

buzz



THE EVOLUTION OF FREEDOM



THE TRUSTEE'S MESSAGE



Dear MRV Family,

As we launch this vibrant new edition of MRV Buzz, it is inspiring to witness the continuous spirit of excellence that defines our institution. Every achievement, every milestone, and every innovation stems from the collective passion and dedication embedded within our community.

At the heart of MET Rishikul Vidyalaya lies a culture of relentless pursuit of knowledge, creativity, integrity, and growth. This pursuit fuels academic triumphs as well as brilliant initiatives beyond the classroom, showcasing the strength of a community that values collaboration and courage.

In this dynamic environment, innovation is embraced as a way of life. Forward-thinking ideas are nurtured, challenges are welcomed as opportunities, and each success is a shared victory. This collective energy shapes an atmosphere where every person - student, teacher and staff is empowered to explore their potential, make meaningful contributions, and ignite positive change. Behind the scenes, the seamless harmony of efforts, from leadership to support services, ensures this thriving ecosystem of learning and development. It is through this synergy that the foundation for achievement and well-being is solidly anchored.

Looking ahead, the legacy of MET Rishikul Vidyalaya depends on a continued commitment to greatness in all its forms — intellectual, creative, ethical, and beyond. Each step forward strengthens the path for future generations, creating ripples of positive impact that extend far beyond our walls.

Let this edition of MRV Buzz be a celebration of the collective heartbeat that energizes our school, an invitation to all to keep pushing boundaries, inspiring one another, and building a future that reflects the finest aspirations of MET Rishikul Vidyalaya.

Together, as one family, the possibilities are limitless.

Pankaj Bhujbal
Hon. Trustee
Mumbai Educational Trust

THE PRINCIPAL'S MESSAGE



Dear Parents and Students,

My vision for education aligns deeply with the vision of MRV. I believe true learning happens in an atmosphere of freedom — where learners are encouraged to explore, question, and grow without fear.

As Rabindranath Tagore so profoundly wrote, "Where the mind is without fear and the head is held high..." — these words capture the very heart of education. When the mind is fearless and open, learning becomes spontaneous, meaningful and transformative.

MRV has immense potential and so do its students. Supported by an engaged parent community and a dynamic, visionary management, we are committed to nurturing leadership and lifelong learning. Facilities and resources may support the process, but the true absorption of knowledge happens only when the mind is curious, free and ready to embrace both learning and experience.

Let us envision a world shaped by our own MRVians — young leaders who will not only create the future but shape it with wisdom, compassion, and courage. We envisage a society illuminated by morals, free from societal prejudices and guided by forward-thinking. Together, we look toward a bright, inclusive and enlightened future.

Let us all remember the words of Maya Angelou:

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

Warm Regards,
Dr. Dipika Das

ANNUAL THEME 2025-2026



The school's annual theme for this year is '**Embracing Empathy**'.

Embracing empathy is vital in today's world. All individuals are required to actively understand and share the feelings of another person. At MRV - this year, we aim to help students step into someone else's shoes by recognizing their perspective, and acknowledging their emotions. We believe that this practice will foster stronger relationships, reduce conflict, and promote a more compassionate and understanding school environment.

Students have already begun their journey of embracing empathy through participation in new initiatives like Thought Nest where higher grade students share important insights, reflect on urgent issues and encourage each other to be more considerate individuals for the betterment of society at large. Yoga before the lunch break has been made a part of the students daily routine in order to help them calm their minds and be open to understanding each others point of views.

Embracing empathy in schools involves intentionally cultivating understanding, compassion, and social responsibility among students. This approach creates a more positive and inclusive learning environment. By integrating empathy into our curriculum and daily interactions, we are nurturing well-rounded individuals who are not only academically successful but also emotionally intelligent and socially aware.

VOICES OF CHANGE

Interview with Captain SD Mehendale (Retd) Indian Navy First Commanding Officer of INS Kalvari - India's first Scorpène-class submarine

In this inspiring interview conducted by Tanishqa Bhujbal, Managing Editor of MRV BUZZ, we sit down with Captain SD Mehendale (Retd) of the Indian Navy as he shares his experiences in service, his leadership philosophy, and valuable life lessons for young minds. From stories of discipline to reflections on freedom, this conversation offers a powerful glimpse into the values that shape true leadership.



Interview with Mr. Rahul N Bhagat Consumer Banking professional, Founder Director of the World Monuments Fund India Association and a member of the Indian Public Schools Society

In this engaging interview conducted by Ranvir Ghura, Editor-in-Chief of the school newsletter and a fellow student, Armaan Sharma, we have the privilege of speaking with Mr. Rahul N. Bhagat. He opens up about his journey, the principles that guide him, and the importance of empathy and resilience in today's world. Through personal anecdotes and thoughtful reflections, this conversation offers valuable insights and inspiration for students striving to lead with purpose and compassion.



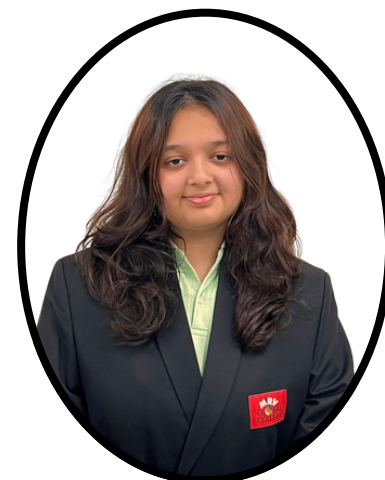


Editor in Chief
Ranvir Ghura

Message from the Editor in Chief

It brings me great joy to present the latest edition of our school newsletter. It reflects the creativity, talent, and diligence of our student community. Each page is filled with the voices, achievements and passions that make our school special.

As Editor-in-Chief, I've had the privilege of working with an extremely dedicated and enthusiastic team. This newsletter is more than just a collection of articles; it's a celebration of who we are as a school. I hope every reader finds a voice that speaks to them. We express our gratitude to everyone who contributed, supported and believed in this initiative. Your motivation inspires me and my team to move forward in our journey.



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Congratulations

MRV's 2025 A Levels and Grade X students who have achieved success in their Cambridge board exams.

We are proud of you

CAMBRIDGE
International Education
Cambridge International School

MRV
Bhujbal Knowledge City
MET RISHIKUL VIDYALAYA

BATCH OF BRILLIANCE

MRV AS & A Levels Batch 2023-25
STUDENTS ACHIEVED EXCELLENT RESULTS
WITH 8 A* & 21 A GRADES.

CONGRATULATIONS!

CAMBRIDGE
International Education
Cambridge International School

MRV
Bhujbal Knowledge City
MET RISHIKUL VIDYALAYA

CLASS OF CHAMPIONS

MRV IGCSE Batch 2024-25
STUDENTS ACHIEVED 100% RESULTS
WITH 87 A* & 82 A GRADES.

CONGRATULATIONS!

CAMBRIDGE
International Education
Cambridge International School

MRV
Bhujbal Knowledge City
MET RISHIKUL VIDYALAYA

TOPPING THE CHARTS

MRV SCHOOL TOPPERS!
AS & A Levels Batch 2023-25

CONGRATULATIONS!

