



# SANDESHANUBHUTI

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

– Bhavarlal H. Jain

## Freshers' Day: A Grand Welcome

A new academic year means many new faces. Every year in Anubhuti, a lot of students enter with high hopes in their hearts. They feel quite out of place and homesick in the beginning. The considerate faculty and the old students have a way of making the new scared students feel right

at home. We celebrate Freshers' Day to officially make these new students a part of our extended family.

This day is fearfully as well as excitedly awaited by all the new students. The day which marks the birthday of our school, the day which breaks the ice between





the new and the old students. On this day all the new students of the new session have to perform on stage. It could be a 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 given an opportunity to share my experience as a new student in this school. I prepared my speech spontaneously and practiced it wholeheartedly.

Different locations were assigned to the groups to conduct their practice sessions. All the locations, be it the 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.

The practice days passed very fast but when the time came for the final performance the time stopped and I felt butterflies in my stomach. This was my first time being onstage in this school. I wanted to make a good impression. My turn came and I presented my speech. It was better than I expected. 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, but an opportunity to connect with each other and develop a sense of belongingness with the entire ecosystem of Anubhuti. All the teachers 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. Seeing all the support that the teachers and old students showered us with, I felt determined to do the same for all the new nervous students that will come next year.

**- Samruddhi Khandelwal, Class 11**





## International Yoga Day Celebration 2024

India is a country with a rich culture and heritage. It is the birthplace of many great people and is well known throughout for its gifts to the world. Yoga is one of these gifts and is familiar to everyone, young and old. Many have mastered this art and have flourished in it, internationally and in their own country. Since it is so popular, a special day is dedicated to it, the 21st of June. We celebrated this special day in Anubhuti since yoga is an important part of our school.



We woke up early that morning, energized and full of joy. All of us assembled at the football ground wearing our white Kurtas. The time to assemble was 6 in the morning and with a feeling of excitement, we reached the football ground. It took us some time to settle down but soon we arranged ourselves according to our heights and began the session. The yoga



session started with a few stretching exercises, then we proceeded with the asanas. We also performed clapping therapy. Snehal Akka, our yoga teacher, told us a bit about the pressure points in our hands and which type of clapping benefited which organ. This ended the session and our celebration for this flexible day.

This experience that we had was wonderful and pretty much new for the freshers since yoga day is not something which they were familiar with. Since this session was not like the usual ones we have in the mornings, it was a special and harmonious one as expected. The aura created was fantastic and this is an experience everyone should have. India is our home country and we should cherish its heritage.

*- Diya Deshpande, Class 8*



## Marathi Drama



On 28 July, an association known as Natyawada paid a visit to our school to perform a mesmerizing drama called “Pajhar”. The performance was a powerful portrayal of the theme of water security and its unity connection. In today’s world, the issue of water scarcity is at a critical point, and addressing this topic through a dramatic act, particularly in front of a young audience, is an impactful way to raise awareness about water scarcity. The youth must have a deep understanding of such important issues so that they can actively contribute to finding solutions.

The artists’ creative use of the stage effectively transformed it into a vivid

portrayal of a village, complete with a well and a farm. What truly amazed me was that they used minimal props and sounds, with only some rods and a drum. The drumming was so remarkably precise and repetitive that, for a moment, I was convinced it was pre-recorded. The minimalism that I saw in that play was truly surprising. It was incredible to see how the actors were able to convey so much with so little, from the subtle suggestion of carrying a heavy object to the detailed portrayal of a scene. Their expressions, hand gestures, body language, and language fluency were all very effective in conveying such a sensitive topic. It was clear that they were all highly skilled and experienced performers.

Even though the drama was in Marathi, a language that many in the audience didn’t understand, everyone was still able to connect with the performance. The actors’ voice modulation and the way they enacted each scene transported us far from the assembly hall to the setting of the play. It was a powerful reminder that art truly has no language barriers when it is expressed with such skill and emotion.

*- Jayant Mukundam, Class 10*





## Mallakhamba

Students of Taralabalu School in Sirigere, Chitradurga district, Karnataka visited our school along with Sri Taralabalu Jagadguru on 13th June.

