

SANDESHANUBHUTI

Good books handed over to the next generation will stop the deterioration and degradation of the values of life.
-Bhavarlal H. Jain

SPORTS DAY 2018-19

Games and sports constitute one of the most important aspects of a child's life. Here at Anubhuti, they are given special importance right from the starting. A palpable sense of KRIDANUBHUTI pervaded the entire school in the month of January as all students were busy gearing up for our annual sports day to be held on the 26th of January. All the boys and girls were divided into 4 clusters i.e. Cluster A for class 5 and 6, Cluster B for class 7 and 8, Cluster C for 9 and 10 and Cluster D for class 11 and 12. All the students gathered on the football ground with full energy and enthusiasm. Dressed in their house colours Anubhutians were ready to bring laurels to their respective houses i.e. Topaz, Pearl, Amber and Diamond. There was much zeal and enthusiasm along with a tinge of courage among the students as the day began on a positive note with the conviction that winning was not important but wholehearted participation was. We began the event with welcoming our distinguished chief guest Adv. Sushil Atre accompanied by Atul Bhau. The program began just after hoisting our national flag by the chief guest. Varun Jaiswal, Chinmay Kalantri and Ansh Patni delivered their speeches inspiring patriotism and self-less love for our beloved nation. This was

followed by a highly inspiring speech by Mr. Atre. The students from class 5th to 8th began with a march past, all dressed in white shirts with their respective house flags. It was synchronized up to the mark along with the movement of legs to the tune of the drum beats. The first event for the day was relay race— first for cluster A followed by cluster B, C and D.

After the relay race, not only the teachers but also the parents (mothers and fathers in two separate categories) were given the chance to run. They ran the race wholeheartedly. After that, came the most awaited event, 'The Tug of War' in which the group Diamond and Amber reached the finals. Likewise, in the girls' category, group Pearl and Topaz reached the finals. After the completion of all the events, there came the most thrilling moment of the day where our month-long hard work was to be celebrated—the distribution of prizes. The trophies were given to the winners. The Best Sports Boy of School trophy was awarded to Vedant A. Agrawal (Class 12) and the Best Sports Girl of School was awarded to Anshika Gurjar (Class 12). After the event, we all set out for our homes along with our parents bearing a smile on our faces.

– Akshat Jain, Yash Jain, Class 8



SCIENCE WEEK 2019

We celebrated the science week culminating in Science Day which was held on 28 February, 2019. This is one of our major annual events giving an opportunity to the students with a flair and potential for sciences to showcase their scientific talents. National Science Day is celebrated across India on this day to mark the birth anniversary of Nobel Prize winner Dr. C V Raman. In keeping with its tradition, on this year's Science Day too, Anubhuti felicitated a young budding scientist, Pranav K Sonar, a class 7 student of Orion English Medium School, Jalgaon for his commendable work in the field of municipal solid waste management. Pranav is a recipient of Homi Bhabha Young Scientist Award 2018. While addressing the gathering Pranav gave a detailed account of his enormous work contributing to the cleanliness of the city of Jalgaon.

As many as seven schools from Jalgaon and Bhusaval participated in a science model competition, which was part of our science festival celebrations. All schools presented excellent models on topics such as Waste Management, Plastic Reprocessing, Cool House Techniques, Free Energy Generation, Futuristic House, Postpartum Haemorrhage, and Handling of Municipal Solid Waste. As the host school, Anubhuti only non-competitively participated by exhibiting a model to demonstrate Li-Fi technology in which sounds and visuals can be transmitted at the speed of light with the help of light and a solar panel. Podar International School, Jalgaon emerged as winner. All participants were invited to visit our Tinkering Lab where a wide spectrum of science models were made and displayed by our students.

The principal of M. J. college, Jalgaon, Mr. Uday Kulkarni, himself a scientist in the field of Geology, graced the occasion as Chief Guest. Delivering the keynote address, he exhorted the students to pursue the study of science to contribute to the progress of the country as well as to create a better tomorrow for mankind.

