



Contents



From the Principal's Desk	1
Big News	1
Flavours from Our Orchard	2
I Know More, I Grow More	3
Club of the Month	4
Special Assemblies	5
Our Green Ways	6
I Did It!	6
Impressions and Expressions	8
Personality of the Month	9
Virtue Alone Ennobles	9
Teachers' Corner	9
Parents' Prerogative	10
I Can Do It	12
From the Editorial Team	12
Thought for the Month	12

From the Principal's Desk

The canvas of life is so enormous, so widespread, that to have one ultimate goal set for it, that remains relevant for all stages of life that one passes through, is almost impossible. Haven't we all had different ambitions at different junctures of our lives? Today a sailor, tomorrow an animal trainer, next an animator, soldier, or a chef and then we landed up doing something else. Even after a final choice is made, people change professions many a times in life with changing interests and influences.

The case in point is that instead of seeing life from a predetermined macro lens, it better be allowed room for change in colours or even change of the entire picture. One way is to focus on micro or short-term goals or the next few steps, of the destination planned. The shorter itineraries help get an unhurried view of what is around; there may be new possibilities, they unfold the actual interests of the traveller, keep the motivation high and sustained; since the goal is not a far flung one and also save us from the mental exhaustion of the thought of the entire uphill climb and the weight of the herculean task set.

But it is also not advisable to drift aimlessly and remain indecisive without an anchor. We need to be like the ship that allows the winds to manage it a little but has full control on the sail and the helm.

Further, the chances of making the most out of life increase when we believe in moving ahead together. The word Ubuntu, a Zulu word, means, 'I am, because you are'. So true! A person is a person through other people and hence common humanity is necessary for reaching even dissimilar goals.

Whether we keep our eyes on the near future or extend the focus a little wider, quality in what we do, is the only guarantee of success. It is said God is in details and no denying that circumventing around or frequent short cuts, cut the joy and success too.

Breathe a little easy, and paint life with your choice of colours that make you happy, make work play and achieve more for yourself and others!

Mala Jetly



Big News!



The 9th Annual Speech and Award Day, Orbitria, celebrated the tremendous growth of the Orbis Schools, as the Principal presented the annual report of achievements in all spheres of learning for the academic session, 2018-2019. The event also honoured all the student performers who won laurels on prestigious platforms beyond the school premises. This was followed by a glittering award ceremony for 'Best amongst the Best' where students were awarded for excellence in different categories of Inter House competitions. The day felicitated the staff; teachers, admin and help, for their outstanding services. The much-awaited event; a grand theatrical presentation to celebrate the author of the year, swept the audience off their feet, as the senior students showcased the life and work of Rabindranath Tagore through a theatrical adaptation of one of his popular short stories, 'Icchhapuram'. The play was embellished with musical performances drenched in Tagore's native land, Bengal. The Chief Guest, Dr. (BRIG) M. Alam, Professor and HOD (Academics) at Ruby Hall Hospital and the entire Management graced the occasion. We also express gratitude towards the parents who have been actively involved with the school programmes throughout the year.

Orbitria, the Annual Speech and Award Day



Orbis Run, a Big Hit!

A fantastic turnout of over a thousand students, staff, parents and community, ran for fitness and for empowering the underprivileged, as Orbis Run kickstarted. It was a great morning that started with Zumba, to set the tone for the 2, 3 and 5 Km run. There was an infectious energy all around. The run was flagged off by the chief guest Ms. Sangeeta Lalwani, Chairperson FICCI FLO, a woman entrepreneurial organisation.

The Orbis team took good care of police presence, medical preparedness and healthy food for all.

The support and commitment of Free Runners Charitable Trust, the staff and the students made this event achieve its objectives. There are accolades coming in from all quarters and we truly appreciate it.



Flavours from our orchard

Indoor Games (7th - 11th January):

Children were introduced to various indoor games throughout the week. They played board games like carrom, snakes and ladders, had fun solving puzzles and used their imagination to arrange picture blocks. An assembly was conducted by the Sr. KG Mango students in which they explained the importance and rules of these games through roleplay and rhyme time. It was indeed a fun-filled week.

