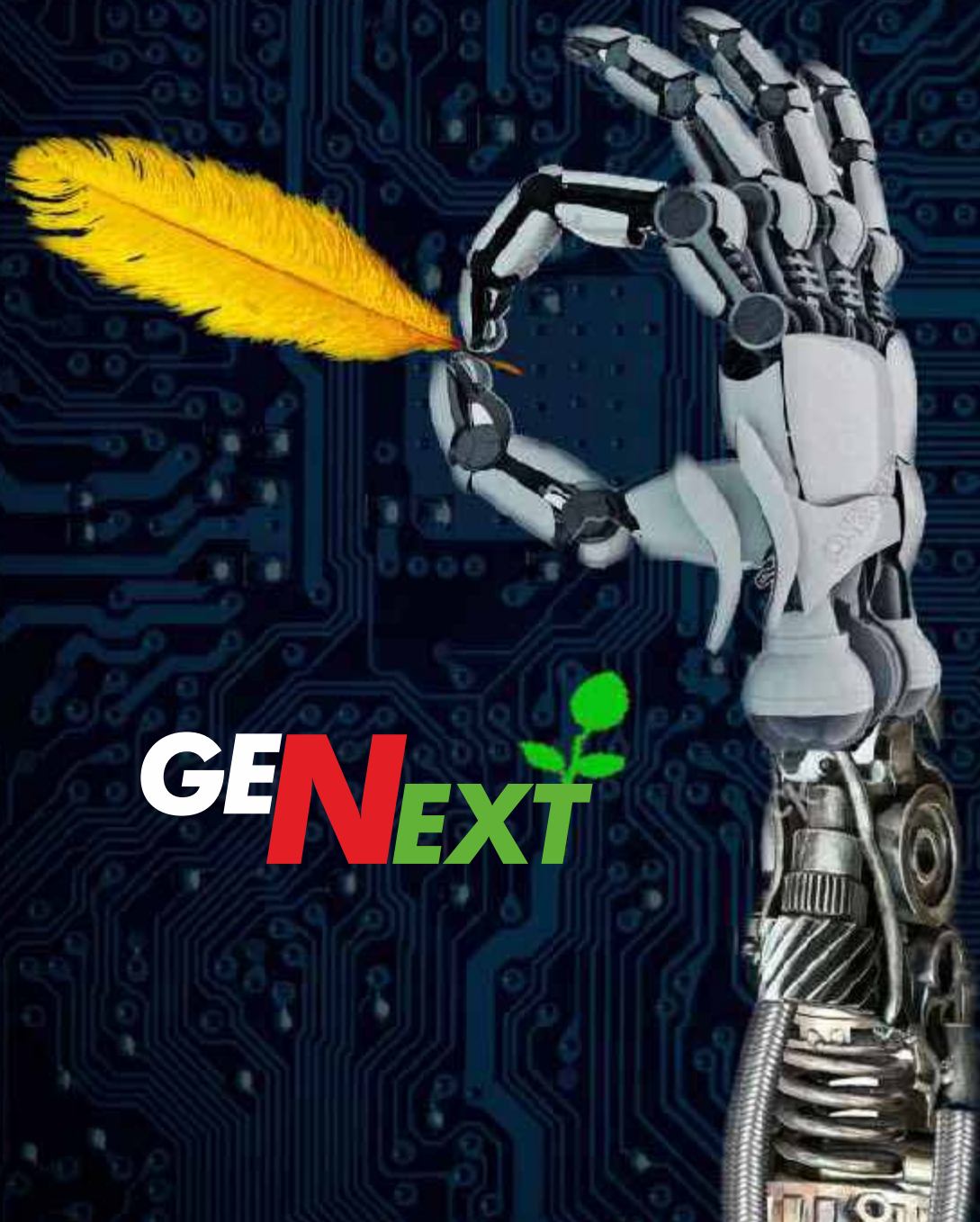


MET RISHIKUL VIDYALAYA
MRV
A SCHOOL FOR LIFE MANAGEMENT

RHAPSODY

MRV SCHOOL MAGAZINE 2016 - 2017



GE**N****EXT**



Mahatma Jyotiba Phule
(1827-1890)



Shrimati Savitribai Phule
(1831-1897)

विद्येविना मती गेली । मतीविना नीती गेली ॥
नीतीविना गती गेली । गतीविना वित्त गेले ॥
वित्ताविना शुद्र खचले । इतके अनर्थ एका अविद्येने केले ॥

Lack of knowledge leads to indiscretion;
Indiscretion leads to lack of ethics.
Lack of ethics leads to absence of direction and momentum;
Absence of direction and momentum result in bankruptcy.
Such is the havoc caused by the lack of knowledge.

- Mahatma Jyotiba Phule

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OUR FAITH

न चौर हार्यम् नच राज हार्यम् ।
न भातृभाज्यम् नच भारकारी ।।
व्यये कृते वर्धते एव नित्यम् ।
विद्याधनं सर्वधन प्रधानम् ।।

Knowledge can neither be stolen by a thief,
nor snatched by a king.

It is indivisible unlike ancestral property,
it never burdens the bearer,
it multiplies manifold when offered to others.
Knowledge is the supreme form of wealth.

OUR VISION

To shape professionals, to conquer the present and the future challenges
to the socio economic fabric of our society, by institutionalising search,
development, research and dissemination of relevant knowledge
through structured learning systems.

OUR MISSION

To evolve, develop and deliver dynamic learning systems
to equip professionals with conscience and commitment
to excellence and courage to face business challenges.

THE MET LEAGUE OF COLLEGES
MET
AS SHARP AS YOU CAN GET

FROM THE CHAIRMAN'S DESK



Chhagan Bhujbal
Hon. Founder Chairman
Mumbai Educational Trust

“Our future growth relies on competitiveness and innovation, skills and productivity... and these in turn rely on the education of our people.”

-Julia Gillard

The second decade of the twenty first century has witnessed many changes in both expectation and delivery with interdependent economies influencing one another. India has not merely stood strong in this scenario but has also taken varied steps to prepare itself to embrace the future. One among these has been in the field of education, as only by equipping its youth with the right education can we make the most of its demographic value. Among the major changes that it has implemented in this direction is changing the approach to education from imparting knowledge to equipping learners with the desired skills that will help them tackle the professional world running.

To fulfil the demands of the time, the industry is increasingly focused on combating competition and staying a step ahead of the deadlines. For this, they expect the young professionals entering the job market to be prepared to perform not merely from day one, but from the very moment they join. The training they are willing to impart is largely only in organisational culture and the specific demands of the organisation. The rest, whether technical, analytical or soft skills, they are expected to be equipped with, in addition to knowing the subject. The challenge that educational institutions today face is to create individuals, who 'know' as well as who can 'do'.

We at MET, have always anchored ourselves in the present, learnt from the past and set our sights on the future. Our League of Institutes offers training from KG to PG, through a range of courses, across levels. In delivering these, we have incorporated in our style of teaching and training, the requirements of the industry, offering a range of skills, in addition to keeping our syllabi updated to suit the changing demands of the world of work. Our attempt is to offer students the right blend of knowledge, skills and values to create individuals whom India would be proud of. In that we seek the blessings of the industry and citizens to help us achieve our goal.

विद्या ददाति विनयं विनयाद्याति पात्रताम् ।

पात्रत्वाद्धनमाप्नोति धनाद्धर्मं ततःसुखम् ॥

Meaning -

Knowledge brings humility; from humility comes worthiness; with worthiness one performs dharma; in performing dharma, one becomes happy.

Editorial



Our Children, Generation Next...

The present, added on to some period of time- becomes future. The present plus time is our future. The future is not a continuity of our present world-it can never be. The present world is being handled, destroyed and created through this given period of time, and what remains will be the future world- good or bad, created or destroyed.

This future design may not come in our own life time, as it needs a long period of time for the changes to come. Change it will, but what kind of change is determined by the growing generation. Therefore, we must strive now to mould our children to think correctly, to judge rightly, and be heroic to live up to their convictions.

Our first edition of the School Magazine is dedicated to our younger generation. It has been very



Vision

To shape responsible learners to contribute to the global community through international mindedness and networking, MRV equips and enhances skillsets, giving you a competitive edge to conquer present and future challenges of the society.

Mission

To evolve and deliver dynamic, structured education systems manifesting experiential learning and intercultural understanding founded on humane values.

Philosophy

‘Cognition begins with our senses, then proceeds to understanding and ends with reason.’

‘Knowledge increases with diffusion and grows by dispersion.’

Along with bricks and mortar, in 2002, the foundation of MRV was laid on the above principles. MRV is a school for life management where students are empowered with the expertise to conquer the present and the future challenges of our society. Here, importance is laid on education with secular values and a world vision.

Our students are exposed to relevant information, dynamic research and learning based methods and strategies. Thus at MRV, we nurture the custodians of our future by imparting to them the supreme wealth of knowledge.

When our students set out into the world, they are not only armed with the strength of upright character but also have the ability to make a positive difference.



Mrs. Kavita Sanghavi

Principal's Desk...

Perfect Balance

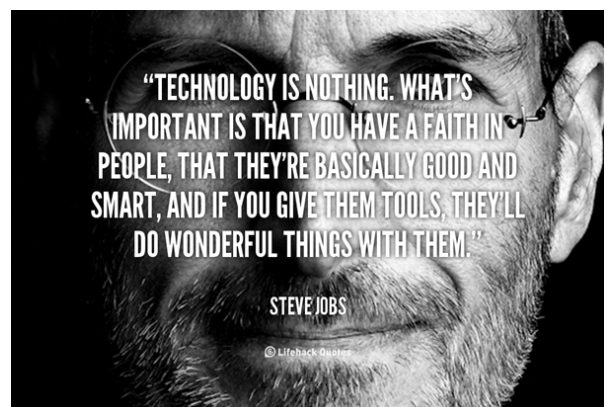
Technology and Communication

In today's world, technology plays a crucial role in our daily lives. In fact for most, it governs our routines be it waking up to our mobile alarms, watch e-news while sipping tea, rushing to office to resume work on laptops, on catching up to all latest updates of our near and dear ones through Whatsapp, Skype, Twitter, Face book or Instagram. It has enhanced levels of communication, broken knowledge barriers, developed unique skill sets and given 'living' a new meaning. Our work has become easier and in education students have access to every subject, every event, and every individual at the tips of their finger. Thus we wish to believe it has bridged our differences, brought us closer and created a global village.

But has it? How many of us truly know and understand the other? How many spend time with their children without their mobile? How many take the effort to visit one another at their homes? How many monitor their child's posts on the web? How many can survive without their gadgets for a week?

Technology without dependence makes us the master of our lives. Technology governing us makes us servants. We need technology to progress and we should take advantage of it but at the same time we need to keep a balance so as to give our best to our loved ones.

In fact Mr. Steve Jobs who spent his life creating one



Celebrations For IGCSE Batch 2016!

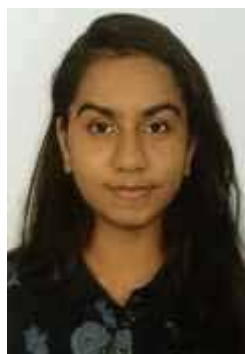
IGCSE Results :

It was a proud moment when the results were declared .The air was jubilant with welcoming joy and proud .The students and teachers have put in immense efforts to produce these results .

1st Rank Vartika Singhai

2nd Rank Kabeer Mehta

3rd Rank Dhairya Umrana



Vartika Singhai



Kabeer Mehta



Dhairya Umrana

The overall results were heartening .The following students secured an A* and A

Name	Subject	Grade	Name	Subject	Grade
Vartika Singhai	English	A*	Sera Basu	Chemistry	A
Kabeer Mehta	English	A*	Archita Deshpande	Physics	A*
Yashaa Sareen	English	A	Arjun Shah	Economics	A*
Sera Basu	English	A	Vartika Singhai	Economics	A*
Vartika Singhai	Mathematics	A*	Sarthak Gupta	Economics	A*
Kabeer Mehta	Mathematics	A*	Kabeer Mehta	Economics	A*
Shivali Kotian	Mathematics	A*	Dhairya Umrana	Economics	A*
Dhairya Umrana	Mathematics	A*	Sera Basu	Economics	A
Ushmi Shah	Mathematics	A*	Dhruv Talreja	Economics	A
Arjun Shah	Mathematics	A	Mallika Baikerikar	Economics	A
Dhruv Talreja	Mathematics	A	Shivali Kotian	Economics	A
Sarthak Gupta	Mathematics	A	Ushmi Shah	Economics	A
Sera Basu	Mathematics	A	Sera Basu	Biology	A*
Archita Deshpande	Hindi	A	Vartika Singhai	Biology	A*
Dhruv Talreja	Hindi	A	Kabeer Mehta	Biology	A
Pranit Chandrana	Hindi	A	Arjun Shah	Biology	A
Sarthak Gupta	Hindi	A	Dhairya Umrana	Biology	A
Shivali Kotian	Hindi	A	Dhruv Talreja	Biology	A
Yashaa Sareen	Hindi	A	Sarthak Gupta	Biology	A
Vartika Singhai	Hindi	A	Arjun Shah	Physics	A*
Sera Basu	Hindi	A	Dhairya Umrana	Physics	A*
Ushmi Shah	Biology	A	Kabeer Mehta	Physics	A*
Arjun Shah	Chemistry	A*	Vartika Singhai	Physics	A*
Dhairya Umrana	Chemistry	A*	Sarthak Gupta	Physics	A
Kabeer Mehta	Chemistry	A*	Ushmi Shah	Physics	A
Vartika Singhai	Chemistry	A*	Shivali Kotian	Physics	A
Archita Deshpande	Chemistry	A	Dhruv Talreja	Physics	A
Dhruv Talreja	Chemistry	A	Ushmi Shah	Physics	A
Sarthak Gupta	Chemistry	A	Sera Basu	Physics	A

MRV Staff

**“Education is simply the soul of a society
as it passes from one generation to another”**

-By Gilbert K. Chesterton.

The staff of MRV is the backbone of the school which constantly is at work to create global citizens.

Pre-Primary Staff



Primary and Secondary Staff



Co Curricular Staff



Administration Department Staff



Ancillary Staff





global Perspectives - at MRV

We at MRV are proud to be part of an exclusive group of schools around the world that provides students with a platform to showcase their skills.

The introduction of Global Perspectives as a subject at Primary/Secondary 1 and IGCSE is a step towards developing the overall personality of students thereby equipping them with 21st century skills needed to succeed in the world today.

We began this journey in June 2016 and since then, there has been no looking back. The year began with an introduction of the subject to parents and students through various games, debates and presentations.

Once students had grasped the ideology behind skill building and the understanding of the 6 key skills, they were exposed to various challenges. These Challenges forced them to move beyond the 'I and me' and move towards a local and later global world view. The Challenges encompass a wide range of

topics and expose students to important issues around the world such as Tradition, Culture and Identity, Belief Systems, Countries- Rich and Poor, Communication Over the Ages, Human Rights, Conflict and Peace etc. These not only focus on skill development but allow for collaboration and integration with students of other grades as well as with other subjects and co- curricular activities.

To review our efforts in the newly introduced subject, we were visited by Mr. Paul Bullen Smith, the Head of Global Perspectives Programme at Cambridge, UK and Mr. Vinayak Sudhakar, CIE, Senior Manager, Central India, on 7th February, 2017. Glimpses of students' work were displayed for the guests to get an overview of our ongoing Global Perspectives Challenges. The students took this opportunity to talk to Mr. Smith about their understanding of the subject. Mr, Smith and Mr. Sudhakar interacted with our students and teachers regarding the subject and congratulated us for our integrated efforts.



The Chosen Ones

Investiture Ceremony

After days of campaigning, sticking posters and convincing their house members that they were the worthy house captains, the candidates were finally chosen. Assembled in the Convention Centre were colours of green(Tagore), yellow(Gandhi) blue(Ashoka) and red(Shivaji). All huddled in anticipation, waiting for the moment their house would gain a guide, a leader, to lead them to success and help them hop over huddles.

The house captains, Divij Doshi for Tagore, Kaushek Halder for Gandhi, Nitai Kodkani for Ashoka and Aditya Patil for Shivaji stood in front of the entire student body and pledged to do their duty religiously, making determined promises to lead their house to success, to shine bright among the rest.

Yes, the other candidates had worked hard too and were disappointed. They didn't jeer, no solemn faces were seen. Instead, they accepted defeat and learned to accept that perhaps the chosen ones were better suited.

After the Investiture Ceremony, the captains got their photos clicked with the respected Principal and Trustees, standing alongside their proud parents. At the end of the ceremony, the house captains escorted the students back to their

respected classes as they too headed back to their classes, their "house captain" badges gleaming in the light, smiles plastered on their faces,



*Reaching for the horizon, heads held high,
Memorizing speeches, as the minutes tick by,
Hands on their hearts, pledging to their best,
With their bright sashes on, smiling at the rest.*

*Some who lost, now stand in the crowd,
But their cheers are heard, clear and loud.
for they know, the others have worked hard,
fairly they all have played their cards.*

*At the end of the day, united they stand,
Supporting their house, hand in hand.*

Beaming with Wit and Wisdom at BEAMS



Being Enthusiastic about Maths and Science- BEAMS is a proud initiative of MRV, where we encourage our students to experiment, collaborate, research, present and have fun!

The theme for BEAMS was 'Terra Mater 360°'. Students were encouraged and nudged to look at Mother Earth from every angle they could imagine. We added nuances of languages and Social Studies to our BEAMS this year and thereby created bridges across subjects. Such understanding of science from historic and geographical perspective will make our students global citizens.



BEAMS was conducted for a fortnight and the culmination was held on 7th and 8th July, 2016. Our students exhibited their scientific findings and understanding to their fellow students, parents, teachers and the Honourable guests - Dr R.V. Reddy of Indian Institute of Geo magnetism and Mr Babu Gonde of BARC.



Dr R.V. Reddy talked to our students about need to study Geomagnetism and made us proud of the fact that India is the leading researcher in this area. Mr Babu Gonde held us in wonder when he talked to us about biomimicry and made a point that much of our scientific advancement is inspired by nature.

Keeping 'Save Earth' as the pith of all the projects, students from Gr I to Gr X were equipped with a bag of ideas that amused ,entertained and perhaps educated all our visitors. Class decorations, charts,



Towards The Prestigious International School Award ...



The British Council's International School Award and the journey to achieve it has been a milestone for MET Rishikul Vidyalaya.

Firstly drafting of the action plan required meticulous planning and a lot of inter department collaboration. We worked diligently to ensure all subject strands and sections were tapped upon with an International dimension.

We began the execution of our action plan with full vigor by celebrating International Yoga Day on 21st June 2016 which was also the induction of our first activity thus plunging into the entire ISA experience. Conducting these activities though they were integrated with the curriculum along with regular features of school life such as assessments, events such as sports days was challenging at times but the process and product were worth all the efforts.

