity.

For the success of value based learning the role of teachers and parents is paramount. It is achieved through positive values modeled by both. A strong and positive learning environment has to be provided which will equip children with social and relationship skills, intelligences and attitudes to succeed throughout their lives. We need to ensure that our practices and routines underpin a set of universal positive human values such as respect, tolerance, peace, hope, love, patience, happiness and courage. These core values are reinforced by the three Golden rules – Kindness Resilience Honesty.

The greatest gift that you can give your child is the knowledge of unconditional love and a set of morals like simple difference between right and wrong, the importance of hard work and self-respect. We need our children to believe that education is a continuous learning experience, learning from people, learning from success and failures, learning from leaders and followers and then grow up to be the person they are meant to be.

I hope that in this year to come our little ones make mistakes. If they are making mistakes, then they are trying new things, learning and changing their world. What good would be our life if we fail to pass on something substantial to the generation that is building itself?

As Nelson Mandela always said:

“You do not have to be phenomenal to do phenomenal things.”



## FROM THE CIE EXAM OFFICER'S DESK

■ MRS. VEENA GHOLE

Procastination is the thief of time.

It has been very correctly said, “Never put off for tomorrow what you can do today.” Yet many keep procrastinating things. Work postponed is work not done and postponing work does not help in the disappearance of the work. Rather more and more work will get piled up and then people end up in a lot of stress and tension. And in the rush to meet deadlines, work is completed in a careless manner. Thus, both time and efforts are wasted. Remember, time wasted is time lost forever. Hence, procrastination is nothing but wasting time and opportunities.

Opportunities are like sunrises. If you wait too long, you miss them. Our life is defined by the opportunities, even the ones we miss. The student who goes on postponing studies will need to burn the midnight oil for the last minute preparations adding to the stress and tension.

Do not feel bogged down under exam pressures. Manage your time well by prioritizing your tasks and duties. Plan ahead and plan well. A goal without a plan is just a wish. It's important to have dreams but only timely and just action will help make those dreams come to life. Remember dear students, progress is determined by what preparations you do. So, don't just wish for it, work for it!

## CP FACULTY



- **First Row**  
[L to R]:  
Ms. Aparna Bhattacharya, Ms. Vidya Shetty, Ms. Caroline Ananth, Ms. Jolly Francis,  
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Mrs. Nilambari Kolwalkar (CP 1 and 2 Coordinator),  
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Ms. Supriya Shetty, Ms. Priti Shanbag, Ms. Vimala Elengo, Ms. Nimisha Raj, Ms. Monaz Pardiwala,  
Ms. Poornima Bangera, Ms. Sanju Singh, Ms. Avneet Cheema,  
Ms. Pratiksha Dwivedi, Ms. Josephine Davis
  
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Ms. Anu Nair, Ms. Purvi Gajra, Ms. Tanzila Shaikh, Ms. Gayathri Ganu
  
- **Fourth Row**  
[L to R]:  
Mr. Nitesh Jadhav, Ms. Disha Nathani, Ms. Sariga Vijay, Ms. Shraddha Mota,  
Ms. Parina Tripathi, Ms. Megha Vaidya, Ms. Mansi Sawant, Ms. Priscilla P., Ms. Hitiksha Modi



## IGCSE & CHECKPOINT FACULTY



- **First Row**  
[L to R]:

Ms. Veena Ghole (CIE Exam Officer), Ms. Anamika Sharma (Secondary Checkpoint Coordinator), Ms. Mildred Lobo (Chief Coordinator & IBDP Coordinator), Ms. Leena Pimpley (Principal), Ms. Yogita Wamanse (IGCSE Coordinator), Ms. Neetha Shetty (Primary Checkpoint Coordinator), Ms. Nilambari Kolwalkar (CP I & II Coordinator)
- **Second Row**  
[L to R]:

Ms. Archana Savarkar, Ms. Tahira Pasha, Dr. Tamisra Bandopadhyay, Ms. Zehra Shaikh, Ms. Suvarnareha Jadhav, Ms. Meera Rawal, Ms. Vidya Shetty, Ms. Preeti Shetty, Ms. Supriya Shetty, Ms. Sonal Gaikwad, Ms. Krunali Parekh, Ms. Aditi Basu, Ms. Supriya Nambiar
- **Third Row**  
[L to R]:

Ms. Vinita Arora, Ms. Aparna Bhattacharya, Ms. Natasha Feroz Master, Ms. Sunita Dubey, Ms. Ranjeet Banwait, Ms. Jolly Francis, Ms. Ruchi, Ms. Sukriti Thakur, Ms. Koelia Ojha
- **Fourth Row**  
[L to R]:

Mr. John Soans, Mr. Nitesh Jadhav, Mr. Santosh Pandav, Mr. Abhay Chitale, Mr. Gurvinder Singh, Mr. Rakesh Shukla, Mr. Gaurav Pawar

## IB & A LEVEL FACULTY



- **First Row**  
[L to R]:

Ms. Veena Ghole (CIE Exam Officer), Ms. Mildred Lobo (Chief Coordinator & IBDP Coordinator), Mrs. Leena Pimpley (Principal), Ms. Anamika Sharma (Secondary Checkpoint Coordinator), Ms. Yogita Wamanse (IGCSE Coordinator)
- **Second Row**  
[L to R]:

Ms. Zehra Shaikh, Ms. Aditi Basu, Ms. Shilpa Thakur, Ms. Suvarnareha Jadhav, Ms. Meera Rawal, Ms. Priti Shetty, Ms. Sonal Gaikwad, Ms. Aparna Das, Ms. Supriya Nambiar, Ms. Koelia Ojha, Ms. Archana Savarkar
- **Third Row**  
[L to R]:

Ms. Tahira Pasha, Mr. Santosh Pandav, Mr. Abhay Chitale, Mr. Gaurav Pawar, Ms. Natsha Feroz Master

# EXPRESSIONS

## IPC FACULTY



- **First Row**  
[L to R]: Ms. Elizabeth Abraham, Ms. Poonam Matharu, Ms. Leena Pimpley (Principal)  
Ms. Madhuban Ghosh (IPC Coordinator), Ms. Saptaparna Sinha Ray, Ms. Margaret Paul
- **Second Row**  
[L to R]: Ms. Parina Tripathi, Ms. Indira Gujjula, Ms. Shweta Nair, Ms. Sujata Shetti, Ms. Shibani Dasgupta,  
Ms. Sandhya Nair, Ms. Neha Sharma, Ms. Rinkal Lodaya, Ms. Zeba Sayed, Ms. Manjiri Sathe
- **Third Row**  
[L to R]: Ms. Gayatri Ghanu, Ms. Shruti Gosavi, Ms. Tejashree Rao, Mr. Sushant Dabholkar

## NON TEACHING STAFF



- **First Row**  
[L to R]: Mr Pritisha, Ms Sujata Shetty, Ms Mildred Lobo (Chief Coordinator),  
Ms Leena Pimpley (Principal), Ms Prajakta Parab, Ms Amirdham Lal, Mr Satesha Shetty,
- **Second Row**  
[L to R]: Mr Vikrant Patil, Mr Pravin Shetty, Mr Upendranath Shukla, Mr Chintamani Gongaje,  
Mr Rohit Bansode, Mr Thomas D'souza.

## MOMENTS OF GLORY



**Bunts Sangha's  
S. M. SHETTY INTERNATIONAL SCHOOL & JR. COLLEGE**  
AN IB WORLD SCHOOL



## "Ranked among the top 5 International Schools in Zone C"

Bunts Sangha's S M Shetty International School and Junior College was ranked among top 5 International Schools by Times School Survey (Mumbai Zone-C) for two consecutive years.

Bunts Sangha's S M Shetty International School and Junior College ranked among top schools in India by EducationWorld

Education World, the Human Development Magazine conducts a nation wise survey on top 100 schools in India.

We are proud to announce that Bunts Sangha's S M Shetty International School and Junior College has made a grand entry in The Education World India School Rankings for The Top 1000 Schools in the country, claiming the 33rd position nationally and 18th in the state of Maharashtra.

This was school's first year to enter into the national survey. The proactive management has been continuously investing for the upgradation of infrastructure and facilities. In 2016 the school received the prestigious IB (International Baccalaureate) authorization to offer the IB Diploma Programme, a Gold Standard in Education. In 2015 the school was ranked among the top 5 International Schools by Times School Survey (Mumbai Zone C). In the same year the school was authorized by Cambridge to start a Teacher Training Centre for International Diploma and Certificate in Teaching and Learning. In 2014 the school won the prestigious British Council International School Award. All this stands testimony to the strong bond and successful partnership among the management, staff, students and parents of Bunts Sangha's S M Shetty International School & Junior College.



## BUNTS SANGHA'S S M SHETTY INTERNATIONAL SCHOOL AND JUNIOR COLLEGE IS NOW AN 'IB WORLD SCHOOL.'

Following two years of the IBDP authorization process which culminated with a verification visit to the school by IBO officials, we are delighted to receive confirmation from International Baccalaureate Organization that our school is now 'An IB World School.'

The IBO Officials Mr Rami Madani and Mr. Raymond Zinsli visited the school and interacted with the Management, Head of School, IB faculty, parents and students. In their closing comments, they appreciated the teaching faculty for their passion and knowledge.



## STUDENT COUNCIL



**Aneesh Nadgouda**  
School Head Boy



**Shashwath Suresh**  
School Marshall



**Pooja Nair**  
School Head Girl



**Shushrut Devadiga**  
Associate Head Boy



**Saj Mishra**  
Sports Captain



**Risheeraj Samyal**  
Associate Sports Captain



**Devanshi Bhatia**  
Associate Head Girl



**Adrian John**  
Deputy Head Boy



**Shiv Vale**  
Junior Head Boy



**Sian Barnes**  
Junior Sports Captain



**Shaleen Varma**  
Junior Head Girl



**Arya Nair**  
Deputy Head Girl



**Pranav Sriram**  
Winter House Captain



**Samarth Gulla**  
Spring House Captain



**Sanjot Kaur Pruthi**  
Summer House Captain



**Ravij Lade**  
Autumn House Captain



**Vedant Ganatra**  
Winter House Vice Captain



**Karmandeep Singh**  
Spring House Vice Captain



**Vanshika Nijhawan**  
Summer House Vice Captain



**Tanay Bhadra**  
Autumn House Vice Captain



**Himanshu Jain**  
Winter House Sports Captain



**Paarth Idnani**  
Spring House Sports Captain



**Sanush Mishra**  
Summer House Sports Captain



**Shagun Shetty**  
Autumn House Sports Captain

## OUT STAR PERFORMERS

### A Level



**Juanit Thomas**  
School Topper and  
Subject Topper  
(English, Mathematics, Physics,  
Biology, Chemistry)



**Bhairavi Mane**  
(Economics, Accounting,  
Media Studies)



**Vedanth Shetty**  
(Business Studies)

### AS Level



**Gayathri Kondapalli**  
(Physics, AICT)



**Joshita Dodani**  
(Business Studies)



**Tanya Chandnani**  
(Psychology)

## OUR STAR PERFORMERS

### IGCSE - II



**Vidhee Agrawal**  
School Topper and  
Subject Topper  
(English, Hindi, Mathematics,  
EVM, Biology, Chemistry)



**Divya Naisheril**  
(Physics, ICT)



**Shruti Jain**  
(Economics, Accounting,  
Business Studies, French)

### CHECKPOINT



**Nikhil Jose**  
Cambridge  
Secondary Checkpoint  
Exam Perfect Score of 6/6  
in English, Math and Science.



**Aarush Batula**



**Aarya Vora**

Cambridge Primary Checkpoint Exam  
Perfect Score of 6/6 in English,  
Math and Science.

# EXPRESSIONS

## CP TOPPERS 2015 - 16



**Chandrika Garg**  
CP-I A



**Anika Narkar**  
CP-I B



**Aashir Aalam**  
CP-I C



**Aaneri Dwivedi**  
CP-I D



**Vedant Pol**  
CP-I E



**Arjun Kamal**  
CP-II A



**Agastya Ramani**  
CP-II B



**Arya Sawant**  
CP- II C



**Sanvi Jain**  
CP-II D



**Kiranmayee Lade**  
CP-II E



**Nandakishore Bejoy**  
CP - III A



**Soham Mehta**  
CP - III B



## CP TOPPERS 2015 - 16



**Siyona Basu**  
CP - III C



**Ishika Goyal**  
CP - III D



**Shiv Vale**  
CP-IV A



**Ruthvi Shetty**  
CP-IV B



**Aditya Vaswani**  
CP- IV C



**Aarush Batula**  
CP-V A



**Likhith Shah**  
CP-V B



**Aarya Vora**  
CP-V C

# EXPRESSIONS

## CHECKPOINT TOPPERS 2015 - 16



**Celine Joshi**  
Checkpoint-I



**Yahvi Agarwal**  
Checkpoint-IB



**Vanshika Nijhawan**  
Checkpoint-II A



**Manvi Semitha-**  
Checkpoint- II B



**Sanjot Pruthi**  
Checkpoint - III A



**Shushruth Devadiga**  
Checkpoint - III B

## IGCSE TOPPERS 2015 - 16



**Yash Gupta**  
IGCSE -I

## BRINGING BACK LAURELS



**Arya Vora**  
NSTSE  
2nd in Maharashtra  
(Gold Medal)



**Aashir Aalam**  
International English  
Olympiad  
Gold Medal



**Anand Nayak**  
International English  
Olympiad  
Silver Medal



**Arnav Kulkarni**  
International English  
Olympiad  
Gold Medal



**Bhavik Jaiswani**  
International English  
Olympiad  
Gold Medal



**Sreemathi**  
International English  
Olympiad  
Gold Medal



**Sanvi Jain**  
International English  
Olympiad  
Gold Medal



**Mukta Gautam**  
International English  
Olympiad  
Bronze Medal



**Akshath Srivastav**  
MaRRS Spell Bee  
10th Place



**Arya Nair**  
Monoacting  
3rd Place  
Linguist



**Dharmika Vempadapu**  
Radio Jockey  
2nd Place  
Vistaura



**Joel Joshi**  
Radio Jockey  
2nd Place  
Vistaura

## BRINGING BACK LAURELS



**Himanshu Jain**  
Selected For State  
Handball



**Shagun Shetty**  
Selected For State  
Handball



**Kanak**  
HVPS Memorial,  
HFS Interschool Table Tennis  
2nd Place



**Krithik Jain**  
IIMUN  
Best Delegate



**Aneesh Nadgouda**  
IIMUN  
Best Delegate



**Pooja Nair**  
IIMUN  
High Commendation



**Pranav Sriram**  
IMUN  
Techfest World MUN  
Special Mention



**Samarth Gulla**  
IMUN  
Special Mention



**Shushrut Devadiga**  
IIMUN, IMUN, MUN  
Best Delegate, Special Mention



**Romeen Malwankar**  
IMUN, Indian Youth MUN  
Special Mention



**Nikhil Maheshwari**  
IIMUN  
Best Delegate

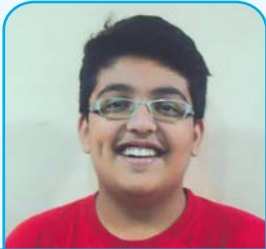


**Rachit Metha**  
Indian Youth MUN  
Special Mention



**Sharanya Nair, Ruhi Memon,  
Tanay Bhadra, Vedant Ganatra**  
2nd Consolation Prize MISA Synergy

## BRINGING BACK LAURELS



**Aryan Ganesh**  
Creative Writing  
1st Place  
Culturama



**Anoushka Jhangiani**  
Flex Banner Painting  
2nd Place  
Vistaura



**Aayushi Sarnobat**  
Flex Banner Painting  
2nd Place  
Vistaura



**Shruti Kakade**  
Flex Banner Painting 2nd Place  
Graffiti 3rd Place  
Vistaura



**Karishma Manjeshwar**  
Fine Gourmet  
2nd Place  
MISA Aesthetics



**Zenia Dsouza**  
Fin Gourmet  
2nd Place  
MISA Aesthetics



**Aditya Kedia**  
Table Tennis  
2nd Place  
MISA Aesthetics



**Ameya Vinayraj**  
Tell a Tale-Ebook



**Joshita Dodani**  
Karoke  
1st Place  
Culturama



**Prajwal Deore**  
AD-LIB  
2nd Place  
Linguist



**Sharanya Nair**  
Poetry Recitation  
3rd Place  
Linguist



**Tanay Bhadra**  
Debate  
3rd Place  
Linguist



**Neeraja S.**  
MaRRS International  
Spelling Bee  
1st Place



**Kavin M. B.**  
Math, English  
Student League  
5th in State



**Arya Ganesh**  
English Student League  
4th - Maharashtra State Level  
Master Mind



**Vriddhi Shetty**  
3rd place  
Drawing Competition  
Valeur 2016

### BUSINESS DAY



### GRANDPARENT'S DAY



### CP2 ASSEMBLY



## CHECKPOINT-III ASSEMBLY-CORRUPTION



## HINDI DIVAS



## CHILDREN'S DAY CELEBRATION



# EXPRESSIONS

## GRADUATION DAY



Guest of Honour - Ms. Ruchira Ghosh, Cambridge Regional Director, South Asia

## INVESTITURE CEREMONY



## FRENCH DAY





## INVENTATHON



## PATRIOTIC GROUP DANCE



## KNOW YOUR MOTHER TONGUE



# EXPRESSIONS

## CULTURES MEET & GREET



## A MULTI MEDIA PLANETARIUM EXPERIENCE



## TEACHERS' ENRICHMENT PROGRAMMES



## GUEST LECTURES

Mr. Mohit Jadhav, director of photography conducted a workshop for students of AS level on 2<sup>nd</sup> March. Students gained knowledge on camera hardware, lighting, different angles and shots.



Experienced IB practioners, Ms Sagarika Bhatia and Ms Anuradha Sridhar, Chemistry faculty and former DP coordinator of Bombay International School interacted with IBDP teachers and shared their perspectives on the IBDP.



Author talk by Prashant Pinge was organized for students of Grade V. He spoke extensively on what goes to publishing a book. Students greatly benefitted from the session as soon they will be writing a novel of their own.



On 20<sup>th</sup> July, Ms Bakhtawar from KIC Univ Assist conducted a session on goal settings and career guidance for student of IGCSE, AS, A Level and IBDP. A very important session for the students in their very important grade.



## GUEST LECTURES

On 10<sup>th</sup> August 2016, Mr. Vatsal Neelkanthan an ex-student of New York University(NYU) presently working with Excel Entertainment and Assistant Director of Shahrukh Khan Starrer film'Raes" took a session on understanding film-making, career in media and other creative fields. The session was well received by the students.



On 25<sup>th</sup> July 2016 ten US Universities visited our school to talk about the various programmes offered at their Universities and their benefits. This visit provided an opportunity for students and parents to interact with representatives from reputed U.S. institutions.



Dr. Sangeeta Gole, a renowned educationist and thorough academician, conducted sessions for the third batch of teachers attending Cambridge International Diploma in Teaching and Learning [Cambridge Professional Development Qualifications].



## GUEST LECTURES

On 28th September, SMSISJC had the pleasure to host Mrs. Josephine Vas, Senior Advisor and Head of Projects and Training at Jamnabai Narsee School and Ms. Kathleen Akyuz, Assistant Director of International Admissions of Arcadia University, USA.



It was a privilege to host a renowned sports personality and former cricketer Mr. Kiran More, a role model for many sports aspirants. Mr. More had an interactive session with the students on 'Importance of Sports and Fitness'. The session was organised in collaboration with SRS sports Academy, that runs comprehensive, well structured sports program for our students from grade I to VIII.



On 23rd August, Michigan State University, US representative Dr. Patricia Croom conducted a session for AS, A Level and IBDP students on unique features of their university and admission process for higher education.



## SMSISJC MODEL UNITED NATIONS (MUN)



Leadership is one of the most important skills one can learn to be the best person one can be and make the world a better place. SMSIJMUN, a Model United Nations - a student led initiative, fosters leadership qualities in students. It was a proud moment to see our students portray their skills as leaders as they represented themselves as delegates of different countries in their respective United Nation Committees. In these students we see the leaders of tomorrow ready take on the challenges of the complex world.

Secretary General Shashwath Suresh , Director General Pooja Nair along with their Executive Board Committee met the Office Bearers of Powai Education Committee Hon'ble Chairman Shri Jayaram Shetty, Hon. Secretary Shri Nithyanand Hegde, Hon. Treasurer Shri Praveen Shetty and esteemed members of Bunts Sangha Mumbai. Secretary General Shashwath Suresh updated the trustee members with the working and proceedings of SMSISJMUN2016 after formally introducing the chairs of various committees. Chairman Shri Jayaram Shetty appreciated the students for their initiative and encouraged them to make the most of the opportunity given to them. Principal Ms. Leena Pimpley acknowledged the contribution and presence of Alumna Yashmeet Monga for guiding the student for SMSISJMUN2016.



CAS

CAS Coordinator - Anamika Sharma





Fun on the beach



Abra ka dabra , gilli gilli chooo ...



'Little Einstein' – Parental Involvement



Pretty Radhas' & cheerful Krishnas'



Designing our own T- shirt - Tye & Dye



Let's go camping



IPC



Happy green grocers



Bond Forever



Do re mi .....



Wow! I made a pot!



Human Anatomy



Be kind to animals

IPC



Flower girls in a Shikara



Street shopping is fun!



Out in the garden, one fine day.



IPC Kiddos with Principal Ma'am.



School is fun



Free play

IPC



Pool Time



Palm print peacocks



Yummy corn bhel



Phases of Moon with Oreo biscuits



Trip to West side



Whoosh ..... Here we go .....

# EXPRESSIONS

## OUTDOOR ACTIVITY

Visit to the Tribal School at Aarey



Karvi Festival - BNHS (Bombay Natural History Society)



Haiko Supermarket



## OUTDOOR ACTIVITY

### INME Panchgani



### National Defence Academy (NDA) Khadakwasla



## LEADERS OF CHANGE

The 20th of August 2016 was a historic day at Bunts Sangha's S M Shetty Educational Institutions ; a day that witnessed expressions of profound gratitude for the Founder Members and visionaries Shri S M Shetty and Shri Manmohan Shetty. From a humble beginning with 200 students in 1998 the institution provides education to nearly 8000 students. We the SMSISJC family salute the great visionaries who had the determination to convert dreams into reality in this noble field of education.



Principal Ms. Leena Pimpley felicitated for her leadership acumen and foresight in moving the school towards growth and progress.



