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## From the Principal's Desk

The Key to Happiness: Balancing Physical and Mental Health

*True happiness is found in the delicate equilibrium of a strong body and a peaceful mind.*

Did you know that keeping both your body and mind healthy is the secret to leading a happy and fulfilling life? Just like a seesaw needs to be balanced, our physical and mental well-being require harmony too. We will thus explore the importance of balancing good physical and mental health and discover how they contribute to our overall happiness. Physical Health: Taking care of our bodies is crucial for a strong foundation of well-being. Regular exercise, a balanced diet, and enough sleep are essential for our physical health. Exercise helps us stay fit, boosts our energy levels, and improves our overall mood. It also enhances our immune system, keeping illnesses at bay. Eating nutritious meals packed with fruits, vegetables, and whole grains gives us the energy we need to tackle everyday activities. Adequate sleep allows our bodies to recharge and rejuvenate, helping us feel refreshed and focused throughout the day. Mental Health: Just as our bodies need care, our minds require attention too. Mental health refers to our emotional well-being and how we think and feel. Engaging in activities we enjoy, spending time with loved ones, and practising mindfulness and relaxation techniques help nurture our mental health. It's important to express our emotions, seek support when needed, and take breaks from stressors to maintain a healthy mind. Engaging in hobbies, reading, or playing games can also boost our creativity and provide a sense of joy. Yoga: The harmonious symphony of body and mind, a perfect blend for holistic well-being. Through its gentle movements and mindful breath, it nurtures our physical strength and mental resilience, fostering balance, peace, and vibrant health within our beings." Balancing good physical and mental health is the key to a happy and fulfilling life. By taking care of our bodies and minds, we create a strong foundation for overall well-being. So, let's make sure to stay fit, eat healthy, stay active, get enough rest, and take care of ourselves. Remember, a healthy and happy life begins with you!

Farida Harianawala, Principal Orbis 1

## Big News!

### Orbis Chess Rapid Chess Tournament, 2023

Chess, often referred to as the game of kings, has captivated minds for centuries. Originating in ancient India and evolving into its modern form, chess has become a symbol of intellect, foresight, and tactical prowess. It transcends language barriers and cultural boundaries, uniting players from diverse backgrounds in the pursuit of mental mastery. In the spirit of competition, strategy, and intellectual pursuit, through the noble game of chess, an Interschool Chess Tournament was conducted on Saturday, 24th June 2023 at the Orbis School, Keshavnagar. Ms. Deepti Shidore an Arbiter of FIDE (International Chess Federation) was the Chief Guest for the event. A total of 364 participants from 27 schools of Pune participated in the tournament. The tournament brought in a lot of cerebral energy and josh, filling the campus with a spirit of healthy competition. The categories under which the players participated were Under 10 (Boys/Girls), Under 12 (Boys/Girls), Under 14 (Boys/Girls) and Under 16 (Boys/Girls). It was a grand affair, very well coordinated, bringing in students from many schools of Pune under one roof which makes us feel honoured and happy



## Flavours from our orchard

### Wellbeing and Personal Hygiene (12th -16th June)

Wellbeing is a state of being comfortable, happy and healthy. The students of the nursery class were enlightened on how to be healthy, happy and safe through an act planned by the teachers. The little ones enjoyed a round of quiz on the topic and were also told about 'sometime food' and 'all time food'. The process of learning was fun for both the children and the teachers.

**Meenu Sharma, CT Sr KG Orange**



### Let Us Keep Clean and Good Manners (19th - 23rd June)

To make our children vigilant about personal hygiene and cleanliness, the pre-primary children were engaged in different experiments and activities. The nursery children were sensitised about the importance of waste management through rhymes and videos. During the school tour children were shown why and how the wet and dry garbage is managed in the school premises. The Magic Pepper Soap Science Experiment was a great visual learning aid for the Jr. KG children as to why they should use soap to wash their hands. During the class discussion before the experiment, the teacher represented pepper as germs on their hands and how the soap helps to clean the skin of them. Sr. KG children were engaged in class discussion to understand how and why it is important to keep our surroundings clean. A story narration by the teacher brought more clarity to the topic for our little ones.

The children follow and understand the importance of washing their hands before and after any meal.

**Swati Shrivastava, CT Jr KG Orange**



### UN Yoga Day (21st June)

Yoga is a set of exercises that makes our body fit, flexible and supple. It helps us relax our mind and body and improves our health through breathing exercises. Yoga Day was celebrated on 21st June. The students were taught about the importance of Yoga and how Yoga improves our lifestyle. The students enjoyed the activities they performed and learnt new ways to take care of themselves.

**Meenu Sharma, CT Sr KG Orange**

### My Family and Extended Family (26th - 30th June)

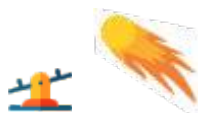
Family plays an essential role in our lives. Each one of us is incomplete without a family. A family is like a tree with many branches representing the different family members. The little Orbiens were engaged in various activities that helped them to understand the importance and meaning of a family and the extended family. The nursery tiny tots recited the family rhyme with actions and enjoyed making the family tree. The Junior KG children exhibited the importance of each family member through role play. The Senior KG stars enjoyed the family song and displayed the love for their family by making a family tree in the scrap book and stuck pictures of their beloved family members. All the children enjoyed the activities planned.

**Hufrish Dutt, CT Sr KG Apple**

### Plantation Time (30th June)

Plantation of trees hold both essential and aesthetic values. Trees look beautiful, they also are an essential part of our lives, providing us with food and clean air. To inculcate the importance of trees, the students of the Pre-Primary were encouraged to sow seeds and take care of their growing plants. Watching plants grow is a fun and educational experience for all, young and old. The little ones were both curious and excited, watching their seeds germinate and sprout. Tending to plants teaches children how nature works and also instils in them a sense of responsibility towards nature.

