

MET RISHIKUL VIDYALAYA
MRV
A SCHOOL FOR LIFE MANAGEMENT

Bhujbal Knowledge City

RHAPSODY

MET RISHIKUL VIDYALAYA MAGAZINE 2018 - 2019



EMOTIONS



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

2018-2019

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Bhujbal Knowledge City

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.

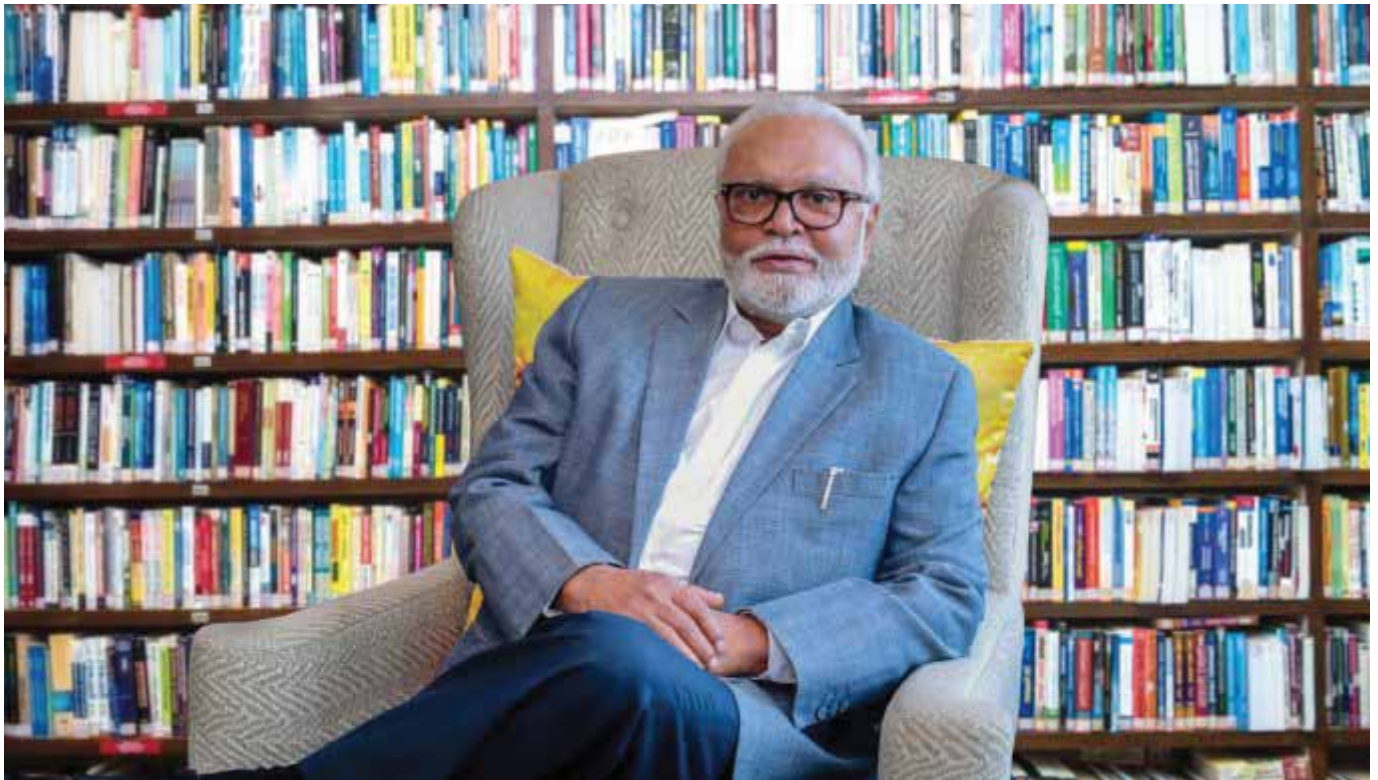
OUR VISION

To shape professionals, to conquer the present and 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.

FROM THE CHAIRMAN'S DESK



“The Future belongs to those who prepare for it today” - Malcolm X

I am delighted to share with you the swell of emotions and heartfelt warmth as we complete three decades of exciting journey of MET. In November 1989, when we embarked on this mission of shaping the young professionals, we had set a modest goal of training, facilitating and leading the youth on the path of ascendance in professional careers. Now as we watch the galaxy of thousands of METizens lighting up the business arena world over, we take a bow in honor of the student-teacher-parent trinity. Their trust is our wealth, their achievements are our glory and their enlightenment is our Nirvana!

We are conscious of our responsibility and accountability to deliver competency based multidisciplinary learning programmes to equip the youth to meet the present and future challenges. As technology attempts to deliver disruptive growth, the young professionals need to be well versed in dynamic learning processes to sustain professional success. This involves sharpening the pedagogy while maintaining academic rigor and relevance to dominate the market forces. At both Mumbai and Nashik complexes, we are blessed with a passionate student-teacher-parent combine striving for enlightened learning ethos.

As we share the journey in the future, we rededicate ourselves to uphold the trust reposed in us by our stakeholders believing in thespian Peter Drucker, “The best way to predict your future is to create it”.

Chhagan Bhujbal
Hon. Founder Chairman
Mumbai Educational Trust



॥ श्लोका ॥

अन्नदानं परं दानं
विद्या दानं अतः परम् ।
अन्नेन क्षणिका तृप्तिः
यावज्जीवम् च विद्यया ॥

Meaning

Giving food to the hungry is a good deed (Donation of the food is a very good donation -'anna dAnam'). But more than the above type of 'dAna', educating the people (Teaching - 'vidyadAnam') is more better type of 'dAna' because by food one's hunger would be calmed down only for the time being. But the knowledge attained is helpful for whole of our life. Therefore it is said that 'vidya dAna' is the most important among various other types of dAna.



Greetings from MET Rishikul Vidyalaya! It's that time of the year when the creative potential of our children and teachers are showcased in our school magazine.

The theme this year is, 'Emotions.' Within every student, there is a vulnerable child waiting to be heard. It is the collective responsibility of the school and parents to listen to that inner voice and nurture them. MET Rishikul Vidyalaya is committed to excellence and we are proud of our students who have achieved great heights in curricular as well as co-curricular activities.

We present to you a pot-pourri of our students' work, their feelings and talent. It is the culmination of the entire academic year encapsulating tears, trial and triumph! Read on...



Bhujbal Knowledge City

About MRV

‘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.

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.



Dr. Arundhati Hoskeri (Director)

From The Director's Desk...

MANAGING OUR EMOTIONS

Life of human beings pivots around two basic principles of pleasure and pain. We constantly seek pleasure and avoid pain. Pleasure may mean satisfaction, achievement, happiness, and empowerment whereas pain may mean failure, dissatisfaction, sorrow and suffering. Interestingly both these vital principles are governed by a process called emotion. Emotions show up when something important to our wellbeing for better or worse happens or about to happen is sensed by us and is influenced by our past experiences and our thought process. Emotions in fact prepare us to quickly deal with such situations that are linked to important situations in our lives.

When we experience emotions we give out signals in the form of facial expressions, the duration of which depends upon the intensity of emotions. We experience physiological changes like change in the heart beats, change in skin temperature, flow of blood and

sweating. For instance when anger is experienced, heart rate increases and hence the flow of blood too, the muscles of the body are tensed. When in a happy and calmer mode heart beats slower and body is completely relaxed. These physiological changes could be constructive or destructive, voluntary or involuntary. Emotions are triggered by external or internal factors that may be real or imagined and it may be about something that really matters personally.

When emotions are not controlled they become dysfunctional, for example creating a huge fuss or throwing tantrums over insignificant matters or crying hysterically over a fight or holding grudges and reliving those moments of pain, hatred or humiliation. Feeling any emotion at a time is natural but how we react in that frame of mind is crucial, we need to learn how to handle and respond emotions in an appropriate manner.

The awareness of identifying, labeling emotions in ourselves and in others, then responding to those emotions without hurting others is “Emotional Intelligence”. Once we learn to regulate emotions we can certainly reduce the frequency of intense emotions that are destructive in nature. Then gradually work towards increasing frequency of constructive or positive emotions. This will train our mind to either avoid emotional triggers or handle them tactfully. This reminds me of an old Chinese proverb, “If you are patient in one moment of anger, you'll escape a hundred days of sorrow”.

There are six basic emotions identified by Paul Ekman in the 20th century; fear, Anger, disgust, sadness, surprise and happiness each of which can be expressed and experienced in many ways. These basic emotions while learning to survive and face the challenging situations as a part of evolutionary process.

We all need to manage our emotions in constructive ways,

- Let's learn to be simple and honest in our actions.
- When we get upset about our friends scoring better in exams, let us work harder and fair better and also feel happy for others.
- Learn to respond rather than reacting
- Learn to accept our mistakes rather than getting defensive
- Let us divert our frustrations and challenges into opportunities to better ourselves.

If we live our life with awareness then we can surely control our emotions so that we automatically manage our responses, our moods, our traits and ultimately our personalities. ~



Dr. G. Nagashree (Principal)

From The Principal's Desk...

MRV is a place of learning with excellence each day for our pupils! As I enter the school every day, I am greeted by our smiling and cheerful students led by the equally enthusiastic faculty and staff.

Academic year 2018-19 brought many laurels, achievements and challenges. New tie-ups, new academic ventures and activities kept each one of us at MRV engaged meaningfully.

Excellent results at the March'19 Cambridge IGCSE session with 100% success for our students, highlighted by the world topper position in Mathematics secured by Divij Doshi is cherished by us.

Academic and co-curricular activities lead by students and

teachers made great contributions towards developing students to their best potential. Parent lead events through the PTA, including "Dandiya" during Navratri, Green Mela, Childrens Day and Teachers Day was very well organized and I express my sincere gratitude to all parents of MRV. I also appreciate the support and encouragement extended by our parents towards all the school activities.

This year saw MRV establishing new educational – tie- ups like International Early Years curriculum (IEYC) from field work, U.K. and International Award for Young People (IAYP) from Duke of Edinburgh, U.K.

Continuous Professional development for the teachers, participation at various National

and International competitions in academic and co – curricular areas by students made MRV receive 'The Excellence in Education Award.'

Our Management trustees lead us by example to serve the institution with dedication and commitment. I express my appreciation and gratitude to them in making MRV, a happy learning place for all.

I congratulate the Magazine Editorial team for bringing out this beautiful edition for 2018-19. I'm confident that as a reader, you would feel happy, proud, satisfied and agree that MET Rishikul Vidyalaya is equipping young Learners with life management skills and becoming good human beings.

MRV Staff

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

-By Gilbert K. Chesterton.

Pre-Primary Staff



Primary & Secondary Staff



Administration Department Staff



Ancillary Staff



Celebrations For IGCSE Batch 2017 - 18

IGCSE Results:














It was a proud moment when the result was declared.

The air was jubilant with welcoming joy and pride.

The students and teachers have put in immense efforts to produce these results.

MRV Once Again Secures 100% Results at IGCSE 2018







Five Toppers in Science Stream

  <p>Aryan Tambe 93.57%</p>	   <p>Scored 100% in Mathematics</p> <p>Divij Doshi 90.14%</p>	  <p>Aditya Patil 89.86%</p>
  <p>Gauri Kodkani 89%</p>	  <p>Gargi Shetty 88.86%</p>	  <p>Disha Desai 88.86%</p>

Students have secured 71 A* and 43 A Grades across Subjects

Subject	A*	A	B	C	D	E	No of students
ICT	3	2	3	2	1	0	11
Business Studies	17	4	3	2	0	0	26
Accounting	0	2	2	3	0	1	8
Economics	2	2	3	1	0	0	8
English	2	6	5	7	6	0	26
Hindi	3	10	6	5	2	0	26
Mathematics	12	7	5	2	0	0	26
Biology	8	5	1	0	1	0	15
Chemistry	10	4	2	2	0	0	18
Physics	14	1	3	0	0	0	18

Three Toppers in Commerce Stream

  <p>Shivali Sukhtankhar 88.29 %</p>	  <p>Yugant Bhatt 84.72 %</p>	  <p>Sanaia Jhaveri 81.72%</p>
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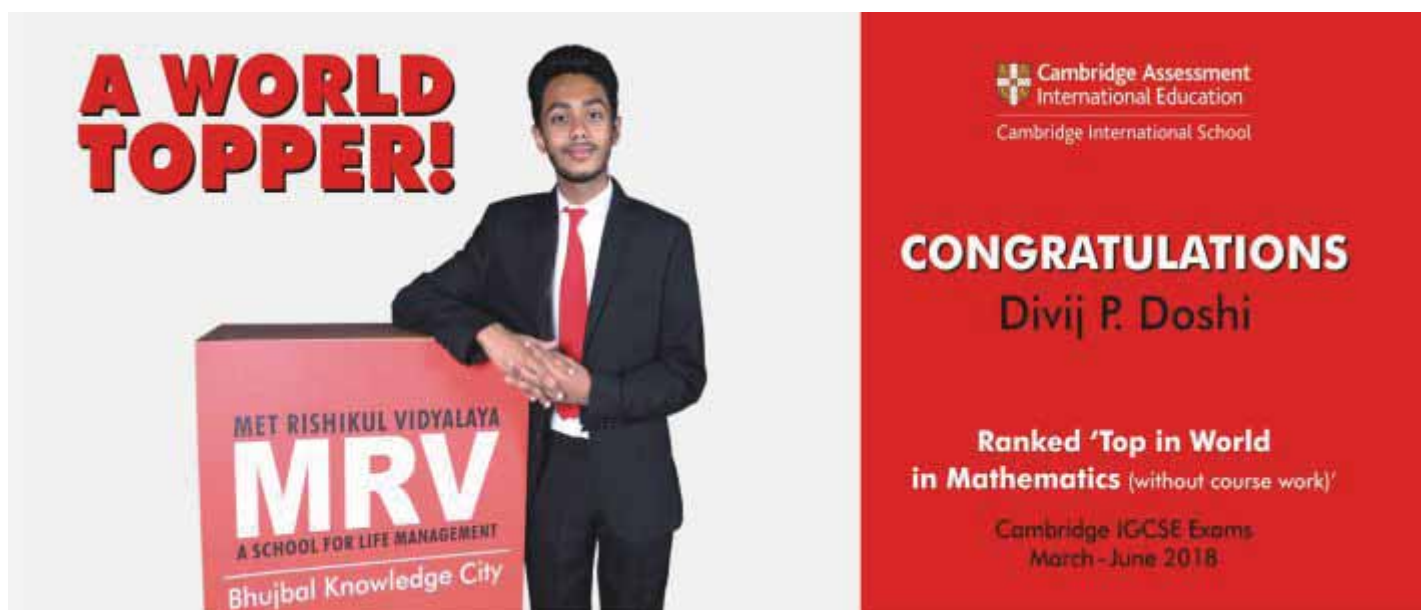


MRV's student Divij Doshi, the recipient of the 'Cambridge Outstanding Learner Award' felicitated by Christene Ozden, CEO Cambridge International Assessment

A* Students

A* in 6 subjects	A* in 5 subjects	A* in 4 subjects
Aryan Tambe	Aditya Patil	Gauri Kodkani
Denver Periera	Arshi Merchant	Shivali Sukhtankhar
Divij Doshi	Disha Desai	
	Maithili Salvi	
	Nitai Kodkani	

With this fabulous result MRV is all set to launch power packed AS and A Level program.



IGCSE Students felicitation

IGCSE school toppers from MRV for the year 2017-18 were felicitated by MISA (Members of International Schools Association) at the MISA Annual Conference on 6th of February 2019 at Hotel Sea Princess.



Mrs. Pratibha Kharat, MISA Committee Member; Aryan Tambe [Secured 93.57 % in the Science Stream], Aditya Patil [Secured 89.86 % in the Science Stream], Shivali Sukhtankhar [Secured 88.29% in the Commerce Stream], Yugant Bhatt [Secured 84.72%] in the Commerce Stream] with Dr. Arundhati Hoskeri, MRV, Director and Management Representative



INVESTITURE CEREMONY

“Leadership is the capacity to translate vision into reality.”
- Warren Bennis

The solemn ceremony of investing the student council for the academic year 2018-19 was held with great pomp and dignity on Wednesday, 27th June 2018.

The event began with a ceremonial welcome to the Guest of honour, Mr. Subhashchandra Nair, by our students of band and Scouts and Guides. Mr. Subhash Nair is a pioneer of Field Archery in India and is also a Guinness world record holder.

The ceremony was conducted with

	Krish Veera Head Boy	Mansi Gaud Head Girl	
	Yug Moramkar Sports Captain	Tiya Padhi Sports Vice Captain	
Aarya Kulkarni House Captain	Rahul Kela House Captain	Priyanshi Kothari House Captain	Samuel Barrett House Captain
Yashvi Shah Vice Captain	Sanchay Gadia Vice Captain	Ritesh Gupta Vice Captain	Vidit Agrawal Vice Captain
Devisha Bhujbal Vice Captain	Soumya Shah Vice Captain	Vishisht Helder Vice Captain	Rahil Mandalia Vice Captain
	Maynard Padhi Primary Prefect	Saisha Prabhudesai Primary Prefect	
	Soham Desai Asst. Primary Prefect	Bhuvaneshwar Bhujbal Asst. Primary Prefect	

the high degree of earnestness and passion.

Our Director Dr Arundhati Hoskeri, congratulated the council members. She appraised the council about the importance of being office bearers and the responsibilities tasks they will be involved in.

The council members felt proud to receive their badges and sashes and took oath which was administered by Dr. Hoskeri Maam.

With the vigorous beats of the drums and a march playing, the new council marched in procession up the aisle and on to the dias. They stood upright with their heads held high and their hearts in humility as each picked up their precious flags.

The student council members signed the oath to office signalling the beginning of their year of leadership.

The ceremony was attended by the proud parents of the elected Student Council Members and students of Grade IV to X.~





BEAMS

Our young scientists exploring the frontiers of the future.

“The heights by great men reached and kept were not attained by sudden flight, but they while their companions slept, were toiling upward in the night.”

These inspiring lines by HW Longfellow explain what the future of the city and mother earth means to the young 'science and maths aficionados' at MET Rishikul Vidyalaya (MRV). This year's edition of BEAMS – Being Enthusiastic About Maths and Science saw the students put their creative faculties together to do justice to the theme — I for Innovation.

MRV trains its young scientists to be innovative, think creatively and exhibit their learning in a way that showcases their skills as collaborators, designers, orators and imbibers of knowledge. This year, the students worked on a range of topics and came through with flying colours. They not only

impressed their teachers with their innovative ideas but also the visitors who lauded their out-of-the-box propositions and working models.



The categories that the students from every grade worked on included artistic skills, research & development skills, linguistic skills, interpersonal skills and logical and mathematical skills. While the students of standard III worked on simple hacks for making life simpler, the young guns from standard IV experimented with sound and musical instruments. The students from stand V brainstormed on climate and weather, as those from class VI focused on pollution control with prime focus on water pollution. The kids from standard VII explored machines without electricity. The young minds from standard VIII delved into drones and their application in the field of medicine. The students from standards IX and X worked on app

generation for safety and education and robots as helping hands, respectively.

There were several highlights in this year's edition of BEAMS, including the biodegradable plastic created by the students of standard III. It was all the more relevant given the recent plastic ban in the state that was implemented last month. The students of grade VI explained the future of marine transport and how whale-shaped boats can have customized motors and filters that can help control and eventually eradicate marine pollution.~





MRV Participation at MISA

- Mr. Ashish Warang.

On January 19, Garodia International Centre for Learning Mumbai (GICLM), a prominent IB school in Mumbai, hosted MISA

Interfacing, Artificial Intelligence, Health and Medicine, Environment and Conservation specifically addressing problems of food scarcity. Students demonstrated their unique innovations to address existing problems.

bring about an educational breakthrough blending Indian traditional values and modern innovative methods of learning. It aims to upgrade schools in international curriculum training which will produce global citizens who are educated, nurtured and framed to build a better tomorrow.

MRV had two groups from Junior category and one from Senior Category.

The Junior group had taken up the project of making a futuristic City. The second group from the junior group took up the task of making an automated house. The Senior group made a project on the wheelchair which can take up voice commands and the ease to reduce human efforts.~



(Members of International Schools Association) SYNERGY 2018-19 at its campus. The event brought together young scientific minds aiming to create a better tomorrow. Students across member schools got an opportunity to display their scientific talents and compete with each other through a science Exhibition and presentation about their innovative projects.

The event witnessed 33 member IB schools and 322 students participating in junior and senior categories. The categories in Science and Technology were: Applications in Genetic Engineering, IVF, Biotechnology, Bionics, Genetic Modification, Brain Enhancement, Prosthetics, Architecture, Mechanics, Machinery, Infrastructure,

The projects focused on how technology has enhanced the quality of human life and was adjudicated by independent Judges. The winners were Vibgyor High, Goregaon in the junior category and Pinnacle High International School in the senior overall category. There were several winners in various sub-categories and all participants received MISA certificates.

The event aims at encouraging functional, practical and world-class quality education which will





ADIEU

GRADE 10 BATCH OF 2018-19

The valedictorian batch of MET Rishikul Vidyalaya, were bid a teary-eyed farewell on Monday, 11th March 2019, by their successors and teachers. The entire event was planned, organised and executed by the very talented Grade IX students.

The Grade X students got the best of the wishes and guidance from the Director Dr Arundhati Hoskeri, and the principal Dr G Nagashree. Their teachers' eyes were as moist as theirs, if not more. But, the Grade IX students made sure, that there was laughter and shared happy memoirs, all throughout.

The shimmer and glitter of the evening gowns and blazer suits of the parting students, concealed the warm children inside them, almost unwilling to leave the premises. They bid adieu to the school, only with a promise of never really parting from it.~



NASEOH'S

National Society For Equal Opportunities For Handicapped

Students visited the centre with a lot of zeal and enthusiasm, of making their contribution towards the community.

eco-friendly Ganesha idols and their horticulture section.

The students at NASEOH were not only skilled but also talented. Student Council witnessed some excellent mimicry.

The vision of making students, sensitized to the virtual realities of life, was partially achieved. The students learned that children, who have almost no facilities and privileges in life, try very hard, to rise high, to live their dreams. We, the privileged section, should make more efforts to be a better citizen & help the underprivileged to live their dreams.

Dr. Arundhati Hoskeri

MRV Student's Council was honoured to be called for a visit to NASEOH, Chembur, on 17th August 2018. The students were accompanied by Dr. Arundhati Hoskeri, the Director and Mr. Mahesh Sir. Mr. Yogendra Shetty oriented us about NASEOH.

The Council got an opportunity to meet the differently abled students, and it was a learning experience for them. They visited the computer lab where the students were trained for basic computer software, followed by sections, where they prepared floating candles, cloth and jute bags, artificial limbs, wheelchairs,

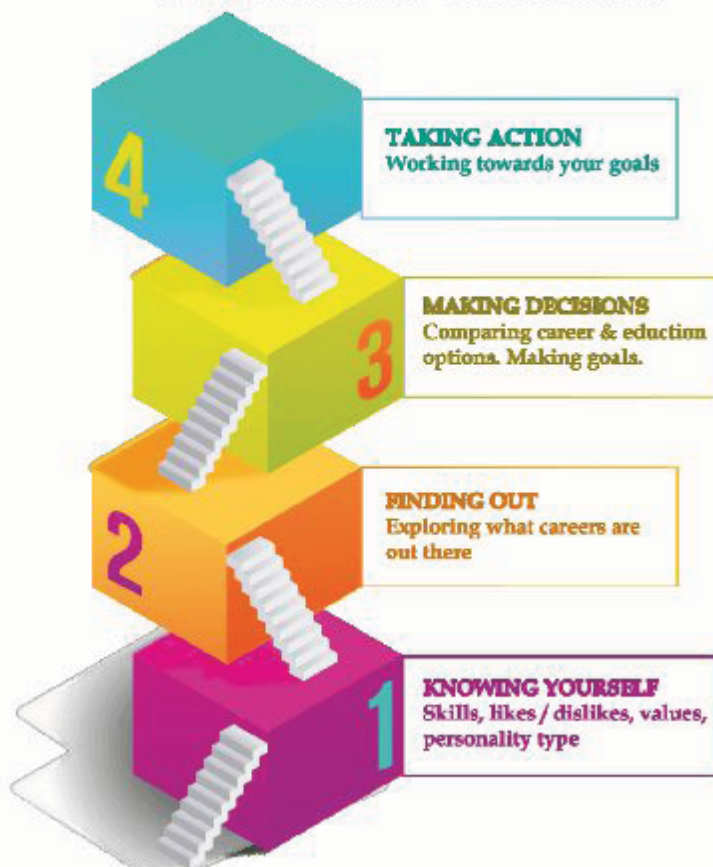
CAREER COUNSELING CELL at MET RISHIKUL VIDYALAYA and GLOBAL COLLEGE.