Jeena Tolani 94%
Aditya Chitre 91%
Shruti D' Silva 82.66%

CAMBRIDGE
International Education
Cambridge International School

MRV
Bhujbal Knowledge City
MET RISHIKUL VIDYALAYA

STANDING OVATION FOR THE STARS!

MRV SCHOOL TOPPERS!
IGCSE STUDENTS 2024-25 BATCH

Congratulations!

Jash Nagrecha 92.71%
Anshul Khandeparkar 92%
Pranav Hinduja 91.28%
Aneesh Kane 90%
Devansh Deshmukh 89.42%

CAMBRIDGE
International Education
Cambridge International School

MRV
Bhujbal Knowledge City
MET RISHIKUL VIDYALAYA

MASTER OF MATHEMATICS

CONGRATULATIONS!

Excellent Performance in Mathematics (without course work)
Scoring 99/100 in Cambridge IGCSE Exams held in March 2025

Vihaan Sinyal

CAMBRIDGE
International Education
Cambridge International School

MRV
Bhujbal Knowledge City
MET RISHIKUL VIDYALAYA

SCOREBOARD STARS

CONGRATULATIONS AS & A LEVELS BATCH 2023-25

SUBJECT TOPPERS

Jeena Tolani
Accounting 95% | Mathematics 94%
Business 93% | Economics 90%

Aditya Chitre
Chemistry 93% | Physics 92%

Shruti D' Silva
Biology 80%

Ishwari Arjunwadkar
English General Paper 86%
Biology 80%

Aaliya Panjwani
Psychology 91%

Hriday Shah
Business 92%

Muskaan Shah
Biology 80%

Ethan Costa
English Language 80%

CAMBRIDGE
International Education
Cambridge International School

MRV
Bhujbal Knowledge City
MET RISHIKUL VIDYALAYA

BRILLIANCE BEYOND BOUNDARIES!

CONGRATULATIONS!

Cambridge IGCSE Subject Toppers 2024-2025!

Jash Nagrecha
Chemistry 98% | Biology 95%
English 89% | Literature in English 86%
Business Studies 93%
ICE Awarded - Distinction

Anshul Khandeparkar
Accounting 95% | Economics 94%
Information and Communication Technology 94%

Rajvivek Shah
Hindi 91%

Aneesh Kane
French 95%

Devansh Deshmukh
Computer Science 93%

Hitansh Shah
Physics 93%

Pranav Hinduja
Global Perspectives 90%

Sharwill Nilakh
Art and Design 88%



Parent Orientations

On the 11th, 12th & 13th of June 2025, the school held its orientation for the academic year 2025–2026, welcoming parents and guardians of students from Pre-Primary to A Levels. The event began with the introduction of our new Principal, Dr. Dipika Das, who addressed the audience with an inspiring speech.

After Dr. Das's speech, the faculty were introduced to the parents. Teachers introduced themselves and took a moment to share their roles. This allowed parents to connect names with faces and gain a better understanding of the people entrusted with guiding their children's education.

The presentation also offered a brief but impactful overview of MRV's rich legacy, significant accomplishments, and hallmark events—providing insight into the school's ongoing commitment to excellence. The orientation was concluded with a warm welcome to all families as the school prepares for another year of learning, growth, and opportunity.



PTA Executive Committee Formation and Meetings



The formation of the PTA Executive Committee for the academic year began with an open call for nominations, inviting interested parents to put their names forward.

Several enthusiastic parents nominated themselves, demonstrating their commitment to supporting the school community.

After a careful review and selection process, the final committee was formed, representing a balanced and dedicated group of parent volunteers ready to collaborate closely with the school for the benefit of all students.

The representatives from the parents and teachers then came forward to discuss the general year plan.

They all expressed their eagerness to foster a strong, collaborative environment between parents and school staff, creating a united front to support students' academic, social, and overall well-being.

The names of the Executive Committee members are as follows:

Sr. No	Name of members	Designation
1	Dr Dipika Das	Chairperson (Principal)
2	Ruth Dsouza	Secretary (Teacher)
3	Niyati Nilesh Shah	Vice Chairperson (Parent)
4	Sanjay N Jumani	Joint Secretary (Parent)
5	Gautam Kamat	Joint Secretary (Teacher)
6	Sangeeta Ghatekari	Management Representative
7	Priya Bhosle (Grade I)	Parent Representative
8	Mudra Mehta (Grade II)	Parent Representative
9	Jewel Shah (Grade II)	Parent Representative
10	Nehal Gala (Grade III)	Parent Representative
11	Natasha Dev Prabhu (Grade IV)	Parent Representative
12	Tanvi Kawa (Grade V)	Parent Representative

Our PTA Vision – From One Parent to Another

As parents, all we truly want is for our children to grow, learn, and shine in a space that feels safe, joyful, and inspiring. That's what the PTA is here for—to partner with teachers and the school to create just that.

We dream of a school where every child is seen, every voice is heard, and every parent feels connected. Together, through small steps and shared efforts, we hope to build a vibrant school community—one that nurtures not just academic success, but also kindness, confidence, and a lifelong love for learning.

Warmly & In Partnership,
Niyatii N Shah
Vice Chairperson (Parent)



My journey at MRV was an insightful and impactful one that helped shape the way I think and learn, allowing me to grow. I was fortunate to have teachers who encouraged and challenged me, believing in my potential and helping me strive for excellence. I definitely recommend going to the teachers frequently with your homework to receive continuous feedback on how to improve your work.

- **Shreya Thomas**



My journey at MRV has been truly memorable. Not only were we guided by incredible teachers who brought something new to every class, but we also built friendships, bonds, and memories that will stay with us for life. Having been a part of this school since Grade 1, I genuinely feel like a member of the MRV family and community. No matter where life takes me, I will always carry a piece of this school in my heart.

- **Panaya Gaba**

I grew up in MRV — I've spent almost my entire life here.

From Mother-Toddler all the way to A Levels, this school has been like a second home to me. The faculty didn't just teach us, they nurtured us, cared for us, and treated us like their own. The bond we shared with our teachers went beyond the classroom; they were mentors, guides, and well-wishers in every sense.

- **Shaurya Shetty**



My experience at MRV was a joyful ride. All of my teachers were always supportive and helpful, and the environment was extremely welcoming. I'm truly grateful to the faculty and my peers who helped me grow from a shy, nervous individual to the president of a club I'm truly passionate about today.

In my senior years, all subject teachers pushed me to unlock my potential and motivated me to study with dedication and effectively handle setbacks, and I feel truly fortunate to have been nurtured in this setting.

With academic life getting much more serious in Grade 10, I realised the importance of consistency. Quality, dedicated studying for a few hours every day, outside of school, was essential. Additionally, I always believed that balancing my day and having a hobby (tennis) to keep me motivated was significantly important, and that it majorly contributed to my successful results

- **Pranav Hinduja**

I've been a student at MRV for most of my life, and over the years, it has become more than just a school. The sense of community and support here has played a big role in shaping who I am today.