## NEW VENTURES

### Sporting Resources and Solutions (SRS)

Having understood the importance of physical activity in the life of a child, SRS Sporting Skills have introduced a range of programs in Bunts Sangha's S M Shetty International School and Junior College, which not only allows children to have physical activity coupled with health and fitness, but also gain an in-depth knowledge of each sport that they are playing.

SRS aims at ensuring that each child reaches his or her true potential, which is why they have enlisted the services of some of the best coaches, who will spend time with the children, teaching them the basics of the sports and then nurture them to reach their maximum potential. As on date, SRS offers 3 major sports of Cricket, Football and Tennis. The coaching starts at the formative years of 5 and 6, working mainly on the motor skills of the students, enabling them to choose a sport of their liking from 2<sup>nd</sup> standard. Training is also offered post school hours for the best talents who can represent school in sports taught under SRS guidance.

Currently, at our school, we are offering this Sports Program, which has given an elevated sense of confidence to the children. Along with the normal sessions, students have also been taken for outside tournaments in District levels and other inter-school competitions. This will enable us to form the school Elite teams that can represent the school at various competitions. Plans are in place to bring in sports personalities to have a talk with the students to give them insights about the importance of sports in life and the efforts required to be a successful human being. Ex Indian cricket team player, Mr Kiran More has already met the students and had a very enriching session with them.



## INTERNATIONAL SPEAKERS



On 15th December 2016, the students and faculty members of school had an exclusive opportunity to attend an interactive session by Dr. David Baker, a renowned lecturer in Big History from Macquarie University, Australia. He studied his PhD in Big History under Professor David Christian at Macquarie University. He now teaches Big History alongside Fred Spier and Esther Quaedackers at the University of Amsterdam. He is writer of the YouTube series Crashcourse Big History, hosted by John and Hank Green in partnership with the Big History Project. He spoke about some of the broad overarching trends that stretch across the entire cosmic story: from rising complexity, to collective learning, to various forms of biological and cultural evolution. He also threw light on the philosophical part of human history reflecting how the grand narrative of 13.8 billion years forms a huge part of our identity, what it tells us about human society and the virtues and vices of the human character.



The excitement of the students of Bunts Sangha's S M Shetty International School & Jr. College was beyond imagination as they got a rare opportunity to be addressed by the world famous geologist Dr. Iain Stewart.

Dr. Iain Stewart, Director, Sustainable Earth Institute, School of Geography Earth and Environmental Sciences, Plymouth University, UK; is a Scottish geologist, a fellow of the Geological Society of London, Member of the Scientific Board of UNESCO's International Geoscience Programme and has been appointed with the prestigious member of the Order of the British Empire. Dr Stewart features in many documentaries and has innumerable research papers to his claim.

Time stood still; literally, as Dr. Stewart deftly unfolded the mystery of how the earth works and condensed the history of 4.6 million yrs to the remarkable present place it holds today. Students listened with rapt attention and stayed glued as his narration unraveled and traced the journey of India from the southern hemisphere over the past 30 million yrs.

Dr. Stewart ignited the imagination of the students which transcended into an equally energetic and exciting question & answer session which covered topics from climate change to sustainable development to a reforming of the supercontinents in the future.



## PROUD MOMENTS

Principal Ms. Leena Pimpley has been validated as a trainer by British council for Core Skills Training to the Principals and Heads of other schools.

She conducted two days training session for School Leaders and teachers on Critical thinking and problem solving. This training is a part of British Council Connecting Classrooms, a global education programme designed to build the capacity of educators worldwide and help young people become globally aware and competent.



Our Economic Faculty Ms. Aditi Basu and Psychology Faculty Ms. Aparna Das were selected by British Council to present their papers on 'Integrating Core Skills in the Curriculum' at a National Conference - 'Learning for a sustainable future' held on 30th November in Delhi.



Representatives of Ashoka Group of schools receive guidance on implementing Cambridge curriculum for their upcoming Cambridge School in Nashik.



## PROUD MOMENTS

Principal Ms. Leena Pimpley was invited as the subject expert trainer for Government School teachers by Telangana Government.



Ms. Yogita Wamanse, our IGCSE Coordinator and Math faculty visited MET Rishikul as Guest Lecturer for the students of IGCSE.



A Levels Biology & Chemistry faculty, Ms. Tahira Pasha & Ms. Supriya Nambiar, visited Ram Ratan International School as Guest Speakers to share their subject expertise.

Our A level teachers for Economics Ms. Aditi Basu and Arts Ms. Suvarnareha Jadhav were invited as subject experts to conduct cell meets in their respective subjects.





## OPPORTUNITIES OVERSEAS

Principal Ms Leena Pimpley and Secondary Checkpoint Coordinator Ms Anamika Sharma attended a two day conference on 'Leading learning' at Homerton College **Cambridge, UK**. The conference covered important topics in education like Metacognition and Changing trends.



Our Chief Coordinator & IBDP Coordinator Ms. Mildred Lobo visited 14 US Universities across 10 states on the KIC UnivAssist Indian Counsellor tour. She visited and met eminent educators and admissions officers from renowned universities like Purdue, North Carolina State University, University of Cincinnati, John Carroll University, University California Santa Barbara, Santa Cruz, Irvine and Riverside among others. She also had an opportunity to visit Harvard and MIT.



## NEW PROJECTS



### Incorporating Core skill Strategies in classrooms :

The traditional chalk talk or lecture method no longer suits the new age learner. Classrooms need to challenge, motivate and provoke them to explore, collaborate, research and thus be responsible for their own learning. Keeping this in mind, core skill strategies were decided to be implemented in each and every classroom to equip students with contemporary skills.

Principal Ms Leena Pimpley, Primary Checkpoint Coordinator Ms Neetha Shetty, Economics faculty Ms Aditi Basu and Psychology faculty Ms Aparna Das attended a two day work shop conducted by British Council focusing on the core skills of Student Leadership and Critical Thinking. The learning from the workshop was shared with all the teachers of the school and a plan was drafted to implement the various strategies through which these core skills can be developed in the students.



### National Leadership of Education Projects (NLEP)

Principal Ms. Leena Pimpley and Chief Coordinator Ms. Mildred Lobo attended the National Leadership of Education Project's Workshop which was conducted by Ms Margaret Farra from the Education Development Trust, UK. The National Leaders of Education project is aimed at school improvement through collaboration of School Leaders.

National leaders of education (NLEs) are strong school leaders, who have experience of effectively supporting schools in challenging circumstances. NLEs work alongside teaching schools and other system leaders to provide high quality support. Together these improvements will help to ensure that more of the most effective school leaders and schools are able to provide excellence in education.

## ANNUAL DAY - MUMBAI MERI JAAN



An Ode to the city that never Sleeps



Art reflecting humanity



AS and A level students setting the stage on Fire



Lunch Specialists



From Shores to Stage



A Salute to our Brave Jawans

## ANNUAL DAY - MUMBAI MERI JAAN



A moment's silence spared for all that the city has seen



We are all INDIANS after all



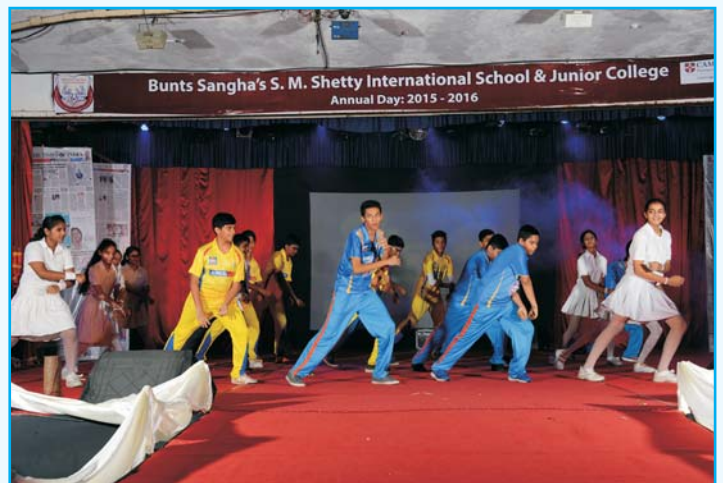
Keeping the enthusiasm alive



A bit of Northern Flavour



Wheels of progress



Celebrating India's favourite sport

## SPORTS DAY

Winning isn't everything, but wanting to win is -Vince Lombardi



Chief Guest Sensei Parvez Mistry unfurls the flag



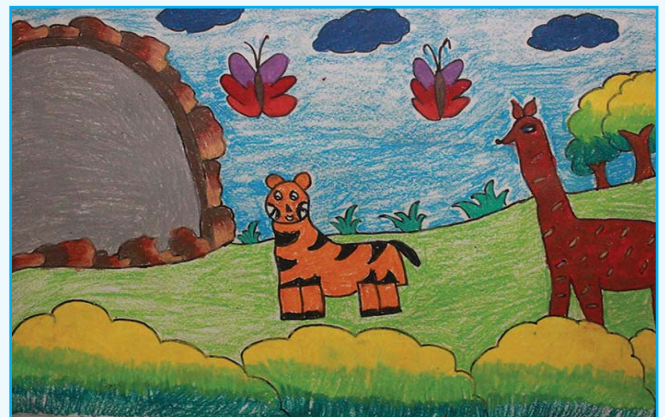
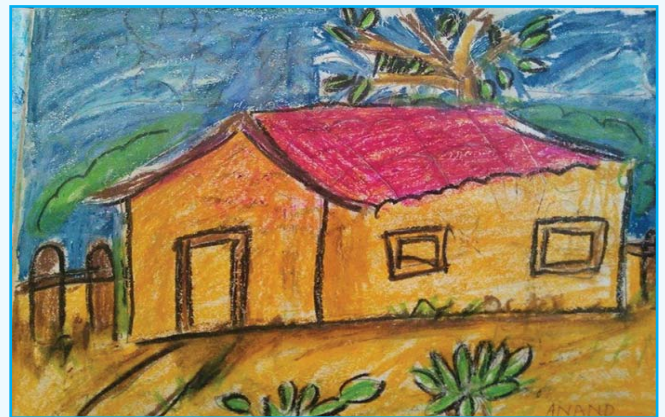
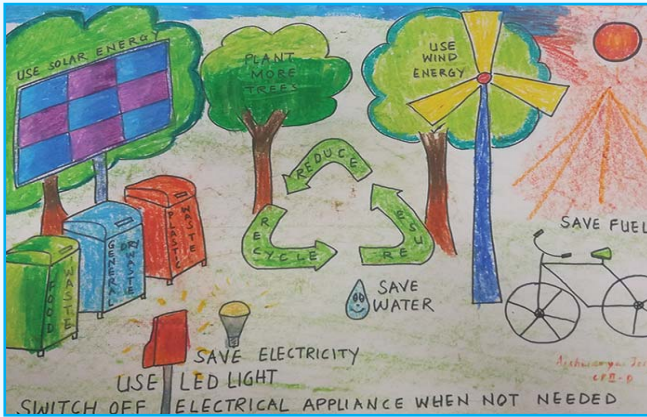


## SPORTS DAY



# EXPRESSIONS

## SPLASH OF COLOUR

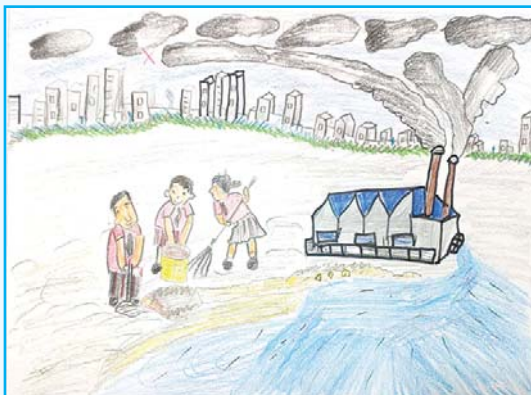
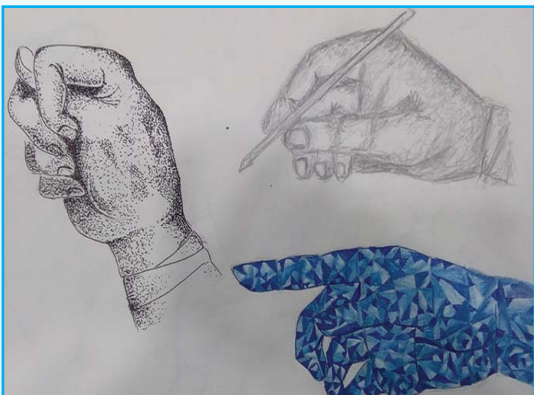


## SPLASH OF COLOUR



# EXPRESSIONS

## SPLASH OF COLOUR

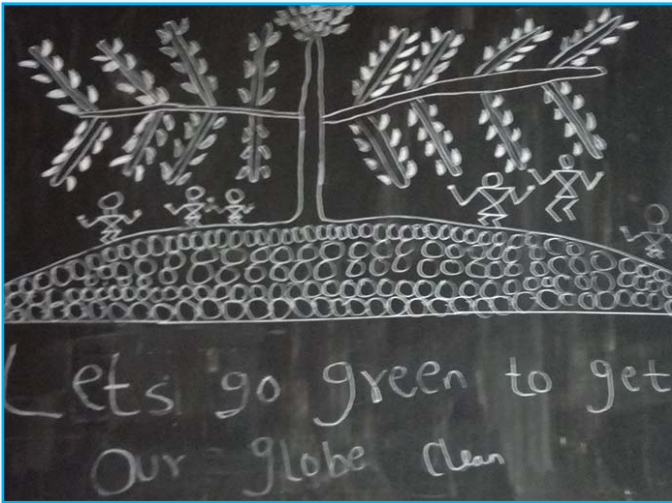


## SPLASH OF COLOUR



# EXPRESSIONS

## SPLASH OF COLOUR



## FROM THE COUNSELLING CENTRE



**Pratima Bhandarkar**  
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## 21ST CENTURY HUMAN MIND UNPLUGGED

“I fear the day that technology will surpass our human interaction. The world will have a generation of idiots”

Albert Einstein

Our lives have become increasingly immersed in technology. Much of our communication is now online, much of our leisure and entertainment is provided by internet and video games and many of us find our mobile phones a necessary appendage, an additional limb that we find difficult to sever, as they have become an essential part of our connectivity. Man is no longer just a social animal; man is a ‘social-media’ animal. With these changes in lifestyle, the human brain is under threat from technology in the modern world and it is no wonder then that the love for the latest technology is turning into a 21st century addiction. Here are some new mental health conditions that were unheard of until just a few years ago.

**FACEBOOK ADDICTION DISORDER (FAD)** – is a condition that is defined by hours spent on Facebook, so much time in fact that the healthy balance of the individual’s life is affected. Someone suffering from FAD will reduce the time spent catching up with friends, playing sport or whatever it is they used to enjoy doing, to simply spend time on Facebook. Common signs like anxiety, distress and the need to talk about Facebook and what might have been posted on their wall in their absence, become obvious when one is restricted from use of Facebook in order to participate in everyday activities.

**FACEBOOK DEPRESSION** (also used interchangeably with ‘Facebook Envy’): Although not a clinical diagnosis, yet, Facebook depression refers to the phenomenon when children get depression on comparing their ‘number’ of friends and ‘status updates’ to those of their peers. It is an affliction that results from establishing a presence on social networking sites like Facebook, spending a great deal of time on these sites and then feeling unaccepted among peers online. Facebook, per se does not cause depression, it however gives rise to “social comparison”, a psychological phenomenon in which people compare their most mundane moments with the often exaggerated highlights of friends’ lives such as vacation pictures and new career announcements.

**DIGITAL AMNESIA:** We know that amnesia is the loss of memory. Digital Amnesia means partial or complete loss of memory due to excessive reliance on digital devices as a replacement for storing information. We rely heavily on technology as it clearly has a higher storage capacity than the human brain. Information is available at the click of a mouse or the touch of a key on portable devices like the smartphone. Our mental ability to remember and recollect data has slowed down; why bother remembering 10 digit phone numbers when technology can do it for you? Due to over dependence on technology, the human mind has lost its spontaneity. Our capacity to synthesize and process information is on the decline, running a risk of our brain muscles losing their agility due to rendering redundant.

**FEAR OF MISSING OUT:** Funky acronym, FOMO! Missing out? But on what? On what other people are doing. They are having exciting experiences that you are not. They went to exotic honeymoon destinations and you did not. Their children have bagged so many accolades and yours haven't. Read their posts and you'll find gushing descriptions of their awesome adventures. And the saga carries on. FOMO is especially strong for those who are hooked on social media. Why? Because they are constantly aware of what others are doing. It's no surprise then that they are checking their phone every two minutes to make sure they're not missing out on anything "important."

**PHANTOM VIBRATION SYNDROME:** This syndrome is characterised by an individual falsely perceiving that their cell phone is either vibrating or ringing at a time when it clearly isn't. The phone may be completely off or display no activity, yet the person perceiving the vibration believes with full conviction that they felt their phone vibrating. It's almost as if their mind and phone are playing tricks on them. Individuals with PVS are so accustomed to hearing their phone vibrate or ring, that their brain expects more.

**So.....**what do we do about it all? Like all mental disorders, there is no easy fix. But we can start with viewing life in perspective. A person's Facebook profile and status updates provide a one-sided view of that person's life. The chances are, your life may not always measure up to other's idealised, perfect lives that they nonchalantly portray to the world. That's ok, because none of it is real.

- Remind yourself that nobody's life is perfect, even if it looks that way when you see all the great things they are doing.
- Don't miss out on what's in front of you for fear of missing out on what other people are raving about.
- Relax, enjoy and appreciate what you do have instead of always looking at what others have and feeling bad about yourself.

- **Disconnect to Re-connect :** Consider a self-imposed Digital Detox, i.e. "fasting" from usage of cell phone and internet for a few days; the days you need to use your phone, keep it on silent.

As adults, we need to take a good look at ourselves and our behaviour. We must make our own decisions about how we choose to use technology as it certainly has its advantages. A judicious and hygienic use of technology would include considering what you are using, how much time you are spending on it, are you losing sleep over it, and whether it is taking you away from your normal everyday activity. If it is eating into your social time, or your sport time, or your study time, something has gone seriously wrong. You need to go back and readjust, because keeping a healthy balance is the key to a happy, healthy life.

**Rewind – Unplug – Restart!!**







## Should candies and colas be banned in the school canteen?

Monday blues plagued me as I sat in our school canteen, depressed by the fact that school had re-opened after my short Diwali vacations. It was then when I noticed an obese kid buying three boxes of candies and three coca cola bottles. Each box of candy was double the size of my tiffin and each coca cola bottle, double the size of my water bottle! I was flabbergasted and I cast my glance at the child's physique, and then on myself - he was the mammoth 'Jupiter' and I was the miniature 'Earth'. At that moment, I questioned myself, "Should colas and candies be banned from the canteen?" And I concluded as "Yes."

While many 'Jupiter' kids- like the child I had spotted in the canteen- would be offended even at the idea of banning candies and colas in the school canteen, there would be many 'Earth' kids- like me- who would agree upon the fact that although these two food products are a great pleasure to our taste buds, they are deleterious pieces of junk. I call them junk as they are full of calories and fat that leads to high blood pressure, hyperactivity and obesity. According to BBC News, the rate of obese children in the world has increased drastically in the past two to three years. These rates need to be controlled, or else we will have ourselves to blame for having a future generation of unhealthy and obese adults.

I believe that people who eat candies and drink colas are feasting gluttonously on nothing else but 'tasty garbage'. Seldom when I buy these food products to distribute them as a treat to my friends, my father lends me the money, but also warns me, 'kachra ...kuchra kha raha he tu', which in English means 'Garbage....you are eating garbage'. That is because the chemicals used in it are also found on garbage sites. Moreover, according to Mumbai Mirror, a local newspaper, each can of Coca Cola has around eight spoons of charcoal per millilitre. Pieces of

charcoal per gram in India is rupees three hundred and fifty. Wouldn't it be wise to spend the money on more useful things?

Furthermore, eating detrimental food is like stabbing yourself in the back, just because you want to have fun. It is like opening a Pandora's Box and unleashing thousands of viruses on our planet just because you want to find 'Hope' at the end of the box. Children should be aware of the fact that cola can also be used as a toilet cleaner [proven by CNN]. So, basically it goes to say that these children derive happiness by drinking toilet cleaner. I don't need to mention here, that this is indeed not safe and can lead to several illness and visits to the doctors. Sweets like candies can cause cavities- again leading to increased visit to the dentists. Consequently, spending money on candies and colas leads to further spending of money on dentists and doctors. This argument seeds a question in my mind, "If children stop eating junk, won't the doctors and dentists run out of business?". Well, let's keep this discussion for another day!

Not to mention that many stubborn children may argue that it is their fundamental right to choose what to eat and what not to. They fume when suggested to choose a healthier alternative. But they need to understand that along with the freedom to choose, also comes the responsibility to choose wisely. Supporting the ban at the cost their freedom to choose food is undoubtedly for a better future and for their own benefit.

Finally, I would like to highlight the quote orated by a character named 'VirusShastrabudhi' from the movie titled '3 idiots' that 'Life is a race'. This is for all my dear friends who still want to gobble down tons of candies and drink litres of colas. Yes, life is indeed a race and it is upon you to decide whether you wish to finish this race as a unhealthy, depressed, obese soul who is prone to all kinds of illness; or finish this race as a healthy, content, successful man away from all the diseases.

Tanay Bhadra - Checkpoint 3A

## And History Repeats Itself

The febrile week that passed by blazed with a sudden surge of anger marring my mum's face and sorrow marring mine. It was that mordant week when I was expected to turn into an abstemious pre-teen from an ebullient, insouciant one. Yes! I am just out the "result hangover week" - a week when parents magically transform into witches and wizards and their acerbic words savage our souls! If you also have had that kind of week and had parents transforming from being fun-loving, kind and "cool" to petulant, testy and "uncool", then you and I are flying on the same broomstick.

My home does not remain the "home-sweet-home" that it usually is the whole year round minus the one month of exam and one week after results are declared in each semester. So, for the nine months and a half, my parents and I are each other's best friends, sharing secrets and gossiping and indulging into various fun activities. Books and pens and pencils are nowhere in the frame of my life. It is only my school bag that adorns them and they look so apt and idyllic inside it. They do grace my study table at times when I have homework to do.

Suddenly the "parent-moon" period is over (I am only twelve, so I will naively call it that instead of "honey-moon") and it leaves me ruminating, why things have changed. After all, it is only a piece of paper, called the "exam time-table" that is out. But that little piece of paper on most occasions creates havoc in my life.