Swati Pareek CT, Sr KG Mango



Fitness week (14th - 18th January):

Physical fitness helps to improve mental, emotional, social and physical health. To inculcate the habit of fitness in our daily regime, this week the Pre-Primary children were taught different forms of mental and physical exercises like meditation, basic Yoga, zumba and aerobics. Children learnt the importance of keeping the body and mind healthy and fit, as they performed all the exercises with great fervour and spirit.

Aafreen Khan CT, Jr KG Orange



Outdoor Games (21st - 25th January):

Games can be a brilliant way to enhance learning abilities in kids. Outdoor games were organised for our little Orbiens to inculcate the values of team building, leadership and sportsmanship. They achieve better agility, coordination and balance by playing outdoor games. Videos were shown on various sportsmen of India to motivate the children to wholeheartedly participate in these games.

Mona Anthony CT, Jr KG Apple





Air around us (29th January - 1st February):

Air is important for living things. Since air is invisible, we easily forget that it is all around us. To make children aware of it, simple experiments were shown to children like blowing a balloon and candle burning. The causes of air pollution, its effects and methods of controlling it like growing more plants and avoiding bursting of crackers were explained to the children.

Shraddha Lodha CT, Nursery Orange



Orbisports Kids:

Kindergarten celebrated the 5th Annual Sports Meet with spectacular drills and races. The day started with the cap drill of nursery followed by the fan drill and dumbbells drill. The races focussed on eye hand coordination, teamwork and good display of speed and strength. It was a beautiful sight watching the tiny tots performing to the best of their ability. The day ended with enthusiastic parents participating in running and book balancing races.

Anjana Sharma CT, Sr KG Orange



I Know More, I Grow More

Orbision, Classes 1-9 (5th and 12th January):

Orbision – The Exhibition, is organised every year with a view to encourage and inculcate a scientific temper amongst students. The students participated in the activity with attractive and ingenious creative ideas that exhibited their knowledge about Science, Mathematics and Languages. They not only made working models but conducted experiments and performed many hands-on activities. The quizzes and games organised by students of lower primary further made their 'Orbision' more interactive and livelier. All parents and teachers were greatly impressed by the explanations, demonstrations and efforts put in by the budding innovators of the school who made this event a great success!

Poorva Khare, Student 9 Vega



- The oldest marathon finisher comes from India and his name is Fauja Singh. At the Toronto Waterfront Marathon in Canada, the 100-year-old finished the race in a time of 8 hours, 25 minutes and 16 seconds.
- The youngest marathon runner in the world is Budhia Singh. He has already finished 48 marathons before his fifth birthday.
- The French ultramarathon runner Serge Girard holds the world record for the longest distance run in 365 days. He ran every day for a year, crossed a total of 25 countries and covered a total distance of 27,011 kilometers (16,783 miles).

Class Photograph, classes PP to 9 (16th January):

"Photograph, it gives us something to remember about." Rightly said as each class photograph has a yearlong story of that class for every member including the class teacher. To capture these fond memories forever, the students were all dressed in prim and proper uniforms and posed for the camera with their beautiful smiles.

Samina Vasi, CT 2 Sirius



Orbisports, classes 4 - 9 (12th January):

'Orbisports', The Annual School Sports Meet was organised at the S.R.P.F Ground at Wanowrie. The Sports Meet gave a great opportunity to all to not only perform but outperform and revitalize ourselves. The entire atmosphere was charged with zeal and enthusiasm. As soon as the races commenced everyone cheered and screamed for their houses. There were many races – hurdles, 100 meters, 200 meters, 400 meters, relay etc. Each one was cheering their house to emerge as the champion. After the races, the winners were felicitated with medals. House Vanguard emerged at the top followed by the Innovators, Explorers and the Guardians.