**Swati Shrivastava, CT Jr KG Orange**



## Sense Organs (3rd July-7th July)

With the little ones now ready to learn more about themselves, it was time to introduce 'Sensory Organs' in a fun and interesting way. Through play way techniques the children learnt about hearing, seeing, feeling, smelling, and tasting. They listened to the sound of different musical instruments, imagined their surroundings with their eyes closed and then opened them to understand the difference between the two, felt textures of fabrics and differentiated between fragrance and odour through an experiment thus enjoying their journey of growing and learning.

**Arpita Dubey, CT-Nursery Apple**



## Community Helpers (10th July - 14th July)

With the endeavour to inculcate the values of respect and dignity of labour, the Pre-Primary children celebrated the community helpers who help us every day making our lives happy and comfortable. The little ones interacted with the helping staff of our school and were also told about others in society. Community helpers were invited to school, and they displayed their tools which excited the children. The Nursery classes enjoyed a session of role play while the Jr. KG students participated in the 'Show and Tell' activity.

**CT Sr KG Mango, Uttama Purohit**

## Seasons (17th-28th July)

The rains always make children happy. It's the change of season from summer to monsoon. The clothes worn; the food eaten changes with season. After a class talk on the changing seasons, the children got busy colouring trees and frogs using the thumb printing technique. The nursery children learnt the cotton dabbling technique of colouring. They learnt about all the seasons we experience in India through colouring activities.

**Alina Salim, CT, Jr KG Apple**



**I Know More, I Grow More**

## Global Tiger Day (28th July)

Every year Global Tigers Day is celebrated on 29th July. It is a celebration of the magnificent Tiger. To develop a sense of conservation, teachers helped the children of the nursery class to make tiger masks. The Junior KG children made headgears while the Senior KG students created beautiful artwork in their scrapbooks based on the theme of the day, Tigers!

**Alina Salim, CT, Jr KG Apple**



## New Parents Orientation (8th June)

At the onset of the new academic year, a Parents Orientation Programme was organised for the new parents of Classes 1 and 2, to take them through the various activities which are conducted round the year by the school. The orientation focussed on different topics such as learning tools, assessment pattern, different channels of communication and the school portal. Certain guidelines for parental support were also shared to help the child celebrate and enjoy the process of learning. The session concluded with the queries of the parents being resolved. The orientation programme for the parents of Class XI was conducted to brief them about the school's policies. The teachers then provided an overview of the various subjects and extracurricular activities, assuring the parents that the curriculum includes self-directed and practical learning activities that not only allow children to express their innovative ideas and talents but also aid in their overall growth. The orientation programme proved to be a sincere effort made by the school in educating the parents to look after and guide their children in a proper manner.

**Sheetal Deorukhkar, CT 1 Rigel, Bhawna Pal, CT 10 Antares**

## Reopening of School (15th June)

A long summer break provides a good time for the students to learn new skills, observe their surroundings, socialise with family and friends thus boosting their confidence, expanding their know-how and equipping them with life skills. Resuming the journey of learning in school, after the summer holidays sees students bubbling with energy, full of enthusiasm, to share their experiences. The students of Classes 10, 11 and 12 started school on the 06th of June the rest of the school came back on the 15th of June.

**Amrita Kar, CT 2 Antares**

## Preliminary Tests-1 (15th June)

Preliminary test plays a significant role in a student's life. This test has been especially created to help students in grades 10 and 11 get ready for the final board exam. These assessments provide a good indication of the student's actual performance. The exam is administered in accordance with CBSE regulations and provides students with a better knowledge of both the exam procedure and how much they have learned. The teacher helps the pupils develop in the areas where they fall short by offering extra sessions based on the results.

**Bhawna Pal, CT 10 Antares**

## Visit to the Scholastic Book Fair (16th June)

The Scholastic book fair organised in the school campus, presented a unique experience for each one of us. The wide range of books were all very different from one another featuring renowned authors such as Geronimo Stilton, Dogman, Tom Gates and others. The books also ranged from humour to education to journals. Being able to select our own books felt empowering. To sum up, the Scholastic book fair left a lasting impression on all of us, making it a truly remarkable event.

**Hrishaan Shah, Student 5 Rigel**



## Workshop on Etiquette (16th June)

A workshop on 'Etiquette' was conducted for Classes 6-8 by our school counsellor, Ms Sanchi Gupta. Etiquette is the way we must carry ourselves in public, in private, in a group, at the market and so on. We discussed acceptable and unacceptable behaviours, taking everyone's viewpoint into consideration. Apart from this, we also shared our concerns and asked questions which were very well answered by our counsellor. It was a very informative and interactive workshop.

**Vihaan Sharma, Student 6 Vega**



## World Environment Day (20th June)

World Environment Day, observed annually on 5th June, was celebrated in a remarkable way by the Scouts and Guides Club at the Orbis School, Keshav Nagar on Tuesday, 20th June. A series of activities were planned to promote environmental awareness and encourage responsible actions towards the planet. The event began with a tree-planting activity where students eagerly participated in planting saplings, nurturing the soil, and watering the newly planted trees. The tree-planting event aimed to create a greener school campus and be close to nature. The students also collected litter and ensured proper disposal, emphasising the significance of maintaining a clean and healthy environment. This activity inspired students to become ambassadors of cleanliness. The event also featured a workshop on environmental sustainability. The workshop aimed to raise awareness about environmental conservation, sustainable living and the need to protect our planet for future generations. The students' enthusiasm and participation demonstrated their commitment to making a positive impact on the environment and inspiring others.

