



SANDESHANUBHUTI

"Sincere hard work, honesty and social engagement should be the main three pillars of our life."

– Bhavarlal H. Jain

International Day of Yoga

India has been the cradle of early civilization and knowledge. One example of ancient India's such knowledge and deep wisdom is Yoga. Of late people started realising the value and immense benefits of doing yoga. With its growing popularity among people across borders, United Nations dedicated a day as International Yoga Day.

It was a wonderful morning on 21 June when the world was celebrating Yoga Day. On this day, as it was planned, all the students woke up early as usual and gathered on the beautiful grass lawn. It was 6:00 a.m. in the morning. We made line in a very synchronised manner. Our yoga instructor Dr. Snehal Patil Akka, my classmate Uttara and I were on the stage. We started with Om chant

and followed it with Vedic asanas. Pranayam is an integral part of yoga that helps the mind to relax and energises it to perform better.

It was a sight to behold, as everyone was dressed in white kurta-pyjama and were sitting on green lawn. Though we do yoga regularly nonetheless it was different from the usual one. We were accompanied by all our teachers on the lawn. They also tried to twist and move their bodies as per the guidance and demonstration. It was a proud feeling altogether to know that the whole world is enamoured by yoga today which was unfortunately ignored earlier.

– Aarav Mishra, Class 10



Freshers' Day Celebration 2023



The day which is fearfully as well as excitedly awaited by all the new students of Anubhuti, The day which marks the birthday of our school, The day which breaks the ice between the new and the old students, Freshers' Day, the day on which all the new students of the new session have to perform on stage. It could be song, instrumental music, skit, dance or any other performance.

All the freshers were divided into different groups under the supervision of different teachers. I was mentored by Abhinav Sir. Different locations were assigned to the groups to conduct their practice sessions. All the locations, be it dance room, tabla room, music room or assembly hall, were abuzz with rehearsal.

I, being a fresher was very excited and apprehensive too. I had also started my practice fifteen days before the final event. I was part of a skit wherein I was playing the role of a doctor. The practice days passed very fast but when the time came of the final performance the time stopped and I felt butterflies in my stomach. This was my first

performance in a drama. Our turn came and we presented our skit on the theme of judicious use of social media. We aced it. Everyone clapped and I felt motivated. A job well-done brings a unique sense of contentment.

I realized that this programme is not just a cultural programme rather an opportunity to connect with each-other and develop a sense of belongingness with the entire ecosystem of Anubhuti. Not only Abhinav Sir, but other teachers too helped me whenever I was in need. The day ended with a delectable dinner which was icing on the cake. Though I will not be performing next year in this event nonetheless I will be eagerly waiting for the day to come to witness and cheer new students showcasing their talent.

- Aarav Bandi, Class 8



Industrial Visit

Practical knowledge adds value to the theoretical knowledge gained in school. In an effort to provide the students first-hand experience of industry and industrial process, our school took us on an industrial visit. On a scheduled Sunday the students visited Jain Farm Fresh Foods Ltd. to see how the fruits and vegetables processing unit actually works.

As per the plan, after our breakfast we the students of class IX, X and XII boarded our bus and went to the unit. We were welcomed by the quality head, Mr. Avinash Naik, who led us into the unit. The unit was divided into various sections. In the aseptic section ladies were peeling the mangoes swiftly and pushing them on the automated tray. Passing through various stages the mangoes were eventually turned into pulp and packed in a 6 layered packing material. Before packing it also went through close quality check. We not only

witnessed the complete functioning of the unit but also got fresh juice to relish. It was undoubtedly delicious.

Relishing the lingering taste of mango juice, we moved to our next destination, Bhaunche Shrushti, while going we had a glimpse of demo plot and processing facilities of renewable energy parks. In Bhaunche Shrushti we saw lots of medicinal plants and the world's largest mosaic art made from plastic pipes, which is also registered in the Guinness Book of World Records. It is a lovely hilltop maintained by Jain Company in the memory of our founder Dadaji. We roamed around for a while admiring the beauty of nature and felt invigorated. While coming back to school on the same bus we sang songs and played antakshari. The whole day went in discussing our observations and experiences with our friends.

- Prapti Guggle, Class 9

Thoughts and Talks with Atul Bhau

One fine morning the entirety of Anubhuti's student body filled into the auditorium to behold a highly anticipated event, this year's first edition of our long running program- Thoughts and Talks.

However, this time we were hosting not just a successful person but a major personality in his own right. It was none other than one of the four heads of Jain Group, Shri Atul Jain.