The mellifluous sounds of "shona-mona" (sweet heart) and "kochu-poda" (dearest one) that saturate the air in my house, suddenly transform into the cacophonous sounds of "what nonsense!", "can't you even understand so much?", "I have given up on you!", "I wonder where all this will take you in life?!", "why can't you just pick your books and study?!", etc., etc. This is the time when I feel I need to rethink over my ambition to become a scientist and seriously think about the way Dharma leads his life - Dharma, our driver - because during that one month my mum thinks I cannot do anything else with my life.

And how can I not make a mention of my teachers?! They suddenly pick up the pace in an attempt to complete the syllabus and fail to see that students are not dumping grounds where concepts can be dumped at the last minute. We suddenly have tests and every teacher preaches, "You need to only spend half an hour on my subject and you will be through with flying colours in the exams". But they fail to see that we have only twenty-four hours in a day. They fail to do their basic math. From where do we get half an hour for every subject (at least 9) every day? And not to forget the insane projects!

So, basically, all of them - the teachers, the parents - change faster than a chameleon changes its colours, and poor I and most of us have to deal with it. Parents (at least mine) suddenly turn into Trump-like entities, who treat their children like Mexicans and build a wall wherever they go, so that the Mexicans (us) stay in Mexico (our rooms) and study. Teachers turn into Hitlers who want all the homework done, all the projects done and all the revision for their subjects done. Perhaps, it is their inherent wish to avenge the tough times they had when they were children, and I sometimes ponder how often they studied when they were twelve.

Days seem longer during the exam month, but finally the torment comes to an end. The exams make a majestic departure and I am a happy soul again till it is time for the results. When the results arrive, the devil in everyone rises once again. The one mark here and the one mark there is of great concern as if those lost marks are the very reason of the falling global economy. I fail to see why marks suddenly become so vital when the entire year they prophesise that "marks don't matter, it is the knowledge that does", and I fail to see how they fail to see that we have written the correct answers to the questions that weren't asked. They fail to see the knowledge that our young minds have retained.

It is during this time of the year that I loathe all my classmates who have scored better than I have (even if they are my best friends) and I love all of them who have scored lesser than I have (even if they are my foes). And it is this time of the year when I am given lectures on time management and on being focussed in life and it is only this time of the year when I want to remind them that I am still twelve and not an adult like them who are equally bad with time management - parents at times don't finish their office work and teachers their syllabus.

Then, after all these melodramatic moments, most of us are forced to take an oath that hereafter we would study the entire year and do better (and I am still wondering why 47 on 50 is not good enough). Slowly but surely, the happy times are back, but "Picture Abhi Baaki Hai Doston". The next semester arrives and history repeats itself...

Disclaimer: This a humorous take on exams, results and its after effects and is not meant to disrespect parents or teachers. I adore my parents and my teachers (but not exams and results).

**Tanay Bhadra - Checkpoint 3A**

## Beautiful quotes that may inspire you!

- 1) Use your smile to change the world, don't let the world change your smile!
- 2) If friendship is your weakness, then you are the strongest person in the world.
- 3) Life is not a problem to be solved, but a reality to be experienced.
- 4) It is the supreme art of teachers to awaken joy in creative expressions and knowledge.
- 5) MOM is actually the reflection of WOW!
- 6) Happiness is a journey, not a destination.
- 7) Be PROUD of who you are and not ASHAMED of how others see you.

Aditya Jaiswal - Checkpoint 3 B

## Jokes

1. Q: What does a nosey pepper do?  
A: Gets jalapeno business!
2. Q: What do you call a fake noodle?  
A: An Impasta
3. Q: What do you call an alligator in a vest?  
A: An Investigator
4. Q: What happens if you eat yeast and shoe polish?  
A: Every morning you'll rise and shine!
5. Q: "What's the difference between a guitar and a fish?"  
A: "You can't tuna fish."
6. Q: Who earns a living driving their customers away?  
A: A taxi driver.

Uma Vyas - Checkpoint 2 A



## Don't open the cellar door.

1) Use your smile to change the world, don't let the "Don't open the cellar door." These words haunt my ears once again as my parents leave home for work. They repeated this as a refrain for about four years now and so I've never dared to open it because of the fear I had about what lay behind that old, rusty door. Although sometimes, I get this incredible inspiration to just for ONE peep through that cellar door, so that I can rest all the theories I've had about what lay behind it.

Today, I decided I was going to open that door as I couldn't sustain my curiosity anymore. I stared at the old and eerie door that stood in wait before my eyes. Shivers ran down my spine, as I told myself that it's just a wooden door. Soon, but not very soon, I gathered the courage and stepped forward for turn the knob. I drew my eyes tight shut. I expected to be dead by now, but as I flickered my eyes open, a whole lot of light almost blinded me.

As my eyes adjusted to the light, my mouth hung open as I saw something unbelievable.

All I saw was green.

The floor on which I stood was covered in a thick green carpet of tiny grass, and as I looked up, I saw something amazing.

There was no ceiling, but, all I saw was the bright blue sky with its fluffy clouds hovering at a slow and steady pace above me. As I turned my head to the left, right there, hung the massive ball of orange...blinded me to the core. Escape or be drawn into the fiery rage of piercing rays lest they devour me.....Run.....Run.....Run.... Never to the cellar again !!

Uma Vyas - Checkpoint 2 A

## Survival Impossible

### Lut Desert, Iran

It's so hot that apparently no one is even around to monitor the temperature on the ground regularly. Instead, it's left to NASA to measure the temperature from space 70.7 degrees – the hottest temperature ever recorded on our planet.

### Dallol, Ethiopia



Dallol is a desolate ghost town with huge salt supplies rendering much of the water undrinkable and has also set the record for the hottest average temperature on Earth, set in the 1960s.

Take a flight to Ethiopia and a long, arduous drive into the desert before setting off via camel for the rest of the torturous journey.

### Oymyakon, Russia

The town of Oymyakon in northern Russia is considered the coldest regularly populated place on the planet. The temperature regularly stays below -50 degrees.



### Death Valley, California

It's the lowest and hottest place in North America – a 3.5 million-acre National Park. Rattlesnakes, scorpions, mountain lions, collapsing mineshafts are found here. Oh, and

despite the horrifically short supply of drinking water, flash floods are also a serious concern.

### Mount Merapi, Indonesia



Living next to a volcano is not advised, but in Indonesia, some people don't have much choice. Thousands of people line the immediate area around Mount

Merapi, the 9,600-foot stratovolcano known to locals as "Fire Mountain". Its smoke shoots out the summit at least 300 days a year.

### Great Victoria Desert, Australia

Outback of Australia is a vast, arid landscape of rolling dust clouds, deadly wildlife, and outstanding heat which is still one of Earth's least hospitable areas. Aboriginal tribes such as the Pitjantjatjara live here.

### Ittoqqortoormiit, Greenland



With a cold, bleak atmosphere, the Greenland coastal town of Ittoqqortoormiit has a population of just 452. Ittoqqortoormiit is a grizzled port town, whose main source of income lies in fishing and hunting. Life in Ittoqqortoormiit is hard.

### Cueva de los Cristales, Mexico



It is a huge cave, full of spectacular 12-metre long crystals everywhere. It literally looks like something from space. With the crystals being razor-sharp and the temperatures somewhere around 50 degrees, you'd either be

impaled or burn up unless extremely careful or extremely well-protected.

Aarya Vora M - Checkpoint 1B

## The Day of Protest

I was going to my office at my usual time. The road which I take to my office is usually deserted, but that day I saw two groups of people pelting stones at each other. The police was nowhere to be seen.

Suddenly a voice said, "Cut, the scene...It's over."

Devanshi Kumar - Checkpoint 1A

## The Man in Question

It was a dark night when an exhausted man was walking on the road. He had jet-black hair with beady eyes. He had worn a suit with a loose tie around his neck. His name was Brian. He was walking on an isolated road where no one was seen except him. Bats were hovering over the trees. The gusty wind hit his face. He could hear the wind growling.

Suddenly, he stopped. He saw that the road adjacent was filled with darkness. He had to take that road because the other road was under construction and had many pot holes too! He started walking again.

He couldn't see anything; so he switched on the flash of his phone. Just before the torchlight flashed he tripped. As he peered closely his blood ran cold. He saw the body of a man who was covered with blood all over. Brian was shocked. He started looking around for help. He saw a man in a black suit trying to escape. Brian started following him. He saw the man running so he too started running behind him. Soon he disappeared in the dark and Brian could no longer chase him. He noticed something shining, when he picked it up he saw a watch. He kept it with him. He informed the police. Soon the police arrived and tried to calm the crowd that gathered from nowhere.

Detectives arrived at the scene to investigate further. There were two of them: Corporal Gracy and Corporal Catherine. They were well known for their work. They enquired about the victim in the neighborhood and got to know that his name was Jones, partner of a famous business company – 'The Darwins'. They took the body to the forensic lab for investigation. The lab assistant was Dr. Carlton. The watch was taken to the lab too. While investigating they went to have a look at the crime scene for clues. While they were searching, Gracy found out a knife which had dried blood stains. The knife was sent to the forensic lab for examination. On the other hand, Dr. Carlton got to know that the watch Brian gave to them was not an ordinary watch. It was specially made for people who worked for 'The Darwins'. Corporal Catherine went there for enquiry. She probed further and got to know that the watch was made for employees, heads and all the staff who work in the company. Employees were frisked. There were three people who didn't have their watches. One of them was Brian. On further probing she got to know that Brian was one of the new employees of the company. The other was the business partner of the company whose name was

Calvert Darwin. He stood there carrying his ever arrogant attitude. The last one was an employee whose name was Augustin. Corporal questioned the employees about Jones and his behavior. She got to know that there were many fights that took place between Calvert and Jones which also led to great business loss.

After she had a formal chat with them she left for the crime office. She met Gracy and both of them discussed the case. They heard someone approaching them. They turned to see Dr. Carlton standing in front of them with a smirk. They asked him, with confused looks, that what is the matter. Dr. Carlton had examined the knife, he got fingerprints of the killer. Gracy and Catherine thanked Carlton and the trio started exchanging views about the complicated case.

Next day, all the suspects (Augustine, Brian and Calvert) were called at the crime branch and had their fingerprints examined. The first suspect Brian was called whose fingerprints didn't match followed was Calvert but his fingerprints too didn't match. Next was Augustine. He was hesitant and his hands shivered as he constantly denied his involvement in the gruesome murder. When he put his fingers on the machine, they matched. They actually matched! They were shocked. He was taken to the adjacent room for interrogation. Where he finally confessed that someone had called him and instructed him to kill Jones. He also got a share of money transferred into his bank account.

Augustine was imprisoned for his deeds. Corporal Gracy found out that the transfer details from Augustine to check the real culprit. It was found that it was Mr. Calvert. They rush to his house to interrogate Calvert but he had somehow been tipped about the recent discovery and was packing his bags to leave the city. As he was busy packing his bag, the corporals entered his house. They questioned him about his sudden travel plans. He replied in a very hesitant tone by making a lame excuses that he had to attend an important meeting in another city. Corporal Catherine protested that he had to go to the court to claim his authority over the company. Drops of sweat trickled down his forehead as he tried to run away but all his attempts were futile, cops had surrounded him. He was not ready to confess his crime. After rounds of whipping, bashing and questioning he agreed that he had given money to Augustine to kill Jones as he wanted to become the only owner of 'The Darwins'. He was taken to the court for judgement. Once again Gracy and Catherine solved the case successfully.

Celine Joshi - Checkpoint 2 A

## The Miracle of the Forest

Far in the distance,  
I could hear the midnight beast,  
Loping towards me,  
Like a monstrous nightmare.

It soon came out of the darkness,  
And stood under the moonlight shine,  
For what sounded so extreme,  
She looked like a majestic Queen.

The air around us,  
Stood eerily still,  
That it's long piercing howl,  
Could be heard from miles away.

She was a beauty of nature,  
A miracle of the forest,  
For her unique appearance and demeanor,  
Set her apart from the other creatures of the world.

She looked straight at me,  
And held my gaze,  
Then she turned around,  
To answer the calls of her little ones.

As she faded in the distance,  
So did her beauty,  
And that one still moment,  
Had changed my heart.

**Aaron D'mello**  
IGCSEI A



## The Monkey Island

It was a bright sunny day in 2013, when we started the tour of the island hopping on the beautiful and serene beach destination of Langkawi, Malaysia.

The beauty of the Island is inexpressible in words. We saw many strangely shaped Islands within Langkawi such as the Shoe Island.

It was post lunch, when we reached Monkey Island. As the name suggests, it was full of naughty monkeys!! Generally, they were non-intruding but a few among them were very mischievous.

One among them came near my father and checked him thoroughly, even his pockets!! It was so much fun seeing him doing that. Later, all of a sudden he decided to come near my mother and started to raid her backpack.

The smart monkey kid could smell the yummy treats waiting for him in the backpack. We were cherishing these moments when my mother decided to give an orange to him. As soon as her attention was diverted, the monkey snatched the bag and tried to escape. But in a flash of the moment my mother reacted and literally pounced on him and got the backpack back from him. The monkey gazed at her in utter disbelief and ran away to the mountains on the Island. My mom was a little hurt, while she did this stupendous act. We still shiver on the thought as the bag contained a lot of important documents, camera, money, passport, room keys etc.

**Shaleen Verma - CP 5A**



## Architectural Marvels of the Chola dynasty

I am still awestruck at what I got to see and experience during my last vacation. My parents and I had gone on a pilgrimage to the temples of Chola dynasty in Tamil Nadu. I would like to share 3 of those structures that stood out. What I had heard of or read about finally stood before my eyes – I could see & touch – indeed a unique experience!

The **Thanjavur Big Temple** – I couldn't believe that the shadow of 216 ft vimana (Gopuram/temple tower) never falls on the ground. I saw it once and went back again to check the next day, when the sun was on the other side and yes it was true! It is said that an 11km ramp was built to move up the single stone dome of nearly 80 tons in weight to the top of the vimana, using elephants to drag it up. Luckily, we now have cranes and helicopters!! The structure is indeed a marvel.

The **Darasuram Airavatesvara Temple** was built by Raja Raja Cholan II in the 12th century. This temple's stone pillars and statues filled with intricate structures and carvings into some of which your fingers can go through, was truly amazing. This temple is in the form of a chariot pulled by an elephant and a horse. This temple was excavated in 1972! As it was raining when we were there, we had to waddle through the collected rainwater to go into the main temple.

**Both these temples are UNESCO World Heritage Sites.**

Thittai Vaitheswaran Temple -This beautiful temple, which is surrounded by paddy fields, has a unique feature – there is a small opening in the ceiling of the sanctum sanctorum from which a drop of water falls on the Shiva Linga every 24 minutes. This amazing phenomenon happens because the Moon and Sun (Chandragandha + Suriyagandha) stones absorb the moisture in the atmosphere and convert it to water droplets. This happens through all the seasons. Surprisingly continuing since years.

**The symmetrical layouts and the grandeur of these granite structures are a sight to behold – Truly Incredible India!**

V. Shiv Vale - CP 5B

1st prize winning entry for  
Elocution Competition 2016

## Life In 2050

I have been assigned to talk on the topic “Life in 2050”. This being a vast topic, I have amended this topic to Life in 2050 – for 10 year Olds – i.e. my personal wish list.

Have you ever wondered how life will be in 2050? There will a lot of technological changes by that time. Presently everyone has a mobile and PC at home. By 2050, we shall have a personal Doremon type Robot at home. We shall not have to study anymore. There will be a knowledge helmet which will transfer all the knowledge in our head. So, no more mugging. We will still have to go to school but that will be just to keep busy so our mom and dad can work. We shall not commute to school by bus anymore. We shall have a hovercraft to ferry us to school.

There will be no more food. Instead there will be food capsules by which we shall get our nutrients. There will be no more PC games. There will be virtual reality games and other games like Pokémon Go which will help us get some exercise so we do not become obese.

There shall be time machine by which we can go back to the past or forward in future. So history can be seen while happening and future predicted.

There will be no disease as a cure for all diseases would have been discovered. There would be increased life expectancy. Since life expectancy will increase, there will be lot of people in all corners of the world. Due to this, some of us would be living in under water cities. We will find some way to transfer some water to other planets by which we can begin to live over there too.

In case of death of a person, he can be regenerated by DNA cloning as seen in the Jurassic Park movies. In fact, each of us may have a Jurassic animal as a pet instead of the normal dogs or cats or birds.

We shall be living in a better and ideal world.

In the end, in 2050 when I will leave the stage, I will exit the stage like this “TELEPORT”

Thank you

“Teleport”

Uttam Nadgouda - CP 5A

## Love Makes you Strong

When you stand up strong, love and compassion give you the strength to overcome even your worst fears. When you love someone you cannot see any one hurting them. When you walk through a garden somebody plucks a flower you stand up strong and say stop. So could you get the courage to stop? Feelings of love and compassion give you the required strength and I know it is not wrong that love makes you strong.

Vibali Bhandary - CP VB

## Nature's Gifts

Nature's gifts all around,  
In the sky and on the ground,  
In the sea, even in a bee.

Showers that fall, mountains standing tall,  
Sand that gleams like gold, elephants that are old,  
There are stories untold about the Great Mountain fold.

Trees that sway, waves hitting the bay,  
The Sun that burns bright in space,  
The wind that blows at a quick pace.

A bird on a tree, deer ready to flee,  
All these and more are nature's gifts,  
Given to us by Thee.

V. Shiv Vale - CP 5B



## Rumblesiltskin

I'm Rumblesiltskin  
A dwarf you shall see,  
Always up to mischief,  
To steal what's yours,  
So be careful where you keep things,  
If it's next to a gnome like me it's sure to go...

## Magic

If there was a wand to swish,  
I could control as I wish,  
Fire, earth, wind and water shall bow,  
And getting rid of the most foul.

## A world far away

A place protected by a dragon of flames,  
The sun and the moon shine day and night.  
Nature plays its songs,  
As the winds tag along,  
Happy are the waves who dance along.  
This is world far away...

## Control

When the winter Queen ruled,  
It was frozen and cold,  
Her reign so cruel,  
That creature shivered and flowers died,  
The water froze,  
And the world would die,  
Finally Apollo's radiant light came down as a blessing,  
Cracking the frozen river,  
And humbling the winter Queen,  
With that there was joy again.

Erynn Rajesh  
Checkpoint - 2



## A cleaner world

Think about two places,  
One filled with trash and the other without dirty traces.  
First one with the air full of stench,  
And the second with trees around a bench.

How about different corners with a dustbin,  
Where you could throw the trash in.  
But some people still throw it on the road,  
When they have such a good trash-throwing mode.

The first place with people sending cans flying through  
the air,

The second with people throwing them in a bin and  
recycling them for care.

In the first place, a river ruined by people who are  
mean.

In the second, a river which is spotlessly clean.

Now think of an answer which you would want to give,  
And tell the place in which you would like to live.

**Tithi Arekar - IGCSE 1 B**

## Goodbye to the Shadow

You walk away when you see me falter  
and fall in the busy lobby,  
Beware my friend bowing down is no more my hobby.

You threw me in a pack of wolves  
expecting me to scream, shout and die,  
And now you are thunderstruck when  
I didn't utter a cry.

You gave me legion names; anorak,  
dweeb, geek and nerd,  
I was given these names as you thought  
these were the best describing words.

You belabored, buffeted me  
and wanted to chuck me out of the town,  
Now y'all are gob smacked when you  
see my head beneath the crown.

Now torturing and exasperating  
me tires and makes you sigh,  
'Coz to the old me, beyond shadow  
of doubt, I've said 'Good Bye!'

Ifrah Chaoudhary  
IGCSE 1A

## Books : the tickets to your imagination

If I told you I could run with the wind, dance with tigers  
and battle with death, rule a country and fall head over  
heels in love with a stranger, would you believe me?

If I told you that I could be an assassin, an agent, a  
magician, a lion tamer and still be myself would you  
choose to trust me?

I can be all of those and I can be more. I can dissolve into  
single letters that carry me through the lives of others. I  
can stumble and fall into the pages of someones life  
story, some true and some not so much. Regardless of  
who or what a book is about, it consumes me and  
submerges me in a story so unlike mine. It shoots me  
ahead of my time or drags me back, but where ever I go I  
learn through others. I have seen the world through  
hundreds of different eyes, each one perceiving  
everything in a slightly different way.

My passion for reading has bubbled through me ever  
since I could read letters and string them into words. A  
book is a magical portal; it sucks me out of my realm and  
projects me into various others. It gives me a choice, a  
choice to become much more than the person I am now.  
The world around me dissipates; everything falls away  
into a mix of swirling colours until the book and I are one. I  
feel the joy, the pain and the betrayal the characters feel, I  
feel their sorrow and regret. Tempests of emotions  
barricade through me, making me almost feel; alive.

**Pooja Nair - IGCSE 2A**



## Feminism

noun

**f m n z (j) m/**

1. the advocacy of women's rights on the ground of the equality of the sexes.

The word feminism stirred the world into frenzy when it came into existence in the 1890s. The countless movements and protests on the basis of gender equality did in fact improve the lives of millions of girls and women around the world. However, there was no end to it. The feminists and human right activists chugged on with no end in sight, soon making it more about women 'empowerment' than equality.

Now girls and women alike, sit in the comfort of their homes, a mobile phone in their hands, the television on, the AC at full blast, and blog and tweet about the fact that as females they feel inferior! They are all well educated and given every opportunity a boy is given, yet somehow they manage to remain unsatisfied. I have heard ladies sitting in cushioned chairs in one of the finest hotels, complaining about how as females they have to serve guests who visit their homes. I was flabbergasted as I heard the conversation play out.

What we fail to realise is we achieved equality a long time ago, but it is the section of the world where tweets don't reach, speeches aren't given and where TVs aren't available that require the most awareness and help. Conveniently, we forget to acknowledge the parts of the world in dire need of equality. In a world where acid throwing, dowry death, honour killings and female infanticide are still committed how can we whine about the fact that boys can roam around late in the night and girls can't? How do we remain oblivious to the fact that there are women and girls in this very world, who don't even have the rights to to even formulate an opinion?

So climb out of that cocoon you wound around yourself and open your eyes to the real world. It's time we started acknowledging the real problem at hand, it's time we started becoming altruistic.

**Pooja Nair - IGCSE 2A**

## Exodus

Last night, it rained.

