



# SANDESHANUBHUTI

"Man is only one of the many in society even though he may attain greatness."

– Bhavarlal H. Jain

## Gandhi Jayanti

The man who went against the grain. The man who stuck to his guns even when everyone was against him. Mahatma Gandhi, a quintessential example of true grit and perseverance. A man who remains the guiding force in defining the trajectory of our school since its inception. And so Gandhi Jayanti, the second day of October month gives us a reason to reprise our allegiance to Gandhian way of life. The celebration, as it has always been, a means for us to introspect and strengthen our bond with bapu as a part of our growing and learning.

Like every year, this year too, we all went to Jalgaon city to take out a huge procession from the point called 'Satra Manjali'. Everyone was fully charged and enthusiastic to participate in the procession. We raised many slogans in favour of bapu and other freedom fighters. The vibrant rally moved on slowly under the spell of patriotism to its final point Mahatma Gandhi Park. Not only did we raise slogans but also sang some divine verses like 'Vaishnav jan to' and 'Raghupati raghav'. We reached Gandhi Park and observed that it was all abuzz with people from all

walks of life. The stage was graced by many eminent personalities but the most important person for us was 'Tushar Gandhi', the great grandson of our own Mahatma Gandhi. We proved to be the lucky as we got to interact with our guests personally for some time. The event was also attended by Shri Ashok bhai, Nisha akka and other dignitaries. At the end we all took an oath of integrity which was followed by the National Anthem.

As is our tradition, we also celebrated Gandhi Jayanti in our school. Amongst us were children from 'Coloured Zebra', an NGO that works for differently abled people. They presented a skit based on Gandhi's life and his freedom struggle. The most appreciable part was that how these differently abled children brought powerful emotion in their act. Their performance filled our eyes with tears. We instantly made them our friends, talked to them and finally bade adieu hoping to meet soon.

No doubt, this day refreshes our bond with truth, non-violence and with ourselves.

– Ronak Chandak, Class 6



## Annual General Meeting

On 30<sup>th</sup> September the students of class 11<sup>th</sup> and 12<sup>th</sup> went to attend the AGM of our parent company JAIN IRRIGATION SYSTEM LTD.

The AGM was basically conducted for the stakeholders, employees and all the other associates, associated with the company. But fortunately we, the students were given a golden opportunity to experience this AGM and indeed it was worth an experience.

The Board of Directors explained the financial position of the company and assured their

stakeholders that the progress and prosperity of the company will continue. After the end of AGM meet we had the privilege of having a separate interaction with Mr. Anil Jain and Mr. Athang Jain. During that exclusive session the students participated well and asked a lot of interesting questions.

The session ended with a delightful lunch and we came back to Anubhuti enriched with the knowledge of the company and its functioning.

– Parth Kankaria, Class 11



## A visit to Valley Spice

On 12<sup>th</sup> of October 2019, the students of grade XI and XII, were taken to visit the spice processing plant of the Jains' under the entrepreneurship programme.

We left around 4 p.m. and after reaching the plant we were divided into groups of girls and boys. The girls were sent first and by the time they returned, the boys were shown a video of the plant so that we get a fair idea about what we were going to see. With the lab coats, masks and caps on, we were led inside the plant.

The room was huge and had gigantic machines installed. The person guiding us gave us step by step information about the working of each machine. He told us how different types of powders like turmeric, cumin, red chillies etc are prepared under various antiseptic conditions. The machines they showed us had different parts and functions of their own. The first part was always manual check where the raw material (chilly, turmeric, ginger) is checked by workers. After being checked, the raw material is

put in hot, boiling water (80F) to kill all the germs and micro-organisms. The raw material is then crushed, ground, sterilized and collected into a jumbo bag. We thought that the process ends there but to our surprise they informed us that before packing the final product, they had to double check the purity of the product. After all the verification is done, the product is packed, sealed and dispatched for its final packaging.

We even got a chance to visit the quality check and control lab where we saw the final and packed product. Throughout the visit our respiratory gland registered different types of odours, strong and pungent smells. To our amusement some of our friends sneezed constantly and pressed their hankies against their nose. At last, we ended our visit with some sips of fresh mango juice.

