



Cambridge English Language Assessment  
Exam Preparation Centre

# City International School

Maharshi Nagar, Behind Dena Bank, Pune Satara Road, Pune - 411037.

SPECTRUM.....Be The Change



International School Award  
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## Message From Examination In Charge

*"There is a difference between Interest and Commitment. When you are interested in doing something, you only do it when it is convenient. When you are committed to something, you accept no excuses, only result."*



*The paradigm of education is rapidly changing...with the advancement in technology and exposure to varied media....it's an altogether new era of teaching and learning. Education today has a multifaceted role. It should give wings to the students to fly on their own and at the same time keep them rooted with the values inculcated in them. A school is a world in miniature where one receives training for life. In CIS, we prepare students for the challenges of the global world...a world that continually demands new skills and competencies... a world that requires the students to excel in communication and inter-personal skills... a world that requires them to become life-long learners and earners.*

*Ideal students are self-disciplined and very enthusiastic. They have their own goals and they work hard to achieve them. Some students need a little monitoring and counseling. It is rightly said that "Discipline is the fuel of achievement whereas Enthusiasm is the match-stick to ignite this fuel". Enthusiasm is very necessary to make progress in the right direction. An unenthusiastic person becomes listless and his progress becomes stagnant. The parents and teachers will have to think of a strategy to bring the child back on the track of progress by infusing and awakening a new enthusiasm in him or her.*

*The need of the hour is a change of attitude and willingness to restructure education so that it prepares students for life. No doubt, CCE (Continuous and Comprehensive Evaluation) pattern helps to assess the growth of the child without waiting for annual examination.*

*Examinations should not create the anxieties and tensions among the children rather it should be able to create a spirit of competition among them so that the apprehension of getting less marks should be replaced with participation with whatever one possesses in one's personality and getting best scores should be replaced with the demonstrations of one's best capability.*

*Everyone in the society wants that his/her child should be a doctor or an engineer and the time has arrived when we are forcibly asking our kids to acquire the degrees whether they have the potential or not. The attitude of achieving only what is thought to be superior in the society should be changed. We should motivate our children in their field of interest and caliber.*

*We can conclude that we should be very clear and determined in choosing the right set of goals leading to excellence. Striving at our best and competing to get even more, widening our horizon and searching the scope of extraordinary goals can definitely lead us to the academic excellence. Keeping in mind the crucial role of education in the holistic development of a child and at the same time endeavoring to take him towards excellence, we require to put forth an extra effort which can channelize our education system as per the need of the society.*

Ms. Shilpa Kavathekar  
Examination In-Charge

# MOTHER OF ALL LANGUAGES- SANSKRIT



*In an Endeavour to promote Sanskrit- 'The mother of all languages', Sanskrit week was celebrated from 29<sup>th</sup> August to 2<sup>nd</sup> September in City International School, Satara Road. Students from classes I –VIII were involved in a variety of activities and programs'.*

*Assemblies conducted in Sanskrit language included (Thought for the day ,Songs, Skits, Subhashitmala and Shri Rama Raksha Stotra ). Students also performed a dance on Sanskrit songs.*

*The children of STD VI –VIII enthusiastically participated in Sanskrit creative handwriting competition and Shloka recitation competition. They were also asked to translate Sanskrit words into English. Hence, Linguistic creativity was encouraged amongst the students through all these activities.*



*To mark the Sanskrit day celebrations, Ganesha song was recited on 30th August 2016. This was accompanied by a classical dance performed by the students of Std I, with an objective to emphasize the importance of Sanskrit.*



# WORLD DAY AGAINST CHILD LABOUR AWARENESS DRIVE



City International School, Satara Road, celebrated "World Day Against Child Labour", a week from 12<sup>th</sup> August -16<sup>th</sup> August 2016 where students were asked to make attractive charts on issues, problems, causes and preventive measures against Child Labour. These charts were displayed on 16<sup>th</sup> August 2016 on the display boards.

A Rally was organized to create awareness in the public. This was an activity conducted for students of Std VI to VIII. Through this drive the children were sensitized with issues, problems faced by children, who are exploited at early age and can't attend the school. The street play was presented on the same day which depicted the reality of our country that how people make children work by keeping little ones for work at their homes, shops, and at work places.

An orientation from 'CHILD LINE FOUNDATION' was also conducted to explain the children about the hazardous effects of the child labour.