Rained, as it always had. Never changing, a maelstrom of unchanging static that drained the vibrancy of life and left the world outside a barren, dreary mess of stagnation. The rain had never really stopped; only in the darkest vestiges of His shattered, lost mind resided the few flickering embers of Hope. The embers that reminded Him of a long-forgotten era when justice existed, where the world was a quixotic template for a new, bold burgeoning breed of to-be trespasser to let loose, and make its own. His Creation was a perfect balance of light and dark, and a perpetual reminder of the necessity of said balance, where neither one could exist without the other. His Children were the shining example of interdependence and social coexistence, who, through supporting one other, could move mountains; who, through constant, persistent endeavours, could command fate and rewrite destiny, becoming their own foundations at their own whim. Why, then, had everything collapsed so treacherously upon itself? Why had such a perfect foundation been so utterly despoiled? He could only wonder if this was His own work, or the work of His creations. Nonetheless, as He glared down upon the now-corrupted chalkboard of His desires, He realised the time had come for change. With a single stroke, He erased the corruption that had beset the realm of His dreams. With only a single catastrophic swipe of the hand was everything erased out of existence as if it had never been; and His quixotic template now rested, replenished, rejuvenated, and ready for a fresh start. With His other hand, he drew again; a face, limbs, ears, hands, eyes. A mouth. Hair. Everything His last set of Creations had possessed.

Everything but the mind the humans had possessed. Everything but the mind, which had led the humans to their own undoing.

Tonight, it rained.

**Siddhant Shirke - IGCSE 2A**

## Farewell

And here I finally stand,  
on the threshold of the end,  
At the passing of a year of promises and contraband,  
& peculiar fashions, customs and trends.

It was a hell of a time,  
In a maze of promises, wishes and dreams  
An unforgettable point in this life of mine  
Despite its towering seams.

And indeed does here come the end,  
To an era of truths and treachery,  
Of victories and new friends,  
And amnesty and serenity.

To they who ever bid me well,  
Of whom I could name a few (but won't, for privacy reasons)  
You raised me up whenever I fell,  
Know that I still remember you.

To they who ever made me fall,  
I must say I thank you all  
For you are the reason I now stand as tall  
And I haven't forgotten you, not at all.

To all the ones I know by name,  
And all the rest I know by fame,  
The are no words enough to express,  
The gratitude I have for making this mess  
A whole lot easier than it would be,  
To pull through, and do so with glee.

To all the ones who were there for me,  
My mentors, teachers and siblings,  
Your support now I finally see  
And I know I wouldn't be anything if not for your cribbing,

So this is the end  
Of a memorable year,  
It tears my heart a-rend,  
To finally be here,

Know that you will always have a place in my heart,  
For the things you accomplished, & all you did impart,  
And now the end is finally here,  
It is time to accept fate, without fear.

Siddhant Shirke - IGCSE 2A

## If Only I Were a Witch

I would walk through the cobbled  
street of Diagon Alley,  
When I would be eleven and ready  
for Hogwarts finally.

I would buy a lot of wizarding stuff,  
And also from Weasley's Wizard Wheezes  
a pygmy puff.

I would board the Hogwart's Express, though with my  
heavy trunk it would be a little tough,  
And think all the way about what house will I get sorted  
in, Slytherin, Ravenclaw, Gryffindor or Hufflepuff.  
Oh, I wonder what would be my patronus,  
And at whom would I shout Expelliarmus!

I would learn the different features  
of the Mimbulus Mimbletonia,  
And wouldn't lift anything heavy but just say  
Wingardium Leviosa.

I would transfigure something  
boring into something funny for us,  
And shout with full force at a boggart, Riddikulus!

I would turn into someone else by the Polyjuice Potion,  
And would learn how the Goblin Rebellion  
came into motion.

The first place I would visit is Honeydukes in  
Hogsmeade,  
And also the Three Broomsticks where Butterbeer  
would be my greatest need.

I hope I would Apparate without me splinching,  
And bow to a Hippogriff without me flinching.  
Oh yes, my favourite sport would be Quidditch,  
But all of this is unfortunately not possible for  
I am not a witch!

Tithi Arekar - IGCSE 1B

## Is technology posing a threat to humanity?



Since the past few decades, advancements in Technology have revolutionised the industrial sector as well as the global economy. Initially a task which would have taken several weeks to complete, can now be done within a few days. Nowadays, machines are made to carry out tasks we could hardly imagine 30 years ago. From factories, farms to hospitals, there's no field that can function without machines. They improve the efficiency of various work processes and can think for themselves. No doubt that development in technology has aided us for the betterment but now the real question is, is technology posing a threat to humanity?

Perhaps the likelihood that machines will take over humans in the next 100 years has increased. Already many people have lost their jobs to a machine. More than 800 million human beings are now unemployed and this figure is likely to rise sharply in the future. Technology deprive the work industry of skilled labours. Machines are substituting a range of professionals and even education cannot be imparted now without the help of technology. E-books have replaced hard cover books. Emails have replaced the traditional art of letter writing. Social interactions and obligations have been replaced

by social networking and media. Outdoor games have been replaced by video games. And now with the advent of fully automated high-tech robots, it is soon our turn...

However, though Robots have remarkable skills and can give colossal productivity, they cannot be automated to feel and deliver emotions like humans. For example, in a hospital, a Robot may be able to do numerous chores but he cannot be sensitive and compassionate to the needs of a patient as compared to a doctor or a nurse. Robots can do various domestic tasks but cannot feel or replace parents for a child. Robots shall always remain the brainchild of humans. Moreover, maybe in the future, the assembly and manufacturing of robots becomes a flourishing industry, generating employment for millions and leading to a simpler life for humans.

Therefore, instead of replacing each other, humans and robots working together in harmony can pave the way for new possibilities and tremendous development.

**Sanjot Kaur - IGIB**



## The Journey of a Decade

“Every journey begins, but with a small step”; and when I took my first small step into S.M. Shetty School, as a 5 year old in kindergarten, began my decade long journey. This journey has seen me through many ups and downs; transformed me from a tiny toddler to a tenacious teenager, and I wholeheartedly avow that I enjoyed every single moment of it.

Just recently, an acquaintance approached me seeking guidance to help choose a school for their ward, and my spontaneous reply was: S.M. Shetty. Up until I was asked about it, I had never really thought about my journey through this school, but after some contemplation, I realised how much I've gained from this school and love this place.

Everything I could have hoped to be, I was given the opportunity to be in this school; be it an orator, an editor, a poet, a programmer, a sportsman, a musician, a designer, an actor and last but not the least a leader.

All my teachers have been an integral part of my life, and have taught; not only academically, but have also helped me develop as a person. Most of all, I appreciate being taught and inspired to lead by all my teachers who set a great example and truly brought out the best in me.

Our school ensured that I received the most holistic and all-round development possible. Our Annual days, Sports days, Assemblies, various intra and inter school competitions like Debates, Olympiads, Spelling Bees and MUNs have taught me effective time management and being a team player. It taught me that everything cannot always go my way and sacrifices are necessary. I'm glad I was given the opportunity to partake in all the social work that we do each year which taught me to empathise, not sympathise.

Life is incomplete without bad times, and I'm grateful for all the help I've received with anger management and achieving emotional stability. I've learned how to cope with; and not fear failure and fight back with persistent

hard work to achieve my goals. I've learnt to be humble even in victory and how to fall with grace and rise up again.

It is not just the teachers whom I will remember; I'm lucky to have delightful classmates with common ideologies and goals but varied personalities and backgrounds. Without them, I would've never been able to exploit my capabilities to the optimum. They've given me countless happy memories and shared good times with me. And who can forget our jokes, nicknames and pranks on each other!

The late Dr. APJ Abdul Kalam rightly said; “Sometimes it is better to bunk class and enjoy with friends, because today when I look back, marks never make me laugh, but memories do.”

More than all the other years combined, I've thought about my school life this year. Ironically, it also seems to be the smallest year, just flying by at unnatural speeds. I was focused on my goal, locked on to only the end and nothing else, and now that it is almost here, I realise that I shall cherish the journey more.

**Aneesh Nadgouda - IGCSE 2 A**



## MUN: An Enriching Experience

Model United Nations, also known as Model UN or MUN. It's an educational simulation and academic competition in which students can learn about diplomacy, international relations, and the United Nations. Students usually represent a country which has been assigned to them in the committee that they have been allocated. Here they try to voice their countries opinion and they try to solve global issues keeping in mind the interest of their allocated nations. This helps a child understand the various issue the world faces which can bring the world to cripples.

There are various committees that are stimulated in a Model United Nations. These are usually those committee organisations that are the part of the actual United Nations. The most popular of these committees are United Nations Security Council, United Nations Human Rights Council and Disarmament and International Security Committee. Other UN committees that may be stimulated are World Health Organisation, Economic and Social Council, etc. Sometimes, MUNs stimulate historical committees like Historical Security Council to discuss about past issues so as to enable the understandings of the mistakes made in the past. Some even have committees that are not in the UN like FIFA, IOC, ICC, World Trade Organisation, etc. They may also have hypothetical committees like Futuristic Security Council, United Nations Space Command, and many more.

A Model UN has a set of rules of procedure that a student participating (whom we call a "delegate"). Using these rules, the delegates have to debate with other members of the committee about the topic[agenda] that committee has decided to discuss. After intense debating and fruitful discussion, the delegates come together to create a draft "resolution". It is written suggestions for addressing a specific problem or issue. If a committee votes for the resolution and passes it, then the committee is a success. But if the committee couldn't make it, then the committee will fail.

By being a delegate in the Model United Nations a child gets a better edge. Coming to an emotional level, Model

UN is a motivational playground of experiences. For a kid, its fun pretending to be a globally recognised speaker and solving the world's most important problems within 48 hours or less. Model UN activates students' imagination and creativity giving an impetus to their dreams and future achievements. They have to rack their brains and use them in the smartest way to solve the world affairs and crisis. All in the shortest span. They learn to come up with solutions that unanimously satisfy all the countries involved in the agenda. In this era of globalization, learning about the world is more important than ever. No matter what field or profession students enter, they will interact with people from different countries and diverse backgrounds. Problems taking place halfway around the globe impact our lives, our country, and our communities. Students learn about the world as they prepare for Model UN conferences, represent countries other than their own, and present possible solutions to global problems in committee. Students learn to greet delegates from round the world, giving them the pleasure of traveling. Students also develop confidence and leadership skills through gaining MUN experience. Model UN conferences are opportunities to practice research, public speaking, teamwork, negotiation, and writing skills in a nurtured, safe and structured environment. Model UN provides students with the learning and leadership qualities. The depth of these experiences serves as material for personal essays and interviews. Model UN is also an extensive network of alumni at top colleges like Harvard and Yale.

It is easy to take part in a MUN. Plethora of MUN conferences takes place in India. Every month, there are at least 10 MUNs in Mumbai alone. International Schools regularly send delegations to MUNs. IT costs rupees 1500 or more depending on the venue. Although it may appear costly, it is a good deal. MUNs also do offer services like food, training courses, MUN kit and free entrance to social events.

Although initially, a student may find it difficult to cope with, but as they gradually gain experiences, they gain more confidence. Students enjoy MUN. For some, it has taken the form of a hobby and passion. MUN is an enriching experience and one must not leave the opportunity.

Shushrut Devadiga - IGSCE I A

## My Life as an SMSite

Bunts Sangha's SM Shetty International School is a place, where one is always made to feel special. The six years I have spent year were truly memorable. Every day I walked into my classroom, my teachers not only taught me formulas or equations, they taught me essential life skills. Skills that are extremely necessary to survive in today's world.

Until I joined SMSISJ, I was an ordinary school child. Sitting in one corner of my classroom, I would always wonder when I would get that opportunity to grow, to shine and brighten my mind. In a class of forty students; I guessed that would never get the attention. I silently awaited the spotlight though I wondered whether I really deserved it? Could I be the prodigy a teacher looked for to make an impact?. As they say, there is always that one moment in a person's life that changes him for good; I had that moment when I first walked into SMSISJ. I was new to the city ,new to the Cambridge curriculum, new to the people around me.I was nervous about what was in store for me but I didn't expect that I would achieve so much here, in so little time.

During the initial stages, the new curriculum was very difficult to adapt to. But under the guidance of my teachers and Coordinators, I got a hang of it and in no time I started showing how good I was at academics. Within a week of joining school, I was elected the house prefect and that was my first achievement ! The thought of being elected a leader was overwhelming. I was optimistic about my capacities and anticipated many more milestones. As time progressed, I was a better student and a better leader, but most importantly, I was improving as a person too!

From a prefect, I rose up the ranks of the Student council to be elected the Deputy Head Boy and then lead my house for a year before the next big milestone in the illustrious six years I ever had. In Grade 10, I was elected Head Boy, the highest possible post a student could be conferred with. It was an extremely proud and exhilarating moment. It was evidence of how much I had developed and progressed. That one year as the school's

Head Boy, was truly memorable. It opened a plethora of opportunities for me moreover; it nurtured my leadership skills and took me towards my goal in life; to be a perfect global citizen, a citizen who can actually make a difference in the society. My tenth grade results was another piece of evidence which justified my development as a student as I managed 6A\* and 2As in the eight subjects I opted for at the IGCSE level. Without any hesitation, I knew exactly where I wanted to continue for the next two years, in this very temple of knowledge.

At the AS and A Levels, one needs to be good at academics and also as mentors and idols for the juniors. As seniors of the institution, we need to set a benchmark broaden horizons and set records of academic excellence, and this is just what I want to do. In an attempt to further give back to where I came from I decided to contest elections for the post of School Marshal and do my part. But this time, things turned out to be very different. My heart was pounding, as I nervously awaited the results.I wanted this post badly. I wanted to improve my performance as head boy last year. I wanted to hold the post again so that I could set a new bench mark for my fellow peers. The results were out. Due to a chain of events, the school decided to introduce a new post, the most in the council-The School Marshal. Being elected the first ever School Marshal was by far the most prestigious moment of my life. It gave me the ability to showcase the leadership skills I had acquired earlier.The MUNs and debates and not to forget, my previous experiences in the student council.

Today, with great pleasure, I can say I am honoured and privileged to be a part of such a coveted institution. May it be the guidance of the best teachers one could ever wish for or the amount of opportunities a student could get, everything is taken care of here at SMSISJ and today, whoever I am is because of this institution. I am proud to say that I am an SMSite!

**Shashwath Suresh - AS Levels**

## Silence that stress!

The clock ticks, silently, but deep down your heart is a wild animal, held captive, clawing, biting, and hammering against your iron ribs to let free. The monster shrieks and cries, for all is in vain, but it won't give up: it never will. Soon your blood is ice cold, flowing supersonically, filling your body to the point where you bloat up like a balloon about to explode any second. The edgy butterflies in your stomach fly around frantically in fear hoping to find some peace, but the weight of the world begins to crash upon you, and there is only darkness and no way to break free. However you don't explode: you never will, because animals can be calmed.

No one becomes stressed because they want too. No one worries about insignificant things because they like too, and no one certainly enjoys spending more time stressing over issues than actually solving them. However stress not only slaughters everyone's precious time, it kills the very essence of life: living. For people to live life to the fullest they must live every moment, whether it's happiness or sadness, and stress simply does not allow that.

Nevertheless, although none of us want to be stressed, we choose to be. So before you unlock the priceless secrets, of this potentially life altering article, you are reminded to remember that there are alternatives to being stressed, and there is a way to get out. Remember you must open your eyes to see the light. And now that you have: here are 4 golden ways to silence that stress.

### 1. Open up. (Perspective)

Chances are, if you're stressed, you're probably going through some tough times, and trying to numb your difficulties. Go grab a cup of warm green ginger tea, find yourself a cosy place to sit, and think about all the difficulties you're facing. Remember, when the producers of your stress are tough times the only way to slaughter the stress is to crack to the tough times, not violently but smartly. Think of the problem and find a way to get around it. This might seem extremely difficult at first, but once you think of the problem as a positive, life

changing experience, rather than a weight on your head, it'll definitely be much more easy, and healthy to handle.

### 2. Breathe

All of us have those days where our surroundings stress us out. It could be being stranded in a crowded bus full of people, people and even more people. It's no secret that even the most social of us human beings get jittery in crowded and noisy places. The fact that we live in Mumbai: "a city that never stops" doesn't help much either. So the next time you're in any environment that makes you feel uncomfortable, take a deep breath and focus on breathing until you calm down. Meditation does not just calm you down, it helps you focus more on wonderful aspects of life that you probably haven't ever thought about.

### 3. Sleep

Yes, checking your Instagram feed is important. But not becoming a living zombie is even more. The lack of one good night's sleep can not only mess up the next day but can destroy your sleep routine. Lack of a good night sleep (obviously) makes you less aware, but also jittery at the same time. The key method to avoiding stress is keeping a clear and peaceful mind, and let's face it, worrying about whether your eyes are open in maths doesn't help that.

### 4. Listen to music

Whether you're just stressed because you're really angry, or even anxious about an event, music can be a great way to clear your head. Pop on some rock, rap or even country (anything will do really) and lose yourself in the beats. Combine your tunes with grooves and feel even happier. Music is not just a brilliant way to ease stress; it's the most fun way too!

Remember you are the butterflies in your stomach, and you are that screaming wild animal. Silencing stress is silencing yourself, and you're the master of your universe. So make it a good one.

**Gayathri V Kondapalli A2**



## I Will Be Waiting

Strong winds blew past trees and sand,  
Waves brushed past the endless land,  
Clouds raced against each other,  
tightly hugging onto wind - its so called 'brother'.

Underneath the palm trees,  
I left all my worries,  
Time was running like a train,  
Her absence since then was the only pain,

Memories were endless,  
The sun looked boundless,  
Though, my watch made the only chime,  
It was surely time.

Every life had to leave,  
To pass through it's darker sieve,  
The orange band followed the sun,  
The next voice was only to stun.

Stunning in her white dress,  
Waiting for her love to guess,  
She could never change,  
'Cause her presence was never strange,  
She defined the lines between colours,  
That followed the Sun,  
Signifying her own beauty.

**Soham Raikar - AS Levels**



## My Favorite Rival

In the middle of 2012, I considered myself extremely lucky since I was going to have a sister very soon. I remember thinking profusely about all the wonderful things we would do together, we'd go shopping, watch movies, spend time together and share secrets with one another. All this while I forgot the vast age difference of 10 years that we had, which would eventually make this pompous list of things impossible at least for the next 7 years. Of course I would always ignore this and continue the extravagant imaginary thoughts. Well, At least now I had an answer to "You don't have a sibling? After all, what do you do all alone in this big, wide world which has numerous things to entertain you, while being 'all alone'?"...Ridiculous.

If you don't have a siblings...congratulations! Consider yourself significantly lucky as you're the "only child", no it's not a boon to have someone irritate you every second of the day. My dreams effortlessly crashed a year later when I saw all the attention that I was used to having, been given to someone as little as my doll who was probably bald. I threw tantrums for 3 years until I gave up and let her be the "Favorite child", parents wouldn't accept it, please don't go and ask. And when you have such a vast age difference like mine, chaos wouldn't excuse you for a minute. It's not easy to keep a teenager and a toddler under the same roof! When an argument for a trip to the toy store or some fancy shopping emerges, guess who wins it... yes that was easy... The Toy store!

However, even though we have so many dissimilarities, siblings love each other way too much (no, they won't accept it, don't even try) it's probably impossible imagining life without them once you're used to them. They're always there to blame when you did something wrong. (Ha-ha, kidding I am not that nefarious) That I've reached the end of this passage I think all siblings need to be appreciated. After all they're that one person who knows you pretty well, know all the stupid things you've done and how much you embarrass them sometimes, but love you anyway.

**Tania Bondre - IGCSE 1B**

## History of Gravity

- **Europe**

The very first idea of the existence of gravity dates back to Aristotle. It was the great philosopher himself who proposed the first known theory of gravitation. The theory stated-

“All bodies move toward their natural place in the universe”

This theory was the stepping-stone for many scientists who worked to decipher the mysterious force. Many believed Aristotle's theory as during his time, the Earth was believed to be the center of the universe and it would completely make sense for an apple or a mass to fall towards the Earth and not away from it. Things that floated, i.e. they fell upwards, had a different 'natural place' in the universe and they went to take it. Aristotle also hypothesized that heavier objects should fall faster than lighter objects. However, Galileo Galilei soon disproved this. Galileo's theories and experiments were considered apocryphal and he was banished from the kingdom after saying that the geocentric model was false.

Before Galileo, astronomer Nicolaus Copernicus came up with a heliocentric model. It was a complete contrast from the geocentric model and instead of having the Earth as the center of the solar system; Copernicus had placed the Sun at the center. Even though it is not true, it caused a lot of stir amongst the people back then.

Tycho Brahe was another scientist who was unhappy with the way the physics world was shaping up. Brahe, despite being from a rich aristocratic background, decided to devote his entire life to make one thing, which he never knew would help shape physics and give other scientists a chance to get to know the solar system. Brahe wanted to make the most accurate map of the solar system. Despite being a very celebrated scientist, he was exiled from his country. Brahe then received a sponsorship from Rudolf II, Holy Roman Emperor. This was in 1599. Brahe was given an island and he had an observatory built on the island. Since the day of its completion, Brahe sat down every night with his assistants and drew maps of the solar system.

Johannes Kepler joined Brahe in 1600. Kepler joined as an assistant and had the privilege to work with Brahe for one

year. After Brahe passed away in 1601, Kepler 'stole' the maps and ran away to make magic of his own. Kepler, after years of work came up with three laws. These three laws were key to anyone who wanted to work with gravity. This revolutionized astrophysics and gave the concept of gravity a strong substratum. Kepler's three laws are-

- The Law of Orbits- planets travel in elliptical orbits
- The Law of Areas- area swept by any planet in any given time period is always equal at any position
- The Law of Periods- the famous  $r^3/T^2$  constant

Galileo was around at the same time as Kepler. Galileo was tried in court because his theories opposed Christian belief at that time. Today, whatever Galileo has proposed is true. He proposed that any two objects, regardless of mass and size, will touch the ground at the same time when dropped from the same height, the acceleration is a universal constant and like Copernicus, stated that the Earth is not the center of the universe. All of his claims have been tried and tested and all of them have been proved by modern science.

- **Asia**

The idea of existence of a force such as gravity has been stated in the Rig-Veda. The Rig-Veda was published around 3000 years prior to the first claim made about gravity. There are many hymns, which praise various Gods for providing the universe with such beauty and restoring the force of attraction between the planets and the Sun. The Vedas also have claim over the sun being the center of the solar system, thus developing one of the oldest known heliocentric theories.

