



Vol. 6.1 June 2017



Contents



From The Principal's Desk	1
Big News	1
Flavours From Our Orchard	2
I Grow More, I Know More	3
The Orbis School Pune 2	4
Club of the Month	8
Special Assemblies	8
Our Green Ways	9
I Did it!	9
Impressions And Expressions	10
Personality of the month	10
Virtue Alone Ennobles	11
Teachers' Corner	11
Parents' Prerogative	11
I can do it	12
Upcoming Events	12
From The Editorial Team	12
Thought for the month	12

From the Principal's Desk

One of the contestants in a beauty pageant was asked the secret of her glowing skin and she credited the same to a certain oil she used. I think, there is more to good skin or good health or a fit body and that open secret is a disciplined healthy lifestyle. It starts in the head, arises from self worth and leads to an understanding that nothing will work, if we don't.

In the light of increase in unhealthy weight gain and poor eating habits in the teens, educating them on making good food choices, right from the childhood, is good investment. Right food doesn't mean boring food. It is actually exciting to broadly plan a weekly menu, which is varied in terms of grains, veggies, oils, cooking styles, local superfoods, seasonal harvests, flavours and fruits. Food on the plate is not the lone responsibility of the lady of the house. Learning few quick easy recipes and doing it yourself or as a family activity, can be joyous, relaxing and leading to increased appreciation for food and more informed eating. Besides, it can save us from ordering the junk we do for mid meals, which is a big culprit. Knowing our food and careful attention to what goes in, I think should get the importance it deserves, since seventy percent of a human body is the food that it eats.

Exercise; the other dimension of being healthy and fit, is as important as eating right. Playing outdoors is a great option and so is going for a run. Walking is my personal favourite with the breeze and the birds playing a symphony and 'my time' to think the thoughts, uninterrupted. The more one exercises, the more comfortable one becomes with oneself and more positive towards everything else.

Be it assembling a healthy bowl of food, or a brisk session of physical fitness, or feeling proud of self imposed discipline; it is all therapeutic. It is detoxifying. It is about loving ourselves.

As one grows older, nature forces one to appreciate the correct value of being healthy but that is sometimes already late. Make health a choice and a habit too, right now, as we all know that a healthy mind after all lives only in a healthy body.

Mala Jetly



Big News!

Senior Secondary School Affiliation:

A major milestone has been achieved! The Orbis School Keshavnagar is now affiliated with the CBSE Board for up to Senior Secondary Classes! This achievement has been a result of committed efforts by the Management, tireless work by the Staff and great support by the Parent community. We thank each one and promise to continue our strive to empower generations, questing in their chosen fields of endeavour. Qualified and experienced faculty is in place and admissions are now open for Science, Commerce and Arts Streams in class 11.

Accolades!

The first Orbis batch of Class 10 has passed the CBSE Secondary School Examination 2017, with flying colors. Many Congratulations to the Students and the Staff!

- 100% result
- 90% students between 10 and 8 CGPA
- 13 students with overall Grade A1
- 14 students with overall Grade A2
- 3 students with overall Grade B1-B2

We applaud the efforts of all the students and wish them greater heights in the years ahead. We also extend gratitude to the Management and Parents for their dedicated support.



The top five: Krishna Desikan, Medha Bhawsar, Mihir Dangwal, Padmavati Mistry, Raj Pandey



Flavours from our orchard

Colour Week (6th to 16th June):

The school re-opened after summer break with a lot of excitement and enthusiasm. The weekly theme 'Colours' added more to the fun. A lot of activities scheduled for the week, included games involving recognising different colours and making colourful caps. The Jr. Kindergarten learned different colour coordinations. Sr. Kindergarten learnt about primary and secondary colours and how secondary colours are formed. They used these colours to do activities like stamp printing and leaf printing. During this week, the World Environment Day was also celebrated. The teachers talked about the same in their classes to show how our little ones can contribute towards its conservation in their own little way. Activities like colouring trees, leaf printing, paper crumpling on trees were planned as a reminder to all about our responsibility towards our environment.

Aditi Joshi, CT Nursery Apple



Mother's Day Celebration (14th June):

A special event was organised to celebrate the most special person; the Mother, as the students of Sr. Kindergarten welcomed their mothers with melodious mother's day song which was so endearing that the moms also sang with their loved ones. They reversed the role and taught a few rhymes to them as well. Enthusiastically joining their kids in celebration, mothers collectively created display boards, made rangoli and enjoyed the occasion to the fullest. The day ended with exchange of notes on parenting. Handmade bookmarks gifted to them by their children made the day even more special.