The programme concluded with a vote of thanks and inspiring speech by the principal, Mr J P Rao.

-Bhaumik Gangawane, Class 11



The Chief Guest delivering the keynote address



Science talent of a student mesmerizing curious visitors



Pranav Sonar being felicitated by our principal



Anubhuti—2 set to entertain the next lot of curious learners

एक शाम हिंदी और मराठी के नाम

17 जनवरी की एक अविस्मरणीय संध्या! द्वितीय भाषा हिंदी और मराठी सीखने वाले दसवीं कक्षा के विद्यार्थियों ने भाषण एवं नाटक प्रस्तुत करके इस शाम में जान डाली।

शुभम ने 'मज़हब नहीं सिखाता आपस में बैर रखना' विषय पर अपने सुन्दर विचारों से हम सब को जागृत किया। वंशम ने 'परीक्षा का दबाव' पर अपने विचार प्रकट किये। हर्ष ने 'सतत अभ्यास एवं परिश्रम का महत्व' बताया। तिलक ने 'एक प्रधानमंत्री को राज कैसे चलाना चाहिए' विषय पर भाषण दिया। 'भारत एक सोने की चिड़िया', वरुण ने हमें याद दिलाया। वक्ताओं ने भाषण द्वारा हमें बेहद प्रेरित किया।

मु. प्रेमचंदजी द्वारा रचित 'बड़े घर की बेटी' नाटक हमें यह संदेश देता है कि बड़े घर की बेटियाँ घरों को एक समूह में बांधकर रखती हैं। यह नाटक हमें बहू और बेटियों का महत्व समझाता है। कृष्णचंदर द्वारा रचित 'जामुन का पेड़' नाटक भी हिंदी के विद्यार्थियों द्वारा प्रस्तुत किया गया। यह नाटक जामुन के पेड़ और कवि के जीवन के आसपास मंडराता है। यह कहानी एक मार्मिक विडंबना दर्शाती है कि हमारे देश की अर्थव्यवस्था एक भोले व महान कवि

के बहुमूल्य जीवन को बचा पाने में असमर्थ है। कवि की फाइल एक विभाग से दूसरे विभाग जाती रही परंतु किसी ने भी कवि के प्रति इंसानियत नहीं दिखाई और भारत का वह महान कवि जामुन के पेड़ के नीचे दब कर चल बसा। अगर कोई थोड़ी सी भी इंसानियत दिखा देता तो शायद कवि बच जाता।

दसवीं कक्षा ने अपनी पूरी मेहनत लगाकर दर्शकों का भरपूर मनोरंजन किया। इस शाम को दर्शक कभी भूल नहीं पाएँगे। आशा करते हैं कि यह कार्यक्रम हमारे भीतर हिंदी और मराठी भाषा के प्रति एक नया अनुराग और आदर का भाव पैदा करेगा।

व्यंकटेश माडगूळकरांच्या "माणदेशी माणसं" या कथासंग्रहातील "माझा बाप" ही कथा नाटकाच्या माध्यमातून दहावीच्या विद्यार्थ्यांनी सादर करून, या नाटकाद्वारे विद्यार्थ्यांनी लसीकरणाचे महत्व सर्वांना पटवून दिले. या सुंदर आणि प्रबोधनात्मक नाटकानंतर भारताच्या अर्थव्यवस्थेबद्दल नाटक हिंदीच्या विद्यार्थ्यांनी सादर केले.

-विनीत ठोले, आदित्य गांदेवार, कक्षा, 10



AN INSPIRING EVENING

On the 10th of February, Sunday, all the Anubhutiens were called to the assembly hall at 5:30 pm to watch a unique play to be performed by the students of Vivekanand Pratishthan - Late Smt. B. G. Shanbhag Vidyalaya, Jalgaon. We were initially a bit reluctant to go as it was costing us our Sunday, and the most discouraging part was that the play was to be in Marathi.