Nilakshi Surwade, Student 9 Vega



All India Swachh Bharat Art Competition, Classes PP to 4 (17th January):

The second round of 'All India Swachh Bharat Art Competition' held by the Government of India was conducted in our school premises. The competition comprised of three categories namely painting, drawing and handwriting. Through this competition our students were able to spread their message on social awareness and our responsibilities as citizens of this country.

Arwa Colombowala, AT Classes 1-3



Yardstick activity, Classes 1 to 3 (15th and 30th January):

Yardstick designs and implements learning programs for children, engages their keen, inquisitive and imaginative minds via hands-on educational activities. The students enjoyed designing an animal where they learnt about its different parts and functions. Through these practical sand models, the students of class 2 and 3 also enhanced their knowledge on what causes day and night.

Priya Vacchani, CT 3 Sirius

National Cyber Olympiad, Classes 2 to 8 (31st January):

The National Cyber Olympiad (NCO) is a cyber-concepts and knowledge competition and is conducted by Science Olympiad Foundation (SOF) with the aim of identifying and nurturing future scientists, technologists and IT talent at school level. The students are majorly assessed for logical reasoning, computers and IT. Many students from classes 2 to 8 prepared themselves and actively participated to crack the exam.

Sanyogita Pandey, CT 2 Deneb



Each One Teach One (31 January):

The 'Each One Teach One' club in school is a motivation for the students to understand their moral and social responsibility of teaching at least one illiterate person. Not every individual in our society is equally privileged. Students of the club have a dual role as both student and a teacher, to learn through teaching. It is essential that individuals continuously expand their knowledge and learn new skills in order to keep up with the pace of change and be an instrument of change.

Radhika Chavan, Student 5 Sirius

Special Assemblies

National Youth Day, Classes 1 to 3 (10th January):

The 'National Youth Day' celebrated in India on 12th of January marks the birthday of Swami Vivekananda. A special assembly was conducted highlighting the contributions of indomitable Swami Vivekananda in shaping and motivating youth in building a new India. The assembly was both inspiring and informative that left an indelible mark on all the young minds.

Deepa Anikhindi, CT 3 Vega



Republic Day, classes PP to 9 (26th January):

The day when our constitution was born, our Republic Day, was celebrated with a lot of enthusiasm and patriotism at school. The Chief Guest Lt. Gen. Moti Dar, an army veteran and a well decorated soldier, spoke about the need to do one's duties diligently and playing hard, and always thinking about the needs of the nation. The Guest of Honour Mr. Shivroop Nimbalkar Khardekar, reiterated the need of working as a team and making the best of school years. The day commenced with the flag hoisting, an educational activity on the idealism of Dr. Babasaheb Ambedkar, dance and music performances that by the students filled the air with patriotic fervour.

The lower primary and the pre-primary sections of the school also celebrated the day with patriotic rendition, poems, dance performances, drawing and colouring activities that expressed their feelings and plans for the nation.

Saksham Nerpagare, Student 9 Vega

Our Green Ways

Environmental pollution is one of the biggest problems for communities around the world to address and each of us has a responsibility to help restore the ecological balance. The ever-curious students of the 'Nature Club' discussed and debated about the different causes of air, water and land pollution. They also talked about the various effects that they have on life forms and the solutions to the problem. They have come up with some simple but unique ideas to deal with this universal problem which they are now sharing with their peers.

Parul Asthana CT 9 Vega



I did it

Here are some special achievements of our students that happened beyond the school premises, in inter school, intercity or open competitions! We applaud the effort. Keep Shining!

Chess Tournament, (6th January):

Varad Limkar of class 3 Sirius bagged 1st prize in the open category of Chess Tournament organised by SMCA, Pune.



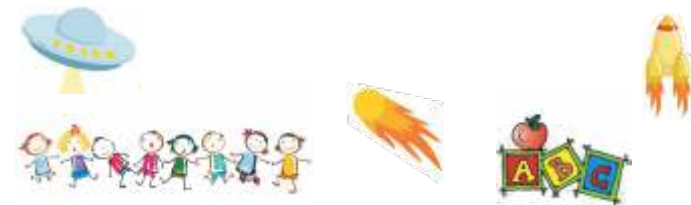
Taekwondo Championship:

Manas Pandey of class 5 Sirius won Bronze medal in sub-junior boys Kyurogi category conducted by Warrior Sports Academy.