Amreen Sabuwala, CT Sr. Kindergarten Apple

Father's Day Celebration (23rd June):

To celebrate the 'father-child' bond, the 'Father's Day' was celebrated by the Junior Kindergarten. Children recited poems and sang songs to express their love and respect for their dear dads. They also taught a few to the special audience. The guests enjoyed going back to their childhood days seeing their wards play the role of their teachers. The Dads also actively participate by narrating stories through puppetry. Children loved seeing their dads in school and doing things for them. In all it was a delightful experience for both the fathers and the children.

Amrita Kar, CT Jr. Kindergarten Mango



Monsoon Magic (26th to 30th June):

The arrival of monsoon signals a relief from the scorching summer heat. The students welcomed the rains with a number of fun filled activities like cut and paste, sponge painting, paper crumpling on umbrellas, mushrooms, snails, frogs etc. It all gave them the opportunity to understand what happens in this season and what are the things associated with it. They also made paper boats and sailed them in water. Overall, it was an enjoyable learning experience.

Plantation Day (28th June):

The promise towards making the earth greener, was celebrated with due diligence. Young learners of pre-primary wing were explained how there is a forest inside a seed and how the journey takes place. For hands on learning experience they were given seeds and flower pots to be a part of the plantation drive. Sowing seeds and watering the soil was enjoyed by the tiny tots.

Amrita Kar, CT Jr. Kindergarten Mango



I Grow More, I Know More



Field Trip to Katraj Dairy (10th June):

Class 8 went on an educational field trip to Katraj Dairy. We all gathered in the school field at 9:30 a.m. with a lot of excitement to board our buses for the destination, which we reached in about an hour. As we stepped out of the buses, a cool breeze welcomed us. We were first shown the Boiler Section and then the Ammonia Compressor to see the process of pasteurization. They also showed to us the tests that they conduct to check quality of these products.

A documentary on the dairy products made and how they are exported was quite an interesting watch. On our way to ice-cream and flavored milk section, we saw pasteurized milk tanks and full cream tanks. We also saw staff testing the products. It was a trip that we all had fun exploring and learning.

Ishika Gupta, Student 8 Sirius



Environment Day Celebrations (7th June):

Celebration of Environment Day began with a special program titled "Making a difference". A PowerPoint presentation was shown to the students of classes 4th and 5th to generate awareness which could be translated into small everyday actions. The golden rule of waste management, which is Reduce, Reuse and Recycle and basic lessons on segregation of waste were emphasized upon, as almost 80% of the waste which is generated can be recycled. Students were asked open ended questions related to recycling of their toys, to arouse consciousness against the popular 'use and throw' concept. Real life situations were discussed where choices regarding preservation of environment are stimulated. Children made environment friendly paper bags. Students of classes 6-9 chose to address Climate Change, by using art to state the fact that we are willfully defeating the reality of climate change. Their illustrations depicted the absurdities of man and the humongous damage that has been done on our environment. Most of the art work brought out the ruthless felling of trees by man and strong messages of saving the face of Mother Earth

Deepali Ghai, CT 4 Sirius



Visit to Katraj Zoo (10th June)

Classes 4 and 5 got the chance to visit the Rajiv Gandhi Zoological Park, located in Katraj. The entry to the zoo was permitted only after purchasing tickets. All the classes along with their class teachers made lines and started exploring the zoo. The zoo has collections of reptiles, mammals and birds. Among mammals, the zoo has a male Bengal Tiger. Other mammals at the zoo include leopard, sloth bears, sambhars, barking deer, black bucks, monkeys and elephants. Reptiles include Indian rock python, cobra, snakes, vipers, Indian crocodile and Indian star tortoise. It was a good learning experience for all of us. The students have been immensely benefited by the visit especially they got a glimpse of various species of fauna found in different ecosystems. It also provided a sort of recreation and made them understand the value of nature.