The program started with an introduction to the play by Anjali Didi of class 12. She said that the play was a theatrical adaptation of Rabindranath Tagore's story Tota. The play successfully highlighted the negative aspects of our education system. The stage was set with all necessary props. The first scene opened with the entry of a small boy who seemed to be least interested in studies. (To our relief, there were plenty of Hindi and English words and lines used, which made it easier for us to fully grasp and appreciate the play.) The boy in the play is constantly pressurized by his parents, peers and teachers to study more and more, and come first in exams. In exasperation, he tries to commit suicide but is luckily stopped by a small chirping green parrot. He is quite dazed to see that a parrot can speak to him like humans. The parrot tells him

that there is a whole new world awaiting him outside the four walls of his house and there is life of joy and freedom outside of the books. The boy gradually realizes that the parrot is right and that he won't be able to live his life happily if he does not protest against the traditional education system based on rote learning. The ending of the play took us all by surprise when we learned that the parrot flying high up in the sky and enjoying freedom was actually a symbol of the boy's hopes and aspirations.

At the end of the play, the entire audience gave a long standing ovation to the whole crew including those budding actors. Their performance was highly commendable, and we were all moved by it. Language proved to be no bar to our full enjoyment of the play because the feelings were expressed through their acting and movement. At the end of the program a whole lot of teachers as well as students came to the lectern and admired the play. That Sunday evening gave us a lot of inspiration as well as insight into the inadequacies of the conventional structure of education.

-Parth Gautam, Class 8



e'pic' MOBILE PHOTO EXHIBITION

On the 13th of February, we all students of class 7 and 8 went to Bhauche Udyan to visit a unique art exhibition showing the art of photography. It was well decorated giving it a festive look. After reaching Bhauche Udyan, we entered through the main gate of the exhibition. At the entrance, we were all handed a piece of paper on which we were told to write about five of the pictures which we liked most. After taking a round, we noticed that there were 56 pictures in total and in the center there was a photo of respected Ashok Bhau whose

birthday on the 10th of February had inspired this special exhibition. Sashikant sir, along with his 14 fellow workers, had the exhibition named Epic. What was unique about the exhibition is that only the pictures taken by the mobile phones were exhibited there. They were indeed very beautiful and captivating. We then came out with our chits and handed them over to the person on duty.

We really enjoyed visiting this unique exhibition, which inspired the photographer in us.

-Vishwas Jethani, Class 8

56th B'day Celebration of
Ashok Jain



Mobile Photo Exhibition

10-13 February 2019
Vasant Wankhede Art Gallery,
Bhaunche Udyan, Jalgaon



VISIT TO BAHINABAI MUSEUM

On the 3rd of December, we the Marathi students of class 10 visited the house of the late Bahinabai Chaudhari. She is one of the greatest poets in the history of Marathi literature. She was also known as "Nature poetess". She belonged to a poor farmer family and thus she was fond of nature and also understood the basic working principles of nature around her. Bahinabai's works were mainly based upon water, sun, sky, land, forest, birds, cows etc.

On our visit to her house we came to know that even though she didn't know how to write, she wasn't illiterate. She always used to recite her poems to her son Sopan who wrote it down after which her beautiful works was known by the whole world. After enriching our knowledge about Bahinabai there was a small meeting organized for the people who wanted to know more about her. Soon after the meeting was

conducted I got a wonderful opportunity to recite a poem in Marathi which named "PerteVha". We went on a tour of her house which was transformed into a museum. We all were mesmerized and inspired by her way of simple living. We learnt that thoughts are independent of wealth which a person possess. She was from a poor family but her thoughts were rich.

One of her very famous and inspiring lines are:

संसार संसार, जसा

तवा चुल्ह्यावर

आधी हाताला चटके

तेव्हां मिळते भाकर!

