

MRV

A SCHOOL FOR LIFE MANAGEMENT

b u z z





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 CHAIRMAN'S DESK



I can't help but beam with pride when I see the sheer dedication radiating from our incredible Principal, our passionate teachers, and our ever-resourceful coordinators. Your tireless work is not just shaping minds, it is nurturing a love of learning that transforms MET Rishikul Vidyalaya into a vibrant hub of knowledge and joy.

To our amazing students, let me tell you a secret: the world is your oyster. Every challenge you face is an opportunity to learn, to grow, and to become the best version of yourself. Therefore, approach your education with an insatiable curiosity and a zest for life, because it holds the key to unlocking endless possibilities.

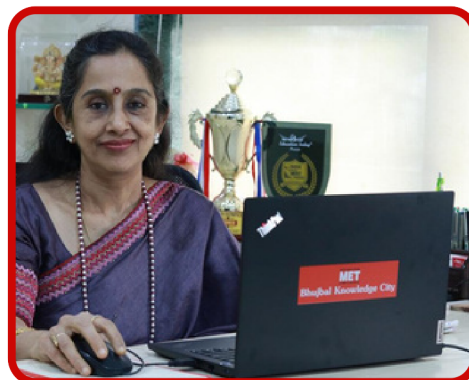
This magazine is more than just words on a page; it is your canvas to unleash your creativity and share your unique perspective. Let your imagination run wild and use these pages to let your voices and expressions soar.

Learning is a shared journey, an adventure filled with both triumphs and setbacks. Together, let us embark on it with enthusiasm and unwavering determination. Every day at MET Rishikul Vidyalaya presents a chance to discover something new, not just about the world but also about ourselves.

With warmest regards,
Chhagan Bhujbal
Founder Chairman
Mumbai Educational Trust

DR. G. NAGASHREE

FROM THE PRINCIPAL'S DESK



Dear Students and Parents,

The academic year 2023-24 brought the school many moments of joy and realized meaningful learning achieved. We witnessed growth and success in every sphere of functioning of the school in this year.

MRV BUZZ is creating the exciting and encouraging platform for students and faculty to express and share their joy of teaching and learning. As envisioned by our Hon. Chairman and Trustees, MRV BUZZ is a reflection of the way our students progressed with new and engaging experiences.

'Nurture Nature' as the annual theme provided many opportunities to mould young learners to be responsible guardians of mother earth. It provided interesting cross-curricular and co-curricular engagements for our students as you may see here. This magazine captures interesting and useful partnerships with institutions in India and abroad across various sections from Pre Primary to AS and A Levels. MRV was excited to meet and host expert sessions and interactions with educators and professionals of eminence in this year. Our team of dynamic coordinators have led each respective sections with passion and dedication. The commitment and enthusiasm of our talented teachers and Administration teams are true strengths of MRV.

I express my gratitude to the office bearers and members of PTA 2023-24 for the enthusiastic support and encouragement extended to MRV. I'm greatly honoured and grateful to note the continuous involvement of all parents of our school who motivated us in 2023-24. The student members of the Newsletter committee as brilliantly guided by our faculty in-charges of the committee have made me immensely proud. They are appreciated and applauded for successful completion of this magazine.

MRV BUZZ is sure to become the voice of our students within and beyond our school to share the interesting facts of learning meaningfully.

With best compliments,

Dr.G.Nagashree

Principal

MET Rishikul Vidyalyaya



‘When you Nurture Nature, nature nurtures you.’

- Donald L. Hicks



Our School Magazine, MRV BUZZ has been centred around our school's theme for this academic year - Nurture Nature. We believe that we must strive continuously to make the world a better place for our present and future generations. Together, we can move mountains, break barriers and change lives.

At MRV our entire school community: management, principal, teachers, administration, ancillary staff, students and parents have rallied together to achieve a sustainable lifestyle both within school and in their personal lives.

We are proud to display in this issue of MRV BUZZ all the interdisciplinary and sustainable events and activities that MET Rishikul Vidyalaya has conducted in the academic year 2023-2024. We hope that it encourages and motivates all of you to be one with nature and work towards a green lifestyle.

It has been gratifying to put together this issue of MRV BUZZ for all of you to read and enjoy. We hope that you find it equally satisfying to read students' creative expressions, showcase of language and artistic abilities and admire the versatility of articles within these pages.

Happy Reading, happy learning, happy growing!

**From Miss Amanda Sampey, Miss Aarti Athle, Miss Jayshree Chaubey
and Miss Sangeeta Natrajan**

PRE - PRIMARY COORDINATORS

Ms. Anjana Singh and Ms. Anita Mistry



At the culmination of another academic year, we reflect on the remarkable journey of the Pre-Primary Section. This year has been brimming with milestones and cherished experiences. Here's a glimpse into the enriching journey students have embarked upon:

At the beginning of the year, parents orientation and welcome day helped introduce families to our school environment. Our focus was ensuring a smooth transition for our youngest students of Play Group and Nursery into the school set up, with the support of our nurturing teachers and staff. They adapted beautifully.

Through a blend of value education classes and structured activities students developed crucial socio-emotional skills, which were showcased in their involvement with organizations like Balwadi, Access Life Assistance Foundation, and Khaana Chahiye Foundation.

Academically, our students have made impressive progress through the International Early Years Curriculum (IEYC) curriculum weaving in Knowledge Harvest Days blended with phonetics, mathematics, and writing skills. Play Group students enthusiastically displayed their learnings to their family members during Family Week. Our teachers used innovative teaching methods, provided scaffolding and individualised attention to ensure that each child reaches their potential. The highlight of this year has been the collaboration with the IEYC partner school in Jakarta making students global learners.

The events and cultural celebrations have allowed for creative expressions amongst our students. From Diwali to Christmas, our students fostered a spirit of unity and harmony while participating in activities and learning about different cultures and traditions. Students were engaged in artistic activities. Their artistic endeavours were showcased during the Master Strokes art exhibition.

MRV with MRV Collaboration is the brilliant initiative of our Principal and has fostered collaboration between two sections of our school. The Trinity, Young Learners Certificate brought in tremendous joy. Showcasing their group performances and interacting with the external foreign examiner made students truly confident.

The annual day, 'Anandvan' was a showcase of our year long efforts and students talents and creativity through various performances, leaving the audience spellbound and proud.

The IEYC learning strand of health and physical well-being has been an integral component of the holistic development of students. Through karate, physical education and gymnastics displays, our students have honed their motor skills and imbibed the values of teamwork, resilience, and sportsmanship during Sports Day and Inter School competitions.

The Pre-Primary section has evolved into a vibrant and nurturing learning place where every child feels valued, supported, and empowered to thrive. As Pre-Primary Coordinators, we take immense pride in witnessing the growth and development of our students as they immerse themselves in joyful learning experiences and forge lifelong friendships.

We extend our gratitude to all parents who are equally involved in all school events. As we bid farewell to this academic year, we eagerly anticipate the continued growth and success of the Pre-Primary students in the years to come.



PRIMARY COORDINATOR

Ms. Aruna Kumta

I am thrilled to share that our Primary section had many exciting happenings throughout the year. There was a vibrant tapestry of events that made this year memorable, from Sports Day to the Annual Function and various festivals, our students showcased their talents, learning, sportsmanship, and cultural diversity. Our primary students sailed through the year with bundles of energy and enthusiasm.

Throughout the year, we followed our theme for 2024 - Nurture Nature by beautifying the school surroundings, planting trees and saving paper, electricity and water.

Our weekly assembly was one of the highlights this year. They served as a platform for students to showcase their talents, share important messages, celebrate achievements and instill the school values. From academic achievements to acts of kindness, every student's contribution was recognized and applauded.



Our annual function, 'Anandvan' theme was Panchamahabhut. The theme celebrated diversity in nature showcasing how each element- water, fire, air and cosmos is important to maintain the balance. Students showcased their talents in music, dance, drama, leaving the audience spellbound. For the first time, our students of Grade 2 presented a Sanskrit drama which was a grand spectacle that captivated the audience with its dazzling performances and heartwarming presentations. It was a joyous occasion that brought together students, teachers, and parents in celebration of our school's achievements and values.

Our Sports Day was full of energy and enthusiasm. Students participated in a variety of track and field events, yoga, gymnastics, karate showcasing their athletic prowess and team spirit. From relay races to long jumps, every moment was filled with excitement and cheers from the audience. Not only did our students display their physical abilities, but they also learned the importance of teamwork, perseverance, and fair play.

Our school embraced the spirit of various festivals from Diwali to Christmas, fostering a sense of unity and inclusivity among students. They visited the ADAPT Foundation to celebrate a few festivals as well. These celebrations not only enriched their understanding of diverse cultures but also promoted mutual respect and acceptance among peers.

As the Primary Section Coordinator, I am immensely proud of our students' achievements and the dedication of our teachers and staff in organizing these memorable events and for creating a holistic learning environment. Our students showcased their talents in music, dance, drama and our school community came together to celebrate diversity and camaraderie throughout the year.

I look forward to another year filled with joy, learning, and success as we continue to nurture the minds and hearts of our students. Thank you for being a part of our journey!

SECONDARY COORDINATOR

Ms. Namarata Modi



In this Academic Year 2023-24, my objective was to achieve maximum collaboration and to unveil talent and cognitive skills. This encouraged participation amongst students which created a sense of healthy competition.

The year began with the celebration of International Yoga Day. Every year MRV makes sure that this day is celebrated to instill an awareness about developing a healthy lifestyle. Next, MRV hosted Orators Day and MRV Youth Parliament, new initiatives, which provided students with hands-on experience of public speaking and parliamentary systems. As a Secondary Section Coordinator, I believe I have the responsibility of moulding teenagers into responsible citizens and I know that the new initiatives undertaken this year have helped boost the confidence and communication abilities of our students.

To inspire our students it was fundamental to have eminent speakers and guest lectures at the school. These individuals bring in their expertise and insights on different subjects, inspiring and motivating the students to think critically and broaden their horizons. These sessions added a valuable dimension to the students' learning experience.

MRV is known to be a 'Happy School' and in the Secondary Section along with excellence in studies, we blend it with loads of fun. I have motivated students and teachers to conduct various events and activities this year that have fostered all round development. Some of the most memorable ones have been MRV Student led Clubs, MRV Inter School MUN, Generation Global, Eumind, Indo French Immersion Hub, Excursions, Themed Assemblies, MRV Students' Day, Field Trips, Anandvan and Movie Premieres, as these provided our students with a platform to come together for International, Inter and Intra school collaborations, and exchange of ideas and perspectives. All these events played a crucial role in shaping the students' overall development,, fostered a culture of learning, and helped build a sense of community.

Leadership is a trait that MRV associates with and therefore students are given opportunities that empower them to shoulder responsibilities and develop leadership qualities through platforms like the Student Council, MRV Clubs and Newsletter Committees.

To conclude, I am very proud of our Secondary students and keen to see them add creativity and open mindedness to the school environment in the next Academic Year 2024-25.

AS & A LEVELS COORDINATOR

Ms. Sonali Karawade-Pawar



As the academic year draws to a close, it's natural to pause and reflect on the journey we've embarked upon together. As the AS and A Levels Coordinator, I am proud to share some reflections on the academic year that has passed.

First and foremost, I am immensely grateful for the unwavering dedication and commitment demonstrated by our students, faculty, and staff. One of the most inspiring aspects of this academic year has been witnessing the spirit of collaboration and support that permeates our school community. Whether it's teachers going above and beyond to provide personalized support to students or students banding together to overcome academic challenges, the sense of unity and camaraderie has been truly heartwarming.

At AS and A Levels in MRV we offer varying and engaging subject combinations from Sciences to Commerce and Humanities with excellent faculty that comes with strong experience and command over their respective subjects. As the Program Coordinator I strive to ensure successful completion of all the requirements timely intervention taken to achieve academic excellence. MRV takes pride in its approach to ensure holistic development of students by meaningful engagement in both academics and co-curricular activities. This year saw this cohesion of academic achievement and personality and skill development through various activities. Throughout the year, we had the privilege of hosting guest speakers from prestigious international universities. They spoke about diverse fields and backgrounds and offered our students firsthand insights into global higher education opportunities. These empowered our students to explore their academic aspirations and pursue their dreams on a global scale.

This year our AS Level students embarked on a student exchange program to the Netherlands. Immersed in a new cultural environment, they forged lasting friendships and expanded their horizons. They also participated in thought-provoking dialogues with peers from across the globe through Generation Global by the Tony Blair Institute. As I look back on these experiences, I am reminded of the importance of embracing diversity, fostering global connections, and empowering our students to become compassionate, responsible, and engaged citizens of the world. It is through these endeavours that we continue to cultivate a vibrant and inclusive learning community.

As with every year, this year too we bid adieu to our A Levels batch of 2024 with happy memories to cherish and wish them good luck on their academic journey further. 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.

To sum up, I would like to express my heartfelt gratitude to each and every member of our school community for their contributions to making this academic year a success.

Here's to a bright and promising future ahead. Wishing you all a restful and rejuvenating summer break.

PRE-PRIMARY STAFF



PRIMARY STAFF



STAFF PHOTOGRAPHS

SECONDARY STAFF



AS & A LEVELS STAFF



ADMINISTRATION STAFF



ANCILLARY STAFF



MRV HEAD GIRL

Alina Khan



As Head girl of MRV, I was presented with multiple opportunities to lead my peers and bond with them as we cheered each other on throughout the school year. Whether it was during Independence Day, where I was able to improve my public speaking skills, by addressing the school as the compere, or whether it was Anandvan or Sports day, where I was able to interact and lead with my fellow student council members, I enjoyed every moment.

Throughout this year I was able to grow and improve myself under the guidance of my Principal, teachers and peers. Yet, my fondest memories were made during dispersal duties, where I connected with my schoolmates, learning about their interests. These experiences taught me leadership and communication. As the Head girl. I cherish every moment of my tenure with several opportunities to unite my schoolmates through sports, speeches, and daily interactions.

MRV HEAD BOY

Maynard Padhi

My journey as the Head boy has been deeply personal and incredibly rewarding. In an effort to foster a sense of unity and belonging, I have strived to create a warm and inclusive environment for every student. From organizing charity events to lending a listening ear, my role has been about more than just leadership; it has been about empathy and understanding.

Together, we have celebrated our diversity and supported each other through challenges and defeats. Serving as Head boy has taught me the power of compassion and the importance of community. I am honoured to have been part of this journey with my fellow students.



MRV SPORTS CAPTAIN

Keval Gala



As the MRV Sports Captain in 2023-24, my role has been dynamic and fulfilling. Tasked with fostering a spirit of teamwork and sportsmanship, and through effective communication and collaboration, I had the opportunity to bridge the gap between young athletes and administration, ensuring their voices were heard. Serving as a role model, I have encouraged dedication, perseverance, and fair play amongst the students of MRV.

It has been an honour to represent our school's athletic community, and I'm grateful for the opportunity to contribute to the school's collective success in sports.



MRV HOUSE TEACHERS IN- CHARGE



MRV STUDENT COUNCIL 2023-2024



FROM THE PTA 2023-2024



We value the importance of childhood experiences in shaping adult behaviour and values. Technology has also contributed to the development of a healthy, responsible adult. Schools are seen as second homes for students, providing motivation and guidance that remains in their lives for years.

MRV has over the years built a strong culture of communication where every student, teacher and parent has the opportunity to connect and actively engage. Where teachers and parents work together in identifying and understanding students' needs, it helps create an effective learning environment in the classroom and beyond.

We began our year with a loud shout out for our dear Team MRV on occasion of Teacher's Day. We had arranged "drum circle" activity led by our parent Mr Vishal Mehta.

We are extremely thankful and whole heartedly express our gratitude towards the parents who volunteered actively throughout the year along with the PTA Executive Committee and set an amazing example of how parents' participation is equally important in process.

My experience as a PTA member for the 2023-2024 term was incredibly rewarding. Through my design contributions, I strive to support the PTA's mission of fostering collaboration, communication, and engagement among parents, teachers, and students
- Sweni Shah.

The academic year 2023 - 24 has proven to be a rewarding experience for Grade 1 overall, and I couldn't be happier with the progress we've made, especially in my role as CR for the third consecutive year
- Farah

I am deeply humbled by being a part of this PTA, learning new things, resolving issues for school as well as parents. This sense of community fosters a supportive network, promotes school spirit and strengthens the overall school culture
- Krina Parekh

Events like Anandvan and MRV Fun Mela were very successfully managed and organised by the school with the impeccable support of all PTA members.
- Nishtha Mehta

EVENTS SUMMARY : JUNE 2023 - NOVEMBER 2023

From engaging workshops to captivating performances, the Pre-Primary section showcased their incredible talent and enthusiasm within our school community.