One Indian scientist, Bhaskaracharya, stated in the Surya Siddhanta he modified that-

"Objects fall on the earth due to a force of attraction by the earth. Therefore, the earth, planets, constellations, moon, and sun are held in orbit due to this force."

This very idea was used by Newton more than a millennium later.

Another well-known Iranian scientist, Ibn al-Haytham, contributed a lot to science. He wrote a book in which he criticized Ptolemy's geocentric model. Even though he believed the geocentric model was correct, he proposed corrections that 'made more sense'.

These are a few scientists who worked to crack the code of gravity. The scientists aren't recognized for their work in the field, only one name stands out to everyone when they hear the word 'gravity'. It is none other than Sir Isaac Newton. Newton was one of the most celebrated scientists of his time. He is also one of the few scientists to have contributed in almost every known field of physics. His most famous works include the laws of mechanics, laws of gravitation and calculus. Newton was a proficient mathematician too! Newton is one of the few scientists who did close to zero experiments to come up with hypotheses. He conducted the ever so famous light-through-prism experiment. And that's really it... Newton was a man who solely believed on theory. His theories were convincing, yet bizarre. Newton owes all his credit to the so-called 'giants' whose shoulders helped him see further.

"If I have seen further, it is by standing on the shoulders of giants."

– Isaac Newton, 1676

Newton was one of the most revolutionary scientists to exist. There are always unanswered questions existing in nature. Einstein took his shot at cracking the code of gravity and came out empty handed. Let us see what nature brings us next. Will it be a problem? Will it be a solution? No one will ever know.

Vikram SM - IBDP 1

## We're all empty

If I say you've been empty, you'll end up being the same for an aeon to come. Maybe that's true. You feel empty yet you don't let yourself recognize it. Emptiness first walks in as vulnerability and then sticks to you like an inseparable habit. You're nothing but a utensil filled to the brim with negativity, aggression, imported or forced thinking, weakness and sometimes even low self-esteem and confidence. Containing all of these proves you are ironically empty. When was the last time when you felt overwhelmed? Was it your boss who kept ranting at you for no valid reason? Or were they those mean, bitchy group of girls who knew nothing less than envy translated into seemingly insulting tones; all to gain entertainment? Well those who have all the time in the world to point a finger at the fault and flaws of others? Was it that group of ever-jobless squad who kept

hanging around at prominent joints troubling anyone and everyone? Or was it that painful teacher who showered only anger and no blessings? Or did you have a breakup? Now is the time to consider the fact and ask yourself why do we let these insignificant people affect us to the depths of our hearts. Why do we let them sting us so we are hurt the most. And above all, why do we let it happen to us? Why do we take it all?

Your answer my dear friend, is because you're empty. You're empty as the utensil in you is open to be filled in with any goddamn negative emotion. Repressive thoughts and behavior stimulated by the ones who are not worth the weight of one breath of your hair.

I've learnt that emptiness can also be time for reflection, contemplation and deep thinking. Thinking that will channelize our further course of action. Emptiness can be those moments where affirmations, ambitions, imaginations and tranquility may be harvested.

Who loves to drink from a glass full to the brim?

Well, we would definitely want to avoid the spill. So for that perfect first draught the spill over or emptiness of even a sip is enough to satiate oneself.

You have your feet, nobody else has it for you, you have the mind where no one can think for you therefore you need to take control of the journey and find a you.

Always remember that you need to know your own strengths. You need a pair of eyes stuck at the endless-sky of heights holding on tight to the passion burning in you. You need to explain to yourself that you're not an ordinary utensil. You're semi permeable. You would only let the positive attitude, the growing and appreciating factors, ethical and righteous behaviors, forgiveness, people who stand to support and nurture you and anything and everything that makes you unique enter in your empty space. Be aware of your emptiness and try to fill the void as soon as possible with all good that still exists in this universe. For once when you're not empty, there's no more of the problems. You would then never forget the route to happiness and the way out of overwhelm.

To your unknown emptiness so far...

Reet Sharma - IBDP 1



### A Bird's Eye View



The crack of dawn and all come alive from the hills to the serene and tranquil lake. The ever buzzing activities on the road thanks to markets, schools and shopping havens all vie for your attention. Steaming cups of tea and even more aromatic coffee kick starts the day with a zing.

Joggers dot the boulevard as we see animated conversations among wise crowns of grey. Casting rather blasé glances are tethered quadrupeds that stipple the manicured Garden of Eden. As you roll around power minds rush to powerhouses ready to get charged with scholarly pursuits. The heavenly citadel is dotted with many such power houses where products of scholarly contents are prepared, designed and packed for delivery. Mind this! Each has a unique packaging to take on scholarly traits and face challenges.

Well it does not stop there as the sun intensifies its angle and scorches the social creatures out of their hearth and home. The arch and majestic architecture creates a barrier and screens out the searing heat. A limp to a strut to a sprint the town is now ready to be engulfed with office goers, shoppers and guardians who keep out vermin to protect the creatures living in there.

As the meridian shies into noon the quaint locale changes into an electrifying town abuzz with the most palatable menus. A confluence of cultures sets the place on an enigmatic mode where food for every kind of soul is found. Figures of a myriad nationalities, regions and color throng every nook and corner to eat and shop.

As the day progresses, a lull on the roads is converted to roaring streets. The lull of the siesta awakens to the rushing of taillights wiggling through traffic. And almost soon it is time for blinking lights to dim the shadows creeping over the town. Streets swell with rubber wheels waiting to go somewhere. Endless honking and exchanging of bellowing smirks shy the towering posts gleaming red, green and yellow.

The place is now full of zing. Peppy, zisty and zippy coils of flavor fill the air. The streets are engulfed with foodies who are catered to hungry beasts devouring food of every kind after a hard day at work. High arched heels are ushered to ethereal interiors where gastronomical delights are a pride coupled with impeccable service and ambience put together. Glass walls veil the peeks and snoops of many a inquisitives so that the posh and lissome lasses are concealed from prying eyes.

Coterie of friends huddled on parked bonnets discuss the closing day, families troop in to celebrate joyful events perhaps, to celebrate a milestone day. Mum and dad; grandma and grandpa luxuriate along the avenues and exchange glances of mirth. The duskiness permits the bejeweled lake in her shimmering best to captivate the beholder. Cool breeze and far away hills blend in the night blue ink. Hmm. . . . is this what it feels to be heavenly? Ho Hummm..... The night now accelerates into a deserted look. Time for me to curtain down my watch. Tomorrow a new day and many citadels to fly across.

**Zehra Shaikh**

Faculty of English - Checkpoint 3 - IBDP



## Distinctively Unique..... Uniquely Distinctive

The soft carnatic music playing on the speaker at the Bengaluru airport had a soothing effect on my nerves and I felt so very welcome to South India. The aroma of the flavorful sambhar lingered in the air and I felt so very welcome to South India. This was so very distinctive to the city and so very different from what I had experienced in the Delhi airport or for that matter, airport of any other city in the country. Each city offers a flavor of its own, dresses up in its own unique way and in fact each city has a distinct identity.

I remember, the long drive to Shimla from the Delhi airport had taken me through the golden, yellow mustard fields. The ready to harvest crop swaying in the wind oblivious to the chill in the air, which was, honestly, a bit too much for my bones (blame it on the Mumbai weather) was a sight to cherish. The parathas and the curry that was served on the road side dhabba is by far the most delicious meal that my taste buds have ever experienced. It was so very uniquely north and a complete contrast to what I was experiencing at Bengaluru.

I couldn't stop my mind from drifting to the very royal Rajasthan. The royalty, the place exudes is something that will stay with me forever. The robust forts, the majestic palaces, the enchanting architecture and the stories attached to each one of them were mesmerizing and again so unique to the city. Imagine having a garden built by a king for his daughter so that she can play with her friends- 'Saheliyon ki Baadi' or a fort built by a king to house his entire kingdom- The Jaisalmer fort. Pure royalty.

If the forts are a matter of pride for Rajasthan then the snow clad mountains are a matter of pride for Kullu Manali. The tall mountains had dwarfed my existence as I stood in front of them, engulfed by the beauty of the

place and the serenity floating in the air. If not for the chill, I could have spent hours just gazing at this offering of nature which was a far cry from what we experience here in Mumbai.

As I stood there in the Bengaluru airport sipping on filter coffee and running pictures in my mind, onlookers would have definitely thought I was in a trance as a broad smile was spreading across my face.

Imagine if all of us, Indians, spoke the same language, wore the same kind of clothes, followed the same religion and relished the same kind of food, how very unexciting it would be. Each city in India is a treasure of scenic, gastronomical and cultural delight. Each city offers a plethora of experiences to absorb and soak in. It therefore becomes our responsibility to preserve this unique identity and pass it on to the next generation so that it lives on forever and ever and we remain distinctive and unique much to admiration of the world. Be it our mother tongue or the authentic dish cooked by granny or the ethnic dress worn by us, each of these should be and must be passed on to the next line of stakeholders of our culture and tradition.

**Neetha Shetty**

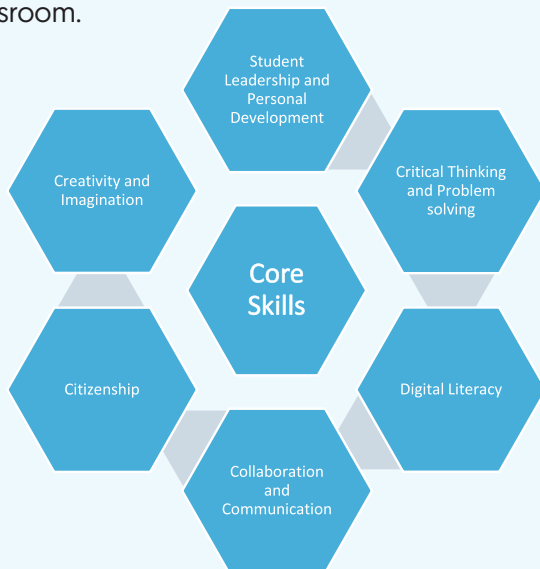
Primary Checkpoint Coordinator



## The Essence Of Effective Teaching And Learning

### EMBEDDING CORE SKILLS IN EVERYDAY CLASSROOM ACTIVITIES

In the month of January, 2016 our Principal and three of our teachers attended the Core skills Training conducted in Mumbai. The training offered 2 core skills – a.) Student Leadership and Personal Development and b.) Critical Thinking and Problem solving. We attended the one day introductory workshop to the core skills and a two day extended training with a specialised area of the core skills. Teachers were exposed to some specialised activities and strategies that would help embed core skills which the teachers were to implement in their classroom.



The British Council recognises six core skills of

- Student Leadership and Personal Development
- Critical Thinking and Problem solving
- Digital Literacy
- Collaboration and Communication
- Citizenship
- Creativity and Imagination

The 'reflection' session, in the month of April 2016, witnessed the teachers pouring in their experiences from the classroom to the workshop on implementation of the core skills. It was a day of collaboration of various teaching- learning experiences brought under a roof.

After the selection of our teachers at the Zonal level, we decided to have a school wide implementation of these core skills. To implement core skills across grades we devised a plan and formed a core skills group within the

school to supervise the implementation of strategies and analyse the effectiveness of the implemented strategy. A regular follow- up happens to ensure smooth and regular implementation of these skills in the classroom.

Today in this fast paced world we need to go beyond the regular teaching methods to help our students develop a competitive edge over the others. It is necessary to make them take initiative, lead and if possible design activities so that they become more actively involved in the learning process.

Enquiry based learning will involve and engage the learners into learning and then applying the concepts learnt in real life situations. By developing core skills among learners our objective is to embed some personal skills like communication, reasoning, analysis, critical thinking, decision making problem solving; some social skills like inspiring and appreciating each other and learning from each other; and certain other skills that would benefit the entire world like application, research, understanding global interdependence etc.

Adding a colourful feather to the cap of core skills, an opportunity came our way wherein we were selected by the British Council to present our papers at The British Council's annual Teacher Conference at New Delhi, on 30th Nov and 1st Dec 2016.

The conference aimed at 'Learning for a Sustainable Future' and was graced by the presence of the Deputy Chief Minister of Delhi, Mr. Manish Sisodia. The conference saw an ensemble of teachers from all over India and from the United Kingdom. We were able to share our experiences and learnings, teaching strategies and views on core skills.

Connecting the classrooms across borders, the partnering schools presented their journey through their partnerships. It has inspired a lot many schools to join hands internationally and learn from each other. The conference served as a platform bringing in opportunities of learning and connecting with each other.

The theme of the conference would have lost discernment without 'Inclusive Education'. A very informative session on Inclusive Education was conducted by Ms. Susan Douglas.

The need to develop core skills among learners and aim for sustainable development through education is to pave our way towards a happy and content world, to cultivate a generation that is more aware and sensitive.

Aparna Das / Aditi Basu - Faculty

## Circle of Life

From sublime to the ridiculous  
 Life displays myriad colours in all hues n tones  
 [From]our line of sight what seems to be the end  
 Is merely the curve n there's more round the bend  
 Fear not my friend- you will grow as you go.

In a jiffy life can turn you into a superhero no less  
 [Your daily routine] makes you climb up the wall- Lo  
 you're Spiderman!  
 Targets hard to achieve and batman springs to life  
 [your rescue]  
 Fear not my friend you'll live through [to] the end  
 And you will know how well you grow.

[Though]The worries of life vie for your time n attention  
 Little will you realize when winter thaws [in]to spring  
 Beware not to drown in your own tears yet as the  
 embers buried deep though have warmth left still  
 The mirror has two faces; best to make amends with  
 that twin too..  
 Fear not my friend-you'll glow too!

The magic is in growing up, that you'll accept  
 Once the lines set in and the silver starts to show  
 Thank the back stabbers for the part they played  
 You are strong and wiser too.  
 Fear not my friend- at last now you've grown too!

Don't look back...look in and deep  
 Bow to your ancestors, parents and their genes  
 The smile comes from within as nothing and no one  
 can rob you  
 Coz the secret/essence of your  
 identity lies deep in you  
 Yours to be and always will.

Fear not my friend and ne'er think of the journey's end  
 Move magically through the ends of the earth  
 Pray what charm the nature holds  
 for evil doers and good  
 Majestic creatures teach you to live and choose  
 Be confident that each blessing and moment you will  
 never lose.

**Archana Sawarkar**

Faculty of Environment Management (IGCSE –IBDP)

## Are you ready for 2017 ?- Time for some introspection.

What will be my New Year resolutions this year? Am I going to fall into the trap again? i.e. Lose interest in the milestones I want myself to reach? Let us reflect on what we have been doing all these years [At least when I talk about myself, many a times I discontinue following the resolution made by me. Why does this happen? After all no one is forcing me to write down my resolutions or not even suggesting me to follow any pattern. Am I too harsh on myself? Too many things on my mind? I thought of writing down in what way can I modify and 'Bend it like Beckham' so that my goals are easily accomplished and I get a sense of satisfaction after achieving them.

1) Your list should be short and sweet:

The best thing is to stop overdoing it so that it becomes quite easy to complete five things rather than making a list of twenty things and then feel culpable that we could not complete even two things on the list.

2) Try to make short term tasks your targets:

Think about the ten things of utmost importance you want yourself to accomplish this year and then try to cut it short to five, this way you free yourself from the guilt of not being able to perpetrate and perform.

3) Your aim should be the end result! :

Your aim in life should be kept in mind so that you can slowly but steadily march towards success rather than living in a haphazard manner, why not give a meaningful and noteworthy direction to your life's sailboat instead of just blowing with the wind and landing in a no man's land.

4) Last but not the least, Have you included your health and fitness in your to-do list?

Yes, you heard it right! After all, what can you attain in life if you are weak and feeble to complete even the small things in life? What if you are stooping or coughing when you are giving your winning speech or addressing an audience who has come to admire your magnetic personality! Do give it a thought!

I think that is enough to be served as a starter, I am heading to write down my new year resolutions and act upon them. Are you??

**Faculty of English (Checkpoint)**

## Founding fathers of Powai Estate

What we know of Powai today was known as the village of 'Poway' in the eighteenth and nineteenth century. Around the year 1800 Powai was a farmland like any other village in India. The Powai estate included six villages Powai, Tirandaj, KopriKhurd, Saki, Paspoli and Tungava.

Powai estate was taken up by Dr. Helenus Scott in the permanent settlement of lands offered by Bombay's British government in the last decade of eighteenth century.

Dr.Scott lived near the village of Tulsi, north of Viharlake and had given the lands of his Powai estate on easy terms to local people of Powai for farming. Dr. Scott along with his friend Luke Ashburner ran a distillery on the Powai estate. This was one of the first attempts to set up factories in Mumbai suburbs. On the Powai estate Dr. Scott experimented with growing Hemp, Coffee and Sugarcane which was a pioneering effort in development of Powai lands. Dr. Scott in his letter to Bombay's governor Jonathan Duncan mentions that during the Portuguese occupation of Powai, around 40 Europeans would assemble in the Church of holy trinity which still stands today just ahead of IIT campus of present day. This proves that Powai housed a few European families in Portuguese era.He also mentions that during Maratha occupation of Powai, the farmlands had gone into a complete situation of neglect and needed to be revived. Dr. Helenus Scott revived majority of Powai lands before he left Powai and settled in Australia in 1810's.

The Powai estate was taken up by another entrepreneur from Bombay in 1829-30. His name was Framjee Kavasjee and he was a Parsi. On his estate at Powai, he introduced the cultivation of cotton and tea, and planted a great quantity of sugar-canes, indigo, and mulberries for silkworms, and a large number of other valuable products of the soil. Though he did not succeed to the extent of his desires, he converted Powai from a forest into a fertile estate, yielding, a net revenue of Rs.20, 000 or £2,000 per annum. Among other improvements he

introduced the Mauritius sugar-cane, here in Powai; which the Government of Bombay with his co-operation sent out to the Deccan and southern Maratha country where it had proved superior to most of the other varieties. The labours of this greatest native improver of the soil in Powai were highly praised by Sir John Malcolm, then Governor of Bombay.

We salute the entrepreneurs of Powai, Dr. Helenus Scott and Framjee Kavasjee who developed Powai lands upon which foundations of modern Powai could be laid. Powai thus has a great history during its colonial days and we are proud of it!

**Abhay S. Chitale**  
Faculty Humanities

## Life is a Gift

Today before you think of saying an unkind word-  
Think of someone who can't speak.

Before you complain about the taste of your food-  
Think of someone who has nothing to eat.

Before you complain about your spouse-  
Think of someone who is crying out to God for a companion.

Today before you complain about life-  
Think of someone who went too early to heaven.

Before you complain about your children-  
Think of someone who desires for one.

Before you argue about your dirty house,  
Think of the people who are living on the streets.

Before whining about the distance you drive-  
Think of someone who walks the same distance .

And when you are tired and complain about your job-  
Think of the unemployed who wished they had your job.

But before you think of pointing the finger or condemning another-  
Remember that no one of us are without sin and we all answer to one maker.

And when depressing thoughts seem to get you down-  
Put a smile on your face and thank God you're alive and still around.

**Life is a Gift- Live it, Enjoy it, Celebrate it, and Fulfill it!!**

**Krunali Parekh**  
Faculty of English -Checkpoint



## A Refusal to Enforced Suicide

I do not wish to inherit this bog; this quagmire, in which, a thousand decapitated and wordless ideas lie. Films of the brightest light meant to be burnished but yet they lay buried deep within hearts of flint. I renounce this apathy; this unforeseen, hemlockian inheritance which slowly infuses itself; sneaking beyond the walls of resolute thoughts promising absolution.

The same inheritance trickles through the crevices and cracks of these same absolute walls; bringing forth uncalled for rewards of desolation and decay, burdening my gait and hindering my steps towards Xanadu. It sneakily infuses itself within the cistern with which I was born, this same cistern which is full of beautiful libations like molten promise and effervescent change. It tries to mould this moment of evolution into a mutation by leeching off of its ignorant host and I do not wish to be the host anymore.

Enlightenment is not the privilege of a perceived few. I now know that it is a pathway fraught with desperation, yet its turns caress the dedicated few. It accepts perseverance or rather desires it; unabashedly asking for more even if you think that you are spent and have no more to give.

This bog; this quagmire holds no sway over me. I can hear the sirens singing deep within it; feasting over the bones of all that could have been. I can see the surface lapping with the ghastly scum that is wrongly perceived to be ambrosia. I can see the edge mired with the carefree fancies that we were all meant to birth.

Its glistening allure on the other side; the other me enforces this refusal upon me. It brands the other, the shadow, the leeching parasite with the signage of the damned. The other me is that phantom limb which carries the lantern and illuminates the pathway to Xanadu.

It pulls me away from the call of the disenfranchised; the

prodigals, who willingly traded heaven for earth; who sacrificed all at the altar of acceptance; who embraced mediocrity for a solitary and flattering pat on the back; a trained executioner; an assassin of individuality.

I now am free of any wrongly preconceived debts, a free man from the shackles of this reptilian collective slithering through the crowd of humanity. Shedding and moulting; adopting new forms but harbouring the same villainous resolve; a villain with a smiling cheek. I seek no acceptance but a thirst to share. The result of sharing bothers me not. The decapitated ideas with their accusatory fingers do not bother me. Them levying the crimes of abandonment against me do not bother me for how can I abandon the ones who have abandoned themselves?

I now am aware of the mutinous soul which has taken years to uncoil itself; to shed and moult yet refuse to adopt a new form; refuse to be a part of the collective. This uncoiling saviour now strikes with its fangs at the old collective, the tips piercing the hide. The enlivening serum making the old collective recoil in fright for it cannot feel the same old dread; it cannot feel the same old longing for skeletal survival.

I write therefore I am.

Gaurav Pawar

Faculty of English Checkpoint 3 - IBDP





### La Fraternité

Il était une fois un étonnant pays du nom de Fraternité. Les enfants vivaient tout ensemble libre et heureux. Ils écrivaient à longueur de temps des poèmes sur la fraternité. Petits et grands, noirs et blancs, ils s'entraidaient. Ils ne connaissaient ni la haine ni la méchanceté. Ils acceptaient leurs différences et vivaient en harmonie.

Un jour, un ogre cruel et effrayant arriva sur Fraternité. Il avait entendu parler de ce pays magique. Il voulut alors semer la terreur et dominer sur Fraternité. Il s'entoura de puissants et malfaisants soldats. Il décida de mettre fin à l'amitié qui régnait dans ce pays extraordinaire. Il mit en esclavage le peuple. Il le força à lui construire un énorme palais. Il battait et emprisonnait tous ceux qui ne respectaient pas ses ordres. Il tuait tous ceux qui étaient à bout de force. Le peuple mourait de faim. La souffrance et la terreur avaient remplacé l'harmonie sur Fraternité.

