

Sneak Peek

THE AMBASSADOR OF BOLIVIA VISITS ANUBHUTI

Celebrities and famous personalities from India and other parts of the world keep visiting our beautiful school. Their interactions with us enhance our knowledge and enrich our experience. We had one more such experience when the Ambassador of Bolivia to India, Mr. Sergio Arispe Barrientos along with Mr. Juan José Cortez Rojas, Chargé d' Affaires a.i., Embassy of Bolivia, visited our school on the occasion of our annual Tree Plantation on the 8th of July. (As is our school tradition, this tree plantation is basically organized for the new students every year to help them acclimatize to a new living and studying environment at Anubhuti sooner rather than later.)

Interestingly, Ambassador Barrientos, at 38, happens to be the youngest head of Bolivian mission in India. It may not be out of place to mention that it was only in 2012 that Bolivia opened a resident Mission in New Delhi, and Mr. Barrientos is its second head ever. He comes from an illustrious academic background. Before taking over as the new ambassador of Bolivia to India, he served as a representative of his country at the United Nations.

Accompanied by the school Chairman, Shri Atul Bhau, Mr. Barrientos inaugurated the tree plantation event by breaking the ceremonial coconut as part of the age-old ritual in India. Both he and Mr. Rojas were happy to plant a sapling each.

The following day, Mr. Barrientos attended school assembly where he was welcomed by school principal, Mr. J. P. Rao. He



addressed the students and staff and encouraged us to ask lots of questions. He answered questions on a wide-ranging topics relating not only to Bolivia but also touched upon a number of issues of global concern. He also spoke about the India-Bolivia bilateral ties and saw a great deal of potential for further growth in the present volume of trade between the two countries. It was interesting to learn from him about the history of this country including its Spanish colonization. He also enlightened us about indigenous tribes and various ethnic groups coexisting harmoniously in Bolivia. Mr. Barrientos's erudition and philosophical bent were evident from his extraordinary way of explaining things and his deep insight into various global and human issues. As a well-read diplomat and a brilliant public speaker the ambassador simply mesmerized us all and we heard him spellbound.

A couple of Anubhutians aspiring to be a diplomat and a brilliant orator like him asked him, rather innocently, how to become an ambassador of a country and how to excel in the art of public speaking. We also learned how a diplomat represents his or her country at the U.N. and how delicate their job is so that whatever they speak there is exactly in line with the thinking of their country's government.

Personally I feel that this interaction gave me once-in-a-lifetime opportunity to interact face-to-face with an ambassador of a country and ask him anything related to his nation or the U.N.

-Mayank Wanare, Class 9

ANAPANA MEDITATION AT ANUBHUTI

Anapana (Vipassana) Meditation—introduced at Anubhuti on the 30th of July—marked an important milestone in the history of our school. Students were initiated into the practice of this meditation technique by a small group of experts based in Jalgaon. The original recorded voice of Pujya Goenkaji played on the audio system helped students learn it in no time.

In the words of the late Shri S. N. Goenka: “Anapana is a mental exercise to make the mind healthy and strong.” It is the first step in the practice of Vipassana meditation. Anapana means observation of natural, normal breathing, as the breath comes in and as it goes out. It is an easy to learn, objective and scientific technique that would help Anubhutians develop concentration of the mind. It is secular in nature as there are no religious rites or rituals involved in its practice. Anapana acts as a tool to deal with fears, anxieties and pressures across all age groups, especially children. Besides helping to calm and concentrate the mind, Anapana helps people to understand themselves better by giving them an insight into the workings of their own minds. Because of its simplicity, the

technique is easy to understand and practise.

After an intensive 10-minute daily practice of Anapana at assembly for one whole week, the duration has pragmatically been cut short to five minutes. We hope that the ongoing regular practice of this technique would go a long way towards promoting mental tranquillity and self-discipline among Anubhutians.

-Samyak Jain, Class 12



JAI HARI VITTHAL!

Celebrating the festival of Ashadi Ekadashi with great zeal is an important part of Maharashtrian tradition. On 22 July, we also celebrated this festival with much religious fervour at Anubhuti. All of us got together in the assembly hall at 5:30 in the evening. As it was also the PTI for class 9, the parents also joined us. The program began with a group song sung by Anubhuti choir. They sang quite a few famous Abhangas of the Maharashtrian saints like Dnyaneshwar Maharaj, Namdev, Tukaram etc. Their rendition was very melodious and soothing. Nikhil Sir also presented a song along with Bhushan Sir, which touched our hearts just as it went on to touch the high notes.

