



# SANDESHANUBHUTI

"Good books handed over to the next generation will stop the deterioration and degradation of the values of life.."

— Bhavarlal H. Jain

## Chartered Accountant Day and Doctors Day Celebration

July 1st was a day of pride, inspiration, and deep reflection at our school. We celebrated Chartered Accountants' Day and Doctors' Day with loads of enthusiasm, and what made it truly unforgettable was having our very own alumni, Abhishek Kothari as the chief guest. Seeing someone who once walked these very corridors return as a successful Chartered Accountant gave us all a massive dose of motivation.

As they stood before us, their presence radiated humility and wisdom. They shared stories not just of achievements, but of perseverance, late-night struggles, and self-doubt stories that felt so real, it was like they were speaking straight to my own fears and dreams. Most of us imagine CA and Medicine as careers filled with endless studying, pressure, and impossible standards. But Abhishek Bhaiya and all the others wiped those myths away with a kind smile and simple truths.

"Being a Chartered Accountant or a Doctor is

not about being a genius," they said collectively. "It's about being consistent, disciplined, and most importantly curious and compassionate."

That one line stayed with me. It reminded me that passion and purpose matter more than just marks or fear of failure.

The Q&A session was amazing! From dealing with exam stress to figuring out how to choose between numbers and medicine, students asked everything with honesty. Everyone answered each question with genuine care and a splash of humor too which made us all feel heard.

As the event came to a close, I looked around and saw something beautiful: students weren't just applauding a career, they were cheering for clarity, courage, and the idea that we all can chase big dreams without losing ourselves.

- Aaryman Bothra, Class 12

## Rising above our fears: An interactive session by Smita Valsankar

### Facing Fears and Gaining Confidence: A Session with Smitha Patak

It's not every day that you get to attend an impromptu, yet life-changing, session led by a career counselor and psychologist. Recently, our residential school had the privilege of hosting Mrs. Smitha Patak, who is known for her work with students and parents. Although her train was delayed, she still managed to pack an incredibly meaningful session into just 30 minutes, leaving us with valuable lessons that will stick with us for a long time.

The session started with a fun, yet deeply impactful activity. We were all asked to write down our personal fears on sticky notes. It felt strange at first—writing down something that I usually try to hide or ignore—but it was also freeing. Once we'd written down our fears, we stuck them all onto a large chart paper, creating a kind of wall of anxiety. I remember feeling a mix of relief and surprise when I saw that many of my classmates had written similar things. We weren't alone in our fears after all.

But the real magic happened when Mrs. Patak showed us a series of animated videos. The videos were short but packed with powerful messages, delivered in clear, fluent English. They explained in simple terms how fear isn't something to be ashamed of—it's something we can learn to face and conquer. Watching those videos made me realize that fears are just obstacles, and with the right mindset, we can break through them.

Mrs. Patak didn't just talk about theories or abstract ideas. She encouraged us to think about how we could apply what we learned in our own lives. She stressed the importance of confronting our fears head-on, without letting them control us. Her words were simple, but they stuck with me: "Fear is just a feeling. It doesn't define you."

By the end of the session, I felt lighter and more confident. The fear that had once felt like a huge mountain to climb suddenly seemed much smaller. I wasn't just leaving the assembly with a sense of relief—I was leaving with a sense of empowerment.

Even though the session was short, it reminded me that sometimes, just the right amount of encouragement can make a huge difference.

It's funny how a small 30-minute session, led by someone who truly understands, can change your perspective. I'm definitely going to try facing my fears with a little more courage from now on, and I'm sure my classmates are too.

*- Diya Deshpande, Class 9*



## Welcoming new talents: Freshers' Day Celebration

The Freshers' Day at Anubhuti School was nothing short of spectacular, showcasing the vibrant talent of the new students. The event, held in the school's assembly hall, was a perfect blend of cultural performances, creative expressions, and an overall sense of community.

As the event kicked off, the audience was immediately captivated by a series of traditional and modern cultural dances. Students dressed in colorful attire swirled and twirled to rhythmic beats, displaying remarkable energy and synchronization. Each performance was a tribute to the rich diversity of Indian culture, leaving the crowd in awe.

Next, the stage was set for the drama performances. In both English and Hindi, the students enacted compelling stories that tugged at the heartstrings. The drama performances ranged from comedic sketches to emotional narratives,

highlighting the acting talent of the students. The audience was thoroughly engaged, laughing and applauding at every twist and turn.

Adding to the lively atmosphere, music and songs filled the air, with students showcasing their vocal prowess. A beautiful harmony of tunes, ranging from Bollywood classics to soulful melodies, brought a sense of unity among the crowd. The energy in the auditorium was electric as everyone cheered for the performers.