I and my co-host, Aarav Mishra was predictably quite nervous. This was going to be one of the most important interactions we had ever hosted. If we botched it, our position as the permanent host of Thoughts and Talks was practically done for.

When Atul Bhau entered the auditorium, the crowd sitting in the hall gave him a standing ovation. As soon as our names were called and we were asked to take our seats on the stage, I felt a pang of anxiety shoot through me. But to my surprise Atul Bhau sensed that and gave us a pleasant smile to make us comfortable. You know what! It worked. As soon as I reciprocated him with a smile, my mind went from being in a dim haze to being crystal clear. It was almost as if it had been electrified.

I started the interview and it was all going brilliantly well. His manner was casual and modest. He listened to our questions with great attention and answered it with open heart. But after all, we are fallible human beings, on top of that, just a teenager. We did commit some mistakes. When I was about



halfway through the questions, I suddenly got an indication from Aarav to ask no more follow up questions, as we were running short of time. But I misconstrued his signal. I went on asking questions when finally Aarav very diligently took over and wound up the interaction with his last question. It was only later that I realised that our event coordinator, Daniel sir was trying to signal me to wind up for twenty minutes. Eventually it all ended well.

After Atul Bhau left, we slowly moved out of the auditorium with lot of food for thought and anticipating the next edition.

- Aditya Singh, Class 10

AIMS Creative Writing Competition, Mumbai

It was a beautiful morning of Saturday when I was told by Abhinav sir that I have been selected for creative writing competition. There were other two participants namely Tushar and Tanmay for senior and junior category respectively. I was selected for sub-junior category. I was nervous and I shared my apprehensions with Hussain sir. His words filled me with positivity.

On the scheduled day we left our school and boarded our train at 12:30 a.m. We reached Mumbai next morning. Taking a local train from Dadar we reached Malad. And as our train got late we did not have time to freshen up. So, we reached our destination, Ryan International School straight away. After the usual formalities of registration, we were instructed to sit in a big hall where an introductory session was to happen for all the participants. Subsequently we were taken to three different rooms according to our category and provided with the topics. Out of four topics, we were to choose one topic and write an original story. We had two hours in our hands in which first half an hour was to plan and prepare for the topic and another one and half hour to write the story. I chose the murder mystery genre.

After the writing session was over we came out and were provided with refreshments. The host school also asked us to share our experience on camera. Tushar Bhaiya faced the camera and gave



his candid feedback on the event.

Later we moved to our guest house and had our lunch. In the evening we visited nearby place which was Marine Drive and Gateway of India. It was the first time that I visited these historical places that I had seen multiple times on television. I was excited. At night we boarded our train and came back to our school next morning.

It was not only the writing event that enriched me, but visiting the city, often referred to with the epithet 'maximum city' was in itself a memorable experience.

- Stuti Garg, Class 8

Captain Phillip: Story of unshaken integrity (Movie Review)

Columbia Pictures has come out with yet another intense thriller movie Captain Phillip. The story takes us to the world of ocean and the hardships the ocean offers to its travelers.

The story is based on a real incident occurred in 2009 wherein a cargo ship named Maersk Alabama was hijacked by some pirates. In such a crucial condition the captain of the ship Captain Phillip demonstrated an unparalleled sense of commitment and integrity to save the ship as well as tried to ensure the safety of his crew members. But when stuck in a critical and life-threatening situation, he is left with no other option but to remain optimistic and strong.



The film is fast paced and the fast-changing scene demonstrate the adroit work of editing that is needed in such stories. Cinematography is top notch and the background score keeps the audience hooked to the screen. In the nail-

biting climax, we were shell shocked. Children loved the movie and got a chance to know the atrocities of real pirates. It was very different from what they had learnt from Pirates of the Caribbean series.

Tom Hanks has done commendable job as Captain Phillip and won our heart once again with his acting prowess.

- Suyash Andhale, Class 12

Experiential Learning: A Visit to Plastic Processing Unit, JISL

When theoretical learning is amalgamated with practical exposure, it gives a huge fillip to the learning process of students. We experienced that on 16 July when we visited Jain's Pipe Factory. It was a colossal set up. I had never entered in such a big factory before that. When we reached there we were guided by the Senior Official, Mr. Ankur Jain, vice president of international business of the factory who led us to the different sections of it and informed us about its functions.

The first part of the factory that we saw produces thin irrigation pipes which are produced using high density polythin. These pipes are color coded with blue, yellow and white strings. The factory produces 42000 KM of pipe every day. The quality of these pipes are checked using high speed lazer technology which are fastest of their kind. The pipes are such a high qulity that they come with hundred years of life span.