Orbis Marathon (13th January):

The marathon 'Orbirun', flagged off from our own campus brought laurels to the school with, **Sanjeet Roy** of 7 Vega bagging a gold and **Manthan Kedare** of 7 Vega securing a bronze medal for the 2 km run. Congratulations!



Mini District Championship (26th and 27th January):

The skating association of Pune organised the 'Pune District Junior Speed Skating Championship' for two days. In the event of 'Recreational rink II' **Manan Gupta** class 1 Sirius, secured 1st position, **Vedant Rajmane** class 1 Vega, 3rd position and **Sanvi Ghiya** Class 3 Deneb, 3rd position. Under 'Recreational rink III' **Vedant Rajmane** class 1 Vega, secured 2nd position, **Manan Gupta** class 1 Sirius, secured 3rd position and **Sanvi Ghiya** Class 3 Deneb, secured 3rd position.



Inter House Results:

Event/Participating classes	Cricket	Skating	Martial Arts
	Classes 4-9	Classes 1-9	Classes 1-9
EXPLORERS	4	2	1
GUARDIANS	2	3	4
INNOVATORS	1	4	3
VANGUARDS	3	1	1

ORB OF FAME: The most coveted prizes for the year 2018-19 that decide who is the champion of the champions! Congratulations to the Winners!

EVENTS	Champion House	Individual Colours			
		Classes	Classes	Classes	Classes
		1 and 2	3 and 4	5 and 6	7, 8 and 9
Public Speaking	Vanguards	Sarah Sony- 1 Vega	Sarah Vasi – 3 Vega	Arsheya Dash- 5 Sirius	Poorva Khare-9 Vega
Creative Writing	Explorers	Anya Jain – 2 Sirius	Omkar Karmalkar – 4 Deneb	Joshua Koshy -6 Vega	Ananya Rao- 8 Vega
Quizzes	Innovators	Yagna Tolambiya -2 Deneb	Rhythm Kaul -3 Vega	Niraj Newale – 5 Sirius	Sahasra Musalikunta – 8 Vega
Information Board/ Creative Design	Vanguards	Swornimaa Das - 2 Deneb	Anvi Pandey – 4 Vega	Dnyaneshwari Kolhe – 6 Vega	Ananya Gourishetty 7 Vega
Dramatics	Vanguards	Sujay Sharma - 1 Vega	Rashika Khangharoth-3 Sirius	Manuraj Singh- 6 Vega	Samreen Siraj Siddiqui- 9 Vega
Dance	Innovators	Sana Kalyan -2 Vega	Falak Khandelwal - 3 Deneb	Dhreethi Biswas- 5 Vega	Nilakshi Surwade- 9 Vega
Music	Explorers/ Guardians	Tejasvi Balodhi -1 Deneb	Sabaa Shaikh-3 Sirius	Vyom Chehal- 6 Vega	Eshita Pal Choudhury-7 Vega
Cricket	Innovators		Omkar Karmalkar- 4Deneb	Om Howale-5 Sirius	Sanjeet Roy- 7Vega
Football	Vanguards	Atharv Singh- 2 Deneb	Pushkar Kishore Kolhe-4 Sirius	Ojus Ansingkar-5 Sirius	Parth Bhurewar-7 Vega
Basketball	Vanguards/ Innovators	Sahil Pradhan - 2 Sirius	Divyanka Pandey-4 Vega	Aryan Pandey- 5 Vega	Saksham Nerpagare-9 Vega
Athletics	Vanguards	Aarav Bharadwaj-2 Vega	Aviral Jain- 4 Sirius	Ishan Tirpude-5 Vega	Saksham Nerpagare-9 Vega
Martial Arts	Vanguards/ Explorers	Diara Jagwani - 1 Vega	Himashi Mechu -3 Sirius	Niraj Navnath Newale- 5 Sirius	Rahul Rathod-9 Vega
Skating	Vanguards	Manan Gupta – 1 Sirius	Sanvi Ghiya- 3 Deneb	Manuraj Singh- 6 Vega	Sanidhya Vyas -8 Vega
Indoor Games	Explorers	Shailesh Anala – 2 Vega	Varad Limkar -3 Sirius	Krishna Misra-6 Vega	Sanskriti Dhoot- 9 Vega
Academics	Innovators	Shreyansh Rai - 1 Deneb	Samyak Sanjay Raut- 4 Sirius	Joshua George Koshy-6 Vega	Tanishq Kothari-7 Vega
Leadership	Vanguards	N/A	N/A	N/A	N/A
Orb Of Fame	Vanguards				