Rithvik R. Nair, Student 4 Polaris



Visit to Joshi's Miniature Railway Museum (10th June)

It was Saturday. We were very excited because we were going on a field trip to Joshi's Miniature Railway Museum in Kothrud. We started from the school at 9:00 am in the school buses after being wished good luck by our coordinators and Principal. We reached in an hour's time. We put our shoes in the rack before going inside the big room that was shaped like the outer body of a train coach. Inside there was a huge model of a revolving miniature city. It consisted roads, railway tracks, ropeways, buildings, swimming pool, hot air balloon, a building on fire, mountains, cafe, people, electric train, and the constellation of the stars and so on. An audio was played to narrate everything in detail. In between the lights were put on and the whole city got illuminated. Water was also sprinkled on the children. It was truly fantastic. The cable train, bullet train and the circus with hundreds of people and trained animals were amazing and it stole the show. We came back to the buses and had our lunch. It was a truly fabulous field trip. We felt it was the best ever trip.

Abhilash Kar, Student 6 Vega; Gandharvika Kumar, Student 6 Vega; Dhairya Sharda, Student, 6 Deneb; M. D. Deetya, Student 6 Rigel



And the celebration of learning continues at The Orbis School Pune Two

The Orbis School Pune 2



World Environment Day

"Connecting People to Nature" is the theme for this year's World Environment Day, celebrated worldwide on 5th June. The Orbians celebrated the event to raise awareness about the significance of a healthy environment and attempted to solve some environmental issues by implementing actions leading to a positive and healthy environment for all. This theme has encouraged students to admire nature and an ideal occasion to go out and enjoy national parks and other wilderness areas and challenges us to find fun and exciting ways to experience and cherish this vital relationship. Activities like search for a rare mammal identify five butterflies, make posters etc helped students realise that "What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another". – **Mahatma Gandhi**

Rina Anthony, CT 1 Sirius, TOS 2

Family Relationships (7th to 9th June):

To get familiar with the importance of family relationship, the children of Senior and Junior KG participated in various activities like puppet show, picture talk, group song etc with the theme 'Family'. The activities helped them understand the role and importance of families. They also learnt about nuclear and joint families. Students happily talked about their families and expressed their joy, love, likes and also dislikes, in their own way.

Mona Anthony, CT Jr. Kindergarten Mango



Colour Week (7th to 16th June):

It was a fun filled week as the Pre Primary celebrated different colours at the school.

Each day was allotted a specific colour and it was a visual treat to see the tiny tots dressed in the same. The food brought had the day specific colour or something close to it. The facilitator conducted various activities like hand printing, scribbling on paper, decorating caps with different colours. The week long activities helped children identify different colours around them.

Shraddha Lodha, CT Nursery Apple



Visit to Rajiv Gandhi Zoological Park (10th June):

Classes 4 and 5 went on an excursion with our teachers and school staff to the big zoo. We bought the tickets and after security check were allowed to enter. The zoo is spread across 130 acres of land and it has more than 350 animals inside it. Our visit to the Snake Park was amazing, as we were told that it houses 25 species of snakes and there are more than 200 snakes. I also saw a 15 feet long King Cobra; it was in a glass room. I saw wild animals like Lion, Tiger, Elephant, Crocodile and a variety of colourful birds. We spent a lot of time in the zoo. Some people and kids were disturbing the animals and throwing away unwanted things here and there. It is not a nice thing to do. The security officers had told us to keep our environment clean and green and we followed. We had a wonderful time in the zoo.

Varun Shrivastava, Student 4 Vega, TOS 2

A Visit to Science Park (10th June)

On 10th June 2017, we went to the Science Park situated in Pimpri Chinchwad area of Pune. We started from our school at 8:00 a.m and reached the venue by 10:30 a.m. A guide oriented us regarding the safety rules and various zones of the park. The park is divided into distinct zones, such as Automobiles, Energy, Fun with Science and Dinosaur Park. There was Taramandal, a place full stars and planets. We also witnessed a wonderful show in the theatre. We discovered laws of science and played games based on the concepts taught in our classrooms. All of us had great fun as it was an informative and enriching trip for students and teachers alike.

Ananya Rao, Student 7 Vega, TOS2



Visit to a Dairy Farm (10th June)

Students of class 8 visited The Katraj Dairy Farm as a part of the educational trips from The Orbis School. We could see massive production of milk and milk products. Ghee, ice-cream, pedha, shrikhand all being made in various sections of the dairy plant. At first, we visited the Main Boiler, where the milk is boiled and pasteurised. Moving further there was the Refrigeration Section where the milk is chilled by chemical ammonia. The workers employed in the unit explained the processes involved in production of milk and milk products. The engineers told us about the maintenance of the machines. It was indeed a very informative and memorable trip.