- Chinmay Kalantri, Class 10

ICSE 2019 EXAMINEES GAIN INSIGHTS & COUNSELLING

(Feb 20th was a significant day for class 10 exams students when they sat through two marathon sessions to gain some historical insights and receive valuable exam tips from two educators known for their expertise in their respective fields.)

ENLIGHTENING TALK BY PROF. GITA DHARAMPAL

Prof. Gita Dharampal, former Head of Department of History, South Asia Institute, University of Heidelberg, Germany and currently Dean at Gandhian Research Foundation (GRF) gave an enlightening talk to class 10 and 11 History students on the 20th of February. The topic of her lecture was Reclaiming 9/11 through Satyagraha. As a scholar of Gandhian philosophy, while discussing the life and achievements of Mahatma Gandhi, she traced the emergence of Gandhi as a world-class socio-political leader and statesman. What was most interesting about her lecture for over an hour is that she used a number of celebrated cartoons published in the then world media to trace the growth of Gandhi as a national and global leader. Her highly engaging speech was sprinkled with quite a few questions put to the audience to answer. Since Gandhian thought is a major component of ICSE history syllabus, her talk was extremely useful for the students taking 2019 exam in 2019. Thanks to Manikrishna Sir for taking the initiative to organize such an enlightening talk that substantially broadened our students' perspective on Gandhi and his instrument of Satyagraha. The presence of Nisha Ma'am, J. P. Rao Sir, Jadhav Sir and a couple of teachers added to the intellectual ambience of the event that took place in the grand auditorium of our Dnyananubhuti.

CLASS 10 ICSE EXAMINEES RECEIVE SUCCESS MANTRA FROM RAJIV AGRAWAL

Rajiv Agrawal, an IITian, is a well-known educational consultant who specializes in counselling students on achieving success in exams and choosing a suitable career in sync with their aptitude and aspirations. Though a considerable amount of information is available on his official website <https://www.edudigm.in/>, he responded to a request from our school to talk to our class 10 students and give them useful tips on exam preparation strategy before the commencement of their ICSE exams. However, the session covered topics from how to score well in exams to how to select courses and subjects in class 11 as well as how to choose our next school/college for the next phase of our education (which actually concerned class 12 examinees more than class 10 ones). The whole session was highly interactive as a result of numerous questions put to each other by both: the participating students comfortably seated in our state-of-the-art auditorium at one end and their mentor and resource person, Rajiv Agrawal, seated in his swanky Kolkata office at the other. A couple of teachers also chipped in to ask Rajiv Agrawal pertinent questions on how to turn one's low self-esteem into a higher self-esteem.

The boosted morale of the students was writ large on their faces as they came out of the auditorium after the two marathon sessions abounding with knowledge, insights and useful counselling.

- Hareesh Singh, Teacher



ANUBHUTI SPEAKS' SPEAKS A DIFFERENT LANGUAGE

Though it was yet another Friday assembly when we usually get the opportunity to exhibit our oratorical skills, what we experienced on the 15th of Feb was an 'Anubhuti Speaks' with a difference. The anguish and outrage in the aftermath of Pulwama Attack was as palpable on our campus as across the whole country. What was originally conceived by Manikrishna Sir as a forum for collectively discussing the pros and cons of going to war for India as a response to Pulwama Attack actually turned into a heated debate on why and why not India should go to war with Pakistan. Both the teams included two teachers and a student each. While the teachers included Hareesh & Pruthviraj Sir and Daniel & Abhinav Sir, the students were

Nishanth Reddy and Shubham Sankhala (both from class 11). All the speakers effectively put forward their ideas and views fortified with compelling logic, which elicited enthusiastic applause and ripples of laughter from the audience. As was pointed out by Hareesh Sir at the very outset, the whole exercise of giving arguments for and against war was aimed at helping students to develop logical thinking and reasoning skills rather than reflecting personal views of the speakers. Manikrishna Sir ably conducted and refereed the virtual debate, and just as the debate was hotting up and getting fiercer, he called a 'truce' and brought the curtain down on the raging 'war of words'.

