







**Mahatma Jyotiba Phule**  
(1827-1890)



**Shrimati Savitribai Phule**  
(1831-1897)

विद्येविना मती गेली । मतीविना नीती गेली ॥  
नीतीविना गती गेली । गतीविना वित्त गेले ॥  
वित्ताविना शुद्र खचले । इतके अनर्थ एका अविद्येने केले ॥

**Lack of knowledge leads to indiscretion;  
Indiscretion leads to lack of ethics.  
Lack of ethics leads to absence of direction and momentum;  
Absence of direction and momentum result in bankruptcy.  
Such is the havoc caused by the lack of knowledge.**

**- Mahatma Jyotiba Phule**





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## VISION

To shape responsible learners to contribute to the global community through international mindedness and networking, MRV equips and enhances skillsets, giving you a competitive edge to conquer present and future challenges of the society.

## MISSION

To evolve and deliver dynamic, structured education systems manifesting experiential learning and intercultural understanding founded on humane values.

## PHILOSOPHY

‘Cognition begins with our senses, then proceeds to understanding and ends with reason.’

‘Knowledge increases with diffusion and grows by dispersion.’

Along with bricks and mortar, in 2002, the foundation of MRV was laid on the above principles. MRV is a school for life management where students are empowered with the expertise to conquer the present and the future challenges of our society. Here, importance is laid on education with secular values and a world vision.

Our students are exposed to relevant information, dynamic research and learning

based methods and strategies. Thus at MRV, we nurture the custodians of our future by imparting to them the supreme wealth of knowledge.

When our students set out into the world, they are not only armed with the strength of upright character but also have the ability to make a positive difference.





## From the Founder Chairman's Desk...



**'I am the master of my fate, I am the captain of my soul'**

**– William Ernest Henley**

Education is not just about acquiring knowledge; it is about igniting curiosity, fostering creativity, and shaping the leaders of tomorrow. At MET Rishikul Vidyalaya, I am privileged to witness the unwavering dedication of MRV Principal, teachers, coordinators, non-teaching and admin staff, who work tirelessly to create an environment where learning is not just a pursuit but a passion.

To our students—your journey here is a canvas of endless possibilities. Every challenge is a lesson, every effort a step toward greatness. Embrace learning with open minds and fearless hearts, for the world belongs to those who dare to dream and work relentlessly to achieve them.

This newsletter is a testament to your ideas, achievements, and aspirations. Let it be a space where your voices resonate, your creativity shines, and your thoughts inspire. Learning is a shared adventure—one that shapes not just our intellect but our character. As we move forward together, let us continue to explore, innovate, and push beyond boundaries. After all, the future is not something we enter—it is something we create.

**Chhagan Bhujbal**  
**Founder Chairman,**  
**Mumbai Educational Trust**



## From the Trustee's Desk...



There is a sense of profound satisfaction as we roll out the latest edition of MRV Buzz. The collective accomplishments of our institution this year are a source of great pride and reflect the sustained commitment of all who contribute to our success. The remarkable achievements of our students, including the attainment of world-leading results in the Cambridge International Education, underscore the effectiveness of your innovative pedagogical approaches. Your commitment to fostering intellectual growth and preparing our students for future success is commendable.

Dear students, your intellectual curiosity, diligence, and success in both academic and extracurricular domains are truly inspiring. Your contributions, whether through academic achievement or participation in co-curricular activities reflect your exceptional capabilities. I encourage you to maintain your pursuit of excellence and to have confidence in your potential. I extend my sincere appreciation to our principal and the distinguished faculty for their unwavering dedication to academic excellence.

As we move forward, let us uphold the principles of collaboration, innovation, and excellence that define MET Rishikul Vidyalaya. Let us strive for continuous improvement and aspire to achieve even greater heights.

**Pankaj Bhujbal**

**Hon. Trustee**

**Mumbai Educational Trust**

## From the Trustee's Desk...



MET Rishikul Vidyalaya has always been a place where young minds are nurtured with care, curiosity, and a passion for learning. It is truly inspiring to see our students not only excel academically but also shine in co-curricular and extracurricular activities. Their enthusiasm, determination, and creativity are a reflection of the incredible support and guidance they receive from our dedicated teachers and the trust placed in us by parents. Every year, we witness our students grow into confident, well-rounded individuals, ready to embrace the future with knowledge, resilience, and a global perspective.

As we celebrate another successful year, I want to extend my heartfelt gratitude to the principal, teachers, staff, and students for their dedication and hard work. Your efforts make MRV a school that stands apart—a place where learning goes beyond textbooks and where every achievement, big or small, is cherished. Let's continue to inspire, dream, and work together to shape a future filled with endless possibilities. Wishing you all a fantastic year ahead, filled with new opportunities and great success!

**Samir Bhujbal**

**Hon. Trustee**

**Mumbai Educational Trust**





## Dear Students and Parents,

The academic year 2024-25 provided many moments of joy and witnessed great achievements at national and international levels. We cherish the realization of meaningful learning achieved by the students. We witnessed growth and success in every sphere of functioning of the school in this year. This year saw many milestones and success achieved by MRV, from being ranked as one of Top 10 international schools of the country to our students becoming Top in the World in Cambridge International Examinations.

Led by our Hon. Chairman and Trustees, MRV realized the annual theme, "Take Responsibility" with meaningful and beneficial learning activities. Within and beyond class rooms, the annual theme got inter woven with learning to achieve best results. It provided interesting cross-curricular and co-curricular engagements for our students as you may see here. MRV experienced engaging and exciting partnerships with institutions in India and abroad across various sections from Pre Primary to AS and A Levels. MRV was equally delighted to welcome and host expert sessions and interactions with educators and professionals of eminence across the globe in this year. Embedding international dimension to realise the essence of IEYC and Cambridge qualifications in true sense is hugely satisfying.

I must mention here how happy our students always make me feel with their warmth, care and support towards me. They work with enthusiasm and intent to explore new learning under the guidance of our dedicated team of faculty and staff. This is the best gift to me from my dear students of MRV. From our youngest learners of Play Group to the teenagers of AS and A Levels, students of MRV remain the most lovable and talented in the city. The entire team of MRV comprising of coordinators, teachers, administration and office staff, ancillary staff and security made the year engaging and supportive for achieving best learning. I extend my appreciation and gratitude to this amazing team of MRV.

With deep gratitude and great admiration, I thank our Hon Chairman and Hon. Trustees who motivated, guided and supported through the year for all the success of MRV. I express my deep gratitude to the office bearers and members of PTA 2024-25 for the enthusiastic support and encouragement extended to MRV. They represented the MRV Parent community and worked towards building a positive and supportive bridge between parents and school. I'm greatly honoured and grateful to note the continuous involvement of all parents of our school who motivated us in 2024-25. The student members of the Newsletter committee, brilliantly guided by our faculty in-charges have made me immensely proud indeed. They are appreciated and applauded for the successful completion of this magazine.

MRV BUZZ has become the voice of our students within and beyond our school to showcase the joyful facts of learning meaningfully.

**With best compliments,**

**Dr.G.Nagashree**

**Principal, MET Rishikul Vidyalyaya**

**“The only way we can change our world is to take responsibility for our part in it.”  
— Rachael Bermingham**



This year MET Rishikul Vidyalaya came together to ‘Take Responsibility’ for our individual actions and the ways in which they impact the world around us.

While compiling this issue, we were proud to see the growth and development of our students through their actions and words. We know that the skills learnt this year will lead them to being responsible world leaders and trail blazers.

Our school magazine this year is a testament to all the positive ways in which every member of the MRV family were responsible individuals, both at school and in the community. We believe that you will enjoy reading about all the ways in which our MRV family has taken responsible and worked towards their goals with discipline and grit.

We hope that this magazine will be a source of inspiration for all those who read it to Take Responsibility for their own lives and for our world.

**From Miss Amanda Sampey and Miss Zara Shah**

*Happy Reading, Happy Learning, Happy Growing!*

### Reflecting on a Wonderful Year



As we conclude yet another enriching academic year, we pause to reflect on the incredible journey our Pre-Primary students have experienced. This year has been filled with meaningful milestones, joyful learning, and countless cherished moments.

The year began with a heartwarming Parents Orientation and Welcome Day where families were introduced to the school's vibrant environment and the unwavering support of our dedicated teachers and staff. Our young learners adapted with remarkable ease and enthusiasm, laying the foundation for a year of growth and discovery.

Our students excelled academically this year, engaging with the IEYC curriculum through Knowledge Harvest Days and strengthening their skills in phonics, math, and writing. They explored global perspectives through virtual sessions on Day and Night and weather forecasting in Canada and Kolkata. Cultural exchange with EUMIND students from the Netherlands enriched their understanding and our students gifted them a decorative pencil as a memento.

Playgroup students proudly showcased their learning to family members during Family Week, while our teachers employed innovative teaching methods and provided individualised attention to ensure every child thrived.

This year, the Trinity Young Learners Certificate Program introduced a fresh dimension by incorporating PAP (Performance Arts in Production), which seamlessly aligned with our Annual Day – Anandvan. This exciting addition was yet another feather in our cap, complementing the YPC ( Young Performers Certificate)

Our students actively participated in the MRV Cares initiative which aligned with the school's theme, "Take Responsibility," by contributing clothes, food, toys, stationary and books to various NGOs, demonstrating their compassion and generosity. Events and cultural celebrations, from Ganesha Chaturthi to Christmas, provided opportunities for them to express creativity while embracing unity and diversity. Their artistic talents were beautifully showcased during the Master Strokes art exhibition, reflecting their growth and imagination.

From engaging classroom activities to creative expression through art, music, and play, our students displayed impressive curiosity and resilience. Their laughter, energy, and eagerness to explore new ideas have been truly inspiring.

As we look back on this memorable year, we celebrate not only the academic achievements but also the bonds of friendship and the growing confidence our students have developed. The strong foundation laid this year will undoubtedly guide them toward future success.

Here's to a year filled with growth, learning, and unforgettable memories!





**Teachers adapt their teaching methods to cater to different learning styles and abilities.**

At MET Rishikul Vidyalaya, we focus on the holistic development of learners by providing them with opportunities to explore new avenues.

The primary section particularly focuses on providing a well-rounded education that fosters academic, social, emotional and physical growth in students. Our mission is to shape each learner to become responsible, confident and resilient and to contribute to the global community by being mindful that will help them to conquer the present and future challenges of the society.

One such initiative is the cultural Exchange programme between the Primary section students of Gr 4 and 5 from MRV with Newton school, Vietnam. This programme is vital as it plays a crucial role in fostering global understanding and building friendships across borders.

The exchange programme kicked off with a warm virtual introduction between the students, followed by presenting Indian culture, famous cities of India and famous food of the different Indian states. Students of both countries were also dressed in traditional clothing to contribute more towards the versatile cultures. This programme helped students understand more about the two countries, enhance language skills and provide students with a deeper appreciation of Vietnamese culture and traditions.

The annual school theme 'Take Responsibility' allowed students to develop their skills while helping others around them. One way students were responsible was by being sustainable to minimize waste, reduce environmental impact and promote eco-friendly practices during various festivals and in the classrooms. Some of the activities they did this year included not wasting food during lunch time, not tearing papers, switching off the AC for one hour in the morning and when not in class, children planted plants on their birthdays, donated food on MRV students day) Throughout the year the assembly periods were also utilised to celebrate and show the importance of various festivals through dance, drama and thought-provoking messages.

Overall this year the Primary section achieved in its aim of providing well-rounded education. All our students have shown tremendous development in their academic, social, emotional and physical growth. Our students have become more responsible, confident and resilient and are prepared to tackle any challenges they might face going forward.

I am very proud of all the teachers' and students' achievements this year and look forward to the future with enthusiasm.



This academic year has been an eventful and enriching journey, filled with collaboration, international exposures, and outstanding achievements. During the orientation in June, parents and students were introduced to our key goal for the year - to enhance global learning through international peer interactions, Global Connections & Exchange Programs.

To achieve the goals set, we facilitated peer exchange programs with students from Japan, Taiwan, and the Netherlands. These interactions fostered cultural understanding making learning truly global. The students of Maerlant Lyceum school of Netherlands visited MRV in November, followed by which MRV students travelled to Netherlands in January' 25. Before the year ends, we also have the most awaited exchange programme the Indo-French Immersion.

The section was proud to announce the student leaders for the Student Council. It was remarkable to witness that all members played a pivotal role in maintaining discipline and order during dispersal and every school event while also assisting younger peers in their daily routines, ensuring the smooth functioning of the school.

Academics remain the core foundation of secondary education, reinforced this year by our annual theme: "Take Responsibility." Students and teachers worked together to implement the Cambridge curriculum through innovative teaching-learning strategies aimed at excellence. This was reflected in the outstanding performance in the Checkpoint Diagnostic Tests. Meanwhile, Grade 10 students and teachers were engaged in a rigorous schedule to prepare for the March examination session. Despite academic rigour being very high our Sports faculty believe that it is vital to strike the right balance of Sports & Studies. True to this belief, team games were organized to help students maintain an equilibrium between academics and sports while fostering house spirit and teamwork.

MRVians are always a step ahead in showcasing Talent & Creativity. The highlights of the year included breathtaking performances at Anandvan and Sports Day, where students displayed their innate talents and skills through cultural and athletic excellence. Our thematic assemblies continued to be a cornerstone of student expression, with every class putting in exceptional effort to deliver impactful presentations—including a special assembly dedicated to Teachers' Day. MRV envisages to create future leaders.

Educational excursions provided students with unforgettable learning experiences outside the classroom, enriching their knowledge through exploration and real-world interactions. MRV students made us proud with their exceptional performances in various domains, including:

- MISA Synergy Competitions
- The First-Ever Play Production by Trinity College of London

These accomplishments underscore our students' dedication, creativity, and pursuit of excellence.

As we near the end of another remarkable academic year, we look forward to even greater achievements and new milestones in the future.



As the academic year draws to a close, it provides the perfect opportunity to look back on a year filled with growth, challenges, and achievements. Serving as an AS & A Levels Coordinator, I have had the privilege of witnessing the evolution of both our students and our institution.

First and foremost, I am immensely grateful for the unwavering dedication and commitment demonstrated by our students, faculty, and staff. The backbone of our academic year was undoubtedly the curriculum and its delivery.

It is heartening to see our students embrace rigorous academic challenges and excel in their studies.

Teachers worked tirelessly to create a stimulating learning environment, employing innovative teaching strategies and integrating technology to enhance understanding. Our examination results were a testament to this collective effort, with many students achieving exceptional grades and others showcasing significant improvement. Regular assessments, tutorial sessions, and workshops allowed us to cater to diverse learning needs and maintain high academic standards.

Beyond academics, this year was bursting with creativity, talent, and teamwork. Students actively participated in various clubs, debates, and cultural events, fostering a sense of community and collaboration. Highlights included the Food Seva, Change Project, the 3rd Edition of Think Tank and Anandvan, which celebrated art, music and drama, that ignited school spirit and camaraderie. It was particularly rewarding to see our AS & A Level students thrive in leadership roles as various Clubs and Newsletter Committee office bearers, displaying remarkable initiative and responsibility.

A special feature of this year was our successful virtual and physical exchange programmes with partner schools in Turkey, the Netherlands and Croatia. Despite geographical distances, these initiatives provided students with valuable opportunities to broaden their horizons, share perspectives, and engage in cross-cultural dialogues. Collaborative projects, virtual debates, and cultural presentations enriched their understanding of the global community and inspired a spirit of inclusivity and mutual respect.

Overall, the year has been a dynamic journey of academic pursuit, creative expression, and global engagement. As we move forward, the experiences and lessons from this year will serve as a foundation for greater achievements.

I am extremely proud of our AS and A Level students who in various capacities as leaders, office bearers or just participants, engaged the entire school community while managing their challenging academic rigor.

Like each year, we bid adieu to our A Level batch of 2025 with lots of happy memories to cherish and wished them good luck on their academic journey further.

In conclusion, I extend my deepest gratitude to every member of our school community—students, teachers, parents, and staff—whose dedication, collaboration, and enthusiasm have made this academic year truly remarkable.

As we look ahead to a bright and promising future, let us carry forward the spirit of unity and achievement that defines our community.



## PRE – PRIMARY STAFF



## PRIMARY STAFF





## SECONDARY STAFF



## AS & A LEVELS STAFF





## ADMINISTRATION STAFF



## ANCILLARY STAFF







**Head Boy - Avneesh Kane**

**Head Girl - Radhika Harsora**

**Sports Captain - Tvisha Dedhia**

**Sports Vice Captain - Granth Jain**

**Primary Prefects - Tia Costa**

Renav Munot

**Teacher House Incharges**

**Overall Incharge - Ms. Krishna Tripathi**

**Ashoka - Ms. Rekha Shah**

**Tagore - Mr. Prashanth Suvarna**

**Gandhi - Ms. Ankita Kolte**

**Shivaji - Ms. Sangeeta Natarajan**

### House Captains

Designation	Ashoka	Tagore	Shivaji	Gandhi
<b>Captain</b>	Janmesh Sheth	Vivaan Mallya	Saee Bhat	Rivan Jain
<b>Vice-Captain</b>	Vihana Gala	Kimaya Vaidya	Kaavya Shah	Aarav Jain

## Head Girl – Radhika Harsora

As the Head Girl of MRV for the academic year 2024-25, my journey has been both demanding and immensely fulfilling. I was committed to carrying out my responsibilities with integrity and dedication, I have worked closely with my fellow student council members to support my peers in overcoming challenges while providing thoughtful solutions to both students and teachers.



I am deeply grateful to the esteemed trustees of MRV, my Principal, teachers, staff and peers for believing in my potential and encouraging me to strive for excellence. MRV has provided me with countless opportunities, whether it was connecting with my juniors during dispersal duties or leading and motivating them during Sports Day, that have played a crucial role in shaping the person I am today.

This esteemed position has taught me the importance of responsibility, not only for myself but also for those around me. It has helped me stay grounded, speak up for what is right, and always lead with compassion.

Serving as the Head Girl for the academic year 2024-25 has been an incredible honor, and I am truly grateful for the opportunity to contribute to MRV's growth and represent this prestigious institution with pride.

## Head Boy – Avneesh Kane



As the Head Boy of MRV for the academic year 2024-25, my journey has been nothing short of formidable as well as gratifying. Throughout this wonderful journey of trying my best to be a respectable and inspiring Head boy, I have worked with my fellow student council members to help my peers overcome their problems and I have also presented logical solutions to both students and teachers. With the multiple opportunities presented to me during the academic year, such as improving my leadership skills as the Head boy, as well as enhancing my social skills by connecting with students during several occasions such as Anandvan and even my dispersal duties, I strongly believe that I have not only emerged as a more visionary leader, but also a more humble human being.

With the invaluable guidance and assistance from MRV's esteemed trustees, our school Principal, teachers and staff and the support of my peers and parents, I have given my best effort to set an example to all my juniors of how an ideal Head Boy should be.

As the Head Boy for the academic year 2024-25, I can confidently say that it has been the greatest honour to serve my school and represent this great institution, and I am truly grateful for this opportunity that empowered me to contribute to MRV's achievements.

## Sports Captain – Tvisha Dedhia

Being the Sports Captain of my school has been an immensely fulfilling experience. It gave me the opportunity to lead by setting an example, promoting teamwork, and determination among my fellow students.

Ultimately, my time as Sports Captain not only contributed to my personal growth but also strengthened the school's sports culture, fostering an atmosphere where everyone strives for excellence. I am honoured to have been part of this journey with my classmates



## A Year of Connection, Celebration, and Gratitude



As the PTA Executive Committee 2024-25, we embarked on this journey in July 2024, and what a fulfilling year it has been! Beyond being the bridge between parents and the school, we had the privilege of organizing some truly memorable events that brought our whole school closer together.

We began the year by celebrating Teacher's Day, a heartfelt tribute to our teachers and staff members who shape our children's futures. Every CR poured their creativity into making this day special, ensuring our teachers felt truly valued and appreciated.

Next came the much-anticipated Fun Mela, a grand celebration filled with exciting rides, engaging games, vibrant stalls, and delicious food. This year, we introduced a Kiddie Corner for our youngest attendees and a resting space for grandparents, making sure every family member felt included. In a heartwarming initiative, 50% of the proceed from the thrilling rides were donated to charity, combining fun with an opportunity to give back. The incredible generosity of our parents helped raise substantial funds for those in need. This year's Mela also saw the collaboration of MRV Cares and the IAYP students, who managed charity stalls and volunteered tirelessly to ensure the event's success.

As our talented students and dedicated teachers prepared for Anandvan, our school's most cherished annual showcase, the PTA members worked behind the scenes, organizing costumes to ensure every child looked their best on stage.

Being a part of the PTA EC 2024-25 has been an enriching experience, allowing us to create meaningful moments and lasting memories. We are proud to have played a role in strengthening the bond between parents and the school, and we thank our school for giving us this wonderful opportunity.