Our second activity –Terra Mater 360(BEAMS-Being Enthusiastic about Math and Science), an annual event in the School for last 6 years was acknowledged by the international community on 6th August 2016, MRV won the award at World Education Summit for Innovation in Science, English, Math and Language in Education at New Delhi, India. This award lifted our spirits really high to take it further. The third activity executed in economics , helped the students to understand different perspectives which students have about standard of living. A talk on human rights for activity four gave a different exposure to our students. The remaining activities in the Primary and Pre-Primary sections were fulfilled and exciting.

The theme for our Treasure Trove emphasized on Folk Tales from across the world. Students of the primary grades put up individual and group

performances. Our first performance was an individual display of talent where each child was given an opportunity to talk on the character he portrayed. Equally exciting was the group performance by students of primary section focusing on culture and language across the world.

Among the stories enacted were, a New Zealand folk tale based on the Maori culture, and a Chinese folk tale based on wisdom and family values. It was an extravaganza of costume, make up, music, dance and powerful enactments. The French play had powerful performances and was based on friendship between humans and animals.





Foodrenzied Fundraiser!

Canteen Day

It's safe to say that the fundraiser for our blooming enterprise has been a 'succulent success!' As the bellies bloated so did our sack of funds!

The food festive fundraiser can be sportingly called a 'carnival of contrast'. Eastern cuisines, western cuisines and western cuisines with a “desi tadka”(eastern twist) too were being prepared and set up by our very own students. It was a sight that would definitely tingle your taste buds and make your chests swell with pride.

As the aroma of spice mixed with money drifted by, we were engulfed by the intoxicating and reassuring smell of success.

As we mentioned before, we give back more than we take and we did it yet again. Not only did our stomachs and money bags fill but so did our compost bins. We have quite literally taken the term 'recycling' out of our dictionaries and imbibed it into our habits. Sure, this would have been a tedious task; to segregate the waste into dry and wet but our ever thoughtful operations team organized it into two bins where you could easily toss it all.

This enterprise is such a huge part of our school; helping us learn more and more every day. This



Teachers Day



The amazing PTA of our school had arranged a session where the students performed and appreciated our lovely teachers for their remarkable work. The teachers enjoyed playing games and had a delicious feast that couldn't be forgotten. Moreover the school treated the teachers to a sumptuous buffet at the 'Bombay Barbeque'. It was an occasion that made the

Christmas Fun



The students and the teachers enjoyed and appreciated the arrangements done by the PTA for the Christmas celebration. There was a fun fair that had various games that were loved by all the students. The goodies given by the PTA was a memorable event.

Colour And Joy

AT THE MET UTSAV - 2017



At the MET UTSAV , our teacher Ms Yashoda Budhkar commenced the programme with a soulful rendition of the Saraswati Vandana. Our Grade 9 students regaled the audience with a medley of toe-tapping jazz, hip-hop, salsa and contemporary dance forms.

Our teachers participated in the MET Utsav Sports day in various events. The MRV house keeping staff were winners in the Lagori competition. MRV teachers won the Dodge ball competition as well the Throw ball trophy. It was a great day when MRV teachers clinched



Divided By Nations, United By A Common Goal

From round table congregations to colossal committees, from debating in committees to taking dates to the delegate dance, from clashing in committees to supporting strangers, HMUN had it all. From strangers to enemies to friends, all in a matter of 3 delightful days. Harvard Model United Nations was a learning experience for all! Be it press corps, delegates, faculty advisors or the members of the panel, all went back with something more than they had bargained for.

A contingent of 24 MRV students marched to this prestigious meet to tackle global issues and tried to make the world a better place. Hyderabad was the hub for this conference, the venue being HICC- Hyderabad International Convention Centre. The alumnus of Harvard chaired the committees

This simulation of the United Nations was planned meticulously to the core. In the span of just three days we gained memories, mistakes and lessons that would last a lifetimes.

*We are the children, the leaders of tomorrow,
To stand strong, each other's help we borrow.
Voicing our opinions clear and loud,
Shining bright even amidst the crowd.*



Sweat ! Trial ! Tears !

Annual Sports Day

3rd February, 2017 was a day of skill, sweat and victory! It was our Annual Sports Day when our four houses Shivaji, Tagore, Gandhi and Ashoka keenly fought to be the best House in Sports. The theme of the Sports Day was, 'A tribute to Indian Sport Stars.' The day began with the arrival of our Chief Guest, Mr. Mangiresh Palekar an eminent badminton player accompanied by our respected Trustees and our Principal.

Our meet began with a synchronised March past and salute. The school band looked dashing in their uniforms as they played the marching tune. The traditional lighting of the sacred torch was done by our District and National level winners in Archery and Skating. Our students from Grades 7-9 put up a

spectacular display of rhythm and exercises as well as a dance drama on various Indian Sports accompanied by a stirring narration on the ancient roots of traditional Indian Sport like Kho-kho, Kabbadi and Archery.

Our mascot RISH a symbol of courage, skill and agility encouraged the participants through out the day. Grades 5-6 put up a controlled yoga display which enthralled everyone. Grade 1 -2 put up a very enthusiastic and harmonious Gymnastic performance. We all took away a lesson by watching our young children with all their zeal showcasing self-defence and martial skills.

The displays were followed by fun races after





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Master Stroke



Arnav Narayan Grade I



Akiva Barrett Grade IV



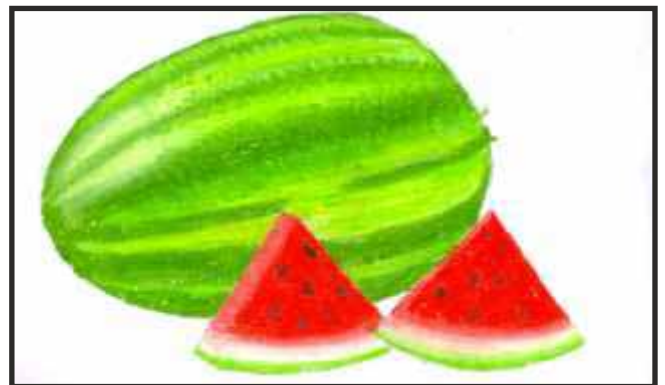
Reya Shah Grade II



Suhani Goyal Grade III



*Sanchay
Gadia
Grade VII*



Vyomi Mehta Grade VII



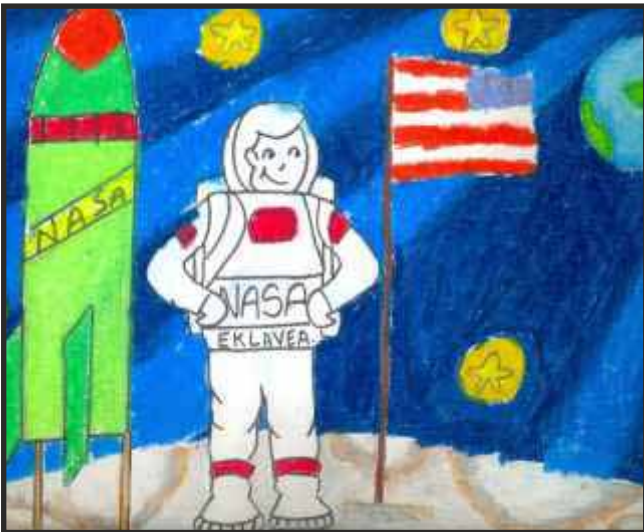
Zoya Damle Grade I



Mansi Gaud Grade VIII



Soumyaa Shah Grade VII



Eklavea Shah Grade IV



Avinesh Kane Grade II

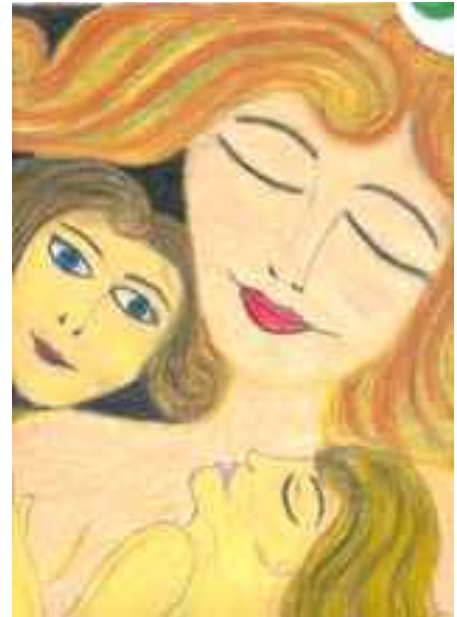
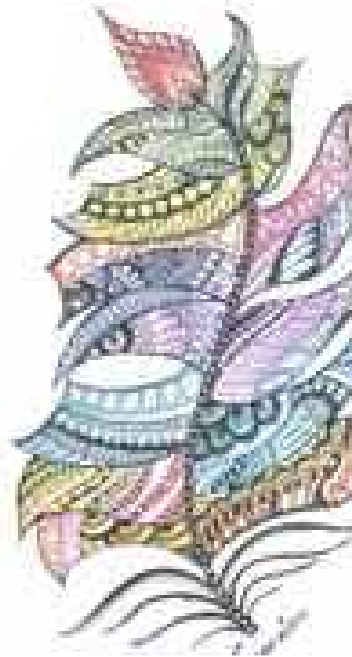


Dia Gada Grade IV



Prutha Sardar Grade V

ART COMPETITION



An Art competition was conducted for our lovely teachers and enthusiastic parents. The topic of the completion for teachers was:

1. Tattoo
2. Cartooning
3. My school days memories

The winners were:

1. Ms. Amanda Sampey
2. Mr. Haresh Helekar
3. Mr. Mahesh Punjabi

The topic of the competition for parents was:

1. Tattoo
2. My child and I
3. My world after 20 years

The winners were:

1. Ms. Shilpa Shroff (mother of Swar Shroff
Grade III Emerald)
2. Ms. Radhika Kamdar (mother of Reya
IV Emerald and Arhaan VI Ruby)

Republic Day



The day of honour, the republic day began with the flag hoisting by our guest. The MET students sung songs and were rewarded by the Chief Guest. Like every year, on this republic day, the MET Gaurav and MET Ratna awards were given to the students of MET and MRV for their



Green Mela

Entrepreneurs In The Making

Throughout 2016, young people from around the globe had their entrepreneurial skills put to the test by the **School Enterprise Challenge**. Students were challenged to pioneer real school businesses to generate extra income for their school, giving them the chance to gain hands-on experience of running a real business and develop 21st century skills that will help them in life and in work.

In 2016, more than 5,000 schools from over 100 countries benefited from taking part in the School Enterprise Challenge and **MET Rishikul Vidyalaya** was chosen as the **Business Growth Winner, Stage Two** by their expert panel of International judges.

MET Rishikul Vidyalaya is leading the way in **India** with an innovative and sustainable school business, named **MRV GreenWorld** which aims at providing green and sustainable solutions with their range of products that include compost, medicinal plants, cleaning enzyme, an informative booklet on medicines and upcycled containers. This venture

h
a



INDEPENDENCE DAY



The day began with the flag hoisting and was followed by a few melodious songs sung by the students of MET. Later Grade VI students performed a beautiful dance that described the importance of women in our lives and raised the thought of the violation of women rights and the girl child. This performance was inspiring and

Adolescence and It's Challenges

Not only does the definition of adolescence change from culture to culture but also from one sub-culture to another. In India, with its spectrum of cultures and plethora of sub cultures the word 'adolescence' assumes a greater complexity. Present teenager, who enjoys a greater affluence and lesser social support, has to face some hitherto unknown challenges. However, some of the challenges have remained the same.

A perfectly sweet ten year old, who has been mom's pet and dad's moppet, transforms into a cranky, back-chatting drama queen in matter of days; a teenager is suddenly preoccupied with physical appearance. Some children may stop eating healthy because they consider themselves “too fat” while others may demolish scoops of harmful “whey” to bulk up while some children ask “uncomfortable” questions that are dubbed as 'dirty' and the list continues. All is not due to bad friends or television or net. Most of it is the work of hormones that trigger challenging changes.

Biological Challenges

A defining change in an individual's life – puberty - takes place during the teens. Appearance and body chemistry undergo tremendous change. Physical appearance begins to matter. The challenge here is mainly to deal with -

- inability to comprehend and accept changes due to lack of information, extreme shyness or misplaced guilt
- anxiety and dissatisfaction over rate of changing appearance

These challenges have to be dealt by arming our adolescents with information during the pre –adolescent stage. Parents need to answer the entire question that a child has asked honestly and with “clinical' evidence rather than asking the child to shut up.

Cognitive Challenges

Piaget's theory of Cognitive Development believes that adolescence is the time when individuals proceed from “concrete operations” to “formal operations”. They are ready to deal with ideas,

concepts and abstract theories and need a greater degree of independence. Very often, we find adolescents making errors of judgement while using the newly acquired knowledge and information. The challenge is as much for adolescents as for the parents and teachers. Children need to be guided without being 'mentored'. A friend is more important than 'family' at this stage. Need to prove to the world often results in a bravado that harms even the people around the child. We often hear of an adolescent gone astray due to company or on the other hand, witness the emergence of a great personality in making. Challenges are many and coping strategies few. Some of the challenges are-

- failing to find an outlet for a need of questioning and analysis
- making mistakes in judgement while choosing friends or activities.
- being exploited by disruptive forces
- being dragged into self-injurious activities
- extreme ego – centricity and self-consciousness

Yet this is the time to learn through mistakes and building confidence to face life. What often works best is unconditional love that treats adolescents as adults but consider them children. Parents need to be patient and 'sit out' the turbulent years.

Psychological Challenges

Adolescents find that adults seem to change rules too quickly or too slowly. This is due to individuation -a process involving development of relative independence from family relationships, weakening of ties to objects and people who were previously important and an individual's need to assume a functional role in society. Psychological challenges that adolescent's face during these years of self-discovery are-

- Self-doubt, Lack of confidence
- Need to establish oneself in an independent functional role leading to stress and anxiety
- Pressure to modulate behaviour to socially accepted norms
- inability to control mood swings and angry outbursts
- decreased tolerance for change.

All adults know that a vast majority sails through the turbulent adolescence successfully to lead a happy life. Yet we must seek immediate and effective action if we notice these-

- falling grades
- violence against other persons or animals
- refusal to interact with family or people whom

Ms. Snehalata Desai



CHEMISTRY

Separation techniques:- As per the recent curriculum there is an increased importance on hydrocarbons, their production, uses as fuels and as the raw materials for making plastics, and the environmental impacts linked to them. Fractional distillation is the starting point for the further study of hydrocarbons, and it is therefore of great importance that students understand this momentous industrial process.

Industrial fractional distillation is a large-scale continuous process which separates the complex mixture of hydrocarbons in crude oil into groups of chemicals with similar boiling points.

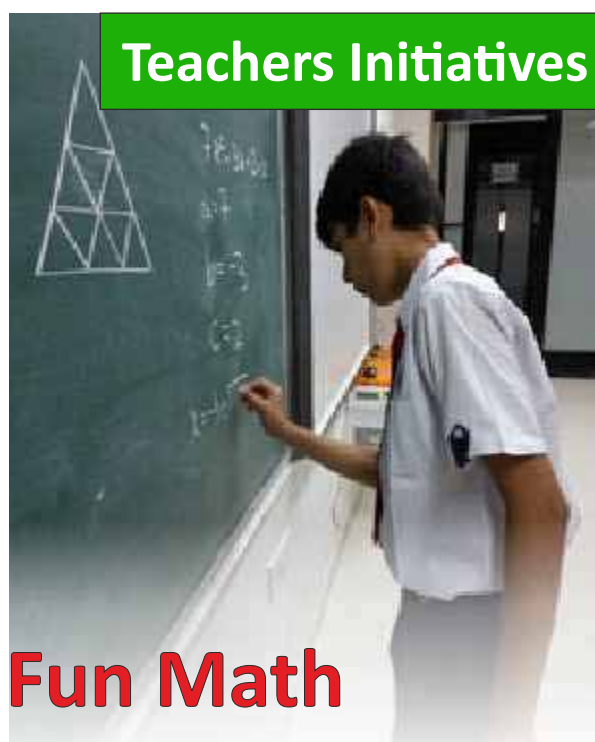
This session helped students to understand the process of fractional distillation in the context of crude oil distillation.

They followed the temperature changes as the liquids are distilled, and investigated the composition of the fractions collected during the process.

Then they learned about the application of fractional distillation to separating the complex mixtures such as ethanol in water and other chemicals.

As an extension activity, students could draw and label a diagram of the laboratory apparatus used for fractional distillation. It was good fun to get a student to check the reading that appeared on the thermometer scale, as this increased the interaction

- by Vibhuti Dubey.



Fun Math

“Learning gives creativity, Creativity leads to thinking, Thinking provides knowledge, Knowledge makes you great.”

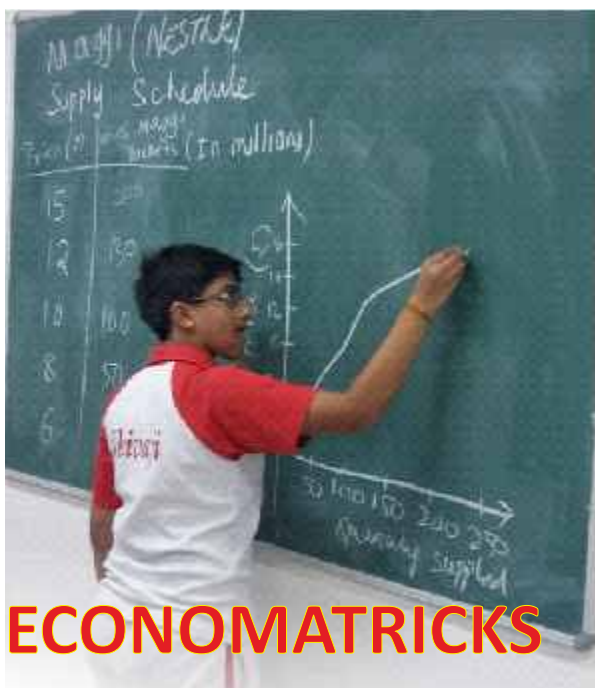
“We at MRV, believe that students are engaged in different learning process. In extension to this learning, students of Grade IX were given an exposure to a new learning strategy “Tarsia” to solve quadratic equation. Tarsia helps in creating wide range of jig saw puzzles, dominoes, etc.

Learners were divided in five groups of five each and given cut outs of shapes.

They were jumbled and then students were asked to rearrange the same shape. Not only did the students learn to solve them but also showed high accuracy when it was timed. This helped in developing their knowledge, skills like collaboration, critical



- Mr. Mahesh Punjabi



Our students of grade 8 show a keen interest in Economics. Ms Reshma Shaikh initiated an interesting lesson on Demand and Supply.

The objectives were :

- Relationship between Price and Demand
- Relationship between Price and Supply
- Slope of curves
- Movement along the curves

The students interacted with the canteen staff, studied the prices and the demand for canteen products and came up with a Demand and Price schedule. This was then presented in form of a Demand-Supply curve. This research was conducted in the form of surveys.

It was fascinating to note the schedule and curve the students created for their favourite snack, "Maggi Noodles."