We all feel thankful to Parmar sir and Neelam akka for organising this informative and very 'spicy' visit to the spice processing plant.

– Deepak Giri, Class 12



## Swachh Anubhuti Abhiyan

This year's 2<sup>nd</sup> October came up with new responsibilities and objectives for all of us. All the Anubhutians were asked to clean the lovely campus as part of their allegiance to Gandhian philosophy. And once the wherewithal was arranged by the housekeeping department, we were all good to go for the campaign.

On this day, immediately after breakfast all the students were assigned their respective classes and teachers for the noble task in hand. Within a stipulated time we were supposed to complete the given task with the coordination of classmates and the respective teachers. Apart from cleaning our own class we were instructed to clean a specific part of the campus. We all got engaged and I must admit that had it been an individual task we wouldn't have shown the same interest that we showed as a team work. Neither we found it demeaning nor did we feel



embarrassed while cleaning the campus along with the dasas and taais. I somewhere thought that how nice it would be if we all start doing work unitedly and with coordination. It will consume less time and will give us a sense of fulfillment. After cleaning the classes and the assigned areas we were tired but still we had energy to play and relax. So, we decided to play some free games and soon we all gathered on the lawn. Soon arrived chilled mango juice that brought our task to cool ending.

I must say that I had heard and read a lot about 'dignity of labour' in the past but it was the first time I realised the inherent philosophy of this thought. Though our campus is already a well maintained one, but still we could see the difference once we accomplished the cleaning task. We understood why Gandhiji used to say that "Cleanliness is next to Godliness".

– Mukund Poddar, Class 10

## Artificial Intelligence

Knowingly or unknowingly, AI is entering into our life very fast. Perhaps we are not aware of it how it may change our world. On Monday 25th November, Anshu Kumar sir conducted a session on artificial intelligence in our school. Owing to its growing significance, our school organized this session on AI to give us a better exposure on the topic which may contribute to our career in the future.

Explaining 'Artificial Intelligence', Anshu sir said that our future depends on it. Though some experts are still apprehensive of our dependency on it, it has many advantages in our life. It has also added a new dimension to the fast growing technology. From robots to mobile phones, from television to our kitchen, AI's presence can be felt everywhere now. Although, this was just an introductory

session on Artificial Intelligence, it opened our mental horizon and left us hankering for more. The questions and curiosity of students were insatiable but Anshu sir promised us to quench our thirst on this topic very soon in his next interaction.

– Rajeshwari Patil, Class 10



## Changing Markets: Roshan Shah

"The biggest risk in today's world is not taking any risk" said Mark Zuckerberg when he was speaking on changing markets.

To enlighten us on such issues of changing world and changing markets, an interaction with one of the Jain family members was organised on 19<sup>th</sup> October, 2019 in the morning. It was a part of the entrepreneurship program. While we were speculating about the guest speaker, Neelam Akka came and announced that Jains' Vice President of marketing and sales Mr. Roshan Shah has arrived to interact with us. On an interesting note he began by asking us to introduce ourselves or 'market ourselves' as he termed it.

He not only focused on what actually marketing is but also ensured that we got to know about terms and strategies which aid marketing. He clarified many thoughts, showed mind maps, and explained various strategies involved in marketing. He illustrated many topics, some of which were known

to us, whereas some were eye-opening. Some of the main topics were 4 P's of marketing, PLC (product life cycle) and various other aspects of Jains' marketing strategies. Through his examples and stories, he made the concepts and ideologies easy to comprehend. After the session we felt enriched and well equipped in the subject. With the assurance to meet us again very soon he took leave from us.

– Aditya C, Class 11



## Painting Exhibition By Sachin Raut Sir

Painting is music with colours. Nature lovers have been overwhelmed by the 'nature' oriented drawings and paintings by Sachin Raut sir exhibited in P.N. Gadgil Art Gallery. The Art teacher of Anubhuti Residential School, Sachin Raut, had participated in nature based exhibition that was opened for all and sundry for a month and concluded on Saturday 30<sup>th</sup> November in the gracious presence of renowned poet Padmashri. N.D Mahanor.