To everyone who may need it, my advice is this: it's important to identify what you don't know, so you can focus on it. I suggest using active recall, and I recommend writing things down to help memorise and understand better. Start consistently, and don't hesitate to ask for help if you need it.

- **Jash Nagrecha**



From childhood to adolescence, MRV has been the core of my journey. Spending 15 years here truly felt like growing up in a second home. The teachers guide like family. MRV moulded my personality, values, and confidence while giving me a strong academic foundation. I'd recommend that learners stay consistent and manage their time well. Focus on difficult areas and practice questions are a must! Never hesitate to ask questions, and always believe in yourself.

MRV gave me unforgettable memories, lessons, and a sense of belonging I'll cherish forever.

- **Aanya Shah**

WELCOME BACK TO SCHOOL!

On 16th June 2025, MRV opened its gates with the spirit of enthusiasm and warmth to welcome all the wonderful students to the new academic year! Our school came alive with joy and laughter as teachers greeted the students with playful puppets and engaging games, which sparked from the very first bell! The day began with a traditional *Aarti*, performed by our teachers, that made the students feel special. Our Principal's inspiring address set the tone for a year filled with learning, growth, and endless possibilities. To sweeten the day, everyone enjoyed popcorn and cake – the perfect treat to start the day!



★ 1st Day Of Play Group ★

The first day of school for our Play Group was a fun-filled delight! Teachers traditionally welcomed the students and parents with a *tilak* and *aarti*, creating a warm and homely atmosphere. Students, parents, and teachers enjoyed a wonderful interactive session—singing, dancing, and performing actions to favourite nursery rhymes using adorable puppets and soft toys. During snack time, the children happily munched on popcorn. By the end of the day, little stars were over the moon! They headed home with their parents, picking up a special takeaway snack and a slice of cake.



International Yoga Day

Stretch! Breathe! Glow! MRV celebrated International Yoga Day with joy and energy across all grades! Pre-Primary students explored fun poses, such as Tree Pose, Boat Pose, and Lion Pose, with Ms. Mamta. They participated in a lively yoga session where they performed *Tadasana*, *Vrikshasana*, and other energising poses. A dedicated session on mindfulness followed this. The day concluded with a calming meditation and a collective pledge to incorporate yoga in their lives.



THE OUTSIDE WORLD

As part of the IEYC curriculum, each unit is complemented with a thoughtfully planned field trip that aligns with the theme being explored in class. The young learners eagerly look forward to these outings. They joyfully board the bus, sing rhymes, enjoy healthy snacks, and engage in cheerful conversations with their peers. Each field trip becomes an exciting adventure that deepens their learning, sparks curiosity, and builds lasting memories.



STUDENTS DAY

In halls of learning, hearts so bright,
MRV's day, a pure delight.
Each month, a theme, a world to see,
Where joy and friendship set us free.
This month, musicians, notes in the air,
With talents shared, beyond compare.
Next, twins unite, a mirrored grace,
In every smile, a loving face.
With food and games, and laughter's sound,
Friendships bloom on hallowed ground.
For those in need, a helping hand,
A day of giving, across the land.
So let us cheer, with spirits high,
For MRV's day, beneath the sky.
A time to learn, to love, to grow,
In unity, our spirits glow.



Guru Purnima

This Guru Purnima, MRV students embarked on a thoughtful journey through time — discovering how gurus from different eras passed down their knowledge in inspiring and meaningful ways. Through interactive sessions and reflections, students explored the enduring role of teachers in shaping minds and nurturing character.

A touching highlight of the day was the recognition that our parents are our very first gurus. To honour this bond, students engaged in creative activities and shared heartfelt messages expressing gratitude to their mentors and parents. The celebration beautifully captured the essence of learning beyond the classroom.

Finally Back!

The school campus buzzed with excitement and laughter as we opened our doors to welcome our MRVians on the very first day of the new academic year 2025-26.



To make this day truly memorable, the school organized a traditional ritual of aarti. The morning assembly was transformed into a vibrant celebration, filled with music, colour, and cheer. Teachers and senior students came together to present lively skits that highlighted the values of Empathy and sunshine. The humorous and thoughtful performances by teachers quickly broke the ice and had everyone smiling.

Next came a heartwarming poem recited by a student, titled on the theme of the year: 'Empathy', followed by ice-breaking activities and games in the classrooms.

International Yoga Day



To celebrate the spirit of wellness and mindfulness, MRV observed International Yoga Day on 21st June. The event aimed to introduce our young MRVians to the benefits of yoga and encourage them to make it a part of their daily routine.

Teachers and Grade V students guided the other students through simple and fun yoga postures. To make the session enjoyable, light music and breathing exercises were included, allowing students to relax and understand the importance of mental peace.

The celebration concluded with a short meditation session and a pledge to practice yoga regularly to stay fit and happy.

Storybook Characters Come Alive

To celebrate the joy of reading and imagination, MET Rishikul Vidyalaya organized a sensational "dress up" day, where MRVians from our primary classes came dressed in creative and colourful costumes, portraying iconic characters from classic tales and modern stories alike.

From Harry Potter to Matilda, from the Cat in the Hat to Geronimo Stilton, the campus was buzzing with excitement and resonating with the magic of storytelling.

Each student confidently introduced their character and shared a few lines about why they love that particular book. It was truly a celebration of literature, imagination, and the magic of becoming someone else—just for a day!



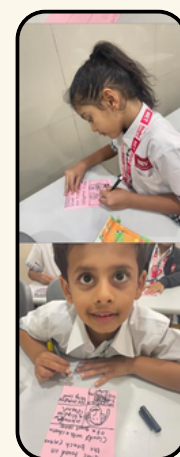
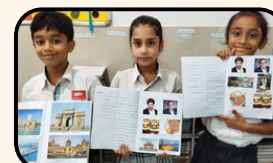
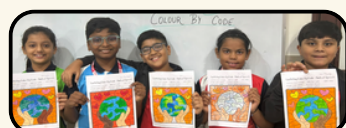
"Engaging Assemblies - Celebrating Awareness, Responsibility, and Change"

On the occasion of International Tiger Day, the MRVians came together to spread awareness about tiger conservation through a vibrant and informative morning assembly. On 3rd July, MRVians of Grade 5 came together to present a thought-provoking and inspiring morning assembly to observe International Plastic Bag Free Day. The assembly aimed to raise awareness about the harmful effects of plastic bags on our environment. On National French Day, also known as Bastille Day, the students of Grade 5 presented a vibrant and informative assembly to honor the rich culture and history of France.



Learn. Laugh. Repeat!

The students actively participated in a series of engaging and educational activities. These activities were designed to make learning fun, practical, and interactive. These hands-on activities helped them creatively understand various concepts. The primary goal of these programmes was to encourage students to learn beyond textbooks. Through these activities, they developed important life skills like teamwork, communication, problem-solving, and critical thinking. As a part of their grammar enrichment activity, students creatively displayed types of connectives. The activity not only helped students understand how to join thoughts logically but also encouraged them to use a wider range of vocabulary in their writing. The vibrant charts now brighten up the classrooms of MET Rishikul Vidyalaya, serving as helpful visual reminders of how important connectives are in making writing powerful. Students also stepped into the shoes of Gulliver to express their thoughts and feelings through short monologues. They learnt expressions through fun performances, boosting their confidence. Learners collected and organized information on Mumbai City (Samundari City) and made a Fact File Integration of English with History. They used short sentences, headings, facts and pictures to create a Fact File.