The highlight of this programme was the problem posed to them:



- Ms Reshma Shaikh

Teachers Initiatives



Interactive Math

**"Tell me and I forget,
teach me and I may remember,
involve me and I learn."**

- Benjamin Franklin

Research shows that compared to other learning strategies, problem solving is the most active strategy of learning. We at MRV, ensure that in every step of learning, our students are completely involved. This enables them to understand the concept more clearly and also improves their decision making ability by exploring different ways to solve the problems. Since Mathematics is considered to be an abstract subject so students are afraid to explore it. At MRV, we use multiple interactive teaching methodologies which help students to enjoy this subject by understanding the application of it rather than just memorising it. Following is an activity done in our math classes.

Equivalent fraction – Grade VII:

Learners were given cut outs of fractions, few fraction cut outs were already displayed on the board and they had to identify equivalent fraction and put it up at a correct place. Two groups were competing with each other. The group that finished the first with maximum correct answer was the winner.

Through



activity they

- by Uzma Shaikh

Teachers Initiatives

University Fair - At MRV

MRV encourages teachers to try different methodologies and creative techniques to enhance the teaching learning process.

Grade IX worked diligently and consistently to put up a University Fair covering Ivy League Colleges namely; Oxford, MIT, Harvard, Yale and Cambridge.

It was the culmination of a month long hard work and was entirely research based. Students dressed formally and effectively communicated to the guests the curriculum and ethos of their colleges. It was a pleasure to note the manner in which the students conducted themselves; quick and alert to reply, substantiating their words with facts and figures. It was astounding to see the professional manner in which the students conducted themselves and the impact was evident from the praises showered on them from the staff and students of the school. The presentations were made through power point

- Ms. Maya Iyer

Techno-Bio

“Teachers need to integrate technology seamlessly into the curriculum instead of viewing it as an add-on, an afterthought, or an event.”

- Heidi-Hayes Jacobs

In MRV, We truly believe in modern teaching so we went ahead and took the first step by changing our pedagogy which embraced technology to make learning more engaging because when students are engaged and interested, that's when learning takes place. Breaking the old tradition of paper pencil test our teachers teaching Science created an online test to evaluate the students of Grade IX on a particular topic. It was a session which kept our students and teachers on their toes. As technology can be a friend and a foe. Students enjoyed the online test and our looking forward to more these tests.

- Ms.Sapna Tiwari Pandey

The ISA journey 2016-17 added a new dimension to my professional growth. As the ISA coordinator, I completed the two mandatory courses from the Schools online website. One of the courses was 'Future for Education' developed by The Education department under the umbrella of University of London run by the Courser learning platform. I passed my course with high grades. In Jan 2017, I received an email from the Courser community which stated that on the basis of my performance and the support provided to fellow learners in the course forums, they provided me with an opportunity to become a Mentor for the learners of this course. I accepted the invitation



-Ms. Reshma Shaikh

Teachers Initiatives



Jurisprudence

Jurisprudence is the science, study and theory of law. It includes principles behind law that make the law... for the English project of Grade IX, students were asked to create a platform where they took on different roles; in which they argued the legislation of euthanasia (physician assisted suicide). Students were grouped into four categories of stake holders who were affected by the legislation of euthanasia. This included: Doctors, Lawyers, Family and the patients who could be subjected to euthanasia.

Each of the groups sent a representative to state their views on the topic. The doctors spoke about how it could be better if euthanasia was legalised as the facilities being used by the patients that cannot be cured could be used for a patient who has better chance of recovery. While the lawyers stated the legal conditions that applied to euthanasia; the family spoke about hope that shines even through the toughest of times. This was also highlighted by the patients. To express the patients words in thoughts:

'We must accept the finite disappointment, but never lose the infinite hope'

-Martin Luther King

The subject was debated deeply. Towards the end the legalisation of euthanasia was accepted under set circumstances.

This jurisprudence was a success and as it is rightly coined:

“There are no secrets to success. It is the result of preparation, hard work and learning from failure.”

-Colin Powell

- Kaushek Haldar Grade IX

The hard work of Grade IX students paid off as they concluded the jurisprudence.



MRV wins at Synergy

‘Science is a way of thinking much more than it is a body of knowledge’ said Carl Sagan, the American astronomer, cosmologist, astrophysicist, astrobiologist, author, science populariser, and science communicator. This is what our students did at Synergy, an annual Science Exhibition which was conducted by MISA on 15th October, 2016 (Saturday). Around 25 schools participated in this event including MET Rishikul Vidyalaya (Bandra).

Our students participated in the interschool competition, wherein they had to conduct science experiments related to any stream (Biology, Physics and Chemistry) with the theme “Science For a Life Changing Experience.” Projects needed to be eco-friendly with sustainable ideas based on scientific principles. The project was divided into Junior and Senior category.

Our students showcased their creativity and a rare grasp of the intricate principles of physics. They highlighted with clearly the green cause in a USB fan, a vacuum cleaner and a mini projector from e- waste. Our little scientists fascinated the judges who couldn’t help but ask for more from our geniuses. We accept proudly that our students are not only self-motivated but also sincere, innovative and confident.

Our students made us proud by winning First Prize in the senior category for Resource Management: Innovative techniques that will



Inter-house COMPETITIONS

The inter house debate competition for English was keenly contested by the participants of the four Houses in form of a panel debate. It was a pleasure to hear the young speakers debate in a very serious forum. The Tagore House was adjudged the best house in both- the juniors and seniors category.

The inter house debate competition for Hindi was intriguing as participating students debated in chaste Hindi and put forth their views effectively on the panel. The discussion was both well researched and effective. The Tagore House was adjudged the winning house in the senior category and Gandhi house in the junior category.

There was excitement in the school as there was an inter house video competition announced which had the children working frenziedly to create a winning entry. The topic the students had to work on was 'Silence Speaks'. The students proved to be very creative and expressed their thoughts through their short films. The Shivaji House of Grade IX was judged the best short film followed by the



Scouts Camp 2017



The students of MET Rishikul Vidyalaya embarked their journey on 3 March , 2017 to the Scouts Camp in Pune. Upon reaching, the students were instructed and explained the rules and whistle signs by their scout master.

The training began after an hour of breakfast and rest. The students assembled in their patrols where they were taught the essential code of conduct for a scout and guide, after which they learned various knots. They feasted on lunch which was followed by a swim in the cool pool. They learned marksmanship through archery and pistol shooting.

At night the students were gathered together for star gazing. The Orion and great bear constellations were seen. This starry night was made perfect by a huge campfire, along with songs and skits.

The next day, the students started out early with a trek, along the way they learned and implemented the scout signs and signals. They also hoisted the flag. Breakfast was followed by adventure activities such as commando, burma bridge, rope cycling and flying fox. After lunch and the award ceremony the



**“I hope many boys and girls
will get to have
this same kind of
experience because that’s what
scouts and guides do:
they go on adventures and
make memories for ever.”**

- by Baden Powell

PERFECT TOGETHERNESS!

School Excursions!!



Grade IV went for an interesting and historical trip to Raigad and Pratapgad fort. Both the forts were strategic vantage points during the Maratha rule. The Raigad fort particularly is known for being the spot where Shivaji, the Maratha leader was coronated. The most incredible sight from the Raigad fort was from where you could see the beautiful expanse of the Sahayadri. The students explored the temple dedicated to lord Mahadev, the Afzal tower and the lush green trees around. It was a memorable trip indeed.

The students of **Grade V** visited Jaipur and Ranthambhore. The excursion was from 18th December to 23rd December, 2016 to expose students to the geographical and historical aspects of a forest and the life within. The students explored the wildlife through the tiger safari and visited the Ranthambhore fort. The students were taken for an early morning trek through the forest. They also visited the City Palace and Jantar Mantar where they saw different types of sun dials. The students then visited Amer fort and in the evening to Chokhi Dhani, where they enjoyed delicious and variety of Rajasthani food. The trip was a wonderful enriching experience.

The students of **Grade VI** visited the home of the majestic Asiatic Lion – Gir Forest. The excursion was from 18th December to 23rd December, 2016 to expose students to the geographical and historical aspects of a forest and the life within. The students explored the wildlife through a jungle safari. The students were delighted to meet the tribals of Gujarat who performed the tribal dance which the students enthusiastically joined in the dance. The students were taken for an early

morning trek through the forest to gain an in-depth understanding of the wildlife and vegetation. They also visited the Somnath Temple which is known for its innate style of architecture. The students were given the opportunity to travel around in a rather unique vehicle called the “Chakdaa” by the locals, they truly enjoyed this experience. The trip was a wonderful enriching experience which will be engraved in their minds for ever.

Grade VII went to the most beautiful places in India, namely Amritsar, Chandigarh and Shimla. The students of Grade VII got an opportunity to explore the diverse and bountiful nature in its best. Students visited the Golden temple and sought the blessings of the Guru Granth. The Wagah border parade lifted up the spirit of patriotism. The next halt was Chandigarh, the capital of Punjab. A well planned city with beautiful tourist attractions such as Rock Garden – made out of waste, Sukhna Lake where students enjoyed boating and eating the local cuisine.

Next lined up was Shimla – a white snowy region situated in the footsteps of the Himalayan region. Kufri was amazing for nature, adventure sports and shopping

Students interacted with the professional Bhangra dancers and danced with them. Campfire was the time when students showcased their talent in the form of singing, dancing together. Overall an awesome trip that has left memories forever.

Grade VIII and IX visited the scintillating Jodhpur and Jaisalmer and were treated to exquisite sights of palaces and vintage cars. Magic was recreated when camel riding and the sand dunes took on an enchanting hue against the sun set. Not to be missed the intricate designs and carvings on the forts. The highlight of the excursion was the ben



MRV RAILBLAZERS Sports Achievers



Hriday Shah from Grade IV secured second place in under 14 boys Maharashtra Field Compound Round. He is an all-rounder. He has successfully achieved his 6th dan in karate and has



Mitansh Shah from Grade V secured first and second position for State Gymnastic Competition under 10 category. Mitansh is a dedicated and optimistic student who puts serious efforts in sports and



Sia Raut from Grade V secured the first place in Kyorugi Competition in the third International Taekwondo Championship. She is a resilient, focussed student whether in the field of

Vedant Parekh from Grade VIII secured the second position at the 62nd National School Archery Championship with 1999 points under the ministry of youth affairs and sports, Government of India. He



has consistently won laurels in the field of archery over years. We are proud of him !!!



Sitanshu Nisar from Grade VI won a gold medal at the Maharashtra State Free Style Speed Slalom Skating Championship. He is also diligent student who



Fayed Hakim from Grade VIII has been awarded with two gold medals for Fencing Sabre Districts and 1 gold medal for Fencing Sabre States. Fayed successfully balances academics



Yug Moramkar from Grade VIII secured first position under Junior Boys 1000 meters National Ice Skating Championship. He has been the recent Gaurav award winner and has been consistent in winning medals for skating since the past few years. All the very best for your

10th Std Farewell



Grade X – *Adieu!*

We at MET Rishikul Vidyalaya are full of traditions, the tradition of farewell being no exception. The students of Grade IX organized a grand retro themed party for the senior most batch – Grade X.

“Each end has a new beginning.” It was the end of one of the most important chapters for Grade X, it was the beginning of a new journey, a new chapter of life.

We had to make this one memorable and the night of 17th March surely was!

The girls looked no less than goddesses in their gowns and the boys sure did look like gentlemen in their tuxedos.

The excitement in the atmosphere was amplified by music of the 80's and amusing games. The Grade IX boys stole the show with their standup comedy, which got teachers and students both rolling on the floor.

However, the highlight of the evening was the prestigious Mr. and Ms. MRV contest. After three crucial rounds, Mr. and Ms. MRV were crowned. Our School Sports Captain –Shailvi Shah and our



Maldives visit MRV



The Education Minister of Maldives, Dr. Aishath Shiham along with her team of Ministers and Heads of Cambridge University Press visited MRV today. She interacted with the staff, students and management, shared her experiences and gave her inputs and feedback. The entire experience was enthralling as we networked over enhancing quality of education, inculcating life skills in students and initiating teacher exchange programmes.

Today, MRV, is delighted that dignitaries wish to understand our philosophy and offer exchange programmes for students and teacher. This setup will go a long way in empowering our school culture.





Mother Toddler

MET Rishikul Vidyalaya helps babies grow and connect on a deeper note with their Mothers through the Mother Toddler programme. The toddlers are given an exposure to various aspects of learning through concepts, fine and gross motor, music and dance, art and pottery. All these activities are planned keeping the little ones age in mind. Here the mothers and teachers are the guiding force enabling the toddlers to move ahead at their own pace. The year ended on a high note celebrating their graduation day. Parents showcased a wonderful musical display on LOVE.





Play Group



Our toddlers are now independent individuals without their mothers in class. At Rishikul we have a very stimulating and age appropriate environment which is created by our enthusiastic teachers who never fail to surprise the children everyday by decorating the classrooms and dressing up as various characters or even bringing to class the real objects thereby paving the way to experiential learning for our children.



Learning Through Fun - Field Trips

We at MRV believe that visual learning engages students and motivates them to learn, explore and discover. When children learn visually it helps them to learn better, therefore Rishikul conducts a field trip for every concept that is taught in class. Virtual Field Trips in the form of class setups are organized for various topics, it brings out the outside world directly into the classroom.





Celebrations and Festivities

true happiness together...

Celebrations at Rishikul are always a delight to attend. Teachers' team work along with children helps a lot in understanding the monthly Festivals. Rhymes and Birthdays enhance the show. Grandparents and parents look forward to watch and enjoy the performances. Children enact, sing, learn and grow together.

A few celebrations celebrated this year like Navratri was a grand show by Nursery with amazing zeal amongst the children. They danced gracefully with their colorful costumes.

JR KG. Celebrated the 67th **Republic Day** with great enthusiasm and energy. Children dressed up as important politicians and freedom fighters. The highlight of the day was when a child dressed as Mr. Narendra Modi, who came and hoisted the flag!





MRV Sports Day is always the highlight of the year as all the parents get to see how amazing their children are at various Co-curricular activities. The whole school recited the Sports Pledge and took an oath of Sportsmanship with the help of two of our Sr. KG students. The children demonstrated a wide range of displays such as the March Past, Aerobic Drill, Gymnastics, Karate and a spectacular Mix drill which included the use of hooplas, lezim and dumbbells. Our little soldiers marched along to the tunes of the very talented all-girl band.

This year for the very first time our Mother Toddler class participated with us for Sports Day, the babies were exceptional. Each class selected a theme and ran to the end line overcoming the difficult hurdles in between. The themes were as follows, Our Heroes, Save the Earth, The Value of Life and Being a Global Citizen. At Rishikul, all the children are aware that Sports Day is not about competition, it's about physical fitness and learning values like team work and the spirit of sportsmanship.

The students and parents were awe struck when the school mascot 'Rish' was introduced. He entertained all of them to the fullest. Parents along with our students learnt values which they have promised to use in their daily lives.



Gundecha Sports Meet

MRV once again participated in Junior Dronacharya, an inter school sports meet for the children of the Pre-Primary section which was held at Gundecha Education Academy on 16th December 2016. Our children made us proud by participating and winning a medal too.



School Merit Award



Experiential learning has paved the path way for awards at 'MET Rishikul Vidyalaya. ' Every child's journey of learning through experimentation and exploration has been phenomenal. Our MRV Pre-Primary section has received the **India's School Merit Award, 2016**. where in our school is Ranked No.6 in India, No.1 in Maharashtra & Ranked No.1 in Mumbai. Category-'India's Top 10 Montessori' in a survey conducted by Education Today Co.



ISA PROJECT



The International School Award - ISA Programme of British Council is a scheme that support school for nurturing global citizen and thereby enriching teaching and learning. It is a matter of immense pleasure to announce that MRV is connected with the ISA project to give international exposure to the young Rishikulites.

The activities selected by the Pre-Primary section were based on the topics **Wonders Beyond Our Blue Planet and Stay Fitastic Through Sports**. Based on these topics new teaching strategies and different methodologies were introduced in the classes like ABC Reviewing and Graphic Organizers - Compare/contrast matrix and KWLH (*K - Stands for helping students recall what they KNOW about the subject. W - Stands for helping students determine what they WANT to learn. L - Stands for helping students identify what they LEARN. H - Stands for HOW we can learn more from different study materials*). Their word bank was full of new words and sentences when they got the opportunity to elocute and talk about their favorite chosen sports, planets and astronaut through Show And Tell Day and I Express!



Day.

The International School Award (ISA) added a Global dimensional approach to our curriculum, thereby creating activities and persistent stimulus to develop critical thinking, improvising children's imagination and power of observation as we understand they need to explore and experiment in order to have the opportunity for overall development. We strongly believe that ISA has given a platform to our students and teachers as well to exchange ideas, information and experiences and to move towards more reflective teaching and action research.



Hats of to the Graduates



Each year is like a stepping stone for our little stars. Our Senior KG children are excited and curious to enter the next phase of their school life. We celebrated Graduation Day on the 5th of April 2017 with the theme “The Glorious past of India”. Our students were well prepared and trained by their parents and teachers which made them confident speakers. Their ever joyful and happy faces were welcomed by the audience with a round of applause. Looking back at their past year and seeing the milestones they have achieved our graduates were ready to take the next step.



I express Day

As part of their language development Sr. KG. Class teachers conducted the 'I Express! Day', wherein each child gets the opportunity to come on the stage and articulate. Children select a topic from the list given to them and this is what some of them have expressed:-

Hello friends,

We are going for a field trip to space. I have learnt new things which I will share with you all! Mars has running water. Comets are leftovers of our solar system. It will take 800 years to fly to Pluto. Thank you Rishikul for a wonderful fieldtrip.

This is a satellite. It helps to send messages from one part of Earth to another. These kinds of satellite are man-made. Moon is a satellite too but it is a natural satellite.



If I was an Astronaut, I would fly high up in the space and see different planets, moon and stars.



ART and Craft



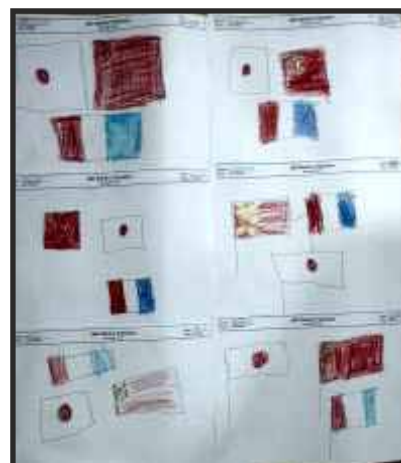
Best Out Of Waste

As children grow up, they have a wide variety of technology to play around with like laptops, games consoles, tablets and mobile phones, meaning sometimes they can miss out on the importance of spending time creating their own crafts. Therefore, it becomes highly important to incorporate art & craft into their life at very young age. Starting with recycled craft ideas is the best way to introduce how to make the best out of unwanted stuff to your kids. This way it will be easier for children to maintain their interest in making crafts for years to come and help save the environment at the same time by encouraging them to create art from waste materials.