In the second section we saw the display of wireless irrigation system using IoT (Internet of Things). We further saw how drippers are made and how dripline is made using injection moulding. Most of the moulds are imported from Germany. We were later taken to the section where PVC pipes were produced. In addition to that Jain company produces all kinds of pipes including the one used in gas pipeline. These pipes are exported to 42 countries. We also entered into the building where training takes place. People are trained to do domestic plumbing.

When we returned to our school, we were still overwhelmed by the experience. We kept discussing and sharing our feelings of the visit. It was no less than a visit to a new world.

- Shalmali Alman, Class 11



Snappies



Choir Group - Chanting Mantras



*Synchronizing Body,
Mind and Soul*



Students Viewing Product Profile Of JISL



Art in Progress



Youth in Action - Skit on Negative Impact of Social Media



Guest Speaker



Yoga - The Way Of Life



Drama - A Means to Communicate



Aiming for the Perfect Shot



Dancing on the Beats

Chanakya For Corporate Leadership: A Seminar

On June 30, we the Commerce students of class 12 attended a seminar on corporate leadership organised by G.H. Rasoni institution. The speaker for the programme was Dr. Radhakrishnan Pillai, a renowned teacher of Chanakya Neeti. He is a best-selling author, TEDx and Josh Talks speaker, Corporate Trainer and Chief Leadership Coach at Chanakya Aanvishiki Private Ltd. He is a man with multiple feathers in his cap.

At the outset Dr. Pillai explained in simple words the importance of leadership and how the leadership is very crucial for any corporate to function properly. He exemplified the significance of leaders in an organisation and the skills that a leader must have in order to run the business effectively. Further in the session he enlightened us on how Chanakya comes into the picture. He opined that a leader's biggest enemy is arrogance. Arrogance can lead to the downfall of an organisation. However, a teacher is the one who kills that arrogance. And India has been a land which has produced exceptional teachers. In fact, he said that India is the 'Vishwa Guru' which has been the cradle of early civilization.

Chanakya is one of the most revolutionary teachers that we ever saw. Based on the three formulas propounded by Chanakya, we can develop and



hone our leadership qualities. 'Raj Rishi', meaning that if you want to be a leader you need to think for everyone. 'Vridhyam', meaning that age does not matter and the third 'Mitra Sambandh' meaning to help each-other.

The seminar brought many unknown corporate skills to fore that will surely help budding entrepreneurs in future. I was mesmerised by the presentation and learnt many things about corporate leadership and management. We were privileged to attend the seminar and we thank the management of our school for providing us such a wonderful opportunity.

- Sparsh Khatri, Class 12

Life Lessons from Forts under the kingdom of Chhatrapati Shivaji Maharaj: Devadatta Gokhale

The forts of Chhatrapati Shivaji Maharaj were not mere forts built to fortify resources and provide security from enemies. They were meticulously constructed edifice and today serve a platform to learn lessons of life skills and management.

This was the revealing statement of Mr. Devdatta Gokhale who enlightened the students of Anubhuti with his research on forts of Shivaji Maharaj. Mr Gokhale is the director of Gokhale's Advanced Training Institute (GATI) which offers several training programs to the students, faculty, and corporate.

Gokhale Sir referred it as 'Durg Sanskriti'. Maharaj Shivaji not only usurped number of forts from Mughals but also built many forts under his able guidance. He chose the locations of these forts fastidiously. While most of them were situated on the top of a hill, some are even built very close to ocean. The design and the locations of these forts made it easier for Shivaji to overlook his kingdom



and communicate swiftly. There were so many other aspects of the forts that our guest acquainted us with. We listened to it with rapt attention and awe. As a Maharashtrian I have always hailed Maharaj Shivaji in greatest esteem but after attending this session, my love and reverence for this unparalleled king manifolded.

- Mayank Mutha, Class 12

Dr. Khankhoje: The Unsung Hero

Art has such power that it can convey the feeling of an inanimate thing to an animate being. Apart from painting and drawing, art can be in many forms like music, movie, painting etc. Theatre is one such powerful art form. We were fortunate to witness a theatre performance in Anubhuti on a Sunday evening that was based on the life of unsung yet great freedom fighter Dr. Pandurang Sadashiv Khankhoje. He was the founder of 'Bandhav Samaj'.

