



SANDESHANUBHUTI

“Family as an institution survives on the basis of dedication and emotions.”

– Bhavarlal H. Jain

Family Bonding

In Indian culture, family is the most significant social unit, embodying values of togetherness, respect, and mutual support. Family bonding in Indian households goes beyond emotional connections; it is a practice shaped by centuries of tradition and a strong sense of collective identity. Relationships often include not just immediate family members but also extended relatives, creating a more inclusive family unit. This Founders Day explores the importance of family bonding in Indian households and the various ways families strengthen their relationships.

In India, the concept of family transcends biological ties to include a close-knit community of parents, children, grandparents, uncles, aunts, and even domestic help. While nuclear families are increasingly common, the traditional joint family system remains prevalent. In these families, the boundaries between generations blur, with children growing up surrounded by the wisdom of their grandparents, the guidance of their parents, and the support of extended family. This environment fosters strong bonds rooted in shared values and responsibilities, ensuring that no member feels isolated.

Family bonding is nurtured through various cultural practices. One of the most significant ways families come together is during religious rituals, festivals, and celebrations. Events like Diwali, Holi, Eid, and Raksha Bandhan provide opportunities for families to unite, regardless of geographic distance, to celebrate traditions passed down through generations. These occasions involve spending time together, preparing meals, exchanging gifts, and engaging in prayers, which reinforce the family's emotional ties. The joy of these celebrations enhances the sense of belonging, unity, and togetherness among members.

Mealtimes also play a crucial role in strengthening family bonds. In traditional Indian homes, meals symbolize hospitality and love, serving as a time for the entire family to gather. Eating together fosters communication and encourages conversations across generations, allowing family members to bond over shared experiences. Whether discussing school life or sharing stories from the past, mealtime discussions significantly contribute to strengthening relationships.

Moreover, family bonding is reinforced by a cultural emphasis on mutual respect and care for elders.

Children learn from a young age to revere their parents and grandparents, fostering harmonious relationships. Elders guide the younger generation,



providing advice and emotional support. This multi-generational interaction maintains strong family ties and ensures individuals feel valued and understood.



During times of crisis—academic challenges, career struggles, or personal difficulties—Indian families provide unwavering support. This familial loyalty serves as a source of resilience, with members readily stepping in to help. The sense of security and stability within the family is vital for emotional well-being.



In conclusion, this Founder's Day was all about family bonding in Indian households which is a fundamental aspect of life, shaped by cultural values and traditions. Through shared celebrations, communal meals, and respect between generations, Indian families foster deep emotional connections that promote individual growth and collective identity. In a rapidly changing world, let us leave the traditions as a cornerstone of Indian culture, ensuring values of love, respect, and togetherness continue for future generations.

- Editors



“Rhythms of Rising Talent: A Tabla Student Showcase”

This founder's day the theme was family bonding, which conveyed the importance of family in one's life. The tabla fills the air and sets the mood for any event. Same was with the start of the founder's day. We play the traditional 'Uthaan' followed by 'Kaida', 'Tukda' and 'Chakradhar'. This had already set the mood of the parents but little did they know more had been waiting for them. Laggi and Lagi had been played by the next group of tabla students. As the theme reflects the family bonding and its values, our instrumental group played emotional and heartfelt songs. The piano, clapbox, flute, guitar, table, jambe, congo and shakers were being played. We played, 'Tu kitni aachi hai' dedicated to our mothers. 'Papa mere papa' was played for our fathers. How can we forget the sisters. For them we played 'phulo ka taro ka sabka kahana hai' For 35 mins we had put



our sweat during the practice session. Four hours of riyaz and it paid off. We had dedicated our time and energy for the performance and went butter smooth during the final day.

- Darshil Agrawal, Class 7

“Strings & Winds: A Fusion of Flute, Guitar, Piano, and Tabla”

An orchestra traditionally brings together a variety of instruments, each contributing a unique sound to create a rich and harmonious performance. However, the fusion of diverse musical traditions can lead to even more dynamic and innovative performances. The combination of the guitar, piano, flute, and tabla presents a remarkable blend of Western and Indian classical music, creating a distinctive and captivating soundscape.