**– Sharmaine Costa**  
**On behalf of PTA EC 2024-25**





**Karan Chopra**

MRV has offered me many growth opportunities and is a school that ensures the holistic development of their students. From the IAYP trips, to Think Tank, The Change Project and the Annual day celebrations, I have always found that MRV has provided me with many different outlets to challenge myself, express my creativity and grow my character. I suggest that all students take up as many opportunities that MRV provides them, and should cherish every moment of it. Make friends, learn new skills, bond with your teachers, study hard, and most importantly - enjoy yourself, because these two years will be some of the most memorable of your life.

As an alumnus of MRV, I can confidently say that this school shaped me in ways I never imagined. From endless learning to building lifelong friendships, every moment here holds a special place in my heart. Cherish your time, take part in everything, and don't be afraid to explore your passions. Years will fly by faster than you think, but the memories and lessons will stay forever. Dream big, stay humble, and always strive to make a positive impact. MRV has given you a strong foundation, now it's your time to shine. Best wishes always!



**Hriday Shah**



**Jeena Tolani**

Going to MRV for AS and A-levels was scary at first, like jumping into something completely new. I was worried about fitting in and keeping up. But, I quickly found the classes really interesting, and everyone was incredibly supportive, so I started to enjoy it a lot. A-levels were definitely hard work, and I learned that doing a little bit every day, even just a small amount, really helps you stay on top of things. There were lots of school and extra curricular activities, which was tiring sometimes, especially when trying to balance everything, but they helped me build a good resume and learn to manage my time better. I discovered how to prioritize and organize my schedule, which is a skill I'll use for the rest of my life. Overall, it was a really good experience that helped me grow both academically and personally, and I feel much more prepared for the future.

I want to remind you that every challenge you face is an opportunity to grow. Whether you're solving a tough equation, leading a project, or chasing your passion, embrace the journey with curiosity and determination. Success isn't just about grades—it's about resilience, creativity, and the ability to think beyond limits. Dream big, but more importantly, take steps to make those dreams real. Keep learning, keep questioning, and most of all, enjoy the ride! Wishing you all the best!



**Aditya Chitre**



**Muskaan Shah**

As I reflect on my 16-year journey at MET Rishikul Vidyalaya, I'm filled with pride and gratitude. Our school fosters creativity, passion, and kindness. Seize every opportunity, dive into academics, arts, and sports. Remember, setbacks are stepping stones to growth. Stay curious, true to yourself, and support one another. Cherish these moments, and know they'll shape you into the leader you aspire to be.

Fifteen years ago, I walked through the school gates for the first time, not knowing how deeply this place would shape me. It has been more than just a school—it has been a home, a community, and a space where I grew alongside several others.

I've seen change unfold before my eyes; new faces, new ways of learning. Yet, the heart of the school has remained the same—a place where dreams take root. I've felt the thrill of school events, the weight of challenges, and the quiet pride of small victories. Shouldering the burden of leadership has taught me several qualities one rarely experiences in their school life

To this day, I look back with gratitude. This school is not just where I learned; it's where I became who I am. And no matter where life takes me, a part of me will always belong here.

**-Keval Gala (Former MRV Sports Captain)**

As a proud graduate, I can attest that MRV provided me with more than just academic knowledge—it built the foundation for my success. The rigorous curriculum challenged me to think critically, while supportive faculty helped me discover my strengths.

What served me best was balancing academics with extracurricular involvement. Current students: focus on building relationships with professors and peers. These connections will open doors long after graduation. Embrace opportunities to lead, collaborate, and step outside your comfort zone.

Remember that grades matter, but the skills you develop—communication, problem-solving, adaptability—are what truly prepare you for life's challenges.

**-Eshaan Shah,  
MET Rishikul Vidyalaya Board topper - 2019**

MET Rishikul Vidyalaya (MRV) was more than a school for me. It was a place where not only did I gain knowledge but I also made new friends, discovered and pursued my hobbies, and sowed the seeds which bloomed into who I am as a person today.

From discovering my love for Maths and Physics, to getting the chance to participate and represent MRV in intra school competitions such as MISA Synergy, and from singing my heart out in Anandvan to playing the bugle during Sports Days for the marching band, MRV provided me with holistic development.

The international high school curriculum provided me the edge that made me stand out from others helping me develop my critical thinking skills and the company of a diverse student culture helped me grow my soft skills that still help me today.

I cannot thank all the teachers that went above and beyond to help me progress, and the faculty who helped me in their own ways. Truly I do not have enough words for MRV for having helped me become the person that I am today.

**-Krish Veera (Former MRV Headboy -2018-2019)**



## EVENTS SUMMARY JUNE– NOV 2024

The academic year at MRV Pre-Primary was filled with joy, discovery, and community bonding. From the warm MRV Connect welcome with clown acts and tilak rituals to Playgroup Welcome Day activities, students felt loved from day one. International Yoga Day promoted wellness, while Students' Day - Climate Quest emphasized water conservation through costumes and performances.

Field trips to Joggers Park and Nehru Science Centre sparked curiosity, and Zoom Calls with students in Kolkata and Canada offered global exposure. Through Peer Learning, Sr. KG and AS Level students taught topics like the rain cycle and water harvesting. Events like Friendship Day, Independence Day, Teacher's Day, and Hindi Diwas celebrated values, culture, and connection.

Pet Palooza brought joy as children interacted with animals, and Eco-Friendly Ganesha Making promoted sustainability. Social-emotional lessons on safety, body boundaries, and empathy built confidence. In Feel the Beat, students explored music using recycled instruments, global sounds, and live demos, culminating in Knowledge Harvest Day.

The EUMIND Exchange with Dutch students and success at VistaAura 2024 highlighted our commitment to global learning and excellence.

MRV Pre-Primary continues to nurture young minds through love, creativity, and meaningful experiences.





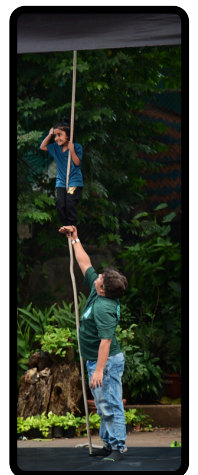
## Energetic Sports Day

Fasten your laces, toes behind the line,  
The sun is shining—it's Sports Day time!  
It's time for races, it's time for fun,  
On your marks, get set... Jump! Skip! Run!

MRV's highly anticipated Pre-Primary Annual Sports Day was held on 13th December 2024. Sports play a vital role in helping children develop both mental and physical resilience, shaping their bodies while fostering strength and activity. This was beautifully demonstrated through enthralling performances by our students, including the March Past, Zumba, P.E. drill, Karate, Gymnastics with Rope Mallakhamb.

Our young MRVians demonstrated their gross motor skills in alignment with the IEYC learning strand 'Healthy Living and Physical Well-being' while incorporating elements from the IEYC Units Once Upon a Time and Let's Have a Party, along with the IEYC Personal Goals.

As the races began, the atmosphere buzzed with cheers and enthusiastic support for the budding athletes. A special highlight was the involvement of parents, whose creative props and costumes enhanced the experience. The event reflected a wonderful combination of team spirit and self-confidence displayed by our MRVians, leaving the audience spellbound.



## Young Performers Certificate

Our students delivered an exceptional performance at the "TRINITY - YOUNG PERFORMERS CERTIFICATE AWARD,"

They showcased their remarkable talents and skills. Each student gave their best effort, and we were truly filled with immense pride as we witnessed their achievements and the dedication they put into their performances.

It was a moment of great celebration and recognition of their hard work and commitment.





## Musical Journey

In our Feel the Beat unit, students immersed themselves in a world of music and rhythm, crafting instruments from upcycled materials and discovering the sounds all around them. From meditative calm to vibrant beats, they explored it all! Secondary students brought the school band instruments to life, while Ms Sweety, a Pre-Primary teacher, mesmerised the audience with her skills on the flute, harmonica, and ukulele.

Additionally, Ms Nupura, our French teacher, introduced them to French music, making it an exciting and enriching experience. Our Sanskrit instructor, Ms Sheetal, added to the musical diversity by teaching Sanskrit rhymes.

The culmination of these efforts was Knowledge Harvest Day, where musical bliss reigned supreme. Our young maestros sang rhymes in several languages, played the instruments they had created, and even formed their band with the support of the entire music staff.

## Playgroup Family Day at MRV

Playgroup Family Day was a beautiful celebration of learning, togetherness, and fun! It was heart-warming to see our little learners proudly showcase their knowledge through engaging activities based on key concepts, pre-math skills, and the alphabet. From hands-on learning displays to interactive sessions, their enthusiasm and curiosity were truly inspiring! Our mini MRVians were independent and confident as they presented their learning to the parents and teachers.

The day was made even more special with a soulful culmination song and an energetic Antakshari session, bringing families together in a spirit of joy and togetherness.

A big thank you to all the parents for their participation and encouragement—your support makes all the difference! Here's to many more moments of fun, growth, and shared learning! ❤️





## MRV Pre-Primary Receives Global Recognition in the International Communication Association (ICA) Voice Newsletter.



### Celebrating Milestones

Three years ago, our Year 3 students embarked on a remarkable journey of discovery through the International Early Years Curriculum (IEYC) framework.

This year, they reached a significant milestone: their final IEYC Knowledge Harvest Day which is the Exit Point marking the culmination of their learning experiences and growth. This event celebrated their transformation, from curious explorers to confident communicators, highlighting the incredible progress they've made over the years.

Throughout their journey, our students delved into a wide range of engaging and enriching IEYC units, each designed to spark curiosity, foster exploration, and encourage meaningful learning. Here's a look at some of the exciting topics they explored:

- ◆ Year 1 – This is Me!, My Toy Shop, Healthy Habits, Animal Rescuers, Once Upon a Time
- ◆ Year 2 – Weather Wonders, Ocean Treasures, The Brilliant Bug Ball, Let's Have a Party, Going Places
- ◆ Year 3 – Blast Off!, The World Around Us

These thematic units not only engaged our students in hands-on activities but also nurtured their critical thinking, creativity, and problem-solving abilities. Through the use of K-W-L-H charts, Compare-Contrast Matrices, and Venn Diagrams, students explored concepts deeply, asked meaningful questions, and made connections between different ideas. These interactive approaches helped them sharpen their understanding and build essential skills to serve them well as they continued their academic journey.

Over three years, students associated themselves with all personal goals like respect and collaboration wherein they collaborated with a school in Indonesia - Jakarta Nanyang School for a cultural exchange activity. They learnt about the world around them and abroad through the International Dimension for every unit. They also learnt how Mother Earth can be a better place to live in by implementing the Sustainable Development Goals.

The parents expressed their appreciation each time they witnessed their children showcasing their learning. The Parental Involvement activities were a wonderful bonding time for the entire family. They shared that they have seen remarkable progress since their first Exit Point - The Knowledge Harvest Day for the very first unit becoming more confident, increasing in curiosity and incorporating the teachings in their daily activities at home too.

The year's highlight was their final Knowledge Harvest Day a celebration where our Year 3 students confidently showcased their learning. With great enthusiasm, they shared their insights, demonstrating how the IEYC framework has shaped their knowledge, curiosity, and communication abilities. The event was more than just a reflection; it was a joyful testament to their growth and achievements.

As we look back on the journey, "We are incredibly proud of our young learners." Their passion for discovery and the dedication of their teachers has made this milestone day a truly special occasion. Let's give a huge round of applause to our Year 3 students and their dedicated educators for making this remarkable journey a memorable celebration of learning! 🌟👏

This beautiful phase of Early Years culminated with a Graduation Day on 13th March 2025.

We acknowledge and appreciate the support provided by IEYC. The well-structured curriculum framework with units for capturing and nurturing curiosity in young learners is useful for teachers. The International Dimension, personal goals and disciplinary approach lead to developing 21st-century skills meaningfully.







## Anandvan



Our Annual Day celebration at MRV was a grand success, filled with energy, creativity, and powerful messages of environmental responsibility!

From a soulful lamp-lighting ceremony and heartfelt student welcomes to the vibrant performances by our Playgroup, Nursery, Jr. KG, and Sr. KG students — every moment of Anandvan 2025 was a beautiful tribute to our theme: “Take Responsibility”

Our young MRVians stole the show with their music, drama, dance, and storytelling — culminating in the thought-provoking performance Maa Ganga Preserves Nature, which reminded us all of the importance of caring for our rivers and environment.

Here’s to our young changemakers, our dedicated educators, and our ever-supportive parents — thank you for making this day unforgettable.







## Graduation Day

✧ A Heartwarming Celebration of Self-Discovery! ✧



At MET Rishikul Vidyalaya, we celebrated a special milestone with our little MRVians under the inspiring theme, \*"Journey into Myself."\*

The event began on an auspicious note as our beloved Principal Ma'am lit the ceremonial lamp, filling the hall with warmth and anticipation.

Dressed in their finest formal, our young graduates took center stage, confidently sharing their dreams, experiences, goals, and inspirations. Their pride and enthusiasm lit up the room, leaving everyone in awe!

With capes on and caps held high, they filled the air with melodies of joy and triumph, singing their hearts out in celebration! This was more than just a transition to Grade One—it was a beautiful reflection of who they are and who they strive to become.

Here's to new beginnings, self-discovery, and the incredible journey ahead! 🌍💡❤️





## EVENTS SUMMARY JUN – NOV 2024

This term has been buzzing with excitement as students and faculty came together to create unforgettable memories during a series of vibrant and engaging events. From MRV Students Day to Independence day, the spirit of teamwork, creativity and school pride was stronger than ever.

From vibrant performances to enchanting events, Primary displayed their incredible talent with great fervor and participated in the school activities.

The students celebrated an array of events and activities enriching themselves facilitating creativity and developing holistically. These various activities benefited the students in their interpersonal and intra personal growth.

Here's to celebrating the amazing achievements of our students and faculty!



**International French Day**



**Independence Day Celebration**



**Ganpati Idol Making**



**MRV Students Day Hat Day**



**Karate Achievements**

## Marathi Diwas

On February 27th, students from Grades 1 to 5 enthusiastically celebrated Marathi Diwas, honoring the beauty of the Marathi language and culture. The event was filled with joy as young students performed traditional Marathi songs and folk dances like Lavani and Koli, showcasing Maharashtra's vibrant heritage. They also recited Marathi songs. Teachers and students together created a lively and festive atmosphere, fostering love for the Marathi language and traditions while making the celebration both educational and enjoyable for everyone.



## Holi Celebration at MRV

Students of the primary section celebrated Holi, also known as the Festival of Colors signifying the arrival of spring, love, and new life.

Students had a fun filled day dancing and singing, making it a truly colorful festival.

Students shared the importance of celebrating a sustainable Holi to save the environment by using organic colors, flower petals, and no water.





## Cultural Exchange Programme with Newton TH School, Vietnam

Cultural exchange programmes play a crucial role in fostering global understanding and building friendships across borders. Students of Grade IV and V had the incredible opportunity to participate in an enriching exchange with Newton TH School in Vietnam.

This initiative aimed to promote cross-cultural learning, enhance language skills, and provide students with a deeper appreciation of Vietnamese culture and traditions.

The virtual exchange programme kicked off with a warm virtual introduction between the students, followed by engaging presentations on Indian culture, including famous cities, traditional foods, and the diversity of Indian states. To further celebrate the spirit of cultural diversity, students from both nations dressed in traditional attire, creating a visually vibrant and immersive experience.

Through this interaction, our students gained valuable insights into Vietnamese history, art, language, and lifestyle, broadening their perspectives beyond textbooks.



## Visit to the Museum of Solutions (MuSo)

Our students from Grades 1 to 3 embarked upon an enriching excursion to the Museum of Solutions (MUSO), a vibrant space designed to foster creativity and problem-solving skills among children.

The museum had various activities that were in line with MRV's Take Responsibility and Climate Quest theme for the current academic year which supports UNSDG 13 Climate action. MUSO offered an array of interactive labs and hands-on activities, immersing students in a world of exploration and learning.

The visit had a strong focus on environmental education, highlighting pressing issues like marine pollution and climate change.

This experiential journey seamlessly blended fun and education allowing students to understand the importance of sustainability and inspired them to take meaningful steps to protect our planet.

The excursion was truly a wonderful learning experience, sparking joy, curiosity and awareness among all the students.





## EVENTS SUMMARY JUNE- NOV 2024

Secondary students engaged in a plethora of enriching activities throughout the year. A detailed orientation set the tone for an adventurous IAYP excursion that offered team-building exercises and outdoor challenges, fostering resilience, collaboration, and personal growth amidst nature's beauty.

Informative assemblies on Thursdays covered themes like responsibility, current events, sustainability etc nurtured awareness and engagement. Yoga Day, led by a skilled instructor, introduced students to mindfulness and the holistic benefits of yoga, encouraging peace, focus, and harmony.

The events at MET Rishikul Vidyalaya showcase the spirit of community and teamwork through activities such as celebrating Hindi Diwas to honour the language, organising inclusive activities for children from ADAPT, cleaning the beach to promote environmental responsibility, and engaging in team sports to build resilience and collaboration. Each event conducted in Term I fostered learning, kindness, and collective action.



Diplomathon



Twining Day



Knowledge Day



Independence Day



CARES Donation Drive



Peer Learning



Educational Visit

## A Clash of Ideas: The debate finale

On January 31st, the highly anticipated final debate on “Should there be a global climate tax?” took place between two opposing houses—Tagore House and Gandhi House—who had emerged victorious from the semifinals.

Representing Gandhi House, the speakers argued in favor of the tax, emphasizing its necessity in combating climate change, while Tagore House firmly opposed it, raising concerns about its feasibility and fairness.

The debate, witnessed by an audience of teachers and students from Grades 6 and 7, followed a structured format with two opening speeches, a dynamic rebuttal round, and two closing statements. Both houses presented compelling arguments, but in the end, Tagore House’s reasoning and eloquence won the judges over, securing them the title of debate champions.



## Virtual Cultural Exchange Programmes with school in Taiwan

Students of our secondary section gained exposure to various cultures and perspectives through interactive and engaging virtual exchange sessions with international schools. Students of various grades worked with schools in Taiwan and Japan respectively to discuss various global topics.

The students has 3 informative sessions with the school in Taiwan wherein they presented their ideas on a particular topic and the Taiwanese students did the same. The students had fruitful discussions on topic such as depletion of mangroves, climate change and cultural significance in solving global issues.

These virtual exchange sessions were eye opening for students and has led to them developing their critical thinking, problem solving and communication skills.



## Checked Clothing Day

February 28, MET Rishikul Vidyalaya celebrated a unique and exciting Checked Clothing Day and Vada Pav Day, creating a perfect blend of fashion and food.

Students and teachers embraced the theme by wearing stylish checked outfits, adding a fun and colorful touch to the school atmosphere.





## Grade X Farewell

The Grade 10 Farewell was a day filled with emotions, laughter, and unforgettable memories as the school came together to honor the outgoing batch. Organized by the school faculty and staff, the event was a tribute to the students' hard work, growth, and achievements over the years.

The farewell began with engaging games and fun challenges, adding a spirit of excitement and healthy competition among the students. The energy soared as a musical performance had everyone singing along, creating a warm and joyous atmosphere. A power-packed dance performance further uplifted the mood, filling the hall with enthusiasm and cheers.

The Mr. and Miss MRV competition was a thrilling contest, with all finalists displaying confidence and charm. After a tough competition, charismatic Pranav Hinduja and captivating Zene Tasker emerged as the well-deserving winners, impressing everyone with their poise and inspiring answers.





## EVENTS SUMMARY JUNE– NOV 2024

The AS and A Levels section of MET Rishikul Vidyalaya had an enriching Term 1 filled with a vibrant array of events and initiatives aimed at holistic development.

At the start of the year AS Level students were welcomed with team-building activities, setting a confident tone for their academic journey. Some of the highlights of the section were 'The Change Project' that celebrated Nelson Mandela Day, with students presenting innovative climate solutions through research, displays, and collaborative models, University visits which offered valuable insights into scholarships, academic opportunities, and media industry career pathways through interactive sessions.

Peer Learning initiatives allowed AS students to mentor younger peers on topics like rainwater harvesting and climate action. Cultural events like the Garba and Diwali celebrations strengthened community bonds through dance, shared traditions, and heartfelt farewells. Friendship Day visits to pediatric hospitals highlighted empathy and joy as students engaged with young patients through crafts, music, and friendship bracelets. MRV Clubs equipped students with entrepreneurial and leadership skills. The first Term activities truly helped students' develop collaboration, creativity, and critical thinking skills and provided them with well-rounded experience.



Think Tank



Change Project



Bond University Visit



Christmas Celebration



Eumind Visit



Checkered Day



Friendship Day



Youth Impact Conference



Garba Celebration

## Practical Exposure – Trip to Mithibai College

On the 3rd of December, AS and A Level science students embarked on an educational visit to Mithibai College. Beginning with an introduction to the college's academic environment, the students learned about different undergraduate and postgraduate programs in science. They were briefed on potential career paths in fields such as biotechnology, microbiology, and chemistry, helping them understand the wide range of opportunities available after high school.