- Editors

A FUN-FILLED DAY TRIP

After a series of written examinations and oral presentations at assembly, it was time for us to break our monotonous routine, and enjoy ourselves with a day trip to Vakod (the birth place of our beloved Dadaji) and Ajanta Caves.

We boarded the bus at 8:00 a.m. and after a musical and joyous journey of two and a half hours we reached our destination where a shuttle bus was waiting to take us to the caves.

One of the major World Heritage Sites, the Ajanta Caves were finely carved out of rocks. There are beautiful paintings on the inside walls of the caves, each depicting a major episode from the Life of Gautam Buddha. The paintings were made using

different organic colours. We were told that the blue colour was brought from Persia. The walls also had the paintings of dragons because at that time India and China shared and exchanged their cultures. Each cave had a big statue of Buddha. The 26th cave was the largest among all. After completing our visit to the caves, we returned to our bus after a long walk. We boarded the bus again and started our journey towards Vakod. We had a delicious lunch over there and started playing games like cricket and volleyball. We boarded the bus again and reached the school at 7:30 p.m. We were all in a state of ecstasy after having such a nice fun-filled day.

- Sarthak Dangrikar, Class 10



A FAREWELL WISHING

The very word 'farewell' throws the listeners into a mental state of happiness and sorrow at the same time. It arouses the mixed emotions in our minds and hearts where we don't know what to do with those feelings. The moment feels heavy with sadness but at the same time it makes us realize how much we loved and valued our association with each other.

The farewell proceedings started on that serene evening of February 6th with a group photo with respected

Ashok Bhai. All the class X and XII boys and girls had turned out with their sartorial elegance in their vibrant attires. We also received goodwill wishes for our new endeavours in the future. We made a highly spirited entry into the assembly hall as soon as we finished our photo shoot. We received a grand welcome by our affectionate juniors and seniors for this memorable event of our farewell party with tilak and smiley badges. The program started with a huge round of applause and we were all



US 'FARE YOU ALL WELL'

seated in our places. The first chance of farewell was for the 10th graders. With a sweet description and a memorable token of love we got our fascinating farewell.

We played many games which added amusement to our gracious party. Then came the turn of our super seniors, the 12th graders! They received their farewell while playing the game of musical houseie. At the end of the program flowed some beautiful emotional speeches and videos made by the students. We also witnessed some dances

performed by our talented juniors and seniors, which we thought were fantastic.

The enchanting evening concluded with a SPECIAL dinner served to us by our juniors. The day ended well with a lot of special moments and fond memories. It is truly said that it's not the farewell that hurts but the flashback that follows. We will leave our beloved Anubhuti campus with a lot of sweet memories and life-changing inspirations.

- Aashika Jain, Aditi Kumar Class 10





Class 12 students at Jain Family dinner



Parmar sir explaining the magic of vertical garden



Panoramic view of sports day march past



Glory of coming first in relay race



Class 10 students at Jain Family dinner



Guest schools at Science Day



Our hydraulic model mesmerizes inspecting scientist & other dignitaries



Class 7 students preparing their models at AIC



Republic Day rhetoric by Chinmay Kalantri



Sunbathing & Hindi learning going hand in hand



Turn for class 9 to excel at science quiz



Mr. Olek Netzer from Israel at school assembly



Anubhuti's sports stars—all smiles

FOUR AMERICAN STUDENTS IN THE LAND OF HOSPITALITY

Hello! We are four students here from the University of Nebraska, the United States, on our overseas study programme (in India) for the months of January and February. As you know, students from our university have been coming to stay and intern at the Anubhuti schools for the last several years. Everyone that has been here loved their experience here and comes back to the US with great stories! We are thrilled to be able to experience for ourselves all that India has to offer. To start our trip, we had some troubles at the airport with flight delays and changes, but it was soon fixed and we were on our way! We first had to travel from the middle of the United States, from our home state of Nebraska, to the edge, before our long flight to India. After a 14-hour flight, we landed in Mumbai and spent the following morning looking around the city. We were able to see the Taj Mahal Hotel and the Gateway of India as well as some street markets. After lunch at a local restaurant, we headed to the train station to begin our journey to Jalgaon!