On the concluding day, Mahanor sir appreciated

and praised the beauty of our school's artist, Mr. Raut. He wished luck and congratulation Raut sir for his Excellency. In his art work, Raut sir had depicted different season with vivid colors. This created a unique identity to his work. In this exhibition, not only artists and from Jalgaon had participated but also from cities nearby. This evening showed up presence of elite personas like Sulochana Mahanor, Shashikant Mahanor, Sandip Potadar, Dr. Kalyani Gutte and artist Sachin Musale.

– Harshal Patil, Teacher





## Children's day Celebration

On children's day, I with my classmates organized an assembly in which we shared some information about our beloved Chacha Nehru. As children's day is celebrated on his birthday, the 14th of November, for he used to love children a lot. We had a lot of fun that day, when in groups we all danced and played many games. The maximum kicker was that we didn't have classes. Latter, came the best part in the assembly when some teachers performed a small skit, in which they imitated our actions about how we behave in our classes, when teacher is not there in class, and when teacher is there in class, how we irritate them etc. It was indeed the one of the best

performances by all our teachers.

In the afternoon we played games according to houses. That activity was conducted by our mentors. We enjoyed it a lot. We sang a lot of songs while playing Antakshari. We also had an activity where we had to blow balloons and put thread in needles within a minute. The one who blows more balloons and put thread through maximum number of needles, would win. Similarly, we had so many activities. At the last we were given a leisure time to simply enjoy. It was not enough so, to fulfill that vacancy, a movie was arranged for us.

– Uttara Baranth, Class 6



On the eve of Childrens' day we had something special, a 'ramp walk'. It was the time in Anubhuti, we heard that we need to do a ramp walk, we were surprised and thought that this was not a good idea. But as the time passed by and the real event fell out, it transformed to something very opposite of what we thought. The theme of this evening programme was Rainbow. The event was planned house wise. Each house had to perform and the

ranks were allotted according to our ideas and skills. All the houses tried to execute the theme in a unique way and gave their best shot. It helped many of us to overcome our stage fear in a distinctive way.

To put in a nutshell, the event added some real flavors to our day. It was a cheerful event, a new experience and off course, an amazing one.

– Sonia Sharma, Class 9



## Sports Week

"Winning is not everything but making Effort to win is."

### Vince Lombardi

The growing popularity of computer, video games and television makes the children very inactive in their lifestyles. The time spent in these things may be spent in some physical activities. Sports Day in school helps create an environment that inspires students towards a holistic lifestyle. It plays a pivotal role in the makeup of a young athlete, especially in the middle school to high school years where student athletes are much more mature and mentally developed. Where else can a

young, impressionable youth learn values like discipline, responsibility, self-confidence, sacrifice, and accountability?

Anubhuti proved its metal in the Krida-Nubhuti Sports Meet 2019-20 which was held on 22<sup>nd</sup> and 23<sup>rd</sup> of November. The first day of the sports meet filled children's hearts with fervor and enthusiasm. This year Anubhuti along with its Student Council and other committees have formed 4 house namely- Eagle- The Spirit of a Conqueror!, Falcon- The Victory Traders!, Phoenix- Rising from the Ashes and Wren- Bleed Blue.





Each house has put in a lot of effort to create the festive environment in the school that was the soul of the event. The credit especially goes to Principal J.P Rao and the organizing team to make this event a huge success. The program was blessed with the august presence of Shri. Dalu Bhau, Shri. Ashok Bhau, Shri. Satish Gujran, Shri Tejandrasingh Mahindar. A lot of events took place and were cheered up by the students, teachers and the staff members. School parade was the most rousing part of the Krida-Nubhuti 2020-20. The guest on the dais experienced

and praised the perfect synchronization, coordination and movements of the students. These two days, Anubhuti learners learnt team spirit, self-discipline, empathy, resilience, perseverance, endurance and what not. Anubhuti, through the Sports Day celebration, really made the Krida-Nubhuti 2019-20 a milestone in the history of our school. "Good, better, best. Never let it rest. Till your good is better and your better is best".

– Advait Sardey, Class 12





## Miss Multinational India – Tanvi Malhara

Tanvi Malhara is the daughter of our very own Nalini akka and Anand sir. Her brother, Tanay Malhara is also a very popular dancer.