**Farheen Shaikh, Coordinator-Upper Primary**



## Yoga For Wellbeing-Inter-House Board Activity (20th June)

To commemorate the 9th International Yoga Day, 'Yoga for wellbeing' was chosen as the IBA board competition theme for Classes 6-8. Each house displayed the best works of its students. Each board was unique and special in its own way. The boards not only educated us about the different asanas of yoga but also the importance of doing it in our daily lives. This activity has ensured that we understand the importance of yoga. We all should educate and encourage our families, friends and people around us about this great practice. Let us take this first step today!

**Durva Tejpal Sawant, Student 7 Vega**

## World Music Day (21st June)

The Orbis School, Keshav Nagar celebrated World Music Day with a vibrant showcase of talent. Students from different grades played various musical instruments, showcasing individual displays of instrumental skills. The diverse sounds and melodies demonstrated the students' versatility and the unifying nature of music. An enthusiastic audience applauded the performances, fostering confidence and appreciation for the art. The event served as a powerful reminder of music's transformative power and ignited a renewed passion for melodies among the young musicians.

**Farheen Shaikh, Coordinator-Upper Primary**



## Campaigning For Office Bearers (26th June)

"Democracy is in India's DNA," said our honourable PM Modi on his state visit to the USA. At the Orbis School, we believe in democracy along with the principles and the discipline it demands. The adrenaline rush during election time makes school days exciting and competitive. The students from Classes 7–12 are all set to elect the school's vice-captain and captain. Nominated candidates from Classes 11 and 12 have begun to campaign making the air around charged with energy. Students will cast their votes on the 4th of July, which is the voting day. May the best candidate win.

**Annwasha Mukherjee, Class 12 Sirius**

## Workshop-Good Touch, Bad Touch (30th June)

Taking all necessary steps to keeping our children safe, aware and alert, a workshop was conducted by the school counsellor with the objective of spreading awareness and educating children about safe and unsafe touch. Taking responsibility to sensitise and equip the children, the goal of the interaction was to inform the students about the challenging situations in life, without causing any anxiety. Through the interactive session, the workshop emphasised the importance of empowering young children to report any form of abuse, apprehension, or fear to trusted adults within the school community. These adults include the Junior School Head, Coordinator, the school counsellor, or any other adults that the pupils feel at ease and secure around. The workshop also assured the kids that the selected people would be available for all pupils to talk with them about any concern.

**Lynnete Van Maanen, CT 3 Deneb**

## Field Trip (1st July)

On 1st July, Classes 10 and 11 went on an exciting and memorable field trip to MIT-WPU located in Kothrud. They were welcomed by a group of professors who made the start of our day informative by detailing to all about their 150 plus courses. Their presentations broadly contained topics of engineering, commerce, management, and design. After the fruitful session, the students were treated with sandwiches and juice to boost their energy for the campus tour. They were taken to a sea-engineering lab where they saw the mechanics of operating underwater. The Robotics centre was fascinating where the tech team presented a self-designed robot that had won second prize in a Robotic Contest. It was fascinating to learn how the robot worked. There was an automated/driverless car also on display, which was made by the students of MIT. Class 12 went to the FLAME University, the infrastructure and the campus kept everyone in awe. The students went on a campus tour and were apprised of the different courses offered by the Institute as well as its admission process. All the students came back with fun memories and information galore.

**Kirtika Tambi, Student 10 Deneb**



## Did You Know?

1. There are 40 Heritage Sites identified and protected by the United Nations, in India
2. More than 600-year-old Walled City of Ahmedabad founded by Ahmed Shah has been declared India's first World Heritage City
3. India has the sixth largest number of sites in the world. The first sites to be listed were the Ajanta Caves, Ellora Caves, Agra Fort, and Taj Mahal, all of which were inscribed in the 1983 session of the World Heritage Committee.
4. The group of monuments in Hampi, Karnataka, is a heritage site. The Vijaya Vittala temple has 56 musical pillars that produce musical tones when struck with a thumb.
5. The iconic Chhatrapati Shivaji Terminus in Mumbai was built under the supervision of Sir John Lockwood Kipling, father of the famous Jungle Book writer, Rudyard Kipling. It has been declared a heritage building by the UN.

**Look up other heritage sites of India. India is a rich country, culturally and historically.**

## Election of Office Bearers (4th July)

India, being the biggest democracy of the world, is a matter of great pride. For the growing generation to learn the nuances of how a democracy works it is important that they are given opportunities to shoulder responsibilities that lend to a democratic set up. The Orbis School believes in this philosophy and holds fair and unbiased elections every year where students are selected on the basis of merit and through dialogue. The selected students' campaign for votes to become school leaders. Teachers and Students from Classes 6-12 cast their votes through an online system. The excitement and the enthusiasm of the students is infectious during these days. Kanakdeep Kaur, Annwasha Mukherjee and Rishabh Mahajan were the contestants for the school captain this year whereas Maahir Raval, Kratika Gupta, Smbahj Vij and Ashwin Poddar were the candidates for the school vice-captain. Rishabh Mahajan of class 12 won with a majority and was elected as Captain, Orbis School and Ashwin Poddar of class 11 was elected as the Vice-captain. They endeavour to work towards making our school a healthy, happy and a safe space.

**Kanakdeep Kaur Sohal, Student 12 Sirius**



## Workshop on Examination Tips (7th July)

A workshop focusing on Examination Tips and Answer Script Presentation was held on 7 July 2023, for students of Classes 3 to 5. The objective was to help students develop effective study skills by providing guidance on examination techniques, which would improve their academic performance and boost their confidence. The workshop aimed to equip students with strategies for effective exam preparation, covering topics such as writing in answer scripts, managing time, employing revision techniques, and reducing stress. Through the interactive session and practical exercises, students gained valuable insights that empowered them to excel in their upcoming exams. As a result, they were able to approach their exams with confidence and perform at their highest potential.