On our arrival in Jalgaon, we were greeted by a friendly staff member of the Anubhuti Residential School. He took us back to campus where we were welcomed with a late dinner before being shown to our rooms for some much-needed sleep. The following day, we were given a tour of the beautiful campus where we would be spending our next six weeks. On the tour, we learned more about the residential and city schools, their mission, and their founder, the late Mr. Bhavarlal Jain.

On Monday, we went to the City School for a brief orientation to gain a better understanding of where we would be spending most of our days. For the next couple of weeks, we were to assist in the classrooms here and get to know the students and teachers. We looked forward to such a great opportunity to be able to see education systems outside of the United States and to learn more about the Indian culture. After being shown around the school and getting to see each classroom, each of us picked a specific class that we wanted to dedicate our time and effort to. There is one of us each in class 4, 5, 6, and 7. Every day, we return to these classes and are able to see what the kids are learning about. Besides, we are assisting in fun activities. Whenever time allows, we talk to the students more about where we are from and allow them to ask any questions they have about our culture. We also enjoy teaching them different games and activities that we grew up learning with our friends and families. Along with being able to teach them, they have also taught us so much already. Each day, we are able to learn something new such as

Indian artwork, dances, food, or languages. Our first few weeks have been such great fun and we are equally excited for the rest of such experience!

Outside of the City School, we have been able to see some of the things that Jalgaon has to offer. At the beginning of our trip, we paid a visit to the Gandhi Museum, which is part of the Gandhi Research Foundation. This was a great way to see some of the ideas and values that helped shape the mission of the two Anubhuti schools. These ideals were also very much prevalent throughout our tour of Jain Irrigation Systems. Here we learned more about the history of the company and saw the factories in which the fruits and spices are processed and manufactured. We were even able to try some of the fresh fruits that are grown locally. The fruits here are much sweeter than those in the United States. Since we live in the middle of the US, a lot of our fruits have to be shipped in, so they are not as fresh. One fruit in particular is pomegranate. We picked up a couple of them at D Mart for a nice treat after school. We also tried the ice-cream at D Mart which was like having a taste from home! We are planning to make a lot of trips back for the ice-cream and to other fun places in or near Jalgaon.

We are so lucky to be staying at the Anubhuti Residential School campus! We have been welcomed by some of the nicest staff, teachers, and students who have made our first few weeks here an easy transition. It is very evident why all of the past Nebraska students have had such good experiences. With only a couple of weeks left, we are excited about what is to come. We would like to offer our deepest gratitude to the Jain Family and all of those at the Anubhuti school who have given us this opportunity and welcomed us with open arms.

Best wishes!

-Lexi Harbin, Drew Scherer, Abbi Wendt, Justine Cork



CREATIVITY CORNER

ME and The Bloom

Shall I cry?

Or should they weep
the colours of my body
that are neat and sweet.

The essence of joy,
Passing through me
to catch the thunder
and experience the feel.

The mild beauty around me,
will fall apart.
Please don't cry
when I depart.

The monocot seed would
sit behind me,
will you ever come and find me?

I am a shade, you are the tint;
I feel pleasant with the blow of wind.

I enjoy the chirp of birds
But I don't know,
whom do they nurse.

Let them curse me
with the joy of pain.

Are they gloom, while .ME and The
Bloom?

-Advait Sardey, Class 11



Jayesh, Class 6



Keshav Das, Class 8



Sarthak Meshram, Class 12

NEWS

- The students of the following classes made industrial visits in the month of February, 2019:
- Class 11 to the JISL—Plastic Park on 21 February.
- Class 8 to the Solar Power Plant on 22 February.
- Class 9 to the Bio Gas Plant and Water Treatment Plant on 23 February.
- Class 9 Computer Applications students visited the IT department of the

Softaid Computers Pvt. Ltd. on 2 March and got a good exposure by talking to senior software developers and desktop engineers.