It has now become very important to reform our society and voice up against all these issues. With this motive City International School attempted to put a step ahead and took a pledge to abolish child labour from India.

The awareness drive was organized under the guidance of our Principal Ms. Leena Bhosale, with a positive hope to eradicate child labour. Let us all take an oath to abolish the evil of exploiting the tender growing buds by letting them flourish and blossom with their basic fundamental rights.





## COMMITTED COMMITTEES

*The Second Parent Teacher Association Meeting for Primary & Secondary Section was held on 1st October 2016.*



*The PTA members were informed about different activities conducted in Term - I of academic session 2016-17.*

*They were acquainted with the Assessments, various CBSE activities conducted in the School, Interschool Competitions in which the student participated.. Parents were also informed about the Talk Show through which the teachers had appealed to create awareness amongst the students for celebrating Eco-Friendly Ganesh Festival. A visual presentation of the same was organized through PowerPoint Presentation depicting the various events and celebrations held in the school .*





## INCULCATING PATRIOTISM...



TEJ HOUSE 1st position



NIRMITEE HOUSE 2nd position



URJA HOUSE 3rd position



AVANEE HOUSE 4th position



*Music is beneficial for children as it develops their aesthetic sense and is also the key to creativity and self expression .*

*A patriotic singing competition was organized on 12th August 2016 in the Primary Section .*

*All students sang with a strong sense of patriotism. The winners were awarded certificates.*



# AZADI 70 - YAAD KARO KURBANI

## INDEPENDENCE DAY FORTNIGHT CELEBRATION

*With the entire nation gearing up to celebrate the Independence Day, CBSE Board and Ministry of Human Resource Development declared August 9 to 23 as "Azadi 70: Yaad Karo Kurbani" - A Fortnight Celebration of Independence Day. As a part of this initiative, the school had conducted different activities.*



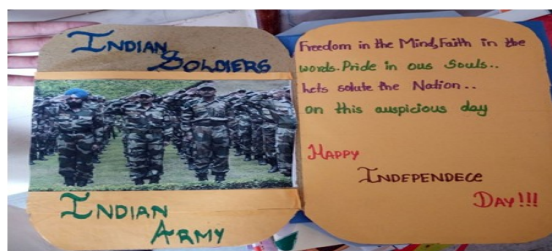
*An Inter House 'Patriotic Song singing competition' was conducted in the school.*



*A chart making competition was organized for the students of Std VI to X which was based on different topics like Unity in Diversity, Bravery Awards & Medals, Civil Disobedience & Dandi March, Rights & Duties as a citizen of India etc. To create an atmosphere of national pride in the school premises, these charts were put up on the display boards.*



*A special Assembly on the value of 'Patriotism' was conducted by students of Std. X in which a skit depicting the importance of unity & the respect towards the country was performed by the students.*



*Token of our gratitude was expressed towards the soldiers, who are posted along the country frontiers. Primary Section Students made 'THANKS GIVING CARDS' and handed them over to Mohit Gugale from Rotaract Club Aundh. The aim was to ignite the young minds with patriotic feelings and love for the nation, appreciating the gesture, admiration and respect for the Soldiers.*

*To Honour our country and to celebrate 70 years of independence and to support the initiative taken by our Hon. Prime Minister. Students performed a mass recitation of National Anthem at sharp 11:00 am on Tuesday to mark the culmination of the fortnight long Independence festival. The series of events helped to fill the young minds with deep sense of patriotism.*





# AZADI 70 - YAAD KARO KURBANI INDEPENDENCE DAY CELEBRATION



Music binds our soul, hearts and emotions. It cheers the spirit and lightens the heart. To inculcate value of patriotism and to bring out the singing talent of the students, an Inter House Group song competition was organized on 12<sup>th</sup> August 2016, on the occasion of 70<sup>th</sup> Independence Day. Each house prepared regional patriotic song under the expert guidance of music teacher, Mrs. Madhavi Prabhumirashi. Each house showed their mastery over voice modulation, pitch, rhythm and tone, The children showcased a sense of patriotism and team spirit as a result of the competition.

**Tej** House was the Winner House & **Nirmitee** House was declared as Runner Up House.



The 70th Independence Day was celebrated in the school with zest.