Poorva Khare, Saksham Nerpagare, Nilakshi Surwade, Students 8 Vega, TOS2

Mother's Day Celebration (13th June):

A beautiful song 'we gather here to welcome you' was sung by the Sr. Kindergarten Apple students to welcome the mothers at school. The headmistress greeted all the mothers, appreciated their efforts, cooperation and understanding. A dance performance by the Sr. Kindergarten Orange, an action song by the Sr. Kindergarten Mango and the Sr. Kindergarten Peach, expressed gratitude and love towards all mothers. The Orbiens made beautiful cards for their mothers to show their love. All mothers participated wholeheartedly in an interesting handprint activity with their children and created masterpieces using their creativity. The Mothers sang for their children and they gifted them handmade cards. The vote of thanks was delivered by the coordinator Mrs. Anisha Sherwani wherein she thanked every mother for taking part in this special day and making it a great success.

Anjana Sharma, CT Sr. Kindergarten Mango



Common Vegetables, Fruits and Plants (12th to 16th June)

To educate children about different types of fruits and vegetable and to inculcate healthy eating habits, 'Common vegetables, fruits and plants' week was celebrated by the Kindergarten. Children enjoyed various activities such as 'count the veggies', identify produce through its smell and texture, 'friendship salad making' and pasting pictures of things we obtain from plants. Facilitators explained about different fruits and vegetables, difference between raw and cooked food and stressed upon the benefit of eating fresh veggies and fruits. Parts of plants and uses of trees were also talked about. A special assembly on this theme was conducted by Senior KG Apple.

Swati Pareek, CT Senior Kindergarten Apple.

Plantation Day (22nd June):

Tree plantation program was held to get children involved in preservation of our environment and conservation of natural resources. The students of Pre Primary actively participated. Activities were conducted throughout the week to explain about germination, parts of plants, uses of trees, and their importance through visual aids, drawing, picture talk etc. Students and teachers planted seeds like fenugreek, coriander, moong etc in school premises. They watered the plants. Facilitators explained that trees give us oxygen, bring rain and keep our environment clean.

Anjana Sharma, CT Sr. Kindergarten Mango



Father's Day Celebration (22nd June)

A special morning was organized to acknowledge the efforts, love and contribution of fathers as the Jr. Kindergarten students celebrated Fathers' Day at the school. Children performed on stage to express their love and gratitude towards their fathers.

The Principal highlighted the role of a father and ways to strengthen the bond with children, in her address. Jr. Kindergarten Apple welcomed fathers with a dance performance, followed by an action song by Jr. Kindergarten Orange and Mango. The special guests enacted different moral stories which the children enjoyed immensely. To express their love children made beautiful cards.

Mona Anthony, CT Jr. Kindergarten Mango

Monsoon Magic (26th - 30th June)

To enable children to know more about monsoon season, facilitators acquaint children with many fun filled activities like watching the rain, dramatization, colouring activities and craft work, which emphasized on the weather, clothes, food, drink and the protection tips that one should follow during rainy season.

Beena Ajayakumar, CT Nursery Orange



A Visit to Joggers Park (13th June):

The field trip amidst nature was eagerly awaited by all the students. Children were happy to play and eat together in a new environment. They appreciated the flowers but did not pluck any and they did not litter around either. The trip culminated with a joyous ride back to school filled with wonderful memories of a fun filled day.

Rina Anthony, CT 1 Sirius, TOS 2

A Visit to National War Memorial (15th - 16th June)

The students of classes 2 and 3 visited the National War Memorial Southern Command in Pune Cantonment. It is a war memorial dedicated to post-Independence war martyrs. This is the only war memorial in South Asia which has been erected by citizens' contributions. The students were warmly welcomed at the venue and taken on a tour round the entire premises. They were awed to see the aircraft used in Kargil war, replica of INS Trishul and military tanks. A documentary film was shown to the children which enlightened them about our soldiers and their martyrdom.