Different ideas for painting :

- Sponge
- Stencil
- Bubble wrap
- Toy car wheel impression painting
- Waste Plastic bag painting
- Eye droppers
- Rolling pin
- Kitchen utensils
- Paint with sticks
- Blow paint with straws!
- Painting with marbles



International Food Day

Teachers Initiatives

The Name Game



The children at MRV are very aware about the consequences of wasting food. So, we celebrated International World Food Day in school. It is celebrated every year throughout the world on the 16th of October. This day was founded by the United Nations; the main aim was to eradicate hunger. Our Jr Kg children put up a small skit and a dance in front of the whole school so that everyone can celebrate this day.

Workshops

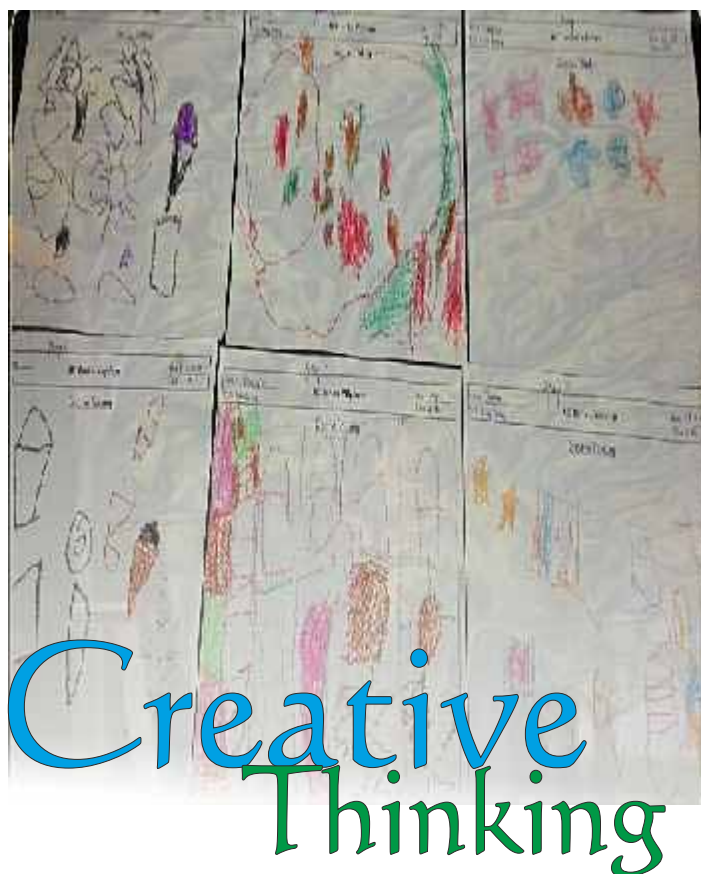
To continuously enhance the knowledge of our teachers here at Rishikul, we conduct various workshops. Teachers also benefitted from the various workshops attended in different schools. These workshops help to broaden their thoughts and increase their creativity. Workshops on phonics, value based puppet shows; storytelling, fun and art were attended by our teachers. These workshops show us the uses and the difficulties commonly noticed with children and adults. It is thought provoking and an eye opener in many ways.

Starting my career at MRV as a class teacher was the most exciting phase of my life. Familiarizing the names of students was a task at the beginning. The name tag assigned to each student in the first week helped me. Soon I began to recall the names with ease. I was also in admiration of the new names I was suddenly exposed to. The common names like Anita Sunita Babita during my schooling days were extinct. I was dealing with a new memory name game like too many Aaravs' or Kabirs'. I had to differentiate them using their surnames. To add this we also had students with similar first and last names causing confusion. So the students had to be called using their father's name which was quite amusing for us

Then the next challenge was the Ahanas, Ananyas and Aanyas where we were reminded by students themselves that my name is Aahana or I am Aanya which left us in splits once again. Over the next few weeks our home work was done we could recall names effortlessly and could write their names on worksheets and books without the name list. Remembering each student's name over the years has given me immense pleasure. Students who have moved ahead to higher grades now often test my memory. And they are extremely happy to hear their correct name.

I try to remember each student by his / her full name across all grades in the Pre Primary. It gives them a sense of individualism. Shouting aloud their names during birthday celebrations along with all the students is something I thoroughly enjoy. Often I am asked by parents how I am able to remember each child by his / her name. My answer is simple most students are able to recall my name so it's the least I can do for our dear students.

- Ms. Anita Mistry



Children are unaware of the incredible natural resource they possess and their boundless creativity. Our MRV children are natural storytellers. The depth of their imagination never stops to amaze me. And yet, our children approach a blank page being apprehensive with a feeling of alarm having nothing to say. Creative Thinking is a memory process which usually happens through visual thinking and this also helps in problem solving for children.

When most of our children set out to write, they aren't thinking about sharing their ideas and stories. More often, they're stressing about letter formation and proper spelling. When I ask our MRV 5 year old SR.Kg children to write, they generally get a little nervous. Many questions keep rolling on their mind that is - "What do I write about?" "What if I can't spell something?" "How many sentences make a story?" However, if I ask them to draw a picture, they immediately put crayon to paper and begin to vent their ideas. As they draw, what they may not realize is that they are telling a story. The pictures that our children draw contain so much meaning. There is so much information within their visual representation. If you were to simply listen to a reading of the book, you'd no doubt hear a great story. However, when you enjoy the story along with the examples, the story is made complete.

One day our MRV children will fall in love with the act of putting pen to paper through their drawing. Until that day comes, I want to inspire their creativity and affirm for them that they are storytellers. I want them (all children!) to know they have something to say.

You can follow this basic process to help your child recognize that his/her drawing is a story, and that he/she is a natural-born storyteller.

1. Talk to your children about their drawings.

Ask questions. Point out details. Encourage them to tell you about their pictures. Here are a few questions to ask:

- Point out the characters
- What are they like?
- What are their names?
- Describe them to me.

Point out the picture that the child has drawn

- What is the name of the character?
- Where is this?
- What is happening in the picture?
- What are the characters doing right now? Why? What do you think will happen next?

Let your children guide this conversation, and respond to what they say. Ask interpretative questions based on their responses. As they talk about their pictures, they are indirectly telling a story, giving you information about main characters, scenes, and the storyline.

2. You just told a story!

Great! You will be amazed to know that your kids are storytellers! Let them know that they just told a story, and praise them for their imaginative ideas. Use this opportunity to build their confidence as storytellers, and to help them understand that they have something to say.

3. Write it down.

If your children are reluctant to write, instead of asking them to write the story, take a dictation, and write or type out the story as they tell it. The point of drawing a story is not to practice writing, but rather to help them practice storytelling and gain confidence in the depth and quality of their ideas. Children who are frustrated with the act of writing, simply struggle to develop ideas, may be they are able to do their own writing. This is also a soothing activity for a child, as this helps the child to express and also we get few glimpses of their mind. If possible, attach the writing to the picture.

4. Read your story.

Your children are readers along with their writing. There is something magical that happens when children read their own writing. Sometimes you can almost see a switch, when they realize, "Wow! I could draw more pictures and we could turn this into a whole Story book!"

5. Share the story.

Let your children share their stories with someone else. Let them read it to another family member or friend. Sharing their ideas and stories with others can be incredible and give them the confidence that they are storytellers.

Instil ideas into your children and encourage them to draw a story with the help of "Creative Thinking".



Anandvan

The Garden of Joy

Pre-Primary Anandvan

This year for our Annual Day we decided to tell our lovely audience a tale with a twist. In this twisted tale Cinderella decides to run away from home and embarks upon a journey making her realise that all that glitters is not gold and hence decides not to marry the proud prince but the humble jam seller instead.

Our Rishikulites showcased their acting, singing, dancing and speaking fluent Sanskrit in a beautiful and talented manner through this drama. Our brilliant instrumentalists and vocalists replicated the legends of Bollywood music. They caught the attention of the audience to such an extent that none of them batted an eyelid throughout the show. At the end of the day the MRVians savored the glory of success once again made possible by the tireless efforts from everyone.



UNLEASHED TALENT

Primary Anandvan

The Anandvan is the most awaited and important event in the school calendar. On 14 December, the school Annual Anandvan was held in the St Andrews auditorium. It was a colourful, zest filled display of drama, dance and music. A culmination of a month long hard work, effort and creativity.

The Primary school children put up a show entitled, “Colours of Life”. It was an extravaganza of light and sound interspersed with spectacular performances by our endearing children. It was a great performance wherein our little performers highlighted the contrasting conflicts between dark and good metaphorically using the seven colours of the rainbow. An ironic concept beautifully enacted and portrayed by our young actors. Enhancing the play was the audio –visual which acted like the back drop. Our melodious musicians and dancers enthralled the audience. It was a performance etched in the hearts which will be a memory for years.





Unloaded Creativity

Secondary Anandvan

coordinated the entire programme were Ms. Lavina and Ms Amanda in the primary section and Ms Yashoda with Ms Carol in the secondary. We also appreciate the student production team who worked around the clock to ensure the smooth functioning of the programme.

We look forward to the Anandvan next year.

The students of the secondary section put up a heart rending play based on the aftermath of the Hiroshima bombing titled, “A Thousand Cranes”. The plight of a young girl fated to die of leukaemia was effectively highlighted. The symbolism of cranes is a ray of hope to survivors of the after effects of radiation. The performance was a Son et Lumiere replete with music and dance. The message of peace and anti-war was loud and clear.

The Honourable Mr. Pankaj Bhujbal the School Trustee lauded the performance and congratulated the Principal Mrs Kavita Sanghvi on the enthralling performance of the students.

The plays were conceptualised and directed by Mr. Jaimini and assisted by Mr Chiraag . The dances were choreographed by Mr. Haresh and Ms. Harshada. Music for the plays was composed by Ms. Paribhasha, Mr Jackson, Mr Sachin, Mr.Kuldeep and Mr Nilesch . The audio-visuals were created by Ms Rekha and Ms Ruth.

The Art work and prop team comprised Mr. Gautam, Mr.Prashant and Mr Amit. The teachers who





Wrath of the Rain

As I sat on the wooden porch of my sail-boat, I noticed cumulonimbus clouds looming over the horizon. They seemed to be coming closer and closer as each second ticked by. The sky darkened as the giant grey wall of death gradually came right above my head. The wind started to howl, the sail furiously moved back and forth as the wind speed increased.

Suddenly, it started raining. The rain drops felt to be falling down at the speed of bullets coming out of a sub-machine gun. Seagulls in the distance moved away from the storm like a “lazy man running away from his responsibilities”. The cool breeze at the start, metamorphosed into a harsh jet of wind hitting my speed boat at the speed of about a hundred kilometers per hour. The waves that gently lapped turned into massive tides crashing down, creating small tremors each time they hit the sides of the boat! Both the forces of nature, wind and water together tilted my heavy sail boat.

I was afraid, my heart was in my mouth and I could hear my vein thumping at the back of my head. A few moments later, I saw a flash! High up in the clouds, illuminating up everything that was visible. However the visibility was not more than fifty feet. It was followed by a roaring thunder which sounded like an atomic bomb going off in the sky! I held onto the mast of

the boat as tightly as I could. In a flick of a second, another lightning bolt penetrated through the dense clouds and forked down at the sea. Just like this, there were many more lightning breeches from the clouds one after the other, followed by continuous deafening thunder. It was like a giant fireworks show...

In my head, I thought to myself that my time had come and today was the day I was about to meet my “Maker”... Helpless, I was caught in the middle of a storm. I could hear the metal utensils inside my boat clangouring, even though I was getting tortured by the rain gods. I was too frightened to let go off the mast. I could taste the salt content of the drops as somehow the water managed to enter my mouth.

The storm seemed interminable. At that very moment I remembered the phrase, 'no smooth sea, makes a good sailor.' I gathered all my courage and decided to face my fears, although one part of me knew that this wasn't a good idea. Let go of the mast, adjusted the sail and placed my hands firmly on the steering wheel. I fought back against the storm. It was an intense battle between man and nature. I did not give up! I stood strong and held my ground till the sky finally cleared out and a beam of sunlight kissed my boat and the tides calmed down...

- Aditya Patil Grade IX



Going Alone

As Jake sat, with popcorn in a hand, Coke in the other, he thought about how great it was, no parents or his annoying brother.

He had turned 13 a week ago; he was a bit too old to play with LEGO. So his dad agreed to his request; but to him it was a very, very important quest. So off he went his head high with pride ready to face all dangers with courage and might (course, he wanted all the spotlight)

He bought his tickets for 10 dollars and 2 dimes; he counted the change a hundred times. Satisfied he bought some snacks calling it the 'movie munch'. His mom told him not to buy any, or he wouldn't be hungry for lunch.

The lights went out and the movie played. His eyes were glued to the screen; he could have sat there until his hair got grey. But amid all the people a watchful eye kept Jake in sight even after many scenes with action, adventure and fight.

The movie finished with a happy ending after the police cracked a case about money lending. Jake left the cinema and walked home, unaware of the person following in a car of her own.

He got back home to find mum gone, he buried his snacks bill in the front lawn. He then came in just in time to find his mum, her face red with anger (note: it's a potential sign of danger).

His mum then bellowed;

“NEVER AGAIN ARE YOU GOING ALONE”.

- Ansh Juthani - Grade VII

Children's Corner



In the enchanting Never Land forests, there lived a beautiful leafy tree named *Loyla*, it grew near the lake.

One autumn day, she realized that her leaves were changing colour, she was losing her chlorophyll!

She was very tensed and she prayed to the forest fairy *Ms. Tinker Bell*, who immediately appeared before her. *Loyla* explained her problem “Dear *Ms. Tinker Bell*, how will I make my food now?” The fairy smiled and called out to her friend *Ms. Fancy*, the butterfly. *Ms. Fancy* and *Ms. Tinker Bell* clarified “Don't worry, you have lost colour because it is autumn and the *Sun God*, visits us for a short while.” “But with *Tinker Bell* by your side, you will never go hungry!” exclaimed *Ms. Fancy*.

Ms. Tinker Bell immediately summoned for *Mr. Algae*, who was a blue green coloured plant which has chlorophyll and it usually grows near water. *Mr. Algae* readily agreed to share his chlorophyll.

Loyla with her roots absorbed the chlorophyll from *Mr. Algae*, some sunlight from *Sun God* and water and hence she made her own food again.

Loyla at last sighed in relief, thanked everyone and she was happy again.

- Muskaan Shah - Grade IV

STILL



She walks further towards the horizon and the blue waves, staring at the orange and purple hue. Could she sit on the horizon perhaps and wait for everything to go still and black? Could she perhaps delve into the depths of the blue and let it take her away, consume her?

She walks again, slowly; her toes digging into the soft sand, leaving her mark. She glances up at the sky, a canvas, noticing how it is split in half, like so many things in this world. On one side she sees the bluish black with scarce stars and on the other, the warm orange on which she supposes she could sit and watch everything end.

The waves wash against her feet, welcoming her to go further, let everything loose. Perhaps, she wants to go and she does. The foam and flecks become thicker and larger, and then she stops and starts gliding. She spreads out her arms and moves her feet forwards, she is flying and a beautiful flyer she is. But, she has to stop, there is something telling her she has to. She is alone now, save for meaningless scarce masses, posing in the flashing light. Should she venture further into this new world? She knows nothing of it. Aah, but that is the beauty. Is she afraid she will be nothing in it or is she afraid she will be everything in it? She is moving backwards, slowly; her toes scraping against the shells and dry sand. The world beyond her is too complex she decides, it can wait, she is too young to understand its beauty and complexity. For now, she wades into the inky blackness, her world, what she so conservatively calls home. She is happy to have merged the worlds, to have the chance to live in both. Yet, she wishes she could sit on the horizon, dance with the stars and wait for everything to go still.



Triffida and Lorax

An amazing story of two strange friends

Triffida was a small happy green plant.

One day, Ceticron, a witch, who was very hungry, passed by it. She thought of eating Triffida.

Ceticron cursed Triffida. "The green colour will leave your leaves forever ! You will die of hunger - with no power to produce food for yourself !"

Next morning, Triffida saw her leaves had turned red ! tried to make food in the sun but could not !

She was hungry ! She did not want to die ! She cried and cried.

Then she prayed to her God Fairy, Tianna for help.

Tianna came and told her that she could not lift the curse, but could help her connect with a friendly tree named Lorax who produced enough food for itself and could let Triffida use some nutrients from its bark !

Tianna used her magic and made Triffida's roots long enough to go and perch on Lorax's strong bark.

Lorax was a very friendly tree

Triffida lived happily with Lorax



Pink Buddha

I was all packed and ready to leave. The thought of a long vacation was exhilarating; more so because I was going to get away from the hustle of the city and get into the serene woods of my coastal Kokan village, my hometown. I was more excited because I was going to meet The Pink Buddha.

Pink Buddha is a banyan tree my great grandfather had planted in our backyard when he was young. I was introduced to her when I was 12 days old, on the day of my naming ceremony. I was offered to her and promised to take care of her for as long as I lived. Everyone from my house worshipped her; she was God to all, but to me. To me she was more like a friend.

I scurried on to my train and settled on a window seat. The cool breeze assured me of a pleasing journey. As I glanced out I couldn't help but notice all the banyan trees along the tracks. Pink Buddha was on my mind, like always. How am I going to greet her? I thought to myself. We were going to meet after thirty long years. I had left the village with my parents, when I was eleven, to never return. I did visit the old house a couple of times in the same year, but then very conveniently got used to the speed of the city. There hasn't been a single day however, when I haven't thought about Pink Buddha.

On reaching the station, my eyes searched for a dark, tall, ponytailed Ratnu, our caretaker. I was cheated. Someone called. Ratnu was pale, hunched and half bald. Of course he has aged! You have too. I told myself before I could feel sad. He welcomed me with a grin of broken teeth and wrinkled enthusiasm. I wondered if the Buddha had wrinkled too.

I quickly got into his archaic jeep and looked around with tired but bright eyes. Something about the winding road was different. My excitement and curiosity must have been quite evident, as Ratnu immediately said, “Rasta ata purvi sarkha kaccha nahi Tai. Paar gharaachya darat jatoy. Gaav badallay purvi sarkha nahi. Paach mintat pochu.” (It's not the same old crude road. The new tar road will directly take you to our doorstep. The village has changed; it's not the same old. We should reach in just five minutes.) 'Only five minutes to meet the Pink Buddha.' I said out loud, couldn't conceal my excitement. I doubt Ratnu heard it because he didn't react. As soon as we reached home, I dumped my bags in the Padvi (a typical Kokani front-yard of a coastal house) and ran to the backyard.

Thousands of candles can be lighted with just one, that's the potential of one. My grandfather used to quote Gautam Buddha whenever we would go out to the backyard and sit under the Banyan tree. With this one tree we have planted thousand other. The carriers of life will take her seeds everywhere and bring happiness to lot more like us, he would say. This Banyan will keep us in the pink of our health. Our thoughts, its grandeur shall always remind us of what we are. We are too small in front of this Banyan tree. It's God! Nature is God. Worship it, bow before it, do your duty towards it. Listening to this lecture of his was a routine. Climbing up the Pink Buddha to read a comic or an age inappropriate book, ignoring granddad's lecture was another routine. I remembered all this like it happened yesterday.