**Anuja Jain, CT 4 Antares**



## Health Check-up Week (10th July)

Health check ups are crucial not only to detect medical issues, but also to identify risk factors and illnesses before they start to cause problems. Health check-ups aim to not only help prevent illnesses and their complications but also to make changes in lifestyle. From 10th July onwards, the Orbis School, Keshav Nagar, conducted a routine health checkup for all the students from the pre-primary classes to senior secondary. It was conducted on the Ground Floor Multipurpose Hall. Doctors from Dr Agarwal's Eye Hospital and Manipal Hospital conducted this medical examination. Students had their eyesight and dental hygiene tested, along with height and weight measurement. The checkup also included a discussion about the students past medical history. Remarks were given regarding changes suggested for better habits and lifestyle.

**Shaurya Singh, Student 9 Vega**

## PT1 Begins Class 6-9, 11 (12th-21st July)

Do your best, Leave the rest. Periodic Test began for Classes 6 to 9 and 11 from 12th July. The Upper Primary and Lower Primary students too took their Periodic Test 1 as part of their regular assessments. Though these are just periodic tests, the jitters we feel right before any examination are always the same. The main purpose of these assessments is to evaluate the learning progress of students. Assessments are done on a regular basis to provide feedback and insight to both the teachers and the students regarding specific needs of each child. It helps teachers to improve instruction, do remedial teaching, and set curriculum goals for their students and also helps students understand their level of understanding and areas that are challenging. The assessments were conducted in the morning. Each paper was for a stipulated time of two hours, carrying forty marks. This was followed by regular classes.

**Haripriya, Student 8 Vega**



## Drop Everything And Read Hour (14th July)

The Drop Everything and Read Hour (DEAR) involves getting students and teachers alike to leave everything else and simply read for an allotted time. It encourages mindful reading. The DEAR strategy is particularly convenient because it includes all levels of readers. Drop Everything and Read is a great way to build excitement and fun around the idea of reading for pleasure. It reinforces the idea that everyone must read and reminds us of the numerous benefits of reading. The Orbis School recently celebrated the DEAR hour, where instead of lessons being taught, students were allowed to read a book of their choice for the duration of an hour. The DEAR hour was celebrated across all standards, thus showing us how reading helps young and old alike.

**Pallavi Nichani, Student 9 Rigel**



## Movie Week (17th to 21st July)

The school conducted a Movie Week for all the classes. Students came to school ready with crunchy popcorn and yummy chips to sit back and have some fun time with class mates. Some of the movies played were "Tintin", 'Shazam' and 'The Man Who Invented Infinity'. Each level watched a different movie as per their understanding. The movies were carefully selected by the teachers and the experience was an enjoyable one.

**Aadishree, Student 11 Deneb**

## Personal Hygiene Workshop (21st July)

Personal hygiene is taking care of the cleanliness of our body. Good hygiene prevents illness and helps build self-awareness. A personal hygiene workshop was conducted by Dr. Shreya Sachdeo associated with Manipal Hospital, with the purpose of educating children about the importance of being clean and how it is beneficial in maintaining good physical and mental health. The little ones were given information on some of the basics of good habits like washing of hands, covering the mouth while coughing and bathing.'

**Arzeen Haider, CT 1 Vega**

## Fire Drill (21st July)

The Fire Drill at the Orbis School, Keshav Nagar, was an exercise of precision and quick responses. The Fire Training was conducted by Fire Closure and Safety Solutions and carried out by Trainer Datta Kumawat on 21st July at 10 am. The evacuation drill was a success. The entire school was on the ground in seven minutes and thirty seconds. All students and the entire staff were briefed about the different types of fires and their details, they were also briefed about the method of operations, types of extinguishers and safety tips in case of emergency. It was encouraging to see the swiftness and alacrity of each and every Orbian present that day.



## Inter-house Solo Dance Competition(26th July)

Once again, a day filled with excitement unfolded at the Orbis School, Keshav Nagar, as the inter-house solo dance competition took place. With the same level of enthusiasm and zeal as previous years, the event aimed to enhance the students' dancing abilities. The participants captivated the audience with their scintillating dance performances. The synchronisation of the dancing steps with music, and the presentation by all the students was commendable. The energy and the vibrancy in the performance was visible among the students. The encouragement from the audience multiplied the students' joy. At the end, all the participants from each house were awarded and motivated to increase their involvement in school activities as a means to enhance their skills and talents.

**Sanjukta Santra, CT 4 Vega**

## Global Tiger Day (28th July)

International Tiger Day is celebrated every year on 29th July. This year too, it will be celebrated with the common goal to raise awareness about tiger extinction and the need to save them. The tiger enjoys the reputation of being the largest of the world's big cats. To assist in the creation of a global system that will preserve the natural habitats of tigers, the Orbis School organised various activities where the significance of this special day and information about the project 'SAVE TIGERS' was shared with the students. The children depicted the magnificence of the tiger through the slogan writing activity. Special assembly was also conducted to highlight the vital role that the tigers play in maintaining the balance of the eco system. The activities were thoroughly enjoyed by the children.