Ms. Leena Bhosale, Principal graced the program as the chief guest. She hoisted the National Flag. Students & teachers saluted the flag & sang the National Anthem. Various Cultural Programmes were performed by the students. The Principal delivered the short speech & filled the young minds with patriotism through her speech.



# EMPOWERING CHILDREN WITH. SAFETY SKILLS



*Children are our Nation's most precious resource, but most kids pass through childhood without experiencing physical harms. As parents and teachers, it is our responsibility to safeguard children and to teach them the skills to be safe.*

*To commemorate the birth anniversary of Hon. Founder Chairman, Late Shri. Nandan Dixit, City International School, Satara Road, Pune observed "CHILD SAFETY WEEK" from 13th to 17th September.*

*PTA member Mrs. Vaishali Kamath delivered a speech on 'Safety at Home'. Through her speech she shared experiences of her childhood & explained the students about the care to be taken while handling different electrical equipments at home.*

*A skit based on 'Safety on Road' was performed by the students of std. VIII C. Through this skit the students were given a message to follow traffic rules and regulations.*

## JOY OF GIVING AND SHARING



*Charity is one of the best investments we can make in the near future. Students of CIS Satara Road, voluntarily contributed many useful items like combs, soaps, hair oil, toothpastes, stationery items etc. as donations. All these things were donated to 'Esh Prem Niketan' at Navipeth, Pune. It gave a great sense of satisfaction and emotional contentment to them. They spent time with the children there and became aware of their pains and sufferings. It helped the students to witness and realize the bitter truth of life.*





## TIME TO ENJOY AND CELEBRATE



*“Teachers are the torch-bearers of the generation next”. Teachers play a major role in making their students responsible citizens and good human beings. Teacher’s day was celebrated in school on 5th September 2016. Our Principal Mrs. Leena Bhosale spoke few words praising teachers and appreciating their contribution in imparting education and moral values to the students and society as a whole . A grand program was organized for all teachers and admin department by the students. An entertaining skit and graceful dance was presented by Primary students. Secondary students also performed dances. The head boy gave a short speech on value and importance of teachers in student’s life . A grand lunch was organized for the teachers at ‘The Village –Amanora’ which they enjoyed a lot. Teachers on this day got back with memories of their school days and feel nostalgic . All in all ,it was celebration mood for everyone.*



## “FOR MY TEACHER...WITH REGARDS”

*“For my teacher; who deserves honor and respect , and who deserves the best ” . Students created ‘best out of waste’ by making beautiful and colourful wall-hangings . Students specially made these articles to gift their teachers on the occasion of teachers day to make it unforgettable.*





## BUDDING ARTISTS.....



To bring out the creativity and the artistic talent among primary students, a drawing competition was held in CIS Sattara road. Students exhibited their art skills by their innovative and creative presentations. Winners were awarded certificates.



## CREATIVITY- THINKING OUT OF THE BOX

*Creativity is an innovation. It is a passion.*

*A creative outlook leads naturally to high quality learning environment for aspiring learners.*

*Students eagerly engaged themselves in creating artistic wall hangings with different materials and colourful decorations.*

*Various crafty ideas were woven together passionately by the Primary students.*





## “HINDI HAI HUM, WATAN HINDUSTAN....”



*Hindi hand writing competition was organized for Primary students to emphasize the need and importance of 'Rashtrabhasha' of India. The best three students in each class were awarded certificates.*

## “WRISTY SKILLS... TIES THAT BIND”

*Artistic and stylish wrist bands were crafted by students of Primary section during wrist band competition. Indeed a variety of material combined with creativity produced a marvelous collection of colourful wrist bands. Students who made special wrist bands with an elegant look were appreciated.*





## SPREADING ECO AWARENESS .



*Eco-friendly Ganesha idol making competition was organized on the occasion of Ganesha festival for the primary section to create awareness about the benefits of eco-friendly idols and discourage the use of plaster of Paris for making idols, which causes water pollution. Students made innovative and unique idols. Students were appreciated for their creative contribution.*



## ASPIRE TO INSPIRE-OUR SPECIAL ASSEMBLIES



## BLOSSOMING SKILLS AND TALENTS : MEDITATION

OMmmm.....