I opened the door to the backyard and it was gone! The Pink Buddha was gone; she was replaced with a cellular network tower. My phone rang, it showed Mom calling 'Call immediately after you reach,' she had instructed me I remembered. Mom I'm going there to rest not stress. Besides there's no good signal in our house. I'll call when I can.' I had told her. The phone kept ringing “Rs. 45,000/- per month. Aani ek mobile phone pun dilay. Photo kadhaycha. Ata kadha masta zadanche photo.” (They're giving Rs. 45000/- per month. Additionally they've also given a smartphone with a good camera. Now enjoy clicking as many photos of trees and whatever you want.) Ratnu said with an excitement he seemed to have borrowed from those forty-five thousand and I heard; helpless; with my strength and honour lost to that same money.

- Ms. Yashodaa Budhkar

An example of a heart felt letter written by our Grade VI student.

To,
The Principal
MET Rishikul Vidyalaya,
Bandra (West).
16th February, 2017

I, Namya Shah, am writing this letter on behalf of all the students of Grade VI Emerald, who firmly believe that, "By giving together, we can make miracles. Who says a few rupees don't go a long way? When thousands of people give a few rupees, amazing things can happen." We want to bring this to life.

UNICEF is an organization that is known around the world for its contribution towards underprivileged children, who don't have the privilege to attain basic education. Next month the organization is coming to Mumbai to spread awareness about the same in different schools and colleges. My aunt is an active member of the organization. She and few of her colleagues are working to raise funds. We would like to plan an event during school hours to raise money for UNICEF.

We request you to grant us the permission to organize the event in school on 1st March 2017. Every class will have its students divided into four groups. Every group has to prepare and sell useful things using organic products. The groups can make anything as long as it is eco-friendly. Healthy eatables are also allowed. Every class will get a chance to buy products, made by the other classes. The product price can range from rupees 20 to rupees 100. As the event is planned with organic products we have decided to name it "Organic Fiesta".

We look forward to a positive reply and are eagerly awaiting our chance 'To be the change we wish to see in the world.'

Namya Shah.
Grade VI
[Roll no. 13]



MIKO

Miko, your new best friend and companion has a brain with loads of heart. You'll be amazed with how much Miko can do - be it giving information on Pangaea or stargazing with you on a brightly lit night. Miko has a wide pool of knowledge for you to enjoy a swim in.

A chatty little genius .

Emotix, the company which built this fascinating little friend had made an earlier version of this robot for kids under 10 years but now they are developing another version for children between 10-15 years. Miko can answer more questions than you ask. He has a small brain with tonnes of information stuffed in it. He'll be extraordinarily happy to share this information with you even before you ask.

With the help of this robot's emotional intelligence, Miko tells if you're happy or sad and acts accordingly to entertain you in the best way possible. It is India's first and only emotionally intelligent robot. It has a special chip which has all emotions and information stored in it. Miko changes and grows with you.

Plays by parents' rules

With Miko's parental dashboard, parents can observe or customize miko whenever and wherever through the app. They can also set and change Miko's settings according to their child's strengths and weaknesses. So, while children enjoy the ride the steering wheel is always in the hands of parents.

Who made you, Miko?

Three college friends, Sneha Vaswani, Chintan Raikar and Prashant Iyengar from IIT Bombay designed and created this awesome gizmo. Their vision was clear, to bring the best technological benefits for Indian kids.

Miko is not just a robot, but an innovative and fun way of teaching this generation's children. Miko will be launched in the Indian market by March 17 2017 for a hair-raising Rs.19,000. But this little jaw dropping teacher-cum-friend might just be worth it as he plays games with you and teaches you a little something everytime. You'll never be bored with Miko around!





Magic Power Package

27th October, my birthday! I woke up a 12 year old boy. I bounced out of the bed and looked at myself in the mirror. My heart jumped out my throat when I saw nothing but the reflection of an empty room. Wait, was I invisible?

Unwillingly, like some force had control over my mind, I said the words “Invisibility over”, and to my utter surprise I was back. Suddenly some messages which I had never heard or seen before rushed through my mind. It was everything I needed to know about the so called magical powers I now possessed and how to use them. It was a dream come true!

At a snap I was ready to go to school. All dressed and washed in the nick of time. “Oh yeah”, I grinned as I thought about my friends' reaction when they'd see this miracle. I was too busy thinking about my powers that I missed the bus. But no worries, I could either turn back time and get on the bus or I could teleport myself to school.

As is said in the movies, playing with time is very tricky so I chose to teleport although I didn't have the slightest idea of how to do it or even if it was included in my 'package'. I stood there and yelled, “Teleport me to school!” But nor did the wind change neither was there a bang of destiny. I dug deep into my mind to find the answer to the impossible question. Then again my hands went in the air and I hopped twice, did a full cart wheel

(which I had never before been able to do) and boom! “At last”, I sighed as I walked through the gates of school.

As I entered the classroom the prayers were being said. Personally, I am never interested in saying the prayers but if I did not respect God then maybe he would take away my powers. I had no time to think about it. I couldn't stand the anxiety. I was curious to know what all I could do with my powers. I was so involved in my thoughts that I didn't hear my class teacher telling me to stop fidgeting with my fingers. I couldn't believe it, I never fidget. Then came the scolding; the everyday speech on what you should do and what you should not. I was not just angry with the teacher, I was furious. I cursed her in my mind. Such a good day, but she was ruining it. I could've disintegrated her or even better, turned her into a mouse. I suppose, I could oppose Gods will, couldn't I? I'm Annsh almighty, my will be done! Or then again maybe not.

First period was French and Ms.Ella never came on time. This was the perfect time to show my new form to the class. One minute could change everything. It all came down to this. Fearlessly, I walked to the front of the class and shouted at the peak of my voice.

“Hey everyone!”, I said and twenty heads turned towards me, twenty pairs of blinking eyes wide open and cautious. Suddenly I lost the nerve; I didn't want to

do this anymore. But my gut said go on.

“Speed up”, said Sabina McCain.

“Come on, what?”, asked Desmond in his funny Mexican tone.

“Okay, okay” I did everything I could that showcased my new powers. I balanced the desk on my little finger and made bottles float in mid-air. My friends were awestruck. Some jaws dropped and some eyes were left unblinking, filling up with water. The last word I heard from my friends that day was “Whoa!” by Rahul Gupta, in his slightly Asian accent.

Fortunately no one told the teachers. Although Ms. Carol, our English teacher from Britain and Ms. Amanda, our new Social Studies teacher from Greece (but she teaches Geography like she's lived in every single country) were an inch away from realising my secret. That's when the memory erase feature was of great help.

The day went well overall. The eye laser printer was really useful because I could finish the whole essay in a second. The surprise test was amazing. Algebra and geometry just came out of nowhere, and my un-prepared

mind was suddenly a computer. I flew back home which is unusual for a 12 year old kid. I even stumbled and fell a few times but self-healing was included in the package.

Suddenly, as I was beginning my final descent I heard a distant sound, like a ringing bell of an alarm clock. In the nick of time I was on my bed. Wait, did the super magical powers include 'Doing things the user wanted to but against his knowledge or will?' Or was it that it was a dream? I tested it by turning on my invisibility and to my amazement it still worked.

It was unlike the stories.

The slate wasn't wiped clean.

I still had the Magic Power Package; the wheels of my mind were churning, edging me on, come on Annsh almighty, what shall we get up to next?

- Annsh Navle - Grade VI

Warped Wonderlands

Drowning in a sea of words,
A spiral of thought,
A fountain-head of inspiration,
The ink dripped from my pen
onto the page below,
Creating but a swirl of blue,
bleeding through the parchment;
The words flowed through swiftly,
and with each scratch of the pen,
The painful moments of my past
twisted and writhed and resisted,
But alas; Were no match for the silent,
watchful writer in my heart .

- Asfiyah Qadri, Grade IX



If I Was A Superhero

If I was a superhero,
What would I do?
I would fly very very high
and have superpowers too!
I would wear a special suit,
And fly to everyone's rescue.
I would help the needy,
And save the earth too!

-Vansh Chhabria - Grade I



Wandering, Wondering and Weeping

One moment I was in the loving warm hug of my mother, the next I was stranded in a crowded train station in an unknown country. The chilly weather dried my tears, making my cheeks a numbing red. I scanned each face, dragging my suitcase almost hastily.

I was small girl of eleven with the suitcase the size of a cupboard. Even though Florence was a beautiful city, with each structure looking like a building of the past, I didn't have time to adore the beauty, I had much greater task at hand-finding my family.

It was my last day in Italy; I was headed for the snowy Alps of Switzerland. For a change, my family had reached the train station rather early, saying this we had plenty of time to frolic around. As the four of us strolled on the streets, alleys, admiring the buildings, we didn't realize that time was slipping by like sand in an hourglass. We raced back to the station only to see my brother who wanted to go the loo.

My mother decided to wander off ahead, to navigate our compartment. Like an obedient pet puppy, I followed her; only, she didn't know I was following. I stubbed my toe on something and tripped. My laces had been untied. I tied a perfect bow and double checked it. As I stood up, a whole new world unveiled around me. I was as lost as a boat in the Bermuda triangle. With no time to waste, I rushed; bumping once or twice into strangers, but that didn't matter. I was in search of a tall sleek figure with

long black hair- my mother. I scanned for each beige skinned face, but none matched my mother. Dragging, an elephant like suitcase behind me I had reached the end of the platform, with still no sight of my mother, I sobbed as my vision blurred and I turned out from the chitter-chatters, the sound of my mother hit my ears. A few mumbles, I had heard her say-10 and 7. Assuming they were compartment numbers, I dragged my suitcase on the granite platform floor, train sirens were on the background. I continued sobbing. The whole situation was rather, foreign faces glaring down at you with a look of pity! Imagine my poor eleven year old self! I wandered, wondered and wept until I came upon a board bearing the number 10. Gasping, the sleeping inside the train, leaning on the suitcase. Inside, the silence and arctic coldness, made my ears pop. My voice echoed in this silence, "Mummy?" With no response, I stepped out the polished white train. It was 11:30 and the train was due 11:45. I raced to number 7 performing the same ritual. This time I didn't sob; rivers of sadness ran down my moist cheeks. Amidst this ocean of people I was merely a lonely drop. As I stood, shocked faces of coated men and women peered at me-some grinning, others dismissing. The train's whistle bellowed; with that I tuned out. Taking a moment, I thought to myself, "was that number 7 or 11?"

With a new sense of confidence and energy, I fragged my black cabinet like suitcase behind. This time the platform seemed like a never ending Road, but it wasn't long before I reached the sign reading 11. I peered inside screaming mummy followed by her name. I almost knew what the outcome would be. This was the third attempt, the last had failed. With a thumbs down and a few mutters in Italian. I stepped back, cried, but didn't lose hope. I couldn't be separated from my family, not one day after my birthday, not ever. I remembered seeing a photo booth near the ticket counter at the beginning of the platform. I dug my pockets for a cent. This was my last chance at finding my family. The fear of losing them was what made me never lose hope. My legs, tired by now, marched shakily ahead. The platform is unending, but the time wasn't. 11 40, read the gilded wall clock. My blurred vision, big black suitcase and a penny in my pocket, I walked and walked.

As I reached the sign fine, I looked out, prayed. Almost as soon I had done that, a familiar shout rung through my ears. I searched the crowd desperately, until the soothing sight of my father, waving his hands vigorously, fell on my tired eyes.

Even though I had lived one of the most clichéd movie scenes of getting lost at a train station, the experience was almost terrifying, but it would make a great story.

- Gauri Kodkani - Grade IX



The Magical Pen

Robert Sanders was being driven to his grandparents' house by his mother.

"Be good and don't mess around," his mother warned. His parents were going shopping for a few hours and he was to stay over there for the time.

"Okay," he said. He quickly got out of the car and rang his grandparent's doorbell. The door opened and his grandfather stood there.

"Come in Robert, come in," he said kindly.

Robert went inside the house to wash his hands. His grandmother was washing dishes in the kitchen.

"Oh, hi Robert!" she said.

"Hi Grandma," he replied. "I'm just going to the attic to explore some more."

"Okay, just come for tea soon," said his grandfather.

He rushed off to the attic, eager to explore some more. As soon as he reached, he spotted a chest he was sure he had not seen before. He went over to it and prised open the lid and peered into it. There was a lot of junk like broken mirrors, torches, coins, pens and books. He examined them carefully. Finally he pulled a blue pen with fake jewels on the cover – or were they real?

He tried to open the pen but it wouldn't budge. He saw one blue parakeet flying outside the window. Absent-mindedly, he twisted the cover of the pen.

Immediately the parakeet stopped flying. 'Huh?' he thought, 'what's this?' He twisted the cover again. The bird continued flying as if nothing happened.

'A time stopper!' he murmured excitedly. 'Wow!'

He took his new pen down to tea. Robert wondered if he should tell his grandparents about this. No, he decided, this can be my secret.

After tea, the doorbell rang. It was his parents.

"Bye! I'll see you later!" he told his grandparents. Then he went back into the car, excited about his new treasure.

Robert used the pen wisely. He didn't use it for any naughty or bad things. Well, except for a couple of times. Once he even saved someone from his class from a snakebite.

His class was going on a school trip to the forest. When they reached there, there was a scream from the back of the group. Robert turned around and saw a girl called Lizzy with a snake wrapped around her ankle. Immediately Robert twisted his pen cap, went over to Lizzy and took the snake away to throw it back into the forest. After everything was back to normal, Lizzy was confused. The teacher told her that she must have imagined it, but she didn't seem too sure.

Robert thought, only he would know now.

One of the times he used it for something naughty was when his class had to write a story for their exam. They had only one minute left and Robert was nowhere near the end. He quickly took out his pen, twisted it and finished his story.

Then he twisted it again and voila!

His story was the one you just read! So he gave his story to the teacher just in time.



His First Movie Alone

As Joe woke up from his bed,
an incredible thought struck his head.
'Why don't I go down and ask Dad
if I can go for a movie alone (It wouldn't be sad)'
So he jogged down the stairs and asked his Dad,
if he could go for a movie alone and
that he wouldn't be bad.

His father considered this for some time,
and answered in the way of a rhyme:
'Fine you may, just this once
if you prove you're not a dunce".
To this Joe readily agreed,
his father's orders he did heed.
Later, again he asked his Dad,
"Now can I or can I not go?
I'm fourteen years of age, you know.
So, of he went for a movie,
But he was careful, for at this he was a newbie.

With joy and interest, he watched the show,
for it was about how life was a hundred years ago.
After he was done with watching,
in his mind he began notching
the important stuff that he saw,
the life, the tools, the food and law.
And he strolled back to his house,

As to a cheese would a mouse.
As he sat down for his dinner,
(He never liked it, he was sure he was getting thinner),
He thought about the first time in his life,
he went for a movie alone, without strife.
And on his bed, when Joe closed his eyes,
his last thought was about how time flies.

- Samuel Barret - Grade VII



Autobiography of soil

I stood firm, still, mighty and strong on a huge hill. On one side, I could see the shimmering blue sea and on the other side I could see wide, barren and land. Above me was the fiery sun, making me look fabulous and shiny!

Being a big and mighty rock, I had always been a popular spot for resting trekkers. I was happy and content, standing strong and proud. Over the years however, I had started to become weak. I looked up at the sky. It was grey, whipping strong winds and unbearable rain at me. I bared this for weeks, standing strong, fighting. But one day, I heard a crack, I felt it travel down my body, breaking me, 'weathering' me into little bits and pieces, scattering me all around.

Slowly I gathered myself together and waited for my new life to begin. It's been years now, I have gotten used to my new life. To be honest, I'm quite happy with my new life, I've made new friends, earthworms, caterpillars and ants. Sure, I may not be big and mighty, but I'm happy, just the way I am!

Sakshi Narke, - Grade V



The last hours of Madame Veuvre

Literature, art and history are synonymous. While studying the unification of Italy and the French revolution; an interesting story emerged on the French aristocracy combining facts and imagination.

She paced the small black room back and forth in anticipation of what was inevitable. For long she had languished here. Born into aristocracy of an Archduchess, she was now reduced to a simple peasant. Those who loved had tried to save her. Her dead husband had attempted a Neapolitan invasion in southern France and lost his life, their pride, and all that they'd built during Napoleons era.

Now, with Napoleon defeated and exiled in the battle of Waterloo, she and her family had to fend for themselves. The republican army had begun advancing into Naples smashing through the Neapolitan forces.

"These ungrateful people have forgotten what our Emperor did for France!!" she cried out loud! But no one would be able to listen to her screams. She wept alone in that cold damp room.

"Napoleon had overthrown despotic governments, liberated people, tried to free neighbouring countries from their tyrants, and what did the people of France give our leader?? Liberator turned tyrant! How dare they say that?! She languished in pain, a pain so deep that only she could feel.

Her thoughts were interrupted by the sound of the key

opening her door. "It's time" the guard announced. Wearing a simple, but elegant white muslin dress she paraded out of the room. As defeated as she was, her walk, though was just as royal as she.

She arrived at the place de Paris where people awaited her death. On that cold afternoon of July 7th 1848 when the whole of Europe had broken into a revolution. She looked up at the sun one last time.

While all those gathered were chanting for death, a young child with his mother waived to her, he blew a kiss to the duchess. "Now, now not all of France hates me" she thought to herself and lowered herself on the guillotine.

- Rishi Prabhudesai. - Grade VII.

THE SUNNY DAY



The sun is high in the sky,

The flower is calling the butterfly.

The bees are busy making honey,

Do you want a cuddle from a bunny?

The eggs have hatched,

The chicks are matched,

Aren't their feathers so funny?

It's a happy day, To play today!

-Siya Khanzode - Grade I



THE **CRAZY** WORLD

Have you ever seen a penguin come to tea
Or have you seen a dinosaur come to me

You will see all of this if you come
with me into a swirl
Which will take us into a crazy world

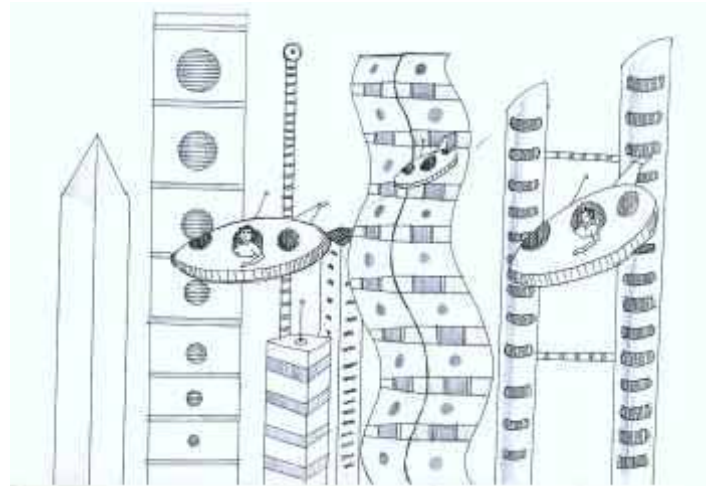
Now don't get psyched out at what you will see
And be aware of the gigantic bee

There you will see a house where
you will have a cup of tea
Who does that house belong to is none other than me

Then we will climb Mount Everest
that will be made of fudge
But don't step on any tiny houses or
the people will hold a grudge

You will have lots of fun
if you come with me into a swirl
Which will take us into the crazy world

-Aarya Kulkarni - Grade VII



THE FUTURE

I have always wondered,
what the future will be like,

Will it have flying cars,
Paired with a flying turnpike?

