

# SANDESHANUBHUTI

Soul is the basic source of life. Good thinking and good behaviour are necessary things to assuage its hunger.  
- Bhavarlal H. Jain

## Holi Celebrations at Anubhuti

Holi is a popular ancient Hindu festival celebrated on the Indian subcontinent. It is celebrated predominantly in India and Nepal, but has also spread to other areas of Asia and parts of the western world by the diaspora from the Indian subcontinent. Holi is popularly known as the Indian "festival of spring" and the "festival of colours." The festival signifies the arrival of spring at the end of winter. It is a day to meet others, play and laugh, forget the past and forgive your wrongdoers. Following the traditions of Anubhuti, this year to, we celebrated Holi with much pomp and splendour.

On the 20<sup>th</sup> of March, all the Anubhutians gathered in the amphitheatre to celebrate Holika Dahan at 6:00 p.m. The anchors for the evening were Tanaya Patil and Karan Jashnani who excellently conducted the cultural show titled 'Bura Na Mano Holi Hai.' The program started with a group song by the choir group which was followed by a buttering contest in which some students of class 9 came on the stage and told the audience how they buttered up their teachers as well as their friends. The girls of class 9 and 11 also performed a beautiful dance on



this festive eve. There were many humorous and comic performances which included Piyush Zope's stand-up comedy. Next came a rock dance by the boys of 9<sup>th</sup> class, which added a new flavour to the programme. After finishing with all dance performances, Chinmay Kalantri of class 10 was invited to sing 'Dum-a-Dum Mast Kalander' song adding to the energy of the ambience. The program ended with distribution of 6 funny awards given to the following students:

1. Maha Moorkh Raja - Chinmay Kalantri
2. Maha Moorkh Senapati - Ronak Rathi
3. Butter Samrat - Yash Jakhate
4. Bas Kar Award - KomalPreet Kaur
5. No बैल Prize - Vedant Shirude
6. ना Real Award - Vanshita Bhatia

The next morning, at the 21<sup>st</sup> of March assembly, all the students were told about the importance of the festival and various ways in which Holi is celebrated in different states. Students of class 11 put gulal on everyone's face present at the assembly.

Special Holi delicacies were served at lunch including aamras and fried papad. On the following evening, we had an eco-friendly Holi DJ which was held for 2 hours for all the students in Assembly Hall so that all the children could enjoy Holi to the fullest. Everybody enjoyed the event a lot and this way we ended our Holi Celebrations. We finished the festival without the use of harmful colours, with conserving water, and had a safe and sound Holi.

- KomalPreet Kaur, Class 11

## Class 7 Students Demonstrate Their IT Skills

The students of class 7 conducted an exhibition on the Scratch and HTML (Hypertext Markup Language) on 14 March. Most of the teachers came to see the various games and webpages created by us.

What is Scratch? It is a free visual programming language developed to help simplify the process of creating and programming animations, games, music, interactive stories and so on. Some of the students created really amazing games.

Now, what is HTML? Hypertext Markup Language (HTML) is a markup language for creating a webpage. Webpages are usually viewed in a web browser. They can include writings, links, pictures, and

even sound and video. HTML is used to mark and describe each of these kinds of content so that the web browser can display them correctly. We were told to select a theme, and based on that we had to make our webpages consisting of a registration form, a table chart, images, and lists - and link them all together.

All teachers praised our work, and gave innovative ideas and encouraged us to keep up our good work. We are thankful to our computer teacher Deepak Sir for helping us to make our presentation successful.

- *Nachiket and Neil, Class 7*

## An Inspiring Cricket Match

On the 17<sup>th</sup> of March, Sunday, we all cricket player students along with class 11 boys went to the Chhatrapathi Shivaji Stadium to watch the JCL (Jalgaon Cricket League) mega final match at 5:30 p.m. As we reached there, we saw that the players of both teams were practising. We went to see their skills and techniques for our own improvement. The match was between Khandesh Blasters and Cozy Cottage Strikers. After some time, Shree Atul Jain, the President of Jalgaon Cricket Association, tossed the coin which was won by Khandesh Blasters. They chose to bat first. All were requested to stand up for the national anthem. As soon as it was over, the first innings of the match started. The team Khandesh Blasters showed excellent batting skills and scored 89 runs in 19 overs. All were out at the end of the 19<sup>th</sup> over. The opponent team put up their best in bowling. Om Mundane, a class 10 student,

took 3 wickets of the Khandesh Blasters team. It was at the end of the first innings that we heard about the sad demise of India's former defence minister and the incumbent Chief Minister of Goa, Shree Manohar Parrikar. We all stood up to offer our condolences by maintaining silence for two minutes.