BACK TO SCHOOL!

The secondary section was welcomed back to school with great fervour after a long summer break. Our revered principal welcomed all the students with a talk about this year's school theme, 'Embracing Empathy'. On top of introductions to make students feel at home in their new classes, they played enjoyable games, all planned by the teachers. Pupils were also briefed about IAYP and all the exciting clubs they had the opportunity to join or even apply for leading positions in.



Student Council



Every year, MRV elects its Student Council, which will uphold the mission and vision of the school. This year, too, students underwent a rigorous selection process to be elected to a position in the council. The process of forming the student council -

1

Self Nomination

for a position in the student council (Grades VIII - X)

2

Interview

with our school Principal and panel of coordinators.

3

Campaigning

(Selected candidates created posters addressed the school/their house with passionate speeches to express their desire and allegiance to their position.)

4

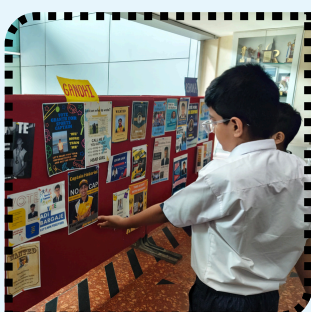
Voting - A democratic process

The entire student community from Grades 1 - X voted to whom they wanted to win.

5

Announcement of Results

(The student council results were announced over the school PA system)



6

Investiture Ceremony

8th July, 2025

A grand culmination to a rigorous and well contested process.



In this ceremony, they took the oath to abide by their responsibility and use the power they were given in a responsible manner, and agree to step down if they misbehave. The parents of the chosen candidates were present for this prestigious event. The principal gave the voted candidates a badge. They also gave a speech to the teachers, assuring them that the students wouldn't misuse their power.



Cambridge Science Project

This project is an exciting opportunity for students to display their scientific skills. Our students are working in different sectors of science-combinations of biology, physics, and chemistry. This year's theme is Sustainability-designs that cater to an eco-friendly future. Students from across grades 8 to 10 have signed up for the chance to bring glory to the school by designing the most organic projects. This is a chance to sport your school spirit and create biodegradable blueprints that last for the longest time-ideas that stay relevant in an ever-changing world that is leaning towards an ecological era.



Alumni Sessions



The Secondary section hosted special alumni sessions led by our proud toppers, Jash Nagrecha, Pranav Hinduja, Anshul Khandeparkar, and Devansh Deshmukh, who returned to share their journeys and insights with current students.

The alumni offered valuable tips on time management, goal setting, and staying motivated. Students felt encouraged and connected, seeing real examples of success from their school community. It was a truly motivating experience.

STUDENTS DAY

Every last Friday of the month is utilized for celebration and expression. Freeing and expressive themes are delivered, keeping the joys of self-expression in mind. On 27th June, the students of MRV excitedly celebrated their unique identities with a fitting theme as colourful as their personalities, "Bright and Bold colours; Orange and Sunshine Yellow". Students could display their creative natures and fashion eccentric outfits with playful neons and experiment with fabrics. Celebrating the diverse natures for young children to choose from and appreciate.



ADAPT!

Collaborating with ADAPT, the students of the secondary section at MRV visited the ADAPT center on 1st August 2025, and celebrated Friendship Day with the students. The students enjoyed a fun playdate and traded bands, chocolates, and cards. We are proud to see our young MRV students represent the school and take responsibility to reach out and make a difference in the community.



Innovative Assemblies

This year in the secondary section, we have introduced dual-mode assemblies to help all students be a part of the session. The assemblies are conducted for a live audience of certain grades, and it is streamed live online in the rest of the section.

These assemblies have been widely appreciated and informed students about topics such as World Elephant & Tiger Day and conservation of wildlife.



Guest Speaker Sessions



Media is not just communication — it's power, creativity, and impact. 🎬 📺 .

Grade 10 students got an exciting glimpse into the dynamic world of Media Studies during an interactive session with a faculty expert, Mr. Shritej Patwardhan.

From storytelling techniques to emerging digital careers, they explored how media shapes our world — and discovered the wide range of opportunities this field offers.

French Language Day

To celebrate International French Language Day, MRV hosted a vibrant event blending language and culture through the art of dance and music. Students performed, bringing the spirit of France alive on stage.

The celebration also included short skits and songs in French, encouraging participation across all grades.

Through movement, rhythm, and expression, students deepened their appreciation for the French language and culture, making the day both educational and entertaining for everyone involved.



YOGA DAY

On the 21st of June 2025, MRVians came together to celebrate International Yoga Day. The session, conducted by a professional yoga instructor, began with gentle warm-up stretches, easing everyone into a tranquil, otherworldly state. As the session progressed, the students were guided through a series of yoga asanas and breathing techniques, fostering inner serenity. They were made aware of the miracle that yoga nurtures the mind as well as the body.



Welcome AS Level!

The 'Fresher's Day' was a day filled with a fun and welcoming series of activities to help the new AS Level batch of 2025-2027 students get accustomed to their new academic and social environment, as well as the new people in it.



The day's programme was curated to accent interaction and camaraderie. This included a light-hearted dance to help them introduce themselves, followed by a creative, team-building challenge where contestants would guide a ball into a cup using nothing but disconnected sheets of newspaper. All in all, Fresher's Day set an optimistic tone for the 2025 school year.

Student Days & Community Lunches

Over the past few weeks, MRV became a mix of nature marvels and fairy-tale magic during two wonderful Student Days.

Endangered Species Day:

MRV Students Day 2025 was a celebration of compassion, creativity, and community! AS & A Level students championed the cause of endangered species by dressing in theme-inspired outfits. The students turned into mini-experts, sharing fun facts and raising awareness to Pre-Primary children who listened with wide eyes and wonder.

Book Character Day:

The hallways were filled with wizards, detectives, queens, and rebels. AS and A Level students became their favourite book characters, bringing colour, drama, and a hint of fantasy to the school day.

Every student day also brings with it community lunch and social action. Our students share lunch with each other and also pack an extra lunch for the underprivileged students. These lunches are donated so that all children can enjoy a scrumptious meal, which is a basic need.



International Yoga Day



This year, on 21st June, MRVians had an hour of stillness and tranquility that came in the form of Yoga Day! It was a masterclass in mindfulness and self-care. Students performed Yoga asanas and were made aware of the beneficial ways yoga nurtures one's mental and physical health. While doing various asanas advised by this year's expert instructor, Prajakta Gupte, students experienced an ethereal feeling, as if they had stepped into another realm.



Change Project 2025

The Change Project 2025 at MRV Rishikul Vidyalaya was a display of innovation and awareness. This year, The Change Project, aligned with the United Nations Sustainable Development Goal 12 – Responsible Consumption and Production. Students of Grades 9, AS & A Levels collaborated in groups, to "Ensure sustainable consumption and production patterns". The students designed very detailed models on impactful topics such as solutions to issues of resource depletion. The solutions of sustainable fabrics, hydropower, plastic recycling, etc, were well detailed and researched.