The guitar, with its versatile range, seamlessly blends rhythm and melody. In Western music, it is often used for harmonies and accompaniment, but in fusion genres, it can take on roles that range from classical solos to rhythmic foundations. The piano, with its vast tonal spectrum, adds depth and emotional resonance to the ensemble. Its ability to create gentle, lyrical passages alongside bold, dramatic statements makes it an ideal instrument for blending styles and genres.

The flute holds a prominent place in both Western and Indian classical music, bringing delicate and soaring melodies. Its soft timbre and wide range of expression allow it to transcend cultural boundaries, adding

elegance to any musical arrangement. Meanwhile, the tabla, a quintessential Indian percussion instrument, introduces intricate rhythms that are central to Indian classical music. With its ability to create complex patterns of beats, the tabla offers a mesmerizing rhythmic foundation that complements both Western and Indian elements. Together, these instruments create a fusion of harmonic, melodic, and rhythmic complexities that captivate listeners. The guitar, piano, flute, and tabla each bring their distinct cultural backgrounds, allowing the orchestra to tell a unique and universal musical story.

As a musician learning to play in such an ensemble, I have discovered the beauty of blending different musical traditions. It serves as a powerful reminder of how music, regardless of its origins, can unite diverse cultures and create something universally meaningful. This experience teaches me not only technical skills but also the importance of collaboration and creativity.

- Khemraj Meghnani, Class 9



“Yoga Dance: Harmony In Motion”

Yoga is a powerful way to nurture the mind, body, and soul. This year, our yoga dance performance included a series of 48 to 50 yogasanas. The theme for our yoga dance was the Dashavatar of Lord Vishnu, and I was truly fortunate to present it in front of our parents. Throughout our practice, we performed a variety of asanas, including Mastyasana, Chakrasana, Mayurasana, Shirshasana, and many more. Each evening, we dedicated ourselves to perfecting these asanas. We were guided with great care and patience by Dr. Sameer Sir and Dr. Snehal Akka, whose expertise allowed us to execute each pose with precision and grace. Their guidance played a crucial role in our success and gave us the confidence to deliver a stellar performance. The hard work and dedication we put into our practice were rewarded with the most fulfilling feeling — a bright, proud smile on each of our faces as our parents applauded our performance. It was an unforgettable experience to combine the art of dance with the serenity and strength of yoga postures.

- Samiksha Pawar, Class 7



“Breaking Chains, Building Bonds”

In today’s fast-paced urban life, many families reside in cities where modernity and diverse cultural influences are prevalent. However, some families continue to hold on to their traditional rituals and customs, often passed down through generations. These rituals play an essential role in their identity, providing a sense of belonging and cultural continuity despite the urban environment.



Consider a family living in a bustling city that adheres strictly to their ancestral traditions. They celebrate festivals, observe daily prayers, and uphold customs that may seem outdated in a contemporary, cosmopolitan setting. For this family, these rituals are not merely routines; they are a way to honor their heritage and maintain a connection to their roots. Their lives revolve around these practices, even as they navigate the challenges of city life. Their home serves as a sanctuary where tradition thrives, often in stark contrast to the secular and fast-paced world outside.

However, as with any tradition, tensions can arise when younger generations begin questioning its

relevance. In this family, a young couple finds themselves at odds with the rigid observance of these customs. As their son grows, they start debating whether continuing these rituals is in his best interest. They argue that while they respect their culture, they do not want their son to feel burdened by old traditions that may not fit the modern world he is growing up in. The couple sees this as an opportunity to break free from the cycle of unchallenged customs, believing that their son should have the freedom to form his own identity without the weight of outdated practices.

The conflict with their parent, who insists on preserving these traditions, represents a common generational clash between honoring the past and embracing change. The couple’s struggle is one of balancing respect for their heritage with the desire to allow their child the freedom to grow in a more flexible, modern environment..

- *Yadnyaja Tupkar, Class 8*



Snappies





“Bridging Hearts”

In a heartfelt drama, a family reunites after years of separation, centered around a father's birthday. The story focuses on a father who, as he ages, lives with his son, the only child who chose to stay behind to care for him. Meanwhile, the other children—one son and three daughters—have moved far away,



each building their own lives. The father's birthday serves as the catalyst for a reunion, with the children deciding to come together and surprise him.