*With today's hectic life it is imperative for an individual to keep his body and mind healthy . Meditation helps in keeping our mind stress free and increase our powers of concentration and retention .Our students at CIS Satara road practice meditation everyday during morning assembly, which helps them to be more focused in their day to day activities in the form of mind training.*







## APPRECIATING ACHIEVERS ...



*Ms. Radhika Sakpal secured 1st rank in 47th Inter district and 78th State Table Tennis Championship, 2016 held in Pune, Maharashtra.*

*She has won many prestigious tournaments on district and state level.*

*Now she is gearing up to play on National level.*

**ALL THE BEST RADHIKA !!!!!!!**



Mast. Yuvraj Yadav  
III B  
State Olympiad



Miss Sakshi Saravade  
VII A  
1st Runner Up in grand master C



Miss Prapti  
III A  
Radio Show

*Wow! It was such an awesome feeling! Indeed a moment of pride and joy for me when I was felicitated with a shield and a bouquet of flowers for participating in the 1st Vishwa Sahitya Sammelan held in Pune on 18th, 19th and 20th of November, 2016. Dignitaries from eminent walks of life graced the occasion. Renowned authors and poets from different states were felicitated for their valuable contribution in the field of literature. I anchored the program for a considerable duration and got an opportunity to express my thoughts through my writings. Our Principal Mrs. Leena Bhosale and the entire staff appreciated my endeavour.*

*I am indeed blessed to be a part of such a prestigious institution, CIS Satara Road, where we are able to reach the zenith of our talents with the wholehearted support of our Principal, coordinators, teachers, admin staff and students.*



Mrs. Reena V. Saluja  
(Secondary Teacher)



## BHONDLA=THE REFLECTION OF OUR CULTURE KEPT ALIVE.....



*Our school celebrated Bhondla on 7th October 2016. Students of Primary Section were dressed in colourful traditional outfit. They enjoyed performing Garba around a huge Rangoli of elephant in center which is called as Hadga . A few teachers sang Bhondla songs to suit the occasion . This celebration concluded with distribution of sweets to each participant as a part of Khirapat. Such celebrations help in keeping our culture and tradition alive.*



# DIWALI EXTRAVAGANZA



The cultural heritage club adopted "Rajasthan and Gujarat" as the theme for Diwali Fest this year. The office lobby depicted the folklore and traditional art of these states. All teachers looked elegant in traditional outfits. As a part of the theme students performed RJ show, putting mehendi and drawing tattoos. Keeping alive the dance form Ghoomer and Dandia added beauty to the program. Graceful performance with colourful costumes adorned by students induced spectators to tap their feet on this cheerful occasion.



# DIWALI EXTRAVAGANZA



*Beautiful rangolis , artistic wall hangings, colourful diyas and lanterns ...yes!!!! its Diwali Fest. Which was organized on 21st October 2016 in CIS Satara Road. The decorations exhibited the cultures of Rajasthan and Gujrat states in India. Students enthusiastically made diyas , lanterns , key chains ,wall hangings etc. that were exhibited and put for sale . They also performed Rajasthani dances ,Gujarati songs with zest and zeal. The proceedings from the sale of these items is donated for a good social cause.*



# FUN WAYS TO LEARN AND EXPLORE



In Diwali vacations we ate different types of “Pharal” which are sometimes unhealthy as it contains oil and ghee in large amount. Keeping this in mind our EVS ma’am chose an appropriate topic for the activity- **BALANCED DIET**. We all enjoyed a lot while doing this activity. Through this we learnt about proper eating habits and the importance of regular exercise..



Ms. Palvasha Mohite, 5th C

During fruit activity we were told to bring different types of fruits like oranges ,kiwi , chickoo , pineapple , bananas to make sun and island. Group of ten students each was formed and work was divided between them . Students bought plates , gloves, chef caps and aprons . We all worked together as a team. By using pieces of orange, sun was made and an island was made out of orange, banana and kiwi.



Mast. Anuj Chadak, 3rd B



EVS activity was conducted in class . Material required for this activity was a map , different types of grains like Wheat, Jowar , Rice, Bajra and Tur Dal . Looking at the map it became easy to study the states of India and the crop grown in it. For example, wheat is grown in Punjab.