I was extremely excited on the day as it was my first theatre show that I was going to watch. So was the case with my many friends. Most of us had never seen a drama in its complete form with light, background sound and moving props. The group has come from Nagpur to present this drama. The group comprised more than twenty people including director, light expert, sound expert, prop expert and other actors. While watching movies on a screen it is difficult to realise the value of lights and sound, but while watching this drama we could feel the magic that is created with proper lighting and adding effective sound. The story becomes captivating and captures our attention.

The whole life-story of Dr. Khankhoje was presented on stage. Every scene was interesting; however, I would specially mention the scene of sea voyage that took me by surprise. It was commendable the way they presented the ocean, the ship and the turmoil of ocean during the journey. We could feel the struggle of a person who dedicated his life for his motherland. I would accept with guilt that I was one of many who had never heard of this great son



of Maa Bharati. After knowing his story my heart filled with immense respect and pride. He was not only a freedom fighter but also a scientist who helped millions with his inventions in the field of agriculture.

When this show concluded, I personally met some of the actors and asked my queries regarding theatre and their journey. At night when we all returned to our dorm, we were delighted by the performance and moved by the story.

- Mridul Agrawal, Class 10



Anubhuti Beyond Academics

In India a traditional and typical school always focuses on academic subjects rather than activities that focus on overall development of students. The usual mundane thought process of a traditional school works in a way that promotes only book-learning focusing on exams and best possible scores, the weightage given to academics is much higher than the co-curricular activities. But Anubhuti School, since its inception, has tried its best to give equal weightage to academics and other activities nourishing young minds. Anubhuti intends to provide a conducive environment to ignite curiosity for learning and aims at holistic education. Anubhuti has an objective of developing student in an overall perspective.

In Anubhuti, students have dedicated one hour for hobbies, such as Tabla, singing, Guitar, Piano, Flute, Art and Craft, Pottery as well as many clubs such as short film club, entrepreneurship club, book reading club, AI (Artificial Intelligence) club, cooking club, mathematics club and many more, making the overall experience very inclusive. These hobbies and clubs are helping students very much to develop their skills and gain knowledge.



Art



Chess



Singing



Keyboard



Basketball



Tabla

Anubhuti School focuses on three dimensional development of a student which includes physical, mental and spiritual wellbeing. Sports is compulsory for all. Once again students are offered multiple options to choose from. Students can play sports like Football, Cricket, Basketball, Badminton, Table Tennis and many more. Students have sports time in the daily schedule as a compulsory element which is helping them to maintain a fit and healthy lifestyle. Holistic education in its real sense can be witness in the campus of Anubhuti where students go for industrial visits every week which gives them first-hand experience of production process and corporate world.

The school is evolving on the guiding principles laid down in the Statement of Purpose written by our beloved Dadaji. The ultimate objective of our school is to create sensible and Equanimeous citizens having global outlook. Slowly but steadily Anubhuti is shaping lives to make the world a better place.

- The Editorial Team



Flute



Dance



Taekwondo



Table tennis



Football



Badminton

Flora -Water Lily

The White water-lily is a common plant of still or slow-moving water and grows in ponds, lakes, canals and ditches. It has large, lily-pad leaves that are up to 30cm across, and grows in water up to 5m deep; the leaves and flowers float at the surface, while the rest of the plant is submerged, growing from the mud at the bottom. It flowers during the summer, the blooms opening up in the sunshine.

Water-lilies are good plants to add to a wildlife-friendly pond, providing shelter for frogs and early nectar for insects



Medicinal Flora - Malabar Nut (Adulsa)



Justicia adhatoda is a shrub with 10-20 lance-shaped leaves 8-9 centimeters in length by four wide. They are oppositely arranged, smooth-edged, and borne on short petioles. When dry they are of a dull brownish-green colour. They are bitter-tasting. When a leaf is cleared with chloral hydrate and examined microscopically the oval stomata can be seen. They are surrounded by two crescent-shaped cells at right angles to the ostiole. The epidermis bears simple one- to three-celled warty hairs, and small glandular hairs. Cystoliths occur beneath the epidermis of the underside of the blade.

Fauna – Purple Sunbird

The purple sunbird (*Cinnyris asiaticus*) is a small bird in the sunbird family found mainly in South and Southeast Asia but extending west into parts of the Arabian Peninsula. Like other sunbirds they feed mainly on nectar, although they will also take insects, especially when feeding young. They have a fast and direct flight and can take nectar by hovering like a hummingbird but often perch at the base of flowers. The males can appear all black in harsh sunlight but the purple iridescence is visible on closer observation or under good light conditions. Females are olive above and yellowish below.



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