The students celebrated numerous memorable events to promote learning, encourage creativity and foster team spirit. Special events such as Khadi Day, Vasudha Vandhan, Swachh Bharat Campaign, Integration of IAYP, and the Joy of Giving facilitates learning beyond the classroom walls.

These events foster a sense of belongingness and nurture the holistic development of the student. It engages the students to conceptualise, plan, execute and deliver.

The activities helped the students to acquire varied skills and knowledge, discover themselves, express themselves, create confidence and develop crucial social skills; which remains as a life-long learning.



**Nurture Nature
Gardening Session**



Swachh Bharat Campaign



Knowledge Harvest Day



MRV with MRV



**Around the World with IEYC
(VC with Ms Dharti from Melbourne)**



Ganesh Chaturthi



**Sr.KG Field trip to
Nehru Science Centre**

PRE-PRIMARY EVENTS

December '23 - April '24



MET Rishikul Vidyalaya embarked on a heart-warming celebration themed "Journey into Myself." Little graduates confidently shared dreams, experiences and goals - a huge inspiration to us all. Dressed in their finest, they sang joyously, embracing who they are and aspire to be.

Today marked not just a step into Grade One but the blossoming of young minds ready to conquer the world. Here's to their incredible journey and bright futures!



PRE-PRIMARY EVENTS

December '23 - April '24

TRAFFIC PARK VISIT



Our students had an unforgettable educational trip to the Traffic Police Children Park, where learning met excitement! They absorbed valuable lessons on road safety, traffic rules and responsible citizenship through interactive exhibits and hands-on experiences. Their joy as they navigated mini traffic challenges and understood pedestrian safety was heart-warming.

Kudos to the educators and the Traffic Police team for making this trip both educational and fun-filled!



LABORATORY VISIT

Nursery students visited the school's Science Laboratory as part of an activity specifically aligned with the IEYC unit on Healthy Habits.

During this enjoyable science excursion, students had the opportunity to explore the human skeleton, brain and heart.



INTERNATIONAL COLLABORATION

MET Rishikul Vidyalaya recently had an interactive cross-cultural exchange with Jakarta Nanyang School as part of our IEYC Unit - Let's Have a Party, exploring celebrations worldwide. Students shared traditions, including Makar Sankranti and Jakarta's birthday customs, fostering diversity appreciation.

They also donated stationery for World Children's Day and connected with the Mumbai Municipal School, enhancing empathy and creating memorable experiences.



PRE-PRIMARY EVENTS

December '23 - April '24

REPUBLIC DAY CELEBRATION



Our students highlighted the essence of India, emphasizing Republic Day's significance beyond a mere holiday. Our Nursery and Rainbow students proudly paraded their Army, Navy and Air Force uniforms.

The event also featured several patriotic songs and a mesmerizing dance performance.

We applaud their patriotic spirit! The performance was truly magnificent! Jaihind!



NGO DONATION

Our students embraced the spirit of giving during IEYC - Unit 5: "Let's Have a Party."

As part of our Parental Involvement initiative, they joyfully contributed stationery to the Access Life Foundation NGO.

Their drive and excitement was infectious, highlighting their eagerness to make a positive impact.



PRE-PRIMARY EVENTS

December '23 - April '24



JOY OF GIVING



MET Rishikul Vidyalaya is dedicated to the noble endeavour of spreading joy and happiness to those less fortunate.

We are firm believers that everyone should contribute to this cause through small acts of generosity.

Our Little MRVians enthusiastically engage in "giving" and "gifting" with their big hearts and youthful hands.



ANANDVAN

"Aspirations and Inspirations" took centre stage at this year's Anandvan, as our talented students painted a vivid picture of their dreams and the sources of their drive. From their energetic performances of music, song, dance and drama to their heartfelt expressions, they left a lasting impression on everyone present. The little MRVians were the shining stars of the show.



PRE-PRIMARY EVENTS

December '23 - April '24

SPORTS DAY



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



MRV's highly anticipated Pre-Primary Annual Sports Day took place on December 15, 2023. Sports play a crucial role in helping children develop both mental and physical toughness, shaping their bodies and fostering strength and activity. This was vividly demonstrated through captivating displays such as the March Past, Zumba, P.E. drill, Karate, Rope Mallakhamb and Dance.

Little MRVians showcased their gross motor skills in alignment with the IEYC learning strand 'Healthy Living and Physical Well-being.'

As the races commenced, the atmosphere resonated with cheers and abundant encouragement for the budding athletes. Noteworthy were the IEYC parental involvement props and costumes, contributing to the overall spectacle. The performance displayed a beautiful blend of team spirit and self-confidence by MRVians, leaving the audience mesmerized.



EVENTS SUMMARY: JUNE 2023 - NOVEMBER 2023



Parsi New Year



**Interdisciplinary
learning**



Friendship Day

Events are the backbone of school pride and reputation. When these events offer excellent opportunities to reward academic success, promote future academic success and create lifelong bonds, it becomes a learning for a lifetime. It is not merely a celebration of events, but a celebration of life. From festive celebrations, to language celebrations to artistry, each of these events fostered a strong cultural belief in our students.

Some such events that took place in the Primary section from June 2023 to November 2023 were Friendship Day, Halloween Workshops, Parsi New Year, International Chess Day, Comic Strip Creation, Parsi New Year and Clean India - Nurture Nature.

All these events as well as subject wise activities have helped foster all round development in our Primary students this year. We are very proud of our teachers and students who together have grown and made learning fun and interactive.



Visit to the Post Office



Diwali Celebration



Housie in French

PRIMARY EVENTS

December '23 - April '24



SHIVAJI JAYANTI

On 8th February, 2024 an assembly was held to celebrate Shivaji Jayanti.

The birth and journey of Shivaji and his valour was described in the form of 'Powada'. Shivaji Maharaj's rule and dominance of the Maratha kingdom was captured beautifully. The act also captured the Mughal defeat by Shivaji Maharaj through his acts of diplomacy and sharp-mindedness.

The costumes and songs captivated the audience and conveyed the greatness of Chhatrapati Shivaji Maharaj.



PRIMARY EVENTS

December '23 - April '24



MULTILINGUAL DAY

Multilingual Day was celebrated on the 22nd of February, 2024.

Children presented a fine skit using different cultures and languages using song and dance to further enhance the message of the varied cultural richness of both Indian and International languages.



MAHASHIVRATRI

Mahashivratri was celebrated on the 7th of March 2024. The stories of Lord Shiv and Goddess Parvati were enacted through song and drama in the assembly.

The representatives from Om Creation were felicitated during the assembly and the students also were awarded medals and certificates for their achievements.



PRIMARY EVENTS

December '23 - April '24

MRV'S MEMORABLE VILLAGE PICNIC



Our primary students of Grades 1 to 3 embarked on an exciting day picnic to Monteria Village in Karjat.

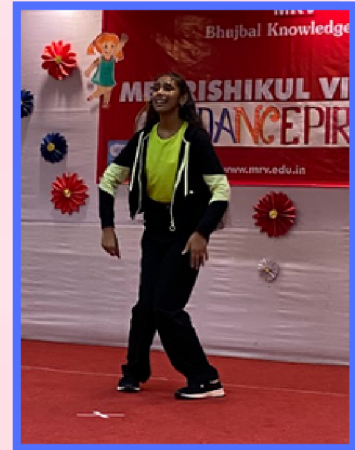
From tailoring and carpentry workshops to traditional games, tractor rides and mesmerizing cultural performances, the children had a blast immersing themselves in village life.

A pottery session added a creative touch to the day, leaving everyone with cherished memories of fun and learning.



SECONDARY EVENTS

EVENTS SUMMARY: JUNE 2023 - NOVEMBER 2023



School Events are the major cornerstone that increase the productivity and efficiency of the students. It develops the social abilities of the students further and heightens the dimensions of emotional intelligence. Beginning with the aesthetic artistry to challenging debates to eloquent recitations, to donation camps, each and every event contributed to the holistic development of the student in developing self-confidence, build self-expression, understand perspective and fostering healthy school community. The celebration of Language (Marathi, Hindi, French and English) promoted a rich, linguistic cultural diversity. Recitation in English, Hindi and Marathi were conducted, where students showcased their eloquence and mastery over the language, weaving verses that echoed throughout the classrooms. The event not only celebrated the rich heritage of language and literature but also honed their linguistic skills, whilst instilling confidence in them.



SECONDARY EVENTS

December '23 - April '24

The Grade X Farewell

The 18th of March 2024 marked one of the most awaited events in the school calendar - the Grade X Farewell!

It was a poignant yet jubilant affair, marked by heartfelt speeches, nostalgic performances, and cherished memories shared among students, teachers, and staff. Laughter mingled with tears as they reflected on the unforgettable moments and transformative experiences that defined their time together.

The event began with the customary lighting of the lamp and motivational speeches delivered by the Principal and Trustees.

This was followed by some memorable song and dance performances, thus injecting some energy into the celebration.



The highlight of the occasion, however, was undoubtedly the crowning of the Mr and Miss MRV.

When Armaan Sharma and Alina Khan took their bows on stage as the winners, there was an overwhelming sense of gratitude for the friendships formed, knowledge gained, and growth achieved.

The farewell celebration served as a testament to the enduring bond that will forever connect them to their alma mater.



SECONDARY EVENTS

December '23 - April '24

Grade X Students Reminisce

My journey at MRV has been impeccable from mother toddler to grade 10, words can't define how much I miss all the teachers who have helped me grow. The friends I have made this year ~~are~~ just cannot be defined by actions. The teachers are one of a kind, I am really grateful for this school and all values its given me.
~ Kreta!

ALL I CAN SAY IS MRV IS HOME. IM SO GRATEFUL TO THIS PLACE AS IT ALLOWED ME TO HEAL, LEARN AND GROW AND MOST IMPORTANTLY IT ALLOWED ME TO MEET MY FAMILY
~ SAA CHI MEHTA -2024

MRV has been as good as a second home. It is because of school that I met my friends and teachers
- Krewal

been here since mother toddler (most of my life) & I have thoroughly enjoyed my time <3
- Kritika

MRV has been 15 years of excellent memories from infant to young adult, all unforgettable.
- Neil

My journey at MRV has been wonderful. Absolutely loved the time I have spent with all my classmates. I love them so much
♡ - Love Soumya.

SECONDARY EVENTS

December '23 - April '24



MRV STUDENTS' DAY

Students Day is one of the most awaited days during the last week of each month. It is an opportunity for the students to express themselves through themed attire. Each month, on the basis of a selected theme, students do away with their uniforms and don outfits that align with that theme, whether it is Black and White, Twinning Day, Traditional Day, Comic Prints Day, Polka Dot Day or Denim Day and Tie and Dye Day.

Polka Dot Day witnessed students in their most creative dotted best. On Denim Day, MRV was a sea of blue as students wore interesting outfits relating to the theme. Tie and Dye Day saw our students enthusiastically dressed in various kinds of colourful attire.

MRV Students' Day embodies the spirit of community and celebrates the unique identities within the school, leaving lasting memories for all students.

THE IMPORTANCE OF WATER TREATMENT



MET MRV students of grade 9 visited the Sewage Treatment Plant at Colaba on 4th August, 2023, to get practical knowledge about the sewage treatment process.

The Staff at the sewage plant explained the entire process of sewage treatment using a PowerPoint Presentation before taking them on a tour of the plant. Students noted down the process in their notebooks and asked several questions to the staff. It was an enriching experience as students could see the machinery setup for the processes such as filtration, screening and sedimentation.

The administrator at the sewage treatment plant explained the importance of the process in protecting marine life and also the measures they took to prevent flooding during high tides.

The visit was quite satisfactory and gratifying as the students realised the importance of water as natural resources. They also understood the need for waste management and came back as more responsible global citizens.

SECONDARY EVENTS

December '23 - April '24



On the 29th of February 2024, the students of Grades 6 to 9 came together to celebrate Marathi Divas, fostering a sense of cultural pride and unity among students. This event featured activities such as the singing of traditional Marathi songs, dance performances, recitations of Marathi poetry, and skits highlighting the rich heritage of Maharashtra. Students dressed in their finest traditional attire, adding to the festive atmosphere.

This celebration served as a platform for students to connect with their roots, appreciate diversity, and celebrate the essence of Maharashtra's language and culture.



BIENVENUE EN FRANCE

In a bid to promote cultural understanding and foster international camaraderie, MRV embarked on an exciting journey of an Indo-French cultural exchange. This initiative which included the students of Grades IX and X aimed to broaden horizons beyond the textbooks and classrooms.

The exchange programme offered unique opportunities for students to immerse themselves in the rich tapestry of French culture whilst also showcasing the vibrant diversity of Indian traditions.

This exchange programme helped cultivate qualities such as tolerance, empathy and communication skills and brought students one step closer to being able to navigate an increasingly connected world!



SECONDARY EVENTS

December '23 - April '24



Masterstrokes

MRV was proud to host its Annual Art Exhibition - Masterstrokes on 24th and 25th of February 2024.

For the first time, all four sections from the Pre-Primary Section to A Levels participated together.



Our students put up stunning displays of their work showcasing their talent and creativity. They were guided beautifully by our team of expert art teachers.

The students received excellent feedback and reviews from all who visited. This has encouraged them to further the artist within!



On sale, were hand made bracelets, key chains, beads and other trinkets.

The very generous proceeds of this were donated to an NGO by the name of "Om Creations Trust."



EVENTS SUMMARY: JUNE 2023 - NOVEMBER 2023



Our senior students from As and A Level batch had an eventful year of utmost enthusiasm and fervour. The visit from the faculty of King's College London and the visit from the Bombay Veterinary College enlightened the students about the rewards of the profession.

The Mindler Orientation offered a lifetime of an opportunity to the students to seek admission to Indian and International Universities. The Think Tank workshop proved to be an excellent platform for students to showcase their innovative and entrepreneurial skills. MET IIS (Institute of International Studies) conducted a competitive quiz-Bizz Quiz, that was based on the A-Levels Business syllabus, put their business knowledge to the test. A visit to the Bhabha Atomic Research Centre engaged the students with the knowledge and techniques of Nuclear Science.





A LEVELS FAREWELL

On Monday, 11th March, we bid adieu to our AS & A Level batch of 2022-2024 at their farewell celebration. The entire school reflected on their incredible journey from the first day of nervous excitement to the bittersweet memories. It has been an emotional rollercoaster of academic growth and fond memories.

The celebration was held in two important sections. First a formal ceremony took place where our Principal shared her message for students and reminisced about their journey at MRV. The students then took part in a solemn candle lighting ceremony to signify their growth and choice to be a part of the school's alumni body. Finally, the students were gifted with a memento from school as a memory of their time as AS & A Levels students at MRV, after which they threw their graduation caps to signify the successful end of their academic years at MRV.



The second half of the ceremony was planned and hosted by our AS Level students who bid farewell to their seniors with love and laughter.

The event was filled with heavy emotions, a mixture of laughter, tears and whispers of fond memories as the students participated in fun activities and gave heartfelt speeches. The event was further enhanced by the performances in dance and music by AS Level students which created an atmosphere of camaraderie and hope.

The 'Mr and Miss MRV' contest was the highlight of the evening. Master Jordan Rodrigues & Miss Kashvi Shah were the epitome of charm and elegance, winning the hearts of everyone.

As the event drew to a closure, it cast a lasting impression that will be etched in their hearts forever.



AS & A LEVELS EVENTS

December 2023 - April 2024



Visit to Bhabha Atomic Research Centre (BARC)



It was an exciting adventure into the world of science as we celebrated Science Day with a visit to the BARC.

This special event was filled with discovery, learning, and inspiration as we delved into the fascinating realm of nuclear science and technology from nuclear reactors to particle accelerators, robotics and much more.

Students enjoyed guided tours led by knowledgeable scientists and experts who showcased the state-of-the-art facilities and research laboratories at BARC.

Dr. Pillai, an expert in nuclear medicine delivered a speech on nuclear science in food and health that was truly enriching. He shed light on the diverse ways in which nuclear science contributes to improving the quality and accessibility of food products, as well as diagnosing and treating various medical conditions. His insights into the applications of nuclear technology in enhancing food safety, nutrition, and healthcare were both informative and inspiring and left a lasting impression on all of us present.

They also enacted a skit for students to make learning fun which was an absolute delight, blending humor with informative content seamlessly. The performers not only entertained us but also imparted valuable insights into the fascinating world of nuclear science and technology.