Students who were as young as us varying from the age of 9 to 21 performed the traditional sports of Mallakhamba and Malli Hagga.

Mallakhamba means wrestling on a pole or in the wider aspect it can be defined as performing aerial yoga and gymnastic postures on a stationary vertical pole. This was performed by boys and the performance they put up was splendid. They had the whole audience on the edge of their seats with excitement. Every single eye in the hall was fixated on them. They even performed some stunts while playing with fire. Once they were done, the crowd applauded with real appreciation and amazement.

Malli Hagga, which means 'woman performing on a rope', is an aerial sport in which gymnasts perform various exercises and yoga, swinging flawlessly and walking nimbly in the air. The girls performing this flaunted their flexibility on the rope and held their poses with grace.

The stunts they were performing were a delight to watch. These strong and talented girls had the whole audience awestruck.



They performed other things like skits and dances, which told the story of Basvanna and Akka Mahadevi. The dance form was called Yakshagana which is a part of the culture of Karnataka. It was quite an enlightening experience, as we got to learn about the wonderful culture of another state.

The students thoroughly enjoyed the colorful evening and they could not stop constantly chattering about these wonderful boys and girls. Anubhuti always makes sure that the students learn about various cultures and people in our country. Such events never fail to provide the students with knowledge as well as enjoyment. This particular performance will always remain in our hearts.

*- Divyansh Baid, Class 10*





## Snappies







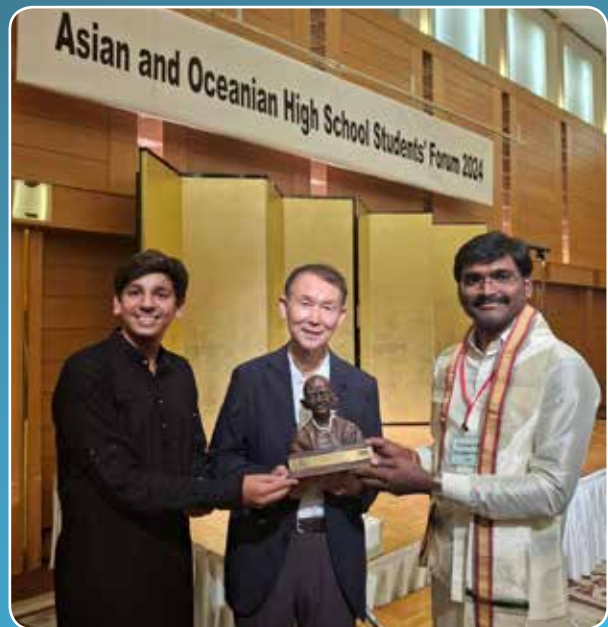


## A Visit to Japan

Anubhuti school offers many great learning opportunities for their students. I was fortunate enough to receive such an opportunity that directly took me to Wakayama, Japan. Every year, our school sends one student from class 11 to represent our nation in the Asian and Oceanian High School Students' Forum. I was going to present a paper on the topic Tsunami and Other Disasters: Impacts on Coastal Ecosystems and Communities.

My journey began on 26th July, when I, along with Durgaprasad Sir, left to catch our flight from Mumbai to Wakayama. My heart was full of anticipation and excitement. For the first time in my life, I was going to present on such a big platform. Throughout the flight, I could feel my heart hammering against my chest, but I was determined to do my best. I promised myself that I would not let my nerves get the best of me.

After reaching our destination, I was full of joy to see the wonderful culture of the



Japanese. We were welcomed with warmth and the hospitality shown by them was spectacular. There, I met students of my age from all around the world. The gathering of people we had there was full of diversity





and beautiful cultures. I was quite amused to see that even though we all belonged to such different backgrounds, we were able to connect so easily. I made a lot of great friends there. All of us shared the same nervousness and eagerness to present our papers. We talked about our countries and their uniqueness and even taught each other greetings and basic words in our respective languages.

Before the main event, a cultural event was organized where all the students performed various dances, songs and many other things which were a part of their respective cultures. I thoroughly enjoyed the whole program.