A group of artistes led by Shri Chandrakant Ingle came from Jalgaon to present a variety of folk art forms of Marathi music. Like any other region in India, Maharashtra has had a long history of traditional folk music. These days, however, this is constantly overshadowed by the predominance of modern music with the western influence. This event helped generate a lot of interest among students in this kind of Maharashtrian folk music with dialogues between characters. The musicians made a great job of performing in a lively traditional art form. Their diction and presentation

style enthralled the audience. It was a rare occasion to watch them perform this beautiful feat of folk music. The round of applause that followed spoke volumes about the level of their expertise. Interestingly, all these artistes were students pursuing different careers.

This musical event motivated us to never let the passion for musical art die within us in this fast-paced turbulent world. It was truly an enriching and enchanting evening.

-Advait Sardey, Class 11



FRESHERS' DAY



It is impossible for any of the freshers to put into words how much we were excited as soon as we were informed about our freshers' day celebrations at Anubhuti. It was after all going to be OUR day, the day to show our talents, skills and to join the mainstream of life at Anubhuti. We were excited as it was our first event at a new place: our new school, our new home. It was an event for all the freshers from grade 5 to grade 11, and it also included the new faculty members. We got to see a variety of talents, new personality traits and many confident faces.



The practice had started just a few days before the program. The whole school was busy organizing, practising, cooperating and trying their best to make the program memorable forever. When the day of the performance arrived, I was quite nervous but looking at my new friends I started feeling relaxed. I was prepared for a solo dance act and I was very ecstatic. All the Anubhutians had arrived in the assembly hall; everything was arranged quite perfectly. The program started with a huge round of applause and it was followed by the performance of dances, singing, choir group, skits and a lot of stirring speeches. We were all dazed by the skit our teachers performed for us. The program showcased the confidence and endowments of the freshers. The whole atmosphere was cheerful, with joyful faces and cries of ecstasy. After the completion of all the performances, we heaved a sigh of relief and felt stress-free. Each and every performance was admired. The day ended well with a delicious sumptuous dinner. After that we started for our dorms, chattering on our way about how thrilling our day was, so full of energy and the bright aura all around. It was no doubt a great event, one which will be there in our minds for years to come. I would like to conclude this by saying heartfelt thanks to all, not only the performers but all the people who made the evening enchanting—worth remembering for ever.



- Anoushka More, Class 11



THE FIELD OF MEDIA: INTERACTION WITH A MEDIA PROFESSIONAL

Mr. Dinesh Dixit, a senior member of the Jain Irrigation Systems Media Cell, conducted an interactive session with Anubhuti students on the 20th of July, Saturday. Initially, we were not excited about the speech that was being made in Hindi. However, as the speaker went on, it turned out to be a pleasant surprise as we learned a lot from his interactive talk. Starting with the definition of 'media' and its various forms, he elaborated on how to distinguish between the fake and real news. The interaction started with him telling us what journalism basically is, and how much a newspaper editor has to do to bring news to the public within the time limit. He went on to explain how the headlines and other headings and subheadings are created, and what roles the assistant editors, subeditors and correspondents (on-the-scene reporters) play. They report from on-the-scene and collect as much evidence as they can and then send to the editor concerned in time.

We were also told how the newspaper companies and social media platforms make black money through clandestine means. He candidly talked about the issue of paid news and said that a large number of media companies accept payments to highlight certain incidents and issues, thus becoming part of a propaganda machine. He talked at length about the effectiveness of social media platforms like Twitter, Instagram, Facebook, etc. and also responded to the questions asked about the recent personal data breach controversy. He cautioned us against the reckless use of social media platforms.

This session concluded with his offering counsels for those of us interested in a career in the mass media. He informed us about some good colleges offering undergraduate and postgraduate courses in the mass media. The whole session was highly informative and helped broaden our horizons.

-Nancy Agrawal, Class 7

INVITING LIFE VIA TREE PLANTATION

Our annual tree plantation was organized on 8 July. This event is a special occasion for all new students as they are given preference in planting saplings. This helps them integrate with the rest of the Anubhuti community in a rather formal and festive atmosphere. Each of them is given a wooden plate with their name written on it and attached to a stick which they insert into the ground alongside the sapling they plant.