This visit was invaluable as it has sparked curiosity and ignited passion for nuclear science.

Visit to Bombay Stock Exchange & Reserve Bank of India

Financial literacy is an essential life skill for making savvy financial decisions and understanding the world around us.

Keeping this in mind, a field visit to the Bombay Stock Exchange (BSE) and Reserve Bank of India (RBI) was organised for our AS Level students on Tuesday, 2nd April 2024.



This visit included a visit to BSE for a guided overview of the stock exchange and its working, the Indian economy and Demat, amongst other exciting and trending topics.



This was then followed by a visit to RBI's Monetary Museum.

AS & A LEVELS EVENTS

December 2023 - April 2024

MRV STUDENTS' DAYS

BOLLYWOOD DAY

Creativity flowed abundantly as the AS level students celebrated Bollywood day.

Ranging from characters such as Geet from Jab We Met and Munna Bhai from Munna Bhai MBBS to creatures such as Jadoo from Koi Mil Gaya, every student participated enthusiastically.

The entire section on the sixth floor was filled with vibrant and joyful colors - a symbol of the diverse and ever popular Bollywood industry.



misMATCH day

A welcome break from the kind of attire that is considered the 'norm' our AS and A level students dressed in their finest, quirky best!

Ranging from bright floral trousers to rainbow-coloured shirts, from patterned scarves to different coloured footwear, absolutely nothing matched!!



ANNUAL SPORTS DAY



The MRV Sports Day, held on the 19th of January 2024 for Grades 1 - AS Levels was a joyous occasion that sparked a sense of school pride and students' unity.

As the sun rose, students dressed in their vivid house colours stood on the field ready for a day of friendly rivalry, filling the campus with excitement and nervousness.



The torch run and march past at the opening ceremony was followed by house-wise displays and set the tone for an exciting day full of cheering and exhilaration.



Every athlete, from the quick sprinters on the track to the elegant marchers on the pitch, inspired both their fellow competitors and onlookers with their skill and perseverance. Beyond the excitement of winning, the sports day fostered ideals of sportsmanship, perseverance and collaboration, thus creating enduring relationships among participants.

As the day came to a close, a sea of blue Ashokans swamped the field, overwhelmed with joy of winning the House Cup.

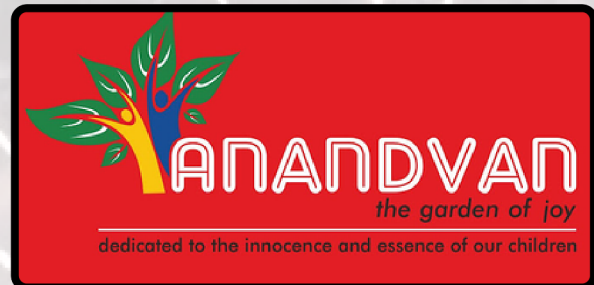


ANNUAL DAY - ANANDVAN

On 21st December 2023, the students of MRV came together to give a show stopping performance at the annual "Anandvan".

The event started off with mesmerising musical performances by talented music students. The Primary Section then presented their vibrant dances and drama performances through the theme of the "Panchamahabhuta" - the basis of all cosmic creation. In their take of the "Navrasas", the secondary section's dynamic display of the nine emotions combined skits with dance, and horror with comedy to bring another level of enjoyment to the overall show.

The students of AS level then shone in their adaptation of Romeo and Juliet - an iconic Shakespearean drama. The outgoing students of Grade X and A levels then exhibited a stellar performance through some foot tapping dances, thus bringing the most awaited event in the MRV calendar to a close.



EUMIND CULTURAL EXCHANGE PROGRAMME

The students of Grade 9 and AS Levels participated in an intercultural exchange programme with the students of the Netherlands from the 20th to the 26th of January 2024 through EUMIND (Europe Meets India). This event was a highlight in our students' lives for not only did they experience another culture but they also forged lifelong friendships with the Dutch students.



On this trip, the students gained a lot of insight and knowledge about the diverse traditions and cultures of the Netherlands along with visiting famous places such as the Anne Frank and Van Gogh museums. Sailing in the canals and exploring the streets of the Netherlands all by themselves was an experience like no other. Most importantly, they created memories that will remain close to their hearts forever.



MRV PRINCIPAL AT CAMBRIDGE SOUTH ASIA CONCLAVE 2024

Dr. G Nagashree, Principal of MET Rishikul Vidyalaya, participated in the Cambridge South Asia Conclave 2024 held in Goa on 15-16 February, 2024.



The event brought together esteemed Cambridge International dignitaries, including Rod Smith (Group Managing Director, International Education), Ben Schmidt (Director, International Network), Jane Mann (Managing Director, Partnership for Education), Claire Varlet-Baker (Product and Services Director, International Education), Juliet Wilson (Assessment and Customer Support Director, International Education), Ashish Arora (Sr Vice President, South Asia), Elizabeth Cater (Director, Global Marketing), and Shruti Kapoor (Vice President - Marketing, South Asia).

The conclave served as an excellent platform for networking among educators and the exchange of best practices for implementing Cambridge programmes. Key areas of discussion included teacher training, establishing Cambridge Communities, and addressing Climate Change and Sustainability.



School Chameleons 2023 - Stories of Transformation



Our school detailed its contribution to the UN Sustainable Goal No 6 Clean Water in a powerful story 'Save the Rivers'. MRV was awarded the title of School Chameleons 2023 on 19th December 2023 for this story of transformation.

Our Principal, Dr. G. Nagashree with Ms Gayle D Souza, Faculty MET Rishikul Vidyalaya received the award from Sudipta Dhruva and Ravi Rajpal. [Founders of Schools Chameleons].

Across 350 schools across the world, MRV was among the 12 winners judged by an International Jury.

GENERATION GLOBAL

MRV took part in 'Generation Global'. It is the Tony Blair Institute's global citizenship education programme for young people that enables students to embrace the future, equipped with the knowledge, skills, and attitudes to become active and open-minded global citizens.

Students from Grades to A Levels participated in various activities that helped them learn the skills of dialogue, explore different perspectives and global topics, and build intercultural connections with young people all over the world.

Students took part in engaging and eye-opening video conferences with schools from Rwanda, Phillipeans, Malaysia, U.K. to name a few. During these 1 hour conferences students engaged in dialogues on global issues such as Human Rights, Digital Divides, Poverty and Inequality, and tried to find or share solutions to them.

Our Principal, Dr. G. Nagashree was awarded the Gold Winner Educator Award for MRV's contribution to developing dialogue and supporting young people becoming global citizens. We are proud of our students and their dedicated work to making the world a better place.



MRV MUN CLUB



My time in the MRV MUN Club has been an incredibly rewarding journey, starting as its Vice President and then taking on the role of President.

Over these two years, I've learned and enhanced important skills in communication, leadership, and project management that I know will benefit me for years to come. I've also formed lasting friendships and valuable relationships that I wholeheartedly treasure.



One of my proudest moments was successfully organizing our first interschool conference and being able to donate all profits to an NGO that I hold close to heart. It's been an honour to lead such a passionate group of individuals.

I strongly recommend joining the MRV MUN Club to my fellow students. Whether you're an experienced 'MUNer', a first-timer, or just interested in managing the Instagram handle and the website, there's a place for everyone to come make a positive difference in our school community and beyond.

I look forward to the future achievements of the club and I will always be a helping hand that is a text message away.

Jaden Smith
President- MRV MUN Nation Club



MRV MUN: A Resounding Success

MRV MUN 2024 Unveils a Blend of Education and Entertainment



The MRV Model United Nations (MRV MUN) 2024, held from 6th to 7th January, proved to be an exemplary platform for intellectual discourse, diplomatic negotiations and unforgettable moments of camaraderie. With a focus on creating an educative, interactive and fun environment, the event left a lasting impact on both delegates and executive board members.

Dynamic Committee Sessions:

The core of the conference, committee sessions were marked by rigorous debates and productive discussions. Crisis situations injected urgency, requiring delegates to showcase quick thinking and collaborative problem-solving. Committee chairs and executive board members ensured a conducive environment, leading to the successful drafting of comprehensive resolutions.

Unforgettable Socials:

Beyond the committees, socials provided a platform for cultural exchange and networking. Delegates showcased their diversity through dances and engaging discussions, fostering lasting connections. The event culminated in a spirited dance floor, where delegates, executive board members and MRV MUN office bearers celebrated the success of the conference.

School Support:

The success of MRV MUN 2024 was further enhanced by the unwavering support of the school's management, principal and faculty. Their encouragement and commitment played a pivotal role in creating an environment conducive to both intellectual growth and enjoyable social interactions.

MRV MUN 2024 stood out for its seamless integration of intellectual growth, enjoyable social interactions, and strong school support. Delegates not only delved into global issues but also honed crisis management skills, forming lasting bonds and making the conference a memorable and impactful experience.



MRV ART AND MEDIA CLUB

Never having been in a student council position in the past, being made president of the MRV Art and Media Club was a decision of good faith taken by the school.

The teachers recognised post my interview that I was driven by ambition, and innovative ideas that went beyond the traditional “laid-out” thought process. As the president, I have been determined to help the MRV Art and Media Club, leave a mark, and in a span of just six months, my team and I did just that!

Through the six months, we held various events that would help foster the artistic abilities of my fellow students. We conducted Halloween Craft workshops, Media workshops, Plastic Bottle Collection, Donation Drives, recycled old plastic bottles into an art installation and many more such thrilling activities. Through the six months we also planned to host an event unlike any MRV has seen before and with the support of our Principal and Club teacher in-charges and my team and I did just that.

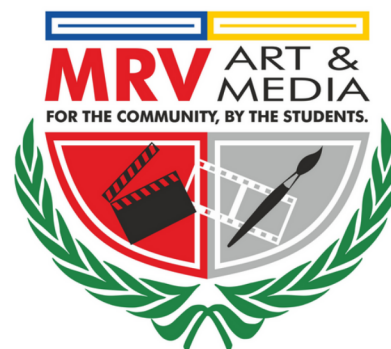
In the month of December 2023, we successfully executed one of the biggest events held by our school, the MRV Red Carpet Premiere. An event that showcased the media skills and movies created by our past and present Media Studies students. What we did, not only celebrated the eclectic talent of our students, but showcased the kind of potential our school nurtures, and was an apt ode to film.

The MRV Art and Media club showed that it has the potential to grab headlines within the school, and be an opportunity for its members to do great things.

Lastly, I want to thank my Office Bearers and the teacher in-charges Miss Amanda and Prashant Sir. None of this would have been possible without their hard work and support.

I hope as president, to have lit the fire for the next MRV Art and Media President and team to do greater things for the school going forward.

Rafael Joseph
President - MRV Art and Media Club



MRV RED CARPET PREMIERE



MET Rishikul Vidyalaya's Art and Media student led Club organised a spectacular short film premiere event 'MRV Red Carpet Premiere' on 8th December 2023.

The event was graced by the presence of our eminent guests, Mrs Vishakha Bhujbal, Senior Management representative, Mr Ashish Shrivastava, General Manager - Marcom, Ms Geetikka Chaturvedi, Lead of Programme for Media at MET Institute of Mass Media and Mr. Amritansh Nigam, Faculty of Media Studies at MRV.

The Guest of Honour for the event was Mr. Manoj Shroff, Executive Producer at EQUINOX Films Pvt. Ltd. He shared valuable insights of the filmmaking process that the students are sure to apply in their future film making journeys.

The extravagant event began with all the guests and alumni walking the red carpet and posing for the paparazzi (MRV Buzz Newsletter Committee members). This was followed by the much awaited short film screenings from MRV's Media Studies AS & A Level alumni. It offered students a chance to learn filmmaking skills from experts. The interactive session allowed students to engage with creative works and their creators as well.

The MRV Red Carpet Premiere successfully fulfilled its purpose of imparting media industry and filmmaking knowledge. Kudos to the dedicated Art and Media Club office bearers for planning and organizing this grand success!



MRV CARES CLUB



Being the MRV Cares leader was an honour and privilege. Before being the President of the club, I was at a different post during my AS Level, I however carried forward my experience from that post to my tenure as President. The past two years in MRV Cares has helped me be not only a better leader but more importantly a better human being.

MRV Cares at its heart is a philanthropic club which values protection of all sections of the society. This year we focused on a variety of activities that promoted environmental justice, sustainability and care of mother nature. We continued the plastic donation drive and beach cleanup which was started by my predecessor. We hosted 'Snack Shack' during Sports Day for the second year and all the proceeds were donated to Khaana Chahiye and St Anthony's home for the aged. We also initiated an immensely successful sanitary pad donation drive to raise awareness regarding menstrual hygiene and provide assistance to girls and women from low economic households. All of the activities we have taken up this year I believe have been a great help towards society.

Personally, being MRV Cares President, I have learnt how to be a good and efficient leader. There were times when it was difficult to grasp the situation but with all the teachers guidance and advice as well as my fellow office bearers hard work made it easy to overcome the obstacles. More than leading the Club I was a part of a team. I had an amazing set of Co - Office Bearers who were always ready to take up tasks and motivate others during all events. I was fortunate to have such a remarkable team which made my role all the more enjoyable.

MRV Cares Club will always have a special place in my heart and I will cherish my experience and growth during my time here.

Soumya Adhikari
President - MRV Cares Club



MRV SNACK SHACK



MRV Cares Club is immensely proud to announce that the return of “Snack Shack” this year at the Annual Sports Day on the 19th of January 2024 was a success.

With a revised menu including a variety of delectable sweet and savoury snacks and beverages, this initiative has once again come to life due to the efforts and donations of all the office bearers and members of the MRV Cares Club.

In addition to your contribution towards the Snack Shack, our MRV parents also donated generously and we thank you for being a part of this worthy cause by

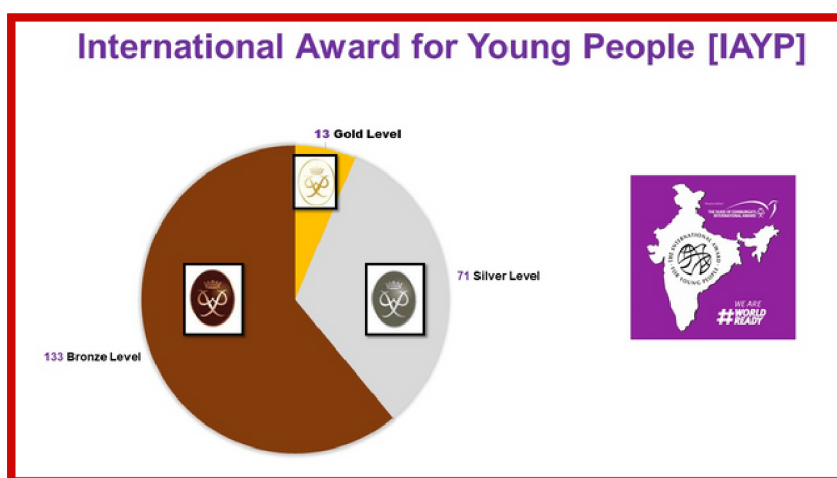
Our Club achieved what we set out to do, that is raise funds for a worthy cause, and we are proud to say that all proceeds from the sale of these food and drink items will be donated to St Anthony's home for the aged and to the “Khaana Chahiye Foundation” that provides meals to the hungry.



MRV has hosted the International Award for Young People (IAYP) programme for its students since 2019 and we are proud to state that with every passing year the participation numbers have only grown.

Whether during the pandemic or otherwise, students have been enrolling in large numbers. So far, 103 students have earned the Bronze level award and 41 the Silver level award. As per the custom, the school honoured this year's awardees with their hard-earned certificates and badges during the Grade X farewell celebration.

We are very elated to announce that in Aahan Karnavat, we had our first ever Gold Level Awardee!



For this academic year as well, 73 participants have enrolled with 13 of them pursuing the prestigious Gold level.

The dedicated team of IAYP Award leaders at MRV constantly motivate and mentor participants to ensure the completion of their programme activities and the all-important diary!

IAYP has recognized MRV's consistent participation and successful execution of various award levels through the presentation of the Appreciation Certificate. This honour was conferred upon our Principal, Dr G Nagashree and award leader Ms Ruth D'souza at the Gold Level Award Ceremony held on 27th March 2024 at New Delhi.

The programme's sustainability owes much to the continuous support and training provided by IAYP. MRV is especially grateful for the swift response and support extended by Mr. Bivujit Mukhoty.