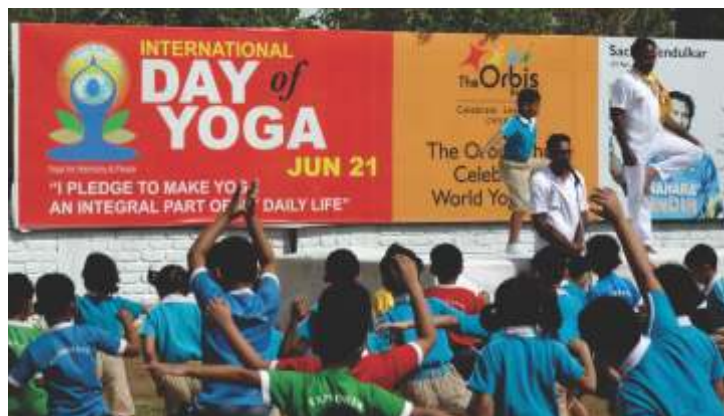
Tincy Simon, CT 2 Vega, TOS 2



World Yoga Day (21st June):

Orbians of TOS celebrated International Yoga Day with yoga gurus from 'Patanjali Samiti' Pune. About 600 students and staff participated in this event and thoroughly enjoyed performing Vriksha Asana, Sinhagarjan Asana, Ustrasana, Padmasana, Bhastrika Pranayama and other meditative poses that help us take an inner voyage of peace and calmness. As very aptly quoted by Sri Sri Ravishankar, "A little bit of exercise, yoga and some meditation will help maintain good health." Students understood how science of disciplining the body and transforming the mind can purify our thinking and lead to world peace. Dedication a certain amount of time to yoga can benefit our health in more ways than one. The Orbians just struck the right note on this bright day with Yoga Asanas.

Meghna Sarangabharathi, CT 6 Vega



Club of the month

Enterprise Club

The Enterprise Club is perfect for anyone considering self-employed or to start a business. The main objective of the Enterprise Club is to inspire and offer membership to staff and budding student entrepreneurs. The Club provides an opportunity to network and access information, support and advice on starting and running a business from setup onwards. In the month of June the club members held a discussion on the following points: Writing a business plan.

Appointment of the Management Committee consisting the CEO, CMO, CFO AND CQO and delegation of authority department wise. Making book-keeping more experiential.

Marketing for new business activities - Catering services for different classes by Orbi-Bites The Enterprise Club CEO Ms. Muskaan Agasthe of 8-Sirius has commented "We are delighted to be able to offer this business start-up and look forward to working together with the students to help them turn their business ideas into reality". If you have an idea and the motivation to succeed the Enterprise Club can set you on the path to success.

Special Assemblies



Resumption after Summer Break (6th June):

The Orbis School gathered at the Atrium after a long summer break. The bustle was silenced with the commencement of the special assembly conducted by the students of class 7. The theme for the assembly was 'connecting people to nature' which we strongly believe, is the need of the hour. We began with the meditation session followed by the word for the day being Milieu (origin French) meaning surrounding. A discussion stirred up regarding environment day along with the steps the school is taking to conserve our environment and the little steps to be taken by every individual. Divya Shetty, the class teacher, told the children a story on the environment and the importance of not being greedy. The Headmistress addressed the students inspiring and gearing them for a new start. The school dispersed with the thought that "the biggest threat the environment faces today is the thought that someone else will save it".

Divya Shetty, CT 7 Vega, TOS2

World Environment Day

To mark the occasion, Class 9 Sirius presented the morning assembly on the theme Waste Management, a step towards creating a sustainable environment.

In a very simple way, the students conveyed the message that we all must learn how to manage our waste. As each drop makes the ocean, each individual's contribution counts. We hope to have inspired the students, the present and the future; and made our small step towards a greener and cleaner tomorrow.

Kavana Anklekar, Student 9 Sirius, TOS1

World Yoga Day (21st June):

Fitness is an essential ingredient that keeps one going during all times and Yoga is a very good way to achieve overall vigour and strength of mind and body. The UN declaration of June 21st as The World Yoga Day is being celebrated all across the world. At The Orbis, this day was celebrated with a special Yoga session conducted by Mr. Ashok and Mr. Dinesh from Patanjali Yogpeeth, Keshavnagar. It felt like an entirely new and serene atmosphere created around us as more than 2000 students drifted through the various asanas ending with savasana and a mood entralling prayer. This experience helped us reconnect with our mind and soul. We are thinking about incorporating it in our daily life and also sharing it with people around us.

Gopikashree and Stuti Paliwal, Students, 11 Sirius



World Day against Child Labour

The students of class 3 Deneb conducted the special assembly on 12th June. The theme of the assembly was to raise awareness about the plight of child Labour. A short play was performed which enlightened students on how poor children are made to do odd jobs at different places and how they are exploited rather than educated.