She is the winner of the beauty pageant called Miss Multinational which was held in Jaipur, India. After becoming Miss Multinational she came to Anubhuti to recall her old memories as she had spent her two years in Anubhuti. She told us about her painstaking and tough journey. She shared some of the adverse and testing times of her life but she kept on pushing the envelope. She made all of us, especially the girls realize that we can become what we wish to. She also revealed the secret behind her stunning fitness and glowing skin. She shared her diet plan and told that she abstains from over indulgence. Being a loquacious girl since childhood,

she kept on honing her skills. Her command over language and gift of gab landed her the first job as Radio Jockey. Her memories in Anubhuti are still buried deep inside her heart. It was a very casual interaction but was indeed an exemplary and inspiring one.

– Mahak Chhajer, Class 8



## Garba night @ Anubhūti

The word Navratri means 'nine nights'. During navratri people worship Goddess Durga. In Gujarat, navratri is celebrated with a heightened zeal and devotion. This is one of the most awaited festivals of the 'Gujjus'. The 10<sup>th</sup> day of navratri is known as 'Dussehra'. India celebrates many festivals, so does Anubhuti. One of them is navratri which was celebrated in our school on 7<sup>th</sup> October in the assembly hall as a garba night. Everyone was there at the assembly hall by 6:30 pm. Dressed up in bright and colourful traditional attire students were bubbling with vim and devotion. As the music began they started to tap in a circular formation, enjoying and dancing to their delight. Special garba and dandiya performance was presented by some of our friend, while rest of us kept on moving in a

rhythmical way. On this auspicious evening we were elated to have the company of Nisha Akka, Ambika didi, Geeta Dharampal and J.P.Rao sir. We all had great fun dancing on the beats of some peppy Bollywood songs as well as Gujarati folk songs.

Though everyone was jaded after two hours of dancing but no one wanted to stop. When it was finally time to wind up we raised slogan praising Maa Durga. As it is said "do not cry because it is over, smile because it happened". We were also very glad to see our mentors having their fun time with us. Exhausted and hungry we finally proceeded towards the dining hall.....with low battery but full storage of memories.

– Harshita Nahata, Class 8





## Kaizen – A Success Mantra from Japan

One of the reason why Japan bounced back from the blow of nuclear attack is its resilience and grit. They soon became a developed country by dint of hard work and their unique way of doing things. The students of our school had a brief and enriching interaction with Dr. Nishant Ghuge on 5<sup>th</sup> of October, where they all learnt about the Kaizen principle and its usage in our day to day life. Kaizen is a technique developed in Japan which focuses on improvements at the individual level and aims at an overall development of an entity or a body. It is an approach to create continuous improvement based on the idea that small, ongoing positive changes can reap major improvements. He explained our students how they can use it in their own life by making small improvements daily and aiming at an overall development. He gave some very practical examples from our day to day life. It was quiet a memorable experience for all the students and they will definitely use it for their own

improvement and to achieve success in their endeavors.

– Siddhant Kothari , Class 10



## Swaranubhuti - The Music Programme

On 9<sup>th</sup> of October all the class 5 to 8 students went to a music programme. We were accompanied by our teachers. The programme was held in Kantai Hall, in the city. We departed from Anubhuti school at 5:00 pm and reached there at 5:30 pm. The two schools that participated were Anubhuti International School and Anubhuti English Medium School. Anubhuti English Medium School was divided into two categories:-

Anubhuti Primary School and Anubhuti Secondary School our school sang 3 songs:- Vande Mataram, Jay ostute and Har Subah Hai Nai. The Anubhuti English Medium School also sung very melodiously. Then the students of Anubhuti who chose their hobby as Tabla performed with Bhushan sir and the programme ended and we came back school at 8:00 pm and had our dinner and went to our hostels.