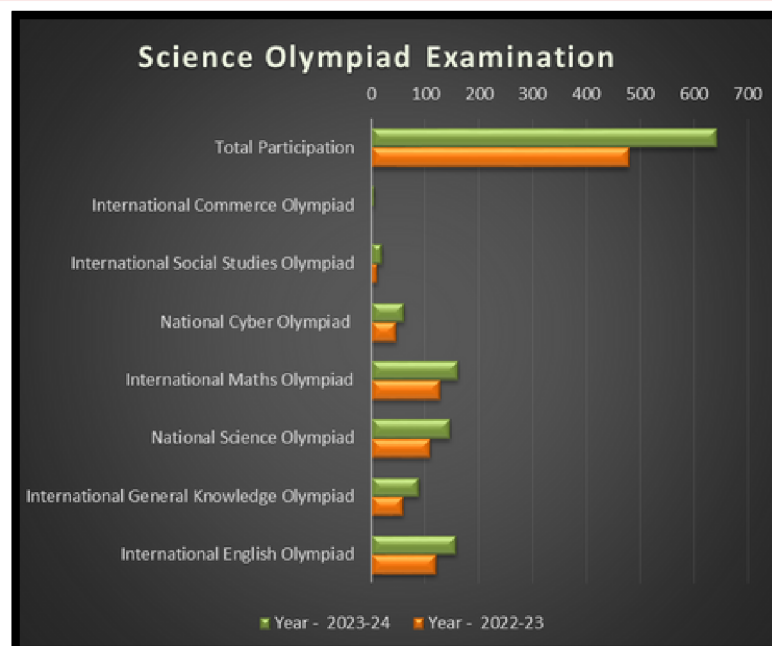
With great joy and delight, we share the successful completion of the GESE and Communication Skills English language examinations from Trinity College London (TCL) , U.K by our students from Gr.1 to AS and A Levels.

An astounding 98% of our students have achieved "Distinction "with the remaining students securing "Merit". Our Communication Skills students were not left behind either with excellent performances with Distinction and Merit in this examination conducted between 13th and 15th March 2024.

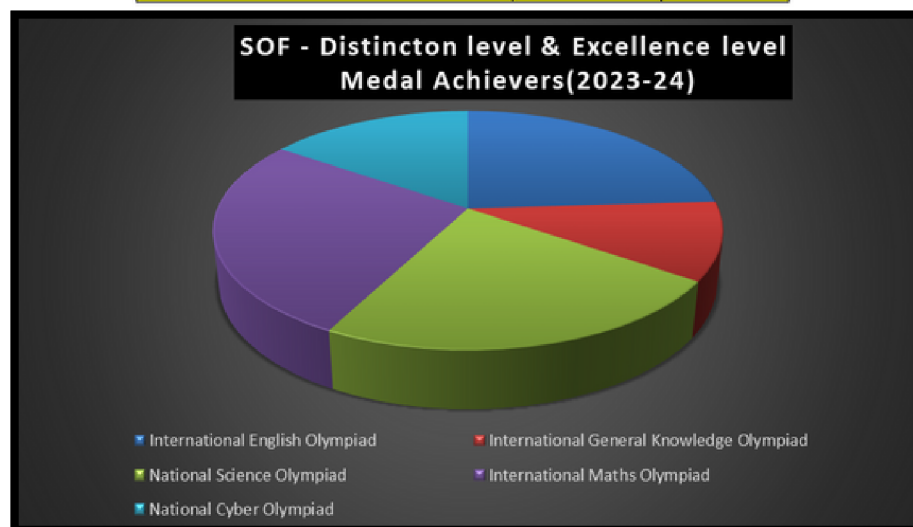


Our GESE and Communication Skills teacher trainers Ms.Hencita, Ms.Priya, Ms.Minakshi, Ms.Jeenal, Ms.Sangeeta, Ms.Shivangi, Ms.Gayle, Ms.Amanda, Ms.Jayshree and Ms Aarti have worked with admirable precision and consistency in order to train our students and prepare them for the examination.

MRV STUDENTS EXCEL AT SCIENCE OLYMPIAD



SOF Examinations	Year - 2022-23	Year - 2023-24
International English Olympiad	121	157
International General Knowledge Olympiad	60	89
National Science Olympiad	110	147
International Maths Olympiad	128	161
National Cyber Olympiad	47	62
International Social Studies Olympiad	12	21
International Commerce Olympiad	0	5
Total Participation	478	642



SOF Examinations	Medal Achievers
International English Olympiad	25
International General Knowledge Olympiad	11
National Science Olympiad	24
International Maths Olympiad	28
National Cyber Olympiad	16

HOW CRUCIAL IS WATER ON EARTH?

Everyone knows that we cannot live without water. Then why do we waste water? In our own world, there are many people who don't receive water. We must be thankful that we have enough amount of water to survive. If we waste water, then we will die. Water gives us rainfall, that helps our dry land to be fertile. Water helps to sustain the trees. If trees don't get enough water, then they won't grow. They will die! If that happens, we would die too as there would be no oxygen in the air.

We waste water daily. For example, when we brush our teeth, we keep the tap open for long. If you have to fill water in a glass, then fill it to your requirement. Why do you fill the glass to the full and throw the water that you did not drink? If we take a small step to save water, we can change the world. Do not neglect this problem, otherwise it will create a huge problem later.

To save water is not a punishment; it is a responsibility. We had promised our mother Earth that we would protect her. So, do not break this trust and do save water. Water is the only source which will help you stay alive. It is not only an element of nature, but also a source to keep our heart healthy. Take a step ahead to save water. Only then we will be able to save our planet!

By Devansh Kothari
Grade 6 Ruby

HUMANITIES- OUR PERSPECTIVE

We enjoy humanities as it is quite an interesting subject. It is a blend of learning about our culture and heritage as well as the entire world's current affairs. We enjoyed learning about the legacy left behind by those who changed the path to build the future.

From the colorful and amazing activities given to us as a project, we got to expand our horizon in several ways. We got to showcase our talent through many such activities and discussions which took us back to the era of civilizations.

Visual learning through PPTs and Videos, made our lessons feel more interactive and like an open discussion. This allowed us to fully express our opinions and opened our eyes to a whole new world. Our understanding allowed us to connect this all with the modern day and add another feather in our cap.

By Kiana Shah and Hir Kothari
Grade 6 Ruby

SAVE WATER SAVE NATURE

A SMALL DROP- A BRIGHT FUTURE



There's nothing as clear as water could ever be,
Let's start saving it-you and me!
It has always been a life-giver,
And now we need to be its savior.
In lakes and rivers; it looks so pure,
It's nature's gift, so there's nothing it can't cure!
The waves run through-Oh so Blue!
As the raindrops fall from the sky,
Conserving water; it's worth a try!
Every sip of water I drink,
I'm so lucky to do so, I think!
Each time in the water our faces reflect,
Wasting so much water, we should neglect.
Right now we are so calm,
But every drop that falls from our palm,
Is going to cause the world so much harm.
As puddles of water to go waste,
Water is so precious even though it has no taste.
So if you agree with me,
That saving water is our responsibility,
We all can be a team,
And become the strongest force this world could
ever see!

By Kaavya Samant
Grade 6 Emerald


A NEW WORLD



Echoes of darkness
In shadows deep, they
navigate,
With senses keen, they
compensate.
Eyes unseeing, yet spirits bright,
In darkness, they find their
inner light.
With fingertips they trace
the world,
Each texture, curve, and flag
unfurled.
Their minds paint pictures,
vivid, grand,
A symphony conducted by
their hand.
Through whispered words and laughter's song,
They find the path, though it
be long.
Guided by trust, in hearts
they keep,
They dance with faith, in
dreams they leap.
Blindness binds not their restless souls,
For vision lies beyond mere sight's controls.
In darkness, they find a different view,
And see the world, anew,
anew.

By Hitansh Shah
Grade 9 Ruby

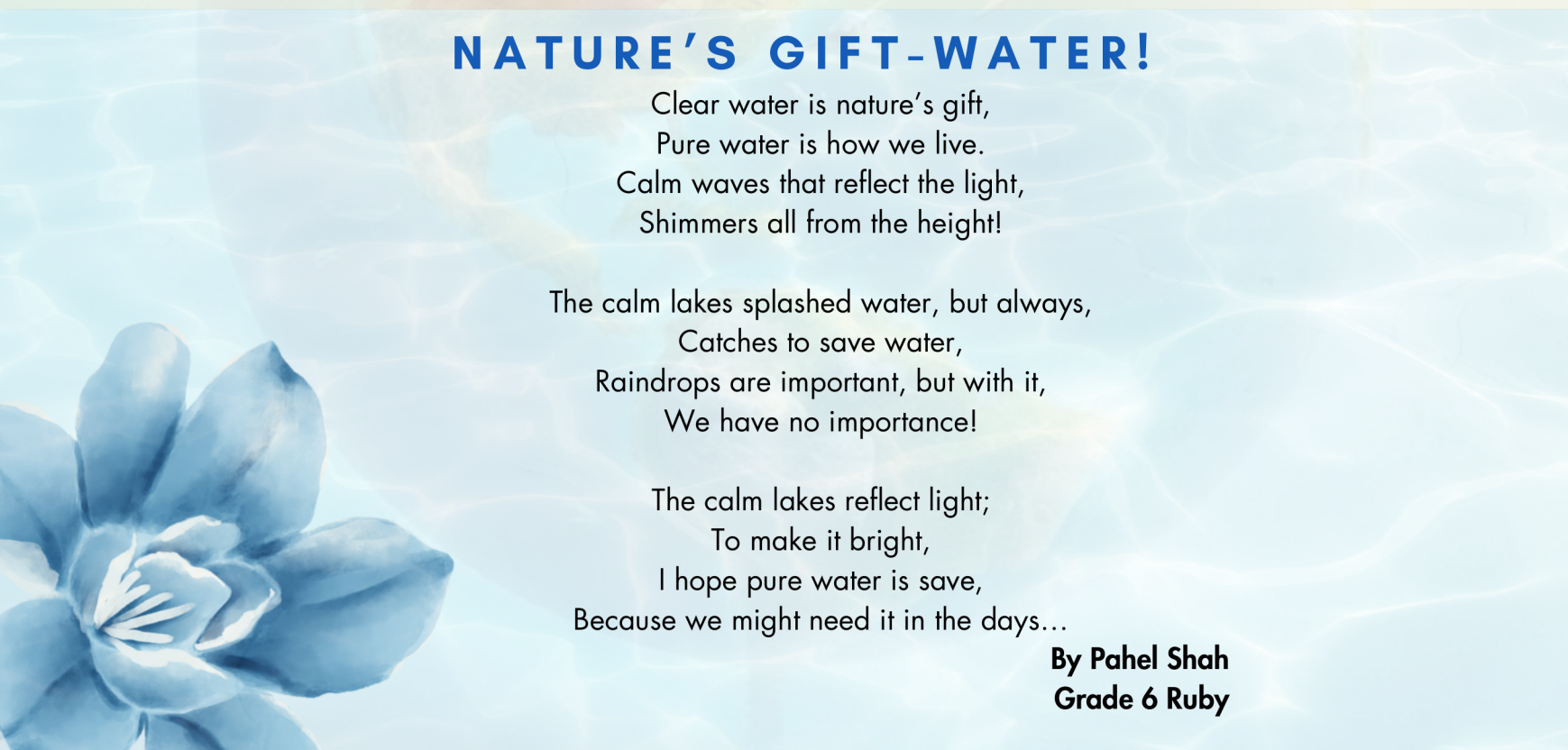
THE BEAUTY OF OUR MAJESTIC SPHERE

A background illustration showing two hands gently holding a green and blue globe of the Earth. A blue flower is visible in the top right corner.

The EARTH was full of mystic creations
Bring it back to its original condition
The beauty is fading off this EARTH
Bring it back to what it was at birth
The EARTH, once a place of happiness and greenery
Is now a place of sadness and poverty
Mankind is burning its beauty
So let us join our hands and among ourselves let's make a treaty
A pledge, we shall take
A better future we shall make:
"I will put my heart and soul
And put all my energy a lot or whole,
To save my mother
Like whom cannot be another
To save my planet of birth
None other than the EARTH"
THE NATURE THAT GIVES US BIRTH
REQUESTS US TO SAVE THE EARTH...

By Rhythm Mamania
Grade 7 Ruby

NATURE'S GIFT-WATER!

A background illustration showing light blue water ripples. A blue flower is visible in the bottom left corner.

Clear water is nature's gift,
Pure water is how we live.
Calm waves that reflect the light,
Shimmers all from the height!

The calm lakes splashed water, but always,
Catches to save water,
Raindrops are important, but with it,
We have no importance!

The calm lakes reflect light;
To make it bright,
I hope pure water is save,
Because we might need it in the days...

By Pahel Shah
Grade 6 Ruby

ISRO'S CHANDRAYAAN-3 MISSION

Chandrayaan 3 what a proud moment for India. As mission has been a successful landing. This mission is for the rocket LVM3– M4 to land on the Southern part of the moon. Now let's understand the process of this mission. On July 14th Chandrayaan-3 took off from Srihari Kota at 9:05 htc from Satish Dhawan space centre second launchpad. From July 15th to July 25th Chandrayaan-3 completes orbit around earth also choose a revolving route from earth to moon. On August 1st, ISRO has injected the spacecraft into the translunar orbit.

On August 5th Chandrayaan-3 had successfully inserted into the lunar orbit. From August 6th to August 16th, Chandrayaan-3 orbit is reduced gradually from 170 km x 4313 km around the moon to 153 km x 163 km. On August 17th the separation of the lander module from the propulsion module took place. Lander has four payloads or scientific instruments. (Chaste,Rambha,ISLA,LRA).

The propulsion module was filled with 16,964 KG of fuel. During the launch on July 14th with more than 150 KG of fuel left, it could remain operational for several years to come. Finally on August 23rd (17:20 hrs) soft landing begins. Let's get some general knowledge about the spacecraft. LVM3-M4 vehicle has a height of 43.5 m and lift of mass 642 ton. Lander module which weighs, 1752 KG (including rover of 26 KG). Propulsion module:2,148 kg Rover (6-wheeled robotics vehicle) which has weight of 26 KG and power of 26 KG.

They had conducted an hop experiment on the moon. In conclusion, I would like to say this mission was not only the success of Mr. S. Somnath the head Commander, this is the success of each Indian.



By Hir Kothari
Grade 6 Ruby

A decorative border of green leaves at the top of the page.

AUTOBIOGRAPHY OF A RAINFOREST

Hello everyone! The refreshing sound of dripping water, the unique sounds of animals, the world nature is filled with! Yes, you guessed it right, I am a rainforest and my story begins millions of years ago when I was just a vast expanse of wilderness. Then people came into my land and started making a livelihood out of me. They were also known as the indigenous or the native people. I didn't really have much of a problem with them as they took great care of me and respected me, but then came the others! They were cutting off my precious trees! I was devastated!

My trees were the ones who provided them with oxygen, purified their air, reduced the temperature but these humans didn't care. Yes, I agree, they would need some place for urbanization, agriculture, mining and ranching, but they have to keep in mind the consequences of breaking me down. The species I contain are also on the verge of getting extinct. Roads and buildings are creeping up into me and scaring my animals away. They won't have a place to live and if they go into the cities they will be put in a zoo or circus!

I am the one who helps them survive. Without me the rainfall patterns will change, the global temperature will rise, the greenhouse gases will increase, and the soil will lose its nutrients and get eroded, untimely rainfall causing my trees to completely die! I can go on and on to make humans to realize my importance! They can't take me for granted. I still have faith in the humans to regrow me and help save the coming generations. There are a few who actually appreciate me and work in favor to conserve me.

I request the humans to start considering the lives of the indigenous people and reduce deforestation.

It would be even better if they spread awareness to save me, a wonderful rainforest, striving for survival, not only mine but yours too!

By Kimaya Vaidya
Grade 7 Emerald

NURTURING GLOBAL PERSPECTIVES IN EDUCATION

In an increasingly interconnected world, schools are recognizing the importance of teaching global perspectives. This educational approach goes beyond borders, fostering cultural understanding, empathy, and critical thinking.

By integrating global perspectives into the curriculum, we students gain a broader understanding of diverse cultures, economies, and political systems. We learn to appreciate different peoples and cultures perspectives and develop skills to navigate a complex, interconnected world.

Our Global Perspectives classes are ever changing and involve global issues, current events, video conferences, practical learning, research, problem solving and cross-cultural local, national and international communication into its lessons. This prepares us to be global citizens and show empathy for all humankind.

Embracing a subject like Global Perspectives and applying the 6 skills learnt in all aspects of my life has not only enriched my learning experiences but also equipped me with essential life skills that will help me succeed in school and in my journey ahead.