**Neelima Kotriker, CT 5 Deneb**



## History of Bar Codes

A barcode or bar code is a method of representing data in a visual, machine-readable form. The barcode was invented by Norman Joseph Woodland and Bernard Silver and patented in the US in 1952. The invention was based on Morse code that was extended to thin and thick bars. However, it took over twenty years before this invention became commercially successful. Barcodes became commercially successful when they were used to automate supermarket checkout systems, a task for which they have become almost universal. The Uniform Grocery Product Code Council had chosen, in 1973, the barcode design developed by George Laurer. Laurer's barcode, with vertical bars, printed better than the circular barcode developed by Woodland and Silver.



A UPC-A barcode

## Investiture Ceremony (28th July)

The investiture ceremony was held for the installation of the new student council for the academic year 2023–24. The solemn ceremony began with the old council passing on the responsibilities and ended with the new council taking them over. Proud parents and members of the school academic team pinned the badges on the newly elected members. The outgoing council set the benchmark high and the new pledged to do their best to take it even higher. This year the school is proud to announce its first Junior Council, comprising of Junior House Captains. We congratulate each one and may they walk on the path of righteousness and grit.

**Prisha Loya, Student 12 Rigel**



## Impressions and Expressions

### Fête de la Musique.

Chaque année, le 21 juin, la fête de la musique est célébrée simultanément sur les cinq continents, dans 120 pays et environ 250 villes. C'est la célébration de la musique variée. Les gens sortent dans la rue et font de la musique en public. Cette fête se déroule dans les rues, sur les places, dans les jardins publics, dans les cours etc. Les gens de tous âges montrent leur talent en musique. Tout le monde assiste à des concerts et les applaudit. Et c'est gratuit. C'est une source d'échange. En 1982, le ministre de la Culture, Jack Lang a instauré la fête de la musique le 21 juin. Cette date marque le commencement de l'été.

### The festival of music

Each year, 21 June, the Festival of Music is celebrated simultaneously in five continents, in 120 countries and in around 250 villages. This is the celebration of varied music. The people come out in the street and play music in public. This festival takes place in the streets, in the places, in the public gardens, in the classes etc. The people from all age groups show their talent in public. Everyone attends the concerts and applauds them. And it's free. It's a source of exchange. In 1982, the cultural minister, Jack Lang established the festival of music on 21 June. This date marks the beginning of summer.

**Vrunda Ahire, Student 9 Sirius**



### Monsoon Not So Soon

I look at the sky  
With hope clad eyes  
For the showers  
It may bestow upon us  
Summers long gone  
Monsoon still not on  
We mortals sad and forlorn  
Prodding upon our actions  
Contemplating, may be  
It's nature's reaction  
Still begging for her mercy  
As we can't handle her fury  
It's time to wake up  
Some decisions to make up  
Else future will be gore  
Resurrect your actions  
Do the corrections  
And build a better world  
For the coming generations.  
**Nidhi Paul, CT 6 Sirius**

संतुलित आहार से स्वास्थ्य को होने वाले फायदे भोजन हमारे जीवन के लिए आवश्यक है यह हमें दैनिक गतिविधियों को करने के लिए ऊर्जा देता है। भोजन से हमारा शरीर और मन दोनों स्वस्थ रहते हैं। अगर हम स्वस्थ रहना चाहते हैं तो हमें संतुलित आहार का सेवन करना चाहिए। संतुलित आहार का अर्थ है एक प्रकार का भोजन जिसमें संतुलित मात्रा में सभी प्रकार के महत्वपूर्ण पोषक तत्व होते हैं। इस स्वस्थ भोजन में कार्बोहाइड्रेट, प्रोटीन, वसा, विटामिन, खनिज आदि तत्व होते हैं। कार्बोहाइड्रेट हमें ऊर्जा प्रदान करता है। हम प्रोटीन और वसायुक्त खाद्य पदार्थों से भी ऊर्जा प्राप्त कर सकते हैं। मांस पेशियों के विकास और रख रखाव के लिए प्रोटीन की आवश्यकता होती है। वसा विटामिन ए, ई और डी को अवशोषित करता है। यह हमारी त्वचा को चमकदार बनाता है। सर्दियों में वसा हमारे शरीर को ऊर्जा देकर गर्मी प्रदान करती है। विटामिन हमारे शरीर की प्रतिरोधक क्षमता बढ़ाता है। विटामिन ए आँखों के लिए, विटामिन डी हड्डियों के लिए, विटामिन सी दाँतों के लिए और विटामिन ई हमारे लिवर के लिए लाभदायक होते हैं। हरी पत्तेदार सब्जियों में रेशा होता है जो भोजन को पचाने में सहायता करता है। अतः हमें भोजन का आदर करना चाहिए और उसे बर्बाद नहीं करना चाहिए। स्वस्थ रहने के लिए हमें सही मात्रा एवं सही समय पर भोजन करना चाहिए।  
दानिश खान, विद्यार्थी ५ डेनेब



### Beautiful Waters

Oh! These beautiful waters,  
Sailing in them makes me smile,  
From the mermaids to the sea's daughters  
The fishes swim miles and miles.  
From the seas to the oceans,  
From the lakes to the ponds.  
With the big beautiful bays  
Water creates bonds,  
Like freely swimming stingrays.  
Oh beautiful waters!  
Sailing in them makes me smile.  
**Swara Kanade, Student 5 Rigel**



### The Kingdom of Gold

There was a kingdom full of gold,  
The king of theirs was very bold.  
One day their enemy attacked,  
But the soldiers of theirs did not step back.  
The soldiers did not go to bed,  
Until all their enemies were dead.  
They started rejoicing their win,  
By putting up a function for their king.  
There was singing, dancing,  
poems and more,  
And no one was getting bored.  
**Akansha Dasgupta, Student 7 Sirius**



### मेरा पसंदीदा मौसम

मुझे बारिश का मौसम बहुत पसंद है। बारिश का मौसम आते ही सभी लोगों को गर्मी से राहत मिलती है। इस मौसम में सभी प्राणी खुशी से झूम उठते हैं। चारों तरफ हरियाली ही हरियाली छा जाने से धरती दुल्हन जैसी प्रतीत होती है। जल के सभी स्रोत जैसे नदियाँ, तालाब आदि पानी से भर जाते हैं। आकाश में कई बार इंद्रधनुष भी दिखाई देता है। बारिश में खेलने में मुझे बहुत ही आनंद आता है। मैं और मेरे दोस्त घर के आँगन में एकत्रित पानी में कागज की कश्ती बनाकर खेलते हैं और माँ के हाथों से बने व्यंजनों का मजा लेते हैं।  
शौर्या सिंग चौहान, विद्यार्थी ५ राजजल.





