

Sneak Peek

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of those depths."
-Elisabeth Kubler-Ross

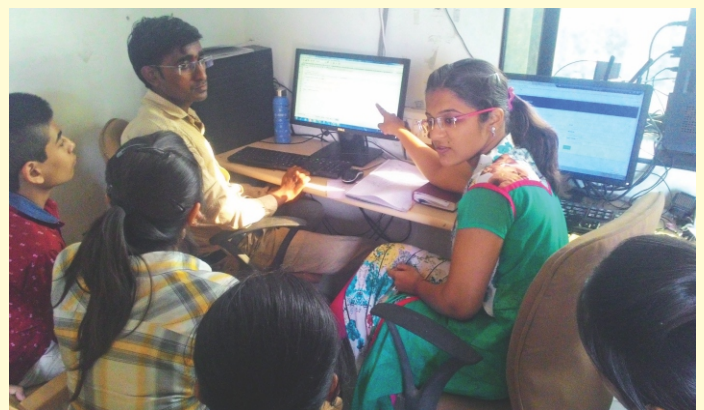


AN EDUCATIONAL VISIT TO SOFTANIC SOLUTIONS PVT. LTD

An educational visit is a trip that takes students and young people away from their normal place of learning to another location to enhance and enrich their learning.

On the 4th of Nov '17, the students of Computer Application of class 10th, 11th, and 12th went to visit a software developing company named Softanic Solutions. The company's owner, Mr. Prasad Neve, is a young entrepreneur who has inspired his members to work hard and give their best in doing their work. It was a very enlightening trip when we learnt a lot about website development technologies like PHP and advanced Java. We also understood the use of integrated development environment like net bean and eclipse, which are basically used for website and mobile applications development. They thoroughly explained to us the concepts of how the database is managed and also how MVC architecture is used in projects: Model - Database connections, V - Views (User Interface), and C - Controller - Business Layers. We also had an interactive session when we asked several questions to get our doubts cleared up; for instance, how software development targets are met by them. We are really thankful to Deepak Sir for organizing this visit and also for personally accompanying us. It was indeed a great learning experience, also full of fun.

- **Shivam Agrawal**, Class 11



A DIWALI WITH A DIFFERENCE

The 19th of October this year was a very special day because it was Diwali. Diwali has always been celebrated in India with great joy and enthusiasm. Scriptures say that it was on this day that Lord Ram returned to Ayodhya. However, this festival has a deep spiritual significance; it symbolizes the triumph of inner light over the darkness of ignorance. Hence, the tradition of lighting diyas (lamps) to dispel the darkness and bursting crackers. This year too, in order to celebrate Diwali with our families, we had a fifteen-day school vacation. We celebrated the festival with our family members and friends. There was, however, one very significant change in the way I celebrated Diwali this year. I did not burst any crackers. It was the first time that we took this decision to break our tradition considering how much pollution bursting of crackers causes to the environment and the harm that results. I would also like to mention that pollution is

not only caused by the bursting of crackers but also by the smoke emitted by the vehicles which use fossil fuels. The firecrackers should be banned because (i) they pollute the air by producing harmful gasses, (ii) they cause noise pollution, and (iii) so many accidents take place due to misuse or improper usage of firecrackers. Lives are lost and some become physically challenged for the rest of their lives. Therefore, we decided not to burst crackers and waste our money. Instead, we decided to donate that money, some sweets and clothes to an orphanage. It filled us with a lot of joy to see how those poor children became so happy with so little. This was the first time I truly felt very happy while celebrating Diwali as I brought a smile not only to someone else's face but also mine. After all, festivals are all about sharing love and spreading joy, aren't they?

- Mahak Chhajer, Class 6

MY WAY OF DIWALI !

Diwali, the festival of lights, is celebrated all over India with great excitement and joy. I celebrated my Diwali this year in a different way by not bursting crackers, and by helping the needy, instead. A day before Diwali, we started preparing for it which included the decoration of our house, shops and the office. It was a very interesting thing but a little bit tiring for me. On the special day of Diwali, my father and I went to his office early in the morning and performed some pujas. It was followed by visiting our relatives and taking blessings from them. After that, we had a great time going on a long drive. However, we made it a point to have our meal at our home instead of in a roadside restaurant. Next day, we went to an orphanage and donated clothes, sweets, and toys to the needy. Looking at their appreciating and grateful smiles, I felt very energized and cheerful.



We did not burst any crackers at all. This was a step towards an eco-friendly Diwali as a result of our awareness of the threat of pollution crisis looming over our country after the festival is over. I also got to know about the work of an organization called "Yuva Shakti". It had organized a camp where it helped raise awareness about the pollution caused by the bursting of crackers and also the 365X7 days of pollution caused by the vehicles in India including how it is causing deaths in the world.

It was a very happy Diwali for me and my family, and I hope that all of you, who are reading this, will definitely start celebrating an eco-friendly Diwali from the next year, keeping in mind the rising levels of pollution..

- Ronak Rathi, Class 8

TÊTE-À-TÊTE WITH SHRI DEVIDAS PATIL

How did you get associated with Anubhuti?

I started working with The Jain Irrigation in 1989. There I worked for 10 years when I was transferred to Jain Valley in the Centre Lab. There I worked for 9 years. In 2008, I was again reassigned to work at Anubhuti. Since then, I have been working as the lab assistant.

What has been your experience of working at Anubhuti?

My experience at Anubhuti has been truly delightful. I got to learn a lot from all the people around me. Dadaji also inspired me a lot. Every time I face a problem, his words help me to get through. In all, I enjoy working here a lot, and I am looking forward to continuing to work here.