The site for this year's tree plantation was the big field behind the balloon room (Bio Gas Plant). When we arrived there on that pleasant Sunday afternoon, we were glad to see the saplings neatly arranged by Dadas. There were nearly 16 types of plants. Some of the common fruit plants included guava, mango, papaya, orange and banana. A few special varieties like aamla, musambi (sweet lemon), and mulberry were also planted. The occasion was also graced by the ambassador of Bolivia to India, Mr. Sergio Dario Arispe Barrientos and Mr. Juan José Cortez Rojas, Chargé d' Affaires a.i., Embassy of Bolivia. Accompanied by our

chairman Atul Bhau, the distinguished guests performed the inaugural ceremony for the tree plantation by breaking the coconut, which is indeed a traditional Indian religious ritual. As it was an outdoor activity on a weekend, we were all in a high-spirited cheerful mood. Even the old students got the opportunity to plant saplings. As there were plenty of them, the zealous among us planted more than one sapling. We also tied the plants to a supporting stick so that they don't get uprooted. The monsoon showers had made the soil very soft, and we covered the plant with that. After the plantation was over, we were offered tasty mango juice.

It was a truly pleasant memorable experience. The presence of the two foreign dignitaries along with Atul Bhau had lent a special charm to the occasion. I am sure that for our distinguished South American guests from Bolivia it was a novel experience in a residential school in a South Asian country like India.

-Devansh Asawa, Class 8



VISIT TO JISL

I was one of the class 12 students of Computer Science who visited the Jain Irrigation Pipe Factory on the 28th of July. It provided us with a golden opportunity to learn about web designing and program writing, part of our internal assessment. We were informed of our visit just at lunch break as we had to go to their office at around 3 pm, and so we all got ready to leave the school campus and visit their main office. We left the school in time but due to poor organization on the side of the traffic police, we were stuck in a traffic jam which took us about an hour to get to our destination.

When we reached there, the head of web designing, Vikas Sir came and started interacting with us. The main topic of the day was 'Changing the Design of our School Website'. From this interaction, we came to know about many things apart from web designing and programming. We were made aware of the limitations that Google has in finding information about the 'keyword' and how our school website has been created in such a way that these limitations have been overcome.

On the conclusion of the interaction, we were given a brief guided tour of the premises of the Jain Park. We were

struck by the beauty of the place, and we saw that the way things were arranged was impeccable.

This interaction has given us a deep insight into the art and science of web designing and has also taught us a lot about programming and the limitation inherent in it. This interaction also gave us the opportunity to take a tour of the Jain park which once seen cannot be forgotten.

-Shivam Agrawal, Class 12



CAMPUS EYE

- The School's U-17 football team participated in the Jalgaon district Football Championship and played their way to victory by qualifying for the division level.
- A fitness test was conducted by the P. E. Department for the students. They showed their determination to enhance their present level of fitness and excel in sports.
- The school has been grouped into four Houses christened Topaz, Diamond, Amber and Pearl. They are being headed by the House captains Hemanshu Soni, Samiksha Pimparwar, Vedant Agrawal and Maneesh Mahinvi respectively.
- A house-wise quiz competition was organised by the assembly committee on the 14th of July. The Pearl House secured the 1st position followed by Amber, Diamond and Topaz.
- Our school participated in the ICSE Carom Meet held in Mumbai. Jinendra Parakh (Class 10) along with Vedant

Agrawal (Class 8) got selected for the nationals.

- The school's badminton team participated in the Jalgaon district open tournament in which Soham Milmile (Class 10) got selected for the division level.
- School music group visited Jalgaon city on the 23rd of July to participate in the Ashadhi Ekadashi celebrations; they sang melodious songs on Vitthal mesmerizing the Jalgaon crowd.
- On 17 July, Anubhuti was visited by three distinguished guests: Prof. Sankar Kumar Sanyal, a renowned artist and currently President of Harijan Sevak Sangh, Shri Naresh Yadav, a renowned Gandhian from Bihar.
- A group of teachers from various schools in Massachusetts visited Anubhuti. They were immensely impressed with the campus and had a fairly long discussion with our teachers.



REPRESENTING ANUBHUTI IN JAPAN

Our journey started on the 21st of July, 2018. We went to Mumbai and the next day we boarded a flight to Singapore on our way to Osaka. We reached Osaka, Japan on the 23rd morning and then after a 40-minute drive from Kansai International Airport, we reached Wakayama city. On reaching the hotel, we got a copy of the whole schedule of events and also checked our presentation on a computer provided by the hotel. After having lunch we rested throughout the day. The following day we had the opening ceremony. Before starting with the opening ceremony, all the participating students got some time to know each other. In the afternoon, we began with the opening ceremony. All the participants representing their countries and other students from Japan representing their prefectures were seated on the stage holding the tag of one's country while the Governor and other dignitaries made their speeches. We also got to know about the objective of the forum, which was 'to promote peace and co-operation in the world.' This was followed by all the participants' introductory speeches, which gave enough information about their country and its culture.