The Freshers' Day at Anubhuti School was not just an event but a celebration of creativity, teamwork, and the beginning of a memorable academic journey. It was a day that truly reflected the spirit of the school, leaving everyone excited for the years to come.

- *Moksha Kankariya, Class 11*



## Inter-House Poster Making Competition

As the House Captain of Blue House, I had the privilege of leading our team in the annual Poster Making Competition—a vibrant celebration of creativity, teamwork, and school spirit. This year's themes challenged us to think deeply and express our ideas visually. It wasn't just about art; it was about making a statement that could resonate with everyone who saw it.

From the moment the theme was announced, our house buzzed with excitement. I organized brainstorming sessions where every member, from Class 5 to 12, contributed ideas. It was heartening to see juniors confidently share their thoughts and seniors patiently guide them. We all decided on bold concepts.

The actual poster-making day was electric. Armed with paints, brushes, sketch pens, we transformed our ideas into stunning visual masterpieces. I watched with pride as my teammates worked tirelessly, blending colors, sketching intricate details, and adding finishing touches. My role was to coordinate, motivate, and ensure everyone felt involved and valued. It wasn't easy—there were



disagreements, moments of doubt, and even a few spills—but we pushed through together, united by our shared vision.

This competition taught me that leadership isn't about giving orders—it's about listening, encouraging, and believing in your team. As House Captain, I couldn't be prouder of what we created. It wasn't just a poster—it was a message, a memory, and a moment we'll always cherish.

*- Mukti Oswal, Class 12*

## A visit to My Station, Jalgaon

We recently had the opportunity to visit My FM Jalgaon, and it was an eye-opening experience to see how the station operates and delivers content to its audience. From the moment we walked in, we were greeted with the vibrant energy that is the heartbeat of any radio station. The station's management team works seamlessly to ensure everything runs smoothly, making sure all aspects are covered from technical operations to content creation.

The process begins with content planning. The station has a dedicated team that crafts the script for shows, ensuring that it aligns with the local flavor and audience preferences. Each script is tailored to suit the vibe of the show, whether it's a talk show, music program, or news bulletin. We were amazed to see how quickly and efficiently the scriptwriters can put together engaging content, often working in real time to stay ahead of the broadcast schedule.

Speaking of the schedule, the station's programming department ensures that there's a perfect balance between entertainment, information, and advertising. They carefully plan the timings of each show to maintain peak listener engagement throughout the day.



As for the organization, everything is well-structured. From the front desk to the broadcasting team, every individual plays an integral part in keeping the station running smoothly. The coordination between the producers, hosts, and technical team is crucial, and it was evident that the team's chemistry makes My FM Jalgaon a well-oiled machine.

Visiting the station gave me a deep appreciation for the meticulous planning, creativity, and teamwork involved in bringing local radio to life.

*- Namit Jain, Class 10*

## International Yoga Day Celebration

It was still dark when I woke up at 5a.m.—groggy but buzzing with excitement. Today was International Yoga Day, and I wasn't just attending the session. I was leading it, standing on the school stage with one more student to demonstrate the asanas to all those gathered.

I rolled up my mat and left my dorm quietly, the cool morning air brushing against my face. My heart raced a little with nerves—would I remember every pose? Would I be able to guide my friends with clarity and calm?

The school ground was serene, blanketed in early dawn. A few students had already arrived, their mats spread out in neat rows across the field. I climbed onto the stage as the horizon began to glow in orange and pink hues—like the sky was preparing itself for something sacred.

Our yoga teacher arrived shortly after and gave me a reassuring nod. Then, it was time.

I stood tall, grounded and calm, trying to steady my breath and center my thoughts. As our teacher began guiding the session, I moved with intention—slow and graceful, flowing through Surya Namaskar

like sunlight waking up the day. I felt eyes on me, but not with judgment. With trust. My classmates followed every movement, every stretch and bend—doing their best, wobbling at times, smiling through it.

I watched from the stage as the whole school moved as one in Vrikshasana, balancing like trees rooted in wind. In Bhujangasana, we stretched like cobras, rising up with inner strength. It was more than exercise. It felt like energy flowing—not just through my limbs, but from me to them, and back again. As we settled into meditation at the end, I sat cross-legged at the front of the stage, my palms open, my heart full. The field was silent, eyes closed, minds clear.

That morning changed something in me. To guide others in yoga is to be completely present—not just in pose, but in purpose. I wasn't the center of attention. I was a part of a beautiful rhythm shared with everyone. International Yoga Day wasn't just a celebration. It was a reminder: that peace lives inside us, waiting to be invited out—through breath, movement, and community.