What are the difficulties you face while working here?

I used to work in a research lab earlier. To come and work in an educational institution was a challenge for me. But, with the help of the science teachers, who gave me their valuable guidance, I slowly learned everything about these labs. The chemistry lab was familiar to me, but the Biology, Physics, Geography, Mathematics and Computer labs were completely new to me.



FLORA & FAUNA

Nerium oleander is a shrub or small tree in the dogbane family Apocynaceae, toxic in all its parts. It is the only species currently classified in the genus *Nerium*. It is most commonly known as nerium or oleander, from its superficial resemblance to the unrelated olive *Olea*. It is so widely cultivated that no precise region of origin has been identified, though southwest Asia has been suggested.



The ancient city of Volubilis in Morocco may have taken its name from the Berber name oualilt for the flower. Oleander grows to 2–6 m tall, with erect stems that splay outward as they mature; first-year stems have a glaucous bloom, while mature stems have a grayish bark. The leaves are in pairs or whorls of three, thick and leathery, dark-green, narrow lanceolate, 5–21 cm long and 1–3.5 cm broad, and with an entire margin filled with minute reticulate venation web typical to Eudicots. Leaves are light green and very glossy when young, before maturing to a dull dark green/greenish gray. The flowers grow in clusters at the end of each branch; they are white, pink to red, and 2.5–5 cm diameter, with a deeply 5-lobed fringed corolla round the central corolla tube. They are often, but not always, sweet-scented. The fruit is a long narrow pair of follicles 5–23 cm long, which splits open at maturity to release numerous downy seeds.

Nerium oleander is found throughout our campus at different locations. Oleander Hawk moth (*Daphnis nerii*) is also found on our campus only due to the presence of this shrub. The moth only feeds on the leaves of this particular shrub.

NEWS FLASH

- The school U-19 Cricket champs participated in the AISM cricket tournament held in Mumbai from the 31st of October to 9th of November, 2017, and they have qualified for the Semi-Finals. Kudos to them!
- Mr. S. M. Shingare, Manager, Resource Mobilization working with CHILDLINE India Foundation visited our school on the 2nd of November and interacted with children about the challenges faced by the poor and needy children all over India.
- Anshika Gurjar, Nidhi Kankaria and Rishabh Raka have done us proud by bagging silver medals in the National Level Badminton Championship held in Bengaluru, where they represented Maharashtra.



AISM T-20 Championship @ Mumbai



Mr. S. M. Shingare speaking on the role of CHILDLINE



Making Anubhuti proud @ Bengaluru

DO WE COMPLAIN TOO MUCH?

It is human nature to complain: to demand something or get something done in our immediate surroundings or in the world at large, or to let everyone know how you feel about something; and there is a certain amount of satisfaction after doing it. But when does complaining become too much? When does it become unproductive?

We live in a volatile world with humans who may be very touchy or sensitive about things. Thus, when people feel hurt or oppressed or annoyed, they let it be known. Sometimes it is easy to feel indignant or suffocated after watching the news, reading a column, or just being around with others. Hearing peoples' reasons and argument that express their opinions, something as trivial as a powerful storm and how the town still isn't cleared up of its garbage to something as significant as how the terrorist attacks are being handled and what should be done to resolve the problem, becomes exasperating after a while. You might find yourself getting a little more annoyed at these things too, and then you start to complain, restarting the cycle again.

Or when every little thing, one at a time, makes it seem like the world is out to get you, you build up this anger and it is easy to burst out at everyone. Complaining isn't all bad though, believe it or not. Psychologically speaking, it can be unhealthy to squelch those complaints. Letting things build up within yourself and not revealing them can not only adversely affect your behaviour but also distort your perspective.

The real issue here is not necessarily the complaining at all, but rather how it is done. It's easy to get mad and upset at anything, especially when other people are doing it too, and you all just drive each other's energy about it. Thus, instead of saying something like: are you kidding me, I can't believe you guys serve such lukewarm coffee, can we say: excuse me, would you mind bringing me a cup of coffee hot enough? I don't want to spend money on something which doesn't satisfy me. It not only takes away the offensive part but the negative connotation and mood that usually go along with complaining.

Changing the way you complain, and basically the way you react in adverse situations, can help you improve your interpersonal and social skills—leading to a healthier relationship with others and a happier life. Try it for a day,

then a week, and a month... until it becomes an integral part of your personality. A study has shown that after 21 days of not complaining, people said they were happier, and a much better person to be around than someone who gets easily hot-headed when things don't go their way.

It's not the easiest thing or even normal thing to do, but before you complain again, try giving someone the benefit of the doubt, looking at the situation from a different perspective, and not letting the little things make you lose your temper. Try to rephrase your complaining remark so that it doesn't hurt the listener, ensuring at the same time that your thoughtfully worded complaint is justified.

Here are some tips on avoiding negativity and stopping complaining:

Here are some tips to stop complaining and ditch the negative thoughts so you can focus on finding solutions.

- Change the way you think.
- Allow yourself to vent every once in a while.
- Practice yoga.
- Train yourself to be less judgmental.
- Make a list of things you're grateful for.
- Be the change you wish to see in the world.
- Accept responsibility.
- Find what makes you happy.
- Take care of both your physical and emotional health.

Hope that we are not complaining about how people complain too much, and that we don't get too many complaints about our crusade against complaining.

We welcome you back to the second semester of the academic year 2017-18 and hope that you had a great Diwali. This term promises to bring lots of activities as well as learning opportunities including the Founder's Day, with a taste of New Year and IIMUN as well.

– Editors



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