– Mati Bhandari , Class 7



## A Visit to Antarctica

Saturday afternoon was not a hot one, rather it was extremely chilly. This was because we were given an opportunity to visit Antarctica. Yes, it sounds a bit weird but a lady made it possible, Dr. Madhubala Joshi Chinchalkar paid us a visit and also interacted with the senior students. Honestly speaking this was one of the most wondrous interactions we had till date. Mrs. Madhubala visited Antarctica in 2017 as per the 36th Indian Scientific Expedition. She was the only female in a team of 32 scientists. She was a part of 'Maitri Research Centre' at Antarctica as the Head Doctor of the team. She briefly explained us about her visit. She saw an advertisement in the newspaper which said that the team required the services a doctor and so Mrs. Madhubala applied for the same and eventually got selected. Initially, she was a bit nervous but then her family encouraged and motivated her and so she became self-assured to be in synchronicity with the challenges that existed ahead. I found Mrs. Madhubala very interesting and confident as she was subtle on her views and content. She answered all our questions and satisfied all our curiosities regarding her expedition and future possibilities in general. Her presentation was remarkably intriguing and captivating. She also brought some stones from Antarctica which she exhibited at the

end of her formal presentation. She explained how breezy and cold Antarctica was and how they had managed to survive in that isolated place with scarce resources and almost no communication with the rest of the world. Her visit lasted for around 8 months wherein she experienced several novelties and explorations. We were proud to know that India has left its mark even in such a quarantined place. Eventually, her presentation came to an end but the memories of her experience and images of her presentation continue to amaze us. We are really grateful to have gotten this opportunity and hope to have her back with us for a repeat visit soon.

— Ansh Patni, Class 10



## News Flash

### Best Sports Person (Girls) Kridanubhuti 2019-20

Sub-Junior—Ruchita Baghul  
Junior—Harshita Nahata  
Senior—Ananya Chaudhari  
Super Senior—Siddhi Ganatra

### Best Sports Person (Boys) Kridanubhuti 2019-20

Sub-Junior—Niranjan Sathav  
Junior—Om Patkar  
Senior—Aryan Modi & Janak Tanna  
Super Senior—Parth Patidar

### Anubhutiens who made their mark in the J.I.T.O Annual Tournament

**Badminton :** Akshat Pagariya - Grade 6  
Chirag Bothra - Grade 8  
Mahak Chhajer - Grade 8  
Hiya Shah - Grade 9  
Sanyam Baid - Grade 9

**Swimming :** Harsh Jain - Grade 11

### National Individual Trials

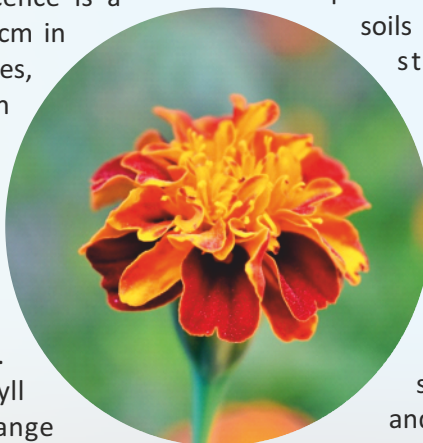
Manas Dhanorkar- Athletics, Secured forth position in 100\*4 relay  
Aniket Jain- Skating, Secured third position  
Aryan Modi- Basketball  
Inter House Volleyball  
Winner - Falcon House  
Runner up - Eagle House



## Flora & fauna

### Mexican marigold (*Tagetes erecta*)

It is an herbaceous plant from the sunflower family, cultivated commercially for its yellow flowers, both as an ornamental plant and as a source of feed pigments and food coloring additives. Mexican marigold is an erect annual herb that grows up to a height of 180 cm. The inflorescence is a solitary terminal head, up to 12 cm in diameter, bright yellow in wild types, lemon-yellow to deep brown-red in cultivated types. There are numerous cultivars of Mexican marigold, differing in flower colour, flowerhead size and plant height. *Tagetes erecta* flowers are rich in carotenoids and are used to make feed and food pigments. Lutein is the primary xanthophyll pigment that produces the orange colour in marigold flowers, comprising up to 90% of the petals' identified pigments, with smaller amounts of antheraxanthin, zeaxanthin, cryptoxanthin,  $\beta$ -carotene and about 14 other