The next day we went to Koyasan, a UNESCO World heritage site, famous for practising Shingon Buddhism. In Koyasan, we visited the Kongobu-ji temple and the Reihokan museum. After that we had delicious vegetarian cuisine in a Buddhist restaurant. Then we headed for the Okuno-in temple where we enjoyed watching the beauty of two lakh pine trees and around a lakh of graves. By evening we returned to the Wakayama city.

Finally, the day of the sectional meeting arrived. In Sectional meeting comprising five groups, namely, 'Measures against Tsunami and other disasters A', 'Measures against Tsunami and other disasters B', 'Environmental issues', 'Tourism and Culture', and 'Education', the speakers presented their views on the topic chosen by them, followed by the question & answer session. Each one of us got about twenty-five minutes for our presentation. The category assigned to me was *Environmental Issues* and the topic of my presentation was 'Light Pollution'. I talked about its various types, causes and effects of light pollution, after which I enthusiastically answered everyone's questions.

In the General meeting the following day, the Japanese



students, who had attended our presentations previously, made a slide presentation, which briefly explained the important points discussed by us during the sectional meeting. This was followed by a discussion in which each one of us presented our concerns and views on global environmental issues. After the General meeting, we had some refreshing activities which was followed by dance. This again was followed by the reception hosted by the Governor of Wakayama city, His Majesty Mr. Yoshinobu Nisaka and was attended by many dignitaries from Japan.

In addition to that, we watched a great event which helped us gain knowledge about different cultures. The program included a dance from Indonesia and a couple of classical music performances from Philippines and Mongolia. Then the time came when we had to bid goodbye to our Japanese friends from Wakayama Prefecture.

Eventually, it was now time for me to go and live with a Japanese family in homestay. It was a great opportunity to learn about Japanese culture. The following day we had to leave but our trip was not over yet. We were taken to 'Uruwashikan', a traditional Kishu Laquerware Industry Centre. There we had a great Laquerware experience in which we designed some plates with our drawing. The skill needed a great deal of patience which also tested our power of concentration. The next place on our itinerary was 'Inamura-no-hi No Yakata museum.' It was a Tsunami museum where we learnt many things about tsunami and the ways to prevent it. Then came the last thing on our trip to Japan. We visited the 'Soy sauce' factory. There we got to know about the process of manufacturing soy sauce. I was amazed to hear about so many soy sauce products made by them such as soy ice-cream and soy candy which tasted scrumptious. As a souvenir as well as a token of their love, they gave us a bottle of soy sauce.

It was finally the time for me to say goodbye to Japan with lifelong memories to cherish and some lessons like punctuality, humbleness, and discipline to practise in my own life.

-Palak Garg, Class 11



FLORA AND FAUNA

1. *Lissachatina fulica* is a species of large land snail that belongs in the family Achatinidae. It is also known as the giant African snail or giant African land snail.

This snail species has been considered a significant cause in pest issues around the world. Internationally, it is the most frequently occurring invasive species of snail. The species is native to East Africa, but it has been widely introduced to other parts of the world through the pet trade, as a food resource, and by accidental introduction. This snail is listed as one of the top 100 invasive species in the world.

The adult snail is around 7 centimetres (2.8 in) in height and 20 centimetres (7.9 in) or more in length. Shell colouration is highly variable and dependent on diet. Typically, brown is the predominant colour and the shell is banded.

The giant African snail is a snail of macrophytophagous herbivore; it eats a wide range of plant material, fruit, and vegetables. It will sometimes eat sand, very small stones, bones from carcasses and even concrete as calcium sources for its shell.

This snail can be found all over our campus particularly near the path adjacent to the Elephant Point.



2. *Cascabela thevetia* is a poisonous plant native cultivated widely as an ornamental. It is a relative of *Nerium oleander*, giving it a common name yellow oleander, and is also called lucky nut in the West Indies.

It's commonly known as "kaner ke Phul" or "कनेर के फूल" in India. These flowers are used for religious purposes especially in the worshipping of the God Shiva. Basically these plants are drought resistant and hence found in various states of India like Rajasthan, Madhya Pradesh, Uttar Pradesh, Gujarat, Bihar and Tamilnadu.