Le pays était devenu noir et sombre. Le soleil ne brillait plus sur Fraternité. Tous les habitants qui essayaient de s'échapper étaient rattrapés et torturés. L'ogre buvait et mangeait sans arrêt. Il avait besoin de beaucoup de viande. Ses soldats chassaient chaque jour, encore plus. Et les animaux commençaient à manquer. Plus personne ne voulait s'approcher de Fraternité.

Un jour, deux hommes arrivèrent d'un pays lointain et découvrirent les choses qui régnaient sur Fraternité. L'un venait de l'Est, il s'appelait Égalité, l'autre venait de l'Ouest et s'appelait Liberté. Liberté était rusé et sage. Il avait une tête d'ange. Ses yeux, étaient d'un bleu intense et pouvaient métamorphoser tous ce qui avait un cœur de pierre. Il sentait de très loin la méchanceté. Égalité était aveugle mais il avait l'ouïe très fine et son odorat lui permettait de sentir les mauvaises pensées à des milliers de kilomètres. Ils s'approchèrent de Fraternité et décidèrent de sauver ce pays des griffes maléfiques de l'ogre féroce. Liberté et Égalité mirent en place un plan d'attaque. Ils attendirent la nuit et descendirent sur le palais. Quelques soldats étaient encore réveillés en attendant d'être remplacés. Égalité et Liberté s'avancèrent discrètement des soldats. Lorsque leurs regards se croisèrent, les soldats furent soudain transformés en ânes. Égalité et liberte

pénétrèrent sans aucune difficulté dans l'immense palais. Ils se dirigèrent vers les soldats qui dormaient et les changèrent à leur Bour en ânes. L'ogre affamé se réveilla et entendit les ânes braire. Surpris, il appela ses gardes mais à la place de ses gardes, des ânes s'approchèrent de lui. Pendant ce temps Égalité et Liberté ouvrirent les cages des pauvres habitants de Fraternité. Libérés, les hommes décidèrent de s'attaquer à l'ogre mais Liberté et Égalité qui étaient très sages, expliquèrent aux habitants que l'ogre pouvait leur servir.

Égalité et Liberté transformèrent alors l'ogre en gigantesque âne. Il était condamné à amuser les enfants de Fraternité pendant de longues années. Les soldats devenus âne devaient transporter les enfants chaque jour à l'école.

Sukriti Thakur  
Faculty of French-IGCSE

### Mon école

Mon école est très grande,  
Et c'est meilleur que tous les écoles du monde.  
Le matin, elle est très bruyante,  
Parce qu'il y a beaucoup d'étudiants.

Les cours commencent à huit heures,  
Quand quelques gens apprennent et quelques autres regardent les murs.  
L'après midi, c'est notre déjeuner,  
Quand nous bavardons et mangeons le repas  
envoyé par nos mères.

Nos professeurs sont très sympathiques,  
Et les cours avec eux sont toujours dynamiques !  
Il y a un terrain du sport,  
Où nous jouons au basket parce qu'il y a un  
'basketball court'.

Nous écoutons toujours les chansons,  
C'est bien pour se relaxer, nous pensons.  
Alors, j'espère que ma poème était amusant à lire,  
Mais, maintenant, je n'ai rien à dire.

Composé par Tithi Arekar

## Comment protéger l'environnement

C'était très important pour protéger l'environnement. Si nous ne protégeons pas, l'effet sera dangereux. Tout le monde devrait faire peu d'efforts pour la protéger. Comme l'enfant nous allons jeter mes déchets dans la poubelle et n'en jetterai pas par terre. Je les garde dans ma poche jusqu'à ce que je trouve une poubelle. Il y a aussi petit choses que nous pouvons faire:- nous allons utiliser des produits recyclés, quand nous avons froid à la maison, nous n'allons pas augmenter le chauffage mais nous allons mettre un pull. Nous n'allons pas utiliser la voiture pour de courtes distances. Pour limiter la consommation d'eau, nous allons prendre un bain et ne laisse pas l'eau couler lorsque nous brossons les dents. Toutes ces choses sont très importantes pour sauver la planète et l'environnement. Bonne chance!!!

Par Heth Gada - IG 1B

Il dit non avec la tête  
 Mais il dit oui avec le cœur  
 Il dit oui à ce qu'il aime  
 Il dit non au professeur  
 Il est debout  
 On le questionne  
 Et tous les problèmes sont posés  
 Soudain le fourmi le prend  
 Et il efface tout  
 Les chiffres et les mots  
 Les dates et les noms  
 Les phrases et les pièges  
 Et malgré les menaces du maître  
 Sous les huées des enfants prodiges  
 Avec des craies de toutes les couleurs  
 Sur le tableau noir du malheur  
 Il dessine le visage du bonheur.

Composé par Jacques Pre'vert  
 Pre'sente par Ninad Shah

## La cigale et la fourmi

La Cigale, ayant chanté  
 Tout l'Été,  
 Se trouva fort dépourvue  
 Quand la bise fut venue.  
 Pas un seul petit morceau  
 De mouche ou de vermisseau.  
 Elle alla crier famine  
 Chez la Fourmi sa voisine,  
 La priant de lui prêter  
 Quelque grain pour subsister  
 Jusqu'à la saison nouvelle.  
 Je vous paierai, lui dit-elle,  
 Avant l'Oùt, foi d'animal,  
 Intérêt et principal.  
 La Fourmi n'est pas prêteuse ;  
 C'est là son moindre défaut.  
 « Que faisiez-vous au temps chaud ?  
 Dit-elle à cette emprunteuse.  
 — Nuit et jour à tout venant  
 Je chantais, ne vous déplaie.  
 — Vous chantiez ? j'en suis fort aise.  
 Eh bien ! dansez maintenant. »

Composé par Jean De La Fontaine  
 Pre'sente par Harnoor Cheema

## Être en forme!

Ce que j'aime manger, c'est un repas qui consiste de plus de vitamines et minéraux, par exemple le mouton roti avec plus de la salade. Avec ça, je bois seulement de l'eau minérale.

Selon moi, je pense que les adolescents de nos jours ne mangent pas d'alimentation saine. Il sévitent manger des repas importants plus fréquemment et préfère manger le fast-food qui est mal sain et par conséquent, l'obésité est un problème dangereux. Beaucoup de jeunes sont accro de cola et bois plus peu de l'eau.

À mon avis, mon école donne assez d'importance à sport parce qu'il y a deux cours de l'EPS par semaine. Chaque année, il y a un 'Jour de Sports' qui dure toute la journée. Nous avons les concours difficiles et chaque gagnant a reçu une médaille.

Et moi, je joue au foot dans le club, avec mes amis. C'était amusant mais au même temps épuisant.

Pour être en forme, je veux manger peu de sucreries et je veux faire un nouveau sport.

J'adore un cadeau  
C'est un gâteau

Un gâteau au chocolat ou fraises  
Les deux est parfait!

J'aime des pizza, du poulet et du poisson  
Et après je bois beaucoup de boissons.

Tu mange de la salade  
Tu ne tombes pas malade

Tu bois beaucoup de l'eau  
C'est très bon!

**Honeyika Hariani - ChPt. 1B**

## En Mon Coeur

Il y a plus de fleurs  
Pour ma mère en mon cœur  
Que dans tous les vergers  
Plus de merles rieurs  
Pour ma mère en mon cœur  
Que dans le monde entier  
Et bien plus de baisers  
Pour ma mère en mon cœur  
Qu'on ne pourrait en donner

**Krishna Bhanushali - IG 1B**

## Mon chanteur préféré

Mon chanteur préféré est Taylor Swift. Elle est super ! Elle est la plus belle voix. Taylor est très gentille et généreuse. Elle donne beaucoup d'argent à la charité. Ma chanson préférée de Taylor Swift est 'I know places'. Elle est une génial personne et je veux être comme elle.

## La joie d'apprendre une langue

Apprendre une langue c'est agrandir ses perspectives,

Apprendre une langue c'est profiter d'une nouvelle culture,

C'est découvrir un nouveau monde...

C'est démasquer l'inconnu...

C'est comme vivre une nouvelle vie...

Alors, Brisez les chaînes de la timidité...

Allez-y et acquérez ce nouveau pouvoir !!

**Rédigez par Natasha Master**

Le Département de Français

## La Cuisine Française

La cuisine française est connue dans le monde. L'alimentation française est trop délicieuse. J'aime la cuisine française parce qu'il y a beaucoup d'autres choses à manger comme les croissants, les fromages, les baguettes, les pâtisseries.

En France il y a beaucoup de magasins. Par exemple, on peut acheter des fruits, du fromage et les légumes au marché. À la boulangerie, on peut acheter la baguette, du pain et des croissants.

Dans la culture française la cuisine est très importante pendant les fêtes. Par exemple la fête des Rois est le six janvier. On mange « la galette de rois » ; Dans la galette, on cache 'une fève' (une petite figurine). Dans la fête de Chandeleur (le 2 février) On mange la crêpe en espérant la prospérité et l'abondance dans les prochaines récoltes.

On ne peut pas résumer la cuisine française parce que c'est trop immense. Essayez-la!

**Rédigé par Riya Shah**

Etudiante d'IBDP

**Police: Tu habites où?**  
**Moi: Avec mes parents.**  
**Police: Tes parents habitent où?**  
**Moi: Avec moi.**  
**Police: Où est-ce que vous habitez?**  
**Moi: Tous ensemble.**  
**Police: Où est votre maison?**  
**Moi: À côté de celle de mes voisins.**  
**Police: OÙ EST LA MAISON DE TES VOISINS???**  
**Moi: Tu ne me croiras pas si j'te l'indis...**  
**Police: DIT-LE!**  
**Moi: À côté de ma maison.**



Quelle est la différence entre un flipper et une pute ? Avec le flipper, on met les pièces dans la fente et on joue avec les mains, et avec la pute, on met la pièce dans la main et on joue avec la fente.

## SPANISH CORNER



### La comida y la cultura-un vínculo fuerte.

Yo soy una fanática de la comida del mundo en general, pero como una india, yo creo que voy a sentir como en casa en España. La razón no es solo que ambas cocinas usan la carne, el pescado y el marisco, y las especias pero también que estas cocinas reflejan la cultura de sus países. Pero hay unas diferencias en los hábitos de alimentación. Primeramente el horario de comer de los españoles es diferente porque ellos tienen 5 comidas cada día y ellos prefieren comer tardío. Además, los españoles tienen un concepto diferente de "Almuerzo" que se come después del desayuno. Esto contiene los churros con chocolate, el croissant, los pasteles y un

café. Como los indios, ellos consideran la Comida muy importante. Después de la comida todos los españoles toman la Merienda. Esta comida no es muy común entre todos los indios y se puede comer un trocito de pan o una galleta, con un café o un té. Finalmente, la cena, que es más ligero que todas las comidas en ambos países.

Yo prefiero la comida picante, así yo opto por los platos como la 'paella' y 'chili con carne'. Por otro lado, los españoles son muy tradicionales. Por ejemplo, durante las fiestas ellos preparan los platos específicos, como los indios. Además, Yo creo fuertemente que es la tradición que afecta la comida de un país, y que la comida es la senda para entender la cultura de cualquier país.

Shambhavi Naik IBDP

## HINDI CORNER



### बादल

काले- काले बादल घिर आए है नभ में,  
चंचल अचिरल पवन गगन में,  
मोर नाचते वन में।

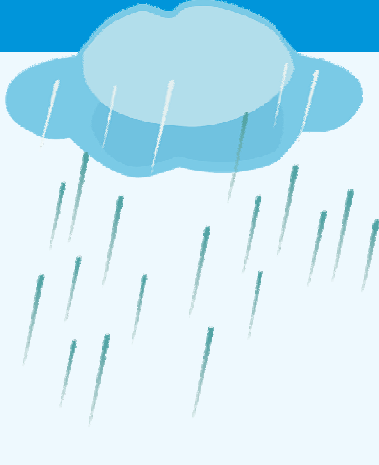
सुगंध शीतल जल, मन को भाँती जाती है,  
कल-कल करती नदियों की आवाज़,  
मन को लुभाती जाती है।

कहीं छप-छप नन्हें पैरों की,  
तो कहीं कागज के नावों की,  
बात निराली मन को भाँती जाती है।



अमोघ दुर्गे  
सी. पी. ४ सी

### बादल



सावन आया बादल आए,  
कोयल की वह कूक लाए।  
खुशी-खुशी से मोर नाचता।  
बादल गरजे बारिश आई,  
ठंडी- ठंडी हवा थी लाई।  
जाऊ घूम-घूम कर बादल बोला,  
छम-छम, छम-छम।  
जाऊ घूम-घूम कर बादल बोला,  
छम-छम, छम-छम।

स्पंदना याबलूरी  
सी. पी. ५ ए

### मेरा बर्थ - डे आया

धूम- धूम मेरा बर्थ- डे आया।  
धूम- धूम मैंने सबको बुलाया।  
पर... कोई नहीं आया?  
अब तो मुझे बहुत गुस्सा आया,  
गुस्से में मैंने टी. वी. चलाया,  
फिर मेरे मम्मी ने बोला,  
धूम मचाले, चना चबाले।  
अपना बर्थ - डे खुद ही मनाले।

शयन लोटलीकर  
सी. पी. ५ ए



### मेरा परिवार

छोटा-सा, प्यारा-सा,  
सुंदर मेरा परिवार।  
बस हम दोनों,  
नटखट मैं, माँ और मेरे पापा,  
साथ में खाते-खेलते,  
मौज मस्ती करते है।  
पापा का ऑफिस, मेरा स्कूल,  
माँ अपना घर सजाती।  
जब- जब आती छुट्टी,  
मिलकर चलते घूमने।  
प्यारा-प्यारा-सा,  
मेरा छोटा-सा, परिवार।



केया पाठक  
सी. पी. ५ ए

## रक्षा बंधन

राखी आई खुशियाँ लाई,  
बहन आज फूली न समाई।  
राखी, रोली और मिठाई,  
इन सब से थाली खूब सजाई।

बाँधे भाई की कलाई पर धागा,  
भाई से लेती है यह वादा।  
राखी की लाज भैया निभाना  
बहना को कभी भूल न जाना।

भाई देता बहन को वचन,  
दुख उसके सब कर लेगा हरण।  
भाई- बहन को प्यारा है,  
त्योहार राखी का न्यारा है।



येशा दोषी  
सी. पी. ४ सी

## काले बादल

नीले - नीले आसमान से,  
देखो आए काले बादल।  
बिजली रानी भी मुस्काई,  
रिम- झिम बरसे काले बादल।  
हुए खेत हरियाले सारे,  
गाने- लगे पपीहा, कोयल।  
लगता है जैसे धरती पर,  
स्वर्ग ले आए काले बादल।

अनन्या पटेल  
सी. पी. ४ ए

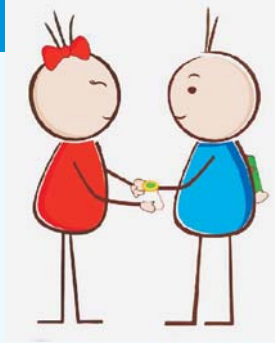
## माँ

घुटनों से रेंगते - रेंगते,  
कब पैरों पर खड़ा हुआ।  
तेरी ममता कि छाँव में,  
न जाने कब बड़ा हुआ।  
काला टीका दूध मलाई  
आज भी सत्य कुछ वैसा ही है।  
एक मैं ही मैं हूँ हर जगह,  
प्यार यह तेरा कैसा है।  
सीधा- साधा भोला-भाला,  
मैं हि सबसे अच्छा हूँ।  
कितना भी हो जाऊ बड़ा माँ,  
मैं आज भी तेरा बच्चा हूँ।

रुद्र लावा  
सी. पी. ४ ए

## रक्षाबंधन

भाई - बहन का प्यारा बंधन,  
मीठी - मीठी यादों का यह बंधन।  
दिल को सुकून दिलानेवाला,  
यह धागा कभी न टूटने वाला।  
प्यार और रक्षा का एहसास दिलाता,  
सबके मन में खुशियाँ लाता।



ध्वनि निंझावन  
सी. पी. ४ बी

## तितली

सुबह सवेरे आती तितली,  
फूल-फूल पर जाती तितली।  
रंग- बीरंगे पंख सजाएँ,  
सबके मन को भाँति तितली।  
बैठ फूल पर सुंदर तितली,  
हँसकर मुझसे यूँ बोली।  
फूल न तोड़ों, मुझे ना छोड़ो,  
छोड़ोगे तो फिर न पाओगे,  
पास कभी ना आ पाओगे।



आरुशा बने  
सी. पी. ४ सी



## माँ

निराली हो आप माँ और आपका प्यार निराला,  
आपने ही मुझे हमेशा सँभाला।  
माँ, मुझे आप लगती हो सबसे प्यारी,  
माँ, आप हो दुनिया में सबसे न्यारी।  
क्या मैं उनकी बात बताऊँ,  
उनका प्यार, दुलार और ममता दिखलाऊँ।  
सुबह सवेरे नींद से मुझे उठती,  
“समृद्ध” प्यार से कहकर मुझे जगाती।  
जागकर तैयार होकर नाश्ता करता,



उनकी देख - रेख से मैं पाठशाला जा पाता।  
पौष्टिक- स्वादिष्ट भोजन मुझे खिलाती,  
पढ़ाई और गृह- कार्य भी पूर्ण करवाती।

जब मैं करता कोई गलती,  
समझकर सही राह दिखलाती।  
लुटाती मुझ पर सबसे अधिक प्यार,  
करती मुझसे सबसे ज्यादा दुलार।  
मेरी माँ- मेरी गुरु, मेरा दिल, मेरी जान,  
रखती मेरा हमेशा सबसे स्वौलम ध्यान।  
सबसे निराली मेरी माँ और माँ का प्यार निराला,  
पैदा हुआ तबसे अपना सबकुछ देकर मुझे सँभाला।

अनन्या पटेल  
सी. पी. ४ ए

## चंदा मामा

चंदा मामा गोल-गोल  
लगते जैसे लड्डू हो डोल।  
कभी हो आधे कभी हो पूरे,  
खोल भी दो अब अपनी पोल।  
सदा रात में मुझे दिख जाते,  
पर दिन में कहाँ छिप जाते।  
साथ अपने सितारों ले आते,  
अपनी सुंदरता बढ़ाते।  
चंदा मामा गोल-गोल,  
लगते जैसे लड्डू हो डोल



हर्ष चाग  
सी. पी. ५ अ

## छम, छम नाचा मोरा

नीले अंबर पर फिर छाई  
एक घटा घनघोरा।  
ठंडी-ठंडी हवा चली,  
और छम- छम नाचा मोरा।  
देख इतना सुंदर पक्षी,  
मेरे मन में आया।  
वो भी कितना सुंदर होगा,  
जिसने इसे बनाया।



वैष्णवी शर्मा  
सी. पी. ४ बी

## माँ

माँ वो है जो हमको एहसास दिलाती है,  
कि हम कितने अच्छे है।  
माँ वो है जिसकी खुशी हमारी हँसी,  
में है, जिसका दुख हमारे दुख से।

माँ वो है जिसके बिना हम जी नहीं सकते,  
माँ वो है जो सुबह उठके हम सब का ख्याल रखती है।

माँ वो है जो हमसे बहुत प्यार करती है,  
माँ वो है जो तुम्हें बहुत चाहती है।

माँ वो है जो हमारी दुनिया है,  
माँ के बिना यह शहर अधूरा रह जाएगा।  
मर नहीं सकते और जी भी सकते।  
माँ वो है जो तुम्हें सही रास्ते पर लेकर जाते है।  
माँ ही तो हमारी सब कुछ है।

कोमल मालवनकर  
सी. पी. ५ ए



## भूमि प्रदूषण



### परिभाषा:

प्रदूषण आज की दुनिया की एक गंभीर समस्या है। इसका दुष्प्रभाव हर जगह दिखाई दे रहा है।

प्रदूषण का अर्थ है:

गंदगी, जब अनचाही चीज़ें, अनचाही जगहों पर, अनचाहे हिसाब से फैलाई जाती है, इसे हम भूमि प्रदूषण कहते हैं।

भूमि पर फैलाए जानेवाले रसायनिक खादों [fertilizers] कीटनाशक दवाइयों [pesticide] औद्योगिक कूड़ा [Industrial waste] आदि के इस्तमाल के जहरीले तत्वों की वजह से मिट्टी प्रदूषित हो रही है। जिनका प्रभाव मनुष्य तथा अन्य जीवों पर पड़ता है। साथ ही भूमि की गुणवत्ता कम हो जाती है।

### विस्तृत जानकारी

भूमि पर्यावरण की एक महत्वपूर्ण इकाई है। रोजमर्रा की जिंदगी में हम भूमि का निरंतर प्रदूषण करते हैं। ठोस कचरे में राख, काँच, फल, तथा सब्जियों के छिलके, कागज़, कपड़े, प्लास्टिक, रबड़, रेत, धातुएँ आदि हम कहीं पर भी इस्तमाल होने के बाद फेंक देते हैं। जिससे भूमि प्रदूषित होती है। बढ़ती जनसंख्या के कारण किसने रसायनिक खादों का इस्तमाल करने के कारण भी भूमि प्रदूषित होती है। इस कारण ज्यादा समय तक वह जमीन अनाज उगाने के काम में नहीं आ पाती।

हम अपने स्वार्थ के लिए आए दिन जंगलों के पेड़ काटते रहते हैं। उससे ऊपरी सतह की उपजाऊ [Fertile] मिट्टी बारिश में पानी के बहाव के साथ ही हवा के साथ उसके छोटे-छोटे कण भी हवा के झोंकों से उड़ जाते हैं। इससे भी भूमि प्रदूषित होती है।

### उपयोगी सुझाव:

हम सबको यह पता होना चाहिए कि, हम प्लास्टिक जैसी चीज़ों का इस्तमाल कम करें। इसके अलावा धातु या कागज़ वस्तुओं का इस्तमाल करें। जितने ज्यादा हम वृक्ष काटते हैं, उससे ज्यादा वृक्ष हमें लगाने चाहिए।

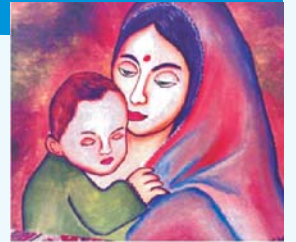
भूमि का प्रदूषण कम हो इसलिए रसायनिक खादों का कम इस्तमाल करें और जैविक खादों [organic fertilizers] की कार्य करने की क्षमता अच्छी रहे और अच्छी आ पाए।

### निष्कर्ष-

निष्कर्ष रूप में हम यह कह सकते हैं कि, भूमि हमारे लिए अधिक मूल्यवान है। अगर भूमि इसी तरह प्रदूषित होती रहेगी तो हमें पौष्टिक अनाज उगाने में कठिनाई होगी। पूरा विश्व उसी पर अपना जीवन व्यथित करता है। इसके अलावा मनुष्य, पशु, पक्षी सभी की सेहत स्वस्थ रहेगी और लंबी होगी।

शयन लोटलीकर  
सी.पी. ५ ए

## माँ



जिसका कोई अंत नहीं,

उसे आसमां कहते हैं।

जिसके प्यार का कोई अंत नहीं,  
उसे माँ कहते हैं।

नौ माह रखती अपने पेट में माँ,

अपनी साँसें देती है माँ,

खुद गीले में सो,

सूखे में सुलाती है माँ।

हर सुख- दुख में साथ देती माँ।।

हर दर्द को मिटा देती माँ

खुद रोती हमें हँसाती माँ।

अगर बचपन में....