**The world is evolving fast,
faster than you can blink.
Heading towards what seems
a no choice – one – nation world.**

The career counselling cell at MRV under the guidance of Dr. Arundhati Hoskeri – Director and Management Representation and Dr. Nagashree – Principal handled by Ms. Lalitha Rajgopal – Advisor and assisted Ms. Sheetal Multani – Admissions and Career Guidance Counselor has the ability to guide and empower IGCSE and A Level students to compete and apply successfully on the Global platform in this fast evolving almost one – nation world. “GLOBAL & LOCAL”

CAREER ACTION PLANNING PROCESS



- Making the Right Career Choice
- Options available after finalizing the Career Path.
- Decision making.
- Assistance for competitive exams requirements for under graduate studies in India.
- Assistance for applying to various Universities around the world.
- Assistance in difference competitive exams for under graduate studies abroad.
- Assistance in applications documentation required by school.

Distinguished Guests



Global Perspective Training
- attended by Dr. Arundhati Hoskeri



Linda Branwell -
Global Perspectives Faculty Cambridge International
Andrew Field -
Global Perspectives Faculty Cambridge International
with - MET Students and Faculty



Austrailian Embassy Meet



Emily Wool - Exam Officers Training
by Cambridge International at
MET Rishikul Vidyalaya



Mathematics Training
from Cambridge University January 2019



Interaction with new CEO of Cambridge International, Ms.Christine.



Stephen Holford (Commissioning Editor)
& **Oliver Thornton** (Senior Strategic Publisher)
from Oxford University Press taking review



Caroline Tiller (Group Manager Curriculum Support Development, Cambridge International) with A Level Coordinators of Schools in Mumbai



Caroyln Tiller - Deputy Director Qualification Development and Support

Ruchira Ghosh - Regional Director South Asia for Cambridge International

Akshay Chopra - Cambridge International Regional Manager West India

MRV HAD SPECIAL VISITORS FROM NEW ZEALAND.



Educationist from Newzealand -Ms Gill Austin

Recently Ms. Catherine Smith, Director of International students, NORTHCOTE COLLEGE, New Zealand and Ms. Gill Austin, Director, International Education, LYNFIELD COLLEGE, New Zealand along with Director of NZEA, Mr. Warren Fernandes visited MRV, inter acted

with students and staff and were impressed with our school functioning. They expressed their eagerness to offer a two week program for our grade 9 and 10 students during summer holidays in May when their school / college would be still functioning at New Zealand. Dr Arundhati Hoskeri, Director of MRV has asked them to revert with a tailor made program for MRVians so that they learn about the flora, fauna, culture and life at New Zealand.



Australian Delegate Ms Leeann Moriarty at MRV



Robotron Exhibition

- Mr. Rajesh Bandekar

Technology is changing the way people do things in every part of the world, and the sector continues to expand. What are schools doing to prepare the next generation for the future?

The truth is that educational institutions are already doing a great deal of work in this area. In fact, everything we see today in Robotics can trace its origins to research, and an academic

world looks forward to a future of fully-fledged artificial intelligence, you can expect these gadgets will soon have even more advanced features.



in this program. The program happened in the Physics Laboratory of MRV on day 1 and then on the 8th floor of MRV. Students displayed various robots made by them. They beautifully explained the main features of their made robots to everyone and showed how it is useful in the future days to come. They impressed all the guests who visited the stall. The school also made a model of a robot named MRV SPY which was a centre of



paradigm that brought on board policymakers, scientists, and governments.

Now, teaching Robotics in school is becoming an increasingly indispensable part of the curriculum.

Robots are defined as programmable machines or gadgets that can replace humans in performing a range of tasks by executing input commands. As the



The students of MRV put up a stall on Robots on 24th and 25th January 2019. Students from grade 1 to Grade 10 actively participated



attraction for everyone.

The main focus was to

- Learn to build and Program Robots.
- Get introduced to Artificial Intelligence
- Develop creative Thinking and Soft Skills.
- Hands-on STEM learning experience.~

MRV AWARDS



Iconic Educator

Inspiring Educator

Dr Arundhati Hoskeri, Director and Management Representative MET Rishikul Vidyalaya was awarded the Inspiring Education Citation for Initiatives and invaluable contributions in reinventing schools for all round development of school students.

Karmaveerchakra Award



The Rex Karmaveer Global Education Change Champions torchbearer School Award 2019 was awarded to MET Rishikul Vidyalaya for having a clear vision and mission of a Global Learner with a firm belief in Indian Culture. This award was received by Dr. Arundhati Hoskeri, Director and Management Representative, MRV~

BRAIN FEED SCHOOL EXCELLENCE AWARDS



We are proud to announce that MET Rishikul Vidyalaya has been awarded the certificate for excellence for the category of, Best International School- Innovative practices, STEM Education and attaining excellence in growth and enhancement of school education prioritizing the 21st Century demands of future leaders.

Jharkhand Education Conclave 2018



Dr. Arundathi Hoskeri Director, MET Rishikul was felicitated at Jharkhand Education Conclave 2018 at Radisson Blue Ranchi by ICAE for her contribution towards emerging trends in Education and Leadership.

FEIL & TISS Award



MET Rishikul Vidyalaya was conferred with the FEIL & TISS award Emotional Intelligence School Summit trophy (2018) in recognition of their Herculean and Noble effort in sensitizing Society under the leadership of Dr. Arundhati Hoskeri & her team of teachers towards becoming empathetic and compassionate.

MET Gaurav Award



MRV Students Vedant Parekh, Yug Moramkar, Sitanshu Nisar, Sia Raut, Hriday Shah and Viva Kanani were conferred with the MET Gaurav Awards on 26th January, 2019. MET felicitates the students who have represented India on National or International platform by conferring the MET Gaurav awards. We look forward to our students achieving laurels nationally and globally.

MRV visited by Cambridge University Press Science Research Team

Science Research Team from Cambridge University Press(London) visited our school on Thursday, 24th January 2019, to interact with Dr Arundhati Hoskeri (Director and Management Representative) and Dr G Nagashree (Principal) and our Team of Science teachers.

They interacted with our children who were part of the ROBOTech Exhibition – Brain Gym and were very impressed with the students robotic exhibits. ~



Ink link

Ink link या कार्यक्रमांतर्गत विद्यार्थ्यांनी मराठी भाषेचे विविध पैलू उलगडून दाखवले. प्रत्येक इयत्तेला विविध विषय देण्यात आले. इयत्ता पहिली व दुसरीला रंग, रंग ऋतूंचे हा विषय देण्यात आला होता. ज्यात आपल्या छोट्या वक्त्यांनी विविध गीते सादर केली. इयत्ता तिसरी व चौथीने रंग वक्तृत्वाचे या विषयांतर्गत आपली भाषणे दिली. या वेळी विद्यार्थ्यांना माझा आवडता खेळ, गणपती उत्सव, माझे आवडते फूल, शाळेचा पहिला दिवस, माझी आई अशा विषयांवरील इतर विद्यार्थ्यांचे विचार ऐकण्यास मिळाले. माध्यमिक विभाग इयत्ता पाचवी ते दहावीला चार वैकल्पिक विषय देण्यात आले ते पुढीलप्रमाणे रंग नाट्यांचे, रंग मुंबईचा, रंग मनाचे, रंग साहित्याचे.

रंग नाट्यांचे यांत विद्यार्थ्यांनी आई-बाबा आणि मुलगा-मुलगी, मी आणि आजोबा, आजी मी आणि आत्या/मावशी, मी आणि मित्र-मैत्रिणी, शिक्षक आणि विद्यार्थी अशा नाट्यांमधील छटा कविता व कथांद्वारे व्यक्त केल्या. विद्यार्थ्यांच्या छायाचित्रणाच्या कलेला रंग मुंबईचा या विषयाच्या माध्यमातून वाव दिला गेला. यांत विद्यार्थ्यांनी बहुरंगी मुंबईची छायाचित्रे काढली व त्यांना मराठीतून शीर्षके(caption) दिली. मानवी भावभावना व्यक्त होतात ते रसांच्या माध्यमातून! यातील हास्य, अद्भुत (काल्पनिक), वीर रसांची प्रस्तुती रंग मनाचे या विषयाद्वारे केली. मराठी साहित्य हे विविध प्रकारच्या विचारधने गद्य, पद्य यांनी समृद्ध आहे. याच कलात्मक कलाकृतींना रंग साहित्याचे या विषयामार्फत उजाळा दिला गेला. -

Ink Link- The MRV Literary Fest



MRV has successfully concluded its fun filled Literary Festival Ink Link for the academic year 2018-19 with some power-packed events.

The day began with the final round of Oracle: an English Declamation Competition. Students of Grades VI and VII spoke on the theme of Excitement and Enthusiasm, whereas the students of Grades VIII to X spoke on Conflict in Emotions and Longing. The competition was judged by Mr Amit Sathe, who is currently an established entrepreneur with set businesses in agriculture and real

estate; but has created a legacy for himself by working in theatre with eminent personalities such as Nadira Babbar and Nasiruddin Shah.

Followed by the Declamation was Vox Populi: an inter-house debate competition. The junior group finalists argued on the use of electronic tablets in schools and the senior group debated whether there will be a Third World War on water. The debate competition was judged by our school advisor Ms Lalitha Rajagopal and Ms Anupama Datye, who's a public speaker, soft skills trainer and a

Russian language expert. She guided the students about effective ways of debating.

Students of Grades VI to X got to enjoy an engaging and interactive Tete-a-Tete with the Chief Editor of Tinkle Magazine, Ms Rajani Thindiath. She talked to the students about the perks and challenges of writing professionally. Her talk inspired the students to tell stories; through the answers she gave to their multiple questions, they learnt a lot about her work as a writer. She concluded her talk with a brief workshop on writing out-of-the-

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established entrepreneur with set businesses in agriculture and real estate; but has created a legacy for himself by working in theatre with eminent personalities such as Nadira Babbar and Nasiruddin Shah.



Silent March 'Plastic Free India'



- by Mahesh Punjabi IGCSE Coordinator

'Plastic Free India' - The World Environment Day theme for the year 2018 was well supported by MET Rishikul Vidyalaya. MRV students volunteered as Combatants, lined up outside the MET premises holding placards with messages and slogans stating 'Ban Plastic'. Young students attempted to sensitize the public at large by creating awareness about plastic's adverse impact on health & ecosystem.~



CELEBRATE BANDRA

MET Rishikul Vidyalaya's young artists of the 1st batch of Art and Design *Samragee Jangir, Swayam Karia, Yuvraj Veera, Rutvi Parekh, Aadhis Palkar* (under the guidance of Art and Design faculty) *Mr. Gautam V Kamat & Mr. Prashanth M Suvarna* got the opportunity to display their 1st project 'CARE AND CONNECT' at Times Celebrate Bandra Festival.

Times Celebrate Bandra Festival is a prestigious event that began in 2003 and has been showcasing professional talent through world-class entertainment, that is free of cost and accessible to all. In the process, showcase professional talent and provide a platform for budding talent to grow.

Our Art Installation 'Care and Connect' received very encouraging reviews from art enthusiasts and other spectators. People flocked to see the display and marveled at the uniqueness.]

Food is one of the fundamental requirements of life. One, in every five Indians, is denied the basic requirements, due to poverty stricken conditions.

Through this art work, MET Rishikul Vidyalaya's art students and staff conveyed the message

that offering and feeding the poor and needy section of our society, will help eradicate hunger and malnutrition.

Food is seen wasted and thrown away by almost every household. Instead of wastage, it can be served to the hungry as thus may be the only meal of the day for them.

Each open snack box displayed, symbolized hunger of the underprivileged and on the other hand, the contribution that people can make, by sharing food and feeding a hungry mouth.~



Appreciations....

It used to be the children of today who were the future of our country. But now, they are the children of today who are the future of our country. They are the children of today who are the future of our country. They are the children of today who are the future of our country.

These are the children of today who are the future of our country. They are the children of today who are the future of our country. They are the children of today who are the future of our country. They are the children of today who are the future of our country.

Being an Architecture student, I really believe in concepts and your concept of illustration is really good.

It is a very good concept and your illustration is really good.

Amazing imagination! Really the need of the hour to donate food!

Something so simple but so useful in today's world. Great job on the wonderful imagination!



“Green Carnival 2018”

- Dr. Jai Tilak-Jain (CR)



As per the tradition of our school, MRV PTA 2018-19 brought yet another “Green Carnival” on 27th October 2018 exhibiting enormous energy and commendable coordination.

Our goal was to organize an entertaining, fun-filled and “green” carnival which would mark the beginning of the festive season of Diwali. But a goal without a plan is just a wish. So, it all started with well-thought-out planning a super, splendid much-awaited event of the year. With complete participation of all the PTA members, we created sub-committees who took charge of the various departments including stalls and stage set-up, decoration, sponsors and vendors, creation of instruction material, write-ups, invitations, and much-entertaining teasers for the event, management of food, games, and

products stalls, anchoring, accounts, security measures and PTA Desk, and waste management. With a lot of enthusiasm, we organized some unique and exciting events such as talent show by MRV kids, drum jamming, jewellery auction, etc.



The dedication and commitment of the PTA team resulted in a truly memorable “Green Carnival” which attracted a lot of children, parents, and school staff. The Carnival was officially inaugurated by our trustees, Mr. Pankaj Bhujbal and Mrs Vishakha Bhujbal, Director – Dr. Arundhati Hoskeri, Principal – Dr. G. Nageshree, PTA VP – Karizma Mehra, and other PTA representatives. The main attractions were cultural events and singing/dance performances by our talented students, newly introduced and smashing drum jamming workshop, and the fun-

filled game stalls which were handled by the students. Children enjoyed the bouncing slides, bungee jumping, and wall climbing games, and played many thrilling 1-minute games and won lots of prizes. The food stalls offered a variety of lip-smacking delicious healthy food dishes and thirst quenchers. Ample seating arrangement was comfortable for all parents and grandparents who could enjoy the carnival with their little ones.



We are grateful to the school trustees, management, and teaching/non-teaching staff for their continuous support and help for planning such a big event. We are also thankful to our sponsors who wholeheartedly trusted us. And kudos to the entire PTA team for all the hard work. All in all, we would always cherish fond memories and experiences of this wonderful event!~

F.O.C.U.S.

(Foreign Oriented Curriculum for Undergraduate Students)



- Ms. Reshma Shaikh
School Coordinator

On 23rd October 2018, MET Rishikul Vidyalaya launched its ambitious Global Education Awareness Programme - F.O.C.U.S (Foreign Oriented Curriculum for Undergraduate Students). Our beloved Trustee, Hon. Shri Chhagan Bhujbal inaugurated this Mumbai's first ever massive Parent - Student global academic engagement programme. Several media dignitaries were invited to cover the event.

The MRV students of Grade 9 organized a Fashion Show keeping in mind the school's global vision. The students showcased the culture of different countries and how international education brings in the right talent and demeanour in a colourful way. The students exhibited their bright future in a symbolic way by bringing a 'Palkhi' on their responsible shoulders having the logo of F.O.C.U.S, which Hon. Mr. Chhagan Bhujbal unveiled in

the presence of Mr. Pankaj Bhujbal, Trustee - MET, Mr. Samir Bhujbal, Trustee - MET, Mr. Rick Cran, An international education expert & CEO - Cran Enterprises, Dr. Arundhati Hoskeri, Director - MRV, Dr. G. Nagashree, Principal - MRV and Dr. Seema Tatwawadi, Director - MET Institute of International Studies.

In his address, Mr. Chhagan Bhujbal spoke about the launch of AS & A Level (equivalent to 11th and 12th standard), a tie-up with NCC Education to bring in foreign universities right here at MET campus, IELTS (International English Language Testing System), CIDTL (Cambridge International Diploma in Teaching and Learning) and IAEP (Integrated Academic Enrichment Program) which involves Robotics, Arts & Design and Social Awareness activities which will enhance students overall development. With this initiative, MRV is set to change the way foreign education is perceived making the students ready for global opportunities.~

Talk Mr. Anil Swarup



MET Rishikul Vidyalaya was pleased to have Mr Anil Swarup-IAS officer, Ex-Secretary to Government of India in the ministry of coal, Ex secretary school education and Literacy, a strategic thinker and an innovative leader, visiting Bhujbal Knowledge city to address all of us- educators on an interesting topic “**Nexus Of Good**” and motivate us. In his career spanning 38 years rich in experience from all the positions that he has successfully occupied for serving the State and Central Government Mr Anil Swarup has been conferred with many awards.

It was an eye opening session where he spoke candidly about corruption at all levels in the country, calling it the 'NEXUS OF EVIL' particularly recalling the Coal Scam and how arduously he and his team regulated it. He also stressed that the 'NEXUS FOR GOOD' must stem from little children who can carry on the legacy of being ethical and honest.

It was a wonderful experience for all present to be able to share moments with Mr Anil Swarup.~

Educational Excursion



“The world is a book and those who do not travel read only one page.” - Augustine of Hippo

Come Mid December and Grade 4 (the youngest) to Grade 10 (the Senior most) look back upon the Exciting Educational Excursion with their peers!

The students of Grade 4 - Visited Aurangabad Fort, monuments and the famous caves of Ajanta and Ellora

Grade 5 visited the Vibrant Gujarat – the land of flowing milk and the breathtaking landscape of Saputara!

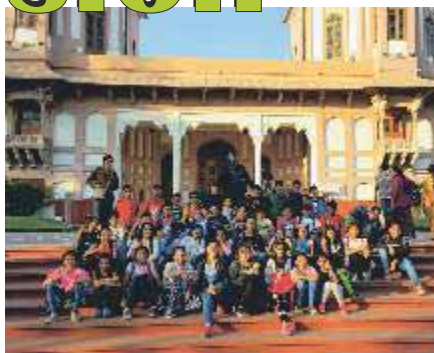
Grade 6 - Camped, Trekged and enjoyed a host lot of activities with Nature Turks in the outskirts of Hyderabad

Witnessed the majestic Wagha Border, strolling down the lane of history in Jallianwalla bagh and seeking blessing at the Golden temple made the Grade 7 Visit very enriching.

Grade 8 - The students were engrossed in the tales that took them to the bygone era during their travel through The Golden Triangle (Delhi - Agra - Jaipur), flourishing India in the Mughal period.

Grade 9 – Visited Gangtok, Pelling and Darjeeling and Memories made in the mountains stay in the heart forever.

Grade 10 - Goa Times + Crazy Friends = Unforgettable Memories
#onelasttime~



WIZZ TECHIES!



-Ms.Ruth D'souza

It's a feeling of pride when your students go beyond the boundaries set by the syllabus and emerge winners!

It was an overwhelming moment for me when my team of boys was announced winners among the 150 odd Schools of Mumbai in the movie making competition organised by Design championship in association with NASSCOM Gaming Forum and Technology partners like Autodesk / Corel / Sketchup.

I was happy to be their mentor and all that the students needed from me was motivation and support. A little tweak here and there with regards to their documentation and presentation and we were ready for the Championship!

The Bharat Bandh on the day of the Competition did not deter the students from reporting to the venue on time with all their Gadgets, be it laptop or mobiles loaded with their Projects and QR codes for the entry to the competition, generated.

The Game and the Logo Design Teams had a great amount of learning although they couldn't make it to the top. I look forward to my team winning the championship the next year.~



Health Check Up

“A Family that is Healthy Together, Stays Happy Together”

- Ms Lalitha Raj

Yes, sounds like jargon but true. It is very important as a family to make a healthy decision on eating habits, rest, and exercise and playtime activities.

MRV organised a free 'Family Health Camp 2019' in collaboration with Healthspring Wellness Experts and Gangar Eye Nation on Saturday, 9th March 2019, from 10 a.m. to 1 p.m.

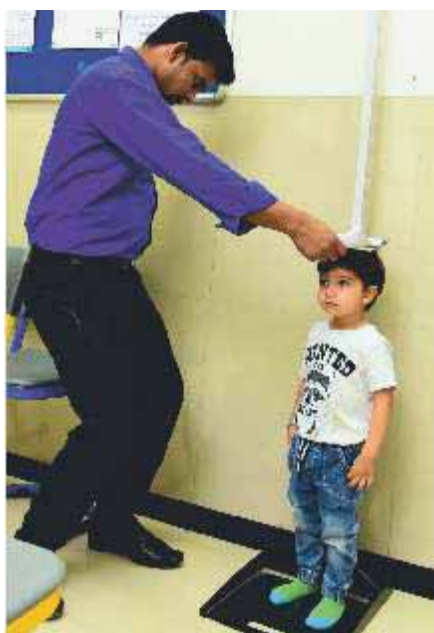
Simultaneously, Pediatric check-up was conducted by Dr. Amruta Shirodkar (MBBS DCH DNB) – practising paediatrician for the last 9 years in the areas of General Pediatrics, Growth & Development, Nutrition, Immunization and Neonatal well-being.

Apart from Health Check-up, Fitness & Fun activities were planned for the entire Family along with Early Child Care Counselling.

Program Highlights:

- General Health Check-up & Dental Check-up by Healthspring
- Eye check-up by Gangar Eye nation
- Pediatric Check-up (Kids aged 2 to 6) by Dr. Amruta Shirodkar
- Zumba for parents
- Super Brain Yoga
- Fun Dance for kids
- Keyboard Rhythm & Vocals
- Early Child Care Counselling.

Zumba and dance have always been associated with



fitness and stay agile programmes. In present days, parents complaint of restless children and they are labelled to have ADHD. Here in MRV, we believe in calming the children's restlessness through music. Rhythm and sound for the pre-schoolers always stole the shows. Yoga and meditation sessions for the parents were conducted by “Heartfulness for Meditation and Joy”.

Families who visited took the best tips back home for their togetherness in well-being.



Multiple Intelligence



The Cutting Edge

The teachers of MRV were introduced to the eight multiple intelligences propounded by Howard Gardner. In an interesting interactive session the facilitator discussed each of the intelligences with real life examples.

Additionally the teachers were introduced to digitalized finger printing and their latent and obvious personalities. Moreover, the teachers were promised a profile which included their definitive character skills and the skills they could explore.~

MRV TRAILBLAZERS

Sports ACHIEVERS



Master Hriday Shah



* Master Hriday Shah, from Grade 6 Emerald played at recreational, inter school level, state and national level in Field of Archery and has won multiple award and accolades playing u 12 and u14 from Year 18-19.
* Hriday Shah on behalf of MET RISHIKUL was also selected for barring the torch to represent ARCHERY SPORT at the opening ceremony of the 41st Prabhodhan Krida Interschool games bring a proud moment for MRVites.~

Master Sitnashu Nisar



Sitanshu has achieved following during the year 2018 in Freestyle Roller skating.
* 29th Mumbai District roller sports championship 2018
* Gold medal in Speed Slalom freestyle Skating
* Gold medal in Classic Slalom freestyle Skating
* 29th Maharashtra State Roller skating championship 2018 Gold Medal in Speed Slalom freestyle Skating.
* Secured 4th position in 56th National Roller Sports Freestyle Championship. ~

Master Yug Moramkar



Under 17 Category
* RSFI districts- 3 golds in 500m, 1000m and road race
* And 2 golds in RSFI speed skating re selections
* Alpine skating- 1 gold in state championship
* Participation in alpine nationals MISA interschool speed skating championship- 1 gold
* DSO districts speed skating- 3 bronze
* Participation in DSO nationals

Master Riyansh Bhatia



Under 14 Category
* RSFI districts- 3 golds in 500m, 1000m and road race
* And 2 golds in RSFI speed skating re selections
* Alpine skating- 1 gold in state championship
* Participation in alpine nationals MISA interschool speed skating championship- 1 gold
* DSO districts speed skating- 3 bronze
* Participation in DSO nationals

Master Vedant Parekh



SFA (Stephen F. Austin) State University - Gold
2nd time in a row.