The eldest son, who has established a successful career in a distant city, takes the lead in organizing the



reunion. His decision to gather the entire family at his home stirs mixed emotions. While the son who has remained with the father feels relief and joy at the idea of a family gathering, the daughters face their own challenges in returning home.

Each sister, with her own family and responsibilities, experiences a mix of feelings—guilt for the time spent away, excitement to reconnect, and curiosity about how much has changed.

As the drama unfolds, moments of tension and reconciliation arise as old family dynamics emerge. When the siblings gather at the eldest son's home, they reconnect, share stories, and rediscover the deep bonds that time and distance could not break. Overwhelmed with emotion, their father feels immense gratitude and joy, celebrating not just his birthday but also the presence of his beloved children.

The reunion brings healing, allowing the family to reconcile past misunderstandings and strengthen their relationships. This drama serves as a powerful reminder of the importance of family, the need for togetherness, and the unbreakable ties that endure despite time and distance. It highlights how love, forgiveness, and shared memories can heal old wounds and reunite families.

- Om Gulve, Class 11



“Ullaskar Dutta A Love Story Beyond Time”



On the day we were assigned our roles in the drama, I was thrilled to find out that I would be playing the role of a neighbor. Our mentor, Rumani Akka, discussed the script and provided insights about the theme of the drama. Since it was our first rehearsal, we practiced a little, but then time ran out. I quickly realized that we had very little time to prepare for the performance.

The following day, we held auditions because our mentor was not satisfied with directly assigning roles. During the auditions, the situation changed dramatically; I was chosen to play the main character of the play. The storyline focused on Ullaskar Dutta, who was arrested on May 2, 1908, during the infamous Alipore Bomb Case. He was sentenced to death by hanging in 1909, but later, on appeal,



his sentence was commuted to transportation for life, leading to his deportation to Cellular Jail in the Andaman Islands. There, Ullaskar endured brutal torture and repeated electrocution, which ultimately affected his mental health. He was released in 1920 and returned to Kolkata. However, he was arrested again in 1931 and sentenced to 18 months in prison. After the end of colonial rule in 1947, he returned to his home village of Kalikachha. After living a lonely life for 10 years, he moved back to Kolkata in 1957. Upon his return, he married his childhood friend Lila, the daughter of Bipin Chandra Pal. At that time, she was a physically challenged widow, and they later settled in Silchar, the district town of Cachar in Assam, where he spent his later years.



Throughout the process of creating this drama, I learned so much. I gained experience in presenting comedic elements on stage. Initially, I was concerned that historical dramas were not my strength, but as I became more involved, I started to enjoy it.

On the day of the final performance, managing the microphone turned out to be quite a challenge for all of us. Nevertheless, the experience of performing the skit on stage was incredible for me..

- **Saish Patil**, Class 9

“Offline Reunion”

From an actor’s perspective, portraying a character in a drama that tests family bonds through marriage in a remote village is both challenging and rewarding. The plot centres around the marriage of a friend’s sister in a village far removed from the conveniences of modern life, particularly the internet. The story emphasizes how, in such an isolated setting, people must learn to connect and bond through face-to-face interactions, free from digital distractions.

As an actor, it was fascinating to explore the contrast between the vibrant energy of the wedding celebrations and the underlying frustration and struggle caused by the lack of basic resources. In the drama, many characters are accustomed to city life with easy access to the internet and now find themselves adapting to an unfamiliar rural lifestyle. The absence of Wi-Fi and mobile signals forces them to rely solely on traditional modes of communication, leading to moments of awkwardness, isolation, and ultimately, deeper connections.

The wedding, intended to unite families and friends, becomes more than just a celebration of love—it serves as a platform for healing and reconnection. Family members who have drifted apart due to busy, technology-driven lives are compelled to engage with one another on a more personal level. As the drama unfolds, I had to portray the nuances



of characters dealing with the frustrations of limited resources while also highlighting the growth of authentic relationships in a world that often prioritizes virtual connections over physical ones.



This journey of rediscovery and bonding lies at the heart of the drama. Through my character’s perspective, I realized that true family connections often arise in the most unexpected circumstances—when technology fails, and people must navigate life through the power of genuine human interaction. Portraying this journey of change, connection, and understanding was a deeply moving experience, reflecting the true value of family and togetherness in today’s increasingly disconnected world.