- *Dipti Agrawal, Class 9*



## Snappies





## CISCE U-17 Girls National Football Championship

I remember being stationed near the main fields, helping with everything from setting up corner flags and organizing practice balls to just being a point of contact for the visiting teams. I was assigned to assist the Tamil Nadu squad and their discipline and focus, even during casual drills, was incredible. It's a totally different ballgame when you see athletes playing at the national level—the speed, the tactical awareness, and the stamina were just immense.

The roar of the crowd during the matches was deafening, especially when a striker broke through for a one-on-one with the goalkeeper. I even got to help retrieve a few errant shots that cleared the stands! My favourite part was watching the strategic huddles during water breaks. You could see the

coaches making quick, critical adjustments, and the girls nodding, immediately understanding the new plan. It showed me that football isn't just about fitness; it's a very cerebral game. This tournament was a huge undertaking for Anubhuti. We had to coordinate accommodations, transport, and pitch maintenance, all while running our regular school schedule. Seeing our staff and my fellow students work together so seamlessly to support these national-level athletes was genuinely inspiring. It was a massive team victory for our school, and I'm proud to have played a small part in hosting such a successful celebration of women's football!

-Arin Deshpande, Class 12

## Interaction of freshers with Atul Bhau

Our recent interaction with the school chairman, Atul Bhau, was both encouraging and heartwarming. As students newly admitted to the boarding school, we have been adjusting to a completely new lifestyle, surrounded by unfamiliar faces, and living away from home for the first time. This transition, while exciting, has also come with its fair share of challenges. Atul Bhau's visit turned out to be a much-needed morale booster.

During his visit, he took the time to personally interact with us, showing genuine interest in our well-being and experiences. One of the first questions he asked was, "Are you all settled in the new environment?" It was a simple, yet thoughtful question that reflected his deep concern for our adjustment. His openness set the tone for the conversation, making it easy for us to share our thoughts, frustrations, and joys. We spoke about everything—from making new friends to adapting to the hostel routine, balancing studies with extracurricular activities, and managing our independence away from the comfort of home.



What stood out the most was how much Atul Bhau emphasized resilience and a positive attitude. He encouraged us to view every challenge as an

opportunity for growth. His words were particularly comforting to those of us who had been feeling homesick or overwhelmed by the many changes. He



reminded us that the difficulties we face in this new phase of life are part of the process, helping us build strength and character for the future.

What truly left a lasting impression was his approachable and empathetic nature. Despite his role, Atul Bhau spoke to us not just as a chairman but as a mentor and a friend. His calm demeanor and willingness to listen made it easy for us to open up about our concerns without feeling judged. It was refreshing to know that we were not just another group of students to him, but individuals whose growth and well-being mattered.

This interaction with Atul Bhau has stayed with all of us. It was a reminder that we are not alone on this journey, and that the leadership of the school genuinely cares about our success and comfort in this new environment. His visit helped ease some of the anxiety that comes with such a major life transition, and it has inspired many of us to approach the rest of the school year with a renewed sense of determination and positivity.

- Naitik Varma, Class 11

## Investiture Ceremony - Academic Year 2025-26

The Investiture Ceremony is a time-honored tradition that signifies the formal installation of individuals into positions of authority, responsibility, or distinction within a given body or organization. Beyond its ceremonial elegance, the event underscores values such as leadership, integrity, and service, core principles that guide those entrusted with key roles.

These ceremonies are often distinguished by symbolic gestures and meaningful rituals. The presentation of emblems such as insignias, robes, certificates, or medallions highlights the transfer of responsibilities and serves as a visible marker of the new role. While the nature and formality of the ceremony may differ across contexts, whether political, military, cultural, or religious, the underlying theme remains constant: the acknowledgement of trust and duty. In a civic or governmental setting, investiture may involve pledging an oath to uphold the law or serve the community. In religious institutions, it might include sacred blessings, rituals, or rites intended to consecrate the role and guide its spiritual dimension.

The presence of peers, mentors, and distinguished guests adds solemnity to the occasion, fostering a sense of shared responsibility and mutual respect. Often, speeches or reflections accompany

the proceedings, reminding all present of the values that the newly invested individuals are expected to embody and protect.

An investiture is not just a formal event; it's a powerful affirmation of purpose. It serves both as a milestone and a motivation for those assuming the role, offering inspiration and encouragement from the wider community. Ultimately, the Investiture Ceremony is a symbolic passage, an embrace of duty, a declaration of commitment, and a celebration of leadership that aims to serve not just the organization, but the greater good.