SOF International Mathematics Olympiad Result:

Class	Students Name	School Rank	Zonal Rank	International Rank
1	Manan Gupta	1	68	68
1	Shreyansh Rai	2	161	174
1	Anika Upadhayay	3	328	364
1	Siddhi Dhakate	3	328	364
2	Yagna Tolambiya	1	18	18
2	Anyia Jain	2	72	74
2	Sahil Pradhan	3	299	355
2	Advait Darwade	4	380	452
3	Laksh Aggarwal	1	210	256
3	Kaushik Raut	2	257	320
3	Vishruti Rana	3	277	241
4	Sparsho Kundu	1	335	442
4	Aryan Deshmukh	2	614	846
4	Ashitaa Lad	3	746	1021
4	Yashvi A Awasthi	3	746	1021
4	Fhalak Vivek Morkhandikar	3	746	1021
5	Ishan Tirpude	1	461	953
5	Ranesh Muchapathi	2	1528	2967
5	Siddhartha Nandimandalam	3	1722	3301
6	Shriya Anala	1	584	1168
6	Arya Jain	2	1753	3377
6	Soham Patil	3	2263	4244
6	Sanjeet Roy	1	820	1784

LogiQids Results:

Logical Reasoning Exam is an innovative web-based learning tool, to develop logical reasoning, problem-solving, creativity and lateral thinking in kids at a young age. The exam was conducted in the school for classes SR.KG to 6. Nineteen Students have qualified for the next level exam.



School Super League Times NIE Contest (10th January):

Times NIE had conducted a School Super League Contest for Class 4 to Class 9. Six students topped in their respective grades and were awarded with 'Byju' bags. Two students **Manish Patil** and **Shriya Anala** topped in round 2 and won Tabs for their outstanding performance. These competitions help students in being prepared for the competitive tests awaiting them in the future.

Rashmi Patankar, Librarian



Impressions and Expressions

Music is all that you want

Music has many tones,
high pitch, low pitch and monotonous.
Music is the tune of words,
just like the chirping of the birds.
Music is peace,
which will never be on a lease.
It gives you a lot of pleasure,
which you will forever treasure.
Music gives you a chance,
to show off your talent in a dance.
When it is in sync,
you are free to sing.
Music is the peace of mind,
even to the people who are unkind.
Music is in many lives with various styles,
so, hear it or sing it when you are feeling blue.
Music is all that you would want to do!

Yashvi Awasthi, Student 4 Vega



Without Me!

I would do every impossible thing in the world,
don't just slay me because I'm just a girl!
Nobody heard of me when the little me died,
and once again a story of mine was kept aside.
Without me on this Earth,
you cannot take birth.
These are my humble words,
Help save the girl child to nurture this world.

Tanushree Parvati, Student 5 Vega



Evils of Social Networking Sites

Almost every one of us use social networking sites. People, besides knowing the social threats like cyberbullying and trolling, continue to use them. There are many trolls on the internet, which use this medium to abuse, bully and threaten people. However, no action is taken against them. Important information is easily stolen and accessed, which can be used for other illegal means that put innocent people at risk. Therefore, we must always remember to be cautious against malicious sites and stay away from them, and always be with a healthy social networking group to enjoy this amazing technology.

Ananya Chavan, Student 8 Vega



Have fun learning French!