Will we have found a planet?
With other forms of life,
What will they be like, and
will we have a cause for strife?

Will we be able to teleport,
from one place to another
By sitting in a machine,
making it whirr and purr.

Will we be able, to visit the past,
If so then, the possibilities are vast!

Will we have buildings,
as tall as the eye can see,
How many years would it take to build, maybe
just another three!

This is how I envision, the future to be,
You could think of something else,
this is just me!

- Eshaan Shah - Grade VIII

Best friends



Once upon a time, there lived two friends named Rosy and Alice. One day they both went to the amusement park.

“Hey Alice, let's go on the Ferris wheel”, said Rosy. Alice disagreed about going on the Ferris wheel.

“We will go to the haunted house”, Alice said. “No, we will go to the Ferris wheel.” “HAUNTED HOUSE!”, they bickered back and forth. Finally Rosy said, “I am no more friends with you. You always fight!” “Who fights except you?” Alice retorted. They both were angry.

The teacher came to see them. She was also in the park. “What happened girls?” asked the teacher. “She does not want to go where I want to go”, they said in unison. “Oh, then go one by one”, said the teacher. “We did not think of it”, Alice said. Let us not go to either of our choices”, said Rosy. “CUPS AND SAUCERS!” they both cried. “I'm sorry! Can we be best friends again?” asked Rosy. “Obviously we can”, Alice smiled. They both hugged each other tightly and enjoyed the rest of the day.

- Reya Shah - Grade II-Ruby

I believe

I believe in good things like faith and love,
In hope and kindness and a God up above.
Who watches us every step of our way,
Knowing full well that we'll return to him one day.

I believe that happiness is important as well,
And when you aren't happy dear ones can tell.
Happiness is something so simple and pure,
And there are few things that laughter can't cure.

I believe that people are good and kind,
And they'll surely be found to one who wants to find.
That they'll never abandon you in times of need,
And put righteousness before their greed.

I believe that true beauty comes from within,
As each heart beats with its own unique rhythm.
Beauty is raw, it cannot be forged,
Unlike evil glares it cannot be dodged.

I believe in humanity and people who care,
Who even empty handed feel compelled to share.
Who focus on making the world a better place,
Who don't just want money, no that's not the case.

My beliefs are my core, the contents of my soul,
I don't care 'bout cherry lips and eyes lined with kohl.
My beliefs are endless, they cannot be bound,
My beliefs are what make me, not the other way round.

- Simran Bathija, Grade X,



Mission Chlorophyll

Once in a great forest lived four trees which were really big. They were Kam who was very helpful, Alden who was very talkative, Jorman who was strong and Polin who was smart.

One night a man slept under Kam. The man had the December flu in which you are weak and keep getting tired in a very little while. That night his germs passed on to Kam.

The next day Kam was very weak and was losing his chlorophyll and soon he could not make any food. If he would not get food he would die. With Kam's behavior his friends thought that he had the dember flu.

Polin had an idea that he could send his roots to ask help from Tom the 'Tulsi plant.' Tom agreed at once as he loved curing others and as he was a medicinal plant.

They named the operation 'Mission chlorophyll.' They started the mission next morning. Kam was resting while Alden, Jorman and Polin were helping tom make the antidote by giving him their starch through the roots to make the antidote faster. The antidote was ready after a few hours. Kam sucked it through his roots and felt rejuvenated.

The next morning Kam was again perfect, full of chlorophyll and he could make his own food “A big thank you for making me perfect again” said Kam, “Welcome” said all of them together. They held a party by being awake all night and playing rootstretch in which they see how far can they stretch their roots. Tom was also invited.

- Karanveer Shroff Grade IV



Roads of LIFE

you must know life is full of suspense
so you can never stand on the fence
there are two roads you have to choose
there's no one who's not confused

even I came across many different roads
it felt as if I was cracking various barcodes
my whole career depended on my choice
you are right Tiya said my inner voice

I ignored everyone surrounding me
I wanted to fly away like a free canary
finally, i choose my dangerous way
after knowing my mom almost ate me away

the creativity is alway hidden in you
remembering this I grew and then flew
nobody looked or bothered about me
I realized that I just need the key

the key to accomplishing my success
but still people thought I was useless
later when I touched the top of the sky
a tear of happiness rolled down their eye

- Tiya Padhi Grade VIII



Captain America: Civil War Review

The legends are on a fight to death. It's a war, it's civil war. *Captain America: Civil War* is the best Marvel Studios movie yet. There, we said it. First, and most importantly, it does what the best Marvel films do: juggling multiple characters so each is allowed its moment in a story that pushes forward the series overall continuity, while also forming and concluding its own cogent plot.

So here Scarlet Witch (Elisabeth Olsen) wrestles with the consequences of her immense power; Vision (Paul Bettany) starts getting to grips with being 'human'; Black Widow (Scarlett Johansson) finds herself torn when the battle line is drawn; and supposed retiree Hawkeye (Jeremy Renner) just can't stay out of the fight. Then there are the new recruits: Black Panther (Chadwick Boseman, playing it gravelly and furrow-browed), nimble protector of a secretive African nation who has his own beef with Bucky Barnes a.k.a Winter Soldier; and a quippy kid from Queens (Tom Holland) who crawls up walls in a red-and-blue outfit and can shoot webs at people namely Spiderman. His introduction to the action is resoundingly joyous, the reboot, the character truly deserves. ("I don't know if you've been in a fight before," he's told by Falcon (Sam Wilson; Anthony Mackie) , "but there's not usually this much talk.") Even Paul Rudd's Ant-Man receives more

than a tokenistic cameo, and in technical terms his part is given the film's biggest scene.

Although Captain America three was considered as Avengers two-and-a-half, the plot is more related to the Steve Rogers (Captain America; Chris Evans) and Bucky Barnes(The Winter Soldier; Sebastian Stan). War Machine (Colonel Rhodes; Don Cheadle) is paralyzed due an accidental attack by the Vision and would no more be a part of the avengers. The winter soldier would now be in Wakanda (T'Challa / Black Panther's hometown) to remake his metal arm from Vibranium. And finally Tony and Steve would no more be friends until Avenger's Infinity War Vol.1 releases.

Summing up, I would say that Captain America: Civil War, is a blockbuster sci-fi thriller. With Iron man's weaponry and AI; and Captain America's spirit and friendship, this movie is one of Marvel's best. Although an avenger is lost but three new recruits are gained. No main villain such as Loki, Ultron or Thanos but in itself Civil War is an Epic Movie.

- Krish Veera Grade VIII



'Loved me first'

He was there for me right from the first breath I breathed. Since the day I opened my eyes to this enormous, complex world, he vowed to be my shield, protecting me from anything heart-tending. As he took me in his arms supporting my weak neck, he swore to never let that head drop. As he caressed my tender cheeks, he swore to try his best not to let tears roll down. As he clutched onto my tiny palm, he swore to never let go. And when he saw a smile etching on my face, he swore to never let anybody wipe it away. He is the superhero of my life and I call him 'Dad'.

We are like an indestructible team who always have each other's backs whether it is saving dad from mom's wrath for coming home late or covering up for me when I break any expensive crockery. However, he never let me get away with my mistakes. After every time I did something wrong or unethical, he would make me sit down, make me revise what I had just done and then explain why it was wrong and shouldn't be done again. That's the reason I don't remember the last time he shouted at me. Maybe because he never did!

He taught me to smile always because you're never fully dressed without a smile. He taught me to laugh through my hardships because this problem might not even matter ten years down the lane. He taught me to face my problems on my own because although he said he will always be there for me, he didn't mean fighting my battles for me and that's also how he taught me to be

tough. He taught me to respect myself foremost and then others because only then will the others hold me in high regard. He taught me to forgive others and stand for what's right even if it was difficult. And finally, he taught me to enjoy the little moments in life that I should be thankful for. My dad preached me all the right virtues that I required to be an adept human being.

In the course of all these teachings, there's one important thing that he forgot to teach me and that is to be completely independent. However, although he did teach me to be independent, what he didn't realise was that I had become entirely reliant on him. I can't imagine the day I'll have to leave him to start a new life. How could I live without my superhero? Can he live without me? He is the one who carved me like clay, delicately taking care of each intricate detail. He made me who I am. He is the one who promised to always be there and truly meant it. We've come a long way from where we began and the journey was that of a ship sailing its way through the tempest. The ship has now reached the shore and there we are, standing with grins plastered on our faces and hands intertwined tightly with no intention of leaving. As a conclusion to it all, there is one thing that is like an inscription on a stone, 'He has loved me first, he loves me still, always has and always will!'

-Maithli Salvi Grade IX



Music Review

Lush Life by Zara Larsson

"I live my day as if it was the last,
live my day as if there was no past,
doin' it all night all summer,
doing it the way I wanna"

Lush Life is a fun and upbeat song by Zara Larsson and it is exactly what our summer is looking for. The song is mostly electronic but features delectable guitar riff and sharp bass culminating into one fantastic production. The hand clapping in some parts of the song makes it an even more catchy. Lush life starts out with very few elements but then picks up the pace very quickly. Zara's distinctive vocals put real feeling into the light, simple and summery lyrics of the song. With its unique and catchy tune, its hard not to get up on your feet and start dancing. This song is all about having fun and looking for the good in life.



Scars to your beautiful by Alessia Cara

"And you don't have to change a thing
the world could change its heart. No scars to your
beautiful, we're stars and we're beautiful"

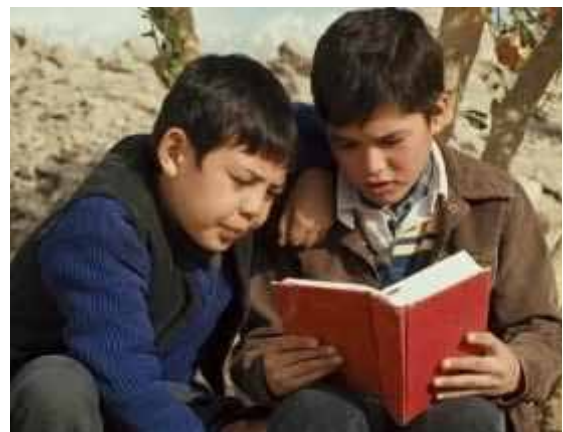
Scars to your beautiful is a song by Alessia Cara for her debut album-Know-it-all. This song is a combination of catchy beats and very powerful lyrics, all while sending an amazing message to people everywhere. It promotes self-love and talks about not being able to see your inner beauty. In recent years we as a society have created these expectations of how people should look and act, this song acts as an anthem of encouragement for this generation's youth, to help them realize that these expectations are just meaningless. These lyrics are real, from heart and truly inspiring. This song is definitely worth listening.

-Shivali Sukhathankar Grade IX



Book Review On Kite Runner By Khaled Hosseini

This is a gripping story of betrayal and redemption. The Kite Runner is a novel that thrills as well as moves the reader. It tells the story of Amir and Hassan, the closest of friends, as well as brothers, and also experts at kite flying. The two young boys live in Kabul, the capital of Afghanistan, and this year they are going to fight harder than ever to win the local kite-fighting tournament- a popular Afghan pastime, and this is Amir's one hope of winning his father's love. Just like the kites battling in the sky, war comes to Afghanistan, and the country becomes an extremely dangerous place. The language is poetic and surpasses all expectations. A must read !!!!!



-Mansi Goud - Grade VIII



Towards GREATER Heights

Mrs Kavita Sanghvi, The Principal, dons many mantles. Not only does she look after the smooth functioning of the school but is also busy raising the bar of pedagogy. Teachers are encouraged to attend workshops and training sessions outside. Yet, a considerable gap remains to be filled. Ms Sanghvi fills this gap through her well planned and thought out in – house workshops exclusively for MRV teachers. This helps every stake holder in the school to scale new heights.

Prezi Workshop-

The teachers were introduced to Prezi which is an interesting computer application to make effective power-point presentations. It will help to make each learning session more impactful.

Re–Thinking Workshop

Ms Sanghvi challenges teachers to think and re think on topics that appear obvious at first but carry a load of intellectual and emotional connotations for the teaching -learning process. The conversation was initiated by a TEDx talk on “The Danger Of A Single Story,” by Chimamanda Adichie . It very quickly transformed to a discussion on the need to understand than to be understood.

The Instructional Core Workshop

This was an intensive programme which spanned across three weeks. Teachers discussed the seven principles of

Instructional Core and debated on the current trends of school curriculum and how one could improvise them to suit the core for the benefit of our students.

Design Thinking Workshop

A strong team makes a strong organisation. Empathy among team members builds a strong team. A workshop on “building by designing” to recreate an environment to cater to the needs of your work partner helped the teachers to understand each others better. The workshop involved laughter and fun that helped to structure appreciation of the innermost emotional needs of a work partner.

Sensitising the Teacher

The teachers were asked to read the novel, Totto-Chan: The Little Girl at the Window written by the Japanese television personality and UNICEF Goodwill Ambassador Tetsuko Kuroyangi. In this children's story (through which adults learn more) the author recalls her childhood in a wonderful school run by an unusual headmaster. After which teachers had to answer a short test based on the story.

The excerpt of the NDTV news interview will prove that Ms Sanghvi's efforts are even noticed at the international level.

Accolades To The Principal Mrs Kavita Sanghvi.

London: A woman Indian physics teacher in the UK, recognised for her experiential method of teaching physics, is among the top 50 contenders from around the world for a global prize of USD one million.

Kavita Sanghvi has been recognised for her experiential method of teaching physics as principal of MET Rishikul Vidyalaya in Mumbai by The Global Teacher Prize 2017.

"For the past few days on receiving the mail and finding my name in the top 50, I have been walking in the clouds, smiling and feeling an immense sense of gratitude towards all for shaping me professionally to develop my strengths and potentials," Mrs Sanghvi said. "This recognition makes me feel truly special and inspires me to enhance my abilities and capabilities further.

The Prize will be a constant reminder to me that I am responsible and accountable to the community towards academic, environment and social development of my

students and teachers," she added.

The Global Teacher Prize, now in its third year, was set up by Indian-origin entrepreneur Sunny Varkey to recognise one exceptional teacher who has made an outstanding contribution to the profession as well as to shine a spotlight on the important role teachers play in society.

This year's top 50 was whittled down from over 20,000 nominations and applications from across 179 countries.

Proud of you, Ms Sanghvi!

Students Enlightenment Week



In order to sensitise the students of the school and create awareness, the ever zealous PTA conducted a series of workshops :

- Anti Bullying
- First Impressions
- 4 C's – Compassion, Communication, Collaboration and Confidence
- Empathy Towards Animals

1. The Anti-bullying session was an interactive one. A group of actors enacted effectively instances of bullying and the traumatic effect they have on the victim .They also encourage children to stand up and admit two being bullied sometime or the other. This session did not seek to advice but urged to pro-act to put an end to this menace in school.

2.Model turned entrepreneur Ms Yukti Kapoor hosted this session with the students about how to project a firm, confident image of themselves. This workshop



covers everything from dressing and handshakes to accent and gait. This workshop surely helped the students to walk a step towards self-confidence.

3.Trading family business advisor; Professor Parimal Merchant advised the students on carrier choices. He inspired the students to draw out the potential within themselves by propagating his model of the four Cs ; Communication, Compassion, Collaboration and Confidence. This session aimed at developing a strong inner will in students.

4.The last session of the week enlightened the students on developing, empathy and compassion towards animals. With the aid of heart wrenching videos the resource person highlighted the torture undergone by poor animals .The students were also made aware of basic first aid tips for treating animal wounds .

This week helped the students to blossom into sensitive, confident and responsible individuals.



नई पीढ़ी - नई सोच

प्रगति की राह पर आगे बढ़ो,
चलते चलो, चलते चलो ।
हम बच्चे ही भारत माँ की शान हैं,
भारत माता पर ये जाँ भी कुर्बान है ।

अष्टाचार मिटाकर काले धन को रोको,
डिजिटल इंडिया के उद्देश्य की सोचो ।
शिक्षा और अनुसन्धान का महत्व समझो,
मंगलयान के आगे देश को पहुँचाओ ।

एक कदम स्वच्छता की ओर जाना है,
नई पीढ़ी को यह मन में ठानना है ।
सफलता की मशाल हाथ में लेते चलो,
चलते चलो, चलते चलो ।

- सिया राउत कक्षा ५ (रूबी)



क्या होगा आप ही सोचो ?

आज हम फोन के आदी हैं,
तो सोचो कल क्या होगा ?
शायद त्योहार स्काईप पर मनाएँ जाएँगे,
ऑपरेशन भी संगणक द्वारा होगा !

अपनों का साथ कैसे मिलेगा?
रिश्तों के टूट जाने का डर
दिल पर हमेशा बैठा रहेगा,
संसार से अपनापन मिट जाएगा ।
अपने ही धरती माँ से दूर ना जाए,
हम अकेले ना हो जाए,
कहीं प्रकृति का सौंदर्य कम ना हो जाए
और क्या होगा आप ही सोचो!!!