The House Captains and Vice Captains are:

- **Ananta House: Captain:** Atharv Kamle  
**Vice-Captain:** Sparsh Mohite
- **Amrit House Captain:** Mukti Oswal  
**Vice-Captain:** Anjali Agrawal
- **Ambar House: Captain:** Hitaishi Banoth  
**Vice-Captain:** Lakshya Tolani
- **Agni House Captain:** Anishka Jain  
**Vice-Captain:** Chinmay Patidar

- Editors



## A special visit by Shri. Kanhaiya Lal Choudhary

On a serene afternoon during the non-working period, Anubhuti School had the honor of welcoming Cabinet Minister Kanhaiya Lal Choudhary, who oversees the departments of Public Health Engineering (PHED) and Ground Water. His visit was a significant occasion for the institution, as it was dedicated entirely to assessing the school's infrastructure and exploring its future development plans.

The absence of students created a calm environment that allowed the Minister to conduct a thorough and uninterrupted inspection of the



campus. From classrooms and laboratories to essential facilities such as water systems and sanitation units, every corner of the school was carefully observed. The Minister's keen interest in sustainable infrastructure and public health standards added depth to the discussions, ensuring that the school's vision for growth aligned with broader community priorities.

Throughout the visit, the Minister was accompanied by the School Chairman, who provided a



comprehensive overview of the campus facilities and ongoing projects. Together, they discussed the institution's commitment to creating a safe, modern, and future-ready environment for its learners. The Chairman highlighted the school's dedication to combining academic excellence with infrastructural development, ensuring that students benefit from both quality education and world-class facilities.

The Minister expressed appreciation for the school's efforts and emphasized the importance of long-term planning, particularly in relation to water management and sustainable growth. His words reinforced the idea that education is not only about classrooms and textbooks but also about the environment in which students learn and thrive.

This visit stands as a milestone in Anubhuti School's journey, symbolizing the collaboration between educational institutions and government leadership. It reflects a shared vision of progress, where infrastructure and innovation go hand in hand to build stronger foundations for generations to come.

**-Suvendu Panda**



## Teachers Training Programme by Management Guru N. Raghuraman

Our school recently organized a two-day Teachers' Training Programme on 7th and 8th June, aimed at equipping educators with new perspectives in the changing landscape of education. The session was led by the esteemed Mr. N. Raghuraman, a renowned management guru and columnist for the popular daily *Dainik Bhaskar*.

Interestingly, Mr. Raghuraman didn't "teach" in the conventional sense. Instead, he shared enriching experiences of impactful teachers from his own life, creating an inspiring and thoughtful atmosphere. The sessions were highly interactive and filled with humour and real-life anecdotes, which kept the participants engaged and reflective.



One of the highlights of the programme was the group activities he conducted. These not only encouraged teamwork but also challenged teachers to think creatively and adaptively. A key takeaway

from the session was how the role of a teacher is evolving in the age of Artificial Intelligence. Mr. Raghuraman emphasized the need for teachers to stay updated and flexible, blending traditional values with modern approaches to continue making a difference.



He fondly reminisced about the teachers who had shaped his life, which added a personal and emotional touch to the training. The programme was attended by our Director, Ms. Nisha Akka, and our Principal, Mr. Debasis Das, whose presence further motivated the staff.

Overall, the training was a refreshing and thought-provoking experience that left all teachers inspired to grow, adapt, and continue impacting lives in meaningful ways.

— Abhinav Chaturvedi



## Flora

Periwinkle is a charming plant known for its delicate, star-shaped flowers in shades of soft blue, lavender, or white. Often used as ground cover, it spreads easily and thrives in both sun and partial shade. Periwinkle's glossy leaves stay vibrant year-round in many climates, adding steady color to gardens. Beyond its ornamental appeal, some species have been used in traditional medicine. The word "periwinkle" also describes a pale blue hue, evoking calmness and gentle beauty.



## Fauna

Owls are remarkable birds known for their nocturnal habits and exceptional hunting skills. With large, forward-facing eyes and acute hearing, they can locate prey in near darkness. Their silent flight, enabled by specialized feathers, allows them to approach targets without detection. Owls inhabit diverse environments worldwide, from dense forests to open deserts. They play vital ecological roles by controlling rodent populations. Many cultures view owls as symbols of wisdom, mystery, and the natural world's quiet power. They inspire awe everywhere.



## Medicinal Flora

Chamomile is a gentle, fragrant herb cherished for its calming properties and daisy-like blossoms. Commonly brewed into tea, it's known to ease stress, support sleep, and soothe digestion. The plant thrives in sunny fields and gardens, producing small white petals surrounding a warm yellow center. Chamomile has been used in traditional remedies for centuries, valued for its mild anti-inflammatory and relaxing effects. Its soft, apple-like scent and peaceful qualities make it a favorite in herbal wellness practices.



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