The event was further enriched by three dignified judges who evaluated the students' work, as well as a strong session by guest speaker Mrs. Monisha Narke, Founder and CEO of RUR Greenlife, who gave inspiring views on environmental responsibility and social change.



Dynamic Masterclass

As part of an enriching academic experience, students had the unique opportunity to attend a dynamic masterclass led by Dr. Arpita Ghosh from the University of Exeter. Dr. Ghosh engaged students in critical discussions, introduced new perspectives, and encouraged analytical thinking. Her approachable nature and deep knowledge made complex topics accessible and exciting. It was a memorable event that motivated students to pursue excellence beyond the classroom.



INTERVIEWS TO INVESTITURE

At MRV, the rigorous selection process for our prestigious MRV Clubs and Newsletter Committee Office Bearers began on the 1st of July. Students from Grades VIII - A Levels began the process by nominating themselves for various positions in the Clubs and Newsletter Committee. Candidates were then interviewed by teachers and selected on the basis of their skills and aptitude, thus leading to the creation of this year's student teams for MRV MUN, MRV Art and Media, MRV Cares, and MRV BUZZ (the school newsletter and magazine committee).

The elected Office Bearers were inducted into office by the MET Senior Management Representative, Mrs Vishakha Bhujbal, and our school Principal in a formal investiture ceremony, held with great pride and decorum. The atmosphere was filled with a sense of accomplishment and anticipation as their parents cheered them on with proud smiles and enthusiastic applause. The students took the stage in order to receive their deserved badges. Each badge was more than just a symbol; it represented the trust placed in them and the responsibilities they were now expected to uphold. Subsequently, the office bearers went on to sign on a sheet to pledge their responsibilities to their respective clubs

The new MRV Club Presidents and the Editor-in-Chief went on to make riveting speeches thereafter. Their words imbued a sense of encouragement and inspiration in their fellow club members for the journey ahead.



MRV MUN



The MRV MUN Club is a space where students learn about global issues, diplomacy, and leadership through Model United Nations conferences. Members research, debate, and represent different countries, gaining skills in public speaking and critical thinking.

On July 15th, MRV students attended the 10th annual IIMUN Role Model Series, hosted by Rishabh Shah. The event featured inspiring conversations with notable personalities, including MP Tejasvi Surya, mentalist Suhani Shah, actor and former Miss Universe Sushmita Sen, and Union Minister Smriti Irani. Tejasvi Surya encouraged civic engagement and individuality, speaking candidly about leadership challenges and the need for transparency. Suhani Shah shared her unique journey as a performer, while cautioning against the misuse of mentalism to manipulate vulnerable communities. Sushmita Sen inspired students with stories of self-worth, resilience, and her commitment to representing marginalized voices with dignity. Smriti Irani delivered a bold and empowering message on hard work and self-respect, choosing to engage directly with students' questions. The session offered students valuable insights into leadership, integrity, and personal growth, leaving them both motivated and reflective.

MRV Youth Parliament

MRV MUN Club hosted the Youth Parliament Simulation, which is one of the most anticipated events for students. This year, the event saw students play the role of Indian politicians and officers in the parliamentary setting, wherein they discussed and debated significant issues pertaining to politics. The Youth Parliament allows students to hone their communication skills through a simulation of government proceedings.

Students from Grades 6 - 8 had a fruitful discussion on the very pertinent topic of data protection and the government's role in regulating online content. Students from Grades 9 to A Levels debated about reservations based on caste and whether the system should be reformed or abolished.

Not only did this simulation aid in the development of speech-related skills, but it also gave students a platform to voice their opinions based on the thorough research they conducted. Youth Parliament is an important part of our students' learning as they understand their role as Indian citizens, and they develop the ability to think critically about real issues India is facing.





MRV Cares



MRV Cares is our school's community service and social impact club. It encourages students to give back through volunteering, awareness drives, and meaningful initiatives. The club has recently launched a donation drive to support those in need, inspiring students to take action and make a difference.

Helping Hands Create Happy Classrooms!

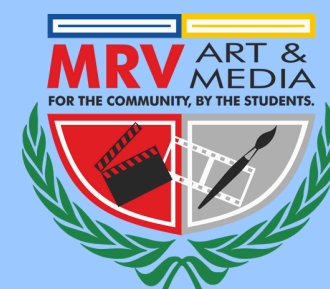
MRV is collaborating with the non-profit company, 'Create Together', to benefit less fortunate children in their education. The Create Together Foundation is providing them with early childhood care, development, and education to ready them for primary and secondary education.

Create Together is now aiming to build new Education Centres for their deserving students and requires assistance with resources to give the best to their students.

MRV Cares has thus decided to have a stationary donation drive in our school to support them and make a difference! All stationary items collected will go to the students at the New Education Centres set up by the organization.



MRV Art & Media



The MRV Art & Media Club is a creative space for students to express themselves through design, photography, film, and digital media. From school event coverage to original creative projects, the club brings stories to life and showcases student talent in powerful, artistic ways.

The Club Office Bearers and members are currently working on creating a mosaic that represents India's youngest freedom fighter - Khudiram Bose. The mosaic will be displayed on Independence Day.



MRV AI Club



Our school is proud to announce the formation of its very own Artificial Intelligence (AI) Club - a new place where curiosity meets innovation, and creativity meets cutting-edge technology.

The club is designed to introduce students to the exciting world of AI, from building simple chatbots to experimenting with networks and exploring AI-powered tools. Through hands-on projects, interactive workshops, and guest lectures from industry experts, members will gain valuable insight into one of the fastest-growing fields of the 21st century.

Beyond technical skills, the AI Club also fosters teamwork, problem-solving, and innovation, preparing students to address real-world challenges.

Importantly, the club is open to all students; all it takes is a willingness to learn and the imagination to dream big.

With AI transforming industries from healthcare to space exploration, this initiative marks an exciting step forward in equipping our students for the future.

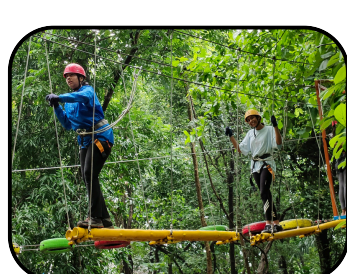
Adventure Journey!

As part of the International Award for Young People (IAYP) programme, students embarked on a three-day adventure camp to Vikramgad in Wada, an experience that combined thrill, teamwork and self-discovery in nature.

From the moment they arrived, the students were encouraged to step out of their comfort zones. They engaged in a range of outdoor activities that spanned from high-energy adventure sports to survival-based tasks like cooking in the wild and learning about first-aid. While the activities pushed students physically, the true transformation came from what they learned along the way: teamwork, resilience and adaptability.

One of the highlights was the opportunity to disconnect from screens and appreciate the natural world. Whether it was walking through the wild jungle or planting rice in muddy fields, students were reminded of the great outdoors, and the strength that lies in working together.