### A Rainy Day

It's a rainy day, it is a rainy day!

So many beautiful things happen on a rainy day

Paper boats float down the stream

Beautiful peacocks dance like in my dream

Colourful rainbows appear in the sky

Thunder lightning appears in the sky

Birds fly very high

Leaves on the trees move like a dancing butterfly.

Birds chirp cutely,

Playing on a rainy day makes me feel like a bird that flies.

**Jovitha Sridhar, Student 3 Rigel**



माझी उन्हाळ्याची सुट्टी दर वर्षी माझी उन्हाळ्याची सुट्टी मे आणि जून मध्ये असते. या उन्हाळ्याच्या सुट्टीत मी माझ्या कुटुंबा सोबत माझ्या गावीइच लंकरं जीला गेलो होतो. तिथे आम्ही खूप मज्जाकेली शेतात फिरलो, बागेत फिरलो, अनेक मजेदार कार्यक्रम आखले. उन्हाळ्याच्या सुट्टीत खाण्या पिण्याची धमाल असते. थंड पेय, आईस्क्रीम, केक आणि खूपआंबे खाल्ले. पुण्यात परत आल्यावर मी क्रिकेट क्लास सुरु केला. त्याच प्रमाणे सुट्टीत शाळेत दिलेला अभ्यास मी पूर्ण केला. अशाप्रकारे मी माझी उन्हाळ्याची सुट्टी खूप आनंदात घालवली.

श्रीरंग देशपांडे, विद्यार्थी ३ वेगा



### The Mystery of Edgeville

Hello readers, I'm Shashwat Gandhale from Class 5 Deneb from The Orbis School. I have published my first book 'The Mystery of Edgeville'. The story starts with an evil magician and a dragon that makes a plan to destroy the city of Edgeville! To find out if the heroes can save the city, read all the parts of the book 'Mystery of Edgeville'. Motivation-Since childhood I've been passionate about writing books. I have written books such as 'The Dead Lion' and many more, but I have not published them yet. Luckily during my summer holidays my mother saw a post on Facebook about a website called BriBooks where we can write and publish our own book! This is how I published my first book. The journey is exciting and rewarding. Do let me know if you want to read one of my books!

**Shashwat Gandhale, Student 5 Deneb**



## Club of the month

### Needlework Club

The Needlework Club has been introduced for the students of Classes 6 to 8. The members of the Club learn different kinds of needlework techniques. Holding a needle is not just about plain stitching but much more. Cross stitch, long stitch, embroidery, crochet are just a few of the many intricate stitches that one can learn. There are indeed endless options to choose from. It is quite amazing that a simple stitch can elevate the look of our clothes. Embroidered cloth can be used for decorations or given as a gift. It is a skill one must acquire. Under the guidance of our mentors, Ms Kaveri Venkatesh and Ms Shilpa Chugh learning has become more fun.

**Geet Kothari, Student 8 Rigel**

### Scouts and Guides Club: Nurturing the Next Generation of Chefs

The Scouts and Guides Club not only offers children the chance to develop a wide range of skills, but also provides them with opportunities to explore their culinary talents. On July 11, 2023, a special activity was organised within our school premises, taking into consideration the children's enthusiasm and excitement. In this activity, the students were entrusted with full responsibility, allowing them to decide the menu and plan the entire cooking experience in the school. The groups decided on preparing Bhel, Fruit Salad, and Sandwiches. The activity served as a platform for enhancing the children's food safety skills, as well as their abilities in measuring, mixing and working as a team. By giving them the freedom to make decisions and collaborate effectively, we aim not only to contribute to their personal growth, but also to instil in them a sense of accomplishment and self-reliance. These skills form a solid foundation for their future exploration of cooking and other food-related activities as they progress through the program.

**Sanjukta Santra, CT 4 Vega**

### Etiquette Club (1st July)

Etiquette is largely based on making people around us feel comfortable. The students of Classes 1 and 2 were given a gist of what good etiquette entails and their importance in life. The usage of magic words and polite manners makes us better human beings and that in turn creates a happier and safer society. Table manners, telephonic conversation etiquette, toilet manners were some of the areas discussed. The students made posters on what they had learnt, as a culminating activity.