Finally, the main day arrived. The paper presentations began. I was attentively listening to the presentations of other students. Just by listening, I gathered a lot of knowledge that might come in handy in social events. Soon it was my turn to present. Mustering all my courage and calming my nerves, I went up to the

stage. I explained the devastating effects of tsunamis and earthquakes on coastal ecosystems and communities, focusing on habitat destruction, biodiversity loss, and disruption of ecosystem services. To further elaborate on the topic, I explained the impact of such calamities by giving examples. Here I discussed some of the greatest calamities that India has faced in the past. I concluded by talking about their symptoms and the precautions one should take during such situations. The audience applauded, and I felt relieved. I had done better than I had expected.

My educational journey ended on 1st April when Durgaprasad Sir and I were all set to head back to school. I certainly did not return empty-handed. With me, I brought a lot of learnings, confidence, experience and delightful memories. I will forever cherish and value this experience that will live colourfully in my heart.

***Atharv Rathore, Class 11***

## **Interaction with Bhau**

It was a Saturday night when our houseparent informed us about the interaction we would have with our chairman, Shri Atul Bhau. Eagerly, we decided on the points we wanted to discuss with him. The next day, after breakfast, we all gathered in the assembly hall. The interaction started around 10. In the beginning, we casually discussed how the week passed by as it was our first week this academic year, and we are a board-going batch. He enlightened us with his wise words and told us to stay focused and gain all the knowledge we can. Soon after that, he asked us to talk about the routine, our suggestions, and any current difficulties. We all presented our points and views, and he answered every question. He gave examples and reasons for

all of them. He also talked about respecting every person and their work, to understand people from their perspective. He has wide knowledge, which he blesses us with, as he is an experienced person. He started working in the company (Jain Irrigation) in his teen years. He is a reflection of our founder Shri Bhavarlal Jain and is surely walking on the path paved by Dadaji. We felt truly happy and satisfied after interacting with him. This interaction taught something to all of us. Sharing experiences adds knowledge and helps us understand people in a better way. Interactions help people to grow and learn from things one has been through, which allows us to get through life with confidence.

***- Prapti Gugale, 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 importance 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



Keyboard



Basketball



Tabla



Anubhuti School focuses on three dimensional development of a student which includes physical, mental and spiritual well being. 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 equanimous citizens having global outlook. Slowly but steadily Anubhuti is shaping lives to make the world a better place.

*- The Editorial Team*



*Taekwondo*



*Table tennis*



*Badminton*



*Football*

## Flora (Chinese ixora)

Ixora plants (*Ixora Chinensis*) have tiny flower clusters that may make you think of the well-known hydrangea. But upon closer study, you will notice that they have smaller, more compact plant shapes and stems that are dense. Multi-stemmed, erect shrubs called Ixora plants can grow as long as two metres. Warm-toned with a propensity to bloom all year long are also nectar-rich. These clusters are available in a wide range of colours, including red, pink, orange, and yellow and are year-round flowering.



## Fauna (King Cobra)



The king cobra (*Ophiophagus hannah*) is a venomous snake endemic to Asia. The sole member of the genus *Ophiophagus*, it is not taxonomically a true cobra, despite its common name and some resemblance. With an average length of 3.18 to 4 m (10.4 to 13.1 ft) and a record length of 5.85 m (19.2 ft), it is the world's longest venomous snake. The species has diversified colouration across habitats, from black with white stripes to unbroken brownish grey. The king cobra is widely distributed spanning from the Indian Subcontinent through South-eastern Asia to Southern China. It preys chiefly on other snakes, including those of its own kind. It constructs an above-ground nest for its eggs, which are purposefully and meticulously gathered and protected by the female throughout the incubation period.

## Medicinal Flora (Banyan)

A banyan tree, also spelled banian is a fig that develops accessory trunks from adjacent prop roots, allowing the tree to spread outwards indefinitely. "Banyan" often specifically denotes *Ficus benghalensis* (the "Indian banyan"), which is the national tree of India, though the name has also been generalized to denominate all figs that share a common life cycle and used systematically in taxonomy to denominate the subgenus *Urostigma*. The banyan tree has been used for many medicinal purposes from ancient times. Its bark and leaves both possess analgesic and anti-inflammatory properties. The bark of the Banyan tree is considered useful in burning sensation, ulcers, and painful skin diseases. It can also be used in inflammation and toothache.



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