One of the highlights of the visit was exploring the college's well-equipped laboratories. The students had the opportunity to witness and participate in fascinating experiments, which deepened their understanding of scientific concepts beyond textbooks. From advanced microscopes to analytical instruments, the students saw various tools used in research and analysis, making them appreciate the practical applications of science. The visit also introduced the students to different biological and chemical instruments, many of which they had never seen before. Observing how professionals use these instruments for real-world applications sparked curiosity and excitement among them.

Overall, the visit to Mithibai College was an enriching experience that not only broadened the students' understanding of science but also gave them a new perspective on the possibilities that lie ahead in higher education and research.



## A Masterclass in Leadership Hult Business School Visits MRV

Hult International Business School is a globally recognized institution known for its hands-on, real-world approach to business education.

On February 7, 2025, our AS Level students had a unique opportunity to learn about leadership and teamwork from our special guest Mr. Callen Toren (Vice President of Finance and Operations at Hult International Business School). He led an engaging masterclass on effective collaboration, communication, and problem-solving in business.

The session left students motivated and better prepared for future leadership roles. It was a valuable learning experience that reinforced the importance of teamwork and strong leadership in any field.

The event was thoughtfully organized by Debasish Panda and Neha Shetty, the Academic Partnership Manager for South Asia's Undergraduate Program. Additionally, the event provided a special opportunity for Hult Business School representatives to meet and interact with MET's Founder Chairman, Mr. Chhagan Bhujbal.



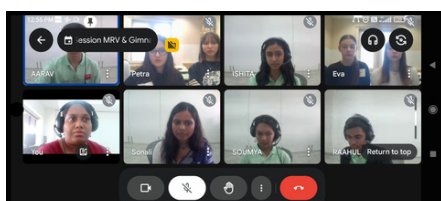


## International Virtual Exchange Programme

The A Level students of MET Rishikul Vidyalaya participated in a virtual exchange program with TEV İnanc Türkeş Private High School from Turkey, enhancing their learning experience.

The program focused on developing English language proficiency through presentations and discussions about cultural highlights, including sports, art, music, and cuisine. Interactive games and infographics further enriched the experience. Students gained valuable insights into cultural similarities and differences, fostering meaningful dialogue and global perspectives.

This collaborative initiative successfully improved their English skills while promoting cultural appreciation and broadening their understanding of diverse viewpoints, making it a highly enriching experience.



**Times Project**



MRV collaborated with Gimnazija Bjelovar, Croatia, as part of the prestigious Time Project on 29<sup>th</sup> November & 9<sup>th</sup> April. Students from AS Level were chosen to take part in two separate sessions, a discussion on this year's theme, 'Active Citizenship' and a debate on 'Effectiveness of Climate Change agreements'.

The exchange proved both insightful and enriching allowing students to view the topics from various lenses and perspectives. Additionally, the event also provided students with the opportunity to discuss the differences and similarities between their respective countries.

New connections were formed between peers, as students enthusiastically shared experiences about their own schools, clubs, and interests. Participating students were awarded with certificates

## Visit to National Stock Exchange (NSE)

MET Rishikul Vidyalaya's AS Level students had the incredible opportunity to visit the National Stock Exchange. This visit wasn't just an academic excursion—it was a journey into the dynamic world of finance. During their time, students attended a highly informative session on Stock Market mechanics, Capital Markets, IPOs, and more. The session provided a deeper understanding of the core concepts that drive economies and foster innovation.



## Student Days & Community Lunches



### Creative Hat Day

Who doesn't love hats? From sports day to field trips, they have always been an instrumental part of our childhood memories. Keeping this in mind, the AS and A levels of MRV decided to give hats the true recognition they deserve!

On the 8th of January, the students took part in creative hat day, followed by community lunch. It was a spectacle to see how the students of AS and A levels put on their creative hats. The showstopper was undoubtedly a nacho hat, similar to the one Gru wore in the movie 'Despicable Me 2' with nachos on its top, and a dip that was on its base.

Following this, the students had our community lunch which was a beautiful reminder that the simplest moments.

## Time Travel—in Style!

For this month's AS and A Level students day, the students traveled back in time with a riveting 'Retro' theme. Recalling the iconic fashion trends followed from the 50s to the 90s, students showcased their creativity by producing exceptionally evocative outfits.

Additionally, the day included a community lunch. Students of both AS and A levels gathered together and shared their food in a display of commendable generosity and community. Furthermore, each student prepared an extra lunchbox to be donated to a charity to help feed the under privileged.

## Together in Red and White - A Day of Joy

A blend of red and white filled MRV on December 11th as AS and A Level students and teachers came together to celebrate Red and White Day in the spirit of Christmas!

On a day of joy and generosity, the highlight was the community lunch, where students brought and shared food with each other in a show of togetherness. Students also embraced the spirit by contributing in a food donation drive.





## A Farewell to Remember: Celebrating the 12th Grade Journey!

We bid the A Levels class of 2025 a heartfelt farewell, filled with fun and nostalgia. The event - organised by the departing class's juniors, the AS Level students - featured exciting games with prizes, bringing joy and friendly competition, a lively singing performance that turned into a spontaneous sing-along; and an electrifying dance performance that successfully energized the crowd.

A Mr. and Miss MRV competition showcased the students on the runway after answering this year's thought-provoking question, "What is one thing you would like to see in your future self?" The finalists were asked individual questions and based on their answers two students were selected and crowned as winners. Congratulations to Aarav D'silva and Ananya Kumar, this year's Mr and Miss MRV!

The celebration ended on an emotional note with heartfelt video messages from teachers, filled with encouragement and warm wishes. A touching slideshow beautifully captured the class's unforgettable journey through school.

This farewell was more than a goodbye - it was a celebration of friendships, memories, and the incredible journey of the 12th-grade class, leaving them with cherished moments as they step into the future.





## The Spirit of Excellence – A Grand Anandvan Celebration!

The 21st Annual Day Celebration focused on the theme - 'Treasuring Relationships'. This was a heartwarming celebration of the bonds that shape our lives. Through captivating performances, heartfelt speeches, and inspiring stories, the event highlighted the importance of love, friendship, and mentorship.

Students showcased their talents through dance, drama, and music, portraying the beauty of human connections. Awards were presented to recognize excellence, reinforcing the values of teamwork and kindness. The evening left everyone with a renewed appreciation for the relationships that enrich our lives.





## Celebrating National Science Day

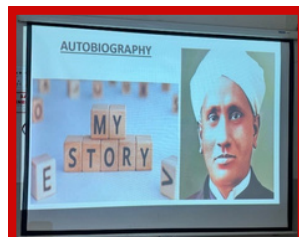
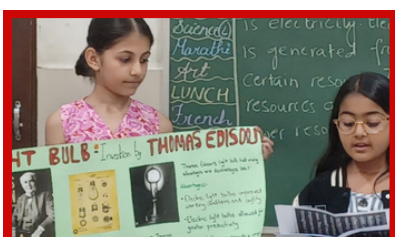
Our school commemorated National Science Day on 27th January, to celebrate the use of science all around us.

To honor the contributions of the great physicist C.V. Raman, MET Rishikul Vidyalaya students embarked on an insightful learning journey where all grades watched an engaging video on his groundbreaking discovery—the Raman Effect—which deepened our understanding of his work and its impact on science. The students of Grade 3, 4 and 5 also conducted an interesting hands-on experiment on Paper Chromatography which is a laboratory technique that separates and identifies the components of a mixture based on their movement up a paper strip, using a solvent.

Grade 7 students explored the brilliance of CV Raman and showcased their creativity by stepping into C.V. Raman's shoes and writing autobiographies from his perspective, reflecting on his journey and impact. Through this exercise, they not only reflected on his struggles and achievements but also developed a deeper appreciation for his passion for science. Students also shared inspiring stories of scientists like Abdul Kalam, C.V. Raman, and Homi Bhabha, highlighting their contributions to science.

Continuing the celebration of Science our AS Level students on the 28th of February, visited Baba Atomic Research Centre. The BARC faculty spoke to students about the center's management and the progress of atomic science in India. The students then participated in a fun quiz that tested their knowledge of atomic science basics and radioactivity. The students were engaged while watching a fun and creative skit by BARC's faculty, which used catchy Bollywood tunes to teach them about atomic science.

Finally, they had the golden opportunity to explore various areas of the center, gaining a deeper understanding of the advanced instruments and innovative techniques in use. Overall, it was a fantastic experience that left students with a greater appreciation for atomic science.



## Sports Day

On the 17th of January 2025, MRV organised its Annual Sports Day - a day packed with excitement, sportsmanship, and of course some competition!

The inauguration of MRV's Annual Sports Day 2024-2025 was marked by the hoisting of the national flag by Mr. Pankaj Bhujbal, Hon. Trustee, MET, and Dr. G. Nagashree, Principal, MRV. The event commenced with the national anthem and march past. Our esteemed Principal, ignited a spirit of enthusiasm among students, teachers, and parents alike with her motivating words.

A thrilling lineup of races followed, ranging from classic flat races to exciting book-balancing and three-legged races, ensuring a fun and inclusive experience for all participants. The four school houses—Gandhi, Ashoka, Tagore, and Shivaji—engaged in a spirited competition, exemplifying teamwork and friendly rivalry. Victors in each category were awarded for their outstanding performances, while teachers in the stands cheered on every child, fostering an environment of encouragement and perseverance. Meanwhile, the students energized the crowd with high-energy performances in various physical fitness forms, adding a vibrant touch to the day's festivities.

Further enhancing the event was the "Snack Shack," a thoughtful initiative by the MRV Cares Club, where a variety of delicious snacks and refreshing beverages made available at strategically placed stations across the grounds. The proceeds from this sale were donated to an NGO in the city.

A particularly heartwarming moment unfolded when MRV, in collaboration with ADAPT (Able Disabled All People Together), hosted an inclusive relay race. In this special event, MRV Student Council members passed the ball to ADAPT students, who proudly carried it to the finish line, symbolizing unity and shared achievement. Their participation was honored with certificates, recognizing their unwavering spirit and enthusiasm.

As the event drew to a close, every student was reminded that each individual is a born winner, capable of conquering every challenge that life presents.

With hearts full of joy and memories to cherish, Sports Day 2025 left an unforgettable imprint on all participants.





**MRV at MET Utsav**

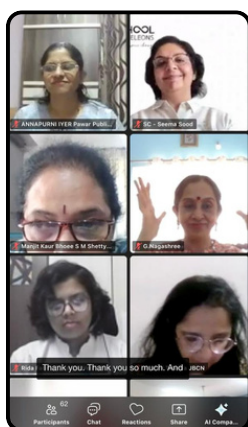


The month of February took off to a fine start with one of the most eagerly awaited events in the MET calendar—MET Utsav! Spanning a week, this grand celebration brought together students, faculty, and staff in a spirited display of enthusiasm and talent.

MET Utsav Sports Day, on February 1st set the stage for an exhilarating week. The MRV faculty participated wholeheartedly, engaging in various sports such as cricket and shot put. The event commenced with a vibrant March Past, where faculty and students alike showcased their discipline and unity.

The second day of MET Utsav 2025 was filled with exciting competitions that challenged participants' skills, creativity, and intellect. Our teachers took part and won in events like Lupt Rasoi (Lost Indian Recipes). The festivities reached their peak on February 8th with a spectacular Cultural Evening, the grand culmination of MET Utsav. The night was filled with electrifying music and breathtaking dance performances that left the audience in awe. The staff of MET played an essential role in ensuring the event's success, contributing both behind the scenes and through their unwavering support. Our students were honoured with the MET Gaurav award by MET Founder Chairman Mr. Chhagan Bhujbal, in the esteemed presence of Hon. MET Trustees Mr. Pankaj Bhujbal, Mr. Samir Bhujbal, Dr. Jitendra S. Wagh, and Mr. Subhash Sanas.

**Online presentations  
of school stories**



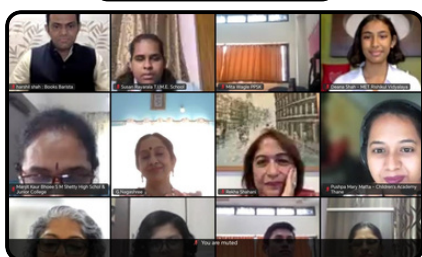
**School Chameleon Awards 2024**

School Chameleons is an initiative by Global Chameleons aimed at creating a single platform where educators, principals, teachers, administrators, and students can share stories of their schools' efforts toward achieving the UN Sustainable Development Goals (SDGs) through innovative actions and proactive ideas.

These shared stories create a ripple effect within the school community through education, advocacy, and active engagement. This initiative strives to cultivate a sense of ownership, responsibility, and urgency in driving transformational change for a sustainable and just future for generations to come.

MRV participated and qualified in all 3 categories for Principals, Teachers and Students. An esteemed jury from all over the world judged the event. We are proud to announce that our Principal Dr G. Nagashree won in the Principal and Management category.

We congratulate all the winners and participants!





## Master Strokes

Our school recently hosted a vibrant Art Exhibition, where creativity met compassion. This special event was led by our talented art teachers and showcased the artistic brilliance of our students, who put their heart and soul into creating stunning artwork.

The exhibition featured a variety of student-made art pieces, from paintings and sketches to handmade crafts. To make the event even more meaningful, students set up stalls to sell their creations, turning their passion into a purpose. Parents, teachers, and visitors enthusiastically supported the initiative, purchasing the beautiful artwork and encouraging the young artists.

The most inspiring aspect of this event was the generosity displayed by our students. All the proceeds from the art sales were collected and donated to two esteemed NGOs—Create Together and Om Foundation—both of which work towards empowering underprivileged communities.

This exhibition served as a reminder that art has the power to bring change, inspire kindness, and make a real difference in the lives of others.







**MRV MUN President  
Jeena Tolani**



My journey with the MRV MUN Club from Event Lead to President has been incredibly rewarding.

Over the past two years, I have grown immensely, developing confident public speaking, leadership, and organizational skills that I will carry with me always.

This year, our team proudly hosted events like Orators' Day, Youth Parliament, and MRV MUN 2025. The interschool conference was a standout moment, with proceeds that we raised being donated to the CRY Foundation and for the use of the MRV Cares club.

More than anything, MRV MUN Club has given me lasting friendships and the chance to work with a truly passionate team.

I'm excited to see what the future holds for the club, and though I may be moving on, I'll always be just a message away, ready to support however I can.



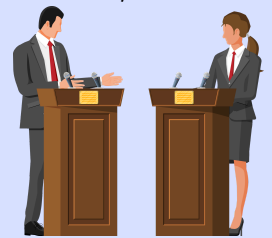
## MRV MUN 2025

On the 4th and 5th of January 2025, MRV hosted its first inter-school MUN Conference, bringing together students from various schools who participated with great enthusiasm.

The event featured meticulously structured committees, including UNSC, UNODC, WHO, IPL, and UNHRC, each led by a chair and a co-chair. Delegates engaged in insightful discussions, demonstrating diplomacy and critical thinking as they worked towards drafting resolutions. These resolutions were then projected for review, debated, and subjected to voting to determine their passage.

The conference not only provided a platform for intellectual growth but also celebrated excellence, with three outstanding delegates recognized as winners from each committee.

Overall, it was an enriching experience that fostered collaboration and global awareness, with all proceeds from the event donated to CRY (Child Rights and You), reinforcing MRV's commitment to social responsibility.







## MRV Art and Media President Hridya Shroff



As the President of the Art and Media Club, I've had the incredible opportunity to lead a diverse and creative group of 6 members.

This year, we've explored various forms of expression, from painting to sustainability. Each project pushed our boundaries and fostered teamwork. Whether organizing exhibitions to showcase everyone's artworks, being more charitable and socially responsible or working on events related to being more sustainable and environment friendly such as working with reCharkha, I've learned the importance of communication and innovation.

As the Club President I was especially proud of our club members who along with MRV Cares collected funds to donate to Create Together foundation for their Project PariHoonMain.

There were some obstacles but as a team we worked together to overcome them. Watching our ideas come to life has been immensely rewarding.

I'm proud of how much we've grown together and I am excited for the future of the club. I hope the Art and Media Club continues to inspire and unite our school community.



## MRV Art and Media

On Sports Day, the MRV Art and Media Club put up entertaining face painting and poster making stalls for the student and parent community. These stalls encouraged all to cheer their house on and boost the spirit of sportsmanship.

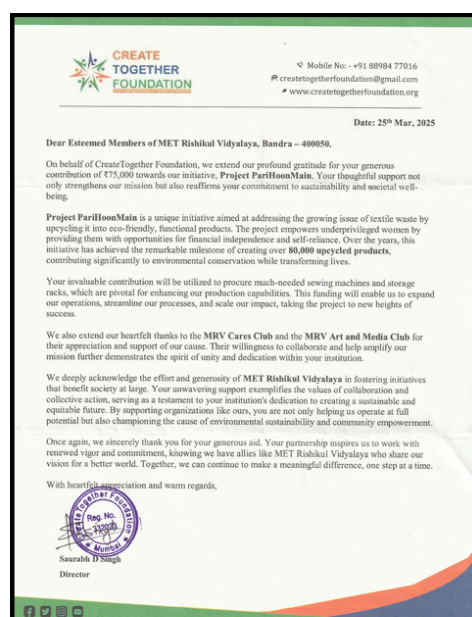
MRV Art and Media Club students also conducted interviews and were also the official video coverage team for the school's Sports Day Event.

Here's a short glimpse of the video created by the Team -



The Primary and Secondary students along with MRV Art and Media Club took up the responsibility of putting up a stall at Masterstrokes the school art exhibition, where they sold their creative, one of a kind - bracelets, tea coasters, loom bands, scented soaps, mobile charms etc.

All proceeds from this sale were donated by the Art & Media Club towards Create Together Foundation and OM Create to support their missions to provide equal opportunities for all sections of society.







## MRV Cares President Master Aditya Chitre



Being a part of MRV Cares as President for the academic 2024-2025 has been an incredibly fulfilling experience. Working alongside 14 passionate members, I had the opportunity to organize impactful initiatives such as donation drives, beach clean-ups, and fundraisers such as Snack Shack. Each event was a reminder of how collective effort can bring about meaningful change.

One of the most rewarding moments was seeing our events exceed expectations, proving that when people come together for a cause, amazing things happen. Of course, there were challenges—convincing people that waking up early for a beach clean-up was fun wasn't always easy! But seeing the difference we made together was worth every moment.

More than just a Club, MRV Cares became a community of changemakers, proving that small actions can have a big impact. As I look back on this journey, I feel grateful for the experiences, and most importantly, the chance to make a difference.



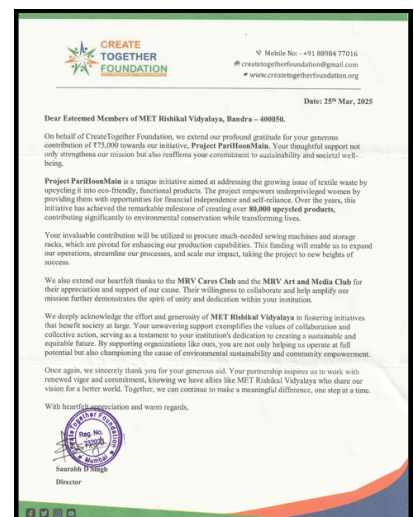
## MRV CARES - SNACK SHACK

MRV hosted its Annual Sports Day on the 17th of January, a day brimming with energy, sportsmanship, and community spirit. Adding to the excitement, the MRV Cares Committee once again took the initiative to not only satiate the hunger of parents, teachers, and students but also contribute towards a meaningful cause.

In an effort to support the non-profit organization 'Create Together', the Club organized the much-anticipated Snack Shack, a fundraising initiative that has seen consecutive success over the past two years. This year was no exception, as the team delighted everyone with a thoughtfully curated menu, with a revised selection of both sweet and savory snacks, along with refreshing beverages. The initiative was once again brought to life through the dedication, generosity, and teamwork of all office bearers and faculty in-charges.

Lending their support, AS and A-Level students actively assisted in preparing, packing, managing orders, along with hand-delivering food as part of their 'International Award for Young People' (IAYP) tasks. Their enthusiasm and dedication played a crucial role in the smooth execution of this initiative.

With its blend of compassion, collaboration, and culinary delights, the MRV Cares initiative once again stood as a testament to the school's unwavering commitment to social responsibility.



All proceeds from Snack Shack were donated to Create Together Foundation as part of their Project PariHoonMain.





## Leadership Team from Trinity College at MRV

We were honored to welcome the esteemed guests from Trinity College London to our school. Their visit was marked by a warm reception and a vibrant cultural program, showcasing the rich traditions and talents of our students.