By the end of the journey, students returned not just with memories, but with greater confidence, stronger friendships and a deeper understanding of themselves and the world around them. The IAYP expedition was not just an adventure; it was a reminder to reconnect with nature itself, and it was a step toward becoming more capable and mindful individuals.



STUDENTS' REFLECTIONS

Samaira - Grade IX

As a novice in a field of experienced adventurers, I was initially taken aback by the range of adrenaline-filled activities we were encouraged to do. From kayaking to zip-lining to cooking over a wildfire, there wasn't a single quiet moment! Additionally, I learned essential survival skills such as first aid and tying different kinds of knots.

I marvelled at the wonder of nature - most of us are so immersed within the digital world that we are unable to whole-heartedly appreciate the splendour of the outside world. I took immense pleasure in participating in the night trek - the fireflies, the tranquillity, the ambiance all combined to produce an otherworldly feeling. Furthermore, the walk through the mud was filthy, but the joy of planting the paddy sapling was unmatched. I truly felt like I made a difference that day!

The memories I will take away from this trip will be of awe at my strength. I stumbled, I fell, I got up again, and thrived. I am looking forward to next year's trip-what surprises will it bring?

Diya Gala - AS Level

Overall, the IAYP camp was a memorable and enriching experience. It provided a great opportunity for team building and helped us bond more closely with both our juniors and seniors. One of my favourite parts of the camp was the night trek, especially getting to see the fireflies; it felt magical and peaceful.

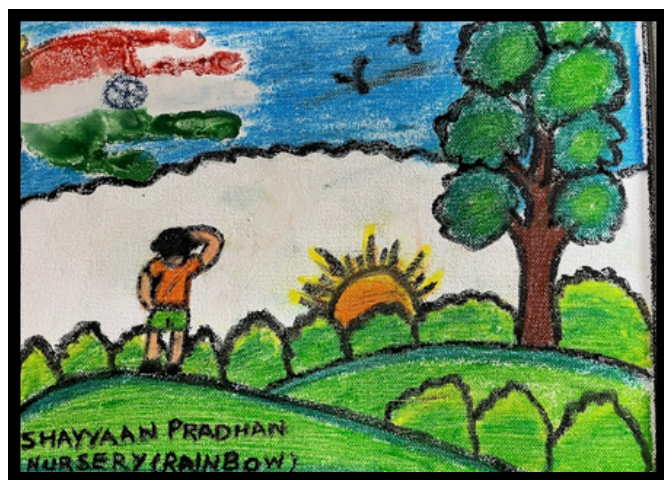
The dance party on the last day was another highlight, bringing everyone together for a fun and energetic end to the trip. The camp truly encouraged teamwork, communication, and connection across different age groups, making it both enjoyable and meaningful.

Vihana Gala - IX

As part of my Bronze level for the International Award for Young People (IAYP), I went on a 3-day, 2-night trip to Wada, a journey that ended up being far more memorable than I expected. We stayed in treehouses surrounded by thick greenery, which, for someone like me who isn't exactly a "nature person," was definitely out of my comfort zone. The days were packed with activities like trekking, jungle cooking, tent pitching, and engaging in team-building tasks. We also tried our hand at paddy farming, crossed the Burma bridge, and navigated obstacle courses that tested physical strength.

Though the challenges were real, especially in adapting to the outdoor environment - what made it all worth it was the chance to connect with students outside my usual circle. Interacting with people from different classes brought new conversations and shared laughter. We encouraged each other during tough tasks and danced our hearts out at the disco party on the final night. I walked away with more than just sore muscles - I gained new friendships, a better understanding of teamwork, and the confidence to take on things I'd normally avoid. This trip gave me stories I'll always remember.

Shayyaan Pradhan - Nursery Rainbow



**Hridya Bafna
Nursery Rainbow**



Hridansh Bafna - Nursery Sunshine



Aarav Palrecha - Junior KG Rainbow



Abir Bhoite, Junior KG Sunshine



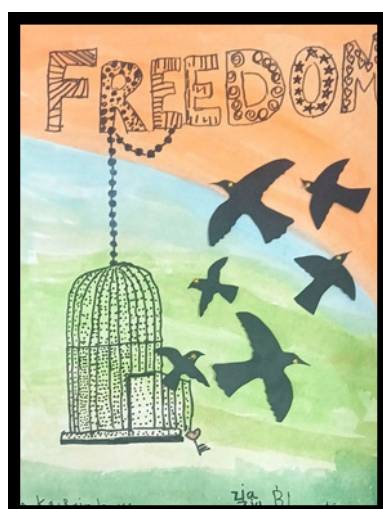
Arica Mehta - Junior KG Sunshine



Araya Mehta - Junior KG Rainbow



**Zia Bhansali
Senior KG Rainbow**



Ahaan Mehta - Senior KG Sunshine



Jia Lodha - Senior KG Sunshine



**Khiya Kothari
Junior KG Sunshine**

THE PATRIOT IN ME

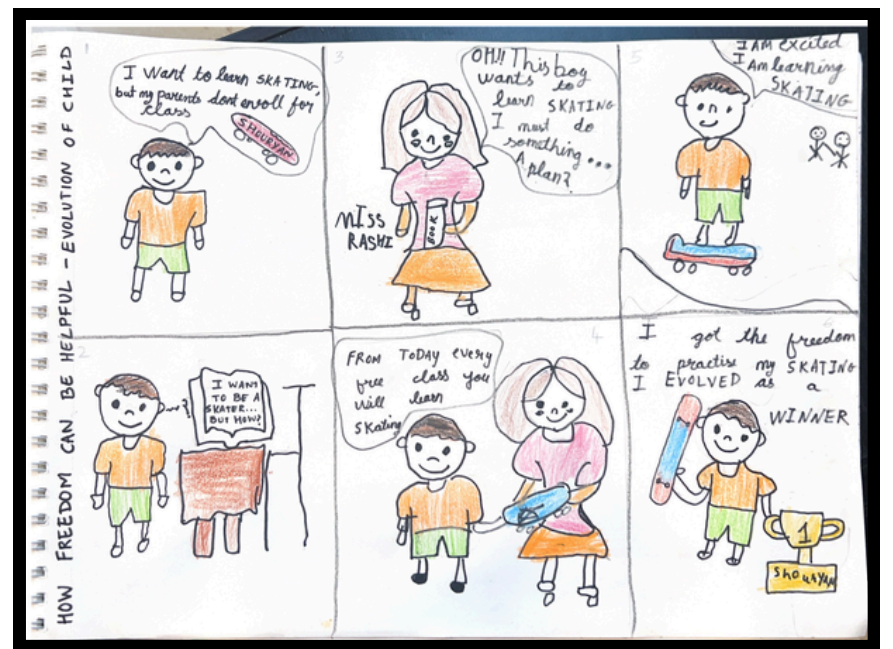
I may be small,
But I can try
To keep my head
and flag held high
I don't wear khadi,
march or fight,
But I can still
do what is right