- Palak Garg has attained Zonal Excellence Certificate by doing extremely well in the exam conducted by SOF National Cyber Olympiad (NCO). Congrats to her and her teacher, Pruthviraj Sir.
- Class 10 and 12 students started taking their ICSE and ISC exams on 22 February and

15 February respectively.

- Marathi students got the opportunity to visit 'Pulutsav' held in Jalgaon. Music students group also got the opportunity to watch a music competition held in Jalgaon.
- Ronak Chandak of class 5 did very well in the Spell Bee and qualified for the second round.

EDITORIAL TEAM (ET) IN CONVERSATION WITH VIKAS BARI DADA

ET. How did you come to be associated with Anubhuti and Dadaji?

VB. I joined Anubhuti on the 20th of December, 2007. In the beginning, I was asked to handle interactions between students and Dadaji. And that was the first time I got the opportunity to directly talk to him. I was highly impressed by his energy level and dedication towards his work. He was an early riser and this healthy habit of his became a source of inspiration for me.

ET. What is your experience of working at Anubhuti?

VB. During the last 12 years, I have learned a lot. A time came when I was shifted to the sports department where I started taking care of the sports activities and equipment. The sporty spirit of the students filled



me too with energy and self-confidence. Each and every student at Anubhuti is unique in his/her own way, and here I get the opportunity to explore and work among a group of talented people.

ET. What have been the challenges faced by you while working here?

VB. With every task comes a fresh set of responsibilities and challenges, so the biggest challenge was to manage

the children whenever I took them out for any match or tournament. The train journeys along with other formalities were taken care of by me. On such occasions, I used to get a bit tensed up. The rest of my time was quite smooth and easy-going.

ET. What is it that motivates you and keeps you moving on?

VB. As I earlier mentioned, I admired the habits of Dadaji a lot and in particular, his being an early riser. Waking up early always seems to me to mean moving forward in life with new energy and grace, and this very feeling always keeps me energized and motivated and encourages me to keep walking further and further on the path of life—full of spirit and hope.

FLORA AND FAUNA

Flora: *Jasminum sambac* (Arabian jasmine or Sambac jasmine) is a species of jasmine native. It is a small shrub or vine growing up to 0.5 to 3 m (1.6 to 9.8 ft.) in height. It is widely cultivated in many places, especially across much of South and Southeast Asia for its attractive and sweetly fragrant flowers. The flowers may be used as a fragrant ingredient in perfumes and jasmine tea. It has been commonly cultivated as an ornamental plant throughout the world.

Jasmine blooms throughout the summer – and almost continuously in warm climates. The fruits are small black berries, but are seldom formed in cultivation.

This flower also has some medicinal uses for removing intestinal worms and is also used for jaundice and venereal diseases. The flower buds are useful in treating ulcers, vesicles, boils, skin diseases and eye disorders. The leaves' extracts are used to prevent and treat breast cancer. Since the leaves are antiseptic, they are useful for wounds or acne when used as a poultice. Drinking Jasmine tea regularly helps in curing cancer. The dried flowers of *Jasminum sambac* are used by the Chinese to flavour jasmine tea. Jasmine tea is most commonly consumed with or after meals as a digestive aid. Its flowers are used to flavour usual tea and other kinds of herbal or black tea. *Jasminum sambac* oil is used for making perfumes, creams, shampoos, soaps and incense. In India, Jasmine flowers are strunged



together to make garlands. You can find these flowers near BH-7, parking and the area between pond and Saraswati Point.

Fauna: The Asian water monitor (*Varanus salvator*) is also called common water monitor and is a large varanid lizard native. It lives on islands which are close to water.

The water monitor is a large species of monitor lizard. Breeding maturity is attained for males when they are a relatively modest 40 cm (16 in)

long and weigh 1 kg (2.2 lb), and for females at 50 cm (20 in). However, they grow much larger throughout life, with males being larger than females.