During their visit, they had an engaging session with our Trinity trainers, exchanging insights and experiences. Our Trinity teachers and students have worked diligently throughout the year, preparing for their Comm Skills and GESE examinations with dedication and enthusiasm. Through rigorous training, interactive sessions, and performance-based learning, they have honed their public speaking, critical thinking, and expressive abilities—skills that will benefit them beyond the classroom.



This year has been a journey of growth and achievement for our students, reflecting their hard work and perseverance. The Trinity team commended their efforts and were highly proud with the progress made by the students.

We are grateful for this enriching interaction and look forward to a continued collaboration with Trinity in the future.





## Trinity Examination Results and Feedback

We have completed yet another successful year of the GESE (Graded Examination in Spoken English) and the Communication Skills examination conducted by Trinity College London UK in March 2025.

We are delighted to share the fantastic news that this year as with all the previous years, our students have achieved a 100% result along with an outstanding percentage of Distinctions achieved across GESE Grades 1 to 7 and with maximum number of "Distinctions" and "Merit" achieved across Communication Skills Grades 6 to 8.



MRV, for the first time this academic year, introduced the Trinity Plays in Production examination. This was an ambitious program for MRV and we are thrilled to announce that our entry "The Merchant of Venice" that was submitted to Trinity College London achieved such an excellent result.

The continued support and encouragement our students receive from the school management, Principal, teachers and parents plays a crucial role in their success. We look forward to celebrating these accomplishments with our students and continuing to work together to ensure their ongoing success further ahead.





## Student Reflection



**Ishita Jain (AS Level)**

It is truly an honor to share my journey with Trinity and how it has shaped me, both academically and personally.

I started this journey with the Grade 6 GESE, and now, as I prepare for my Grade 8 Communication Skills exam this March, I can see just how much I have grown. The skills I have developed through Trinity have not only helped me in exams but have also had a profound impact on my daily life.

One of the most significant changes I have experienced is in my confidence. Speaking in front of an audience once felt extremely overwhelming, but through Trinity, I have learned to communicate with clarity, remain composed under pressure, and engage effectively with others. Whether it is delivering presentations in school or participating in discussions, I now feel far more assured in my ability to express myself.

Beyond public speaking, Trinity has also equipped me with essential life skills such as problem-solving, critical thinking, and effective time management.

A perfect example of this happened last year. We were all gathered for a Holi celebration in my building, excited and waiting for the event to begin. But as time passed, it became clear that something was wrong. Turns out, the host we had booked wasn't gonna be able to make it. The event kept getting delayed, and people grew even more impatient by the second.

Now, we Indians take our festive celebrations very seriously, and there was no way I was going to let Holi get cancelled. That's when I decided to step in.

I quickly drafted an impromptu speech, addressing the situation - assuring everyone that the celebrations would go on as planned.

What could have been a chaotic and disappointing situation turned into an incredibly successful event—one that people still talk about. And that experience made me truly realize the importance of the skills I had gained through Trinity.

The ability to communicate effectively, adapt to unexpected situations, and think on my feet has become second nature to me, and I know these skills will continue to benefit me in the future. I feel extremely privileged to have gotten this opportunity at such a young age and I know that the foundation I have built through Trinity will help me communicate with confidence, think with clarity, and succeed in whatever I pursue.

## IAYP team visits MRV



A powerful exchange of ideas and inspiration took place at MET Rishikul Vidyalaya as we hosted Mr. Bivujit Mukhoty, Programme Manager and Ms. Kavita Patil, Programme Officer from IAYP. Their visit highlighted the transformative power of the IAYP program, emphasizing its role in fostering leadership, resilience, and personal growth among young people. It was an afternoon of stories and experiences shared with a few students from the bronze, silver and gold level. Each student explained their journey of growth and their skill, recreation, volunteer work and adventure work done as part of IAYP.

The insights shared by Mr. Mukhoty will undoubtedly leave a lasting impact on our participants. We look forward to continuing our collaboration with IAYP!

## IAYP Students meet the Duke of Edinburgh



Selected MRV students had the esteemed honour of meeting His Royal Highness, the Duke of Edinburgh, to discuss their experiences with the International Award for Young People (IAYP). The meeting took place at Wankhede Stadium, where the Duke had arrived to watch an exciting match.

The students discussed the challenges faced during the IAYP program and received valuable advice on leadership, perseverance, and personal growth. His Royal Highness shared insightful guidance, leaving a lasting impression on the students and thus inspiring them to strive for excellence. After the conversation, they had the incredible opportunity to go field-side and even meet some of the players, making the experience even more unforgettable.

Reflecting on the encounter, the students expressed deep gratitude, recognizing this as an inspiring and once-in-a-lifetime moment that would always be cherished.

## Proud Recognition for MET Rishikul Vidyalaya from IAYP

MET Rishikul Vidyalaya has been honoured with a Certificate of Appreciation by the International Award for Young People (IAYP), acknowledging a strong commitment to youth development and impactful community engagement.

This recognition celebrates the exceptional contributions of the IAYP unit at MRV in advancing the Award Programme and promoting positive change in society. Adding to the pride, the National Award Authority has felicitated MRV's teachers who mentor IAYP students with Special Meritorious Certificates, recognising their dedication in guiding students to excel and achieve their goals.





## Student Reflections on their meeting with the Duke of Edinburgh



I was privileged and honored to have the opportunity to meet His Royal Highness, Prince Edward. It was an unforgettable experience to engage with someone of such distinction. Despite his position, he was incredibly down-to-earth and approachable. His passion for youth development, especially through the International Award for Young People (IAYP), was truly inspiring. It was a humbling experience to discuss the impact of the award on us and to hear his insights.

**Soumya Deshmukh (Gold Award Participant)**

Meeting His Royal Highness, Prince Edward, was a truly inspiring and insightful experience. It brought into sharp focus the true essence of the International Award for Young People (IAYP). It's not simply about receiving an award; it's about the journey of personal growth, the challenges overcome, and the positive impact made. Prince Edward's kindness and genuine interest underscored the program's broader mission: shaping not just students, but future leaders like himself. This realization reinforces the value of IAYP in preparing us for future success in both our personal and professional lives.



**Naaishaa Harishh (Silver Award participant)**



Meeting HRH Prince Edward was an absolutely amazing experience. I was understandably nervous beforehand, but his humble and approachable nature quickly put me at ease. The encounter was truly inspiring, and I learned a great deal about humility and what it means to be a future leader. It's an experience I won't soon forget.

**Adi Bargaje (Bronze Award Participant)**

## Student Reflections on their IAYP adventure journey

**Saisha Jain (Grade 10)**

**Ritisha Jain (Grade 9)**

**Ethan Costa (Grade A Levels)**

The IAYP journey was quite the experience! One of the most ~~enticing~~ parts was, the trek. The pathway was extremely beautiful. ~~It was~~ Safety was a ~~concern~~ for us since it was ~~so~~ raining ~~essentially~~ and the ~~road~~ trail was slippery. Overall it was an incredible ~~exp~~ view. One of major challenges I faced was the ~~rip~~ to the rice paddy field ~~and~~ The entire trail was wet and muddy. There were a lot insects and other creepy and crawly. ~~Some~~ ~~of~~ Some may enjoy the feeling, but as for me

The overall trip was definitely tiring, but really exciting. This trip was filled with a lot of challenges which left us with memories of a lifetime. The most challenging part for me was the trek. I have always had a fear of trees, plus the first aid training scared me more. I for sure overcame this fear as I marched onto the 8km trek. After this trek, I was overjoyed to finish this trek even though it seemed extremely challenging first.

**Daksh Chavan (Grade AS Level)**

On 25th July we came to Dunsnet camp. we were given dorms to rest. The first challenge we had was making a stretcher with bamboo and blanket. Overall the entire adventure journey was just a bunch of new experiences and new challenges that we all came together. For me the journey taught me multiple things like handling, communicating, taking decisions and situation. The activities we did were cow milking and milking, paddy field, jungle cooking, team building activity and a 16km trek. All this will really help me in life and I feel grateful to be a part of it. The only thing

**IAYP Reflection**

Before coming for this trip, I was apprehensive about the situations we might face. This was due to the fact that while I've been for the IAYP Adventure Journey before, for my bronze & silver levels, this was the first one that was going to be conducted in the heavy showers of the Indian monsoon season.

However, upon reaching the campsite, I was taken aback by the beauty of the surroundings. From the start to the very end, all of the tasks, while certainly not easy, were extremely fun. Starting with the stretcher building task, we then moved on to learning map reading, taking measurements without instruments & compass and directional skills. Finally we embarked upon our trek which felt like a new experience for me. This was because, altho I have gone on treks before, I used to be really unfit and struggled to even reach halfway & would collapse.





## MRV Visits Maerlant - Lyceum Netherlands



In January 2025, Grade IX and AS Level students from MET Rishikul Vidyalyaya embarked upon the EUMIND exchange programme 2025 to the Netherlands. The students visited their partner school from Netherlands, Maerlant Lyceum.

Students of MRV spent a week in the Netherlands, understanding the cultural similarities and differences. The students took part in debates, presentations, creative art printing sessions during their visit to the school. They also engaged in fun activities such as Egyptian painting using natural dyes and ice skating a regular activity for the Dutch students.

MRV students also visit museums and historically significant sites in the Netherlands such as Van Gogh museum, Rijksmuseum, Anne Frank House. The visits allowed students to see first hand the influences and history that are the reason for the Dutch culture.

The exchange programme was a huge success and both school students have made memories and friends to last a lifetime.





## Students' Reflections on the EUMIND Exchange Program Visit to Netherlands

During the EUMIND exchange visit to the Netherlands, MRV students wrote daily reflections on their experiences as well as compared Indian and Dutch culture and schools. Below are some of their observations.

Today, I visited Maerlant Lyceum school. It was an amazing experience. The school environment was much more relaxed than what I'm used to. Their open classrooms stood out as stark contrasts to the structured approach back home. Meeting the students was delightful, they were kind and curious about Indian culture, just as I was eager to learn about theirs.

I also admired their focus on sustainability, and the school's eco-friendly practices and student initiatives. Like: having 2 dustbins one for plastic and one for biodegradable matter. All the students come to the school using a bicycle. Whereas, in Mumbai almost no one comes from a cycle, if we incorporate cycling maybe we can combat the air pollution issues we face.

**Vivaan Mallya (Grade IX)**

This morning we visited the Van Gogh museum which was very inspiring for me, especially since I have a huge passion for art. The bright colours in a few of Van Goghs famous paintings reminded me of the vibrant colours of Indian traditional artwork; and both art styles have similar themes on nature and symbolism. Afterwards we visited the Anne Frank Museum where we explored the Secret Annex and saw her well preserved diaries and the tragic history of her family and her life. I loved her courage and ambition to relentlessly pursue writing to escape from the darkness and pain that surrounded her.

The canal cruise in the evening was a wonderful experience to learn about life here in Netherlands and the history that came along with the canal. Houses above four stories are rare due to the weak mushy ground; which is also why some of them are crooked. All the houses are compressed in a row, which contradicts to the buildings in India having large societies and compounds.

**Siya Khanzode (Grade IX)**

Besides historical and cultural explorations, Amsterdam's modern infrastructure also impressed me. The train stations amazed me with their double-decker trains, cleanliness, orderliness of ticket-checking, and an array of shops for travelers. Efficiency and organization reflected how the city seamlessly combined history and modernity.

Amsterdam and India are two different worlds that have their own unique cultural contrasts. Dutch architecture, supported by wooden beams and canals, reflects careful urban planning, while Indian cities evolve around rivers, forts, and temples. Amsterdam's canals, once industrially polluted, are now a defining feature, while in India, the historical water systems, like stepwells, served practical and spiritual purposes. Discipline and efficiency mark Amsterdam's system of trains, with double-decker trains and clean stations, unlike India's bustling yet accessible railway hubs.

**Mishti Thakkar (AS Level)**

I noticed the several difference in the school systems, the most evident of all was the no uniform policy for the Dutch students. Another major difference was the classroom system. In the Netherlands, students move to different classrooms for each subject. In India, we typically remain in one classroom, and teachers come to us, It was also evident that Dutch students are given a lot of autonomy, with a more informal approach to education, compared to the relatively structured system we follow in India.

**Vivaa Kanani (Grade IX)**

## Students' Reflections on the EUMIND Exchange Program Visit to Netherlands

During the EUMIND exchange visit to the Netherlands, MRV students wrote daily reflections on their experiences as well as compared Indian and Dutch culture and schools. Below are some of their observations.

Today we went sightseeing. First, we went to the Blue Ware museum called the Royal Delft. The similarity between Indian pottery and the Blue Ware was the designs and the patterns, they were extremely intricate and reflect some cultural aspects of each of the countries.

Next we went to the Blue Heart monument. On the way we saw many canals and trams. This is a difference between India and Netherlands. India does not have trams and maximum transportation is done by local trains. Netherlands is filled with canals because it is below sea level, canals are a way to pump water out of the city (this is a new piece of information I learned today)

**Kritika Joshi (AS Level)**

On days 3 and 4, we were lucky enough to experience the amazing city of Amsterdam. On day 3, we boarded a train which had 2 floors, something which I had never seen before. I sat with two students from Maerlant Lyceum, Lev and Tiago, and we spoke about our likes, interests, and the games we played online, the kind of music they listened to and it was amazing that even though we stayed halfway across the world we still shared a common sense of music.

As we entered Amsterdam, the city's true culture started opening before me. At the Rijksmuseum, I was surrounded by centuries of Dutch art and history, and I couldn't help but realise how deeply the Netherlands values its heritage. This stood in contrast to the modernization I'm used to back in India, but it was inspiring to witness tradition over here.

This cross-cultural appreciation reminded me that we all have something valuable to offer and learn from each other, no matter where we come from.

**Janmesh Sheth (Grade IX)**

After we spoke to the students, I was intrigued by the fact that some of the students had part time jobs after school hours, like an attendant at the supermarket or some even had their own hockey academies, they used the minimal money they earned for recreation or purchasing necessary items, I found that even though they lived in a urbanized and metro city their way of living was really simple and they valued the resources they got very much, I felt that in India we took things we slightly took things we got for granted, working hard to earn money makes you realise the value of it and automatically makes you hesitant to spend it on something unworthy, my takeaway from today's day was valuing everything I got and always staying grateful for the little things.

**Kiaan Shirodhkar (Grade IX)**

While travelling by bus I saw a lot of female bus drivers which is something you don't often see in Mumbai. Not only that, several stores that we visited also had more female employees as compared to male which made me realise that the Netherlands has a greater number of female employees in various job fields and there was no division in thoughts of male and female oriented jobs.

**Aashana Sharma (AS Level)**

Today was a new experience for all of my Indian partners. We noticed an open, relaxed environment at the Maerlant Lyceum, with children casually addressing professors by their first names, in stark contrast to the Indian system, where authority is more formal and organized.

I was astonished to learn that Dutch students sometimes have more leeway in selecting their field of study early on, whereas in India. The Dutch students were intrigued by the intensity and competitiveness of the Indian academic system.

**Saeer Bhat (Grade IX)**

Two major things I noticed after meeting the Dutch students were -

1. Students in Netherlands were from varied cultural backgrounds all living harmoniously together (French, Dutch, Portugal, Pakistan, Indonesian, etc)
2. I loved how all of the students at Maerlant Lyceum religiously followed the waste segregation system in their school. There were separate bins and the students passionately taught us the difference between the bins and how to segregate the waste.

**Myra Shirodhkar (Grade IX)**





## Bridging Cultures, Building Futures Indo French Hub & MRV Bandra's Journey in French Immersion

Over the past two years, Indo French Hub ([www.indofrenchhub.com](http://www.indofrenchhub.com)) has proudly partnered with MRV to offer students a unique opportunity to explore French language and culture through meaningful immersion experiences. What began as a cultural exchange has now become a journey of growth, discovery, and global connection. As part of this collaboration our Grade IX students visited France this year in April 2025.

Our students didn't just visit France — they \*lived it\*. By staying with carefully selected host families, attending classes, participating in workshops, and exploring historic sites like the Louvre, Château de Versailles, and Montmartre, they gained first-hand understanding of French daily life.

The programme is the perfect blend of education, exploration, and empathy. Our students returned more confident in their French language skills, open-minded in their worldview, and deeply enriched by the connections they've made — both personal and cultural.

Beyond academics, these programs plant the seeds of global citizenship. Students learn to adapt, communicate across cultures, and see the world through a broader lens — essential skills in today's interconnected world.

As we celebrate two enriching years of this partnership, MRV and Indo French Hub look forward to continuing this journey of cultural exchange — one student, one story, and one shared experience at a time.





**Yuveer Sheth**  
Grade 1



**Rajveer Jain**  
Grade 1



**Shreyan Jain**  
Grade 2



**Krishiv Maneck**  
Grade 3



**Nishka Prabhu**  
Grade 3



**Uzma Ansari**  
Grade 4



**Rianna Rao**  
Grade 4



**Maira Dsouza**  
Grade 4

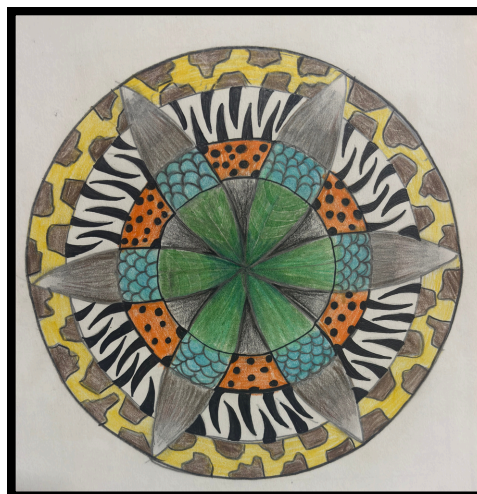




**Ihrah Bhoite**  
Grade 5



**Annesha Deshpande**  
Grade 6



**Anaisha Ratanjankar**  
Grade 5



**Neev Kothari**  
Grade 7



**Veer Patil**  
Grade 8

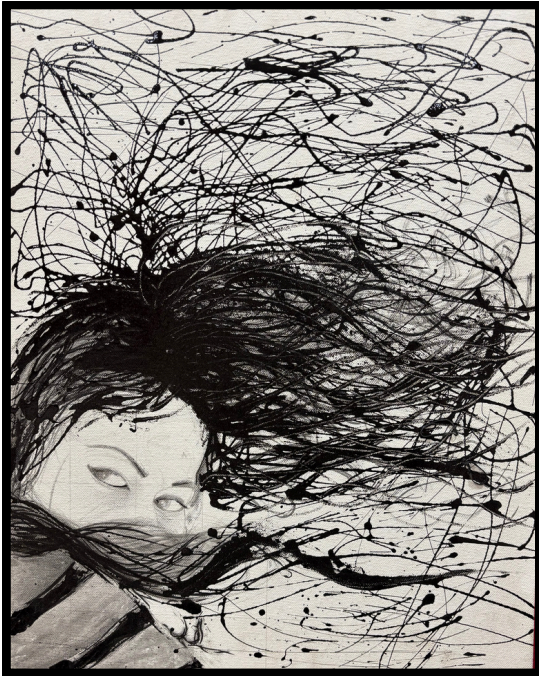


**Khanak Karia**  
Grade 8





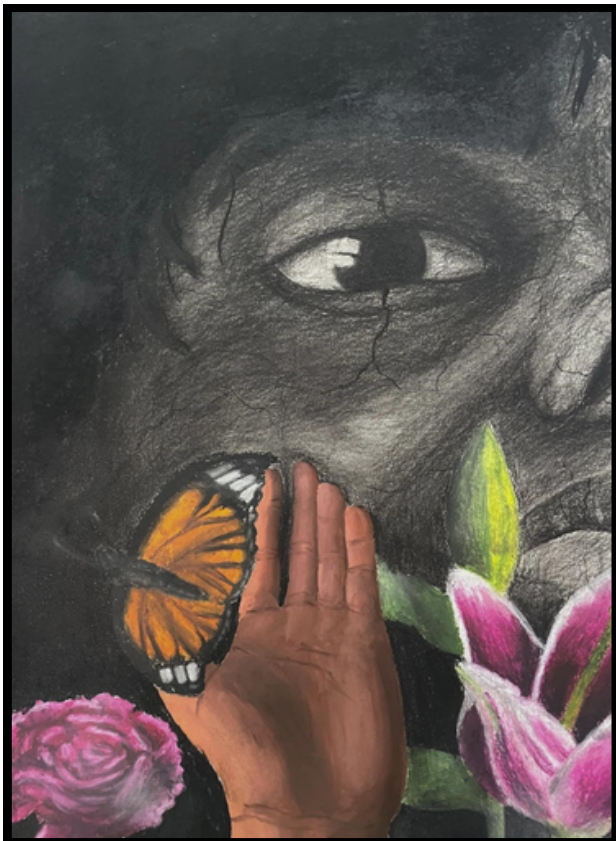
**Aidan Sequeira**  
Grade 9



**Ruvir Khadka**  
Grade AS Level



**Maynard Padhi**  
Grade AS Level



**Jiya Kochrekar**  
Grade A Level





## The Colour of Kindness by Tia Costa (Grade 5)

Azura went to sleep that night, but for some reason, she had a queer sinking feeling in her stomach. She knew exactly what to do. The minute her mother closed the door, she quietly slipped out of her bed and sat at her desk. She opened her most prized possession in the world, her sketchbook, and started to finish one of the best pieces she had ever drawn. She lived near the beach and loved sketching the sea. The different shades of blue seemed to be ever changing, sometimes a cornflower blue or a blue as bright as the sky. Meticulously, she shaded every hue of blue, the bright shine of the sun reflecting off the water and the waves crashing on the shore. She finished her drawing and held up her book proudly.