- Aarav Bandi, Class 9

“Spirit of Dalkhai”

Dalkhai is a popular folk dance from the Adivasi culture, originating in the Sambalpur district of Odisha. It is a group dance accompanied by a song that honors Goddess Dalkhai Devi.

For our Founder’s Day performance, the 11th-class boys and girls, along with the 12th-class



girls, practiced this beautiful dance. We began our preparations around 20 days before the event. Every evening, after dinner, we gathered to learn the new dance steps. While the boys, including myself, weren’t the best dancers, we gave it our all and did our best to keep up.

Our performance began with a small skit, where we boys portrayed farmers engaged in various tasks like sowing seeds, removing water from the canals, and making fertilizers. It was a fun and engaging way to introduce the dance and its cultural significance.

I really enjoyed the practice sessions. Although there were moments when we got scolded for not performing well, we still had fun, learned new dance forms, and improved with every session. Our mentor, Swagat Sir, played a crucial role in helping us understand the deeper meaning behind the dance. His guidance made the entire experience even more memorable and meaningful.

- Aaryman Bothra, Class 11

“The Shringeri Debate”

Our Founder’s Day 2024 drama was a heartfelt portrayal of the profound and enduring bond between a mother and her son, inspired by the life of Adi Shankaracharya. The narrative commenced with a prophetic scene where saints foretold the exceptional spiritual stature Adi Shankaracharya would attain, despite his brief earthly existence. As a child, Shankara persuaded his mother, Aryamba, to permit him to embrace the path of sanyasa (renunciation). He then sought out his guru, Bhagavad Pada, who instructed him to disseminate the teachings of Advaita Vedanta across the world.

Obediently, Shankara embarked on a journey to spread this profound philosophy, delving into the limitless ocean of knowledge that continues to captivate philosophers and scholars. A pivotal moment in his life was the passing of his mother. Despite his monastic vows, Shankara felt a deep obligation to perform her last rites. This decision was met with resistance from orthodox circles, as it was unconventional for a sanyasi to engage in such familial duties. Undeterred, Shankara, with assistance from a few relatives, personally cremated his mother in their backyard, exemplifying his unwavering devotion.



To express his profound love and reverence, Shankara composed the “Mathru Panchakam,” a set of five verses dedicated to his mother, reflecting on her irreplaceable role in his life. In our drama, during the rendition of this composition, several students’ mothers ascended the stage, where their sons washed their feet. This poignant act symbolized the deep respect and gratitude encapsulated in Shankara’s verses, emphasizing the timeless and universal nature of a mother’s love.

- **Namit Jain**, Class 9

“Roots and Wings”



This year’s Founder’s Day theme focused on family bonding. As a team, we decided to blend the essence of family values with a touch of humour. The drama, hosted by our talented mentor, Abhinav Sir, became a platform where we not only showcased our acting skills but also learned valuable lessons in creativity and performance. One of the most significant takeaways was the art of framing dialogue instead of simply memorizing lines. This approach encouraged us to embrace spontaneity, making our performances feel more natural and engaging.

During the rehearsal process, we explored a variety of themes—from the importance of boarding schools to the often comical failures of our friends’ plans—along with many light-hearted moments that made practice sessions enjoyable. These sessions, filled with laughter and learning, helped us bond as a team and build trust in one another. As we delved deeper into our characters and scenes, we realized the importance of understanding the message we were conveying, which instilled a sense of ownership in our roles.

The highlight of the entire experience was how we overcame typical challenges like stage fright and peer pressure. In a short amount of time, each of us stepped up without hesitation, embracing our roles with confidence. The thrill of performing in front of an audience was incredible, but the most rewarding moment came when we saw the smiles on the faces of those watching, knowing that our hard work and patience had paid off.

This experience not only strengthened our bond as a group but also deepened our appreciation for the power of teamwork, perseverance, and the importance of family—both in real life and on stage.