After a break, this was the time for the Cozy Cottage Strikers to prove their skills. They showed great batting skills, completed the match within 11 overs scoring 93 runs. This was the most thrilling moment for the Cozy Cottage Strikers. After witnessing this great feat, we all were inspired and learned a lot from the match. We came back to the school around 10:00 p.m.

- *Kavish Khandelwal & Yash Jain, Class 8*

## Assembly (Cyber Safety and Cyber Crimes)

It was the 12<sup>th</sup> of March when we Computer Applications students of class 9 held an assembly on Cyberthreats and Cybercrimes.

Our assembly was spurred by a handbook circulated by the Ministry of Home Affairs, Government of India, earlier to all schools in India to conduct programmes to raise awareness among children of cyberthreats and cybercrimes. Under the guidance and support of Deepak Sir we proceeded to prepare a comprehensive assembly presentation on crimes and threats existing in cyberspace.

As we know, there are a lot of crimes happening around us not only in the real world but also in the

cyberworld which most of us are not aware of. Some of them are: Cyberbullying, Cybergrooming, Cyberthreats, Email frauds, Online Transaction frauds and many more.

Thus the main purpose of this assembly was to caution all against these new kinds of crimes and threats affecting our daily lives in the 21<sup>st</sup> century, and how to prevent them as well as the remedies if we have already fallen into one of their traps. We hope our exhaustive presentation with numerous examples and illustrations would go a long way towards helping students and staff to ensure their cybersecurity.

- *Lakshay Jain, Class 9*

## Experiential Learning of Commercial Mathematics

On the 16<sup>th</sup> of March we the students of class 9 made an educational trip to the Plastic Park for gaining some knowledge about Marketing, Shares and Dividends. We started from school around 9 a.m. and reached the destination at 10 a.m. As soon as we entered the premises, we were served with mango juice, a product of our home company, 'Jain Farm Fresh'. We had a briefing from the security head who told us about the safety measures we were supposed to follow while visiting the place. Then we met Mr. Jaish who gave us a lot of information about Banking, Investment, Shares and Marketing. All these topics are part of the lesson titled Commercial Mathematics of our ICSE Maths syllabus. After listening to his long explanation, we had a question and answer session. With this ended our educational visit around 1 p.m. It



was truly a very informative and interesting experience.

- *Anubhuti Pandey, Class 9*

## Class 9 GP III Students' Tryst with Java Programming

We were really excited when Deepak Sir announced that we would be holding an exhibition for the teachers where each student would get the opportunity to explain and demonstrate the best Java program made by them as part of our class 9 GP III internal assessment. This was to happen on 18 March.

We eagerly waited for the day to arrive. We started modifying our programs. Some of us added comments while others made the whole program reusable. Similarly, some combined multiple programs while the rest got busy adding finishing touches to the programs. We explained our projects to each other and asked questions on how the program worked.

As the day of the exhibition dawned, we braced ourselves for what lay ahead. At 2:35 pm sharp, we assembled in the computer lab where our teacher Deepak Sir wished us good luck, and with this we switched on our computers, opened our programs and started going through a final check.

We were excited as well as nervous. Some of us were doubtful whether we would be able to explain our programs to the teachers in a lucid way.

The clock struck 2:40 and the teachers started coming in. They went to each student personally and saw what they had made. We all explained our programs enthusiastically and answered their questions. The teachers looked satisfied with our theoretical explanations and praised our programming

skills. However, when we proceeded to the execution of our programs, we started facing shortcomings in them. The problem was that we only saw the programs from our point of view; we could not anticipate the lacunae the users could experience, and so our programs were incomplete in more than one way.

The largest challenge that we faced was how to explain our programs to people not conversant with programming. It was really hard to explain our programs to them in a layman's language.



Overall, this was a very enriching experience as it taught us a lot of things. We are thankful to Deepak Sir for giving us this opportunity. We also thank all the teachers who attended the exhibition and asked questions that aided us with better computer skills.

- *Khush Bothra, Class 9*

# Internship Programme: Creating Enlightened Entrepreneurs

Anubhuti School, based on the mission of 'Enlightened Entrepreneurship' utilizes every



opportunity to help students enhance and enrich their skills and abilities in every desirable field. The school management has recently taken an important step to provide the students of class 10 to 12 with a one-month internship at the Jain Irrigation System Limited. The prospective interns will be given a wide range of fields to choose from such as Sales & Marketing, Finance, Legal Counselling, NGOs, Data Analytics, Quality Control, Tissue Culture, Solar Power Plants, etc. There is no doubt that this internship experience will equip the participants with numerous new competencies and help them build up an impressive skill set.