"It's perfect," she whispered quietly under her breath. Her kind, brown eyes were full of pride as she stared at her masterpiece. She pinned it above her desk and went back to bed.

The next morning, she woke up and her mouth dropped open. Every single bright color that made up her bedroom was gone. It was like someone had turned her life into a grayscale. Suddenly, she remembered the previous night. She leapt out of bed and rushed to her desk and saw her beautiful painting, the sketch still intact but all the shades of blue were now in shades of black, white, and grey. Tears welled up in her eyes as she looked at her beautiful painting, the original one fresh in her mind. Just at that moment, her mother walked into her room and sighed deeply.

"Azura, I have checked with many people, and all the colors have ... disappeared. It's all over every news channel, and I don't know what we are going to do." Said her mother, trying to be sympathetic with her daughter. She valued intelligence, not art, and could not understand her daughter's passion for art. Azura's world seemed to collapse around her. She lived and breathed art, and it felt like her soul had been ripped from her body. She wanted to get her mind off things, so she quickly changed and went for a walk on the beach. As she walked onto the beach, she saw the sea, but it wasn't the same. Her legs crumpled beneath her, and she sank onto the sand. She couldn't process the fact that the two things her life revolved around had now lost the magic it once held.

Suddenly, she saw a small child walking towards the water. The parents were far away and did not even notice. Alarmed by their negligence, she ran towards the child and pulled him back quickly. Just as she did so, she saw a purple fish swimming in the water. She looked around and saw people gasping with joy as their things came back to purple. She was overjoyed but wished that her blue had come back. She walked home and sat back at her table. She browsed through all her paintings, drawings, and sketches, smiling at how strange they looked with only purple etched on all of them. She brushed her hand gently over all her painting of the sea, remembering how the blue always stood out to her. She looked out her window and saw a man slipping an orange from an unattended stall into his pocket.

"Hey! Stop that!" she called angrily. The shopkeeper was thankfully nearby and immediately demanded his fruit back. "Thank you, kid!" he shouted back up to her. The orange in his hand returned to color. He laughed happily, and he looked at his stall, each orange seeming brighter than the next.

Azura grinned happily at the incident, but her smile dimmed a little when she turned back to her paintings. She was now a little baffled. Why were all the colors coming back every time she did something? There was something mysterious about these colors. She tried to connect the dots. Every time a color came back, it was connected to nature. She knew what she had to do. She rushed out of her house and saw an old lady struggling to carry her things inside the house. She hesitated. She didn't want to waste any time, but then she felt guilty at not helping. She decided that the colors could wait, and she rushed over to help the lady. The lady was overwhelmed with gratitude and surprised at her unexpected kindness.

"You know," the lady said with a smile, "all the colors might be gone, but you have a heart of gold." Azura smiled, and just then all the vegetables in her arms turned green again. She gasped with shock. This was proof that her theory was correct. She needed to be near nature to return all the colors.

Azura, confident that this was the solution, tried to return every color. She fetched her mother's work bag that she had left at a park, and all the red flowers danced on the green grass merrily.

Suddenly it hit her. She had a feeling she had to be near the sea for Blue to return, so she rushed to her room and unpinned the drawing, folded it carefully, and placed it in her pocket. As she hurried out of the house towards the beach, she heard a dismal chirping noise coming from a bush. She was panicked. She couldn't waste any time, but her heart melted as she heard that forlorn voice. She bent over and saw a little baby bird that had fallen out of its nest. She picked it up gently and put it back in its nest. Just as she did so, her painting flew out of her pocket. The grey sky erupted with yellow as the sun's warm light lit up the city. She chased her painting, and her heart dropped as it flew over the sea. She was terrified it would fall in and she might never see it again and the color might never return. Just at that moment, a sharp cry echoed over to her. A girl had been running and had twisted her ankle. Azura immediately ran towards the girl, inwardly lamenting the loss of her painting and favorite color. She sat with the girl and called out for a lifeguard. As she waited, she saw her panting fall into the sea and get swept away with the water. She wanted to break down there on the spot, but she swallowed her tears and tended to the girl. Just as the lifeguard arrived, the sky burst into a bright blue and the sea turned the most brilliant shade of blue Azura had ever seen. She ran her hand through the water and felt the waves brushing against her hand. She breathed in the familiar salty smell of the sea and truly felt alive. Then a wave of realization washed over her: it wasn't the nature that had returned the colors; it was her. Her kindness had brought back joy and color to the world, or rather, brought the world back to life.

## MET Rishikul Vidyalaya: A Nexus of Sustainability and Innovation

### by Deana Shah (Grade 8)

In the heart of Mumbai, MET Rishikul Vidyalaya (MRV), stands as a beacon of progressive education, seamlessly intertwining academic rigor with global citizenship. One of the school's most impactful initiatives, the Cambridge Science Project, brought students together under the shared banner of sustainability and environmental stewardship.

As part of this ambitious endeavour, students formed collaborative groups to identify pressing ecological challenges and devise innovative solutions. Guided by their mentor teachers, these young students embraced the opportunity to explore, learn, and contribute meaningfully to a sustainable future. Projects from this initiative not only showcased the students' intellectual capability, but also underscored MRV's commitment to nurturing environmentally conscious leaders.

#### 1. The Microbiome of Everyday Water

The first group delved into the microscopic world of water, investigating the microbial diversity present in everyday sources. Their study illuminated the interplay between microbial populations and water quality, laying the groundwork for more sustainable water treatment practices.

The students proposed several proactive solutions. By prioritizing methods that preserved natural microbial balances, the group highlighted a harmonious approach to public health and ecosystem preservation. Their work underscored the vital role of sustainable water management in mitigating waterborne diseases while safeguarding the environment.

#### 2. Solar-Powered Vacuum Cleaner

The second group turned their attention to renewable energy, a solar-powered vacuum cleaner. This innovation aimed to reduce household energy consumption by harnessing solar power, presenting a compelling alternative to traditional electricity-dependent appliances.

The students demonstrated how clean energy could address urban energy challenges. Beyond the obvious reduction in utility bills, their project emphasized the broader implications of decreased reliance on fossil fuels, reduced strain on power grids during peak hours, and minimized environmental impact. This initiative showed us how technology and sustainability can coalesce to shape a cleaner, greener future.

#### 3. Effect of Acid Rain on Plants

The third group explored the pernicious effects of acid rain on plant life, focusing on species uniquely adapted to Mumbai's urban ecosystem. By studying particular plant species, the students unearthed valuable insights into the resilience of these plants under polluted conditions.

Their findings emphasized the importance of selecting robust flora to counteract the adverse effects of acid rain, thereby contributing to urban greening initiatives. This project served as an important reminder of the interconnectedness of urban development and environmental health, urging communities to prioritize sustainable practices amidst the challenges of climate change.

Through the Cambridge Science Project, MRV reaffirmed its ethos of holistic education, fostering a culture of innovation, responsibility, and action. The initiative was just one of many sustainability-focused programs championed by the institution. From promoting renewable energy solutions to encouraging eco-friendly practices in daily life, MRV positioned itself as a leader in environmental stewardship.

As the world grapples with the escalating consequences of climate change and global warming, the young students of MRV stand as torchbearers of hope, proving that meaningful change begins with informed action. By equipping young minds with the tools to address real-world challenges, MRV continues to inspire a generation of thinkers and doers poised to lead the charge towards a sustainable tomorrow.





## Beyond the books: MRV's Green initiative by Vihaan Ghelani (Grade 8)



MET Rishikul Vidyalyaya (MRV) stands as a glimmer of hope against the rising problem of climate change, combining academic focus with proper responsibility, students divided into groups to not only practice teamwork and collaboration but also take a large step towards turning MRV sustainable. Most students took a step towards the world of science, and started brainstorming innovative experiments that could solve many sustainability issues around the globe. This momentous initiative was named the Cambridge Science Project.

An ambitious ensemble took up a major issue – Lack of cleanliness in rural and urban areas. To battle this issue, they started developing a prototype of a solar vacuum cleaner that would resolve the problem, and be accessible for all. This prototype soon became into a project that the students put their blood, sweat and tears into. Over a span of 5 months, this prototype morphed into a successful product that serves its function. With an obstacle detection system inbuilt, the vacuum cleaner uses ultrasonic sensors to detect obstructions in its path and avoids them. It reduced household energy and cut down on electricity bills substantially. It showed that simple actions can lead to a sustainable future.

The second group noticed an idea that everyone overlooked – Do plants really grow fastest in water? To investigate their idea they put two plants, one growing in water, while the other growing in nitric acid. They used 2 plant species and over the span of 2 weeks, nurtured one with water and the other with nitric acid. Surprisingly, the plant in nitric acid grew significantly faster compared to the one growing in water. This was one of the most groundbreaking discoveries that could seamlessly be developed into a major scientific breakthrough. This experiment shows that some species of plants can survive, and even thrive in acid rain!

The rest of the students took a deep-dive into the world of confident oration! MRV celebrated Orators' Day with the annual theme as 'Sustainability'. Students prepared astonishing speeches on the topic and performed for their peers. This not only shed light on this issue but also made students gain confidence on public speaking. Learners did solid research, analysed data and composed a piece of art to present to the judges! In addition to spreading attention about climate change, this initiative turned into a fun, competitive way for students to verse each other's knowledge about sustainability.

The institute also organised MRV MUN, where the main agenda was climate change and sustainability. By addressing sustainability problems, delegates learn to apply their theoretical information to practical, real-world situations, and use that information to brainstorm solutions toward this subject. Sustainability is a pressing global issue that allows candidates to directly link their thoughts to real-world examples and scenarios.

The most prominent initiative taken by the school was the addition of a completely new subject that focuses majorly on sustainability, and what steps can be taken to ensure a clean biosphere– Environmental Management. Here, students are taught about the environment and what we should do as responsible global citizens to nurture it.

Through all these endeavours, MRV has successfully cemented itself as one of the rising leaders in sustainability, educating its students while ensuring a seamless process of holistic learning, breeding a whole new society of climate-educated warriors who are equipped to handle any environment related issues. As the world continues to combat this threat, MRV stands tall as a beacon of light. Armed and ready with students who will lead and inspire today's generation, to make sure that there's a tomorrow to wake up to.

## The Green Choice: MET Rishikul Vidyalaya

by Myra Shirodkar (Grade 9)

In a world where promoting sustainable resources and eco friendly methods of mitigating climate change is no longer a choice, I am proud to say that my school has taken countless efforts to encourage fostering a culture of green living and conservation. Right from numerous donations drives to plastic recycling programs, here at MET I've learned that the smallest of actions make a large impact in the long run.

Our school's sustainability efforts are not merely the domain of administrators and staff, but the students are empowered to take initiative through the freedom of creating innovative solutions. One of the many ways in which we have tried to address this concern is through the establishment of our visionary and famous club; MRV cares. There have been numerous successful programs on a yearly basis but the one that fascinated me the most is the creation of a well functional and sturdy bench with using nothing but plastic bottles! Moreover, this club conducts yearly beach cleanups with a large number of volunteers. A powerful initiative that not only helps protect our marine ecosystem but also fosters a sense of responsibility and stewardship among us students. After collecting over 25 bags full of filth and waste we became aware of our oblivious behaviour to the very place that is the reason for our existence.

Having said that, it is important to highlight the effective and exciting themes that our school has every year. This includes concepts like 'take responsibility' and 'nurture nature'. Our themes serve as a clarion call to action, beckoning us to reexamine our relationship with the natural world and redefine our role as citizens of the planet. But what does it mean to truly nurture nature? Is it merely a rhetorical flourish, or a call to arms that demand our collective attention and action?

Furthermore, my school conducts yearly trips to the sewage treatment plant for students of class nine. As we watched the tedious treatment process, we commenced to realise how the significance of our own role in sustainability. We discerned how our quotidian choices- like disposal methods and utilisation of eco-friendly products have a direct impact on the environment. Soon enough it was clear that sustainability is not just a ephemeral trend or buzzword – it's a way of living.

In addition, our school's plastic recycling program has been a resounding success, with students and staff working in tandem to collect sort and process recyclable materials. But is this just a drop in the ocean, a symbolic gesture in the face of an overwhelming environmental crisis? Or is it a wave of change, a harbinger of a more sustainable future that is within our grasp? The answer, much like the solutions to other environmental challenges we face, lies in our collective hands. Also, through the donation drives, we have collected a staggering array of items, from gently used clothing and books to household goods and utensils. But our efforts extend far beyond the confines of our school walls. We have partnered in local organisations like the carter road beach cleanup crew and other associations that have helped us get through each event successfully.

In conclusion, here at MET Rishikul Vidyalaya, we are reminded that sustainability is not just a distant goal but a tangible reality we can create through our own daily choices. We have seen firsthand the negative impact of our small actions that mostly take place unknowingly and have learned the importance of being mindful to the choices we make, because if one plastic bag disposed improperly by one individual has 1.58kgs of CO<sub>2</sub> emissions, I don't think we can even imagine the damage that will be caused by all 8 billion people on this planet. But this newfound knowledge leads me to think about what would the world be like if every school, every community, every single person on this planet were to embrace this ethos of collective action? Let's find out together



## Reimagining Progress: New Pathways to a More Sustainable Future

by Akeshya Shashtri (AS Level)

What are inclusion and sustainability? Inclusion is the policy of providing equal access to opportunities and resources, while sustainability ensures the long-term preservation of our planet's resources. These two are pillars for forming a strong, fair, and environmentally responsible society. As we navigate the challenges of climate change and global warming, implementable, inclusive solutions are necessary to expedite progress in these areas. This essay expands on ideas surrounding education, digital access, and cultural innovations that can help sustainability and inclusivity in the coming years.

Education is instrumental in moulding the building blocks for a sustainable population. Integrating diversity and sustainability in schools can be pivotal. Schools should adopt learning programs where students can collaborate with marginalised communities, understanding their perspectives can help build empathy and break biases. Additionally, instilling environmental responsibility in children can teach them practical skills. Activities such as urban gardening and recycling programs can empower children to make meaningful strides to a sustainable and inclusive future.

Mass media has always shaped our opinions, behaviour, and knowledge. A creative approach to promoting inclusion would be films and documentaries to raise awareness about issues and perspectives of oppressed communities around the world. Documentaries and film that highlight problems faced by the underrepresented can foster empathy and understanding. This can challenge stereotypes and promote inclusion. Moreover, social media is an inclusive platform that allows audiences to have real-time discussions about environmental issues, sustainability, and inclusion. Social media campaigns using hashtags and catchy phrases can spread quickly. Social media gives marginalised people a platform and a voice, giving them a global audience and creating a space for impactful ideas and stories. Our school, MET Rishikul Vidyalaya has integrated sustainability effortlessly into our curriculum, from digital platforms to physical workshops. The Climate Quest initiative by Cambridge is a contribution to sustainability by fostering collaboration, implementing strategies and including cutting-edge research. It's main focus on evidence-based ensures that sustainability is economically viable. The program points out the main causes of impacts on the environment and finds scalable solutions that will benefit both developing and developed nations.

Secondly, in addition to The Climate Quest, we had The Change Project. Students are assigned a region and have to break down that region's environmental issues, providing sustainable solutions to build it back up. We had to create research charts, presentations, and a sustainable model that could be recycled. This was put on display as a gallery walk for our fellow peers and teachers, exhibiting the creativity in each student. Following the gallery walk, we had to combine research reports and self-reflections on our assigned region. The project left a lasting impact on our attitudes and beliefs on one of the biggest issues we face today, climate change, and opened our eyes to the incredibly simple solutions for sustainability.

Lastly, our school clubs, such as the MRV Cares Club, regularly organise collection drives that promote sustainability in our school community. Recycling drives, collecting stationery, plastic etc. help instil an eco-conscious mindset in the student body and help develop a responsible mindset towards the environment. The club exemplifies how schools can be the centre of change, not only does it aid the environment sustainably but it encourages students to become agents of change.

In conclusion, the path to a more sustainable and inclusive future is embracing modern technology and addressing environmental and social changes. From bridging the digital divide to wielding mass media as a force for good, these practical solutions can be implemented smoothly and efficiently soon. By prioritising collaboration, empathy and creativity, we can build a more cohesive society where sustainability isn't a goal to work towards anymore, but a reality to aid everyone. The time to act is now, every small step brings us closer to a larger goal for a brighter future that brings prosperity to all.



## Sustainability Starts With Us

by Armaan Sharma (AS Level)

"The greatest threat to our planet is the belief that someone else will save it." – Robert Swan. This quote not only helps us understand the meaning and reason behind a more sustainable future, but instils a sense of relatability among us – students who face this on a daily basis. When we fall upon a situation where we have a plastic bottle clenched in our fist eagerly trying not to litter, do we ever wonder if a bottle will really make a difference? Most of us do.

It's not really about how large the measure taken is, or how impactful it is, if each of us normalise a sustainable routine, the change is inevitable. It's all about that first step. According to IPCC, India is the country expected to pay the highest price for the impacts of the climate crisis. An addition to extreme weather events such as flash floods and widespread wildfires, the country often experiences long heatwaves and droughts that dry up its water sources and compromise crops. Another persistent issue in a middle-income country like India is water pollution costing the Indian government between US\$6.7 and \$7.7 billion a year and is associated with a 9% drop in agricultural revenues. The loss of GDP caused because of this is inconceivable, continuing to dig a deeper hole for India to get out of.

Our school, Met Rishikul Vidyalaya located in the heart of Mumbai has spent several years coming up with endless projects and measures to deal with something of the same gravitas. They have skilfully manoeuvred their way to a more sustainable and inclusive institute. On an annual basis, the MRV Cares committee organises a beach clean up for all their members and office bearers to contribute meaningfully. Tonnes of plastics and garbage are discarded in the duration of a day. Sounds impressive, doesn't it? Recently, MRV gathered a group of senior students and prepared them thoroughly for a well spent and interactive session at the Cuddles Foundation. We felt like it was what the kids at the foundation needed and the smiles on their faces post the session made it all worth it. Similarly, we scheduled weekly visits to the ADAPT Foundation (Able Disabled All People Together). The purpose of this was to engage in any sort of interactivity with the students. Our visits included, learning new activities together, dancing, singing and engaging in simple discussion and laughter. This is how MRV has taken ideal measures to stimulate sustainability and inclusivity within India.

Nevertheless, India is now slowly tilting towards steady progress. One strategy being implemented involves the construction of water treatment plants that rely on techniques such as flocculation, skimming, and filtration to remove the most toxic chemicals from the water, increasing the percentage of usable water in the country. Moreover, the government is also looking at ways to promote water conservation and industrial water reuse by opening several treatment plants across the country, which has already been done in Gujarat. These measures are slowly improving the basic conditions across the country, helping poverty as well which has made India an internationally grown and competitive nation.

When we look at the world as a whole, modern advancements have created a deceptive pen picture in our minds. There is a lot more, amid the primary regions of a country that we don't see, and in reality, those regions lack the true understanding of sustainability. In depth awareness and consciousness will allow a country to progress as a whole. Each step taken strengthens societies and relations but we won't have a society if we destroy the environment.



## At Last

by Arav Gupta (AS Level)

*hope*

Her voice was restrained with strings of oppression. Angst echoed in her body. Her body that was once a temple of innocence, was subjected to bruises and scars. Rivulets of tears ran down her damp cheeks that once bore a pure smile. She quivered in torment as her ruthless and wretched mother slammed the door shut.

Being a victim of gruesome physical abuse, her heart that once bloomed with love was now a barren land devoid of care, devoid of compassion, devoid of trust, and most importantly - devoid of her childhood. She had no clue that her recently induced physical disability would slowly etch a mark of despise in her mother's heart.

She shuddered as she pulled her frail and bony legs towards her body. Her hands were wrapped around her knees, almost trying to warm her cold and sick self. Her stomach rumbled in starvation. 'Maybe I can search for something on the street that can satiate my hunger - perhaps a loaf of bread or milk?', she thought to herself.

Her eyes dawned upon the crumpled two-dollar bill that she had in her hand. She got up and forwarded towards the grocery store that emanated bright and warm yellow light in the cold and dark alley. As she entered the store, she couldn't help but gaze at a little box on the counter. Adorned with specs of gold and glitter, it gleamed brightly. There were four letters embossed in the face of the box- 'Love', that encapsulated exactly what she yearned for.