वो हमें उँगली पकड़ चलना सीखाती तो,

क्या बुढ़ापे में उसकी लाठी बन नहीं सकते हम?

अगर दुनिया में भगवान से बढ़कर,

कोई है, तो वो है-माँ।

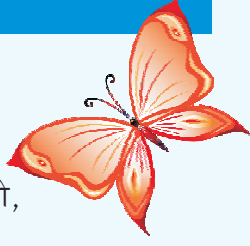
बस यही गुजारिश है,

हर बच्चे से की करें पूजा माँ की।

रिया कोठारी  
सी. पी. ४ ड

## तितली

तितली रानी इतने सुंदर,  
पंख कहाँ से लाई हो।  
क्या तुम कोई शहजादी हो,  
परी लोक से आई हो।  
फूल तुम्हे भी अच्छे लगते है,  
फूल हमें भी भाते है।  
वो तुम को कैसे लगते,  
जो फूल तोड़ ले जाते।



रिद्धी मंजेरी  
सी. पी. ४ ए

## काले बादल

नीले - नीले आसमान से,  
देखो आए काले बादल।  
बिजली रानी भी मुस्काई,  
रिम- झिम बरसे काले बादल।  
हुए खेत हरियाले सारे,  
गाने- लगे पपीहा, कोयल।  
लगता है जैसे धरती पर,  
स्वर्ग ले आए काले बादल।

अनन्या पटेल  
सी. पी. ४ ए

## धरती की साँसे

अपनी वसुंधरा को करके दूषित हम,  
क्या बना पाएँगे एक स्वस्थ पीढ़ी हम।  
न ले पाएँगे हम स्वच्छ साँसे,  
घुटन-सी होती है, हमें इस दूषित हवा से।  
आओ मिलकर अपने कार्बन पद- चिन्हों को मिटाए,  
ग्लोबल वार्मिंग से अपनी धरा को बचाए।  
प्रयास हमें करना है, पुनः चकित करने का,  
आग्रह हमें करना है, पुनः प्रयोग करने का।  
तंदुरुस्त हमें रखेगा चलना, दौड़ना हमारा,  
बचाना इंधन, रहेगा अगली पीढ़ी को सहारा।

यश कोकणे  
सी. पी. ५ बी

## वायु प्रदूषण

“ शुद्ध हवा की जरूरत है क्योंकि, जीवन बहुत खूबसूरत है,  
पेड़ लगाओ, जीवन बचाओ, आओ इस धारा को स्वर्ग  
बनाओ।”

परिभाषा -

जब शुद्ध ताजी हवा में धूल, मोटर, मिलों और कारखानों आदि  
के धुएँ के मिलने के कारण वायु प्रदूषित होती है, तो उसे वायु  
प्रदूषण कहते है।

विस्तृत जानकारी -

वायु प्रदूषण हानिकारक तरल बूँदों, ठोस पदार्थों और विषैले वायु  
का मिश्रण है, जो सामान्यतः ताजी वायु में नहीं मिलते। यह  
प्रदूषित वायु पेड़ - पौधों और पशुओं के जीवन के लिए बहुत  
हानिकारक है। वायु प्रदूषण दो प्रकार का होता है - प्राकृतिक और  
मानव निर्मित स्रोत।

वायु प्रदूषण के प्राकृतिक कारण है- ज्वालामुखी विस्फोट, तूफान,  
जंगलों की आग, वाइरस, बैक्टेरिया आदि।

सामान्य जानकारी -

वायु प्रदूषण ग्लोबल वार्मिंग के बढ़ने का भी कारण है क्योंकि,  
वातावरण का तापमान ग्रीन हाउस गैस के स्तर के बढ़ने के कारण  
ही बढ़ रहा है। ये ग्रीन हाउस गैस के प्रभाव के कारण की ग्लेशीयर  
पिघल रहा हैं जिसके कारण समुद्र का स्तर बढ़ रहा हैं। जलवायु में  
बदलाव हो रहा है।

हम लोगों के लिए बढ़ता हुआ वायु प्रदूषण घातक रोगों और मृत्यु  
का कारण बन रहा है। इसके प्रकोप से पशु और पेड़ - पौधों की  
प्रजातियाँ इस ग्रह से पूरी तरह नष्ट हो रहीं है। पर्यावरण में  
हानिकारक गैसों के बढ़ना ही वर्षा और ओजोन परत में छेदों का  
कारण बन रहा है।

निष्कर्ष -

निष्कर्ष रूप में हम यह कह सकते हैं कि, वायु हमारे लिए अधिक  
मूल्यवान है। अगर वायु इसी तरह प्रदूषित होती रहेगी तो पूरे विश्व  
को भयानक परिणाम भुगतने पड़ेंगे। इसीलिए मनुष्य को कई उपाय  
योजने होंगे।

यश कोकणे  
सी.पी.५ बी



## नोटों की कहानी ए.टी.एम की जुबानी

आओ- आओ नोट गिनवाओ  
हजार- पाँच सौ के नोट गिनवाओ।  
खान- पान ले आओ संग-संग,  
मानों मैं बन गया हूँ अब 'सिनेमा घर'  
दिन हो या रात हो,  
रहते अब तो मेरे ही साथ हो।  
लगा रहे हो चक्कर पर चक्कर,  
लग रहा जैसे बन गए हो घनचक्कर।  
चढ़ा हुआ है सब पर पुराने नोटों का बुखार,  
अब तो सुन लो मेरी पुकार।  
दूर-दूर से आए हो,  
संपत्ति की भरमार लाए हो,  
नेता हो या अभिनेता...  
सभी को हैं मेरा ही इंतजार।  
सुबह - सवेरे से आए हो,  
नंबर अपना लगवाए हो,  
मानो हो चींटियों की कतार।  
हजार -पाँच सौ का घमंड तो रोक नहीं सका मैं,  
और अब हवाई- जहाज बनते हुए,  
नहीं देख सकता मैं।  
हैं यह नोटेबंदी का कमाल,  
ए. टी. एम. को कर दिया है, बेहाल।  
हजार- पाँच सौ जो था एक पल सबका दुलारा,  
अब सौ-पचास का है बोलबाला।  
कल तक लोगों को देखने को मैं था बेकार,  
आज वही कर रहे हैं मेरी एक झलक का इंतजार।  
करता हूँ मैं उस व्यक्ति को सलाम,  
जिसने दिला दिया है मुझे सम्मान।

आबेदन बिसवाल  
सी. पी. ५ अ



## सूरज

सूरज दादा कितने तेज  
लगते जैसे बिंदी हो गोल।  
लाल- लाल बन जाते तब,  
जब संध्या बिखराएँ पोल।  
तुमसे ही जन- जीवन हैं,  
वरना धरती का क्या हैं मोल।  
इसीलिए तो पूजते हम सब,  
इसीलिए तो दुनिया है गोल।  
सौर मंडल का तारा बड़ा प्यारा,  
हमारे मन को भानेवाला।



ब्रानडन मिसक्यूट्टा  
सी. पी. ५ अ



## मोटी बिल्ली

एक थी बिल्ली,  
उसका नाम था मिल्ली।  
वह थी मोटी क्योंकि,  
वह खाती थी बहुत सारी रोटी।  
उसे मिल गया चूहा एक दिन,  
भाग - दौड़ मची पूरे घर में उस दिन,  
आखिर खा ही गई मारकर उसे मोटी बिल्ली।  
हाय राम..... छूट गई फिर उसकी दूध - रोटी,  
अब तो भाने लगी उसको चूहे की बोटी।

गायत्री समुद्रा  
सी. पी. ३ सी

## चाँकलेट हार्ट



### आवश्यक सामग्री:

5 छोटे चम्मच कोका पाउडर, 100 ग्राम दूध पाउडर, 3 छोटे चम्मच मक्खन, 2 से 3 कप चीनी, 5 से 6 बादाम, 2 से 3 कप पानी।

**चाँकलेट बनाने की विधि :** सबसे पहले मिल्क पाउडर और कोको पाउडर को छान लो। अब एक पैन में चीनी और पानी का मिश्रण करके गैस पर धीमी आँच पर उबलने के लिए रख दो। एक तार की चासनी तैयार होने के बाद गैस से उतार लीजिए। अब उस में 3 छोटे चम्मच मक्खन और वेनिला इसेंस मिलाकर मिश्रण को अच्छी तरह घोल बना ले। अब आपका चाँकलेट घोल तैयार है। अब उसे तरह- तरह के हार्ट आकार के साँचे में डालकर उसके ऊपर कटे हुए बादाम भूनकर डाल दे। 20-25 मिनट तक फ्रीजर में ठंडा होने को रख दीजिए।

चाँकलेट हार्ट साँचे में ढल जाने के बाद उसे निकाल लीजिए। अब आप की मीठी-मीठी चाँकलेट खाने के लिए तैयार है।

हिया भानुशाली  
सी.पी. ५ ब

## तितल

तितली उड़ी खुले आसमान में,  
रंग-बीरंगे अपने पंखों को फैलाएँ।  
फूल- फूल पर ये मँडराए,  
उनका रस वह पी जाए।  
सुंदर-सी यह तितली रानी,  
साथ ही हमको यह सिखाएँ।  
मत तोड़ो फूलों को,  
यही तो मुझे सुंदर बनाएँ।



इशिका गोयल  
सी. पी. ४ अ

## जल प्रदूषण

परिभाषा -

प्रदूषण कई प्रकार के होते हैं- वायु, जल, भूमि, ध्वनि प्रदूषण आदि। जल प्रदूषण से तात्पर्य है कि, नदियों, तालाबों और समुद्र के जल में ऐसे विषैले पदार्थ का मिश्रण तो पानी को जीव जंतुओं और प्राणियों के प्रयोग के अयोग्य बना देती है।

पिस्तुत जानकारी-

जल प्रदूषण का मुख्य कारण आधुनिकीकरण है। हमारे काल-कारखानों से निकलनेवाला रसायनिक कचरा सीधे नदियों और तालाबों में छोड़ दिया जाता है। यह पानी को भी जहरीला कर देते हैं। समुद्र का पानी प्रदूषित होने का सबसे बड़ा कारण है- नदियों का प्रदूषित पानी समुद्र में मिलना। इसके अलावा अनुपयोगी प्लास्टिक का बढ़ता ढेर भी समुद्र में बहा दिया जाता है। दुर्घटनाग्रस्त जहाजों से निकालनेवाले खनिज पदार्थों का समुद्र में फैलना भी एक मुख्य कारण है।

निष्कर्ष-

जल प्रदूषण ने अब भीषण रूप ले लिया है। ऐसे में हमें बड़े कदम उठाने की जरूरत है। यदि हम चाहते हैं कि, हमारे देशवासियों को स्वच्छ पीने का पानी मिलता रहे और पीने के स्रोत लंबे समय तक सुरक्षित रहें तो, हमें आज से ही उसके लिए कड़े कदम उठाने पड़ेंगे।

हिया भानुशाली  
सी. पी. ५ ब



## बेसन के लड्डू



आवश्यक सामग्री:

2 कप बेसन, 2 कप सूजी, 1 कप चीनी पाउडर, ½ कप घी, 4 चम्मच इलायची पावडर।

लड्डू बनाने की विधि : ½ कप घी में 2 कप सूजी मिलाकर उसे अच्छी तरह से भून लीजिए। अब कढ़ाई में 1 चम्मच घी डालकर बादाम और किसमिश को हलका सा भून लीजिए। अब बेसन में घी मिलाकर गैस पर धीमी आँच पर 20 मिनट तक हिलाते हुए पकाइए। बेसन का रंग बदलकर अच्छी सुगंध आने लगे तो गैस बंद कर दीजिए। बेसन थोड़ा ठंडा होने के बाद उसमें इलायची पाउडर, बादाम, किसमिस, चीनी पाउडर डालकर अच्छी तरह मिला लीजिए। अब इस मिश्रण में से मुट्ठी भर मिश्रण लेकर दोनों हाथों से मुट्ठी में दबाकर गोलाकार लड्डू बना लीजिए।

गरमा-गरम बेसन के स्वादिष्ट लड्डू तुरंत खाने के लिए तैयार हैं।

आबेदन बिसवाल  
सी.पी. ५ अ

## बारिश

बूँदें भागी, बूँदें दौड़ी  
निकली हैं बनठन के देखो।  
छातें और मुनिया की जोड़ी  
बादल भर कर आए कहाँ से।  
यहाँ पर आकर चुपी तोड़ी,  
मौसम हैं यह ठंडा-ठंडा।  
आओ खाएँ गरम कचौड़ी,  
मुझे ऐसा लगा अभी कि,  
बूँदें भागी, बूँदें दौड़ी।



आर्या यादव  
सी. पी. ४ ड

## जंक फूड का मायाजाल

अगर बर्गर, पिज्जा, कोला आदि राक्षस होते, तो दुनिया कैसी होती?

जंक फूड हमारे जीवन का एक आधार बन गया है। चाहे वह स्कूल का डब्बा हो या किसी पार्टी का खाना, यह हर जगह मौजूद है। पर क्या आपको पता है कि, यह लाजवाब पकवान हमारे शरीर को किस तरह से तबाह करते हैं?

साईटिस्ट्स ने बताया है कि, ज्यादा जंक फूड खाने से हमें खतरनाक बीमारियाँ होती हैं, जैसे-मधुमेह, हार्ट और लीवर से जुड़ी बीमारियाँ आदि। इन पकवानों में कृत्रिम रंग भी डाले जाते हैं, जो इंसान के शरीर के लिए हानिकारक होते हैं। साथ ही साथ, इससे हमें थकान भी महसूस होती है और हमें हाजमे की शिकायत रहती है।

और तो और, युवावर्ग के लिए जंक फूड सबसे ज्यादा हानिकारक होता है क्योंकि, जब वे इसको खाते हैं तब उनके शरीर में बहुत सारे हॉर्मोनल बदलाव होते हैं, जिसके कारण उनके सोच-विचार करने की क्षमता कमजोर हो जाती है और वे डिप्रेशन के जाल में फँस जाते हैं। साथ ही साथ, हमारा रक्तचाप (ब्लड प्रेशर) बढ़ जाता है।

अब यह आप का निर्णय है कि, आप जंक फूड के इस जाल में फँसें या अपने स्वास्थ्य का ध्यान रखें।

शरण्या नायर  
चेकवॉइंट ३-अ



## प्यारे नेता गांधी जी

प्यारे नेता गांधी जी,  
सभी पुकारे बापू जी।  
आपने हमारा देश बचाया,  
अंग्रेजों को है मार भगाया,  
सत्य और अहिंसा अपनाया,  
आपने हमें आजाद कराया।  
प्यारे नेता गांधी जी,  
सभी पुकारे बापू जी।।



हम खूब पढ़ेंगे, खूब लिखेंगे,  
आपके जैसा नाम करेंगे,  
धन्य प्रभु। आप जैसा देश-भक्त मिला,  
जिसे हम जीवनभर याद रखेंगे।  
प्यारे नेता गांधी जी,  
सभी पुकारे बापू जी।।

द्वारा: याहवी अगरवाल  
चेकप्वाइंट २बी

## प्रकृति

हम सबसे सुंदर ग्रह पर निवास करते हैं, जो हाँ धरती, जो हरियाली से युक्त बेहत सुंदर और आकर्षक है। कुदरत हमारी सब से अच्छी साथी होती है, जो हमें धरती पर जीवन जीने के लिए सभी ज़रूरी संसाधन उपलब्ध कराती है। प्रकृति हमें पीने को पानी, सांस लेने को शुद्ध हवा, पेट के लिए भोजन, रहने के लिए ज़मीन, पशु-पक्षी, पेड़-पौधे आदि हमारी बेहतरी के लिए उपलब्ध कराती है।

हमें अपने प्राकृतिक पारिस्थितियों का ध्यान रखना चाहिए, साफ रखना चाहिए, और विनाश से बचना चाहिए। जिससे हम अपनी प्रकृति का हमेशा आनंद ले सकें। ये हम इन्सानों को ईश्वर के द्वारा दिया गया सबसे खूबसूरत तोहफा है, जिसे नुकसान पहुँचाने के बजाय उसका आनंद लेना चाहिए। हमारी कुदरत हमें जीने और खुश रहने के लिए बहुत सुंदर वातावरण प्रदान करती है, इसलिए ये हमारा कर्तव्य है कि हम इस सुंदरता को बनाए रखें।



द्वारा: तिथि मित्तल  
चेकप्वाइंट -२बी

## पैरालंपिक खेल 2016

जिन लोगों को विकलांगता है, उनके लिए ये खेल आयोजित किया जाता है। ये खेल सबसे पहले रोम में 1960 में आयोजित किया गया था। इस साल के पैरालंपिक खेल 'रियो दे जनेरो' में, 7 सितंबर से 18 सितंबर तक आयोजित किया गया था। 152 देशों के 4342 एथलीटों ने भाग लिया। जिसमें से 19 भारत से थे।

भारत ने 4 पदक जीते, जिसमें 2 स्वर्ण पदक, 1 रजत पदक और 1 कांस्य पदक है।

देवेंद्र झझरिया ने 1 स्वर्ण पदक भाला-फेक में जीता। देवेंद्र ने नया विश्व रिकॉर्ड बनाया। इनका हाथ बिजली के तार को लगा था जिसके कारण उनका हाथ काटना पड़ा।

मरियाप्पन धंगावेलु ने भी 1 स्वर्ण पदक ऊँची - छल्लाँग में जीता। इनका दाया पाँव एक बस के नीचे आकर कट गया था।

दीपा मालिक ने 1 रजत पदक गोला फेंक में जीता। दीपा पहली भारतीय महिला हैं, जिसने एक पैरालंपिक पदक जीता। इनकी पीठ की सर्जरी हुई थी जिसके बाद कमर के नीचे शरीर को लकवा मार गया था।

वरुण सिंह भाटी ने 1 कांस्य पदक ऊँची - छल्लाँग में जीता। वह बचपन में पोलियो से ग्रस्त हो गए थे।

इन खिलाड़ियों ने पैरालंपिक खेलों में कमाल का प्रदर्शन करते हुए, अनेकों पदक भारत के लिए जीते।



द्वारा: देवांशी कुमार  
चेकप्वाइंट -9 ए



## जिंदगी की उलझने सुलझाए - खेलकूद

आज की प्रगतिशील दुनिया में सबसे आगे रहने की होड़ सी लगी रहती है। इस होड़ में आगे रहने के लिए कड़ी मेहनत करनी पड़ती है। इसके लिए अपने को स्वस्थ और तंदुरुस्त रखना बहुत जरूरी है। स्वस्थ और तंदुरुस्त बने रहने के लिए खेलकूद से सशक्त माध्यम और कुछ भी नहीं हो सकता। कुछ लोगो ने खेल कूद को अपनी जिंदगी में ऐसे शामिल कर लिया है जैसे हवा और पानी। जीवन विना खेलकूद जैसे फिल्म बिना पाॅपकॉर्न।

दुर्भाग्यवश आजकल लोग आलसी होते जा रहे है। दिन पर दिन खेल के मैदानों में खेलते बच्चों की संख्या कम होती जा रही है। इसका कारण यह है कि उनके माता पिता का भी यही मानना है कि खेलकूद उनका वक्त बर्बाद करता है। उन्हें पढ़ाई पर अपना पूरा ध्यान लगाना चाहिए। कुछ लोग तो यहाँ तक मानते है कि खेलना कूदना तो वक्त के साथ खेलने जेसा है। सिर्फ खेलने से ही जिंदगी की समस्याओं का हाल नहीं निकलेगा, दिमाग से भी काम लेना होगा। पढ़ाई और कड़ी मेहनत से ही सोच में बदलाव आएगा और ताकत मिलेगी। अपने दिमाग को चारों ओर से खोलना चाहिए और हर एक इंसान की सोच को समझना चाहिए। जितना समय खेलकूद में जाता है, उतना समय पढ़ाई और सोच विचार में बिताया जाए, तो हम जिंदगी की समस्याओं को बेहतर तरीके से सुलझा सकेंगे।

आपने यह कहावत तो सुनी ही होगी कि, "All Work and no play, makes jack a dull boy." विज्ञान ने यह साबित कर दिया है कि खेलकूद से कुछ ऐसे हॉर्मोंस बनते है जिससे पढ़ाई में बेहतर ध्यान लगता है। अगर दूसरे स्वास्थ्य संबंधी बातों पर गौर करें जैसे : तनाव, मोटापा, डायबिटीज आदि, तो इनके इलाज में भी खेलकूद मददगार साबित हुआ है। यह इसलिए क्योंकि खेलने से हमारा ध्यान इन सब चीजों से हट जाता है, हमें ताज़ी हवा भी मिलती है और सूरज से विटामिन डी भी, जिससे हमारे शरीर में जान आ जाती है। खेल के मैदान में और चार लोग मिलते है, जिन से बातचीत करने से मन हल्का हो जाता है। जिंदगी मे आगे बढ़ने के लिए सिर्फ किताबी जानकारी काफी नहीं है। समस्या तब खड़ी होती है जब इंसान जानकारी होने के बावजूद भी उसका सही उपयोग, जिंदगी की छोटी-छोटी समस्याओं को सुलझाने मे नहीं कर पाता। खेलकूद हमारे अंदर खेल भावना (Sport's man spirit), को जगाता है। इस भावना से युवा पीढ़ी जिंदगी की उन पहलुओं को सीखते है जो पढ़ाए नहीं जाते। जैसे खेलने से युवा वर्ग में समूह की भावना (Team spirit), पैदा होती है। एक दूसरे के साथ मिलजुलकर लक्ष्य को पाने की कला सीखते है। खेल से, हार को हँसकर स्वीकारने की क्षमता विकसित होती है। इससे आत्मविश्वास बढ़ता है।

कुछ खेल ऐसे है जो सोचने की ताकत को बढ़ाते है, जैसे शतरंज, माइंड गेम्स आदि। इन खेलों को खेलने से दिमाग तेजी से काम करने लगता है। जिंदगी की उलझनों को सुलझाने के लिए धैर्य की बहुत जरूरत होती है। शतरंज आदि खेलो से हमारे धैर्य की भी परीक्षा हो जाती है। जिंदगी में हमें हर पल किसी न किसी इम्तहान से गुजरना पड़ता है और इस इम्तहान मे पास होने के लिए खुले दिमाग से सोचने की ताकत होनी चाहिए, जो हमे खेलकूद के द्वारा ही मिल सकती है। ये कहावत तो आपने सुनी ही होगी कि "स्वस्थ शरीर में स्वस्थ दिमाग होता है।"

अंत में हम इतना ही कहना चाहेंगे कि, अगर युवा वर्ग नियमित रूप से खेलकूद में भाग ले, तो जीवन की छोटी-मोटी समस्याओं को सुलझाने मे समर्थ हो सकेंगे और अपनी जिंदगी को तनाव मुक्त रख सकेंगे। हमारी गुजारिश आप सभी से यही है कि अपने व्यस्त दिनचर्या से थोड़ा समय अपने लिए निकालिए और वह समय खेलकूद को भी दीजिए।

द्वारा:

अनीश नाडगौड़ा, यश गुप्ता, इषिका मुचलका  
आई. जी. २



## जिदगी

कल किसने देखा है?  
आज की बात करो,  
गर कल में रह जाओगे जनाब,  
तो आज का क्या करोगे?