**Shikha Dixit, CT 2 Rigel**



### Craft Club

हस्तकला एक प्रकार की ऐसी कला है जहाँ उपयोगी और सजावटी सामान, पूरी तरह से हाथ से या केवल साधारण उपकरणों का उपयोग करके बनाएँ जाते हैं। हमारे विद्यालयमें CCA के अंतर्गत हस्त कला में कक्षा ३, ४ तथा ५ के विद्यार्थियों को रंगीन कागज़ द्वारा भिन्न-भिन्न प्रकार की गतिविधियाँ करवाई जाती हैं। ये गतिविधियाँ प्रत्येक मंगलवार को वर्ष भर करवाई जाती हैं। उधारणतः Paper Flower Stalks, Amazing Wall Hanging, Macrame Keychain, Paper Pencil/Pen Holder, Paper Cup Ganpati, Mini Dream Catcher, Paper Lamp/Lantern, Paper Christmas Wreath, Jute Wall Hanging. इन गतिविधियों के माध्यम से विद्यार्थियों का पेशीय कौशल, रचनात्मकता तथा अपने हाथों द्वारा बनाई गई वस्तुओं का महत्त्व समझाया जाता है। इन गतिविधियों को विद्यार्थी बड़ी ही रूचि के साथ करते हैं। विद्यार्थियों को इस हस्तकला की कक्षाओं का इंतज़ार रहता है।

Priti Pathak, Hindi Teacher



## Special Assemblies

### Yoga Day (21st June)

'Yoga is a flame. The more you practise, the brighter it burns.' The Orbis school celebrated International Yoga Day on Wednesday, 21st June 2023. Yoga is practised all over the world. Special yoga instructors were invited to guide the students. The students brought their own yoga mats to perform the asanas. The instructors started off with simple breathing exercises, gradually building up the intensity of the workout. The students performed the Surya Namaskar in the gentle warmth of the sun, bowing in salute and appreciation for the values which the Sun brings into our lives. As all lay on their backs to perform the Shavasana, they truly realised the important role Yoga plays in our well-being, both mentally and physically.

**Bhawna Pal, CT 10 Antares**

### Sarv Dharma Sabha (4th July)

Sarva Dharma Sabha was a concept coined by Mahatma Gandhi that embodies the equality of all religions. The phrase is attributed to Mahatma Gandhi, who first used it in September 1930 in his talks with his followers to quell divisions that had begun to develop between Hindus and Muslims. The concept played a role in Gandhi's movement to unite people belonging to various castes and communities into a huge anti-colonial movement. A special assembly was conducted in school on Sarva Dharma Sabha, in which teachers following different religions chanted prayers followed by a short speech to help children understand the importance of the day.

**Kavita Hole, CT 2 Deneb**



## Our Green Ways

Nature Club believes that an understanding of nature will give each individual a better perspective of the world as well as oneself. The awareness about the present status of the environment has become very important in view of the precarious situation due to pollution, deforestation, global warming, Ozone layer depletion, consequent major changes in climatic conditions, erratic monsoon and the consequent floods and drought would make healthy life on earth next to impossible. Nature teaches us lessons of life in its own subtle ways. Our youth should be able to contribute to save the environment and take steps to avoid environmental degradation. Keeping in view the vision of the nature club, we have planned various activities to work with nature by visiting nearby parks, gardens and farms, celebrating various festivals related to conservation, conducting a survey of migratory birds, growing herbs, holding awareness programs and educational camps. We have also decided to spread awareness and motivate not only our students but the community to bring out the change.

**Namisha Nigam, Science Teacher**

## I did it

Congratulations to Alisha Khan from Class 10 Sirius for winning the bronze medal at the National Karate Competition held at the Karate Association of India (KAI), New Delhi. May you bring many more laurels in the future.



We congratulate the winners of the Orbis Chess- Inter School Chess Competition held at the Orbis School, Keshavnagar.

Category	Student	Class	Position
Under 10 boys	Naitik Mane	4 Vega	2nd
Under 10 girls	Priyanji Banerjee	5 Deneb	3rd
Under 12 boys	Mayra Mohta	4 Deneb	5th
	Aditya Jagtap	7 Sirius	2nd
Under 14 girls	Anushree Petkar	7 Rigel	1st
Under 16 boys	Purva Mule	8 Sirius	4th
	Arul Mukhi	10 Sirius	1st
Under 16 girls	Ayush Jain	9 Vega	2nd
	Anushree Shelke	10 Sirius	3rd
	Kirtika Tambi	10 Deneb	4th
	Tisya Mahajan	11 Deneb	5th



### Inter House Results:

Event	IBA (Yoga)	Solo		Group Dance	Poster Making	Slogan Writing	Essay Writing
Participating Classes	6-8	1-2	3-5	6-8	1-2	3-5	11-12
EXPLORERS	6	2	6	4	2	4	6
GUARDIANS	4	6	2	2	5	4	6
INNOVATORS	8	4	4	6	5	4	8
VANGUARDS	2	8	8	8	8	8	8

## Have fun learning French!

Disneyland, Paris

Disneyland est connu pour être le lieu où les rêves deviennent réalité. C'est une station de divertissement à Chessy, France. Le 12 avril 1992 a marqué l'ouverture historique de Disneyland Paris, le royaume du rêve et de la magie qui enchante les visiteurs de tous âges. Aujourd'hui, Disneyland Paris est un complexe de plusieurs jours comprenant deux parcs à thème de classe mondiale, sept hôtels à thème Disney et Villages Nature Paris, un parcours de golf de 27 trous, le complexe de divertissement Disney Village et le plus grand lieu d'événements d'entreprise intégré d'Europe. Ainsi, Disneyland ne représente pas seulement une entreprise de divertissement mondiale, c'est devenue une culture à part entière !

Disneyland is known to be the place where dreams come true. It is an entertainment station in Chessy, France. April 12, 1992, marked the historic opening of Disneyland Paris, the kingdom of dreams and magic that enchants visitors of all ages. Today, Disneyland Paris is a multi-day resort comprising two world-class theme parks, seven Disney and Villages Nature Paris themed hotels, a 27-hole golf course, the Disney Village entertainment complex and the largest venue of integrated corporate events in Europe. So, Disneyland isn't just a global entertainment business, it's become a culture in its own right!