- **Ark Kesarwani**, Class 9





“The Taste of Togetherness”

In this skit, we aimed to portray a typical Indian family, highlighting both the humor and values that define family dynamics. With the guidance of our mentors—Yogesh Mishra Sir, Abhinav Sir, and Hussain Sir—we crafted a story that balanced entertainment with an important life lesson about family bonding and making responsible decisions.

The plot revolves around a common Indian family consisting of grandparents, parents, two sons, and one daughter. The story begins with the two sons spending time with their friends. Under peer pressure, they decide to visit a newly opened restaurant known for its expensive

menu. Ignoring the potential consequences, they indulge in a lavish meal, excited to partake in the trendy experience their friends have shared.

However, things take a turn when the boys return home suffering from severe food poisoning. The entire family is thrown into a state of panic as the parents and grandparents rush to their aid. They call the family doctor, who arrives quickly and begins to address the situation calmly. The doctor takes a moment to explain to the boys the importance of



making thoughtful food choices and being cautious about where and what they eat.

Through the doctor’s guidance, the boys learn a valuable lesson about health and responsibility. In

the end, the younger son promises never to make such a hasty decision again. The skit concludes with a heartfelt motivational speech from the grandfather, urging his grandson to always consider the consequences of his actions and make choices that reflect the values of health, family, and wisdom.

This drama not only entertained the audience but also underscored the significance of family support, the importance of learning from mistakes, and the wisdom passed down through generations. It served as a powerful reminder of how family bonding can help us navigate life’s challenges.

- **Shubh Jain**, Class 9

“Rhythms of Bihu”

Bihu is a vibrant and captivating folk dance form, from Assam, located in northeastern India. It is an integral part of the Bihu festival, which marks the Assamese New Year and the arrival of spring. This lively dance is characterized by energetic movements, rhythmic footwork, and expressive gestures, primarily performed by young men and women. The dancers wear traditional Assamese attire, with women adorned in colourful sarees known as the Mekhela Chador, while men wear dhotis and kurtas, reflecting the rich cultural heritage of the region.

Bihu dance is typically accompanied by the rhythm of traditional instruments such as the dhol (a large drum), Pepa (a buffalo horn flute), and goona (a reed instrument). The dance features rapid footwork and swift hand movements, symbolizing the joy and enthusiasm of the festival. It beautifully represents the agricultural cycle, celebrating harvest time and the rejuvenation of life that comes with the changing seasons. The festival and the dance hold immense cultural significance for the people of Assam. Bihu serves as a unifying force, bringing communities together to celebrate their shared traditions, folklore, and songs. The performances, with their lively music and spirited dance, are a reflection of Assamese identity and have garnered recognition not just across India, but also internationally, showcasing the region’s vibrant culture to the world.



As a student learning Bihu, I have gained more than just a sense of rhythm and movement. I have immersed myself in the rich history and culture of Assam, which has deepened my understanding of India’s diverse traditions. The discipline, synchronization, and commitment required in Bihu have taught me invaluable lessons in teamwork, coordination, and perseverance. Beyond the steps and beats, I have come to appreciate the deeper significance of festivals like Bihu in fostering community, celebrating nature’s rhythms, and connecting generations through shared cultural expressions.

- **Aarya Bhansali**, Class 12

“The Artistry of Fierce and Fearless”

The Tiger Dance, or “Puliyattam,” is a traditional folk dance of Tamil Nadu, performed during the festive occasion of Pongal, typically in the southern parts of the state. The dance is an expression of bravery and vigour, symbolizing the spirit of a tiger. Performers dress as tigers, painting their bodies with striking colours and wearing vibrant costumes that resemble the tiger’s fur. The dancers emulate the movement and attitude of the tiger, making the performance both dramatic and energetic.

Puliyattam is an important part of Tamil Nadu’s



cultural heritage, often performed during village festivals and temple celebrations. The dance is not only an entertainment form but also a ritual that aims to invoke the blessings of the gods for prosperity and protection. It is traditionally accompanied by folk music, with percussion instruments like the “dhol” and “taval” setting the rhythm.

The dance’s origins are rooted in rural traditions, where people believed that the tiger was a symbol of strength and power. Over time, Puliyattam became more formalized as part of the cultural identity of Tamil Nadu. It is performed with great enthusiasm, often in open spaces, where dancers leap, roll, and perform acrobatic feats, mimicking the movements of a tiger in the wild.