Ms Anushka Kulkarni, 4th B

I can protect you from the rain  
I have a handle.  
My name begins with a vowel.  
And has three syllables.  
Who am I ?

umbrella

I am in the sky.  
I happen when it rains.  
While the sun shines.  
I am colorful.  
Who am I ?

rainbow



Ms. Sanskriti Mankar ,II



## CELEBRATION FOR TINY TOTS



*Children's Day (Bal Diwas) marks the birth anniversary Of legendary freedom fighter Pt. Jawaharlal Nehru. Fun and enjoyment adorned the celebrations of CPS on 15 Nov, 2016. Teachers of pre primary disguised themselves as children and performed a wonderful dance on the song "Lakdi ki kathi". Children enjoyed dancing with teachers. Quiz and games were taken up , which were enjoyed by the students . Teachers of Junior and senior KG along with the little chefs of their class prepared delicious 'chaat'. The little ones of nursery indulged in sweet fruit cream. We at CPS strive to mark this occasion with grand fiesta. At the end, adorable, precious pearls were treated with sweets and smiles.*

## TRIUMPH OF GOOD OVER EVIL



*Keeping the festive spirit alive, Dussehra was celebrated with full enthusiasm.. On 10<sup>th</sup> Oct 2016 teachers of pre-primary creatively made an effigy of 'Ravana' depicting a silent message for students to vacuum out negative habits and thoughts and inculcate good values. Teachers and students were dressed up in saffron attire. Our honorable principal ma'am also performed 'Saraswati Pujan' to seek blessings for all our students. Torans and wall hangings were made by pre-primary students as class activity. Thus auspicious celebration ended with joy and fulfillment.*



## SPRIT OF FREEDOM



70 glorious years of independence! “Zara yaad karo kurbani...”yes ,lets salute our great freedom fighters who had shed blood for our motherland. Our pre-primary section paid tribute to these great people with pride. The spirit of patriotism was seen through activities like colouring of national fruit, national flower ,national bird ,and banyan tree in tricolour i.e saffron, white and green. Special assembly was conducted by pre-primary section followed by dance performance by nursery . Jr.KG students sung patriotic song “Oh India ,Oh my India” And Sr KG students delivered speech on our great leaders. The program concluded with our national anthem.

## GO-GO-GO.....GOVINDA



“Govinda ala re ....ala re.....ala “

The fun, frolic, masti, magic was in the air...Yes this is the aura of our karmic God” Krishna”.

Janmashtami marks the birth anniversary of lord Krishna. This was celebrated by our pre-primary section with full enthusiasm and energy. The dance performance by Sr. Kg students made all of us tap our feet. Little kids enjoyed” Dahihandi” celebrations and danced on the tunes of “Govinda re Govinda...” The magic of makhanchor spread smiles on faces of the little one..





## BEYOND THE CLASSROOMS



*Inspired by Swachh Bharat Abhiyan initiated by our honourable Prime Minister Shri Narendra Modi and accelerate the efforts to achieve and inculcate the habit of cleanliness in India., we CPS became a part of this drive .Our preprimary teachers performed a simple yet meaningful skit to convey to our little ones the importance of cleanliness in our society. Children enjoyed the skit and imbibed the message to make our surroundings clean and green. Hence, this event was beautifully elaborated and explained to the children*



## GLIMPSES OF 2016-17 AT CPS



*The Pre Primary section of City International School celebrated plethora of events from June to November. We at CPS always strive to make very event special for the little ones. From Ashadi Ekadashi to friendship day, storytelling, puppet shows, dances and so on. Let's have a small glimpse of these events, which we tried to capture and turned these beautiful moments into eternal memories.*



## CELA GAVE US A LOT.....

*Hello this is Sarvesh! Our CELA classes have been always rocking throughout its duration. What I like most was listening skills. Listening the British accent was fun.*

*I am in 5th so in KET (Key Practice Test) level.*

*CELA helps me to speak and write English more fluently. I learnt to express my views more effectively in front of groups and also listen to others.*

*I was excited for every CELA class. Throughout the duration, we had lots of fun activities for memory skills, imagination, logically joining various items. But on last class I was feeling sad and sorrowful as CELA is going to be over for this year.*

*All credit goes to my Teachers to make my grammar unbeatable. So, the feedback I could give about CELA is overall the best.*

*Very, very thanks to all teachers. Also thanks to Mrs. Sushma ma'am for organizing this in a spectacular way. Eagerly waiting for CELA classes next year!!!*

*Sarvesh Joshi ,5th D*

*I have attended 10 sessions of CELA. I have enjoyed all the sessions. I am able to speak English fluently. I have learned to write short essays and paragraphs very confidently, using my imagination. This has also helped me to improve my vocabulary. The activities conducted during the sessions were very interesting and innovative and all of us enjoyed a lot. I would love to be a part of PET, in the next year too.*