Aarav Kothari, Grade 4 Ruby



Rian Bhoite, Grade 2 Ruby



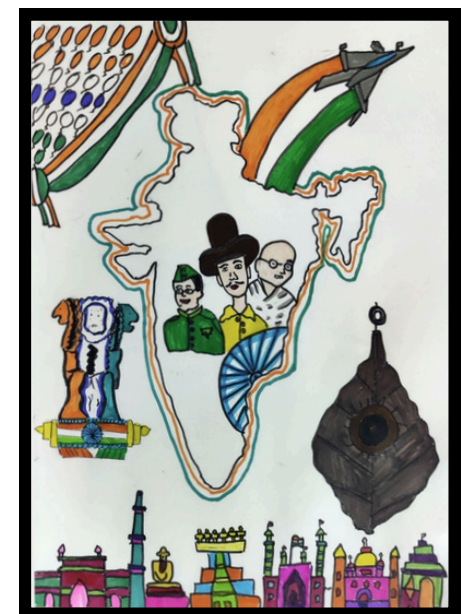
Shouryan Sanghvi, Grade 2 Emerald



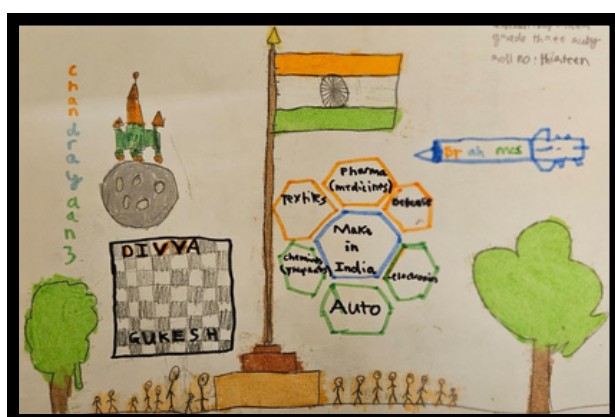
Amaira Shah, Grade 1 Emerald



Adhira Dalvi, Grade 4 Ruby



Jiana Chopra, Grade 5 Emerald



Ishaan Nagarkar, Grade 3 Ruby



Kavir Vora, Grade 4 Emerald



Hrim Chhajed, Grade 2 Ruby



Kriaan Shah, Grade 1 Emerald



Mahek Badala, Grade 5 Emerald



Namaira Jain, Grade 2 Ruby

My Country, My duty
I don't wear a soldier's uniform,
Or march with flags in hand,
But still, I serve my Motherland,
In ways I understand.
I tie my shoelace every day,
And rush to school with cheer,
Because I know that learning now,
Will build a future clear.
I help my friend who fell down hard,
I share my little snack,
I pick up litter on the road,
I never turn my back.
I do not lie, I do not cheat,
I speak with love and grace,
Because the way I treat the world,
Reflects my country's face.
I plant a tree, I save a drop,
I close the running tap,
I know that little actions count —
They form our nation's map.
So if they ask, "What will you do?"
I'll smile and proudly say,
"I'll serve my land with love and care,
In my own honest way."

Tiyaan Gada - Grade 2 Ruby

Freedom gives strength..
Freedom gives equality,
Freedom frees. our mind,
Freedom flows empowerment,
Freedom depicts unity,
Freedom experiences diversity.
Freedom explores creativity,
Freedom is mind resilient,
Freedom expands growth.
Freedom gives power,
Freedom shows sense of purpose,
Like the light, over the darkness,
Freedom shows path to growth of
humanity
Evolution of freedom.
Freedom! Freedom Freedom!

Samkit Shah, Grade 5 Emerald

A foreign shadow on a nation's Soul
A quiet promise to make the broken whole
A spinning wheel, a simple, sacred vow
A people rising, here and now
The sea of salt, a long and patient stride
For truth and freedom, nowhere to hide
Then midnight, a tricolour unfurled
A new sun shining on a waiting world

Shanaya Bagwe, Grade 6 Ruby



Evolution of Freedom Poetry Competition Brave Souls Of Our Country

In India's heart, a story so grand,
Of brave souls fighting for our dear land,
Mahatma Gandhi, with peace, showed us the way,
Jawaharla Nehru, a leader, for a brighter day.
Bhagat Singh, so brave, with a fiery spark,
Subhash Chandra Bose, a hero, shining in the dark.
Jhansi Rani Lakshmi, strong, with courage so true,
Vallabhai Patel, united, for me and for you.
Gangadhar Tilak and Sarojini Naidu with voices so clear,
Fought for freedom, banishing fear.
They all worked freedom, with all their might,
To bring our dear country into the light.
At last, freedom came, a joyful sound,
For India, our nation, on hallowed ground.
Remember their names, with pride and cheer,
The heroes who banished all doubt and all fear.

Rian Bhoite, 2nd grade, Ruby



Rian Bhoite - Grade 2 Ruby

Patriotism with a Purpose

Let's put our hands together
Hindu, Muslim, Sikh and Christian
Always love one another
It brings unity among each other.
Let's learn to respect one another.

Maira Dsouza, Grade 5 Ruby

Happy Independence day to all
The flag sways in the sky
And the smell of the food stalls fill the air
Colourful banners sway everywhere
People showing their joyful smiles
Kids with their heads held high
Everyone proud and happy
As sorrow dissipates into laughter and joy
The smiles don't just stay there, they spread everywhere.
Through the parks, beaches, markets and all,
Lanterns hanging on every window stall.
All are friends, not our foes,
In fighting is not for the modern- day folk.
We are one nation, let's keep it that way,
Onwards and forwards towards brighter days.

Sofia Gupta, Grade 6 Emerald



Let Patriotism not be blind,
But brave in heart and bold in mind.
To question wrong, defend the right
And keep our justice burning bright land
I love my to nation - not just the land
But every voice each helping hand.
Himalayas in the north
Indian Ocean in the South
Arabian Sea in the West
Bay of Bengal in the East
I love my new, Atmanisher and Viksit Bharat

Aarav Kothari - Grade 4 Ruby

Let us all say with pride that India is our
country
And towards its success we will strive
But what does this success truly mean
If we do not bring light into each other's
lives.
I would like to strive towards success
By how we treat one another
Towards the services we provide
To a less fortunate brother
Towards the steps we take In keeping our
environment clean
And not hurting each other
If you know what I mean
I am a true patriotic
And I say this with pride India is my country
And to it's success I will strive.

Tia Costa, Grade 6 Ruby



Dandi March

He walked not with weapons, but with will,
Barefoot on scorching roads the sun made still.
A million hopes walked by his side,
As silence cracked with steady stride
With a light heart and diligent resolve,
In hope that British laws would cease and evolve.
Each step inscribing a quiet but promising vow,
Leading and inspiring the crowd, even till now.
They mocked – just salt, with smug delight,
But trembled at that peaceful fight.
A pinch of sea, a rising roar,
Was all it took to shake the shore.
One man rose, the sky turned wide,
So we could run where he once tried.