Master Fayed Hakim



Fayed got gold in Saber and Silver in Foil .



Master Strokes

- Mr. Prashanth Suvarna

This year our Annual Art exhibition, 'Master Strokes' continues to exhibit the beautiful artworks of our students, over the course of two days i.e. Wednesday 20th March 2019 and 22nd March 2019. Students' artworks were sold for a minimal charge. Parents were extremely supportive and generously contributed to the growth of Art and Society. The initiative is pure with the intention of sensitizing our students, towards the weaker section of society. The proceeds of the Art Fest were donated to charity. ~





Cyber Bullying

To think 21st century is the age of technology, a step forward into the future is not entirely right. With technology comes the engulfing labyrinth called : the Internet. Though we're setting into the future, there are a few people, who use this advanced technology to meet with their primitive needs and animal instincts.

In a recent Times of India post we

read "Sextortion or Sexual extortion, a form of cyber-blackmail is becoming more common in India."

As a growing educational institution, MRV believes in equipping and empowering its educators with the best that is possible. Keeping in mind the contemporary consequence of the Internet we conducted an

awareness workshop facilitated by Mr Ritesh Bhatia, an expert of Mumbai's Cybercrime Cell. Mr Bhatia, while commending the complexity of the Internet said that it is very easy for the students to get caught into it and it can become very difficult for them to rescue themselves.

The cybercrime expert entreated the teachers to be more vigilant and provide any kind of help they can to their students. "Being available for them is the key to not getting them entrapped into the menacing intricacies of the Internet," he said. A vigilant eye can foresee and save a teenager from what might result into an incurable wreckage.

MRV will always be watchful and look for the best ways to guard its students from the malicious intentions of the world, to allow them to grow into responsible future citizens. ~

Independence Day

August 15, 1947, was the day when the tricolor was raised and Independent India emerged. It has been a revolutionary period of more than 71 years for India since the nation became independent from colonial rule. We celebrated this auspicious day with great fervor at MRV. This fest was graced by none other than Ms. Rohini Hattangadi, the renowned theatre and film personality. Management, Directors and HOD's, Students, Staff and Parents delved into the spirit of patriotism as we watched the performances through speeches and role-plays.~





SPORTS DAY PRIMARY & SECONDARY

- by Mr. Anil Dhure

The much awaited **16th Annual Sports Day Meet**, for the Primary and Secondary Section of Met Rishikul Vidyalaya was held on 8 February 2019. The opening ceremony commenced with immense zeal and enthusiasm. After the March Past, the honourable Trustees, Director, Principal and Chief Guest were welcomed by a band led by students of Scouts and Guides. After the flag hoisting and the torch run, the March Past students began the event with perfect synchronization and discipline.

The Sports Pledge was taken, led by the Sports Captain Yug Moramkar and Tiya Padhi, to inculcate the spirit of sportsmanship within them. The ambience was further infused by the Sports Anthem performed by students of Grade III Emerald. The Sports Meet 2018-19 was declared open to a thunderous applaud, by our honourable Director Dr. Arundhati Hoskeri.

The event opened with Displays. The secondary students performed the Band Display lead by Shrikumar Sir, followed by Pom-Pom Display by our students of Grade I, II and III. The zestful Zumba Display, led by Haresh Sir depicted a total body workout

along with fun and excitement, for grades VII, VII and IX. A balanced holistic development, of the mind, soul and body was displayed through Yoga. It performed by students of grade V and VI under the guidance of Ms. Pooja and Ms. Kalpana. The Display performance culminated with the Martial Art of Self-Defense lead by Jayant Sir.

The students exhibited their physical talent with various races. The Fun races performed by grade I to IV served both as amusement as well as a holistic development in keeping the individual physically, emotionally and mentally healthy and happy.

The Athletic (Track Events) commenced with the 50 meters race for students of Grade I and II and 100 meters race for students of grades IV to X. The Relay race by students of grade VI to X had a neck to neck competition in passing the baton to the next runner. The coordination and speed resulted in the winning of the house. The parents, Teachers and the Ancillary Staff competed against each other in various exciting races. Ashoka House was awarded the trophy for being the overall House Champion.

The grand memorable event drew to a close with a vote of thanks by

Priyanshi and the National Anthem by Gautam Sir. Finally, the much filled galore of the Annual Sports Meet 2018-19 was declared close by our honourable Principal, Dr. Nagashree, with the lowering of the school flag and the extinguishing of the sports torch. ~



Congratulations MRV Football Team,

U - 14 Football win



Heartiest Congratulations to our MRV Football team, for winning the U -14 1st league match, during the ongoing MSSA Football Tournament.

We wish them the very best for the rest of the matches!

U - 12 Football win



We are pleased to share that MRV U -12 Football team has won the 1st and 2nd league match, during the ongoing MSSA Football Tournament.

Heartiest Congratulations !!!!

We wish the U - 12 Team good luck for the rest of the matches! May you sail through all the matches and be successful and victorious!



Beach Clean Up

MET Rishikul Vidyalaya students have been actively working in the area of societal causes. Academically exceptional these young crusaders are sensitive to the need of the world around. This is what makes MRV one of the best international schools in Mumbai and its students the responsible citizen of the world. MRV organized 'Mahim Beach Clean Up Drive' on 04 Aug 2018

as part of their 'Social Integration Programme' which is aimed to inscribe & up-bring socially responsible students and make them vigilant and sensitive towards socio-economic issues. The students actively joined the activists and locals for the 'plastic ban initiative' by cleaning the beach and worked hard towards preserving the marine-life and maintaining the health and

hygiene of the city.





- Karizma Mehra (VP – PTA)
& Sharwani Kane (CR)

It was the dream of PTA 2018-19 to organize the first-ever Navratri Night in MRV. To get together all MRV parents and their near and dear ones, to increase the bonding among all children and have loads of fun was the idea behind this

with a meticulous plan in place. The spirits were kept high by the constant encouragement from our VP, Karizma Mehra and the Director Madam. Contacting sponsors, stage management, music organization, arranging gate passes, the arrangement of food; all activities were owned up, fulfilled and taken to a conclusion by the very efficient PTA team.

tapping their toes with the rejoicing music.

To add to their enthusiasm, thanks to the wonderful event sponsors, there were surprise gifts and lucky draws as well as prizes in various categories like best-dressed individuals, best dancers right



initiative. Thanks to the ever supporting Director Dr Arundhati Hoskeri and Principal, Dr.G.Nagashree Madam and our dear Trustee Mr. Pankaj Bhujbal Sir, we were given a go-ahead for the event and 14th October 2018 was the date fixed for the same.

The entire PTA sprung into action

The evening of October 14th 2018 saw entire MRV family, the teachers, non-teaching staff, parents, children and management dressed in their traditional finery enthusiastically participating in the event.

The event was kicked off with a traditional Arati of Goddess Mahakali by our Trustees, Director Madam, Section Heads and PTA. The “dandiya raas” started with slow beats as the crowd started pouring in and swaying to the slow beats of 'garba'. Our Director Madam sang a melodious rendition which had all dancing to her music. As the beats gathered pace, the swooning and swirling of dancers dancing to the traditional 'garba' numbers gathered pace too creating a vibrant and exuberant evening.

A strong bond was visualized between parents, teachers and students; it was a huge family



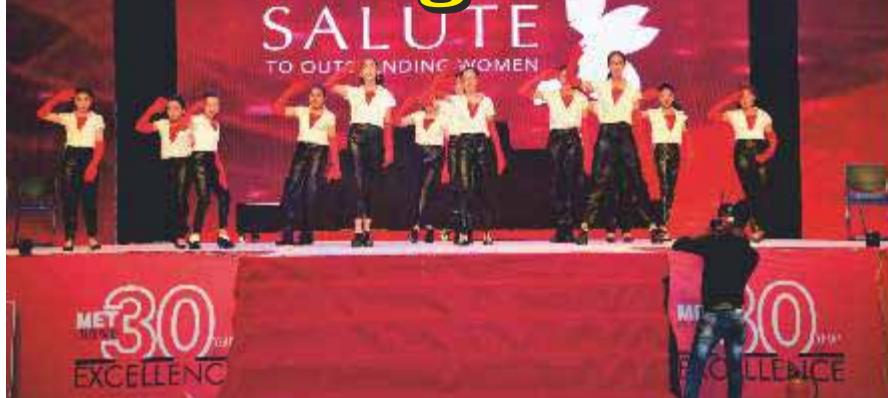
from toddlers till adults. The lip-smacking array of food items appealed to everyone's palate.

The night ended on a high note with PTA thanking everyone for their wholehearted participation with a hope to continue this tradition year on year, bring all MRVians together.~



MET Utsav 2019

Celebrating 30 Years of Excellence



performances of the students left the audience spell bound. Aerial, techno, Bollywood, Indian dance performances, skits and the musical renditions were extremely captivating and enthralling. The witty anchors and mimicry artistes kept thousands of audience glued to their seats. The icing on the cake was the magnificent fashion shows.



The grand annual cultural extravaganza of Mumbai Educational Trust (MET), Bhujbal Knowledge City was celebrated on an unprecedented scale at their world class campuses located in Mumbai and Nashik. Established in 1989, MET is celebrating 30 glorious years of Academic Excellence and MET Utsav marked the beginning of this year-long celebration.

Sheer grandeur, extravaganza and brilliance marked the 'MET Utsav 2019'. The grand fest kickstarted with a round of auditions for singing, dancing, fashion show and compering in the first and second week of January 2019. Following this, there was a grand inauguration on 12th January, 2019. The highlights of the day were the action packed thrilling bike show and mass dance put forth by the students and faculty of MET to the tune of the MET Utsav Anthem.

The annual sports day meet held on January 14th was declared open with



the customary torch lighting ceremony, with the Trustees doing the honors coupled with an energetic dance performance by students which set the tone for the rest of the event. The sports meet came to an end by felicitating the winners. It was a day filled with sportsmanship, great zeal and memories to cherish.

The 'Robotech Exhibition' held on 25th January provided the much-needed platform to the young talent to showcase their innovative designing skills whereas the 'Art-n-Craft and Photography Exhibition' gave an opportunity to art enthusiasts to display and at the same time have a peek into the art world. METizens interacted with AI in the MET Augmented Reality Show (MARS). The 'Talent Show' provided the youth to display its raw talent through mimicry and musical performances that saw staff participation as well.

At the MET Utsav Cultural Nite held on 29th January 2019, the

The MET Utsav celebrations were graced by well-known celebrities from the Hindi and Marathi cine world like renowned actor Riteish Deshmukh, a pioneer of Indian fusion music and winner of Padmashri award, singer Hariharan, versatile multilingual playback singer Madhushree, actress and model Natasha Doshi, producer and actor Vikas Gupta, model and actor Priyank Sharma were some of the celebrities who added to the entertainment with their on-stage performances and encouraging words. The participation of Alumni from across the different batches through the years, added a dash of nostalgia to the star-studded event.

Academic toppers from each institute were conferred the prestigious MET Ratna Awards, while students who showed their prowess at the international, national and state levels were honoured with the MET Gaurav Awards. The awards were presented by Founder Chairman, Chhagan Bhujbal and MET Trustees - Mrs. Meena Bhujbal, Pankaj Bhujbal, Samir Bhujbal, Dr Jitendra Wagh and Dr Nirmal Surya.

Demonstrating teamwork and unity, MET Utsav 2019 was not just a platform for celebrations and festivities but it also allowed the entire MET family to bond and envision a future.~



MOTHER TODDLER

A child's life is like a piece of paper on which every person leaves a mark. In this classroom the toddlers are exposed to various activities using the play way methods. It is a year filled with fun learning experiences. MRV gives an opportunity to build a stronger connection between the mother and her child through this programme. We, the MT teachers put in a lot of efforts into planning child friendly and age appropriate concepts and art activities for the toddlers which enables them to move ahead at their own pace. The journey from watching them crawl to watching them walk, no gestures to gestures, and no words to few words is what made this year a magical experience.



PLAY GROUP



Play Group Class is where learning meets fun. At Rishikul, students are engaged in various activities which help them broaden their thinking and give them the opportunity to explore the world around them. The learning and absorbing by the little ones is endless be it their emotion, social or cognitive skills. Children as

young as them go through a roller coaster ride dealing with their emotions in a new environment with new faces, but as teachers we fill in the roles of parents and help them deal with it all. The transition that is seen during the year is indeed commendable.

Being their class teachers, looking

back at this year, we realize the many hats we wear as teachers. Wiping noses, drying tears and tying shoes are just some of the tasks that fill our days. We are just not teachers we take on many roles. It is a blessing to be surrounded by children who trust us with hugs, sweet words, a lot of love and so much more!

Learning Through Fun - Field Trips



Field Trips expose pupils to a unique way of learning experience outside the classroom. It helps bridge the gap between education and hands-on experience. With the help of these excursions, education becomes more creative, effective and rewarding. Field trips are crucial to acquire increased knowledge, culture and hands-on experience.

Visiting different places like Nehru Science Centre which has exhibits on all about senses and our body, the Citylight market where pupils get to see regular and exotic fruits and vegetables, the Traffic Park where pupils are made aware of the importance of road safety.

Such experiences produce questions and answers that help shape a child's future.



CELEBRATIONS AND FESTIVITIES

- Ms. Humera Shareef

Since the inception of Rishikul Vidyalaya celebrations has been the most loved tradition. We celebrate different festivals, important days and birthdays of our pupils with abundant joy. The entire section coming together gives each one a sense of togetherness and oneness. Why, when and how each festival is celebrated is shared with the pupils through small skits, PPT, puppet shows, showdown plays, music and dance. These mediums also help students showcase their talents, which makes them more confident.

The most awaited moment of each celebration is wishing our birthdays pupils. Birthdays are also celebrated in a very traditional way at MRV. The parents are sent colorful invites to be a part of it. Performing with traditional aarti by the teachers and the parents and the entire section singing the 'Happy Birthday' song is cherish by every person present there.

As a celebration in charge, each celebration comes as a challenge wherein I along with the teachers have to brainstorm to bring something new each year, to make it different and more exciting for our little ones. This year too we had many beautiful celebrations, with lots of positive feedback from parents.

The values and morals we inculcate in our pupils through these celebrations is the ultimate satisfaction we as teachers can accomplish.~





Talent wins games, but team-work and intelligence wins championships.

Sports day is a platform to showcase the talent and efforts put in by the little children to make it a successful event. Sports at pre-primary level are not about competition. It is about having fun, being physically active, learning the basics of sports and building co-ordination and motor-skills and to give the little angels an opportunity to display their self-confidence, patience, zeal and sportsmanship.

The much awaited MRV Pre-Primary Annual Sports Meet was held on Friday 14th December 2018. The event started with a prayer by Sr. Kg students. This was entailed by the unfurling of the school flag and the declaration of the Meet open by our Trustee Mr Pankaj Bhujbal, our director Dr Andhurati Hoskeri along with our principal Ms. Nagshree, marking the commencement of the ceremony.

The students entered into the spirit of the occasion in a grand way with a variety of displays. Once the races began, the air was filled with



cheering and tons of encouragement for the young athletes.

True to its theme the show ended with a message of spreading happiness everywhere!





I EXPRESS DAY

Expressions are a means of showcasing your inner thoughts and feelings. And, we here at MRV give pupils enough opportunities to do so.

Pupils were given a choice to select their own topics. Parents were asked to assist their wards in preparing them for this special day. Within the classroom the teachers created an auditorium like ambience complete with a stage and beautiful backdrops. In turn each child was asked to come on stage and was given a microphone to speak while the others sat and heard their peer speak.

Pupils of the entire Pre-Primary section eagerly participated and it was delightful to watch and hear the little MRVians speak eloquently. While a few were shy and needed more encouragement, many spoke with absolute confidence on varied topics. The topics selected were extremely close to their hearts and hence they expressed wholeheartedly. Every child was applauded for the effort put in and given take away to remember this day. This definitely made them all proud.

Giving this platform to our pupils is an opportunity we at MRV never want to miss out on. ~





JUNIOR DRONACHARYA

MRV, Pre-Primary Section, annually participates in the 'Junior Dronacharya', an interschool sports meet initiated by Gundecha Education Academy. This year too on 17th December, our students participated in different races like tunnel toss, bean bag fun, hooplathon, creepy-crawly hunt, etc. They made us proud by winning 3 gold medals and 1 silver medal. This made us the recipient of the 'Junior Dronacharya Over All Winner' trophy and a certificate for the academic year 2018-19. Every student also received a participation certificate which encouraged them to look forward to the next meet.



MET Rishikul Vidyalaya is an International School still deep rooted with beliefs of the Indian tradition. While Westerners have realized the importance of the rich language, our pupils are already learning this sacred language from a very tender age during their Co-Curricular Activities. Pupils memorize the prayers, greetings, poetry and a wide range of

pupils enact the same during Anandvan. It's during this time when pupils speak the dialogues with such fluency we get to know that they can memorize the language with such ease. The audience is left spell bound.

This ancient language Sanskrit is indeed well received and

संस्कृतम्

- Ms. Anita Mistry
- Pre-Primary Co-ordinator

vocabulary words and texts from Nursery to Grade 1.

A well written script in Sanskrit is brought to life when our talented

thoroughly enjoyed by our pupils. When asked which is your favourite CCA the answer is unanimous "Its Sanskrit" they say.

At MRV we try as much to keep our pupils connected to their roots and Sanskrit language full of wisdom helps us do that.~



“Experimenting With Our Senses”

We have 5 senses – sight, smell, sound, taste and touch. Each one of them is really important in our everyday life. We use at least one of our five senses every moment of every day and they are on duty even when we are asleep! Our senses work together to let our brain know what is going on around us.

Pre-primary section had a special thematic day - 'Senstation Day'. Each class had a 'Gallery Walk' in the various classroom set-ups to explore and learn the different sense organs.

Teachers initiated the activity by placing different stations to show how the brain processes the five senses. Some of the experiential activities for each sense were:-

Taste – Students were blind folded. They were give food items to taste and then recognize its taste

by picking the right pictorial card like sweet, salty, cheesy and spicy.

Touch - Objects of different textures were hidden inside the bag and students had to identify each by touching and feeling the texture of the hidden object.

Hear – Students had to recognise the different sounds like animal sounds, musical instruments, birds, vehicles, etc. which was played in the class. They were also shown various instruments like ghungaroo, windchime, jal tarang, walky-talky, etc. and the different sounds they made.

Sight – Students were shown and explained the functions of a binocular, microscope and magnifying glass. They also played a blind fold game wherein they had to draw on the slate with their eyes shut.

Smell – Students were exposed to the various types of smells like sweet, chemical, herbal, fruity, minty, pungent, etc. Students also played a game of matching the scented cotton balls to its correct jar like chocolate sauce, perfume, eucalyptus oil and orange squash.

The above learning was further enhanced by fun rhyme session and an art activity. The overall intent was to provide opportunities and encourage our 'Little MRVians' to build on their knowledge, promote thinking, interactions and cooperative learning.





Embracing Change...

- Team Sr. KG

The term “Sr. KG” quickly becomes synonymous with “Primary – Grade One” at the end of each academic year. The graduating class experiences this major transition which not only focuses on the learning but includes routines, social and emotional aspects. Hence it is important to be mindful that every child responds to transitions differently. Some children may feel excited while others may be worried. It is also crucial for parents and educators to work together to implement transition activities based on the child's readiness and capabilities, and communicate frequently to support the child in this transition.

To help them take the leap this year a storytelling session 'Embracing

Change' was conducted by our enthusiastic parents. Through the stories of '**Sid the Seed**' and '**The Hungry Caterpillar**' pupils were made aware that changes are bound to happen and that they must be their brave selves to accept them and stay strong. At the end of the session pupils created a beautiful take away and were asked to hold their hands and shout aloud “We are now ready!” a sight which reassured the teachers that their pupils were all ready to share, respect, and support each other during this transition. A synopsis of the stories along with a colouring sheet was then emailed to the parents so the same could be reinforced back home.

The next step taken was by the teachers, they took the graduating class for a visit to the Primary school to help the pupils get

acquainted with the new environment. The pupils were shown their new classrooms, washrooms, pantry, sick bay and other key areas of the section. The grade one pupils welcomed them wholeheartedly and gave them tips on what is expected by the new batch. This kept our little ones all excited and wanting to come back soon.

The excitement continued on Graduating Day – the special day was filled with gleaming faces all ready to be promoted from joyful years to Grade one. The theme this year was “Our Journey at MET Rishikul Vidyalaya”. The hall was beautifully adorned with hangings depicting the Pre Primary years. The little graduates were smartly dressed in formal wear and the staff dressed in ethnic wear was all ready to cherish this moment.

Each child confidently expressed his / her journey of many learning creating wonderful memories. Our Little MRvians put on their capes and caps and sang away to glory. The proud parents made their presence felt by applauding wholeheartedly. The morning left many teary eyed and a day to

remember for long. Each one was in absolute gratitude with the other.

An effective transition process can help to ease the anxiety of both parents and children and better prepare them for what is to come. This was done in the form of a power point presentation by the

Primary Coordinator which prepared the parents for the next academic year in grade one.

The Pre Primary team bids farewell to one more batch of pupils lovingly only wishing them happiness as they grow to be good human beings.~



Workshops

- Ms. Shruti Padwal

Workshops which were attended and conducted by the counselor of the school 2018-19

Responsible Netism National Cyber Conference 2019

was held on 23rd January, 2019 the theme for this year's conference was Child Online Protection. The awareness which the conference wanted to bring about was online safety across Maharashtra about child online protection and creating a force of trainers and educators on cyber safety. The agenda of the conference was to empower participants with information on child online protection. Numbers of panel discussions were held to equip participants with basic intervention strategies to handle online distress. A number of individual speakers discussed how the participants can build support systems to combat cyber-crime.

Family Health camp 2019

which was organized by MET Rishikul Vidyalaya on 9th March, 2019 in association with Gangar Eyanation and HealthSpring was an amazing initiative taken by the school .It comprised many different sections including early child care counseling. Early Child Care Counselling theme was **"A happy child is a healthy child"**. We at Rishikul Vidyalaya believe that raising a happy child is important because they are the promise of the future. Books, games, toys and fun trinkets were put up on display for parents to see which are used by the counselors of the school for their session. Also parent concerns about their child was addressed.



In the month of July one Thursday morning came as a pleasant surprise with no academics to do. A whole day dedicated to messy art play! With happy bubbles bobbing around and the gurgling laughter of our Pre - Primary pupils, we celebrated expression with complete freedom. With colour- dipped toy cars marking pretty tracks across paper, soapy water play and colourful ice cubes on sheets, the pupils had a blast using varied techniques. The highlight of the event though was the sheer ecstatic response of the young ones to the colours sprayed onto the floor laden with flexes.

We had the pleasure of witnessing pure joy with the pupils giving into unrestrained colour play.



Art is all around

- Ms. Avani Shah

The right side of the brain is used to explore the creative skills.

Art naturally develops critical and innovative visual thinking skills. Due to the subjective nature of art, children can learn to construct meaning and articulate their thoughts when they express, in their own words, their personal opinions about what they are observing, feeling and thinking. All this helps them to provide evidences.

Here at MET Rishikul Vidyalaya we along with our little creative artists create master pieces and display them during "ART FEST"

Displays at Art Fest enhances :

It helps to give purpose and value to children's work – every child's work matters.

It helps to showcase children's creations.

It supports and builds on child's ongoing learning.

It gives children positive affirmation that their work has been appreciated and celebrated.~



We are MR Warriors



- Ms. Anita Mistry
- Pre-Primary Co-ordinator

Kudos to the Ministry of Health and Family Welfare who initiated Measles and Rubella vaccination campaign to eradicate Measles and Rubella. The campaign was meticulously planned and executed by team MRV. A circular and leaflet giving all the information from Health Ministry were emailed to all parents well in advance. Subsequent meetings for parents were arranged with health

official and doctor parents of the school to help clarify all doubts regarding safety and to address other concerns. Renowned Dr. Amdekar addressed the parents on the campaign advising them that must vaccinate their children to help eradicate these diseases completely. The campaign was conducted in two phases one for the Secondary Section on 12th December 2018 and the other for Primary and Pre - Primary Sections on the 17th December 2018.