*Gandhar Deshmukh , 5<sup>th</sup> C.*

*This year I was very excited to join KET [key English tests] CELA. CELA class started on 30<sup>th</sup> July 2016. CELA focused on improving our reading, writing, speaking, listening skills etc. We solved different exercises from the book as well as performed different activities.*

*Some of the activities are:*

- \* Word games*
- \* Writing short stories*
- \* Making words using an alphabet*
- \* Writing an informal or formal letter*
- \* Writing of paragraphs on different subjects*

*We learnt many things and enjoyed the CELA class a lot. I will definitely join the CELA class next year.*



*Pratham Dedgaonkar , 5th C*



# FRIENDSHIP

*I had a best friend;  
And I used to think she'll be till the end.  
She was more than love;  
Fair as a dove.  
Her laugh brought joy;  
More than a toy.*

*She's soft than the towels;  
Her name has two vowels.  
We used to sing a song;  
And I sung it wrong.  
We went to many places;  
Now, she has left no traces.*

*I made her piss;  
But indeed she's a bliss.  
People thought we're jobless;  
Our memories are flawless.  
She gave me lectures;  
And we have too many pictures!*

*We were friendship goals;  
Now I have lost my soul.  
She called me lame, but now we've come to the end.  
Our friendship broke too fast;  
It happened like a blast.  
I wonder if she talks about the girl who rocked,  
Indeed, in her sock!!*



Ms. Purva Adake  
IX B

# NUMBERS FOR LETTERS

Work out the answers using given codes. :  $a = 2$ ;  $b = 5$ ;  $c = 3$

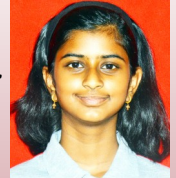
- i)  $a + (b * c)$
- ii)  $b + c / a$
- iii)  $b + b + c + c + a + a$
- iv)  $(b + c) - a$

Answers : i) 17 ii) 4 iii) 20 iv) 6



# VIEWS - PM MODI'S MASTERSTROKE ON NOTES

*We all know that the terrorists attacked the America's Twin Tower on 9/11. And now, we have this massive problem for the people who have black money as Mr. Narendra Modi, our Prime Minister has announced to ban 500 and 1000 currency notes in India from 9th of November 2016, so people call it the 2nd attack of 9/11. Though speaking from my point of view, I really feel that Mr. Narendra Modi has done the right thing. I really liked the masterstroke he took. Though we have problems as people don't have money and the ATM's do not have cash, but people have to understand and have to control themselves...things will be stable after some time..I insist people not to worry....*



*Ms. Samruddhi Patil  
IX B*



*Recently our Hon. Prime Minister Narendra Modi has banned 1000 and 500 notes in order to stop black money. In my opinion this decision has some good points and bad points as well.*

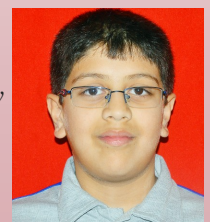
*According to me, the good points are:*

- 1. The government had made the rule that you can pay 500 and 1000 notes in airports, hospitals and railway stations. This means that people can use the old 500 and 1000 notes already present with them.*
- 2. This will block all the Black Money people have with them as they cannot use the old 500 and 1000 notes lying with them.*
- 3. Whatever 500 and 1000 notes are getting exchanged, will be available to Indian Government to use for citizen projects.*

*However this sudden decision also has created some problems:*

- 1. People are finding it difficult to purchase items which we use daily as there is no change available with the shopkeepers.*
- 2. The people have to stand in line for hours and hours wasting time, just to get the new notes and only of Rs. 2000 denominations. This means people have no change money with them.*
- 3. People have started using Credit Cards for buying things but with this there is a tremendous load on the Credit Card Bank Servers making them slow to operate. People have to retry around 10 or 15 times to complete the transaction. This is leading to a lot of wastage of time.*
- 4. The ATM machines have to be readjusted to give out only 20, 50, 100 denominations which is taking a lot of time and hence most of the ATM's are down. People cannot withdraw their own money.*
- 5. It was said that the new denominations will have tracking options such as GPS which was told over the news. However this is not the case and hence there is a question as how will new denominations help track black money transactions.*

*Therefore, I feel that currently it is creating more problems than solving them.*



*Mast. Aniket Karandikar, IX B*



# THE POWER OF YOGA



Many arts have been flourished in our country since ancient times. “Yoga” is one of them. Yoga is a miracle art which energizes our nervous system. It also benefits us by improving our concentration, cognition, comprehension, analytical skills and reduces our stress levels.