**Gayathridevi Jayachandran, Student 11 Sirius**



## Personality of the month

A particular affinity for cubs and young animals, Savitriamma has earned the reputation of being Bengaluru's very own Cub Whisperer. Savitriamma's work revolves around providing a nurturing environment for cubs at the Bannerghatta Biological Park, who have lost their mothers or have been separated from their packs due to various reasons. With utmost care and dedication, she tends to their physical and emotional needs, often working day and night to ensure their well-being. By replicating the warmth and love a mother would provide, she allows these cubs to heal and regain their strength. She joined the national park as a cleaner, but soon noticed her own compassionate nature towards animals. Despite having no formal training in animal care, she intuitively understood the needs of the cubs. Her remarkable efforts have not gone unnoticed. Her work has gained widespread recognition both within Bengaluru and outside. Local media outlets have featured her in numerous interviews and documentaries, highlighting her unique abilities and unwavering commitment to wildlife preservation. Her compassionate approach has set an example for animal welfare enthusiasts worldwide, inspiring many to follow in her footsteps and contribute to the protection of endangered species.

**Kaarunya Anklekar, Student 10 Vega**

## Savitriamma



## Virtue Alone Ennobles

### Reliability

We place a lot of importance on the value of reliability, even without us consciously realising it. Often our mind wants things to happen in a certain expected way as they were promised or are meant to be. For example, a car is meant to take us from Point A to Point B, a plane is supposed to fly us to our destination and our friends and our parents are supposed to fulfil promises they made to us. We rely on them. We depend on them. Edgar Watson Howe remarked, "Life is like a game of cards, where reliability is the ace card." How so? With accuracy, reliability brings along greater efficiency and peace of mind. It is innate for us to place great importance on people who can be depended upon to deliver commitments and promises made, leading to stronger relationships. Communication plays a vital role in building reliability as it ensures clarity and understanding. It seems evident that reliability proves to be a fundamental aspect in all walks of life, prompting us to introspect and ask ourselves, "How reliable am I?" Being reliable is not only efficacious in subsequent loyalty with people but also opens doors to new and fresh opportunities. Added up, communication and reliability are two of many values that can be the greatest cornerstone of our reputation.

**Shrestha Sharma, Student 9 Vega**



## Teachers' Corner

### Chrysalis Phonics Workshop (12th June)

An informative workshop on Phonics was conducted by the Chrysalis Team to provide teachers with a structured and systematic approach to impart education on phonetics with the correct rules, ideology and structure. Teaching and facilitation routines for the children were shared to make the learning process swift and fun.

**Swati Shrivastava, CT Jr KG Orange**

### Workshop on School Cinema (12th June)

Ms Shreya Snehi led a session on School Cinema for teachers of Classes 4 and 5. School Cinema is the first initiative of its kind in the world that uses cinema pedagogy to enhance students' social and emotional learning, life skills, mental health, and social skills so they are ready for the future. Students are responding well to the interesting and effective medium of cinema. It is a film-based learning module with an entertaining and engaging workbook to reinforce morals and values and provide students with the tools they need to deal with issues they face on a daily basis. It uses a language that students are familiar with and strikes the perfect balance between pleasure and teaching.

The workshop provided an understanding of how school cinema operates and why it is crucial for today's students.

**Sushma Patole, CT 5 Rigel**



## Parents' Prerogative

### Parent Teacher Meeting (17th June)

The first Parent Teacher Meeting of Classes 3 to 5 was smoothly conducted at The Orbis School, Keshav Nagar. The purpose of the meeting was to foster a strong connection between parents and teachers and work together to facilitate the childrens' journey in their growing years. During the meeting, parents and teachers engaged in discussions about ways to help, support and nurture the little ones.

**Renu Laharia, CT 4 Sirius**



### Parents Teachers Meeting (15th July)

The second Parent Teacher Meeting for the Pre- primary and the primary classes and the first for Classes 10& 12 was conducted successfully . While the junior wing held their PTM virtually the senior section had a physical meeting.

**Swati Poddar, CT 1 Sirius**



## I can do it!

- Which planet in the solar system has the longest rotation?
- Who founded the search engine "Google"?
- Which state in India has been recently discovered to have 'Lithium Reserves'?
- Which symbol is called an octothorpeon the computer keyboard?
- Where did India's first frozen lake marathon take place this year?

### From the Editorial Team:

#### Equitable and Inclusive Education for All

We live in a competitive world and strive for our place in society, but what about those who face challenges, be they emotional, physical, psychological and so on. Each being deserves respect and regard, whatever be the colour, creed choice or gender of the individual. Education helps in broadening minds and allowing equal spaces for all. Equitable and Inclusive Education focuses on this very idea that no child should be deprived of basic education because of their socio-cultural backgrounds. To bring this into action, the Ministry of Education has come up with various programs to help spread equality in the category of education, one of it being NEP 2020, i.e., National Education Policy 2020. NEP 2020 focuses on various educational segments like free boarding facilities, upliftment of children from tribal communities, flexible curricula, special hostels in dedicated regions and much more. But no matter how hard we try, the implementation still remains a challenge. We, as responsible citizens of India, should contribute to these programs by cultivating a positive mind set and shedding off all the negative stereotypes. We are a democratic nation; we have a people's government . Thus, if the government is trying its best to improve, it is our duty and responsibility to help the government. The beauty of humanity lies in its diversity. We must celebrate it and make it our strength. We must work towards an inclusive world and embrace diversity.

**Yashvi Hardik Desai, Student 12 Sirius**

Orbis 1 Chief Editor - Anjali Srivastava, Co- Editors - Pushpa Bhat, Neeta Rawat, Ishita Bagchi, Members of the Editorial Club



### Thought for the month

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do. Unless your experience is unique, hard work and perseverance most often lead to success

- Pele



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