carotenoids. *Tagetes erecta* is sometimes planted in crops as an insect repellent because of its sharp peculiar smell. The natural habitat of *Tagetes erecta* is the pine-oak forest zone of Mexico in a warm, low-humidity climate. It needs full sun and it occurs from sea level up to an altitude of 2000 m in the tropics. It favours well-drained loamy and clay soils of varying pH. It is used to treat stomach ache, diarrhea, liver illnesses, vomiting, indigestion and toothache. Also useful as a skin wash and for yellow dye. It also kills gram negative and gram positive bacteria in vitro. This helps to protect certain crop plants from nematodes. Flower - Petals have been used in lettuce salads and other foods to add colour and flavor. The dried flower petals, ground to a powder, may be used in poultry feed. The flower oil may be added to perfumes to infuse an apple scent into them. In Anubhuti this is found near meditation point.

### Buff Striped Keelback (*Amphiesma stolatum*)

The buff striped keelback (*Amphiesma stolatum*) is a species of non-venomous colubrid snake found across Asia. It is the sole species of genus *Amphiesma*. It is a typically nonaggressive snake that feeds on frogs and toads. It belongs to the subfamily Natricinae, and is closely related to water snakes and grass snakes. It resembles an Asian version of the American garter snake. It is quite a common snake but is rarely seen. A small, slender snake, the buff striped Keelback is generally olive-brown to gray in colour. The head and the body are of the same colour. The body of the buff striped Keelback is short, and it has a long slender tail which is almost a quarter of its length. Two yellow stripes along the length and to the sides of the spine are the distinctive feature of this snake. These stripes are diffused at the head and are especially bright on the second half of its body. The Buff Striped

Keelback is usually 40 to 50 cm (about 16 to 20 inches) in total length. The maximum length recorded is 90 cm (35 3/8 in). Females are consistently longer than the males which only rarely reach 620 mm (2.03 ft) in length. This terrestrial, diurnal snake inhabits well-watered lowland plains and hills. This terrestrial, diurnal snake inhabits well-watered lowland plains and hills to perfumes to infuse an apple scent into them.



## Your Words Blaze a Trail

*"The words you consistently select will shape your destiny."*

— Anthony Robbins

When was the last time you seriously thought about the words you use each and every day? How carefully do you select them? Your words have incredible power. They can build a bright future, destroy opportunity or help maintain the status quo. Your words reinforce your beliefs... and your beliefs create your reality. Think of this process as a row of dominos that looks like this:

THOUGHTS -WORDS -BELIEFS -ACTIONS -RESULTS

Here's how it works. Tom has a THOUGHT, such as "I'm not very good when it comes to sales." Now, let's remember that he doesn't have this thought only once. OH, no. He runs it through his mind on a regular basis, maybe hundreds or thousands of times in his life! Then, Tom starts to use WORDS that support this thought. He says to his friends and colleagues, "I'm never going to do very well in sales" or "I just hate making sales calls or approaching prospects." Here again, Tom repeats these phrases over and over... in his self-talk and in his discussions with others. This, in turn, strengthens his BELIEFS — and it's at this stage where the rubber really meets the road. You see, everything that you'll achieve in your life flows from your beliefs. So, in our sales example, Tom develops the belief that he's not going to be successful in sales and that he won't earn much money. This becomes embedded in his subconscious mind.

What can possibly flow from that belief? Because Tom doesn't believe in his sales ability, he takes very little ACTION, or he takes actions that aren't productive. He doesn't do the things that would be necessary to succeed in sales. And then, quite predictably, Tom gets very poor RESULTS. To make matters worse, Tom then starts to think more negative thoughts... repeat more negative words... reinforce negative beliefs... and get even more negative results. It's a vicious cycle!

Of course, this whole process could have had a very happy ending if Tom had selected positive THOUGHTS... and reinforced them with positive WORDS. In turn, he'd reinforce the BELIEF that he's successful in sales. As a result, Tom would take the ACTIONS consistent with that belief... and wind up with outstanding RESULTS.

The point is don't underestimate the role of your WORDS in this process. People who feed themselves steady diet of negative words are destined to have a negative attitude. It's a simple matter of cause and effect. You can't keep repeating negative words and expect to be a high achiever. And that's because negative words will always lead to the reinforcement of negative beliefs and eventually to negative outcomes.

— Editors



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