

Sneak Peek

"A person who is passionate about achieving his goals never feels harassed or tired with work." –Dadaji

Yoga-A Path towards Healthy Living

June 21 is celebrated as the International Yoga Day. To promote yoga, our Honourable Prime Minister Narendra Modi participated in the yoga performance in Chandigarh. On 21st June we too performed Yoga exercises in the morning which were organized by our Yoga teacher, Dr. Govind Tiwari and Dr. Shweta Tiwari. Furthermore a special assembly was organized where our Yoga teachers imparted about the importance of Yoga in our day to day life. We also learnt the importance of clapping and pranayama.

In the latter half of the day we had a Guest named Mr. Anand Kumar Giri. He gave us some value educational points. He also shared about his life and his connection with cosmopolitanism. We enjoyed his interaction and pledged to follow the values which he imparted.

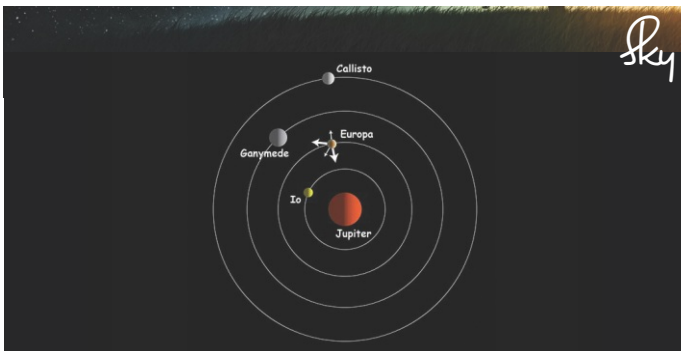
-Sarthak Meshram & Rajat Mutha, Grade X



Sky's the Limit for the young Stargazers

During the third week of June, Awdhesh Chandak, Dishank Jain and Parmar Sir ran a series of Astronomy evenings for classes 5 and 6 students, to enable them to make observations of the Planets, constellations and the Moon. The evening began with an interaction on the mysteries of the solar system. Parmar Sir showed pupils what can be seen with the naked eye and the science behind what they are seeing. He also shared some of the folklore that has built up around stars. They looked at rayed craters on the moon, which were the result of the impact of a large body hitting the Moon. Their lunar explorations continued with the Galilean moons of Jupiter, Io, Europa, and Ganymede, some of the largest satellites in the Solar System and Mars.

-Kangana Jain, Grade V





A Workshop by Mr. Ratnaparkhi

A Workshop for the Teachers, on Improving Effectiveness through Rational Thinking was taken up by Mr. Ratnaparkhi from the 6th to 8th June, 2016. The workshop helped the teachers to grasp the methodology of Rational Emotive Therapy. The objectives of the workshop were to make the participants aware about the various emotions we experience and to understand the origin of these emotions, the irrational beliefs the individual harbours as part of the belief system. The workshop helped to gain some important tips based on RET for improving personal effectiveness and mental health.

First Day at School- An Interaction

An orientation programme was held on the 9th of June, whereby parents had an interactive session with the director Ms. Nisha Jain, School Principal Mr. J. P. Rao and the teachers. Parents were briefed about the various rules and regulations the students are required to follow. Parents put forth queries ranging from the number of phone calls provided to the guidance classes. Our Principal Sir, spoke about the importance of discipline and asked for the parents responses. Overall it was a fruitful session.



A Visit to the Bio Gas Plant

On June 16, the grade X Science stream students visited the Biogas plant in JISL. We were welcomed by Mr. Rahul Chaudhary and later we came to know that he was our guide for this educational trip. For our better understanding, he taught us the whole function of Biogas. He started from the Destoner and ended at Scrubber. We were told that the capacity of the digestors were 20,000 liter. The biodegradable waste mostly came from the mango pulp factory and onion dehydration. He then showed us the big digester. We were fortunate enough to be able to see them from inside, because the digester is opened and cleaned only once in ten years. Our main aim was to see the gas methane which happened to be trapped in a big smelly balloon. This trip made us realize the need for the proper disposal of the waste in a productive way. We are grateful to our mentor U. V. Rao sir and Mr. Rahul Chaudhary sir who made this trip really fruitful for us.