- प्रथा.किनी कक्षा ७



“खेल भी ज़रूरी हैं।”

छात्रों के सम्पूर्ण विकास के लिए पढ़ाई के साथ-साथ खेलकूद भी आवश्यक है। अगर छात्र खेलेंगे नहीं तो उनके शरीर का पूरी तरह विकास नहीं हो पाएगा। आजकल के माता-पिता पढ़ाई को ध्यान में रखकर अपने बच्चों को खेलने नहीं देते ऐसे में वे उनका बचपन ही छीन लेते हैं। हमें यह पता होना चाहिए कि खेलने के कितने फायदे हैं। आज हम इन्हीं फायदों को समझने की कोशिश करेंगे -

सामाजिक कौशलों का विकास - खेलते समय बच्चे दूसरे बच्चों से मिलते हैं, उनसे बातचीत करते हैं, जिससे उनके सामाजिक कौशलों का विकास होता है।

मानसिक विकास - खेलने से शरीर का विकास तो होता ही है साथ ही मानसिक विकास भी होता है, जो बच्चों को जल्दी सीखने में सहायता करता है।

टीम वर्क - बच्चों को टीम में रहकर काम करना आता है, वे मिलजुलकर काम करना सीखते हैं।

शारीरिक विकास - खेल व अन्य शारीरिक गतिविधियों से शरीर सुदृढ़ बनता है और मांसपेशियों का विकास होता है। स्वस्थ हड्डियों और मांसपेशियों के लिए बच्चों का किसी न किसी खेल में भाग लेना अतिआवश्यक है।

प्रतिरक्षा (इम्युनिटी) के लिए खेल फायदेमंद - जब बच्चा खेलता है तो उसकी प्रतिरक्षा प्रणाली बढ़ती है। इसके आलावा खुली हवा में साँस लेना भी उसके लिए फायदेमंद है।

खिलाड़ी की भावना - बच्चों को यह बताना चाहिए कि जीत और हार दोनों ही जीवन के हिस्से हैं, इस बात को वह तभी समझता है, जब वह खेले और इन चीज़ों का अनुभव करे।

धैर्य और सहनशीलता - खेलकूद से बच्चों में सहनशीलता बढ़ती है, कई बार देखा गया है कि बच्चा कोई भी काम शुरू करने के कुछ दिन बाद उस से ऊबने लगता है, किन्तु खेलों से वह ये सीखता है कि जब तक खेल खत्म न हो उसे खेलना है, इससे उसमें सहन करने की क्षमता का विकास होता है।

यदि हम खेल को अपने जीवन में शामिल कर लें, तो बहुत सारी समस्याओं का हल निकाला जा सकता है।



रणबीर का सपना

रणबीर एक दस साल का लड़का था। उसे पढ़ाई बहुत पसंद थी और इसीलिए वह हमेशा अपनी कक्षा में प्रथम आता था। ये बात किसी को नहीं पता थी कि रणबीर का एक सपना है कि वह उड़ने वाली गाड़ी में बैठे।

एक दिन वह अपने दोस्तों के साथ लुका-छिपी खेल रहा था तभी उसे झाड़ियों के पीछे से किसी ने खींचा। वह डर के मारे बेहोश हो गया। जब वह उठा तो उसने खुद को टाइम मशीन में बैठा पाया। वह घबराकर बोला - मैं कहाँ हूँ? मेरे दोस्त कहाँ चले गए?

'तुम फ़िक्र मत करो, तुम ठीक हो। मैं तुम्हारा सपना सच करूँगी।' एक रोबोटिक आवाज़ ने कहा।

रणबीर ने फिर से पूछा- "हम कहाँ जा रहे हैं?"

'तुम्हारे सपने को सच करने के लिए।' - रोबोटिक आवाज़ ने कहा।

झप्प करती हुई एक आवाज़ आई और रणबीर की आँखें बंद हो गईं। जब उसकी आँखें खुली तब उसने देखा उसका सपना सच हो गया था। वह उड़ने वाली गाड़ी में बैठा था। वह अपनी आँखों पर यकीन नहीं कर पा रहा था। वहाँ से धरती का नज़ारा देखने लायक था। उसके पास उड़ने वाली गाड़ी थी और उसके चारो तरफ हरियाली ही हरियाली थी। उसे जल्दी ही समझ में आ गया कि वह भविष्य में है और उड़ने वाली गाड़ी एक नई टेक्नोलॉजी थी। रणबीर को बहुत मज़ा आ रहा था। उसे ऐसा लग रहा था मानों वह किसी

विडियो गेम में है। वह बहुत बेचैन था ये सारी बातें अपनी माताजी को बताने के लिए कि उसका सपना सच हो गया है।

उसे गाड़ी में एक स्विच मिला। वह खुशी से उछलते हुए बोला- अरे वाह! ये गाड़ी सिर्फ उड़ती ही नहीं बल्कि बैटरी से चलती भी है। इससे यह धरती को प्रदूषित भी नहीं करेगी और शहरों में भीड़-भाड़ भी नहीं होगी। अचानक उसकी गाड़ी हिलने लगी और कुछ आवाज़ें आने लगीं।

रणबीर उठो, रणबीर उठो ना

वह आँखें मलता हुआ उठता है और पूछता है - मैं कहाँ हूँ? मेरी उड़ने वाली गाड़ी कहाँ है?

बेटा, 'तुम अपने कमरे में हो। खेलते-खेलते तुम बेहोश हो गए थे। तुम्हारे दोस्त तुम्हें यहाँ ले आए' - माँ ने कहा। रणबीर हँसते हुए बोला - 'अच्छा तो ये सब सपना था, लेकिन मुझे बहुत मज़ा आया।'।

ये सुनकर उसके सारे दोस्त ठहाका लगाकर हँसने लगे। रणबीर ने बड़ा मज़ा लेकर अपने सभी दोस्तों को अपने सपने के बारे में बताया। उसने अपने दोस्तों से कहा कि मैंने अपने सपने से सीखा कि हमें भविष्य में अपनी धरती को और सुन्दर बनाना है। इसके साथ ही वे सब दोबारा बाहर खेलने के लिए दौड़ पड़े।

-- संजिनी गाला, कक्षा ५ रूबी

अलग- अलग से रूप हैं सबके, अलग- अलग सी काया,
छोटे- बड़े सभी ने मिलकर, ये परिवार बनाया ।

तौर- तरीके अलग से लगते, शिक्षा फिर भी मज़े से चखते,
इनकी दुनिया अलग अंजानी, हरदम करते ये शैतानी ।

लाल, हरा, नीला और पीला, हर घर है इनका रंगीला,
यहाँ न कोई एक अकेला, साथ मिले तो लगे हैं मेला ।

हिंदी, अंग्रेजी या मराठी, हर भाषा इनको है लुभाती,
गणित, भूगोल या हो इतिहास, अक्ल आना इनका ध्यास ।



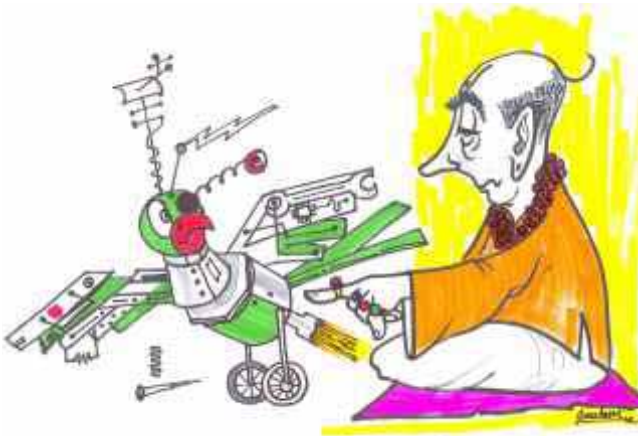
विज्ञान में हैं गुणी और ज्ञानी, कठिनाई कोई भी हो न हो इन्हें परेशानी,
खेलकूद से नहीं ये थकते, दर्द हो कितना पर ये नहीं रुकते ।

ऊँचा, छोटा, मोटा या पतला, हर एक दोस्त घर से जब निकला,
आते सभी बड़ी ही शान से, मिलकर चले सीना ये तान के ।

चाहे परीक्षा हो या प्रतियोगिता, चमके सदा इनकी ये योग्यता,
आप सभी के हैं क्या कहने, एम.आर.वी के आप हैं गहने ।

-हरेश सर

भविष्य



भविष्य टेक्नोलॉजी से भरा होगा,
मौसियाँ रोबोट्स होंगी,
दुकानदार भी रोबोट्स होंगे,
रोबोट्स इमारतें बनायेंगे,
हमारी गाड़ियाँ भी अपनेआप चलेंगी ।
टेक्नोलॉजी इस कदर आगे बढ़ेगी,
कि हमें किताबों की ज़रूरत नहीं पड़ेगी ।
हमें भूख या प्यास लगेगी तो हम,
टेबलेट खाएँगे, और
हमें खाना बनाने की ज़रूरत नहीं पड़ेगी ।
यही होगा हमारा भविष्य,
न होगा दुनिया में प्यार कम ।

क्या हम तैयार हैं ?

स्वच्छ भारत कई भारतवासियों का सपना है, जो बहुत जल्द सच होगा। स्वच्छ भारत मिशन के कारण भारत बदल रहा है। कुछ समय पहले लोग घर का कचरा फेंकने से पहले एक बार भी नहीं सोचते थे, पर अब लोगों की सोच में सुधार आया है। नियम और कानून भी कुछ कड़े हो गए हैं, जिसके चलते कचरा यहाँ-वहाँ फेंकने पर जुर्माना भरना पड़ता है। अब तो सरकार भी शौचालय बनाने में मदद कर रही है, जो गरीब लोगों की आधारभूत ज़रूरतें पूरी करेगा।

भारत के प्रधानमंत्री जी ने अभी कुछ दिन पहले जापान का दौरा किया था, जिसकारण जापान भारत में बुलेट ट्रेन बनाने में सहायता करने के लिए राजी हो गया है। आने वाले दस सालों में भारत में भी बुलेट ट्रेन चलने लगेंगी।

ऑस्ट्रेलिया ने भी भारत को परमाणु ऊर्जा देने का वादा किया है, जिसके लिए वे बहुत जल्दी ५०० टन यूरेनियम भारत पहुँचाने वाले हैं। इस कदम के चलते भारत में परमाणु ऊर्जा की कभी कमी नहीं रहेगी। इसके आलावा भारत कई नए प्रोजेक्ट्स पर काम कर रहा है, जैसे हाईवे, बाँध, फ्लाईओवर आदि जो आने वाले सालों में बन कर तैयार हो जाएँगे।

भारत के विकास की रफ्तार भले ही थोड़ी धीमी हो पर, वह लगातार अपने पथ पर अग्रसर है और एक अच्छे नागरिक होने के नाते हमें अपने देश के विकास में हाथ बँटाना चाहिए।



अगली पीढ़ी

अगली पीढ़ी पूरी तरह से अलग होगी। वह और भी समझदार, स्वतन्त्र और विकसित होगी। शायद तब तक कितनी ही चीज़ें बदल जाएँगी। शायद लोगों के हाथों में आई फ़ोन ७ की जगह आई फ़ोन ५० होगा। लोगों के घरों में कामवाली बाई नहीं रोबोट्स काम करेंगे। गाड़ियाँ जो रास्तों पर चलती हैं, वे आसमानों में उड़ती हुई दिखाई देंगी। पूरा शहर सिर्फ़ और सिर्फ़ इमारतों से ही भरा होगा। माताएँ अपने बच्चों से ये नहीं कहेंगी कि जाकर पढ़ाई करो या फिर नीचे खेलने जाओ बल्कि वे कहेंगी कि जाकर अपने कंप्यूटर पर खेल खेलों। मैं ये नहीं जानती कि अगली पीढ़ी कैसी होगी, पर ये जानने की उत्सुकता ज़रूर है।

बोलो तो कैसा होगा कल ?

बोलो तो कैसा होगा कल ?

क्या होगी सुबह सुहानी सी,

चिड़ियों की मीठी तान लिए,

पेड़ों की ठंडी छांव तले,

बच्चे- बूढ़े मुस्कान लिए ।

या होगा शोर गाड़ियों का,

पक्षी न नज़र तब आएँगे,

पेड़ों का नाम नहीं होगा,

बच्चे- बूढ़े खो जाएँगे ।

हमको मिलकर करना है कुछ,

जीवों की जान बचानी है,

पेड़ों को खूब उगाना है,

प्रदूषण दूर भागना है,

अपने प्यारे इस जग को हमें,

पहले-सा सुन्दर बनाना है ।



स्वच्छ भारत स्वस्थ भारत

अब घर गलियारे होंगे स्वच्छ,

तन-मन में नहीं होगा द्वंद्व,

स्वच्छ विचारों की होगी झड़ी,

बाग-बगीचे, बेल-लताओं की होगी लड़ी,

ऐसा होगा अनोखा भारत ,

स्वच्छ भारत स्वस्थ भारत ।

अब न होगा सड़क के बीचों-बीच

नजले-जुकाम का खुलासा,

न ही होगा घर-घर में बीमारियों का दिखावा,

अब न होगा चलते-चलते

पान की पीक का फव्वारा,

अब तो सब ओर होगा मंगल विचारों का हुंकारा,

ऐसा होगा अनोखा भारत ,

स्वच्छ भारत स्वस्थ भारत ।



क्या सचमुच वीडियो खेल आज की बड़ी समस्या हैं ?

आदरणीय निर्णायकगण, शिक्षकवृंद एवं मेरे प्रिय साथियों, नमस्कार | आज की वाद-विवाद प्रतियोगिता के विषय - “क्या सचमुच वीडियो खेल आज की बड़ी समस्या हैं ?” को ध्यान में रखते हुए बहुत सोच-विचार के पश्चात मैं इस विषय के विपक्ष में बात करने जा रही हूँ।

आजकल अपने फ़ोन या कंप्यूटर पर वीडियो खेल खेलना आम बात हो गई है। जैसे-जैसे खेल विज्ञान विकसित हुआ है, ऐसे भी खेल बनाए गए हैं जो दिमागी विकास के लिए लाभदायक सिद्ध हुए हैं। मैं अपने प्रतिद्वंद्वी की इस बात से पूर्णतः असहमत हूँ कि वीडियो खेल बस लोगों को काम से भटकाने के काम आते हैं। जी नहीं! शोधकर्ताओं के अनुसार कई 'ब्रेन स्टिमुलेटिंग' खेल हैं जो पढ़ाई और लॉजिकल थिंकिंग आदि में काफी मददगार हैं। वैज्ञानिकों ने शोध में पाया कि जो बच्चे हर रोज़ एक घंटे से कम समय के लिए वीडियो गेम खेलते हैं वे बिलकुल ही गेम न खेलने वाले बच्चों की तुलना में किसी भी माहौल में आसानी से ढल जाते हैं।

निर्णायक महोदय, मेरा मानना है कि हर वस्तु के लाभ और हानियाँ दोनों होते हैं और ये हम पर निर्भर करता है

कि हम किस को ज़्यादा महत्व देते हैं। यदि 'पॉकिमान गो' का ही उदाहरण लें तो मेरे प्रतिद्वंद्वी मित्र सिर्फ इसकी हानियाँ गिनवाने में ही जुटे हुए हैं। इस विषय पर मेरी राय यह है कि इस खेल के माध्यम से बच्चा घर से बाहर निकलता है और अपने आस-पास की जगहों के बारे में जानने के लिए प्रोत्साहित भी होता है।

कई खेल ऐसे भी हैं, जो पढ़ाई से दिमाग को आराम दिलाने के काम आते हैं। बारिश के महीनों में अक्सर जब बच्चे घर से बाहर खेलने नहीं जा सकते ऐसे में अन्य खेलों के साथ वे वीडियो खेल का आनंद भी ले सकते हैं, जो उनके मनोरंजन के साधन के साथ-साथ मानसिक विकास में भी सहायक है।

अंत में, मैं अपने पक्ष पर जोर देते हुए ये ही कहना चाहूँगी कि जिसप्रकार किसी भी चीज़ की ज़्यादाती अच्छी नहीं होती वैसे ही वीडियो खेल खेलना अच्छा तो है, पर हर समय नहीं। हमें इस बात की समझ ज़रूर होनी चाहिए कि इनका उपयोग कब और कितनी मात्रा में किया जाना चाहिए।

भविष्य में कैसे होंगे स्कूल ?

कहते हैं आवश्यकता आविष्कार की जननी होती है। एक समय था जब मनुष्य पेड़ की छाल पर लिखा करता था और आज वो कंप्यूटर पर टाइपिंग करता है। ऐसे ही मनुष्य के विकास के रास्ते में जो भी अवरोध आया उसने उसका समाधान खोज ही लिया। पुराने समय में छात्र गुरुकुल में अपने गुरु के साथ रहकर शिक्षा ग्रहण करते थे, आज जगह-जगह विद्यालय खोले गए जहाँ पठन-पाठन की नई-नई पद्धतियों का उपयोग होता है, पर अभी-भी कई समस्याएँ हैं, जो आए दिन हमें सोचने पर मजबूर कर देती हैं। जैसे - छोटे से बच्चे के कोमल कंधों पर भारी-भरकम बस्ते का बोझ, किताबों के उबाऊ चित्र जिनका कभी-कभी विषय से कुछ लेना देना नहीं होता, सीखने के वही घिसे-पिटे तरीके आदि कई ऐसी समस्याएँ हैं जो हमें काफी समय से बदलाव के लिए प्रेरित कर रही हैं।

अब सवाल उठता है कि आने वाले समय में स्कूल कैसा होगा जो इन सब समस्याओं के समाधान के रूप में हमारे सामने आए।

तो लीजिए जवाब आपके सामने है -

नए ज़माने का कक्षा-कक्ष (classroom) - आने वाले समय में कक्षा-कक्ष पूरी तरह बदल जायेंगे।

दीवारें - आज कक्षा की दीवारों पर सभी विषयों के चार्ट बनाकर लगाए जाते हैं, जिन्हें हर 15 से 20 दिन में बदला जाता है, नए ज़माने में दीवारों पर एल.सी.डी स्क्रीन लगे होंगे जिनपर उसी विषय के चित्र और जानकारी दिखाई देगी जो उस समय कक्षा में पढ़ाया जा रहा होगा। उदाहरण के लिए यदि हिंदी की कक्षा में रामधारी सिंह 'दिनकर' की कविता पढ़ाई जा रही होगी तो कक्षा की सभी दीवारों पर रामधारी सिंह 'दिनकर' से संबंधित जानकारी तथा उनके चित्र दिखाई देने लगेंगे, जिससे छात्रों की विषय में रुचि बढ़ेगी तथा उन्हें कम समय में पहले से अधिक जानकारी प्राप्त होगी।

ब्लैक बोर्ड और चाक - ऐसी कक्षा में ब्लैक बोर्ड तथा चाक के लिए कोई जगह नहीं होगी बल्कि स्मार्ट बोर्ड जो कई

विद्यालयों में लगाए भी जा चुके हैं उनमें और अधिक सुधार के साथ उनका प्रयोग किया जायेगा।

स्कूल बैग - आने वाले समय में स्कूल ऐसे नहीं होंगे जैसे आज हैं, बल्कि वे पूरी तरह इलेक्ट्रॉनिक हो जायेंगे। जिसका सीधे शब्दों में अर्थ है कि उस समय बच्चों को स्कूल बैग के बोझ की तकलीफ का सामना नहीं करना पड़ेगा। ये भी सम्भावना है कि छात्र बिना बैग लिए विद्यालय जाएँ।

किताबें - अब सवाल उठता है कि किताबें कैसी होंगी? उसका सीधा सा जवाब है कि छात्रों की टेबल पर ही एक स्क्रीन लगा होगा जिसे वे अपनी पाठ्यपुस्तक की तरह आराम से पन्ने पलटते हुए पढ़ सकेंगे। इतना ही नहीं पुस्तक के चित्र इतने वास्तविक होंगे कि छात्रों को पुस्तक पढ़ने में आसानी होगी। इसे एक उदाहरण की मदद से समझते हैं - जीव विज्ञान (बायोलॉजी) की कक्षा में किसी जीव पर जानकारी देते हुए शिक्षिका उसी समय छात्रों को उस जीव के चित्र के साथ उसके शरीर के भीतरी भागों से भी परिचित करवा सकती है, जिससे छात्रों को समझने में आसानी होगी।

शिक्षक की भूमिका-

इन सभी चीज़ों के साथ शिक्षक भी पूरी तरह बदल जाएँगे। अब उन्हें अपनी बातों को समझाने के लिए शब्दों से ज्यादा तथ्यों का उपयोग करना होगा अर्थात् शिक्षक द्वारा दी गई जानकारी जितनी ज्यादा तथ्यों पर आधारित होगी छात्र की ज्ञान पिपासा उतनी आसानी से शांत हो सकेगी। शिक्षक अब सिर्फ एक शिक्षक न रहकर पथप्रदर्शक का रूप ले लेंगे, जिसके लिए उन्हें नई-नई तकनीकों से लैस रहना होगा।

घर बैठे शिक्षा -

भविष्य में तो ये भी सम्भावना है कि भीड़-भाड़ और प्रदूषण के चलते छात्र घर बैठे ही शिक्षा ग्रहण करना शुरू कर दें। इसके लिए उन्हें ऑनलाइन शिक्षा का सहारा लेना होगा जिसमें आपकी ज़रूरत और समय के हिसाब से शिक्षक हर समय आपकी मदद के लिए हाज़िर होंगे ऐसे में छात्र साल भर पढ़कर साल के अंत में परीक्षा दे सकते हैं।

एक शिक्षिका होने के नाते मेरा ये मानना है कि यदि हम विकास चाहते हैं तो हर तरह के बदलाव के लिए भी हमें तैयार रहना होगा और पूरी सकारात्मकता से इन बदलावों को अपनाकर आगे बढ़ना होगा।





आने वाला कल...