Tincy Simon, CT 2 Vega TOS 2



Nature Club Teachers

Taking the clean India campaign forward, The Orbis School has taken an innovative step by keeping classrooms dustbin free. As a student, I believe that it is a wonderful idea and all my classmates have enthusiastically taken on the responsibility. When we know that there are no dustbins to dispose off our waste, we become more conscious of not creating it. This way, we are also trying to reduce our carbon footprints on the planet. This step has led to greater engagement from all towards keeping our classrooms and also our homes eco friendly. Now we go back home with a sense of pride as we know that we have taken a definite step towards keeping the environment clean.

Kavana Anklekar, Student, 9 Sirius



7 SOF International English Olympiad:

Top Awards for Excellence at IEO, 2016-17, were bagged by the TOS1 students. Many congratulations to the winners on their outstanding performance!

- Shourya Vikas Magar, class 1, ranked first in both the International and Zonal Category, in class 1 group
- Avni Neroth, class 2, ranked first in both the International and Zonal Category, in class 2 group
- Nishkarsh Kumar, class 3, bagged international rank 42 and Zonal rank 11, in class 3 group

All the winners have been awarded special medals and Gifts worth Rs. 1000 each. Well done!



Rural Games National Championship 2017 (7th May):

Poushali Parida, class 6, TOS1, did it once again with two gold medals in 1000 mts and 500 mts Skating Championship conducted at Balewadi Stadium. Heartiest Congratulations!



Squash Junior League:

Hridhaan Kamal Shah, class 3, TOS1, was awarded a trophy and a certificate for his outstanding performance in the competition organized by I - Squash Academy at Marriott Suites, Pune. Well done!



Inter House results for the month:

Event/ Participating classes	TOS-1	TOS-2
	IBA	Poster Making
	4 and 5	4 - 6
EXPLORERS	4th	1st
GUARDIANS	1st	4th
INNOVATORS	2nd	3rd
VANGUARDS	3rd	1st





Impressions and Expressions

The Caveman's Era

"Today, we are going to learn about evolution," said the biology teacher, writing 'Evolution' on the blackboard. Turning to the students, she pointed at one and spoke, "Tell me your views on evolution of humans."

Sunreet answered, "Ma'am, mammals underwent changes before and will undergo the same in the future, but I find the caveman's era to be the best stage of evolution." Intrigued, the teacher asked for justification. "That's because," Sunreet replied, "nothing was handed to anyone back in that era. From what I know, everyone had to fight everyday for survival. These struggles in turn shaped the children to be strong adults." Isn't it true? These days, children are just freeloading off their parents and the essence of hard work is lost somewhere.

Looking back, maybe we could learn a thing or two from our ancestors, the cavemen.

Ashish BS, Student 10 Vega, TOS1

THE MAGIC OF MONSOON

Come on, it's raining
Let's get rain dance training
We're going to jump in the puddles
Oh, God! We're all in muddles!
Through the rain, a ray
It can be a rainbow, yay !
Now the rain's in full swing
So pitter – patter- pattering
As the drops patter down,
I'm dancing around,

Oh no ! He's here to end the fun,
Here comes the Sun !

Abhilash Kar, 6 Vega

TOS 2- Editorial Club

Festivals of Spring
The Sun is shining brightly,
The Festive mood is all around.
My India, a land of festivities and ancient culture.
April brings with it a refreshing change,
Fresh breeze, auspicious mango leaves,
Sweet smelling garlands greet our guests,
Their weary faces light up with a smile.
Our greetings come straight from the heart.
Gudi Padwa, Ugadi, Easter and Baisakhi
A Happy and Prosperous New Year to All.
Raksha Malhotra, Student 9 Vega, TOS2

French - June- juin – zhwa(n)

The Roland-Garros Tournament: The Roland-Garros tournament also known as the French International is one of the four Grand Slam Tennis tournaments. It has taken place every year since 1925 at Roland-Garros stadium in Paris. The tournament takes place on twenty clay courts, the main one being the Philippe-Chatrier court.

La Fête de la Musique (La fête de - la - musique): La Fête de la Musique is a street music festival held every year on 21 June, the day of the summer solstice in the whole of France. Thousands of musicians gather in the streets, bars, and cafes giving free performances of all kinds of music, from jazz to rock and from hip-hop to electronic music.

Utkarsha. S



Personality of the month

History has seen few individuals whose achievements leave a positive mark across the entire world. B.K.S. Iyengar was one such person. Bellur Krishnamachar Sundararaja Iyengar, popularly known as BKS Iyengar was a legendary Yoga Guru or Yoga Acharya, the founder of the "Iyengar" form of yoga, which focuses on the correct alignment of the body. He is credited with bringing the ancient exercise form to the West.