Today, the Tiger Dance is a celebrated part of Tamil Nadu’s folk culture and is showcased in cultural festivals both within the state and internationally, preserving a unique and vibrant aspect of Tamil tradition.

- Abhinav Vijaysenani, Class 10

“Homebound: A Love Rekindled”

Family bonding is the invisible thread that connects our hearts, even during the busiest and most chaotic times. It’s the quiet comfort of knowing that no matter where life takes us, there are always people who will stand by us—supporting, loving, and understanding us in ways no one else can. It’s found in late-night conversations that stretch into the early morning, in hugs that feel like home, and in shared laughter that fills the air with warmth. Every moment spent together strengthens the foundation of trust and love that family provides, creating a safe space where you can be your truest self. Family is where we find the courage to face challenges, joy in simple moments, and the peace of unconditional love. Through these deep connections, we learn the importance of togetherness, and in every shared memory, we discover that the greatest treasure in life is the people who walk beside us, no matter what.

Our drama explored the enriching theme of “Vibhinnata mai Ekta,” focusing on the Iyer family. The story revolves around Aditya, who lives in Chennai with his mother, wife, and two children. In contrast, his younger brother Aaryman has built a life with his family in the United States.

Aditya reached out to Aaryman and Preeti about their mother’s health, inviting them to India. Despite initial hesitation due to his job, Aaryman decided to

visit. During Pongal, they reconnected with family traditions, realizing the value of togetherness. They ultimately chose to relocate to India for family. Despite coming from diverse cultural backgrounds, we found unity in our shared passions. Each moment was a lesson in patience and understanding as we learned new languages and explored unfamiliar dance forms. With each step, we embraced the beauty of our differences, transforming them into a powerful force of creativity. The laughter, challenges, and joy of discovery brought us closer together, weaving a tapestry of connection and respect. In the end, it wasn’t just the drama that succeeded—it was the bond we formed, a testament to the strength of unity in diversity.

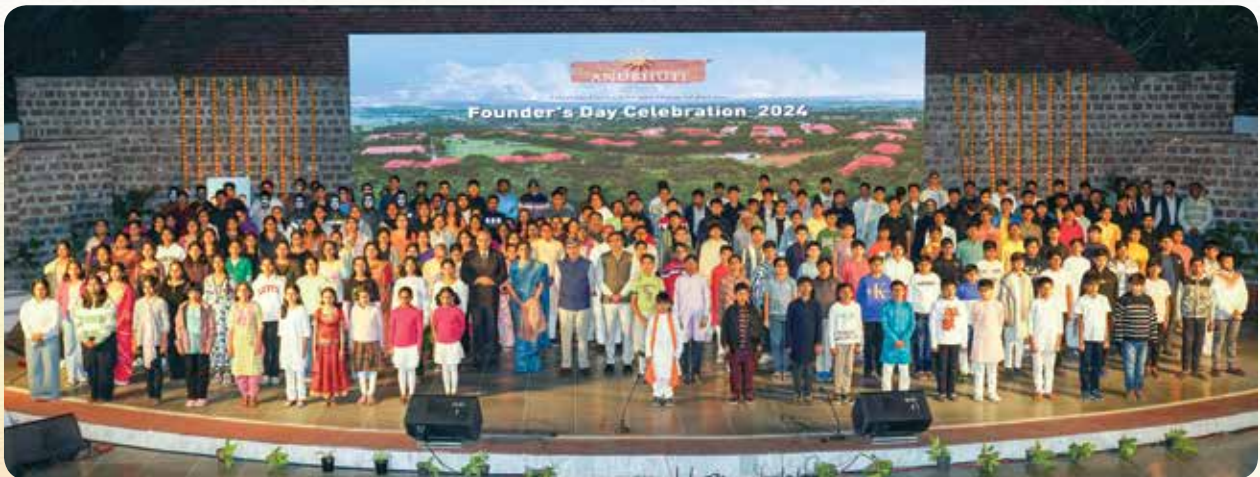
- Atharv Kamle, Class 11



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Published by Anubhuti School
(For Internal Circulation Only)
Printed at Mahajan Offset, MIDC, Jalgaon.



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