समय बड़ी तेज़ी से भागा जा रहा है। कल शाम बैठे-बैठे अचानक मेरे मन में विचार आया कि आज से दस साल बाद भारत कैसा होगा? सोचने लगा कि आज से अच्छा होगा या कि बदतर? दोनों प्रकार के अनुमान लगाए जा सकते हैं।

भारत का एक अच्छा चित्र उभर कर सामने आता है कि ज्ञान-विज्ञान के क्षेत्रों में निरंतर नए प्रयोगों के चलते नए उद्योग-धंधे फले-फूलेंगे। कल-कारखाने बढ़ेंगे। प्रगतिशील नीतियों द्वारा वर्तमान की सभी समस्याओं का हल खोज लिया जायेगा। जनसंख्या वृद्धि पर भी काबू पा लिया जायेगा। उद्योग-धंधों के विकास के चलते बेरोजगारी जैसी समस्याओं पर लगाम लग जाएगी। महानगर और शहर ही नहीं छोटे से छोटे गाँवों में भी साफ-सफाई दिखाई देगी। अधिकतर काम रोबो द्वारा किये जाएँगे। ऊँची-ऊँची इमारतें आकाश चूमेंगी। सबके पास अपना घर होगा।

वैज्ञानिक प्रगति सभी अच्छी चीज़ों के साथ कुछ समस्याएँ भी लाएगी जैसे औद्योगिकरण की प्रवृत्ति के कारण मानव एक यंत्र बनकर रह जायेगा। सड़कों पर वाहनों की भीड़ इतनी ज़्यादा होगी कि वे कीड़े-मकौड़े की तरह रेंगेंगे। भ्रष्टाचार अपने चरम पर होगा।

पर फिर भी मैं ये ही सोचता हूँ कि भारत का भविष्य हम बच्चे हैं और अपने भारत को संसार के सामने एक आदर्श के रूप में प्रस्तुत करने की ज़िम्मेदारी हमारी है।

- युवराज वीरा कक्षा ६ (रूबी)



डिजिटल स्कूल !

एक दिन मेरे पैर में आई मोच,
तभी मुझे सूझी एक सोच।
दस साल बाद स्कूल कैसा होगा ?
क्या तब भी होगा आर्ट और योग ?
रोबोट लेंगे टीचर की जगह,
और कंप्यूटर का लैब होगा बहुत बड़ा।

ब्लैकबोर्ड बन जायेगा घूमने वाला स्मार्ट बोर्ड,
और क्लास में कोई नहीं होगा बोर।

सभी बच्चे सीखेंगे टेबलेट से,
और टीचर सिखाएँगी होलोग्राम से।
क्लास में करेंगे बहुत मौज-मस्ती,
और स्कूल में नहीं करेंगे कोई कुश्ती।
स्कूल होगा बहुत मज़ेदार,
यहाँ होगा मस्ती का अंबार।

पता नहीं मेरी सोच होगी कितनी सच्ची,
पर हमारा स्कूल तो डिजिटल बनेगा ही।

-राही सोनी, कक्षा 4 एमरल्ड



क्या नुकसानदायक है सामाजिक मीडिया ?

सामाजिक मीडिया का उपयोग मोबाइल फ़ोन से आसान हो गया है। आजकल लोग जो भी करते हैं उसे फेसबुक पर अपलोड कर देते हैं। उन्हें लगता है इस तरह वे लोगों से सामाजिक रूप से जुड़े हुए हैं और समाज में उनकी सक्रिय भूमिका है, जबकि होता उसका ठीक उलट है।

ऐसे लोगों की खुशी फेसबुक तक ही सीमित होती है। यदि वे फेसबुक पर एक फोटो डालते हैं तो पूरा दिन वो ये ही देखने में बिता देते हैं कि उस तस्वीर पर कितने 'लाइक्स' या 'कमेंट' मिले हैं। यही कारण है कि लोग धीरे-धीरे फेसबुक के आदी हो जाते हैं। इसके बाद तो हर दिन कुछ न कुछ फेसबुक पर डालने की होड़-सी मच जाती है।

आपने कभी सोचा है कि कितने अंजान लोग हमारी फोटो देखते हैं? कई बार तो हम अपनी व्यक्तिगत ज़िन्दगी के बारे में कई महत्वपूर्ण जानकारीयाँ फेसबुक पर साझा करते हैं, जिससे अंजान लोग हमारी ज़िन्दगी के रहस्यों को जान सकते हैं और जो कई मामलों में गंभीर समस्याओं का कारण बन सकता है।

हमें लगता है कि फेसबुक पर सक्रिय रहने से हम अपने

मित्रों के पास रहते हैं, पर ऐसे में हमारे परिवार का क्या? आज हम अपना खाली समय सामाजिक मीडिया में व्यस्त रहकर बिताना पसंद करते हैं और अधिकतर ऐसे में अपने परिवार के सदस्यों को भूल जाते हैं। आजकल तो ये चलन हो गया है कि पति-पत्नी साथ रहते हुए भी एक दूसरे को जन्मदिन या शादी की सालगिरह की बधाई सामाजिक मीडिया के माध्यम से देते हैं जबकि एक ही घर में रहते, खाते और सोते हैं।

सामाजिक मीडिया के हमारी सेहत पर भी कई दुष्प्रभाव पड़ते हैं। बच्चों का ध्यान पढ़ाई से भटक जाता है। एक शोध के अनुसार हमें फोन का उपयोग सोने के आधे घंटे पहले बंद कर देना चाहिए। हमें सामाजिक मीडिया का उपयोग कम से कम करना चाहिए और अपने परिवार के साथ समय बिताना चाहिए। जितना समय हम सामाजिक मीडिया पर बिताते हैं यदि उसका एक चौथाई भी हम अपने परिवार के साथ बिताएँ तो परिवारों में होने वाली समस्याओं में काफी हद तक कमी लाई जा सकती है।

जिसप्रकार हर वस्तु के फायदे और नुकसान होते हैं सामाजिक मीडिया के भी हैं बस हमें अपनी बुद्धि का उपयोग करके उसका सही समय और ज़रूरत पड़ने पर ही उपयोग करना चाहिए।

-दिया गुप्ता, कक्षा -10



Musings In French



Mon grand-père s'appelle Kantilal NAGDA. Il a soixante-onze ans. Il aime jouer aux échecs. Ma grand-mère s'appelle Pushpa NAGDA. Elle a soixante-quatre ans. Elle aime faire des promenades.

Mon père s'appelle Mehul SHAH. Il est homme d'affaires. Il a quarante-et-un ans. Il aime aussi jouer aux échecs. Ma mère s'appelle Leena SHAH. Elle a quarante-et-un ans. Elle est professeur. Elle aime danser. Et moi, je m'appelle Mahin SHAH. J'aime aussi jouer aux échecs. J'aime tellement ma famille !!

4) Ma Famille par Jiya Manubarwala [Grade V Ruby]
Mon grand-père s'appelle M. Bharat MANUBARWALA. Il a 70 ans. Il aime le cricket. Il est intelligent. Ma grand-mère s'appelle Mme. Asha MANUBARWALA. Elle a 69 ans. Elle fait de délicieux gâteaux.

Mon père s'appelle M. Sandeep MANUBARWALA. Il a 39 ans. Il aime le rafting. Ma mère s'appelle Mme. Ameesha MANUBARWALA. Elle a 38 ans. Elle aime voyager et elle aime danser. Elle est belle.

J'ai deux frères et une sœur. Mes frères s'appellent Arhan MANUBARWALA et Aaryan MANUBARWALA. Arhan a 7 ans et Aaryan a 5 ans. Ils aiment jouer au football. Ils sont très marrants mais aimables. Ma sœur s'appelle Disha MANUBARWALA. Elle a 8 ans. Elle aime faire de l'équitation et du cyclisme. Elle est mignonne et marrante.

J'aime beaucoup ma famille ! Elle est la meilleure du monde !

1) Les Papillons par Eesha Thakoor [Grade V Ruby]
Il y a beaucoup de papillons dans le monde. Ils sont de différentes couleurs comme noir, orange, rouge, rose et quelquefois ils sont multicolores !! Quelle beauté !!

Les papillons sucent le nectar des fleurs par leurs langues qui sont comme les pailles. Ils sont attirés par de jolies fleurs. Nous pouvons les voir dans les jardins et les forêts. Le corps d'un papillon est divisé en trois parties : la tête, le thorax et l'abdomen. Ils naissent des œufs. L'étape finale de la naissance est appelée cocon. Les papillons peuvent sentir la substance humide. Ils ne peuvent que voir tout noir et blanc.

Ne pensez-vous pas que les papillons sont géniaux ??

2) Ma Mère par Meher Ghelani [Grade V Ruby]
Ma mère s'appelle Toral GHELANI. Elle est une femme au foyer. Elle s'occupe de toute la maison. Chaque matin ma mère me prépare à l'école. Elle est aussi une cuisinière incroyable. Elle enseigne dans une classe de valeur éducative. Ma mère m'aide avec toutes mes études. Elle prend soin de moi et de mon frère cadet. J'aime ma mère le plus du monde ! Elle est la meilleure !

3) Ma Famille par Mahin Shah [Grade V Emerald]
Il y a cinq membres dans ma famille. Ils sont mon grand-père, ma grand-mère, mon père, ma mère et moi.

No bake Oreo cheesecake!



Ingredients

- 36 pkg. OREO Cookies, divided
- 1/4 cup butter, melted
- 4 pkg. (8 oz. each) brick cream cheese, softened
- 3/4 cup sugar
- 1 tsp. vanilla
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

Instructions

- **CHOP** 15 cookies coarsely. Finely crush remaining cookies; mix with butter. Press onto bottom of 13x9-inch pan. Refrigerate while preparing filling.
- **BEAT** cream cheese, sugar and vanilla in large bowl with mixer until well blended. Gently stir in COOL WHIP and chopped cookies; spread onto crust.
- **REFRIGERATE** 4 hours or until firm

- Krishna Zaveri Grade IX

Chocolate mousse

Ingredients

- 1/4 cup water
- 3 tablespoons (35 grams/1.2 ounces) granulated sugar
- 200 grams/7 ounces dark chocolate, coarsely chopped
- 1/2 tablespoon dark rum, brandy, or liquor of your choice (optional)
- 1 cup heavy cream
- 1 teaspoon instant coffee powder (optional)

Instructions

- Place chocolate in a large bowl.
- In a saucepan, boil water and sugar over medium heat. Pour the hot syrup over the chocolate. Let stand for 30 seconds, mix until chocolate has melted. If the chocolate hasn't fully melted, microwave the mixture for 15-20 seconds. Stir in liquor of choice. Let till cool for a while.
- In a mixer bowl, beat heavy cream and instant coffee until soft peaks form. Gently fold half of the

whipped cream into the chocolate mixture until combined. Divide into serving cups.

- Chill the mousse to set for at least 2 hours, and take out of the fridge 15 minutes before serving.
- Store mousse in the fridge, covered with plastic wrap, for up to 3 days.



-Reesha Tinna GradeVIII

Super-duper salad



What You Need

- 1 cup fresh chopped spinach leaves
- 1/4 medium tomato, chopped
- 2 Tbsp. green onions, chopped
- 2 large black olives, sliced
- 1/4 cup red kidney beans, cooked or canned without added salt, drained
- 1/4 cup boiled pasta
- Lemon zest (1/4 tsp)
- Pepper (to taste)
- Mexican salsa
- 1 small whole wheat
- 1 tsp. trans fat free canola-based soft margarine
- 100g. Hung curd.
- (1 cup) drinking water

Make It

Layer spinach, tomato, onion, olives, beans; top with cheese, salsa and dressing. Cover. Refrigerate until ready to serve.

Sour cream – hung curd mixed with oregano salt and pepper.

Top your salad with sour cream and salsa

Serve with yummy nachos.

Enjoy!

Ananya Narke GradeVIII

AS & A Level Programme



AS and A levels are the qualifications offered by Cambridge International

Examinations (CIE), Cambridge University, London for 16-18 year olds. In India, it is equivalent to Grades XI and XII. This is a continuation of the IGCSE examination that the students take up in Grade X. A Cambridge International A or AS Level is recognised around the world by schools, universities and employers. A Levels typically take two years to complete and offer a flexible course of study that gives students the freedom to select subjects that are good for them. MRV, is going to commence with the A Level programme from 2017 in order to give our students a cutting edge in the International forum.

International Baccalaureate

The IB Diploma Programme (DP) is an academically challenging and balanced programme of education with final examinations that prepares students, aged 16-19 for success at university and life beyond. It has been designed to address the intellectual, social, emotional and physical well-being of students. The programme has gained recognition and respect from the world's leading universities. MRV will be offering the IB curriculum to our students from 2018 with a view to prepare our students for effective participation in a rapidly evolving and increasingly dynamic global society.



Celebration Of Hindi And Marathi Divas

The beautiful language 'hindi' found expression in form of songs, drama, recitation of poems and quiz. The celebration commenced with the lighting of the sacred lamp by the our Principal, Mrs Kavita Sanghvi. The auspicious day was dedicated to the renowned author, 'Munshi Premchand' also referred to as 'Upanyas Samrat'. We had hosted secondary students from Dr Pillai Global International School as an ongoing part of a student exchange programme. The students appreciated the efforts of MRV to promote Hindi. This was followed by a discussion on the subject.

On 27th February 2017 MET Rishikul Vidyalaya celebrated the 'Marathi Bhasha Diwas' on the occasion of the birth anniversary of noted Marathi literateur V.V. Shirwadkar alias 'Kusumagraj.' Children made informative charts on given topics. The topics given to them were: names of vegetables, fruits, flowers, animals, birds, barakhadi, days of the week, recipe writing, riddles, poems, good sayings and information about Marathi Diwas.



Workshops



Workshop Attended by teachers

Cambridge Professional Development

Ms Amanda Sampey, Ms Maya Iyer and Ms Yashodaa Budhkar attended a two day workshop conducted by Cambridge. It was an intense session with emphasis on evaluation of each aspect of the English paper. The resource person was Ms Romy Short, Principal Examiner and she led us through a series of pointers for evaluation which brought in a lot of clarity. She also clarified doubts and introduced future changes in the IGSC syllabus.

Ms Sonali Pawar attended a two day workshop on Economics conducted by Mr. Terry Cook, Principal Examiner. In the course of the workshop there were interactive discussions on methodology to teach the subject interestingly. The main focus of this workshop was assessment and the grading system of the CIE.

Mrs. Ruth D'souza and Rekha Shah attended a Professional Development Face to Face Training for the subject IGCSE ICT(0417) in Hyderabad in the month of September 2016 conducted by Cambridge International Examinations. The two day training has left teachers with a better understanding of the syllabus , Pattern of marking the papers , Applying the mark scheme, Strategies for planning and executing the curriculum and the method of conducting the ICT examinations .

The Training was conducted by Mr. David Bird an experienced IGCSE ICT examiner and a Professional Development Trainer.

British Council Workshops on Core Skills

Ms Yahodaa Budhkar, Ms Sapna Pandey, Ms Smita Bhaskar, Mr Mahesh Punjabi and Ms Reshma Shaikh attended a workshop on Core Skills conducted by the British Council. The essence of the workshop was Creative Thinking and Imagination and focussed on using thoughts and expressions in an original, imaginative, purposeful or valuable way. Teachers were encouraged to use these techniques in the teaching learning process and share their experience in a common



In House Workshops For Teachers

MS. Maya Iyer conducted a workshop on 'lateral thinking' based on Edward de Bono's CoRT Tools. These tools work on the cognitive level and are used extensively in creative thinking and problem solving. Teachers gave micro lessons at the end of the session which added greatly to the learning process.

Magic of Gratitude

Mr Manoj Lekhi conducted a workshop on the Law of Forgiveness and Gratitude for teachers across the school. It coincided with the Rishikul Teachers Workshop Day (RTWD) and brought the entire staff together in a spirit of love and joy.

Mr Lekhi stressed on the liberating feeling of forgiveness. When we forget we immediately release negative energies of anger, resentment, hatred and bitterness. This sincere affirmation of forgiveness brings positivity in our lives and in turn gives way to better health and prosperity.

Musings of Life

Dr. Priti Shirodkar, Associate Professor with MET conducted a communication and soft skill session with the staff of MRV. The objective of this workshop was to fight negativity and increase self-esteem and spread positivity all around. She highlighted the difference between U stress and distress and took the teachers through various relaxation and meditation techniques.

IN GRATITUDE



“Creativity is seeing what everyone else has seen, and thinking what no one else has thought.”
-Albert Einstein

The children of the *Generation Next* are fiery, passionate trail blazers; and of this fact, there is absolutely no doubt. The aim of this year's Rhapsody is 'to help readers realise and appreciate this fact'.

We are thankful to the members of the MRV Ttrust and Management for their help and support which gave direction to our journey of learning.

We would like to thank our principal, Mrs Kavita Sanghvi for her support and commitment to the editorial team. Our heartfelt gratitude to the entire teaching staff of MRV and all the students for their assistance in creating this magazine.

We are indebted to Mr J. Irani and his team at MARCOM for giving shape and structure, for breathing life into our efforts and creating a magazine with finesse.

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The Next Issue- *‘India and the World’.*

AT MRV, THE WORLD OPENS UP FOR YOU!



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ADMISSIONS OPEN

CAMBRIDGE Std. 11th - 'AS' Level and Std. 12th - 'A' Level



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