Children teach us!

- Ms. Eden D'souza

A child can always teach an adult three things,

- To be happy for no reason
- To always be busy with something
- To know how to demand with all his might that which he desires

Allow children to be happy in their own way, for what better way will they find?

See the world through the eyes of a child. Eyes those are not cynical or skeptical.

Eyes that marvel at everything they see.

The lessons we learn from them are far more important than the lessons we teach them.

Childhood innocence goes by so fast.

Before you know it, it's in the past.

Don't forget the things you did.

Enjoy your life just like a kid! ~

“Happiness is feeding the needy”



- Ms Humera Shareef

At MET Rishikul Vidyalaya, Foodseva was started with the idea of seva - doing something for someone, sharing with others, and to learn to eat a variety of healthy food. Food is sent everyday by one of the parent for the full class. A lot of love and care goes into the preparation of wholesome, nutritious, vegetarian food made by our parents.

In Mumbai alone tons of healthy food goes in waste when 1 million people including children go to bed on an empty stomach. After much research, we at MET

Rishikul vidyalaya zeroed in on Roti Bank, which is an initiative started by Mr. D.Sivanandhan (IPS), who has been the ex-commissioner of police in association with Mumbai Dabbawalas Association. Every day after our students finish their lunch, food that is remaining is collected by the Roti Bank and distributed to the needy people. As stated by Hellen Keller “Alone we can do little; Together we can do so much”, we at Rishikul Vidyalaya along with our parents endeavor to keep this gesture of reaching out to the less fortunate.~

Appreciation Note ...

Dear Pre-primary teachers,

With deep gratitude, I am writing this mail to all the teachers who have made the journey of my kids at MRV the most fulfilling one,

While we give them birth, you give them wings. You have and will always be the most important part of our kids as you have nurtured them, nourished them with positive thoughts unconditionally. You have given them hope to fulfill all their desires and make this a beautiful journey.

There have been times when we parents lost our temper, but you have always presented yourself as the most calm, composed and happy person hiding behind your personal concerns. You have embraced our kids just like they are yours. These three years were the foundation years of their bright and shining future life and you have aptly polished their thoughts and minds.

Whenever they were low, you gave them hope that everything will be alright. You hugged them, hold their hands and made them stronger and confident.

Be it food seva, sports day or Anandvan, you took an extra effort to keep things in control even though parents had faltered.

This is YOU because of whom our children will emerge as the most confident and brighter minds of TOMORROW.

Such an exhilarating journey will always be ingrained in our minds and our souls forever and ever and ever.

I would once again like to THANK every teacher, helping staff and admin department of Pre-primary section who made this an experience our children will never want to forget.

With warmest regards,
Prerna & Punit Lodaya
Parents of Vidhi & Vidhan Lodaya, Sr KG

4/3/19
What a wonderful show put up by all the kids!! Hats off to all the teachers for all the hard work they put in to make it a huge success. The play in Sanskrit was so unique, the rain dance, apsara dance, navratri shiva dance left us all spell bound. The finale was just awesome. Samaira is proud to be a student of MET.
Thank-you dear teachers

Dear Teachers,
Thank You for an Awesome Anandvan. It was so well done and all the kids specially Prarit, were smiling on stage. It was so nice to see them. We could see the amount of efforts put in by your team.
Thank you once again. 😊
JH

Dear Teachers,
I would like to convey my thanks and appreciation for the excellent Sanskrit textbook. I find it very well structured, informative and well illustrated for the children. Please convey my thanks to the staff who helped put it together. I would kindly request to send the textbook back home periodically so that the children can go through the pictures and revise the words at home. Also it will help parents ^{who are not conversant in Sanskrit} to relate with what is being taught in school. Again my sincere thanks and best wishes.
Regards.
Sheetal Pagar.

Appreciation Note ...

07/03/19
Dear School,
This is in regards to the recently held Anandvan. I am extremely delighted that Shaisha was given an opportunity to perform in vocal's. I am really proud to see the way she performed. All of them were excellent in terms of the confidence they showed on the stage. I am really impressed as always as this shows the amount of efforts & dedication that the entire MKV Staff put in to make the event a success. I would really like to thank you all from bottom of my heart. It was a wonderful journey of 5 years from mother Toddler to SK-Kg for

"The time is always right to do what is right." 97. pro

Dear Teachers,
Thank you for all the hard work you'll have put in for Anandvan. I'm sure the preparations have been going on for long. Sofia was very excited to learn the Apsara dance and practise every day. Keep up the good work and the 'Humour' element in plays makes them memorable for the audience for years to come.

All the best.
Warm Regards
Andica.

Dear Teachers,
Like all mothers I had multiple anxieties while sending my daughter to the school on the 1st day. But now after spending 5 days last week I can see that she has been enjoying and wanting to go to school.

Thank you for all the support and comfort provided.

Both me and my daughter are now settled.

Thank you to all Teachers!!!

WE WILL MISS YOU TEACHERS, SIRS AND DIDS

LOVE: VIHAAN SHAH (SR KG)

Miss Karengi Aapko Hum! Miss Karengi Aapko Hum!
Mother Toddler se Sr Kg ka safar,
Hum Yaad Rahega Har Dam!

Vo Messy Play, Vo Rang Be Ranga Rang
Kya Dress Up The, Aur Celebrations Bhi The Sang!
Kya Saath Tha, Rhythm, Dance aur Art Ke Sang
Vo Saare Pal To CCA Ke Sang!
Kabhi Na Bhool Payenge, Ye Mithe Mithe Pal
Kaise Hum Bade Ho Gaye, Aap Ki Mitthi Bali Ke Sang!

A-B-C-D Sikhaya Hume, Saat Suroo Ke Sang
Par Phonics ne Rulaya Hume, Hindi Ke Sang!
Minus Or Plus ne Bhi Kuch Sikhaya Hume
Minus or Plus ne Bhi Kuch Sikhaya Hume
Minus Karengi Pre-Primary ke Teacher's ko Hum
Aur Plus Karengi Higher Grades ke Teachers ko Hum!

Sunshine se Ho Jayenge Badal Hum
Rainbow se Ho Jayenge Badal Hum!
Pre-Primary Mein Seekhe Kaise Chalna,
Vo Daud Jayenge Dastak Tak ke Ye Dus Kadam!

Apna Lenge Ruby ko Hum! Apna Lenge Emerald ko Hum!
Par Kambakt Is Dil Ka Kya Kare
Aapki Yaad Aayi Toh, Aasu Pee Lenge Hum!


Vakt Rukta Nahi, Bachpan Chupta Nahi (E)
Aaj Graduate kar Diya Apne Love
Par Is Dil ko Kaise Samjaya Hum! [Sweta Shah]

Dearest Teachers,
Thankyou doesn't seem enough for the love and joy we felt as parents watching all the kids perform with such ease and elan.

The hardwork, dedication and love shown by you all is always visible and will cherish it forever.

Wishing you all immense light and ease in all that you do.

Love
Neha.





My Expression! Parent Partnership



- by Ms Anjana Singh

Parents play a very important role in the child's life. They are the first educators and primary role models of their children. Children learn about the world and the place they live in through their parents, families and teachers.

Most of the parents though they support, nurture and get involved in their child's learning but they do need support from school... the right information, guidance and knowledge. Therefore MRV believes that parent partnership is significantly essential to raise the child holistically.

MRV follows the tradition of nurturing a strong and positive relationship with parents and their extended families too which is

very much visible in the younger classes and in most events.

Further parental involvement and meetings are important and beneficial to both teachers and parents as it gives an opportunity to share and exchange about the recent developments, school happenings, achievements, learning milestones and the interest and disinterest of the child etc. It also supports reflective teaching practices thereby guiding student's progression. Though at times while communicating with parents there would be challenges and difficulties but by planning different strategies and techniques it becomes possible to convince the parents thereby creating a strong parent partnership bond which in return will help to raise

confident smart happy learners.

Our committed teachers, special educators and different practitioners through their experiences, expertise and knowledge deliver the best practices to the students and also develop and enhance their own understanding of how young learners learn and try to enable the environment that suits each child's learning style.

In MRV apart from teaching, we believe in maintaining a warm trustworthy partnership with parents and staff members thereby maintaining a genuine commitment in cooperating with parents and providing students with enriching experience of nurturing, learning, safety and security.~

Pre-Primary ANANDVAN



The garden of joy

MET Rishikul Vidyalaya witnessed the glitz and glamour of Anandvan celebration on the theme 'Divinity and Humanity' on 1st March, 2019. Our students this year had put up an ensemble of rhyme, drama, music, dance and a live orchestra, which left all with an important message – 'Divinity and Humanity'

Anandvan is a humongous task. Creative minds working together pulling out ideas from their hats is what we at MRV take very strongly. The theme, the script, the dances, the songs, the instrumental pieces and the costumes oh the list is never ending. All this demands for micro planning and execution. The tireless effort of every staff member is commendable.

Preparing pupils for this grand event calls for another gigantic task. But the excitement amongst pupils is something to look for. They look forward to the continuous practices and at the end of it they know each others dialogue, dance steps and can replicate any other act that they are not part of. The entire section is abuzz with giggles, laughter, music, movement and pure joy.

The name 'Anandvan' stands true to its name 'Garden of Joy'.





Primary ANANDVAN



Change is necessary; Change is inevitable; Change is constant!

The very philosophy that defines life, was the central theme of Primary Anandvan 2018: Change for a Change.

This musical extravaganza based on Charles Darwin's theory of evolution was an exhibition of talented performers of MRV. The progressive past of the human race was interwound with the deteriorating possible future, in

order to make everyone aware of the real challenges the humans are going to face. The little angels of MET Rishikul Vidyalaya set an example of a promising future.

But of course this was added with a pinch of humour and garnished with beautiful dance and music performances. The past, the present and the future, met centre stage and delivered a phenomenal theatre spectacle. The ingenious MRVians were often cheered on by the energetic audience, making

this presentation a grand success.

Anandvan 2018 was blessed with the presence of the Chairman, Hon. Mr Chhagan Bhujbal and trustees Mr Sameer Bhujbal and Mr Pankaj Bhujbal.

Parents, Grandparents, Uncles and Aunts came to the theatre with smiles on their faces and went home with laughter in their hearts. ~



Secondary ANANDVAN



It is rightly said that, “Feminism isn't about making women strong, women are already strong. It's about changing the way the world perceives strength.”

The students of MRV's secondary section, through their performance of the play 'Ode to Mulan', created awareness about women empowerment and feminism.



MRV's Secondary Anandvan, 2018-19 was a powerful and impactful event. The event was graced with the presence of the school's founder Shri Chhagan Bhujbal, Trustees, Director, Dr. Arundhati Hoskeri and Principal, Dr. G. Nagashree.



The afternoon began with an instrumental piece, brilliantly played by our young musicians, on the theme war and peace that stirred emotions and created an energetic atmosphere.

The actors and dancers portrayed the story of Mulan, a distraught young girl, who learns that her weak father must join the army to fight the invading Huns. Unwilling to endanger his life, she disguised herself as a man and joined the army in his place. She eventually went on to bring glory to her father, family and all of China.



The audience was enthralled with the energetic dances and stellar performances that took them on this journey. The play ended with a dance tribute to women past and present, the world over, who have succeeded in their respective fields.

Anandvan concluded with a spectacular fashion show by our Grade X batch of 2018-19. They were awarded for their constant hard work by a surprise performance by the teachers and staff of the school to bid them farewell and wish them luck in all their endeavours. ~





CHILDREN'S CORNER

The Day Before Yesterday

- Eshaan Shah Grade X

Billion Years B.C.E

It seemed ironic to me, as I reflected upon myself, that for humans to continue living in our relative future, we had to go back to the past. As I further introspected, a few hours from possibly humanity's last moments, my memory reached out into my relative past, that was ironically in the future from where I was now, to the day when I had found out, along with all the other students in my class what humanity had done leaving about 99% of us behind, our leaders turned to the only other plausible solution: Time travel. At the cost of around \$40 quintillion, all 195 countries of the world had made a gigantic disc of the size of the state of New York at the time, which I am sure you all studied in relative history, made of a dense yet immensely collapsible material, atrium on which the name of said disc, Atria was based. When humanity was ready to jump back in time, all the world population was gathered into chambers in Atria, made of graphene and diamond, while the Atria started shrinking in size. When it crossed its Schwarzschild radius, which I am sure you know, is the radius an object must reach to collapse into a black hole, the Atria collapsed into a black hole and all the passengers inside were transported back some 100,000

years, to the Egyptian empire. Of course, the earth at the time was obliterated, but no one cared, as it was almost that way anyway. They explained the situation to the local people, included them into our population, and when resources ran out again, another Atria was built, and another jump occurred. You see, the way of calculating what year the population of the world would land on was not precise, often darting up or down a 1000 or so, so mankind didn't always end up where they wanted to."

And that was where I was now, at the edge of possibly humanity's final jump. We were about to jump to the time when the earth cooled to form the crust, and if our calculation were off, the black hole sent us 1000 years too far, humanity would end. As I strapped myself in my seat, I felt an empty calm inside me. I knew that I might be living the last few moments of my life.

A deep whir began, and my chamber shuddered. The jump had begun. I had come to terms with my life, and if humanity did indeed die. It would be Mother Nature setting things right. I felt the lurch in my stomach followed by a strong pull on both my head and my feet. I felt like I was going to tear

apart, I was at the verge of that and then it stopped. I unbuckled myself warily and got out of my seat, which had traveled through time with me, to look below my feet. I was standing on dark brown ground. We had done it. Humanity would live forever now, as scientists theorized that they had found a solution to escape our planet. Relief showed on the faces of the people near me, and cries of celebration, echoed around us. And then it hit me. I shouldn't have been able to hear sounds because the atmosphere had not formed yet, and the radio in my helmet was off. If I could hear, there was some gas around me, and that meant- CRACK! A huge fissure erupted in the earth, branching off as the crust broke into pieces. Our extra weight must have broken the thin crust, and now, in both the future and the past, nature had wreaked vengeance upon us, for destroying her skin, her air, her blood. Now she would have a world where humans will never exist. A crack opened up below my feet, and as I plummeted towards the white hot lava a 100 meters below me, I apologized to mother nature for everything humanity had done.



Bittersweet



- Zaynah Andleeb Grade IX Ruby

It was only after all the guests had left and I stepped out the front door, did it all sink in. I am going to leave this house forever. As I stare at the crumbling yellow walls of the rather large house, memories flood my mind. The house had always been so lively- a cacophony of human and animal clamor. As I look around now at my family's faces, happiness, joy, fear and anger rush to me, all at once. I am caught up in a whirlwind of emotions.

It all seems so bittersweet.

My mother, in spite of the layer of dust that is covering her face like a veil, looks absolutely stunning. Her deep blue, peacock-silk 'sari' makes her look nothing less than a goddess. She pulls me into a hug and my heart melts into honey. Her cheeks are as soft as the lotus flower she is named after. Her spectacles are glittery with affection.

I am reminded of the times when we would sit under the cool shade

of the large banyan tree, singing and laughing. Her laughter was always so soothing - like the tinkling of ankle-bells.

I make my way to where my father is standing. When I see tiny, glistening drops fall down his cheek, my body burns with rage- almost as if someone had rubbed chili powder on my skin.

Why did I have to marry someone and leave the comfort of my beautiful home and my loving parents? Yes, even my old, ugly house now looks as beautiful as moonbeams in my teary eyes. I feels so selfish yet, I know that my parents are the happiest they have ever been.

I breathe in the mesmerizing scent of the colorful primroses that line the neatly-trimmed garden. I remember planting them with my father as a child. But these memories seem so distant now- like the dim roar of an ocean seen through a telescope.

I hug my father and for one illogical moment, I wish I could stay here forever - suspended between belief and disbelief, webbed around with love and warmth.

But, promises are meant to be kept. I am leaving this amazing place now, not with a heavy heart, but with the same child-like wonder in my eyes and the hope for something even more wonderful.

A Silly Dog



- Ishwari Arjunwadkar
- VI Emerald

Here is a dog, in front of my eyes busy in his antics, which has compelled me to stop and watch him! The furry ball is frantically chasing the colourful butterflies fluterring above the lush green grass. Sometimes the furry ball looses the sight of butterflies and suddenly stops as if emergency brakes are pulled. Now it's dawdling.

Yes! I can see it clearly. It has white fur like cotton candy. Looking at it, itself tells, how the touch would be as soft as marshmallow! Its dark brown innocent eyes and lustrous fur makes it adorable. Adding to its cuteness are his dropped ears.

Now, the little soul isn't finding any butterflies, so it's barking in the loudest volume but in a lovely way. I guess it is trying to call the butterflies to play with it. There are some children playing around who are trying to catch its attention. When the kids call the bundle of joy, it tilts its head and moves its ears in such a way that it looks confused.

Now it sees a butterfly again and starts re-chasing it. The kids are ignored totally.

The Abandoned Airport



away revealing a grotesque and ugly rust; the lifeless airport hallways and the eerie atmosphere. Blood curdling. Threatening. Abandoned.

After Autocorrect

- Akiva Barrett - grade VI

GhRiitongs
,dEer;stoodunts>ticchhrs un d
udder Pipple?

Hff u evr maDeA
cRooshiuLL MSS tayk eeN"
un Egksan paYpuhr DaT [[
LohSt yoooO A mrk!
UUnd haas dis
mssssTaekBInn about yooUs
Grmr?

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be avoud';ed bihi
simhPLY myNDIng youhr
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Git a cleerRor veiW of
HoW de r shPELT //.

reMenbr... ShpillengS r UH
MporTINNT/???
I hope, that in my essay, I have
emphasised the importance of
good grammar, spellings and
punctuation.

- Soumya Shah - Grade IX Ruby

I stumbled upon a decade old airport that seemed quite like the forgotten old lady of airports.

The abandoned airport was dark, with only a handful of light rays streaming through the webbed and cracked windows.

Dusty cobwebs hung on the crevices of the homeless airport emphasizing on its loneliness. Broken metal seats and gnawed conveyor belts resembled skeletons, that just gave me goose bumps.

The air was laced with dust and yet gave, the once lively airport, a malevolent vibe. The feeling of Monachopsis (or being out of place) persisted.

Airports should be vibrant, nostalgic places; but where am I? And what kind of haunted house is this? Maybe, in the flight of future, ironically this airports journey got hijacked and remained in the past- Forgotten and angry.

There was a sharp and yet deafening silence and all I could hear was my fast breathing and speedy heartbeats.

Airport shops lay abandoned, with broken counters and random object littered. The grey darkness loomed

overhead. Dust blanketed everything. I looked through the cracked glass window and saw dead metal birds-dormant and waiting on the runway.

The passage of the airport still had remnants of their old glory but that was disguised by the burned-black walls. Maybe a fire had raged on and robbed the airport of its shine.

The atmosphere was eerie, almost like a funeral or like a graveyard. As I moved forward I could hear the echo of my footsteps and I could feel glaring eyes on me, chills ran up my spine.

I turned and began to go back. These walls were filled with melancholy and decades worth of dust. The metal over there was rusted and fragile (almost like the existence of this place).

I recall visiting an airport once; there was an unmistakable buzz of excitement but over here the airport is sad and miserable and musty. It looked like the airport was suffering from post-dramatic stress disorder (PTSD)

I stifled a scream as I walked out; I recalled images of the airport: planes with their paint chipping



Be Responsible (Teenage Talk)

- Tamanna Shroff - Grade IX E

Good morning everyone. Every once in a while we come across people who make us believe that heroes are not only 'a movie thing'. Very recently I happened to meet a young boy who made me believe the same. He made me believe in the goodness of mankind. Sometimes the biggest of lessons can be learnt from the smallest of people! And yes it's true.

I recently had a talk with a bright teenager-Fizhan. He has seen and gone through an unimaginable amount of combat at a very young age. Let me tell you about his not so easy life-three younger sisters, one brother and a disabled mother. His life is a constant struggle as he juggles the responsibilities of academics, looking after his siblings and taking care of his mother.

It is surely difficult for him to manage all of this at a very young age. After all his willingness and helpfulness are what has earned him the "citizen of the year" trophy. He undoubtedly deserves this prestigious award.

But the sad part is that not many of us are aware about what goes on in the lives of these young carers. Childhood-a carefree time to be enjoyed and cherished. Childhood is the time to be lived to the fullest and make memories forever. And then there are people like Fizhan who give up their beautiful days to support their family. Every day is a new battle as he gets up to get his siblings ready for school, make breakfasts and tea for his mother and then get the siblings back from school, whilst balancing his studies and friendships.

He wouldn't willingly go out with his friends, it was his mother who had to convince him to make some time for himself and have a life of his own.

However, after all the struggles he had to fight and the obstacles he had to overcome, he didn't complain. He has chosen to help his family. He is doing all of this out of his own readiness.

Well so there are young heroes who work tirelessly for the betterment of society even if it starts from home.

It is our duty to help these young carers prosper. We should try and understand their situation. We all can try and understand the situation he and his family are in. We all can take some time out of our busy lives to understand Fizhan's state of mind and probably even offer to help. It is our responsibility to assist Fizhan in his demanding life.

Almost losing friends, helping a disabled mother, raising four younger siblings, despite all the hurdles he has had to overcome and all the struggles he has had to wrestle, Fizhan has managed to cope well with his life. He doesn't view all of these things as tiresome chores but as steps to the betterment of his beloved.

His hard work is something I truly appreciate and I am pretty sure you all too. This young boy deserves all our respect. He isn't an object for sympathy but a blooming inspiration for all of us!

The Crystal Voice

*- Ishwari Arjunwadkar
- VI Emerald*

"Hello! Hello! Can everybody hear me?" said the teacher and there was a loud noise yelling "Noooo!". Then the teacher picked me in her hand and started speaking. Her voice could be heard as clear as a crystal. Hello, my name is Microphone. I am an object that is used for speaking. When anybody holds me and speaks, a loud voice comes out.

I am an object that is black in colour and my tip has a silver colour. I am made up of various wires which have atoms in them. Sometimes I am a wireless object too but majority times I have a huge wire with me.

People carry me to occasions like marriages, school programmes, plays etc. Do you know I have one best friend whom you see many times? It's a Speaker! We both are a perfect duo. If one is absent, the other is of no use. I miss my family when I am carried away but speaker takes the place of my little brother, Tonnie. Speaker behaves exactly like him.

Sometimes I get wounded too when my wires come out.

I know that I am not a living thing but I still love and enjoy my life. I have a message for you that some days of your life may not be good but keep enjoying and keep smiling!

MOBILE CAMEL LIBRARY

- Harshit Umesh Kela

There used to be a library in the desert of Garissa in Kenya. The librarian, Wycliffe faced a problem. They had a treasure of 24, 000, but not many villagers came to read them. Wycliffe thought of an idea. He would take the library to the villagers. He knew the perfect vehicle that would cope with the humps of desert travel.

THE MOBILE CAMEL LIBRARY WAS BORN!

Camels are used widely in the dry and sandy areas. They are more hard-working than any other animal in this region. They can go for weeks without drinking water. Their hooves are flat and wide, perfectly suited to desert because they do not sink in the sand. The toughest animal in the desert, a camel can carry heavy loads upto 180 kilograms of books. Now three camels travel over the sand within 16 kilometers of Garissa twice a month. They carry wooden boxes, filled with village books, from village to village. Four people travel with these camels : a librarian, a library assistant, a herdsman and a caretaker. The caretaker guards the books.

Children are thrilled visits them. They understand the importance of books in their life. They don't have any other means of entertainment so they value books.

They know that they have to return the books in time as the mobile library will not wait for them. What happens if looses or damages the book? One have to pay a heavy fine. "If a community does not return books on time and loses them, "Wycliffe says , " We never visit them again."

I wonder I why!!!