Bonne année à tous! As we know it is the time of parties, gifts, good food along with friends and family, so let's learn some French expressions for the season:

Joyeux Noël	-	Merry Christmas!
Bon jour de l'An	-	Happy new year!
Bon appétit!	-	Enjoy your meal!
Faire la fête	-	Let's have a party!
Amusez-vous bien	-	Have a great time!



An average man has enough energy in his fat stores to run non-stop for 3 days at 24km per hour. That's FAST considering about 10-12km per hour is the average pace general punters run at

The oldest person to complete a marathon was born in 1911, making him 100 years old at the time. He was an Indian man named Fauja Singh. AND guess what? Fauja didn't even start running until he was 89 years of age. It's never too late!

Over 1 billion pairs of running shoes are sold world-wide each year.

Runners who played ball sports (i.e. soccer or footy) as kids had nearly 50 percent fewer stress fractures than runners who didn't. Stanford University researchers found that runners who played ball sports had, "greater and more symmetrically distributed bone mass." (Clinical Journal of Sports Medicine)

In the feet, 26 bones, 33 joints, 112 ligaments, and a network of nerves, tendons, and blood vessels have to work together when we run!

In a recent study, when asked what food they couldn't live without, most runners named bananas as their most adored foodie fix!

Personality of the month

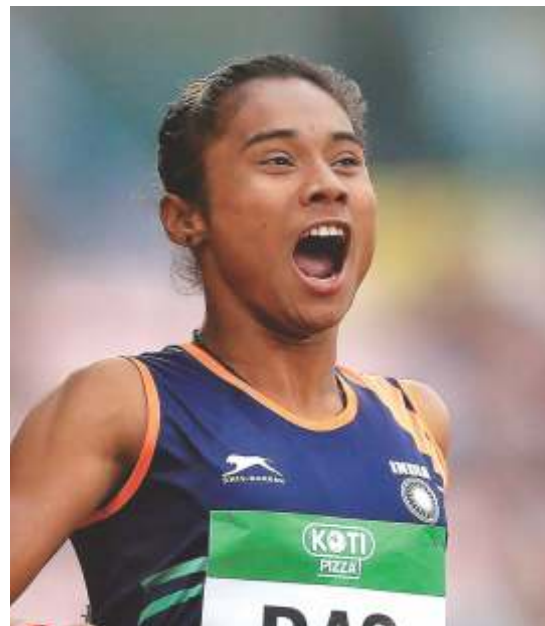
Hima Das (born 9th January 2000), nicknamed the 'Dhing Express' and 'Golden Girl', is an Indian sprinter from the state of Assam. She holds the current Indian national record in 400 metres with a timing of 50.79 seconds that she clocked at the 2018 Asian Games in Jakarta, Indonesia to win the silver medal.

Das was born near the town of Dhing in the state of Assam to a couple belonging to an indigenous Assamese community. Her parents are farmers and she is the youngest of five children.

In April 2018, Das competed in the 2018 Commonwealth Games at Gold coast, Australia, in the 400 metres and reached the final where she finished sixth in a time of 51.32 seconds, 1.17 seconds. On 12 July 2018, Das won the 400m final at the World Under-20 Championships 2018 held at Tampere, Finland, clocking 51.46 seconds and becoming the first Indian sprinter to win a gold medal at an international track event.

In September 2018, Adidas signed an endorsement deal with Hima Das to encourage more girls to take up the sport. She was conferred with Arjuna Award by the President of India on 25th September 2018. On 14th November 2018, UNICEF-India appointed her as the country's first ever youth ambassador. Dedication and hardwork has set Hima apart and she is an inspiration in building a stronger sporting spirit and ambition to all the young people.

Hima Das



Virtue Alone Ennobles

Patriotism

Love and allegiance that we bestow towards our country is patriotism. The blood and sweat toiled by our ancestors who fought for the freedom of the country rekindles the power of patriotism in every soul. Patriotism evokes a sense of responsibility towards our country. The right place to instil the feeling of patriotism is the school, as children are the ones who are going to hold the future democracy. At the Orbis School, we nurture each and every child to make our country better, by being a true patriot in small ways. It could be by collecting plastic wastes and sending it for recycling, by going green, creating awareness among the locals etc. Every drop counts to make the mighty ocean and every effort counts in working towards building the nation.