By Radhika Harsora
Grade 9 Ruby

COMPLEXITIES OF ENGLISH LITERATURE

English literature holds a revered place in school curriculums, enriching students' understanding of language, culture, and human experience. Classic works like Charles Dickens' "Great Expectations" delve into themes of ambition, social class and redemption, offering timeless lessons for readers.

Similarly, Shakespeare's "A Midsummer Night's Dream" captivates with its enchanting tale of love, magic, and mistaken identity, showcasing the depth of human emotions. Through the study of these literary masterpieces, students not only hone their analytical skills but also develop empathy and appreciation for diverse perspectives. English literature education remains a cornerstone in nurturing well-rounded individuals equipped for the complexities of life.

By Jash Nagrecha
Grade 9 Ruby



POURQUOI ON DEVRAIT APPRENDRE LE FRANÇAIS

Bonjour! Aujourd'hui je vais écrire ce blog pour vous dire de l'importance d'apprendre Le Français. Au niveau personnel, je pense que si nous avions la chance, nous en devrions apprendre.

C'est vrais, que si vous saviez une langue étranger, comme Le Français, vous profiteriez à des plusieurs choses. Tout d'abord, dans une côté positif, on pourrait faire leur éducation supérieur dans un pays qu'il aimerait étudier très facilement. De plus, communiquer à une nouvelle langue nous permet d'élargir notre horizons car nous pourrions rencontrer, et apprendre à les gens qui n'habite pas en Inde.

Moi, j'apprend Le Français dans mon école. Ce qui me plaît, c'est que ce que ce langue est vraiment belle, et quand je le parle, je m'amuse toujours. Selon moi, c'est aussi très utile, parce que il est la cinquième le plus parler langue au monde, donc beaucoup de personnes le parlent. Il y a plusieurs pays francophone, comme La Suisse, La Belgique, La Canada, et quelques autres. Pour ces raisons, je pense que savoir Le Français nous aiderions à travailler presque partout.

Cependant, beaucoup de jeunes disent que parler les nouvelles langue est difficile, donc ils ne le font jamais, mais à mon avis, si on essaie beaucoup, on en surmonterait sans problème. Pour conclure, je vraiment pense qu'il faut apprendre Le Français, car il y a trop d'avantages d'en parler.

By Pranav Hinduja
Grade 9 Emerald



ART
ATTACK!



Anushka Menon
Grade 8 Ruby



Sofia Gupta
Grade 4 Emerald



Diya Gala
Grade 7 Ruby

ART
ATTACK!



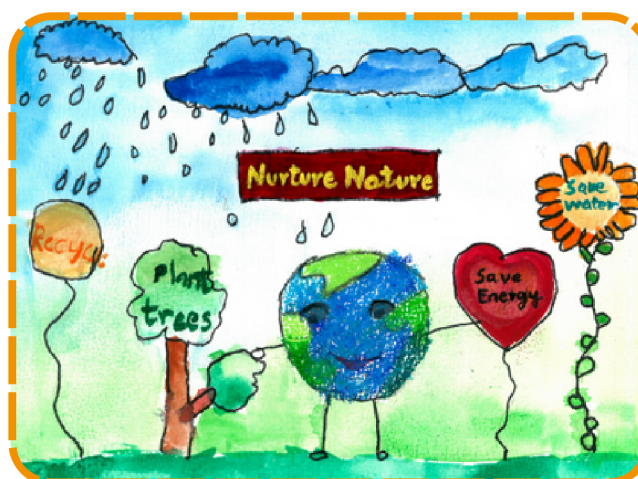
Utkarsh Sontakke
Grade 2 Emerald



Jahnvi Mehta
Grade 2 Emerald

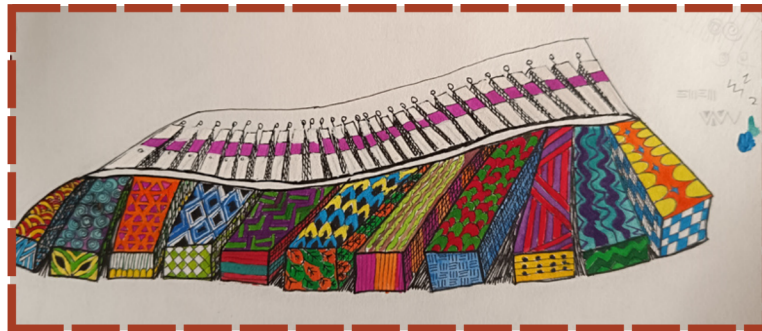


Jiana Chopra
Grade 3 Emerald

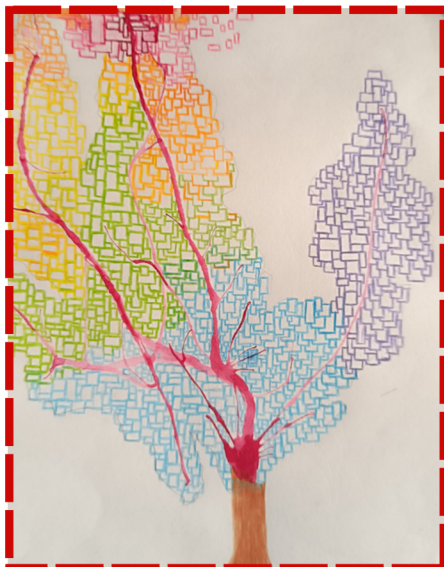


Krishiv Maneck
Grade 2 Ruby

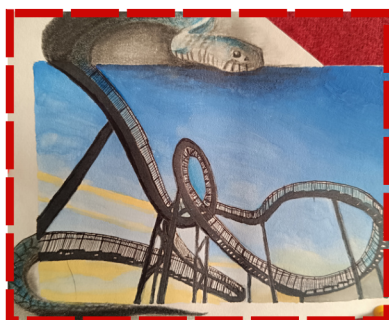
ART
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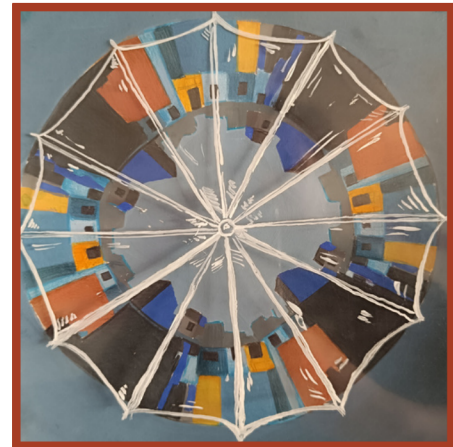
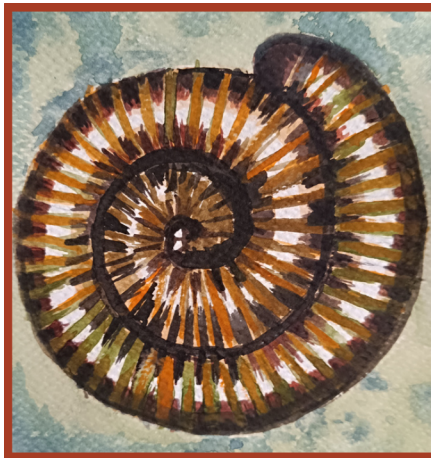
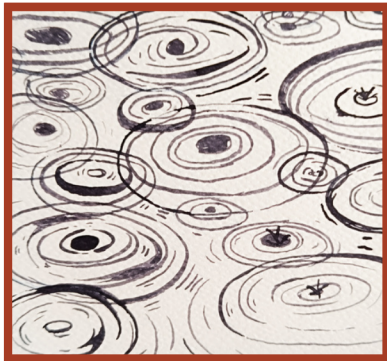
Ishayu Savoor
Grade 9 Ruby



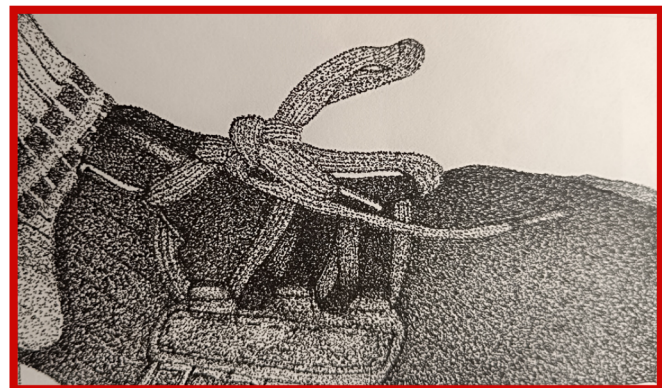
Avneesh Kane
Grade 9 Ruby



ART
ATTACK!



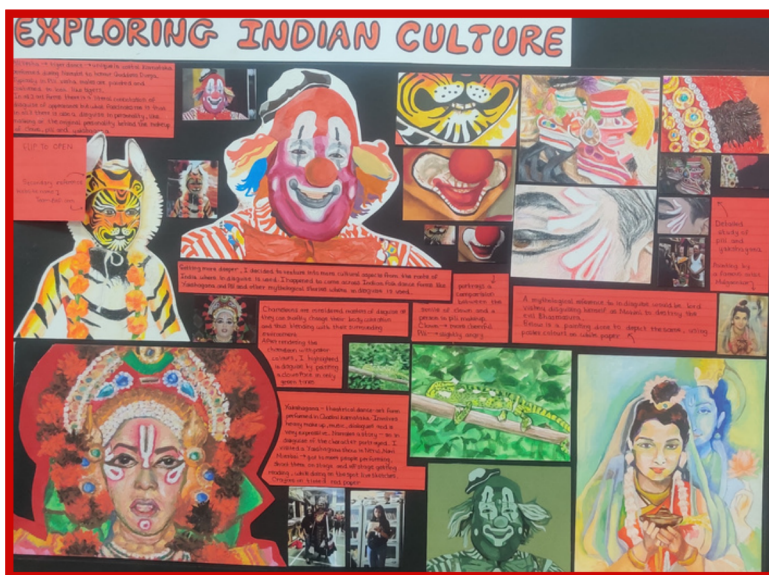
Sharwill Nilakh
Grade 9 Ruby



Kadeer Malik
Grade 9 Ruby

ART ATTACK!

Jiya Kochrekar
Grade A Level

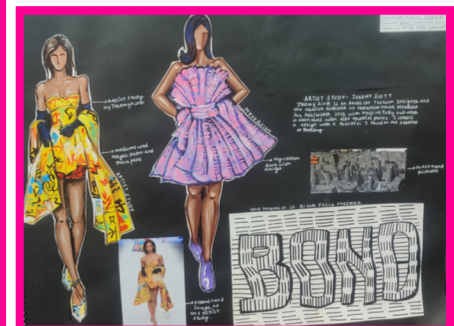


Prisha Sheth
Grade A Level



**ART
ATTACK!**

Jiya Sejal
Grade A Level



Meher Changani
Grade A Level



My First Year at **MRV** A Journey of Growth and Support



As the academic year comes to a close, I sit down to reflect on my first year at MRV; I am filled with gratitude for the incredible experience I've had. Joining this school as a new teacher was a daunting prospect, but thanks to the amazing support from the Management, my fellow teachers, and our principal, Dr. G.Nagashree, it has been a truly fulfilling journey.

One of the things that has struck me most about my experience at MRV is the sense of teamwork among the teachers. My colleagues have been there for me every step of the way, offering advice, sharing resources, and cheering me on during the tough days. The sense of community among the teachers at MRV is truly inspiring, and I feel so lucky to be a part of it. The collaborative environment at our school has not only made my job more enjoyable but has also enriched the learning experience for our students.

Our Co-ordinator, Ms Aruna Kumta is a very organized and efficient leader who always supports us teachers with curriculum and goal setting. Of course, none of this would be possible without the leadership of our Principal, Dr. G.Nagashree. She is an amazing leader who leads by example and always puts the needs of our students first. Her passion for education is contagious, and her support and guidance have been instrumental in my growth as a teacher this year. I remember her saying "My door is always open and I am here for you, if you need any guidance." And she meant what she said.

MRV is more than just a school to me; it is a community of dedicated educators, enthusiastic students and supportive parents, and I am so grateful to be a part of it.

By Ms. Ivanshi Parmar

The Mind Matters

Preventing conflicts of tomorrow means changing the mindset of youth today " - Graca Machel.

In contemporary society, we often encounter well-known adages underscoring the paramount importance of health, among them the ubiquitous "there is no wealth without health" and the increasingly recognized "there is no health without mental health." The World Health Organization, in its comprehensive definition, characterizes health as not merely the absence of disease or infirmity, but rather a holistic state encompassing physical, mental, and social wellbeing.

India stands as a pioneer in addressing mental health concerns, having established a national mental health program as early as the 1980s, with a commendable focus on ensuring accessible and equitable mental healthcare. Despite commendable strides, there remains a noticeable disparity between the demand for mental health services and their actual provision.

Despite escalating awareness regarding health matters, there persists a palpable reluctance among individuals to openly discuss, acknowledge, or address their mental health needs, whether for themselves or for those in their social circles. While contemporary society demonstrates a heightened awareness and dedication to physical health pursuits—ranging from consultations with nutritionists to engaging in live online HIIT sessions and meticulously monitoring dietary habits—it's imperative to recognize that mental health constitutes an integral facet of overall wellbeing.

Indeed, while prioritizing physical health endeavors is commendable, it's essential to acknowledge that true wellbeing necessitates the synchronization of mental and physical health. Without addressing mental health concerns, the pursuit of physical wellness remains incomplete. Therefore, fostering an environment where mental health is accorded the same level of importance and attention as physical health is crucial for achieving comprehensive wellbeing.

Counselling Facts

1



WHAT IS COUNSELLING?

It is a process that involves a broad range of culturally-informed and culturally-sensitive practices to help people improve their well-being, prevent and alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives

2



WHO IS A COUNSELOR

A person who is professionally trained to help individuals solve problems by providing them with guidance and support.

3



WHEN DO YOU NEED TO SEE A COUNSELOR?

When something causes distress and interferes with some part of life, particularly when:

- Thinking about or coping with the issue takes up at least an hour each day
- The issue causes embarrassment or makes you want to avoid others
- The issue has caused your quality of life to decrease
- The issue has negatively affected school, work, or relationships
- You've made changes in your life or developed habits to cope with the issue

4



WHY IS MENTAL HEALTH IMPORTANT?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.

By MRV Counselling Department

"THE TALE OF MRV AND THE RIVERS : A JOURNEY OF CONSERVATION"

Once upon a time, in the heart of India, there lay a land blessed by the grace of nature. Among its many wonders were the mighty rivers that flowed through its veins, carrying life and vitality to all who dwelled upon its shores. Yet, in the midst of this abundance, a shadow loomed over the land.

For years, the people had taken their rivers for granted, heedless of the toll their actions exacted. Plastic bags, metal scraps, and oil spills tainted the once-pristine waters, choking the life from the fish that called it home. With each passing day, the rivers grew sicker, their waters turning foul and toxic

But amidst the despair, a beacon of hope emerged—the students of MRV. Inspired by a deep love for their land and a burning desire to make a difference, they took up the mantle of guardianship over the rivers that flowed through their homeland.

On a bright and sunny Independence Day, the MRVians rallied together, their hearts united in a common cause. With music and dance, they celebrated the beauty of their rivers, weaving tales of cultural heritage and spiritual connection. But their message was clear: it was not enough to simply admire their rivers from afar; they must also protect them.

The MRV Art and Media Club joined the fray, crafting a masterpiece from discarded plastic bottles—a majestic fish that rose from the ashes of pollution to serve as a symbol of hope for the future. And as the students led the audience in taking the "Water Pledge," a solemn vow to safeguard their rivers, a spark was ignited—a spark of change.

In the days that followed, the halls of MRV buzzed with excitement as students embarked on a journey of conservation. No longer did half-drunk bottles of water litter the school grounds; every drop was cherished, every sip savored. And when the call came to action, the MRV Cares Club answered, rallying students, parents, and staff alike in a grand beach cleaning initiative.

As the weeks turned into months, the rivers began to stir, their waters clearing with each passing day. The fish returned to their homes, their scales glistening in the sunlight once more. And though the battle was far from over, the students of MRV knew that they had made a difference—a small ripple in the vast ocean of change.

And so, dear reader, let us take heed of the tale of MRV and the rivers, for it is a story of hope and redemption—a reminder that even the smallest of actions can make a world of difference.