Born into a poor family on 14th December 1918, in the Kolar District of Karnataka, he was 11th of 13 children. He suffered from Malaria, Tuberculosis, and general malnutrition throughout his childhood. The odds were against Iyengar reaching adulthood, let alone the extraordinary age of ninety-five. Later, under the tutelage of his brother-in-law, the yogi Sri Tirumalai Krishnamacharya, the 15-year-old Iyengar came to Mysore and started practicing yoga so as to improve his health. He was then sent to Pune, by his guru to spread the teaching of yoga. In 1975, he set up the Ramamani Iyengar Memorial Yoga Institute in Pune, in the memory of his late wife. He authored many books on yoga practice and philosophy, some of which are Light on Yoga, Light on Pranayama, Light on the Yoga Sutras of Patanjali and Light on Life. His yoga practices found numerous followers across the globe. He taught yoga to famous personalities including the renowned Violinist Yehudi Menuhin. Several Iyengar Yoga schools sprang in different parts of the world, in 250 cities. He officially retired from teaching yoga in 1984, but continued to be active in world of Iyengar Yoga, conducting special classes, giving lectures and authoring books.

He has been bestowed with the country's high civilian awards - Padma Shri in 1991, Padma Bhushan in 2002 and the Padma Vibhushan in 2014. In 2004, he was named one of the 100 most influential people in the world by the Time magazine. He was presented with a commemorative stamp issued in his honour by the Beijing branch of China Post.

The Yoga Legend, passed away on 20th August 2015. Google honoured him posthumously by putting up a Google Doodle on his 97th Birth Anniversary.

B.K.S. Iyengar



We stand corrected: The April edition of Orbuzz, mentioned Mr. Mariyappan Thangavelu being 'honoured with Padma Shri, the 'highest civilian award of the country'. This may please be read as, 'honoured with Padma Shri, the fourth highest civilian award of the country'

Kaveri Venkatesh, CT 2 Vega, TOS1

Virtue Alone Ennobles

A life untainted with malignities of the the world can take shape only when there is positivity in thoughts and a clean surrounding always begets positive thoughts. Unpolluted neighbourhood not only serves as a guard that keeps some lethal epidemics away from us, it is also a key ingredient for a sound and relaxed state of mind.

Teachers' Corner

Staff Refresher Workshop- Leadership (1st June):

A welcome session was conducted by the Principal to enthuse the staff and reinforce the strategies that are need of the twenty first century teaching learning. Teaching methodologies, life skills, ways to effective class management, making students more responsible towards waste management and more was touched upon. Delegation of duties among the monitors, ensuring proper discipline, inducing pragmatic approach of learning, were also articulated in the session. It was a 'rise and shine' call that all responded positively to.

Staff Refresher Workshop- Teaching Methodologies (2nd June):

A staff refresher workshop was conducted by Mrs. Amita Sinha on the topic 'Bloom's Taxonomy' for the upper primary teachers. The main objective of the workshop was to equip the teachers with skills to focus more on the student performance, terminal behaviour and on ways to include clear expected learning outcome in each lesson. The significance of Bloom's Taxonomy was discussed and the theory of Multiple Intelligences was reinforced to enable the teachers to enhance their potential teaching skills. The goals of the learning process , ie, cognitive, affective, psychomotor were discussed in detail. Group activities were conducted where teachers designed effective instructional objectives and questions keeping the cognitive mental skills in mind. This workshop was indeed an invigorating session for the teachers to be prepared for the academic session.

Staff Refresher Workshop- Effective Communication(2nd June):

A staff refresher workshop for English was conducted by Mrs. Raisa Braganza for the teachers of lower primary and upper primary. During the course of the workshop she stressed on the importance of the correct usage of the language and ways to be effective communicators. In addition, the workshop also pointed out the common mistakes made while speaking and writing of English. It was an enlightening session for the teachers for acquiring effective English Language Skills.

All reports by Sarah Koshy, CT 7 Sirius, TOS1

Capacity Building Workshop - Classroom Management (14th-15th June):

A two day workshop on Classroom Management was attended by the faculty of the Orbis School at the Air Force School, Chandan Nagar. The resource persons, Mrs Madhulika Bhupatkar and Mrs Kiran Singh, gave an insight into the importance and purpose of class management. They updated the participants on different strategies for effective teaching learning. The workshop also emphasised on managing time, interpersonal relationships, behaviour and differentiated learning. It was a comprehensive, interactive, informative and activity based session.