- Hriday Shah - Grade VI

I wonder why!!!
Why are people enthusiastic?
When they can simply be fantastic.
I'd rather be jolly,
Than resort to folly.
Why aren't people pumped?
Rather restless and stumped...
I sing songs in joy
And embrace being a boy.
Why do people work so hard?
And happiness, not a shard.
I live my life with a smile,
And plenty of my friends in speed dial...
Why don't people say what they feel?
Repent later and take time to heal...
I sketch for fun and draw for thrill,
I'll even rap for you if you foot the bill.
I wonder why...
People take themselves so seriously !

Lemon Saves The Day

A Story in Verse



- Sanvy Sanjay Kulkarni
Grade 5-Emerald

Mom, once told me to shop for a lemon,
In a voice resembling a gentle demon.

Yes – I knew what I had to say
Or I could forget to go out to play

So, I quietly left without a word
There was a sound of only one bird.

I walked to enter the busy street
of shops
Voila – a lemon stall right beside
store of tops

I shopped for a while
and then came out
But something was puzzling... I
had a doubt

Was someone following me?
Slowly, I turned behind to see

Oh no, unfortunately,
I was so right!
In a flash, he grabbed me and
held me tight.

He pushed and threw me in a
waiting car
I sobbed, while he ate a chocolate
bar

The car speedily took us to the
hideout an old fort
He growled; “Hey, you dote! Get
out and write a note”

“Write a note? To whom may I
ask?”

“To your dad; it's just a simple
task...

...here's paper & pen;
15 minutes only –
make it quick then”

“What should I write?”
I asked with the trembling pen

“Come to the water fountain
10 a.m. sharp...

...Or your son gets thrown
down a scarp...

...Come there,
with rupees one crore...
...Else, your son
will be beaten sore...”

“That'll be it,”
he said with all the spite.
“And, don't forget to sign
after you write...”

He locked me alone
in a room of grime
He said that he'll be back
in some time

I cooked up a plan in my head

But first I wrote exactly,
what he said.

I emptied the pen,
after I was done
And, instead of ink,
I squeezed in a lemon

Then, I wrote about where I was
And described, how nasty he was

Refilling ink again, I had few
words underlined
“Read, near, the, fire” – was what
I underlined

Moments later, he came
thumping his feet boldly
And, I simply handed over the
note, rather coldly

I hoped my parents were smart to
understand

Yes! They came exactly how I
wanted them to land

With police surrounded on each
side

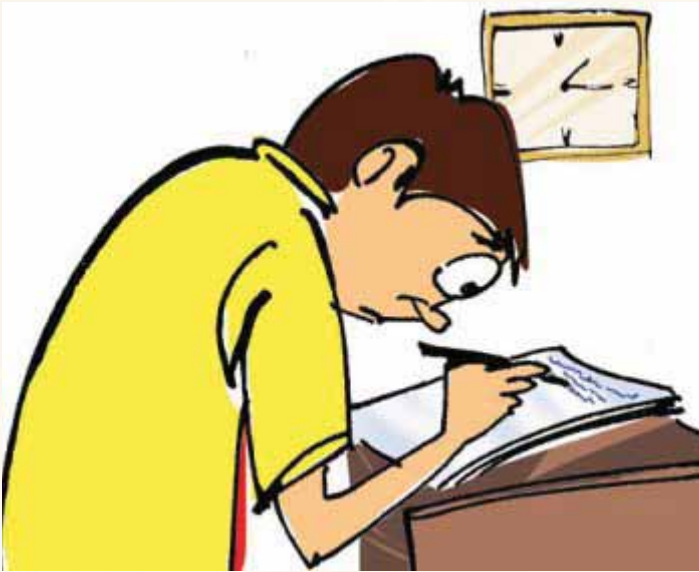
And, no place for the kidnapper
to hide

The police handcuffed him;
he struggled, but in vain
It was time for me to be free,
and him to be in pain

The officer smiled;
he patted me on my back
And politely offered
to hold my empty sack

I said, “Sorry Mom,
I used your lemon...
“I had to, to save myself
from that demon...”

EXAM FEAR



- Vrushti G Grade VI

Sweat beaded and glistened on my forehead, my hands were clammy and I was shuddering from head to toe. Only a few minutes were left for the examination to finish and I was on my last question, which was unfortunately of 5 marks. I was a bundle of nerves as I didn't recollect the answer. My brain was completely blank and other stupid thoughts had clogged my brain. I wiped the salty sweat off my neckline and under my eye, as I feared the results about the paper.

Suddenly my very heavy brain started to feel light and empty. The deafening silence of the enormous room was disturbing me whole heartedly. Just as I looked back into my paper, rapid shuffling was heard and I knew that the end of examination was very near.

I gently tapped my forehead gesturing myself to think hard about a sensible answer. I got it...I got the answer. I motioned myself in a position to write, but a hoarse and nasal voice called, "Pens down, everybody. Pens down, the examination is over". I looked up and was awestruck, but I decided

to continue writing down the answer very quickly but just as I started my paper was snatched away! When I had finally figured out the correct answer I missed the opportunity to write it down. I felt extremely cheesed off at myself. The feeling of sadness, frustration and anger started filling up my body like helium in a balloon. My knees were like rubber and I was as confused a chameleon in a bag of skittles. I was not going to get good grades. I shakily walked out the classroom and whispered 'Good Luck' to myself.

PIZZA



**- Ishwari Arjunwadkar
- VI Emerald**

I was hungry so I went to a pizza shop and ordered a pizza. I was waiting for my pizza to come on the table. The smokey, spicy and cheesy smell filled the air and triggered my appetite so the wait was longer for me. Finally! I got my pizza.

When I opened the pack, I saw the colourful pizza topped with veggies like capsicum, red chilli, onion, sweet corn and jalapeno. It was puffy and so hot that melted cheese was oozing out of it; but all pizzas are incomplete without oregano, chilli flakes and tomato ketchup.

I picked up the first slice, it had two textures at the same time crunchy at the base and soft, spongy on the upper side. As I had my first bite, I tasted four different tastes together- sweet, spicy, cheesy and crunchy. It was so delicious and aromatic that I finished the slices one after another.

I had a scrumptious meal. The pizza satiated my hunger.



THE CURSE

- by Sanvi V - Grade VI

It was a stormy night in the dark forest of Allahuah. Various fierce creatures lived there, but the most dangerous was, THE GREAT WIZARD OF ALLAHUAH. He was the one who could handle dark magic on his fingertips. He lived in the old rusty shadows, of the broken library, right near the brambled heart of the forest. He sat there, making a potion, which was nearly impossible to make, a potion from which the whole world would dance under his commands. The cruel winds continued paving way for themselves in the forest but it wasn't long till a storm arrived. All the creatures ran helter skelter, just caring about their own lives when suddenly the forest nymph started crying. The storm washed made its way to the library and washed away the potion along with the recipe book.

The wizard was furious. His rage baffled his mind, and in his fury he cursed the nymph. Oh! How beastly was that curse. She had to be a human for the rest of her life, but could only be transformed back if she had a love. Anger and sorrow collided within her, but she didn't dare argue with the wizard. Since then the poor nymph, I would say human, spent all her time alone by the sweet rushing river.

Alexander, a teenage boy had entered the woods to explore. As he saw the gigantic trees swaying with the winds, their barks twisting like the backs of great sea dinosaurs, his ears rang when he heard the sweet sound of a girl crying. As he followed the sound, twigs crunched under his legs. What he saw was a young girl, who sat near

the banks of a crystal clear river, letting the drops of melancholy flow. Alexander walked further and the nymph noticed him. She quickly wiped her tears away and straightened her dress. She stood up and put her long her behind her rosy and thin face. There was pin drop silence except of the sweet orchestra of the birds and the running water when an idea struck her.

"Hey! I'm..." she paused. She didn't know her name! And she obviously couldn't tell him she was a nymph if she needed him to like her. "...I'm ummm Cass... Cassy!" she yelled.

"Oh! Hi Cassy. I'm alexander, well you can call me Alex." He replied. Both of them talked for a while, and Cassy just knew how to become a nymph again.

"Well Alex, you know this forest is a marvellous place. Why don't we...ummm... just explore" Cassy requested. "Sure" Alex loved to explore, especially in a place like this.

They began their trail. Cassy showed him around, so many different flowers and fruits and animals. This amazed him. He hadn't seen such wonders. As their eyes were glued to the beauty the beauty, they could hear thuds and the ground began to shake. "Oh no! Run!" Cassie yelled. But Alex wasn't sure so Cassie had to pull him. What they saw were a really weird animals. The body of an elephant, legs of a giraffe, face of a crocodile, and a rhinos horn! Alex didn't really understand anything but the animals looked fierce so he ran.

As they raced for their lives, a cliff was awaiting them. Neither of them noticed it and Alex fell of the deadly cliff. He yelled, his heart beating faster than ever, when Cassy gripped on tight to his hand. They looked into each others eyes, they felt something, they zinged! As she pilled him and tried to comfort him. Suddenly they stared at each other, and Cassy transformed back into a nymph!

The boy yelled in shock. He was bewildered. He tried to run but the nymph wouldn't let him. She narrated everything to him. But the boy wasn't really sure. They were good friends,

so they continue to be together.

But the nymph's family didn't like this. They hated humans. The nymph had no option left but to become a human again. The wizard merrily granted their wish.

Both of them married each other and soon got a cute and loving baby. But sorrow followed a few days later, when Alex had gone out for work. The nymph and the baby were alone at home when those animals started to attack them again. Cassy clutched on her baby and zoomed away. The huge troop thudded behind them which caused nearby trees to fall, but none of them stopped. The pointed twigs pierced themselves in Cassy's soft legs, and left a trail of blood behind her. She was getting weaker and weaker every moment, the baby weeping out its lungs. She couldn't take it anymore. Her breath got heavier and she fought her body for a sigh of relief. Her legs trembled and soon she collapsed. She wasn't lucky. The animals pounced on her and showed no mercy on the baby. The sinking paleness of death fell on them.

There was a lot in the store for Alex though. When he trotted back to his house, both of them were nowhere to be seen. Curiosity wacked him. He thought they might be near the river, but no avail. He marched through the forest, checking every possible place they could be in but they just weren't there. He was beginning to get scared now. He walked and walked till to dead bodies lay in front of him. His heart stopped beating. It was as if someone struck him an arrow of grief. Tears trickled down his cheeks. He fell on his knees and slipped his hands through Cassy's long hair and hugged the baby. That sight was bitterly awful. His tears imprinted themselves on the dead. It was too much to take. He walked to the cliff, the same cliff where Cassy had saved him, the same cliff where they fell in love, yes the same cliff which allowed such a beautiful family to grow, but this time it wasn't something merry that was going to happen, but a horrid thing. Alexander stepped of the cliff, hoping to see his family in HEAVAN



THE PIXIE

POEM ZONE PRODUCTIONS

-Aahna.Gathani,Raahi.Soni
Jia.Talwar,Tvisha.Narayan.

Last Sunday I was in my garden
Busy sowing seeds Chopping
grass, watering plants And
removing harmful weeds

I took quite sometime to da my
work
As I was sweating a lot!
It trickled all over my body
As it was very hot!

Then I came upon an anthill
With innurmerous ants crawling
out
But one ant was very weird
And filled my face with doubt

Who is this ant?
Why is it so green?
This is the most interesting
creature
I have ever seen

It cant be a ant
Or-can it be?
Wait ! I was so stupid!

It was a pixie!!!

Try to imagine
A fairy land tale creature
Camouflaging with ants
Such a cool feature!

I looked at the marvellous creature
I looked if anyone was there to see
Something vey interesting
Coming towards me

I just felt like asking it
A 1000 questions
Like-“How do you speak
With expressions?”

But I didn't dare to ask it
I didn't know how would its reply
It could be polite
Or even shy

Finally I spoke to the pixie
Feeling a bit bold
But his reply
Was very cold

“My name is Clumsy – Wumsy
And I don't like children like you!
'cause whenever you see us
You beat us Black and Blue !
You'll also think we aren't true!”

“But – but” I stammered
I am not all mean
In fact, you're the most interesting
creature
I have ever seen!

Then he understood me
And with a wave of his wand
And transformed me in a pixies
size
And named me pixie Mr.Bond

He gave me pixie clothes
And pixie shoes
He taught me how a pixie walks

and talks
And other things pixies do

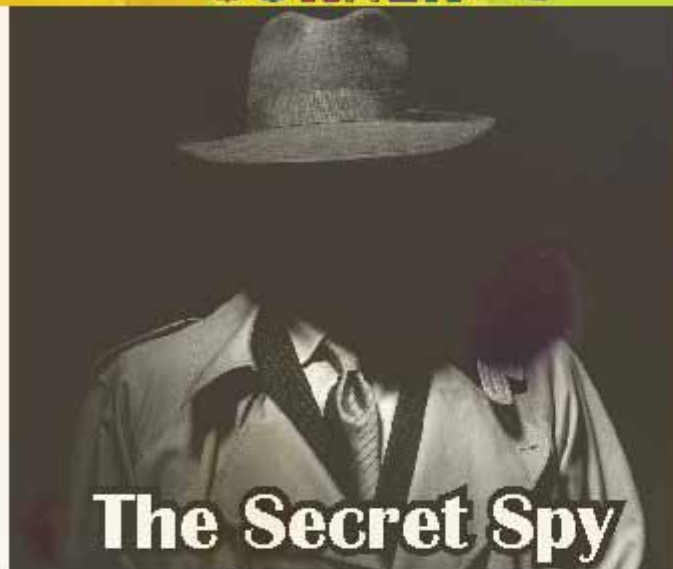
He said “Welcome to my home-
Planet mars
You'll love it
as it has infinite chocolate bars
In a flash we were in a new place
A world of Red
There were 1000's – no millions
of chocolate structures
Even a chocolate statue with a
chocolate head !

Before you could blink an eye
Half of the chocolate was gone
I didn't even realise
It was already dawn

Then something shook me and
said ,
' Jack! Wake up ! you're not in
bed,”

My eyes opened
I was back in my garden
My mom was yelling at me
I begged her pardon

I was back at my house
Oh ! What an adventure I had !
This was one of my favourite
memorises
Which had made me glad !



The Secret Spy

-By Poem Zone
(Aahna, Jia, Tvisha and Raahi)

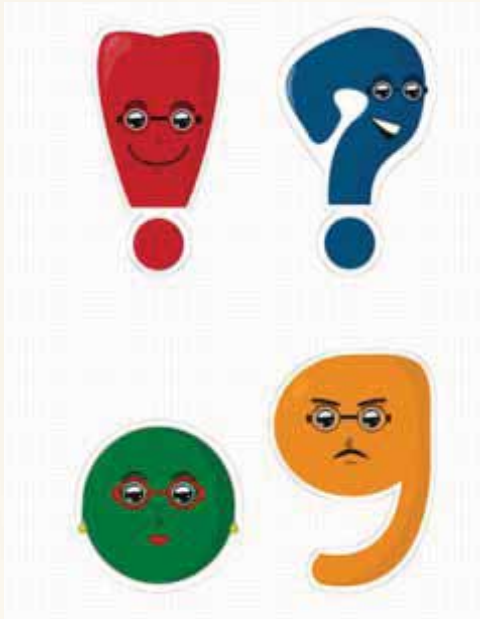
He can solve any case
as he is a secret spy.
He can solve mysteries in a jiffy,
with his naked eye.
He has cool gadgets
and an amazing tool kit
His magnifying glass is so alert,
it can catch any culprit!
He wears a black coat
and a black hat,
But his very special companion
is his spooky, black cat!
Smoking a pipe is his daily thing
to get good ideas,
Thus he's able to clearly identify
any criteria.
He has a sharp and
pointy knife,
He's always ready to
save a life.
With his amazing skills
he has become a super saviour,
He is also well known
his shrewd behaviour.
His way of dressing shows,
that he's got a very good taste
He looks very formal
and is never in a haste.
He loves cracking mysteries,
never does a sin,
Search the *whole world* for a better detective,
but you'll come back to him.
BUT...
He might be a secret spy
but he's scared of a *fy!*
So if you have a remedy,
be sure to stop by!



You just need to take a small step

- by Krish Veera

Although there were a million reasons to be
violent,
She sat on her seat, calm and silent.
She had experienced something rather
incredible,
Something unwanted, something undesirable.
She didn't want to share her sadness,
Although she knew it would eventually drive
her to madness.
Her eyes were numb, her lips were sore,
She hadn't been so vulnerable, ever before.
Her tears spoke her words, millions of phrases,
They were heavy with gloom, but they didn't
leave any traces.
She got up and walked right through the door,
Momentarily chaos filled the entire floor.
After some while she came back outside,
Her sea of tormented emotions had been calmed
down to the last tide.
A smile lined up denoting satisfaction,
She was pleased by the result of her action.
She got what she had deserved,
Justice had finally been served.



The Punctuation Poem

-Students of Grade IV Emerald

Here is a poem on proper punctuation,
It helps you with a proper sentence
construction,
And avoids any confusion.

Now, first up is someone who we meet must
use a lot.
For no sentence is complete without a full
stop.
This one can do a lot!

Now, this one is a comma. A common guy
who will separate,
When there is a pause, he will make us wait.
Use it in lists, don't be late!

Next, is the guy who loves questions, so you
can ask him all you want,
At the end of the question he comes, avoid
him? No you can't!
Questions marks you must chant.

At last comes exclamation mark, he is always
exciting!
He makes us add some expression into a
sentence that is boring.
Use exclamations! Stop snoring!

So now you know just what to do, if you don't
have a proper punctuation
Just use this rhyme and you will be fine
Now that you have a poem of punctuation!



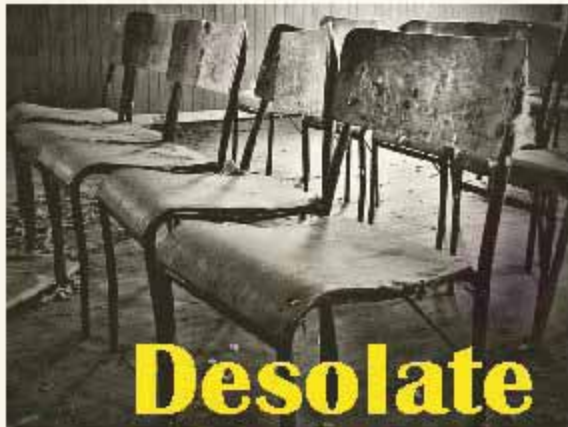
The Mix in My Emotions

-by Reya Shah Grade IV Emerald

Sorrow. Drops of salty water raced down my
cheeks. The skies above me slowly turned grey, the
ground below me was made of prickly rocks that
bruised my feet. That pain lasted a minute, but the
pain inside seemed to last forever. I was deafened
by the beeping horns of the cars on the busy city
road.

The gravel road had ended and the damp soil was
just by the corner. The smell of fresh flowers tried
to cheer me up. Yet the sorrow ate up all the
possible happiness I could have ever had. Even
after the world has become more beautiful, I have
been sad. Another droplet rolled down my cheek
and onto my white shirt, staining it just like my
stained mind.

But, I was uplifted by the thought that I might get
through this phase faster if I try to face it and not
get affected by it. There, I had found my solution.
The world started to seem like a better place now. I
could actually see the beauty, the greens and the
blues. After all there more to happiness than pain.



- by Riyanish Bhatia
Grade VIII Emerald

It indeed was a bright day. Birds chirped melodiously, the green leaves rustled in a tune and people were on cloud nine. A beautiful day was to proceed. Until ...

...I stepped in. This abandoned airport was like a cocoon of steel, covered from all sides, and filled with loneliness. Completely bone-dry, dusty and grey walls surrounded me. It was secluded like a Roman battlefield; parched and barren, with feelings of

dejection.

Lights, a kilometre away from the floor, flickered. A musty smell, with a hint of fuel filled the air. Despondent and petrified. A gush of wind gave me the chills. It indeed was quite frigid making my hair curl.

Pin-drop silence surrounded me, as if I was inside a vacuum. I heard a subtle whirring sound, probably from the broken generator. On the other hand, a ticking sound from a leaking pipe made my blood curdle. Epitome of silence was reached; I could hear my own heart beating in my chest.

I felt as if I was the only fish in the colossal sea. I was petrified.

Dust had settled on almost everything. Each step I took, dust jumped in the air. Torn, as hard as

bricks, gigantic couches caught my sight. They were literally everywhere. Empty.

Accompanying them were numerous chairs, red, turned grey. The more I thought about it, the more I realised that I was tucked on an island of enigma, that I was trapped in a mine of silence and mystery. There was an overwhelming sense of emptiness all around me.

Desolate, thanks to the loneliness that surrounded me like a blanket. Feeling of intrigue aroused in me. I started to wonder about the reasons why this airport was abandoned. Why would an airport, where lives change, people depart and arrive, shut down? Hopelessness and dejection settled on my face with a frown. The thought of being lonesome started to leave me empty... abandoned. ~

Adopt, Don't Shop!

- by Mira Bimbhat- Grade IV
Emerald

Dear Radha,

I was just walking down a street, when I came across a vet clinic. I went inside and a video on adoption of pets. I know you want to get a pet. I was going to call you and tell you what I saw, but I figured it was a bit too long for you to remember, so I decided to write a letter to you instead.

Did you know that in USA, about 118 million households own pets? About 62% people in the USA own pets, 33% own cats and 39% own



dogs. In that vet clinic, I found some great advantages of having a pet, especially a pet dog!

Having a dog means preventing heart diseases, lowering blood pressure, relieving your stress and having a sense of companionship and security. Many people who

own pets say that pets have a positive impact on physical and emotional health.

But what I learnt from the video was that a large number of domestic animals are euthanized every year. People, who want pets, often 'buy' them from breeders. But adoption is a better way to bring a pet home. I just hope that if you decide to get a pet you will make the right choice and adopt instead of buying.

Please write back to tell me whether you will shop or adopt.