Yoga involves various ‘asanas’, pranayama and concentration & meditation techniques. By introducing these things in our daily routine, we can pace our way towards good health and happy life.

The syllable ‘Om’ or ‘Aum’ which is used or chanted at time of ‘pranayama’ is said to have healing power. It produces frequency of 432 Hz which is also produced while the earth rotates around itself. It helps to co-relate us with the universe.

Besides, ‘Pranayama’ is said to activate the pineal gland which secretes chemical called ‘serotonin’ that is responsible for our mood swings. ‘Pranayama’ increase this serotonin level in our body helping us to calm ourselves and be in a happy mood.

Every body has a certain physical and mental capacity to perform. But Yoga helps us to uplift ourselves beyond our capacity towards divinity since it reorients our cycles and channelize our energy and nervous system towards betterment of our body.



Mast. Sumedh Patil  
IX C

# VEDIC MATHEMATICS - MATH



Late Shankaracharya of Govardhan is regarded as Modern Architect of Vedic Mathematics. Based on sixteen simple sutras ( formulas ), Vedic Math is considered as the fastest and shortest means to solve various mathematical problems. Vedic Math is an ancient Indian technique of arithmetic calculations, where steps involved in calculations are reduced, there by improving the speed of calculations by at least five times. It involves lot of mental calculations which improves concentration. Elimination of steps improves accuracy. There are many tricks in Vedic Math which are based on logic, where problems can be solved at magical speed. Using these methods anyone can solve mathematical problems with less efforts. These methods are popular since last ten years in USA and afterwards it gained popularity in India. Though these are ancient methods they became popular in India after being adopted by other countries.



Ms. Purva Bothara  
VI B



## OUR YOUNG SCIENTISTS

*We all have seen many cartoons or fictional characters travel from one place to other in an instant, or in a fraction of a second. This phenomenon is known as Teleportation. The idea of teleportation was first thought by the writers of comic books or cartoon show makers which became an idea worth discussing for the scientists.*

*American writer, Charles Ford, is credited for coining the term Teleportation in 1931. There is a phenomenon known as Quantum Entanglement which says about two particles being entangled but not physically. Whenever you change the physical characteristics of particle A, they are changed automatically for particle B as well, because they are entangled or connected. This is the basic principle of teleportation.*

*The objects which are used for Teleportation are seen as a form of data, when they try to teleport an object from particle A to particle B, the data of the object is sent to particle B by particle A, and for a fraction of a microsecond the object is seen at both particle A and particle B. After the data is successfully sent, particle A deletes the data and we say that the Teleportation process is completed as the object has successfully changed place.*

*Researchers in Germany claimed to have figure out how to teleport information from one place to other place using lasers. According to recent studies physicist have found that the Teleportation is not possible for humans apply on themselves.*

*Recently Quantum Computers have been invented and it has given the researchers hope that Teleportation is not too far away from their reach as well.*



*Mast Harsh Mehta*  
*XA*



*Mast Ishan Joshi*  
*XA*



*Mast. Abhishek Makude*  
*XA*

## BUCKMINSTERFULLERENE - A CARBON MOLECULE

*What does such a big word 'Buckminsterfullerene' mean? It is the third allotrope of carbon which can also be called as 'Fullerene'. It was first identified by C-60 which has carbon atoms arranged in the shape of football.*

*It was designed by US architect Buckminster Fuller, so named as Buckminsterfullerene or Fullerene and was discovered by Sir Harry Kroto from the University of Sussex and Richard Smalley & Bob Curl from Rice University in 1985 during a joint research project.*

*Unlike other two allotropes, Buckminsterfullerene is not hard as the diamond and not even soft as Graphite. This molecule is extremely stable and have the ability to withstand at high temperature & pressure. Diamond & Graphite are giant molecules which consists of an unending network of carbon atoms where as fullerene is very small molecule made up of only 60 carbon atoms. As fullerene is made up of only 60 carbon atoms in football shape, the atoms are powerfully banded to one another which makes it a superconductor.*



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