जिदगी बहुत छोटी ही सही,  
पर सिखाती बहुत कुछ है।  
गर सीखने की हो चाह तो,  
भगवान बना देती है।

रब भी मदद करता उसकी,  
जिसमें कुछ करने की चाह है।

सच्चाई का साथ जो दे,  
वो किसी से न डरे।  
गर झूठ के बवंडर में फँस गए,  
तो जिदगी से हाथ धो बैठे।

क्योंकि झूठ मेरे दोस्त,  
तुम्हें ही ले डूबेगा।  
पर सच्चाई का साथ दोगे तो,  
ईश्वर भी साथ देगा।

द्वारा:

अद्वैत पाठक, आई. जी. 9

## नोटों का खात्मा, निकली लोगों की आत्मा।

सरफरोशी की तमन्ना अब हमारे दिल में हैं,  
बैंक की कतार में लगकर, बह रहा पसीना है।  
५०० औ १००० के सारे,  
नोट रद्द करवा दिये,  
आज इस महफिल में हम,  
छुट्टे मांगते रह गए।

दिल में धधकती आग है,  
खड़े हैं घंटों धूप में,  
काम धंधा छोड़ के  
भूख - प्यास त्याग के,  
आज का भी ये दिन हमने,  
लाइन में गुजार दिए।

नीम सा फैसला ये,  
लगता जरूर कड़वा सा है,  
पर नतीजा मीठा - मधुर,  
हो हमारी ये आस है।

ए.टी.एम. की लाइन से अब,  
दिल हमारा जुड़ गया,  
कतार में बढ़ते-बढ़ते आस हर पल बढ़ चला,  
कहर दिल पर तब ढहा,  
जब ए.टी.एम. खाली हो गया।  
फिर हमारा एक दिन लाइन में गुजर गया।

देश की नाव को अब,  
डूबने से बचाना है,  
काले धन का खात्मा करने,  
सरकार का साथ निभाना है।  
थोड़े दिन की बात है बंधु, मंजर ये गुजर जाएगा।  
एक दिन ऐसा आएगा, जब इंतज़ार भी खत्म हो जाएगा।

द्वारा: सोमिल अमीन,  
आई. जी. २





## जोकर का राज

खुशी को ज़्यादा लोगों के बीच रहना बिलकुल भी पसंद नहीं था। वह लोगों और रिश्तेदारों के बीच रहना पसंद नहीं करती थी। खुशी के बहुत गिने-चुने मित्र और हमजोली थे। वह दूसरी लड़कियों की तरह सजना-सँवारना तथा घूमना-फिरना पसंद नहीं करती थी। उसके इस व्यवहार के पीछे एक बहुत बड़ा रहस्य छुपा हुआ है। एक ऐसा हादसा जिसे याद करके उसका दिल दहल उठता है, ऐसा हादसा जिसे याद करना उसके लिए जग का अंत है।



खुशी केवल तीन साल की थी, जब उसके सिर से उसकी माँ का साया उठ गया था। 3 जून 1999 की रात को खुशी और उसका सुखद परिवार, तीसरा जन्मदिन मना रहे थे। शहर के सबसे बड़े होटल में खुशी का जन्मदिन मनाया जा रहा था। सबके चेहरे चाँद की तरह चमक रहे थे, हर कोई अति प्रसन्न था और सबके चेहरे पर सुंदर सी मुस्कान सजी हुई थी। होटल की छत पर नाच-गाने आदि मनोरंजन का प्रबंध किया गया था। सब के लिए वह एक बहुत ही रोमांचक शाम थी। खुशी की माँ भी अपनी पुत्री के जन्मदिन पर बहुत खुश थी। वह केक लाने के लिए ऊपर छत पर गई, वह बहुत सावधानी से केक को लोगों के झुंड से बचाते हुए ला रही थी। छत पर बहुत शोर-शराबा था, लोग नाच-गा रहे थे, बच्चे खेल रहे थे, जिसके कारण चलना मुश्किल हो रहा था। वहीं एक कोने में जोकरों का एक झुंड करतब दिखा रहा था। वे लोग हवा में गेंद और बोटलें उछाल कर बच्ची का मनोरंजन कर रहे थे। खुशी की माँ केक संभालते हुए छत के कोने में खड़ी हुई थी, जब अचानक से एक लाल, पीले और नीले रंग के कपड़े पहने हुए जोकर के हाथ से, एक गेंद फिसल गया और वह उसे पकड़ने के लिए डगमगा कर गलती से खुशी की माँ से टकरा के, उन्हें नीचे गिरा दिया। वह चीखते हुए छत से नीचे गिर गई। उन्हें इस हादसे का शिकार होते हुए किसी ने नहीं देखा परंतु खुशी, जो अपनी चाची जी की गोद

में थी उसने सबकुछ अचानक से पूरी छत पर सन्नाटा छा गया। सब भागते हुए पहुँचे, लेकिन बहुत देर हो चुकी थी, उसकी माँ दम तोड़ दिया था। खुशी की चाची जी तुरंत, उसे उस लाल, पीले, नीले जोकर के हाथ थमाकर नीचे भागी, जिसके कारण खुशी ने अपनी माँ को खोया। वह जोकर खुशी को लेकर एक कोने में खड़ा हो गया, उसकी गोद में खुशी चीख-चीखकर रो रही थी और अपने हाथ-पैर चलाने का प्रयास कर रही थी। वो जोकर भी काफी सहमा हुआ था। अपने आप को बचाने के लिए वह चुप था और किसी को सच नहीं बताया। लेकिन खुशी जो उसकी गोद में थी, वह सब कुछ जानती

थी लेकिन वह 'बेजुबान' शिशु, कुछ कह भी नहीं सकती थी। वह मजबूर थी।

आज वही खुशी एक 20 साल की जवान लड़की है, लेकिन आज भी उसे उस रात की घटना अच्छी तरह याद है। वो नीले-पीले कपड़ों वाली जोकर, वो लोगों का जंगली झुंड, उस रात की घटना और उसकी माँ की मौत, उसे आज भी याद है। इतनी छोटी-सी उम्र में अपनी माँ को खोने का गम उसे आज भी सताता है। जब भी खुशी अपने अतीत को याद करती है, तो उसे वो जोकर याद आता है। उसे आज भी याद है, उसने कितना प्रयास किया था, इशारा करके लोगों को समझाने का। परंतु उसकी माँ की मौत को केवल एक दुर्घटना समझ कर लोगों ने भुला दिया।

द्वारा: इफरा चौधरी  
आई. जी. 9

## बहुभाषिता के फायदे

मानव, सृष्टि की सर्वोत्तम कृति है। प्रकृति ने उसे वाणी का वरदान देकर उसके प्रति अपने असीम प्रेम को प्रकट किया है। भाषा ही वह साधन है जिसके माध्यम से इंसान उन्नति की सीढ़ियों को चढ़ता जाता है। भाषा के अभाव में सामाजिकता, राष्ट्रीयता आदि किसी भी शब्द का मानो कोई अर्थ ही नहीं रह जाता। न किसी सामाजिक परिवेश की कल्पना की जा सकती है, न ही किसी प्रगति की। साहित्य, कला, विज्ञान और दर्शन सभी का आधार भाषा है। किसी भी देश के आपसी व्यवहार और भावों की अभिव्यक्ति के लिए उस देश की भाषा को जानना आवश्यक हो जाता है। ऐसे में हमारा बहुभाषी होना फायदेमंद है।

आजकल अधिक भाषाएँ जानने के अनगिनत फायदे हैं। हरेक इंसान महत्वकांक्षा की ऊँची उड़ान भरना चाहता है, इसके लिए विदेश जाकर भविष्य सुधारना चाहता है। इसलिए जितनी भी भाषाएँ सिखी जाए, उतना ही फायदा है। एक से अधिक भाषा सीखने की पहली वजह तो ये है कि विदेश जाने पर हम उस देश की भाषा में विचारों का आदान प्रदान कर सके। वहाँ हम अपनी मातृभाषा में तो बात कर नहीं सकते, क्योंकि क्या पता कि उन्हें हमारी भाषा आती हो या नहीं? दूसरी वजह ये है कि आजकल लोग एक से अधिक भाषाओं में उच्च शिक्षा प्राप्त करते हैं। जिससे उन्हें मल्टीनेशनल कंपनियों और बड़े-बड़े विश्वविद्यालयों में ऊँची तनख्वाह और उच्च पद पर नौकरी मिलती है। इसके अलावा विदेशी दूतावासों (embassies) में अनुवादक (translator) और दुभाषिया (interpreter) का काम भी आसानी से मिल जाता है। प्रतिष्ठा और सम्मान दोनों एकसाथ, मतलब पाँचों उँगलियाँ घी और सर कढ़ाई में। तीसरा फायदा यह कि एक से अधिक भाषा सीखने से हमारे अनुभव का दायरा बढ़ता है। मैं तो कहती हूँ कि हम बड़े होने का इंतजार ही क्यों करें, अगर बचपन से ही अधिक भाषाएँ आती हो तो, हम दूसरों को पढ़ाकर पैसे भी कमा सकते हैं।

अब तक आप समझ ही गए होंगे कि बहुभाषिता के कितने फायदे हैं। एक से अधिक भाषा जाननेवाला दुनियाँ को अपनी मुट्ठी में करके, उस पर राज कर सकता है। तो देर किस बात की, आज से ही जुट जाइए, एक नई भाषा सीखने में।

द्वारा: फरहीन दावुद  
आई.जी.-२

## स्मार्टफोन की दौड़



पिछले कई सालों से ज्यादातर व्यापारी स्मार्टफोन लांच करते हैं। जिससे उनका व्यापार तरक्की करे। इस दौड़ में शामिल हैं दो नामी गरामी कंपनियाँ सैमसंग और एपल। हमारे देश में तो ये दो ही चलती हैं। ज्यादातर लोगों का मानना है कि ये दोनों ही अच्छी हैं, पर

कुछ लोग यह नहीं मानते। पसंद अपनी अपनी।

सबसे पहले आता है सैमसंग, जो भारत के स्मार्टफोन बाजार में राज करता है। लोगों का मानना है कि, यह फोन कम दाम में मिल जाता है। यह भी कहा जाता है कि यह फोन हर आर्थिक स्थिति के लोग खरीद सकते हैं और यह इस्तेमाल करने में भी काफी आसान है। इस फोन में काफी सुविधाएँ भी उपलब्ध हैं, जैसे इसका कैमरा अच्छा है तथा ‘प्ले स्टोर’ में हजारों गेम्स मिलते हैं। एपल के विपरीत, सैमसंग के फोन में २ ‘सिम’ की जगह होती है और ‘मेमोरी कार्ड’ के लिए अलग जगह दिया जाता है।

पर एक बात जो सबको परेशान करती है वो यह है कि सैमसंग अपने फोन कम दाम में क्यों बेचता है? जवाब साफ है, इसका आधे से ज्यादा हिस्सा प्लास्टिक का बना होता है। जो २ से ३ महीने के बाद लगातार ‘हेंग’ होता रहता है। कई बार तो चार्ज ही नहीं होता और अक्सर गरम हो जाता है।

अब बारी आती है एपल की। सबसे पहला सवाल ये पैदा होता है कि ये इतना महँगा क्यों है? अगर फोन को देखा जाए तो पता चलता है कि यह मेटल का बना हुआ होता है। मतलब गिरने के बाद भी कोई नुकसान नहीं होता। इसलिए लोग ज्यादा कीमत देकर भी इसे खरीदने में नहीं हिचकिचाते। एपल कंपनी गुणवत्ता को ध्यान में रख कर फोन बनाती है। हाल ही में पता चला है कि इसका जो कैमरा है, वह सारे स्मार्टफोन से बेहतर है। एपल के कैमरे में २५ से भी ज्यादा फीचर्स हैं, जो किसी और फोन में नहीं होता। इसमें पानी नहीं घुस सकता और इसका चार्जर इसे २० मिनट में चार्ज कर देता है। अंत में यह कहना गलत नहीं होगा एपल के फोन को हाथ में रखने से इज्जत भी बढ़ जाती है।

द्वारा: आर्यन डिंगनकर  
आई.जी. - २

## वन रहेगे, हम रहेगे

प्रक्रिया को त्वरित किया और पिछले ५० सालों में उसमें तेजी आई है।



### कुछ चौकानेवाले तथ्य

- पेड़ों की सम्पूर्ण संसार में लगभग २०००० प्रजातियाँ पाई जाती हैं। सबसे ज्यादा भारत में, फिर अमेरिका में पाई जाती है।
- एक पेड़ वर्ष भर में २००० लीटर पानी भूमि से सिखता है।
- मटर के दानों का प्रयोग बारूद बनाने के लिए किया जाता है।
- “ब्राजील” का नाम, एक पेड़ के नाम पर है।
- ऑस्ट्रेलिया में पाया जानेवाला “टिनास” नामक पेड़ वर्ष में दो बार अपनी छाल बदलता है।

द्वारा: रोमिन मलवणकर, अद्वैतपाठक, अर्जुन घोषा  
आई. जी. -9

### वनों का महत्त्व

पेड़ हमारे जीवन के लिए उतने ही महत्त्वपूर्ण है जितनी की हमारी साँसे। इन पेड़ों का मानव के ही नहीं बल्कि जीव-जंतुओं के जीवन में भी प्रभाव पड़ता है। पेड़ सब जीवित प्राणियों और पशु-पक्षियों को ऑक्सीजन प्रदान करते हैं। इन पेड़ों से हमारा वातावरण हरा-भरा रहता है। इन पेड़ों के बहुत उपयोग हैं। पेड़ों की सम्पूर्ण संसार में लगभग २०००० प्रजातियाँ पाई जाती हैं। सबसे ज्यादा भारत में, फिर अमेरिका में पाई जाती है।

### वृक्षों की अंधाधुंध कटाई से बढ़ता पर्यावरण संकट

- वनों की अवैध कटाई ने पर्यावरण को काफी नुकसान पहुँचाया है। वर्षों से हो रही लगातार अवैध कटाई ने जहाँ मानवीय जीवन को प्रभावित किया है, वहीं असंतुलित मौसम चक्र को भी जन्म दिया है।
- वनों की अंधाधुंध कटाई होने के कारण देश का वन क्षेत्र घटता जा रहा है, जो पर्यावरण की दृष्टि से अत्यंत चिंताजनक है।
- पर्यावरण विशेषज्ञों के मुताबिक बीसवीं शताब्दी में पहली बार मनुष्य के कार्यकलापों ने प्रकृति के बनने और बिगड़ने की

## गुरु की कलम से....



### जीवन का सार

आज की शिक्षा प्राणालि हमें रोजी रोटी कमाने के लायक बनाने मे तो सक्षम है पर जीवन में खुश कैसे रहा जाए इसका हुनर नहीं सिखाती। हमें अपने आस-पास के लोगों के प्रति दया, करुणा, इन्सानियत और सहानुभूतिपूर्ण खैया अपनाना सीखना चाहिए। हमारा स्कूल, घर और समाज वह प्रशिक्षण क्षेत्र है, जहाँ हम धैर्य, इन्सानियत और सहानुभूति की शिक्षा प्राप्त करते है। एक बच्चा ८ घण्टे स्कूल में अपने सहपाठियों और शिक्षक के साथ गुजारता है, इसलिए स्कूल की भूमिका बहुत अहम हो जाती है। यह बहुत जरूरी है कि शिक्षक और छात्र अपने-अपने उत्तरदायित्व और अधिकारों के प्रति पूरी तरह से सजग रहे। उनका संबंध प्यारा और भरोसे पर टिका होना चाहिए, डर की बुनियाद पर नहीं। हर छात्र को ईमानदार और सदाचारी इंसान बनने कि कोशिश करनी चाहिए, जो एक शिक्षक के मार्गदर्शन के बिना संभव नहीं। तभी जाकर डिग्री और ज्ञान को कोई महत्व होगा, जब हम शिक्षित होने के साथ साथ एक अच्छे इंसान भी होंगे।

जिंदगी में हमेशा सफलता ही हासिल हो यह जरूरी नहीं, असफलता भी बराबरी से मिलती है। जैसे अँधेरे के बिना उजाले का और कड़वे के बिना मीठे का मजा नहीं आता। उसी प्रकार असफलता का अनुभव किए बिना सफलता का महत्व समझ मे नहीं आता। असफलता को सकारात्मक भाव से स्वीकार करना चाहिए, जिससे की हस अपन आत्मविश्लेषण कर सके और अपनी कमियों को पहचानकर, उसे दूर कर एक सफल इंसान बन सके। हमें अपनी हर हार से कुछ सीख लेनी चाहिए। हमे हर विफलता का कारण खोजना चाहिए और उस अनुभव से सफलता का रास्ता ढूँढना चाहिए। बाधाओं को झेलते हुए कैसे जी जाती है, यह कला सीखनी चाहिए, सफलता पाने के लिए अपने और अपनी काबिलीयत पर भरोसा रखना चाहिए। राय सबकी लें, सीखे सबसे, पर करिए वही जो आपको सही लगे। अपनी अंतरात्मा कि आवाज को सुनकर आगे बढ़िए।

मेरे विचार से सिर्फ किताबी ज्ञान ही काफी नहीं है। हो सकता है कि आप शास्त्रों के ज्ञाता हैं। बड़े-बड़े विधानों के साथ वाद विवाद करने में सक्षम भी हैं, पर क्या अपने ज्ञान का उपयोग रोजमर्रा कि जिंदगी में करने में सक्षम हैं? यदि नहीं, तो मेरे हिसाब से वह ज्ञान किसी काम का नहीं। किताबी कीड़ा बनने से ही सफलता हासिल नहीं होती, ज्ञान का व्यवहारिक जीवन में उपयोग करने से ही हम जीवन कि गुत्थियों को सुलझा सकते है। जीवन में जो जो काम हमें खुशी देता है और तनाव मुक्त रखता है, हमे वही करना चाहिए सिर्फ मौज मस्ती के लिए, ब्यर्थ के कामों में, कुसंगति में और बुरी लत में फँसकर जीवन के सुनहरे पलों को गँवाना नहीं चाहिए। सुसंगति और सकारात्मक सोच सफल जीवन जीने कि कुँजी है।

डॉ.तमिस्रा बंध्योपाध्याय  
हिंदी शिक्षिका

## मुस्कान



कभी-कभी मैं सोचती हूँ,  
कहाँ खो जाती हैं, यह मुस्कान।

अगल- बगल गली मुहल्लों में,  
या दिल के किसी अनसुने कोने में।

हाँ, मिल गई मुझे अपनी मुस्कान,  
अब तो खोने न दूँगी मैं अपनी मुस्कान।

चेहरे पर जो उभर आए,  
क्या यहीं होती हैं मुस्कान?

सोच कर देखों तो कुछ ऐसे...  
कई तरह खिल जाती हैं मुस्कान।

इस मुस्कान के हैं भेद अनोखे,  
कर देती दिल कभी मीठे या खट्टे,  
आओ जाने क्या हैं तरीके।

हजारों रंग बिखेरती हैं मुस्कान,  
कई रूपों में चली आती हैं यह मुस्कान।

ओठों में हँसी को छुपाए,  
दबे पाँव चली आती हैं यह मुस्कान।

दिल कि गहराई में छिपे हुए,  
हर राज बया करती हैं मुस्कान।

कभी- कभी चेहरें पर खिली अनचाही मुस्कान,  
करती हैं मन की खुशी का बखान।

भरी महफिल में मुखौटे की तरह,  
अठखेली करती झूठी- सी मुस्कान।

निर्मल, निस्वार्थ मासूम-सी,  
वह आँख मिचौली करती हुई,  
भोली- सी मुस्कान।

सभी दुख दर्द को भुला देनेवाली,  
वह ममतामयी वात्सल्य की,  
अनुभूति करानेवाली निसंकोचित मुस्कान।

मिशकिल बातों की गुन्थी,  
सुलझाती हुई, रहस्यमयी मुस्कान।

छल कपट करनेवाली,  
गमों को अंतकरण में,  
दबाएँ रखनेवाली विस्फोटक मुस्कान।

इस मुस्कान के है रंग अनोखे,  
क्षण-भंगुर इंद्रधनु से।

बड़ा मुश्किल हैं शब्दों में इसे ढालना,  
उससे भी कठिन हैं इसका आशिया सँवारना।

अब और कुछ नहीं हैं कहना,  
अपनी मुस्कान संभाले रखना,  
होती हैं अनमोल कभी न भूलना।

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