The box was crafted with oakwood, and hues of pink and amber that seamlessly merged unto a flawless gradient. It was embellished with glass beads which were glued to the frame of the intricate box. Oh! How her eyes grew in glee on seeing the oak box- it was every little girl's dream to own a box all to herself to behold her precious treasures and ornaments.

She could not resist the urge to purchase such a lovely box, over a cold and dry loaf of bread. She wrapped her slender snow-white fingers around the box and brought it close to her chest. Her face broke into a soft smile- one that she had forgotten in the torture and abuse that she was subjected to since the past two years.

She sat down, next to the post box that stood near the store. As she proceeded to open the little box, her face moulded into awe and her mind was intoxicated with pure delight. There was a figure of a ballerina that moved gracefully to such a heavenly and melodious tune. The box emanated a soft light that transcended her into another realm altogether. Her heart was now imbued with euphoria. As her eyelids shut, she pictured herself in utopia, where she was frolicking in utter bliss under the golden rays of the sun, running across lavender fields whose air was heavily infused with notes of vanilla and oakwood. And like an angel, her soul rose up and high till she touched the soft and warm billowing clouds where she could peacefully sleep and dream of many such wonders.

At last, she received the true peace, love, and tranquility that she deserved. At last her barren soul had softened like honey fresh out of a honeycomb. At last, her dreams and desires that she had as a little girl became reality. At last, her soul brimmed with pleasure and satisfaction. At last, she was in a state of calmness knowing that she could finally live the childhood that she dreamt of having.

## The Last Train

by Jeena Tolani (A Levels)

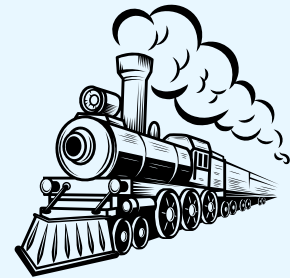
The old station was eerily quiet, the only sound the soft echo of footsteps as Sarah hurried down the empty platform. The last train had been delayed, and she was the only one left, her breath misting in the cold air. She checked her watch—11:45 PM. It was supposed to have arrived by now. Sarah felt a strange chill, as if the night had become a little too still, too silent. She glanced around nervously, her eyes scanning the dimly lit corners of the station.

Then she heard it—footsteps. Slow, deliberate, like someone was following her. Sarah's heart raced. She turned, but no one was there. She shrugged it off, trying to calm her nerves. Maybe it was just her imagination. Another sound—this time, it was a creak from the old, rusted doors leading to the tracks. The wind had stopped, but the doors were moving slightly, as if something—or someone—was pushing them open. "Hello?" Sarah called out, her voice trembling. No answer.

The train's headlights suddenly appeared in the distance, but something wasn't right. It was moving too fast, too erratically. As it neared the platform, Sarah stepped back, a sense of dread creeping up her spine. The train screeched to a halt in front of her. The doors opened, and inside—nothing but darkness. No conductor. No passengers. Just the faint sound of breathing.

Suddenly, a voice whispered from behind her, "You were never meant to get on this train." Sarah spun around. But it was too late.

The doors slammed shut. The train began to move again, disappearing into the night.



## The Last Light

by Adrita Sengupta (A Levels)

In a small village hidden deep in the forest, there was a legend about the Last Light. It was said that every century, a single flickering candle would appear in the village square. The candle was mysterious—its flame never went out, no matter how fierce the wind blew.

One cold, moonless night, a curious young girl named Lila decided to find the candle. She had heard the stories her entire life, and something inside her urged her to seek it out.

Lila wandered through the darkened streets, the only sound her footsteps on the cobblestone. She reached the village square, where she saw it—the candle, glowing softly in the center of the stone fountain.

As she approached, she felt a strange warmth. The air around the candle shimmered, like it was inviting her. Without thinking, she reached out and touched the candle's flame.

In an instant, the world around her shifted. The wind stopped, the forest quieted, and the stars above glowed brighter than she'd ever seen. The village seemed to fade away, and she was standing in a meadow filled with flowers, bathed in the light of the moon.

A voice echoed in her mind: "You are the keeper now. The light is yours to protect."

Lila smiled, feeling an overwhelming sense of peace. She knew she had been chosen for something important, something that would last for eternity. The Last Light wasn't just a legend—it was a gift.



## **The Long and Winding Road**

by **Karan Chopra (A Levels)**

I stand on the ceiling of the earth, inside evanescent clouds and the chilly breeze of cool air. The sun is setting, and I'm told that the sunset today is unusually ephemeral. The horizon below me is of a crimson-orange hue, dripping down to the earth. Even the tallest of skyscrapers are hidden from above, but my vision is rather clairvoyant. Below me I see the clamour of crowds, the bustle of busses, and the callings of crows. Every microscopic part of life, under me. I marvel at this sight and gaze upon my naked feet. They're stood on a thin strip of land; a hill, ascending as a stairway to the unknown. The strip is lengthy, dangerous and mythical. At the very end of it I can see an enigmatic figure, clad in black silk robes and bearing a scythe. All I can make of it is, this is it. The reaper stands before me, eager to take me away. These are the final moments of my life.

I walk, and walk and walk... for what seems like eons. The apocalyptic atmosphere surrounding me harrows me with profound emotions: fear, wonder, pain, innocence, love, joy, nostalgia, longing. So much overcomes me that I nearly slip off of this tight narrow hill I walk on. I cannot contain myself. It's all too much for me to handle. Now, I actually slip. My body holds on by the tips of my aching fingers. I use all the strength in my muscles and climb back up. I'm already exhausted.

The bare, rugged and rocky surface of the ground hurts my feet, but I keep walking. Why shouldn't I? This are my very last moments living. Why should I stop? I'm eager to confront the reaper. I have very many questions to ask him. There is now a large gap in the strip in front of me. I stand over it, looking down below. There's nothing but hazy, orange coloured fog. There's no human beings. I don't know why I was expecting human beings. Perhaps I was eager to see a few hanging off the walls screaming "save me!", because they failed the jump. That fills me with reassurance. I can make this jump. Sure, if I do, I'll be regretting not becoming an Olympic athlete. Yes, it's that difficult, but I really want to make it to the other side, so I will. There's no other option.

Still, apprehension enervates my physical ability. I tell myself "Surely, it can't hurt to wait a bit and prepare myself for the leap!" But deep down, I'm really afraid. I scream, "Help me!" and it echoes infinitely. It's too tall. I'm starting to doubt myself now.

Suddenly, I hear the sound of the little stones on the surface cracking behind me. I look behind me — a large boulder, nearly the size of the sun's image, looks back at me. Now, it stops moving. I see a man peek from the boulder.

He starts approaching me. "Thank god you're here." I say, glad that I can now use the boulder he carries to stretch between the gap and use it as a platform to get to the other side. The man carries out my idea and we both make it to the other side.

However, he pulls the boulder both back out and continues while pushing it forward. I ask him why. He says, "I've been cursed to push this boulder up hill till the end of time." The sweat on his face drips and falls off the cliff. Amazed, I ask, "What keeps you going, then? That sounds miserable."

He stops and points at an object floating in the sky. It's a large clock, about to strike twelve. Its hands are huge and metallic. It's nearly as large as the sun.

"The end of time is near, my friend. That's what keeps me going." This journey has been one of pain and hardships, but what kept me going is knowing that everything comes to an end."

I have now reached the end of the road. I'm exhausted to my core. My feet cannot walk any further. My head is in a dizzying spell, but I've made it. As I approach the reaper, he turns his scythe menacingly in his hands and looks at me. "I'm here," I say. "Take me away, lord of death."

"Before I do, I must ask — that was an incredibly tedious road to walk. Why did you take the pain to walk it?" The reaper asks me. After a bit of thought, I reply — "Because for the last time in my life, I wanted to feel like I had accomplished something."

"Why adopt that mindset now and not for all those years you've wasted?" he asked.

"Because..." I start, but the words don't exit my mouth.

The reaper smiles at me. We stare at each other forever, until I finally reply — "Because you, death, weren't staring down at me. I knew these were my final moments, and I wanted to live them to the fullest. I walked for so long even though my feet bled. I did not give up trying to climb back up when I nearly fell, with the endless abyss right below me. I did not give up when I saw a gap impossible to jump across. Instead, I asked for help — and sure enough, my patience paid off. That man with his boulder helped me. Because I knew. I knew that you only live once." I did not give up. I did not stop walking. "Because I knew..."

I know that you only live once."

## Sea of Knowledge by Shruti D'silva (A Levels)

I eyed the heavy brass knocker adorned with miniature figures of primordial beings from the Indian classical texts, each one telling stories of a time when gods and goddesses walked the earth. Running my fingers over the cool metal grounded me; the Sanskrit words inscribed into it acted like a mantra for me, overpowering me with a sense of calmness.

The door opened with a creak that told a tale of weariness and age, unveiling a new plethora of secrets for me to uncover. A gust of air engulfed me as I crossed the threshold, wrapping me in a warm embrace. As I entered the library, the dancing flickers of light emitted from the diyas lining the entrance seemed to joyously greet me, swaying along and flirting with one another as the flames painted an intimate glow onto the passage.

The sweet jingling melody of the librarian's dainty anklets brought a smile to my face. I slowly turned around and watched as Ms. Nalini's face lit up like a burst of sunshine, brightening up the whole library. Everything from her twinkling half-moon spectacles to the fragrant smell of jasmine flowers she kept wrapped around her bun seemed to radiate a soft glow that illuminated every room. As absent-minded as always, she whirled around as another customer – a small boy with an impish look on his face – entered the library, a stern look crossing her face.

I moved further into the library, guided by the illuminating light of the terracotta lanterns, leaving behind the cacophony of honks of the bustling city and getting lost in the lulling ambiance of the library instead. After finding a cherished well-worn orange armchair in the back of the library, I sank into it, the cottony soft material engulfing me in a comforting cocoon.

I picked up a book – Monsoon Raga – and nestled further into the armchair, preparing to be transported back into the past... into a whole new world of rural India. The smell of well-loved, worn-out pages blended in with the scent of the aromatic spices and sandalwood from the incense sticks burning at the entrance. Time slowed down, coming to a stop. Dust particles suspended mid-air danced around in organised chaos, occasionally straying into beams of sunlight. I watched in wonder as they shimmered in an unseen current of air. Their movements — slow and unhurried, unbothered and unnoticed to most.

I redirected my focus back to the book in my hands, its leather-bound cover cracking with age — the words on the page reached out to me, beckoning me closer, and I prepared myself for the voyage into the book before me as I lay hidden away from the worries of the world in this safe little sanctuary.

Shruti D'silva



## मराठी भाषेची मजेदार सफर ( इयत्ता ५वी )

इयत्ता पाचवीच्या वर्षात मराठी शिकत असताना आमचा अनुभव उल्लेखनीय होता , ज्यामुळे आम्हाला भाषेचे आकलन अधिक खोलवर करता आले आणि आमचे संवाद कौशल्य अधिक आत्मविश्वासाने विकसित करता आले.

आमच्या मराठी शिक्षिका ,मिस नेत्रा ,यांनी यावर्षी आमच्या संपूर्ण प्रवासात सतत आधार आणि मार्गदर्शन केले . आमच्यापैकी बरेच जण मराठीत अचूक नसले तरी ,त्यांनी नेहमीच आम्हाला आत्मविश्वासाने भाषा बोलण्यास प्रोत्साहित केले. जेव्हा आम्हाला शब्दसंग्रहात अडचण येत होती किंवा व्याकरणाच्या चुका होत होत्या , तेव्हा त्यांनी आम्हाला सुधारण्यास आणि स्वतःवर विश्वास ठेवण्यास मदत केली.

भाषेच्या पलीकडे, आमचे मराठी धडे महाराष्ट्राच्या समृद्ध सांस्कृतिक वारशाची एक खिडकी बनले आहेत. शिक्षिका अनेकदा पाठ्यपुस्तकांच्या पलीकडे जातात, महाराष्ट्राच्या परंपरा आणि इतिहासाबद्दल आकर्षक गोष्टी सामायिक करतात. यावर्षी , आम्ही गणेशचतुर्थी , आषाढी एकादशी हे सण आणि सावित्रीबाई फुले जयंती वर्गात साजरी केली , ज्यामुळे त्यांच्या ऐतिहासिक आणि सांस्कृतिक महत्त्वाबद्दलची आमची समज वाढली . तथापि ,आमच्या वर्षाचे मुख्य आकर्षण म्हणजे मराठी भाषा दिवस साजरा करणे. या खास प्रसंगी , आम्ही केवळ मराठी भाषेच्या इतिहासाबद्दलच शिकलो नाही तर गायन, नृत्य, अभिनय आणि भाषणांद्वारे आमच्या वर्गमित्रांच्या अविश्वसनीय प्रतिभेचे साक्षीदारही झालो - हे सर्व मराठीत होते. या कार्यक्रमाने मराठी भाषेबद्दल आणि संस्कृतीबद्दलचा आमचा सन्मान खरोखरच वाढला.

मराठी शिकवण्याबरोबरच, शिक्षिका यांनी नेहमीच चांगले विद्यार्थी आणि जबाबदार व्यक्ती होण्याचे महत्त्व अधोरेखित केले . जीवनाचे महत्त्व शिस्त, जबाबदारी ,संयम आणि दया अशी अनेक मूल्ये जोपासून धड्यांमध्ये अखंडपणे समाविष्ट करून सातत्याने बळकट केली . त्यांचे प्रयत्न सुनिश्चित करतात की आपण केवळ भाषा शिकत नाही तर व्यक्ती म्हणून वाढतो , ही मूल्ये वर्गाबाहेर आपल्याबरोबर घेऊन जातात .

या वर्षीचा शेवट होत असताना , आपण मिळवलेल्या मराठीच्या ज्ञानावर आणि आपण विकसित केलेल्या कौशल्यांवर आपण चिंतन करूयात . नवीन शब्दसंग्रह आणि व्याकरण शिकण्यापासून ते मराठी साहित्य आणि संस्कृतीची समृद्धता समजून घेण्यापर्यंत, हा प्रवास समृद्ध आणि प्रेरणादायी दोन्हीही आहे. प्रत्येक धड्याने केवळ आपली भाषा कौशल्ये सुधारली नाहीत तर वारसा आणि स्वभाषेचा दर्जा म्हणून मराठीबद्दलचा आदर देखील वाढवला आहे. आपण पुढे जात असताना , आपण जे शिकलो आहे त्याचा वापर करण्याचा आत्मविश्वास आणि या सुंदर भाषेचा शोध सुरू ठेवण्यासाठी उत्साह आपल्यासोबत घेऊन जातो .

टीया कोस्टा , शनाया बागवे. (इयत्ता ५ वी)



## Books

by Samkit Nikunj Shah (Grade 4 Ruby)

Books the Knowledge of life,  
Books the happiness of the world

Books the creativeness of our lives ,  
Books the study of lives  
Books are important inspiration of each others lives.

Albert Einstein and many more became masters  
Through books, the importance of life!

Books are keys to education to make people learn  
the knowledge of life.

## Whispers of the Earth...

-Anonymous

In the silence of the woods, the earth whispers strength  
This world tells secrets, that have no ends.

The skies so blue, and the oceans so deep,  
every monsoon the clouds, they weep.

Flourishing the earth in blissful greens,  
From our windows we see, beautiful scenes.

These ground of ours, do we respect?  
or is it true...we only expect?

When will we give back? when will we value?  
This beauty of our earth...when will we rescue?

Time fades, and so does our earth,  
we must start caring and saddle up our girth.

Before these blues turn into fiery yellow hues and flames  
that dance around to our life so mundane.

## School Days

by Soumya Deshmukh (AS Level)

No one told me how fast these years can pass by.

We walked down these halls

That at the time looked so mundane

They seemed to keep us in

As we begged to be let free

We walked to classes not realizing how fast we've grown, how fast we will want to come back.

I cherish all the memories;

The struggles we've been through, the laughter we've shared, the awkward moments, the quiet stares.

Now all that's left is one more year.

How do you fit a lifetime of memories in 365 days?

What if I want more and I'm not ready to let go?

Of the friends I've made, of the friendships I've framed.

What can I say, I'm dreading that day.

I am not gonna lie, it has always been hard to say goodbye.

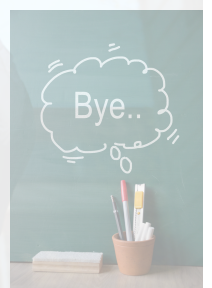
It's time to turn another page, and climb out of our cage.

Strangers once we were, it started with a "Hi"

Now with a bag full of memories

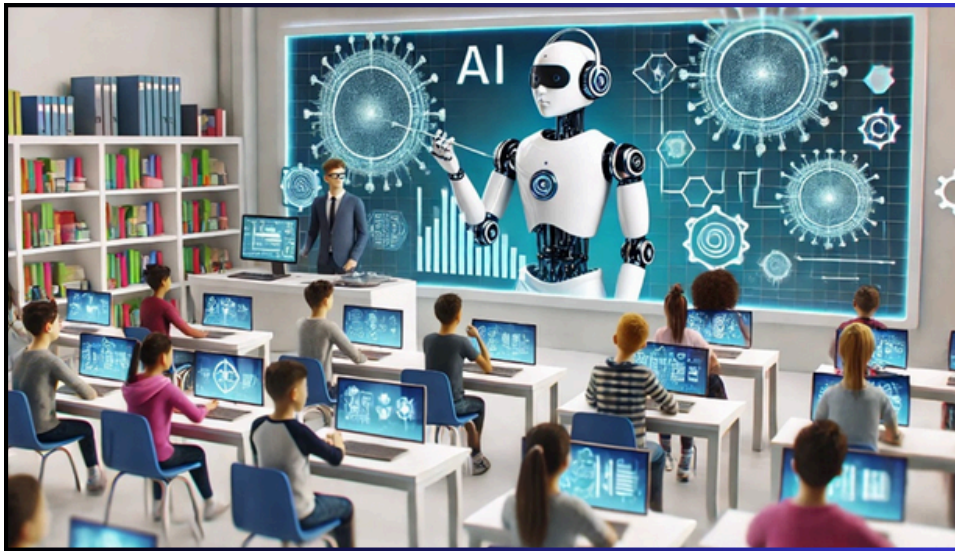
We still aren't ready to say goodbye...

Bye.





## **“Teaching in the Age of AI: A Powerful Partnership”**



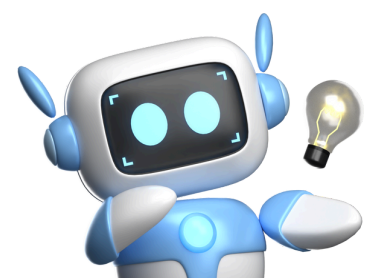
As AI is developing rapidly, the education system is going through a huge change. AI-based tools are personalizing learning, making it more efficient and accessible. The question still arises: Can human teachers be replaced by AI? The answer can be found by knowing the positives of both AI and human brain and how both can collaborate to make the education system more effective.

AI has the ability to transform classrooms through personalized lesson plans, monitoring students' progress, and instant feedback. AI-powered chatbots and virtual tutors are able to teach students 24/7 without the learning hours being limited to school. It also lightens the load on teachers by relieving them from grading, allowing them to apply more interactive and creative teaching processes.

Even with these benefits, AI does not possess the emotional intelligence, empathy, and human touch essential in a classroom. Teachers do not only teach—teachers mentor, motivate, and foster students' social and emotional development. They identify personal challenges, offer moral direction, and foster creativity—abilities that AI cannot match. In addition, critical thinking, collaboration, and ethical debates necessitate human interaction, rendering teachers indispensable in comprehensive education.

AI shouldn't replace teachers but should be seen as a helpful tool that supports traditional teaching. When AI handles simple tasks and provides analysis, teachers can focus on meaningful interactions with students. This balance makes learning more effective and engaging. The future of education depends on a partnership between human thinking and AI to create a learning experience that is both high-tech and emotionally enriching.

**by Mr. Ashish Warang**



## **The Globe is Bleeding** **by Miss Namarata Modi**

Now the globe is bleeding,  
Numbers of survivors are decreasing.

The news may be disturbing,  
but families are reuniting  
The truth reveals-indoor it is suffocating  
The wise are saying it's the only right thing

Gone are the days of solidarity,  
When trains were whistling, planes were flying and  
kids were playing.  
The only things I see in isolation  
are birds chirping, animals strolling,  
cops stalking & braves Docs fighting.

While mankind is scattered  
Economies all over are shattered  
Philanthropist vouches  
to lend money pouches

The curve needs to flatten  
for which each one needs to hold the baton  
Situation is quite frantic but results are sure to be then  
charismatic  
So, let's stop being dramatic and let's cherish being  
nostalgic!!

Because the world intends to fight this pandemic.....



## **I Reach the Future I Teach**

In the quiet dawn, I rise, each day anew,  
A teacher's task, so vast, yet deeply true.  
I stand before the eager eyes, to lead,  
In assembly's light, where minds proceed.