Love,
Mira



डायरी लेखन

- अदिति मानेक

सोमवार २३ जुलाई २०१८

प्रिय डायरी,

आज मेरा जन्मदिन है, लेकिन आज सब उल्टा ही हो गया। मुझे लगा की आज मेरी ज़िन्दगी का सबसे अच्छा दिन होगा, लेकिन आज दिन मेरी ज़िन्दगी का सबसे खराब दिन बन गया। जब मैं विद्यालय से निकल रही थी, मैं बहुत खुश थी क्योंकि आज मेरे घर पर पार्टी होने वाली थी। लेकिन मेरे साथ जो हुआ वो किसी के साथ ना हो।

विद्यालय से जब मैं लौट रही थी, मेरी गाड़ी अचानक से रुक गई। जब गाड़ी को ठीक करने आदमी आया उन्होंने बोला कि मुझे गाड़ी से निकलना होगा। थोड़े समय में जोर से बारिश होने लगी और क्योंकि मेरे पास छतरी नहीं थी, मैं भीग गई। थोड़ी देर में उस आदमी ने बताया कि गाड़ी के दो टायर पंकचर हो गए हैं। गाड़ी के टायर बदलते-बदलते डेढ़ घंटा लग गया। मेरी पार्टी पाँच बजे की थी लेकिन गाड़ी को ठीक करते-करते साढ़े चार बज गए। जब आखिर में गाड़ी ठीक हो गई, और जब हम वहाँ से निकले, हमने देखा कि हर जगह पानी

भर गया और ट्रैफिक जाम हो गया था। घर पहुँचते-पहुँचते पौने सात बज गए थे और मेरी पार्टी रोक दी गई थी। थोड़ी देर में मैं बीमार हो गई और मुझे तेज़ बुखार हो गया था। मेरे कुछ दोस्त आए थे मुझे मिलने के लिए। मुझे रोना आ रहा था क्योंकि आज मैं तेरह साल की हो गई और आज ही मेरे साथ ऐसा होना था।

आज जो मेरे साथ हुआ था मैंने अपने सपने में भी नहीं सोचा था। लेकिन मुझे एक बात की खुशी है कि मेरा पूरा परिवार मेरे साथ है और मेरा बहुत खयाल रख रहा है। इससे मुझे एक बात पता चली कि असली मज़ा परिवार के साथ ही आता है। अब मुझे बहुत नींद आ रही है और मैं बहुत थक भी गई हूँ।

शुभरात्रि।~

खुशी



- अहान - ८ वीं

खुश रहना किसे नहीं पसंद, हस्ते हुए चेहरे सभी को अपनी ओर आकर्षित करते हैं। इसलिए हमें हमेशा हर परिस्थिति में खुश रहने का प्रयत्न करना चाहिए। अक्सर यह माना जाता है कि धनी व्यक्ति सदैव खुश रहता है परन्तु अगर उसके भीतर आंतरिक प्रसन्नता नहीं है तो वह भी बेचैन और

असंतुष्ट ही रहता है। अतः यह विचार करना गलत है कि धन प्रसन्नता लाता है। खुश रहने के लिए व्यक्ति को जीवन में संतुष्ट रहने की आवश्यकता है, जो व्यक्ति संतुष्ट है वह चाहे गरीब ही क्यों ना हो प्रसन्न व सुखी रह सकता है। हम सब के जीवन में खुशी का अपना महत्त्व व नजरियाँ हैं। कुछ लोगो को पैसा कमाकर खुशी मिलती है तो कुछ को नाम, वही कुछ लोग हर हाल में खुश रहना सीख लेते हैं।

अच्छा स्वास्थ्य, नेक विचार एवं हर हाल में संतुष्ट रहने की भावना ही सच्ची खुशी प्रदान कर सकते हैं। एक स्वस्थ व्यक्ति न केवल स्वयं खुश रहता है बल्कि औरों को भी प्रसन्न रखता है। एक व्यक्ति जो स्वयं किसी रोग से पीड़ित है, कभी भी खुश नहीं रह सकता। लेकिन वही कुछ ऐसे लोग भी हैं जो किसी भी तरह की शारीरिक समस्या होने पर भी प्रसन्नता ढूँढ लेते हैं। परन्तु प्रत्येक व्यक्ति ऐसा कर पाने में सक्षम नहीं है अतः जहाँ तक संभव हो हमें स्वस्थ रहने की कोशिश करनी चाहिए जिससे हम खुश रह सकें। प्रसन्न रहने के लिए अपनी पसंद का कार्य करना अत्यधिक आवश्यक है। जो व्यक्ति अपने पसंद का कार्य करता है, वह अपने कार्य में ही प्रसन्नता ढूँढ लेता है। अगर आप किसी कारणवश अपनी पसंद का कार्य नहीं कर पा रहे तब भी जो भी काम करे उसे पूरी ईमानदारी के साथ करे और खुश रहे।

सच्ची यारी

कृष वीरा - ग्रेड १०

मेरी जिंदगी में मिले मुझे बहुत जन
पर इन 26 को न भुला पाएगा मेरा मन
आज तक यार तो बने कई
पर मुझे पता है कि इनके जैसा कोई
नहीं
यादें बनाए हमने इस विद्यालय में
अनगिनत
न जी सकूंगा उन्हें फिर से,
चाहे जितनी भी दे दू मैं अपनी अमानत
वड़ापाव, चायनीस रोल, और वो हक्का
नूडल
याद आएंगे जब भी कुछ खाऊ
बस बुला लेना एक बार,
काम काज सब छोड़ के मैं आ जाऊ
भुला न पाऊंगा वो वक्त
हमारे सब आनंदवन के
न निकाल पाऊंगा उन्हें
अपने तन, मन और वचन से
फिर चाहे वो हो ' एक चतुर नार '
या वो हो 'What about us!!'
पार्थ की पुकार
सब यादें रह जाएंगी
मैं न उन्हें भुला पाऊंगा मेरे यार
हा ... वक्त गुजरा,
और कई दोस्तों ने भी साथ छोड़ा
पर अरे ओ सांभा!
इन सत्ताईस लोगों ने ना उनसे
और ना खुदसे अपना बंधन कभी तोड़ा
दस साल बीत गए
क्या पता हम कैसे बड़े हुए
अरे कल ही तो पहली कक्षा में थे
और जब भी कोई शिक्षक आये तो
"Good Morning miss.
Have a nice day" कहते
अरे इन्हीं शिक्षकों से ही तो सीखा हूँ कि
विद्यालय हमारा दूसरा घर होता है
और शिक्षक होते हैं हमारे दूसरे माता-
पिता
पर जितना प्यार और ज्ञान उन्होंने दिया
वो शब्दों में नहीं पाऊंगा आपको बता
अंत में बस यही कहना चाहूंगा
कि आया था मैं तो यहाँ आपसे सीखने
Biology, Chemistry, Physics,
Math, BS, English, French.
अरे आया था मैं तो यहाँ पर सीखने
दुनियादारी पर इन लोगों ने सीखा दिया
क्या होती है सच्ची यारी,
क्या होती है सच्ची यारी

एक कविता दोस्ती के नाम

- मानसी



हर मूर्तिकार जिसे खोजता है
अपनी मूर्ति में,
हर कलाकार जिसे पाना चाहता है
अपने दर्शकों में,
हर सैलानी जिसे देखता है
अपनी मंजिल में,
हर कवि जो पाता है
अपनी ही कलम में,
वो होता है एक दोस्त ...

एक दोस्त और उसका प्यार,
एक सहेली की मीठी सी मुस्कान ।

एक दोस्त सिर्फ वो नहीं होता,
जो रोने के लिए देता है अपना
कन्धा,
एक दोस्त वो होता है
जो थामता है आपका हाथ,
ताकि दे सके हर वक्त
आपका साथ ।

एक दोस्त वो नहीं,
जो गिरने के बाद उठने में मदद करें,
एक दोस्त वो होता है,
जो खुद गिराकर, तुम पर ही हँसे ।

एक दोस्त वो होता है
जो चाहे जितना भी दूर चला जाए,
पर रहेगा सदैव ही तुम्हारे दिल में,
तुम्हारे पास ।

जो आपके जन्मदिन पर
'Happy Birthday!'
का message दे,
वो सच्चा दोस्त नहीं,
जो बिना बोले
घर केक लेकर आ जाए
वो ही तुम्हारा दोस्त सही !

तो देख लो जी भर के,
जो रहता है तुम्हारे बगल में,
दोस्त ही है वो जो रहता है
सदैव तुम्हारे दिल में ।
तो गले लगा लो उसे प्यार भरे मन
से,
क्या पता कब मिले वो फिर से ?

यह थी मेरी एक कविता दोस्ती के
नाम,
जिसके साथ तुम बिताना चाहते हो
अपनी हर शाम ।
इस कविता के माध्यम से
मैंने दी दोस्ती की व्याख्यान,
इसी के साथ मैं देना चाहती हूँ
अपनी वाणी को विराम ।

भावनाएँ

- दिया गाला - २ एमरल्ड

भावना, भावना, भावना
सभी है भावना,
हँसना है भावना,
रोना है भावना,
गुस्सा करना भी है भावना।
सभी लोग अलग-अलग तरीके से
जताते हैं अपनी भावना।
बिन इनके कैसे हम
अपने रिश्ते निभा पाते?
बिन इनके कैसे हम
अपने रुठे दोस्त को मना पाते?

माँ की ममता



की पीठ पर चिपककर बैठ गया।

अब उसकी माँ एक पेड़ से दूसरे पेड़ पर कूदती हुई दौड़ रही थी। तभी अचानक एक पेड़ की डाल टूट गई और वे तीनों नीचे गिर पड़े। बड़ा बेटा चिंटू जो अपनी माँ की पीठ पर था, उसको तो बिल्कुल चोट नहीं आई, परंतु छोटा बच्चा जो अपनी माँ की गोद में था, उसको नीचे गिरकर बहुत चोट लग गई थी और उसकी चोट से खून भी निकल रहा था। इस कारण

एक बंदरिया के पास दो बच्चे थे। उसका बड़ा बेटा चिंटू, सूरत से उतना अच्छा नहीं दिखता था जितनी कि उसकी छोटी बहन अच्छी दिखती थी। उसका बड़ा बेटा सदा यही सोचता था कि उसकी माँ, संभवतः उसकी छोटी बहन को अधिक चाहती है, क्योंकि वह देखने में कुरूप दिखता है, पर ऐसा नहीं था। बंदरिया माँ तो दोनों को बहुत प्यार करती थी।

एक दिन अचानक बहुत भयंकर तूफान आया। हवा-आंधी बहुत जोर-जोर से चल रही थी। चारों ओर पेड़ और उनकी शाखाएँ जोर की आवाज के साथ गिर रही थीं। बंदरिया माँ बहुत भयभीत और चिंतित हो गई कि यदि वे उस स्थान से शीघ्र नहीं भागे, तो उसे और उसके दोनों बच्चों को चोट लग सकती है। अतः बंदरिया माँ ने अपने छोटे बच्चे को उठाकर सीने से लगाया और वहाँ से इतनी तेजी से दौड़ पड़ी जितनी वह दौड़ सकती थी। बंदरिया माँ का बड़ा बच्चा चिंटू भी बहुत अधिक डर गया था। वह जल्दी से कूदकर अपनी माँ

बंदरिया माँ अपने छोटे बच्चे के लिए बहुत चिंतित हो गई थी। दूसरी ओर अपने बड़े बेटे को सुरक्षित देखकर बंदरिया माँ प्रसन्न भी थी। उसका बड़ा बेटा चिंटू दौड़कर गया और कुछ बेरी और पत्ते लेकर आया ताकि उसकी माँ उसकी छोटी बहन के घाव पर उसे लगा सके। बंदरिया माँ अपने बड़े बेटे चिंटू को ऐसा करते देखकर बहुत प्रसन्न हुई और उसको अपने बेटे पर गर्व हुआ।

माँ ने अपने बेटे को धन्यवाद देते हुए बहुत बार उसको प्यार किया और बार-बार चूमा। वास्तव में बंदरिया माँ अपने दोनों बच्चों से बहुत प्यार करती थी। अब उसके बड़े बेटे चिंटू ने भी यह सीखा कि उसकी माँ उसकी छोटी बहन के लिए इसलिए चिंतित थी क्योंकि वह बहुत छोटी है और अपने लिए कुछ भी नहीं कर सकती। अतः वह बहुत ही ज्यादा खुश था कि उसकी माँ उसको भी उतना ही प्यार करती है जितना उसकी छोटी बहन को करती है।

‘मेरी माँ...’



- पर्व जैन -२ एमरल्ड
मेरी माँ सबसे प्यारी,

सबसे सुंदर, सबसे न्यायी।

मीठी-मीठी लोरी गाती,

लोरी गाकर मुझे सुलाती।

मुझे पढ़ाती, मुझे लिखाती,

हमेशा सच बोलना सिखाती।

मुझे नए-नए खिलौने दिलाती,

मेरे लिए स्वादिष्ट व्यंजन बनाती,

मुझे तारों के समान चमकाती ,

मेरी माँ है कितनी प्यारी,

सबसे सुंदर, सबसे न्यायी।



क्रोध

- पिया शाह - ९ एमरल्ड

क्रोध करने का मतलब हुआ स्वयं विष पीकर सामने वाले की मृत्यु की अपेक्षा करना। यह लेख क्रोध की एक गाथा है जिसके अंत तक आप इस लेख का उद्देश्य स्वयं ही समझ जाएंगे। चलिए इस विनाशकारी भावना की जड़ तक की यात्रा का आरम्भ करें।

क्रोध का जन्म होता है हमारी दुर्बलता से, फिर यही क्रोध हमारी सबसे बड़ी दुर्बलता बन जाती है। इन भावनाओं के बीच है - चाह, वासना, मोह, अभिलाषा, लालसा आदि-इत्यादि।

यदि क्रोध को वश में न रखा जाए, तो भ्रम जन्म लेता है। भ्रम वो है जो किसी भी संबंध की डोर को बड़ी सरलता से तोड़ सकता है। वही संबंध जिन्हें निभाना, शांत पानी पर लिखने समान कठिन होता है, क्रोध इस जल को ही खारा बना देता है।

यदि भ्रम को वश में न रखा जाए, तो विवेक व्याकुल होने लगता है। इस चरण में मनुष्य तिरस्कार करता है - व्यक्ति का, वास्तु का, स्थान का या धर्म का। इस स्थिर तिरस्कार से उस मनुष्य और उसके आस-पास के व्यक्तियों में कुंठा जन्म लेती है। यह कुंठा किसी को भी आपका शत्रु बना सकती है। कुंठा ही नकारात्मक सोच का कारण है।

नकारात्मक भावनाओं से घिरा वह मनुष्य, यदि व्याकुलता को वश में नहीं रख पाता, तो इस विनाश के अंतिम चरण तक पहुँच जाता है। इस चरण में, व्यक्ति का तर्क ही नष्ट हो जाता है। सोचने-समझने की शक्ति खो जाती है। इसी स्थिति में मनुष्य नशे जैसे दुष्ट चीजों की सहायता से अपने आप को नष्ट कर देता है।

हर मनुष्य की आत्मा की पुकार होती है, यदि मन हमारा शांत है तो हम अपनी आत्मा को सुन, देख और समझ पाएंगे। किन्तु क्रोध इस भावना की पुकार को पी जाता है। इसी कारण अपने मन के भीतर के क्रोध को नष्ट करना अतिआवश्यक है। अंततः मैं यह कहना चाहती हूँ कि इस क्रोध रूपी शत्रु को अपने अंदर पनपने न दे।

धन्यवाद।

रस

Hitain Shroff - IX EM

श्रव्य पाठन अथवा दृश्य से मिलने वाले आनन्द की अनुभूति को "रस" कहते हैं। रस अलौकिक होता है। रस जीवन, काव्य, चित्रपट अथवा नाटक की आत्मा होती है। रस अंतः कारण की वह शक्ति है, जिसके कारण इन्द्रियाँ अपना कार्य करती हैं, मन कल्पना करता है वह स्वप्न देखता है। रस आनंद का विशाल व विराट रूप है। जीवन में रस के नौ रूप होते हैं:- शृंगार रस, हास्य रस, शांत रस, करुण रस, रौद्र रस, वीर रस, अद्भुत रस, वीभत्स रस, एवं भयानक रस।

काव्य में जब प्रेम, मिलन, भक्ति और बिछुड़ने आदि की क्रियाओं का वर्णन होता है या फिर किसी सुंदरता को वर्णित किया जाता है, वह शृंगार रस में आता है।

जहां श्रव्य, पठन और लेखन से हँसी आ जाए और आप मनोरंजित हो जाते हैं, वह हास्य रस कहलाता है।

करुण रस वह होता है जहाँ, श्रव्य पठन लेखन में करुणा का भाव उत्पन्न होता है।

जब किसी क्रोध का वर्णन होता है, उसे रौद्र रस कहा जाता है। जहां वीरता का निर्वाण बढ़ चढ़ कर हो, वहाँ वीर रस होता है।

वीभत्स किसी के प्रति घृणा और विचलित प्रक्रिया उत्पन्न हो, उसे वीभत्स रस कहते हैं।

जहाँ आश्चर्य की उत्पत्ति होती है, वहाँ अद्भुत रस होता है। काव्य को पढ़कर असौम शांति प्रदान होती है।

भय से डर लगता है, वही भयानक रस होता है।।

"शृंगार से बने मनुष्य जीवन, सुंदर करुणा भरे वचन, भक्ति करे निर्मल, राक्षस वध करे शिव -काली रौद्र रूप धर, हास्य से मिले सारी चिंताओं के हल, संघर्ष का विभत्स रूप जिसे हिला न सके, काल-अकाल की भयानकता से जो लड़े अंत में वही सफल हो जिसमें हो शांत रस"

खुशी-एक अदभुत भावना

- मल्हार मानेक

हम सभी के जीवन में कभी न कभी तो हमें खुशी महसूस हुई ही होगी। खुशी एक ऐसी भावना है जिसे शब्दों में बयां नहीं किया जा सकता। यदि इस भावना की परिभाषा करने का प्रयास किया जाए तो 'खुशी वह विस्मयकारी पल है जिसमें सब कुछ अपने चाह के हिसाब से होता है।'

हर व्यक्ति खुशी को अलग तरह से महसूस करता है। एक बालक के लिए अपने मनपसंद खिलौने, कपड़े आदि खुशी जागृत कर सकते हैं; तो दूसरी ओर एक व्यापारी के लिए व्यवसाय में मुनाफ़ा खुशी का माहौल उत्पन्न करती है। कुछ विशिष्ट दिन भी आपको आनंदित कर सकते हैं, जैसे जन्मदिन, शादी की सालगिरह या फिर कोई त्योहार। अमूमन तौर पर लोग अपने आनंद को जश्न की पार्टों के रूप में दूसरों के साथ बांटते हैं, क्योंकि कहा जाता है कि खुशियां बांटने से बढ़ती हैं।

खुश रहने के कई लाभ होते हैं। ऐसा कहा जाता है कि खुश रहने से शरीर हमेशा स्वस्थ रहता है और मस्तिष्क सदैव अच्छे से कार्य करता है। और माना जाता है कि इससे हृदय रोग, कर्करोग आदि की संभावनाएँ घटती हैं। इतना ही नहीं, यह आपके आयुमर्यादा को भी बढ़ावा देता है।

जहाँ दूसरों को सुख पहुँचाना अत्यंत पुण्य का काम है, तो दूसरी ओर किसी की खुशी उनसे छीनना उतना ही बड़ा महापाप होता है। यही कारण है कि हमारे अनेक धार्मिक ग्रंथों में यह वर्णन है - 'कभी किसी को दुख मत दो, बने तो सुख दो।'

यह विश्व भर में ज्ञात है कि खुशी ही जीवन का सत्य है, इसलिए मुस्कुराओ और अपना सुख बाँटो।



माझी आई

- Krisha Savla - Hind Emerald



माझी आई खूप सुंदर आहे.
माझी आई माझ्यावर खूप
प्रेम करते. माझी आई मला
खेळायला नेते. माझी आई
मला रोज वेगवेगळी
न्याहारी देते आणि वेळेवर
खाऊ-पिऊ पण घालते.
माझी आई मला रोज
शाळेत सोडते म्हणून माझी
आई मला खूप आवडते.

प्यार के अनकहे लब्ज

- प्रथा किनी - (९ एमरल्ड)

पहली नज़र में ना सही,
पर हो गया है प्यार
अब पहले सा कुछ नहीं,
सब बदल सा गया

उस दिन तुम थे, मैं थी
और थी कुछ खामोशी,
तुमने बातें शुरू की,
और मैं मुस्कराते रह गई

उस दिन से आज तक
मेरी नज़रें तुम्हें ही टूँडती,
और जब-जब हमारी नज़रें मिलती,
मेरी धड़कने थम सी जाती

बहुत लोगों ने कहा,
तुम मेरे लिए सही नहीं,
पर उन्हें क्या पता था,
तुम्हें दिल में बसा लिया था मैंने

तुम्हें खो देने के डर से
मैं तुमसे दूर जाती गई
और इस खूबसूरत एहसास को एक
याद बनाकर,
अपने दिल में आज तक हमफूज़ रखा

ये प्यार इस बेचैनी से दूर
दिल के किसी कोने में छिप गया
और डर के इस अँधेरे में
अपनी राह भटक गया

आज फिर तुम्हारी आँखों में झाँक कर
मैं तुम्हारे ख्यालों में खो गई
तुम्हारे प्यार ने एक बार फिर
मेरे दिल तक अपना रास्ता बना
लिया

तुमने मेरे दिल की देहलीज़ को कर
लिया पार
इंतज़ार है मुझे उस दिन का
जब मैं तुम्हारे दिल की देहलीज़ को
करूँगी पार
अब डर नहीं है तुम्हें खोने का, बस है
तुमसे प्यार...

चला फुलवू हास्य

-by Agrima Kale IInd Ruby



चला फुलवू हास्य
खूप छान खूप छान
हसणे असते खूप छान
रुसवा - फुगवा करू नका
मनातले बोलणे बोलून दाखवा
रड-रड कधी करू नका
सगळ्यांचे बोलणे ऐकून घ्या
हसणे खूप छान आहे
हसणे सगळ्यांसाठी चांगले असते

माझे कुटुंब



- Dia Gala - IInd Emerald

माझ्या बहिणीचे हसणे छान
माझ्या बहिणीचे हसणे छान
माझा भाऊ खेळ खेळतो छान

आजो माझी सांगते छान - छान कथा
आईला माझ्या नाहीत व्यथा

आजोबा माझे वाचतात वर्तमानपत्र
बाबा आहेत माझे खरे मित्र

असे आहे माझे कुटुंब छान
मनामध्ये नाहीत काहीच ताण



भाव-भावना ऋतूबदलच्या



- Ishwari Arjunwadkar
- 6th Emerald

भावना म्हणजे एखाद्या गोष्टीबद्दल आपल्या मनात उमटणारे तरंग. आता जसे हे माणसांबद्दल, प्राण्यांबद्दल वाटते तसे ऋतूबदलही वाटू शकते नाही का? होत तर, नक्कीच वाटू शकते. तीन वेगवेगळ्या ऋतूबदलच्या भावना पुढीलप्रमाणे:

उन्हाळा म्हणजे रखरखीतपणाचे उदाहरण. सुकलेली पाने, वाळलेली झाडे, तळपणारा सूर्य हे सगळे आपल्यात थकलेली, निर्जीवपणाची भावना निर्माण करते. आपल्याला खिडकी उघडून बाहेर बघण्याची इच्छादेखील राहत नाही.

पण त्यानंतर येणारा पावसाळा ही मरगळ पूर्ण दूर करतो. जादू झाल्यासारखा निसर्गाचा रंग बदलतो. झाडाला पालवी फुटते, नद्या ओसंडून भरून वाहू लागतात, पहिल्या पावसानंतर येणारा मातीचा गंध हे सर्व आपले मन तुप्त करतात. पाऊस मला अतिशय उत्साहित करतो. जोरात पाऊस पडायला लागला की त्याच्या तालावर नाचणे ही तर माझी पहिली आवड ! त्यानंतर खिडकीत बसून गाणे म्हणणे आणि म्हणता म्हणताच निसर्गनिरीक्षण करणे हे मला खूप आवडते.

पावसानंतर दुलई, शाल, रंगीबेरंगी स्वेटर घेऊन येतो तो हिवाळा. शाल लपेटून घेतलेली माणसे, छोट्या मुलांचे तऱ्हेतऱ्हेचे स्वेटर हे सगळे एक वेगळेच चित्र असते. सकाळी पांघरुणातून उठायला नको वाटते आणि शाळेत जायला तर मला मुळीच आवडत नाही. असे वाटते की, सगळे थिजून गेले आहे. गारठलेले पक्षी आणि थिजलेली झाडे हे सर्व पाहून कदाचित सर्वांनाच थंडी वाजते आहे असे वाटते.

भावना



- Raihan kolsawala - IInd Ruby

१. आनंद म्हणजे काय?
क्र हे त्या मुलांना विचारा ज्यांना बालपणात खूप खेळायला, मजा-मस्ती करायला मिळालं.
२. दुःख म्हणजे काय?
क्र हे पिंजऱ्यात बंद असणाऱ्या, उडता न येणाऱ्या पक्ष्यांना विचारा ज्यांना गगनात भरारी घेता येत नाही.
३. प्रेम म्हणजे काय?
क्र हे आईच्या वात्सल्यपूर्ण नजरेने भरलेल्या डोळ्यांत पाहा.
४. तिरस्कार म्हणजे काय?
क्र हे व्यक्ती-व्यक्तीतील द्वेषाला विचारा.
५. मैत्री म्हणजे काय?
क्र ही एक अशी गोष्ट आहे की ज्यामुळे जीवनात आनंद निर्माण होतो व जीवाला जीव देणारी माणसे भेटतात.



माझा परिवार



- by Dhairya Vora - IInd Emerald

माझी आई मला खूप छान - छान गोष्टी सांगते. तिच्या हातचे स्वादिष्ट जेवण जेवून माझे मन प्रफुल्लित होते. माझे बाबा मला आनंद मिळावा म्हणून माझ्याबरोबर क्रिकेट खेळतात त्यामुळे मला खूप मजा येते. माझे भाऊ - बहीण आणि आजी - आजोबा माझ्यावर खूप प्रेम करतात. मला कोणी ओरडलं तर माझ्या मनाला खूप दुःख होते. माझे मित्र जेव्हा माझ्याबरोबर असतात ती वेळ माझ्यासाठी आनंददायी असते.