By Ms.Gayle D'Souza

THERE IS NO PLANET B



The chirping of a free bird, treasure of the sea
Beckon my attention to reality, there is no planet B.
The lush green mangroves, buzzing of worker bees
Call out to me to do the due, they say there is no planet B.
Azure sky dotted black and grey with smoke yearns to be crimson, tangerine
with the sunset glee
Imploring its beneficiaries, there is no planet B.
Cry of a distant extinct creature over the carcass of dying humanity
Plead for mercy and good sense, reiterating the fact, there is no planet B.
How independent we consider ourselves, masters knowing all A to Z
Our conscience pricks looking at the landfill around, it rebukes aloud, there
is no planet B.
We have as a race, scientifically advanced beyond fate and prophecy
Still Interdependent for survival, we forget there is no planet B.
If in slumber, awake, if lying passive arise, it's time to replenish nature's
bounty
Do not postpone, let's come together to restore what will soon be gone,
there is no planet B.

By Ms Shivangi Sharma

Education is not preparation for life; education is life itself.

"All teachers have the skills, abilities and aptitude to lead and should be trusted to do so." Being a part of MET Rishikul Vidyalyaya, I am delighted that the school has put their trust in my skills and subject expertise. As a core subject teacher, the school has guided and supported me in incorporating various teaching-learning techniques, and this year I have used collaborative practices, which are vital for an engaged classroom. Having a conducive work environment and being surrounded by supportive coordinators and teachers has helped me learn each day something more to add to my bag of knowledge.

Our Principal - the most optimistic person- has guided and motivated me consistently I carry this motivating spirit with me in my classrooms and it has helped build a positive classroom environment for my students as well.

I took on teaching Trinity GESE this year and as a Trinity GESE (Graded Examination in Spoken English) trainer, linking English with language functions of GESE has been fruitful for my students and improved all their language skills.

I have learned that the most important thing about being an educator is being consistent. I consistently update my knowledge about the subjects I teach which are English and Literature. I constantly think about how my classes can be made more innovative and interactive for the students.

Apart from improving my teaching skills, I have also made a few amazing Friends + Colleagues = "Frolleagues" in this school. They have made me feel welcome from my first day here. I often share my meals and flaunt my cooking skills, in return I receive new tips and recipes from them. They have been supportive of me at all times and given me a helping hand when I needed it.

I am grateful for my teaching journey that has just begun at MRV and look forward to sharing my knowledge with the new batch of students in the coming year.

By Ms. Jeenal Chheda

Exploring Europe through a Travel Fair!

In the bustling classrooms of Grade 8, an enchanting journey awaited visitors as they stepped into our very own TRAVEL FAIR. The brainchild of our imaginative young students, this event was not just an ordinary display but a vibrant celebration of cultures spanning across Europe.

From the towering peaks of Switzerland to the sun-kissed beaches of Italy, every corner of this continent found its place within our school walls. Bright posters, charts and brochures adorned the walls, each one beckoning eager eyes to explore the wonders it showcased. The students poured their heart and soul into their presentations, transforming classrooms into an immersive experience of far-off lands.

Wandering through the fair, one could almost feel the crisp mountain air of the Alps to the rhythmic beats of Spanish dance. Dressed in the traditional attire of their chosen countries, our young ambassadors added an authentic touch to the festivities, embodying the spirit of diversity and unity.

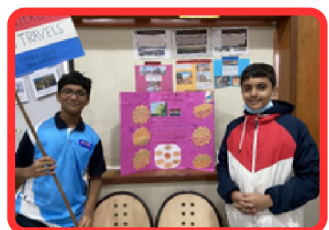
But it wasn't just visuals that captivated our audience; it was the aroma of exotic spices that filled the air as tantalizing cuisines from all across Europe tempted taste buds. From delicious pastas to soups and salads, every bite was a culinary voyage in itself.

However, the Travel fair was not just about indulging the senses; it was a learning experience. Students delved deep into the history, geography, and customs of each region, sharing fascinating tidbits with curious onlookers. It was a testament to the power of education to foster understanding and appreciation for the rich tapestry of humanity.

As the day drew to a close, our students' hearts were full, and minds enriched with newfound knowledge and appreciation for the world beyond our borders. The Travel Fair had achieved its mission of spreading awareness and igniting curiosity about the diverse cultures that call our planet home.

This extraordinary event was truly appreciated by our Principal, Dr. G. Nagashree and liked by all as there was creativity, passion and boundless potential of our students. For in the journey of discovery, lies the true essence of education: to open minds, broaden horizons, and inspire lifelong love for learning.

By Ms. Amber Jain



मराठी राजभाषा गौरव दिन सोहळा



माझा मराठीची बोलू कौतुके। परि अमृतातेहि पैजासी जिंके। ऐसी अक्षरे रसिके। मेळवीन।।

असे मराठी भाषेचे वर्णन संत ज्ञानेश्वरांनी केले आहे. मराठी भाषा ही फक्त एक भाषा नाही तर महाराष्ट्राचा समृद्ध वारसा घेऊन जाणारे हे जहाज आहे. महाराष्ट्रामध्ये लोकप्रिय असणारी मराठी राजभाषा ही लोकांमध्ये ओळख व आपलेपणाची भावना वाढवण्यासाठी मराठी महत्त्वाची आहे. मराठी भाषा एक भाषिक धागा आहे.

विद्येचे मंदिर असणारे ऋषिकुल विद्यालयात मराठी विभागातील शिक्षकांनी लहानांपासून ते मोठ्यांपर्यंत विद्यार्थ्यांना सहज सोपी, हसत खेळत, सुसंग, सुस्पष्ट, व्यवहारात उपयुक्त ठरणारी भाषा बालमनात रुजवत आहेत.

मराठी साहित्यातील सरस्वतीच्या मंदिरातील दैदीप्यमान रत्न म्हणजे कुसुमाग्रज. त्यांचा जन्मदिवस २७ फेब्रुवारी मराठी राजभाषा गौरव दिन म्हणून साजरा करतात.

या मराठी दिनाचे औचित्य साधून ऋषिकुल विद्यालयातील विद्यार्थ्यांनी बहारदार कार्यक्रम सादर केला. कथा, कादंबऱ्या, कविता, नाटक, अभंग इत्यादी अनेक प्रकारच्या साहित्याने मराठी भाषा समृद्ध आहे. विद्यार्थ्यांनी हास्य कविता, बालकविता, कोळीगीत, अभंग, वैचारिक कविता हा मराठी भाषेचा खजिना अप्रतिमरित्या सादर केले.

महाराष्ट्राला सांस्कृतिक वारसा आहे. नृत्यशिक्षिकेने विद्यार्थ्यांना विविध लोककलेतील गोंधळ, कोळी नृत्य, वारकरी, ठाकर नृत्य उत्तमरित्या शिकवले. विद्यार्थ्यांनी गाण्यांच्या तालावर सुंदर नृत्याविष्कार सादर केले.

तसेच MRV च्या हरहुन्नरी शिक्षकवृंदांनी मंगळागौर सादर केली. विलोभनीय कार्यक्रमाची सांगता मराठीच्या गौरव नृत्याने झाली.

मराठी राजभाषा गौरव दिन साजरा करताना श्रीमती नागश्री मॅम, श्रीमती अरुणा मिस यांचे मोलाचे मार्गदर्शन लाभले.

विद्यार्थ्यांच्या मनामनात मराठी म्हणजे गोडवा, प्रेम, आपुलकी, अवघा महाराष्ट्र हे विद्यार्थ्यांना उमगत होते. सर्व बालदोस्तांच्या मुखी बोल होते-

म - मराठीचा, म - महाराष्ट्राचा, म - मुंबईचा
चला रुजवून मराठी, चला फुलवू मराठी.

By Ms. Netra Bhagat



SPORTS AT MRV

EMBRACING THE CHAMPION WITHIN

"You must not only have competitiveness but ability, regardless of circumstances you face, to never quit."

At MET Rishikul Vidyalaya (MRV) sports aren't just co-curricular activities; they're a key factor in fostering holistic development and nurturing well-rounded individuals. Through sweat, teamwork, resilience, camaraderie, determination and sheer grit, students learn invaluable lessons. Every sport be it Track and Field events, Chess, football, basketball, throwball etc finds its place in our hearts, enriching our lives in countless ways.

We introduced the MRV house-wise sports competitions this year. We were glad that it ignited a flame of passion and pride in students and it united them in their pursuit of victory. As house points are earned and tallied on the board it created an electrifying lead up to sports day.

Sports day at MRV is one of the most awaited events the whole year round. It's a cherished tradition—a celebration of athleticism, teamwork, and unwavering school spirit.

This year we saw students participate in the n the spirit of camaraderie and healthy competition. From coordinated march past displays to heart-stopping relays to dare defying gymnastic feats, the grounds came alive with energy and excitement, as students showcase their talents and forged unforgettable memories.

Our commitment to sports doesn't end on the field. Through innovative interdisciplinary integration with subjects like Physics and French, MRV students discovered the interconnectedness of academics and athletics, broadening their horizons and enriching their educational experience.

As proud representatives of MRV, our athletes don't just participate in school events; they dominate in interschool events as well! In both individual and team events our students won accolades at ISSO, MSSA, and DSO levels.

This year has been a victory for sports at MRV. We hope the coming year continues to raise the bar and allows students to strive for excellence and embrace the champion within!



By MRV Sports Team



The Art of Dance: A Fusion of Creativity and Learning



Dance for me is a captivating performing art form that intricately weaves with music, theater, and visual arts enriching students' understanding of artistic expression. During dance sessions at MRV, I enable my students to express themselves in unique and powerful ways.

In my view, dance not only serves as a powerful physical activity, promoting fitness, coordination, flexibility, but also overall well-being. Hence, my regular dance sessions transcend mere technique refinement, they also allow students to discover the tangible elements of geometry, symmetry, and rhythm, igniting creativity and sharpening analytical thinking. I believe in creating a beautiful fusion of art and science.

At MVR we believe in interdisciplinary learning. Dance is used as a medium to facilitate this learning.

One such instance is when students immersed themselves in the choreography of French songs for the French Language Day celebration, demonstrating their dedication to mastering linguistic and rhythmic nuances. Another instance is the collaboration with Humanities where by combining dance with history we provided students with profound insights into various dance traditions from diverse regions. This interdisciplinary approach fosters cultural appreciation and global awareness, nurturing empathy and understanding different social customs, beliefs, and values. Using this approach I am thus able to encourage my students to convey through movement, - emotions, tell stories, and communicate without words.

Dance goes beyond the classroom, where our students embark on explorations of various cultures and concepts. During Independence Day our students put on a wonderful dance performance and depicted the story of India's untold rivers and hidden cultural treasures. This innovative avenue continues to fuel cultural appreciation and global awareness, enriching our dance journey.

One highlight of dance this year was at our much awaited annual function, 'Anandvan'. It was the perfect stage for dance talent to shine. Our students showcased various dance styles and delved into the complexities of human emotions, representing Navrasa with creative flair. The meticulous training for Anandvan, complemented by the partnership between students and teachers, culminated in mesmerizing performances that captivated audiences and left lasting impressions.

As we navigate through farewells dance emerges as a powerful medium to immortalize memories. Grades 9 and AS Level students orchestrated unforgettable farewell dances through their enchanting performance, evoking nostalgia and heartfelt emotions.

For me, dance transcends boundaries, blending artistry with learning and fosters a deeper understanding of the world around us. I want my students to continue to celebrate creativity and expression, Thus making dance a timeless and cherished pillar of our educational experience.

By Mr. Prashant Upkare

"How Science Helps Sports: Exploring Athletic Performance"



Ever wonder why a basketball flies in a perfect arc or how a soccer ball bends in the air? It's all about science! In sports, physics rules every move we make.

When a basketball player shoots, they need to aim just right. The angle they throw, how fast the ball goes, and gravity all decide its path. Soccer players use these rules too. They kick the ball in a special way to make it curve or spin. That's aerodynamics at work!

Athletes also rely on their bodies. Running, jumping, or throwing—they all need the right moves. Forces like push and pull, along with how heavy things are, help them do amazing tricks.

But science is not just for athletes. It helps make better gear, like shoes or balls. Even stadiums are built with science to make games more fun for fans!

I used this ideology in my Physics class where in a dynamic and interactive learning experience, the fusion of physics and physical education came to life through the exploration of speed. Students were introduced to the idea that speed is a crucial parameter in analyzing motion, and they were then invited to experience it firsthand on the track. Through this integrated approach, the connection between the physics of motion and the physical activity of sprinting the abstract concept of speed became clear.

So next time you watch sports, remember: science is the real most valuable player, making every game a winning spectacle of physics in action.

By Mr. Ashish Warang

Scope and Learning of Commerce

Commerce is a term which is used to describe the day to day activity involving money. It comprises decisions which have to be made at both personal and at professional level in the form of business. Banking, insurance and investment are few of the areas in the field of commerce. It also helps a person to start his own way of earning and giving rise to entrepreneurship. The growth of commerce over the years has been remarkable, which involves factors such as technological advancements, globalization, emergence of new business models and focus on sustainability of the business.

From the education aspect, it helps learners how to manage money and investments helping them to make smart financial and business decisions. The learners learn about taxation, investment, government policies, budgeting, financial literacy, understanding and preparing financial statements. There are different career options present in the field of finance, accounting, banking and business. The various subjects include accounting, economics, management, business studies, finance and taxation. Commerce helps the learners to participate in the global trade, promote entrepreneurship and also contribute to the growth of various sectors of the economy.

The learners in the higher grades during the academic year were trained to understand a few of the concepts in form of case studies from the newspaper, a bit of knowledge of stock trading, presentations of the different business ideas, and even presentation of business data in the various financial documents and forms. This helped the learners in having an understanding of the different commercial terms and gave them an experience of real life situations in their day to day lives.

By Mr. Prasad Naik

National Symbols of India - क्या आप जानते है भारत के इन प्रतीकों का मतलब?

भारत की पहचान उसके राष्ट्रीय प्रतीकों से होती है, यह प्रतीक भारत का इतिहास बताते हैं, भारत के अपने कई राष्ट्रीय प्रतीक हैं, जो दुनिया में भारत की पहचान बताते हैं।

भारत के राष्ट्रीय प्रतीकों में राष्ट्रीय ध्वज, पक्षी, पशु, गान, फूल और पेड़ शामिल हैं। हम इन प्रतीकों के इतिहास और अर्थ और आधुनिक भारत में उनकी प्रासंगिकता की गहराई बच्चों को बताते हैं कि ये प्रतीक भारत की पहचान और विरासत के अभिन्न अंग हैं। भारतीयों को इन राष्ट्रीय प्रतीकों पर गर्व है, क्योंकि वह भारतीयों के दिल में गर्व और देश भक्ति की भावना पैदा करते हैं।



छात्रों को राष्ट्रीय प्रतीकों का ज्ञान कविता के द्वारा भी दिया गया। वे राष्ट्रीय प्रतीकों के बारे में जानकर खूब उत्साहित हुए और बहुत गर्व महसूस करने लगे।

राष्ट्रीय प्रतीकों का संरक्षण करना महत्वपूर्ण है, इस उपक्रम द्वारा यह बात बच्चों को सिखाई गई।

By Ms. Ritu Duggal

BREAKING THE SILENCE: DESTIGMATIZING MENSTRUATION

In a world where menstruation is often looked at as a taboo, I felt the need to educate people around me irrespective of their age or gender. This thought came to my mind while teaching the Grade 9 students about human reproduction.



During the school assembly on January 4, 2024, I explained how menstruation is a natural and healthy process for every woman. In societies worldwide, menstruation remains a taboo, often leading to silence, shame and misinformation. I encouraged the audience to foster an environment of acceptance and understanding which would allow young girls to embrace their natural bodily processes without shame or embarrassment.

As a biology teacher, I collaborated with MRV Cares Club to initiate a ground breaking campaign to promote menstrual hygiene and tackle the stigma surrounding menstruation. I encouraged all the students and teachers to contribute sanitary pads which were then donated to an NGO named 'Create Together'.

The young boys and male staff members were also motivated to participate in the drive. By normalizing conversations around menstruation and ensuring access to sanitary products, we are paving the way for a healthier and more inclusive society.

By addressing the topic openly and honestly, we have successfully shattered the taboo surrounding menstruation. This newfound awareness and acceptance are not only transforming our school environment but also paving the way for a broader societal shift towards menstrual equity and inclusivity.