With steady hand, I craft the day's design,  
Maintaining discipline, yet hearts align.  
Compassion guides the rules I gently set,  
For kindness and respect we must not forget.

Clear words I speak, with purpose and with care,  
To guide them through the knowledge that we share.  
With wit and joy, I weave the lessons bright,  
In every subject, spark a gleaming light.

But should they stray, a gentle word I give,  
Correcting wrongs, so they may truly live.  
Constructive feedback, shaping paths anew,  
A tender nudge to help their growth pursue.

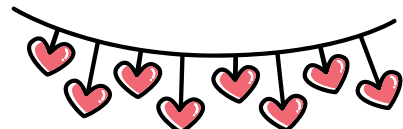
In meetings long, I strategize with peers,  
For academic growth, dispelling fears.  
Behavior's course, we map with patient hands,  
Forming plans that help them understand.

On outbound trails, I walk with them in stride,  
Exploring worlds where lessons do collide.  
Together we learn, and together we grow,  
In every moment, we let curiosity flow.

Yet, in the end, if missteps have been made,  
I forgive with grace, in gentle shade.  
For every day, I teach not just the mind,  
But hearts to heal and souls to be kind.

Such is the life I lead, with care and might,  
Guiding through the day, and through the night.

**By Miss Shivangi Sharma**





Dance at MRV is more than just an art form—it is a powerful expression of my vision and passion. Through regular dance sessions and captivating performances, I have embraced the beauty of movement, enriching my artistic journey in countless ways. My students bring to life my choreography during events, adding cultural vibrancy to Marathi Diwas, Hindi Diwas celebrations, French Day celebration, Independence Day Celebration and more.

One of the most magical moments for me this year has been during Anandvan, where my performances transported audiences into a world of rhythm and storytelling.

Another gratifying moment for me was during the heartfelt Farewell celebrations, where I choreographed Grade 8 and AS Level students to perform a touching tribute to the outgoing batch, creating an unforgettable experience for all.

I believe, each dance session is a blend of joy and perseverance, pushing me to explore new choreography, conquer stage fear, and build confidence. The passion for dance at MRV is more than just movement; it is a force that shapes me into a confident, responsible, reflective, innovative, and engaged individual. It is a journey of growth, creativity, and unity, where I celebrate the power of dance as part of My vision.

**-Mr. Prashant Upkare**



## English: A Funny Language

By Miss Jeenal Gada

English is a language, so full of surprise,  
It'll make you laugh 'til you're teary-eyed.  
With words that change when they're all alone,  
And rules that don't follow, like a dog without a bone.  
A cough that's silent, but rough is quite loud,  
You read in the past, yet you say out loud.  
It's like a riddle wrapped in a rhyme,  
Confusing, amusing, but oh, so sublime.  
A knight is quite noble, yet starts with a 'K',  
And psychology tricks you, in a mind-boggling way.  
You tear your paper, but don't shed a tear,  
And the bass in your song doesn't swim anywhere!  
The English language, a beautiful mess,  
A pun on your mind, but it's anyone's guess.  
It's like trying to juggle both fire and ice—  
You think you've got it? Then think twice!  
With idioms strange, like 'break a leg';  
And cold feet that make you want to beg.  
It's a jungle of words that defy all the rules,  
But it's still the funniest language — 'cause it makes us all fools!  
So laugh with me, as we try to explain,  
English is wild, and it'll drive you insane.

## L'autobiographie de la langue française à MRV

by Miss Nupura Gupte

Deux fois par semaine avec les langues régionales, c'est moi  
Que les MRVians commencent à apprendre au début de grade 3

Petit à petit en m'utilisant, on progresse et commence à chanter que je suis fier de vous dire que les écoliers  
de grade 4 m'utilisent bien pour se saluer et se présenter

En m'utilisant, on devient toujours stimulants et inspirants  
Et ça m'encourage à imprégner les apprenants de grade 5 des thèmes variés et intéressants

En m'amusant richement à l'école primaire, on devient folle de moi  
Que je joue un rôle important en igcse grade 6 qui m'apprend dans une semaine quatre fois

Tout le monde m'aime explorer en écoutant les chansons mélodieuses et en regardant les séries drôles  
Que je suis en bouche des élèves de grade 7 et 8 qui n'hésitent même pas à m'utiliser en assurance à faire  
le jeu de rôle

Chers écoliers de grade 9 et 10, vous avez vraiment de la chance  
Grâce à ma chère MRV qui leur permet à me mieux découvrir dans mon pays natal la France.



## **Recaptured Paradise!** **by Miss Sangeeta Natarajan**

A book is a garden, that sows seeds of curiosity, which grows into trees of knowledge and bears fruits of wisdom! Likewise, every word in the book is a mirror that reveals the truth in its unique way. On Monday, 12th August 2024, the grade 6 students of MET Rishikul Vidyalaya celebrated 'Enid Blyton's Day' to honour the birth anniversary of the greatest author of Children's Classics.

A wave of nostalgia swept over the students as they drove down the memory lane, recalling the best books written by Enid Blyton.

The students unleashed their creativity and innovation, by inventing extraordinary games, puzzles and quizzes to pay homage to their favourite author. They selected the library in specific to conduct this glorious event. The library was replete with kaleidoscopic stalls, with an array of display from vibrant charts to interesting models. The magnetic board displayed exceptional bookmarks, which reflected the themes from Blyton's novels. The doors and windows were adorned with sketches of Enid Blyton, which marked the artistic abilities of the students. As the visitors entered the Library, their imagination blended with a world full of opportunities and possibilities. This activity had an interdisciplinary approach with Humanities, Science, Maths and Art.

Students visualize human beings as supreme creation of nature. The human voice plays a crucial role in articulating ideas and emotions. They found an outlet to pour their emotions through the artistic channel of Monologue. Monologue served as an emotional discourse to connect and emotive to the audience. This idea stemmed from the biggest challenge faced by humans-Phobia!

Phobia or intense fear is responsible for releasing repressed emotions.

It was an initiative to combat this emotional hindrance with positivity and aplomb. We felt that the best way to fight phobia was to face it. Hence, F.E.A.R. placed two options before them-FACE EVERYTHING AND RISE or FORGET EVERYTHING AND RUN. They chose to face and fight their fears by voicing out their phobias and placing themselves in that phobic situation.

This activity enabled them to become desensitized to Phobia. They faced their intense fear with valour. For example, students having Cynophobia (fear of dogs) tried to befriend a dog. They visited an animal shelter and even build an emotional connection to it. This method helped in eliminating the phobia with due course of time. We linked this activity to Psychology, Sociology, Biology and Chemistry.

Nature is the elixir of life! Nature is soothing; Nature is rejuvenating; Nature is healing. The students commenced their aesthetic journey into the realms of nature, by creating their Terrarium. They modelled their 'Dream Earth' in a transparent bowl, showcasing a vibrant relationship between the opulent flora and the exotic fauna. What could be better than exploring the enigma between the two ethereal beings! Furthermore, the students breathed in life into the terrarium, through an adventurous narrative! They weaved an adventure story, with the 'Earth' as the setting and nature, as the characters.

The stark and pristine forest played the protagonist, who is engaged in a conflict with the mesmerizing Sea, who played the antagonist. Imagine, a grove of dappled trees in quest for the hypnotic desert! Amazing! Isn't it? It fostered a sense of

well-being among the students. It inspired them to create their 'Dream Earth.' Their profound narrative pictured a perfect Earth, brimming with life, pulsating with breath and racing with energy. This activity was in collaboration with the subject of Science and Psychology.

The first term had drawn to a closure but our journey has just begun. The students have embarked on a mission to 'Take Responsibility' for their actions. The students kept the wonderful memories alive in their English writing tasks. Now, their memorable experiences will now find a corner in our Annual School Magazine!



## Nepal: A Classroom Beyond Walls

by Miss Ruth Dsouza

The roar of the engines faded, replaced by the crisp, incense-tinged air of Kathmandu. As our students, a whirlwind of excited energy, stepped off the plane after our short flight from Mumbai, the majestic Himalayas stood sentinel, a silent promise of the adventures to come. This wasn't just a school trip; it was a portal to a world rich in history, spirituality, and breath-taking beauty.

Nepal, a land of vibrant prayer flags fluttering in the breeze and the rhythmic chants of monks, offered a sensory feast. Every corner held a lesson, every temple a story. Our itinerary, meticulously planned, aimed to immerse our students in the heart of Nepali culture.

Our journey began at Kathmandu's Durbar Square, a UNESCO World Heritage site, where the intricate Newari architecture whispered tales of kings and dynasties. Students appreciated the delicate carvings and learned about the historical significance of each temple, guided by an amazing storyteller who brought the ancient stones to life. The experience was transformative, providing a tangible link to a bygone era. And, of course, a stop for beautiful local souvenirs was a must! We also found many beautiful hand-crafted items here.

A climb up the steps of Swayambhunath Stupa (Monkey Temple) rewarded us with panoramic views of the Kathmandu Valley. The playful antics of the resident monkeys added a touch of whimsy, while the symbolism of the stupa and the Buddhist philosophy it represents offered a profound lesson in spiritual understanding.

The sheer scale of Boudhanath Stupa was awe-inspiring. As students walked the circumambulatory path, observing the rituals of pilgrims and monks, a palpable sense of peace permeated the air. The presence of monks in maroon robes, the sound of prayer wheels spinning, the aroma of incense – these are all integral parts of the Nepali experience.

Our expedition also included the sacred Pashupatinath Temple, a site of deep spiritual significance, where we witnessed the fervent devotion of the Nepali people. Then, we travelled to Nagarkot, where the sunrise over the Himalayas painted a scene of unparalleled beauty. And finally, we visited the Narayanhiti Palace, a stark reminder of Nepal's royal past, and a site of significant historical importance.

Throughout our journey, our amazing guide wove together the threads of history, culture, and spirituality, transforming each site into a living classroom. He brought the history of the Durbar squares, both Kathmandu and Patan, to life, showcasing the evolution of Nepali architecture and governance. More than just sightseeing, this excursion fostered a deeper understanding of a culture vastly different from our own. Students witnessed first-hand the deep spiritual connection the Nepali people have with their faith, a connection that resonated in the tranquil atmosphere of the stupas and temples.

Our students returned to Mumbai with more than just souvenirs. They carried with them a broadened perspective, a deeper empathy, and memories that will shape their understanding of the world. They witnessed the majesty of the Himalayas, the richness of Nepali culture, and the profound divinity within the stupas, all while gaining invaluable educational insights. This trip was a testament to the power of experiential learning, a journey that truly transformed our students.





## Guiding Through the Silence

by Ms. Priti Tanna (Admin for AS & A levels)

At MRV, we are a team of passionate, committed, and approachable team of professionals dedicated to students' growth across all areas, making them responsible citizens.

I have been with MRV right from inception of AS & A Levels as admin.

There's something deeply fulfilling about being a part of a child's learning journey in the background making sure everything runs smoothly,

There's a unique energy in the air on the first day. Students are nervous, excited, and filled with potential. We get to greet them, often offering a word of encouragement or a smile. It's a reminder of the fresh start each year provides, and how important it is to set the tone for the coming months. Those little moments of connection, when a shy student finds their way are unforgettable.

I am not in the classroom every day, but still interact with students regularly. Maybe it's a quick chat in the hallway or during lunchtime, or offering a kind word when they're upset or a student receiving a well-deserved award, the school reaching an academic milestone, or a community event that brings everyone together, those moments of collective celebration are a big part of the joy of school life. Watching a student beam with pride after achieving something they've worked hard for can make all the behind-the-scenes paperwork worthwhile.

There's that magical moment when student gets through their challenges. You feel like you're part of their journey, and it's a reminder that you're not just managing the school work; you're shaping lives. For me those are the moments that make all the challenges worth it.

Then there are those rare moments when students come up to you and say, "Thank you for all that you do for us." Or leave a note of thanks, these little gestures remind me of the deep sense of community within the school. It's the people I work with that makes everything worthwhile. In the midst of all the paperwork and daily responsibilities, all these moments—whether big or small make it so profoundly rewarding.

The culmination of all the hard work, from the very first day to the final day often comes together in a beautiful farewell ceremony. Watching students cross that stage, their friends and teachers cheering in the audience, is a deeply emotional experience. You see how far they've come, and you realize the lasting impact education has on their future.

As the school year comes to a close, there's often a quiet moment of reflection when you're wrapping up paperwork or preparing for the next year. You look around the empty halls and think about all the students who've passed through, the challenges overcome, and the progress made. I realise that it's the behind-the-scenes effort that holds everything together.

## The Story of the MRV CARES Club: A Journey of Purpose and Impact

By Miss Zara Shah

It was a bright, sunny afternoon when the MRV CARES Club, a group of passionate and resourceful students, gathered to plan their next big project.

Wondering what this MRV CARES Club is?? Let us tell you! The Club believes in making conscious choices in our own lives, whether through sustainable practices, acts of kindness towards humans and animals, charitable actions towards the needy by creating a ripple effect that extends outward making it a world of harmonious co-existence.

Inspired by the teachers in charges Ms. Ruth, Ms. Aarti & Ms. Neha were the office bearers of the club (students from grades 10 to 12), who were eager to do something that showcased their creativity and made a difference in the world.

"Let's come up with an idea that will truly give back to the community," said Shanaya Khosla, "Something that shows we CARE, not just for the environment, but for the people around us too." Ms. Ruth nodded in agreement.

Soumya Deshmukh, one of the club's creative minds, raised her hand. "What if we could take old clothes, fabric scraps, and unused textiles, and turn them into reusable bags? It would be a great way to help the environment and support those in need." The room filled with excitement, and the idea quickly took root. Not only would the bags be eco-friendly, but they could sell them and donate the proceeds to charity. It was a win-win! Students wasted no time, reaching out to their peers, teachers, and staff for fabric donations.

Soon, the MRV CARES Donation boxes were filled with silk, cotton, floral patterns, and even sarees and dupattas. The whole school rallied behind the initiative, eager to give their old fabrics a new purpose. As the materials piled up, the students got to work. Just imagine yourself standing in front of a gigantic pile of all sorts of fabric. What an overwhelming sight right?? But the students began with all their might and soaring energy levels to segregate the fabrics similar in nature. Hours passed by but the zeal within the students did not diminish. It was tough looking for an organisation that would resonate the same empathy, dedication & sincerity as the club members. However, Create Together Foundation, an NGO supporting women tailors was the perfect match. The group spent afternoons cutting, measuring, and stitching, all while enjoying laughter and music. Every stitch symbolized their teamwork and dedication.

With the bags ready, the students faced a new challenge: how to sell them? "How should we price them?" wondered Ethan Costa. "What if they don't sell?" worried Pratham Singh

"Don't worry!" exclaimed Ms. Aarti. "These bags are beautiful, functional, and can be used for gifts, storage, or carrying things. They'll sell for sure!" assured Ms. Neha.

MRV School celebrates Parents Day every year to pay gratitude to all the parents for partnering with us in this journey of moulding their children from the primitive years right up to high school.

The day is filled with celebration, merchandise stalls organized by parents & students, performances by teachers and interactive game stalls. The cherry on the cake was that the students of the club were given 2 stalls at the event free cost by the generous PTA. The students of the MRV Cares Club displayed the bags on tables, each one carefully arranged to catch the eye of passers-by. The bags sold like hot cakes, and the funds raised were Rs.12,000 by the students and a generous Rs. 34,000 donation from the PTA. Part of the total sum collected went to the Creative Together Foundation & the remaining to NGOs working towards the environmental cause. The students of the MRV CARES Club felt proud of their efforts, knowing that their creativity and teamwork had contributed to something much bigger than themselves.

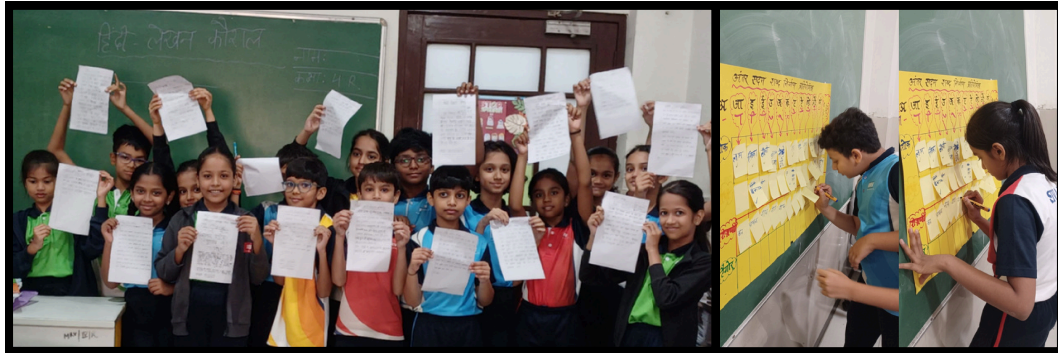
And just like that, the MRV CARES Club's journey of purpose and impact was a success. With the support of their community, they had turned an idea into a lasting change, showing that when we work together, we can achieve great things.



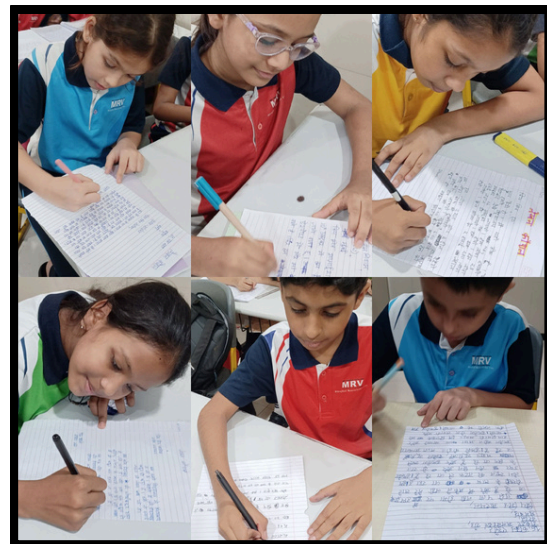
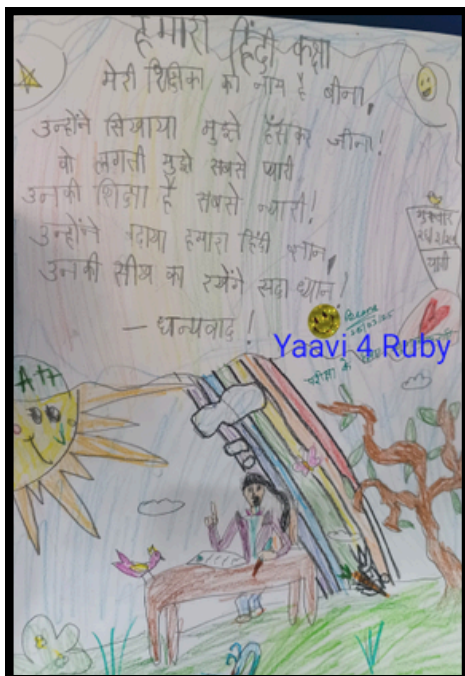
सत्र 2024-2025 में विभिन्न हिन्दी गतिविधियों और प्रतियोगिताओं के माध्यम से छात्रों ने रोचक और मनोरंजक तरीके से खेल खेल में वर्ण-परिचय, वर्तनी सुधार, पठन कौशल, वाचन कौशल, श्रवण कौशल और लेखन कौशल में महारत हासिल की। विभिन्न गतिविधियों में प्रफुल्लित चेहरे सहित छात्रों की सक्रिय भागीदारी से उनका अपनी राजभाषा 'हिन्दी' के प्रति प्यार और सम्मान स्पष्ट दृष्टिगोचर होता है।

- बीना सिंह

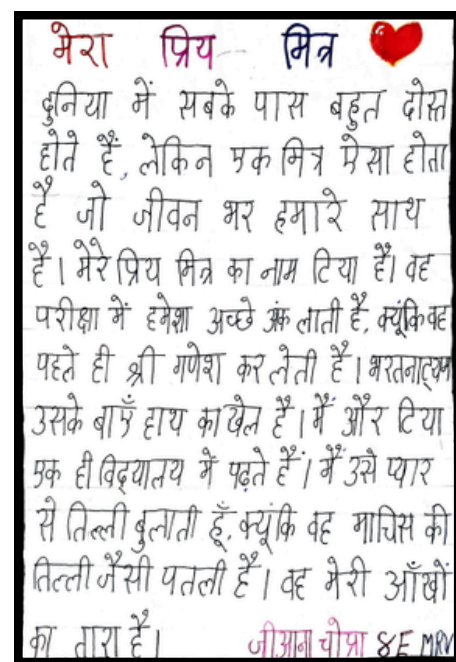
## Grade 4



## Grade 5



## Grade 6



## छात्र जीवन में स्व-अनुशासन का महत्व

छात्र जीवन हमारे जीवन का एक महत्वपूर्ण चरण होता है, जिसमें हम अपने भविष्य की नींव रखते हैं। इस चरण में स्व-अनुशासन का महत्व अत्यधिक है। स्व-अनुशासन का अर्थ है अपने आप पर नियंत्रण रखना और अपने लक्ष्यों को प्राप्त करने के लिए काम करना। स्व-अनुशासन हमें अपने लक्ष्यों को प्राप्त करने में मदद करता है और हमें एक सफल और संतुलित जीवन जीने में मदद करता है। यह हमारे भविष्य को उज्ज्वल बनाता है। स्व अनुशासन अपना कर हम अपने सभी सपनों को पूरा कर सकते हैं।