सैनिक हो तुमच्यासाठी



- by Veer Patil - II Ruby

कुशीत घेणारा बाबा
आज तिरंग्यात आला
हुंदका आवरून माझा
मी त्या सलाम केला

अखेरचे काल बोलूनी
आज तो अबोल झाला
देशासाठी प्राण देऊनी
आम्हाला पोरकं करून गेला

आला पाऊस



-by Siddhi Gala - IInd Ruby

पाऊस पडतो सर, सर, सर
घरी चला रे भर, भर, भर
पाऊस वाजे धडाडू धूम
धावा धावा ठोका धूम
धावता धावता गाठले घर
पड रे पावसा दिवसभर
पड रे पावसा चिडून चिडून
आईच्या कुशीत दडून दडून

खांद्यावर घेणारा बाबा
आज दुसऱ्याच्या खांद्यावर आला
एकटे सोडून आम्हाला
तो देशासाठी अमर झाला

॥ वंदे मातरम् ॥

माझे प्रिय फूल

-by Nishka Jain - IInd Ruby



माझे प्रिय फूल गुलाब हे
आहे. मला गुलाबाचा
सुगंध फार आवडतो.
गुलाब विविध रंगांत
आढळते पण मला

गुलाबी रंगाचे गुलाब अतिशय आवडते. गुलाब अनेकविध प्रसंगात वापरले जाते. जसे, एकमेकांना भेट देण्यासाठी, देवाला अर्पण करण्यासाठी, लग्नप्रसंगात वापरण्यासाठी इ. मी गुलाबाचे सरबत रोज पिते तसेच गुलाबापासून गुलकंदही तयार करतात. असे विविधरंगी, विविधोपयोगी गुलाबाचे फूल मला फार आवडते.



दि. १५ ऑगस्ट २०१८ या दिवशी स्वातंत्र्यदिनाचे औचित्य साधून कु. कियान शिरोडकर (३ री एमरल्ड) या विद्यार्थ्याने आपले स्वातंत्र्याविषयीच्या मौलिक विचारांचे सादरीकरण केले ते पुढीलप्रमाणे -

हे राष्ट्रदेवतांचे हे राष्ट्रप्रेषितांचे।
आ चंद्र सूर्य नांदो स्वातंत्र्य भारताचे।

आदरणीय शिक्षकगण, सर्व पालकवर्ग आणि माझ्या प्रिय विद्यार्थी बंधू भगिनीनो, माझ्याकडून सर्वांना स्वतंत्रता दिवसाच्या हार्दिक शुभेच्छा.

जसे आपण सर्वच जाणतो की स्वतंत्रता दिवस आपल्यासाठी किती अमूल्य आहे. आजच्या दिवशी आपला देश अन्यायकारी ब्रिटिशांच्या गुलामगिरीतून मुक्त झाला. १५ ऑगस्ट या दिवशी आपण स्वतंत्र भारताचे नागरिक बनलो. स्वातंत्र्यानंतर भारत हा सर्वात मोठा लोकतांत्रिक देश आहे. आपल्या देशात विविधतेमध्ये एकता आहे. सर्व जाती, धर्म, पंथ, भाषा, वेश यांची विविधता असतानाही आपण सर्व एक आहोत हे फारच कौतुकास्पद आहे. ज्या वीर देशपुत्रांनी स्वातंत्र्यासाठी आपल्या प्राणांची आहुती दिली त्या वीरपुत्रांना मी शतशः नमन करतो. त्यांच्या बलिदानासाठी आपण सर्व त्यांचे ऋणी आहोत. महात्मा गांधींनी अहिंसा व शांततेच्या मार्गाने आपल्या स्वतंत्र मिळवून दिले. सर्व स्वतंत्रता सेनानींच्या अथक प्रयत्नांनीच आपण हे महान स्वप्न पाहू शकलो.

भारत आपणां सर्वांची मातृभूमी आहे आणि भारतीयांना आपल्या कर्तव्याची जाणीवही आहे. आपल्या देशासमोर अनेक बिकट समस्या आहेत. त्यामुळे त्या समस्यांना गंभीरपणे आणि एकतेच्या सूत्राने आपणांस समर्थपणे तोंड द्यावे लागेल. आपला देश अनेक समस्यांवर मात करून जगात आपला वेगळा आदर्श स्थापित करू शकेल अशी मी आशा करतो व माझे दोन शब्द संपवतो.

जयहिंद ! जय भारत !

मी लाडकी



- सान्वी राणे (६ वी -रुबी)

मी आहे माझ्या घरची बाहुली
बाबांच जग आणि आईची लाडकी

मला भारी आवड रुसण्याची
मग बघा धावपळ सगळ्यांची

दादा जाई चॉकलेट आणी
जवळ घेते लगेच आईची कुशी

जाऊया बागेत म्हणे बाबा
मग रुसतेच कशी ते बघुया

शाळा



-अमृता शिंदे (७ रुबी)

दोन खिडक्या एक फळा चार
भिंतींची शाळा
घंटेच्या वाजल्या बरोबर वर्ग
भरतो सारा

वही -पुस्तक समोर ,लेखणी हाती
पाढे ,कवितांचे गीत गाती

ज्ञान -विज्ञानाची धडे देती
यशाची ती शिखरे गाठती

गुरुजनांची न्यारी महती
सलाम आमुचा त्यांच्यासाठी

मधल्या सुट्टीची घंटा वाजती
डबे घेऊन मित्र -मैत्रीणी शोधिती

खेळत पळत लपत छपत
बोलता बोलता डबे संपत

सुट्टी लागता बोअर होई घरी
म्हणून रोजचीच शाळा बरी

Sanskrit speech



Geet Kotak student of Grade-I gave speech in Sanskrit on the occasion of Independence Day. She dressed up like Rani Lakshmi Bai. She spoke regarding freedom fighters tributes and sacrifices to make India an independent nation. The richness of the language and the pleasure of listening to her spoken so eloquently left us all with a feeling of joy and pride. Her speech was as below:

नमोनमः। अहं रानी लक्ष्मीबाई। भारतः मम राष्ट्रम्।
भारते अन्यदेशीयः शासनं अकुर्वन्। पुरुषाः
स्वप्राणान् अत्यजन्। तदा स्वतंत्रता लब्धा। अद्य
एव तत् दिनम् -बलिदानस्य, मानस्य। तर्हि
उत्तिष्ठत, जाग्रत।
“शूरा वयं धीरा वयं वीरा वयं सुतराम्।
गुणशालिनो बलशालिनो जयगामीनो
नितराम्॥”

(I am Rani Lakshmi Bai. India was under the control of British, but the courageous leaders of our country fought against them. It is also an occasion to remember the great sacrifices of the freedom fighters. Toady is that day, day of sacrifice! day of respect. Let's stand together.

We are strong! We are courageous and very brave!

We possess noble virtues, are all powerful and always victorious!)



Emotions in English Language Learning

- Mr. Ayaz Momin.

Emotions play a substantial role in learning in general, and Foreign Language Learning in particular.

Emotions experienced by students are considered significant in understanding learning processes, student motivation and effective teaching. Emotions are said to be an outcome of the evaluation students make of particular situations while learning. Emotional experiences play a noteworthy role in deciding to study a Foreign Language or keep up with the task, emotions and feelings are involved. Emotions prepare people to act; this infers that if someone is acting in certain ways, the experience of emotion can make him or her stop that particular action due to changes in their motivational energy or continue with the best input to achieve a particular goal. Thus, the change in motivational energy can be positive or negative; depending on the interplay of emotions with internal and external factors. With regard to academic work, students redirect all their attention and motivation toward that particular task, if it interests them.

Having been defined as "the emotional side of human behaviour" the affective domain plays a significant role in foreign

language learning too. It has indicated that language learners experience a variety of both negative and positive emotions such as enjoyment and pride.

"Emotion is an affective state induced by a specific stimulus". It is found that both negative and positive emotions students experience in English classes have an impact on their English achievement. They found that negative emotions like fear and sadness can enhance learning and can also be regarded as positive and motivational in a foreign language learning process. Generally, negative emotions affect students' motivation, attention, and use of learning strategies. On the contrary, emotions like anger, relief, enjoyment, hope, shame, pride, boredom, and hopelessness, which have profound effects on achievement and learning and are critically crucial for learners' motivation, learning strategies, identity development, and health, have been extensively neglected. Speaking brings about the least amount of boredom and hopelessness in language classrooms. In contrast to speaking, writing is associated with a higher extent of negative unpleasant emotions like boredom, hopelessness, and anger in language learners. Boredom is induced when students do not find any negative or positive value in the activity they are doing. EFL learners need to do the writing tasks on their own, while the intensity of mutual engagement in speaking and conversations is greater, which leads to a more enjoyable atmosphere.

I Dream a Dream...



- Ms. Mohua Sengupta

I dream a dream,
which God will bless,
Untold happiness to look
after the homeless,
A place which will be
theirs to be,
Happiness, warmth,
love and security....

Abandoned dogs on the
streets,
I dream for you too....
I dream to build
a home for you,
to make you feel loved and
wanted too.

I want to take the pain away
And replace it with love,
This can only be possible,
With blessings from above.

I never dream of riches...
I never dream of gold...
I never dream of
diamonds...
And all that is there to
hold...

I dream of a home...
not for me,
A home for the homeless,
it will be.
A home which will be
yours to call,
Man, dog, one and all...



CHASE THE TEARS!

- Ms. Maya Iyer.

Racheta Singh (name changed) was a grade 7 student. She was a happy child who went to a popular school in Bandra, Mumbai. Overnight her life changed. Her parents were embroiled in a messy divorce. Their daily fights ruined her peace of mind and turned her into a sullen, sad child. Insecure, she was awake long nights praying for her parents to reconcile. Neglected and miserable, she seldom paid attention to her school work or her appearance in school. She suffered the taunts and bullying of her classmates. The teachers tried their best to counsel her but in vain. Racheta shrunk into her shell and cut off ties from everyone. She fell ill and had to be admitted to the hospital for recovery.

This is a familiar tale and many children suffer neglect and emotional agony. Their pain and tears are often suppressed making them vulnerable to society. Adults develop a coping mechanism; when they go through a crisis in life, they should consider the children in their lives. Children's feelings have an impact on their daily functioning, including their behaviour, productivity and creative expression. Here's how parents can help to fortify their child's emotional well-being.

- Children who have a positive perspective about the ups and downs of life are most likely to adapt to situations which are challenging.

- If parents are sensitive to their little ones, they in turn will reciprocate by adding value to the community with confidence.

- Be aware of children's change of behaviour, their reactions and outbursts. Do not let them sink into a world of loneliness, rather communicate with them and let them vent their frustration.

- Help children to recognize the causes that underlie the feelings that they're experiencing; fear, guilt, joy, jealousy, confusion, disgust, hope...

Encourage them to name and accept those feelings into words. Stories can be good catalysts, and expressing emotions through a diary or drawing can be beneficial.

- Foster relationships. Having happy social relationships and memorable family gatherings will nurture a happy child who will develop into a good citizen.

- Nothing can replace love. Pure selfless love which will work wonders for your child's self esteem.~

EMOTIONALLY YOURS!

- Mr. Ayaz Momin.

Every step we pick up in life is filled with Actions,
Rooted in us deeply playing
Pros and Cons.
Our deepest thoughts,
Expressing Emotions.

Losing what you value at all,
Encourages you to crash things
across the wall.
Emotions – ANGER.

Long Lost my dove,
Rolling down Tear
For the partner
Who ditched me in Love.
Emotions – Melancholy

Generation down the Line,
Elder's words we overlook,
Their yelling we treat as 'Fine',
Are nothing but the
Emotions – Fear.

What would happen?
Is not based on any attraction!
It is the ongoing thought,
Of every parent.
Emotions – Worry.

Parents and siblings you have,
Bonding a great you share,
For the family, it is behove,
Emotions – Love.

Your friends are,
Are the highest of your concern?
Your Greatest Attraction,
Desire and Affection,
Emotions – Compassion.

Emotions are always at its peak,
It is an applied technique.
Existing construction in our body,
Always remaining a Spotty.



Goodbyes...

- by Ms. Yashoda Budhkar

Goodbyes are the worst!

They make me weak...remind me of all the happy moments...remind me that I'm not going to have those anymore...goodbyes tell me to move on when I don't want to...they make me think about a life I had never lived before...a life without the people I care for, I depend on and I learn from... Goodbyes are the worst!

They are devious...wrapped in parties and gifts and testimonials...not transparent...they need the crutches of evening gowns and tuxedos to appear 'perfect'...but there are no perfect goodbyes Goodbyes are the worst!

Because they bring out the realist in me...goodbyes come and go...life doesn't stop with goodbyes...it just takes a cordial pause...it moves on...makes new acquaintances...new relations...new moments...goodbyes make me forget the old... Goodbyes are the worst!

They are never-ending...goodbyes keep coming...I said my goodbyes, when I was leaving my school, my friends, my college, my teachers, I bid farewells to old jobs, old colleagues, my parents and siblings when I got married, goodbyes just kept coming... they keep coming...a continuous stream... Goodbyes are the worst, something I am not meant for...

There are no goodbyes from me to you today... I am not saying it.... I am not saying...

"Goodbye!"

Live in the être (Present)...



- by Ms. Vera Sinha.

'Life in France places you happily in the present tense.' – Matthew Fraser. A French native once said 'We French live in the 'être' (to be) whereas others live in the 'faire' (to do) and 'avoir' (to have).

In France, people are content to just be. During two-hour lunch breaks, they sit at sidewalk cafés and watch the world pass them by. The small talk includes not what they do for a living but where they have recently been on a vacation...

The French are typically looked upon as reserved or even downright rude but that may not be necessarily true. Excitement is typically shown only when it is truly meant. The French express their emotions as truthfully as possible so as to avoid appearing inauthentic.

The general tendency is more towards living in the moment. Certainly, they think about the future but they do not seem to fixate on it. They consider it cerebrally but their emotions are in the present.

Whether drinking a 'Rosé' in the sunshine or just sitting in the park, their perennial motto would be 'on est bien là' - we're good here.

The delirium that motivates us to action and drives us to look ahead is not nearly as present as in France but '*joie de vivre*' (simple joy of living) and contentment in simple pleasures exists in their lifestyle. ~



The Old House

As this particular part of land drew nearer, an odd feeling came over me.

“Stop the car. I'll get off,” I said

“But, sir, Wakeford Avenue is seven blocks away, you'll never make it in ten minutes. The meeting's due to start now!” Harrison, my chauffeur reminded me.

“Yes, yes. Now go there and tell John I won't be coming-no buts! Just go!”

I stepped out, and the sedan sped off in a cloud of dust. I turned to face the creaky old building. Memories flooded my mind. Before all of this, my turning rich, I used to live just behind this building. But this building was almost as much as home as my home was. Me, my two brothers, my three cousins, and my best friend, Roger used to play, practically live here.

It was a double-storey building, completely wooden, except for the chimney. Ivy coated one side of the house and the originally bright brown walls were blackened with years of soot and dust. The four windows at the front were covered with dust and were impenetrable. The silver handle on the door was

oxidized.

The owner put the house on sale, and for a few years nobody bought it. When the sign was removed, we assumed the house was bought. But nobody came to live in it, so I decided to explore it. It was a neat house, but special. I told everyone about this, and from that day, for the next five years, till I turned twelve, we used to play in it almost all day long.

Now I stood before it, and though it had decayed, and parts of its roof fallen, I could still recollect those fun times.

I tried the darkened handle. Surprisingly, it opened. Suddenly, as I stepped inside, squeals of laughter echoed of the walls as my brother tumbled down the wooden staircase in front of me. I blinked twice. There was no one. The eighteenth-century pictures hung off the wall, coated with dust, as everything was. One of them still had a crack down the side, where Roger hit it with a baseball bat, by mistake.

I climbed up the stairs, gripping the polished wooden banister. The stairs creaked and groaned. I wiped my hand on my trousers and entered my favourite room; the toy

room.

This was where we played the most. The six of us, speeding cars up and down, bouncing a ball or making paper airplanes. A few wooden trains and cars were strewn across the floorboards. I retraced my footsteps, past the kitchen, where we would sometimes try to have fun with the stove, though there was no gas. I pulled open the door, and stepped out, now heavy with nostalgia. Those times I would never get back.

I hailed a cab back to my mansion. I found my brother.

“Steve, you'll never believe where I was.” And I told him.

At the end, he smiled weakly. “Oh, how I loved those days. Except that day Mum had to drag me back for dinner.”

We laughed. For a whole minute, nobody spoke.

The, Steve said, “By the way, Harrison called to say that they had the meeting anyway.”

“Oh, that's fine. It was worth it, anyway,” I said, feeling slightly glad that I missed those boring minutes.~

नारी एक महान सृष्टि



इस सृष्टि की रचना कैसे हुई? कब हुई और क्यों हुई? ये कुछ ऐसे सवाल हैं जिनका उत्तर विज्ञान ढूँढ़ रहा है और भविष्य में भी ढूँढ़ता रहेगा। जहाँ तक इस धरती पर निवास करने वाले प्राणियों की बात है हम निर्विवाद रूप से कह सकते हैं कि मानव, ईश्वर की सर्वश्रेष्ठ रचना है। आदिकाल से लेकर आधुनिक काल तक इसने उत्तरोत्तर प्रगति की है। समस्त मानव सभ्यता के विकास को उड़ान देने में महत्वपूर्ण भूमिका निभाने वाली उस शिल्पी का नाम है- नारी। नारी के सहयोग के बिना सभ्यता की कल्पना करना असंभव है।

शायद इन्हीं कारणों से हमारे पूर्वजों और धर्मों ने प्रत्येक जगह पर नारी को प्रथम स्थान दिया है। यह इसलिए नहीं कि वह पुरुष के समकक्ष कमजोर है बल्कि इसलिए कि वह दिव्य और पावन है। स्वयं स्रष्टा(ईश्वर) भी इसे स्वीकार करने में संकोच नहीं करते हैं कि नारी ही वह सर्वोच्च सत्ता है, जो उन्हें भी शक्ति प्रदान करती है। इतिहास इस बात का प्रमाण है कि उसने अपने आत्मबल और पवित्र आचरण से समस्त संसार को नतमस्तक होने पर विवश कर दिया है। नारी में जो गुण है वह प्रकृति के अलावा अन्य कहीं मिलना दुर्लभ है क्योंकि

- रामयश पटेल

नारी स्वयं प्रकृति का ही मूर्त रूप है।

जैसे कि हम सब को ज्ञात है कि सदियों से हमारा समाज पुरुष प्रधान रहा है, परिणामतः सभी क्षेत्रों में पुरुषों का ही प्रभुत्व रहा है। पुरुषों ने नारी को उतनी ही स्वतंत्रता दी थी जितने से उनके पुरुषत्व को नारियों से कोई चुनौती न मिले। बावजूद इसके भी नारियों ने अपने अस्तित्व का बोध हर जगह कराया है। नारी को समझना है तो आपको एक नारी का हृदय धारण करना पड़ेगा। यह इसलिए कि नारी और पुरुष दो विपरीत ध्रुव होते हुए भी साथ-साथ चलते हैं तथा जहाँ नारी बड़ी धीर- गम्भीर वहीं पुरुष मुखरित और बहिर्मुखी होता है।

मानव सभ्यता के हजारों वर्षों के बीत जाने के बाद भी नारी आज भी एक अबूझ पहली के समान जान पड़ती है। पुरुष को समझना जहाँ पर सहज है वहीं नारी अपने आप में एक गूढ़ रहस्य है। यह इसलिए नहीं कि इस लेख को लिखने वाला एक पुरुष है और उसे नारी स्वभाव का जरा भी ज्ञान नहीं है। नारी एक नदी के समान है, जबकि पुरुष महज एक नाविक। नारी(नदी) के भीतर एक विशाल संसार होता है जो निरंतर प्रवाहमय रहता है। पुरुष मात्र, नारी के ऊपरी हलचल को ही समझ पाता है तथा उसके भीतर जाने का साहस बहुत कम पुरुषों में होता है। जबकि नारी, पुरुष के साहस को हर पल तौलती रहती है। नारी को पुरुष की कमजोरियों का अहसास रहता है इसलिए वह हमेशा जीवन में संतुलन बनाने का प्रयास करती रहती है परन्तु पुरुष अपनी तुच्छ शक्ति के घमंड में डूबकर उस नारी के अस्तित्व को भुला देता है। उसे यह ज्ञात नहीं कि नारी(नदी) की एक छोटी-सी लहर भी उसके जीवन को छिन्न-भिन्न करने के लिए पर्याप्त है।

नारी, पुरुष की शक्ति का थाह आसानी से पा जाती है परन्तु पुरुष के लिए नारी की शक्ति का थाह लगा पाना अत्यंत कठिन है। यह हम सब जानते हैं कि जो कार्य कठिन होता है, हम प्रायः उसकी उपेक्षा कर देते हैं। नारियों के साथ भी यही उपेक्षा सदियों से जुड़ी हुई है। नारी के अस्तित्व को नकारना पुरुषों की बड़ी भूल होगी, ठीक उसी तरह जैसे प्रकृति की उपस्थिति को नज़रअंदाज करना। जिस भी समाज ने नारी के अस्तित्व को मिटाना चाहा वह स्वयं धूल-धूसरित हो गया। इसलिए नारी अपने आप में एक सर्वोच्च सत्ता और एक महान स्रष्टा है।

टेक्नोलॉजी ने बदल दिया इंसान



- Ms Rekha - ICT Teacher

टेक्नोलॉजी ने बदल दिया इंसान

दुनिया की इस भीड़ में,

तू बढ़ा अपनी रफ्तार

देख टेक्नोलॉजी ने ,

बदल दिए हैं सबके अवतार

सिविलायजेशन की दुनिया में,

विहजुलायजेशन है भारी ।

डेस्कटॉप, लैपटॉप , टैबलेट,

स्मार्टफोन हो गया है जल्दी ।

दुनिया भाग रही

१०० एम . बी . पी . एस . की रफ्तार से,

टेक्नोलॉजी की दुनिया में हम हो गए हैं गिरफ्तार से

सोच बदल गई है, समय बदल गया है

पृथ्वी के इस दौर का, रंग - रूप बदल गया है

देख टेक्नोलॉजी ने, बदल दिया आज का इंसान है ।



संत कबीर दास

अर्थ: इस संसार में आकर कबीर अपने जीवन में बस यही चाहते हैं कि सबका भला हो और संसार में यदि किसी से दोस्ती नहीं तो दुश्मनी भी न हो !

पोथी पढ़ि पढ़ि जग मुआ, पंडित भया न कोय, ढाई आखर प्रेम का, पढ़े सो पंडित होय।

अर्थ: बड़ी बड़ी पुस्तकें पढ़ कर संसार में कितने ही लोग मृत्यु के द्वार पहुँच गए, पर सभी विद्वान न हो सके। कबीर मानते हैं कि यदि कोई प्रेम या प्यार के केवल ढाई अक्षर ही अच्छी तरह पढ़ ले, अर्थात् प्यार का वास्तविक रूप पहचान ले तो वही सच्चा ज्ञानी होगा।

तिनका कबहुँ ना निन्दिये, जो पाँवन तर होय, कबहुँ उड़ी आँखिन पड़े, तो पीर घनेरी होय।

अर्थ: कबीर कहते हैं कि एक छोटे से तिनके की भी कभी निंदा न करो जो तुम्हारे पाँवों के नीचे दब जाता है। यदि कभी वह तिनका उड़कर आँख में आ गिरे तो कितनी गहरी पीड़ा होती है !

माला फेरत जुग भया, फिरा न मन का फेर, कर का मनका डार दे, मन का मनका फेर।

अर्थ: कोई व्यक्ति लम्बे समय तक हाथ में लेकर मोती की माला तो घुमाता है, पर उसके मन का भाव नहीं बदलता, उसके मन की हलचल शांत नहीं होती। कबीर की ऐसे व्यक्ति को सलाह है कि हाथ की इस माला को फेरना छोड़ कर मन के मोतियों को

बदलो या फेरो।

दोस पराए देखि करि, चला हसन्त हसन्त, अपने याद न आवई, जिनका आदि न अंत।

अर्थ: यह मनुष्य का स्वभाव है कि जब वह दूसरों के दोष देख कर हंसता है, तब उसे अपने दोष याद नहीं आते जिनका न आदि है न अंत।

बुरा जो देखन में चला बुरा न मिलिया कोय। जो घर देखा आपना मुझसे बुरा ना कोय॥

अर्थ: मैं इस संसार में बुरे व्यक्ति की खोज करने चला था लेकिन जब अपने घर – अपने मन में झाँक कर देखा तो खुद से बुरा कोई न पाया अर्थात् हम दूसरे की बुराई पर नजर रखते हैं पर अपने आप को नहीं निहारते !