- *Karishma Golchha, Class 11*

## Class 9 Gets A Relevant Exposure

We had been eagerly waiting for the 2<sup>nd</sup> of March, the day of our educational industrial visit to a city-based IT company promised by our teacher Deepak Sir. All the class 9 students of Computer Applications left the school at 2 O'clock and reached the premises of Softaid Computers on schedule. It is a well-known IT training and development organization in Jalgaon. On reaching there, we were first introduced to our guide for the day, Swati Ma'am who was going to take us on a guided tour of the company. She first took us to a senior official, Mr. Mazhar Shaikh. He told us about the basics of the work done by an IT company, and also about the different posts and people who are appointed in an IT company. We gathered a great deal of information about the work culture of an IT company. From there we were taken to the Research & Development section. Here we saw that the programmers were working on various software products like Online Banking Systems, Online School Management System and so on. Mr. Shaikh told us

about the Data Centre of the company and explained to us the use of the Data Centre and the vital importance of the Database Server in an IT company.

In the Research & Development section of the company, we met a couple of programmers. They explained to us the projects they were working on. It taught us a lot about how to work in a team, how to coordinate the work in hand while cooperating with each other. He also showed us how the work was divided which would otherwise take a lot more time to complete.

Yet another official named Mr. Hemant Suryawanshi gave us detailed information on the source code and database of the project. He also told us about various problems and issues they face while working on projects.

We were also taken to the Android Development section of the company where engineers were working on online school management projects. Here we met the project leader, Mr. Harpal Singh, who talked about the different projects they had successfully completed. We took a plunge into understanding the code and experienced the difficult logic behind developing a project. He also told us about different careers options in the field of computers.

It was truly a highly informative and interesting visit which gave us a proper perspective on the working and management of an IT company. It is no doubt bound to help us in pursuing our own professional career.

- *Siddhant Kothari & Nayana Jellawar, Class 9*



## Class 6 Stages Sunday Show

One fine day we had a conversation with Anuja akka wanting to know how much work a teacher has to do throughout the day. Therefore, the students of class 6 jointly decided to organize the Sunday activity by planning out a few games for the teachers as well as all Anubhuti students. After taking permission from our principal sir we started planning out for the activity. We went to Anuja akka for getting some help and also thanked her for her guidance and support. We asked the students to sit according to their houses with their respective house parents. Every student present in the assembly hall was excited to participate in the activity. We had first of all one-minute activity for every teacher

and all students from their respective dorms. Everybody gave their best in performing the tasks assigned to them. In the end, there was a lemon and spoon race for the teachers in which Adithya akka was the winner. Jaya akka was the first runner-up and Daniel sir was the second runner-up. At the end of the programme, we felicitated the teachers with greeting cards which we had prepared earlier. The day was well spent as everybody cooperated with us and it was an amazing learning experience to organize the Sunday activity.

- *Nidhish Baldawa & Keshav Panpaliya, Class 6*

## Weekend Chat: WE-CAN-CHAT

In one of our English classes, Daniel sir gave us the task to host a chat show at which we could ask our guest of the evening any informal question we wanted to. Now this whole concept of an informal chat show was different for us but the curiosity and enthusiasm gave us the motivation to conduct it successfully. All the students of 9 C were divided into several committees like questioning committee, organizing committee etc. Thus, we got our responsibilities and duties divided, which made us ready to swing into action.

We decided to conduct this show in the auditorium with all the three sections of grade 9. The very first task to select a unique name for our show was knocking our door. Each one of us started recommending different names. After a heavy brainstorming session we decided to keep the name as "Weekend Chat" because this chat show was to be conducted at the weekend. Besides, it was an informal occasion, so we later re-christen it "WE CAN CHAT" thanks to Kaustubh Mahajan.

We were done with the questions, names of questioners, venue and all other necessities but the main one still remained, which was the guest selection. It took us a couple of days to choose the guest of the event. Our first session of the Weekend Chat was inaugurated by our very own Principal, J. P. Rao sir. We chose him as our guest and gave him the invitation. The hosts decided for the first show were: Ronak Rathi, Aryan Modi and myself. We had around 20 questions to

ask with a rapid fire round to end with. Some of them were:

- a) The first thing that you bought with your very first salary?
- b) Which is your dream destination?
- c) Which subject teacher challenged you the most?
- d) Can you sum up your experience at Anubhuti in a word?