By Ms. Dipali Doshi



ENGLISH LITERATURE: THE LANGUAGE OF THE SOUL

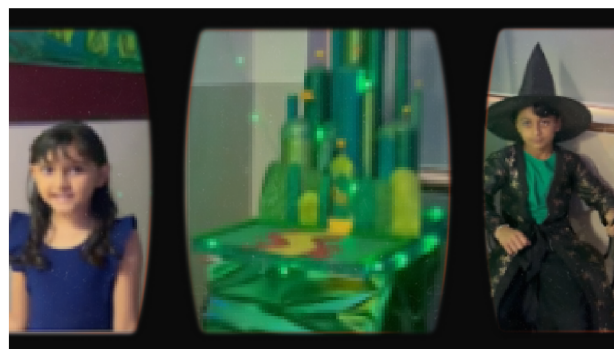
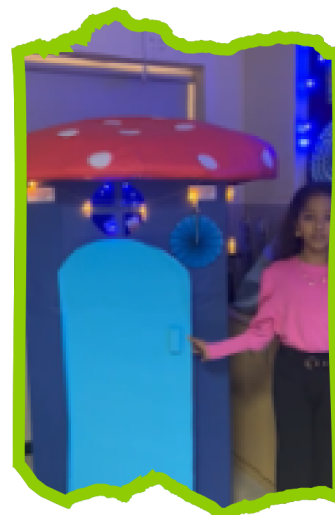
English Literature was introduced last year in the Primary Section to expose students to the nuances of Literature, enhance their language skills, engage them into thinking critically and appreciate literature as a whole.

This year was filled with excitement as the children immersed themselves in various projects and activities like skits where in they enacted the books they were reading. One such project saw students replicate the cities depicted in the novel 'The Wizard of Oz'. Students showcased their talent through decorating, enacting and engaging their audience by replicating the atmosphere in the novel. The book was brought to life through interactive story-telling and this enabled the students to gain an effective understanding of the novel and the subject. An added benefit of such activities is that they have encouraged our students to be active readers!

Literature was also at the forefront during MRV Knowledge Fair. Students took part in activities like puppet shows and presented skits from the novels 'Black Beauty', 'Matilda', 'Mr Popper's Penguins' and 'Heidi'. The enthusiasm of the children was palpable in every activity and appreciated by parents and teachers.

I believe that the introduction of English Literature as a subject, has improved the student's literary experience, making it a valuable addition to students' learning and growth.

By Ms. Sejal Dhutia



The Importance of English: A Universal Language

English, often touted as the global lingua franca, holds a paramount position in today's interconnected world. Its significance transcends geographical boundaries, cultural disparities, and professional domains, making it indispensable in numerous facets of life. Here's why English stands as an essential tool for communication and success in the modern era.

Firstly, English serves as a bridge between diverse cultures and nations. With over 1.5 billion speakers worldwide, it facilitates seamless communication and fosters understanding among people from different linguistic backgrounds. Whether in business negotiations, academic collaborations, or international diplomacy, proficiency in English opens doors to meaningful interactions and mutual cooperation.

Furthermore, English proficiency enhances opportunities for personal and professional growth. In the realms of academia and research, a vast majority of scholarly publications are in English, making it imperative for scholars and students to grasp the language to access knowledge and contribute to their respective fields. Moreover, multinational corporations often prioritize English fluency when hiring employees, recognizing its role in facilitating global trade, innovation and collaboration.

In the digital age, English reigns supreme as the language of the internet. A significant portion of online content, including websites, social media platforms, and digital resources, is predominantly in English. Therefore, proficiency in English not only enables individuals to navigate the vast expanse of online information but also empowers them to engage with global communities, share ideas, and participate in digital discourse effectively.

Beyond practical considerations, mastering English unlocks a wealth of cultural treasures. Literature, cinema, music, and art produced in English offer profound insights into diverse cultures and perspectives. By engaging with English literature and media, individuals gain access to a rich tapestry of human experiences, broadening their horizons and fostering empathy and cultural sensitivity.

Moreover, English proficiency fosters cognitive flexibility and creativity. Learning a new language, particularly one as versatile as English, enhances linguistic and problem-solving skills, stimulates brain function, and promotes adaptability to diverse contexts. This cognitive agility is invaluable in navigating the complexities of our rapidly evolving world and seizing opportunities for personal and professional advancement.

In conclusion, the importance of English cannot be overstated in today's globalized society. Beyond serving as a medium of communication, English embodies a gateway to knowledge, opportunities, and cultural enrichment. Embracing English proficiency not only empowers individuals to navigate the intricacies of our interconnected world but also fosters mutual understanding, collaboration, and growth across borders. As we embark on the journey of personal and collective development, let us recognize the pivotal role of English in shaping our shared future.

By Hencita Dsouza

TEACHERS' CORNER

THE RAMANUJAN MAGIC SQUARE

One of the greatest mathematicians to have ever been born, was Ramanujan. He was born on 22nd December 1887. In his honour, the date 22nd December has been declared as National Mathematics Day.

The Ramanujan Magic Square

It is a special kind of magic square that was invented by the Indian mathematician Srinivasa Ramanujan. It is essentially a 3×3 grid in which each of the nine cells contains a number from 1 to 9. Each row, column and diagonal have the same sum.

4	3	8	→ 15
9	5	1	→ 15
2	7	6	→ 15
↙ 15	↓ 15	↓ 15	↘ 15

How the Ramanujan Magic Square was constructed

Ramanujan's birthday was split into the numbers 22, 12, 18 and 87, Since the sum of the birth date is 139, the sum of all rows, columns and diagonals is 139.

22	12	18	87
88	17	9	25
10	24	89	16
19	86	23	11

But now, follow several other points of interest:

22	12	18	87
88	17	9	25
10	24	89	16
19	86	23	11

The sum of the four corner numbers of the square is the same number ie
 $22 + 87 + 19 + 11 = 139$

22	12	18	87
88	17	9	25
10	24	89	16
19	86	23	11

The sums of the numbers in the two sets of like coloured cells are also the same number ie 139

22	12	18	87
88	17	9	25
10	24	89	16
19	86	23	11

The sums of the numbers in the four central cells is also 139

In conclusion

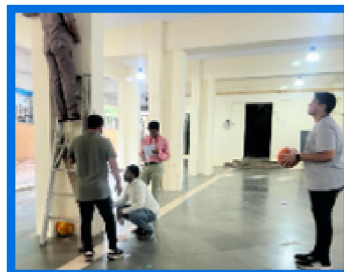
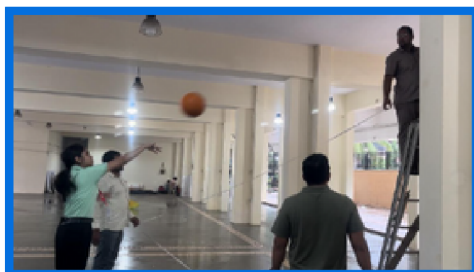
Here is the formula of Ramanujan Magic Square
If DD = Date of birth, MM = Month of birth, CC= Century of birth and YY= Year of birth

DD	MM	CC	YY
YY+1	CC-1	MM-3	DD+1
MM-2	DD+2	YY+2	CC-2
CC+1	YY-1	DD+1	MM-1

By Mr Adwait Godse

UNVEILING THE PARABOLIC PATH

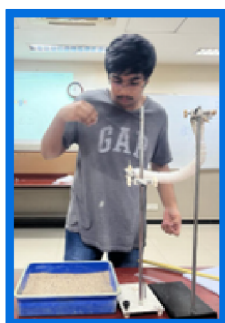
Teaching Projectile Motion to AS level Students



Introduction: Teaching projectile motion to AS students presents a unique opportunity to blend theoretical concepts with practical applications. Understanding the motion of projectiles not only lays the groundwork for advanced physics but also fosters critical thinking and problem-solving skills. In this narrative, I share my classroom teaching experience on projectile motion, highlighting engaging activities and interactive demonstrations to elucidate this fundamental physics phenomenon.

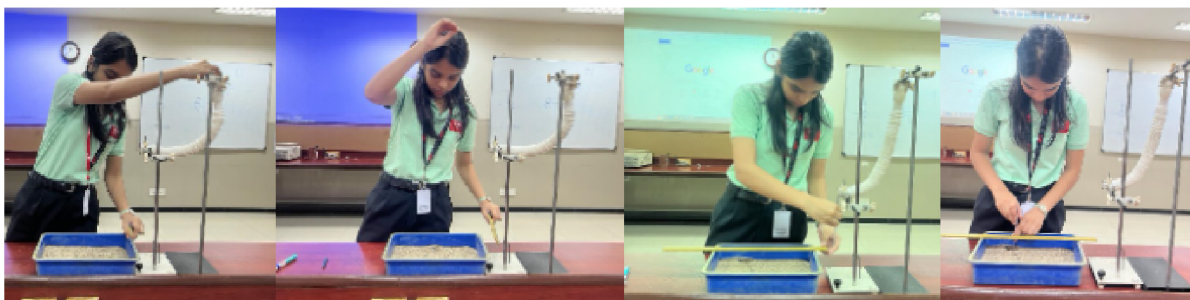
Activity 1: Exploring Horizontal Projectile Motion

Objective: To introduce students to the horizontal component of projectile motion and the independence of horizontal and vertical motion.



Description: To kickstart the lesson, I began by explaining the key principles of projectile motion, emphasizing the absence of horizontal acceleration and the presence of constant vertical acceleration (gravity). Then, I conducted the following activity:

Ball Launch Experiment: Using a simple setup comprising a flexible pipe, a marble, a sand tray and a ruler, students investigated the horizontal motion of a projectile. They adjusted height of the projectile and measured the horizontal distance traveled by the marble at various launch velocities.



Outcome: Through this hands-on experiment, students observed that the horizontal displacement of the marble remained consistent regardless of its initial velocity, affirming the principle of horizontal independence in projectile motion.

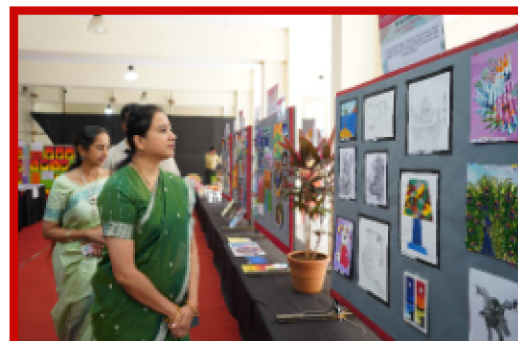
Conclusion: Teaching projectile motion to AS students involves a blend of theoretical explanation, and hands-on experimentation. By engaging students in activities that demonstrate both horizontal and vertical components of projectile motion, educators can deepen their understanding and appreciation of this fundamental concept in physics. Through exploration and analysis, students not only grasp the underlying principles but also develop problem-solving skills essential for tackling more complex physics phenomena in the future.

By Mr. Harshad Nair

THE ART OF CREATIVITY

A student's learning of Cambridge Art and Design from primary to secondary school is marked by growth in creativity, technical skills, critical thinking, exploration of cultural context and understanding of historical influences on art and artistic expression.

At MRV we help students develop a comprehensive understanding of various artistic techniques, mediums, and styles and nurture students' artistic talents and appreciation for the visual arts. Here is a brief overview on how the subject progressed this year:



Primary Level

At the primary level, teachers introduce students to the fundamentals of art and design through exploration and experimentation. They engage in various activities such as drawing, painting, collage, and craft to develop their fine motor skills and unleash their creativity. Lessons focus on basic principles such as color theory, shape, line, and texture, laying the foundation for more complex concepts later on.

Teachers encourage students to express themselves freely and without inhibition, fostering a positive attitude towards art-making and self-expression. Art projects often incorporate themes from the students' daily lives such as still life drawings using food items brought from home. This encourages students to draw inspiration from their surroundings and personal experiences.

Secondary and AS & A Levels

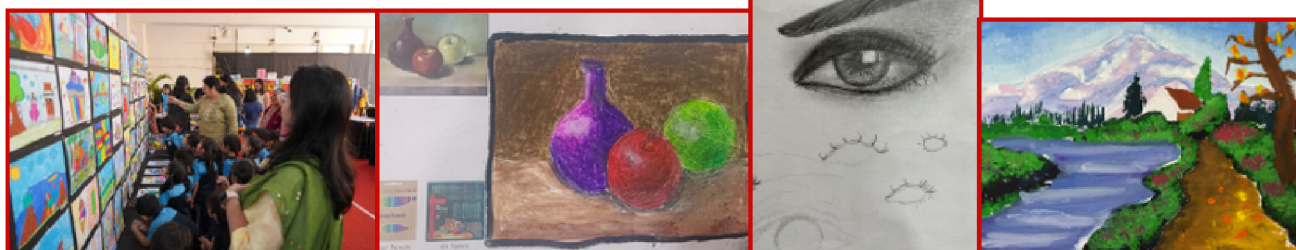
As students transition to secondary school, students refine their technical skills, learnt at primary, through focused instruction. Students learn about art history, exploring different artistic movements, styles, and cultural traditions to broaden their understanding of the art world. Critical thinking becomes increasingly important as students analyze and evaluate artworks, considering factors such as composition, symbolism, and artistic intent. They learn to articulate their thoughts and opinions, engaging in discussions and critiques to refine their understanding of art theory and aesthetics. The development of a personal artistic voice becomes a central focus, with students encouraged to experiment with different mediums, styles, and techniques to find their unique artistic identity. They build a portfolio of work that showcases their growth and accomplishments, preparing them for further study or careers in the arts.

This year in Grades 6 & 7 we focused on Indian Traditional art forms - Gond art and the significance of Ajanta and Ellora cave paintings. Students submitted detailed projects on these topics where they drew inspiration from the techniques and styles learnt and created their own art pieces. Students also researched about the cultural aspect of art and discussed about preservation of art and culture.

The learning at Primary and Secondary section every year culminates in our annual art exhibition, **Master Strokes**. Here we display the progression of skills and art techniques of students from Grade 1 to A Levels. This year we collaborated with our Pre-Primary section and showcased their skill progression as well.

Overall, through this journey, students not only develop their artistic skills but also cultivate a lifelong appreciation for the power and beauty of visual expression.

By Mr. Prashanth Suvarna



Mindful Advertising Masters



In the realm of education, fostering creativity, communication, and practical skills is paramount for preparing students for the dynamic world beyond the classroom walls. Recently, in an inspiring showcase of ingenuity and talent, students of grade 9 at MET Rishikul Vidyalaya embraced the challenge set forth in their Business Studies class with remarkable zeal. Tasked with crafting an advertisement for a fictitious product, these budding entrepreneurs not only demonstrated their marketing acumen but also honed their presentation and communication skills under the watchful eyes of their peers and teachers.

The assignment was designed not just to test their knowledge of marketing mix but also to provide a platform for students to apply what they had learned in a real-world context. Students were given a set of rubrics outlining the key components necessary for a successful advertisement: from identifying the target audience and crafting a compelling message to showcasing effective presentation skills and time management.

From quirky inventions, to innovative solutions, the creativity displayed by the students was commendable. Whether it was a smart water bottle that reminded you to stay hydrated, bag pack that fits the world in it or mobile phone connect world and is for someone who is something. Each product was accompanied by a meticulously planned advertisement and a tagline which aimed at capturing the audience's attention.

However, it wasn't just about the product itself; the way it was presented played a pivotal role in determining its success. Students were evaluated not only on the content of their advertisement but also on their delivery and communication skills. From maintaining eye contact to speaking clearly and confidently, every aspect of their presentation was scrutinized.

One of the standout elements of the assignment, was the emphasis on time management. In the fast-paced world of advertising, every second counts. Students were given a strict time limit to pitch their product, forcing them to put their message down to its essence and convey it. Armed with colorful visuals, catchy slogans, and persuasive arguments, they captivated their audience from start to finish. Whether it was through humour, emotion, or sheer enthusiasm, each group found their unique way to leave a lasting impression.

In the end, what stood out the most was not just the quality of the advertisements but the growth and confidence exhibited by the students throughout the process.

While summing up, the recent advertisement presentations by grade 9 students in their Business Studies class, exemplified the power of hands-on learning and the importance of fostering creativity and communication skills in the classroom. By providing students with the opportunity to apply theoretical knowledge in a practical setting, educators empower them to become confident, capable individuals prepared to navigate the complexities of the modern world. As these budding entrepreneurs continue on their academic journey, one thing is certain: the lessons learned in the classroom will serve them well in whatever endeavours they pursue.

By Ms. Zeba Khan

JOURNEY OF PRIMARY HUMANITIES



Humanities begins at MRV in Grade III with introduction to History and Geography together called Social Studies. I love to call it 'A Journey'- a journey that's exciting, vibrant and taking the students into the realm of reality without a dull moment. Some might say fiction is fun while non-fiction isn't. But I would counter this by emphasizing once again that the dive into social studies from grade III onwards is opening into an exciting world of non-fiction.

It starts in a graded way moving from our city Mumbai, to our state Maharashtra and culminating Primary Humanities with the study of our country India, making our students ready to leap to the next level and literally take on the world with humanities level II in the Secondary Section.