Tincy Simon, CT 2 Vega



Teachers' Corner

Gender Sensitivity Workshop (2nd January)

This workshop was conducted to review the teaching and learning materials for gender sensitiveness. Evaluating teaching methodologies that will ensure equal participation of both girls and boys. When assigning projects, ensure that both are given leadership positions and roles. Encourage activities and create situations for both to express themselves freely and develop self-confidence and mutual trust. Gender equality is about equal valuing of women and men – of their similarities and their differences. We need equal, respectful partnerships between men and women to have happy, healthy families and communities in the same way that we need both eyes for a proper vision.

Shalini Singh, CT 4 Vega



- The German Markus Jürgens holds the marathon world record in backward running. At the 2017 Hannover Marathon, he crossed the finish line in a time of 3 hours, 38 minutes and 27 seconds.
- The Kenyan Dennis Kimetto is the fastest marathon runner in the world. He set the world record of 2 hours, 2 minutes and 57 seconds at the 2014 Berlin Marathon.

Interactive Computer workshop on Cyber Awareness (18th January)

The Computer Workshop was organised by Kips Publications. Two teachers, Ms. Wrutuja Upadhyia and Ms. Sanyogita Pandey attended the workshop. The objective of the workshop was to create awareness about cybercrimes and to specialise in early warnings and cybercrime threat assessments.

Wrutuja Upadhyia, TGT, ICT



All That Glitter Isn't Gold

Things aren't always what they look from your side,
You might not see them because they hide,
A man in a smart suit could take you for a ride,
The poor man on the road could be on your side.
Those gleaming dewy flowers could be made of plastic,
And the effect of that tasty colourful lollipop could be drastic,
Appearance can be deceptive,
So, what your parents say you need to be receptive,
This Shakespearean proverb is indeed old
But it's truly said all that glitters aren't gold.

Samina Vasi, Ct 2 Sirius



Parents' Prerogative



Parents-Teachers Meet, Classes 4-9 (5th January):

To keep the parents updated about the performance of their ward in the Periodic Assessment, a Parent Teacher Meeting was held. It was a valuable interaction between the teachers and parents to share academic progress and growth based on classroom observations and assessments, where they discussed both strengths and areas of improvements of the students.

Sumina Jacob, UP Coordinator



Parents-Teachers Meet, Classes 1-3 (12th January):

The meeting created a common platform, where teacher and parents together discussed student performance and devised ways to enrich their learning experience. The teachers briefed the parents about their ward's performance, identified the areas of strength and weakness and sorted out ways to boost the child's performance. The parents attended the meeting in large numbers which was very encouraging to create a better understanding and harmonious relationship between the school and community.