The stage was set and we were ready to set the floor on fire. We reached the Auditorium with nervousness and our hearts beating fast. Soon the auditorium was filled up with the audience and our honoured guest arrived. We all gave him a standing ovation and began with the program. The whole show went off smoothly and we were very comfortable throughout the session. After a long stretch of fun and learning, it was finally the time to conclude the session with a heavy message from Rao sir which was to KEEP LEARNING all the time. All of us thanked him for making the show a great success. The first episode of the Weekend Chat WE-CAN-CHAT was really a success and we thanked Daniel sir for giving us this golden opportunity and Abhinav sir for helping us at each and every step. IX-C took the initiative and started the show. Now let us see what others sections of class 9 hold for us all.

- *Ansh Patni, Class 9*

## Sunday Show: The Ugly Duckling Puppet Show

It was a puppet show put on by class 5 children on the 24th of March. After Diwali break in January, one day Kezia Akka told us the story of The Ugly Duckling. After that, she saw the seniors teasing the juniors. Therefore, she thought of converting the story into a puppet show. She asked us to bring the storybook The Ugly Duckling from the Library. Soon after, she showed us the video of the Ugly Duckling story so that we could understand the story in a better way. After the second mid-term break, we collected many one-side-used papers from the art department, and started going to Kezia Akka's house every day for drawing the puppets before and after dinner. We also collected sticks from the garden for holding the puppets. After that, we made invitation cards and

posters for everybody. During the last three days before the show we practised with the puppets. On the last day, we made the stage and some of us went to invite Ashok Bhau. Finally the day of the puppet show arrived. We all were very excited and nervous. Everybody was scared to read. After the arrival of the Jain Family, we became more excited and thought of doing it as best as possible. After finishing the program, everybody appreciated our effort, because we had performed really well. Kezia Akka and we were very happy.

We would like to thank Kezia Akka for helping us at every stage of our preparation.

- Class 5 Students



## Editorial Team (ET) In Conversation with Kapil Dada

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

**KD:** I joined Anubhuti in 2012. The time I got closest to Dadaji was during his interaction with the students. He used to talk to them with such politeness and kindness that his mere words and expressions were enough to show his inner personality. Once I personally had a talk with him in front of the senior teachers' staff room. The way he conversed with me was so effective that I never felt that I was talking with him for the first time. He talked with the same love and compassion with everyone and did not make anyone feel an outsider.

**ET:** What has been your experience while working here?

**KD:** My experience here has been very nice. Initially I was not able to speak English but after coming here I tried to talk in English with the students as well as teachers who helped me a lot in learning to speak English. I had lot of fun playing football and cricket



with the students. I have had very intimate relations with everybody here at Anubhuti.

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

**KD:** As such, I never faced any challenges because the surroundings were always filled with positivity and zeal for learning. That's why my difficult situation also passed with ease.

**ET:** What is it that motivates you and keeps you moving forward?

**KD:** I don't know how time has passed so quickly and it's already my seventh year at Anubhuti. It is an amazing experience to work here every day. From morning to evening I'm engaged in doing school activities. It feels very soothing to see the children walking to the dining hall. I get to learn a lot of things from Pande sir every day. It is my deep bond with school that motivates me to keep moving everyday with passion and enthusiasm.

## Flora and Fauna

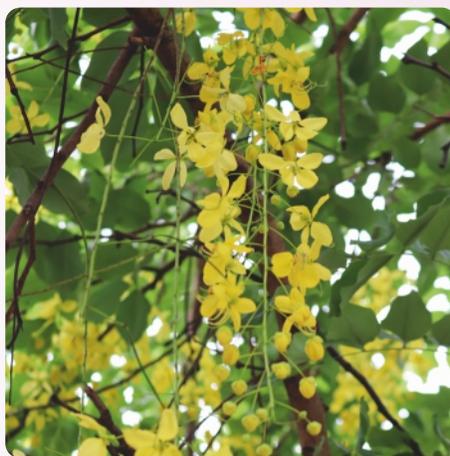
### Fauna: Gray langur

Gray langurs also known as Hanuman langurs are a group of Old World monkeys. They are fairly terrestrial, inhabiting forest, open lightly wooded habitats, and even urban areas on the Indian subcontinent. Gray langurs are native to India constituting the entirety of the genus *Semnopithecus*. Most species are found at low to moderate altitudes, but the Nepal gray langur and Kashmir gray langur occur up to 4,000 m in the Himalayas.

These langurs are largely gray (some more yellowish), with a black face and ears. Externally, the various species mainly differ in the darkness of the hands and feet, the overall colour and the presence or absence of a crest. Gray langurs are primarily herbivores. However, they do not depend on leaves and leaf buds of herbs, but will also eat coniferous needles and cones, fruits and fruit buds, evergreen petioles, shoots and roots, seeds, grass, bamboo, fern rhizomes, mosses, and lichens. Although they occasionally drink, langurs get most of their water from the moisture in their food. Gray langurs are recorded to make a number of vocalizations. They have stable populations in some areas and declining ones in others. Both the black-footed gray langur and Kashmir gray langur are considered endangered. The latter is the rarest species of gray langur, with less than 250 mature individuals remaining. We often find gray langur on our Anubhuti campus.