स्व-अनुशासन के कई फायदे हैं:

- यह हमें अपने समय का सदुपयोग करने में मदद करता है।
- यह हमें अपने लक्ष्यों को प्राप्त करने में मदद करता है।
- यह हमें अपने जीवन में संतुलन बनाने में मदद करता है।
- यह हमें अपने आत्मविश्वास को बढ़ाने में मदद करता है।

स्व-अनुशासन अपना कर भविष्य उज्ज्वल बनाने वाले विख्यात लोगों के उदाहरण:

1. \*अभिनव बिंद्रा\*: अभिनव बिंद्रा ने अपने जीवन में स्व-अनुशासन को अपनाकर ओलंपिक में स्वर्ण पदक जीता। उन्होंने अपने लक्ष्य को प्राप्त करने के लिए कड़ी मेहनत की और अपने समय का सदुपयोग किया।

2. \*मैरी कॉम\*: मैरी कॉम ने अपने जीवन में स्व-अनुशासन को अपनाकर मुक्केबाजी में महानता हासिल की। उन्होंने अपने लक्ष्य को प्राप्त करने के लिए कड़ी मेहनत की और अपने समय का सदुपयोग किया।

3. \*अर्जुन अवाई पीवी सिंधु\*: पीवी सिंधु ने अपने जीवन में स्व-अनुशासन को अपनाकर बैडमिंटन में महानता हासिल की। उन्होंने अपने लक्ष्य को प्राप्त करने के लिए कड़ी मेहनत की और अपने समय का सदुपयोग किया।

उपरोक्त उदाहरणों के अलावा आपने सुना होगा हर वर्ष कई आर्थिक रूप से कमज़ोर और भौतिक सुख सुविधाओं से वंचित मेधावी छात्र IAS और IPS जैसी प्रतिष्ठित प्रशासनिक सेवाओं के लिए पहले ही प्रयास में सफलता प्राप्त कर रहे हैं।

छात्र जीवन में स्व-अनुशासन को अपनाने के लिए कुछ सुझाव:

- अपने लक्ष्यों को निर्धारित करें और उन्हें प्राप्त करने के लिए काम करें।
- अपने समय का सदुपयोग करें और अपने कार्यों को प्राथमिकता दें।
- अपने जीवन में संतुलन बनाएं और अपने शारीरिक और मानसिक स्वास्थ्य का ध्यान रखें।
- अपने आत्मविश्वास को बढ़ाने के लिए सकारात्मक सोच और आत्म-प्रेरणा का उपयोग करें।

इसलिए एक छात्र को अपने जीवन में स्व अनुशासन को अपनाना चाहिए, अपने लक्ष्यों को निर्धारित करना चाहिए और उन्हें प्राप्त करने के लिए प्रयास करना चाहिए। उन्हें अपने समय का सदुपयोग करना चाहिए और अपने जीवन में संतुलन बनाना चाहिए। स्व-अनुशासन के साथ वह निश्चित ही अपने भविष्य को उज्ज्वल बना सकते हैं और अपने हर सपने को साकार कर सकते हैं।

## सपना विकसित भारत का

सपना विकसित भारत का  
उन्नति की राह पर आस लिया,  
चल पड़ा देश गगन को भेद,  
तटस्थ हो हम बस देख रहे,  
एक सपना विकसित भारत का।

चलो मिलकर हम कुछ करे जतन,  
हम ही हैं देश के अनमोल रतन,  
सब मिलकर ही कर पाएँगे,  
सच सपना विकसित भारत का।

चलें जो मिलाकर कदम से कदम,  
थामें एक-दूजे के लड़खड़ाते कदम,  
निश्चित ही सच कर पाएँगे,  
सच सपना विकसित भारत का।

सपने को सच करवाने में,  
दे हम भी अपना योगदान,  
कहीं कम न हो भारत की शान,  
यही सपना विकसित भारत का।

- बीना सिंह





## आमची मुंबई , सुंदर नगरी ,आमची शान (प्रकल्प)



मुंबई ही भारताची आर्थिक राजधानी असून, तिचे सौंदर्य, संस्कृती आणि गतिमान जीवनशैली सर्वांनाच आकर्षित करते. इयत्ता ५ वीच्या विद्यार्थ्यांनी तयार केलेला "आमची मुंबई" हा प्रकल्प म्हणजे या महानगराची एक सुंदर झलक आहे.

या प्रकल्पामध्ये मुंबईतील महत्वाच्या ठिकाणांचा, ऐतिहासिक वारशाचा, प्रसिद्ध खाद्यसंस्कृतीचा तसेच प्रसिद्ध प्रार्थनास्थळे आणि जीवनशैलीचा समावेश आहे. विद्यार्थ्यांनी संशोधन करून माहिती गोळा केली, चित्रे व छायाचित्रे वापरून आकर्षक सादरीकरण तयार केले आणि त्यांच्या कल्पकतेतून मुंबईचे वैशिष्ट्यपूर्ण पैलू साकारले.

हा प्रकल्प फक्त अभ्यासक्रमाचा एक भाग नसून, विद्यार्थ्यांना त्यांच्या शहराची जाणीव करून देणारा आणि त्यांच्यात अभिमान जागवणारा प्रयत्न आहे. मुंबईच्या विविध अंगांचा शोध घेत असताना, विद्यार्थ्यांना ऐतिहासिक आणि आधुनिक बाजूंची जाणीव झाली.

अशा उपक्रमांमुळे विद्यार्थ्यांच्या सृजनशीलतेला चालना मिळते आणि त्यांना आपल्या शहराच्या समृद्ध वारशाची जाणीव होते. "आमची मुंबई" हा प्रकल्प म्हणजे आपल्या मुंबईबद्दलच्या प्रेमाची आणि कौतुकाची अभिव्यक्ती आहे !

विद्यार्थ्यांनी आमची मुंबई हा प्रकल्प उत्साहाने सादर केला ही अभिमानास्पद बाब आहे . आमची मुंबई प्रकल्पाद्वारे विद्यार्थ्यांच्या मनात उमटत होते,  
गेटवे ऑफ इंडिया सागराची काठी ,इतिहास सांगतो उभा अभिमानाने वाटी ,  
अशी आमची मुंबई महान , स्वप्नांचे शहर भारताची शान.

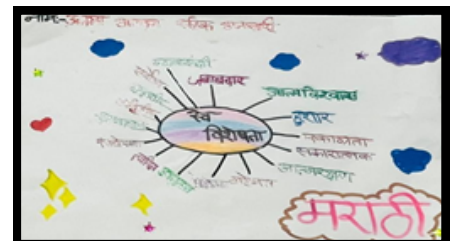
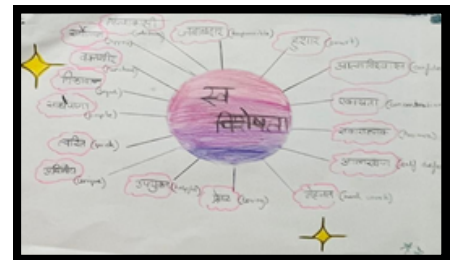
श्रीमती

## नेत्रा भगवतीवन मूल्ये आणि विशेष गुण – एक सृजनात्मक उपक्रम (Mind Map)

जीवनातील मूल्ये आणि विशेष गुण हे प्रत्येक व्यक्तीच्या व्यक्तिमत्त्वाचा महत्त्वाचा भाग असतात.विद्यार्थ्यांमध्ये हे गुण आणि मूल्ये रुजविणे म्हणजे त्यांना चांगले नागरिक आणि संवेदनशील व्यक्ती बनविण्याच्या दिशेने एक महत्त्वाचे पाऊल टाकणे होय.

विद्यार्थ्यांमध्ये ही मूल्ये आणि गुण आत्मसात करण्यासाठी वेगवेगळ्या उपक्रमांचा उपयोग करता येतो. त्यापैकी मांड मॅप ( mind map ) हे एक प्रभावी आणि कल्पक साधन आहे. मांड मॅपच्या साहाय्याने इयत्ता ४ थी व ५ वीच्या विद्यार्थ्यांनी जीवन मूल्ये आणि विशेष गुण यांचे दृश्यमान व सर्जनशील स्वरूपात सादरीकरण केले . मांड मॅपच्या मदतीने विद्यार्थ्यांनी जीवन मूल्ये आणि त्यांचे महत्त्व मांडले. प्रत्येक विद्यार्थ्याने स्वतःतील विशेष गुण शोधून त्यावर चर्चा केली.रंगीबेरंगी आणि कल्पक मांड मॅप्सच्या मदतीने संकल्पना अधिक स्पष्ट केल्या.

या उपक्रमाद्वारे विद्यार्थ्यांना जीवनातील प्रामाणिकपणा, सहकार्य, जबाबदारी, आदर, कृतज्ञता, सहानुभूती, संयम, चिकाटी ,सत्य , सर्जनशीलता ,कर्तव्यपरायणता यासारखी मूल्ये समजून घेता आली . तसेच त्यांच्यात असलेल्या विशेष गुणांची ओळख झाली आणि ते अधिक विकसित करण्याची प्रेरणा मिळाली .



- मुलांच्या सृजनशीलतेला चालना मिळते.
- विचार स्पष्टपणे मांडण्याची सवय लागते.
- मूल्यशिक्षण आनंददायी आणि आकर्षक बनते.
- स्वतःच्या आणि इतरांच्या गुणांचा सखोल अभ्यास करता येतो.

या उपक्रमामुळे विद्यार्थ्यांना आत्मचिंतनाची संधी मिळते आणि त्यांनी जीवनातील नैतिक मूल्ये अधिक दृढ करण्याचा संकल्प केला जातो .

ही उपक्रमात्मक पद्धती केवळ शिक्षणापुरती मर्यादित न राहता, विद्यार्थ्यांच्या दैनंदिन वागणुकीत आणि निर्णयक्षमतेतही सकारात्मक बदल घडवून आणते.

## FACTS OF PaCT (16)

By Mrs. Alpa Gandhi (Mother of Nimai Gandhi - 10 Ruby batch 2024-2025)

(PaCT which stands for Parent & Child Teacher, Interwoven Together always & Also 16 Factual Facts that we all mothers have experienced from 2010-2025)

From my womb, in arms, shoulders & lap & finally holding my fingers... To their mother toddler innocence & playgroup independence,  
Where we mothers relished the canteen junks.

From handling food-seva turns & preschool tantrums...  
To their good morning Mr. Sun actions & precious emotions captured in albums.

From sending on field trips & dressing for festivals looking cuties...  
To their learning of blend words & sight words worksheets.

From making sports day props & preparations...  
To their mastering at KRV sessions & dance trials at Anandvan auditions.

From attending orientations for curriculums & excursions...  
To racking our brains for their bus route finalizations.

From early morning whats app & phone calls in heavy rains....  
To their finishing of CW,HW & online Covid pains.

From packing our foodies tiffin with various cuisines...  
To their sharing & bonding over it the most, in breaks between.

From celebrating 5<sup>th</sup>, 10<sup>th</sup> theme birthday parties...  
To acknowledging in person, via handbook or thru email their complaints & mastees.

From managing the schedule of pick ups & drop offs...  
To their never ending play dates, overnights & U bet, puberty khauffs.

From changing diapers, soiled clothes & caring selflessly by bhaiyas & tais...  
To monitoring their foyer discipline & guarding cell phones kept besides.

From constant efforts, support & motivation by all teachers & guiding patiently...  
To help upgrade their Holistic growth & to excel in exams sincerely.

From chaddi buddies then, now Teenagers as they are known...  
Set to embark another milestone, where new talents will be shown.

But whenever u lose hope, feel low or lost, my lifeline...  
Thy Mom always loves u, believes in u, as You are part of mine.

My child & I have traveled together with you all in HIS spectacular school journey...  
With only beautiful & cherishable memories in plenty.

This friendship with both of us holds a special place, so Pure...  
With each one of you & shall remain the same, for Sure.

Thank you everyone from the bottom of my heart...Gratitude, Love & Blessings, as today, we depart.





**Rahul Karwa Grade 7 CR**

As the school year wraps up, so does our rollercoaster ride as the PTA Executive Committee. And what a ride it has been! From brainstorming ideas (some brilliant, some... let's just say enthusiastic) to pulling off fantastic events, this team has been nothing short of incredible. What impressed me the most? The sheer team spirit. We had our fair share of debates - because what's a committee without a little drama? But at the end of the day, respect and a shared goal kept us moving forward. The energy and enthusiasm of my fellow PTA members turned ideas into action, making every event a success (and a whole lot of fun!). I also realized what a fantastic bridge the PTA is between parents and the school. Whether it was voicing concerns, sharing feedback, or simply ensuring smoother communication, this platform helped create a stronger, more involved school community. And speaking of community - our journey wouldn't have been half as rewarding without the unwavering support of the parents. Their generosity, participation, and encouragement made every effort worthwhile.

On a personal note, this team wasn't just about managing events - it was about managing life together. I faced some personal challenges this year and had to step back at times, but my amazing colleagues not only covered for me seamlessly but also stood by me with kindness and support. It reminded me that PTA-EC isn't just about responsibility - it's about relationships. And, of course, I can't sign off without acknowledging one unique aspect of my journey - I was the only male member in this incredible team. Surrounded by boundless female energy, I must say, it was nothing short of magical!

The passion, efficiency, and warmth that my colleagues brought to every discussion and initiative made this experience all the more special. And now, as we hand over the baton to the next PTA-EC, I do so with full confidence that they'll bring in new ideas, fresh energy, and (hopefully) the same love for chai-fueled discussions! Buckle up, incoming team - you're in for a rewarding ride. Wishing you all the best!

**Saarah Grade 8 CR**

Being a PTA was never on my cards, but truly an amazing journey from being clueless to handling events together, from being unknown to becoming a family, from arguments to conclusions. This journey taught me team work and team spirit. -

**Jsha Nair A Levels CR**

As my time as a PTA member comes to a close, I want to take a moment to express my deep gratitude for the incredible experience. It has been a true privilege to work alongside such a passionate and dedicated group of parents, teachers, and staff, all working toward the common goal of supporting our students and enhancing their school experience. I am so thankful for the friendships I've made and the opportunities to contribute to the school community. While I will miss being directly involved, I will always cherish the memories and the positive impact we've collectively made. Thank you again for allowing me to be part of such a wonderful team.

**Parul Shah AS Level CR**

Being a member of the Parent-Teacher Association (PTA) has been one of the most enriching experiences of my life. The most fulfilling aspect for me has been open communication and organizing events. It has truly been a journey of purpose, learning, and lasting friendships, and I encourage more parents to take part in this incredible experience.

## **Shirin Chullani Jt. Secretary**

I want to thank the school for giving me this opportunity. It has truly been a great learning experience.

To my PTA co-parents it's been an enlightening journey and I am happy to leave with a good many friends. I especially want to thank our wonderful VC, Sharmaine, her guidance and support on both the PTA as well as personal front has been invaluable.

## **Sejal Chheda Grade 10 CR**

To be part of PTA Executive Committee was a rewarding and enriching experience. In this journey I grew and built relationships with the faculties and our dearest Principal and also with my co fellow parents who all were part of this committee.

This role thought me to be balanced & flexible towards school and parents. All for betterment of students & school. Nevertheless I have experienced 100% acceptance and guidance from school with the support I got when me and my grade parents wanted to give a gratitude party to our hon. Trustee, dear Principal & our educators.

## **Sweta Shah, Grade 6 CR**

This is my fourth time serving in the PTA, each experience bringing a new team and new friends, all dedicated to giving their best in every way possible. Together, we've navigated the highs and lows, always united as a team. Our shared goal has been to inspire positive change and approach challenges with optimism, and I believe we've successfully sailed through with a positive spirit.

## **Priyanka Jain Grade 9 CR**

As my time as the CR comes to an end, I wanted to take a moment to express my heartfelt gratitude. It has been a privilege to represent this wonderful group and collaborate with all of you.

I truly appreciate your support, cooperation, and trust throughout the year. Wishing the students continued success in their academic journey and the parents all the best in guiding and supporting them. Thank you once again for making this experience so rewarding.

## **Sonam Lodha Grade 2 CR**

As I embarked on a journey as a CR and a PTA - EC member, I didn't know my journey would be filled with incredible learning and growth.

It was an honour to be a part of a group who shared common interest and goals of enhancing our children's lives. From making new friends and a lifetime of memories, I would really thank each and everyone for being a part of this invaluable journey. I would like to thank school for letting me be a part of PTA -EC and helping in strengthening the bond between parents and school.





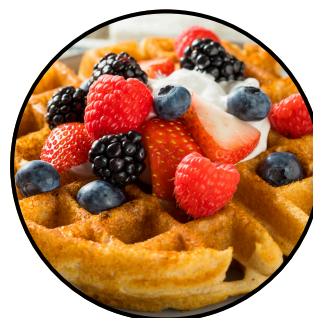
## Delicious Waffles



Here's a perfect waffle recipe that's crispy on the outside, fluffy on the inside, and delicious every time!

### Ingredients (Makes about 4 large waffles)

- 2 cups (250g) all-purpose flour
- 2 tbsp sugar (granulated)
- 1 tbsp baking powder
- ½ tsp salt
- 2 large eggs
- 1¾ cups (420ml) milk (whole or buttermilk for extra richness)
- ½ cup (115g) unsalted butter, melted
- 1 tsp vanilla extract



### Instructions

1. Preheat your waffle iron according to the manufacturer's instructions.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
3. In another bowl, whisk the eggs, milk, melted butter, and vanilla extract until well combined.
4. Gradually pour the wet ingredients into the dry ingredients and stir gently until just combined. (A few lumps are okay—don't overmix!)
5. Lightly grease the waffle iron with butter or cooking spray.
6. Pour the batter into the waffle iron and cook according to your waffle maker's instructions, usually about 3–5 minutes until golden brown and crisp.
7. Remove and repeat with the remaining batter

### Serving Suggestions

- Classic: chocolate syrup
- Indulgent: Whipped cream & chocolate chips
- Fruity: Fresh berries & honey

By Aditya Chitre (A Levels)



## Zesty Lemon Sorbets



Here's a refreshing and simple Lemon Sorbet recipe you can try!

### Ingredients:

1 cup fresh lemon juice (about 4-5 lemons)  
1 cup water  
3/4 cup granulated sugar  
1 tablespoon lemon zest (optional, for extra lemon flavor)  
Pinch of salt

### Instructions:

#### Make the Simple Syrup:

In a small saucepan, combine the water and sugar.  
Heat over medium heat, stirring until the sugar is completely dissolved. Once dissolved, remove from heat and let it cool to room temperature.

#### Prepare the Lemon Juice:

While the simple syrup is cooling, zest the lemons if you're using the zest.  
Juice the lemons until you have about 1 cup of fresh lemon juice.  
Strain the juice to remove seeds and pulp if desired.

#### Combine and Mix:

In a large mixing bowl, combine the cooled simple syrup, lemon juice, lemon zest (if using), and a pinch of salt.  
Stir well to combine.

#### Freeze:

If you have an ice cream maker, pour the mixture into the machine and churn according to the manufacturer's instructions until it reaches a sorbet consistency (about 20-30 minutes).  
If you don't have an ice cream maker, pour the mixture into a shallow dish and place it in the freezer. Every 30 minutes, stir the mixture with a fork to break up ice crystals until it's fully frozen and has a slushy, sorbet texture (this usually takes about 2-3 hours).

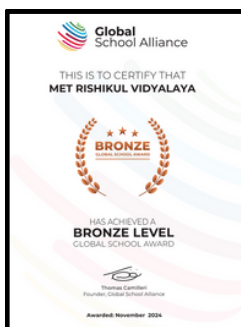
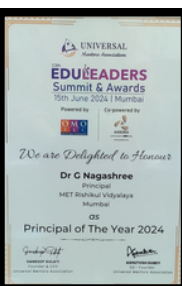
#### Serve:

Once the sorbet is frozen, scoop it into bowls or glasses, and enjoy!  
Garnish with fresh mint leaves or extra lemon zest for a special touch.

Enjoy your homemade, zesty lemon sorbet!  
Perfect for a hot day or as a refreshing dessert after a meal.

**By Vipra Gaba (Grade 9)**





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Our Principal, Dr G. Nagashree, has been our mentor and guide for our Newsletter and Magazine-MRV BUZZ. We thank Ma'am and all the Coordinators for their encouragement which has led to the creation of the magazine.

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