Ishita Jain, A Levels

Our Freedom Story

A long time ago, people in India were not free.
They couldn't speak their minds,
and had to live under rules they didn't choose.
Life was hard,
but they didn't give up.
They marched, they worked,
and some even gave their lives for the country.
Finally, after many years,
India became free.
The flag went up,
and people filled the streets with hope and pride.
It was the start of a new chapter.
But freedom isn't just something from the past.
It's in what we do every day
studying, helping others,
standing up for what's right.
It's making sure everyone feels safe and equal.
The people before us gave us this gift.
Now it's our job to take care of it,
so that one day,
we can pass it on just as proudly.

Kreta Shah, A Levels

Patriotism

Celebrate patriotism, not just as love of your land.
Don't simply wear the colours or hoist the flag with pride.
True love shouldn't just be seen on this one special day;
It should accompany our every stride.
Love its heritage, its history, rich with stories old and new.
Love its unity and all its people, not just a few.
And show that love in work, thought, and play;
Patriotism should have a purpose, not just be a word we all say.
So let's stand together hand in hand—
For that is true love for your land.

Myiesha Chullani, A Levels

Freedom - Today and Everyday

Freedom was achieved overnight,
It took blood, sweat and tears
Started small , in the hearts of a few brave souls ,
it grew when people took a stand, when people took a stand,
when the brave joined forces,
It wasn't easy ,not at all.
Lives were lost, families broken.
but step by step, day by day,
Freedom found its way
It's in the choices we choose.
When we speak up or help a friend,
it's in our schools, it's on the streets,
when someone is treated wrong or bad ,
we stand with them - not just feel sad
Today and everyday ,
We help it grow in what we say.

Dhruv Jain, A Levels

Independence - A Celebration

Beneath the dust of centuries' tread, Where wounded hopes and dreamers bled,
The sun rose slow, with purpose crowned, Upon this sacred, blood-won ground.
Oppression faced at every nook, Messy hair and blood-stained looks,
With eyes imbuing with prowess, And the will to never settle at less.
They marched in silence, voices hoarse, Each step summons, fierce with force.
Eyes fixed upon a distant dawn, Their spirit asked the night be gone.
Chains rattled laughter from their lips, Yet fires burned within eclipse.
A land of rivers, songs, and pain, They rose and walked through earthly rain.
Courage was not the shout or cry, But tears unshed, the reasons why
A mother whispered to her son: "Be brave, my child, the fight's not done."
Sacrifice in freedom's name Lit fields of green, and hearts aflame.

One nation's dream, through suffering spun, United many, forged as one.
Independence day is dedicated to all the freedom fighters who have struggled with all their might,

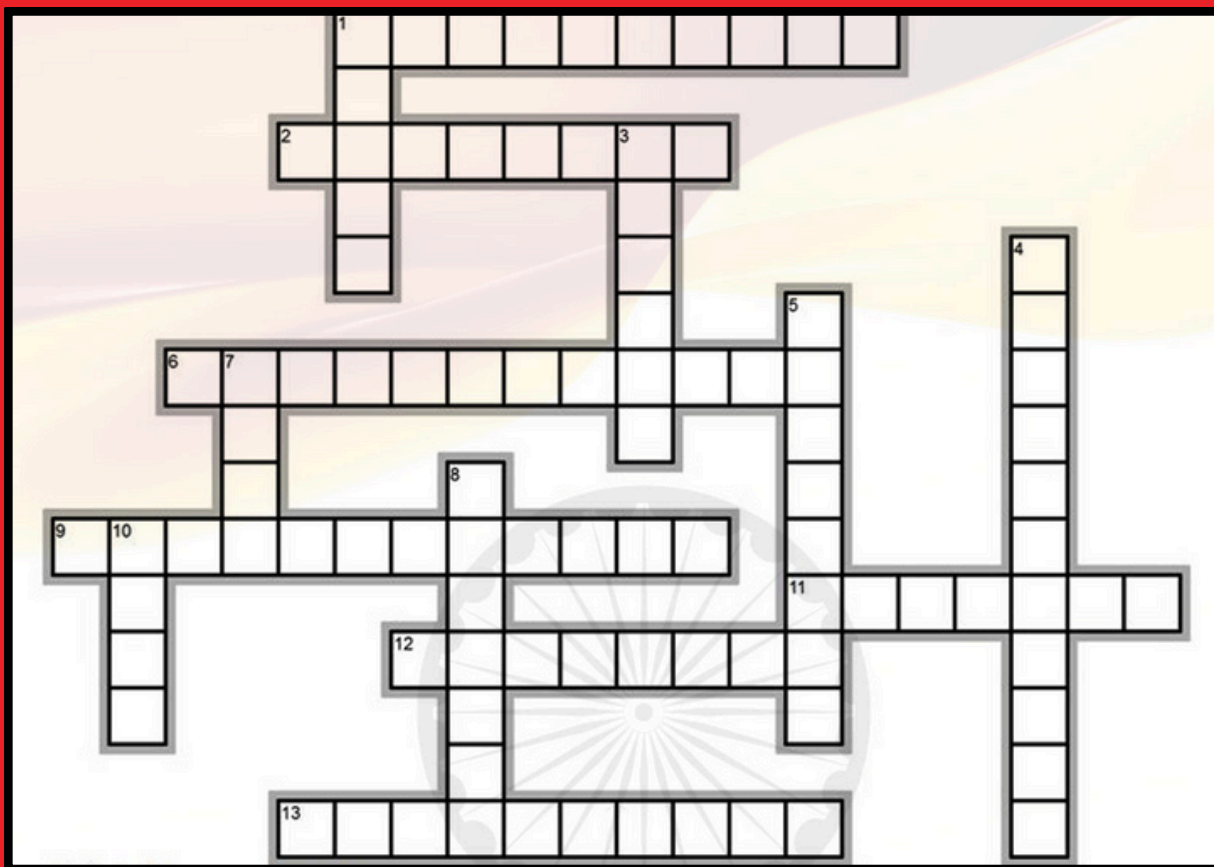
To make our country a better place to live in all day and night.
We should salute to those who made our India free And to those who helped build the India we now see.

Aarav Gupta, A Levels

Spot the differences



It is time for a crossword



Across

1. The Queen of Jhansi.
2. Full form of INC: Indian National _____.
6. National Song of India.
9. Indian National Anthem.
11. Netaji _____ Chandra Bose created National Army for Indian Independence.
12. _____ Prasad was the first President of India.
14. _____ Nehru Became the first Prime Minister of free India.

Down

1. Three _____ is the national emblem of India.
3. "_____ is my birthright, and I shall have it!"
4. Viscount Louis _____ announced partition of India.
5. Jallianwala Bagh massacre took place in _____.
7. A city in India in which the Taj Mahal located.
8. Rabindranath Tagore gave Gandhi a title of _____.
10. India is located in this continent.

Word Search

Indian Independence Day is celebrated on August 15th every year to honor the day when **Bharat** gained freedom from **British** rule in 1947.

This historic achievement was the result of the tireless efforts of countless **freedom** fighters, including **Mahatma** Gandhi, who led the movement for **Swaraj**, or self-rule, through non-violent means. Another great leader, **Netaji** Subhas Chandra Bose, inspired many with his call for complete independence. On this day, the **Indian** national **flag** is hoisted across the country, reminding every citizen of the sacrifices made for a free and united nation.