Rina Anthony, CT 1 Vega



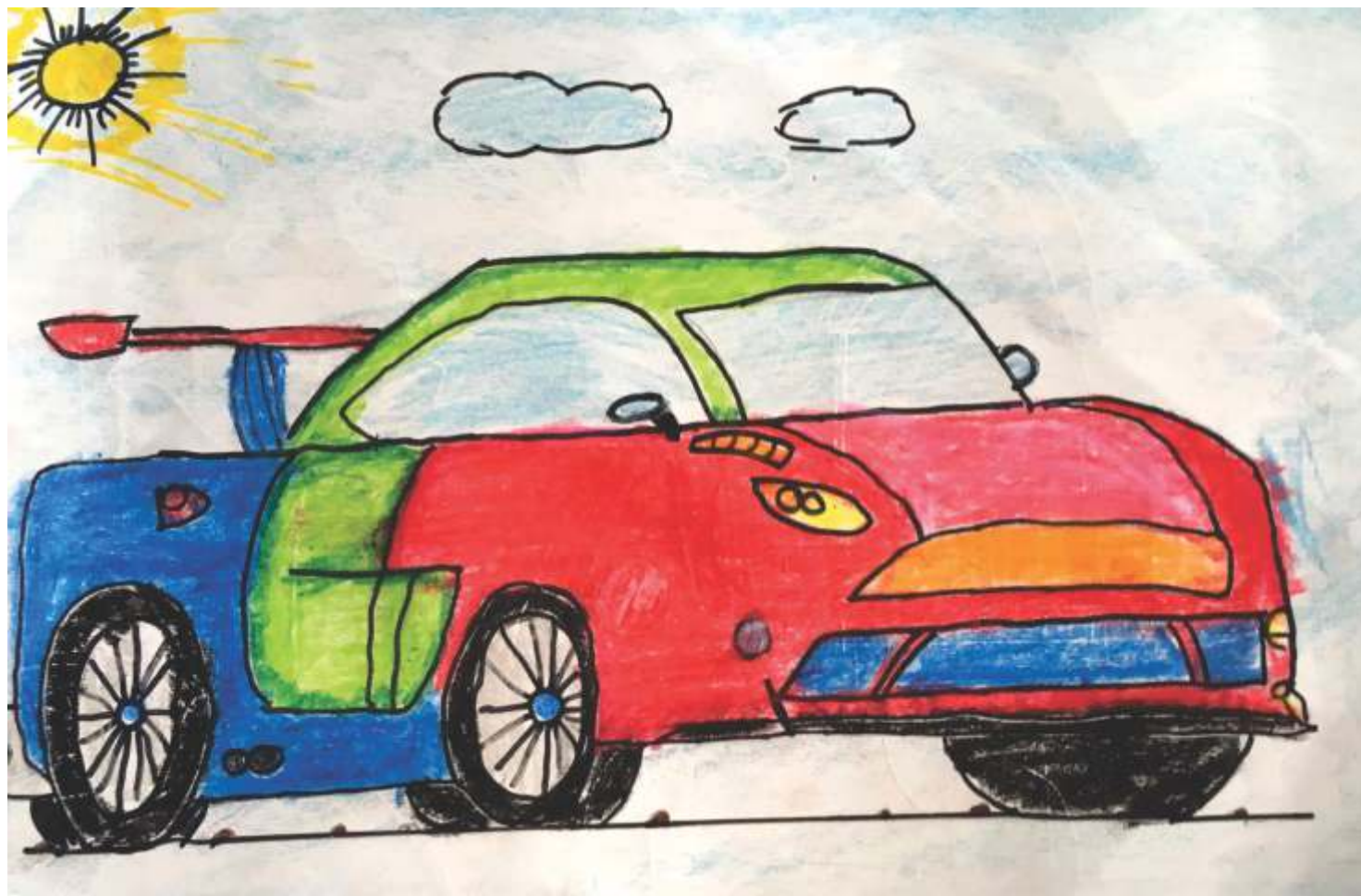
Anvi Pandey - 4 Vega



Arya Jain - 6 Vega



Sahasra Marri - 4 Sirius



Ayush Pardhi - 2 Vega



I can do it!

- Q 1. Hima Das is the ambassador of which sports company brand?
Q 2. What is the most inspirational part of her journey?
Q 3. Why is Hima Das called Dhing Express?



From the Editorial Team

This fast pacing competitive era that we are in, challenges each one of us to bring out the best and be better than we were yesterday. Compared to our ancestors that had fewer obligations in a day, we require new forms of relaxing to retrospect and rejuvenate our mind and body. Meditation is one such technique to calm our senses and relax our body. This requires just a few minutes. When meditation is carried out in the early hours, it helps in not only visualising the required tasks of the day, but also bestows us the confidence to carry them out gracefully. As the famous lines by author Amit Ray states.... "Life is a mystery – mystery of beauty, bliss and divinity. Meditation is the art of unfolding that mystery."

Roydin Kennett, Chief Editor



Thought for the month

"Observation - activity of both eyes and ears."

- Horace Mann