-Lavina Jirati, Grade X

Student's Interaction with Atul Bhau

On June 19, 2016, on a bright sunny morning all the new students from grades V-IX were asked to assemble near the dining hall. From there we moved to the meditation point, which was built under the guidance of our dearest dadaji. It is on a hill top of Jain Divine Park, a part of Anubhuti School. To reach there we need to climb about 210 steps. On reaching at the top we saw a picturesque view. We could view the entire school. The lush green surroundings, cool breeze, birds chirping brought a smile on our lips. We arranged ourselves and sat down. We had gathered there for an interaction with Atul Bhau, the youngest son of dadaji. The interaction began with dadaji's favourite prayer 'tera mangal'. Atul bhau then asked us the meaning of the prayer. All of us were excited to tell. After this, Atul bhau read out some excerpts from 'The Statement of Purpose' written by dadaji. This is a book which spells out the purpose with which dadaji wrote the book. Dadaji has highlighted the importance of Indian Culture and studies. Snacks were served during the interaction and then it was time to put forth our queries which Atul Bhau very patiently answered. I missed dadaji for although I am new to the school I did had an opportunity to meet dadaji twice when I had come with my brother who has studied here.



-Shriya Agarwal, Grade IX

A Trip to Malaysia



These holidays I was privileged to go for a trip to Malaysia and Singapore with my parents and elder sister. My first destination was Kuala Lumpur, the capital of Malaysia. The place where I stayed in Malaysia was Genting Highland. The person who built it, had built 5 hotels in a circle which is like a city where everything is available. In Malaysia I saw a lot many places. My next destination was Singapore. After having a memorable day viewing the city, we went for the night safari where there were some shows and some teams who showed us different animals. It was amazing. Next we were at Sentosa, an island which was full of adventures. On the first day we went to Universal Studios where we enjoyed various rides which seemed to be endless. The next day we had a pass for 20 attractions on the island which were again very adventurous and interesting. I came back with many memories and stories to tell.

-Harsh Sao, Grade X

GDGIMUN' 2016

Summer Vacations! Something that fills me with anticipation. The most awaited time of the year, where we spend quality time with our friends and family and get pampered by our parents throughout. These holidays, I decided to do something substantial. I got to know about an MUN happening in Delhi and grabbed the opportunity to participate in it. I thoroughly enjoyed representing Nigeria in the General Assembly in GDGIMUN' 16. This conference provided me with a platform to step out of my protective shell, and break our restrictions in my own mind to resolve global issues by formal deliberation. This fun-filled atmosphere sowed seeds of new friendships for me and changed me as a person. In the end I came out of this learning conference as a girl with a changed perspective and outlook towards international issues.

-Riya Jain, Grade X



Experiential Learning - A Visit To The Jain Nursery



On June 19 a visit to the Jain Nursery was arranged for grade VIII students, to learn the tissue culture of plants and practically learn the art of mango grafting. In mango grafting we have to change the local mango tree into a high class breed called "kesar aam". A lot of profit is earned by the sales of this breed of mangoes. The dasas there told us that we have to keep the graft for 2-3 months because this is the period in which the host plant will form a tissue with a high class mango stick. We are thankful to Jayshree Akka and the dasas without whom we would not have learnt about this art.

-Aditya Gandewar, Grade VIII



Editorial

Three emotions – happiness, hope and despair form an integral part of our lives. When the mind is in perfect tuning with our soul, a person is happy. Hope is a four letter word, seek it out and you shall find. Hope is what provides us with a ray of light to guide one's path out of darkness. Despair is a state of dark sorrow. One needs hope to come out of despair and feel rejuvenated.

Rain symbolizes a plethora of facts related to life. Every person has a different feeling when it rains. The announcements of rain is a welcome song, all can hear it but only the sensitive can understand. If I were a raindrop, I would have a blend of emotions. There are different reasons for these feelings. I have countless propositions to be happy. One is because I give life to a tree, a flower blossoms as I fall on it and many other life forms are born. Who wouldn't enjoy being the reason for something extremely

helpful and amazing being created? Millions of water droplets make the air cool and the environment serene. People sit by their windows, alluring the beauty of rain and reminisce about their lives. When I touch Mother Earth gently with my soft fingers, there is a glimmer of hope which runs through the air. A new life is instilled in the deplorable conditions and there appears a bright light guiding everything towards happiness.

There is a state of despair when I am not there. My arrival draws hope and spreads happiness all around. These lines by Khalil Gibran artistically bring forward my life.

I am sighs from the deep seas of affection. Laughter from the colourful field of spirit and tears from the endless heaven of memories.

-Darshan Chordiya, Grade XII



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