Anju Jaswal, Coordinator LP, TOS 2

Parents' Prerogative

Parents' Orientation (3rd June)

An Orientation was held for the parents of the new students. The coordinators gave a presentation on the policies of the school curriculum, co curricular activities and rules and regulation to be adhered to.

Rina Anthony,CT 1 Sirius,TOS 2



Orientation Programme for Class 10 (16th June):

An orientation programme was conducted for the students and parents of class 10 in the school premises. The session was addressed by the Principal and the subject teachers. New marking scheme, regularity, goal setting, optimizing parental support, time management strategies, managing mobile phone usage responsibility, were some of the areas that were highlighted during the session. The parents appreciated the school for putting in so much effort for the overall growth of their children.

Nidhi Dhume, CT 11 Deneb

Chrysalis Buzzle App Orientation (17th June):

Chrysalis Programme is a pilot project under the aegis of the Orbis School, Mundhwa. The school organised an orientation for parents on Chrysalis Buzzle App. The app is an interactive digital companion for the students which takes them beyond the books. It helps in self learning, reinforcing the concepts and is supported with fun filled activities. The technology aids the teacher to evaluate the child's progress and better understanding. The resource persons explained the installation process, key features and clarified the queries raised by the audience. The session was well received by the parents.

Tincy Simon, CT 2 Vega, TOS 2

Parent Teacher Meeting (17th June):

The PTM for classes 6 to 9, created an opportunity for the parents and the teachers to exchange valuable notes on the growth curve of the students. The parents made note of the performance of their child as the academic and socio - emotional issues related to the students were discussed in detail and remedial measures were suggested by the teachers.



E- PTA Formation, TOS1 (30th June)

The Executive Committee of the Parent Teacher Association (E-PTA), for the academic year 2017-18 was formed at The Orbis School Keshavnagar. Wide publicity was given to invite parent applications through circular, email, the school notice board, class rooms and website etc. We thank the parents for filing their nominations to engage themselves with the school and work towards excellence in education. With great delight, we congratulate the parent E-PTA members, as chosen by draw of lots, to represent each class along with a teacher member. The Head of the school is the chairperson of the committee.

Amita Sinha, Secretary PTA, TOS1



E-PTA Formation, TOS2 (30th June):

The Executive Committee of Parent Teacher Association, for the year 2017-2018, was constituted at The Orbis School, Mundhwa. The Headmistress, Mrs Gunjan Shrivastava, welcomed the august gathering and apprised them about the duties and responsibilities of E-PTA. The parent members, in response to the notice to apply for membership, had filed in their nominations and were selected by draw of lots. The names of the teacher representatives were also announced. We congratulate the team and wish them a successful session ahead.

Anju Jaswal, Secretary, PTA, TOS2



I can do it!

1. Why was BKS Iyengar sent to Pune?
2. What led to the establishment of a Yoga institute in Pune by BKS Iyengar's?
3. Find out at least 4 cities outside India where BKS Iyengar started his yoga school?



Upcoming Events

Please refer to school calendar on the school website for upcoming events.

The school specific URLs are:

TOS 1:

http://www.theorbisschool.com/keshavnagar/images/PDF/TOS-1_Calendar-2015-16.pdf

TOS 2:

http://www.theorbisschool.com/mundhwa/images/Event_Calender/Master_TOS-2_Calendar_2015-16.pdf

From the Editorial Team

The world today is full of opportunities. Whether you enjoy Performing Arts of Mathematics; Public Speaking or Sports; Science or Painting; there are doors open for you everywhere, like never before. The most commendable aspect if that no discipline is being looked down upon as people are now realizing their worth and merit. You are blessed to have been born during a time when you can do whatever your heart wishes for without having to go out of the way to accomplish your identity.

However, while the illuminated avenues are open for you everywhere, you should also keep it registered in your mind that each sphere of learning requires equal amount of aptitude, dedication and effort for acquisition of expertise. Thus, when you make the choice, ensure that you make an informed decision and ascend the steps only when you have pledged to do justice to the requisitions of the subject.

Chief Editor- Amita Sinha

Co- Editor, TOS 1- Upasana Gautam

Co- Editor, TOS 2- Meghna Sarangabharathi

Student Editors- Editorial Club Members

Thought for the month

Earth does not belong to man; man belongs to Earth, man did not weave the web of life; we are a merely a strand on it, what we do to the web; we do to ourselves.