Flowers bloom from summer to fall. The long funnel-shaped sometimes-fragrant yellow (less commonly apricot, sometimes white) flowers are in few-flowered terminal clusters. Its fruit is deep red-black in color encasing a large seed that bears some resemblance to a 'Chinese lucky nut'.

A few bird species are known to feed on them without any ill effects. These include the sunbirds, Asian koel, red-whiskered bulbul, white-browed bulbul, red-vented bulbul, brahminy myna, common myna and common grey hornbill.

We can spot this tree all over campus right from the main gate to GH 3.

A HEART-TO-HEART CHAT WITH MR. BHASKAR D. PATIL, Security Staff

Q.1. How did you get associated with Anubhuti and Dadaji?

Ans. At the age of 25 in 1983, I met Dadaji as well as the manager of the Gold Pipe factory and I was directly recruited into the factory. I worked there for two years, and then I was transferred to the Jain Hills, and finally I found myself in the Jain Valley. In the course of time, I was also transferred to Saindhava and then to Hyderabad. One fine day in 2006 I was asked to work at Anubhuti and I readily accepted the offer. Ever since then I have been working here. I have completed almost 12 years of service in this wonderful school.

Q.2. What has been your experience while working at Anubhuti?

Ans. My experience has been truly wonderful. I have been constantly learning a lot since I joined Anubhuti. I am also able to manage my time very efficiently. I strongly feel that wherever I go, I can now face any difficulty in my life. I feel a sense of perfection in me, though only God is perfect, no humans are.

Q.3. Any challenges that confront you here again and again?

Ans. The only challenge I face here is managing the undisciplined students. Many a time they cause damage to school property, like breaking the camera. I have to be extremely vigilant against such mischievous happenings. But I also believe that if students don't do such things how will it be possible for us to differentiate between adults and children.

Q.4. What is it that motivates you and keeps you moving on the path of life?

Ans. The tasks of a given day keeps motivating me to work more efficiently and with great enthusiasm. I wake up at 4:30 am in the morning and go for a morning walk. On reaching my favourite spot, I practise yoga and pranayama there for 14 minutes. I have maintained this routine ever since going through a bypass surgery. Coming back to your question, even the atmosphere and climate that we have in Anubhuti motivate me a lot.



SIGNING OFF

The campus is abuzz with excitement since last month for the much awaited opening of the new grand building, our Library. This magnificent edifice is going to embody everything that Dadaji espoused and envisioned for today's youth as well as for the future generations of India. A library is obviously not a mere storehouse of books. It's a wonderland for the seekers of knowledge—a temple for the worshippers of wisdom. A library is a boon to the people keen on broadening their horizons. It is a place where knowledge is preserved. A library is the heart and soul of an educational institution. More often than not, a school is judged from its library. Indeed, buildings alone do not make a school.

With its books suited to the interests and aptitude of students of different age groups, with its magazines, periodicals, newspapers and with its calm and tranquil atmosphere, our new library promises to provide information on a range of subjects, usually not available within the confines of a classroom. Here students will find an environment which is conducive to their intellectual and emotional growth through the habit of self-learning. This library is soon going to become the centre of both academic and social activities of the school. As we look forward to its inauguration in the near future, we must also remind ourselves that it is our responsibility to make the best possible use of this sacred place in the coming months and years.

As we move forward working on our last edition of Sneak Peek as editors, we are reminded of the famous words by Pauline R. Kezer: "Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights."

Even as we bid adieu as editors, we would like to thank everyone—Mr. Joshi, Mr. Shashikant, Mr. Mahesh, Mr. Jadhav, all our sisters and brothers of Anubhuti who have contributed their write-ups for the magazine and our readers for their inputs which have helped us improve our work. Throughout this wonderful journey we have also enhanced and bettered ourselves. It has been a continuous learning process for us. We have tackled difficult situations and through them have evolved inwardly. As we hand over the reins of our responsibility to our successors, the current grade 11, we would like to wish them good luck in their endeavours. Let us introduce you to the new editorial team—Aarushi Sikchi, Advait Sardey, Siya Kakani, Anoushka More and Nishanth Reddy. They would be taking on the mantle from now onwards and keep you updated on all the happenings at Anubhuti!

— Editors



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Published by Anubhuti School

(For Internal Circulation Only)

Printed at CMYK Offset, MIDC, Jalgaon.