### Flora: Maidenhair tree

Maidenhair tree (*Ginkgo biloba*), commonly known as ginkgo or gingko, is found in fossils dating back 270 million years. Maidenhair tree is native to China and is widely cultivated. It has various uses in traditional medicine and as a source of food. Ginkgo is a relatively shade-intolerant species that (at least in cultivation) grows best in environments that are well-



watered and well-drained. Its branches grow in length by the growth of shoots with regularly spaced leaves, as seen on most trees.

In ginkgos, as in other plants that possess them, short shoots allow the formation of new leaves in the older parts of the crown. Ginkgos are popular subjects for growing. As penjing bonsai they can be kept artificially small and tended over centuries. Furthermore, the trees are easy to propagate from seed. Although extracts of Ginkgo biloba leaf are marketed as being beneficial for cognitive function, there is no scientific evidence for such effects on memory or attention in healthy people. Ginkgo extract has also been studied as a possible treatment for cognitive impairment in Alzheimer's disease.

Systematic reviews of clinical trial results have shown there is scientific evidence for effectiveness of ginkgo in treating high blood pressure and menopause-related cognitive decline. A maidenhair tree is present in front of our assembly hall.

### A Letter of Gratitude to Gayatri Akka

Hi Ma'am

I am excited to inform you that I have passed my Math test for admission to McGill University, Canada, scoring 7 on 10 in Mathematics! Profuse thanks to you! Without your excellent teaching help I wouldn't have been able to score so well. I thought of calling you as soon I got out of the hall, but didn't have your number.

Again thank you very much, Akka!

Best regards  
Dhanesh Shah  
2019 I.S.C. Class 12

# Reading The Book of One's Own Mind

Expectation of any kind has a lot to do with hope and assumption. Apparently, when we expect we make assumptions. We keep expecting from our parents, siblings, friends and peers everlastingly in spite of the fact that every expectation has the seed of sorrow lurking in it.

Most of us rarely step outside our comfort zone. While we remain trapped in the drudgery of our routine life, let's pause from time to time and look within ourselves. We might not feel comfortable with what we discover inside our internal world. The mental clarity that we gain through introspection and self-awareness would give us the wisdom to decide what to expect from our lives as humans and what to accept and reject in our lives. The integrity and moral strength that we develop naturally through self-observation teach us when to say yes and when to say no at every stage of life.

The quest for individuality, uniqueness and variety brings about interesting and exciting prospects to be experimented with. Thus, always be willing to experiment with your life like Gandhiji and the world's other great people, and experience what emerges, learn from them, and then move on. As a human being of worth, each one of us has a story of our own from which others can learn and benefit. We all have our unique history, our individual past - brilliant or gloomy, happy or sad - when we went through a series of emotional upheavals. In times of ordeal and desperation, one potent question that keeps haunting us is 'Why always me?' Don't we ask this helplessly again and again? But does one ask the same question when life is all sunshine and laughter? Why do we look up and ask the Almighty (and ourselves if we are a non-believer) this question only when we are going through a difficult patch? Why do the very vicissitudes of life not compel us to probe into the ironies and

inconsistencies of life? Why do we have to wait for a great crisis to arrive in life to jolt us out of our deep sleep and inertia?

There have been individuals who took a different turn at a certain stage in their lives and searched within, reflected, meditated and penned down the stories of their discoveries. Are we willing to learn from their stories or are we too self-satisfied to do that?

When we closely watch our thoughts and play with them, we get the knack of self-reflection. Some of the contents of our mental world may frighten us or may threaten our self-esteem. Any self-esteem which is affected by our self-awareness is nothing more than our false pride. True self-esteem arises in the rare moments of selflessness, which is the highest virtue of humility, not just modesty that is part of social etiquette.

As the dead weight of 'self' begins to lose its grip on our consciousness, on the path of self-discovery, we feel lighter but stronger. We begin to live joyously from moment to moment - with a profound sense of gratitude.

Gratitude to whom? To Life itself! To the whole universe!

Is it all easier said than done? Even if it is not easy enough and demands a great deal of diligence on our part, isn't it worth finding out for oneself and trying?

Who knows we may end up discovering that we are the only person who has the answer to all our desires and all our questions.

What a discovery! We feel the difference within us and we value it!

- Editors



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