What is there in the subject to look forward to? Oh! A lot! Give your Grade III little kid a copy of 'Samundari City' in his /her hands and I can guarantee your child will not want to part with it as the year draws to a close. If learning about Mumbai was fun, wait till the same child goes to grade IV, looking forward to explore the inspiring life and battles of the one and only Chatrapati Shivaji Maharaj, an icon, a strategist, an administrator beyond compare and an inspiration to his friends and foes.

'The Journey' continues into grade V, taking the students several notches higher by revealing to them India from the mighty Himalayas to the calm back-waters of Kerala. They get ready to talk about our resources and our environment. How the rivers of India are a lifeline and how they are also a source of conflict between states? The journey culminates with taking an overview of India's relation with her neighbouring countries. It is amazing to know how much our children are aware of current affairs within our country and around.

So this is just the beginning of the journey that continues into secondary with children now equipped with their own identity, ready to literally take on the world as they move to secondary, and I call it – Humanities level II.



By Ms. Soniya Samel

"Navigating the Digital Landscape: The Impact of ICT on Modern Society"

In today's interconnected world, Information and Communication Technology (ICT) plays a pivotal role in shaping every aspect of our lives. From communication and education, to business and entertainment, ICT has revolutionized the way we interact with each other and the world around us.

At its core, ICT encompasses a wide range of technologies and tools that facilitate the collection, processing, storage and dissemination of information. The internet, mobile devices, computers, software applications and digital platforms are just a few examples of the diverse components that make up the ICT ecosystem.

One of the most significant impacts of ICT is its transformative effect on communication. With the rise of email, social media, and instant messaging platforms, individuals can now connect and communicate with others across the globe in real-time, breaking down barriers of distance and time.

Furthermore, ICT has revolutionized the way we access and consume information. The internet serves as a vast repository of knowledge, allowing individuals to access a wealth of resources on any topic imaginable. Digital libraries, online courses and educational platforms have democratized learning, making knowledge more accessible to people from all walks of life.

In the business world, ICT has become indispensable, driving innovation, efficiency and productivity. From cloud computing and data analytics to e-commerce and digital marketing, businesses leverage ICT to streamline operations, reach new markets and gain competitive advantage in today's digital economy.

However, as we embrace the opportunities afforded by ICT, it is essential to recognize and address the challenges it presents. Issues such as digital divide, cybersecurity threats, privacy concerns and information overload underscore the need for responsible use and regulation of ICT.

In conclusion, ICT has become an integral part of modern society, shaping the way we communicate, learn, work, and interact with the world. As we navigate the digital landscape, it is crucial to harness the power of ICT responsibly, ensuring that it serves the collective good and contributes to a more inclusive and sustainable future.

Whether you're a digital native or a newcomer to the world of technology, embracing ICT opens up endless possibilities for creativity, collaboration, and innovation. So let's embrace the digital age and embark on a journey of exploration and discovery in the ever-evolving world of ICT.

By Mr. Jayson Pinto



Ottima Insalata Italiana

(The Great Italian Salad)

Serves: 3

Ingredients:

- 1 chopped red cabbage
- 1 chopped lettuce
- 1 diced cucumber
- 1 diced carrot
- 1 yellow bell pepper seeded and diced
- 1 green bell pepper seeded and diced
- 1 red bell pepper seeded and diced
- 4-5 cherry tomatoes sliced in half
- 1 cup sliced black olives
- 1 cup sliced green olives
- 1 cup frozen peas
- 1/4 cup chopped green onions

For the Dressing

- 1/4 Cup Extra Virgin Olive Oil
- 1/2 Teaspoon salt
- 1/4 Teaspoon Pepper
- 2 tablespoon lemon juice
- 2 tablespoons chopped fresh basil

Procedure:

- Step 1** - Combine all the ingredients for the salad (except the dressing) into a large bowl.
- Step 2** - Toss the veggies well to ensure they mix well.
- Step 3** - Whisk the extra virgin olive oil and lemon juice
- Step 4** - Then sprinkle salt & pepper as per your taste.
- Step 5** - Garnish with fresh basil or mint leaves.

Serve chilled! Enjoy!

By Sangeeta Natarajan



Velvety Creamy Soup

(A French Delicacy)

Serves 6 persons

Ingredients:

- 3 onions
- 20cl fresh cream
- Parsley
- Pepper corns
- 4 potatoes
- 3 slices of sliced bread
- 1 camembert
- 1 garlic pod
- Salt to taste



Procedure:

Step 1

Finely chop all the ingredients, then add 2.5l of water

Step 2

Pressure cook the entire thing for 20 mins then season it & grind it.

Step 3

Add parsley & fresh cream

Serve hot!

By Ms. Nupura Gupte

Roasted carrot and feta salad

Serves: 4

Ingredients:

2 lbs carrots
2 tbsp olive oil
1/4 cup crumbled feta cheese
1/2 bunch parsley
salt and pepper to taste



Procedure:

Step 1 - Preheat the oven.

Step 2 - Peel and slice the carrots into one inch pieces (attempt to make the carrot pieces similar in size so that they roast at the same rate). Roast the carrots for 40 minutes, stirring once half-way through.

Step 3 - Once the carrots are tender and slightly browned, remove from the oven.

Step 4 - Chop the parsley and crumble the feta cheese.

Step 5 - Add the carrots, parsley and crumbled feta to a bowl. Add a pinch of salt and pepper then toss to combine.

Serve warm!

By Ms. Aarti Athle

Fennel and apple salad

Serves 4

Ingredients:

2 bulbs fennel
1 red apple
4 cups arugula (rocket leaves)
1/4 cup walnuts
1/4 cup olive oil
1 lemon, juiced
2 ounces parmesan cheese
salt and pepper to taste



Procedure:

Step 1 - Combine the olive oil, lemon juice, salt and pepper and whisk to combine.

Step 2 - Heat a small pan and dry roast the walnuts. Keep aside.

Step 3 - Slice the fennel and apple as thinly as possible.

Step 4 - In a large bowl, add the arugula, fennel, apple and toss to combine. Drizzle with the dressing and toss until everything is well coated.

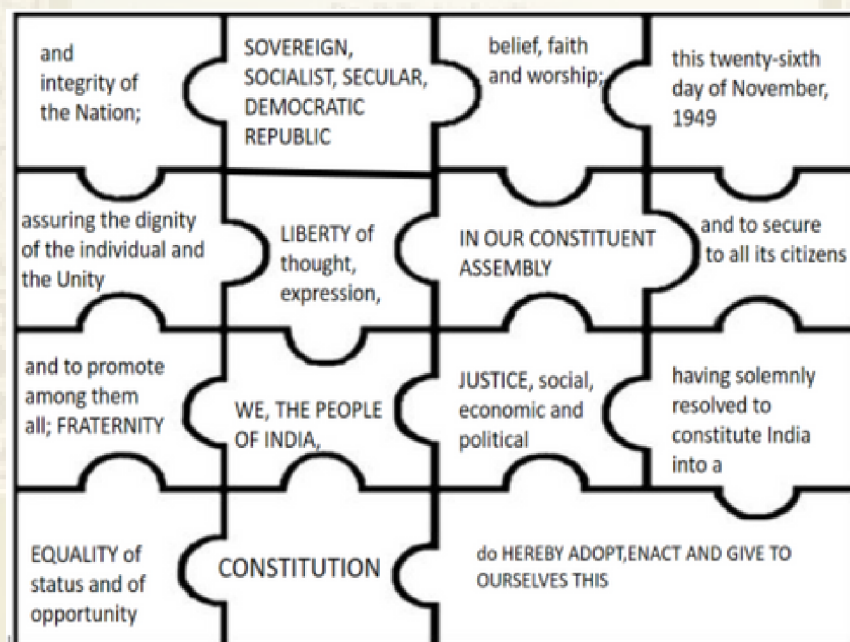
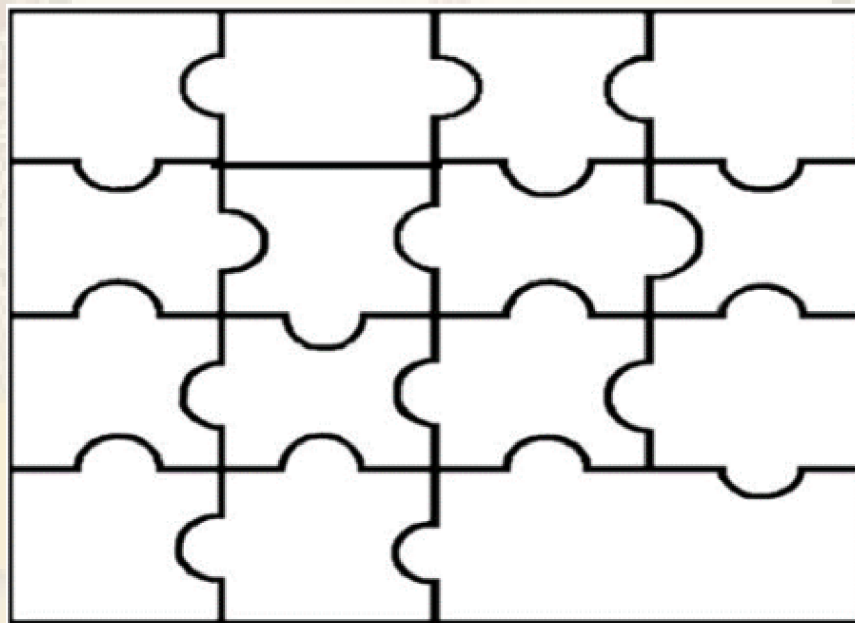
Step 5 - Top the salad with the toasted walnuts and shave the parmesan cheese over the salad.

Enjoy!

By Ms. Aarti Athle

PREAMBLE SCRAMBLE

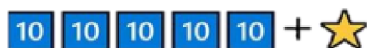
Our preamble is not merely a set of words etched on paper. It is a living and breathing embodiment of our collective voice. Arrange 'THE PREAMBLE' of our Constitution from the words jumbled in the 2nd puzzle. Hope you have an enjoyable experience. The same activity was done by our grade 6 students when learning The Constitution of India.



Guess the Song



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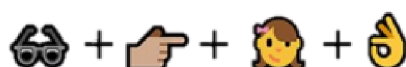
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Beginner Level

4		1	2	9		7	5
2			3			8	
	7			8			6
			1		3	6	2
1		5				4	3
7	3		6		8		
6				2			3
		7			1		4
8	9			6	5	1	7

Sudoku

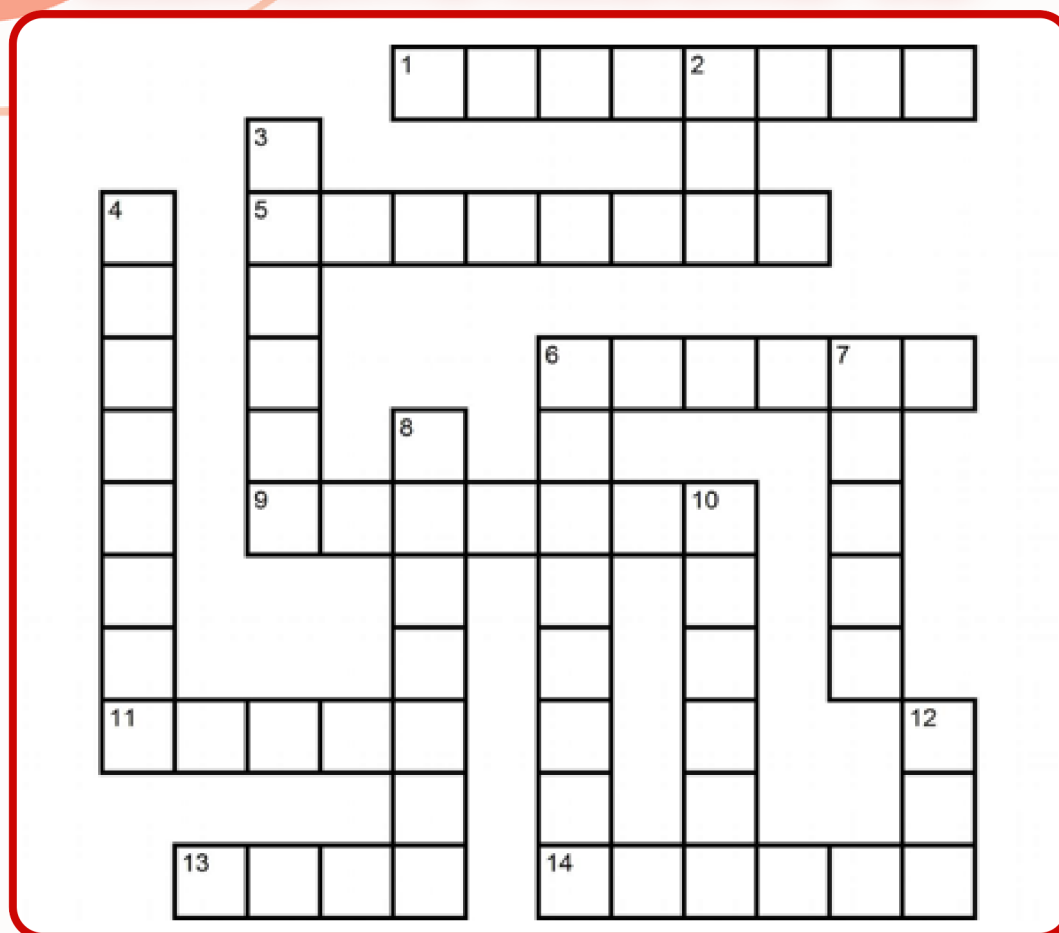
Intermediate Level

			4	1	7			
				3	5	6		
					6			4
6				5	9	2		3
	3	1			2		4	9
			3			1		
	2			7		3		
		9	5		4		1	7
				9				

Advanced Level

					3	4		5
		8						
9			6		2			7
			5			7		1
3								
	4	5			1	3		
	9	7	4				3	
6		1	3					
	3			8		9		

ELEMENTS AROUND US



Across

1. The subatomic particle of an atom that has a negative charge is called a
5. A chemical change that occurs when 2 or more molecules interact with each other causing the molecules to change is called
6. The 4 fundamental states of matter are: solid, liquid, gas and
9. The subatomic particle of an atom that does not have an electric charge is called a
11. The gases are found in group 18 of the periodic table, the last column on the right (helium, neon, argon, krypton, xenon & radon) are known as
13. The amount of matter in a object is
14. Organic chemistry is the branch of chemistry that deals with compounds containing

Down

2. How many hydrogen atoms are in a molecule of water?
3. The positively charged subatomic particle in the nucleus of an atom is called a
4. The chemical element with atomic number 1. It is the first element in the periodic table.
6. The table is a tabular arrangement of the elements.
7. A type of material that is considered a good conductor of electricity and heat.
8. The central core of the atom containing protons and neutrons.
10. The atomic is the number of protons in an atom.
12. A charged atom or molecule (the number of electrons is not equal to the number of protons)



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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.

We thank the team at MET MARCOM for their guidance in structuring and shaping MRV BUZZ.



AT MRV THE WORLD OPENS UP FOR YOU

MOMENT OF PRIDE
MET RISHIKUL VIDYALAYA
 AMONGST TOP 20 INTERNATIONAL SCHOOLS
 (CATEGORY: IB/CAIE)*

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IN MAHARASHTRA

10TH
IN INDIA

*BY EDUCATION TODAY

Cambridge Assessment International Education
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 By Times Preschool Survey 2024

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 Adaptable
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 Respectful
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 Empathetic

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 A SCHOOL FOR LIFE MANAGEMENT
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**FORWARD-THINKING
 GETS AHEAD!**

CONGRATULATIONS
Dr. G. Nagashree
 Principal, MRV

on being chosen to be a part of
The Cambridge Panel
 (The Esteemed Global Community
 of Educators & Brighter Thinkers)

CAMBRIDGE International Education
 The Cambridge Panel

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RIGHT FOUNDATION...BRIGHT FUTURE

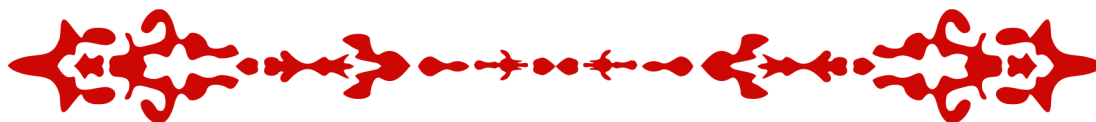


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Awarded in 2014-2017
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