मन के हारे हार हैं मन के जीते जीत । कहे कबीर हरि पाइए मन ही की परतीत ॥

अर्थ: जीवन में जय पराजय केवल मन की भावनाएं हैं। यदि मनुष्य मन में हार गया, निराश हो गया तो पराजय है और यदि उसने मन को जीत लिया तो वह विजेता है। ईश्वर को भी मन के विश्वास से ही पा सकते हैं। यदि प्राप्ति का भरोसा ही नहीं तो कैसे पाएंगे?

-by Ms Krishna

हमारा इतिहास विभिन्न संतों और ज्ञानियों से भरा हुआ है। जिनमे से एक है संत कबीर दास। उनके दोहे गागर में सागर के समान हैं। उनका गूढ़ अर्थ समझ कर यदि कोई उन्हें अपने जीवन में उतारता है तो उसे निश्चय ही मन की शांति की प्राप्ति होती है।

बड़ा हुआ तो क्या हुआ जैसे पेड़ खजूर।
पंथी को छाया नहीं फल लागे अति दूर॥

अर्थ: खजूर के पेड़ के समान बड़ा होने का क्या लाभ, जो ना ठीक से किसी को छाँव दे पाता है और न ही उसके फल सुलभ होते हैं।

धीरे-धीरे रे मना, धीरे सब कुछ होय।
माली सींचे सौ घड़ा, ऋतु आए फल होय॥

अर्थ: मन में धीरज रखने से सब कुछ होता है। अगर कोई माली किसी पेड़ को सौ घड़े पानी से सींचने लगे तब भी फल तो ऋतु आने पर ही लगेगा !

कबीरा खड़ा बाज़ार में, मांगे सबकी खैर,
ना काहू से दोस्ती, न काहू से बैर।

रसास्वाद वात्सल्याचा



- प्राजक्ता चंपानेरकर

‘हंवरुन वासराले चाटती जवा गाय, तवा मला तिच्यामंदी दिसती माझी माय’ हा असा कवितेचा गावरान ढंग असो किंवा कवी यशवंत म्हणतात त्याप्रमाणे ‘स्वामी तिन्ही जगाचा आईविना भिकारी!’ आईच्या प्रेमाची तुलना कशाशीही करता येत नाही.

मातेच्या वात्सल्याचे स्वरूप सर्वत्र सारखेच आढळते म्हणून तर कुणापुढेही न झुकणारा जगज्जेता सिकंदर आपल्या मातेसमोर नतमस्तक होत असे तर महाराष्ट्राचे स्वराज्यसंस्थापक छत्रपती शिवाजी महाराज हेदेखील मातृभक्त होते. मातेच्या वात्सल्याची, ममतेची अशी अनेक उदाहरणे आपल्या परिचयाची आहेत.

माता आपल्या लेकरांसाठी काय करीत नाही? ती त्याला जन्म देते. एवढेच नव्हे, तर सर्वस्वी परावलंबी असलेल्या आपल्या बाळाला ती नयनांचा दिवा व तळहातांचा पाळणा करून सर्वतोपरी सांभाळते. ती त्याला खाऊपिऊ घालून त्याचे संगोपन करते व त्याबरोबरच नीतीकथा, चातुर्यकथा सांगून त्याचे कुसुमकोमल मन फुलवते आणि त्यावर सुसंस्कार करते. प्रसंगी अपत्याच्या वात्सल्यापोटी आई आपल्या प्राणांचीही बाजी लावते. इतिहासातील याचे जिवंत स्मारक म्हणजे ‘रायगडावरील हिरकणी बुरुज’. शिवबा, विनोबा, बापूजी यांसारख्या मानवश्रेष्ठानी तर आपल्या यशाचे श्रेय आपल्या मातेलाच दिले आहे. बापूजी तर आपल्या आत्मवृत्तात सांगतात की, ‘एक माता सहस्र शिक्षकांपेक्षा श्रेष्ठ आहे.’

मातेचे हे अनेकविध उपकार आपण कधीही फेडू शकत नाही. आपल्या वृद्ध मातापित्यांची सेवा करणे, ही काही अंशाने त्या ऋणांची फेड म्हणता येईल, पण ती फारच थोडी आहे. कारण खरे तर तो आपल्या कर्तव्याचाच एक भाग असतो. काही कृतघ्न करंटे लोक ही फेड पैशाने करू पाहतात आणि वृद्ध मातापित्यांना वृद्धाश्रमाचा रस्ता दाखवतात. म्हातारपणी मातापिता आपल्या मुलांच्या प्रेमाच्या सावलीत विसावण्यासाठी आतुरलेली असतात. तसे झाल्यास ते त्यांना आपल्या जीवनाचे सार्थक वाटते.

मातेचे कृपाछत्र एवढे विशाल आहे की तिचे उपकार आपण शंभर वेळा जन्म घेऊनही फेडू शकत नाही. जननी हे दैवत असे असामान्य आहे. आईच्या पूजेने मोक्ष मिळणे अशक्य नाही. आईची पूजा म्हणजे वत्सलतेने उभ्या असलेल्या परमेश्वराची पूजा. उत्कृष्टातील उत्कृष्ट परमेश्वराची पूजा म्हणजे ही मातृपूजा आहे म्हणूनच ‘आई’ या शब्दाच्या ठिकाणीच ईश्वर मानण्यास शिकले पाहिजे. तीच खरी मातृसेवा.

साक्षरता भाव - भावनांची

- प्राजक्ता चंपानेरकर

मित्रांनो, तुम्ही तो ‘Angry Bird’ सिनेमा पाहिला असेलच! लहान मुलांसाठीचा सिनेमा असला तरी मोठ्या माणसांसाठीसुद्धा यांत एक महत्त्वाचा संदेश दिला आहे. यांतील मुख्य पात्र खूपच रागीट स्वभावाचे होते म्हणूनच तो पक्ष्यांच्या वसाहतीपासून दूर समुद्रकिनारी राहत असे पण रागावर नियंत्रण मिळवल्यावर मात्र तोच त्या सर्वांचा हिरो बनून जातो. राग हा कोणत्याही गोष्टीवरचा उपाय नाही तर अनेकदा अनेक गोष्टीसाठी अपायकारकच ठरू शकतो.

प्रत्येक मनुष्यप्राण्याला आनंदी राहायचे असते. पैसा असो, अधिकार असो की कौटुंबिक जीवन आनंदाची संकल्पना प्रत्येकाची वेगवेगळी असते. कधी एखाद्या शाळकरी मुलाला वाटेल की आपण कॉलेजला गेल्यावर आपल्याला मोकळीक, स्वातंत्र्य मिळेल, तर कधी कुणाला वाटेल की नोकरी मिळाल्यावर आपल्या स्वप्नांची पूर्ती होईल, कधी कुणाला तळागाळातील लोकांचे दुःख कमी करण्यात आनंद मिळत असेल तर कधी कुणाला इतरांकडून हिसकावून घेण्यात विकृत आनंद मिळत असेल! थोर समाजसेवक बाबा आमटे आणि जनसेवेचे व्रत घेतलेले समाजसुधारक गाडगे महाराज यांची यावेळी आठवण न आली तरच नवल! या सर्वांनी शोषितांचे, दीन-दलिताने दुःख दूर करण्यात केवळ आनंदच मानला नाही तर आपले सर्वथ आयुष्य

त्यासाठी वेचले. खरोखर आनंदाची अशी काही वेगळी परिभाषा, वेगळे परिमाण असते का? कधी कुणा आई-बापाला आपली मुलं चांगले नागरिक झालेले बघण्यात आनंद वाटेल तर कधी कुणा शिक्षकाला आपला विद्यार्थी उच्च पदावर विराजमान झालेला बघण्यात आनंद मिळत असेल. मला वाटतं, आनंदाचा धागा हा गरजांशी निगडित असावा कारण जेव्हा आपल्या गरजांची हाव परिसीमा गाठू लागते तेव्हा आपल्याला होणाऱ्या छोट्या-छोट्या आनंदाची जाणीव आपल्या मनातून हद्दपार होऊ लागते. शाळा, शिक्षण, नोकरी, लग्न यांतच मन आयुष्याची इतिकर्तव्यता शोधू लागते पण यांत आपल्या भावनांना जर क्रोधाची किनार असेल तर मात्र या क्रोधरूपी भावनांचा झंझावात शमविणे कठीण होऊन बसते. उदा. जेव्हा आपण आजूबाजूला काही त्रुटी, उणीवा पाहतो किंवा अनेकदा आपल्यामध्ये असलेले दोषही आपण मोठ्या मनाने स्वीकारू शकत नाही तेव्हा मनमध्ये रागाची अशी लाट निर्माण होते की ती केवळ खंत आणि पश्चात्ताप मागे ठेवून जाते. म्हणूनच बुद्धांनी सांगितलेल्या उक्तीप्रमाणे रागाची अशी व्याख्या करता येईल की, ‘Holding on to anger is like drinking poison & expecting the other person to die.’ म्हणूनच राग जर आपला आहे तर तो आटोक्यात आणण्यासाठी प्रयत्नही आपल्यालाच करणे गरजेचे आहे.

१. रागाचे कारण ओळखणे - कोणत्या परिस्थितीमुळे आपल्या रागात भर पडत आहेत त्याची कारणे शोधणे. ती परिस्थिती समजून घेऊन आलेल्या त्रासाला दूर करणे.

२. व्यायाम, पोषक आहार - व्यायाम व आहार या दोन्ही बाबी माणसाच्या तना-मनामध्ये चांगले बदल घडवून आणत असतात. दीर्घ श्वास घेणे, चालणे, सकाळी काही वेळ निसर्गाच्या सान्निध्यात घालविणे त्याचबरोबर योगसाधना व ध्यानधारणा यांचाही रागाची पातळी कमी करण्यासाठी मदत होऊ शकते.

३. पुरेशी झोप - आजच्या ताण-तणावाच्या निधकाधकीच्या रुटीनमध्ये आपल्या खाण्यापिण्याच्या व झोपण्याच्या वेळाही बदलत आहेत. पण कितीही व्यस्त दिनचर्या असली तरी दररोज ७-८ तासांची पुरेशी झोप घेणे चांगल्या आरोग्यासाठी निश्चितच आवश्यक असते.

४. ‘स्व’ शी संवाद - जसे आपण आपल्या कुटुंबातील व्यक्तींशी, प्रियजनांशी संवाद साधतो, एकमेकांचे सुखदःख जाणून घेतो तसेच स्वतःशी संवाद साधणेही महत्त्वाचे आहे. स्वतःतील कमतरता, गुणदोष समजून घेऊन त्यावर मात करणे हे व्यक्तिमत्त्व विकासासाठी निश्चितच उपयोगी आहे.

प्राचीन ऋषींनीच सांगून ठेवले आहे की, आधी ऐका; त्यावर विचार मंथन करा मगच तर्कसुसंगत गोष्टींचा विचार करून आपले मतप्रदर्शन करा तेव्हाच सूझपणा आपल्या अंगी येईल. अनुभवाने शिकत रहा त्यानेच राग आटोक्यात आणता येईल. स्व- भावनांच्या बाबतीत साक्षरता, परिचितता असेल तर यशाची शिखरे पादाक्रांत करताना कुणीही रोखू शकत नाही.

नवरसाः

- by Ms. Pooja Boramani

भरतमुनिना 'नाट्यशास्त्र' नाम
प्रसिद्धः ग्रन्थः रचितवान्। आद्याचार्य
भरत मुनिः रससूत्रम् अलिखत्-
विभावानुभाव- व्यभिचारी- संयोगाद्
रसनिष्पत्तिः।



विविधैः विद्वांशैः रसानां संख्या अपि
विविधाः एव स्वीकृताः किन्तु प्रायेण
नव रसाः तु सर्वैरेव स्वीकृत्यते । ते च
नव रसाः सन्ति –

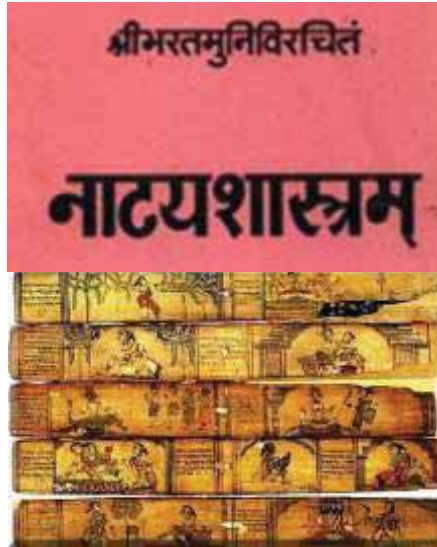
शृंगारः वीरः करुणः अद्भुतः हास्यः
भयानकः बीभत्सः रौद्रः शान्तः
शृंगार- वीर- करुणाद्भुत- हास्य-
भयानकाः ।

बीभत्सरौद्रौ शान्तश्च रसाः नव
प्रकीर्तिताः ॥

भावेन विना रस उत्पत्तिः अशक्यम्
|नव रसानां ते स्थायिभावः

(emotions)सन्ति-

1. शृंगार रसः - रति भावः
2. हास्य रसः - हास भावः
3. करुण रसः - शोक भावः
4. रौद्र रसः - क्रोध भावः
5. वीर रसः - उत्साह भावः
6. भयानक रसः - भय भावः
7. बीभत्स रसः - घृणा, जुगुप्सा भावः
8. अद्भुत रसः - आश्चर्य भावः
9. शान्त रसः - निर्वेद भावः



'विभावानुभाव- व्यभिचारी- संयोगाद्
रसनिष्पत्तिः।'

-Rasa is produced from a combination of Determinants (vibhava), Consequents (anubhava) and Transitory States (vyabhicaribhava). -Natyashastra 6.109 A rasa is the developed relishable state of a permanent mood, which is called sthaya bhava. The rasas were originally eight in number, but the post-Natyashastra tradition added a ninth one.

Rasa - Aesthetics

Bharata Muni (भरतमुनि) was an ancient Indian theatrologist and musicologist who wrote the Natya Shastra, a theoretical treatise on ancient Indian dramaturgy and histrionics, especially Sanskrit theatre. Bharata is considered the father of Indian theatrical art forms. He is dated to between 200 BCE and 200 CE, but estimates vary between 500 BCE and 500 CE. The rasa theory is mentioned in Chapter 6 of the ancient Sanskrit text Natya Shastra. The text begins its discussion with a sutra called in Indian aesthetics as the rasa sutra:

1. The Erotic (srngara),
2. The Comic (hasya),
3. The Pathetic (karuna),
4. The Furious (raudra),
5. The Heroic (vira),
6. The Terrible (bhayanaka),
7. The Odious (bibhatsa),
8. The Marvellous (abhuta) and
9. The Tranquil (santa). ~

QU'EST –
CE QUE C'EST



C'est une langue



Superbe



Facile



Adorable



Intéressante



Irrésistible



Amusante



Musicale



Douce

STREET SLANG HERITAGE



Cutting chai

Un kawa/un petit café noir



Dimag ka dahi



Kacchalimbu



Un groupe de morveux



Filer
à l'anglaise
Filer
à l'anglaise

- Ms. Nupura Gupte

Le poème des emotions

Le premier jour quand je suis entré
à l'école, j'étais triste comme
j'avais beaucoup d'appréhension

Mais je ne savais pas que le dernier
jour, je pleurerais beaucoup en
quittant ma deuxième maison 'mon
école' qui était pleine de
compréhension.

Quand j'ai commencé ce voyage
scolaire, j'avais très peur
Mais petit à petit, je me suis rendu
compte que c'est un abri plein de
bon cœur

En faisant des erreurs, j'étais
parfois la victime de la colère et de
la tristesse
J'ai bénéficié de tout ça et je
n'oublierais jamais les grands
efforts de mes professeurs et de ma
maîtresse

L'apprentissage et la faim de la
connaissance m'ont fait
quelquefois sérieux et parfois
heureux

Que je n'oublierais jamais ces
souvenirs et ses mémoires
merveilleux

C'est très important pour une
personne de s'amuser, de nourrir et
de respecter chaque sentiment
Car le passé ne revient jamais et ce
qui reste chez nous sont seulement
les bons moments. ~

MUN Podar



Diplomahton 2018- MUN Conference

Swayam Sanghvi -
won 2nd place at World Bank

Krish Veera - won 2nd place at the
International Court of Justice.

Vedant Parekh - won 2nd place at the Indian
Cabinet as Arun Jaitley.

Verbal Mention won by :
Dersh Savla, Sia Doshi and Aditya Kotian

Kerala Relief Fund

Even when you know what to do, never walk away without asking "HOW", - there's big wealth in it,

- "Human Owns Wisdom"

MET Rishikul Vidyalaya has always stood and will always stand for Humanity as it's just not a word but a feeling which is taught here.

Today at MRV, our PTA team came together for Kerala which is in the midst of an unprecedented flood havoc.

The donation drive which was carried at MRV today has not just got together a truckload of grains but also proved again that MRV along with the support and love of the Parents will always stand by any uncertain circumstances or unnatural calamity and will contribute in the every best way possible.

Thank you PTA and all parents for the contributions. :)

IGCSE Art and Design Course Training by the Cambridge



MRV Art Teachers Gautam Kamat and Prashant Suvarna attended IGCSE Art and Design Course training conducted by the Cambridge. Ms.Nicki Williams from London was the resource person.

France Trip



Mrvians of grade IX participated in an educational excursion to France. The trip was organised by “Prayatna Education Society” in association with “Alliance Française de Rouen”, Normandie. The excursion was spread over a duration of ten days.

Day 1 began with a typical French breakfast at The Brioche Dorée where the students enjoyed lip smacking chocolate croissants, hot chocolate and tartines. This was followed by a stroll at Champs Élysées which offered a

spectacular view of the iconic war memorial 'L'Arc de Triomphe’.

The highlight of the day was a ride on the river Seine in a 'Bateau Mouche' which offered a mesmerising view of the different Parisian monuments like The Cathedral of Notre Dame, l'Arche de la Défense, the glorious Eiffel Tower and various other architectural masterpieces. The melodious music on the banks of the river enhanced the journey and made the evening even more

magical.

Later the group headed towards Rouen, the capital of Normandie, where the students were introduced to their host families.

Over the next few days the group explored the charming city of Rouen got familiar with the different tourist attractions like The Cathedral of Rouen, The Cathedral of Jeanne d'arc, Le Vieux marché (The Old Market Place), Le Gros Horloge, and they spent hours discovering the enticing streets of Rouen.

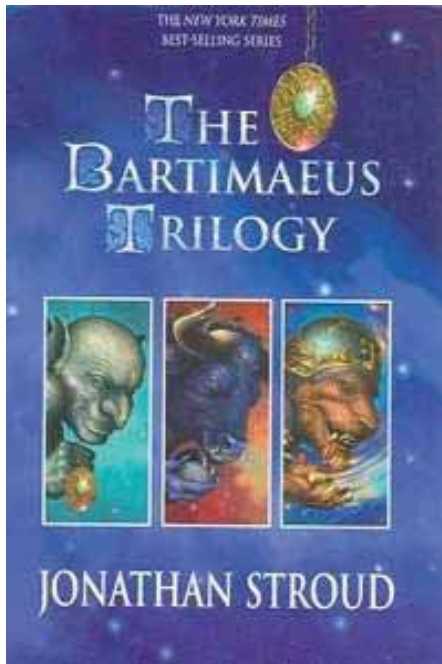
Normandie, a region known for apple cider and camembert, welcomed the enthusiasts to its capital city, with the picturesque view of its streets and its mouth-watering delicacies. The stay in this city of Claude Monet and Gustave Flaubert was refreshing with its languid lifestyle and a certain old world charm.

The students also had the added benefit of learning the French language at the 'Alliance Française de Rouen'.

No trip to France can be complete without a visit to the Louvre museum and the Eiffel Tower which offered a panoramic view of the beautiful city of Paris. The students also had a fun – filled memorable day at the Disneyland Paris and then finally on the way home the group visited Sacré Coeur where students indulged in souvenir shopping and headed to the airport with unforgettable memories. ~



Book Review



The Bartimaeus Trilogy

The Bartimaeus trilogy is a funny and charming yet impactful series. Preceded by the Ring of Solomon, in which Bartimaeus, a witty, clever and extraordinary djinni, is in Jerusalem, working for Solomon himself and faces a cruel master, a super-powerful ring, seventeen magicians, an assassin and other sinister spirits.

Fast forward 5000 years, when a new protagonist, Nathaniel, a twelve year-old novice magician summons Bartimaeus in the Amulet of Samarkand. It is an exciting book in which Bartimaeus and Nathaniel are forced to work together to defeat Simon Lovelace, Nathaniel's long time foe. As he is forced to endure the death of loved ones, he learns to survive and

defend himself and aims to recover the Amulet and save the Prime inster.

Two years later, Bartimaeus and Nathaniel, now John Mandrake is fast rising under the government ranks, under his new master, Jessica Whitwell. He faces dangerous new enemies and the newest protagonist, Kitty, of the Resistance, who are commoners with special abilities. As he pursues Kitty and her gang, and tries to track the culprit behind the public attacks, he also faces a crisis at work, all in the Golem's Eye.

Yet again Bartimaeus finds himself in Nathaniel's service, but he is not the powerful djinni he once was, after his years on Earth. Seventeen year old Mandrake is the Information Minister, and takes his duties seriously. In Ptolemy's Gate, the grand finale to the trilogy, Bartimaeus, Nathaniel and Kitty must unit to face the enemy behind the scenes, whom they have all known for years, but not assumed to be evil. The government is taken down, mans they must do their best to survive.

The trilogy is an extremely interesting and entertaining series, punctuated by Jonathan Stroud's hilarious footnotes that add extra hi or to the story. It is a must read, but beware: It is not short.~

Recipe



Pan Shot

- by Ms. Priyanka Gosavi

Ingredient :

Vanilla Ice cream 500 ml
5-6 Betel Leaves (Paan)
4 tsp Gulkand
5 Meeta Paan Masala

Direction:

Rinse the Betel leaves well in water.

In small blender, puree the Betel Leaves with some water.

Now add gulkand and stir well again.

Take the Vanilla Ice Cream and blend it well.

Add the entire ingredient into it and mixed it well.

Serve into small shot glasses and keep it into fridge for 5-10 minutes and enjoy summery drink.

In Gratitude



“Time is non-refundable; use it with intention for children.”
-Russian Proverb

The school magazine is a platform to showcase the talent and achievements of our talented students. “Emotions” were best brought by the expressions and voices of our children. Through the year, they have endeavoured to participate in all school events and work meritoriously in their academic grades.

We are thankful to the esteemed MET trustees and the MRV Management Committee for their help and support which gave direction to our journey of growth and helped us create Global learners.

We would like to thank our Director, Dr. Arundathi Hosekeri for her support, inputs and commitment to the editorial team. Heartfelt gratitude to our Principal, Dr. Nagashree for her trust and confidence in the team. A well-deserved thank you to our entire team of teachers and students for their assistance in creating this magazine.

We are obliged to the team at MET MARCOM for giving shape and structure to our efforts.

EDITORIAL TEAM: Dr. Arundathi Hosekeri, Ms. Maya Iyer, Mr. Ayaz Momin, Ms. Nupura Gupte, Ms. Mohua Sengupta, Ms. Krishna Tripathi, Ms. Pooja Boramani, Ms. Yashoda Budhkar–Phadnis, Ms. Sanam Khatri and Ms. Manali Ghanekar.

Cover Credit: Mr. Prashant Suvarna

The Next Issue: 'Travel'

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RIGHT FOUNDATION... BRIGHT FUTURE



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