They are the world's second heaviest lizard, after the Komodo dragon. Their bodies are muscular, with long, powerful, laterally compressed tails. The scales in this species are keeled; scales found on top of the head have been noted to be larger than those located on the back. Water monitors are often defined by their dark brown or blackish

coronation with yellow spots found on their underside; these yellow markings have a tendency to disappear gradually with age. In captivity, Asian water monitors' life expectancy has been determined to be anywhere between 11 and 25 years depending on conditions; in the wild it is much less. You can find this near the pond.

PATRIOTISM IN TIMES OF WAR AND PEACE

India seems to have just emerged from the dilemma of war or no war. We witnessed days of public outrage and outcry whipped up by the media, and the entire frenzied nation seemed to unanimously and resolutely demand in chorus war on Pakistan to avenge Pulwama Attack. The nation remained in a state of war hysteria before the government swung into military action and resorted to air strike.

In the course of history war has been used by governments with imperialistic motives. In the post-World War II period nations have fought wars on a smaller scale justifying them as an instrument of deterrence and as a means of restoring peace. To what extent those wars have actually succeeded in bringing peace in a region or in the world at large is a matter of academic study and research. Psychologists tell us that vicissitudes of life create in humans stress and frustration. Thus, they say, war becomes a release of such collective tension built over a period of time. As an ordinary educated person when we look at the psychology of war, we find that, more often than not, war degenerates into a means of entertainment. People can be seen glued to their TVs to get the latest number of casualties on both sides of the border. Or else, they keep asking each other how many bombs have been dropped or how many of the enemy's fighters and bombers have been shot down. If we are excited by all this, escaping from our otherwise monotonous and boring daily routine, is it true patriotism? No wonder, in times of war cricket scores seem to pale into insignificance. And the majority of people taking an insane sickening interest in war are those idle humans who would never join or want their children to join defence forces to protect the country. All this is unhealthy and disgusting, and in order to

guard against such dehumanizing tendencies we need to look within and introspect a lot. Our support for war should emanate from our genuine concern for finding a lasting solution to a burning issue rather than our using it as a means of mass entertainment or euphoria. In the post-independence India, Kashmir has been a nagging national issue which successive governments have not been able to resolve. If we are honest, it is not hard to see that Kashmir has ceased to be an asset and has become an obligation.

On the 1st of March, Squadron Leader Ninad Mandavgane was cremated with full state honours in Nasik. He had died earlier in the line of duty in a helicopter crash with five other Indian Air Force personnel near Budgam in central Kashmir on the 27th of February. In the midst of slogans rending the air during his cremation what

Mandavgane's wife said is worth our attention and reflection. She said, "Slogan shouting and screaming zindabad or murdabad will not make any difference. If you really want to do something, join the defence forces. Or encourage someone in your family to do so. If that is not possible, small things could help, such as keep your surroundings clean, don't litter, don't urinate or defecate in the open, and do not harass women. Stop spreading communal hatred. Small gestures like these go a long way towards serving the nation."

Let's look at our own thoughts and tendencies in the mirror of the wisdom-filled words of a widow who has not lost her sanity and rationality even after losing her husband in a strife-torn region of our country. Doing this will show us what patriotism is—in times of war and peace.

- Editors



A unique school based on Indian cultural heritage and global vision
Jain Divine Park, Shirsoli Road, Jalgaon - 425 001. Tel: 0257-2264600
Website: www.anubhutischool.in; E-mail: info@anubhutischool.in

The Editorial Team

Advait Sardey, Anoushka More,
Nishanth Reddy, Siya Kakani, Hareesh Singh,
Abhinav Chaturvedi, Vikrant Jadhav,
Shashikant Mahanor, Mahesh Dandge

Published by Anubhūti School (For Internal Circulation Only)
Printed at Mahajan Offset, MIDC, Jalgaon.